

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/01/2023															
* CVHS Brk	Total														
Bagel, 3 Oz.	1 Each	217	0	230	4.36	2.47	0.0	0	0.0	4	0.0	44.6	0.82	0.00	0.00
Cheese, Cream	1 Each	60	15	85	1.00	0.00	60.0	200	0.0	2	4.0	2.0	4.0	2.00	0.00
Peanut Butter	1 Each	201	0	73	2.23	0.80	22.3	0	0.0	4	7.81	10.04	16.74	2.79	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		476	17	488	8.26	4.06	544.1	1566	92.10	*39	17.25	77.28	10.03	3.48	*0.00
% of Calories										*33.2%	14.5%	64.9%	19.0%	6.6%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Tue - 05/02/2023															
* CVHS Brk	Total														
*Pillsbury Mini Cinnis	1 Each	240	0	300	2.00	1.44	40.0	0	0.0	15	5.0	40.0	8.0	2.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		422	13	484	6.27	3.34	543.5	1516	92.10	*43	16.80	71.97	8.44	3.29	*0.00
% of Calories										*41.1%	15.9%	68.2%	18.0%	7.0%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Wed - 05/03/2023															
* CVHS Brk	Total														
*Cinnamon Apple Crumble	1 Each	260	35	250	2.00	1.44	60.0	0	0.0	19	5.0	39.0	9.0	1.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		432	30	459	6.27	3.34	553.5	1516	92.10	*45	16.80	71.47	8.94	2.79	*0.00
% of Calories										*42.0%	15.5%	66.1%	18.6%	5.8%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Thu - 05/04/2023															
* CVHS Brk	Total														
*Ultimate Brkfst Bar	1 Each	280	5	190	6.00	0.68	29.0	8	0.0	19	5.0	44.0	8.0	3.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		471	14	386	8.07	1.91	471.5	1361	90.24	*48	16.11	79.14	9.26	3.97	*0.00
% of Calories										*40.7%	13.7%	67.2%	17.7%	7.6%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Fri - 05/05/2023															
* CVHS Brk	Total														
Muffin, Apple Cinnamon WG	1 Each	250	25	270	2.00	*N/A*	20.0	0	0.0	17	4.0	44.0	7.0	0.50	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		441	27	438	5.07	*1.40	452.3	1355	90.24	*46	15.11	78.64	7.89	1.72	*0.00
% of Calories										*41.7%	13.7%	71.3%	16.1%	3.5%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/08/2023															
* CVHS Brk	Total														
Bagel, 3 Oz.	1 Each	217	0	230	4.36	2.47	0.0	0	0.0	4	0.0	44.6	0.82	0.00	0.00
Cheese, Cream	1 Each	60	15	85	1.00	0.00	60.0	200	0.0	2	4.0	2.0	4.0	2.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		411	13	450	7.46	3.85	524.1	1518	92.10	*38	14.34	74.29	4.89	2.31	*0.00
% of Calories										*36.8%	13.9%	72.2%	10.7%	5.0%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Tue - 05/09/2023															
* CVHS Brk	Total														
*Muffin, Choc. Chip	1 Each	118	18	74	1.70	0.70	3.7	30	0.5	8	2.4	19.8	3.2	0.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		361	22	371	6.12	2.97	525.4	1531	92.35	*40	15.50	61.87	6.04	2.29	*0.00
% of Calories										*43.8%	17.2%	68.5%	15.0%	5.7%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Wed - 05/10/2023															
* CVHS Brk	Total														
*Mini Breakfast Bites, Apple	4 Each	270	0	160	3.00	1.50	20.0	0	0.0	2	4.0	41.0	10.0	4.50	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		437	13	414	6.77	3.37	533.5	1516	92.10	*37	16.30	72.47	9.44	4.54	*0.00
% of Calories										*33.7%	14.9%	66.3%	19.4%	9.3%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/11/2023															
* CVHS Brk	Total														
Bagel, 3 Oz.	1 Each	217	0	230	4.36	2.47	0.0	0	0.0	4	0.0	44.6	0.82	0.00	0.00
Peanut Butter	1 Each	201	0	73	2.23	0.80	22.3	0	0.0	4	7.81	10.04	16.74	2.79	0.00
Cheese, Cream	1 Each	60	15	85	1.00	0.00	60.0	200	0.0	2	4.0	2.0	4.0	2.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		476	17	488	8.26	4.06	544.1	1566	92.10	*39	17.25	77.28	10.03	3.48	*0.00
% of Calories										*33.2%	14.5%	64.9%	19.0%	6.6%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Fri - 05/12/2023															
* CVHS Brk	Total														
*Vanilla Breakfast Square	1 Each	260	20	180	1.00	0.72	60.0	0	0.0	20	5.0	36.0	7.0	2.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		396	20	303	4.32	1.94	319.8	1105	89.04	*42	11.11	66.14	7.26	2.47	*0.00
% of Calories										*42.1%	11.2%	66.8%	16.5%	5.6%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/15/2023															
* CVHS Brk	Total														
Bagel, 3 Oz.	1 Each	217	0	230	4.36	2.47	0.0	0	0.0	4	0.0	44.6	0.82	0.00	0.00
Cheese, Cream	1 Each	60	15	85	1.00	0.00	60.0	200	0.0	2	4.0	2.0	4.0	2.00	0.00
Peanut Butter	1 Each	201	0	73	2.23	0.80	22.3	0	0.0	4	7.81	10.04	16.74	2.79	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		476	17	488	8.26	4.06	544.1	1566	92.10	*39	17.25	77.28	10.03	3.48	*0.00
% of Calories										*33.2%	14.5%	64.9%	19.0%	6.6%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Tue - 05/16/2023															
* CVHS Brk	Total														
*Pillsbury Mini Cinnis	1 Each	240	0	300	2.00	1.44	40.0	0	0.0	15	5.0	40.0	8.0	2.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		422	13	484	6.27	3.34	543.5	1516	92.10	*43	16.80	71.97	8.44	3.29	*0.00
% of Calories										*41.1%	15.9%	68.2%	18.0%	7.0%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Wed - 05/17/2023															
* CVHS Brk	Total														
*Cinnamon Apple Crumble	1 Each	260	35	250	2.00	1.44	60.0	0	0.0	19	5.0	39.0	9.0	1.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		432	30	459	6.27	3.34	553.5	1516	92.10	*45	16.80	71.47	8.94	2.79	*0.00
% of Calories										*42.0%	15.5%	66.1%	18.6%	5.8%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Thu - 05/18/2023															
* CVHS Brk	Total														
*Ultimate Brkfst Bar	1 Each	280	5	190	6.00	0.68	29.0	8	0.0	19	5.0	44.0	8.0	3.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		471	14	386	8.07	1.91	471.5	1361	90.24	*48	16.11	79.14	9.26	3.97	*0.00
% of Calories										*40.7%	13.7%	67.2%	17.7%	7.6%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Fri - 05/19/2023															
* CVHS Brk	Total														
Muffin, Apple Cinnamon WG	1 Each	250	25	270	2.00	*N/A*	20.0	0	0.0	17	4.0	44.0	7.0	0.50	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		441	27	438	5.07	*1.40	452.3	1355	90.24	*46	15.11	78.64	7.89	1.72	*0.00
% of Calories										*41.7%	13.7%	71.3%	16.1%	3.5%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/22/2023															
* CVHS Brk	Total														
Bagel, 3 Oz.	1 Each	217	0	230	4.36	2.47	0.0	0	0.0	4	0.0	44.6	0.82	0.00	0.00
Cheese, Cream	1 Each	60	15	85	1.00	0.00	60.0	200	0.0	2	4.0	2.0	4.0	2.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Peanut Butter Cup	1 Each	180	0	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	0.00
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		471	17	510	8.20	4.03	543.5	1566	92.10	*39	17.05	76.77	9.60	3.29	*0.00
% of Calories										*33.2%	14.5%	65.2%	18.3%	6.3%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Tue - 05/23/2023															
* CVHS Brk	Total														
Muffin Top, Chocolate Chip	1 Each	235	29	108	3.10	1.20	4.0	820	1.4	17	3.9	41.0	6.0	0.90	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		420	27	388	6.82	3.22	525.5	1926	92.80	*44	16.25	72.47	7.44	2.74	*0.00
% of Calories										*42.3%	15.5%	69.0%	15.9%	5.9%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Wed - 05/24/2023															
* CVHS Brk	Total														
*Mini Breakfast Bites, Apple	4 Each	270	0	160	3.00	1.50	20.0	0	0.0	2	4.0	41.0	10.0	4.50	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		437	13	414	6.77	3.37	533.5	1516	92.10	*37	16.30	72.47	9.44	4.54	*0.00
% of Calories										*33.7%	14.9%	66.3%	19.4%	9.3%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Thu - 05/25/2023															
* CVHS Brk	Total														
Bagel, 3 Oz.	1 Each	217	0	230	4.36	2.47	0.0	0	0.0	4	0.0	44.6	0.82	0.00	0.00
Cheese, Cream	1 Each	60	15	85	1.00	0.00	60.0	200	0.0	2	4.0	2.0	4.0	2.00	0.00
*Peanut Butter Cup	1 Each	180	0	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		471	17	510	8.20	4.03	543.5	1566	92.10	*39	17.05	76.77	9.60	3.29	*0.00
% of Calories										*33.2%	14.5%	65.2%	18.3%	6.3%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Fri - 05/26/2023															
* CVHS Brk	Total														
*Vanilla Breakfast Square	1 Each	260	20	180	1.00	0.72	60.0	0	0.0	20	5.0	36.0	7.0	2.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		396	20	303	4.32	1.94	319.8	1105	89.04	*42	11.11	66.14	7.26	2.47	*0.00
% of Calories										*42.1%	11.2%	66.8%	16.5%	5.6%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/29/2023															
* CVHS Brk	Total														
Bagel, 3 Oz.	1 Each	217	0	230	4.36	2.47	0.0	0	0.0	4	0.0	44.6	0.82	0.00	0.00
Cheese, Cream	1 Each	60	15	85	1.00	0.00	60.0	200	0.0	2	4.0	2.0	4.0	2.00	0.00
Peanut Butter	1 Each	201	0	73	2.23	0.80	22.3	0	0.0	4	7.81	10.04	16.74	2.79	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		476	17	488	8.26	4.06	544.1	1566	92.10	*39	17.25	77.28	10.03	3.48	*0.00
% of Calories										*33.2%	14.5%	64.9%	19.0%	6.6%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Tue - 05/30/2023															
* CVHS Brk	Total														
*Pillsbury Mini Cinnis	1 Each	240	0	300	2.00	1.44	40.0	0	0.0	15	5.0	40.0	8.0	2.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		422	13	484	6.27	3.34	543.5	1516	92.10	*43	16.80	71.97	8.44	3.29	*0.00
% of Calories										*41.1%	15.9%	68.2%	18.0%	7.0%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Wed - 05/31/2023															
* CVHS Brk	Total														
*Cinnamon Apple Crumble	1 Each	260	35	250	2.00	1.44	60.0	0	0.0	19	5.0	39.0	9.0	1.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		432	30	459	6.27	3.34	553.5	1516	92.10	*45	16.80	71.47	8.94	2.79	*0.00
% of Calories										*42.0%	15.5%	66.1%	18.6%	5.8%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Weighted Average		439	19	439	6.78	*3.11	508.0	1484	91.56	*42 *86.4%	15.97 14.6%	73.67 67.1%	8.59 17.6%	3.11 6.4%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	439		450 - 600	98%		11		Correction Required - Calories are Low
Cholesterol (mg)	19							
Sodium (mg)	439		640					
Fiber (g)	6.78							
Iron (mg)	3.11				Missing			
Calcium (mg)	508.0							
Vitamin A (IU)	1484							
Sugars (g)	42	38.40%			Missing			
Vitamin C (mg)	91.56							
Protein (g)	15.97	14.56%						
Carbohydrate (g)	73.67	67.14%						
Total Fat (g)	8.59	17.61%	<=35.00%					
Saturated Fat (g)	3.11	6.37%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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