

Colorado Springs School District 11

Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values

GlobePathwaysBijouCesarBrkfst

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 11/02/2009																
GlobePathwaysBijouCesarBr	Total	227														
WW CINNAMON ROLL	2 OZ	227	246	1	375	2.42	1.38	46.2	203	45	0.19	4.53	38.71	8.81	1.47	*0.00
YOGURT	4 OZ	227	100	7	100	0.00	0.00	133.4	0	0	0.00	4.00	19.34	1.00	0.67	*0.00
CANNED PEARS	1/2 CUP	227	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*0.00
BFAST JUICE-ORANGE/APPLE	1 EACH	227	53	0	1	0.03	0.06	5.6	49	10	24.15	0.42	13.21	0.03	0.00	0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	227	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			611	12	662	4.46	2.01	497.8	748	160	27.87	17.51	114.31	10.86	2.75	*0.00
% of Calories												11.5%	74.8%	16.0%	4.1%	0.0%

Tue - 11/03/2009																
GlobePathwaysBijouCesarBr	Total	227														
COLD CEREAL	SVG	227	90	0	175	1.17	5.19	29.0	409	164	7.05	1.53	19.38	1.06	0.17	*0.00
MINI BAGEL	2 EACH	227	140	0	260	1.00	1.80	0.0	0	0	0.00	5.00	28.00	1.00	0.00	*0.00
PEANUT BUTTER	1 OZ	227	167	0	130	1.70	0.53	12.2	0	0	0.00	7.11	5.55	14.29	2.92	*0.00
APPLESAUCE	1/2 CUP	227	97	0	4	1.53	0.45	5.1	14	1	2.17	0.23	25.39	0.23	0.04	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	227	53	0	1	0.03	0.06	5.6	49	10	24.15	0.42	13.21	0.03	0.00	0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	227	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			687	4	750	5.43	8.25	358.1	969	281	36.02	22.61	115.53	17.59	3.74	*0.00
% of Calories												13.2%	67.2%	23.0%	4.9%	0.0%

Wed - 11/04/2009																
GlobePathwaysBijouCesarBr	Total	227														
MUFFIN	1 EACH	227	170	5	180	0.00	0.36	40.0	0	0	0.00	3.00	25.00	7.00	1.00	*0.00
CHEESE PORTION	2 OZ	227	98	12	347	0.00	0.24	235.3	117	36	0.00	13.81	1.08	3.97	2.46	*0.00
FRUIT-APPLE/ORANGE/BANANA	EACH	227	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
BFAST JUICE-ORANGE/APPLE	1 EACH	227	53	0	1	0.03	0.06	5.6	49	10	24.15	0.42	13.21	0.03	0.00	0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	227	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			511	21	708	1.84	1.01	596.6	733	159	39.30	26.12	76.05	12.16	4.12	*0.00
% of Calories												20.4%	59.5%	21.4%	7.3%	0.0%

Thu - 11/05/2009																
GlobePathwaysBijouCesarBr	Total	227														
BAGEL	1 EACH	227	220	0	360	2.00	1.80	150.0	0	0	0.00	8.00	45.00	1.50	0.50	*0.00
CREAM CHEESE	PACKET	227	99	31	84	0.00	0.34	22.7	382	108	0.00	2.14	0.75	9.89	6.23	*0.00
JELLY	1 OZ	227	75	0	9	0.28	0.05	2.0	1	1	0.26	0.04	19.83	0.01	0.00	*0.00
MANDARIN ORANGES	1/2 CUP	227	70	0	20	1.00	0.36	20.0	100	20	18.00	1.00	17.00	0.00	0.00	*0.00
BFAST JUICE-ORANGE/APPLE	1 EACH	227	53	0	1	0.03	0.06	5.6	49	10	24.15	0.42	13.21	0.03	0.00	0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	227	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			658	35	653	3.31	2.84	506.5	1029	244	45.06	19.92	119.80	12.41	7.34	*0.00
% of Calories												12.1%	72.9%	17.0%	10.0%	0.0%

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
 GlobePathwaysBijouCesarBrkfst

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 11/06/2009																
GlobePathwaysBijouCesarBr	Total	227														
YOGURT	4 OZ	227	100	7	100	0.00	0.00	133.4	0	0	0.00	4.00	19.34	1.00	0.67	*0.00
MUFFIN (IW)	1 EACH	227	201	20	161	0.87	1.02	17.9	13	5	0.46	2.69	25.28	9.82	1.81	*0.00
FRUIT-APPLE/ORANGE/BANANA	EACH	227	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
BFAST JUICE-ORANGE/APPLE	1 EACH	227	53	0	1	0.03	0.06	5.6	49	10	24.15	0.42	13.21	0.03	0.00	0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	227	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			543	31	442	2.71	1.44	472.6	628	127	39.76	16.01	94.59	12.01	3.14	*0.00
% of Calories												11.8%	69.6%	19.9%	5.2%	0.0%

Mon - 11/09/2009																
GlobePathwaysBijouCesarBr	Total	227														
WW CINNAMON ROLL	2 OZ	227	246	1	375	2.42	1.38	46.2	203	45	0.19	4.53	38.71	8.81	1.47	*0.00
YOGURT	4 OZ	227	100	7	100	0.00	0.00	133.4	0	0	0.00	4.00	19.34	1.00	0.67	*0.00
CANNED PEARS	1 1/2 CUP	227	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*0.00
BFAST JUICE-ORANGE/APPLE	1 EACH	227	53	0	1	0.03	0.06	5.6	49	10	24.15	0.42	13.21	0.03	0.00	0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	227	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			611	12	662	4.46	2.01	497.8	748	160	27.87	17.51	114.31	10.86	2.75	*0.00
% of Calories												11.5%	74.8%	16.0%	4.1%	0.0%

Tue - 11/10/2009																
GlobePathwaysBijouCesarBr	Total	227														
COLD CEREAL	SVG	227	90	0	175	1.17	5.19	29.0	409	164	7.05	1.53	19.38	1.06	0.17	*0.00
MINI BAGEL	2 EACH	227	140	0	260	1.00	1.80	0.0	0	0	0.00	5.00	28.00	1.00	0.00	*0.00
PEANUT BUTTER	1 OZ	227	167	0	130	1.70	0.53	12.2	0	0	0.00	7.11	5.55	14.29	2.92	*0.00
APPLESAUCE	1/2 CUP	227	97	0	4	1.53	0.45	5.1	14	1	2.17	0.23	25.39	0.23	0.04	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	227	53	0	1	0.03	0.06	5.6	49	10	24.15	0.42	13.21	0.03	0.00	0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	227	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			687	4	750	5.43	8.25	358.1	969	281	36.02	22.61	115.53	17.59	3.74	*0.00
% of Calories												13.2%	67.2%	23.0%	4.9%	0.0%

Thu - 11/12/2009																
GlobePathwaysBijouCesarBr	Total	227														
BAGEL	1 EACH	227	220	0	360	2.00	1.80	150.0	0	0	0.00	8.00	45.00	1.50	0.50	*0.00
CREAM CHEESE	PACKET	227	99	31	84	0.00	0.34	22.7	382	108	0.00	2.14	0.75	9.89	6.23	*0.00
JELLY	1 OZ	227	75	0	9	0.28	0.05	2.0	1	1	0.26	0.04	19.83	0.01	0.00	*0.00
MANDARIN ORANGES	1/2 CUP	227	70	0	20	1.00	0.36	20.0	100	20	18.00	1.00	17.00	0.00	0.00	*0.00
BFAST JUICE-ORANGE/APPLE	1 EACH	227	53	0	1	0.03	0.06	5.6	49	10	24.15	0.42	13.21	0.03	0.00	0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	227	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			658	35	653	3.31	2.84	506.5	1029	244	45.06	19.92	119.80	12.41	7.34	*0.00
% of Calories												12.1%	72.9%	17.0%	10.0%	0.0%

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
 GlobePathwaysBijouCesarBrkfst

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 11/13/2009																
GlobePathwaysBijouCesarBr	Total	227														
YOGURT	4 OZ	227	100	7	100	0.00	0.00	133.4	0	0	0.00	4.00	19.34	1.00	0.67	*0.00
MUFFIN (IW)	1 EACH	227	201	20	161	0.87	1.02	17.9	13	5	0.46	2.69	25.28	9.82	1.81	*0.00
FRUIT-APPLE/ORANGE/BANANA	EACH	227	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
BFAST JUICE-ORANGE/APPLE	1 EACH	227	53	0	1	0.03	0.06	5.6	49	10	24.15	0.42	13.21	0.03	0.00	0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	227	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			543	31	442	2.71	1.44	472.6	628	127	39.76	16.01	94.59	12.01	3.14	*0.00
% of Calories												11.8%	69.6%	19.9%	5.2%	0.0%

Mon - 11/16/2009																
GlobePathwaysBijouCesarBr	Total	227														
WW CINNAMON ROLL	2 OZ	227	246	1	375	2.42	1.38	46.2	203	45	0.19	4.53	38.71	8.81	1.47	*0.00
YOGURT	4 OZ	227	100	7	100	0.00	0.00	133.4	0	0	0.00	4.00	19.34	1.00	0.67	*0.00
CANNED PEARS	1/2 CUP	227	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*0.00
BFAST JUICE-ORANGE/APPLE	1 EACH	227	53	0	1	0.03	0.06	5.6	49	10	24.15	0.42	13.21	0.03	0.00	0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	227	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			611	12	662	4.46	2.01	497.8	748	160	27.87	17.51	114.31	10.86	2.75	*0.00
% of Calories												11.5%	74.8%	16.0%	4.1%	0.0%

Tue - 11/17/2009																
GlobePathwaysBijouCesarBr	Total	227														
COLD CEREAL	SVG	227	90	0	175	1.17	5.19	29.0	409	164	7.05	1.53	19.38	1.06	0.17	*0.00
MINI BAGEL	2 EACH	227	140	0	260	1.00	1.80	0.0	0	0	0.00	5.00	28.00	1.00	0.00	*0.00
PEANUT BUTTER	1 OZ	227	167	0	130	1.70	0.53	12.2	0	0	0.00	7.11	5.55	14.29	2.92	*0.00
APPLESAUCE	1/2 CUP	227	97	0	4	1.53	0.45	5.1	14	1	2.17	0.23	25.39	0.23	0.04	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	227	53	0	1	0.03	0.06	5.6	49	10	24.15	0.42	13.21	0.03	0.00	0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	227	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			687	4	750	5.43	8.25	358.1	969	281	36.02	22.61	115.53	17.59	3.74	*0.00
% of Calories												13.2%	67.2%	23.0%	4.9%	0.0%

Wed - 11/18/2009																
GlobePathwaysBijouCesarBr	Total	227														
MUFFIN	1 EACH	227	170	5	180	0.00	0.36	40.0	0	0	0.00	3.00	25.00	7.00	1.00	*0.00
CHEESE PORTION	2 OZ	227	98	12	347	0.00	0.24	235.3	117	36	0.00	13.81	1.08	3.97	2.46	*0.00
FRUIT-APPLE/ORANGE/BANANA	EACH	227	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
BFAST JUICE-ORANGE/APPLE	1 EACH	227	53	0	1	0.03	0.06	5.6	49	10	24.15	0.42	13.21	0.03	0.00	0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	227	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			511	21	708	1.84	1.01	596.6	733	159	39.30	26.12	76.05	12.16	4.12	*0.00
% of Calories												20.4%	59.5%	21.4%	7.3%	0.0%

Colorado Springs School District 11

Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values

GlobePathwaysBijouCesarBrkfst

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 11/19/2009																
GlobePathwaysBijouCesarBr	Total	227														
BAGEL	1 EACH	227	220	0	360	2.00	1.80	150.0	0	0	0.00	8.00	45.00	1.50	0.50	*0.00
CREAM CHEESE	PACKET	227	99	31	84	0.00	0.34	22.7	382	108	0.00	2.14	0.75	9.89	6.23	*0.00
JELLY	1 OZ	227	75	0	9	0.28	0.05	2.0	1	1	0.26	0.04	19.83	0.01	0.00	*0.00
MANDARIN ORANGES	1/2 CUP	227	70	0	20	1.00	0.36	20.0	100	20	18.00	1.00	17.00	0.00	0.00	*0.00
BFAST JUICE-ORANGE/APPLE	1 EACH	227	53	0	1	0.03	0.06	5.6	49	10	24.15	0.42	13.21	0.03	0.00	0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	227	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			658	35	653	3.31	2.84	506.5	1029	244	45.06	19.92	119.80	12.41	7.34	*0.00
% of Calories												12.1%	72.9%	17.0%	10.0%	0.0%

Fri - 11/20/2009																
GlobePathwaysBijouCesarBr	Total	227														
YOGURT	4 OZ	227	100	7	100	0.00	0.00	133.4	0	0	0.00	4.00	19.34	1.00	0.67	*0.00
MUFFIN (IW)	1 EACH	227	201	20	161	0.87	1.02	17.9	13	5	0.46	2.69	25.28	9.82	1.81	*0.00
FRUIT-APPLE/ORANGE/BANANA	EACH	227	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
BFAST JUICE-ORANGE/APPLE	1 EACH	227	53	0	1	0.03	0.06	5.6	49	10	24.15	0.42	13.21	0.03	0.00	0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	227	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			543	31	442	2.71	1.44	472.6	628	127	39.76	16.01	94.59	12.01	3.14	*0.00
% of Calories												11.8%	69.6%	19.9%	5.2%	0.0%

Mon - 11/23/2009																
GlobePathwaysBijouCesarBr	Total	227														
WW CINNAMON ROLL	2 OZ	227	246	1	375	2.42	1.38	46.2	203	45	0.19	4.53	38.71	8.81	1.47	*0.00
YOGURT	4 OZ	227	100	7	100	0.00	0.00	133.4	0	0	0.00	4.00	19.34	1.00	0.67	*0.00
CANNED PEARS	1/2 CUP	227	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*0.00
BFAST JUICE-ORANGE/APPLE	1 EACH	227	53	0	1	0.03	0.06	5.6	49	10	24.15	0.42	13.21	0.03	0.00	0.00
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% of Calories												11.5%	74.8%	16.0%	4.1%	0.0%

Tue - 11/24/2009																
GlobePathwaysBijouCesarBr	Total	227														
COLD CEREAL	SVG	227	90	0	175	1.17	5.19	29.0	409	164	7.05	1.53	19.38	1.06	0.17	*0.00
MINI BAGEL	2 EACH	227	140	0	260	1.00	1.80	0.0	0	0	0.00	5.00	28.00	1.00	0.00	*0.00
PEANUT BUTTER	1 OZ	227	167	0	130	1.70	0.53	12.2	0	0	0.00	7.11	5.55	14.29	2.92	*0.00
APPLESAUCE	1/2 CUP	227	97	0	4	1.53	0.45	5.1	14	1	2.17	0.23	25.39	0.23	0.04	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	227	53	0	1	0.03	0.06	5.6	49	10	24.15	0.42	13.21	0.03	0.00	0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	227	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			687	4	750	5.43	8.25	358.1	969	281	36.02	22.61	115.53	17.59	3.74	*0.00
% of Calories												13.2%	67.2%	23.0%	4.9%	0.0%

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GlobePathwaysBijouCesarBrkfst

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 11/30/2009																
GlobePathwaysBijouCesarBr	Total	227														
WW CINNAMON ROLL	2 OZ	227	246	1	375	2.42	1.38	46.2	203	45	0.19	4.53	38.71	8.81	1.47	*0.00
YOGURT	4 OZ	227	100	7	100	0.00	0.00	133.4	0	0	0.00	4.00	19.34	1.00	0.67	*0.00
CANNED PEARS	1/2 CUP	227	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*0.00
BFAST JUICE-ORANGE/APPLE	1 EACH	227	53	0	1	0.03	0.06	5.6	49	10	24.15	0.42	13.21	0.03	0.00	0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	227	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			611	12	662	4.46	2.01	497.8	748	160	27.87	17.51	114.31	10.86	2.75	*0.00
% of Calories												11.5%	74.8%	16.0%	4.1%	0.0%

Weighted Average			614	19	648	3.87	3.41	473.6	827	198	36.26	19.88	107.58	13.07	4.02	*0.00
												13.0%	70.1%	19.2%	5.9%	0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	614		554	111%			
Cholesterol (mg)	19		75	25%			
Sodium (mg)	648		600	108%			
Fiber (g)	3.87		5.25	74%		1.38	Correction Required - Sodium too High
Iron (mg)	3.41		2.99	114%			Correction Required - Fiber is Low
Calcium (mg)	473.6		253.85	187%			
Vitamin A (IU)	827		971	85%		144	Correction Required - Vitamin A is Low
Vitamin A (RE)	198		194	102%			
Vitamin C (mg)	36.26		12.50	290%			
Protein (g)	19.88	12.96%	9.59	207%			
Carbohydrate (g)	107.58	70.13%	0.00				
Total Fat (g)	13.07	19.17%	<30.00				
Saturated Fat (g)	4.02	5.90%	<10.00				
Trans Fat (g)	0.00	0.00%					