

**Colorado Springs School District 11**  
**Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values**  
**D#11 Elementary Breakfast**

	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
<b>Mon - 11/02/2009</b>																
D#11 Elementary Breakfast	Total	2422														
HOT CEREAL	SVG	100	170	0	260	3.00	3.60	100.0	1000	200	0.00	4.00	35.00	2.00	0.50	*0.00
COLD CEREAL	SVG	431	90	0	175	1.17	5.19	29.0	409	164	7.05	1.53	19.38	1.06	0.17	*0.00
GRAHAM CRACKER, HONEY MA ID (IW)	1 EA	531	60	0	80	0.50	0.36	0.0	0	0	0.00	1.00	11.00	1.50	0.00	0.00
BREAKFAST CONDIMENTS	SVG	375	121	0	69	0.99	0.29	7.1	1	0	0.13	3.58	12.69	7.15	1.46	*0.00
YOGURT	4 OZ	457	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	457	201	20	161	0.87	1.02	17.9	13	5	0.46	2.69	25.28	9.82	1.81	*0.00
ULTIMATE BREAKFAST ROUND	1 EA	1434	270	0	240	6.00	2.70	40.0	0	0	0.00	4.00	44.00	8.00	3.00	0.00
TATER TOTS	3 OZ	1758	153	0	451	1.70	0.43	5.1	0	0	0.85	1.70	20.41	8.50	1.28	*0.00
KETCHUP	2 OZ	1978	55	0	632	0.17	0.29	10.2	529	58	8.56	0.99	14.26	0.18	0.02	*0.00
FRUIT COCKTAIL	1/2 CUP	921	69	0	7	1.21	0.35	7.3	248	25	2.30	0.48	18.07	0.08	0.01	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1717	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/STWBY/VAN	EACH	1597	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			584	8	1226	6.17	3.86	283.3	1005	172	28.71	12.85	102.27	15.51	3.87	*0.00
% of Calories												8.8%	70.0%	23.9%	6.0%	0.0%

<b>Tue - 11/03/2009</b>																
D#11 Elementary Breakfast	Total	2417														
HOT CEREAL	SVG	100	170	0	260	3.00	3.60	100.0	1000	200	0.00	4.00	35.00	2.00	0.50	*0.00
COLD CEREAL	SVG	628	90	0	175	1.17	5.19	29.0	409	164	7.05	1.53	19.38	1.06	0.17	*0.00
BISCUIT, WHOLE GRAIN 1 oz	1 ea	728	87	0	49	0.99	0.71	9.9	41	8	0.00	1.98	12.84	4.36	2.39	0.00
BREAKFAST CONDIMENTS	SVG	575	121	0	69	0.99	0.29	7.1	1	0	0.13	3.58	12.69	7.15	1.46	*0.00
BREAKFAST ON A STICK	1 EACH	669	230	35	480	0.00	1.08	40.0	0	0	0.00	6.00	23.00	12.00	3.50	0.00
PANCAKE SYRUP	2 FL OZ	669	265	0	93	0.00	0.03	3.4	0	0	0.00	0.00	69.71	0.00	0.00	*0.00
SAUSAGE BISCUIT	1 EACH	1020	323	28	887	0.81	2.49	41.1	11	3	0.17	11.79	30.77	16.87	4.02	*0.00
POTATO TRIANGLE	1 EACH	1648	100	0	200	1.00	0.36	0.0	0	0	6.00	1.00	13.00	5.00	1.00	*0.00
KETCHUP	2 OZ	1864	55	0	632	0.17	0.29	10.2	529	58	8.56	0.99	14.26	0.18	0.02	*0.00
ORANGE WEDGES	SVG	1011	23	0	0	1.15	0.05	19.2	108	10	25.54	0.45	5.64	0.06	0.01	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1689	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/STWBY/VAN	EACH	1647	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			612	24	1367	2.62	3.82	274.2	991	182	41.99	16.23	99.82	18.08	4.92	*0.00
% of Calories												10.6%	65.3%	26.6%	7.2%	0.0%

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

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## D#11 Elementary Breakfast

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 11/04/2009																
D#11 Elementary Breakfast	Total	2492														
HOT CEREAL	SVG	100	170	0	260	3.00	3.60	100.0	1000	200	0.00	4.00	35.00	2.00	0.50	*0.00
COLD CEREAL	SVG	420	90	0	175	1.17	5.19	29.0	409	164	7.05	1.53	19.38	1.06	0.17	*0.00
BISCUIT, WHOLE GRAIN 1 oz	1 ea	520	87	0	49	0.99	0.71	9.9	41	8	0.00	1.98	12.84	4.36	2.39	0.00
BREAKFAST CONDIMENTS	SVG	375	121	0	69	0.99	0.29	7.1	1	0	0.13	3.58	12.69	7.15	1.46	*0.00
EGG MUFFIN W/ SAUSAGE & CH EESE	1 EACH	1190	331	182	739	1.46	3.21	228.0	360	72	1.05	21.28	30.39	13.63	5.00	*0.00
FRENCH TOAST STICKS	4 EACH	782	1080	0	1440	8.00	5.76	240.0	0	0	0.00	24.00	144.00	52.00	8.00	8.00
SAUSAGE PATTY	1 EACH	782	95	27	231	0.00	0.43	10.5	10	2	0.17	7.92	0.52	6.58	2.47	*0.00
PANCAKE SYRUP	2 FL OZ	782	265	0	93	0.00	0.03	3.4	0	0	0.00	0.00	69.71	0.00	0.00	*0.00
TATER TOTS	3 OZ	1802	153	0	451	1.70	0.43	5.1	0	0	0.85	1.70	20.41	8.50	1.28	*0.00
KETCHUP	2 OZ	2025	55	0	632	0.17	0.29	10.2	529	58	8.56	0.99	14.26	0.18	0.02	*0.00
CANNED PEARS	1/2 CUP	1072	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	EACH	1762	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/STWB/VAN	1 EACH	1636	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			984	98	1927	6.13	5.58	420.3	1083	196	28.53	29.44	150.64	34.11	7.78	*2.51
% of Calories												12.0%	61.2%	31.2%	7.1%	2.3%

Thu - 11/05/2009																
D#11 Elementary Breakfast	Total	2317														
HOT CEREAL	SVG	100	170	0	260	3.00	3.60	100.0	1000	200	0.00	4.00	35.00	2.00	0.50	*0.00
COLD CEREAL	SVG	372	90	0	175	1.17	5.19	29.0	409	164	7.05	1.53	19.38	1.06	0.17	*0.00
BISCUIT, WHOLE GRAIN 1 oz	1 ea	472	87	0	49	0.99	0.71	9.9	41	8	0.00	1.98	12.84	4.36	2.39	0.00
BREAKFAST CONDIMENTS	SVG	350	121	0	69	0.99	0.29	7.1	1	0	0.13	3.58	12.69	7.15	1.46	*0.00
BREAKFAST BURRITO W/HAM& CHEESE	1 EACH	581	229	208	546	1.10	2.00	193.3	781	156	0.23	14.36	18.80	7.60	2.32	*0.00
ULTIMATE BREAKFAST ROUND	1 EA	1264	270	0	240	6.00	2.70	40.0	0	0	0.00	4.00	44.00	8.00	3.00	0.00
POTATO TRIANGLE	1 EACH	1179	100	0	200	1.00	0.36	0.0	0	0	6.00	1.00	13.00	5.00	1.00	*0.00
KETCHUP	2 OZ	1504	55	0	632	0.17	0.29	10.2	529	58	8.56	0.99	14.26	0.18	0.02	*0.00
CANNED PEACHES	1/2 CUP	929	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1612	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/STWB/VAN	1 EACH	1574	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			509	55	965	5.51	3.90	302.4	1206	210	29.63	14.46	86.57	11.86	3.91	*0.00
% of Calories												11.4%	68.1%	21.0%	6.9%	0.0%

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**D#11 Elementary Breakfast**

	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																
D#11 Elementary Breakfast	Total	2530														
HOT CEREAL	SVG	100	170	0	260	3.00	3.60	100.0	1000	200	0.00	4.00	35.00	2.00	0.50	*0.00
COLD CEREAL	SVG	457	90	0	175	1.17	5.19	29.0	409	164	7.05	1.53	19.38	1.06	0.17	*0.00
BISCUIT, WHOLE GRAIN 1 oz	1 ea	557	87	0	49	0.99	0.71	9.9	41	8	0.00	1.98	12.84	4.36	2.39	0.00
BREAKFAST CONDIMENTS	SVG	400	121	0	69	0.99	0.29	7.1	1	0	0.13	3.58	12.69	7.15	1.46	*0.00
WW CINNAMON ROLL	2 OZ	1120	246	1	375	2.42	1.38	46.2	203	45	0.19	4.53	38.71	8.81	1.47	*0.00
POWDERED SUGAR GLAZE	1 OZ	1120	111	0	1	0.00	0.01	0.5	0	0	0.00	0.00	28.27	0.03	0.01	*0.00
BISCUITS W/ SAUSAGE GRAVY	1 each	853	268	4	857	1.57	2.55	42.8	21	4	0.41	6.83	32.02	13.45	3.16	*0.00
TATER TOTS	3 OZ	1835	153	0	451	1.70	0.43	5.1	0	0	0.85	1.70	20.41	8.50	1.28	*0.00
KETCHUP	2 OZ	2025	55	0	632	0.17	0.29	10.2	529	58	8.56	0.99	14.26	0.18	0.02	*0.00
MANDARIN ORANGES	1/2 CUP	1065	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	EACH	1659	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/STWB/VAN	EACH	1714	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			624	5	1482	4.11	3.64	279.0	1053	193	34.20	14.10	108.46	17.80	3.89	*0.00
% of Calories											9.0%	69.5%	25.7%	5.6%	0.0%	

Mon - 11/09/2009																
D#11 Elementary Breakfast	Total	2286														
HOT CEREAL	SVG	240	170	0	260	3.00	3.60	100.0	1000	200	0.00	4.00	35.00	2.00	0.50	*0.00
COLD CEREAL	SVG	401	90	0	175	1.17	5.19	29.0	409	164	7.05	1.53	19.38	1.06	0.17	*0.00
GRAHAM CRACKER, HONEY MA ID (IW	1 EA	641	60	0	80	0.50	0.36	0.0	0	0	0.00	1.00	11.00	1.50	0.00	0.00
BREAKFAST CONDIMENTS	SVG	400	121	0	69	0.99	0.29	7.1	1	0	0.13	3.58	12.69	7.15	1.46	*0.00
ULTIMATE BREAKFAST ROUND	1 EA	729	270	0	240	6.00	2.70	40.0	0	0	0.00	4.00	44.00	8.00	3.00	0.00
SAUSAGE BREAKFAST PIZZA	1 EACH	916	227	14	628	1.09	1.75	139.7	281	56	0.42	9.41	22.50	11.16	3.37	*0.00
POTATO TRIANGLE	1 EACH	1741	100	0	200	1.00	0.36	0.0	0	0	6.00	1.00	13.00	5.00	1.00	*0.00
KETCHUP	2 OZ	2000	55	0	632	0.17	0.29	10.2	529	58	8.56	0.99	14.26	0.18	0.02	*0.00
FRUIT COCKTAIL	1/2 CUP	2087	69	0	7	1.21	0.35	7.3	248	25	2.30	0.48	18.07	0.08	0.01	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1492	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/STWB/VAN	EACH	1476	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			561	8	1249	5.22	4.03	302.5	1331	221	33.06	14.35	98.42	13.79	3.83	*0.00
% of Calories											10.2%	70.1%	22.1%	6.1%	0.0%	

**Colorado Springs School District 11**  
**Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values**  
**D#11 Elementary Breakfast**

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 11/10/2009																
D#11 Elementary Breakfast	Total	2801														
HOT CEREAL	SVG	300	170	0	260	3.00	3.60	100.0	1000	200	0.00	4.00	35.00	2.00	0.50	*0.00
COLD CEREAL	SVG	503	90	0	175	1.17	5.19	29.0	409	164	7.05	1.53	19.38	1.06	0.17	*0.00
BISCUIT, WHOLE GRAIN 1 oz	1 ea	800	87	0	49	0.99	0.71	9.9	41	8	0.00	1.98	12.84	4.36	2.39	0.00
BREAKFAST CONDIMENTS	SVG	500	121	0	69	0.99	0.29	7.1	1	0	0.13	3.58	12.69	7.15	1.46	*0.00
BREAKFAST ON A STICK	1 EACH	1349	230	35	480	0.00	1.08	40.0	0	0	0.00	6.00	23.00	12.00	3.50	0.00
PANCAKE SYRUP	2 FL OZ	1349	265	0	93	0.00	0.03	3.4	0	0	0.00	0.00	69.71	0.00	0.00	*0.00
SAUSAGE BISCUIT	1 EACH	649	323	28	887	0.81	2.49	41.1	11	3	0.17	11.79	30.77	16.87	4.02	*0.00
TATER TOTS	3 OZ	1610	153	0	451	1.70	0.43	5.1	0	0	0.85	1.70	20.41	8.50	1.28	*0.00
KETCHUP	2 OZ	1900	55	0	632	0.17	0.29	10.2	529	58	8.56	0.99	14.26	0.18	0.02	*0.00
ORANGE WEDGES	SVG	2364	23	0	0	1.15	0.05	19.2	108	10	25.54	0.45	5.64	0.06	0.01	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1465	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	1 EACH	1647	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			649	26	1361	3.26	3.33	259.5	963	169	43.37	14.66	112.13	18.27	4.76	*0.00
% of Calories												9.0%	69.1%	25.3%	6.6%	0.0%

Wed - 11/11/2009																
D#11 Elementary Breakfast	Total	2596														
HOT CEREAL	SVG	300	170	0	260	3.00	3.60	100.0	1000	200	0.00	4.00	35.00	2.00	0.50	*0.00
COLD CEREAL	SVG	412	90	0	175	1.17	5.19	29.0	409	164	7.05	1.53	19.38	1.06	0.17	*0.00
BISCUIT, WHOLE GRAIN 1 oz	1 ea	712	87	0	49	0.99	0.71	9.9	41	8	0.00	1.98	12.84	4.36	2.39	0.00
BREAKFAST CONDIMENTS	SVG	500	121	0	69	0.99	0.29	7.1	1	0	0.13	3.58	12.69	7.15	1.46	*0.00
PANCAKES	2 EACH	738	160	10	310	3.00	2.88	80.0	200	40	0.00	5.00	30.00	2.00	0.00	0.00
SAUSAGE PATTY	1 EACH	738	95	27	231	0.00	0.43	10.5	10	2	0.17	7.92	0.52	6.58	2.47	*0.00
PANCAKE SYRUP	2 FL OZ	738	265	0	93	0.00	0.03	3.4	0	0	0.00	0.00	69.71	0.00	0.00	*0.00
EGG MUFFIN W/ HAM & CHEESE	1 EACH	1246	252	164	668	1.46	2.93	218.7	354	71	1.11	15.61	30.08	7.80	2.74	*0.00
POTATO TRIANGLE	1 EACH	1614	100	0	200	1.00	0.36	0.0	0	0	6.00	1.00	13.00	5.00	1.00	*0.00
KETCHUP	2 OZ	1800	55	0	632	0.17	0.29	10.2	529	58	8.56	0.99	14.26	0.18	0.02	*0.00
CANNED PEARS	1/2 CUP	2198	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	1750	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	1728	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			640	92	1273	5.01	4.76	371.9	1152	214	30.18	20.43	114.99	13.10	4.08	*0.00
% of Calories												12.8%	71.9%	18.4%	5.7%	0.0%

## Colorado Springs School District 11

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

#### D#11 Elementary Breakfast

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 11/12/2009																
D#11 Elementary Breakfast	Total	2538														
HOT CEREAL	SVG	180	170	0	260	3.00	3.60	100.0	1000	200	0.00	4.00	35.00	2.00	0.50	*0.00
COLD CEREAL	SVG	311	90	0	175	1.17	5.19	29.0	409	164	7.05	1.53	19.38	1.06	0.17	*0.00
BISCUIT, WHOLE GRAIN 1 oz	1 ea	491	87	0	49	0.99	0.71	9.9	41	8	0.00	1.98	12.84	4.36	2.39	0.00
BREAKFAST CONDIMENTS	SVG	300	121	0	69	0.99	0.29	7.1	1	0	0.13	3.58	12.69	7.15	1.46	*0.00
ULTIMATE BREAKFAST ROUND	1 EA	1101	270	0	240	6.00	2.70	40.0	0	0	0.00	4.00	44.00	8.00	3.00	0.00
BREAKFAST BURRITO W/HAM& CHEESE	1 EACH	946	229	208	546	1.10	2.00	193.3	781	156	0.23	14.36	18.80	7.60	2.32	*0.00
TATER TOTS	3 OZ	1660	153	0	451	1.70	0.43	5.1	0	0	0.85	1.70	20.41	8.50	1.28	*0.00
KETCHUP	2 OZ	1987	55	0	632	0.17	0.29	10.2	529	58	8.56	0.99	14.26	0.18	0.02	*0.00
CANNED PINEAPPLE	1/2 CUP	2187	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1734	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	1666	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			585	80	1274	5.81	4.10	334.2	1235	217	34.61	16.39	98.84	14.76	4.12	*0.00
% of Calories												11.2%	67.6%	22.7%	6.3%	0.0%

Fri - 11/13/2009																
D#11 Elementary Breakfast	Total	2517														
HOT CEREAL	SVG	200	170	0	260	3.00	3.60	100.0	1000	200	0.00	4.00	35.00	2.00	0.50	*0.00
COLD CEREAL	SVG	218	90	0	175	1.17	5.19	29.0	409	164	7.05	1.53	19.38	1.06	0.17	*0.00
BISCUIT, WHOLE GRAIN 1 oz	1 ea	418	87	0	49	0.99	0.71	9.9	41	8	0.00	1.98	12.84	4.36	2.39	0.00
BREAKFAST CONDIMENTS	SVG	275	121	0	69	0.99	0.29	7.1	1	0	0.13	3.58	12.69	7.15	1.46	*0.00
FRENCH TOAST STICKS	EACH	824	270	0	360	2.00	1.44	60.0	0	0	0.00	6.00	36.00	13.00	2.00	2.00
TURKEY HAM	1 OZ	824	33	19	320	0.00	0.31	2.6	8	2	0.45	4.49	0.41	1.51	0.43	*0.00
PANCAKE SYRUP	2 FL OZ	824	265	0	93	0.00	0.03	3.4	0	0	0.00	0.00	69.71	0.00	0.00	*0.00
WW CINNAMON ROLL	2 OZ	1275	246	1	375	2.42	1.38	46.2	203	45	0.19	4.53	38.71	8.81	1.47	*0.00
POWDERED SUGAR GLAZE	1 OZ	1275	111	0	1	0.00	0.01	0.5	0	0	0.00	0.00	28.27	0.03	0.01	*0.00
POTATO TRIANGLE	1 EACH	1650	100	0	200	1.00	0.36	0.0	0	0	6.00	1.00	13.00	5.00	1.00	*0.00
KETCHUP	2 OZ	1954	55	0	632	0.17	0.29	10.2	529	58	8.56	0.99	14.26	0.18	0.02	*0.00
MANDARIN ORANGES	1/2 CUP	2201	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	EACH	1636	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	1512	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			704	9	1242	4.17	3.12	271.2	1055	187	44.48	14.46	134.11	15.01	3.20	*0.65
% of Calories												8.2%	76.2%	19.2%	4.1%	0.8%

**Colorado Springs School District 11**  
**Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values**  
**D#11 Elementary Breakfast**

	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
<b>Mon - 11/16/2009</b>																
D#11 Elementary Breakfast	Total	2454														
HOT CEREAL	SVG	100	170	0	260	3.00	3.60	100.0	1000	200	0.00	4.00	35.00	2.00	0.50	*0.00
COLD CEREAL	SVG	407	90	0	175	1.17	5.19	29.0	409	164	7.05	1.53	19.38	1.06	0.17	*0.00
GRAHAM CRACKER, HONEY MA ID (IW)	1 EA	507	60	0	80	0.50	0.36	0.0	0	0	0.00	1.00	11.00	1.50	0.00	0.00
BREAKFAST CONDIMENTS	SVG	300	121	0	69	0.99	0.29	7.1	1	0	0.13	3.58	12.69	7.15	1.46	*0.00
YOGURT	4 OZ	471	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	471	201	20	161	0.87	1.02	17.9	13	5	0.46	2.69	25.28	9.82	1.81	*0.00
ULTIMATE BREAKFAST ROUND	1 EA	1476	270	0	240	6.00	2.70	40.0	0	0	0.00	4.00	44.00	8.00	3.00	0.00
TATER TOTS	3 OZ	1578	153	0	451	1.70	0.43	5.1	0	0	0.85	1.70	20.41	8.50	1.28	*0.00
KETCHUP	2 OZ	1831	55	0	632	0.17	0.29	10.2	529	58	8.56	0.99	14.26	0.18	0.02	*0.00
FRUIT COCKTAIL	1/2 CUP	1196	69	0	7	1.21	0.35	7.3	248	25	2.30	0.48	18.07	0.08	0.01	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1682	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	1763	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			579	8	1154	6.15	3.80	301.1	1017	174	27.79	13.08	102.37	14.70	3.79	*0.00
% of Calories												9.0%	70.7%	22.8%	5.9%	0.0%

<b>Tue - 11/17/2009</b>																
D#11 Elementary Breakfast	Total	2438														
HOT CEREAL	SVG	100	170	0	260	3.00	3.60	100.0	1000	200	0.00	4.00	35.00	2.00	0.50	*0.00
COLD CEREAL	SVG	381	90	0	175	1.17	5.19	29.0	409	164	7.05	1.53	19.38	1.06	0.17	*0.00
BISCUIT, WHOLE GRAIN 1 oz	1 ea	481	87	0	49	0.99	0.71	9.9	41	8	0.00	1.98	12.84	4.36	2.39	0.00
BREAKFAST CONDIMENTS	SVG	300	121	0	69	0.99	0.29	7.1	1	0	0.13	3.58	12.69	7.15	1.46	*0.00
BREAKFAST ON A STICK	1 EACH	1275	230	35	480	0.00	1.08	40.0	0	0	0.00	6.00	23.00	12.00	3.50	0.00
PANCAKE SYRUP	2 FL OZ	1275	265	0	93	0.00	0.03	3.4	0	0	0.00	0.00	69.71	0.00	0.00	*0.00
SAUSAGE BISCUIT	1 EACH	682	323	28	887	0.81	2.49	41.1	11	3	0.17	11.79	30.77	16.87	4.02	*0.00
POTATO TRIANGLE	1 EACH	1893	100	0	200	1.00	0.36	0.0	0	0	6.00	1.00	13.00	5.00	1.00	*0.00
KETCHUP	2 OZ	2000	55	0	632	0.17	0.29	10.2	529	58	8.56	0.99	14.26	0.18	0.02	*0.00
ORANGE WEDGES	SVG	994	23	0	0	1.15	0.05	19.2	108	10	25.54	0.45	5.64	0.06	0.01	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1754	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	1702	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			671	29	1404	2.26	3.15	279.7	976	169	42.48	15.54	116.00	17.74	4.88	*0.00
% of Calories												9.3%	69.2%	23.8%	6.5%	0.0%

**Colorado Springs School District 11**  
**Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values**  
**D#11 Elementary Breakfast**

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 11/18/2009																
D#11 Elementary Breakfast	Total	2447														
HOT CEREAL	SVG	100	170	0	260	3.00	3.60	100.0	1000	200	0.00	4.00	35.00	2.00	0.50	*0.00
COLD CEREAL	SVG	405	90	0	175	1.17	5.19	29.0	409	164	7.05	1.53	19.38	1.06	0.17	*0.00
BISCUIT, WHOLE GRAIN 1 oz	1 ea	505	87	0	49	0.99	0.71	9.9	41	8	0.00	1.98	12.84	4.36	2.39	0.00
BREAKFAST CONDIMENTS	SVG	375	121	0	69	0.99	0.29	7.1	1	0	0.13	3.58	12.69	7.15	1.46	*0.00
SCRAMBLED EGGS W/CHEESE	SERVING	600	116	253	130	0.00	0.88	87.9	431	93	0.00	9.05	0.12	8.10	3.61	*0.00
SAUSAGE PATTY	1 EACH	600	95	27	231	0.00	0.43	10.5	10	2	0.17	7.92	0.52	6.58	2.47	*0.00
EGG MUFFIN W/ HAM & CHEESE	1 EACH	1342	252	164	668	1.46	2.93	218.7	354	71	1.11	15.61	30.08	7.80	2.74	*0.00
TATER TOTS	3 OZ	1498	153	0	451	1.70	0.43	5.1	0	0	0.85	1.70	20.41	8.50	1.28	*0.00
KETCHUP	2 OZ	1754	55	0	632	0.17	0.29	10.2	529	58	8.56	0.99	14.26	0.18	0.02	*0.00
APPLESAUCE	1/2 CUP	925	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	1768	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/STWB/VAN	EACH	1651	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			551	162	1367	3.23	3.96	379.1	1174	220	28.55	21.85	83.94	16.24	4.98	*0.00
% of Calories												15.9%	60.9%	26.5%	8.1%	0.0%

Thu - 11/19/2009																
D#11 Elementary Breakfast	Total	2556														
HOT CEREAL	SVG	100	170	0	260	3.00	3.60	100.0	1000	200	0.00	4.00	35.00	2.00	0.50	*0.00
COLD CEREAL	SVG	454	90	0	175	1.17	5.19	29.0	409	164	7.05	1.53	19.38	1.06	0.17	*0.00
BISCUIT, WHOLE GRAIN 1 oz	1 ea	554	87	0	49	0.99	0.71	9.9	41	8	0.00	1.98	12.84	4.36	2.39	0.00
BREAKFAST CONDIMENTS	SVG	400	121	0	69	0.99	0.29	7.1	1	0	0.13	3.58	12.69	7.15	1.46	*0.00
FRENCH TOAST STICKS	4 EACH	979	1080	0	1440	8.00	5.76	240.0	0	0	0.00	24.00	144.00	52.00	8.00	8.00
TURKEY HAM	1 OZ	979	33	19	320	0.00	0.31	2.6	8	2	0.45	4.49	0.41	1.51	0.43	*0.00
PANCAKE SYRUP	1 FL OZ	979	133	0	46	0.00	0.02	1.7	0	0	0.00	0.00	34.85	0.00	0.00	*0.00
ULTIMATE BREAKFAST ROUND	1 EA	1023	270	0	240	6.00	2.70	40.0	0	0	0.00	4.00	44.00	8.00	3.00	0.00
POTATO TRIANGLE	1 EACH	1705	100	0	200	1.00	0.36	0.0	0	0	6.00	1.00	13.00	5.00	1.00	*0.00
KETCHUP	2 OZ	1978	55	0	632	0.17	0.29	10.2	529	58	8.56	0.99	14.26	0.18	0.02	*0.00
CANNED PEACHES	1/2 CUP	1077	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1637	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/STWB/VAN	EACH	1711	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			911	10	1597	7.66	5.52	339.9	1084	180	30.58	21.43	147.78	30.19	6.32	*3.06
% of Calories												9.4%	64.9%	29.8%	6.2%	3.0%

## Colorado Springs School District 11

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

#### D#11 Elementary Breakfast

	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 - 11/20/2009																
D#11 Elementary Breakfast	Total	2787														
HOT CEREAL	SVG	100	170	0	260	3.00	3.60	100.0	1000	200	0.00	4.00	35.00	2.00	0.50	*0.00
COLD CEREAL	SVG	292	90	0	175	1.17	5.19	29.0	409	164	7.05	1.53	19.38	1.06	0.17	*0.00
BISCUIT, WHOLE GRAIN 1 oz	1 ea	392	87	0	49	0.99	0.71	9.9	41	8	0.00	1.98	12.84	4.36	2.39	0.00
BREAKFAST CONDIMENTS	SVG	375	121	0	69	0.99	0.29	7.1	1	0	0.13	3.58	12.69	7.15	1.46	*0.00
WW CINNAMON ROLL	2 OZ	1315	246	1	375	2.42	1.38	46.2	203	45	0.19	4.53	38.71	8.81	1.47	*0.00
POWDERED SUGAR GLAZE	1 OZ	1315	111	0	1	0.00	0.01	0.5	0	0	0.00	0.00	28.27	0.03	0.01	*0.00
BISCUITS W/ SAUSAGE GRAVY	1 EACH	1080	268	4	857	1.57	2.55	42.8	21	4	0.41	6.83	32.02	13.45	3.16	*0.00
TATER TOTS	3 OZ	1605	153	0	451	1.70	0.43	5.1	0	0	0.85	1.70	20.41	8.50	1.28	*0.00
KETCHUP	2 OZ	1932	55	0	632	0.17	0.29	10.2	529	58	8.56	0.99	14.26	0.18	0.02	*0.00
MANDARIN ORANGES	1/2 CUP	1120	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	EACH	1735	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/STWBY/VAN	EACH	1672	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			588	5	1367	3.77	3.22	252.9	924	166	31.29	13.17	101.91	16.77	3.61	*0.00
% of Calories											9.0%	69.3%	25.6%	5.5%	0.0%	

Mon - 11/23/2009																
D#11 Elementary Breakfast	Total	2441														
HOT CEREAL	SVG	100	170	0	260	3.00	3.60	100.0	1000	200	0.00	4.00	35.00	2.00	0.50	*0.00
COLD CEREAL	SVG	540	90	0	175	1.17	5.19	29.0	409	164	7.05	1.53	19.38	1.06	0.17	*0.00
GRAHAM CRACKER, HONEY MA ID (IW	1 EA	640	60	0	80	0.50	0.36	0.0	0	0	0.00	1.00	11.00	1.50	0.00	0.00
BREAKFAST CONDIMENTS	SVG	500	121	0	69	0.99	0.29	7.1	1	0	0.13	3.58	12.69	7.15	1.46	*0.00
ULTIMATE BREAKFAST ROUND	1 EA	662	270	0	240	6.00	2.70	40.0	0	0	0.00	4.00	44.00	8.00	3.00	0.00
SAUSAGE BREAKFAST PIZZA	1 EACH	1139	227	14	628	1.09	1.75	139.7	281	56	0.42	9.41	22.50	11.16	3.37	*0.00
POTATO TRIANGLE	1 EACH	1166	100	0	200	1.00	0.36	0.0	0	0	6.00	1.00	13.00	5.00	1.00	*0.00
KETCHUP	2 OZ	1308	55	0	632	0.17	0.29	10.2	529	58	8.56	0.99	14.26	0.18	0.02	*0.00
FRUIT COCKTAIL	1/2 CUP	1049	69	0	7	1.21	0.35	7.3	248	25	2.30	0.48	18.07	0.08	0.01	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1780	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/STWBY/VAN	EACH	1620	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			485	9	1000	3.96	3.67	303.9	1018	190	29.59	14.01	80.82	12.75	3.64	*0.00
% of Calories											11.5%	66.6%	23.6%	6.8%	0.0%	

**Colorado Springs School District 11**  
**Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values**  
**D#11 Elementary Breakfast**

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Prot	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 11/24/2009																
D#11 Elementary Breakfast	Total	2435														
HOT CEREAL	SVG	100	170	0	260	3.00	3.60	100.0	1000	200	0.00	4.00	35.00	2.00	0.50	*0.00
COLD CEREAL	SVG	397	90	0	175	1.17	5.19	29.0	409	164	7.05	1.53	19.38	1.06	0.17	*0.00
BISCUIT, WHOLE GRAIN 1 oz	1 ea	497	87	0	49	0.99	0.71	9.9	41	8	0.00	1.98	12.84	4.36	2.39	0.00
BREAKFAST CONDIMENTS	SVG	300	121	0	69	0.99	0.29	7.1	1	0	0.13	3.58	12.69	7.15	1.46	*0.00
BREAKFAST ON A STICK	1 EACH	1301	230	35	480	0.00	1.08	40.0	0	0	0.00	6.00	23.00	12.00	3.50	0.00
PANCAKE SYRUP	2 FL OZ	1301	265	0	93	0.00	0.03	3.4	0	0	0.00	0.00	69.71	0.00	0.00	*0.00
SAUSAGE BISCUIT	1 EACH	637	323	28	887	0.81	2.49	41.1	11	3	0.17	11.79	30.77	16.87	4.02	*0.00
TATER TOTS	3 OZ	1904	153	0	451	1.70	0.43	5.1	0	0	0.85	1.70	20.41	8.50	1.28	*0.00
KETCHUP	2 OZ	2109	55	0	632	0.17	0.29	10.2	529	58	8.56	0.99	14.26	0.18	0.02	*0.00
ORANGE WEDGES	1/2 EACH	1054	11	0	0	0.58	0.02	9.6	54	5	12.77	0.23	2.82	0.03	0.00	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1749	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	1 EACH	1656	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			709	29	1618	2.60	3.21	274.9	974	169	33.97	15.79	121.71	20.36	5.07	*0.00
% of Calories												8.9%	68.6%	25.8%	6.4%	0.0%

Mon - 11/30/2009																
D#11 Elementary Breakfast	Total	2422														
HOT CEREAL	SVG	100	170	0	260	3.00	3.60	100.0	1000	200	0.00	4.00	35.00	2.00	0.50	*0.00
COLD CEREAL	SVG	431	90	0	175	1.17	5.19	29.0	409	164	7.05	1.53	19.38	1.06	0.17	*0.00
GRAHAM CRACKER, HONEY MA ID (IW)	1 EA	531	60	0	80	0.50	0.36	0.0	0	0	0.00	1.00	11.00	1.50	0.00	0.00
BREAKFAST CONDIMENTS	SVG	375	121	0	69	0.99	0.29	7.1	1	0	0.13	3.58	12.69	7.15	1.46	*0.00
YOGURT	4 OZ	457	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	457	201	20	161	0.87	1.02	17.9	13	5	0.46	2.69	25.28	9.82	1.81	*0.00
ULTIMATE BREAKFAST ROUND	1 EA	1434	270	0	240	6.00	2.70	40.0	0	0	0.00	4.00	44.00	8.00	3.00	0.00
TATER TOTS	3 OZ	1758	153	0	451	1.70	0.43	5.1	0	0	0.85	1.70	20.41	8.50	1.28	*0.00
KETCHUP	2 OZ	1978	55	0	632	0.17	0.29	10.2	529	58	8.56	0.99	14.26	0.18	0.02	*0.00
FRUIT COCKTAIL	1/2 CUP	921	69	0	7	1.21	0.35	7.3	248	25	2.30	0.48	18.07	0.08	0.01	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1717	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	1597	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			584	8	1226	6.17	3.86	283.3	1005	172	28.71	12.85	102.27	15.51	3.87	*0.00
% of Calories												8.8%	70.0%	23.9%	6.0%	0.0%

Weighted Average			641	37	1339	4.66	3.92	306.3	1069	189	33.43	16.39	109.06	17.59	4.47	*0.35
												10.2%	68.1%	24.7%	6.3%	0.5%

**Colorado Springs School District 11**  
**Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values**  
**D#11 Elementary Breakfast**

Nutrient	Menu AVG	Portion	Plan		mg	mg	g	mg	mg	IU	RE	mg	g	g	g	g	g
		Size	Qty	Cals	Cholst	Sodm	Fiber	Iron	Calcm	Vit-A	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat	Tr-Fat
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	641		483	133%													
Cholesterol (mg)	37		75	49%													
Sodium (mg)	1339		600	223%			Correction Required - Sodium too High										
Fiber (g)	4.66		4.00	116%													
Iron (mg)	3.92		2.50	157%													
Calcium (mg)	306.3		200.00	153%													
Vitamin A (IU)	1069		792	135%													
Vitamin A (RE)	189		158	119%													
Vitamin C (mg)	33.43		11.25	297%													
Protein (g)	16.39	10.24%	6.67	246%													
Carbohydrate (g)	109.06	68.09%	0.00														
Total Fat (g)	17.59	24.70%	<30.00														
Saturated Fat (g)	4.47	6.29%	<10.00														
Trans Fat (g)	0.35	0.49%															