

Colorado Springs School District 11

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

D#11 Secondary 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
Mon - 11/02/2009																
D#11 Secondary Breakfast	Total	1199														
HOT CEREAL	SVG	10	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	69	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	ea	79	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	112	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	333	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	333	111	0	1	0.00	0.01	0.5	0	0	0.00	0.00	28.27	0.03	0.01	*0.00
BAGEL	EACH	192	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	192	99	31	84	0.00	0.34	22.7	382	108	0.00	2.14	0.75	9.89	6.23	*0.00
EGG MUFFIN W/ HAM & CHEESE	1 EACH	306	252	164	668	1.46	2.93	218.7	354	71	1.11	15.61	30.08	7.80	2.74	*0.00
PANCAKES	3 EACH	289	240	15	465	4.50	4.32	120.0	300	60	0.00	7.50	45.00	3.00	0.00	0.00
TURKEY HAM	1 OZ	289	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	289	265	0	93	0.00	0.03	3.4	0	0	0.00	0.00	69.71	0.00	0.00	*0.00
POTATO TRIANGLE	1 EACH	1060	100	0	200	1.00	0.36	0.0	0	0	6.00	1.00	13.00	5.00	1.00	*0.00
FRUIT COCKTAIL	1/2 CUP	205	69	0	7	1.21	0.35	7.3	248	25	2.30	0.48	18.07	0.08	0.01	*0.00
FRUIT-APPLE/ORANGE	SVG	254	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	934	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	864	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			617	58	888	4.11	3.60	359.4	770	164	30.32	17.70	108.57	13.58	3.93	*0.00
% of Calories												11.5%	70.4%	19.8%	5.7%	0.0%

Tue - 11/03/2009																
D#11 Secondary Breakfast	Total	1471														
HOT CEREAL	SVG	10	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	107	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	ea	117	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	125	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	430	270	0	240	6.00	2.70	40.0	0	0	0.00	4.00	44.00	8.00	3.00	0.00
BAGEL	EACH	125	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	125	99	31	84	0.00	0.34	22.7	382	108	0.00	2.14	0.75	9.89	6.23	*0.00
EGG MUFFIN W/ SAUSAGE & CHEESE	1 EACH	538	331	182	739	1.46	3.21	228.0	360	72	1.05	21.28	30.39	13.63	5.00	*0.00
SCRAMBLED EGGS W/CHEESE & HAM	SERVING	261	161	273	351	0.00	1.22	117.8	431	93	0.00	12.35	0.24	11.67	4.76	*0.00
BISCUIT, WHOLE GRAIN 1 oz	ea	2641	87	0	49	0.99	0.71	9.9	41	8	0.00	1.98	12.84	4.36	2.39	0.00
TATER TOTS	3 OZ	1124	153	0	451	1.70	0.43	5.1	0	0	0.85	1.70	20.41	8.50	1.28	*0.00
APPLESAUCE	1/2 CUP	275	97	0	4	1.53	0.45	5.1	14	1	2.17	0.23	25.39	0.23	0.04	*0.00
FRUIT-APPLE/ORANGE	SVG	431	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1138	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	1124	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			729	121	1035	6.52	4.77	399.2	795	171	26.88	24.27	105.84	26.58	10.19	*0.00
% of Calories												13.3%	58.1%	32.8%	12.6%	0.0%

Colorado Springs School District 11

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

D#11 Secondary 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
Wed - 11/04/2009																
D#11 Secondary Breakfast	Total	1472														
HOT CEREAL	SVG	20	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	70	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	ea	90	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	105	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	433	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	433	111	0	1	0.00	0.01	0.5	0	0	0.00	0.00	28.27	0.03	0.01	*0.00
BAGEL	EACH	54	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	54	99	31	84	0.00	0.34	22.7	382	108	0.00	2.14	0.75	9.89	6.23	*0.00
EGG BAGEL W/ HAM & CHEESE	1 EACH	476	316	164	927	2.67	18.32	117.3	354	71	0.23	18.25	43.64	7.64	2.46	*0.00
FRENCH TOAST STICKS	EACH	419	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	419	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	419	265	0	93	0.00	0.03	3.4	0	0	0.00	0.00	69.71	0.00	0.00	*0.00
POTATO TRIANGLE	1 EACH	1055	100	0	200	1.00	0.36	0.0	0	0	6.00	1.00	13.00	5.00	1.00	*0.00
CANNED PEARS	1/2 CUP	221	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*0.00
FRUIT-APPLE/ORANGE	SVG	405	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1112	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	1039	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			631	63	938	3.87	7.81	305.2	634	135	29.10	18.12	109.97	14.81	3.59	*0.57
% of Calories												11.5%	69.7%	21.1%	5.1%	0.8%

Thu - 11/05/2009																
D#11 Secondary Breakfast	Total	1465														
HOT CEREAL	SVG	20	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	79	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	ea	99	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	93	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	344	270	0	240	6.00	2.70	40.0	0	0	0.00	4.00	44.00	8.00	3.00	0.00
BAGEL	EACH	113	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	113	99	31	84	0.00	0.34	22.7	382	108	0.00	2.14	0.75	9.89	6.23	*0.00
EGG MUFFIN W/ HAM & CHEESE	1 EACH	325	252	164	668	1.46	2.93	218.7	354	71	1.11	15.61	30.08	7.80	2.74	*0.00
BREAKFAST BURRITO W/ SAUS &CHZ	1 EACH	584	250	205	448	1.60	2.11	206.9	802	160	0.30	16.60	19.59	9.83	3.10	*0.00
TATER TOTS	3 OZ	1073	153	0	451	1.70	0.43	5.1	0	0	0.85	1.70	20.41	8.50	1.28	*0.00
CANNED PEACHES	1/2 CUP	236	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*0.00
FRUIT-APPLE/ORANGE	SVG	363	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1129	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	1171	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			548	124	914	4.64	3.31	414.1	990	201	26.15	20.69	80.68	16.31	4.76	*0.00
% of Calories												15.1%	58.9%	26.8%	7.8%	0.0%

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary 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 Secondary Breakfast	Total	1454														
HOT CEREAL	SVG	10	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	68	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	ea	78	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	102	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	366	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	366	111	0	1	0.00	0.01	0.5	0	0	0.00	0.00	28.27	0.03	0.01	*0.00
BAGEL	EACH	96	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	96	99	31	84	0.00	0.34	22.7	382	108	0.00	2.14	0.75	9.89	6.23	*0.00
BISCUITS W/ SAUSAGE GRAVY	1 each	443	268	4	857	1.57	2.55	42.8	21	4	0.41	6.83	32.02	13.45	3.16	*0.00
EGG BAGEL W/ SAUSAGE & CH EESE	1 EACH	471	395	182	998	2.67	18.59	126.5	360	72	0.17	23.93	43.96	13.47	4.72	*0.00
POTATO TRIANGLE	1 EACH	1099	100	0	200	1.00	0.36	0.0	0	0	6.00	1.00	13.00	5.00	1.00	*0.00
MANDARIN ORANGES	1/2 CUP	237	70	0	20	1.00	0.36	20.0	100	20	18.00	1.00	17.00	0.00	0.00	*0.00
FRUIT-APPLE/ORANGE	SVG	380	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1121	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	1094	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			580	66	1016	3.59	8.18	321.3	674	145	32.40	19.68	89.43	16.80	4.77	*0.00
% of Calories												13.6%	61.6%	26.1%	7.4%	0.0%

Mon - 11/09/2009																
D#11 Secondary Breakfast	Total	1237														
HOT CEREAL	SVG	74	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	74	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	74	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	142	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	279	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	279	111	0	1	0.00	0.01	0.5	0	0	0.00	0.00	28.27	0.03	0.01	*0.00
BAGEL	EACH	121	220	0	360	2.00	1.80	150.0	0	0	0.00	8.00	45.00	1.50	0.50	*0.00
CHEESE, CREAM	1 OZ	121	99	31	84	0.00	0.34	22.7	382	108	0.00	2.14	0.75	9.89	6.23	*0.00
EGG MUFFIN W/ SAUSAGE & CH EESE	EACH	428	331	182	739	1.46	3.21	228.0	360	72	1.05	21.28	30.39	13.63	5.00	*0.00
YOGURT	4 OZ	261	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	261	201	20	161	0.87	1.02	17.9	13	5	0.46	2.69	25.28	9.82	1.81	*0.00
POTATO TRIANGLE	1 EACH	982	100	0	200	1.00	0.36	0.0	0	0	6.00	1.00	13.00	5.00	1.00	*0.00
FRUIT COCKTAIL	1/2 CUP	1007	69	0	7	1.21	0.35	7.3	248	25	2.30	0.48	18.07	0.08	0.01	*0.00
FRUIT-APPLE/ORANGE	1 EACH	1004	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	945	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	920	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			628	75	775	4.79	3.29	394.8	965	181	39.65	19.60	104.12	16.24	4.87	*0.00
% of Calories												12.5%	66.3%	23.3%	7.0%	0.0%

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary 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 Secondary Breakfast	Total	1454														
HOT CEREAL	SVG	90	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	90	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	ea	90	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	129	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	349	270	0	240	6.00	2.70	40.0	0	0	0.00	4.00	44.00	8.00	3.00	0.00
BAGEL	EACH	102	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	102	99	31	84	0.00	0.34	22.7	382	108	0.00	2.14	0.75	9.89	6.23	*0.00
EGG MUFFIN W/ HAM & CHEESE	1 EACH	405	252	164	668	1.46	2.93	218.7	354	71	1.11	15.61	30.08	7.80	2.74	*0.00
WAFFLE STICKS	2 EACH	418	210	19	625	1.83	3.55	184.2	963	193	0.00	4.92	32.31	6.51	1.14	*0.00
TURKEY HAM	1 OZ	418	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	418	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	1049	153	0	451	1.70	0.43	5.1	0	0	0.85	1.70	20.41	8.50	1.28	*0.00
APPLESAUCE	1/2 CUP	1203	97	0	4	1.53	0.45	5.1	14	1	2.17	0.23	25.39	0.23	0.04	*0.00
FRUIT-APPLE/ORANGE	SVG	1225	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1076	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	1080	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			694	62	1072	6.62	4.29	395.9	972	199	35.23	17.68	126.61	15.45	4.14	*0.00
% of Calories												10.2%	72.9%	20.0%	5.4%	0.0%

Thu - 11/12/2009																
D#11 Secondary Breakfast	Total	1536														
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	18	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	ea	118	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	137	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	348	270	0	240	6.00	2.70	40.0	0	0	0.00	4.00	44.00	8.00	3.00	0.00
BAGEL	EACH	131	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	131	99	31	84	0.00	0.34	22.7	382	108	0.00	2.14	0.75	9.89	6.23	*0.00
EGG MUFFIN W/ SAUSAGE & CH EESE	1 EACH	355	331	182	739	1.46	3.21	228.0	360	72	1.05	21.28	30.39	13.63	5.00	*0.00
BREAKFAST BURRITO W/ SAUS &CHZ	1 EACH	584	250	205	448	1.60	2.11	206.9	802	160	0.30	16.60	19.59	9.83	3.10	*0.00
TATER TOTS	3 OZ	1123	153	0	451	1.70	0.43	5.1	0	0	0.85	1.70	20.41	8.50	1.28	*0.00
CANNED PINEAPPLE	1/2 CUP	1301	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*0.00
FRUIT-APPLE/ORANGE	SVG	1289	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1234	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	1132	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			627	126	926	6.15	3.71	422.0	1000	195	42.48	22.11	96.92	17.96	5.34	*0.00
% of Calories												14.1%	61.8%	25.8%	7.7%	0.0%

Colorado Springs School District 11

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

D#11 Secondary 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 - 11/13/2009																
D#11 Secondary Breakfast	Total	1530														
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	22	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	ea	122	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	138	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	353	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	353	111	0	1	0.00	0.01	0.5	0	0	0.00	0.00	28.27	0.03	0.01	*0.00
BAGEL	EACH	115	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	115	99	31	84	0.00	0.34	22.7	382	108	0.00	2.14	0.75	9.89	6.23	*0.00
EGG BAGEL W/ HAM & CHEESE	1 EACH	450	316	164	927	2.67	18.32	117.3	354	71	0.23	18.25	43.64	7.64	2.46	*0.00
BISCUITS W/ SAUSAGE GRAVY	1 EACH	490	268	4	857	1.57	2.55	42.8	21	4	0.41	6.83	32.02	13.45	3.16	*0.00
POTATO TRIANGLE	1 EACH	1106	100	0	200	1.00	0.36	0.0	0	0	6.00	1.00	13.00	5.00	1.00	*0.00
MANDARIN ORANGES	1/2 CUP	1326	70	0	20	1.00	0.36	20.0	100	20	18.00	1.00	17.00	0.00	0.00	*0.00
FRUIT-APPLE/ORANGE	SVG	1289	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1165	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	1121	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			616	55	991	5.17	7.92	336.1	810	165	52.72	18.40	104.89	15.02	4.13	*0.00
% of Calories												11.9%	68.1%	21.9%	6.0%	0.0%

Mon - 11/16/2009																
D#11 Secondary Breakfast	Total	1253														
HOT CEREAL	SVG	52	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	20	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	ea	72	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	97	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	354	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	354	111	0	1	0.00	0.01	0.5	0	0	0.00	0.00	28.27	0.03	0.01	*0.00
BAGEL	EACH	183	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	183	99	31	84	0.00	0.34	22.7	382	108	0.00	2.14	0.75	9.89	6.23	*0.00
EGG MUFFIN W/ HAM & CHEESE	1 EACH	312	252	164	668	1.46	2.93	218.7	354	71	1.11	15.61	30.08	7.80	2.74	*0.00
PANCAKES	3 EACH	332	240	15	465	4.50	4.32	120.0	300	60	0.00	7.50	45.00	3.00	0.00	0.00
TURKEY HAM	1 OZ	332	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	332	265	0	93	0.00	0.03	3.4	0	0	0.00	0.00	69.71	0.00	0.00	*0.00
POTATO TRIANGLE	1 EACH	982	100	0	200	1.00	0.36	0.0	0	0	6.00	1.00	13.00	5.00	1.00	*0.00
FRUIT COCKTAIL	1/2 CUP	301	69	0	7	1.21	0.35	7.3	248	25	2.30	0.48	18.07	0.08	0.01	*0.00
FRUIT-APPLE/ORANGE	SVG	207	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	955	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	903	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			617	58	880	4.14	3.55	360.6	800	165	28.52	17.67	110.23	12.89	3.70	*0.00
% of Calories												11.5%	71.5%	18.8%	5.4%	0.0%

Colorado Springs School District 11

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

D#11 Secondary 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
Tue - 11/17/2009																
D#11 Secondary Breakfast	Total	1429														
HOT CEREAL	SVG	20	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	78	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	ea	98	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	141	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	509	270	0	240	6.00	2.70	40.0	0	0	0.00	4.00	44.00	8.00	3.00	0.00
BAGEL	EACH	135	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	135	99	31	84	0.00	0.34	22.7	382	108	0.00	2.14	0.75	9.89	6.23	*0.00
EGG MUFFIN W/ SAUSAGE & CH EESE	1 EACH	393	331	182	739	1.46	3.21	228.0	360	72	1.05	21.28	30.39	13.63	5.00	*0.00
SCRAMBLED EGGS W/CHEESE	SERVING	294	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	294	95	27	231	0.00	0.43	10.5	10	2	0.17	7.92	0.52	6.58	2.47	*0.00
BISCUIT, WHOLE GRAIN 1 oz	ea	294	87	0	49	0.99	0.71	9.9	41	8	0.00	1.98	12.84	4.36	2.39	0.00
TATER TOTS	3 OZ	1042	153	0	451	1.70	0.43	5.1	0	0	0.85	1.70	20.41	8.50	1.28	*0.00
APPLESAUCE	1/2 CUP	245	97	0	4	1.53	0.45	5.1	14	1	2.17	0.23	25.39	0.23	0.04	*0.00
FRUIT-APPLE/ORANGE	SVG	367	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1087	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	878	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			566	113	879	5.09	3.46	319.9	637	138	25.40	19.55	80.79	19.57	6.46	*0.00
% of Calories												13.8%	57.1%	31.1%	10.3%	0.0%

Wed - 11/18/2009																
D#11 Secondary Breakfast	Total	1475														
HOT CEREAL	SVG	20	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	102	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	ea	122	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	131	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	380	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	380	111	0	1	0.00	0.01	0.5	0	0	0.00	0.00	28.27	0.03	0.01	*0.00
BAGEL	EACH	98	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	98	99	31	84	0.00	0.34	22.7	382	108	0.00	2.14	0.75	9.89	6.23	*0.00
EGG BAGEL W/ HAM & CHEESE	1 EACH	470	316	164	927	2.67	18.32	117.3	354	71	0.23	18.25	43.64	7.64	2.46	*0.00
FRENCH TOAST STICKS	EACH	405	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	405	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	405	265	0	93	0.00	0.03	3.4	0	0	0.00	0.00	69.71	0.00	0.00	*0.00
POTATO TRIANGLE	1 EACH	1051	100	0	200	1.00	0.36	0.0	0	0	6.00	1.00	13.00	5.00	1.00	*0.00
CANNED PEARS	1/2 CUP	216	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*0.00
FRUIT-APPLE/ORANGE	SVG	368	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1133	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	1066	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			628	63	934	3.83	7.85	313.3	653	142	29.20	18.34	108.78	14.88	3.78	*0.55
% of Calories												11.7%	69.3%	21.3%	5.4%	0.8%

Colorado Springs School District 11

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

D#11 Secondary 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
Thu - 11/19/2009																
D#11 Secondary Breakfast	Total	1542														
HOT CEREAL	SVG	20	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	85	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	ea	105	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	126	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	378	270	0	240	6.00	2.70	40.0	0	0	0.00	4.00	44.00	8.00	3.00	0.00
BAGEL	EACH	120	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	120	99	31	84	0.00	0.34	22.7	382	108	0.00	2.14	0.75	9.89	6.23	*0.00
EGG MUFFIN W/ HAM & CHEESE	1 EACH	356	252	164	668	1.46	2.93	218.7	354	71	1.11	15.61	30.08	7.80	2.74	*0.00
BREAKFAST BURRITO W/ SAUS &CHZ	1 EACH	583	250	205	448	1.60	2.11	206.9	802	160	0.30	16.60	19.59	9.83	3.10	*0.00
TATER TOTS	3 OZ	1113	153	0	451	1.70	0.43	5.1	0	0	0.85	1.70	20.41	8.50	1.28	*0.00
CANNED PEACHES	1/2 CUP	256	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*0.00
FRUIT-APPLE/ORANGE	SVG	397	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1090	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	1099	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			534	121	894	4.70	3.31	385.6	934	189	24.54	19.84	78.30	16.22	4.72	*0.00
% of Calories												14.9%	58.7%	27.4%	8.0%	0.0%

Fri - 11/20/2009																
D#11 Secondary Breakfast	Total	1549														
HOT CEREAL	SVG	20	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	65	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	ea	85	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	109	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	343	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	343	111	0	1	0.00	0.01	0.5	0	0	0.00	0.00	28.27	0.03	0.01	*0.00
BAGEL	EACH	107	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	107	99	31	84	0.00	0.34	22.7	382	108	0.00	2.14	0.75	9.89	6.23	*0.00
EGG BAGEL W/ SAUSAGE & CH EESE	1 EACH	475	395	182	998	2.67	18.59	126.5	360	72	0.17	23.93	43.96	13.47	4.72	*0.00
BISCUITS W/ SAUSAGE GRAVY	1 each	539	268	4	857	1.57	2.55	42.8	21	4	0.41	6.83	32.02	13.45	3.16	*0.00
POTATO TRIANGLE	1 EACH	1143	100	0	200	1.00	0.36	0.0	0	0	6.00	1.00	13.00	5.00	1.00	*0.00
MANDARIN ORANGES	1/2 CUP	354	70	0	20	1.00	0.36	20.0	100	20	18.00	1.00	17.00	0.00	0.00	*0.00
FRUIT-APPLE/ORANGE	SVG	437	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1065	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	1005	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	63	1006	3.63	7.92	289.9	621	133	31.46	18.64	85.75	16.74	4.73	*0.00
% of Calories												13.3%	61.2%	26.9%	7.6%	0.0%

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary 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
Mon - 11/23/2009																
D#11 Secondary Breakfast	Total	1385														
HOT CEREAL	SVG	20	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	77	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	ea	97	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	140	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	552	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	552	111	0	1	0.00	0.01	0.5	0	0	0.00	0.00	28.27	0.03	0.01	*0.00
BAGEL	EACH	164	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	164	99	31	84	0.00	0.34	22.7	382	108	0.00	2.14	0.75	9.89	6.23	*0.00
EGG MUFFIN W/ SAUSAGE & CH EESE	EACH	419	331	182	739	1.46	3.21	228.0	360	72	1.05	21.28	30.39	13.63	5.00	*0.00
MANDARIN YOGURT PARFAIT	1 EACH	153	118	0	123	0.50	1.08	144.9	300	60	11.99	4.24	25.15	0.12	0.11	*0.00
POTATO TRIANGLE	1 EACH	1004	100	0	200	1.00	0.36	0.0	0	0	6.00	1.00	13.00	5.00	1.00	*0.00
FRUIT COCKTAIL	1/2 CUP	215	69	0	7	1.21	0.35	7.3	248	25	2.30	0.48	18.07	0.08	0.01	*0.00
FRUIT-APPLE/ORANGE	SVG	327	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	895	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	987	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			544	62	738	3.24	2.84	354.3	749	159	27.72	17.63	87.51	14.50	4.41	*0.00
% of Calories												13.0%	64.4%	24.0%	7.3%	0.0%

Tue - 11/24/2009																
D#11 Secondary Breakfast	Total	1514														
HOT CEREAL	SVG	20	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	92	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	ea	112	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	123	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	416	270	0	240	6.00	2.70	40.0	0	0	0.00	4.00	44.00	8.00	3.00	0.00
BAGEL	EACH	117	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	117	99	31	84	0.00	0.34	22.7	382	108	0.00	2.14	0.75	9.89	6.23	*0.00
EGG MUFFIN W/ HAM & CHEESE	1 EACH	371	252	164	668	1.46	2.93	218.7	354	71	1.11	15.61	30.08	7.80	2.74	*0.00
BISCUIT W/ SAUSAGE & CHEESE	1 EACH	498	358	33	1082	0.81	2.49	116.1	161	33	0.17	14.79	32.27	18.87	5.27	*0.00
TATER TOTS	3 OZ	1082	153	0	451	1.70	0.43	5.1	0	0	0.85	1.70	20.41	8.50	1.28	*0.00
APPLESAUCE	1/2 CUP	214	97	0	4	1.53	0.45	5.1	14	1	2.17	0.23	25.39	0.23	0.04	*0.00
FRUIT-APPLE/ORANGE	SVG	454	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1210	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	1080	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			577	57	1095	4.57	3.48	351.3	628	135	27.18	18.77	85.36	19.06	5.42	*0.00
% of Calories												13.0%	59.2%	29.7%	8.5%	0.0%

Colorado Springs School District 11

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

D#11 Secondary 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
Mon - 11/30/2009																
D#11 Secondary Breakfast	Total	1371														
HOT CEREAL	SVG	20	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	77	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	ea	97	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	95	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	352	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	352	111	0	1	0.00	0.01	0.5	0	0	0.00	0.00	28.27	0.03	0.01	*0.00
BAGEL	EACH	99	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	99	99	31	84	0.00	0.34	22.7	382	108	0.00	2.14	0.75	9.89	6.23	*0.00
EGG MUFFIN W/ HAM & CHEESE	1 EACH	448	252	164	668	1.46	2.93	218.7	354	71	1.11	15.61	30.08	7.80	2.74	*0.00
PANCAKES	3 EACH	375	240	15	465	4.50	4.32	120.0	300	60	0.00	7.50	45.00	3.00	0.00	0.00
TURKEY HAM	1 OZ	375	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	375	265	0	93	0.00	0.03	3.4	0	0	0.00	0.00	69.71	0.00	0.00	*0.00
POTATO TRIANGLE	1 EACH	963	100	0	200	1.00	0.36	0.0	0	0	6.00	1.00	13.00	5.00	1.00	*0.00
FRUIT COCKTAIL	1/2 CUP	207	69	0	7	1.21	0.35	7.3	248	25	2.30	0.48	18.07	0.08	0.01	*0.00
FRUIT-APPLE/ORANGE	SVG	361	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1097	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/Y/VAN	EACH	1003	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			600	69	883	4.00	3.69	367.4	779	163	30.54	18.09	107.19	12.06	3.32	*0.00
% of Calories												12.1%	71.5%	18.1%	5.0%	0.0%

Weighted Average			606	80	933	4.63	4.88	358.3	789	163	31.73	19.22	98.29	16.39	4.84	*0.07
												12.7%	64.9%	24.4%	7.2%	0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	606		554	109%			
Cholesterol (mg)	80		75	106%			Correction Required - Cholesterol too High
Sodium (mg)	933		600	156%			Correction Required - Sodium too High
Fiber (g)	4.63		5.25	88%		0.62	Correction Required - Fiber is Low
Iron (mg)	4.88		2.99	164%			
Calcium (mg)	358.3		253.85	141%			
Vitamin A (IU)	789		971	81%		182	Correction Required - Vitamin A is Low
Vitamin A (RE)	163		194	84%		31	Correction Required - Vitamin A is Low
Vitamin C (mg)	31.73		12.50	254%			
Protein (g)	19.22	12.69%	9.59	201%			
Carbohydrate (g)	98.29	64.91%	0.00				
Total Fat (g)	16.39	24.36%	<30.00				
Saturated Fat (g)	4.84	7.19%	<10.00				
Trans Fat (g)	0.07	0.10%					