

Colorado Springs School District 11

Oct 1, 2009 thru Oct 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	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 10/28/2009															
D#11 Elementary Breakfast	Total	2432													
HOT CEREAL	SVG	100	170	0	260	3.00	3.60	100.0	1000	0.00	4.00	35.00	2.00	0.50	*0.00
COLD CEREAL	SVG	552	90	0	175	1.17	5.19	29.0	409	7.05	1.53	19.38	1.06	0.17	*0.00
BISCUIT, WHOLE GRAIN 1 oz	1 ea	652	87	0	49	0.99	0.71	9.9	41	0.00	1.98	12.84	4.36	2.39	0.00
BREAKFAST CONDIMENTS	SVG	475	121	0	69	0.99	0.29	7.1	1	0.13	3.58	12.69	7.15	1.46	*0.00
EGG MUFFIN W/ HAM & CHEESE	1 EACH	950	252	164	668	1.46	2.93	218.7	354	1.11	15.61	30.08	7.80	2.74	*0.00
BREAKFAST BURRITO W/HAM&C HEESE	1 EACH	930	229	208	546	1.10	2.00	193.3	781	0.23	14.36	18.80	7.60	2.32	*0.00
POTATO TRIANGLE	1 EACH	1743	100	0	200	1.00	0.36	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	8.56	0.99	14.26	0.18	0.02	*0.00
CANNED PEARS	1/2 CUP	1022	72	0	6	2.01	0.35	6.3	0	0.88	0.24	19.04	0.04	0.00	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1745	53	0	1	0.03	0.06	5.6	49	24.15	0.42	13.21	0.03	0.00	0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	1682	140	4	180	0.00	0.23	306.2	497	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			542	147	1332	3.56	4.32	400.8	1391	32.94	21.00	85.70	13.29	4.10	*0.00
% of Calories											15.5%	63.2%	22.1%	6.8%	0.0%
RDA's			483	75	600	4.00	2.50	200.00	792	11.25	6.67	0.00	30.00	10.00	
% of RDA Satisfied			112%	196%	222%	89%	173%	200%	176%	293%	315%				
Shortfall						0.44									

Weighted Average			632	48	1320	4.15	5.28	308.2	1044	33.09	17.02	108.78	16.47	4.33	*0.01
											10.8%	68.9%	23.5%	6.2%	0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	632		483	131%			Correction Required - Sodium too High
Cholesterol (mg)	48		75	64%			
Sodium (mg)	1320		600	220%			
Fiber (g)	4.15		4.00	104%			
Iron (mg)	5.28		2.50	211%			
Calcium (mg)	308.2		200.00	154%			
Vitamin A (IU)	1044		792	132%			
Vitamin C (mg)	33.09		11.25	294%			
Protein (g)	17.02	10.78%	6.67	255%			
Carbohydrate (g)	108.78	68.90%	0.00				
Total Fat (g)	16.47	23.47%	<30.00				
Saturated Fat (g)	4.33	6.17%	<10.00				
Trans Fat (g)	0.01	0.01%					