

Colorado Springs School District 11

Oct 1, 2009 thru Oct 30, 2009 Spreadsheet - Weighted Values

D#11 Secondary Breakfast

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 10/05/2009															
D#11 Secondary Breakfast	Total	1253													
HOT CEREAL	SVG	52	7	0	11	0.12	0.15	4.2	42	0.00	0.17	1.45	0.08	0.02	*0.00
COLD CEREAL	SVG	20	1	0	3	0.02	0.08	0.5	7	0.11	0.02	0.31	0.02	0.00	*0.00
BISCUIT, WHOLE GRAIN 1 oz	ea	72	5	0	3	0.06	0.04	0.6	2	0.00	0.11	0.74	0.25	0.14	0.00
BREAKFAST CONDIMENTS	SVG	97	9	0	5	0.08	0.02	0.5	0	0.01	0.28	0.98	0.55	0.11	*0.00
WW CINNAMON ROLL	2 OZ	354	70	0	106	0.68	0.39	13.1	57	0.05	1.28	10.94	2.49	0.42	*0.00
POWDERED SUGAR GLAZE	1 OZ	354	31	0	0	0.00	0.00	0.2	0	0.00	0.00	7.99	0.01	0.00	*0.00
BAGEL	EACH	183	32	0	53	0.29	0.26	21.9	0	0.00	1.17	6.57	0.22	0.07	*0.00
CREAM CHEESE	PACKET	183	14	5	12	0.00	0.05	3.3	16	0.00	0.31	0.11	1.44	0.91	*0.00
EGG MUFFIN W/ HAM & CHEESE	1 EACH	312	63	41	166	0.36	0.73	54.5	18	0.28	3.89	7.49	1.94	0.68	*0.00
PANCAKES	3 EACH	332	64	4	123	1.19	1.14	31.8	16	0.00	1.99	11.92	0.80	0.00	0.00
TURKEY HAM	1 OZ	332	9	5	85	0.00	0.08	0.7	0	0.12	1.19	0.11	0.40	0.11	*0.00
PANCAKE SYRUP	2 FL OZ	332	70	0	25	0.00	0.01	0.9	0	0.00	0.00	18.47	0.00	0.00	*0.00
POTATO TRIANGLE	1 EACH	982	78	0	157	0.78	0.28	0.0	0	4.70	0.78	10.19	3.92	0.78	*0.00
FRUIT COCKTAIL	1/2 CUP	701	39	0	4	0.68	0.20	4.1	14	1.29	0.27	10.11	0.05	0.01	*0.00
FRUIT-APPLE/ORANGE	SVG	507	12	0	0	0.57	0.03	4.7	29	5.81	0.13	3.07	0.04	0.01	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	955	40	0	0	0.02	0.05	4.3	7	18.41	0.32	10.06	0.03	0.00	0.00
MILK-Variety:1%white/choc/stra	HALF PINT	903	103	7	97	0.54	0.28	205.1	102	1.06	5.78	16.15	1.77	1.11	*0.00
Weighted Daily Average			647	61	851	5.40	3.79	350.1	311	31.84	17.69	116.66	14.00	4.38	*0.00
% of Calories											10.9%	72.1%	19.5%	6.1%	0.0%
RDA's			554	75	600	5.25	2.99	253.85		12.50	9.59	0.00	30.00	10.00	
% of RDA Satisfied			117%	82%	142%	103%	127%	138%		255%	185%				
Shortfall				14											
Tue - 10/06/2009															
D#11 Secondary Breakfast	Total	1429													
HOT CEREAL	SVG	20	2	0	4	0.04	0.05	1.4	14	0.00	0.06	0.49	0.03	0.01	*0.00
COLD CEREAL	SVG	78	5	0	10	0.06	0.28	1.6	22	0.38	0.08	1.06	0.06	0.01	*0.00
BISCUIT, WHOLE GRAIN 1 oz	ea	98	6	0	3	0.07	0.05	0.7	3	0.00	0.14	0.88	0.30	0.16	0.00
BREAKFAST CONDIMENTS	SVG	141	12	0	7	0.10	0.03	0.7	0	0.01	0.35	1.25	0.71	0.14	*0.00
ULTIMATE BREAKFAST ROUND	1 EA	509	96	0	85	2.14	0.96	14.2	0	0.00	1.42	15.67	2.85	1.07	0.00
BAGEL	EACH	135	21	0	34	0.19	0.17	14.2	0	0.00	0.76	4.25	0.14	0.05	*0.00
CREAM CHEESE	PACKET	135	9	3	8	0.00	0.03	2.1	10	0.00	0.20	0.07	0.93	0.59	*0.00
EGG MUFFIN W/ SAUSAGE & CHEESE	1 EACH	293	68	37	151	0.30	0.66	46.7	15	0.22	4.36	6.23	2.79	1.03	*0.00
SCRAMBLED EGGS W/CHEESE	SERVING	294	24	52	27	0.00	0.18	18.1	89	0.00	1.86	0.02	1.67	0.74	*0.00
SAUSAGE PATTY	1 EACH	394	26	7	64	0.00	0.12	2.9	1	0.05	2.18	0.14	1.81	0.68	*0.00
BISCUIT, WHOLE GRAIN 1 oz	ea	394	24	0	13	0.27	0.20	2.7	11	0.00	0.54	3.54	1.20	0.66	0.00
TATER TOTS	3 OZ	1042	112	0	329	1.24	0.31	3.7	0	0.62	1.24	14.88	6.20	0.93	*0.00
APPLESAUCE	1/2 CUP	745	51	0	2	0.80	0.23	2.7	1	1.13	0.12	13.23	0.12	0.02	*0.00
FRUIT-APPLE/ORANGE	SVG	667	14	0	0	0.66	0.03	5.4	34	6.70	0.15	3.54	0.04	0.01	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1087	40	0	0	0.02	0.05	4.3	7	18.37	0.32	10.04	0.03	0.00	0.00
MILK-Variety:1%white/choc/stra	HALF PINT	878	87	6	83	0.46	0.23	174.9	87	0.90	4.93	13.77	1.51	0.94	*0.00

Colorado Springs School District 11

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D#11 Secondary Breakfast

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	RE Vit-A	mg Vit-C	g Prot	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 10/08/2009															
D#11 Secondary Breakfast	Total	1542													
HOT CEREAL	SVG	20	2	0	3	0.04	0.05	1.3	13	0.00	0.05	0.45	0.03	0.01	*0.00
COLD CEREAL	SVG	135	8	0	15	0.10	0.45	2.5	36	0.62	0.13	1.70	0.09	0.01	*0.00
BISCUIT, WHOLE GRAIN 1 oz	ea	135	8	0	4	0.09	0.06	0.9	4	0.00	0.17	1.12	0.38	0.21	0.00
BREAKFAST CONDIMENTS	SVG	126	10	0	6	0.08	0.02	0.6	0	0.01	0.29	1.04	0.58	0.12	*0.00
ULTIMATE BREAKFAST ROUND	1 EA	478	84	0	74	1.86	0.84	12.4	0	0.00	1.24	13.64	2.48	0.93	0.00
BAGEL	EACH	120	17	0	28	0.16	0.14	11.7	0	0.00	0.62	3.50	0.12	0.04	*0.00
CREAM CHEESE	PACKET	120	8	2	7	0.00	0.03	1.8	8	0.00	0.17	0.06	0.77	0.48	*0.00
EGG MUFFIN W/ HAM & CHEESE	1 EACH	300	49	32	130	0.28	0.57	42.6	14	0.22	3.04	5.85	1.52	0.53	*0.00
BREAKFAST BURRITO W/ SAUS& CHZ	1 EACH	483	78	64	140	0.50	0.66	64.8	50	0.09	5.20	6.14	3.08	0.97	*0.00
TATER TOTS	3 OZ	1113	110	0	325	1.23	0.31	3.7	0	0.61	1.23	14.73	6.14	0.92	*0.00
CANNED PEACHES	1/2 CUP	556	24	0	2	0.59	0.16	1.4	16	1.09	0.20	6.58	0.01	0.00	*0.00
FRUIT-APPLE/ORANGE	SVG	497	9	0	0	0.45	0.02	3.8	23	4.63	0.10	2.44	0.03	0.00	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1090	37	0	0	0.02	0.04	4.0	7	17.07	0.30	9.33	0.02	0.00	0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	1099	100	3	128	0.00	0.16	218.3	75	1.89	5.93	17.11	0.70	0.43	*0.00
Weighted Daily Average			545	102	864	5.40	3.52	369.5	246	26.22	18.67	83.71	15.95	4.67	*0.00
% of Calories											13.7%	61.4%	26.3%	7.7%	0.0%
RDA's			554	75	600	5.25	2.99	253.85		12.50	9.59	0.00	30.00	10.00	
% of RDA Satisfied			98%	136%	144%	103%	118%	146%		210%	195%				
Shortfall			9												

Fri - 10/09/2009															
D#11 Secondary Breakfast	Total	1549													
HOT CEREAL	SVG	20	2	0	3	0.04	0.05	1.3	13	0.00	0.05	0.45	0.03	0.01	*0.00
COLD CEREAL	SVG	65	4	0	7	0.05	0.22	1.2	17	0.30	0.06	0.81	0.04	0.01	*0.00
BISCUIT, WHOLE GRAIN 1 oz	ea	85	5	0	3	0.05	0.04	0.5	2	0.00	0.11	0.70	0.24	0.13	0.00
BREAKFAST CONDIMENTS	SVG	109	9	0	5	0.07	0.02	0.5	0	0.01	0.25	0.89	0.50	0.10	*0.00
WW CINNAMON ROLL	2 OZ	343	55	0	83	0.54	0.31	10.2	45	0.04	1.00	8.57	1.95	0.33	*0.00
POWDERED SUGAR GLAZE	1 OZ	343	25	0	0	0.00	0.00	0.1	0	0.00	0.00	6.26	0.01	0.00	*0.00
BAGEL	EACH	207	29	0	48	0.27	0.24	20.0	0	0.00	1.07	6.01	0.20	0.07	*0.00
CREAM CHEESE	PACKET	207	13	4	11	0.00	0.05	3.0	14	0.00	0.29	0.10	1.32	0.83	*0.00
EGG BAGEL W/ SAUSAGE & CHEESE	1 EACH	375	96	44	242	0.65	4.50	30.6	87	0.04	5.79	10.64	3.26	1.14	*0.00
BISCUITS W/ SAUSAGE GRAVY	1 each	539	93	2	298	0.55	0.89	14.9	6	0.14	2.38	11.14	4.68	1.10	*0.00
POTATO TRIANGLE	1 EACH	1143	74	0	148	0.74	0.27	0.0	0	4.43	0.74	9.59	3.69	0.74	*0.00
MANDARIN ORANGES	1/2 CUP	554	25	0	7	0.36	0.13	7.2	7	6.44	0.36	6.08	0.00	0.00	*0.00
FRUIT-APPLE/ORANGE	SVG	637	12	0	0	0.58	0.03	4.8	30	5.90	0.13	3.12	0.04	0.01	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1065	36	0	0	0.02	0.04	3.9	7	16.60	0.29	9.08	0.02	0.00	0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	1005	91	3	117	0.00	0.15	198.7	69	1.72	5.40	15.58	0.64	0.39	*0.00

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 10/13/2009															
D#11 Secondary Breakfast	Total	1514													
HOT CEREAL	SVG	20	2	0	3	0.04	0.05	1.3	13	0.00	0.05	0.46	0.03	0.01	*0.00
COLD CEREAL	SVG	92	5	0	11	0.07	0.32	1.8	25	0.43	0.09	1.18	0.06	0.01	*0.00
BISCUIT, WHOLE GRAIN 1 oz	ea	112	6	0	4	0.07	0.05	0.7	3	0.00	0.15	0.95	0.32	0.18	0.00
BREAKFAST CONDIMENTS	SVG	123	10	0	6	0.08	0.02	0.6	0	0.01	0.29	1.03	0.58	0.12	*0.00
ULTIMATE BREAKFAST ROUND	1 EA	516	92	0	82	2.04	0.92	13.6	0	0.00	1.36	15.00	2.73	1.02	0.00
BAGEL	EACH	167	24	0	40	0.22	0.20	16.5	0	0.00	0.88	4.96	0.17	0.06	*0.00
CREAM CHEESE	PACKET	167	11	3	9	0.00	0.04	2.5	12	0.00	0.24	0.08	1.09	0.69	*0.00
EGG MUFFIN W/ HAM & CHEESE	1 EACH	271	45	29	120	0.26	0.53	39.1	13	0.20	2.79	5.38	1.40	0.49	*0.00
BISCUIT W/ SAUSAGE & CHEESE	1 EACH	448	106	10	320	0.24	0.74	34.4	10	0.05	4.38	9.55	5.58	1.56	*0.00
TATER TOTS	3 OZ	1082	109	0	322	1.22	0.30	3.6	0	0.61	1.22	14.59	6.08	0.91	*0.00
APPLESAUCE	1/2 CUP	341	22	0	1	0.34	0.10	1.1	0	0.49	0.05	5.72	0.05	0.01	*0.00
FRUIT-APPLE/ORANGE	SVG	454	9	0	0	0.42	0.02	3.5	22	4.30	0.09	2.27	0.03	0.00	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1210	42	0	0	0.02	0.05	4.5	8	19.30	0.34	10.55	0.03	0.00	0.00
MILK-WHITE/CHOC/STWBY/VAN	EACH	1080	100	3	128	0.00	0.16	218.5	75	1.89	5.93	17.13	0.70	0.43	*0.00
Weighted Daily Average			585	46	1046	5.04	3.49	341.8	181	27.28	17.86	88.86	18.84	5.49	*0.00
% of Calories											12.2%	60.8%	29.0%	8.4%	0.0%
RDA's			554	75	600	5.25	2.99	253.85		12.50	9.59	0.00	30.00	10.00	
% of RDA Satisfied			106%	61%	174%	96%	117%	135%		218%	186%				
Shortfall				29		0.21									

Wed - 10/14/2009															
D#11 Secondary Breakfast	Total	1513													
HOT CEREAL	SVG	20	2	0	3	0.04	0.05	1.3	13	0.00	0.05	0.46	0.03	0.01	*0.00
COLD CEREAL	SVG	73	4	0	8	0.06	0.25	1.4	20	0.34	0.07	0.94	0.05	0.01	*0.00
BISCUIT, WHOLE GRAIN 1 oz	ea	93	5	0	3	0.06	0.04	0.6	3	0.00	0.12	0.79	0.27	0.15	0.00
BREAKFAST CONDIMENTS	SVG	126	10	0	6	0.08	0.02	0.6	0	0.01	0.30	1.06	0.60	0.12	*0.00
WW CINNAMON ROLL	2 OZ	400	65	0	99	0.64	0.36	12.2	54	0.05	1.20	10.23	2.33	0.39	*0.00
POWDERED SUGAR GLAZE	1 OZ	400	29	0	0	0.00	0.00	0.1	0	0.00	0.00	7.47	0.01	0.00	*0.00
BAGEL	EACH	246	36	0	59	0.33	0.29	24.4	0	0.00	1.30	7.32	0.24	0.08	*0.00
CREAM CHEESE	PACKET	246	16	5	14	0.00	0.06	3.7	18	0.00	0.35	0.12	1.61	1.01	*0.00
EGG BAGEL W/ SAUSAGE & CHEESE	1 EACH	408	106	49	269	0.72	5.01	34.1	97	0.05	6.45	11.85	3.63	1.27	*0.00
PANCAKES	3 EACH	366	58	4	112	1.09	1.04	29.0	15	0.00	1.81	10.89	0.73	0.00	0.00
SAUSAGE PATTY	1 EACH	366	23	7	56	0.00	0.10	2.5	0	0.04	1.92	0.13	1.59	0.60	*0.00
PANCAKE SYRUP	2 FL OZ	366	64	0	22	0.00	0.01	0.8	0	0.00	0.00	16.86	0.00	0.00	*0.00
POTATO TRIANGLE	1 EACH	1082	72	0	143	0.72	0.26	0.0	0	4.29	0.71	9.30	3.58	0.72	*0.00
CANNED PEARS	1/2 CUP	555	26	0	2	0.74	0.13	2.3	0	0.32	0.09	6.98	0.01	0.00	*0.00
FRUIT-APPLE/ORANGE	SVG	403	8	0	0	0.37	0.02	3.1	19	3.82	0.08	2.02	0.02	0.00	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1179	41	0	0	0.02	0.05	4.4	8	18.82	0.33	10.29	0.03	0.00	0.00
MILK-WHITE/CHOC/STWBY/VAN	EACH	1126	105	3	134	0.00	0.17	227.9	79	1.97	6.19	17.87	0.73	0.45	*0.00

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D#11 Secondary Breakfast

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 10/19/2009															
D#11 Secondary Breakfast	Total	1371													
HOT CEREAL	SVG	20	2	0	4	0.04	0.05	1.5	15	0.00	0.06	0.51	0.03	0.01	*0.00
COLD CEREAL	SVG	77	5	0	10	0.07	0.29	1.6	23	0.40	0.09	1.09	0.06	0.01	*0.00
BISCUIT, WHOLE GRAIN 1 oz	ea	97	6	0	3	0.07	0.05	0.7	3	0.00	0.14	0.91	0.31	0.17	0.00
BREAKFAST CONDIMENTS	SVG	95	8	0	5	0.07	0.02	0.5	0	0.01	0.25	0.88	0.50	0.10	*0.00
WW CINNAMON ROLL	2 OZ	352	63	0	96	0.62	0.35	11.9	52	0.05	1.16	9.94	2.26	0.38	*0.00
POWDERED SUGAR GLAZE	1 OZ	352	29	0	0	0.00	0.00	0.1	0	0.00	0.00	7.26	0.01	0.00	*0.00
BAGEL	EACH	99	16	0	26	0.14	0.13	10.8	0	0.00	0.58	3.25	0.11	0.04	*0.00
CREAM CHEESE	PACKET	99	7	2	6	0.00	0.02	1.6	8	0.00	0.15	0.05	0.71	0.45	*0.00
EGG MUFFIN W/ HAM & CHEESE	1 EACH	448	82	54	218	0.48	0.96	71.5	23	0.36	5.10	9.83	2.55	0.90	*0.00
PANCAKES	3 EACH	375	66	4	127	1.23	1.18	32.8	16	0.00	2.05	12.31	0.82	0.00	0.00
TURKEY HAM	1 OZ	375	9	5	88	0.00	0.09	0.7	0	0.12	1.23	0.11	0.41	0.12	*0.00
PANCAKE SYRUP	2 FL OZ	375	73	0	25	0.00	0.01	0.9	0	0.00	0.00	19.07	0.00	0.00	*0.00
POTATO TRIANGLE	1 EACH	963	70	0	140	0.70	0.25	0.0	0	4.21	0.70	9.13	3.51	0.70	*0.00
FRUIT COCKTAIL	1/2 CUP	374	19	0	2	0.33	0.10	2.0	7	0.63	0.13	4.93	0.02	0.00	*0.00
FRUIT-APPLE/ORANGE	SVG	361	8	0	0	0.37	0.02	3.1	19	3.78	0.08	2.00	0.02	0.00	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1097	42	0	0	0.02	0.05	4.5	8	19.32	0.34	10.57	0.03	0.00	0.00
MILK-WHITE/CHOC/STWB/VAN	EACH	1003	103	3	132	0.00	0.16	224.0	77	1.94	6.09	17.57	0.72	0.44	*0.00
Weighted Daily Average			608	69	884	4.15	3.74	368.2	252	30.82	18.15	109.39	12.07	3.32	*0.00
% of Calories											11.9%	71.9%	17.9%	4.9%	0.0%
RDA's			554	75	600	5.25	2.99	253.85		12.50	9.59	0.00	30.00	10.00	
% of RDA Satisfied			110%	91%	147%	79%	125%	145%		247%	189%				
Shortfall				6		1.10									

Tue - 10/20/2009															
D#11 Secondary Breakfast	Total	1474													
HOT CEREAL	SVG	20	2	0	4	0.04	0.05	1.4	14	0.00	0.05	0.47	0.03	0.01	*0.00
COLD CEREAL	SVG	67	4	0	8	0.05	0.24	1.3	19	0.32	0.07	0.88	0.05	0.01	*0.00
BISCUIT, WHOLE GRAIN 1 oz	ea	87	5	0	3	0.06	0.04	0.6	2	0.00	0.12	0.76	0.26	0.14	0.00
BREAKFAST CONDIMENTS	SVG	98	8	0	5	0.07	0.02	0.5	0	0.01	0.24	0.84	0.48	0.10	*0.00
ULTIMATE BREAKFAST ROUND	1 EA	465	85	0	76	1.89	0.85	12.6	0	0.00	1.26	13.88	2.52	0.95	0.00
BAGEL	EACH	137	20	0	33	0.19	0.17	13.9	0	0.00	0.74	4.18	0.14	0.05	*0.00
CREAM CHEESE	PACKET	137	9	3	8	0.00	0.03	2.1	10	0.00	0.20	0.07	0.92	0.58	*0.00
EGG MUFFIN W/ SAUSAGE & CHEESE	1 EACH	426	96	53	214	0.42	0.93	65.9	21	0.30	6.15	8.78	3.94	1.44	*0.00
SCRAMBLED EGGS W/CHEESE	SERVING	359	28	62	32	0.00	0.21	21.4	105	0.00	2.21	0.03	1.97	0.88	*0.00
SAUSAGE PATTY	1 EACH	359	23	7	56	0.00	0.10	2.6	0	0.04	1.93	0.13	1.60	0.60	*0.00
BISCUIT, WHOLE GRAIN 1 oz	ea	359	21	0	12	0.24	0.17	2.4	10	0.00	0.48	3.13	1.06	0.58	0.00
TATER TOTS	3 OZ	915	95	0	280	1.06	0.26	3.2	0	0.53	1.06	12.67	5.28	0.79	*0.00
CANNED PEACHES	1/2 CUP	407	19	0	2	0.45	0.12	1.0	12	0.83	0.16	5.04	0.01	0.00	*0.00
FRUIT-APPLE/ORANGE	SVG	468	9	0	0	0.45	0.02	3.7	23	4.56	0.10	2.41	0.03	0.00	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1158	42	0	0	0.02	0.05	4.4	8	18.97	0.33	10.37	0.03	0.00	0.00
MILK-WHITE/CHOC/STWB/VAN	EACH	1119	107	3	137	0.00	0.17	232.5	80	2.01	6.32	18.23	0.75	0.46	*0.00

Colorado Springs School District 11

Oct 1, 2009 thru Oct 30, 2009 Spreadsheet - Weighted Values

D#11 Secondary Breakfast

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 10/22/2009															
D#11 Secondary Breakfast	Total	1425													
HOT CEREAL	SVG	10	1	0	2	0.02	0.03	0.7	7	0.00	0.03	0.25	0.01	0.00	*0.00
COLD CEREAL	SVG	67	4	0	8	0.05	0.24	1.4	19	0.33	0.07	0.91	0.05	0.01	*0.00
BISCUIT, WHOLE GRAIN 1 oz	ea	77	5	0	3	0.05	0.04	0.5	2	0.00	0.11	0.69	0.24	0.13	0.00
BREAKFAST CONDIMENTS	SVG	108	9	0	5	0.08	0.02	0.5	0	0.01	0.27	0.96	0.54	0.11	*0.00
ULTIMATE BREAKFAST ROUND	1 EA	520	99	0	88	2.19	0.99	14.6	0	0.00	1.46	16.06	2.92	1.09	0.00
BAGEL	EACH	120	19	0	30	0.17	0.15	12.6	0	0.00	0.67	3.79	0.13	0.04	*0.00
CREAM CHEESE	PACKET	120	8	3	7	0.00	0.03	1.9	9	0.00	0.18	0.06	0.83	0.52	*0.00
EGG MUFFIN W/ SAUSAGE & CHEESE	1 EACH	335	78	43	174	0.34	0.75	53.6	17	0.25	5.00	7.15	3.20	1.18	*0.00
BREAKFAST BURRITO W/ SAUS& CHZ	1 EACH	373	65	54	117	0.42	0.55	54.2	42	0.08	4.34	5.13	2.57	0.81	*0.00
TATER TOTS	3 OZ	1139	122	0	360	1.36	0.34	4.1	0	0.68	1.36	16.31	6.80	1.02	*0.00
CANNED PINEAPPLE	1/2 CUP	637	29	0	1	0.45	0.22	7.9	1	4.22	0.20	7.58	0.07	0.01	*0.00
FRUIT-APPLE/ORANGE	SVG	473	10	0	0	0.47	0.02	3.9	24	4.76	0.10	2.52	0.03	0.01	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1167	43	0	0	0.02	0.05	4.6	8	19.78	0.34	10.81	0.03	0.00	0.00
MILK-WHITE/CHOC/STWB/VAN	EACH	1023	101	3	129	0.00	0.16	219.9	76	1.90	5.97	17.24	0.71	0.43	*0.00
Weighted Daily Average			593	102	925	5.62	3.59	380.3	205	32.02	20.12	89.46	18.12	5.37	*0.00
% of Calories											13.6%	60.3%	27.5%	8.1%	0.0%
RDA's			554	75	600	5.25	2.99	253.85		12.50	9.59	0.00	30.00	10.00	
% of RDA Satisfied			107%	136%	154%	107%	120%	150%		256%	210%				
Shortfall															

Fri - 10/23/2009															
D#11 Secondary Breakfast	Total	1507													
HOT CEREAL	SVG	20	2	0	3	0.04	0.05	1.3	13	0.00	0.05	0.46	0.03	0.01	*0.00
COLD CEREAL	SVG	66	4	0	8	0.05	0.23	1.3	18	0.31	0.07	0.85	0.05	0.01	*0.00
BISCUIT, WHOLE GRAIN 1 oz	ea	86	5	0	3	0.06	0.04	0.6	2	0.00	0.11	0.73	0.25	0.14	0.00
BREAKFAST CONDIMENTS	SVG	114	9	0	5	0.08	0.02	0.5	0	0.01	0.27	0.96	0.54	0.11	*0.00
WW CINNAMON ROLL	2 OZ	467	76	0	116	0.75	0.43	14.3	63	0.06	1.41	11.99	2.73	0.46	*0.00
POWDERED SUGAR GLAZE	1 OZ	467	34	0	0	0.00	0.00	0.2	0	0.00	0.00	8.76	0.01	0.00	*0.00
BAGEL	EACH	136	20	0	32	0.18	0.16	13.5	0	0.00	0.72	4.06	0.14	0.05	*0.00
CREAM CHEESE	PACKET	136	9	3	8	0.00	0.03	2.0	10	0.00	0.19	0.07	0.89	0.56	*0.00
BISCUITS W/ SAUSAGE GRAVY	1 each	409	73	1	233	0.43	0.69	11.6	4	0.11	1.85	8.69	3.65	0.86	*0.00
EGG BAGEL W/ HAM & CHEESE	1 EACH	409	86	45	252	0.72	4.97	31.8	96	0.06	4.95	11.84	2.07	0.67	*0.00
POTATO TRIANGLE	1 EACH	1203	80	0	160	0.80	0.29	0.0	0	4.79	0.80	10.38	3.99	0.80	*0.00
MANDARIN ORANGES	1/2 CUP	427	20	0	6	0.28	0.10	5.7	6	5.10	0.28	4.82	0.00	0.00	*0.00
FRUIT-APPLE/ORANGE	SVG	404	8	0	0	0.38	0.02	3.1	19	3.85	0.08	2.03	0.02	0.00	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1130	40	0	0	0.02	0.04	4.2	7	18.11	0.31	9.90	0.03	0.00	0.00
MILK-WHITE/CHOC/STWB/VAN	EACH	1145	107	3	137	0.00	0.17	232.7	80	2.01	6.32	18.24	0.75	0.46	*0.00

Colorado Springs School District 11

Oct 1, 2009 thru Oct 30, 2009 Spreadsheet - Weighted Values

D#11 Secondary Breakfast

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	RE Vit-A	mg Vit-C	g Prot	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 10/27/2009															
D#11 Secondary Breakfast	Total	1461													
HOT CEREAL	SVG	20	2	0	4	0.04	0.05	1.4	14	0.00	0.05	0.48	0.03	0.01	*0.00
COLD CEREAL	SVG	72	4	0	9	0.06	0.26	1.4	20	0.35	0.08	0.96	0.05	0.01	*0.00
BISCUIT, WHOLE GRAIN 1 oz	ea	92	5	0	3	0.06	0.04	0.6	3	0.00	0.12	0.81	0.27	0.15	0.00
BREAKFAST CONDIMENTS	SVG	102	8	0	5	0.07	0.02	0.5	0	0.01	0.25	0.89	0.50	0.10	*0.00
ULTIMATE BREAKFAST ROUND	1 EA	439	81	0	72	1.80	0.81	12.0	0	0.00	1.20	13.22	2.40	0.90	0.00
BAGEL	EACH	173	26	0	43	0.24	0.21	17.8	0	0.00	0.95	5.33	0.18	0.06	*0.00
CREAM CHEESE	PACKET	173	12	4	10	0.00	0.04	2.7	13	0.00	0.25	0.09	1.17	0.74	*0.00
EGG MUFFIN W/ HAM & CHEESE	1 EACH	344	59	39	157	0.34	0.69	51.5	17	0.26	3.68	7.08	1.84	0.65	*0.00
WAFFLE STICKS	2 EACH	413	59	5	177	0.52	1.00	52.1	272	0.00	1.39	9.13	1.84	0.32	*0.00
TURKEY HAM	1 OZ	413	9	5	91	0.00	0.09	0.7	0	0.13	1.27	0.11	0.43	0.12	*0.00
PANCAKE SYRUP	2 FL OZ	413	75	0	26	0.00	0.01	1.0	0	0.00	0.00	19.70	0.00	0.00	*0.00
TATER TOTS	3 OZ	990	104	0	305	1.15	0.29	3.5	0	0.58	1.15	13.83	5.76	0.86	*0.00
APPLESAUCE	1/2 CUP	778	52	0	2	0.81	0.24	2.7	1	1.15	0.12	13.52	0.12	0.02	*0.00
FRUIT-APPLE/ORANGE	SVG	861	17	0	0	0.83	0.04	6.9	43	8.46	0.19	4.47	0.05	0.01	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1156	42	0	0	0.02	0.05	4.4	8	19.11	0.33	10.45	0.03	0.00	0.00
MILK-WHITE/CHOC/STWBY/VAN	EACH	1101	106	3	136	0.00	0.17	230.8	80	2.00	6.27	18.10	0.74	0.46	*0.00
Weighted Daily Average			663	56	1039	5.95	4.01	389.9	469	32.04	17.30	118.16	15.41	4.41	*0.00
% of Calories											10.4%	71.3%	20.9%	6.0%	0.0%
RDA's			554	75	600	5.25	2.99	253.85		12.50	9.59	0.00	30.00	10.00	
% of RDA Satisfied			120%	75%	173%	113%	134%	154%		256%	181%				
Shortfall				19											

Wed - 10/28/2009															
D#11 Secondary Breakfast	Total	1529													
HOT CEREAL	SVG	20	2	0	3	0.04	0.05	1.3	13	0.00	0.05	0.46	0.03	0.01	*0.00
COLD CEREAL	SVG	101	6	0	12	0.08	0.34	1.9	27	0.47	0.10	1.28	0.07	0.01	*0.00
BISCUIT, WHOLE GRAIN 1 oz	ea	121	7	0	4	0.08	0.06	0.8	3	0.00	0.16	1.02	0.35	0.19	0.00
BREAKFAST CONDIMENTS	SVG	128	10	0	6	0.08	0.02	0.6	0	0.01	0.30	1.06	0.60	0.12	*0.00
WW CINNAMON ROLL	2 OZ	385	62	0	94	0.61	0.35	11.6	51	0.05	1.14	9.75	2.22	0.37	*0.00
POWDERED SUGAR GLAZE	1 OZ	385	28	0	0	0.00	0.00	0.1	0	0.00	0.00	7.12	0.01	0.00	*0.00
BAGEL	EACH	240	35	0	57	0.31	0.28	23.5	0	0.00	1.26	7.06	0.24	0.08	*0.00
CREAM CHEESE	PACKET	240	16	5	13	0.00	0.05	3.6	17	0.00	0.34	0.12	1.55	0.98	*0.00
EGG BAGEL W/ SAUSAGE & CHEESE	1 EACH	410	106	49	268	0.72	4.98	33.9	97	0.05	6.42	11.79	3.61	1.27	*0.00
BISCUIT W/ SAUSAGE & CHEESE	1 EACH	373	87	8	264	0.20	0.61	28.3	8	0.04	3.61	7.87	4.60	1.29	*0.00
POTATO TRIANGLE	1 EACH	1118	73	0	146	0.73	0.26	0.0	0	4.39	0.73	9.51	3.66	0.73	*0.00
CANNED PEARS	1/2 CUP	725	34	0	3	0.95	0.17	3.0	0	0.42	0.11	9.03	0.02	0.00	*0.00
FRUIT-APPLE/ORANGE	SVG	719	14	0	0	0.66	0.03	5.5	34	6.75	0.15	3.57	0.04	0.01	*0.00
BFAST JUICE-ORANGE/APPLE	EACH	1216	42	0	0	0.02	0.05	4.5	8	19.21	0.33	10.50	0.03	0.00	0.00
MILK-WHITE/CHOC/STWBY/VAN	EACH	1119	103	3	132	0.00	0.16	224.1	77	1.94	6.09	17.57	0.72	0.44	*0.00

Colorado Springs School District 11

Oct 1, 2009 thru Oct 30, 2009 Spreadsheet - Weighted Values

D#11 Secondary Breakfast

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average			624	65	1002	4.48	7.42	342.8	335	33.31	20.78	97.70	17.73	5.50	*0.00
% of Calories											13.3%	62.6%	25.6%	7.9%	0.0%
RDA's			554	75	600	5.25	2.99	253.85		12.50	9.59	0.00	30.00	10.00	
% of RDA Satisfied			113%	87%	167%	85%	249%	135%		266%	217%				
Shortfall				10		0.77									

Weighted Average			607	75	912	4.88	4.96	353.1	300	32.57	18.91	99.23	16.24	4.81	*0.00
											12.5%	65.4%	24.1%	7.1%	0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	607		554	110%			
Cholesterol (mg)	75		75	100%			
Sodium (mg)	912		600	152%			
Fiber (g)	4.88		5.25	93%		0.37	Correction Required - Sodium too High
Iron (mg)	4.96		2.99	166%			Correction Required - Fiber is Low
Calcium (mg)	353.1		253.85	139%			
Vitamin A (RE)	300		194	155%			
Vitamin C (mg)	32.57		12.50	261%			
Protein (g)	18.91	12.46%	9.59	197%			
Carbohydrate (g)	99.23	65.36%	0.00				
Total Fat (g)	16.24	24.07%	<30.00				
Saturated Fat (g)	4.81	7.13%	<10.00				
Trans Fat (g)	0.00	0.00%					