

ISD518

May 2, 2016 thru May 20, 2016 Spreadsheet - Portion Values Middle School Breakfast

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/02/2016																
Middle School Breakfast	Total	1														
Cereal	1 cup	1	110	*N/A*	280	3.00	8.10	100.0	500	100	*N/A*	3.0	23.0	2.0	*N/A*	*N/A*
Fruit Juice	1/2 Cup	1	60	0	0	*N/A*	0.10	110.0	200	40	36.0	1.0	15.0	0.0	0.00	0.00
Apple	1/2 cup	1	59	*N/A*	1	2.72	0.16	9.1	45	9	5.44	*N/A*	15.42	*N/A*	*N/A*	*N/A*
Toast	1 SLICE	1	60	0	120	2.00	0.36	10.0	0	0	0.0	3.0	12.0	0.5	0.00	0.00
Milk	HALF PINT	1	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average																
% of Calories			403	*10	536	*7.72	*8.72	541.2	1266	253	*43.94	*15.32	78.95	*5.10	*1.56	*0.00
												*15.2%	78.3%	*11.4%	*3.5%	*0.0%

Tue - 05/03/2016																
Middle School Breakfast	Total	1														
Omelet	2 oz	1	130	190	260	0.00	72.00	60.0	400	80	*N/A*	7.0	1.0	11.0	3.50	*N/A*
Fruit Juice	1/2 Cup	1	60	0	0	*N/A*	0.10	110.0	200	40	36.0	1.0	15.0	0.0	0.00	0.00
Orange	1/2 cup	1	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
Toast	1 SLICE	1	60	0	120	2.00	0.36	10.0	0	0	0.0	3.0	12.0	0.5	0.00	0.00
Milk	HALF PINT	1	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			410	200	515	*4.30	*72.56	530.6	1336	244	*89.57	20.23	52.81	14.22	5.08	*0.00
% of Calories												19.8%	51.6%	31.2%	11.2%	*0.0%

Wed - 05/04/2016																
Middle School Breakfast	Total	1														
Breakfast Pizza	3.2 oz	1	229	15	588	1.00	1.79	149.5	299	60	0.0	8.97	23.93	9.97	3.99	*N/A*
Fruit Juice	1/2 Cup	1	60	0	0	*N/A*	0.10	110.0	200	40	36.0	1.0	15.0	0.0	0.00	0.00
Grapes	1/2 CUP	1	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
Toast	1 SLICE	1	60	0	120	2.00	0.36	10.0	0	0	0.0	3.0	12.0	0.5	0.00	0.00
Milk	HALF PINT	1	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			495	25	844	*3.41	*2.39	588.2	1065	208	40.34	21.59	72.34	13.23	5.60	*0.00
% of Calories												17.5%	58.5%	24.1%	10.2%	*0.0%

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/05/2016																
Middle School Breakfast	Total	1														
Cereal	1 cup	1	110	*N/A*	280	3.00	8.10	100.0	500	100	*N/A*	3.0	23.0	2.0	*N/A*	*N/A*
Fruit Juice	1/2 Cup	1	60	0	0	*N/A*	0.10	110.0	200	40	36.0	1.0	15.0	0.0	0.00	0.00
Banana	1/2 cup	1	72	*N/A*	1	2.00	0.18	*N/A*	50	10	7.2	1.0	19.0	*N/A*	*N/A*	*N/A*
Toast	1 SLICE	1	60	0	120	2.00	0.36	10.0	0	0	0.0	3.0	12.0	0.5	0.00	0.00
Milk	HALF PINT	1	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			416	*10	536	*7.00	*8.74	*532.2	1270	254	*45.70	16.32	82.53	*5.10	*1.56	*0.00
% of Calories												15.7%	79.3%	*11.0%	*3.4%	*0.0%

Fri - 05/06/2016																
Middle School Breakfast	Total	1														
Muffin	2.5 oz	1	250	35	210	1.00	*N/A*	40.0	*N/A*	*N/A*	*N/A*	4.0	32.0	13.0	3.00	*N/A*
Fruit Juice	1/2 Cup	1	60	0	0	*N/A*	0.10	110.0	200	40	36.0	1.0	15.0	0.0	0.00	0.00
Kiwi	1/2 cup	1	69	0	0	3.20	0.35	38.4	96	19	0.0	1.28	16.66	0.64	0.00	0.00
Toast	1 SLICE	1	60	0	120	2.00	0.36	10.0	0	0	0.0	3.0	12.0	0.5	0.00	0.00
Milk	HALF PINT	1	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			554	45	465	*6.20	*0.81	510.6	*816	*163	*38.50	17.61	89.19	16.74	4.56	*0.00
% of Calories												12.7%	64.4%	27.2%	7.4%	*0.0%

Mon - 05/09/2016																
Middle School Breakfast	Total	1														
Cereal	1 cup	1	110	*N/A*	280	3.00	8.10	100.0	500	100	*N/A*	3.0	23.0	2.0	*N/A*	*N/A*
Fruit Juice	1/2 Cup	1	60	0	0	*N/A*	0.10	110.0	200	40	36.0	1.0	15.0	0.0	0.00	0.00
Apple	1 APPLE	1	36	0	1	1.66	0.08	4.1	37	3	3.17	0.18	9.53	0.12	0.02	*N/A*
Toast	1 SLICE	1	60	0	120	2.00	0.36	10.0	0	0	0.0	3.0	12.0	0.5	0.00	0.00
Milk	HALF PINT	1	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			380	*10	536	*6.66	*8.64	536.3	1258	248	*41.67	15.50	73.06	5.22	*1.58	*0.00
% of Calories												16.3%	76.8%	12.3%	*3.7%	*0.0%

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Tue - 05/10/2016																	
Middle School Breakfast	Total	1															
Banana Bread	3.4 Oz	1	280	0	220	2.00	1.08	80.0	100	20	0.0	5.0	44.0	10.0	2.00	0.00	
Fruit Juice	1/2 Cup	1	60	0	0	*N/A*	0.10	110.0	200	40	36.0	1.0	15.0	0.0	0.00	0.00	
Orange	1/2 cup	1	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*	
Toast	1 SLICE	1	60	0	120	2.00	0.36	10.0	0	0	0.0	3.0	12.0	0.5	0.00	0.00	
Milk	HALF PINT	1	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*	
Weighted Daily Average																	
% of Calories				560	10	475	*6.30	*1.64	550.6	1036	184	89.57	18.23	95.81	13.22	3.58	*0.00
												13.0%	68.5%	21.3%	5.8%	*0.0%	

Wed - 05/11/2016																	
Middle School Breakfast	Total	1															
Cherry Frudel	65 grams	1	210	0	290	2.00	1.08	0.0	0	0	0.0	5.0	37.0	6.0	1.50	0.00	
Fruit Juice	1/2 Cup	1	60	0	0	*N/A*	0.10	110.0	200	40	36.0	1.0	15.0	0.0	0.00	0.00	
Grapes	1/2 CUP	1	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*	
Toast	1 SLICE	1	60	0	120	2.00	0.36	10.0	0	0	0.0	3.0	12.0	0.5	0.00	0.00	
Milk	HALF PINT	1	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*	
Weighted Daily Average				475	10	546	*4.41	*1.67	438.6	766	149	40.34	17.61	85.42	9.26	3.11	*0.00
% of Calories													14.8%	71.9%	17.5%	5.9%	*0.0%

Thu - 05/12/2016																	
Middle School Breakfast	Total	1															
Cereal	1 cup	1	110	*N/A*	280	3.00	8.10	100.0	500	100	*N/A*	3.0	23.0	2.0	*N/A*	*N/A*	
Fruit Juice	1/2 Cup	1	60	0	0	*N/A*	0.10	110.0	200	40	36.0	1.0	15.0	0.0	0.00	0.00	
Banana	1/2 cup	1	72	*N/A*	1	2.00	0.18	*N/A*	50	10	7.2	1.0	19.0	*N/A*	*N/A*	*N/A*	
Toast	1 SLICE	1	60	0	120	2.00	0.36	10.0	0	0	0.0	3.0	12.0	0.5	0.00	0.00	
Milk	HALF PINT	1	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*	
Weighted Daily Average				416	*10	536	*7.00	*8.74	*532.2	1270	254	*45.70	16.32	82.53	*5.10	*1.56	*0.00
% of Calories													15.7%	79.3%	*11.0%	*3.4%	*0.0%

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/13/2016																
Middle School Breakfast	Total	1														
Donut	2.3 oz	1	280	0	300	2.82	0.70	13.9	10	2	0.0	5.0	30.0	15.0	7.00	0.00
Fruit Juice	1/2 Cup	1	60	0	0	*N/A*	0.10	110.0	200	40	36.0	1.0	15.0	0.0	0.00	0.00
Kiwi	1/2 cup	1	69	0	0	3.20	0.35	38.4	96	19	0.0	1.28	16.66	0.64	0.00	0.00
Toast	1 SLICE	1	60	0	120	2.00	0.36	10.0	0	0	0.0	3.0	12.0	0.5	0.00	0.00
Milk	HALF PINT	1	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			584	10	555	*8.02	*1.51	484.5	826	165	38.50	18.61	87.19	18.74	8.56	*0.00
% of Calories												12.8%	59.8%	28.9%	13.2%	*0.0%

Mon - 05/16/2016																
Middle School Breakfast	Total	1														
Cereal	1 cup	1	110	*N/A*	280	3.00	8.10	100.0	500	100	*N/A*	3.0	23.0	2.0	*N/A*	*N/A*
Fruit Juice	1/2 Cup	1	60	0	0	*N/A*	0.10	110.0	200	40	36.0	1.0	15.0	0.0	0.00	0.00
Apple	1 APPLE	1	36	0	1	1.66	0.08	4.1	37	3	3.17	0.18	9.53	0.12	0.02	*N/A*
Toast	1 SLICE	1	60	0	120	2.00	0.36	10.0	0	0	0.0	3.0	12.0	0.5	0.00	0.00
Milk	HALF PINT	1	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			380	*10	536	*6.66	*8.64	536.3	1258	248	*41.67	15.50	73.06	5.22	*1.58	*0.00
% of Calories												16.3%	76.8%	12.3%	*3.7%	*0.0%

Tue - 05/17/2016																
Middle School Breakfast	Total	1														
Waffle Sticks	2 sticks	1	140	0	250	2.00	1.08	20.0	0	0	0.0	4.0	27.0	2.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	0	*N/A*	0.10	110.0	200	40	36.0	1.0	15.0	0.0	0.00	0.00
Orange	1/2 cup	1	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
Toast	1 SLICE	1	60	0	120	2.00	0.36	10.0	0	0	0.0	3.0	12.0	0.5	0.00	0.00
Milk	HALF PINT	1	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			420	10	505	*6.30	*1.64	490.6	936	164	89.57	17.23	78.81	5.22	1.58	*0.00
% of Calories												16.4%	75.1%	11.2%	3.4%	*0.0%

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Wed - 05/18/2016																
Middle School Breakfast	Total	1														
Egg Pattie	1.5 OZ.	1	73	106	55	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	4.64	1.48	5.41	*N/A*	*N/A*
Sausage Pattie	2 oz	1	91	33	184	0.00	0.39	3.1	17	2	0.0	6.72	0.0	6.89	1.88	*N/A*
Fruit Juice	1/2 Cup	1	60	0	0	*N/A*	0.10	110.0	200	40	36.0	1.0	15.0	0.0	0.00	0.00
Grapes	1/2 CUP	1	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
Toast	1 SLICE	1	60	0	120	2.00	0.36	10.0	0	0	0.0	3.0	12.0	0.5	0.00	0.00
Milk	HALF PINT	1	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			429	150	495	*2.41	*0.98	*441.7	*783	*151	*40.34	23.98	49.90	15.56	*3.49	*0.00
% of Calories												22.3%	46.5%	32.6%	*7.3%	*0.0%
Thu - 05/19/2016																
Middle School Breakfast	Total	1														
Cereal	1 cup	1	110	*N/A*	280	3.00	8.10	100.0	500	100	*N/A*	3.0	23.0	2.0	*N/A*	*N/A*
Fruit Juice	1/2 Cup	1	60	0	0	*N/A*	0.10	110.0	200	40	36.0	1.0	15.0	0.0	0.00	0.00
Banana	1/2 cup	1	72	*N/A*	1	2.00	0.18	*N/A*	50	10	7.2	1.0	19.0	*N/A*	*N/A*	*N/A*
Toast	1 SLICE	1	60	0	120	2.00	0.36	10.0	0	0	0.0	3.0	12.0	0.5	0.00	0.00
Milk	HALF PINT	1	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			416	*10	536	*7.00	*8.74	*532.2	1270	254	*45.70	16.32	82.53	*5.10	*1.56	*0.00
% of Calories												15.7%	79.3%	*11.0%	*3.4%	*0.0%
Fri - 05/20/2016																
Middle School Breakfast	Total	1														
Muffin	2.5 oz	1	250	35	210	1.00	*N/A*	40.0	*N/A*	*N/A*	*N/A*	4.0	32.0	13.0	3.00	*N/A*
Fruit Juice	1/2 Cup	1	60	0	0	*N/A*	0.10	110.0	200	40	36.0	1.0	15.0	0.0	0.00	0.00
Kiwi	1/2 cup	1	69	0	0	3.20	0.35	38.4	96	19	0.0	1.28	16.66	0.64	0.00	0.00
Toast	1 SLICE	1	60	0	120	2.00	0.36	10.0	0	0	0.0	3.0	12.0	0.5	0.00	0.00
Milk	HALF PINT	1	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			554	45	465	*6.20	*0.81	510.6	*816	*163	*38.50	17.61	89.19	16.74	4.56	*0.00
% of Calories												12.7%	64.4%	27.2%	7.4%	*0.0%
Weighted Average			459	*38	539	*5.97	*9.08	*517.1	*1065	*207	*51.31	*17.86	78.22	*10.25	*3.30	*0.00
												*15.6%	68.1%	*20.1%	*6.5%	*0.0%

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Nutrient	Menu AVG	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	459		588	78%		129		Correction Required - Calories are Low									
Cholesterol (mg)	38				Missing												
Sodium (mg)	539																
Fiber (g)	5.97				Missing												
Iron (mg)	9.08		3.40	267%	Missing												
Calcium (mg)	517.1		300.00	172%	Missing												
Vitamin A (IU)	1065		1125	95%	Missing	60		Correction Required - Vitamin A is Low									
Vitamin A (RE)	207		225	92%	Missing	18		Correction Required - Vitamin A is Low									
Vitamin C (mg)	51.31		12.50	410%	Missing												
Protein (g)	17.86	15.55%	11.40	157%	Missing												
Carbohydrate (g)	78.22	68.09%															
Total Fat (g)	10.25	20.08%	<=30.00%		Missing												
Saturated Fat (g)	3.30	6.47%	<10.00%		Missing												
Trans Fat (g)	0.00	0.00%			Missing												

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.