

ccsfs

Sep 2, 2013 thru Sep 13, 2013 Spreadsheet - Portion Values  
PK/Elem Breakfast

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/03/2013									
PK/Elem Breakfast	Total	100							
Breakfast Burrito, Egg/Cheese	1 each	30	231	69	8.57	28.94	8.61	3.63	*N/A*
Cereal,CC Variety	1 each	70	97	0	2.12	21.35	0.96	0.00	0.00
MUFFIN, BLUEBERRY	EA.	70	220	30	3.0	32.0	9.0	2.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	65	64	0	0.47	15.62	0.17	0.02	*N/A*
milk/Mayfield	8oz.Carton	100	128	9	8.04	20.44	1.25	0.75	0.00
fresh fruit bowl	1 each	40	102	0	1.06	26.57	0.28	0.05	*N/A*
Weighted Daily Average			502	50	14.93	87.25	11.03	3.27	*0.00
% of Calories					11.9%	69.5%	19.8%	5.9%	*0.0%

Wed - 09/04/2013									
PK/Elem Breakfast	Total	100							
Mini Cinnis/I.W./Ovenable	2.29	90	190	0	3.95	31.59	5.53	1.58	0.00
POP-TARTS, STRAWBERRY, AP	1 EA	10	203	0	2.03	37.65	4.94	1.61	0.08
Yogurt Cup	8 oz.	10	232	9	9.92	43.24	2.45	1.58	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	50	64	0	0.47	15.62	0.17	0.02	*N/A*
milk/Mayfield	8oz.Carton	100	128	9	8.04	20.44	1.25	0.75	0.00
fresh fruit bowl	1 each	50	102	0	1.06	26.57	0.28	0.05	*N/A*
Weighted Daily Average			425	10	13.56	78.05	7.19	2.53	*0.01
% of Calories					12.8%	73.5%	15.2%	5.4%	*0.0%

Thu - 09/05/2013									
PK/Elem Breakfast	Total	100							
Sausage/Biscuit	1 each	50	408	36	9.38	40.16	37.57	23.77	*0.00
Cereal,CC Variety	1 each	50	97	0	2.12	21.35	0.96	0.00	0.00
Blueberry, Mini Loaf ,IW	1 each	50	180	30	3.0	26.0	8.0	1.50	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	50	64	0	0.47	15.62	0.17	0.02	*N/A*
milk/Mayfield	8oz.Carton	100	128	9	8.04	20.44	1.25	0.75	0.00
fresh fruit bowl	1 each	40	102	0	1.06	26.57	0.28	0.05	*N/A*
Weighted Daily Average			543	42	15.95	82.63	24.71	13.42	*0.00
% of Calories					11.7%	60.8%	40.9%	22.2%	*0.0%

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Fri - 09/06/2013									
PK/Elem Breakfast	Total	100							
Chicken biscuit	1 each	50	301	26	13.51	45.22	21.32	17.86	*0.00
Sunrise, Flatbread	2.44oz.	50	160	65	10.03	20.05	5.01	1.50	0.00
peaches, sliced, Lt. canned	1/2 cup	50	53	0	0.5	13.9	0.13	0.01	*N/A*
milk/Mayfield	8oz. Carton	100	128	9	8.04	20.44	1.25	0.75	0.00
fresh fruit bowl	1 each	50	102	0	1.06	26.57	0.28	0.05	*N/A*
Weighted Daily Average			436	55	20.59	73.31	14.62	10.46	*0.00
% of Calories					18.9%	67.3%	30.2%	21.6%	*0.0%

Mon - 09/09/2013									
PK/Elem Breakfast	Total	100							
Cheese biscuit	1 ea	30	350	31	18.44	43.17	25.79	22.85	*0.00
FRENCH TOAST STICKS/A.Jemima	1 SERVING	70	126	48	4.37	18.94	3.6	0.90	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	50	64	0	0.47	15.62	0.17	0.02	*N/A*
milk/Mayfield	8oz. Carton	100	128	9	8.04	20.44	1.25	0.75	0.00
fresh fruit bowl	1 each	50	102	0	1.06	26.57	0.28	0.05	*N/A*
Weighted Daily Average			404	52	17.40	67.74	11.73	8.28	*0.00
% of Calories					17.2%	67.1%	26.1%	18.4%	*0.0%

Tue - 09/10/2013									
PK/Elem Breakfast	Total	100							
Biscuits handi-split	1 ea	30	210	1	4.44	39.17	17.79	16.85	*N/A*
gravy mix, Biscuit	1/4 cup	30	50	0	0.0	5.98	2.99	1.00	*1.50
Cereal, CC Variety	1 each	70	97	0	2.12	21.35	0.96	0.00	0.00
MUFFIN, BANANA NUT	1 each	70	251	25	3.01	33.11	12.04	2.01	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	50	64	0	0.47	15.62	0.17	0.02	*N/A*
milk/Mayfield	8oz. Carton	100	128	9	8.04	20.44	1.25	0.75	0.00
fresh fruit bowl	1 each	50	102	0	1.06	26.57	0.28	0.05	*N/A*
Weighted Daily Average			533	27	13.73	93.20	16.81	7.55	*0.45
% of Calories					10.3%	70.0%	28.4%	12.7%	*0.8%

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Wed - 09/11/2013									
PK/Elem Breakfast	Total	100							
whole wheat breakfast bun	1 each	60	249	9	5.6	39.0	5.74	1.80	*N/A*
Ham & Cheese Croissant	1 each	40	255	19	9.62	14.26	17.75	7.58	0.00
fresh fruit bowl	1 each	75	102	0	1.06	26.57	0.28	0.05	*N/A*
milk/Mayfield	8oz.Carton	100	128	9	8.04	20.44	1.25	0.75	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	50	64	0	0.47	15.62	0.17	0.02	*N/A*
Weighted Daily Average			488	22	16.28	77.28	12.09	4.91	*0.00
% of Calories					13.3%	63.3%	22.3%	9.1%	*0.0%

Thu - 09/12/2013									
PK/Elem Breakfast	Total	100							
Chicken biscuit	1 each	65	301	26	13.51	45.22	21.32	17.86	*0.00
Cereal,CC Variety	1 each	35	97	0	2.12	21.35	0.96	0.00	0.00
Cheese, Colby Jack Portion	1 each	35	128	29	8.12	0.0	10.44	6.96	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	75	64	0	0.47	15.62	0.17	0.02	*N/A*
milk/Mayfield	8oz.Carton	100	128	9	8.04	20.44	1.25	0.75	0.00
fresh fruit bowl	1 each	50	102	0	1.06	26.57	0.28	0.05	*N/A*
Weighted Daily Average			501	36	21.29	82.30	19.36	14.84	*0.00
% of Calories					17.0%	65.7%	34.8%	26.6%	*0.0%

Fri - 09/13/2013									
PK/Elem Breakfast	Total	100							
Ham/Biscuit	1 each	60	416	17	13.72	40.2	36.35	23.04	*0.00
apple cinnamon loaf	2 oz	40	190	10	3.0	30.0	7.0	1.00	0.00
yogurt-dannon 4 oz. cup,S&B	1 each	40	110	0	3.01	20.07	0.5	0.50	0.00
fresh fruit bowl	1 each	60	102	0	1.06	26.57	0.28	0.05	*N/A*
milk/Mayfield	8oz.Carton	100	128	9	8.04	20.44	1.25	0.75	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	50	64	0	0.47	15.62	0.17	0.02	*N/A*
Weighted Daily Average			591	23	19.55	88.34	26.31	15.21	*0.00
% of Calories					13.2%	59.8%	40.1%	23.2%	*0.0%

Weighted Average			491	35	17.03	81.12	15.98	8.94	*0.05
					13.9%	66.0%	29.3%	16.4%	*0.1%

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Nutrient	Menu AVG	% of Cals	Portion Size Target	Plan Qty % of Target	Cals (kcal) Miss Data	Cholst (mg) Shortfall	Protn (g) Overage	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
Calories	491		350 - 500	100%								
Cholesterol (mg)	35											
Protein (g)	17.03	13.86%	10.00	170%								
Carbohydrate (g)	81.12	66.03%										
Total Fat (g)	15.98	29.27%	<=30.00%									
Saturated Fat (g)	8.94	16.37%	<10.00%									Correction Required - Sat. Fat too High
Trans Fat <sup>1</sup> (g)	0.05	0.09%			Missing							

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