

ccsfs

Sep 2, 2013 thru Sep 27, 2013 Spreadsheet - Portion Values
High School Breakfast

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/03/2013									
High School Breakfast	Total	100							
Chicken biscuit	1 each	75	301	26	13.51	45.22	21.32	17.86	*0.00
Sausage/Biscuit	1 each	15	408	36	9.38	40.16	37.57	23.77	*0.00
Ham/Biscuit	1 each	5	416	17	13.72	40.2	36.35	23.04	*0.00
POP-TARTS, STRAWBERRY, AP	1 EA	5	203	0	2.03	37.65	4.94	1.61	0.08
Cereal,CC Variety	1 each	5	97	0	2.12	21.35	0.96	0.00	0.00
fresh fruit bowl	1 each	50	102	0	1.06	26.57	0.28	0.05	*N/A*
juice, apple 4 oz	1 each	50	75	0	0.0	18.86	0.0	0.00	0.00
orange juice-	8 oz.Carton	75	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz.Carton	20	128	9	8.04	20.44	1.25	0.75	0.00
Weighted Daily Average			519	28	16.08	91.95	24.13	18.37	*0.00
% of Calories					12.4%	70.8%	41.8%	31.8%	*0.0%

Wed - 09/04/2013									
High School Breakfast	Total	100							
Chicken biscuit	1 each	60	301	26	13.51	45.22	21.32	17.86	*0.00
Sausage/Biscuit	1 each	15	408	36	9.38	40.16	37.57	23.77	*0.00
steakette biscuit	1 each	10	380	26	12.44	48.17	28.79	20.85	*0.00
PANCAKE&SAUSAGE ON A STICK	1 EACH	15	197	12	6.32	20.53	10.26	2.76	*N/A*
juice, grape	1 each	40	90	0	0.0	22.0	0.0	0.00	0.00
fresh fruit bowl	1 each	60	102	0	1.06	26.57	0.28	0.05	*N/A*
orange juice-	8 oz.Carton	25	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz.Carton	50	128	9	8.04	20.44	1.25	0.75	0.00
Weighted Daily Average			498	30	16.86	82.76	23.64	17.19	*0.00
% of Calories					13.6%	66.5%	42.7%	31.1%	*0.0%

Thu - 09/05/2013									
High School Breakfast	Total	100							
omelet egg	1 oz	10	52	93	3.81	0.48	3.81	1.43	*N/A*
Biscuits handi-split	1 ea	10	210	1	4.44	39.17	17.79	16.85	*N/A*
Sausage/Biscuit	1 each	50	408	36	9.38	40.16	37.57	23.77	*0.00
steakette biscuit	1 each	10	380	26	12.44	48.17	28.79	20.85	*0.00
Cereal,CC Variety	1 each	30	97	0	2.12	21.35	0.96	0.00	0.00
Cheese, Colby Jack Portion	1 each	30	128	29	8.12	0.0	10.44	6.96	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	80	64	0	0.47	15.62	0.17	0.02	*N/A*
fresh fruit bowl	1 each	60	102	0	1.06	26.57	0.28	0.05	*N/A*
orange juice-	8 oz.Carton	20	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz.Carton	35	128	9	8.04	20.44	1.25	0.75	0.00

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			515	42	14.06	76.26	27.98	18.20	*0.00
% of Calories					10.9%	59.2%	48.9%	31.8%	*0.0%

Fri - 09/06/2013									
High School Breakfast	Total	100							
Cereal,CC Variety	1 each	50	97	0	2.12	21.35	0.96	0.00	0.00
Muffins,Mini Blueberry	1 each	50	151	15	3.02	24.19	5.04	1.01	0.00
Ham & Cheese Croissant	1 each	50	255	19	9.62	14.26	17.75	7.58	0.00
fresh fruit bowl	1 each	50	102	0	1.06	26.57	0.28	0.05	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	40	64	0	0.47	15.62	0.17	0.02	*N/A*
orange juice-	8 oz.Carton	60	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz.Carton	10	128	9	8.04	20.44	1.25	0.75	0.00
Weighted Daily Average			407	18	10.11	67.68	12.21	4.40	*0.00
% of Calories					9.9%	66.5%	27.0%	9.7%	*0.0%

Mon - 09/09/2013									
High School Breakfast	Total	100							
Ham/Biscuit	1 each	10	416	17	13.72	40.2	36.35	23.04	*0.00
Sausage/Biscuit	1 each	20	408	36	9.38	40.16	37.57	23.77	*0.00
steakette biscuit	1 each	10	380	26	12.44	48.17	28.79	20.85	*0.00
PANCAKE&SAUSAGE ON A STICK	1 EACH	60	197	12	6.32	20.53	10.26	2.76	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	40	64	0	0.47	15.62	0.17	0.02	*N/A*
fresh fruit bowl	1 each	50	102	0	1.06	26.57	0.28	0.05	*N/A*
orange juice-	8 oz.Carton	60	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz.Carton	20	128	9	8.04	20.44	1.25	0.75	0.00
Weighted Daily Average			448	20	11.81	69.01	20.64	10.99	*0.00
% of Calories					10.6%	61.6%	41.5%	22.1%	*0.0%

Tue - 09/10/2013									
High School Breakfast	Total	100							
Chicken biscuit	1 each	60	301	26	13.51	45.22	21.32	17.86	*0.00
Sausage/Biscuit	1 each	10	408	36	9.38	40.16	37.57	23.77	*0.00
Ham/Biscuit	1 each	10	416	17	13.72	40.2	36.35	23.04	*0.00
Z Loaf, Zucchini/Carrot Loaf	1 ea	20	301	0	6.0	44.0	13.0	2.00	0.00
Yogurt Cup	8 oz.	20	232	9	9.92	43.24	2.45	1.58	*N/A*
fresh fruit bowl	1 each	50	102	0	1.06	26.57	0.28	0.05	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	25	64	0	0.47	15.62	0.17	0.02	*N/A*
orange juice-	8 oz.Carton	50	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz.Carton	20	128	9	8.04	20.44	1.25	0.75	0.00

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			517	25	16.86	87.39	23.70	16.29	*0.00
% of Calories					13.0%	67.6%	41.3%	28.4%	*0.0%

Wed - 09/11/2013									
High School Breakfast	Total	100							
Chicken biscuit	1 each	10	301	26	13.51	45.22	21.32	17.86	*0.00
Sausage/Biscuit	1 each	20	408	36	9.38	40.16	37.57	23.77	*0.00
Ham/Biscuit	1 each	10	416	17	13.72	40.2	36.35	23.04	*0.00
Sunrise,Flatbread	2.44oz.	60	160	65	10.03	20.05	5.01	1.50	0.00
fresh fruit bowl	1 each	50	102	0	1.06	26.57	0.28	0.05	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	40	64	0	0.47	15.62	0.17	0.02	*N/A*
orange juice-	8 oz.Carton	50	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz.Carton	20	128	9	8.04	20.44	1.25	0.75	0.00
Weighted Daily Average			407	52	13.94	65.72	16.74	9.93	*0.00
% of Calories					13.7%	64.6%	37.1%	22.0%	*0.0%

Thu - 09/12/2013									
High School Breakfast	Total	100							
Chicken biscuit	1 each	40	301	26	13.51	45.22	21.32	17.86	*0.00
Sausage/Biscuit	1 each	25	408	36	9.38	40.16	37.57	23.77	*0.00
Ham/Biscuit	1 each	10	416	17	13.72	40.2	36.35	23.04	*0.00
POP-TARTS, STRAWBERRY, AP	1 EA	25	203	0	2.03	37.65	4.94	1.61	0.08
Cereal,CC Variety	1 each	25	97	0	2.12	21.35	0.96	0.00	0.00
fresh fruit bowl	1 each	50	102	0	1.06	26.57	0.28	0.05	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	40	64	0	0.47	15.62	0.17	0.02	*N/A*
orange juice-	8 oz.Carton	40	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz.Carton	30	128	9	8.04	20.44	1.25	0.75	0.00
Weighted Daily Average			498	24	14.09	83.36	23.61	16.05	*0.02
% of Calories					11.3%	67.0%	42.7%	29.0%	*0.0%

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/13/2013									
High School Breakfast	Total	100							
Ham/Biscuit	1 each	10	416	17	13.72	40.2	36.35	23.04	*0.00
Sausage/Biscuit	1 each	20	408	36	9.38	40.16	37.57	23.77	*0.00
steakette biscuit	1 each	10	380	26	12.44	48.17	28.79	20.85	*0.00
Breakfast Burrito, Los Cabos IW	1 Each	60	192	60	7.67	28.19	5.32	2.17	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	50	64	0	0.47	15.62	0.17	0.02	*N/A*
fresh fruit bowl	1 each	50	102	0	1.06	26.57	0.28	0.05	*N/A*
orange juice-	8 oz. Carton	40	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz. Carton	30	128	9	8.04	20.44	1.25	0.75	0.00
Weighted Daily Average			442	50	13.07	71.81	17.82	10.71	*0.00
% of Calories					11.8%	65.1%	36.3%	21.8%	*0.0%

Mon - 09/16/2013									
High School Breakfast	Total	100							
Ham/Biscuit	1 each	10	416	17	13.72	40.2	36.35	23.04	*0.00
Sausage/Biscuit	1 each	65	408	36	9.38	40.16	37.57	23.77	*0.00
steakette biscuit	1 each	10	380	26	12.44	48.17	28.79	20.85	*0.00
Belvita Breakfast Biscuits	1 pkg ea	15	230	0	4.0	36.0	8.0	1.00	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	65	64	0	0.47	15.62	0.17	0.02	*N/A*
fresh fruit bowl	1 each	25	102	0	1.06	26.57	0.28	0.05	*N/A*
orange juice-	8 oz. Carton	40	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz. Carton	25	128	9	8.04	20.44	1.25	0.75	0.00
Weighted Daily Average			522	30	12.70	73.05	32.62	20.21	*0.00
% of Calories					9.7%	55.9%	56.2%	34.8%	*0.0%

Tue - 09/17/2013									
High School Breakfast	Total	100							
Chicken biscuit	1 each	70	301	26	13.51	45.22	21.32	17.86	*0.00
Sausage/Biscuit	1 each	10	408	36	9.38	40.16	37.57	23.77	*0.00
Ham/Biscuit	1 each	5	416	17	13.72	40.2	36.35	23.04	*0.00
Breakfast Pizza- Bacon scramb	1 each	15	210	45	9.0	25.0	10.0	2.50	0.00
fresh fruit bowl	1 each	50	102	0	1.06	26.57	0.28	0.05	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	40	64	0	0.47	15.62	0.17	0.02	*N/A*
orange juice-	8 oz. Carton	40	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz. Carton	40	128	9	8.04	20.44	1.25	0.75	0.00
Weighted Daily Average			475	33	17.17	79.94	22.70	16.74	*0.00
% of Calories					14.4%	67.3%	43.0%	31.7%	*0.0%

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Wed - 09/18/2013									
High School Breakfast	Total	100							
Ham/Biscuit	1 each	20	416	17	13.72	40.2	36.35	23.04	*0.00
steakette biscuit	1 each	60	380	26	12.44	48.17	28.79	20.85	*0.00
Biscuits handi-split	1 ea	10	210	1	4.44	39.17	17.79	16.85	*N/A*
SCRAMBLED EGGS	1/4 CUP	10	82	215	7.01	1.64	5.07	1.57	*N/A*
MINI PANCAKE	1 each	10	200	10	4.0	34.0	6.0	1.00	0.00
fresh fruit bowl	1 each	50	102	0	1.06	26.57	0.28	0.05	*N/A*
juice, grape	1 each	30	90	0	0.0	22.0	0.0	0.00	0.00
orange juice-	8 oz. Carton	40	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz. Carton	30	128	9	8.04	20.44	1.25	0.75	0.00
Weighted Daily Average			521	44	15.50	81.24	27.94	19.31	*0.00
% of Calories					11.9%	62.4%	48.3%	33.4%	*0.0%

Thu - 09/19/2013									
High School Breakfast	Total	100							
PORK CHOP PATTY	1 EA	30	273	91	13.13	16.16	17.17	4.55	0.00
Biscuits handi-split	1 ea	60	210	1	4.44	39.17	17.79	16.85	*N/A*
SCRAMBLED EGGS	1 ea	30	328	860	28.06	6.58	20.28	6.27	*N/A*
Cheese, sliced	1 each	35	35	7	3.5	1.0	2.25	1.50	*N/A*
Ham/Biscuit	1 each	35	416	17	13.72	40.2	36.35	23.04	*0.00
WG OATMEAL RAISIN COOKIE	1 ea	5	177	13	2.65	21.29	9.44	1.67	*1.13
fresh fruit bowl	1 each	50	102	0	1.06	26.57	0.28	0.05	*N/A*
orange juice-	8 oz. Carton	30	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	1 CUP	30	128	9	8.04	20.44	1.25	0.75	0.00
juice, apple 4 oz	1 each	25	75	0	0.0	18.86	0.0	0.00	0.00
Weighted Daily Average			614	298	24.72	78.04	36.40	22.28	*0.06
% of Calories					16.1%	50.8%	53.4%	32.7%	*0.1%

Fri - 09/20/2013									
High School Breakfast	Total	100							
Ham/Biscuit	1 each	20	416	17	13.72	40.2	36.35	23.04	*0.00
Sausage/Biscuit	1 each	60	408	36	9.38	40.16	37.57	23.77	*0.00
omelet egg	1 oz	15	52	93	3.81	0.48	3.81	1.43	*N/A*
Biscuits handi-split	1 ea	15	210	1	4.44	39.17	17.79	16.85	*N/A*
fresh fruit bowl	1 each	50	102	0	1.06	26.57	0.28	0.05	*N/A*
Breadstick, WG Maple filled, W	1 each	5	230	0	5.0	43.0	4.5	2.00	0.00
orange juice-	8 oz. Carton	70	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz. Carton	30	128	9	8.04	20.44	1.25	0.75	0.00

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Weighted Daily Average			545	42	14.21	78.55	33.79	21.96	*0.00
% of Calories					10.4%	57.7%	55.8%	36.3%	*0.0%

Mon - 09/23/2013									
High School Breakfast	Total	100							
Ham/Biscuit	1 each	10	416	17	13.72	40.2	36.35	23.04	*0.00
Sausage/Biscuit	1 each	65	408	36	9.38	40.16	37.57	23.77	*0.00
steakette biscuit	1 each	10	380	26	12.44	48.17	28.79	20.85	*0.00
MUFFIN, BLUEBERRY	EA.	15	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*
fresh fruit bowl	1 each	25	102	0	1.06	26.57	0.28	0.05	*N/A*
orange juice-	8 oz. Carton	75	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz. Carton	25	128	9	8.04	20.44	1.25	0.75	0.00
Weighted Daily Average			559	34	13.25	81.90	32.77	20.36	*0.00
% of Calories					9.5%	58.6%	52.7%	32.7%	*0.0%

Tue - 09/24/2013									
High School Breakfast	Total	100							
Chicken biscuit	1 each	70	301	26	13.51	45.22	21.32	17.86	*0.00
Sausage/Biscuit	1 each	10	408	36	9.38	40.16	37.57	23.77	*0.00
Ham/Biscuit	1 each	5	416	17	13.72	40.2	36.35	23.04	*0.00
Graham P&J Snackers/Wafer Bar	2.oz.	15	290	0	8.0	30.0	17.0	3.00	0.00
fresh fruit bowl	1 each	50	102	0	1.06	26.57	0.28	0.05	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	40	64	0	0.47	15.62	0.17	0.02	*N/A*
orange juice-	8 oz. Carton	30	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz. Carton	40	128	9	8.04	20.44	1.25	0.75	0.00
Weighted Daily Average			476	26	16.82	77.99	23.75	16.81	*0.00
% of Calories					14.1%	65.5%	44.9%	31.8%	*0.0%

Wed - 09/25/2013									
High School Breakfast	Total	100							
Ham/Biscuit	1 each	5	416	17	13.72	40.2	36.35	23.04	*0.00
Sausage/Biscuit	1 each	50	408	36	9.38	40.16	37.57	23.77	*0.00
steakette biscuit	1 each	5	380	26	12.44	48.17	28.79	20.85	*0.00
Sunrise, Flatbread	2.44oz.	40	160	65	10.03	20.05	5.01	1.50	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	65	64	0	0.47	15.62	0.17	0.02	*N/A*
fresh fruit bowl	1 each	25	102	0	1.06	26.57	0.28	0.05	*N/A*
orange juice-	8 oz. Carton	75	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz. Carton	25	128	9	8.04	20.44	1.25	0.75	0.00

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Sep 2, 2013 thru Sep 27, 2013 Spreadsheet - Portion Values
High School Breakfast

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			490	48	14.09	74.67	24.54	14.90	*0.00
% of Calories					11.5%	61.0%	45.1%	27.4%	*0.0%

Thu - 09/26/2013									
High School Breakfast	Total	100							
PORK CHOP PATTY	1 EA	30	273	91	13.13	16.16	17.17	4.55	0.00
Biscuits handi-split	1 ea	30	210	1	4.44	39.17	17.79	16.85	*N/A*
cheese & turkey ham in biscuit	1 each	35	230	15	11.0	26.0	9.0	5.00	0.00
SCRAMBLED EGGS	1/4 CUP	35	82	215	7.01	1.64	5.07	1.57	*N/A*
Cinnamon Roll (Riches)	1 each	35	160	0	4.0	30.0	3.0	0.50	0.00
fresh fruit bowl	1 each	50	102	0	1.06	26.57	0.28	0.05	*N/A*
orange juice-	8 oz. Carton	30	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	1/4 CUP	30	32	2	2.01	5.11	0.31	0.19	0.00
Weighted Daily Average			403	109	14.71	59.69	16.70	8.97	*0.00
% of Calories					14.6%	59.2%	37.2%	20.0%	*0.0%

Fri - 09/27/2013									
High School Breakfast	Total	100							
Ham/Biscuit	1 each	5	416	17	13.72	40.2	36.35	23.04	*0.00
Chicken biscuit	1 each	60	301	26	13.51	45.22	21.32	17.86	*0.00
bacon biscuit	1 ea	5	510	181	40.44	39.17	32.79	22.85	*0.00
fresh fruit bowl	1 each	50	102	0	1.06	26.57	0.28	0.05	*N/A*
PANCAKE&SAUSAGE ON A STICK	1 EACH	30	197	12	6.32	20.53	10.26	2.76	*N/A*
orange juice-	8 oz. Carton	40	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz. Carton	30	128	9	8.04	20.44	1.25	0.75	0.00
Weighted Daily Average			419	32	16.45	67.47	19.84	14.09	*0.00
% of Calories					15.7%	64.4%	42.6%	30.2%	*0.0%

Weighted Average			488	52	15.08	76.24	24.29	15.67	*0.00
					12.4%	62.5%	44.8%	28.9%	*0.0%

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Sep 2, 2013 thru Sep 27, 2013 Spreadsheet - Portion Values
High School Breakfast

Nutrient	Menu AVG	% of Cals	Portion	Plan	Cals	Cholst	Protn	Carb	T-Fat	S-Fat	Tr-Fat ¹	Error Messages (if any)
			Size	Qty	(kcal)	(mg)	(g)	(g)	(g)	(g)	(g)	
Calories	488		450 - 600	100%								
Cholesterol (mg)	52											
Protein (g)	15.08	12.36%	12.00	126%								
Carbohydrate (g)	76.24	62.46%										
Total Fat (g)	24.29	44.78%	<=30.00%									Correction Required - Total Fat too High
Saturated Fat (g)	15.67	28.89%	<10.00%									Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.00	0.01%			Missing							

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