

ccsfs

Sep 2, 2013 thru Sep 13, 2013 Spreadsheet - Portion Values  
Middle 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									
Middle Breakfast	Total	100							
Breakfast Burrito, Egg/Cheese	1 each	80	231	69	8.57	28.94	8.61	3.63	*N/A*
Cereal,CC Variety	1 each	20	97	0	2.12	21.35	0.96	0.00	0.00
Muffins,Mini ,Choco Chip	1 each	20	151	15	3.02	23.18	5.04	1.01	0.00
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			344	62	11.89	54.58	8.65	3.41	*0.00
% of Calories					13.8%	63.4%	22.6%	8.9%	*0.0%

Wed - 09/04/2013									
Middle Breakfast	Total	100							
Mini Cinnis/I.W./Ovenable	2.29	80	190	0	3.95	31.59	5.53	1.58	0.00
POP-TARTS, STRAWBERRY, AP	1 EA	20	203	0	2.03	37.65	4.94	1.61	0.08
Cereal,CC Variety	1 each	20	97	0	2.12	21.35	0.96	0.00	0.00
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	30	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			385	4	9.33	74.92	6.43	2.00	*0.02
% of Calories					9.7%	77.8%	15.0%	4.7%	*0.0%

Thu - 09/05/2013									
Middle Breakfast	Total	100							
Biscuit Choice-	1 ea	70	155	24	8.81	5.99	10.22	3.26	*0.00
Cereal,CC Variety	1 each	30	97	0	2.12	21.35	0.96	0.00	0.00
Blueberry, Mini Loaf ,IW	1 each	30	180	30	3.0	26.0	8.0	1.50	0.00
fresh fruit bowl	1 each	75	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*
milk/Mayfield	8oz.Carton	50	128	9	8.04	20.44	1.25	0.75	0.00
orange juice-	8 oz.Carton	25	110	0	2.0	27.0	0.0	0.00	0.00
Weighted Daily Average			376	30	13.14	59.20	10.72	3.15	*0.00
% of Calories					14.0%	63.0%	25.7%	7.5%	*0.0%

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Fri - 09/06/2013									
Middle Breakfast	Total	100							
Chicken biscuit	1 each	20	301	26	13.51	45.22	21.32	17.86	*0.00
Sunrise, Flatbread	2.44oz.	60	160	65	10.03	20.05	5.01	1.50	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	25	64	0	0.47	15.62	0.17	0.02	*N/A*
fresh fruit bowl	1 each	75	102	0	1.06	26.57	0.28	0.05	*N/A*
milk/Mayfield	8oz. Carton	85	128	9	8.04	20.44	1.25	0.75	0.00
orange juice-	8 oz. Carton	25	110	0	2.0	27.0	0.0	0.00	0.00
Weighted Daily Average			385	52	16.97	69.03	8.58	5.16	*0.00
% of Calories					17.6%	71.7%	20.1%	12.1%	*0.0%

Mon - 09/09/2013									
Middle Breakfast	Total	100							
Cheese biscuit	1 ea	50	350	31	18.44	43.17	25.79	22.85	*0.00
FRENCH TOAST STICKS/A.Jemima	1 SERVING	50	126	48	4.37	18.94	3.6	0.90	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	75	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*
milk/Mayfield	8oz. Carton	20	128	9	8.04	20.44	1.25	0.75	0.00
orange juice-	8 oz. Carton	25	110	0	2.0	27.0	0.0	0.00	0.00
Weighted Daily Average			365	42	14.13	60.25	15.14	12.06	*0.00
% of Calories					15.5%	66.1%	37.4%	29.8%	*0.0%

Tue - 09/10/2013									
Middle Breakfast	Total	100							
gravy mix, Biscuit	1/4 cup	50	50	0	0.0	5.98	2.99	1.00	*1.50
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
MUFFIN, BANANA NUT	1 each	50	251	25	3.01	33.11	12.04	2.01	0.00
fresh fruit bowl	1 each	75	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*
milk/Mayfield	8oz. Carton	30	128	9	8.04	20.44	1.25	0.75	0.00
orange juice-	8 oz. Carton	25	110	0	2.0	27.0	0.0	0.00	0.00
Weighted Daily Average			561	33	11.09	87.01	27.41	13.66	*0.75
% of Calories					7.9%	62.0%	44.0%	21.9%	*1.2%

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Wed - 09/11/2013									
Middle Breakfast	Total	100							
whole wheat breakfast bun	1 each	50	249	9	5.6	39.0	5.74	1.80	*N/A*
Ham & Cheese Croissant	1 each	50	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*
orange juice-	8 oz.Carton	25	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
FRUIT JUICE,ASSORTED	4 fl.oz.	40	64	0	0.47	15.62	0.17	0.02	*N/A*
Weighted Daily Average			407	16	10.71	63.64	12.27	4.89	*0.00
% of Calories					10.5%	62.5%	27.1%	10.8%	*0.0%

Thu - 09/12/2013									
Middle Breakfast	Total	100							
Chicken biscuit	1 each	60	301	26	13.51	45.22	21.32	17.86	*0.00
Cereal,CC Variety	1 each	40	97	0	2.12	21.35	0.96	0.00	0.00
Cheese, Colby Jack Portion	1 each	40	128	29	8.12	0.0	10.44	6.96	0.00
fresh fruit bowl	1 each	75	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
FRUIT JUICE,ASSORTED	4 fl.oz.	25	64	0	0.47	15.62	0.17	0.02	*N/A*
Weighted Daily Average			454	32	17.64	76.47	18.23	13.92	*0.00
% of Calories					15.5%	67.3%	36.1%	27.6%	*0.0%

Fri - 09/13/2013									
Middle Breakfast	Total	100							
Ham/Biscuit	1 each	40	416	17	13.72	40.2	36.35	23.04	*0.00
apple cinnamon loaf	2 oz	60	190	10	3.0	30.0	7.0	1.00	0.00
Cereal,CC Variety	1 each	60	97	0	2.12	21.35	0.96	0.00	0.00
fresh fruit bowl	1 each	75	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	30	128	9	8.04	20.44	1.25	0.75	0.00
Weighted Daily Average			481	15	12.27	79.70	19.90	10.08	*0.00
% of Calories					10.2%	66.3%	37.2%	18.9%	*0.0%

Weighted Average			418	32	13.02	69.42	14.15	7.59	*0.08
					12.5%	66.5%	30.5%	16.4%	*0.2%

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Portion Plan Cals Cholst Protn Carb T-Fat S-Fat Tr-Fat<sup>1</sup>  
Size Qty (kcal) (mg) (g) (g) (g) (g) (g)

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	418		400 - 550	100%				
Cholesterol (mg)	32							
Protein (g)	13.02	12.47%	10.00	130%				
Carbohydrate (g)	69.42	66.50%						
Total Fat (g)	14.15	30.49%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	7.59	16.36%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat <sup>1</sup> (g)	0.08	0.18%			Missing			

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