

# Richardson I.S.D.

**Aug 24, 2009 thru Sep 4, 2009 Spreadsheet - Portion Values**

**Aug 7, 2009**

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## Dobie Breakfast in Classroom

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
<b>Mon - 08/24/2009</b>															
Dobie Breakfast in Classroo	Total	300													
Yogurt/Upstate/4 ozCup/48ct/cs	4 oz cup	300	90	0	75	0.00	0.00	301.1	0	0	1.2	3.0	19.1	0.00	0.00
Granola Bar, Lowfat QuakerChew	bar	300	90	0	80	1.00	0.72	80.0	0	0	0.00	1.0	19.0	2.0	0.50
Juice, Apple, 6 fl oz	carton	300	90	0	15	0.00	0.36	0.0	0	0	0.00	0.00	22.0	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	150	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk,1% Unflavored	1/2 pint	150	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			392	6	329	1.00	1.30	676.2	489	122	3.00	12.12	79.15	3.18	1.27
% of Calories												12.4%	80.9%	7.3%	2.9%

<b>Tue - 08/25/2009</b>															
Dobie Breakfast in Classroo	Total	300													
Cereal, Cheerios/96/case	1 box	300	77	0	140	2.12	6.66	85.6	606	262	5.1	2.4	15.7	1.2	0.20
Crackers, PhysEdibles 300/.9oz	pouch	300	140	0	122	1.16	4.19	0.0	116	23	2.8	2.3	22.1	4.7	1.16
Juice, Fruit Blend, 6 fl oz	carton	300	90	0	20	0.00	0.00	20.0	0	0	15.0	1.0	23.0	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	150	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk,1% Unflavored	1/2 pint	150	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			428	6	440	3.28	11.07	400.8	1211	408	24.71	13.81	79.85	7.07	2.14
% of Calories												12.9%	74.7%	14.9%	4.5%

<b>Wed - 08/26/2009</b>															
Dobie Breakfast in Classroo	Total	300													
Yogurt/Upstate/4 ozCup/48ct/cs	4 oz cup	300	90	0	75	0.00	0.00	301.1	0	0	1.2	3.0	19.1	0.00	0.00
Waffles/DeWafelbakker/wrapped	2waffles/pk	300	200	55	180	0.50	1.08	20.0	0	0	0.00	3.0	23.0	10.00	2.00
Apples, Fresh, Whole	1 EACH	300	72	0	1	3.31	0.17	8.3	75	7	6.3	0.4	19.1	0.2	0.04
Milk , Fat Free Chocolate	1/2 pint	150	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk,1% Unflavored	1/2 pint	150	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			483	61	415	3.81	1.46	624.5	564	129	9.35	14.48	80.21	11.42	2.81
% of Calories												12.0%	66.4%	21.3%	5.2%

<b>Thu - 08/27/2009</b>															
Dobie Breakfast in Classroo	Total	300													
Cereal, Frosted Flakes/96/case	1 box	300	104	0	131	0.51	6.64	0.9	556	206	7.6	1.2	25.8	0.1	0.02
Crackers, Animal,Zoo, Keebler	1 each	300	130	0	90	1.00	1.08	0.0	0	0	0.00	0.00	25.0	2.0	0.00
Juice, Orange, 6 fl oz	carton	150	80	0	45	0.00	0.00	0.0	100	20	72.0	1.0	20.00	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	150	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk,1% Unflavored	1/2 pint	150	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			395	6	402	1.51	7.93	296.0	1095	338	45.37	9.84	79.85	3.26	0.79
% of Calories												10.0%	80.8%	7.4%	1.8%

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**Aug 24, 2009 thru Sep 4, 2009 Spreadsheet - Portion Values**

**Aug 7, 2009**

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## Dobie Breakfast in Classroom

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Fri - 08/28/2009															
Dobie Breakfast in Classroom	Total	300													
Muffin, ReducedFatBanana1.8	muffin	300	170	30	180	1.00	5.40	40.0	1250	250	15.00	3.0	28.0	5.0	1.00
Cheese Stick, Mozz Wrapped,1oz	1 each	300	86	15	150	0.00	0.07	207.2	147	54	0.00	7.4	1.1	5.7	3.59
Juice, Fruit Blend, 6 fl oz	carton	300	90	0	20	0.00	0.00	20.0	0	0	15.0	1.0	23.0	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	150	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk,1% Unflavored	1/2 pint	150	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			467	51	508	1.00	5.69	562.4	1886	426	31.80	19.47	71.17	11.86	5.36
% of Calories												16.7%	61.0%	22.9%	10.3%

Mon - 08/31/2009															
Dobie Breakfast in Classroom	Total	300													
Yogurt/Upstate/4 ozCup/48ct/cs	4 oz cup	300	90	0	75	0.00	0.00	301.1	0	0	1.2	3.0	19.1	0.00	0.00
Granola Bar, Lowfat QuakerChew	bar	300	90	0	80	1.00	0.72	80.0	0	0	0.00	1.0	19.0	2.0	0.50
Juice, Apple, 6 fl oz	carton	300	90	0	15	0.00	0.36	0.0	0	0	0.00	0.00	22.0	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	150	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk,1% Unflavored	1/2 pint	150	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			392	6	329	1.00	1.30	676.2	489	122	3.00	12.12	79.15	3.18	1.27
% of Calories												12.4%	80.9%	7.3%	2.9%

Tue - 09/01/2009															
Dobie Breakfast in Classroom	Total	300													
Cereal, Coco Puffs /96/case	1 box	300	113	0	151	1.42	4.25	94.4	8	0	5.7	0.9	24.6	1.4	0.00
Crackers, SuperStars Grahams	package	300	120	0	100	3.00	0.72	100.0	0	0	0.00	2.0	21.0	4.0	0.00
Juice, Fruit Blend, 6 fl oz	carton	300	90	0	20	0.00	0.00	20.0	0	0	15.0	1.0	23.0	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	150	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk,1% Unflavored	1/2 pint	150	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			445	6	430	4.42	5.19	509.6	497	122	22.47	12.06	87.66	6.60	0.77
% of Calories												10.8%	78.9%	13.4%	1.6%

Wed - 09/02/2009															
Dobie Breakfast in Classroom	Total	300													
Yogurt/Upstate/4 ozCup/48ct/cs	4 oz cup	300	90	0	75	0.00	0.00	301.1	0	0	1.2	3.0	19.1	0.00	0.00
Waffles/DeWafelbakker/wrapped	2waffles/pk	300	200	55	180	0.50	1.08	20.0	0	0	0.00	3.0	23.0	10.00	2.00
Apples, Fresh, Whole	1 EACH	300	72	0	1	3.31	0.17	8.3	75	7	6.3	0.4	19.1	0.2	0.04
Milk , Fat Free Chocolate	1/2 pint	150	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk,1% Unflavored	1/2 pint	150	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			483	61	415	3.81	1.46	624.5	564	129	9.35	14.48	80.21	11.42	2.81
% of Calories												12.0%	66.4%	21.3%	5.2%

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# Richardson I.S.D.

## Aug 24, 2009 thru Sep 4, 2009 Spreadsheet - Portion Values Dobie Breakfast in Classroom

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Thu - 09/03/2009															
Dobie Breakfast in Classroo	Total	300													
Cereal, Lucky Charms/96/case	1 box	300	107	0	179	1.24	4.85	105.2	490	198	6.1	1.9	21.9	1.0	0.16
Crackers, Belly Bears, Grahams	package	300	120	0	105	0.00	0.72	20.0	0	0	0.00	2.0	19.0	4.5	1.50
Juice, Orange, 6 fl oz	carton	150	80	0	45	0.00	0.00	0.0	100	20	72.0	1.0	20.00	0.00	0.00
Milk, Fat Free Chocolate	1/2 pint	150	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk, 1% Unflavored	1/2 pint	150	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			389	6	465	1.24	5.79	420.4	1030	330	43.94	12.46	69.94	6.64	2.43
% of Calories												12.8%	72.0%	15.4%	5.6%

Fri - 09/04/2009															
Dobie Breakfast in Classroom	Total	300													
Muffin, ReducedFatBlueberry1.8	muffin	300	160	30	190	1.00	4.50	40.0	1250	250	15.00	3.0	27.0	5.0	1.00
Cheese Stick, Mozz Wrapped, 1oz	1 each	300	86	15	150	0.00	0.07	207.2	147	54	0.00	7.4	1.1	5.7	3.59
Juice, Fruit Blend, 6 fl oz	carton	300	90	0	20	0.00	0.00	20.0	0	0	15.0	1.0	23.0	0.00	0.00
Milk, Fat Free Chocolate	1/2 pint	150	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk, 1% Unflavored	1/2 pint	150	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			457	51	518	1.00	4.79	562.4	1886	426	31.80	19.47	70.17	11.86	5.36
% of Calories												17.0%	61.4%	23.4%	10.6%

Weighted Average			433	26	425	2.21	4.60	535.3	971	255	22.48	14.03	77.74	7.65	2.50
												13.0%	71.8%	15.9%	5.2%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	433		419	103%			
Cholesterol (mg)	26		0				
Sodium (mg)	425		0				
Fiber (g)	2.21		0.00				
Iron (mg)	4.60		2.50	184%			
Calcium (mg)	535.3		200.00	268%			
Vitamin A (IU)	971		595	163%			
Vitamin A (RE)	255		119	214%			
Vitamin C (mg)	22.48		11.00	204%			
Protein (g)	14.03	12.96%	5.50	255%			
Carbohydrate (g)	77.74	71.82%	0.00				
Total Fat (g)	7.65	15.90%	<30.00				
Saturated Fat (g)	2.50	5.20%	<10.00				

Note: \* - asterisk denotes nutrients with either missing or incomplete nutrient data.

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