

Richardson I.S.D.

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

Aug 5, 2009

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Elem Breakfast Ages 5-11/09-10

	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
Mon - 08/24/2009															
Elem Breakfast Ages 5-11/0	Total	3980													
Muffin, ReducedFatBanana1.8	muffin	2312	170	30	180	1.00	5.40	40.0	1250	250	15.00	3.0	28.0	5.0	1.00
Yogurt/Upstate/4 ozCup/48ct/cs	4 oz cup	2312	90	0	75	0.00	0.00	301.1	0	0	1.2	3.0	19.1	0.00	0.00
Cereal, Frosted Fl, Lg Bowl Pk	bowl	1668	220	0	320	1.00	8.10	0.0	1250	200	27.0	3.0	50.0	0.00	0.00
Crackers, Animal,Zoo, Keebler	1 each	1668	130	0	90	1.00	1.08	0.0	0	0	0.00	0.00	25.0	2.0	0.00
Peaches, Canned w/juice,1/2Cup	1/2 cup	1073	77	0	7	1.86	0.52	4.3	507	50	3.4	0.6	20.8	0.0	0.00
Juice, Orange, 6 fl oz	carton	2368	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	2250	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	1730	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			490	23	514	1.92	7.36	495.1	1937	374	66.53	13.61	96.28	4.78	1.25
% of Calories												11.1%	78.6%	8.8%	2.3%

Tue - 08/25/2009															
Elem Breakfast Ages 5-11/0	Total	4061													
Biscuit/eggpatty/sausage/chees	sandwich	1584	404	142	1167	1.00	1.79	174.8	450	90	2.4	17.4	27.2	23.4	10.48
Biscuit/eggpatty/sausage/NoChs	sandwich	1103	354	130	912	1.00	1.79	99.8	300	60	2.4	14.9	27.0	18.9	7.98
Gravy, Fat-Free, Pepper, Morri	2 oz ladle	1033	35	0	285	0.00	0.01	24.8	0	0	0.00	1.2	7.1	0.00	0.00
Jelly/115 serv./# 10 can	# 40 dipper	230	87	0	10	0.33	0.06	2.3	2	1	0.3	0.0	22.8	0.0	0.00
Cereal, Tootie Fru, Lg Bowl Pk	bowl	1374	170	0	200	1.00	6.30	150.0	1000	200	21.00	2.0	37.0	1.5	0.00
Cinnamon Texas Toast	1 slice	1374	201	0	304	0.67	1.47	65.2	243	54	0.0	3.1	31.4	7.0	1.13
Apples, Fresh, Whole	1 EACH	1012	72	0	1	3.31	0.17	8.3	75	7	6.3	0.4	19.1	0.2	0.04
Juice, Orange, 6 fl oz	carton	2371	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	2350	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	1711	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			582	96	1140	2.07	4.10	472.5	1245	269	54.42	21.64	80.78	18.20	7.30
% of Calories												14.9%	55.5%	28.1%	11.3%

Wed - 08/26/2009															
Elem Breakfast Ages 5-11/0	Total	3868													
Kolache, Pork Sauge, Le Chi	1 each	1168	221	30	397	0.96	2.09	29.2	205	41	3.0	9.8	27.5	8.0	2.27
Mini Corn Dogs/FosterFarms/6ea	6 each	1204	330	38	765	0.00	2.70	150.0	0	0	0.00	10.5	28.50	19.5	5.25
Ketchup/p.c. packet	PC pkt	3200	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00
Cereal, Honey Nut, Lg Bowl Pk	bowl	1496	190	0	410	3.00	9.00	200.0	1000	200	12.0	5.0	39.0	1.5	0.00
Crackers, PhysEdibles 300/.9oz	pouch	1496	140	0	122	1.16	4.19	0.0	116	23	2.8	2.3	22.1	4.7	1.16
Fruit Cocktail/InJuice/1/2 cup	1/2 cup	1313	74	0	8	1.31	0.38	7.8	268	27	2.5	0.5	19.5	0.1	0.01
Juice, Orange, 6 fl oz	carton	2315	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	2200	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	1668	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			499	26	814	2.36	6.96	432.3	1181	244	53.37	18.03	80.69	11.93	3.44
% of Calories												14.5%	64.7%	21.5%	6.2%

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Elem Breakfast Ages 5-11/09-10

	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 - 08/27/2009															
Elem Breakfast Ages 5-11/0	Total	4000													
Breakfast Pizza, Sausag/128/cs	1 EACH	2682	233	16	601	0.99	1.64	151.1	264	53	0.2	9.8	22.5	11.5	3.34
Cereal, MarshMatey, Lg Bowl Pk	bowl	1318	220	0	280	2.00	18.00	200.0	1000	200	12.0	4.0	48.0	2.0	0.00
Cinnamon Texas Toast	1 slice	1318	201	0	304	0.67	1.47	65.2	243	54	0.0	3.1	31.4	7.0	1.13
BANANAS	1 EACH	1280	90	0	1	2.63	0.26	5.1	65	8	8.8	1.1	23.1	0.3	0.11
Juice, Orange, 6 fl oz	carton	2316	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	2250	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	1750	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			494	16	787	2.38	7.83	486.1	1156	253	50.63	17.90	80.16	11.80	3.32
% of Calories												14.5%	65.0%	21.5%	6.1%

Fri - 08/28/2009															
Elem Breakfast Ages 5-11/0	Total	3047													
French Toast Sticks, Rich's	3 each	2042	240	15	390	0.00	1.05	15.0	17	3	0.00	4.5	31.5	10.5	2.25
Little Smokies, Oscar Mayer	4 each	2006	113	23	378	0.00	0.48	26.5	828	166	9.9	4.6	0.7	9.9	3.97
Syrup, Pancake, Condiment	1 fl oz	2058	92	0	32	0.00	0.01	1.2	0	0	0.00	0.00	24.1	0.00	0.00
Margarine, # 70, Vegetable,	# 70 dipper	1459	92	0	101	0.00	0.00	0.0	458	92	0.00	0.00	0.00	10.1	1.83
Cereal, Frosted Fl, Lg Bowl Pk	bowl	1060	220	0	320	1.00	8.10	0.0	1250	200	27.0	3.0	50.0	0.00	0.00
Crackers, SuperStars Grahams	package	1060	120	0	100	3.00	0.72	100.0	0	0	0.00	2.0	21.0	4.0	0.00
Applesauce/modify	1/2 cup	1130	56	0	3	1.46	0.31	5.3	39	4	1.3	0.2	15.0	0.1	0.01
Juice, Orange, 6 fl oz	carton	1836	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	1840	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	1431	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			661	31	931	1.93	4.46	382.6	1812	366	61.99	17.19	101.58	20.96	5.73
% of Calories												10.4%	61.5%	28.5%	7.8%

Mon - 08/31/2009															
Elem Breakfast Ages 5-11/0	Total	3149													
Biscuit/TurkeyHam/Egg&Cheese	sandwich	1201	427	163	1667	1.00	1.65	233.9	613	123	3.2	20.2	27.1	24.2	12.16
Biscuit/TurkeyHam/Cheese	sandwich	813	357	53	1562	1.00	1.29	213.9	413	83	0.8	17.2	26.1	18.2	10.66
Gravy, Fat-Free, Pepper, Morri	2 oz ladle	591	35	0	285	0.00	0.01	24.8	0	0	0.00	1.2	7.1	0.00	0.00
Jelly/115 serv./# 10 can	# 40 dipper	608	87	0	10	0.33	0.06	2.3	2	1	0.3	0.0	22.8	0.0	0.00
Cereal, Tootie Fru, Lg Bowl Pk	bowl	1135	170	0	200	1.00	6.30	150.0	1000	200	21.00	2.0	37.0	1.5	0.00
Crackers, Animal,Zoo, Keebler	1 each	1135	130	0	90	1.00	1.08	0.0	0	0	0.00	0.00	25.0	2.0	0.00
Pineapple, Tidbit, Canned,1/2C	1/2 cup	719	75	0	1	1.00	0.35	17.4	47	5	11.8	0.5	19.5	0.1	0.01
Juice, Orange, 6 fl oz	carton	1534	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	1770	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	1380	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			566	81	1386	1.65	3.95	503.5	1251	270	48.83	21.79	79.29	16.26	8.07
% of Calories												15.4%	56.1%	25.9%	12.8%

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Elem Breakfast Ages 5-11/09-10

	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
Tue - 09/01/2009															
Elem Breakfast Ages 5-11/0	Total	3128													
Pancakes/144ct/72ElemServ/MrsB	2 pancakes	2041	147	17	393	1.33	1.20	26.7	0	0	0.00	4.0	28.0	2.3	0.00
Little Smokies, Oscar Mayer	4 each	2041	113	23	378	0.00	0.48	26.5	828	166	9.9	4.6	0.7	9.9	3.97
Syrup, Pancake, Condiment	1 fl oz	1821	92	0	32	0.00	0.01	1.2	0	0	0.00	0.00	24.1	0.00	0.00
Margarine, # 70, Vegetable,	# 70 dipper	925	92	0	101	0.00	0.00	0.0	458	92	0.00	0.00	0.00	10.1	1.83
Cereal, Honey Nut, Lg Bowl Pk	bowl	1087	190	0	410	3.00	9.00	200.0	1000	200	12.0	5.0	39.0	1.5	0.00
Cinnamon Texas Toast	1 slice	1087	201	0	304	0.67	1.47	65.2	243	54	0.0	3.1	31.4	7.0	1.13
Apples, Fresh, Whole	1 EACH	726	72	0	1	3.31	0.17	8.3	75	7	6.3	0.4	19.1	0.2	0.04
Juice, Orange, 6 fl oz	carton	1791	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	1880	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	1250	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			573	31	995	2.91	5.02	425.8	1674	354	55.52	17.19	93.57	14.93	4.16
% of Calories												12.0%	65.3%	23.4%	6.5%

Wed - 09/02/2009															
Elem Breakfast Ages 5-11/0	Total	3868													
Breakfast Pizza, Sausag/128/cs	1 EACH	2416	233	16	601	0.99	1.64	151.1	264	53	0.2	9.8	22.5	11.5	3.34
Cereal, MarshMatey, Lg Bowl Pk	bowl	1452	220	0	280	2.00	18.00	200.0	1000	200	12.0	4.0	48.0	2.0	0.00
Crackers, PhysEdibles 300/.9oz	pouch	1452	140	0	122	1.16	4.19	0.0	116	23	2.8	2.3	22.1	4.7	1.16
Fruit Cocktail/InJuice/1/2 cup	1/2 cup	1013	74	0	8	1.31	0.38	7.8	268	27	2.5	0.5	19.5	0.1	0.01
Juice, Orange, 6 fl oz	carton	2015	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	2105	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	1763	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			465	15	715	2.15	9.68	467.1	1196	254	45.81	17.23	75.60	10.78	3.23
% of Calories												14.8%	65.1%	20.9%	6.3%

Thu - 09/03/2009															
Elem Breakfast Ages 5-11/0	Total	3363													
Waffle sticks, Elem, 2 each	2 sticks	2223	141	0	372	1.01	1.81	80.5	0	0	0.00	3.0	28.2	2.0	0.50
Sausage Patty, JD,Trky,128/1.2	1 each	2223	55	20	180	0.00	0.54	10.0	0	0	0.00	6.0	0.5	4.0	1.00
Syrup, Pancake, Condiment	1 fl oz	2184	92	0	32	0.00	0.01	1.2	0	0	0.00	0.00	24.1	0.00	0.00
Margarine, # 70, Vegetable,	# 70 dipper	1605	92	0	101	0.00	0.00	0.0	458	92	0.00	0.00	0.00	10.1	1.83
Cereal, Frosted Fl, Lg Bowl Pk	bowl	1140	220	0	320	1.00	8.10	0.0	1250	200	27.0	3.0	50.0	0.00	0.00
Cinnamon Texas Toast	1 slice	1140	201	0	304	0.67	1.47	65.2	243	54	0.0	3.1	31.4	7.0	1.13
BANANAS	1 EACH	936	90	0	1	2.63	0.26	5.1	65	8	8.8	1.1	23.1	0.3	0.11
Juice, Orange, 6 fl oz	carton	1965	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	1895	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	1468	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			571	19	837	1.96	5.11	379.9	1292	263	55.70	17.00	100.27	12.26	2.96
% of Calories												11.9%	70.3%	19.3%	4.7%

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	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 - 09/04/2009															
Elem Breakfast Ages 5-11/0	Total	3904													
Breakfast Burrito/SausEggChees	Burrito	2530	410	280	1237	2.00	3.53	283.8	725	145	0.00	22.7	26.2	24.1	9.18
Salsa, Mild, Pace Chunky 8/64	# 40 dipper	1800	10	0	240	0.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00
Ketchup/p.c. packet	PC pkt	1703	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00
Cereal, Tootie Fru, Lg Bowl Pk	bowl	1374	170	0	200	1.00	6.30	150.0	1000	200	21.00	2.0	37.0	1.5	0.00
Crackers, SuperStars Grahams	package	1374	120	0	100	3.00	0.72	100.0	0	0	0.00	2.0	21.0	4.0	0.00
Peaches, Canned w/juice,1/2Cup	1/2 cup	1110	77	0	7	1.86	0.52	4.3	507	50	3.4	0.6	20.8	0.0	0.00
Juice, Orange, 6 fl oz	carton	2230	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	2204	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	1700	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			566	187	1240	3.24	5.16	569.4	1584	321	51.92	25.03	76.29	18.61	6.63
% of Calories												17.7%	53.9%	29.6%	10.5%

Weighted Average			547	52	936	2.26	5.96	461.4	1433	297	54.47	18.66	86.45	14.05	4.61
												13.7%	63.3%	23.1%	7.6%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	547		498	110%			
Cholesterol (mg)	52		0				
Sodium (mg)	936		0				
Fiber (g)	2.26		0.00				
Iron (mg)	5.96		2.63	227%			
Calcium (mg)	461.4		214.29	215%			
Vitamin A (IU)	1433		839	171%			
Vitamin A (RE)	297		168	177%			
Vitamin C (mg)	54.47		11.43	477%			
Protein (g)	18.66	13.66%	7.34	254%			
Carbohydrate (g)	86.45	63.27%	0.00				
Total Fat (g)	14.05	23.14%	<30.00				
Saturated Fat (g)	4.61	7.59%	<10.00				

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

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