

Richardson I.S.D.

Aug 24, 2009 thru Sep 4, 2009 Spreadsheet - Portion Values HS Breakfast Ages 14-17/09-10

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Mon - 08/24/2009															
HS Breakfast Ages 14-17/09	Total	975													
Biscuit/eggpatty/sausage/chees sandwich		745	404	142	1167	1.00	1.79	174.8	450	90	2.4	17.4	27.2	23.4	10.48
Jelly, Grape, 115 serv/#10can	# 40 dipper	745	87	0	10	0.33	0.06	2.3	2	1	0.3	0.0	22.8	0.0	0.00
Gravy, Fat-Free, Pepper, Morri	2 oz ladle	200	35	0	285	0.00	0.01	24.8	0	0	0.00	1.2	7.1	0.00	0.00
Muffin, ReducedFatChocChoc1.8	muffin	230	170	30	150	2.00	5.40	40.0	1250	250	15.00	3.0	29.0	6.0	1.50
Yogurt/Upstate/4 ozCup/48ct/cs	4 oz cup	230	90	0	75	0.00	0.00	301.1	0	0	1.2	3.0	19.1	0.00	0.00
Applesauce/modify	1/2 cup	210	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	764	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	745	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	235	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			650	119	1233	1.80	3.05	521.2	1224	256	65.34	23.94	92.70	19.93	8.74
% of Calories												14.7%	57.0%	27.6%	12.1%

Tue - 08/25/2009															
HS Breakfast Ages 14-17/09	Total	1054													
Chicken Patty/Tyson/Bun/115/cs	sandwich	400	414	51	819	2.02	2.90	60.3	102	20	0.00	20.2	41.2	19.3	4.56
Chicken Patty&Cheese/Bun/Tyson	sandwich	224	460	63	1085	1.50	2.52	175.0	250	50	0.00	21.5	40.2	23.0	6.50
Mayonnaise/p.c.packet/LowFat	PC pkt	515	40	0	110	0.00	0.00	0.0	0	0	0.00	0.00	2.0	3.0	0.50
Mustard/p.c. packet	PC pkt	515	3	0	56	0.05	0.09	3.8	0	0	0.00	0.2	0.3	0.2	0.01
Ketchup/p.c. packet	PC pkt	930	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00
Cinnamon Roll/54/case	cinn roll	430	310	15	25	0.00	1.44	0.0	0	0	0.00	1.0	45.0	15.0	6.00
Orange Wedges, 8 wedges	8 wedges	280	62	0	0	3.14	0.13	52.4	295	28	69.7	1.2	15.4	0.2	0.03
Juice, Orange, 6 fl oz	carton	784	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	750	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	305	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			613	42	906	1.96	2.61	374.3	788	159	75.43	21.99	85.99	20.63	6.27
% of Calories												14.4%	56.1%	30.3%	9.2%

Wed - 08/26/2009															
HS Breakfast Ages 14-17/09	Total	1002													
Breakfast Pizza, Sausag/128/cs	2 EACH	702	466	32	1203	1.98	3.28	302.2	528	106	0.4	19.5	45.0	23.0	6.68
Pop Tarts, Strawberry, 2ct.	2 pop tarts	300	410	0	340	2.00	3.60	20.0	1000	200	0.00	5.0	75.0	10.0	2.00
Peaches, Canned w/juice,1/2Cup	1/2 cup	280	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	720	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	750	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	255	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			659	25	1163	2.51	3.81	517.4	1379	274	55.70	24.15	96.75	19.72	5.67
% of Calories												14.7%	58.7%	26.9%	7.7%

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Thu - 08/27/2009															
HS Breakfast Ages 14-17/09	Total	978													
Pancakes/HS/144/cs/36 serv.	4 pancakes	425	293	33	787	2.67	2.40	53.3	0	0	0.00	8.0	56.0	4.7	0.00
Little Smokies, Oscar Mayer	4 each	425	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	425	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	425	92	0	101	0.00	0.00	0.0	458	92	0.00	0.00	0.00	10.1	1.83
Cinnamon Roll/54/case	cinn roll	553	310	15	25	0.00	1.44	0.0	0	0	0.00	1.0	45.0	15.0	6.00
BANANAS	1 EACH	240	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	738	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	750	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	230	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			645	36	798	1.80	2.43	334.8	1146	239	63.57	15.15	104.11	19.85	6.31
% of Calories												9.4%	64.5%	27.7%	8.8%

Fri - 08/28/2009															
HS Breakfast Ages 14-17/09	Total	1080													
Breakfast Pizza, Sausag/128/cs	2 EACH	578	466	32	1203	1.98	3.28	302.2	528	106	0.4	19.5	45.0	23.0	6.68
Cereal, MarshMatey, Lg Bowl Pk	bowl	352	220	0	280	2.00	18.00	200.0	1000	200	12.0	4.0	48.0	2.0	0.00
Texas Toast/SaraLee/16 slice	slice	352	153	0	277	0.50	1.44	60.0	167	33	0.00	3.0	23.0	5.2	0.67
Jelly, Grape, 115 serv/#10can	# 40 dipper	352	87	0	10	0.33	0.06	2.3	2	1	0.3	0.0	22.8	0.0	0.00
Cereal, Honey Nut, Lg Bowl Pk	bowl	150	190	0	410	3.00	9.00	200.0	1000	200	12.0	5.0	39.0	1.5	0.00
Texas Toast/SaraLee/16 slice	slice	150	153	0	277	0.50	1.44	60.0	167	33	0.00	3.0	23.0	5.2	0.67
Jelly, Grape, 115 serv/#10can	# 40 dipper	150	87	0	10	0.33	0.06	2.3	2	1	0.3	0.0	22.8	0.0	0.00
Apples, Fresh, Whole	1 EACH	316	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	764	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	750	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	330	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			665	21	1136	3.48	9.89	583.1	1411	295	61.24	22.74	107.93	16.37	4.37
% of Calories												13.7%	64.9%	22.1%	5.9%

Mon - 08/31/2009															
HS Breakfast Ages 14-17/09	Total	974													
Biscuit/TurkeyHam/Egg&Cheese	sandwich	604	427	163	1667	1.00	1.65	233.9	613	123	3.2	20.2	27.1	24.2	12.16
Jelly, Grape, 115 serv/#10can	# 40 dipper	360	87	0	10	0.33	0.06	2.3	2	1	0.3	0.0	22.8	0.0	0.00
Gravy, Fat-Free, Pepper, Morri	2 oz ladle	200	35	0	285	0.00	0.01	24.8	0	0	0.00	1.2	7.1	0.00	0.00
Pop Tarts, Apple Strudel, 2ct.	pkg	370	400	0	330	1.00	3.60	0.0	1000	200	0.00	5.0	70.0	11.0	3.50
Pineapple, Tidbit, Canned,1/2C	1/2 cup	224	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	744	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	700	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	275	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			664	104	1437	1.35	2.78	452.6	1342	281	62.38	23.63	95.15	19.88	9.31
% of Calories												14.2%	57.4%	27.0%	12.6%

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Tue - 09/01/2009															
HS Breakfast Ages 14-17/09	Total	1054													
Breakfast Burrito/SausEggChees	Burrito	300	410	280	1237	2.00	3.53	283.8	725	145	0.00	22.7	26.2	24.1	9.18
Breakfast Burrito,SausPotaChee	Burrito	324	459	45	1377	4.00	2.87	249.8	300	60	1.2	17.9	41.5	25.4	8.98
Salsa, Mild, Pace Chunky 8/64	# 40 dipper	600	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	930	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00
Cinnamon Roll/54/case	cinn roll	430	310	15	25	0.00	1.44	0.0	0	0	0.00	1.0	45.0	15.0	6.00
Orange Wedges, 8 wedges	8 wedges	270	62	0	0	3.14	0.13	52.4	295	28	69.7	1.2	15.4	0.2	0.03
Juice, Orange, 6 fl oz	carton	775	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	740	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	315	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			599	103	1194	2.62	2.81	469.3	1048	211	74.49	21.60	81.58	21.56	8.29
% of Calories												14.4%	54.5%	32.4%	12.5%

Wed - 09/02/2009															
HS Breakfast Ages 14-17/09	Total	998													
Breakfast Pizza, Sausag/128/cs	2 EACH	698	466	32	1203	1.98	3.28	302.2	528	106	0.4	19.5	45.0	23.0	6.68
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
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
Peaches, Canned w/juice,1/2Cup	1/2 cup	302	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	695	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	720	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	280	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			610	35	1136	2.25	4.08	613.1	1463	291	58.96	24.43	87.74	18.27	5.41
% of Calories												16.0%	57.5%	26.9%	8.0%

Thu - 09/03/2009															
HS Breakfast Ages 14-17/09	Total	1030													
Waffle sticks, Secondary3 each	3 sticks	505	211	0	558	1.51	2.72	120.7	0	0	0.00	4.5	42.2	3.0	0.75
Sausage Patty, JD,Trky,128/1.2	1 each	505	55	20	180	0.00	0.54	10.0	0	0	0.00	6.0	0.5	4.0	1.00
Syrup, Pancake, Condiment	2 fl oz	505	184	0	64	0.00	0.02	2.4	0	0	0.00	0.00	48.3	0.00	0.00
Margarine, # 70, Vegetable,	# 70 dipper	505	92	0	101	0.00	0.00	0.0	458	92	0.00	0.00	0.00	10.1	1.83
Cinnamon Roll/54/case	cinn roll	525	310	15	25	0.00	1.44	0.0	0	0	0.00	1.0	45.0	15.0	6.00
BANANAS	1 EACH	300	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	730	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	750	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	280	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			636	21	670	1.50	2.70	364.1	809	173	56.21	14.76	110.69	16.77	5.27
% of Calories												9.3%	69.6%	23.7%	7.5%

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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															
HS Breakfast Ages 14-17/09	Total	1080													
Breakfast Pizza, Sausag/128/cs	2 EACH	780	466	32	1203	1.98	3.28	302.2	528	106	0.4	19.5	45.0	23.0	6.68
Cereal, Tootie Fru, Lg Bowl Pk	bowl	150	170	0	200	1.00	6.30	150.0	1000	200	21.00	2.0	37.0	1.5	0.00
Texas Toast/SaraLee/16 slice	slice	150	153	0	277	0.50	1.44	60.0	167	33	0.00	3.0	23.0	5.2	0.67
Jelly, Grape, 115 serv/#10can	# 40 dipper	150	87	0	10	0.33	0.06	2.3	2	1	0.3	0.0	22.8	0.0	0.00
Cereal, Frosted Fl, Lg Bowl Pk	bowl	150	220	0	320	1.00	8.10	0.0	1250	200	27.0	3.0	50.0	0.00	0.00
Texas Toast/SaraLee/16 slice	slice	150	153	0	277	0.50	1.44	60.0	167	33	0.00	3.0	23.0	5.2	0.67
Jelly, Grape, 115 serv/#10can	# 40 dipper	150	87	0	10	0.33	0.06	2.3	2	1	0.3	0.0	22.8	0.0	0.00
Apples, Fresh, Whole	1 EACH	275	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	775	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	750	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	330	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			662	27	1232	2.78	5.10	555.6	1324	271	62.85	24.52	98.29	19.04	5.49
% of Calories												14.8%	59.4%	25.9%	7.5%

Weighted Average			640	53	1091	2.21	3.93	478.5	1193	245	63.62	21.69	96.09	19.20	6.51
												13.6%	60.0%	27.0%	9.2%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	640		635	101%			
Cholesterol (mg)	53		0				
Sodium (mg)	1091		0				
Fiber (g)	2.21		0.00				
Iron (mg)	3.93		3.40	115%			
Calcium (mg)	478.5		300.00	160%			
Vitamin A (IU)	1193		1125	106%			
Vitamin A (RE)	245		225	109%			
Vitamin C (mg)	63.62		14.38	443%			
Protein (g)	21.69	13.55%	12.60	172%			
Carbohydrate (g)	96.09	60.03%	0.00				
Total Fat (g)	19.20	26.99%	<30.00				
Saturated Fat (g)	6.51	9.15%	<10.00				

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

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