

Richardson I.S.D.

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

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JrH Breakfast Ages12-13/09-10

	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															
JrH Breakfast Ages12-13/09	Total	808													
Biscuit/eggpatty/sausage/chees	sandwich	439	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	439	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	405	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	369	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	369	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	205	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	597	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	480	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	328	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			601	96	1087	2.00	3.80	561.8	1391	297	64.54	21.72	91.64	16.47	7.01
% of Calories												14.4%	61.0%	24.7%	10.5%

Tue - 08/25/2009															
JrH Breakfast Ages12-13/09	Total	864													
Chicken Patty/Tyson/Bun/115/cs	sandwich	164	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	161	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	210	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	180	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	342	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	539	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	198	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	660	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	542	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	322	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			572	35	644	1.40	2.23	353.7	724	154	73.59	17.69	84.19	19.00	6.53
% of Calories												12.4%	58.9%	29.9%	10.3%

Wed - 08/26/2009															
JrH Breakfast Ages12-13/09	Total	851													
Breakfast Pizza, Sausag/128/cs	1 EACH	402	233	16	601	0.99	1.64	151.1	264	53	0.2	9.8	22.5	11.5	3.34
Pop Tarts, Strawberry, 2ct.	2 pop tarts	449	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	225	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	626	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	539	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	312	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			532	12	671	2.01	3.07	379.5	1352	275	56.26	16.24	91.37	11.59	3.20
% of Calories												12.2%	68.7%	19.6%	5.4%

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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															
JrH Breakfast Ages12-13/09	Total	878													
Pancakes/HS/144/cs/36 serv.	4 pancakes	519	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	519	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	519	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	519	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	369	310	15	25	0.00	1.44	0.0	0	0	0.00	1.0	45.0	15.0	6.00
BANANAS	1 EACH	205	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	668	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	533	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	345	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			686	45	982	2.19	2.62	345.3	1343	286	64.89	17.00	107.84	21.90	6.59
% of Calories												9.9%	62.9%	28.7%	8.6%

Fri - 08/28/2009															
JrH Breakfast Ages12-13/09	Total	869													
Breakfast Pizza, Sausag/128/cs	1 EACH	306	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	335	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	335	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	335	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	228	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	228	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	228	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	232	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	628	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	528	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	341	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			574	10	815	3.33	11.14	521.6	1433	304	63.96	17.17	106.43	9.56	2.23
% of Calories												12.0%	74.1%	15.0%	3.5%

Mon - 08/31/2009															
JrH Breakfast Ages12-13/09	Total	803													
Biscuit/TurkeyHam/Egg&Cheese	sandwich	528	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	528	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	528	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	275	400	0	330	1.00	3.60	0.0	1000	200	0.00	5.0	70.0	11.0	3.50
Applesauce/modify	1/2 cup	235	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	565	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	492	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	311	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			696	112	1606	1.64	2.70	469.5	1320	282	55.53	24.64	100.52	20.64	9.80
% of Calories												14.2%	57.8%	26.7%	12.7%

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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
Tue - 09/01/2009															
JrH Breakfast Ages12-13/09	Total	854													
Breakfast Burrito/SausEggChees	Burrito	235	410	280	1237	2.00	3.53	283.8	725	145	0.00	22.7	26.2	24.1	9.18
Breakfast Burrito,SausPotaChJr	Burrito	285	419	45	1477	3.00	2.87	249.8	300	60	4.8	17.9	42.5	19.9	7.48
Salsa, Mild, Pace Chunky 8/64	# 40 dipper	385	10	0	240	0.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00
Jalepeno Peppers	# 40 dipper	385	7	0	293	0.58	0.64	6.9	547	55	2.4	0.2	1.5	0.2	0.02
Ketchup/p.c. packet	PC pkt	425	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	334	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	217	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	632	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	529	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	325	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			585	103	1321	2.62	3.08	474.8	1260	235	76.36	21.91	80.76	20.19	7.97
% of Calories												15.0%	55.2%	31.0%	12.3%

Wed - 09/02/2009															
JrH Breakfast Ages12-13/09	Total	850													
Breakfast Pizza, Sausag/128/cs	1 EACH	384	233	16	601	0.99	1.64	151.1	264	53	0.2	9.8	22.5	11.5	3.34
Muffin, ReducedFatBlueberry1.8	muffin	466	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	466	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	242	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	598	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	521	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	329	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			446	28	621	1.53	3.60	552.7	1511	306	62.82	16.68	76.07	8.86	2.65
% of Calories												14.9%	68.2%	17.9%	5.4%

Thu - 09/03/2009															
JrH Breakfast Ages12-13/09	Total	755													
Waffle sticks, Secondary3 each	3 sticks	430	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	430	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	430	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	405	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	325	310	15	25	0.00	1.44	0.0	0	0	0.00	1.0	45.0	15.0	6.00
BANANAS	1 EACH	165	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	584	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	479	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	276	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			647	22	729	1.43	2.80	373.4	829	182	59.90	15.52	112.66	16.80	5.15
% of Calories												9.6%	69.7%	23.4%	7.2%

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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															
JrH Breakfast Ages12-13/09	Total	859													
Breakfast Pizza, Sausag/128/cs	1 EACH	306	233	16	601	0.99	1.64	151.1	264	53	0.2	9.8	22.5	11.5	3.34
Cereal, Tootie Fru, Lg Bowl Pk	bowl	269	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	269	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	269	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	284	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	284	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	284	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	193	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	660	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	538	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	321	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			567	10	774	2.27	6.49	439.2	1514	303	74.77	15.99	106.08	8.83	2.21
% of Calories												11.3%	74.8%	14.0%	3.5%

Weighted Average			591	47	925	2.04	4.15	447.1	1268	262	65.26	18.45	95.76	15.38	5.33
												12.5%	64.9%	23.4%	8.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	591		588	100%			
Cholesterol (mg)	47		0				
Sodium (mg)	925		0				
Fiber (g)	2.04		0.00				
Iron (mg)	4.15		3.40	122%			
Calcium (mg)	447.1		300.00	149%			
Vitamin A (IU)	1268		1125	113%			
Vitamin A (RE)	262		225	117%			
Vitamin C (mg)	65.26		12.50	522%			
Protein (g)	18.45	12.50%	11.40	162%			
Carbohydrate (g)	95.76	64.85%	0.00				
Total Fat (g)	15.38	23.44%	<30.00				
Saturated Fat (g)	5.33	8.13%	<10.00				

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

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