

Appleton Area School District

Feb 8, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
District Wide Breakfast

Jan 11, 2012

Page 1

	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	g Tr-Fat
Wed - 02/08/2012																
District Wide Breakfast	Total	1														
BAGEL, Plain Sliced 2.3oz	1 Each	1	170	0	280	1.00	1.44	0.0	0	0	0.00	6.0	32.0	1.5	0.00	0.00
cheese, shredded for topping	1 oz	1	81	20	162	0.00	0.00	253.1	203	40	0.00	8.1	0.00	5.1	3.04	0.00
BREAD WG, Tst	slice	1	69	0	132	1.90	0.68	30.0	1	0	0.00	3.6	11.6	0.9	0.21	0.23
Juice-variety	1 each	1	62	0	5	0.12	0.29	10.4	66	13	30.8	0.2	15.6	0.1	0.02	*0.00
MILK - Variety	HALF PINT	1	150	9	144	1.04	0.51	288.3	485	145	2.0	8.1	23.6	2.7	1.70	*0.00
COND PC Margarine 5g	1 Each	1	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00
Weighted Daily Average			563	29	753	4.07	2.92	581.8	1054	239	32.83	26.07	82.82	13.37	5.97	*0.23
% of Calories												18.5%	58.9%	21.4%	9.5%	0.4%

Thu - 02/09/2012																
District Wide Breakfast	Total	1														
CEREAL ASSORTED, General Mill	1 Each	1	89	0	165	1.40	5.76	191.0	380	76	7.8	1.5	19.5	0.9	0.05	0.00
smuckers blueberry waffle	2.2	1	241	25	251	2.01	0.72	20.1	0	0	0.00	5.0	37.2	9.1	2.01	0.00
BREAD WG, Tst	slice	1	69	0	132	1.90	0.68	30.0	1	0	0.00	3.6	11.6	0.9	0.21	0.23
FRUIT FRESH, Asst 1/2c	.75 Cup	1	92	0	1	3.65	0.23	31.0	199	36	41.3	1.3	23.6	0.3	0.07	0.00
MILK - Variety	HALF PINT	1	150	9	144	1.04	0.51	288.3	485	145	2.0	8.1	23.6	2.7	1.70	*0.00
COND PC Margarine 5g	1 Each	1	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00
Weighted Daily Average			672	34	723	10.00	7.91	560.4	1364	297	51.08	19.51	115.53	16.98	5.04	*0.23
% of Calories												11.6%	68.8%	22.7%	6.8%	0.3%

Fri - 02/10/2012																
District Wide Breakfast	Total	1														
EGG, Scrambled SS W 2.0	1/4 cup	1	70	195	75	0.00	0.72	40.0	200	40	0.00	6.0	1.0	4.5	1.50	0.00
CEREAL ASSORTED, General Mill	1 Each	1	89	0	165	1.40	5.76	191.0	380	76	7.8	1.5	19.5	0.9	0.05	0.00
BREAD WG, Tst	slice	1	69	0	132	1.90	0.68	30.0	1	0	0.00	3.6	11.6	0.9	0.21	0.23
FRUIT FRESH, Asst 1/2c	.75 Cup	1	92	0	1	3.65	0.23	31.0	199	36	41.3	1.3	23.6	0.3	0.07	0.00
MILK - Variety	HALF PINT	1	150	9	144	1.04	0.51	288.3	485	145	2.0	8.1	23.6	2.7	1.70	*0.00
COND PC Margarine 5g	1 Each	1	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00
Weighted Daily Average			501	204	547	7.99	7.91	580.3	1564	337	51.08	20.48	79.31	12.43	4.53	*0.23
% of Calories												16.4%	63.4%	22.3%	8.1%	0.4%

Mon - 02/13/2012																
District Wide Breakfast	Total	1														
CINNAMON BUN STICK	1 EACH	1	170	5	240	2.00	1.44	20.0	100	20	0.00	4.0	34.0	2.5	1.00	0.00
BREAD WG, Tst	slice	1	69	0	132	1.90	0.68	30.0	1	0	0.00	3.6	11.6	0.9	0.21	0.23
FRUIT FRESH, Asst 1/2c	.75 Cup	1	92	0	1	3.65	0.23	31.0	199	36	41.3	1.3	23.6	0.3	0.07	0.00
MILK - Variety	HALF PINT	1	150	9	144	1.04	0.51	288.3	485	145	2.0	8.1	23.6	2.7	1.70	*0.00
COND PC Margarine 5g	2 Each	1	60	0	60	0.00	0.00	0.0	600	80	0.00	0.00	0.00	6.00	2.00	0.00
Weighted Daily Average			542	14	577	8.59	2.87	369.3	1384	281	43.28	16.98	92.81	12.48	4.98	*0.23
% of Calories												12.5%	68.5%	20.7%	8.3%	0.4%

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Appleton Area School District

Feb 8, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 11, 2012

District Wide Breakfast

Page 2

	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	g Tr-Fat
Tue - 02/14/2012																
District Wide Breakfast	Total	1														
mini pancake, strawberry	3.17	1	200	10	369	2.00	1.08	39.9	0	0	0.00	4.0	34.0	6.0	1.00	0.00
BREAD WG, Tst	slice	1	69	0	132	1.90	0.68	30.0	1	0	0.00	3.6	11.6	0.9	0.21	0.23
FRUIT FRESH, Asst 1/2c	.75 Cup	1	92	0	1	3.65	0.23	31.0	199	36	41.3	1.3	23.6	0.3	0.07	0.00
MILK - Variety	HALF PINT	1	150	9	144	1.04	0.51	288.3	485	145	2.0	8.1	23.6	2.7	1.70	*0.00
COND PC Margarine 5g	2 Each	1	60	0	60	0.00	0.00	0.0	600	80	0.00	0.00	0.00	6.00	2.00	0.00
Weighted Daily Average			571	19	707	8.59	2.51	389.2	1284	261	43.28	16.98	92.76	15.97	4.98	*0.23
% of Calories												11.9%	64.9%	25.2%	7.8%	0.4%

Wed - 02/15/2012																
District Wide Breakfast	Total	1														
CEREAL ASSORTED, General Mill	1 Each	1	89	0	165	1.40	5.76	191.0	380	76	7.8	1.5	19.5	0.9	0.05	0.00
MUFFIN, Bluebry AP 1.8oz RF WG	1 Each	1	160	30	190	1.00	4.50	40.0	1250	250	15.00	3.0	27.0	5.0	1.00	0.00
BREAD WG, Tst	slice	1	69	0	132	1.90	0.68	30.0	1	0	0.00	3.6	11.6	0.9	0.21	0.23
Juice-variety	1 each	1	62	0	5	0.12	0.29	10.4	66	13	30.8	0.2	15.6	0.1	0.02	*0.00
MILK - Variety	HALF PINT	1	150	9	144	1.04	0.51	288.3	485	145	2.0	8.1	23.6	2.7	1.70	*0.00
COND PC Margarine 5g	1 Each	1	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00
Weighted Daily Average			561	39	666	5.47	11.74	559.7	2481	524	55.63	16.47	97.32	12.76	3.98	*0.23
% of Calories												11.8%	69.4%	20.5%	6.4%	0.4%

Thu - 02/16/2012																
District Wide Breakfast	Total	1														
BURRITO Pork SM B 2.0	Each	1	366	64	405	2.11	2.53	140.6	97	19	0.6	18.7	21.7	22.1	8.31	0.00
BREAD WG, Tst	slice	1	69	0	132	1.90	0.68	30.0	1	0	0.00	3.6	11.6	0.9	0.21	0.23
FRUIT FRESH, Asst 1/2c	.75 Cup	1	92	0	1	3.65	0.23	31.0	199	36	41.3	1.3	23.6	0.3	0.07	0.00
MILK - Variety	HALF PINT	1	150	9	144	1.04	0.51	288.3	485	145	2.0	8.1	23.6	2.7	1.70	*0.00
Weighted Daily Average			678	73	682	8.70	3.96	489.9	781	200	43.84	31.70	80.54	26.06	10.29	*0.23
% of Calories												18.7%	47.5%	34.6%	13.7%	0.3%

Tue - 02/21/2012																
District Wide Breakfast	Total	1														
Smuckers maple waffle	2.2	1	241	25	282	2.01	0.72	20.1	0	0	0.00	5.0	35.2	9.1	2.51	0.00
BREAD WG, Tst	slice	1	69	0	132	1.90	0.68	30.0	1	0	0.00	3.6	11.6	0.9	0.21	0.23
FRUIT FRESH, Asst 1/2c	.75 Cup	1	92	0	1	3.65	0.23	31.0	199	36	41.3	1.3	23.6	0.3	0.07	0.00
MILK - Variety	HALF PINT	1	150	9	144	1.04	0.51	288.3	485	145	2.0	8.1	23.6	2.7	1.70	*0.00
COND PC Margarine 5g	1 Each	1	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00
Weighted Daily Average			583	34	589	8.60	2.15	369.4	984	221	43.28	18.01	94.01	16.03	5.50	*0.23
% of Calories												12.4%	64.5%	24.8%	8.5%	0.4%

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Appleton Area School District

Feb 8, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 11, 2012

Page 3

District Wide Breakfast

	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	g Tr-Fat
Wed - 02/22/2012																
District Wide Breakfast	Total	1														
Frudel, Apple (Pillsbury)	pkg	1	210	0	270	2.00	1.08	0.0	0	0	0.00	5.0	36.0	6.0	1.50	0.00
BREAD WG, Tst	slice	1	69	0	132	1.90	0.68	30.0	1	0	0.00	3.6	11.6	0.9	0.21	0.23
Juice-variety	1 each	1	62	0	5	0.12	0.29	10.4	66	13	30.8	0.2	15.6	0.1	0.02	*0.00
MILK - Variety	HALF PINT	1	150	9	144	1.04	0.51	288.3	485	145	2.0	8.1	23.6	2.7	1.70	*0.00
COND PC Margarine 5g	1 Each	1	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00
Weighted Daily Average			522	9	581	5.07	2.56	328.7	851	198	32.83	16.97	86.82	12.81	4.43	*0.23
% of Calories												13.0%	66.6%	22.1%	7.6%	0.4%

Thu - 02/23/2012																
District Wide Breakfast	Total	1														
CEREAL ASSORTED, General Mill	1 Each	1	89	0	165	1.40	5.76	191.0	380	76	7.8	1.5	19.5	0.9	0.05	0.00
BREAKFAST BAKE	1/32 CUT	1	284	110	866	0.32	0.81	399.3	600	169	0.6	18.8	7.4	19.8	11.27	*0.00
BREAD WG, Tst	slice	1	69	0	132	1.90	0.68	30.0	1	0	0.00	3.6	11.6	0.9	0.21	0.23
FRUIT FRESH, Asst 1/2c	.75 Cup	1	92	0	1	3.65	0.23	31.0	199	36	41.3	1.3	23.6	0.3	0.07	0.00
MILK - Variety	HALF PINT	1	150	9	144	1.04	0.51	288.3	485	145	2.0	8.1	23.6	2.7	1.70	*0.00
Weighted Daily Average			685	119	1307	8.31	8.00	939.6	1664	426	51.66	33.24	85.73	24.72	13.30	*0.23
% of Calories												19.4%	50.1%	32.5%	17.5%	0.3%

Fri - 02/24/2012																
District Wide Breakfast	Total	1														
MUFFIN, AplCinn SC 1.8oz LF	1 Each	1	118	0	202	0.29	0.58	3.9	3	0	0.0	1.5	26.5	0.8	0.01	*0.00
BREAD WG, Tst	slice	1	69	0	132	1.90	0.68	30.0	1	0	0.00	3.6	11.6	0.9	0.21	0.23
FRUIT FRESH, Asst 1/2c	.75 Cup	1	92	0	1	3.65	0.23	31.0	199	36	41.3	1.3	23.6	0.3	0.07	0.00
MILK - Variety	HALF PINT	1	150	9	144	1.04	0.51	288.3	485	145	2.0	8.1	23.6	2.7	1.70	*0.00
Weighted Daily Average			429	9	480	6.88	2.01	353.2	687	181	43.33	14.51	85.34	4.76	1.99	*0.23
% of Calories												13.5%	79.5%	10.0%	4.2%	0.5%

Mon - 02/27/2012																
District Wide Breakfast	Total	1														
French toast - Central	1 each	1	148	161	278	1.19	3.25	28.1	256	51	0.0	7.0	17.4	5.2	1.23	0.00
BREAD WG, Tst	slice	1	69	0	132	1.90	0.68	30.0	1	0	0.00	3.6	11.6	0.9	0.21	0.23
FRUIT FRESH, Asst 1/2c	.75 Cup	1	92	0	1	3.65	0.23	31.0	199	36	41.3	1.3	23.6	0.3	0.07	0.00
MILK - Variety	HALF PINT	1	150	9	144	1.04	0.51	288.3	485	145	2.0	8.1	23.6	2.7	1.70	*0.00
COND PC Margarine 5g	1 Each	1	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00
Weighted Daily Average			490	170	585	7.78	4.68	377.4	1240	272	43.32	19.99	76.17	12.14	4.21	*0.23
% of Calories												16.3%	62.2%	22.3%	7.7%	0.4%

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Appleton Area School District

Feb 8, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
District Wide Breakfast

	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	g Tr-Fat
Tue - 02/28/2012																
District Wide Breakfast	Total	1														
BREAKFAST BACON SCRAMBLE , TONY	1 EACH	1	230	45	480	1.00	1.40	150.0	300	60	0.00	10.0	23.0	10.0	4.50	1.00
BREAD WG, Tst	slice	1	69	0	132	1.90	0.68	30.0	1	0	0.00	3.6	11.6	0.9	0.21	0.23
FRUIT FRESH, Asst 1/2c	.75 Cup	1	92	0	1	3.65	0.23	31.0	199	36	41.3	1.3	23.6	0.3	0.07	0.00
MILK - Variety	HALF PINT	1	150	9	144	1.04	0.51	288.3	485	145	2.0	8.1	23.6	2.7	1.70	*0.00
Weighted Daily Average			542	54	757	7.59	2.83	499.3	984	241	43.28	22.98	81.81	13.98	6.48	*1.23
% of Calories												17.0%	60.4%	23.2%	10.8%	2.0%

Wed - 02/29/2012																
District Wide Breakfast	Total	1														
CEREAL ASSORTED, General Mill	1 Each	1	89	0	165	1.40	5.76	191.0	380	76	7.8	1.5	19.5	0.9	0.05	0.00
Grilled cheese sandwich	1 each	1	308	22	1100	2.00	5.40	320.3	635	129	0.00	16.0	36.0	10.9	5.57	*0.00
BREAD WG, Tst	slice	1	69	0	132	1.90	0.68	30.0	1	0	0.00	3.6	11.6	0.9	0.21	0.23
Juice-variety	1 each	1	62	0	5	0.12	0.29	10.4	66	13	30.8	0.2	15.6	0.1	0.02	*0.00
MILK - Variety	HALF PINT	1	150	9	144	1.04	0.51	288.3	485	145	2.0	8.1	23.6	2.7	1.70	*0.00
Weighted Daily Average			679	32	1546	6.47	12.65	840.0	1566	363	40.63	29.48	106.33	15.68	7.55	*0.23
% of Calories												17.4%	62.6%	20.8%	10.0%	0.3%

Weighted Average			573	60	750	7.44	5.33	517.0	1278	289	44.24	21.67	89.81	15.01	5.94	*0.30
												15.1%	62.7%	23.6%	9.3%	0.5%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	573		554	103%			
Cholesterol (mg)	60		0				
Sodium (mg)	750		0				
Fiber (g)	7.44		0.00				
Iron (mg)	5.33		2.99	179%			
Calcium (mg)	517.0		253.85	204%			
Vitamin A (IU)	1278		971	132%			
Vitamin A (RE)	289		194	149%			
Vitamin C (mg)	44.24		12.50	354%			
Protein (g)	21.67	15.14%	9.59	226%			
Carbohydrate (g)	89.81	62.74%	0.00				
Total Fat (g)	15.01	23.60%	<30.00				
Saturated Fat (g)	5.94	9.34%	<10.00				
Trans Fat (g)	0.30	0.48%					

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.