

# Appleton Area School District

Mar 1, 2012 thru Mar 30, 2012 Spreadsheet - Portion Values

Feb 8, 2012

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## Morning Nutrition Break - New

	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
Thu - 03/01/2012																
Morning Nutrition Break - Ne	Total	1														
BKS MUFFIN Ham w/CH 2.0	Each	1	231	35	822	1.00	2.53	196.5	152	30	0.00	18.7	26.5	7.1	3.04	0.00
BANANA, Fresh Petite (150ct)	banana (1 50 ct)	1	69	0	1	2.01	0.20	3.9	50	6	6.7	0.8	17.7	0.3	0.09	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			450	45	967	4.05	3.24	488.7	686	182	8.72	27.61	67.85	10.07	4.82	*0.00
% of Calories												24.5%	60.2%	20.1%	9.6%	0.0%

Fri - 03/02/2012																
Morning Nutrition Break - Ne	Total	1														
MUFFIN, Bluebry AP 1.8oz RF WG	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
CRACKERS, ELF GRAHAM	1 EACH	1	130	0	105	1.00	1.08	100.0	0	0	0.00	2.0	21.0	4.0	1.00	0.00
GRAPES, Fresh 1/2c	1/2 cup	1	51	0	2	0.68	0.22	10.6	75	8	3.0	0.5	12.9	0.3	0.09	*-1.00
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			491	39	441	3.72	6.31	438.9	1810	403	20.01	13.58	84.58	12.01	3.79	*-1.00
% of Calories												11.1%	68.9%	22.0%	6.9%	-1.8%

Mon - 03/05/2012																
Morning Nutrition Break - Ne	Total	1														
BAGELER, Cinnamon Cream Chs	Each	1	190	10	220	2.99	1.08	20.0	0	0	0.00	6.0	34.9	4.0	2.50	0.00
EGG,HARD-BOILED	1 EACH	1	78	212	62	0.00	0.60	25.0	293	84	0.00	6.3	0.6	5.3	1.63	*0.00
APPLES, 163ct Whole 3/4c	163ct	1	53	0	1	2.43	0.12	6.1	55	5	4.7	0.3	14.0	0.2	0.03	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			470	231	427	6.46	2.31	339.3	832	235	6.65	20.64	73.11	12.21	5.86	*0.00
% of Calories												17.6%	62.2%	23.4%	11.2%	0.0%

Tue - 03/06/2012																
Morning Nutrition Break - Ne	Total	1														
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
CRACKER, Graham 3pk	Package	1	90	0	130	1.00	1.08	20.0	0	0	0.00	1.0	16.0	2.0	0.00	0.00
Juice-variety	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			544	34	531	4.17	2.61	338.9	550	158	32.83	14.38	92.48	13.93	3.73	*0.00
% of Calories												10.6%	68.0%	23.0%	6.2%	0.0%

Wed - 03/07/2012																
Morning Nutrition Break - Ne	Total	1														
MUFFIN, AplCinn AP 1.8oz RF WG	Each	1	170	30	160	1.00	5.40	40.0	1250	250	15.00	3.0	27.0	5.0	1.00	0.00
CRACKER, GFish Graham .9oz	Package	1	120	0	110	1.00	0.72	100.0	0	0	0.00	1.0	19.0	4.0	1.00	0.00
PEARS, Fresh Whole 100ct 1.25c	EACH	1	99	0	2	5.27	0.29	15.3	39	3	7.14	0.6	26.3	0.2	0.02	*-1.00
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

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## Morning Nutrition Break - New

	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
Weighted Daily Average			539	39	416	8.31	6.92	443.6	1774	399	24.13	12.75	95.92	11.95	3.72	*-1.00
% of Calories												9.5%	71.2%	20.0%	6.2%	-1.7%

Thu - 03/08/2012																
Morning Nutrition Break - Ne	Total	1														
Turkey & Cheese on WW bread	each	1	304	31	1412	2.00	5.62	85.7	176	40	0.00	19.9	34.4	9.0	2.04	*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
GRAPES, Fresh 1/2c	1/2 cup	1	51	0	2	0.68	0.22	10.6	75	8	3.0	0.5	12.9	0.3	0.09	*-1.00
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			535	40	1587	3.72	6.35	384.5	1036	233	5.01	28.48	70.95	15.02	4.83	*-1.00
% of Calories												21.3%	53.0%	25.3%	8.1%	-1.7%

Fri - 03/09/2012																
Morning Nutrition Break - Ne	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
APPLES, 163ct Whole 3/4c	163ct	1	53	0	1	2.43	0.12	6.1	55	5	4.7	0.3	14.0	0.2	0.03	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			413	9	415	5.47	1.71	294.4	539	151	6.65	13.36	73.62	8.92	3.23	*0.00
% of Calories												12.9%	71.3%	19.4%	7.0%	0.0%

Mon - 03/12/2012																
Morning Nutrition Break - Ne	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
CRACKERS, BUG BITES	1 EACH	1	140	0	125	1.00	0.72	100.0	0	0	0.00	2.0	23.0	4.5	1.50	0.00
Juice-variety	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			552	19	643	4.16	2.60	438.7	550	158	32.83	14.34	96.21	13.36	4.22	*0.00
% of Calories												10.4%	69.7%	21.8%	6.9%	0.0%

Tue - 03/13/2012																
Morning Nutrition Break - Ne	Total	1														
Kashi Bar	each	1	140	0	95	4.00	1.08	0.0	0	0	0.00	6.0	20.0	5.0	0.50	0.00
CHEESE, String (1) Stick	Stick	1	80	20	210	0.00	0.00	200.0	200	40	0.00	7.0	1.0	6.0	4.00	0.00
PEARS, Fresh Whole 100ct 1.25c	EACH	1	99	0	2	5.27	0.29	15.3	39	3	7.14	0.6	26.3	0.2	0.02	*-1.00
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			469	29	451	10.31	1.88	503.6	724	189	9.13	21.75	70.92	13.95	6.22	*-1.00
% of Calories												18.6%	60.5%	26.8%	11.9%	-1.9%

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## Morning Nutrition Break - New

	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
<b>Wed - 03/14/2012</b>																
Morning Nutrition Break - Ne	Total	1														
BREAKFAST Round - Cinnamon	Each	1	270	0	230	6.00	1.80	40.0	0	0	2.4	5.0	44.0	8.0	3.00	0.00
APPLES, 163ct Whole 3/4c	163ct	1	53	0	1	2.43	0.12	6.1	55	5	4.7	0.3	14.0	0.2	0.03	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			473	9	375	9.47	2.43	334.4	539	151	9.04	13.36	81.62	10.92	4.73	*0.00
% of Calories												11.3%	69.0%	20.8%	9.0%	0.0%

<b>Thu - 03/15/2012</b>																
Morning Nutrition Break - Ne	Total	1														
UNCRUSTABLE, PB & J	PKG	1	318	0	347	2.98	1.43	19.8	0	0	0.00	8.9	32.7	15.9	2.98	*0.00
BANANA, Fresh Petite (150ct)	banana (1 50 ct)	1	69	0	1	2.01	0.20	3.9	50	6	6.7	0.8	17.7	0.3	0.09	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			537	9	492	6.03	2.14	312.0	534	152	8.72	17.87	74.06	18.88	4.77	*0.00
% of Calories												13.3%	55.2%	31.7%	8.0%	0.0%

<b>Fri - 03/16/2012</b>																
Morning Nutrition Break - Ne	Total	1														
Mini French Toast	pkg	1	190	5	370	2.00	1.08	40.0	0	0	0.00	3.0	34.0	5.0	1.00	0.00
EGG,HARD-BOILED	1 EACH	1	78	212	62	0.00	0.60	25.0	293	84	0.00	6.3	0.6	5.3	1.63	*0.00
GRAPES, Fresh 1/2c	1/2 cup	1	51	0	2	0.68	0.22	10.6	75	8	3.0	0.5	12.9	0.3	0.09	*-1.00
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			468	226	578	3.72	2.41	363.9	853	237	5.01	17.87	71.14	13.31	4.42	*-1.00
% of Calories												15.3%	60.8%	25.6%	8.5%	-1.9%

<b>Mon - 03/19/2012</b>																
Morning Nutrition Break - Ne	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
PEARS, Fresh Whole 100ct 1.25c	EACH	1	99	0	2	5.27	0.29	15.3	39	3	7.14	0.6	26.3	0.2	0.02	*-1.00
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			490	34	427	8.32	1.52	323.7	524	149	9.13	13.78	85.13	12.00	4.23	*-1.00
% of Calories												11.2%	69.5%	22.0%	7.8%	-1.8%

<b>Tue - 03/20/2012</b>																
Morning Nutrition Break - Ne	Total	1														
SDW BD, PB&J B 1.0	Each	1	367	0	278	2.60	1.30	57.8	0	0	0.00	7.91	46.8	16.8	3.68	*0.00
Juice-variety	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			580	9	427	3.76	2.10	356.5	550	158	32.83	16.26	86.08	19.69	5.40	*0.00
% of Calories												11.2%	59.4%	30.6%	8.4%	0.0%

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## Morning Nutrition Break - New

	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
<b>Wed - 03/21/2012</b>																
Morning Nutrition Break - Ne	Total	1														
Mini Cinnis	pkg	1	240	0	300	2.00	1.44	20.0	0	0	0.00	5.0	40.0	7.0	2.00	0.00
CHEESE, String (1) Stick	Stick	1	80	20	210	0.00	0.00	200.0	200	40	0.00	7.0	1.0	6.0	4.00	0.00
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			533	29	659	3.16	2.24	518.7	750	198	32.83	20.35	80.26	15.87	7.72	*0.00
% of Calories												15.3%	60.3%	26.8%	13.0%	0.0%

<b>Thu - 03/22/2012</b>																
Morning Nutrition Break - Ne	Total	1														
BKS MUFFIN Ham w/CH 2.0	Each	1	231	35	822	1.00	2.53	196.5	152	30	0.00	18.7	26.5	7.1	3.04	0.00
BANANA, Fresh Petite (150ct)	banana (1 50 ct)	1	69	0	1	2.01	0.20	3.9	50	6	6.7	0.8	17.7	0.3	0.09	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			450	45	967	4.05	3.24	488.7	686	182	8.72	27.61	67.85	10.07	4.82	*0.00
% of Calories												24.5%	60.2%	20.1%	9.6%	0.0%

<b>Fri - 03/23/2012</b>																
Morning Nutrition Break - Ne	Total	1														
MUFFIN, Bluebry AP 1.8oz RF WG	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
CRACKERS, ELF GRAHAM	1 EACH	1	130	0	105	1.00	1.08	100.0	0	0	0.00	2.0	21.0	4.0	1.00	0.00
GRAPES, Fresh 1/2c	1/2 cup	1	51	0	2	0.68	0.22	10.6	75	8	3.0	0.5	12.9	0.3	0.09	*-1.00
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			491	39	441	3.72	6.31	438.9	1810	403	20.01	13.58	84.58	12.01	3.79	*-1.00
% of Calories												11.1%	68.9%	22.0%	6.9%	-1.8%

<b>Mon - 03/26/2012</b>																
Morning Nutrition Break - Ne	Total	1														
BAGELER, Cinnamon Cream Chs	Each	1	190	10	220	2.99	1.08	20.0	0	0	0.00	6.0	34.9	4.0	2.50	0.00
EGG,HARD-BOILED	1 EACH	1	78	212	62	0.00	0.60	25.0	293	84	0.00	6.3	0.6	5.3	1.63	*0.00
APPLES, 163ct Whole 3/4c	163ct	1	53	0	1	2.43	0.12	6.1	55	5	4.7	0.3	14.0	0.2	0.03	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			470	231	427	6.46	2.31	339.3	832	235	6.65	20.64	73.11	12.21	5.86	*0.00
% of Calories												17.6%	62.2%	23.4%	11.2%	0.0%

<b>Tue - 03/27/2012</b>																
Morning Nutrition Break - Ne	Total	1														
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
CRACKER, Graham 3pk	Package	1	90	0	130	1.00	1.08	20.0	0	0	0.00	1.0	16.0	2.0	0.00	0.00
Juice-variety	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

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Weighted Daily Average			544	34	531	4.17	2.61	338.9	550	158	32.83	14.38	92.48	13.93	3.73	*0.00
% of Calories												10.6%	68.0%	23.0%	6.2%	0.0%

Wed - 03/28/2012																
Morning Nutrition Break - Ne	Total	1														
MUFFIN, AplCinn AP 1.8oz RF WG	Each	1	170	30	160	1.00	5.40	40.0	1250	250	15.00	3.0	27.0	5.0	1.00	0.00
CRACKER, GFish Graham .9oz	Package	1	120	0	110	1.00	0.72	100.0	0	0	0.00	1.0	19.0	4.0	1.00	0.00
PEARS, Fresh Whole 100ct 1.25c	EACH	1	99	0	2	5.27	0.29	15.3	39	3	7.14	0.6	26.3	0.2	0.02	*-1.00
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			539	39	416	8.31	6.92	443.6	1774	399	24.13	12.75	95.92	11.95	3.72	*-1.00
% of Calories												9.5%	71.2%	20.0%	6.2%	-1.7%

Thu - 03/29/2012																
Morning Nutrition Break - Ne	Total	1														
Turkey & Cheese on WW bread	each	1	304	31	1412	2.00	5.62	85.7	176	40	0.00	19.9	34.4	9.0	2.04	*0.00
COND PC Margarine 5g	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
GRAPES, Fresh 1/2c	1/2 cup	1	51	0	2	0.68	0.22	10.6	75	8	3.0	0.5	12.9	0.3	0.09	*-1.00
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			535	40	1587	3.72	6.35	384.5	1036	233	5.01	28.48	70.95	15.02	4.83	*-1.00
% of Calories												21.3%	53.0%	25.3%	8.1%	-1.7%

Fri - 03/30/2012																
Morning Nutrition Break - Ne	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
APPLES, 163ct Whole 3/4c	163ct	1	53	0	1	2.43	0.12	6.1	55	5	4.7	0.3	14.0	0.2	0.03	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			413	9	415	5.47	1.71	294.4	539	151	6.65	13.36	73.62	8.92	3.23	*0.00
% of Calories												12.9%	71.3%	19.4%	7.0%	0.0%

Weighted Average			499	56	619	5.49	3.47	391.3	885	223	15.80	18.05	80.11	13.01	4.62	*-0.41
												14.5%	64.2%	23.4%	8.3%	-0.7%

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# Appleton Area School District

Mar 1, 2012 thru Mar 30, 2012 Spreadsheet - Portion Values

Feb 8, 2012

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Morning Nutrition Break - New

Nutrient	Menu AVG	Portion	Plan		mg	mg	g	mg	mg	IU	RE	mg	g	g	g	g	g
		Size	Qty	Cals	Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat	Tr-Fat
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	499		498	100%													
Cholesterol (mg)	56		0														
Sodium (mg)	619		0														
Fiber (g)	5.49		0.00														
Iron (mg)	3.47		2.63	132%													
Calcium (mg)	391.3		214.29	183%													
Vitamin A (IU)	885		839	106%													
Vitamin A (RE)	223		168	133%													
Vitamin C (mg)	15.80		11.43	138%													
Protein (g)	18.05	14.46%	7.34	246%													
Carbohydrate (g)	80.11	64.18%	0.00														
Total Fat (g)	13.01	23.45%	<30.00														
Saturated Fat (g)	4.62	8.33%	<10.00														
Trans Fat (g)	-0.41	-0.74%															

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

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