

# Appleton Area School District

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

Feb 8, 2012

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## 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
Thu - 03/01/2012																
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 Round - Cinnamon	1 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
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			671	9	706	10.47	9.04	559.7	1231	274	43.03	18.47	114.32	15.76	5.98	*0.23
% of Calories												11.0%	68.2%	21.1%	8.0%	0.3%

Fri - 03/02/2012																
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
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
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			511	19	681	5.06	2.56	368.6	851	198	32.83	15.97	84.77	12.80	3.93	*0.23
% of Calories												12.5%	66.3%	22.5%	6.9%	0.4%

Mon - 03/05/2012																
District Wide Breakfast	Total	1														
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
OMELET, w/Cheddar AP 2.0	Each	1	130	187	266	0.00	0.82	56.7	425	85	0.00	6.8	1.1	10.8	3.40	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
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
CEREAL ASSORTED, General Mill	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
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
Weighted Daily Average			531	196	742	4.47	8.06	576.4	1656	359	40.63	20.28	71.46	18.53	6.38	*0.23
% of Calories												15.3%	53.8%	31.4%	10.8%	0.4%

Tue - 03/06/2012																
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
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
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
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
FRUIT CHOICE	.5 CUP	1	80	0	5	1.84	0.39	11.1	182	18	7.5	0.5	20.9	0.1	0.01	*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			658	9	776	8.18	8.78	540.3	1347	279	17.27	18.72	115.62	14.75	4.98	*0.23
% of Calories												11.4%	70.3%	20.2%	6.8%	0.3%

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# Appleton Area School District

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

Feb 8, 2012

## 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
Wed - 03/07/2012																
District Wide Breakfast	Total	1														
BREAKFAST PIZZA SSS	1 EACH	1	322	80	690	1.82	4.23	90.9	299	86	0.1	13.9	42.1	10.9	4.16	*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, 2% White 8oz	1 Each	1	130	20	125	0.00	0.00	250.0	500	100	1.2	8.0	13.0	5.0	3.00	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			613	100	982	3.85	5.20	381.3	1166	239	32.13	25.78	82.29	19.96	8.39	*0.23
% of Calories												16.8%	53.7%	29.3%	12.3%	0.3%

Thu - 03/08/2012																
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
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, 2% White 8oz	1 Each	1	130	20	125	0.00	0.00	250.0	500	100	1.2	8.0	13.0	5.0	3.00	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			531	20	558	7.55	2.00	311.0	1000	176	42.49	17.88	84.17	15.24	5.78	0.23
% of Calories												13.5%	63.4%	25.8%	9.8%	0.4%

Fri - 03/09/2012																
District Wide Breakfast	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
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, 2% White 8oz	1 Each	1	130	20	125	0.00	0.00	250.0	500	100	1.2	8.0	13.0	5.0	3.00	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			511	25	658	7.55	2.00	351.0	1000	176	42.49	15.88	82.17	14.24	5.28	0.23
% of Calories												12.4%	64.3%	25.1%	9.3%	0.4%

Mon - 03/12/2012																
District Wide Breakfast	Total	1														
Pancake and Sausage on a Stick	1 each	1	250	15	350	1.00	3.60	40.0	0	0	0.00	8.0	26.0	13.0	3.50	*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
FRUIT FRESH, Asst 1/2c	3/4 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, 2% White 8oz	1 Each	1	130	20	125	0.00	0.00	250.0	500	100	1.2	8.0	13.0	5.0	3.00	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			571	35	638	6.55	4.52	351.0	1000	176	42.49	20.88	74.17	22.24	7.78	*0.23
% of Calories												14.6%	51.9%	35.0%	12.3%	0.4%

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## 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
<b>Tue - 03/13/2012</b>																
District Wide Breakfast	Total	1														
Cinnamon Tastries- Tony's Brea	1 each	1	248	2	378	0.99	2.87	50.1	174	35	0.2	4.8	36.9	9.4	0.93	*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			589	11	685	7.58	4.30	399.4	1158	256	43.51	17.76	95.75	16.42	3.91	*0.23
% of Calories												12.1%	65.0%	25.1%	6.0%	0.4%

<b>Wed - 03/14/2012</b>																
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%

<b>Thu - 03/15/2012</b>																
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%

<b>Fri - 03/16/2012</b>																
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%

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

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## 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
Mon - 03/19/2012																
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%

Tue - 03/20/2012																
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 - 03/21/2012																
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 - 03/22/2012																
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%

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## 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
Fri - 03/23/2012																
District Wide Breakfast	Total	1														
YOGURT, Assorted 4ozv	1 Each	1	94	6	54	0.00	0.00	180.0	300	60	0.00	4.4	16.2	1.1	0.60	0.20
cracker, graham gripz (Keebler)	1 pkg	1	100	0	75	3.00	0.72	0.0	750	150	0.00	1.0	20.0	3.0	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			506	16	440	6.07	2.20	508.7	1901	408	32.83	17.37	87.02	10.91	4.53	*0.43
% of Calories												13.7%	68.8%	19.4%	8.1%	0.8%

Mon - 03/26/2012																
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
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
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
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
FRUIT CHOICE	.5 CUP	1	80	0	5	1.84	0.39	11.1	182	18	7.5	0.5	20.9	0.1	0.01	*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			608	14	846	8.18	8.42	560.3	1347	279	17.27	16.72	109.62	12.75	3.98	*0.23
% of Calories												11.0%	72.1%	18.9%	5.9%	0.3%

Tue - 03/27/2012																
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%

Wed - 03/28/2012																
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%

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# Appleton Area School District

## Mar 1, 2012 thru Mar 30, 2012 Spreadsheet - Portion Values 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
Thu - 03/29/2012																
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
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 - 03/30/2012																
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%

Weighted Average			573	47	696	7.17	5.07	474.1	1262	272	39.96	19.85	90.65	15.54	5.72	*0.24
												13.9%	63.3%	24.4%	9.0%	0.4%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	573		554	103%			
Cholesterol (mg)	47		0				
Sodium (mg)	696		0				
Fiber (g)	7.17		0.00				
Iron (mg)	5.07		2.99	170%			
Calcium (mg)	474.1		253.85	187%			
Vitamin A (IU)	1262		971	130%			
Vitamin A (RE)	272		194	140%			
Vitamin C (mg)	39.96		12.50	320%			
Protein (g)	19.85	13.85%	9.59	207%			
Carbohydrate (g)	90.65	63.27%	0.00				
Total Fat (g)	15.54	24.41%	<30.00				
Saturated Fat (g)	5.72	8.99%	<10.00				
Trans Fat (g)	0.24	0.38%					

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

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