

Lee's Summit R-7 School District
May 1, 2012 thru May 21, 2012 Spreadsheet - Portion Values
Elementary Breakfast

Apr 13, 2012

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/01/2012															
Elementary Breakfast	Total														
Pizza, Breakfast	serving	185	8	250	2.50	1.35	175.0	250	50	0.0	10.5	25.0	5.0	2.00	0.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Poptart, WG Brown sugar	1 Each	200	0	160	5.00	1.80	0.0	500	100	0.0	3.0	34.0	6.0	2.00	0.00
Fruit - Fresh/Cnd/Frozen	1/3 cup	64	0	2	1.86	0.21	11.6	78	10	11.3	0.48	16.62	0.03	0.00	*0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Weighted Daily Average		339	9	374	4.06	2.44	399.0	922	180	13.27	13.34	63.13	3.91	1.20	*0.00
% of Calories											15.8%	74.6%	10.4%	3.2%	*0.0%

Wed - 05/02/2012															
Elementary Breakfast	Total														
Donut, Yeast	1 each	285	0	297	1.21	1.17	2.1	16	3	0.0	4.15	27.89	17.77	9.21	*0.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Juice, Orange, 4 oz	carton	60	0	0	0.00	0.00	250.0	100	20	48.0	0.0	15.0	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Weighted Daily Average		418	6	440	1.11	1.83	560.9	716	143	48.71	11.32	63.64	13.00	6.44	*0.00
% of Calories											10.8%	60.9%	28.0%	13.9%	*0.0%

Thu - 05/03/2012															
Elementary Breakfast	Total														
Scrambled Eggs	Serving	81	191	82	0.00	0.89	52.6	316	105	0.1	7.05	1.25	5.05	1.59	*0.00
Biscuit, Wheat Read-bake	1 each	180	0	560	2.00	1.44	20.0	0	0	0.0	4.0	24.0	8.0	5.00	0.00
Poptart, WG Strawberry	1 Each	190	0	150	5.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit - Fresh/Cnd/Frozen	1/3 cup	64	0	2	1.86	0.21	11.6	78	10	11.3	0.48	16.62	0.03	0.00	*0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Ketchup: individual	packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*
Weighted Daily Average		432	159	826	3.68	2.69	383.1	981	219	13.76	17.77	66.00	11.20	5.35	*0.00
% of Calories											16.4%	61.1%	23.3%	11.1%	*0.0%

Fri - 05/04/2012															
Elementary Breakfast	Total														
Whole Wheat Cinnamon Rolls	1 each	193	0	187	2.96	1.39	40.8	4	1	0.16	4.77	34.86	4.45	0.61	*0.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Cheese Stick	1 Each	80	15	190	0.00	0.00	200.0	200	40	0.0	7.0	0.0	5.0	3.00	0.00
Fruit - Fresh/Cnd/Frozen	1/3 cup	64	0	2	1.86	0.21	11.6	78	10	11.3	0.48	16.62	0.03	0.00	*0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Lee's Summit R-7 School District

May 1, 2012 thru May 21, 2012 Spreadsheet - Portion Values

Apr 13, 2012

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Elementary Breakfast

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		370	7	377	4.28	1.70	365.3	625	120	12.32	13.04	70.70	4.47	0.67	*0.00
% of Calories											14.1%	76.4%	10.9%	1.6%	*0.0%

Mon - 05/07/2012															
Elementary Breakfast	Total														
Breakfast sandwich	1 each	215	115	630	1.00	2.16	60.0	200	60	0.0	6.0	25.0	10.5	3.00	2.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Juice, Orange, 4 oz	carton	60	0	0	0.00	0.00	250.0	100	20	48.0	0.0	15.0	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Ketchup: individual	packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*
Weighted Daily Average		407	115	899	1.02	2.27	590.8	888	189	46.30	14.02	64.68	10.38	2.85	*1.90
% of Calories											13.8%	63.5%	22.9%	6.3%	*4.2%

Tue - 05/08/2012															
Elementary Breakfast	Total														
Pizza, Breakfast	serving	185	8	250	2.50	1.35	175.0	250	50	0.0	10.5	25.0	5.0	2.00	0.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Poptart, WG Brown sugar	1 Each	200	0	160	5.00	1.80	0.0	500	100	0.0	3.0	34.0	6.0	2.00	0.00
Fruit - Fresh/Cnd/Frozen	1/3 cup	64	0	2	1.86	0.21	11.6	78	10	11.3	0.48	16.62	0.03	0.00	*0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Weighted Daily Average		378	9	390	5.38	1.88	387.1	965	189	11.34	14.42	68.00	5.71	1.90	*0.00
% of Calories											15.2%	71.9%	13.6%	4.5%	*0.0%

Wed - 05/09/2012															
Elementary Breakfast	Total														
Donut, Yeast	1 each	285	0	297	1.21	1.17	2.1	16	3	0.0	4.15	27.89	17.77	9.21	*0.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Juice, Orange, 4 oz	carton	60	0	0	0.00	0.00	250.0	100	20	48.0	0.0	15.0	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Weighted Daily Average		468	6	483	1.20	1.28	546.7	634	127	47.34	12.11	65.92	17.26	8.75	*0.00
% of Calories											10.3%	56.3%	33.2%	16.8%	*0.0%

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Elementary Breakfast

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/10/2012															
Elementary Breakfast	Total														
Scrambled Eggs	Serving	81	191	82	0.00	0.89	52.6	316	105	0.1	7.05	1.25	5.05	1.59	*0.00
Biscuit, Wheat Readi-bake	1 each	180	0	560	2.00	1.44	20.0	0	0	0.0	4.0	24.0	8.0	5.00	0.00
Poptart, WG Strawberry	1 Each	190	0	150	5.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit - Fresh/Cnd/Frozen	1/3 cup	64	0	2	1.86	0.21	11.6	78	10	11.3	0.48	16.62	0.03	0.00	*0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Ketchup: individual	packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*
Weighted Daily Average		450	178	878	3.80	2.59	384.4	979	222	13.21	18.78	66.64	12.43	6.01	*0.00
% of Calories											16.7%	59.2%	24.9%	12.0%	*0.0%

Fri - 05/11/2012															
Elementary Breakfast	Total														
Whole Wheat Cinnamon Rolls	1 each	193	0	187	2.96	1.39	40.8	4	1	0.16	4.77	34.86	4.45	0.61	*0.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Cheese Stick	1 Each	80	15	190	0.00	0.00	200.0	200	40	0.0	7.0	0.0	5.0	3.00	0.00
Fruit - Fresh/Cnd/Frozen	1/3 cup	64	0	2	1.86	0.21	11.6	78	10	11.3	0.48	16.62	0.03	0.00	*0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Weighted Daily Average		375	7	380	4.39	1.61	364.4	608	117	12.05	13.23	71.50	4.66	0.70	*0.00
% of Calories											14.1%	76.2%	11.2%	1.7%	*0.0%

Mon - 05/14/2012															
Elementary Breakfast	Total														
Breakfast sandwich	1 each	215	115	630	1.00	2.16	60.0	200	60	0.0	6.0	25.0	10.5	3.00	2.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Juice, Orange, 4 oz	carton	60	0	0	0.00	0.00	250.0	100	20	48.0	0.0	15.0	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Ketchup: individual	packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*
Weighted Daily Average		407	115	899	1.02	2.27	590.8	888	189	46.30	14.02	64.68	10.38	2.85	*1.90
% of Calories											13.8%	63.5%	22.9%	6.3%	*4.2%

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Elementary Breakfast

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/15/2012															
Elementary Breakfast	Total														
Pizza, Breakfast	serving	185	8	250	2.50	1.35	175.0	250	50	0.0	10.5	25.0	5.0	2.00	0.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Poptart, WG Brown sugar	1 Each	200	0	160	5.00	1.80	0.0	500	100	0.0	3.0	34.0	6.0	2.00	0.00
Fruit - Fresh/Cnd/Frozen	1/3 cup	64	0	2	1.86	0.21	11.6	78	10	11.3	0.48	16.62	0.03	0.00	*0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Weighted Daily Average		378	9	390	5.38	1.88	387.1	965	189	11.34	14.42	68.00	5.71	1.90	*0.00
% of Calories											15.2%	71.9%	13.6%	4.5%	*0.0%

Wed - 05/16/2012															
Elementary Breakfast	Total														
Donut, Yeast	1 each	285	0	297	1.21	1.17	2.1	16	3	0.0	4.15	27.89	17.77	9.21	*0.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Juice, Orange, 4 oz	carton	60	0	0	0.00	0.00	250.0	100	20	48.0	0.0	15.0	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Weighted Daily Average		468	6	483	1.20	1.28	546.7	634	127	47.34	12.11	65.92	17.26	8.75	*0.00
% of Calories											10.3%	56.3%	33.2%	16.8%	*0.0%

Thu - 05/17/2012															
Elementary Breakfast	Total														
Scrambled Eggs	Serving	81	191	82	0.00	0.89	52.6	316	105	0.1	7.05	1.25	5.05	1.59	*0.00
Biscuit, Wheat Read-bake	1 each	180	0	560	2.00	1.44	20.0	0	0	0.0	4.0	24.0	8.0	5.00	0.00
Poptart, WG Strawberry	1 Each	190	0	150	5.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit - Fresh/Cnd/Frozen	1/3 cup	64	0	2	1.86	0.21	11.6	78	10	11.3	0.48	16.62	0.03	0.00	*0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Ketchup: individual	packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*
Weighted Daily Average		450	178	878	3.80	2.59	384.4	979	222	13.21	18.78	66.64	12.43	6.01	*0.00
% of Calories											16.7%	59.2%	24.9%	12.0%	*0.0%

Fri - 05/18/2012															
Elementary Breakfast	Total														
Whole Wheat Cinnamon Rolls	1 each	193	0	187	2.96	1.39	40.8	4	1	0.16	4.77	34.86	4.45	0.61	*0.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Cheese Stick	1 Each	80	15	190	0.00	0.00	200.0	200	40	0.0	7.0	0.0	5.0	3.00	0.00
Fruit - Fresh/Cnd/Frozen	1/3 cup	64	0	2	1.86	0.21	11.6	78	10	11.3	0.48	16.62	0.03	0.00	*0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		375	7	380	4.39	1.61	364.4	608	117	12.05	13.23	71.50	4.66	0.70	*0.00
% of Calories											14.1%	76.2%	11.2%	1.7%	*0.0%

Mon - 05/21/2012															
Elementary Breakfast	Total														
Breakfast sandwich	1 each	215	115	630	1.00	2.16	60.0	200	60	0.0	6.0	25.0	10.5	3.00	2.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Juice, Orange, 4 oz	carton	60	0	0	0.00	0.00	250.0	100	20	48.0	0.0	15.0	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Ketchup: individual	packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*
Weighted Daily Average		407	115	899	1.02	2.27	590.8	888	189	46.30	14.02	64.68	10.38	2.85	*1.90
% of Calories											13.8%	63.5%	22.9%	6.3%	*4.2%

Weighted Average		408	62	599	3.05	2.01	456.4	819	169	26.32	14.31	66.78	9.59	3.80	*0.38
											14.0%	65.4%	21.1%	8.4%	*0.8%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	408		498	82%		90	Correction Required - Calories are Low
Cholesterol (mg)	62		75	82%			
Sodium (mg)	599		1000	60%			
Fiber (g)	3.05		4.00	76%		0.95	Correction Required - Fiber is Low
Iron (mg)	2.01		2.63	76%		0.62	Correction Required - Iron is Low
Calcium (mg)	456.4		214.29	213%			
Vitamin A (IU)	819		839	98%		21	Correction Required - Vitamin A is Low
Vitamin A (RE)	169		168	101%			
Vitamin C (mg)	26.32		11.43	230%			
Protein (g)	14.31	14.01%	7.34	195%			
Carbohydrate (g)	66.78	65.41%					
Total Fat (g)	9.59	21.13%	<=30.00%				
Saturated Fat (g)	3.80	8.37%	<10.00%				
Trans Fat (g)	0.38	0.84%			Missing		

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