

Mark Bindus, Registered Dietitian

Cycle No. 1 thru Cycle No. 5 Cycle Spreadsheet - Portion Values

Jun 19, 2014

Page 1

District 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)
Week 1 Day 1															
District Breakfast	Total														
Pop Tart, Whole Grain, Single,	1 each	180	0	180	3.00	1.80	100.0	500	100	0.0	2.0	38.0	2.5	1.00	0.00
Pop Tart, Whole Grain, Single,	1	180	0	180	3.00	1.80	100.0	500	100	0.0	2.0	38.0	2.5	1.00	0.00
Trix, Whole Grain Cereal Bar	1 each	150	0	105	3.00	1.80	200.0	100	20	1.2	2.0	30.0	3.0	0.50	0.00
Cocoa Puffs, Whole Grain Cerea	1 each	150	0	105	3.00	1.80	200.0	100	20	1.2	2.0	30.0	3.0	0.50	0.00
STRING CHEESE	1 oz chees	85	15	148	0.00	0.07	204.7	145	53	0.0	7.27	1.07	5.61	3.55	*N/A*
ORANGE JUICE: canned,unswtnd	1/2 CUP	59	0	5	0.37	0.12	12.5	218	22	37.47	0.85	13.71	0.19	0.02	*N/A*
APPLES,Fresh Whole	1 whole	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
Mini BANANA	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
MILK - Variety	HALF PINT	131	6	127	1.02	0.55	243.5	411	124	1.84	6.8	21.62	2.05	1.26	*N/A*
Weighted Daily Average		452	15	356	6.11	2.66	542.5	1017	235	44.82	14.52	82.21	8.58	4.17	*0.00
% of Calories											12.8%	72.7%	17.1%	8.3%	*0.0%

Week 1 Day 2															
District Breakfast	Total														
Pancake Sausage Wrap (Turkey)	1 each	200	25	310	3.00	1.80	0.0	0	0	0.0	7.0	17.0	10.0	2.50	0.00
PB & J Wafer, Whole Grain	1 each	290	0	220	4.00	1.80	20.0	0	0	0.0	8.0	30.0	17.0	3.00	0.00
Crunchmania Cinnamon Bun	1 each	220	0	230	2.00	1.44	150.0	750	300	0.0	4.0	37.0	7.0	2.00	0.00
ORANGE JUICE: canned,unswtnd	1/2 CUP	59	0	5	0.37	0.12	12.5	218	22	37.47	0.85	13.71	0.19	0.02	*N/A*
APPLES,Fresh Whole	1 whole	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
Mini BANANA	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
MILK - Variety	HALF PINT	131	6	127	1.02	0.55	243.5	411	124	1.84	6.8	21.62	2.05	1.26	*N/A*
Weighted Daily Average		453	15	386	5.39	2.43	314.9	902	249	41.84	14.22	70.35	13.67	3.81	*0.00
% of Calories											12.6%	62.1%	27.2%	7.6%	*0.0%

Week 1 Day 3															
District Breakfast	Total														
Egg Tac-Go	1 each	180	200	400	2.00	0.72	100.0	400	80	0.0	10.0	14.0	9.0	3.50	0.00
PB & J Wafer, Whole Grain	1 each	290	0	220	4.00	1.80	20.0	0	0	0.0	8.0	30.0	17.0	3.00	0.00
Crunchmania Cinnamon Bun	1 each	220	0	230	2.00	1.44	150.0	750	300	0.0	4.0	37.0	7.0	2.00	0.00
ORANGE JUICE: canned,unswtnd	1/2 CUP	59	0	5	0.37	0.12	12.5	218	22	37.47	0.85	13.71	0.19	0.02	*N/A*
APPLES,Fresh Whole	1 whole	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
Mini BANANA	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
MILK - Variety	HALF PINT	131	6	127	1.02	0.55	243.5	411	124	1.84	6.8	21.62	2.05	1.26	*N/A*
Weighted Daily Average		446	73	416	5.05	2.07	348.2	1036	275	41.84	15.22	69.35	13.33	4.15	*0.00
% of Calories											13.6%	62.2%	26.9%	8.4%	*0.0%

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

Mark Bindus, Registered Dietitian

Cycle No. 1 thru Cycle No. 5 Cycle Spreadsheet - Portion Values

District 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)	
Week1 Day 4															
District Breakfast	Total														
Mini Maple Pancakes, Whole Gra	1 each	230	10	270	3.00	0.72	60.0	0	0	0.0	5.0	40.0	7.0	1.00	0.00
PB & J Wafer, Whole Grain	1 each	290	0	220	4.00	1.80	20.0	0	0	0.0	8.0	30.0	17.0	3.00	0.00
Crunchmania Cinnamon Bun	1 each	220	0	230	2.00	1.44	150.0	750	300	0.0	4.0	37.0	7.0	2.00	0.00
ORANGE JUICE: canned,unswtnd	1/2 CUP	59	0	5	0.37	0.12	12.5	218	22	37.47	0.85	13.71	0.19	0.02	*N/A*
APPLES,Fresh Whole	1 whole	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
Mini BANANA	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
MILK - Variety	HALF PINT	131	6	127	1.02	0.55	243.5	411	124	1.84	6.8	21.62	2.05	1.26	*N/A*
Weighted Daily Average		463	10	372	5.39	2.07	334.9	902	249	41.84	13.56	78.02	12.67	3.31	*0.00
% of Calories											11.7%	67.4%	24.6%	6.4%	*0.0%
Week 1 Day 5															
District Breakfast	Total														
Mini Cinnis, Whole Grain, Brea	1 each	240	0	300	2.00	1.44	40.0	0	0	0.0	5.0	40.0	8.0	2.00	0.00
PB & J Wafer, Whole Grain	1 each	290	0	220	4.00	1.80	20.0	0	0	0.0	8.0	30.0	17.0	3.00	0.00
Crunchmania Cinnamon Bun	1 each	220	0	230	2.00	1.44	150.0	750	300	0.0	4.0	37.0	7.0	2.00	0.00
ORANGE JUICE: canned,unswtnd	1/2 CUP	59	0	5	0.37	0.12	12.5	218	22	37.47	0.85	13.71	0.19	0.02	*N/A*
APPLES,Fresh Whole	1 whole	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
Mini BANANA	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
MILK - Variety	HALF PINT	131	6	127	1.02	0.55	243.5	411	124	1.84	6.8	21.62	2.05	1.26	*N/A*
Weighted Daily Average		466	6	382	5.05	2.31	328.2	902	249	41.84	13.56	78.02	13.00	3.65	*0.00
% of Calories											11.6%	66.9%	25.1%	7.0%	*0.0%
Weighted Average		456	24	382	5.40	2.31	373.7	952	251	42.44	14.22	75.59	12.25	3.82	*0.00
											12.5%	66.3%	24.2%	7.5%	*0.0%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
***** - denotes combined nutrient totals with either missing or incomplete nutrient data
1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

Mark Bindus, Registered Dietitian

Cycle No. 1 thru Cycle No. 5 Cycle Spreadsheet - Portion Values

District Breakfast

Jun 19, 2014

Nutrient	Menu AVG	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)	Error Messages (if any)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Overage										
Calories	456		450	101%													
Cholesterol (mg)	24																
Sodium (mg)	382																
Fiber (g)	5.40																
Iron (mg)	2.31		2.50	92%		0.19											Correction Required - Iron is Low
Calcium (mg)	373.7		200.00	187%													
Vitamin A (IU)	952		625	152%													
Vitamin A (RE)	251		125	201%													
Vitamin C (mg)	42.44		11.25	377%													
Protein (g)	14.22	12.47%	6.00	237%													
Carbohydrate (g)	75.59	66.30%															
Total Fat (g)	12.25	24.18%	<=30.00%														
Saturated Fat (g)	3.82	7.53%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.