

Falcon School District

ELEMENTARY BREAKFAST

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Mon - 12/03/2007														
ELEMENTARY BREAKFAS	Total	70												
CEREAL, ASST'D	1 each	30	94	0	169	0.80	3.96	48.00	76	6.00	1.00	21.20	0.60	0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
TOAST, CINNAMON	1 EACH	40	66	0	93	0.44	0.48	16.78	25	0.09	1.00	8.32	3.20	0.69
Cheese Square, L.O.L , IW	ounce	70	110	30	190	*0.00	*0.00	*0.00	*0	*0.00	7.00	*0.00	9.00	6.00
FRUIT, ASSTD CANNED	2 OZ	70	70	0	9	1.33	0.26	3.32	49	5.10	0.53	18.00	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	70	69	0	1	2.72	0.22	16.22	17	16.98	0.77	17.83	0.27	0.06
JUICE	1 EA	70	56	0	4	0.00	0.18	7.45	49	15.54	0.39	13.78	0.10	0.00
MILK - Variety	HALF PIN	70	141	9	138	0.88	0.44	289.46	146	1.62	8.12	21.84	2.49	1.55
Weighted Daily Average			524	39	466	*5.52	*3.07	*346.61	*307	*41.86	17.81	*85.29	13.94	8.01
% of Calories											13.6%	65.1%	23.9%	13.7%
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			105%	52%	78%	138%	117%	162%	183%	366%	243%			
Shortfall				36	134									OVER

Tue - 12/04/2007														
ELEMENTARY BREAKFAS	Total	70												
CEREAL, ASST'D	1 each	40	94	0	169	0.80	3.96	48.00	76	6.00	1.00	21.20	0.60	0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
EGG PATTY w/CHEESE	1 EACH	30	113	189	338	0.00	0.65	107.50	93	0.00	8.00	1.00	7.95	4.30
TOAST,WHOLE-WHEAT BREAD	1 SLICE	30	69	0	148	1.85	0.93	20.25	0	0.00	2.73	12.93	1.20	0.26
JELLY	1 TBSP	30	51	0	6	0.19	0.04	1.33	0	0.17	0.03	13.29	0.00	0.00
FRUIT, ASSTD CANNED	2 OZ	70	70	0	9	1.33	0.26	3.32	49	5.10	0.53	18.00	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	70	69	0	1	2.72	0.22	16.22	17	16.98	0.77	17.83	0.27	0.06
JUICE	1 EA	70	56	0	4	0.00	0.18	7.45	49	15.54	0.39	13.78	0.10	0.00
MILK - Variety	HALF PIN	70	141	9	138	0.88	0.44	289.46	146	1.62	8.12	21.84	2.49	1.55
Weighted Daily Average			490	90	458	6.26	4.06	399.20	344	42.74	14.99	95.23	7.12	3.56
% of Calories											12.2%	77.8%	13.1%	6.6%
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			98%	120%	76%	157%	154%	186%	205%	374%	204%			
Shortfall			9		142									

Wed - 12/05/2007														
ELEMENTARY BREAKFAS	Total	80												
CEREAL, ASST'D	1 each	20	94	0	169	0.80	3.96	48.00	76	6.00	1.00	21.20	0.60	0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
CINNAMON SWEET ROLL DOUG	2.25 OZ	60	207	6	197	1.05	8.44	1.35	3	0.01	4.26	36.99	3.97	1.37
FRUIT,FRESH ASSORTED	1 EACH	80	69	0	1	2.72	0.22	16.22	17	16.98	0.77	17.83	0.27	0.06
FRUIT, ASSTD CANNED	2 OZ	80	70	0	9	1.33	0.26	3.32	49	5.10	0.53	18.00	0.00	0.00
JUICE	1 EA	80	56	0	4	0.00	0.18	7.45	49	15.54	0.39	13.78	0.10	0.00
MILK - Variety	HALF PIN	80	141	9	138	0.88	0.44	289.46	146	1.62	8.12	21.84	2.49	1.55

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Dec 3, 2007 thru Dec 28, 2007 Spreadsheet - Portion Values

Nov 15, 2007

ELEMENTARY BREAKFAST

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Mon - 12/10/2007														
ELEMENTARY BREAKFAS	Total	75												
CEREAL, ASST'D	1 each	25	94	0	169	0.80	3.96	48.00	76	6.00	1.00	21.20	0.60	0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
FRENCH TOAST, PLAIN, AJ	1 EACH	50	233	85	381	2.00	2.70	80.00	20	0.00	8.00	38.80	5.00	1.50
FRUIT, ASSTD CANNED	2 OZ	75	70	0	9	1.33	0.26	3.32	49	5.10	0.53	18.00	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	75	69	0	1	2.72	0.22	16.22	17	16.98	0.77	17.83	0.27	0.06
JUICE	1 EA	75	56	0	4	0.00	0.18	7.45	49	15.54	0.39	13.78	0.10	0.00
MILK - Variety	HALF PIN	75	141	9	138	0.88	0.44	289.46	146	1.62	8.12	21.84	2.49	1.55
Weighted Daily Average			523	66	461	6.53	4.22	385.78	299	41.24	15.47	104.39	6.38	2.61
% of Calories											11.8%	79.8%	11.0%	4.5%
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			105%	87%	77%	163%	161%	180%	178%	361%	211%			
Shortfall				9	139									

Tue - 12/11/2007														
ELEMENTARY BREAKFAS	Total	75												
CEREAL, ASST'D	1 each	25	94	0	169	0.80	3.96	48.00	76	6.00	1.00	21.20	0.60	0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
YOGURT, UPSTATE FARMS,4 O	4 OZ	50	100	0	75	0.00	0.00	300.00	0	1.20	3.00	22.00	0.00	0.00
STRING CHEESE	OUNCE	50	79	15	150	0.00	0.07	207.24	54	0.00	7.79	0.89	4.85	3.08
TOAST,WHOLE-WHEAT BREAD	1 SLICE	60	69	0	148	1.85	0.93	20.25	0	0.00	2.73	12.93	1.20	0.26
JELLY	1 TBSP	60	51	0	6	0.19	0.04	1.33	0	0.17	0.03	13.29	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	65	69	0	1	2.72	0.22	16.22	17	16.98	0.77	17.83	0.27	0.06
FRUIT, ASSTD CANNED	2 OZ	75	70	0	9	1.33	0.26	3.32	49	5.10	0.53	18.00	0.00	0.00
JUICE	1 EA	65	56	0	4	0.00	0.18	7.45	49	15.54	0.39	13.78	0.10	0.00
MILK - Variety	HALF PIN	75	141	9	138	0.88	0.44	289.46	146	1.62	8.12	21.84	2.49	1.55
Weighted Daily Average			566	19	480	6.47	3.19	684.71	314	37.84	19.38	110.54	7.20	3.87
% of Calories											13.7%	78.1%	11.4%	6.1%
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			114%	25%	80%	162%	121%	320%	187%	331%	264%			
Shortfall				56	120									

Wed - 12/12/2007														
ELEMENTARY BREAKFAS	Total	75												
CEREAL, ASST'D	1 each	25	94	0	169	0.80	3.96	48.00	76	6.00	1.00	21.20	0.60	0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
CHICKEN FRIED STEAK	1/2 each	50	105	28	245	1.00	2.25	150.00	46	0.00	9.00	4.00	6.00	2.00
COUNTRY GRAVY MIX, PIONEE	2 OUNCE	50	50	0	240	0.00	0.36	0.00	0	0.00	0.00	5.00	3.00	1.00
FRUIT,FRESH ASSORTED	1 EACH	75	69	0	1	2.72	0.22	16.22	17	16.98	0.77	17.83	0.27	0.06
GRAHAM CRACKERS, GIANT GO	1 PKG	75	120	0	105	0.90	0.72	0.00	0	0.00	1.00	19.00	4.50	1.00
JUICE	1 EA	75	56	0	4	0.00	0.18	7.45	49	15.54	0.39	13.78	0.10	0.00
MILK - Variety	HALF PIN	75	141	9	138	0.88	0.44	289.46	146	1.62	8.12	21.84	2.49	1.55

Falcon School District

ELEMENTARY BREAKFAST

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Weighted Daily Average			521	27	627	5.43	4.62	429.13	268	36.15	16.62	85.52	13.55	4.61
% of Calories											12.8%	65.7%	23.4%	8.0%
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			105%	36%	104%	136%	176%	200%	159%	316%	226%			
Shortfall				48										

Thu - 12/13/2007														
ELEMENTARY BREAKFAS	Total	75												
CEREAL, ASST'D	1 each	37	94	0	169	0.80	3.96	48.00	76	6.00	1.00	21.20	0.60	0.00
BREAKFAST BAGEL SANDWICH	1 EACH	38	303	188	715	1.59	3.08	110.67	93	0.00	15.38	38.07	9.03	4.44
FRUIT, ASSTD CANNED	2 OZ	75	70	0	9	1.33	0.26	3.32	49	5.10	0.53	18.00	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	75	69	0	1	2.72	0.22	16.22	17	16.98	0.77	17.83	0.27	0.06
JUICE	1 EA	75	56	0	4	0.00	0.18	7.45	49	15.54	0.39	13.78	0.10	0.00
MILK - Variety	HALF PIN	75	141	9	138	0.88	0.44	289.46	146	1.62	8.12	21.84	2.49	1.55
Weighted Daily Average			536	104	596	6.13	4.62	396.20	345	42.20	18.10	101.20	7.72	3.86
% of Calories											13.5%	75.5%	13.0%	6.5%
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			108%	139%	99%	153%	176%	185%	206%	369%	246%			
Shortfall					4									

Fri - 12/14/2007														
ELEMENTARY BREAKFAS	Total	1												
MANAGERS CHOICE	1 EA	1	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
Weighted Daily Average			0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			498	75	600	4.00	2.63	214.29	168	11.43	7.34		OVER	OVER

Mon - 12/17/2007														
ELEMENTARY BREAKFAS	Total	1												
MANAGERS CHOICE	EA	1	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
Weighted Daily Average			0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			498	75	600	4.00	2.63	214.29	168	11.43	7.34		OVER	OVER

Falcon School District

ELEMENTARY BREAKFAST

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Tue - 12/18/2007														
ELEMENTARY BREAKFAS MANAGERS CHOICE	Total EA	1												
	EA	1	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
Weighted Daily Average % of Calories			0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			498	75	600	4.00	2.63	214.29	168	11.43	7.34		OVER	OVER

Wed - 12/19/2007														
ELEMENTARY BREAKFAS MANAGERS CHOICE	Total EA	1												
	EA	1	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
Weighted Daily Average % of Calories			0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			498	75	600	4.00	2.63	214.29	168	11.43	7.34		OVER	OVER

Thu - 12/20/2007														
ELEMENTARY BREAKFAS MANAGERS CHOICE	Total EA	1												
	EA	1	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
Weighted Daily Average % of Calories			0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			498	75	600	4.00	2.63	214.29	168	11.43	7.34		OVER	OVER

Fri - 12/21/2007														
ELEMENTARY BREAKFAS NO SCHOOL TODAY	Total SERVING	1												
	SERVING	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
RDA's			498	75	600	4.00	2.63	214.29	168	11.43	7.34	0.00	30.00	10.00
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			498	75	600	4.00	2.63	214.29	168	11.43	7.34		OVER	OVER

Weighted Average			522	*44	*559	*5.44	*4.83	*401.07	*299	*36.89	16.29	*96.33	*9.21	*4.09
											12.5%	73.8%	15.9%	7.0%

Falcon School District

Nutrient	Menu AVG	Portion	Plan	Mg	Mg	G	Mg	Mg	RE	Mg	G	G	G	G	
		Size	Qty	Cals	Cholst	Sodm	Fiber	Iron	Calcm	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)								
Calories	522		498	105%											
Cholesterol (Mg)	44		75	58%	Missing										
Sodium (Mg)	559		600	93%	Missing										
Fiber (G)	5.44		4.00	136%	Missing										
Iron (Mg)	4.83		2.63	184%	Missing										
Calcium (Mg)	401.07		214.29	187%	Missing										
Vitamin A (RE)	299		168	178%	Missing										
Vitamin C (Mg)	36.89		11.43	323%	Missing										
Protein (G)	16.29	12.47%	7.34	222%											
Carbohydrate (G)	96.33	73.76%	0.00		Missing										
Total Fat (G)	9.21	15.87%	<30.00		Missing										
Saturated Fat (G)	4.09	7.04%	<10.00		Missing										