

Falcon School District

HORIZON BREAKFAST

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 04/09/2008															
HORIZON BREAKFAST	Total	40													
CEREAL, ASST'D	1 each	10	94	0	169	0.80	3.96	48.00	380	6.00	1.00	21.20	0.60	0.00	*0.00
OATMEAL w/BLUEBERRIES	1 CUP	10	262	0	19	4.61	2.33	50.61	13	0.69	6.25	55.06	2.69	0.45	*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	0.00
BISCUITS & GRAVY	SERVING	20	220	0	590	1.00	8.00	4.00	0	0.00	4.00	30.00	9.00	2.50	*0.00
GRAHAM CRACKERS, GIANT GOL DFIS	1 PKG	30	120	0	105	0.90	0.72	0.00	0	0.00	1.00	19.00	4.50	1.00	*0.00
FRUIT,FRESH ASSORTED	1 EACH	35	69	0	1	2.72	0.22	16.22	142	16.98	0.77	17.83	0.27	0.06	*0.00
FRUIT, ASSTD CANNED	4 OZ	35	140	0	18	2.67	0.52	6.64	486	10.19	1.05	36.01	0.00	0.00	*0.00
JUICE	1 EA	35	56	0	4	0.00	0.18	7.45	244	15.54	0.39	13.78	0.10	0.00	*0.00
MILK - Variety	HALF PINT	35	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.55	*0.00
Weighted Daily Average			644	8	561	8.01	7.30	306.45	1287	40.47	13.60	126.59	11.19	3.52	*0.00
% of Calories											8.4%	78.6%	15.6%	4.9%	0.0%
RDA's			619	75	600	4.00	3.40	300.00	1125	13.75	12.20	0.00	30.00	10.00	
% of RDA Satisfied			104%	10%	93%	200%	215%	102%	114%	294%	112%				
Shortfall				67	39										

Thu - 04/10/2008															
HORIZON BREAKFAST	Total	40													
CEREAL, ASST'D	1 each	10	94	0	169	0.80	3.96	48.00	380	6.00	1.00	21.20	0.60	0.00	*0.00
OATMEAL w/BLUEBERRIES	1 CUP	10	262	0	19	4.61	2.33	50.61	13	0.69	6.25	55.06	2.69	0.45	*0.00
BREAKFAST BURRITO	SERVINGS	20	386	166	799	1.92	2.52	210.40	364	0.89	19.75	29.11	20.65	8.57	*0.00
SALSA, MILD PICANTE SAUCE	1 OZ	20	10	0	158	0.00	0.00	0.00	99	0.00	0.00	1.97	0.00	0.00	*0.00
FRUIT, ASSTD CANNED	4 OZ	35	140	0	18	2.67	0.52	6.64	486	10.19	1.05	36.01	0.00	0.00	*0.00
FRUIT,FRESH ASSORTED	1 EACH	35	69	0	1	2.72	0.22	16.22	142	16.98	0.77	17.83	0.27	0.06	*0.00
JUICE	1 EA	35	56	0	4	0.00	0.18	7.45	244	15.54	0.39	13.78	0.10	0.00	*0.00
MILK - Variety	HALF PINT	35	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.55	*0.00
Weighted Daily Average			642	91	665	7.80	4.03	409.65	1518	40.91	20.73	112.88	13.64	5.81	*0.00
% of Calories											12.9%	70.3%	19.1%	8.1%	0.0%
RDA's			619	75	600	4.00	3.40	300.00	1125	13.75	12.20	0.00	30.00	10.00	
% of RDA Satisfied			104%	121%	111%	195%	118%	137%	135%	298%	170%				

Falcon School District

HORIZON BREAKFAST

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 04/11/2008															
HORIZON BREAKFAST	Total	50													
CEREAL, ASST'D	1 each	10	94	0	169	0.80	3.96	48.00	380	6.00	1.00	21.20	0.60	0.00	*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	0.00
OATMEAL w/BLUEBERRIES	1 CUP	10	262	0	19	4.61	2.33	50.61	13	0.69	6.25	55.06	2.69	0.45	*0.00
BREAKFST, CINN.TASTRIES, TONY	EACH	20	260	5	400	1.00	1.80	40.00	0	0.00	5.00	39.00	10.00	4.50	*0.00
Cheese Square, L.O.L -ALA CART	ounce	30	110	30	190	*0.00	*0.00	*0.00	*0	*0.00	7.00	*0.00	9.00	6.00	*0.00
TOAST,WHOLE-WHEAT BREAD	1 SLICE	25	69	0	148	1.85	0.93	20.25	1	0.00	2.73	12.93	1.20	0.26	*0.00
JELLY	1 TBSP	15	51	0	6	0.19	0.04	1.33	1	0.17	0.03	13.29	0.00	0.00	*0.00
FRUIT,FRESH ASSORTED	1 EACH	35	69	0	1	2.72	0.22	16.22	142	16.98	0.77	17.83	0.27	0.06	*0.00
FRUIT, ASSTD CANNED	4 OZ	35	140	0	18	2.67	0.52	6.64	486	10.19	1.05	36.01	0.00	0.00	*0.00
JUICE	1 EA	35	56	0	4	0.00	0.18	7.45	244	15.54	0.39	13.78	0.10	0.00	*0.00
MILK - Variety	HALF PINT	45	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.55	*0.00
Weighted Daily Average			603	28	527	*7.03	*3.49	*327.97	*1127	*32.75	17.88	*108.29	13.15	7.06	*0.00
% of Calories											11.9%	71.8%	19.6%	10.5%	0.0%
RDA's			619	75	600	4.00	3.40	300.00	1125	13.75	12.20	0.00	30.00	10.00	
% of RDA Satisfied			97%	37%	88%	176%	103%	109%	100%	238%	147%				
Shortfall			16	47	73										OVER

Mon - 04/14/2008															
HORIZON BREAKFAST	Total	40													
CEREAL, ASST'D	1 each	10	94	0	169	0.80	3.96	48.00	380	6.00	1.00	21.20	0.60	0.00	*0.00
OATMEAL w/BLUEBERRIES	1 CUP	10	262	0	19	4.61	2.33	50.61	13	0.69	6.25	55.06	2.69	0.45	*0.00
Aunt Jemima Waffles	2 EACH	20	190	4	510	1.00	3.60	300.00	0	0.00	4.00	32.00	5.00	1.50	*0.00
SYRUP,PANCAKE	1 TBSP	15	47	0	16	0.14	0.01	0.60	0	0.00	0.00	12.29	0.00	0.00	*0.00
SCRAMBLED EGGS	2 oz	20	80	212	78	0.00	0.92	51.00	283	0.00	6.95	1.36	4.99	1.57	*0.00
TOAST,WHOLE-WHEAT BREAD	1 SLICE	25	69	0	148	1.85	0.93	20.25	1	0.00	2.73	12.93	1.20	0.26	*0.00
JELLY	1 TBSP	15	51	0	6	0.19	0.04	1.33	1	0.17	0.03	13.29	0.00	0.00	*0.00
STRAWBERRIES, FRZ., CUP, USDA	1 EACH	35	122	0	4	2.40	0.75	14.00	31	52.80	0.68	33.05	0.17	0.01	*0.00
FRUIT,FRESH ASSORTED	1 EACH	35	69	0	1	2.72	0.22	16.22	142	16.98	0.77	17.83	0.27	0.06	*0.00
JUICE	1 EA	35	56	0	4	0.00	0.18	7.45	244	15.54	0.39	13.78	0.10	0.00	*0.00
MILK - Variety	HALF PINT	35	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.55	*0.00
Weighted Daily Average			644	116	570	8.38	5.82	499.77	1032	77.81	17.72	129.10	9.21	3.23	*0.00
% of Calories											11.0%	80.2%	12.9%	4.5%	0.0%
RDA's			619	75	600	4.00	3.40	300.00	1125	13.75	12.20	0.00	30.00	10.00	
% of RDA Satisfied			104%	154%	95%	209%	171%	167%	92%	566%	145%				
Shortfall					30				93						

Falcon School District

HORIZON BREAKFAST

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 04/17/2008															
HORIZON BREAKFAST	Total	40													
CEREAL, ASST'D	1 each	10	94	0	169	0.80	3.96	48.00	380	6.00	1.00	21.20	0.60	0.00	*0.00
OATMEAL w/BLUEBERRIES	1 CUP	10	262	0	19	4.61	2.33	50.61	13	0.69	6.25	55.06	2.69	0.45	*0.00
EGG & CHEESE ENGLISH MUFFIN	1 EACH	20	204	106	480	1.51	1.78	170.79	248	0.09	9.37	27.45	5.97	2.52	*0.00
TOAST,WHOLE-WHEAT BREAD	1 SLICE	25	69	0	148	1.85	0.93	20.25	1	0.00	2.73	12.93	1.20	0.26	*0.00
JELLY	1 TBSP	15	51	0	6	0.19	0.04	1.33	1	0.17	0.03	13.29	0.00	0.00	*0.00
FRUIT, ASSTD CANNED	4 OZ	35	140	0	18	2.67	0.52	6.64	486	10.19	1.05	36.01	0.00	0.00	*0.00
FRUIT,FRESH ASSORTED	1 EACH	35	69	0	1	2.72	0.22	16.22	142	16.98	0.77	17.83	0.27	0.06	*0.00
JUICE	1 EA	35	56	0	4	0.00	0.18	7.45	244	15.54	0.39	13.78	0.10	0.00	*0.00
MILK - Variety	HALF PINT	40	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.55	*0.00
Weighted Daily Average			626	62	539	8.93	4.30	439.18	1472	40.78	18.27	126.85	7.36	3.14	*0.00
% of Calories											11.7%	81.1%	10.6%	4.5%	0.0%
RDA's			619	75	600	4.00	3.40	300.00	1125	13.75	12.20	0.00	30.00	10.00	
% of RDA Satisfied			101%	82%	90%	223%	127%	146%	131%	297%	150%				
Shortfall				13	61										

Fri - 04/18/2008															
HORIZON BREAKFAST	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	*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	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
RDA's			619	75	600	4.00	3.40	300.00	1125	13.75	12.20	0.00	30.00	10.00	
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%				
Shortfall			619	75	600	4.00	3.40	300.00	1125	13.75	12.20		OVER	OVER	

Mon - 04/21/2008															
HORIZON BREAKFAST	Total	40													
CEREAL, ASST'D	1 each	10	94	0	169	0.80	3.96	48.00	380	6.00	1.00	21.20	0.60	0.00	*0.00
OATMEAL w/BLUEBERRIES	1 CUP	10	262	0	19	4.61	2.33	50.61	13	0.69	6.25	55.06	2.69	0.45	*0.00
BREAKFAST BURRITO	SERVINGS	20	386	166	799	1.92	2.52	210.40	364	0.89	19.75	29.11	20.65	8.57	*0.00
SALSA, MILD PICANTE SAUCE	2 OZ	20	20	0	315	0.00	0.00	0.00	197	0.00	0.00	3.94	0.00	0.00	*0.00
TOAST,WHOLE-WHEAT BREAD	1 SLICE	15	69	0	148	1.85	0.93	20.25	1	0.00	2.73	12.93	1.20	0.26	*0.00
JELLY	1 TBSP	10	51	0	6	0.19	0.04	1.33	1	0.17	0.03	13.29	0.00	0.00	*0.00
FRUIT,FRESH ASSORTED	1 EACH	35	69	0	1	2.72	0.22	16.22	142	16.98	0.77	17.83	0.27	0.06	*0.00
FRUIT, ASSTD CANNED	3 OZ	30	105	0	13	2.00	0.39	4.98	364	7.64	0.79	27.00	0.00	0.00	*0.00
JUICE	1 EA	35	56	0	4	0.00	0.18	7.45	244	15.54	0.39	13.78	0.10	0.00	*0.00
MILK - Variety	HALF PINT	35	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.55	*0.00
Weighted Daily Average			642	91	796	7.70	4.22	415.50	1416	37.77	21.43	110.78	14.09	5.91	*0.00
% of Calories											13.3%	69.0%	19.7%	8.3%	0.0%
RDA's			619	75	600	4.00	3.40	300.00	1125	13.75	12.20	0.00	30.00	10.00	
% of RDA Satisfied			104%	121%	133%	193%	124%	139%	126%	275%	176%				

Falcon School District

HORIZON BREAKFAST

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 04/28/2008															
HORIZON BREAKFAST	Total	40													
CEREAL, ASST'D	1 each	10	94	0	169	0.80	3.96	48.00	380	6.00	1.00	21.20	0.60	0.00	*0.00
OATMEAL w/BLUEBERRIES	1 CUP	10	262	0	19	4.61	2.33	50.61	13	0.69	6.25	55.06	2.69	0.45	*0.00
BREAKFST, POWER ALLEY BAR,	1 EACH	20	190	0	50	2.00	1.30	29.00	0	0.00	2.00	37.00	4.00	1.50	*0.00
TOAST,WHOLE-WHEAT BREAD	1 SLICE	15	69	0	148	1.85	0.93	20.25	1	0.00	2.73	12.93	1.20	0.26	*0.00
JELLY	1 TBSP	10	51	0	6	0.19	0.04	1.33	1	0.17	0.03	13.29	0.00	0.00	*0.00
FRUIT, ASSTD CANNED	3 OZ	35	105	0	13	2.00	0.39	4.98	364	7.64	0.79	27.00	0.00	0.00	*0.00
FRUIT,FRESH ASSORTED	1 EACH	35	69	0	1	2.72	0.22	16.22	142	16.98	0.77	17.83	0.27	0.06	*0.00
PUDDING, VANILLA RTU	3 oz	30	113	0	127	0.00	0.00	42.27	0	0.00	0.70	18.32	4.23	1.41	*0.00
JUICE	1 EA	35	56	0	4	0.00	0.18	7.45	244	15.54	0.39	13.78	0.10	0.00	*0.00
MILK - Variety	HALF PINT	35	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.55	*0.00
Weighted Daily Average			632	8	360	7.99	3.66	357.12	1181	38.28	13.18	129.87	8.94	3.43	*0.00
% of Calories											8.3%	82.2%	12.7%	4.9%	0.0%
RDA's			619	75	600	4.00	3.40	300.00	1125	13.75	12.20	0.00	30.00	10.00	
% of RDA Satisfied			102%	10%	60%	200%	108%	119%	105%	278%	108%				
Shortfall				67	240										

Tue - 04/29/2008															
HORIZON BREAKFAST	Total	40													
CEREAL, ASST'D	1 each	10	94	0	169	0.80	3.96	48.00	380	6.00	1.00	21.20	0.60	0.00	*0.00
OATMEAL w/BLUEBERRIES	1 CUP	10	262	0	19	4.61	2.33	50.61	13	0.69	6.25	55.06	2.69	0.45	*0.00
SCRAMBLED EGGS	3 oz	20	120	318	117	0.00	1.38	76.50	425	0.00	10.43	2.04	7.48	2.35	*0.00
SAUSAGE PATTY, PIERRE	1 EA	20	85	27	232	0.00	0.45	9.60	10	0.18	8.30	0.40	5.30	2.00	*0.00
TOAST,WHOLE-WHEAT BREAD	1 SLICE	25	69	0	148	1.85	0.93	20.25	1	0.00	2.73	12.93	1.20	0.26	*0.00
JELLY	1 TBSP	15	51	0	6	0.19	0.04	1.33	1	0.17	0.03	13.29	0.00	0.00	*0.00
FRUIT,FRESH ASSORTED	1 EACH	35	69	0	1	2.72	0.22	16.22	142	16.98	0.77	17.83	0.27	0.06	*0.00
FRUIT, ASSTD CANNED	3 OZ	35	105	0	13	2.00	0.39	4.98	364	7.64	0.79	27.00	0.00	0.00	*0.00
JUICE	1 EA	35	56	0	4	0.00	0.18	7.45	244	15.54	0.39	13.78	0.10	0.00	*0.00
MILK - Variety	HALF PINT	35	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.55	*0.00
Weighted Daily Average			579	180	452	7.48	4.16	359.20	1399	38.39	21.70	103.74	10.46	3.86	*0.00
% of Calories											15.0%	71.7%	16.3%	6.0%	0.0%
RDA's			619	75	600	4.00	3.40	300.00	1125	13.75	12.20	0.00	30.00	10.00	
% of RDA Satisfied			93%	240%	75%	187%	122%	120%	124%	279%	178%				
Shortfall			40		148										

Wed - 04/30/2008															
HORIZON BREAKFAST	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	*0.00

Falcon School District

HORIZON BREAKFAST

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average			0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
RDA's			619	75	600	4.00	3.40	300.00	1125	13.75	12.20	0.00	30.00	10.00	
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%				
Shortfall			619	75	600	4.00	3.40	300.00	1125	13.75	12.20		OVER	OVER	

Weighted Average			616	*66	*537	*7.67	*4.66	*387.58	*1347	*40.06	18.20	*116.92	*10.38	*4.28	*0.00
											11.8%	75.9%	15.2%	6.3%	0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	616		619	100%		3	Correction Required - Calories are Low
Cholesterol (mg)	66		75	88%	Missing		
Sodium (mg)	537		600	90%	Missing		
Fiber (g)	7.67		4.00	192%	Missing		
Iron (mg)	4.66		3.40	137%	Missing		
Calcium (mg)	387.58		300.00	129%	Missing		
Vitamin A (IU)	1347		1125	120%	Missing		
Vitamin C (mg)	40.06		13.75	291%	Missing		
Protein (g)	18.20	11.81%	12.20	149%			
Carbohydrate (g)	116.92	75.89%	0.00		Missing		
Total Fat (g)	10.38	15.16%	<30.00		Missing		
Saturated Fat (g)	4.28	6.25%	<10.00		Missing		
Trans Fat (g)	0.00	0.00%					