

# Falcon School District

## ELEMENTARY 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 - 05/01/2008																
ELEMENTARY BREAKFAS	Total	1														
NO SCHOOL TODAY	SERVING	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%	

Fri - 05/02/2008																
ELEMENTARY BREAKFAS	Total	1														
NO SCHOOL TODAY	SERVING	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%	

Mon - 05/05/2008																
ELEMENTARY BREAKFAS	Total	60														
CEREAL, ASST'D	1 each	30	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	
WAFFLE STIX, CHEF AMER. 144/CS	2 EACH	30	140	0	380	0.00	1.44	80.00	0	0.00	4.00	28.00	2.00	0.00	*0.00	
SYRUP,PANCAKE	1 TBSP	25	46	0	16	0.14	0.01	0.59	0	0.00	0.00	12.06	0.00	0.00	*0.00	
FRUIT, ASSTD CANNED	2 OZ	60	70	0	9	1.33	0.26	3.32	243	5.10	0.53	18.00	0.00	0.00	*0.00	
BLUEBERRIES & STRAWBERRIES	1/2 CUP	60	90	0	3	2.74	0.48	11.37	41	27.77	0.58	23.38	0.45	0.04	*0.00	
JUICE	1 EA	60	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	60	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00	
Weighted Daily Average			493	9	434	5.40	4.06	375.84	1205	53.03	12.12	106.63	4.33	1.59	*0.00	
% of Calories											9.8%	86.4%	7.9%	2.9%	0.0%	

Tue - 05/06/2008																
ELEMENTARY BREAKFAS	Total	60														
CEREAL, ASST'D	1 each	30	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	
FRENCH TOAST, PLAIN, AJ	1 EACH	30	233	85	381	2.00	2.70	80.00	100	0.00	8.00	38.80	5.00	1.50	*0.00	
FRUIT,FRESH ASSORTED	1 EACH	60	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00	
FRUIT, ASSTD CANNED	2 OZ	60	70	0	9	1.33	0.26	3.32	243	5.10	0.53	18.00	0.00	0.00	*0.00	
JUICE	1 EA	60	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	60	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00	
Weighted Daily Average			495	51	426	6.16	4.41	377.81	1338	38.87	14.24	100.16	5.61	2.36	*0.00	
% of Calories											11.5%	81.0%	10.2%	4.3%	0.0%	

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	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	
<b>Wed - 05/07/2008</b>																
ELEMENTARY BREAKFAS	Total	60														
CEREAL, ASST'D	1 each	30	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	
BREAKFST, PIZZA SAUSAGE, TON	EACH	30	230	15	590	2.00	1.80	150.00	200	*0.00	9.00	25.00	10.00	3.50	*0.00	
TOAST,WHOLE-WHEAT BREAD	1 SLICE	30	77	0	146	2.30	0.74	32.50	1	0.00	4.07	12.79	1.02	0.23	*0.00	
FRUIT,FRESH ASSORTED	1 EACH	60	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00	
FRUIT, ASSTD CANNED	2 OZ	60	70	0	9	1.33	0.26	3.32	243	5.10	0.53	18.00	0.00	0.00	*0.00	
JUICE	1 EA	60	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	60	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00	
Weighted Daily Average			531	16	603	7.31	4.33	429.06	1388	*38.87	16.78	99.66	8.62	3.47	*0.00	
% of Calories											12.6%	75.0%	14.6%	5.9%	0.0%	

<b>Thu - 05/08/2008</b>																
ELEMENTARY BREAKFAS	Total	60														
CEREAL, ASST'D	1 each	30	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	
BREAKFST, CINN.TASTRIES, TONY	1 EACH	30	260	5	400	1.00	1.80	40.00	0	0.00	5.00	39.00	10.00	4.50	*0.00	
SYRUP,PANCAKE	1 TBSP	30	46	0	16	0.14	0.01	0.59	0	0.00	0.00	12.06	0.00	0.00	*0.00	
FRUIT, ASSTD CANNED	2 OZ	60	70	0	9	1.33	0.26	3.32	243	5.10	0.53	18.00	0.00	0.00	*0.00	
PUDDING, VANILLA RTU	2 oz	60	75	0	85	0.00	0.00	28.18	0	0.00	0.47	12.21	2.82	0.94	*0.00	
JUICE	1 EA	60	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	60	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00	
Weighted Daily Average			542	11	527	3.18	3.76	372.70	1163	25.26	12.51	101.97	10.70	4.75	*0.00	
% of Calories											9.2%	75.2%	17.8%	7.9%	0.0%	

<b>Fri - 05/09/2008</b>																
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	*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%	

<b>Mon - 05/12/2008</b>																
ELEMENTARY BREAKFAS	Total	70														
CEREAL, ASST'D	1 each	30	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	
BREAKFST, POWER ALLEY BAR,	1 EACH	40	190	0	50	2.00	1.30	29.00	0	0.00	2.00	37.00	4.00	1.50	*0.00	
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	*0.00	
FRUIT, ASSTD CANNED	2 OZ	70	70	0	9	1.33	0.26	3.32	243	5.10	0.53	18.00	0.00	0.00	*0.00	
FRUIT,FRESH ASSORTED	1 EACH	70	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00	
JUICE	1 EA	70	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	70	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00	
Weighted Daily Average			590	39	442	*6.25	*3.52	*350.96	*1261	*38.45	18.31	*100.39	14.35	8.46	*0.00	
% of Calories											12.4%	68.1%	21.9%	12.9%	0.0%	

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	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
Tue - 05/13/2008															
ELEMENTARY BREAKFAS	Total	70													
CEREAL, ASST'D	1 each	40	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
SCRAMBLED EGGS	2 oz	30	78	212	78	0.00	0.92	51.00	283	0.00	6.95	1.36	4.99	1.56	*0.00
TOAST,WHOLE-WHEAT BREAD	1 SLICE	30	77	0	146	2.30	0.74	32.50	1	0.00	4.07	12.79	1.02	0.23	*0.00
FRUIT,FRESH ASSORTED	1 EACH	70	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00
FRUIT, ASSTD CANNED	2 OZ	70	70	0	9	1.33	0.26	3.32	243	5.10	0.53	18.00	0.00	0.00	*0.00
JUICE	1 EA	70	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	70	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00
Weighted Daily Average			451	100	344	6.20	4.06	377.03	1437	39.30	15.03	88.34	5.72	2.37	*0.00
% of Calories											13.3%	78.4%	11.4%	4.7%	0.0%

Wed - 05/14/2008															
ELEMENTARY BREAKFAS	Total	80													
CEREAL, ASST'D	1 each	20	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
CINNAMON SWEET ROLL DOUGH- -RIC	2.25 OZ	60	207	6	197	1.05	8.44	1.36	11	0.01	4.26	36.99	3.97	1.37	*0.00
FRUIT,FRESH ASSORTED	1 EACH	80	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00
FRUIT, ASSTD CANNED	2 OZ	80	70	0	9	1.33	0.26	3.32	243	5.10	0.53	18.00	0.00	0.00	*0.00
JUICE	1 EA	80	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	80	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00
Weighted Daily Average			510	14	341	5.75	8.40	326.83	1201	37.38	13.18	103.20	5.94	2.63	*0.00
% of Calories											10.3%	80.9%	10.5%	4.6%	0.0%

Thu - 05/15/2008															
ELEMENTARY BREAKFAS	Total	100													
CEREAL, ASST'D	1 each	40	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
BISCUITS & GRAVY	SERVING	60	220	0	590	1.00	8.00	4.00	0	0.00	4.00	30.00	9.00	2.50	*0.00
SAUSAGE PATTY, PIERRE	1 EA	60	85	27	232	0.00	0.45	9.60	10	0.18	8.30	0.40	5.30	2.00	*0.00
FRUIT, ASSTD CANNED	2 OZ	100	70	0	9	1.33	0.26	3.32	243	5.10	0.53	18.00	0.00	0.00	*0.00
JUICE	1 EA	100	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	100	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00
Weighted Daily Average			488	25	711	3.13	7.53	327.58	1131	24.77	16.82	80.35	11.41	4.26	*0.00
% of Calories											13.8%	65.9%	21.0%	7.9%	0.0%

Fri - 05/16/2008															
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	*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%

# Falcon School District

## May 1, 2008 thru May 23, 2008 Spreadsheet - Portion Values ELEMENTARY BREAKFAST

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Prot	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 05/19/2008															
ELEMENTARY BREAKFAS MANAGERS CHOICE	Total 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%
Tue - 05/20/2008															
ELEMENTARY BREAKFAS MANAGERS CHOICE	Total 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%
Wed - 05/21/2008															
ELEMENTARY BREAKFAS MANAGERS CHOICE	Total 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%
Thu - 05/22/2008															
ELEMENTARY BREAKFAS MANAGERS CHOICE	Total 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%
Fri - 05/23/2008															
ELEMENTARY BREAKFAS MANAGERS CHOICE	Total 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%
Weighted Average			512	*33	*478	*5.42	*5.01	*367.23	*1265	*36.99	14.87	*97.59	*8.34	*3.74	*0.00
											11.6%	76.2%	14.6%	6.6%	0.0%

# Falcon School District

**May 1, 2008 thru May 23, 2008 Spreadsheet - Portion Values**  
**ELEMENTARY BREAKFAST**

**Apr 28, 2008**

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Nutrient	Menu AVG	Portion	Plan	Cals	mg	mg	g	mg	mg	IU	mg	g	g	g	g
		Size	Qty		Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)								
Calories	512		498	103%											
Cholesterol (mg)	33		75	44%	Missing										
Sodium (mg)	478		600	80%	Missing										
Fiber (g)	5.42		4.00	136%	Missing										
Iron (mg)	5.01		2.63	191%	Missing										
Calcium (mg)	367.23		214.29	171%	Missing										
Vitamin A (IU)	1265		839	151%	Missing										
Vitamin C (mg)	36.99		11.43	324%	Missing										
Protein (g)	14.87	11.61%	7.34	203%											
Carbohydrate (g)	97.59	76.17%	0.00		Missing										
Total Fat (g)	8.34	14.64%	<30.00		Missing										
Saturated Fat (g)	3.74	6.56%	<10.00		Missing										
Trans Fat (g)	0.00	0.00%													