

# 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	
Thu - 05/01/2008																
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	263	0	19	4.61	2.30	52.98	13	0.69	6.25	55.07	2.69	0.46	*0.00	
BREAKFST,PIZZA, BACON/EGG,T ONY	1 EACH	20	230	45	480	1.00	1.40	150.00	300	0.00	10.00	23.00	10.00	4.50	*0.00	
TOAST,WHOLE-WHEAT BREAD	1 SLICE	15	77	0	146	2.30	0.74	32.50	1	0.00	4.07	12.79	1.02	0.23	*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	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	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	1.56	*0.00	
Weighted Daily Average			566	30	479	7.51	3.61	388.81	1316	35.33	17.10	107.95	8.66	3.86	*0.00	
% of Calories											12.1%	76.3%	13.8%	6.1%	0.0%	

Fri - 05/02/2008																
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	263	0	19	4.61	2.30	52.98	13	0.69	6.25	55.07	2.69	0.46	*0.00	
CINNAMON SWEET ROLL DOUGH-RIC	2.25 OZ	30	207	6	197	1.05	8.44	1.36	11	0.01	4.26	36.99	3.97	1.37	*0.00	
TOAST,WHOLE-WHEAT BREAD	1 SLICE	15	77	0	146	2.30	0.74	32.50	1	0.00	4.07	12.79	1.02	0.23	*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	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	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	1.56	*0.00	
Weighted Daily Average			606	12	387	7.80	9.24	314.82	1174	35.34	15.29	124.19	6.64	2.64	*0.00	
% of Calories											10.1%	81.9%	9.9%	3.9%	0.0%	

Mon - 05/05/2008																
HORIZON BREAKFAST	Total	40														
CEREAL, ASST'D	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	263	0	19	4.61	2.30	52.98	13	0.69	6.25	55.07	2.69	0.46	*0.00	
Aunt Jemima Waffles	1 each	20	95	2	255	0.50	1.80	150.00	0	0.00	2.00	16.00	2.50	0.75	*0.00	
SYRUP,PANCAKE	1 TBSP	15	46	0	16	0.14	0.01	0.59	0	0.00	0.00	12.06	0.00	0.00	*0.00	
GRAHAM CRACKERS, GIANT GOLDFIS	1 PKG	35	120	0	105	0.90	0.72	0.00	0	0.00	1.00	19.00	4.50	1.00	*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	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	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	1.56	*0.00	
Weighted Daily Average			597	10	426	7.30	4.21	412.69	1226	35.50	13.46	120.21	8.78	2.96	*0.00	
% of Calories											9.0%	80.6%	13.2%	4.5%	0.0%	

# 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	
<b>Tue - 05/06/2008</b>																
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	263	0	19	4.61	2.30	52.98	13	0.69	6.25	55.07	2.69	0.46	*0.00	
SAUSAGE & CHEESE BISCUIT	1 EACH	20	358	40	1033	1.00	8.48	91.85	146	0.18	15.44	30.63	18.73	7.29	*0.00	
TOAST,WHOLE-WHEAT BREAD	1 SLICE	25	77	0	146	2.30	0.74	32.50	1	0.00	4.07	12.79	1.02	0.23	*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	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	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	30	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	1.56	*0.00	
Weighted Daily Average			648	28	792	8.11	7.32	367.09	1208	33.50	20.79	114.90	13.27	5.31	*0.00	
% of Calories											12.8%	70.9%	18.4%	7.4%	0.0%	

<b>Wed - 05/07/2008</b>																
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	263	0	19	4.61	2.30	52.98	13	0.69	6.25	55.07	2.69	0.46	*0.00	
BREAKFST, PIZZA, SAUSAGE/GRA VY	1 EACH	20	230	15	560	1.00	1.80	150.00	100	0.00	9.00	25.00	10.00	3.50	*0.00	
GRAHAM CRACKERS, GIANT GOL DFIS	1 PKG	35	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	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	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	40	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			647	16	572	7.50	4.21	412.47	1276	35.50	16.96	120.19	12.53	4.34	*0.00	
% of Calories											10.5%	74.3%	17.4%	6.0%	0.0%	

<b>Thu - 05/08/2008</b>																
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	263	0	19	4.61	2.30	52.98	13	0.69	6.25	55.07	2.69	0.46	*0.00	
FRENCH TOAST, PLAIN, AJ	1 EACH	20	233	85	381	2.00	2.70	80.00	100	0.00	8.00	38.80	5.00	1.50	*0.00	
SYRUP,PANCAKE	1 TBSP	20	46	0	16	0.14	0.01	0.59	0	0.00	0.00	12.06	0.00	0.00	*0.00	
TOAST,WHOLE-WHEAT BREAD	1 SLICE	15	77	0	146	2.30	0.74	32.50	1	0.00	4.07	12.79	1.02	0.23	*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	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	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	1.56	*0.00	
Weighted Daily Average			608	51	455	8.19	4.32	390.28	1276	35.54	17.11	124.62	6.47	2.55	*0.00	
% of Calories											11.3%	82.0%	9.6%	3.8%	0.0%	

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	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	
Fri - 05/09/2008																
HORIZON BREAKFAST 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%	

Mon - 05/12/2008																
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	263	0	19	4.61	2.30	52.98	13	0.69	6.25	55.07	2.69	0.46	*0.00	
BREAKFST, POWER ALLEY BAR, Cheese Square, L.O.L , IW	1 EACH ounce	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	77	0	146	2.30	0.74	32.50	1	0.00	4.07	12.79	1.02	0.23	*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	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	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	40	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			618	24	376	*8.12	*3.62	*364.49	*1226	*35.54	17.61	*117.68	10.47	5.55	*0.00	
% of Calories											11.4%	76.1%	15.2%	8.1%	0.0%	

Tue - 05/13/2008																
HORIZON BREAKFAST	Total	40														
CEREAL, ASST'D	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	263	0	19	4.61	2.30	52.98	13	0.69	6.25	55.07	2.69	0.46	*0.00	
Aunt Jemima Waffles	1 each	20	95	2	255	0.50	1.80	150.00	0	0.00	2.00	16.00	2.50	0.75	*0.00	
SYRUP,PANCAKE	1 TBSP	15	46	0	16	0.14	0.01	0.59	0	0.00	0.00	12.06	0.00	0.00	*0.00	
SCRAMBLED EGGS	2 oz	20	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	
JELLY	1 TBSP	20	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	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	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	1.56	*0.00	
Weighted Daily Average			613	116	485	8.33	4.62	463.23	1369	35.58	19.12	120.50	8.10	3.04	*0.00	
% of Calories											12.5%	78.6%	11.9%	4.5%	0.0%	

# 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	
Wed - 05/14/2008																
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	263	0	19	4.61	2.30	52.98	13	0.69	6.25	55.07	2.69	0.46	*0.00	
BREAKFST, PIZZA SAUSAGE, TON	1 EACH	20	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	
JELLY	1 TBSP	20	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	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	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	1.56	*0.00	
Weighted Daily Average			625	16	607	9.03	4.15	437.51	1327	*35.58	19.15	119.80	9.35	3.64	*0.00	
% of Calories											12.3%	76.7%	13.5%	5.2%	0.0%	

Thu - 05/15/2008																
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	263	0	19	4.61	2.30	52.98	13	0.69	6.25	55.07	2.69	0.46	*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	
BREAKFAST BURRITO, EGG/CHEE SE	1 EACH	20	255	255	476	0.93	2.08	325.75	1296	0.00	16.62	15.84	13.16	5.22	*0.00	
SALSA, MILD PICANTE SAUCE	SERVING	15	10	0	158	0.00	0.00	0.00	99	0.00	0.00	1.97	0.00	0.00	*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	
JELLY	1 TBSP	20	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	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	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	1.56	*0.00	
Weighted Daily Average			641	136	610	8.50	4.29	525.38	1912	35.58	22.96	115.96	10.94	4.50	*0.00	
% of Calories											14.3%	72.4%	15.4%	6.3%	0.0%	

Fri - 05/16/2008																
HORIZON BREAKFAST MANAGERS CHOICE	Total	1														
	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%	

Mon - 05/19/2008																
HORIZON BREAKFAST MANAGERS CHOICE	Total	1														
	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%	

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## 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	
Tue - 05/20/2008																
HORIZON BREAKFAST 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																
HORIZON BREAKFAST 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																
HORIZON BREAKFAST 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																
HORIZON BREAKFAST 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			617	*44	*519	*8.04	*4.96	*407.68	*1331	*35.30	17.95	*118.60	*9.52	*3.84	*0.00
											11.6%	76.9%	13.9%	5.6%	0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	617		619	100%		2	Correction Required - Calories are Low
Cholesterol (mg)	44		75	59%	Missing		
Sodium (mg)	519		600	86%	Missing		
Fiber (g)	8.04		4.00	201%	Missing		
Iron (mg)	4.96		3.40	146%	Missing		
Calcium (mg)	407.68		300.00	136%	Missing		
Vitamin A (IU)	1331		1125	118%	Missing		
Vitamin C (mg)	35.30		13.75	257%	Missing		
Protein (g)	17.95	11.64%	12.20	147%			
Carbohydrate (g)	118.60	76.92%	0.00		Missing		
Total Fat (g)	9.52	13.89%	<30.00		Missing		
Saturated Fat (g)	3.84	5.60%	<10.00		Missing		
Trans Fat (g)	0.00	0.00%					