

Lake Havasu Unified School District

May 1, 2012 thru May 23, 2012 Spreadsheet - Portion Values

After School Snack

	Portion Size	Plan Qty	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)
Tue - 05/01/2012																
After School Snack	Total	30														
Crackers, Zoo	Bag	30	120	0	70	1.00	0.72	0.0	0	0	0.0	2.0	23.0	1.5	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	30	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			220	10	195	1.00	0.72	300.0	500	100	2.40	10.00	35.00	4.00	1.50	0.00
% of Calories												18.2%	63.6%	16.4%	6.1%	0.0%
Nutrient Guideline			0				0.00	0.00	0		0.00	0.00		<=30.0	<10.00	
% of Guideline Satisfied																

Wed - 05/02/2012																
After School Snack	Total	30														
CEREAL, Cinnamon Tst Bwlpk	1 Each	30	110	0	160	2.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	30	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			210	10	285	2.00	7.20	750.0	900	180	7.20	10.00	33.00	4.50	1.50	0.00
% of Calories												19.0%	62.9%	19.3%	6.4%	0.0%
Nutrient Guideline			0				0.00	0.00	0		0.00	0.00		<=30.0	<10.00	
% of Guideline Satisfied																

Thu - 05/03/2012																
After School Snack	Total	30														
Celery Sticks W/Peanut Butter	1 Each	30	180	0	146	2.03	0.35	24.1	72	2	0.5	5.43	7.56	14.2	3.11	0.00
MILK WHITE LOWFAT 1%	1 Each	30	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			280	10	271	2.03	0.35	324.1	572	102	2.90	13.43	19.56	16.70	4.61	0.00
% of Calories												19.2%	28.0%	53.7%	14.8%	0.0%
Nutrient Guideline			0				0.00	0.00	0		0.00	0.00		<=30.0	<10.00	
% of Guideline Satisfied																
Shortfall														OVER	OVER	

Fri - 05/04/2012																
After School Snack	Total	30														
CEREAL, Cocoa Puffs Bwlpk	1 Each	30	100	0	135	1.00	3.60	80.0	400	80	4.8	1.0	21.0	1.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	30	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00

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

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1 - denotes optional nutrient values

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	Portion Size	Plan Qty	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)
Weighted Daily Average			200	10	260	1.00	3.60	380.0	900	180	7.20	9.00	33.00	3.50	1.50	0.00
% of Calories												18.0%	66.0%	15.7%	6.7%	0.0%
Nutrient Guideline			0				0.00	0.00	0		0.00	0.00		<=30.0	<10.00	
% of Guideline Satisfied																

Mon - 05/07/2012																
After School Snack	Total	30														
Crackers, Zoo	Bag	30	120	0	70	1.00	0.72	0.0	0	0	0.0	2.0	23.0	1.5	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	30	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			220	10	195	1.00	0.72	300.0	500	100	2.40	10.00	35.00	4.00	1.50	0.00
% of Calories												18.2%	63.6%	16.4%	6.1%	0.0%
Nutrient Guideline			0				0.00	0.00	0		0.00	0.00		<=30.0	<10.00	
% of Guideline Satisfied																

Tue - 05/08/2012																
After School Snack	Total	30														
CEREAL, Cinnamon Tst Bwlpk	1 Each	30	110	0	160	2.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	30	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			210	10	285	2.00	7.20	750.0	900	180	7.20	10.00	33.00	4.50	1.50	0.00
% of Calories												19.0%	62.9%	19.3%	6.4%	0.0%
Nutrient Guideline			0				0.00	0.00	0		0.00	0.00		<=30.0	<10.00	
% of Guideline Satisfied																

Wed - 05/09/2012																
After School Snack	Total	30														
Celery Sticks W/Peanut Butter	1 Each	30	180	0	146	2.03	0.35	24.1	72	2	0.5	5.43	7.56	14.2	3.11	0.00
MILK WHITE LOWFAT 1%	1 Each	30	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			280	10	271	2.03	0.35	324.1	572	102	2.90	13.43	19.56	16.70	4.61	0.00
% of Calories												19.2%	28.0%	53.7%	14.8%	0.0%
Nutrient Guideline			0				0.00	0.00	0		0.00	0.00		<=30.0	<10.00	
% of Guideline Satisfied																
Shortfall														OVER	OVER	

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After School Snack

	Portion Size	Plan Qty	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)
Thu - 05/10/2012																
After School Snack	Total	30														
CEREAL, Cocoa Puffs Bwlpk	1 Each	30	100	0	135	1.00	3.60	80.0	400	80	4.8	1.0	21.0	1.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	30	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			200	10	260	1.00	3.60	380.0	900	180	7.20	9.00	33.00	3.50	1.50	0.00
% of Calories												18.0%	66.0%	15.7%	6.7%	0.0%
Nutrient Guideline			0				0.00	0.00	0		0.00	0.00		<=30.0	<10.00	
% of Guideline Satisfied																

Fri - 05/11/2012																
After School Snack	Total	30														
PB 1/2	1 EACH	30	155	0	197	1.79	1.02	44.4	0	0	0.05	5.39	15.42	8.0	1.75	0.00
MILK WHITE LOWFAT 1%	1 Each	30	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			255	10	322	1.79	1.02	344.4	500	100	2.45	13.38	27.42	10.50	3.25	0.00
% of Calories												21.0%	43.0%	37.0%	11.5%	0.0%
Nutrient Guideline			0				0.00	0.00	0		0.00	0.00		<=30.0	<10.00	
% of Guideline Satisfied																
Shortfall														OVER	OVER	

Mon - 05/14/2012																
After School Snack	Total	30														
CEREAL, Lucky Charms Blpk WG	1 Each	30	100	0	190	1.00	3.60	100.0	500	100	6.0	2.0	21.0	1.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	30	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			200	10	315	1.00	3.60	400.0	1000	200	8.40	10.00	33.00	3.50	1.50	0.00
% of Calories												20.0%	66.0%	15.7%	6.7%	0.0%
Nutrient Guideline			0				0.00	0.00	0		0.00	0.00		<=30.0	<10.00	
% of Guideline Satisfied																

Tue - 05/15/2012																
After School Snack	Total	30														
Bagel & Peanut Butter	1 Each	30	239	0	246	2.89	1.51	48.9	0	0	0.0	7.66	34.54	7.59	1.55	0.00
MILK WHITE LOWFAT 1%	1 Each	30	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00

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	Portion Size	Plan Qty	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)
Weighted Daily Average			339	10	371	2.89	1.51	348.9	500	100	2.40	15.66	46.54	10.09	3.05	0.00
% of Calories												18.5%	55.0%	26.8%	8.1%	0.0%
Nutrient Guideline			0				0.00	0.00	0		0.00	0.00		<=30.0	<10.00	
% of Guideline Satisfied																

Wed - 05/16/2012																
After School Snack	Total	30														
Crackers, Zoo	Bag	30	120	0	70	1.00	0.72	0.0	0	0	0.0	2.0	23.0	1.5	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	30	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			220	10	195	1.00	0.72	300.0	500	100	2.40	10.00	35.00	4.00	1.50	0.00
% of Calories												18.2%	63.6%	16.4%	6.1%	0.0%
Nutrient Guideline			0				0.00	0.00	0		0.00	0.00		<=30.0	<10.00	
% of Guideline Satisfied																

Thu - 05/17/2012																
After School Snack	Total	30														
CEREAL, Cinnamon Tst Bwlpk	1 Each	30	110	0	160	2.00	7.20	450.0	400	80	4.8	2.0	21.0	2.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	30	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			210	10	285	2.00	7.20	750.0	900	180	7.20	10.00	33.00	4.50	1.50	0.00
% of Calories												19.0%	62.9%	19.3%	6.4%	0.0%
Nutrient Guideline			0				0.00	0.00	0		0.00	0.00		<=30.0	<10.00	
% of Guideline Satisfied																

Fri - 05/18/2012																
After School Snack	Total	30														
Celery Sticks W/Peanut Butter	1 Each	30	180	0	146	2.03	0.35	24.1	72	2	0.5	5.43	7.56	14.2	3.11	0.00
MILK WHITE LOWFAT 1%	1 Each	30	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			280	10	271	2.03	0.35	324.1	572	102	2.90	13.43	19.56	16.70	4.61	0.00
% of Calories												19.2%	28.0%	53.7%	14.8%	0.0%
Nutrient Guideline			0				0.00	0.00	0		0.00	0.00		<=30.0	<10.00	
% of Guideline Satisfied																
Shortfall														OVER	OVER	

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After School Snack

	Portion Size	Plan Qty	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)
Mon - 05/21/2012																
After School Snack	Total	30														
CEREAL, Cocoa Puffs Bwlpk	1 Each	30	100	0	135	1.00	3.60	80.0	400	80	4.8	1.0	21.0	1.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	30	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			200	10	260	1.00	3.60	380.0	900	180	7.20	9.00	33.00	3.50	1.50	0.00
% of Calories												18.0%	66.0%	15.7%	6.7%	0.0%
Nutrient Guideline			0				0.00	0.00	0		0.00	0.00		<=30.0	<10.00	
% of Guideline Satisfied																

Tue - 05/22/2012																
After School Snack	Total	30														
PB 1/2	1 EACH	30	155	0	197	1.79	1.02	44.4	0	0	0.05	5.39	15.42	8.0	1.75	0.00
MILK WHITE LOWFAT 1%	1 Each	30	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			255	10	322	1.79	1.02	344.4	500	100	2.45	13.38	27.42	10.50	3.25	0.00
% of Calories												21.0%	43.0%	37.0%	11.5%	0.0%
Nutrient Guideline			0				0.00	0.00	0		0.00	0.00		<=30.0	<10.00	
% of Guideline Satisfied																
Shortfall														OVER	OVER	

Wed - 05/23/2012																
After School Snack	Total	30														
Crackers, Zoo	Bag	30	120	0	70	1.00	0.72	0.0	0	0	0.0	2.0	23.0	1.5	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	30	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			220	10	195	1.00	0.72	300.0	500	100	2.40	10.00	35.00	4.00	1.50	0.00
% of Calories												18.2%	63.6%	16.4%	6.1%	0.0%
Nutrient Guideline			0				0.00	0.00	0		0.00	0.00		<=30.0	<10.00	
% of Guideline Satisfied																

Weighted Average			235	10	268	1.56	2.56	411.8	683	134	4.54	11.16	31.24	7.33	2.34	0.00
												19.0%	53.1%	28.1%	9.0%	0.0%

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May 1, 2012 thru May 23, 2012 Spreadsheet - Portion Values
 After School Snack

Nutrient	Menu AVG	Portion Size	Plan Qty	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)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	235		0														
Cholesterol (mg)	10																
Sodium (mg)	268																
Fiber (g)	1.56																
Iron (mg)	2.56		0.00														
Calcium (mg)	411.8		0.00														
Vitamin A (IU)	683		0														
Vitamin A (RE)	134		0														
Vitamin C (mg)	4.54		0.00														
Protein (g)	11.16	18.98%	0.00														
Carbohydrate (g)	31.24	53.13%															
Total Fat (g)	7.33	28.07%	<=30.00%														
Saturated Fat (g)	2.34	8.97%	<10.00%														
Trans Fat (g)	0.00	0.00%															

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