

Lake Havasu Unified School District

May 1, 2012 thru May 24, 2012 Spreadsheet - Portion Values

High School Breakfast 2010

	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																
High School Breakfast 2010	Total	120														
DONUT WITH ICING	1 EACH	20	330	1	325	1.00	1.50	30.7	4	1	10.8	4.9	62.12	6.32	2.01	0.00
BISCUITS AND GRAVY	1 EACH	20	311	14	987	0.00	1.44	19.9	0	0	0.0	6.81	32.73	16.29	7.81	3.49
Cereal, Assorted	Servings	20	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Muffins, Assorted	Servings	20	223	35	223	1.00	0.84	40.0	100	20	0.0	3.33	29.67	11.0	2.08	0.00
Bagel, Unsliced 4 oz. W/Cr. Ch	1 Each	20	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	63.0	8.0	4.00	0.00
Oatmeal, Assorted	Packet	20	460	0	700	9.00	10.80	300.0	3000	420	0.0	11.0	94.0	5.5	0.50	0.00
Yogurt & Granola II	1 Each	60	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Potatoes, Diced Breakfast, 4oz	Serving	60	148	0	378	2.70	0.97	0.0	0	0	8.1	2.7	25.65	4.05	1.35	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	60	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	60	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
MILK CHOCOLATE FF	1 Each	60	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
COND PC, Ketchup 9g Heinz	Packet	60	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
Weighted Daily Average			666	22	960	6.91	5.26	486.6	1578	288	29.57	19.87	119.74	12.83	4.74	0.58
% of Calories												11.9%	71.9%	17.3%	6.4%	0.8%
Nutrient Guideline			625	75	1250	6.25	3.40	300.00	1125		14.40	12.50		<=30.0	<10.00	
% of Guideline Satisfied			107%	29%	77%	111%	155%	162%	140%		205%	159%				
Shortfall				53	290											

Wed - 05/02/2012																
High School Breakfast 2010	Total	120														
FRENCH TOAST STICKS, AP B 4e	4 Sticks	20	322	0	426	1.04	1.87	62.4	0	0	0.0	5.2	46.78	12.47	3.12	0.00
Sausage, Pork Patty	1 Each	20	80	20	270	0.00	0.00	0.0	0	0	0.0	7.0	1.0	6.0	0.00	0.00
SYRUP PC	1 EACH	20	124	32	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BISCUITS AND GRAVY	1 EACH	20	311	14	987	0.00	1.44	19.9	0	0	0.0	6.81	32.73	16.29	7.81	3.49
Cereal, Assorted	Servings	20	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Muffins, Assorted	Servings	20	223	35	223	1.00	0.84	40.0	100	20	0.0	3.33	29.67	11.0	2.08	0.00
Bagel, Unsliced 4 oz. W/Cr. Ch	1 Each	20	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	63.0	8.0	4.00	0.00
Oatmeal, Assorted	Packet	20	460	0	700	9.00	10.80	300.0	3000	420	0.0	11.0	94.0	5.5	0.50	0.00
Yogurt & Granola II	1 Each	60	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Potatoes, Diced Breakfast, 4oz	Serving	60	148	0	378	2.70	0.97	0.0	0	0	8.1	2.7	25.65	4.05	1.35	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	60	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	60	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
MILK CHOCOLATE FF	1 Each	60	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
COND PC, Ketchup 9g Heinz	Packet	60	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00

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

***** - denotes combined nutrient totals with either missing or incomplete nutrient data

1- denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lake Havasu Unified School District

May 1, 2012 thru May 24, 2012 Spreadsheet - Portion Values
High School Breakfast 2010

Apr 20, 2012

Page 2

	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			699	30	1022	6.92	5.32	491.9	1577	288	27.77	21.09	117.35	14.86	4.92	0.58
% of Calories												12.1%	67.1%	19.1%	6.3%	0.7%
Nutrient Guideline			625	75	1250	6.25	3.40	300.00	1125		14.40	12.50		<=30.0	<10.00	
% of Guideline Satisfied			112%	40%	82%	111%	157%	164%	140%		193%	169%				
Shortfall				45	228											

Thu - 05/03/2012																
High School Breakfast 2010	Total	120														
Biscuit, Sausage, Egg & Cheese	1 Each	20	405	137	1357	0.00	1.95	141.2	292	67	0.0	18.67	33.96	22.64	8.47	3.49
BISCUITS AND GRAVY	1 EACH	20	311	14	987	0.00	1.44	19.9	0	0	0.0	6.81	32.73	16.29	7.81	3.49
Cereal, Assorted	Servings	20	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Muffins, Assorted	Servings	20	223	35	223	1.00	0.84	40.0	100	20	0.0	3.33	29.67	11.0	2.08	0.00
Bagel, Unsliced 4 oz. W/Cr. Ch	1 Each	20	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	63.0	8.0	4.00	0.00
Oatmeal, Assorted	Packet	20	460	0	700	9.00	10.80	300.0	3000	420	0.0	11.0	94.0	5.5	0.50	0.00
Yogurt & Granola II	1 Each	60	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Potatoes, Diced Breakfast, 4oz	Serving	60	148	0	378	2.70	0.97	0.0	0	0	8.1	2.7	25.65	4.05	1.35	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	60	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	60	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
MILK CHOCOLATE FF	1 Each	60	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
COND PC, Ketchup 9g Heinz	Packet	60	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
Weighted Daily Average			679	44	1133	6.75	5.34	505.0	1626	299	27.77	22.17	115.04	15.55	5.81	1.16
% of Calories												13.1%	67.8%	20.6%	7.7%	1.5%
Nutrient Guideline			625	75	1250	6.25	3.40	300.00	1125		14.40	12.50		<=30.0	<10.00	
% of Guideline Satisfied			109%	59%	91%	108%	157%	168%	145%		193%	177%				
Shortfall				31	117											

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

***** - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lake Havasu Unified School District

May 1, 2012 thru May 24, 2012 Spreadsheet - Portion Values

High School Breakfast 2010

	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)
Fri - 05/04/2012																
High School Breakfast 2010	Total	120														
PANCAKES, 2ea	2 Each	20	147	17	314	1.33	1.20	26.7	0	0	0.0	4.0	26.01	2.67	0.33	0.00
Sausage, Pork Patty	1 Each	20	80	20	270	0.00	0.00	0.0	0	0	0.0	7.0	1.0	6.0	0.00	0.00
SYRUP PC	1 EACH	20	124	32	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BISCUITS AND GRAVY	1 EACH	20	311	14	987	0.00	1.44	19.9	0	0	0.0	6.81	32.73	16.29	7.81	3.49
Cereal, Assorted	Servings	20	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Muffins, Assorted	Servings	20	223	35	223	1.00	0.84	40.0	100	20	0.0	3.33	29.67	11.0	2.08	0.00
Bagel, Unsliced 4 oz. W/Cr. Ch	1 Each	20	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	63.0	8.0	4.00	0.00
Oatmeal, Assorted	Packet	20	460	0	700	9.00	10.80	300.0	3000	420	0.0	11.0	94.0	5.5	0.50	0.00
Yogurt & Granola II	1 Each	60	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Potatoes, Diced Breakfast, 4oz	Serving	60	148	0	378	2.70	0.97	0.0	0	0	8.1	2.7	25.65	4.05	1.35	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	60	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	60	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
MILK CHOCOLATE FF	1 Each	60	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
COND PC Sauce, Taco 9g Heinz	Packet	20	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
COND PC, Ketchup 9g Heinz	Packet	60	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
Weighted Daily Average			671	33	1013	6.97	5.21	485.9	1577	288	27.77	20.89	114.05	13.22	4.46	0.58
% of Calories												12.5%	68.0%	17.7%	6.0%	0.8%
Nutrient Guideline			625	75	1250	6.25	3.40	300.00	1125		14.40	12.50		<=30.0	<10.00	
% of Guideline Satisfied			107%	44%	81%	112%	153%	162%	140%		193%	167%				
Shortfall				42	237											

Mon - 05/07/2012																
High School Breakfast 2010	Total	120														
Biscuit, Ham & Egg	1 Each	24	326	123	1196	0.00	2.13	41.2	142	7	0.0	13.24	32.47	16.16	7.73	3.49
Cereal, Assorted	Servings	24	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Muffins, Assorted	Servings	24	223	35	223	1.00	0.84	40.0	100	20	0.0	3.33	29.67	11.0	2.08	0.00
Bagel, Unsliced 4 oz. W/Cr. Ch	1 Each	24	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	63.0	8.0	4.00	0.00
Oatmeal, Assorted	Packet	24	460	0	700	9.00	10.80	300.0	3000	420	0.0	11.0	94.0	5.5	0.50	0.00
Yogurt & Granola II	1 Each	48	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Potatoes, Diced Breakfast, 4oz	Serving	48	148	0	378	2.70	0.97	0.0	0	0	8.1	2.7	25.65	4.05	1.35	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	48	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	48	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	48	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK CHOCOLATE FF	1 Each	60	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
COND PC, Ketchup 9g Heinz	Packet	48	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00

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

***** - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lake Havasu Unified School District

May 1, 2012 thru May 24, 2012 Spreadsheet - Portion Values

High School Breakfast 2010

	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			645	45	999	6.57	5.74	506.9	1647	291	23.05	20.79	112.96	13.12	4.61	0.70
% of Calories												12.9%	70.0%	18.3%	6.4%	1.0%
Nutrient Guideline			625	75	1250	6.25	3.40	300.00	1125		14.40	12.50		<=30.0	<10.00	
% of Guideline Satisfied			103%	60%	80%	105%	169%	169%	146%		160%	166%				
Shortfall				30	251											

Tue - 05/08/2012																
High School Breakfast 2010	Total	120														
Waffle Belgian	2 Waffles	24	270	30	340	1.00	1.80	80.0	100	20	0.0	5.0	40.0	10.0	2.00	0.00
SYRUP PC	1 EACH	24	124	32	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Sausage, Pork Patty	1 Each	24	80	20	270	0.00	0.00	0.0	0	0	0.0	7.0	1.0	6.0	0.00	0.00
Cereal, Assorted	Servings	24	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Muffins, Assorted	Servings	24	223	35	223	1.00	0.84	40.0	100	20	0.0	3.33	29.67	11.0	2.08	0.00
Bagel, Unsliced 4 oz. W/Cr. Ch	1 Each	24	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	63.0	8.0	4.00	0.00
Oatmeal, Assorted	Packet	24	460	0	700	9.00	10.80	300.0	3000	420	0.0	11.0	94.0	5.5	0.50	0.00
Yogurt & Granola II	1 Each	48	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Potatoes, Diced Breakfast, 4oz	Serving	48	148	0	378	2.70	0.97	0.0	0	0	8.1	2.7	25.65	4.05	1.35	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	48	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	48	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	48	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK CHOCOLATE FF	1 Each	60	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
COND PC, Ketchup 9g Heinz	Packet	48	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
Weighted Daily Average			675	37	881	6.77	5.68	514.7	1639	293	23.05	20.54	114.67	13.09	3.47	0.00
% of Calories												12.2%	68.0%	17.5%	4.6%	0.0%
Nutrient Guideline			625	75	1250	6.25	3.40	300.00	1125		14.40	12.50		<=30.0	<10.00	
% of Guideline Satisfied			108%	49%	71%	108%	167%	172%	146%		160%	164%				
Shortfall				38	369											

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lake Havasu Unified School District

May 1, 2012 thru May 24, 2012 Spreadsheet - Portion Values

High School Breakfast 2010

	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)
Wed - 05/09/2012																
High School Breakfast 2010	Total	120														
BREAKFAST PIZZA	SLICE	20	230	15	590	2.00	1.80	150.0	200	40	0.0	9.0	25.0	10.0	3.50	0.00
BISCUITS AND GRAVY	1 EACH	20	311	14	987	0.00	1.44	19.9	0	0	0.0	6.81	32.73	16.29	7.81	3.49
Cereal, Assorted	Servings	20	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Muffins, Assorted	Servings	20	223	35	223	1.00	0.84	40.0	100	20	0.0	3.33	29.67	11.0	2.08	0.00
Bagel, Unsliced 4 oz. W/Cr. Ch	1 Each	20	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	63.0	8.0	4.00	0.00
Oatmeal, Assorted	Packet	20	460	0	700	9.00	10.80	300.0	3000	420	0.0	11.0	94.0	5.5	0.50	0.00
Yogurt & Granola II	1 Each	48	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Potatoes, Diced Breakfast, 4oz	Serving	48	148	0	378	2.70	0.97	0.0	0	0	8.1	2.7	25.65	4.05	1.35	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	48	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	48	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	48	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK CHOCOLATE FF	1 Each	60	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
COND PC, Ketchup 9g Heinz	Packet	48	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
Weighted Daily Average % of Calories			631	23	970	6.38	5.22	505.6	1524	276	22.87	19.87	109.16	13.41	4.73	0.58
												12.6%	69.1%	19.1%	6.7%	0.8%
Nutrient Guideline % of Guideline Satisfied			625	75	1250	6.25	3.40	300.00	1125		14.40	12.50		<=30.0	<10.00	
Shortfall			101%	31%	78%	102%	154%	169%	135%		159%	159%				
				52	280											

Thu - 05/10/2012																
High School Breakfast 2010	Total	120														
PANCAKE ON A STICK	1 EACH	20	180	20	450	0.00	1.80	20.0	0	0	0.0	8.0	18.0	8.0	2.50	0.00
Sausage, Pork Patty	1 Each	20	80	20	270	0.00	0.00	0.0	0	0	0.0	7.0	1.0	6.0	0.00	0.00
SYRUP PC	1 EACH	20	124	32	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BISCUITS AND GRAVY	1 EACH	20	311	14	987	0.00	1.44	19.9	0	0	0.0	6.81	32.73	16.29	7.81	3.49
Cereal, Assorted	Servings	20	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Muffins, Assorted	Servings	20	223	35	223	1.00	0.84	40.0	100	20	0.0	3.33	29.67	11.0	2.08	0.00
Bagel, Unsliced 4 oz. W/Cr. Ch	1 Each	20	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	63.0	8.0	4.00	0.00
Oatmeal, Assorted	Packet	20	460	0	700	9.00	10.80	300.0	3000	420	0.0	11.0	94.0	5.5	0.50	0.00
Yogurt & Granola II	1 Each	48	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Potatoes, Diced Breakfast, 4oz	Serving	48	148	0	378	2.70	0.97	0.0	0	0	8.1	2.7	25.65	4.05	1.35	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	48	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	48	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	48	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK CHOCOLATE FF	1 Each	60	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
COND PC, Ketchup 9g Heinz	Packet	60	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00

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

***** - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lake Havasu Unified School District

May 1, 2012 thru May 24, 2012 Spreadsheet - Portion Values

High School Breakfast 2010

	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			658	33	1000	6.06	5.22	484.1	1495	271	22.93	20.88	108.42	14.08	4.57	0.58
% of Calories												12.7%	65.9%	19.3%	6.2%	0.8%
Nutrient Guideline			625	75	1250	6.25	3.40	300.00	1125		14.40	12.50		<=30.0	<10.00	
% of Guideline Satisfied			105%	44%	80%	97%	154%	161%	133%		159%	167%				
Shortfall				42	250	0.19										

Fri - 05/11/2012																
High School Breakfast 2010	Total	120														
FRENCH TOAST STICKS, AP B 4e	4 Sticks	20	322	0	426	1.04	1.87	62.4	0	0	0.0	5.2	46.78	12.47	3.12	0.00
Sausage, Pork Patty	1 Each	20	80	20	270	0.00	0.00	0.0	0	0	0.0	7.0	1.0	6.0	0.00	0.00
SYRUP PC	1 EACH	20	124	32	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BISCUITS AND GRAVY	1 EACH	20	311	14	987	0.00	1.44	19.9	0	0	0.0	6.81	32.73	16.29	7.81	3.49
Cereal, Assorted	Servings	20	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Muffins, Assorted	Servings	20	223	35	223	1.00	0.84	40.0	100	20	0.0	3.33	29.67	11.0	2.08	0.00
Bagel, Unsliced 4 oz. W/Cr. Ch	1 Each	20	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	63.0	8.0	4.00	0.00
Oatmeal, Assorted	Packet	20	460	0	700	9.00	10.80	300.0	3000	420	0.0	11.0	94.0	5.5	0.50	0.00
Yogurt & Granola II	1 Each	48	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Potatoes, Diced Breakfast, 4oz	Serving	48	148	0	378	2.70	0.97	0.0	0	0	8.1	2.7	25.65	4.05	1.35	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	48	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	48	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	48	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK CHOCOLATE FF	1 Each	60	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
COND PC, Ketchup 9g Heinz	Packet	60	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
Weighted Daily Average			682	30	996	6.23	5.24	491.1	1495	271	22.93	20.42	113.22	14.82	4.67	0.58
% of Calories												12.0%	66.4%	19.6%	6.2%	0.8%
Nutrient Guideline			625	75	1250	6.25	3.40	300.00	1125		14.40	12.50		<=30.0	<10.00	
% of Guideline Satisfied			109%	40%	80%	100%	154%	164%	133%		159%	163%				
Shortfall				45	254	0.02										

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lake Havasu Unified School District

May 1, 2012 thru May 24, 2012 Spreadsheet - Portion Values

High School Breakfast 2010

	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 - 05/14/2012																
High School Breakfast 2010	Total	120														
PANCAKES, 2ea	2 Each	20	147	17	314	1.33	1.20	26.7	0	0	0.0	4.0	26.01	2.67	0.33	0.00
Sausage, Pork Patty	1 Each	20	80	20	270	0.00	0.00	0.0	0	0	0.0	7.0	1.0	6.0	0.00	0.00
SYRUP PC	1 EACH	20	124	32	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BISCUITS AND GRAVY	1 EACH	20	311	14	987	0.00	1.44	19.9	0	0	0.0	6.81	32.73	16.29	7.81	3.49
Cereal, Assorted	Servings	20	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Muffins, Assorted	Servings	20	223	35	223	1.00	0.84	40.0	100	20	0.0	3.33	29.67	11.0	2.08	0.00
Bagel, Unsliced 4 oz. W/Cr. Ch	1 Each	20	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	63.0	8.0	4.00	0.00
Oatmeal, Assorted	Packet	20	460	0	700	9.00	10.80	300.0	3000	420	0.0	11.0	94.0	5.5	0.50	0.00
Yogurt & Granola II	1 Each	48	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Potatoes, Diced Breakfast, 4oz	Serving	48	148	0	378	2.70	0.97	0.0	0	0	8.1	2.7	25.65	4.05	1.35	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	48	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	48	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	48	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK CHOCOLATE FF	1 Each	60	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
COND PC Sauce, Taco 9g Heinz	Packet	20	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
COND PC, Ketchup 9g Heinz	Packet	48	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
Weighted Daily Average			652	32	978	6.27	5.12	485.0	1490	270	22.87	20.21	109.66	13.19	4.21	0.58
% of Calories												12.4%	67.2%	18.2%	5.8%	0.8%
Nutrient Guideline			625	75	1250	6.25	3.40	300.00	1125		14.40	12.50		<=30.0	<10.00	
% of Guideline Satisfied			104%	43%	78%	100%	151%	162%	132%		159%	162%				
Shortfall				43	272											

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lake Havasu Unified School District

May 1, 2012 thru May 24, 2012 Spreadsheet - Portion Values

High School Breakfast 2010

	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 - 05/15/2012																
High School Breakfast 2010	Total	120														
Bagel, Sausage & Cheese II	1 EACH	20	415	28	840	4.00	2.70	180.0	150	60	0.0	20.5	65.0	9.0	1.25	0.00
BISCUITS AND GRAVY	1 EACH	20	311	14	987	0.00	1.44	19.9	0	0	0.0	6.81	32.73	16.29	7.81	3.49
Cereal, Assorted	Servings	20	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Muffins, Assorted	Servings	20	223	35	223	1.00	0.84	40.0	100	20	0.0	3.33	29.67	11.0	2.08	0.00
Bagel, Unsliced 4 oz. W/Cr. Ch	1 Each	20	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	63.0	8.0	4.00	0.00
Oatmeal, Assorted	Packet	20	460	0	700	9.00	10.80	300.0	3000	420	0.0	11.0	94.0	5.5	0.50	0.00
Yogurt & Granola II	1 Each	48	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Potatoes, Diced Breakfast, 4oz	Serving	48	148	0	378	2.70	0.97	0.0	0	0	8.1	2.7	25.65	4.05	1.35	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	48	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	48	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	48	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK CHOCOLATE FF	1 Each	60	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
COND PC, Ketchup 9g Heinz	Packet	48	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
Weighted Daily Average % of Calories			662	26	1012	6.72	5.37	510.6	1515	280	22.87	21.79 13.2%	115.83 70.0%	13.24 18.0%	4.36 5.9%	0.58 0.8%
Nutrient Guideline % of Guideline Satisfied			625 106%	75 34%	1250 81%	6.25 107%	3.40 158%	300.00 170%	1125 135%		14.40 159%	12.50 174%		<=30.0	<10.00	
Shortfall				49	238											

Wed - 05/16/2012																
High School Breakfast 2010	Total	120														
PANCAKE ON A STICK	1 EACH	20	180	20	450	0.00	1.80	20.0	0	0	0.0	8.0	18.0	8.0	2.50	0.00
BISCUITS AND GRAVY	1 EACH	20	311	14	987	0.00	1.44	19.9	0	0	0.0	6.81	32.73	16.29	7.81	3.49
Cereal, Assorted	Servings	20	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Muffins, Assorted	Servings	20	223	35	223	1.00	0.84	40.0	100	20	0.0	3.33	29.67	11.0	2.08	0.00
Bagel, Unsliced 4 oz. W/Cr. Ch	1 Each	20	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	63.0	8.0	4.00	0.00
Oatmeal, Assorted	Packet	20	460	0	700	9.00	10.80	300.0	3000	420	0.0	11.0	94.0	5.5	0.50	0.00
Yogurt & Granola II	1 Each	48	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Potatoes, Diced Breakfast, 4oz	Serving	48	148	0	378	2.70	0.97	0.0	0	0	8.1	2.7	25.65	4.05	1.35	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	48	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	48	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	48	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK CHOCOLATE FF	1 Each	60	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
COND PC, Ketchup 9g Heinz	Packet	48	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00

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

***** - denotes combined nutrient totals with either missing or incomplete nutrient data

1- denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lake Havasu Unified School District

May 1, 2012 thru May 24, 2012 Spreadsheet - Portion Values
High School Breakfast 2010

	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			623	24	947	6.05	5.22	483.9	1490	270	22.87	19.71	107.99	13.08	4.57	0.58
% of Calories												12.6%	69.3%	18.9%	6.6%	0.8%
Nutrient Guideline			625	75	1250	6.25	3.40	300.00	1125		14.40	12.50		<=30.0	<10.00	
% of Guideline Satisfied			100%	32%	76%	97%	154%	161%	132%		159%	158%				
Shortfall			2	51	303	0.20										

Thu - 05/17/2012																
High School Breakfast 2010	Total	120														
WRAP, PB&J Crispy B 1.5	1 Each	20	373	0	387	3.00	2.83	30.0	107	21	1.29	8.93	42.81	18.5	4.00	0.00
BISCUITS AND GRAVY	1 EACH	20	311	14	987	0.00	1.44	19.9	0	0	0.0	6.81	32.73	16.29	7.81	3.49
Cereal, Assorted	Servings	20	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Muffins, Assorted	Servings	20	223	35	223	1.00	0.84	40.0	100	20	0.0	3.33	29.67	11.0	2.08	0.00
Bagel, Unsliced 4 oz. W/Cr. Ch	1 Each	20	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	63.0	8.0	4.00	0.00
Oatmeal, Assorted	Packet	20	460	0	700	9.00	10.80	300.0	3000	420	0.0	11.0	94.0	5.5	0.50	0.00
Yogurt & Granola II	1 Each	48	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Potatoes, Diced Breakfast, 4oz	Serving	48	148	0	378	2.70	0.97	0.0	0	0	8.1	2.7	25.65	4.05	1.35	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	48	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	48	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	48	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK CHOCOLATE FF	1 Each	60	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
COND PC, Ketchup 9g Heinz	Packet	48	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
Weighted Daily Average			655	21	936	6.55	5.39	485.6	1508	273	23.09	19.86	112.13	14.83	4.82	0.58
% of Calories												12.1%	68.4%	20.4%	6.6%	0.8%
Nutrient Guideline			625	75	1250	6.25	3.40	300.00	1125		14.40	12.50		<=30.0	<10.00	
% of Guideline Satisfied			105%	28%	75%	105%	159%	162%	134%		160%	159%				
Shortfall				54	314											

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

***** - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lake Havasu Unified School District

May 1, 2012 thru May 24, 2012 Spreadsheet - Portion Values

High School Breakfast 2010

	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)
Fri - 05/18/2012																
High School Breakfast 2010	Total	120														
BREAKFAST PIZZA	SLICE	20	230	15	590	2.00	1.80	150.0	200	40	0.0	9.0	25.0	10.0	3.50	0.00
BISCUITS AND GRAVY	1 EACH	20	311	14	987	0.00	1.44	19.9	0	0	0.0	6.81	32.73	16.29	7.81	3.49
Cereal, Assorted	Servings	20	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Muffins, Assorted	Servings	20	223	35	223	1.00	0.84	40.0	100	20	0.0	3.33	29.67	11.0	2.08	0.00
Bagel, Unsliced 4 oz. W/Cr. Ch	1 Each	20	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	63.0	8.0	4.00	0.00
Oatmeal, Assorted	Packet	20	460	0	700	9.00	10.80	300.0	3000	420	0.0	11.0	94.0	5.5	0.50	0.00
Yogurt & Granola II	1 Each	48	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Potatoes, Diced Breakfast, 4oz	Serving	48	148	0	378	2.70	0.97	0.0	0	0	8.1	2.7	25.65	4.05	1.35	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	48	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	48	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	48	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK CHOCOLATE FF	1 Each	60	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
COND PC, Ketchup 9g Heinz	Packet	48	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
Weighted Daily Average			631	23	970	6.38	5.22	505.6	1524	276	22.87	19.87	109.16	13.41	4.73	0.58
% of Calories												12.6%	69.1%	19.1%	6.7%	0.8%
Nutrient Guideline			625	75	1250	6.25	3.40	300.00	1125		14.40	12.50		<=30.0	<10.00	
% of Guideline Satisfied			101%	31%	78%	102%	154%	169%	135%		159%	159%				
Shortfall				52	280											

Mon - 05/21/2012																
High School Breakfast 2010	Total	120														
Waffle Belgian	2 Waffles	24	270	30	340	1.00	1.80	80.0	100	20	0.0	5.0	40.0	10.0	2.00	0.00
Sausage, Pork Patty	1 Each	24	80	20	270	0.00	0.00	0.0	0	0	0.0	7.0	1.0	6.0	0.00	0.00
SYRUP PC	1 EACH	24	124	32	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Cereal, Assorted	Servings	24	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Muffins, Assorted	Servings	24	223	35	223	1.00	0.84	40.0	100	20	0.0	3.33	29.67	11.0	2.08	0.00
Bagel, Unsliced 4 oz. W/Cr. Ch	1 Each	24	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	63.0	8.0	4.00	0.00
Oatmeal, Assorted	Packet	24	460	0	700	9.00	10.80	300.0	3000	420	0.0	11.0	94.0	5.5	0.50	0.00
Yogurt & Granola II	1 Each	48	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Potatoes, Diced Breakfast, 4oz	Serving	48	148	0	378	2.70	0.97	0.0	0	0	8.1	2.7	25.65	4.05	1.35	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	48	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	48	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	48	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK CHOCOLATE FF	1 Each	60	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
COND PC, Ketchup 9g Heinz	Packet	48	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00

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

***** - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lake Havasu Unified School District

May 1, 2012 thru May 24, 2012 Spreadsheet - Portion Values
High School Breakfast 2010

Apr 20, 2012

Page 11

	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			675	37	881	6.77	5.68	514.7	1639	293	23.05	20.54	114.67	13.09	3.47	0.00
% of Calories												12.2%	68.0%	17.5%	4.6%	0.0%
Nutrient Guideline			625	75	1250	6.25	3.40	300.00	1125		14.40	12.50		<=30.0	<10.00	
% of Guideline Satisfied			108%	49%	71%	108%	167%	172%	146%		160%	164%				
Shortfall				38	369											

Tue - 05/22/2012																
High School Breakfast 2010	Total	120														
Biscuit, Ham & Egg	1 Each	20	326	123	1196	0.00	2.13	41.2	142	7	0.0	13.24	32.47	16.16	7.73	3.49
BISCUITS AND GRAVY	1 EACH	20	311	14	987	0.00	1.44	19.9	0	0	0.0	6.81	32.73	16.29	7.81	3.49
Cereal, Assorted	Servings	20	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Muffins, Assorted	Servings	20	223	35	223	1.00	0.84	40.0	100	20	0.0	3.33	29.67	11.0	2.08	0.00
Bagel, Unsliced 4 oz. W/Cr. Ch	1 Each	20	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	63.0	8.0	4.00	0.00
Oatmeal, Assorted	Packet	20	460	0	700	9.00	10.80	300.0	3000	420	0.0	11.0	94.0	5.5	0.50	0.00
Yogurt & Granola II	1 Each	48	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Potatoes, Diced Breakfast, 4oz	Serving	48	148	0	378	2.70	0.97	0.0	0	0	8.1	2.7	25.65	4.05	1.35	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	48	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	48	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	48	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK CHOCOLATE FF	1 Each	60	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
COND PC, Ketchup 9g Heinz	Packet	48	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
Weighted Daily Average			647	41	1071	6.05	5.28	487.5	1514	271	22.87	20.58	110.41	14.44	5.44	1.16
% of Calories												12.7%	68.2%	20.1%	7.6%	1.6%
Nutrient Guideline			625	75	1250	6.25	3.40	300.00	1125		14.40	12.50		<=30.0	<10.00	
% of Guideline Satisfied			104%	55%	86%	97%	155%	162%	135%		159%	165%				
Shortfall				34	179	0.20										

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

***** - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lake Havasu Unified School District
May 1, 2012 thru May 24, 2012 Spreadsheet - Portion Values
High School Breakfast 2010

	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)
Wed - 05/23/2012																
High School Breakfast 2010	Total	120														
PANCAKE ON A STICK	1 EACH	20	180	20	450	0.00	1.80	20.0	0	0	0.0	8.0	18.0	8.0	2.50	0.00
SYRUP PC	1 EACH	20	124	32	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BISCUITS AND GRAVY	1 EACH	20	311	14	987	0.00	1.44	19.9	0	0	0.0	6.81	32.73	16.29	7.81	3.49
Cereal, Assorted	Servings	20	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Muffins, Assorted	Servings	20	223	35	223	1.00	0.84	40.0	100	20	0.0	3.33	29.67	11.0	2.08	0.00
Bagel, Unsliced 4 oz. W/Cr. Ch	1 Each	20	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	63.0	8.0	4.00	0.00
Oatmeal, Assorted	Packet	20	460	0	700	9.00	10.80	300.0	3000	420	0.0	11.0	94.0	5.5	0.50	0.00
Yogurt & Granola II	1 Each	48	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Potatoes, Diced Breakfast, 4oz	Serving	48	148	0	378	2.70	0.97	0.0	0	0	8.1	2.7	25.65	4.05	1.35	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	48	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	48	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	48	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK CHOCOLATE FF	1 Each	60	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
COND PC, Ketchup 9g Heinz	Packet	48	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
Weighted Daily Average			644	30	947	6.05	5.22	483.9	1490	270	22.87	19.71	107.99	13.08	4.57	0.58
% of Calories												12.2%	67.1%	18.3%	6.4%	0.8%
Nutrient Guideline			625	75	1250	6.25	3.40	300.00	1125		14.40	12.50		<=30.0	<10.00	
% of Guideline Satisfied			103%	40%	76%	97%	154%	161%	132%		159%	158%				
Shortfall				45	303	0.20										

Thu - 05/24/2012																
High School Breakfast 2010	Total	120														
DONUT WITH ICING	1 EACH	20	330	1	325	1.00	1.50	30.7	4	1	10.8	4.9	62.12	6.32	2.01	0.00
BISCUITS AND GRAVY	1 EACH	20	311	14	987	0.00	1.44	19.9	0	0	0.0	6.81	32.73	16.29	7.81	3.49
Cereal, Assorted	Servings	20	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Muffins, Assorted	Servings	20	223	35	223	1.00	0.84	40.0	100	20	0.0	3.33	29.67	11.0	2.08	0.00
Bagel, Unsliced 4 oz. W/Cr. Ch	1 Each	20	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	63.0	8.0	4.00	0.00
Oatmeal, Assorted	Packet	20	460	0	700	9.00	10.80	300.0	3000	420	0.0	11.0	94.0	5.5	0.50	0.00
Yogurt & Granola II	1 Each	48	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Potatoes, Diced Breakfast, 4oz	Serving	48	148	0	378	2.70	0.97	0.0	0	0	8.1	2.7	25.65	4.05	1.35	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	48	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	48	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	48	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK CHOCOLATE FF	1 Each	60	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
COND PC, Ketchup 9g Heinz	Packet	48	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00

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

***** - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lake Havasu Unified School District

May 1, 2012 thru May 24, 2012 Spreadsheet - Portion Values
High School Breakfast 2010

Page 13

Apr 20, 2012

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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			648	21	926	6.22	5.17	485.7	1491	270	24.67	19.19	115.35	12.80	4.49	0.58
% of Calories												11.8%	71.2%	17.8%	6.2%	0.8%
Nutrient Guideline			625	75	1250	6.25	3.40	300.00	1125		14.40	12.50		<=30.0	<10.00	
% of Guideline Satisfied			104%	28%	74%	99%	152%	162%	133%		171%	154%				
Shortfall				54	324	0.03										

Weighted Average			658	31	980	6.48	5.33	495.2	1545	280	24.21	20.44	112.66	13.67	4.59	0.59
												12.4%	68.5%	18.7%	6.3%	0.8%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	658		625	105%			
Cholesterol (mg)	31		75	41%			
Sodium (mg)	980		1250	78%			
Fiber (g)	6.48		6.25	104%			
Iron (mg)	5.33		3.40	157%			
Calcium (mg)	495.2		300.00	165%			
Vitamin A (IU)	1545		1125	137%			
Vitamin A (RE)	280		225	124%			
Vitamin C (mg)	24.21		14.40	168%			
Protein (g)	20.44	12.43%	12.50	164%			
Carbohydrate (g)	112.66	68.48%					
Total Fat (g)	13.67	18.70%	<=30.00%				
Saturated Fat (g)	4.59	6.28%	<10.00%				
Trans Fat (g)	0.59	0.80%					

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

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.