

Lake Havasu Unified School District

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

Elementary Breakfast 2010

	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)
Tue - 05/01/2012																
Elementary Breakfast 2010	Total	120														
BISCUITS AND GRAVY	1 EACH	30	311	14	987	0.00	1.44	19.9	0	0	0.0	6.81	32.73	16.29	7.81	3.49
Muffins, Assorted II	Servings	30	165	30	175	1.00	4.95	40.0	1251	250	15.01	3.0	27.52	5.5	1.25	0.00
Cereal, Assorted	Servings	30	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Bagel, Plain 3.1 oz w/Cr. Chee	1 Each	30	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	64.0	8.0	4.00	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
Crackers, Assorted II	Servings	60	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	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
MILK WHITE FF	1 Each	40	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	40	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK CHOCOLATE FF	1 Each	40	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			556	25	719	4.54	4.73	477.7	1415	281	27.62	18.15	96.85	10.92	4.34	0.87
% of Calories											13.1%		69.6%	17.7%	7.0%	1.4%
Nutrient Guideline			498	75	997	4.98	2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			112%	33%	72%	91%	180%	223%	169%		242%	247%				
Shortfall				50	278	0.44										

Wed - 05/02/2012																
Elementary Breakfast 2010	Total	120														
FRENCH TOAST STICKS, AP B 4e	4 Sticks	30	322	0	426	1.04	1.87	62.4	0	0	0.0	5.2	46.78	12.47	3.12	0.00
SYRUP PC	1 EACH	30	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	30	80	20	270	0.00	0.00	0.0	0	0	0.0	7.0	1.0	6.0	0.00	0.00
Muffins, Assorted II	Servings	30	165	30	175	1.00	4.95	40.0	1251	250	15.01	3.0	27.52	5.5	1.25	0.00
Cereal, Assorted	Servings	30	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Bagel, Plain 3.1 oz w/Cr. Chee	1 Each	30	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	64.0	8.0	4.00	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
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
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
Trail Mix, Fruit & Nut	3 oz Servin	48	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	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
MILK WHITE FF	1 Each	40	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	40	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK CHOCOLATE FF	1 Each	40	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	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

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Lake Havasu Unified School District

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

Apr 20, 2012

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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			679	34	626	6.91	11.82	506.4	1398	269	23.68	20.08	115.85	12.01	3.12	0.00
% of Calories												11.8%	68.3%	15.9%	4.1%	0.0%
Nutrient Guideline			498	75	997	4.98	2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			136%	46%	63%	139%	450%	236%	167%		207%	273%				
Shortfall				41	371											

Thu - 05/03/2012																
Elementary Breakfast 2010	Total	120														
Biscuit, Sausage & Cheese	1 EACH	30	334	28	1247	0.00	1.44	119.9	150	60	0.0	15.48	32.9	16.97	7.23	3.49
Muffins, Assorted II	Servings	30	165	30	175	1.00	4.95	40.0	1251	250	15.01	3.0	27.52	5.5	1.25	0.00
Cereal, Assorted	Servings	30	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Bagel, Plain 3.1 oz w/Cr. Chee	1 Each	30	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	64.0	8.0	4.00	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
Crackers, Assorted II	Servings	60	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	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
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
MILK WHITE FF	1 Each	40	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	40	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK CHOCOLATE FF	1 Each	40	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			562	29	784	4.54	4.73	502.7	1452	296	27.62	20.32	96.89	11.09	4.20	0.87
% of Calories												14.5%	68.9%	17.8%	6.7%	1.4%
Nutrient Guideline			498	75	997	4.98	2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			113%	38%	79%	91%	180%	235%	173%		242%	277%				
Shortfall				46	213	0.44										

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

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Elementary 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																
Elementary Breakfast 2010	Total	120														
PANCAKES, 2ea	2 Each	30	147	17	314	1.33	1.20	26.7	0	0	0.0	4.0	26.01	2.67	0.33	0.00
SYRUP PC	1 EACH	30	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	30	80	20	270	0.00	0.00	0.0	0	0	0.0	7.0	1.0	6.0	0.00	0.00
Muffins, Assorted II	Servings	30	165	30	175	1.00	4.95	40.0	1251	250	15.01	3.0	27.52	5.5	1.25	0.00
Cereal, Assorted	Servings	30	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Bagel, Plain 3.1 oz w/Cr. Chee	1 Each	30	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	64.0	8.0	4.00	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
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
Trail Mix, Fruit & Nut	3 oz Servin	48	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	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 WHITE FF	1 Each	40	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	40	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK CHOCOLATE FF	1 Each	40	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			635	38	597	6.98	11.65	497.4	1398	269	23.68	19.78	110.66	9.56	2.42	0.00
% of Calories												12.5%	69.7%	13.6%	3.4%	0.0%
Nutrient Guideline			498	75	997	4.98	2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			127%	51%	60%	140%	443%	232%	167%		207%	269%				
Shortfall				37	399											

Mon - 05/07/2012																
Elementary Breakfast 2010	Total	120														
Biscuit, Ham & Egg	1 Each	30	326	123	1196	0.00	2.13	41.2	142	7	0.0	13.24	32.47	16.16	7.73	3.49
Muffins, Assorted II	Servings	30	165	30	175	1.00	4.95	40.0	1251	250	15.01	3.0	27.52	5.5	1.25	0.00
Cereal, Assorted	Servings	30	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Bagel, Plain 3.1 oz w/Cr. Chee	1 Each	30	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	64.0	8.0	4.00	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
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
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
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
Trail Mix, Fruit & Nut	3 oz Servin	48	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
MILK WHITE FF	1 Each	40	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	40	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK CHOCOLATE FF	1 Each	40	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00

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

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Lake Havasu Unified School District

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

Apr 20, 2012

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	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			629	52	751	6.65	11.88	501.1	1433	271	23.68	20.34	112.02	11.43	4.27	0.87
% of Calories												12.9%	71.3%	16.4%	6.1%	1.2%
Nutrient Guideline			498	75	997	4.98	2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			126%	69%	75%	134%	452%	234%	171%		207%	277%				
Shortfall				23	246											

Tue - 05/08/2012																
Elementary Breakfast 2010	Total	120														
Waffle Belgian	2 Waffles	30	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	30	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	30	80	20	270	0.00	0.00	0.0	0	0	0.0	7.0	1.0	6.0	0.00	0.00
Muffins, Assorted II	Servings	30	165	30	175	1.00	4.95	40.0	1251	250	15.01	3.0	27.52	5.5	1.25	0.00
Cereal, Assorted	Servings	30	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Bagel, Plain 3.1 oz w/Cr. Chee	1 Each	30	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	64.0	8.0	4.00	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
Crackers, Assorted II	Servings	60	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	60	77	0	10	0.97	0.13	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
MILK WHITE FF	1 Each	40	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	40	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK CHOCOLATE FF	1 Each	40	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			519	40	556	3.98	4.10	436.1	1157	230	28.15	16.33	85.03	9.48	2.34	0.00
% of Calories												12.6%	65.5%	16.4%	4.1%	0.0%
Nutrient Guideline			498	75	997	4.98	2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			104%	53%	56%	80%	156%	204%	138%		246%	222%				
Shortfall				35	440	1.00										

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

Apr 20, 2012

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Elementary Breakfast 2010

	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)
Wed - 05/09/2012																
Elementary Breakfast 2010	Total	120														
BREAKFAST PIZZA	SLICE	30	230	15	590	2.00	1.80	150.0	200	40	0.0	9.0	25.0	10.0	3.50	0.00
Muffins, Assorted II	Servings	30	165	30	175	1.00	4.95	40.0	1251	250	15.01	3.0	27.52	5.5	1.25	0.00
Cereal, Assorted	Servings	30	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Bagel, Plain 3.1 oz w/Cr. Chee	1 Each	30	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	64.0	8.0	4.00	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
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
Trail Mix, Fruit & Nut	3 oz Servin	48	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
MILK WHITE FF	1 Each	40	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	40	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK CHOCOLATE FF	1 Each	40	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			605	25	599	7.15	11.80	528.3	1448	279	23.68	19.28	110.15	9.90	3.22	0.00
% of Calories												12.8%	72.9%	14.7%	4.8%	0.0%
Nutrient Guideline			498	75	997	4.98	2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			121%	33%	60%	144%	449%	247%	173%		207%	263%				
Shortfall				50	398											

Thu - 05/10/2012																
Elementary Breakfast 2010	Total	120														
PANCAKE ON A STICK	1 EACH	30	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	30	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	30	80	20	270	0.00	0.00	0.0	0	0	0.0	7.0	1.0	6.0	0.00	0.00
Muffins, Assorted II	Servings	30	165	30	175	1.00	4.95	40.0	1251	250	15.01	3.0	27.52	5.5	1.25	0.00
Cereal, Assorted	Servings	30	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Bagel, Plain 3.1 oz w/Cr. Chee	1 Each	30	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	64.0	8.0	4.00	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
Crackers, Assorted II	Servings	60	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	60	77	0	10	0.97	0.13	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
MILK WHITE FF	1 Each	40	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	40	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK CHOCOLATE FF	1 Each	40	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00

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1 - denotes optional nutrient values

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Lake Havasu Unified School District

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

Apr 20, 2012

Page 6

	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			497	37	584	3.73	4.10	421.1	1132	225	28.15	17.08	79.53	8.98	2.47	0.00
% of Calories												13.8%	64.0%	16.3%	4.5%	0.0%
Nutrient Guideline			498	75	997	4.98	2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			100%	50%	59%	75%	156%	197%	135%		246%	233%				
Shortfall			1	38	413	1.25										

Fri - 05/11/2012																
Elementary Breakfast 2010	Total	120														
FRENCH TOAST STICKS, AP B 4e	4 Sticks	30	322	0	426	1.04	1.87	62.4	0	0	0.0	5.2	46.78	12.47	3.12	0.00
SYRUP PC	1 EACH	30	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	30	80	20	270	0.00	0.00	0.0	0	0	0.0	7.0	1.0	6.0	0.00	0.00
Muffins, Assorted II	Servings	30	165	30	175	1.00	4.95	40.0	1251	250	15.01	3.0	27.52	5.5	1.25	0.00
Cereal, Assorted	Servings	30	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Bagel, Plain 3.1 oz w/Cr. Chee	1 Each	30	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	64.0	8.0	4.00	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
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
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
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
Trail Mix, Fruit & Nut	3 oz Servin	48	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
MILK WHITE FF	1 Each	40	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	40	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK CHOCOLATE FF	1 Each	40	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			679	34	626	6.91	11.82	506.4	1398	269	23.68	20.08	115.85	12.01	3.12	0.00
% of Calories												11.8%	68.3%	15.9%	4.1%	0.0%
Nutrient Guideline			498	75	997	4.98	2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			136%	46%	63%	139%	450%	236%	167%		207%	273%				
Shortfall				41	371											

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Lake Havasu Unified School District

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

Elementary Breakfast 2010

	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)
Mon - 05/14/2012																
Elementary Breakfast 2010	Total	120														
BISCUITS AND GRAVY	1 EACH	30	311	14	987	0.00	1.44	19.9	0	0	0.0	6.81	32.73	16.29	7.81	3.49
Muffins, Assorted II	Servings	30	165	30	175	1.00	4.95	40.0	1251	250	15.01	3.0	27.52	5.5	1.25	0.00
Cereal, Assorted	Servings	30	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Bagel, Plain 3.1 oz w/Cr. Chee	1 Each	30	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	64.0	8.0	4.00	0.00
Fruit, Apple, Org, 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
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
Trail Mix, Fruit & Nut	3 oz Servin	48	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
MILK WHITE FF	1 Each	40	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	40	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK CHOCOLATE FF	1 Each	40	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			625	25	698	6.65	11.71	495.7	1398	269	23.68	18.73	112.09	11.47	4.29	0.87
% of Calories												12.0%	71.8%	16.5%	6.2%	1.3%
Nutrient Guideline			498	75	997	4.98	2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			125%	33%	70%	134%	445%	231%	167%		207%	255%				
Shortfall				50	298											

Tue - 05/15/2012																
Elementary Breakfast 2010	Total	120														
Bagel, Sausage & Cheese II	1 EACH	30	415	28	840	4.00	2.70	180.0	150	60	0.0	20.5	65.0	9.0	1.25	0.00
Muffins, Assorted II	Servings	30	165	30	175	1.00	4.95	40.0	1251	250	15.01	3.0	27.52	5.5	1.25	0.00
Cereal, Assorted	Servings	30	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Bagel, Plain 3.1 oz w/Cr. Chee	1 Each	30	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	64.0	8.0	4.00	0.00
Fruit, Apple, Org, 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
Crackers, Assorted II	Servings	60	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	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
MILK WHITE FF	1 Each	40	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	40	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK CHOCOLATE FF	1 Each	40	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			582	29	682	5.54	5.05	517.7	1452	296	27.62	21.57	104.92	9.10	2.70	0.00
% of Calories												14.8%	72.1%	14.1%	4.2%	0.0%
Nutrient Guideline			498	75	997	4.98	2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			117%	38%	68%	111%	192%	242%	173%		242%	294%				
Shortfall				46	315											

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Lake Havasu Unified School District

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

Elementary 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 - 05/16/2012																
Elementary Breakfast 2010	Total	120														
PANCAKE ON A STICK	1 EACH	30	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	30	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	30	80	20	270	0.00	0.00	0.0	0	0	0.0	7.0	1.0	6.0	0.00	0.00
Muffins, Assorted II	Servings	30	165	30	175	1.00	4.95	40.0	1251	250	15.01	3.0	27.52	5.5	1.25	0.00
Cereal, Assorted	Servings	30	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Bagel, Plain 3.1 oz w/Cr. Chee	1 Each	30	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	64.0	8.0	4.00	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
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
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
Trail Mix, Fruit & Nut	3 oz Servin	48	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	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
MILK WHITE FF	1 Each	40	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	40	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK CHOCOLATE FF	1 Each	40	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			643	39	632	6.65	11.80	495.8	1398	269	23.68	20.78	108.65	10.90	2.97	0.00
% of Calories												12.9%	67.6%	15.2%	4.2%	0.0%
Nutrient Guideline			498	75	997	4.98	2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			129%	52%	63%	134%	449%	231%	167%		207%	283%				
Shortfall				36	365											

	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 - 05/17/2012																
Elementary Breakfast 2010	Total	120														
WRAP, PB&J Crispy B 1.5	1 Each	30	373	0	387	3.00	2.83	30.0	107	21	1.29	8.93	42.81	18.5	4.00	0.00
Muffins, Assorted II	Servings	30	165	30	175	1.00	4.95	40.0	1251	250	15.01	3.0	27.52	5.5	1.25	0.00
Cereal, Assorted	Servings	30	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Bagel, Plain 3.1 oz w/Cr. Chee	1 Each	30	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	64.0	8.0	4.00	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
Crackers, Assorted II	Servings	60	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	60	77	0	10	0.97	0.13	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
MILK WHITE FF	1 Each	40	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	40	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK CHOCOLATE FF	1 Each	40	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00

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Lake Havasu Unified School District

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

	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			494	19	501	4.48	4.36	423.6	1159	230	28.47	15.57	85.48	10.11	2.84	0.00
% of Calories												12.6%	69.2%	18.4%	5.2%	0.0%
Nutrient Guideline			498	75	997	4.98	2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			99%	26%	50%	90%	166%	198%	138%		249%	212%				
Shortfall			4	56	496	0.50										

Fri - 05/18/2012																
Elementary Breakfast 2010	Total	120														
BREAKFAST PIZZA	SLICE	30	230	15	590	2.00	1.80	150.0	200	40	0.0	9.0	25.0	10.0	3.50	0.00
Muffins, Assorted II	Servings	30	165	30	175	1.00	4.95	40.0	1251	250	15.01	3.0	27.52	5.5	1.25	0.00
Cereal, Assorted	Servings	30	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Bagel, Plain 3.1 oz w/Cr. Chee	1 Each	30	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	64.0	8.0	4.00	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
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
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
Trail Mix, Fruit & Nut	3 oz Servin	48	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	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
MILK WHITE FF	1 Each	40	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	40	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK CHOCOLATE FF	1 Each	40	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			605	25	599	7.15	11.80	528.3	1448	279	23.68	19.28	110.15	9.90	3.22	0.00
% of Calories												12.8%	72.9%	14.7%	4.8%	0.0%
Nutrient Guideline			498	75	997	4.98	2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			121%	33%	60%	144%	449%	247%	173%		207%	263%				
Shortfall				50	398											

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Lake Havasu Unified School District

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

Elementary 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 - 05/21/2012																
Elementary Breakfast 2010	Total	120														
Waffle Belgian	2 Waffles	30	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	30	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	30	80	20	270	0.00	0.00	0.0	0	0	0.0	7.0	1.0	6.0	0.00	0.00
Muffins, Assorted II	Servings	30	165	30	175	1.00	4.95	40.0	1251	250	15.01	3.0	27.52	5.5	1.25	0.00
Cereal, Assorted	Servings	30	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Bagel, Plain 3.1 oz w/Cr. Chee	1 Each	30	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	64.0	8.0	4.00	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
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
Trail Mix, Fruit & Nut	3 oz Servin	48	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
MILK WHITE FF	1 Each	40	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	40	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK CHOCOLATE FF	1 Each	40	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			666	42	604	6.90	11.80	510.8	1423	274	23.68	20.03	114.15	11.40	2.84	0.00
% of Calories												12.0%	68.6%	15.4%	3.8%	0.0%
Nutrient Guideline			498	75	997	4.98	2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			134%	56%	61%	139%	449%	238%	170%		207%	273%				
Shortfall				33	393											

Tue - 05/22/2012																
Elementary Breakfast 2010	Total	120														
Biscuit, Ham & Egg	1 Each	30	326	123	1196	0.00	2.13	41.2	142	7	0.0	13.24	32.47	16.16	7.73	3.49
Muffins, Assorted II	Servings	30	165	30	175	1.00	4.95	40.0	1251	250	15.01	3.0	27.52	5.5	1.25	0.00
Cereal, Assorted	Servings	30	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Bagel, Plain 3.1 oz w/Cr. Chee	1 Each	30	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	64.0	8.0	4.00	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
Crackers, Assorted II	Servings	60	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	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
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
MILK WHITE FF	1 Each	40	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	40	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK CHOCOLATE FF	1 Each	40	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00

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

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Lake Havasu Unified School District

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

Apr 20, 2012

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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			560	52	771	4.54	4.90	483.0	1450	283	27.62	19.75	96.79	10.89	4.32	0.87
% of Calories												14.1%	69.1%	17.5%	6.9%	1.4%
Nutrient Guideline			498	75	997	4.98	2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			112%	70%	77%	91%	186%	225%	173%		242%	269%				
Shortfall				23	226	0.44										

Wed - 05/23/2012																
Elementary Breakfast 2010	Total	120														
PANCAKE ON A STICK	1 EACH	30	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	30	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	30	80	20	270	0.00	0.00	0.0	0	0	0.0	7.0	1.0	6.0	0.00	0.00
Muffins, Assorted II	Servings	30	165	30	175	1.00	4.95	40.0	1251	250	15.01	3.0	27.52	5.5	1.25	0.00
Cereal, Assorted	Servings	30	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Bagel, Plain 3.1 oz w/Cr. Chee	1 Each	30	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	64.0	8.0	4.00	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
Trail Mix, Fruit & Nut	3 oz Servin	48	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	48	77	0	10	0.97	0.13	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
MILK WHITE FF	1 Each	40	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	40	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK CHOCOLATE FF	1 Each	40	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			581	37	577	6.00	11.23	450.5	1172	224	24.10	18.29	97.54	9.80	2.53	0.00
% of Calories												12.6%	67.1%	15.2%	3.9%	0.0%
Nutrient Guideline			498	75	997	4.98	2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			117%	50%	58%	120%	427%	210%	140%		211%	249%				
Shortfall				38	419											

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Lake Havasu Unified School District

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

Elementary Breakfast 2010

	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)
Thu - 05/24/2012																
Elementary Breakfast 2010	Total	120														
BISCUITS AND GRAVY	1 EACH	30	311	14	987	0.00	1.44	19.9	0	0	0.0	6.81	32.73	16.29	7.81	3.49
Muffins, Assorted II	Servings	30	165	30	175	1.00	4.95	40.0	1251	250	15.01	3.0	27.52	5.5	1.25	0.00
Cereal, Assorted	Servings	30	105	0	161	1.50	4.72	182.5	450	90	5.4	1.75	21.25	1.38	0.00	0.00
Bagel, Plain 3.1 oz w/Cr. Chee	1 Each	30	370	20	475	4.00	2.70	120.0	300	60	0.0	11.0	64.0	8.0	4.00	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
Crackers, Assorted II	Servings	60	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	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
MILK WHITE FF	1 Each	40	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	40	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK CHOCOLATE FF	1 Each	40	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			556	25	719	4.54	4.73	477.7	1415	281	27.62	18.15	96.85	10.92	4.34	0.87
% of Calories												13.1%	69.6%	17.7%	7.0%	1.4%
Nutrient Guideline			498	75	997	4.98	2.63	214.29	839		11.43	7.34		<=30.0	<10.00	
% of Guideline Satisfied			112%	33%	72%	91%	180%	223%	169%		242%	247%				
Shortfall				50	278	0.44										

Weighted Average			593	34	646	5.77	8.56	486.7	1364	266	25.56	19.09	102.75	10.55	3.31	0.29
												12.9%	69.3%	16.0%	5.0%	0.4%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	593		498	119%			
Cholesterol (mg)	34		75	45%			
Sodium (mg)	646		997	65%			
Fiber (g)	5.77		4.98	116%			
Iron (mg)	8.56		2.63	325%			
Calcium (mg)	486.7		214.29	227%			
Vitamin A (IU)	1364		839	162%			
Vitamin A (RE)	266		168	159%			
Vitamin C (mg)	25.56		11.43	224%			
Protein (g)	19.09	12.88%	7.34	260%			
Carbohydrate (g)	102.75	69.32%					
Total Fat (g)	10.55	16.01%	<=30.00%				
Saturated Fat (g)	3.31	5.02%	<10.00%				
Trans Fat (g)	0.29	0.44%					

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