

Lake Havasu Unified School District

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

Middle 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																
Middle School Breakfast 201	Total	120														
DONUT WITH ICING	1 EACH	24	330	1	325	1.00	1.50	30.7	4	1	10.8	4.9	62.12	6.32	2.01	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 II	Servings	24	165	30	175	1.00	4.95	40.0	1251	250	15.01	3.0	27.52	5.5	1.25	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	60	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Crackers, Zoo & Graham	Servings	60	90	0	68	0.50	0.54	30.0	0	0	0.0	1.5	16.5	1.5	0.00	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
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
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
Weighted Daily Average			618	20	652	6.30	6.30	520.0	1916	345	28.76	19.09	116.97	8.81	2.88	0.00
% of Calories											12.4%		75.7%	12.8%	4.2%	0.0%
Nutrient Guideline			588	75	1176	5.88	3.40	300.00	1125		12.50	11.40		<=30.0	<10.00	
% of Guideline Satisfied			105%	27%	55%	107%	185%	173%	170%		230%	167%				
Shortfall				55	524											

Wed - 05/02/2012																
Middle School Breakfast 201	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
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
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
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 II	Servings	20	165	30	175	1.00	4.95	40.0	1251	250	15.01	3.0	27.52	5.5	1.25	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
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
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
Crackers, Zoo & Graham	Servings	60	90	0	68	0.50	0.54	30.0	0	0	0.0	1.5	16.5	1.5	0.00	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
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
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

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

Apr 20, 2012

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Middle 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			655	29	817	5.76	5.78	506.2	1748	318	25.92	20.38	111.11	12.66	4.11	0.58
% of Calories												12.5%	67.9%	17.4%	5.6%	0.8%
Nutrient Guideline			588	75	1176	5.88	3.40	300.00	1125		12.50	11.40		<=30.0	<10.00	
% of Guideline Satisfied			111%	39%	69%	98%	170%	169%	155%		207%	179%				
Shortfall				46	359	0.12										

Thu - 05/03/2012																
Middle School Breakfast 201	Total	120														
Biscuit, Sausage & Cheese	1 EACH	20	334	28	1247	0.00	1.44	119.9	150	60	0.0	15.48	32.9	16.97	7.23	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 II	Servings	20	165	30	175	1.00	4.95	40.0	1251	250	15.01	3.0	27.52	5.5	1.25	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
Crackers, Zoo & Graham	Servings	60	90	0	68	0.50	0.54	30.0	0	0	0.0	1.5	16.5	1.5	0.00	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
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
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
Weighted Daily Average			623	25	909	5.59	5.71	515.8	1773	328	25.92	20.93	108.63	12.40	4.79	1.16
% of Calories												13.4%	69.8%	17.9%	6.9%	1.7%
Nutrient Guideline			588	75	1176	5.88	3.40	300.00	1125		12.50	11.40		<=30.0	<10.00	
% of Guideline Satisfied			106%	34%	77%	95%	168%	172%	158%		207%	184%				
Shortfall				50	267	0.29										

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¹ - denotes optional nutrient values

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Middle School 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)
Fri - 05/04/2012																
Middle School Breakfast 201	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
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
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
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 II	Servings	20	165	30	175	1.00	4.95	40.0	1251	250	15.01	3.0	27.52	5.5	1.25	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
Crackers, Zoo & Graham	Servings	48	90	0	68	0.50	0.54	30.0	0	0	0.0	1.5	16.5	1.5	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, 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
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
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
Weighted Daily Average			693	32	778	7.90	12.64	518.7	1731	306	21.98	20.72	122.70	11.58	3.59	0.58
% of Calories												12.0%	70.8%	15.0%	4.7%	0.8%
Nutrient Guideline			588	75	1176	5.88	3.40	300.00	1125		12.50	11.40		<=30.0	<10.00	
% of Guideline Satisfied			118%	42%	66%	134%	372%	173%	154%		176%	182%				
Shortfall				43	398											

Mon - 05/07/2012																
Middle School Breakfast 201	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 II	Servings	20	165	30	175	1.00	4.95	40.0	1251	250	15.01	3.0	27.52	5.5	1.25	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
Crackers, Zoo & Graham	Servings	48	90	0	68	0.50	0.54	30.0	0	0	0.0	1.5	16.5	1.5	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, 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
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
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

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

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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			689	41	880	7.67	12.80	521.1	1755	307	21.98	21.09	123.61	12.83	4.83	1.16
% of Calories												12.2%	71.8%	16.8%	6.3%	1.5%
Nutrient Guideline			588	75	1176	5.88	3.40	300.00	1125		12.50	11.40		<=30.0	<10.00	
% of Guideline Satisfied			117%	54%	75%	131%	376%	174%	156%		176%	185%				
Shortfall				34	296											

Tue - 05/08/2012																
Middle School Breakfast 201	Total	120														
Waffle Belgian	2 Waffles	20	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	20	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	20	80	20	270	0.00	0.00	0.0	0	0	0.0	7.0	1.0	6.0	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 II	Servings	20	165	30	175	1.00	4.95	40.0	1251	250	15.01	3.0	27.52	5.5	1.25	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
Crackers, Zoo & Graham	Servings	60	90	0	68	0.50	0.54	30.0	0	0	0.0	1.5	16.5	1.5	0.00	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
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
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
Weighted Daily Average			646	34	802	5.75	5.77	509.1	1765	321	25.92	20.35	109.98	12.24	3.92	0.58
% of Calories												12.6%	68.1%	17.1%	5.5%	0.8%
Nutrient Guideline			588	75	1176	5.88	3.40	300.00	1125		12.50	11.40		<=30.0	<10.00	
% of Guideline Satisfied			110%	46%	68%	98%	170%	170%	157%		207%	179%				
Shortfall				41	374	0.13										

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Apr 20, 2012

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Middle School 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																
Middle School Breakfast 201	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 II	Servings	20	165	30	175	1.00	4.95	40.0	1251	250	15.01	3.0	27.52	5.5	1.25	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
Crackers, Zoo & Graham	Servings	48	90	0	68	0.50	0.54	30.0	0	0	0.0	1.5	16.5	1.5	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, 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
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
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
Weighted Daily Average			673	23	779	8.01	12.74	539.2	1765	313	21.98	20.39	122.36	11.80	4.12	0.58
% of Calories												12.1%	72.7%	15.8%	5.5%	0.8%
Nutrient Guideline			588	75	1176	5.88	3.40	300.00	1125		12.50	11.40		<=30.0	<10.00	
% of Guideline Satisfied			114%	30%	66%	136%	375%	180%	157%		176%	179%				
Shortfall				52	397											

Thu - 05/10/2012																
Middle School Breakfast 201	Total	120														
PANCAKE ON A STICK	1 EACH	24	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	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
BISCUITS AND GRAVY	1 EACH	24	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	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 II	Servings	24	165	30	175	1.00	4.95	40.0	1251	250	15.01	3.0	27.52	5.5	1.25	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	60	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Crackers, Zoo & Graham	Servings	60	90	0	68	0.50	0.54	30.0	0	0	0.0	1.5	16.5	1.5	0.00	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
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
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

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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

Middle 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			691	37	928	6.10	6.65	521.9	1915	345	26.60	22.47	114.89	13.60	4.54	0.70
% of Calories												13.0%	66.5%	17.7%	5.9%	0.9%
Nutrient Guideline			588	75	1176	5.88	3.40	300.00	1125		12.50	11.40		<=30.0	<10.00	
% of Guideline Satisfied			117%	50%	79%	104%	196%	174%	170%		213%	197%				
Shortfall				38	248											

Fri - 05/11/2012																
Middle School Breakfast 201	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
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
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
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
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
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
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, Zoo & Graham	Servings	48	90	0	68	0.50	0.54	30.0	0	0	0.0	1.5	16.5	1.5	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, 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
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
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
Weighted Daily Average			732	30	805	7.85	12.07	524.6	1539	268	19.48	20.97	126.52	14.13	4.20	0.58
% of Calories												11.5%	69.1%	17.4%	5.2%	0.7%
Nutrient Guideline			588	75	1176	5.88	3.40	300.00	1125		12.50	11.40		<=30.0	<10.00	
% of Guideline Satisfied			124%	40%	68%	133%	355%	175%	137%		156%	184%				
Shortfall				45	371											

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Lake Havasu Unified School District
May 1, 2012 thru May 24, 2012 Spreadsheet - Portion Values
 Middle 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																
Middle School Breakfast 201	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
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
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
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
Crackers, Zoo & Graham	Servings	48	90	0	68	0.50	0.54	30.0	0	0	0.0	1.5	16.5	1.5	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, 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
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
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
Weighted Daily Average			703	32	786	7.90	11.96	518.7	1539	268	19.48	20.77	123.06	12.50	3.73	0.58
% of Calories											11.8%	70.1%	16.0%	4.8%	0.7%	
Nutrient Guideline			588	75	1176	5.88	3.40	300.00	1125		12.50	11.40		<=30.0	<10.00	
% of Guideline Satisfied			119%	43%	67%	134%	352%	173%	137%		156%	182%				
Shortfall				43	390											

Tue - 05/15/2012																
Middle School Breakfast 201	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
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
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
Crackers, Zoo & Graham	Servings	60	90	0	68	0.50	0.54	30.0	0	0	0.0	1.5	16.5	1.5	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
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
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

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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
 Middle 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			646	26	849	6.25	5.23	525.8	1581	289	23.42	21.82	114.33	11.99	3.94	0.58
% of Calories												13.5%	70.8%	16.7%	5.5%	0.8%
Nutrient Guideline			588	75	1176	5.88	3.40	300.00	1125		12.50	11.40		<=30.0	<10.00	
% of Guideline Satisfied			110%	35%	72%	106%	154%	175%	141%		187%	191%				
Shortfall				49	327											

Wed - 05/16/2012																
Middle School Breakfast 201	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
Crackers, Zoo & Graham	Servings	48	90	0	68	0.50	0.54	30.0	0	0	0.0	1.5	16.5	1.5	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, 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
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
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
Weighted Daily Average			674	24	764	7.67	12.06	517.5	1539	268	19.48	20.27	121.55	12.39	4.09	0.58
% of Calories												12.0%	72.1%	16.5%	5.5%	0.8%
Nutrient Guideline			588	75	1176	5.88	3.40	300.00	1125		12.50	11.40		<=30.0	<10.00	
% of Guideline Satisfied			115%	32%	65%	131%	355%	173%	137%		156%	178%				
Shortfall				51	412											

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Lake Havasu Unified School District

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

Apr 20, 2012

Page 9

Middle School 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 - 05/17/2012																
Middle School Breakfast 201	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	60	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Crackers, Zoo & Graham	Servings	60	90	0	68	0.50	0.54	30.0	0	0	0.0	1.5	16.5	1.5	0.00	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
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
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
Weighted Daily Average			639	21	773	6.09	5.25	500.8	1574	283	23.64	19.89	110.64	13.58	4.39	0.58
% of Calories												12.5%	69.3%	19.1%	6.2%	0.8%
Nutrient Guideline			588	75	1176	5.88	3.40	300.00	1125		12.50	11.40		<=30.0	<10.00	
% of Guideline Satisfied			109%	29%	66%	103%	155%	167%	140%		189%	175%				
Shortfall				54	403											

Fri - 05/18/2012																
Middle School Breakfast 201	Total	120														
BREAKFAST PIZZA	SLICE	1	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
Crackers, Zoo & Graham	Servings	48	90	0	68	0.50	0.54	30.0	0	0	0.0	1.5	16.5	1.5	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, 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
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
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

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Lake Havasu Unified School District

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

Apr 20, 2012

Page 10

Middle 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			646	21	694	7.69	11.77	515.5	1541	268	19.48	19.02	118.76	11.14	3.71	0.58
% of Calories												11.8%	73.5%	15.5%	5.2%	0.8%
Nutrient Guideline			588	75	1176	5.88	3.40	300.00	1125		12.50	11.40		<=30.0	<10.00	
% of Guideline Satisfied			110%	28%	59%	131%	346%	172%	137%		156%	167%				
Shortfall				54	482											

Mon - 05/21/2012																
Middle School Breakfast 201	Total	120														
Waffle Belgian	2 Waffles	20	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	20	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	20	80	20	270	0.00	0.00	0.0	0	0	0.0	7.0	1.0	6.0	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
Crackers, Zoo & Graham	Servings	48	90	0	68	0.50	0.54	30.0	0	0	0.0	1.5	16.5	1.5	0.00	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
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 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
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
Weighted Daily Average			723	35	790	7.84	12.06	527.5	1556	271	19.48	20.94	125.39	13.72	4.01	0.58
% of Calories												11.6%	69.4%	17.1%	5.0%	0.7%
Nutrient Guideline			588	75	1176	5.88	3.40	300.00	1125		12.50	11.40		<=30.0	<10.00	
% of Guideline Satisfied			123%	46%	67%	133%	355%	176%	138%		156%	184%				
Shortfall				40	386											

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Lake Havasu Unified School District

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

Middle 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 - 05/22/2012																
Middle School Breakfast 201	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	60	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Crackers, Zoo & Graham	Servings	60	90	0	68	0.50	0.54	30.0	0	0	0.0	1.5	16.5	1.5	0.00	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
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
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
Weighted Daily Average			631	42	908	5.59	5.14	502.7	1580	280	23.42	20.61	108.91	13.19	5.01	1.16
% of Calories												13.1%	69.0%	18.8%	7.2%	1.7%
Nutrient Guideline			588	75	1176	5.88	3.40	300.00	1125		12.50	11.40		<=30.0	<10.00	
% of Guideline Satisfied			107%	56%	77%	95%	151%	168%	140%		187%	181%				
Shortfall				33	268	0.29										

Wed - 05/23/2012																
Middle School Breakfast 201	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
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
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
Crackers, Zoo & Graham	Servings	48	90	0	68	0.50	0.54	30.0	0	0	0.0	1.5	16.5	1.5	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, 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
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
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

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Lake Havasu Unified School District
May 1, 2012 thru May 24, 2012 Spreadsheet - Portion Values
 Middle 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			708	33	809	7.67	12.06	517.5	1539	268	19.48	21.44	121.72	13.39	4.09	0.58
% of Calories												12.1%	68.7%	17.0%	5.2%	0.7%
Nutrient Guideline			588	75	1176	5.88	3.40	300.00	1125		12.50	11.40		<=30.0	<10.00	
% of Guideline Satisfied			120%	44%	69%	131%	355%	173%	137%		156%	188%				
Shortfall				42	367											

Thu - 05/24/2012																
Middle School Breakfast 201	Total	120														
DONUT WITH ICING	1 EACH	24	330	1	325	1.00	1.50	30.7	4	1	10.8	4.9	62.12	6.32	2.01	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	60	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Crackers, Zoo & Graham	Servings	60	90	0	68	0.50	0.54	30.0	0	0	0.0	1.5	16.5	1.5	0.00	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
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
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
Weighted Daily Average			630	21	661	6.30	5.48	520.0	1685	299	25.76	19.15	117.40	9.90	3.05	0.00
% of Calories												12.2%	74.6%	14.2%	4.4%	0.0%
Nutrient Guideline			588	75	1176	5.88	3.40	300.00	1125		12.50	11.40		<=30.0	<10.00	
% of Guideline Satisfied			107%	28%	56%	107%	161%	173%	150%		206%	168%				
Shortfall				54	515											

Weighted Average			668	29	799	6.88	8.97	517.9	1669	297	22.90	20.57	117.70	12.32	4.06	0.62
												12.3%	70.5%	16.6%	5.5%	0.8%

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

Nutrient	Menu AVG	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)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	668		588	114%													
Cholesterol (mg)	29		75	39%													
Sodium (mg)	799		1176	68%													
Fiber (g)	6.88		5.88	117%													
Iron (mg)	8.97		3.40	264%													
Calcium (mg)	517.9		300.00	173%													
Vitamin A (IU)	1669		1125	148%													
Vitamin A (RE)	297		225	132%													
Vitamin C (mg)	22.90		12.50	183%													
Protein (g)	20.57	12.33%	11.40	180%													
Carbohydrate (g)	117.70	70.51%															
Total Fat (g)	12.32	16.61%	<=30.00%														
Saturated Fat (g)	4.06	5.47%	<10.00%														
Trans Fat (g)	0.62	0.84%															

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