

## Lake Havasu Unified School District

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

#### Smoketree Breakfast

	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 <sup>1</sup> (g)
Tue - 05/01/2012																
Smoketree Breakfast	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	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	60	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	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			545	26	687	4.54	4.61	477.7	1415	281	27.62	18.15	92.85	11.34	4.59	0.87
% of Calories												13.3%	68.2%	18.7%	7.6%	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			109%	35%	69%	91%	175%	223%	169%		242%	247%				
Shortfall				49	310	0.44										

Wed - 05/02/2012																
Smoketree Breakfast	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, 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
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	60	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	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			667	35	594	6.91	11.70	506.4	1398	269	23.68	20.08	111.85	12.43	3.37	0.00
% of Calories												12.0%	67.1%	16.8%	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			134%	47%	60%	139%	445%	236%	167%		207%	273%				
Shortfall				40	403											

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

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**1** - denotes optional nutrient values

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

#### Smoketree Breakfast

	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 <sup>1</sup> (g)
Thu - 05/03/2012																
Smoketree Breakfast	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	60	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	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			550	29	752	4.54	4.61	502.7	1452	296	27.62	20.32	92.89	11.51	4.45	0.87
% of Calories											14.8%		67.5%	18.8%	7.3%	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			110%	39%	75%	91%	175%	235%	173%		242%	277%				
Shortfall				46	245	0.44										

Fri - 05/04/2012																
Smoketree Breakfast	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	60	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	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			623	39	566	6.98	11.53	497.4	1398	269	23.68	19.78	106.66	9.98	2.67	0.00
% of Calories											12.7%		68.5%	14.4%	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			125%	52%	57%	140%	439%	232%	167%		207%	269%				
Shortfall				36	431											

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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 <sup>1</sup> (g)
<b>Mon - 05/07/2012</b>																
Smoketree Breakfast	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	60	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	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			617	53	719	6.65	11.76	501.1	1433	271	23.68	20.34	108.02	11.85	4.52	0.87
% of Calories											13.2%	70.0%	17.3%	6.6%	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			124%	70%	72%	134%	447%	234%	171%		207%	277%				
Shortfall				22	278											

<b>Tue - 05/08/2012</b>																
Smoketree Breakfast	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	60	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	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00

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# Lake Havasu Unified School District

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

Apr 20, 2012

Page 4

## Smoketree Breakfast

	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 <sup>1</sup> (g)
Weighted Daily Average			508	41	525	3.98	3.98	436.1	1157	230	28.15	16.33	81.03	9.90	2.59	0.00
% of Calories												12.9%	63.8%	17.5%	4.6%	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			102%	54%	53%	80%	152%	204%	138%		246%	222%				
Shortfall				34	472	1.00										

Wed - 05/09/2012																
Smoketree Breakfast	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	60	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	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			593	26	567	7.15	11.68	528.3	1448	279	23.68	19.28	106.15	10.31	3.47	0.00
% of Calories												13.0%	71.6%	15.7%	5.3%	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			119%	34%	57%	144%	444%	247%	173%		207%	263%				
Shortfall				49	429											

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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 <sup>1</sup> (g)
Thu - 05/10/2012																
Smoketree Breakfast	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	60	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	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			485	38	552	3.73	3.98	421.1	1132	225	28.15	17.08	75.53	9.40	2.72	0.00
% of Calories												14.1%	62.2%	17.4%	5.0%	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			97%	51%	55%	75%	152%	197%	135%		246%	233%				
Shortfall			13	37	444	1.25										

Fri - 05/11/2012																
Smoketree Breakfast	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	60	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	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00

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

**\*** - 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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## Smoketree Breakfast

	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 <sup>1</sup> (g)
Weighted Daily Average			667	35	594	6.91	11.70	506.4	1398	269	23.68	20.08	111.85	12.43	3.37	0.00
% of Calories												12.0%	67.1%	16.8%	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			134%	47%	60%	139%	445%	236%	167%		207%	273%				
Shortfall				40	403											

Mon - 05/14/2012																
Smoketree Breakfast	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	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	60	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	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			613	25	667	6.65	11.59	495.7	1398	269	23.68	18.73	108.09	11.88	4.54	0.87
% of Calories												12.2%	70.5%	17.4%	6.7%	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			123%	34%	67%	134%	441%	231%	167%		207%	255%				
Shortfall				50	330											

Tue - 05/15/2012																
Smoketree Breakfast	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, 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	60	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	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00

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**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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## Smoketree Breakfast

	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 <sup>1</sup> (g)
Weighted Daily Average			571	29	650	5.54	4.92	517.7	1452	296	27.62	21.57	100.92	9.52	2.95	0.00
% of Calories												15.1%	70.7%	15.0%	4.7%	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			115%	39%	65%	111%	187%	242%	173%		242%	294%				
Shortfall				46	346											

Wed - 05/16/2012																
Smoketree Breakfast	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	60	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	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			631	40	600	6.65	11.68	495.8	1398	269	23.68	20.78	104.65	11.31	3.22	0.00
% of Calories												13.2%	66.3%	16.1%	4.6%	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%	53%	60%	134%	444%	231%	167%		207%	283%				
Shortfall				35	397											

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<sup>1</sup> - denotes optional nutrient values

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## Lake Havasu Unified School District

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

#### Smoketree Breakfast

	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 <sup>1</sup> (g)
<b>Thu - 05/17/2012</b>																
Smoketree Breakfast	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	60	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	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			483	20	469	4.48	4.24	423.6	1159	230	28.47	15.57	81.48	10.53	3.09	0.00
% of Calories											12.9%	67.5%	19.6%	5.8%	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			97%	27%	47%	90%	161%	198%	138%		249%	212%				
Shortfall			16	55	527	0.50										

<b>Fri - 05/18/2012</b>																
Smoketree Breakfast	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	60	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	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			593	26	567	7.15	11.68	528.3	1448	279	23.68	19.28	106.15	10.31	3.47	0.00
% of Calories											13.0%	71.6%	15.7%	5.3%	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			119%	34%	57%	144%	444%	247%	173%		207%	263%				
Shortfall				49	429											

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## Lake Havasu Unified School District

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

#### Smoketree Breakfast

	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 <sup>1</sup> (g)
<b>Mon - 05/21/2012</b>																
Smoketree Breakfast	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	60	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	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			654	43	572	6.90	11.68	510.8	1423	274	23.68	20.03	110.15	11.81	3.09	0.00
% of Calories											12.3%	67.4%	16.3%	4.3%	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			131%	57%	57%	139%	444%	238%	170%		207%	273%				
Shortfall				32	424											

	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 <sup>1</sup> (g)
<b>Tue - 05/22/2012</b>																
Smoketree Breakfast	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	60	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	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			548	53	739	4.54	4.78	483.0	1450	283	27.62	19.75	92.79	11.31	4.57	0.87
% of Calories											14.4%	67.7%	18.6%	7.5%	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			110%	71%	74%	91%	182%	225%	173%		242%	269%				
Shortfall				22	257	0.44										

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\* - 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

#### Smoketree Breakfast

	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 <sup>1</sup> (g)
<b>Wed - 05/23/2012</b>																
Smoketree Breakfast	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	60	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	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			569	38	546	6.00	11.11	450.5	1172	224	24.10	18.29	93.54	10.22	2.78	0.00
% of Calories											12.9%		65.7%	16.2%	4.4%	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			114%	51%	55%	120%	423%	210%	140%		211%	249%				
Shortfall				37	451											

<b>Thu - 05/24/2012</b>																
Smoketree Breakfast	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	60	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	60	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			545	26	687	4.54	4.61	477.7	1415	281	27.62	18.15	92.85	11.34	4.59	0.87
% of Calories											13.3%		68.2%	18.7%	7.6%	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			109%	35%	69%	91%	175%	223%	169%		242%	247%				
Shortfall				49	310	0.44										

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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

#### Smoketree Breakfast

	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 <sup>1</sup> (g)
Weighted Average			581	35	614	5.77	8.44	486.7	1364	266	25.56	19.09 13.1%	98.75 68.0%	10.97 17.0%	3.56 5.5%	0.29 0.5%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	581		498	117%			
Cholesterol (mg)	35		75	46%			
Sodium (mg)	614		997	62%			
Fiber (g)	5.77		4.98	116%			
Iron (mg)	8.44		2.63	321%			
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	13.14%	7.34	260%			
Carbohydrate (g)	98.75	67.96%					
Total Fat (g)	10.97	16.98%	<=30.00%				
Saturated Fat (g)	3.56	5.51%	<10.00%				
Trans Fat (g)	0.29	0.45%					

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**<sup>1</sup>** - denotes optional nutrient values

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