

Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values

Dec 11, 2011

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Elem 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 ¹ (g)
Mon - 12/05/2011																
Elem Breakfast	Total	100														
FEATURE ENTREE	1 EACH	80	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PANCAKES, AP W 3ea	3 pancake	80	184	8	312	2.40	1.15	32.0	0	0	0.0	4.0	32.8	4.8	0.80	0.00
COND PC Syrup 1.4oz Smuckers	packet	80	96	0	20	0.00	0.00	0.0	0	0	0.0	0.0	24.0	0.0	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL ASSORTED, General Mill	1 Each	20	18	0	33	0.28	1.15	38.2	76	15	1.56	0.3	3.9	0.19	0.01	0.00
BREAD WH, Tst Cinnamon	Each	20	22	0	33	0.20	0.18	7.4	33	7	0.01	0.55	3.18	0.85	0.37	*0.00
FRUIT AND VEGETABLE CART	1 EACH	160	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
APPLES, Fresh Sliced 1/2c	1/2 Cup	70	20	0	0	0.92	0.05	2.3	21	2	1.75	0.1	5.27	0.06	0.01	*N/A*
JUICE, Fruit Bld 100%4oz Cup	1 Each	40	24	0	4	0.00	0.00	0.0	0	0	1.44	0.0	5.6	0.0	0.00	0.00
COM_PEARs, Diced w/syrup 1/2c	1/2 cup	50	22	0	2	0.61	0.11	1.8	0	0	0.27	0.07	5.77	0.01	0.00	0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	40	81	0	7	1.40	0.60	12.4	21	4	0.25	1.34	17.5	0.56	0.09	0.00
CHOICE OF MILK	1 Each	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% White 8oz	Each	100	104	10	128	0.00	0.00	306.2	510	102	2.45	8.17	12.25	2.55	1.53	0.00
Weighted Daily Average			571	18	539	5.80	3.24	400.3	662	130	7.74	14.52	110.27	9.02	2.82	*0.00
% of Calories												10.2%	77.3%	14.2%	4.4%	*0.0%

Tue - 12/06/2011																
Elem Breakfast	Total	100														
FEATURE ENTREE	1 EACH	80	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
YOGURT PARFAIT, Strawberry	1 Each	80	113	6	68	1.07	0.42	159.1	98	17	18.27	4.7	21.03	1.49	0.91	*0.00
COM_CHEESE, String (1) Stick	1 Each	80	63	12	166	0.00	0.00	158.0	79	16	0.0	5.53	0.79	4.74	2.77	0.00
CRACKER, Graham 3pk	Package	80	72	0	104	0.80	0.86	16.0	0	0	0.0	0.8	12.8	2.4	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL ASSORTED, General Mill	1 Each	20	18	0	33	0.28	1.15	38.2	76	15	1.56	0.3	3.9	0.19	0.01	0.00
BREAD WH, Tst Cinnamon	Each	20	22	0	33	0.20	0.18	7.4	33	7	0.01	0.55	3.18	0.85	0.37	*0.00
FRUIT AND VEGETABLE CART	1 EACH	160	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CANTALOUPE, Fresh 1/2c	1/2 cup	60	56	0	26	1.48	0.34	14.8	5546	528	60.18	1.38	13.38	0.31	0.08	*N/A*
JUICE, Orange 100% 4oz Cart	1 Each	40	20	0	6	0.00	0.00	0.0	0	0	16.8	0.4	5.2	0.0	0.00	0.00
PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	60	37	0	5	0.52	0.38	10.4	52	10	4.69	0.52	8.86	0.0	0.00	0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	40	81	0	7	1.40	0.60	12.4	21	4	0.25	1.34	17.5	0.56	0.09	0.00
CHOICE OF MILK	1 Each	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% White 8oz	Each	100	104	10	128	0.00	0.00	306.2	510	102	2.45	8.17	12.25	2.55	1.53	0.00
Weighted Daily Average			585	29	576	5.74	3.93	722.5	6417	700	104.21	23.67	98.90	13.09	5.77	*0.00
% of Calories												16.2%	67.6%	20.1%	8.9%	*0.0%

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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Elem 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 ¹ (g)
Wed - 12/07/2011																
Elem Breakfast	Total	100														
FEATURE ENTREE	1 EACH	80	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BKS MUFFIN PSaus w/CH	1 Each	80	288	48	758	0.80	2.30	172.9	201	40	0.0	18.02	19.6	15.64	6.82	0.00
CHOICE OF CEREAL/YOGURT	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL ASSORTED, General Mill	1 Each	20	18	0	33	0.28	1.15	38.2	76	15	1.56	0.3	3.9	0.19	0.01	0.00
BREAD WH, Tst Cinnamon	Each	20	22	0	33	0.20	0.18	7.4	33	7	0.01	0.55	3.18	0.85	0.37	*0.00
FRUIT AND VEGETABLE CART	1 EACH	160	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WATERMELON, Fresh 1/2c	1/2 Cup	60	14	0	0	0.18	0.11	3.2	259	17	3.69	0.28	3.44	0.07	0.01	0.00
JUICE, Grape100% 4oz Cart	1 Each	50	40	0	8	0.00	0.00	0.0	0	0	0.0	0.5	9.0	0.0	0.00	0.00
COM_APPLESAUCE, Canned 1/2c	1/2 cup	50	27	0	1	0.78	0.18	2.1	18	1	0.78	0.11	7.2	0.03	0.01	0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	40	81	0	7	1.40	0.60	12.4	21	4	0.25	1.34	17.5	0.56	0.09	0.00
CHOICE OF MILK	1 Each	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% White 8oz	Each	100	104	10	128	0.00	0.00	306.2	510	102	2.45	8.17	12.25	2.55	1.53	0.00
Weighted Daily Average			594	58	968	3.64	4.53	542.4	1120	186	8.75	29.26	76.08	19.89	8.85	*0.00
% of Calories												19.7%	51.2%	30.1%	13.4%	*0.0%

Thu - 12/08/2011																
Elem Breakfast	Total	100														
FEATURE ENTREE	1 EACH	70	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
EGG, Scrambled SS W 4.0	1/2 cup	70	110	307	118	0.00	1.13	63.0	315	63	0.0	9.45	1.58	7.09	2.36	0.00
SAUSAGE Link, Trky 1.0	1 link	70	50	21	152	0.00	0.26	0.0	35	7	0.43	3.54	0.0	3.9	1.24	0.00
BREAD WG, Tst	1 slice	70	48	0	93	1.33	0.48	21.0	1	0	0.0	2.54	8.09	0.66	0.15	0.16
CHOICE OF CEREAL/YOGURT	1 Each	30	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL ASSORTED, General Mill	1 Each	30	27	0	49	0.42	1.73	57.3	114	23	2.34	0.45	5.85	0.28	0.02	0.00
BREAD WH, Tst Cinnamon	Each	30	33	0	50	0.29	0.26	11.1	50	10	0.02	0.82	4.77	1.27	0.56	*0.00
FRUIT AND VEGETABLE CART	1 EACH	160	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BANANA, Fresh Whole 1/2c	1/2 cup	70	67	0	1	1.96	0.20	3.8	48	6	6.55	0.82	17.19	0.25	0.08	*N/A*
JUICE, Orange-Pine 4oz Cart	1 Each	40	24	0	8	0.00	0.00	0.0	0	0	12.0	0.4	5.2	0.0	0.00	0.00
COM_PEACHES, Diced w/syrup1/2	1/2 Cup	50	25	0	2	0.59	0.17	1.5	9	164	1.11	0.21	6.76	0.01	0.00	0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	40	81	0	7	1.40	0.60	12.4	21	4	0.25	1.34	17.5	0.56	0.09	0.00
CHOICE OF MILK	1 Each	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% White 8oz	Each	100	104	10	128	0.00	0.00	306.2	510	102	2.45	8.17	12.25	2.55	1.53	0.00
Weighted Daily Average			569	339	608	6.00	4.82	476.2	1104	380	25.14	27.73	79.19	16.57	6.03	*0.16
% of Calories												19.5%	55.6%	26.2%	9.5%	*0.3%

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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)
Fri - 12/09/2011																
Elem Breakfast	Total	100														
FEATURE ENTREE	1 EACH	80	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MUFFIN, AplCinn SC 1.8oz LF	1 Each	80	94	0	162	0.23	0.49	1.9	2	0	0.03	1.22	21.16	0.62	0.00	*0.00
COM_CHEESE, String (1) Stick	1 Each	80	63	12	166	0.00	0.00	158.0	79	16	0.0	5.53	0.79	4.74	2.77	0.00
CHOICE OF CEREAL/YOGURT	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL ASSORTED, General Mill	1 Each	20	18	0	33	0.28	1.15	38.2	76	15	1.56	0.3	3.9	0.19	0.01	0.00
BREAD WH, Tst Cinnamon	Each	20	22	0	33	0.20	0.18	7.4	33	7	0.01	0.55	3.18	0.85	0.37	*0.00
FRUIT AND VEGETABLE CART	1 EACH	160	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORANGES, Slices 113ct 1/2c	1/2 Cup	60	25	0	0	1.30	0.05	21.6	121	24	28.72	0.51	6.34	0.06	0.01	0.00
JUICE, Apple 100% 4oz Cart	1 Each	40	24	0	6	0.00	0.00	0.0	0	0	0.0	0.0	5.6	0.0	0.00	0.00
COM_FRUIT MIX, w/Lt Syr 1/2c	1/2 cup	60	27	0	3	0.58	0.14	2.3	5	96	1.51	0.2	6.94	0.04	0.00	0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	40	81	0	7	1.40	0.60	12.4	21	4	0.25	1.34	17.5	0.56	0.09	0.00
CHOICE OF MILK	1 Each	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% White 8oz	Each	100	104	10	128	0.00	0.00	306.2	510	102	2.45	8.17	12.25	2.55	1.53	0.00
Weighted Daily Average			458	22	538	3.98	2.61	548.1	848	265	34.53	17.81	77.66	9.61	4.79	*0.00
% of Calories											15.5%	67.8%	18.9%	9.4%	*0.0%	

Mon - 12/12/2011																
Elem Breakfast	Total	120														
FEATURE ENTREE	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Egg w/CH	1 Each	100	187	151	323	1.02	1.52	103.6	302	66	0.53	9.04	18.32	8.75	3.20	0.00
CHOICE OF CEREAL/YOGURT	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL ASSORTED, General Mill	1 Each	20	15	0	27	0.23	0.96	31.8	63	13	1.3	0.25	3.25	0.16	0.01	0.00
BREAD WH, Tst Cinnamon	Each	40	37	0	56	0.33	0.29	12.3	56	11	0.02	0.91	5.3	1.41	0.62	*0.00
FRUIT AND VEGETABLE CART	1 EACH	120	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
APPLES, Fresh Sliced 1/2c	1/2 Cup	70	17	0	0	0.76	0.04	1.9	17	2	1.46	0.08	4.39	0.05	0.01	*N/A*
JUICE, Fruit Bld 100% 4oz Cart	1 Each	50	25	0	4	0.00	0.00	0.0	0	0	1.5	0.0	5.83	0.0	0.00	0.00
COM_PEARs, Diced w/syrup 1/2c	1/2 cup	60	22	0	2	0.61	0.11	1.8	0	0	0.27	0.07	5.77	0.01	0.00	0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	60	101	0	9	1.75	0.75	15.5	27	5	0.31	1.67	21.88	0.69	0.12	0.00
CHOICE OF MILK	1 Each	120	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% White 8oz	Each	120	104	10	128	0.00	0.00	306.2	510	102	2.45	8.17	12.25	2.55	1.53	0.00
Weighted Daily Average			507	161	548	4.70	3.67	473.1	976	199	7.84	20.19	76.99	13.64	5.49	*0.00
% of Calories											15.9%	60.8%	24.2%	9.8%	*0.0%	

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Elem 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 ¹ (g)
Tue - 12/13/2011																
Elem Breakfast	Total	120														
FEATURE ENTREE	1 EACH	110	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COM_PIZZA AP Bkfst, Sausage	1 Each	110	184	17	270	2.55	1.81	255.3	264	53	3.11	11.39	25.67	4.82	2.75	0.00
CHOICE OF CEREAL/YOGURT	1 Each	10	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL ASSORTED, General Mill	1 Each	10	7	0	14	0.12	0.48	15.9	32	6	0.65	0.12	1.62	0.08	0.00	0.00
BREAD WH, Tst Cinnamon	Each	40	37	0	56	0.33	0.29	12.3	56	11	0.02	0.91	5.3	1.41	0.62	*0.00
FRUIT AND VEGETABLE CART	1 EACH	120	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CANTALOUPE, Fresh 1/2c	1/2 cup	80	62	0	29	1.64	0.38	16.4	6162	587	66.86	1.53	14.87	0.35	0.09	*N/A*
JUICE, Orange 100% 4oz Cart	1 Each	30	13	0	4	0.00	0.00	0.0	0	0	10.5	0.25	3.25	0.0	0.00	0.00
PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	70	35	0	5	0.51	0.36	10.1	51	10	4.56	0.51	8.62	0.0	0.00	0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	60	101	0	9	1.75	0.75	15.5	27	5	0.31	1.67	21.88	0.69	0.12	0.00
CHOICE OF MILK	1 Each	120	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% White 8oz	Each	120	104	10	128	0.00	0.00	306.2	510	102	2.45	8.17	12.25	2.55	1.53	0.00
Weighted Daily Average			543	28	513	6.89	4.08	631.7	7101	774	88.46	24.55	93.45	9.91	5.12	*0.00
% of Calories												18.1%	68.8%	16.4%	8.5%	*0.0%

Wed - 12/14/2011																
Elem Breakfast	Total	120														
FEATURE ENTREE	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
FRENCH TOAST STICK, AP B 3ea	3 Sticks	100	194	0	256	0.63	1.13	37.5	0	0	0.0	3.12	28.13	7.5	1.88	0.00
COND PC Syrup 1oz PPI/Sysco	Packet	100	67	0	17	0.00	0.00	0.0	0	0	0.0	0.0	16.67	0.0	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL ASSORTED, General Mill	1 Each	20	15	0	27	0.23	0.96	31.8	63	13	1.3	0.25	3.25	0.16	0.01	0.00
BREAD WH, Tst Cinnamon	Each	40	37	0	56	0.33	0.29	12.3	56	11	0.02	0.91	5.3	1.41	0.62	*0.00
FRUIT AND VEGETABLE CART	1 EACH	240	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WATERMELON, Fresh 1/2c	1/2 Cup	80	15	0	1	0.20	0.12	3.5	288	19	4.1	0.31	3.82	0.08	0.01	0.00
JUICE, Grape 100% 4oz Cart	1 Each	30	20	0	4	0.00	0.00	0.0	0	0	0.0	0.25	4.5	0.0	0.00	0.00
COM_APPLESAUCE, Canned 1/2c	1/2 cup	70	32	0	1	0.92	0.21	2.4	21	1	0.92	0.13	8.4	0.04	0.01	0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	60	101	0	9	1.75	0.75	15.5	27	5	0.31	1.67	21.88	0.69	0.12	0.00
CHOICE OF MILK	1 Each	120	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% White 8oz	Each	120	104	10	128	0.00	0.00	306.2	510	102	2.45	8.17	12.25	2.55	1.53	0.00
Weighted Daily Average			584	10	498	4.05	3.47	409.3	966	150	9.10	14.81	104.19	12.43	4.17	*0.00
% of Calories												10.1%	71.3%	19.2%	6.4%	*0.0%

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Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values

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Elem 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 ¹ (g)
Thu - 12/15/2011																
Elem Breakfast	Total	120														
FEATURE ENTREE	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BKS MUFFIN Ham AP Egg w/CH	1 Each	100	231	111	730	0.83	2.08	181.2	245	31	0.0	13.15	21.73	10.62	3.56	0.00
CHOICE OF CEREAL/YOGURT	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL ASSORTED, General Mill	1 Each	20	15	0	27	0.23	0.96	31.8	63	13	1.3	0.25	3.25	0.16	0.01	0.00
BREAD WH, Tst Cinnamon	Each	40	37	0	56	0.33	0.29	12.3	56	11	0.02	0.91	5.3	1.41	0.62	*0.00
FRUIT AND VEGETABLE CART	1 EACH	240	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BANANA, Fresh Whole 1/2c	1/2 cup	80	64	0	1	1.86	0.19	3.6	46	6	6.24	0.78	16.37	0.24	0.08	*N/A*
JUICE, Orange-Pine 4oz Cart	1 Each	30	15	0	5	0.00	0.00	0.0	0	0	7.5	0.25	3.25	0.0	0.00	0.00
COM_PEACHES, Diced w/syrup1/2	1/2 Cup	70	29	0	3	0.69	0.19	1.7	10	192	1.3	0.24	7.89	0.02	0.00	0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	60	101	0	9	1.75	0.75	15.5	27	5	0.31	1.67	21.88	0.69	0.12	0.00
CHOICE OF MILK	1 Each	120	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% White 8oz	Each	120	104	10	128	0.00	0.00	306.2	510	102	2.45	8.17	12.25	2.55	1.53	0.00
Weighted Daily Average			596	121	958	5.70	4.47	552.4	957	360	19.11	25.42	91.92	15.69	5.93	*0.00
% of Calories												17.1%	61.7%	23.7%	8.9%	*0.0%

Fri - 12/16/2011																
Elem Breakfast	Total	120														
FEATURE ENTREE	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CINNAMON ROLL SS B 2.5oz	1 Each	100	187	4	182	0.91	0.98	0.0	273	55	0.33	4.55	35.43	3.18	0.91	0.00
COM_CHEESE, String (1) Stick	1 Each	100	66	12	173	0.00	0.00	164.6	82	16	0.0	5.76	0.82	4.94	2.88	0.00
CHOICE OF CEREAL/YOGURT	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL ASSORTED, General Mill	1 Each	20	15	0	27	0.23	0.96	31.8	63	13	1.3	0.25	3.25	0.16	0.01	0.00
BREAD WH, Tst Cinnamon	Each	40	37	0	56	0.33	0.29	12.3	56	11	0.02	0.91	5.3	1.41	0.62	*0.00
FRUIT AND VEGETABLE CART	1 EACH	240	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORANGES, Slices 113ct 1/2c	1/2 Cup	70	25	0	0	1.26	0.05	21.0	118	24	27.92	0.49	6.17	0.06	0.01	0.00
JUICE, Apple 100% 4oz Cart	1 Each	30	15	0	4	0.00	0.00	0.0	0	0	0.0	0.0	3.5	0.0	0.00	0.00
COM_FRUIT MIX, w/Lt Syr 1/2c	1/2 cup	80	30	0	3	0.65	0.16	2.6	5	107	1.68	0.22	7.71	0.04	0.00	0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	60	101	0	9	1.75	0.75	15.5	27	5	0.31	1.67	21.88	0.69	0.12	0.00
CHOICE OF MILK	1 Each	120	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% White 8oz	Each	120	104	10	128	0.00	0.00	306.2	510	102	2.45	8.17	12.25	2.55	1.53	0.00
Weighted Daily Average			579	26	581	5.12	3.20	554.1	1134	333	34.01	22.02	96.31	13.04	6.08	*0.00
% of Calories												15.2%	66.5%	20.3%	9.4%	*0.0%

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Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values

Dec 11, 2011

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Elem 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 ¹ (g)
Mon - 12/19/2011																
Elem Breakfast	Total	120														
FEATURE ENTREE	1 EACH	80	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WAFFLE, Large Square AP B 2ea	2 Each	80	253	7	707	1.33	12.00	466.7	0	0	0.0	5.33	41.33	8.0	1.33	0.00
COND PC Syrup 1oz PPI/Sysco	Packet	80	53	0	13	0.00	0.00	0.0	0	0	0.0	0.0	13.33	0.0	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	40	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL ASSORTED, General Mill	1 Each	40	30	0	55	0.47	1.92	63.7	127	25	2.6	0.5	6.5	0.32	0.02	0.00
BREAD WH, Tst Cinnamon	Each	40	37	0	56	0.33	0.29	12.3	56	11	0.02	0.91	5.3	1.41	0.62	*0.00
FRUIT AND VEGETABLE CART	1 EACH	240	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
APPLES, Fresh Sliced 1/2c	1/2 Cup	70	17	0	0	0.76	0.04	1.9	17	2	1.46	0.08	4.39	0.05	0.01	*N/A*
JUICE, Fruit Bld 100% 4oz Cart	1 Each	60	30	0	5	0.00	0.00	0.0	0	0	1.8	0.0	7.0	0.0	0.00	0.00
COM_PEARs, Diced w/syrup 1/2c	1/2 cup	70	25	0	2	0.71	0.12	2.1	0	0	0.32	0.08	6.74	0.01	0.00	0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	40	67	0	6	1.17	0.50	10.3	18	3	0.21	1.11	14.59	0.46	0.08	0.00
CHOICE OF MILK	1 Each	120	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% White 8oz	Each	60	52	5	64	0.00	0.00	153.1	255	51	1.22	4.08	6.12	1.28	0.77	0.00
MILK, Skim 8oz	1 Each	60	42	2	51	0.00	0.04	149.5	250	75	0.0	4.13	6.08	0.1	0.07	*N/A*
Weighted Daily Average			606	14	959	4.76	14.91	859.6	723	167	7.63	16.24	111.38	11.64	2.90	*0.00
% of Calories												10.7%	73.5%	17.3%	4.3%	*0.0%

Tue - 12/20/2011																
Elem Breakfast	Total	120														
FEATURE ENTREE	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PANCAKES, AP W 3ea	3 pancake	100	192	8	325	2.50	1.20	33.3	0	0	0.0	4.17	34.17	5.0	0.83	0.00
COND PC Syrup 1oz PPI/Sysco	Packet	100	67	0	17	0.00	0.00	0.0	0	0	0.0	0.0	16.67	0.0	0.00	0.00
CHOICE OF CEREAL/YOGURT	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL ASSORTED, General Mill	1 Each	20	15	0	27	0.23	0.96	31.8	63	13	1.3	0.25	3.25	0.16	0.01	0.00
BREAD WH, Tst Cinnamon	Each	20	19	0	28	0.16	0.15	6.1	28	6	0.01	0.46	2.65	0.71	0.31	*0.00
FRUIT AND VEGETABLE CART	1 EACH	240	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CANTALOUPE, Fresh 1/2c	1/2 cup	70	54	0	26	1.43	0.33	14.3	5392	513	58.51	1.34	13.01	0.3	0.08	*N/A*
JUICE, Orange 100% 4oz Cart	1 Each	50	21	0	6	0.00	0.00	0.0	0	0	17.5	0.42	5.42	0.0	0.00	0.00
PINEAPPLE, Tidbits w/Juice 1/2c	1/2 cup	80	42	0	6	0.60	0.29	10.7	29	6	5.6	0.6	10.14	0.0	0.00	0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	40	67	0	6	1.17	0.50	10.3	18	3	0.21	1.11	14.59	0.46	0.08	0.00
CHOICE OF MILK	1 Each	120	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% White 8oz	Each	120	104	10	128	0.00	0.00	306.2	510	102	2.45	8.17	12.25	2.55	1.53	0.00
Weighted Daily Average			580	19	568	6.09	3.44	413.0	6040	643	85.58	16.50	112.13	9.18	2.84	*0.00
% of Calories												11.4%	77.4%	14.3%	4.4%	*0.0%

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Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values

Dec 11, 2011

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Elem 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 ¹ (g)
Wed - 12/21/2011																
Elem Breakfast	Total	120														
FEATURE ENTREE	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
YOGURT PARFAIT, Pineapple 1.0	1 Each	100	128	7	74	0.53	0.37	166.1	120	24	3.53	5.08	24.25	1.5	0.95	0.00
COM_CHEESE, String (1) Stick	1 Each	100	66	12	173	0.00	0.00	164.6	82	16	0.0	5.76	0.82	4.94	2.88	0.00
CHOICE OF CEREAL/YOGURT	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL ASSORTED, General Mill	1 Each	20	15	0	27	0.23	0.96	31.8	63	13	1.3	0.25	3.25	0.16	0.01	0.00
BREAD WH, Tst Cinnamon	Each	20	19	0	28	0.16	0.15	6.1	28	6	0.01	0.46	2.65	0.71	0.31	*0.00
FRUIT AND VEGETABLE CART	1 EACH	240	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WATERMELON, Fresh 1/2c	1/2 Cup	50	9	0	0	0.13	0.08	2.2	180	12	2.56	0.19	2.39	0.05	0.01	0.00
JUICE, Grape 100% 4oz Cup	1 Each	90	60	0	11	0.00	0.00	0.0	0	0	0.0	0.76	13.61	0.0	0.00	0.00
COM_APPLESAUCE, Canned 1/2c	1/2 cup	60	27	0	1	0.78	0.18	2.1	18	1	0.78	0.11	7.2	0.03	0.01	0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	40	67	0	6	1.17	0.50	10.3	18	3	0.21	1.11	14.59	0.46	0.08	0.00
CHOICE OF MILK	1 Each	120	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% White 8oz	Each	120	104	10	128	0.00	0.00	306.2	510	102	2.45	8.17	12.25	2.55	1.53	0.00
Weighted Daily Average			496	29	448	3.01	2.23	689.5	1021	177	10.84	21.88	81.01	10.40	5.77	*0.00
% of Calories											17.6%	65.3%	18.9%	10.5%	*0.0%	

Thu - 12/22/2011																
Elem Breakfast	Total	120														
FEATURE ENTREE	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BKS MUFFIN PSaus AP Egg w/CH	1 Each	100	360	142	881	0.83	2.83	197.9	328	48	0.0	21.43	21.31	21.02	8.14	0.00
CHOICE OF CEREAL/YOGURT	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL ASSORTED, General Mill	1 Each	20	15	0	27	0.23	0.96	31.8	63	13	1.3	0.25	3.25	0.16	0.01	0.00
BREAD WH, Tst Cinnamon	Each	20	19	0	28	0.16	0.15	6.1	28	6	0.01	0.46	2.65	0.71	0.31	*0.00
FRUIT AND VEGETABLE CART	1 EACH	240	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BANANA, Fresh Whole 1/2c	1/2 cup	80	64	0	1	1.86	0.19	3.6	46	6	6.24	0.78	16.37	0.24	0.08	*N/A*
JUICE, Orange-Pine 4oz Cart	1 Each	60	30	0	10	0.00	0.00	0.0	0	0	15.0	0.5	6.5	0.0	0.00	0.00
COM_PEACHES, Diced w/syrup 1/2	1/2 Cup	60	25	0	2	0.59	0.17	1.5	9	164	1.11	0.21	6.76	0.01	0.00	0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	40	67	0	6	1.17	0.50	10.3	18	3	0.21	1.11	14.59	0.46	0.08	0.00
CHOICE OF MILK	1 Each	120	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% White 8oz	Each	120	104	10	128	0.00	0.00	306.2	510	102	2.45	8.17	12.25	2.55	1.53	0.00
Weighted Daily Average			683	152	1083	4.85	4.79	557.5	1002	342	26.32	32.91	83.68	25.15	10.15	*0.00
% of Calories											19.3%	49.0%	33.1%	13.4%	*0.0%	

Weighted Average			568	73	670	5.02	4.53	559.3	2148	343	33.52	21.97	92.37	13.52	5.48	*0.01
											15.5%	65.0%	21.4%	8.7%	*0.0%	

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Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values
Elem Breakfast

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	568		554	103%													
Cholesterol (mg)	73																
Sodium (mg)	670																
Fiber (g)	5.02		4.00	126%													
Iron (mg)	4.53		3.00	151%													
Calcium (mg)	559.3		257.00	218%													
Vitamin A (IU)	2148		985	218%													
Vitamin A (RE)	343		197	174%													
Vitamin C (mg)	33.52		13.00	258%													
Protein (g)	21.97	15.47%	10.00	220%													
Carbohydrate (g)	92.37	65.04%															
Total Fat (g)	13.52	21.42%	<=30.00%														
Saturated Fat (g)	5.48	8.68%	<10.00%														
Trans Fat (g)	0.01	0.02%				Missing											

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