

Carson City School District

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

Dec 2, 2011

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HS 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 ¹ (g)
Mon - 12/05/2011																
HS Breakfast	Total	150														
FEATURE ENTREE	1 EACH	75	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, Cinn Lg AP B 1e	2 Each	75	130	40	190	1.00	1.80	60.0	100	100	0.0	5.0	21.0	3.0	1.00	0.00
COND PC Syrup 1.4oz Smuckers	packet	75	60	0	13	0.00	0.00	0.0	0	0	0.0	0.0	15.0	0.0	0.00	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	65	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BKS BISCUIT Egg AP w/CH	1 Each	65	135	52	398	0.43	0.69	50.9	127	16	0.0	4.21	11.08	7.9	4.67	0.00
POTATO, HB Triangle	1 Each	60	52	2	108	0.80	0.14	0.0	0	0	0.96	0.8	6.4	2.8	1.00	0.00
OATMEAL, CinnRaisin SC 1c	1 Cup	100	172	0	9	3.28	1.31	23.7	1	0	0.32	4.33	35.95	1.56	0.25	*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	6	0	11	0.09	0.38	12.7	25	5	0.52	0.1	1.3	0.06	0.00	0.00
BREAD WH, Tst Cinnamon	Each	20	15	0	22	0.13	0.12	4.9	22	4	0.01	0.36	2.12	0.57	0.25	*0.00
FRUIT AND VEGETABLE CART	1 EACH	180	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	17	0	0	0.86	0.04	14.4	81	16	19.14	0.34	4.23	0.04	0.01	0.00
JUICE, Fruit Bld 100% 4oz Cart	1 Each	50	20	0	3	0.00	0.00	0.0	0	0	1.2	0.0	4.67	0.0	0.00	0.00
COM_PEARs, Diced w/syrup 1/2c	1/2 cup	30	9	0	1	0.24	0.04	0.7	0	0	0.11	0.03	2.31	0.0	0.00	0.00
CHOICE OF MILK	1 Each	150	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, Skim, Chocolate	Each	20	12	1	17	0.00	0.00	33.3	67	13	0.16	1.2	1.73	0.0	0.00	0.00
MILK, 1% White 8oz	Each	130	90	9	111	0.00	0.00	265.4	442	88	2.12	7.08	10.62	2.21	1.33	0.00
Weighted Daily Average			717	104	881	6.84	4.52	466.1	866	244	24.54	23.45	116.41	18.15	8.50	*0.00
% of Calories												13.1%	64.9%	22.8%	10.7%	*0.0%

Tue - 12/06/2011																
HS Breakfast	Total	150														
FEATURE ENTREE	1 EACH	75	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BKS PANINI Bacon SS Egg w/AM	1 Each	75	161	112	355	0.67	0.96	86.8	185	38	0.0	7.08	17.14	7.03	2.60	*0.00
FEATURED BREAKFAST SANDW ICH	1 Each	65	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	1 Each	65	165	69	360	0.43	1.47	61.2	105	12	0.0	10.05	10.86	8.96	3.14	0.00
POTATO, HB Triangle	1 Each	60	52	2	108	0.80	0.14	0.0	0	0	0.96	0.8	6.4	2.8	1.00	0.00
OATMEAL, CinnRaisin SC 1c	1 Cup	100	172	0	9	3.28	1.31	23.7	1	0	0.32	4.33	35.95	1.56	0.25	*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	6	0	11	0.09	0.38	12.7	25	5	0.52	0.1	1.3	0.06	0.00	0.00
BREAD WH, Tst Cinnamon	Each	20	15	0	22	0.13	0.12	4.9	22	4	0.01	0.36	2.12	0.57	0.25	*0.00
FRUIT AND VEGETABLE CART	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
APPLES, Fresh Sliced 1/2c	1/2 Cup	40	8	0	0	0.35	0.02	0.9	8	1	0.67	0.04	2.01	0.02	0.00	*N/A*
JUICE, Orange 100% 4oz Cart	1 Each	60	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	40	16	0	2	0.23	0.17	4.6	23	5	2.09	0.23	3.94	0.0	0.00	0.00
CHOICE OF MILK	1 Each	150	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, Skim, Chocolate	Each	20	12	1	17	0.00	0.00	33.3	67	13	0.16	1.2	1.73	0.0	0.00	0.00
MILK, 1% White 8oz	Each	130	90	9	111	0.00	0.00	265.4	442	88	2.12	7.08	10.62	2.21	1.33	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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Carson City School District

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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			717	193	1000	5.98	4.57	493.6	879	167	23.64	31.67	97.27	23.21	8.57	*0.00
% of Calories												17.7%	54.3%	29.1%	10.8%	*0.0%

Wed - 12/07/2011																
HS Breakfast	Total	150														
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
YOGURT PARFAIT, Strawberry	1 Each	70	66	4	40	0.62	0.24	92.8	57	10	10.66	2.74	12.27	0.87	0.53	*0.00
COM_CHEESE, String (1) Stick	1 Each	70	37	7	97	0.00	0.00	92.2	46	9	0.0	3.23	0.46	2.77	1.61	0.00
CRACKER, Graham 3pk	Package	70	42	0	61	0.47	0.50	9.3	0	0	0.0	0.47	7.47	1.4	0.00	0.00
FEATURED BREAKFAST SANDW ICH	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
BKS BISCUIT Ham AP Egg w/CH	1 Each	70	166	63	614	0.47	0.85	54.8	137	17	0.0	7.49	12.23	9.39	5.32	0.00
POTATO, HB Triangle	1 Each	40	35	1	72	0.53	0.10	0.0	0	0	0.64	0.53	4.27	1.87	0.67	0.00
OATMEAL, CinnRaisin SC 1c	1 Cup	100	172	0	9	3.28	1.31	23.7	1	0	0.32	4.33	35.95	1.56	0.25	*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	6	0	11	0.09	0.38	12.7	25	5	0.52	0.1	1.3	0.06	0.00	0.00
BREAD WH, Tst Cinnamon	Each	20	15	0	22	0.13	0.12	4.9	22	4	0.01	0.36	2.12	0.57	0.25	*0.00
FRUIT AND VEGETABLE CART	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
BANANA, Fresh Whole 1/2c	1/2 cup	90	57	0	1	1.68	0.17	3.2	41	5	5.61	0.7	14.74	0.21	0.07	*N/A*
JUICE, Orange-Pine 4oz Cart	1 Each	40	16	0	5	0.00	0.00	0.0	0	0	8.0	0.27	3.47	0.0	0.00	0.00
COM_FRUIT MIX, w/Lt Syr 1/2c	1/2 cup	30	9	0	1	0.19	0.05	0.8	2	32	0.5	0.07	2.31	0.01	0.00	0.00
CHOICE OF MILK	1 Each	150	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, Skim, Chocolate	Each	20	12	1	17	0.00	0.00	33.3	67	13	0.16	1.2	1.73	0.0	0.00	0.00
MILK, 1% White 8oz	Each	130	90	9	111	0.00	0.00	265.4	442	88	2.12	7.08	10.62	2.21	1.33	0.00
Weighted Daily Average			722	85	1060	7.47	3.71	593.2	841	186	28.54	28.56	108.93	20.92	10.04	*0.00
% of Calories												15.8%	60.3%	26.1%	12.5%	*0.0%

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Dec 2, 2011

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HS 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 - 12/08/2011																
HS Breakfast	Total	150														
FEATURE ENTREE	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
PIZZA 16" Bkfst Ham SS B 2.0	1/8 Slice	40	102	37	261	0.73	0.82	61.6	125	25	0.17	5.64	12.56	3.31	1.53	*0.00
FEATURED BREAKFAST SANDW ICH	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 BAGEL Egg AP w/CH	1 Each	100	194	80	412	0.67	1.30	78.3	196	25	0.0	7.81	23.71	7.82	2.51	0.00
POTATO, HB Triangle	1 Each	80	69	3	144	1.07	0.19	0.0	0	0	1.28	1.07	8.53	3.73	1.33	0.00
OATMEAL, CinnRaisin SC 1c	1 Cup	100	172	0	9	3.28	1.31	23.7	1	0	0.32	4.33	35.95	1.56	0.25	*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	6	0	11	0.09	0.38	12.7	25	5	0.52	0.1	1.3	0.06	0.00	0.00
BREAD WH, Tst Cinnamon	Each	20	15	0	22	0.13	0.12	4.9	22	4	0.01	0.36	2.12	0.57	0.25	*0.00
FRUIT AND VEGETABLE CART	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
CANTALOUPE, Fresh 1/2c	1/2 cup	60	37	0	17	0.98	0.23	9.8	3697	352	40.12	0.92	8.92	0.21	0.06	*N/A*
JUICE, Apple 100% 4oz Cart	1 Each	20	8	0	2	0.00	0.00	0.0	0	0	0.0	0.0	1.87	0.0	0.00	0.00
COM_PEACHES, Diced w/syrup1/2	1/2 Cup	40	13	0	1	0.32	0.09	0.8	5	88	0.59	0.11	3.61	0.01	0.00	0.00
CHOICE OF MILK	1 Each	150	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, Skim, Chocolate	Each	20	12	1	17	0.00	0.00	33.3	67	13	0.16	1.2	1.73	0.0	0.00	0.00
MILK, 1% White 8oz	Each	130	90	9	111	0.00	0.00	265.4	442	88	2.12	7.08	10.62	2.21	1.33	0.00
Weighted Daily Average			719	129	1007	7.27	4.44	490.6	4580	601	45.29	28.61	110.92	19.48	7.26	*0.00
% of Calories												15.9%	61.7%	24.4%	9.1%	*0.0%

Fri - 12/09/2011																
HS Breakfast	Total	150														
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	1 Each	80	101	3	283	0.53	4.80	186.7	0	0	0.0	2.13	16.53	3.2	0.53	0.00
COND PC Syrup 1.4oz Smuckers	packet	80	64	0	13	0.00	0.00	0.0	0	0	0.0	0.0	16.0	0.0	0.00	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	60	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	60	173	68	423	0.40	1.36	95.0	157	23	0.0	10.29	10.23	10.09	3.91	0.00
POTATO, HB Triangle	1 Each	80	69	3	144	1.07	0.19	0.0	0	0	1.28	1.07	8.53	3.73	1.33	0.00
OATMEAL, CinnRaisin SC 1c	1 Cup	100	172	0	9	3.28	1.31	23.7	1	0	0.32	4.33	35.95	1.56	0.25	*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	6	0	11	0.09	0.38	12.7	25	5	0.52	0.1	1.3	0.06	0.00	0.00
BREAD WH, Tst Cinnamon	Each	20	15	0	22	0.13	0.12	4.9	22	4	0.01	0.36	2.12	0.57	0.25	*0.00
FRUIT AND VEGETABLE CART	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
WATERMELON, Fresh 1/2c	1/2 Cup	60	9	0	0	0.12	0.07	2.1	173	11	2.46	0.19	2.29	0.05	0.00	0.00
JUICE, Grape100% 4oz Cart	1 Each	40	21	0	4	0.00	0.00	0.0	0	0	0.0	0.27	4.8	0.0	0.00	0.00
COM_APPLESAUCE, Canned 1/2c	1/2 cup	20	7	0	0	0.21	0.05	0.6	5	0	0.21	0.03	1.92	0.01	0.00	0.00
CHOICE OF MILK	1 Each	150	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, Skim, Chocolate	Each	20	12	1	17	0.00	0.00	33.3	67	13	0.16	1.2	1.73	0.0	0.00	0.00
MILK, 1% White 8oz	Each	130	90	9	111	0.00	0.00	265.4	442	88	2.12	7.08	10.62	2.21	1.33	0.00

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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			740	83	1037	5.83	8.28	624.4	893	146	7.08	27.04	112.03	21.48	7.61	*0.00
% of Calories												14.6%	60.6%	26.1%	9.3%	*0.0%

Mon - 12/12/2011																
HS Breakfast	Total	100														
FEATURE ENTREE	1 EACH	15	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CORN DOG Bkfst, Mpl Tky WG 1.0	1 Each	15	26	2	77	0.45	0.22	0.0	0	0	0.0	1.35	3.15	0.9	0.23	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	75	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BKS BISCUIT PSaus AP Egg	1 Each	75	338	120	892	0.75	2.00	30.9	181	20	0.0	16.64	18.8	20.75	10.68	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	9	0	16	0.14	0.58	19.1	38	8	0.78	0.15	1.95	0.09	0.01	0.00
BREAD WH, Tst Cinnamon	Each	10	11	0	17	0.10	0.09	3.7	17	3	0.01	0.27	1.59	0.42	0.19	*0.00
FRUIT AND VEGETABLE CART	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
ORANGES, Slices 113ct 1/2c	1/2 Cup	50	21	0	0	1.08	0.04	18.0	101	20	23.93	0.42	5.29	0.05	0.01	0.00
JUICE, Fruit Bld 100% 4oz Cart	1 Each	20	12	0	2	0.00	0.00	0.0	0	0	0.72	0.0	2.8	0.0	0.00	0.00
COM_PEARs, Diced w/syrup 1/2c	1/2 cup	30	13	0	1	0.36	0.06	1.1	0	0	0.16	0.04	3.46	0.01	0.00	0.00
POTATO, HB Triangle	1 Each	40	52	2	108	0.80	0.14	0.0	0	0	0.96	0.8	6.4	2.8	1.00	0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	60	121	0	10	2.10	0.91	18.6	32	6	0.37	2.0	26.26	0.83	0.14	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, Skim, Chocolate	1 Each	20	18	1	25	0.00	0.00	50.0	100	20	0.24	1.8	2.6	0.0	0.00	0.00
MILK, 1% White 8oz	Each	80	83	8	102	0.00	0.00	245.0	408	82	1.96	6.53	9.8	2.04	1.22	0.00
Weighted Daily Average			704	133	1250	5.78	4.04	386.4	878	159	29.13	30.02	82.09	27.91	13.47	*0.00
% of Calories												17.1%	46.6%	35.7%	17.2%	*0.0%

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Dec 2, 2011

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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)
Tue - 12/13/2011																
HS Breakfast	Total	100														
FEATURE ENTREE	1 EACH	15	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	15	24	66	25	0.00	0.24	13.5	68	14	0.0	2.02	0.34	1.52	0.51	0.00
HAM, Plain 2.0	2.5 ozw	15	13	5	120	0.00	0.07	0.0	0	0	0.0	1.9	0.19	0.57	0.19	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	75	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BAGEL, Plain Sliced 2.3oz	1 Each	75	127	0	210	0.75	1.08	0.0	0	0	0.0	4.5	25.5	1.13	0.00	0.00
COND PC Cream Cheese: 1oz	1 each	75	60	22	86	0.00	0.00	30.0	225	45	0.0	0.75	0.75	6.0	3.75	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	9	0	16	0.14	0.58	19.1	38	8	0.78	0.15	1.95	0.09	0.01	0.00
BREAD WH, Tst Cinnamon	Each	10	11	0	17	0.10	0.09	3.7	17	3	0.01	0.27	1.59	0.42	0.19	*0.00
FRUIT AND VEGETABLE CART	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
APPLES, Fresh Sliced 1/2c	1/2 Cup	30	8	0	0	0.39	0.02	1.0	9	1	0.75	0.04	2.26	0.03	0.00	*N/A*
JUICE, Orange 100% 4oz Cart	1 Each	20	10	0	3	0.00	0.00	0.0	0	0	8.4	0.2	2.6	0.0	0.00	0.00
PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	50	30	0	4	0.43	0.31	8.7	43	9	3.91	0.43	7.39	0.0	0.00	0.00
POTATO, HB Triangle	1 Each	40	52	2	108	0.80	0.14	0.0	0	0	0.96	0.8	6.4	2.8	1.00	0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	60	121	0	10	2.10	0.91	18.6	32	6	0.37	2.0	26.26	0.83	0.14	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, Skim, Chocolate	Each	20	18	1	25	0.00	0.00	50.0	100	20	0.24	1.8	2.6	0.0	0.00	0.00
MILK, 1% White 8oz	Each	80	83	8	102	0.00	0.00	245.0	408	82	1.96	6.53	9.8	2.04	1.22	0.00
Weighted Daily Average			568	104	727	4.71	3.44	389.5	940	187	17.38	21.41	87.62	15.44	7.01	*0.00
% of Calories												15.1%	61.7%	24.5%	11.1%	*0.0%

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Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values HS 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 - 12/14/2011																
HS Breakfast	Total	100														
FEATURE ENTREE	1 EACH	15	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BISCUIT LG, w/Sau Gvy AP	2 Each	15	110	8	398	0.30	0.54	18.5	0	0	0.0	4.17	12.73	4.18	1.05	*1.05
FEATURED BREAKFAST SANDW ICH	1 Each	75	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	1 Each	75	286	120	622	0.75	2.54	105.9	181	20	0.0	17.39	18.8	15.5	5.43	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	9	0	16	0.14	0.58	19.1	38	8	0.78	0.15	1.95	0.09	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	100	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	90	86	0	1	2.52	0.25	4.8	62	8	8.42	1.05	22.11	0.32	0.11	*N/A*
JUICE, Orange-Pine 4oz Cart	1 Each	20	12	0	4	0.00	0.00	0.0	0	0	6.0	0.2	2.6	0.0	0.00	0.00
COM_FRUIT MIX, w/Lt Syr 1/2c	1/2 cup	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
POTATO, HB Triangle	1 Each	40	52	2	108	0.80	0.14	0.0	0	0	0.96	0.8	6.4	2.8	1.00	0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	60	121	0	10	2.10	0.91	18.6	32	6	0.37	2.0	26.26	0.83	0.14	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, Skim, Chocolate	Each	20	18	1	25	0.00	0.00	50.0	100	20	0.24	1.8	2.6	0.0	0.00	0.00
MILK, 1% White 8oz	Each	80	83	8	102	0.00	0.00	245.0	408	82	1.96	6.53	9.8	2.04	1.22	0.00
Weighted Daily Average			799	139	1321	6.80	5.13	469.3	855	150	18.75	34.65	106.42	26.62	9.33	*1.05
% of Calories												17.3%	53.3%	30.0%	10.5%	*1.2%

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Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values
HS 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																
HS Breakfast	Total	75														
FEATURE ENTREE	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
BURRITO Bac w/CH SC B 2.0	1 Each	20	69	43	125	0.27	0.36	42.7	81	17	0.0	3.36	5.67	3.71	1.45	*0.00
FEATURED BREAKFAST SANDW ICH	1 Each	50	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BKS Breakfast Chicken Sandwich	1 Each	50	189	17	446	1.33	1.19	89.7	159	32	0.1	9.34	21.06	7.34	2.50	0.00
CHOICE OF CEREAL/YOGURT	1 Each	5	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	5	6	0	11	0.09	0.38	12.7	25	5	0.52	0.1	1.3	0.06	0.00	0.00
BREAD WH, Tst Cinnamon	Each	5	7	0	11	0.07	0.06	2.5	11	2	0.0	0.18	1.06	0.28	0.12	*0.00
FRUIT AND VEGETABLE CART	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
CANTALOUPE, Fresh 1/2c	1/2 cup	40	50	0	23	1.31	0.31	13.1	4929	469	53.49	1.22	11.89	0.28	0.07	*N/A*
JUICE, Apple 100% 4oz Cup	1 Each	40	32	0	8	0.00	0.00	0.0	0	0	0.0	0.0	7.47	0.0	0.00	0.00
COM_PEACHES, Diced w/syrup1/2	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
POTATO, HB Triangle	1 Each	40	69	3	144	1.07	0.19	0.0	0	0	1.28	1.07	8.53	3.73	1.33	0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	40	107	0	9	1.87	0.81	16.5	29	6	0.33	1.78	23.34	0.74	0.13	0.00
CHOICE OF MILK	1 Each	75	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, Skim, Chocolate	Each	20	24	1	33	0.00	0.00	66.7	133	27	0.32	2.4	3.47	0.0	0.00	0.00
MILK, 1% White 8oz	Each	55	76	7	94	0.00	0.00	224.6	374	75	1.8	5.99	8.98	1.87	1.12	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	30	4	0	34	0.05	0.01	0.5	17	7	0.24	0.04	1.05	0.01	0.00	0.00
Weighted Daily Average			634	72	937	6.05	3.31	469.0	5759	639	58.08	25.47	93.82	18.03	6.74	*0.00
% of Calories												16.1%	59.2%	25.6%	9.6%	*0.0%

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Carson City School District

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

Dec 2, 2011

Page 8

HS 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)
Fri - 12/16/2011																
HS Breakfast	Total	75														
FEATURE ENTREE	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
CINNAMON ROLL SS B 2.5oz	Each	20	60	1	58	0.29	0.31	0.0	87	17	0.11	1.46	11.34	1.02	0.29	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	50	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BKS BISCUIT Ham AP Egg w/CH	1 Each	50	237	91	878	0.67	1.21	78.3	196	25	0.0	10.7	17.47	13.42	7.60	0.00
CHOICE OF CEREAL/YOGURT	1 Each	5	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	5	6	0	11	0.09	0.38	12.7	25	5	0.52	0.1	1.3	0.06	0.00	0.00
BREAD WH, Tst Cinnamon	Each	5	7	0	11	0.07	0.06	2.5	11	2	0.0	0.18	1.06	0.28	0.12	*0.00
FRUIT AND VEGETABLE CART	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
WATERMELON, Fresh 1/2c	1/2 Cup	40	12	0	0	0.16	0.10	2.8	231	15	3.28	0.25	3.06	0.06	0.01	0.00
JUICE, Grape100% 4oz Cart	1 Each	40	43	0	8	0.00	0.00	0.0	0	0	0.0	0.53	9.6	0.0	0.00	0.00
COM_APPLESAUCE, Canned 1/2c	1/2 cup	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
POTATO, HB Triangle	1 Each	40	69	3	144	1.07	0.19	0.0	0	0	1.28	1.07	8.53	3.73	1.33	0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	40	107	0	9	1.87	0.81	16.5	29	6	0.33	1.78	23.34	0.74	0.13	0.00
CHOICE OF MILK	1 Each	75	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, Skim, Chocolate	Each	20	24	1	33	0.00	0.00	66.7	133	27	0.32	2.4	3.47	0.0	0.00	0.00
MILK, 1% White 8oz	Each	55	76	7	94	0.00	0.00	224.6	374	75	1.8	5.99	8.98	1.87	1.12	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	30	4	0	34	0.05	0.01	0.5	17	7	0.24	0.04	1.05	0.01	0.00	0.00
Weighted Daily Average			647	103	1280	4.26	3.07	404.6	1103	179	7.88	24.49	89.19	21.19	10.61	*0.00
% of Calories												15.1%	55.2%	29.5%	14.8%	*0.0%

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Carson City School District

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

Dec 2, 2011

HS 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																
HS Breakfast	Total	75														
FEATURE ENTREE	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
WAFFLE, Large Square AP B 2ea	2 Each	20	101	3	283	0.53	4.80	186.7	0	0	0.0	2.13	16.53	3.2	0.53	0.00
COND PC Syrup 1.4oz Smuckers	Packet	20	32	0	7	0.00	0.00	0.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	50	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BKS BISCUIT Egg AP w/CH	1 Each	50	208	80	612	0.67	1.06	78.3	196	25	0.0	6.48	17.05	12.15	7.18	0.00
CHOICE OF CEREAL/YOGURT	1 Each	5	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	5	6	0	11	0.09	0.38	12.7	25	5	0.52	0.1	1.3	0.06	0.00	0.00
BREAD WH, Tst Cinnamon	Each	5	7	0	11	0.07	0.06	2.5	11	2	0.0	0.18	1.06	0.28	0.12	*0.00
FRUIT AND VEGETABLE CART	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
ORANGES, Slices 113ct 1/2c	1/2 Cup	20	11	0	0	0.58	0.02	9.6	54	11	12.76	0.23	2.82	0.03	0.00	0.00
JUICE, Fruit Bld 100% 4oz Cart	1 Each	20	16	0	3	0.00	0.00	0.0	0	0	0.96	0.0	3.73	0.0	0.00	0.00
COM_PEARs, Diced w/syrup 1/2c	1/2 cup	20	12	0	1	0.32	0.06	1.0	0	0	0.15	0.04	3.08	0.01	0.00	0.00
POTATO, HB Triangle	1 Each	30	52	2	108	0.80	0.14	0.0	0	0	0.96	0.8	6.4	2.8	1.00	0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	60	161	0	14	2.80	1.21	24.8	43	8	0.5	2.67	35.01	1.11	0.19	0.00
CHOICE OF MILK	1 Each	75	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, Skim, Chocolate	Each	55	66	4	92	0.00	0.00	183.3	367	73	0.88	6.6	9.53	0.0	0.00	0.00
MILK, 1% White 8oz	Each	20	28	3	34	0.00	0.00	81.7	136	27	0.65	2.18	3.27	0.68	0.41	0.00
CONDIMENT CHOICES	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
COND PC Ketchup 9g Heinz	Packet	30	4	0	34	0.05	0.01	0.5	17	7	0.24	0.04	1.05	0.01	0.00	0.00
Weighted Daily Average			705	91	1208	5.91	7.75	581.0	849	159	17.62	21.45	108.82	20.33	9.44	*0.00
% of Calories											12.2%	61.8%	26.0%	12.1%	*0.0%	

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Carson City School District

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

Dec 2, 2011

HS 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 - 12/20/2011																
HS Breakfast	Total	75														
FEATURE ENTREE	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
COM_PIZZA AP Bkfst, Sausage	1 Each	20	53	5	79	0.74	0.53	74.3	77	15	0.9	3.31	7.47	1.4	0.80	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	50	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 Bacon AP Egg w/CH	1 Each	50	181	83	445	0.67	1.54	145.0	196	25	0.0	8.15	17.05	9.15	3.18	0.00
CHOICE OF CEREAL/YOGURT	1 Each	5	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	5	6	0	11	0.09	0.38	12.7	25	5	0.52	0.1	1.3	0.06	0.00	0.00
BREAD WH, Tst Cinnamon	Each	5	7	0	11	0.07	0.06	2.5	11	2	0.0	0.18	1.06	0.28	0.12	*0.00
FRUIT AND VEGETABLE CART	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
APPLES, Fresh Sliced 1/2c	1/2 Cup	20	8	0	0	0.35	0.02	0.9	8	1	0.67	0.04	2.01	0.02	0.00	*N/A*
JUICE, Orange 100% 4oz Cart	1 Each	20	13	0	4	0.00	0.00	0.0	0	0	11.2	0.27	3.47	0.0	0.00	0.00
PINEAPPLE, Tidbits w/Juice1/2c	1/2 cup	20	17	0	2	0.24	0.12	4.3	11	2	2.24	0.24	4.05	0.0	0.00	0.00
POTATO, HB Triangle	1 Each	30	52	2	108	0.80	0.14	0.0	0	0	0.96	0.8	6.4	2.8	1.00	0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	60	161	0	14	2.80	1.21	24.8	43	8	0.5	2.67	35.01	1.11	0.19	0.00
CHOICE OF MILK	1 Each	75	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, Skim, Chocolate	Each	55	66	4	92	0.00	0.00	183.3	367	73	0.88	6.6	9.53	0.0	0.00	0.00
MILK, 1% White 8oz	Each	20	28	3	34	0.00	0.00	81.7	136	27	0.65	2.18	3.27	0.68	0.41	0.00
CONDIMENT CHOICES	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
COND PC Ketchup 9g Heinz	Packet	30	4	0	34	0.05	0.01	0.5	17	7	0.24	0.04	1.05	0.01	0.00	0.00
Weighted Daily Average			597	97	833	5.80	4.01	529.9	891	166	18.77	24.57	91.65	15.52	5.71	*0.00
% of Calories											16.5%	61.4%	23.4%	8.6%	*0.0%	

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Carson City School District

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

Dec 2, 2011

HS Breakfast

Page 11

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/21/2011																
HS Breakfast	Total	75														
FEATURE ENTREE	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
YOGURT PARFAIT, Pineapple 1.0	1 Each	10	21	1	12	0.09	0.06	26.6	19	4	0.56	0.81	3.88	0.24	0.15	0.00
COM_CHEESE, String (1) Stick	1 Each	10	11	2	28	0.00	0.00	26.3	13	3	0.0	0.92	0.13	0.79	0.46	0.00
CRACKER, Graham 3pk	Package	10	12	0	17	0.13	0.14	2.7	0	0	0.0	0.13	2.13	0.4	0.00	0.00
FEATURED BREAKFAST SANDWICH	1 Each	60	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BKS BISCUIT Ham AP Egg w/CH	1 Each	60	285	109	1053	0.80	1.45	94.0	235	30	0.0	12.84	20.96	16.1	9.12	0.00
CHOICE OF CEREAL/YOGURT	1 Each	5	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	5	6	0	11	0.09	0.38	12.7	25	5	0.52	0.1	1.3	0.06	0.00	0.00
BREAD WH, Tst Cinnamon	Each	5	7	0	11	0.07	0.06	2.5	11	2	0.0	0.18	1.06	0.28	0.12	*0.00
FRUIT AND VEGETABLE CART	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
BANANA, Fresh Whole 1/2c	1/2 cup	20	26	0	0	0.75	0.07	1.4	18	2	2.49	0.31	6.55	0.09	0.03	*N/A*
JUICE, Orange-Pine 4oz Cart	1 Each	20	16	0	5	0.00	0.00	0.0	0	0	8.0	0.27	3.47	0.0	0.00	0.00
COM_FRUIT MIX, w/Lt Syr 1/2c	1/2 cup	20	12	0	1	0.26	0.06	1.0	2	43	0.67	0.09	3.08	0.02	0.00	0.00
POTATO, HB Triangle	1 Each	30	52	2	108	0.80	0.14	0.0	0	0	0.96	0.8	6.4	2.8	1.00	0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	60	161	0	14	2.80	1.21	24.8	43	8	0.5	2.67	35.01	1.11	0.19	0.00
CHOICE OF MILK	1 Each	75	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, Skim, Chocolate	Each	55	66	4	92	0.00	0.00	183.3	367	73	0.88	6.6	9.53	0.0	0.00	0.00
MILK, 1% White 8oz	Each	20	28	3	34	0.00	0.00	81.7	136	27	0.65	2.18	3.27	0.68	0.41	0.00
CONDIMENT CHOICES	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
COND PC Ketchup 9g Heinz	Packet	30	4	0	34	0.05	0.01	0.5	17	7	0.24	0.04	1.05	0.01	0.00	0.00
Weighted Daily Average			706	120	1420	5.83	3.60	457.5	887	204	15.49	27.94	97.82	22.59	11.50	*0.00
% of Calories												15.8%	55.4%	28.8%	14.7%	*0.0%

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Carson City School District

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

Dec 2, 2011

HS Breakfast

Page 12

	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 - 12/22/2011																
HS Breakfast	Total	75														
FEATURE ENTREE	1 EACH	25	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Calzone, Bac Egg Chz SS W 1.5	1 Each	25	184	60	406	2.34	1.81	47.6	144	29	6.93	9.25	24.26	4.92	1.67	*0.00
FEATURED BREAKFAST SANDW ICH	1 Each	45	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BKS BAGEL Ham AP Egg w/CH	1 Each	45	201	81	607	0.60	1.30	70.5	176	22	0.0	10.78	21.72	8.16	2.64	0.00
CHOICE OF CEREAL/YOGURT	1 Each	5	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	5	6	0	11	0.09	0.38	12.7	25	5	0.52	0.1	1.3	0.06	0.00	0.00
BREAD WH, Tst Cinnamon	Each	5	7	0	11	0.07	0.06	2.5	11	2	0.0	0.18	1.06	0.28	0.12	*0.00
FRUIT AND VEGETABLE CART	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
CANTALOUPE, Fresh 1/2c	1/2 cup	30	37	0	17	0.98	0.23	9.8	3697	352	40.12	0.92	8.92	0.21	0.06	*N/A*
JUICE, Apple 100% 4oz Cup	1 Each	20	16	0	4	0.00	0.00	0.0	0	0	0.0	0.0	3.73	0.0	0.00	0.00
COM_PEACHES, Diced w/syrup1/2	1/2 Cup	20	13	0	1	0.32	0.09	0.8	5	88	0.59	0.11	3.61	0.01	0.00	0.00
POTATO, HB Triangle	1 Each	30	52	2	108	0.80	0.14	0.0	0	0	0.96	0.8	6.4	2.8	1.00	0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	60	161	0	14	2.80	1.21	24.8	43	8	0.5	2.67	35.01	1.11	0.19	0.00
CHOICE OF MILK	1 Each	75	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, Skim, Chocolate	Each	55	66	4	92	0.00	0.00	183.3	367	73	0.88	6.6	9.53	0.0	0.00	0.00
MILK, 1% White 8oz	Each	20	28	3	34	0.00	0.00	81.7	136	27	0.65	2.18	3.27	0.68	0.41	0.00
CONDIMENT CHOICES	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
COND PC Ketchup 9g Heinz	Packet	30	4	0	34	0.05	0.01	0.5	17	7	0.24	0.04	1.05	0.01	0.00	0.00
Weighted Daily Average			776	150	1339	8.05	5.23	434.2	4621	614	51.39	33.63	119.84	18.24	6.09	*0.00
% of Calories												17.3%	61.8%	21.1%	7.1%	*0.0%
Weighted Average			696	114	1093	6.19	4.65	484.9	1774	272	25.97	27.35	101.63	20.65	8.70	*0.07
												15.7%	58.4%	26.7%	11.2%	*0.1%

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Carson City School District

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

Dec 2, 2011

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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	696		739	94%			42	Correction Required - Calories are Low										
Cholesterol (mg)	114																	
Sodium (mg)	1093																	
Fiber (g)	6.19																	
Iron (mg)	4.65		3.95	118%														
Calcium (mg)	484.9		338.62	143%														
Vitamin A (IU)	1774		1295	137%														
Vitamin A (RE)	272		259	105%														
Vitamin C (mg)	25.97		16.68	156%														
Protein (g)	27.35	15.71%	12.74	215%														
Carbohydrate (g)	101.63	58.37%																
Total Fat (g)	20.65	26.68%	<=30.00%															
Saturated Fat (g)	8.70	11.25%	<10.00%					Correction Required - Sat. Fat too High										
Trans Fat (g)	0.07	0.10%			Missing													

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