

Carson City School District

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

Dec 11, 2011

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MS 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																
MS Breakfast	Total	100														
FEATURE ENTREE	1 EACH	35	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	35	67	2	186	0.35	3.15	122.5	0	0	0.0	1.4	10.85	2.1	0.35	0.00
COND PC Syrup 1oz PPI/Sysco	Packet	35	28	0	7	0.00	0.00	0.0	0	0	0.0	0.0	7.0	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 BAGEL Ham AP Egg w/CH	1 Each	60	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	4	0	8	0.07	0.29	9.5	19	4	0.39	0.07	0.97	0.05	0.00	0.00
BREAD WH, Tst Cinnamon	Each	5	6	0	8	0.05	0.04	1.8	8	2	0.0	0.14	0.79	0.21	0.09	*0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	30	60	0	5	1.05	0.45	9.3	16	3	0.19	1.0	13.13	0.42	0.07	0.00
FRUIT AND VEGETABLE CART	1 EACH	200	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, Fruit Bld 100% 4oz Cart	1 Each	50	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	60	26	0	2	0.73	0.13	2.2	0	0	0.33	0.09	6.93	0.01	0.00	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			549	92	955	4.14	5.42	532.4	849	157	33.62	22.32	87.14	13.06	4.39	*0.00
% of Calories											16.3%	63.5%	21.4%	7.2%	*0.0%	

Tue - 12/06/2011																
MS Breakfast	Total	100														
FEATURE ENTREE	1 EACH	55	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, Ctry Gvy AP	1 Each	55	163	0	614	0.55	0.79	33.9	0	0	0.0	3.8	23.34	5.46	1.37	*1.92
FEATURED BREAKFAST SANDW ICH	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
BKS MUFFIN Bacon AP Egg w/CH	1 Each	40	109	50	267	0.40	0.92	87.0	117	15	0.0	4.89	10.23	5.49	1.91	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	4	0	8	0.07	0.29	9.5	19	4	0.39	0.07	0.97	0.05	0.00	0.00
BREAD WH, Tst Cinnamon	Each	5	6	0	8	0.05	0.04	1.8	8	2	0.0	0.14	0.79	0.21	0.09	*0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	30	60	0	5	1.05	0.45	9.3	16	3	0.19	1.0	13.13	0.42	0.07	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	60	17	0	0	0.78	0.04	2.0	18	2	1.5	0.08	4.51	0.06	0.01	*N/A*
JUICE, Orange 100% 4oz Cart	1 Each	50	25	0	8	0.00	0.00	0.0	0	0	21.0	0.5	6.5	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
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			522	59	1043	3.42	2.91	448.9	739	137	29.98	19.34	80.74	13.73	4.68	*1.92
% of Calories											14.8%	61.9%	23.7%	8.1%	*3.3%	

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

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values MS 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)
Thu - 12/08/2011																
MS Breakfast	Total	100														
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
STRATA, Country Bacon 3	1/24 Cut	40	108	86	193	0.67	0.91	88.2	186	37	0.35	5.94	7.06	6.07	2.52	*0.00
FEATURED BREAKFAST SANDW ICH	1 Each	55	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	55	160	66	340	0.55	1.07	64.6	161	21	0.0	6.45	19.56	6.45	2.07	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	4	0	8	0.07	0.29	9.5	19	4	0.39	0.07	0.97	0.05	0.00	0.00
BREAD WH, Tst Cinnamon	Each	5	6	0	8	0.05	0.04	1.8	8	2	0.0	0.14	0.79	0.21	0.09	*0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	30	60	0	5	1.05	0.45	9.3	16	3	0.19	1.0	13.13	0.42	0.07	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	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, Apple 100% 4oz Cart	1 Each	50	30	0	8	0.00	0.00	0.0	0	0	0.0	0.0	7.0	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
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			563	161	692	4.94	3.13	473.7	956	339	10.79	22.96	84.88	15.50	6.07	*0.00
% of Calories												16.3%	60.3%	24.8%	9.7%	*0.0%

Fri - 12/09/2011																
MS Breakfast	Total	100														
FEATURE ENTREE	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
CINNAMON ROLL SS B 2.5oz	1 Each	50	112	2	109	0.55	0.59	0.0	164	33	0.2	2.73	21.26	1.91	0.55	0.00
COM_CHEESE, String (1) Stick	1 Each	50	40	7	104	0.00	0.00	98.8	49	10	0.0	3.46	0.49	2.96	1.73	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	35	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	35	133	56	290	0.35	1.19	49.4	85	9	0.0	8.12	8.77	7.23	2.53	0.00
CHOICE OF CEREAL/YOGURT	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
CEREAL ASSORTED, General Mill	1 Each	15	13	0	25	0.21	0.86	28.6	57	11	1.17	0.22	2.92	0.14	0.01	0.00
BREAD WH, Tst Cinnamon	Each	15	17	0	25	0.15	0.13	5.5	25	5	0.01	0.41	2.38	0.64	0.28	*0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	30	60	0	5	1.05	0.45	9.3	16	3	0.19	1.0	13.13	0.42	0.07	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	56	0	26	1.48	0.34	14.8	5546	528	60.18	1.38	13.38	0.31	0.08	*N/A*
JUICE, Pineapple 100% 4oz Cart	1 Each	60	36	0	18	0.00	0.65	0.0	0	0	9.0	0.6	7.8	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
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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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¹ - denotes optional nutrient values

Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values MS 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)
Weighted Daily Average			596	75	730	4.56	4.40	503.5	6468	702	73.73	26.36	89.74	15.69	6.48	*0.00
% of Calories												17.7%	60.2%	23.7%	9.8%	*0.0%

Mon - 12/12/2011																
MS Breakfast	Total	100														
FEATURE ENTREE	1 EACH	35	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 w/Strawberry 2ea	2 Slices	35	79	20	87	0.42	0.48	36.1	26	5	4.09	2.15	13.13	2.42	1.59	0.00
COND PC Syrup 1oz PPI/Sysco	packet	35	28	0	7	0.00	0.00	0.0	0	0	0.0	0.0	7.0	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 MUFFIN PSaus AP Egg w/CH	1 Each	50	216	85	529	0.50	1.70	118.7	197	29	0.0	12.86	12.78	12.61	4.89	0.00
CHOICE OF CEREAL/YOGURT	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
CEREAL ASSORTED, General Mill	1 Each	15	13	0	25	0.21	0.86	28.6	57	11	1.17	0.22	2.92	0.14	0.01	0.00
BREAD WH, Tst Cinnamon	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
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	30	60	0	5	1.05	0.45	9.3	16	3	0.19	1.0	13.13	0.42	0.07	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	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, Fruit Bld 100% 4oz Cart	1 Each	60	36	0	6	0.00	0.00	0.0	0	0	2.16	0.0	8.4	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
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	15	14	1	19	0.00	0.00	37.5	75	15	0.18	1.35	1.95	0.0	0.00	0.00
MILK, 1% White 8oz	Each	85	89	9	108	0.00	0.00	260.3	434	87	2.08	6.94	10.41	2.17	1.30	0.00
Weighted Daily Average			581	114	787	4.08	3.65	514.0	926	174	38.86	25.11	81.85	17.84	7.86	*0.00
% of Calories												17.3%	56.3%	27.6%	12.2%	*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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MS 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																
MS Breakfast	Total	80														
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
EGG, Scrambled SS W 4.0	1/2 cup	20	39	110	42	0.00	0.41	22.5	113	23	0.0	3.37	0.56	2.53	0.84	0.00
SAUSAGE Patty, Pork 1.0oz 1.0	2 Each	20	42	10	110	0.00	0.09	5.0	0	0	0.0	2.25	0.25	3.75	1.25	0.00
BREAD WG, Tst	slice	20	17	0	33	0.48	0.17	7.5	0	0	0.0	0.91	2.89	0.23	0.05	0.06
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 BAGEL Egg AP w/CH	1 Each	50	182	75	386	0.62	1.22	73.4	184	23	0.0	7.33	22.23	7.33	2.36	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	11	0	21	0.18	0.72	23.9	48	9	0.98	0.19	2.44	0.12	0.01	0.00
BREAD WH, Tst Cinnamon	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
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	30	76	0	6	1.31	0.57	11.6	20	4	0.23	1.25	16.41	0.52	0.09	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	50	18	0	0	0.82	0.04	2.0	18	2	1.57	0.09	4.7	0.06	0.01	*N/A*
JUICE, Orange 100% 4oz Cart	1 Each	40	25	0	8	0.00	0.00	0.0	0	0	21.0	0.5	6.5	0.0	0.00	0.00
PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	40	30	0	4	0.43	0.31	8.7	43	9	3.91	0.43	7.39	0.0	0.00	0.00
CHOICE OF MILK	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
MILK, Skim, Chocolate	Each	15	17	1	23	0.00	0.00	46.9	94	19	0.23	1.69	2.44	0.0	0.00	0.00
MILK, 1% White 8oz	Each	65	85	8	104	0.00	0.00	248.8	415	83	1.99	6.63	9.95	2.07	1.24	0.00
Weighted Daily Average			543	204	738	3.84	3.52	450.3	934	171	29.90	24.64	75.76	16.62	5.85	*0.06
% of Calories												18.2%	55.8%	27.6%	9.7%	*0.1%

Wed - 12/14/2011																
MS Breakfast	Total	80														
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
YOGURT PARFAIT, Strawberry	1 Each	25	44	3	27	0.42	0.16	62.2	38	7	7.14	1.83	8.21	0.58	0.36	*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	1 Each	60	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	11	0	21	0.18	0.72	23.9	48	9	0.98	0.19	2.44	0.12	0.01	0.00
BREAD WH, Tst Cinnamon	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
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	30	76	0	6	1.31	0.57	11.6	20	4	0.23	1.25	16.41	0.52	0.09	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	50	14	0	0	0.19	0.11	3.3	270	18	3.85	0.29	3.58	0.07	0.01	0.00
JUICE, Grape 100% 4oz Cart	1 Each	40	40	0	8	0.00	0.00	0.0	0	0	0.0	0.5	9.0	0.0	0.00	0.00
COM_FRUIT MIX, w/Lt Syr 1/2c	1/2 cup	50	28	0	3	0.61	0.15	2.4	5	100	1.58	0.21	7.23	0.04	0.00	0.00
CHOICE OF MILK	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
MILK, Skim, Chocolate	Each	15	17	1	23	0.00	0.00	46.9	94	19	0.23	1.69	2.44	0.0	0.00	0.00
MILK, 1% White 8oz	Each	65	85	8	104	0.00	0.00	248.8	415	83	1.99	6.63	9.95	2.07	1.24	0.00

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

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values
MS 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)
Weighted Daily Average			600	132	814	3.45	4.25	505.0	1071	260	15.98	29.98	78.06	18.91	7.14	*0.00
% of Calories												20.0%	52.0%	28.4%	10.7%	*0.0%

Thu - 12/15/2011																
MS Breakfast	Total	80														
FEATURE ENTREE	1 EACH	35	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 Ham w/CH SC B 2.2	1 Each	35	122	109	253	0.44	0.77	79.2	173	36	0.0	7.18	9.67	6.22	2.41	*0.00
FEATURED BREAKFAST SANDW ICH	1 Each	35	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	35	124	11	292	0.87	0.78	58.9	104	21	0.06	6.13	13.82	4.82	1.64	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	11	0	21	0.18	0.72	23.9	48	9	0.98	0.19	2.44	0.12	0.01	0.00
BREAD WH, Tst Cinnamon	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
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	30	76	0	6	1.31	0.57	11.6	20	4	0.23	1.25	16.41	0.52	0.09	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	55	66	0	1	1.92	0.19	3.7	47	6	6.43	0.81	16.89	0.24	0.08	*N/A*
JUICE, Apple 100% 4oz Cart	1 Each	40	30	0	8	0.00	0.00	0.0	0	0	0.0	0.0	7.0	0.0	0.00	0.00
COM_PEACHES, Diced w/syrup1/2	1/2 Cup	50	31	0	3	0.74	0.21	1.9	11	206	1.39	0.26	8.45	0.02	0.00	0.00
CHOICE OF MILK	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
MILK, Skim, Chocolate	Each	15	17	1	23	0.00	0.00	46.9	94	19	0.23	1.69	2.44	0.0	0.00	0.00
MILK, 1% White 8oz	Each	65	85	8	104	0.00	0.00	248.8	415	83	1.99	6.63	9.95	2.07	1.24	0.00
Weighted Daily Average			562	129	711	5.46	3.24	474.8	912	383	11.31	24.13	87.07	14.02	5.47	*0.00
% of Calories												17.2%	62.0%	22.4%	8.8%	*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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MS 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)
Fri - 12/16/2011																
MS Breakfast	Total	80														
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
MUFFIN, Bluebry SC 3.6oz LF	1 Each	20	54	0	101	0.12	0.28	0.3	2	0	0.11	0.76	12.09	0.4	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 MUFFIN Ham AP Egg w/CH	1 Each	50	173	83	548	0.62	1.56	135.9	184	23	0.0	9.86	16.3	7.97	2.67	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	11	0	21	0.18	0.72	23.9	48	9	0.98	0.19	2.44	0.12	0.01	0.00
BREAD WH, Tst Cinnamon	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
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	30	76	0	6	1.31	0.57	11.6	20	4	0.23	1.25	16.41	0.52	0.09	0.00
FRUIT AND VEGETABLE CART	1 EACH	140	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	55	64	0	30	1.69	0.39	16.9	6354	605	68.95	1.58	15.33	0.36	0.10	*N/A*
JUICE, Orange-Pine 4oz Cart	1 Each	40	30	0	10	0.00	0.00	0.0	0	0	15.0	0.5	6.5	0.0	0.00	0.00
COM_APPLESAUCE, Canned 1/2c	1/2 cup	50	34	0	1	0.98	0.23	2.6	23	1	0.98	0.14	9.0	0.04	0.01	0.00
CHOICE OF MILK	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
MILK, Skim, Chocolate	Each	15	17	1	23	0.00	0.00	46.9	94	19	0.23	1.69	2.44	0.0	0.00	0.00
MILK, 1% White 8oz	Each	65	85	8	104	0.00	0.00	248.8	415	83	1.99	6.63	9.95	2.07	1.24	0.00
Weighted Daily Average			544	92	844	4.90	3.74	487.0	7139	745	88.47	22.60	90.45	11.48	4.12	*0.00
% of Calories											16.6%	66.6%	19.0%	6.8%	*0.0%	
Mon - 12/19/2011																
MS Breakfast	Total	80														
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
CORN DOG Bkfst, Mpl Tky WG 1.0	1 Each	20	43	4	128	0.75	0.36	0.0	0	0	0.0	2.25	5.25	1.5	0.38	0.00
POTATO, HB Triangle	1 Each	20	33	1	68	0.50	0.09	0.0	0	0	0.6	0.5	4.0	1.75	0.62	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	55	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	55	214	82	631	0.69	1.09	80.7	202	26	0.0	6.68	17.58	12.53	7.41	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	10	0.09	0.36	11.9	24	5	0.49	0.09	1.22	0.06	0.00	0.00
BREAD WH, Tst Cinnamon	Each	5	7	0	10	0.06	0.05	2.3	10	2	0.0	0.17	0.99	0.27	0.12	*0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	30	76	0	6	1.31	0.57	11.6	20	4	0.23	1.25	16.41	0.52	0.09	0.00
FRUIT AND VEGETABLE CART	1 EACH	135	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	45	24	0	0	1.21	0.05	20.2	114	23	26.92	0.48	5.95	0.06	0.01	0.00
JUICE, Fruit Bld 100% 4oz Cart	1 Each	40	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	45	25	0	2	0.68	0.12	2.0	0	0	0.31	0.08	6.5	0.01	0.00	0.00
CHOICE OF MILK	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
MILK, 1% White 8oz	Each	15	20	2	24	0.00	0.00	57.4	96	19	0.46	1.53	2.3	0.48	0.29	0.00
MILK, Skim, Chocolate	1 Each	65	73	4	102	0.00	0.00	203.1	406	81	0.98	7.31	10.56	0.0	0.00	0.00
Weighted Daily Average			548	93	986	5.30	2.69	389.4	872	160	31.79	20.35	77.75	17.18	8.91	*0.00
% of Calories											14.8%	56.7%	28.2%	14.6%	*0.0%	

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Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values MS 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)
Tue - 12/20/2011																
MS Breakfast	Total	80														
FEATURE ENTREE	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
BISCUIT LG, w/Sau Gvy AP	1 Each	45	206	14	746	0.56	1.01	34.6	0	0	0.0	7.82	23.87	7.84	1.96	*1.96
FEATURED BREAKFAST SANDW ICH	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
BKS MUFFIN Bacon AP Egg w/CH	1 Each	30	102	47	250	0.37	0.87	81.5	110	14	0.0	4.58	9.59	5.15	1.79	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	10	0.09	0.36	11.9	24	5	0.49	0.09	1.22	0.06	0.00	0.00
BREAD WH, Tst Cinnamon	Each	5	7	0	10	0.06	0.05	2.3	10	2	0.0	0.17	0.99	0.27	0.12	*0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	30	76	0	6	1.31	0.57	11.6	20	4	0.23	1.25	16.41	0.52	0.09	0.00
FRUIT AND VEGETABLE CART	1 EACH	145	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	25	0	0	1.14	0.06	2.9	26	2	2.19	0.12	6.58	0.08	0.01	*N/A*
JUICE, Orange 100% 4oz Cart	1 Each	30	19	0	6	0.00	0.00	0.0	0	0	15.75	0.38	4.88	0.0	0.00	0.00
PINEAPPLE, Tidbits w/Juice1/2c	1/2 cup	30	23	0	3	0.34	0.16	6.0	16	3	3.15	0.34	5.7	0.0	0.00	0.00
CHOICE OF MILK	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
MILK, 1% White 8oz	Each	30	39	4	48	0.00	0.00	114.8	191	38	0.92	3.06	4.59	0.96	0.57	0.00
MILK, Skim, Chocolate	1 Each	50	56	3	78	0.00	0.00	156.2	313	62	0.75	5.62	8.12	0.0	0.00	0.00
Weighted Daily Average			558	68	1159	3.88	3.08	422.0	710	131	23.49	23.44	81.96	14.87	4.55	*1.96
% of Calories												16.8%	58.7%	24.0%	7.3%	*3.2%

Wed - 12/21/2011																
MS Breakfast	Total	80														
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
PANCAKES, AP W 3ea	3 pancake	40	115	5	195	1.50	0.72	20.0	0	0	0.0	2.5	20.5	3.0	0.50	0.00
COND PC Syrup 1oz PPI/Sysco	Packet	40	40	0	10	0.00	0.00	0.0	0	0	0.0	0.0	10.0	0.0	0.00	0.00
FEATURED BREAKFAST SANDW ICH	1 Each	35	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	1 Each	35	145	59	581	0.44	0.86	9.3	62	3	0.0	7.57	11.41	7.31	4.05	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	10	0.09	0.36	11.9	24	5	0.49	0.09	1.22	0.06	0.00	0.00
BREAD WH, Tst Cinnamon	Each	5	7	0	10	0.06	0.05	2.3	10	2	0.0	0.17	0.99	0.27	0.12	*0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	30	76	0	6	1.31	0.57	11.6	20	4	0.23	1.25	16.41	0.52	0.09	0.00
FRUIT AND VEGETABLE CART	1 EACH	145	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	14	0	0	0.19	0.11	3.3	270	18	3.85	0.29	3.58	0.07	0.01	0.00
JUICE, Grape100% 4oz Cup	1 Each	40	40	0	8	0.00	0.00	0.0	0	0	0.0	0.5	9.07	0.0	0.00	0.00
COM_FRUIT MIX, w/Lt Syr 1/2c	1/2 cup	40	22	0	3	0.48	0.12	1.9	4	80	1.26	0.17	5.78	0.03	0.00	0.00
CHOICE OF MILK	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
MILK, 1% White 8oz	Each	30	39	4	48	0.00	0.00	114.8	191	38	0.92	3.06	4.59	0.96	0.57	0.00
MILK, Skim, Chocolate	1 Each	50	56	3	78	0.00	0.00	156.2	313	62	0.75	5.62	8.12	0.0	0.00	0.00

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Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values
MS 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)
Weighted Daily Average			560	71	950	4.07	2.79	331.5	894	212	7.50	21.24	91.69	12.22	5.34	*0.00
% of Calories												15.2%	65.4%	19.6%	8.6%	*0.0%

Thu - 12/22/2011																
MS Breakfast	Total	80														
FEATURE ENTREE	1 EACH	35	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 Waffle	35	83	2	232	0.44	3.94	153.1	0	0	0.0	1.75	13.56	2.62	0.44	0.00
COND PC Syrup 1oz PPI/Sysco	packet	35	35	0	9	0.00	0.00	0.0	0	0	0.0	0.0	8.75	0.0	0.00	0.00
FEATURED BREAKFAST SANDW ICH	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
BKS BAGEL Egg AP w/CH	1 Each	40	146	60	309	0.50	0.98	58.7	147	19	0.0	5.86	17.78	5.86	1.89	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	10	0.09	0.36	11.9	24	5	0.49	0.09	1.22	0.06	0.00	0.00
BREAD WH, Tst Cinnamon	Each	5	7	0	10	0.06	0.05	2.3	10	2	0.0	0.17	0.99	0.27	0.12	*0.00
OATMEAL, CinnRaisin SC 1/2c	1/2 Cup	30	76	0	6	1.31	0.57	11.6	20	4	0.23	1.25	16.41	0.52	0.09	0.00
FRUIT AND VEGETABLE CART	1 EACH	145	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	50	60	0	1	1.75	0.17	3.4	43	5	5.85	0.73	15.35	0.22	0.08	*N/A*
JUICE, Apple 100% 4oz Cup	1 Each	40	30	0	7	0.00	0.00	0.0	0	0	0.0	0.0	7.0	0.0	0.00	0.00
COM_PEACHES, Diced w/syrup1/2	1/2 Cup	40	25	0	2	0.59	0.17	1.5	9	164	1.11	0.21	6.76	0.01	0.00	0.00
CHOICE OF MILK	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
MILK, 1% White 8oz	Each	30	39	4	48	0.00	0.00	114.8	191	38	0.92	3.06	4.59	0.96	0.57	0.00
MILK, Skim, Chocolate	1 Each	50	56	3	78	0.00	0.00	156.2	313	62	0.75	5.62	8.12	0.0	0.00	0.00
Weighted Daily Average			562	69	713	4.74	6.23	513.6	757	300	9.35	18.75	100.55	10.53	3.18	*0.00
% of Calories												13.3%	71.5%	16.9%	5.1%	*0.0%

Weighted Average			561	105	856	4.37	3.77	465.1	1787	298	31.14	23.17	85.20	14.74	5.70	*0.30
												16.5%	60.8%	23.7%	9.1%	*0.5%

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

Carson City School District

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

Nutrient	Menu AVG	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)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	561		554	101%													
Cholesterol (mg)	105																
Sodium (mg)	856																
Fiber (g)	4.37																
Iron (mg)	3.77		3.00	126%													
Calcium (mg)	465.1		257.00	181%													
Vitamin A (IU)	1787		985	181%													
Vitamin A (RE)	298		197	151%													
Vitamin C (mg)	31.14		13.00	240%													
Protein (g)	23.17	16.53%	10.00	232%													
Carbohydrate (g)	85.20	60.79%															
Total Fat (g)	14.74	23.66%	<=30.00%														
Saturated Fat (g)	5.70	9.14%	<10.00%														
Trans Fat (g)	0.30	0.49%				Missing											

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.