

**Richardson I.S.D.**

**Jan 8, 2018 thru Jan 12, 2018**

Planned Menu Spreadsheet

Breakfast in Classroom

Portion Values - Detailed

035 - Dobie 119

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 01/08/2018</b>															
Breakfast in Classroom	Total	240													
Breakfast, CocoPfcR,ApJc&MplGm	1 Each	240	280	280	4.00	7.20	220.0	2300	69.6	29	4.0	60.0	5.0	0.50	0.00
Raisins, Sour Watermelon, Amaz	Pkg.	240	110	10	2.00	0.72	20.0	0	60.0	22	1.0	25.0	0.0	0.00	0.00
Milk, 1% Unflavored	1/2 pint	120	110	131	0.00	0.00	301.2	301	2.41	12	8.03	13.05	2.51	1.51	0.00
Milk, FatFree Chocolate	1/2 pint	120	120	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			505	445	6.00	7.92	540.6	2701	131.41	*66	13.02	101.53	6.26	1.25	0.00
% of Calories										*52.3%	10.3%	80.4%	11.1%	2.2%	0.0%
Nutrient Guideline			400-500	540										<10.00	

<b>Tue - 01/09/2018</b>															
Breakfast in Classroom	Total	240													
Breakfast, CinTstBr,OrJc&ApSce	1 Each	240	260	140	4.00	1.80	300.0	1600	120.0	34	3.0	59.0	3.0	0.50	0.00
Milk, 1% Unflavored	1/2 pint	240	110	131	0.00	0.00	301.2	301	2.41	12	8.03	13.05	2.51	1.51	0.00
Milk, FatFree Chocolate	1/2 pint	120	120	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	120	90	130	0.00	0.00	300.0	500	0.0	*N/A*	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			475	426	4.00	1.80	901.2	2401	123.01	*55	19.53	88.05	5.51	2.01	0.00
% of Calories										*46.3%	16.4%	74.1%	10.4%	3.8%	0.0%
Nutrient Guideline			400-500	540										<10.00	

<b>Wed - 01/10/2018</b>															
Breakfast in Classroom	Total	240													
Breakfast, CinCheCr,OrJc&SunSd	1 Each	240	330	235	2.50	8.28	200.0	1920	64.8	25	6.0	46.0	16.0	1.00	0.00
Apples, Fresh, Whole	1 EACH	240	79	2	3.63	0.18	9.1	82	6.96	*0	0.39	20.88	0.26	0.05	0.00
Milk, 1% Unflavored	1/2 pint	120	110	131	0.00	0.00	301.2	301	2.41	12	8.03	13.05	2.51	1.51	0.00
Milk, FatFree Chocolate	1/2 pint	120	120	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			524	392	6.13	8.46	509.7	2402	73.56	*40	14.41	83.41	17.51	1.80	0.00
% of Calories										*30.6%	11.0%	63.7%	30.1%	3.1%	0.0%
Nutrient Guideline			400-500	540										<10.00	

\*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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Portion Values - Detailed

035 - Dobie 119

Page 2

Generated on: 12/14/2017 2:59:41 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Thu - 01/11/2018</b>															
Breakfast in Classroom	Total	240													
Breakfast, TrixBwl,Strbry&OrJc	1 Each	240	270	200	2.00	5.58	150.0	1750	63.0	29	3.0	58.0	4.5	0.00	0.00
Clementine Oranges,Raw,25ct/5#	1 Each	240	43	0	2.18	0.09	36.3	204	48.26	*N/A*	0.85	10.66	0.11	0.02	0.00
Milk,1% Unflavored	1/2 pint	120	110	131	0.00	0.00	301.2	301	2.41	12	8.03	13.05	2.51	1.51	0.00
Milk, FatFree Chocolate	1/2 pint	120	120	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			428	355	4.18	5.67	486.9	2355	113.07	*44	11.87	85.19	5.86	0.77	0.00
% of Calories										*41.2%	11.1%	79.6%	12.3%	1.6%	0.0%
Nutrient Guideline			400-500	540										<10.00	
<b>Fri - 01/12/2018</b>															
Breakfast in Classroom	Total	240													
Breakfast, CinTstCr,OrJc&HGrah	1 Each	240	280	310	6.00	5.40	300.0	2200	68.4	27	2.0	57.0	6.5	1.50	0.00
Bananas	1 EACH	240	90	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Milk,1% Unflavored	1/2 pint	120	110	131	0.00	0.00	301.2	301	2.41	12	8.03	13.05	2.51	1.51	0.00
Milk, FatFree Chocolate	1/2 pint	120	120	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			485	466	8.63	5.66	605.7	2665	78.99	*54	11.12	96.60	8.09	2.37	0.00
% of Calories										*44.8%	9.2%	79.6%	15.0%	4.4%	0.0%
Nutrient Guideline			400-500	540										<10.00	
Weighted Average			484	417	5.79	5.90	608.8	2505	104.01	*52	13.99	90.95	8.65	1.64	0.00
										*96.6%	11.6%	75.2%	16.1%	3.1%	0.0%

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Page 3

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035 - Dobie 119

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Nutrient	Menu AVG	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	484		400 - 500	100%												
Sodium 1 (mg)	417		540													
Sodium 2 (mg)	417		485													
Fiber (g)	5.79															
Iron (mg)	5.90															
Calcium (mg)	608.8															
Vitamin A (IU)	2505															
Sugars (g)	52	42.94%				Missing										
Vitamin C (mg)	104.01															
Protein (g)	13.99	11.57%														
Carbohydrate (g)	90.95	75.25%														
Total Fat (g)	8.65	16.09%														
Saturated Fat (g)	1.64	3.05%	<10.00%													
Trans Fat <sup>1</sup> (g)	0.00	0.00%														

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