

Richardson I.S.D.

Planned Menu Spreadsheet

Portion Values - Detailed

Aug 21, 2017 thru Sep 1, 2017

Elementary Breakfast /17-18

001 - Central Office

Generated on: 7/27/2017 2:55:40 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 08/21/2017										
Elementary Breakfast /17-18	Total	100								
French Toast/WG/ 144ct, Michea	1 each	60	200	283	2.50	11	7.8	25.0	8.0	1.96
Scrambled Eggs, 1/4C=2M	1/4 Cup	60	92	231	0.02	1	6.55	1.55	6.36	2.29
Cereal, Cheerios, WG/96/case	1 bowl	40	90	120	2.00	1	3.0	17.0	1.5	0.00
Toast, Cinnamon WG Bread, Marg	1 Each	40	108	96	2.07	2	2.07	15.54	4.77	1.87
Applesauce Cup, Unsweet/AnyFlv	1 each	60	60	0	1.00	12	0.0	14.0	0.0	0.00
Juice, Fruit Blend, 4 fl oz	1 Each	60	60	10	0.00	13	0.0	14.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	60	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	40	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	0	0	0	0.00	*N/A*	0.0	0.0	0.0	0.00
Syrup, Pancake, P.C. Condiment	1 Each	60	80	10	0.00	10	0.0	20.0	0.0	0.00
Jelly P.C. 400ct/0.5oz	1 Each	40	35	0	0.00	6	0.0	9.0	0.0	0.00
Weighted Daily Average			487	535	3.74	*44	19.06	73.98	12.63	4.20
% of Calories						*36.1%	15.7%	60.8%	23.4%	7.8%
Nutrient Guideline			400-500	540						<10.00

Tue - 08/22/2017										
Elementary Breakfast /17-18	Total	100								
Breakfast Pizza, WG, Sausage	1 EACH	60	210	430	2.00	9	10.0	25.0	8.0	2.00
Cereal, Rice Chex Bowl Pak	1 each	40	100	250	1.00	2	2.0	24.0	0.5	0.00
Toast, Cinnamon WG Bread, Marg	1 Each	40	108	96	2.07	2	2.07	15.54	4.77	1.87
Orange Wedges, w/Cherries	Servings	60	72	0	3.21	14	1.24	17.45	0.16	0.02
Juice, Apple, 4 fl oz	1 Each	60	60	15	0.00	13	0.0	14.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	60	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	40	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	0	0	0	0.00	*N/A*	0.0	0.0	0.0	0.00
Jelly P.C. 400ct/0.5oz	1 Each	60	35	0	0.00	6	0.0	9.0	0.0	0.00
Weighted Daily Average			408	534	4.35	*39	16.79	67.72	8.51	2.86
% of Calories						*38.3%	16.5%	66.4%	18.8%	6.3%
Nutrient Guideline			400-500	540						<10.00

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Wed - 08/23/2017										
Elementary Breakfast /17-18	Total	100								
Mini Cinnis, pull apart Cinnam	1 Each	60	240	300	2.00	15	5.0	40.0	8.0	2.00
Yogurt, Trix, 4 oz cup	1 Each	40	80	65	0.00	9	4.0	15.0	0.5	0.00
Muffin, ChocChoc, 1G, Otis WG	muffin	40	180	120	2.00	16	3.0	30.0	5.0	2.00
GRAPES,Fresh	1/2C.	60	33	1	0.44	8	0.31	8.43	0.17	0.06
Juice, Orange, 4 fl oz	Carton	60	50	15	0.00	10	1.0	12.0	0.0	0.00
Milk,1% Unflavored	1/2 pint	60	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	40	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	0	0	0	0.00	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average			396	392	2.27	*42	15.01	66.89	8.61	2.94
% of Calories						*42.2%	15.2%	67.6%	19.6%	6.7%
Nutrient Guideline			400-500	540						<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 08/24/2017										
Elementary Breakfast /17-18	Total	100								
Waffle Squares, Krusteaz, 1=1G	Each Square	60	100	260	1.50	1	2.0	16.5	3.5	0.50
Sausage Link, JonesDairy,Trky	Serving of 2	60	70	180	0.00	0	8.0	2.0	4.0	1.00
Cheese Stick, Colby Jack, Land	Stick	40	90	200	0.00	0	7.0	0.0	6.0	4.00
Pop Tart/WGrain/Blueberry 1ct	Single	40	180	180	3.00	15	2.0	38.0	2.5	1.00
Apple Wedges, Red & Green	serving	60	79	2	3.63	*0	0.4	21.01	0.26	0.05
Juice, Fruit Blend, 4 fl oz	1 Each	60	60	10	0.00	13	0.0	14.0	0.0	0.00
Milk,1% Unflavored	1/2 pint	50	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	50	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	0	0	0	0.00	*N/A*	0.0	0.0	0.0	0.00
Syrup, Pancake,P.C. Condiment	1 Each	50	80	10	0.00	10	0.0	20.0	0.0	0.00
Ketchup/p.c. packet	PC pkt	0	0	0	0.00	0	0.0	0.0	0.0	0.00
Weighted Daily Average			429	556	4.28	*32	18.35	69.83	9.31	3.68
% of Calories						*29.6%	17.1%	65.2%	19.5%	7.7%
Nutrient Guideline			400-500	540						<10.00

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Fri - 08/25/2017										
Elementary Breakfast /17-18	Total	100								
Canadian Bacon, Turkey Ham, Je	Serving	50	55	250	0.00	0	7.0	0.0	2.5	1.00
English Muffin, WG, Toasted	1 Each	50	150	287	2.00	1	5.0	24.0	4.83	1.67
Cereal, CinnamonTstCrm/LowSuga	bowl	50	110	160	3.00	6	1.0	22.0	3.0	0.50
Toast, Cinnamon WG Bread, Marg	1 Each	50	108	96	2.07	2	2.07	15.54	4.77	1.87
Bananas	1 EACH	60	90	1	2.63	12	1.1	23.07	0.33	0.11
Juice, Orange, 4 fl oz	Carton	60	50	15	0.00	10	1.0	12.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	60	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	40	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	0	0	0	0.00	*N/A*	0.0	0.0	0.0	0.00
Jelly P.C. 400ct/0.5oz	1 Each	60	35	0	0.00	6	0.0	9.0	0.0	0.00
Ketchup/p.c. packet	PC pkt	0	0	0	0.00	0	0.0	0.0	0.0	0.00
Weighted Daily Average			415	534	5.11	*34	17.22	69.84	9.26	3.49
% of Calories						*32.4%	16.6%	67.3%	20.1%	7.6%
Nutrient Guideline			400-500	540						<10.00

Mon - 08/28/2017										
Elementary Breakfast /17-18	Total	100								
Breakfast Pizza, WG, Sausage	1 EACH	60	210	430	2.00	9	10.0	25.0	8.0	2.00
Yogurt, Trix, 4 oz cup	1 Each	40	80	65	0.00	9	4.0	15.0	0.5	0.00
Nutri-Grain Cereal Bar Strawbe	Each Bar	40	160	150	3.00	14	2.0	29.0	4.0	0.50
Pineapple, Tidbit: w/Cherries	1/2 cup	60	67	1	0.81	16	0.4	16.98	0.08	0.01
Juice, Apple, 4 fl oz	1 Each	60	60	15	0.00	13	0.0	14.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	60	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	40	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	0	0	0	0.00	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average			397	482	2.89	*44	17.06	63.82	8.15	2.31
% of Calories						*44.3%	17.2%	64.4%	18.5%	5.2%
Nutrient Guideline			400-500	540						<10.00

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Tue - 08/29/2017										
Elementary Breakfast /17-18	Total	100								
Omelete/Colby Cheese/144/cs	1 serving	60	130	300	0.00	1	7.0	1.0	10.0	3.50
Crumble, Cinnamon, Buena Vista	1 Each	60	247	254	2.18	18	4.35	38.42	9.42	1.09
Cereal, Cheerios, WG/96/case	1 bowl	40	90	120	2.00	1	3.0	17.0	1.5	0.00
Toast, Cinnamon WG Bread, Marg	1 Each	40	108	96	2.07	2	2.07	15.54	4.77	1.87
Apple Wedges, Red & Green	serving	60	79	2	3.63	*0	0.4	21.01	0.26	0.05
Juice, Orange, 4 fl oz	Carton	60	50	15	0.00	10	1.0	12.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	60	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	40	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	0	0	0	0.00	*N/A*	0.0	0.0	0.0	0.00
Ketchup/p.c. packet	PC pkt	0	0	0	0.00	0	0.0	0.0	0.0	0.00
Jelly P.C. 400ct/0.5oz	1 Each	0	0	0	0.00	0	0.0	0.0	0.0	0.00
Weighted Daily Average			481	557	5.11	*31	18.10	69.11	15.83	4.43
% of Calories						*25.6%	15.1%	57.5%	29.6%	8.3%
Nutrient Guideline			400-500	540						<10.00

Wed - 08/30/2017										
Elementary Breakfast /17-18	Total	100								
Pancake, Mini, DeWafelbakker	1 Each	60	220	340	3.00	15	5.0	36.0	7.0	1.00
Cereal, CinnamonTstCrn/LowSuga	bowl	40	110	160	3.00	6	1.0	22.0	3.0	0.50
Toast, Cinnamon WG Bread, Marg	1 Each	0	0	0	0.00	0	0.0	0.0	0.0	0.00
PEACHES: canned,light syrup	1/2 cup	60	50	5	2.02	10	0.0	12.12	0.0	0.00
Juice, Fruit Blend, 4 fl oz	1 Each	60	60	10	0.00	13	0.0	14.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	60	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	40	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	0	0	0	0.00	*N/A*	0.0	0.0	0.0	0.00
Syrup, Pancake,P.C. Condiment	1 Each	60	80	10	0.00	10	0.0	20.0	0.0	0.00
Jelly P.C. 400ct/0.5oz	1 Each	60	35	0	0.00	6	0.0	9.0	0.0	0.00
Weighted Daily Average			410	411	4.21	*47	11.82	76.10	6.91	1.70
% of Calories						*45.8%	11.5%	74.3%	15.2%	3.7%
Nutrient Guideline			400-500	540						<10.00

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Thu - 08/31/2017										
Elementary Breakfast /17-18	Total	100								
Rolled Tacos, Egg & Cheese	1 Each	60	140	339	1.00	1	6.99	14.97	4.99	1.50
Yogurt, Trix, 4 oz cup	1 Each	40	80	65	0.00	9	4.0	15.0	0.5	0.00
Mini Loaf, Super Bakery, 72ct/	Mini Loaf	40	160	140	1.00	17	3.0	28.0	5.0	1.00
Orange Wedges, w/Cherries	Servings	60	72	0	3.21	14	1.24	17.45	0.16	0.02
Juice, Apple, 4 fl oz	1 Each	60	60	15	0.00	13	0.0	14.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	60	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	40	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	0	0	0	0.00	*N/A*	0.0	0.0	0.0	0.00
Salsa, Mild, Pace Chunky4/138	# 40 dipper	60	8	89	0.00	1	0.0	1.69	0.0	0.00
Weighted Daily Average			362	476	2.92	*40	16.15	58.70	6.80	2.21
% of Calories						*44.1%	17.8%	64.8%	16.9%	5.5%
Nutrient Guideline			400-500	540						<10.00

Fri - 09/01/2017										
Elementary Breakfast /17-18	Total	100								
Mini Waffles, Maple Madness	1 Each	60	210	170	3.00	12	4.0	38.0	6.0	1.00
Cereal, Rice Chex Cinnamon,GF	1 each	40	110	170	0.50	7	1.0	23.0	2.0	0.00
Toast, Cinnamon WG Bread, Marg	1 Each	40	108	96	2.07	2	2.07	15.54	4.77	1.87
Applesauce Cup, Unsweet/AnyFiv	1 each	60	60	0	1.00	12	0.0	14.0	0.0	0.00
Juice, Orange, 4 fl oz	Carton	60	50	15	0.00	10	1.0	12.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	60	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	40	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	0	0	0	0.00	*N/A*	0.0	0.0	0.0	0.00
Syrup, Pancake, P.C. Condiment	1 Each	60	80	10	0.00	10	0.0	20.0	0.0	0.00
Jelly P.C. 400ct/0.5oz	1 Each	60	35	0	0.00	6	0.0	9.0	0.0	0.00
Weighted Daily Average			447	352	3.43	*46	12.65	83.85	7.82	2.25
% of Calories						*40.9%	11.3%	75.1%	15.8%	4.5%
Nutrient Guideline			400-500	540						<10.00

Weighted Average			423	483	3.83	*40	16.22	69.98	9.38	3.01
						*84.5%	15.3%	66.2%	20.0%	6.4%

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Page 6

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Plan Qty % of Target	Cals (kcal) Miss Data	Sodm (mg) Shortfall	Fiber (g) Overage	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Error Messages (if any)
Calories	423		400 - 500	100%									
Sodium (mg)	483		540										
Fiber (g)	3.83				Missing								
Sugars (g)	40	37.56%											
Protein (g)	16.22	15.34%											
Carbohydrate (g)	69.98	66.18%											
Total Fat (g)	9.38	19.96%											
Saturated Fat (g)	3.01	6.40%	<10.00%										

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