

**Richardson I.S.D.**

Planned Menu Spreadsheet

Portion Values - Detailed

**Aug 21, 2017 thru Sep 1, 2017**

HS Breakfast Grades 9-12/17-18

001 - Central Office

Generated on: 7/27/2017 2:57:25 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Mon - 08/21/2017</b>										
HS Breakfast Grades 9-12/17	Total	100								
Rolled Tacos, Egg & Cheese	1 Each	40	140	339	1.00	1	6.99	14.97	4.99	1.50
Pancake, Mini, DeWafelbakker	1 Each	60	220	340	3.00	15	5.0	36.0	7.0	1.00
Applesauce Cup, Unsweet/AnyFlv	1 each	70	60	0	1.00	12	0.0	14.0	0.0	0.00
Juice, Orange, 4 fl oz	Carton	70	50	15	0.00	10	1.0	12.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	20	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	20	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, FatFree Chocolate	1/2 pint	60	120	180	0.00	18	8.0	20.0	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	40	8	89	0.00	1	0.0	1.69	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
Weighted Daily Average			426	551	2.90	*47	14.70	75.48	6.70	1.50
% of Calories						*43.9%	13.8%	70.8%	14.1%	3.2%
Nutrient Guideline			450-600	640						<10.00

<b>Tue - 08/22/2017</b>										
HS Breakfast Grades 9-12/17	Total	100								
Scrambled Eggs, 1/2C=4M	1/2 Cup	50	183	276	0.04	3	13.09	3.1	12.72	4.58
Crumble, Cinnamon, Buena Vista	1 Each	50	247	254	2.18	18	4.35	38.42	9.42	1.09
Cinnamon Roll/WGLoneStar/54/cs	cinn roll	50	260	270	5.00	10	7.0	37.0	10.0	5.00
Orange Wedges, w/Cherries	Servings	70	72	0	3.21	14	1.24	17.45	0.16	0.02
Juice, Apple, 4 fl oz	1 Each	70	60	15	0.00	13	0.0	14.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	20	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	20	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, FatFree Chocolate	1/2 pint	60	120	180	0.00	18	8.0	20.0	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	40	10	25	0.00	2	0.0	2.0	0.0	0.00
Weighted Daily Average			551	580	5.85	*51	21.29	79.09	16.68	5.65
% of Calories						*37.0%	15.5%	57.4%	27.2%	9.2%
Nutrient Guideline			450-600	640						<10.00

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Wed - 08/23/2017</b>										
HS Breakfast Grades 9-12/17	Total	100								
Breakfast Pizza, WG, Sausage	1 EACH	60	210	430	2.00	9	10.0	25.0	8.0	2.00
Cereal, Cocoa Puffs, 25%LessSu	1 bowl	40	110	160	2.00	8	2.0	25.0	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	70	79	2	3.63	*0	0.4	21.01	0.26	0.05
Juice, Fruit Blend, 4 fl oz	1 Each	70	60	10	0.00	13	0.0	14.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	20	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	20	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, FatFree Chocolate	1/2 pint	60	120	180	0.00	18	8.0	20.0	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	50	35	0	0.00	6	0.0	9.0	0.0	0.00
Weighted Daily Average			438	528	5.37	*37	16.11	77.23	7.99	2.28
% of Calories						*33.9%	14.7%	70.5%	16.4%	4.7%
Nutrient Guideline			450-600	640						<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Thu - 08/24/2017</b>										
HS Breakfast Grades 9-12/17	Total	100								
Breakfast on a Stick/Turkey	1 stick	60	170	510	3.00	8	9.0	21.0	6.0	1.50
Yogurt, Trix, 4 oz cup	1 Each	40	80	65	0.00	9	4.0	15.0	0.5	0.00
Granola Bar, Maple Brown Sugar	1 Each	40	140	125	1.00	10	2.0	28.0	2.5	1.00
GRAPES,Fresh	1/2C.	70	33	1	0.44	8	0.31	8.43	0.17	0.06
Juice, Orange, 4 fl oz	Carton	70	50	15	0.00	10	1.0	12.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	20	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	20	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, FatFree Chocolate	1/2 pint	60	120	180	0.00	18	8.0	20.0	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	40	10	25	0.00	2	0.0	2.0	0.0	0.00
Syrup, Pancake,P.C. Condiment	1 Each	40	80	10	0.00	10	0.0	20.0	0.0	0.00
Weighted Daily Average			394	566	2.51	*45	16.92	69.91	5.42	1.64
% of Calories						*46.1%	17.2%	70.9%	12.4%	3.7%
Nutrient Guideline			450-600	640						<10.00

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## Planned Menu Spreadsheet

### Portion Values - Detailed

Page 3

Aug 21, 2017 thru Sep 1, 2017

HS Breakfast Grades 9-12/17-18

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Fri - 08/25/2017</b>										
HS Breakfast Grades 9-12/17	Total	100								
Breakfast Pizza, WG, Sausage	1 EACH	50	210	430	2.00	9	10.0	25.0	8.0	2.00
Mini Donut, Chocolate Enrobed,	Each Pkg	50	300	290	3.00	20	5.0	39.0	13.0	8.00
Bananas	1 EACH	70	90	1	2.63	12	1.1	23.07	0.33	0.11
Juice, Apple, 4 fl oz	1 Each	70	60	15	0.00	13	0.0	14.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	20	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	20	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, FatFree Chocolate	1/2 pint	60	120	180	0.00	18	8.0	20.0	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			470	530	4.34	*48	16.48	74.96	11.24	5.38
% of Calories						*40.7%	14.0%	63.8%	21.5%	10.3%
Nutrient Guideline			450-600	640						<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Mon - 08/28/2017</b>										
HS Breakfast Grades 9-12/17	Total	100								
Canadian Bacon, Turkey Ham, Je	Serving	20	55	250	0.00	0	7.0	0.0	2.5	1.00
English Muffin, WG, Toasted	1 Each	20	150	287	2.00	1	5.0	24.0	4.83	1.67
EnglMuffin/WG/Omelet/CanBacon	sandwich	20	277	675	2.00	2	15.5	25.0	12.75	4.00
Cinnamon Roll/WGLoneStar/54/cs	cinn roll	60	260	270	5.00	10	7.0	37.0	10.0	5.00
Pineapple, Tidbit: w/Cherries	1/2 cup	60	67	1	0.81	16	0.4	16.98	0.08	0.01
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	20	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	20	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, FatFree Chocolate	1/2 pint	60	120	180	0.00	18	8.0	20.0	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	20	35	0	0.00	6	0.0	9.0	0.0	0.00
Weighted Daily Average			440	573	4.29	*39	18.75	68.20	10.56	4.64
% of Calories						*35.4%	17.0%	62.0%	21.6%	9.5%
Nutrient Guideline			450-600	640						<10.00

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Tue - 08/29/2017</b>										
HS Breakfast Grades 9-12/17	Total	100								
Breakfast Pizza, WG, Sausage	1 EACH	50	210	430	2.00	9	10.0	25.0	8.0	2.00
Yogurt, Trix, 4 oz cup	1 Each	50	80	65	0.00	9	4.0	15.0	0.5	0.00
Nutri-Grain Cereal Bar Strawbe	Each Bar	50	160	150	3.00	14	2.0	29.0	4.0	0.50
GRAPES,Fresh	1/2C.	60	33	1	0.44	8	0.31	8.43	0.17	0.06
Juice, Apple, 4 fl oz	1 Each	60	60	15	0.00	13	0.0	14.0	0.0	0.00
Milk, Skim, Unflavored	1/2 pint	20	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk,1% Unflavored	1/2 pint	20	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, FatFree Chocolate	1/2 pint	60	120	180	0.00	18	8.0	20.0	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			391	491	2.77	*44	16.39	64.97	6.86	1.58
% of Calories						*45.2%	16.8%	66.5%	15.8%	3.6%
Nutrient Guideline			450-600	640						<10.00

<b>Wed - 08/30/2017</b>										
HS Breakfast Grades 9-12/17	Total	100								
Waffle Squares, Krusteaz, 1=1G	Each Square	50	100	260	1.50	1	2.0	16.5	3.5	0.50
Sausage Link, JonesDairy,Trky	Serving of 2	50	70	180	0.00	0	8.0	2.0	4.0	1.00
Scrambled Eggs, 1/2C=4M	1/2 Cup	50	183	276	0.04	3	13.09	3.1	12.72	4.58
Toast, WG Bread, Marg	1 Each	50	95	158	1.00	2	3.0	15.0	2.67	0.83
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	20	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	20	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, FatFree Chocolate	1/2 pint	60	120	180	0.00	18	8.0	20.0	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
Margarine, #40, NTF Vegetable	# 40 dipper	0	0	0	0.00	0	0.0	0.0	0.0	0.00
Syrup, Pancake,P.C. Condiment	1 Each	20	80	10	0.00	10	0.0	20.0	0.0	0.00
Ketchup/p.c. packet	PC pkt	20	10	25	0.00	2	0.0	2.0	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			436	610	3.45	*29	21.49	60.71	12.10	3.79
% of Calories						*26.6%	19.7%	55.7%	25.0%	7.8%
Nutrient Guideline			450-600	640						<10.00

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<b>Thu - 08/31/2017</b>										
HS Breakfast Grades 9-12/17	Total	100								
Breakfast Pizza, WG, Sausage	1 EACH	50	210	430	2.00	9	10.0	25.0	8.0	2.00
Mini Donut, Powdered Sugar,	Each Pkg	50	280	290	2.00	22	5.0	42.0	10.0	3.00
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	20	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	20	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, FatFree Chocolate	1/2 pint	60	120	180	0.00	18	8.0	20.0	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			434	528	3.92	*47	16.45	69.38	9.60	2.81
% of Calories						*43.7%	15.2%	63.9%	19.9%	5.8%
Nutrient Guideline			450-600	640						<10.00

<b>Fri - 09/01/2017</b>										
HS Breakfast Grades 9-12/17	Total	100								
Omelete/Colby Cheese/144/cs	1 serving	40	130	300	0.00	1	7.0	1.0	10.0	3.50
Biscuit/Pillsbury/PreBk/FrznEZ	biscuit	40	215	448	1.00	3	5.0	28.0	9.67	5.33
Muffin, Blueberry, 2G, Otis WG	muffin	60	350	240	4.00	29	5.0	57.0	11.0	3.50
Peaches, Canned w/Cherries	1/2 cup	60	77	7	2.74	15	0.0	18.16	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	20	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	20	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, FatFree Chocolate	1/2 pint	60	120	180	0.00	18	8.0	20.0	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	20	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			541	615	4.45	*51	16.61	82.70	14.97	5.93
% of Calories						*37.7%	12.3%	61.1%	24.9%	9.9%
Nutrient Guideline			450-600	640						<10.00

Weighted Average			452	557	3.98	*44	17.52	72.26	10.21	3.52
						*87.3%	15.5%	63.9%	20.3%	7.0%

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Page 6

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			Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)				
Calories	452		450 - 600	100%								
Sodium (mg)	557		640									
Fiber (g)	3.98				Missing							
Sugars (g)	44	38.81%										
Protein (g)	17.52	15.50%										
Carbohydrate (g)	72.26	63.92%										
Total Fat (g)	10.21	20.32%										
Saturated Fat (g)	3.52	7.01%	<10.00%									

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