

Richardson I.S.D.

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Aug 21, 2017 thru Sep 1, 2017

Junior High Breakfast /17-18

001 - Central Office

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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)
Mon - 08/21/2017										
Junior High Breakfast /17-18	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
Nutri-Grain Cereal Bar Strawbe	Each Bar	40	160	150	3.00	14	2.0	29.0	4.0	0.50
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	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	60	10	25	0.00	2	0.0	2.0	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
Weighted Daily Average			434	578	3.60	*52	16.01	77.21	5.90	1.40
% of Calories						*47.7%	14.7%	71.1%	12.2%	2.9%
Nutrient Guideline			400-550	600						<10.00

Tue - 08/22/2017										
Junior High 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
Cinnamon Roll/WGLoneStar/54/cs	cinn roll	40	260	270	5.00	10	7.0	37.0	10.0	5.00
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
Salsa, Mild, Pace Chunky4/138	# 40 dipper	60	8	89	0.00	1	0.0	1.69	0.0	0.00
Weighted Daily Average			382	533	4.52	*37	15.94	60.68	7.59	3.21
% of Calories						*38.8%	16.7%	63.5%	17.9%	7.6%
Nutrient Guideline			400-550	600						<10.00

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Wed - 08/23/2017										
Junior High 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, 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	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	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	40	35	0	0.00	6	0.0	9.0	0.0	0.00
Weighted Daily Average			415	529	5.01	*33	16.67	71.63	7.97	2.28
% of Calories						*32.2%	16.1%	69.1%	17.3%	4.9%
Nutrient Guideline			400-550	600						<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										
Junior High Breakfast /17-18	Total	100								
French Toast/WG/ 144ct, Michea	2 each	60	400	566	5.00	22	15.6	50.0	16.0	3.92
Muffin, Blueberry, 2G, Otis WG	muffin	40	350	240	4.00	29	5.0	57.0	11.0	3.50
Grapes, Fresh, Red Seedless	1/2 cup	60	61	2	0.82	15	0.57	15.56	0.32	0.10
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
Syrup, Pancake,P.C. Condiment	1 Each	60	80	10	0.00	10	0.0	20.0	0.0	0.00
Weighted Daily Average			611	608	5.09	*63	19.91	99.55	14.69	4.12
% of Calories						*41.1%	13.0%	65.2%	21.7%	6.1%
Nutrient Guideline			400-550	600						<10.00

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Fri - 08/25/2017										
Junior High 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
Mini Donut, Chocolate Enrobed,	Each Pkg	40	300	290	3.00	20	5.0	39.0	13.0	8.00
Bananas	1 EACH	60	90	1	2.63	12	1.1	23.07	0.33	0.11
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			446	543	3.98	*44	16.87	69.85	10.70	4.77
% of Calories						*39.7%	15.1%	62.6%	21.6%	9.6%
Nutrient Guideline			400-550	600						<10.00

Mon - 08/28/2017										
Junior High Breakfast /17-18	Total	100								
Pancake, Mini, DeWafelbakker	1 Each	60	220	340	3.00	15	5.0	36.0	7.0	1.00
Pop Tart/WGrain/Blueberry 2ct	2pack	40	360	360	6.00	30	4.0	75.0	4.5	2.00
Pears, Diced, Canned, w/Cherry	1/2 cup	60	90	13	2.58	18	0.0	20.55	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
Syrup, Pancake, P.C. Condiment	1 Each	60	80	10	0.00	10	0.0	20.0	0.0	0.00
Weighted Daily Average			518	530	5.75	*59	13.41	100.14	6.50	1.70
% of Calories						*45.9%	10.3%	77.3%	11.3%	3.0%
Nutrient Guideline			400-550	600						<10.00

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Tue - 08/29/2017										
Junior High Breakfast /17-18	Total	100								
Breakfast Pizza, WG, Sausage	1 EACH	40	210	430	2.00	9	10.0	25.0	8.0	2.00
Yogurt, Trix, 4 oz cup	1 Each	60	80	65	0.00	9	4.0	15.0	0.5	0.00
Mini Loaf, Super Bakery, 72ct/	Mini Loaf	60	160	140	1.00	17	3.0	28.0	5.0	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	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			422	461	3.58	*43	16.64	73.82	7.16	1.73
% of Calories						*40.4%	15.8%	70.0%	15.3%	3.7%
Nutrient Guideline			400-550	600						<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 08/30/2017										
Junior High 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
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
EnglMuffin/WG/Canadian Bacon	sandwich	20	175	500	2.00	1	12.0	24.0	4.0	1.00
Pineapple, Tidbit, Canned, 1/2C	1/2 cup	60	57	1	0.76	14	0.4	14.98	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	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
Syrup, Pancake, P.C. Condiment	1 Each	60	80	10	0.00	10	0.0	20.0	0.0	0.00
Margarine, #40, NTF Vegetable	# 40 dipper	0	0	0	0.00	0	0.0	0.0	0.0	0.00
Jelly P.C. 40Oct/0.5oz	1 Each	60	35	0	0.00	6	0.0	9.0	0.0	0.00
Weighted Daily Average			483	781	2.56	*43	22.35	77.50	9.86	2.74
% of Calories						*35.6%	18.5%	64.2%	18.4%	5.1%
Nutrient Guideline			400-550	600						<10.00

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Thu - 08/31/2017										
Junior High 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
Mini Donut, Powdered Sugar,	Each Pkg	40	280	290	2.00	22	5.0	42.0	10.0	3.00
Grapes, Fresh, Red Seedless	1/2 cup	60	61	2	0.82	15	0.57	15.56	0.32	0.10
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
Weighted Daily Average			415	543	2.49	*45	17.15	65.35	9.49	2.76
% of Calories						*43.1%	16.5%	63.1%	20.6%	6.0%
Nutrient Guideline			400-550	600						<10.00

Fri - 09/01/2017										
Junior High Breakfast /17-18	Total	100								
Omelete/Colby Cheese/144/cs	1 serving	40	130	300	0.00	1	7.0	1.0	10.0	3.50
Crumble, Cinnamon, Buena Vista	1 Each	40	247	254	2.18	18	4.35	38.42	9.42	1.09
Cinnamon Roll/WGLoneStar/54/cs	cinn roll	60	260	270	5.00	10	7.0	37.0	10.0	5.00
Orange Wedges, w/Cherries	Servings	60	72	0	3.21	14	1.24	17.45	0.16	0.02
Juice, Fruit Blend, 4 fl oz	1 Each	60	60	10	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			496	549	5.79	*46	17.69	73.85	14.37	5.15
% of Calories						*36.8%	14.3%	59.6%	26.1%	9.3%
Nutrient Guideline			400-550	600						<10.00

Weighted Average			462	565	4.24	*46	17.26	76.96	9.42	2.99
						*90.5%	14.9%	66.6%	18.4%	5.8%

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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)		
Calories	462		400 - 550	100%	Missing					
Sodium (mg)	565		600							
Fiber (g)	4.24									
Sugars (g)	46	40.22%								
Protein (g)	17.26	14.94%								
Carbohydrate (g)	76.96	66.62%								
Total Fat (g)	9.42	18.36%								
Saturated Fat (g)	2.99	5.81%	<10.00%							

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