

Richardson I.S.D.

Jan 8, 2018 thru Jan 12, 2018

Planned Menu Spreadsheet

Pre-K BIC

Portion Values - Detailed

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	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 ¹ (g)
Mon - 01/08/2018															
Pre-K BIC	Total	130													
Cereal, Cheerios, WG/96/case	1 bowl	130	90	120	2.00	7.20	80.0	400	4.8	1	3.0	17.0	1.5	0.00	0.00
Raisins, Sour Watermelon, Amaz	Pkg.	130	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	130	110	131	0.00	0.00	301.2	301	2.41	12	8.03	13.05	2.51	1.51	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			310	261	4.00	7.92	401.2	701	67.21	*35	12.03	55.05	4.01	1.51	0.00
% of Calories										*45.2%	15.5%	70.9%	11.6%	4.4%	0.0%
Nutrient Guideline			408			2.50	200.00	583	10.83		5.33		<=30.0	<10.00	

Tue - 01/09/2018															
Pre-K BIC	Total	130													
Muffin, ChocChoc, 1G, Otis WG	muffin	130	180	120	2.00	1.44	150.0	100	0.0	16	3.0	30.0	5.0	2.00	0.00
Applesauce Cup, Unsweet/AnyFlv	1 each	130	50	15	1.00	0.00	0.0	60	60.0	12	0.0	14.0	0.0	0.00	0.00
Milk, 1% Unflavored	1/2 pint	130	110	131	0.00	0.00	301.2	301	2.41	12	8.03	13.05	2.51	1.51	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			340	266	3.00	1.44	451.2	461	62.41	*40	11.03	57.05	7.51	3.51	0.00
% of Calories										*47.1%	13.0%	67.0%	19.9%	9.3%	0.0%
Nutrient Guideline			408			2.50	200.00	583	10.83		5.33		<=30.0	<10.00	

Wed - 01/10/2018															
Pre-K BIC	Total	130													
Cereal, Rice Chex Bowl Pak	1 each	130	100	250	1.00	9.00	100.0	500	6.0	2	2.0	24.0	0.5	0.00	0.00
Apples, Fresh, Whole	1 EACH	130	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	130	110	131	0.00	0.00	301.2	301	2.41	12	8.03	13.05	2.51	1.51	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			289	382	4.63	9.18	410.3	883	15.37	*14	10.43	57.93	3.27	1.55	0.00
% of Calories										*19.4%	14.4%	80.2%	10.2%	4.8%	0.0%
Nutrient Guideline			408			2.50	200.00	583	10.83		5.33		<=30.0	<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 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 ¹ (g)
Thu - 01/11/2018															
Pre-K BIC	Total	130													
Mini Loaf, Super Bakery, 72ct/	Mini Loaf	130	160	140	1.00	1.08	0.0	0	0.0	17	3.0	28.0	5.0	1.00	0.00
Clementine Oranges,Raw,25ct/5#	1 Each	130	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	130	110	131	0.00	0.00	301.2	301	2.41	12	8.03	13.05	2.51	1.51	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			313	271	3.18	1.17	337.5	505	50.67	*29	11.89	51.71	7.62	2.52	0.00
% of Calories										*37.1%	15.2%	66.1%	21.9%	7.3%	0.0%
Nutrient Guideline			408			2.50	200.00	583	10.83		5.33		<=30.0	<10.00	

Fri - 01/12/2018															
Pre-K BIC	Total	130													
Cereal, CinnamonTstCrn/LowSuga	bowl	130	110	160	3.00	3.60	200.0	400	4.8	6	1.0	22.0	3.0	0.50	0.00
Bananas	1 EACH	130	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	130	110	131	0.00	0.00	301.2	301	2.41	12	8.03	13.05	2.51	1.51	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			310	292	5.63	3.86	506.3	766	16.00	*30	10.13	58.12	5.84	2.12	0.00
% of Calories										*39.2%	13.1%	74.9%	16.9%	6.1%	0.0%
Nutrient Guideline			408			2.50	200.00	583	10.83		5.33		<=30.0	<10.00	

Weighted Average			313	294	4.09	4.71	421.3	663	42.33	*30	11.10	55.98	5.65	2.24	0.00
										*85.5%	14.2%	71.6%	16.3%	6.5%	0.0%

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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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	313		408	77%			96	Correction Required - Calories are Low								
Sodium 1 (mg)	294								294							
Sodium 2 (mg)	294								294							
Fiber (g)	4.09															
Iron (mg)	4.71		2.50	189%												
Calcium (mg)	421.3		200.00	211%												
Vitamin A (IU)	663		583	114%												
Sugars (g)	30	38.02%			Missing											
Vitamin C (mg)	42.33		10.83	391%												
Protein (g)	11.10	14.20%	5.33	208%												
Carbohydrate (g)	55.98	71.61%														
Total Fat (g)	5.65	16.27%	<=30.00%													
Saturated Fat (g)	2.24	6.45%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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