

Iowa Department of Education

Feb 11, 2013 thru Feb 15, 2013 Spreadsheet - Weighted Values

Jun 6, 2013

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Breakfast K-8

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/11/2013															
Breakfast K-8	Total	2													
FRENCH TOAST STICKS	3 EACH	1	105	58	160	1.50	0.92	42.3	97	20	0.03	4.5	14.5	3.5	0.75
SYRUP, PANCAKE	2 TBSP	1	46	0	18	0.00	0.01	1.0	0	0	0.0	0.0	11.78	0.0	0.00
CEREAL VARIETY WG	1 OZ	1	54	0	82	1.04	2.05	69.4	246	49	4.53	0.71	11.55	0.95	0.11
TOAST, WHOLE-WHEAT BREAD/BUTTER	1 EACH	1	54	5	82	0.75	0.45	25.0	67	13	0.0	1.75	6.5	2.33	1.29
APPLESAUCE, UNSWEETENED	1/2 CUP	2	50	0	15	1.00	1.44	0.0	0	0	2.4	0.0	14.0	0.0	0.00
Juice, variety	1/2 cup	2	67	0	5	0.12	0.05	4.6	17	3	23.94	0.62	16.12	0.05	0.01
MILK SK AND 1%	HALF PINT	2	90	10	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	1.25	0.75
Weighted Daily Average			467	73	482	4.41	4.92	442.3	927	186	32.10	15.57	85.45	8.08	2.90
% of Calories											13.4%	73.3%	15.6%		5.6%
Nutrient Guideline			400-500		540										<10.00
% of Guideline Satisfied			100%												
Shortfall															

Tue - 02/12/2013															
Breakfast K-8	Total	2													
EGG PATTIE GRILLED	1 EACH	1	22	58	60	0.00	0.18	10.0	100	10	0.0	1.5	0.5	1.75	0.50
CHEESE, REDUCED-FAT, BLEND	1/2 OZ	1	19	4	73	0.00	4.50	71.8	23	12	0.0	1.5	0.5	1.12	0.62
ENGLISH MUFFIN THOMAS'	1 EACH	1	60	0	110	1.50	0.72	30.0	0	0	0.0	3.0	11.5	0.5	0.00
CEREAL VARIETY WG	1 OZ	1	54	0	82	1.04	2.05	69.4	246	49	4.53	0.71	11.55	0.95	0.11
TOAST, WHOLE-WHEAT BREAD/BUTTER	1 EACH	1	54	5	82	0.75	0.45	25.0	67	13	0.0	1.75	6.5	2.33	1.29
STRAWBERRIES, FRESH, whole	1/2 CUP	2	23	0	1	1.44	0.30	11.5	9	2	42.34	0.48	5.53	0.22	0.01
Juice, variety	1/2 cup	2	67	0	5	0.12	0.05	4.6	17	3	23.94	0.62	16.12	0.05	0.01
MILK SK AND 1%	HALF PINT	2	90	10	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	1.25	0.75
Weighted Daily Average			390	76	532	4.85	8.25	522.2	961	190	72.01	17.56	63.21	8.18	3.29
% of Calories											18.0%	64.9%	18.9%		7.6%
Nutrient Guideline			400-500		540										<10.00
% of Guideline Satisfied			97%												
Shortfall			10												

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1- denotes optional nutrient values

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Wed - 02/13/2013															
Breakfast K-8	Total	2													
WAFFLE WHOLE GRAIN	2 EACH	1	110	0	240	2.50	0.90	30.0	0	0	0.0	2.5	16.5	4.0	0.75
SYRUP, PANCAKE	2 TBSP	1	46	0	18	0.00	0.01	1.0	0	0	0.0	0.0	11.78	0.0	0.00
CEREAL VARIETY WG	1 OZ	1	54	0	82	1.04	2.05	69.4	246	49	4.53	0.71	11.55	0.95	0.11
TOAST, WHOLE-WHEAT BREAD/B UTTER	1 EACH	1	54	5	82	0.75	0.45	25.0	67	13	0.0	1.75	6.5	2.33	1.29
MELONS, CANTALOUPE, RAW	1/2 CUP	2	27	0	12	0.70	0.16	7.0	2638	251	28.63	0.66	6.36	0.15	0.04
Juice, variety	1/2 cup	2	67	0	5	0.12	0.05	4.6	17	3	23.94	0.62	16.12	0.05	0.01
MILK SK AND 1%	HALF PINT	2	90	10	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	1.25	0.75
Weighted Daily Average			448	15	559	5.11	3.63	437.0	3468	417	58.30	14.23	79.82	8.73	2.94
% of Calories											12.7%	71.3%	17.5%		5.9%
Nutrient Guideline			400-500		540										<10.00
% of Guideline Satisfied			100%												
Shortfall															

Thu - 02/14/2013															
Breakfast K-8	Total	2													
BREAKFAST STICK WG SAUSAGE	1 EACH	1	110	13	225	0.50	0.72	20.0	0	0	0.0	4.0	11.5	5.5	1.50
CEREAL VARIETY WG	1 OZ	1	54	0	82	1.04	2.05	69.4	246	49	4.53	0.71	11.55	0.95	0.11
TOAST, WHOLE-WHEAT BREAD/B UTTER	1 EACH	1	54	5	82	0.75	0.45	25.0	67	13	0.0	1.75	6.5	2.33	1.29
MANDARIN ORANGES, CND, LT SY RUP,	1/2 CUP	2	80	0	15	1.00	0.72	20.0	100	20	24.0	1.0	19.0	0.0	0.00
Juice, variety	1/2 cup	2	67	0	5	0.12	0.05	4.6	17	3	23.94	0.62	16.12	0.05	0.01
MILK SK AND 1%	HALF PINT	2	90	10	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	1.25	0.75
Weighted Daily Average			455	28	529	3.41	3.99	439.0	930	186	53.67	16.07	75.68	10.08	3.65
% of Calories											14.1%	66.5%	19.9%		7.2%
Nutrient Guideline			400-500		540										<10.00
% of Guideline Satisfied			100%												
Shortfall															

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/15/2013															
Breakfast K-8	Total	2													
BREAKFAST BURRITO	1 EACH	1	104	31	283	1.50	0.11	99.8	242	48	0.68	5.32	13.1	3.42	1.53
POTATO WEDGE,LambWestonPP52	1 EACH	1	50	0	165	0.50	0.18	0.0	0	0	0.6	0.5	6.0	2.5	0.75
CEREAL VARIETY WG	1 OZ	1	54	0	82	1.04	2.05	69.4	246	49	4.53	0.71	11.55	0.95	0.11
TOAST,WHOLE-WHEAT BREAD/BUTTER	1 EACH	1	54	5	82	0.75	0.45	25.0	67	13	0.0	1.75	6.5	2.33	1.29
BANANAS	1 EACH	2	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11
Juice,variety	1/2 cup	2	67	0	5	0.12	0.05	4.6	17	3	23.94	0.62	16.12	0.05	0.01
MILK SK AND 1%	HALF PINT	2	90	10	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	1.25	0.75
Weighted Daily Average			509	46	738	6.54	3.11	503.8	1136	222	39.74	18.00	87.35	10.84	4.55
% of Calories												14.1%	68.6%	19.2%	8.0%
Nutrient Guideline			400-500		540										<10.00
% of Guideline Satisfied			102%												
Shortfall			OVER												

Weighted Average			454	47	568	4.87	4.78	468.9	1484	240	51.16	16.29	78.30	9.18	3.47
												14.4%	69.0%	18.2%	6.9%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	454		400 - 500	100%				
Cholesterol (mg)	47							
Sodium (mg)	568		540					
Fiber (g)	4.87							
Iron (mg)	4.78							
Calcium (mg)	468.9							
Vitamin A (IU)	1484							
Vitamin A (RE)	240							
Vitamin C (mg)	51.16							
Protein (g)	16.29	14.36%						
Carbohydrate (g)	78.30	69.03%						
Total Fat (g)	9.18	18.22%						
Saturated Fat (g)	3.47	6.88%	<10.00%					

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