

## Sweetwater Union High School District

### Jul 25, 2011 thru Jul 29, 2011 Spreadsheet - Portion Values

#### 2011-12 BREAKFAST

|                                 | 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) | Tr-Fat <sup>1</sup> (g) |
|---------------------------------|----------------|----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| <b>Mon - 07/25/2011</b>         |                |          |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 2011-12 BREAKFAST               | Total          | 600      |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| CINNAMON ROLL, 3.8 OZ           | 1 EACH         | 200      | 317         | 13          | 152       | 3.80      | 1.82      | 76.0      | 0          | 0          | 0.0        | 5.07      | 49.4     | 11.4      | 1.90      | 0.00                    |
| BURRITO, BEAN AND CHEESE A RIZO | 1 EACH         | 200      | 330         | 17          | 370       | 4.00      | 2.70      | 120.0     | 350        | 70         | 0.0        | 13.0      | 39.0     | 13.0      | 3.00      | 0.00                    |
| CEREAL AND GRAHAM CRACKER       | 1 BOWL & 1 PKG | 200      | 228         | 0           | 276       | 1.87      | 5.48      | 154.4     | 329        | 76         | 5.6        | 3.03      | 42.32    | 5.17      | 1.43      | 0.22                    |
| FRUIT, ASSORTED BOWL (SUMMER)   | 1 EACH         | 600      | 80          | 0           | 1         | 3.08      | 0.30      | 15.3      | 233        | 38         | 14.67      | 1.04      | 20.5     | 0.34      | 0.06      | 0.00                    |
| MILK, 1% LOWFAT                 | 1/2 PT         | 300      | 129         | 16          | 161       | 0.00      | 0.00      | 430.3     | 538        | 108        | 2.58       | 11.83     | 17.21    | 2.69      | 1.61      | 0.00                    |
| MILK FF CHOC                    | 1/2 PINT       | 1        | 130         | 5           | 215       | 0.00      | 0.00      | 250.0     | 500        | 100        | 2.4        | 8.0       | 23.0     | 0.0       | 0.00      | 0.00                    |
| Weighted Daily Average          |                |          | 436         | 18          | 348       | 6.30      | 3.64      | 347.7     | 730        | 141        | 17.83      | 14.00     | 72.72    | 11.54     | 2.98      | 0.07                    |
| % of Calories                   |                |          |             |             |           |           |           |           |            |            |            | 12.8%     | 66.7%    | 23.8%     | 6.1%      | 0.2%                    |
| Nutrient Guideline              |                |          | 618         |             |           |           | 3.40      | 300.00    | 1125       |            | 14.00      | 12.00     |          | <=30.0    | <10.00    |                         |
| % of Guideline Satisfied        |                |          | 71%         |             |           |           | 107%      | 116%      | 65%        |            | 127%       | 117%      |          |           |           |                         |
| Shortfall                       |                |          | 182         |             |           |           |           |           | 395        |            |            |           |          |           |           |                         |

|                                |                |     |     |    |     |      |      |        |      |     |       |       |       |        |        |       |
|--------------------------------|----------------|-----|-----|----|-----|------|------|--------|------|-----|-------|-------|-------|--------|--------|-------|
| <b>Tue - 07/26/2011</b>        |                |     |     |    |     |      |      |        |      |     |       |       |       |        |        |       |
| 2011-12 BREAKFAST              | Total          | 600 |     |    |     |      |      |        |      |     |       |       |       |        |        |       |
| PIZZA, SFS TNY SMARTPZA 4X6 CH | slice          | 200 | 321 | 17 | 978 | 2.14 | 2.83 | 337.5  | 560  | 112 | 0.61  | 18.55 | 35.24 | 12.25  | 4.45   | *N/A* |
| CEREAL AND GRAHAM CRACKER      | 1 BOWL & 1 PKG | 200 | 228 | 0  | 276 | 1.87 | 5.48 | 154.4  | 329  | 76  | 5.6   | 3.03  | 42.32 | 5.17   | 1.43   | 0.22  |
| Yogurt W/Graham Crackers       | 1 Each         | 200 | 359 | 10 | 235 | 0.73 | 1.20 | 408.6  | 0    | 0   | 3.6   | 9.6   | 67.28 | 6.17   | 2.79   | 0.22  |
| JUICE, ORANGE, 4 OZ            | 1 Each         | 600 | 60  | 0  | 0   | 0.00 | 0.00 | 0.0    | 0    | 0   | 30.0  | 1.0   | 14.0  | 0.0    | 0.00   | 0.00  |
| MILK, 1% LOWFAT                | 1/2 PT         | 1   | 129 | 16 | 161 | 0.00 | 0.00 | 430.3  | 538  | 108 | 2.58  | 11.83 | 17.21 | 2.69   | 1.61   | 0.00  |
| MILK FF CHOC                   | 1/2 PINT       | 1   | 130 | 5  | 215 | 0.00 | 0.00 | 250.0  | 500  | 100 | 2.4   | 8.0   | 23.0  | 0.0    | 0.00   | 0.00  |
| Weighted Daily Average         |                |     | 363 | 9  | 497 | 1.58 | 3.17 | 301.3  | 298  | 63  | 33.28 | 11.43 | 62.35 | 7.87   | 2.89   | *0.15 |
| % of Calories                  |                |     |     |    |     |      |      |        |      |     |       | 12.6% | 68.7% | 19.5%  | 7.2%   | *0.4% |
| Nutrient Guideline             |                |     | 618 |    |     |      | 3.40 | 300.00 | 1125 |     | 14.00 | 12.00 |       | <=30.0 | <10.00 |       |
| % of Guideline Satisfied       |                |     | 59% |    |     |      | 93%  | 100%   | 27%  |     | 238%  | 95%   |       |        |        |       |
| Shortfall                      |                |     | 255 |    |     |      | 0.23 |        | 827  |     |       | 0.57  |       |        |        |       |

\*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

<sup>1</sup> - denotes optional nutrient values

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**Sweetwater Union High School District**  
**Jul 25, 2011 thru Jul 29, 2011 Spreadsheet - Portion Values**  
**2011-12 BREAKFAST**

|                                | 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) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|----------------|----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| <b>Wed - 07/27/2011</b>        |                |          |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 2011-12 BREAKFAST              | Total          | 600      |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| MUFFIN, CHOCOLATE CHIP         | 1 EACH         | 200      | 245         | 29          | 12        | 0.80      | 1.00      | 0.1       | 48         | 10         | 0.1        | 3.5       | 38.0     | 6.5       | 0.90      | 0.00                    |
| EGG, SAUSAGE & CHEESE BKF SAND | 1 Each         | 200      | 344         | 147         | 740       | 0.03      | 2.46      | 302.3     | 387        | 58         | 2.42       | 16.5      | 28.15    | 18.93     | 6.69      | 0.20                    |
| CEREAL AND GRAHAM CRACKES      | 1 BOWL & 1 PKG | 200      | 228         | 0           | 276       | 1.87      | 5.48      | 154.4     | 329        | 76         | 5.6        | 3.03      | 42.32    | 5.17      | 1.43      | 0.22                    |
| FRUIT, ASSORTED BOWL (SUMMER)  | 1 EACH         | 600      | 80          | 0           | 1         | 3.08      | 0.30      | 15.3      | 233        | 38         | 14.67      | 1.04      | 20.5     | 0.34      | 0.06      | 0.00                    |
| MILK, 1% LOWFAT                | 1/2 PT         | 600      | 129         | 16          | 161       | 0.00      | 0.00      | 430.3     | 538        | 108        | 2.58       | 11.83     | 17.21    | 2.69      | 1.61      | 0.00                    |
| MILK FF CHOC                   | 1/2 PINT       | 600      | 130         | 5           | 215       | 0.00      | 0.00      | 250.0     | 500        | 100        | 2.4        | 8.0       | 23.0     | 0.0       | 0.00      | 0.00                    |
| Weighted Daily Average         |                |          | 611         | 80          | 720       | 3.98      | 3.28      | 847.9     | 1526       | 293        | 22.35      | 28.55     | 96.87    | 13.23     | 4.68      | 0.14                    |
| % of Calories                  |                |          |             |             |           |           |           |           |            |            |            | 18.7%     | 63.4%    | 19.5%     | 6.9%      | 0.2%                    |
| Nutrient Guideline             |                |          | 618         |             |           |           | 3.40      | 300.00    | 1125       |            | 14.00      | 12.00     |          | <=30.0    | <10.00    |                         |
| % of Guideline Satisfied       |                |          | 99%         |             |           |           | 97%       | 283%      | 136%       |            | 160%       | 238%      |          |           |           |                         |
| Shortfall                      |                |          | 7           |             |           |           | 0.12      |           |            |            |            |           |          |           |           |                         |
| <b>Thu - 07/28/2011</b>        |                |          |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 2011-12 BREAKFAST              | Total          | 600      |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| CINNAMON ROLL, 3.8 OZ          | 1 EACH         | 200      | 317         | 13          | 152       | 3.80      | 1.82      | 76.0      | 0          | 0          | 0.0        | 5.07      | 49.4     | 11.4      | 1.90      | 0.00                    |
| Pizza Bagel                    | 1 Each         | 200      | 192         | 15          | 383       | 0.90      | 1.59      | 217.0     | 365        | 73         | 3.8        | 11.65     | 23.16    | 5.71      | *N/A*     | 0.00                    |
| CEREAL AND GRAHAM CRACKES      | 1 BOWL & 1 PKG | 200      | 228         | 0           | 276       | 1.87      | 5.48      | 154.4     | 329        | 76         | 5.6        | 3.03      | 42.32    | 5.17      | 1.43      | 0.22                    |
| WINTER FRUIT BOWL              | 1 EACH         | 600      | 83          | 0           | 1         | 3.70      | 0.22      | 17.6      | 105        | 11         | 19.17      | 0.79      | 21.75    | 0.24      | 0.05      | *0.00                   |
| MILK, 1% LOWFAT                | 1/2 PT         | 300      | 129         | 16          | 161       | 0.00      | 0.00      | 430.3     | 538        | 108        | 2.58       | 11.83     | 17.21    | 2.69      | 1.61      | 0.00                    |
| MILK FF CHOC                   | 1/2 PINT       | 300      | 130         | 5           | 215       | 0.00      | 0.00      | 250.0     | 500        | 100        | 2.4        | 8.0       | 23.0     | 0.0       | 0.00      | 0.00                    |
| Weighted Daily Average         |                |          | 458         | 20          | 460       | 5.89      | 3.18      | 506.9     | 855        | 164        | 24.79      | 17.29     | 80.15    | 9.01      | *1.97     | *0.07                   |
| % of Calories                  |                |          |             |             |           |           |           |           |            |            |            | 15.1%     | 70.0%    | 17.7%     | *3.9%     | *0.1%                   |
| Nutrient Guideline             |                |          | 618         |             |           |           | 3.40      | 300.00    | 1125       |            | 14.00      | 12.00     |          | <=30.0    | <10.00    |                         |
| % of Guideline Satisfied       |                |          | 74%         |             |           |           | 94%       | 169%      | 76%        |            | 177%       | 144%      |          |           |           |                         |
| Shortfall                      |                |          | 160         |             |           |           | 0.22      |           | 270        |            |            |           |          |           |           |                         |

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

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#### 2011-12 BREAKFAST

|   | 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)    | Tr-Fat <sup>1</sup> (g) |
|---|----------------|----------|-------------|-------------|-----------|-----------|-------------|----------------|-------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| Fri - 07/29/2011                            |                |          |             |             |           |           |             |                |             |            |               |                |                |               |              |                         |
| 2011-12 BREAKFAST                           | Total          | 600      |             |             |           |           |             |                |             |            |               |                |                |               |              |                         |
| BURRITO, CHORIZO & EGG                      | 1 EACH         | 200      | 436         | 212         | 588       | 5.69      | 3.54        | 98.6           | 588         | 118        | 2.35          | 17.08          | 55.68          | 12.18         | 1.67         | 0.00                    |
| CALZONE BREAKFAST                           | 1 EACH         | 200      | 4           | 2           | 9         | 0.02      | 0.04        | 2.0            | 6           | 1          | 0.02          | 0.2            | 0.5            | 0.14          | 0.07         | 0.00                    |
| CEREAL AND GRAHAM CRACKES                   | 1 BOWL & 1 PKG | 200      | 228         | 0           | 276       | 1.87      | 5.48        | 154.4          | 329         | 76         | 5.6           | 3.03           | 42.32          | 5.17          | 1.43         | 0.22                    |
| FRUIT, ASSORTED BOWL (SUMMER)               | 1 EACH         | 600      | 80          | 0           | 1         | 3.08      | 0.30        | 15.3           | 233         | 38         | 14.67         | 1.04           | 20.5           | 0.34          | 0.06         | 0.00                    |
| MILK, 1% LOWFAT                             | 1/2 PT         | 300      | 129         | 16          | 161       | 0.00      | 0.00        | 430.3          | 538         | 108        | 2.58          | 11.83          | 17.21          | 2.69          | 1.61         | 0.00                    |
| MILK FF CHOC                                | 1/2 PINT       | 300      | 130         | 5           | 215       | 0.00      | 0.00        | 250.0          | 500         | 100        | 2.4           | 8.0            | 23.0           | 0.0           | 0.00         | 0.00                    |
| Weighted Daily Average % of Calories        |                |          | 432         | 82          | 480       | 5.61      | 3.32        | 440.4          | 1060        | 207        | 19.81         | 17.73<br>16.4% | 73.44<br>67.9% | 7.51<br>15.6% | 1.92<br>4.0% | 0.07<br>0.2%            |
| Nutrient Guideline % of Guideline Satisfied |                |          | 618<br>70%  |             |           |           | 3.40<br>98% | 300.00<br>147% | 1125<br>94% |            | 14.00<br>142% | 12.00<br>148%  |                | <=30.0        | <10.00       |                         |
| Shortfall                                   |                |          | 186         |             |           |           | 0.08        |                | 65          |            |               |                |                |               |              |                         |

|                  |  |  |     |    |     |      |      |       |     |     |       |                |                |               |                |                |
|------------------|--|--|-----|----|-----|------|------|-------|-----|-----|-------|----------------|----------------|---------------|----------------|----------------|
| Weighted Average |  |  | 460 | 42 | 501 | 4.67 | 3.32 | 488.8 | 894 | 174 | 23.61 | 17.80<br>15.5% | 77.11<br>67.0% | 9.83<br>19.2% | *2.89<br>*5.6% | *0.10<br>*0.2% |
|------------------|--|--|-----|----|-----|------|------|-------|-----|-----|-------|----------------|----------------|---------------|----------------|----------------|

| Nutrient          | Menu AVG | % of Cals | Target   | % of Target | Miss Data | Shortfall | Error Messages (if any)                |
|-------------------|----------|-----------|----------|-------------|-----------|-----------|--|
| Calories          | 460      |           | 618      | 74%         |           | 158       | Correction Required - Calories are Low |
| Cholesterol (mg)  | 42       |           |          |             |           |           |  |
| Sodium (mg)       | 501      |           |          |             |           |           |  |
| Fiber (g)         | 4.67     |           |          |             |           |           |  |
| Iron (mg)         | 3.32     |           | 3.40     | 98%         |           | 0.08      | Correction Required - Iron is Low      |
| Calcium (mg)      | 488.8    |           | 300.00   | 163%        |           |           |  |
| Vitamin A (IU)    | 894      |           | 1125     | 79%         |           | 231       | Correction Required - Vitamin A is Low |
| Vitamin A (RE)    | 174      |           | 225      | 77%         |           | 51        | Correction Required - Vitamin A is Low |
| Vitamin C (mg)    | 23.61    |           | 14.00    | 169%        |           |           |  |
| Protein (g)       | 17.80    | 15.47%    | 12.00    | 148%        |           |           |  |
| Carbohydrate (g)  | 77.11    | 67.00%    |          |             |           |           |  |
| Total Fat (g)     | 9.83     | 19.22%    | <=30.00% |             |           |           |  |
| Saturated Fat (g) | 2.89     | 5.65%     | <10.00%  |             | Missing   |           |  |
| Trans Fat (g)     | 0.10     | 0.20%     |          |             | Missing   |           |  |

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