

Katy ISD

Oct 5, 2009 thru Oct 9, 2009 Spreadsheet - Portion Values Elementary Breakfast

	Portion Size	Cals	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Carb	G T-Fat	G S-Fat
Mon - 10/05/2009									
Elementary Breakfast	Total								
French Toast Sticks	3 each	214	1.48	32.86	205	0.00	28.34	8.22	1.85
Cereal w/ Muffin	serving	268	8.75	117.78	1572	19.67	48.83	6.39	1.08
BANANAS	1 EACH	105	0.31	5.90	76	10.27	26.95	0.39	0.13
Orange Juice	4 oz	60	0.12	11.20	97	48.10	14.00	0.00	0.00
Apple Juice	4 oz.	60	5.76	7.40	47	0.74	15.00	0.00	0.00
Syrup, 1 oz. pc	1 each	74	0.00	30.00	0	0.00	18.38	0.00	0.00
Milk, Fat Free Chocolate	1 cup	150	0.36	300.00	500	2.40	29.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	300.00	500	2.40	11.00	2.50	1.50
Weighted Daily Average		514	7.36	413.49	1462	31.93	95.62	8.68	2.26
% of Calories							74.4%	15.2%	4.0%

Tue - 10/06/2009									
Elementary Breakfast	Total								
Sausage Biscuit	1 each	325	2.34	70.00	100	0.00	33.50	18.00	10.00
Cereal, Elementary	1 cup	90	3.60	70.00	250	4.20	19.00	1.50	0.12
Graham Cinnamon Sticks	1 each	120	1.08	0.00	0	0.00	23.00	2.50	0.50
BANANAS	1 EACH	105	0.31	5.90	76	10.27	26.95	0.39	0.13
Orange Juice	4 oz	60	0.12	11.20	97	48.10	14.00	0.00	0.00
Apple Juice	4 oz.	60	5.76	7.40	47	0.74	15.00	0.00	0.00
Catsup	packet	9	0.05	1.62	84	1.36	2.26	0.03	0.00
JELLY	1 TBSP	51	0.04	1.33	1	0.17	13.29	0.00	0.00
Milk, Fat Free Chocolate	1 cup	150	0.36	300.00	500	2.40	29.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	300.00	500	2.40	11.00	2.50	1.50
Weighted Daily Average		527	5.83	381.11	833	25.73	91.95	12.41	6.11
% of Calories							69.8%	21.2%	10.4%

Wed - 10/07/2009									
Elementary Breakfast	Total								
Pancakes, Mini, Strawberry	1 each	200	1.08	40.00	0	0.00	34.00	6.00	1.00
Cereal, Elementary	1 cup	90	3.60	70.00	250	4.20	19.00	1.50	0.12
Grilled Cheese, WG, EI	.5 each	140	0.72	140.00	425	0.00	16.50	6.00	3.63
BANANAS	1 EACH	105	0.31	5.90	76	10.27	26.95	0.39	0.13
Orange Juice	4 oz	60	0.12	11.20	97	48.10	14.00	0.00	0.00
Apple Juice	4 oz.	60	5.76	7.40	47	0.74	15.00	0.00	0.00
Syrup, 1 oz. pc	1 each	74	0.00	30.00	0	0.00	18.38	0.00	0.00
Milk, Fat Free Chocolate	1 cup	150	0.36	300.00	500	2.40	29.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	300.00	500	2.40	11.00	2.50	1.50
Weighted Daily Average		489	4.94	463.16	911	24.20	91.78	8.13	3.17
% of Calories							75.1%	15.0%	5.8%

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Oct 5, 2009 thru Oct 9, 2009 Spreadsheet - Portion Values Elementary Breakfast

	Portion Size	Cals	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Carb	G T-Fat	G S-Fat
Thu - 10/08/2009									
Elementary Breakfast	Total								
Breakfast Burrito	1 each	320	2.70	80.00	300	1.20	41.00	12.00	3.50
Cereal, Elementary	1 cup	90	3.60	70.00	250	4.20	19.00	1.50	0.12
Apple Cinnamon Mini Loaf	1 each	160	4.50	200.00	1000	0.00	25.00	5.00	1.00
BANANAS	1 EACH	105	0.31	5.90	76	10.27	26.95	0.39	0.13
Orange Juice	4 oz	60	0.12	11.20	97	48.10	14.00	0.00	0.00
Apple Juice	4 oz.	60	5.76	7.40	47	0.74	15.00	0.00	0.00
Picante Sauce, pc	1 each	4	0.18	10.00	100	0.00	0.69	0.06	0.02
Milk, Fat Free Chocolate	1 cup	150	0.36	300.00	500	2.40	29.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	300.00	500	2.40	11.00	2.50	1.50
Weighted Daily Average		489	7.82	493.16	1448	24.80	81.84	10.69	3.13
% of Calories							67.0%	19.7%	5.8%

Fri - 10/09/2009									
Elementary Breakfast	Total								
Poptart w/ String Cheese	serving	283	*1.80	*0.00	*500	*0.00	35.71	10.27	*1.50
Cereal, Elementary	1 cup	90	3.60	70.00	250	4.20	19.00	1.50	0.12
Tac-Go	1 each	190	2.20	76.00	360	0.00	17.00	10.00	3.50
BANANAS	1 EACH	105	0.31	5.90	76	10.27	26.95	0.39	0.13
Orange Juice	4 oz	60	0.12	11.20	97	48.10	14.00	0.00	0.00
Apple Juice	4 oz.	60	5.76	7.40	47	0.74	15.00	0.00	0.00
Picante Sauce, pc	1 each	4	0.18	10.00	100	0.00	0.69	0.06	0.02
Milk, Fat Free Chocolate	1 cup	150	0.36	300.00	500	2.40	29.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	300.00	500	2.40	11.00	2.50	1.50
Weighted Daily Average		485	*6.22	*391.16	*1228	*24.20	75.20	12.32	*3.38
% of Calories							62.0%	22.9%	6.3%

Weighted Average		501	*6.43	*428.42	*1176	*26.17	87.28	10.45	*3.61
							69.7%	18.8%	6.5%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	501		483	104%			
Iron (Mg)	6.43		2.50	257%	Missing		
Calcium (Mg)	428.42		200.00	214%	Missing		
Vitamin A (IU)	1176		792	149%	Missing		
Vitamin C (Mg)	26.17		11.25	233%	Missing		
Carbohydrate (G)	87.28	69.73%	0.00				
Total Fat (G)	10.45	18.78%	<30.00				
Saturated Fat (G)	3.61	6.48%	<10.00		Missing		