

# Katy ISD

## Oct 5, 2009 thru Oct 9, 2009 Spreadsheet - Portion Values Secondary Breakfast

	Portion Size	Cals	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Carb	G T-Fat	G S-Fat
<b>Mon - 10/05/2009</b>									
Secondary Breakfast	Total								
Mini Pancakes w/ Sausage	1 each	322	2.08	63.60	84	10.00	34.32	14.10	3.20
Breakfast Burrito	1 each	320	2.70	80.00	300	1.20	41.00	12.00	3.50
Cereal w/ Apple Cinnamon Loaf	serving	263	8.30	277.78	1322	4.67	46.83	6.39	1.08
BANANAS	1 EACH	105	0.31	5.90	76	10.27	26.95	0.39	0.13
Orange Juice	6 oz	90	0.18	16.80	145	72.15	21.00	0.00	0.00
Apple Juice, 6 oz.	1 each	90	0.50	11.10	71	1.10	22.00	0.00	0.00
Picante Sauce, pc	1 each	4	0.18	10.00	100	0.00	0.69	0.06	0.02
Hot Sauce, Pkt.	each	0	0.00	0.00	0	0.00	0.00	0.00	0.00
Syrup, 1.5 oz pc	1.5 oz.	110	0.00	0.00	0	0.00	27.57	0.00	0.00
Milk, Fat Free Chocolate	1 cup	150	0.36	250.00	500	0.00	28.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	300.00	500	2.40	12.00	2.50	1.50
Milk, Strawberry 1%	1 each	160	0.00	300.00	500	2.40	27.00	2.50	1.50
Weighted Daily Average		647	4.99	445.06	1266	34.73	114.63	12.69	3.66
% of Calories							70.8%	17.6%	5.1%

<b>Tue - 10/06/2009</b>									
Secondary Breakfast	Total								
Sausage Kolache, WG	1 each	140	1.44	60.00	0	0.00	19.00	4.50	1.00
Breakfast Burrito	1 each	320	2.70	80.00	300	1.20	41.00	12.00	3.50
CEREAL, ASSORTED	SERVING	103	3.80	77.78	322	4.67	21.83	1.39	0.08
French Toast Sticks	3 each	214	1.48	32.86	205	0.00	28.34	8.22	1.85
BANANAS	1 EACH	105	0.31	5.90	76	10.27	26.95	0.39	0.13
Orange Juice	6 oz	90	0.18	16.80	145	72.15	21.00	0.00	0.00
Apple Juice, 6 oz.	1 each	90	0.50	11.10	71	1.10	22.00	0.00	0.00
Picante Sauce, pc	1 each	4	0.18	10.00	100	0.00	0.69	0.06	0.02
Syrup, 1.5 oz pc	1.5 oz.	110	0.00	0.00	0	0.00	27.57	0.00	0.00
Hot Sauce, Pkt.	each	0	0.00	0.00	0	0.00	0.00	0.00	0.00
Milk, Fat Free Chocolate	1 cup	150	0.36	250.00	500	0.00	28.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	300.00	500	2.40	12.00	2.50	1.50
Milk, Strawberry 1%	1 each	160	0.00	300.00	500	2.40	27.00	2.50	1.50
Weighted Daily Average		604	3.77	388.15	973	31.39	110.64	10.56	3.21
% of Calories							73.2%	15.7%	4.8%

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## Oct 5, 2009 thru Oct 9, 2009 Spreadsheet - Portion Values Secondary Breakfast

	Portion Size	Cals	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Carb	G T-Fat	G S-Fat
<b>Wed - 10/07/2009</b>									
Secondary Breakfast	Total								
Muffin Sandwich	1 each	310	14.40	200.00	300	0.00	27.00	14.00	5.00
Breakfast Burrito	1 each	320	2.70	80.00	300	1.20	41.00	12.00	3.50
Cereal w/ Bagel	serving	313	6.50	227.78	322	4.67	64.83	2.39	0.08
BANANAS	1 EACH	105	0.31	5.90	76	10.27	26.95	0.39	0.13
Orange Juice	6 oz	90	0.18	16.80	145	72.15	21.00	0.00	0.00
Apple Juice, 6 oz.	1 each	90	0.50	11.10	71	1.10	22.00	0.00	0.00
Picante Sauce, pc	1 each	4	0.18	10.00	100	0.00	0.69	0.06	0.02
JELLY	1 TBSP	51	0.04	1.33	1	0.17	13.29	0.00	0.00
Margarine, PC	1 each	60	0.00	0.00	500	0.00	0.00	7.00	1.50
CREAM CHEESE	1 each	100	0.00	20.00	300	0.00	2.00	10.00	7.00
Hot Sauce, Pkt.	each	0	0.00	0.00	0	0.00	0.00	0.00	0.00
Milk, Fat Free Chocolate	1 cup	150	0.36	250.00	500	0.00	28.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	300.00	500	2.40	12.00	2.50	1.50
Milk, Strawberry 1%	1 each	160	0.00	300.00	500	2.40	27.00	2.50	1.50
Weighted Daily Average		760	8.53	495.19	1806	31.56	105.91	28.32	12.43
% of Calories							55.7%	33.5%	14.7%

<b>Thu - 10/08/2009</b>									
Secondary Breakfast	Total								
Cinnamon Roll, IW	1 each	330	1.44	40.00	0	0.00	44.00	15.00	3.00
Sausage Pattie	2 each	122	1.00	23.60	84	10.00	0.32	8.10	2.20
Breakfast Burrito	1 each	320	2.70	80.00	300	1.20	41.00	12.00	3.50
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	6 oz	90	0.18	16.80	145	72.15	21.00	0.00	0.00
Apple Juice, 6 oz.	1 each	90	0.50	11.10	71	1.10	22.00	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
Picante Sauce, pc	1 each	4	0.18	10.00	100	0.00	0.69	0.06	0.02
Hot Sauce, Pkt.	each	0	0.00	0.00	0	0.00	0.00	0.00	0.00
Milk, Fat Free Chocolate	1 cup	150	0.36	250.00	500	0.00	28.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	300.00	500	2.40	12.00	2.50	1.50
Milk, Strawberry 1%	1 each	160	0.00	300.00	500	2.40	27.00	2.50	1.50
Weighted Daily Average		641	5.34	394.67	1434	41.26	106.61	15.72	4.33
% of Calories							66.5%	22.1%	6.1%

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## Oct 5, 2009 thru Oct 9, 2009 Spreadsheet - Portion Values Secondary Breakfast

	Portion Size	Cals	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Carb	G T-Fat	G S-Fat
Fri - 10/09/2009									
Secondary Breakfast	Total								
Breakfast Pizza-Sec	2 slices	233	1.64	151.09	264	22.00	22.51	11.60	3.34
Breakfast Burrito	1 each	320	2.70	80.00	300	1.20	41.00	12.00	3.50
CEREAL, ASSORTED	SERVING	103	3.80	77.78	322	4.67	21.83	1.39	0.08
Cinnamon Glazed French Toast	1 each	240	2.49	55.28	184	0.00	34.09	7.37	1.38
BANANAS	1 EACH	105	0.31	5.90	76	10.27	26.95	0.39	0.13
Orange Juice	6 oz	90	0.18	16.80	145	72.15	21.00	0.00	0.00
Apple Juice, 6 oz.	1 each	90	0.50	11.10	71	1.10	22.00	0.00	0.00
Syrup, 1.5 oz pc	1.5 oz.	110	0.00	0.00	0	0.00	27.57	0.00	0.00
Picante Sauce, pc	1 each	4	0.18	10.00	100	0.00	0.69	0.06	0.02
Hot Sauce, Pkt.	each	0	0.00	0.00	0	0.00	0.00	0.00	0.00
Milk, Fat Free Chocolate	1 cup	150	0.36	250.00	500	0.00	28.00	0.00	0.00
MILK,1% White	1 cup	100	0.00	300.00	500	2.40	12.00	2.50	1.50
Milk, Strawberry 1%	1 each	160	0.00	300.00	500	2.40	27.00	2.50	1.50
Weighted Daily Average		644	4.17	425.98	1054	38.73	113.72	12.64	3.83
% of Calories							70.6%	17.7%	5.4%

Weighted Average		659	5.36	429.81	1306	35.53	110.30	15.99	5.49
							66.9%	21.8%	7.5%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	659		619	107%			
Iron (Mg)	5.36		3.40	158%			
Calcium (Mg)	429.81		300.00	143%			
Vitamin A (IU)	1306		1125	116%			
Vitamin C (Mg)	35.53		13.75	258%			
Carbohydrate (G)	110.30	66.91%	0.00				
Total Fat (G)	15.99	21.82%	<30.00				
Saturated Fat (G)	5.49	7.49%	<10.00				