

Osseo Area Schools

Sep 6, 2011 thru Sep 6, 2011 Spreadsheet - Portion Values

Aug 19, 2011

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BREAKFAST ITEMS

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 ¹ (g)
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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/06/2011																
BREAKFAST ITEMS	Total	1														
CEREAL,VARIETY	SERVING	1	97	0	98	0.99	4.13	13.4	439	192	9.46	1.33	22.58	0.58	0.30	*0.06
BREAD, WHEAT TOASTED	1 EACH	1	92	1	190	3.00	1.08	40.0	11	2	0.0	4.0	17.0	1.28	0.18	*N/A*
HARD-BOILED EGG	1 EACH	1	78	212	62	0.00	0.60	25.0	293	84	0.0	6.29	0.56	5.31	1.63	*N/A*
YOGURT, 4 OZ MORNINGSTAR	1 EACH	1	120	5	75	0.00	0.00	150.0	0	0	0.0	5.0	24.0	1.0	0.50	0.00
2010																
YOGURT & FRUIT BRKFST PAR	1 EACH	1	281	6	147	3.95	1.39	216.6	531	99	45.98	8.5	57.57	3.03	1.36	*N/A*
FAIT																
BREAKFAST BITES 2010	3 EACH	1	180	20	470	1.00	1.44	20.0	100	20	0.0	8.0	18.0	8.0	2.50	0.00
PIZZA, BREAKFAST TONY'S 2010	1 EACH	1	229	15	678	1.00	1.44	99.7	100	40	0.0	8.97	25.92	10.97	4.49	0.00
CINNAMON BRKFST TASTRIE-S	1 EACH	1	247	2	376	0.98	2.85	49.9	35	7	0.22	4.76	36.79	9.4	0.93	*N/A*
CHWAN																
CINNAMON ROLL WG BAKER BO	1 EACH	1	190	15	300	4.00	1.80	20.0	100	20	0.0	5.0	34.0	4.5	2.00	0.00
BURRITO,BREAKFAST KIDSMA	1 EACH	1	190	10	280	3.00	1.08	60.0	100	20	3.6	8.0	29.0	5.0	1.50	0.00
RT, WW																
BREAKFAST SANDWICH	1 EACH	1	285	144	941	1.84	3.14	211.5	537	107	2.05	15.94	29.86	11.42	4.87	*0.00
SAUSAGE LINK, TURKEY JENNI	1 EACH	1	61	31	122	0.00	0.50	11.8	42	8	0.5	6.24	0.16	4.05	1.10	0.09
E-O																
TURKEY SAUSAGE PATTY, JEN	1 EACH	1	62	31	104	0.00	0.37	20.8	0	0	0.0	6.23	0.0	4.15	1.04	0.00
NIE-0																
SAUSAGE, PATTY BEEF PIERRE	1 EACH	1	84	24	237	0.00	0.61	6.8	7	1	0.0	8.2	0.5	5.2	2.30	0.00
FRENCH TOAST STICKS MRS B	1 EACH	1	75	0	100	0.25	0.45	15.0	0	0	0.0	1.25	10.25	3.0	0.75	0.00
UTTER																
FRENCH TOAST STICK, SMART	2 EACH	1	200	20	190	0.00	2.16	80.0	5202	120	0.0	4.0	28.0	8.0	1.00	0.00
STIX																
FRENCH TOASTIX 2010	1 EACH	1	105	0	125	1.00	1.00	43.5	164	20	1.35	2.0	16.5	3.5	0.50	0.00
BREAKFAST, ULTIMATE ROUND	1 EACH	1	270	0	240	6.00	2.70	40.0	0	0	0.0	4.0	44.0	8.0	3.00	0.00
2011																
PANCAKE, WHOLE WHEAT	1 EACH	1	90	0	95	2.00	72.00	24.0	0	0	0.0	2.0	19.0	1.5	0.00	*N/A*
PANCAKES, MINI	1 EACH	1	20	0	43	0.25	0.22	7.5	0	0	0.0	0.37	3.25	0.63	0.12	*N/A*
PANCAKES, 4" BUTTERMILK, 201	1 EACH	1	70	5	180	0.50	0.63	15.0	0	0	0.0	2.0	12.98	1.0	0.00	0.00
WAFFLE STICK	1 EACH	1	140	0	380	0.00	1.20	49.1	4	1	0.0	4.0	28.0	2.0	0.00	*N/A*
WAFFLE, SNACKENWAFFLES	1 EACH	1	285	42	278	3.97	1.79	79.4	198	40	0.0	4.96	40.68	9.92	3.97	0.00
FRUDEL, FRUIT STRUDEL, 2011	1 EACH	1	210	0	270	2.00	1.08	0.0	0	0	0.0	5.0	36.0	6.0	1.50	0.00
EGG, PATTY SUNNY FRESH	1 EACH	1	45	115	120	0.00	0.40	20.0	275	55	0.0	3.0	1.0	3.5	1.00	*N/A*
EGG, SCRAMBLED	1/4 CUP	1	11	28	31	0.00	0.09	4.1	42	8	0.0	0.85	0.14	0.71	0.21	*N/A*
EGG, CHED CHZ OMELET MICH	1 EACH	1	129	189	259	0.00	0.72	59.7	398	80	0.0	6.96	1.99	10.94	3.48	0.00
AELS																
COTTAGE CHEESE	1/4 CUP	1	41	2	229	0.00	0.08	34.5	23	6	0.0	7.0	1.54	0.58	0.36	*N/A*
RICE, SEASONED BLEND	1/2 CUP	1	104	0	2	1.05	0.75	13.2	0	0	0.0	2.13	22.28	0.52	0.11	*N/A*
CHEESE SLICE, AMERICAN	1 EACH	1	93	18	452	0.00	0.24	162.7	216	62	0.0	5.56	2.07	6.97	4.38	*N/A*

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BREAKFAST ITEMS

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/06/2011																
CHEESE, CREAM	1 TBSP	1	50	16	47	0.00	0.06	14.2	195	55	0.0	0.86	0.59	4.96	2.80	*N/A*
CHEESE LOG, MOZZARELLA	1 OZ	1	64	10	150	0.00	0.07	207.2	112	22	0.0	7.79	0.89	3.06	1.94	*N/A*
CHEESE, STRING MOZZARELLA, IW	1 EACH	1	81	15	192	0.00	0.00	202.5	202	40	0.0	7.09	1.01	5.06	3.04	0.00
BREAKFAST PARFAIT	1 EACH	1	298	6	141	4.60	1.82	241.8	97	21	25.07	9.91	56.48	4.83	1.48	*N/A*
DONUT, YEAST-LVND, GLAZED, ENR(IN	1 EACH	1	239	18	190	1.26	2.25	27.6	14	2	0.72	3.73	30.38	11.46	3.26	*N/A*
FROSTINGS, VANILLA, CREAMY, RTE	1 OZ	1	119	0	52	0.00	0.05	0.9	0	64	0.0	0.0	19.25	4.6	0.84	0.00
FRUITS, ASSORTED FRESH	1/2 CUP	1	62	0	1	2.21	0.20	16.4	259	20	21.15	0.82	15.86	0.22	0.05	*N/A*
FRUIT SAUCE	1/2 CUP	1	66	0	6	1.63	0.34	5.3	153	18	1.94	0.4	17.47	0.03	0.00	*N/A*
BAGELS, PLAIN, ENRICHED	1 EACH	1	182	0	367	1.56	4.30	63.2	0	0	0.71	7.11	35.86	1.15	0.28	0.00
POTATO, TRI TATOR, 2010	1 EACH	1	100	0	220	1.00	0.36	*N/A*	*N/A*	*N/A*	1.2	1.0	12.0	5.0	1.50	0.00
CRACKERS, GRAHAM	2 EACH	1	59	0	67	0.39	0.52	3.4	0	0	0.0	0.97	10.75	1.41	0.21	*N/A*
COOKIE/CRACKER HONEY GRAHAM KS	PKG	1	130	0	95	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	20.0	4.0	0.00	0.00
CRACKERS, ANIMAL	BAG	1	128	0	152	0.41	1.02	123.7	0	0	0.0	1.74	22.27	3.6	1.16	0.05
JUICE, ORANGE CUP	4 FL OZ	1	56	0	1	0.25	0.25	13.6	248	25	62.0	0.87	12.9	0.25	0.03	*N/A*
MILK, 1% LF, SCHROEDER 7/201	1 EACH	1	110	15	110	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, SKIM FF, SCHROEDER 7/2010	1 EACH	1	80	5	130	0.00	0.00	300.0	500	100	0.0	8.0	12.0	0.0	0.00	0.00
MILK, CHOC SKIM SCHROED 7/2010	8 OZ.	1	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, STRAW SKIM SCHROED 7/2010	8 OZ.	1	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
MILK, LACTAID	1 EACH	1	80	5	125	0.00	0.00	500.0	500	100	0.0	8.0	13.0	0.0	0.00	0.00
SYRUP, PANCAKE	1 TBSP	1	46	0	16	0.00	0.01	0.6	0	0	0.0	0.0	12.06	0.0	0.00	*N/A*
SALSA: COMMODITY	1 OZ	1	10	0	122	0.40	0.64	3.4	156	16	1.13	0.43	1.98	0.06	0.01	*N/A*
CINNAMON SUGAR BLEND FOR TOAST	2 TEASP OONS	1	23	0	0	1.38	0.22	26.1	8	1	0.1	0.1	6.29	0.03	0.01	*0.00
JELLY	1 TBSP	1	51	0	6	0.19	0.04	1.3	1	0	0.17	0.03	13.29	0.0	0.00	*N/A*
PEANUT BUTTER	1 TBSP	1	95	0	74	0.97	0.30	6.9	0	0	0.0	4.05	3.15	8.13	1.66	*N/A*
Weighted Daily Average % of Calories			6472	1034	9797	53.03	*118.35	*4251.3	*12761	*1779	*177.35	240.42 14.9%	940.12 58.1%	201.00 28.0%	64.85 9.0%	*0.20 *0.0%

Weighted Average			6472	1034	9797	53.03	*118.35	*4251.3	*12761	*1779	*177.35	240.42 14.9%	940.12 58.1%	201.00 28.0%	64.85 9.0%	*0.20 *0.0%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	6472		554	1168%			
Cholesterol (mg)	1034						
Sodium (mg)	9797						
Fiber (g)	53.03						
Iron (mg)	118.35		2.99	3965%	Missing		
Calcium (mg)	4251.3		253.85	1675%	Missing		
Vitamin A (IU)	12761		971	1314%	Missing		
Vitamin A (RE)	1779		194	916%	Missing		
Vitamin C (mg)	177.35		12.50	1419%	Missing		
Protein (g)	240.42	14.86%	9.59	2508%			
Carbohydrate (g)	940.12	58.10%					
Total Fat (g)	201.00	27.95%	<=30.00%				
Saturated Fat (g)	64.85	9.02%	<10.00%				
Trans Fat (g)	0.20	0.03%			Missing		

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