

WFSD

Cycle No. 26 thru Cycle No. 26 Cycle Spreadsheet - Portion Values Elementary Breakfast

Entree List Elem Breakfast	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)
Elementary Breakfast	Total	1														
WAFFLE, Large Square AP B 2ea	2 Each	1	187	5	522	0.98	3.54	344.5	0	0	0.0	3.94	30.52	5.91	0.98	0.00
BK OMELET, Salsa w/AM SC 2.0	1 Each	1	102	206	256	0.00	0.72	65.7	332	66	0.01	7.39	1.64	6.55	2.77	0.00
BK TACO Egg B 2.0	1 Each	1	170	215	317	0.50	1.31	45.3	292	58	0.07	8.93	15.72	7.33	2.11	0.00
MUFFIN, Bluebry SC 3.6oz LF	1 Each	1	224	0	403	0.42	1.15	1.1	9	1	0.19	3.06	50.4	1.52	0.00	0.00
FRENCH TOAST STICKS, AP W 3	3 Sticks	1	225	0	300	2.25	1.08	45.0	0	0	0.0	4.5	32.25	9.75	2.25	0.00
BKS BAGEL TSaus w/CH	1 Each	1	292	41	665	1.00	1.94	97.9	194	39	0.5	14.77	35.17	9.6	3.63	0.09
YOGURT PARFAIT, Blueberry	1 Each	1	168	8	85	1.44	0.33	193.5	126	22	0.65	5.86	33.86	1.87	1.14	0.00
BKS BAGEL Bacon AP Egg w/CH	1 Each	1	305	119	680	1.00	1.85	103.1	265	53	0.0	13.52	35.58	11.37	4.41	0.00
BKS MUFFIN Egg SC w/CH	1 Each	1	209	117	499	1.00	2.19	179.4	264	53	0.01	10.84	25.15	7.46	3.34	0.00
FRENCH TOAST STICKS, AP W 3	3 Sticks	1	225	0	300	2.25	1.08	45.0	0	0	0.0	4.5	32.25	9.75	2.25	0.00
MUFFIN, AplCinn SC 1.8oz LF	1 Each	1	118	0	203	0.34	0.61	2.3	4	0	0.01	1.53	26.48	0.78	0.01	0.00
PANCAKES, SC W 2ea	2 Each	1	261	74	793	3.54	1.11	85.4	229	46	0.38	10.9	43.13	5.34	0.99	0.00
BKS BAGEL Egg AP w/CH	1 Each	1	267	112	578	1.00	1.85	103.1	265	53	0.0	11.65	35.58	8.1	3.24	0.00
CINN STICK, Orange Glaze B 3ea	3 ea	1	306	0	390	1.73	2.20	4.2	1	0	0.4	6.03	69.16	2.25	0.00	0.00
BAGEL, Wheat 4oz	1 Each	1	300	0	480	6.00	0.00	0.0	0	0	0.0	11.0	63.0	1.0	0.00	0.00
COND PC, Cream Cheese: 1oz	1 each	1	80	30	115	0.00	0.00	40.1	301	60	0.0	1.0	1.0	8.01	5.01	0.00
CEREAL HOT, Assorted	1 Cup	1	213	0	58	3.54	6.00	128.2	7	1	0.56	5.57	42.71	1.96	0.28	0.00
CEREAL ASSORTED, General Mill	1 Each	1	91	0	164	1.45	5.86	176.0	360	72	7.8	1.5	19.82	0.95	0.05	0.00
YOGURT, Assorted 4ozv	1 Each	1	94	6	54	0.00	0.00	180.0	300	60	0.0	4.4	16.2	1.1	0.60	0.20
BREAD W, Tst Cinnamon	slice	1	80	0	130	0.94	0.92	36.2	0	0	0.05	2.73	15.88	0.91	0.20	0.00
APPLES, Fresh Sliced 1/2c	1/2 Cup	1	32	0	1	1.47	0.07	3.7	33	3	2.82	0.16	8.47	0.1	0.01	0.00
BANANA, Fresh Whole 1/2c	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	0.00
ORANGES, Fresh Slices 1/2c	1/2 Cup	1	63	0	0	3.20	0.13	53.4	300	60	70.97	1.25	15.68	0.16	0.01	0.00
JUICE, Apple 100% 4oz Cart	1 Each	1	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
JUICE, Fruit Bld 100% 4oz Cart	1 Each	1	60	0	10	0.00	0.00	0.0	0	0	3.6	0.0	14.0	0.0	0.00	0.00
JUICE, Grape100% 4oz Cart	1 Each	1	80	0	15	0.00	0.00	0.0	0	0	0.0	1.0	18.0	0.0	0.00	0.00
JUICE, Orange 100% 4oz Cart	1 Each	1	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
MILK, 1% White 8oz	1 Each	1	103	12	108	0.00	0.07	291.5	480	145	0.0	8.26	12.23	2.38	1.54	0.00
MILK, Skim 8oz	1 Each	1	90	5	125	0.00	0.00	250.0	500	100	1.2	9.0	13.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	1	157	17	152	1.25	0.60	287.2	489	98	2.25	8.09	26.07	2.5	1.54	0.00
MILK, 1% Strawberry 8oz	1 Each	1	200	10	125	0.00	0.00	290.0	500	100	2.4	8.0	36.0	3.0	1.50	0.00
BANANA, Fresh Petite	1 Each	1	112	0	1	3.27	0.33	6.3	81	10	10.95	1.37	28.75	0.42	0.14	0.00
CANTALOUPE, Fresh 3/8c	3/8 Cup	1	40	0	19	1.07	0.25	10.7	4017	803	43.59	1.0	9.69	0.23	0.06	0.00
HONEYDEW, Melon Fresh 3/8c	3/8 cup	1	23	0	11	0.51	0.11	3.8	32	3	11.48	0.34	5.79	0.09	0.02	0.00
GRAPES, Fresh 3/8c	3/8 Cup	1	44	0	1	0.59	0.19	9.2	66	7	2.63	0.41	11.27	0.23	0.07	0.00
BLUEBERRIES, Frozen 3/8c	3/8 CUP	1	70	0	1	1.90	0.34	5.2	42	3	0.86	0.35	18.93	0.11	0.01	0.00
STRAWBERRIES, Frozen 3/8c	3/8 CUP	1	92	0	3	1.82	0.56	10.5	23	2	39.59	0.51	24.79	0.12	0.01	0.00
Weighted Daily Average			5282	979	7594	47.08	36.65	3102.5	9579	1926	253.75	175.47	918.25	111.17	38.30	0.29
% of Calories												13.3%	69.5%	18.9%	6.5%	0.0%

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
 1 - denotes optional nutrient values

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Weighted Average			5282	979	7594	47.08	36.65	3102.5	9579	1926	253.75	175.47 13.3%	918.25 69.5%	111.17 18.9%	38.30 6.5%	0.29 0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	5282		554	953%			
Cholesterol (mg)	979		150	653%			Correction Required - Cholesterol too High Correction Required - Sodium too High
Sodium (mg)	7594		1000	759%			
Fiber (g)	47.08		3.00	1569%			
Iron (mg)	36.65		3.00	1222%			
Calcium (mg)	3102.5		257.00	1207%			
Vitamin A (IU)	9579		985	973%			
Vitamin A (RE)	1926		197	978%			
Vitamin C (mg)	253.75		13.00	1952%			
Protein (g)	175.47	13.29%	10.00	1755%			
Carbohydrate (g)	918.25	69.54%					
Total Fat (g)	111.17	18.94%	<=30.00%				
Saturated Fat (g)	38.30	6.53%	<10.00%				
Trans Fat (g)	0.29	0.05%					

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NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.