Carrollton-Farmers Branch ISD

Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Breakfast 2011-12

	Portion Size	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)
A-MONDAY															
Elementary Breakfast 2011-1	Total														
Breakfast Pizza (32)	1 each	233	16	600	1.00	1.98	140.0	250	50	0.0	9.0	23.0	11.0	3.00	0.00
Cheese Grits & Cand. Bacon(16)	1/2 servin g+2sl	251	38	584	1.30	1.78	82.8	172	34	1.2	13.71	38.7	4.31	2.21	0.00
Yogurt, Cherry Vanilla	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Peach	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Strawberry	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Cereal, Cheerios, oats	1 EACH	70	0	125	2.00	4.50	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
Cereal, Chex Rice	1 EACH	71	0	171	0.40	6.33	70.4	352	70	4.22	1.31	16.06	0.27	0.06	0.00
Cereal, Kix Corn Puffs	1 EACH	60	0	120	2.00	4.50	80.0	300	60	3.6	1.0	15.0	0.5	0.00	0.00
Cereal, Wheaties, Wheat	1 EACH	80	0	170	2.00	5.40	0.0	300	60	3.6	2.0	19.0	0.5	0.00	0.00
Juice - Orange (55)	1 each	32	0	1	0.00	0.00	0.0	0	0	30.0	0.0	8.0	0.0	0.00	0.00
Juice - Apple (55)	1 each	52	0	5	0.00	0.00	0.0	0	0	30.0	0.0	13.0	0.0	0.00	0.00
Juice - Orange-Mango (55)	1 each	40	0	23	0.00	0.00	0.0	0	0	60.0	0.0	10.0	0.0	0.00	0.00
Raisins (12)	servings	123	0	9	1.89	1.02	18.9	94	19	1.13	0.94	29.29	0.0	0.00	0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		371	15	483	2.55	4.67	577.6	803	211	34.91	15.34	67.99	4.28	1.71	0.00
% of Calories											16.6%	73.4%	10.4%	4.2%	0.0%

A-TUESDAY															
Elementary Breakfast 2011-1	Total														
Kolache, Sausage WG (32)	1 each	139	20	149	1.99	2.69	39.8	298	60	2.39	6.96	18.9	4.48	0.99	*N/A*
Banana Muffin & Boiled Egg(1)	1 EACH	410	254	415	2.00	9.54	82.4	2512	502	27.0	11.98	58.0	15.98	4.00	0.00
Yogurt, Cherry Vanilla	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Peach	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Strawberry	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Cereal, Cheerios, oats	1 EACH	70	0	125	2.00	4.50	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
Cereal, Chex Rice	1 EACH	71	0	171	0.40	6.33	70.4	352	70	4.22	1.31	16.06	0.27	0.06	0.00
Cereal, Kix Corn Puffs	1 EACH	60	0	120	2.00	4.50	80.0	300	60	3.6	1.0	15.0	0.5	0.00	0.00
Cereal, Wheaties, Wheat	1 EACH	80	0	170	2.00	5.40	0.0	300	60	3.6	2.0	19.0	0.5	0.00	0.00
Juice - Orange (55)	1 each	32	0	1	0.00	0.00	0.0	0	0	30.0	0.0	8.0	0.0	0.00	0.00
Juice - Apple (55)	1 each	52	0	5	0.00	0.00	0.0	0	0	30.0	0.0	13.0	0.0	0.00	0.00
Juice - Orange-Mango (55)	1 each	40	0	23	0.00	0.00	0.0	0	0	60.0	0.0	10.0	0.0	0.00	0.00
Peaches (17)	1/2 cup	95	0	8	2.24	0.63	5.6	32	6	4.21	0.78	25.62	0.06	0.00	0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-ASSORTED JELLY	serving	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00

***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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Carrollton-Farmers Branch ISD

Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Breakfast 2011-12

	Portion Size	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)
Weighted Daily Average		381	52	380	2.92	5.99	557.5	1185	287	40.38	14.68	71.11	5.15	1.68	*0.00
% of Calories											15.4%	74.7%	12.2%	4.0%	*0.0%
A-WEDNESDAY															
Elementary Breakfast 2011-1	Total														
Biscuits n Gravy & Sausage(64)	servings	311	36	977	2.00	1.46	170.7	0	0	0.0	14.15	32.81	14.07	9.52	0.00
CranApple Oatmeal &Walnuts(24)	1 each	298	1	169	4.13	1.58	83.8	97	27	0.89	7.77	26.06	19.89	1.98	*0.00
Yogurt, Cherry Vanilla	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Peach	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Strawberry	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Cereal, Cheerios, oats	1 EACH	70	0	125	2.00	4.50	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
Cereal, Chex Rice	1 EACH	71	0	171	0.40	6.33	70.4	352	70	4.22	1.31	16.06	0.27	0.06	0.00
Cereal, Kix Corn Puffs	1 EACH	60	0	120	2.00	4.50	80.0	300	60	3.6	1.0	15.0	0.5	0.00	0.00
Cereal, Wheaties, Wheat	1 EACH	80	0	170	2.00	5.40	0.0	300	60	3.6	2.0	19.0	0.5	0.00	0.00
Juice - Orange (55)	1 each	32	0	1	0.00	0.00	0.0	0	0	30.0	0.0	8.0	0.0	0.00	0.00
Juice - Apple (55)	1 each	52	0	5	0.00	0.00	0.0	0	0	30.0	0.0	13.0	0.0	0.00	0.00
Juice - Orange-Mango (55)	1 each	40	0	23	0.00	0.00	0.0	0	0	60.0	0.0	10.0	0.0	0.00	0.00
Banana (35)	1 each	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		383	12	475	3.37	4.36	579.4	741	198	36.77	15.25	65.97	7.47	2.79	*0.00
% of Calories											15.9%	68.9%	17.6%	6.6%	*0.0%

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Carrollton-Farmers Branch ISD

Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Breakfast 2011-12

	Portion Size	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)
A-THURSDAY															
Elementary Breakfast 2011-1	Total														
Egg, bacon & Cheese Taco (30)	1 EA	249	244	500	2.87	2.05	224.1	459	92	0.33	12.57	23.79	10.18	4.18	0.00
Blueberry Muffin&BoiledEgg(1)	1 EACH	230	229	170	1.00	5.94	122.4	1512	302	15.01	8.96	28.01	9.97	2.99	0.00
Yogurt, Cherry Vanilla	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Peach	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Strawberry	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Cereal, Cheerios, oats	1 EACH	70	0	125	2.00	4.50	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
Cereal, Chex Rice	1 EACH	71	0	171	0.40	6.33	70.4	352	70	4.22	1.31	16.06	0.27	0.06	0.00
Cereal, Kix Corn Puffs	1 EACH	60	0	120	2.00	4.50	80.0	300	60	3.6	1.0	15.0	0.5	0.00	0.00
Cereal, Wheaties, Wheat	1 EACH	80	0	170	2.00	5.40	0.0	300	60	3.6	2.0	19.0	0.5	0.00	0.00
Juice - Orange (55)	1 each	32	0	1	0.00	0.00	0.0	0	0	30.0	0.0	8.0	0.0	0.00	0.00
Juice - Apple (55)	1 each	52	0	5	0.00	0.00	0.0	0	0	30.0	0.0	13.0	0.0	0.00	0.00
Juice - Orange-Mango (55)	1 each	40	0	23	0.00	0.00	0.0	0	0	60.0	0.0	10.0	0.0	0.00	0.00
Pineapple Chunks (16)	1/2 CUP	92	0	15	0.00	0.55	0.0	0	0	23.09	0.0	23.09	0.0	0.00	0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-SALSA	2 OZ	20	0	243	0.77	1.27	6.8	311	62	2.27	0.85	3.96	0.11	0.02	0.00
CONDIMENT-ASSORTED JELLY	serving	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average		371	85	440	2.46	5.47	594.7	1089	268	43.14	15.05	66.95	5.11	2.05	0.00
% of Calories											16.2%	72.1%	12.4%	5.0%	0.0%

A-FRIDAY															
Elementary Breakfast 2011-1	Total														
Spanish Frittata & Toast (24)	1 each	231	213	403	2.18	1.95	318.4	838	171	7.4	15.57	20.33	9.31	3.87	0.00
Peach& Cr Oatmeal &Walnuts(24)	1 EACH	290	1	175	4.05	1.69	98.0	119	34	1.15	8.24	23.97	19.75	1.98	*0.00
Yogurt, Cherry Vanilla	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Peach	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Strawberry	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Cereal, Cheerios, oats	1 EACH	70	0	125	2.00	4.50	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
Cereal, Chex Rice	1 EACH	71	0	171	0.40	6.33	70.4	352	70	4.22	1.31	16.06	0.27	0.06	0.00
Cereal, Kix Corn Puffs	1 EACH	60	0	120	2.00	4.50	80.0	300	60	3.6	1.0	15.0	0.5	0.00	0.00
Cereal, Wheaties, Wheat	1 EACH	80	0	170	2.00	5.40	0.0	300	60	3.6	2.0	19.0	0.5	0.00	0.00
Juice - Orange (55)	1 each	32	0	1	0.00	0.00	0.0	0	0	30.0	0.0	8.0	0.0	0.00	0.00
Juice - Apple (55)	1 each	52	0	5	0.00	0.00	0.0	0	0	30.0	0.0	13.0	0.0	0.00	0.00
Juice - Orange-Mango (55)	1 each	40	0	23	0.00	0.00	0.0	0	0	60.0	0.0	10.0	0.0	0.00	0.00
Grapefruit Wedges (2)	wedges	81	0	0	2.77	0.23	30.2	2334	30	86.6	1.59	20.34	0.25	0.04	*N/A*
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-SALSA	2 OZ	20	0	243	0.77	1.27	6.8	311	62	2.27	0.85	3.96	0.11	0.02	0.00

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Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Breakfast 2011-12

	Portion Size	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)
Weighted Daily Average		370	42	421	3.55	4.67	613.8	1503	244	57.88	15.83	63.52	6.65	1.84	*0.00
% of Calories											17.1%	68.7%	16.2%	4.5%	*0.0%
B-MONDAY															
Elementary Breakfast 2011-1	Total														
Cheese Omelet and Toast (32)	1 EACH	175	195	368	0.93	1.33	121.7	376	75	0.0	10.79	14.93	8.93	3.00	0.00
Cheese Grits & Cand. Bacon(16)	1/2 servin g+2sl	251	38	584	1.30	1.78	82.8	172	34	1.2	13.71	38.7	4.31	2.21	0.00
Yogurt, Cherry Vanilla	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Peach	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Strawberry	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Cereal, Cheerios, oats	1 EACH	70	0	125	2.00	4.50	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
Cereal, Chex Rice	1 EACH	71	0	171	0.40	6.33	70.4	352	70	4.22	1.31	16.06	0.27	0.06	0.00
Cereal, Kix Corn Puffs	1 EACH	60	0	120	2.00	4.50	80.0	300	60	3.6	1.0	15.0	0.5	0.00	0.00
Cereal, Wheaties, Wheat	1 EACH	80	0	170	2.00	5.40	0.0	300	60	3.6	2.0	19.0	0.5	0.00	0.00
Juice - Orange (55)	1 each	32	0	1	0.00	0.00	0.0	0	0	30.0	0.0	8.0	0.0	0.00	0.00
Juice - Apple (55)	1 each	52	0	5	0.00	0.00	0.0	0	0	30.0	0.0	13.0	0.0	0.00	0.00
Juice - Orange-Mango (55)	1 each	40	0	23	0.00	0.00	0.0	0	0	60.0	0.0	10.0	0.0	0.00	0.00
Raisins (12)	servings	123	0	9	1.89	1.02	18.9	94	19	1.13	0.94	29.29	0.0	0.00	0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-ASSORTED JELLY	serving	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average		367	45	445	2.54	4.57	574.6	824	215	34.91	15.64	68.15	3.93	1.71	0.00
% of Calories											17.1%	74.3%	9.6%	4.2%	0.0%

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Elementary Breakfast 2011-12

	Portion Size	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)
B-TUESDAY															
Elementary Breakfast 2011-1	Total														
Chorizo Taco (32)	1 each	189	15	567	1.99	1.43	99.4	199	40	0.0	8.95	21.87	6.96	3.48	0.00
Banana Muffin & Boiled Egg(1)	1 EACH	410	254	415	2.00	9.54	82.4	2512	502	27.0	11.98	58.0	15.98	4.00	0.00
Yogurt, Cherry Vanilla	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Peach	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Strawberry	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Cereal, Cheerios, oats	1 EACH	70	0	125	2.00	4.50	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
Cereal, Chex Rice	1 EACH	71	0	171	0.40	6.33	70.4	352	70	4.22	1.31	16.06	0.27	0.06	0.00
Cereal, Kix Corn Puffs	1 EACH	60	0	120	2.00	4.50	80.0	300	60	3.6	1.0	15.0	0.5	0.00	0.00
Cereal, Wheaties, Wheat	1 EACH	80	0	170	2.00	5.40	0.0	300	60	3.6	2.0	19.0	0.5	0.00	0.00
Juice - Orange (55)	1 each	32	0	1	0.00	0.00	0.0	0	0	30.0	0.0	8.0	0.0	0.00	0.00
Juice - Apple (55)	1 each	52	0	5	0.00	0.00	0.0	0	0	30.0	0.0	13.0	0.0	0.00	0.00
Juice - Orange-Mango (55)	1 each	40	0	23	0.00	0.00	0.0	0	0	60.0	0.0	10.0	0.0	0.00	0.00
Peaches (17)	1/2 cup	95	0	8	2.24	0.63	5.6	32	6	4.21	0.78	25.62	0.06	0.00	0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-ASSORTED JELLY	serving	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00
CONDIMENT-SALSA	2 OZ	20	0	243	0.77	1.27	6.8	311	62	2.27	0.85	3.96	0.11	0.02	0.00
Weighted Daily Average		392	51	490	3.05	5.99	568.6	1220	294	40.36	15.15	72.26	5.58	2.10	0.00
% of Calories											15.4%	73.7%	12.8%	4.8%	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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Carrollton-Farmers Branch ISD

Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Breakfast 2011-12

	Portion Size	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)
B-WEDNESDAY															
Elementary Breakfast 2011-1	Total														
Scrambled Egg with Toast (20)	#8 scoop+ 1 sli	215	310	409	0.93	1.98	217.5	618	124	0.45	14.69	17.74	9.49	3.15	0.00
CranApple Oatmeal &Walnuts(24)	1 each	298	1	169	4.13	1.58	83.8	97	27	0.89	7.77	26.06	19.89	1.98	*0.00
Yogurt, Cherry Vanilla	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Peach	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Strawberry	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Cereal, Cheerios, oats	1 EACH	70	0	125	2.00	4.50	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
Cereal, Chex Rice	1 EACH	71	0	171	0.40	6.33	70.4	352	70	4.22	1.31	16.06	0.27	0.06	0.00
Cereal, Kix Corn Puffs	1 EACH	60	0	120	2.00	4.50	80.0	300	60	3.6	1.0	15.0	0.5	0.00	0.00
Cereal, Wheaties, Wheat	1 EACH	80	0	170	2.00	5.40	0.0	300	60	3.6	2.0	19.0	0.5	0.00	0.00
Juice - Orange (55)	1 each	32	0	1	0.00	0.00	0.0	0	0	30.0	0.0	8.0	0.0	0.00	0.00
Juice - Apple (55)	1 each	52	0	5	0.00	0.00	0.0	0	0	30.0	0.0	13.0	0.0	0.00	0.00
Juice - Orange-Mango (55)	1 each	40	0	23	0.00	0.00	0.0	0	0	60.0	0.0	10.0	0.0	0.00	0.00
Banana (35)	1 each	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-ASSORTED JELLY	serving	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average		373	58	380	3.19	4.45	587.3	844	219	36.85	15.34	64.95	6.71	1.73	*0.00
% of Calories											16.4%	69.6%	16.2%	4.2%	*0.0%

B-THURSDAY															
Elementary Breakfast 2011-1	Total														
Egg & Cheese Eng. Muffin (48)	1 each	239	180	596	3.02	2.22	205.9	410	82	0.0	15.04	28.65	7.51	2.75	0.00
Blueberry Muffin&BoiledEgg(1)	1 EACH	230	229	170	1.00	5.94	122.4	1512	302	15.01	8.96	28.01	9.97	2.99	0.00
Yogurt, Cherry Vanilla	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Peach	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Strawberry	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Cereal, Cheerios, oats	1 EACH	70	0	125	2.00	4.50	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
Cereal, Chex Rice	1 EACH	71	0	171	0.40	6.33	70.4	352	70	4.22	1.31	16.06	0.27	0.06	0.00
Cereal, Kix Corn Puffs	1 EACH	60	0	120	2.00	4.50	80.0	300	60	3.6	1.0	15.0	0.5	0.00	0.00
Cereal, Wheaties, Wheat	1 EACH	80	0	170	2.00	5.40	0.0	300	60	3.6	2.0	19.0	0.5	0.00	0.00
Juice - Orange (55)	1 each	32	0	1	0.00	0.00	0.0	0	0	30.0	0.0	8.0	0.0	0.00	0.00
Juice - Apple (55)	1 each	52	0	5	0.00	0.00	0.0	0	0	30.0	0.0	13.0	0.0	0.00	0.00
Juice - Orange-Mango (55)	1 each	40	0	23	0.00	0.00	0.0	0	0	60.0	0.0	10.0	0.0	0.00	0.00
Pineapple Chunks (16)	1/2 CUP	92	0	15	0.00	0.55	0.0	0	0	23.09	0.0	23.09	0.0	0.00	0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-ASSORTED JELLY	serving	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00

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Carrollton-Farmers Branch ISD

Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Breakfast 2011-12

	Portion Size	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)
Weighted Daily Average		366	74	415	2.36	5.29	590.5	1029	256	42.70	15.32	67.10	4.64	1.80	0.00
% of Calories											16.7%	73.3%	11.4%	4.4%	0.0%
B-FRIDAY															
Elementary Breakfast 2011-1	Total														
Pancakes and Sausage (24)	Servings	271	36	434	4.00	2.17	48.0	0	0	0.0	14.15	39.01	8.07	1.52	0.00
Peach& Cr Oatmeal &Walnuts(24)	1 EACH	290	1	175	4.05	1.69	98.0	119	34	1.15	8.24	23.97	19.75	1.98	*0.00
Yogurt, Cherry Vanilla	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Peach	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Strawberry	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Cereal, Cheerios, oats	1 EACH	70	0	125	2.00	4.50	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
Cereal, Chex Rice	1 EACH	71	0	171	0.40	6.33	70.4	352	70	4.22	1.31	16.06	0.27	0.06	0.00
Cereal, Kix Corn Puffs	1 EACH	60	0	120	2.00	4.50	80.0	300	60	3.6	1.0	15.0	0.5	0.00	0.00
Cereal, Wheaties, Wheat	1 EACH	80	0	170	2.00	5.40	0.0	300	60	3.6	2.0	19.0	0.5	0.00	0.00
Juice - Orange (55)	1 each	32	0	1	0.00	0.00	0.0	0	0	30.0	0.0	8.0	0.0	0.00	0.00
Juice - Apple (55)	1 each	52	0	5	0.00	0.00	0.0	0	0	30.0	0.0	13.0	0.0	0.00	0.00
Juice - Orange-Mango (55)	1 each	40	0	23	0.00	0.00	0.0	0	0	60.0	0.0	10.0	0.0	0.00	0.00
Grapefruit Wedges (2)	wedges	81	0	0	2.77	0.23	30.2	2334	30	86.6	1.59	20.34	0.25	0.04	*N/A*
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-SYRUP	serving	110	0	0	0.00	0.00	0.0	0	0	0.0	0.0	27.0	0.0	0.00	0.00
Weighted Daily Average		391	12	385	3.73	4.49	567.7	1312	205	56.27	15.45	70.47	6.43	1.44	*0.00
% of Calories											15.8%	72.0%	14.8%	3.3%	*0.0%

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Carrollton-Farmers Branch ISD

Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Breakfast 2011-12

	Portion Size	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)
C-MONDAY															
Elementary Breakfast 2011-1	Total														
French Toast (24)	Servings	190	130	330	3.00	2.00	93.0	200	40	0.0	10.0	28.0	4.5	1.00	0.00
Cheese Grits & Cand. Bacon(16)	1/2 servin	251	38	584	1.30	1.78	82.8	172	34	1.2	13.71	38.7	4.31	2.21	0.00
	g+2sl														
Yogurt, Cherry Vanilla	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Peach	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Strawberry	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Cereal, Cheerios, oats	1 EACH	70	0	125	2.00	4.50	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
Cereal, Chex Rice	1 EACH	71	0	171	0.40	6.33	70.4	352	70	4.22	1.31	16.06	0.27	0.06	0.00
Cereal, Kix Corn Puffs	1 EACH	60	0	120	2.00	4.50	80.0	300	60	3.6	1.0	15.0	0.5	0.00	0.00
Cereal, Wheaties, Wheat	1 EACH	80	0	170	2.00	5.40	0.0	300	60	3.6	2.0	19.0	0.5	0.00	0.00
Juice - Orange (55)	1 each	32	0	1	0.00	0.00	0.0	0	0	30.0	0.0	8.0	0.0	0.00	0.00
Juice - Apple (55)	1 each	52	0	5	0.00	0.00	0.0	0	0	30.0	0.0	13.0	0.0	0.00	0.00
Juice - Orange-Mango (55)	1 each	40	0	23	0.00	0.00	0.0	0	0	60.0	0.0	10.0	0.0	0.00	0.00
Raisins (12)	servings	123	0	9	1.89	1.02	18.9	94	19	1.13	0.94	29.29	0.0	0.00	0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-SYRUP	serving	110	0	0	0.00	0.00	0.0	0	0	0.0	0.0	27.0	0.0	0.00	0.00
Weighted Daily Average		382	34	438	2.88	4.68	569.8	794	209	34.91	15.51	73.33	3.20	1.38	0.00
% of Calories											16.2%	76.8%	7.5%	3.3%	0.0%

C-TUESDAY															
Elementary Breakfast 2011-1	Total														
Sausage and Eng. Muffin (48)	1 each	235	36	509	3.02	2.36	110.7	0	0	0.0	17.19	27.17	7.09	1.52	0.00
Banana Muffin & Boiled Egg(1)	1 EACH	410	254	415	2.00	9.54	82.4	2512	502	27.0	11.98	58.0	15.98	4.00	0.00
Yogurt, Cherry Vanilla	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Peach	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Strawberry	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Cereal, Cheerios, oats	1 EACH	70	0	125	2.00	4.50	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
Cereal, Chex Rice	1 EACH	71	0	171	0.40	6.33	70.4	352	70	4.22	1.31	16.06	0.27	0.06	0.00
Cereal, Kix Corn Puffs	1 EACH	60	0	120	2.00	4.50	80.0	300	60	3.6	1.0	15.0	0.5	0.00	0.00
Cereal, Wheaties, Wheat	1 EACH	80	0	170	2.00	5.40	0.0	300	60	3.6	2.0	19.0	0.5	0.00	0.00
Juice - Orange (55)	1 each	32	0	1	0.00	0.00	0.0	0	0	30.0	0.0	8.0	0.0	0.00	0.00
Juice - Apple (55)	1 each	52	0	5	0.00	0.00	0.0	0	0	30.0	0.0	13.0	0.0	0.00	0.00
Juice - Orange-Mango (55)	1 each	40	0	23	0.00	0.00	0.0	0	0	60.0	0.0	10.0	0.0	0.00	0.00
Peaches (17)	1/2 cup	95	0	8	2.24	0.63	5.6	32	6	4.21	0.78	25.62	0.06	0.00	0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-ASSORTED JELLY	serving	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00

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Carrollton-Farmers Branch ISD

Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Breakfast 2011-12

	Portion Size	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)
Weighted Daily Average		397	55	440	3.09	5.93	569.4	1135	277	39.98	16.38	72.49	5.59	1.77	0.00
% of Calories											16.5%	73.1%	12.7%	4.0%	0.0%
C-WEDNESDAY															
Elementary Breakfast 2011-1	Total														
Cheese Toast (24)	slices	141	10	543	1.02	0.73	198.9	300	60	0.0	8.04	17.27	5.02	2.50	0.00
CranApple Oatmeal &Walnuts(24)	1 each	298	1	169	4.13	1.58	83.8	97	27	0.89	7.77	26.06	19.89	1.98	*0.00
Yogurt, Cherry Vanilla	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Peach	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Strawberry	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Cereal, Cheerios, oats	1 EACH	70	0	125	2.00	4.50	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
Cereal, Chex Rice	1 EACH	71	0	171	0.40	6.33	70.4	352	70	4.22	1.31	16.06	0.27	0.06	0.00
Cereal, Kix Corn Puffs	1 EACH	60	0	120	2.00	4.50	80.0	300	60	3.6	1.0	15.0	0.5	0.00	0.00
Cereal, Wheaties, Wheat	1 EACH	80	0	170	2.00	5.40	0.0	300	60	3.6	2.0	19.0	0.5	0.00	0.00
Juice - Orange (55)	1 each	32	0	1	0.00	0.00	0.0	0	0	30.0	0.0	8.0	0.0	0.00	0.00
Juice - Apple (55)	1 each	52	0	5	0.00	0.00	0.0	0	0	30.0	0.0	13.0	0.0	0.00	0.00
Juice - Orange-Mango (55)	1 each	40	0	23	0.00	0.00	0.0	0	0	60.0	0.0	10.0	0.0	0.00	0.00
Banana (35)	1 each	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		355	8	403	3.21	4.24	584.2	791	208	36.77	14.23	63.37	5.96	1.62	*0.00
% of Calories											16.0%	71.4%	15.1%	4.1%	*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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Carrollton-Farmers Branch ISD

Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Breakfast 2011-12

	Portion Size	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)
C-THURSDAY															
Elementary Breakfast 2011-1	Total														
Kolache, Sausage WG (32)	1 each	139	20	149	1.99	2.69	39.8	298	60	2.39	6.96	18.9	4.48	0.99	*N/A*
Blueberry Muffin&BoiledEgg(1)	1 EACH	230	229	170	1.00	5.94	122.4	1512	302	15.01	8.96	28.01	9.97	2.99	0.00
Yogurt, Cherry Vanilla	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Peach	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Strawberry	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Cereal, Cheerios, oats	1 EACH	70	0	125	2.00	4.50	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
Cereal, Chex Rice	1 EACH	71	0	171	0.40	6.33	70.4	352	70	4.22	1.31	16.06	0.27	0.06	0.00
Cereal, Kix Corn Puffs	1 EACH	60	0	120	2.00	4.50	80.0	300	60	3.6	1.0	15.0	0.5	0.00	0.00
Cereal, Wheaties, Wheat	1 EACH	80	0	170	2.00	5.40	0.0	300	60	3.6	2.0	19.0	0.5	0.00	0.00
Juice - Orange (55)	1 each	32	0	1	0.00	0.00	0.0	0	0	30.0	0.0	8.0	0.0	0.00	0.00
Juice - Apple (55)	1 each	52	0	5	0.00	0.00	0.0	0	0	30.0	0.0	13.0	0.0	0.00	0.00
Juice - Orange-Mango (55)	1 each	40	0	23	0.00	0.00	0.0	0	0	60.0	0.0	10.0	0.0	0.00	0.00
Pineapple Chunks (16)	1/2 CUP	92	0	15	0.00	0.55	0.0	0	0	23.09	0.0	23.09	0.0	0.00	0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-ASSORTED JELLY	serving	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average		350	48	341	2.19	5.37	562.8	1010	252	43.10	13.98	65.48	4.14	1.51	*0.00
% of Calories											16.0%	74.9%	10.6%	3.9%	*0.0%

C-FRIDAY															
Elementary Breakfast 2011-1	Total														
Ham & Cheese Eng. Muffin (48)	1 each	204	23	532	3.02	1.81	211.9	158	32	0.6	14.09	27.67	5.29	1.77	0.00
Peach& Cr Oatmeal &Walnuts(24)	1 EACH	290	1	175	4.05	1.69	98.0	119	34	1.15	8.24	23.97	19.75	1.98	*0.00
Yogurt, Cherry Vanilla	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Peach	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Strawberry	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Cereal, Cheerios, oats	1 EACH	70	0	125	2.00	4.50	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
Cereal, Chex Rice	1 EACH	71	0	171	0.40	6.33	70.4	352	70	4.22	1.31	16.06	0.27	0.06	0.00
Cereal, Kix Corn Puffs	1 EACH	60	0	120	2.00	4.50	80.0	300	60	3.6	1.0	15.0	0.5	0.00	0.00
Cereal, Wheaties, Wheat	1 EACH	80	0	170	2.00	5.40	0.0	300	60	3.6	2.0	19.0	0.5	0.00	0.00
Juice - Orange (55)	1 each	32	0	1	0.00	0.00	0.0	0	0	30.0	0.0	8.0	0.0	0.00	0.00
Juice - Apple (55)	1 each	52	0	5	0.00	0.00	0.0	0	0	30.0	0.0	13.0	0.0	0.00	0.00
Juice - Orange-Mango (55)	1 each	40	0	23	0.00	0.00	0.0	0	0	60.0	0.0	10.0	0.0	0.00	0.00
Grapefruit Wedges (2)	wedges	81	0	0	2.77	0.23	30.2	2334	30	86.6	1.59	20.34	0.25	0.04	*N/A*
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-ASSORTED JELLY	serving	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00

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[1] - denotes optional nutrient values

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Carrollton-Farmers Branch ISD

Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Breakfast 2011-12

	Portion Size	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)
Weighted Daily Average		368	10	402	3.56	4.43	595.0	1338	210	56.37	15.44	65.58	5.96	1.48	*0.00
% of Calories											16.8%	71.4%	14.6%	3.6%	*0.0%

D-MONDAY															
Elementary Breakfast 2011-1	Total														
Breakfast Pizza (32)	1 each	233	16	600	1.00	1.98	140.0	250	50	0.0	9.0	23.0	11.0	3.00	0.00
Cheese Grits & Cand. Bacon(16)	1/2 servin g+2sl	251	38	584	1.30	1.78	82.8	172	34	1.2	13.71	38.7	4.31	2.21	0.00
Yogurt, Cherry Vanilla	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Peach	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Strawberry	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Cereal, Cheerios, oats	1 EACH	70	0	125	2.00	4.50	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
Cereal, Chex Rice	1 EACH	71	0	171	0.40	6.33	70.4	352	70	4.22	1.31	16.06	0.27	0.06	0.00
Cereal, Kix Corn Puffs	1 EACH	60	0	120	2.00	4.50	80.0	300	60	3.6	1.0	15.0	0.5	0.00	0.00
Cereal, Wheaties, Wheat	1 EACH	80	0	170	2.00	5.40	0.0	300	60	3.6	2.0	19.0	0.5	0.00	0.00
Juice - Orange (55)	1 each	32	0	1	0.00	0.00	0.0	0	0	30.0	0.0	8.0	0.0	0.00	0.00
Juice - Apple (55)	1 each	52	0	5	0.00	0.00	0.0	0	0	30.0	0.0	13.0	0.0	0.00	0.00
Juice - Orange-Mango (55)	1 each	40	0	23	0.00	0.00	0.0	0	0	60.0	0.0	10.0	0.0	0.00	0.00
Raisins (12)	servings	123	0	9	1.89	1.02	18.9	94	19	1.13	0.94	29.29	0.0	0.00	0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		371	15	483	2.55	4.67	577.6	803	211	34.91	15.34	67.99	4.28	1.71	0.00
% of Calories											16.6%	73.4%	10.4%	4.2%	0.0%

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Carrollton-Farmers Branch ISD

Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Breakfast 2011-12

	Portion Size	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)
D-TUESDAY															
Elementary Breakfast 2011-1	Total														
Scrambled Egg Sandwich (20)	1 sandwich	285	307	638	2.04	2.78	250.8	542	108	0.28	14.95	32.48	10.43	2.99	0.00
Banana Muffin & Boiled Egg(1)	1 EACH	410	254	415	2.00	9.54	82.4	2512	502	27.0	11.98	58.0	15.98	4.00	0.00
Yogurt, Cherry Vanilla	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Peach	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Strawberry	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Cereal, Cheerios, oats	1 EACH	70	0	125	2.00	4.50	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
Cereal, Chex Rice	1 EACH	71	0	171	0.40	6.33	70.4	352	70	4.22	1.31	16.06	0.27	0.06	0.00
Cereal, Kix Corn Puffs	1 EACH	60	0	120	2.00	4.50	80.0	300	60	3.6	1.0	15.0	0.5	0.00	0.00
Cereal, Wheaties, Wheat	1 EACH	80	0	170	2.00	5.40	0.0	300	60	3.6	2.0	19.0	0.5	0.00	0.00
Juice - Orange (55)	1 each	32	0	1	0.00	0.00	0.0	0	0	30.0	0.0	8.0	0.0	0.00	0.00
Juice - Apple (55)	1 each	52	0	5	0.00	0.00	0.0	0	0	30.0	0.0	13.0	0.0	0.00	0.00
Juice - Orange-Mango (55)	1 each	40	0	23	0.00	0.00	0.0	0	0	60.0	0.0	10.0	0.0	0.00	0.00
Peaches (17)	1/2 cup	95	0	8	2.24	0.63	5.6	32	6	4.21	0.78	25.62	0.06	0.00	0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-ASSORTED JELLY	serving	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average		405	100	461	2.93	6.00	592.7	1226	295	40.03	16.01	73.37	6.14	2.01	0.00
% of Calories											15.8%	72.5%	13.7%	4.5%	0.0%

D-WEDNESDAY															
Elementary Breakfast 2011-1	Total														
Biscuits n Gravy & Sausage(64)	servings	311	36	977	2.00	1.46	170.7	0	0	0.0	14.15	32.81	14.07	9.52	0.00
CranApple Oatmeal &Walnuts(24)	1 each	298	1	169	4.13	1.58	83.8	97	27	0.89	7.77	26.06	19.89	1.98	*0.00
Yogurt, Cherry Vanilla	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Peach	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Strawberry	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Cereal, Cheerios, oats	1 EACH	70	0	125	2.00	4.50	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
Cereal, Chex Rice	1 EACH	71	0	171	0.40	6.33	70.4	352	70	4.22	1.31	16.06	0.27	0.06	0.00
Cereal, Kix Corn Puffs	1 EACH	60	0	120	2.00	4.50	80.0	300	60	3.6	1.0	15.0	0.5	0.00	0.00
Cereal, Wheaties, Wheat	1 EACH	80	0	170	2.00	5.40	0.0	300	60	3.6	2.0	19.0	0.5	0.00	0.00
Juice - Orange (55)	1 each	32	0	1	0.00	0.00	0.0	0	0	30.0	0.0	8.0	0.0	0.00	0.00
Juice - Apple (55)	1 each	52	0	5	0.00	0.00	0.0	0	0	30.0	0.0	13.0	0.0	0.00	0.00
Juice - Orange-Mango (55)	1 each	40	0	23	0.00	0.00	0.0	0	0	60.0	0.0	10.0	0.0	0.00	0.00
Banana (35)	1 each	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		383	12	475	3.37	4.36	579.4	741	198	36.77	15.25	65.97	7.47	2.79	*0.00
% of Calories											15.9%	68.9%	17.6%	6.6%	*0.0%

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Carrollton-Farmers Branch ISD

Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Breakfast 2011-12

	Portion Size	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)
D-THURSDAY															
Elementary Breakfast 2011-1	Total														
Chorizo Taco (32)	1 each	189	15	567	1.99	1.43	99.4	199	40	0.0	8.95	21.87	6.96	3.48	0.00
Blueberry Muffin&BoiledEgg(1)	1 EACH	230	229	170	1.00	5.94	122.4	1512	302	15.01	8.96	28.01	9.97	2.99	0.00
Yogurt, Cherry Vanilla	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Peach	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Strawberry	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Cereal, Cheerios, oats	1 EACH	70	0	125	2.00	4.50	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
Cereal, Chex Rice	1 EACH	71	0	171	0.40	6.33	70.4	352	70	4.22	1.31	16.06	0.27	0.06	0.00
Cereal, Kix Corn Puffs	1 EACH	60	0	120	2.00	4.50	80.0	300	60	3.6	1.0	15.0	0.5	0.00	0.00
Cereal, Wheaties, Wheat	1 EACH	80	0	170	2.00	5.40	0.0	300	60	3.6	2.0	19.0	0.5	0.00	0.00
Juice - Orange (55)	1 each	32	0	1	0.00	0.00	0.0	0	0	30.0	0.0	8.0	0.0	0.00	0.00
Juice - Apple (55)	1 each	52	0	5	0.00	0.00	0.0	0	0	30.0	0.0	13.0	0.0	0.00	0.00
Juice - Orange-Mango (55)	1 each	40	0	23	0.00	0.00	0.0	0	0	60.0	0.0	10.0	0.0	0.00	0.00
Pineapple Chunks (16)	1/2 CUP	92	0	15	0.00	0.55	0.0	0	0	23.09	0.0	23.09	0.0	0.00	0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-SALSA	2 OZ	20	0	243	0.77	1.27	6.8	311	62	2.27	0.85	3.96	0.11	0.02	0.00
CONDIMENT-ASSORTED JELLY	serving	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average		361	47	451	2.32	5.37	573.9	1046	259	43.08	14.45	66.63	4.57	1.93	0.00
% of Calories											16.0%	73.7%	11.4%	4.8%	0.0%

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Carrollton-Farmers Branch ISD

Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Breakfast 2011-12

	Portion Size	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)
D-FRIDAY															
Elementary Breakfast 2011-1	Total														
Spanish Frittata & Toast (24)	1 each	231	213	403	2.18	1.95	318.4	838	171	7.4	15.57	20.33	9.31	3.87	0.00
Peach& Cr Oatmeal &Walnuts(24)	1 EACH	290	1	175	4.05	1.69	98.0	119	34	1.15	8.24	23.97	19.75	1.98	*0.00
Yogurt, Cherry Vanilla	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Peach	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Strawberry	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Cereal, Cheerios, oats	1 EACH	70	0	125	2.00	4.50	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
Cereal, Chex Rice	1 EACH	71	0	171	0.40	6.33	70.4	352	70	4.22	1.31	16.06	0.27	0.06	0.00
Cereal, Kix Corn Puffs	1 EACH	60	0	120	2.00	4.50	80.0	300	60	3.6	1.0	15.0	0.5	0.00	0.00
Cereal, Wheaties, Wheat	1 EACH	80	0	170	2.00	5.40	0.0	300	60	3.6	2.0	19.0	0.5	0.00	0.00
Juice - Orange (55)	1 each	32	0	1	0.00	0.00	0.0	0	0	30.0	0.0	8.0	0.0	0.00	0.00
Juice - Apple (55)	1 each	52	0	5	0.00	0.00	0.0	0	0	30.0	0.0	13.0	0.0	0.00	0.00
Juice - Orange-Mango (55)	1 each	40	0	23	0.00	0.00	0.0	0	0	60.0	0.0	10.0	0.0	0.00	0.00
Grapefruit Wedges (2)	wedges	81	0	0	2.77	0.23	30.2	2334	30	86.6	1.59	20.34	0.25	0.04	*N/A*
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-SALSA	2 OZ	20	0	243	0.77	1.27	6.8	311	62	2.27	0.85	3.96	0.11	0.02	0.00
Weighted Daily Average		370	42	421	3.55	4.67	613.8	1503	244	57.88	15.83	63.52	6.65	1.84	*0.00
% of Calories											17.1%	68.7%	16.2%	4.5%	*0.0%

E-MONDAY															
Elementary Breakfast 2011-1	Total														
Pancakes and Sausage (24)	Servings	271	36	434	4.00	2.17	48.0	0	0	0.0	14.15	39.01	8.07	1.52	0.00
Cheese Grits & Cand. Bacon(16)	1/2 servin g+2sl	251	38	584	1.30	1.78	82.8	172	34	1.2	13.71	38.7	4.31	2.21	0.00
Yogurt, Cherry Vanilla	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Peach	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Strawberry	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Cereal, Cheerios, oats	1 EACH	70	0	125	2.00	4.50	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
Cereal, Chex Rice	1 EACH	71	0	171	0.40	6.33	70.4	352	70	4.22	1.31	16.06	0.27	0.06	0.00
Cereal, Kix Corn Puffs	1 EACH	60	0	120	2.00	4.50	80.0	300	60	3.6	1.0	15.0	0.5	0.00	0.00
Cereal, Wheaties, Wheat	1 EACH	80	0	170	2.00	5.40	0.0	300	60	3.6	2.0	19.0	0.5	0.00	0.00
Juice - Orange (55)	1 each	32	0	1	0.00	0.00	0.0	0	0	30.0	0.0	8.0	0.0	0.00	0.00
Juice - Apple (55)	1 each	52	0	5	0.00	0.00	0.0	0	0	30.0	0.0	13.0	0.0	0.00	0.00
Juice - Orange-Mango (55)	1 each	40	0	23	0.00	0.00	0.0	0	0	60.0	0.0	10.0	0.0	0.00	0.00
Raisins (12)	servings	123	0	9	1.89	1.02	18.9	94	19	1.13	0.94	29.29	0.0	0.00	0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-SYRUP	serving	110	0	0	0.00	0.00	0.0	0	0	0.0	0.0	27.0	0.0	0.00	0.00

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Carrollton-Farmers Branch ISD

Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Breakfast 2011-12

	Portion Size	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)
Weighted Daily Average		395	19	456	3.05	4.71	562.3	761	202	34.91	16.20	75.16	3.79	1.47	0.00
% of Calories											16.4%	76.0%	8.6%	3.3%	0.0%
E-TUESDAY															
Elementary Breakfast 2011-1	Total														
Egg, bacon & Cheese Taco (30)	1 EA	249	244	500	2.87	2.05	224.1	459	92	0.33	12.57	23.79	10.18	4.18	0.00
Banana Muffin & Boiled Egg(1)	1 EACH	410	254	415	2.00	9.54	82.4	2512	502	27.0	11.98	58.0	15.98	4.00	0.00
Yogurt, Cherry Vanilla	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Peach	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Strawberry	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Cereal, Cheerios, oats	1 EACH	70	0	125	2.00	4.50	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
Cereal, Chex Rice	1 EACH	71	0	171	0.40	6.33	70.4	352	70	4.22	1.31	16.06	0.27	0.06	0.00
Cereal, Kix Corn Puffs	1 EACH	60	0	120	2.00	4.50	80.0	300	60	3.6	1.0	15.0	0.5	0.00	0.00
Cereal, Wheaties, Wheat	1 EACH	80	0	170	2.00	5.40	0.0	300	60	3.6	2.0	19.0	0.5	0.00	0.00
Juice - Orange (55)	1 each	32	0	1	0.00	0.00	0.0	0	0	30.0	0.0	8.0	0.0	0.00	0.00
Juice - Apple (55)	1 each	52	0	5	0.00	0.00	0.0	0	0	30.0	0.0	13.0	0.0	0.00	0.00
Juice - Orange-Mango (55)	1 each	40	0	23	0.00	0.00	0.0	0	0	60.0	0.0	10.0	0.0	0.00	0.00
Peaches (17)	1/2 cup	95	0	8	2.24	0.63	5.6	32	6	4.21	0.78	25.62	0.06	0.00	0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-ASSORTED JELLY	serving	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00
CONDIMENT-SALSA	2 OZ	20	0	243	0.77	1.27	6.8	311	62	2.27	0.85	3.96	0.11	0.02	0.00
Weighted Daily Average		402	89	479	3.19	6.09	589.4	1264	303	40.42	15.75	72.58	6.12	2.21	0.00
% of Calories											15.7%	72.2%	13.7%	5.0%	0.0%

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Carrollton-Farmers Branch ISD

Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Breakfast 2011-12

	Portion Size	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)
E-WEDNESDAY															
Elementary Breakfast 2011-1	Total														
Scrambled Egg with Toast (20)	#8 scoop+ 1 sli	215	310	409	0.93	1.98	217.5	618	124	0.45	14.69	17.74	9.49	3.15	0.00
CranApple Oatmeal &Walnuts(24)	1 each	298	1	169	4.13	1.58	83.8	97	27	0.89	7.77	26.06	19.89	1.98	*0.00
Yogurt, Cherry Vanilla	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Peach	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Strawberry	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Cereal, Cheerios, oats	1 EACH	70	0	125	2.00	4.50	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
Cereal, Chex Rice	1 EACH	71	0	171	0.40	6.33	70.4	352	70	4.22	1.31	16.06	0.27	0.06	0.00
Cereal, Kix Corn Puffs	1 EACH	60	0	120	2.00	4.50	80.0	300	60	3.6	1.0	15.0	0.5	0.00	0.00
Cereal, Wheaties, Wheat	1 EACH	80	0	170	2.00	5.40	0.0	300	60	3.6	2.0	19.0	0.5	0.00	0.00
Juice - Orange (55)	1 each	32	0	1	0.00	0.00	0.0	0	0	30.0	0.0	8.0	0.0	0.00	0.00
Juice - Apple (55)	1 each	52	0	5	0.00	0.00	0.0	0	0	30.0	0.0	13.0	0.0	0.00	0.00
Juice - Orange-Mango (55)	1 each	40	0	23	0.00	0.00	0.0	0	0	60.0	0.0	10.0	0.0	0.00	0.00
Banana (35)	1 each	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-ASSORTED JELLY	serving	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average		373	58	380	3.19	4.45	587.3	844	219	36.85	15.34	64.95	6.71	1.73	*0.00
% of Calories											16.4%	69.6%	16.2%	4.2%	*0.0%

E-THURSDAY															
Elementary Breakfast 2011-1	Total														
Sausage and Eng. Muffin (48)	1 each	235	36	509	3.02	2.36	110.7	0	0	0.0	17.19	27.17	7.09	1.52	0.00
Blueberry Muffin&BoiledEgg(1)	1 EACH	230	229	170	1.00	5.94	122.4	1512	302	15.01	8.96	28.01	9.97	2.99	0.00
Yogurt, Cherry Vanilla	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Peach	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Strawberry	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Cereal, Cheerios, oats	1 EACH	70	0	125	2.00	4.50	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
Cereal, Chex Rice	1 EACH	71	0	171	0.40	6.33	70.4	352	70	4.22	1.31	16.06	0.27	0.06	0.00
Cereal, Kix Corn Puffs	1 EACH	60	0	120	2.00	4.50	80.0	300	60	3.6	1.0	15.0	0.5	0.00	0.00
Cereal, Wheaties, Wheat	1 EACH	80	0	170	2.00	5.40	0.0	300	60	3.6	2.0	19.0	0.5	0.00	0.00
Juice - Orange (55)	1 each	32	0	1	0.00	0.00	0.0	0	0	30.0	0.0	8.0	0.0	0.00	0.00
Juice - Apple (55)	1 each	52	0	5	0.00	0.00	0.0	0	0	30.0	0.0	13.0	0.0	0.00	0.00
Juice - Orange-Mango (55)	1 each	40	0	23	0.00	0.00	0.0	0	0	60.0	0.0	10.0	0.0	0.00	0.00
Pineapple Chunks (16)	1/2 CUP	92	0	15	0.00	0.55	0.0	0	0	23.09	0.0	23.09	0.0	0.00	0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-ASSORTED JELLY	serving	35	0	0	0.00	0.00	0.0	0	0	0.0	0.0	9.0	0.0	0.00	0.00

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Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Breakfast 2011-12

	Portion Size	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)
Weighted Daily Average		366	50	401	2.36	5.31	574.6	961	242	42.70	15.68	66.86	4.57	1.60	0.00
% of Calories											17.1%	73.1%	11.2%	3.9%	0.0%
E-FRIDAY															
Elementary Breakfast 2011-1	Total														
Cheese Toast (24)	slices	141	10	543	1.02	0.73	198.9	300	60	0.0	8.04	17.27	5.02	2.50	0.00
Peach& Cr Oatmeal &Walnuts(24)	1 EACH	290	1	175	4.05	1.69	98.0	119	34	1.15	8.24	23.97	19.75	1.98	*0.00
Yogurt, Cherry Vanilla	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Peach	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Yogurt, Strawberry	1 each	90	0	75	0.00	0.00	301.1	0	0	1.2	3.01	19.07	0.0	0.00	0.00
Cereal, Cheerios, oats	1 EACH	70	0	125	2.00	4.50	60.0	300	60	3.6	2.0	14.0	1.0	0.00	0.00
Cereal, Chex Rice	1 EACH	71	0	171	0.40	6.33	70.4	352	70	4.22	1.31	16.06	0.27	0.06	0.00
Cereal, Kix Corn Puffs	1 EACH	60	0	120	2.00	4.50	80.0	300	60	3.6	1.0	15.0	0.5	0.00	0.00
Cereal, Wheaties, Wheat	1 EACH	80	0	170	2.00	5.40	0.0	300	60	3.6	2.0	19.0	0.5	0.00	0.00
Juice - Orange (55)	1 each	32	0	1	0.00	0.00	0.0	0	0	30.0	0.0	8.0	0.0	0.00	0.00
Juice - Apple (55)	1 each	52	0	5	0.00	0.00	0.0	0	0	30.0	0.0	13.0	0.0	0.00	0.00
Juice - Orange-Mango (55)	1 each	40	0	23	0.00	0.00	0.0	0	0	60.0	0.0	10.0	0.0	0.00	0.00
Grapefruit Wedges (2)	wedges	81	0	0	2.77	0.23	30.2	2334	30	86.6	1.59	20.34	0.25	0.04	*N/A*
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		351	8	403	3.23	4.25	592.8	1362	215	56.27	14.43	62.34	5.92	1.60	*0.00
% of Calories											16.4%	71.0%	15.2%	4.1%	*0.0%
Weighted Average		376	42	430	2.97	4.98	581.5	1045	238	42.37	15.31	67.92	5.48	1.82	*0.00
											16.3%	72.3%	13.1%	4.4%	*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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Carrollton-Farmers Branch ISD

Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Breakfast 2011-12

		Portion Size	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)

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	376		483	78%		108	Correction Required - Calories are Low
Cholesterol (mg)	42						
Sodium (mg)	430						
Fiber (g)	2.97						
Iron (mg)	4.98		2.50	199%			
Calcium (mg)	581.5		200.00	291%			
Vitamin A (IU)	1045		792	132%			
Vitamin A (RE)	238		158	150%			
Vitamin C (mg)	42.37		11.25	377%			
Protein (g)	15.31	16.30%	6.67	230%			
Carbohydrate (g)	67.92	72.31%					
Total Fat (g)	5.48	13.13%	<=30.00%				
Saturated Fat (g)	1.82	4.36%	<10.00%				
Trans Fat (g)	0.00	0.00%			Missing		

***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**
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