

Ottawa School District

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
Elementary Breakfast

Jan 29, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Wed - 02/01/2012				
Elementary Breakfast	Total	375		
PIZZA, BREAKFAST, TONY'S #2	1 SLICE	375	230	25.05
apple rings -05 - #1	1/2 cup	375	120	29.0
Milk, Marcia's update #1	1/2 pt	375	120	20.6
Weighted Daily Average			470	74.65
% of Calories				63.5%

Thu - 02/02/2012				
Elementary Breakfast	Total	350		
yogurt #1	4oz serving	350	231	43.05
Biscuit, pillsbury	1 each	350	297	38.0
PINEAPPLE CHUNKS:can,lt syr#1	1/2 cup	350	70	16.56
Milk, Marcia's update #1	1/2 pt	350	120	20.6
Weighted Daily Average			717	118.21
% of Calories				65.9%

Fri - 02/03/2012				
Elementary Breakfast	Total	375		
PANCAKES W/ SYRUP #2	2 each	375	548	112.36
SAUSAGE LINKS #2	2 links	375	26	0.0
orange, fresh 10	1 each	375	45	11.0
Milk, Marcia's update #1	1/2 pt	375	120	20.6
Weighted Daily Average			739	143.96
% of Calories				77.9%

Mon - 02/06/2012				
Elementary Breakfast	Total	375		
CEREAL, any dry -#1	3/4 CUP	375	81	18.92
MUFFIN, BLUEBERRY	1 EACH	375	212	40.65
fruit cocktail -#1	1/2 cup	375	80	19.0
Milk, Marcia's update #1	1/2 pt	375	120	20.6
Weighted Daily Average			493	99.17
% of Calories				80.5%

Tue - 02/07/2012				
Elementary Breakfast	Total	375		
French Toast Sticks 3ea 06#2	1 serving =3	375	254	39.73
orange, fresh 10	1 each	375	45	11.0
Milk, Marcia's update #1	1/2 pt	375	120	20.6
Weighted Daily Average			419	71.33
% of Calories				68.1%

Wed - 02/08/2012				
Elementary Breakfast	Total	375		
Cheesy Breakfast Pizza Bagel	bagels	375	260	35.67
Environments-CarrotRaisinPinea	1/2 cup	375	114	23.71
Milk, Marcia's update #1	1/2 pt	375	120	20.6
Weighted Daily Average			494	79.98
% of Calories				64.7%

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Thu - 02/09/2012				
Elementary Breakfast	Total	375		
BREAKFAST BURRITO K-5 -#2	1 each	375	267	27.02
Peaches/Strawberry/Blueberry	1/2 cup	375	72	17.48
Milk, Marcia's update #1	1/2 pt	375	120	20.6
Weighted Daily Average			459	65.10
% of Calories				56.7%

Fri - 02/10/2012				
Elementary Breakfast	Total	375		
BISCUITS & GRAVY K-5 - #2	1 EACH	375	390	34.58
apple rings -05 - #1	1/2 cup	375	120	29.0
Milk, Marcia's update #1	1/2 pt	375	120	20.6
Weighted Daily Average			630	84.18
% of Calories				53.5%

Mon - 02/13/2012				
Elementary Breakfast	Total	375		
CEREAL, any dry -#1	3/4 CUP	375	81	18.92
CHEESE DREAMS/BRKFST - #2	1/2 EACH	375	189	14.81
Tropical Fruit	1/2 cup	375	70	16.0
Milk, Marcia's update #1	1/2 pt	375	120	20.6
Weighted Daily Average			460	70.33
% of Calories				61.1%

Tue - 02/14/2012				
Elementary Breakfast	Total	375		
PIZZA, BREAKFAST, TONY'S #2	1 SLICE	375	230	25.05
PINEAPPLE CHUNKS: can, lt syr#1	1/2 cup	375	70	16.56
Milk, Marcia's update #1	1/2 pt	375	120	20.6
Weighted Daily Average			420	62.21
% of Calories				59.2%

Wed - 02/15/2012				
Elementary Breakfast	Total	350		
yogurt #1	4oz serving	350	231	43.05
Biscuit, pillsbury	1 each	350	297	38.0
PEACHES: can, lght syrup-05 #1	1/2 cup	350	93	22.52
Milk, Marcia's update #1	1/2 pt	350	120	20.6
Weighted Daily Average			740	124.18
% of Calories				67.1%

Thu - 02/16/2012				
Elementary Breakfast	Total	375		
PANCAKES W/ SYRUP #2	2 each	375	548	112.36
SAUSAGE LINKS #2	2 links	375	26	0.0
orange, fresh 10	1 each	375	45	11.0
Milk, Marcia's update #1	1/2 pt	375	120	20.6
Weighted Daily Average			739	143.96
% of Calories				77.9%

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Tue - 02/21/2012				
Elementary Breakfast	Total	375		
French Toast Sticks 3ea 06#2	1 serving =3	375	254	39.73
orange, fresh 10	1 each	375	45	11.0
Milk, Marcia's update #1	1/2 pt	375	120	20.6
Weighted Daily Average			419	71.33
% of Calories				68.1%

Wed - 02/22/2012				
Elementary Breakfast	Total	375		
Cheesy Breakfast Pizza Bagel	bagels	375	260	35.67
Mandarin Oranges/Banana	1/2 cup	375	92	21.33
Milk, Marcia's update #1	1/2 pt	375	120	20.6
Weighted Daily Average			472	77.60
% of Calories				65.7%

Thu - 02/23/2012				
Elementary Breakfast	Total	375		
BREAKFAST BURRITO K-5 -#2	1 each	375	267	27.02
fruit cocktail -#1	1/2 cup	375	80	19.0
Milk, Marcia's update #1	1/2 pt	375	120	20.6
Weighted Daily Average			467	66.62
% of Calories				57.0%

Fri - 02/24/2012				
Elementary Breakfast	Total	375		
BISCUITS & GRAVY K-5 - #2	1 EACH	375	390	34.58
applesauce - 05	1/2 cup	375	55	14.39
Milk, Marcia's update #1	1/2 pt	375	120	20.6
Weighted Daily Average			565	69.57
% of Calories				49.2%

Mon - 02/27/2012				
Elementary Breakfast	Total	350		
CEREAL, any dry -#1	3/4 CUP	350	81	18.92
BAGEL, CINNAMON RAISIN	1/2 EACH	350	130	24.66
orange, fresh 10	1 each	350	45	11.0
GRAPE JUICE: canned,unswtnd	4 fl.oz.	350	76	18.67
Milk, Marcia's update #1	1/2 pt	350	120	20.6
JELLY, GRAPE/APPLE 05	1 T	350	50	13.0
Weighted Daily Average			501	106.85
% of Calories				85.2%

Tue - 02/28/2012				
Elementary Breakfast	Total	375		
CEREAL, any dry -#1	3/4 CUP	375	81	18.92
CHEESE DREAMS/BRKFST - #2	1/2 EACH	375	189	14.81
Tropical Fruit	1/2 cup	375	70	16.0
Milk, Marcia's update #1	1/2 pt	375	120	20.6
Weighted Daily Average			460	70.33
% of Calories				61.1%

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	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Wed - 02/29/2012				
Elementary Breakfast	Total	375		
PIZZA, BREAKFAST, TONY'S #2	1 SLICE	375	230	25.05
Environments-CarrotRaisinPinea	1/2 cup	375	114	23.71
Milk, Marcia's update #1	1/2 pt	375	120	20.6
Weighted Daily Average			464	69.36
% of Calories				59.8%

Weighted Average			533	87.84 65.9%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	533		483	110%			
Carbohydrate (g)	87.84	65.88%					

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