

# Ottawa School District

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values  
High School Breakfast

Jan 29, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
<b>Wed - 02/01/2012</b>				
High School Breakfast	Total	45		
BREAKFAST PIZZA, TONY'S -#2	1 SLICE	45	230	25.05
TOAST & PEANUT BUTTER	1 serving	22	255	20.0
apple rings -05 - #1	1/2 cup	45	120	29.0
Milk, Marcia's update #1	1/2 pt	45	120	20.6
Weighted Daily Average			595	84.43
% of Calories				56.7%

<b>Thu - 02/02/2012</b>				
High School Breakfast	Total	40		
yogurt #1	4oz serving	40	231	43.05
Biscuit, pillsbury	1 each	40	297	38.0
PINEAPPLE CHUNKS:can,lt syr#1	1/2 cup	40	70	16.56
Milk, Marcia's update #1	1/2 pt	40	120	20.6
Weighted Daily Average			717	118.21
% of Calories				65.9%

<b>Fri - 02/03/2012</b>				
High School Breakfast	Total	45		
PANCAKES W/ SYRUP #2	3 each	45	823	168.54
SAUSAGE LINKS #2	2 links	22	26	0.0
orange, fresh 10	1 each	45	45	11.0
Milk, Marcia's update #1	1/2 pt	45	120	20.6
Weighted Daily Average			1000	200.14
% of Calories				80.0%

<b>Mon - 02/06/2012</b>				
High School Breakfast	Total	40		
cereal. Raisin Bran	bowl pak	40	130	28.0
MUFFIN, BLUEBERRY	1 EACH	40	212	40.65
fruit cocktail -#1	1/2 cup	40	80	19.0
Milk, Marcia's update #1	1/2 pt	40	120	20.6
Weighted Daily Average			542	108.25
% of Calories				79.9%

<b>Tue - 02/07/2012</b>				
High School Breakfast	Total	45		
French Toast Sticks - use#2	stick	180	104	18.23
ORANGES #1	1 EACH	45	45	11.28
Milk, Marcia's update #1	1/2 pt	45	120	20.6
Weighted Daily Average			582	104.81
% of Calories				72.1%

<b>Wed - 02/08/2012</b>				
High School Breakfast	Total	40		
Cheesy Breakfast Pizza Bagel	bagels	60	260	35.67
Environments-CarrotRaisinPinea	1/2 cup	40	114	23.71
Milk, Marcia's update #1	1/2 pt	40	120	20.6
Weighted Daily Average			624	97.82
% of Calories				62.7%

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	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Thu - 02/09/2012				
High School Breakfast	Total	50		
Breakfast Burrito 6-12 -#2	1 each	50	320	29.52
TOAST W/JELLY	2 EACH	50	330	78.0
Peaches/Strawberry/Blueberry	1/2 cup	50	72	17.48
Milk, Marcia's update #1	1/2 pt	50	120	20.6
Weighted Daily Average			842	145.60
% of Calories				69.2%

Fri - 02/10/2012				
High School Breakfast	Total	45		
BISCUITS & GRAVY 6-12 - #2	1.5ACH	45	457	35.92
apple rings -05 - #1	1/2 cup	45	120	29.0
Milk, Marcia's update #1	1/2 pt	45	120	20.6
Weighted Daily Average			697	85.52
% of Calories				49.1%

Mon - 02/13/2012				
High School Breakfast	Total	45		
CEREAL, any dry -#1	1 CUP	45	108	25.23
CHEESE DREAMS/BRKFST - #2	1 EACH	45	379	29.62
Tropical Fruit	1/2 cup	45	70	16.0
Milk, Marcia's update #1	1/2 pt	45	120	20.6
Weighted Daily Average			676	91.45
% of Calories				54.1%

Tue - 02/14/2012				
High School Breakfast	Total	45		
BREAKFAST PIZZA, TONY'S -#2	1 SLICE	45	230	25.05
TOAST & PEANUT BUTTER	1 serving	22	255	20.0
PINEAPPLE CHUNKS:can,lt syr#1	2/3 cup	45	93	22.08
Milk, Marcia's update #1	1/2 pt	45	120	20.6
Weighted Daily Average			568	77.50
% of Calories				54.6%

Wed - 02/15/2012				
High School Breakfast	Total	40		
yogurt #1	4oz serving	40	231	43.05
Biscuit, pillsbury	1 each	40	297	38.0
PEACHES: can, lght syrup-05 #1	1/2 cup	40	93	22.52
Milk, Marcia's update #1	1/2 pt	40	120	20.6
Weighted Daily Average			740	124.18
% of Calories				67.1%

Thu - 02/16/2012				
High School Breakfast	Total	45		
PANCAKES W/ SYRUP #2	3 each	45	823	168.54
SAUSAGE LINKS #2	2 links	22	26	0.0
orange, fresh 10	1 each	45	45	11.0
Milk, Marcia's update #1	1/2 pt	45	120	20.6
Weighted Daily Average			1000	200.14
% of Calories				80.0%

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Jan 29, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
<b>Tue - 02/21/2012</b>				
High School Breakfast	Total	45		
French Toast Sticks - use#2	stick	180	104	18.23
ORANGES #1	1 EACH	45	45	11.28
Milk, Marcia's update #1	1/2 pt	45	120	20.6
Weighted Daily Average			582	104.81
% of Calories				72.1%

<b>Wed - 02/22/2012</b>				
High School Breakfast	Total	40		
Cheesy Breakfast Pizza Bagel	bagels	60	260	35.67
Mandarin Oranges/Banana	1/2 cup	40	92	21.33
Milk, Marcia's update #1	1/2 pt	40	120	20.6
Weighted Daily Average			603	95.44
% of Calories				63.4%

<b>Thu - 02/23/2012</b>				
High School Breakfast	Total	50		
Breakfast Burrito 6-12 -#2	1 each	50	320	29.52
TOAST W/JELLY	2 EACH	50	330	78.0
fruit cocktail -#1	1/2 cup	50	80	19.0
Milk, Marcia's update #1	1/2 pt	50	120	20.6
Weighted Daily Average			850	147.11
% of Calories				69.2%

<b>Fri - 02/24/2012</b>				
High School Breakfast	Total	45		
BISCUITS & GRAVY 6-12 - #2	1.5ACH	45	457	35.92
applesauce - 05	1/2 cup	45	55	14.39
Milk, Marcia's update #1	1/2 pt	45	120	20.6
Weighted Daily Average			632	70.90
% of Calories				44.9%

<b>Mon - 02/27/2012</b>				
High School Breakfast	Total	40		
CEREAL, any dry -#1	3/4 CUP	40	81	18.92
BAGEL, CINNAMON RAISIN	1 EACH	40	260	49.32
orange, fresh 10	1 each	40	45	11.0
GRAPE JUICE: canned,unswtnd	4 fl.oz.	40	76	18.67
Milk, Marcia's update #1	1/2 pt	40	120	20.6
JELLY, GRAPE/APPLE 05	1 T	40	50	13.0
Weighted Daily Average			631	131.52
% of Calories				83.3%

<b>Tue - 02/28/2012</b>				
High School Breakfast	Total	45		
CEREAL, any dry -#1	1 CUP	45	108	25.23
CHEESE DREAMS/BRKFST - #2	1 EACH	45	379	29.62
Tropical Fruit	1/2 cup	45	70	16.0
Milk, Marcia's update #1	1/2 pt	45	120	20.6
Weighted Daily Average			676	91.45
% of Calories				54.1%

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Wed - 02/29/2012				
High School Breakfast	Total	45		
BREAKFAST PIZZA, TONY'S -#2	1 SLICE	45	230	25.05
TOAST & PEANUT BUTTER	1 serving	22	255	20.0
Environments-CarrotRaisinPinea	1/2 cup	45	114	23.71
Milk, Marcia's update #1	1/2 pt	45	120	20.6
Weighted Daily Average			589	79.14
% of Calories				53.7%

Weighted Average			692	113.60 65.7%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	692		635	109%			
Carbohydrate (g)	113.60	65.67%					

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