

# Winston-Salem/Forsyth County

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Weighted Values

Jan 10, 2012

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## ELEMENTARY BREAKFAST BC

	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 <sup>1</sup> (g)
Wed - 02/01/2012																
ELEMENTARY BREAKFAS	Total	900														
CHICKEN BISCUIT W-S	1 ea	450	176	22	540	0.50	0.72	12.5	17	12	0.0	5.93	14.94	9.92	2.23	*0.00
CEREAL, ASSORTED, COLD, W-S	1 each	450	54	0	82	0.26	2.93	1.7	272	94	5.04	0.74	12.47	0.26	0.13	*0.00
string cheese, moz (part skim)	1 oz	450	45	10	48	0.00	1.35	125.0	200	40	0.0	3.5	0.0	3.5	2.50	*N/A*
ORANGE JUICE W-S	4 OZ	450	28	0	1	0.17	0.07	6.2	24	5	19.05	0.39	6.54	0.07	0.01	*N/A*
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
Weighted Daily Average			426	38	852	0.93	5.38	448.3	659	190	25.35	18.70	55.38	14.09	5.09	*0.00
% of Calories												17.6%	52.0%	29.8%	10.8%	*0.0%

Thu - 02/02/2012																
ELEMENTARY BREAKFAS	Total	900														
BREAKFAST PIZZA W-S	1 EACH	450	114	7	314	0.55	0.87	69.8	702	140	12.6	4.71	11.25	5.58	1.69	*N/A*
CEREAL, ASSORTED, COLD, W-S	1 each	450	54	0	82	0.26	2.93	1.7	272	94	5.04	0.74	12.47	0.26	0.13	*0.00
string cheese, moz (part skim)	1 oz	450	45	10	48	0.00	1.35	125.0	200	40	0.0	3.5	0.0	3.5	2.50	*N/A*
APPLE JUICE W-S	4 fl.oz.	450	29	0	2	0.12	0.07	5.0	1	0	23.87	0.06	7.01	0.08	0.01	*N/A*
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
Weighted Daily Average			365	22	628	0.93	5.53	504.4	1321	313	42.77	17.15	52.16	9.77	4.55	*0.00
% of Calories												18.8%	57.2%	24.1%	11.2%	*0.0%

Fri - 02/03/2012																
ELEMENTARY BREAKFAS	Total	900														
CEREAL, ASSORTED, COLD, W-S	1 each	450	54	0	82	0.26	2.93	1.7	272	94	5.04	0.74	12.47	0.26	0.13	*0.00
string cheese, moz (part skim)	1 oz	450	45	10	48	0.00	1.35	125.0	200	40	0.0	3.5	0.0	3.5	2.50	*N/A*
PANCAKES	2 each	450	92	7	207	0.98	0.90	29.1	89	12	0.12	2.19	16.11	2.12	0.33	*N/A*
SYRUP,PANCAKE	1 TBSP	450	23	0	8	0.00	0.00	0.3	0	0	0.0	0.0	6.03	0.0	0.00	*N/A*
FRUIT PUNCH W-S	4 fl.oz.	450	30	0	5	0.00	0.00	0.0	0	0	15.0	0.0	7.0	0.0	0.00	0.00
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
Weighted Daily Average			367	23	531	1.24	5.48	459.0	707	185	21.42	14.57	63.04	6.22	3.18	*0.00
% of Calories												15.9%	68.7%	15.3%	7.8%	*0.0%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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<sup>1</sup> - denotes optional nutrient values

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# Winston-Salem/Forsyth County

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Weighted Values

Jan 10, 2012

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## ELEMENTARY BREAKFAST BC

	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 <sup>1</sup> (g)
<b>Mon - 02/06/2012</b>																
ELEMENTARY BREAKFAS	Total	900														
FRENCH TOAST STICKS(4) W-S	4 STICKS	450	120	0	275	0.00	0.72	30.0	0	0	0.0	2.5	16.5	5.0	0.00	0.00
string cheese, moz (part skim)	1 oz	450	45	10	48	0.00	1.35	125.0	200	40	0.0	3.5	0.0	3.5	2.50	*N/A*
CEREAL, ASSORTED, COLD, W-S	1 each	450	54	0	82	0.26	2.93	1.7	272	94	5.04	0.74	12.47	0.26	0.13	*0.00
ORANGE JUICE W-S	4 OZ	450	28	0	1	0.17	0.07	6.2	24	5	19.05	0.39	6.54	0.07	0.01	*N/A*
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
Weighted Daily Average			370	15	587	0.43	5.38	465.8	642	177	25.35	15.27	56.94	9.17	2.85	*0.00
% of Calories												16.5%	61.6%	22.3%	6.9%	*0.0%
<b>Tue - 02/07/2012</b>																
ELEMENTARY BREAKFAS	Total	900														
SAUSAGE BISCUIT W-S	SANDWICHES	450	156	10	521	0.50	0.72	10.0	0	0	0.0	3.52	12.51	10.06	3.27	*0.00
CEREAL, ASSORTED, COLD, W-S	1 each	450	54	0	82	0.26	2.93	1.7	272	94	5.04	0.74	12.47	0.26	0.13	*0.00
string cheese, moz (part skim)	1 oz	450	45	10	48	0.00	1.35	125.0	200	40	0.0	3.5	0.0	3.5	2.50	*N/A*
APPLE JUICE W-S	4 fl.oz.	450	29	0	2	0.12	0.07	5.0	1	0	23.87	0.06	7.01	0.08	0.01	*N/A*
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
Weighted Daily Average			406	26	835	0.88	5.38	444.5	619	173	30.17	15.96	53.41	14.25	6.13	*0.00
% of Calories												15.7%	52.6%	31.6%	13.6%	*0.0%
<b>Wed - 02/08/2012</b>																
ELEMENTARY BREAKFAS	Total	900														
CINNAMON ROLLS	2 oz	450	105	0	148	0.84	0.86	19.2	5	1	0.14	2.32	18.88	2.38	0.38	*0.00
CEREAL, ASSORTED, COLD, W-S	1 each	450	54	0	82	0.26	2.93	1.7	272	94	5.04	0.74	12.47	0.26	0.13	*0.00
string cheese, moz (part skim)	1 oz	450	45	10	48	0.00	1.35	125.0	200	40	0.0	3.5	0.0	3.5	2.50	*N/A*
FRUIT PUNCH W-S	4 fl.oz.	450	30	0	5	0.00	0.00	0.0	0	0	15.0	0.0	7.0	0.0	0.00	0.00
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
Weighted Daily Average			357	16	464	1.10	5.44	448.7	623	174	21.44	14.70	59.78	6.48	3.23	*0.00
% of Calories												16.5%	66.9%	16.3%	8.1%	*0.0%

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# Winston-Salem/Forsyth County

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Weighted Values

Jan 10, 2012

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## ELEMENTARY BREAKFAST BC

	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 <sup>1</sup> (g)
Thu - 02/09/2012																
ELEMENTARY BREAKFAS	Total	900														
HAM BISCUIT W-S	1 each	450	142	17	753	0.50	0.69	10.0	0	0	0.0	6.99	13.16	6.66	1.87	0.00
CEREAL, ASSORTED, COLD, W-S	1 each	450	54	0	82	0.26	2.93	1.7	272	94	5.04	0.74	12.47	0.26	0.13	*0.00
string cheese, moz (part skim)	1 oz	450	45	10	48	0.00	1.35	125.0	200	40	0.0	3.5	0.0	3.5	2.50	*N/A*
ORANGE JUICE W-S	4 OZ	450	28	0	1	0.17	0.07	6.2	24	5	19.05	0.39	6.54	0.07	0.01	*N/A*
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
Weighted Daily Average			391	32	1066	0.93	5.35	445.8	642	177	25.35	19.76	53.60	10.84	4.73	*0.00
% of Calories												20.2%	54.8%	24.9%	10.9%	*0.0%

Fri - 02/10/2012																
ELEMENTARY BREAKFAS	Total	900														
FLAPSTICK W-S	1 ea	450	1	0	2	0.01	0.01	0.0	0	0	0.0	0.04	0.12	0.06	0.01	*N/A*
string cheese, moz (part skim)	1 oz	450	45	10	48	0.00	1.35	125.0	200	40	0.0	3.5	0.0	3.5	2.50	*N/A*
CEREAL, ASSORTED, COLD, W-S	1 each	450	54	0	82	0.26	2.93	1.7	272	94	5.04	0.74	12.47	0.26	0.13	*0.00
APPLE JUICE W-S	4 fl.oz.	450	29	0	2	0.12	0.07	5.0	1	0	23.87	0.06	7.01	0.08	0.01	*N/A*
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
Weighted Daily Average			252	16	316	0.38	4.66	434.5	619	173	30.17	12.49	41.02	4.24	2.87	*0.00
% of Calories												19.9%	65.2%	15.2%	10.3%	*0.0%

Mon - 02/13/2012																
ELEMENTARY BREAKFAS	Total	900														
EGG AND CHEESE BISCUIT W-S	1 EACH	450	161	66	622	0.52	0.92	70.3	241	48	0.03	5.82	12.32	9.85	3.79	*0.00
string cheese, moz (part skim)	1 oz	450	45	10	48	0.00	1.35	125.0	200	40	0.0	3.5	0.0	3.5	2.50	*N/A*
CEREAL, ASSORTED, COLD, W-S	1 each	450	54	0	82	0.26	2.93	1.7	272	94	5.04	0.74	12.47	0.26	0.13	*0.00
APPLE JUICE W-S	4 fl.oz.	450	29	0	2	0.12	0.07	5.0	1	0	23.87	0.06	7.01	0.08	0.01	*N/A*
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
Weighted Daily Average			411	82	936	0.89	5.58	504.8	860	221	30.20	18.26	53.23	14.04	6.65	*0.00
% of Calories												17.8%	51.8%	30.7%	14.6%	*0.0%

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# Winston-Salem/Forsyth County

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Weighted Values

Jan 10, 2012

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## ELEMENTARY BREAKFAST BC

	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 <sup>1</sup> (g)
Tue - 02/14/2012																
ELEMENTARY BREAKFAS	Total	900														
BREAKFAST PIZZA W-S	1 EACH	450	114	7	314	0.55	0.87	69.8	702	140	12.6	4.71	11.25	5.58	1.69	*N/A*
CEREAL, ASSORTED, COLD, W-S	1 each	450	54	0	82	0.26	2.93	1.7	272	94	5.04	0.74	12.47	0.26	0.13	*0.00
string cheese, moz (part skim)	1 oz	450	45	10	48	0.00	1.35	125.0	200	40	0.0	3.5	0.0	3.5	2.50	*N/A*
FRUIT PUNCH W-S	4 fl.oz.	450	30	0	5	0.00	0.00	0.0	0	0	15.0	0.0	7.0	0.0	0.00	0.00
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
Weighted Daily Average			366	22	630	0.81	5.46	499.4	1321	313	33.90	17.09	52.15	9.68	4.53	*0.00
% of Calories												18.7%	57.0%	23.8%	11.1%	*0.0%

Wed - 02/15/2012																
ELEMENTARY BREAKFAS	Total	900														
CHICKEN BISCUIT W-S	1 ea	450	176	22	540	0.50	0.72	12.5	17	12	0.0	5.93	14.94	9.92	2.23	*0.00
CEREAL, ASSORTED, COLD, W-S	1 each	450	54	0	82	0.26	2.93	1.7	272	94	5.04	0.74	12.47	0.26	0.13	*0.00
string cheese, moz (part skim)	1 oz	450	45	10	48	0.00	1.35	125.0	200	40	0.0	3.5	0.0	3.5	2.50	*N/A*
ORANGE JUICE W-S	4 OZ	450	28	0	1	0.17	0.07	6.2	24	5	19.05	0.39	6.54	0.07	0.01	*N/A*
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
Weighted Daily Average			426	38	852	0.93	5.38	448.3	659	190	25.35	18.70	55.38	14.09	5.09	*0.00
% of Calories												17.6%	52.0%	29.8%	10.8%	*0.0%

Thu - 02/16/2012																
ELEMENTARY BREAKFAS	Total	900														
BREAKFAST PIZZA W-S	1 EACH	450	114	7	314	0.55	0.87	69.8	702	140	12.6	4.71	11.25	5.58	1.69	*N/A*
CEREAL, ASSORTED, COLD, W-S	1 each	450	54	0	82	0.26	2.93	1.7	272	94	5.04	0.74	12.47	0.26	0.13	*0.00
string cheese, moz (part skim)	1 oz	450	45	10	48	0.00	1.35	125.0	200	40	0.0	3.5	0.0	3.5	2.50	*N/A*
APPLE JUICE W-S	4 fl.oz.	450	29	0	2	0.12	0.07	5.0	1	0	23.87	0.06	7.01	0.08	0.01	*N/A*
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
Weighted Daily Average			365	22	628	0.93	5.53	504.4	1321	313	42.77	17.15	52.16	9.77	4.55	*0.00
% of Calories												18.8%	57.2%	24.1%	11.2%	*0.0%

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# Winston-Salem/Forsyth County

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Weighted Values

Jan 10, 2012

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## ELEMENTARY BREAKFAST BC

	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 <sup>1</sup> (g)
Fri - 02/17/2012																
ELEMENTARY BREAKFAS	Total	900														
CEREAL, ASSORTED, COLD, W-S	1 each	450	54	0	82	0.26	2.93	1.7	272	94	5.04	0.74	12.47	0.26	0.13	*0.00
string cheese, moz (part skim)	1 oz	450	45	10	48	0.00	1.35	125.0	200	40	0.0	3.5	0.0	3.5	2.50	*N/A*
PANCAKES	2 each	450	92	7	207	0.98	0.90	29.1	89	12	0.12	2.19	16.11	2.12	0.33	*N/A*
SYRUP,PANCAKE	1 TBSP	450	23	0	8	0.00	0.00	0.3	0	0	0.0	0.0	6.03	0.0	0.00	*N/A*
FRUIT PUNCH W-S	4 fl.oz.	450	30	0	5	0.00	0.00	0.0	0	0	15.0	0.0	7.0	0.0	0.00	0.00
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
Weighted Daily Average			367	23	531	1.24	5.48	459.0	707	185	21.42	14.57	63.04	6.22	3.18	*0.00
% of Calories												15.9%	68.7%	15.3%	7.8%	*0.0%

Mon - 02/20/2012																
ELEMENTARY BREAKFAS	Total	900														
HOLIDAY	SERVING	900	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			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

Tue - 02/21/2012																
ELEMENTARY BREAKFAS	Total	900														
SAUSAGE BISCUIT W-S	SANDWICHES	450	156	10	521	0.50	0.72	10.0	0	0	0.0	3.52	12.51	10.06	3.27	*0.00
CEREAL, ASSORTED, COLD, W-S	1 each	450	54	0	82	0.26	2.93	1.7	272	94	5.04	0.74	12.47	0.26	0.13	*0.00
string cheese, moz (part skim)	1 oz	450	45	10	48	0.00	1.35	125.0	200	40	0.0	3.5	0.0	3.5	2.50	*N/A*
APPLE JUICE W-S	4 fl.oz.	450	29	0	2	0.12	0.07	5.0	1	0	23.87	0.06	7.01	0.08	0.01	*N/A*
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
Weighted Daily Average			406	26	835	0.88	5.38	444.5	619	173	30.17	15.96	53.41	14.25	6.13	*0.00
% of Calories												15.7%	52.6%	31.6%	13.6%	*0.0%

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# Winston-Salem/Forsyth County

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Weighted Values

Jan 10, 2012

## ELEMENTARY BREAKFAST BC

	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 <sup>1</sup> (g)
Wed - 02/22/2012																
ELEMENTARY BREAKFAS	Total	900														
CINNAMON ROLLS	2 oz	450	105	0	148	0.84	0.86	19.2	5	1	0.14	2.32	18.88	2.38	0.38	*0.00
CEREAL, ASSORTED, COLD, W-S	1 each	450	54	0	82	0.26	2.93	1.7	272	94	5.04	0.74	12.47	0.26	0.13	*0.00
string cheese, moz (part skim)	1 oz	450	45	10	48	0.00	1.35	125.0	200	40	0.0	3.5	0.0	3.5	2.50	*N/A*
FRUIT PUNCH W-S	4 fl.oz.	450	30	0	5	0.00	0.00	0.0	0	0	15.0	0.0	7.0	0.0	0.00	0.00
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
Weighted Daily Average			357	16	464	1.10	5.44	448.7	623	174	21.44	14.70	59.78	6.48	3.23	*0.00
% of Calories												16.5%	66.9%	16.3%	8.1%	*0.0%

Thu - 02/23/2012																
ELEMENTARY BREAKFAS	Total	900														
HAM BISCUIT W-S	1 each	450	142	17	753	0.50	0.69	10.0	0	0	0.0	6.99	13.16	6.66	1.87	0.00
CEREAL, ASSORTED, COLD, W-S	1 each	450	54	0	82	0.26	2.93	1.7	272	94	5.04	0.74	12.47	0.26	0.13	*0.00
string cheese, moz (part skim)	1 oz	450	45	10	48	0.00	1.35	125.0	200	40	0.0	3.5	0.0	3.5	2.50	*N/A*
ORANGE JUICE W-S	4 OZ	450	28	0	1	0.17	0.07	6.2	24	5	19.05	0.39	6.54	0.07	0.01	*N/A*
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
Weighted Daily Average			391	32	1066	0.93	5.35	445.8	642	177	25.35	19.76	53.60	10.84	4.73	*0.00
% of Calories												20.2%	54.8%	24.9%	10.9%	*0.0%

Fri - 02/24/2012																
ELEMENTARY BREAKFAS	Total	900														
FLAPSTICK W-S	1 ea	450	1	0	2	0.01	0.01	0.0	0	0	0.0	0.04	0.12	0.06	0.01	*N/A*
string cheese, moz (part skim)	1 oz	450	45	10	48	0.00	1.35	125.0	200	40	0.0	3.5	0.0	3.5	2.50	*N/A*
CEREAL, ASSORTED, COLD, W-S	1 each	450	54	0	82	0.26	2.93	1.7	272	94	5.04	0.74	12.47	0.26	0.13	*0.00
APPLE JUICE W-S	4 fl.oz.	450	29	0	2	0.12	0.07	5.0	1	0	23.87	0.06	7.01	0.08	0.01	*N/A*
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
Weighted Daily Average			252	16	316	0.38	4.66	434.5	619	173	30.17	12.49	41.02	4.24	2.87	*0.00
% of Calories												19.9%	65.2%	15.2%	10.3%	*0.0%

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# Winston-Salem/Forsyth County

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Weighted Values

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## ELEMENTARY BREAKFAST BC

	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 <sup>1</sup> (g)
Mon - 02/27/2012																
ELEMENTARY BREAKFAS	Total	900														
EGG AND CHEESE BISCUIT W-S	1 EACH	450	161	66	622	0.52	0.92	70.3	241	48	0.03	5.82	12.32	9.85	3.79	*0.00
string cheese, moz (part skim)	1 oz	450	45	10	48	0.00	1.35	125.0	200	40	0.0	3.5	0.0	3.5	2.50	*N/A*
CEREAL, ASSORTED, COLD, W-S	1 each	450	54	0	82	0.26	2.93	1.7	272	94	5.04	0.74	12.47	0.26	0.13	*0.00
APPLE JUICE W-S	4 fl.oz.	450	29	0	2	0.12	0.07	5.0	1	0	23.87	0.06	7.01	0.08	0.01	*N/A*
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
Weighted Daily Average			411	82	936	0.89	5.58	504.8	860	221	30.20	18.26	53.23	14.04	6.65	*0.00
% of Calories												17.8%	51.8%	30.7%	14.6%	*0.0%

Tue - 02/28/2012																
ELEMENTARY BREAKFAS	Total	900														
BREAKFAST PIZZA W-S	1 EACH	450	114	7	314	0.55	0.87	69.8	702	140	12.6	4.71	11.25	5.58	1.69	*N/A*
CEREAL, ASSORTED, COLD, W-S	1 each	450	54	0	82	0.26	2.93	1.7	272	94	5.04	0.74	12.47	0.26	0.13	*0.00
string cheese, moz (part skim)	1 oz	450	45	10	48	0.00	1.35	125.0	200	40	0.0	3.5	0.0	3.5	2.50	*N/A*
FRUIT PUNCH W-S	4 fl.oz.	450	30	0	5	0.00	0.00	0.0	0	0	15.0	0.0	7.0	0.0	0.00	0.00
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
Weighted Daily Average			366	22	630	0.81	5.46	499.4	1321	313	33.90	17.09	52.15	9.68	4.53	*0.00
% of Calories												18.7%	57.0%	23.8%	11.1%	*0.0%

Wed - 02/29/2012																
ELEMENTARY BREAKFAS	Total	900														
CHICKEN BISCUIT W-S	1 ea	450	176	22	540	0.50	0.72	12.5	17	12	0.0	5.93	14.94	9.92	2.23	*0.00
CEREAL, ASSORTED, COLD, W-S	1 each	450	54	0	82	0.26	2.93	1.7	272	94	5.04	0.74	12.47	0.26	0.13	*0.00
string cheese, moz (part skim)	1 oz	450	45	10	48	0.00	1.35	125.0	200	40	0.0	3.5	0.0	3.5	2.50	*N/A*
ORANGE JUICE W-S	4 OZ	450	28	0	1	0.17	0.07	6.2	24	5	19.05	0.39	6.54	0.07	0.01	*N/A*
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
Weighted Daily Average			426	38	852	0.93	5.38	448.3	659	190	25.35	18.70	55.38	14.09	5.09	*0.00
% of Calories												17.6%	52.0%	29.8%	10.8%	*0.0%

Weighted Average			374	30	698	0.88	5.36	464.6	802	210	28.61	16.57	53.99	10.12	4.49	*0.00
												17.7%	57.8%	24.4%	10.8%	*0.0%

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## Winston-Salem/Forsyth County

### Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Weighted Values

#### ELEMENTARY BREAKFAST BC

Nutrient	Menu AVG	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 <sup>1</sup> (g)	
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)											
Calories	374		554	67%			180	Correction Required - Calories are Low										
Cholesterol (mg)	30		100	30%														
Sodium (mg)	698		1300	54%														
Fiber (g)	0.88		6.00	15%		5.12	Correction Required - Fiber is Low											
Iron (mg)	5.36		3.00	179%			183	Correction Required - Vitamin A is Low										
Calcium (mg)	464.6		257.00	181%														
Vitamin A (IU)	802		985	81%														
Vitamin A (RE)	210		197	107%														
Vitamin C (mg)	28.61		13.00	220%														
Protein (g)	16.57	17.73%	10.00	166%														
Carbohydrate (g)	53.99	57.77%																
Total Fat (g)	10.12	24.38%	<=30.00%															
Saturated Fat (g)	4.49	10.82%	<10.00%				Correction Required - Sat. Fat too High											
Trans Fat (g)	0.00	0.00%			Missing													

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