

Mounds View Food Service

Cycle No. 1 thru Cycle No. 10 Cycle Spreadsheet - Portion Values Elementary Breakfast 2010-11

Aug 4, 2010

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protin	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Omelet/Cold Cereal, Goldfish																
Elementary Breakfast 2010-1	Total	100														
Egg, Omelet, Colby Cheese; ISD	2.1 OZ EA CH	75	110	195	215	0.00	0.54	0.0	400	80	1.8	8.0	1.0	8.0	3.50	*0.00
Cereal, Cocoa Puffs Reduced su	bowl	5	100	0	190	1.00	6.30	80.0	0	0	4.8	1.0	22.00	1.5	0.00	*0.00
Cereal, Froot Loops Reduced Su	Bowl	5	70	0	105	1.00	2.70	0.0	200	40	9.0	1.0	16.0	0.00	0.00	*0.00
Cereal, Honey Nut Cheerios	Bowl	10	110	0	190	2.00	4.50	100.0	500	100	6.0	3.0	22.0	1.5	0.00	*0.00
Cereal, Frosted Flakes RS	bowl	10	100	0	160	1.00	4.50	0.0	500	100	6.0	1.0	25.0	0.00	0.00	*0.00
Cereal, Golden Grahams	Bowl	10	110	0	260	1.00	3.60	80.0	400	80	4.8	1.0	23.0	1.0	0.00	*0.00
cracker, giant goldfish	1 each	50	120	0	150	1.00	1.08	0.0	*0	*0	*0.00	2.0	19.0	4.0	1.00	*0.00
Fruit,Fresh Assorted	SERVINGS	50	68	0	1	2.78	0.22	17.3	88	11	24.7	0.7	17.3	0.3	0.05	*0.00
Fruit Juice,Assorted	4 fl.oz.	50	59	0	5	0.00	*0.12	*2.7	*7	*1	16.0	0.00	14.0	0.00	0.00	*0.00
MILK,1% Lowfat	CARTON	35	110	15	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	2.5	1.50	0.00
MILK,Skim	CARTON	35	80	4	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	0.00	0.00	0.00
Milk, Chocolate skim	1/2 pint	35	130	5	230	0.00	0.00	300.0	0	0	0.00	8.0	23.0	0.00	0.00	*0.00
Weighted Daily Average			358	155	483	2.39	*2.83	*347.0	*848	*166	*25.73	16.35	51.97	9.35	3.68	*0.00
% of Calories												18.3%	58.0%	23.5%	9.2%	0.0%

French Toast/Cold Cereal Elf graha																
Elementary Breakfast 2010-1	Total	100														
French Toast Sticks-4 each	1 each	50	360	20	440	*0.00	2.88	80.0	44	9	0.00	8.0	52.0	12.0	4.00	*0.00
Cereal, Cocoa Puffs Reduced su	bowl	5	100	0	190	1.00	6.30	80.0	0	0	4.8	1.0	22.00	1.5	0.00	*0.00
Cereal, Froot Loops Reduced Su	Bowl	5	70	0	105	1.00	2.70	0.0	200	40	9.0	1.0	16.0	0.00	0.00	*0.00
Cereal, Honey Nut Cheerios	Bowl	10	110	0	190	2.00	4.50	100.0	500	100	6.0	3.0	22.0	1.5	0.00	*0.00
Cereal, Frosted Flakes RS	bowl	10	100	0	160	1.00	4.50	0.0	500	100	6.0	1.0	25.0	0.00	0.00	*0.00
Cereal, Golden Grahams	Bowl	10	110	0	260	1.00	3.60	80.0	400	80	4.8	1.0	23.0	1.0	0.00	*0.00
Cracker, Elf Grahams Choc Chip	1 each	1	130	0	135	0.00	0.72	0.0	0	0	0.00	2.0	21.0	4.5	1.00	*0.00
Fruit,Fresh Assorted	SERVINGS	50	68	0	1	2.78	0.22	17.3	88	11	24.7	0.7	17.3	0.3	0.05	*0.00
Fruit Juice,Assorted	4 fl.oz.	50	59	0	5	0.00	*0.12	*2.7	*7	*1	16.0	0.00	14.0	0.00	0.00	*0.00
MILK,1% Lowfat	CARTON	35	110	15	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	2.5	1.50	0.00
MILK,Skim	CARTON	35	80	4	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	0.00	0.00	0.00
Milk, Chocolate skim	1/2 pint	35	130	5	230	0.00	0.00	300.0	0	0	0.00	8.0	23.0	0.00	0.00	*0.00
SYRUP,PANCAKE; ISD621	2 OZ	50	133	0	46	0.00	0.02	1.7	0	0	0.00	0.00	34.9	0.00	0.00	*0.00
Weighted Daily Average			463	18	491	*1.89	*3.34	*387.9	*570	*111	24.38	13.37	85.36	7.39	2.56	*0.00
% of Calories												11.5%	73.7%	14.4%	5.0%	0.0%

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Mounds View Food Service

Cycle No. 1 thru Cycle No. 10 Cycle Spreadsheet - Portion Values Elementary Breakfast 2010-11

Aug 4, 2010

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protin	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Bagel/Cold Cereal, Trix yogurt																
Elementary Breakfast 2010-1	Total	100														
Bagel, Bacon, Egg, Cheese; I	1 each	50	381	137	956	2.00	2.30	159.1	439	101	0.00	16.1	46.3	14.8	5.89	*0.00
Cereal, Cinnamon Toast Crunch	owl	5	101	0	162	2.03	7.29	455.6	405	81	4.9	1.0	22.3	3.0	0.00	*0.00
Cereal, Cocoa Puffs Reduced su	owl	5	100	0	190	1.00	6.30	80.0	0	0	4.8	1.0	22.00	1.5	0.00	*0.00
Cereal, Froot Loops Reduced Su	Bowl	5	70	0	105	1.00	2.70	0.0	200	40	9.0	1.0	16.0	0.00	0.00	*0.00
Cereal, Honey Nut Cheerios	Bowl	10	110	0	190	2.00	4.50	100.0	500	100	6.0	3.0	22.0	1.5	0.00	*0.00
Cereal, Frosted Flakes RS	owl	10	100	0	160	1.00	4.50	0.0	500	100	6.0	1.0	25.0	0.00	0.00	*0.00
Cereal, Golden Grahams	Bowl	10	110	0	260	1.00	3.60	80.0	400	80	4.8	1.0	23.0	1.0	0.00	*0.00
Yogurt Trix (4 oz); ISD621	1 each	50	110	5	65	*0.00	*0.00	100.0	*0	*0	*0.00	4.0	19.0	1.5	1.00	*0.00
Fruit,Fresh Assorted	SERVINGS	50	68	0	1	2.78	0.22	17.3	88	11	24.7	0.7	17.3	0.3	0.05	*0.00
Fruit Juice,Assorted	4 fl.oz.	50	59	0	5	0.00	*0.12	*2.7	*7	*1	16.0	0.00	14.0	0.00	0.00	*0.00
MILK,1% Lowfat	CARTON	35	110	15	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	2.5	1.50	0.00
MILK,Skim	CARTON	35	80	4	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	0.00	0.00	0.00
Milk, Chocolate skim	1/2 pint	35	130	5	230	0.00	0.00	300.0	0	0	0.00	8.0	23.0	0.00	0.00	*0.00
SYRUP,PANCAKE; ISD621	2 OZ	50	133	0	46	0.00	0.02	1.7	0	0	0.00	0.00	34.9	0.00	0.00	*0.00
Weighted Daily Average			533	79	789	*2.99	*3.40	*500.2	*788	*161	*24.62	19.45	92.93	9.64	4.00	*0.00
% of Calories												14.6%	69.8%	16.3%	6.8%	0.0%

Pancake/Cold Cereal, Teddy Graha																
Elementary Breakfast 2010-1	Total	100														
Pancake	2 each	50	186	7	512	0.66	29.88	20.0	0	0	0.00	3.2	31.2	5.3	1.32	*0.00
Cereal, Cinnamon Toast Crunch	owl	5	101	0	162	2.03	7.29	455.6	405	81	4.9	1.0	22.3	3.0	0.00	*0.00
Cereal, Cocoa Puffs Reduced su	owl	5	100	0	190	1.00	6.30	80.0	0	0	4.8	1.0	22.00	1.5	0.00	*0.00
Cereal, Froot Loops Reduced Su	Bowl	5	70	0	105	1.00	2.70	0.0	200	40	9.0	1.0	16.0	0.00	0.00	*0.00
Cereal, Honey Nut Cheerios	Bowl	10	110	0	190	2.00	4.50	100.0	500	100	6.0	3.0	22.0	1.5	0.00	*0.00
Cereal, Frosted Flakes RS	owl	10	100	0	160	1.00	4.50	0.0	500	100	6.0	1.0	25.0	0.00	0.00	*0.00
Cereal, Golden Grahams	Bowl	10	110	0	260	1.00	3.60	80.0	400	80	4.8	1.0	23.0	1.0	0.00	*0.00
Teddy Grahams	package	50	100	0	120	*0.00	0.00	0.0	0	0	0.00	0.00	16.0	3.0	*0.00	*0.00
Fruit,Fresh Assorted	SERVINGS	50	68	0	1	2.78	0.22	17.3	88	11	24.7	0.7	17.3	0.3	0.05	*0.00
Fruit Juice,Assorted	4 fl.oz.	50	59	0	5	0.00	*0.12	*2.7	*7	*1	16.0	0.00	14.0	0.00	0.00	*0.00
MILK,1% Lowfat	CARTON	35	110	15	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	2.5	1.50	0.00
MILK,Skim	CARTON	35	80	4	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	0.00	0.00	0.00
Milk 1/2% Chocolate	CARTON	35	150	5	210	0.00	0.36	300.0	500	100	3.6	9.0	26.0	1.5	1.00	*0.00
SYRUP,PANCAKE; ISD621	2 OZ	50	133	0	46	0.00	0.02	1.7	0	0	0.00	0.00	34.9	0.00	0.00	*0.00
Weighted Daily Average			437	12	587	*2.32	*17.32	*380.6	*743	*145	25.88	11.35	84.91	6.18	*1.56	*0.00
% of Calories												10.4%	77.7%	12.7%	3.2%	0.0%

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Elementary Breakfast 2010-11

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protin	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Cook's Special/Cold Cereal, Teddy																
Elementary Breakfast 2010-1	Total	100														
Waffles	waffles	50	270	65	346	0.74	1.56	69.7	168	57	0.00	6.3	26.4	15.4	1.54	*0.05
Cereal, Cinnamon Toast Crunch	bowl	5	101	0	162	2.03	7.29	455.6	405	81	4.9	1.0	22.3	3.0	0.00	*0.00
Cereal, Cocoa Puffs Reduced su	bowl	5	100	0	190	1.00	6.30	80.0	0	0	4.8	1.0	22.00	1.5	0.00	*0.00
Cereal, Froot Loops Reduced Su	Bowl	5	70	0	105	1.00	2.70	0.0	200	40	9.0	1.0	16.0	0.00	0.00	*0.00
Cereal, Honey Nut Cheerios	Bowl	10	110	0	190	2.00	4.50	100.0	500	100	6.0	3.0	22.0	1.5	0.00	*0.00
Cereal, Frosted Flakes RS	bowl	10	100	0	160	1.00	4.50	0.0	500	100	6.0	1.0	25.0	0.00	0.00	*0.00
Cereal, Golden Grahams	Bowl	10	110	0	260	1.00	3.60	80.0	400	80	4.8	1.0	23.0	1.0	0.00	*0.00
Fruit, Fresh Assorted	SERVINGS	50	68	0	1	2.78	0.22	17.3	88	11	24.7	0.7	17.3	0.3	0.05	*0.00
Fruit Juice, Assorted	4 fl.oz.	50	59	0	5	0.00	*0.12	*2.7	*7	*1	16.0	0.00	14.0	0.00	0.00	*0.00
MILK, 1% Lowfat	CARTON	35	110	15	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	2.5	1.50	0.00
MILK, Skim	CARTON	35	80	4	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	0.00	0.00	0.00
Milk 1/2% Chocolate	CARTON	35	150	5	210	0.00	0.36	300.0	500	100	3.6	9.0	26.0	1.5	1.00	*0.00
SYRUP, PANCAKE: ISD621	2 OZ	50	133	0	46	0.00	0.02	1.7	0	0	0.00	0.00	34.9	0.00	0.00	*0.00
Weighted Daily Average			429	41	444	2.36	*3.16	*405.5	*827	*174	25.88	12.89	74.51	9.74	1.67	*0.03
% of Calories												12.0%	69.5%	20.4%	3.5%	0.1%

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protin	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Pancake Sausage Nugget/Cold Cer																
Elementary Breakfast 2010-1	Total	100														
Pancake Sausage Nuggets; ISD62	3 each	50	230	20	400	3.00	0.72	0.0	0	0	0.00	12.0	14.0	14.0	4.00	*0.00
Cereal, Cocoa Puffs Reduced su	bowl	5	100	0	190	1.00	6.30	80.0	0	0	4.8	1.0	22.00	1.5	0.00	*0.00
Cereal, Froot Loops Reduced Su	Bowl	5	70	0	105	1.00	2.70	0.0	200	40	9.0	1.0	16.0	0.00	0.00	*0.00
Cereal, Honey Nut Cheerios	Bowl	10	110	0	190	2.00	4.50	100.0	500	100	6.0	3.0	22.0	1.5	0.00	*0.00
Cereal, Frosted Flakes RS	bowl	10	100	0	160	1.00	4.50	0.0	500	100	6.0	1.0	25.0	0.00	0.00	*0.00
Cereal, Golden Grahams	Bowl	10	110	0	260	1.00	3.60	80.0	400	80	4.8	1.0	23.0	1.0	0.00	*0.00
cracker, giant goldfish	1 each	50	120	0	150	1.00	1.08	0.0	*0	*0	*0.00	2.0	19.0	4.0	1.00	*0.00
Fruit, Fresh Assorted	SERVINGS	50	68	0	1	2.78	0.22	17.3	88	11	24.7	0.7	17.3	0.3	0.05	*0.00
Fruit Juice, Assorted	4 fl.oz.	50	59	0	5	0.00	*0.12	*2.7	*7	*1	16.0	0.00	14.0	0.00	0.00	*0.00
MILK, 1% Lowfat	CARTON	35	110	15	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	2.5	1.50	0.00
MILK, Skim	CARTON	35	80	4	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	0.00	0.00	0.00
Milk, Chocolate skim	1/2 pint	35	130	5	230	0.00	0.00	300.0	0	0	0.00	8.0	23.0	0.00	0.00	*0.00
SYRUP, PANCAKE: ISD621	2 OZ	50	133	0	46	0.00	0.02	1.7	0	0	0.00	0.00	34.9	0.00	0.00	*0.00
Weighted Daily Average			457	18	545	3.89	*2.79	*347.9	*548	*106	*24.38	16.35	75.65	10.35	3.05	*0.00
% of Calories												14.3%	66.2%	20.4%	6.0%	0.0%

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Apple Filled Fr/Cold Cereal, Elf Gra																
Elementary Breakfast 2010-1	Total	100														
Apple Fruit Filled Bread Stick	stick	50	170	0	35	2.00	1.44	0.0	0	0	0.00	5.0	40.0	2.0	0.00	0.00
Cereal, Cocoa Puffs Reduced su	bowl	5	100	0	190	1.00	6.30	80.0	0	0	4.8	1.0	22.00	1.5	0.00	*0.00
Cereal, Froot Loops Reduced Su	Bowl	5	70	0	105	1.00	2.70	0.0	200	40	9.0	1.0	16.0	0.00	0.00	*0.00
Cereal, Honey Nut Cheerios	Bowl	10	110	0	190	2.00	4.50	100.0	500	100	6.0	3.0	22.0	1.5	0.00	*0.00
Cereal, Frosted Flakes RS	bowl	10	100	0	160	1.00	4.50	0.0	500	100	6.0	1.0	25.0	0.00	0.00	*0.00
Cereal, Golden Grahams	Bowl	10	110	0	260	1.00	3.60	80.0	400	80	4.8	1.0	23.0	1.0	0.00	*0.00
Cracker, Elf Grahams Choc Chip	1 each	50	130	0	135	0.00	0.72	0.0	0	0	0.00	2.0	21.0	4.5	1.00	*0.00
Fruit,Fresh Assorted	SERVINGS	50	68	0	1	2.78	0.22	17.3	88	11	24.7	0.7	17.3	0.3	0.05	*0.00
Fruit Juice,Assorted	4 fl.oz.	50	59	0	5	0.00	*0.12	*2.7	*7	*1	16.0	0.00	14.0	0.00	0.00	*0.00
MILK,1% Lowfat	CARTON	35	110	15	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	2.5	1.50	0.00
MILK,Skim	CARTON	35	80	4	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	0.00	0.00	0.00
Milk, Chocolate skim	1/2 pint	35	130	5	230	0.00	0.00	300.0	0	0	0.00	8.0	23.0	0.00	0.00	*0.00
Weighted Daily Average			366	8	332	2.89	*2.96	*347.0	*548	*106	24.38	12.85	72.22	4.60	1.05	*0.00
% of Calories											14.1%	79.0%	11.3%	2.6%	0.0%	

Omelet/Cold Cereal, Trix Yogurt																
Elementary Breakfast 2010-1	Total	100														
Egg, Omelet, Colby Cheese; ISD	2.1 OZ EA CH	50	110	195	215	0.00	0.54	0.0	400	80	1.8	8.0	1.0	8.0	3.50	*0.00
Cereal, Cocoa Puffs Reduced su	bowl	5	100	0	190	1.00	6.30	80.0	0	0	4.8	1.0	22.00	1.5	0.00	*0.00
Cereal, Froot Loops Reduced Su	Bowl	5	70	0	105	1.00	2.70	0.0	200	40	9.0	1.0	16.0	0.00	0.00	*0.00
Cereal, Honey Nut Cheerios	Bowl	10	110	0	190	2.00	4.50	100.0	500	100	6.0	3.0	22.0	1.5	0.00	*0.00
Cereal, Frosted Flakes RS	bowl	10	100	0	160	1.00	4.50	0.0	500	100	6.0	1.0	25.0	0.00	0.00	*0.00
Cereal, Golden Grahams	Bowl	10	110	0	260	1.00	3.60	80.0	400	80	4.8	1.0	23.0	1.0	0.00	*0.00
Yogurt Trix (4 oz); ISD621	1 each	50	110	5	65	*0.00	*0.00	100.0	*0	*0	*0.00	4.0	19.0	1.5	1.00	*0.00
Fruit,Fresh Assorted	SERVINGS	50	68	0	1	2.78	0.22	17.3	88	11	24.7	0.7	17.3	0.3	0.05	*0.00
Fruit Juice,Assorted	4 fl.oz.	50	59	0	5	0.00	*0.12	*2.7	*7	*1	16.0	0.00	14.0	0.00	0.00	*0.00
MILK,1% Lowfat	CARTON	35	110	15	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	2.5	1.50	0.00
MILK,Skim	CARTON	35	80	4	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	0.00	0.00	0.00
Milk, Chocolate skim	1/2 pint	35	130	5	230	0.00	0.00	300.0	0	0	0.00	8.0	23.0	0.00	0.00	*0.00
SYRUP,PANCAKE; ISD621	2 OZ	50	133	0	46	0.00	0.02	1.7	0	0	0.00	0.00	34.9	0.00	0.00	*0.00
Weighted Daily Average			392	108	410	*1.89	*2.16	*397.9	*748	*146	*25.28	15.35	69.15	6.10	2.80	*0.00
% of Calories											15.7%	70.5%	14.0%	6.4%	0.0%	

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Mounds View Food Service

Cycle No. 1 thru Cycle No. 10 Cycle Spreadsheet - Portion Values Elementary Breakfast 2010-11

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protin	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Waffles/Cold Cereal, Teddy Graha																
Elementary Breakfast 2010-1	Total	100														
Waffles, Snackn	1 each	50	230	40	260	1.00	1.44	20.0	0	0	0.00	5.0	33.0	9.0	3.50	0.00
Cereal, Cocoa Puffs Reduced su	bowl	5	100	0	190	1.00	6.30	80.0	0	0	4.8	1.0	22.00	1.5	0.00	*0.00
Cereal, Froot Loops Reduced Su	Bowl	5	70	0	105	1.00	2.70	0.0	200	40	9.0	1.0	16.0	0.00	0.00	*0.00
Cereal, Honey Nut Cheerios	Bowl	10	110	0	190	2.00	4.50	100.0	500	100	6.0	3.0	22.0	1.5	0.00	*0.00
Cereal, Frosted Flakes RS	bowl	10	100	0	160	1.00	4.50	0.0	500	100	6.0	1.0	25.0	0.00	0.00	*0.00
Cereal, Golden Grahams	Bowl	10	110	0	260	1.00	3.60	80.0	400	80	4.8	1.0	23.0	1.0	0.00	*0.00
Teddy Grahams	package	50	100	0	120	*0.00	0.00	0.0	0	0	0.00	0.00	16.0	3.0	*0.00	*0.00
Fruit,Fresh Assorted	SERVINGS	50	68	0	1	2.78	0.22	17.3	88	11	24.7	0.7	17.3	0.3	0.05	*0.00
Fruit Juice,Assorted	4 fl.oz.	50	59	0	5	0.00	*0.12	*2.7	*7	*1	16.0	0.00	14.0	0.00	0.00	*0.00
MILK,1% Lowfat	CARTON	35	110	15	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	2.5	1.50	0.00
MILK,Skim	CARTON	35	80	4	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	0.00	0.00	0.00
Milk, Chocolate skim	1/2 pint	35	130	5	230	0.00	0.00	300.0	0	0	0.00	8.0	23.0	0.00	0.00	*0.00
SYRUP,PANCAKE: ISD621	2 OZ	50	133	0	46	0.00	0.02	1.7	0	0	0.00	0.00	34.9	0.00	0.00	*0.00
Weighted Daily Average			447	28	460	*2.39	*2.61	*357.9	*548	*106	24.38	11.85	83.65	7.35	*2.30	*0.00
% of Calories											10.6%		74.8%	14.8%	4.6%	0.0%

Cook's Choice/Cold Cereal, Teddy																
Elementary Breakfast 2010-1	Total	100														
Pizza, breakfast scramble	1 each	50	246	48	490	0.90	1.60	185.0	405	81	0.4	10.3	23.3	12.4	3.20	*0.00
Cereal, Cinnamon Toast Crunch	bowl	5	101	0	162	2.03	7.29	455.6	405	81	4.9	1.0	22.3	3.0	0.00	*0.00
Cereal, Cocoa Puffs Reduced su	bowl	5	100	0	190	1.00	6.30	80.0	0	0	4.8	1.0	22.00	1.5	0.00	*0.00
Cereal, Froot Loops Reduced Su	Bowl	5	70	0	105	1.00	2.70	0.0	200	40	9.0	1.0	16.0	0.00	0.00	*0.00
Cereal, Honey Nut Cheerios	Bowl	10	110	0	190	2.00	4.50	100.0	500	100	6.0	3.0	22.0	1.5	0.00	*0.00
Cereal, Frosted Flakes RS	bowl	10	100	0	160	1.00	4.50	0.0	500	100	6.0	1.0	25.0	0.00	0.00	*0.00
Cereal, Golden Grahams	Bowl	10	110	0	260	1.00	3.60	80.0	400	80	4.8	1.0	23.0	1.0	0.00	*0.00
Teddy Grahams	package	50	100	0	120	*0.00	0.00	0.0	0	0	0.00	0.00	16.0	3.0	*0.00	*0.00
Fruit,Fresh Assorted	SERVINGS	50	68	0	1	2.78	0.22	17.3	88	11	24.7	0.7	17.3	0.3	0.05	*0.00
Fruit Juice,Assorted	4 fl.oz.	50	59	0	5	0.00	*0.12	*2.7	*7	*1	16.0	0.00	14.0	0.00	0.00	*0.00
MILK,1% Lowfat	CARTON	35	110	15	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	2.5	1.50	0.00
MILK,Skim	CARTON	35	80	4	125	0.00	0.00	300.0	500	100	2.4	8.0	13.0	0.00	0.00	0.00
Milk, Chocolate skim	1/2 pint	35	130	5	230	0.00	0.00	300.0	0	0	0.00	8.0	23.0	0.00	0.00	*0.00
SYRUP,PANCAKE: ISD621	2 OZ	50	133	0	46	0.00	0.02	1.7	0	0	0.00	0.00	34.9	0.00	0.00	*0.00
Weighted Daily Average			460	32	583	*2.44	*3.05	*463.1	*770	*151	24.82	14.55	79.91	9.20	*2.15	*0.00
% of Calories											12.6%		69.5%	18.0%	4.2%	0.0%

Weighted Average			434	50	513	*2.55	*4.36	*393.5	*694	*137	*24.97	14.44	77.02	7.99	*2.48	*0.00
											13.3%		70.9%	16.6%	5.1%	0.0%

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Mounds View Food Service

Cycle No. 1 thru Cycle No. 10 Cycle Spreadsheet - Portion Values Elementary Breakfast 2010-11

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Nutrient	Menu AVG	Portion	Plan	mg		g	mg	mg	IU	RE	mg	g	g	g	g	
		Size	Qty	Cals	Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)									
Calories	434		483	90%		49	Correction Required - Calories are Low									
Cholesterol (mg)	50		0													
Sodium (mg)	513		0													
Fiber (g)	2.55		0.00		Missing											
Iron (mg)	4.36		2.50	174%	Missing											
Calcium (mg)	393.5		200.00	197%	Missing											
Vitamin A (IU)	694		792	88%	Missing	98	Correction Required - Vitamin A is Low									
Vitamin A (RE)	137		158	87%	Missing	21	Correction Required - Vitamin A is Low									
Vitamin C (mg)	24.97		11.25	222%	Missing											
Protein (g)	14.44	13.30%	6.67	217%												
Carbohydrate (g)	77.02	70.94%	0.00													
Total Fat (g)	7.99	16.56%	<30.00													
Saturated Fat (g)	2.48	5.15%	<10.00		Missing											
Trans Fat (g)	0.00	0.01%														

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

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