

Child Nutrition Program

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Weighted Values

Feb 2, 2010

Page 1

Anniston Breakfast Menu

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Mon - 03/01/2010															
Anniston Breakfast Menu	Total														
Egg and Cheese Biscuit	1 Each	270	136	802	0.00	1.52	124.3	446	0.1	10.7	23.1	14.1	4.71	*0.00	
Juice, Variety	4 oz	60	0	0	*0.00	0.63	0.0	0	46.2	0.00	14.0	0.00	0.00	0.00	
Milk - Variety	HALF PINT	127	7	126	0.79	0.40	264.9	446	1.4	7.4	20.0	2.0	1.28	*0.00	
Weighted Daily Average		457	144	928	*0.79	2.55	389.2	893	47.70	18.13	57.05	16.11	5.98	*0.00	
% of Calories										15.9%	50.0%	31.8%	11.8%	0.0%	

Tue - 03/02/2010															
Anniston Breakfast Menu	Total														
Muffin	muffin	190	10	200	0.00	0.72	0.0	0	0.00	2.0	30.0	6.0	1.00	0.00	
Whole Wheat Toast	1 SLICE	70	0	140	2.00	0.72	20.0	0	0.00	3.0	11.0	1.0	0.00	*0.00	
Juice, Variety	4 oz	60	0	0	*0.00	0.63	0.0	0	46.2	0.00	14.0	0.00	0.00	0.00	
Milk - Variety	HALF PINT	127	7	126	0.79	0.40	264.9	446	1.4	7.4	20.0	2.0	1.28	*0.00	
Weighted Daily Average		447	17	466	*2.79	2.47	284.9	446	47.63	12.44	74.96	9.05	2.28	*0.00	
% of Calories										11.1%	67.1%	18.2%	4.6%	0.0%	

Wed - 03/03/2010															
Anniston Breakfast Menu	Total														
Yogurt	4 oz contain	118	5	67	0.00	0.08	176.3	42	0.8	5.1	22.1	1.3	0.81	*0.00	
Cereal Variety	SERVING	77	*0	167	*1.33	*0.00	*0.0	*0	*0.00	1.7	15.3	1.0	0.00	*0.00	
Peaches, Frozen:USDA	1 Each	118	0	8	2.20	0.46	4.0	354	117.6	0.8	29.9	0.2	0.01	0.00	
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00	
Weighted Daily Average		449	*10	407	*3.53	*1.30	*480.3	*756	*120.34	15.52	91.58	3.95	1.79	*0.00	
% of Calories										13.8%	81.6%	7.9%	3.6%	0.0%	

Thu - 03/04/2010															
Anniston Breakfast Menu	Total														
Breakfast Bagel	serving	140	48	309	0.36	1.12	18.0	64	0.00	19.2	2.8	5.2	*0.00	*0.00	
Juice, Variety	4 oz	60	0	0	*0.00	0.63	0.0	0	46.2	0.00	14.0	0.00	0.00	0.00	
Milk - Variety	HALF PINT	127	7	126	0.79	0.40	264.9	446	1.4	7.4	20.0	2.0	1.28	*0.00	
Weighted Daily Average		327	55	435	*1.15	2.15	282.9	510	47.63	26.64	36.76	7.25	*1.28	*0.00	
% of Calories										32.6%	45.0%	20.0%	3.5%	0.0%	

Fri - 03/05/2010															
Anniston Breakfast Menu	Total														
Chicken Biscuit	serving	420	82	1265	*0.00	*1.08	*20.0	*0	*0.00	17.0	33.0	24.0	*2.50	*0.00	
Juice, Variety	4 oz	60	0	0	*0.00	0.63	0.0	0	46.2	0.00	14.0	0.00	0.00	0.00	
Milk - Variety	HALF PINT	127	7	126	0.79	0.40	264.9	446	1.4	7.4	20.0	2.0	1.28	*0.00	
Weighted Daily Average		607	89	1391	*0.79	*2.11	*284.9	*446	*47.63	24.44	66.96	26.05	*3.78	*0.00	
% of Calories										16.1%	44.1%	38.6%	5.6%	0.0%	

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Child Nutrition Program

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Weighted Values

Feb 2, 2010

Page 2

Anniston Breakfast Menu

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Mon - 03/08/2010															
Anniston Breakfast Menu	Total														
Breakfast Pizza, 3.2 oz, Tonys	3x4 slice	238	16	433	1.00	1.70	137.0	259	0.4	10.1	22.5	11.8	3.50	*0.00	
Juice, Variety	4 oz	60	0	0	*0.00	0.63	0.0	0	46.2	0.00	14.0	0.00	0.00	0.00	
Milk - Variety	HALF PINT	127	7	126	0.79	0.40	264.9	446	1.4	7.4	20.0	2.0	1.28	*0.00	
Weighted Daily Average		425	23	559	*1.79	2.73	401.9	705	48.03	17.54	56.47	13.85	4.78	*0.00	
% of Calories										16.5%	53.2%	29.3%	10.1%	0.0%	

Tue - 03/09/2010															
Anniston Breakfast Menu	Total														
Biscuit	1 biscuit	180	0	560	0.00	1.08	20.0	0	0.00	4.0	21.0	9.0	2.50	*0.00	
Sausage Patty	patty	189	38	0	0.46	0.51	0.4	84	0.5	6.3	0.8	18.0	*0.00	*0.00	
Juice, Variety	4 oz	60	0	0	*0.00	0.63	0.0	0	46.2	0.00	14.0	0.00	0.00	0.00	
Milk - Variety	HALF PINT	127	7	126	0.79	0.40	264.9	446	1.4	7.4	20.0	2.0	1.28	*0.00	
Weighted Daily Average		556	46	687	*1.26	2.62	285.3	531	48.12	17.69	55.79	29.08	*3.78	*0.00	
% of Calories										12.7%	40.2%	47.1%	6.1%	0.0%	

Wed - 03/10/2010															
Anniston Breakfast Menu	Total														
Cinnamon Rolls	roll	209	0	292	1.70	2.08	39.0	46	0.5	4.7	37.7	4.5	0.65	*0.00	
Juice, Variety	4 oz	60	0	0	*0.00	0.63	0.0	0	46.2	0.00	14.0	0.00	0.00	0.00	
Milk - Variety	HALF PINT	127	7	126	0.79	0.40	264.9	446	1.4	7.4	20.0	2.0	1.28	*0.00	
Weighted Daily Average		396	7	418	*2.49	3.11	303.9	492	48.12	12.17	71.66	6.57	1.93	*0.00	
% of Calories										12.3%	72.4%	15.0%	4.4%	0.0%	

Thu - 03/11/2010															
Anniston Breakfast Menu	Total														
Ham and Cheese Biscuit	serving	267	34	1052	*0.00	1.46	98.8	214	0.7	12.9	22.9	13.0	4.34	*0.06	
Juice, Variety	4 oz	60	0	0	*0.00	0.63	0.0	0	46.2	0.00	14.0	0.00	0.00	0.00	
Milk - Variety	HALF PINT	127	7	126	0.79	0.40	264.9	446	1.4	7.4	20.0	2.0	1.28	*0.00	
Weighted Daily Average		454	41	1178	*0.79	2.50	363.7	660	48.30	20.33	56.83	15.09	5.62	*0.06	
% of Calories										17.9%	50.1%	29.9%	11.1%	0.1%	

Fri - 03/12/2010															
Anniston Breakfast Menu	Total														
French Toast Sticks,	4 sticks	310	0	410	0.00	1.80	60.0	0	0.00	5.0	45.00	12.00	3.00	0.00	
Powdered Sugar	2 tablespoo	58	0	0	0.00	0.00	0.2	0	0.00	0.00	14.94	0.0	0.00	*0.00	
Bacon, Precooked	1 piece	28	3	97	0.00	0.00	0.0	0	0.00	1.3	0.00	2.3	1.00	*0.00	
Juice, Variety	4 oz	60	0	0	*0.00	0.63	0.0	0	46.2	0.00	14.0	0.00	0.00	0.00	
Milk - Variety	HALF PINT	127	7	126	0.79	0.40	264.9	446	1.4	7.4	20.0	2.0	1.28	*0.00	
Weighted Daily Average		583	11	633	*0.79	2.83	325.0	446	47.63	13.77	93.90	16.39	5.28	*0.00	
% of Calories										9.4%	64.4%	25.3%	8.1%	0.0%	

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Child Nutrition Program

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Weighted Values

Anniston Breakfast Menu

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 03/15/2010														
Anniston Breakfast Menu	Total													
Muffin	muffin	190	10	200	0.00	0.72	0.0	0	0.00	2.0	30.0	6.0	1.00	0.00
Whole Wheat Toast	1 SLICE	70	0	140	2.00	0.72	20.0	0	0.00	3.0	11.0	1.0	0.00	*0.00
Juice, Variety	4 oz	60	0	0	*0.00	0.63	0.0	0	46.2	0.00	14.0	0.00	0.00	0.00
Milk - Variety	HALF PINT	127	7	126	0.79	0.40	264.9	446	1.4	7.4	20.0	2.0	1.28	*0.00
Weighted Daily Average		447	17	466	*2.79	2.47	284.9	446	47.63	12.44	74.96	9.05	2.28	*0.00
% of Calories										11.1%	67.1%	18.2%	4.6%	0.0%

Tue - 03/16/2010														
Anniston Breakfast Menu	Total													
Waffles	Waffles serving	0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
Ham,For Biscuit,1.25 oz,Bryan	1.25 oz	36	17	448	0.00	0.25	5.7	2	0.2	5.9	0.6	1.0	0.35	*0.00
Syrup	2 TBSP	92	0	32	0.00	0.01	1.2	0	0.00	0.00	24.1	0.00	0.00	*0.00
Juice, Variety	4 oz	60	0	0	*0.00	0.63	0.0	0	46.2	0.00	14.0	0.00	0.00	0.00
Milk - Variety	HALF PINT	127	7	126	0.79	0.40	264.9	446	1.4	7.4	20.0	2.0	1.28	*0.00
Weighted Daily Average		315	24	607	*0.79	1.29	271.8	448	47.86	13.32	58.65	3.05	1.63	*0.00
% of Calories										16.9%	74.6%	8.7%	4.7%	0.0%

Wed - 03/17/2010														
Anniston Breakfast Menu	Total													
Pancake on a Stick	1stick	213	15	476	1.01	1.09	0.0	0	0.00	9.1	23.3	10.1	3.54	0.00
Juice, Variety	4 oz	60	0	0	*0.00	0.63	0.0	0	46.2	0.00	14.0	0.00	0.00	0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		409	21	641	*1.01	2.48	300.0	360	48.18	17.11	61.52	11.66	4.52	0.00
% of Calories										16.7%	60.2%	25.7%	9.9%	0.0%

Thu - 03/18/2010														
Anniston Breakfast Menu	Total													
Biscuit and Sausage Gravy	Waffles serving	305	22	648	0.23	1.34	45.7	42	0.2	7.7	25.1	19.6	*3.12	*0.62
Juice, Variety	4 oz	60	0	0	*0.00	0.63	0.0	0	46.2	0.00	14.0	0.00	0.00	0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		502	28	813	*0.23	2.72	345.7	402	48.43	15.75	63.35	21.10	*4.09	*0.62
% of Calories										12.6%	50.5%	37.9%	7.3%	1.1%

Mon - 03/22/2010														
Anniston Breakfast Menu	Total													
Biscuit	1 biscuit	180	0	560	0.00	1.08	20.0	0	0.00	4.0	21.0	9.0	2.50	*0.00
Sausage Patty	patty	189	38	0	0.46	0.51	0.4	84	0.5	6.3	0.8	18.0	*0.00	*0.00
Juice, Variety	4 oz	60	0	0	*0.00	0.63	0.0	0	46.2	0.00	14.0	0.00	0.00	0.00
Milk - Variety	HALF PINT	127	7	126	0.79	0.40	264.9	446	1.4	7.4	20.0	2.0	1.28	*0.00

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Child Nutrition Program

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Weighted Values

Anniston Breakfast Menu

Page 4

Feb 2, 2010

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average		556	46	687	*1.26	2.62	285.3	531	48.12	17.69	55.79	29.08	*3.78	*0.00
% of Calories										12.7%	40.2%	47.1%	6.1%	0.0%

Tue - 03/23/2010														
Anniston Breakfast Menu	Total													
Cinnamon Rolls	roll	209	0	292	1.70	2.08	39.0	46	0.5	4.7	37.7	4.5	0.65	*0.00
Juice, Variety	4 oz	60	0	0	*0.00	0.63	0.0	0	46.2	0.00	14.0	0.00	0.00	0.00
Milk - Variety	HALF PINT	127	7	126	0.79	0.40	264.9	446	1.4	7.4	20.0	2.0	1.28	*0.00
Weighted Daily Average		396	7	418	*2.49	3.11	303.9	492	48.12	12.17	71.66	6.57	1.93	*0.00
% of Calories										12.3%	72.4%	15.0%	4.4%	0.0%

Wed - 03/24/2010														
Anniston Breakfast Menu	Total													
Cheese Toast	1 EACH	110	8	337	2.00	0.72	95.9	202	0.00	5.5	12.0	3.0	1.27	0.00
Canadian Style Bacon Turkey Ha	Serving	56	31	354	*0.00	0.46	3.5	13	0.8	7.6	1.0	2.4	0.69	0.07
Juice, Variety	4 oz	60	0	0	*0.00	0.63	0.0	0	46.2	0.00	14.0	0.00	0.00	0.00
Milk - Variety	HALF PINT	127	7	126	0.79	0.40	264.9	446	1.4	7.4	20.0	2.0	1.28	*0.00
Weighted Daily Average		353	47	817	*2.79	2.21	364.3	662	48.44	20.61	47.00	7.49	3.23	*0.07
% of Calories										23.4%	53.3%	19.1%	8.2%	0.2%

Thu - 03/25/2010														
Anniston Breakfast Menu	Total													
French Toast Sticks,	4 sticks	310	0	410	0.00	1.80	60.0	0	0.00	5.0	45.00	12.00	3.00	0.00
Powdered Sugar	2 tablespoon	58	0	0	0.00	0.00	0.2	0	0.00	0.00	14.94	0.0	0.00	*0.00
Juice, Variety	4 oz	60	0	0	*0.00	0.63	0.0	0	46.2	0.00	14.0	0.00	0.00	0.00
Milk - Variety	HALF PINT	127	7	126	0.79	0.40	264.9	446	1.4	7.4	20.0	2.0	1.28	*0.00
Weighted Daily Average		555	7	536	*0.79	2.83	325.0	446	47.63	12.44	93.90	14.06	4.28	*0.00
% of Calories										9.0%	67.7%	22.8%	6.9%	0.0%

Fri - 03/26/2010														
Anniston Breakfast Menu	Total													
Jelly Biscuit	serving	218	*0	*560	*0.00	*1.08	*20.0	*0	*0.00	4.0	30.0	9.0	2.50	*0.00
Juice, Variety	4 oz	60	0	0	*0.00	0.63	0.0	0	46.2	0.00	14.0	0.00	0.00	0.00
Milk - Variety	HALF PINT	127	7	126	0.79	0.40	264.9	446	1.4	7.4	20.0	2.0	1.28	*0.00
Weighted Daily Average		405	*7	*686	*0.79	*2.11	*284.9	*446	*47.63	11.49	63.97	11.10	3.78	*0.00
% of Calories										11.4%	63.2%	24.7%	8.4%	0.0%

Mon - 03/29/2010														
Anniston Breakfast Menu	Total													
Waffles	serving	0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice, Variety	4 oz	60	0	0	*0.00	0.63	0.0	0	46.2	0.00	14.0	0.00	0.00	0.00
Milk - Variety	HALF PINT	127	7	126	0.79	0.40	264.9	446	1.4	7.4	20.0	2.0	1.28	*0.00

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Child Nutrition Program

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Weighted Values

Feb 2, 2010

Page 5

Anniston Breakfast Menu

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average		187	7	126	*0.79	1.03	264.9	446	47.63	7.44	33.96	2.05	1.28	*0.00
% of Calories										15.9%	72.7%	9.9%	6.2%	0.0%

Tue - 03/30/2010														
Anniston Breakfast Menu	Total													
Muffin	muffin	190	10	200	0.00	0.72	0.0	0	0.00	2.0	30.0	6.0	1.00	0.00
Whole Wheat Toast	1 SLICE	70	0	140	2.00	0.72	20.0	0	0.00	3.0	11.0	1.0	0.00	*0.00
Juice, Variety	4 oz	60	0	0	*0.00	0.63	0.0	0	46.2	0.00	14.0	0.00	0.00	0.00
Milk - Variety	HALF PINT	127	7	126	0.79	0.40	264.9	446	1.4	7.4	20.0	2.0	1.28	*0.00
Weighted Daily Average		447	17	466	*2.79	2.47	284.9	446	47.63	12.44	74.96	9.05	2.28	*0.00
% of Calories										11.1%	67.1%	18.2%	4.6%	0.0%

Wed - 03/31/2010														
Anniston Breakfast Menu	Total													
Ham and Cheese Biscuit	serving	267	34	1052	*0.00	1.46	98.8	214	0.7	12.9	22.9	13.0	4.34	*0.06
Juice, Variety	4 oz	60	0	0	*0.00	0.63	0.0	0	46.2	0.00	14.0	0.00	0.00	0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		463	39	1217	*0.00	2.85	398.8	573	48.85	20.90	61.10	14.58	5.32	*0.06
% of Calories										18.0%	52.8%	28.3%	10.3%	0.1%

Weighted Average		442	*33	*663	*1.49	*2.39	*323.5	*527	*51.24	16.02	64.67	12.83	*3.40	*0.04
										14.5%	58.5%	26.1%	6.9%	0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	442		554	80%		112	Correction Required - Calories are Low
Cholesterol (mg)	33		0		Missing		
Sodium (mg)	663		0		Missing		
Fiber (g)	1.49		0.00		Missing		
Iron (mg)	2.39		2.99	80%	Missing	0.60	Correction Required - Iron is Low
Calcium (mg)	323.5		253.85	127%	Missing		
Vitamin A (IU)	527		971	54%	Missing	445	Correction Required - Vitamin A is Low
Vitamin C (mg)	51.24		12.50	410%	Missing		
Protein (g)	16.02	14.49%	9.59	167%			
Carbohydrate (g)	64.67	58.48%	0.00				
Total Fat (g)	12.83	26.10%	<30.00				
Saturated Fat (g)	3.40	6.92%	<10.00		Missing		
Trans Fat (g)	0.04	0.07%					

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.