

# Child Nutrition Program

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Weighted Values

Jan 14, 2010

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## 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 - 02/01/2010															
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	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	
Weighted Daily Average		377	17	326	*0.79	1.75	264.9	446	47.63	9.44	63.96	8.05	2.28	*0.00	
% of Calories										10.0%	67.9%	19.2%	5.4%	0.0%	

Tue - 02/02/2010															
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%	

Wed - 02/03/2010															
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%	

Thu - 02/04/2010															
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%	

Fri - 02/05/2010															
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%	

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## 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 - 02/08/2010															
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%	

Tue - 02/09/2010															
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 - 02/10/2010															
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%	

Thu - 02/11/2010															
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	
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%	

Fri - 02/12/2010															
Anniston Breakfast Menu	Total														
Biscuit and Sausage Gravy	serving	305	19	710	0.23	1.34	21.0	42	0.2	7.1	25.1	19.9	*2.81	*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		492	27	836	*1.03	2.37	285.9	488	47.88	14.56	59.09	21.92	*4.09	*0.00	
% of Calories										11.8%	48.0%	40.1%	7.5%	0.0%	

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## 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	
Tue - 02/16/2010															
Anniston Breakfast Menu	Total														
Waffles	1 serving	0	0	0	0.00	0.00	0.0	0	0.00	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 - 02/17/2010															
Anniston Breakfast Menu	Total														
Pancake on a Stick	1 stick	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 - 02/18/2010															
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	
Graham Cracker Snacks	1 serving	104	0	84	0.66	1.59	14.3	236	3.1	1.6	17.7	2.9	0.69	0.79	
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		418	10	316	*0.66	3.06	490.6	637	52.13	14.70	78.06	5.73	2.47	*0.79	
% of Calories										14.1%	74.7%	12.3%	5.3%	1.7%	

Fri - 02/19/2010															
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%	

Mon - 02/22/2010															
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	

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## 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		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 - 02/23/2010														
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 - 02/24/2010														
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%

Thu - 02/25/2010														
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 tablespoo	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 - 02/26/2010														
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%

Weighted Average		461	*31	*710	*1.16	*2.47	*321.6	*521	*48.14	16.73	64.49	14.76	*3.65	*0.05
										14.5%	56.0%	28.8%	7.1%	0.1%

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Anniston Breakfast Menu

Nutrient	Menu AVG	Portion Size	Cals	mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
				Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat	Tr-Fat
Calories	461		554	83%				93	Correction Required - Calories are Low						
Cholesterol (mg)	31		0		Missing										
Sodium (mg)	710		0		Missing										
Fiber (g)	1.16		0.00		Missing										
Iron (mg)	2.47		2.99	83%	Missing	0.51			Correction Required - Iron is Low						
Calcium (mg)	321.6		253.85	127%	Missing										
Vitamin A (IU)	521		971	54%	Missing	450			Correction Required - Vitamin A is Low						
Vitamin C (mg)	48.14		12.50	385%	Missing										
Protein (g)	16.73	14.52%	9.59	175%											
Carbohydrate (g)	64.49	55.99%	0.00												
Total Fat (g)	14.76	28.84%	<30.00												
Saturated Fat (g)	3.65	7.13%	<10.00		Missing										
Trans Fat (g)	0.05	0.09%													

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

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