

Kern High School District

Apr 30, 2012 thru May 31, 2012 Spreadsheet - Portion Values

May 1, 2012

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Preschool Breakfast

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/30/2012														
Preschool Breakfast	Total	3												
Pierre 2057 Biscuit& Beef Ssge	3.5 oz. Each	3	280	20	873	3.82	2.21	106.0	11	0.16	13.0	27.5	13.0	4.20
APPLES, SLICED, IW 2 oz.	2 oz. Bag	3	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Weighted Daily Average			413	32	992	5.35	2.31	410.0	424	5.39	21.11	48.31	15.37	5.57
% of Calories											20.4%	46.7%	33.5%	12.1%
Nutrient Guideline			419	75	540	6.00	2.50	200.00	595	11.00	5.50		<=30.0	<10.00
% of Guideline Satisfied			99%	43%	184%	89%	92%	205%	71%	49%	384%			
Shortfall			6	43		0.65	0.19		171	5.61			OVER	OVER

Tue - 05/01/2012														
Preschool Breakfast	Total	3												
Burrito/Bn&Chse,Com.LosCabos	4 oz. Servin	3	244	15	611	5.49	2.52	192.7	10	1.67	11.21	36.38	6.44	3.33
CHERRIES,SWT,FRZ,unSWTND	.50 CUP	3	36	0	1	1.24	0.41	10.1	674	1.32	0.71	8.54	0.34	0.08
Juice, Orange 4 FL OZ	4 FL OZ	1	50	0	15	0.00	0.00	20.0	0	78.0	1.0	12.0	0.0	0.00
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Taco Sauce(pkt)	1 each	3	6	0	37	0.00	0.00	0.0	0	1.35	0.0	1.13	0.0	0.00
Weighted Daily Average			402	27	772	6.73	2.93	509.4	1067	32.34	20.26	62.21	8.95	4.74
% of Calories											20.1%	61.8%	20.0%	10.6%
Nutrient Guideline			419	75	540	6.00	2.50	200.00	595	11.00	5.50		<=30.0	<10.00
% of Guideline Satisfied			96%	36%	143%	112%	117%	255%	179%	294%	368%			
Shortfall			17	48										OVER

Wed - 05/02/2012														
Preschool Breakfast	Total	3												
Omelet, Sunnyfresh	2.1 oz	3	115	190	220	0.04	0.61	33.0	413	0.05	8.57	1.24	8.52	3.65
PEACHES,CANNED,LIGHT SYRUP	.50 CUP	3	68	0	6	1.63	0.45	3.8	444	3.01	0.56	18.26	0.04	0.00
APPLES, SLICED, IW 2 oz.	2 oz. Bag	3	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
MJM 301150 Honey Grahams	.9 oz. Portio	3	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.0	3.01	0.83
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Kern High School District

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Preschool Breakfast

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories			413	203	476	6.03	3.15	345.7	1522	11.31	18.53	58.31	13.94	5.85
Nutrient Guideline			419	75	540	6.00	2.50	200.00	595	11.00	5.50		<=30.0	<10.00
% of Guideline Satisfied			99%	270%	88%	101%	126%	173%	256%	103%	337%			
Shortfall			6		64								OVER	OVER

Thu - 05/03/2012														
Preschool Breakfast	Total	3												
Cereal, Honey Nut O's	1.8 oz. Bowl	3	200	0	350	4.00	8.10	150.0	750	9.0	5.0	41.0	2.5	0.50
BANANAS	1 EACH	3	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
Kiwi, Fresh, halves, 36ct.	2 Halves	3	46	0	2	2.28	0.24	25.8	66	70.45	0.87	11.14	0.4	0.02
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Weighted Daily Average % of Calories			436	12	472	8.91	8.60	480.9	1264	90.24	14.97	87.38	5.39	1.97
Nutrient Guideline			419	75	540	6.00	2.50	200.00	595	11.00	5.50		<=30.0	<10.00
% of Guideline Satisfied			104%	17%	87%	148%	344%	240%	212%	820%	272%			
Shortfall				63	68									

Fri - 05/04/2012														
Preschool Breakfast	Total	3												
Sunyf 40072, WG Fr Tst Stk	3 Each	3	189	130	329	2.99	1.99	92.9	133	0.0	9.97	27.91	4.49	1.00
Sausage, Beef, Pierre 9485	1.2 oz. Patty	3	84	24	237	0.00	0.61	6.8	7	0.07	8.2	0.5	5.2	2.30
STRAWBERRIES, FROZEN, THAWE	.50 CUP	3	39	0	2	2.30	0.83	18.0	50	45.5	0.48	10.09	0.12	0.01
Fruit, Orange, 3 wedges	3 wedges	3	24	0	0	1.22	0.05	20.4	115	27.13	0.48	5.99	0.06	0.01
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Weighted Daily Average % of Calories			436	166	687	6.51	3.48	438.1	688	74.70	27.13	56.66	12.03	4.65
Nutrient Guideline			419	75	540	6.00	2.50	200.00	595	11.00	5.50		<=30.0	<10.00
% of Guideline Satisfied			104%	221%	127%	109%	139%	219%	116%	679%	493%			

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Preschool Breakfast

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/07/2012														
Preschool Breakfast	Total	3												
Egg & Cheese Brf Sandwich	Sandwich	3	280	123	658	4.00	1.82	126.9	174	0.01	14.35	30.1	12.4	3.99
ORANGE WEDGES	6 wedges	3	48	0	0	2.45	0.10	40.8	230	54.27	0.96	11.99	0.12	0.02
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Weighted Daily Average			428	135	778	6.45	1.92	467.7	787	56.28	23.31	54.25	14.69	5.35
% of Calories											21.8%	50.7%	30.9%	11.2%
Nutrient Guideline			419	75	540	6.00	2.50	200.00	595	11.00	5.50		<=30.0	<10.00
% of Guideline Satisfied			102%	181%	144%	107%	77%	234%	132%	512%	424%			
Shortfall							0.58						OVER	OVER

Tue - 05/08/2012														
Preschool Breakfast	Total	3												
Cereal, Honey Nut O's	1.8 oz. Bowl	3	200	0	350	4.00	8.10	150.0	750	9.0	5.0	41.0	2.5	0.50
FRUIT COCKTAIL:canned,lt syrup	.50 Cup	3	73	0	8	1.29	0.37	7.7	264	2.45	0.52	19.23	0.09	0.01
Kiwi, Fresh, halves, 36ct.	2 Halves	3	46	0	2	2.28	0.24	25.8	66	70.45	0.87	11.14	0.4	0.02
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Weighted Daily Average			420	12	479	7.57	8.71	483.6	1463	83.90	14.38	83.54	5.15	1.87
% of Calories											13.7%	79.6%	11.0%	4.0%
Nutrient Guideline			419	75	540	6.00	2.50	200.00	595	11.00	5.50		<=30.0	<10.00
% of Guideline Satisfied			100%	17%	89%	126%	348%	242%	246%	763%	261%			
Shortfall				63	61									

Wed - 05/09/2012														
Preschool Breakfast	Total	3												
Omelet, Sunnyfresh	2.1 oz	3	115	190	220	0.04	0.61	33.0	413	0.05	8.57	1.24	8.52	3.65
APRICOTS: canned,light syrup	.50 CUP	3	80	0	5	2.02	0.49	13.9	1672	3.42	0.67	20.86	0.06	0.00
Juice, Orange 4 FL OZ	4 FL OZ	3	50	0	15	0.00	0.00	20.0	0	78.0	1.0	12.0	0.0	0.00
MJM 301150 Honey Grahams	.9 oz. Portio	3	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.0	3.01	0.83
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50

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Preschool Breakfast

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories			441	203	490	4.89	3.09	371.9	2720	86.49	19.53	64.27	13.76	5.82
											17.7%	58.3%	28.1%	11.9%
Nutrient Guideline			419	75	540	6.00	2.50	200.00	595	11.00	5.50		<=30.0	<10.00
% of Guideline Satisfied			105%	270%	91%	82%	124%	186%	457%	786%	355%			
Shortfall					50	1.11								OVER

Thu - 05/10/2012														
Preschool Breakfast	Total	3												
Yogurt Parfait w Diced Peaches	Serving	3	163	2	63	1.93	0.41	128.3	1118	2.72	4.11	35.86	0.79	0.50
Malto Meal Cinnamon Granola,	1 OZ	3	113	0	15	1.55	0.74	10.3	0	0.0	2.58	22.16	2.32	0.03
APPLES, SLICED, IW 2 oz.	2 oz. Bag	3	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Weighted Daily Average % of Calories			410	15	198	5.01	1.25	442.6	1531	7.95	14.79	78.84	5.48	1.89
											14.4%	76.9%	12.0%	4.2%
Nutrient Guideline			419	75	540	6.00	2.50	200.00	595	11.00	5.50		<=30.0	<10.00
% of Guideline Satisfied			98%	20%	37%	83%	50%	221%	257%	72%	269%			
Shortfall			9	60	342	0.99	1.25			3.05				

Fri - 05/11/2012														
Preschool Breakfast	Total	3												
Pancake, Whole Wheat	2 each	3	142	4	368	1.42	1.26	38.6	0	0.0	4.47	24.81	2.69	0.71
Sausage, Beef, Pierre 9485	1.2 oz. Patty	3	84	24	237	0.00	0.61	6.8	7	0.07	8.2	0.5	5.2	2.30
STRAWBERRIES, FROZEN, THAWE	.50 CUP	3	39	0	2	2.30	0.83	18.0	50	45.5	0.48	10.09	0.12	0.01
PEARS,CND,LT SYRUP PK,SOL&LIQ	.50 CUP	3	72	0	6	2.02	0.35	6.3	0	0.88	0.24	19.11	0.04	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Weighted Daily Average % of Calories			437	40	733	5.73	3.05	369.7	440	48.45	21.39	66.67	10.22	4.35
											19.6%	61.0%	21.0%	9.0%
Nutrient Guideline			419	75	540	6.00	2.50	200.00	595	11.00	5.50		<=30.0	<10.00
% of Guideline Satisfied			104%	54%	136%	96%	122%	185%	74%	440%	389%			
Shortfall				35		0.27			155					

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Mon - 05/14/2012														
Preschool Breakfast	Total	3												
Pierre 2057 Biscuit& Beef Ssge	3.5 oz. Each	3	280	20	873	3.82	2.21	106.0	11	0.16	13.0	27.5	13.0	4.20
APPLES, SLICED, IW 2 oz.	2 oz. Bag	3	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Weighted Daily Average			413	32	992	5.35	2.31	410.0	424	5.39	21.11	48.31	15.37	5.57
% of Calories											20.4%	46.7%	33.5%	12.1%
Nutrient Guideline			419	75	540	6.00	2.50	200.00	595	11.00	5.50		<=30.0	<10.00
% of Guideline Satisfied			99%	43%	184%	89%	92%	205%	71%	49%	384%			
Shortfall			6	43		0.65	0.19		171	5.61			OVER	OVER

Tue - 05/15/2012														
Preschool Breakfast	Total	3												
Cereal, Honey Nut O's	1.8 oz. Bowl	3	200	0	350	4.00	8.10	150.0	750	9.0	5.0	41.0	2.5	0.50
Cheese, String, LOL59701	1 oz	3	81	20	202	0.00	0.00	191.6	0	0.0	7.29	1.01	6.08	3.54
ORANGE WEDGES	6 wedges	3	48	0	0	2.45	0.10	40.8	230	54.27	0.96	11.99	0.12	0.02
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Weighted Daily Average			429	33	672	6.45	8.20	682.4	1363	65.27	21.25	66.16	10.86	5.40
% of Calories											19.8%	61.7%	22.8%	11.3%
Nutrient Guideline			419	75	540	6.00	2.50	200.00	595	11.00	5.50		<=30.0	<10.00
% of Guideline Satisfied			102%	44%	124%	107%	328%	341%	229%	593%	386%			
Shortfall				42										OVER

Wed - 05/16/2012														
Preschool Breakfast	Total	3												
Sunyf 40072, WG Fr Tst Stk	4 Each	3	253	173	439	3.99	2.66	123.9	177	0.0	13.29	37.22	5.98	1.33
CHERRIES,SWT,FRZ,unSWTND	.25 CUP	3	18	0	0	0.62	0.21	5.0	337	0.66	0.36	4.27	0.17	0.04
PEARS,CND,LT SYRUP PK,SOL&LIQ	.50 CUP	3	72	0	6	2.02	0.35	6.3	0	0.88	0.24	19.11	0.04	0.00
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50

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Kern High School District

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May 1, 2012

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Preschool Breakfast

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			442	185	565	6.62	3.22	435.2	898	3.54	21.89	72.77	8.36	2.70
% of Calories											19.8%	65.8%	17.0%	5.5%
Nutrient Guideline			419	75	540	6.00	2.50	200.00	595	11.00	5.50		<=30.0	<10.00
% of Guideline Satisfied			106%	247%	105%	110%	129%	218%	151%	32%	398%			
Shortfall										7.46				

Thu - 05/17/2012														
Preschool Breakfast	Total	3												
Egg & Cheese Brf Sandwich	Sandwich	3	280	123	658	4.00	1.82	126.9	174	0.01	14.35	30.1	12.4	3.99
APPLES, SLICED, IW 2 oz.	2 oz. Bag	3	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Weighted Daily Average			414	135	778	5.53	1.92	430.9	588	5.24	22.46	50.91	14.77	5.36
% of Calories											21.7%	49.2%	32.1%	11.7%
Nutrient Guideline			419	75	540	6.00	2.50	200.00	595	11.00	5.50		<=30.0	<10.00
% of Guideline Satisfied			99%	181%	144%	92%	77%	215%	99%	48%	408%			
Shortfall			5			0.47	0.58		7	5.76			OVER	OVER

Fri - 05/18/2012														
Preschool Breakfast	Total	3												
Pancake, CM741-8726	2 each	3	142	4	368	1.42	1.26	38.6	0	0.0	4.47	24.81	2.69	0.71
Sausage, Beef, Pierre 9485	1.2 oz. Patty	3	84	24	237	0.00	0.61	6.8	7	0.07	8.2	0.5	5.2	2.30
Applesauce, Cin, Warm	#8 Disher	3	56	0	3	1.88	0.37	13.9	40	27.27	0.25	15.18	0.14	0.01
Juice, Orange 4 FL OZ	4 FL OZ	3	50	0	15	0.00	0.00	20.0	0	78.0	1.0	12.0	0.0	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Weighted Daily Average			432	40	742	3.29	2.24	379.3	430	107.34	21.92	64.65	10.20	4.36
% of Calories											20.3%	59.8%	21.2%	9.1%
Nutrient Guideline			419	75	540	6.00	2.50	200.00	595	11.00	5.50		<=30.0	<10.00
% of Guideline Satisfied			103%	54%	137%	55%	90%	190%	72%	976%	399%			
Shortfall				35		2.71	0.26		165					

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Kern High School District

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May 1, 2012

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Preschool Breakfast

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/21/2012														
Preschool Breakfast	Total	3												
Egg & Cheese Brf Sandwich	Sandwich	3	280	123	658	4.00	1.82	126.9	174	0.01	14.35	30.1	12.4	3.99
PEACHES,CANNED,LIGHT SYRUP	.50 CUP	3	68	0	6	1.63	0.45	3.8	444	3.01	0.56	18.26	0.04	0.00
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Weighted Daily Average			448	135	784	5.63	2.27	430.7	1002	5.02	22.91	60.53	14.61	5.33
% of Calories											20.5%	54.0%	29.3%	10.7%
Nutrient Guideline			419	75	540	6.00	2.50	200.00	595	11.00	5.50		<=30.0	<10.00
% of Guideline Satisfied			107%	181%	145%	94%	91%	215%	168%	46%	417%			
Shortfall						0.37	0.23			5.98				OVER

Tue - 05/22/2012														
Preschool Breakfast	Total	3												
Cereal, Honey Nut O's	1.8 oz. Bowl	3	200	0	350	4.00	8.10	150.0	750	9.0	5.0	41.0	2.5	0.50
Cheese, String, LOL59701	1 oz	3	81	20	202	0.00	0.00	191.6	0	0.0	7.29	1.01	6.08	3.54
ORANGE WEDGES	6 wedges	3	48	0	0	2.45	0.10	40.8	230	54.27	0.96	11.99	0.12	0.02
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Weighted Daily Average			429	33	672	6.45	8.20	682.4	1363	65.27	21.25	66.16	10.86	5.40
% of Calories											19.8%	61.7%	22.8%	11.3%
Nutrient Guideline			419	75	540	6.00	2.50	200.00	595	11.00	5.50		<=30.0	<10.00
% of Guideline Satisfied			102%	44%	124%	107%	328%	341%	229%	593%	386%			
Shortfall				42										OVER

Wed - 05/23/2012														
Preschool Breakfast	Total	3												
Sunyf 40072, WG Fr Tst Stk	3 Each	3	189	130	329	2.99	1.99	92.9	133	0.0	9.97	27.91	4.49	1.00
Applesauce, Cin, Warm	#8 Disher	3	56	0	3	1.88	0.37	13.9	40	27.27	0.25	15.18	0.14	0.01
PEARS,CND,LT SYRUP PK,SOL&LIQ	.50 CUP	3	72	0	6	2.02	0.35	6.3	0	0.88	0.24	19.11	0.04	0.00
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50

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Preschool Breakfast

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories			417	142	457	6.88	2.71	413.1	556	30.15	18.46	74.38	6.83	2.34
											17.7%	71.3%	14.7%	5.1%
Nutrient Guideline			419	75	540	6.00	2.50	200.00	595	11.00	5.50		<=30.0	<10.00
% of Guideline Satisfied			100%	189%	85%	115%	109%	207%	93%	274%	336%			
Shortfall			2		83				39					

Thu - 05/24/2012														
Preschool Breakfast	Total	3												
Burrito/Bn&Chse,Com.LosCabos	4 oz. Servin	3	244	15	611	5.49	2.52	192.7	10	1.67	11.21	36.38	6.44	3.33
PEACHES,CANNED,LIGHT SYRUP	.50 CUP	3	68	0	6	1.63	0.45	3.8	444	3.01	0.56	18.26	0.04	0.00
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Taco Sauce(pkt)	1 each	3	6	0	37	0.00	0.00	0.0	0	1.35	0.0	1.13	0.0	0.00
Weighted Daily Average % of Calories			418	27	773	7.12	2.97	496.5	837	8.03	19.78	67.93	8.65	4.66
											18.9%	65.0%	18.6%	10.0%
Nutrient Guideline			419	75	540	6.00	2.50	200.00	595	11.00	5.50		<=30.0	<10.00
% of Guideline Satisfied			100%	36%	143%	119%	119%	248%	141%	73%	360%			
Shortfall			1	48						2.97				OVER

Fri - 05/25/2012														
Preschool Breakfast	Total	3												
Pancake, Whole Wheat	2 each	3	142	4	368	1.42	1.26	38.6	0	0.0	4.47	24.81	2.69	0.71
Sausage, Beef, Pierre 9485	1.2 oz. Patty	3	84	24	237	0.00	0.61	6.8	7	0.07	8.2	0.5	5.2	2.30
STRAWBERRIES, FROZEN, THAWE	.50 CUP	3	39	0	2	2.30	0.83	18.0	50	45.5	0.48	10.09	0.12	0.01
Applesauce, cin, unswtnd	#8 Disher	3	56	0	3	1.88	0.37	13.9	40	27.27	0.25	15.18	0.14	0.01
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Weighted Daily Average % of Calories			421	40	729	5.59	3.06	377.3	480	74.83	21.40	62.74	10.32	4.37
											20.3%	59.6%	22.0%	9.3%
Nutrient Guideline			419	75	540	6.00	2.50	200.00	595	11.00	5.50		<=30.0	<10.00
% of Guideline Satisfied			101%	54%	135%	93%	123%	189%	81%	680%	389%			
Shortfall				35		0.41			115					

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Kern High School District

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May 1, 2012

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Preschool Breakfast

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/28/2012														
Preschool Breakfast	Total	1												
Holiday, Memorial Day - May	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			419	75	540	6.00	2.50	200.00	595	11.00	5.50		<=30.0	<10.00
% of Guideline Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			419	75	540	6.00	2.50	200.00	595	11.00	5.50		OVER	OVER

Tue - 05/29/2012														
Preschool Breakfast	Total	3												
Smucker6673PBJ Crustless/soy	2.5 oz.	3	260	0	290	2.00	1.80	20.0	0	0.0	9.0	31.0	11.0	2.00
PEARS,CND,LT SYRUP PK,SOL&LIQ	.50 CUP	3	72	0	6	2.02	0.35	6.3	0	0.88	0.24	19.11	0.04	0.00
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Taco Sauce(pkt)	1 each	3	6	0	37	0.00	0.00	0.0	0	1.35	0.0	1.13	0.0	0.00
Weighted Daily Average			437	12	452	4.02	2.15	326.3	383	4.23	17.24	63.41	13.20	3.33
% of Calories											15.8%	58.0%	27.2%	6.9%
Nutrient Guideline			419	75	540	6.00	2.50	200.00	595	11.00	5.50		<=30.0	<10.00
% of Guideline Satisfied			104%	17%	84%	67%	86%	163%	64%	38%	313%			
Shortfall				63	88	1.98	0.35		212	6.77				

Wed - 05/30/2012														
Preschool Breakfast	Total	3												
Omelet, Sunnyfresh	2.1 oz	3	115	190	220	0.04	0.61	33.0	413	0.05	8.57	1.24	8.52	3.65
APPLES, SLICED, IW 2 oz.	2 oz. Bag	3	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
PEACHES,CANNED,LIGHT SYRUP	.50 CUP	3	68	0	6	1.63	0.45	3.8	444	3.01	0.56	18.26	0.04	0.00
MJM 301150 Honey Grahams	.9 oz. Portio	3	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.0	3.01	0.83
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50

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Kern High School District

Apr 30, 2012 thru May 31, 2012 Spreadsheet - Portion Values

May 1, 2012

Preschool Breakfast

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			413	203	476	6.03	3.15	345.7	1522	11.31	18.53	58.31	13.94	5.85
% of Calories											18.0%	56.5%	30.4%	12.8%
Nutrient Guideline			419	75	540	6.00	2.50	200.00	595	11.00	5.50		<=30.0	<10.00
% of Guideline Satisfied			99%	270%	88%	101%	126%	173%	256%	103%	337%			
Shortfall			6		64								OVER	OVER

Thu - 05/31/2012														
Preschool Breakfast	Total	3												
Cereal, Honey Nut O's	1.8 oz. Bowl	3	200	0	350	4.00	8.10	150.0	750	9.0	5.0	41.0	2.5	0.50
ORANGE WEDGES	6 wedges	3	48	0	0	2.45	0.10	40.8	230	54.27	0.96	11.99	0.12	0.02
MJM 301150 Honey Grahams	.9 oz. Portio	3	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.0	3.01	0.83
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Weighted Daily Average			444	12	600	9.28	10.19	495.8	1614	68.29	15.25	83.15	7.80	2.68
% of Calories											13.7%	74.9%	15.8%	5.4%
Nutrient Guideline			419	75	540	6.00	2.50	200.00	595	11.00	5.50		<=30.0	<10.00
% of Guideline Satisfied			106%	17%	111%	155%	408%	248%	271%	621%	277%			
Shortfall				63										

Weighted Average			426	82	642	6.15	3.96	444.6	1016	41.35	19.95	65.21	10.90	4.32
											18.7%	61.2%	23.0%	9.1%

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Kern High School District

Apr 30, 2012 thru May 31, 2012 Spreadsheet - Portion Values
Preschool Breakfast

May 1, 2012

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Nutrient	Menu AVG	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)								
Calories	426		419	102%			Correction Required - Cholesterol too High Correction Required - Sodium too High								
Cholesterol (mg)	82		75	109%											
Sodium (mg)	642		540	119%											
Fiber (g)	6.15		6.00	102%											
Iron (mg)	3.96		2.50	158%											
Calcium (mg)	444.6		200.00	222%											
Vitamin A (IU)	1016		595	171%											
Vitamin C (mg)	41.35		11.00	376%											
Protein (g)	19.95	18.74%	5.50	363%											
Carbohydrate (g)	65.21	61.24%													
Total Fat (g)	10.90	23.04%	<=30.00%												
Saturated Fat (g)	4.32	9.13%	<10.00%												

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