

OTTAWA HIGH SCHOOL

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May 3, 2010 thru May 27, 2010 Spreadsheet - Portion Values
Elementary Breakfast

May 3, 2010

	Portion Size	Plan Qty	g Carb
Mon - 05/03/2010			
Elementary Breakfast	Total	375	
Scrambled Eggs w/cheese-BC	1/4 cup	375	2.0
TOAST W/JELLY	1 EACH	375	39.0
APPLES,Fresh - #1	1 EACH	375	19.1
GRAPE JUICE: canned,unswtnd	4 fl.oz.	375	18.7
Milk, Marcia's update #1	1/2 pt	375	21.6
Weighted Daily Average			100.32
% of Calories			72.6%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Tue - 05/04/2010			
Elementary Breakfast	Total	375	
CEREAL, any dry -#1	3/4 CUP	375	19.7
TOAST W/JELLY	1 EACH	375	39.0
ORANGES, MANDARIN #1	1/2 CUP	375	40.0
Milk, Marcia's update #1	1/2 pt	375	21.6
Weighted Daily Average			120.29
% of Calories			89.4%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Wed - 05/05/2010			
Elementary Breakfast	Total	375	
PANCAKE STICK W/SYRUP K-5#2	1 each	375	78.0
PINEAPPLE CHUNKS:can,lt syr#1	1/2 CUP	375	16.6
Milk, Marcia's update #1	1/2 pt	375	21.6
Weighted Daily Average			116.16
% of Calories			74.4%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Thu - 05/06/2010			
Elementary Breakfast	Total	375	
LONG JOHN	1 EACH	375	31.8
PEACHES: can,lght syrup-05 #1	1/2 cup	375	22.5
Milk, Marcia's update #1	1/2 pt	375	21.6
Weighted Daily Average			75.96
% of Calories			64.2%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Fri - 05/07/2010			
Elementary Breakfast	Total	350	
CEREAL, any dry -#1	3/4 CUP	350	19.7
COFFEECAKE - 60	6x10 piece	350	39.5
apple rings -05 - #1	1/2 cup	350	29.0
Milk, Marcia's update #1	1/2 pt	350	21.6

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Elementary Breakfast

May 3, 2010

	Portion Size	Plan Qty	g Carb
Weighted Daily Average % of Calories			109.75 77.3%
RDA's % of RDA Satisfied Shortfall			0.00

Mon - 05/10/2010			
Elementary Breakfast	Total	375	
cereal. Raisin Bran	bowl pak	375	28.0
TOAST W/JELLY	1 EACH	375	39.0
ORANGES #1	1 EACH	375	11.3
PINEAPPLE JUICE: canned,unswtn	1/2 CUP	375	16.1
Milk, Marcia's update #1	1/2 pt	375	21.6
Weighted Daily Average % of Calories			115.97 87.3%
RDA's % of RDA Satisfied Shortfall			0.00

Tue - 05/11/2010			
Elementary Breakfast	Total	375	
BREAKFAST BURRITO K-5 -#2	1 each	375	29.0
applesauce - 05	1/2 cup	375	14.4
Milk, Marcia's update #1	1/2 pt	375	21.6
Weighted Daily Average % of Calories			65.00 62.9%
RDA's % of RDA Satisfied Shortfall			0.00

Wed - 05/12/2010			
Elementary Breakfast	Total	375	
CEREAL, any dry -#1	3/4 CUP	375	19.7
DONUT	1 EACH	375	34.0
PINEAPPLE CHUNKS:can,lt syr#1	1/2 cup	375	16.6
Milk, Marcia's update #1	1/2 pt	375	21.6
Weighted Daily Average % of Calories			91.89 69.6%
RDA's % of RDA Satisfied Shortfall			0.00

Thu - 05/13/2010			
Elementary Breakfast	Total	350	
yogurt #1	4oz serving	350	43.1
TOAST W/JELLY	1 EACH	350	39.0
PEACHES: can,light syrup-05 #1	1/2 cup	350	22.5
Milk, Marcia's update #1	1/2 pt	350	21.6
Weighted Daily Average % of Calories			126.18 82.3%
RDA's % of RDA Satisfied Shortfall			0.00

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	Portion Size	Plan Qty	g Carb
Fri - 05/14/2010			
Elementary Breakfast	Total	375	
BISCUITS & GRAVY K-5 - #2	1 EACH	375	37.3
ORANGES #1	1 EACH	375	11.3
Milk, Marcia's update #1	1/2 pt	375	21.6
Weighted Daily Average			70.16
% of Calories			49.8%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Mon - 05/17/2010			
Elementary Breakfast	Total	375	
Cheesy Breakfast Pizza Bagel	bagels	375	35.7
PEARS: can,light syrup-10 #1	1/2 cup	375	20.0
Milk, Marcia's update #1	1/2 pt	375	21.6
Weighted Daily Average			77.27
% of Calories			66.8%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Tue - 05/18/2010			
Elementary Breakfast	Total	350	
WAFFLES K-5 #2	2 each	350	56.1
MANDARIN ORANGES-USE #1	1/2 CUP	350	18.0
Milk, Marcia's update #1	1/2 pt	350	21.6
Weighted Daily Average			95.73
% of Calories			71.3%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Wed - 05/19/2010			
Elementary Breakfast	Total	350	
CEREAL, any dry -#1	3/4 CUP	350	19.7
BAGEL, CINNAMON RAISIN	1/2 EACH	350	24.7
BANANAS - #1	1 EACH	350	29.0
GRAPE JUICE: canned,unswtnd	4 fl.oz.	350	18.7
Milk, Marcia's update #1	1/2 pt	350	21.6
JELLY, GRAPE/APPLE 05	1 T	350	13.00
Weighted Daily Average			126.62
% of Calories			87.2%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

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	Portion Size	Plan Qty	g Carb
Thu - 05/20/2010			
Elementary Breakfast	Total	375	
CHEESY TOAST -#2	1 EACH	375	12.6
egg patty	patty	375	0.00
applesauce - 05	1/2 cup	375	14.4
Milk, Marcia's update #1	1/2 pt	375	21.6
Weighted Daily Average			48.56
% of Calories			43.4%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Mon - 05/24/2010			
Elementary Breakfast	Total	375	
CEREAL, any dry -#1	3/4 CUP	375	19.7
CHEESE DREAMS/BRKFST - #2	1/2 EACH	375	14.8
ORANGES #1	1 EACH	375	11.3
Milk, Marcia's update #1	1/2 pt	375	21.6
Weighted Daily Average			67.38
% of Calories			60.2%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Tue - 05/25/2010			
Elementary Breakfast	Total	375	
PIZZA, BREAKFAST, TONY'S #2	1 SLICE	375	25.1
PINEAPPLE CHUNKS: can, lt syr #1	1/2 CUP	375	16.6
Milk, Marcia's update #1	1/2 pt	375	21.6
Weighted Daily Average			63.21
% of Calories			59.5%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Wed - 05/26/2010			
Elementary Breakfast	Total	375	
LONG JOHN	1 EACH	375	31.8
PEACHES: can, lght syrup-05 #1	1/2 cup	375	22.5
Milk, Marcia's update #1	1/2 pt	375	21.6
Weighted Daily Average			75.96
% of Calories			64.2%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Thu - 05/27/2010			
Elementary Breakfast	Total	375	
cereal. Raisin Bran	bowl pak	375	28.0
TOAST W/JELLY	1 EACH	375	39.0
ORANGES #1	1 EACH	375	11.3
PINEAPPLE JUICE: canned, unswtn	1/2 CUP	375	16.1
Milk, Marcia's update #1	1/2 pt	375	21.6

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	Portion Size	Plan Qty	g Carb
Weighted Daily Average % of Calories			115.97 87.3%
RDA's % of RDA Satisfied Shortfall			0.00

Weighted Average			92.35 71.4%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Carbohydrate (g)	92.35	71.40%	0.00				

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