

OTTAWA HIGH SCHOOL

Page 1

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values
Middle School Breakfast

Feb 28, 2010

	Portion Size	g Carb
Mon - 03/01/2010		
Middle School Breakfast	Total	
Cheesy Breakfast Pizza Bagel	bagels	35.7
PEARS: can,light syrup-05 #1	1/2 cup	20.0
Milk, Marcia's update #1	1/2 pt	22.2
Weighted Daily Average		95.70
% of Calories		63.9%

Tue - 03/02/2010		
Middle School Breakfast	Total	
Waffles 6-12 #2	3 each	96.3
MANDARIN ORANGES-USE #1	2/3 CUP	24.0
Milk, Marcia's update #1	1/2 pt	22.2
Weighted Daily Average		142.45
% of Calories		72.8%

Wed - 03/03/2010		
Middle School Breakfast	Total	
cereal-cheerios app.cinn#1	owl pak	22.0
BAGEL, CINNAMON RAISIN	1 EACH	49.3
BANANAS - #1	1 EACH	23.1
GRAPE JUICE: canned,unswtnd	4 fl.oz.	18.7
Milk, Marcia's update #1	1/2 pt	22.2
JELLY, GRAPE/APPLE 05	1 T	13.00
Weighted Daily Average		148.26
% of Calories		83.9%

Thu - 03/04/2010		
Middle School Breakfast	Total	
CHEESY TOAST -#2	1 EACH	12.6
egg patty	patty	1.8
PEARS: can,light syrup-05 #1	1/2 cup	20.0
Milk, Marcia's update #1	1/2 pt	22.2
Weighted Daily Average		56.55
% of Calories		41.9%

Fri - 03/05/2010		
Middle School Breakfast	Total	
BISCUITS & GRAVY 6-12 - #2	1 each	40.0
fruit cocktail -#1	1/2 cup	19.0
Milk, Marcia's update #1	1/2 pt	22.2
Weighted Daily Average		81.15
% of Calories		48.3%

Mon - 03/08/2010		
Middle School Breakfast	Total	
CEREAL, any dry -#1	3/4 CUP	19.7
CHEESE DREAMS/BRKFST - #2	1 EACH	29.1
ORANGES #1	1 EACH	11.3
Milk, Marcia's update #1	1/2 pt	22.2
Weighted Daily Average		82.24
% of Calories		47.4%

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.

OTTAWA HIGH SCHOOL

Page 2

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values
Middle School Breakfast

Feb 28, 2010

	Portion Size	g Carb
Tue - 03/09/2010		
Middle School Breakfast	Total	
BREAKFAST PIZZA, TONY'S -#2	1 SLICE	22.5
TOAST & PEANUT BUTTER	1 serving	18.0
PINEAPPLE CHUNKS:can,lt syr#1	1/2 cup	16.6
Milk, Marcia's update #1	1/2 pt	22.2
Weighted Daily Average		70.32
% of Calories		47.9%

Wed - 03/10/2010		
Middle School Breakfast	Total	
CEREAL, any dry -#1	3/4 CUP	19.7
COFFEECAKE 40	8x5 piece	59.20
PEARS: can,light syrup-05 #1	1/2 cup	20.0
Milk, Marcia's update #1	1/2 pt	22.2
Weighted Daily Average		121.09
% of Calories		74.2%

Thu - 03/11/2010		
Middle School Breakfast	Total	
PANCAKE STICK W/SYRUP 6-12 #2	1 EACH	71.3
TOAST & PEANUT BUTTER	1 serving	18.0
fruit cocktail -#1	1/2 cup	19.0
Milk, Marcia's update #1	1/2 pt	22.2
Weighted Daily Average		121.47
% of Calories		64.6%

Mon - 03/22/2010		
Middle School Breakfast	Total	
cereal. Raisin Bran	bowl pak	28.0
BAGEL, CINNAMON RAISIN	1 EACH	49.3
GRAPE JUICE: canned,unswtnd	4 fl.oz.	18.7
ORANGES #1	1 EACH	11.3
Milk, Marcia's update #1	1/2 pt	22.2
JELLY, GRAPE/APPLE 05	1 T	13.00
Weighted Daily Average		142.47
% of Calories		82.3%

Tue - 03/23/2010		
Middle School Breakfast	Total	
Breakfast Burrito 6-12 -#2	1 each	29.5
TOAST & PEANUT BUTTER	1 serving	18.0
BANANAS - #1	1 EACH	23.1
Milk, Marcia's update #1	1/2 pt	22.2
Weighted Daily Average		83.81
% of Calories		48.7%

Wed - 03/24/2010		
Middle School Breakfast	Total	
CEREAL, any dry -#1	3/4 CUP	19.7
French Toast Sticks 3ea 06#2	1 serving =3	63.6
PINEAPPLE CHUNKS:can,lt syr#1	1/2 cup	16.6
Milk, Marcia's update #1	1/2 pt	22.2
Weighted Daily Average		122.04
% of Calories		79.3%

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.

OTTAWA HIGH SCHOOL

Page 3

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values
Middle School Breakfast

Feb 28, 2010

	Portion Size	g Carb
Thu - 03/25/2010		
Middle School Breakfast	Total	
Apple Cheddar Bagel Topper	1 each	37.1
ORANGES, MANDARIN #1	1/2 CUP	40.0
MEXICAN SEASONING MIX	2 TBSP	8.0
Weighted Daily Average		85.13
% of Calories		81.8%

Fri - 03/26/2010		
Middle School Breakfast	Total	
BISCUITS & GRAVY 6-12 - #2	1 each	40.0
ORANGES, MANDARIN #1	1/2 CUP	40.0
Milk, Marcia's update #1	1/2 pt	22.2
Weighted Daily Average		102.15
% of Calories		54.3%

Mon - 03/29/2010		
Middle School Breakfast	Total	
Scrambled Eggs w/cheese-BC	1/4 cup	2.0
TOAST W/JELLY	1.5 EACH	57.0
APPLES, Fresh - #1	1 EACH	19.1
GRAPE JUICE: canned, unswtnd	4 fl.oz.	18.7
Milk, Marcia's update #1	1/2 pt	22.2
Weighted Daily Average		118.92
% of Calories		74.9%

Tue - 03/30/2010		
Middle School Breakfast	Total	
cereal. Raisin Bran	bowl pak	28.0
TOAST & PEANUT BUTTER	1 serving	18.0
ORANGES, MANDARIN #1	1/2 CUP	40.0
Milk, Marcia's update #1	1/2 pt	22.2
Weighted Daily Average		108.24
% of Calories		60.5%

Wed - 03/31/2010		
Middle School Breakfast	Total	
PANCAKE STICK W/SYRUP 6-12 #2	1 EACH	71.3
PINEAPPLE CHUNKS: can, lt syr#1	1/2 CUP	16.6
Milk, Marcia's update #1	1/2 pt	22.2
Weighted Daily Average		110.01
% of Calories		73.9%

Weighted Average		105.41
		64.6%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Carbohydrate (g)	105.41	64.59%	0.00				
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.