

Feb 1, 2010 thru Feb 26, 2010 Spreadsheet - Portion Values
Elementary Breakfast

PYLUSD

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Mon - 02/01/2010	Total															
Elementary Breakfast	1 EA	301	2	240	2.00	1.80	60.0	0	0	0.00	13.00	43.00	9.00	2.00	*0.00	
BUNS PLUS	4 OZ	57	0	15	0.00	0.00	3.4	34	7	20.10	0.34	14.66	0.00	0.00	*0.00	
JUICE, VARIETY 4OZ	HALF PINT	126	6	145	0.00	0.00	295.0	500	97	1.74	8.15	22.35	0.50	0.30	0.00	
MILK - Variety		484	8	399	2.00	1.80	358.4	534	104	21.84	21.49	80.01	9.50	2.30	*0.00	
Weighted Daily Average % of Calories											17.8%	66.2%	17.7%	4.3%	0.0%	
RDA's		498	0	0	0.00	2.63	214.29	839		11.43	7.34	0.00	30.00	10.00		
% of RDA Satisfied		97%				68%	167%			191%	293%					
Shortfall		15				0.83		305								

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Tue - 02/02/2010	Total															
Elementary Breakfast	1 EACH	235	10	467	4.71	10.53	97.8	232	46	1.16	9.25	31.60	7.74	3.49	*0.00	
BURRITO BRK Bean & Cheese Ard	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*0.00	
APPLES,Fresh	4 OZ	57	0	15	0.00	0.00	3.4	34	7	20.10	0.34	14.66	0.00	0.00	*0.00	
JUICE, VARIETY 4OZ	HALF PINT	126	6	145	0.00	0.00	295.0	500	97	1.74	8.15	22.35	0.50	0.30	0.00	
MILK - Variety		489	17	628	8.02	10.70	404.5	840	157	29.35	18.10	87.67	8.47	3.83	*0.00	
Weighted Daily Average % of Calories											14.8%	71.7%	15.6%	7.1%	0.0%	
RDA's		498	0	0	0.00	2.63	214.29	839		11.43	7.34	0.00	30.00	10.00		
% of RDA Satisfied		98%				407%	189%	100%		257%	246%					
Shortfall		9														

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Wed - 02/03/2010	Total															
Elementary Breakfast	1 EA	300	20	135	4.00	3.60	80.0	0	0	0.00	5.00	45.00	12.00	3.00	0.00	
Concha Mexican Pastry	4 OZ	57	0	15	0.00	0.00	3.4	34	7	20.10	0.34	14.66	0.00	0.00	*0.00	
JUICE, VARIETY 4OZ	HALF PINT	126	6	145	0.00	0.00	295.0	500	97	1.74	8.15	22.35	0.50	0.30	0.00	
MILK - Variety		483	26	294	4.00	3.60	378.4	534	104	21.84	13.49	82.01	12.50	3.30	*0.00	
Weighted Daily Average % of Calories											11.2%	68.0%	23.3%	6.2%	0.0%	
RDA's		498	0	0	0.00	2.63	214.29	839		11.43	7.34	0.00	30.00	10.00		
% of RDA Satisfied		97%				137%	177%	64%		191%	184%					
Shortfall		16						305								

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Thu - 02/04/2010	Total															
Elementary Breakfast	1 EACH	280	0	472	2.28	7.80	0.6	0	0	0.00	9.00	57.06	1.86	0.60	0.00	
PRETZEL TWISTED BUENA VIST	3/8 CUP	52	0	5	0.91	0.26	5.4	186	19	1.72	0.36	13.55	0.06	0.01	*0.00	
FRUIT COCKTAIL:canned,It syrup	4 OZ	57	0	15	0.00	0.00	3.4	34	7	20.10	0.34	14.66	0.00	0.00	*0.00	
JUICE, VARIETY 4OZ	HALF PINT	126	6	145	0.00	0.00	295.0	500	97	1.74	8.15	22.35	0.50	0.30	0.00	
MILK - Variety		483	6	145	0.00	0.00	295.0	500	97	1.74	8.15	22.35	0.50	0.30	0.00	

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Portion Size	Cals	mg Cholst	mg Sodim	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average % of Calories	514	6	637	3.19	8.06	304.4	720	123	23.56	17.85	107.62	2.42	0.91	*0.00
RDA's % of RDA Satisfied Shortfall	498 103%	0	0	0.00	2.63 307%	214.29 142%	839 86%		11.43 206%	7.34 243%	0.00	30.00	10.00	

Portion Size	Cals	mg Cholst	mg Sodim	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 02/05/2010 Elementary Breakfast CEREAL VARIETY ANIMAL SNACKERS BANANAS JUICE, VARIETY 4OZ MILK - Variety Weighted Daily Average % of Calories	92 120 90 57 126 484	0 0 0 0 6 6	106 50 1 15 145 317	0.30 0.00 2.63 0.00 0.00 2.93	3.76 1.08 0.26 0.00 0.00 5.10	2.0 0.0 5.1 3.4 295.0 305.5	615 100 65 34 500 1313	157 20 8 7 97 289	11.46 0.00 8.79 20.10 1.74 42.09	1.08 1.00 1.10 0.34 8.15 11.67	21.65 20.00 23.07 14.66 22.35 101.72	0.20 3.00 0.33 0.00 0.50 4.03	0.08 0.50 0.11 0.00 0.30 0.99	0.00 *0.00 *0.00 *0.00 *0.00 *0.00
RDA's % of RDA Satisfied Shortfall	498 97%	0 14	0	0.00	2.63 194%	214.29 143%	839 156%		11.43 368%	7.34 159%	0.00	30.00	10.00	

Portion Size	Cals	mg Cholst	mg Sodim	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 02/08/2010 Elementary Breakfast CHERRY MUFFIN BVISTA YOGURT STRAWBERRY 4 OZ JUICE, VARIETY 4OZ MILK - Variety Weighted Daily Average % of Calories	271 120 57 126 573	0 5 0 6 11	326 75 15 145 560	0.78 0.00 0.00 0.00 0.78	1.45 0.00 0.00 0.00 1.45	29.7 150.0 3.4 295.0 478.1	4 0 34 500 538	1 0 7 97 105	0.03 2.40 20.10 1.74 24.27	3.91 4.00 0.34 8.15 16.40	58.07 24.00 14.66 22.35 119.08	2.88 1.00 0.00 0.50 4.38	0.96 0.50 0.00 0.30 1.76	*0.00 0.00 *0.00 0.00 *0.00
RDA's % of RDA Satisfied Shortfall	498 115%	0	0	0.00	2.63 55%	214.29 223%	839 64%		11.43 212%	7.34 223%	0.00	30.00	10.00	

Portion Size	Cals	mg Cholst	mg Sodim	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 02/09/2010 Elementary Breakfast SUNRISE SANDWICH TANGERINES,FRESH JUICE, VARIETY 4OZ MILK - Variety	242 45 57 126	27 0 0 6	275 2 15 145	1.90 1.51 0.00 0.00	1.30 0.13 0.00 0.00	132.0 31.1 3.4 295.0	78 572 34 500	16 77 7 97	0.20 22.43 20.10 1.74	12.00 0.68 0.34 8.15	28.30 11.21 14.66 22.35	8.80 0.26 0.00 0.50	3.60 0.03 0.00 0.30	*0.00 *0.00 *0.00 0.00

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Feb 1, 2010 thru Feb 26, 2010 Spreadsheet - Portion Values
Elementary Breakfast

PYLUUSD

Jan 29, 2010

Portion Size	Cals	mg Cholst	mg Sodim	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average % of Calories	469	33	436	3.41	1.43	461.5	1184	197	44.47	21.17	76.51	9.56	3.93	*0.00
RDA's	498	0	0	0.00	2.63	214.29	839		11.43	7.34	0.00	30.00	10.00	0.00
% of RDA Satisfied Shortfall	94%	29			54%	215%	141%		389%	288%				

Portion Size	Cals	mg Cholst	mg Sodim	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Wed - 02/10/2010 Elementary Breakfast BAGEL w/CREAM CHEESE FRUIT COCKTAIL:canned,lit syrup JUICE, VARIETY 4OZ MILK - Variety Weighted Daily Average % of Calories	320 52 57 126 554	30 0 0 6 36	413 5 15 145 578	2.00 0.91 0.00 0.00 2.91	2.70 0.26 0.00 0.00 2.96	100.0 5.4 3.4 295.0 403.8	200 186 34 500 920	40 19 7 97 163	0.00 1.72 20.10 1.74 23.56	8.00 0.36 0.34 8.15 16.85	49.00 13.55 14.66 22.35 99.56	14.00 0.06 0.00 0.50 14.56	6.00 0.01 0.00 0.30 6.31	0.00 *0.00 *0.00 *0.00 *0.00	0.00 0.00 0.00 0.00 10.2%
RDA's	498	0	0	0.00	2.63	214.29	839		11.43	7.34	0.00	30.00	10.00	0.00	
% of RDA Satisfied Shortfall	111%				113%	188%	110%		206%	230%			OVER		

Portion Size	Cals	mg Cholst	mg Sodim	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Thu - 02/11/2010 Elementary Breakfast BAR Buttermilk Twin Pack FRUIT STICK KETTLE VALLEY JUICE, VARIETY 4OZ MILK - Variety Weighted Daily Average % of Calories	247 68 57 126 498	14 0 0 6 20	314 15 15 145 488	1.30 1.70 0.00 0.00 3.00	1.51 0.36 0.00 0.00 1.87	24.2 0.0 3.4 295.0 322.6	0 0 34 500 534	0 0 7 97 104	0.00 60.00 20.10 1.74 81.84	2.89 0.20 0.34 8.15 11.58	52.50 16.00 14.66 22.35 105.51	2.87 0.30 0.00 0.50 3.67	0.92 0.00 0.00 0.30 1.22	0.00 0.00 *0.00 0.00 *0.00	0.00 0.00 0.00 0.00 0.0%
RDA's	498	0	0	0.00	2.63	214.29	839		11.43	7.34	0.00	30.00	10.00	0.00	
% of RDA Satisfied Shortfall	100%	0			71%	151%	64%		716%	158%					

Portion Size	Cals	mg Cholst	mg Sodim	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 02/12/2010 Elementary Breakfast CEREAL,VARIETY ANIMAL SNACKERS JUICE, VARIETY 4OZ MILK - Variety	92 120 57 126	0 0 0 6	106 50 15 145	0.30 0.00 0.00 0.00	3.76 1.08 0.00 0.00	2.0 0.0 3.4 295.0	615 100 34 500	157 20 7 97	11.46 0.00 20.10 1.74	1.08 1.00 0.34 8.15	21.65 20.00 14.66 22.35	0.20 3.00 0.00 0.50	0.08 0.50 0.00 0.30	0.00 *0.00 *0.00 0.00

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Portion Size	Cals	mg Cholst	mg Sodim	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average % of Calories	395	6	316	0.30	4.84	300.4	1249	281	33.30	10.57	78.66	3.70	0.88	*0.00
RDA's % of RDA Satisfied Shortfall	498 79%	0	0	0.00	2.63 184%	214.29 140%	839 149%		11.43 291%	7.34 144%	0.00	30.00	10.00	0.00

Mon - 02/15/2010 Elementary Breakfast VACATION Total 1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average % of Calories	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
RDA's % of RDA Satisfied Shortfall	498 0%	0	0	0.00	2.63 0%	214.29 0%	839 0%		11.43 0%	7.34 0%	0.00	30.00	10.00	0.00

Tue - 02/16/2010 Elementary Breakfast CEREAL,VARIETY POP TARTS JUICE, VARIETY 4OZ MILK - Variety Total SERVING 1 ea 4 OZ HALF PINT	92 200 57 126	0 0 0 6	106 170 15 145	0.30 1.00 0.00 0.00	3.76 1.80 0.00 0.00	2.0 0.0 3.4 295.0	615 500 34 500	157 100 7 97	11.46 0.00 20.10 1.74	1.08 2.00 0.34 8.15	21.65 38.00 14.66 22.35	0.20 5.00 0.00 0.50	0.08 1.00 0.00 0.30	0.00 0.00 *0.00 0.00
Weighted Daily Average % of Calories	475	6	436	1.30	5.56	300.4	1649	361	33.30	11.57	96.66	5.70	1.38	*0.00
RDA's % of RDA Satisfied Shortfall	498 95%	0	0	0.00	2.63 212%	214.29 140%	839 196%		11.43 291%	7.34 158%	0.00	30.00	10.00	0.00

Wed - 02/17/2010 Elementary Breakfast CHEESE,MOZZARELLA,STRING CHEES CHEESE,MOZZARELLA,STRING CHEES CRACKERS GOLDFISH, PEPPER IDGE PEACH CUPS FROZEN JUICE, VARIETY 4OZ MILK - Variety Total SLICE SLICE 1 EA 4 OZ CUP 4 OZ HALF PINT	85 85 100 106 57 126	15 15 5 0 0 6	148 148 180 7 15 145	0.00 0.00 1.00 2.00 0.00 0.00	0.07 0.07 0.72 0.40 0.00 0.00	204.7 204.7 20.0 3.4 3.4 295.0	145 145 0 160 34 500	53 53 0 32 7 97	0.00 0.00 0.00 106.00 20.10 1.74	7.27 7.27 2.00 0.70 0.34 8.15	1.07 1.07 13.00 27.00 14.66 22.35	5.61 5.61 4.50 0.00 0.00 0.50	3.55 3.55 1.00 0.00 0.00 0.30	*0.00 *0.00 *0.00 0.00 *0.00 0.00
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Portion Size	Cals	mg Cholst	mg Sodim	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average % of Calories	558	41	642	3.00	1.26	731.2	984	243	127.84	25.73	79.15	16.22	8.39	*0.00
RDA's % of RDA Satisfied Shortfall	498 112%	0	0	0.00	2.63 48%	214.29 341%	839 117%		11.43 1119%	7.34 350%	0.00	30.00	10.00	0.0%

Portion Size	Cals	mg Cholst	mg Sodim	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 02/18/2010 Elementary Breakfast PANCAKES 6 SAUSAGE BEEF PATTIES Q7712 0 1P JUICE, VARIETY 4OZ MILK - Variety Weighted Daily Average % of Calories	220 113 57 126 516	20 24 0 6 50	450 200 15 145 809	2.00 0.00 0.00 0.00 2.00	1.80 0.60 0.00 0.00 2.40	40.0 4.4 3.4 295.0 342.8	0 7 34 500 541	0 1 7 97 105	0.00 0.00 20.10 1.74 21.84	6.00 5.40 0.34 8.15 19.89	40.00 0.50 14.66 22.35 77.51	4.00 9.90 0.00 0.50 14.40	0.50 4.10 0.00 0.30 4.90	0.00 0.30 *0.00 0.00 *0.30
RDA's % of RDA Satisfied Shortfall	498 103%	0	0	0.00	2.63 91%	214.29 160%	839 64%		11.43 191%	7.34 271%	0.00	30.00	10.00	0.5%

Portion Size	Cals	mg Cholst	mg Sodim	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 02/19/2010 Elementary Breakfast BUNS PLUS JUICE, VARIETY 4OZ MILK - Variety Weighted Daily Average % of Calories	301 57 126 484	2 0 6 8	240 15 145 399	2.00 0.00 0.00 2.00	1.80 0.00 0.00 1.80	60.0 3.4 295.0 358.4	0 34 500 534	0 7 97 104	0.00 20.10 1.74 21.84	13.00 0.34 8.15 21.49	43.00 14.66 22.35 80.01	9.00 0.00 0.50 9.50	2.00 0.00 0.30 2.30	*0.00 *0.00 0.00 *0.00
RDA's % of RDA Satisfied Shortfall	498 97%	0	0	0.00	2.63 68%	214.29 167%	839 64%		11.43 191%	7.34 293%	0.00	30.00	10.00	0.0%

Portion Size	Cals	mg Cholst	mg Sodim	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 02/22/2010 Elementary Breakfast VACATION Weighted Daily Average % of Calories	0 0	0 0	0 0	0.00 0.00	0.00 0.00	0.0 0.0	0 0	0 0	0.00 0.00	0.00 0.00	0.00 0.00	0.00 0.00	0.00 0.00	0.00 0.0%
RDA's % of RDA Satisfied Shortfall	498 0%	0	0	0.00	2.63 0%	214.29 0%	839 0%		11.43 0%	7.34 0%	0.00	30.00	10.00	0.0%

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	Portion Size	mg										g			
		Cals	Cholst	Sodm	Fiber	Iron	Calc	IU Vit-A	RE Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat	Tr-Fat
Tue - 02/23/2010	Total														
Elementary Breakfast	SERVING	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
NO SCHOOL TODAY		0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average															
% of Calories															
RDA's		498	0	0	0.00	2.63	214.29	839		11.43	7.34	0.00	30.00	10.00	
% of RDA Satisfied		0%				0%	0%	0%		0%	0%				
Shortfall		498				2.63	214.29	839		11.43	7.34	OVER	OVER	OVER	

	Portion Size	mg										g			
		Cals	Cholst	Sodm	Fiber	Iron	Calc	IU Vit-A	RE Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat	Tr-Fat
Wed - 02/24/2010	Total														
Elementary Breakfast	SERVING	300	20	135	4.00	3.60	80.0	0	0	0.00	5.00	45.00	12.00	3.00	0.00
Concha Mexican Pastry	1 EA	57	0	15	0.00	0.00	3.4	34	7	20.10	0.34	14.66	0.00	0.00	*0.00
JUICE, VARIETY 4OZ	HALF PINT	126	6	145	0.00	0.00	295.0	500	97	1.74	8.15	22.35	0.50	0.30	0.00
MILK - Variety															
Weighted Daily Average		483	26	294	4.00	3.60	378.4	534	104	21.84	13.49	82.01	12.50	3.30	*0.00
% of Calories											11.2%	68.0%	23.3%	6.2%	0.0%
RDA's		498	0	0	0.00	2.63	214.29	839		11.43	7.34	0.00	30.00	10.00	
% of RDA Satisfied		97%				137%	177%	64%		191%	184%				
Shortfall		16				1.06		305							

	Portion Size	mg										g			
		Cals	Cholst	Sodm	Fiber	Iron	Calc	IU Vit-A	RE Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat	Tr-Fat
Thu - 02/25/2010	Total														
Elementary Breakfast	SERVING	242	27	275	1.90	1.30	132.0	78	16	0.20	12.00	28.30	8.80	3.60	*0.00
SUNRISE SANDWICH	1 EA	56	0	5	1.56	0.27	4.9	0	0	0.68	0.19	14.79	0.03	0.00	*0.00
PEARS,CANNED,LIGHT SYRUP	3/8 CUP	57	0	15	0.00	0.00	3.4	34	7	20.10	0.34	14.66	0.00	0.00	*0.00
JUICE, VARIETY 4OZ	HALF PINT	126	6	145	0.00	0.00	295.0	500	97	1.74	8.15	22.35	0.50	0.30	0.00
MILK - Variety															
Weighted Daily Average		480	33	439	3.46	1.57	435.3	612	119	22.72	20.67	80.10	9.33	3.90	*0.00
% of Calories											17.2%	66.7%	17.5%	7.3%	0.0%
RDA's		498	0	0	0.00	2.63	214.29	839		11.43	7.34	0.00	30.00	10.00	
% of RDA Satisfied		96%				60%	203%	73%		199%	282%				
Shortfall		18				1.06		227							

	Portion Size	mg										g			
		Cals	Cholst	Sodm	Fiber	Iron	Calc	IU Vit-A	RE Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat	Tr-Fat
Fri - 02/26/2010	Total														
Elementary Breakfast	SERVING	92	0	106	0.30	3.76	2.0	615	157	11.46	1.08	21.65	0.20	0.08	0.00
CEREAL,VARIETY	1 OZ	120	0	50	0.00	1.08	0.0	100	20	0.00	1.00	20.00	3.00	0.50	*0.00
ANIMAL SNACKERS	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*0.00
APPLES,Fresh	4 OZ	57	0	15	0.00	0.00	3.4	34	7	20.10	0.34	14.66	0.00	0.00	*0.00
JUICE, VARIETY 4OZ	HALF PINT	126	6	145	0.00	0.00	295.0	500	97	1.74	8.15	22.35	0.50	0.30	0.00
MILK - Variety															

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.

Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average % of Calories	466	6	317	3.61	5.01	308.7	1323	288	39.65	10.93	97.71	3.94	0.92	*0.00
RDA's % of RDA Satisfied	498 94%	0	0	0.00	2.63 190%	214.29 144%	839 158%		11.43 347%	7.34 149%	0.00	30.00	10.00	0.00
Shortfall	32													

Weighted Average	494	20	470	2.94	3.71	386.6	855	173	37.36	16.64	90.09	8.49	2.97	*0.02
										13.5%	72.9%	15.5%	5.4%	0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	494		498	99%			
Cholesterol (mg)	20		0				
Sodium (mg)	470		0				
Fiber (g)	2.94		0.00				
Iron (mg)	3.71		2.63	141%			
Calcium (mg)	386.6		214.29	180%			
Vitamin A (IU)	855		839	102%			
Vitamin A (RE)	173		168	103%			
Vitamin C (mg)	37.36	13.47%	11.43	327%			
Protein (g)	16.64	72.89%	7.34	227%			
Carbohydrate (g)	90.09	15.46%	0.00				
Total Fat (g)	8.49	5.41%	<30.00				
Saturated Fat (g)	2.97	0.03%	<10.00				
Trans Fat (g)	0.02						
Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.							