

Idaho State Department of Education

Jan 26, 2009 thru Jan 30, 2009 Spreadsheet - Portion Values

Jan 12, 2009

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ID Nutrient Standards Bfast

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Prot	g Carb	g T-Fat	g S-Fat
Mon - 01/26/2009													
ID Nutrient Standards Bfast	Total												
Breakfast Burrito-ID Standards	1 each	338	146	686	4.59	2.78	63.66	314	5.58	16.89	25.52	19.78	6.15
Salsa Com.	2 oz	20	0	244	0.79	1.27	6.80	312	2.27	0.85	3.97	0.11	0.02
ORANGES HALVES	1/2 EACH	31	0	0	1.57	0.07	26.20	147	34.85	0.62	7.70	0.08	0.01
milk,lunch rec. id stands	1 cup	139	7	140	0.94	0.47	292.19	492	1.69	8.14	22.61	1.92	1.21
Weighted Daily Average		528	152	1070	7.89	4.58	388.85	1266	44.38	26.49	59.80	21.89	7.38
% of Calories										20.1%	45.3%	37.3%	12.6%

Tue - 01/27/2009													
ID Nutrient Standards Bfast	Total												
Oatmeal	1/2 cup	146	0	4	3.97	1.78	22.50	0	0.00	6.32	24.81	2.58	0.45
Brown Sugar	1 tbsp	34	0	4	0.00	0.17	7.65	0	0.00	0.00	8.76	0.00	0.00
RAISINS	1/8 CUP	54	0	2	0.67	0.34	9.06	0	0.42	0.56	14.35	0.08	0.01
toast-whole wheat	1 each	69	0	148	1.85	0.93	20.25	1	0.00	2.73	12.93	1.20	0.26
Margarine	1 tsp	33	0	37	0.00	0.00	0.00	167	0.00	0.00	0.00	3.67	0.83
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.77	444	3.01	0.56	18.26	0.04	0.00
milk,lunch rec. id stands	1 cup	139	7	140	0.94	0.47	292.19	492	1.69	8.14	22.61	1.92	1.21
Weighted Daily Average		543	7	341	9.06	4.14	355.41	1104	5.12	18.31	101.72	9.49	2.77
% of Calories										13.5%	74.9%	15.7%	4.6%

Wed - 01/28/2009													
ID Nutrient Standards Bfast	Total												
Cheerios	1.5 cup	165	0	420	4.50	12.15	60.00	1875	22.50	4.50	34.50	3.00	0.00
milk,lunch rec. id stands	1 cup	139	7	140	0.94	0.47	292.19	492	1.69	8.14	22.61	1.92	1.21
Juice,orange	3/4 cup	84	0	2	0.45	0.30	16.80	75	73.50	1.35	21.00	0.15	0.00
muffin squares blbry-id standa	1 each	242	26	212	3.42	1.75	135.29	52	1.25	5.40	39.32	7.88	1.20
Weighted Daily Average		630	33	775	9.31	14.67	504.28	2494	98.94	19.39	117.43	12.96	2.41
% of Calories										12.3%	74.6%	18.5%	3.4%

Thu - 01/29/2009													
ID Nutrient Standards Bfast	Total												
breakfast sand-amf	sandwich	287	137	761	2.00	3.08	214.42	539	1.21	19.88	27.24	10.69	4.67
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.28	0	0.88	0.24	19.04	0.04	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average		461	149	875	4.00	3.51	511.05	1017	2.08	28.34	58.45	13.10	6.21
% of Calories										24.6%	50.7%	25.6%	12.1%

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	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
Fri - 01/30/2009													
ID Nutrient Standards Bfast	Total												
bagel	1 each	173	0	187	1.33	0.48	40.02	0	0.00	4.67	36.02	1.33	0.00
Cream Cheese	1 oz	91	17	42	0.16	0.07	21.73	142	1.25	0.52	10.71	5.21	3.31
Strawberry & Bananas yogurt	1/2 Cup	128	0	3	2.93	0.61	11.57	71	34.36	1.06	33.58	0.42	0.13
milk,lunch rec. id stands	6 oz	110	0	75	0.00	0.00	150.00	0	1.20	3.00	22.00	0.00	0.00
	1 cup	139	7	140	0.94	0.47	292.19	492	1.69	8.14	22.61	1.92	1.21
Weighted Daily Average		642	23	447	5.35	1.63	515.51	706	38.49	17.40	124.92	8.88	4.65
% of Calories										10.8%	77.9%	12.5%	6.5%

Weighted Average		561	73	701	7.12	5.71	455.02	1317	37.80	21.99	92.46	13.26	4.68
										15.7%	66.0%	21.3%	7.5%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	561		554	101%			
Cholesterol (mg)	73		75	97%			
Sodium (mg)	701		1108	63%			
Fiber (g)	7.12		5.54	129%			
Iron (mg)	5.71		2.99	191%			
Calcium (mg)	455.02		253.85	179%			
Vitamin A (IU)	1317		971	136%			
Vitamin C (mg)	37.80		12.50	302%			
Protein (g)	21.99	15.69%	9.59	229%			
Carbohydrate (g)	92.46	65.96%	0.00				
Total Fat (g)	13.26	21.29%	<30.00				
Saturated Fat (g)	4.68	7.52%	<10.00				