

USD 265 ACADEMY

Goddard Academy - Breakfast

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 03/01/2010															
Goddard Academy - Breakfa	Total	24													
PIZZA, BREAK.DblStf Saus.&Grav	1 EACH	24	220	10	550	3.00	1.44	150.0	200	0.00	10.0	26.0	9.0	3.00	0.00
POP TART, ASSORTED WHL GRAIN	1 EACH	18	195	0	155	5.00	1.80	0.0	500	0.00	2.50	34.50	5.50	1.75	0.00
CEREAL, BREAKFAST BAR ASST.	1 EACH	5	150	0	143	1.50	3.60	175.0	50	0.6	2.0	28.0	3.2	0.00	0.00
FRESH FRUIT VARIETY	1 EACH	20	89	0	1	3.54	0.22	29.0	187	38.3	1.2	22.7	0.3	0.06	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	23	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00
Weighted Daily Average			600	18	864	10.01	3.73	498.1	1220	33.18	20.93	98.98	14.80	4.82	0.00
% of Calories											14.0%	66.0%	22.2%	7.2%	0.0%

Tue - 03/02/2010															
Goddard Academy - Breakfa	Total	24													
BISCUIT & SAUSAGE GRAVY- Brkf	1 EACH	23	327	13	1066	0.90	1.80	40.0	100	0.00	6.7	35.3	18.0	7.00	0.00
POP TART, ASSORTED WHL GRAIN	1 EACH	10	195	0	155	5.00	1.80	0.0	500	0.00	2.50	34.50	5.50	1.75	0.00
CEREAL, BREAKFAST BAR ASST.	1 EACH	6	150	0	143	1.50	3.60	175.0	50	0.6	2.0	28.0	3.2	0.00	0.00
YOGURT - Strawberry/Banana 4oz	1 EACH	18	120	5	55	0.00	0.00	100.4	502	0.00	4.0	23.1	1.5	1.00	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	23	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00
Weighted Daily Average			651	24	1331	3.32	3.38	444.8	1172	1.30	18.60	94.89	22.23	8.64	0.00
% of Calories											11.4%	58.3%	30.7%	12.0%	0.0%

Wed - 03/03/2010															
Goddard Academy - Breakfa	Total	24													
TORNADOS, Sausage, Egg & Chees	EACH	24	230	40	410	1.00	1.44	20.0	200	1.2	6.0	23.0	13.0	3.00	0.00
MUFFIN, BLUEBERRY 2.25oz. Otis	1 EACH	8	200	30	250	0.90	0.72	40.0	100	0.00	3.0	29.0	9.0	2.00	0.00
MUFFIN, CHOC.CHIP 2.25 oz.Otis	1 EACH	14	230	45	190	1.00	0.72	40.0	100	0.00	4.0	29.0	12.0	2.50	0.00
FRESH FRUIT VARIETY	1 EACH	20	89	0	1	3.54	0.22	29.0	187	38.3	1.2	22.7	0.3	0.06	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	23	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00
Weighted Daily Average			633	84	772	4.83	2.29	368.3	927	34.26	17.97	90.86	23.99	5.63	0.00
% of Calories											11.4%	57.4%	34.1%	8.0%	0.0%

Thu - 03/04/2010															
Goddard Academy - Breakfa	Total	24													
BREAKFAST BURRITO-Saus,Egg,Chz	1 EACH	24	270	110	610	2.00	2.70	100.0	300	2.4	10.0	32.0	11.0	3.50	0.00
SALSA PICANTE - El Pasado	2 TBSP	22	10	0	151	0.00	0.00	0.0	100	0.00	0.00	2.0	0.00	0.00	0.00
POP TART, ASSORTED WHL GRAIN	1 EACH	14	195	0	155	5.00	1.80	0.0	500	0.00	2.50	34.50	5.50	1.75	0.00
CEREAL, BREAKFAST BAR ASST.	1 EACH	6	150	0	143	1.50	3.60	175.0	50	0.6	2.0	28.0	3.2	0.00	0.00
YOGURT - Strawberry/Banana 4oz	1 EACH	19	120	5	55	0.00	0.00	100.4	502	0.00	4.0	23.1	1.5	1.00	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	23	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00

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USD 265 ACADEMY

Goddard Academy - Breakfast

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average			654	122	1085	5.29	4.65	510.7	1573	3.70	22.80	101.59	16.97	5.77	0.00
% of Calories											13.9%	62.1%	23.3%	7.9%	0.0%

Fri - 03/05/2010																
Goddard Academy - Breakfa	Total	20														
FRENCH TOAST STICKS, BATTERED	4 EACH	18	310	0	410	0.90	1.80	60.0	0	0.00	5.0	45.00	12.00	3.00	0.00	
SYRUP, PANCAKE TABLE CUP	1 EACH	15	120	0	45	0.00	0.00	0.0	0	0.00	0.00	31.0	0.00	0.00	0.00	
POP TART, ASSORTED WHL GRAIN	1 EACH	10	195	0	155	5.00	1.80	0.0	500	0.00	2.50	34.50	5.50	1.75	0.00	
CEREAL, BREAKFAST BAR ASST.	1 EACH	4	150	0	143	1.50	3.60	175.0	50	0.6	2.0	28.0	3.2	0.00	0.00	
FRESH FRUIT VARIETY	1 EACH	12	89	0	1	3.54	0.22	29.0	187	38.3	1.2	22.7	0.3	0.06	0.00	
MILK, VARIETY GHS - 12/31/09	1/2 PINT	19	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00	
Weighted Daily Average			677	8	675	5.73	3.37	391.4	847	24.23	14.45	122.38	15.12	4.06	0.00	
% of Calories											8.5%	72.3%	20.1%	5.4%	0.0%	

Mon - 03/08/2010																
Goddard Academy - Breakfa	Total	24														
PIZZA, BREAK.DblStf Saus.&Grav	1 EACH	24	220	10	550	3.00	1.44	150.0	200	0.00	10.0	26.0	9.0	3.00	0.00	
POP TART, ASSORTED WHL GRAIN	1 EACH	18	195	0	155	5.00	1.80	0.0	500	0.00	2.50	34.50	5.50	1.75	0.00	
CEREAL, BREAKFAST BAR ASST.	1 EACH	5	150	0	143	1.50	3.60	175.0	50	0.6	2.0	28.0	3.2	0.00	0.00	
FRESH FRUIT VARIETY	1 EACH	20	89	0	1	3.54	0.22	29.0	187	38.3	1.2	22.7	0.3	0.06	0.00	
MILK, VARIETY GHS - 12/31/09	1/2 PINT	23	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00	
Weighted Daily Average			600	18	864	10.01	3.73	498.1	1220	33.18	20.93	98.98	14.80	4.82	0.00	
% of Calories											14.0%	66.0%	22.2%	7.2%	0.0%	

Tue - 03/09/2010																
Goddard Academy - Breakfa	Total	24														
BISCUIT & SAUSAGE GRAVY- Brkf	1 EACH	23	327	13	1066	0.90	1.80	40.0	100	0.00	6.7	35.3	18.0	7.00	0.00	
POP TART, ASSORTED WHL GRAIN	1 EACH	10	195	0	155	5.00	1.80	0.0	500	0.00	2.50	34.50	5.50	1.75	0.00	
CEREAL, BREAKFAST BAR ASST.	1 EACH	6	150	0	143	1.50	3.60	175.0	50	0.6	2.0	28.0	3.2	0.00	0.00	
YOGURT - Strawberry/Banana 4oz	1 EACH	18	120	5	55	0.00	0.00	100.4	502	0.00	4.0	23.1	1.5	1.00	0.00	
MILK, VARIETY GHS - 12/31/09	1/2 PINT	23	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00	
Weighted Daily Average			651	24	1331	3.32	3.38	444.8	1172	1.30	18.60	94.89	22.23	8.64	0.00	
% of Calories											11.4%	58.3%	30.7%	12.0%	0.0%	

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USD 265 ACADEMY

Goddard Academy - Breakfast

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Wed - 03/10/2010																
Goddard Academy - Breakfa	Total	24														
TORNADOS, Sausage, Egg & Chees	EACH	24	230	40	410	1.00	1.44	20.0	200	1.2	6.0	23.0	13.0	3.00	0.00	
MUFFIN, BLUEBERRY 2.25oz. Otis	1 EACH	8	200	30	250	0.90	0.72	40.0	100	0.00	3.0	29.0	9.0	2.00	0.00	
MUFFIN, CHOC.CHIP 2.25 oz.Otis	1 EACH	14	230	45	190	1.00	0.72	40.0	100	0.00	4.0	29.0	12.0	2.50	0.00	
FRESH FRUIT VARIETY	1 EACH	20	89	0	1	3.54	0.22	29.0	187	38.3	1.2	22.7	0.3	0.06	0.00	
MILK, VARIETY GHS - 12/31/09	1/2 PINT	23	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00	
Weighted Daily Average			633	84	772	4.83	2.29	368.3	927	34.26	17.97	90.86	23.99	5.63	0.00	
% of Calories											11.4%	57.4%	34.1%	8.0%	0.0%	

Thu - 03/11/2010																
Goddard Academy - Breakfa	Total	24														
BREAKFAST BURRITO-Saus,Egg,Chz	1 EACH	24	270	110	610	2.00	2.70	100.0	300	2.4	10.0	32.0	11.0	3.50	0.00	
SALSA PICANTE - El Pasado	2 TBSP	22	10	0	151	0.00	0.00	0.0	100	0.00	0.00	2.0	0.00	0.00	0.00	
POP TART, ASSORTED WHL GRAIN	1 EACH	14	195	0	155	5.00	1.80	0.0	500	0.00	2.50	34.50	5.50	1.75	0.00	
CEREAL, BREAKFAST BAR ASST.	1 EACH	6	150	0	143	1.50	3.60	175.0	50	0.6	2.0	28.0	3.2	0.00	0.00	
YOGURT - Strawberry/Banana 4oz	1 EACH	19	120	5	55	0.00	0.00	100.4	502	0.00	4.0	23.1	1.5	1.00	0.00	
MILK, VARIETY GHS - 12/31/09	1/2 PINT	23	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00	
Weighted Daily Average			654	122	1085	5.29	4.65	510.7	1573	3.70	22.80	101.59	16.97	5.77	0.00	
% of Calories											13.9%	62.1%	23.3%	7.9%	0.0%	

Fri - 03/12/2010																
Goddard Academy - Breakfa	Total	20														
FRENCH TOAST STICKS, BATTERED	4 EACH	18	310	0	410	0.90	1.80	60.0	0	0.00	5.0	45.00	12.00	3.00	0.00	
SYRUP, PANCAKE TABLE CUP	1 EACH	15	120	0	45	0.00	0.00	0.0	0	0.00	0.00	31.0	0.00	0.00	0.00	
POP TART, ASSORTED WHL GRAIN	1 EACH	10	195	0	155	5.00	1.80	0.0	500	0.00	2.50	34.50	5.50	1.75	0.00	
CEREAL, BREAKFAST BAR ASST.	1 EACH	4	150	0	143	1.50	3.60	175.0	50	0.6	2.0	28.0	3.2	0.00	0.00	
FRESH FRUIT VARIETY	1 EACH	12	89	0	1	3.54	0.22	29.0	187	38.3	1.2	22.7	0.3	0.06	0.00	
MILK, VARIETY GHS - 12/31/09	1/2 PINT	19	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00	
Weighted Daily Average			677	8	675	5.73	3.37	391.4	847	24.23	14.45	122.38	15.12	4.06	0.00	
% of Calories											8.5%	72.3%	20.1%	5.4%	0.0%	

Mon - 03/15/2010																
Goddard Academy - Breakfa	Total	1														
NO SCHOOL TODAY	SERVING	0	0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	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	0.00	
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	

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USD 265 ACADEMY

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 4, 2010

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Goddard Academy - Breakfast

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 03/16/2010															
Goddard Academy - Breakfa	Total	1													
NO SCHOOL TODAY	SERVING	0	0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	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	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%

Wed - 03/17/2010															
Goddard Academy - Breakfa	Total	1													
NO SCHOOL TODAY	SERVING	0	0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	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	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%

Thu - 03/18/2010															
Goddard Academy - Breakfa	Total	1													
NO SCHOOL TODAY	SERVING	0	0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	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	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%

Fri - 03/19/2010															
Goddard Academy - Breakfa	Total	1													
NO SCHOOL TODAY	SERVING	0	0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	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	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%

Mon - 03/22/2010															
Goddard Academy - Breakfa	Total	24													
PIZZA, BREAK.DblStf Saus.&Grav	1 EACH	24	220	10	550	3.00	1.44	150.0	200	0.00	10.0	26.0	9.0	3.00	0.00
POP TART, ASSORTED WHL GRAIN	1 EACH	18	195	0	155	5.00	1.80	0.0	500	0.00	2.50	34.50	5.50	1.75	0.00
CEREAL, BREAKFAST BAR ASST.	1 EACH	5	150	0	143	1.50	3.60	175.0	50	0.6	2.0	28.0	3.2	0.00	0.00
FRESH FRUIT VARIETY	1 EACH	20	89	0	1	3.54	0.22	29.0	187	38.3	1.2	22.7	0.3	0.06	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	23	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00
Weighted Daily Average			600	18	864	10.01	3.73	498.1	1220	33.18	20.93	98.98	14.80	4.82	0.00
% of Calories											14.0%	66.0%	22.2%	7.2%	0.0%

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Tue - 03/23/2010															
Goddard Academy - Breakfa	Total	24													
BISCUIT & SAUSAGE GRAVY- Brkf	1 EACH	23	327	13	1066	0.90	1.80	40.0	100	0.00	6.7	35.3	18.0	7.00	0.00
POP TART, ASSORTED WHL GRAIN	1 EACH	10	195	0	155	5.00	1.80	0.0	500	0.00	2.50	34.50	5.50	1.75	0.00
CEREAL, BREAKFAST BAR ASST.	1 EACH	6	150	0	143	1.50	3.60	175.0	50	0.6	2.0	28.0	3.2	0.00	0.00
YOGURT - Strawberry/Banana 4oz	1 EACH	18	120	5	55	0.00	0.00	100.4	502	0.00	4.0	23.1	1.5	1.00	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	23	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00
Weighted Daily Average			651	24	1331	3.32	3.38	444.8	1172	1.30	18.60	94.89	22.23	8.64	0.00
% of Calories											11.4%	58.3%	30.7%	12.0%	0.0%

Wed - 03/24/2010															
Goddard Academy - Breakfa	Total	24													
TORNADOS, Sausage, Egg & Chees	EACH	24	230	40	410	1.00	1.44	20.0	200	1.2	6.0	23.0	13.0	3.00	0.00
MUFFIN, BLUEBERRY 2.25oz. Otis	1 EACH	8	200	30	250	0.90	0.72	40.0	100	0.00	3.0	29.0	9.0	2.00	0.00
MUFFIN, CHOC.CHIP 2.25 oz.Otis	1 EACH	14	230	45	190	1.00	0.72	40.0	100	0.00	4.0	29.0	12.0	2.50	0.00
FRESH FRUIT VARIETY	1 EACH	20	89	0	1	3.54	0.22	29.0	187	38.3	1.2	22.7	0.3	0.06	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	23	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00
Weighted Daily Average			633	84	772	4.83	2.29	368.3	927	34.26	17.97	90.86	23.99	5.63	0.00
% of Calories											11.4%	57.4%	34.1%	8.0%	0.0%

Thu - 03/25/2010															
Goddard Academy - Breakfa	Total	24													
BREAKFAST BURRITO-Saus,Egg,Chz	1 EACH	24	270	110	610	2.00	2.70	100.0	300	2.4	10.0	32.0	11.0	3.50	0.00
SALSA PICANTE - El Pasado	2 TBSP	22	10	0	151	0.00	0.00	0.0	100	0.00	0.00	2.0	0.00	0.00	0.00
POP TART, ASSORTED WHL GRAIN	1 EACH	14	195	0	155	5.00	1.80	0.0	500	0.00	2.50	34.50	5.50	1.75	0.00
CEREAL, BREAKFAST BAR ASST.	1 EACH	6	150	0	143	1.50	3.60	175.0	50	0.6	2.0	28.0	3.2	0.00	0.00
YOGURT - Strawberry/Banana 4oz	1 EACH	19	120	5	55	0.00	0.00	100.4	502	0.00	4.0	23.1	1.5	1.00	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	23	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00
Weighted Daily Average			654	122	1085	5.29	4.65	510.7	1573	3.70	22.80	101.59	16.97	5.77	0.00
% of Calories											13.9%	62.1%	23.3%	7.9%	0.0%

Fri - 03/26/2010															
Goddard Academy - Breakfa	Total	20													
FRENCH TOAST STICKS, BATTERED	4 EACH	18	310	0	410	0.90	1.80	60.0	0	0.00	5.0	45.00	12.00	3.00	0.00
SYRUP, PANCAKE TABLE CUP	1 EACH	15	120	0	45	0.00	0.00	0.0	0	0.00	0.00	31.0	0.00	0.00	0.00
POP TART, ASSORTED WHL GRAIN	1 EACH	10	195	0	155	5.00	1.80	0.0	500	0.00	2.50	34.50	5.50	1.75	0.00
CEREAL, BREAKFAST BAR ASST.	1 EACH	4	150	0	143	1.50	3.60	175.0	50	0.6	2.0	28.0	3.2	0.00	0.00
FRESH FRUIT VARIETY	1 EACH	12	89	0	1	3.54	0.22	29.0	187	38.3	1.2	22.7	0.3	0.06	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	19	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00

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Goddard Academy - Breakfast

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average			677	8	675	5.73	3.37	391.4	847	24.23	14.45	122.38	15.12	4.06	0.00
% of Calories											8.5%	72.3%	20.1%	5.4%	0.0%

Mon - 03/29/2010															
Goddard Academy - Breakfa	Total	24													
PIZZA, BREAK.DbIStf Saus.&Grav	1 EACH	24	220	10	550	3.00	1.44	150.0	200	0.00	10.0	26.0	9.0	3.00	0.00
POP TART, ASSORTED WHL GRAIN	1 EACH	16	195	0	155	5.00	1.80	0.0	500	0.00	2.50	34.50	5.50	1.75	0.00
CEREAL, BREAKFAST BAR ASST.	1 EACH	7	150	0	143	1.50	3.60	175.0	50	0.6	2.0	28.0	3.2	0.00	0.00
FRESH FRUIT VARIETY	1 EACH	22	89	0	1	3.54	0.22	29.0	187	38.3	1.2	22.7	0.3	0.06	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	23	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00
Weighted Daily Average			604	18	863	10.02	3.90	515.1	1199	36.42	20.99	100.33	14.63	4.68	0.00
% of Calories											13.9%	66.5%	21.8%	7.0%	0.0%

Tue - 03/30/2010															
Goddard Academy - Breakfa	Total	24													
BISCUIT & SAUSAGE GRAVY- Brkf	1 EACH	23	327	13	1066	0.90	1.80	40.0	100	0.00	6.7	35.3	18.0	7.00	0.00
POP TART, ASSORTED WHL GRAIN	1 EACH	8	195	0	155	5.00	1.80	0.0	500	0.00	2.50	34.50	5.50	1.75	0.00
CEREAL, BREAKFAST BAR ASST.	1 EACH	8	150	0	143	1.50	3.60	175.0	50	0.6	2.0	28.0	3.2	0.00	0.00
YOGURT - Strawberry/Banana 4oz	1 EACH	21	120	5	55	0.00	0.00	100.4	502	0.00	4.0	23.1	1.5	1.00	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	23	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00
Weighted Daily Average			662	25	1337	3.03	3.53	472.0	1197	1.35	19.06	97.24	22.23	8.62	0.00
% of Calories											11.5%	58.8%	30.2%	11.7%	0.0%

Wed - 03/31/2010															
Goddard Academy - Breakfa	Total	24													
TORNADOS, Sausage, Egg & Chees	EACH	24	230	40	410	1.00	1.44	20.0	200	1.2	6.0	23.0	13.0	3.00	0.00
MUFFIN, BLUEBERRY 2.25oz. Otis	1 EACH	4	200	30	250	0.90	0.72	40.0	100	0.00	3.0	29.0	9.0	2.00	0.00
MUFFIN, CHOC.CHIP 2.25 oz.Otis	1 EACH	17	230	45	190	1.00	0.72	40.0	100	0.00	4.0	29.0	12.0	2.50	0.00
FRESH FRUIT VARIETY	1 EACH	22	89	0	1	3.54	0.22	29.0	187	38.3	1.2	22.7	0.3	0.06	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	23	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00
Weighted Daily Average			636	85	754	5.10	2.28	369.1	938	37.45	18.07	91.54	24.02	5.61	0.00
% of Calories											11.4%	57.6%	34.0%	7.9%	0.0%

Weighted Average			642	50	952	5.87	3.44	444.3	1142	20.29	19.02	100.85	18.90	5.87	0.00
											11.9%	62.9%	26.5%	8.2%	0.0%

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Nutrient	Menu AVG	Portion	Plan		mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
		Size	Qty	Cals	Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat	Tr-Fat
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)									
Calories	642		635	101%												
Cholesterol (mg)	50		75	66%												
Sodium (mg)	952		1000	95%												
Fiber (g)	5.87		4.50	131%												
Iron (mg)	3.44		3.40	101%												
Calcium (mg)	444.3		300.00	148%												
Vitamin A (IU)	1142		1125	101%												
Vitamin C (mg)	20.29		14.38	141%												
Protein (g)	19.02	11.86%	12.60	151%												
Carbohydrate (g)	100.85	62.88%	0.00													
Total Fat (g)	18.90	26.51%	<30.00													
Saturated Fat (g)	5.87	8.24%	<10.00													
Trans Fat (g)	0.00	0.00%														

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