

JAMESTOWN PUBLIC SCHOOLS FOOD SERVICE

Jan 4, 2010 thru Jan 29, 2010 Spreadsheet - Weighted Values

Dec 9, 2009

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Jamestown Schools Breakfast

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Mon - 01/04/2010															
Jamestown Schools Breakfa	Total	1													
PIZZA, BREAKFAST	PIECE	1	233	14	601	1.30	1.80	135.0	244	49	0.4	9.3	22.4	11.6	3.40
JUICE	4 OZ.	1	58	0	4	0.16	0.22	8.2	36	4	33.6	0.5	14.1	0.1	0.03
Milk ,1% Lowfat	1 CUP SERVING	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			394	26	712	1.46	2.09	433.6	758	196	33.95	17.99	48.71	14.10	4.97
% of Calories												18.3%	49.5%	32.2%	11.4%

Tue - 01/05/2010															
Jamestown Schools Breakfa	Total	1													
Blueberry Muffins	1 each	1	202	16	458	0.74	0.82	51.0	54	17	0.3	2.6	20.5	12.4	2.17
JUICE	4 OZ.	1	58	0	4	0.16	0.22	8.2	36	4	33.6	0.5	14.1	0.1	0.03
Milk ,1% Lowfat	1/2 pint	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			362	28	570	0.91	1.11	349.6	568	165	33.89	11.31	46.85	14.91	3.74
% of Calories												12.5%	51.7%	37.1%	9.3%

Wed - 01/06/2010															
Jamestown Schools Breakfa	Total	1													
HONEY BUN	1 EACH	1	311	23	302	1.64	2.93	35.9	18	3	0.9	4.8	39.5	14.9	4.24
JUICE	4 OZ.	1	58	0	4	0.16	0.22	8.2	36	4	33.6	0.5	14.1	0.1	0.03
Milk ,1% Lowfat	1/2 pint	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			472	36	413	1.80	3.21	334.4	532	151	34.49	13.53	65.81	17.40	5.81
% of Calories												11.5%	55.8%	33.2%	11.1%

Thu - 01/07/2010															
Jamestown Schools Breakfa	Total	1													
ENGLISH MUFFINS,PLAIN,TOASTED	1/2 EACH	1	87	0	146	0.73	1.21	51.9	84	19	0.4	2.7	13.7	2.4	0.45
JUICE	4 OZ.	1	58	0	4	0.16	0.22	8.2	36	4	33.6	0.5	14.1	0.1	0.03
Milk ,1% Lowfat	1 CUP SERVING	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			248	12	258	0.89	1.50	350.5	598	166	34.00	11.39	40.02	4.91	2.02
% of Calories												18.4%	64.6%	17.9%	7.3%

Fri - 01/08/2010															
Jamestown Schools Breakfa	Total	1													
ELFIN LOAF	1 EACH	1	180	21	261	0.00	1.02	18.0	0	0	0.00	2.7	31.2	4.8	1.20
JUICE	4 OZ.	1	58	0	4	0.16	0.22	8.2	36	4	33.6	0.5	14.1	0.1	0.03
Milk ,1% Lowfat	1 CUP SERVING	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			341	33	372	0.16	1.31	316.6	514	148	33.55	11.39	57.51	7.30	2.77
% of Calories												13.4%	67.5%	19.3%	7.3%

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JAMESTOWN PUBLIC SCHOOLS FOOD SERVICE

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Jamestown Schools Breakfast

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Mon - 01/11/2010															
Jamestown Schools Breakfa	Total	1													
PIZZA, BREAKFAST	PIECE	1	233	14	601	1.30	1.80	135.0	244	49	0.4	9.3	22.4	11.6	3.40
JUICE	4 OZ.	1	58	0	4	0.16	0.22	8.2	36	4	33.6	0.5	14.1	0.1	0.03
Milk ,1% Lowfat	1 CUP SE RIVING	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			394	26	712	1.46	2.09	433.6	758	196	33.95	17.99	48.71	14.10	4.97
% of Calories												18.3%	49.5%	32.2%	11.4%

Tue - 01/12/2010															
Jamestown Schools Breakfa	Total	1													
OATMEAL	1 cup	1	306	3	26	7.69	3.44	106.7	111	33	0.00	14.2	50.9	5.6	1.24
TOAST	PIECE	1	64	0	130	0.55	0.73	26.2	0	0	0.00	1.98	12.0	0.88	0.13
JUICE	4 OZ.	1	58	0	4	0.16	0.22	8.2	36	4	33.6	0.5	14.1	0.1	0.03
Milk ,1% Lowfat	1 CUP SE RIVING	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			531	15	268	8.41	4.46	431.4	625	181	33.55	24.84	89.20	8.94	2.94
% of Calories												18.7%	67.2%	15.1%	5.0%

Wed - 01/13/2010															
Jamestown Schools Breakfa	Total	1													
HONEY BUN	1 EACH	1	311	23	302	1.64	2.93	35.9	18	3	0.9	4.8	39.5	14.9	4.24
JUICE	4 OZ.	1	58	0	4	0.16	0.22	8.2	36	4	33.6	0.5	14.1	0.1	0.03
Milk ,1% Lowfat	1/2 pint	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			472	36	413	1.80	3.21	334.4	532	151	34.49	13.53	65.81	17.40	5.81
% of Calories												11.5%	55.8%	33.2%	11.1%

Thu - 01/14/2010															
Jamestown Schools Breakfa	Total	1													
BAGEL	1/2 BAGEL	1	228	0	423	1.65	2.52	14.0	168	38	0.0	7.5	38.0	4.9	0.81
JUICE	4 OZ.	1	58	0	4	0.16	0.22	8.2	36	4	33.6	0.5	14.1	0.1	0.03
Milk ,1% Lowfat	1 CUP SE RIVING	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			389	12	535	1.81	2.81	312.5	682	185	33.56	16.19	64.30	7.40	2.38
% of Calories												16.6%	66.1%	17.1%	5.5%

Fri - 01/15/2010															
Jamestown Schools Breakfa	Total	1													
HAM,CHEESE,& EGG MUFFIN	1 each	1	251	128	909	1.99	2.93	187.6	262	62	8.4	16.2	27.2	8.4	3.74
JUICE	4 OZ.	1	58	0	4	0.16	0.22	8.2	36	4	33.6	0.5	14.1	0.1	0.03
Milk ,1% Lowfat	1 CUP SE RIVING	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54

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Jamestown Schools Breakfast

	Portion Size	Plan Qty	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
Weighted Daily Average			412	140	1021	2.16	3.22	486.2	776	210	41.95	24.87	53.53	10.87	5.31
% of Calories												24.2%	52.0%	23.8%	11.6%

Mon - 01/18/2010															
Jamestown Schools Breakfa	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%

Tue - 01/19/2010															
Jamestown Schools Breakfa	Total	1													
ELFIN LOAF	1 EACH	1	180	21	261	0.00	1.02	18.0	0	0	0.00	2.7	31.2	4.8	1.20
JUICE	4 OZ.	1	58	0	4	0.16	0.22	8.2	36	4	33.6	0.5	14.1	0.1	0.03
Milk ,1% Lowfat	1 CUP SE RVING	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			341	33	372	0.16	1.31	316.6	514	148	33.55	11.39	57.51	7.30	2.77
% of Calories												13.4%	67.5%	19.3%	7.3%

Wed - 01/20/2010															
Jamestown Schools Breakfa	Total	1													
HONEY BUN	1 EACH	1	311	23	302	1.64	2.93	35.9	18	3	0.9	4.8	39.5	14.9	4.24
JUICE	4 OZ.	1	58	0	4	0.16	0.22	8.2	36	4	33.6	0.5	14.1	0.1	0.03
Milk ,1% Lowfat	1/2 pint	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			472	36	413	1.80	3.21	334.4	532	151	34.49	13.53	65.81	17.40	5.81
% of Calories												11.5%	55.8%	33.2%	11.1%

Thu - 01/21/2010															
Jamestown Schools Breakfa	Total	1													
Blueberry Muffins	1 each	1	202	16	458	0.74	0.82	51.0	54	17	0.3	2.6	20.5	12.4	2.17
JUICE	4 OZ.	1	58	0	4	0.16	0.22	8.2	36	4	33.6	0.5	14.1	0.1	0.03
Milk ,1% Lowfat	1/2 pint	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			362	28	570	0.91	1.11	349.6	568	165	33.89	11.31	46.85	14.91	3.74
% of Calories												12.5%	51.7%	37.1%	9.3%

Fri - 01/22/2010															
Jamestown Schools Breakfa	Total	1													
BAGEL	1/2 BAGEL	1	228	0	423	1.65	2.52	14.0	168	38	0.0	7.5	38.0	4.9	0.81
JUICE	4 OZ.	1	58	0	4	0.16	0.22	8.2	36	4	33.6	0.5	14.1	0.1	0.03
Milk ,1% Lowfat	1 CUP SE RVING	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			389	12	535	1.81	2.81	312.5	682	185	33.56	16.19	64.30	7.40	2.38
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Jamestown Schools Breakfast

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Prot	g Carb	g T-Fat	g S-Fat
Mon - 01/25/2010															
Jamestown Schools Breakfa	Total	1													
PIZZA, BREAKFAST	PIECE	1	233	14	601	1.30	1.80	135.0	244	49	0.4	9.3	22.4	11.6	3.40
JUICE	4 OZ.	1	58	0	4	0.16	0.22	8.2	36	4	33.6	0.5	14.1	0.1	0.03
Milk ,1% Lowfat	1 CUP SE RVING	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			394	26	712	1.46	2.09	433.6	758	196	33.95	17.99	48.71	14.10	4.97
% of Calories												18.3%	49.5%	32.2%	11.4%

Tue - 01/26/2010															
Jamestown Schools Breakfa	Total	1													
OATMEAL	1 cup	1	306	3	26	7.69	3.44	106.7	111	33	0.00	14.2	50.9	5.6	1.24
TOAST	PIECE	1	64	0	130	0.55	0.73	26.2	0	0	0.00	1.98	12.0	0.88	0.13
JUICE	4 OZ.	1	58	0	4	0.16	0.22	8.2	36	4	33.6	0.5	14.1	0.1	0.03
Milk ,1% Lowfat	1 CUP SE RVING	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			531	15	268	8.41	4.46	431.4	625	181	33.55	24.84	89.20	8.94	2.94
% of Calories												18.7%	67.2%	15.1%	5.0%

Wed - 01/27/2010															
Jamestown Schools Breakfa	Total	1													
HONEY BUN	1 EACH	1	311	23	302	1.64	2.93	35.9	18	3	0.9	4.8	39.5	14.9	4.24
JUICE	4 OZ.	1	58	0	4	0.16	0.22	8.2	36	4	33.6	0.5	14.1	0.1	0.03
Milk ,1% Lowfat	1/2 pint	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			472	36	413	1.80	3.21	334.4	532	151	34.49	13.53	65.81	17.40	5.81
% of Calories												11.5%	55.8%	33.2%	11.1%

Thu - 01/28/2010															
Jamestown Schools Breakfa	Total	1													
BAGEL	1/2 BAGEL	1	228	0	423	1.65	2.52	14.0	168	38	0.0	7.5	38.0	4.9	0.81
JUICE	4 OZ.	1	58	0	4	0.16	0.22	8.2	36	4	33.6	0.5	14.1	0.1	0.03
Milk ,1% Lowfat	1 CUP SE RVING	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			389	12	535	1.81	2.81	312.5	682	185	33.56	16.19	64.30	7.40	2.38
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Jamestown Schools Breakfast

	Portion Size	Plan Qty	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
Fri - 01/29/2010															
Jamestown Schools Breakfa	Total	1													
pillsbury	1 each	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
MINI PANCAKES	1 each	1	184	15	414	1.97	1.80	58.2	177	24	0.2	4.4	32.2	4.2	0.66
JUICE	4 OZ.	1	58	0	4	0.16	0.22	8.2	36	4	33.6	0.5	14.1	0.1	0.03
Milk ,1% Lowfat	1 CUP SE RIVING	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			345	27	525	2.13	2.08	356.8	691	171	33.80	13.06	58.52	6.74	2.23
% of Calories											15.1%	67.8%	17.6%	5.8%	

Weighted Average			406	31	506	2.17	2.53	366.6	628	173	34.33	15.85	60.07	11.52	3.88
											15.6%	59.2%	25.6%	8.6%	

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	406		554	73%		148	Correction Required - Calories are Low
Cholesterol (mg)	31		0				
Sodium (mg)	506		0				
Fiber (g)	2.17		0.00				
Iron (mg)	2.53		2.99	85%		0.45	Correction Required - Iron is Low
Calcium (mg)	366.6		253.85	144%			
Vitamin A (IU)	628		971	65%		343	Correction Required - Vitamin A is Low
Vitamin A (RE)	173		194	89%		21	Correction Required - Vitamin A is Low
Vitamin C (mg)	34.33		12.50	275%			
Protein (g)	15.85	15.62%	9.59	165%			
Carbohydrate (g)	60.07	59.22%	0.00				
Total Fat (g)	11.52	25.56%	<30.00				
Saturated Fat (g)	3.88	8.61%	<10.00				

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

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