

JAMESTOWN PUBLIC SCHOOLS FOOD SERVICE

Feb 1, 2010 thru Feb 26, 2010 Spreadsheet - Weighted Values

Jan 19, 2010

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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 Protin	g Carb	g T-Fat	g S-Fat
Mon - 02/01/2010															
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 - 02/02/2010															
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
% of Calories												16.6%	66.1%	17.1%	5.5%

Wed - 02/03/2010															
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 - 02/04/2010															
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%

Fri - 02/05/2010															
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 RVING	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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	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 Protin	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 - 02/08/2010																
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 - 02/09/2010																
Jamestown Schools Breakfa	Total	1														
ENGLISH MUFFINS,PLAIN,TOASTE	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 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			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%	

Wed - 02/10/2010																
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 - 02/11/2010																
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 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			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 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 - 02/12/2010															
Jamestown Schools Breakfa	Total	1													
EGG PATTY	1 EACH	1	81	240	79	0.00	1.04	30.1	276	108	0.00	7.1	0.4	5.6	1.76
W/CHEESE	piece	1	106	27	421	0.00	0.05	156.2	272	82	0.00	6.3	0.5	8.8	5.57
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	1/2 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			412	279	742	0.71	2.11	511.0	1062	338	33.55	24.07	39.16	17.86	9.03
% of Calories												23.4%	38.0%	39.0%	19.7%

Mon - 02/15/2010															
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 - 02/16/2010															
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	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
	RVING														
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%

Wed - 02/17/2010															
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 - 02/18/2010															
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	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
	RVING														
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%

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	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 - 02/19/2010															
Jamestown Schools Breakfa	Total	1													
L.A.CINN BREAD	2.OZ.	1	146	*0	68	0.00	0.72	6.7	1372	274	0.00	3.1	17.0	6.8	*0.00
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			307	*12	179	0.16	1.01	305.3	1886	422	33.55	11.79	43.30	9.30	*1.57
% of Calories												15.4%	56.5%	27.3%	4.6%

Mon - 02/22/2010															
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 - 02/23/2010															
Jamestown Schools Breakfa	Total	1													
ENGLISH MUFFINS,PLAIN,TOASTE	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 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			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%

Wed - 02/24/2010															
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 - 02/25/2010															
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 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 Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protin	g Carb	g T-Fat	g S-Fat
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%	

Fri - 02/26/2010															
Jamestown Schools Breakfa	Total	1													
BREAKFAST BREAKS	1 EACH	1	260	0	330	0.00	3.60	80.0	0	0	64.8	3.0	51.0	5.5	1.00
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	12	437	0.00	3.67	370.4	478	144	64.80	11.22	63.18	7.87	2.54
% of Calories											12.4%	69.7%	19.5%	6.3%	

Weighted Average			399	*43	476	1.96	2.59	375.4	707	193	35.95	16.19	58.45	11.31	*4.04
											16.2%	58.6%	25.5%	9.1%	

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)	
Calories	399		554	72%		155	Correction Required - Calories are Low	
Cholesterol (mg)	43		0		Missing			
Sodium (mg)	476		0					
Fiber (g)	1.96		0.00					
Iron (mg)	2.59		2.99	87%		0.39		Correction Required - Iron is Low
Calcium (mg)	375.4		253.85	148%				
Vitamin A (IU)	707		971	73%		264		Correction Required - Vitamin A is Low
Vitamin A (RE)	193		194	99%		1		Correction Required - Vitamin A is Low
Vitamin C (mg)	35.95		12.50	288%				
Protein (g)	16.19	16.24%	9.59	169%				
Carbohydrate (g)	58.45	58.61%	0.00					
Total Fat (g)	11.31	25.51%	<30.00					
Saturated Fat (g)	4.04	9.12%	<10.00		Missing			

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

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