

# Spring Hill School District

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Sep 1, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values

Aug 30, 2010

## SPRING HILL MIDDLE BREAKFAST

	Portion Size	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 09/01/2010							
SPRING HILL MIDDLE BRE	Total						
BREAKFAST PIZZA, SAUSAGE-TONY'S	3.2 OZS	454	2.20	18.8	45.0	22.4	6.80
CEREAL-2 SMALL BOWLS	1 EACH	170	2.13	1.42	36.86	2.13	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	64	0.28	0.47	15.62	0.17	0.02
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
Weighted Daily Average		597	3.26	24.38	81.34	19.49	5.90
% of Calories				16.3%	54.5%	29.4%	8.9%

Thu - 09/02/2010							
SPRING HILL MIDDLE BRE	Total						
HONEYBUN	1 EACH	267	0.99	4.94	23.7	15.8	3.95
CEREAL-2 SMALL BOWLS	1 EACH	170	2.13	1.42	36.86	2.13	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	64	0.28	0.47	15.62	0.17	0.02
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
Weighted Daily Average		455	2.17	13.16	63.79	15.15	3.85
% of Calories				11.6%	56.1%	30.0%	7.6%

Fri - 09/03/2010							
SPRING HILL MIDDLE BRE	Total						
CHOCOLATE CHIP MUFFIN; 4OZ	1 EACH	440	2.00	6.0	56.0	24.0	5.00
CHEDDAR CHEESE, INDIV. PORTION	1 EACH	68	0.00	5.25	0.0	5.25	3.37
CEREAL ASSORTED: HIGH SCHOOL	1 EACH	193	1.45	1.75	45.25	0.87	0.30
FRUIT JUICE, ASSORTED	4 fl.oz.	64	0.28	0.47	15.62	0.17	0.02
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
Weighted Daily Average		646	2.98	18.14	91.90	24.99	7.26
% of Calories				11.2%	56.9%	34.8%	10.1%

Mon - 09/06/2010							
SPRING HILL MIDDLE BRE	Total						
NO BREAKFAST	SERVING	0	0.00	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0.00	0.00	0.00	0.00	0.00
% of Calories				0.0%	0.0%	0.0%	0.0%

Tue - 09/07/2010							
SPRING HILL MIDDLE BRE	Total						
BISCUIT: SAUSAGE&CHEESE	BISCUIT	412	1.00	11.53	27.89	28.8	10.22
CEREAL-2 SMALL BOWLS	1 EACH	170	2.13	1.42	36.86	2.13	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	64	0.28	0.47	15.62	0.17	0.02
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
Weighted Daily Average		603	2.36	19.32	70.70	27.24	9.60
% of Calories				12.8%	46.9%	40.7%	14.3%

Wed - 09/08/2010							
SPRING HILL MIDDLE BRE	Total						
BREAKFAST BURRITO W/ SALSA	2 EACH	516	4.58	24.42	62.64	18.1	5.80
CEREAL ASSORTED: HIGH SCHOOL	1 EACH	193	1.45	1.75	45.25	0.87	0.30
FRUIT JUICE, ASSORTED	4 fl.oz.	64	0.28	0.47	15.62	0.17	0.02
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
Weighted Daily Average		529	3.99	20.85	88.39	9.92	3.26
% of Calories				15.8%	66.8%	16.9%	5.5%

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## SPRING HILL MIDDLE BREAKFAST

	Portion Size	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/09/2010							
SPRING HILL MIDDLE BRE	Total						
POPTART	2 CT	409	1.07	4.98	70.05	12.59	3.18
STRING CHEESE	1 EACH	82	0.00	8.09	0.71	5.26	3.18
CEREAL-2 SMALL BOWLS	1 EACH	170	2.13	1.42	36.86	2.13	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	64	0.28	0.47	15.62	0.17	0.02
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
Weighted Daily Average		664	2.21	20.82	106.66	17.34	6.19
% of Calories				12.5%	64.3%	23.5%	8.4%

Fri - 09/10/2010							
SPRING HILL MIDDLE BRE	Total						
CINNAMON ROLL:SECONDARY	1 EACH	325	1.00	6.11	49.47	12.3	3.77
CEREAL-2 SMALL BOWLS	1 EACH	170	2.13	1.42	36.86	2.13	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	64	0.28	0.47	15.62	0.17	0.02
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
Weighted Daily Average		500	2.24	14.00	86.79	11.43	3.50
% of Calories				11.2%	69.4%	20.6%	6.3%

Mon - 09/13/2010							
SPRING HILL MIDDLE BRE	Total						
BLUEBERRY SCONE:SHSD	1 EACH	465	2.00	5.11	66.47	20.3	5.27
CEREAL ASSORTED:HIGH SCHOOL	1 EACH	193	1.45	1.75	45.25	0.87	0.30
FRUIT JUICE, ASSORTED	4 fl.oz.	64	0.28	0.47	15.62	0.17	0.02
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
Weighted Daily Average		602	2.96	12.92	100.18	16.89	4.50
% of Calories				8.6%	66.5%	25.2%	6.7%

Tue - 09/14/2010							
SPRING HILL MIDDLE BRE	Total						
MINI PANCAKE SAUSAGE BITES:SEC	6 EACH	460	6.00	24.0	28.0	28.0	8.00
SYRUP	1 EACH	100	0.00	0.0	26.14	0.0	0.00
CEREAL-2 SMALL BOWLS	1 EACH	170	2.13	1.42	36.86	2.13	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	64	0.28	0.47	15.62	0.17	0.02
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
Weighted Daily Average		685	6.42	28.71	88.95	24.16	6.90
% of Calories				16.8%	51.9%	31.7%	9.1%

Wed - 09/15/2010							
SPRING HILL MIDDLE BRE	Total						
ENGLISH MUFFIN, SAUS/CHEESE #2	1 EACH	333	5.00	14.44	26.99	20.93	8.09
CEREAL ASSORTED:HIGH SCHOOL	1 EACH	193	1.45	1.75	45.25	0.87	0.30
FRUIT JUICE, ASSORTED	4 fl.oz.	64	0.28	0.47	15.62	0.17	0.02
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
Weighted Daily Average		505	5.56	21.11	67.47	18.54	7.21
% of Calories				16.7%	53.5%	33.1%	12.9%

Thu - 09/16/2010							
SPRING HILL MIDDLE BRE	Total						
FRENCH TOAST STICKS, SECONDARY	5 STICKS	525	5.00	10.0	82.5	17.5	2.50
CEREAL-2 SMALL BOWLS	1 EACH	170	2.13	1.42	36.86	2.13	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	64	0.28	0.47	15.62	0.17	0.02
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
SYRUP	1 EACH	100	0.00	0.0	26.14	0.0	0.00
Weighted Daily Average		729	5.52	16.37	132.42	15.38	2.30
% of Calories				9.0%	72.7%	19.0%	2.8%

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## SPRING HILL MIDDLE BREAKFAST

	Portion Size	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Fri - 09/17/2010</b>							
SPRING HILL MIDDLE BRE	Total						
BLUEBERRY MUFFIN 3.6OZ RFAT	1 EACH	320	2.00	5.0	54.0	10.0	2.00
CEREAL-2 SMALL BOWLS	1 EACH	170	2.13	1.42	36.86	2.13	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	64	0.28	0.47	15.62	0.17	0.02
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
Weighted Daily Average		530	3.27	13.63	96.07	10.66	2.23
% of Calories				10.3%	72.5%	18.1%	3.8%

<b>Mon - 09/20/2010</b>							
SPRING HILL MIDDLE BRE	Total						
HONEYBUN	1 EACH	267	0.99	4.94	23.7	15.8	3.95
CEREAL-2 SMALL BOWLS	1 EACH	170	2.13	1.42	36.86	2.13	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	64	0.28	0.47	15.62	0.17	0.02
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
Weighted Daily Average		455	2.17	13.16	63.79	15.15	3.85
% of Calories				11.6%	56.1%	30.0%	7.6%

<b>Tue - 09/21/2010</b>							
SPRING HILL MIDDLE BRE	Total						
BREAKFAST PIZZA, SAUSAGE-TONY'S	3.2 OZS	454	2.20	18.8	45.0	22.4	6.80
CEREAL-2 SMALL BOWLS	1 EACH	170	2.13	1.42	36.86	2.13	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	64	0.28	0.47	15.62	0.17	0.02
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
Weighted Daily Average		597	3.26	24.38	81.34	19.49	5.90
% of Calories				16.3%	54.5%	29.4%	8.9%

<b>Wed - 09/22/2010</b>							
SPRING HILL MIDDLE BRE	Total						
SAUSAGE GRAVY & BISCUIT: 2 BISCUIT	4 OZ	496	2.00	9.8	62.87	23.27	6.03
CEREAL-2 SMALL BOWLS	1 EACH	170	2.13	1.42	36.86	2.13	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	64	0.28	0.47	15.62	0.17	0.02
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
Weighted Daily Average		660	3.08	17.58	98.40	21.98	5.76
% of Calories				10.7%	59.7%	30.0%	7.9%

<b>Thu - 09/23/2010</b>							
SPRING HILL MIDDLE BRE	Total						
PILLSBURY FRUDAL	1 EACH	210	2.00	5.0	36.0	6.0	1.50
CEREAL-2 SMALL BOWLS	1 EACH	170	2.13	1.42	36.86	2.13	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	64	0.28	0.47	15.62	0.17	0.02
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
Weighted Daily Average		403	3.10	13.28	75.05	6.23	1.63
% of Calories				13.2%	74.4%	13.9%	3.6%

<b>Fri - 09/24/2010</b>							
SPRING HILL MIDDLE BRE	Total						
SAUSAGE ON A STICK: PANCAKE	1 EACH	230	1.00	9.0	23.0	12.0	3.00
CEREAL ASSORTED: HIGH SCHOOL	1 EACH	193	1.45	1.75	45.25	0.87	0.30
FRUIT JUICE, ASSORTED	4 fl.oz.	64	0.28	0.47	15.62	0.17	0.02
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
SYRUP	1 EACH	100	0.00	0.0	26.14	0.0	0.00
Weighted Daily Average		494	2.18	15.66	88.04	9.69	2.55
% of Calories				12.7%	71.2%	17.6%	4.7%

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Aug 30, 2010

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	Portion Size	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 09/27/2010							
SPRING HILL MIDDLE BRE	Total						
WAFFLE STIX, SECONDARY	3 PIECES	210	3.00	4.5	43.5	3.0	0.75
SAUSAGE PATTY	1 EACH	160	0.00	6.0	0.0	16.0	6.00
CEREAL ASSORTED:HIGH SCHOOL	1 EACH	193	1.45	1.75	45.25	0.87	0.30
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0.28	0.47	15.62	0.17	0.02
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
SYRUP	1 EACH	100	0.00	0.0	26.14	0.0	0.00
Weighted Daily Average		622	3.81	17.52	105.45	16.45	5.90
% of Calories				11.3%	67.8%	23.8%	8.5%

Tue - 09/28/2010							
SPRING HILL MIDDLE BRE	Total						
BREAKFAST HOTPOCKET	2 EACH	258	1.61	11.29	29.03	9.67	4.03
CEREAL-2 SMALL BOWLS	1 EACH	170	2.13	1.42	36.86	2.13	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0.28	0.47	15.62	0.17	0.02
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
SALSA,COMMODITY	1 OZ	10	0.40	0.43	1.98	0.06	0.01
Weighted Daily Average		448	3.10	18.91	69.76	9.25	3.76
% of Calories				16.9%	62.3%	18.6%	7.6%

Wed - 09/29/2010							
SPRING HILL MIDDLE BRE	Total						
BISCUIT: SAUSAGE&CHEESE	BISCUIT	412	1.00	11.53	27.89	28.8	10.22
CEREAL-2 SMALL BOWLS	1 EACH	170	2.13	1.42	36.86	2.13	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0.28	0.47	15.62	0.17	0.02
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
Weighted Daily Average		603	2.36	19.32	70.70	27.24	9.60
% of Calories				12.8%	46.9%	40.7%	14.3%

Thu - 09/30/2010							
SPRING HILL MIDDLE BRE	Total						
PANCAKES, PILLSBURY MAPLE	PKG	200	2.00	4.0	34.0	6.0	1.00
CEREAL-2 SMALL BOWLS	1 EACH	170	2.13	1.42	36.86	2.13	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0.28	0.47	15.62	0.17	0.02
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
SYRUP	1 EACH	100	0.00	0.0	26.14	0.0	0.00
Weighted Daily Average		458	3.11	12.17	90.80	5.97	1.10
% of Calories				10.6%	79.2%	11.7%	2.2%

Weighted Average		561	3.29	17.88	86.57	16.32	4.89
				12.7%	61.7%	26.2%	7.8%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	561		588	95%		27	Correction Required - Calories are Low
Fiber (g)	3.29		4.25	77%		0.96	Correction Required - Fiber is Low
Protein (g)	17.88	12.74%	11.40	157%			
Carbohydrate (g)	86.57	61.70%					
Total Fat (g)	16.32	26.16%	<=30.00%				
Saturated Fat (g)	4.89	7.85%	<10.00%				

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