

Midlothian ISD

	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
Thu - 05/01/2008														
Breakfast - SECONDARY	Total	100												
PIG N' BLANKET, BREAKFAST, 2.8	1 EACH	95	230	15	430	1.00	1.44	0.00	0	0.00	9.00	23.00	12.00	3.00
CEREAL, GOLDEN GRAH, BOWL PAC	1 EACH	5	110	0	260	1.00	4.14	90.00	450	5.40	1.00	23.00	1.00	0.00
TOAST, WHITE, THIN SLICE	SLICE	10	93	0	135	0.00	0.72	20.00	113	0.00	2.00	13.00	3.48	0.45
APPLESAUCE,CINNAMON: 1/2 CUP	1/2 CUP	95	133	0	4	2.36	1.03	23.83	18	2.60	0.29	34.94	0.28	0.05
JUICE, APPLE,VITAFRESH,4 OZ	1 EACH	85	75	0	13	0.00	0.00	0.00	0	0.00	0.00	18.86	0.00	0.00
JUICE, ORANGE,VITAFRESH,4 OZ	1 EACH	15	60	0	0	0.00	12.00	11.20	97	0.00	1.00	14.00	0.00	0.00
MILK, CHOCOLATE, 1%, 1/2 PT	1 EACH	90	150	15	190	0.00	0.00	300.00	500	2.40	8.00	25.00	2.50	1.50
MILK, WHITE, 1%, 1/2 PT	1 EACH	10	100	10	115	0.00	0.00	300.00	500	2.40	8.00	11.00	2.50	1.50
JELLY, MIXED, 1/2 OZ, PC	1 EACH	95	43	0	7	0.00	0.00	0.00	0	0.00	0.00	9.92	0.00	0.00
Weighted Daily Average			618	29	639	3.24	4.42	330.81	566	5.14	17.22	108.65	14.56	4.44
% of Calories											11.1%	70.3%	21.2%	6.5%

Weighted Average			618	29	639	3.24	4.42	330.81	566	5.14	17.22	108.65	14.56	4.44
											11.1%	70.3%	21.2%	6.5%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	618		635	97%		16	Correction Required - Calories are Low
Cholesterol (Mg)	29		0				
Sodium (Mg)	639		0				
Fiber (G)	3.24		0.00				
Iron (Mg)	4.42		3.40	130%			
Calcium (Mg)	330.81		300.00	110%			
Vitamin A (IU)	566		1125	50%		559	Correction Required - Vitamin A is Low
Vitamin C (Mg)	5.14		14.38	36%		9.23	Correction Required - Vitamin C is Low
Protein (G)	17.22	11.14%	12.60	137%			
Carbohydrate (G)	108.65	70.29%	0.00				
Total Fat (G)	14.56	21.20%	<30.00				
Saturated Fat (G)	4.44	6.46%	<10.00				