

FULL PAY \$7.50 WEEK
 REDUCED \$1.50 WEEK
 ADULT \$2.00 A DAY
 MILK \$.40

WE SERVE BEEF, PORK AND
 POULTRY
 PRODUCTS. MENU SUBJECT TO
 CHANGE

GO TO: WWW.Cafeprepay.com
 To pay for breakfast and lunch.
 It's the fastest way to pay for meals.



Allergen Notice: Some menu items may contain ingredients like, soy, eggs wheat, fish and peanut oils.

CHARGED MEAL POLICY:
 One meal can be charged with payment to be made the next day. If payment is not received, a replacement meal of a cheese sandwich will be given up to 3 days. After 3 days, only crackers and milk will be given out, until payment has been made.

ELEMENTARY BREAKFAST MENU 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 ASSORTED CEREAL GRAHAM CRACKERS OR EGG & CHEESE BISCUIT HOT SPICED APPLES MILK,1% Lowfat	2 WARM SOFT PRETZEL CHEESE SAUCE BANANA, FRESH APPLE JUICE MILK,1% Lowfat	3 ASSORTED CEREAL OR HOT OATMEAL WHEAT TOAST JELLY PK. PINEAPPLE MILK,1% Lowfat	4 FRUIT FILLED CHURROS FRUIT COCKTAIL MILK,1% Lowfat	5 ASSORTED CEREAL MOZZARELLA STRING CHEESE OR BREAKFAST PIZZA ORANGE SLICES GRAHAM CRACKERS MILK,1% Lowfat
8 ASSORTED CEREAL WHEAT TOAST JELLY PK. OR ENERGY BARS PEACHES MILK,1% Lowfat	9 SCRAMBLED EGGS HASH BROWNS FRUIT COCKTAIL GRAHAM CRACKERS MILK,1% Lowfat	10 ASSORTED CEREAL ENGLISH MUFFINS PEANUT BUTTER BANANA, FRESH MILK,1% Lowfat	11 National School Breakfas FRENCH TOAST SYRUP MOZZARELLA STRING CHEESE HOT SPICED APPLES MILK,1% Lowfat	12 ASSORTED CEREAL CINNAMON TOAST OR EGG & CHEESE WRAP PINEAPPLE ORANGE JUICE MILK,1% Lowfat
National School Breakfast Week - March 8 through March 12, 2010				
15 ASSORTED CEREAL MOZZARELLA STRING CHEESE OR WARM PRETZEL W/CHEESE SA APRICOTS MILK,1% Lowfat	16 PANCAKE PIGGY SYRUP PEARS MILK,1% Lowfat	17 ASSORTED CEREAL GRAHAM CRACKERS APPLESAUCE MILK,1% Lowfat	18 BREAKFAST BURRITO SALSA SAUSAGE PATTIE FRUIT COCKTAIL MILK,1% Lowfat	19 ASSORTED CEREAL CINNAMON GRAHAM STICKS OR POP TARTS MOZZARELLA STRING CHEESE PINEAPPLE MILK,1% Lowfat
22 ASSORTED CEREAL BLUEBERRY MUFFIN SQUARE FRUIT COCKTAIL MILK,1% Lowfat	23 SCRAMBLED EGGS BISCUIT JELLY PK. PEACHES MILK,1% Lowfat	24 ASSORTED CEREAL MOZZARELLA STRING CHEESE PEARS CHOCOLATE BEAR GRAHAMS MILK,1% Lowfat	25 WAFFLES SYRUP SAUSAGE PATTIE APPLE JUICE MILK,1% Lowfat	26 ASSORTED CEREAL ENGLISH MUFFINS JELLY PK. HARD BOILED EGG OR EGG, HAM & CHEESE MUFFIN PINEAPPLE
29 ASSORTED CEREAL OR HOT OATMEAL CINNAMON TOAST PEACHES APPLE JUICE MILK,1% Lowfat	30 FRENCH TOAST SYRUP HASH BROWNS BANANA, FRESH MILK,1% Lowfat	31 ASSORTED CEREAL GRAHAM CRACKERS OR EGG & CHEESE BISCUIT APPLESAUCE MILK,1% Lowfat	"EAT SMART, BE SMART" WITH A NUTRITIOUS BREAKFAST EVERY MORNING AT 8:00 A.M. WE LOOK FORWARD TO SEEING YOU!	

CARSON CITY SCHOOL DISTRICT & THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

Carson City School District

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

Feb 26, 2010

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ELEMENTARY 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	g Tr-Fat
Mon - 03/01/2010																
ELEMENTARY BREAKFAS	Total	650														
ASSORTED CEREAL - 1 oz. bowl	1 BOWL	200	33	0	36	0.28	1.67	2.1	155	56	2.8	0.5	7.6	0.2	0.06	*0.01
CRACKERS, GRAHAM 1 oz. pkg.	1 each pkg.	185	34	0	49	0.23	0.30	1.9	0	0	0.00	0.6	6.2	0.8	0.12	*0.00
OR	SERV	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
EGG & CHEESE BISCUIT	1 EA	450	189	72	598	0.71	1.09	140.0	209	51	0.2	6.5	20.3	9.1	3.16	*0.00
HOT SPICED APPLES	1/2 CUP	580	119	0	3	1.61	0.22	6.3	45	4	0.4	0.2	30.2	0.4	0.07	*0.00
MILK, 1% Lowfat	HALF PINT	642	101	12	106	0.00	0.07	286.8	472	142	0.00	8.1	12.0	2.3	1.53	*0.00
Weighted Daily Average			476	84	791	2.82	3.36	437.1	881	254	3.33	15.77	76.37	12.84	4.94	*0.01
% of Calories												13.3%	64.2%	24.3%	9.4%	0.0%

Tue - 03/02/2010																
ELEMENTARY BREAKFAS	Total	650														
PRETZEL, SOFT 2.5 OZ.	2.5 OZ.	650	180	0	150	1.00	0.00	0.0	0	0	0.00	6.0	38.0	1.0	0.00	0.00
CHEESE SAUCE MUCHO QUES O JALAP	2 OZ.	650	87	20	553	0.00	0.24	200.0	200	40	0.00	5.3	2.7	6.0	4.00	0.00
BANANAS, 4.02 OZ.	1 EACH	600	83	0	1	2.42	0.24	4.7	60	7	8.1	1.0	21.3	0.3	0.10	*0.00
APPLE JUICE	4 OZ.	590	47	0	4	0.21	0.12	8.2	1	0	39.6	0.1	11.6	0.1	0.02	*0.00
MILK, 1% Lowfat	HALF PINT	635	100	12	105	0.00	0.07	283.7	467	141	0.00	8.0	11.9	2.3	1.51	*0.00
Weighted Daily Average			497	32	813	3.63	0.68	496.6	728	188	47.74	20.49	85.49	9.75	5.64	*0.00
% of Calories												16.5%	68.8%	17.7%	10.2%	0.0%

Wed - 03/03/2010																
ELEMENTARY BREAKFAS	Total	650														
ASSORTED CEREAL - 1 oz. bowl	1 BOWL	200	33	0	36	0.28	1.67	2.1	155	56	2.8	0.5	7.6	0.2	0.06	*0.01
OR	SERV	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
OATMEAL 4OZ	4 oz	450	125	0	129	1.49	0.76	20.2	0	0	0.00	2.4	21.6	3.9	1.50	*0.00
BREAD,WHEAT,TOASTED	1 EACH	600	129	0	221	1.23	1.07	45.1	232	52	0.1	3.4	14.6	6.4	1.25	*0.97
JELLY PK.	1 each	600	35	0	4	0.13	0.02	0.9	1	0	0.1	0.0	9.2	0.0	0.00	*0.00
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	625	63	0	1	0.97	0.47	17.0	46	1	9.1	0.4	16.3	0.1	0.01	*0.00
MILK, 1% Lowfat	HALF PINT	642	101	12	106	0.00	0.07	286.8	472	142	0.00	8.1	12.0	2.3	1.53	*0.00
Weighted Daily Average			485	12	498	4.10	4.08	372.1	906	252	12.09	14.84	81.40	12.86	4.35	*0.98
% of Calories												12.2%	67.1%	23.9%	8.1%	1.8%

Thu - 03/04/2010																
ELEMENTARY BREAKFAS	Total	650														
FRUIT FILLED CHURROS	2 EACH	650	340	30	260	2.00	1.44	40.0	0	0	0.00	4.0	50.0	14.00	3.00	*0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	600	64	0	7	1.12	0.32	6.7	229	23	2.1	0.4	16.7	0.1	0.01	*0.00
MILK, 1% Lowfat	HALF PINT	620	98	12	102	0.00	0.07	277.0	456	137	0.00	7.8	11.6	2.3	1.47	*0.00
Weighted Daily Average			501	42	369	3.12	1.83	323.7	685	161	2.12	12.29	78.29	16.34	4.48	*0.00
% of Calories												9.8%	62.5%	29.3%	8.0%	0.0%

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ELEMENTARY 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	g Tr-Fat
Fri - 03/05/2010																
ELEMENTARY BREAKFAS	Total	650														
ASSORTED CEREAL - 1 oz. bowl	1 BOWL	150	25	0	27	0.21	1.26	1.6	116	42	2.1	0.4	5.7	0.1	0.05	*0.01
MOZZARELLA STRING CHEESE	1 OZ	145	19	3	33	0.00	0.02	46.2	33	12	0.00	1.6	0.2	1.3	0.80	*0.00
OR	SERV	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
BREAKFAST PIZZA W/S - ARDEL LAS	3.88 OZ.	500	184	17	433	1.24	1.30	211.2	148	30	2.0	9.1	22.1	6.1	2.96	0.00
ORANGES	1 EACH	635	44	0	0	2.25	0.09	37.5	211	20	49.9	0.9	11.0	0.1	0.02	*0.00
CRACKERS, GRAHAM 1 oz. pkg.	1each pkg.	615	113	0	162	0.75	1.00	6.4	1	0	0.00	1.9	20.6	2.7	0.41	*0.00
MILK, 1% Lowfat	HALF PINT	645	102	12	107	0.00	0.07	288.1	475	143	0.00	8.2	12.1	2.3	1.53	*0.00
Weighted Daily Average			487	32	763	4.45	3.74	591.1	983	246	53.98	22.01	71.76	12.69	5.77	*0.01
% of Calories												18.1%	59.0%	23.5%	10.7%	0.0%

Mon - 03/08/2010																
ELEMENTARY BREAKFAS	Total	650														
ASSORTED CEREAL - 1 oz. bowl	1 BOWL	235	39	0	42	0.32	1.97	2.5	182	66	3.3	0.6	9.0	0.2	0.07	*0.01
BREAD, WHEAT, TOASTED	2 EACH	223	96	0	164	0.91	0.80	33.5	173	39	0.0	2.5	10.9	4.7	0.93	*0.72
JELLY PK.	1 each	223	13	0	1	0.05	0.01	0.3	0	0	0.0	0.0	3.4	0.0	0.00	*0.00
OR	SERV	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
POWER ALLEY ENERGY BURST BARS	1 EACH	415	134	4	67	1.28	0.92	0.0	0	0	0.00	2.6	22.3	4.5	0.96	0.00
PEACHES: canned, light syrup	1/2 CUP	634	66	0	6	1.59	0.44	3.7	433	43	2.9	0.6	17.8	0.0	0.00	*0.00
MILK, 1% Lowfat	HALF PINT	642	101	12	106	0.00	0.07	286.8	472	142	0.00	8.1	12.0	2.3	1.53	*0.00
Weighted Daily Average			449	16	387	4.16	4.21	326.8	1261	290	6.34	14.32	75.45	11.77	3.48	*0.73
% of Calories												12.8%	67.3%	23.6%	7.0%	1.5%

Tue - 03/09/2010																
ELEMENTARY BREAKFAS	Total	650														
SCRAMBLE EGGS IN A BAG	1/2 CUP	650	136	363	147	0.00	1.63	68.0	454	91	0.00	11.3	2.3	9.1	2.83	0.00
HASH BROWNS	1 EACH	600	57	0	9	0.52	0.40	3.9	0	0	1.6	0.8	7.4	3.0	1.18	*0.00
FRUIT COCKTAIL: canned, lt syrup	1/2 CUP	635	67	0	7	1.18	0.34	7.1	242	25	2.2	0.5	17.6	0.1	0.01	*0.00
CRACKERS, GRAHAM 1 oz. pkg.	1each pkg.	630	116	0	166	0.77	1.02	6.6	1	0	0.00	1.9	21.1	2.8	0.42	*0.00
MILK, 1% Lowfat	HALF PINT	642	101	12	106	0.00	0.07	286.8	472	142	0.00	8.1	12.0	2.3	1.53	*0.00
Weighted Daily Average			478	375	436	2.47	3.47	372.4	1169	258	3.89	22.66	60.40	17.28	5.97	*0.00
% of Calories												19.0%	50.5%	32.5%	11.2%	0.0%

Wed - 03/10/2010																
ELEMENTARY BREAKFAS	Total	650														
ASSORTED CEREAL - 1 oz. bowl	1 BOWL	650	107	0	117	0.90	5.44	6.8	504	183	9.2	1.5	24.8	0.5	0.20	*0.04
ENGLISH MUFFINS, PLAIN, TOASTED, E	1/2 each	640	96	0	168	0.81	0.76	15.6	0	0	0.0	2.3	14.0	3.8	1.56	*0.00
PEANUT BUTTER	1 OZ	600	154	0	120	1.57	0.49	11.3	0	0	0.00	6.6	5.1	13.2	2.69	*0.00
BANANAS, 4.02 OZ.	1 EACH	642	89	0	1	2.59	0.26	5.0	64	8	8.7	1.1	22.8	0.3	0.11	*0.00
MILK, 1% Lowfat	HALF PINT	643	101	12	106	0.00	0.07	287.2	473	142	0.00	8.1	12.0	2.3	1.53	*0.00

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ELEMENTARY 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	g Tr-Fat
Weighted Daily Average			547	12	512	5.87	7.02	325.9	1040	333	17.87	19.67	78.74	20.13	6.09	*0.04
% of Calories												14.4%	57.6%	33.1%	10.0%	0.1%

Thu - 03/11/2010																
ELEMENTARY BREAKFAS	Total	650														
National School Breakfast Week	EA	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
FRENCH TOAST	2 EACH	650	166	30	452	1.33	1.79	53.2	0	0	0.00	6.0	27.2	4.0	1.00	0.00
SYRUP, PANCAKE	PK.	650	25	0	27	0.00	0.00	1.5	0	0	0.00	0.00	6.7	0.00	0.00	*0.00
MOZZARELLA STRING CHEESE	1 OZ	620	82	15	143	0.00	0.07	197.7	140	52	0.00	7.0	1.0	5.4	3.43	*0.00
HOT SPICED APPLES	1/2 CUP	635	130	0	3	1.77	0.24	6.9	49	5	0.4	0.2	33.1	0.5	0.08	*0.00
MILK,1% Lowfat	HALF PINT	645	102	12	107	0.00	0.07	288.1	475	143	0.00	8.2	12.1	2.3	1.53	*0.00
Weighted Daily Average			504	57	731	3.10	2.18	547.4	664	199	0.39	21.34	80.15	12.22	6.03	*0.00
% of Calories												16.9%	63.6%	21.8%	10.8%	0.0%

Fri - 03/12/2010																
ELEMENTARY BREAKFAS	Total	650														
ASSORTED CEREAL - 1 oz. bowl	1 BOWL	275	45	0	50	0.38	2.30	2.9	213	77	3.9	0.7	10.5	0.2	0.08	*0.02
CINNAMON TOAST	1 EACH	245	62	0	98	0.40	0.44	19.6	1	0	0.0	0.9	9.1	2.8	1.21	*0.00
OR	SERV	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
BREAKFAST WRAP	3.1 OZ.	375	110	110	288	0.58	1.21	52.5	213	43	0.00	5.2	9.8	5.8	2.02	*0.00
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	645	65	0	1	1.00	0.49	17.5	48	1	9.4	0.5	16.8	0.2	0.01	*0.00
ORANGE JUICE	4 OZ.	635	49	0	1	0.22	0.19	11.1	86	9	36.4	0.9	11.3	0.1	0.02	*0.00
MILK,1% Lowfat	HALF PINT	642	101	12	106	0.00	0.07	286.8	472	142	0.00	8.1	12.0	2.3	1.53	*0.00
Weighted Daily Average			432	122	544	2.58	4.71	390.3	1034	272	49.71	16.17	69.53	11.44	4.87	*0.02
% of Calories												15.0%	64.4%	23.9%	10.2%	0.0%

Mon - 03/15/2010																
ELEMENTARY BREAKFAS	Total	650														
ASSORTED CEREAL - 1 oz. bowl	1 BOWL	150	25	0	27	0.21	1.26	1.6	116	42	2.1	0.4	5.7	0.1	0.05	*0.01
MOZZARELLA STRING CHEESE	1 OZ	142	19	3	33	0.00	0.02	45.3	32	12	0.00	1.6	0.2	1.2	0.78	*0.00
OR	SERV	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
WARM PRETZEL W/CHEESE SAUCE	EA.	500	223	15	600	0.77	0.00	115.4	231	46	0.00	8.5	32.3	6.9	3.46	0.00
APRICOTS: canned,light syrup	1/2 CUP	625	77	0	5	1.95	0.47	13.4	1608	161	3.3	0.6	20.1	0.1	0.00	*0.00
MILK,1% Lowfat	HALF PINT	645	102	12	107	0.00	0.07	288.1	475	143	0.00	8.2	12.1	2.3	1.53	*0.00
Weighted Daily Average			445	31	771	2.92	1.82	463.7	2462	404	5.40	19.23	70.42	10.69	5.83	*0.01
% of Calories												17.3%	63.3%	21.6%	11.8%	0.0%

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ELEMENTARY 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	g Tr-Fat
Tue - 03/16/2010																
ELEMENTARY BREAKFAS	Total	650														
PANCAKE/SAUSAGE/STICK	3 oz,	650	295	42	323	0.59	1.65	15.3	11	2	0.00	13.5	30.7	12.9	3.20	0.00
SYRUP, PANCAKE	PK.	650	25	0	27	0.00	0.00	1.5	0	0	0.00	0.00	6.7	0.00	0.00	*0.00
PEARS: canned,light syrup	1/2 CUP	635	63	0	6	1.77	0.31	5.5	0	0	0.8	0.2	16.8	0.0	0.00	*0.00
MILK,1% Lowfat	HALF PINT	642	101	12	106	0.00	0.07	286.8	472	142	0.00	8.1	12.0	2.3	1.53	*0.00
Weighted Daily Average			484	54	462	2.36	2.03	309.1	483	144	0.78	21.85	66.20	15.30	4.73	*0.00
% of Calories												18.1%	54.7%	28.4%	8.8%	0.0%

Wed - 03/17/2010																
ELEMENTARY BREAKFAS	Total	650														
ASSORTED CEREAL - 1 oz. bowl	1 BOWL	650	107	0	117	0.90	5.44	6.8	504	183	9.2	1.5	24.8	0.5	0.20	*0.04
CRACKERS,GRAHAM 1 oz. pkg.	2 oz. or 2 pkg.	625	231	0	330	1.53	2.03	13.1	1	0	0.00	3.8	41.9	5.5	0.83	*0.00
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	635	50	0	2	1.31	0.27	4.8	35	4	25.3	0.2	13.4	0.1	0.01	*0.00
MILK,1% Lowfat	HALF PINT	642	101	12	106	0.00	0.07	286.8	472	142	0.00	8.1	12.0	2.3	1.53	*0.00
Weighted Daily Average			489	12	555	3.73	7.82	311.4	1012	329	34.43	13.62	92.16	8.47	2.56	*0.04
% of Calories												11.2%	75.4%	15.6%	4.7%	0.1%

Thu - 03/18/2010																
ELEMENTARY BREAKFAS	Total	650														
BREAKFAST BURRITO/LAS CABO	3.5 OZ.	650	217	62	449	0.96	1.68	115.8	282	43	4.3	8.4	24.1	9.6	4.18	*0.00
SALSA	2 OZ.	600	18	0	286	0.92	0.33	0.0	369	74	4.4	0.9	3.7	0.00	0.00	*0.00
SAUSAGE PATTIE - JONES 1.5 O	1 EACH	550	152	25	237	0.00	0.00	0.0	0	0	0.00	5.1	0.8	14.4	0.00	0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	600	64	0	7	1.12	0.32	6.7	229	23	2.1	0.4	16.7	0.1	0.01	*0.00
MILK,1% Lowfat	HALF PINT	644	102	12	106	0.00	0.07	287.7	474	143	0.00	8.1	12.1	2.3	1.53	*0.00
Weighted Daily Average			553	99	1085	3.00	2.41	410.2	1354	283	10.86	22.97	57.41	26.36	5.72	*0.00
% of Calories												16.6%	41.5%	42.9%	9.3%	0.0%

Fri - 03/19/2010																
ELEMENTARY BREAKFAS	Total	650														
ASSORTED CEREAL - 1 oz. bowl	1 BOWL	200	33	0	36	0.28	1.67	2.1	155	56	2.8	0.5	7.6	0.2	0.06	*0.01
CINNAMON STICKS/GRAMS	1 oz	175	32	0	43	0.27	1.62	0.0	0	0	0.00	0.5	6.2	0.7	0.00	*0.00
OR	SERV	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Pop Tarts,frosted strawberry:K	1 EA	450	136	0	112	0.34	0.00	0.0	0	0	0.00	1.4	25.1	3.4	1.70	0.00
MOZZARELLA STRING CHEESE	1 OZ	600	79	14	138	0.00	0.07	191.3	135	50	0.00	6.8	1.0	5.2	3.32	*0.00
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	645	65	0	1	1.00	0.49	17.5	48	1	9.4	0.5	16.8	0.2	0.01	*0.00
MILK,1% Lowfat	HALF PINT	645	102	12	107	0.00	0.07	288.1	475	143	0.00	8.2	12.1	2.3	1.53	*0.00
Weighted Daily Average			447	26	437	1.89	3.92	499.0	812	250	12.20	17.77	68.87	11.97	6.62	*0.01
% of Calories												15.9%	61.7%	24.1%	13.3%	0.0%

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ELEMENTARY 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	g Tr-Fat
Mon - 03/22/2010																
ELEMENTARY BREAKFAS	Total	650														
ASSORTED CEREAL - 1 oz. bowl	1 BOWL	650	107	0	117	0.90	5.44	6.8	504	183	9.2	1.5	24.8	0.5	0.20	*0.04
BLUEBERRY MUFFIN MIX	2.5 OZ	625	196	0	37	0.96	11.94	19.2	0	0	0.00	2.9	29.8	4.8	1.15	0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	635	67	0	7	1.18	0.34	7.1	242	25	2.2	0.5	17.6	0.1	0.01	*0.00
MILK,1% Lowfat	HALF PINT	650	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54	*0.00
Weighted Daily Average			473	12	269	3.04	17.80	323.5	1224	352	11.41	13.12	84.47	7.77	2.91	*0.04
% of Calories												11.1%	71.5%	14.8%	5.5%	0.1%

Tue - 03/23/2010																
ELEMENTARY BREAKFAS	Total	650														
SCRAMBLE EGGS IN A BAG	1/2 CUP	650	136	363	147	0.00	1.63	68.0	454	91	0.00	11.3	2.3	9.1	2.83	0.00
BISCUIT	1 EA	630	124	0	357	0.44	1.12	16.6	1	0	0.00	2.10	16.5	5.6	0.84	*0.00
JELLY PK.	1 each	610	35	0	4	0.13	0.03	0.9	1	0	0.1	0.0	9.3	0.0	0.00	*0.00
PEACHES: canned,light syrup	1/2 CUP	635	66	0	6	1.59	0.44	3.7	434	43	2.9	0.6	17.8	0.0	0.00	*0.00
MILK,1% Lowfat	HALF PINT	645	102	12	107	0.00	0.07	288.1	475	143	0.00	8.2	12.1	2.3	1.53	*0.00
Weighted Daily Average			463	375	621	2.17	3.29	377.4	1364	277	3.06	22.17	57.95	17.06	5.21	*0.00
% of Calories												19.1%	50.0%	33.1%	10.1%	0.0%

Wed - 03/24/2010																
ELEMENTARY BREAKFAS	Total	650														
ASSORTED CEREAL - 1 oz. bowl	1 BOWL	650	107	0	117	0.90	5.44	6.8	504	183	9.2	1.5	24.8	0.5	0.20	*0.04
MOZZARELLA STRING CHEESE	1 OZ	635	84	15	146	0.00	0.07	202.5	143	53	0.00	7.2	1.1	5.5	3.51	*0.00
PEARS: canned,light syrup	1/2 cup	635	63	0	6	1.77	0.31	5.5	0	0	0.8	0.2	16.8	0.0	0.00	*0.00
GRAHAMS, CHOCOLATE BEAR	2 COOKIE	630	99	0	88	0.97	1.94	11.2	265	53	3.0	1.6	17.7	2.7	0.68	0.72
MILK,1% Lowfat	HALF PINT	650	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54	*0.00
Weighted Daily Average			455	27	464	3.64	7.83	516.4	1390	433	12.95	18.71	72.61	11.17	5.93	*0.76
% of Calories												16.4%	63.8%	22.1%	11.7%	1.5%

Thu - 03/25/2010																
ELEMENTARY BREAKFAS	Total	650														
WAFFLES,PLN,FRZ,RTH	2 EACH	650	200	10	447	1.54	3.93	215.6	890	269	0.00	4.5	30.1	6.8	1.07	*0.00
SYRUP, PANCAKE	PK.	650	25	0	27	0.00	0.00	1.5	0	0	0.00	0.00	6.7	0.00	0.00	*0.00
SAUSAGE PATTIE - JONES 1.5 O	1 EACH	635	176	29	274	0.00	0.00	0.0	0	0	0.00	5.9	1.0	16.6	0.00	0.00
APPLE JUICE	4 OZ.	645	52	0	5	0.23	0.14	9.0	1	0	43.3	0.1	12.7	0.1	0.02	*0.00
MILK,1% Lowfat	HALF PINT	644	102	12	106	0.00	0.07	287.7	474	143	0.00	8.1	12.1	2.3	1.53	*0.00
Weighted Daily Average			553	51	858	1.77	4.14	513.8	1365	411	43.32	18.65	62.52	25.89	2.63	*0.00
% of Calories												13.5%	45.2%	42.1%	4.3%	0.0%

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ELEMENTARY 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	g Tr-Fat
Fri - 03/26/2010																
ELEMENTARY BREAKFAS	Total	650														
ASSORTED CEREAL - 1 oz. bowl	1 BOWL	350	57	0	63	0.48	2.93	3.6	271	98	4.9	0.8	13.4	0.3	0.11	*0.02
ENGLISH MUFFINS,PLAIN,TOAST, E	1/2 each	340	51	0	89	0.43	0.40	8.3	0	0	0.0	1.2	7.4	2.0	0.83	*0.00
JELLY PK.	1 each	335	19	0	2	0.07	0.01	0.5	0	0	0.1	0.0	5.1	0.0	0.00	*0.00
HARD BOILED EGG	1 EACH	625	75	204	60	0.00	0.57	24.0	282	81	0.00	6.0	0.5	5.1	1.57	*0.00
OR	SERV	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
EGG, HAM & CHEESE MUFFIN	1 EA	300	125	65	450	0.88	2.69	63.6	131	30	0.5	6.8	13.5	4.8	1.92	*0.00
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	645	65	0	1	1.00	0.49	17.5	48	1	9.4	0.5	16.8	0.2	0.01	*0.00
MILK,1% Lowfat	HALF PINT	642	101	12	106	0.00	0.07	286.8	472	142	0.00	8.1	12.0	2.3	1.53	*0.00
Weighted Daily Average			494	281	772	2.86	7.17	404.4	1204	353	14.91	23.54	68.81	14.67	5.96	*0.02
% of Calories												19.1%	55.8%	26.7%	10.9%	0.0%

Mon - 03/29/2010																
ELEMENTARY BREAKFAS	Total	650														
ASSORTED CEREAL - 1 oz. bowl	1 BOWL	250	41	0	45	0.35	2.09	2.6	194	70	3.5	0.6	9.6	0.2	0.08	*0.02
OR	SERV	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
OATMEAL 4OZ	4 oz	250	69	0	72	0.83	0.42	11.2	0	0	0.00	1.3	12.0	2.1	0.83	*0.00
CINNAMON TOAST	1 EACH	615	155	0	245	1.01	1.11	49.1	2	0	0.0	2.2	22.8	7.1	3.04	*0.00
PEACHES: canned,light syrup	1/2 CUP	640	67	0	6	1.61	0.44	3.7	437	43	3.0	0.6	18.0	0.0	0.00	*0.00
APPLE JUICE	4 OZ.	600	48	0	4	0.21	0.13	8.4	1	0	40.3	0.1	11.8	0.1	0.02	*0.00
MILK,1% Lowfat	HALF PINT	642	101	12	106	0.00	0.07	286.8	472	142	0.00	8.1	12.0	2.3	1.53	*0.00
Weighted Daily Average			481	12	479	4.00	4.27	361.8	1106	256	46.81	12.90	86.22	11.94	5.50	*0.02
% of Calories												10.7%	71.6%	22.3%	10.3%	0.0%

Tue - 03/30/2010																
ELEMENTARY BREAKFAS	Total	650														
FRENCH TOAST	2 EACH	650	166	30	452	1.33	1.79	53.2	0	0	0.00	6.0	27.2	4.0	1.00	0.00
SYRUP, PANCAKE	PK.	650	25	0	27	0.00	0.00	1.5	0	0	0.00	0.00	6.7	0.00	0.00	*0.00
HASH BROWNS	2 EACH	639	122	0	19	1.11	0.84	8.4	0	0	3.5	1.8	15.7	6.4	2.50	*0.00
BANANAS, 4.02 OZ.	1 EACH	637	88	0	1	2.57	0.26	4.9	63	8	8.6	1.1	22.6	0.3	0.11	*0.00
MILK,1% Lowfat	HALF PINT	642	101	12	106	0.00	0.07	286.8	472	142	0.00	8.1	12.0	2.3	1.53	*0.00
Weighted Daily Average			502	42	605	5.02	2.97	354.8	536	150	12.12	16.94	84.22	13.06	5.14	*0.00
% of Calories												13.5%	67.1%	23.4%	9.2%	0.0%

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ELEMENTARY 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	g Tr-Fat
Wed - 03/31/2010																
ELEMENTARY BREAKFAS																
ASSORTED CEREAL - 1 oz. bowl	1 BOWL	200	33	0	36	0.28	1.67	2.1	155	56	2.8	0.5	7.6	0.2	0.06	*0.01
CRACKERS, GRAHAM 1 oz. pkg.	2 oz. or 2 pkg.	185	68	0	98	0.45	0.60	3.9	0	0	0.00	1.1	12.4	1.6	0.25	*0.00
OR	SERV	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
EGG & CHEESE BISCUIT	1 EA	450	189	72	598	0.71	1.09	140.0	209	51	0.2	6.5	20.3	9.1	3.16	*0.00
APPLESAUCE	1/2 cup	580	69	0	2	1.21	0.12	3.0	6	1	1.7	0.2	17.7	0.2	0.03	*0.00
MILK, 1% Lowfat	HALF PINT	642	101	12	106	0.00	0.07	286.8	472	142	0.00	8.1	12.0	2.3	1.53	*0.00
Weighted Daily Average			460	84	840	2.65	3.56	435.8	842	251	4.70	16.32	70.03	13.40	5.03	*0.01
% of Calories											14.2%	60.9%	26.2%	9.8%	0.0%	
Weighted Average			485	82	611	3.28	4.54	411.5	1065	276	17.84	18.15	73.89	14.13	5.02	*0.12
											15.0%	60.9%	26.2%	9.3%	0.2%	

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	485		483	100%			
Cholesterol (mg)	82		0				
Sodium (mg)	611		0				
Fiber (g)	3.28		0.00				
Iron (mg)	4.54		2.50	181%			
Calcium (mg)	411.5		200.00	206%			
Vitamin A (IU)	1065		792	135%			
Vitamin A (RE)	276		158	174%			
Vitamin C (mg)	17.84		11.25	159%			
Protein (g)	18.15	14.97%	6.67	272%			
Carbohydrate (g)	73.89	60.95%	0.00				
Total Fat (g)	14.13	26.23%	<30.00				
Saturated Fat (g)	5.02	9.31%	<10.00				
Trans Fat (g)	0.12	0.22%					

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