

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Category 1: Whole Grain Snack</b>														
Racine Breakfast Elementary	Total													
Iced Cinnamon Square	1 EACH	170	5	170	2.00	1.10	0.0	0	0.0	2.0	31.0	4.5	1.50	0.00
Grahams, Strawb Waffle Snaps	1 PACK (10	120	0	75	1.00	0.70	0.0	0	0.0	2.0	21.0	3.5	1.00	0.00
Grahams, MJM Bear Apple Cinn	1 POUCH (1oz)	104	0	95	2.00	2.70	20.0	284	3.6	2.0	19.0	3.0	1.00	0.00
Grahams, Sport Bites	1 PACK (10	110	0	91	1.00	2.00	12.0	275	3.0	2.0	19.0	3.0	1.00	0.00
Weighted Daily Average		126	1	108	1.50	1.63	8.0	140	1.65	2.00	22.50	3.50	1.12	0.00
% of Calories										6.3%	71.4%	25.0%	8.0%	0.0%
Nutrient Guideline		350-500		540									<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Category 2: Fruit</b>														
Racine Breakfast Elementary	Total													
Apple, 163ct (1/2 cup) Fresh	1 EACH	60	0	1	2.79	0.14	7.0	63	5.35	0.3	16.05	0.2	0.03	*N/A*
Juice Box, Variety	1 BOX (4.2 3oz)	60	0	5	0.00	0.00	100.0	0	60.0	0.0	15.0	0.0	0.00	0.00
Weighted Daily Average		120	0	6	2.79	0.14	107.0	63	65.35	0.30	31.05	0.20	0.03	*0.00
% of Calories										1.0%	103.1%	1.5%	0.2%	*0.0%
Nutrient Guideline		350-500		540									<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Category 3: Cereal &amp; Protein</b>														
Racine Breakfast Elementary	Total													
Cereal, Cinnamon Toasters WG	1 EACH	130	0	140	1.00	4.50	100.0	500	6.0	1.0	24.0	3.5	0.50	0.00
Cereal, Honey Graham WG	1 EACH	130	0	270	1.00	9.00	100.0	500	6.0	1.0	25.0	3.0	0.00	0.00
Cereal Bowl, MoM Marsh Mateys	1 EACH	120	0	200	1.00	9.00	100.0	500	6.0	2.0	26.0	1.0	0.00	0.00
Cereal Bowl, MoM Raisin Bran	1 EACH	130	0	210	4.00	2.70	0.0	400	3.6	3.0	28.0	1.0	0.00	*N/A*
Cereal, Rice Krispie Bowl, WGR	1 EACH	100	0	170	1.00	8.10	0.0	1000	12.0	2.0	23.0	0.0	0.00	0.00
Cheese Stick, Mozzarella	1 OZ	90	20	190	0.00	0.00	150.0	200	0.0	7.0	1.0	6.0	3.50	0.00
Cheese Stick, Cheddar	1 OZ	110	20	170	0.00	0.00	200.0	300	0.0	6.0	0.5	9.0	6.00	0.00
Yogurt Cup, Variety	1 EACH (4o	90	0	75	0.00	0.00	300.0	0	0.96	3.0	19.2	0.0	0.00	0.00
Weighted Daily Average		113	5	178	1.00	4.16	118.8	425	4.32	3.13	18.34	2.94	1.25	*0.00
% of Calories										11.1%	65.2%	23.5%	10.0%	*0.0%
Nutrient Guideline		350-500		540									<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Category 4: Milk														
Racine Breakfast Elementary Milk, Skim	Total 1 CARTON (1c)	80	5	128	0.00	0.18	300.0	1150	2.4	8.0	12.0	0.0	0.00	0.00
Milk 1%: PF	1 CARTON (1c)	100	15	120	0.00	0.40	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average % of Calories		90	10	124	0.00	0.29	300.0	825	1.80	8.00 35.6%	11.50 51.1%	1.25 12.5%	0.75 7.5%	0.00 0.0%
Nutrient Guideline		350-500		540									<10.00	

Weighted Average		112	4	104	1.32	1.55	133.4	363	18.28	3.36 12.0%	20.85 74.3%	1.97 15.8%	0.79 6.3%	*0.00 *0.0%
------------------	--	-----	---	-----	------	------	-------	-----	-------	---------------	----------------	---------------	--------------	----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	112		350 - 500	32%		238		Correction Required - Calories are Low
Cholesterol (mg)	4							
Sodium (mg)	104		540					
Fiber (g)	1.32							
Iron (mg)	1.55							
Calcium (mg)	133.4							
Vitamin A (IU)	363							
Vitamin C (mg)	18.28							
Protein (g)	3.36	11.96%						
Carbohydrate (g)	20.85	74.30%						
Total Fat (g)	1.97	15.81%						
Saturated Fat (g)	0.79	6.33%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.