

Mark Bindus, Registered Dietitian

Dec 2, 2013 thru Dec 20, 2013 Spreadsheet - Portion Values
Elementary School

Nov 15, 2013

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/02/2013															
Elementary School	Total														
BREAKFAST BAGEL SANDWICH	1 EACH	326	133	702	4.00	2.15	106.9	304	76	0.0	14.28	31.66	14.43	5.50	*0.00
PIZZA,Whole Grain,Pepper.-K-6	1/10th Pizz	285	29	667	2.78	1.41	348.5	331	97	1.45	16.98	23.47	13.47	6.81	*0.07
POTATO TRIANGLE- 4-12	2 EACH	204	0	386	2.20	0.56	20.0	0	0	5.6	2.0	24.0	11.4	2.20	*N/A*
BABY CARROTS - no dressing-k-3	1/3 C. Orn g Veg	13	0	29	1.07	0.33	11.7	5082	508	0.98	0.23	3.0	0.04	0.01	0.00
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Strawberry Applesauce	1/2 CUP	70	0	21	1.53	0.16	3.9	37	4	27.05	0.53	18.03	0.06	0.01	*N/A*
ORANGE JUICE: canned,unswtnd	1/2 CUP	59	0	5	0.37	0.12	12.5	218	22	37.47	0.85	13.71	0.19	0.02	*N/A*
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		671	116	1270	6.63	2.71	412.3	1749	274	39.87	24.60	86.68	24.84	7.92	*0.01
% of Calories											14.7%	51.7%	33.3%	10.6%	*0.0%

Tue - 12/03/2013															
Elementary School	Total														
TACO, SOFT - K-3	1 EACH	286	32	1185	2.99	3.05	267.1	1089	223	5.87	19.37	25.5	12.58	5.38	*0.00
FUN SIZE DORITOS	1 BAG	79	0	112	0.56	0.21	21.9	30	6	0.08	1.12	9.53	3.93	0.56	*N/A*
(2)NEW Cheesy Breadsticks-K-6	2 EACH	287	24	694	2.99	2.02	341.1	458	123	4.72	16.4	28.51	12.35	6.09	*0.00
BUTTERED CORN - 4-12	4 OZ SPO ODLE	106	0	29	2.64	0.52	3.3	219	24	3.85	2.81	21.23	2.57	0.44	*N/A*
BABY CARROTS - no dressing-k-3	1/3 C. Orn g Veg	13	0	29	1.07	0.33	11.7	5082	508	0.98	0.23	3.0	0.04	0.01	0.00
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
PEARS: canned,light syrup 4-12	4 OZ	65	0	6	1.81	0.32	5.7	0	0	0.79	0.22	17.2	0.03	0.00	*N/A*
WATERMELON WEDGE	SMALL W EDGE	21	0	1	0.28	0.17	5.0	404	26	5.75	0.43	5.36	0.11	0.01	*N/A*
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		542	31	1200	5.87	3.11	588.0	2818	423	12.36	28.05	75.35	16.40	6.70	*0.00
% of Calories											20.7%	55.6%	27.3%	11.1%	*0.0%

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Wed - 12/04/2013															
Elementary School	Total														
CORN DOG, Whole Grain	1 EACH	240	40	390	5.00	1.80	80.0	0	0	0.0	9.0	30.0	8.0	3.00	*N/A*
PIZZA, Whole Grain, Pepper.-K-6	1/10th Pizz	285	29	667	2.78	1.41	348.5	331	97	1.45	16.98	23.47	13.47	6.81	*0.07
POTATO SMILES, ORIEDA	4 EACH	224	0	524	2.80	0.18	10.0	0	0	0.6	3.07	32.53	8.93	4.53	*N/A*
BABY CARROTS - no dressing-k-3	1/3 C. Orn g Veg	13	0	29	1.07	0.33	11.7	5082	508	0.98	0.23	3.0	0.04	0.01	0.00
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
PINEAPPLE CHUNKS: natural juic	1/2 cup	54	0	1	1.18	0.25	14.5	45	9	8.51	0.46	14.08	0.1	0.01	*N/A*
Sliced Banana w/ Chocolate Syr	1 each ba nana	105	0	4	2.79	0.26	5.1	65	8	8.79	1.1	26.57	0.33	0.11	*0.00
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		646	38	1208	8.57	2.13	479.4	2611	347	10.55	24.02	95.82	18.72	8.85	*0.04
% of Calories											14.9%	59.4%	26.1%	12.3%	*0.0%

Thu - 12/05/2013															
Elementary School	Total														
POPCORN CHICKEN-K-3	# 6 SCOO	299	33	402	0.00	3.37	0.0	0	0	0.0	13.09	41.15	9.35	1.87	*N/A*
Whole Wheat MINI Soft Pretzel	1 EACH	80	0	65	1.84	1.44	*N/A*	0	0	0.0	3.0	17.0	0.0	0.00	*N/A*
(2)NEW Cheesy Breadsticks-K-6	2 EACH	287	24	694	2.99	2.02	341.1	458	123	4.72	16.4	28.51	12.35	6.09	*0.00
BBQ Baked Beans	1/2 C Veg Legum	180	0	506	5.13	1.57	58.1	133	13	2.93	5.23	33.57	0.51	0.16	*0.00
CUCUMBERS, sliced	5 slices w/d	9	0	1	0.30	0.17	9.6	63	13	1.69	0.39	2.19	0.07	0.02	*N/A*
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
PEACHES: canned, light syrup	1/2 cup	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
APPLES, SLICED W/CARAMEL 4-	1 EACH	129	0	51	2.07	0.10	5.2	47	4	3.97	0.22	32.61	0.53	0.03	*N/A*
BBQ SAUCE	12 gm	35	0	390	0.00	0.00	0.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		690	41	1285	5.76	5.24	*340.6	764	143	6.36	26.72	117.30	12.76	3.49	*0.00
% of Calories											15.5%	68.0%	16.6%	4.6%	*0.0%

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Fri - 12/06/2013															
Elementary School	Total														
GOLDFISH GRILLED CHEESE -k-	1 EACH	267	35	531	4.00	1.85	345.2	412	95	0.0	14.8	21.71	15.29	8.05	*0.00
Hamburger or Cheeseburger-k-12	1 each	355	79	365	3.07	3.53	260.7	103	21	0.13	25.9	22.85	16.93	6.57	*0.00
TOMATO SOUP	8 OZ	128	2	806	0.94	0.72	150.0	380	76	23.35	6.07	24.18	1.04	0.53	*N/A*
GARDEN SALAD - No Dressing	1 C. Dk Green	8	0	6	0.89	0.37	13.4	3900	218	1.71	0.49	1.62	0.12	0.02	*0.00
Milk, Chocolate, Fat Free - 8oz	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Strawberries w/ topping	4 OZ LADLE FULL	51	0	1	1.56	0.56	11.9	34	3	30.69	0.32	8.8	2.08	2.00	*N/A*
APPLESAUCE:cnnnd,unswtnd,+vit C	1/2 CUP	52	0	2	1.46	0.15	3.7	35	4	25.86	0.21	13.77	0.06	0.01	*N/A*
GIANT GOLDFISH GRAHAM COOKIES	1 EACH	120	0	150	1.00	1.08	0.0	0	0	0.0	2.0	19.0	4.0	1.00	*N/A*
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		620	52	1232	6.48	3.92	670.7	2025	279	35.01	30.66	80.11	21.71	10.25	*0.00
% of Calories										19.8%	51.7%	31.5%	14.9%		*0.0%

Mon - 12/09/2013															
Elementary School	Total														
FRENCH TOAST STIX W/ SYRUP k-3	3 EACH	268	110	315	2.00	1.41	21.3	200	40	0.0	7.0	51.22	4.0	1.00	*0.00
Fried Sliced Ham - k-3	1 slices	59	19	516	0.00	0.60	1.5	0	0	0.0	6.0	0.0	3.26	0.43	*0.00
PIZZA,Whole Grain,Pepper.-K-6	1/10th Pizz	285	29	667	2.78	1.41	348.5	331	97	1.45	16.98	23.47	13.47	6.81	*0.07
SEASONED WEDGE FRIES K - 3	1/2 C Star chVeg	183	0	59	2.83	2.37	18.1	0	0	26.65	5.58	41.03	0.37	0.09	*N/A*
BABY CARROTS - no dressing-k-3	1/3 C. Orn g Veg	13	0	29	1.07	0.33	11.7	5082	508	0.98	0.23	3.0	0.04	0.01	0.00
Milk, Chocolate, Fat Free - 8oz	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Strawberry Applesauce	1/2 CUP	70	0	21	1.53	0.16	3.9	37	4	27.05	0.53	18.03	0.06	0.01	*N/A*
MANDARIN ORANGES,CND,JUC PK,DR	4 OZ	71	0	7	1.36	0.42	9.1	1467	146	22.23	0.61	18.21	0.16	0.01	*N/A*
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		661	113	1092	6.24	4.33	339.0	2251	302	49.05	26.52	120.46	9.32	2.74	*0.01
% of Calories										16.0%	72.9%	12.7%	3.7%		*0.0%

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/10/2013															
Elementary School	Total														
CHICKEN FRIES -K-3	6 EACH	189	17	283	1.71	1.71	34.3	86	19	1.03	11.15	12.0	11.15	2.57	0.00
Dinner Roll, Whole Wheat, 1.1	1 each	80	0	140	2.00	0.72	20.0	0	0	0.0	3.0	15.0	1.0	0.00	0.00
(2)NEW Cheesy Breadsticks-K-6	2 EACH	287	24	694	2.99	2.02	341.1	458	123	4.72	16.4	28.51	12.35	6.09	*0.00
MASHED POTATOES W/ GRAVY k-3	1/2 C Star chVeg	126	1	129	1.63	0.36	20.6	4	1	28.82	2.62	18.86	3.91	0.73	*0.00
GARDEN SALAD - No Dressing	1 C. Dk Green	8	0	6	0.89	0.37	13.4	3900	218	1.71	0.49	1.62	0.12	0.02	*0.00
Milk, Chocolate, Fat Free - 8oz	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
PEARS: canned, light syrup 4-12	4 OZ	65	0	6	1.81	0.32	5.7	0	0	0.79	0.22	17.2	0.03	0.00	*N/A*
FRESH CANTELOPE	1/8TH ME LON	24	0	6	1.00	0.00	10.0	1100	220	29.4	1.0	6.0	0.2	0.00	*N/A*
BBQ SAUCE	12 gm	35	0	390	0.00	0.00	0.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
ITALIAN DRESSING, LIGHT, GFS	1 oz	20	0	570	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.0	0.00	0.00
Weighted Daily Average		509	24	1083	5.52	2.63	434.6	2924	394	36.51	25.00	70.64	15.21	4.51	*0.00
% of Calories											19.6%	55.5%	26.9%	8.0%	*0.0%

Wed - 12/11/2013															
Elementary School	Total														
TURKEY & GRAVY k-3	#6 WHITE SCOOP	131	32	487	0.05	1.05	6.8	6	1	0.02	12.96	6.71	4.84	1.40	*0.00
Butter breadstick- K-12	1 EACH	107	0	160	2.00	1.08	20.0	0	0	0.0	4.0	22.0	1.84	0.06	0.00
PIZZA, Whole Grain, Pepper.-K-6	1/10th Pizz	285	29	667	2.78	1.41	348.5	331	97	1.45	16.98	23.47	13.47	6.81	*0.07
MASHED POTATOES W/ GRAVY k-3	1/2 C Star chVeg	126	1	129	1.63	0.36	20.6	4	1	28.82	2.62	18.86	3.91	0.73	*0.00
BABY CARROTS - no dressing-k-3	1/3 C. Orn g Veg	13	0	29	1.07	0.33	11.7	5082	508	0.98	0.23	3.0	0.04	0.01	0.00
Milk, Chocolate, Fat Free - 8oz	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
PINEAPPLE CHUNKS IN JUICE	4 OZ SPO ODLE	68	0	1	1.47	0.32	18.1	57	11	10.66	0.58	17.64	0.12	0.01	*N/A*
Sliced Banana w/ Chocolate Syr	1 each banana	105	0	4	2.79	0.26	5.1	65	8	8.79	1.1	26.57	0.33	0.11	*0.00
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		533	34	978	5.54	2.24	453.9	1952	282	28.15	26.87	79.01	13.05	4.85	*0.04
% of Calories											20.2%	59.3%	22.0%	8.2%	*0.1%

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Thu - 12/12/2013															
Elementary School	Total														
BREADED CHICKEN SANDWICH	1 EACH	290	25	610	5.00	3.60	280.0	100	20	0.0	18.01	38.01	7.5	1.50	*0.00
(2)NEW Cheesy Breadsticks-K-6	2 EACH	287	24	694	2.99	2.02	341.1	458	123	4.72	16.4	28.51	12.35	6.09	*0.00
BUTTERED CORN - 4-12	4 OZ SPO ODLE	106	0	29	2.64	0.52	3.3	219	24	3.85	2.81	21.23	2.57	0.44	*N/A*
CUCUMBERS, sliced	5 slices	9	0	1	0.30	0.17	9.6	63	13	1.69	0.39	2.19	0.07	0.02	*N/A*
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
APPLESAUCE:cnnnd,unswtnd,+vit C	1/2 CUP	52	0	2	1.46	0.15	3.7	35	4	25.86	0.21	13.77	0.06	0.01	*N/A*
FRUIT PUNCH JELLO CUBES -10 0%	4 OZ	111	0	90	0.13	0.03	2.6	0	0	43.44	2.17	26.73	0.0	0.00	*0.00
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		544	27	947	6.66	3.32	563.1	924	191	34.45	27.70	85.09	12.38	4.40	*0.00
% of Calories											20.4%	62.6%	20.5%	7.3%	*0.0%

Fri - 12/13/2013															
Elementary School	Total														
NACHOS W/ CHEESE	SERVINGS	363	36	536	2.87	1.07	345.3	566	113	0.24	12.62	29.94	22.38	8.38	*0.00
Hamburger or Cheeseburger-k-12	1 each	355	79	365	3.07	3.53	260.7	103	21	0.13	25.9	22.85	16.93	6.57	*0.00
CRISPY CINNAMON CHICKPEA SNACK	#12 Scoop Green	174	0	58	7.31	2.14	53.6	2	0	1.41	6.95	30.85	2.98	0.05	*0.00
BABY CARROTS - no dressing-k-3	1/3 C. Orn g Veg	13	0	29	1.07	0.33	11.7	5082	508	0.98	0.23	3.0	0.04	0.01	0.00
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
APPLES, SLICED W/CARAMEL 4-	1 EACH	129	0	51	2.07	0.10	5.2	47	4	3.97	0.22	32.61	0.53	0.03	*N/A*
PEACHES: canned, light syrup	1/2 cup	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		645	51	804	7.60	2.83	622.4	2420	347	4.97	27.42	85.04	23.38	8.42	*0.00
% of Calories											17.0%	52.8%	32.6%	11.8%	*0.0%

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Dec 2, 2013 thru Dec 20, 2013 Spreadsheet - Portion Values Elementary School

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/16/2013															
Elementary School	Total														
MINI PANCAKES W/ SYRUP -K-3 NEW	5 EACH	161	0	245	0.56	1.01	23.1	1110	222	0.0	2.22	34.63	1.67	0.00	*N/A*
Fried Sliced Ham - k-3	1 slices	59	19	516	0.00	0.60	1.5	0	0	0.0	6.0	0.0	3.26	0.43	*0.00
PIZZA,Whole Grain,Pepper.-K-6	1/10th Pizz	285	29	667	2.78	1.41	348.5	331	97	1.45	16.98	23.47	13.47	6.81	*0.07
POTATO TRIANGLE- 4-12	2 EACH	204	0	386	2.20	0.56	20.0	0	0	5.6	2.0	24.0	11.4	2.20	*N/A*
BABY CARROTS - no dressing-k-3	1/3 C. Orn g Veg	13	0	29	1.07	0.33	11.7	5082	508	0.98	0.23	3.0	0.04	0.01	0.00
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Strawberry Applesauce	1/2 CUP	70	0	21	1.53	0.16	3.9	37	4	27.05	0.53	18.03	0.06	0.01	*N/A*
MANDARIN ORANGES,CND,JUC PK,DR	4 OZ	71	0	7	1.36	0.42	9.1	1467	146	22.23	0.61	18.21	0.16	0.01	*N/A*
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		593	23	1321	4.50	2.41	342.1	2994	451	30.63	19.49	92.03	17.06	3.77	*0.01
% of Calories											13.2%	62.1%	25.9%	5.7%	*0.0%

Tue - 12/17/2013															
Elementary School	Total														
CHICKEN QUESIDILLA - K-3	1 half	318	69	939	2.38	1.96	283.2	810	99	0.89	20.04	22.78	16.93	9.71	*0.00
FUN SIZE DORITOS	1 BAG	79	0	112	0.56	0.21	21.9	30	6	0.08	1.12	9.53	3.93	0.56	*N/A*
(2)NEW Cheesy Breadsticks-K-6	2 EACH	287	24	694	2.99	2.02	341.1	458	123	4.72	16.4	28.51	12.35	6.09	*0.00
BUTTERED CORN - 4-12	4 OZ SPO ODLE	106	0	29	2.64	0.52	3.3	219	24	3.85	2.81	21.23	2.57	0.44	*N/A*
BABY CARROTS - no dressing-k-3	1/3 C. Orn g Veg	13	0	29	1.07	0.33	11.7	5082	508	0.98	0.23	3.0	0.04	0.01	0.00
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
PEARS: canned,light syrup 4-12	4 OZ	65	0	6	1.81	0.32	5.7	0	0	0.79	0.22	17.2	0.03	0.00	*N/A*
WATERMELON WEDGE	SMALL W EDGE	21	0	1	0.28	0.17	5.0	404	26	5.75	0.43	5.36	0.11	0.01	*N/A*
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		554	44	1106	5.64	2.69	594.1	2711	376	10.46	28.30	74.30	18.06	8.35	*0.00
% of Calories											20.4%	53.6%	29.3%	13.6%	*0.0%

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Dec 2, 2013 thru Dec 20, 2013 Spreadsheet - Portion Values Elementary School

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/18/2013															
Elementary School	Total														
Mini Corn Dog, W.G., Turk, k-6	5 each	208	13	525	0.83	3.00	0.0	0	0	0.0	9.17	25.83	8.33	1.25	0.00
PIZZA, Whole Grain, Pepper.-K-6	1/10th Pizz	285	29	667	2.78	1.41	348.5	331	97	1.45	16.98	23.47	13.47	6.81	*0.07
OVEN BAKED CURLY FRIES	1/2 C Star chVeg	125	6	275	1.67	0.50	0.0	0	0	7.55	1.67	16.67	5.83	2.50	*N/A*
BABY CARROTS - no dressing-k-3	1/3 C. Orn g Veg	13	0	29	1.07	0.33	11.7	5082	508	0.98	0.23	3.0	0.04	0.01	0.00
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
PINEAPPLE CHUNKS: natural juic	1/2 cup	54	0	1	1.18	0.25	14.5	45	9	8.51	0.46	14.08	0.1	0.01	*N/A*
Sliced Banana w/ Chocolate Syr	1 each banana	105	0	4	2.79	0.26	5.1	65	8	8.79	1.1	26.57	0.33	0.11	*0.00
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		539	28	1063	5.28	2.96	432.5	2613	348	15.62	22.83	79.30	15.98	6.11	*0.04
% of Calories										16.9%		58.8%	26.7%	10.2%	*0.1%

Thu - 12/19/2013															
Elementary School	Total														
POPCORN CHICKEN-K-3	# 6 SCOO	299	33	402	0.00	3.37	0.0	0	0	0.0	13.09	41.15	9.35	1.87	*N/A*
Whole Wheat MINI Soft Pretzel	1 EACH	80	0	65	1.84	1.44	*N/A*	0	0	0.0	3.0	17.0	0.0	0.00	*N/A*
(2)NEW Cheesy Breadsticks-K-6	2 EACH	287	24	694	2.99	2.02	341.1	458	123	4.72	16.4	28.51	12.35	6.09	*0.00
BBQ Baked Beans	1/2 C Veg Legum	180	0	506	5.13	1.57	58.1	133	13	2.93	5.23	33.57	0.51	0.16	*0.00
CUCUMBERS, sliced	5 slices w/d	9	0	1	0.30	0.17	9.6	63	13	1.69	0.39	2.19	0.07	0.02	*N/A*
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
PEACHES: canned, light syrup	1/2 cup	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
APPLES, SLICED W/CARAMEL 4-	1 EACH	129	0	51	2.07	0.10	5.2	47	4	3.97	0.22	32.61	0.53	0.03	*N/A*
BBQ SAUCE	12 gm	35	0	390	0.00	0.00	0.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		690	41	1285	5.76	5.24	*340.6	764	143	6.36	26.72	117.30	12.76	3.49	*0.00
% of Calories										15.5%		68.0%	16.6%	4.6%	*0.0%

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Dec 2, 2013 thru Dec 20, 2013 Spreadsheet - Portion Values
Elementary School

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/20/2013															
Elementary School	Total														
Pretzel w/ Real Cheese Sauce	1 each	307	36	539	3.07	1.86	281.3	566	113	1.44	14.82	34.74	13.08	6.98	0.00
Hamburger or Cheeseburger-k-12	1 each	355	79	365	3.07	3.53	260.7	103	21	0.13	25.9	22.85	16.93	6.57	*0.00
BROCCOLI: fresh, boiled	1/2 C DkG rn Veg	19	0	22	1.80	0.36	21.8	843	76	35.33	1.3	3.91	0.22	0.04	*0.00
BABY CARROTS - no dressing-k-3	1/3 C. Orn g Veg	13	0	29	1.07	0.33	11.7	5082	508	0.98	0.23	3.0	0.04	0.01	0.00
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Strawberries w/ topping	4 OZ LAD LE FULL	51	0	1	1.56	0.56	11.9	34	3	30.69	0.32	8.8	2.08	2.00	*N/A*
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	52	0	2	1.46	0.15	3.7	35	4	25.86	0.21	13.77	0.06	0.01	*N/A*
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		502	54	744	5.78	3.09	555.6	3270	421	47.13	27.41	64.17	16.48	8.36	*0.00
% of Calories										21.8%	51.1%	29.5%	15.0%		*0.0%

Weighted Average		596	48	1108	6.12	3.26	*477.9	2186	315	24.50	26.15 17.6%	88.17 59.2%	16.54 25.0%	6.15 9.3%	*0.01 *0.0%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	596		550 - 650	100%				
Cholesterol (mg)	48							
Sodium (mg)	1108		1230					*Target effective with 2014-2015 School Year!
Fiber (g)	6.12							
Iron (mg)	3.26							
Calcium (mg)	477.9				Missing			
Vitamin A (IU)	2186							
Vitamin A (RE)	315							
Vitamin C (mg)	24.50							
Protein (g)	26.15	17.55%						
Carbohydrate (g)	88.17	59.18%						
Total Fat (g)	16.54	24.98%	<=30.00%					
Saturated Fat (g)	6.15	9.28%	<10.00%					
Trans Fat ¹ (g)	0.01	0.01%			Missing			

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