

Mark Bindus, Registered Dietitian

Feb 3, 2014 thru Feb 28, 2014 Spreadsheet - Portion Values
Elementary School

Jan 27, 2014

Page 1

	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 - 02/03/2014															
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
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 - 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		652	116	984	7.19	4.29	410.7	1749	274	58.29	27.73	101.57	15.20	6.07	*0.01
% of Calories											17.0%	62.3%	21.0%	8.4%	*0.0%

Tue - 02/04/2014															
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 Gr een	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 - 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*
ORANGES WEDGES -4-12	3/4 EACH	34	0	0	1.73	0.07	28.8	162	15	38.3	0.68	8.46	0.09	0.01	*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		516	24	1079	6.02	2.68	447.5	2282	253	42.60	24.78	72.32	15.13	4.52	*0.00
% of Calories											19.2%	56.1%	26.4%	7.9%	*0.0%

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
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Page 2

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Wed - 02/05/2014															
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 - 02/06/2014															
Elementary School	Total														
MEATBALLS BBQ W/MINI PRETZ K-5	4 EACH	363	34	797	1.84	3.49	*39.8	249	50	1.08	15.05	48.88	10.32	4.30	*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
GREEN BEANS: canned,cooked	1/2 cup	14	0	171	1.29	0.61	17.7	237	47	2.93	0.82	3.06	0.07	0.01	*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*
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*
FUN-SIZE RICE KRISPIE TREAT	1 EACH	45	0	51	0.00	0.22	0.0	120	24	0.0	0.3	8.67	1.05	0.30	*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		574	32	1130	4.64	3.59	*447.9	1309	257	8.74	24.58	90.62	13.29	5.83	*0.00
% of Calories										17.1%	63.1%	20.8%	9.1%		*0.0%

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Page 3

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Fri - 02/07/2014															
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
REFRIED BEANS - All Schools	1/2 C Veg Legum	122	2	577	5.90	1.97	77.3	19	6	6.95	8.56	17.84	2.01	0.86	*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*
Strawberries w/ topping	4 OZ LAD	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		554	51	853	5.43	2.44	617.6	2279	334	26.15	26.07	62.96	23.31	9.50	*0.00
% of Calories										18.8%	45.4%	37.9%	15.4%		*0.0%

Mon - 02/10/2014															
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
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		680	113	1378	5.68	2.74	340.6	2251	302	30.63	23.39	105.56	18.96	4.59	*0.01
% of Calories										13.8%	62.1%	25.1%	6.1%		*0.0%

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Page 4

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Tue - 02/11/2014															
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*
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*
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		556	44	1109	6.05	2.59	597.0	3107	486	23.93	28.63	74.67	18.12	8.34	*0.00
% of Calories											20.6%	53.8%	29.3%	13.5%	*0.0%

Wed - 02/12/2014															
Elementary School	Total														
Turkey & GRVY OVER NOODLE -K	1 LADLE OF EACH	280	65	760	1.64	2.62	28.8	26	9	0.9	18.9	34.31	7.15	1.95	*0.02
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
GREEN BEANS: canned,cooked	1/2 cup	14	0	171	1.29	0.61	17.7	237	47	2.93	0.82	3.06	0.07	0.01	*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 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*
SORBET, 100% JUICE	1 EACH	100	0	15	0.00	0.36	20.0	500	100	60.0	0.0	24.0	0.0	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		495	50	1060	3.66	2.75	462.2	2979	425	41.62	26.46	73.06	10.96	4.61	*0.05
% of Calories											21.4%	59.0%	19.9%	8.4%	*0.1%

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Page 5

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Thu - 02/13/2014															
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%

Fri - 02/14/2014															
Elementary School	Total														
MACARONI & CHEESE-W.W.-K-5	#6 White Scoop	405	53	548	3.21	1.47	410.6	635	126	0.01	22.8	35.89	19.62	10.46	*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*
Gripz, Chocolate Chip Grahams	1 each	110	0	70	3.00	0.72	100.0	500	100	0.0	2.0	19.0	3.0	1.00	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		678	64	844	8.55	3.30	759.3	3296	480	45.93	34.86	84.38	23.83	11.86	*0.00
% of Calories											20.6%	49.8%	31.6%	15.7%	*0.0%

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Feb 3, 2014 thru Feb 28, 2014 Spreadsheet - Portion Values
Elementary School

Jan 27, 2014

Page 6

	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 - 02/18/2014															
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
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*
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*
ORANGES WEDGES -4-12	3/4 EACH	34	0	0	1.73	0.07	28.8	162	15	38.3	0.68	8.46	0.09	0.01	*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		588	24	1065	7.27	4.15	451.2	2280	253	48.62	27.49	92.42	13.73	4.27	*0.00
% of Calories										18.7%		62.9%	21.0%	6.5%	*0.0%

Wed - 02/19/2014															
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
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 - 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: 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		638	24	1222	5.94	3.06	448.5	1575	244	15.35	23.47	89.24	22.43	6.40	*0.04
% of Calories										14.7%		56.0%	31.7%	9.0%	*0.1%

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Feb 3, 2014 thru Feb 28, 2014 Spreadsheet - Portion Values
Elementary School

Jan 27, 2014

Page 7

	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)
Thu - 02/20/2014															
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
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
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*
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*
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
FUN-SIZE RICE KRISPIE TREAT	1 EACH	45	0	51	0.00	0.22	0.0	120	24	0.0	0.3	8.67	1.05	0.30	*N/A*
Weighted Daily Average		592	27	989	7.69	3.85	577.1	1053	214	7.66	27.41	95.58	12.68	4.41	*0.00
% of Calories											18.5%	64.6%	19.3%	6.7%	*0.0%

Fri - 02/21/2014															
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*
APPLE CRISP - all schools	SERVINGS	187	0	150	2.71	1.01	17.0	33	7	0.15	2.34	32.09	6.0	1.08	*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		548	54	794	6.21	3.38	560.2	3269	422	38.34	28.14	70.43	18.51	8.73	*0.00
% of Calories											20.5%	51.4%	30.4%	14.3%	*0.0%

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Elementary School

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Mon - 02/24/2014															
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 - 02/25/2014															
Elementary School	Total														
CHICKEN SOFT TACO	1 FAJITA	286	76	508	2.29	2.43	40.7	344	40	2.7	27.76	22.04	9.71	3.85	*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*
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*
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		543	47	944	6.01	2.78	504.4	2929	464	24.62	31.58	74.39	15.36	6.11	*0.00
% of Calories											23.2%	54.8%	25.4%	10.1%	*0.0%

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Feb 3, 2014 thru Feb 28, 2014 Spreadsheet - Portion Values
Elementary School

Page 9

Jan 27, 2014

	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 - 02/26/2014															
Elementary School	Total														
Baked Penne Pasta- K-6	1 SLICE	364	18	365	5.21	3.16	270.6	868	86	4.83	21.0	51.88	8.24	3.69	*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
GARDEN SALAD - No Dressing	1 C. Dk Gr een	8	0	6	0.89	0.37	13.4	3900	218	1.71	0.49	1.62	0.12	0.02	*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*
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
FUN-SIZE RICE KRISPIE TREAT	1 EACH	45	0	51	0.00	0.22	0.0	120	24	0.0	0.3	8.67	1.05	0.30	*N/A*
Weighted Daily Average		581	26	822	6.93	3.09	578.1	4873	481	14.23	28.37	91.13	12.75	5.86	*0.04
% of Calories											19.5%	62.8%	19.8%	9.1%	*0.1%

Thu - 02/27/2014															
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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Feb 3, 2014 thru Feb 28, 2014 Spreadsheet - Portion Values
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Jan 27, 2014

Page 10

	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 - 02/28/2014															
Elementary School	Total														
TOASTED CHEESE SANDWICH-k	1 EACH	207	19	992	4.00	2.93	669.4	116	23	0.0	19.28	24.89	4.78	2.38	*0.00
Sloppy Joe Sandwich on WW bun	1 each	354	68	389	4.47	3.93	220.9	455	91	1.92	24.69	30.05	13.57	4.66	*0.00
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*
Strawberries w/ topping	4 OZ LAD	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*
FORTUNE COOKIE	1 EACH	16	0	0	0.00	0.00	0.0	0	0	0.0	1.0	2.0	0.5	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		536	40	1332	6.98	4.01	837.2	2030	283	31.38	31.67	73.64	14.31	6.45	*0.00
% of Calories											23.6%	54.9%	24.0%	10.8%	*0.0%
Weighted Average		597	46	1090	6.25	3.36	*502.2	2337	329	26.95	26.93	88.13	16.31	6.17	*0.01
											18.0%	59.0%	24.6%	9.3%	*0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	597		550 - 650	100%				
Cholesterol (mg)	46							
Sodium (mg)	1090		1230					*Target effective with 2014-2015 School Year!
Fiber (g)	6.25							
Iron (mg)	3.36							
Calcium (mg)	502.2				Missing			
Vitamin A (IU)	2337							
Vitamin A (RE)	329							
Vitamin C (mg)	26.95							
Protein (g)	26.93	18.03%						
Carbohydrate (g)	88.13	59.01%						
Total Fat (g)	16.31	24.57%	<=30.00%					
Saturated Fat (g)	6.17	9.29%	<10.00%					
Trans Fat ¹ (g)	0.01	0.02%			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
1 - 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.