

Mark Bindus, Registered Dietitian

May 1, 2014 thru Jun 3, 2014 Spreadsheet - Portion Values
Elementary School

Apr 23, 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)	
Thu - 05/01/2014															
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
BROCCOLI W/ CHEESE SAUCE	1/2 C DkG rn Veg	37	0	152	1.88	0.38	35.2	878	79	36.8	1.74	6.57	0.86	0.06	*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*
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		568	28	1062	6.92	3.51	582.5	1549	257	28.28	26.63	91.37	12.43	4.43	*0.00
% of Calories										18.8%	64.3%	19.7%	7.0%	*0.0%	

Fri - 05/02/2014															
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 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		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%	

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Page 2

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Mon - 05/05/2014															
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 - 05/06/2014															
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*
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		570	31	1204	6.48	3.25	590.4	3423	492	21.74	28.15	82.66	16.43	6.70	*0.00
% of Calories										19.8%	58.0%	25.9%	10.6%	*0.0%	

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Page 3

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Wed - 05/07/2014															
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 - 05/08/2014															
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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Page 4

	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 - 05/09/2014															
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%

Mon - 05/12/2014															
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*
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		674	113	1377	5.19	2.60	342.3	1635	241	38.16	23.51	103.34	18.98	4.59	*0.01
% of Calories											14.0%	61.4%	25.4%	6.1%	*0.0%

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Tue - 05/13/2014															
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		540	24	1049	6.53	3.54	446.5	2280	253	41.68	26.04	81.74	13.63	4.25	*0.00
% of Calories											19.3%	60.5%	22.7%	7.1%	*0.0%

Wed - 05/14/2014															
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
ROLL- K-3	1 ROLL	60	0	95	1.00	1.44	60.0	0	0	0.0	2.5	11.0	0.75	0.00	0.00
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
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		626	34	1029	8.13	3.24	573.6	2436	379	28.15	28.44	94.00	15.58	5.79	*0.04
% of Calories											18.2%	60.0%	22.4%	8.3%	*0.1%

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Mark Bindus, Registered Dietitian

May 1, 2014 thru Jun 3, 2014 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)	
Thu - 05/15/2014															
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 - 05/16/2014															
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*
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%

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May 1, 2014 thru Jun 3, 2014 Spreadsheet - Portion Values
Elementary School

Apr 23, 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)
Mon - 05/19/2014															
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 ROUNDS K-3	2/3 CUP	161	0	406	2.11	0.54	11.8	4	2	5.32	1.73	23.44	7.28	1.54	*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		548	23	1338	3.94	2.25	336.6	2381	391	37.91	19.37	89.32	13.47	3.20	*0.01
% of Calories											14.1%	65.2%	22.1%	5.2%	*0.0%

Tue - 05/20/2014															
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*
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		605	44	1157	5.55	2.61	592.8	2481	361	31.93	29.29	86.47	18.00	8.34	*0.00
% of Calories											19.4%	57.2%	26.8%	12.4%	*0.0%

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May 1, 2014 thru Jun 3, 2014 Spreadsheet - Portion Values
Elementary School

Apr 23, 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 - 05/21/2014															
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
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		565	29	1120	5.44	3.01	430.1	1575	244	17.15	23.16	82.49	17.31	6.67	*0.04
% of Calories											16.4%	58.4%	27.6%	10.6%	*0.1%

	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)
Thu - 05/22/2014															
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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Elementary School

Apr 23, 2014

Page 9

	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 - 05/23/2014															
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*
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		576	64	779	5.77	2.63	666.4	2832	387	45.93	33.01	66.73	21.04	10.93	*0.00
% of Calories											22.9%	46.3%	32.9%	17.1%	*0.0%

Tue - 05/27/2014															
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 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 - 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%

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Mark Bindus, Registered Dietitian
May 1, 2014 thru Jun 3, 2014 Spreadsheet - Portion Values
Elementary School

Apr 23, 2014

	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)
Wed - 05/28/2014															
Elementary School	Total														
Popcorn Chix Wrap	1 each	207	14	278	1.70	1.98	98.7	554	25	0.24	10.07	28.02	6.48	2.94	*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		543	31	980	5.62	2.41	487.6	2900	361	15.00	23.39	79.97	15.67	7.21	*0.04
% of Calories										17.2%		58.9%	26.0%	11.9%	*0.1%

Thu - 05/29/2014															
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
Sweet Potato Wedge Fri w/ Cinn	1/2 C. Orn g Veg	160	0	140	3.34	0.41	26.5	5604	1121	9.02	2.03	25.62	6.01	1.50	*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		601	27	1020	6.99	3.46	572.6	2902	583	10.29	26.36	96.40	13.93	4.89	*0.00
% of Calories										17.5%		64.1%	20.8%	7.3%	*0.0%

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May 1, 2014 thru Jun 3, 2014 Spreadsheet - Portion Values
Elementary School

Apr 23, 2014

Page 11

	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 - 05/30/2014															
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: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*
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 - 06/02/2014															
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*
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		674	113	1377	5.19	2.60	342.3	1635	241	38.16	23.51	103.34	18.98	4.59	*0.01
% of Calories										14.0%		61.4%	25.4%	6.1%	*0.0%

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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)
Tue - 06/03/2014															
Elementary School	Total														
HOT DOG ON A BUN, TURKEY	SERVING	250	50	890	3.00	3.30	275.0	28	6	6.2	10.0	24.0	12.5	3.00	*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
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
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*
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*
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		545	44	1330	7.28	3.54	606.1	2684	356	24.41	24.40	78.40	14.33	5.35	*0.04
% of Calories											17.9%	57.6%	23.7%	8.8%	*0.1%

Weighted Average		590	47	1106	6.25	3.22	*512.8	2165	317	27.89	26.25	86.95	16.28	6.16	*0.01
											17.8%	59.0%	24.8%	9.4%	*0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	590		550 - 650	100%				
Cholesterol (mg)	47							
Sodium (mg)	1106		1230					
Fiber (g)	6.25							
Iron (mg)	3.22							
Calcium (mg)	512.8				Missing			
Vitamin A (IU)	2165							
Vitamin A (RE)	317							
Vitamin C (mg)	27.89							
Protein (g)	26.25	17.80%						
Carbohydrate (g)	86.95	58.96%						
Total Fat (g)	16.28	24.84%	<=30.00%					
Saturated Fat (g)	6.16	9.39%	<10.00%					
Trans Fat ¹ (g)	0.01	0.02%			Missing			

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