

# Mark Bindus, Registered Dietitian

Jan 7, 2014 thru Jan 31, 2014 Spreadsheet - Portion Values

Dec 18, 2013

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Middle 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 <sup>1</sup> (g)
Tue - 01/07/2014															
Middle School	Total														
TACO SALAD BAR-HS & MS	1 EACH	459	68	903	3.77	2.73	293.2	469	87	3.12	25.88	35.08	24.05	7.18	*0.00
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
CHEESEBURGER OR HAMBURGER	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*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
POPCORN CHICKEN SALAD -EN TREE	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
garlic breadstick- 4-12	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
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*
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	1/2 C. Orn g Veg	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
Cole Slaw	1/2 C Veg Other	103	6	332	0.76	0.14	15.2	76	15	11.36	0.76	11.27	6.3	1.20	0.00
Mini BANANA	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*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*
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*
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*
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
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
ITALIAN SUB	1 EACH	361	47	1540	4.99	*3.27	*789.4	*4240	*151	*1.93	28.45	38.29	11.46	4.08	*0.12
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		549	51	1164	6.09	*3.20	*531.5	*3131	*511	*21.45	29.76	66.22	19.46	6.47	*0.00
% of Calories											21.7%	48.3%	31.9%	10.6%	*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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	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 <sup>1</sup> (g)
Wed - 01/08/2014															
Middle School	Total														
BBQ RIB SANDWICH ths	1 EACH	412	62	1358	4.00	2.87	508.7	94	19	0.89	22.46	51.45	13.61	3.77	*0.00
BREADED CHICKEN SANDWICH	1 EACH	177	14	457	3.36	2.00	351.5	812	69	2.78	6.81	23.5	6.05	2.56	*0.00
-skip															
CHEESEBURGER OR HAMBURGER	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*0.00
PIZZA, Whole Grain, Gourmet -k-6	1/10th of Pizza	300	38	777	2.74	1.53	352.2	363	104	2.35	18.85	23.46	14.29	6.98	*0.06
POPCORN CHICKEN SALAD -EN TREE	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
garlic breadstick- 4-12	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
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*
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*
CHOICE OF 4 OZ JUICE	1 EACH	60	0	0	0.00	0.00	0.0	0	0	30.0	1.0	16.0	0.0	0.00	*N/A*
BABY CARROTS - no dressing	1/2 C. Orn g Veg	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
FRESH CUCUMBERS W/ DIP	1/2 C Veg Other	11	0	2	0.38	0.21	12.0	79	16	2.11	0.49	2.73	0.08	0.03	*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
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*
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*
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
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
ITALIAN SUB	1 EACH	361	47	1540	4.99	*3.27	*789.4	*4240	*151	*1.93	28.45	38.29	11.46	4.08	*0.12
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		679	58	1808	7.21	*3.31	*665.4	*2041	*322	*27.69	29.16	97.09	20.73	8.00	*0.02
% of Calories											17.2%	57.2%	27.5%	10.6%	*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 <sup>1</sup> (g)	
Thu - 01/09/2014															
Middle School	Total														
CHICKEN PARMESAN SANDWIC	1 EACH	397	29	870	6.25	3.95	351.1	147	41	1.56	20.8	39.9	16.87	3.43	*0.00
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
CHEESEBURGER OR HAMBURG	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*0.00
ER															
(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
POPCORN CHICKEN SALAD -EN	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
TREE															
garlic breadstick- 4-12	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
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*
PASTA W/ MARINARA -k-12	1 BOWL	152	0	158	3.01	2.27	11.0	828	26	6.04	6.49	29.97	0.94	0.00	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*
Mini BANANA	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
BABY CARROTS - no dressing	1/2 C. Orn	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
	g Veg														
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*
Cole Slaw	1/2 C Veg	103	6	332	0.76	0.14	15.2	76	15	11.36	0.76	11.27	6.3	1.20	0.00
	Other														
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*
GARDEN SALAD - No Dressing	1 C. Dk Gr	8	0	6	0.89	0.37	13.4	3900	218	1.71	0.49	1.62	0.12	0.02	*0.00
	een														
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
ITALIAN SUB	1 EACH	361	47	1540	4.99	*3.27	*789.4	*4240	*151	*1.93	28.45	38.29	11.46	4.08	*0.12
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	37	1405	8.74	*4.94	*591.7	*4120	*562	*21.53	30.31	90.44	19.18	5.67	*0.00
% of Calories										18.8%	56.1%	26.7%	7.9%	*0.0%	

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Dec 18, 2013

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Middle 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 <sup>1</sup> (g)
Fri - 01/10/2014															
Middle School	Total														
FRENCH TOAST STIX W/ SYRUP	4 EACH	321	147	408	2.67	1.88	28.0	267	53	0.0	9.33	58.88	5.33	1.33	*0.00
Fried Sliced Ham	2 slices	89	26	688	0.00	0.80	2.0	0	0	0.0	8.0	0.0	5.5	0.65	*0.00
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
FISH SANDWICH	1 EACH	340	50	500	3.00	2.16	200.0	0	0	3.6	18.0	36.0	11.5	2.00	0.00
CHEESEBURGER OR HAMBURGER	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*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
PIZZA,Whole Grain,Cheese.-K-6	1/10th Pizz	262	25	592	2.78	1.34	347.5	331	97	1.41	15.96	23.47	11.47	6.14	*0.00
POPCORN CHICKEN SALAD -EN TREE	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
garlic breadstick- 4-12	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
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*
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*
CHOICE OF 4 OZ JUICE	1 EACH	60	0	0	0.00	0.00	0.0	0	0	30.0	1.0	16.0	0.0	0.00	*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*
APPLES,SLICED W/CARAMEL 4-12	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*
BABY CARROTS - no dressing	1/2 C. Orn g Veg	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
FRESH CUCUMBERS W/ DIP	1/2 C Veg Other	11	0	2	0.38	0.21	12.0	79	16	2.11	0.49	2.73	0.08	0.03	*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*
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
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*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		736	105	1701	6.69	3.24	400.0	2309	365	22.61	25.99	108.38	22.85	6.04	*0.02
% of Calories											14.1%	58.9%	27.9%	7.4%	*0.0%

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Mon - 01/13/2014															
Middle School	Total														
POPCORN CHICKEN - THS	# 6 SCOO	290	32	390	0.00	3.27	0.0	0	0	0.0	12.7	39.92	9.07	1.81	*N/A*
MINI HOT SOFT PRETZEL	1 EACH	80	0	65	1.00	1.44	*N/A*	0	0	0.0	3.0	17.0	0.0	0.00	*N/A*
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
CHEESEBURGER OR HAMBURG	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*0.00
ER															
(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
POPCORN CHICKEN SALAD -EN	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
TREE															
garlic breadstick- 4-12	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
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*
BBQ Baked Beans	1/2 C Veg	180	0	506	5.13	1.57	58.1	133	13	2.93	5.23	33.57	0.51	0.16	*0.00
	Legum														
CHOICE OF 4 OZ JUICE	1 EACH	60	0	0	0.00	0.00	0.0	0	0	30.0	1.0	16.0	0.0	0.00	*N/A*
BABY CARROTS - no dressing	1/2 C. Orn	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
	g Veg														
FRESH CUCUMBERS W/ Ranch P	1/2 C Veg	67	5	85	0.38	0.21	12.0	79	16	2.11	0.49	3.56	5.92	0.86	*N/A*
	Other														
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*
	LE FULL														
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*
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*
GARDEN SALAD - No Dressing	1 C. Dk Gr	8	0	6	0.89	0.37	13.4	3900	218	1.71	0.49	1.62	0.12	0.02	*0.00
	een														
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
ITALIAN SUB	1 EACH	361	47	1540	4.99	*3.27	*789.4	*4240	*151	*1.93	28.45	38.29	11.46	4.08	*0.12
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	33	1169	5.26	*4.79	*374.7	*2498	*322	*36.79	25.43	97.41	12.16	4.03	*0.00
% of Calories											17.2%	65.7%	18.5%	6.1%	*0.0%

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# Mark Bindus, Registered Dietitian

Jan 7, 2014 thru Jan 31, 2014 Spreadsheet - Portion Values  
Middle 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 <sup>1</sup> (g)	
Tue - 01/14/2014															
Middle School	Total														
TACO - 2 SOFT- 4-12	1 EACH	489	89	1291	5.49	4.96	179.0	3034	259	11.58	34.18	41.57	21.0	9.79	*0.00
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
CHEESEBURGER OR HAMBURG	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*0.00
ER															
PIZZA,Whole Grain,Cheese.-K-6	1/10th Pizz	262	25	592	2.78	1.34	347.5	331	97	1.41	15.96	23.47	11.47	6.14	*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
POPCORN CHICKEN SALAD -EN	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
TREE															
garlic breadstick- 4-12	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
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*
BUTTERED CORN - 4-12	4 OZ SPO	106	0	29	2.64	0.52	3.3	219	24	3.85	2.81	21.23	2.57	0.44	*N/A*
ODLE															
CHOICE OF 4 OZ JUICE	1 EACH	60	0	0	0.00	0.00	0.0	0	0	30.0	1.0	16.0	0.0	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*
BABY CARROTS - no dressing	1/2 C. Orn	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
g Veg															
Mini BANANA	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*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*
Cole Slaw	1/2 cup po	103	6	332	0.76	0.14	15.2	76	15	11.36	0.76	11.27	6.3	1.20	0.00
rtion															
FRESH CUCUMBERS W/ Ranch P	1/2 C Veg	67	5	85	0.38	0.21	12.0	79	16	2.11	0.49	3.56	5.92	0.86	*N/A*
Other															
WATERMELON WEDGE	SMALL W	21	0	1	0.28	0.17	5.0	404	26	5.75	0.43	5.36	0.11	0.01	*N/A*
EDGE															
PEARS: canned,light syrup	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*
GARDEN SALAD - No Dressing	1 C. Dk Gr	8	0	6	0.89	0.37	13.4	3900	218	1.71	0.49	1.62	0.12	0.02	*0.00
een															
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
ITALIAN SUB	1 EACH	361	47	1540	4.99	*3.27	*789.4	*4240	*151	*1.93	28.45	38.29	11.46	4.08	*0.12
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		653	64	1338	8.04	*4.31	*488.1	*3979	*460	*18.89	34.88	89.83	19.07	8.11	*0.02
% of Calories											21.4%	55.0%	26.3%	11.2%	*0.0%

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# Mark Bindus, Registered Dietitian

Jan 7, 2014 thru Jan 31, 2014 Spreadsheet - Portion Values

Dec 18, 2013

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Middle 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 <sup>1</sup> (g)
Wed - 01/15/2014															
Middle School	Total														
BACON CHEESBURGER -THS	1 EACH	361	62	853	3.64	3.50	365.6	167	47	0.0	25.41	24.42	17.65	7.43	*0.00
BREADED CHICKEN SANDWICH	1 EACH	177	14	457	3.36	2.00	351.5	812	69	2.78	6.81	23.5	6.05	2.56	*0.00
-skip															
CHEESEBURGER OR HAMBURG	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*0.00
ER															
PIZZA,Whole Grain,Gourmet -k-6	1/10th of P izza	300	38	777	2.74	1.53	352.2	363	104	2.35	18.85	23.46	14.29	6.98	*0.06
POPCORN CHICKEN SALAD -EN TREE	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
garlic breadstick- 4-12	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
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*
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*
Sugar Snap Pea Pods	4 OZ SPO ODLE	18	0	2	1.56	0.42	23.4	39	8	7.03	0.78	3.9	0.0	0.00	0.00
CHOICE OF 4 OZ JUICE	1 EACH	60	0	0	0.00	0.00	0.0	0	0	30.0	1.0	16.0	0.0	0.00	*N/A*
BABY CARROTS - no dressing	1/2 C. Orn g Veg	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
FRESH CUCUMBERS W/ DIP	1/2 C Veg Other	11	0	2	0.38	0.21	12.0	79	16	2.11	0.49	2.73	0.08	0.03	*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*
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
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*
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*
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
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
ITALIAN SUB	1 EACH	361	47	1540	4.99	*3.27	*789.4	*4240	*151	*1.93	28.45	38.29	11.46	4.08	*0.12
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	58	1559	7.41	*3.66	*599.0	*2555	*401	*34.85	30.94	85.45	22.79	9.82	*0.02
% of Calories											18.7%	51.7%	31.0%	13.4%	*0.0%

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# Mark Bindus, Registered Dietitian

Jan 7, 2014 thru Jan 31, 2014 Spreadsheet - Portion Values

Dec 18, 2013

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Middle 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 <sup>1</sup> (g)	
Thu - 01/16/2014															
Middle School	Total														
PASTA Bar w/ choice of Sauce	1 SERVING	334	19	461	*4.40	2.78	101.8	170	34	2.58	17.35	46.9	8.84	3.09	*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
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
CHEESEBURGER OR HAMBURG	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*0.00
ER															
(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
POPCORN CHICKEN SALAD -EN	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
TREE															
garlic breadstick- 4-12	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
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*
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*
Mini BANANA	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
BABY CARROTS - no dressing	1/2 C. Orn	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
	g Veg														
FRESH CUCUMBERS W/ Ranch P	1/2 C Veg	67	5	85	0.38	0.21	12.0	79	16	2.11	0.49	3.56	5.92	0.86	*N/A*
	Other														
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*
Cole Slaw	1/2 C Veg	103	6	332	0.76	0.14	15.2	76	15	11.36	0.76	11.27	6.3	1.20	0.00
	Other														
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*
GARDEN SALAD - No Dressing	1 C. Dk Gr	8	0	6	0.89	0.37	13.4	3900	218	1.71	0.49	1.62	0.12	0.02	*0.00
	een														
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
ITALIAN SUB	1 EACH	361	47	1540	4.99	*3.27	*789.4	*4240	*151	*1.93	28.45	38.29	11.46	4.08	*0.12
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	34	1224	*7.16	*3.50	*490.8	*3695	*553	*19.09	26.30	81.97	15.94	5.57	*0.00
% of Calories										18.6%	58.1%	25.4%	8.9%	*0.0%	

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Jan 7, 2014 thru Jan 31, 2014 Spreadsheet - Portion Values

Dec 18, 2013

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Middle 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 <sup>1</sup> (g)
Fri - 01/17/2014															
Middle 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
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
FISH SANDWICH	1 EACH	340	50	500	3.00	2.16	200.0	0	0	3.6	18.0	36.0	11.5	2.00	0.00
CHEESEBURGER OR HAMBURG ER	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*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
PIZZA,Whole Grain,Cheese.-K-6	1/10th Pizz	262	25	592	2.78	1.34	347.5	331	97	1.41	15.96	23.47	11.47	6.14	*0.00
POPCORN CHICKEN SALAD -EN TREE	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
garlic breadstick- 4-12	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
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*
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*
CHOICE OF 4 OZ JUICE	1 EACH	60	0	0	0.00	0.00	0.0	0	0	30.0	1.0	16.0	0.0	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*
BABY CARROTS - no dressing	1/2 C. Orn	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
FRESH CUCUMBERS W/ DIP	1/2 C Veg Other	11	0	2	0.38	0.21	12.0	79	16	2.11	0.49	2.73	0.08	0.03	*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*
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*
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
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
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
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		716	88	1564	7.77	3.32	469.2	2340	379	21.97	26.36	96.79	25.34	7.87	*0.02
% of Calories											14.7%	54.1%	31.8%	9.9%	*0.0%

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# Mark Bindus, Registered Dietitian

Jan 7, 2014 thru Jan 31, 2014 Spreadsheet - Portion Values  
Middle 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 <sup>1</sup> (g)
Tue - 01/21/2014															
Middle School	Total														
TACO SALAD BAR-HS & MS	1 EACH	459	68	903	3.77	2.73	293.2	469	87	3.12	25.88	35.08	24.05	7.18	*0.00
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
CHEESEBURGER OR HAMBURGER	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*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
POPCORN CHICKEN SALAD -EN TREE	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
garlic breadstick- 4-12	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
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*
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	1/2 C. Orn g Veg	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
Cole Slaw	1/2 C Veg Other	103	6	332	0.76	0.14	15.2	76	15	11.36	0.76	11.27	6.3	1.20	0.00
Mini BANANA	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*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*
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*
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*
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
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
ITALIAN SUB	1 EACH	361	47	1540	4.99	*3.27	*789.4	*4240	*151	*1.93	28.45	38.29	11.46	4.08	*0.12
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		549	51	1164	6.09	*3.20	*531.5	*3131	*511	*21.45	29.76	66.22	19.46	6.47	*0.00
% of Calories											21.7%	48.3%	31.9%	10.6%	*0.0%

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# Mark Bindus, Registered Dietitian

Jan 7, 2014 thru Jan 31, 2014 Spreadsheet - Portion Values

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Middle 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 <sup>1</sup> (g)
Wed - 01/22/2014															
Middle School	Total														
Mini Corn Dog, W.G., Turk,7-12	6 each	250	15	630	1.00	3.60	0.0	0	0	0.0	11.0	31.0	10.0	1.50	0.00
BREADED CHICKEN SANDWICH -skip	1 EACH	177	14	457	3.36	2.00	351.5	812	69	2.78	6.81	23.5	6.05	2.56	*0.00
CHEESEBURGER OR HAMBURGER	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*0.00
PIZZA,Whole Grain,Gourmet -k-6	1/10th of P izza	300	38	777	2.74	1.53	352.2	363	104	2.35	18.85	23.46	14.29	6.98	*0.06
POPCORN CHICKEN SALAD -EN TREE	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
garlic breadstick- 4-12	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
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*
POTATO SMILES, ORIEDA	5 EACH	280	0	655	3.50	0.23	12.5	0	0	0.75	3.84	40.66	11.16	5.66	*N/A*
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
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
BABY CARROTS - no dressing	1/2 C. Orn g Veg	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
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
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*
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*
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
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
BUFFALO CHICKEN WRAP w/ Dor	1 each	258	50	961	3.04	2.19	56.9	2105	72	11.89	14.76	29.62	9.6	3.32	*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		766	29	1844	7.70	3.44	427.8	2075	319	28.01	26.04	113.63	24.14	9.95	*0.02
% of Calories											13.6%	59.4%	28.4%	11.7%	*0.0%

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Jan 7, 2014 thru Jan 31, 2014 Spreadsheet - Portion Values  
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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 <sup>1</sup> (g)
Thu - 01/23/2014															
Middle School	Total														
TOASTED CHEESE SANDWICH-9-12	1 EACH	325	50	1062	4.36	2.82	600.0	657	125	0.3	18.1	25.68	19.06	10.02	*0.00
Sloppy Joe Burger on a WW bun	1 each	354	68	389	4.47	3.93	220.8	455	91	1.92	24.69	30.05	13.57	4.66	*0.00
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
CHEESEBURGER OR HAMBURGER	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*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
POPCORN CHICKEN SALAD -EN TREE	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
garlic breadstick- 4-12	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
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*
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*
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*
Mini BANANA	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
BABY CARROTS - no dressing	1/2 C. Orn g Veg	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
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*
Cole Slaw	1/2 C Veg Other	103	6	332	0.76	0.14	15.2	76	15	11.36	0.76	11.27	6.3	1.20	0.00
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*
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
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
ITALIAN SUB	1 EACH	361	47	1540	4.99	*3.27	*789.4	*4240	*151	*1.93	28.45	38.29	11.46	4.08	*0.12
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		690	55	1569	7.76	*4.01	*618.3	*3927	*598	*24.81	28.48	91.39	24.89	10.02	*0.00
% of Calories											16.5%	53.0%	32.5%	13.1%	*0.0%

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Jan 7, 2014 thru Jan 31, 2014 Spreadsheet - Portion Values  
Middle 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 <sup>1</sup> (g)
Fri - 01/24/2014															
Middle School	Total														
General Tso's Chix w/Rice-4-12	servings	595	22	349	4.90	3.41	46.9	303	47	9.13	14.53	116.46	7.62	1.56	*0.00
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
FISH SANDWICH	1 EACH	340	50	500	3.00	2.16	200.0	0	0	3.6	18.0	36.0	11.5	2.00	0.00
CHEESEBURGER OR HAMBURG ER	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*0.00
PIZZA,Whole Grain,Cheese.-K-6	1/10th Pizz	262	25	592	2.78	1.34	347.5	331	97	1.41	15.96	23.47	11.47	6.14	*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
POPCORN CHICKEN SALAD -EN TREE	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
garlic breadstick- 4-12	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
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*
Stir Fry Vegetable, Far East,	1/2 cup	28	0	21	1.39	0.25	13.9	523	105	10.45	0.7	6.97	0.0	0.00	0.00
CHOICE OF 4 OZ JUICE	1 EACH	60	0	0	0.00	0.00	0.0	0	0	30.0	1.0	16.0	0.0	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*
BABY CARROTS - no dressing	1/2 C. Orn	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
FRESH CUCUMBERS W/ DIP	1/2 C Veg Other	11	0	2	0.38	0.21	12.0	79	16	2.11	0.49	2.73	0.08	0.03	*N/A*
Mini BANANA	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*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*
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*
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
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
ITALIAN SUB	1 EACH	361	47	1540	4.99	*3.27	*789.4	*4240	*151	*1.93	28.45	38.29	11.46	4.08	*0.12
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		658	29	994	6.33	*3.20	*402.0	*2567	*405	*27.23	23.31	118.38	11.02	3.78	*0.02
% of Calories											14.2%	72.0%	15.1%	5.2%	*0.0%

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Jan 7, 2014 thru Jan 31, 2014 Spreadsheet - Portion Values

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Middle 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 <sup>1</sup> (g)
Mon - 01/27/2014															
Middle School	Total														
POPCORN CHICKEN - THS	# 6 SCOO	290	32	390	0.00	3.27	0.0	0	0	0.0	12.7	39.92	9.07	1.81	*N/A*
MINI HOT SOFT PRETZEL	1 EACH	80	0	65	1.00	1.44	*N/A*	0	0	0.0	3.0	17.0	0.0	0.00	*N/A*
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
CHEESEBURGER OR HAMBURG	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*0.00
ER															
(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
POPCORN CHICKEN SALAD -EN	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
TREE															
garlic breadstick- 4-12	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
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*
BBQ Baked Beans	1/2 C Veg	180	0	506	5.13	1.57	58.1	133	13	2.93	5.23	33.57	0.51	0.16	*0.00
	Legum														
CHOICE OF 4 OZ JUICE	1 EACH	60	0	0	0.00	0.00	0.0	0	0	30.0	1.0	16.0	0.0	0.00	*N/A*
BABY CARROTS - no dressing	1/2 C. Orn	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
	g Veg														
FRESH CUCUMBERS W/ Ranch P	1/2 C Veg	67	5	85	0.38	0.21	12.0	79	16	2.11	0.49	3.56	5.92	0.86	*N/A*
	Other														
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*
	LE FULL														
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*
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*
GARDEN SALAD - No Dressing	1 C. Dk Gr	8	0	6	0.89	0.37	13.4	3900	218	1.71	0.49	1.62	0.12	0.02	*0.00
	een														
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
ITALIAN SUB	1 EACH	361	47	1540	4.99	*3.27	*789.4	*4240	*151	*1.93	28.45	38.29	11.46	4.08	*0.12
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	33	1169	5.26	*4.79	*374.7	*2498	*322	*36.79	25.43	97.41	12.16	4.03	*0.00
% of Calories											17.2%	65.7%	18.5%	6.1%	*0.0%

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# Mark Bindus, Registered Dietitian

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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 <sup>1</sup> (g)
Tue - 01/28/2014															
Middle School	Total														
CHICK or CHS QUESIDILLA - 4-12	2 halves	426	62	1103	3.85	2.83	318.8	1819	107	1.44	28.86	36.01	19.21	12.22	*0.00
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
CHEESEBURGER OR HAMBURGER	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*0.00
PIZZA,Whole Grain,Cheese.-K-6	1/10th Pizz	262	25	592	2.78	1.34	347.5	331	97	1.41	15.96	23.47	11.47	6.14	*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
POPCORN CHICKEN SALAD -EN TREE	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
garlic breadstick- 4-12	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
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*
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	1/2 C. Orn g Veg	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
Cole Slaw	1/2 C Veg Other	103	6	332	0.76	0.14	15.2	76	15	11.36	0.76	11.27	6.3	1.20	0.00
Mini BANANA	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*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*
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*
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*
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
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
ITALIAN SUB	1 EACH	361	47	1540	4.99	*3.27	*789.4	*4240	*151	*1.93	28.45	38.29	11.46	4.08	*0.12
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		591	51	1254	6.83	*3.12	*561.9	*3605	*441	*19.48	32.69	77.61	18.67	9.75	*0.02
% of Calories											22.1%	52.5%	28.4%	14.9%	*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 <sup>1</sup> (g)
Wed - 01/29/2014															
Middle School	Total														
BACON CHEESBURGER -THS	1 EACH	361	62	853	3.64	3.50	365.6	167	47	0.0	25.41	24.42	17.65	7.43	*0.00
BREADED CHICKEN SANDWICH	1 EACH	177	14	457	3.36	2.00	351.5	812	69	2.78	6.81	23.5	6.05	2.56	*0.00
-skip															
CHEESEBURGER OR HAMBURG	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*0.00
ER															
PIZZA,Whole Grain,Gourmet -k-6	1/10th of P izza	300	38	777	2.74	1.53	352.2	363	104	2.35	18.85	23.46	14.29	6.98	*0.06
POPCORN CHICKEN SALAD -EN TREE	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
garlic breadstick- 4-12	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
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*
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*
Sugar Snap Pea Pods	4 OZ SPO ODLE	18	0	2	1.56	0.42	23.4	39	8	7.03	0.78	3.9	0.0	0.00	0.00
CHOICE OF 4 OZ JUICE	1 EACH	60	0	0	0.00	0.00	0.0	0	0	30.0	1.0	16.0	0.0	0.00	*N/A*
BABY CARROTS - no dressing	1/2 C. Orn g Veg	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
FRESH CUCUMBERS W/ DIP	1/2 C Veg Other	11	0	2	0.38	0.21	12.0	79	16	2.11	0.49	2.73	0.08	0.03	*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*
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
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*
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*
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
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
ITALIAN SUB	1 EACH	361	47	1540	4.99	*3.27	*789.4	*4240	*151	*1.93	28.45	38.29	11.46	4.08	*0.12
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	58	1559	7.41	*3.66	*599.0	*2555	*401	*34.85	30.94	85.45	22.79	9.82	*0.02
% of Calories											18.7%	51.7%	31.0%	13.4%	*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 <sup>1</sup> (g)	
Thu - 01/30/2014															
Middle School	Total														
PASTA Bar w/ choice of Sauce	1 SERVING	334	19	461	*4.40	2.78	101.8	170	34	2.58	17.35	46.9	8.84	3.09	*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
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
CHEESEBURGER OR HAMBURG	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*0.00
ER															
(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
POPCORN CHICKEN SALAD -EN	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
TREE															
garlic breadstick- 4-12	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
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*
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*
Mini BANANA	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
BABY CARROTS - no dressing	1/2 C. Orn	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
	g Veg														
FRESH CUCUMBERS W/ Ranch P	1/2 C Veg	67	5	85	0.38	0.21	12.0	79	16	2.11	0.49	3.56	5.92	0.86	*N/A*
	Other														
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*
Cole Slaw	1/2 C Veg	103	6	332	0.76	0.14	15.2	76	15	11.36	0.76	11.27	6.3	1.20	0.00
	Other														
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*
GARDEN SALAD - No Dressing	1 C. Dk Gr	8	0	6	0.89	0.37	13.4	3900	218	1.71	0.49	1.62	0.12	0.02	*0.00
	een														
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
ITALIAN SUB	1 EACH	361	47	1540	4.99	*3.27	*789.4	*4240	*151	*1.93	28.45	38.29	11.46	4.08	*0.12
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	34	1224	*7.16	*3.50	*490.8	*3695	*553	*19.09	26.30	81.97	15.94	5.57	*0.00
% of Calories										18.6%	58.1%	25.4%	8.9%	*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 <sup>1</sup> (g)
Fri - 01/31/2014															
Middle School	Total														
MINI PANCAKES W/ SYRUP - 4-12	9 EACH	290	0	440	1.00	1.80	40.0	2000	400	0.0	4.0	62.0	3.0	0.00	*N/A*
Fried Sliced Ham	2 slices	89	26	688	0.00	0.80	2.0	0	0	0.0	8.0	0.0	5.5	0.65	*0.00
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
CHEESEBURGER OR HAMBURG	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*0.00
ER															
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
PIZZA,Whole Grain,Cheese.-K-6	1/10th Pizz	262	25	592	2.78	1.34	347.5	331	97	1.41	15.96	23.47	11.47	6.14	*0.00
POPCORN CHICKEN SALAD -EN	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
TREE															
garlic breadstick- 4-12	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
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*
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*
CHOICE OF 4 OZ JUICE	1 EACH	60	0	0	0.00	0.00	0.0	0	0	30.0	1.0	16.0	0.0	0.00	*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*
	LE FULL														
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*
BABY CARROTS - no dressing	1/2 C. Orn	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
	g Veg														
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*
GARDEN SALAD - No Dressing	1 C. Dk Gr	8	0	6	0.89	0.37	13.4	3900	218	1.71	0.49	1.62	0.12	0.02	*0.00
	een														
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*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		717	30	1713	5.79	3.17	403.6	3187	540	22.46	23.09	109.48	21.55	5.34	*0.02
% of Calories											12.9%	61.1%	27.1%	6.7%	*0.0%
Weighted Average		644	50	1412	*6.93	*3.69	*501.1	*2995	*442	*25.50	28.06	91.95	19.34	7.02	*0.01
											17.4%	57.1%	27.0%	9.8%	*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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Mark Bindus, Registered Dietitian

Jan 7, 2014 thru Jan 31, 2014 Spreadsheet - Portion Values  
Middle School

Dec 18, 2013

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Nutrient	Menu AVG	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 <sup>1</sup> (g)	Error Messages (if any)	
Calories	644		600 - 700		100%													
Cholesterol (mg)	50																	
Sodium (mg)	1412		1360															*Target effective with 2014-2015 School Year!
Fiber (g)	6.93					Missing												
Iron (mg)	3.69					Missing												
Calcium (mg)	501.1					Missing												
Vitamin A (IU)	2995					Missing												
Vitamin A (RE)	442					Missing												
Vitamin C (mg)	25.50					Missing												
Protein (g)	28.06	17.44%																
Carbohydrate (g)	91.95	57.14%																
Total Fat (g)	19.34	27.04%	<=30.00%															
Saturated Fat (g)	7.02	9.81%	<10.00%															
Trans Fat <sup>1</sup> (g)	0.01	0.02%				Missing												

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