

Mark Bindus, Registered Dietitian

Nov 1, 2013 thru Nov 26, 2013 Spreadsheet - Portion Values

Oct 23, 2013

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 ¹ (g)
Fri - 11/01/2013															
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%

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

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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 ¹ (g)
Mon - 11/04/2013															
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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	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 - 11/06/2013															
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 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*
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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Thu - 11/07/2013															
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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Fri - 11/08/2013															
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	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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Mark Bindus, Registered Dietitian

Nov 1, 2013 thru Nov 26, 2013 Spreadsheet - Portion Values

Oct 23, 2013

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 ¹ (g)
Mon - 11/11/2013															
Middle School	Total														
CHICKEN FRIES -4-12	8 EACH	158	25	465	0.99	1.42	39.6	99	22	0.0	12.86	13.85	5.93	1.48	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
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*
MASHED POTATOES W/ GRAVY 4-12	2/3 C Star chVeg	180	1	184	2.33	0.52	29.4	5	1	41.17	3.75	26.94	5.58	1.05	*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*
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*
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		557	29	1196	6.10	*2.86	*369.5	*2061	*307	*51.74	25.63	88.21	12.65	3.94	*0.00
% of Calories											18.4%	63.4%	20.5%	6.4%	*0.0%

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Nov 1, 2013 thru Nov 26, 2013 Spreadsheet - Portion Values

Oct 23, 2013

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 ¹ (g)
Tue - 11/12/2013															
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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Nov 1, 2013 thru Nov 26, 2013 Spreadsheet - Portion Values

Oct 23, 2013

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 ¹ (g)
Wed - 11/13/2013															
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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Nov 1, 2013 thru Nov 26, 2013 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 ¹ (g)	
Thu - 11/14/2013															
Middle School	Total														
PASTA Bar w/ choice of Sauce	1 SERVIN	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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Mark Bindus, Registered Dietitian

Nov 1, 2013 thru Nov 26, 2013 Spreadsheet - Portion Values

Oct 23, 2013

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 ¹ (g)	
Fri - 11/15/2013															
Middle School	Total														
MACARONI & CHEESE-W.W.-6-12	#6 White Scoop	486	68	696	3.52	1.61	517.3	967	210	0.01	27.55	40.08	24.94	13.38	*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,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*
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
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 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*
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 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
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
Weighted Daily Average		700	52	1224	8.70	3.00	729.7	3506	570	33.72	31.67	96.27	22.64	10.80	*0.02
% of Calories										18.1%	55.0%	29.1%	13.9%		*0.0%

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Nov 1, 2013 thru Nov 26, 2013 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 ¹ (g)
Mon - 11/18/2013															
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/ DIP	1/2 C Veg	11	0	2	0.38	0.21	12.0	79	16	2.11	0.49	2.73	0.08	0.03	*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		590	33	1164	5.26	*4.79	*374.6	*2497	*322	*36.77	25.42	97.34	11.83	3.99	*0.00
% of Calories											17.2%	66.0%	18.1%	6.1%	*0.0%

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Nov 1, 2013 thru Nov 26, 2013 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 ¹ (g)
Tue - 11/19/2013															
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 - 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*
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														
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		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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Nov 1, 2013 thru Nov 26, 2013 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 ¹ (g)
Wed - 11/20/2013															
Middle School	Total														
TURKEY & GRAVY 4-12	1 LADLE	188	42	672	0.09	1.40	10.6	10	2	0.04	17.1	10.85	6.93	1.95	*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
BREAD STUFFING	1/3 CUP	164	13	596	1.43	1.61	119.5	193	46	1.04	4.35	22.52	6.27	3.36	*N/A*
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, 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*
MASHED POTATOES W/ GRAVY 4-12	2/3 C Star chVeg	180	1	184	2.33	0.52	29.4	5	1	41.17	3.75	26.94	5.58	1.05	*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*
SWEET POTATOES - 4-12	1/2 C Orn g Veg	130	0	65	2.63	0.87	18.8	8024	627	9.45	1.13	26.88	2.19	0.41	*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
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
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
Weighted Daily Average		929	43	1736	11.09	*4.63	*513.3	*3059	*412	*61.02	33.50	141.99	25.78	7.79	*0.00
% of Calories											14.4%	61.1%	25.0%	7.5%	*0.0%

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Nov 1, 2013 thru Nov 26, 2013 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 ¹ (g)
Thu - 11/21/2013															
Middle School	Total														
Pretzel Bun Grilled Cheese,W.G	1	426	45	481	3.00	1.89	440.5	524	131	0.0	21.61	40.42	20.35	10.59	*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) CHEESY BREADSTICKS	2 BREAD STICKS	357	20	663	4.13	2.85	320.8	441	124	3.07	18.58	53.18	11.17	4.17	*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*
BROCCOLI W/ CHEESE SAUCE	1/2 C DkG	37	0	152	1.88	0.38	35.2	878	79	36.8	1.74	6.57	0.86	0.06	*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
FRESH CANTELOPE	1/8TH MELON	24	0	6	1.00	0.00	10.0	1100	220	29.4	1.0	6.0	0.2	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*
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
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
GIANT GOLDFISH GRAHAM COOKIES	1 EACH	120	0	150	1.00	1.08	0.0	0	0	0.0	2.0	19.0	4.0	1.00	*N/A*
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		667	38	1086	6.66	*3.97	*601.2	*2973	*474	*19.64	29.40	95.25	21.04	8.44	*0.00
% of Calories											17.6%	57.1%	28.4%	11.4%	*0.0%

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Mark Bindus, Registered Dietitian

Nov 1, 2013 thru Nov 26, 2013 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 ¹ (g)
Fri - 11/22/2013															
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	g Veg 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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Nov 1, 2013 thru Nov 26, 2013 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 ¹ (g)
Mon - 11/25/2013															
Middle School	Total														
CHICKEN FRIES -4-12	8 EACH	158	25	465	0.99	1.42	39.6	99	22	0.0	12.86	13.85	5.93	1.48	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
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*
MASHED POTATOES W/ GRAVY 4-12	2/3 C Star chVeg	180	1	184	2.33	0.52	29.4	5	1	41.17	3.75	26.94	5.58	1.05	*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*
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*
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		557	29	1196	6.10	*2.86	*369.5	*2061	*307	*51.74	25.63	88.21	12.65	3.94	*0.00
% of Calories											18.4%	63.4%	20.5%	6.4%	*0.0%

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Nov 1, 2013 thru Nov 26, 2013 Spreadsheet - Portion Values

Oct 23, 2013

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 ¹ (g)
Tue - 11/26/2013															
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%

Weighted Average		644	48	1330	*7.03	*3.62	*504.4	*2832	*421	*31.10	28.31	93.72	18.48	6.61	*0.01
											17.6%	58.3%	25.8%	9.2%	*0.0%

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Nov 1, 2013 thru Nov 26, 2013 Spreadsheet - Portion Values
Middle School

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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 ¹ (g)	Error Messages (if any)
Calories	644		600 - 700	100%													
Cholesterol (mg)	48																
Sodium (mg)	1330		1360														*Target effective with 2014-2015 School Year!
Fiber (g)	7.03					Missing											
Iron (mg)	3.62					Missing											
Calcium (mg)	504.4					Missing											
Vitamin A (IU)	2832					Missing											
Vitamin A (RE)	421					Missing											
Vitamin C (mg)	31.10					Missing											
Protein (g)	28.31	17.60%															
Carbohydrate (g)	93.72	58.25%															
Total Fat (g)	18.48	25.85%	<=30.00%														
Saturated Fat (g)	6.61	9.24%	<10.00%														
Trans Fat ¹ (g)	0.01	0.01%				Missing											

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