

Mark Bindus, Registered Dietitian

Cycle No. 1 thru Cycle No. 5 Cycle Spreadsheet - Portion Values Elementary School

Jun 19, 2014

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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)
Week 1 Day 1															
Elementary School	Total														
FRENCH TOAST STIX W/ SYRUP k-3	3 EACH	268	110	315	2.00	1.41	21.3	200	40	0.0	7.0	51.22	4.0	1.00	*0.00
Fried Sliced Ham - k-3	1 slices	59	19	516	0.00	0.60	1.5	0	0	0.0	6.0	0.0	3.26	0.43	*0.00
PIZZA, Whole Grain, Pepper.-K-6	1/10th Pizz	285	29	667	2.78	1.41	348.5	331	97	1.45	16.98	23.47	13.47	6.81	*0.07
POTATO ROUNDS-K-12	2/3 CUP	161	0	406	2.11	0.54	11.8	4	2	5.32	1.73	23.44	7.28	1.54	*N/A*
BABY CARROTS - no dressing-k-3	1/3 C. Orn g Veg	13	0	29	1.07	0.33	11.7	5082	508	0.98	0.23	3.0	0.04	0.01	0.00
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Strawberry Applesauce	1/2 CUP	70	0	21	1.53	0.16	3.9	37	4	27.05	0.53	18.03	0.06	0.01	*N/A*
ORANGE JUICE: canned, unswtnd	1/2 CUP	59	0	5	0.37	0.12	12.5	218	22	37.47	0.85	13.71	0.19	0.02	*N/A*
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		636	113	1394	5.12	2.58	335.1	1639	243	37.91	23.27	102.85	15.38	4.01	*0.01
% of Calories											14.6%	64.7%	21.8%	5.7%	*0.0%

Week 1 Day 2															
Elementary School	Total														
TACO, SOFT - K-3	1 EACH	286	32	1185	2.99	3.05	267.1	1089	223	5.87	19.37	25.5	12.58	5.38	*0.00
(2)NEW Cheesy Breadsticks-K-6	2 EACH	287	24	694	2.99	2.02	341.1	458	123	4.72	16.4	28.51	12.35	6.09	*0.00
BUTTERED CORN - 4-12	4 OZ SPO ODLE	106	0	29	2.64	0.52	3.3	219	24	3.85	2.81	21.23	2.57	0.44	*N/A*
BABY CARROTS - no dressing-k-3	1/3 C. Orn g Veg	13	0	29	1.07	0.33	11.7	5082	508	0.98	0.23	3.0	0.04	0.01	0.00
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
PEARS: canned, light syrup 4-12	4 OZ	65	0	6	1.81	0.32	5.7	0	0	0.79	0.22	17.2	0.03	0.00	*N/A*
WATERMELON WEDGE	SMALL W EDGE	21	0	1	0.28	0.17	5.0	404	26	5.75	0.43	5.36	0.11	0.01	*N/A*
FUN SIZE DORITOS	1 BAG	79	0	112	0.56	0.21	21.9	30	6	0.08	1.12	9.53	3.93	0.56	*N/A*
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		587	31	1264	6.19	3.23	600.5	2835	427	12.41	28.69	80.81	18.65	7.02	*0.00
% of Calories											19.6%	55.1%	28.6%	10.8%	*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)
Week 1 Day 3															
Elementary School	Total														
TURKEY & GRAVY k-3	#6 WHITE SCOOP	131	32	487	0.05	1.05	6.8	6	1	0.02	12.96	6.71	4.84	1.40	*0.00
ROLL- K-3	1 ROLL	60	0	95	1.00	1.44	60.0	0	0	0.0	2.5	11.0	0.75	0.00	0.00
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
DANIMALS YOGURT	1 EACH (4 OZ)	116	6	83	0.06	0.27	170.1	29	6	2.1	5.22	21.89	0.81	0.51	*N/A*
W.W. HOT SOFT PRETZEL -2.5 oz	1 EACH	190	0	160	2.00	3.60	20.0	0	0	0.0	8.0	41.0	0.0	0.00	*N/A*
MASHED POTATOES W/ GRAVY k-3	1/2 C Star chVeg	126	1	129	1.63	0.36	20.6	4	1	28.82	2.62	18.86	3.91	0.73	*0.00
GARDEN SALAD - No Dressing	1 C. Dk Gr een	8	0	6	0.89	0.37	13.4	3900	218	1.71	0.49	1.62	0.12	0.02	*0.00
Milk, Chocolate, Fat Free - 8oz	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
PINEAPPLE CHUNKS IN JUICE	4 OZ SPO ODLE	68	0	1	1.47	0.32	18.1	57	11	10.66	0.58	17.64	0.12	0.01	*N/A*
Sliced Banana w/ Chocolate Syr	1 each banana	105	0	4	2.79	0.26	5.1	65	8	8.79	1.1	26.57	0.33	0.11	*0.00
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
ITALIAN DRESSING, LIGHT, GFS	1 oz	20	0	570	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.0	0.00	0.00
Mini Ice Cream Sandwich	1 each	120	0	95	0.00	0.36	40.0	500	100	0.0	3.0	20.75	2.78	1.07	0.00
Weighted Daily Average		641	32	1063	5.19	3.03	514.7	2136	305	28.42	29.27	98.42	14.85	5.61	*0.03
% of Calories											18.3%	61.4%	20.9%	7.9%	*0.0%

Week 1 Day 4															
Elementary School	Total														
POPCORN CHICKEN - THS	# 6 SCOOP	290	32	390	0.00	3.27	0.0	0	0	0.0	12.7	39.92	9.07	1.81	*N/A*
Whole Wheat MINI Soft Pretzel	1 EACH	80	0	65	1.84	1.44	*N/A*	0	0	0.0	3.0	17.0	0.0	0.00	*N/A*
(2)NEW Cheesy Breadsticks-K-6	2 EACH	287	24	694	2.99	2.02	341.1	458	123	4.72	16.4	28.51	12.35	6.09	*0.00
BBQ Baked Beans	1/2 C Veg Legum	180	0	506	5.13	1.57	58.1	133	13	2.93	5.23	33.57	0.51	0.16	*0.00
CUCUMBERS, sliced	5 slices w/d	9	0	1	0.30	0.17	9.6	63	13	1.69	0.39	2.19	0.07	0.02	*N/A*
Milk, Chocolate, Fat Free - 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*
PEACHES: canned,light syrup	1/2 cup	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
APPLES,SLICED W/CARAMEL 4-	1 EACH	129	0	51	2.07	0.10	5.2	47	4	3.97	0.22	32.61	0.53	0.03	*N/A*
BBQ SAUCE	12 gm	35	0	390	0.00	0.00	0.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		683	40	1274	5.76	5.15	*340.6	764	143	6.36	26.38	116.23	12.52	3.44	*0.00
% of Calories											15.5%	68.1%	16.5%	4.5%	*0.0%

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Elementary School

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)	
Week 1 Day 5															
Elementary School	Total														
Pretzel w/ Real Cheese Sauce	1 each	307	36	539	3.07	1.86	281.3	566	113	1.44	14.82	34.74	13.08	6.98	0.00
Hamburger or Cheeseburger-k-12	1 each	355	79	365	3.07	3.53	260.7	103	21	0.13	25.9	22.85	16.93	6.57	*0.00
BROCCOLI: fresh, boiled	1/2 C DkG rn Veg	19	0	22	1.80	0.36	21.8	843	76	35.33	1.3	3.91	0.22	0.04	*0.00
BABY CARROTS - no dressing-k-3	1/3 C. Orn g Veg	13	0	29	1.07	0.33	11.7	5082	508	0.98	0.23	3.0	0.04	0.01	0.00
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Strawberries w/ topping	4 OZ LAD LE FULL	51	0	1	1.56	0.56	11.9	34	3	30.69	0.32	8.8	2.08	2.00	*N/A*
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	52	0	2	1.46	0.15	3.7	35	4	25.86	0.21	13.77	0.06	0.01	*N/A*
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		502	54	744	5.78	3.09	555.6	3270	421	47.13	27.41	64.17	16.48	8.36	*0.00
% of Calories											21.8%	51.1%	29.5%	15.0%	*0.0%

Weighted Average		610	54	1148	5.61	3.42	*469.3	2129	308	26.45	27.00 17.7%	92.49 60.7%	15.58 23.0%	5.69 8.4%	*0.01 *0.0%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	610		550 - 650	100%				
Cholesterol (mg)	54							
Sodium (mg)	1148		1230					*Target effective with 2014-2015 School Year!
Fiber (g)	5.61							
Iron (mg)	3.42							
Calcium (mg)	469.3				Missing			
Vitamin A (IU)	2129							
Vitamin A (RE)	308							
Vitamin C (mg)	26.45							
Protein (g)	27.00	17.72%						
Carbohydrate (g)	92.49	60.69%						
Total Fat (g)	15.58	23.00%	<=30.00%					
Saturated Fat (g)	5.69	8.40%	<10.00%					
Trans Fat ¹ (g)	0.01	0.01%			Missing			

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