

Mark Bindus, Registered Dietitian

Cycle No. 6 thru Cycle No. 11 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) | 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 2 Day 1 | | | | | | | | | | | | | | | |
| Elementary School | Total | | | | | | | | | | | | | | |
| BREAKFAST BAGEL SANDWICH | 1 EACH | 285 | 137 | 728 | 4.00 | 2.56 | 133.5 | 304 | 76 | 0.0 | 15.9 | 31.42 | 10.42 | 3.81 | *0.00 |
| PIZZA,Whole Grain,Pepper.-K-6 | 1/10th Pizz | 285 | 29 | 667 | 2.78 | 1.41 | 348.5 | 331 | 97 | 1.45 | 16.98 | 23.47 | 13.47 | 6.81 | *0.07 |
| SEASONED WEDGE FRIES K - 3 | 1/2 C Star chVeg | 183 | 0 | 59 | 2.83 | 2.37 | 18.1 | 0 | 0 | 26.65 | 5.58 | 41.03 | 0.37 | 0.09 | *N/A* |
| BABY CARROTS - no dressing-k-3 | 1/3 C. Orn g Veg | 13 | 0 | 29 | 1.07 | 0.33 | 11.7 | 5082 | 508 | 0.98 | 0.23 | 3.0 | 0.04 | 0.01 | 0.00 |
| Milk, Chocolate, Fat Free - 8o | half pint | 120 | 0 | 240 | 0.00 | 0.00 | 250.0 | 500 | 100 | 1.2 | 8.0 | 23.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | HALF PINT | 102 | 12 | 107 | 0.00 | 0.07 | 305.0 | 478 | 144 | 0.0 | 8.22 | 12.18 | 2.37 | 1.54 | *N/A* |
| Strawberry Applesauce | 1/2 CUP | 70 | 0 | 21 | 1.53 | 0.16 | 3.9 | 37 | 4 | 27.05 | 0.53 | 18.03 | 0.06 | 0.01 | *N/A* |
| ORANGE JUICE: canned,unswtnd | 1/2 CUP | 59 | 0 | 5 | 0.37 | 0.12 | 12.5 | 218 | 22 | 37.47 | 0.85 | 13.71 | 0.19 | 0.02 | *N/A* |
| Buttermilk Ranch, Low-fat, HM | 1 oz | 40 | 9 | 182 | 0.00 | 0.01 | 19.7 | 12 | 2 | 0.17 | 0.56 | 3.33 | 2.67 | 0.93 | *0.00 |
| Weighted Daily Average | | 619 | 119 | 1004 | 7.19 | 4.62 | 432.4 | 1749 | 274 | 58.29 | 29.06 | 101.38 | 11.92 | 4.69 | *0.01 |
| % of Calories | | | | | | | | | | | 18.8% | 65.6% | 17.3% | 6.8% | *0.0% |

| | | | | | | | | | | | | | | | |
|--------------------------------|------------------|-----|----|------|------|------|-------|------|-----|-------|-------|-------|-------|------|-------|
| Week 2 Day 2 | | | | | | | | | | | | | | | |
| Elementary School | Total | | | | | | | | | | | | | | |
| (4) BREADED CHICKEN TENDER | 4 each | 246 | 46 | 479 | 0.00 | 1.40 | 11.0 | 98 | 20 | 1.0 | 15.6 | 12.2 | 14.9 | 3.30 | *N/A* |
| Dinner Roll, Whole Wheat, 1.1 | 1 each | 80 | 0 | 140 | 2.00 | 0.72 | 20.0 | 0 | 0 | 0.0 | 3.0 | 15.0 | 1.0 | 0.00 | 0.00 |
| (2)NEW Cheesy Breadsticks-K-6 | 2 EACH | 287 | 24 | 694 | 2.99 | 2.02 | 341.1 | 458 | 123 | 4.72 | 16.4 | 28.51 | 12.35 | 6.09 | *0.00 |
| MASHED POTATOES W/ GRAVY k-3 | 1/2 C Star chVeg | 126 | 1 | 129 | 1.63 | 0.36 | 20.6 | 4 | 1 | 28.82 | 2.62 | 18.86 | 3.91 | 0.73 | *0.00 |
| GARDEN SALAD - No Dressing | 1 C. Dk Gr een | 8 | 0 | 6 | 0.89 | 0.37 | 13.4 | 3900 | 218 | 1.71 | 0.49 | 1.62 | 0.12 | 0.02 | *0.00 |
| Milk, Chocolate, Fat Free - 8o | half pint | 120 | 0 | 240 | 0.00 | 0.00 | 250.0 | 500 | 100 | 1.2 | 8.0 | 23.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | HALF PINT | 102 | 12 | 107 | 0.00 | 0.07 | 305.0 | 478 | 144 | 0.0 | 8.22 | 12.18 | 2.37 | 1.54 | *N/A* |
| PEARS: canned,light syrup 4-12 | 4 OZ | 65 | 0 | 6 | 1.81 | 0.32 | 5.7 | 0 | 0 | 0.79 | 0.22 | 17.2 | 0.03 | 0.00 | *N/A* |
| ORANGES WEDGES -4-12 | 3/4 EACH | 34 | 0 | 0 | 1.73 | 0.07 | 28.8 | 162 | 15 | 38.3 | 0.68 | 8.46 | 0.09 | 0.01 | *N/A* |
| BBQ SAUCE | 12 gm | 35 | 0 | 390 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Buttermilk Ranch, Low-fat, HM | 1 oz | 40 | 9 | 182 | 0.00 | 0.01 | 19.7 | 12 | 2 | 0.17 | 0.56 | 3.33 | 2.67 | 0.93 | *0.00 |
| ITALIAN DRESSING, LIGHT, GFS | 1 oz | 20 | 0 | 570 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 2.0 | 1.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 555 | 44 | 1213 | 4.84 | 2.47 | 431.6 | 2290 | 254 | 42.58 | 27.83 | 72.46 | 17.70 | 5.02 | *0.00 |
| % of Calories | | | | | | | | | | | 20.0% | 52.2% | 28.7% | 8.1% | *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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| 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 2 Day 3 | | | | | | | | | | | | | | | |
| Elementary School | Total | | | | | | | | | | | | | | |
| CORN DOG, Whole Grain | 1 EACH | 240 | 40 | 390 | 5.00 | 1.80 | 80.0 | 0 | 0 | 0.0 | 9.0 | 30.0 | 8.0 | 3.00 | *N/A* |
| PIZZA, Whole Grain, Pepper.-K-6 | 1/10th Pizz | 285 | 29 | 667 | 2.78 | 1.41 | 348.5 | 331 | 97 | 1.45 | 16.98 | 23.47 | 13.47 | 6.81 | *0.07 |
| 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* |
| POTATO SMILES, ORIEDA | 4 EACH | 224 | 0 | 524 | 2.80 | 0.18 | 10.0 | 0 | 0 | 0.6 | 3.07 | 32.53 | 8.93 | 4.53 | *N/A* |
| BABY CARROTS - no dressing-k-3 | 1/3 C. Orn g Veg | 13 | 0 | 29 | 1.07 | 0.33 | 11.7 | 5082 | 508 | 0.98 | 0.23 | 3.0 | 0.04 | 0.01 | 0.00 |
| Milk, Chocolate, Fat Free - 8o | half pint | 120 | 0 | 240 | 0.00 | 0.00 | 250.0 | 500 | 100 | 1.2 | 8.0 | 23.0 | 0.0 | 0.00 | 0.00 |
| MILK, 1% Lowfat | HALF PINT | 102 | 12 | 107 | 0.00 | 0.07 | 305.0 | 478 | 144 | 0.0 | 8.22 | 12.18 | 2.37 | 1.54 | *N/A* |
| PINEAPPLE CHUNKS: natural juic | 1/2 cup | 54 | 0 | 1 | 1.18 | 0.25 | 14.5 | 45 | 9 | 8.51 | 0.46 | 14.08 | 0.1 | 0.01 | *N/A* |
| Sliced Banana w/ Chocolate Syr | 1 each banana | 105 | 0 | 4 | 2.79 | 0.26 | 5.1 | 65 | 8 | 8.79 | 1.1 | 26.57 | 0.33 | 0.11 | *0.00 |
| Buttermilk Ranch, Low-fat, HM | 1 oz | 40 | 9 | 182 | 0.00 | 0.01 | 19.7 | 12 | 2 | 0.17 | 0.56 | 3.33 | 2.67 | 0.93 | *0.00 |
| Weighted Daily Average | | 649 | 36 | 1188 | 8.45 | 2.28 | 477.7 | 2601 | 344 | 10.65 | 24.03 | 98.33 | 18.03 | 8.54 | *0.03 |
| % of Calories | | | | | | | | | | 14.8% | 60.6% | 25.0% | 11.8% | *0.0% | |

| | | | | | | | | | | | | | | | |
|--------------------------------|-----------|-----|----|-----|------|------|-------|------|-----|-------|-------|-------|-------|-------|-------|
| Week 2 Day 4 | | | | | | | | | | | | | | | |
| Elementary School | Total | | | | | | | | | | | | | | |
| BREADED CHICKEN SANDWICH | 1 EACH | 290 | 25 | 610 | 5.00 | 3.60 | 280.0 | 100 | 20 | 0.0 | 18.01 | 38.01 | 7.5 | 1.50 | *0.00 |
| (2)NEW Cheesy Breadsticks-K-6 | 2 EACH | 287 | 24 | 694 | 2.99 | 2.02 | 341.1 | 458 | 123 | 4.72 | 16.4 | 28.51 | 12.35 | 6.09 | *0.00 |
| GREEN BEANS: canned,cooked | 1/2 cup | 14 | 0 | 171 | 1.29 | 0.61 | 17.7 | 237 | 47 | 2.93 | 0.82 | 3.06 | 0.07 | 0.01 | *N/A* |
| CUCUMBERS, sliced | 5 slices | 9 | 0 | 1 | 0.30 | 0.17 | 9.6 | 63 | 13 | 1.69 | 0.39 | 2.19 | 0.07 | 0.02 | *N/A* |
| Milk, Chocolate, Fat Free - 8o | half pint | 120 | 0 | 240 | 0.00 | 0.00 | 250.0 | 500 | 100 | 1.2 | 8.0 | 23.0 | 0.0 | 0.00 | 0.00 |
| MILK, 1% Lowfat | HALF PINT | 102 | 12 | 107 | 0.00 | 0.07 | 305.0 | 478 | 144 | 0.0 | 8.22 | 12.18 | 2.37 | 1.54 | *N/A* |
| PEACHES: canned,light syrup | 1/2 cup | 68 | 0 | 6 | 1.63 | 0.45 | 3.8 | 444 | 44 | 3.01 | 0.56 | 18.26 | 0.04 | 0.00 | *N/A* |
| APPLES, SLICED W/CARAMEL 4- | 1 EACH | 129 | 0 | 51 | 2.07 | 0.10 | 5.2 | 47 | 4 | 3.97 | 0.22 | 32.61 | 0.53 | 0.03 | *N/A* |
| 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 |
| Florida's Nat Fruit Snack | 1 EACH | 40 | 0 | 8 | 0.00 | 0.00 | 0.0 | 0 | 0 | 30.0 | 1.0 | 9.5 | 0.0 | 0.00 | *N/A* |
| Weighted Daily Average | | 549 | 27 | 991 | 6.31 | 3.33 | 569.7 | 1023 | 208 | 35.51 | 26.60 | 89.71 | 11.02 | 4.13 | *0.00 |
| % of Calories | | | | | | | | | | 19.4% | 65.4% | 18.1% | 6.8% | *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

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| | 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 2 Day 5 | | | | | | | | | | | | | | | |
| Elementary School | Total | | | | | | | | | | | | | | |
| NACHOS W/ CHEESE | SERVINGS | 363 | 36 | 536 | 2.87 | 1.07 | 345.3 | 566 | 113 | 0.24 | 12.62 | 29.94 | 22.38 | 8.38 | *0.00 |
| Hamburger or Cheeseburger-k-12 | 1 each | 355 | 79 | 365 | 3.07 | 3.53 | 260.7 | 103 | 21 | 0.13 | 25.9 | 22.85 | 16.93 | 6.57 | *0.00 |
| Crunchy, Cheesy REFRIED BEANS | 1/2 C Veg Legum | 170 | 4 | 341 | 7.34 | 1.27 | 107.0 | 79 | 20 | 0.0 | 11.92 | 22.51 | 3.08 | 0.96 | *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 | 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 | LE FULL 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 | | 562 | 51 | 814 | 5.68 | 2.33 | 622.7 | 2289 | 336 | 24.97 | 26.64 | 63.75 | 23.49 | 9.52 | *0.00 |
| % of Calories | | | | | | | | | | | 19.0% | 45.3% | 37.6% | 15.2% | *0.0% |

| | | | | | | | | | | | | | | | |
|------------------|--|-----|----|------|------|------|-------|------|-----|-------|-------|-------|-------|------|-------|
| Weighted Average | | 587 | 56 | 1042 | 6.49 | 3.01 | 506.8 | 1991 | 283 | 34.40 | 26.83 | 85.12 | 16.43 | 6.38 | *0.01 |
| | | | | | | | | | | | 18.3% | 58.0% | 25.2% | 9.8% | *0.0% |

| Nutrient | Menu AVG | % of Cals | Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|-----------|-------------|-----------|-----------|---------|---|
| Calories | 587 | | 550 - 650 | 100% | | | | |
| Cholesterol (mg) | 56 | | | | | | | |
| Sodium (mg) | 1042 | | 1230 | | | | | *Target effective with 2014-2015 School Year! |
| Fiber (g) | 6.49 | | | | | | | |
| Iron (mg) | 3.01 | | | | | | | |
| Calcium (mg) | 506.8 | | | | | | | |
| Vitamin A (IU) | 1991 | | | | | | | |
| Vitamin A (RE) | 283 | | | | | | | |
| Vitamin C (mg) | 34.40 | | | | | | | |
| Protein (g) | 26.83 | 18.29% | | | | | | |
| Carbohydrate (g) | 85.12 | 58.03% | | | | | | |
| Total Fat (g) | 16.43 | 25.21% | <=30.00% | | | | | |
| Saturated Fat (g) | 6.38 | 9.79% | <10.00% | | | | | |
| Trans Fat ¹ (g) | 0.01 | 0.01% | | | Missing | | | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
***** - denotes combined nutrient totals with either missing or incomplete nutrient data
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