

# Mark Bindus, Registered Dietitian

## Cycle No. 12 thru Cycle No. 17 Cycle Spreadsheet - Portion Values Elementary School

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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 <sup>1</sup> (g)
Week 3 Day 1															
Elementary School	Total														
Mini Pancakes, Maple, Whole Gr	1 each	230	10	270	3.00	0.72	60.0	0	0	0.0	5.0	40.0	7.0	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-3	2/3 CUP	161	0	406	2.11	0.54	11.8	4	2	5.32	1.73	23.44	7.28	1.54	*N/A*
BABY CARROTS - no dressing-k-3	1/3 C. Orn g Veg	13	0	29	1.07	0.33	11.7	5082	508	0.98	0.23	3.0	0.04	0.01	0.00
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
CINNAMON SUGAR APPLES (W ARM)	1/2 cup	127	0	1	3.44	0.31	14.3	58	11	0.28	0.41	32.9	0.51	0.08	*0.00
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		633	31	1348	6.87	2.09	371.8	1486	214	24.71	21.58	101.04	18.05	4.05	*0.01
% of Calories											13.6%	63.8%	25.7%	5.8%	*0.0%

Week 3 Day 2															
Elementary School	Total														
CHICKEN QUESIDILLA - K-3	1 half	318	69	939	2.38	1.96	283.2	810	99	0.89	20.04	22.78	16.93	9.71	*0.00
(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		599	44	1170	5.96	2.81	606.7	2728	380	10.51	28.95	79.77	20.31	8.67	*0.00
% of Calories											19.3%	53.3%	30.5%	13.0%	*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 <sup>1</sup> (g)
<b>Week 3 Day 3</b>															
Elementary School	Total														
HOT DOG ON A BUN, TURKEY	SERVING	250	50	890	3.00	3.30	275.0	28	6	6.2	10.0	24.0	12.5	3.00	*0.00
PIZZA, Whole Grain, Pepper.-K-6	1/10th Pizz	285	29	667	2.78	1.41	348.5	331	97	1.45	16.98	23.47	13.47	6.81	*0.07
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*
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*
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
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		615	43	1219	9.26	4.05	690.1	3233	471	15.72	25.43	93.39	16.87	6.22	*0.04
% of Calories											16.5%	60.7%	24.7%	9.1%	*0.1%

<b>Week 3 Day 4</b>															
Elementary 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*
Whole Wheat MINI Soft Pretzel	1 EACH	80	0	65	1.84	1.44	*N/A*	0	0	0.0	3.0	17.0	0.0	0.00	*N/A*
(2)NEW Cheesy Breadsticks-K-6	2 EACH	287	24	694	2.99	2.02	341.1	458	123	4.72	16.4	28.51	12.35	6.09	*0.00
BBQ Baked Beans	1/2 C Veg Legum	180	0	506	5.13	1.57	58.1	133	13	2.93	5.23	33.57	0.51	0.16	*0.00
CUCUMBERS, sliced	5 slices w/d	9	0	1	0.30	0.17	9.6	63	13	1.69	0.39	2.19	0.07	0.02	*N/A*
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
PEACHES: canned, light syrup	1/2 cup	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
APPLES, SLICED W/CARAMEL 4-	1 EACH	129	0	51	2.07	0.10	5.2	47	4	3.97	0.22	32.61	0.53	0.03	*N/A*
BBQ SAUCE	12 gm	35	0	390	0.00	0.00	0.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		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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	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)
Week3 Day 5															
Elementary School	Total														
TOASTED CHEESE SANDWICH-k	1 EACH	207	19	992	4.00	2.93	669.4	116	23	0.0	19.28	24.89	4.78	2.38	*0.00
Sloppy Joe Sandwich on WW bun	1 each	354	68	389	4.47	3.93	220.9	455	91	1.92	24.69	30.05	13.57	4.66	*0.00
OVEN BAKED CURLY FRIES	1/2 C Star chVeg	125	6	275	1.67	0.50	0.0	0	0	7.55	1.67	16.67	5.83	2.50	*N/A*
BABY CARROTS - no dressing-k-3	1/3 C. Orn g Veg	13	0	29	1.07	0.33	11.7	5082	508	0.98	0.23	3.0	0.04	0.01	0.00
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Strawberries w/ topping	4 OZ LAD	51	0	1	1.56	0.56	11.9	34	3	30.69	0.32	8.8	2.08	2.00	*N/A*
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	52	0	2	1.46	0.15	3.7	35	4	25.86	0.21	13.77	0.06	0.01	*N/A*
FORTUNE COOKIE	1 EACH	16	0	0	0.00	0.00	0.0	0	0	0.0	1.0	2.0	0.5	0.00	*N/A*
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		536	40	1332	6.98	4.01	837.2	2030	283	31.38	31.67	73.64	14.31	6.45	*0.00
% of Calories											23.6%	54.9%	24.0%	10.8%	*0.0%

Weighted Average		613	40	1269	6.97	3.62	*569.3	2048	298	17.73	26.80	92.81	16.41	5.77	*0.01
											17.5%	60.5%	24.1%	8.5%	*0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	613		550 - 650	100%				
Cholesterol (mg)	40							
Sodium (mg)	1269		1230					*Target effective with 2014-2015 School Year!
Fiber (g)	6.97							
Iron (mg)	3.62							
Calcium (mg)	569.3				Missing			
Vitamin A (IU)	2048							
Vitamin A (RE)	298							
Vitamin C (mg)	17.73							
Protein (g)	26.80	17.48%						
Carbohydrate (g)	92.81	60.54%						
Total Fat (g)	16.41	24.09%	<=30.00%					
Saturated Fat (g)	5.77	8.46%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.01	0.01%			Missing			

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