

Mark Bindus, Registered Dietitian

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

Oct 22, 2013

DODGE INTERMEDIATE

Page 1

| | 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 | | | | | | | | | | | | | | | |
| DODGE INTERMEDIATE | | | | | | | | | | | | | | | |
| | 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 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 |
| 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* |
| 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- | 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 |
| 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* |
| 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* |
| 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 CUCUMBERS W/ DIP | 6 slices w/d | 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 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 | | 737 | 106 | 1705 | 6.69 | 3.27 | 401.4 | 2393 | 370 | 24.91 | 26.16 | 108.11 | 23.01 | 6.09 | *0.02 |
| % of Calories | | | | | | | | | | | 14.2% | 58.7% | 28.1% | 7.4% | *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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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

Oct 22, 2013

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DODGE INTERMEDIATE

| | 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 | | | | | | | | | | | | | | | |
| DODGE INTERMEDIATE | 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* |
| 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 | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | |
| Sliced Banana w/ Chocolate Syr | 1 each ba | 105 | 0 | 4 | 2.79 | 0.26 | 5.1 | 65 | 8 | 8.79 | 1.1 | 26.57 | 0.33 | 0.11 | *0.00 |
| | nana | | | | | | | | | | | | | | |
| 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* |
| 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* |
| 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 | | 613 | 33 | 1168 | 5.68 | *4.76 | *373.5 | *2127 | *303 | *35.41 | 25.69 | 103.71 | 11.68 | 3.72 | *0.00 |
| % of Calories | | | | | | | | | | | 16.8% | 67.7% | 17.1% | 5.5% | *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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DODGE INTERMEDIATE

| | 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 | | | | | | | | | | | | | | | |
| DODGE INTERMEDIATE | 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 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 - 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* |
| 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* |
| 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-BABY CARROTS - no dressing | LE FULL 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* |
| | 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 |
| 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* |
| 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 CUCUMBERS W/ DIP | 6 slices w/d | 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 |
| 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 | | 660 | 58 | 1569 | 6.84 | *3.65 | *597.2 | *2168 | *341 | *28.70 | 30.48 | 84.84 | 22.89 | 9.89 | *0.02 |
| % of Calories | | | | | | | | | | | 18.5% | 51.5% | 31.2% | 13.5% | *0.0% |

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

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DODGE INTERMEDIATE

| | 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 - 11/07/2013 | | | | | | | | | | | | | | | |
| DODGE INTERMEDIATE | | | | | | | | | | | | | | | |
| | 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 |
| 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 - 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* |
| 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* |
| 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* |
| 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 |
| 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 |
| 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* |
| Cole Slaw | 1/2 cup portion | 103 | 6 | 332 | 0.76 | 0.14 | 15.2 | 76 | 15 | 11.36 | 0.76 | 11.27 | 6.3 | 1.20 | 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* |
| FRESH CUCUMBERS W/ DIP | 6 slices w/d | 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 |
| 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 | | 526 | 27 | 952 | *6.37 | *3.15 | *464.3 | *2705 | *416 | *24.53 | 25.02 | 82.75 | 12.20 | 4.91 | *0.00 |
| % of Calories | | | | | | | | | | | 19.0% | 62.9% | 20.9% | 8.4% | *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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Mark Bindus, Registered Dietitian

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

Oct 22, 2013

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DODGE INTERMEDIATE

| | 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 - 11/08/2013 | | | | | | | | | | | | | | | |
| DODGE INTERMEDIATE | | | | | | | | | | | | | | | |
| | Total servings | 595 | 22 | 349 | 4.90 | 3.41 | 46.9 | 303 | 47 | 9.13 | 14.53 | 116.46 | 7.62 | 1.56 | *0.00 |
| | General Tso's Chix w/Rice-4-12 | 290 | 25 | 610 | 5.00 | 3.60 | 280.0 | 100 | 20 | 0.0 | 18.01 | 38.01 | 7.5 | 1.50 | *0.00 |
| | BREADED CHICKEN SANDWICH | 340 | 50 | 500 | 3.00 | 2.16 | 200.0 | 0 | 0 | 3.6 | 18.0 | 36.0 | 11.5 | 2.00 | 0.00 |
| | FISH SANDWICH | 255 | 30 | 380 | 3.01 | 2.74 | 258.1 | 107 | 21 | 0.01 | 15.92 | 22.37 | 10.75 | 4.39 | *0.00 |
| | CHEESEBURGER OR HAMBURGER | | | | | | | | | | | | | | |
| | PIZZA, Whole Grain, Pepper.-7-12 | 356 | 37 | 833 | 3.47 | 1.76 | 435.6 | 413 | 122 | 1.81 | 21.23 | 29.34 | 16.83 | 8.51 | *0.09 |
| | POPCORN CHICKEN SALAD -EN TREE | 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 | 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 | 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 | 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, | 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 | 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 | 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-BABY CARROTS - no dressing | 129 | 0 | 51 | 2.07 | 0.10 | 5.2 | 47 | 4 | 3.97 | 0.22 | 32.61 | 0.53 | 0.03 | *N/A* |
| | LE FULL | 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 | 90 | 0 | 1 | 2.63 | 0.26 | 5.1 | 65 | 8 | 8.79 | 1.1 | 23.07 | 0.33 | 0.11 | *N/A* |
| | WATERMELON WEDGE | 21 | 0 | 1 | 0.28 | 0.17 | 5.0 | 404 | 26 | 5.75 | 0.43 | 5.36 | 0.11 | 0.01 | *N/A* |
| | ORANGES WEDGES -4-12 | 34 | 0 | 0 | 1.73 | 0.07 | 28.8 | 162 | 15 | 38.3 | 0.68 | 8.46 | 0.09 | 0.01 | *N/A* |
| | FRESH CUCUMBERS W/ DIP | 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 | 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 | 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 | 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 | 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 | 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 | 361 | 47 | 1540 | 4.99 | *3.27 | *789.4 | *4240 | *151 | *1.93 | 28.45 | 38.29 | 11.46 | 4.08 | *0.12 |
| | CHOC. RICE KRISPY TREATS 4-1 | 110 | 0 | 87 | 0.27 | 3.29 | 2.4 | 576 | 95 | 4.39 | 1.05 | 20.95 | 2.69 | 0.54 | *0.00 |
| | Buttermilk Ranch, Low-fat, HM | 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 | 807 | 31 | 1133 | 6.93 | *6.38 | *432.6 | *3201 | *504 | *43.18 | 26.06 | 145.61 | 14.84 | 4.98 | *0.03 |
| | % of Calories | | | | | | | | | | 12.9% | 72.2% | 16.6% | 5.6% | *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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Mark Bindus, Registered Dietitian

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

Oct 22, 2013

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DODGE INTERMEDIATE

| | 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) |
|--------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 11/11/2013 | | | | | | | | | | | | | | | |
| DODGE INTERMEDIATE | 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* |
| 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* |
| 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 |
| Cole Slaw | 1/2 cup portion | 103 | 6 | 332 | 0.76 | 0.14 | 15.2 | 76 | 15 | 11.36 | 0.76 | 11.27 | 6.3 | 1.20 | 0.00 |
| Strawberries w/ topping | 4 OZ LADLE 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* |
| 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* |
| 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 | | 562 | 29 | 1199 | 6.16 | *2.89 | *370.5 | *2150 | *312 | *53.09 | 25.72 | 89.46 | 12.74 | 3.95 | *0.00 |
| % of Calories | | | | | | | | | | | 18.3% | 63.6% | 20.4% | 6.3% | *0.0% |

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Mark Bindus, Registered Dietitian

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

Oct 22, 2013

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DODGE INTERMEDIATE

| | 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) |
|---|------------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/12/2013 | | | | | | | | | | | | | | | |
| DODGE INTERMEDIATE | | | | | | | | | | | | | | | |
| Total | | | | | | | | | | | | | | | |
| NACHOS W/ BEEF & CHEESE- 4-BREADED CHICKEN SANDWICH | SERVINGS | 502 | 71 | 1000 | 3.91 | 2.90 | 157.3 | 205 | 41 | 0.0 | 23.86 | 40.0 | 27.1 | 7.43 | *0.00 |
| CHEESEBURGER OR HAMBURGER | 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 | SERVING | 255 | 30 | 380 | 3.01 | 2.74 | 258.1 | 107 | 21 | 0.01 | 15.92 | 22.37 | 10.75 | 4.39 | *0.00 |
| POPCORN CHICKEN SALAD -EN TREE | 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 |
| garlic breadstick- 4-12 | 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 |
| Milk, Chocolate, Fat Free - 8o | half pint | 107 | 0 | 160 | 2.00 | 1.08 | 20.0 | 0 | 0 | 0.0 | 4.0 | 22.0 | 1.84 | 0.06 | 0.00 |
| MILK,1% Lowfat | 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 |
| REFRIED BEANS - All Schools | 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* |
| | 1/2 C Veg | 122 | 2 | 577 | 5.90 | 1.97 | 77.3 | 19 | 6 | 6.95 | 8.56 | 17.84 | 2.01 | 0.86 | *N/A* |
| | 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* |
| 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 |
| 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 portion | 103 | 6 | 332 | 0.76 | 0.14 | 15.2 | 76 | 15 | 11.36 | 0.76 | 11.27 | 6.3 | 1.20 | 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* |
| | Other | | | | | | | | | | | | | | |
| 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* |
| 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 | | 645 | 52 | 1168 | 6.21 | *3.24 | *455.4 | *2671 | *406 | *31.10 | 28.54 | 90.06 | 20.70 | 6.49 | *0.00 |
| % of Calories | | | | | | | | | | | 17.7% | 55.8% | 28.9% | 9.0% | *0.0% |

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

Oct 22, 2013

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DODGE INTERMEDIATE

| | 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 | | | | | | | | | | | | | | | |
| DODGE INTERMEDIATE | | | | | | | | | | | | | | | |
| | 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* |
| 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 |
| 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* |
| 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 CUCUMBERS W/ DIP | 6 slices w/d | 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 |
| 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 | | 684 | 58 | 1819 | 6.93 | *3.32 | *666.8 | *2130 | *326 | *28.75 | 28.97 | 98.02 | 20.89 | 8.08 | *0.02 |
| % of Calories | | | | | | | | | | | 16.9% | 57.3% | 27.5% | 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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Mark Bindus, Registered Dietitian

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

Oct 22, 2013

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DODGE INTERMEDIATE

| | 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 | | | | | | | | | | | | | | | |
| DODGE INTERMEDIATE | 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 |
| (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 - 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* |
| BROCCOLI: fresh, boiled | 1/2 C DkG | 19 | 0 | 22 | 1.80 | 0.36 | 21.8 | 843 | 76 | 35.33 | 1.3 | 3.91 | 0.22 | 0.04 | *0.00 |
| | rn Veg | | | | | | | | | | | | | | |
| 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* |
| 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 |
| 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 |
| WATERMELON WEDGE | SMALL WEDGE | 21 | 0 | 1 | 0.28 | 0.17 | 5.0 | 404 | 26 | 5.75 | 0.43 | 5.36 | 0.11 | 0.01 | *N/A* |
| Cole Slaw | 1/2 cup portion | 103 | 6 | 332 | 0.76 | 0.14 | 15.2 | 76 | 15 | 11.36 | 0.76 | 11.27 | 6.3 | 1.20 | 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* |
| FRESH CUCUMBERS W/ DIP | 6 slices w/d | 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 |
| 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 |
| 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 |
| 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 | | 695 | 47 | 1062 | 9.05 | *3.37 | *726.3 | *3561 | *586 | *28.86 | 31.07 | 98.31 | 21.75 | 10.07 | *0.00 |
| % of Calories | | | | | | | | | | | 17.9% | 56.6% | 28.2% | 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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Mark Bindus, Registered Dietitian

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

Oct 22, 2013

DODGE INTERMEDIATE

| | 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 | | | | | | | | | | | | | | | |
| DODGE INTERMEDIATE | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| MINI PANCAKES W/ Lite SYRUP | 9 EACH | 264 | 0 | 501 | 1.00 | 1.82 | 45.7 | 2000 | 400 | 0.0 | 4.0 | 56.26 | 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 |
| 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 |
| 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- | 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 |
| 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* |
| 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* |
| 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 CUCUMBERS W/ DIP | 6 slices w/d | 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 | | 708 | 31 | 1752 | 5.84 | 3.24 | 410.4 | 3276 | 546 | 24.91 | 23.45 | 106.77 | 21.82 | 5.41 | *0.02 |
| % of Calories | | | | | | | | | | | 13.3% | 60.3% | 27.8% | 6.9% | *0.0% |

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Mark Bindus, Registered Dietitian

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

Oct 22, 2013

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DODGE INTERMEDIATE

| | 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 | | | | | | | | | | | | | | | |
| DODGE INTERMEDIATE | 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* |
| 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 | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | |
| Sliced Banana w/ Chocolate Syr | 1 each ba | 105 | 0 | 4 | 2.79 | 0.26 | 5.1 | 65 | 8 | 8.79 | 1.1 | 26.57 | 0.33 | 0.11 | *0.00 |
| | nana | | | | | | | | | | | | | | |
| 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* |
| 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* |
| 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 | | 613 | 33 | 1168 | 5.68 | *4.76 | *373.5 | *2127 | *303 | *35.41 | 25.69 | 103.71 | 11.68 | 3.72 | *0.00 |
| % of Calories | | | | | | | | | | | 16.8% | 67.7% | 17.1% | 5.5% | *0.0% |

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Oct 22, 2013

DODGE INTERMEDIATE

| | 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 | | | | | | | | | | | | | | | |
| DODGE INTERMEDIATE | | | | | | | | | | | | | | | |
| | 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 | 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 | | 625 | 51 | 1256 | 7.16 | *3.18 | *561.5 | *3407 | *385 | *13.70 | 32.49 | 86.89 | 18.52 | 9.71 | *0.02 |
| % of Calories | | | | | | | | | | | 20.8% | 55.6% | 26.7% | 14.0% | *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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Mark Bindus, Registered Dietitian

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

Oct 22, 2013

Page 13

DODGE INTERMEDIATE

| | 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 | | | | | | | | | | | | | | | |
| DODGE INTERMEDIATE | 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 |
| 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* |
| 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 -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* |
| 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* |
| 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- BABY CARROTS - no dressing | 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* |
| | 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 |
| 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* |
| 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 CUCUMBERS W/ DIP | 6 slices w/d | 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 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 |
| 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 |
| 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 |

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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Mark Bindus, Registered Dietitian

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

Oct 22, 2013

DODGE INTERMEDIATE

| | 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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | 872 | 43 | 1598 | 9.98 | *4.05 | *474.7 | *2826 | *382 | *63.14 | 32.69 | 132.01 | 24.17 | 6.92 | *0.02 |
| % of Calories | | | | | | | | | | | 15.0% | 60.6% | 24.9% | 7.1% | *0.0% |

| Thu - 11/21/2013 | | | | | | | | | | | | | | | |
|---------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| DODGE INTERMEDIATE | | | | | | | | | | | | | | | |
| | Total | 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) |
| GOLDFISH GRILLED CHEESE -k- | 1 EACH | 267 | 35 | 531 | 4.00 | 1.85 | 345.2 | 412 | 95 | 0.0 | 14.8 | 21.71 | 15.29 | 8.05 | *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 - 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* |
| 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* |
| 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- | 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* |
| 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 |
| 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 |
| WATERMELON WEDGE | SMALL WEDGE | 21 | 0 | 1 | 0.28 | 0.17 | 5.0 | 404 | 26 | 5.75 | 0.43 | 5.36 | 0.11 | 0.01 | *N/A* |
| Cole Slaw | 1/2 cup portion | 103 | 6 | 332 | 0.76 | 0.14 | 15.2 | 76 | 15 | 11.36 | 0.76 | 11.27 | 6.3 | 1.20 | 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* |
| FRESH CUCUMBERS W/ DIP | 6 slices w/d | 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 |
| 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 |

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

Oct 22, 2013

DODGE INTERMEDIATE

| | 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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | 659 | 33 | 1092 | 7.59 | *4.09 | *552.9 | *2739 | *438 | *34.09 | 26.80 | 104.52 | 18.55 | 7.42 | *0.00 |
| % of Calories | | | | | | | | | | | 16.3% | 63.5% | 25.3% | 10.1% | *0.0% |

| Fri - 11/22/2013 | | | | | | | | | | | | | | | |
|--|-------------------|-----|-----|------|------|------|-------|-------|------|-------|-------|--------|-------|------|-------|
| DODGE INTERMEDIATE | | | | | | | | | | | | | | | |
| | 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 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 BAGELS- Whole Grain | 2 HALVES | 336 | 33 | 757 | 4.31 | 2.04 | 429.9 | 386 | 116 | 0.39 | 20.27 | 32.92 | 13.32 | 6.47 | *0.04 |
| 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-BABY CARROTS - no dressing | LE FULL 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* |
| | 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 |
| 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* |
| 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* |
| 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 CUCUMBERS W/ DIP | 6 slices w/d | 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 |
| 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 | | 762 | 89 | 1598 | 8.39 | 3.59 | 496.1 | 2440 | 390 | 34.86 | 27.91 | 106.77 | 25.60 | 7.94 | *0.01 |
| % of Calories | | | | | | | | | | | 14.7% | 56.1% | 30.2% | 9.4% | *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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Mark Bindus, Registered Dietitian

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

Oct 22, 2013

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DODGE INTERMEDIATE

| | 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) |
|--------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 11/25/2013 | | | | | | | | | | | | | | | |
| DODGE INTERMEDIATE | | | | | | | | | | | | | | | |
| | 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* |
| SEASONED WEDGE FRIES 4 -12 | 10 - 12 EA CH | 229 | 0 | 167 | 3.59 | 2.99 | 23.0 | 71 | 9 | 33.31 | 7.01 | 51.43 | 0.49 | 0.12 | *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* |
| 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* |
| 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 |
| Cole Slaw | 1/2 cup po rtion | 103 | 6 | 332 | 0.76 | 0.14 | 15.2 | 76 | 15 | 11.36 | 0.76 | 11.27 | 6.3 | 1.20 | 0.00 |
| 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 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* |
| 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* |
| 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 | | 584 | 29 | 1192 | 6.73 | *4.00 | *367.6 | *2179 | *316 | *49.57 | 27.19 | 100.45 | 10.46 | 3.54 | *0.00 |
| % of Calories | | | | | | | | | | | 18.6% | 68.8% | 16.1% | 5.4% | *0.0% |

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* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Mark Bindus, Registered Dietitian

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

Oct 22, 2013

DODGE INTERMEDIATE

| | 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 | | | | | | | | | | | | | | | |
| DODGE INTERMEDIATE | Total | | | | | | | | | | | | | | |
| TACO SALAD BAR-4-12 | 1 EACH | 531 | 70 | 993 | 4.60 | 3.30 | 377.9 | 3204 | 160 | 3.7 | 31.26 | 38.32 | 28.18 | 10.10 | *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 - 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* |
| 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* |
| 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 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 |
| 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 portion | 103 | 6 | 332 | 0.76 | 0.14 | 15.2 | 76 | 15 | 11.36 | 0.76 | 11.27 | 6.3 | 1.20 | 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* |
| 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* |
| 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 | | 660 | 51 | 1165 | 6.56 | *3.44 | *567.8 | *4198 | *466 | *32.98 | 32.31 | 89.21 | 21.24 | 7.85 | *0.00 |
| % of Calories | | | | | | | | | | | 19.6% | 54.1% | 29.0% | 10.7% | *0.0% |
| Weighted Average | | 671 | 47 | 1329 | *6.99 | *3.79 | *487.8 | *2723 | *399 | *34.54 | 28.01 | 101.83 | 18.40 | 6.51 | *0.01 |
| | | | | | | | | | | | 16.7% | 60.7% | 24.7% | 8.7% | *0.0% |

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

Oct 22, 2013

DODGE INTERMEDIATE

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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) |
|----------------------------|----------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-----------------------------------|
| | | % of Cals | Target | % of Target | Miss Data | Shortfall | Overage | | | | | | | | | | |
| Calories | 671 | | 650 | 103% | | | | | | | | | | | | | |
| Cholesterol (mg) | 47 | | | | | | | | | | | | | | | | |
| Sodium (mg) | 1329 | | | | | | | | | | | | | | | | |
| Fiber (g) | 6.99 | | | | Missing | | | | | | | | | | | | |
| Iron (mg) | 3.79 | | 4.20 | 90% | Missing | 0.41 | | | | | | | | | | | Correction Required - Iron is Low |
| Calcium (mg) | 487.8 | | 366.75 | 133% | Missing | | | | | | | | | | | | |
| Vitamin A (IU) | 2723 | | 1416 | 192% | Missing | | | | | | | | | | | | |
| Vitamin A (RE) | 399 | | 283 | 141% | Missing | | | | | | | | | | | | |
| Vitamin C (mg) | 34.54 | | 16.28 | 212% | Missing | | | | | | | | | | | | |
| Protein (g) | 28.01 | 16.69% | 13.73 | 204% | | | | | | | | | | | | | |
| Carbohydrate (g) | 101.83 | 60.68% | | | | | | | | | | | | | | | |
| Total Fat (g) | 18.40 | 24.67% | <=30.00% | | | | | | | | | | | | | | |
| Saturated Fat (g) | 6.51 | 8.73% | <10.00% | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.01 | 0.01% | | | Missing | | | | | | | | | | | | |

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