

Mark Bindus, Registered Dietitian

Dec 2, 2013 thru Dec 20, 2013 Spreadsheet - Portion Values

Nov 15, 2013

Middle School

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Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/02/2013														
Middle School	Total													
POPCORN CHICKEN - THS	# 6 SCOO	290	32	390	0.00	3.27	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	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	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	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
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
TREE														
garlic breadstick- 4-12	1 EACH	107	0	160	2.00	1.08	20.0	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
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
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
	Legum													
CHOICE OF 4 OZ JUICE	1 EACH	60	0	0	0.00	0.00	0.0	0	30.0	1.0	16.0	0.0	0.00	*N/A*
BABY CARROTS - no dressing	1/2 C. Orn	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00
	g Veg													
FRESH CUCUMBERS W/ Ranch P	1/2 C Veg	67	5	85	0.38	0.21	12.0	79	16	2.11	0.49	3.56	5.92	0.86
	Other													
Strawberries w/ topping	4 OZ LAD	51	0	1	1.56	0.56	11.9	34	3	30.69	0.32	8.8	2.08	2.00
	LE FULL													
ORANGES WEDGES -4-12	3/4 EACH	34	0	0	1.73	0.07	28.8	162	15	38.3	0.68	8.46	0.09	0.01
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
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
	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
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
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
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
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
Weighted Daily Average		593	33	1169	5.26	*4.79	*374.7	*2498	*322	*36.79	25.43	97.41	12.16	4.03
% of Calories										17.2%	65.7%	18.5%	6.1%	*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

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Dec 2, 2013 thru Dec 20, 2013 Spreadsheet - Portion Values

Nov 15, 2013

Middle School

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/03/2013															
Middle School															
Total															
TACO - 2 SOFT- 4-12	1 EACH	489	89	1291	5.49	4.96	179.0	3034	259	11.58	34.18	41.57	21.0	9.79	*0.00
BREADED CHICKEN SANDWICH	1 EACH	290	25	610	5.00	3.60	280.0	100	20	0.0	18.01	38.01	7.5	1.50	*0.00
CHEESEBURGER OR HAMBURG	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*0.00
ER															
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	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*
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		653	64	1338	8.04	*4.31	*488.1	*3979	*460	*18.89	34.88	89.83	19.07	8.11	*0.02
% of Calories											21.4%	55.0%	26.3%	11.2%	*0.0%

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Middle School

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Nov 15, 2013

	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 - 12/04/2013															
Middle School	Total														
BACON CHEESBURGER -THS	1 EACH	361	62	853	3.64	3.50	365.6	167	47	0.0	25.41	24.42	17.65	7.43	*0.00
BREADED CHICKEN SANDWICH	1 EACH	177	14	457	3.36	2.00	351.5	812	69	2.78	6.81	23.5	6.05	2.56	*0.00
-skip															
CHEESEBURGER OR 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															
PIZZA,Whole Grain,Gourmet -k-6	1/10th of P izza	300	38	777	2.74	1.53	352.2	363	104	2.35	18.85	23.46	14.29	6.98	*0.06
POPCORN CHICKEN SALAD -EN TREE	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
garlic breadstick- 4-12	1 EACH	107	0	160	2.00	1.08	20.0	0	0	0.0	4.0	22.0	1.84	0.06	0.00
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
OVEN BAKED CURLY FRIES	1/2 C Star chVeg	125	6	275	1.67	0.50	0.0	0	0	7.55	1.67	16.67	5.83	2.50	*N/A*
Sugar Snap Pea Pods	4 OZ SPO ODLE	18	0	2	1.56	0.42	23.4	39	8	7.03	0.78	3.9	0.0	0.00	0.00
CHOICE OF 4 OZ JUICE	1 EACH	60	0	0	0.00	0.00	0.0	0	0	30.0	1.0	16.0	0.0	0.00	*N/A*
BABY CARROTS - no dressing	1/2 C. Orn g Veg	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
FRESH CUCUMBERS W/ DIP	1/2 C Veg Other	11	0	2	0.38	0.21	12.0	79	16	2.11	0.49	2.73	0.08	0.03	*N/A*
FRESH CANTELOPE	1/8TH ME LON	24	0	6	1.00	0.00	10.0	1100	220	29.4	1.0	6.0	0.2	0.00	*N/A*
Sliced Banana w/ Chocolate Syr	1 each ba nana	105	0	4	2.79	0.26	5.1	65	8	8.79	1.1	26.57	0.33	0.11	*0.00
ORANGES WEDGES -4-12	3/4 EACH	34	0	0	1.73	0.07	28.8	162	15	38.3	0.68	8.46	0.09	0.01	*N/A*
PEARS: canned,light syrup 4-12	4 OZ	65	0	6	1.81	0.32	5.7	0	0	0.79	0.22	17.2	0.03	0.00	*N/A*
GARDEN SALAD - No Dressing	1 C. Dk Gr een	8	0	6	0.89	0.37	13.4	3900	218	1.71	0.49	1.62	0.12	0.02	*0.00
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
ITALIAN SUB	1 EACH	361	47	1540	4.99	*3.27	*789.4	*4240	*151	*1.93	28.45	38.29	11.46	4.08	*0.12
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		661	58	1559	7.41	*3.66	*599.0	*2555	*401	*34.85	30.94	85.45	22.79	9.82	*0.02
% of Calories											18.7%	51.7%	31.0%	13.4%	*0.0%

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Middle School

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 - 12/05/2013															
Middle School	Total														
MEATBALL SUB W/ CHEESE	1 EACH	376	40	990	5.08	3.39	692.1	330	61	5.17	23.41	41.97	14.13	5.57	*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*
PASTA W/ MARINARA -k-12	1 BOWL	152	0	158	3.01	2.27	11.0	828	26	6.04	6.49	29.97	0.94	0.00	0.00
GREEN BEANS: canned,cooked	1/2 cup	14	0	171	1.29	0.61	17.7	237	47	2.93	0.82	3.06	0.07	0.01	*N/A*
Mini BANANA	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
BABY CARROTS - no dressing	1/2 C. Orn 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
ORANGES WEDGES -4-12	3/4 EACH	34	0	0	1.73	0.07	28.8	162	15	38.3	0.68	8.46	0.09	0.01	*N/A*
Cole Slaw	1/2 C Veg Other	103	6	332	0.76	0.14	15.2	76	15	11.36	0.76	11.27	6.3	1.20	0.00
PEARS: canned,light syrup 4-12	4 OZ	65	0	6	1.81	0.32	5.7	0	0	0.79	0.22	17.2	0.03	0.00	*N/A*
GARDEN SALAD - No Dressing	1 C. Dk Green	8	0	6	0.89	0.37	13.4	3900	218	1.71	0.49	1.62	0.12	0.02	*0.00
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
ITALIAN SUB	1 EACH	361	47	1540	4.99	*3.27	*789.4	*4240	*151	*1.93	28.45	38.29	11.46	4.08	*0.12
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
FUN-SIZE RICE KRISPIE TREAT	1 EACH	45	0	51	0.00	0.22	0.0	120	24	0.0	0.3	8.67	1.05	0.30	*N/A*
Weighted Daily Average		678	42	1503	8.24	*4.90	*735.7	*4308	*592	*23.05	31.69	99.36	18.99	6.85	*0.00
% of Calories										18.7%	58.6%	25.2%	9.1%	*0.0%	

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Nov 15, 2013

Middle School

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Fri - 12/06/2013															
Middle School	Total														
FRENCH TOAST STIX W/ SYRUP	4 EACH	321	147	408	2.67	1.88	28.0	267	53	0.0	9.33	58.88	5.33	1.33	*0.00
Fried Sliced Ham	2 slices	89	26	688	0.00	0.80	2.0	0	0	0.0	8.0	0.0	5.5	0.65	*0.00
BREADED CHICKEN SANDWICH	1 EACH	290	25	610	5.00	3.60	280.0	100	20	0.0	18.01	38.01	7.5	1.50	*0.00
FISH SANDWICH	1 EACH	340	50	500	3.00	2.16	200.0	0	0	3.6	18.0	36.0	11.5	2.00	0.00
CHEESEBURGER OR HAMBURGER	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*0.00
PIZZA,Whole Grain,Pepper.-K-6	1/10th Pizz	285	29	667	2.78	1.41	348.5	331	97	1.45	16.98	23.47	13.47	6.81	*0.07
PIZZA,Whole Grain,Cheese.-K-6	1/10th Pizz	262	25	592	2.78	1.34	347.5	331	97	1.41	15.96	23.47	11.47	6.14	*0.00
POPCORN CHICKEN SALAD -EN TREE	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
garlic breadstick- 4-12	1 EACH	107	0	160	2.00	1.08	20.0	0	0	0.0	4.0	22.0	1.84	0.06	0.00
Milk, Chocolate, Fat Free - 8oz	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
POTATO TRIANGLE- 4-12	2 EACH	204	0	386	2.20	0.56	20.0	0	0	5.6	2.0	24.0	11.4	2.20	*N/A*
CHOICE OF 4 OZ JUICE	1 EACH	60	0	0	0.00	0.00	0.0	0	0	30.0	1.0	16.0	0.0	0.00	*N/A*
Strawberries w/ topping	4 OZ LAD	51	0	1	1.56	0.56	11.9	34	3	30.69	0.32	8.8	2.08	2.00	*N/A*
APPLES,SLICED W/CARAMEL 4-12	1 EACH	129	0	51	2.07	0.10	5.2	47	4	3.97	0.22	32.61	0.53	0.03	*N/A*
BABY CARROTS - no dressing	1/2 C. Orn g Veg	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
FRESH CUCUMBERS W/ DIP	1/2 C Veg Other	11	0	2	0.38	0.21	12.0	79	16	2.11	0.49	2.73	0.08	0.03	*N/A*
PEARS: canned,light syrup 4-12	4 OZ	65	0	6	1.81	0.32	5.7	0	0	0.79	0.22	17.2	0.03	0.00	*N/A*
GARDEN SALAD - No Dressing	1 C. Dk Green	8	0	6	0.89	0.37	13.4	3900	218	1.71	0.49	1.62	0.12	0.02	*0.00
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		736	105	1701	6.69	3.24	400.0	2309	365	22.61	25.99	108.38	22.85	6.04	*0.02
% of Calories											14.1%	58.9%	27.9%	7.4%	*0.0%

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Mark Bindus, Registered Dietitian

Dec 2, 2013 thru Dec 20, 2013 Spreadsheet - Portion Values

Nov 15, 2013

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Middle School

	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 - 12/09/2013															
Middle School	Total														
CHICKEN FRIES -4-12	8 EACH	158	25	465	0.99	1.42	39.6	99	22	0.0	12.86	13.85	5.93	1.48	0.00
Dinner Roll, Whole Wheat, 1.1	1 each	80	0	140	2.00	0.72	20.0	0	0	0.0	3.0	15.0	1.0	0.00	0.00
CHEESEBURGER OR HAMBURGER	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*0.00
(2)NEW Cheesy Breadsticks-K-6	2 EACH	287	24	694	2.99	2.02	341.1	458	123	4.72	16.4	28.51	12.35	6.09	*0.00
POPCORN CHICKEN SALAD -EN TREE	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
garlic breadstick- 4-12	1 EACH	107	0	160	2.00	1.08	20.0	0	0	0.0	4.0	22.0	1.84	0.06	0.00
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MASHED POTATOES W/ GRAVY 4-12	2/3 C Star chVeg	180	1	184	2.33	0.52	29.4	5	1	41.17	3.75	26.94	5.58	1.05	*0.00
CHOICE OF 4 OZ JUICE	1 EACH	60	0	0	0.00	0.00	0.0	0	0	30.0	1.0	16.0	0.0	0.00	*N/A*
BABY CARROTS - no dressing	1/2 C. Orn g Veg	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
FRESH CUCUMBERS W/ DIP	1/2 C Veg Other	11	0	2	0.38	0.21	12.0	79	16	2.11	0.49	2.73	0.08	0.03	*N/A*
Strawberries w/ topping	4 OZ LAD LE FULL	51	0	1	1.56	0.56	11.9	34	3	30.69	0.32	8.8	2.08	2.00	*N/A*
Sliced Banana w/ Chocolate Syr	1 each banana	105	0	4	2.79	0.26	5.1	65	8	8.79	1.1	26.57	0.33	0.11	*0.00
ORANGES WEDGES -4-12	3/4 EACH	34	0	0	1.73	0.07	28.8	162	15	38.3	0.68	8.46	0.09	0.01	*N/A*
PEARS: canned,light syrup 4-12	4 OZ	65	0	6	1.81	0.32	5.7	0	0	0.79	0.22	17.2	0.03	0.00	*N/A*
GARDEN SALAD - No Dressing	1 C. Dk Green	8	0	6	0.89	0.37	13.4	3900	218	1.71	0.49	1.62	0.12	0.02	*0.00
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
ITALIAN SUB	1 EACH	361	47	1540	4.99	*3.27	*789.4	*4240	*151	*1.93	28.45	38.29	11.46	4.08	*0.12
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		557	29	1196	6.10	*2.86	*369.5	*2061	*307	*51.74	25.63	88.21	12.65	3.94	*0.00
% of Calories											18.4%	63.4%	20.5%	6.4%	*0.0%

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Mark Bindus, Registered Dietitian

Dec 2, 2013 thru Dec 20, 2013 Spreadsheet - Portion Values

Nov 15, 2013

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Middle School

	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 - 12/10/2013															
Middle School	Total														
TACO SALAD BAR-HS & MS	1 EACH	459	68	903	3.77	2.73	293.2	469	87	3.12	25.88	35.08	24.05	7.18	*0.00
BREADED CHICKEN SANDWICH	1 EACH	290	25	610	5.00	3.60	280.0	100	20	0.0	18.01	38.01	7.5	1.50	*0.00
CHEESEBURGER OR HAMBURGER	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*0.00
(2)NEW Cheesy Breadsticks-K-6	2 EACH	287	24	694	2.99	2.02	341.1	458	123	4.72	16.4	28.51	12.35	6.09	*0.00
POPCORN CHICKEN SALAD -EN TREE	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
garlic breadstick- 4-12	1 EACH	107	0	160	2.00	1.08	20.0	0	0	0.0	4.0	22.0	1.84	0.06	0.00
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
REFRIED BEANS - All Schools	1/2 C Veg Legum	122	2	577	5.90	1.97	77.3	19	6	6.95	8.56	17.84	2.01	0.86	*N/A*
BABY CARROTS - no dressing	1/2 C. Orn g Veg	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
Cole Slaw	1/2 C Veg Other	103	6	332	0.76	0.14	15.2	76	15	11.36	0.76	11.27	6.3	1.20	0.00
Mini BANANA	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
ORANGES WEDGES -4-12	3/4 EACH	34	0	0	1.73	0.07	28.8	162	15	38.3	0.68	8.46	0.09	0.01	*N/A*
FRESH CANTELOPE	1/8TH ME LON	24	0	6	1.00	0.00	10.0	1100	220	29.4	1.0	6.0	0.2	0.00	*N/A*
PEARS: canned,light syrup 4-12	4 OZ	65	0	6	1.81	0.32	5.7	0	0	0.79	0.22	17.2	0.03	0.00	*N/A*
GARDEN SALAD - No Dressing	1 C. Dk Green	8	0	6	0.89	0.37	13.4	3900	218	1.71	0.49	1.62	0.12	0.02	*0.00
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
ITALIAN SUB	1 EACH	361	47	1540	4.99	*3.27	*789.4	*4240	*151	*1.93	28.45	38.29	11.46	4.08	*0.12
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		549	51	1164	6.09	*3.20	*531.5	*3131	*511	*21.45	29.76	66.22	19.46	6.47	*0.00
% of Calories											21.7%	48.3%	31.9%	10.6%	*0.0%

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Mark Bindus, Registered Dietitian

Dec 2, 2013 thru Dec 20, 2013 Spreadsheet - Portion Values

Nov 15, 2013

Middle School

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/11/2013															
Middle School	Total														
TURKEY & GRVY OVER NOODL E4-12	1 LADLE OF EACH	335	81	1077	1.75	3.13	33.9	26	9	1.17	25.42	36.7	9.04	2.56	*0.02
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 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*
BROCCOLI: fresh, boiled	1/2 C Dk Green Veg	19	0	22	1.80	0.36	21.8	843	76	35.33	1.3	3.91	0.22	0.04	*0.00
CHOICE OF 4 OZ JUICE	1 EACH	60	0	0	0.00	0.00	0.0	0	0	30.0	1.0	16.0	0.0	0.00	*N/A*
BABY CARROTS - no dressing	1/2 C. Orange Veg	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
Sliced Banana w/ Chocolate Syrup	1 each banana	105	0	4	2.79	0.26	5.1	65	8	8.79	1.1	26.57	0.33	0.11	*0.00
ORANGES WEDGES -4-12	3/4 EACH	34	0	0	1.73	0.07	28.8	162	15	38.3	0.68	8.46	0.09	0.01	*N/A*
PEARS: canned, light syrup	4 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
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		632	62	1477	7.94	*3.76	*535.3	*2729	*436	*28.61	31.29	92.82	15.86	5.99	*0.03
% of Calories											19.8%	58.8%	22.6%	8.5%	*0.0%

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Mark Bindus, Registered Dietitian

Dec 2, 2013 thru Dec 20, 2013 Spreadsheet - Portion Values
Middle School

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 - 12/12/2013															
Middle School	Total														
PASTA Bar w/ choice of Sauce	1 SERVING	334	19	461	*4.40	2.78	101.8	170	34	2.58	17.35	46.9	8.84	3.09	*0.00
Dinner Roll, Whole Wheat, 1.1	1 each	80	0	140	2.00	0.72	20.0	0	0	0.0	3.0	15.0	1.0	0.00	0.00
BREADED CHICKEN SANDWICH	1 EACH	290	25	610	5.00	3.60	280.0	100	20	0.0	18.01	38.01	7.5	1.50	*0.00
CHEESEBURGER OR HAMBURG	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*0.00
ER															
(2)NEW Cheesy Breadsticks-K-6	2 EACH	287	24	694	2.99	2.02	341.1	458	123	4.72	16.4	28.51	12.35	6.09	*0.00
POPCORN CHICKEN SALAD -EN	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
TREE															
garlic breadstick- 4-12	1 EACH	107	0	160	2.00	1.08	20.0	0	0	0.0	4.0	22.0	1.84	0.06	0.00
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
GREEN BEANS: canned,cooked	1/2 cup	14	0	171	1.29	0.61	17.7	237	47	2.93	0.82	3.06	0.07	0.01	*N/A*
Mini BANANA	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
BABY CARROTS - no dressing	1/2 C. Orn	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
	g Veg														
FRESH CUCUMBERS W/ Ranch P	1/2 C Veg	67	5	85	0.38	0.21	12.0	79	16	2.11	0.49	3.56	5.92	0.86	*N/A*
	Other														
ORANGES WEDGES -4-12	3/4 EACH	34	0	0	1.73	0.07	28.8	162	15	38.3	0.68	8.46	0.09	0.01	*N/A*
Cole Slaw	1/2 C Veg	103	6	332	0.76	0.14	15.2	76	15	11.36	0.76	11.27	6.3	1.20	0.00
	Other														
PEARS: canned,light syrup 4-12	4 OZ	65	0	6	1.81	0.32	5.7	0	0	0.79	0.22	17.2	0.03	0.00	*N/A*
GARDEN SALAD - No Dressing	1 C. Dk Gr	8	0	6	0.89	0.37	13.4	3900	218	1.71	0.49	1.62	0.12	0.02	*0.00
	een														
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
ITALIAN SUB	1 EACH	361	47	1540	4.99	*3.27	*789.4	*4240	*151	*1.93	28.45	38.29	11.46	4.08	*0.12
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		565	34	1224	*7.16	*3.50	*490.8	*3695	*553	*19.09	26.30	81.97	15.94	5.57	*0.00
% of Calories										18.6%	58.1%	25.4%	8.9%	*0.0%	

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Mark Bindus, Registered Dietitian

Dec 2, 2013 thru Dec 20, 2013 Spreadsheet - Portion Values

Nov 15, 2013

Middle School

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/13/2013															
Middle School	Total														
BREAKFAST BAGEL SANDWICH	1 EACH	326	133	702	4.00	2.15	106.9	304	76	0.0	14.28	31.66	14.43	5.50	*0.00
BREADED CHICKEN SANDWICH	1 EACH	290	25	610	5.00	3.60	280.0	100	20	0.0	18.01	38.01	7.5	1.50	*0.00
FISH SANDWICH	1 EACH	340	50	500	3.00	2.16	200.0	0	0	3.6	18.0	36.0	11.5	2.00	0.00
CHEESEBURGER OR HAMBURG ER	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*0.00
PIZZA,Whole Grain,Pepper.-K-6	1/10th Pizz	285	29	667	2.78	1.41	348.5	331	97	1.45	16.98	23.47	13.47	6.81	*0.07
PIZZA,Whole Grain,Cheese.-K-6	1/10th Pizz	262	25	592	2.78	1.34	347.5	331	97	1.41	15.96	23.47	11.47	6.14	*0.00
POPCORN CHICKEN SALAD -EN TREE	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
garlic breadstick- 4-12	1 EACH	107	0	160	2.00	1.08	20.0	0	0	0.0	4.0	22.0	1.84	0.06	0.00
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
POTATO TRIANGLE- 4-12	2 EACH	204	0	386	2.20	0.56	20.0	0	0	5.6	2.0	24.0	11.4	2.20	*N/A*
CHOICE OF 4 OZ JUICE	1 EACH	60	0	0	0.00	0.00	0.0	0	0	30.0	1.0	16.0	0.0	0.00	*N/A*
APPLES,SLICED W/CARAMEL 4-	1 EACH	129	0	51	2.07	0.10	5.2	47	4	3.97	0.22	32.61	0.53	0.03	*N/A*
BABY CARROTS - no dressing	1/2 C. Orn	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
FRESH CUCUMBERS W/ DIP	1/2 C Veg Other	11	0	2	0.38	0.21	12.0	79	16	2.11	0.49	2.73	0.08	0.03	*N/A*
ORANGES WEDGES -4-12	3/4 EACH	34	0	0	1.73	0.07	28.8	162	15	38.3	0.68	8.46	0.09	0.01	*N/A*
PEARS: canned,light syrup 4-12	4 OZ	65	0	6	1.81	0.32	5.7	0	0	0.79	0.22	17.2	0.03	0.00	*N/A*
GARDEN SALAD - No Dressing	1 C. Dk Gr een	8	0	6	0.89	0.37	13.4	3900	218	1.71	0.49	1.62	0.12	0.02	*0.00
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
BREADED CHICKEN SANDWICH	1 EACH	290	25	610	5.00	3.60	280.0	100	20	0.0	18.01	38.01	7.5	1.50	*0.00
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		716	88	1564	7.77	3.32	469.2	2340	379	21.97	26.36	96.79	25.34	7.87	*0.02
% of Calories											14.7%	54.1%	31.8%	9.9%	*0.0%

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Mark Bindus, Registered Dietitian

Dec 2, 2013 thru Dec 20, 2013 Spreadsheet - Portion Values

Nov 15, 2013

Middle School

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/16/2013															
Middle School	Total														
POPCORN CHICKEN - THS	# 6 SCOO	290	32	390	0.00	3.27	0.0	0	0	0.0	12.7	39.92	9.07	1.81	*N/A*
MINI HOT SOFT PRETZEL	1 EACH	80	0	65	1.00	1.44	*N/A*	0	0	0.0	3.0	17.0	0.0	0.00	*N/A*
BREADED CHICKEN SANDWICH	1 EACH	290	25	610	5.00	3.60	280.0	100	20	0.0	18.01	38.01	7.5	1.50	*0.00
CHEESEBURGER OR HAMBURG	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*0.00
ER															
(2)NEW Cheesy Breadsticks-K-6	2 EACH	287	24	694	2.99	2.02	341.1	458	123	4.72	16.4	28.51	12.35	6.09	*0.00
POPCORN CHICKEN SALAD -EN	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
TREE															
garlic breadstick- 4-12	1 EACH	107	0	160	2.00	1.08	20.0	0	0	0.0	4.0	22.0	1.84	0.06	0.00
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
BBQ Baked Beans	1/2 C Veg	180	0	506	5.13	1.57	58.1	133	13	2.93	5.23	33.57	0.51	0.16	*0.00
	Legum														
CHOICE OF 4 OZ JUICE	1 EACH	60	0	0	0.00	0.00	0.0	0	0	30.0	1.0	16.0	0.0	0.00	*N/A*
BABY CARROTS - no dressing	1/2 C. Orn	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
	g Veg														
FRESH CUCUMBERS W/ Ranch P	1/2 C Veg	67	5	85	0.38	0.21	12.0	79	16	2.11	0.49	3.56	5.92	0.86	*N/A*
	Other														
Strawberries w/ topping	4 OZ LAD	51	0	1	1.56	0.56	11.9	34	3	30.69	0.32	8.8	2.08	2.00	*N/A*
	LE FULL														
ORANGES WEDGES -4-12	3/4 EACH	34	0	0	1.73	0.07	28.8	162	15	38.3	0.68	8.46	0.09	0.01	*N/A*
PEARS: canned,light syrup 4-12	4 OZ	65	0	6	1.81	0.32	5.7	0	0	0.79	0.22	17.2	0.03	0.00	*N/A*
GARDEN SALAD - No Dressing	1 C. Dk Gr	8	0	6	0.89	0.37	13.4	3900	218	1.71	0.49	1.62	0.12	0.02	*0.00
	een														
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
ITALIAN SUB	1 EACH	361	47	1540	4.99	*3.27	*789.4	*4240	*151	*1.93	28.45	38.29	11.46	4.08	*0.12
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		593	33	1169	5.26	*4.79	*374.7	*2498	*322	*36.79	25.43	97.41	12.16	4.03	*0.00
% of Calories											17.2%	65.7%	18.5%	6.1%	*0.0%

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Mark Bindus, Registered Dietitian

Dec 2, 2013 thru Dec 20, 2013 Spreadsheet - Portion Values

Nov 15, 2013

Middle School

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/17/2013															
Middle School	Total														
CHICK or CHS QUESIDILLA - 4-12	2 halves	426	62	1103	3.85	2.83	318.8	1819	107	1.44	28.86	36.01	19.21	12.22	*0.00
BREADED CHICKEN SANDWICH	1 EACH	290	25	610	5.00	3.60	280.0	100	20	0.0	18.01	38.01	7.5	1.50	*0.00
CHEESEBURGER OR HAMBURGER	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*0.00
PIZZA,Whole Grain,Cheese.-K-6	1/10th Pizz	262	25	592	2.78	1.34	347.5	331	97	1.41	15.96	23.47	11.47	6.14	*0.00
PIZZA,Whole Grain,Pepper.-K-6	1/10th Pizz	285	29	667	2.78	1.41	348.5	331	97	1.45	16.98	23.47	13.47	6.81	*0.07
POPCORN CHICKEN SALAD -EN TREE	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
garlic breadstick- 4-12	1 EACH	107	0	160	2.00	1.08	20.0	0	0	0.0	4.0	22.0	1.84	0.06	0.00
Milk, Chocolate, Fat Free - 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														
BABY CARROTS - no dressing	1/2 C. Orn g Veg	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
Cole Slaw	1/2 C Veg Other	103	6	332	0.76	0.14	15.2	76	15	11.36	0.76	11.27	6.3	1.20	0.00
Mini BANANA	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
ORANGES WEDGES -4-12	3/4 EACH	34	0	0	1.73	0.07	28.8	162	15	38.3	0.68	8.46	0.09	0.01	*N/A*
FRESH CANTELOPE	1/8TH ME LON	24	0	6	1.00	0.00	10.0	1100	220	29.4	1.0	6.0	0.2	0.00	*N/A*
PEARS: canned,light syrup 4-12	4 OZ	65	0	6	1.81	0.32	5.7	0	0	0.79	0.22	17.2	0.03	0.00	*N/A*
GARDEN SALAD - No Dressing	1 C. Dk Green	8	0	6	0.89	0.37	13.4	3900	218	1.71	0.49	1.62	0.12	0.02	*0.00
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
ITALIAN SUB	1 EACH	361	47	1540	4.99	*3.27	*789.4	*4240	*151	*1.93	28.45	38.29	11.46	4.08	*0.12
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		591	51	1254	6.83	*3.12	*561.9	*3605	*441	*19.48	32.69	77.61	18.67	9.75	*0.02
% of Calories											22.1%	52.5%	28.4%	14.9%	*0.0%

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Mark Bindus, Registered Dietitian

Dec 2, 2013 thru Dec 20, 2013 Spreadsheet - Portion Values

Nov 15, 2013

Middle School

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/18/2013															
Middle School	Total														
Mini Corn Dog, W.G., Turk,7-12	6 each	250	15	630	1.00	3.60	0.0	0	0	0.0	11.0	31.0	10.0	1.50	0.00
BREADED CHICKEN SANDWICH	1 EACH	177	14	457	3.36	2.00	351.5	812	69	2.78	6.81	23.5	6.05	2.56	*0.00
-skip															
CHEESEBURGER OR HAMBURGER	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*0.00
PIZZA,Whole Grain,Gourmet -k-6	1/10th of P izza	300	38	777	2.74	1.53	352.2	363	104	2.35	18.85	23.46	14.29	6.98	*0.06
POPCORN CHICKEN SALAD -EN TREE	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
garlic breadstick- 4-12	1 EACH	107	0	160	2.00	1.08	20.0	0	0	0.0	4.0	22.0	1.84	0.06	0.00
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
POTATO SMILES, ORIEDA	5 EACH	280	0	655	3.50	0.23	12.5	0	0	0.75	3.84	40.66	11.16	5.66	*N/A*
BROCCOLI: fresh, boiled	1/2 C DkG rn Veg	19	0	22	1.80	0.36	21.8	843	76	35.33	1.3	3.91	0.22	0.04	*0.00
FRUIT PUNCH JELLO CUBES -10 0%	4 OZ	111	0	90	0.13	0.03	2.6	0	0	43.44	2.17	26.73	0.0	0.00	*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
Sliced Banana w/ Chocolate Syr	1 each ba nana	105	0	4	2.79	0.26	5.1	65	8	8.79	1.1	26.57	0.33	0.11	*0.00
ORANGES WEDGES -4-12	3/4 EACH	34	0	0	1.73	0.07	28.8	162	15	38.3	0.68	8.46	0.09	0.01	*N/A*
PEARS: canned,light syrup 4-12	4 OZ	65	0	6	1.81	0.32	5.7	0	0	0.79	0.22	17.2	0.03	0.00	*N/A*
GARDEN SALAD - No Dressing	1 C. Dk Gr een	8	0	6	0.89	0.37	13.4	3900	218	1.71	0.49	1.62	0.12	0.02	*0.00
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
BUFFALO CHICKEN WRAP w/ Dor	1 each	258	50	961	3.04	2.19	56.9	2105	72	11.89	14.76	29.62	9.6	3.32	*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		766	29	1844	7.70	3.44	427.8	2075	319	28.01	26.04	113.63	24.14	9.95	*0.02
% of Calories											13.6%	59.4%	28.4%	11.7%	*0.0%

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Dec 2, 2013 thru Dec 20, 2013 Spreadsheet - Portion Values

Nov 15, 2013

Middle 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 ¹ (g)	
Thu - 12/19/2013															
Middle School	Total														
CHICKEN PARMESAN SANDWIC	1 EACH	397	29	870	6.25	3.95	351.1	147	41	1.56	20.8	39.9	16.87	3.43	*0.00
BREADED CHICKEN SANDWICH	1 EACH	290	25	610	5.00	3.60	280.0	100	20	0.0	18.01	38.01	7.5	1.50	*0.00
CHEESEBURGER OR HAMBURG	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*0.00
ER															
(2)NEW Cheesy Breadsticks-K-6	2 EACH	287	24	694	2.99	2.02	341.1	458	123	4.72	16.4	28.51	12.35	6.09	*0.00
POPCORN CHICKEN SALAD -EN	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
TREE															
garlic breadstick- 4-12	1 EACH	107	0	160	2.00	1.08	20.0	0	0	0.0	4.0	22.0	1.84	0.06	0.00
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
PASTA W/ MARINARA -k-12	1 BOWL	152	0	158	3.01	2.27	11.0	828	26	6.04	6.49	29.97	0.94	0.00	0.00
GREEN BEANS: canned,cooked	1/2 cup	14	0	171	1.29	0.61	17.7	237	47	2.93	0.82	3.06	0.07	0.01	*N/A*
Mini BANANA	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
BABY CARROTS - no dressing	1/2 C. Orn	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
	g Veg														
ORANGES WEDGES -4-12	3/4 EACH	34	0	0	1.73	0.07	28.8	162	15	38.3	0.68	8.46	0.09	0.01	*N/A*
Cole Slaw	1/2 C Veg	103	6	332	0.76	0.14	15.2	76	15	11.36	0.76	11.27	6.3	1.20	0.00
	Other														
PEARS: canned,light syrup 4-12	4 OZ	65	0	6	1.81	0.32	5.7	0	0	0.79	0.22	17.2	0.03	0.00	*N/A*
GARDEN SALAD - No Dressing	1 C. Dk Gr	8	0	6	0.89	0.37	13.4	3900	218	1.71	0.49	1.62	0.12	0.02	*0.00
	een														
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
ITALIAN SUB	1 EACH	361	47	1540	4.99	*3.27	*789.4	*4240	*151	*1.93	28.45	38.29	11.46	4.08	*0.12
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		645	37	1405	8.74	*4.94	*591.7	*4120	*562	*21.53	30.31	90.44	19.18	5.67	*0.00
% of Calories										18.8%	56.1%	26.7%	7.9%	*0.0%	

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Mark Bindus, Registered Dietitian

Dec 2, 2013 thru Dec 20, 2013 Spreadsheet - Portion Values

Nov 15, 2013

Middle School

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/20/2013															
Middle School	Total														
Pretzel Bun Grilled Cheese,W.G	1	426	45	481	3.00	1.89	440.5	524	131	0.0	21.61	40.42	20.35	10.59	*0.00
BREADED CHICKEN SANDWICH	1 EACH	290	25	610	5.00	3.60	280.0	100	20	0.0	18.01	38.01	7.5	1.50	*0.00
CHEESEBURGER OR HAMBURGER	SERVING	255	30	380	3.01	2.74	258.1	107	21	0.01	15.92	22.37	10.75	4.39	*0.00
(2) CHEESY BREADSTICKS	2 BREAD STICKS	357	20	663	4.13	2.85	320.8	441	124	3.07	18.58	53.18	11.17	4.17	*0.00
POPCORN CHICKEN SALAD -EN TREE	1 EACH	322	30	635	2.36	3.07	259.9	10621	656	4.72	17.49	31.97	14.17	4.19	*0.00
garlic breadstick- 4-12	1 EACH	107	0	160	2.00	1.08	20.0	0	0	0.0	4.0	22.0	1.84	0.06	0.00
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
BROCCOLI W/ CHEESE SAUCE	1/2 C DkG	37	0	152	1.88	0.38	35.2	878	79	36.8	1.74	6.57	0.86	0.06	*N/A*
Mini BANANA	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
BABY CARROTS - no dressing	1/2 C. Orn g Veg	19	0	16	1.60	0.29	16.0	12720	2544	3.84	0.0	4.8	0.0	0.00	0.00
FRESH CANTELOPE	1/8TH MELON	24	0	6	1.00	0.00	10.0	1100	220	29.4	1.0	6.0	0.2	0.00	*N/A*
ORANGES WEDGES -4-12	3/4 EACH	34	0	0	1.73	0.07	28.8	162	15	38.3	0.68	8.46	0.09	0.01	*N/A*
Cole Slaw	1/2 C Veg	103	6	332	0.76	0.14	15.2	76	15	11.36	0.76	11.27	6.3	1.20	0.00
PEARS: canned,light syrup 4-12	4 OZ	65	0	6	1.81	0.32	5.7	0	0	0.79	0.22	17.2	0.03	0.00	*N/A*
GARDEN SALAD - No Dressing	1 C. Dk Green	8	0	6	0.89	0.37	13.4	3900	218	1.71	0.49	1.62	0.12	0.02	*0.00
CATSUP	1 OZ	32	0	363	0.10	0.17	5.9	304	33	4.92	0.57	8.2	0.1	0.01	*N/A*
MAYO AND MUSTARD	1 PACKET	45	4	62	0.02	0.08	3.0	17	5	0.0	0.17	0.31	4.88	0.52	*N/A*
BBQ SAUCE & HOT SAUCE	1.5 OZ	36	0	671	0.03	0.05	0.9	17	3	7.95	0.05	8.19	0.04	0.01	*0.00
ITALIAN SUB	1 EACH	361	47	1540	4.99	*3.27	*789.4	*4240	*151	*1.93	28.45	38.29	11.46	4.08	*0.12
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		566	38	940	5.69	*2.92	*601.2	*2973	*474	*19.64	28.43	78.68	17.63	7.46	*0.00
% of Calories											20.1%	55.6%	28.1%	11.9%	*0.0%
Weighted Average		633	50	1367	*6.99	*3.78	*503.4	*2992	*430	*26.97	28.74	90.95	18.46	6.77	*0.01
											18.2%	57.4%	26.2%	9.6%	*0.0%

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Mark Bindus, Registered Dietitian

Dec 2, 2013 thru Dec 20, 2013 Spreadsheet - Portion Values
Middle School

Nov 15, 2013

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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	633		600 - 700	100%														
Cholesterol (mg)	50																	
Sodium (mg)	1367		1360															*Target effective with 2014-2015 School Year!
Fiber (g)	6.99				Missing													
Iron (mg)	3.78				Missing													
Calcium (mg)	503.4				Missing													
Vitamin A (IU)	2992				Missing													
Vitamin A (RE)	430				Missing													
Vitamin C (mg)	26.97				Missing													
Protein (g)	28.74	18.15%																
Carbohydrate (g)	90.95	57.44%																
Total Fat (g)	18.46	26.23%	<=30.00%															
Saturated Fat (g)	6.77	9.62%	<10.00%															
Trans Fat ¹ (g)	0.01	0.01%			Missing													

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