

# Mark Bindus, Registered Dietitian

## Cycle No. 18 thru Cycle No. 25 Cycle Spreadsheet - Portion Values Elementary School

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

Week 4 Day 2															
Elementary School	Total														
(4) BREADED CHICKEN TENDER	4 each	246	46	479	0.00	1.40	11.0	98	20	1.0	15.6	12.2	14.9	3.30	*N/A*
Dinner Roll, Whole Wheat, 1.1	1 each	80	0	140	2.00	0.72	20.0	0	0	0.0	3.0	15.0	1.0	0.00	0.00
(2)NEW Cheesy Breadsticks-K-6	2 EACH	287	24	694	2.99	2.02	341.1	458	123	4.72	16.4	28.51	12.35	6.09	*0.00
Sweet Potato Fries with Cinn	1/2 C. Orn g Veg	160	0	140	3.34	0.41	26.5	5604	1121	9.02	2.03	25.62	6.01	1.50	*0.00
GARDEN SALAD - No Dressing	1 C. Dk Gr een	8	0	6	0.89	0.37	13.4	3900	218	1.71	0.49	1.62	0.12	0.02	*0.00
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
PEARS: canned, light syrup 4-12	4 OZ	65	0	6	1.81	0.32	5.7	0	0	0.79	0.22	17.2	0.03	0.00	*N/A*
ORANGES WEDGES -4-12	3/4 EACH	34	0	0	1.73	0.07	28.8	162	15	38.3	0.68	8.46	0.09	0.01	*N/A*
BBQ SAUCE	12 gm	35	0	390	0.00	0.00	0.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
ITALIAN DRESSING, LIGHT, GFS	1 oz	20	0	570	0.00	0.00	0.0	0	0	0.0	0.0	2.0	1.0	0.00	0.00
Weighted Daily Average		570	44	1218	5.57	2.49	434.1	4669	729	34.18	27.58	75.33	18.59	5.35	*0.00
% of Calories											19.4%	52.9%	29.4%	8.4%	*0.0%

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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<b>Week 4 Day 3</b>															
Elementary School	Total														
Mini Corn Dog, W.G., Turk, k-6	5 each	208	13	525	0.83	3.00	0.0	0	0	0.0	9.17	25.83	8.33	1.25	0.00
PIZZA, Whole Grain, Pepper.-K-6	1/10th Pizz	285	29	667	2.78	1.41	348.5	331	97	1.45	16.98	23.47	13.47	6.81	*0.07
DANIMALS YOGURT	1 EACH (4 OZ)	116	6	83	0.06	0.27	170.1	29	6	2.1	5.22	21.89	0.81	0.51	*N/A*
W.W. HOT SOFT PRETZEL -2.5 oz	1 EACH	190	0	160	2.00	3.60	20.0	0	0	0.0	8.0	41.0	0.0	0.00	*N/A*
OVEN BAKED CURLY FRIES	1/2 C Star chVeg	125	6	275	1.67	0.50	0.0	0	0	7.55	1.67	16.67	5.83	2.50	*N/A*
BABY CARROTS - no dressing-k-3	1/3 C. Orn g Veg	13	0	29	1.07	0.33	11.7	5082	508	0.98	0.23	3.0	0.04	0.01	0.00
Milk, Chocolate, Fat Free - 8oz	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
PINEAPPLE CHUNKS: natural juic	1/2 cup	54	0	1	1.18	0.25	14.5	45	9	8.51	0.46	14.08	0.1	0.01	*N/A*
Sliced Banana w/ Chocolate Syr	1 each banana	105	0	4	2.79	0.26	5.1	65	8	8.79	1.1	26.57	0.33	0.11	*0.00
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		569	28	1096	5.46	3.12	431.2	1566	241	17.24	23.17	85.14	16.61	6.43	*0.03
% of Calories											16.3%	59.8%	26.3%	10.2%	*0.1%

<b>Week 4 Day 4</b>															
Elementary School	Total														
BREADED CHICKEN SANDWICH	1 EACH	290	25	610	5.00	3.60	280.0	100	20	0.0	18.01	38.01	7.5	1.50	*0.00
MACARONI & CHEESE-W.W.-K-5	#6 White Scoop	405	53	548	3.21	1.47	410.6	635	126	0.01	22.8	35.89	19.62	10.46	*0.00
BROCCOLI W/ CHEESE SAUCE	1/2 C Dkg rn Veg	37	0	152	1.88	0.38	35.2	878	79	36.8	1.74	6.57	0.86	0.06	*N/A*
CUCUMBERS, sliced	5 slices	9	0	1	0.30	0.17	9.6	63	13	1.69	0.39	2.19	0.07	0.02	*N/A*
Milk, Chocolate, Fat Free - 8oz	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK, 1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
PEACHES: canned, light syrup	1/2 cup	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
APPLES, SLICED W/CARAMEL 4-	1 EACH	129	0	51	2.07	0.10	5.2	47	4	3.97	0.22	32.61	0.53	0.03	*N/A*
Buttermilk Ranch, Low-fat, HM	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Florida's Nat Fruit Snack	1 EACH	40	0	8	0.00	0.00	0.0	0	0	30.0	1.0	9.5	0.0	0.00	*N/A*
Weighted Daily Average		622	42	951	7.03	3.05	617.0	1528	237	53.18	30.43	95.78	15.07	6.32	*0.00
% of Calories											19.6%	61.6%	21.8%	9.2%	*0.0%

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Week 4 Day 5															
Elementary School	Total														
NACHOS W/ CHEESE	SERVINGS	363	36	536	2.87	1.07	345.3	566	113	0.24	12.62	29.94	22.38	8.38	*0.00
Hamburger or Cheeseburger-k-12	1 each	355	79	365	3.07	3.53	260.7	103	21	0.13	25.9	22.85	16.93	6.57	*0.00
Crunchy, Cheesy REFRIED BEANS	1/2 C Veg Legum	170	4	341	7.34	1.27	107.0	79	20	0.0	11.92	22.51	3.08	0.96	*0.00
BABY CARROTS - no dressing-k-3	1/3 C. Orn g Veg	13	0	29	1.07	0.33	11.7	5082	508	0.98	0.23	3.0	0.04	0.01	0.00
Milk, Chocolate, Fat Free - 8o	half pint	120	0	240	0.00	0.00	250.0	500	100	1.2	8.0	23.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Strawberries w/ topping	4 OZ LAD	51	0	1	1.56	0.56	11.9	34	3	30.69	0.32	8.8	2.08	2.00	*N/A*
APPLESAUCE:cnnd,unswtnd,+vit C	LE FULL														
Buttermilk Ranch, Low-fat, HM	1/2 CUP	52	0	2	1.46	0.15	3.7	35	4	25.86	0.21	13.77	0.06	0.01	*N/A*
	1 oz	40	9	182	0.00	0.01	19.7	12	2	0.17	0.56	3.33	2.67	0.93	*0.00
Weighted Daily Average		562	51	814	5.68	2.33	622.7	2289	336	24.97	26.64	63.75	23.49	9.52	*0.00
% of Calories											19.0%	45.3%	37.6%	15.2%	*0.0%

Weighted Average		592	56	1094	5.77	2.71	488.0	2338	357	33.50	26.22	84.57	17.83	6.33	*0.01
											17.7%	57.2%	27.1%	9.6%	*0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	592		550 - 650	100%				
Cholesterol (mg)	56							
Sodium (mg)	1094		1230					*Target effective with 2014-2015 School Year!
Fiber (g)	5.77							
Iron (mg)	2.71							
Calcium (mg)	488.0							
Vitamin A (IU)	2338							
Vitamin A (RE)	357							
Vitamin C (mg)	33.50							
Protein (g)	26.22	17.72%						
Carbohydrate (g)	84.57	57.17%						
Total Fat (g)	17.83	27.12%	<=30.00%					
Saturated Fat (g)	6.33	9.62%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.01	0.01%			Missing			

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