

Natrona County School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 31, 2012

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ELEMENTARY LUNCH

	Portion Size	Plan Qty	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)
Wed - 02/01/2012															
ELEMENTARY LUNCH	Total	1													
CORN DOG - WHOLE GRAIN	EACH	1	240	20	590	5.00	2.70	150.0	0	0	0.0	9.0	33.0	8.0	2.00
FRENCH FRIES: ovenable	1/2 CUP	1	81	0	21	1.12	7.20	4100.0	0	0	222.0	1.3	12.44	3.0	0.86
CARROTS, BABY	1/2 CUP	1	42	0	69	3.06	0.25	27.8	12014	2403	5.83	0.1	9.58	0.03	0.00
BANANAS, PETITE	BANANA	1	72	0	1	2.00	0.18	0.0	50	10	7.2	1.0	19.0	0.0	0.00
MANDARIN ORANGES	1/2 CUP	1	71	0	7	1.36	0.36	20.0	1467	293	21.0	1.0	18.21	0.0	0.00
CRACKERS, ANIMAL	16 CRACKERS	1	120	0	105	0.00	1.08	0.0	0	0	0.0	2.0	25.0	2.0	0.00
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			749	26	978	12.53	12.06	4597.8	14031	2806	257.47	22.40	138.83	13.53	3.16
% of Calories												12.0%	74.1%	16.2%	3.8%

Thu - 02/02/2012															
ELEMENTARY LUNCH	Total	1													
TURKEY, DICED GRAVY-1/2 CUP	SERVING	1	127	36	722	0.44	20.43	33.5	49	10	0.82	16.4	5.54	4.05	1.33
POTATOES, MASHED PEARLS	1/2 CUP	1	74	0	343	1.20	0.18	10.0	0	0	3.6	1.4	14.6	1.1	0.10
PEAS: frozen,boiled	1/2 CUP	1	62	0	58	4.00	1.26	20.0	1700	340	7.8	4.0	11.0	0.0	0.00
CRANBERRY SAUCE: canned,swtnd	1/4 CUP	1	100	0	35	1.00	0.00	0.0	0	0	0.0	0.0	26.0	0.0	0.00
FRUIT, MIXED	1/2 CUP	1	80	0	5	1.00	0.18	0.0	250	4	1.2	1.0	18.0	0.0	0.00
ROLLS, COTTAGE CRACKED WHE	1 EACH	1	80	0	150	5.00	0.36	0.0	0	0	0.0	2.0	14.0	1.5	0.00
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			647	42	1499	12.64	22.70	363.5	2499	454	14.86	32.80	110.74	7.15	1.73
% of Calories												20.3%	68.5%	9.9%	2.4%

Fri - 02/03/2012															
ELEMENTARY LUNCH	Total	1													
PIZZA, PEPPERONI-TONY'S	1 PIECE	1	310	20	690	2.00	2.80	273.0	400	165	0.0	16.0	35.0	13.0	3.00
CARROTS, RAW, COIN	2 OZ	1	23	0	39	1.59	0.17	18.7	9532	1595	3.35	0.53	5.43	0.14	0.02
CAULIFLOWER,raw: fresh	1/2 CUP	1	13	0	15	1.25	0.18	10.0	0	0	23.1	1.0	2.65	0.05	0.00
PINEAPPLE TIDBITS	1/2 CUP	1	70	0	5	1.00	0.00	0.0	0	0	0.0	0.0	12.0	0.0	0.00
MANDARIN ORANGES	1/2 CUP	1	71	0	7	1.36	0.36	20.0	1467	293	21.0	1.0	18.21	0.0	0.00
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			611	26	941	7.20	3.80	621.7	11899	2153	48.88	26.53	94.89	13.69	3.32
% of Calories												17.4%	62.1%	20.2%	4.9%

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ELEMENTARY LUNCH

	Portion Size	Plan Qty	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)
Mon - 02/06/2012															
ELEMENTARY LUNCH	Total	1													
MINI CHICKEN FILLETON A BUNe	EACH	1	340	0	840	2.00	2.88	80.0	0	0	4.8	18.0	40.0	12.0	4.00
LETTUCE LEAF & TOMATO SLICE	EACH	1	9	0	3	0.00	0.00	0.0	353	71	5.12	0.0	2.0	0.0	0.00
CORN: canned, yellow	1/2 CUP	1	39	0	92	1.31	0.24	0.0	0	0	2.36	1.31	5.9	0.98	0.00
KIWI FRESH	1 EACH	1	46	0	2	2.00	0.18	30.0	50	10	70.2	1.0	11.0	0.0	0.00
FRUIT, MIXED	1/2 CUP	1	80	0	5	1.00	0.18	0.0	250	4	1.2	1.0	18.0	0.0	0.00
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			638	6	1126	6.31	3.77	410.0	1153	185	85.12	29.31	98.50	13.48	4.30
% of Calories												18.4%	61.7%	19.0%	6.1%

Tue - 02/07/2012															
ELEMENTARY LUNCH	Total	1													
JOE CHEESIER - HAM L	1 EACH	1	370	50	800	0.00	1.08	60.0	0	0	2.4	13.0	34.0	20.0	7.00
LETTUCE, SPINACH SALAD	1/2 CUP	1	41	4	64	0.50	0.27	17.5	962	554	4.05	0.75	0.25	3.0	0.50
BROCCOLI, raw: fresh	1/2 CUP	1	12	0	12	0.78	0.28	15.6	215	60	31.6	1.17	2.34	0.0	0.00
GREEN BEANS: canned, cooked	1/2 CUP	1	20	0	95	1.00	0.36	20.1	100	60	0.0	1.0	5.02	0.0	0.00
PEARS: canned, light syrup	1/2 CUP	1	80	0	10	2.00	0.00	0.0	300	60	1.2	0.0	19.0	0.0	0.00
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			648	60	1166	4.28	2.28	413.2	2077	834	40.69	23.92	82.21	23.50	7.80
% of Calories												14.8%	50.8%	32.7%	10.8%

Wed - 02/08/2012															
ELEMENTARY LUNCH	Total	1													
CHILI CON CARNE & BEANS	1/2 CUP	1	233	56	171	3.32	3.65	43.3	921	84	11.43	21.36	13.99	10.08	3.74
CARROT AND CELERY STICKS	1/2 CUP	1	12	0	30	0.62	0.07	13.9	3793	638	1.69	0.2	2.77	0.05	0.01
APPLE, Fresh-1	1/2 EACH	1	55	0	1	2.55	0.12	6.5	57	3	4.9	0.28	14.64	0.18	0.03
PINEAPPLE TIDBITS	1/2 CUP	1	70	0	5	1.00	0.00	0.0	0	0	0.0	0.0	12.0	0.0	0.00
CORNBREAD	SERVINGS	1	108	13	151	1.00	0.90	68.0	51	10	0.1	2.65	18.03	2.82	0.45
MARGARINE PATTIE	2 EACH	1	90	0	150	0.00	0.00	0.0	600	120	0.0	0.0	0.0	10.0	3.00
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			691	75	693	8.48	5.02	431.7	5922	955	19.56	32.49	83.03	23.63	7.52
% of Calories												18.8%	48.0%	30.8%	9.8%

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ELEMENTARY LUNCH

	Portion Size	Plan Qty	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)
Thu - 02/09/2012															
ELEMENTARY LUNCH	Total	1													
CHICKEN, ROASTED,8 PIECES	2 OZ	1	110	51	169	0.00	1.00	7.0	70	14	0.0	11.0	1.0	6.0	2.00
SWEET POTATO, FLAKES	1/2 CUP	1	80	0	180	1.33	0.24	13.3	3333	667	6.0	1.33	18.67	0.0	0.00
CRANBERRY SAUCE: canned,swtnd	1/4 CUP	1	100	0	35	1.00	0.00	0.0	0	0	0.0	0.0	26.0	0.0	0.00
CAULIFLOWER,raw: fresh	1/2 CUP	1	13	0	15	1.25	0.18	10.0	0	0	23.1	1.0	2.65	0.05	0.00
MANDARIN ORANGES	1/2 CUP	1	71	0	7	1.36	0.36	20.0	1467	293	21.0	1.0	18.21	0.0	0.00
ROLLS, COTTAGE CRACKED WHE	EACH	1	80	0	150	5.00	0.36	0.0	0	0	0.0	2.0	14.0	1.5	0.00
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			577	57	741	9.94	2.43	350.3	5370	1074	51.54	24.33	102.13	8.05	2.30
% of Calories												16.9%	70.7%	12.5%	3.6%

Fri - 02/10/2012															
ELEMENTARY LUNCH	Total	1													
PB&J SANDWICHES 80 G	EACH	1	320	0	320	3.00	1.44	20.0	0	0	0.0	10.0	33.0	16.0	3.50
CARROTS, BABY	1/2 CUP	1	42	0	69	3.06	0.25	27.8	12014	2403	5.83	0.1	9.58	0.03	0.00
CUCUMBER SLICES	.25 CUCU	1	4	0	0	0.15	0.09	5.0	25	5	0.6	0.15	0.95	0.05	0.00
	MBER														
ORANGE	1/2 EACH	1	31	0	0	1.55	0.06	26.0	148	7	34.85	0.62	7.69	0.08	0.01
PEACHES CANNED IN LIGHT SYRU	1/2 CUP	1	90	0	5	1.00	0.36	0.0	300	60	6.0	1.0	21.0	0.0	0.00
COOKIE CHOCOLATE CHIP 07	1 EACH	1	130	5	95	1.00	0.72	0.0	100	20	0.0	1.0	17.0	6.0	3.00
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			741	11	675	9.76	3.21	378.8	13086	2595	48.72	20.86	110.83	22.66	6.81
% of Calories												11.3%	59.9%	27.5%	8.3%

Mon - 02/13/2012															
ELEMENTARY LUNCH	Total	1													
CHEESEBURGER/ MULTIGRAIN BU	EACH	1	398	67	965	2.91	36.77	2846.0	317	81	1.2	25.71	25.78	22.4	10.09
FRENCH FRIES: ovenable	1/2 CUP	1	81	0	21	1.12	7.20	4100.0	0	0	222.0	1.3	12.44	3.0	0.86
LETTUCE LEAF & TOMATO SLICE	EACH	1	9	0	3	0.00	0.00	0.0	353	71	5.12	0.0	2.0	0.0	0.00
APPLESAUCE, ROSY	1/2 CUP	1	33	0	2	0.84	0.18	3.1	22	2	16.27	0.14	8.72	0.08	0.01
KIWI FRESH	EACH	1	46	0	2	2.00	0.18	30.0	50	10	70.2	1.0	11.0	0.0	0.00
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			690	73	1177	6.87	44.62	7279.1	1243	264	316.23	36.15	81.54	25.98	11.26
% of Calories												21.0%	47.3%	33.9%	14.7%

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ELEMENTARY LUNCH

	Portion Size	Plan Qty	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)
Tue - 02/14/2012															
ELEMENTARY LUNCH	Total	1													
VALENTINE HEARTS	3 PIECES	1	270	35	290	2.00	0.00	0.0	0	0	0.0	14.0	13.0	18.0	4.00
POTATO PEARLS LOW SODIUM	1/2 CUP	1	60	0	87	1.33	0.24	0.0	0	0	20.0	1.33	13.33	0.67	0.00
GRAVY, CHICKEN, FROM DEHYDR & WA	1/4 CUP	1	16	0	262	0.00	0.00	1.8	0	0	0.0	0.0	3.25	1.08	0.00
GREEN BEANS: canned, cooked	1/2 CUP	1	20	0	95	1.00	0.36	20.1	100	60	0.0	1.0	5.02	0.0	0.00
BABY CORN - 5 STAR	1/2 CUP	1	13	0	5	1.00	0.36	0.0	100	20	0.6	1.0	2.0	0.0	0.00
ORANGE	1/2 EACH	1	31	0	0	1.55	0.06	26.0	148	7	34.85	0.62	7.69	0.08	0.01
PINEAPPLE TIDBITS	1/2 CUP	1	70	0	5	1.00	0.00	0.0	0	0	0.0	0.0	12.0	0.0	0.00
COOKIE SUGAR 07	EACH	1	120	5	115	0.00	0.36	0.0	200	40	0.0	1.0	18.0	5.0	2.50
MILK, VARIETY	1 CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			724	46	1044	7.89	1.67	347.9	1048	227	56.89	26.95	95.90	25.33	6.81
% of Calories												14.9%	53.0%	31.5%	8.5%

Wed - 02/15/2012															
ELEMENTARY LUNCH	Total	1													
NACHOS WITH GROUND BEEF ele	SERVINGS	1	194	36	106	1.20	1.43	87.8	252	50	0.84	14.01	12.39	9.62	2.81
CHEESE SAUCE 2007	1/4 CUP	1	90	0	430	0.00	0.00	40.0	0	0	0.0	1.0	5.0	8.0	2.00
REFRIED BEANS	1/3 CUP	1	37	7	53	1.67	0.60	13.3	0	0	0.8	2.33	6.67	0.0	0.00
TOMATOES, DICED	1 OZ	1	5	0	1	0.34	0.08	2.8	236	18	3.6	0.25	1.11	0.06	0.01
PEACHES CANNED IN LIGHT SYRU	1/2 CUP	1	90	0	5	1.00	0.36	0.0	300	60	6.0	1.0	21.0	0.0	0.00
JELLO w/MIXED FRUIT	1/2 CUP	1	82	0	12	0.89	0.17	0.4	224	4	2.31	1.1	18.58	0.0	0.00
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			622	49	793	5.10	2.93	444.3	1512	232	14.99	27.69	86.34	18.17	5.12
% of Calories												17.8%	55.5%	26.3%	7.4%

Thu - 02/16/2012															
ELEMENTARY LUNCH	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%

Fri - 02/17/2012															
ELEMENTARY LUNCH	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%

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Mon - 02/20/2012															
ELEMENTARY LUNCH	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%

Tue - 02/21/2012															
ELEMENTARY LUNCH	Total	1													
CHICKEN PATTY/MULTI GRAIN BU	EACH	1	340	45	910	2.00	3.60	100.0	100	20	0.0	19.0	36.0	14.5	2.50
LETTUCE, SPINACH SALAD	1/2 CUP	1	41	4	64	0.50	0.27	17.5	962	554	4.05	0.75	0.25	3.0	0.50
PEAS, SUGAR SNAP	10 EACH	1	13	0	3	0.67	0.36	20.0	250	50	5.0	0.67	2.33	0.0	0.00
MANDARIN ORANGES	1/2 CUP	1	71	0	7	1.36	0.36	20.0	1467	293	21.0	1.0	18.21	0.0	0.00
APPLESAUCE	1/2 CUP	1	50	0	10	2.00	0.00	0.0	0	0	0.0	0.0	13.0	0.0	0.00
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			640	55	1179	6.53	4.88	457.5	3279	1017	31.49	29.42	91.39	18.00	3.30
% of Calories												18.4%	57.1%	25.3%	4.6%

Wed - 02/22/2012															
ELEMENTARY LUNCH	Total	1													
TOMATO SOUP/WITH MILK	3/4 CUP	1	82	3	323	0.67	0.16	181.5	477	95	2.38	5.81	13.86	0.33	0.17
CRACKERS	2 EACH	1	25	0	67	0.17	0.31	1.3	0	0	0.0	0.57	4.46	0.53	0.12
CHEESE SANDWICH, WHEA GRIL-	1/2 EACH	1	90	14	289	0.00	0.42	99.8	157	40	0.0	3.14	7.31	5.16	2.87
CARROT AND CELERY STICKS	1/2 CUP	1	12	0	30	0.62	0.07	13.9	3793	638	1.69	0.2	2.77	0.05	0.01
PEARS: canned, light syrup	1/2 CUP	1	80	0	10	2.00	0.00	0.0	300	60	1.2	0.0	19.0	0.0	0.00
FRUIT, MIXED	1/2 CUP	1	80	0	5	1.00	0.18	0.0	250	4	1.2	1.0	18.0	0.0	0.00
COOKIE M&M CARNIVAL07	EACH	1	120	5	110	0.00	0.36	0.0	200	40	0.0	1.0	18.0	5.0	2.50
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			613	27	1018	4.46	1.78	596.5	5677	977	7.91	19.73	105.00	11.58	5.97
% of Calories												12.9%	68.5%	17.0%	8.8%

Thu - 02/23/2012															
ELEMENTARY LUNCH	Total	1													
SUB SANDWICH W/MULGRABUN E	EACH	1	230	16	273	2.00	10.61	130.4	9	3	1.64	18.88	24.0	6.5	1.50
CHEESE, AMERICAN SLICED COM	1 EACH	1	106	27	422	0.00	0.05	156.0	272	72	0.0	6.28	0.45	8.86	5.58
LETTUCE LEAF & TOMATO SLICE	EACH	1	9	0	3	0.00	0.00	0.0	353	71	5.12	0.0	2.0	0.0	0.00
BABY CORN - 5 STAR	1/2 CUP	1	13	0	5	1.00	0.36	0.0	100	20	0.6	1.0	2.0	0.0	0.00
KIWI FRESH	EACH	1	46	0	2	2.00	0.18	30.0	50	10	70.2	1.0	11.0	0.0	0.00
ORANGE	1/2 EACH	1	31	0	0	1.55	0.06	26.0	148	7	34.85	0.62	7.69	0.08	0.01
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30

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Natrona County School District

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ELEMENTARY LUNCH

	Portion Size	Plan Qty	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)
Weighted Daily Average			558	49	890	6.55	11.55	642.4	1432	283	113.85	35.77	68.74	15.94	7.39
% of Calories												25.6%	49.3%	25.7%	11.9%

Fri - 02/24/2012															
ELEMENTARY LUNCH	Total	1													
PIZZA STICKS MOZZARELLAFILL el	2 EACH	1	300	10	740	4.00	2.16	300.0	200	4	0.0	14.0	34.0	12.0	4.00
SPAGHETTI SAUCE LOW SODIUM	.25 CUP	1	30	0	70	0.00	10.08	125.0	1048	210	14.7	0.75	5.44	0.56	0.10
CARROTS, RAW, COIN	2 OZ	1	23	0	39	1.59	0.17	18.7	9532	1595	3.35	0.53	5.43	0.14	0.02
PINEAPPLE TIDBITS	1/2 CUP	1	70	0	5	1.00	0.00	0.0	0	0	0.0	0.0	12.0	0.0	0.00
APPLESAUCE	1/2 CUP	1	50	0	10	2.00	0.00	0.0	0	0	0.0	0.0	13.0	0.0	0.00
CRACKERS, ANIMAL	16 CRACKERS	1	120	0	105	0.00	1.08	0.0	0	0	0.0	2.0	25.0	2.0	0.00
MILK, VARIETY	1 CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			717	16	1154	8.59	13.78	743.7	11279	1908	19.48	25.28	116.47	15.20	4.42
% of Calories												14.1%	65.0%	19.1%	5.5%

Mon - 02/27/2012															
ELEMENTARY LUNCH	Total	1													
DUG OUT	SERVING	1	371	42	516	4.25	8.53	201.2	1686	313	4.48	18.62	32.68	19.24	4.74
LETTUCE, SPINACH SALAD	1/2 CUP	1	41	4	64	0.50	0.27	17.5	962	554	4.05	0.75	0.25	3.0	0.50
BROCCOLI,raw: fresh	1/2 CUP	1	12	0	12	0.78	0.28	15.6	215	60	31.6	1.17	2.34	0.0	0.00
FRUIT, MIXED	1/2 CUP	1	80	0	5	1.00	0.18	0.0	250	4	1.2	1.0	18.0	0.0	0.00
ORANGE	1/2 EACH	1	31	0	0	1.55	0.06	26.0	148	7	34.85	0.62	7.69	0.08	0.01
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			660	52	781	8.09	9.62	560.3	3760	1038	77.62	30.16	82.57	22.82	5.55
% of Calories												18.3%	50.0%	31.1%	7.6%

Tue - 02/28/2012															
ELEMENTARY LUNCH	Total	1													
BBQ PORK RIB/MULTIGRAIN BUN	SERVING	1	337	51	921	3.15	23.46	116.1	202	52	1.42	18.4	42.14	12.55	3.42
CARROTS, BABY	1/2 CUP	1	42	0	69	3.06	0.25	27.8	12014	2403	5.83	0.1	9.58	0.03	0.00
PEACHES CANNED IN LIGHT SYRU	1/2 CUP	1	90	0	5	1.00	0.36	0.0	300	60	6.0	1.0	21.0	0.0	0.00
GRAPES, Fresh	1/2 CUP	1	52	0	2	0.50	0.27	10.0	50	10	8.1	0.5	13.5	0.0	0.00
VANILLA WAFERS	8 COOKIES	1	139	0	121	0.42	0.21	10.5	18	4	0.6	1.2	21.93	5.22	1.71
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			783	57	1303	8.13	24.84	464.3	13084	2628	23.39	29.20	129.75	18.30	5.43
% of Calories												14.9%	66.3%	21.0%	6.2%

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ELEMENTARY LUNCH

	Portion Size	Plan Qty	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)
Wed - 02/29/2012															
ELEMENTARY LUNCH	Total	1													
SOFT SHELL TACO	PIECE	1	348	37	369	3.54	4.02	129.6	520	4	1.22	19.11	39.96	13.72	4.94
TOMATOES, DICED	1 OZ	1	5	0	1	0.34	0.08	2.8	236	18	3.6	0.25	1.11	0.06	0.01
CORN: canned, yellow	1/2 CUP	1	39	0	92	1.31	0.24	0.0	0	0	2.36	1.31	5.9	0.98	0.00
APPLE, Fresh-1	1/2 EACH	1	55	0	1	2.55	0.12	6.5	57	3	4.9	0.28	14.64	0.18	0.03
KIWI FRESH	1 EACH	1	46	0	2	2.00	0.18	30.0	50	10	70.2	1.0	11.0	0.0	0.00
MILK, VARIETY	CUP	1	124	6	185	0.00	0.29	300.0	500	100	1.44	8.0	21.6	0.5	0.30
Weighted Daily Average			618	43	650	9.75	4.93	468.9	1363	135	83.72	29.95	94.22	15.44	5.28
% of Calories												19.4%	61.0%	22.5%	7.7%

Weighted Average			663	43	989	7.95	9.77	1087.3	5540	1098	72.91	27.94	98.50	17.36	5.42
												16.9%	59.5%	23.6%	7.4%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	663		664	100%		2	Correction Required - Calories are Low
Cholesterol (mg)	43		100	43%			
Sodium (mg)	989		1200	82%			
Fiber (g)	7.95		6.64	120%			
Iron (mg)	9.77		3.47	281%			
Calcium (mg)	1087.3		286.00	380%			
Vitamin A (IU)	5540		1119	495%			
Vitamin A (RE)	1098		224	491%			
Vitamin C (mg)	72.91		15.24	478%			
Protein (g)	27.94	16.87%	9.77	286%			
Carbohydrate (g)	98.50	59.46%					
Total Fat (g)	17.36	23.57%	<=30.00%				
Saturated Fat (g)	5.42	7.35%	<10.00%				

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