

Natrona County School District

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

Jan 31, 2012

Page 1

SECONDARY LUNCH

	Portion Size	Plan Qty	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)
Wed - 02/01/2012															
SECONDARY 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	2/3 CUP	1	107	0	28	1.49	9.60	5466.7	0	0	296.0	1.73	16.59	4.0	1.15
CARROTS, BABY	2/3 CUP	1	56	0	93	4.07	0.33	37.0	16019	3204	7.78	0.13	12.78	0.04	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
CRACKERS, ANIMAL KERS	16 CRAC CUP	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			719	26	1001	12.57	14.18	5953.7	16569	3314	312.42	21.86	127.96	14.54	3.45
% of Calories												12.2%	71.2%	18.2%	4.3%

Thu - 02/02/2012															
SECONDARY LUNCH	Total	1													
TURKEY, DICED GRAVY-2/3CUP SE	SERVING	1	192	55	1090	0.66	30.83	50.4	75	15	1.22	24.75	8.36	6.12	2.01
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, GREEN	2/3 CUP	1	84	0	240	4.79	1.29	0.0	479	96	7.19	5.99	14.38	0.0	0.00
CRANBERRY SAUCE: canned,swtnd	1/3 CUP	1	133	0	47	1.33	0.00	0.0	0	0	0.0	0.0	34.67	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			687	61	2055	12.98	32.95	360.4	1054	211	13.46	42.14	107.61	9.22	2.41
% of Calories												24.5%	62.7%	12.1%	3.2%

Fri - 02/03/2012															
SECONDARY 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	3 OZ	1	35	0	59	2.38	0.26	28.1	14298	2392	5.02	0.79	8.15	0.2	0.03
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	2/3 CUP	1	93	0	7	1.33	0.00	0.0	0	0	0.0	0.0	16.0	0.0	0.00
MANDARIN ORANGES	2/3 CUP	1	95	0	9	1.81	0.48	26.7	1956	391	28.0	1.33	24.28	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			669	26	965	8.78	4.00	637.7	17154	3048	57.56	27.12	107.68	13.75	3.33
% of Calories												16.2%	64.3%	18.5%	4.5%

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 - denotes optional nutrient values

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.

Natrona County School District

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

Jan 31, 2012

Page 2

SECONDARY LUNCH

	Portion Size	Plan Qty	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)
Mon - 02/06/2012															
SECONDARY LUNCH	Total	1													
MINI CHICKEN FILLETON A BUNsec	EACH	1	680	0	1680	4.00	5.76	160.0	0	0	9.6	36.0	80.0	24.0	8.00
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	2/3 CUP	1	52	0	122	1.75	0.31	0.0	0	0	3.15	1.75	7.87	1.31	0.00
KIWI FRESH	2 EACH	1	92	0	4	4.00	0.36	60.0	100	20	140.4	2.0	22.0	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			958	6	1994	9.75	6.72	520.0	953	191	159.71	47.75	133.47	25.81	8.30
% of Calories												19.9%	55.8%	24.3%	7.8%

Tue - 02/07/2012															
SECONDARY 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	2/3 CUP	1	16	0	16	1.04	0.37	20.8	286	80	42.13	1.56	3.12	0.0	0.00
PEARS: canned,light syrup	2/3 CUP	1	107	0	13	2.67	0.00	0.0	400	80	1.6	0.0	25.33	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			658	60	1077	4.21	2.01	398.3	2149	814	51.62	23.31	84.30	23.50	7.80
% of Calories												14.2%	51.2%	32.1%	10.7%

Wed - 02/08/2012															
SECONDARY LUNCH	Total	1													
CHILI CON CARNE & BEANS	CUP	1	466	112	342	6.64	7.29	86.6	1842	167	22.86	42.73	27.99	20.17	7.47
CARROT AND CELERY STICKS	2/3 CUP	1	16	0	40	0.82	0.09	18.5	5057	851	2.26	0.27	3.69	0.07	0.01
APPLE,Fresh-1	EACH	1	110	0	2	5.10	0.25	13.0	114	6	9.8	0.55	29.28	0.36	0.06
CORNBREAD sec	SERVINGS	1	172	17	133	0.88	1.36	144.0	52	14	0.41	5.36	28.81	3.93	0.64
MARGARINE PATTIE	EACH	1	45	0	75	0.00	0.00	0.0	300	60	0.0	0.0	0.0	5.0	1.50
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			932	135	776	13.44	9.28	562.2	7865	1198	36.76	56.91	111.36	30.03	9.99
% of Calories												24.4%	47.8%	29.0%	9.6%

Thu - 02/09/2012															
SECONDARY LUNCH	Total	1													
CHICKEN, ROASTED,8 PIECES	4 OZ	1	220	102	338	0.00	2.00	14.0	140	28	0.0	22.0	2.0	12.0	4.00
SWEET POTATO, FLAKES	2/3 CUP	1	107	0	240	1.78	0.32	17.8	4444	889	8.0	1.78	24.89	0.0	0.00
CRANBERRY SAUCE: canned,swtnd	1/3 CUP	1	133	0	47	1.33	0.00	0.0	0	0	0.0	0.0	34.67	0.0	0.00
MANDARIN ORANGES	2/3 CUP	1	95	0	9	1.81	0.48	26.7	1956	391	28.0	1.33	24.28	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

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 - denotes optional nutrient values

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.

Natrona County School District

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

Jan 31, 2012

Page 3

SECONDARY LUNCH

	Portion Size	Plan Qty	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)
Weighted Daily Average			759	108	969	9.92	3.45	358.4	7040	1408	37.44	35.11	121.44	14.00	4.30
% of Calories												18.5%	64.0%	16.6%	5.1%

Fri - 02/10/2012															
SECONDARY LUNCH	Total	1													
PB&J SANDWICHES 136 GRAMS	EACH	1	580	0	540	5.00	2.70	40.0	1	0	0.0	18.0	55.0	32.0	7.00
CARROTS, BABY	2/3 CUP	1	56	0	93	4.07	0.33	37.0	16019	3204	7.78	0.13	12.78	0.04	0.00
ORANGE	1 EACH	1	62	0	0	3.10	0.13	52.0	295	14	69.7	1.23	15.39	0.16	0.02
COOKIE CHOCOLATE CHIP 07	2 EACH	1	260	10	190	2.00	1.44	0.0	200	40	0.0	2.0	34.0	12.0	6.00
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			1082	16	1008	14.17	4.89	429.0	17014	3358	78.92	29.36	138.77	44.70	13.32
% of Calories												10.9%	51.3%	37.2%	11.1%

Mon - 02/13/2012															
SECONDARY 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	2/3 CUP	1	107	0	28	1.49	9.60	5466.7	0	0	296.0	1.73	16.59	4.0	1.15
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	2/3 CUP	1	43	0	2	1.12	0.24	4.1	30	3	21.7	0.18	11.62	0.1	0.01
KIWI FRESH	2 EACH	1	92	0	4	4.00	0.36	60.0	100	20	140.4	2.0	22.0	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			774	73	1187	9.53	47.25	8676.8	1300	275	465.86	37.63	99.59	27.00	11.54
% of Calories												19.5%	51.5%	31.4%	13.4%

Tue - 02/14/2012															
SECONDARY LUNCH	Total	1													
CHICKEN MANDARIN ORANGE- A SIAN	7.84 OZ	1	420	110	560	0.00	1.44	0.0	200	4	0.0	26.0	40.0	16.0	2.00
RICE, LONG GRAIN & WILD BLEND	1/2 CUP	1	95	21	380	0.50	0.81	0.0	0	0	0.0	3.0	20.5	0.25	0.00
MIXED VEGETABLES, FROZEN	2/3 CUP	1	63	0	50	2.51	0.45	0.0	1571	314	4.52	1.26	13.82	0.0	0.00
BABY CORN - 5 STAR	2/3 CUP	1	17	0	7	1.33	0.48	0.0	133	27	0.8	1.33	2.67	0.0	0.00
ORANGE	1 EACH	1	62	0	0	3.10	0.13	52.0	295	14	69.7	1.23	15.39	0.16	0.02
PINEAPPLE TIDBITS	2/3 CUP	1	93	0	7	1.33	0.00	0.0	0	0	0.0	0.0	16.0	0.0	0.00
COOKIE SUGAR 07	2 EACH	1	240	10	230	0.00	0.72	0.0	400	80	0.0	2.0	36.0	10.0	5.00
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			1114	147	1419	8.78	4.32	352.0	3099	539	76.46	42.82	165.98	26.91	7.32
% of Calories												15.4%	59.6%	21.7%	5.9%

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 - denotes optional nutrient values

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.

Natrona County School District

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

Jan 31, 2012

Page 4

SECONDARY 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 - 02/15/2012															
SECONDARY LUNCH	Total	1													
NACHOS WITH GROUND BEEF sec	SERVINGS	1	386	72	211	2.31	2.85	173.5	505	101	1.08	27.93	24.12	19.23	5.62
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	1/2 CUP	1	55	10	80	2.50	0.90	20.0	0	0	1.2	3.5	10.0	0.0	0.00
PEACHES CANNED IN LIGHT SYRU	2/3 CUP	1	120	0	7	1.33	0.48	0.0	400	80	8.0	1.33	28.0	0.0	0.00
JELLO w/MIXED FRUIT	2/3 CUP	1	110	0	17	1.19	0.23	0.5	298	5	3.08	1.47	24.77	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			885	88	929	7.34	4.75	534.0	1703	286	14.80	43.23	113.49	27.73	7.92
% of Calories												19.5%	51.3%	28.2%	8.1%

Thu - 02/16/2012															
SECONDARY 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															
SECONDARY 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%

Mon - 02/20/2012															
SECONDARY 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															
SECONDARY 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	10EACH	1	13	0	3	0.67	0.36	20.0	250	50	5.0	0.67	2.33	0.0	0.00
MANDARIN ORANGES	2/3 CUP	1	95	0	9	1.81	0.48	26.7	1956	391	28.0	1.33	24.28	0.0	0.00
APPLESAUCE	2/3 CUP	1	67	0	13	2.67	0.00	0.0	0	0	0.0	0.0	17.33	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			680	55	1185	7.65	5.00	464.2	3768	1115	38.49	29.75	101.80	18.00	3.30
% of Calories												17.5%	59.9%	23.8%	4.4%

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 - denotes optional nutrient values

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.

Natrona County School District

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

Jan 31, 2012

Page 5

SECONDARY LUNCH

	Portion Size	Plan Qty	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)
Wed - 02/22/2012															
SECONDARY LUNCH	Total	1													
TOMATO SOUP/WITH MILK	CUP	1	110	3	430	0.89	0.21	242.0	636	127	3.17	7.75	18.48	0.45	0.22
CRACKERS	4 EACH	1	51	0	134	0.35	0.62	2.5	0	0	0.0	1.14	8.92	1.06	0.24
CHEESE SANDWICH, GRILLED W HEAT	1 EACH	1	351	54	1148	0.00	1.67	399.2	586	152	0.0	12.56	29.25	19.73	11.33
CARROT AND CELERY STICKS	2/3 CUP	1	16	0	40	0.82	0.09	18.5	5057	851	2.26	0.27	3.69	0.07	0.01
PEARS: canned,light syrup	2/3 CUP	1	107	0	13	2.67	0.00	0.0	400	80	1.6	0.0	25.33	0.0	0.00
COOKIE M&M CARNIVAL07	2 EACH	1	240	10	220	0.00	0.72	0.0	400	80	0.0	2.0	36.0	10.0	5.00
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			998	73	2170	4.73	3.59	962.3	7579	1390	8.47	31.72	143.28	31.81	17.10
% of Calories												12.7%	57.5%	28.7%	15.4%
Thu - 02/23/2012															
SECONDARY LUNCH	Total	1													
SUB SANDWICH W/MULGRABUN SEC	EACH	1	329	32	287	2.00	19.42	180.8	19	6	3.28	32.75	24.0	10.5	3.01
CHEESE, AMERICAN SLICED COM	EACH	1	106	27	422	0.00	0.05	156.0	272	72	0.0	6.28	0.45	8.86	5.58
MAYONNAISE, LO FAT	oz	1	41	0	119	0.00	0.00	0.0	0	0	0.0	0.0	1.83	3.67	0.46
BABY CORN - 5 STAR	2/3 CUP	1	17	0	7	1.33	0.48	0.0	133	27	0.8	1.33	2.67	0.0	0.00
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
KIWI FRESH	2 EACH	1	92	0	4	4.00	0.36	60.0	100	20	140.4	2.0	22.0	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			718	65	1026	7.33	20.60	696.8	1378	296	151.04	50.36	74.55	23.53	9.35
% of Calories												28.1%	41.5%	29.5%	11.7%
Fri - 02/24/2012															
SECONDARY LUNCH	Total	1													
PIZZA STICKS MOZZARELLAFILLse	3 EACH	1	450	15	1110	6.00	3.24	450.0	300	6	0.0	21.0	51.0	18.0	6.00
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	3 OZ	1	35	0	59	2.38	0.26	28.1	14298	2392	5.02	0.79	8.15	0.2	0.03
PINEAPPLE TIDBITS	CUP	1	140	0	10	2.00	0.00	0.0	0	0	0.0	0.0	24.0	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			779	21	1434	10.38	13.86	903.1	16145	2708	21.16	30.54	110.19	19.26	6.43
% of Calories												15.7%	56.6%	22.3%	7.4%

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 - denotes optional nutrient values

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.

Natrona County School District

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

Jan 31, 2012

Page 6

SECONDARY 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 - 02/27/2012															
SECONDARY LUNCH	Total	1													
DUG OUT sec	SERVING	1	433	56	571	5.17	11.25	246.7	2247	416	5.98	24.11	36.86	21.75	5.67
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	2/3 CUP	1	16	0	16	1.04	0.37	20.8	286	80	42.13	1.56	3.12	0.0	0.00
ORANGE	EACH	1	62	0	0	3.10	0.13	52.0	295	14	69.7	1.23	15.39	0.16	0.02
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			676	66	835	9.81	12.31	637.0	4291	1164	123.30	35.65	77.22	25.41	6.49
% of Calories												21.1%	45.7%	33.8%	8.6%

Tue - 02/28/2012															
SECONDARY 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	2/3 CUP	1	56	0	93	4.07	0.33	37.0	16019	3204	7.78	0.13	12.78	0.04	0.00
PEACHES CANNED IN LIGHT SYRU	2/3 CUP	1	120	0	7	1.33	0.48	0.0	400	80	8.0	1.33	28.0	0.0	0.00
GRAPES, Fresh	2/3 CUP	1	69	0	2	0.67	0.36	13.3	67	13	10.8	0.67	18.0	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			844	57	1328	9.64	25.13	476.9	17206	3452	30.04	29.73	144.44	18.31	5.43
% of Calories												14.1%	68.4%	19.5%	5.8%

Wed - 02/29/2012															
SECONDARY LUNCH	Total	1													
SOFT SHELL TACO sec	SERVINGS	1	487	118	424	5.15	4.22	356.8	805	125	4.67	30.27	34.76	23.54	10.10
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	2/3 CUP	1	52	0	122	1.75	0.31	0.0	0	0	3.15	1.75	7.87	1.31	0.00
KIWI FRESH	2 EACH	1	92	0	4	4.00	0.36	60.0	100	20	140.4	2.0	22.0	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			760	124	736	11.24	5.26	719.7	1641	263	153.26	42.26	87.35	25.41	10.41
% of Calories												22.2%	46.0%	30.1%	12.3%

Weighted Average			816	67	1227	9.57	12.20	1313.5	7106	1390	101.71	36.51	113.91	23.27	7.68
												17.9%	55.8%	25.7%	8.5%

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 - denotes optional nutrient values

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.

Natrona County School District

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

Jan 31, 2012

Page 7

SECONDARY LUNCH

Nutrient	Menu AVG	Portion Size	Plan Qty	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)	
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	816		825	99%			9	Correction Required - Calories are Low									
Cholesterol (mg)	67		100	67%				Correction Required - Sodium too High									
Sodium (mg)	1227		1200	102%													
Fiber (g)	9.57		8.25	116%													
Iron (mg)	12.20		4.50	271%													
Calcium (mg)	1313.5		400.00	328%													
Vitamin A (IU)	7106		1500	474%													
Vitamin A (RE)	1390		300	463%													
Vitamin C (mg)	101.71		18.35	554%													
Protein (g)	36.51	17.89%	16.20	225%													
Carbohydrate (g)	113.91	55.83%															
Total Fat (g)	23.27	25.66%	<=30.00%														
Saturated Fat (g)	7.68	8.47%	<10.00%														

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

¹ - denotes optional nutrient values

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.