

Richardson I.S.D.

Aug 24, 2009 thru Sep 11, 2009 Spreadsheet - Portion Values

Aug 7, 2009

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Dobie Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Mon - 08/24/2009															
Dobie Lunch	Total	325													
Nachos w/ReducFat Cheese Sauce	2 Floz	325	311	20	741	1.50	0.90	282.5	303	61	0.00	9.1	31.5	16.1	6.04
Green Beans with Ham Base	1/3 cup	325	14	0	141	0.90	0.43	12.4	179	36	2.0	0.7	2.3	0.4	0.07
Orange Wedges, 4 wedges	4 wedges	325	31	0	0	1.57	0.07	26.2	147	14	34.8	0.6	7.7	0.1	0.01
Milk , Fat Free Chocolate	1/2 pint	200	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk , 1% Strawberry	1/2 pint	100	160	10	115	0.00	0.00	300.0	500	100	2.4	7.0	27.0	2.5	1.50
Milk,1% Unflavored	1/2 pint	25	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			499	24	1055	3.97	1.62	620.4	1128	214	39.83	18.11	66.76	17.46	6.71
% of Calories												14.5%	53.5%	31.5%	12.1%

Tue - 08/25/2009															
Dobie Lunch	Total	325													
Pizza,cheese/96 ct./ConAg12680	4.61 oz.	175	270	10	800	4.00	5.40	250.0	500	100	0.00	15.0	32.0	10.0	3.00
Pizza,pepp/96ct./ConAg12681	4.67 oz.	150	270	15	860	4.00	5.40	250.0	500	100	0.00	16.0	32.0	10.0	3.50
Corn, Seasoned, from frozen	1/3 cup	325	55	0	62	1.32	0.26	2.2	164	24	1.9	1.4	10.6	1.6	0.31
Apple Wedges, 4 wedges, Pre-K	4 wedges	325	37	0	5	1.67	0.10	7.0	38	4	4.1	0.2	9.8	0.1	0.02
Milk , Fat Free Chocolate	1/2 pint	200	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk , 1% Strawberry	1/2 pint	100	160	10	115	0.00	0.00	300.0	500	100	2.4	7.0	27.0	2.5	1.50
Milk,1% Unflavored	1/2 pint	25	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			505	16	1068	6.99	5.99	558.4	1200	231	9.00	24.78	77.66	12.67	4.14
% of Calories												19.6%	61.5%	22.6%	7.4%

Wed - 08/26/2009															
Dobie Lunch	Total	325													
Frito Pie, Jennie-OChili,Pre-K	# 20 disher	325	251	34	532	1.00	1.06	166.1	212	42	2.4	10.8	18.9	14.2	3.05
Mixed Vegetables	1/3 cup	325	52	0	36	2.79	0.52	16.3	2770	284	2.0	1.8	8.3	1.3	0.27
Peach Crisp (PeachesEspeciale)	1/3 cup	325	136	0	22	1.73	0.73	13.3	376	45	2.1	1.4	30.8	1.6	0.33
Milk , Fat Free Chocolate	1/2 pint	200	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk , 1% Strawberry	1/2 pint	100	160	10	115	0.00	0.00	300.0	500	100	2.4	7.0	27.0	2.5	1.50
Milk,1% Unflavored	1/2 pint	25	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			583	38	763	5.53	2.54	495.0	3856	474	9.53	21.76	83.29	18.11	4.22
% of Calories												14.9%	57.2%	28.0%	6.5%

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Richardson I.S.D.

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Thu - 08/27/2009															
Dobie Lunch	Total	325													
Chicken Ring, Tyson, 5/.65 oz,	5 ea	325	220	45	620	3.00	1.80	20.0	100	20	0.00	19.0	13.0	10.0	2.00
Rolls/HiFibr/Bridgford/2oz/180	roll, 2 oz	325	184	0	270	3.00	1.44	20.8	168	38	6.0	4.0	30.0	5.8	1.70
Ketchup/Squirt Bottles/DobiePK	1 Tsp	325	5	0	56	0.02	0.03	0.9	47	5	0.8	0.1	1.3	0.0	0.00
Mashed Potatoes / Idahoan	1/3 cup	325	51	0	175	0.64	0.23	15.0	0	0	2.3	1.3	10.9	0.6	0.00
Gravy, Brown, Pioneer	1 fl oz	50	20	0	360	0.00	0.00	0.0	0	0	0.00	0.00	4.0	0.00	0.00
Grapes, Fresh, Red Seedless	1/3 cup	325	41	0	1	0.54	0.18	8.5	60	6	2.4	0.4	10.4	0.2	0.07
Milk , Fat Free Chocolate	1/2 pint	200	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk , 1% Strawberry	1/2 pint	100	160	10	115	0.00	0.00	300.0	500	100	2.4	7.0	27.0	2.5	1.50
Milk,1% Unflavored	1/2 pint	25	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			647	49	1350	7.20	3.90	364.4	874	172	14.44	32.48	91.41	17.59	4.36
% of Calories												20.1%	56.6%	24.5%	6.1%

Fri - 08/28/2009															
Dobie Lunch	Total	325													
Hamburger/All Beef/Advance/175	sandwich	325	305	35	387	0.50	2.95	84.2	0	0	0.00	20.5	27.1	11.9	4.25
Ketchup/Squirt Bottles/DobiePK	1 Tsp	150	5	0	56	0.02	0.03	0.9	47	5	0.8	0.1	1.3	0.0	0.00
Mustard/p.c. packet	PC pkt	25	3	0	56	0.05	0.09	3.8	0	0	0.00	0.2	0.3	0.2	0.01
Mixed Spring Cut Vegetable Bln	1/3 cup	325	27	0	67	1.34	0.24	13.5	1242	248	14.1	0.7	2.7	1.5	0.27
Pudding, Chocolate, LowFat,Mix	1/3 cup	325	100	7	208	0.00	0.02	95.2	154	46	0.2	2.7	17.6	1.6	1.02
Milk , Fat Free Chocolate	1/2 pint	200	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk , 1% Strawberry	1/2 pint	100	160	10	115	0.00	0.00	300.0	500	100	2.4	7.0	27.0	2.5	1.50
Milk,1% Unflavored	1/2 pint	25	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			577	46	865	1.85	3.46	492.8	1915	400	17.57	31.64	73.24	15.95	6.12
% of Calories												21.9%	50.8%	24.9%	9.5%

Mon - 08/31/2009															
Dobie Lunch	Total	325													
Pizza Sticks, MaxStix, 100% Mo	2 sticks	325	280	30	700	0.00	2.16	400.0	400	80	0.00	20.0	28.0	12.0	6.00
Marinara Sauce, HuntsAngelaMia	2 fl.oz	325	24	0	234	0.97	0.53	19.5	146	29	4.4	1.0	4.9	0.5	0.00
Ravioli, Beef, ChefBoyardee	1/3 Cup	325	93	7	267	1.33	3.34	0.7	7	7	0.00	2.7	14.7	2.7	1.00
Veggies, Fresh, Crisp	1/3 cup	325	14	0	15	1.04	0.19	11.7	2677	431	10.7	0.6	3.1	0.1	0.02
Ranch Dressing/# 40 dipper	# 40 dipper	325	44	0	150	0.00	0.01	18.2	5	1	0.1	0.4	1.6	3.9	0.82
Milk , Fat Free Chocolate	1/2 pint	200	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk , 1% Strawberry	1/2 pint	100	160	10	115	0.00	0.00	300.0	500	100	2.4	7.0	27.0	2.5	1.50
Milk,1% Unflavored	1/2 pint	25	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			600	41	1539	3.35	6.44	749.3	3733	652	18.17	32.40	77.57	20.11	8.42
% of Calories												21.6%	51.8%	30.2%	12.6%

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Richardson I.S.D.

Dobie Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Tue - 09/01/2009															
Dobie Lunch	Total	325													
Pizza,cheese/96 ct./ConAg12680	4.61 oz.	175	270	10	800	4.00	5.40	250.0	500	100	0.00	15.0	32.0	10.0	3.00
Pizza,pepp/96ct./ConAg12681	4.67 oz.	150	270	15	860	4.00	5.40	250.0	500	100	0.00	16.0	32.0	10.0	3.50
Corn, Seasoned, from frozen	1/3 cup	325	55	0	62	1.32	0.26	2.2	164	24	1.9	1.4	10.6	1.6	0.31
Pears, Diced, Canned in Juice	1/3 cup	325	68	0	0	0.03	0.00	0.0	0	0	0.00	0.0	16.9	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	200	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk , 1% Strawberry	1/2 pint	100	160	10	115	0.00	0.00	300.0	500	100	2.4	7.0	27.0	2.5	1.50
Milk,1% Unflavored	1/2 pint	25	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			537	16	1063	5.36	5.89	551.4	1162	228	4.88	24.62	84.80	12.54	4.12
% of Calories												18.3%	63.2%	21.0%	6.9%

Wed - 09/02/2009															
Dobie Lunch	Total	325													
Hot Dog on a Bun, Turkey, Fost	1 sandwich	325	222	40	676	0.50	2.17	120.7	0	0	0.00	10.1	19.0	12.1	3.54
Ketchup/Squirt Bottles/DobiePK	1 Tsp	325	5	0	56	0.02	0.03	0.9	47	5	0.8	0.1	1.3	0.0	0.00
Mustard/p.c. packet	PC pkt	300	3	0	56	0.05	0.09	3.8	0	0	0.00	0.2	0.3	0.2	0.01
RELISH: individual PC	PC pkt	125	10	0	62	0.08	0.07	0.2	93	1	0.1	0.0	2.7	0.0	0.00
Broccoli/Steamed/No Sauce	1/3 cup	150	19	0	173	2.00	0.41	22.0	673	126	26.7	2.1	3.6	0.1	0.01
Broccoli w/Cheese Sauce, 1oz	1/3 cup	175	52	7	363	2.00	0.53	105.3	773	146	26.7	4.1	4.6	2.4	1.51
Grapes, Fresh, Red Seedless	1/3 cup	325	41	0	1	0.54	0.18	8.5	60	6	2.4	0.4	10.4	0.2	0.07
Milk , Fat Free Chocolate	1/2 pint	200	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk , 1% Strawberry	1/2 pint	100	160	10	115	0.00	0.00	300.0	500	100	2.4	7.0	27.0	2.5	1.50
Milk,1% Unflavored	1/2 pint	25	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			454	48	1257	3.13	3.18	499.8	1368	252	32.83	21.61	61.28	14.85	5.02
% of Calories												19.0%	54.0%	29.4%	10.0%

Thu - 09/03/2009															
Dobie Lunch	Total	325													
Chicken Nuggets/Pre-K Only	3 nuggets	325	110	24	194	0.30	0.72	0.0	0	0	0.00	6.2	4.7	7.4	1.44
Biscuit/MaryB's/Dough/FrozenEZ	biscuit	325	221	0	558	1.00	0.72	60.0	182	36	0.00	5.0	25.0	8.8	5.33
Ketchup/Squirt Bottles/DobiePK	1 Tsp	325	5	0	56	0.02	0.03	0.9	47	5	0.8	0.1	1.3	0.0	0.00
Mashed Potatoes / Idahoan	1/3 cup	325	51	0	175	0.64	0.23	15.0	0	0	2.3	1.3	10.9	0.6	0.00
Gravy, Brown, Pioneer	1 fl oz	25	20	0	360	0.00	0.00	0.0	0	0	0.00	0.00	4.0	0.00	0.00
Apple Wedges, 4 wedges, Pre-K	4 wedges	325	37	0	5	1.67	0.10	7.0	38	4	4.1	0.2	9.8	0.1	0.02
Milk , Fat Free Chocolate	1/2 pint	200	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk , 1% Strawberry	1/2 pint	100	160	10	115	0.00	0.00	300.0	500	100	2.4	7.0	27.0	2.5	1.50
Milk,1% Unflavored	1/2 pint	25	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			569	28	1189	3.63	2.02	382.1	765	148	10.13	20.45	77.16	17.98	7.37
% of Calories												14.4%	54.2%	28.4%	11.7%

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Richardson I.S.D.

Aug 24, 2009 thru Sep 11, 2009 Spreadsheet - Portion Values

Aug 7, 2009

Dobie Lunch

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Fri - 09/04/2009															
Dobie Lunch	Total	325													
Hamburger/All Beef/Advance/175	sandwich	325	305	35	387	0.50	2.95	84.2	0	0	0.00	20.5	27.1	11.9	4.25
Ketchup/Squirt Bottles/DobiePK	1 Tsp	325	5	0	56	0.02	0.03	0.9	47	5	0.8	0.1	1.3	0.0	0.00
Mustard/p.c. packet	PC pkt	25	3	0	56	0.05	0.09	3.8	0	0	0.00	0.2	0.3	0.2	0.01
French Fries/2 oz./Pre-K ONLY	2 oz	325	138	0	227	2.96	0.71	0.0	0	0	4.7	2.0	20.7	4.0	0.99
Ketchup/Squirt Bottles/DobiePK	1 Tsp	325	5	0	56	0.02	0.03	0.9	47	5	0.8	0.1	1.3	0.0	0.00
Mandarin Fruit Salad/Pre-KOnly	1/3 Cup	325	46	0	3	1.17	0.21	6.7	500	50	9.0	0.4	11.9	0.1	0.03
Milk , Fat Free Chocolate	1/2 pint	200	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk , 1% Strawberry	1/2 pint	100	160	10	115	0.00	0.00	300.0	500	100	2.4	7.0	27.0	2.5	1.50
Milk,1% Unflavored	1/2 pint	25	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			642	39	906	4.66	4.16	392.2	1092	163	18.22	30.75	87.52	17.01	5.85
% of Calories												19.2%	54.5%	23.8%	8.2%

Mon - 09/07/2009															
Dobie Lunch	Total	325													
Chicken Patty/Tyson/Bun/115/cs	sandwich	325	414	51	819	2.02	2.90	60.3	102	20	0.00	20.2	41.2	19.3	4.56
Ketchup/Squirt Bottles/DobiePK	1 Tsp	325	5	0	56	0.02	0.03	0.9	47	5	0.8	0.1	1.3	0.0	0.00
Mustard/p.c. packet	PC pkt	20	3	0	56	0.05	0.09	3.8	0	0	0.00	0.2	0.3	0.2	0.01
Macaroni & Cheese/LndOLksR.Fat	1/3 cup	325	145	12	357	0.93	0.86	165.6	195	39	0.00	6.9	18.1	4.7	2.79
Mixed Vegetables	1/3 cup	325	52	0	36	2.79	0.52	16.3	2770	284	2.0	1.8	8.3	1.3	0.27
Milk , Fat Free Chocolate	1/2 pint	200	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk , 1% Strawberry	1/2 pint	100	160	10	115	0.00	0.00	300.0	500	100	2.4	7.0	27.0	2.5	1.50
Milk,1% Unflavored	1/2 pint	25	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			759	67	1444	5.76	4.53	542.6	3611	452	5.74	36.78	94.10	26.25	8.21
% of Calories												19.4%	49.6%	31.1%	9.7%

Tue - 09/08/2009															
Dobie Lunch	Total	325													
Pizza,cheese/96 ct./ConAg12680	4.61 oz.	175	270	10	800	4.00	5.40	250.0	500	100	0.00	15.0	32.0	10.0	3.00
Pizza,pepp/96ct./ConAg12681	4.67 oz.	150	270	15	860	4.00	5.40	250.0	500	100	0.00	16.0	32.0	10.0	3.50
Broccoli/Steamed/No Sauce	1/3 cup	175	19	0	173	2.00	0.41	22.0	673	126	26.7	2.1	3.6	0.1	0.01
Broccoli w/Cheese Sauce, 1oz	1/3 cup	150	52	7	363	2.00	0.53	105.3	773	146	26.7	4.1	4.6	2.4	1.51
Grapes, Fresh, Red Seedless	1/3 cup	325	41	0	1	0.54	0.18	8.5	60	6	2.4	0.4	10.4	0.2	0.07
Milk , Fat Free Chocolate	1/2 pint	200	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk , 1% Strawberry	1/2 pint	100	160	10	115	0.00	0.00	300.0	500	100	2.4	7.0	27.0	2.5	1.50
Milk,1% Unflavored	1/2 pint	25	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			488	19	1262	6.54	6.26	618.2	1778	344	32.05	26.54	71.64	12.32	4.58
% of Calories												21.8%	58.7%	22.7%	8.5%

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Richardson I.S.D.

Dobie Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Wed - 09/09/2009															
Dobie Lunch	Total	325													
Tacos/Soft/JTM RFBeeftaco-PreK	# 16 dipper	325	298	20	927	5.34	3.65	243.7	587	33	3.6	17.5	36.7	10.8	4.63
Green Beans with Ham Base	1/3 cup	325	14	0	141	0.90	0.43	12.4	179	36	2.0	0.7	2.3	0.4	0.07
Orange Wedges, 4 wedges	4 wedges	325	31	0	0	1.57	0.07	26.2	147	14	34.8	0.6	7.7	0.1	0.01
Milk , Fat Free Chocolate	1/2 pint	200	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk , 1% Strawberry	1/2 pint	50	160	10	115	0.00	0.00	300.0	500	100	2.4	7.0	27.0	2.5	1.50
Milk,1% Unflavored	1/2 pint	75	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			477	25	1239	7.81	4.38	580.1	1409	193	43.04	26.79	69.67	12.14	5.30
% of Calories												22.4%	58.4%	22.9%	10.0%

Thu - 09/10/2009															
Dobie Lunch	Total	325													
Chicken Sticks, 5/serv PRE-KG	5 pieces	325	127	32	235	0.64	0.92	12.7	64	13	0.00	7.6	5.1	8.3	1.91
Rolls/HiFibr/Bridgford/2oz/180	roll, 2 oz	325	184	0	270	3.00	1.44	20.8	168	38	6.0	4.0	30.0	5.8	1.70
Ketchup/Squirt Bottles/DobiePK	1 Tsp	25	5	0	56	0.02	0.03	0.9	47	5	0.8	0.1	1.3	0.0	0.00
Mashed Potatoes / Idahoan	1/3 cup	325	51	0	175	0.64	0.23	15.0	0	0	2.3	1.3	10.9	0.6	0.00
Gravy, Brown, Pioneer	1 fl oz	25	20	0	360	0.00	0.00	0.0	0	0	0.00	0.00	4.0	0.00	0.00
Jell-O, Prepared, Plain	1/3 cup	325	49	0	63	0.00	0.02	2.6	0	0	0.00	1.0	11.7	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	200	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk , 1% Strawberry	1/2 pint	100	160	10	115	0.00	0.00	300.0	500	100	2.4	7.0	27.0	2.5	1.50
Milk,1% Unflavored	1/2 pint	25	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			557	36	948	4.28	2.83	350.4	734	154	11.32	21.67	83.39	15.64	4.19
% of Calories												15.6%	59.9%	25.3%	6.8%

Fri - 09/11/2009															
Dobie Lunch	Total	325													
Hamburger/All Beef/Advance/175	sandwich	325	305	35	387	0.50	2.95	84.2	0	0	0.00	20.5	27.1	11.9	4.25
Ketchup/Squirt Bottles/DobiePK	1 Tsp	325	5	0	56	0.02	0.03	0.9	47	5	0.8	0.1	1.3	0.0	0.00
Mustard/p.c. packet	PC pkt	25	3	0	56	0.05	0.09	3.8	0	0	0.00	0.2	0.3	0.2	0.01
Chip, Dorito, NachoCheese, 1oz	bag, 1 oz	325	144	1	160	1.30	0.37	39.0	54	11	0.1	2.0	17.0	7.0	1.00
Apples, Fresh, Whole	1 EACH	325	72	0	1	3.31	0.17	8.3	75	7	6.3	0.4	19.1	0.2	0.04
Rice Krispie treat, 0.39 oz	1 each	325	45	0	50	0.00	0.18	0.0	101	20	0.00	0.5	9.1	1.0	0.25
Milk , Fat Free Chocolate	1/2 pint	200	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk , 1% Strawberry	1/2 pint	100	160	10	115	0.00	0.00	300.0	500	100	2.4	7.0	27.0	2.5	1.50
Milk,1% Unflavored	1/2 pint	25	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			714	41	832	5.13	3.93	431.9	774	146	10.20	31.19	98.74	21.13	6.13
% of Calories												17.5%	55.3%	26.6%	7.7%

Weighted Average			574	36	1119	5.01	4.08	508.6	1693	282	18.46	26.77	79.88	16.78	5.65
												18.7%	55.7%	26.3%	8.9%

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Richardson I.S.D.

Aug 24, 2009 thru Sep 11, 2009 Spreadsheet - Portion Values

Aug 7, 2009

Dobie Lunch

Portion Size Plan Qty Cals mg Cholst mg Sodm g Fiber mg Iron mg Calc IU Vit-A RE Vit-A mg Vit-C g Protn g Carb g T-Fat g S-Fat

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	574		558	103%			
Cholesterol (mg)	36		0				
Sodium (mg)	1119		0				
Fiber (g)	5.01		0.00				
Iron (mg)	4.08		3.30	124%			
Calcium (mg)	508.6		267.00	190%			
Vitamin A (IU)	1693		790	214%			
Vitamin A (RE)	282		158	178%			
Vitamin C (mg)	18.46		14.60	126%			
Protein (g)	26.77	18.66%	7.30	367%			
Carbohydrate (g)	79.88	55.68%	0.00				
Total Fat (g)	16.78	26.32%	<30.00				
Saturated Fat (g)	5.65	8.86%	<10.00				

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

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