

Richardson I.S.D.

Aug 24, 2009 thru Sep 11, 2009 Spreadsheet - Portion Values
Elem Lunch Grades K-6/09-10

Aug 4, 2009

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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
Mon - 08/24/2009															
Elem Lunch Grades K-6/09-	Total	14043													
Nachos w/ReducFat Cheese Sauce	2 Floz	2720	311	20	741	1.50	0.90	282.5	303	61	0.00	9.1	31.5	16.1	6.04
Nachos w/Taco Mt, JTM RedFat	#16Mt	6634	391	33	1073	2.84	2.39	309.3	746	65	3.6	17.7	34.3	19.9	7.45
Salsa, Mild, Pace Chunky 8/64	# 40 dipper	3665	10	0	240	0.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00
Jalepeno Peppers	# 40 dipper	2595	7	0	293	0.58	0.64	6.9	547	55	2.4	0.2	1.5	0.2	0.02
Sour Cream, Light, # 40 disher	# 40 dipper	1727	19	2	36	0.00	0.00	32.2	66	13	0.00	0.8	4.0	0.00	0.00
Hot Dog on a Bun, Trky, 80/cs	1 each	3519	222	40	676	0.50	2.17	120.7	0	0	0.00	10.1	19.0	12.1	3.54
Ketchup/p.c. packet	PC pkt	4144	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00
Mustard/p.c. packet	PC pkt	1860	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	1194	10	0	62	0.08	0.07	0.2	93	1	0.1	0.0	2.7	0.0	0.00
Yogurt, Cheese, Graham/Entree	stk/pkg	1217	296	15	325	3.00	0.79	608.3	147	54	1.2	12.4	41.2	9.7	3.59
Beans, Charra, Pinto	1/2 cup	4244	158	0	496	6.88	2.32	64.2	233	29	8.3	9.5	28.2	0.9	0.19
Mixed Vegetables	1/2 cup	2222	78	0	55	4.19	0.78	24.5	4155	426	3.1	2.7	12.5	2.0	0.41
Garden Salad w/ Spinach	1/2 cup	1987	18	0	23	1.41	0.61	26.6	5126	573	10.1	1.0	3.7	0.2	0.03
Ranch Dressing, PC, VenturaFood	PC	3492	70	0	115	0.00	0.00	0.0	0	0	0.00	0.00	0.00	7.0	1.00
French Dressing, PC, Ventura	PC	716	45	0	75	0.00	0.00	0.0	0	0	0.00	0.00	2.0	4.50	0.50
Orange Wedges, 4 wedges	4 wedges	6492	31	0	0	1.57	0.07	26.2	147	14	34.8	0.6	7.7	0.1	0.01
Juice, Apple, 6 fl oz	carton	6482	90	0	15	0.00	0.36	0.0	0	0	0.00	0.00	22.0	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	8745	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	2404	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	2554	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			607	35	1373	5.81	3.41	620.0	2589	335	25.71	25.33	80.53	19.93	6.84
% of Calories												16.7%	53.1%	29.6%	10.1%

Tue - 08/25/2009															
Elem Lunch Grades K-6/09-	Total	14077													
Pizza,cheese/96 ct./ConAg12680	4.61 oz.	4541	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.	5805	270	15	860	4.00	5.40	250.0	500	100	0.00	16.0	32.0	10.0	3.50
Beef, Brisket, Chopped, Smoked	sandwich	2806	288	23	794	1.79	2.60	105.7	193	39	0.8	13.6	40.5	7.9	2.89
Pickle Chips, condiment	3 slices	2530	2	0	254	0.25	0.08	0.0	40	3	0.21	0.1	0.5	0.0	0.01
Potato, Baked, Bar/80/case	1 EACH	967	161	0	17	3.81	1.87	26.0	17	0	16.6	4.3	36.6	0.2	0.07
Toppings/Marg, SrCream, Cheese	# 70 dipper	944	139	8	308	0.00	0.00	110.7	633	127	0.00	3.2	3.9	12.0	3.01
Salsa, Mild, Pace Chunky 8/64	# 40 dipper	1074	10	0	240	0.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00
Corn, Seasoned, from frozen	1/2 cup	8006	83	0	93	1.98	0.39	3.2	245	36	2.9	2.1	16.0	2.4	0.46
Broccoli and Rice Casserole	# 8 dipper	2508	128	5	374	2.22	1.48	122.1	844	168	37.0	5.6	17.5	4.2	1.46
Pasta Salad, Garden Macaroni	1/2 cup	3310	125	0	349	0.94	0.71	12.1	186	16	5.0	2.3	14.3	6.3	1.27
Apple Wedges, 8 wedges, All	8 wedges	5517	74	0	13	3.35	0.21	15.8	76	7	8.9	0.4	19.7	0.3	0.05
Juice, Apple, 6 fl oz	carton	6308	90	0	15	0.00	0.36	0.0	0	0	0.00	0.00	22.0	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	8665	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	2474	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	2669	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			580	19	1240	6.66	5.76	539.1	1314	255	16.87	25.31	90.82	14.34	4.59
% of Calories												17.5%	62.7%	22.3%	7.1%

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Wed - 08/26/2009															
Elem Lunch Grades K-6/09-	Total	13987													
Chicken, Oven Baked, Tyson, 8way	1 serving	7303	220	65	380	0.00	1.08	20.0	100	20	0.00	17.0	7.0	14.0	4.00
Biscuit/MaryB's/Dough/FrozenEZ	biscuit	7398	221	0	558	1.00	0.72	60.0	182	36	0.00	5.0	25.0	8.8	5.33
Frito Pie, Jennie-O Chili,	4 oz.	5193	412	74	881	1.50	2.45	229.2	247	49	5.6	21.0	29.4	22.8	4.66
Salsa, Mild, Pace Chunky 8/64	# 40 dipper	2893	10	0	240	0.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00
Jalepeno Peppers	# 40 dipper	2175	7	0	293	0.58	0.64	6.9	547	55	2.4	0.2	1.5	0.2	0.02
PB&J, 72ct/cs, Uncrustable	sandwich	1491	320	0	350	3.00	1.44	80.0	0	0	0.00	11.0	32.0	17.0	3.50
Mashed Potatoes / Idahoan	1/2 cup	7883	77	0	263	0.96	0.35	22.5	0	0	3.5	1.9	16.3	1.0	0.00
Gravy, Brown, Pioneer	2 oz ladle	2800	20	0	360	0.00	0.00	0.0	0	0	0.00	0.00	4.0	0.00	0.00
Green Beans with Ham Base	1/2 cup	2606	21	0	212	1.35	0.64	18.6	268	54	3.0	1.1	3.4	0.5	0.10
Mexican Salad, Un Dressed	1/2 cup	2034	120	7	310	1.44	0.51	122.8	439	52	3.1	4.8	11.5	6.0	1.64
French Dressing, PC, Ventura	PC	1926	45	0	75	0.00	0.00	0.0	0	0	0.00	0.00	2.0	4.50	0.50
Pears, Diced, Canned in Juice	1/2 cup	4329	102	0	0	0.05	0.00	0.0	0	0	0.00	0.0	25.4	0.00	0.00
Jell-O, Prepared, Plain	1/2 cup	4145	74	0	94	0.00	0.03	3.8	0	0	0.00	1.5	17.6	0.00	0.00
Juice, Apple, 6 fl oz	carton	6487	90	0	15	0.00	0.36	0.0	0	0	0.00	0.00	22.0	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	8605	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	2447	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	2617	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			726	67	1472	2.51	2.91	463.4	944	184	8.07	30.64	90.73	25.27	7.89
% of Calories												16.9%	50.0%	31.3%	9.8%

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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
Thu - 08/27/2009															
Elem Lunch Grades K-6/09-	Total	13573													
Chicken Ring, Tyson, 5/.65 oz,	5 ea	9565	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	9565	184	0	270	3.00	1.44	20.8	168	38	6.0	4.0	30.0	5.8	1.70
Ketchup/p.c. packet	PC pkt	11149	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00
Mustard/p.c. packet	PC pkt	2917	3	0	56	0.05	0.09	3.8	0	0	0.00	0.2	0.3	0.2	0.01
EnchiladasChx/Red Sauce	2 each	2812	256	32	828	3.33	2.84	252.1	692	120	4.0	16.7	27.7	8.8	3.09
Salsa, Mild, Pace Chunky 8/64	# 40 dipper	2032	10	0	240	0.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00
Jalepeno Peppers	# 40 dipper	1578	7	0	293	0.58	0.64	6.9	547	55	2.4	0.2	1.5	0.2	0.02
Potato, Baked, Bar/80/case	1 EACH	1196	161	0	17	3.81	1.87	26.0	17	0	16.6	4.3	36.6	0.2	0.07
Toppings/Marg, SrCream, Cheese	# 70 dipper	994	139	8	308	0.00	0.00	110.7	633	127	0.00	3.2	3.9	12.0	3.01
Salsa, Mild, Pace Chunky 8/64	# 40 dipper	817	10	0	240	0.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00
Mexican Rice, Lawry's SpiceMix	1/2 cup	3236	152	0	357	0.39	1.22	3.9	253	51	0.6	1.8	25.6	4.1	0.59
Apples, Baked, Cinnamon	1/2 cup	3940	128	0	55	1.90	0.33	14.7	166	30	0.4	0.2	26.7	3.0	0.55
Broccoli Florets& Baby Carrots	1/2 cup	1749	17	0	31	1.40	0.42	18.7	4578	514	16.7	0.7	3.8	0.1	0.01
Ranch Dressing, PC,VenturaFood	PC	1702	70	0	115	0.00	0.00	0.0	0	0	0.00	0.00	0.00	7.0	1.00
Grapes, Fresh, Red Seedless	1/2 cup	6159	61	0	2	0.82	0.26	12.7	91	9	3.6	0.6	15.6	0.3	0.10
Juice, Apple, 6 fl oz	carton	6372	90	0	15	0.00	0.36	0.0	0	0	0.00	0.00	22.0	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	8635	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	2401	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	2671	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			662	43	1277	6.54	4.13	408.3	1751	291	14.33	29.26	96.93	17.70	4.53
% of Calories												17.7%	58.5%	24.1%	6.2%

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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 Prot	g Carb	g T-Fat	g S-Fat
Fri - 08/28/2009															
Elem Lunch Grades K-6/09-	Total	14223													
Hamburger/All Beef/Advance/175	sandwich	3996	305	35	387	0.50	2.95	84.2	0	0	0.00	20.5	27.1	11.9	4.25
Cheeseburger/AllBeef/Advanc175	sandwich	6441	355	48	622	1.00	3.31	119.2	150	30	0.00	24.0	28.4	16.9	7.25
Pickle Chips, condiment	3 slices	4613	2	0	254	0.25	0.08	0.0	40	3	0.21	0.1	0.5	0.0	0.01
Ketchup/p.c. packet	PC pkt	14186	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00
Mustard/p.c. packet	PC pkt	3243	3	0	56	0.05	0.09	3.8	0	0	0.00	0.2	0.3	0.2	0.01
Fish Sticks/Trident/160/1oz/cs	4 sticks	2496	230	15	390	1.00	1.08	20.0	0	0	0.00	14.0	19.0	11.0	1.00
Rolls/HiFibr/Bridgford/2oz/180	roll, 2 oz	2439	184	0	270	3.00	1.44	20.8	168	38	6.0	4.0	30.0	5.8	1.70
Tartar Sauce, P.C., 200/9 gm	PC pkt	2024	30	0	66	0.00	0.00	0.0	0	0	0.00	0.00	0.6	3.0	0.60
Ketchup/p.c. packet	PC pkt	2473	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00
Yogurt, Cheddar, Graham/Entree	yo/stk/pkg	1290	320	30	360	1.00	3.60	501.1	400	80	3.6	12.0	38.1	13.0	7.00
French Fries/Baked/3oz/Serving	3 oz	9891	208	0	341	4.45	1.07	0.0	0	0	7.1	3.0	31.1	5.9	1.48
Ketchup/p.c. packet	PC pkt	10037	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00
Mixed Spring Cut Vegetable Bln	1/2 cup	1166	40	0	101	2.01	0.36	20.2	1863	373	21.2	1.0	4.0	2.2	0.40
Mixed Spring Cut Vegetable/Che	1/2 cup	1978	90	10	386	2.01	0.54	145.2	2013	403	21.2	4.0	5.5	5.7	2.65
Salad, Tossed, Lettu/Toma/Carr	1/2 cup	1654	7	0	6	0.60	0.19	8.2	1907	168	4.3	0.4	1.5	0.1	0.01
Ranch Dressing, PC,VenturaFood	PC	1541	70	0	115	0.00	0.00	0.0	0	0	0.00	0.00	0.00	7.0	1.00
French Dressing, PC, Ventura	PC	282	45	0	75	0.00	0.00	0.0	0	0	0.00	0.00	2.0	4.50	0.50
Pudding, Chocolate, LowFat,Mix	1/2 cup	5004	150	10	311	0.00	0.04	142.7	231	70	0.2	4.0	26.4	2.4	1.53
Pudding, Vanilla, Low Fat, Mix	1/2 cup	2050	150	10	346	0.00	0.04	142.7	231	70	0.2	4.0	26.4	2.4	1.53
Juice, Apple, 6 fl oz	carton	6306	90	0	15	0.00	0.36	0.0	0	0	0.00	0.00	22.0	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	8648	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	2816	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	2759	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			784	47	1419	5.11	4.48	524.8	1516	289	16.04	33.73	104.86	23.72	8.58
% of Calories												17.2%	53.5%	27.2%	9.9%

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Mon - 08/31/2009															
Elem Lunch Grades K-6/09-	Total	13997													
Pizza Sticks, MaxStix, 100% Mo	2 sticks	9220	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	6522	24	0	234	0.97	0.53	19.5	146	29	4.4	1.0	4.9	0.5	0.00
Deli Turkey Sandwich, Jennie-O	1 each	3279	381	50	1386	1.00	2.16	250.0	350	70	0.6	22.1	41.5	13.5	6.01
Lettuce & Tomato:1 leaf,2 slice	1 lf,2 slc	1676	5	0	2	0.36	0.09	3.4	230	17	3.3	0.3	1.1	0.1	0.01
Mustard/p.c. packet	PC pkt	1570	3	0	56	0.05	0.09	3.8	0	0	0.00	0.2	0.3	0.2	0.01
Mayonnaise/p.c.packet/LowFat	PC pkt	1573	40	0	110	0.00	0.00	0.0	0	0	0.00	0.00	2.0	3.0	0.50
Yogurt, Cheddar, Graham/Entree	yo/stk/pkg	1498	320	30	360	1.00	3.60	501.1	400	80	3.6	12.0	38.1	13.0	7.00
Ravioli, Beef, ChefBoyardee	1/2 Cup	5416	140	10	400	2.00	5.00	1.0	10	10	0.00	4.0	22.0	4.0	1.50
Spinach, Seasoned, fromFrozen	1/2 cup	1524	64	0	237	4.75	3.10	211.6	19229	1285	9.0	6.0	6.9	2.8	0.45
Chip, Baked Lay's Potato Chips	bag	3189	110	0	150	2.00	0.43	39.0	0	0	2.0	2.0	23.0	1.5	0.00
Chip, Doritos, RedFat CoolerRa	each bag	5142	130	0	220	1.00	0.36	20.0	0	0	0.00	2.0	19.0	5.0	1.00
Mandarin Fruit Salad	1/2 Cup	5024	69	0	4	1.74	0.31	10.0	747	74	13.5	0.5	17.8	0.2	0.04
Juice, Fruit Blend, 6 fl oz	carton	6524	90	0	20	0.00	0.00	20.0	0	0	15.0	1.0	23.0	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	8584	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	2571	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	2842	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			661	43	1430	3.58	5.43	736.2	3345	373	18.87	32.06	96.88	18.10	7.77
% of Calories												19.4%	58.6%	24.6%	10.6%

Tue - 09/01/2009															
Elem Lunch Grades K-6/09-	Total	14244													
Pizza,cheese/96 ct./ConAg12680	4.61 oz.	4036	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.	5720	270	15	860	4.00	5.40	250.0	500	100	0.00	16.0	32.0	10.0	3.50
Corn Dog/48 ct./cs Leons	corn dog	3469	270	50	730	1.00	1.80	0.0	0	0	2.4	10.0	22.0	15.0	4.00
Ketchup/p.c. packet	PC pkt	3999	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00
Mustard/p.c. packet	PC pkt	2159	3	0	56	0.05	0.09	3.8	0	0	0.00	0.2	0.3	0.2	0.01
Potato, Baked, Bar/80/case	1 EACH	1019	161	0	17	3.81	1.87	26.0	17	0	16.6	4.3	36.6	0.2	0.07
Toppings/Marg, SrCream, Cheese	# 70 dipper	956	139	8	308	0.00	0.00	110.7	633	127	0.00	3.2	3.9	12.0	3.01
Salsa, Mild, Pace Chunky 8/64	# 40 dipper	790	10	0	240	0.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00
Corn, Seasoned, from frozen	1/2 cup	8062	83	0	93	1.98	0.39	3.2	245	36	2.9	2.1	16.0	2.4	0.46
Carrot Coins, Glazed	1/2 cup	1495	82	0	105	2.99	0.43	37.7	13052	1967	2.3	0.8	11.5	4.0	0.80
Sherbet, Luigi's, 4 fl oz cup	ea cup	5489	120	5	35	0.00	0.36	20.0	0	0	60.0	0.00	27.0	1.5	1.00
Grapes, Fresh, Red Seedless	1/2 cup	6460	61	0	2	0.82	0.26	12.7	91	9	3.6	0.6	15.6	0.3	0.10
Juice, Fruit Blend, 6 fl oz	carton	6310	90	0	20	0.00	0.00	20.0	0	0	15.0	1.0	23.0	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	8945	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	2692	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	2607	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			580	28	1072	5.07	5.06	507.7	2453	419	38.03	23.53	92.29	14.76	4.78
% of Calories												16.2%	63.6%	22.9%	7.4%

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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
Wed - 09/02/2009															
Elem Lunch Grades K-6/09-	Total	14095													
Chicken Nuggets/Tyson/115/cs	5 pieces	9311	274	51	558	1.01	1.10	20.3	101	20	0.00	15.2	13.2	17.2	4.06
Rolls/HiFibr/Bridgford/2oz/180	roll, 2 oz	9478	184	0	270	3.00	1.44	20.8	168	38	6.0	4.0	30.0	5.8	1.70
Ketchup/p.c. packet	PC pkt	13257	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00
Salisbury Steak, Advance, Beef	steak	3392	162	39	757	1.44	1.94	33.9	39	8	1.7	15.9	7.6	7.3	2.94
Rolls/HiFibr/Bridgford/2oz/180	roll, 2 oz	3822	184	0	270	3.00	1.44	20.8	168	38	6.0	4.0	30.0	5.8	1.70
PB&J, 72ct/cs, Uncrustable	sandwich	1392	320	0	350	3.00	1.44	80.0	0	0	0.00	11.0	32.0	17.0	3.50
Mashed Potatoes / Idahoan	1/2 cup	9801	77	0	263	0.96	0.35	22.5	0	0	3.5	1.9	16.3	1.0	0.00
Gravy, Brown, Pioneer	2 oz ladle	3638	20	0	360	0.00	0.00	0.0	0	0	0.00	0.00	4.0	0.00	0.00
Mixed Vegetables	1/2 cup	2899	78	0	55	4.19	0.78	24.5	4155	426	3.1	2.7	12.5	2.0	0.41
Carrot and Celery Bites	1/2 cup	1689	24	0	60	1.82	0.21	29.4	7554	1241	3.7	0.7	5.3	0.2	0.03
Ranch Dressing, PC, VenturaFood	PC	1257	70	0	115	0.00	0.00	0.0	0	0	0.00	0.00	0.00	7.0	1.00
Peaches, Canned w/juice,1/2Cup	1/2 cup	5895	77	0	7	1.86	0.52	4.3	507	50	3.4	0.6	20.8	0.0	0.00
Juice, Fruit Blend, 6 fl oz	carton	6259	90	0	20	0.00	0.00	20.0	0	0	15.0	1.0	23.0	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	8682	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	2448	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	2597	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			719	47	1388	6.69	3.60	375.4	2742	419	21.13	29.22	100.92	22.88	6.07
% of Calories												16.3%	56.1%	28.6%	7.6%

Thu - 09/03/2009															
Elem Lunch Grades K-6/09-	Total	13862													
Tacos/Crispy/JTM RF BeefTaco	2 #16Mt	8905	299	34	864	4.02	3.47	166.3	1033	38	7.1	21.6	21.6	13.6	5.09
Salsa, Mild, Pace Chunky 8/64	# 40 dipper	3568	10	0	240	0.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00
Jalepeno Peppers	# 40 dipper	2023	7	0	293	0.58	0.64	6.9	547	55	2.4	0.2	1.5	0.2	0.02
Pasta, Penne, Baked, Trky, Sau	1 cup	3786	346	68	1051	3.40	2.56	267.9	274	72	12.8	24.0	30.1	14.6	5.64
Garlic Toast, TX	1 TX slice	3788	182	0	337	1.03	1.09	42.4	252	56	0.1	4.1	24.3	7.2	1.18
Parmesan Cheese	# 40 dipper	1898	45	9	159	0.00	0.09	115.1	46	18	0.00	4.0	0.4	3.0	1.79
Potato, Baked, Bar/80/case	1 EACH	1171	161	0	17	3.81	1.87	26.0	17	0	16.6	4.3	36.6	0.2	0.07
Toppings/Marg, SrCream, Cheese	# 70 dipper	873	139	8	308	0.00	0.00	110.7	633	127	0.00	3.2	3.9	12.0	3.01
Salsa, Mild, Pace Chunky 8/64	# 40 dipper	778	10	0	240	0.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00
Green Beans with Ham Base	1/2 cup	3220	21	0	212	1.35	0.64	18.6	268	54	3.0	1.1	3.4	0.5	0.10
Squash Casserole	1/2 cup	2958	160	7	716	1.86	0.83	136.1	639	121	5.7	5.2	12.9	9.8	2.69
Mexican Salad, Un Dressed	1/2 cup	2327	120	7	310	1.44	0.51	122.8	439	52	3.1	4.8	11.5	6.0	1.64
French Dressing, PC, Ventura	PC	1644	45	0	75	0.00	0.00	0.0	0	0	0.00	0.00	2.0	4.50	0.50
Orange Wedges, 4 wedges	4 wedges	6727	31	0	0	1.57	0.07	26.2	147	14	34.8	0.6	7.7	0.1	0.01
Juice, Fruit Blend, 6 fl oz	carton	6712	90	0	20	0.00	0.00	20.0	0	0	15.0	1.0	23.0	0.00	0.00
Cupcake, Birthday, Chocolate	1 each	1489	130	20	270	0.50	0.72	40.0	0	0	0.00	2.0	28.0	3.5	1.50
Cupcake, Birthday, White30-10-	1 each	1511	140	20	220	0.00	0.36	40.0	0	0	0.00	2.0	28.0	3.5	1.00
Milk , Fat Free Chocolate	1/2 pint	8667	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	2442	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	2617	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54

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Aug 24, 2009 thru Sep 11, 2009 Spreadsheet - Portion Values
Elem Lunch Grades K-6/09-10

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Weighted Daily Average			656	53	1592	5.97	4.29	597.8	1801	245	39.16	33.86	82.93	21.36	7.34
% of Calories												20.6%	50.6%	29.3%	10.1%

Fri - 09/04/2009															
Elem Lunch Grades K-6/09-	Total	14203													
Hamburger/All Beef/Advance/175	sandwich	3662	305	35	387	0.50	2.95	84.2	0	0	0.00	20.5	27.1	11.9	4.25
Cheeseburger/AllBeef/Advanc175	sandwich	6266	355	48	622	1.00	3.31	119.2	150	30	0.00	24.0	28.4	16.9	7.25
Ketchup/p.c. packet	PC pkt	14268	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00
Mustard/p.c. packet	PC pkt	2874	3	0	56	0.05	0.09	3.8	0	0	0.00	0.2	0.3	0.2	0.01
Mayonnaise/p.c.packet/LowFat	PC pkt	3348	40	0	110	0.00	0.00	0.0	0	0	0.00	0.00	2.0	3.0	0.50
Pickle Chips, condiment	3 slices	4448	2	0	254	0.25	0.08	0.0	40	3	0.21	0.1	0.5	0.0	0.01
Shrimp Poppers/SeaPak/52ser/cs	21 pieces	3110	221	40	702	2.01	2.01	30.1	61	12	0.00	10.0	19.0	12.0	2.01
Hush Puppies, Round, Ovenable	3 pieces	3110	150	0	429	2.00	1.08	39.9	0	0	0.00	3.0	23.9	4.5	1.00
Tartar Sauce, P.C., 200/9 gm	PC pkt	2344	30	0	66	0.00	0.00	0.0	0	0	0.00	0.00	0.6	3.0	0.60
Ketchup/p.c. packet	PC pkt	3015	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00
Yogurt, Cheese, Graham/Entree	stk/pkg	1165	296	15	325	3.00	0.79	608.3	147	54	1.2	12.4	41.2	9.7	3.59
French Fries/Baked/3oz/Serving	3 oz	10499	208	0	341	4.45	1.07	0.0	0	0	7.1	3.0	31.1	5.9	1.48
Ketchup/p.c. packet	PC pkt	9506	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00
Broccoli/Steamed/No Sauce	1/2 cup	705	28	0	259	2.99	0.61	32.9	1009	189	40.0	3.1	5.3	0.1	0.02
Broccoli w/Cheese Sauce, 1oz	1/2 cup	1006	78	10	545	2.99	0.79	158.0	1159	219	40.0	6.1	6.8	3.6	2.27
Salad, Tossed, Lettu/Toma/Carr	1/2 cup	1736	7	0	6	0.60	0.19	8.2	1907	168	4.3	0.4	1.5	0.1	0.01
Ranch Dressing, PC, VenturaFood	PC	1395	70	0	115	0.00	0.00	0.0	0	0	0.00	0.00	0.00	7.0	1.00
French Dressing, PC, Ventura	PC	601	45	0	75	0.00	0.00	0.0	0	0	0.00	0.00	2.0	4.50	0.50
Fruit Cocktail/InJuice/1/2 cup	1/2 cup	3445	74	0	8	1.31	0.38	7.8	268	27	2.5	0.5	19.5	0.1	0.01
Jell-O, Prepared, Plain	1/2 cup	4240	74	0	94	0.00	0.03	3.8	0	0	0.00	1.5	17.6	0.00	0.00
Juice, Fruit Blend, 6 fl oz	carton	6283	90	0	20	0.00	0.00	20.0	0	0	15.0	1.0	23.0	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	8698	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	2419	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	2833	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			750	45	1430	5.85	4.30	460.8	1127	192	22.33	31.59	103.04	22.69	7.42
% of Calories												16.8%	54.9%	27.2%	8.9%

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Richardson I.S.D.

Aug 24, 2009 thru Sep 11, 2009 Spreadsheet - Portion Values
Elem Lunch Grades K-6/09-10

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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
Mon - 09/07/2009															
Elem Lunch Grades K-6/09-	Total	14043													
Chicken Patty/Tyson/Bun/115/cs	sandwich	5433	414	51	819	2.02	2.90	60.3	102	20	0.00	20.2	41.2	19.3	4.56
Ketchup/p.c. packet	PC pkt	8105	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00
Mustard/p.c. packet	PC pkt	2504	3	0	56	0.05	0.09	3.8	0	0	0.00	0.2	0.3	0.2	0.01
Mayonnaise/p.c.packet/LowFat	PC pkt	302	40	0	110	0.00	0.00	0.0	0	0	0.00	0.00	2.0	3.0	0.50
Chicken Fried Steak Sandwich	sandwich	7203	441	45	1057	2.92	4.48	69.6	124	0	0.2	23.5	47.1	20.3	6.62
Ketchup/p.c. packet	PC pkt	9499	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00
Mustard/p.c. packet	PC pkt	3318	3	0	56	0.05	0.09	3.8	0	0	0.00	0.2	0.3	0.2	0.01
Mayonnaise/p.c.packet/LowFat	PC pkt	203	40	0	110	0.00	0.00	0.0	0	0	0.00	0.00	2.0	3.0	0.50
Yogurt, Cheese, Graham/Entree	stk/pkg	1407	296	15	325	3.00	0.79	608.3	147	54	1.2	12.4	41.2	9.7	3.59
Macaroni & Cheese/LndOLksR.Fat	1/2 CUP	8986	217	19	536	1.40	1.29	248.4	293	59	0.00	10.4	27.1	7.0	4.19
Mixed Spring Cut Vegetable Bln	1/2 cup	1324	40	0	101	2.01	0.36	20.2	1863	373	21.2	1.0	4.0	2.2	0.40
Mixed Spring Cut Vegetable/Che	1/2 cup	1556	90	10	386	2.01	0.54	145.2	2013	403	21.2	4.0	5.5	5.7	2.65
Salad, Tossed, Lettu/Toma/Carr	1/2 cup	1814	7	0	6	0.60	0.19	8.2	1907	168	4.3	0.4	1.5	0.1	0.01
Ranch Dressing, PC,VenturaFood	PC	1425	70	0	115	0.00	0.00	0.0	0	0	0.00	0.00	0.00	7.0	1.00
French Dressing, PC, Ventura	PC	313	45	0	75	0.00	0.00	0.0	0	0	0.00	0.00	2.0	4.50	0.50
Grapes, Fresh, RD Seedless	1/2 cup	7312	61	0	2	0.82	0.26	12.7	91	9	3.6	0.6	15.6	0.3	0.10
Juice, Fruit Blend, 6 fl oz	carton	6224	90	0	20	0.00	0.00	20.0	0	0	15.0	1.0	23.0	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	8724	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	2344	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	2610	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			792	61	1591	4.43	4.89	606.8	1550	270	17.46	36.99	106.09	26.25	9.26
% of Calories												18.7%	53.6%	29.8%	10.5%

Tue - 09/08/2009															
Elem Lunch Grades K-6/09-	Total	14183													
Pizza,cheese/96 ct./ConAg12680	4.61 oz.	4139	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.	5484	270	15	860	4.00	5.40	250.0	500	100	0.00	16.0	32.0	10.0	3.50
Rib-B-Que on a Bun/100/case	sandwich	3568	377	28	1097	2.54	3.10	139.3	328	99	3.4	18.7	54.4	9.3	3.02
Potato, Baked, Bar/80/case	1 EACH	992	161	0	17	3.81	1.87	26.0	17	0	16.6	4.3	36.6	0.2	0.07
Toppings/Marg, SrCream, Cheese	# 70 dipper	918	139	8	308	0.00	0.00	110.7	633	127	0.00	3.2	3.9	12.0	3.01
Salsa, Mild, Pace Chunky 8/64	# 40 dipper	175	10	0	240	0.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00
Corn, Seasoned, from frozen	1/2 cup	8425	83	0	93	1.98	0.39	3.2	245	36	2.9	2.1	16.0	2.4	0.46
Broccoli/Steamed/No Sauce	1/2 cup	1928	28	0	259	2.99	0.61	32.9	1009	189	40.0	3.1	5.3	0.1	0.02
Broccoli w/Cheese Sauce, 1oz	1/2 cup	1388	78	10	545	2.99	0.79	158.0	1159	219	40.0	6.1	6.8	3.6	2.27
Pasta Salad, GardenTwist, Mozz	1/2 cup	1957	153	4	380	1.51	0.42	62.1	156	29	8.5	3.3	8.8	12.2	2.23
Jell-O Applesauce	1/2 cup	2945	102	0	87	0.89	0.21	4.8	23	2	0.8	1.5	25.3	0.1	0.01
Jell-O, Prepared, Plain	1/2 cup	4477	74	0	94	0.00	0.03	3.8	0	0	0.00	1.5	17.6	0.00	0.00
Juice, Fruit Blend, 6 fl oz	carton	6311	90	0	20	0.00	0.00	20.0	0	0	15.0	1.0	23.0	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	8787	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	2442	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	2643	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Weighted Daily Average			598	22	1289	5.89	5.31	546.8	1373	280	23.74	27.47	94.38	14.27	4.54
% of Calories												18.4%	63.1%	21.5%	6.8%

Wed - 09/09/2009															
Elem Lunch Grades K-6/09-	Total	14247													
Chicken Sticks/Tyson/168ser/cs	8 pieces	9798	200	50	370	1.00	1.44	20.0	100	20	0.00	12.0	8.0	13.0	3.00
Rolls/HiFibr/Bridgford/2oz/180	roll, 2 oz	9845	184	0	270	3.00	1.44	20.8	168	38	6.0	4.0	30.0	5.8	1.70
Ketchup/p.c. packet	PC pkt	14369	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00
Pizzatas, Pep, 90/2ea,Better4U	2 sticks	3906	269	27	548	3.23	2.11	268.8	376	108	4.5	18.3	31.2	8.6	3.23
PB&J, 72ct/cs, Uncrustable	sandwich	543	320	0	350	3.00	1.44	80.0	0	0	0.00	11.0	32.0	17.0	3.50
Mashed Potatoes / Idahoan	1/2 cup	9941	77	0	263	0.96	0.35	22.5	0	0	3.5	1.9	16.3	1.0	0.00
Gravy, Fat-Free, Pepper, Morri	2 oz ladle	3479	35	0	285	0.00	0.01	24.8	0	0	0.00	1.2	7.1	0.00	0.00
Peas, Green, Frozen, Seasoned	1/2 cup	1925	97	0	305	5.24	1.45	23.0	2112	86	9.4	4.9	13.6	2.7	0.50
Veggies, Fresh, Crisp	1/2 cup	1875	22	0	23	1.56	0.28	17.6	4016	647	16.1	1.0	4.7	0.2	0.02
Ranch Dressing, PC,VenturaFood	PC	1608	70	0	115	0.00	0.00	0.0	0	0	0.00	0.00	0.00	7.0	1.00
Orange Wedges, 4 wedges	4 wedges	6311	31	0	0	1.57	0.07	26.2	147	14	34.8	0.6	7.7	0.1	0.01
Juice, Fruit Blend, 6 fl oz	carton	6249	90	0	20	0.00	0.00	20.0	0	0	15.0	1.0	23.0	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	8755	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	2498	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	2686	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			629	46	1161	6.06	3.39	445.2	1709	284	36.76	27.39	89.63	18.73	5.00
% of Calories												17.4%	57.0%	26.8%	7.2%

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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
Thu - 09/10/2009															
Elem Lunch Grades K-6/09-	Total	14253													
Spaghetti/no sauce/Elementary	1 cup	3404	294	0	57	2.19	2.26	16.1	202	45	0.0	9.0	51.1	5.6	1.04
Garlic Toast, TX	1 TX slice	3443	182	0	337	1.03	1.09	42.4	252	56	0.1	4.1	24.3	7.2	1.18
Parmesan Cheese	# 40 dipper	270	45	9	159	0.00	0.09	115.1	46	18	0.00	4.0	0.4	3.0	1.79
Spaghetti/Jennie-O Meat Sauce	1 1/2 cup	4112	484	56	692	3.67	4.40	16.1	0	0	12.8	25.9	68.9	10.9	2.93
Garlic Toast, TX	1 TX slice	4878	182	0	337	1.03	1.09	42.4	252	56	0.1	4.1	24.3	7.2	1.18
Parmesan Cheese	# 40 dipper	525	45	9	159	0.00	0.09	115.1	46	18	0.00	4.0	0.4	3.0	1.79
Burrito,Bean&Cheese/72/cs, All	1 each	4864	399	8	779	7.53	4.32	128.2	264	92	9.5	15.3	57.8	13.8	3.40
Salsa, Mild, Pace Chunky 8/64	# 40 dipper	350	10	0	240	0.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00
Jalepeno Peppers	# 40 dipper	325	7	0	293	0.58	0.64	6.9	547	55	2.4	0.2	1.5	0.2	0.02
Potato, Baked, Bar/80/case	1 EACH	1873	161	0	17	3.81	1.87	26.0	17	0	16.6	4.3	36.6	0.2	0.07
Toppings/Marg, SrCream, Cheese	# 70 dipper	199	139	8	308	0.00	0.00	110.7	633	127	0.00	3.2	3.9	12.0	3.01
Salsa, Mild, Pace Chunky 8/64	# 40 dipper	177	10	0	240	0.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00
Green Beans with Ham Base	1/2 cup	2486	21	0	212	1.35	0.64	18.6	268	54	3.0	1.1	3.4	0.5	0.10
Peach Crisp (PeachesEspeciale)	1/2 cup	4789	204	0	33	2.60	1.10	20.0	563	67	3.2	2.1	46.3	2.5	0.49
Muffin, ReducedFatBanana1.8	muffin	6820	170	30	180	1.00	5.40	40.0	1250	250	15.00	3.0	28.0	5.0	1.00
Pineapple, Tidbit, Canned,1/2C	1/2 cup	4976	75	0	1	1.00	0.35	17.4	47	5	11.8	0.5	19.5	0.1	0.01
Juice, Fruit Blend, 6 fl oz	carton	6108	90	0	20	0.00	0.00	20.0	0	0	15.0	1.0	23.0	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	8716	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	2518	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	2720	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			830	38	1019	7.21	7.61	424.1	1651	339	31.21	28.74	140.20	18.00	4.32
% of Calories												13.8%	67.6%	19.5%	4.7%

Fri - 09/11/2009															
Elem Lunch Grades K-6/09-	Total	14063													
Fun Meal Day	fun meal	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
Hamburger/All Beef/Advance/175	sandwich	3556	305	35	387	0.50	2.95	84.2	0	0	0.00	20.5	27.1	11.9	4.25
Cheeseburger/AllBeef/Advanc175	sandwich	6248	355	48	622	1.00	3.31	119.2	150	30	0.00	24.0	28.4	16.9	7.25
Ketchup/p.c. packet	PC pkt	14268	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00
Mustard/p.c. packet	PC pkt	3985	3	0	56	0.05	0.09	3.8	0	0	0.00	0.2	0.3	0.2	0.01
Mayonnaise/p.c.packet/LowFat	PC pkt	3348	40	0	110	0.00	0.00	0.0	0	0	0.00	0.00	2.0	3.0	0.50
Pickle Chips, condiment	3 slices	4473	2	0	254	0.25	0.08	0.0	40	3	0.21	0.1	0.5	0.0	0.01
Tuna Sandwich, Lower Fat, Loaf	1/2 C,2 Sl	3019	333	24	877	2.54	2.80	100.8	242	18	1.3	24.8	31.4	10.1	1.88
Yogurt, Cheddar, Graham/Entree	yo/stk/pkg	1240	320	30	360	1.00	3.60	501.1	400	80	3.6	12.0	38.1	13.0	7.00
Chip, Baked Lay's Potato Chips	bag	10286	110	0	150	2.00	0.43	39.0	0	0	2.0	2.0	23.0	1.5	0.00
Chip, Baked Lay's KCMasterpiec	each bag	2875	110	0	190	2.00	0.36	20.0	0	0	1.2	2.0	19.0	2.5	0.00
Apples, Fresh, Whole	1 EACH	5845	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	14063	45	0	50	0.00	0.18	0.0	101	20	0.00	0.5	9.1	1.0	0.25
Juice, Fruit Blend, 6 fl oz	carton	6353	90	0	20	0.00	0.00	20.0	0	0	15.0	1.0	23.0	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	8748	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	2419	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	2923	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Weighted Daily Average % of Calories			706	42	1167	4.56	4.10	485.9	851	164	15.35	33.29 18.9%	103.20 58.5%	18.28 23.3%	6.29 8.0%

Weighted Average			685	42	1328	5.46	4.58	516.2	1781	289	23.00	29.89 17.4%	98.23 57.3%	19.75 25.9%	6.35 8.3%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	685		664	103%			
Cholesterol (mg)	42		0				
Sodium (mg)	1328		0				
Fiber (g)	5.46		0.00				
Iron (mg)	4.58		3.47	132%			
Calcium (mg)	516.2		286.00	180%			
Vitamin A (IU)	1781		1119	159%			
Vitamin A (RE)	289		224	129%			
Vitamin C (mg)	23.00		15.24	151%			
Protein (g)	29.89	17.45%	9.77	306%			
Carbohydrate (g)	98.23	57.32%	0.00				
Total Fat (g)	19.75	25.94%	<30.00				
Saturated Fat (g)	6.35	8.34%	<10.00				

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

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