

# Richardson I.S.D.

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

Aug 5, 2009

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HS Lunch Ages 14-17/09-10

	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															
HS Lunch Ages 14-17/09-10	Total	2238													
Nachos w/ReducFat Cheese Sauce	2 Floz	193	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	1061	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	1075	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	1135	7	0	293	0.58	0.64	6.9	547	55	2.4	0.2	1.5	0.2	0.02
Chicken Sandwich, Hot & Spicy	sandwich	881	340	55	720	2.00	3.60	60.0	500	200	0.00	20.0	40.0	13.0	3.00
Ketchup/p.c. packet	PC pkt	3570	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	1945	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	1120	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	103	320	30	360	1.00	3.60	501.1	400	80	3.6	12.0	38.1	13.0	7.00
Beans, Charra, Pinto	1/2 cup	645	158	0	496	6.88	2.32	64.2	233	29	8.3	9.5	28.2	0.9	0.19
Mixed Spring Cut Vegetable Bln	1/2 cup	175	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	797	90	10	386	2.01	0.54	145.2	2013	403	21.2	4.0	5.5	5.7	2.65
Garden Salad w/ Spinach	1/2 cup	592	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	624	70	0	115	0.00	0.00	0.0	0	0	0.00	0.00	0.00	7.0	1.00
Orange Wedges, 8 wedges	8 wedges	1154	62	0	0	3.14	0.13	52.4	295	28	69.7	1.2	15.4	0.2	0.03
Juice, Apple, 6 fl oz	carton	1999	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	1350	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	550	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	335	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
PC Salt / 0.75 gram, iodized	1 each	595	0	0	291	0.00	0.00	0.2	0	0	0.00	0.00	0.00	0.00	0.00
PC Pepper / 0.18 gram	1 each	595	0	0	0	0.05	0.05	0.8	1	0	0.0	0.0	0.1	0.0	0.00
Weighted Daily Average			758	49	1935	7.54	4.94	630.5	3943	619	57.50	30.99	105.02	23.85	7.76
% of Calories												16.4%	55.4%	28.3%	9.2%

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# Richardson I.S.D.

	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
Tue - 08/25/2009															
HS Lunch Ages 14-17/09-10	Total	2261													
Pizza,cheese/96 ct./ConAg12680	4.61 oz.	214	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.	751	270	15	860	4.00	5.40	250.0	500	100	0.00	16.0	32.0	10.0	3.50
Chicken, Oven Baked,Tyson,8way	1 serving	1176	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	1176	221	0	558	1.00	0.72	60.0	182	36	0.00	5.0	25.0	8.8	5.33
Potato, Baked, Bar/80/case	1 EACH	120	161	0	17	3.81	1.87	26.0	17	0	16.6	4.3	36.6	0.2	0.07
Salsa, Mild, Pace Chunky 8/64	# 40 dipper	600	10	0	240	0.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00
Toppings/Marg, SrCream, Cheese	# 70 dipper	125	139	8	308	0.00	0.00	110.7	633	127	0.00	3.2	3.9	12.0	3.01
Corn, Seasoned, from frozen	1/2 cup	1831	83	0	93	1.98	0.39	3.2	245	36	2.9	2.1	16.0	2.4	0.46
Pasta/BowTie/SpagSauc/SideDish	1/2&1/4C	699	118	0	336	2.07	1.33	14.2	150	30	3.00	4.5	23.2	0.6	0.10
Apple Wedges, 8 wedges, All	8 wedges	823	74	0	13	3.35	0.21	15.8	76	7	8.9	0.4	19.7	0.3	0.05
Fruit Cocktail/InJuice/1/2 cup	1/2 cup	661	74	0	8	1.31	0.38	7.8	268	27	2.5	0.5	19.5	0.1	0.01
Juice, Apple, 6 fl oz	carton	1834	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	1350	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	550	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	360	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
PC Pepper / 0.18 gram	1 each	600	0	0	0	0.05	0.05	0.8	1	0	0.0	0.0	0.1	0.0	0.00
PC Salt / 0.75 gram, iodized	1 each	600	0	0	291	0.00	0.00	0.2	0	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			728	45	1377	6.29	4.79	469.5	1270	241	10.85	29.78	107.88	20.01	7.51
% of Calories												16.4%	59.2%	24.7%	9.3%

Wed - 08/26/2009															
HS Lunch Ages 14-17/09-10	Total	2338													
Chicken Fried Steak Sandwich	sandwich	1055	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	2415	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00
Mayonnaise/p.c.packet/LowFat	PC pkt	1225	40	0	110	0.00	0.00	0.0	0	0	0.00	0.00	2.0	3.0	0.50
EnchiladasChx/Red Sauce	2 each	1155	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	1125	10	0	240	0.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00
Yogurt, Cheese, Graham/Entree	stk/pkg	128	296	15	325	3.00	0.79	608.3	147	54	1.2	12.4	41.2	9.7	3.59
Mexican Rice, Lawry's SpiceMix	1/2 cup	1631	152	0	357	0.39	1.22	3.9	253	51	0.6	1.8	25.6	4.1	0.59
Peach Crisp (PeachesEspeciale)	1/2 cup	990	204	0	33	2.60	1.10	20.0	563	67	3.2	2.1	46.3	2.5	0.49
Mexican Salad, Un Dressed	1/2 cup	740	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	840	45	0	75	0.00	0.00	0.0	0	0	0.00	0.00	2.0	4.50	0.50
Grapes, Fresh, Red Seedless	1/2 cup	1055	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	1869	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	1360	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	600	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	375	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
PC Pepper / 0.18 gram	1 each	595	0	0	0	0.05	0.05	0.8	1	0	0.0	0.0	0.1	0.0	0.00
PC Salt / 0.75 gram, iodized	1 each	595	0	0	291	0.00	0.00	0.2	0	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			859	44	1790	5.36	5.62	544.5	1603	269	10.21	31.40	131.25	24.15	6.97
% of Calories												14.6%	61.1%	25.3%	7.3%

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HS Lunch Ages 14-17/09-10

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	
Thu - 08/27/2009															
HS Lunch Ages 14-17/09-10	Total	2310													
Chicken Nuggets/Tyson/115/cs	5 pieces	1639	274	51	558	1.01	1.10	20.3	101	20	0.00	15.2	13.2	17.2	4.06
Rolls/Bridgefords/3 oz./120ct	Roll	1639	301	0	431	3.00	1.20	84.0	167	33	0.00	8.0	46.0	9.7	1.67
Ketchup/p.c. packet	PC pkt	2996	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00
Beef, Brisket, Chopped, Smoked	sandwich	563	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	42	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	108	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	128	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	203	10	0	240	0.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00
Mashed Potatoes / Idahoan	1/2 cup	2216	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	947	35	0	285	0.00	0.01	24.8	0	0	0.00	1.2	7.1	0.00	0.00
Gravy, Brown, FatFreeMorrison	2 oz ladle	548	19	0	357	0.00	0.01	1.2	0	0	0.00	0.00	3.8	0.00	0.00
Green Beans w/Bacon Ends	1/2 CUP	440	20	1	208	1.51	0.71	20.8	270	54	3.5	1.2	3.7	0.3	0.10
Carrot and Celery Bites	1/2 cup	434	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	535	70	0	115	0.00	0.00	0.0	0	0	0.00	0.00	0.00	7.0	1.00
Pears, Diced, Canned in Juice	1/2 cup	1032	102	0	0	0.05	0.00	0.0	0	0	0.00	0.0	25.4	0.00	0.00
Jell-O with Pears	1/2 cup	1069	87	0	59	0.02	0.02	2.4	0	0	0.00	1.0	21.0	0.00	0.00
Jell-O, Prepared, Plain	1/2 cup	509	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	1043	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	1400	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	600	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	310	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
PC Pepper / 0.18 gram	1 each	595	0	0	0	0.05	0.05	0.8	1	0	0.0	0.0	0.1	0.0	0.00
PC Salt / 0.75 gram, iodized	1 each	595	0	0	291	0.00	0.00	0.2	0	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			902	46	1858	5.09	3.32	450.9	2323	414	9.65	31.57	136.41	25.33	5.79
% of Calories											14.0%	60.5%	25.3%	5.8%	

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

Aug 5, 2009

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HS Lunch Ages 14-17/09-10

	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 - 08/28/2009															
HS Lunch Ages 14-17/09-10	Total	2315													
Hamburger/All Beef/Advance/175	sandwich	113	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	1012	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	3615	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	2095	3	0	56	0.05	0.09	3.8	0	0	0.00	0.2	0.3	0.2	0.01
Pickle Chips, condiment	3 slices	1430	2	0	254	0.25	0.08	0.0	40	3	0.21	0.1	0.5	0.0	0.01
Pickles/lettuce leaf	3slice/1leaf	614	4	0	185	0.33	0.11	10.3	79	10	0.4	0.2	0.8	0.0	0.01
Chicken Parmesan	patty/spag	1010	516	59	1006	3.72	3.29	169.2	382	91	4.00	26.5	52.7	21.1	6.28
Rolls/Bridgeford/3 oz./120ct	Roll	1010	301	0	431	3.00	1.20	84.0	167	33	0.00	8.0	46.0	9.7	1.67
PB&J, 72ct/cs, Uncrustable	sandwich	180	320	0	350	3.00	1.44	80.0	0	0	0.00	11.0	32.0	17.0	3.50
Tater Tots, Baked, 3 oz serv.	3 oz	1929	144	0	318	2.05	0.37	0.0	0	0	1.2	2.1	17.4	7.2	1.54
Ketchup/p.c. packet	PC pkt	4345	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00
Broccoli and Rice Casserole	# 8 dipper	985	128	5	374	2.22	1.48	122.1	844	168	37.0	5.6	17.5	4.2	1.46
Salad, Tossed, Lettu/Toma/Carr	1/2 cup	504	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	654	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	390	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	543	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	463	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	2009	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	1400	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	590	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	325	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
PC Pepper / 0.18 gram	1 each	595	0	0	0	0.05	0.05	0.8	1	0	0.0	0.0	0.1	0.0	0.00
PC Salt / 0.75 gram, iodized	1 each	595	0	0	291	0.00	0.00	0.2	0	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			1063	59	2303	6.77	5.48	597.4	1915	337	25.73	41.74	142.80	35.54	10.68
% of Calories												15.7%	53.7%	30.1%	9.0%

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Aug 5, 2009

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HS Lunch Ages 14-17/09-10

	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 - 08/31/2009															
HS Lunch Ages 14-17/09-10	Total	2343													
Pizza Sticks, MaxStix, 100% Mo	2 sticks	842	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	855	24	0	234	0.97	0.53	19.5	146	29	4.4	1.0	4.9	0.5	0.00
Chicken Sandwich, Hot & Spicy	sandwich	1361	340	55	720	2.00	3.60	60.0	500	200	0.00	20.0	40.0	13.0	3.00
Ketchup/p.c. packet	PC pkt	3395	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	2195	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	1345	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	140	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	1687	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	395	64	0	237	4.75	3.10	211.6	19229	1285	9.0	6.0	6.9	2.8	0.45
Salad, Tossed, Lettu/Toma/Carr	1/2 cup	574	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	528	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	46	45	0	75	0.00	0.00	0.0	0	0	0.00	0.00	2.0	4.50	0.50
Grapes, Fresh, Red Seedless	1/2 cup	1264	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	2137	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	1400	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	593	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	350	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
PC Pepper / 0.18 gram	1 each	495	0	0	0	0.05	0.05	0.8	1	0	0.0	0.0	0.1	0.0	0.00
PC Salt / 0.75 gram, iodized	1 each	495	0	0	291	0.00	0.00	0.2	0	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			745	56	1598	4.48	7.96	583.0	4854	546	24.11	33.20	111.96	20.94	6.68
% of Calories												17.8%	60.1%	25.3%	8.1%

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# Richardson I.S.D.

## HS Lunch Ages 14-17/09-10

	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															
HS Lunch Ages 14-17/09-10	Total	2345													
Pizza,cheese/96 ct./ConAg12680	4.61 oz.	221	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.	881	270	15	860	4.00	5.40	250.0	500	100	0.00	16.0	32.0	10.0	3.50
Tacos/Soft/JTM RF Beef Taco, 2	# 16 dipper	1143	298	20	927	5.34	3.65	243.7	587	33	3.6	17.5	36.7	10.8	4.63
Salsa, Mild, Pace Chunky 8/64	# 40 dipper	1095	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	1155	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	100	161	0	17	3.81	1.87	26.0	17	0	16.6	4.3	36.6	0.2	0.07
Salsa, Mild, Pace Chunky 8/64	# 40 dipper	100	10	0	240	0.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00
Toppings/Marg, SrCream, Cheese	# 70 dipper	100	139	8	308	0.00	0.00	110.7	633	127	0.00	3.2	3.9	12.0	3.01
Corn, Seasoned, from frozen	1/2 cup	1992	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	465	82	0	105	2.99	0.43	37.7	13052	1967	2.3	0.8	11.5	4.0	0.80
Mexican Salad, Un Dressed	1/2 cup	702	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	802	45	0	75	0.00	0.00	0.0	0	0	0.00	0.00	2.0	4.50	0.50
Pineapple, Tidbit, Canned,1/2C	1/2 cup	980	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	2137	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	1400	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	600	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	345	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
PC Pepper / 0.18 gram	1 each	450	0	0	0	0.05	0.05	0.8	1	0	0.0	0.0	0.1	0.0	0.00
PC Salt / 0.75 gram, iodized	1 each	450	0	0	291	0.00	0.00	0.2	0	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			685	23	1594	8.07	5.67	616.8	4314	651	28.85	28.70	109.77	17.74	5.82
% of Calories												16.8%	64.1%	23.3%	7.6%

Wed - 09/02/2009															
HS Lunch Ages 14-17/09-10	Total	2311													
Spaghetti/Jennie-O Meat Sauce	1 1/2 cup	1612	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	1612	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	1329	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	556	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	1002	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	1002	7	0	293	0.58	0.64	6.9	547	55	2.4	0.2	1.5	0.2	0.02
Yogurt, Cheese, Graham/Entree	stk/pkg	143	296	15	325	3.00	0.79	608.3	147	54	1.2	12.4	41.2	9.7	3.59
Green Beans w/Bacon Ends	1/2 CUP	583	20	1	208	1.51	0.71	20.8	270	54	3.5	1.2	3.7	0.3	0.10
Sweet Potatoes, Whipped, Side	1/2 cup	585	206	0	215	2.94	1.52	44.3	13157	1330	43.1	2.7	43.1	3.1	0.63
Pasta Salad, Garden Macaroni	1/2 cup	1390	125	0	349	0.94	0.71	12.1	186	16	5.0	2.3	14.3	6.3	1.27
Orange Wedges, 8 wedges	8 wedges	1272	62	0	0	3.14	0.13	52.4	295	28	69.7	1.2	15.4	0.2	0.03
Juice, Fruit Blend, 6 fl oz	carton	2207	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	1400	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	586	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	325	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
PC Pepper / 0.18 gram	1 each	495	0	0	0	0.05	0.05	0.8	1	0	0.0	0.0	0.1	0.0	0.00
PC Salt / 0.75 gram, iodized	1 each	495	0	0	291	0.00	0.00	0.2	0	0	0.00	0.00	0.00	0.00	0.00

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# Richardson I.S.D.

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

Aug 5, 2009

HS Lunch Ages 14-17/09-10

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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
Weighted Daily Average			1004	52	1818	8.97	6.55	549.0	4725	589	82.71	39.61	158.45	24.07	6.50
% of Calories												15.8%	63.1%	21.6%	5.8%

Thu - 09/03/2009															
HS Lunch Ages 14-17/09-10	Total	2381													
Chicken Sticks/Tyson/168ser/cs	8 pieces	1486	200	50	370	1.00	1.44	20.0	100	20	0.00	12.0	8.0	13.0	3.00
Rolls/Bridgeford/3 oz./120ct	Roll	1486	301	0	431	3.00	1.20	84.0	167	33	0.00	8.0	46.0	9.7	1.67
Ketchup/p.c. packet	PC pkt	2920	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	785	162	39	757	1.44	1.94	33.9	39	8	1.7	15.9	7.6	7.3	2.94
Rolls/Bridgeford/3 oz./120ct	Roll	815	301	0	431	3.00	1.20	84.0	167	33	0.00	8.0	46.0	9.7	1.67
Potato, Baked, Bar/80/case	1 EACH	110	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	110	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	110	10	0	240	0.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00
Mashed Potatoes / Idahoan	1/2 cup	2441	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	1022	20	0	360	0.00	0.00	0.0	0	0	0.00	0.00	4.0	0.00	0.00
Peas, Green, Frozen, Seasoned	1/2 cup	397	97	0	305	5.24	1.45	23.0	2112	86	9.4	4.9	13.6	2.7	0.50
Muffin, ReducedFatChocChoc1.8	muffin	1189	170	30	150	2.00	5.40	40.0	1250	250	15.00	3.0	29.0	6.0	1.50
Peaches, Canned w/juice,1/2Cup	1/2 cup	708	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	1937	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	1425	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	606	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	350	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
PC Pepper / 0.18 gram	1 each	495	0	0	0	0.05	0.05	0.8	1	0	0.0	0.0	0.1	0.0	0.00
PC Salt / 0.75 gram, iodized	1 each	495	0	0	291	0.00	0.00	0.2	0	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			915	64	1804	7.62	6.51	475.7	1964	322	31.04	34.03	140.13	25.86	6.04
% of Calories												14.9%	61.2%	25.4%	5.9%

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# Richardson I.S.D.

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

Aug 5, 2009

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HS Lunch Ages 14-17/09-10

	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															
HS Lunch Ages 14-17/09-10	Total	2348													
Hamburger/All Beef/Advance/175	sandwich	210	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	1305	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	3025	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	2195	3	0	56	0.05	0.09	3.8	0	0	0.00	0.2	0.3	0.2	0.01
Pickle Chips, condiment	3 slices	1580	2	0	254	0.25	0.08	0.0	40	3	0.21	0.1	0.5	0.0	0.01
Pickles/lettuce leaf	3slice/1leaf	664	4	0	185	0.33	0.11	10.3	79	10	0.4	0.2	0.8	0.0	0.01
Rice Bowl, OrangChix, OrienRic	1Crice,12p	681	593	30	1128	2.18	3.97	36.5	1452	220	1.2	14.5	86.3	18.7	4.20
PB&J, 72ct/cs, Uncrustable	sandwich	152	320	0	350	3.00	1.44	80.0	0	0	0.00	11.0	32.0	17.0	3.50
French Fries/Baked/3oz/Serving	3 oz	2194	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	2310	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00
Squash Casserole	1/2 cup	512	160	7	716	1.86	0.83	136.1	639	121	5.7	5.2	12.9	9.8	2.69
Veggies, Fresh, Crisp	1/2 cup	474	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	424	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	50	45	0	75	0.00	0.00	0.0	0	0	0.00	0.00	2.0	4.50	0.50
Jell-O, Prepared, Plain	1/2 cup	1095	74	0	94	0.00	0.03	3.8	0	0	0.00	1.5	17.6	0.00	0.00
Whipped topping/Rich's	# 40 dipper	766	21	0	0	0.00	0.00	0.0	0	0	0.00	0.00	1.7	1.7	1.68
Juice, Fruit Blend, 6 fl oz	carton	1937	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	1425	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	598	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	325	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
PC Pepper / 0.18 gram	1 each	495	0	0	0	0.05	0.05	0.8	1	0	0.0	0.0	0.1	0.0	0.00
PC Salt / 0.75 gram, iodized	1 each	495	0	0	291	0.00	0.00	0.2	0	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			938	44	1953	6.66	5.08	448.8	2128	362	28.98	34.03	134.52	27.85	9.19
% of Calories												14.5%	57.4%	26.7%	8.8%

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# Richardson I.S.D.

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

Aug 5, 2009

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HS Lunch Ages 14-17/09-10

	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															
HS Lunch Ages 14-17/09-10	Total	2482													
Chicken Patty/Tyson/Bun/115/cs	sandwich	1131	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	2412	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	2122	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	140	40	0	110	0.00	0.00	0.0	0	0	0.00	0.00	2.0	3.0	0.50
Frito Pie, Jennie-O Chili,	4 oz.	1301	412	74	881	1.50	2.45	229.2	247	49	5.6	21.0	29.4	22.8	4.66
Salsa, Mild, Red Gold, 6/#10cn	# 40 dipper	1156	10	0	140	1.00	0.36	20.0	150	30	1.2	0.00	2.0	0.00	0.00
Jalepeno Peppers	# 40 dipper	1156	7	0	293	0.58	0.64	6.9	547	55	2.4	0.2	1.5	0.2	0.02
Yogurt, Cheddar, Graham/Entree	yo/stk/pkg	50	320	30	360	1.00	3.60	501.1	400	80	3.6	12.0	38.1	13.0	7.00
Refried Beans, canned / Modify	1/2 cup	2115	113	0	569	6.37	2.36	45.2	255	30	7.7	6.6	18.9	1.6	0.49
Broccoli/Steamed/No Sauce	1/2 cup	432	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	654	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	552	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	480	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	72	45	0	75	0.00	0.00	0.0	0	0	0.00	0.00	2.0	4.50	0.50
Orange Wedges, 8 wedges	8 wedges	875	62	0	0	3.14	0.13	52.4	295	28	69.7	1.2	15.4	0.2	0.03
Juice, Fruit Blend, 6 fl oz	carton	2082	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	1475	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	597	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	410	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
PC Pepper / 0.18 gram	1 each	50	0	0	0	0.05	0.05	0.8	1	0	0.0	0.0	0.1	0.0	0.00
PC Salt / 0.75 gram, iodized	1 each	50	0	0	291	0.00	0.00	0.2	0	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			804	70	2055	10.50	5.89	595.9	2286	352	70.47	37.77	106.29	26.31	6.56
% of Calories											18.8%	52.9%	29.5%	7.4%	

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# Richardson I.S.D.

## HS Lunch Ages 14-17/09-10

	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 - 09/08/2009															
HS Lunch Ages 14-17/09-10	Total	2463													
Pizza,cheese/96 ct./ConAg12680	4.61 oz.	362	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.	910	270	15	860	4.00	5.40	250.0	500	100	0.00	16.0	32.0	10.0	3.50
Pasta, Penne, Baked, Trky, Sau	1 cup	1084	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	1084	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	1084	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	107	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	107	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	107	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	2015	83	0	93	1.98	0.39	3.2	245	36	2.9	2.1	16.0	2.4	0.46
Green Beans w/Bacon Ends	1/2 CUP	439	20	1	208	1.51	0.71	20.8	270	54	3.5	1.2	3.7	0.3	0.10
Salad, Romaine, Caesar,Crouton	1/2 cup	466	84	4	239	0.84	0.43	50.5	2450	77	6.7	2.4	4.8	6.3	1.47
Jell-O Applesauce	1/2 cup	395	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	908	74	0	94	0.00	0.03	3.8	0	0	0.00	1.5	17.6	0.00	0.00
Whipped topping/Rich's	# 40 dipper	854	21	0	0	0.00	0.00	0.0	0	0	0.00	0.00	1.7	1.7	1.68
Juice, Fruit Blend, 6 fl oz	carton	2073	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	1485	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	580	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	398	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
PC Pepper / 0.18 gram	1 each	50	0	0	0	0.05	0.05	0.8	1	0	0.0	0.0	0.1	0.0	0.00
PC Salt / 0.75 gram, iodized	1 each	50	0	0	291	0.00	0.00	0.2	0	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			758	47	1541	6.38	5.32	655.6	1755	284	26.15	34.43	111.65	21.35	7.52
% of Calories												18.2%	58.9%	25.4%	8.9%

Wed - 09/09/2009															
HS Lunch Ages 14-17/09-10	Total	2476													
Tacos/Crispy/JTM RF BeefTaco	2 #16Mt	910	299	34	864	4.02	3.47	166.3	1033	38	7.1	21.6	21.6	13.6	5.09
Salsa, Mild, Red Gold, 6/#10cn	# 40 dipper	1055	10	0	140	1.00	0.36	20.0	150	30	1.2	0.00	2.0	0.00	0.00
Jalepeno Peppers	# 40 dipper	1055	7	0	293	0.58	0.64	6.9	547	55	2.4	0.2	1.5	0.2	0.02
Rib-B-Que on a Bun/100/case	sandwich	1516	377	28	1097	2.54	3.10	139.3	328	99	3.4	18.7	54.4	9.3	3.02
Yogurt, Cheese, Graham/Entree	stk/pkg	50	296	15	325	3.00	0.79	608.3	147	54	1.2	12.4	41.2	9.7	3.59
Vegetable Beef Stew, side dish	6 oz. ladle	750	164	19	604	3.00	2.95	43.5	3211	429	11.8	16.4	12.8	5.6	2.07
Macaroni & Cheese/LndOLksR.Fat	1/2 cup	2190	217	19	536	1.40	1.29	248.4	293	59	0.00	10.4	27.1	7.0	4.19
Broccoli Florets& Baby Carrots	1/2 cup	296	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	296	70	0	115	0.00	0.00	0.0	0	0	0.00	0.00	0.00	7.0	1.00
Apple Wedges, 8 wedges, All	8 wedges	1080	74	0	13	3.35	0.21	15.8	76	7	8.9	0.4	19.7	0.3	0.05
Juice, Fruit Blend, 6 fl oz	carton	2078	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	1485	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	585	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	406	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
PC Pepper / 0.18 gram	1 each	50	0	0	0	0.05	0.05	0.8	1	0	0.0	0.0	0.1	0.0	0.00
PC Salt / 0.75 gram, iodized	1 each	50	0	0	291	0.00	0.00	0.2	0	0	0.00	0.00	0.00	0.00	0.00

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# Richardson I.S.D.

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

Aug 5, 2009

HS Lunch Ages 14-17/09-10

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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
Weighted Daily Average			853	57	2054	7.55	6.02	727.4	3189	465	31.02	42.78	123.70	20.86	8.88
% of Calories												20.1%	58.0%	22.0%	9.4%

Thu - 09/10/2009															
HS Lunch Ages 14-17/09-10	Total	2475													
Steak Fingers/125srv/csAdvance	4 Pcs	2029	307	46	814	1.96	2.74	30.3	127	25	0.3	18.9	19.5	18.7	6.25
Rolls/Bridgeford/3 oz./120ct	Roll	2029	301	0	431	3.00	1.20	84.0	167	33	0.00	8.0	46.0	9.7	1.67
Ketchup/p.c. packet	PC pkt	5994	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	435	269	27	548	3.23	2.11	268.8	376	108	4.5	18.3	31.2	8.6	3.23
Baked Sweet Potato	1 each	1	103	0	41	3.76	0.79	43.3	21909	2487	22.3	2.3	23.6	0.2	0.04
Honey Margarine, #40,	# 40 dipper	1	214	0	179	0.03	0.07	1.0	810	162	0.1	0.1	14.0	17.8	3.24
Potato, Baked, Bar/80/case	1 EACH	10	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	10	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	10	10	0	240	0.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00
Mashed Potatoes / Idahoan	1/2 cup	2399	77	0	263	0.96	0.35	22.5	0	0	3.5	1.9	16.3	1.0	0.00
Gravy, Brown, FatFreeMorrison	2 oz ladle	875	19	0	357	0.00	0.01	1.2	0	0	0.00	0.00	3.8	0.00	0.00
Gravy, Fat-Free, Pepper, Morri	2 oz ladle	802	35	0	285	0.00	0.01	24.8	0	0	0.00	1.2	7.1	0.00	0.00
Mixed Vegetables	1/2 cup	982	78	0	55	4.19	0.78	24.5	4155	426	3.1	2.7	12.5	2.0	0.41
Pasta Salad, GardenTwist, Mozz	1/2 cup	534	153	4	380	1.51	0.42	62.1	156	29	8.5	3.3	8.8	12.2	2.23
Mandarin Fruit Salad	1/2 Cup	1205	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	2073	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	1485	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	585	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	405	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
PC Pepper / 0.18 gram	1 each	50	0	0	0	0.05	0.05	0.8	1	0	0.0	0.0	0.1	0.0	0.00
PC Salt / 0.75 gram, iodized	1 each	50	0	0	291	0.00	0.00	0.2	0	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			966	48	2054	8.46	4.80	517.5	2997	402	31.53	38.54	141.28	30.29	8.35
% of Calories												16.0%	58.5%	28.2%	7.8%

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# Richardson I.S.D.

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

Aug 5, 2009

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HS Lunch Ages 14-17/09-10

	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 - 09/11/2009															
HS Lunch Ages 14-17/09-10	Total	2475													
Hamburger/All Beef/Advance175	sandwich	48	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	1937	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	7825	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	2295	3	0	56	0.05	0.09	3.8	0	0	0.00	0.2	0.3	0.2	0.01
Pickle Chips, condiment	3 slices	1540	2	0	254	0.25	0.08	0.0	40	3	0.21	0.1	0.5	0.0	0.01
Pickles/lettuce leaf	3slice/1leaf	616	4	0	185	0.33	0.11	10.3	79	10	0.4	0.2	0.8	0.0	0.01
Shrimp Poppers/SeaPak/52ser/cs	21 pieces	480	221	40	702	2.01	2.01	30.1	61	12	0.00	10.0	19.0	12.0	2.01
Rolls/Bridgeford/3 oz./120ct	Roll	480	301	0	431	3.00	1.20	84.0	167	33	0.00	8.0	46.0	9.7	1.67
Tartar Sauce, P.C., 200/9 gm	PC pkt	880	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	580	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00
PB&J, 72ct/cs, Uncrustable	sandwich	10	320	0	350	3.00	1.44	80.0	0	0	0.00	11.0	32.0	17.0	3.50
French Fries/Baked/3oz/Serving	3 oz	2244	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	6540	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00
Pear/Apple Crisp (Especiale)	1/2 cup	865	220	0	28	1.84	0.75	18.2	119	23	0.2	1.6	48.6	2.7	0.53
Sherbet, Luigi's, 4 fl oz cup	ea cup	831	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	517	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	2003	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	1485	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	585	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	405	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
PC Pepper / 0.18 gram	1 each	50	0	0	0	0.05	0.05	0.8	1	0	0.0	0.0	0.1	0.0	0.00
PC Salt / 0.75 gram, iodized	1 each	50	0	0	291	0.00	0.00	0.2	0	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			967	52	1923	7.01	5.26	460.3	1101	191	48.00	35.64	145.65	27.01	9.22
% of Calories												14.7%	60.3%	25.1%	8.6%
Weighted Average			863	50	1844	7.12	5.55	554.8	2691	403	34.45	34.95	127.12	24.74	7.56
												16.2%	58.9%	25.8%	7.9%

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# Richardson I.S.D.

**Aug 24, 2009 thru Sep 11, 2009 Spreadsheet - Portion Values**  
**HS Lunch Ages 14-17/09-10**

**Aug 5, 2009**

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Nutrient	Menu AVG	Portion	Plan	Cals	mg	mg	g	mg	mg	IU	RE	mg	g	g	g	g
		Size	Qty		% of Cals	Cholst	Sodm	Fiber	Iron	Calcm	Vit-A	Vit-A	Vit-C	Protn	Carb	T-Fat
			Target	% of Target	Miss Data	Shortfall	Error Messages (if any)									
Calories	863		846	102%												
Cholesterol (mg)	50		0													
Sodium (mg)	1844		0													
Fiber (g)	7.12		0.00													
Iron (mg)	5.55		4.50	123%												
Calcium (mg)	554.8		400.00	139%												
Vitamin A (IU)	2691		1500	179%												
Vitamin A (RE)	403		300	134%												
Vitamin C (mg)	34.45		19.18	180%												
Protein (g)	34.95	16.20%	16.70	209%												
Carbohydrate (g)	127.12	58.92%	0.00													
Total Fat (g)	24.74	25.81%	<30.00													
Saturated Fat (g)	7.56	7.89%	<10.00													

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

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