

Richardson I.S.D.

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

Aug 5, 2009

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Jr H Lunch Ages 12-13/09-10

	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															
Jr H Lunch Ages 12-13/09-1	Total	2488													
Nachos w/ReducFat Cheese Sauce	2 Floz	234	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	777	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	885	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	665	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	460	19	2	36	0.00	0.00	32.2	66	13	0.00	0.8	4.0	0.00	0.00
Gordita, Beef Taco, Red Fat,	1 each	564	339	34	1123	4.68	4.42	212.9	1032	38	7.1	25.2	32.5	12.1	4.58
Salsa, Mild, Pace Chunky 8/64	# 40 dipper	400	10	0	240	0.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00
Chicken Sandwich, Hot & Spicy	sandwich	779	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	975	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	600	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	565	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	134	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	843	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	365	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	650	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	556	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	456	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	1249	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	2800	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	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	535	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	520	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			742	47	1672	7.99	5.17	618.3	3571	552	55.21	32.38	107.08	20.59	7.04
% of Calories												17.4%	57.7%	25.0%	8.5%

Tue - 08/25/2009															
Jr H Lunch Ages 12-13/09-1	Total	2484													
Pizza,cheese/96 ct./ConAg12680	4.61 oz.	451	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.	841	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	1051	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	1071	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	141	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	153	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	172	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	1870	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	747	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	1000	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	906	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	2352	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	1385	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	540	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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Richardson I.S.D.

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

Aug 5, 2009

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Jr H Lunch Ages 12-13/09-10

	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
Weighted Daily Average			725	40	1234	6.67	5.16	486.2	1283	245	11.04	29.05	110.86	18.93	7.00
% of Calories												16.0%	61.2%	23.5%	8.7%

Wed - 08/26/2009															
	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
Jr H Lunch Ages 12-13/09-1	Total	2434													
Chicken Fried Steak Sandwich	sandwich	1594	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	1665	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	720	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	656	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	535	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	505	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	184	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	1672	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	783	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	576	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	576	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	1554	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	2274	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	1426	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	512	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	497	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			869	45	1663	5.14	5.96	506.1	1465	240	9.56	32.26	133.39	24.60	7.36
% of Calories												14.9%	61.4%	25.5%	7.6%

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Aug 5, 2009

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Jr H Lunch Ages 12-13/09-10

	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
Thu - 08/27/2009															
Jr H Lunch Ages 12-13/09-1	Total	2462													
Chicken Nuggets/Tyson/115/cs	5 pieces	1592	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	1592	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	1675	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	747	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	0	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	123	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	113	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	124	139	8	308	0.00	0.00	110.7	633	127	0.00	3.2	3.9	12.0	3.01
Mashed Potatoes / Idahoan	1/2 cup	2077	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	524	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	588	19	0	357	0.00	0.01	1.2	0	0	0.00	0.00	3.8	0.00	0.00
Green Beans with Ham Base	1/2 cup	743	21	0	212	1.35	0.64	18.6	268	54	3.0	1.1	3.4	0.5	0.10
Carrot and Celery Bites	1/2 cup	511	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	461	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	525	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	473	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	250	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	2275	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	520	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	542	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			769	45	1517	4.95	3.63	401.2	2452	444	12.73	27.56	116.44	21.29	5.64
% of Calories												14.3%	60.6%	24.9%	6.6%

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Jr H Lunch Ages 12-13/09-10

	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															
Jr H Lunch Ages 12-13/09-1	Total	2446													
Hamburger/All Beef/Advance/175	sandwich	462	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	909	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	1455	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	600	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	765	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	642	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	804	516	59	1006	3.72	3.29	169.2	382	91	4.00	26.5	52.7	21.1	6.28
Rolls/HiFibr/Bridgford/2oz/180	roll, 2 oz	804	184	0	270	3.00	1.44	20.8	168	38	6.0	4.0	30.0	5.8	1.70
Parmesan Cheese	# 40 dipper	490	45	9	159	0.00	0.09	115.1	46	18	0.00	4.0	0.4	3.0	1.79
PB&J, 72ct/cs, Uncrustable	sandwich	271	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	1949	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	1980	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	1014	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	556	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	408	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	103	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	603	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	633	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	1857	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	1346	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	525	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	430	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			930	57	1799	5.90	5.09	564.8	1724	314	24.67	38.53	122.91	30.95	10.27
% of Calories												16.6%	52.8%	29.9%	9.9%

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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
Mon - 08/31/2009															
Jr H Lunch Ages 12-13/09-1	Total	2412													
Pizza Sticks, MaxStix, 100% Mo	2 sticks	1040	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	856	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	1223	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	1345	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	605	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	705	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	149	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	1147	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	384	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	602	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	448	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	154	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	1539	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	2008	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	1445	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	507	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	460	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			682	52	1300	3.82	6.52	601.4	4630	520	22.26	31.93	102.65	18.81	6.37
% of Calories												18.7%	60.2%	24.8%	8.4%

Tue - 09/01/2009															
Jr H Lunch Ages 12-13/09-1	Total	2507													
Pizza,cheese/96 ct./ConAg12680	4.61 oz.	496	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.	995	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	891	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	789	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	819	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	125	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	116	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	126	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	1938	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	613	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	651	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	516	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	1303	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	2356	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	1461	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	513	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	533	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			672	22	1410	7.82	5.76	613.8	4769	737	29.31	28.12	108.91	16.82	5.51
% of Calories												16.7%	64.8%	22.5%	7.4%

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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
Wed - 09/02/2009															
Jr H Lunch Ages 12-13/09-1	Total	2341													
Spaghetti/Jennie-O Meat Sauce	1 1/2 cup	1265	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	1265	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	876	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	932	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	760	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	735	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	144	296	15	325	3.00	0.79	608.3	147	54	1.2	12.4	41.2	9.7	3.59
Green Beans with Ham Base	1/2 cup	906	21	0	212	1.35	0.64	18.6	268	54	3.0	1.1	3.4	0.5	0.10
Sweet Potatoes, Whipped, Side	1/2 cup	784	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	763	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	1336	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	2215	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	1323	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	515	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	503	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			934	43	1569	9.52	6.25	538.0	5706	698	85.38	36.23	151.41	21.50	5.81
% of Calories												15.5%	64.9%	20.7%	5.6%

Thu - 09/03/2009															
Jr H Lunch Ages 12-13/09-1	Total	2457													
Chicken Sticks/Tyson/168ser/cs	8 pieces	1608	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	1608	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	1924	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	729	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	729	184	0	270	3.00	1.44	20.8	168	38	6.0	4.0	30.0	5.8	1.70
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
Toppings/Marg, SrCream, Cheese	# 70 dipper	121	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	111	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	2188	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	987	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	463	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	1678	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	724	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	1964	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	500	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	525	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			814	70	1528	7.89	7.65	416.5	2212	374	38.41	30.36	125.52	23.26	6.36
% of Calories												14.9%	61.6%	25.7%	7.0%

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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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Jr H Lunch Ages 12-13/09-10

	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 Prot	g Carb	g T-Fat	g S-Fat
Fri - 09/04/2009															
Jr H Lunch Ages 12-13/09-1	Total	2446													
Hamburger/All Beef/Advance/175	sandwich	379	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	1655	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	575	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	835	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	617	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	859	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	196	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	2212	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	2500	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	552	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	493	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	458	70	0	115	0.00	0.00	0.0	0	0	0.00	0.00	0.00	7.0	1.00
Jell-O, Prepared, Plain	1/2 cup	1519	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	1076	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	2276	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	1401	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	525	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	520	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			956	42	1742	6.46	4.91	440.1	2150	371	29.63	33.12	140.16	27.58	8.95
% of Calories												13.9%	58.6%	25.9%	8.4%

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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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Jr H Lunch Ages 12-13/09-10

	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															
Jr H Lunch Ages 12-13/09-1	Total	2489													
Chicken Patty/Tyson/Bun/115/cs	sandwich	1159	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	1550	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	505	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	45	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.	1320	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	655	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	720	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	10	320	30	360	1.00	3.60	501.1	400	80	3.6	12.0	38.1	13.0	7.00
Refried Beans, Santiago, 21/ba	1/2 cup	1669	161	2	515	8.04	1.82	42.0	0	0	0.00	8.0	25.1	4.0	1.51
Broccoli/Steamed/No Sauce	1/2 cup	204	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	505	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	610	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	560	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
Orange Wedges, 8 wedges	8 wedges	1569	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	2721	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	539	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	550	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			840	71	1747	10.30	4.66	572.8	1865	289	79.60	37.42	114.01	27.55	7.03
% of Calories												17.8%	54.3%	29.5%	7.5%

Tue - 09/08/2009															
Jr H Lunch Ages 12-13/09-1	Total	2496													
Pizza,cheese/96 ct./ConAg12680	4.61 oz.	558	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.	1097	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	689	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	689	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	689	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	152	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	152	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	152	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	2003	83	0	93	1.98	0.39	3.2	245	36	2.9	2.1	16.0	2.4	0.46
Green Beans with Ham Base	1/2 cup	691	21	0	212	1.35	0.64	18.6	268	54	3.0	1.1	3.4	0.5	0.10
Salad, Romaine, Caesar,Crouton	1/2 cup	587	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	634	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	1054	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	614	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	2199	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	1456	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	530	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	510	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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Richardson I.S.D.

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

Aug 5, 2009

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Jr H Lunch Ages 12-13/09-10

	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
Weighted Daily Average			726	36	1456	6.50	5.61	629.6	1884	287	25.35	32.02	111.77	19.19	6.57
% of Calories												17.6%	61.5%	23.8%	8.1%

Wed - 09/09/2009															
Jr H Lunch Ages 12-13/09-1	Total	2493													
Tacos/Crispy/JTM RF BeefTaco	2 #16Mt	1174	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	740	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	720	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	1309	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	10	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	784	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	2007	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	423	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	423	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	1139	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	2848	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	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	550	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			859	57	1982	7.25	5.80	701.5	3400	474	36.13	42.91	124.89	21.24	8.89
% of Calories												20.0%	58.1%	22.2%	9.3%

Thu - 09/10/2009															
Jr H Lunch Ages 12-13/09-1	Total	2473													
Steak Fingers/125srv/csAdvance	4 Pcs	1914	307	46	814	1.96	2.74	30.3	127	25	0.3	18.9	19.5	18.7	6.25
Rolls/HiFibr/Bridgford/2oz/180	roll, 2 oz	1914	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	1960	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	539	269	27	548	3.23	2.11	268.8	376	108	4.5	18.3	31.2	8.6	3.23
Potato, Baked, Bar/80/case	1 EACH	20	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	20	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	20	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	2332	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	591	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	527	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	1112	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	459	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	1256	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	2065	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	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	573	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	550	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			840	47	1690	8.54	4.86	469.0	3132	422	34.79	34.74	123.16	26.20	8.20
% of Calories												16.5%	58.6%	28.1%	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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Jr H Lunch Ages 12-13/09-10

	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
Fri - 09/11/2009															
Jr H Lunch Ages 12-13/09-1	Total	2446													
Hamburger/All Beef/Advance/175	sandwich	523	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	1324	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	1800	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	625	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	580	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	572	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	579	221	40	702	2.01	2.01	30.1	61	12	0.00	10.0	19.0	12.0	2.01
Rolls/HiFibr/Bridgford/2oz/180	roll, 2 oz	579	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	450	30	0	66	0.00	0.00	0.0	0	0	0.00	0.00	0.6	3.0	0.60
PB&J, 72ct/cs, Uncrustable	sandwich	20	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	2205	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	2449	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	643	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	663	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	1265	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	2379	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	1386	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	540	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	520	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			906	49	1411	6.95	4.98	434.6	834	162	44.91	33.30	137.97	24.39	8.32
% of Calories												14.7%	60.9%	24.2%	8.3%
Weighted Average			818	48	1581	7.05	5.47	532.9	2739	409	35.93	33.33	122.08	22.86	7.29
												16.3%	59.7%	25.2%	8.0%

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Aug 24, 2009 thru Sep 11, 2009 Spreadsheet - Portion Values
 Jr H Lunch Ages 12-13/09-10

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		Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)									
Calories	818		783	104%												
Cholesterol (mg)	48		0													
Sodium (mg)	1581		0													
Fiber (g)	7.05		0.00													
Iron (mg)	5.47		4.50	122%												
Calcium (mg)	532.9		400.00	133%												
Vitamin A (IU)	2739		1500	183%												
Vitamin A (RE)	409		300	136%												
Vitamin C (mg)	35.93		16.70	215%												
Protein (g)	33.33	16.30%	15.20	219%												
Carbohydrate (g)	122.08	59.71%	0.00													
Total Fat (g)	22.86	25.16%	<30.00													
Saturated Fat (g)	7.29	8.02%	<10.00													

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

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