

Edina Public Schools

Page 1

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

Jan 13, 2012

	Portion Size	Carb (g)
Wed - 02/01/2012		
Secondary Lunch	Total	
Hot Dog, Beef -wheat bun	1 each	23.0
Chicken Patty & 2oz Wheat	1 each	43.0
CHEESEBURGER ON 100% WW BUN	1 EACH	26.73
HAMBURGER ON 100% WW BUN	1 EACH	26.5
GARDENBURGER ON WHEAT	1 EACH	16.29
VB- PIZZA BAR 8 ct	1 each	49.29
CR- Pasta Bar	1 cup serving	48.67
BREADSTICK DOUGH,FRENCH	1 EACH	14.77
VB-FIESTA:#1	SERVING	38.64
LETTUCE & TOMATO TOPPING	2 OZ	1.85
SPANISH RICE	1/2 CUP	21.37
VB- Deli Sandwich Bar	each	39.41
SANDWICH SUB TUSCAN	1 EACH	39.53
GRAB N GO SALAD GARDEN & CHEES	EACH	3.96
SALAD,ROMAINE W/GRAPES	4 OZ	13.03
BEANS,BAKED	1/2 CUP	36.08
PEACHES, SLICES IN JUICE	.5 CUP	12.0
VB-FRUIT:FRESH,FRZN,CND:#3 WED	SERVING	17.17
VB-VEG:FRESH,FRZN,CND:#3	SERVING	1.62
ROLL,DINNER,WHEAT	1 EACH	21.0
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.25 OZ	0.06
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	1 TSP	0.0
SAUCE,BARBECUE:Commercial	2 OZ	20.55
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		113.91
% of Calories		55.0%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Edina Public Schools

Page 2

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

Jan 13, 2012

	Portion Size	Carb (g)
Thu - 02/02/2012		
Secondary Lunch	Total	
Italian Dunkers W/ Meatsauce	1 each	33.15
Chicken Patty & 2oz Wheat	1 each	43.0
CHEESEBURGER ON 100% WW BUN	1 EACH	26.73
HAMBURGER ON 100% WW BUN	1 EACH	26.5
GARDENBURGER ON WHEAT	1 EACH	16.29
VB- PIZZA BAR 8 ct	1 each	49.29
CR- Pasta Bar	1 cup serving	48.67
BREADSTICK DOUGH,FRENCH	1 EACH	14.77
VB-FIESTA:#1	SERVING	38.64
LETTUCE & TOMATO TOPPING	2 OZ	1.85
SPANISH RICE	1/2 CUP	21.37
VB- Deli Sandwich Bar	each	39.41
SANDWICH SUB TUSCAN	1 EACH	39.53
GRAB N GO SALAD GARDEN & CHEES	EACH	3.96
SALAD, CAESAR -Secondary	3oz.	12.19
Carrots, Fresh Cooked	1/2 Cup	8.42
PEARS,DICED IN PEAR JUICE	.5 CUP	14.0
VB-FRUIT:FRESH,FRZN,CND:#4 THU	SERVING	10.9
VB-VEG:FRESH,FRZN,CND:#4	SERVING	8.99
BREAD,WHOLE-WHEAT	1 EACH	11.56
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.25 OZ	0.06
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	1 OZ	1.51
SAUCE,BARBECUE:Commercial	2 OZ	20.55
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		113.41
% of Calories		54.0%

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Edina Public Schools

	Portion Size	Carb (g)
Fri - 02/03/2012		
Secondary Lunch	Total	
Fish Taco	1 Each	33.03
Chicken Patty & 2oz Wheat	1 each	43.0
CHEESEBURGER ON 100% WW BUN	1 EACH	26.73
HAMBURGER ON 100% WW BUN	1 EACH	26.5
GARDENBURGER ON WHEAT	1 EACH	16.29
VB- PIZZA BAR 8 ct	1 each	49.29
CR- Pasta Bar	1 cup serving	48.67
BREADSTICK DOUGH,FRENCH	1 EACH	14.77
VB- Deli Sandwich Bar	each	39.41
SANDWICH SUB TUSCAN	1 EACH	39.53
VB-FIESTA:#1	SERVING	38.64
LETTUCE & TOMATO TOPPING	2 OZ	1.85
SPANISH RICE	1/2 CUP	21.37
GRAB N GO SALAD GARDEN & CHEES	EACH	3.96
RED BEANS AND RICE	1/2 CUP	21.67
PINEAPPLE, CHUNKS IN JUICE	1/2 CUP	15.0
VB-FRUIT:FRESH,FRZN,CND:#5FRID	SERVING	11.28
VB-VEG:FRESH,FRZN,CND:#5	SERVING	6.58
BREAD,WHOLE-WHEAT	1 EACH	11.56
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.25 OZ	0.06
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	1 OZ	1.51
SAUCE,BARBECUE:Commercial	2 OZ	20.55
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		112.68
% of Calories		56.6%

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Edina Public Schools

	Portion Size	Carb (g)
Mon - 02/06/2012		
Secondary Lunch	Total	
Sandwich, Grilled Cheese	1 each	25.6
Chicken Patty & 2oz Wheat	each	43.0
CHEESEBURGER ON 100% WW BUN	EACH	26.73
HAMBURGER ON 100% WW BUN	EACH	26.5
GARDENBURGER ON WHEAT	1 EACH	16.29
VB- PIZZA BAR 8 ct	1 each	49.29
CR- Pasta Bar	1 cup serving	48.67
BREADSTICK DOUGH,FRENCH	1 EACH	14.77
VB-FIESTA:#1	SERVING	38.64
LETTUCE & TOMATO TOPPING	2 OZ	1.85
SPANISH RICE	1/2 CUP	21.37
VB- Deli Sandwich Bar	1 each	39.41
SUB,TUNA SALAD W/LETT:HD BUN	1 EACH	27.53
Taco Salad Black Beans & Corn	1 EACH	31.76
Green Beans, Fresh cooked	1/2 cup	3.83
Applesauce unsweet.	.5 cup	14.0
SALAD MIX TOSSED (CUP)	1/2 CUP	1.4
VB-FRUIT:FRESH,FRZN,CND:#1 MON	SERVING	7.01
VB-VEG:FRESH,FRZN,CND:#1	SERVING	10.03
ROLL,DINNER,WHEAT	1 EACH	21.0
JELLY, GRAPE	1 TBSP	13.29
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.25 OZ	0.06
KETCHUP	2 TBSP	10.0
MUSTARD	1 OZ	1.51
SAUCE,BARBECUE:Commercial	1 OZ	10.28
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		108.36
% of Calories		55.3%

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Edina Public Schools

	Portion Size	Carb (g)
Tue - 02/07/2012		
Secondary Lunch	Total	
EGG ROLL,VEGETABLE 3oz	1 EACH	20.0
SAUCE,SWEET & SOUR	1 OZ	6.57
Red Beans and Brown Rice	1/2 cup	20.27
Chicken Patty & 2oz Wheat	1 each	43.0
CHEESEBURGER ON 100% WW BUN	1 EACH	26.73
HAMBURGER ON 100% WW BUN	1 EACH	26.5
GARDENBURGER ON WHEAT	1 EACH	16.29
VB- PIZZA BAR 8 ct	1 each	49.29
CR- Pasta Bar	1 cup serving	48.67
BREADSTICK DOUGH,FRENCH	1 EACH	14.77
VB-FIESTA:#1	SERVING	38.64
LETTUCE & TOMATO TOPPING	2 OZ	1.85
SPANISH RICE	1/2 CUP	21.37
VB- Deli Sandwich Bar	1 each	39.41
SUB,TUNA SALAD W/LETT:HD BUN	1 EACH	27.53
Taco Salad Black Beans & Corn	1 EACH	31.76
FRUIT COCKTAIL IN JUICE	.5 CUP	14.05
VEGETABLE,MIXED,FRZ,BOILED	1/2 CUP	8.25
SALAD, CAESAR -Secondary	3oz.	12.19
VB-FRUIT:FRESH,FRZN,CND;#2 TUE	SERVING	10.57
VB-VEG:FRESH,FRZN,CND:#2	SERVING	9.18
BREAD,WHOLE-WHEAT	EACH	11.56
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.25 OZ	0.06
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	1 OZ	1.51
SAUCE,BARBECUE:Commercial	2 OZ	20.55
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		110.36
% of Calories		54.4%

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	Portion Size	Carb (g)
Wed - 02/08/2012		
Secondary Lunch	Total	
Sloppy Joes on Bun , Edina	1 each	29.61
Chicken Patty & 2oz Wheat	1 each	43.0
CHEESEBURGER ON 100% WW BUN	1 EACH	26.73
HAMBURGER ON 100% WW BUN	1 EACH	26.5
GARDENBURGER ON WHEAT	1 EACH	16.29
VB- PIZZA BAR 8 ct	1 each	49.29
CR- Pasta Bar	1 cup serving	48.67
BREADSTICK DOUGH,FRENCH	1 EACH	14.77
VB-FIESTA:#1	SERVING	38.64
LETTUCE & TOMATO TOPPING	2 OZ	1.85
SPANISH RICE	1/2 CUP	21.37
VB- Deli Sandwich Bar	1 each	39.41
SUB,TUNA SALAD W/LETT:HD BUN	1 EACH	27.53
Taco Salad Black Beans & Corn	1 EACH	31.76
Carrots, Fresh Cooked	1/2 Cup	8.42
PEARS,DICED IN PEAR JUICE	.5 CUP	14.0
COLE SLAW/SCRATCH	1/4 CUP	4.16
VB-FRUIT:FRESH,FRZN,CND:#3 WED	SERVING	17.17
VB-VEG:FRESH,FRZN,CND:#3	SERVING	1.62
BREAD,WHOLE-WHEAT	1 EACH	11.56
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.25 OZ	0.06
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	1 OZ	1.51
SAUCE,BARBECUE:Commercial	2 OZ	20.55
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		116.31
% of Calories		55.7%

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	Portion Size	Carb (g)
Thu - 02/09/2012		
Secondary Lunch	Total	
CHICKEN NUGGETS	7 EACH	15.41
Chicken Patty & 2oz Wheat	1 each	43.0
CHEESEBURGER ON 100% WW BUN	1 EACH	26.73
HAMBURGER ON 100% WW BUN	1 EACH	26.5
GARDENBURGER ON WHEAT	1 EACH	16.29
VB- PIZZA BAR 8 ct	1 each	49.29
CR- Pasta Bar	1 cup serving	48.67
BREADSTICK DOUGH,FRENCH	1 EACH	14.77
VB-FIESTA:#1	SERVING	38.64
LETTUCE & TOMATO TOPPING	2 OZ	1.85
SPANISH RICE	1/2 CUP	21.37
VB- Deli Sandwich Bar	1 each	39.41
SUB,TUNA SALAD W/LETT:HD BUN	1 EACH	27.53
Taco Salad Black Beans & Corn	1 EACH	31.76
SALAD, CAESAR -Secondary	3oz.	12.19
Sweet Potato Fries	4 oz.	25.0
PEACHES, SLICES IN JUICE	.5 CUP	12.0
VB-FRUIT:FRESH,FRZN,CND:#4 THU	SERVING	10.9
VB-VEG:FRESH,FRZN,CND:#4	SERVING	8.99
BREAD,WHOLE-WHEAT	1 EACH	11.56
MARGARINE	.25 OZ	0.06
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	1 OZ	1.51
SAUCE,BARBECUE:Commercial	2 OZ	20.55
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		111.66
% of Calories		53.9%

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	Portion Size	Carb (g)
Fri - 02/10/2012		
Secondary Lunch	Total	
T36,PASTA,MAC & CHEESE,CND	1 CUP	30.73
Chicken Patty & 2oz Wheat	1 each	43.0
CHEESEBURGER ON 100% WW BUN	1 EACH	26.73
HAMBURGER ON 100% WW BUN	EACH	26.5
GARDENBURGER ON WHEAT	1 EACH	16.29
VB- PIZZA BAR 8 ct	1 each	49.29
CR- Pasta Bar	1 cup serving	48.67
BREADSTICK DOUGH,FRENCH	1 EACH	14.77
VB-FIESTA:#1	SERVING	38.64
LETTUCE & TOMATO TOPPING	2 OZ	1.85
SPANISH RICE	1/2 CUP	21.37
VB- Deli Sandwich Bar	1 each	39.41
SUB,TUNA SALAD W/LETT:HD BUN	EACH	27.53
Taco Salad Black Beans & Corn	1 EACH	31.76
Broccoli, Fresh Steamed	Each	5.84
Strawberries	4 oz.	10.35
VB-FRUIT:FRESH,FRZN,CND:#5FRID	SERVING	11.28
VB-VEG:FRESH,FRZN,CND:#5	SERVING	6.58
BREAD,WHOLE-WHEAT	1 EACH	11.56
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.25 OZ	0.06
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	1 OZ	1.51
SAUCE,BARBECUE:Commercial	2 OZ	20.55
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		112.52
% of Calories		54.9%

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Edina Public Schools

Page 9

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Secondary Lunch

Jan 13, 2012

	Portion Size	Carb (g)
Mon - 02/13/2012		
Secondary Lunch	Total	
QUESADILLA,CHEESE,MOZZ	1 EACH	33.0
SALSA	2 OZ	1.77
Chicken Patty & 2oz Wheat	1 each	43.0
CHEESEBURGER ON 100% WW BUN	EACH	26.73
HAMBURGER ON 100% WW BUN	EACH	26.5
GARDENBURGER ON WHEAT	1 EACH	16.29
VB- PIZZA BAR 8 ct	1 each	49.29
CR- Pasta Bar	1 cup serving	48.67
BREADSTICK DOUGH,FRENCH	1 EACH	14.77
VB-FIESTA:#1	SERVING	38.64
LETTUCE & TOMATO TOPPING	2 OZ	1.85
SPANISH RICE	1/2 CUP	21.37
VB- Deli Sandwich Bar	1 each	39.41
SANDWICH SUB TUSCAN	EACH	39.53
SALAD,FUN POPEYE SPINACH	SERVING	5.07
Red Beans and Brown Rice	1/2 cup	20.27
PEACHES, SLICES IN JUICE	.5 CUP	12.0
SALAD MIX TOSSED (CUP)	1/2 CUP	1.4
VB-FRUIT:FRESH,FRZN,CND:#3 WED	SERVING	17.17
VB-VEG:FRESH,FRZN,CND:#3	SERVING	1.62
ROLL,DINNER,WHEAT	1 EACH	21.0
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	1 OZ	0.26
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	1 OZ	1.51
SAUCE,BARBECUE:Commercial	2 OZ	20.55
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		118.91
% of Calories		56.4%

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Edina Public Schools

Page 10

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Jan 13, 2012

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Tue - 02/14/2012		
Secondary Lunch	Total	
BARBECUED BEEF ON A ROLL:SAUCE	EACH	26.88
Chicken Patty & 2oz Wheat	1 each	43.0
CHEESEBURGER ON 100% WW BUN	1 EACH	26.73
HAMBURGER ON 100% WW BUN	1 EACH	26.5
GARDENBURGER ON WHEAT	1 EACH	16.29
VB- PIZZA BAR 8 ct	1 each	49.29
CR- Pasta Bar	1 cup serving	48.67
BREADSTICK DOUGH,FRENCH	1 EACH	14.77
VB-FIESTA:#1	SERVING	38.64
LETTUCE & TOMATO TOPPING	2 OZ	1.85
SPANISH RICE	1/2 CUP	21.37
VB- Deli Sandwich Bar	1 each	39.41
SANDWICH SUB TUSCAN	1 EACH	39.53
SALAD,FUN POPEYE SPINACH	SERVING	5.07
Mandarin Oranges	1 Each	20.08
Green Beans, Fresh cooked	1/2 cup	3.83
SALAD, CAESAR -Secondary	3oz.	12.19
VB-FRUIT:FRESH,FRZN,CND:#2 TUE	SERVING	10.57
VB-VEG:FRESH,FRZN,CND:#2	SERVING	9.18
BREAD,WHOLE-WHEAT	1 EACH	11.56
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.25 OZ	0.06
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	1 OZ	1.51
SAUCE,BARBECUE:Commercial	2 OZ	20.55
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		116.65
% of Calories		55.6%

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Edina Public Schools

Page 11

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

Jan 13, 2012

	Portion Size	Carb (g)
Wed - 02/15/2012		
Secondary Lunch	Total	
LASAGNA W/MEAT SAUCE	1 CUP	32.01
Chicken Patty & 2oz Wheat	1 each	43.0
CHEESEBURGER ON 100% WW BUN	1 EACH	26.73
HAMBURGER ON 100% WW BUN	1 EACH	26.5
GARDENBURGER ON WHEAT	1 EACH	16.29
VB- PIZZA BAR 8 ct	1 each	49.29
CR- Pasta Bar	1 cup serving	48.67
BREADSTICK DOUGH,FRENCH	1 EACH	14.77
VB-FIESTA:#1	SERVING	38.64
LETTUCE & TOMATO TOPPING	2 OZ	1.85
SPANISH RICE	1/2 CUP	21.37
VB- Deli Sandwich Bar	1 each	39.41
SANDWICH SUB TUSCAN	1 EACH	39.53
SALAD,FUN POPEYE SPINACH	SERVING	5.07
Carrots, Fresh Cooked	1/2 Cup	8.42
Applesauce unsweet.	.5 cup	14.0
SALAD,ROMAINE W/GRAPES	4 OZ	13.03
VB-FRUIT:FRESH,FRZN,CND:#1 MON	SERVING	7.01
VB-VEG:FRESH,FRZN,CND:#1	SERVING	10.03
CARROTS,BABY,FRESH	4 OZ	9.36
ROLL,DINNER,WHEAT	1 EACH	21.0
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.25 OZ	0.06
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	1 OZ	1.51
SAUCE,BARBECUE:Commercial	2 OZ	20.55
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		114.97
% of Calories		57.3%

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Edina Public Schools

Page 12

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

Jan 13, 2012

	Portion Size	Carb (g)
Thu - 02/16/2012		
Secondary Lunch	Total	
TURKEY DICED w/GRAVY	SERVING(S)	8.48
Chicken Patty & 2oz Wheat	1 each	43.0
CHEESEBURGER ON 100% WW BUN	1 EACH	26.73
HAMBURGER ON 100% WW BUN	1 EACH	26.5
GARDENBURGER ON WHEAT	1 EACH	16.29
VB- PIZZA BAR 8 ct	1 each	49.29
CR- Pasta Bar	1 cup serving	48.67
BREADSTICK DOUGH,FRENCH	2 EACH	29.53
VB-FIESTA:#1	SERVING	38.64
LETTUCE & TOMATO TOPPING	2 OZ	1.85
SPANISH RICE	1/2 CUP	21.37
VB- Deli Sandwich Bar	1 each	39.41
SANDWICH SUB TUSCAN	1 EACH	39.53
SALAD,FUN POPEYE SPINACH	SERVING	5.07
Potatoes, Mshd, Refrigerated	1/2cup Servings	16.08
PINEAPPLE, CHUNKS IN JUICE	1/2 CUP	15.0
SALAD, CAESAR -Secondary	3oz.	12.19
VB-FRUIT:FRESH,FRZN,CND:#4 THU	SERVING	10.9
VB-VEG:FRESH,FRZN,CND:#4	SERVING	8.99
BREAD,WHOLE-WHEAT	1 EACH	11.56
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.25 OZ	0.06
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	1 OZ	1.51
SAUCE,BARBECUE:Commercial	2 OZ	20.55
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		113.58
% of Calories		54.5%

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Edina Public Schools

Page 13

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

Jan 13, 2012

	Portion Size	Carb (g)
Fri - 02/17/2012		
Secondary Lunch	Total	
A-FISH PORTIONS	1 EACH	10.72
SAUCE,TARTAR	1 EACH	1.0
Chicken Patty & 2oz Wheat	1 each	43.0
CHEESEBURGER ON 100% WW BUN	1 EACH	26.73
HAMBURGER ON 100% WW BUN	1 EACH	26.5
GARDENBURGER ON WHEAT	1 EACH	16.29
VB- PIZZA BAR 8 ct	1 each	49.29
CR- Pasta Bar	1 cup serving	48.67
BREADSTICK DOUGH,FRENCH	2 EACH	29.53
VB-FIESTA:#1	SERVING	38.64
LETTUCE & TOMATO TOPPING	2 OZ	1.85
SPANISH RICE	1/2 CUP	21.37
VB- Deli Sandwich Bar	1 each	39.41
SANDWICH SUB TUSCAN	1 EACH	39.53
SALAD,FUN POPEYE SPINACH	SERVING	5.07
Sweet Potato Fries	4 oz.	25.0
FRUIT COCKTAIL IN JUICE	.5 CUP	14.05
VB-VEG;FRESH,FRZN,CND:#5	SERVING	6.58
VB-FRUIT:FRESH,FRZN,CND:#5FRID	SERVING	11.28
BREAD,WHOLE-WHEAT	1 EACH	11.56
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.25 OZ	0.06
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	1 OZ	1.51
SAUCE,BARBECUE:Commercial	2 OZ	20.55
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		113.34
% of Calories		55.2%

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Edina Public Schools

Page 14

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

Jan 13, 2012

	Portion Size	Carb (g)
Tue - 02/21/2012		
Secondary Lunch	Total	
BEEF STEW	SERVINGS	16.47
Chicken Patty & 2oz Wheat	1 each	43.0
CHEESEBURGER ON 100% WW BUN	1 EACH	26.73
HAMBURGER ON 100% WW BUN	1 EACH	26.5
GARDENBURGER ON WHEAT	1 EACH	16.29
VB- PIZZA BAR 8 ct	1 each	49.29
CR- Pasta Bar	1 cup serving	48.67
BREADSTICK DOUGH,FRENCH	1 EACH	14.77
VB-FIESTA:#1	SERVING	38.64
LETTUCE & TOMATO TOPPING	2 OZ	1.85
SPANISH RICE	1/2 CUP	21.37
VB- Deli Sandwich Bar	each	39.41
Sand, Egg Salad on Wheat	1 each	29.83
GRAB N GO SALAD GARDEN & CHEES	1 EACH	3.96
SALAD, CAESAR -Secondary	3oz.	12.19
FRUIT COCKTAIL IN JUICE	.5 CUP	14.05
Potatoes, Mshd, Refrigerated	1/2cup Servings	16.08
VB-FRUIT:FRESH,FRZN,CND:#2 TUE	SERVING	10.57
VB-VEG:FRESH,FRZN,CND:#2	SERVING	9.18
BREAD,WHOLE-WHEAT	1 EACH	11.56
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.25 OZ	0.06
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	1 OZ	1.51
SAUCE,BARBECUE:Commercial	2 OZ	20.55
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		112.35
% of Calories		55.1%

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Edina Public Schools

Page 15

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

Jan 13, 2012

	Portion Size	Carb (g)
Wed - 02/22/2012		
Secondary Lunch	Total	
SPANISH OMELET	SERVING	31.72
Chicken Patty & 2oz Wheat	1 each	43.0
CHEESEBURGER ON 100% WW BUN	1 EACH	26.73
HAMBURGER ON 100% WW BUN	EACH	26.5
GARDENBURGER ON WHEAT	1 EACH	16.29
VB- PIZZA BAR 8 ct	1 each	49.29
CR- Pasta Bar	1 cup serving	48.67
BREADSTICK DOUGH,FRENCH	1 EACH	14.77
VB-FIESTA:#1	SERVING	38.64
LETTUCE & TOMATO TOPPING	2 OZ	1.85
SPANISH RICE	1/2 CUP	21.37
VB- Deli Sandwich Bar	each	39.41
Sand, Egg Salad on Wheat	1 each	29.83
GRAB N GO SALAD GARDEN & CHEES	1 EACH	3.96
BROWN RICE PILAF	1/2 CUP	30.36
PEARS,DICED IN PEAR JUICE	.5 CUP	14.0
SALAD,ROMAINE W/GRAPES	4 OZ	13.03
VB-FRUIT:FRESH,FRZN,CND:#3 WED	SERVING	17.17
VB-VEG:FRESH,FRZN,CND:#3	SERVING	1.62
ROLL,DINNER,WHEAT	1 EACH	21.0
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.25 OZ	0.06
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	1 OZ	1.51
SAUCE,BARBECUE:Commercial	2 OZ	20.55
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		126.81
% of Calories		57.0%

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Edina Public Schools

	Portion Size	Carb (g)
Thu - 02/23/2012		
Secondary Lunch	Total	
FRENCH TOAST STICKS #67400	4 EACH	48.0
SAUSAGE LINKS,TURKEY	2 EACH	0.0
STRAWBERRIES,FRZ,SWTND,SLICED	1/8 CUP	8.26
Chicken Patty & 2oz Wheat	1 each	43.0
CHEESEBURGER ON 100% WW BUN	1 EACH	26.73
HAMBURGER ON 100% WW BUN	EACH	26.5
GARDENBURGER ON WHEAT	1 EACH	16.29
VB- PIZZA BAR 8 ct	1 each	49.29
CR- Pasta Bar	1 cup serving	48.67
BREADSTICK DOUGH,FRENCH	1 EACH	14.77
VB-FIESTA:#1	SERVING	38.64
LETTUCE & TOMATO TOPPING	2 OZ	1.85
SPANISH RICE	1/2 CUP	21.37
VB- Deli Sandwich Bar	1 each	39.41
Sand, Egg Salad on Wheat	1 each	29.83
GRAB N GO SALAD GARDEN & CHEES	EACH	3.96
Carrots, Fresh Cooked	1/2 Cup	8.42
PINEAPPLE, CHUNKS IN JUICE	1/2 CUP	15.0
SALAD, CAESAR -Secondary	3oz.	12.19
VB-FRUIT:FRESH,FRZN,CND:#4 THU	SERVING	10.9
VB-VEG:FRESH,FRZN,CND:#4	SERVING	8.99
BREAD,WHOLE-WHEAT	1 EACH	11.56
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.25 OZ	0.06
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	1 OZ	1.51
SAUCE,BARBECUE:Commercial	2 OZ	20.55
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		109.46
% of Calories		52.6%

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Edina Public Schools

Page 17

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

Jan 13, 2012

	Portion Size	Carb (g)
Fri - 02/24/2012		
Secondary Lunch	Total	
VEGETABLE PAELLA	4 OZ	23.49
Chicken Patty & 2oz Wheat	1 each	43.0
CHEESEBURGER ON 100% WW BUN	1 EACH	26.73
HAMBURGER ON 100% WW BUN	1 EACH	26.5
GARDENBURGER ON WHEAT	1 EACH	16.29
VB- PIZZA BAR 8 ct	1 each	49.29
CR- Pasta Bar	1 cup serving	48.67
BREADSTICK DOUGH,FRENCH	1 EACH	14.77
VB-FIESTA:#1	SERVING	38.64
LETTUCE & TOMATO TOPPING	2 OZ	1.85
SPANISH RICE	1/2 CUP	21.37
VB- Deli Sandwich Bar	1 each	39.41
Sand, Egg Salad on Wheat	1each	29.83
GRAB N GO SALAD GARDEN & CHEES	1 EACH	3.96
Squash, Summer asst,cooked	4 oz.	1.94
Applesauce unsweet.	.5 cup	14.0
VB-FRUIT:FRESH,FRZN,CND:#5FRID	SERVING	11.28
VB-VEG:FRESH,FRZN,CND:#5	SERVING	6.58
BREAD,WHOLE-WHEAT	1 EACH	11.56
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.25 OZ	0.06
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	1 OZ	1.51
SAUCE,BARBECUE:Commercial	2 OZ	20.55
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		108.44
% of Calories		57.0%

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Edina Public Schools

Page 18

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

Jan 13, 2012

	Portion Size	Carb (g)
Mon - 02/27/2012		
Secondary Lunch	Total	
HS PASTA PRONTO,PRIMAVERA	SERVING	45.21
Chicken Patty & 2oz Wheat	1 each	43.0
CHEESEBURGER ON 100% WW BUN	1 EACH	26.73
HAMBURGER ON 100% WW BUN	EACH	26.5
GARDENBURGER ON WHEAT	1 EACH	16.29
VB- PIZZA BAR 8 ct	1 each	49.29
CR- Pasta Bar	1 cup serving	48.67
BREADSTICK DOUGH,FRENCH	1 EACH	14.77
VB-FIESTA:#1	SERVING	38.64
LETTUCE & TOMATO TOPPING	2 OZ	1.85
SPANISH RICE	1/2 CUP	21.37
VB- Deli Sandwich Bar	each	39.41
WRAP HUMMUS W/VEGGIES	1 EACH	48.15
GRAB&GO,ES,SALAD,CHIX CAESAR	PORTION	7.23
Broccoli, Fresh Steamed	.5 cup	2.92
PEARS,DICED IN PEAR JUICE	.5 CUP	14.0
SALAD MIX,TOSSED	4 OZ	3.74
VB-FRUIT:FRESH,FRZN,CND;#1 MON	SERVING	7.01
VB-VEG:FRESH,FRZN,CND:#3	SERVING	1.62
BREAD,WHOLE-WHEAT	1 EACH	11.56
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.25 OZ	0.06
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	1 OZ	1.51
SAUCE,BARBECUE:Commercial	2 OZ	20.55
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		110.74
% of Calories		56.4%

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Edina Public Schools

Page 19

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

Jan 13, 2012

	Portion Size	Carb (g)
Tue - 02/28/2012		
Secondary Lunch	Total	
DC,CHICKEN,ORANGE	SERVING	21.6
Chicken Patty & 2oz Wheat	1 each	43.0
CHEESEBURGER ON 100% WW BUN	1 EACH	26.73
HAMBURGER ON 100% WW BUN	1 EACH	26.5
GARDENBURGER ON WHEAT	1 EACH	16.29
VB- PIZZA BAR 8 ct	1 each	49.29
CR- Pasta Bar	1 cup serving	48.67
BREADSTICK DOUGH,FRENCH	1 EACH	14.77
VB-FIESTA:#1	SERVING	38.64
LETTUCE & TOMATO TOPPING	2 OZ	1.85
SPANISH RICE	1/2 CUP	21.37
VB- Deli Sandwich Bar	each	39.41
WRAP HUMMUS W/VEGGIES	1 EACH	48.15
GRAB&GO,ES,SALAD,CHIX CAESAR	PORTION	7.23
RICE BROWN COOKED	1/2 CUP	18.14
Mandarin Oranges	1 Each	20.08
SALAD, CAESAR -Secondary	3oz.	12.19
VB-FRUIT:FRESH,FRZN,CND:#5FRID	SERVING	11.28
VB-VEG:FRESH,FRZN,CND:#2	SERVING	9.18
BREAD,WHOLE-WHEAT	1 EACH	11.56
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.25 OZ	0.06
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	1 OZ	1.51
SAUCE,BARBECUE:Commercial	2 OZ	20.55
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		117.41
% of Calories		56.1%

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Edina Public Schools

Page 20

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

Jan 13, 2012

	Portion Size	Carb (g)
Wed - 02/29/2012		
Secondary Lunch	Total	
Sandwich, Philly Cheesesteak	1 each	40.92
Chicken Patty & 2oz Wheat	1 each	43.0
CHEESEBURGER ON 100% WW BUN	1 EACH	26.73
HAMBURGER ON 100% WW BUN	1 EACH	26.5
GARDENBURGER ON WHEAT	1 EACH	16.29
VB- PIZZA BAR 8 ct	1 each	49.29
CR- Pasta Bar	1 cup serving	48.67
BREADSTICK DOUGH, FRENCH	1 EACH	14.77
VB-FIESTA:#1	SERVING	38.64
LETTUCE & TOMATO TOPPING	2 OZ	1.85
SPANISH RICE	1/2 CUP	21.37
VB- Deli Sandwich Bar	each	39.41
WRAP HUMMUS W/VEGGIES	1 EACH	48.15
GRAB&GO, ES, SALAD, CHIX CAESAR	PORTION	7.23
Green Beans, Fresh cooked	1/2 cup	3.83
PINEAPPLE, CHUNKS IN JUICE	1/2 CUP	15.0
SALAD, ROMAINE W/GRAPES	4 OZ	13.03
VB-FRUIT:FRESH,FRZN,CND:#3 WED	SERVING	17.17
VB-VEG:FRESH,FRZN,CND:#3	SERVING	1.62
ROLL, DINNER, WHEAT	1 EACH	21.0
MILK, WHITE, SKIM	HALF PINT	12.14
MILK, WHITE 1% LOWFAT	HALF PINT	12.17
MILK, CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.25 OZ	0.06
JELLY, GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	1 OZ	1.51
SAUCE, BARBECUE:Commercial	2 OZ	20.55
MAYONNAISE	1 TBSP	0.0
DRESSING, SALAD, RANCH	1 TBSP	0.5
DRESSING, SALAD, FF/CA/FRENCH	1 TBSP	4.5
PICKLES, HAMBURGER	3 SLICE	0.87
Weighted Daily Average		120.42
% of Calories		57.6%

Weighted Average		114.11
		55.5%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Carbohydrate (g)	114.11	55.52%					

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.