

# Edina Public Schools

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Mar 1, 2012 thru Mar 30, 2012 Spreadsheet - Portion Values  
Secondary Lunch

Feb 3, 2012

	Portion Size	Carb (g)
Thu - 03/01/2012		
Secondary Lunch	Total	
LT11,CHICKEN,DRUMS,BBQ	EACH	20.0
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
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	42.42
HS SALSA CORE BURRITO,CKN:SCRA	1 EACH	55.78
HS SALSA CORE BURRITO,BN:SCRA	1 EACH	55.44
VB- Deli Sandwich Bar	each	39.41
WRAP HUMMUS W/VEGGIES	1 EACH	48.15
GRAB&GO,ES,SALAD,CHIX CAESAR	PORTION	7.23
SALAD, CAESAR -Secondary	3oz.	12.19
Mandarin Oranges	1 Each	20.08
CORN	1/2 CUP	17.0
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	1 each	23.0
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		111.68
% of Calories		54.9%

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

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<sup>1</sup> - denotes optional nutrient values

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# Edina Public Schools

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Mar 1, 2012 thru Mar 30, 2012 Spreadsheet - Portion Values  
Secondary Lunch

Feb 3, 2012

	Portion Size	Carb (g)
Fri - 03/02/2012		
Secondary Lunch	Total	
Omelet w/Cheese	1 Each	3.0
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
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	42.42
HS SALSA CORE BURRITO,CKN:SCRA	1 EACH	55.78
HS SALSA CORE BURRITO,BN:SCRA	1 EACH	55.44
VB- Deli Sandwich Bar	each	39.41
WRAP HUMMUS W/VEGGIES	1 EACH	48.15
GRAB&GO,ES,SALAD,CHIX CAESAR	PORTION	7.23
Sweet Potato Fries	4 oz.	25.0
Applesauce unsweet.	.5 cup	14.0
VB-FRUIT:FRESH,FRZN,CND:#4 THU	SERVING	10.9
VB-VEG:FRESH,FRZN,CND:#4	SERVING	8.99
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	1 each	23.0
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		110.32
% of Calories		55.1%

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# Edina Public Schools

	Portion Size	Carb (g)
Mon - 03/05/2012		
Secondary Lunch	Total	
VEGETABLE CHILI	1 CUP	36.01
Muffin, Corn 1.5 oz.	each	22.0
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
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	42.42
HS SALSA CORE BURRITO,CKN:SCRA	1 EACH	55.78
HS SALSA CORE BURRITO,BN:SCRA	1 EACH	55.44
VB- Deli Sandwich Bar	each	39.41
SANDWICH SUB TUSCAN	EACH	39.19
GRAB N GO SALAD GARDEN & CHEES	EACH	3.62
FRUIT COCKTAIL IN JUICE	.5 CUP	14.05
Squash, Acorn	1/2 cup	14.94
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	1 each	23.0
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		110.89
% of Calories		55.3%

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# Edina Public Schools

	Portion Size	Carb (g)
Tue - 03/06/2012		
Secondary Lunch	Total	
CHICKEN DICED LO MEIN	PORTION	24.36
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
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	42.42
HS SALSA CORE BURRITO,CKN:SCRA	1 EACH	55.78
HS SALSA CORE BURRITO,BN:SCRA	1 EACH	55.44
VB- Deli Sandwich Bar	each	39.41
SANDWICH SUB TUSCAN	1 EACH	39.19
GRAB N GO SALAD GARDEN & CHEES	EACH	3.62
PEAS,GREEN,FRZ,BOILED	1/2 CUP	11.41
Mandarin Oranges	1 Each	20.08
SALAD MIX,TOSSED	4 OZ	3.74
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
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
Milk, Chocolate Fat Free	1 each	23.0
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		108.09
% of Calories		55.2%

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# Edina Public Schools

	Portion Size	Carb (g)
Wed - 03/07/2012		
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
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	42.42
HS SALSA CORE BURRITO,CKN:SCRA	1 EACH	55.78
HS SALSA CORE BURRITO,BN:SCRA	1 EACH	55.44
VB- Deli Sandwich Bar	each	39.41
SANDWICH SUB TUSCAN	1 EACH	39.19
GRAB N GO SALAD GARDEN & CHEES	EACH	3.62
SALAD MIX TOSSED (CUP)	1 CUP	2.81
BEANS,BAKED,CND	1/2 CUP	32.1
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	1 each	23.0
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		105.21
% of Calories		53.0%

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# Edina Public Schools

	Portion Size	Carb (g)
Thu - 03/08/2012		
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
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	42.42
HS SALSA CORE BURRITO,CKN:SCRA	1 EACH	55.78
HS SALSA CORE BURRITO,BN:SCRA	1 EACH	55.44
VB- Deli Sandwich Bar	each	39.41
SANDWICH SUB TUSCAN	1 EACH	39.19
GRAB N GO SALAD GARDEN & CHEES	EACH	3.62
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	1 each	23.0
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		106.95
% of Calories		52.5%

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# Edina Public Schools

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Mar 1, 2012 thru Mar 30, 2012 Spreadsheet - Portion Values  
Secondary Lunch

Feb 3, 2012

	Portion Size	Carb (g)
Mon - 03/12/2012		
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
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	42.42
HS SALSA CORE BURRITO,CKN:SCRA	1 EACH	55.78
HS SALSA CORE BURRITO,BN:SCRA	1 EACH	55.44
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	1 each	23.0
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		103.76
% of Calories		54.2%

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# Edina Public Schools

	Portion Size	Carb (g)
Tue - 03/13/2012		
Secondary Lunch	Total	
EGG ROLL,VEGETABLE 3oz	EACH	20.0
Red Beans and Brown Rice	1/2 cup	20.27
SAUCE,SWEET & SOUR	1 OZ	6.57
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
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	42.42
HS SALSA CORE BURRITO,CKN:SCRA	1 EACH	55.78
HS SALSA CORE BURRITO,BN:SCRA	1 EACH	55.44
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	1 each	23.0
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		108.01
% of Calories		53.7%

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# Edina Public Schools

	Portion Size	Carb (g)
Wed - 03/14/2012		
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
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	42.42
HS SALSA CORE BURRITO,CKN:SCRA	1 EACH	55.78
HS SALSA CORE BURRITO,BN:SCRA	1 EACH	55.44
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	1 each	23.0
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		109.79
% of Calories		54.2%

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Secondary Lunch

Feb 3, 2012

	Portion Size	Carb (g)
Thu - 03/15/2012		
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
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	42.42
HS SALSA CORE BURRITO,CKN:SCRA	1 EACH	55.78
HS SALSA CORE BURRITO,BN:SCRA	1 EACH	55.44
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	each	23.0
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		105.48
% of Calories		52.5%

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Mar 1, 2012 thru Mar 30, 2012 Spreadsheet - Portion Values  
Secondary Lunch

Feb 3, 2012

	Portion Size	Carb (g)
Fri - 03/16/2012		
Secondary Lunch	Total	
T36,PASTA,MAC & CHEESE,CND	8 OZ	245.8
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
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	42.42
HS SALSA CORE BURRITO,CKN:SCRA	1 EACH	55.78
HS SALSA CORE BURRITO,BN:SCRA	1 EACH	55.44
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	1 each	23.0
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		125.75
% of Calories		48.6%

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

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# Edina Public Schools

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Mar 1, 2012 thru Mar 30, 2012 Spreadsheet - Portion Values  
Secondary Lunch

Feb 3, 2012

	Portion Size	Carb (g)
Mon - 03/19/2012		
Secondary Lunch	Total	
Quesadilla, Cheese	each	41.0
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
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	42.42
HS SALSA CORE BURRITO,CKN:SCRA	1 EACH	55.78
HS SALSA CORE BURRITO,BN:SCRA	1 EACH	55.44
VB- Deli Sandwich Bar	1 each	39.41
SANDWICH SUB TUSCAN	EACH	39.19
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	1 each	23.0
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		110.95
% of Calories		54.8%

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# Edina Public Schools

	Portion Size	Carb (g)
Tue - 03/20/2012		
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
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	42.42
HS SALSA CORE BURRITO,CKN:SCRA	1 EACH	55.78
HS SALSA CORE BURRITO,BN:SCRA	1 EACH	55.44
VB- Deli Sandwich Bar	1 each	39.41
SANDWICH SUB TUSCAN	1 EACH	39.19
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	1 each	23.0
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		113.91
% of Calories		55.0%

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# Edina Public Schools

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Mar 1, 2012 thru Mar 30, 2012 Spreadsheet - Portion Values  
Secondary Lunch

Feb 3, 2012

	Portion Size	Carb (g)
Wed - 03/21/2012		
Secondary Lunch	Total	
LASAGNA W/MEAT SAUCE	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
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	42.42
HS SALSA CORE BURRITO,CKN:SCRA	1 EACH	55.78
HS SALSA CORE BURRITO,BN:SCRA	1 EACH	55.44
VB- Deli Sandwich Bar	1 each	39.41
SANDWICH SUB TUSCAN	1 EACH	39.19
SALAD,FUN POPEYE SPINACH	SERVING	5.07
Carrots, Fresh Cooked	1/2 Cup	8.42
Applesauce unsweet.	.5 cup	14.0
SALAD MIX TOSSED (CUP)	1 CUP	2.81
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	1 each	23.0
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		106.65
% of Calories		55.4%

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# Edina Public Schools

	Portion Size	Carb (g)
Thu - 03/22/2012		
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
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	42.42
HS SALSA CORE BURRITO,CKN:SCRA	1 EACH	55.78
HS SALSA CORE BURRITO,BN:SCRA	1 EACH	55.44
VB- Deli Sandwich Bar	1 each	39.41
SANDWICH SUB TUSCAN	1 EACH	39.19
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	each	23.0
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		109.00
% of Calories		53.5%

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# Edina Public Schools

	Portion Size	Carb (g)
Fri - 03/23/2012		
Secondary Lunch	Total	
POLLOCK,BRD,LITE	1 EACH	13.0
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
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	42.42
HS SALSA CORE BURRITO,CKN:SCRA	1 EACH	55.78
HS SALSA CORE BURRITO,BN:SCRA	1 EACH	55.44
VB- Deli Sandwich Bar	1 each	39.41
SANDWICH SUB TUSCAN	1 EACH	39.19
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	each	23.0
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		110.29
% of Calories		54.4%

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# Edina Public Schools

	Portion Size	Carb (g)
Mon - 03/26/2012		
Secondary Lunch	Total	
Lasagna Roll-ups	1 Each	24.79
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
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	42.42
HS SALSA CORE BURRITO,CKN:SCRA	1 EACH	55.78
HS SALSA CORE BURRITO,BN:SCRA	1 EACH	55.44
VB- Deli Sandwich Bar	1 each	39.41
Sand, Egg Salad on Wheat	1 each	29.83
GRAB N GO SALAD GARDEN & CHEES	1 EACH	3.62
Spinach, Cooked	1/2 cup	3.38
PEACHES, SLICES IN JUICE	.5 CUP	12.0
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
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
Milk, Chocolate Fat Free	1 each	23.0
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		103.36
% of Calories		54.6%

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# Edina Public Schools

	Portion Size	Carb (g)
Tue - 03/27/2012		
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
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	42.42
HS SALSA CORE BURRITO,CKN:SCRA	1 EACH	55.78
HS SALSA CORE BURRITO,BN:SCRA	1 EACH	55.44
VB- Deli Sandwich Bar	each	39.41
Sand, Egg Salad on Wheat	1 each	29.83
GRAB N GO SALAD GARDEN & CHEES	1 EACH	3.62
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	1 each	23.0
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		108.23
% of Calories		54.1%

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# Edina Public Schools

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Mar 1, 2012 thru Mar 30, 2012 Spreadsheet - Portion Values  
Secondary Lunch

Feb 3, 2012

	Portion Size	Carb (g)
Wed - 03/28/2012		
Secondary Lunch	Total	
Vegetable Pot Stickers	3 pieces	20.48
TERIYAKI SAUCE	2 TBSP	9.58
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
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	42.42
HS SALSA CORE BURRITO,CKN:SCRA	1 EACH	55.78
HS SALSA CORE BURRITO,BN:SCRA	1 EACH	55.44
VB- Deli Sandwich Bar	each	39.41
Sand, Egg Salad on Wheat	1 each	29.83
GRAB N GO SALAD GARDEN & CHEES	1 EACH	3.62
BROWN RICE PILAF	1/2 CUP	30.36
PEARS,DICED IN PEAR JUICE	.5 CUP	14.0
SALAD MIX TOSSED (CUP)	1 CUP	2.81
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	1 each	23.0
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		119.53
% of Calories		56.1%

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# Edina Public Schools

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Mar 1, 2012 thru Mar 30, 2012 Spreadsheet - Portion Values  
Secondary Lunch

Feb 3, 2012

	Portion Size	Carb (g)
Thu - 03/29/2012		
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
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	42.42
HS SALSA CORE BURRITO,CKN:SCRA	1 EACH	55.78
HS SALSA CORE BURRITO,BN:SCRA	1 EACH	55.44
VB- Deli Sandwich Bar	1 each	39.41
Sand, Egg Salad on Wheat	1 each	29.83
GRAB N GO SALAD GARDEN & CHEES	EACH	3.62
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	1 each	23.0
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		104.76
% of Calories		51.5%

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<sup>1</sup> - denotes optional nutrient values

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# Edina Public Schools

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Mar 1, 2012 thru Mar 30, 2012 Spreadsheet - Portion Values  
Secondary Lunch

Feb 3, 2012

	Portion Size	Carb (g)
Fri - 03/30/2012		
Secondary Lunch	Total	
BEAN BURRITO	SERVINGS	40.01
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
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	42.42
HS SALSA CORE BURRITO,CKN:SCRA	1 EACH	55.78
HS SALSA CORE BURRITO,BN:SCRA	1 EACH	55.44
VB- Deli Sandwich Bar	1 each	39.41
Sand, Egg Salad on Wheat	1each	29.83
GRAB N GO SALAD GARDEN & CHEES	1 EACH	3.62
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	1 each	23.0
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		105.47
% of Calories		55.7%

Weighted Average		109.43
		53.9%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Carbohydrate (g)	109.43	53.94%					

\*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

<sup>1</sup> - denotes optional nutrient values

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