

Edina Public Schools

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

Feb 10, 2012

	Portion Size	Cals (kcal)	Sodm (mg)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/01/2012					
Elementary Lunch	Total				
LT11,CHICKEN,DRUMS,BBQ	1 EACH	185	553	1.30	0.06
HAMBURGER ON 100% WW BUN	1 EACH	275	481	3.10	0.00
Grab N Go Hummus Wrap	1 each	238	681	2.01	*0.03
GRAB&GO,ES,SALAD,CHIX CAESAR	PORTION	161	256	2.18	*0.08
CORN,SWEET YELLOW,Frozen	1/2 CUP	67	1	0.08	*N/A*
Applesauce unsweet.	.5 cup	50	0	0.00	0.00
VB-FRUIT:FRESH,FRZN,CND:#4 THU	SERVING	41	1	0.03	*0.00
VB-VEG:FRESH,FRZN,CND:#4	SERVING	39	81	0.05	*0.00
SALAD, CAESAR ELEMENTARY	2 oz. portions	91	182	1.27	*0.00
BREAD,WHOLE-WHEAT	1 EACH	69	132	0.21	0.23
MILK,WHITE,SKIM	HALF PINT	83	103	0.14	*N/A*
MILK,WHITE 1% LOWFAT	HALF PINT	102	107	1.54	*N/A*
Milk, Chocolate Fat Free	1 each	130	200	0.00	0.00
JUICE-VARIETY BAR	1 each	63	5	0.02	*N/A*
MARGARINE	.5 OZ	102	134	1.98	*N/A*
JELLY,GRAPE	1 TBSP	51	6	0.00	*N/A*
KETCHUP	1 TBSP	20	160	0.00	0.00
MUSTARD	.5 OZ	9	161	0.04	0.00
MAYONNAISE	1 TBSP	100	85	1.50	0.00
DRESSING,SALAD,RANCH	1 TBSP	80	120	1.50	0.00
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	15	155	0.00	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	240	0.00	0.00
PICKLES,HAMBURGER	3 SLICE	4	269	0.01	*N/A*
Weighted Daily Average		537	984	3.57	*0.11
% of Calories				6.0%	*0.2%

Fri - 03/02/2012					
Elementary Lunch	Total				
Omelet w/Cheese	1 Each	180	380	4.99	*N/A*
Chicken Patty & 2oz Wheat	1 each	390	770	2.50	0.00
Grab N Go Hummus Wrap	1 each	238	681	2.01	*0.03
GRAB&GO,ES,SALAD,CHIX CAESAR	PORTION	161	256	2.18	*0.08
Sweet Potato Fries	4 oz.	180	200	2.00	*N/A*
PEACHES, SLICES IN JUICE	.5 CUP	50	10	0.00	0.00
ORANGES,FRESH,WHOLE	1 EACH	45	0	0.02	*N/A*
VB-VEG:FRESH,FRZN,CND:#5	SERVING	38	51	0.04	0.00
BREAD,WHOLE-WHEAT	1 EACH	69	132	0.21	0.23
GRAHAMS,CRACKER,PLN/HONEY/CINN	3 EACH	89	100	0.32	*N/A*
MILK,WHITE,SKIM	HALF PINT	83	103	0.14	*N/A*
MILK,WHITE 1% LOWFAT	HALF PINT	102	107	1.54	*N/A*
Milk, Chocolate Fat Free	each	130	200	0.00	0.00
JUICE-VARIETY BAR	1 each	63	5	0.02	*N/A*
MARGARINE	.5 OZ	102	134	1.98	*N/A*
JELLY,GRAPE	1 TBSP	51	6	0.00	*N/A*
KETCHUP	1 TBSP	20	160	0.00	0.00
MUSTARD	.5 OZ	9	161	0.04	0.00
MAYONNAISE	1 TBSP	100	85	1.50	0.00
DRESSING,SALAD,RANCH	1 TBSP	80	120	1.50	0.00
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	15	155	0.00	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	240	0.00	0.00
Weighted Daily Average		599	980	3.79	*0.02
% of Calories				5.7%	*0.0%

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

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¹ - denotes optional nutrient values

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Elementary Lunch

Feb 10, 2012

	Portion Size	Cals (kcal)	Sodm (mg)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/05/2012					
Elementary Lunch	Total				
VEGETABLE CHILI	3/4 CUP	224	607	3.76	*N/A*
Muffin, Corn 1.5 oz.	1 each	180	120	1.50	*N/A*
Chicken Patty & 2oz Wheat	1 each	390	770	2.50	0.00
SUB,TURKEY ESFS	1 EACH	188	702	0.00	0.00
GRAB N GO SALAD GARDEN & CHEES	1 EACH	94	129	2.33	*0.00
Squash, Acorn	1/2 cup	57	4	0.03	*N/A*
FRUIT COCKTAIL IN JUICE	.5 CUP	55	5	0.00	*N/A*
VB-FRUIT:FRESH,FRZN,CND:#1 MON	SERVING	28	0	0.02	*0.00
VB-VEG:FRESH,FRZN,CND:#1	SERVING	45	68	0.05	*0.00
SALAD MIX TOSSED (CUP)	1 CUP	15	10	0.02	0.00
ROLL,DINNER,WHEAT	1 EACH	110	170	0.00	*N/A*
MILK,WHITE,SKIM	HALF PINT	83	103	0.14	*N/A*
MILK,WHITE 1% LOWFAT	HALF PINT	102	107	1.54	*N/A*
Milk, Chocolate Fat Free	1 each	130	200	0.00	0.00
JUICE-VARIETY BAR	1 each	63	5	0.02	*N/A*
MARGARINE	.5 OZ	102	134	1.98	*N/A*
JELLY,GRAPE	1 TBSP	51	6	0.00	*N/A*
KETCHUP	1 TBSP	20	160	0.00	0.00
MUSTARD	.5 OZ	9	161	0.04	0.00
MAYONNAISE	1 TBSP	100	85	1.50	0.00
DRESSING,SALAD,RANCH	1 TBSP	80	120	1.50	0.00
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	15	155	0.00	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	240	0.00	0.00
Weighted Daily Average		722	1091	3.88	*0.00
% of Calories				4.8%	*0.0%

Tue - 03/06/2012					
Elementary Lunch	Total				
BREAD,FLATBRD,CH/GARLIC	2 EACH	340	690	4.00	0.00
Pizza, Pepperoni Big Da 10 ct	1 each	364	661	4.96	0.00
HAMBURGER ON 100% WW BUN	EACH	275	481	3.10	0.00
SUB,TURKEY ESFS	1 EACH	188	702	0.00	0.00
GRAB N GO SALAD GARDEN & CHEES	EACH	94	129	2.33	*0.00
Mandarin Oranges	4oz.	79	8	0.01	*N/A*
VB-FRUIT:FRESH,FRZN,CND:#2 TUE	SERVING	40	1	0.02	*0.00
VB-VEG:FRESH,FRZN,CND:#2	SERVING	39	59	0.04	*0.00
SALAD, CAESAR ELEMENTARY	2 oz. protions	91	182	1.27	*0.00
VB-BREAD BASKET:#2 TUESDAY	SERVING	69	132	0.21	*0.23
MILK,WHITE,SKIM	HALF PINT	83	103	0.14	*N/A*
MILK,WHITE 1% LOWFAT	HALF PINT	102	107	1.54	*N/A*
Milk, Chocolate Fat Free	1 each	130	200	0.00	0.00
JUICE-VARIETY BAR	1 each	63	5	0.02	*N/A*
MARGARINE	.5 OZ	102	134	1.98	*N/A*
JELLY,GRAPE	1 TBSP	51	6	0.00	*N/A*
KETCHUP	1 TBSP	20	160	0.00	0.00
MUSTARD	.5 OZ	9	161	0.04	0.00
MAYONNAISE	1 TBSP	100	85	1.50	0.00
DRESSING,SALAD,RANCH	1 TBSP	80	120	1.50	0.00
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	15	155	0.00	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	240	0.00	0.00
PICKLES,HAMBURGER	3 SLICE	4	269	0.01	*N/A*
Weighted Daily Average		605	1015	5.40	*0.07
% of Calories				8.0%	*0.1%

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Feb 10, 2012

	Portion Size	Cals (kcal)	Sodm (mg)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/07/2012					
Elementary Lunch	Total				
Hot Dog, Beef -wheat bun	1 each	300	750	8.00	*0.00
Chicken Strips	2 each	153	487	2.00	*N/A*
SUB,TURKEY ESFS	1 EACH	188	702	0.00	0.00
GRAB N GO SALAD GARDEN & CHEES	1 EACH	94	129	2.33	*0.00
BEANS,BAKED,CND	1/2 CUP	161	652	0.00	*N/A*
PEACHES, SLICES IN JUICE	.5 CUP	50	10	0.00	0.00
VB-FRUIT:FRESH,FRZN,CND:#3 WED	SERVING	68	1	0.07	*0.00
KIWIFRUIT,FRESH,SLICED	1 EACH	46	2	0.02	*N/A*
SALAD MIX TOSSED (CUP)	1 CUP	15	10	0.02	0.00
VB- Vegetables Wednesday	4 oz.	35	67	0.03	*0.00
ROLL,DINNER,WHEAT	1 EACH	110	170	0.00	*N/A*
MILK,WHITE,SKIM	HALF PINT	83	103	0.14	*N/A*
MILK,WHITE 1% LOWFAT	HALF PINT	102	107	1.54	*N/A*
Milk, Chocolate Fat Free	1 each	130	200	0.00	0.00
JUICE-VARIETY BAR	1 each	63	5	0.02	*N/A*
MARGARINE	.5 OZ	102	134	1.98	*N/A*
JELLY,GRAPE	1 TBSP	51	6	0.00	*N/A*
KETCHUP	1 TBSP	20	160	0.00	0.00
MUSTARD	.5 OZ	9	161	0.04	0.00
MAYONNAISE	1 TBSP	100	85	1.50	0.00
DRESSING,SALAD,RANCH	1 TBSP	80	120	1.50	0.00
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	15	155	0.00	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	240	0.00	0.00
Weighted Daily Average		569	1123	6.26	*0.00
% of Calories				9.9%	*0.0%

Mon - 03/12/2012					
Elementary Lunch	Total				
Sandwich, Grilled Cheese	1 each	398	675	12.09	*0.00
SOUP,CRM OF CHIX W/WILD RICE	1 CUP	192	799	3.65	*N/A*
SAND, SUNFLOWER BUTTER & JELLY	1 each	359	388	1.96	*N/A*
Taco Salad Black Beans & Corn	1 EACH	291	440	2.42	*0.00
Green Beans, Fresh cooked	1/2 cup	17	3	0.03	*N/A*
Applesauce unsweet.	.5 cup	50	0	0.00	0.00
VB-FRUIT:FRESH,FRZN,CND:#1 MON	SERVING	28	0	0.02	*0.00
VB-VEG:FRESH,FRZN,CND:#1	SERVING	45	68	0.05	*0.00
SALAD MIX,TOSSED	OZ	5	3	0.01	0.00
ROLL,DINNER,WHEAT	1 EACH	110	170	0.00	*N/A*
MILK,WHITE,SKIM	HALF PINT	83	103	0.14	*N/A*
MILK,WHITE 1% LOWFAT	HALF PINT	102	107	1.54	*N/A*
Milk, Chocolate Fat Free	1 each	130	200	0.00	0.00
JUICE-VARIETY BAR	1 each	63	5	0.02	*N/A*
MARGARINE	.5 OZ	102	134	1.98	*N/A*
JELLY,GRAPE	1 TBSP	51	6	0.00	*N/A*
KETCHUP	1 TBSP	20	160	0.00	0.00
MUSTARD	.5 OZ	9	161	0.04	0.00
MAYONNAISE	TBSP	100	85	1.50	0.00
DRESSING,SALAD,RANCH	1 TBSP	80	120	1.50	0.00
DRESSING,SALAD,FF/CA/FRENCH	TBSP	15	155	0.00	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	240	0.00	0.00
Weighted Daily Average		649	1072	7.45	*0.00
% of Calories				10.3%	*0.0%

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Elementary Lunch

Feb 10, 2012

	Portion Size	Cals (kcal)	Sodm (mg)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/13/2012					
Elementary Lunch	Total				
PIZZA,CHEESE,BIG DAD 1/10 CUT	SLICE	340	530	4.50	0.00
Pizza, Pepperoni Big Da 10 ct	1 each	364	661	4.96	0.00
HAMBURGER ON 100% WW BUN	EACH	275	481	3.10	0.00
SAND, SUNFLOWER BUTTER & JELLY	1 each	359	388	1.96	*N/A*
Taco Salad Black Beans & Corn	1 EACH	291	440	2.42	*0.00
FRUIT COCKTAIL IN JUICE	.5 CUP	55	5	0.00	*N/A*
VB-FRUIT:FRESH,FRZN,CND:#2 TUE	SERVING	40	1	0.02	*0.00
VB-VEG:FRESH,FRZN,CND:#2	SERVING	39	59	0.04	*0.00
SALAD, CAESAR ELEMENTARY	2 oz. portions	91	182	1.27	*0.00
VB-BREAD BASKET:#2 TUESDAY	SERVING	69	132	0.21	*0.23
MILK,WHITE,SKIM	HALF PINT	83	103	0.14	*N/A*
MILK,WHITE 1% LOWFAT	HALF PINT	102	107	1.54	*N/A*
Milk, Chocolate Fat Free	1 each	130	200	0.00	0.00
JUICE-VARIETY BAR	1 each	63	5	0.02	*N/A*
MARGARINE	.5 OZ	102	134	1.98	*N/A*
JELLY, GRAPE	1 TBSP	51	6	0.00	*N/A*
KETCHUP	TBSP	20	160	0.00	0.00
MUSTARD	.5 OZ	9	161	0.04	0.00
MAYONNAISE	1 TBSP	100	85	1.50	0.00
DRESSING,SALAD,RANCH	TBSP	80	120	1.50	0.00
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	15	155	0.00	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	240	0.00	0.00
PICKLES,HAMBURGER	3 SLICE	4	269	0.01	*N/A*
Weighted Daily Average		635	990	5.90	*0.09
% of Calories				8.4%	*0.1%

Wed - 03/14/2012					
Elementary Lunch	Total				
CHICKEN DICED LO MEIN	PORTION	273	2467	1.24	*0.05
Sloppy Joes on Bun , Edina	2oz.	260	732	2.40	*0.40
SAND, SUNFLOWER BUTTER & JELLY	1 each	359	388	1.96	*N/A*
Taco Salad Black Beans & Corn	1 EACH	291	440	2.42	*0.00
Spinach, Cooked	1/2 cup	21	63	0.04	*N/A*
PEARS,4oz cup	1 EACH	70	10	0.00	0.00
VB-FRUIT:FRESH,FRZN,CND:#3 WED	SERVING	68	1	0.07	*0.00
KIWI FRUIT,FRESH,SLICED	1 EACH	46	2	0.02	*N/A*
VB- Vegetables Wednesday	4 oz.	35	67	0.03	*0.00
COLE SLAW/SCRATCH	1/2 CUP	88	194	0.76	*0.00
ROLL,DINNER,WHEAT	1 EACH	110	170	0.00	*N/A*
MILK,WHITE,SKIM	HALF PINT	83	103	0.14	*N/A*
MILK,WHITE 1% LOWFAT	HALF PINT	102	107	1.54	*N/A*
Milk, Chocolate Fat Free	1 each	130	200	0.00	0.00
JUICE-VARIETY BAR	1 each	63	5	0.02	*N/A*
MARGARINE	.5 OZ	102	134	1.98	*N/A*
JELLY, GRAPE	1 TBSP	51	6	0.00	*N/A*
KETCHUP	TBSP	20	160	0.00	0.00
MUSTARD	.5 OZ	9	161	0.04	0.00
MAYONNAISE	TBSP	100	85	1.50	0.00
DRESSING,SALAD,RANCH	TBSP	80	120	1.50	0.00
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	15	155	0.00	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	240	0.00	0.00
Weighted Daily Average		621	1641	2.98	*0.28
% of Calories				4.3%	*0.4%

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Feb 10, 2012

	Portion Size	Cals (kcal)	Sodm (mg)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/15/2012					
Elementary Lunch	Total				
CHICKEN NUGGETS	5 EACH	220	550	2.50	0.00
HAMBURGER ON 100% WW BUN	EACH	275	481	3.10	0.00
SAND, SUNFLOWER BUTTER & JELLY	1 each	359	388	1.96	*N/A*
Taco Salad Black Beans & Corn	1 EACH	291	440	2.42	*0.00
Sweet Potato Fries	4 oz.	180	200	2.00	*N/A*
PEACHES, SLICES IN JUICE	.5 CUP	50	10	0.00	0.00
VB-FRUIT:FRESH,FRZN,CND:#4 THU	SERVING	41	1	0.03	*0.00
VB-VEG:FRESH,FRZN,CND:#4	SERVING	39	81	0.05	*0.00
SALAD, CAESAR ELEMENTARY	2 oz. protions	91	182	1.27	*0.00
BREAD,WHOLE-WHEAT	1 EACH	69	132	0.21	0.23
MILK,WHITE,SKIM	HALF PINT	83	103	0.14	*N/A*
MILK,WHITE 1% LOWFAT	HALF PINT	102	107	1.54	*N/A*
Milk, Chocolate Fat Free	1 each	130	200	0.00	0.00
JUICE-VARIETY BAR	1 each	63	5	0.02	*N/A*
MARGARINE	.5 OZ	102	134	1.98	*N/A*
JELLY, GRAPE	1 TBSP	51	6	0.00	*N/A*
KETCHUP	TBSP	20	160	0.00	0.00
MUSTARD	.5 OZ	9	161	0.04	0.00
MAYONNAISE	TBSP	100	85	1.50	0.00
DRESSING, SALAD, RANCH	TBSP	80	120	1.50	0.00
DRESSING, SALAD, FF/CA/FRENCH	TBSP	15	155	0.00	0.00
SAUCE, BARBECUE:Commercial	1 OZ	43	240	0.00	0.00
PICKLES, HAMBURGER	3 SLICE	4	269	0.01	*N/A*
Weighted Daily Average		661	1101	5.04	*0.12
% of Calories				6.9%	*0.2%

Fri - 03/16/2012					
Elementary Lunch	Total				
T36,PASTA,MAC & CHEESE,CND	2/3 CUP	258	1698	3.12	*3.08
Chicken Patty & 2oz Wheat	1 each	390	770	2.50	0.00
SAND, SUNFLOWER BUTTER & JELLY	1 each	359	388	1.96	*N/A*
Taco Salad Black Beans & Corn	1 EACH	291	440	2.42	*0.00
Broccoli, Fresh Steamed	1 Each	30	29	0.03	*N/A*
Strawberries	4 oz.	40	2	0.01	*N/A*
ORANGES,FRESH,WHOLE	EACH	45	0	0.02	*N/A*
VB-VEG:FRESH,FRZN,CND:#5	SERVING	38	51	0.04	0.00
HUMMUS	1 TBSP	25	65	0.00	0.00
GRAHAMS,CRACKER,PLN/HONEY/CINN	3 EACH	89	100	0.32	*N/A*
MILK,WHITE,SKIM	HALF PINT	83	103	0.14	*N/A*
MILK,WHITE 1% LOWFAT	HALF PINT	102	107	1.54	*N/A*
Milk, Chocolate Fat Free	1 each	130	200	0.00	0.00
JUICE-VARIETY BAR	1 each	63	5	0.02	*N/A*
MARGARINE	.5 OZ	102	134	1.98	*N/A*
JELLY, GRAPE	1 TBSP	51	6	0.00	*N/A*
KETCHUP	1 TBSP	20	160	0.00	0.00
MUSTARD	1/2 OZ	9	161	0.04	0.00
MAYONNAISE	1 TBSP	100	85	1.50	0.00
DRESSING, SALAD, RANCH	1 TBSP	80	120	1.50	0.00
DRESSING, SALAD, FF/CA/FRENCH	2 TBSP	30	310	0.00	0.00
SAUCE, BARBECUE:Commercial	1 OZ	43	240	0.00	0.00
Weighted Daily Average		637	1590	3.60	*1.68
% of Calories				5.1%	*2.4%

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Feb 10, 2012

	Portion Size	Cals (kcal)	Sodm (mg)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/19/2012					
Elementary Lunch	Total				
EGG ROLL,VEGETABLE 3oz	1 EACH	150	440	1.50	0.00
Quesadilla, Cheese	each	340	910	4.00	0.50
SALSA,COMMERCIAL	1/2 FL OZ	4	99	0.00	*N/A*
TURKEY HAM ESFS	1 Each	248	861	3.51	*0.00
GRAB&GO,ES,SALAD,POPEYE	PORTION	131	214	3.77	*0.00
Red Beans and Brown Rice	1/2 cup	100	262	0.09	*0.00
PEACHES, SLICES IN JUICE	.5 CUP	50	10	0.00	0.00
VB-FRUIT:FRESH,FRZN,CND;#1 MON	SERVING	28	0	0.02	*0.00
VB-VEG:FRESH,FRZN,CND;#1	SERVING	45	68	0.05	*0.00
SALAD MIX TOSSED (CUP)	1/4 CUP	4	3	0.01	0.00
ROLL,DINNER,WHEAT	1 EACH	110	170	0.00	*N/A*
MILK,WHITE,SKIM	HALF PINT	83	103	0.14	*N/A*
MILK,WHITE 1% LOWFAT	HALF PINT	102	107	1.54	*N/A*
Milk, Chocolate Fat Free	1 each	130	200	0.00	0.00
JUICE-VARIETY BAR	1 each	63	5	0.02	*N/A*
MARGARINE	.5 OZ	102	134	1.98	*N/A*
JELLY,GRAPE	1 TBSP	51	6	0.00	*N/A*
KETCHUP	1 TBSP	20	160	0.00	0.00
MUSTARD	.5 OZ	9	161	0.04	0.00
MAYONNAISE	1 TBSP	100	85	1.50	0.00
DRESSING,SALAD,RANCH	1 TBSP	80	120	1.50	0.00
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	15	155	0.00	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	240	0.00	0.00
Weighted Daily Average		587	1213	3.84	*0.32
% of Calories				5.9%	*0.5%

Tue - 03/20/2012					
Elementary Lunch	Total				
PIZZA,CHEESE,BIG DAD 1/10 CUT	SLICE	340	530	4.50	0.00
Pizza, Pepperoni Big Da 10 ct	1 each	364	661	4.96	0.00
HAMBURGER ON 100% WW BUN	EACH	275	481	3.10	0.00
TURKEY HAM ESFS	1 Each	248	861	3.51	*0.00
GRAB&GO,ES,SALAD,POPEYE	PORTION	131	214	3.77	*0.00
ORANGE,MANDARIN	.5 CUP	40	5	0.00	0.00
VB-FRUIT:FRESH,FRZN,CND;#2 TUE	SERVING	40	1	0.02	*0.00
VB-VEG:FRESH,FRZN,CND;#2	SERVING	39	59	0.04	*0.00
SALAD, CAESAR ELEMENTARY	2 oz. protions	91	182	1.27	*0.00
BREAD,WHOLE-WHEAT	1 EACH	69	132	0.21	0.23
MILK,WHITE,SKIM	HALF PINT	83	103	0.14	*N/A*
MILK,WHITE 1% LOWFAT	HALF PINT	102	107	1.54	*N/A*
Milk, Chocolate Fat Free	1 each	130	200	0.00	0.00
JUICE-VARIETY BAR	1 each	63	5	0.02	*N/A*
MARGARINE	.5 OZ	102	134	1.98	*N/A*
JELLY,GRAPE	1 TBSP	51	6	0.00	*N/A*
KETCHUP	1 TBSP	20	160	0.00	0.00
MUSTARD	.5 OZ	9	161	0.04	0.00
MAYONNAISE	TBSP	100	85	1.50	0.00
DRESSING,SALAD,RANCH	TBSP	80	120	1.50	0.00
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	15	155	0.00	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	240	0.00	0.00
PICKLES,HAMBURGER	3 SLICE	4	269	0.01	*N/A*
Weighted Daily Average		619	1006	5.94	*0.08
% of Calories				8.6%	*0.1%

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

Feb 10, 2012

	Portion Size	Cals (kcal)	Sodm (mg)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/21/2012					
Elementary Lunch	Total				
Beefy Nachos	serving	298	580	3.45	0.91
LETTUCE, SHREDDED	2 OZ	8	6	0.01	*N/A*
SALSA	.5 OZ	2	71	0.00	*N/A*
Chicken Patty & 2oz Wheat	1 each	390	770	2.50	0.00
TURKEY HAM ESFS	1 Each	248	861	3.51	*0.00
GRAB&GO,ES,SALAD,POPEYE	PORTION	131	214	3.77	*0.00
CITRUS GLAZED CARROTS	SERVING	86	125	0.06	*0.00
Applesauce unsweet.	.5 cup	50	0	0.00	0.00
KIWIFRUIT,FRESH,SLICED	1 EACH	46	2	0.02	*N/A*
VB-FRUIT:FRESH,FRZN,CND:#3 WED	SERVING	68	1	0.07	*0.00
VB-VEG:FRESH,FRZN,CND:#3	SERVING	8	13	0.01	*0.00
SALAD MIX TOSSED (CUP)	1 CUP	15	10	0.02	0.00
ROLL,DINNER,WHEAT	1 EACH	110	170	0.00	*N/A*
MILK,WHITE,SKIM	HALF PINT	83	103	0.14	*N/A*
MILK,WHITE 1% LOWFAT	HALF PINT	102	107	1.54	*N/A*
Milk, Chocolate Fat Free	1 each	130	200	0.00	0.00
JUICE-VARIETY BAR	1 each	63	5	0.02	*N/A*
MARGARINE	.5 OZ	102	134	1.98	*N/A*
JELLY, GRAPE	1 TBSP	51	6	0.00	*N/A*
KETCHUP	1 TBSP	20	160	0.00	0.00
MUSTARD	1/2 OZ	9	161	0.04	0.00
MAYONNAISE	1 TBSP	100	85	1.50	0.00
DRESSING,SALAD,RANCH	1 TBSP	80	120	1.50	0.00
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	15	155	0.00	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	240	0.00	0.00
Weighted Daily Average		656	1057	3.71	*0.48
% of Calories				5.1%	*0.7%

Thu - 03/22/2012					
Elementary Lunch	Total				
TURKEY DICED w/GRAVY	SERVING(S)	211	1033	2.65	*N/A*
CHEESEBURGER ON 100% WW BUN	EACH	328	659	5.89	*0.00
TURKEY HAM ESFS	1 Each	248	861	3.51	*0.00
GRAB&GO,ES,SALAD,POPEYE	PORTION	131	214	3.77	*0.00
Potatoes, Mshd, Refrigerated	1/2cup Servings	88	161	0.00	*N/A*
PINEAPPLE, CHUNKS IN JUICE	1/2 CUP	60	10	0.00	0.00
VB-FRUIT:FRESH,FRZN,CND:#4 THU	SERVING	41	1	0.03	*0.00
VB-VEG:FRESH,FRZN,CND:#4	SERVING	39	81	0.05	*0.00
SALAD, CAESAR ELEMENTARY	2 oz. protions	91	182	1.27	*0.00
BREAD,WHOLE-WHEAT	1 EACH	69	132	0.21	0.23
MILK,WHITE,SKIM	HALF PINT	83	103	0.14	*N/A*
MILK,WHITE 1% LOWFAT	HALF PINT	102	107	1.54	*N/A*
Milk, Chocolate Fat Free	1 each	130	200	0.00	0.00
JUICE-VARIETY BAR	1 each	63	5	0.02	*N/A*
MARGARINE	.5 OZ	102	134	1.98	*N/A*
JELLY, GRAPE	1 TBSP	51	6	0.00	*N/A*
KETCHUP	1 TBSP	20	160	0.00	0.00
MUSTARD	.5 OZ	9	161	0.04	0.00
MAYONNAISE	1 TBSP	100	85	1.50	0.00
DRESSING,SALAD,RANCH	1 TBSP	80	120	1.50	0.00
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	15	155	0.00	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	240	0.00	0.00
PICKLES,HAMBURGER	3 SLICE	4	269	0.01	*N/A*
Weighted Daily Average		597	1453	5.01	*0.10
% of Calories				7.5%	*0.1%

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

Feb 10, 2012

	Portion Size	Cals (kcal)	Sodm (mg)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/23/2012					
Elementary Lunch	Total				
POLLOCK,BRD,LITE	1 EACH	155	223	0.00	*N/A*
SAUCE,TARTAR	1 EACH	20	85	0.00	0.00
Chicken Patty & 2oz Wheat	1 each	390	770	2.50	0.00
TURKEY HAM ESFS	1 Each	248	861	3.51	*0.00
GRAB&GO,ES,SALAD,POPEYE	PORTION	131	214	3.77	*0.00
Sweet Potato Fries	4 oz.	180	200	2.00	*N/A*
FRUIT COCKTAIL IN JUICE	.5 CUP	55	5	0.00	*N/A*
ORANGES,FRESH,WHOLE	1 EACH	45	0	0.02	*N/A*
VB-VEG;FRESH,FRZN,CND:#5	SERVING	38	51	0.04	0.00
BREAD,WHOLE-WHEAT	1 EACH	69	132	0.21	0.23
GRAHAMS,CRACKER,PLN/HONEY/CINN	3 EACH	89	100	0.32	*N/A*
MILK,WHITE,SKIM	HALF PINT	83	103	0.14	*N/A*
MILK,WHITE 1% LOWFAT	HALF PINT	102	107	1.54	*N/A*
Milk, Chocolate Fat Free	1 each	130	200	0.00	0.00
JUICE-VARIETY BAR	1 each	63	5	0.02	*N/A*
MARGARINE	.5 OZ	102	134	1.98	*N/A*
JELLY,GRAPE	1 TBSP	51	6	0.00	*N/A*
KETCHUP	1 TBSP	20	160	0.00	0.00
MUSTARD	1/2 OZ	9	161	0.04	0.00
MAYONNAISE	1 TBSP	100	85	1.50	0.00
DRESSING,SALAD,RANCH	1 TBSP	80	120	1.50	0.00
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	15	155	0.00	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	240	0.00	0.00
Weighted Daily Average		668	999	3.36	*0.02
% of Calories				4.5%	*0.0%

Mon - 03/26/2012					
Elementary Lunch	Total				
Lasagna Roll-ups	1 Each	304	708	7.84	*0.00
Chicken Patty & 2oz Wheat	1 each	390	770	2.50	0.00
Turkey & Cheese Wrap-WW	1 Each	261	958	3.33	*0.00
GRAB N GO SALAD GARDEN & CHEES	1 EACH	94	129	2.33	*0.00
Spinach, Cooked	1/2 cup	21	63	0.04	*N/A*
PEACHES, SLICES IN JUICE	.5 CUP	50	10	0.00	0.00
VB-FRUIT:FRESH,FRZN,CND:#1 MON	SERVING	28	0	0.02	*0.00
VB-VEG;FRESH,FRZN,CND:#1	SERVING	45	68	0.05	*0.00
SALAD MIX TOSSED (CUP)	1/4 CUP	4	3	0.01	0.00
ROLL,DINNER,WHEAT	1 EACH	110	170	0.00	*N/A*
MILK,WHITE,SKIM	HALF PINT	83	103	0.14	*N/A*
MILK,WHITE 1% LOWFAT	HALF PINT	102	107	1.54	*N/A*
Milk, Chocolate Fat Free	1 each	130	200	0.00	0.00
JUICE-VARIETY BAR	1 each	63	5	0.02	*N/A*
MARGARINE	.5 OZ	102	134	1.98	*N/A*
JELLY,GRAPE	1 TBSP	51	6	0.00	*N/A*
KETCHUP	1 TBSP	20	160	0.00	0.00
MUSTARD	.5 OZ	9	161	0.04	0.00
MAYONNAISE	1 TBSP	100	85	1.50	0.00
DRESSING,SALAD,RANCH	1 TBSP	80	120	1.50	0.00
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	15	155	0.00	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	240	0.00	0.00
Weighted Daily Average		625	1134	5.19	*0.00
% of Calories				7.5%	*0.0%

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

Feb 10, 2012

	Portion Size	Cals (kcal)	Sodm (mg)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/27/2012					
Elementary Lunch	Total				
BREAD,FLATBRD,CH/GARLIC	2 EACH	340	690	4.00	0.00
Pizza, Pepperoni Big Da 10 ct	1 each	364	661	4.96	0.00
HAMBURGER ON 100% WW BUN	1 EACH	275	481	3.10	0.00
Turkey & Cheese Wrap-WW	1 Each	261	958	3.33	*0.00
GRAB N GO SALAD GARDEN & CHEES	EACH	94	129	2.33	*0.00
FRUIT COCKTAIL IN JUICE	.5 CUP	55	5	0.00	*N/A*
VB-FRUIT:FRESH,FRZN,CND:#2 TUE	SERVING	40	1	0.02	*0.00
VB-VEG:FRESH,FRZN,CND:#2	SERVING	39	59	0.04	*0.00
SALAD, CAESAR ELEMENTARY	2 oz. protions	91	182	1.27	*0.00
VB-BREAD BASKET:#2 TUESDAY	SERVING	69	132	0.21	*0.23
MILK,WHITE,SKIM	HALF PINT	83	103	0.14	*N/A*
MILK,WHITE 1% LOWFAT	HALF PINT	102	107	1.54	*N/A*
Milk, Chocolate Fat Free	1 each	130	200	0.00	0.00
JUICE-VARIETY BAR	1 each	63	5	0.02	*N/A*
MARGARINE	.5 OZ	102	134	1.98	*N/A*
JELLY, GRAPE	1 TBSP	51	6	0.00	*N/A*
KETCHUP	1 TBSP	20	160	0.00	0.00
MUSTARD	.5 OZ	9	161	0.04	0.00
MAYONNAISE	1 TBSP	100	85	1.50	0.00
DRESSING,SALAD,RANCH	1 TBSP	80	120	1.50	0.00
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	15	155	0.00	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	240	0.00	0.00
PICKLES,HAMBURGER	3 SLICE	4	269	0.01	*N/A*
Weighted Daily Average		622	1057	5.32	*0.04
% of Calories				7.7%	*0.1%

Wed - 03/28/2012					
Elementary Lunch	Total				
Vegetable Pot Stickers	3 pieces	163	352	1.79	*N/A*
TERIYAKI SAUCE	2 TBSP	39	531	0.02	*N/A*
Sandwich, Grilled Cheese	1 each	398	675	12.09	*0.00
Turkey & Cheese Wrap-WW	1 Each	261	958	3.33	*0.00
GRAB N GO SALAD GARDEN & CHEES	EACH	94	129	2.33	*0.00
RICE BROWN COOKED	1/2 CUP	85	1	0.00	*0.00
PEARS,DICED IN PEAR JUICE	.5 CUP	60	5	0.00	0.00
VB-FRUIT:FRESH,FRZN,CND:#3 WED	SERVING	68	1	0.07	*0.00
KIWI FRUIT,FRESH,SLICED	1 EACH	46	2	0.02	*N/A*
VB- Vegetables Wednesday	4 oz.	35	67	0.03	*0.00
SALAD MIX TOSSED (CUP)	1 CUP	15	10	0.02	0.00
ROLL,DINNER,WHEAT	1 EACH	110	170	0.00	*N/A*
MILK,WHITE,SKIM	HALF PINT	83	103	0.14	*N/A*
MILK,WHITE 1% LOWFAT	HALF PINT	102	107	1.54	*N/A*
Milk, Chocolate Fat Free	1 each	130	200	0.00	0.00
JUICE-VARIETY BAR	1 each	63	5	0.02	*N/A*
MARGARINE	.5 OZ	102	134	1.98	*N/A*
JELLY, GRAPE	1 TBSP	51	6	0.00	*N/A*
KETCHUP	1 TBSP	20	160	0.00	0.00
MUSTARD	.5 OZ	9	161	0.04	0.00
MAYONNAISE	1 TBSP	100	85	1.50	0.00
DRESSING,SALAD,RANCH	1 TBSP	80	120	1.50	0.00
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	15	155	0.00	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	240	0.00	0.00
Weighted Daily Average		592	1038	6.75	*0.00
% of Calories				10.3%	*0.0%

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

Feb 10, 2012

	Portion Size	Cals (kcal)	Sodm (mg)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/29/2012					
Elementary Lunch	Total				
FRENCH TOAST STICKS #67400	4 EACH	373	480	2.67	2.00
SAUSAGE LINKS TURKEY	2 EACH	123	205	2.05	0.00
SYRUP,PANCAKE	1 FL OZ	94	33	0.00	*N/A*
STRAWBERRIES,FRZ,SWTND,SLICED	1/8 CUP	31	1	0.00	*N/A*
HAMBURGER ON 100% WW BUN	1 EACH	275	481	3.10	0.00
Turkey & Cheese Wrap-WW	1 Each	261	958	3.33	*0.00
GRAB N GO SALAD GARDEN & CHEES	EACH	94	129	2.33	*0.00
Carrots, Fresh Cooked	1/2 Cup	36	61	0.04	0.00
PINEAPPLE, CHUNKS IN JUICE	1/2 CUP	60	10	0.00	0.00
VB-FRUIT:FRESH,FRZN,CND:#3 WED	SERVING	68	1	0.07	*0.00
VB-VEG:FRESH,FRZN,CND:#4	SERVING	39	81	0.05	*0.00
SALAD, CAESAR ELEMENTARY	2 oz. protions	91	182	1.27	*0.00
BREAD,WHOLE-WHEAT	1 EACH	69	132	0.21	0.23
MILK,WHITE,SKIM	HALF PINT	83	103	0.14	*N/A*
MILK,WHITE 1% LOWFAT	HALF PINT	102	107	1.54	*N/A*
Milk, Chocolate Fat Free	1 each	130	200	0.00	0.00
JUICE-VARIETY BAR	1 each	63	5	0.02	*N/A*
MARGARINE	.5 OZ	102	134	1.98	*N/A*
JELLY,GRAPE	1 TBSP	51	6	0.00	*N/A*
KETCHUP	1 TBSP	20	160	0.00	0.00
MUSTARD	.5 OZ	9	161	0.04	0.00
MAYONNAISE	1 TBSP	100	85	1.50	0.00
DRESSING,SALAD,RANCH	1 TBSP	80	120	1.50	0.00
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	15	155	0.00	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	240	0.00	0.00
PICKLES,HAMBURGER	3 SLICE	4	269	0.01	*N/A*
Weighted Daily Average		661	881	5.40	*1.80
% of Calories				7.3%	*2.5%

Fri - 03/30/2012					
Elementary Lunch	Total				
BEAN BURRITO	SERVINGS	288	662	3.52	*N/A*
SALSA,COMMERCIAL	1/2 FL OZ	4	99	0.00	*N/A*
Chicken Patty & 2oz Wheat	1 each	390	770	2.50	0.00
Turkey & Cheese Wrap-WW	1 Each	261	958	3.33	*0.00
GRAB N GO SALAD GARDEN & CHEES	1 EACH	94	129	2.33	*0.00
CORN	1/2 CUP	80	310	0.00	0.00
Applesauce unsweet.	.5 cup	50	0	0.00	0.00
VB-FRUIT:FRESH,FRZN,CND:#5FRID	SERVING	55	1	0.04	*0.00
VB-VEG:FRESH,FRZN,CND:#5	SERVING	38	51	0.04	0.00
GRAHAMS,CRACKER,PLN/HONEY/CINN	3 EACH	89	100	0.32	*N/A*
MILK,WHITE,SKIM	HALF PINT	83	103	0.14	*N/A*
MILK,WHITE 1% LOWFAT	HALF PINT	102	107	1.54	*N/A*
Milk, Chocolate Fat Free	1 each	130	200	0.00	0.00
JUICE-VARIETY BAR	1 each	63	5	0.02	*N/A*
MARGARINE	.5 OZ	102	134	1.98	*N/A*
JELLY,GRAPE	1 TBSP	51	6	0.00	*N/A*
KETCHUP	1 TBSP	20	160	0.00	0.00
MUSTARD	1/2 OZ	9	161	0.04	0.00
MAYONNAISE	1 TBSP	100	85	1.50	0.00
DRESSING,SALAD,RANCH	1 TBSP	80	120	1.50	0.00
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	15	155	0.00	0.00
SAUCE,BARBECUE:Commercial	1 OZ	43	240	0.00	0.00
Weighted Daily Average		605	1063	3.42	*0.00
% of Calories				5.1%	*0.0%

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

Feb 10, 2012

	Portion Size	Cals (kcal)	Sodm (mg)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average		623	1124	4.79 6.9%	*0.26 *0.4%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	623		664	94%		41	Correction Required - Calories are Low
Sodium (mg)	1124						
Saturated Fat (g)	4.79	6.92%	<10.00%				
Trans Fat (g)	0.26	0.38%			Missing		

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** - 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.