

Eugene School District

Feb 6, 2012 thru Feb 10, 2012 Spreadsheet - Portion Values

Jan 31, 2012

Page 1

Combined: HIGH BREAKFAST/HIGH LUNCH

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/06/2012														
HIGH BREAKFAST	Total	460												
BOWL,BRKFST,FARMHOUSE	1 EACH	123	338	380	661	2.53	1.91	136.3	717	4.33	17.07	21.42	18.92	5.58
OR- BREAKFAST PARFAIT	1 EACH	89	259	2	60	3.65	1.36	117.6	516	15.19	6.9	53.65	2.49	0.51
GRAHAMS,CRACKER W/FIBER	1 EACH	89	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.05	3.01	0.83
BAGEL, 3OZ ASSORTED	1 EACH	177	247	0	384	2.00	2.70	60.0	0	0.13	8.11	48.22	2.0	0.06
CHEESE,CREAM LIGHT	1 EACH	123	45	15	95	0.00	0.00	20.0	300	0.0	2.0	1.0	4.0	2.50
CHEESE, CREAM STRAWBERRY	1 EA	53	94	27	81	0.00	0.00	13.5	270	0.0	1.35	5.4	8.1	5.40
BREAKFAST CEREALS: BOWL PACK	SERVINGS	57	71	0	74	1.47	5.82	25.7	209	2.24	1.56	16.54	0.37	0.04
VB-CEREAL,HOT:Instant Oatmeal	SERVING	14	170	0	260	3.00	3.60	100.0	1000	0.0	4.0	35.0	2.0	0.50
RAISINS,SEEDLESS	1/4 CUP	28	134	0	10	2.06	1.11	20.6	52	0.62	1.03	31.96	0.0	0.00
APPLES,WHOLE	1 EACH	266	55	0	1	2.54	0.13	6.4	57	4.88	0.28	14.64	0.18	0.03
ORANGES, SECTIONS	1/2 CUP	231	42	0	0	2.16	0.09	36.0	203	47.88	0.85	10.58	0.11	0.02
PEACHES, CND COMM	1/2 CUP	407	70	0	10	0.00	0.00	0.0	298	1.19	0.0	16.89	0.0	0.00
JUICE ORANGE 4oz	1 EACH	415	60	0	5	0.00	0.00	10.0	188	36.0	1.0	14.0	0.0	0.00
MILK,WHITE,1%	HALF PINT	460	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
SYRUP	1.5 OZ	89	149	0	76	0.09	0.02	0.5	7	0.02	0.0	37.6	0.03	0.00

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Jan 31, 2012

Page 2

Combined: HIGH BREAKFAST/HIGH LUNCH

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH LUNCH	Total	840												
E: BUILD YOUR OWN BURGER (HS)	1 EACH	132	339	45	841	2.34	2.92	119.2	757	3.08	20.99	31.52	13.57	5.31
HAMBURGER	1 EACH	6	300	50	650	1.00	3.24	40.0	100	0.0	21.0	27.0	11.5	4.00
OR-SAND,CHIX PATTY,BKD	1 EACH	33	280	30	600	2.00	2.16	20.0	0	0.0	15.0	34.0	9.5	1.50
OR-SAND,CHIX FILLET,BKD	1 EACH	6	270	50	580	1.00	2.16	20.0	0	0.0	21.0	27.0	8.5	2.00
GARDENBURGER	1 EACH	6	309	1	606	2.85	3.43	61.2	0	0.0	23.04	29.19	10.87	1.14
CHEESEBURGER	1 EACH	33	345	60	825	1.00	3.24	120.0	300	0.0	24.0	27.5	14.5	6.25
OR-POTATO,TATER TOTS,BKD	2.5 OZ	278	136	0	336	1.81	0.33	0.0	0	3.27	1.81	18.14	6.35	0.91
EMERGENCY MEAL	1 EACH	10	250	20	650	4.00	1.44	200.0	400	0.0	12.0	31.0	8.0	4.50
HS DELI WRAP,TURKEY CLUB	WRAP	16	415	58	1301	5.04	2.66	394.7	687	5.98	24.39	38.65	19.08	9.18
WRAP TURKEY & CHEESE	EACH	16	302	32	1129	4.67	2.31	265.1	311	2.79	15.85	36.53	11.17	4.92
HS DELI WRAP,VEGGIE CAESAR	WRAP	16	329	14	1031	6.16	2.57	401.2	4727	23.74	13.76	41.64	12.9	5.53
E: SALAD (side), CAESAR	1/3 CUP	48	151	13	698	1.09	0.44	213.2	1758	0.78	8.56	7.64	9.17	3.66
SALAD, CLASSIC CHEF: SEC	1 EACH	10	141	43	774	2.94	1.97	130.7	9449	17.12	14.71	8.04	5.99	3.07
E: SALAD, CHICKEN CAESAR: SEC	1 EACH	10	279	74	1396	3.10	1.65	155.7	10309	12.97	19.86	11.72	17.7	4.83
E: SALAD, ROMAINE GARDEN: SEC	1 EACH	10	152	20	303	4.25	1.85	318.6	12427	26.96	10.32	12.88	6.93	4.11
ROLL,DINNER,WHEAT	1 EACH	30	110	0	170	0.00	1.08	20.0	0	0.0	4.0	21.0	1.5	0.00
E: SUB, AMERICAN SEC	SERVING	16	314	48	1067	2.76	2.57	88.4	543	5.82	20.17	39.7	8.16	3.53
E: SUB, HAM	1 EACH	16	319	53	1153	2.74	2.75	83.1	439	5.16	20.66	39.66	8.67	3.53
E: SUB,VEGGIE	1 EACH	16	273	17	531	3.93	2.32	124.8	853	29.43	11.43	43.41	6.25	2.55
E: SALAD (side), CAESAR	1/3 CUP	48	151	13	698	1.09	0.44	213.2	1758	0.78	8.56	7.64	9.17	3.66
PIZZA, SUPREME (SEC)	SERVINGS	78	319	18	894	3.67	3.40	244.1	198	15.47	19.17	45.11	6.86	2.99
PIZZA, CHEESE (SEC)	SERVINGS	26	291	10	726	2.95	3.05	237.4	164	3.93	16.83	42.93	5.88	2.70
PIZZA, PEPPERONI (SEC)	SERVINGS	117	329	25	924	2.95	3.46	245.0	164	10.76	20.62	43.69	7.78	3.27
E: SUB ZONE (HS)	1 EACH	128	429	53	1569	3.66	2.91	251.2	1067	20.63	23.05	45.62	16.29	6.70
E: SALAD (side), CAESAR	1/3 CUP	80	151	13	698	1.09	0.44	213.2	1758	0.78	8.56	7.64	9.17	3.66

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Jan 31, 2012

Page 3

Combined: HIGH BREAKFAST/HIGH LUNCH

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
E: MTO TACO/NACHO/BURRITO	1 EACH	138	407	65	1050	3.30	2.44	319.4	1410	5.57	21.08	30.99	22.12	9.83
RICE, SPAINSH	1/2 CUP	80	202	0	560	1.54	1.80	61.9	0	3.6	4.56	44.29	0.72	0.21
BEANS, REFRIED	1/2 CUP	114	140	0	523	8.00	1.80	42.8	0	1.2	8.0	24.0	1.5	0.00
MILK-Variety:MILK	HALF PINT	840	132	6	113	0.00	0.01	261.0	496	0.96	8.04	23.24	0.47	0.31
SALAD MIX W/SPINACH	1 CUP	336	9	0	9	1.05	0.61	21.3	4361	3.79	0.73	1.65	0.16	0.02
GRAPEFRUIT,FRESH,HALF	1 EACH	128	106	0	0	3.65	0.30	39.8	3078	114.21	2.09	26.83	0.33	0.05
CARROTS,FRESH,RAW,STICKS	1/2 CUP	201	25	0	42	1.71	0.18	20.1	10255	3.6	0.57	5.84	0.15	0.02
OR- CORN, AZTEC	2 OZ	322	100	0	55	2.00	0.47	21.6	55	5.47	3.98	19.58	1.93	0.09
KIWIFRUIT,FRESH,SLICED	1 EACH	242	46	0	2	2.28	0.24	25.8	66	70.45	0.87	11.14	0.4	0.02
BEANS,GREEN,CND,DRND	1/2 CUP	208	14	0	169	1.28	0.61	17.6	236	2.9	0.81	3.04	0.07	0.01
BLUEBERRIES,FRZ,UNSWTND	1/2 CUP	404	40	0	1	2.09	0.14	6.2	36	1.94	0.33	9.43	0.5	0.04
APPLESAUCE,CND	1/2 CUP	306	90	0	10	2.00	0.00	0.0	0	0.0	0.0	22.0	0.0	0.00
DRESSING, RANCH	2 TBSP	504	80	5	340	0.00	0.00	20.0	0	0.0	1.0	2.0	7.0	1.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	124	5	0	245	0.00	0.00	0.0	0	0.0	0.0	1.5	0.0	0.00
DRESSING,SALAD,BALSAMIC VINAI	1 TBSP	84	30	0	95	0.00	0.00	0.0	0	0.0	0.0	2.0	2.5	0.25
DRESSING, CAESAR	1 FL OZ	84	70	0	550	0.00	0.00	0.0	0	0.0	1.0	3.0	6.0	1.00
KETCHUP	1 FL OZ	504	40	0	400	0.00	0.00	0.0	0	0.0	0.0	10.0	0.0	0.00
MUSTARD,YELLOW	1 OZ	292	30	0	360	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
SAUCE,BBQ	1 OZ	168	58	0	374	0.00	0.00	0.0	96	1.15	0.0	14.4	0.0	0.00
MAYONNAISE:RED CALORIE	1 OZ	208	76	9	227	0.00	0.00	0.0	0	0.0	0.0	1.89	6.61	0.94
LETTUCE, SHREDDED	1/2 OZ	420	2	0	1	0.17	0.06	2.6	71	0.4	0.13	0.42	0.02	0.00
SALSA	1 OZ	208	4	0	142	0.00	0.00	0.0	89	3.19	0.0	0.89	0.0	0.00
Weighted Daily Average			776	80	1778	8.55	3.94	567.7	4971	61.11	31.27	114.63	20.81	6.70
% of Calories											16.1%	59.1%	24.1%	7.8%

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/07/2012														
HIGH BREAKFAST	Total	460												
BRK SAND, MUFFIN VARIETY	SERVINGS	142	254	106	639	4.00	2.04	138.9	317	0.12	14.35	28.4	9.78	3.65
BRK SAND, BAGEL VARIETY	SERVINGS	142	305	135	718	1.00	2.53	145.3	356	2.55	15.3	37.62	10.95	4.03
POTATO,HASHBROWN PATTY,BKD	1 EACH	142	140	0	130	2.00	0.00	0.0	0	2.4	1.0	15.0	8.0	1.50
MUFFIN, VARIETY FRUIT	SERVINGS	71	220	17	281	1.49	1.25	69.8	9	0.75	2.31	38.87	5.64	1.69
BAGEL, 3OZ ASSORTED	1 EACH	71	247	0	384	2.00	2.70	60.0	0	0.13	8.11	48.22	2.0	0.06
CHEESE, CREAM LIGHT	1 EACH	52	45	15	95	0.00	0.00	20.0	300	0.0	2.0	1.0	4.0	2.50
CHEESE, CREAM STRAWBERRY	1 EA	18	94	27	81	0.00	0.00	13.5	270	0.0	1.35	5.4	8.1	5.40
BREAKFAST CEREALS: BOWL PACK	SERVINGS	21	71	0	74	1.47	5.82	25.7	209	2.24	1.56	16.54	0.37	0.04
VB-CEREAL,HOT:Instant Oatmeal	SERVING	13	170	0	260	3.00	3.60	100.0	1000	0.0	4.0	35.0	2.0	0.50
RAISINS, SEEDLESS	1/4 CUP	28	134	0	10	2.06	1.11	20.6	52	0.62	1.03	31.96	0.0	0.00
E: SALAD, FRUIT	1 CUP	266	113	0	7	4.04	0.55	35.7	197	45.43	0.57	28.83	0.23	0.02
KIWIFRUIT,FRESH,SLICED	1 EACH	212	46	0	2	2.28	0.24	25.8	66	70.45	0.87	11.14	0.4	0.02
PEACHES, CND COMM	1/2 CUP	212	70	0	10	0.00	0.00	0.0	298	1.19	0.0	16.89	0.0	0.00
JUICE ORANGE 4oz	1 EACH	389	60	0	5	0.00	0.00	10.0	188	36.0	1.0	14.0	0.0	0.00
MILK, WHITE 1%	HALF PINT	460	135	16	166	0.00	0.00	413.9	0	2.48	11.38	16.56	2.59	1.55
SALSA	1 OZ	52	4	0	142	0.00	0.00	0.0	89	3.19	0.0	0.89	0.0	0.00
KETCHUP	1.5 OZ	61	60	0	600	0.00	0.00	0.0	0	0.0	0.0	15.0	0.0	0.00

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH LUNCH	Total	840												
E: GUMBO,CHICKEN & SAUSAGE	8 OZ	162	311	83	994	1.33	1.91	53.5	469	14.1	22.15	11.96	21.5	2.97
BEANS & RICE	1/2 CUP	162	148	0	228	3.55	1.25	39.8	97	3.33	5.35	29.18	0.72	0.17
POTATO BAR,ELEM	SERVING	114	321	30	407	3.81	1.87	401.0	567	16.61	14.83	36.59	12.22	6.57
CHILI, LOCAL BEAN	4 OZ	114	103	0	297	4.96	1.95	64.6	673	8.08	5.28	18.9	1.94	0.16
SOUR CREAM	2 TBSP	242	70	20	60	0.00	0.00	60.0	200	0.0	1.0	3.0	6.0	3.50
PEPPERS,JALAPENO,SLICED/WHOL	1/2 OZ	145	5	0	210	0.42	0.46	5.0	390	1.72	0.15	1.06	0.14	0.01
EMERGENCY MEAL	1 EACH	10	250	20	650	4.00	1.44	200.0	400	0.0	12.0	31.0	8.0	4.50
HS DELI WRAP,GREEK CHICKEN	WRAP	16	354	61	942	4.90	2.86	236.5	631	5.25	25.41	39.24	11.55	4.47
WRAP TURKEY & CHEESE	EACH	16	302	32	1129	4.67	2.31	265.1	311	2.79	15.85	36.53	11.17	4.92
HS DELI WRAP,VEGGIE CAESAR	WRAP	16	329	14	1031	6.16	2.57	401.2	4727	23.74	13.76	41.64	12.9	5.53
E: SALAD, FRUIT	1/3 CUP	48	38	0	2	1.35	0.18	11.9	66	15.14	0.19	9.61	0.08	0.01
E: SALAD, CRISPY CHICKEN	EACH	10	248	45	510	4.72	2.38	163.1	14178	18.72	15.0	19.84	13.21	4.06
E: SALAD, CHICKEN CAESAR: SEC	1 EACH	10	279	74	1396	3.10	1.65	155.7	10309	12.97	19.86	11.72	17.7	4.83
E: SALAD, ROMAINE GARDEN: SEC	EACH	10	152	20	303	4.25	1.85	318.6	12427	26.96	10.32	12.88	6.93	4.11
ROLL, WHEAT DINNER	1 EACH	30	110	0	250	3.00	1.08	40.0	0	0.0	5.0	22.0	1.5	0.00
E: SUB, BLT	SERVING	16	342	35	842	2.94	2.06	9.9	468	7.27	12.68	41.15	13.28	2.47
E: SUB, HAM	EACH	16	319	53	1153	2.74	2.75	83.1	439	5.16	20.66	39.66	8.67	3.53
E: SUB,VEGGIE	EACH	16	273	17	531	3.93	2.32	124.8	853	29.43	11.43	43.41	6.25	2.55
E: SALAD, FRUIT	1/3 CUP	48	38	0	2	1.35	0.18	11.9	66	15.14	0.19	9.61	0.08	0.01
E: STROMBOLI,HAM&CHS	SLICE	51	350	34	1128	3.58	2.55	208.8	225	0.0	21.34	40.7	10.04	4.63
PIZZA, CHEESE (SEC)	SERVINGS	26	291	10	726	2.95	3.05	237.4	164	3.93	16.83	42.93	5.88	2.70
PIZZA, PEPPERONI (SEC)	SERVINGS	78	329	25	924	2.95	3.46	245.0	164	10.76	20.62	43.69	7.78	3.27
E: SUB ZONE (HS)	1 EACH	128	429	53	1569	3.66	2.91	251.2	1067	20.63	23.05	45.62	16.29	6.70

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E: SALAD, FRUIT	1/2 CUP	114	56	0	4	2.02	0.28	17.9	98	22.71	0.28	14.41	0.12	0.01
E: MTO TACO/NACHO/BURRITO	1 EACH	145	407	65	1050	3.30	2.44	319.4	1410	5.57	21.08	30.99	22.12	9.83
RICE, SPAINSH	1/2 CUP	80	202	0	560	1.54	1.80	61.9	0	3.6	4.56	44.29	0.72	0.21
BEANS, REFRIED	1/2 CUP	114	140	0	523	8.00	1.80	42.8	0	1.2	8.0	24.0	1.5	0.00
MILK-Variety:MILK	HALF PINT	840	132	6	113	0.00	0.01	261.0	496	0.96	8.04	23.24	0.47	0.31
SALAD MIX W/SPINACH	1 CUP	336	9	0	9	1.05	0.61	21.3	4361	3.79	0.73	1.65	0.16	0.02
APPLES,FRESH,W/SKIN 163ct	1 EACH	372	53	0	1	2.43	0.12	6.1	55	4.66	0.26	13.98	0.17	0.03
ORANGES, SECTIONS	1/2 CUP	336	42	0	0	2.16	0.09	36.0	203	47.88	0.85	10.58	0.11	0.02
PEACHES,LT SYR,CND,DICED	3/4 CUP	372	106	0	15	0.00	0.00	0.0	456	1.82	0.0	25.82	0.0	0.00
CUCUMBERS,SLICED	1/2 OZ	242	2	0	0	0.07	0.04	2.3	15	0.4	0.09	0.51	0.02	0.01
BROCCOLI,FRESH,RAW	1/2 CUP	242	15	0	15	1.18	0.33	21.4	283	40.59	1.28	3.02	0.17	0.02
E: BEANS, BAKED	1/2 CUP	347	128	0	775	4.92	1.76	59.0	32	0.59	5.87	26.96	0.01	0.00
PEARS,CND,LT SYRUP	1/2 CUP	420	72	0	6	2.01	0.35	6.3	0	0.88	0.24	19.04	0.04	0.00
DRESSING, RANCH	2 TBSP	292	80	5	340	0.00	0.00	20.0	0	0.0	1.0	2.0	7.0	1.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	84	5	0	245	0.00	0.00	0.0	0	0.0	0.0	1.5	0.0	0.00
DRESSING,SALAD,BALSAMIC VINAI	1 TBSP	100	30	0	95	0.00	0.00	0.0	0	0.0	0.0	2.0	2.5	0.25
DRESSING, CAESAR	1 FL OZ	84	70	0	550	0.00	0.00	0.0	0	0.0	1.0	3.0	6.0	1.00
KETCHUP	1 FL OZ	168	40	0	400	0.00	0.00	0.0	0	0.0	0.0	10.0	0.0	0.00
MUSTARD,YELLOW	1 OZ	124	30	0	360	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
SAUCE,BBQ	1 OZ	84	58	0	374	0.00	0.00	0.0	96	1.15	0.0	14.4	0.0	0.00
MAYONNAISE:RED CALORIE	1 OZ	100	76	9	227	0.00	0.00	0.0	0	0.0	0.0	1.89	6.61	0.94
LETTUCE, SHREDDED	1/2 OZ	168	2	0	1	0.17	0.06	2.6	71	0.4	0.13	0.42	0.02	0.00
SALSA	1 OZ	292	4	0	142	0.00	0.00	0.0	89	3.19	0.0	0.89	0.0	0.00
Weighted Daily Average			771	76	1704	10.10	4.18	597.5	2945	70.85	31.80	117.93	19.57	6.70
% of Calories											16.5%	61.2%	22.9%	7.8%

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Eugene School District

Feb 6, 2012 thru Feb 10, 2012 Spreadsheet - Portion Values

Jan 31, 2012

Page 7

Combined: HIGH BREAKFAST/HIGH LUNCH

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/08/2012														
HIGH BREAKFAST	Total	460												
FRENCH TOAST, SCRATCH	2 EACH	161	445	347	685	2.17	4.07	221.5	644	0.19	20.43	63.82	11.87	3.49
OR- BREAKFAST PARFAIT	1 EACH	90	259	2	60	3.65	1.36	117.6	516	15.19	6.9	53.65	2.49	0.51
GRAHAMS,CRACKER W/FIBER	1 EACH	90	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.05	3.01	0.83
BAGEL, 3OZ ASSORTED	1 EACH	144	247	0	384	2.00	2.70	60.0	0	0.13	8.11	48.22	2.0	0.06
CHEESE,CREAM LIGHT	1 EACH	105	45	15	95	0.00	0.00	20.0	300	0.0	2.0	1.0	4.0	2.50
CHEESE, CREAM STRAWBERRY	1 EA	40	94	27	81	0.00	0.00	13.5	270	0.0	1.35	5.4	8.1	5.40
BREAKFAST CEREALS: BOWL PACK	SERVINGS	52	71	0	74	1.47	5.82	25.7	209	2.24	1.56	16.54	0.37	0.04
VB-CEREAL,HOT:Instant Oatmeal	SERVING	13	170	0	260	3.00	3.60	100.0	1000	0.0	4.0	35.0	2.0	0.50
RAISINS,SEEDLESS	1/4 CUP	34	134	0	10	2.06	1.11	20.6	52	0.62	1.03	31.96	0.0	0.00
APPLES,FRESH,W/SKIN 163ct	1/2 EACH	297	26	0	1	1.21	0.06	3.0	27	2.33	0.13	6.99	0.09	0.02
GRAPEFRUIT,FRESH,HALF	1 EACH	232	106	0	0	3.65	0.30	39.8	3078	114.21	2.09	26.83	0.33	0.05
APPLESAUCE,CND	1/2 CUP	299	90	0	10	2.00	0.00	0.0	0	0.0	0.0	22.0	0.0	0.00
JUICE ORANGE 4oz	1 EACH	303	60	0	5	0.00	0.00	10.0	188	36.0	1.0	14.0	0.0	0.00
MILK,WHITE 1%	HALF PINT	460	135	16	166	0.00	0.00	413.9	0	2.48	11.38	16.56	2.59	1.55
SYRUP	1.5 OZ	58	149	0	76	0.09	0.02	0.5	7	0.02	0.0	37.6	0.03	0.00

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Eugene School District

Feb 6, 2012 thru Feb 10, 2012 Spreadsheet - Portion Values

Jan 31, 2012

Page 8

Combined: HIGH BREAKFAST/HIGH LUNCH

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH LUNCH	Total	840												
OR-PASTA, SPAGHETTI	1 CUP	80	178	0	2	4.25	1.53	18.8	0	0.0	5.95	34.84	1.27	0.00
PASTA, FETTUCCHINI, COOKED	4 OZ	98	197	0	194	1.75	1.58	12.6	0	0.0	6.13	35.88	2.33	0.11
E: MEATSAUCE	SERVINGS	98	144	20	424	2.25	2.15	55.5	588	9.63	12.33	12.2	6.54	2.61
SAUCE, ALFREDO	1/2 CUP	80	124	10	560	0.00	0.00	44.1	0	0.0	2.06	10.31	8.25	3.09
OR- BAKED ZITI- NO BOIL METHOD	1 CUP	80	551	44	1566	7.89	3.39	493.9	3125	31.13	37.16	61.75	17.72	8.55
E: SALAD (side), CAESAR	1/4 CUP	150	113	10	524	0.82	0.33	159.9	1318	0.58	6.42	5.73	6.88	2.75
EMERGENCY MEAL	1 EACH	10	250	20	650	4.00	1.44	200.0	400	0.0	12.0	31.0	8.0	4.50
WRAP VEGETABLE	EACH	16	338	25	1239	5.83	2.24	362.1	3388	21.08	12.1	42.46	14.3	7.09
WRAP, TURKEY	1 EACH	16	339	31	1215	4.67	2.25	276.6	578	6.92	16.82	38.86	13.12	5.15
HS DELI WRAP, VEGGIE CAESAR	WRAP	16	329	14	1031	6.16	2.57	401.2	4727	23.74	13.76	41.64	12.9	5.53
E: SALAD, GARDEN PASTA	1/3 CUP	48	97	0	31	1.60	0.68	4.5	308	5.33	3.3	13.81	3.67	0.27
E: SALAD, FIESTA TACO	1 EACH	10	320	38	1076	4.85	2.84	324.5	11173	16.8	20.41	23.33	15.94	7.00
E: SALAD, CHICKEN CAESAR: SEC	1 EACH	10	279	74	1396	3.10	1.65	155.7	10309	12.97	19.86	11.72	17.7	4.83
E: SALAD, ROMAINE GARDEN: SEC	1 EACH	10	152	20	303	4.25	1.85	318.6	12427	26.96	10.32	12.88	6.93	4.11
ROLL, WHEAT DINNER	EACH	20	110	0	250	3.00	1.08	40.0	0	0.0	5.0	22.0	1.5	0.00
E: SUB, TURKEY	1 EACH	10	309	41	966	2.74	2.38	88.1	539	6.38	19.65	40.18	7.66	3.27
E: SUB, HAM	1 EACH	10	319	53	1153	2.74	2.75	83.1	439	5.16	20.66	39.66	8.67	3.53
E: SUB, VEGGIE	1 EACH	10	273	17	531	3.93	2.32	124.8	853	29.43	11.43	43.41	6.25	2.55
E: SALAD, GARDEN PASTA	1/3 CUP	30	97	0	31	1.60	0.68	4.5	308	5.33	3.3	13.81	3.67	0.27
PIZZA, VEGETABLE (SEC)	SERVINGS	51	303	10	796	3.79	3.23	241.6	292	13.48	17.4	45.17	5.91	2.71
PIZZA, CHEESE (SEC)	SERVINGS	26	291	10	726	2.95	3.05	237.4	164	3.93	16.83	42.93	5.88	2.70
PIZZA, PEPPERONI (SEC)	SERVINGS	78	329	25	924	2.95	3.46	245.0	164	10.76	20.62	43.69	7.78	3.27
E: SUB ZONE (HS)	1 EACH	148	429	53	1569	3.66	2.91	251.2	1067	20.63	23.05	45.62	16.29	6.70
E: SALAD, GARDEN PASTA	1/2 CUP	128	145	0	47	2.40	1.02	6.7	462	7.99	4.96	20.72	5.5	0.41
E: MTO TACO/NACHO/BURRITO	1 EACH	162	407	65	1050	3.30	2.44	319.4	1410	5.57	21.08	30.99	22.12	9.83

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Eugene School District

Feb 6, 2012 thru Feb 10, 2012 Spreadsheet - Portion Values

Jan 31, 2012

Page 9

Combined: HIGH BREAKFAST/HIGH LUNCH

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
RICE, SPAINSH	1/2 CUP	64	202	0	560	1.54	1.80	61.9	0	3.6	4.56	44.29	0.72	0.21
BEANS, REFRIED	1/2 CUP	80	140	0	523	8.00	1.80	42.8	0	1.2	8.0	24.0	1.5	0.00
MILK-Variety:MILK	HALF PINT	840	132	6	113	0.00	0.01	261.0	496	0.96	8.04	23.24	0.47	0.31
SALAD MIX W/SPINACH	1 CUP	292	9	0	9	1.05	0.61	21.3	4361	3.79	0.73	1.65	0.16	0.02
APPLES,FRESH,W/SKIN 163ct	1 EACH	208	53	0	1	2.43	0.12	6.1	55	4.66	0.26	13.98	0.17	0.03
OR- SALAD, CARROT CINNAMON	1/2 CUP	275	79	2	82	2.11	0.50	21.2	7629	7.41	0.55	15.29	1.4	0.20
LEMON WEDGES, RAW	2 WEDGES	208	7	0	1	1.69	0.25	22.0	11	27.72	0.43	3.85	0.11	0.01
KIWI FRUIT,FRESH,SLICED	1 EACH	242	46	0	2	2.28	0.24	25.8	66	70.45	0.87	11.14	0.4	0.02
E: SALAD, 3-BEAN	1/4 CUP	354	24	0	113	1.25	0.24	5.3	33	0.59	1.14	3.78	0.48	0.03
E: POTATO WEDGES, ROASTED	4 oz	534	97	0	7	2.49	0.88	13.6	2	22.34	2.29	19.81	1.22	0.12
FRUIT MIX,DICED	1/2 CUP	322	50	0	4	0.83	0.00	0.0	167	1.0	0.83	10.83	0.0	0.00
DRESSING, RANCH	2 TBSP	614	80	5	340	0.00	0.00	20.0	0	0.0	1.0	2.0	7.0	1.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	124	5	0	245	0.00	0.00	0.0	0	0.0	0.0	1.5	0.0	0.00
DRESSING,SALAD,BALSAMIC VINAI	1 TBSP	275	30	0	95	0.00	0.00	0.0	0	0.0	0.0	2.0	2.5	0.25
DRESSING, CAESAR	1 FL OZ	252	70	0	550	0.00	0.00	0.0	0	0.0	1.0	3.0	6.0	1.00
KETCHUP	1 FL OZ	208	40	0	400	0.00	0.00	0.0	0	0.0	0.0	10.0	0.0	0.00
MUSTARD, YELLOW	1 OZ	124	30	0	360	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
SAUCE,BBQ	1 OZ	124	58	0	374	0.00	0.00	0.0	96	1.15	0.0	14.4	0.0	0.00
MAYONNAISE:RED CALORIE	1 OZ	124	76	9	227	0.00	0.00	0.0	0	0.0	0.0	1.89	6.61	0.94
LETTUCE, SHREDDED	1/2 OZ	292	2	0	1	0.17	0.06	2.6	71	0.4	0.13	0.42	0.02	0.00
SALSA	1 OZ	124	4	0	142	0.00	0.00	0.0	89	3.19	0.0	0.89	0.0	0.00
Weighted Daily Average			794	84	1639	9.55	4.41	593.2	4965	72.76	32.20	118.47	21.22	6.69
% of Calories											16.2%	59.7%	24.1%	7.6%

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Eugene School District

Feb 6, 2012 thru Feb 10, 2012 Spreadsheet - Portion Values

Jan 31, 2012

Page 10

Combined: HIGH BREAKFAST/HIGH LUNCH

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/09/2012														
HIGH BREAKFAST	Total	460												
BRK SAND, MUFFIN VARIETY	SERVINGS	142	254	106	639	4.00	2.04	138.9	317	0.12	14.35	28.4	9.78	3.65
BRK SAND, BAGEL VARIETY	SERVINGS	142	305	135	718	1.00	2.53	145.3	356	2.55	15.3	37.62	10.95	4.03
POTATO,HASHBROWN PATTY,BKD	1 EACH	142	140	0	130	2.00	0.00	0.0	0	2.4	1.0	15.0	8.0	1.50
MUFFIN, VARIETY FRUIT	SERVINGS	71	220	17	281	1.49	1.25	69.8	9	0.75	2.31	38.87	5.64	1.69
BAGEL, 3OZ ASSORTED	1 EACH	71	247	0	384	2.00	2.70	60.0	0	0.13	8.11	48.22	2.0	0.06
CHEESE,CREAM LIGHT	1 EACH	52	45	15	95	0.00	0.00	20.0	300	0.0	2.0	1.0	4.0	2.50
CHEESE, CREAM STRAWBERRY	1 EA	18	94	27	81	0.00	0.00	13.5	270	0.0	1.35	5.4	8.1	5.40
BREAKFAST CEREALS: BOWL PACK	SERVINGS	21	71	0	74	1.47	5.82	25.7	209	2.24	1.56	16.54	0.37	0.04
VB-CEREAL,HOT:Instant Oatmeal	SERVING	13	170	0	260	3.00	3.60	100.0	1000	0.0	4.0	35.0	2.0	0.50
RAISINS,SEEDLESS	1/4 CUP	28	134	0	10	2.06	1.11	20.6	52	0.62	1.03	31.96	0.0	0.00
E: SALAD, FRUIT	1 CUP	266	113	0	7	4.04	0.55	35.7	197	45.43	0.57	28.83	0.23	0.02
KIWIFRUIT,FRESH,SLICED	1 EACH	299	46	0	2	2.28	0.24	25.8	66	70.45	0.87	11.14	0.4	0.02
FRUIT MIX,DICED	1/2 CUP	212	50	0	4	0.83	0.00	0.0	167	1.0	0.83	10.83	0.0	0.00
JUICE ORANGE 4oz	1 EACH	442	60	0	5	0.00	0.00	10.0	188	36.0	1.0	14.0	0.0	0.00
MILK,WHITE 1%	HALF PINT	460	135	16	166	0.00	0.00	413.9	0	2.48	11.38	16.56	2.59	1.55
SALSA	1 OZ	52	4	0	142	0.00	0.00	0.0	89	3.19	0.0	0.89	0.0	0.00
KETCHUP	1.5 OZ	61	60	0	600	0.00	0.00	0.0	0	0.0	0.0	15.0	0.0	0.00

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Eugene School District

Feb 6, 2012 thru Feb 10, 2012 Spreadsheet - Portion Values

Jan 31, 2012

Page 11

Combined: HIGH BREAKFAST/HIGH LUNCH

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH LUNCH	Total	840												
E: SOUP, POTATO BACON	1 CUP	194	132	12	291	1.99	0.81	58.4	609	16.56	4.3	21.58	3.46	2.04
E: SOUP, GARDEN VEGETABLE	8 OZ	128	95	0	976	4.16	1.37	27.3	1297	12.58	3.3	18.2	1.66	0.13
E: SANDWICH,GRILLED CHEESE	1 EACH	194	230	20	690	4.00	3.67	188.0	300	0.0	15.0	26.0	8.0	3.00
BREADSTICK DOUGH,FRENCH	2 EACH	128	154	0	307	1.18	1.70	0.0	0	0.0	4.72	29.53	1.77	0.00
EMERGENCY MEAL	1 EACH	6	250	20	650	4.00	1.44	200.0	400	0.0	12.0	31.0	8.0	4.50
WRAP, HAM & CHEESE	1 EACH	6	347	43	1367	4.67	2.52	276.6	578	6.01	17.58	38.1	13.88	5.52
WRAP TURKEY & CHEESE	1 EACH	6	302	32	1129	4.67	2.31	265.1	311	2.79	15.85	36.53	11.17	4.92
HS DELI WRAP,VEGGIE CAESAR	WRAP	6	329	14	1031	6.16	2.57	401.2	4727	23.74	13.76	41.64	12.9	5.53
E: SALAD, FRUIT	1/3 CUP	26	38	0	2	1.35	0.18	11.9	66	15.14	0.19	9.61	0.08	0.01
E: SALAD, GREEK	PORTION	6	128	25	570	2.19	1.51	183.1	874	9.66	5.3	7.51	9.26	4.68
E: SALAD, CHICKEN CAESAR: SEC	1 EACH	6	279	74	1396	3.10	1.65	155.7	10309	12.97	19.86	11.72	17.7	4.83
E: SALAD, ROMAINE GARDEN: SEC	1 EACH	6	152	20	303	4.25	1.85	318.6	12427	26.96	10.32	12.88	6.93	4.11
ROLL,DINNER,WHEAT	1 EACH	26	110	0	170	0.00	1.08	20.0	0	0.0	4.0	21.0	1.5	0.00
E: SUB, ITALIAN	1 EACH	6	356	79	1309	2.62	2.71	107.1	428	3.79	24.06	38.13	11.58	4.47
E: SUB, HAM	1 EACH	6	319	53	1153	2.74	2.75	83.1	439	5.16	20.66	39.66	8.67	3.53
E: SUB,VEGGIE	1 EACH	6	273	17	531	3.93	2.32	124.8	853	29.43	11.43	43.41	6.25	2.55
E: SALAD, FRUIT	1/3 CUP	26	38	0	2	1.35	0.18	11.9	66	15.14	0.19	9.61	0.08	0.01
E: STROMBOLI, ITALIAN	SLICE	78	338	30	982	4.14	2.64	238.8	0	1.14	22.83	40.7	8.38	3.58
PIZZA, CHEESE (SEC)	SERVINGS	26	291	10	726	2.95	3.05	237.4	164	3.93	16.83	42.93	5.88	2.70
PIZZA, PEPPERONI (SEC)	SERVINGS	78	329	25	924	2.95	3.46	245.0	164	10.76	20.62	43.69	7.78	3.27
E: SUB ZONE (HS)	1 EACH	124	429	53	1569	3.66	2.91	251.2	1067	20.63	23.05	45.62	16.29	6.70
E: SALAD, FRUIT	1/2 CUP	114	56	0	4	2.02	0.28	17.9	98	22.71	0.28	14.41	0.12	0.01
E: MTO TACO/NACHO/BURRITO	1 EACH	145	407	65	1050	3.30	2.44	319.4	1410	5.57	21.08	30.99	22.12	9.83

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Eugene School District

Feb 6, 2012 thru Feb 10, 2012 Spreadsheet - Portion Values

Jan 31, 2012

Page 12

Combined: HIGH BREAKFAST/HIGH LUNCH

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
RICE, SPAINSH	1/2 CUP	125	202	0	560	1.54	1.80	61.9	0	3.6	4.56	44.29	0.72	0.21
BEANS,REFRIED,DRY	3 OZ	114	89	0	351	5.20	2.00	46.3	0	0.0	5.2	15.59	3.71	0.74
MILK-Variety:MILK	HALF PINT	840	132	6	113	0.00	0.01	261.0	496	0.96	8.04	23.24	0.47	0.31
SALAD MIX W/SPINACH	1 CUP	336	9	0	9	1.05	0.61	21.3	4361	3.79	0.73	1.65	0.16	0.02
APPLES,FRESH,W/SKIN 163ct	1 EACH	364	53	0	1	2.43	0.12	6.1	55	4.66	0.26	13.98	0.17	0.03
ORANGES, SECTIONS	1/2 CUP	374	42	0	0	2.16	0.09	36.0	203	47.88	0.85	10.58	0.11	0.02
PEACHES, CND COMM	3/4 CUP	458	104	0	15	0.00	0.00	0.0	447	1.79	0.0	25.34	0.0	0.00
CUCUMBERS,SLICED	1 OZ	292	4	0	1	0.14	0.08	4.5	30	0.79	0.18	1.03	0.03	0.01
BROCCOLI,FRESH,RAW	1/2 CUP	242	15	0	15	1.18	0.33	21.4	283	40.59	1.28	3.02	0.17	0.02
E: BEANS, BAKED	3/4 CUP	413	193	0	1163	7.38	2.64	88.5	48	0.88	8.8	40.44	0.01	0.00
CAULIFLOWER,FRESH,RAW	1/2 CUP	242	13	0	15	1.00	0.21	11.0	0	24.1	0.96	2.49	0.14	0.03
DRESSING, RANCH	2 TBSP	336	80	5	340	0.00	0.00	20.0	0	0.0	1.0	2.0	7.0	1.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	84	5	0	245	0.00	0.00	0.0	0	0.0	0.0	1.5	0.0	0.00
DRESSING,SALAD,BALSAMIC VINAI	1 TBSP	84	30	0	95	0.00	0.00	0.0	0	0.0	0.0	2.0	2.5	0.25
DRESSING, CAESAR	1 FL OZ	84	70	0	550	0.00	0.00	0.0	0	0.0	1.0	3.0	6.0	1.00
KETCHUP	1 FL OZ	212	40	0	400	0.00	0.00	0.0	0	0.0	0.0	10.0	0.0	0.00
MUSTARD, YELLOW	1 OZ	128	30	0	360	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
SAUCE,BBQ	1 OZ	128	58	0	374	0.00	0.00	0.0	96	1.15	0.0	14.4	0.0	0.00
MAYONNAISE:RED CALORIE	1 OZ	168	76	9	227	0.00	0.00	0.0	0	0.0	0.0	1.89	6.61	0.94
LETTUCE, SHREDDED	1/2 OZ	296	2	0	1	0.17	0.06	2.6	71	0.4	0.13	0.42	0.02	0.00
SALSA	1 OZ	296	4	0	142	0.00	0.00	0.0	89	3.19	0.0	0.89	0.0	0.00
Weighted Daily Average			755	63	1906	10.57	4.68	586.2	2745	80.89	31.10	121.18	16.70	5.79
% of Calories											16.5%	64.2%	19.9%	6.9%

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Eugene School District

Feb 6, 2012 thru Feb 10, 2012 Spreadsheet - Portion Values

Jan 31, 2012

Page 13

Combined: HIGH BREAKFAST/HIGH LUNCH

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/10/2012														
HIGH BREAKFAST	Total	460												
E: BISCUITS & GRAVY	SERVING(S)	177	241	15	597	0.03	1.21	100.9	180	0.29	4.94	30.49	11.47	6.05
CHICKEN PATTY,BRD,FRIED	EACH	105	140	30	350	1.00	0.72	0.0	0	0.0	9.0	9.0	8.0	1.50
OR- BREAKFAST PARFAIT	1 EACH	90	259	2	60	3.65	1.36	117.6	516	15.19	6.9	53.65	2.49	0.51
GRAHAMS,CRACKER W/FIBER	1 EACH	90	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.05	3.01	0.83
BAGEL, 3OZ ASSORTED	1 EACH	123	247	0	384	2.00	2.70	60.0	0	0.13	8.11	48.22	2.0	0.06
CHEESE,CREAM LIGHT	1 EACH	71	45	15	95	0.00	0.00	20.0	300	0.0	2.0	1.0	4.0	2.50
CHEESE, CREAM STRAWBERRY	1 EA	52	94	27	81	0.00	0.00	13.5	270	0.0	1.35	5.4	8.1	5.40
BREAKFAST CEREALS: BOWL PACK	SERVINGS	52	71	0	74	1.47	5.82	25.7	209	2.24	1.56	16.54	0.37	0.04
VB-CEREAL,HOT:Instant Oatmeal	SERVING	18	170	0	260	3.00	3.60	100.0	1000	0.0	4.0	35.0	2.0	0.50
RAISINS,SEEDLESS	1/4 CUP	34	134	0	10	2.06	1.11	20.6	52	0.62	1.03	31.96	0.0	0.00
APPLES,FRESH,W/SKIN 163ct	1 EACH	297	53	0	1	2.43	0.12	6.1	55	4.66	0.26	13.98	0.17	0.03
ORANGES, SECTIONS	1/2 CUP	248	42	0	0	2.16	0.09	36.0	203	47.88	0.85	10.58	0.11	0.02
E: SALAD, FRUIT	1/2 CUP	194	56	0	4	2.02	0.28	17.9	98	22.71	0.28	14.41	0.12	0.01
JUICE ORANGE 4oz	1 EACH	416	60	0	5	0.00	0.00	10.0	188	36.0	1.0	14.0	0.0	0.00
MILK,WHITE 1%	HALF PINT	460	135	16	166	0.00	0.00	413.9	0	2.48	11.38	16.56	2.59	1.55
KETCHUP	1.5 FL OZ	48	60	0	600	0.00	0.00	0.0	0	0.0	0.0	15.0	0.0	0.00

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Eugene School District

Feb 6, 2012 thru Feb 10, 2012 Spreadsheet - Portion Values

Jan 31, 2012

Page 14

Combined: HIGH BREAKFAST/HIGH LUNCH

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
HIGH LUNCH	Total	840												
OR-CHICKEN,NUGGETS,BKD	8 EACH	164	213	53	467	0.00	1.44	26.7	0	0.0	16.0	12.0	12.0	2.67
E: POTATOES, MASHED W/GRAVY	SERVINGS	164	173	9	303	2.14	0.59	57.9	115	12.35	3.95	29.89	4.24	2.52
E: BAKED MACARONI W/ 3 CHEESE	8 OZ	80	482	47	623	3.08	2.22	542.4	810	0.84	27.27	52.4	16.02	10.00
E: VEGETABLES, STEAMED MEDLE	1/2 CUP	258	39	0	23	1.35	0.25	17.3	3031	24.88	0.96	3.67	2.66	0.38
EMERGENCY MEAL	1 EACH	10	250	20	650	4.00	1.44	200.0	400	0.0	12.0	31.0	8.0	4.50
WRAP PINWHEELS TURKEY	EACH	16	291	26	892	1.84	2.55	197.2	476	3.55	11.97	38.09	9.82	4.76
WRAP, TURKEY	1 EACH	16	339	31	1215	4.67	2.25	276.6	578	6.92	16.82	38.86	13.12	5.15
HS DELI WRAP,VEGGIE CAESAR	WRAP	16	329	14	1031	6.16	2.57	401.2	4727	23.74	13.76	41.64	12.9	5.53
E: SALAD (side), CAESAR	1/3 CUP	48	151	13	698	1.09	0.44	213.2	1758	0.78	8.56	7.64	9.17	3.66
SALAD, CHICKEN FAJITA: SEC	1 EACH	10	256	74	810	3.09	1.60	139.2	9204	16.24	18.16	18.94	12.41	3.88
E: SALAD, CHICKEN CAESAR: SEC	1 EACH	10	279	74	1396	3.10	1.65	155.7	10309	12.97	19.86	11.72	17.7	4.83
E: SALAD, ROMAINE GARDEN: SEC	1 EACH	10	152	20	303	4.25	1.85	318.6	12427	26.96	10.32	12.88	6.93	4.11
ROLL, WHEAT DINNER	1 EACH	20	110	0	250	3.00	1.08	40.0	0	0.0	5.0	22.0	1.5	0.00
E: SUB, COLD CUT	SERVING	16	347	68	1207	2.76	2.75	88.4	543	5.82	23.64	39.44	9.91	4.27
E: SUB, HAM	1 EACH	16	319	53	1153	2.74	2.75	83.1	439	5.16	20.66	39.66	8.67	3.53
E: SUB,VEGGIE	EACH	16	273	17	531	3.93	2.32	124.8	853	29.43	11.43	43.41	6.25	2.55
E: SALAD (side), CAESAR	1/2 CUP	48	226	20	1047	1.63	0.66	319.8	2636	1.17	12.84	11.46	13.76	5.49
E: PIZZA, MEAT LOVER'S (SEC)	SERVINGS	78	323	25	952	2.95	3.39	241.2	164	7.34	20.62	43.5	7.4	3.17
PIZZA, CHEESE (SEC)	SERVINGS	26	291	10	726	2.95	3.05	237.4	164	3.93	16.83	42.93	5.88	2.70
PIZZA, PEPPERONI (SEC)	SERVINGS	78	329	25	924	2.95	3.46	245.0	164	10.76	20.62	43.69	7.78	3.27
E: SUB ZONE (HS)	1 EACH	132	429	53	1569	3.66	2.91	251.2	1067	20.63	23.05	45.62	16.29	6.70
E: SALAD (side), CAESAR	1/2 CUP	114	226	20	1047	1.63	0.66	319.8	2636	1.17	12.84	11.46	13.76	5.49
E: MTO TACO/NACHO/BURRITO	1 EACH	145	407	65	1050	3.30	2.44	319.4	1410	5.57	21.08	30.99	22.12	9.83
RICE, SPAINSH	1/2 CUP	80	202	0	560	1.54	1.80	61.9	0	3.6	4.56	44.29	0.72	0.21

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Jan 31, 2012

Page 15

Combined: HIGH BREAKFAST/HIGH LUNCH

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
BEANS, REFRIED	1/2 CUP	68	140	0	523	8.00	1.80	42.8	0	1.2	8.0	24.0	1.5	0.00
MILK-Variety:MILK	HALF PINT	840	132	6	113	0.00	0.01	261.0	496	0.96	8.04	23.24	0.47	0.31
SALAD MIX W/SPINACH	1 CUP	340	9	0	9	1.05	0.61	21.3	4361	3.79	0.73	1.65	0.16	0.02
GRAPEFRUIT,FRESH,HALF	1 EACH	315	106	0	0	3.65	0.30	39.8	3078	114.21	2.09	26.83	0.33	0.05
CARROTS,FRESH,RAW,STICKS	1/2 CUP	292	25	0	42	1.71	0.18	20.1	10255	3.6	0.57	5.84	0.15	0.02
LEMON WEDGES, RAW	2 WEDGES	420	7	0	1	1.69	0.25	22.0	11	27.72	0.43	3.85	0.11	0.01
KIWIFRUIT,FRESH,SLICED	1 EACH	303	46	0	2	2.28	0.24	25.8	66	70.45	0.87	11.14	0.4	0.02
BEANS,GREEN,CND,DRND	1/2 CUP	358	14	0	169	1.28	0.61	17.6	236	2.9	0.81	3.04	0.07	0.01
E: SALAD, FRUIT	1/2 CUP	425	56	0	4	2.02	0.28	17.9	98	22.71	0.28	14.41	0.12	0.01
APPLESAUCE,CND	1/2 CUP	387	90	0	15	1.00	1.80	0.0	0	2.4	0.0	23.0	0.0	0.00
DRESSING, RANCH	2 TBSP	504	80	5	340	0.00	0.00	20.0	0	0.0	1.0	2.0	7.0	1.00
DRESSING,SALAD,FF ITALIAN #807	1 TBSP	88	5	0	245	0.00	0.00	0.0	0	0.0	0.0	1.5	0.0	0.00
DRESSING,SALAD,BALSAMIC VINAI	1 TBSP	124	30	0	95	0.00	0.00	0.0	0	0.0	0.0	2.0	2.5	0.25
DRESSING, CAESAR	1 FL OZ	88	70	0	550	0.00	0.00	0.0	0	0.0	1.0	3.0	6.0	1.00
KETCHUP	1 FL OZ	168	40	0	400	0.00	0.00	0.0	0	0.0	0.0	10.0	0.0	0.00
MUSTARD, YELLOW	1 OZ	124	30	0	360	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
SAUCE,BBQ	1 OZ	88	58	0	374	0.00	0.00	0.0	96	1.15	0.0	14.4	0.0	0.00
MAYONNAISE:RED CALORIE	1 OZ	124	76	9	227	0.00	0.00	0.0	0	0.0	0.0	1.89	6.61	0.94
LETTUCE, SHREDDED	1/2 OZ	168	2	0	1	0.17	0.06	2.6	71	0.4	0.13	0.42	0.02	0.00
SALSA	1 OZ	256	4	0	142	0.00	0.00	0.0	89	3.19	0.0	0.89	0.0	0.00
Weighted Daily Average			751	53	1616	9.17	4.37	630.9	6604	104.81	31.06	111.34	21.00	7.62
% of Calories											16.5%	59.3%	25.2%	9.1%

Weighted Average			769	71	1729	9.59	4.32	595.1	4446	78.08	31.49	116.71	19.86	6.70
											16.4%	60.7%	23.2%	7.8%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	769		768	100%			
Cholesterol (mg)	71		100	71%			
Sodium (mg)	1729		1200	144%			Correction Required - Sodium too High
Fiber (g)	9.59		7.71	124%			
Iron (mg)	4.32		4.11	105%			
Calcium (mg)	595.1		364.62	163%			
Vitamin A (IU)	4446		1367	325%			
Vitamin C (mg)	78.08		17.50	446%			
Protein (g)	31.49	16.37%	15.21	207%			
Carbohydrate (g)	116.71	60.69%					
Total Fat (g)	19.86	23.24%	<=30.00%				
Saturated Fat (g)	6.70	7.84%	<10.00%				

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