

# Eugene School District

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

Combined: MIDDLE BREAKFAST/MIDDLE LUNCH

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/06/2012													
MIDDLE BREAKFAST	Total	560											
OMELET,THREE CHEESE	1 EACH	132	130	190	260	0.00	60.0	400	0.0	7.0	2.0	11.0	3.50
POTATO,HASHBROWN PATTY,BKD	1 EACH	132	140	0	130	2.00	0.0	0	2.4	1.0	15.0	8.0	1.50
OR- BREAKFAST PARFAIT	1 EACH	83	259	2	60	3.65	117.6	516	15.19	6.9	53.65	2.49	0.51
GRAHAMS,CRACKER W/FIBER	1 EACH	83	96	0	131	2.83	5.0	252	3.02	1.29	18.05	3.01	0.83
BAGEL, 3OZ ASSORTED	1 EACH	165	247	0	384	2.00	60.0	0	0.13	8.11	48.22	2.0	0.06
CHEESE,CREAM LIGHT	EACH	155	45	15	95	0.00	20.0	300	0.0	2.0	1.0	4.0	2.50
BREAKFAST CEREALS: BOWL PACK	SERVINGS	104	71	0	74	1.47	25.7	209	2.24	1.56	16.54	0.37	0.04
RAISINS,SEEDLESS	1/4 CUP	70	134	0	10	2.06	20.6	52	0.62	1.03	31.96	0.0	0.00
VB-CEREAL,HOT:Instant Oatmeal	SERVING	53	170	0	260	3.00	100.0	1000	0.0	4.0	35.0	2.0	0.50
APPLES,FRESH,W/SKIN 163ct	1 EACH	360	53	0	1	2.43	6.1	55	4.66	0.26	13.98	0.17	0.03
ORANGES, SECTIONS	1/2 CUP	326	42	0	0	2.16	36.0	203	47.88	0.85	10.58	0.11	0.02
PEACHES, CND COMM	1/2 CUP	320	70	0	10	0.00	0.0	298	1.19	0.0	16.89	0.0	0.00
JUICE ORANGE 4oz	1 EACH	476	60	0	5	0.00	10.0	188	36.0	1.0	14.0	0.0	0.00
MILK,WHITE 1%	HALF PINT	560	135	16	166	0.00	413.9	0	2.48	11.38	16.56	2.59	1.55
KETCHUP	1 OZ	85	40	0	400	0.00	0.0	0	0.0	0.0	10.0	0.0	0.00
SALSA	1 OZ	70	4	0	142	0.00	0.0	89	3.19	0.0	0.89	0.0	0.00

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MIDDLE LUNCH	Total	1545											
E: QUESADILLA, BEAN N CHEESE	1 EACH	232	351	20	979	7.51	448.8	300	0.53	16.51	44.52	11.66	6.00
E: ENCHILADA, CHEESY PORK	1 EACH	129	389	31	1178	5.46	265.2	630	5.53	16.65	50.03	14.06	5.84
OR- CORN, AZTEC	3 OZ	141	149	0	83	3.00	32.4	82	8.2	5.97	29.37	2.9	0.13
EMERGENCY MEAL	1 EACH	19	250	20	650	4.00	200.0	400	0.0	12.0	31.0	8.0	4.50
E: BUILD YOUR OWN BURGER (MS)	1 EACH	457	351	52	855	2.36	136.5	767	2.58	22.23	30.7	14.67	5.76
E: SALAD (side), CAESAR	1/3 CUP	226	151	13	698	1.09	213.2	1758	0.78	8.56	7.64	9.17	3.66
E: PIZZA, MEAT LOVER'S (SEC)	SERVINGS	162	323	25	952	2.95	241.2	164	7.34	20.62	43.5	7.4	3.17
PIZZA, CHEESE (SEC)	SERVINGS	123	291	10	726	2.95	237.4	164	3.93	16.83	42.93	5.88	2.70
PIZZA, PEPPERONI (SEC)	SERVINGS	245	329	25	924	2.95	245.0	164	10.76	20.62	43.69	7.78	3.27
E: SUB ZONE (MS)	1 EACH	181	406	50	1245	3.25	136.1	1484	22.04	20.87	42.3	15.08	4.74
E: SALAD (side), CAESAR	1/3 CUP	84	151	13	698	1.09	213.2	1758	0.78	8.56	7.64	9.17	3.66
MILK- CHOC VRTY	HALF PINT	1545	134	6	178	0.00	300.0	500	1.2	8.2	24.2	0.5	0.30
SALAD MIX TOSSED (CUP)	1 CUP	541	15	0	10	1.38	19.6	1310	8.29	0.89	2.81	0.17	0.02
GRAPEFRUIT,FRESH,HALF	1 EACH	387	106	0	0	3.65	39.8	3078	114.21	2.09	26.83	0.33	0.05
CARROTS,FRESH,RAW,STICKS	1/2 CUP	419	25	0	42	1.71	20.1	10255	3.6	0.57	5.84	0.15	0.02
OR- CORN, AZTEC	3 OZ	477	149	0	83	3.00	32.4	82	8.2	5.97	29.37	2.9	0.13
KIWIFRUIT,FRESH,SLICED	1/2 EACH	387	23	0	1	1.14	12.9	33	35.23	0.43	5.57	0.2	0.01
BROCCOLI,FRESH,RAW	1/2 CUP	309	15	0	15	1.18	21.4	283	40.59	1.28	3.02	0.17	0.02
BLUEBERRIES,FRZ,UNSWTND	3/4 CUP	387	59	0	1	3.14	9.3	53	2.91	0.49	14.15	0.74	0.06
APPLESAUCE,CND	3/4 CUP	535	135	0	15	3.00	0.0	0	0.0	0.0	33.0	0.0	0.00
DRESSING, RANCH	2 TBSP	696	80	5	340	0.00	20.0	0	0.0	1.0	2.0	7.0	1.00
DRESSING, CAESAR	1 FL OZ	155	70	0	550	0.00	0.0	0	0.0	1.0	3.0	6.0	1.00
KETCHUP	1 FL OZ	618	40	0	400	0.00	0.0	0	0.0	0.0	10.0	0.0	0.00
MUSTARD,YELLOW	1 OZ	187	30	0	360	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
SAUCE,BBQ	1 OZ	187	58	0	374	0.00	0.0	96	1.15	0.0	14.4	0.0	0.00
MAYONNAISE:RED CALORIE	1 OZ	387	76	9	227	0.00	0.0	0	0.0	0.0	1.89	6.61	0.94
Weighted Daily Average			709	53	1502	8.37	599.3	4316	63.53	30.31	106.83	18.06	5.90
% of Calories										17.1%	60.3%	22.9%	7.5%

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Tue - 02/07/2012													
MIDDLE BREAKFAST	Total	560											
PANCAKE WHOLE GRAIN	3 EACH	140	240	15	465	4.50	90.0	0	0.0	7.5	45.0	3.0	0.00
OR- FRUIT TOPPING, WARM	2 OZ	112	46	0	1	1.23	5.7	18	16.12	0.28	12.1	0.17	0.01
SAUSAGE LINKS, TURKEY	1 EACH	140	61	31	102	0.00	20.5	0	0.0	6.14	0.0	4.09	1.02
MUFFIN, VARIETY FRUIT	SERVINGS	195	220	17	281	1.49	69.8	9	0.75	2.31	38.87	5.64	1.69
BAGEL, 3OZ ASSORTED	1 EACH	112	247	0	384	2.00	60.0	0	0.13	8.11	48.22	2.0	0.06
CHEESE, CREAM LIGHT	1 EACH	112	45	15	95	0.00	20.0	300	0.0	2.0	1.0	4.0	2.50
BREAKFAST CEREALS: BOWL PACK	SERVINGS	83	71	0	74	1.47	25.7	209	2.24	1.56	16.54	0.37	0.04
RAISINS, SEEDLESS	1/4 CUP	58	134	0	10	2.06	20.6	52	0.62	1.03	31.96	0.0	0.00
VB-CEREAL, HOT: Instant Oatmeal	SERVING	34	170	0	260	3.00	100.0	1000	0.0	4.0	35.0	2.0	0.50
E: SALAD, FRUIT	1 CUP	315	113	0	7	4.04	35.7	197	45.43	0.57	28.83	0.23	0.02
KIWIFRUIT, FRESH, SLICED	1 EACH	419	46	0	2	2.28	25.8	66	70.45	0.87	11.14	0.4	0.02
PEARS, CND, LT SYRUP	1/2 CUP	315	72	0	6	2.01	6.3	0	0.88	0.24	19.04	0.04	0.00
JUICE ORANGE 4oz	1 EACH	485	60	0	5	0.00	10.0	188	36.0	1.0	14.0	0.0	0.00
MILK, WHITE 1%	HALF PINT	560	135	16	166	0.00	413.9	0	2.48	11.38	16.56	2.59	1.55
SYRUP	1 OZ	140	100	0	51	0.06	0.3	5	0.02	0.0	25.06	0.02	0.00

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MIDDLE LUNCH	Total	1545											
SPAGHETTI,W/ MEATSAUCE	SERVING	232	270	18	267	5.16	37.1	0	0.0	16.01	35.75	6.76	2.29
E: BAKED MACARONI W/ 3 CHEESES	6 OZ	206	361	35	467	2.31	406.8	607	0.63	20.45	39.3	12.01	7.50
E: SALAD (side), CAESAR	1/4 CUP	303	113	10	524	0.82	159.9	1318	0.58	6.42	5.73	6.88	2.75
EMERGENCY MEAL	1 EACH	19	250	20	650	4.00	200.0	400	0.0	12.0	31.0	8.0	4.50
E: MTO TACO/NACHO/BURRITO	1 EACH	335	407	65	1050	3.30	319.4	1410	5.57	21.08	30.99	22.12	9.83
RICE, SPAINSH	1/2 CUP	367	202	0	560	1.54	61.9	0	3.6	4.56	44.29	0.72	0.21
E: STROMBOLI,HAM&CHS	SLICE	136	350	34	1128	3.58	208.8	225	0.0	21.34	40.7	10.04	4.63
PIZZA, CHEESE (SEC)	SERVINGS	90	291	10	726	2.95	237.4	164	3.93	16.83	42.93	5.88	2.70
PIZZA, PEPPERONI (SEC)	SERVINGS	270	329	25	924	2.95	245.0	164	10.76	20.62	43.69	7.78	3.27
E: SUB ZONE (MS)	1 EACH	270	406	50	1245	3.25	136.1	1484	22.04	20.87	42.3	15.08	4.74
E: SALAD, FRUIT	1/2 CUP	258	56	0	4	2.02	17.9	98	22.71	0.28	14.41	0.12	0.01
MILK- CHOC VRTY	HALF PINT	1545	134	6	178	0.00	300.0	500	1.2	8.2	24.2	0.5	0.30
SALAD MIX W/SPINACH	1 CUP	457	9	0	9	1.05	21.3	4361	3.79	0.73	1.65	0.16	0.02
APPLES,FRESH,W/SKIN 163ct	1 EACH	419	53	0	1	2.43	6.1	55	4.66	0.26	13.98	0.17	0.03
ORANGES, SECTIONS	1/2 CUP	477	42	0	0	2.16	36.0	203	47.88	0.85	10.58	0.11	0.02
PEACHES,LT SYR,CND,DICED	3/4 CUP	644	106	0	15	0.00	0.0	456	1.82	0.0	25.82	0.0	0.00
CUCUMBERS,SLICED	2 OZ	457	9	0	1	0.28	9.1	60	1.59	0.37	2.06	0.06	0.02
BROCCOLI,FRESH,RAW	1/2 CUP	387	15	0	15	1.18	21.4	283	40.59	1.28	3.02	0.17	0.02
E: BEANS, BAKED	1/2 CUP	361	128	0	775	4.92	59.0	32	0.59	5.87	26.96	0.01	0.00
PEARS,CND,LT SYRUP	3/4 CUP	702	107	0	9	3.01	9.4	0	1.32	0.36	28.56	0.06	0.00
DRESSING, RANCH	2 TBSP	367	80	5	340	0.00	20.0	0	0.0	1.0	2.0	7.0	1.00
DRESSING, CAESAR	1 FL OZ	136	70	0	550	0.00	0.0	0	0.0	1.0	3.0	6.0	1.00
KETCHUP	1 FL OZ	593	40	0	400	0.00	0.0	0	0.0	0.0	10.0	0.0	0.00
MUSTARD,YELLOW	1 OZ	321	30	0	360	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
SAUCE,BBQ	1 OZ	226	58	0	374	0.00	0.0	96	1.15	0.0	14.4	0.0	0.00
MAYONNAISE:RED CALORIE	1 OZ	321	76	9	227	0.00	0.0	0	0.0	0.0	1.89	6.61	0.94
LETTUCE, SHREDDED	1/2 OZ	457	2	0	1	0.17	2.6	71	0.4	0.13	0.42	0.02	0.00
SALSA	1 OZ	291	4	0	142	0.00	0.0	89	3.19	0.0	0.89	0.0	0.00
Weighted Daily Average			749	46	1585	8.64	607.9	2470	62.80	29.91	121.19	15.80	5.88
% of Calories										16.0%	64.7%	19.0%	7.1%

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Wed - 02/08/2012													
MIDDLE BREAKFAST	Total	560											
E: BISCUITS & GRAVY	SERVING(S)	252	241	15	597	0.03	100.9	180	0.29	4.94	30.49	11.47	6.05
OR- BREAKFAST PARFAIT	1 EACH	112	259	2	60	3.65	117.6	516	15.19	6.9	53.65	2.49	0.51
GRAHAMS,CRACKER W/FIBER	1 EACH	112	96	0	131	2.83	5.0	252	3.02	1.29	18.05	3.01	0.83
BAGEL, 3OZ ASSORTED	1 EACH	129	247	0	384	2.00	60.0	0	0.13	8.11	48.22	2.0	0.06
CHEESE,CREAM LIGHT	1 EACH	129	45	15	95	0.00	20.0	300	0.0	2.0	1.0	4.0	2.50
BREAKFAST CEREALS: BOWL PACK	SERVINGS	58	71	0	74	1.47	25.7	209	2.24	1.56	16.54	0.37	0.04
RAISINS,SEEDLESS	1/4 CUP	45	134	0	10	2.06	20.6	52	0.62	1.03	31.96	0.0	0.00
VB-CEREAL,HOT:Instant Oatmeal	SERVING	12	170	0	260	3.00	100.0	1000	0.0	4.0	35.0	2.0	0.50
APPLES,FRESH,W/SKIN 163ct	1 EACH	419	53	0	1	2.43	6.1	55	4.66	0.26	13.98	0.17	0.03
GRAPEFRUIT,FRESH,HALF	1 EACH	201	106	0	0	3.65	39.8	3078	114.21	2.09	26.83	0.33	0.05
APPLESAUCE,CND	1/2 CUP	325	90	0	10	2.00	0.0	0	0.0	0.0	22.0	0.0	0.00
JUICE ORANGE 4oz	1 EACH	506	60	0	5	0.00	10.0	188	36.0	1.0	14.0	0.0	0.00
MILK,WHITE 1%	HALF PINT	560	135	16	166	0.00	413.9	0	2.48	11.38	16.56	2.59	1.55
KETCHUP	1 OZ	140	40	0	400	0.00	0.0	0	0.0	0.0	10.0	0.0	0.00
SALSA	1 OZ	170	4	0	142	0.00	0.0	89	3.19	0.0	0.89	0.0	0.00

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MIDDLE LUNCH	Total	1545											
DC, SOUP, TOMATO, BASIL, CREAMY	6 OZ	110	172	26	116	2.41	105.8	2831	18.9	4.36	16.06	10.67	5.15
E: SOUP, CHICKEN NOODLE	8 OZ	200	317	41	194	4.73	18.0	1044	1.98	23.57	44.69	6.53	0.75
CHILI, LOCAL BEAN	8 OZ	84	206	0	595	9.92	129.1	1345	16.16	10.56	37.79	3.89	0.33
E: TOAST, TEXAS	1 EACH	387	133	10	170	1.00	60.0	133	0.0	3.0	20.0	4.67	2.67
E: BUILD YOUR OWN BURGER (MS)	1 EACH	309	351	52	855	2.36	136.5	767	2.58	22.23	30.7	14.67	5.76
E: SALAD, GARDEN PASTA	1/2 CUP	264	145	0	47	2.40	6.7	462	7.99	4.96	20.72	5.5	0.41
EMERGENCY MEAL	1 EACH	19	250	20	650	4.00	200.0	400	0.0	12.0	31.0	8.0	4.50
PIZZA, HAWAIIAN (SEC)	SERVINGS	110	326	25	981	3.08	237.4	164	6.55	20.62	45.31	7.02	3.08
PIZZA, CHEESE (SEC)	SERVINGS	123	291	10	726	2.95	237.4	164	3.93	16.83	42.93	5.88	2.70
PIZZA, PEPPERONI (SEC)	SERVINGS	245	329	25	924	2.95	245.0	164	10.76	20.62	43.69	7.78	3.27
E: SUB ZONE (MS)	1 EACH	343	406	50	1245	3.25	136.1	1484	22.04	20.87	42.3	15.08	4.74
E: SALAD, GARDEN PASTA	1/2 CUP	309	145	0	47	2.40	6.7	462	7.99	4.96	20.72	5.5	0.41
MILK- CHOC VRTY	HALF PINT	1545	134	6	178	0.00	300.0	500	1.2	8.2	24.2	0.5	0.30
SALAD MIX W/SPINACH	1 CUP	541	9	0	9	1.05	21.3	4361	3.79	0.73	1.65	0.16	0.02
APPLES, FRESH, W/SKIN 163ct	1 EACH	419	53	0	1	2.43	6.1	55	4.66	0.26	13.98	0.17	0.03
OR- SALAD, CARROT CINNAMON	1/2 CUP	387	79	2	82	2.11	21.2	7629	7.41	0.55	15.29	1.4	0.20
LEMON WEDGES, RAW	2 WEDGES	387	7	0	1	1.69	22.0	11	27.72	0.43	3.85	0.11	0.01
KIWIFRUIT, FRESH, SLICED	1 EACH	464	46	0	2	2.28	25.8	66	70.45	0.87	11.14	0.4	0.02
E: SALAD, 3-BEAN	1/2 CUP	387	48	0	226	2.50	10.5	67	1.18	2.28	7.56	0.96	0.06
E: POTATO WEDGES, ROASTED	4 oz	535	97	0	7	2.49	13.6	2	22.34	2.29	19.81	1.22	0.12
FRUIT MIX, DICED	3/4 CUP	509	75	0	6	1.25	0.0	250	1.5	1.25	16.25	0.0	0.00
DRESSING, RANCH	2 TBSP	1005	80	5	340	0.00	20.0	0	0.0	1.0	2.0	7.0	1.00
DRESSING, CAESAR	1 FL OZ	232	70	0	550	0.00	0.0	0	0.0	1.0	3.0	6.0	1.00
KETCHUP	1 FL OZ	387	40	0	400	0.00	0.0	0	0.0	0.0	10.0	0.0	0.00
MUSTARD, YELLOW	1 OZ	232	30	0	360	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
SAUCE, BBQ	1 OZ	232	58	0	374	0.00	0.0	96	1.15	0.0	14.4	0.0	0.00
MAYONNAISE: RED CALORIE	1 OZ	309	76	9	227	0.00	0.0	0	0.0	0.0	1.89	6.61	0.94
Weighted Daily Average			726	44	1432	8.46	522.2	4298	63.43	29.80	108.90	19.06	5.74
% of Calories										16.4%	60.0%	23.6%	7.1%

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# Eugene School District

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

Combined: MIDDLE BREAKFAST/MIDDLE LUNCH

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/09/2012													
MIDDLE BREAKFAST	Total	560											
FRENCH SCRAMBLE	SERVING	195	383	373	461	0.00	87.1	605	0.0	15.99	35.08	18.43	5.36
MUFFIN, VARIETY FRUIT	SERVINGS	170	220	17	281	1.49	69.8	9	0.75	2.31	38.87	5.64	1.69
BAGEL, 3OZ ASSORTED	1 EACH	83	247	0	384	2.00	60.0	0	0.13	8.11	48.22	2.0	0.06
CHEESE, CREAM LIGHT	1 EACH	83	45	15	95	0.00	20.0	300	0.0	2.0	1.0	4.0	2.50
BREAKFAST CEREALS: BOWL PACK	SERVINGS	83	71	0	74	1.47	25.7	209	2.24	1.56	16.54	0.37	0.04
RAISINS, SEEDLESS	1/4 CUP	45	134	0	10	2.06	20.6	52	0.62	1.03	31.96	0.0	0.00
VB-CEREAL, HOT: Instant Oatmeal	SERVING	28	170	0	260	3.00	100.0	1000	0.0	4.0	35.0	2.0	0.50
E: SALAD, FRUIT	1 CUP	364	113	0	7	4.04	35.7	197	45.43	0.57	28.83	0.23	0.02
KIWIFRUIT, FRESH, SLICED	1 EACH	345	46	0	2	2.28	25.8	66	70.45	0.87	11.14	0.4	0.02
FRUIT MIX, DICED	1/2 CUP	284	50	0	4	0.83	0.0	167	1.0	0.83	10.83	0.0	0.00
JUICE ORANGE 4oz	1 EACH	506	60	0	5	0.00	10.0	188	36.0	1.0	14.0	0.0	0.00
MILK, WHITE 1%	HALF PINT	560	135	16	166	0.00	413.9	0	2.48	11.38	16.56	2.59	1.55
SYRUP	1 OZ	140	100	0	51	0.06	0.3	5	0.02	0.0	25.06	0.02	0.00

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# Eugene School District

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

Combined: MIDDLE BREAKFAST/MIDDLE LUNCH

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
MIDDLE LUNCH	Total	1545											
E: TURKEY POT PIE	6 OZ	276	148	34	817	1.13	33.1	862	2.76	9.87	13.58	6.82	3.90
BISCUIT,BUTTERMILK	1 EACH	276	260	0	900	1.00	40.0	0	0.0	6.0	35.0	11.0	2.50
LASAGNA, 3 CHEESE VEGETABLE	SERVINGS	252	302	54	399	2.74	280.3	538	6.82	17.02	36.7	9.8	3.51
E: VEGETABLES, STEAMED MEDLEY	1/2 CUP	252	39	0	23	1.35	17.3	3031	24.88	0.96	3.67	2.66	0.38
E: MTO TACO/NACHO/BURRITO	EACH	284	407	65	1050	3.30	319.4	1410	5.57	21.08	30.99	22.12	9.83
E: RICE, SPAINSH ELEM	1/2 CUP	226	93	0	271	1.00	0.9	136	3.83	2.18	19.28	0.72	0.17
EMERGENCY MEAL	1 EACH	19	250	20	650	4.00	200.0	400	0.0	12.0	31.0	8.0	4.50
E: STROMBOLI, ITALIAN	SLICE	200	338	30	982	4.14	238.8	0	1.14	22.83	40.7	8.38	3.58
PIZZA, CHEESE (SEC)	SERVINGS	90	291	10	726	2.95	237.4	164	3.93	16.83	42.93	5.88	2.70
PIZZA, PEPPERONI (SEC)	SERVINGS	200	329	25	924	2.95	245.0	164	10.76	20.62	43.69	7.78	3.27
E: SUB ZONE (MS)	1 EACH	226	406	50	1245	3.25	136.1	1484	22.04	20.87	42.3	15.08	4.74
E: SALAD, FRUIT	1/2 CUP	200	56	0	4	2.02	17.9	98	22.71	0.28	14.41	0.12	0.01
MILK- CHOC VRTY	HALF PINT	1545	134	6	178	0.00	300.0	500	1.2	8.2	24.2	0.5	0.30
SALAD MIX W/SPINACH	1 CUP	644	9	0	9	1.05	21.3	4361	3.79	0.73	1.65	0.16	0.02
APPLES,FRESH,W/SKIN 163ct	1 EACH	515	53	0	1	2.43	6.1	55	4.66	0.26	13.98	0.17	0.03
ORANGES, SECTIONS	1/2 CUP	676	42	0	0	2.16	36.0	203	47.88	0.85	10.58	0.11	0.02
PEACHES, CND COMM	3/4 CUP	870	104	0	15	0.00	0.0	447	1.79	0.0	25.34	0.0	0.00
CUCUMBERS,SLICED	1 OZ	702	4	0	1	0.14	4.5	30	0.79	0.18	1.03	0.03	0.01
BROCCOLI,FRESH,RAW	1/2 CUP	515	15	0	15	1.18	21.4	283	40.59	1.28	3.02	0.17	0.02
E: BEANS, BAKED	1/2 CUP	579	128	0	775	4.92	59.0	32	0.59	5.87	26.96	0.01	0.00
CAULIFLOWER,FRESH,RAW	1/2 CUP	759	13	0	15	1.00	11.0	0	24.1	0.96	2.49	0.14	0.03
DRESSING, RANCH	2 TBSP	1288	80	5	340	0.00	20.0	0	0.0	1.0	2.0	7.0	1.00
DRESSING, CAESAR	1 FL OZ	136	70	0	550	0.00	0.0	0	0.0	1.0	3.0	6.0	1.00
KETCHUP	1 FL OZ	515	40	0	400	0.00	0.0	0	0.0	0.0	10.0	0.0	0.00
MUSTARD,YELLOW	1 OZ	129	30	0	360	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
SAUCE,BBQ	1 OZ	387	58	0	374	0.00	0.0	96	1.15	0.0	14.4	0.0	0.00
MAYONNAISE:RED CALORIE	1 OZ	258	76	9	227	0.00	0.0	0	0.0	0.0	1.89	6.61	0.94
Weighted Daily Average			750	80	1763	7.89	584.2	3214	78.71	29.95	113.03	19.69	6.18
% of Calories										16.0%	60.3%	23.6%	7.4%

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# Eugene School District

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

Combined: MIDDLE BREAKFAST/MIDDLE LUNCH

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/10/2012													
MIDDLE BREAKFAST	Total	560											
BRK SAND, BAGEL VARIETY	SERVINGS	195	305	135	718	1.00	145.3	356	2.55	15.3	37.62	10.95	4.03
OR- BREAKFAST PARFAIT	1 EACH	112	259	2	60	3.65	117.6	516	15.19	6.9	53.65	2.49	0.51
GRAHAMS,CRACKER W/FIBER	1 EACH	112	96	0	131	2.83	5.0	252	3.02	1.29	18.05	3.01	0.83
BAGEL, 3OZ ASSORTED	1 EACH	170	247	0	384	2.00	60.0	0	0.13	8.11	48.22	2.0	0.06
CHEESE,CREAM LIGHT	1 EACH	170	45	15	95	0.00	20.0	300	0.0	2.0	1.0	4.0	2.50
BREAKFAST CEREALS: BOWL PACK	SERVINGS	58	71	0	74	1.47	25.7	209	2.24	1.56	16.54	0.37	0.04
RAISINS,SEEDLESS	1/4 CUP	28	134	0	10	2.06	20.6	52	0.62	1.03	31.96	0.0	0.00
VB-CEREAL,HOT:Instant Oatmeal	SERVING	28	170	0	260	3.00	100.0	1000	0.0	4.0	35.0	2.0	0.50
APPLES,FRESH,W/SKIN 163ct	1 EACH	364	53	0	1	2.43	6.1	55	4.66	0.26	13.98	0.17	0.03
ORANGES, SECTIONS	1/2 CUP	307	42	0	0	2.16	36.0	203	47.88	0.85	10.58	0.11	0.02
E: SALAD, FRUIT	3/4 CUP	336	84	0	5	3.03	26.8	148	34.07	0.43	21.62	0.17	0.02
JUICE ORANGE 4oz	1 EACH	506	60	0	5	0.00	10.0	188	36.0	1.0	14.0	0.0	0.00
MILK,WHITE 1%	HALF PINT	560	135	16	166	0.00	413.9	0	2.48	11.38	16.56	2.59	1.55
KETCHUP	1 OZ	83	40	0	400	0.00	0.0	0	0.0	0.0	10.0	0.0	0.00
SALSA,COMMODITY	1 FL OZ	112	12	0	138	0.45	3.8	176	1.28	0.48	2.24	0.06	0.01

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# Eugene School District

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

Combined: MIDDLE BREAKFAST/MIDDLE LUNCH

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
MIDDLE LUNCH	Total	1545											
E: RICE, FRIED VEGETABLE	1 CUP	367	163	24	355	2.24	15.2	649	8.46	5.08	31.12	1.99	0.66
OR-CHICKEN,POPCORN,BKD	2 OZ	335	150	20	156	0.65	13.0	65	0.0	7.82	9.12	9.12	1.63
E: BUILD YOUR OWN BURGER (MS)	1 EACH	419	351	52	855	2.36	136.5	767	2.58	22.23	30.7	14.67	5.76
OR-POTATO,TATER TOTS,BKD	2.5 OZ	367	136	0	336	1.81	0.0	0	3.27	1.81	18.14	6.35	0.91
EMERGENCY MEAL	EACH	12	250	20	650	4.00	200.0	400	0.0	12.0	31.0	8.0	4.50
PIZZA, SUPREME (SEC)	SERVINGS	181	319	18	894	3.67	244.1	198	15.47	19.17	45.11	6.86	2.99
PIZZA, CHEESE (SEC)	SERVINGS	46	291	10	726	2.95	237.4	164	3.93	16.83	42.93	5.88	2.70
PIZZA, PEPPERONI (SEC)	SERVINGS	270	329	25	924	2.95	245.0	164	10.76	20.62	43.69	7.78	3.27
E: SUB ZONE (MS)	1 EACH	252	406	50	1245	3.25	136.1	1484	22.04	20.87	42.3	15.08	4.74
E: SALAD (side), CAESAR	1/2 CUP	206	226	20	1047	1.63	319.8	2636	1.17	12.84	11.46	13.76	5.49
MILK- CHOC VRTY	HALF PINT	1545	134	6	178	0.00	300.0	500	1.2	8.2	24.2	0.5	0.30
SALAD MIX W/SPINACH	1 CUP	515	9	0	9	1.05	21.3	4361	3.79	0.73	1.65	0.16	0.02
GRAPEFRUIT,FRESH,HALF	1 EACH	419	106	0	0	3.65	39.8	3078	114.21	2.09	26.83	0.33	0.05
CARROTS,FRESH,RAW,STICKS	1/2 CUP	419	25	0	42	1.71	20.1	10255	3.6	0.57	5.84	0.15	0.02
LEMON WEDGES, RAW	2 WEDGES	682	7	0	1	1.69	22.0	11	27.72	0.43	3.85	0.11	0.01
KIWIFRUIT,FRESH,SLICED	1 EACH	406	46	0	2	2.28	25.8	66	70.45	0.87	11.14	0.4	0.02
BEANS,GREEN,CND,DRND	1/2 CUP	438	14	0	169	1.28	17.6	236	2.9	0.81	3.04	0.07	0.01
E: SALAD, FRUIT	1 CUP	844	113	0	7	4.04	35.7	197	45.43	0.57	28.83	0.23	0.02
APPLESAUCE,CND	1/2 CUP	419	90	0	10	2.00	0.0	0	0.0	0.0	22.0	0.0	0.00
DRESSING, RANCH	2 TBSP	367	80	5	340	0.00	20.0	0	0.0	1.0	2.0	7.0	1.00
DRESSING, CAESAR	1 FL OZ	136	70	0	550	0.00	0.0	0	0.0	1.0	3.0	6.0	1.00
KETCHUP	1 FL OZ	419	40	0	400	0.00	0.0	0	0.0	0.0	10.0	0.0	0.00
MUSTARD, YELLOW	1 OZ	321	30	0	360	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
SAUCE,BBQ	1 OZ	226	58	0	374	0.00	0.0	96	1.15	0.0	14.4	0.0	0.00
MAYONNAISE:RED CALORIE	1 OZ	321	76	9	227	0.00	0.0	0	0.0	0.0	1.89	6.61	0.94
SALSA	1 OZ	291	4	0	142	0.00	0.0	89	3.19	0.0	0.89	0.0	0.00
LETTUCE, SHREDDED	1/2 OZ	291	2	0	1	0.17	2.6	71	0.4	0.13	0.42	0.02	0.00
Weighted Daily Average			705	56	1478	9.18	561.5	5255	99.27	29.35	110.43	16.67	5.27
% of Calories										16.6%	62.6%	21.3%	6.7%

Weighted Average			728	56	1552	8.51	575.0	3911	73.55	29.86	112.08	17.86	5.79
										16.4%	61.6%	22.1%	7.2%

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# Eugene School District

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

Jan 31, 2012

Page 11

Combined: MIDDLE BREAKFAST/MIDDLE LUNCH

Nutrient	Menu AVG	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)								
Calories	728		731	100%			3	Correction Required - Calories are Low							
Cholesterol (mg)	56		100	56%				Correction Required - Sodium too High							
Sodium (mg)	1552		1200	129%											
Fiber (g)	8.51		7.31	116%											
Calcium (mg)	575.0		373.40	154%											
Vitamin A (IU)	3911		1400	279%											
Vitamin C (mg)	73.55		15.58	472%											
Protein (g)	29.86	16.41%	14.00	213%											
Carbohydrate (g)	112.08	61.60%													
Total Fat (g)	17.86	22.08%	<=30.00%												
Saturated Fat (g)	5.79	7.17%	<10.00%												

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