

Child Nutrition Program

Apr 1, 2010 thru Apr 30, 2010 Spreadsheet - Weighted Values
Secondary Schools

Page 1

Apr 1, 2010

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 04/01/2010														
Secondary Schools	Total													
Cheese Sticks	1 serving	311	10	768	4.15	2.62	269.9	208	0.00	14.5	35.3	12.5	4.15	0.00
Spaghetti Noodles WG	2 oz	200	0	14	6.00	1.49	9.6	0	0.00	7.0	41.0	1.5	0.00	*0.00
Marinara Sauce	1/4 cup	83	*0	129	*2.69	*0.39	*2.6	*712	*18.7	2.6	17.9	0.5	0.00	*0.00
Tossed Salad W/Ranch	1/2 cup	61	3	259	1.02	0.25	48.3	1956	5.1	1.6	6.4	3.2	0.62	*0.00
Pineapple Tidbits: undrained	1/2 cup	69	0	0	0.87	0.31	17.4	0	7.8	0.00	18.2	0.00	0.00	0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		861	*19	1336	*14.73	*5.81	*647.7	*3235	*33.64	33.78	143.10	19.12	5.75	*0.00
% of Calories										15.7%	66.5%	20.0%	6.0%	0.0%

Fri - 04/02/2010														
Secondary Schools	Total													
Mexican Skillet	3/4 cup	489	97	876	3.90	3.66	173.9	1267	7.4	31.8	36.7	23.2	9.23	*0.00
Whole Kernel Corn	1/4 cup	38	0	134	0.79	0.34	2.0	89	3.2	1.0	7.4	1.0	0.33	*0.00
Tossed Salad W/Ranch	1/4 cup	30	2	130	0.51	0.13	24.1	978	2.6	0.8	3.2	1.6	0.31	*0.00
Hot Cinnamon Apples	1/2 cup	144	0	50	1.97	0.02	1.9	162	0.0	0.0	27.4	3.6	1.62	*0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		838	104	1355	7.18	4.90	501.9	2856	15.19	41.61	98.99	30.91	12.46	*0.00
% of Calories										19.9%	47.3%	33.2%	13.4%	0.0%

Mon - 04/05/2010														
Secondary Schools	Total													
Hamburger on a Bun	SERVING	276	40	621	3.22	22.86	178.1	0	0.00	19.3	22.4	12.6	4.52	*0.00
Baked Beans: ACS	1/2 cup	132	0	503	4.83	1.56	41.5	245	2.0	5.4	28.5	0.1	0.02	*0.00
Carrot Sticks w/Dip	1/4 cup	42	2	154	1.23	0.13	32.5	7417	2.6	0.9	5.9	1.6	0.32	0.00
Orange Sherbet	4 ounces	107	1	34	0.96	0.10	40.0	34	1.7	0.8	22.5	1.48	0.86	*0.00
Sugar Cookie, 1 ounce	1 cookie	120	10	95	0.00	0.72	20.0	0	0.00	2.0	17.0	6.0	1.00	*0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		813	58	1573	10.23	26.13	612.1	8055	8.29	36.42	120.51	23.35	7.68	*0.00
% of Calories										17.9%	59.3%	25.8%	8.5%	0.0%

Tue - 04/06/2010														
Secondary Schools	Total													
Chicken and Noodles	1 CUP	271	91	415	1.21	1.82	64.0	221	1.2	23.8	23.9	8.5	2.75	*0.00
Broccoli, Steamed	1/2 CUP	12	0	10	0.95	0.17	9.5	238	14.3	1.0	1.9	0.00	0.00	0.00
Whole Wheat Rolls	roll	140	0	190	4.75	1.05	15.1	0	5.1	6.0	24.0	2.5	0.50	0.00
Strawberry Cup:USDA	1 EACH	122	0	4	2.39	0.75	14.0	31	52.6	0.7	32.9	0.2	0.01	0.00
Refrigerator Cheesecake	1 each	319	13	431	1.75	1.29	44.6	382	0.1	4.4	49.1	11.6	4.96	*0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		1000	110	1215	11.05	5.84	447.1	1232	75.28	43.83	156.01	24.33	9.20	*0.00
% of Calories										17.5%	62.4%	21.9%	8.3%	0.0%

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.

Child Nutrition Program

Apr 1, 2010 thru Apr 30, 2010 Spreadsheet - Weighted Values
Secondary Schools

Page 2

Apr 1, 2010

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Prot	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 04/07/2010														
Secondary Schools	Total													
Baked Chicken	1 Each	220	86	77	0.00	1.18	13.7	143	0.00	27.2	0.00	11.5	3.19	*0.00
Mashed Potatoes	2/3 CUP	87	0	108	1.39	0.51	2.3	157	20.7	1.4	18.0	0.4	0.19	*0.00
Green Beans, ACS	1/2 CUP	22	0	194	1.51	0.71	20.7	270	3.5	1.0	3.7	0.7	0.11	*0.00
Whole Wheat Rolls SM	1 roll	179	1	173	2.49	1.62	20.0	132	0.0	5.1	32.4	3.4	1.42	*0.00
Fruit Salad	1/2 cup	79	0	132	0.24	0.01	42.3	*129	*0.4	1.2	17.8	0.0	0.01	*0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		722	93	850	5.63	4.80	399.1	*1191	*26.58	43.77	96.03	17.63	5.90	*0.00
% of Calories										24.2%	53.2%	22.0%	7.4%	0.0%

Thu - 04/08/2010														
Secondary Schools	Total													
Baked Ham	2.4 oz Servings	68	31	702	0.00	0.49	6.2	25	0.00	10.8	0.7	2.4	0.98	0.02
Sweet Potato Casserole	1/2 cup	121	32	68	1.21	0.43	23.9	3210	4.1	1.8	17.8	4.8	2.11	*0.00
Green Beans, ACS	1/2 CUP	22	0	194	1.51	0.71	20.7	270	3.5	1.0	3.7	0.7	0.11	*0.00
Cornbread WW	1 each	102	12	280	1.54	0.97	105.3	53	0.00	2.9	16.7	3.0	0.45	*0.00
Pineapple Upside Down Cake	SLICE	246	34	198	0.60	1.11	81.4	103	1.0	3.3	37.1	9.7	1.98	*0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		695	115	1607	4.86	4.47	537.5	4021	10.50	27.83	100.19	22.13	6.61	*0.02
% of Calories										16.0%	57.7%	28.7%	8.6%	0.0%

Fri - 04/09/2010														
Secondary Schools	Total													
Tacos with Chips	SERVING	314	59	231	2.74	2.02	11.8	223	3.9	18.9	21.1	16.4	5.06	*0.00
Rice, Brown	2/3 cup	128	0	2	0.75	0.55	1.5	0	0.00	3.0	26.3	0.8	0.00	*0.00
Refried Beans	1/2 cup	130	1	361	6.17	1.82	72.9	100	0.00	7.3	20.2	2.4	0.37	*0.00
Tossed Salad W/Ranch	1/4 cup	30	2	130	0.51	0.13	24.1	978	2.6	0.8	3.2	1.6	0.31	*0.00
Oranges	1 EACH	45	0	0	2.30	0.10	38.4	216	51.1	0.9	11.3	0.1	0.02	*0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		783	68	890	12.48	5.37	448.7	1877	59.55	38.85	106.25	22.79	6.74	*0.00
% of Calories										19.8%	54.3%	26.2%	7.7%	0.0%

Mon - 04/19/2010														
Secondary Schools	Total													
Chicken Tenders - Secondary	4 tenders	360	20	613	4.00	1.44	0.0	60	0.00	30.7	24.0	16.0	2.67	*0.00
Mashed Potatoes	1/2 CUP	65	0	81	1.04	0.38	1.7	118	15.5	1.0	13.5	0.3	0.14	*0.00
Broccoli, Steamed	1/2 CUP	12	0	10	0.95	0.17	9.5	238	14.3	1.0	1.9	0.00	0.00	0.00
Mandarin Oranges: drained	1/2 cup	80	0	20	1.00	0.36	19.9	299	20.9	1.0	19.9	0.00	0.00	0.00
Whole Wheat Rolls SM	1 roll	179	1	173	2.49	1.62	20.0	132	0.0	5.1	32.4	3.4	1.42	*0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		832	27	1063	9.48	4.73	351.2	1206	52.71	46.70	115.93	21.30	5.20	*0.00
% of Calories										22.5%	55.8%	23.0%	5.6%	0.0%

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.

Child Nutrition Program

Apr 1, 2010 thru Apr 30, 2010 Spreadsheet - Weighted Values
Secondary Schools

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 04/20/2010														
Secondary Schools	Total													
Tacos with Chips	SERVING	314	59	231	2.74	2.02	11.8	223	3.9	18.9	21.1	16.4	5.06	*0.00
Rice	3/4 CUP	185	0	96	0.43	1.57	2.2	0	0.00	4.3	40.2	0.00	0.00	*0.00
ACS Pinto Beans	1/4 cup	82	0	69	3.48	1.25	41.8	0	0.0	4.2	13.9	0.6	0.09	*0.00
Shredded Romaine Blend	1/2 cup	5	0	3	0.46	0.19	7.1	773	3.3	0.3	0.92	0.1	0.01	*0.00
Mandarin Oranges: drained	1/2 cup	80	0	20	1.00	0.36	19.9	299	20.9	1.0	19.9	0.00	0.00	0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		801	65	585	8.11	6.15	382.8	1654	30.22	36.69	120.23	18.64	6.13	*0.00
% of Calories										18.3%	60.0%	20.9%	6.9%	0.0%

Wed - 04/21/2010														
Secondary Schools	Total													
Fish Sandwich	1 sandwich	295	30	418	3.25	1.94	168.1	0	0.00	15.6	38.7	9.8	1.01	0.00
Corn on the Cob	1 EACH	59	0	151	1.76	0.38	1.9	146	3.0	2.0	14.1	0.5	0.07	*0.00
Baked Beans, ACS	1/4 CUP	73	0	288	2.62	0.81	21.4	94	0.3	2.9	15.5	0.1	0.01	*0.00
Cole Slaw	1/2 cup	171	12	134	2.01	0.45	35.2	2215	24.6	1.2	7.1	15.9	1.73	*0.00
Peaches: drained	1/2 cup	63	0	9	0.90	0.00	0.0	269	1.1	0.9	15.3	0.00	0.00	0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		796	48	1166	10.54	4.34	526.6	3084	30.91	30.61	114.88	27.68	3.79	*0.00
% of Calories										15.4%	57.7%	31.3%	4.3%	0.0%

Thu - 04/22/2010														
Secondary Schools	Total													
Chicken Enchilada	enchilida	282	57	743	3.11	1.26	181.7	325	1.9	20.6	27.8	10.1	4.22	*0.00
Rice, Brown	3/4 cup	144	0	3	0.84	0.62	1.7	0	0.00	3.4	29.6	0.8	0.00	*0.00
Romaine Blend W/Dressing	1/4 cup	21	1	83	0.65	0.27	21.6	1187	5.0	0.7	2.3	1.1	0.20	*0.00
Apple, fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	6.3	0.4	19.1	0.2	0.04	*0.00
Graham Cracker Snacks	serving	104	0	84	0.66	1.59	14.3	236	3.1	1.6	17.7	2.9	0.69	0.79
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		758	63	1079	8.58	4.66	527.6	2182	18.36	34.74	120.70	16.75	6.12	*0.79
% of Calories										18.3%	63.7%	19.9%	7.3%	0.9%

Fri - 04/23/2010														
Secondary Schools	Total													
Pizza - Sausage	1 slice	280	20	600	3.00	2.70	200.0	300	0.00	15.0	35.0	10.0	2.00	0.00
Spaghetti Noodles WG	2 oz	200	0	14	6.00	1.49	9.6	0	0.00	7.0	41.0	1.5	0.00	*0.00
Marinara Sauce	1/4 cup	83	*0	129	*2.69	*0.39	*2.6	*712	*18.7	2.6	17.9	0.5	0.00	*0.00
Carrot Sticks w/Dip	1/4 cup	42	2	154	1.23	0.13	32.5	7417	2.6	0.9	5.9	1.6	0.32	0.00
Pineapple Tidbits: undrained	1/2 cup	69	0	0	0.87	0.31	17.4	0	7.8	0.00	18.2	0.00	0.00	0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00

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.

Child Nutrition Program

Apr 1, 2010 thru Apr 30, 2010 Spreadsheet - Weighted Values
Secondary Schools

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average		810	*27	1063	*13.79	*5.78	*562.0	*8788	*31.12	33.52	142.30	15.13	3.29	*0.00
% of Calories										16.5%	70.2%	16.8%	3.7%	0.0%

Mon - 04/26/2010														
Secondary Schools	Total													
Chic Sandwich	1 sandwich	123	0	247	2.24	1.21	168.1	0	0.00	4.5	23.5	1.7	0.00	*0.00
Potato Rounds	3 ounce	156	0	342	2.07	0.37	0.0	0	0.00	2.1	21.8	6.2	1.04	0.00
Baked Beans: ACS	1/3 cup	88	0	335	3.22	1.04	27.6	163	1.3	3.6	19.0	0.1	0.01	*0.00
Orange Sherbet	4 ounces	107	1	34	0.96	0.10	40.0	34	1.7	0.8	22.5	1.48	0.86	*0.00
Sugar Cookie, 1 ounce	1 cookie	120	10	95	0.00	0.72	20.0	0	0.00	2.0	17.0	6.0	1.00	*0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		730	16	1218	8.50	4.20	555.7	557	5.02	21.00	128.05	16.99	3.88	*0.00
% of Calories										11.5%	70.2%	20.9%	4.8%	0.0%

Tue - 04/27/2010														
Secondary Schools	Total													
Baked Spaghetti	SERVINGS	383	*66	392	*4.29	*2.72	*300.1	*845	*14.5	24.8	37.2	16.0	7.75	*0.00
Romaine Blend W/Dressing	1/4 cup	21	1	83	0.65	0.27	21.6	1187	5.0	0.7	2.3	1.1	0.20	*0.00
Pineapple Tidbits: undrained	1/2 cup	69	0	0	0.87	0.31	17.4	0	7.8	0.00	18.2	0.00	0.00	0.00
Whole Wheat Toast	1 SLICE	70	0	140	2.00	0.72	20.0	0	0.00	3.0	11.0	1.0	0.00	*0.00
Sugar Cookie, 1 ounce	1 cookie	120	10	95	0.00	0.72	20.0	0	0.00	2.0	17.0	6.0	1.00	*0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		800	*82	875	*7.81	*5.50	*679.0	*2391	*29.24	38.49	110.00	25.55	9.93	*0.00
% of Calories										19.2%	55.0%	28.7%	11.2%	0.0%

Wed - 04/28/2010														
Secondary Schools	Total													
Sloppy Joe on a Bun	1 EACH	305	54	542	3.31	2.55	158.4	281	7.0	20.3	29.4	11.6	4.04	*0.00
Fries	3 oz	146	0	15	1.00	0.72	20.0	0	4.8	2.0	20.0	6.5	1.43	*0.00
Corn on the Cob	1 EACH	59	0	151	1.76	0.38	1.9	146	3.0	2.0	14.1	0.5	0.07	*0.00
Oranges	1 EACH	45	0	0	2.30	0.10	38.4	216	51.1	0.9	11.3	0.1	0.02	*0.00
Rice Krispy Treats	1 EACH	144	0	164	0.00	3.82	0.0	360	6.4	0.00	33.1	0.9	0.42	*0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		836	60	1038	8.38	8.33	518.7	1363	74.27	33.17	132.03	21.10	6.95	*0.00
% of Calories										15.9%	63.2%	22.7%	7.5%	0.0%

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.

Child Nutrition Program

Apr 1, 2010 thru Apr 30, 2010 Spreadsheet - Weighted Values
Secondary Schools

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Prot	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 04/29/2010														
Secondary Schools	Total													
Italian Chicken Casserole	serving	303	61	398	2.11	2.04	67.3	161	0.2	24.9	26.2	9.8	3.49	*0.00
California Vegetables	1/2 cup	17	0	20	1.33	0.00	13.3	1000	14.0	1.3	2.7	0.00	0.00	0.00
Romaine Blend W/Dressing	1/4 cup	21	1	83	0.65	0.27	21.6	1187	5.0	0.7	2.3	1.1	0.20	*0.00
Whole Wheat Rolls	roll	140	0	190	4.75	1.05	15.1	0	5.1	6.0	24.0	2.5	0.50	0.00
Mandarin Oranges: with liquid	1/2 cup serving	155	0	39	1.93	0.70	38.7	580	40.6	1.9	38.7	0.00	0.00	0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		772	68	896	10.78	4.81	455.9	3288	66.82	42.94	118.09	14.84	5.16	*0.00
% of Calories										22.3%	61.2%	17.3%	6.0%	0.0%

Fri - 04/30/2010														
Secondary Schools	Total													
Beef Burritos	Servings	328	64	524	3.00	2.89	146.3	69	0.8	22.2	26.4	14.6	5.86	*0.00
Rice, Brown	3/4 cup	144	0	3	0.84	0.62	1.7	0	0.00	3.4	29.6	0.8	0.00	*0.00
Taco Fixings w/Salsa	serving	181	45	326	0.17	0.30	258.5	613	1.7	7.9	3.4	15.1	9.32	*0.00
Hot Cinnamon Apples	1/2 cup	144	0	50	1.97	0.02	1.9	162	0.0	0.0	27.4	3.6	1.62	*0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		933	114	1067	5.98	4.59	708.4	1203	4.55	41.49	111.01	35.68	17.77	*0.00
% of Calories										17.8%	47.6%	34.4%	17.1%	0.0%

Weighted Average		811	*67	1110	*9.30	*6.49	*521.3	*2834	*33.66	36.79	119.67	22.00	7.21	*0.05
										18.2%	59.0%	24.4%	8.0%	0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	811		785	103%			
Cholesterol (mg)	67		72	93%	Missing		
Sodium (mg)	1110		1000	111%			Correction Required - Sodium too High
Fiber (g)	9.30		7.00	133%	Missing		
Iron (mg)	6.49		4.23	153%	Missing		
Calcium (mg)	521.3		370.45	141%	Missing		
Vitamin A (IU)	2834		1426	199%	Missing		
Vitamin C (mg)	33.66		17.42	193%	Missing		
Protein (g)	36.79	18.15%	14.56	253%			
Carbohydrate (g)	119.67	59.05%	118.00				
Total Fat (g)	22.00	24.42%	<30.00				
Saturated Fat (g)	7.21	8.01%	<10.00				
Trans Fat (g)	0.05	0.05%					

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

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.