

Child Nutrition Program

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

Feb 19, 2010

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Elementary Schools Lunch Menu

	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	
Thu - 04/01/2010															
Elementary Schools Lunch M	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	
Steamed Cabbage	1/4 cup	13	0	46	0.85	0.16	13.8	54	12.5	0.4	2.0	0.5	0.21	*0.00	
Glazed Carrots	1/2 cup	66	0	81	2.99	0.43	36.3	12972	2.3	0.7	11.5	2.2	0.85	*0.00	
Cornbread	1 EACH	119	17	240	0.89	1.01	112.5	57	0.00	2.8	17.8	4.1	0.66	*0.00	
Rainbow Cake	1 square	167	0	347	0.00	0.56	101.8	58	7.8	3.4	33.4	1.9	0.76	*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	114	1295	5.94	4.74	628.4	13722	25.66	39.17	112.83	18.66	6.21	*0.00	
% of Calories										20.3%	58.5%	21.8%	7.2%	0.0%	

Fri - 04/02/2010															
Elementary Schools Lunch M	Total														
Chicken Fajita Plain	1 serving	130	90	695	0.00	1.08	10.8	64	0.7	18.7	1.1	5.4	1.44	0.00	
Rice, Brown	1/2 cup	86	0	2	0.51	0.37	1.0	0	0.00	2.0	17.7	0.5	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	
Sun Chips	1 bag	140	0	160	2.00	0.36	0.0	0	0.00	2.0	19.0	6.0	1.00	0.00	
Pineapple Tidbits	1/2 cup	66	0	0	0.83	0.30	16.5	0	7.4	0.00	17.3	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		640	96	1091	6.81	4.12	370.1	424	10.18	34.91	93.34	14.04	3.51	*0.00	
% of Calories										21.8%	58.3%	19.7%	4.9%	0.0%	

Mon - 04/05/2010															
Elementary Schools Lunch M	Total														
Hamburger Steak	1 steak	166	40	401	1.22	21.78	28.1	0	0.00	15.3	1.4	11.1	4.52	*0.00	
Sweet Potato, Baked	1/2 EACH	56	0	36	1.95	0.40	19.5	9222	1.6	1.0	13.1	0.0	0.01	*0.00	
Green Beans, ACS	1/4 CUP	11	0	97	0.76	0.36	10.4	135	1.7	0.5	1.8	0.4	0.05	*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	
Grapes	1/2 CUP	31	0	1	0.41	0.13	6.4	46	1.84	0.3	7.9	0.2	0.05	*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		579	47	874	6.83	25.04	384.5	9894	7.11	30.11	80.80	16.64	7.03	*0.00	
% of Calories										20.8%	55.8%	25.9%	10.9%	0.0%	

Tue - 04/06/2010															
Elementary Schools Lunch M	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	
Quick Baked Potato	1 servings	102	0	57	2.43	0.89	13.3	99	21.1	2.2	18.8	2.3	0.34	*0.00	
Carrot Sticks w/Dip	1/2 cup	83	3	309	2.46	0.26	65.0	14834	5.2	1.8	11.8	3.2	0.64	0.00	
Ketchup: individual	1 EACH	6	0	67	0.05	0.03	1.1	56	0.9	0.1	1.5	0.0	0.00	*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	
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		694	39	1018	11.50	4.04	555.8	15424	35.54	28.03	114.08	17.10	3.00	*0.00	
% of Calories										16.1%	65.7%	22.2%	3.9%	0.0%	

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Elementary Schools Lunch Menu

	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
Wed - 04/07/2010														
Elementary Schools Lunch M	Total													
Chicken Pot Pie, ACS	2/3 cup	232	61	570	1.57	1.60	40.2	2868	3.4	20.9	14.2	8.8	2.50	*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
Black Eye Peas	1/4 cup	104	0	393	3.28	1.18	43.7	0	0.0	5.5	16.4	0.6	0.09	*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
Cranberry Sauce	1/4 cup	104	0	20	0.69	0.15	2.8	29	1.4	0.1	26.9	0.1	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		820	68	1402	9.07	5.69	408.5	3506	22.29	40.55	127.57	14.82	5.13	*0.00
% of Calories										19.8%	62.3%	16.3%	5.6%	0.0%

Thu - 04/08/2010														
Elementary Schools Lunch M	Total													
Barbecue Pork	3 ounces	314	109	420	0.00	1.21	12.1	146	1.2	33.2	6.0	16.4	6.03	*0.00
Baked Beans: ACS	1/4 cup	66	0	251	2.41	0.78	20.7	122	1.0	2.7	14.3	0.1	0.01	*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
Sun Chips	bag	140	0	160	2.00	0.36	0.0	0	0.00	2.0	19.0	6.0	1.00	0.00
Peaches: slcd 1/4 cup w/liquid	1/2 cup	67	0	10	0.95	0.00	0.0	286	1.1	1.0	16.2	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		782	115	1157	7.13	3.50	334.8	1060	8.36	48.81	93.81	24.47	8.09	*0.00
% of Calories										25.0%	48.0%	28.1%	9.3%	0.0%

Fri - 04/09/2010														
Elementary Schools Lunch M	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
Tossed Salad W/Ranch	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
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		680	*72	780	*7.81	*4.78	*659.0	*2391	*29.24	36.49	93.00	19.55	8.93	*0.00
% of Calories										21.5%	54.7%	25.9%	11.8%	0.0%

Mon - 04/19/2010														
Elementary Schools Lunch M	Total													
Cheese Sticks	serving	311	10	768	4.15	2.62	269.9	208	0.00	14.5	35.3	12.5	4.15	0.00
Dipping Sauce	2 ounces	26	0	272	0.45	0.71	0.0	397	2.4	1.4	4.7	0.3	0.00	*0.00
Carrot Sticks w/Dip	1/2 cup	83	3	309	2.46	0.26	65.0	14834	5.2	1.8	11.8	3.2	0.64	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
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		696	19	1655	9.93	5.38	672.3	15798	17.36	28.73	105.26	18.57	5.77	*0.00
% of Calories										16.5%	60.5%	24.0%	7.5%	0.0%

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Elementary Schools Lunch Menu

	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
Tue - 04/20/2010														
Elementary Schools Lunch M	Total													
Grilled Chicken	serving	137	42	427	0.01	0.55	8.8	30	0.7	15.0	3.2	6.6	1.90	*0.00
Rice, Brown	2/3 cup	115	0	2	0.68	0.49	1.3	0	0.00	2.7	23.6	0.7	0.00	*0.00
Green Peas	1/4 cup	35	0	162	1.26	0.00	0.0	154	5.0	1.7	5.0	0.8	0.28	*0.00
Bananas	1/2 EACH	45	0	1	1.31	0.13	2.5	32	4.4	0.6	11.5	0.2	0.06	*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		468	48	757	3.26	1.93	312.7	576	12.14	27.93	67.65	9.79	3.21	*0.00
% of Calories										23.9%	57.8%	18.8%	6.2%	0.0%

Wed - 04/21/2010														
Elementary Schools Lunch M	Total													
Sloppy Joe on a Bun	SERVINGS	305	54	542	3.31	2.55	158.4	281	7.0	20.3	29.4	11.6	4.04	*0.00
Whole Kernel Corn	1/4 cup	44	0	169	1.09	0.10	5.5	0	2.0	1.1	9.3	0.5	0.00	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
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		650	70	972	6.70	4.22	522.3	857	62.05	32.31	91.16	19.77	6.03	*0.00
% of Calories										19.9%	56.1%	27.4%	8.3%	0.0%

Thu - 04/22/2010														
Elementary Schools Lunch M	Total													
Crispito With Cheese	1 crispito	273	48	524	2.01	*0.04	*82.2	*262	*0.0	11.9	22.4	14.4	5.26	*0.00
Rice, Brown	1/2 cup	86	0	2	0.51	0.37	1.0	0	0.00	2.0	17.7	0.5	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
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		721	54	810	7.97	*2.44	*426.9	*784	*2.06	26.07	105.71	20.67	7.95	*0.00
% of Calories										14.5%	58.6%	25.8%	9.9%	0.0%

Fri - 04/23/2010														
Elementary Schools Lunch M	Total													
Oven Fried Chicken	SERVINGS	338	90	106	0.34	1.78	73.7	190	0.4	30.9	9.7	18.7	4.29	*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
Green Peas	1/4 cup	35	0	162	1.26	0.00	0.0	154	5.0	1.7	5.0	0.8	0.28	*0.00
Peaches: slcd 1/4 cup 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
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 - Variety	HALF PINT	127	7	126	0.79	0.40	264.9	446	1.4	7.4	20.0	2.0	1.28	*0.00
Weighted Daily Average		806	99	657	6.83	4.18	360.4	1309	23.47	47.04	95.81	25.28	7.40	*0.00
% of Calories										23.3%	47.5%	28.2%	8.3%	0.0%

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Elementary Schools Lunch Menu

	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	
Mon - 04/26/2010															
Elementary Schools Lunch M	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, Baked	1/2 EACH	56	0	36	1.95	0.40	19.5	9222	1.6	1.0	13.1	0.0	0.01	*0.00	
ACS Turnip Greens	1/2 cup	48	0	165	1.98	1.49	102.3	9386	12.5	2.4	6.5	1.5	0.27	*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	
Cornbread	1 EACH	119	17	240	0.89	1.01	112.5	57	0.00	2.8	17.8	4.1	0.66	*0.00	
Milk - Variety	HALF PINT	127	7	126	0.79	0.40	264.9	446	1.4	7.4	20.0	2.0	1.28	*0.00	
Weighted Daily Average		463	56	1269	7.91	3.89	543.7	19351	66.52	25.39	69.33	10.11	3.22	*0.02	
% of Calories										21.9%	59.9%	19.7%	6.3%	0.0%	

Tue - 04/27/2010															
Elementary Schools Lunch M	Total														
Meat Loaf	3/4" SLICE	256	95	122	1.12	2.50	19.0	100	0.9	23.8	6.1	14.6	5.57	*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	
Glazed Carrots	1/2 cup	66	0	81	2.99	0.43	36.3	12972	2.3	0.7	11.5	2.2	0.85	*0.00	
Peaches, Frozen:USDA	1 Each	118	0	8	2.20	0.46	4.0	354	117.6	0.8	29.9	0.2	0.01	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	
Whole Wheat Bread	1 each	70	0	140	2.00	0.72	20.0	0	0.00	3.0	11.0	1.0	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		831	110	692	9.35	5.97	401.0	13904	138.26	39.33	113.21	25.77	8.55	*0.00	
% of Calories										18.9%	54.5%	27.9%	9.3%	0.0%	

Wed - 04/28/2010															
Elementary Schools Lunch M	Total														
Nachos w/Ground Beef	SERVINGS	374	68	625	1.15	1.79	221.0	519	0.3	19.0	18.8	24.4	11.04	*2.50	
Rice, Brown	1/2 cup	86	0	2	0.51	0.37	1.0	0	0.00	2.0	17.7	0.5	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 Lettuce	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	
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	
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		755	74	866	8.91	4.53	579.2	1726	11.96	33.87	94.66	27.41	12.16	*2.50	
% of Calories										18.0%	50.2%	32.7%	14.5%	3.0%	

Thu - 04/29/2010															
Elementary Schools Lunch M	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	
Tossed Salad W/Ranch	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	
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	
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	

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	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
Weighted Daily Average		737	27	1052	5.59	8.24	560.2	2787	53.92	25.67	133.33	13.52	3.60	*0.00
% of Calories										13.9%	72.4%	16.5%	4.4%	0.0%

Fri - 04/30/2010														
Elementary Schools Lunch M														
	Total													
Turkey Deli Sandwich	1 Sandwich	228	37	306	4.00	2.66	55.0	28	4.9	20.5	22.0	5.0	1.50	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 - Variety	HALF PINT	127	7	126	0.79	0.40	264.9	446	1.4	7.4	20.0	2.0	1.28	*0.00
Weighted Daily Average		623	57	716	6.99	4.02	412.4	7926	10.60	31.65	87.36	16.12	4.96	*0.00
% of Calories										20.3%	56.1%	23.3%	7.2%	0.0%

Weighted Average		689	*68	1004	*7.56	*5.69	*478.4	*6555	*31.57	33.89	98.76	18.37	6.16	*0.15
										19.7%	57.3%	24.0%	8.0%	0.2%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	689		664	104%			
Cholesterol (mg)	68		72	95%	Missing		
Sodium (mg)	1004		1000	100%			Correction Required - Sodium too High
Fiber (g)	7.56		4.00	189%	Missing		
Iron (mg)	5.69		3.50	163%	Missing		
Calcium (mg)	478.4		286.00	167%	Missing		
Vitamin A (IU)	6555		5600	117%	Missing		
Vitamin C (mg)	31.57		15.00	210%	Missing		
Protein (g)	33.89	19.66%	10.00	339%			
Carbohydrate (g)	98.76	57.31%	100.00				
Total Fat (g)	18.37	23.99%	<30.00				
Saturated Fat (g)	6.16	8.04%	<10.00				
Trans Fat (g)	0.15	0.19%					

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.