

# Child Nutrition Program

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Weighted Values

Jan 14, 2010

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## 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	
Mon - 02/01/2010															
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%	

Tue - 02/02/2010															
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%	

Wed - 02/03/2010															
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, 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	1/2 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	
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		464	48	1397	6.00	3.68	471.6	10228	27.94	24.71	78.30	7.64	2.53	*0.02	
% of Calories										21.3%	67.5%	14.8%	4.9%	0.0%	

Thu - 02/04/2010															
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	109	0	0	0.64	0.46	0.0	0	0.00	2.6	22.5	0.6	0.00	0.00	
Refried Beans	1/4 cup	65	1	180	3.09	0.91	36.4	50	0.00	3.6	10.1	1.2	0.19	*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	
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		829	68	887	9.46	4.43	398.4	2751	11.04	34.70	111.74	26.52	8.47	*0.00	
% of Calories										16.7%	53.9%	28.8%	9.2%	0.0%	

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Secondary Schools

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	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
Fri - 02/05/2010														
Secondary Schools	Total													
ACS Chicken Broccoli Casserole	3/4 cup	332	90	466	0.73	1.84	136.7	435	6.9	30.7	19.4	13.8	6.04	*0.00
Black Eye Peas	1/4 cup	104	0	414	3.28	1.58	0.1	0	0.0	6.5	18.6	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
Pears	1/2 cup	73	0	5	1.83	0.33	0.0	0	1.1	0.00	18.3	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		824	97	1224	8.34	6.12	456.8	926	10.02	50.25	112.87	19.40	8.52	*0.00
% of Calories										24.4%	54.8%	21.2%	9.3%	0.0%

Mon - 02/08/2010														
Secondary Schools	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
Baked Potato	serving	206	12	62	2.00	1.42	42.9	403	6.3	4.9	26.2	10.0	5.48	*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
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
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		788	68	1068	7.68	26.11	431.7	1318	12.84	35.07	99.70	30.34	12.08	*0.00
% of Calories										17.8%	50.6%	34.7%	13.8%	0.0%

Tue - 02/09/2010														
Secondary Schools	Total													
Hot Wing Chicken Sandwich	1 sandwich	233	40	973	2.08	1.68	159.9	202	6.9	21.0	22.5	6.1	1.87	*0.00
Potato Salad	1/2 CUP	176	8	258	1.73	0.39	13.9	123	6.7	1.7	18.6	10.9	1.20	*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: drained	1/4 cup	40	0	10	0.50	0.18	10.0	150	10.5	0.5	10.0	0.00	0.00	0.00
Cake: With Topping	1 piece	120	0	197	0.21	0.33	75.4	59	0.1	2.2	22.2	2.5	0.38	*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		727	55	1687	5.17	3.61	580.7	2079	31.13	34.16	99.81	22.12	4.63	*0.00
% of Calories										18.8%	54.9%	27.4%	5.7%	0.0%

Wed - 02/10/2010														
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
Rice, Brown	3/4 cup	123	0	0	0.72	0.52	0.0	0	0.00	2.9	25.3	0.7	0.00	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
Pears	1/2 cup	73	0	5	1.83	0.33	0.0	0	1.1	0.00	18.3	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 - 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		743	93	430	6.00	4.58	343.3	872	17.35	44.05	102.18	17.17	5.59	*0.00
% of Calories										23.7%	55.0%	20.8%	6.8%	0.0%

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Secondary Schools

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<b>Thu - 02/11/2010</b>														
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
Shredded Lettuce	1/4 cup	5	0	4	0.43	0.15	6.5	181	1.0	0.3	1.1	0.1	0.01	*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
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
Condiments One	serving	96	*0	207	*0.11	*0.06	*2.2	*112	*1.8	0.3	3.1	9.0	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		550	*16	717	*3.65	*3.21	*514.1	*652	*12.61	15.06	87.21	18.30	1.99	*0.00
% of Calories										10.9%	63.4%	29.9%	3.2%	0.0%

<b>Fri - 02/12/2010</b>														
Secondary Schools	Total													
Barbecue Stuffed Potato	Potato	446	82	*1204	0.00	0.81	240.0	995	2.3	18.4	17.1	32.9	16.33	*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
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
Peaches: sldd 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
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		862	100	*1854	3.82	3.19	604.9	2724	8.87	32.82	91.05	42.10	18.63	*0.00
% of Calories										15.2%	42.3%	44.0%	19.5%	0.0%

<b>Tue - 02/16/2010</b>														
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
Veggie Sticks	1/2 cup	14	0	20	1.19	0.27	11.9	2179	12.9	0.8	2.8	0.0	0.01	*0.00
Ranch Dressing, from mix	1 ounce	47	3	248	0.00	0.00	36.0	60	0.00	1.0	3.4	3.0	0.60	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
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		867	*29	1211	*13.84	*5.70	*600.0	*3644	*35.35	35.17	146.82	18.05	4.44	*0.00
% of Calories										16.2%	67.8%	18.7%	4.6%	0.0%

<b>Wed - 02/17/2010</b>														
Secondary Schools	Total													
Egg Roll, Pork	egg roll	301	69	745	1.00	2.34	40.0	1250	3.0	22.0	20.0	15.0	5.00	*0.00
FRIED RICE	3/4 CUP	184	108	409	1.40	1.82	29.0	1873	1.49	6.7	29.4	3.9	1.01	*0.00
Stir Fry Vegetables	1/2 cup	18	0	10	1.00	0.18	10.0	625	7.5	1.0	3.0	0.00	0.00	*0.00
Mandarin Oranges: drained	1/4 cup	40	0	10	0.50	0.18	10.0	150	10.5	0.5	10.0	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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Weighted Daily Average		823	183	1504	3.90	9.09	389.0	4618	30.80	38.22	119.66	21.41	7.41	*0.00
% of Calories										18.6%	58.2%	23.4%	8.1%	0.0%

Thu - 02/18/2010														
Secondary Schools	Total													
Ranch Parmesan Pasta Chicken	serving	347	83	550	2.57	1.85	134.0	5403	15.4	25.0	28.2	14.4	6.80	*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
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
Garlic Bread	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		636	89	875	6.73	3.63	483.9	6763	38.77	37.35	83.47	16.95	7.77	*0.00
% of Calories										23.5%	52.5%	24.0%	11.0%	0.0%

Fri - 02/19/2010														
Secondary Schools	Total													
Crispito	1 crispito	220	35	320	2.00	*0.00	*0.0	*0	*0.00	9.0	22.0	10.0	2.50	*0.00
Rice, Brown	1/2 cup	82	0	0	0.48	0.35	0.0	0	0.00	1.9	16.9	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	1/4 cup	3	0	2	0.22	0.07	3.2	90	0.5	0.2	0.5	0.0	0.00	*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		667	41	607	8.15	*2.45	*346.9	*613	*2.53	23.26	105.00	16.23	5.19	*0.00
% of Calories										14.0%	63.0%	21.9%	7.0%	0.0%

Mon - 02/22/2010														
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	1/4 cup	66	0	251	2.41	0.78	20.7	122	1.0	2.7	14.3	0.1	0.01	*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
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		779	61	1437	9.85	25.13	588.7	15437	9.32	34.02	107.88	25.42	8.30	*0.00
% of Calories										17.5%	55.4%	29.4%	9.6%	0.0%

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Tue - 02/23/2010														
Secondary Schools	Total													
Chili With Beans	3/4 CUP	343	96	306	4.92	3.88	47.9	849	20.9	30.5	14.4	17.2	6.64	*0.00
Rice, Brown	2/3 cup	109	0	0	0.64	0.46	0.0	0	0.00	2.6	22.5	0.6	0.00	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
Shredded Lettuce	1/2 cup	5	0	4	0.43	0.15	6.5	181	1.0	0.3	1.1	0.1	0.01	*0.00
Cheddar Cheese, Shredded: B031	1 ounce	115	30	178	0.00	0.19	206.5	288	0.00	7.1	0.4	9.5	6.05	*0.00
Sour Cream	1 ounce	55	15	23	0.00	0.05	31.2	163	0.3	0.6	0.8	5.6	3.26	*0.00
Diced Tomatoes	1/4 cup	8	0	2	0.54	0.12	4.5	375	5.7	0.4	1.8	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		912	147	838	8.54	5.98	596.6	2215	29.82	51.49	84.24	40.59	17.95	*0.00
% of Calories										22.6%	37.0%	40.1%	17.7%	0.0%

Wed - 02/24/2010														
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
Quick Baked Potato	servings	102	0	57	2.43	0.89	13.3	99	21.1	2.2	18.8	2.3	0.34	*0.00
Green Peas	1/2 cup	70	0	323	2.53	0.00	0.0	307	10.1	3.4	10.1	1.6	0.55	*0.00
Pears	1/2 cup	73	0	5	1.83	0.33	0.0	0	1.1	0.00	18.3	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 - 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		780	93	801	9.28	4.78	347.1	1041	34.29	45.76	103.80	20.39	6.47	*0.00
% of Calories										23.5%	53.2%	23.5%	7.5%	0.0%

Thu - 02/25/2010														
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
Brown Rice	3/4 cup	98	0	0	0.58	0.42	0.0	0	0.00	2.3	20.3	0.6	0.00	0.00
Refried Beans	1/4 cup	65	1	180	3.09	0.91	36.4	50	0.00	3.6	10.1	1.2	0.19	*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
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		856	73	1223	8.71	4.76	576.8	1315	44.47	38.52	138.04	19.45	6.38	*0.00
% of Calories										18.0%	64.5%	20.5%	6.7%	0.0%

Fri - 02/26/2010														
Secondary Schools	Total													
Steak and Gravy II	1 Serving	359	*0	1007	*0.00	2.90	37.0	77	0.00	15.0	21.6	23.2	7.91	*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 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
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
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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# Child Nutrition Program

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Weighted Values  
Secondary Schools

Jan 14, 2010

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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		824	*7	1631	*5.94	6.37	379.5	1226	22.05	30.97	110.67	29.23	10.55	*0.00
% of Calories										15.0%	53.7%	31.9%	11.5%	0.0%

Weighted Average		770	*73	*1162	*7.73	*7.03	*487.3	*3395	*22.53	35.84	106.55	23.23	8.16	*0.00
										18.6%	55.4%	27.2%	9.5%	0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	770		785	98%		15	Correction Required - Calories are Low Correction Required - Cholesterol too High Correction Required - Sodium too High
Cholesterol (mg)	73		72	102%	Missing		
Sodium (mg)	1162		1000	116%	Missing		
Fiber (g)	7.73		7.00	110%	Missing		
Iron (mg)	7.03		4.23	166%	Missing		
Calcium (mg)	487.3		370.45	132%	Missing		
Vitamin A (IU)	3395		1426	238%	Missing		
Vitamin C (mg)	22.53		17.42	129%	Missing		
Protein (g)	35.84	18.62%	14.56	246%			
Carbohydrate (g)	106.55	55.35%	118.00				
Total Fat (g)	23.23	27.15%	<30.00				
Saturated Fat (g)	8.16	9.54%	<10.00				
Trans Fat (g)	0.00	0.00%					

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

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