

# Child Nutrition Program

**Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Weighted Values**  
**Secondary Schools**

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Feb 2, 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
<b>Mon - 03/01/2010</b>														
Secondary Schools	Total													
Chicken Tenders	3 tenders	270	15	460	3.00	1.08	0.0	45	0.00	23.0	18.0	12.0	2.00	*0.00
Mashed Potatoes	3/4 CUP	98	0	122	1.56	0.58	2.6	177	23.3	1.6	20.2	0.5	0.22	*0.00
Chicken Gravy	1 ounce	19	0	157	0.00	0.00	0.6	0	0.00	0.00	3.3	0.6	0.28	*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
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		724	22	1271	8.56	4.75	343.9	984	28.73	38.56	101.83	18.74	5.00	*0.00
% of Calories										21.3%	56.3%	23.3%	6.2%	0.0%

<b>Tue - 03/02/2010</b>														
Secondary Schools	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 cup	164	0	0	0.97	0.69	0.0	0	0.00	3.9	33.8	1.0	0.00	0.00
ACS Pinto Beans	1/2 cup	164	0	139	6.95	2.51	83.5	0	0.1	8.3	27.8	1.3	0.18	*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
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		1001	64	973	11.90	*4.74	*487.6	*784	*2.10	34.06	152.67	27.76	9.04	*0.00
% of Calories										13.6%	61.0%	24.9%	8.1%	0.0%

<b>Wed - 03/03/2010</b>														
Secondary Schools	Total													
Stromboli	SERVINGS	273	40	660	1.20	2.42	218.1	141	0.0	19.8	31.2	7.0	2.82	*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
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
Chocolate Chip Fantasy	serving	153	13	131	0.50	0.67	56.7	208	0.1	2.8	21.0	6.8	2.05	*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		890	73	1193	5.93	5.76	670.2	8827	31.90	37.32	128.50	26.95	11.64	*0.00
% of Calories										16.8%	57.7%	27.3%	11.8%	0.0%

<b>Thu - 03/04/2010</b>														
Secondary Schools	Total													
Baked Chicken	Serving	220	86	77	0.00	1.18	13.7	143	0.00	27.2	0.00	11.5	3.19	*0.00
Buttered Noodles	1 cup	176	0	18	4.80	1.15	0.0	81	0.00	5.6	32.8	3.0	0.81	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
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
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		716	91	694	8.30	3.83	376.1	*866	*7.46	46.66	90.86	17.84	5.27	*0.00
% of Calories										26.1%	50.7%	22.4%	6.6%	0.0%

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**Mar 1, 2010 thru Mar 31, 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
Fri - 03/05/2010														
Secondary Schools	Total													
Lasagna	SERVINGS	394	*64	519	*3.10	*2.81	*270.7	*923	*14.5	24.8	39.4	15.2	7.56	*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
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
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		803	*72	988	*7.40	*4.81	*671.3	*2294	*28.18	37.37	117.69	20.81	9.70	*0.00
% of Calories										18.6%	58.6%	23.3%	10.9%	0.0%

Mon - 03/08/2010														
Secondary Schools	Total													
Chicken Parmesan	servings	159	52	566	1.11	1.42	146.7	350	1.9	13.5	10.0	7.2	2.94	*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
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
Toasted Buns	1/2 bun	110	0	220	2.00	1.08	150.0	0	0.00	4.0	21.0	1.5	0.00	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		778	59	1000	10.90	5.14	662.7	743	13.02	33.31	136.06	13.23	4.77	*0.00
% of Calories										17.1%	70.0%	15.3%	5.5%	0.0%

Tue - 03/09/2010														
Secondary Schools	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	3/4 CUP	98	0	122	1.56	0.58	2.6	177	23.3	1.6	20.2	0.5	0.22	*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
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
Peach Cobbler	SERVINGS	208	0	54	2.07	0.98	5.9	479	3.3	1.7	39.6	5.8	1.44	*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		817	101	768	8.73	7.02	449.8	10502	41.94	40.42	107.68	24.89	8.46	*0.00
% of Calories										19.8%	52.7%	27.4%	9.3%	0.0%

Wed - 03/10/2010														
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
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
Pears: Sliced, drained	1/2 cup	70	0	4	1.76	0.32	0.0	0	1.1	0.00	17.6	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
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		821	106	1115	8.75	5.40	492.5	1065	18.54	47.61	105.89	24.56	8.62	*0.00
% of Calories										23.2%	51.6%	26.9%	9.5%	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 Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
<b>Thu - 03/11/2010</b>														
Secondary Schools	Total													
Beef Burritos ACS	Servings	283	64	415	3.00	2.08	81.3	69	0.8	21.7	22.4	12.1	4.36	*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
ACS Pinto Beans	1/2 cup	164	0	139	6.95	2.51	83.5	0	0.1	8.3	27.8	1.3	0.18	*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		837	69	769	12.57	5.83	466.7	591	2.90	40.65	124.38	19.10	7.14	*0.00
% of Calories										19.4%	59.5%	20.5%	7.7%	0.0%
<b>Fri - 03/12/2010</b>														
Secondary Schools	Total													
Barbecue Chicken on a Bun	1 EACH	249	51	502	2.49	1.81	160.6	239	3.1	20.7	28.4	5.8	1.19	*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
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
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
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		736	57	971	5.25	3.89	577.5	2113	16.11	34.51	112.36	17.42	4.18	*0.00
% of Calories										18.8%	61.1%	21.3%	5.1%	0.0%
<b>Mon - 03/15/2010</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
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	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		787	*27	992	*13.17	*5.90	*550.3	*2558	*33.13	33.37	137.86	14.57	3.18	*0.00
% of Calories										17.0%	70.1%	16.7%	3.6%	0.0%
<b>Tue - 03/16/2010</b>														
Secondary Schools	Total													
Cheesy Chicken Fiesta W/Rice	1 serving	206	67	384	0.26	0.87	132.8	406	2.5	17.5	4.1	13.1	6.75	*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
Pears: Sliced, drained	1/2 cup	70	0	4	1.76	0.32	0.0	0	1.1	0.00	17.6	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
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		780	75	1268	6.02	4.83	575.3	1226	16.79	34.88	115.43	20.70	10.01	*0.00
% of Calories										17.9%	59.2%	23.9%	11.5%	0.0%

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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
<b>Wed - 03/17/2010</b>														
Secondary Schools	Total													
Baked Ham - Secondary Schools	2.5 ounces	69	31	713	0.00	0.50	6.2	25	0.00	11.0	0.7	2.4	1.00	0.02
Sweet Potato, Baked	1 EACH	112	0	71	3.90	0.79	39.0	18443	3.1	2.0	26.2	0.1	0.02	*0.00
Blackeye Peas: Low Sodium	1/2 cup	90	0	100	3.00	1.44	0.0	0	0.00	6.0	17.0	0.00	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
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
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		699	49	1494	10.74	8.37	489.0	19457	62.53	30.86	129.15	8.03	2.89	*0.02
% of Calories										17.7%	73.9%	10.3%	3.7%	0.0%

<b>Thu - 03/18/2010</b>														
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
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 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
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
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		855	105	771	6.00	4.99	419.0	*1320	*13.72	48.01	105.67	27.27	11.36	*0.00
% of Calories										22.5%	49.4%	28.7%	12.0%	0.0%

<b>Mon - 03/22/2010</b>														
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 Chips - Original	bag	130	0	200	2.00	0.36	20.0	0	2.4	2.0	26.00	2.0	0.00	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
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
Peach Short Cake	1 EACH	118	0	194	0.21	0.33	73.1	54	0.1	2.1	21.8	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		732	45	1436	8.27	25.23	598.5	717	6.53	34.45	109.78	18.76	5.89	*0.00
% of Calories										18.8%	60.0%	23.1%	7.2%	0.0%

<b>Tue - 03/23/2010</b>														
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
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
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
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 - 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

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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
Weighted Daily Average		840	105	1287	9.08	4.73	464.1	3208	16.88	41.91	100.56	30.38	12.40	*0.00
% of Calories										20.0%	47.9%	32.5%	13.3%	0.0%

Wed - 03/24/2010														
Secondary Schools	Total													
Cheesy Chicken Spaghetti	1 cup	356	70	477	3.80	2.53	198.4	1016	19.1	25.8	32.6	12.9	6.27	*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
California Vegetables	3/4 cup	25	0	30	2.00	0.00	20.0	1500	21.0	2.0	4.0	0.00	0.00	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
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		894	112	1269	9.42	5.37	668.1	4935	48.21	43.79	115.32	28.30	9.85	*0.00
% of Calories										19.6%	51.6%	28.5%	9.9%	0.0%

Thu - 03/25/2010														
Secondary Schools	Total													
Chicken Tenders	3 tenders	270	15	460	3.00	1.08	0.0	45	0.00	23.0	18.0	12.0	2.00	*0.00
Mashed Potatoes	3/4 CUP	98	0	122	1.56	0.58	2.6	177	23.3	1.6	20.2	0.5	0.22	*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
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		778	22	1119	10.40	5.07	343.3	984	29.83	38.56	116.81	18.18	4.72	*0.00
% of Calories										19.8%	60.1%	21.0%	5.5%	0.0%

Fri - 03/26/2010														
Secondary Schools	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
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	1/4 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	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		818	*17	1160	*14.32	*5.81	*620.2	*2465	*33.13	32.90	138.16	17.02	5.33	*0.00
% of Calories										16.1%	67.5%	18.7%	5.9%	0.0%

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# Child Nutrition Program

**Mar 1, 2010 thru Mar 31, 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
<b>Mon - 03/29/2010</b>														
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	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
ACS Pinto Beans	1/2 cup	164	0	139	6.95	2.51	83.5	0	0.1	8.3	27.8	1.3	0.18	*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
Salsa	1 ounce	11	0	146	0.00	0.00	21.6	108	1.3	0.00	2.2	0.00	0.00	0.00
Apple Crisp	SERVINGS	197	0	104	1.89	0.73	13.8	325	0.3	1.8	30.2	7.6	3.32	*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		954	77	1320	12.60	5.77	631.8	1282	5.84	41.92	135.55	26.74	11.95	*0.00
% of Calories										17.6%	56.8%	25.2%	11.3%	0.0%

<b>Tue - 03/30/2010</b>														
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
Sweet Potato, Baked	1 EACH	112	0	71	3.90	0.79	39.0	18443	3.1	2.0	26.2	0.1	0.02	*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
Peaches: sldd 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 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		850	57	1239	11.09	25.67	407.2	19528	16.33	36.68	127.47	23.79	8.48	*0.00
% of Calories										17.3%	60.0%	25.2%	9.0%	0.0%

<b>Wed - 03/31/2010</b>														
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%

Weighted Average		811	*66	1127	*9.30	*7.11	*524.8	*4024	*22.95	38.27	118.61	21.23	7.48	*0.00
										18.9%	58.5%	23.6%	8.3%	0.0%

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# Child Nutrition Program

**Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Weighted Values**  
**Secondary Schools**

**Feb 2, 2010**

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Nutrient	Menu AVG	Portion		mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
		Size	Cals	Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat	Tr-Fat
Calories	811		785	103%											
Cholesterol (mg)	66		72	92%	Missing										
Sodium (mg)	1127		1000	113%											
Fiber (g)	9.30		7.00	133%	Missing										
Iron (mg)	7.11		4.23	168%	Missing										
Calcium (mg)	524.8		370.45	142%	Missing										
Vitamin A (IU)	4024		1426	282%	Missing										
Vitamin C (mg)	22.95		17.42	132%	Missing										
Protein (g)	38.27	18.88%	14.56	263%											
Carbohydrate (g)	118.61	58.52%	118.00												
Total Fat (g)	21.23	23.57%	<30.00												
Saturated Fat (g)	7.48	8.30%	<10.00												
Trans Fat (g)	0.00	0.00%													

Correction Required - Sodium too High

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

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