

# JAMESTOWN PUBLIC SCHOOLS FOOD SERVICE

Jan 4, 2010 thru Jan 29, 2010 Spreadsheet - Weighted Values

Dec 9, 2009

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## HOLY FAMILY SCHOOL LUNCH MENU

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Mon - 01/04/2010															
HOLY FAMILY SCHOOL LU	Total	1													
mini burgers	2 each	1	209	73	71	0.00	2.20	22.1	0	0	0.00	20.4	0.00	13.6	5.15
FRENCH FRIES	1/2 CUP	1	134	0	178	2.14	0.83	5.4	0	0	6.8	2.1	20.9	5.1	0.84
SEASONED VEGETABLES	1/2 CUP	1	60	0	283	2.72	0.88	19.9	3904	508	4.7	2.7	12.7	0.5	0.09
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.8	157	14	4.2	0.4	17.3	0.1	0.00
MILK - Variety	1 CUP SE	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
	RVING														
condiment	1 each	1	57	1	141	0.05	0.06	11.8	45	14	0.7	0.6	2.9	4.8	*0.28
Weighted Daily Average			628	87	785	6.39	4.46	358.4	4583	680	16.40	34.44	66.03	26.34	*7.91
% of Calories												21.9%	42.0%	37.7%	11.3%

Tue - 01/05/2010															
HOLY FAMILY SCHOOL LU	Total	1													
RIB-B-QUE STRIPS	2 each	1	115	31	329	0.96	1.19	24.4	87	17	1.1	12.3	2.6	6.0	2.23
MASHED POTATOES	#8 SCOOP	1	58	0	22	1.10	0.30	9.8	0	0	27.2	1.5	12.2	0.3	0.10
SEASONED VEGETABLES	1/2 CUP	1	60	0	283	2.72	0.88	19.9	3904	508	4.7	2.7	12.7	0.5	0.09
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.8	157	14	4.2	0.4	17.3	0.1	0.00
MILK - Variety	1/2 pint	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
OTHER	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			401	43	747	6.27	2.86	353.2	4626	683	37.25	25.09	56.97	9.34	3.97
% of Calories												25.0%	56.9%	21.0%	8.9%

Wed - 01/06/2010															
HOLY FAMILY SCHOOL LU	Total	1													
CHEESE PIZZA	PIECE	1	177	15	420	0.70	1.20	216.0	151	30	0.3	11.0	19.4	6.5	3.30
BROCCOLI: frozen, boiled	1/2 CUP	1	26	0	10	2.76	0.56	30.4	930	174	36.9	2.9	4.9	0.1	0.02
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.8	157	14	4.2	0.4	17.3	0.1	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	74	0	1	2.71	0.21	11.2	110	13	14.2	0.9	19.2	0.3	0.07
MILK - Variety	1 CUP SE	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
	RVING														
Weighted Daily Average			445	27	543	7.65	2.46	556.7	1826	376	55.69	23.34	72.95	9.31	4.94
% of Calories												21.0%	65.6%	18.8%	10.0%

Thu - 01/07/2010															
HOLY FAMILY SCHOOL LU	Total	1													
OVEN BAKED CHICKEN	1 EACH	1	177	76	64	0.00	0.96	12.6	84	24	0.00	26.8	0.00	7.0	1.97
BUTTERED NOODLES	1/2 CUP	1	208	38	52	1.50	1.83	17.3	191	44	0.0	6.5	32.5	5.7	1.14
SEASONED VEGETABLES	1/2 CUP	1	60	0	283	2.72	0.88	19.9	3904	508	4.7	2.7	12.7	0.5	0.09
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.8	157	14	4.2	0.4	17.3	0.1	0.00
BROWNIES	SERVINGS	1	151	29	108	1.40	1.00	25.0	44	9	0.00	2.4	23.2	6.3	1.77
BREAD AND BUTTER	1 each	1	68	0	175	0.60	0.94	37.8	18	4	0.0	1.9	12.7	1.0	0.21
MILK - Variety	1/2 pint	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54

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## HOLY FAMILY SCHOOL LUNCH MENU

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Weighted Daily Average			832	155	794	7.70	6.09	411.8	4875	748	8.93	48.93	110.63	22.97	6.73
% of Calories												23.5%	53.2%	24.8%	7.3%

Fri - 01/08/2010																
HOLY FAMILY SCHOOL LU	Total	1														
HAM SUBMARINE	1 each	1	227	20	921	1.65	2.31	62.2	142	9	11.9	14.1	31.3	4.6	1.04	
MINESTRONE SOUP	SERVING	1	35	0	443	*0.00	0.45	12.5	1438	288	2.2	1.5	5.3	0.6	0.34	
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.8	157	14	4.2	0.4	17.3	0.1	0.00	
MINI CARROTS	BAG	1	10	0	22	0.82	0.25	9.1	3909	426	0.7	0.2	2.3	0.0	0.01	
W/DIP	1 OZ.	1	295	0	516	0.00	0.00	0.0	0	0	0.00	0.00	3.7	29.5	*0.00	
MILK - Variety	1 CUP SE RVING	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54	
OTHER	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	
Weighted Daily Average			735	33	2014	*3.96	3.50	382.9	6125	881	18.99	24.41	72.12	37.16	*2.93	
% of Calories												13.3%	39.3%	45.5%	3.6%	

Mon - 01/11/2010																
HOLY FAMILY SCHOOL LU	Total	1														
HOT DOG ON BUN	1 EACH	1	260	22	745	1.16	1.88	64.7	26	0	0.00	8.8	22.4	14.6	5.36	
BAKED BEANS	1/2 CUP	1	353	0	899	10.11	5.11	178.0	508	114	13.1	12.0	77.3	0.8	0.20	
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.8	157	14	4.2	0.4	17.3	0.1	0.00	
FRUIT,FRESH ASSORTED	1 EACH	1	74	0	1	2.71	0.21	11.2	110	13	14.2	0.9	19.2	0.3	0.07	
MILK - Variety	1/2 pint	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54	
Weighted Daily Average			855	35	1757	15.46	7.69	553.1	1279	286	31.55	30.35	148.28	18.10	7.18	
% of Calories												14.2%	69.3%	19.0%	7.6%	

Tue - 01/12/2010																
HOLY FAMILY SCHOOL LU	Total	1														
POPCORN CHICKEN	1 CUP	1	143	20	156	0.65	0.94	13.0	65	13	0.00	6.5	9.8	8.5	1.95	
TATER TOTS	8 each	1	106	0	269	1.40	0.36	7.8	3	1	3.5	1.1	15.54	4.8	1.02	
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.8	157	14	4.2	0.4	17.3	0.1	0.00	
SEASONED VEGETABLES	1/2 CUP	1	60	0	283	2.72	0.88	19.9	3904	508	4.7	2.7	12.7	0.5	0.09	
WHEAT BREAD	1 EACH	1	92	0	145	1.20	0.99	15.0	20	4	0.1	2.8	16.9	1.5	0.37	
MILK - Variety	1 CUP SE RVING	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54	
Weighted Daily Average			570	32	965	7.45	3.65	354.9	4627	684	12.55	21.74	84.45	17.80	4.98	
% of Calories												15.3%	59.3%	28.1%	7.9%	

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Wed - 01/13/2010															
HOLY FAMILY SCHOOL LU	Total	1													
PEPPERONI PIZZA	1 PIECE	1	231	27	602	0.70	1.38	218.4	151	30	0.4	13.5	19.4	11.3	4.93
TOSSED SALAD	1/2 CUP	1	12	0	11	0.96	0.28	13.8	1549	226	2.8	0.6	2.6	0.1	0.01
ranch dressing - V	1 OZ	1	37	0	105	0.00	0.01	12.4	2	1	0.1	0.4	2.0	3.0	0.41
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.8	157	14	4.2	0.4	17.3	0.1	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	74	0	1	2.71	0.21	11.2	110	13	14.2	0.9	19.2	0.3	0.07
MILK - Variety	1 CUP SE RIVING	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			522	39	831	5.85	2.36	555.0	2448	429	21.75	23.97	72.58	17.15	6.98
% of Calories											18.4%	55.6%	29.5%	12.0%	

Thu - 01/14/2010															
HOLY FAMILY SCHOOL LU	Total	1													
MAKE YOUR OWN TACO	# 16 SCOO	1	132	31	398	1.20	1.48	30.0	1	0	0.1	12.5	4.8	7.0	2.57
SOFT SHELLS	2 EACH	1	115	0	6	2.70	0.73	91.0	0	0	0.00	3.0	24.2	1.30	0.17
W/LETTUCE & CHEESE	1/2 CUP	1	30	7	108	0.33	0.13	44.1	206	30	0.8	1.8	0.9	2.3	1.40
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.8	157	14	4.2	0.4	17.3	0.1	0.00
SEASONED VEGETABLES	1/2 CUP	1	60	0	283	2.72	0.88	19.9	3904	508	4.7	2.7	12.7	0.5	0.09
COOKIE	1 EACH	1	60	4	52	0.14	0.22	13.3	6	2	0.00	1.1	6.9	3.3	0.74
MILK - Variety	1 CUP SE RIVING	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			566	53	960	8.58	3.93	497.5	4752	698	9.81	29.68	79.06	16.83	6.53
% of Calories											21.0%	55.9%	26.8%	10.4%	

Fri - 01/15/2010															
HOLY FAMILY SCHOOL LU	Total	1													
TOASTED CHEESE SAND.	2-ch/2-br	1	252	3	757	2.85	1.67	242.8	727	148	0.0	13.1	25.2	11.0	1.97
TOMATO SOUP	1/2 CUP	1	25	0	120	0.98	0.41	14.1	337	34	1.1	0.9	5.4	0.2	0.04
SEASONED VEGETABLES	1/2 CUP	1	60	0	283	2.72	0.88	19.9	3904	508	4.7	2.7	12.7	0.5	0.09
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.8	157	14	4.2	0.4	17.3	0.1	0.00
MILK - Variety	1 CUP SE RIVING	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
OTHER	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			505	16	1272	8.03	3.44	576.0	5603	848	10.03	25.31	72.83	14.20	3.65
% of Calories											20.1%	57.7%	25.3%	6.5%	

Mon - 01/18/2010															
HOLY FAMILY SCHOOL LU	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Tue - 01/19/2010															
HOLY FAMILY SCHOOL LU	Total	1													
SMUCKERS PB&J POCKET	1 EACH	1	314	0	352	2.69	1.59	28.9	2	0	0.00	9.2	32.9	16.3	3.10
HOMEMADE VEG/ SOUP	1/2 cup	1	54	0	67	2.62	0.83	26.1	2506	259	3.0	4.0	9.3	0.2	0.06
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.8	157	14	4.2	0.4	17.3	0.1	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	74	0	1	2.71	0.21	11.2	110	13	14.2	0.9	19.2	0.3	0.07
MILK - Variety	1 CUP SE	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
	RVING														
OTHER	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
A	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			610	12	532	9.50	3.12	365.5	3253	431	21.46	22.61	90.84	19.22	4.77
% of Calories												14.8%	59.5%	28.3%	7.0%

Wed - 01/20/2010															
HOLY FAMILY SCHOOL LU	Total	1													
CHEESE PIZZA	PIECE	1	177	15	420	0.70	1.20	216.0	151	30	0.3	11.0	19.4	6.5	3.30
BROCCOLI: frozen, boiled	1/2 CUP	1	26	0	10	2.76	0.56	30.4	930	174	36.9	2.9	4.9	0.1	0.02
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.8	157	14	4.2	0.4	17.3	0.1	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	74	0	1	2.71	0.21	11.2	110	13	14.2	0.9	19.2	0.3	0.07
MILK - Variety	1 CUP SE	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
	RVING														
Weighted Daily Average			445	27	543	7.65	2.46	556.7	1826	376	55.69	23.34	72.95	9.31	4.94
% of Calories												21.0%	65.6%	18.8%	10.0%

Thu - 01/21/2010															
HOLY FAMILY SCHOOL LU	Total	1													
SPAGHETTI AND MEAT SAUCE	#8 SCOOP	1	270	44	253	2.47	3.33	52.5	454	75	10.7	17.3	29.5	9.2	3.47
SEASONED VEGETABLES	1/2 CUP	1	60	0	283	2.72	0.88	19.9	3904	508	4.7	2.7	12.7	0.5	0.09
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.8	157	14	4.2	0.4	17.3	0.1	0.00
GARLIC BREAD	1 EACH	1	140	10	255	0.98	1.31	17.7	118	36	0.3	4.4	20.8	4.5	2.61
ROCKY ROAD DESSERT	1/4 CUP	1	53	0	124	0.00	0.00	46.0	0	0	0.00	0.5	8.6	1.8	1.60
MILK - Variety	1 CUP SE	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
	RVING														
OTHER	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			690	67	1028	7.65	6.01	435.2	5111	776	19.95	33.54	101.13	18.41	9.31
% of Calories												19.4%	58.6%	24.0%	12.2%

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Fri - 01/22/2010																
HOLY FAMILY SCHOOL LU	Total	1														
CHICKEN FAJITAS	1 EACH	1	241	51	284	1.80	2.10	54.0	240	48	6.7	22.0	23.4	6.3	1.40	
SOFT SHELLS	2 EACH	1	115	0	6	2.70	0.73	91.0	0	0	0.00	3.0	24.2	1.30	0.17	
CORN	1/2 CUP	1	66	0	244	1.56	0.59	4.1	37	13	0.6	2.2	15.4	0.8	0.14	
ICE CREAM	.50 CUP	1	60	13	23	0.20	0.03	37.1	122	34	0.2	1.0	6.8	3.2	1.97	
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.8	157	14	4.2	0.4	17.3	0.1	0.00	
MILK - Variety	1 CUP SE RIVING	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54	
Weighted Daily Average			651	76	669	7.75	3.93	485.4	1034	253	11.69	36.76	99.34	13.97	5.23	
% of Calories												22.6%	61.1%	19.3%	7.2%	

Mon - 01/25/2010																
HOLY FAMILY SCHOOL LU	Total	1														
MEATBALL SUB ELEMENTARY	3 MEATBALLS	1	330	0	1038	3.32	1.73	75.6	696	139	6.4	13.6	35.7	14.8	*0.90	
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.8	157	14	4.2	0.4	17.3	0.1	0.00	
SEASONED VEGETABLES	1/2 CUP	1	60	0	283	2.72	0.88	19.9	3904	508	4.7	2.7	12.7	0.5	0.09	
MILK - Variety	1 CUP SE RIVING	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54	
BIRTHDAY CUPCAKE	1 EACH	1	129	0	255	0.10	0.12	42.0	0	0	0.00	3.1	29.4	0.15	0.02	
Weighted Daily Average			686	12	1688	7.61	3.21	436.7	5235	805	15.27	27.95	107.27	17.92	*2.56	
% of Calories												16.3%	62.5%	23.5%	3.4%	

Tue - 01/26/2010																
HOLY FAMILY SCHOOL LU	Total	1														
SLOPPY JOE ON A BUN	#16 SCOOP	1	290	44	437	1.06	2.79	75.2	158	18	3.1	16.5	31.8	10.4	3.83	
POTATO WEDGES	1/2 CUP	1	152	0	440	3.18	0.84	13.6	6	0	15.1	3.0	31.5	5.9	1.17	
SEASONED VEGETABLES	1/2 CUP	1	60	0	283	2.72	0.88	19.9	3904	508	4.7	2.7	12.7	0.5	0.09	
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.8	157	14	4.2	0.4	17.3	0.1	0.00	
MILK - Variety	1 CUP SE RIVING	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54	
OTHER	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	
Weighted Daily Average			670	56	1272	8.43	5.00	407.8	4702	684	27.07	30.80	105.52	19.32	6.64	
% of Calories												18.4%	63.0%	26.0%	8.9%	

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# JAMESTOWN PUBLIC SCHOOLS FOOD SERVICE

Jan 4, 2010 thru Jan 29, 2010 Spreadsheet - Weighted Values

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## HOLY FAMILY SCHOOL LUNCH MENU

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Wed - 01/27/2010															
HOLY FAMILY SCHOOL LU	Total	1													
PEPPERONI PIZZA	1 PIECE	1	231	27	602	0.70	1.38	218.4	151	30	0.4	13.5	19.4	11.3	4.93
TOSSED SALAD	1/2 CUP	1	12	0	11	0.96	0.28	13.8	1549	226	2.8	0.6	2.6	0.1	0.01
ranch dressing - V	1 OZ	1	37	0	105	0.00	0.01	12.4	2	1	0.1	0.4	2.0	3.0	0.41
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.8	157	14	4.2	0.4	17.3	0.1	0.00
FRUIT,FRESH ASSORTED	1 EACH	1	74	0	1	2.71	0.21	11.2	110	13	14.2	0.9	19.2	0.3	0.07
MILK - Variety	1 CUP SE RVING	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			522	39	831	5.85	2.36	555.0	2448	429	21.75	23.97	72.58	17.15	6.98
% of Calories												18.4%	55.6%	29.5%	12.0%

Thu - 01/28/2010															
HOLY FAMILY SCHOOL LU	Total	1													
TURKEY & GRAVY	#12 SCOO	1	131	27	441	0.16	1.19	6.3	23	7	0.2	12.3	9.5	4.4	1.56
MASHED POTATOES	# 12 SCOO	1	102	15	172	0.84	0.17	33.6	166	22	10.2	1.9	11.4	5.4	3.35
SEASONED VEGETABLES	1/2 CUP	1	60	0	283	2.72	0.88	19.9	3904	508	4.7	2.7	12.7	0.5	0.09
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.8	157	14	4.2	0.4	17.3	0.1	0.00
BLUEBERRY FINNISH BAR	1 EACH	1	208	35	108	1.32	0.92	17.9	310	93	1.2	2.3	28.4	9.8	5.95
MILK - Variety	1 CUP SE RVING	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			668	89	1117	6.52	3.64	376.8	5038	788	20.47	27.80	91.47	22.56	12.50
% of Calories												16.6%	54.7%	30.4%	16.8%

Fri - 01/29/2010															
HOLY FAMILY SCHOOL LU	Total	1													
CHICKEN FAJITAS	2 FAJITA	1	327	37	381	2.09	2.39	64.1	296	48	6.9	18.2	32.3	14.0	2.72
SOFT SHELLS	2 EACH	1	115	0	6	2.70	0.73	91.0	0	0	0.00	3.0	24.2	1.30	0.17
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.8	157	14	4.2	0.4	17.3	0.1	0.00
ICE CREAM	.50 CUP	1	60	13	23	0.20	0.03	37.1	122	34	0.2	1.0	6.8	3.2	1.97
MILK - Variety	1/2 pint	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
OTHER	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			670	62	521	6.48	3.63	491.4	1053	241	11.34	30.85	92.80	20.96	6.41
% of Calories												18.4%	55.4%	28.1%	8.6%

Weighted Average			614	51	993	*7.62	3.89	458.4	3708	584	22.51	28.68	87.88	18.32	*6.06
												18.7%	57.2%	26.8%	8.9%

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# JAMESTOWN PUBLIC SCHOOLS FOOD SERVICE

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## HOLY FAMILY SCHOOL LUNCH MENU

Nutrient	Menu AVG	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Calories	614		691	89%												
Cholesterol (mg)	51		150	34%												
Sodium (mg)	993		1500	66%												
Fiber (g)	7.62		5.00	152%	Missing											
Iron (mg)	3.89		3.70	105%												
Calcium (mg)	458.4		311.33	147%												
Vitamin A (IU)	3708		1203	308%												
Vitamin A (RE)	584		241	243%												
Vitamin C (mg)	22.51		15.57	145%												
Protein (g)	28.68	18.67%	10.98	261%												
Carbohydrate (g)	87.88	57.22%	0.00													
Total Fat (g)	18.32	26.84%	<30.00													
Saturated Fat (g)	6.06	8.88%	<10.00		Missing											
Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.																

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