

JAMESTOWN PUBLIC SCHOOLS FOOD SERVICE

Feb 1, 2010 thru Feb 26, 2010 Spreadsheet - Weighted Values

Jan 19, 2010

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Elementary Lunch

	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 - 02/01/2010															
Elementary Lunch	Total	1													
BREADED PORK CHOP	1 each	1	194	24	337	0.94	1.85	30.0	106	21	0.2	11.0	10.6	12.0	3.15
MASHED POTATO/GRAVY	#8 scoop	1	68	1	168	1.12	0.35	7.5	2	0	5.2	2.2	13.5	0.7	0.35
APPLESAUCE	1/2 CUP	1	51	0	2	1.34	0.28	4.9	35	4	25.9	0.2	13.7	0.1	0.01
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
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 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			544	37	1073	6.72	4.37	390.5	4544	681	35.99	26.22	75.45	16.78	5.35
% of Calories												19.3%	55.5%	27.8%	8.8%

Tue - 02/02/2010															
Elementary Lunch	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%

Wed - 02/03/2010															
Elementary Lunch	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%

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Elementary Lunch

	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
Thu - 02/04/2010															
Elementary Lunch	Total	1													
MAKE YOUR OWN TACO	# 16 SCOOP	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 SERVING	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 - 02/05/2010															
Elementary Lunch	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 SERVING	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 - 02/08/2010															
Elementary Lunch	Total	1													
HAMBURGER ON A BUN	1 EACH	1	315	49	483	1.04	3.04	71.9	174	13	1.9	18.1	26.4	14.9	5.65
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 SERVING	1	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
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			734	63	1197	7.43	5.30	408.1	4758	694	18.26	32.04	92.39	27.72	*8.41
% of Calories												17.5%	50.4%	34.0%	10.3%

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Elementary Lunch

	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 - 02/09/2010															
Elementary Lunch	Total	1													
MACARONI & CHEESE (EVELYN)	1/2 CUP	1	261	26	426	1.52	1.22	228.7	370	112	0.3	13.7	29.7	9.4	5.57
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
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
CAKE	1 PIECE	1	159	6	249	1.07	1.13	21.7	37	8	0.0	2.1	27.1	5.1	1.49
MILK - Variety	1 CUP SERVING	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			716	44	1245	7.38	4.66	607.3	4963	790	9.26	29.00	111.67	18.45	8.91
% of Calories												16.2%	62.4%	23.2%	11.2%

Wed - 02/10/2010															
Elementary Lunch	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 SERVING	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			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 - 02/11/2010															
Elementary Lunch	Total	1													
Chicken fries	serving	1	230	55	730	1.00	1.80	20.0	100	20	0.00	16.0	12.0	10.0	3.00
MASHED POTATOES	# 12 SCOOP	1	102	15	172	0.84	0.17	33.6	166	22	10.2	1.9	11.4	5.4	3.35
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
SWEETHEART CAKE	PIECE	1	211	0	298	0.42	0.18	41.5	0	0	0.00	2.5	51.7	0.2	0.03
MILK - Variety	1 CUP SERVING	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			784	82	1313	6.45	2.85	405.5	1011	214	28.68	29.87	123.65	18.31	8.00
% of Calories												15.2%	63.0%	21.0%	9.2%

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Elementary Lunch

	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
Fri - 02/12/2010															
Elementary Lunch	Total	1													
FRENCH TOAST,FROZEN,RTH	3 EACH	1	377	145	876	1.95	3.91	189.4	331	96	0.5	13.1	56.8	10.8	2.71
SAUSAGE LINKS	3 LINKS	1	151	56	306	0.00	0.65	5.1	28	4	0.00	11.2	0.00	11.5	3.14
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
ORANGE JUICE: CUPPED	4 FL. OZ.	1	58	0	5	0.37	0.12	12.4	218	22	37.4	0.8	13.7	0.2	0.02
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			755	213	1299	3.80	5.17	506.1	1212	280	42.22	33.77	99.99	24.91	7.42
% of Calories											17.9%	53.0%	29.7%	8.8%	

Mon - 02/15/2010															
Elementary Lunch	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%	0.0%

Tue - 02/16/2010															
Elementary Lunch	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 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
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 - 02/17/2010															
Elementary Lunch	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
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			468	28	649	5.85	2.18	552.6	2448	429	21.68	21.48	72.58	12.31	5.34
% of Calories											18.4%	62.0%	23.7%	10.3%	

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Elementary Lunch

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Thu - 02/18/2010															
Elementary Lunch	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
PUDDING	1/4 CUP	1	154	9	417	0.59	0.59	152.6	249	56	1.2	4.6	27.7	2.8	1.56
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			791	75	1320	8.24	6.60	541.8	5360	832	21.12	37.66	120.25	19.43	9.28
% of Calories												19.0%	60.8%	22.1%	10.5%

Fri - 02/19/2010															
Elementary Lunch	Total	1													
BAKED FISH ON BUN	1 each	1	300	25	546	0.90	2.42	128.3	25	5	0.6	16.1	35.3	10.9	1.97
SPUDSTERS	6 EACH	1	300	0	660	*0.00	1.44	*0.0	*0	*0	18.0	4.0	38.0	14.0	*0.00
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 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			828	37	1601	*5.10	5.23	*447.4	*4564	*671	27.52	31.38	115.48	27.81	*3.60
% of Calories												15.2%	55.8%	30.2%	3.9%

Mon - 02/22/2010															
Elementary Lunch	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
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
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 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			622	35	1318	7.50	4.08	389.1	4565	666	15.69	22.27	85.52	22.65	7.84
% of Calories												14.3%	55.0%	32.8%	11.3%

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Elementary Lunch

	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 - 02/23/2010															
Elementary Lunch	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
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 RVING	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			719	63	900	7.64	4.02	490.3	912	219	11.52	38.79	121.84	10.93	3.28
% of Calories												21.6%	67.8%	13.7%	4.1%

Wed - 02/24/2010															
Elementary Lunch	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 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			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 - 02/25/2010															
Elementary Lunch	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 CRISP	1/2 CUP	1	507	0	425	5.44	2.70	26.3	42	7	2.3	6.3	62.1	26.5	8.46
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			968	54	1433	10.65	5.43	385.3	4770	702	21.58	31.77	125.17	39.26	15.01
% of Calories												13.1%	51.7%	36.5%	14.0%

Fri - 02/26/2010															
Elementary Lunch	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 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

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.

JAMESTOWN PUBLIC SCHOOLS FOOD SERVICE

Feb 1, 2010 thru Feb 26, 2010 Spreadsheet - Weighted Values

Elementary Lunch

	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 Prot	g Carb	g T-Fat	g S-Fat
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%

Weighted Average			649	51	1106	*7.13	3.94	*472.1	*3661	*574	24.18	27.82	92.72	19.98	*6.43
												17.2%	57.2%	27.7%	8.9%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	649		634	102%			
Cholesterol (mg)	51		150	34%			
Sodium (mg)	1106		1500	74%			
Fiber (g)	7.13		5.00	143%	Missing		
Iron (mg)	3.94		3.30	119%			
Calcium (mg)	472.1		267.00	177%	Missing		
Vitamin A (IU)	3661		1000	366%	Missing		
Vitamin A (RE)	574		200	287%	Missing		
Vitamin C (mg)	24.18		15.00	161%			
Protein (g)	27.82	17.16%	8.65	322%			
Carbohydrate (g)	92.72	57.17%	0.00				
Total Fat (g)	19.98	27.71%	<30.00				
Saturated Fat (g)	6.43	8.92%	<10.00		Missing		

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