

# JAMESTOWN PUBLIC SCHOOLS FOOD SERVICE

May 1, 2008 thru May 30, 2008 Spreadsheet - Weighted Values

Apr 10, 2008

## JAMESTOWN HIGH SCHOOL LUNCH

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	Portion Size	Plan Qty	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
Thu - 05/01/2008														
JAMESTOWN HIGH SCHO	Total	1												
BAKED GOULASH - EVELYN	#8 scoop	1	159	22	96	1.43	1.50	15.55	246	4.43	7.22	16.07	7.36	2.90
SEASONED VEGETABLES	1/2 CUP	1	60	0	283	2.72	0.88	19.89	3904	4.68	2.68	12.74	0.51	0.09
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.81	157	4.25	0.40	17.30	0.07	0.00
BREAD STICK	1 EACH	1	58	0	93	0.43	0.61	3.12	0	0.00	1.70	9.70	1.35	0.20
MILK - Variety	1 CUP SERVING	1	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average			445	34	584	6.06	3.47	337.73	4785	13.36	20.23	67.98	11.66	4.73
% of Calories											18.2%	61.1%	23.6%	9.6%

Fri - 05/02/2008														
JAMESTOWN HIGH SCHO	Total	1												
MEATBALL SUB	4 MEATBALLS	1	330	0	1038	3.32	1.73	75.65	696	6.35	13.59	35.71	14.82	*0.90
SEASONED VEGETABLES	1/2 CUP	1	60	0	283	2.72	0.88	19.89	3904	4.68	2.68	12.74	0.51	0.09
FRUIT,FRESH ASSORTED	1 EACH	1	74	0	1	2.71	0.21	11.21	110	14.25	0.87	19.15	0.26	0.07
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.81	157	4.25	0.40	17.30	0.07	0.00
MILK - Variety	1/2 pint	1	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average			632	12	1434	10.22	3.31	405.92	5344	29.52	25.76	97.07	18.03	*2.60
% of Calories											16.3%	61.4%	25.7%	3.7%

Mon - 05/05/2008														
JAMESTOWN HIGH SCHO	Total	2												
CHEESEBURG ON BUN	1 EACH	1	189	31	323	0.45	1.64	86.73	219	0.00	10.60	12.28	10.86	4.08
SEASONED VEGETABLES	1/2 CUP	1	30	0	142	1.36	0.44	9.95	1952	2.34	1.34	6.37	0.26	0.05
CANNED FRUIT	1/2 CUP	1	33	0	2	0.74	0.21	4.41	79	2.12	0.20	8.65	0.04	0.00
MILK - Variety	1 CUP SERVING	1	51	6	54	0.00	0.04	145.18	239	0.00	4.11	6.09	1.18	0.77
CHEESEBURG ON BUN	1 EACH	1	189	31	323	0.45	1.64	86.73	219	0.00	10.60	12.28	10.86	4.08
SEASONED VEGETABLES	1/2 CUP	1	30	0	142	1.36	0.44	9.95	1952	2.34	1.34	6.37	0.26	0.05
CANNED FRUIT	1/2 CUP	1	33	0	2	0.74	0.21	4.41	79	2.12	0.20	8.65	0.04	0.00
MILK - Variety	1 CUP SERVING	1	51	6	54	0.00	0.04	145.18	239	0.00	4.11	6.09	1.18	0.77
Weighted Daily Average			606	74	1042	5.10	4.64	492.53	4976	8.92	32.51	66.77	24.68	9.79
% of Calories											21.4%	44.0%	36.6%	14.5%

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## JAMESTOWN HIGH SCHOOL LUNCH

	Portion Size	Plan Qty	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
<b>Tue - 05/06/2008</b>														
JAMESTOWN HIGH SCHO	Total	1												
TURKEY & GRAVY	#12 SCOO	1	131	27	441	0.16	1.19	6.31	23	0.20	12.31	9.54	4.41	1.56
MASHED POTATOES	# 12 SCOO	1	102	15	171	0.84	0.17	33.60	166	10.61	1.88	11.35	5.38	3.34
SEASONED VEGETABLES	1/2 CUP	1	60	0	283	2.72	0.88	19.89	3904	4.68	2.68	12.74	0.51	0.09
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.81	157	4.25	0.40	17.30	0.07	0.00
DINNER ROLL	EACH 2 oz.	1	175	0	294	1.08	1.69	29.46	0	0.13	4.42	29.66	4.19	0.62
MILK - Variety	1 CUP SER VING	1	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average			636	55	1302	6.28	4.41	388.43	4728	19.86	29.91	92.77	16.92	7.15
% of Calories											18.8%	58.4%	23.9%	10.1%

<b>Wed - 05/07/2008</b>														
JAMESTOWN HIGH SCHO	Total	1												
TACO SALAD	# 12 SCOO	1	274	49	277	2.17	1.93	146.74	710	5.50	15.05	17.86	15.93	6.58
OR	SERVING	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
SOFT SHELLS	2 EACH	1	218	0	445	2.17	2.34	90.30	0	0.00	5.80	35.95	5.43	1.32
SEASONED VEGETABLES	1/2 CUP	1	60	0	283	2.72	0.88	19.89	3904	4.68	2.68	12.74	0.51	0.09
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.81	157	4.25	0.40	17.30	0.07	0.00
MILK - Variety	1 CUP SER VING	1	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average			721	61	1117	8.54	5.63	556.11	5249	14.42	32.16	96.02	24.30	9.54
% of Calories											17.9%	53.3%	30.3%	11.9%

<b>Thu - 05/08/2008</b>														
JAMESTOWN HIGH SCHO	Total	1												
MACARONI & CHEESE ( EVELYN)	1 CUP	1	275	16	573	1.38	1.43	316.16	451	0.64	14.66	33.82	8.81	4.02
STEWED TOMATOES	1/2 CUP	1	23	0	185	1.13	0.69	29.48	685	17.12	1.02	4.88	0.23	0.05
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.81	157	4.25	0.40	17.30	0.07	0.00
VEGGIE STICKS	1/2 CUP	1	24	0	60	1.82	0.21	29.36	7554	3.74	0.66	5.31	0.17	0.03
MILK - Variety	1 CUP SER VING	1	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average			489	29	929	5.82	2.81	674.17	9325	25.76	24.97	73.49	11.65	5.64
% of Calories											20.4%	60.1%	21.4%	10.4%

<b>Fri - 05/09/2008</b>														
JAMESTOWN HIGH SCHO	Total	1												
HOT HAM & CHEESE	2-MEAT 2 CHEESE	1	102	31	787	0.00	0.40	83.77	108	11.06	10.84	1.52	5.68	2.80
ON A SUB ROLL	servicing	1	105	0	231	1.22	1.03	34.58	0	0.00	3.27	19.08	1.63	0.36
SEASONED VEGETABLES	1/2 CUP	1	60	0	283	2.72	0.88	19.89	3904	4.68	2.68	12.74	0.51	0.09
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.81	157	4.25	0.40	17.30	0.07	0.00
MILK - Variety	1 CUP SER VING	1	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54

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	Portion Size	Plan Qty	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
Weighted Daily Average			436	44	1413	5.41	2.80	437.42	4647	19.98	25.41	62.81	10.26	4.80
% of Calories											23.3%	57.7%	21.2%	9.9%

Mon - 05/12/2008														
JAMESTOWN HIGH SCHO	Total	466												
SMUCKERS PB&J POCKET	1 EACH	332	224	0	251	1.92	1.13	20.61	2	0.00	6.53	23.43	11.61	2.21
BROCCOLI CHEESE SOUP	1/2 CUP	341	74	6	231	1.49	0.39	132.52	811	27.17	5.01	7.00	3.26	1.51
CANNED FRUIT	1/2 CUP	303	42	0	3	0.96	0.27	5.73	102	2.76	0.26	11.25	0.05	0.00
FRUIT,FRESH ASSORTED	1 EACH	413	66	0	1	2.40	0.19	9.94	97	12.63	0.77	16.97	0.23	0.06
SUN CHIPS	BAG	457	137	0	113	1.96	0.43	10.79	10	0.00	1.96	17.65	5.88	0.98
MILK - Variety	1/2 pint	1	0	0	0	0.00	0.00	0.62	1	0.00	0.02	0.03	0.01	0.00
Weighted Daily Average			544	6	598	8.73	2.41	180.21	1022	42.56	14.55	76.33	21.04	4.76
% of Calories											10.7%	56.1%	34.8%	7.9%

Tue - 05/13/2008														
JAMESTOWN HIGH SCHO	Total	1												
CHICKEN FINGER SUB	3 each	1	411	85	771	3.09	3.97	82.61	556	6.13	18.93	46.07	17.45	3.55
ON A SUB ROLL	1 serving	1	105	0	231	1.22	1.03	34.58	0	0.00	3.27	19.08	1.63	0.36
SEASONED VEGETABLES	1/2 CUP	1	60	0	283	2.72	0.88	19.89	3904	4.68	2.68	12.74	0.51	0.09
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.81	157	4.25	0.40	17.30	0.07	0.00
MILK - Variety	1 CUP SER VING	1	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average			744	97	1397	8.51	6.36	436.26	5095	15.06	33.51	107.36	22.03	5.55
% of Calories											18.0%	57.7%	26.6%	6.7%

Wed - 05/14/2008														
JAMESTOWN HIGH SCHO	Total	1												
ITALIAN SAUSAGE SUB	1 each	1	308	27	520	1.31	2.27	55.15	0	0.00	8.35	30.04	16.86	5.55
W/PEPPERS & ONIONS	1/4 CUP	1	57	0	2	0.96	0.16	9.36	105	24.89	0.56	3.96	4.61	0.68
VEGGIE STICKS	1/2 CUP	1	24	0	60	1.82	0.21	29.36	7554	3.74	0.66	5.31	0.17	0.03
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.81	157	4.25	0.40	17.30	0.07	0.00
MILK - Variety	1 CUP SER VING	1	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average			557	39	694	5.58	3.12	393.04	8295	32.88	18.19	68.79	24.08	7.81
% of Calories											13.1%	49.4%	38.9%	12.6%

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	Portion Size	Plan Qty	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
Thu - 05/15/2008														
JAMESTOWN HIGH SCHO	Total	1												
SWEET & SOUR CHICKEN	#16 SCOOP	1	161	51	190	0.11	0.98	15.88	31	0.00	16.45	13.15	4.34	1.19
CHINESE EGG ROLL	1 each	1	170	15	450	2.00	1.08	20.00	400	2.40	7.00	18.00	8.00	2.50
RICE,Cooked White	1/2 CUP	1	92	0	96	0.36	1.11	3.92	0	0.00	1.69	20.24	0.15	0.04
ORIENTAL VEGGIES	1/2 CUP	1	17	0	10	1.33	0.17	11.29	155	8.33	0.67	2.67	0.00	0.00
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.81	157	4.25	0.40	17.30	0.07	0.00
MILK - Variety	1/2 pint	1	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54
OTHER	1 EACH	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			607	78	858	5.28	3.83	350.26	1222	14.98	34.43	83.53	14.93	5.27
% of Calories											22.7%	55.0%	22.1%	7.8%

Fri - 05/16/2008														
JAMESTOWN HIGH SCHO	Total	1												
BAKED FISH ON BUN	1 each	1	300	25	546	0.90	2.42	128.33	25	0.60	16.08	35.26	10.85	1.96
TATER TOTS	8 each	1	106	0	269	1.40	0.36	7.84	3	3.53	1.15	15.54	4.83	1.02
SEASONED VEGETABLES	1/2 CUP	1	60	0	283	2.72	0.88	19.89	3904	4.68	2.68	12.74	0.51	0.09
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.81	157	4.25	0.40	17.30	0.07	0.00
MILK - Variety	1/2 pint	1	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average			634	37	1210	6.50	4.15	455.24	4567	13.05	28.53	93.02	18.63	4.62
% of Calories											18.0%	58.7%	26.4%	6.6%

Mon - 05/19/2008														
JAMESTOWN HIGH SCHO	Total	1												
MEXICAN PIZZA	1 EACH	1	374	37	923	1.70	2.80	331.00	980	0.70	19.20	33.20	18.50	7.00
SEASONED VEGETABLES	1/2 CUP	1	60	0	283	2.72	0.88	19.89	3904	4.68	2.68	12.74	0.51	0.09
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.81	157	4.25	0.40	17.30	0.07	0.00
VEGGIE STICKS	1/2 CUP	1	24	0	60	1.82	0.21	29.36	7554	3.74	0.66	5.31	0.17	0.03
MILK - Variety	1 CUP SERVING	1	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average			626	49	1378	7.72	4.37	679.42	13073	13.37	31.17	80.73	21.62	8.67
% of Calories											19.9%	51.6%	31.1%	12.5%

Tue - 05/20/2008														
JAMESTOWN HIGH SCHO	Total	1												
CHICKEN FAJITAS	2 FAJITA	1	327	37	381	2.09	2.39	64.11	296	6.92	18.25	32.25	14.03	2.72
W/SALSA	2 OZ.	1	20	0	244	0.79	1.27	6.80	312	2.27	0.85	3.97	0.11	0.02
RICE,Cooked White	1/2 CUP	1	92	0	96	0.36	1.11	3.92	0	0.00	1.69	20.24	0.15	0.04
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.81	157	4.25	0.40	17.30	0.07	0.00
SEASONED VEGETABLES	1/2 CUP	1	60	0	283	2.72	0.88	19.89	3904	4.68	2.68	12.74	0.51	0.09
MILK - Variety	1/2 pint	1	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average			667	49	1116	7.44	6.15	393.90	5147	18.11	32.09	98.68	17.24	4.41
% of Calories											19.2%	59.2%	23.3%	6.0%

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	Portion Size	Plan Qty	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
Wed - 05/21/2008														
JAMESTOWN HIGH SCHO	Total	1												
TACO SALAD	# 12 SCOO	1	274	49	277	2.17	1.93	146.74	710	5.50	15.05	17.86	15.93	6.58
OR	SERVING	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
SOFT SHELLS	2 EACH	1	218	0	445	2.17	2.34	90.30	0	0.00	5.80	35.95	5.43	1.32
SEASONED VEGETABLES	1/2 CUP	1	60	0	283	2.72	0.88	19.89	3904	4.68	2.68	12.74	0.51	0.09
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.81	157	4.25	0.40	17.30	0.07	0.00
MILK - Variety	1 CUP SER VING	1	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average			721	61	1117	8.54	5.63	556.11	5249	14.42	32.16	96.02	24.30	9.54
% of Calories											17.9%	53.3%	30.3%	11.9%

Thu - 05/22/2008														
JAMESTOWN HIGH SCHO	Total	1												
HOT DOG 1/4#	1 each	1	186	28	815	0.11	0.86	14.88	89	0.91	7.06	3.06	16.09	6.13
ON A BUN	1 EACH	1	120	0	206	0.90	1.43	59.34	0	0.00	4.09	21.26	1.86	0.47
W/JOHNNY'S SAUCE	1 OZ. LADL	1	66	7	123	0.99	0.82	8.12	92	0.77	3.55	7.88	2.21	0.68
BAKED BEANS	1/2 CUP	1	122	0	446	5.34	1.55	44.24	141	0.00	6.18	27.51	0.48	0.09
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.81	157	4.25	0.40	17.30	0.07	0.00
MILK - Variety	1 CUP SER VING	1	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average			661	48	1701	8.82	5.14	425.76	957	5.92	29.50	89.18	23.08	8.91
% of Calories											17.8%	53.9%	31.4%	12.1%

Fri - 05/23/2008														
JAMESTOWN HIGH SCHO	Total	1												
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%

Mon - 05/26/2008														
JAMESTOWN HIGH SCHO	Total	1												
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%

Tue - 05/27/2008														
JAMESTOWN HIGH SCHO	Total	1												
CHICKEN FINGER SUB	3 each	1	411	85	771	3.09	3.97	82.61	556	6.13	18.93	46.07	17.45	3.55
ON A SUB ROLL	servicing	1	105	0	231	1.22	1.03	34.58	0	0.00	3.27	19.08	1.63	0.36
SEASONED VEGETABLES	1/2 CUP	1	60	0	283	2.72	0.88	19.89	3904	4.68	2.68	12.74	0.51	0.09
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.81	157	4.25	0.40	17.30	0.07	0.00
MILK - Variety	1 CUP SER VING	1	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54

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	Portion Size	Plan Qty	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
Weighted Daily Average			744	97	1397	8.51	6.36	436.26	5095	15.06	33.51	107.36	22.03	5.55
% of Calories											18.0%	57.7%	26.6%	6.7%

Wed - 05/28/2008														
JAMESTOWN HIGH SCHO	Total	1												
CHILI CON CARNE & BEANS	1/2 CUP	1	204	50	367	2.15	2.13	125.28	712	11.74	15.58	9.55	11.80	5.67
HOT SOFT PRETZEL	1 EACH	1	220	0	198	1.60	0.00	0.00	0	0.00	7.00	48.00	5.00	1.30
W/CHEESE SAUCE	2 OZ,	1	82	8	292	0.16	0.15	158.42	230	0.33	5.50	5.50	4.22	2.01
CORN	1/2 CUP	1	66	0	244	1.56	0.59	4.10	37	0.57	2.16	15.42	0.76	0.14
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.81	157	4.25	0.40	17.30	0.07	0.00
MILK - Variety	1/2 pint	1	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54
Weighted Daily Average			740	71	1213	6.96	3.36	586.98	1614	16.89	38.86	107.94	24.22	10.66
% of Calories											21.0%	58.3%	29.4%	13.0%

Thu - 05/29/2008														
JAMESTOWN HIGH SCHO	Total	1												
SWEET & SOUR CHICKEN	#16 SCOOP	1	161	51	190	0.11	0.98	15.88	31	0.00	16.45	13.15	4.34	1.19
CHINESE EGG ROLL	1 each	1	170	15	450	2.00	1.08	20.00	400	2.40	7.00	18.00	8.00	2.50
RICE,Cooked White	1/2 CUP	1	92	0	96	0.36	1.11	3.92	0	0.00	1.69	20.24	0.15	0.04
ORIENTAL VEGGIES	1/2 CUP	1	17	0	10	1.33	0.17	11.29	155	8.33	0.67	2.67	0.00	0.00
CANNED FRUIT	1/2 CUP	1	65	0	4	1.48	0.41	8.81	157	4.25	0.40	17.30	0.07	0.00
MILK - Variety	1/2 pint	1	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54
OTHER	1 EACH	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			607	78	858	5.28	3.83	350.26	1222	14.98	34.43	83.53	14.93	5.27
% of Calories											22.7%	55.0%	22.1%	7.8%

Fri - 05/30/2008														
JAMESTOWN HIGH SCHO	Total	466												
TURKEY/CHEESE SUB	1 EACH	332	216	27	563	0.94	1.88	113.31	187	0.02	13.62	21.90	7.82	3.03
BROCCOLI CHEESE SOUP	1/2 CUP	341	74	6	231	1.49	0.39	132.52	811	27.17	5.01	7.00	3.26	1.51
CANNED FRUIT	1/2 CUP	303	42	0	3	0.96	0.27	5.73	102	2.76	0.26	11.25	0.05	0.00
FRUIT,FRESH ASSORTED	1 EACH	413	66	0	1	2.40	0.19	9.94	97	12.63	0.77	16.97	0.23	0.06
SUN CHIPS	BAG	457	137	0	113	1.96	0.43	10.79	10	0.00	1.96	17.65	5.88	0.98
MILK - Variety	1/2 pint	1	0	0	0	0.00	0.00	0.62	1	0.00	0.02	0.03	0.01	0.00
Weighted Daily Average			536	33	911	7.76	3.15	272.91	1208	42.58	21.64	74.80	17.25	5.59
% of Calories											16.1%	55.8%	28.9%	9.4%

Weighted Average			618	53	1114	7.15	4.25	440.45	4641	19.58	28.68	86.21	19.14	*6.54
											18.6%	55.8%	27.9%	9.5%

# JAMESTOWN PUBLIC SCHOOLS FOOD SERVICE

May 1, 2008 thru May 30, 2008 Spreadsheet - Weighted Values

Apr 10, 2008

## JAMESTOWN HIGH SCHOOL LUNCH

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Nutrient	Menu AVG	Portion	Plan	Cals	mg	mg	g	mg	mg	IU	mg	g	g	g	g
		Size	Qty		Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)								
Calories	618		785	79%		167	Correction Required - Calories are Low								
Cholesterol (mg)	53		150	35%											
Sodium (mg)	1114		1500	74%											
Fiber (g)	7.15		5.00	143%											
Iron (mg)	4.25		4.23	100%											
Calcium (mg)	440.45		370.45	119%											
Vitamin A (IU)	4641		1426	326%											
Vitamin C (mg)	19.58		17.42	112%											
Protein (g)	28.68	18.57%	14.56	197%											
Carbohydrate (g)	86.21	55.82%	0.00												
Total Fat (g)	19.14	27.89%	<30.00												
Saturated Fat (g)	6.54	9.53%	<10.00		Missing										