

ccsfs

Sep 2, 2013 thru Sep 13, 2013 Spreadsheet - Portion Values
PK/Elem Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/03/2013									
PK/Elem Lunch	Total	100							
BAR-B-Q, BROOKWOOD FARMSW/BUN	1/2 C	40	367	69	24.81	36.99	14.88	4.43	0.00
hot ham and cheese	4.5 oz	60	307	34	17.96	25.57	15.69	6.63	*0.00
CUCUMBER,RAW	2 OZ	40	7	0	0.33	1.22	0.09	0.01	*N/A*
Tomatoes,grape	1/4 cup	40	10	0	0.47	2.4	0.08	0.01	0.00
ranch dressing/CC	1 oz	40	49	5	0.51	1.68	3.91	1.03	*0.00
black eye Peas	1/2 cup	25	87	0	5.38	15.46	0.63	0.16	*0.00
oven ready breaded okra	1/2 CUP	50	107	0	2.52	15.14	4.42	0.63	0.00
PINEAPPLE CHUNKS:canned,lt syr	1/2 cup	60	66	0	0.45	16.95	0.15	0.01	*N/A*
PLUMS,FRESH	1 EACH	40	30	0	0.46	7.54	0.18	0.01	*N/A*
milk/Mayfield	8oz.Carton	100	128	9	8.04	20.44	1.25	0.75	0.00
fresh fruit bowl	1 each	40	102	0	1.06	26.57	0.28	0.05	*N/A*
Weighted Daily Average			652	59	32.75	87.94	20.89	7.31	*0.00
% of Calories					20.1%	53.9%	28.8%	10.1%	*0.0%

Wed - 09/04/2013									
PK/Elem Lunch	Total	100							
MINI PANCAKE	1 each	65	200	10	4.0	34.0	6.0	1.00	0.00
sausage	1.5 oz.	130	198	35	4.94	0.99	19.78	6.92	0.00
Breakfast casserole	1/2 cup	35	358	170	18.56	16.66	23.74	9.69	*0.10
toast, cinnamon & sugar	1 sl. ea	35	109	0	3.65	13.98	4.37	0.83	*1.17
hash brown patty	1 each	60	140	0	1.0	15.0	8.0	1.00	0.00
grits, cheese	1/2 cup	40	108	6	4.88	16.47	2.32	1.35	*0.00
Sweet Potato Bites	1/2 cup	25	220	0	2.0	36.0	8.0	4.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	75	64	0	0.47	15.62	0.17	0.02	*N/A*
strawberry banana cup	.5 cup	50	221	0	0.83	57.18	0.52	0.08	*0.00
milk/Mayfield	8oz.Carton	100	128	9	8.04	20.44	1.25	0.75	0.00
fresh fruit bowl	1 each	50	102	0	1.06	26.57	0.28	0.05	*N/A*
Weighted Daily Average			1071	122	29.20	132.73	48.95	16.31	*0.44
% of Calories					10.9%	49.6%	41.2%	13.7%	*0.4%

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Thu - 09/05/2013									
PK/Elem Lunch	Total	100							
Country fried steak	2 oz.	75	211	68	19.57	4.91	11.9	4.66	*0.00
White Whole Wheat Rolls	1 each	75	86	5	2.47	13.98	2.41	0.42	*0.00
Sonoma Blend Vegetables	1/2 cup	60	23	0	0.75	4.0	0.0	0.00	0.00
Potato Pearls - Excel	1/2 c	60	78	0	1.73	15.53	0.86	0.00	*0.00
Glazed Carrots	1/2 cup	15	79	0	0.76	10.76	4.07	0.72	*N/A*
APPLESAUCE w/Cherry Garnish	1/2 Cup	50	52	0	0.21	13.77	0.06	0.01	0.00
CANTALOUPE,RAW	1/2 cup	25	27	0	0.66	6.36	0.15	0.04	*N/A*
fresh fruit bowl	1 each	50	102	0	1.06	26.57	0.28	0.05	*N/A*
lunchable #1 pretzel w/ cheese	ea.	25	504	24	16.83	76.54	13.8	5.77	*0.00
milk/Mayfield	8oz.Carton	100	128	9	8.04	20.44	1.25	0.75	0.00
Weighted Daily Average			632	69	31.17	88.84	16.76	6.16	*0.00
% of Calories					19.7%	56.2%	23.9%	8.8%	*0.0%

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/06/2013									
PK/Elem Lunch	Total	100							
Nacho's w/ cheese&Beef	1serving	75	289	55	17.26	17.95	16.66	5.86	*0.02
Hamburger (minis)Advance	2 each	25	390	40	20.0	43.42	12.0	5.00	0.00
Cheese,sliced	2 each	50	70	15	7.0	2.0	4.5	3.00	*N/A*
peppers,Bell,Green,Red,Yellow	.25 cup	40	9	0	0.47	1.89	0.0	0.00	*N/A*
Squash, fresh, Crook, straight	.25 c	40	13	0	0.5	2.5	0.0	0.00	0.00
Corn, canned CC	1/2 cup	60	83	0	2.09	17.74	1.04	0.00	*0.00
rosey pear half	1/2 cup	50	119	0	1.25	30.21	0.18	0.01	*N/A*
fresh fruit bowl	1 each	50	102	0	1.06	26.57	0.28	0.05	*N/A*
milk/Mayfield	8oz.Carton	100	128	9	8.04	20.44	1.25	0.75	0.00
ORANGES HALVES	2 EACH	50	90	0	1.8	22.56	0.23	0.04	*N/A*
Weighted Daily Average			692	68	33.18	97.82	19.96	7.94	*0.01
% of Calories					19.2%	56.6%	26.0%	10.3%	*0.0%

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Mon - 09/09/2013									
PK/Elem Lunch	Total	100							
cheese sauce commodity	1/4 cup	70	100	20	6.0	3.0	7.0	4.50	0.00
Chili Crispitos	1 EA	70	240	30	8.0	20.0	14.0	3.50	0.00
Pizza, Cheese/Cheese Substitut	1 each	30	310	15	15.0	39.0	11.0	4.00	0.00
Tortilla Chips w/Salsa	1 each	40	160	0	2.0	21.0	8.0	1.00	*0.00
Refried Beansw/cheese sauce	1/2 cup	40	108	0	6.44	18.16	1.39	0.47	*0.00
Salad,Garden	1 c	50	65	0	4.13	13.44	0.83	0.12	*0.00
cinnamon apples	1/2 cup	40	159	0	0.31	38.29	1.56	0.26	*0.00
fresh fruit bowl	1 each	65	102	0	1.06	26.57	0.28	0.05	*N/A*
milk/Mayfield	8oz.Carton	100	128	9	8.04	20.44	1.25	0.75	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	40	64	0	0.47	15.62	0.17	0.02	*N/A*
Weighted Daily Average			755	48	28.78	109.46	24.30	8.34	*0.00
% of Calories					15.3%	58.0%	29.0%	9.9%	*0.0%

Tue - 09/10/2013									
PK/Elem Lunch	Total	100							
hot dog on bun	1 each	70	243	51	11.09	26.06	10.11	3.04	0.00
FISH & SHRIMP,Basket	6 OZ.	30	444	70	21.67	48.46	18.03	3.03	*0.00
cole slaw 1/2cup	1/2 cup	15	77	3	1.23	11.69	2.46	0.61	*0.00
POTATOES ,RoastedDeli	1/2 cup	60	160	0	2.67	28.02	4.0	0.67	0.00
Baked Beans	1/2 c	25	164	0	6.2	37.59	0.49	0.09	*0.00
PEARS: canned,light syrup	1/2 cup	60	72	0	0.24	19.04	0.04	0.00	*N/A*
fresh fruit bowl	1 each	60	102	0	1.06	26.57	0.28	0.05	*N/A*
milk/Mayfield	8oz.Carton	100	128	9	8.04	20.44	1.25	0.75	0.00
GRAPES,Fresh	.5 CUP	50	31	0	0.29	7.89	0.16	0.05	*N/A*
Weighted Daily Average			699	66	26.56	112.49	16.90	4.36	*0.00
% of Calories					15.2%	64.4%	21.8%	5.6%	*0.0%

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Sep 2, 2013 thru Sep 13, 2013 Spreadsheet - Portion Values
PK/Elem Lunch

Sep 1, 2013

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/11/2013									
PK/Elem Lunch	Total	100							
TACO,BEEF	2 EACH	90	321	59	18.54	20.35	18.24	7.79	*0.04
Black Beans	1/2 cup	15	49	0	3.27	8.7	0.0	0.00	*0.00
MEXICALI CORN	.5 CUP	50	84	0	2.19	15.44	2.66	0.50	*N/A*
lettuce tomato cup	.5 cup	80	35	0	2.02	7.53	0.37	0.05	*N/A*
ORANGES	1whole(cut)	50	45	0	0.9	11.28	0.12	0.02	*N/A*
fresh fruit bowl	1 each	50	102	0	1.06	26.57	0.28	0.05	*N/A*
CHEF SALAD PLATE	1 EACH	10	489	166	24.84	42.48	21.46	2.75	*0.00
milk/Mayfield	8oz.Carton	100	128	9	8.04	20.44	1.25	0.75	0.00
GELATIN W/ FRUIT	.5 CUP	65	69	0	0.95	17.18	0.04	0.01	*N/A*
Weighted Daily Average			661	79	32.02	88.14	21.66	8.37	*0.03
% of Calories					19.4%	53.3%	29.5%	11.4%	*0.0%

Thu - 09/12/2013									
PK/Elem Lunch	Total	100							
CheeseBurger on Wheat Bun	1 each	25	336	47	22.5	27.0	17.75	7.00	*0.50
chicken nuggets, Pierce, (5)	5 nuggets ea.	75	230	55	16.0	16.0	10.0	2.50	0.00
French Bread	1oz.	75	53	0	1.84	9.84	0.61	0.12	*0.09
Green Beans	1/2c.	50	21	1	1.19	4.09	0.29	0.08	*N/A*
Au Gratin Potatoes (scratch)	1/2 cup	50	76	0	1.89	16.9	0.35	0.13	*0.00
Spinach Salad w/Dressing&Fruit	1 cup	25	251	0	6.48	15.03	21.08	1.84	*0.00
Juice Bar	1 each	80	60	0	0.0	15.0	0.0	0.00	0.00
fresh fruit bowl	1 each	50	102	0	1.06	26.57	0.28	0.05	*N/A*
milk/Mayfield	8oz.Carton	100	128	9	8.04	20.44	1.25	0.75	0.00
Weighted Daily Average			634	63	30.73	86.11	19.38	5.06	*0.19
% of Calories					19.4%	54.3%	27.5%	7.2%	*0.3%

Fri - 09/13/2013									
PK/Elem Lunch	Total	100							
Chick on/ww Bun	1 each	90	345	30	20.0	40.0	13.5	3.00	0.00
potatoes- crinkle cut baked	3 oz.	90	149	0	2.29	25.14	4.57	1.14	*0.00
LETTUCE & TOMATO w/dill slices	1/8 cup	50	6	0	0.27	1.3	0.08	0.02	*N/A*
Broc & Caul. w/dip	.5 cup	40	12	0	1.01	2.43	0.14	0.02	*N/A*
PEACHES: canned,light syrup	1/2 cup	65	68	0	0.55	18.26	0.04	0.00	0.00
GRAPEFRUIT HALVES	1/2 cup	50	37	0	0.72	9.29	0.12	0.02	*N/A*
SACK LUNCH p.b.&j/Elem./Mid.	1 ea	10	663	26	18.77	85.96	29.16	8.92	*0.00
fresh fruit bowl	1 each	60	102	0	1.06	26.57	0.28	0.05	*N/A*
milk/Mayfield	8oz.Carton	100	128	9	8.04	20.44	1.25	0.75	0.00

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Weighted Daily Average			770	38	31.88	121.74	20.77	5.43	*0.00
% of Calories					16.6%	63.2%	24.3%	6.3%	*0.0%

Weighted Average			730	68	30.70	102.81	23.29	7.70	*0.08
					16.8%	56.4%	28.7%	9.5%	*0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	730		550 - 650	112%			80	Correction Required - Calories too High
Cholesterol (mg)	68							
Protein (g)	30.70	16.83%	10.00	307%				
Carbohydrate (g)	102.81	56.37%						
Total Fat (g)	23.29	28.73%	<=30.00%					
Saturated Fat (g)	7.70	9.49%	<10.00%					
Trans Fat ¹ (g)	0.08	0.09%			Missing			

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