

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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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) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|----------|-----------|-----------|-------------------------|
| 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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