

Sep 2, 2013 thru Sep 28, 2013 Spreadsheet - Portion Values  
High School Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/03/2013									
High School Lunch	Total	100							
CHICKEN POT PIE	1 CUP	25	344	52	20.44	22.97	18.73	4.59	*N/A*
crackers, Lance/HearthUSFOOD	2 per pk.	50	80	0	2.0	13.0	1.5	0.00	0.00
Sloppy Jo, beef RF JTM W/BUN	3.63 oz	30	274	44	20.0	35.0	8.5	2.70	0.00
potato natural wedge	1/2 cup	30	160	7	2.67	26.67	4.0	2.00	*0.00
Pizza, Pep wedge, Nardone	1 ea	40	340	40	21.0	27.0	16.0	8.00	0.00
Asian Chicken Salad Plate	1 EA	5	496	30	20.14	65.81	18.41	2.45	*0.00
GARDEN SALAD	1 CUP	50	37	0	2.23	7.48	0.4	0.05	*N/A*
CORN ON THE COB: frozen,boiled	1 EACH	75	76	0	1.98	14.09	2.36	0.40	*0.00
PEAS & CARROTS: frozen,boiled	.5 CUP	40	38	0	2.47	8.1	0.34	0.06	*N/A*
cinnamon apples	1/2 cup	40	159	0	0.31	38.29	1.56	0.26	*0.00
Ice Cream Cup	1 each	75	140	25	3.0	17.0	7.0	4.50	*N/A*
fresh fruit bowl	1 each	50	102	0	1.06	26.57	0.28	0.05	*N/A*
orange juice-	8 oz.Carton	70	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz.Carton	30	128	9	8.04	20.44	1.25	0.75	0.00
Weighted Daily Average			843	67	32.62	128.76	24.99	9.96	*0.00
% of Calories					15.5%	61.1%	26.7%	10.6%	*0.0%

Wed - 09/04/2013									
High School Lunch	Total	100							
Spaghetti,JTM w/Pasta	5.6 oz.	30	412	75	27.28	45.65	11.95	4.19	0.00
Texas Toast,Garlic	1 each	30	110	0	3.07	19.29	1.92	0.17	*0.00
Foot Long Hot Dog	1 each	55	269	37	11.27	17.91	21.31	7.81	0.00
chili, hotdog, RF	2 oz	40	51	7	4.06	4.22	2.05	0.81	0.00
Onion Rings,Baked	1/2 cup	50	378	0	5.97	53.7	15.91	2.98	0.00
Croissants,Mini	1.25oz.	20	176	0	3.52	22.88	7.04	2.64	0.00
chicken salad	.5 cup	10	143	51	15.35	8.86	4.9	1.40	*0.00
Glazed Carrots	.5 cup	25	79	0	0.76	10.76	4.07	0.72	*N/A*
broccoli w/cheese	1/2 cup	40	143	22	10.15	9.36	8.05	4.99	*0.00
GARDEN SALAD	1 CUP	40	37	0	2.23	7.48	0.4	0.05	*N/A*
PINEAPPLE JUICE: canned,unswtn	.5 CUP	60	66	0	0.45	16.09	0.15	0.01	*N/A*
Garnish,kiwi	display	60	1	0	0.0	0.0	0.0	0.00	0.00
GELATIN W/ FRUIT	1 CUP	50	138	0	1.9	34.37	0.08	0.01	*N/A*
South Western Salad Plate	1 Serving Ea.	5	383	15	16.06	63.6	7.13	3.15	*0.00
orange juice-	8 oz.Carton	70	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz.Carton	30	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			939	63	33.55	138.44	31.93	10.70	*0.00
% of Calories					14.3%	59.0%	30.6%	10.3%	*0.0%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**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.

ccsfs

Sep 2, 2013 thru Sep 28, 2013 Spreadsheet - Portion Values  
High School Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Thu - 09/05/2013</b>									
High School Lunch	Total	100							
CHICKEN FAJITAS w/peppers	1 EACH	18	376	52	22.27	39.12	14.38	2.61	*0.01
Chili Crisпитos, 2	servng	30	480	60	16.0	40.0	28.0	7.00	0.00
Pizza, Cheese/Cheese Substitut	1 each	50	310	15	15.0	39.0	11.0	4.00	0.00
SPANISH RICE(CHS)	1/2 C.	20	116	0	2.13	24.93	0.29	0.08	*N/A*
Salad,Garden	1 c	60	65	0	4.13	13.44	0.83	0.12	*0.00
Refried Beansw/cheese sauce	1/2 cup	40	108	0	6.44	18.16	1.39	0.47	*0.00
Tortilla Chips w/Salsa	1 each	30	160	0	2.0	21.0	8.0	1.00	*0.00
MEXICALI CORN	1/2 CUP	60	84	0	2.19	15.44	2.66	0.50	*N/A*
Applesauce Cup	1/2 CUP	50	52	0	0.21	13.77	0.06	0.01	0.00
ORANGES	1whole(cut)	75	45	0	0.9	11.28	0.12	0.02	*N/A*
Asian Chicken Salad Plate	1 EA	2	496	30	20.14	65.81	18.41	2.45	*0.00
orange juice-	8 oz.Cartn	60	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz.Cartn	40	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			798	39	29.73	126.08	22.69	5.83	*0.00
% of Calories					14.9%	63.2%	25.6%	6.6%	*0.0%

<b>Fri - 09/06/2013</b>									
High School Lunch	Total	100							
PORK CHOP PATTY	1 EA	25	273	91	13.13	16.16	17.17	4.55	0.00
White Whole Wheat Rolls	1 each	25	86	5	2.47	13.98	2.41	0.42	*0.00
MAC & CHEESE	.5 CUP	25	88	0	3.09	17.71	0.36	0.07	0.00
HAMBURGER ON A BUN	1 each	65	301	40	19.0	26.0	15.5	5.50	0.50
LETTUCE &TOMATO w/dill slices	1/8 cup	15	6	0	0.27	1.3	0.08	0.02	*N/A*
Ham or Ham & Cheese Wrap	1 each	5	294	18	14.59	41.2	7.48	2.33	*0.00
CHEDDAR/SOUR CREAM BAKED CHIPS	1 EACH	10	140	0	2.0	24.0	4.0	0.50	0.00
Baked Beans	1/2 c	60	164	0	6.2	37.59	0.49	0.09	*0.00
cole slaw 1/2cup	1/2 cup	25	77	3	1.23	11.69	2.46	0.61	*0.00
Carrots w/dip	1/2cup.	25	96	24	5.23	5.13	4.73	0.00	0.00
GRAPES,Fresh	1/2 CUP	80	31	0	0.29	7.89	0.16	0.05	*N/A*
Juice Bar	1 each	60	60	0	0.0	15.0	0.0	0.00	0.00
fresh fruit bowl	1 each	97	102	0	1.06	26.57	0.28	0.05	*N/A*
South Western Salad Plate	1 Serving Ea.	5	383	15	16.06	63.6	7.13	3.15	*0.00
orange juice-	8 oz.Cartn	70	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz.Cartn	30	128	9	8.04	20.44	1.25	0.75	0.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1- Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**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.

ccsfs

Sep 2, 2013 thru Sep 28, 2013 Spreadsheet - Portion Values  
High School Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			772	61	29.21	129.57	19.07	5.69	*0.32
% of Calories					15.1%	67.1%	22.2%	6.6%	*0.4%

Mon - 09/09/2013									
High School Lunch	Total	100							
SCRAMBLED EGGS	1/4 CUP	25	82	215	7.01	1.64	5.07	1.57	*N/A*
gravy mix, Biscuit	.5 cup	25	100	0	0.0	11.96	5.98	1.99	*2.99
sausage	1.5 oz.	25	198	35	4.94	0.99	19.78	6.92	0.00
Biscuits handi-split,WG	1 ea	25	220	0	5.0	28.0	10.0	5.00	0.00
grits, cheese	1/2 cup	15	108	6	4.88	16.47	2.32	1.35	*0.00
hash brown patty	2 each	15	280	0	2.0	30.0	16.0	2.00	0.00
Corndog whole grain	1 ea	40	221	40	10.0	31.0	7.0	1.50	0.00
potatoes- crinkle cut baked	3 oz.	40	149	0	2.29	25.14	4.57	1.14	*0.00
Pizza,WW Stuffed Crust ,Pep.	1 each	30	410	30	20.0	40.0	18.0	6.00	0.00
veggie dipper	.5 cup	40	19	0	0.92	4.07	0.16	0.03	*0.00
CORN ON THE COB: frozen,boiled	1 EACH	40	76	0	1.98	14.09	2.36	0.40	*0.00
GARDEN SALAD	1 CUP	50	37	0	2.23	7.48	0.4	0.05	*N/A*
PEACHES: canned,light syrup	1/2 cup	50	68	0	0.55	18.26	0.04	0.00	0.00
fruit freeze	1 each	75	110	0	0.0	26.0	0.0	0.00	0.00
fresh fruit bowl	1 each	90	102	0	1.06	26.57	0.28	0.05	*N/A*
Caesar Salad plate	1 plate ea	2	668	82	28.99	82.08	23.37	3.61	*0.00
orange juice-	8 oz.Carton	70	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz.Carton	30	128	9	8.04	20.44	1.25	0.75	0.00
Weighted Daily Average			872	93	24.09	142.30	25.30	7.77	*0.75
% of Calories					11.0%	65.2%	26.1%	8.0%	*0.8%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

Sep 2, 2013 thru Sep 28, 2013 Spreadsheet - Portion Values  
High School Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/10/2013									
High School Lunch	Total	100							
Asian Chicken Bites	4 nuggets	50	0	0	0.0	0.0	0.0	0.00	0.00
Au Gratin Potatoes (scratch)	1/2 cup	40	76	0	1.89	16.9	0.35	0.13	*0.00
White Whole Wheat Rolls	1 each	50	86	5	2.47	13.98	2.41	0.42	*0.00
CheeseBurger on Wheat Bun	1 each	30	336	47	22.5	27.0	17.75	7.00	*0.50
FRENCH FRIES/Secondary wrap sandwiches	1/2 cup	20	180	0	2.0	28.0	8.0	2.00	*0.00
BBQ BAKED MASTERPIECE CHIPS	2oz.	15	546	27	17.13	49.52	31.53	6.13	*0.00
squash casserole	1 EACH	15	110	0	2.0	19.0	2.5	0.00	*N/A*
OKRA, FROZEN, BREADED	1/2 cup	20	343	96	13.1	17.42	24.89	10.35	*N/A*
Veggie Medley, raw w/dip	1/2 cup	35	170	0	4.0	24.0	7.0	1.00	0.00
strawberry banana cup	1/2 c	85	19	0	1.2	3.84	0.16	0.02	*0.00
PEARS,FRESH	1/2 cup	50	221	0	0.83	57.18	0.52	0.08	*0.00
fresh fruit bowl	1 EACH	75	86	0	0.56	22.88	0.18	0.01	*N/A*
Tuna salad plate	1 each	90	102	0	1.06	26.57	0.28	0.05	*N/A*
orange juice-	1 each	5	490	49	19.04	51.12	23.87	3.60	*0.00
milk/Mayfield	8 oz.Carton	70	110	0	2.0	27.0	0.0	0.00	0.00
	8oz.Carton	30	128	9	8.04	20.44	1.25	0.75	0.00
Weighted Daily Average			859	46	23.61	150.13	23.15	6.62	*0.15
% of Calories					11.0%	69.9%	24.3%	6.9%	*0.2%
Wed - 09/11/2013									
High School Lunch	Total	100							
Lasagna, Heart Healthy	6oz.	30	187	37	18.5	12.87	6.65	3.36	*0.00
French Bread	1oz.	30	53	0	1.84	9.84	0.61	0.12	*0.09
Chick on/ww Bun	1 each	40	345	30	20.0	40.0	13.5	3.00	0.00
LETTUCE &TOMATO w/dill slices	1/4 cup	20	12	0	0.55	2.59	0.17	0.03	*N/A*
Pizza,MaxStix , W.G.	2 EACH	28	339	16	17.51	31.73	15.32	4.92	*N/A*
Salad,Garden	1/2 c	40	33	0	2.06	6.72	0.42	0.06	*0.00
ranch dressing/CC	1 oz	40	49	5	0.51	1.68	3.91	1.03	*0.00
California Blend Vegetables	1/2 cup	50	23	0	0.75	4.0	0.0	0.00	0.00
Veggie Medley, raw w/dip	1/2 c	60	19	0	1.2	3.84	0.16	0.02	*0.00
Juice Bar	1 each	40	60	0	0.0	15.0	0.0	0.00	0.00
FRUIT COCKTAIL:canned,lt syrup	1 CUP	50	138	0	0.97	36.13	0.17	0.02	*N/A*
fresh fruit bowl	1 each	95	102	0	1.06	26.57	0.28	0.05	*N/A*
Caesar Salad plate	1 plate ea	2	668	82	28.99	82.08	23.37	3.61	*0.00
orange juice-	8 oz.Carton	70	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz.Carton	30	128	9	8.04	20.44	1.25	0.75	0.00
Weighted Daily Average			682	34	27.12	115.86	14.92	4.43	*0.03
% of Calories					15.9%	68.0%	19.7%	5.9%	*0.0%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**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.

**Sep 2, 2013 thru Sep 28, 2013 Spreadsheet - Portion Values**  
**High School Lunch**

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/12/2013									
High School Lunch	Total	100							
Roast,Pot Hillshare Farms	3oz.serving	30	240	75	24.0	2.0	15.0	6.00	1.00
GRAVY MIX,BROWN,"TRIO BROWN GR	2 tbs	30	28	10	3.65	0.0	1.43	0.37	*N/A*
Whole Wheat Rolls	1 each	30	318	0	10.97	62.13	3.3	0.48	*N/A*
Potato Pearls - Excel	.5 c	30	78	0	1.73	15.53	0.86	0.00	*0.00
BAR-B-Q, BROOKWOOD FARMSW/BUN	1/2 C	50	367	69	24.81	36.99	14.88	4.43	0.00
PICKLES,DILLSpear	1 EACH	30	8	0	0.39	1.68	0.09	0.02	*N/A*
POTATOES ,RoastedDeli	1/2 cup	30	160	0	2.67	28.02	4.0	0.67	0.00
Ham & Cheese Deli Thins	1 ea	18	295	41	13.19	21.65	16.03	8.30	*0.00
black eye Peas	1/2 cup	50	87	0	5.38	15.46	0.63	0.16	*0.00
cole slaw 1/2cup	1/2 cup	30	77	3	1.23	11.69	2.46	0.61	*0.00
ORANGES	1whole(cut)	90	45	0	0.9	11.28	0.12	0.02	*N/A*
PEARS: canned,light syrup	1/2 cup	50	72	0	0.24	19.04	0.04	0.00	*N/A*
Pudding, Choco, fat free	.5 c	60	120	0	2.18	29.44	0.0	0.00	0.00
Tuna salad plate	1 each	2	490	49	19.04	51.12	23.87	3.60	*0.00
fresh fruit bowl	1 each	90	102	0	1.06	26.57	0.28	0.05	*N/A*
orange juice-	8 oz.Carton	70	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz.Carton	30	128	9	8.04	20.44	1.25	0.75	0.00
Weighted Daily Average			918	72	38.25	153.74	20.00	6.60	*0.30
% of Calories					16.7%	67.0%	19.6%	6.5%	*0.3%

Fri - 09/13/2013									
High School Lunch	Total	100							
Chicken Chunks w/Mandrin Orang	2.92oz.	50	160	45	12.0	21.0	3.0	0.50	0.00
Fried Rice,Vegetable Amy's	4 oz	40	146	0	3.0	27.0	2.9	0.00	0.00
Egg Roll/Chef's Corner	3 oz	40	130	30	10.0	19.0	1.5	0.00	0.00
RIB-B-Q SANDWICH	3.2	20	360	40	19.0	35.0	16.0	5.50	0.50
POTATO PUFFS: frozen,cooked	.5 CUP	20	122	0	1.31	17.76	5.52	1.16	*N/A*
Pizza, Pep wedge, Nardone	1 ea	28	340	40	21.0	27.0	16.0	8.00	0.00
Green Beans	1/2c.	40	21	1	1.19	4.09	0.29	0.08	*N/A*
CORN: frozen, yellow	1/2 CUP	75	84	0	2.12	15.94	2.44	0.41	*0.00
Salad,Garden	1/2 c	60	33	0	2.06	6.72	0.42	0.06	*0.00
pineapple tidbits,lt.syrup	1/2 cup	30	63	0	0.44	16.41	0.15	0.01	*N/A*
Fruit Freeze mango	1 ea	30	110	0	0.0	26.0	0.0	0.00	0.00
fresh fruit bowl	1 each	80	102	0	1.06	26.57	0.28	0.05	*N/A*
Caesar Salad plate	1 plate ea	2	668	82	28.99	82.08	23.37	3.61	*0.00
orange juice-	8 oz.Carton	70	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz.Carton	30	128	9	8.04	20.44	1.25	0.75	0.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**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.**

ccsfs

Sep 2, 2013 thru Sep 28, 2013 Spreadsheet - Portion Values  
High School Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			735	58	29.82	125.29	15.35	4.54	*0.10
% of Calories					16.2%	68.2%	18.8%	5.6%	*0.1%

Mon - 09/16/2013									
High School Lunch	Total	100							
FISH & SHRIMP,Basket	6 OZ.	30	444	70	21.67	48.46	18.03	3.03	*0.00
HUSHPUPIES	2 each	30	80	0	1.51	13.06	2.51	0.50	*N/A*
Spicy chicken sandwich	1 ea	60	360	30	18.0	49.0	11.0	2.00	*N/A*
Burrito, Beef & Bean	1 each	5	321	18	15.21	45.7	8.57	2.81	0.00
TORTILLA CHIPS,PLAIN,IW	.875oz.-1pkg.	5	120	0	2.0	18.0	4.0	0.50	0.00
cheese sauce commodity	1/4 cup	5	100	20	6.0	3.0	7.0	4.50	0.00
cole slaw 1/2cup	1/2 cup	10	77	3	1.23	11.69	2.46	0.61	*0.00
corn on the cob	3" /1ea	50	97	0	2.43	13.69	4.79	0.86	*N/A*
Broc & Caul. w/dip	1/2 cup	50	12	0	1.01	2.43	0.14	0.02	*N/A*
Juice Bar	1 each	75	60	0	0.0	15.0	0.0	0.00	0.00
Caesar Salad plate	1 plate ea	5	668	82	28.99	82.08	23.37	3.61	*0.00
orange juice-	8 oz.Carton	70	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz.Carton	30	128	9	8.04	20.44	1.25	0.75	0.00
fresh fruit bowl	1 each	60	102	0	1.06	26.57	0.28	0.05	*N/A*
PEACHES: canned,light syrup	1/2 cup	60	68	0	0.55	18.26	0.04	0.00	0.00
Weighted Daily Average			758	48	26.99	127.70	18.18	3.59	*0.00
% of Calories					14.2%	67.4%	21.6%	4.3%	*0.0%

Tue - 09/17/2013									
High School Lunch	Total	100							
beef stroganoff	1 cup	25	227	69	18.79	14.1	10.16	3.43	*0.01
BAR-B-Q, BROOKWOOD FARMSW/BUN	1/2 C	10	367	69	24.81	36.99	14.88	4.43	0.00
PICKLES,DILLspear	1 EACH	10	8	0	0.39	1.68	0.09	0.02	*N/A*
Pizza, Bake to Rise Cheese/Nar	1 pizza	60	457	22	22.11	57.48	16.21	5.90	0.00
Spinach Salad w/Dressing&Fruit	1 cup	50	251	0	6.48	15.03	21.08	1.84	*0.00
black eye Peas	1/2 cup	10	87	0	5.38	15.46	0.63	0.16	*0.00
California Blend Vegetables	1/2 cup	25	23	0	0.75	4.0	0.0	0.00	0.00
cinnamon apples	1/2 cup	50	159	0	0.31	38.29	1.56	0.26	*0.00
FRUIT COCKTAIL:canned,lt syrup	.5 CUP	25	69	0	0.48	18.07	0.08	0.01	*N/A*
CHEF SALAD PLATE	1 EACH	5	489	166	24.84	42.48	21.46	2.75	*0.00
orange juice-	8 oz.Carton	70	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz.Carton	30	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*

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

ccsfs

Sep 2, 2013 thru Sep 28, 2013 Spreadsheet - Portion Values  
High School Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			796	48	30.31	116.05	26.76	6.30	*0.00
% of Calories					15.2%	58.3%	30.2%	7.1%	*0.0%

Wed - 09/18/2013									
High School Lunch	Total	100							
OVEN FRIED CHICKEN	SERVINGS	30	343	87	29.35	9.66	19.98	4.65	*N/A*
POTATOES W/ HERBS	1/2 C	25	209	0	3.26	29.02	9.64	1.72	*0.00
CheeseBurger on Wheat Bun	1 each	50	336	47	22.5	27.0	17.75	7.00	*0.50
chili	1/4 CUP	20	55	11	4.6	4.3	2.19	0.82	*0.00
Onion Rings,Baked	1/2 cup	40	378	0	5.97	53.7	15.91	2.98	0.00
club sandwich	1 EACH.	15	434	65	29.98	38.15	15.6	6.95	*0.00
CHEDDAR/SOUR CREAM BAKED CHIPS	1 EACH	15	140	0	2.0	24.0	4.0	0.50	0.00
Glazed Carrots	.5 cup	40	79	0	0.76	10.76	4.07	0.72	*N/A*
Baked Beans	1/2 c	40	164	0	6.2	37.59	0.49	0.09	*0.00
trail mix	.5 cup	60	290	0	7.06	35.62	16.01	5.52	*0.00
Caesar Salad plate	1 plate ea	5	668	82	28.99	82.08	23.37	3.61	*0.00
orange juice-	8 oz.Carton	70	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz.Carton	30	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			1032	69	41.68	135.79	40.11	11.87	*0.25
% of Calories					16.2%	52.6%	35.0%	10.3%	*0.2%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

**Sep 2, 2013 thru Sep 28, 2013 Spreadsheet - Portion Values**  
**High School Lunch**

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Thu - 09/19/2013</b>									
High School Lunch	Total	100							
TACO SALAD	SERVINGS	50	296	46	18.37	20.11	16.17	5.78	*N/A*
SPANISH RICE(CHS)	1/2 C.	30	116	0	2.13	24.93	0.29	0.08	*N/A*
tuna salad	1/2 cup	10	268	50	33.64	8.2	9.41	2.38	*0.00
Deli Thin Bun W/G	1.5oz.	10	100	0	4.0	20.0	1.0	0.00	0.00
BAKED POTATO	1/2 cup	10	247	0	6.26	47.47	5.16	1.23	*0.00
Pizza,MaxStix , W.G.	2 EACH	15	339	16	17.51	31.73	15.32	4.92	*N/A*
GARDEN SALAD	1 CUP	40	37	0	2.23	7.48	0.4	0.05	*N/A*
CORN: frozen, yellow	1/2 CUP	50	84	0	2.12	15.94	2.44	0.41	*0.00
Salsa, Tomato, Canned, Commodi	.5 cup	25	40	0	0.0	8.0	0.0	0.00	*N/A*
TORTILLA CHIPS,PLAIN,IW	.875oz.-1pkg.	25	120	0	2.0	18.0	4.0	0.50	0.00
peanut butter cookie	1 ea.	60	183	14	3.65	23.52	8.6	1.58	*N/A*
strawberry banana cup	1/2 cup	50	221	0	0.83	57.18	0.52	0.08	*0.00
Applesauce Cup	1/2 CUP	75	52	0	0.21	13.77	0.06	0.01	0.00
CHEF SALAD PLATE	1 EACH	25	489	166	24.84	42.48	21.46	2.75	*0.00
orange juice-	8 oz.Carton	70	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz.Carton	30	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			940	83	32.61	149.29	25.76	6.30	*0.00
% of Calories					13.9%	63.6%	24.7%	6.0%	*0.0%

<b>Fri - 09/20/2013</b>									
High School Lunch	Total	100							
CHICKEN TENDERS SPICY COMM	2 EACH	65	180	25	10.0	10.0	11.0	2.50	*N/A*
MAC & CHEESE	.5 CUP	65	88	0	3.09	17.71	0.36	0.07	0.00
DELI SAND.ON STEAK BUN	1 EA.	15	397	48	19.96	35.21	18.27	8.80	*0.00
Eggplant (veggie fries)	1/2 cup	20	267	0	4.0	28.0	16.0	2.67	0.00
SACK LUNCH Wht p.b.&j. High Sc	1 ea	15	963	33	21.29	119.89	45.3	10.12	*0.00
California Blend Vegetables	1/2 cup	40	23	0	0.75	4.0	0.0	0.00	0.00
Salad,Garden	1/2 c	50	33	0	2.06	6.72	0.42	0.06	*0.00
OKRA, FROZEN, BREADED	1/2 cup	50	170	0	4.0	24.0	7.0	1.00	0.00
GRAPES,Fresh	1/2 CUP	50	31	0	0.29	7.89	0.16	0.05	*N/A*
PEARS: canned,light syrup	1/2 cup	40	72	0	0.24	19.04	0.04	0.00	*N/A*
Caesar Salad plate	1 plate ea	5	668	82	28.99	82.08	23.37	3.61	*0.00
orange juice-	8 oz.Carton	70	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz.Carton	30	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*

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**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.**



ccsfs

Sep 2, 2013 thru Sep 28, 2013 Spreadsheet - Portion Values  
High School Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			786	35	24.86	117.81	25.61	6.03	*0.00
% of Calories					12.7%	60.0%	29.3%	6.9%	*0.0%

Mon - 09/23/2013									
High School Lunch	Total	100							
Nacho's w/ cheese&Beef	1serving	30	289	55	17.26	17.95	16.66	5.86	*0.02
REFRIED BEANS: canned	.5 CUP	30	108	0	6.44	18.16	1.39	0.47	*N/A*
Chicken sandwich - grilled	3 oz.	50	287	56	28.26	25.0	10.04	4.01	0.00
LETTUCE & TOMATO w/dill slices	1/8 cup	40	6	0	0.27	1.3	0.08	0.02	*N/A*
Pizza,MaxStix , W.G.	2 EACH	15	339	16	17.51	31.73	15.32	4.92	*N/A*
MARINARA SAUCE, RED GOLD	1/4 CUP	15	41	0	1.16	6.4	1.45	0.00	0.00
GARDEN SALAD	1 CUP	50	37	0	2.23	7.48	0.4	0.05	*N/A*
Veggie Medley, raw w/dip	1/2 c	25	19	0	1.2	3.84	0.16	0.02	*0.00
ORANGES	1whole(cut)	50	45	0	0.9	11.28	0.12	0.02	*N/A*
SPICE CAKE	SERVINGS	75	233	34	3.54	36.91	8.42	2.14	*N/A*
Tuna salad plate	1 each	5	490	49	19.04	51.12	23.87	3.60	*0.00
orange juice-	8 oz.Carton	70	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz.Carton	30	128	9	8.04	20.44	1.25	0.75	0.00
Weighted Daily Average			683	77	33.43	95.18	21.16	6.70	*0.01
% of Calories					19.6%	55.8%	27.9%	8.8%	*0.0%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

ccsfs

Sep 2, 2013 thru Sep 28, 2013 Spreadsheet - Portion Values  
High School Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/24/2013									
High School Lunch	Total	100							
PANCAKES	2 EACH	25	254	68	6.72	32.51	10.67	1.78	*N/A*
sausage	1.5 oz.	50	198	35	4.94	0.99	19.78	6.92	0.00
SCRAMBLED EGGS	1/4 CUP	25	82	215	7.01	1.64	5.07	1.57	*N/A*
hash brown patty	2 each	25	280	0	2.0	30.0	16.0	2.00	0.00
Hamburger bun wheat	1 each	65	130	0	7.0	25.0	2.5	0.50	0.00
Eggplant (veggie fries)	1/2 cup	40	267	0	4.0	28.0	16.0	2.67	0.00
Ham & Cheese Deli Thins	1 ea	5	295	41	13.19	21.65	16.03	8.30	*0.00
BBQ BAKED MASTERPIECE CHIPS	1 EACH	5	110	0	2.0	19.0	2.5	0.00	*N/A*
Sweet Potato Bites	1/2 cup	20	220	0	2.0	36.0	8.0	4.00	0.00
veggie dipper	.5 cup	25	19	0	0.92	4.07	0.16	0.03	*0.00
Spinach Salad w/Dressing&Fruit	1 cup	40	251	0	6.48	15.03	21.08	1.84	*0.00
GRAPEFRUIT HALVES	1/2 cup	25	37	0	0.72	9.29	0.12	0.02	*N/A*
APPLE SALAD	.5 CUP	30	254	6	1.94	45.9	8.4	1.60	*0.00
yogurt plate	1 plate	5	514	25	13.02	96.15	10.78	4.75	*0.00
orange juice-	8 oz. Carton	70	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz. Carton	30	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			881	96	22.19	116.81	40.42	9.12	*0.00
% of Calories					10.1%	53.0%	41.3%	9.3%	*0.0%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**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.

**Sep 2, 2013 thru Sep 28, 2013 Spreadsheet - Portion Values**  
**High School Lunch**

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 09/25/2013</b>									
High School Lunch	Total	100							
MEAT LOAF	3/4" SLICE	25	244	82	21.29	9.7	12.78	4.37	*N/A*
Potato Pearls - Excel	.5 c	25	78	0	1.73	15.53	0.86	0.00	*0.00
Cornbread (self rising)	servings	25	91	13	2.42	11.84	4.42	0.81	*N/A*
MUSTARD GREENS: frozen,boiled	.5 CUP	25	14	0	1.7	2.33	0.19	0.01	*N/A*
black eye Peas	1/2 cup	25	87	0	5.38	15.46	0.63	0.16	*0.00
Chili Crispitos, 2	serving	65	480	60	16.0	40.0	28.0	7.00	0.00
cheese sauce commodity	1/4 cup	40	100	20	6.0	3.0	7.0	4.50	0.00
Pizza, whole grain, Pepp.	slice	5	340	40	21.0	27.0	16.0	8.00	0.00
PEAS GREEN,CANNED,DRAINED	1/2 cup	25	84	0	4.83	13.81	1.35	0.23	*N/A*
Salad,Garden	1 c	50	65	0	4.13	13.44	0.83	0.12	*0.00
APPLESAUCE w/Cherry Garnish	1/2 Cup	75	52	0	0.21	13.77	0.06	0.01	0.00
GRAPES,Fresh	.5 CUP	50	31	0	0.29	7.89	0.16	0.05	*N/A*
SACK LUNCH Wht p.b.&j. High Sc	1 ea	5	963	33	21.29	119.89	45.3	10.12	*0.00
orange juice-	8 oz.Carton	70	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz.Carton	30	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			809	77	30.85	108.36	30.15	8.99	*0.00
% of Calories					15.2%	53.5%	33.5%	10.0%	*0.0%

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Thu - 09/26/2013</b>									
High School Lunch	Total	100							
CHICKEN STIR-FRY	1 CUP	30	265	61	25.72	14.82	11.51	1.96	*N/A*
Egg Roll/Chef's Corner	3 oz	30	130	30	10.0	19.0	1.5	0.00	0.00
Fried Rice,Vegetable Amy's	4 oz	20	146	0	3.0	27.0	2.9	0.00	0.00
grilled cheese sandwich	1 sandwich	50	221	28	11.16	21.07	12.84	5.46	*0.00
Soup, Tomato, Campbells	1 c	50	130	5	4.0	23.0	2.13	0.91	*0.00
chicken salad	.5 cup	15	143	51	15.35	8.86	4.9	1.40	*0.00
Croissants,Mini	1.25oz.	30	176	0	3.52	22.88	7.04	2.64	0.00
Spinach Salad w/Dressing&Fruit	1 cup	25	251	0	6.48	15.03	21.08	1.84	*0.00
CORN,Shoepeg	1/2 CUP	50	92	0	2.23	23.21	0.54	0.08	*N/A*
pineapple tidbits,lt.syrup	1/2 cup	75	63	0	0.44	16.41	0.15	0.01	*N/A*
Tuna salad plate	1 each	5	490	49	19.04	51.12	23.87	3.60	*0.00
orange juice-	8 oz.Carton	70	110	0	2.0	27.0	0.0	0.00	0.00
milk/Mayfield	8oz.Carton	30	128	9	8.04	20.44	1.25	0.75	0.00
Juice Bar	1 each	75	60	0	0.0	15.0	0.0	0.00	0.00
Weighted Daily Average			740	57	30.08	112.28	22.03	5.69	*0.00
% of Calories					16.3%	60.7%	26.8%	6.9%	*0.0%

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient

**\*** - denotes combined nutrient totals with either missing or incomplete nutrient data

**1-** Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**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.

ccsfs

Sep 2, 2013 thru Sep 28, 2013 Spreadsheet - Portion Values  
High School Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/27/2013									
High School Lunch MANAGERS CHOICE	Total 1	100 1	0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0.00	0.00	0.00	0.00	0.00

Weighted Average			825	62	30.06 14.6%	127.19 61.7%	24.87 27.1%	7.04 7.7%	*0.11 *0.1%
------------------	--	--	-----	----	----------------	-----------------	----------------	--------------	----------------

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	825		750 - 850	100%				
Cholesterol (mg)	62							
Protein (g)	30.06	14.58%	16.00	188%				
Carbohydrate (g)	127.19	61.70%						
Total Fat (g)	24.87	27.14%	<=30.00%					
Saturated Fat (g)	7.04	7.68%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.11	0.12%			Missing			

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**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.