

ccsfs

Sep 2, 2013 thru Sep 13, 2013 Spreadsheet - Portion Values
Middle School 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									
Middle School Lunch	Total	100							
BAR-B-Q, BROOKWOOD FARMSW/BUN	1/2 C	35	367	69	24.81	36.99	14.88	4.43	0.00
hot ham and cheese	4.5 oz	50	307	34	17.96	25.57	15.69	6.63	*0.00
CHEF SALAD PLATE	1 EACH	10	489	166	24.84	42.48	21.46	2.75	*0.00
CHEDDAR/SOUR CREAM BAKED CHIPS	1 EACH	65	140	0	2.0	24.0	4.0	0.50	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	80	49	5	0.51	1.68	3.91	1.03	*0.00
BLACK-EYED PEAS:from dry,boil	.5 CUP	40	99	0	6.61	17.75	0.45	0.12	*N/A*
OKRA, FROZEN, BREADED	1/2 cup	60	170	0	4.0	24.0	7.0	1.00	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	50	30	0	0.46	7.54	0.18	0.01	*N/A*
fresh fruit bowl	1 each	40	102	0	1.06	26.57	0.28	0.05	*N/A*
milk/Mayfield	8oz.Carton	50	128	9	8.04	20.44	1.25	0.75	0.00
orange juice-	8 oz.Carton	40	110	0	2.0	27.0	0.0	0.00	0.00
Tuna salad plate	1 each	5	490	49	19.04	51.12	23.87	3.60	*0.00
Weighted Daily Average			837	69	33.92	118.01	27.49	7.53	*0.00
% of Calories					16.2%	56.4%	29.6%	8.1%	*0.0%

Wed - 09/04/2013									
Middle School 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	20	358	170	18.56	16.66	23.74	9.69	*0.10
toast, cinnamon & sugar	1 sl. ea	20	109	0	3.65	13.98	4.37	0.83	*1.17
hash brown patty	1 each	15	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	15	220	0	2.0	36.0	8.0	4.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	65	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
Tuna salad plate	1 each	15	490	49	19.04	51.12	23.87	3.60	*0.00
milk/Mayfield	8oz.Carton	50	128	9	8.04	20.44	1.25	0.75	0.00
orange juice-	8 oz.Carton	25	110	0	2.0	27.0	0.0	0.00	0.00
SYRUP,PANCAKE	2 TBSP	65	92	0	0.0	24.13	0.0	0.00	*N/A*
Weighted Daily Average			955	100	23.97	122.82	43.14	14.01	*0.25
% of Calories					10.0%	51.5%	40.7%	13.2%	*0.2%

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Thu - 09/05/2013									
Middle School Lunch	Total	100							
MEAT LOAF	3/4" SLICE	15	244	82	21.29	9.7	12.78	4.37	*N/A*
Country fried steak	2 oz.	65	211	68	19.57	4.91	11.9	4.66	*0.00
GRAVY MIX,BROWN,"TRIO BROWN GR	2 tbs	65	28	10	3.65	0.0	1.43	0.37	*N/A*
White Whole Wheat Rolls	1 each	70	86	5	2.47	13.98	2.41	0.42	*0.00
Sonoma Blend Vegetables	1/2 cup	40	23	0	0.75	4.0	0.0	0.00	0.00
Glazed Carrots	.5 cup	40	79	0	0.76	10.76	4.07	0.72	*N/A*
Potato Pearls - Excel	1/2 c	60	78	0	1.73	15.53	0.86	0.00	*0.00
CANTALOUPE,RAW	1/2 cup	65	27	0	0.66	6.36	0.15	0.04	*N/A*
fresh fruit bowl	1 each	40	102	0	1.06	26.57	0.28	0.05	*N/A*
lunchable #1 pretzel w/ cheese	ea.	20	504	24	16.83	76.54	13.8	5.77	*0.00
milk/Mayfield	8oz.Carton	40	128	9	8.04	20.44	1.25	0.75	0.00
APPLESAUCE w/Cherry Garnish	1/2 Cup	60	52	0	0.21	13.77	0.06	0.01	0.00
orange juice-	8 oz.Carton	40	110	0	2.0	27.0	0.0	0.00	0.00
Weighted Daily Average			624	75	30.01	86.97	17.91	6.02	*0.00
% of Calories					19.2%	55.7%	25.8%	8.7%	*0.0%

Fri - 09/06/2013									
Middle School Lunch	Total	100							
Nacho's w/ cheese&Beef	1serving	60	289	55	17.26	17.95	16.66	5.86	*0.02
Hamburger (minis)Advance	2 each	20	390	40	20.0	43.42	12.0	5.00	0.00
Cheese,sliced	2 each	20	70	15	7.0	2.0	4.5	3.00	*N/A*
ranch dressing/CC	1 oz	50	49	5	0.51	1.68	3.91	1.03	*0.00
peppers,Bell,Green,Red,Yellow	.25 cup	50	9	0	0.47	1.89	0.0	0.00	*N/A*
Squash, fresh, Crook, straight	.25 c	50	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	60	119	0	1.25	30.21	0.18	0.01	*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	90	102	0	1.06	26.57	0.28	0.05	*N/A*
milk/Mayfield	8oz.Carton	30	128	9	8.04	20.44	1.25	0.75	0.00
ORANGES HALVES	2 EACH	40	90	0	1.8	22.56	0.23	0.04	*N/A*
orange juice-	8 oz.Carton	40	110	0	2.0	27.0	0.0	0.00	0.00
Weighted Daily Average			699	52	25.26	110.12	19.62	6.81	*0.01
% of Calories					14.5%	63.0%	25.3%	8.8%	*0.0%

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Mon - 09/09/2013									
Middle School Lunch	Total	100							
Chili Crisпитos	1 EA	80	240	30	8.0	20.0	14.0	3.50	0.00
cheese sauce commodity	1/4 cup	80	100	20	6.0	3.0	7.0	4.50	0.00
Pizza, Cheese/Cheese Substitut	1 each	19	310	15	15.0	39.0	11.0	4.00	0.00
Tortilla Chips w/Salsa	1 each	60	160	0	2.0	21.0	8.0	1.00	*0.00
Refried Beansw/cheese sauce	1/2 cup	20	108	0	6.44	18.16	1.39	0.47	*0.00
Salad,Garden	1 c	48	65	0	4.13	13.44	0.83	0.12	*0.00
cinnamon apples	1/2 cup	50	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*
CHEF SALAD PLATE	1 EACH	1	489	166	24.84	42.48	21.46	2.75	*0.00
milk/Mayfield	8oz.Carton	50	128	9	8.04	20.44	1.25	0.75	0.00
orange juice-	8 oz.Carton	30	110	0	2.0	27.0	0.0	0.00	0.00
Weighted Daily Average			728	49	24.23	103.65	26.17	8.47	*0.00
% of Calories					13.3%	57.0%	32.4%	10.5%	*0.0%

Tue - 09/10/2013									
Middle School Lunch	Total	100							
Foot Long Hot Dog	1 each	50	269	37	11.27	17.91	21.31	7.81	0.00
FISH & SHRIMP,Basket	6 OZ.	45	444	70	21.67	48.46	18.03	3.03	*0.00
cole slaw 1/2cup	1/2 cup	30	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	40	164	0	6.2	37.59	0.49	0.09	*0.00
GRAPES,Fresh	.5 CUP	60	31	0	0.29	7.89	0.16	0.05	*N/A*
fresh fruit bowl	1 each	50	102	0	1.06	26.57	0.28	0.05	*N/A*
Tuna salad plate	1 each	5	490	49	19.04	51.12	23.87	3.60	*0.00
milk/Mayfield	8oz.Carton	30	128	9	8.04	20.44	1.25	0.75	0.00
orange juice-	8 oz.Carton	45	110	0	2.0	27.0	0.0	0.00	0.00
Weighted Daily Average			701	56	24.81	104.97	23.91	6.35	*0.00
% of Calories					14.2%	59.9%	30.7%	8.2%	*0.0%

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Wed - 09/11/2013									
Middle School Lunch	Total	100							
TACO,BEEF	2 EACH	40	321	59	18.54	20.35	18.24	7.79	*0.04
Pizza,MaxStix , W.G.	2 EACH	58	339	16	17.51	31.73	15.32	4.92	*N/A*
MARINARA SAUCE, RED GOLD	1/4 CUP	58	41	0	1.16	6.4	1.45	0.00	0.00
MEXICALI CORN	1/2 CUP	60	84	0	2.19	15.44	2.66	0.50	*N/A*
Black Beans	1/2 cup	40	49	0	3.27	8.7	0.0	0.00	*0.00
ORANGES HALVES	2 EACH	60	90	0	1.8	22.56	0.23	0.04	*N/A*
fresh fruit bowl	1 each	98	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
milk/Mayfield	8oz.Carton	60	128	9	8.04	20.44	1.25	0.75	0.00
lettuce tomato cup	.5 cup	60	35	0	2.02	7.53	0.37	0.05	*N/A*
GELATIN W/ FRUIT	.5 CUP	50	69	0	0.95	17.18	0.04	0.01	*N/A*
Weighted Daily Average			718	40	30.09	109.58	20.49	6.90	*0.02
% of Calories					16.8%	61.0%	25.7%	8.7%	*0.0%

Thu - 09/12/2013									
Middle School Lunch	Total	100							
CheeseBurger on Wheat Bun	1 each	50	336	47	22.5	27.0	17.75	7.00	*0.50
French Bread	1oz.	38	53	0	1.84	9.84	0.61	0.12	*0.09
chicken nuggets, Pierce, (5)	5 nuggets ea.	38	230	55	16.0	16.0	10.0	2.50	0.00
Green Beans	1/2c.	60	21	1	1.19	4.09	0.29	0.08	*N/A*
Au Gratin Potatoes	1/2 CUP	60	110	0	2.0	21.0	2.0	0.50	*N/A*
Spinach Salad w/Dressing&Fruit	1/2 cup	70	126	0	3.24	7.52	10.54	0.92	*0.00
Juice Bar	1 each	40	60	0	0.0	15.0	0.0	0.00	0.00
fresh fruit bowl	1 each	98	102	0	1.06	26.57	0.28	0.05	*N/A*
lunchable #1 pretzel w/ cheese	ea.	18	504	24	16.83	76.54	13.8	5.77	*0.00
milk/Mayfield	8oz.Carton	40	128	9	8.04	20.44	1.25	0.75	0.00
orange juice-	8 oz.Carton	40	110	0	2.0	27.0	0.0	0.00	0.00
Weighted Daily Average			752	53	30.30	108.42	24.92	6.88	*0.28
% of Calories					16.1%	57.7%	29.8%	8.2%	*0.3%

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Fri - 09/13/2013									
Middle School Lunch	Total	100							
Chick on/ww Bun	1 each	60	345	30	20.0	40.0	13.5	3.00	0.00
DELI SAND.ON STEAK BUN	1 EA.	38	397	48	19.96	35.21	18.27	8.80	*0.00
LETTUCE &TOMATO w/dill slices	1/8 cup	60	6	0	0.27	1.3	0.08	0.02	*N/A*
potato natural wedge	1/2 cup	98	160	7	2.67	26.67	4.0	2.00	*0.00
Broc & Caul. w/dip	1/4 cup	60	6	0	0.51	1.21	0.07	0.01	*N/A*
GRAPEFRUIT HALVES	1/2 cup	98	37	0	0.72	9.29	0.12	0.02	*N/A*
fresh fruit bowl	1 each	98	102	0	1.06	26.57	0.28	0.05	*N/A*
SACK LUNCH p.b.&j/Elem./Mid.	1 ea	2	663	26	18.77	85.96	29.16	8.92	*0.00
milk/Mayfield	8oz.Carton	50	128	9	8.04	20.44	1.25	0.75	0.00
PEACHES: canned,light syrup	1/2 cup	60	68	0	0.55	18.26	0.04	0.00	0.00
orange juice-	8 oz.Carton	40	110	0	2.0	27.0	0.0	0.00	0.00
Weighted Daily Average			820	48	29.95	133.86	20.67	7.74	*0.00
% of Calories					14.6%	65.3%	22.7%	8.5%	*0.0%

Weighted Average			759	60	28.06	110.93	24.92	7.86	*0.06
					14.8%	58.5%	29.5%	9.3%	*0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	759		600 - 700	108%			59	Correction Required - Calories too High
Cholesterol (mg)	60							
Protein (g)	28.06	14.78%	10.00	281%				
Carbohydrate (g)	110.93	58.45%						
Total Fat (g)	24.92	29.55%	<=30.00%					
Saturated Fat (g)	7.86	9.32%	<10.00%					
Trans Fat ¹ (g)	0.06	0.07%			Missing			

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