

NUTRIKIDS

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/02/2012																
Elementary Lunch	Total	1														
Winter Recess	day	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

Tue - 01/03/2012																
Elementary Lunch	Total	300														
Grilled Beef Hot Dog	Dog	70	346	30	1236	2.09	2.45	73.1	265	29	4.28	11.9	34.44	18.94	6.67	*0.00
Sausage & Peppers	1 each	1	610	51	2152	3.40	3.35	489.0	1679	333	7.34	33.94	29.35	39.72	11.29	*N/A*
Cheese Dog Sauce	2 TBSP	1	64	6	199	0.05	0.10	148.3	291	60	0.39	4.81	5.6	2.56	1.22	*0.00
Seasoned Corn	1 CUP	1	134	0	2	3.96	0.78	5.0	328	36	5.78	4.21	31.85	1.11	0.17	*N/A*
Potato Puffs	1 CUP	1	243	0	614	3.20	0.82	17.9	6	3	8.06	2.62	35.52	11.03	2.33	*N/A*
Asst Fresh Fruit	1 EACH	80	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK - Variety	HALF PINT	95	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
PB & J on WW	Sandwich	5	591	0	619	6.59	3.41	83.3	0	0	2.49	20.67	65.03	31.04	6.40	*N/A*
Turkey Sandwich	Sandwich	10	301	40	1271	2.88	2.66	138.3	134	41	0.71	22.66	37.15	7.66	3.60	*N/A*
V*Hot Pocket Ital	Pocket (5o	15	337	11	842	5.96	3.92	210.7	814	91	7.88	16.22	49.76	9.45	3.18	*0.00
Weighted Daily Average			185	12	437	2.08	1.15	133.2	314	66	6.78	7.65	25.15	6.74	2.52	*0.00
% of Calories												16.5%	54.3%	32.7%	12.2%	*0.0%

Wed - 01/04/2012																
Elementary Lunch	Total	100														
Chicken Nuggets WW	Portion	90	289	10	501	2.87	1.92	91.9	591	70	8.56	13.03	24.67	16.18	16.03	*0.00
Mac & Cheese BCSD	.5 CUP	70	219	24	657	0.81	1.07	241.0	410	113	0.2	12.42	22.89	8.46	5.13	*0.00
Carrots & Dip	1 oz	80	18	1	61	0.84	0.28	16.5	3915	392	0.86	0.4	3.06	0.44	0.12	*0.00
MILK - Variety	HALF PINT	95	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
PB & J on WW	Sandwich	3	591	0	619	6.59	3.41	83.3	0	0	2.49	20.67	65.03	31.04	6.40	*N/A*
Ham & Amer. Cheese Sandwich	sandwich	2	308	45	1279	2.88	2.75	135.8	134	41	0.0	22.84	35.17	8.71	3.82	*0.01
V*Vegi Pita Pizza	pie	5	489	46	1059	4.18	2.49	708.2	2293	426	58.47	30.18	47.95	19.41	11.09	*0.00
Weighted Daily Average			611	39	1189	5.12	3.45	584.1	4526	615	13.17	31.06	66.53	25.37	20.47	*0.00
% of Calories												20.3%	43.6%	37.4%	30.2%	*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 - denotes optional nutrient values

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/05/2012																
Elementary Lunch	Total	100														
Taco Salad w/Beef	Salad	85	429	53	1285	9.41	4.44	346.5	1717	241	19.83	28.25	40.7	17.79	6.48	*0.02
Fish Tacos	serving	1	508	92	988	8.01	2.40	0.0	0	0	0.0	32.0	29.19	32.0	6.80	2.79
Lettuce & Tomato	portion	1	20	0	7	1.87	0.70	24.4	5411	183	10.04	1.2	4.07	0.28	0.04	*N/A*
Cheese-SourCrn-Salsa	1 oz	1	58	10	169	0.19	0.34	140.2	198	40	0.63	4.56	1.77	3.62	2.27	*0.00
Seasoned Black Beans	4 oz	1	307	0	722	6.27	2.99	63.9	220	44	5.82	10.32	23.4	0.67	0.17	*N/A*
Spanish Rice	1/3 CUP	1	73	0	123	0.74	1.03	15.6	204	35	6.24	2.02	14.6	0.76	0.13	*0.00
Asst Fresh Fruit	1 EACH	80	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK - Variety	HALF PINT	95	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
PB & J on WW	Sandwich	2	591	0	619	6.59	3.41	83.3	0	0	2.49	20.67	65.03	31.04	6.40	*N/A*
Bologna Sandwich	Sandwich	1	443	48	1268	2.88	3.15	79.6	60	0	12.93	15.07	37.8	26.42	10.03	*1.26
V*Bean-Chs Burrito	burrito	1	496	30	1422	8.55	4.38	498.2	605	121	9.07	26.7	56.44	17.8	8.64	*0.00
Weighted Daily Average			589	56	1285	11.58	4.66	596.6	2123	364	33.11	33.78	73.45	19.24	7.50	*0.06
% of Calories												22.9%	49.9%	29.4%	11.5%	*0.1%

Fri - 01/06/2012																
Elementary Lunch	Total	300														
Thick Crust Round	Round	1	407	13	734	1.55	2.51	243.0	481	96	0.67	13.52	37.79	22.47	6.70	*N/A*
Cheese Blend	Slice	1	235	15	793	0.00	0.77	583.6	1243	249	0.0	18.95	1.44	17.02	4.89	*N/A*
Pepperoni Slices	Round	1	40	8	132	0.00	0.13	1.8	0	0	0.06	1.81	0.0	3.52	1.19	0.13
Tossed Salad	1 CUP	1	32	0	28	2.49	0.62	30.6	3348	475	32.72	1.51	7.2	0.28	0.05	*0.00
Asst Fresh Fruit	1 EACH	80	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK - Variety	HALF PINT	95	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
PB & J on WW	Sandwich	2	591	0	619	6.59	3.41	83.3	0	0	2.49	20.67	65.03	31.04	6.40	*N/A*
Tuna Sandwich	SERVINGS	3	285	34	745	1.96	2.69	96.1	165	9	1.29	17.98	33.91	8.1	1.58	*N/A*
Weighted Daily Average			74	3	62	1.13	0.29	101.8	217	55	5.39	3.25	12.89	1.32	0.63	*0.00
% of Calories												17.6%	70.0%	16.2%	7.7%	*0.0%

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¹ - denotes optional nutrient values

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/09/2012																
Elementary Lunch	Total	300														
Beef Burger WW Bun	Sandwich	75	471	51	1185	4.75	4.42	192.1	3280	170	10.91	23.73	40.24	24.68	10.32	*0.00
Bacon and Cheese	2 slices bacon	1	140	31	581	0.00	0.26	79.8	142	27	0.0	9.07	0.45	11.11	4.99	0.00
Lettuce & Tomato	portion	1	20	0	7	1.87	0.70	24.4	5411	183	10.04	1.2	4.07	0.28	0.04	*N/A*
Sweet Potato Wedges	portions 4oz	1	82	0	33	2.99	0.63	34.5	17434	1979	17.78	1.82	18.79	0.14	0.03	*N/A*
Asst Fresh Fruit	1 EACH	80	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK - Variety	HALF PINT	95	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
PB & J on WW	Sandwich	10	591	0	619	6.59	3.41	83.3	0	0	2.49	20.67	65.03	31.04	6.40	*N/A*
Turkey Sandwich	Sandwich	5	301	40	1271	2.88	2.66	138.3	134	41	0.71	22.66	37.15	7.66	3.60	*N/A*
V*Vegi Burger	burger	10	462	28	1489	4.82	4.32	277.9	2776	161	8.07	30.36	41.68	19.95	6.75	*0.00
Weighted Daily Average			223	17	434	2.69	1.64	160.2	1190	108	8.44	10.86	26.28	8.93	3.62	*0.00
% of Calories												19.5%	47.1%	36.0%	14.6%	*0.0%

Tue - 01/10/2012																
Elementary Lunch	Total	100														
Pasta, Beef-a-Roni	portion	75	502	94	1085	4.97	6.71	158.9	1306	261	25.41	33.97	57.14	14.01	5.83	*0.00
Steamed Broccoli	.5 CUP	65	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11	0.02	*N/A*
WW Cheese Stick	stick	90	117	5	391	1.81	1.22	135.7	464	93	7.88	6.32	16.66	3.15	1.03	*0.00
Asst Fresh Fruit	1 EACH	80	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK - Variety	HALF PINT	95	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
PB & J on WW	Sandwich	6	591	0	619	6.59	3.41	83.3	0	0	2.49	20.67	65.03	31.04	6.40	*N/A*
Salami Sandwich WW	Sandwich	1	364	50	1158	2.88	3.77	57.5	0	0	0.0	15.27	35.76	18.18	7.55	*N/A*
V*Vegetable Pasta	portions (8 oz)	15	512	17	245	4.45	3.44	263.4	3236	553	20.14	19.33	73.34	15.49	4.30	*0.22
Weighted Daily Average			808	86	1390	11.42	7.92	598.3	3085	631	69.06	45.75	112.20	20.45	8.00	*0.03
% of Calories												22.6%	55.5%	22.8%	8.9%	*0.0%

Wed - 01/11/2012																
Elementary Lunch	Total	100														
Chicken Patty Sand	Sandwich	90	452	56	1105	3.89	3.37	161.2	675	78	3.82	23.27	44.14	20.32	5.99	*0.00
Lettuce & Tomato	portion	65	20	0	7	1.87	0.70	24.4	5411	183	10.04	1.2	4.07	0.28	0.04	*N/A*
Steak Fries Parmesan	each order	80	55	0	26	0.85	0.29	11.3	4	1	4.52	1.24	10.16	1.45	0.36	*0.00
Green Beans	1 CUP	1	38	0	1	4.05	0.89	56.7	752	54	5.54	2.01	8.71	0.23	0.05	*N/A*
Asst Fresh Fruit	1 EACH	80	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK - Variety	HALF PINT	95	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
Bologna Sandwich	Sandwich	2	443	48	1268	2.88	3.15	79.6	60	0	12.93	15.07	37.8	26.42	10.03	*1.26
PB & J on WW	Sandwich	3	591	0	619	6.59	3.41	83.3	0	0	2.49	20.67	65.03	31.04	6.40	*N/A*
V*Greek Spin Wrap	wrap	1	408	57	887	5.44	3.57	979.1	18766	1534	10.12	33.39	17.2	23.83	13.58	*0.00

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Weighted Daily Average			688	61	1206	8.92	4.60	476.6	4921	361	29.83	32.43	89.36	24.01	7.81	*0.03
% of Calories												18.8%	51.9%	31.4%	10.2%	*0.0%

Thu - 01/12/2012																
Elementary Lunch	Total	1														
Breakfast For Lunch	day	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
French Toast Stks	slice	1	415	*0	454	*2.00	*1.82	*61.4	179	36	*0.0	6.0	62.76	16.44	3.84	*0.00
Fresh Apple Sauce	1 CUP	1	129	0	5	4.53	0.31	21.6	99	9	8.38	0.5	34.02	0.31	0.06	*0.00
Sausage Patty	patties (2)	1	90	18	231	0.00	0.00	12.1	42	8	0.0	4.52	0.75	7.54	2.87	0.00
Canadian Bacon	slices	1	14	8	124	0.00	0.11	0.9	3	2	0.2	1.88	0.25	0.6	0.17	*N/A*
Asst Fresh Fruit	1 EACH	1	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK - Variety	HALF PINT	1	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
PB & J on WW	Sandwich	1	591	0	619	6.59	3.41	83.3	0	0	2.49	20.67	65.03	31.04	6.40	*N/A*
Ham & Amer. Cheese Sandwich	sandwich	1	308	45	1279	2.88	2.75	135.8	134	41	0.0	22.84	35.17	8.71	3.82	*0.01
Weighted Daily Average			1762	*80	2853	*19.81	*9.14	*625.3	1113	263	*30.45	65.42	238.74	67.50	18.82	*0.01
% of Calories												14.9%	54.2%	34.5%	9.6%	*0.0%

Fri - 01/13/2012																
Elementary Lunch	Total	100														
Cheese Stuffed Crust	Slice	1	370	33	572	3.00	1.93	401.8	750	150	3.66	23.81	43.0	16.52	7.19	0.13
Cheese Blend	Slice	1	235	15	793	0.00	0.77	583.6	1243	249	0.0	18.95	1.44	17.02	4.89	*N/A*
Hawaiian Style	Round	1	28	8	124	0.22	0.22	4.8	14	4	2.28	1.98	4.01	0.63	0.17	*0.00
Tossed Salad	1 CUP	75	32	0	28	2.49	0.62	30.6	3348	475	32.72	1.51	7.2	0.28	0.05	*0.00
Asst Fresh Fruit	1 EACH	80	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK - Variety	HALF PINT	95	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
PB & J on WW	Sandwich	3	591	0	619	6.59	3.41	83.3	0	0	2.49	20.67	65.03	31.04	6.40	*N/A*
Tuna Sandwich	SERVINGS	2	285	34	745	1.96	2.69	96.1	165	9	1.29	17.98	33.91	8.1	1.58	*N/A*
Weighted Daily Average			248	10	202	5.31	1.31	329.5	3131	516	40.46	10.99	44.40	4.32	1.96	*0.00
% of Calories												17.8%	71.7%	15.7%	7.1%	*0.0%

Mon - 01/16/2012																
Elementary Lunch	Total	1														
MARTIN LUTHER	day	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
KING Jr. DAY	day	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
% of Calories												*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*

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Tue - 01/17/2012																
Elementary Lunch	Total	300														
Grilled Beef Hot Dog	Dog	70	346	30	1236	2.09	2.45	73.1	265	29	4.28	11.9	34.44	18.94	6.67	*0.00
Sausage & Peppers	1 each	1	610	51	2152	3.40	3.35	489.0	1679	333	7.34	33.94	29.35	39.72	11.29	*N/A*
Cheese Dog Sauce	2 TBSP	1	64	6	199	0.05	0.10	148.3	291	60	0.39	4.81	5.6	2.56	1.22	*0.00
Seasoned Corn	1 CUP	1	134	0	2	3.96	0.78	5.0	328	36	5.78	4.21	31.85	1.11	0.17	*N/A*
Potato Puffs	1 CUP	1	243	0	614	3.20	0.82	17.9	6	3	8.06	2.62	35.52	11.03	2.33	*N/A*
Asst Fresh Fruit	1 EACH	80	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK - Variety	HALF PINT	95	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
PB & J on WW	Sandwich	5	591	0	619	6.59	3.41	83.3	0	0	2.49	20.67	65.03	31.04	6.40	*N/A*
Turkey Sandwich	Sandwich	10	301	40	1271	2.88	2.66	138.3	134	41	0.71	22.66	37.15	7.66	3.60	*N/A*
V*Hot Pocket Ital	Pocket (5o	15	337	11	842	5.96	3.92	210.7	814	91	7.88	16.22	49.76	9.45	3.18	*0.00
Weighted Daily Average			185	12	437	2.08	1.15	133.2	314	66	6.78	7.65	25.15	6.74	2.52	*0.00
% of Calories												16.5%	54.3%	32.7%	12.2%	*0.0%

Wed - 01/18/2012																
Elementary Lunch	Total	100														
Chicken Nuggets WW	Portion	90	289	10	501	2.87	1.92	91.9	591	70	8.56	13.03	24.67	16.18	16.03	*0.00
Mac & Cheese BCSD	.5 CUP	70	219	24	657	0.81	1.07	241.0	410	113	0.2	12.42	22.89	8.46	5.13	*0.00
Steamed Broccoli	1 CUP	1	52	0	20	5.52	1.12	60.7	1860	348	73.78	5.7	9.84	0.22	0.03	*N/A*
Asst Fresh Fruit	1 EACH	80	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK - Variety	HALF PINT	95	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
PB & J on WW	Sandwich	3	591	0	619	6.59	3.41	83.3	0	0	2.49	20.67	65.03	31.04	6.40	*N/A*
Ham & Amer. Cheese Sandwich	sandwich	2	308	45	1279	2.88	2.75	135.8	134	41	0.0	22.84	35.17	8.71	3.82	*0.01
V*Vegi Pita Pizza	pie	5	489	46	1059	4.18	2.49	708.2	2293	426	58.47	30.18	47.95	19.41	11.09	*0.00
Weighted Daily Average			656	39	1141	6.85	3.44	584.8	1552	323	27.34	31.50	79.27	25.24	20.42	*0.00
% of Calories												19.2%	48.4%	34.6%	28.0%	*0.0%

Thu - 01/19/2012																
Elementary Lunch	Total	300														
Spaghetti & Meat Sc.	1 CUP	75	348	52	506	2.58	4.22	55.3	253	64	5.46	20.93	37.37	12.36	4.67	*0.72
Bosco Cheese Sticks	stick	1	117	5	391	1.81	1.22	135.7	464	93	7.88	6.32	16.66	3.15	1.03	*0.00
Tossed Salad	1 CUP	1	32	0	28	2.49	0.62	30.6	3348	475	32.72	1.51	7.2	0.28	0.05	*0.00
Asst Fresh Fruit	1 EACH	80	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK - Variety	HALF PINT	95	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
PB & J on WW	Sandwich	6	591	0	619	6.59	3.41	83.3	0	0	2.49	20.67	65.03	31.04	6.40	*N/A*
Salami Sandwch WW	Sandwich	4	364	50	1158	2.88	3.77	57.5	0	0	0.0	15.27	35.76	18.18	7.55	*N/A*
V*Lentil Pasta	portions (8 oz)	1	507	2	359	9.73	4.57	57.0	3525	579	5.47	17.51	84.58	10.73	1.06	*0.22
Weighted Daily Average			170	17	201	1.92	1.42	114.4	287	72	6.82	8.74	23.44	4.89	1.93	*0.18
% of Calories												20.5%	55.0%	25.9%	10.2%	*1.0%

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/20/2012																
Elementary Lunch	Total	300														
Thick Crust Round	Round	1	407	13	734	1.55	2.51	243.0	481	96	0.67	13.52	37.79	22.47	6.70	*N/A*
Cheese Blend	Slice	1	235	15	793	0.00	0.77	583.6	1243	249	0.0	18.95	1.44	17.02	4.89	*N/A*
Buffalo Chix Style	Round	1	73	50	416	0.03	0.66	6.6	113	15	0.61	10.46	0.64	3.02	0.80	*0.00
Pasta Salad	3/8 CUP	1	134	0	402	1.82	0.79	19.8	1008	113	6.46	3.03	15.36	6.83	0.96	*0.00
Asst Fresh Fruit	1 EACH	80	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK - Variety	HALF PINT	95	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
PB &J on WW	Sandwich	2	591	0	619	6.59	3.41	83.3	0	0	2.49	20.67	65.03	31.04	6.40	*N/A*
Tuna Sandwich	SERVINGS	3	285	34	745	1.96	2.69	96.1	165	9	1.29	17.98	33.91	8.1	1.58	*N/A*
Weighted Daily Average			74	4	64	1.13	0.29	101.8	210	53	5.31	3.28	12.92	1.34	0.63	*0.00
% of Calories												17.7%	69.7%	16.3%	7.6%	*0.0%

Mon - 01/23/2012																
Elementary Lunch	Total	300														
Beef Burger WW Bun	Sandwich	75	471	51	1185	4.75	4.42	192.1	3280	170	10.91	23.73	40.24	24.68	10.32	*0.00
Bacon and Cheese	2 slices bacon	1	140	31	581	0.00	0.26	79.8	142	27	0.0	9.07	0.45	11.11	4.99	0.00
Lettuce & Tomato	portion	1	20	0	7	1.87	0.70	24.4	5411	183	10.04	1.2	4.07	0.28	0.04	*N/A*
Sweet Potato Wedges	portions 4o	1	82	0	33	2.99	0.63	34.5	17434	1979	17.78	1.82	18.79	0.14	0.03	*N/A*
Asst Fresh Fruit	1 EACH	80	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK - Variety	HALF PINT	95	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
PB &J on WW	Sandwich	10	591	0	619	6.59	3.41	83.3	0	0	2.49	20.67	65.03	31.04	6.40	*N/A*
Turkey Sandwich	Sandwich	5	301	40	1271	2.88	2.66	138.3	134	41	0.71	22.66	37.15	7.66	3.60	*N/A*
V*Vegi Burger	burger	10	462	28	1489	4.82	4.32	277.9	2776	161	8.07	30.36	41.68	19.95	6.75	*0.00
Weighted Daily Average			223	17	434	2.69	1.64	160.2	1190	108	8.44	10.86	26.28	8.93	3.62	*0.00
% of Calories												19.5%	47.1%	36.0%	14.6%	*0.0%

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NUTRIKIDS

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/24/2012																
Elementary Lunch	Total	100														
Herb Roasted Chicken	6.5 oz	1	465	167	630	0.95	3.64	55.3	939	170	1.49	47.21	2.53	26.24	7.38	*0.00
Mash Potato w/Gravy	1 CUP	1	204	29	344	1.68	0.34	67.2	361	44	20.37	3.72	22.83	10.77	6.70	0.37
Corn on Cob	1 EACH	1	80	0	204	2.38	0.52	2.6	197	18	4.08	2.64	18.98	0.63	0.10	*N/A*
Asst Fresh Fruit	1 EACH	80	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK - Variety	HALF PINT	95	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
PB & J on WW	Sandwich	2	591	0	619	6.59	3.41	83.3	0	0	2.49	20.67	65.03	31.04	6.40	*N/A*
Bologna Sandwich	Sandwich	1	443	48	1268	2.88	3.15	79.6	60	0	12.93	15.07	37.8	26.42	10.03	*1.26
V*Hummus Plate	portions (4 oz)	1	346	0	1178	14.75	2.99	83.5	165	29	8.38	13.01	44.06	13.66	2.20	*0.00
w/ vegeats & chips	1 oz	1	59	0	144	2.44	0.73	58.8	2210	261	26.49	2.4	10.58	0.99	0.19	*0.00
Weighted Daily Average			221	11	183	3.55	0.85	297.4	636	160	16.55	9.69	38.56	4.08	1.97	*0.02
% of Calories												17.5%	69.7%	16.6%	8.0%	*0.1%

Wed - 01/25/2012																
Elementary Lunch	Total	100														
Chicken Patty Sand	Sandwich	90	452	56	1105	3.89	3.37	161.2	675	78	3.82	23.27	44.14	20.32	5.99	*0.00
Lettuce & Tomato	portion	65	20	0	7	1.87	0.70	24.4	5411	183	10.04	1.2	4.07	0.28	0.04	*N/A*
Steak Fries Parmesan	each order	80	55	0	26	0.85	0.29	11.3	4	1	4.52	1.24	10.16	1.45	0.36	*0.00
Carrot Sticks	1 CUP	75	50	0	84	3.42	0.37	40.3	20509	3432	7.2	1.13	11.69	0.29	0.05	0.00
Asst Fresh Fruit	1 EACH	80	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK - Variety	HALF PINT	95	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
PB & J on WW	Sandwich	3	591	0	619	6.59	3.41	83.3	0	0	2.49	20.67	65.03	31.04	6.40	*N/A*
Ham & Amer. Cheese Sandwich	sandwich	1	308	45	1279	2.88	2.75	135.8	134	41	0.0	22.84	35.17	8.71	3.82	*0.01
V*Vegetable Deli Wrap	wrap	1	431	33	1219	7.41	3.22	329.6	16030	1866	70.08	15.47	53.0	18.64	7.34	*0.00
Weighted Daily Average			720	60	1260	11.43	4.83	499.5	20269	2938	35.51	33.01	97.99	23.73	7.63	*0.00
% of Calories												18.3%	54.5%	29.7%	9.5%	*0.0%

Thu - 01/26/2012																
Elementary Lunch	Total	1														
Beef & Cheese Quesadilla	1 each	1	490	53	1536	9.90	4.86	337.2	1716	235	19.83	31.04	55.11	16.17	6.68	*0.00
Lettuce & Tomato	portion	1	20	0	7	1.87	0.70	24.4	5411	183	10.04	1.2	4.07	0.28	0.04	*N/A*
Cheese-SourCrm-Salsa	1 oz	1	58	10	169	0.19	0.34	140.2	198	40	0.63	4.56	1.77	3.62	2.27	*0.00
Black Bean Salad	1/2 CUP	1	245	0	420	5.26	2.20	49.3	355	59	19.61	8.14	22.8	1.81	0.30	*N/A*
SPANISH RICE	1/3 CUP	1	69	0	134	0.70	0.77	14.0	266	53	6.7	1.57	13.69	0.84	0.15	*N/A*
Asst Fresh Fruit	1 EACH	1	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK - Variety	HALF PINT	1	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
PB & J on WW	Sandwich	1	591	0	619	6.59	3.41	83.3	0	0	2.49	20.67	65.03	31.04	6.40	*N/A*
Salami Sandwch WW	Sandwich	1	364	50	1158	2.88	3.77	57.5	0	0	0.0	15.27	35.76	18.18	7.55	*N/A*
V*Bean-Chs Quesadilla	burrito	1	496	30	1422	8.55	4.38	498.2	605	121	9.07	26.7	56.44	17.8	8.64	*0.00

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			2547	153	5605	39.74	21.16	1514.4	9207	858	87.75	118.17	295.42	92.60	33.70	*0.00
% of Calories												18.6%	46.4%	32.7%	11.9%	*0.0%

Fri - 01/27/2012																
Elementary Lunch	Total	100														
Cheese Stuffed Crust	Slice	1	370	33	572	3.00	1.93	401.8	750	150	3.66	23.81	43.0	16.52	7.19	0.13
Cheese Blend	Slice	1	235	15	793	0.00	0.77	583.6	1243	249	0.0	18.95	1.44	17.02	4.89	*N/A*
Pepperoni Slices	Round	1	40	8	132	0.00	0.13	1.8	0	0	0.06	1.81	0.0	3.52	1.19	0.13
Tossed Salad	1 CUP	75	32	0	28	2.49	0.62	30.6	3348	475	32.72	1.51	7.2	0.28	0.05	*0.00
Asst Fresh Fruit	1 EACH	80	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK - Variety	HALF PINT	95	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
PB & J on WW	Sandwich	3	591	0	619	6.59	3.41	83.3	0	0	2.49	20.67	65.03	31.04	6.40	*N/A*
Tuna Sandwich	SERVINGS	2	285	34	745	1.96	2.69	96.1	165	9	1.29	17.98	33.91	8.1	1.58	*N/A*
Weighted Daily Average			248	10	202	5.31	1.31	329.5	3131	516	40.44	10.99	44.36	4.35	1.97	*0.00
% of Calories												17.8%	71.6%	15.8%	7.2%	*0.0%

Mon - 01/30/2012																
Elementary Lunch	Total	300														
Grilled Beef Hot Dog	Dog	70	346	30	1236	2.09	2.45	73.1	265	29	4.28	11.9	34.44	18.94	6.67	*0.00
Sausage & Peppers	1 each	1	610	51	2152	3.40	3.35	489.0	1679	333	7.34	33.94	29.35	39.72	11.29	*N/A*
Cheese Dog Sauce	2 TBSP	1	64	6	199	0.05	0.10	148.3	291	60	0.39	4.81	5.6	2.56	1.22	*0.00
Seasoned Corn	1 CUP	1	134	0	2	3.96	0.78	5.0	328	36	5.78	4.21	31.85	1.11	0.17	*N/A*
Potato Puffs	1 CUP	1	243	0	614	3.20	0.82	17.9	6	3	8.06	2.62	35.52	11.03	2.33	*N/A*
Asst Fresh Fruit	1 EACH	80	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK - Variety	HALF PINT	95	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
PB & J on WW	Sandwich	5	591	0	619	6.59	3.41	83.3	0	0	2.49	20.67	65.03	31.04	6.40	*N/A*
Turkey Sandwich	Sandwich	10	301	40	1271	2.88	2.66	138.3	134	41	0.71	22.66	37.15	7.66	3.60	*N/A*
V*Hot Pocket Ital	Pocket (5o	15	337	11	842	5.96	3.92	210.7	814	91	7.88	16.22	49.76	9.45	3.18	*0.00
Weighted Daily Average			185	12	437	2.08	1.15	133.2	314	66	6.78	7.65	25.15	6.74	2.52	*0.00
% of Calories												16.5%	54.3%	32.7%	12.2%	*0.0%

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NUTRIKIDS

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/31/2012																
Elementary Lunch	Total	300														
Bosco Cheese Sticks	stick	1	117	5	391	1.81	1.22	135.7	464	93	7.88	6.32	16.66	3.15	1.03	*0.00
Tomato Sauce	2 TBSP	1	19	0	41	0.81	0.38	12.6	426	86	8.19	0.65	3.66	0.44	0.06	*N/A*
Broccoli & Garlic	1 CUP	1	56	0	64	5.16	1.06	63.7	2415	217	101.47	3.76	11.43	0.64	0.12	*N/A*
Asst Fresh Fruit	1 EACH	80	73	0	1	2.92	0.24	16.7	173	23	17.66	0.88	18.87	0.27	0.05	*N/A*
MILK - Variety	HALF PINT	95	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
PB & J on WW	Sandwich	6	591	0	619	6.59	3.41	83.3	0	0	2.49	20.67	65.03	31.04	6.40	*N/A*
Salami Sandwch WW	Sandwich	4	364	50	1158	2.88	3.77	57.5	0	0	0.0	15.27	35.76	18.18	7.55	*N/A*
Portabello Balsamic	1 each	1	*412	*2	*1011	*3.74	*3.05	*501.5	*3560	*297	*1.59	*21.72	*33.6	*21.94	*3.48	*0.00
Weighted Daily Average			*83	*4	*77	*1.27	*0.36	*102.2	*222	*54	*5.70	*3.54	*13.96	*1.84	*0.77	*0.00
% of Calories												*17.0%	*67.1%	*19.9%	*8.3%	*0.0%
Weighted Average			*500	*34	*909	*6.91	*3.37	*360.7	*2759	*390	*23.01	*23.11	*65.26	*17.02	*7.05	*N/A*
												*18.5%	*52.2%	*30.6%	*12.7%	

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	500		645	78%	Missing	145	Correction Required - Calories are Low
Cholesterol (mg)	34				Missing		
Sodium (mg)	909				Missing		
Fiber (g)	6.91				Missing		
Iron (mg)	3.37		3.30	102%	Missing		
Calcium (mg)	360.7		267.00	135%	Missing		
Vitamin A (IU)	2759		1055	262%	Missing		
Vitamin A (RE)	390		211	185%	Missing		
Vitamin C (mg)	23.01		15.00	153%	Missing		
Protein (g)	23.11	18.49%	8.87	261%	Missing		
Carbohydrate (g)	65.26	52.21%			Missing		
Total Fat (g)	17.02	30.63%	<=30.00%		Missing		Correction Required - Total Fat too High Correction Required - Sat. Fat too High
Saturated Fat (g)	7.05	12.69%	<10.00%		Missing		
Trans Fat (g)	*N/A*				Missing		

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