

Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values
Elem Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (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 - 12/05/2011																
Elem Lunch	Total	350														
FEATURE ENTREE	1 EACH	225	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MEATBALL SUB, Italin SS WH 2.0	1 Each	225	214	24	630	2.75	2.69	182.7	180	36	1.93	13.76	20.85	8.48	3.30	*0.00
CHIX Nugget, Savory (5) B 2.0	5 Each	100	57	13	126	0.00	0.51	5.7	29	6	0.0	4.57	3.14	2.86	0.57	0.00
FEATURED SALAD ENTREE	1 Each	25	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD HamTurk Chef Elementary	1 Each	25	12	6	29	0.10	0.15	18.5	233	19	2.02	1.02	0.28	0.7	0.38	0.00
SIDES	1 EACH	300	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COM_POTATO, Tater Tots	10 each	300	144	0	229	2.14	0.34	0.0	0	0	1.14	2.14	19.29	6.43	2.14	2.14
FRUIT AND VEGETABLE CART	1 EACH	300	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CELERY, Fresh Sticks 1/2c AP	1/2 Cup	150	3	0	17	0.35	0.04	8.7	97	3	0.67	0.15	0.64	0.04	0.01	0.00
CARROTS, Fresh Baby 1/2c	1/2 Cup	200	15	0	34	1.25	0.38	13.8	5957	648	1.12	0.28	3.56	0.06	0.01	*N/A*
COM_PEACHES, Diced w/syrup1/2	1/2 Cup	200	29	0	3	0.68	0.19	1.7	10	188	1.27	0.24	7.73	0.02	0.00	0.00
ORANGES, Slices 113ct 1/2c	1/2 Cup	200	24	0	0	1.23	0.05	20.6	116	23	27.35	0.48	6.04	0.06	0.01	0.00
CHOICE OF MILK	1 Each	350	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, Skim, Chocolate	Each	300	77	4	107	0.00	0.00	214.3	429	86	1.03	7.71	11.14	0.0	0.00	0.00
MILK, 1% White 8oz	Each	50	15	1	18	0.00	0.00	43.7	73	15	0.35	1.17	1.75	0.36	0.22	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	300	9	0	73	0.11	0.02	1.2	36	14	0.51	0.08	2.24	0.02	0.00	0.00
COND-BBQ Sauce 1oz. Souffle	1 ozv	150	18	0	168	0.91	0.00	0.0	0	0	0.0	0.0	4.08	0.0	0.00	0.00
DRES_Ranch, Lite 1oz Souffle	1 ozv	50	16	1	39	0.00	0.00	2.9	0	0	0.0	0.14	0.14	1.43	0.21	0.00
Weighted Daily Average			633	50	1472	9.51	4.39	513.8	7160	1038	37.39	31.74	80.89	20.44	6.86	*2.14
% of Calories												20.1%	51.1%	29.1%	9.7%	*3.0%

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Carson City School District

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (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 - 12/06/2011																
Elem Lunch	Total	350														
FEATURE ENTREE	1 EACH	200	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORI CHIX Brd Swt&Sour B 2.0	1 Each	200	161	26	262	0.45	1.25	15.1	152	30	10.19	9.48	17.52	5.72	1.14	0.00
RICE, Brown WG 1/2c	1/2 Cup	200	67	0	4	1.12	0.26	7.5	0	0	0.0	1.56	13.88	0.55	0.11	*0.00
Hot Ham & Cheese Sub	1 Each	50	56	9	192	0.16	0.38	31.6	50	10	0.19	3.05	6.47	2.17	0.92	0.00
FEATURED DELI ENTREE	1 Each	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WRAP, Chix Honey SS B 2.0	1 Each	100	110	29	445	0.69	0.41	11.1	1555	240	2.21	10.16	8.79	3.45	0.92	*0.00
SIDES	1 EACH	300	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PEAS, Green Frozen 1/2c	1/2 Cup	200	37	0	34	2.62	0.72	11.4	1000	32	4.72	2.45	6.79	0.13	0.02	*N/A*
FRUIT AND VEGETABLE CART	1 EACH	300	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PEPPERS BELL, Green 1/2c	1/2 Cup	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	*N/A*
BROCCOLI, Fresh 1/2c	1/2 cup	200	6	0	6	0.47	0.13	8.6	114	28	16.26	0.51	1.21	0.07	0.01	*N/A*
COM_APPLESAUCE, Canned 1/2c	1/2 cup	200	31	0	1	0.90	0.21	2.4	21	1	0.9	0.13	8.23	0.04	0.01	0.00
BANANA, Fresh Whole 1/2c	1/2 cup	350	96	0	1	2.80	0.28	5.4	69	9	9.36	1.17	24.56	0.35	0.12	*N/A*
CHOICE OF MILK	1 Each	350	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, Skim, Chocolate	Each	300	77	4	107	0.00	0.00	214.3	429	86	1.03	7.71	11.14	0.0	0.00	0.00
MILK, 1% White 8oz	Each	50	15	1	18	0.00	0.00	43.7	73	15	0.35	1.17	1.75	0.36	0.22	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g PPI	Packet	150	2	0	41	0.00	0.00	0.0	43	9	0.0	0.0	0.43	0.0	0.00	0.00
Weighted Daily Average			658	69	1112	9.20	3.63	351.1	3505	458	45.20	37.39	100.77	12.84	3.46	*0.00
% of Calories											22.7%	61.3%	17.6%	4.7%	*0.0%	

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Elem Lunch**

	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 - 12/08/2011																
Elem Lunch	Total	350														
FEATURE ENTREE	1 EACH	225	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COM_PIZZA, Pepperoni 3.2 x 5	1 Each	225	232	24	369	2.56	1.86	322.1	275	51	2.56	13.31	28.49	7.93	3.95	0.00
FRANK Turkey, 8-1 WH 2.0	1 Each	100	83	14	282	0.55	0.83	48.5	86	17	0.0	3.25	7.28	4.35	1.36	0.00
FEATURED SALAD ENTREE	1 Each	25	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD Chix Brd Med AP WG 1.5	1 Each	25	21	1	48	0.28	0.26	19.4	223	16	2.0	1.16	1.98	0.86	0.26	*0.00
SIDES	1 EACH	300	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COM_POTATO, Wedges 1/2c	3ozw	300	67	0	8	1.48	0.79	13.8	0	0	9.64	2.24	15.7	0.0	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	300	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CELERY, Fresh Sticks 1/2c AP	1/2 Cup	100	2	0	12	0.23	0.03	5.8	65	2	0.45	0.1	0.43	0.02	0.01	0.00
ORANGE, Mandarin w/Juice 1/2c	1/2 Cup	200	30	0	9	1.19	0.21	23.8	298	60	7.15	0.0	7.75	0.0	0.00	0.00
APPLES, Fresh Sliced 1/2c	1/2 Cup	100	8	0	0	0.37	0.02	0.9	8	1	0.72	0.04	2.15	0.03	0.00	*N/A*
COOKIE, Chocolate Chip 1.0oz	Cookie	350	130	5	95	1.00	0.72	0.0	100	20	0.0	1.0	17.0	6.0	3.00	0.00
CHOICE OF MILK	1 Each	350	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, Skim, Chocolate	Each	300	77	4	107	0.00	0.00	214.3	429	86	1.03	7.71	11.14	0.0	0.00	0.00
MILK, 1% White 8oz	Each	50	15	1	18	0.00	0.00	43.7	73	15	0.35	1.17	1.75	0.36	0.22	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	300	9	0	73	0.11	0.02	1.2	36	14	0.51	0.08	2.24	0.02	0.00	0.00
COND PC Mustard 6g Heinz	Packet	50	1	0	11	0.03	0.01	0.4	0	0	0.0	0.02	0.07	0.03	0.00	0.00
DRES Ranch, Lite 1oz Souffle	1 ozv	50	16	1	39	0.00	0.00	2.9	0	0	0.0	0.14	0.14	1.43	0.21	0.00
Weighted Daily Average			690	52	1070	7.81	4.75	696.8	1593	282	24.41	30.24	96.12	21.03	9.02	*0.00
% of Calories												17.5%	55.7%	27.4%	11.8%	*0.0%

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Elem Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (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 - 12/09/2011																
Elem Lunch	Total	350														
FEATURE ENTREE	1 EACH	150	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
TACO Beef Hard Shell 1 Taco	1 Each	150	68	14	42	0.25	0.60	28.8	39	10	0.0	4.47	3.11	3.87	1.79	*0.13
BEANS, Refried AP 1/2c	1/2 cup	150	63	0	188	4.03	0.81	17.9	0	0	1.07	3.58	10.3	0.9	0.00	0.00
CHIX Patty, Plain WH 2.0	1 Each	180	175	23	321	1.00	1.86	56.5	51	10	0.0	10.49	18.24	6.8	1.42	0.00
FEATURED DELI ENTREE	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SDW BD, Tuna Salad WH 1.5	sandwich	20	12	1	29	0.11	0.13	4.1	0	0	0.02	0.88	1.42	0.3	0.05	*0.00
SIDES	1 EACH	300	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CORN, Frozen 1/2c	1/2 Cup	300	57	0	1	1.68	0.33	2.1	140	15	2.46	1.79	13.54	0.47	0.07	*N/A*
FRUIT AND VEGETABLE CART	1 EACH	300	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CARROTS, Fresh Baby 1/2c	1/2 Cup	300	23	0	51	1.88	0.58	20.7	8936	973	1.68	0.41	5.34	0.08	0.01	*N/A*
TOMATO, Fresh Cherry 1/2c	1/2 Cup	100	4	0	1	0.26	0.06	2.2	180	36	2.74	0.19	0.85	0.04	0.01	0.00
COM_FRUIT MIX, w/Lt Syr 1/2c	1/2 cup	150	19	0	2	0.42	0.10	1.7	3	69	1.08	0.14	4.96	0.03	0.00	0.00
CANTALOUPE, Fresh 1/2c	1/2 cup	200	53	0	25	1.41	0.33	14.1	5282	503	57.31	1.31	12.74	0.3	0.08	*N/A*
CHOICE OF MILK	1 Each	350	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, Skim, Chocolate	Each	300	77	4	107	0.00	0.00	214.3	429	86	1.03	7.71	11.14	0.0	0.00	0.00
MILK, 1% White 8oz	Each	50	15	1	18	0.00	0.00	43.7	73	15	0.35	1.17	1.75	0.36	0.22	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	60	2	0	15	0.02	0.00	0.2	7	3	0.1	0.02	0.45	0.0	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	150	33	2	29	0.00	0.01	0.4	3	1	0.02	0.05	0.08	3.7	0.56	0.06
COND PC Sauce, Taco 9g PPI	Packet	150	2	0	41	0.00	0.00	0.0	43	9	0.0	0.0	0.43	0.0	0.00	0.00
Weighted Daily Average			602	46	868	11.05	4.80	406.7	15185	1728	67.88	32.21	84.35	16.86	4.22	*0.19
% of Calories											21.4%	56.1%	25.2%	6.3%	*0.3%	

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Mon - 12/12/2011																
Elem Lunch	Total	350														
FEATURE ENTREE	1 EACH	150	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CHIX Thigh BBQ SC B 2.0	1 Each	150	69	24	89	0.38	0.00	0.0	28	6	0.0	4.18	1.7	4.73	1.39	*0.00
BEANS, BBQ 1/2c	1/2 Cup	150	83	0	60	4.34	0.96	14.6	3	0	0.61	4.11	16.34	0.26	0.07	*0.00
CORN DOG, Chix AP WG 2.0	4 oz corn d	150	103	9	253	2.14	1.16	64.3	0	0	0.0	3.86	14.14	3.43	0.86	0.00
FEATURED DELI ENTREE	1 Each	50	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SUB HD, Italian WH 2.0	sandwich	50	49	7	248	0.28	0.37	28.1	18	5	0.0	3.0	4.04	2.38	1.00	*0.00
DELI: Garnish Veg SS W 0	1 Each	50	1	0	0	0.07	0.02	0.8	170	6	0.46	0.05	0.17	0.01	0.00	*N/A*
SIDES	1 EACH	400	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
POTATO, FF 1/4" Gen7 1/2c	1/2 Cup	400	102	0	113	1.70	0.20	0.0	0	0	3.39	1.13	14.71	4.52	0.28	0.00
FRUIT AND VEGETABLE CART	1 EACH	750	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CARROTS, Fresh Baby 1/2c	1/2 Cup	200	15	0	34	1.25	0.38	13.8	5957	648	1.12	0.28	3.56	0.06	0.01	*N/A*
CELERY, Fresh Sticks 1/2c	1/2 Cup	50	1	0	6	0.12	0.01	2.9	33	1	0.23	0.05	0.22	0.01	0.00	*N/A*
COM_PEACHES, Diced w/syrup1/2	1/2 Cup	200	29	0	3	0.68	0.19	1.7	10	188	1.27	0.24	7.73	0.02	0.00	0.00
GRAPES, Fresh 1/2c	1/2 cup	200	29	0	1	0.39	0.13	6.0	43	4	1.73	0.27	7.4	0.15	0.05	*N/A*
CHOICE OF MILK	1 Each	350	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, Skim, Chocolate	1 Each	300	77	4	107	0.00	0.00	214.3	429	86	1.03	7.71	11.14	0.0	0.00	0.00
MILK, 1% White 8oz	Each	50	15	1	18	0.00	0.00	43.7	73	15	0.35	1.17	1.75	0.36	0.22	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	450	14	0	109	0.16	0.03	1.7	54	22	0.76	0.12	3.36	0.02	0.00	0.00
COND PC Mustard 6g Heinz	Packet	50	1	0	11	0.03	0.01	0.4	0	0	0.0	0.02	0.07	0.03	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	50	11	1	10	0.00	0.00	0.1	1	0	0.01	0.02	0.03	1.23	0.19	0.02
Weighted Daily Average			598	46	1061	11.53	3.48	392.6	6818	981	10.96	26.19	86.34	17.22	4.07	*0.02
% of Calories												17.5%	57.8%	25.9%	6.1%	*0.0%

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Tue - 12/13/2011																
Elem Lunch	Total	350														
FEATURE ENTREE	1 EACH	310	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PP RAVIOLI, Beef AP	6 Ravioli	190	196	32	479	2.96	2.31	191.8	559	112	5.93	9.48	22.72	7.05	3.24	0.00
BREADSTICK, Frz Garlic B	1 Each	190	76	2	175	0.70	1.00	32.9	21	4	0.01	3.65	12.77	0.93	0.41	*0.00
BURRITO BN/CHZ SM B 2.0	1 Each	120	121	5	222	2.07	0.95	52.4	59	12	0.3	4.38	17.4	3.67	1.38	*0.00
FEATURED SALAD ENTREE	1 Each	40	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD Chix Brd Ranch AP WG 2.0	1 serving	40	44	6	92	0.27	0.23	31.9	261	22	2.13	1.97	1.21	3.31	1.10	0.00
SIDES	1 EACH	250	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CARROTS, Sliced Frozen 1/2c	1/2 Cup	250	26	0	41	2.28	0.37	24.2	11712	1225	1.59	0.4	5.35	0.47	0.08	*N/A*
FRUIT AND VEGETABLE CART	1 EACH	800	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BROCCOLI, Fresh 1/2c	1/2 cup	100	3	0	3	0.24	0.07	4.3	57	14	8.13	0.26	0.61	0.03	0.00	*N/A*
PEPPERS BELL, Green 1/2c	1/2 Cup	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	*N/A*
COM_APPLESAUCE, Canned 1/2c	1/2 cup	350	54	0	2	1.57	0.37	4.2	37	1	1.57	0.22	14.4	0.06	0.01	0.00
BANANA, Fresh Whole 1/2c	1/2 cup	250	68	0	1	2.00	0.20	3.8	49	6	6.68	0.84	17.54	0.25	0.09	*N/A*
CHOICE OF MILK	1 Each	350	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, Skim, Chocolate	Each	300	77	4	107	0.00	0.00	214.3	429	86	1.03	7.71	11.14	0.0	0.00	0.00
MILK, 1% White 8oz	Each	50	15	1	18	0.00	0.00	43.7	73	15	0.35	1.17	1.75	0.36	0.22	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRES_Ranch, Lite 1oz Souffle	1 ozv	40	13	1	31	0.00	0.00	2.3	0	0	0.0	0.11	0.11	1.14	0.17	0.00
COND_PC Sauce, Taco 9g PPI	Packet	100	1	0	27	0.00	0.00	0.0	29	6	0.0	0.0	0.29	0.0	0.00	0.00
Weighted Daily Average			694	52	1197	12.08	5.50	605.9	13284	1501	27.72	30.19	105.29	17.29	6.70	*0.00
% of Calories												17.4%	60.7%	22.4%	8.7%	*0.0%

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Carson City School District

**Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values
Elem Lunch**

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/14/2011																
Elem Lunch	Total	350														
FEATURE ENTREE	1 EACH	175	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COM_PIZZA, Cheese 3.2 x 5	1 Each	175	176	18	264	1.93	1.46	261.6	221	40	2.0	10.27	22.08	5.9	2.97	0.00
RIBLET, Pork BBQ SS WH 2.0	1 Each	75	39	0	137	0.87	0.39	19.2	0	0	0.0	0.94	7.07	0.69	0.16	0.00
FEATURED DELI ENTREE	1 Each	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WRAP, All-American	1 Each	100	143	23	475	0.88	0.58	58.1	855	171	3.05	7.41	10.82	7.83	2.43	0.00
SIDES	1 EACH	150	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LETTUCE, Toss-Up SC 1c	1 Cup	150	7	0	6	0.53	0.17	8.0	1929	185	3.18	0.3	1.48	0.07	0.01	*0.00
FRUIT AND VEGETABLE CART	1 EACH	750	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	200	7	0	1	0.25	0.14	7.9	52	10	1.38	0.32	1.78	0.05	0.02	*N/A*
CARROTS, Fresh Baby 1/2c	1/2 Cup	300	23	0	51	1.88	0.58	20.7	8936	973	1.68	0.41	5.34	0.08	0.01	*N/A*
PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	200	35	0	5	0.50	0.36	9.9	50	10	4.47	0.5	8.44	0.0	0.00	0.00
HONEYDEW, Melon Fresh 1/2c	1/2 cup	200	9	0	4	0.20	0.04	1.5	12	1	4.42	0.13	2.23	0.03	0.01	*N/A*
CHOICE OF MILK	1 Each	350	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, Skim, Chocolate	Each	300	77	4	107	0.00	0.00	214.3	429	86	1.03	7.71	11.14	0.0	0.00	0.00
MILK, 1% White 8oz	Each	50	15	1	18	0.00	0.00	43.7	73	15	0.35	1.17	1.75	0.36	0.22	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND-BBQ Sauce 1oz. Souffle	1 ozv	100	12	0	112	0.61	0.00	0.0	0	0	0.0	0.0	2.72	0.0	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	100	22	1	19	0.00	0.01	0.3	2	0	0.02	0.03	0.06	2.47	0.37	0.04
DRES Ranch, Lite 1oz Souffle	1 ozv	300	94	9	231	0.00	0.00	17.1	0	0	0.0	0.86	0.86	8.57	1.29	0.00
Weighted Daily Average			659	56	1430	7.63	3.71	662.4	12557	1490	21.57	30.06	75.77	26.07	7.49	*0.04
% of Calories												18.2%	46.0%	35.6%	10.2%	*0.1%

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Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values
Elem Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (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 - 12/15/2011																
Elem Lunch	Total	350														
FEATURE ENTREE	1 EACH	150	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BREADSTICK, Frz B	2 Each	150	102	0	212	0.85	1.22	0.0	0	0	0.0	4.24	19.5	0.42	0.00	0.00
SAUCE, Tom AP Beef SC 2.0	3/4 Cup	150	87	22	282	1.00	1.25	15.3	150	30	3.0	7.74	5.0	3.72	1.41	0.26
BEEF Burg CHZAM AP WG 2.5	1 Each	160	139	23	403	1.80	1.74	75.3	115	23	0.0	10.71	11.55	5.77	2.40	*0.00
GRILL, Sandwich Veg SS W	1 Each	100	3	0	1	0.36	0.17	5.6	1483	44	0.68	0.21	0.56	0.05	0.01	*N/A*
FEATURED SALAD ENTREE	1 Each	40	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD Chix Brd Cesar SC WG 2.0	1 serving	40	34	3	103	0.26	0.26	44.3	413	17	0.18	2.25	2.27	1.87	0.68	*0.00
SIDES	1 EACH	300	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COM_POTATO, Tater Tots	10 each	300	144	0	229	2.14	0.34	0.0	0	0	1.14	2.14	19.29	6.43	2.14	2.14
FRUIT AND VEGETABLE CART	1 EACH	750	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CELERY, Fresh Sticks 1/2c AP	1/2 Cup	150	3	0	17	0.35	0.04	8.7	97	3	0.67	0.15	0.64	0.04	0.01	0.00
SPINACH, Fresh 1/2c	1/2 cup	180	4	0	12	0.35	0.43	15.6	1481	106	4.44	0.45	0.57	0.06	0.01	*N/A*
ORANGE, Mandarin w/Juice 1/2c	1/2 Cup	220	33	0	10	1.31	0.24	26.2	328	66	7.87	0.0	8.53	0.0	0.00	0.00
APPLES, Fresh Sliced 1/2c	1/2 Cup	200	16	0	0	0.75	0.04	1.9	17	2	1.43	0.08	4.3	0.05	0.01	*N/A*
CHOICE OF MILK	1 Each	350	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, Skim, Chocolate	Each	300	77	4	107	0.00	0.00	214.3	429	86	1.03	7.71	11.14	0.0	0.00	0.00
MILK, 1% White 8oz	Each	50	15	1	18	0.00	0.00	43.7	73	15	0.35	1.17	1.75	0.36	0.22	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	500	16	0	121	0.18	0.04	1.9	60	24	0.84	0.14	3.73	0.03	0.00	0.00
COND PC Mustard 6g Heinz	Packet	50	1	0	11	0.03	0.01	0.4	0	0	0.0	0.02	0.07	0.03	0.00	0.00
DRES_Ranch, Lite 1oz Souffle	1 ozv	40	13	1	31	0.00	0.00	2.3	0	0	0.0	0.11	0.11	1.14	0.17	0.00
DRES_Caesar, 1oz Souffle	1 ozv	40	17	0	34	0.00	0.00	2.3	11	2	0.0	0.11	0.11	1.83	0.29	0.00
Weighted Daily Average			703	55	1592	9.38	5.77	457.9	4657	417	21.63	37.24	89.12	21.80	7.35	*2.40
% of Calories												21.2%	50.7%	27.9%	9.4%	*3.1%

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Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values
Elem Lunch

	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 - 12/16/2011																
Elem Lunch	Total	350														
FEATURE ENTREE	1 EACH	310	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
STEW Chili Beefy SC W 2.0	6ozv	190	102	28	181	1.53	1.23	22.6	186	35	8.14	9.62	4.4	4.85	1.81	*0.33
BISCUIT, AP BTMK GOLD 2.25oz	1 Each	190	124	0	417	0.54	0.78	10.8	0	0	0.0	2.71	16.77	4.87	1.35	1.89
Hot Ham & Cheese Sub	1 Each	130	96	18	354	0.00	0.76	59.0	74	15	0.51	5.99	10.5	3.47	1.24	0.00
FEATURED DELI ENTREE	1 Each	30	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PITA PK, Turkey w/PV WG 1.25	1 Each	30	15	1	46	0.09	0.11	11.8	11	3	0.0	0.87	1.57	0.47	0.23	*0.00
DELI: Garnish Veg SS W 0	1 Each	30	0	0	0	0.04	0.01	0.5	102	4	0.28	0.03	0.1	0.01	0.00	*N/A*
SIDES	1 EACH	250	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CORN, Frozen 1/2c	1/2 Cup	200	38	0	0	1.12	0.22	1.4	93	10	1.64	1.19	9.03	0.31	0.05	*N/A*
FRUIT AND VEGETABLE CART	1 EACH	750	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CARROTS, Fresh Baby 1/2c	1/2 Cup	150	11	0	25	0.94	0.29	10.4	4468	486	0.84	0.21	2.67	0.04	0.01	*N/A*
TOMATO, Fresh Cherry 1/2c	1/2 Cup	100	4	0	1	0.26	0.06	2.2	180	36	2.74	0.19	0.85	0.04	0.01	0.00
COM_FRUIT MIX, w/Lt Syr 1/2c	1/2 cup	100	13	0	1	0.28	0.07	1.1	2	46	0.72	0.09	3.3	0.02	0.00	0.00
CANTALOUPE, Fresh 1/2c	1/2 cup	200	53	0	25	1.41	0.33	14.1	5282	503	57.31	1.31	12.74	0.3	0.08	*N/A*
PUDDING, Chocolate	1/2 Cup	300	115	0	168	0.00	0.00	17.7	0	0	0.0	0.89	19.49	4.43	0.44	1.33
CHOICE OF MILK	1 Each	350	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, Skim, Chocolate	Each	300	77	4	107	0.00	0.00	214.3	429	86	1.03	7.71	11.14	0.0	0.00	0.00
MILK, 1% White 8oz	Each	50	15	1	18	0.00	0.00	43.7	73	15	0.35	1.17	1.75	0.36	0.22	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Mustard 6g Heinz	Packet	40	0	0	9	0.02	0.01	0.3	0	0	0.0	0.02	0.05	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	40	9	0	8	0.00	0.00	0.1	1	0	0.01	0.01	0.02	0.99	0.15	0.01
Weighted Daily Average			672	53	1362	6.23	3.87	410.0	10900	1238	73.57	32.01	94.39	20.19	5.59	*3.57
% of Calories												19.0%	56.1%	27.0%	7.5%	*4.8%

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Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values
Elem Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (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 - 12/19/2011																
Elem Lunch	Total	400														
FEATURE ENTREE	1 EACH	360	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Beefy Gravy w/Mashed Potatoes	1 Cup	120	74	15	149	0.55	0.54	4.4	0	0	2.07	5.38	5.79	3.02	1.00	*0.18
ROLL, DINNER AP WH	1 each	120	23	0	41	0.32	0.30	15.0	0	0	0.0	0.73	3.91	0.54	0.13	*N/A*
CHIX Nugget, Savory (5) B 2.0	5 Each	240	120	27	264	0.00	1.08	12.0	60	12	0.0	9.6	6.6	6.0	1.20	0.00
FEATURED DELI ENTREE	1 Each	40	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SUB HD, Ham w/AM WG 1.5	1 Each	40	24	3	94	0.19	0.23	14.5	15	3	0.0	1.5	2.4	0.99	0.40	0.00
DELI: Garnish Veg SS W 0	1 Each	40	1	0	0	0.05	0.02	0.6	119	4	0.32	0.03	0.12	0.01	0.00	*N/A*
SIDES	1 EACH	400	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
POTATO, Mashed 1/2c	1/2 cup	400	78	0	345	1.73	0.00	0.0	0	0	3.11	1.73	15.53	0.86	0.00	0.00
GRAVY, Brown Low Sodium	2 oz	400	202	0	1148	0.00	0.00	13.9	0	0	0.0	8.1	40.5	4.05	0.00	*0.00
FRUIT AND VEGETABLE CART	1 EACH	800	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CARROTS, Fresh Baby 1/2c	1/2 Cup	200	13	0	29	1.10	0.34	12.1	5213	567	0.98	0.24	3.11	0.05	0.01	*N/A*
CELERY, Fresh Sticks 1/2c AP	1/2 Cup	100	2	0	10	0.20	0.03	5.0	57	2	0.39	0.09	0.37	0.02	0.01	0.00
COM_PEACHES, Diced w/syrup1/2	1/2 Cup	300	38	0	3	0.89	0.25	2.2	13	247	1.67	0.31	10.14	0.02	0.00	0.00
ORANGES, Slices 113ct 1/2c	1/2 Cup	200	21	0	0	1.08	0.04	18.0	101	20	23.93	0.42	5.29	0.05	0.01	0.00
CHOICE OF MILK	1 Each	400	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, Skim, Chocolate	Each	350	79	4	109	0.00	0.00	218.7	438	87	1.05	7.87	11.37	0.0	0.00	0.00
MILK, 1% White 8oz	Each	50	13	1	16	0.00	0.00	38.3	64	13	0.31	1.02	1.53	0.32	0.19	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Mustard 6g Heinz	Packet	40	0	0	7	0.02	0.01	0.3	0	0	0.0	0.02	0.05	0.02	0.00	0.00
COND-BBQ Sauce 1oz. Souffle	1 ozv	100	11	0	98	0.53	0.00	0.0	0	0	0.0	0.0	2.38	0.0	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	40	8	0	7	0.00	0.00	0.1	1	0	0.01	0.01	0.02	0.86	0.13	0.01
DRES_Italian, FF 1oz Souffle	1 ozv	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRES_Ranch, Lite 1oz Souffle	1 ozv	100	28	2	68	0.00	0.00	5.0	0	0	0.0	0.25	0.25	2.5	0.38	0.00
COND-Sweet & Sour Sauce 1oz. S	1 ozv	100	11	0	80	0.00	0.00	0.9	1	0	0.14	0.14	2.83	0.0	0.00	0.00
Weighted Daily Average			746	54	2469	6.66	2.84	360.9	6081	956	33.97	37.45	112.21	19.32	3.45	*0.20
% of Calories												20.1%	60.2%	23.3%	4.2%	*0.2%

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Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values Elem Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (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 - 12/20/2011																
Elem Lunch	Total	400														
FEATURE ENTREE	1 EACH	200	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PP MAC & CHZ 3/4 Cup	.75 cup	200	154	5	357	1.18	0.84	70.5	0	0	0.0	5.82	25.3	3.11	1.62	*0.00
BURRITO BN/CHZ SM B 2.0	1 Each	160	141	6	259	2.41	1.11	61.2	69	13	0.35	5.11	20.29	4.28	1.61	*0.00
FEATURED SALAD ENTREE	1 Each	40	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD Cobb Elementary	1 Each	40	14	5	61	0.13	0.20	15.5	315	24	2.87	1.42	0.4	0.75	0.38	0.00
SIDES	1 EACH	250	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEANS, Green Frozen 1/2c	1/2 Cup	250	12	0	0	1.33	0.29	18.6	246	18	1.81	0.66	2.85	0.08	0.02	*N/A*
FRUIT AND VEGETABLE CART	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BROCCOLI, Fresh 1/2c	1/2 cup	200	5	0	5	0.41	0.12	7.5	99	25	14.22	0.45	1.06	0.06	0.01	*N/A*
PEPPERS BELL, Green 1/2c	1/2 Cup	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	*N/A*
COM_APPLESAUCE, Canned 1/2c	1/2 cup	350	48	0	2	1.37	0.32	3.7	32	1	1.37	0.19	12.6	0.05	0.01	0.00
BANANA, Fresh Whole 1/2c	1/2 cup	300	72	0	1	2.10	0.21	4.0	52	6	7.02	0.88	18.42	0.27	0.09	*N/A*
CHOICE OF MILK	1 Each	400	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, Skim, Chocolate	Each	350	79	4	109	0.00	0.00	218.7	438	87	1.05	7.87	11.37	0.0	0.00	0.00
MILK, 1% White 8oz	Each	50	13	1	16	0.00	0.00	38.3	64	13	0.31	1.02	1.53	0.32	0.19	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	10	0	0	6	0.00	0.00	0.0	0	0	0.0	0.0	0.04	0.0	0.00	0.00
DRES_Ranch, Lite 1oz Souffle	1 ozv	40	11	1	27	0.00	0.00	2.0	0	0	0.0	0.1	0.1	1.0	0.15	0.00
COND_PC Sauce, Taco 9g PPI	Packet	100	1	0	24	0.00	0.00	0.0	25	5	0.0	0.0	0.25	0.0	0.00	0.00
Weighted Daily Average			551	22	867	8.94	3.09	439.9	1340	192	29.00	23.52	94.22	9.92	4.08	*0.00
% of Calories												17.1%	68.4%	16.2%	6.7%	*0.0%

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Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values
Elem Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/21/2011																
Elem Lunch	Total	400														
FEATURE ENTREE	1 EACH	200	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
NACHOS Chicken	1 Each	200	226	35	603	1.00	0.84	148.0	168	34	0.2	10.2	19.8	12.99	3.65	0.00
BEANS, Refried AP 1/2c	1/2 cup	200	73	0	219	4.70	0.94	20.9	0	0	1.25	4.18	12.02	1.04	0.00	0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	90	69	11	198	0.89	0.86	37.0	57	11	0.0	5.27	5.68	2.84	1.18	*0.00
FEATURED SALAD ENTREE	1 Each	110	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SALAD Chix Platter W/Fruit	1 Each	110	89	10	100	0.69	0.60	19.9	849	56	8.07	2.8	4.5	6.54	1.10	*0.00
SIDES	1 EACH	380	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COM_POTATO, Wedges 1/2c	3ozw	400	78	0	9	1.72	0.92	16.1	0	0	11.25	2.62	18.32	0.0	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	820	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	200	6	0	1	0.22	0.12	6.9	45	9	1.2	0.28	1.56	0.05	0.02	*N/A*
CARROTS, Fresh Baby 1/2c	1/2 Cup	300	20	0	44	1.64	0.50	18.1	7819	851	1.47	0.36	4.67	0.07	0.01	*N/A*
COM_PEARs, Diced w/syrup 1/2c	1/2 cup	200	22	0	2	0.61	0.11	1.8	0	0	0.27	0.07	5.77	0.01	0.00	0.00
HONEYDEW, Melon Fresh 1/2c	1/2 cup	100	4	0	2	0.09	0.02	0.6	5	0	1.93	0.06	0.98	0.02	0.00	*N/A*
CHOICE OF MILK	1 Each	400	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, Skim, Chocolate	Each	350	79	4	109	0.00	0.00	218.7	438	87	1.05	7.87	11.37	0.0	0.00	0.00
MILK, 1% White 8oz	Each	50	13	1	16	0.00	0.00	38.3	64	13	0.31	1.02	1.53	0.32	0.19	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	500	14	0	106	0.16	0.03	1.7	53	21	0.74	0.12	3.27	0.02	0.00	0.00
COND PC Mustard 6g Heinz	Packet	50	1	0	9	0.03	0.01	0.3	0	0	0.0	0.02	0.06	0.02	0.00	0.00
DRES Ranch, Lite 1oz Souffle	1 ozv	200	55	5	135	0.00	0.00	10.0	0	0	0.0	0.5	0.5	5.0	0.75	0.00
Weighted Daily Average			748	67	1554	11.73	4.94	538.4	9497	1083	27.75	35.38	90.03	28.93	6.91	*0.00
% of Calories												18.9%	48.1%	34.8%	8.3%	*0.0%

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Carson City School District

**Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values
Elem Lunch**

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (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 - 12/22/2011																
Elem Lunch	Total	400														
FEATURE ENTREE	1 EACH	360	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COM_PIZZA, Pepperoni 3.2 x 5	1 Each	150	135	14	215	1.50	1.09	187.9	160	30	1.5	7.77	16.62	4.63	2.31	0.00
FRANK Turkey, 8-1 WH 2.0	1 Each	210	152	26	518	1.02	1.52	89.2	158	31	0.0	5.98	13.37	7.99	2.50	0.00
FEATURED DELI ENTREE	1 Each	40	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WRAP, Chix Buffalo SS WG 2.0	1 Each	40	46	2	134	0.48	0.26	7.7	271	54	1.04	1.47	4.44	2.32	0.38	0.00
SIDES	1 EACH	300	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LETTUCE, Salad Romaine 1/2c	1/2 Cup	300	5	0	2	0.31	0.34	12.5	704	47	6.57	0.31	0.63	0.0	0.00	0.00
DRES_Ranch, Lite, Gal	1 TBSP	300	41	4	101	0.00	0.00	7.5	0	0	0.0	0.37	0.37	3.75	0.56	0.00
FRUIT AND VEGETABLE CART	1 EACH	950	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CELERY, Fresh Sticks 1/2c AP	1/2 Cup	200	4	0	20	0.40	0.05	10.1	113	3	0.78	0.17	0.75	0.04	0.01	0.00
SPINACH, Fresh 1/2c	1/2 cup	250	4	0	15	0.42	0.52	19.0	1800	129	5.39	0.55	0.7	0.07	0.01	*N/A*
ORANGE, Mandarin w/Juice 1/2c	1/2 Cup	200	26	0	8	1.04	0.19	20.9	261	52	6.26	0.0	6.78	0.0	0.00	0.00
CANTALOUPE, Fresh 1/2c	1/2 Cup	250	58	0	27	1.54	0.36	15.4	5777	550	62.69	1.43	13.94	0.32	0.09	*N/A*
PUDDING, Chocolate	1/2 Cup	300	101	0	147	0.00	0.00	15.5	0	0	0.0	0.77	17.05	3.88	0.39	1.16
CHOICE OF MILK	1 Each	400	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, Skim, Chocolate	Each	350	79	4	109	0.00	0.00	218.7	438	87	1.05	7.87	11.37	0.0	0.00	0.00
MILK, 1% White 8oz	Each	50	13	1	16	0.00	0.00	38.3	64	13	0.31	1.02	1.53	0.32	0.19	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
COND PC Ketchup 9g Heinz	Packet	200	6	0	42	0.06	0.01	0.7	21	8	0.3	0.05	1.31	0.01	0.00	0.00
COND PC Mustard 6g Heinz	Packet	100	1	0	19	0.05	0.02	0.7	1	0	0.0	0.04	0.12	0.05	0.00	0.00
DRES_Ranch, Lite 1oz Souffle	1 ozv	20	6	0	14	0.00	0.00	1.0	0	0	0.0	0.05	0.05	0.5	0.08	0.00
Weighted Daily Average			676	52	1388	6.83	4.35	645.0	9766	1006	85.88	27.87	89.03	23.88	6.51	*1.16
% of Calories											16.5%	52.7%	31.8%	8.7%	*1.5%	
Weighted Average			664	52	1342	9.12	4.24	498.6	7873	951	38.99	31.65	92.19	19.68	5.82	*0.75
											19.1%	55.6%	26.7%	7.9%	*1.0%	

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Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values
Elem Lunch

Dec 2, 2011

Page 14

Nutrient	Menu AVG	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)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	664		664	100%													
Cholesterol (mg)	52		100	52%													
Sodium (mg)	1342																
Fiber (g)	9.12		5.60	163%													
Iron (mg)	4.24		3.50	121%													
Calcium (mg)	498.6		286.00	174%													
Vitamin A (IU)	7873		1120	703%													
Vitamin A (RE)	951		224	425%													
Vitamin C (mg)	38.99		15.00	260%													
Protein (g)	31.65	19.07%	10.00	317%													
Carbohydrate (g)	92.19	55.55%															
Total Fat (g)	19.68	26.67%	<=30.00%														
Saturated Fat (g)	5.82	7.90%	<10.00%														
Trans Fat (g)	0.75	1.01%				Missing											

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