

# Carson City School District

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

Dec 2, 2011

## HS 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 <sup>1</sup> (g)
Mon - 12/05/2011																
HS Lunch	Total	600														
FEATURE ENTREE	1 EACH	120	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ENCHILADA Cheese B SC 2.0	2 Each	120	71	12	77	0.98	0.23	85.3	209	42	1.41	3.52	5.25	3.94	2.40	*0.00
RICE, Sante Fe WG 1/2 c	1/2 Cup	120	24	0	32	0.52	0.09	2.6	13	3	0.0	0.55	5.13	0.19	0.04	*0.00
BEANS, Refried AP 1/2c	1/2 cup	120	29	0	88	1.88	0.38	8.4	0	0	0.5	1.67	4.81	0.42	0.00	0.00
GRILL	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
BEEF Burg AP WG 2.0	1 Each	10	4	1	11	0.07	0.06	1.1	2	0	0.0	0.35	0.41	0.13	0.05	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	48	24	4	71	0.32	0.31	13.2	20	4	0.0	1.87	2.02	1.01	0.42	*0.00
CHIX Patty, Plain WH 2.0	1 Each	40	23	3	42	0.13	0.24	7.3	7	1	0.0	1.36	2.36	0.88	0.18	0.00
CHIX Nugget, Savory (5) B 2.0	5 Each	20	7	1	15	0.00	0.06	0.7	3	1	0.0	0.53	0.37	0.33	0.07	0.00
GRILL, Sandwich Veg SS W	1 Each	100	2	0	1	0.21	0.10	3.3	865	26	0.4	0.12	0.33	0.03	0.00	*N/A*
PIZZA	1 EACH	160	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz B 2.0	1/8 Slice	20	13	1	29	0.07	0.09	13.3	17	3	0.37	0.84	1.6	0.46	0.23	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	140	103	9	237	0.52	0.68	93.3	116	23	2.58	6.29	11.25	4.17	2.05	0.00
FEATURED PIZZA	1 EACH	16	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Hawaiian B 1.5	1/8 slice	16	9	1	25	0.06	0.08	5.4	8	2	0.32	0.56	1.31	0.24	0.10	0.00
TORTILLA BAR:	1 Each	60	39	6	100	0.29	0.21	29.8	50	10	0.08	2.14	2.77	2.16	0.87	*0.03
FEATURED TORTILLA	1 EACH	10	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO BF/BN SM SC B 2.0	1 Each	10	7	0	11	0.11	0.06	1.9	2	0	0.02	0.29	0.88	0.2	0.06	*0.00
FEATURED DELI ENTREE	1 Each	80	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 Ranch SS B 2.0	1 Each	40	25	4	59	0.21	0.11	7.1	428	57	0.16	1.47	2.83	0.81	0.26	*0.00
DELI BAR: B 2.0	1 Each	40	22	3	64	0.19	0.16	10.0	28	3	0.07	1.19	2.18	0.98	0.33	*0.00
FEATURED SALAD ENTREE	1 Each	10	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 2.0	1 Each	10	7	1	15	0.09	0.07	4.9	52	4	0.47	0.38	0.59	0.31	0.08	*0.00
CRACKER, Saltines 2pk	Package	20	0	0	1	0.00	0.01	0.4	0	0	0.0	0.0	0.03	0.0	0.00	0.00
SIDES	1 EACH	1500	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 5/16" Gen7 1/2c	1.6 ozw	500	193	0	227	2.27	0.41	0.0	0	0	6.8	2.27	30.62	6.8	0.00	0.00
BROCCOLI, Frz Chopped 1/2c	1/2 Cup	300	13	0	5	1.42	0.29	15.6	478	89	18.95	1.46	2.53	0.06	0.01	*N/A*
APPLES, 138ct Whole 1c	138ct	300	31	0	1	1.44	0.07	3.6	32	3	2.75	0.16	8.26	0.1	0.02	0.00
CARROTS, Fresh Baby 1/2c	1/2 Cup	300	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	1	0	7	0.13	0.02	3.4	38	1	0.26	0.06	0.25	0.01	0.00	0.00
COM_PEACHES, Diced w/syrup1/2	1/2 Cup	300	25	0	2	0.59	0.17	1.5	9	164	1.11	0.21	6.76	0.01	0.00	0.00
CHOICE OF MILK	1 Each	600	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	500	75	4	104	0.00	0.00	208.3	417	83	1.0	7.5	10.83	0.0	0.00	0.00
MILK, 1% White 8oz	Each	100	17	2	21	0.00	0.00	51.0	85	17	0.41	1.36	2.04	0.43	0.26	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	20	0	0	8	0.00	0.00	0.0	0	0	0.0	0.0	0.05	0.0	0.00	0.00
DRES_Ranch, Lite 1oz Souffle	1 ozv	100	18	2	45	0.00	0.00	3.3	0	0	0.0	0.17	0.17	1.67	0.25	0.00
COND PC Ketchup 9g Heinz	Packet	25	0	0	4	0.01	0.00	0.1	2	1	0.02	0.0	0.11	0.0	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	50	7	0	6	0.00	0.00	0.1	0	0	0.0	0.01	0.02	0.72	0.11	0.01
COND PC Mustard 6g Heinz	Packet	25	0	0	3	0.01	0.00	0.1	0	0	0.0	0.01	0.02	0.01	0.00	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 - denotes optional nutrient values

**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.**

# Carson City School District

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

Dec 2, 2011

HS 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 <sup>1</sup> (g)
COND-BBQ Sauce 1oz. Souffle	1 ozv	50	4	0	33	0.18	0.00	0.0	0	0	0.0	0.0	0.79	0.0	0.00	0.00
COND-Sweet & Sour Sauce 1oz. S	1 ozv	20	2	0	11	0.00	0.00	0.1	0	0	0.02	0.02	0.38	0.0	0.00	0.00
Weighted Daily Average			809	53	1382	12.79	4.22	587.2	8093	1105	38.69	36.60	110.05	26.12	7.78	*0.05
% of Calories												18.1%	54.4%	29.1%	8.7%	*0.1%

\*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

<sup>1</sup> - denotes optional nutrient values

**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.

# Carson City School District

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

Dec 2, 2011

## HS Lunch

Page 3

	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 <sup>1</sup> (g)
Tue - 12/06/2011																
HS Lunch	Total	600														
FEATURE ENTREE	1 EACH	80	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 Asian Bowl	1 Each	80	47	7	65	0.44	0.13	2.5	106	21	1.15	2.69	7.0	0.82	0.18	0.00
GRILL	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
BEEF Burg AP WG 2.0	1 Each	10	4	1	11	0.07	0.06	1.1	2	0	0.0	0.35	0.41	0.13	0.05	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	48	24	4	71	0.32	0.31	13.2	20	4	0.0	1.87	2.02	1.01	0.42	*0.00
CHIX Patty, Plain WH 2.0	1 Each	60	34	4	62	0.19	0.36	11.0	10	2	0.0	2.04	3.55	1.32	0.28	0.00
CHIX Nugget, Savory (5) B 2.0	5 Each	20	7	1	15	0.00	0.06	0.7	3	1	0.0	0.53	0.37	0.33	0.07	0.00
GRILL, Sandwich Veg SS W	1 Each	100	2	0	1	0.21	0.10	3.3	865	26	0.4	0.12	0.33	0.03	0.00	*N/A*
PIZZA	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
PIZZA 16" Chz B 2.0	1/8 Slice	20	13	1	29	0.07	0.09	13.3	17	3	0.37	0.84	1.6	0.46	0.23	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	160	118	10	270	0.60	0.77	106.7	133	27	2.94	7.19	12.86	4.77	2.34	0.00
FEATURED PIZZA	1 EACH	16	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" ChixBBQ W/Onion	1/8 slice	16	11	1	27	0.11	0.08	5.4	5	1	0.03	0.62	1.45	0.31	0.15	0.00
TORTILLA BAR:	1 Each	60	39	6	100	0.29	0.21	29.8	50	10	0.08	2.14	2.77	2.16	0.87	*0.03
FEATURED TORTILLA	1 EACH	10	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Chicken Fajita	1 Each	10	5	1	14	0.04	0.03	1.3	4	1	0.06	0.29	0.55	0.17	0.06	0.00
FEATURED DELI ENTREE	1 Each	80	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WRAP, Beef SWest B 2.5	1 Each	40	25	3	69	0.19	0.09	8.4	148	7	0.28	1.37	2.36	1.15	0.43	*0.00
DELI BAR: B 2.0	1 Each	40	22	3	64	0.19	0.16	10.0	28	3	0.07	1.19	2.18	0.98	0.33	*0.00
FEATURED SALAD ENTREE	1 Each	10	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 Diced Thai SC W 2.0	1 each	10	3	1	1	0.02	0.01	0.4	58	2	0.12	0.26	0.23	0.08	0.02	*0.00
CRACKER, Saltines 2pk	Package	20	0	0	1	0.00	0.01	0.4	0	0	0.0	0.0	0.03	0.0	0.00	0.00
SIDES	1 EACH	1800	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PEAS & CARROTS, Frozen 1/2c	1/2 Cup	300	20	0	28	1.28	0.39	9.5	3924	320	3.34	1.27	4.17	0.17	0.03	*N/A*
COM_POTATO, Tater Tots	10 each	500	140	0	223	2.08	0.33	0.0	0	0	1.1	2.08	18.75	6.25	2.08	2.08
ORANGES, 113 Whole	Orange	300	18	0	0	0.93	0.04	15.4	87	17	20.51	0.36	4.53	0.05	0.01	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	300	5	0	5	0.41	0.12	7.5	99	25	14.22	0.45	1.06	0.06	0.01	*N/A*
COM_APPLESAUCE, Canned 1/2c	1/2 cup	300	27	0	1	0.78	0.18	2.1	18	1	0.78	0.11	7.2	0.03	0.01	0.00
CHOICE OF MILK	1 Each	600	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	500	75	4	104	0.00	0.00	208.3	417	83	1.0	7.5	10.83	0.0	0.00	0.00
MILK, 1% White 8oz	Each	100	17	2	21	0.00	0.00	51.0	85	17	0.41	1.36	2.04	0.43	0.26	0.00
CONDIMENT CHOICES	1 Each	500	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	20	0	0	8	0.00	0.00	0.0	0	0	0.0	0.0	0.05	0.0	0.00	0.00
DRES_Ranch, Lite 1oz Souffle	1 ozv	120	22	2	54	0.00	0.00	4.0	0	0	0.0	0.2	0.2	2.0	0.30	0.00
COND PC Ketchup 9g Heinz	Packet	100	2	0	14	0.02	0.00	0.2	7	3	0.1	0.02	0.44	0.0	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	80	10	1	9	0.00	0.00	0.1	1	0	0.01	0.02	0.03	1.15	0.17	0.02
COND PC Mustard 6g Heinz	Packet	25	0	0	3	0.01	0.00	0.1	0	0	0.0	0.01	0.02	0.01	0.00	0.00
COND-BBQ Sauce 1oz. Souffle	1 ozv	50	4	0	33	0.18	0.00	0.0	0	0	0.0	0.0	0.79	0.0	0.00	0.00
COND-Sweet & Sour Sauce 1oz. S	1 ozv	20	2	0	11	0.00	0.00	0.1	0	0	0.02	0.02	0.38	0.0	0.00	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 - denotes optional nutrient values

**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.**

# Carson City School District

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

Dec 2, 2011

HS Lunch

Page 4

	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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			697	52	1314	8.43	3.54	505.9	6087	573	47.00	34.89 20.0%	88.20 50.6%	23.88 30.9%	8.28 10.7%	*2.14 *2.8%

*\*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*

*<sup>1</sup> - denotes optional nutrient values*

**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.

# Carson City School District

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

Dec 2, 2011

## HS 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 <sup>1</sup> (g)
Wed - 12/07/2011																
HS Lunch	Total	600														
FEATURE 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
QUESADILLA Chix Spicy SC B 2.5	1 Each	100	61	9	174	0.75	0.28	33.5	78	15	0.0	3.65	6.07	2.47	1.09	*0.00
RICE, Sante Fe WG 1/2 c	1/2 Cup	100	20	0	27	0.44	0.07	2.2	11	2	0.0	0.46	4.27	0.16	0.03	*0.00
GRILL	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
BEEF Burg AP WG 2.0	1 Each	10	4	1	11	0.07	0.06	1.1	2	0	0.0	0.35	0.41	0.13	0.05	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	48	24	4	71	0.32	0.31	13.2	20	4	0.0	1.87	2.02	1.01	0.42	*0.00
CHIX Patty, Plain WH 2.0	1 Each	40	23	3	42	0.13	0.24	7.3	7	1	0.0	1.36	2.36	0.88	0.18	0.00
CHIX Nugget, Savory (5) B 2.0	5 Each	20	7	1	15	0.00	0.06	0.7	3	1	0.0	0.53	0.37	0.33	0.07	0.00
GRILL, Sandwich Veg SS W	1 Each	50	1	0	0	0.10	0.05	1.6	432	13	0.2	0.06	0.16	0.01	0.00	*N/A*
PIZZA	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
PIZZA 16" Chz B 2.0	1/8 Slice	20	13	1	29	0.07	0.09	13.3	17	3	0.37	0.84	1.6	0.46	0.23	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	160	118	10	270	0.60	0.77	106.7	133	27	2.94	7.19	12.86	4.77	2.34	0.00
FEATURED PIZZA	1 EACH	16	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chzburger SC B 1.5	1/8 slice	16	10	1	19	0.06	0.09	5.5	9	2	0.29	0.55	1.24	0.31	0.15	0.00
TORTILLA BAR:	1 Each	60	39	6	100	0.29	0.21	29.8	50	10	0.08	2.14	2.77	2.16	0.87	*0.03
FEATURED TORTILLA	1 EACH	10	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Beef MD SC B 2.0	1 Each	10	6	1	9	0.05	0.05	1.5	3	1	0.05	0.38	0.56	0.27	0.10	*0.01
FEATURED DELI ENTREE	1 Each	80	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, Club Country WH 2.0	1 Each	40	22	3	52	0.21	0.18	7.5	105	3	0.06	1.48	2.5	0.67	0.26	*0.00
DELI BAR: B 2.0	1 Each	40	22	3	64	0.19	0.16	10.0	28	3	0.07	1.19	2.18	0.98	0.33	*0.00
FEATURED SALAD ENTREE	1 Each	10	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 Each	10	5	1	15	0.04	0.04	6.5	60	2	0.03	0.33	0.33	0.27	0.10	*0.00
CRACKER, Saltines 2pk	Package	20	0	0	1	0.00	0.01	0.4	0	0	0.0	0.0	0.03	0.0	0.00	0.00
SIDES	1 EACH	1800	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	300	18	0	29	1.60	0.26	17.0	8198	857	1.11	0.28	3.74	0.33	0.06	*N/A*
COM_POTATO, Wedges 1/2c	3ozw	500	65	0	8	1.43	0.77	13.4	0	0	9.37	2.18	15.27	0.0	0.00	0.00
CANTALOUPE, Fresh 1/2c	1/2 cup	400	62	0	29	1.64	0.38	16.4	6162	587	66.86	1.53	14.87	0.35	0.09	*N/A*
CUCUMBER, Fresh 1/2c	1/2 Cup	200	4	0	1	0.14	0.08	4.6	30	6	0.8	0.19	1.04	0.03	0.01	*N/A*
CARROTS, Fresh Baby 1/2c	1/2 Cup	300	13	0	29	1.10	0.34	12.1	5213	567	0.98	0.24	3.11	0.05	0.01	*N/A*
PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	300	30	0	4	0.43	0.31	8.7	43	9	3.91	0.43	7.39	0.0	0.00	0.00
CHOICE OF MILK	1 Each	600	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	500	75	4	104	0.00	0.00	208.3	417	83	1.0	7.5	10.83	0.0	0.00	0.00
MILK, 1% White 8oz	Each	100	17	2	21	0.00	0.00	51.0	85	17	0.41	1.36	2.04	0.43	0.26	0.00
CONDIMENT CHOICES	1 Each	500	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	20	0	0	8	0.00	0.00	0.0	0	0	0.0	0.0	0.05	0.0	0.00	0.00
DRES_Ranch, Lite 1oz Souffle	1 ozv	120	22	2	54	0.00	0.00	4.0	0	0	0.0	0.2	0.2	2.0	0.30	0.00
COND PC Ketchup 9g Heinz	Packet	100	2	0	14	0.02	0.00	0.2	7	3	0.1	0.02	0.44	0.0	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	80	10	1	9	0.00	0.00	0.1	1	0	0.01	0.02	0.03	1.15	0.17	0.02
COND PC Mustard 6g Heinz	Packet	40	0	0	5	0.01	0.00	0.2	0	0	0.0	0.01	0.03	0.01	0.00	0.00
COND-BBQ Sauce 1oz. Souffle	1 ozv	20	1	0	13	0.07	0.00	0.0	0	0	0.0	0.0	0.32	0.0	0.00	0.00
COND-Sweet & Sour Sauce 1oz. S	1 ozv	20	2	0	11	0.00	0.00	0.1	0	0	0.02	0.02	0.38	0.0	0.00	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 - denotes optional nutrient values

**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.**

# Carson City School District

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

Dec 2, 2011

HS Lunch

Page 6

	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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			699	52	1238	9.75	4.81	576.9	21115	2217	88.68	36.35 20.8%	99.48 57.0%	19.25 24.8%	7.11 9.2%	*0.07 *0.1%

*\*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*

*<sup>1</sup> - denotes optional nutrient values*

**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.

# Carson City School District

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

Dec 2, 2011

Page 7

## HS 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 <sup>1</sup> (g)
Thu - 12/08/2011																
HS Lunch	Total	600														
FEATURE ENTREE	1 EACH	120	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PP Spg AP TomBeef SC B 2.0	Serving	120	106	10	136	1.21	1.11	14.4	70	14	1.4	6.0	15.05	2.12	0.73	*0.12
BREADSTICK, Frz B	1 Each	120	24	0	49	0.20	0.28	0.0	0	0	0.0	0.99	4.55	0.1	0.00	0.00
GRILL	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
BEEF Burg AP WG 2.0	1 Each	10	4	1	11	0.07	0.06	1.1	2	0	0.0	0.35	0.41	0.13	0.05	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	38	19	3	56	0.25	0.24	10.4	16	3	0.0	1.48	1.6	0.8	0.33	*0.00
CHIX Patty, Plain WH 2.0	1 Each	40	23	3	42	0.13	0.24	7.3	7	1	0.0	1.36	2.36	0.88	0.18	0.00
CHIX Nugget, Savory (5) B 2.0	5 Each	20	7	1	15	0.00	0.06	0.7	3	1	0.0	0.53	0.37	0.33	0.07	0.00
GRILL, Sandwich Veg SS W	1 Each	100	2	0	1	0.21	0.10	3.3	865	26	0.4	0.12	0.33	0.03	0.00	*N/A*
PIZZA	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
PIZZA 16" Chz B 2.0	1/8 Slice	20	13	1	29	0.07	0.09	13.3	17	3	0.37	0.84	1.6	0.46	0.23	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	150	111	10	253	0.56	0.72	100.0	125	25	2.76	6.74	12.06	4.47	2.19	0.00
FEATURED PIZZA	1 EACH	16	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Supreme SC B 2.0	1/8 slice	16	12	1	27	0.10	0.11	8.7	8	2	0.55	0.61	1.35	0.44	0.19	0.00
TORTILLA BAR:	1 Each	60	39	6	100	0.29	0.21	29.8	50	10	0.08	2.14	2.77	2.16	0.87	*0.03
FEATURED TORTILLA	1 EACH	10	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Chicken Pop LG B 2.0	1 Each	10	9	1	12	0.07	0.07	1.8	5	1	0.05	0.35	1.14	0.35	0.08	*0.00
FEATURED DELI ENTREE	1 Each	80	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 B 2.0	1 Each	40	24	4	67	0.16	0.10	6.7	17	3	0.05	1.54	2.21	0.92	0.33	*0.00
DELI BAR: B 2.0	1 Each	40	22	3	64	0.19	0.16	10.0	28	3	0.07	1.19	2.18	0.98	0.33	*0.00
FEATURED SALAD ENTREE	1 Each	10	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 Secondary	1 Each	10	3	1	13	0.02	0.04	2.6	53	4	0.48	0.29	0.07	0.16	0.08	0.00
CRACKER, Saltines 2pk	Package	20	0	0	1	0.00	0.01	0.4	0	0	0.0	0.0	0.03	0.0	0.00	0.00
SIDES	1 EACH	1800	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	33	0	0	0.98	0.19	1.2	81	9	1.43	1.04	7.9	0.27	0.04	*N/A*
POTATO, FF 5/16" Gen7 1/2c	1/2 Cup	500	96	0	113	1.13	0.20	0.0	0	0	3.4	1.13	15.31	3.4	0.00	0.00
BANANA, Fresh Whole 1/2c	1/2 cup	400	64	0	1	1.86	0.19	3.6	46	6	6.24	0.78	16.37	0.24	0.08	*N/A*
SPINACH, Fresh 1/2c	1/2 cup	200	2	0	8	0.23	0.28	10.1	960	69	2.88	0.29	0.37	0.04	0.01	*N/A*
CELERY, Fresh Sticks 1/2c AP	1/2 Cup	100	1	0	7	0.13	0.02	3.4	38	1	0.26	0.06	0.25	0.01	0.00	0.00
ORANGE, Mandarin w/Juice 1/2c	1/2 Cup	300	26	0	8	1.04	0.19	20.9	261	52	6.26	0.0	6.78	0.0	0.00	0.00
CHOICE OF MILK	1 Each	600	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	500	75	4	104	0.00	0.00	208.3	417	83	1.0	7.5	10.83	0.0	0.00	0.00
MILK, 1% White 8oz	Each	100	17	2	21	0.00	0.00	51.0	85	17	0.41	1.36	2.04	0.43	0.26	0.00
CONDIMENT CHOICES	1 Each	500	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	50	0	0	20	0.00	0.00	0.0	0	0	0.0	0.0	0.13	0.0	0.00	0.00
DRES_Ranch, Lite 1oz Souffle	1 ozv	120	22	2	54	0.00	0.00	4.0	0	0	0.0	0.2	0.2	2.0	0.30	0.00
COND PC Ketchup 9g Heinz	Packet	100	2	0	14	0.02	0.00	0.2	7	3	0.1	0.02	0.44	0.0	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	80	10	1	9	0.00	0.00	0.1	1	0	0.01	0.02	0.03	1.15	0.17	0.02
COND PC Mustard 6g Heinz	Packet	25	0	0	3	0.01	0.00	0.1	0	0	0.0	0.01	0.02	0.01	0.00	0.00
COND-BBQ Sauce 1oz. Souffle	1 ozv	50	4	0	33	0.18	0.00	0.0	0	0	0.0	0.0	0.79	0.0	0.00	0.00
COND-Sweet & Sour Sauce 1oz. S	1 ozv	20	2	0	11	0.00	0.00	0.1	0	0	0.02	0.02	0.38	0.0	0.00	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  
<sup>1</sup> - denotes optional nutrient values

**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.**

# Carson City School District

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

Dec 2, 2011

Page 8

	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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			772	53	1284	9.11	4.68	513.7	3160	336	28.22	36.96 19.1%	109.92 56.9%	21.90 25.5%	6.53 7.6%	*0.18 *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*

*<sup>1</sup> - denotes optional nutrient values*

**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.



# Carson City School District

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

Dec 2, 2011

## HS Lunch

Page 9

	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 <sup>1</sup> (g)
Fri - 12/09/2011																
HS Lunch	Total	600														
FEATURE ENTREE	1 EACH	120	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BOWL Chicken Country B 2.0	1 Each	120	95	10	135	0.99	0.49	29.4	69	12	10.79	4.47	12.6	2.72	0.93	*0.00
BREADSTICK, Frz B	1 Each	120	24	0	49	0.20	0.28	0.0	0	0	0.0	0.99	4.55	0.1	0.00	0.00
GRILL	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
BEEF Burg AP WG 2.0	1 Each	20	8	1	22	0.13	0.13	2.3	3	1	0.0	0.7	0.83	0.27	0.09	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	38	19	3	56	0.25	0.24	10.4	16	3	0.0	1.48	1.6	0.8	0.33	*0.00
CHIX Patty, Plain WH 2.0	1 Each	30	17	2	31	0.10	0.18	5.5	5	1	0.0	1.02	1.77	0.66	0.14	0.00
CHIX Nugget, Savory (5) B 2.0	5 Each	20	7	1	15	0.00	0.06	0.7	3	1	0.0	0.53	0.37	0.33	0.07	0.00
GRILL, Sandwich Veg SS W	1 Each	100	2	0	1	0.21	0.10	3.3	865	26	0.4	0.12	0.33	0.03	0.00	*N/A*
PIZZA	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
PIZZA 16" Chz B 2.0	1/8 Slice	20	13	1	29	0.07	0.09	13.3	17	3	0.37	0.84	1.6	0.46	0.23	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	150	111	10	253	0.56	0.72	100.0	125	25	2.76	6.74	12.06	4.47	2.19	0.00
FEATURED PIZZA	1 EACH	16	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" PepperoniSaus B 1.5	1/8 Slice	16	10	1	26	0.07	0.08	5.5	8	2	0.29	0.54	1.28	0.36	0.15	0.00
TORTILLA BAR:	1 Each	60	39	6	100	0.29	0.21	29.8	50	10	0.08	2.14	2.77	2.16	0.87	*0.03
FEATURED TORTILLA	1 EACH	10	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BURRITO Bean & Rice	1 Each	10	8	1	15	0.14	0.05	4.2	9	2	0.03	0.31	1.12	0.27	0.12	*0.00
FEATURED DELI ENTREE	1 Each	80	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WRAP, Tuna Salad B 2.0	1 Each	40	22	3	47	0.16	0.13	8.6	93	5	0.06	1.25	2.18	0.88	0.30	*0.00
DELI BAR: B 2.0	1 Each	40	22	3	64	0.19	0.16	10.0	28	3	0.07	1.19	2.18	0.98	0.33	*0.00
FEATURED SALAD ENTREE	1 Each	10	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 Secondary	1 Each	10	3	1	7	0.02	0.03	4.3	54	4	0.47	0.24	0.07	0.16	0.09	0.00
CRACKER, Saltines 2pk	Package	20	0	0	1	0.00	0.01	0.4	0	0	0.0	0.0	0.03	0.0	0.00	0.00
SIDES	1 EACH	1800	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	500	140	0	223	2.08	0.33	0.0	0	0	1.1	2.08	18.75	6.25	2.08	2.08
COM_BEANS, Green Frozen 1/2c	1/2 Cup	200	10	0	0	0.64	0.12	12.9	32	6	1.16	0.32	1.61	0.0	0.00	0.00
PEARS, Fresh Whole 100ct 1.25c	1 EACH	300	49	0	1	2.64	0.14	7.7	20	2	3.57	0.32	13.14	0.1	0.01	*N/A*
SQUASH, Zuc Fresh Sliced 1/2c	1/2 cup	100	2	0	1	0.10	0.04	1.6	20	3	1.76	0.12	0.31	0.03	0.01	*N/A*
TOMATO, Fresh Cherry 1/2c	1/2 Cup	200	5	0	1	0.30	0.07	2.5	210	42	3.2	0.22	0.99	0.05	0.01	0.00
COM_FRUIT MIX, w/Lt Syr 1/2c	1/2 cup	300	22	0	3	0.48	0.12	1.9	4	80	1.26	0.17	5.78	0.03	0.00	0.00
CAKE, Chocolate - Chocolate SC	1/48 Cut	300	152	4	221	0.88	1.05	26.2	0	0	0.0	1.75	24.31	5.71	2.49	0.74
CHOICE OF MILK	1 Each	600	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	500	75	4	104	0.00	0.00	208.3	417	83	1.0	7.5	10.83	0.0	0.00	0.00
MILK, 1% White 8oz	Each	100	17	2	21	0.00	0.00	51.0	85	17	0.41	1.36	2.04	0.43	0.26	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	50	0	0	20	0.00	0.00	0.0	0	0	0.0	0.0	0.13	0.0	0.00	0.00
DRES_Ranch, Lite 1oz Souffle	1 ozv	120	22	2	54	0.00	0.00	4.0	0	0	0.0	0.2	0.2	2.0	0.30	0.00
COND PC Ketchup 9g Heinz	Packet	100	2	0	14	0.02	0.00	0.2	7	3	0.1	0.02	0.44	0.0	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	50	7	0	6	0.00	0.00	0.1	0	0	0.0	0.01	0.02	0.72	0.11	0.01
COND PC Mustard 6g Heinz	Packet	25	0	0	3	0.01	0.00	0.1	0	0	0.0	0.01	0.02	0.01	0.00	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 - denotes optional nutrient values

**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.**

# Carson City School District

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

Dec 2, 2011

HS 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 <sup>1</sup> (g)
COND-BBQ Sauce 1oz. Souffle	1 ozv	50	4	0	33	0.18	0.00	0.0	0	0	0.0	0.0	0.79	0.0	0.00	0.00
COND-Sweet & Sour Sauce 1oz. S	1 ozv	20	2	0	11	0.00	0.00	0.1	0	0	0.02	0.02	0.38	0.0	0.00	0.00
Weighted Daily Average			907	56	1566	10.70	4.84	544.5	2140	334	28.91	36.65	125.04	29.99	11.11	*2.87
% of Calories												16.2%	55.1%	29.8%	11.0%	*2.8%

\*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

<sup>1</sup> - denotes optional nutrient values

**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.

# Carson City School District

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

Dec 2, 2011

## HS 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 <sup>1</sup> (g)
Mon - 12/12/2011																
HS Lunch	Total	500														
FEATURE 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
CHICKEN Brst BBQ SC W 4.0	3 ozw	50	10	3	29	0.15	0.04	0.7	7	1	0.08	0.48	0.66	0.48	0.14	0.00
POTATO, Au Gratin 1/2c	1/2 Cup	50	9	0	47	0.16	0.03	3.5	0	0	0.49	0.24	1.78	0.12	0.00	*0.00
ROLL, DINNER AP B	1 each	50	9	0	15	0.06	0.11	5.0	0	0	0.01	0.31	1.48	0.18	0.04	*N/A*
GRILL	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
BEEF Burg AP WG 2.0	1 Each	10	5	1	13	0.08	0.08	1.4	2	0	0.0	0.42	0.5	0.16	0.05	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	50	30	5	88	0.39	0.38	16.5	25	5	0.0	2.34	2.53	1.26	0.52	*0.00
CHIX Patty, Plain WH 2.0	1 Each	60	41	5	75	0.23	0.43	13.2	12	2	0.0	2.45	4.26	1.59	0.33	0.00
CHIX Nugget, Savory (5) B 2.0	5 Each	30	12	3	26	0.00	0.11	1.2	6	1	0.0	0.96	0.66	0.6	0.12	0.00
CORN DOG, Chix AP WG 2.0	4 oz corn d	10	5	0	12	0.10	0.05	3.0	0	0	0.0	0.18	0.66	0.16	0.04	0.00
FRANK Turkey, 8-1 B 2.0	1 Each	16	9	2	32	0.03	0.09	4.8	10	2	0.0	0.38	0.87	0.45	0.15	0.00
GRILL, Sandwich Veg SS W	1 Each	100	2	0	1	0.25	0.12	3.9	1038	31	0.48	0.15	0.39	0.04	0.00	*N/A*
PIZZA	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
PIZZA 16" Chz B 1.5	1/8 Slice	8	6	0	12	0.04	0.04	4.8	6	1	0.18	0.34	0.76	0.17	0.08	0.00
PIZZA 16" Pepperoni B 1.5	1/8 Slice	160	129	10	297	0.71	0.93	96.0	128	26	3.53	7.35	15.27	4.76	2.25	0.00
FEATURED PIZZA	1 EACH	16	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Hawaiian	1/8 slice	16	12	1	28	0.08	0.10	6.6	7	1	0.4	0.64	1.59	0.28	0.12	0.00
FEATURED DELI ENTREE	1 Each	80	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 Ranch SS B 2.0	1 Each	40	30	5	71	0.25	0.13	8.5	513	69	0.19	1.77	3.39	0.98	0.31	*0.00
DELI BAR: B 2.0	1 Each	40	27	3	77	0.23	0.19	12.0	34	4	0.09	1.42	2.62	1.18	0.39	*0.00
FEATURED SALAD ENTREE	1 Each	10	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 2.0	1 Each	10	8	1	18	0.11	0.09	5.8	62	4	0.56	0.45	0.7	0.37	0.09	*0.00
CRACKER, Saltines 2pk	Package	20	0	0	1	0.00	0.01	0.5	0	0	0.0	0.0	0.03	0.0	0.00	0.00
SIDES	1 EACH	1500	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 5/16" Gen7 1/2c	1.6 ozw	400	185	0	218	2.18	0.39	0.0	0	0	6.53	2.18	29.39	6.53	0.00	0.00
BROCCOLI, Frz Chopped 1/2c	1/2 Cup	100	5	0	2	0.57	0.12	6.2	191	36	7.58	0.59	1.01	0.02	0.00	*N/A*
APPLES, 138ct Whole 1c	138ct	100	12	0	0	0.57	0.03	1.4	13	1	1.1	0.06	3.3	0.04	0.01	0.00
CARROTS, Fresh Baby 1/2c	1/2 Cup	200	11	0	24	0.88	0.27	9.7	4170	454	0.79	0.19	2.49	0.04	0.01	*N/A*
CELERY, Fresh Sticks 1/2c	1/2 Cup	100	2	0	8	0.16	0.02	4.1	46	1	0.32	0.07	0.3	0.02	0.00	*N/A*
ORANGES, 113 Whole	Orange	100	7	0	0	0.37	0.02	6.2	35	7	8.2	0.14	1.81	0.02	0.00	0.00
PEACHES, Sliced w/Juice 1/2c	1/2 Cup	150	15	0	3	0.00	0.00	0.0	88	18	0.35	0.0	3.52	0.0	0.00	0.00
PUDDING, Chocolate	1/2 Cup	300	81	0	118	0.00	0.00	12.4	0	0	0.0	0.62	13.64	3.1	0.31	0.93
CHOICE OF MILK	1 Each	500	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
MILK, 1% Chocolate 8oz	1 Each	400	126	6	122	1.00	0.54	231.8	392	78	1.8	6.47	20.86	2.0	1.23	0.00
MILK, 1% White 8oz	Each	100	21	2	26	0.00	0.00	61.2	102	20	0.49	1.63	2.45	0.51	0.31	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	100	1	0	49	0.00	0.00	0.0	0	0	0.0	0.0	0.3	0.0	0.00	0.00
DRES_Ranch, Lite 1oz Souffle	1 ozv	250	55	5	135	0.00	0.00	10.0	0	0	0.0	0.5	0.5	5.0	0.75	0.00
COND PC Ketchup 9g Heinz	Packet	25	1	0	4	0.01	0.00	0.1	2	1	0.03	0.0	0.13	0.0	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	175	27	1	23	0.00	0.01	0.3	2	0	0.02	0.04	0.07	3.03	0.46	0.04

\*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

**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.**

# Carson City School District

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

Dec 2, 2011

HS 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 <sup>1</sup> (g)
COND PC Mustard 6g Heinz	Packet	25	0	0	4	0.01	0.00	0.1	0	0	0.0	0.01	0.02	0.01	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	50	1	0	23	0.10	0.00	0.0	10	2	0.0	0.0	0.2	0.0	0.00	0.00
COND_Sauce, Asian Persuasion	Bag	40	292	0	2043	0.00	0.00	21.8	27	5	3.63	3.63	72.57	0.0	0.00	0.00
COND_Sauce, BBQ Original Gal	Gallon	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.01	0.0	0.00	0.00
Weighted Daily Average			1184	53	3645	8.72	4.32	552.7	6928	772	36.84	36.02	190.73	33.11	7.72	*0.98
% of Calories												12.2%	64.4%	25.2%	5.9%	*0.7%

\*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

<sup>1</sup> - denotes optional nutrient values

**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.

# Carson City School District

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

Dec 2, 2011

## HS 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 <sup>1</sup> (g)
Tue - 12/13/2011																
HS Lunch	Total	500														
FEATURE ENTREE	1 EACH	66	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	66	48	8	116	0.72	0.56	46.6	136	27	1.44	2.3	5.53	1.72	0.79	0.00
BREADSTICK, Frz B	1 Each	66	16	0	33	0.13	0.19	0.0	0	0	0.0	0.65	3.0	0.07	0.00	0.00
GRILL	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
BEEF Burg AP WG 2.0	1 Each	10	5	1	13	0.08	0.08	1.4	2	0	0.0	0.42	0.5	0.16	0.05	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	50	30	5	88	0.39	0.38	16.5	25	5	0.0	2.34	2.53	1.26	0.52	*0.00
CHIX Patty, Plain WH 2.0	Each	50	34	4	62	0.19	0.36	11.0	10	2	0.0	2.04	3.55	1.32	0.28	0.00
CHIX Nugget, WG (5) 2.0	5 Each	30	11	1	27	0.12	0.11	2.4	0	0	0.0	0.78	0.84	0.48	0.09	0.00
CORN DOG, Chix AP WG 2.0	4 oz corn d	10	5	0	12	0.10	0.05	3.0	0	0	0.0	0.18	0.66	0.16	0.04	0.00
FRANK Turkey, 8-1 B 2.0	1 Each	10	6	1	20	0.02	0.06	3.0	6	1	0.0	0.24	0.54	0.28	0.09	0.00
GRILL, Sandwich Veg SS W	1 Each	100	2	0	1	0.25	0.12	3.9	1038	31	0.48	0.15	0.39	0.04	0.00	*N/A*
PIZZA	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
PIZZA 16" Chz B 1.5	1/8 Slice	8	6	0	12	0.04	0.04	4.8	6	1	0.18	0.34	0.76	0.17	0.08	0.00
PIZZA 16" Pepperoni B 1.5	1/8 Slice	160	129	10	297	0.71	0.93	96.0	128	26	3.53	7.35	15.27	4.76	2.25	0.00
FEATURED PIZZA	1 EACH	16	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" ChixBBQ B 1.5	1/8 slice	16	13	1	33	0.12	0.09	6.5	8	2	0.02	0.64	1.72	0.34	0.16	0.00
FEATURED DELI ENTREE	1 Each	80	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WRAP, Beef SWest B 2.5	1 Each	40	30	4	83	0.23	0.11	10.1	178	8	0.34	1.65	2.83	1.38	0.52	*0.00
DELI BAR: B 2.0	1 Each	40	27	3	77	0.23	0.19	12.0	34	4	0.09	1.42	2.62	1.18	0.39	*0.00
FEATURED SALAD ENTREE	1 Each	10	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 Diced Thai SC W 2.0	1 each	10	3	1	1	0.03	0.02	0.5	69	2	0.14	0.31	0.28	0.1	0.03	*0.00
CRACKER, Saltines 2pk	Package	20	0	0	1	0.00	0.01	0.5	0	0	0.0	0.0	0.03	0.0	0.00	0.00
SIDES	1 EACH	1500	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
VEGETABLE BLEND, Italian 1/2c	1/2 cup	100	7	0	6	0.41	0.07	4.1	406	81	1.83	0.41	1.42	0.0	0.00	0.00
COM_POTATO, Tater Tots	10 each	400	134	0	214	2.00	0.32	0.0	0	0	1.06	2.0	18.0	6.0	2.00	2.00
ORANGES, 113 Whole	Orange	400	29	0	0	1.48	0.06	24.7	139	28	32.82	0.58	7.25	0.07	0.01	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	100	2	0	2	0.17	0.05	3.0	40	10	5.69	0.18	0.42	0.02	0.00	*N/A*
COM_APPLESAUCE, Canned 1/2c	1/2 cup	100	11	0	0	0.31	0.07	0.8	7	0	0.31	0.04	2.88	0.01	0.00	0.00
PUDDING, Chocolate	1/2 Cup	300	81	0	118	0.00	0.00	12.4	0	0	0.0	0.62	13.64	3.1	0.31	0.93
CHOICE OF MILK	1 Each	500	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	400	72	4	100	0.00	0.00	200.0	400	80	0.96	7.2	10.4	0.0	0.00	0.00
MILK, 1% White 8oz	Each	100	21	2	26	0.00	0.00	61.2	102	20	0.49	1.63	2.45	0.51	0.31	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	200	2	0	98	0.00	0.00	0.0	0	0	0.0	0.0	0.6	0.0	0.00	0.00
DRES_Ranch, Lite 1oz Souffle	1 ozv	200	44	4	108	0.00	0.00	8.0	0	0	0.0	0.4	0.4	4.0	0.60	0.00
COND PC Ketchup 9g Heinz	Packet	25	1	0	4	0.01	0.00	0.1	2	1	0.03	0.0	0.13	0.0	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	50	8	0	7	0.00	0.00	0.1	1	0	0.01	0.01	0.02	0.86	0.13	0.01
COND PC Mustard 6g Heinz	Packet	25	0	0	4	0.01	0.00	0.1	0	0	0.0	0.01	0.02	0.01	0.00	0.00
COND-BBQ Sauce 1oz. Souffle	1 ozv	50	4	0	39	0.21	0.00	0.0	0	0	0.0	0.0	0.95	0.0	0.00	0.00
COND-Sweet & Sour Sauce 1oz. S	1 ozv	20	2	0	13	0.00	0.00	0.1	0	0	0.02	0.02	0.45	0.0	0.00	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 - denotes optional nutrient values

**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.

# Carson City School District

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

Dec 2, 2011

HS 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			781	51	1616	7.97	3.87	532.8	2737	330	49.43	33.92 17.4%	100.09 51.3%	28.02 32.3%	8.66 10.0%	*2.95 *3.4%

*\*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*

*<sup>1</sup> - denotes optional nutrient values*

**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.

# Carson City School District

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

Dec 2, 2011

## HS 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 <sup>1</sup> (g)
Wed - 12/14/2011																
HS Lunch	Total	500														
FEATURE 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
FAJITA, Beef TFM SS WG 2.0	2 each	50	49	8	50	0.53	0.30	13.7	32	6	1.81	2.71	3.45	2.69	1.10	*0.00
FAJITA, Chix TFM SC WG 2.0	2 each	50	31	4	48	0.51	0.17	14.0	31	6	1.81	1.9	3.44	1.16	0.50	*0.00
RICE, Sante Fe WG 1c	1 Cup	100	48	0	34	0.92	0.18	5.3	13	3	0.0	1.09	9.98	0.38	0.08	*0.00
BEANS, Refried AP 1/2c	1/2 cup	100	29	0	88	1.88	0.38	8.4	0	0	0.5	1.67	4.81	0.42	0.00	0.00
GRILL	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
BEEF Burg AP WG 2.0	1 Each	10	5	1	13	0.08	0.08	1.4	2	0	0.0	0.42	0.5	0.16	0.05	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	40	24	4	71	0.32	0.31	13.2	20	4	0.0	1.87	2.02	1.01	0.42	*0.00
CHIX Patty, Plain WH 2.0	Each	50	34	4	62	0.19	0.36	11.0	10	2	0.0	2.04	3.55	1.32	0.28	0.00
CHIX Nugget, Savory (5) B 2.0	5 Each	20	8	2	18	0.00	0.07	0.8	4	1	0.0	0.64	0.44	0.4	0.08	0.00
CORN DOG, Chix AP WG 2.0	4 oz corn d	10	5	0	12	0.10	0.05	3.0	0	0	0.0	0.18	0.66	0.16	0.04	0.00
FRANK Turkey, 8-1 B 2.0	1 Each	16	9	2	32	0.03	0.09	4.8	10	2	0.0	0.38	0.87	0.45	0.15	0.00
GRILL, Sandwich Veg SS W	1 Each	100	2	0	1	0.25	0.12	3.9	1038	31	0.48	0.15	0.39	0.04	0.00	*N/A*
PIZZA	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
PIZZA 16" Chz B 1.5	1/8 Slice	8	6	0	12	0.04	0.04	4.8	6	1	0.18	0.34	0.76	0.17	0.08	0.00
PIZZA 16" Pepperoni B 1.5	1/8 Slice	160	129	10	297	0.71	0.93	96.0	128	26	3.53	7.35	15.27	4.76	2.25	0.00
FEATURED PIZZA	16 EACH	16	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" ChzburgerBac SC B 1.5	1/8 slice	16	12	1	24	0.07	0.10	6.5	11	2	0.35	0.68	1.49	0.41	0.19	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
SDW BD, Club Country WH 2.0	1 Each	20	13	2	31	0.12	0.11	4.5	63	2	0.04	0.89	1.5	0.4	0.16	*0.00
DELI BAR: B 2.0	1 Each	40	27	3	77	0.23	0.19	12.0	34	4	0.09	1.42	2.62	1.18	0.39	*0.00
FEATURED SALAD ENTREE	1 Each	10	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 Each	10	6	1	18	0.05	0.04	7.8	72	3	0.03	0.39	0.4	0.33	0.12	*0.00
CRACKER, Saltines 2pk	Package	20	0	0	1	0.00	0.01	0.5	0	0	0.0	0.0	0.03	0.0	0.00	0.00
SIDES	1 EACH	1500	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
POTATO, Wedges 1/2c	3ozw	400	174	0	40	3.16	1.14	0.0	0	0	9.48	3.16	31.61	4.74	1.58	0.00
CARROTS, Sliced Frozen 1/2c	1/2 Cup	200	14	0	23	1.28	0.21	13.6	6559	686	0.89	0.22	2.99	0.26	0.05	*N/A*
CANTALOUPE, Fresh 1/2c	1/2 cup	200	37	0	17	0.98	0.23	9.8	3697	352	40.12	0.92	8.92	0.21	0.06	*N/A*
CUCUMBER, Fresh 1/2c	1/2 Cup	100	3	0	0	0.09	0.05	2.8	18	4	0.48	0.11	0.62	0.02	0.01	*N/A*
CARROTS, Fresh Baby 1/2c	1/2 Cup	200	11	0	24	0.88	0.27	9.7	4170	454	0.79	0.19	2.49	0.04	0.01	*N/A*
PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	100	12	0	2	0.17	0.13	3.5	17	3	1.56	0.17	2.95	0.0	0.00	0.00
PUDDING, Chocolate	1/2 Cup	300	81	0	118	0.00	0.00	12.4	0	0	0.0	0.62	13.64	3.1	0.31	0.93
CHOICE OF MILK	1 Each	500	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	400	72	4	100	0.00	0.00	200.0	400	80	0.96	7.2	10.4	0.0	0.00	0.00
MILK, 1% White 8oz	Each	100	21	2	26	0.00	0.00	61.2	102	20	0.49	1.63	2.45	0.51	0.31	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	100	1	0	49	0.00	0.00	0.0	0	0	0.0	0.0	0.3	0.0	0.00	0.00
DRES_Ranch, Lite 1oz Souffle	1 ozv	200	44	4	108	0.00	0.00	8.0	0	0	0.0	0.4	0.4	4.0	0.60	0.00
COND PC Ketchup 9g Heinz	Packet	25	1	0	4	0.01	0.00	0.1	2	1	0.03	0.0	0.13	0.0	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	150	23	1	20	0.00	0.01	0.3	2	0	0.02	0.03	0.06	2.59	0.39	0.04

\*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  
<sup>1</sup> - denotes optional nutrient values

**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.**

# Carson City School District

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

Dec 2, 2011

HS 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 <sup>1</sup> (g)
COND PC Mustard 6g Heinz	Packet	25	0	0	4	0.01	0.00	0.1	0	0	0.0	0.01	0.02	0.01	0.00	0.00
COND-BBQ Sauce 1oz. Souffle	1 ozv	50	4	0	39	0.21	0.00	0.0	0	0	0.0	0.0	0.95	0.0	0.00	0.00
COND-Sweet & Sour Sauce 1oz. S	1 ozv	20	2	0	13	0.00	0.00	0.1	0	0	0.02	0.02	0.45	0.0	0.00	0.00
Weighted Daily Average			937	53	1474	12.83	5.56	533.0	16442	1692	63.65	38.84	130.58	30.93	9.19	*0.98
% of Calories												16.6%	55.7%	29.7%	8.8%	*0.9%

\*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

<sup>1</sup> - denotes optional nutrient values

**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.



# Carson City School District

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

Dec 2, 2011

## HS Lunch

Page 17

	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 <sup>1</sup> (g)
Thu - 12/15/2011																
HS Lunch	Total	500														
FEATURE ENTREE	1 EACH	81	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, Italian	1 Each	81	62	8	173	0.39	0.77	39.4	77	15	0.7	3.94	7.2	1.93	0.88	0.00
GRILL	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
BEEF Burg AP WG 2.0	1 Each	10	5	1	13	0.08	0.08	1.4	2	0	0.0	0.42	0.5	0.16	0.05	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	40	24	4	71	0.32	0.31	13.2	20	4	0.0	1.87	2.02	1.01	0.42	*0.00
CHIX Patty, Plain WH 2.0	Each	40	27	4	50	0.16	0.29	8.8	8	2	0.0	1.63	2.84	1.06	0.22	0.00
CHIX Nugget, WG (5) 2.0	5 Each	30	11	1	27	0.12	0.11	2.4	0	0	0.0	0.78	0.84	0.48	0.09	0.00
CORN DOG, Chix AP WG 2.0	4 oz corn d	15	7	1	18	0.15	0.08	4.5	0	0	0.0	0.27	0.99	0.24	0.06	0.00
FRANK Turkey, 8-1 B 2.0	1 Each	10	6	1	20	0.02	0.06	3.0	6	1	0.0	0.24	0.54	0.28	0.09	0.00
GRILL, Sandwich Veg SS W	1 Each	100	2	0	1	0.25	0.12	3.9	1038	31	0.48	0.15	0.39	0.04	0.00	*N/A*
PIZZA	1 EACH	168	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz B 1.5	1/8 Slice	8	6	0	12	0.04	0.04	4.8	6	1	0.18	0.34	0.76	0.17	0.08	0.00
PIZZA 16" Pepperoni B 1.5	1/8 Slice	160	129	10	297	0.71	0.93	96.0	128	26	3.53	7.35	15.27	4.76	2.25	0.00
FEATURED PIZZA	1 EACH	16	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Supreme SC B 2.0	1/8 slice	16	14	1	33	0.12	0.13	10.5	9	2	0.66	0.73	1.62	0.53	0.23	0.00
FEATURED DELI ENTREE	1 Each	80	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	37	2	107	0.38	0.20	6.2	216	43	0.83	1.18	3.55	1.86	0.30	0.00
DELI BAR: B 2.0	1 Each	40	27	3	77	0.23	0.19	12.0	34	4	0.09	1.42	2.62	1.18	0.39	*0.00
FEATURED SALAD ENTREE	1 Each	10	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 Secondary	1 Each	10	4	1	16	0.03	0.04	3.1	63	5	0.58	0.35	0.09	0.19	0.09	0.00
CRACKER, Saltines 2pk	Package	20	0	0	1	0.00	0.01	0.5	0	0	0.0	0.0	0.03	0.0	0.00	0.00
SIDES	1 EACH	1200	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	100	13	0	0	0.39	0.08	0.5	33	4	0.57	0.42	3.16	0.11	0.02	*N/A*
POTATO, FF 5/16" Gen7 1/2c	1.6 ozw	400	185	0	218	2.18	0.39	0.0	0	0	6.53	2.18	29.39	6.53	0.00	0.00
BANANA, Fresh Whole 1/2c	1/2 cup	200	38	0	0	1.12	0.11	2.2	28	3	3.74	0.47	9.82	0.14	0.05	*N/A*
SPINACH, Fresh 1/2c	1/2 cup	100	1	0	5	0.14	0.17	6.1	576	41	1.73	0.18	0.22	0.02	0.00	*N/A*
CELERY, Fresh Sticks 1/2c AP	1/2 Cup	200	3	0	16	0.32	0.04	8.1	91	3	0.63	0.14	0.6	0.03	0.01	0.00
ORANGE, Mandarin w/Juice 1/2c	1/2 Cup	200	21	0	6	0.83	0.15	16.7	209	42	5.01	0.0	5.43	0.0	0.00	0.00
PUDDING, Chocolate	1/2 Cup	300	81	0	118	0.00	0.00	12.4	0	0	0.0	0.62	13.64	3.1	0.31	0.93
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	400	72	4	100	0.00	0.00	200.0	400	80	0.96	7.2	10.4	0.0	0.00	0.00
MILK, 1% White 8oz	Each	100	21	2	26	0.00	0.00	61.2	102	20	0.49	1.63	2.45	0.51	0.31	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	5	0.00	0.00	0.0	0	0	0.0	0.0	0.03	0.0	0.00	0.00
DRES_Ranch, Lite 1oz Souffle	1 ozv	150	33	3	81	0.00	0.00	6.0	0	0	0.0	0.3	0.3	3.0	0.45	0.00
COND PC Ketchup 9g Heinz	Packet	25	1	0	4	0.01	0.00	0.1	2	1	0.03	0.0	0.13	0.0	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	25	4	0	3	0.00	0.00	0.0	0	0	0.0	0.01	0.01	0.43	0.07	0.01
COND PC Mustard 6g Heinz	Packet	25	0	0	4	0.01	0.00	0.1	0	0	0.0	0.01	0.02	0.01	0.00	0.00
COND-BBQ Sauce 1oz. Souffle	1 ozv	20	2	0	16	0.08	0.00	0.0	0	0	0.0	0.0	0.38	0.0	0.00	0.00
COND-Sweet & Sour Sauce 1oz. S	1 ozv	20	2	0	13	0.00	0.00	0.1	0	0	0.02	0.02	0.45	0.0	0.00	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  
<sup>1</sup> - denotes optional nutrient values

**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.**

# Carson City School District

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

Dec 2, 2011

HS 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			838	46	1530	8.07	4.30	523.1	3048	328	26.76	33.84 16.2%	115.71 55.3%	27.79 29.9%	6.38 6.9%	*0.94 *1.0%

*\*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*

*<sup>1</sup> - denotes optional nutrient values*

**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.

# Carson City School District

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

Dec 2, 2011

## HS 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 <sup>1</sup> (g)
Fri - 12/16/2011																
HS Lunch	Total	500														
FEATURE ENTREE	1 EACH	66	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	66	25	7	44	0.37	0.30	5.5	45	8	1.98	2.34	1.07	1.18	0.44	*0.08
BISCUIT, AP BTMK GOLD 2.25oz	1 Each	66	30	0	101	0.13	0.19	2.6	0	0	0.0	0.66	4.08	1.18	0.33	0.46
GRILL	1 EACH	160	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burg AP WG 2.0	1 Each	10	5	1	13	0.08	0.08	1.4	2	0	0.0	0.42	0.5	0.16	0.05	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	50	30	5	88	0.39	0.38	16.5	25	5	0.0	2.34	2.53	1.26	0.52	*0.00
CHIX Patty, Plain WH 2.0	Each	50	34	4	62	0.19	0.36	11.0	10	2	0.0	2.04	3.55	1.32	0.28	0.00
CHIX Nugget, Savory (5) B 2.0	5 Each	30	12	3	26	0.00	0.11	1.2	6	1	0.0	0.96	0.66	0.6	0.12	0.00
CORN DOG, Chix AP WG 2.0	4 oz corn d	10	5	0	12	0.10	0.05	3.0	0	0	0.0	0.18	0.66	0.16	0.04	0.00
FRANK Turkey, 8-1 B 2.0	1 Each	10	6	1	20	0.02	0.06	3.0	6	1	0.0	0.24	0.54	0.28	0.09	0.00
GRILL, Sandwich Veg SS W	1 Each	100	2	0	1	0.25	0.12	3.9	1038	31	0.48	0.15	0.39	0.04	0.00	*N/A*
PIZZA	1 EACH	168	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz B 1.5	1/8 Slice	8	6	0	12	0.04	0.04	4.8	6	1	0.18	0.34	0.76	0.17	0.08	0.00
PIZZA 16" Pepperoni B 1.5	1/8 Slice	160	129	10	297	0.71	0.93	96.0	128	26	3.53	7.35	15.27	4.76	2.25	0.00
FEATURED PIZZA	1 EACH	16	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" PepperoniSaus B 1.5	1/8 Slice	16	12	1	31	0.08	0.10	6.6	10	2	0.35	0.65	1.53	0.43	0.18	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, Tuna Salad B 2.0	1 Each	40	26	3	57	0.19	0.15	10.3	111	6	0.07	1.5	2.62	1.06	0.36	*0.00
DELI BAR: B 2.0	1 Each	40	27	3	77	0.23	0.19	12.0	34	4	0.09	1.42	2.62	1.18	0.39	*0.00
FEATURED SALAD ENTREE	1 Each	10	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 AP W 2.0	1 Each	10	3	2	9	0.02	0.03	5.0	46	4	0.37	0.29	0.07	0.21	0.11	0.00
CRACKER, Saltines 2pk	Package	20	0	0	1	0.00	0.01	0.5	0	0	0.0	0.0	0.03	0.0	0.00	0.00
SIDES	1 EACH	1200	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	100	4	0	0	0.42	0.09	5.9	79	6	0.58	0.21	0.91	0.02	0.01	*N/A*
COM_POTATO, Tater Tots	10 each	400	134	0	214	2.00	0.32	0.0	0	0	1.06	2.0	18.0	6.0	2.00	2.00
WATERMELON, Fresh 1/2c	1/2 Cup	200	9	0	0	0.12	0.07	2.1	173	11	2.46	0.19	2.29	0.05	0.00	0.00
TOMATO, Fresh Cherry 1/2c	1/2 Cup	100	3	0	1	0.18	0.04	1.5	126	25	1.92	0.13	0.59	0.03	0.00	0.00
CARROTS, Fresh Baby 1/2c	1/2 Cup	200	11	0	24	0.88	0.27	9.7	4170	454	0.79	0.19	2.49	0.04	0.01	*N/A*
COM_FRUIT MIX, w/Lt Syr 1/2c	1/2 cup	200	18	0	2	0.39	0.09	1.6	3	64	1.01	0.13	4.63	0.03	0.00	0.00
PUDDING, Chocolate	1/2 Cup	300	81	0	118	0.00	0.00	12.4	0	0	0.0	0.62	13.64	3.1	0.31	0.93
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	400	72	4	100	0.00	0.00	200.0	400	80	0.96	7.2	10.4	0.0	0.00	0.00
MILK, 1% White 8oz	Each	100	21	2	26	0.00	0.00	61.2	102	20	0.49	1.63	2.45	0.51	0.31	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	5	0.00	0.00	0.0	0	0	0.0	0.0	0.03	0.0	0.00	0.00
DRES_Ranch, Lite 1oz Souffle	1 ozv	150	33	3	81	0.00	0.00	6.0	0	0	0.0	0.3	0.3	3.0	0.45	0.00
COND PC Ketchup 9g Heinz	Packet	25	1	0	4	0.01	0.00	0.1	2	1	0.03	0.0	0.13	0.0	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	25	4	0	3	0.00	0.00	0.0	0	0	0.0	0.01	0.01	0.43	0.07	0.01
COND PC Mustard 6g Heinz	Packet	25	0	0	4	0.01	0.00	0.1	0	0	0.0	0.01	0.02	0.01	0.00	0.00
COND-BBQ Sauce 1oz. Souffle	1 ozv	20	2	0	16	0.08	0.00	0.0	0	0	0.0	0.0	0.38	0.0	0.00	0.00
COND-Sweet & Sour Sauce 1oz. S	1 ozv	20	2	0	13	0.00	0.00	0.1	0	0	0.02	0.02	0.45	0.0	0.00	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 - denotes optional nutrient values

**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.**

# Carson City School District

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

Dec 2, 2011

HS 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			745	50	1463	6.91	3.99	484.0	6523	753	16.37	33.52 18.0%	93.61 50.2%	27.22 32.9%	8.42 10.2%	*3.48 *4.2%

*\*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*

*<sup>1</sup> - denotes optional nutrient values*

**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.

# Carson City School District

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

Dec 2, 2011

## HS 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 <sup>1</sup> (g)
Mon - 12/19/2011																
HS Lunch	Total	425														
FEATURE ENTREE	1 EACH	54	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
French Dip	1 Each	54	36	5	84	0.13	0.23	7.6	0	0	0.0	2.22	4.73	0.83	0.38	*0.00
BEANS, BBQ 1/2c	1/2 Cup	54	25	0	18	1.29	0.29	4.3	1	0	0.18	1.22	4.84	0.08	0.02	*0.00
GRILL	1 EACH	185	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burg AP WG 2.0	1 Each	5	3	0	8	0.05	0.04	0.8	1	0	0.0	0.25	0.29	0.09	0.03	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	40	29	5	83	0.37	0.36	15.5	24	5	0.0	2.21	2.38	1.19	0.49	*0.00
CHIX Patty, Plain WG 2.0	1 Each	42	36	2	71	0.49	0.38	8.7	0	0	0.0	1.76	3.73	1.58	0.27	*0.00
CHIX Nugget, Savory (5) B 2.0	5 Each	35	16	4	36	0.00	0.15	1.6	8	2	0.0	1.32	0.91	0.82	0.16	0.00
GRILL, Sandwich Veg SS W	1 Each	60	1	0	1	0.18	0.08	2.8	733	22	0.34	0.1	0.28	0.03	0.00	*N/A*
PIZZA	1 EACH	168	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz B 1.5	1/8 Slice	8	7	0	15	0.04	0.05	5.6	8	2	0.21	0.4	0.89	0.2	0.10	0.00
PIZZA 16" Pepperoni B 1.5	1/8 Slice	160	152	12	350	0.84	1.09	112.9	150	30	4.16	8.64	17.97	5.6	2.64	0.00
FEATURED PIZZA	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
PIZZA 16" Hawaiian	1/8 slice	16	14	1	33	0.09	0.12	7.7	8	2	0.47	0.75	1.86	0.33	0.14	0.00
FEATURED DELI ENTREE	1 Each	60	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
WRAP, Chicken Caesar B 2.0	1 Each	20	30	1	66	0.23	0.17	10.9	123	25	0.32	1.09	2.6	1.75	0.36	0.00
DELI BAR: B 2.0	1 Each	40	31	4	91	0.27	0.23	14.1	40	4	0.1	1.67	3.08	1.39	0.46	*0.00
FEATURED SALAD ENTREE	1 Each	5	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 2.0	1 Each	5	5	0	11	0.06	0.05	3.4	37	3	0.33	0.27	0.41	0.22	0.05	*0.00
CRACKER, Saltines 2pk	Package	10	0	0	0	0.00	0.01	0.3	0	0	0.0	0.0	0.02	0.0	0.00	0.00
SIDES	1 EACH	1275	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 5/16" Gen7 1/2c	1.6 ozw	400	218	0	256	2.56	0.46	0.0	0	0	7.68	2.56	34.58	7.68	0.00	0.00
COM_BEANS, Green Frozen 1/2c	1/2 Cup	175	12	0	0	0.80	0.14	15.9	40	8	1.43	0.4	1.99	0.0	0.00	0.00
APPLES, 138ct Whole 1c	138ct	100	15	0	0	0.68	0.03	1.7	15	1	1.29	0.07	3.89	0.05	0.01	0.00
CARROTS, Fresh Baby 1/2c	1/2 Cup	300	19	0	42	1.55	0.47	17.1	7359	801	1.39	0.34	4.4	0.07	0.01	*N/A*
CELERY, Fresh Sticks 1/2c AP	1/2 Cup	100	2	0	10	0.19	0.02	4.8	53	2	0.37	0.08	0.35	0.02	0.00	0.00
COM_PEACHES, Diced w/syrup1/2	1/2 Cup	200	24	0	2	0.56	0.16	1.4	8	155	1.05	0.19	6.36	0.01	0.00	0.00
CHOICE OF MILK	1 Each	425	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	375	79	4	110	0.00	0.00	220.6	441	88	1.06	7.94	11.47	0.0	0.00	0.00
MILK, 1% White 8oz	Each	50	12	1	15	0.00	0.00	36.0	60	12	0.29	0.96	1.44	0.3	0.18	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	200	52	5	127	0.00	0.00	9.4	0	0	0.0	0.47	0.47	4.71	0.71	0.00
COND PC Ketchup 9g Heinz	Packet	25	1	0	5	0.01	0.00	0.1	2	1	0.03	0.01	0.15	0.0	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	50	9	0	8	0.00	0.00	0.1	1	0	0.01	0.01	0.02	1.02	0.15	0.02
COND PC Mustard 6g Heinz	Packet	25	0	0	4	0.01	0.00	0.2	0	0	0.0	0.01	0.03	0.01	0.00	0.00
COND-BBQ Sauce 1oz. Souffle	1 ozv	50	5	0	46	0.25	0.00	0.0	0	0	0.0	0.0	1.12	0.0	0.00	0.00
COND-Sweet & Sour Sauce 1oz. S	1 ozv	20	2	0	15	0.00	0.00	0.2	0	0	0.03	0.03	0.53	0.0	0.00	0.00
Weighted Daily Average			833	45	1512	10.63	4.55	503.8	9112	1161	20.73	34.98	110.84	27.99	6.19	*0.02
% of Calories												16.8%	53.2%	30.2%	6.7%	*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

**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.**

# Carson City School District

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

Dec 2, 2011

## HS Lunch

Page 22

	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 <sup>1</sup> (g)
Tue - 12/20/2011																
HS Lunch	Total	450														
FEATURE 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
ORI CHIX Popcorn Swt&Sour	1 Each	50	41	4	80	0.22	0.23	3.8	32	6	0.83	1.71	4.35	1.86	0.33	0.00
RICE, Brown WG 1 C	1 Cup	50	26	0	2	0.43	0.10	2.9	0	0	0.0	0.61	5.4	0.21	0.04	*0.00
GRILL	1 EACH	165	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burg AP WG 2.0	1 Each	5	3	0	7	0.04	0.04	0.8	1	0	0.0	0.23	0.28	0.09	0.03	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	30	20	3	59	0.26	0.25	11.0	17	3	0.0	1.56	1.68	0.84	0.35	*0.00
CHIX Patty, Plain WH 2.0	Each	45	34	4	62	0.19	0.36	11.0	10	2	0.0	2.04	3.55	1.32	0.28	0.00
CHIX Nugget, Savory (5) B 2.0	5 Each	30	13	3	29	0.00	0.12	1.3	7	1	0.0	1.07	0.73	0.67	0.13	0.00
GRILL, Sandwich Veg SS W	1 Each	60	1	0	1	0.17	0.08	2.6	692	21	0.32	0.1	0.26	0.02	0.00	*N/A*
PIZZA	1 EACH	152	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz B 1.5	1/8 Slice	8	6	0	14	0.04	0.05	5.3	7	1	0.2	0.38	0.84	0.19	0.09	0.00
PIZZA 16" Pepperoni B 1.5	1/8 Slice	144	129	10	297	0.71	0.93	96.0	128	26	3.53	7.35	15.27	4.76	2.25	0.00
FEATURED PIZZA	1 EACH	16	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" ChixBBQ B 2.0	1/8 slice	16	15	2	37	0.14	0.10	7.2	9	2	0.02	0.84	1.91	0.42	0.19	0.00
TORTILLA BAR: Food-Based	1 Each	40	32	5	90	0.31	0.18	26.3	46	9	0.05	1.88	2.65	1.53	0.72	*0.03
FEATURED TORTILLA	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
BURRITO Chicken Fajita	1 Each	20	13	3	36	0.10	0.08	3.4	9	2	0.15	0.76	1.48	0.46	0.15	0.00
FEATURED DELI ENTREE	1 Each	52	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, Beef w/PrV WH 2.0	1 Each	12	4	1	10	0.00	0.00	3.7	0	0	0.0	0.36	0.07	0.22	0.13	0.00
DELI BAR: B 2.0	1 Each	40	30	3	86	0.26	0.21	13.3	38	4	0.1	1.58	2.91	1.31	0.44	*0.00
FEATURED SALAD ENTREE	1 Each	10	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 Diced Thai SC W 2.0	1 each	10	4	1	1	0.03	0.02	0.5	77	2	0.16	0.35	0.31	0.11	0.03	*0.00
CRACKER, Saltines 2pk	Package	20	0	0	1	0.00	0.01	0.5	0	0	0.0	0.01	0.03	0.0	0.00	0.00
SIDES	1 EACH	1275	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	400	149	0	238	2.22	0.36	0.0	0	0	1.18	2.22	20.0	6.67	2.22	2.22
VEGETABLE BLEND, Calif 1/2c	1/2 cup	200	11	0	13	0.75	0.00	7.5	373	75	7.83	0.37	1.86	0.0	0.00	0.00
WATERMELON, Fresh 1/2c	1/2 Cup	250	13	0	0	0.17	0.10	3.0	240	16	3.42	0.26	3.19	0.06	0.01	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	5	0	5	0.37	0.10	6.7	88	22	12.64	0.4	0.94	0.05	0.01	*N/A*
COM_APPLESAUCE, Canned 1/2c	1/2 cup	200	24	0	1	0.70	0.16	1.9	16	0	0.7	0.1	6.4	0.03	0.00	0.00
CHOICE OF MILK	1 Each	450	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	400	80	4	111	0.00	0.00	222.2	444	89	1.07	8.0	11.56	0.0	0.00	0.00
MILK, 1% White 8oz	Each	50	12	1	14	0.00	0.00	34.0	57	11	0.27	0.91	1.36	0.28	0.17	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	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	200	49	4	120	0.00	0.00	8.9	0	0	0.0	0.44	0.44	4.44	0.67	0.00
COND PC Ketchup 9g Heinz	Packet	25	1	0	5	0.01	0.00	0.1	2	1	0.03	0.01	0.15	0.0	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	50	9	0	7	0.00	0.00	0.1	1	0	0.01	0.01	0.02	0.96	0.15	0.01
COND PC Mustard 6g Heinz	Packet	25	0	0	4	0.01	0.00	0.1	0	0	0.0	0.01	0.03	0.01	0.00	0.00
COND-BBQ Sauce 1oz. Souffle	1 ozv	50	5	0	44	0.24	0.00	0.0	0	0	0.0	0.0	1.06	0.0	0.00	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  
<sup>1</sup> - denotes optional nutrient values

**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.

# Carson City School District

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

Dec 2, 2011

HS 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 <sup>1</sup> (g)
COND-Sweet & Sour Sauce 1oz. S	1 ozv	20	2	0	14	0.00	0.00	0.2	0	0	0.03	0.03	0.5	0.0	0.00	0.00
Weighted Daily Average			730	52	1390	7.37	3.50	474.2	2295	294	32.53	33.58	89.23	26.53	8.39	*2.27
% of Calories												18.4%	48.9%	32.7%	10.3%	*2.8%

\*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

<sup>1</sup> - denotes optional nutrient values

**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.

**Carson City School District**  
**Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values**  
**HS 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 <sup>1</sup> (g)
Wed - 12/21/2011																
HS Lunch	Total	450														
FEATURE 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
ENCHILADA Beef B SS 2.0	2 Each	50	30	4	37	0.58	0.21	14.6	71	14	0.78	1.78	2.95	1.16	0.55	*0.00
RICE, Sante Fe WG 1/2 c	1/2 Cup	50	14	0	18	0.29	0.05	1.5	7	1	0.0	0.3	2.85	0.11	0.02	*0.00
BEANS, Refried AP 1/2c	1/2 cup	50	16	0	49	1.04	0.21	4.6	0	0	0.28	0.93	2.67	0.23	0.00	0.00
GRILL	1 EACH	155	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burg AP WG 2.0	1 Each	5	3	0	7	0.04	0.04	0.8	1	0	0.0	0.23	0.28	0.09	0.03	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	35	24	4	69	0.31	0.30	12.8	20	4	0.0	1.82	1.97	0.98	0.41	*0.00
CHIX Patty, Plain WH 2.0	Each	40	30	4	55	0.17	0.32	9.8	9	2	0.0	1.81	3.15	1.17	0.25	0.00
CHIX Nugget, Savory (5) B 2.0	5 Each	37	16	4	36	0.00	0.15	1.6	8	2	0.0	1.32	0.9	0.82	0.16	0.00
GRILL, Sandwich Veg SS W	1 Each	60	1	0	1	0.17	0.08	2.6	692	21	0.32	0.1	0.26	0.02	0.00	*N/A*
PIZZA	1 EACH	152	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz B 1.5	1/8 Slice	8	6	0	14	0.04	0.05	5.3	7	1	0.2	0.38	0.84	0.19	0.09	0.00
PIZZA 16" Pepperoni B 1.5	1/8 Slice	144	129	10	297	0.71	0.93	96.0	128	26	3.53	7.35	15.27	4.76	2.25	0.00
FEATURED PIZZA	1 EACH	16	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" ChzburgerBac SC B 2.0	1/8 slice	16	15	2	27	0.08	0.13	7.4	12	2	0.39	0.9	1.66	0.53	0.24	0.01
TORTILLA BAR: Food-Based	1 Each	40	32	5	90	0.31	0.18	26.3	46	9	0.05	1.88	2.65	1.53	0.72	*0.03
FEATURED TORTILLA	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
BURRITO Beef MD SC W 2.0	1 Each	20	18	3	24	0.26	0.14	4.9	9	2	0.13	1.06	1.64	0.76	0.30	*0.03
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
SDW BD, Club Country WH 2.0	1 Each	10	7	1	17	0.07	0.06	2.5	35	1	0.02	0.49	0.83	0.22	0.09	*0.00
DELI BAR: B 2.0	1 Each	40	30	3	86	0.26	0.21	13.3	38	4	0.1	1.58	2.91	1.31	0.44	*0.00
FEATURED SALAD ENTREE	1 Each	5	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 Each	5	3	0	10	0.03	0.02	4.3	40	2	0.02	0.22	0.22	0.18	0.07	*0.00
CRACKER, Saltines 2pk	Package	10	0	0	0	0.00	0.01	0.3	0	0	0.0	0.0	0.02	0.0	0.00	0.00
SIDES	1 EACH	1275	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	200	16	0	25	1.42	0.23	15.1	7287	762	0.99	0.25	3.33	0.29	0.05	*N/A*
COM_POTATO, Wedges 1/2c	3ozw	400	69	0	8	1.53	0.82	14.3	0	0	10.0	2.33	16.28	0.0	0.00	0.00
CANTALOUPE, Fresh 1/2c	1/2 cup	100	21	0	10	0.55	0.13	5.5	2054	196	22.29	0.51	4.96	0.12	0.03	*N/A*
CARROTS, Fresh Baby 1/2c	1/2 Cup	300	18	0	39	1.46	0.45	16.1	6950	756	1.31	0.32	4.15	0.07	0.01	*N/A*
CUCUMBER, Fresh 1/2c	1/2 Cup	150	4	0	1	0.14	0.08	4.6	30	6	0.8	0.19	1.04	0.03	0.01	*N/A*
PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	200	27	0	4	0.39	0.28	7.7	39	8	3.48	0.39	6.57	0.0	0.00	0.00
CHOICE OF MILK	1 Each	450	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	400	80	4	111	0.00	0.00	222.2	444	89	1.07	8.0	11.56	0.0	0.00	0.00
MILK, 1% White 8oz	Each	50	12	1	14	0.00	0.00	34.0	57	11	0.27	0.91	1.36	0.28	0.17	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	5	0	0	3	0.00	0.00	0.0	0	0	0.0	0.0	0.02	0.0	0.00	0.00
DRES_Ranch, Lite 1oz Souffle	1 ozv	200	49	4	120	0.00	0.00	8.9	0	0	0.0	0.44	0.44	4.44	0.67	0.00
COND PC Ketchup 9g Heinz	Packet	25	1	0	5	0.01	0.00	0.1	2	1	0.03	0.01	0.15	0.0	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	50	9	0	7	0.00	0.00	0.1	1	0	0.01	0.01	0.02	0.96	0.15	0.01
COND PC Mustard 6g Heinz	Packet	25	0	0	4	0.01	0.00	0.1	0	0	0.0	0.01	0.03	0.01	0.00	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

<sup>1</sup> - denotes optional nutrient values

**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.**



# Carson City School District

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

Dec 2, 2011

Page 25

	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 <sup>1</sup> (g)
COND-BBQ Sauce 1oz. Souffle	1 ozv	50	5	0	44	0.24	0.00	0.0	0	0	0.0	0.0	1.06	0.0	0.00	0.00
COND-Sweet & Sour Sauce 1oz. S	1 ozv	20	2	0	14	0.00	0.00	0.2	0	0	0.03	0.03	0.5	0.0	0.00	0.00
Weighted Daily Average			686	51	1246	10.10	5.07	537.5	17988	1920	46.09	35.53	92.53	20.29	6.71	*0.09
% of Calories												20.7%	53.9%	26.6%	8.8%	*0.1%

\*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

<sup>1</sup> - denotes optional nutrient values

**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.

# Carson City School District

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

Dec 2, 2011

## HS 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 <sup>1</sup> (g)
Thu - 12/22/2011																
HS Lunch	Total	450														
FEATURE 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
PP Pen In/Out SS B 2.0	1 each	50	82	4	106	0.82	0.67	34.0	65	13	0.67	4.09	13.42	1.18	0.51	*0.00
BREADSTICK, Frz B	1 Each	50	13	0	27	0.11	0.16	0.0	0	0	0.0	0.55	2.53	0.05	0.00	0.00
GRILL	1 EACH	135	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BEEF Burg AP WG 2.0	1 Each	5	3	0	7	0.04	0.04	0.8	1	0	0.0	0.23	0.28	0.09	0.03	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	35	24	4	69	0.31	0.30	12.8	20	4	0.0	1.82	1.97	0.98	0.41	*0.00
CHIX Patty, Plain WH 2.0	Each	40	30	4	55	0.17	0.32	9.8	9	2	0.0	1.81	3.15	1.17	0.25	0.00
CHIX Nugget, Savory (5) B 2.0	5 Each	27	12	3	26	0.00	0.11	1.2	6	1	0.0	0.96	0.66	0.6	0.12	0.00
GRILL, Sandwich Veg SS W	1 Each	60	1	0	1	0.17	0.08	2.6	692	21	0.32	0.1	0.26	0.02	0.00	*N/A*
PIZZA	1 EACH	152	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Chz B 1.5	1/8 Slice	8	6	0	14	0.04	0.05	5.3	7	1	0.2	0.38	0.84	0.19	0.09	0.00
PIZZA 16" Pepperoni B 1.5	1/8 Slice	144	129	10	297	0.71	0.93	96.0	128	26	3.53	7.35	15.27	4.76	2.25	0.00
FEATURED PIZZA	1 EACH	16	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
PIZZA 16" Supreme SC B 2.0	1/8 slice	16	16	1	36	0.13	0.14	11.6	10	2	0.73	0.81	1.8	0.59	0.25	0.00
TORTILLA BAR: Food-Based	1 Each	40	32	5	90	0.31	0.18	26.3	46	9	0.05	1.88	2.65	1.53	0.72	*0.03
FEATURED TORTILLA	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
BURRITO Chicken Pop LG B 2.0	1 Each	20	25	2	33	0.19	0.19	4.8	14	3	0.13	0.93	3.04	0.95	0.22	*0.00
FEATURED DELI ENTREE	1 Each	60	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	20	20	1	60	0.21	0.11	3.4	120	24	0.46	0.65	1.97	1.03	0.17	0.00
DELI BAR: B 2.0	1 Each	40	30	3	86	0.26	0.21	13.3	38	4	0.1	1.58	2.91	1.31	0.44	*0.00
FEATURED SALAD ENTREE	1 Each	5	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 Secondary	1 Each	5	2	1	9	0.01	0.02	1.7	35	3	0.32	0.19	0.05	0.11	0.05	0.00
CRACKER, Saltines 2pk	Package	10	0	0	0	0.00	0.01	0.3	0	0	0.0	0.0	0.02	0.0	0.00	0.00
SIDES	1 EACH	1275	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	29	0	0	0.87	0.17	1.1	72	8	1.27	0.93	7.02	0.24	0.04	*N/A*
POTATO, FF 5/16" Gen7 1/2c	1.6 ozw	400	206	0	242	2.42	0.44	0.0	0	0	7.26	2.42	32.66	7.26	0.00	0.00
BANANA, Fresh Whole 1/2c	1/2 cup	300	64	0	1	1.86	0.19	3.6	46	6	6.24	0.78	16.37	0.24	0.08	*N/A*
SPINACH, Fresh 1/2c	1/2 cup	125	2	0	7	0.19	0.23	8.4	800	57	2.4	0.24	0.31	0.03	0.01	*N/A*
CELERY, Fresh Sticks 1/2c AP	1/2 Cup	75	1	0	7	0.13	0.02	3.4	38	1	0.26	0.06	0.25	0.01	0.00	0.00
ORANGE, Mandarin w/Juice 1/2c	1/2 Cup	250	29	0	9	1.16	0.21	23.2	290	58	6.96	0.0	7.54	0.0	0.00	0.00
CHOICE OF MILK	1 Each	450	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	400	80	4	111	0.00	0.00	222.2	444	89	1.07	8.0	11.56	0.0	0.00	0.00
MILK, 1% White 8oz	Each	50	12	1	14	0.00	0.00	34.0	57	11	0.27	0.91	1.36	0.28	0.17	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	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	200	49	4	120	0.00	0.00	8.9	0	0	0.0	0.44	0.44	4.44	0.67	0.00
COND PC Ketchup 9g Heinz	Packet	25	1	0	5	0.01	0.00	0.1	2	1	0.03	0.01	0.15	0.0	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	50	9	0	7	0.00	0.00	0.1	1	0	0.01	0.01	0.02	0.96	0.15	0.01
COND PC Mustard 6g Heinz	Packet	25	0	0	4	0.01	0.00	0.1	0	0	0.0	0.01	0.03	0.01	0.00	0.00
COND-BBQ Sauce 1oz. Souffle	1 ozv	50	5	0	44	0.24	0.00	0.0	0	0	0.0	0.0	1.06	0.0	0.00	0.00
COND-Sweet & Sour Sauce 1oz. S	1 ozv	20	2	0	14	0.00	0.00	0.2	0	0	0.03	0.03	0.5	0.0	0.00	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  
<sup>1</sup> - denotes optional nutrient values

**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.**

# Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values  
HS 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			914	50	1501	10.39	4.77	529.3	2941	344	32.30	37.17 16.3%	130.09 57.0%	28.06 27.6%	6.62 6.5%	*0.05 *0.0%

Weighted Average			824	51	1583	9.56	4.43	528.5	7758	869	39.73	35.63 17.3%	113.29 55.0%	26.51 29.0%	7.79 8.5%	*1.22 *1.3%
------------------	--	--	-----	----	------	------	------	-------	------	-----	-------	----------------	-----------------	----------------	--------------	----------------

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	824		846	97%		22	Correction Required - Calories are Low
Cholesterol (mg)	51		100	51%			
Sodium (mg)	1583						Correction Required - Iron is Low
Fiber (g)	9.56						
Iron (mg)	4.43		4.50	98%		0.07	
Calcium (mg)	528.5		400.00	132%			
Vitamin A (IU)	7758		1500	517%			
Vitamin A (RE)	869		300	290%			
Vitamin C (mg)	39.73		19.20	207%			
Protein (g)	35.63	17.30%	16.70	213%			
Carbohydrate (g)	113.29	55.01%					
Total Fat (g)	26.51	28.96%	<=30.00%				
Saturated Fat (g)	7.79	8.51%	<10.00%				
Trans Fat (g)	1.22	1.33%			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  
<sup>1</sup> - denotes optional nutrient values

**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.