

Carson City School District

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

Dec 11, 2011

MS 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																
MS Lunch	Total	350														
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
MEATBALL SUB, Italian	1 Each	100	110	13	305	0.68	1.36	69.5	136	27	1.24	6.95	12.7	3.4	1.56	0.00
GRILL	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
CHIX Nugget, Savory (6) B 2.25	6 Each	20	14	3	30	0.00	0.12	1.4	7	1	0.0	1.1	0.75	0.69	0.14	0.00
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	23	2	49	0.13	0.15	22.9	29	6	0.63	1.44	2.74	0.79	0.40	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	180	228	20	521	1.15	1.49	205.7	257	51	5.68	13.86	24.8	9.19	4.51	0.00
FEATURED SALAD 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
SALAD Chix Brd Cesar SC WG 1.5	1 Each	30	21	2	57	0.25	0.20	19.0	390	13	1.09	1.26	1.81	1.08	0.30	*0.00
CRACKER, Saltines 2pk	Package	60	1	0	3	0.01	0.05	2.1	0	0	0.0	0.02	0.13	0.02	0.00	0.00
SIDES	1 EACH	1050	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
PEARS, Fresh Whole 100ct 1.25c	1 EACH	200	56	0	1	3.01	0.17	8.7	22	2	4.08	0.37	15.02	0.12	0.01	*N/A*
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*
LETTUCE, Salad Romaine 1/2c	1/2 Cup	100	2	0	1	0.12	0.13	4.8	268	18	2.5	0.12	0.24	0.0	0.00	0.00
COM_PEACHES, Diced w/syrup1/2	1/2 Cup	250	36	0	3	0.85	0.24	2.1	12	235	1.59	0.3	9.66	0.02	0.00	0.00
CRACKER, GFish 100cal Pretzel	Package	300	86	0	257	0.86	0.62	0.0	0	0	0.0	1.71	14.57	1.29	0.00	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
DRES_Caesar, 1oz Souffle	1 ozv	50	21	0	43	0.00	0.00	2.9	14	3	0.0	0.14	0.14	2.29	0.36	0.00
DRES_Ranch, Lite 1oz Souffle	1 ozv	100	31	3	77	0.00	0.00	5.7	0	0	0.0	0.29	0.29	2.86	0.43	0.00
COND_PC Ketchup 9g Heinz	packet	200	6	0	48	0.07	0.02	0.8	24	10	0.34	0.06	1.49	0.01	0.00	0.00
Weighted Daily Average			809	49	1563	9.85	5.72	631.1	7617	1114	29.29	39.02	116.50	22.16	7.93	*0.00
% of Calories												19.3%	57.6%	24.6%	8.8%	*0.0%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Dec 11, 2011

MS 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 - 12/06/2011																
MS Lunch	Total	350														
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
ORI CHIX Popcorn Swt&Sour	1 Each	100	105	10	206	0.55	0.60	9.8	82	16	2.12	4.4	11.17	4.78	0.85	0.00
RICE, Brown WG 1/2c	1/2 Cup	100	33	0	2	0.56	0.13	3.8	0	0	0.0	0.78	6.94	0.27	0.05	*0.00
GRILL	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
BEEF Burg AP WG 2.0	1 Each	10	7	1	19	0.11	0.11	2.0	3	1	0.0	0.6	0.71	0.23	0.08	*0.00
BEEF Burg Pizza AP B 2.5	1 Each	20	20	3	54	0.20	0.22	10.9	17	3	0.59	1.53	1.74	0.77	0.33	*0.00
GRILL, Sandwich Veg SS W	1 Each	50	1	0	1	0.18	0.08	2.8	741	22	0.34	0.1	0.28	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	23	2	49	0.13	0.15	22.9	29	6	0.63	1.44	2.74	0.79	0.40	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	180	228	20	521	1.15	1.49	205.7	257	51	5.68	13.86	24.8	9.19	4.51	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
SUB HD, Ham w/AM B 2.0	1 Each	20	19	3	62	0.06	0.15	8.3	11	2	0.07	1.03	2.55	0.6	0.22	0.00
SIDES	1 EACH	1050	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	200	23	0	32	1.46	0.44	10.8	4485	366	3.82	1.46	4.77	0.2	0.04	*N/A*
ORANGES, Slices 113ct 1/2c	1/2 Cup	250	30	0	0	1.54	0.06	25.7	145	29	34.19	0.6	7.55	0.08	0.01	0.00
LETTUCE, Toss-Up SC 1/2c	1/2 Cup	100	3	0	3	0.22	0.07	3.9	727	84	1.96	0.13	0.74	0.02	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*
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
CRISP, Cherry SC	SERVINGS	200	123	0	69	0.78	0.90	6.6	528	106	1.13	1.16	21.48	3.88	1.87	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	50	2	0	12	0.02	0.00	0.2	6	2	0.08	0.01	0.37	0.0	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
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	100	31	3	77	0.00	0.00	5.7	0	0	0.0	0.29	0.29	2.86	0.43	0.00
Weighted Daily Average			787	48	1257	8.12	4.70	584.2	7611	804	61.03	36.70	107.96	25.39	9.21	*0.02
% of Calories												18.7%	54.9%	29.0%	10.5%	*0.0%

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Thu - 12/08/2011																
MS Lunch	Total	350														
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
PP Rot AP TomBeef SC B 2.0	Serving	100	125	15	192	1.42	1.38	17.4	100	20	2.0	7.6	16.33	2.87	1.02	*0.17
BREADSTICK, Frz Garlic B	1 Each	100	40	1	92	0.37	0.53	17.3	11	2	0.0	1.92	6.72	0.49	0.22	*0.00
GRILL	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
CHIX Nugget, Savory (6) B 2.25	6 Each	20	14	3	30	0.00	0.12	1.4	7	1	0.0	1.1	0.75	0.69	0.14	0.00
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	23	2	49	0.13	0.15	22.9	29	6	0.63	1.44	2.74	0.79	0.40	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	180	228	20	521	1.15	1.49	205.7	257	51	5.68	13.86	24.8	9.19	4.51	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
WRAP, All-American B 2.0	1 Each	30	29	2	123	0.20	0.15	11.8	151	7	0.06	1.77	2.95	1.18	0.40	*0.00
SIDES	1 EACH	1050	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	350	168	0	268	2.50	0.40	0.0	0	0	1.33	2.5	22.5	7.5	2.50	2.50
ORANGES, Slices 113ct 1/2c	1/2 Cup	250	30	0	0	1.54	0.06	25.7	145	29	34.19	0.6	7.55	0.08	0.01	0.00
SPINACH, Fresh 1/2c	1/2 cup	200	4	0	14	0.39	0.48	17.4	1646	118	4.93	0.5	0.64	0.07	0.01	*N/A*
LETTUCE, Toss-Up SC 1/2c	1/2 Cup	100	3	0	3	0.22	0.07	3.9	727	84	1.96	0.13	0.74	0.02	0.00	*0.00
COM_PEARs, Diced w/syrup 1/2c	1/2 cup	150	19	0	2	0.52	0.09	1.6	0	0	0.23	0.06	4.95	0.01	0.00	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	350	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND-BBQ Sauce 1oz. Souffle	1 ozv	40	5	0	45	0.24	0.00	0.0	0	0	0.0	0.0	1.09	0.0	0.00	0.00
COND-Sweet & Sour Sauce 1oz. S	1 ozv	40	5	0	36	0.00	0.00	0.4	0	0	0.06	0.06	1.3	0.0	0.00	0.00
DRES_Ranch, Lite 1oz Souffle	1 ozv	100	31	3	77	0.00	0.00	5.7	0	0	0.0	0.29	0.29	2.86	0.43	0.00
Weighted Daily Average			826	51	1663	8.80	4.95	590.5	3616	436	53.04	40.83	108.85	26.12	9.86	*2.67
% of Calories												19.8%	52.7%	28.4%	10.7%	*2.9%

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Dec 11, 2011

MS Lunch

Page 4

	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																
MS Lunch	Total	350														
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
FAJITA, Chix TFM SC B 2.0	2 each	80	70	9	116	0.49	0.39	31.9	72	13	4.13	4.11	7.63	2.65	1.03	*0.00
BEANS, Refried AP 1/2c	1/2 cup	80	33	0	100	2.15	0.43	9.6	0	0	0.57	1.91	5.49	0.48	0.00	0.00
RICE, Mex Spiced WG 1/2c	1/2 cup	80	29	0	13	0.56	0.16	4.6	7	1	0.0	0.68	5.82	0.25	0.04	*0.00
GRILL	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
BEEF Burg AP WG 2.0	1 Each	10	7	1	19	0.11	0.11	2.0	3	1	0.0	0.6	0.71	0.23	0.08	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	40	35	6	101	0.45	0.44	18.8	29	6	0.0	2.68	2.89	1.44	0.60	*0.00
GRILL, Sandwich Veg SS W	1 Each	50	1	0	1	0.18	0.08	2.8	741	22	0.34	0.1	0.28	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	23	2	49	0.13	0.15	22.9	29	6	0.63	1.44	2.74	0.79	0.40	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	180	228	20	521	1.15	1.49	205.7	257	51	5.68	13.86	24.8	9.19	4.51	0.00
FEATURED DELI 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
SDW BD, Tuna Salad B 2.0	1 Each	10	9	1	15	0.04	0.07	2.2	0	0	0.01	0.49	0.73	0.47	0.07	*0.00
SIDES	1 EACH	1050	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, Capri 1/2c	1/2 cup	150	9	0	5	0.36	0.13	7.2	901	180	1.3	0.36	1.8	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*
LETTUCE, Salad Romaine 1/2c	1/2 Cup	100	2	0	1	0.12	0.13	4.8	268	18	2.5	0.12	0.24	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*
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
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 Ketchup 9g Heinz	Packet	50	2	0	12	0.02	0.00	0.2	6	2	0.08	0.01	0.37	0.0	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	20	4	0	4	0.00	0.00	0.1	0	0	0.0	0.01	0.01	0.49	0.07	0.01
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
SALSA, AP 1/8c	1/8 Cup	80	2	0	53	0.23	0.00	0.0	23	5	0.0	0.0	0.46	0.0	0.00	0.00
DRES Ranch, Lite 1oz Souffle	1 ozv	100	31	3	77	0.00	0.00	5.7	0	0	0.0	0.29	0.29	2.86	0.43	0.00
Weighted Daily Average			736	48	1427	8.28	4.08	611.3	8813	1101	19.91	36.90	97.87	23.82	7.92	*1.34
% of Calories												20.0%	53.2%	29.1%	9.7%	*1.6%

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Dec 11, 2011

MS 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)
Mon - 12/12/2011																
MS Lunch	Total	350														
FEATURE 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
CHIX Thigh Rotis. SC B 2.0	1 Each	40	23	9	8	0.04	0.14	2.9	25	5	0.28	1.62	0.11	1.6	0.46	0.00
CORNBREAD, AP Muffin	1 each	40	27	3	24	0.00	0.12	0.0	0	0	0.0	0.34	3.31	1.49	0.23	0.00
GRILL	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
BEEF Burg AP WG 2.0	1 Each	10	7	1	19	0.11	0.11	2.0	3	1	0.0	0.6	0.71	0.23	0.08	*0.00
BEEF Burg Taco AP WG 2.5	1 Each	50	46	8	149	0.74	0.56	24.4	56	12	0.0	3.49	3.88	1.82	0.81	*0.00
GRILL, Sandwich Veg SS W	1 Each	50	1	0	1	0.18	0.08	2.8	741	22	0.34	0.1	0.28	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	23	2	49	0.13	0.15	22.9	29	6	0.63	1.44	2.74	0.79	0.40	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	180	228	20	521	1.15	1.49	205.7	257	51	5.68	13.86	24.8	9.19	4.51	0.00
FEATURED SALAD 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
SALAD Chix Brd Cesar SC WG 1.5	1 Each	50	35	3	95	0.42	0.34	31.7	650	22	1.82	2.11	3.01	1.79	0.50	*0.00
CRACKER, Saltines 2pk	Package	60	1	0	3	0.01	0.05	2.1	0	0	0.0	0.02	0.13	0.02	0.00	0.00
SIDES	1 EACH	1050	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	89	0	10	1.97	1.05	18.4	0	0	12.86	2.99	20.94	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*
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*
LETTUCE, Toss-Up SC 1/2c	1/2 Cup	100	3	0	3	0.22	0.07	3.9	727	84	1.96	0.13	0.74	0.02	0.00	*0.00
COM_PEACHES, Diced w/syrup1/2	1/2 Cup	150	22	0	2	0.51	0.14	1.3	7	141	0.95	0.18	5.8	0.01	0.00	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, 1% Chocolate 8oz	1 Each	300	135	6	131	1.07	0.58	248.3	420	84	1.93	6.94	22.35	2.14	1.32	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	60	1	0	13	0.04	0.01	0.4	0	0	0.0	0.03	0.08	0.03	0.00	0.00
DRES_Ranch, Lite 1oz Souffle	1 ozv	100	31	3	77	0.00	0.00	5.7	0	0	0.0	0.29	0.29	2.86	0.43	0.00
Weighted Daily Average			733	56	1266	8.73	5.35	633.5	9015	1113	30.10	35.78	102.14	22.52	8.98	*0.00
% of Calories												19.5%	55.7%	27.6%	11.0%	*0.0%

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¹ - denotes optional nutrient values

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Carson City School District

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

Dec 11, 2011

MS 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)
Tue - 12/13/2011																
MS Lunch	Total	350														
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
BURRITO BF/BN LG SC B 2.5	1 Each	80	106	8	162	1.73	1.07	29.4	31	6	0.24	4.77	14.6	3.0	0.96	*0.07
GRILL	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
CHIX Patty, Plain WH 2.0	1 Each	40	39	5	71	0.22	0.41	12.5	11	2	0.0	2.33	4.05	1.51	0.32	0.00
GRILL, Sandwich Veg SS W	1 Each	40	1	0	1	0.14	0.07	2.2	593	18	0.27	0.08	0.22	0.02	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	23	2	49	0.13	0.15	22.9	29	6	0.63	1.44	2.74	0.79	0.40	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	180	228	20	521	1.15	1.49	205.7	257	51	5.68	13.86	24.8	9.19	4.51	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
SUB HD, Italian 1.5	1 Each	30	29	4	103	0.09	0.21	16.9	3	1	0.08	1.45	3.35	1.06	0.51	0.00
SIDES	1 EACH	1050	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
VEGETABLES MIX, Frozen 1/2c	1/2 Cup	200	40	0	21	2.68	0.50	15.2	2605	261	1.95	1.74	7.97	0.09	0.02	*N/A*
BANANA, Fresh Whole 1/2c	1/2 cup	300	82	0	1	2.40	0.24	4.6	59	7	8.02	1.0	21.05	0.3	0.10	*N/A*
LETTUCE, Toss-Up SC 1/2c	1/2 Cup	100	3	0	3	0.22	0.07	3.9	727	84	1.96	0.13	0.74	0.02	0.00	*0.00
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	250	39	0	1	1.12	0.26	3.0	26	1	1.12	0.16	10.29	0.04	0.01	0.00
CRACKER, GFish Ched .75oz	Package	300	86	3	154	0.86	0.31	17.1	0	0	0.0	1.71	12.0	3.0	0.86	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
DRES_Ranch, Lite 1oz Souffle	1 ozv	100	31	3	77	0.00	0.00	5.7	0	0	0.0	0.29	0.29	2.86	0.43	0.00
COND PC Ketchup 9g Heinz	Packet	40	1	0	10	0.01	0.00	0.2	5	2	0.07	0.01	0.3	0.0	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
COND PC Sauce, Taco 9g PPI	Packet	80	1	0	22	0.00	0.00	0.0	23	5	0.0	0.0	0.23	0.0	0.00	0.00
Weighted Daily Average			816	51	1337	11.21	4.92	606.1	4984	571	37.66	38.39	116.76	23.32	8.49	*0.08
% of Calories											18.8%	57.3%	25.7%	9.4%	*0.1%	

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Carson City School District

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

Dec 11, 2011

MS 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)
Wed - 12/14/2011																
MS Lunch	Total	350														
FEATURE ENTREE	1 EACH	70	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 SM SS B 2.0	1 Each	70	62	14	219	0.20	0.26	55.2	67	13	0.08	3.68	4.32	3.6	1.26	0.00
RICE, Sante Fe WG 1/2 c	1/2 Cup	70	24	0	32	0.52	0.09	2.6	13	3	0.0	0.55	5.13	0.19	0.04	*0.00
GRILL	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
CORN DOG, Chix AP WG 2.0	4 oz corn d	50	34	3	84	0.71	0.39	21.4	0	0	0.0	1.29	4.71	1.14	0.29	0.00
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	23	2	49	0.13	0.15	22.9	29	6	0.63	1.44	2.74	0.79	0.40	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	180	228	20	521	1.15	1.49	205.7	257	51	5.68	13.86	24.8	9.19	4.51	0.00
FEATURED SALAD 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
SALAD Chix Brd Ranch AP B 1.5	1 Each	30	21	3	69	0.11	0.12	13.5	98	20	0.52	1.25	1.54	1.1	0.44	0.00
CRACKER, Saltines 2pk	Package	40	1	0	2	0.01	0.03	1.4	0	0	0.0	0.01	0.09	0.01	0.00	0.00
SIDES	1 EACH	1050	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	191	0	306	2.86	0.46	0.0	0	0	1.51	2.86	25.71	8.57	2.86	2.86
CANTALOUPE, Fresh 1/2c	1/2 cup	250	66	0	31	1.76	0.41	17.6	6602	629	71.64	1.64	15.93	0.37	0.10	*N/A*
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*
LETTUCE, Toss-Up SC 1/2c	1/2 Cup	100	3	0	3	0.22	0.07	3.9	727	84	1.96	0.13	0.74	0.02	0.00	*0.00
ORANGE, Mandarin w/Juice 1/2c	1/2 Cup	100	15	0	4	0.60	0.11	11.9	149	30	3.58	0.0	3.88	0.0	0.00	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
DRES_Ranch, Lite 1oz Souffle	1 ozv	80	25	2	62	0.00	0.00	4.6	0	0	0.0	0.23	0.23	2.29	0.34	0.00
COND PC Ketchup 9g Heinz	Packet	350	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mustard 6g Heinz	Packet	25	0	0	5	0.01	0.00	0.2	0	0	0.0	0.01	0.03	0.01	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	50	1	0	33	0.14	0.00	0.0	14	3	0.0	0.0	0.29	0.0	0.00	0.00
Weighted Daily Average			814	50	1666	9.80	4.00	634.0	14457	1604	88.70	36.20	109.21	27.72	10.47	*2.86
% of Calories												17.8%	53.7%	30.7%	11.6%	*3.2%

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Dec 11, 2011

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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)
Thu - 12/15/2011																
MS Lunch	Total	350														
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
PP Pen AP TomBeef SC B 2.0	Serving	100	216	15	192	2.17	2.19	14.3	100	20	2.0	10.42	34.17	3.23	0.94	*0.17
BREADSTICK, Frz Garlic B	1 Each	100	40	1	92	0.37	0.53	17.3	11	2	0.0	1.92	6.72	0.49	0.22	*0.00
GRILL	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
CHIX Nugget, Savory (6) B 2.25	6 Each	30	21	5	45	0.00	0.19	2.1	10	2	0.0	1.65	1.13	1.03	0.21	0.00
PIZZA	1 EACH	180	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	23	2	49	0.13	0.15	22.9	29	6	0.63	1.44	2.74	0.79	0.40	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	160	202	18	463	1.02	1.32	182.9	228	46	5.05	12.32	22.05	8.17	4.01	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	52	3	153	0.55	0.29	8.8	309	62	1.19	1.68	5.07	2.66	0.43	0.00
SIDES	1 EACH	1050	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BROCCOLI, Frz Chopped 1/2c	1/2 Cup	250	19	0	7	2.02	0.41	22.3	682	128	27.07	2.09	3.61	0.08	0.01	*N/A*
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
LETTUCE, Toss-Up SC 1/2c	1/2 Cup	100	3	0	3	0.22	0.07	3.9	727	84	1.96	0.13	0.74	0.02	0.00	*0.00
SPINACH, Fresh 1/2c	1/2 cup	200	4	0	14	0.39	0.48	17.4	1646	118	4.93	0.5	0.64	0.07	0.01	*N/A*
COM_PEARs, Diced w/syrup 1/2c	1/2 cup	300	37	0	3	1.04	0.18	3.1	0	0	0.47	0.12	9.9	0.02	0.00	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
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	31	3	77	0.00	0.00	5.7	0	0	0.0	0.29	0.29	2.86	0.43	0.00
COND-BBQ Sauce 1oz. Souffle	1 ozv	60	7	0	67	0.36	0.00	0.0	0	0	0.0	0.0	1.63	0.0	0.00	0.00
Weighted Daily Average			773	51	1292	9.50	5.86	579.1	4359	591	72.02	41.93	107.62	19.84	6.89	*0.17
% of Calories												21.7%	55.7%	23.1%	8.0%	*0.2%

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Carson City School District

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

Dec 11, 2011

MS 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																
MS Lunch	Total	350														
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
BOWL Chicken Country B 2.0	1 Each	100	135	15	192	1.41	0.70	42.1	99	17	15.42	6.38	18.0	3.88	1.33	*0.00
ROLL, DINNER AP B	1 each	100	25	0	43	0.16	0.30	14.4	0	0	0.02	0.88	4.22	0.52	0.11	*N/A*
GRILL	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
BEEF Burg AP WG 2.0	1 Each	10	7	1	19	0.11	0.11	2.0	3	1	0.0	0.6	0.71	0.23	0.08	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	30	26	4	76	0.34	0.33	14.1	22	4	0.0	2.01	2.17	1.08	0.45	*0.00
GRILL, Sandwich Veg SS W	1 Each	50	1	0	1	0.18	0.08	2.8	741	22	0.34	0.1	0.28	0.03	0.00	*N/A*
PIZZA	1 EACH	180	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	23	2	49	0.13	0.15	22.9	29	6	0.63	1.44	2.74	0.79	0.40	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	160	202	18	463	1.02	1.32	182.9	228	46	5.05	12.32	22.05	8.17	4.01	0.00
FEATURED SALAD 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
SALAD Chix Brd Med AP WG 2.0	1 Each	30	35	3	78	0.46	0.38	25.0	268	19	2.4	1.94	3.02	1.59	0.40	*0.00
SIDES	1 EACH	1050	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*
WATERMELON, Fresh 1/2c	1/2 Cup	200	13	0	0	0.17	0.10	3.0	247	16	3.52	0.26	3.28	0.07	0.01	0.00
LETTUCE, Toss-Up SC 1/2c	1/2 Cup	200	6	0	6	0.43	0.14	7.7	1454	169	3.92	0.26	1.49	0.05	0.01	*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*
COM_FRUIT MIX, w/Lt Syr 1/2c	1/2 cup	200	26	0	3	0.55	0.13	2.2	4	92	1.44	0.19	6.61	0.04	0.00	0.00
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
DRES_Ranch, Lite 1oz Souffle	1 ozv	100	31	3	77	0.00	0.00	5.7	0	0	0.0	0.29	0.29	2.86	0.43	0.00
COND PC Ketchup 9g Heinz	Packet	80	3	0	19	0.03	0.01	0.3	10	4	0.13	0.02	0.6	0.0	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	20	4	0	4	0.00	0.00	0.1	0	0	0.0	0.01	0.01	0.49	0.07	0.01
COND PC Mustard 6g Heinz	Packet	25	0	0	5	0.01	0.00	0.2	0	0	0.0	0.01	0.03	0.01	0.00	0.00
Weighted Daily Average			815	51	1357	7.64	4.39	613.5	8214	996	37.54	38.48	114.07	25.12	8.04	*1.34
% of Calories												18.9%	56.0%	27.8%	8.9%	*1.5%

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Carson City School District

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

Dec 11, 2011

MS Lunch

Page 10

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/19/2011																
MS Lunch	Total	350														
FEATURE 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
Roast Beef Melt	1 Each	40	46	6	131	0.13	0.23	29.7	35	7	0.0	2.49	5.09	1.88	0.87	0.00
GRILL	1 EACH	130	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CHIX Nugget, Savory (5) B 2.0	5 Each	130	74	17	163	0.00	0.67	7.4	37	7	0.0	5.94	4.09	3.71	0.74	0.00
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 2.0	1/8 Slice	16	18	1	40	0.10	0.12	18.3	23	5	0.5	1.15	2.19	0.63	0.32	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	136	172	15	394	0.87	1.12	155.4	194	39	4.29	10.48	18.74	6.94	3.41	0.00
FEATURED SALAD ENTREE	1 Each	28	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	28	24	2	72	0.18	0.18	31.0	289	12	0.12	1.58	1.59	1.31	0.47	*0.00
DRES_Caesar, 1oz Souffle	1 ozv	28	12	0	24	0.00	0.00	1.6	8	2	0.0	0.08	0.08	1.28	0.20	0.00
CRACKER, Saltines 2pk	Package	56	1	0	3	0.01	0.05	1.9	0	0	0.0	0.02	0.12	0.01	0.00	0.00
SIDES	1 EACH	1050	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	300	76	0	85	1.27	0.15	0.0	0	0	2.55	0.85	11.03	3.39	0.21	0.00
PEARS, Fresh Whole 100ct 1.25c	1 EACH	100	28	0	0	1.51	0.08	4.4	11	1	2.04	0.18	7.51	0.06	0.00	*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*
CELERY, Fresh Sticks 1/2c AP	1/2 Cup	50	1	0	6	0.12	0.01	2.9	32	1	0.22	0.05	0.21	0.01	0.00	0.00
COM_PEACHES, Diced w/syrup1/2	1/2 Cup	300	43	0	4	1.02	0.29	2.5	15	282	1.9	0.36	11.59	0.03	0.00	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
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	31	3	77	0.00	0.00	5.7	0	0	0.0	0.29	0.29	2.86	0.43	0.00
COND PC Ketchup 9g Heinz	Packet	250	8	0	60	0.09	0.02	1.0	30	12	0.42	0.07	1.87	0.01	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	33	7	0	6	0.00	0.00	0.1	1	0	0.01	0.01	0.02	0.81	0.12	0.01
COND PC Mustard 6g 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-BBQ Sauce 1oz. Souffle	1 ozv	33	4	0	37	0.20	0.00	0.0	0	0	0.0	0.0	0.9	0.0	0.00	0.00
COND-Sweet & Sour Sauce 1oz. S	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
Weighted Daily Average			662	50	1278	7.37	3.51	540.7	10112	1440	15.12	32.83	83.54	23.40	7.02	*0.01
% of Calories												19.8%	50.5%	31.8%	9.6%	*0.0%

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Carson City School District

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

Dec 11, 2011

MS Lunch

Page 11

	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																
MS Lunch	Total	350														
FEATURE ENTREE	1 EACH	130	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	130	134	22	327	2.02	1.58	131.2	382	76	4.06	6.49	15.55	4.83	2.22	0.00
BREADSTICK, Frz B	1 Each	130	44	0	92	0.37	0.53	0.0	0	0	0.0	1.84	8.45	0.18	0.00	0.00
GRILL	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
BEEF Burg AP WG 2.0	1 Each	10	7	1	19	0.11	0.11	2.0	3	1	0.0	0.6	0.71	0.23	0.08	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	25	22	4	63	0.28	0.27	11.8	18	4	0.0	1.67	1.8	0.9	0.37	*0.00
GRILL, Sandwich Veg SS W	1 Each	50	1	0	1	0.18	0.08	2.8	741	22	0.34	0.1	0.28	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	16	18	1	40	0.10	0.12	18.3	23	5	0.5	1.15	2.19	0.63	0.32	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	144	182	16	417	0.92	1.19	164.6	205	41	4.54	11.09	19.84	7.35	3.61	0.00
FEATURED DELI 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
SUB HD, Ham w/AM B 2.0	1 Each	25	24	3	77	0.08	0.18	10.4	14	3	0.09	1.29	3.19	0.75	0.27	0.00
SIDES	1 EACH	1050	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	200	23	0	32	1.46	0.44	10.8	4485	366	3.82	1.46	4.77	0.2	0.04	*N/A*
BANANA, Fresh Whole 1/2c	1/2 cup	300	82	0	1	2.40	0.24	4.6	59	7	8.02	1.0	21.05	0.3	0.10	*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*
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	250	39	0	1	1.12	0.26	3.0	26	1	1.12	0.16	10.29	0.04	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
DRES_Ranch, Lite 1oz Souffle	1 ozv	100	31	3	77	0.00	0.00	5.7	0	0	0.0	0.29	0.29	2.86	0.43	0.00
COND PC Ketchup 9g Heinz	Packet	90	3	0	22	0.03	0.01	0.3	11	4	0.15	0.02	0.67	0.0	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
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
Weighted Daily Average			721	56	1321	9.58	5.17	632.6	6584	658	40.29	36.59	103.27	20.00	7.87	*0.02
% of Calories											20.3%	57.3%	25.0%	9.8%	*0.0%	

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Carson City School District

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

Dec 11, 2011

MS 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																
MS Lunch	Total	350														
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
Enchilada Casserole	1 Each	100	67	13	103	1.32	0.57	37.3	182	35	2.21	4.49	5.41	2.93	1.40	*0.10
RICE, Sante Fe WG 1/2 c	1/2 Cup	100	35	0	46	0.75	0.13	3.8	19	4	0.0	0.78	7.32	0.27	0.05	*0.00
GRILL	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
CHIX Patty, Plain WH 2.0	1 Each	50	48	6	89	0.28	0.52	15.7	14	3	0.0	2.91	5.07	1.89	0.39	0.00
PIZZA	1 EACH	170	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	16	18	1	40	0.10	0.12	18.3	23	5	0.5	1.15	2.19	0.63	0.32	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	154	195	17	446	0.98	1.27	176.0	220	44	4.86	11.86	21.22	7.86	3.86	0.00
FEATURED SALAD 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
SALAD HamTurk Chef Seconday	1 Each	30	14	8	35	0.11	0.18	22.3	280	23	2.43	1.22	0.34	0.84	0.46	0.00
CRACKER, Saltines 2pk	Package	60	1	0	3	0.01	0.05	2.1	0	0	0.0	0.02	0.13	0.02	0.00	0.00
SIDES	1 EACH	1050	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	320	61	0	1	1.80	0.35	2.2	149	16	2.62	1.91	14.44	0.5	0.07	*N/A*
CANTALOUPE, Fresh 1/2c	1/2 cup	160	42	0	20	1.12	0.26	11.2	4225	402	45.85	1.05	10.19	0.24	0.06	*N/A*
CARROTS, Fresh Baby 1/2c	1/2 Cup	250	19	0	42	1.57	0.48	17.3	7446	811	1.4	0.35	4.45	0.07	0.01	*N/A*
CUCUMBER, Fresh 1/2c	1/2 Cup	90	3	0	0	0.11	0.06	3.5	23	5	0.62	0.14	0.8	0.02	0.01	*N/A*
ORANGE, Mandarin w/Juice 1/2c	1/2 Cup	230	34	0	10	1.37	0.25	27.4	343	69	8.23	0.0	8.91	0.0	0.00	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
DRES_Ranch, Lite 1oz Souffle	1 ozv	130	41	4	100	0.00	0.00	7.4	0	0	0.0	0.37	0.37	3.71	0.56	0.00
COND PC Ketchup 9g Heinz	Packet	80	3	0	19	0.03	0.01	0.3	10	4	0.13	0.02	0.6	0.0	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	80	18	1	15	0.00	0.00	0.2	1	0	0.01	0.03	0.04	1.98	0.30	0.03
Weighted Daily Average			691	56	1096	9.55	4.25	603.0	13436	1520	70.25	35.19	94.39	21.33	7.73	*0.13
% of Calories												20.4%	54.6%	27.8%	10.1%	*0.2%

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Carson City School District

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

Dec 11, 2011

MS 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																
MS Lunch	Total	350														
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 Pen In/Out SS B 2.0	1 each	120	254	13	326	2.53	2.08	105.0	201	40	2.06	12.61	41.42	3.64	1.56	*0.00
BREADSTICK, Frz Garlic B	1 Each	120	48	1	110	0.44	0.63	20.8	13	3	0.0	2.31	8.06	0.59	0.26	*0.00
GRILL	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
CHIX Nugget, Savory (5) B 2.0	5 Each	40	23	5	50	0.00	0.21	2.3	11	2	0.0	1.83	1.26	1.14	0.23	0.00
PIZZA	1 EACH	144	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	8	9	1	20	0.05	0.06	9.1	11	2	0.25	0.58	1.1	0.31	0.16	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	136	172	15	394	0.87	1.12	155.4	194	39	4.29	10.48	18.74	6.94	3.41	0.00
FEATURED DELI ENTREE	1 Each	46	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	46	50	7	136	0.38	0.18	16.6	292	14	0.55	2.7	4.65	2.27	0.85	*0.00
SIDES	1 EACH	1050	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	191	0	306	2.86	0.46	0.0	0	0	1.51	2.86	25.71	8.57	2.86	2.86
ORANGES, Slices 113ct 1/2c	1/2 Cup	150	18	0	0	0.93	0.04	15.4	87	17	20.51	0.36	4.53	0.05	0.01	0.00
SPINACH, Fresh 1/2c	1/2 cup	75	2	0	5	0.14	0.18	6.5	617	44	1.85	0.19	0.24	0.03	0.00	*N/A*
CELERY, Fresh Sticks 1/2c AP	1/2 Cup	125	3	0	14	0.29	0.04	7.2	81	2	0.56	0.12	0.54	0.03	0.01	0.00
COM_PEARs, Diced w/syrup 1/2c	1/2 cup	300	37	0	3	1.04	0.18	3.1	0	0	0.47	0.12	9.9	0.02	0.00	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
DRES_Ranch, Lite 1oz Souffle	1 ozv	100	31	3	77	0.00	0.00	5.7	0	0	0.0	0.29	0.29	2.86	0.43	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	80	10	0	90	0.48	0.00	0.0	0	0	0.0	0.0	2.18	0.0	0.00	0.00
Weighted Daily Average			950	50	1730	10.12	5.20	606.4	2045	278	33.95	43.41	133.74	26.83	9.99	*2.86
% of Calories												18.3%	56.3%	25.4%	9.5%	*2.7%
Weighted Average			779	51	1404	9.12	4.78	605.1	7759	940	45.30	37.87	107.38	23.66	8.49	*0.88
												19.4%	55.1%	27.3%	9.8%	*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
¹ - denotes optional nutrient values

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Carson City School District

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

Dec 11, 2011

MS Lunch

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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	779		783	100%				4	Correction Required - Calories are Low								
Cholesterol (mg)	51		100	51%													
Sodium (mg)	1404																
Fiber (g)	9.12																
Iron (mg)	4.78		4.50	106%													
Calcium (mg)	605.1		400.00	151%													
Vitamin A (IU)	7759		1500	517%													
Vitamin A (RE)	940		300	313%													
Vitamin C (mg)	45.30		16.70	271%													
Protein (g)	37.87	19.43%	15.00	252%													
Carbohydrate (g)	107.38	55.11%															
Total Fat (g)	23.66	27.32%	<=30.00%														
Saturated Fat (g)	8.49	9.81%	<10.00%														
Trans Fat (g)	0.88	1.02%			Missing												

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