

steamboat school district

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Portion Values
High School Lunch

Jan 25, 2010

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 02/01/2010																
High School Lunch	Total	234														
CHICKEN NUGGETS: Kings Delite	8 each	1	320	96	840	0.00	0.29	320.0	3600	720	0.96	22.40	17.60	17.60	3.20	*0.00
FRENCH FRIES: oven heat	3 OZ	1	170	0	226	2.72	1.05	6.8	0	0	8.59	2.70	26.53	6.43	1.07	*0.00
SANDWICH ASST: HS/MS	1	20	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
FRENCH FRIES: oven heat	3 OZ	20	170	0	226	2.72	1.05	6.8	0	0	8.59	2.70	26.53	6.43	1.07	*0.00
CONDIMENTS - VARIETY	2 Tbsp	20	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
PASTA BAR	3 cup	0	612	86	1341	9.25	4.76	94.4	2880	576	26.16	35.02	59.41	26.26	7.01	*0.88
PIZZA W/PORK TOPPING	1/6 EACH	24	621	88	764	4.48	5.92	517.8	875	191	9.56	36.89	62.65	24.41	10.53	*0.00
PRETZEL & CHEESE SAUCE	1 & 1	0	541	31	1283	4.00	7.45	267.1	323	65	0.00	23.66	86.25	11.91	6.80	*0.00
Fruit & Veggie Bar: Basic	2.5 cup	48	66	0	66	1.33	0.76	22.7	3433	518	22.85	1.56	13.14	1.21	0.22	*0.00
SALAD BAR	3 CUP	10	502	61	646	9.42	4.40	238.5	29634	5312	97.53	16.38	64.38	16.22	4.11	*0.14
MIXED VEGETABLES:FRESH	1.5 cup	40	478	1	2116	25.61	6.81	136.3	2457	488	87.57	17.95	102.04	5.50	1.24	*0.00
MILK :Re-2	1 cup	25	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Fish 3 oz pollock	1	0	190	40	270	*0.00	0.72	100.0	0	0	0.00	13.00	13.00	9.00	1.50	*0.00
Extras	1	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			261	18	669	*6.11	2.70	151.7	2606	461	26.57	11.44	39.88	7.15	2.39	*0.02
% of Calories												17.5%	61.0%	24.6%	8.2%	0.1%
RDA's			846	150	1200	6.50	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			31%	12%	56%	94%	60%	38%	174%		139%	69%				
Shortfall			585	132	531	0.39	1.80	248.31			5.26					

Tue - 02/02/2010																
High School Lunch	Total	169														
SPAGHETTI & MEATBALLS:HS/M	1 cup inc 6 bal	1	945	201	1167	11.33	10.28	218.0	2124	425	24.18	61.70	87.42	38.13	13.77	*0.00
SANDWICH ASST: HS/MS	1	10	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
FRENCH FRIES: oven heat	3 OZ	10	170	0	226	2.72	1.05	6.8	0	0	8.59	2.70	26.53	6.43	1.07	*0.00
CONDIMENTS - VARIETY	2 Tbsp	85	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
PASTA BAR	3 cup	60	612	86	1341	9.25	4.76	94.4	2880	576	26.16	35.02	59.41	26.26	7.01	*0.88
PIZZA W/PORK TOPPING	1/6 EACH	24	621	88	764	4.48	5.92	517.8	875	191	9.56	36.89	62.65	24.41	10.53	*0.00
PRETZEL & CHEESE SAUCE	1 & 1	0	541	31	1283	4.00	7.45	267.1	323	65	0.00	23.66	86.25	11.91	6.80	*0.00
Fruit & Veggie Bar: Basic	2.5 cup	28	66	0	66	1.33	0.76	22.7	3433	518	22.85	1.56	13.14	1.21	0.22	*0.00
SALAD BAR	3 CUP	7	502	61	646	9.42	4.40	238.5	29634	5312	97.53	16.38	64.38	16.22	4.11	*0.14
MIXED VEGETABLES:FRESH	1.5 cup	15	478	1	2116	25.61	6.81	136.3	2457	488	87.57	17.95	102.04	5.50	1.24	*0.00
MILK :Re-2	1 cup	25	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Extras	1	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Extras	1	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			475	53	1136	7.43	4.04	205.0	3331	617	28.71	23.85	57.21	17.34	5.23	*0.33
% of Calories												20.1%	48.2%	32.9%	9.9%	0.6%
RDA's			846	150	1200	6.50	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			56%	35%	95%	114%	90%	51%	222%		150%	143%				
Shortfall			371	97	64		0.46	195.04						OVER		

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steamboat school district

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Portion Values High School Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 02/03/2010																
High School Lunch	Total	104														
flank steak	5 OZ	1	250	78	669	0.00	2.80	12.5	0	0	0.00	23.11	0.62	16.24	6.87	*0.00
mashed potato, idaho real	4 oz	1	100	0	388	1.25	0.45	25.0	0	0	4.50	2.50	21.25	1.25	0.00	0.00
CORN ON THE COB: frozen,boiled	1 EACH	1	59	0	151	1.76	0.38	1.9	146	13	3.02	1.96	14.07	0.47	0.07	*0.00
SANDWICH ASST: HS/MS	1	20	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
FRENCH FRIES: oven heat	3 OZ	20	170	0	226	2.72	1.05	6.8	0	0	8.59	2.70	26.53	6.43	1.07	*0.00
CONDIMENTS - VARIETY	2 Tbsp	20	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
PASTA BAR	3 cup	0	612	86	1341	9.25	4.76	94.4	2880	576	26.16	35.02	59.41	26.26	7.01	*0.88
PIZZA W/PORK TOPPING	1/6 EACH	24	621	88	764	4.48	5.92	517.8	875	191	9.56	36.89	62.65	24.41	10.53	*0.00
PRETZEL & CHEESE SAUCE	1 & 1	0	541	31	1283	4.00	7.45	267.1	323	65	0.00	23.66	86.25	11.91	6.80	*0.00
Fruit & Veggie Bar: Basic	2.5 cup	48	66	0	66	1.33	0.76	22.7	3433	518	22.85	1.56	13.14	1.21	0.22	*0.00
SALAD BAR	3 CUP	10	502	61	646	9.42	4.40	238.5	29634	5312	97.53	16.38	64.38	16.22	4.11	*0.14
MIXED VEGETABLES:FRESH	1.5 cup	40	478	1	2116	25.61	6.81	136.3	2457	488	87.57	17.95	102.04	5.50	1.24	*0.00
MILK :Re-2	1 cup	25	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Fish 3 oz pollock	1	0	190	40	270	*0.00	0.72	100.0	0	0	0.00	13.00	13.00	9.00	1.50	*0.00
Extras	1	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			588	41	1507	*13.76	6.10	338.5	5829	1031	59.77	25.77	89.66	16.02	5.41	*0.05
% of Calories												17.5%	61.0%	24.5%	8.3%	0.1%
RDA's			846	150	1200	6.50	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			69%	27%	126%	212%	136%	85%	389%		312%	154%				
Shortfall			258	109				61.47								

Thu - 02/04/2010																
High School Lunch	Total	164														
Chicken Piccata	1 each	1	747	226	978	2.86	3.65	89.3	977	196	21.18	40.79	77.29	27.33	14.26	*0.00
SANDWICH ASST: HS/MS	1	20	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
FRENCH FRIES: oven heat	3 OZ	20	170	0	226	2.72	1.05	6.8	0	0	8.59	2.70	26.53	6.43	1.07	*0.00
CONDIMENTS - VARIETY	2 Tbsp	20	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
PASTA BAR	3 cup	30	612	86	1341	9.25	4.76	94.4	2880	576	26.16	35.02	59.41	26.26	7.01	*0.88
PIZZA W/PORK TOPPING	1/6 EACH	24	621	88	764	4.48	5.92	517.8	875	191	9.56	36.89	62.65	24.41	10.53	*0.00
PRETZEL & CHEESE SAUCE	1 & 1	0	541	31	1283	4.00	7.45	267.1	323	65	0.00	23.66	86.25	11.91	6.80	*0.00
Fruit & Veggie Bar: Basic	2.5 cup	0	66	0	66	1.33	0.76	22.7	3433	518	22.85	1.56	13.14	1.21	0.22	*0.00
SALAD BAR	3 CUP	15	502	61	646	9.42	4.40	238.5	29634	5312	97.53	16.38	64.38	16.22	4.11	*0.14
MIXED VEGETABLES:FRESH	1.5 cup	20	478	1	2116	25.61	6.81	136.3	2457	488	87.57	17.95	102.04	5.50	1.24	*0.00
MILK :Re-2	1 cup	50	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Extras	1	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Extras	1	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			447	46	964	7.26	3.85	269.4	3890	729	28.52	22.04	56.97	14.86	4.91	*0.20
% of Calories												19.7%	51.0%	30.0%	9.9%	0.4%
RDA's			846	150	1200	6.50	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			53%	31%	80%	112%	86%	67%	259%		149%	132%				
Shortfall			399	104	236		0.65	130.58								

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protin	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 02/05/2010																
High School Lunch	Total	129														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
RDA's			846	150	1200	6.50	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%		0%	0%				
Shortfall			846	150	1200	6.50	4.50	400.00	1500		19.18	16.70		OVER	OVER	
Mon - 02/08/2010																
High School Lunch	Total	169														
GYRO MEAT(BEEF)	1	1	497	90	638	5.03	4.46	118.0	106	27	0.90	31.26	39.06	24.53	10.00	*0.00
FRENCH FRIES: oven heat	4 OZ	1	227	0	302	3.63	1.41	9.1	0	0	11.45	3.59	35.37	8.57	1.43	*0.00
SANDWICH ASST: HS/MS	1	10	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
FRENCH FRIES: oven heat	3 OZ	10	170	0	226	2.72	1.05	6.8	0	0	8.59	2.70	26.53	6.43	1.07	*0.00
CONDIMENTS - VARIETY	2 Tbsp	85	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
PASTA BAR	3 cup	60	612	86	1341	9.25	4.76	94.4	2880	576	26.16	35.02	59.41	26.26	7.01	*0.88
PIZZA W/PORK TOPPING	1/6 EACH	24	621	88	764	4.48	5.92	517.8	875	191	9.56	36.89	62.65	24.41	10.53	*0.00
PRETZEL & CHEESE SAUCE	1 & 1	0	541	31	1283	4.00	7.45	267.1	323	65	0.00	23.66	86.25	11.91	6.80	*0.00
Fruit & Veggie Bar: Basic	2.5 cup	28	66	0	66	1.33	0.76	22.7	3433	518	22.85	1.56	13.14	1.21	0.22	*0.00
SALAD BAR	3 CUP	7	502	61	646	9.42	4.40	238.5	29634	5312	97.53	16.38	64.38	16.22	4.11	*0.14
MIXED VEGETABLES:FRESH	1.5 cup	15	478	1	2116	25.61	6.81	136.3	2457	488	87.57	17.95	102.04	5.50	1.24	*0.00
MILK :Re-2	1 cup	25	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Extras	1	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Extras	1	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			473	52	1135	7.41	4.01	204.4	3319	615	28.64	23.69	57.14	17.31	5.22	*0.33
% of Calories												20.0%	48.3%	32.9%	9.9%	0.6%
RDA's			846	150	1200	6.50	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			56%	35%	95%	114%	89%	51%	221%		149%	142%				
Shortfall			373	98	65		0.49	195.58						OVER		

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Tue - 02/09/2010																
High School Lunch	Total	169														
chicken wings with franks	6 oz	1	378	130	1624	0.00	1.80	200.1	300	60	1.20	32.02	0.00	28.02	8.00	0.00
FRENCH FRIES: oven heat	4 OZ	1	227	0	302	3.63	1.41	9.1	0	0	11.45	3.59	35.37	8.57	1.43	*0.00
SANDWICH ASST: HS/MS	1	10	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
FRENCH FRIES: oven heat	3 OZ	10	170	0	226	2.72	1.05	6.8	0	0	8.59	2.70	26.53	6.43	1.07	*0.00
CONDIMENTS - VARIETY	2 Tbsp	85	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
PASTA BAR	3 cup	60	612	86	1341	9.25	4.76	94.4	2880	576	26.16	35.02	59.41	26.26	7.01	*0.88
PIZZA W/PORK TOPPING	1/6 EACH	24	621	88	764	4.48	5.92	517.8	875	191	9.56	36.89	62.65	24.41	10.53	*0.00
PRETZEL & CHEESE SAUCE	1 & 1	0	541	31	1283	4.00	7.45	267.1	323	65	0.00	23.66	86.25	11.91	6.80	*0.00
Fruit & Veggie Bar: Basic	2.5 cup	28	66	0	66	1.33	0.76	22.7	3433	518	22.85	1.56	13.14	1.21	0.22	*0.00
SALAD BAR	3 CUP	7	502	61	646	9.42	4.40	238.5	29634	5312	97.53	16.38	64.38	16.22	4.11	*0.14
MIXED VEGETABLES:FRESH	1.5 cup	15	478	1	2116	25.61	6.81	136.3	2457	488	87.57	17.95	102.04	5.50	1.24	*0.00
MILK :Re-2	1 cup	25	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Extras	1	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Extras	1	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			473	52	1141	7.38	4.00	204.9	3320	615	28.64	23.69	56.91	17.33	5.21	*0.33
% of Calories												20.0%	48.1%	33.0%	9.9%	0.6%
RDA's			846	150	1200	6.50	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			56%	35%	95%	114%	89%	51%	221%		149%	142%				
Shortfall			373	98	59		0.50	195.09						OVER		

Wed - 02/10/2010																
High School Lunch	Total	104														
burrito	1 each	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SANDWICH ASST: HS/MS	1	20	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
FRENCH FRIES: oven heat	3 OZ	20	170	0	226	2.72	1.05	6.8	0	0	8.59	2.70	26.53	6.43	1.07	*0.00
CONDIMENTS - VARIETY	2 Tbsp	20	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
PASTA BAR	3 cup	0	612	86	1341	9.25	4.76	94.4	2880	576	26.16	35.02	59.41	26.26	7.01	*0.88
PIZZA W/PORK TOPPING	1/6 EACH	24	621	88	764	4.48	5.92	517.8	875	191	9.56	36.89	62.65	24.41	10.53	*0.00
PRETZEL & CHEESE SAUCE	1 & 1	0	541	31	1283	4.00	7.45	267.1	323	65	0.00	23.66	86.25	11.91	6.80	*0.00
Fruit & Veggie Bar: Basic	2.5 cup	48	66	0	66	1.33	0.76	22.7	3433	518	22.85	1.56	13.14	1.21	0.22	*0.00
SALAD BAR	3 CUP	10	502	61	646	9.42	4.40	238.5	29634	5312	97.53	16.38	64.38	16.22	4.11	*0.14
MIXED VEGETABLES:FRESH	1.5 cup	40	478	1	2116	25.61	6.81	136.3	2457	488	87.57	17.95	102.04	5.50	1.24	*0.00
MILK :Re-2	1 cup	25	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Fish 3 oz pollock	1	0	190	40	270	*0.00	0.72	100.0	0	0	0.00	13.00	13.00	9.00	1.50	*0.00
Extras	1	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			584	40	1495	*13.73	6.07	338.2	5828	1031	59.70	25.51	89.32	15.85	5.35	*0.05
% of Calories												17.5%	61.2%	24.4%	8.2%	0.1%
RDA's			846	150	1200	6.50	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			69%	27%	125%	211%	135%	85%	389%		311%	153%				
Shortfall			262	110				61.85								

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steamboat school district

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Portion Values High School Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 02/11/2010																
High School Lunch	Total	164														
ORIENTAL BAR	SERVINGS	1	879	269	2158	5.87	6.29	121.0	10057	2012	26.85	44.38	108.62	28.54	5.79	*0.00
SANDWICH ASST: HS/MS	1	20	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
FRENCH FRIES: oven heat	3 OZ	20	170	0	226	2.72	1.05	6.8	0	0	8.59	2.70	26.53	6.43	1.07	*0.00
CONDIMENTS - VARIETY	2 Tbsp	20	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
PASTA BAR	3 cup	30	612	86	1341	9.25	4.76	94.4	2880	576	26.16	35.02	59.41	26.26	7.01	*0.88
PIZZA W/PORK TOPPING	1/6 EACH	24	621	88	764	4.48	5.92	517.8	875	191	9.56	36.89	62.65	24.41	10.53	*0.00
PRETZEL & CHEESE SAUCE	1 & 1	0	541	31	1283	4.00	7.45	267.1	323	65	0.00	23.66	86.25	11.91	6.80	*0.00
Fruit & Veggie Bar: Basic	2.5 cup	0	66	0	66	1.33	0.76	22.7	3433	518	22.85	1.56	13.14	1.21	0.22	*0.00
SALAD BAR	3 CUP	15	502	61	646	9.42	4.40	238.5	29634	5312	97.53	16.38	64.38	16.22	4.11	*0.14
MIXED VEGETABLES:FRESH	1.5 cup	20	478	1	2116	25.61	6.81	136.3	2457	488	87.57	17.95	102.04	5.50	1.24	*0.00
MILK :Re-2	1 cup	50	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Extras	1	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Extras	1	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			447	46	971	7.28	3.87	269.6	3945	740	28.56	22.06	57.17	14.87	4.86	*0.20
% of Calories												19.7%	51.1%	29.9%	9.8%	0.4%
RDA's			846	150	1200	6.50	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			53%	31%	81%	112%	86%	67%	263%		149%	132%				
Shortfall			399	104	229		0.63	130.39								

Fri - 02/12/2010																
High School Lunch	Total	129														
catch of the day, fish	5 oz	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SANDWICH ASST: HS/MS	1	10	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
FRENCH FRIES: oven heat	3 OZ	10	170	0	226	2.72	1.05	6.8	0	0	8.59	2.70	26.53	6.43	1.07	*0.00
CONDIMENTS - VARIETY	2 Tbsp	10	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
PASTA BAR	3 cup	0	612	86	1341	9.25	4.76	94.4	2880	576	26.16	35.02	59.41	26.26	7.01	*0.88
PIZZA W/PORK TOPPING	1/6 EACH	24	621	88	764	4.48	5.92	517.8	875	191	9.56	36.89	62.65	24.41	10.53	*0.00
PRETZEL & CHEESE SAUCE	1 & 1	0	541	31	1283	4.00	7.45	267.1	323	65	0.00	23.66	86.25	11.91	6.80	*0.00
Fruit & Veggie Bar: Basic	2.5 cup	20	66	0	66	1.33	0.76	22.7	3433	518	22.85	1.56	13.14	1.21	0.22	*0.00
SALAD BAR	3 CUP	20	502	61	646	9.42	4.40	238.5	29634	5312	97.53	16.38	64.38	16.22	4.11	*0.14
MIXED VEGETABLES:FRESH	1.5 cup	20	478	1	2116	25.61	6.81	136.3	2457	488	87.57	17.95	102.04	5.50	1.24	*0.00
MILK :Re-2	1 cup	50	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Extras	1	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Extras	1	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			392	35	789	7.13	3.54	312.9	5889	1068	35.86	18.15	55.25	11.21	4.07	*0.04
% of Calories												18.5%	56.4%	25.8%	9.4%	0.1%
RDA's			846	150	1200	6.50	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			46%	23%	66%	110%	79%	78%	393%		187%	109%				
Shortfall			454	115	411		0.96	87.14								

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steamboat school district

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Portion Values
High School Lunch

Jan 25, 2010

Page 6

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 02/15/2010																
High School Lunch	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
RDA's			846	150	1200	6.50	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%		0%	0%				
Shortfall			846	150	1200	6.50	4.50	400.00	1500		19.18	16.70		OVER	OVER	

Tue - 02/16/2010																
High School Lunch	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
RDA's			846	150	1200	6.50	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%		0%	0%				
Shortfall			846	150	1200	6.50	4.50	400.00	1500		19.18	16.70		OVER	OVER	

Wed - 02/17/2010																
High School Lunch	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
RDA's			846	150	1200	6.50	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%		0%	0%				
Shortfall			846	150	1200	6.50	4.50	400.00	1500		19.18	16.70		OVER	OVER	

Thu - 02/18/2010																
High School Lunch	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
RDA's			846	150	1200	6.50	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%		0%	0%				
Shortfall			846	150	1200	6.50	4.50	400.00	1500		19.18	16.70		OVER	OVER	

Fri - 02/19/2010																
High School Lunch	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00

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steamboat school district

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Portion Values High School Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
RDA's			846	150	1200	6.50	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%		0%	0%				
Shortfall			846	150	1200	6.50	4.50	400.00	1500		19.18	16.70		OVER	OVER	

Mon - 02/22/2010																
	Total															
High School Lunch	169															
CHICKEN NUGGETS: Kings Delite	8 each	1	320	96	840	0.00	0.29	320.0	3600	720	0.96	22.40	17.60	17.60	3.20	*0.00
FRENCH FRIES: oven heat	4 OZ	1	227	0	302	3.63	1.41	9.1	0	0	11.45	3.59	35.37	8.57	1.43	*0.00
SANDWICH ASST: HS/MS	1	10	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
FRENCH FRIES: oven heat	3 OZ	10	170	0	226	2.72	1.05	6.8	0	0	8.59	2.70	26.53	6.43	1.07	*0.00
CONDIMENTS - VARIETY	2 Tbsp	85	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
PASTA BAR	3 cup	60	612	86	1341	9.25	4.76	94.4	2880	576	26.16	35.02	59.41	26.26	7.01	*0.88
PIZZA W/PORK TOPPING	1/6 EACH	24	621	88	764	4.48	5.92	517.8	875	191	9.56	36.89	62.65	24.41	10.53	*0.00
PRETZEL & CHEESE SAUCE	1 & 1	0	541	31	1283	4.00	7.45	267.1	323	65	0.00	23.66	86.25	11.91	6.80	*0.00
Fruit & Veggie Bar: Basic	2.5 cup	28	66	0	66	1.33	0.76	22.7	3433	518	22.85	1.56	13.14	1.21	0.22	*0.00
SALAD BAR	3 CUP	7	502	61	646	9.42	4.40	238.5	29634	5312	97.53	16.38	64.38	16.22	4.11	*0.14
MIXED VEGETABLES:FRESH	1.5 cup	15	478	1	2116	25.61	6.81	136.3	2457	488	87.57	17.95	102.04	5.50	1.24	*0.00
MILK :Re-2	1 cup	25	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Extras	1	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Extras	1	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			472	52	1136	7.38	3.99	205.6	3340	619	28.64	23.64	57.01	17.27	5.18	*0.33
% of Calories												20.0%	48.3%	32.9%	9.9%	0.6%
RDA's			846	150	1200	6.50	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			56%	35%	95%	114%	89%	51%	223%		149%	142%				
Shortfall			374	98	64		0.51	194.38						OVER		

Tue - 02/23/2010																
	Total															
High School Lunch	169															
CHICKEN ALFREDO	1 CUP	1	448	146	892	0.00	0.91	219.3	41	8	0.00	27.08	12.79	31.00	16.51	*0.00
SANDWICH ASST: HS/MS	1	10	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
FRENCH FRIES: oven heat	3 OZ	10	170	0	226	2.72	1.05	6.8	0	0	8.59	2.70	26.53	6.43	1.07	*0.00
CONDIMENTS - VARIETY	2 Tbsp	85	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
PASTA BAR	3 cup	60	612	86	1341	9.25	4.76	94.4	2880	576	26.16	35.02	59.41	26.26	7.01	*0.88
PIZZA W/PORK TOPPING	1/6 EACH	24	621	88	764	4.48	5.92	517.8	875	191	9.56	36.89	62.65	24.41	10.53	*0.00
PRETZEL & CHEESE SAUCE	1 & 1	0	541	31	1283	4.00	7.45	267.1	323	65	0.00	23.66	86.25	11.91	6.80	*0.00
Fruit & Veggie Bar: Basic	2.5 cup	28	66	0	66	1.33	0.76	22.7	3433	518	22.85	1.56	13.14	1.21	0.22	*0.00
SALAD BAR	3 CUP	7	502	61	646	9.42	4.40	238.5	29634	5312	97.53	16.38	64.38	16.22	4.11	*0.14
MIXED VEGETABLES:FRESH	1.5 cup	15	478	1	2116	25.61	6.81	136.3	2457	488	87.57	17.95	102.04	5.50	1.24	*0.00
MILK :Re-2	1 cup	25	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Extras	1	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Extras	1	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00

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steamboat school district

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Portion Values
High School Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average			472	52	1135	7.36	3.98	205.0	3319	615	28.56	23.64	56.77	17.30	5.25	*0.33
% of Calories											20.0%	48.1%	33.0%	10.0%		0.6%
RDA's			846	150	1200	6.50	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			56%	35%	95%	113%	88%	51%	221%		149%	142%				
Shortfall			374	98	65		0.52	195.03						OVER	OVER	

Wed - 02/24/2010																
High School Lunch	Total	104														
catch of the day, fish	5 oz	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SANDWICH ASST: HS/MS	1	20	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
FRENCH FRIES: oven heat	3 OZ	20	170	0	226	2.72	1.05	6.8	0	0	8.59	2.70	26.53	6.43	1.07	*0.00
CONDIMENTS - VARIETY	2 Tbsp	20	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
PASTA BAR	3 cup	0	612	86	1341	9.25	4.76	94.4	2880	576	26.16	35.02	59.41	26.26	7.01	*0.88
PIZZA W/PORK TOPPING	1/6 EACH	24	621	88	764	4.48	5.92	517.8	875	191	9.56	36.89	62.65	24.41	10.53	*0.00
PRETZEL & CHEESE SAUCE	1 & 1	0	541	31	1283	4.00	7.45	267.1	323	65	0.00	23.66	86.25	11.91	6.80	*0.00
Fruit & Veggie Bar: Basic	2.5 cup	48	66	0	66	1.33	0.76	22.7	3433	518	22.85	1.56	13.14	1.21	0.22	*0.00
SALAD BAR	3 CUP	10	502	61	646	9.42	4.40	238.5	29634	5312	97.53	16.38	64.38	16.22	4.11	*0.14
MIXED VEGETABLES:FRESH	1.5 cup	40	478	1	2116	25.61	6.81	136.3	2457	488	87.57	17.95	102.04	5.50	1.24	*0.00
MILK :Re-2	1 cup	25	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Fish 3 oz pollock	1	0	190	40	270	*0.00	0.72	100.0	0	0	0.00	13.00	13.00	9.00	1.50	*0.00
Extras	1	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			584	40	1495	*13.73	6.07	338.2	5828	1031	59.70	25.51	89.32	15.85	5.35	*0.05
% of Calories											17.5%	61.2%	24.4%	8.2%		0.1%
RDA's			846	150	1200	6.50	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			69%	27%	125%	211%	135%	85%	389%		311%	153%				
Shortfall			262	110				61.85								

Thu - 02/25/2010																
High School Lunch	Total	164														
sloppy joe	6 oz	1	7	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.83	0.12	0.00
SANDWICH ASST: HS/MS	1	20	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
FRENCH FRIES: oven heat	3 OZ	20	170	0	226	2.72	1.05	6.8	0	0	8.59	2.70	26.53	6.43	1.07	*0.00
CONDIMENTS - VARIETY	2 Tbsp	20	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
PASTA BAR	3 cup	30	612	86	1341	9.25	4.76	94.4	2880	576	26.16	35.02	59.41	26.26	7.01	*0.88
PIZZA W/PORK TOPPING	1/6 EACH	24	621	88	764	4.48	5.92	517.8	875	191	9.56	36.89	62.65	24.41	10.53	*0.00
PRETZEL & CHEESE SAUCE	1 & 1	0	541	31	1283	4.00	7.45	267.1	323	65	0.00	23.66	86.25	11.91	6.80	*0.00
Fruit & Veggie Bar: Basic	2.5 cup	0	66	0	66	1.33	0.76	22.7	3433	518	22.85	1.56	13.14	1.21	0.22	*0.00
SALAD BAR	3 CUP	15	502	61	646	9.42	4.40	238.5	29634	5312	97.53	16.38	64.38	16.22	4.11	*0.14
MIXED VEGETABLES:FRESH	1.5 cup	20	478	1	2116	25.61	6.81	136.3	2457	488	87.57	17.95	102.04	5.50	1.24	*0.00
MILK :Re-2	1 cup	50	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Extras	1	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Extras	1	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00

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steamboat school district

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Portion Values
High School Lunch

Jan 25, 2010

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protin	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average			442	45	958	7.24	3.83	268.9	3884	728	28.39	21.79	56.50	14.70	4.83	*0.20
% of Calories												19.7%	51.1%	29.9%	9.8%	0.4%
RDA's			846	150	1200	6.50	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			52%	30%	80%	111%	85%	67%	259%		148%	130%				
Shortfall			404	105	242		0.67	131.13								

Fri - 02/26/2010																
High School Lunch	Total	129														
HOT DOG BAR	SERVING	1	410	45	1319	1.28	2.48	70.3	146	1	0.18	14.16	26.02	27.31	10.29	*0.00
SANDWICH ASST: HS/MS	1	10	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
FRENCH FRIES: oven heat	3 OZ	10	170	0	226	2.72	1.05	6.8	0	0	8.59	2.70	26.53	6.43	1.07	*0.00
CONDIMENTS - VARIETY	2 Tbsp	10	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
PASTA BAR	3 cup	0	612	86	1341	9.25	4.76	94.4	2880	576	26.16	35.02	59.41	26.26	7.01	*0.88
PIZZA W/PORK TOPPING	1/6 EACH	24	621	88	764	4.48	5.92	517.8	875	191	9.56	36.89	62.65	24.41	10.53	*0.00
PRETZEL & CHEESE SAUCE	1 & 1	0	541	31	1283	4.00	7.45	267.1	323	65	0.00	23.66	86.25	11.91	6.80	*0.00
Fruit & Veggie Bar: Basic	2.5 cup	20	66	0	66	1.33	0.76	22.7	3433	518	22.85	1.56	13.14	1.21	0.22	*0.00
SALAD BAR	3 CUP	20	502	61	646	9.42	4.40	238.5	29634	5312	97.53	16.38	64.38	16.22	4.11	*0.14
MIXED VEGETABLES:FRESH	1.5 cup	20	478	1	2116	25.61	6.81	136.3	2457	488	87.57	17.95	102.04	5.50	1.24	*0.00
MILK :Re-2	1 cup	50	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Extras	1	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Extras	1	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			395	35	799	7.14	3.56	313.4	5890	1068	35.86	18.26	55.45	11.43	4.15	*0.04
% of Calories												18.5%	56.2%	26.0%	9.5%	0.1%
RDA's			846	150	1200	6.50	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			47%	23%	67%	110%	79%	78%	393%		187%	109%				
Shortfall			451	115	401		0.94	86.60								

Weighted Average			465	43	1095	*8.60	4.26	259.0	4301	784	36.15	22.07	62.47	14.89	4.81	*0.18
												19.0%	53.8%	28.9%	9.3%	0.3%

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Nutrient	Menu AVG	Portion	Plan		mg	mg	g	mg	mg	IU	RE	mg	g	g	g	g	g
		Size	Qty	Cals	Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat	Tr-Fat
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	465		846	55%		381	Correction Required - Calories are Low										
Cholesterol (mg)	43		150	29%													
Sodium (mg)	1095		1200	91%													
Fiber (g)	8.60		6.50	132%	Missing												
Iron (mg)	4.26		4.50	95%		0.24	Correction Required - Iron is Low										
Calcium (mg)	259.0		400.00	65%		141.03	Correction Required - Calcium is Low										
Vitamin A (IU)	4301		1500	287%													
Vitamin A (RE)	784		300	261%													
Vitamin C (mg)	36.15		19.18	189%													
Protein (g)	22.07	19.01%	16.70	132%													
Carbohydrate (g)	62.47	53.79%	0.00														
Total Fat (g)	14.89	28.85%	<30.00														
Saturated Fat (g)	4.81	9.33%	<10.00														
Trans Fat (g)	0.18	0.34%															

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

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