

steamboat school district

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Portion Values

Jan 25, 2010

Page 1

Middle 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
Mon - 02/01/2010																
Middle School Lunch	Total	370														
GRILLED CHEESE SANDWICH- H	SANDWIC	1	551	6	1863	3.40	5.69	580.3	1210	242	0.00	24.94	72.51	17.39	3.28	*0.00
TOMATO SOUP	.5 cup	1	37	0	332	0.73	0.66	9.8	234	34	7.69	0.96	8.02	0.34	0.09	*0.00
DELI-BAR: MS	1 each	15	202	63	460	0.23	1.37	124.9	485	48	2.03	21.47	2.71	11.21	4.87	0.00
SANDWICH ASST: HS/MS	1	0	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
SALAD ASST: HS/MS	3 cup	0	642	97	1023	7.55	4.91	179.5	10559	983	47.69	39.32	53.47	29.30	6.56	0.00
SOUP & SALAD BAR	3 CUP	0	416	54	1005	7.34	4.32	161.1	15778	2840	68.91	17.98	52.80	13.34	4.00	0.07
STUFFED CRUST PIZZA	slice	0	420	25	1120	2.00	6.30	350.0	750	150	0.00	19.00	51.00	16.00	6.00	*0.00
CONDIMENTS - VARIETY	2 Tbsp	0	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
Fruit & Veggie Bar: Basic	1.5 cup	170	40	0	39	0.80	0.45	13.6	2060	311	13.71	0.93	7.88	0.72	0.13	*0.00
MILK :Re-2	1 cup	100	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
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
DELI-BAR: MS	1 each	15	202	63	460	0.23	1.37	124.9	485	48	2.03	21.47	2.71	11.21	4.87	0.00
SANDWICH ASST: HS/MS	1	0	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
SALAD ASST: HS/MS	3 cup	0	642	97	1023	7.55	4.91	179.5	10559	983	47.69	39.32	53.47	29.30	6.56	0.00
SOUP & SALAD BAR	3 CUP	0	416	54	1005	7.34	4.32	161.1	15778	2840	68.91	17.98	52.80	13.34	4.00	0.07
STUFFED CRUST PIZZA	slice	0	420	25	1120	2.00	6.30	350.0	750	150	0.00	19.00	51.00	16.00	6.00	*0.00
CONDIMENTS - VARIETY	2 Tbsp	0	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
Fruit & Veggie Bar: Basic	1.5 cup	170	40	0	39	0.80	0.45	13.6	2060	311	13.71	0.93	7.88	0.72	0.13	*0.00
MILK :Re-2	1 cup	100	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Weighted Daily Average			134	12	161	1.00	0.66	212.9	2157	352	13.29	7.50	19.53	3.01	1.41	*0.00
% of Calories												22.3%	58.2%	20.2%	9.5%	0.0%
RDA's			783	150	1200	5.50	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			17%	8%	13%	18%	15%	53%	144%		80%	49%				
Shortfall			649	138	1039	4.50	3.84	187.11			3.41	7.70				

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steamboat school district

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Jan 25, 2010

Page 2

Middle 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
Tue - 02/02/2010																
Middle School Lunch	Total	370														
SWEET AND SOUR PORK RE-2	3/4 CUP	1	224	54	723	1.02	1.08	28.4	2772	531	13.47	20.62	17.27	7.96	2.65	*0.00
RICE, WHITE: Re-2	1/2 CUP	1	108	0	23	0.36	1.11	4.5	81	18	0.00	1.71	20.26	1.96	0.42	*0.00
DELI-BAR: MS	1 each	10	202	63	460	0.23	1.37	124.9	485	48	2.03	21.47	2.71	11.21	4.87	0.00
SANDWICH ASST: HS/MS	1	0	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
SALAD ASST: HS/MS	3 cup	0	642	97	1023	7.55	4.91	179.5	10559	983	47.69	39.32	53.47	29.30	6.56	0.00
SOUP & SALAD BAR	3 CUP	0	416	54	1005	7.34	4.32	161.1	15778	2840	68.91	17.98	52.80	13.34	4.00	0.07
STUFFED CRUST PIZZA	slice	0	420	25	1120	2.00	6.30	350.0	750	150	0.00	19.00	51.00	16.00	6.00	*0.00
CONDIMENTS - VARIETY	2 Tbsp	175	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
Fruit & Veggie Bar: Basic	1.5 cup	185	40	0	39	0.80	0.45	13.6	2060	311	13.71	0.93	7.88	0.72	0.13	*0.00
MILK :Re-2	1 cup	100	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
sloppy joe	5 oz	1	6	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.69	0.10	0.00
DELI-BAR: MS	1 each	10	202	63	460	0.23	1.37	124.9	485	48	2.03	21.47	2.71	11.21	4.87	0.00
SANDWICH ASST: HS/MS	1	0	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
SALAD ASST: HS/MS	3 cup	0	642	97	1023	7.55	4.91	179.5	10559	983	47.69	39.32	53.47	29.30	6.56	0.00
SOUP & SALAD BAR	3 CUP	0	416	54	1005	7.34	4.32	161.1	15778	2840	68.91	17.98	52.80	13.34	4.00	0.07
STUFFED CRUST PIZZA	slice	0	420	25	1120	2.00	6.30	350.0	750	150	0.00	19.00	51.00	16.00	6.00	*0.00
CONDIMENTS - VARIETY	2 Tbsp	175	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
Fruit & Veggie Bar: Basic	1.5 cup	185	40	0	39	0.80	0.45	13.6	2060	311	13.71	0.93	7.88	0.72	0.13	*0.00
MILK :Re-2	1 cup	100	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Weighted Daily Average			182	12	532	1.30	0.89	217.9	2424	398	16.60	7.43	28.45	4.68	1.55	*0.00
% of Calories												16.4%	62.7%	23.2%	7.7%	0.0%
RDA's			783	150	1200	5.50	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			23%	8%	44%	24%	20%	54%	162%		99%	49%				
Shortfall			601	138	668	4.20	3.61	182.09			0.10	7.77				

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Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Portion Values

Jan 25, 2010

Page 3

Middle 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																
Middle School Lunch	Total	460														
Egyptian style chicken	6 oz	1	755	155	767	17.41	4.55	110.5	155	28	22.78	61.90	73.49	24.52	6.01	*0.00
DELI-BAR: MS	1 each	10	202	63	460	0.23	1.37	124.9	485	48	2.03	21.47	2.71	11.21	4.87	0.00
SANDWICH ASST: HS/MS	1	0	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
SALAD ASST: HS/MS	3 cup	0	642	97	1023	7.55	4.91	179.5	10559	983	47.69	39.32	53.47	29.30	6.56	0.00
SOUP & SALAD BAR	3 CUP	0	416	54	1005	7.34	4.32	161.1	15778	2840	68.91	17.98	52.80	13.34	4.00	0.07
STUFFED CRUST PIZZA	slice	0	420	25	1120	2.00	6.30	350.0	750	150	0.00	19.00	51.00	16.00	6.00	*0.00
CONDIMENTS - VARIETY	2 Tbsp	220	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
Fruit & Veggie Bar: Basic	1.5 cup	220	40	0	39	0.80	0.45	13.6	2060	311	13.71	0.93	7.88	0.72	0.13	*0.00
MILK :Re-2	1 cup	100	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
chicken and biscuit	5 oz	1	333	84	491	1.51	1.72	18.2	964	193	1.86	21.65	20.82	18.74	4.66	*0.00
DELI-BAR: MS	1 each	10	202	63	460	0.23	1.37	124.9	485	48	2.03	21.47	2.71	11.21	4.87	0.00
SANDWICH ASST: HS/MS	1	0	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
SALAD ASST: HS/MS	3 cup	0	642	97	1023	7.55	4.91	179.5	10559	983	47.69	39.32	53.47	29.30	6.56	0.00
SOUP & SALAD BAR	3 CUP	0	416	54	1005	7.34	4.32	161.1	15778	2840	68.91	17.98	52.80	13.34	4.00	0.07
STUFFED CRUST PIZZA	slice	0	420	25	1120	2.00	6.30	350.0	750	150	0.00	19.00	51.00	16.00	6.00	*0.00
CONDIMENTS - VARIETY	2 Tbsp	220	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
Fruit & Veggie Bar: Basic	1.5 cup	220	40	0	39	0.80	0.45	13.6	2060	311	13.71	0.93	7.88	0.72	0.13	*0.00
MILK :Re-2	1 cup	100	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Weighted Daily Average			164	10	515	1.26	0.85	179.4	2282	371	15.93	6.35	25.98	4.36	1.34	*0.00
% of Calories												15.4%	63.2%	23.9%	7.3%	0.0%
RDA's			783	150	1200	5.50	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			21%	7%	43%	23%	19%	45%	152%		95%	42%				
Shortfall			619	140	685	4.24	3.65	220.59			0.77	8.85				

Thu - 02/04/2010																
Middle School Lunch	Total	390														
Pizza Cheese Stuffed Crust #78	1	1	392	25	1045	1.93	2.97	409.9	666	133	0.55	19.94	45.89	14.46	5.89	*0.00
DELI-BAR: MS	1 each	15	202	63	460	0.23	1.37	124.9	485	48	2.03	21.47	2.71	11.21	4.87	0.00
SANDWICH ASST: HS/MS	1	0	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
SALAD ASST: HS/MS	3 cup	0	642	97	1023	7.55	4.91	179.5	10559	983	47.69	39.32	53.47	29.30	6.56	0.00
SOUP & SALAD BAR	3 CUP	0	416	54	1005	7.34	4.32	161.1	15778	2840	68.91	17.98	52.80	13.34	4.00	0.07
STUFFED CRUST PIZZA	slice	0	420	25	1120	2.00	6.30	350.0	750	150	0.00	19.00	51.00	16.00	6.00	*0.00
CONDIMENTS - VARIETY	2 Tbsp	0	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
Fruit & Veggie Bar: Basic	1.5 cup	190	40	0	39	0.80	0.45	13.6	2060	311	13.71	0.93	7.88	0.72	0.13	*0.00
MILK :Re-2	1 cup	100	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Weighted Daily Average			65	6	77	0.51	0.33	101.9	1129	183	7.00	3.60	9.65	1.44	0.67	*0.00
% of Calories												22.0%	59.0%	19.9%	9.3%	0.0%
RDA's			783	150	1200	5.50	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			8%	4%	6%	9%	7%	25%	75%		42%	24%				
Shortfall			718	144	1123	4.99	4.17	298.11	371		9.70	11.60				

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Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Portion Values

Jan 25, 2010

Page 4

Middle 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
Fri - 02/05/2010																
Middle 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			783	150	1200	5.50	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%		0%	0%				
Shortfall			783	150	1200	5.50	4.50	400.00	1500		16.70	15.20		OVER	OVER	

Mon - 02/08/2010																
Middle School Lunch	Total	370														
Teriyaki Chicken	3/4 cup	1	541	114	3055	10.80	5.02	106.3	9867	1098	22.30	45.85	69.91	10.59	2.82	*0.00
RICE, WHITE: Re-2	1/2 CUP	1	108	0	23	0.36	1.11	4.5	81	18	0.00	1.71	20.26	1.96	0.42	*0.00
DELI-BAR: MS	1 each	15	202	63	460	0.23	1.37	124.9	485	48	2.03	21.47	2.71	11.21	4.87	0.00
SANDWICH ASST: HS/MS	1	0	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
SALAD ASST: HS/MS	3 cup	0	642	97	1023	7.55	4.91	179.5	10559	983	47.69	39.32	53.47	29.30	6.56	0.00
SOUP & SALAD BAR	3 CUP	0	416	54	1005	7.34	4.32	161.1	15778	2840	68.91	17.98	52.80	13.34	4.00	0.07
STUFFED CRUST PIZZA	slice	0	420	25	1120	2.00	6.30	350.0	750	150	0.00	19.00	51.00	16.00	6.00	*0.00
CONDIMENTS - VARIETY	2 Tbsp	0	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
Fruit & Veggie Bar: Basic	1.5 cup	170	40	0	39	0.80	0.45	13.6	2060	311	13.71	0.93	7.88	0.72	0.13	*0.00
MILK :Re-2	1 cup	100	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
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
DELI-BAR: MS	1 each	15	202	63	460	0.23	1.37	124.9	485	48	2.03	21.47	2.71	11.21	4.87	0.00
SANDWICH ASST: HS/MS	1	0	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
SALAD ASST: HS/MS	3 cup	0	642	97	1023	7.55	4.91	179.5	10559	983	47.69	39.32	53.47	29.30	6.56	0.00
SOUP & SALAD BAR	3 CUP	0	416	54	1005	7.34	4.32	161.1	15778	2840	68.91	17.98	52.80	13.34	4.00	0.07
STUFFED CRUST PIZZA	slice	0	420	25	1120	2.00	6.30	350.0	750	150	0.00	19.00	51.00	16.00	6.00	*0.00
CONDIMENTS - VARIETY	2 Tbsp	0	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
Fruit & Veggie Bar: Basic	1.5 cup	170	40	0	39	0.80	0.45	13.6	2060	311	13.71	0.93	7.88	0.72	0.13	*0.00
MILK :Re-2	1 cup	100	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Weighted Daily Average			134	12	163	1.02	0.66	211.6	2180	354	13.32	7.56	19.56	3.00	1.41	*0.00
% of Calories												22.5%	58.2%	20.1%	9.5%	0.0%
RDA's			783	150	1200	5.50	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			17%	8%	14%	19%	15%	53%	145%		80%	50%				
Shortfall			649	138	1037	4.48	3.84	188.41			3.38	7.64				

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Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Portion Values

Jan 25, 2010

Page 5

Middle 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
Tue - 02/09/2010																
Middle School Lunch	Total	370														
TACO,BEEF	2 EACH	1	321	59	303	2.18	2.26	150.7	534	88	5.32	18.55	20.25	18.27	7.30	*1.27
DELI-BAR: MS	1 each	10	202	63	460	0.23	1.37	124.9	485	48	2.03	21.47	2.71	11.21	4.87	0.00
SANDWICH ASST: HS/MS	1	0	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
SALAD ASST: HS/MS	3 cup	0	642	97	1023	7.55	4.91	179.5	10559	983	47.69	39.32	53.47	29.30	6.56	0.00
SOUP & SALAD BAR	3 CUP	0	416	54	1005	7.34	4.32	161.1	15778	2840	68.91	17.98	52.80	13.34	4.00	0.07
STUFFED CRUST PIZZA	slice	0	420	25	1120	2.00	6.30	350.0	750	150	0.00	19.00	51.00	16.00	6.00	*0.00
CONDIMENTS - VARIETY	2 Tbsp	175	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
Fruit & Veggie Bar: Basic	1.5 cup	185	40	0	39	0.80	0.45	13.6	2060	311	13.71	0.93	7.88	0.72	0.13	*0.00
MILK :Re-2	1 cup	100	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
sloppy joe	5 oz	1	6	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.69	0.10	0.00
DELI-BAR: MS	1 each	10	202	63	460	0.23	1.37	124.9	485	48	2.03	21.47	2.71	11.21	4.87	0.00
SANDWICH ASST: HS/MS	1	0	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
SALAD ASST: HS/MS	3 cup	0	642	97	1023	7.55	4.91	179.5	10559	983	47.69	39.32	53.47	29.30	6.56	0.00
SOUP & SALAD BAR	3 CUP	0	416	54	1005	7.34	4.32	161.1	15778	2840	68.91	17.98	52.80	13.34	4.00	0.07
STUFFED CRUST PIZZA	slice	0	420	25	1120	2.00	6.30	350.0	750	150	0.00	19.00	51.00	16.00	6.00	*0.00
CONDIMENTS - VARIETY	2 Tbsp	175	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
Fruit & Veggie Bar: Basic	1.5 cup	185	40	0	39	0.80	0.45	13.6	2060	311	13.71	0.93	7.88	0.72	0.13	*0.00
MILK :Re-2	1 cup	100	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Weighted Daily Average			182	12	531	1.31	0.89	218.2	2418	397	16.58	7.42	28.41	4.71	1.56	*0.00
% of Calories												16.3%	62.6%	23.3%	7.7%	0.0%
RDA's			783	150	1200	5.50	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			23%	8%	44%	24%	20%	55%	161%		99%	49%				
Shortfall			601	138	669	4.19	3.61	181.78			0.12	7.78				

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steamboat school district

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Portion Values

Jan 25, 2010

Page 6

Middle 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 - 02/10/2010																
Middle School Lunch	Total	460														
PASTA BAR	2 cup	1	408	57	894	6.17	3.17	63.0	1920	384	17.44	23.35	39.61	17.51	4.67	*0.59
DELI-BAR: MS	1 each	10	202	63	460	0.23	1.37	124.9	485	48	2.03	21.47	2.71	11.21	4.87	0.00
SANDWICH ASST: HS/MS	1	0	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
SALAD ASST: HS/MS	3 cup	0	642	97	1023	7.55	4.91	179.5	10559	983	47.69	39.32	53.47	29.30	6.56	0.00
SOUP & SALAD BAR	3 CUP	0	416	54	1005	7.34	4.32	161.1	15778	2840	68.91	17.98	52.80	13.34	4.00	0.07
STUFFED CRUST PIZZA	slice	0	420	25	1120	2.00	6.30	350.0	750	150	0.00	19.00	51.00	16.00	6.00	*0.00
CONDIMENTS - VARIETY	2 Tbsp	220	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
Fruit & Veggie Bar: Basic	1.5 cup	220	40	0	39	0.80	0.45	13.6	2060	311	13.71	0.93	7.88	0.72	0.13	*0.00
MILK :Re-2	1 cup	100	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
chicken and biscuit	5 oz	1	333	84	491	1.51	1.72	18.2	964	193	1.86	21.65	20.82	18.74	4.66	*0.00
DELI-BAR: MS	1 each	10	202	63	460	0.23	1.37	124.9	485	48	2.03	21.47	2.71	11.21	4.87	0.00
SANDWICH ASST: HS/MS	1	0	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
SALAD ASST: HS/MS	3 cup	0	642	97	1023	7.55	4.91	179.5	10559	983	47.69	39.32	53.47	29.30	6.56	0.00
SOUP & SALAD BAR	3 CUP	0	416	54	1005	7.34	4.32	161.1	15778	2840	68.91	17.98	52.80	13.34	4.00	0.07
STUFFED CRUST PIZZA	slice	0	420	25	1120	2.00	6.30	350.0	750	150	0.00	19.00	51.00	16.00	6.00	*0.00
CONDIMENTS - VARIETY	2 Tbsp	220	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
Fruit & Veggie Bar: Basic	1.5 cup	220	40	0	39	0.80	0.45	13.6	2060	311	13.71	0.93	7.88	0.72	0.13	*0.00
MILK :Re-2	1 cup	100	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Weighted Daily Average			164	10	515	1.24	0.85	179.3	2286	372	15.92	6.27	25.90	4.35	1.34	*0.00
% of Calories											15.3%	63.3%	23.9%	7.4%	0.0%	
RDA's			783	150	1200	5.50	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			21%	7%	43%	22%	19%	45%	152%		95%	41%				
Shortfall			619	140	685	4.26	3.65	220.69			0.78	8.93				

Thu - 02/11/2010																
Middle School Lunch	Total	390														
buffalo hot dog	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
DELI-BAR: MS	1 each	15	202	63	460	0.23	1.37	124.9	485	48	2.03	21.47	2.71	11.21	4.87	0.00
SANDWICH ASST: HS/MS	1	0	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
SALAD ASST: HS/MS	3 cup	0	642	97	1023	7.55	4.91	179.5	10559	983	47.69	39.32	53.47	29.30	6.56	0.00
SOUP & SALAD BAR	3 CUP	0	416	54	1005	7.34	4.32	161.1	15778	2840	68.91	17.98	52.80	13.34	4.00	0.07
STUFFED CRUST PIZZA	slice	0	420	25	1120	2.00	6.30	350.0	750	150	0.00	19.00	51.00	16.00	6.00	*0.00
CONDIMENTS - VARIETY	2 Tbsp	0	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
Fruit & Veggie Bar: Basic	1.5 cup	190	40	0	39	0.80	0.45	13.6	2060	311	13.71	0.93	7.88	0.72	0.13	*0.00
MILK :Re-2	1 cup	100	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Weighted Daily Average			64	5	74	0.51	0.33	100.8	1127	182	6.99	3.55	9.53	1.41	0.66	*0.00
% of Calories											22.1%	59.2%	19.7%	9.2%	0.0%	
RDA's			783	150	1200	5.50	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			8%	4%	6%	9%	7%	25%	75%		42%	23%				
Shortfall			719	145	1126	4.99	4.17	299.16	373		9.71	11.65				

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steamboat school district

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Portion Values

Jan 25, 2010

Page 7

Middle 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
Fri - 02/12/2010																
Middle School Lunch	Total	430														
Pizza Cheese Stuffed Crust #78	1	1	392	25	1045	1.93	2.97	409.9	666	133	0.55	19.94	45.89	14.46	5.89	*0.00
DELI-BAR: MS	1 each	5	202	63	460	0.23	1.37	124.9	485	48	2.03	21.47	2.71	11.21	4.87	0.00
SANDWICH ASST: HS/MS	1	0	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
SALAD ASST: HS/MS	3 cup	0	642	97	1023	7.55	4.91	179.5	10559	983	47.69	39.32	53.47	29.30	6.56	0.00
SOUP & SALAD BAR	3 CUP	0	416	54	1005	7.34	4.32	161.1	15778	2840	68.91	17.98	52.80	13.34	4.00	0.07
STUFFED CRUST PIZZA	slice	0	420	25	1120	2.00	6.30	350.0	750	150	0.00	19.00	51.00	16.00	6.00	*0.00
CONDIMENTS - VARIETY	2 Tbsp	0	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
Fruit & Veggie Bar: Basic	1.5 cup	210	40	0	39	0.80	0.45	13.6	2060	311	13.71	0.93	7.88	0.72	0.13	*0.00
MILK :Re-2	1 cup	100	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Weighted Daily Average			57	4	61	0.50	0.29	90.1	1108	179	6.94	2.81	9.06	1.08	0.50	*0.00
% of Calories												19.9%	64.1%	17.2%	8.0%	0.0%
RDA's			783	150	1200	5.50	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			7%	2%	5%	9%	6%	23%	74%		42%	19%				
Shortfall			726	146	1139	5.00	4.21	309.86	392		9.76	12.39				

Mon - 02/15/2010																
Middle 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			783	150	1200	5.50	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%		0%	0%				
Shortfall			783	150	1200	5.50	4.50	400.00	1500		16.70	15.20		OVER	OVER	

Tue - 02/16/2010																
Middle 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			783	150	1200	5.50	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%		0%	0%				
Shortfall			783	150	1200	5.50	4.50	400.00	1500		16.70	15.20		OVER	OVER	

Wed - 02/17/2010																
Middle 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
Middle School Lunch

Jan 25, 2010

Page 8

	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 Prot	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			783	150	1200	5.50	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%		0%	0%				
Shortfall			783	150	1200	5.50	4.50	400.00	1500		16.70	15.20		OVER	OVER	

Thu - 02/18/2010																
Middle 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			783	150	1200	5.50	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%		0%	0%				
Shortfall			783	150	1200	5.50	4.50	400.00	1500		16.70	15.20		OVER	OVER	

Fri - 02/19/2010																
Middle 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			783	150	1200	5.50	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%		0%	0%				
Shortfall			783	150	1200	5.50	4.50	400.00	1500		16.70	15.20		OVER	OVER	

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steamboat school district

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Portion Values

Jan 25, 2010

Page 9

Middle 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
Mon - 02/22/2010																
Middle School Lunch	Total	370														
pasta primavera	12 oz	1	455	4	1794	10.27	4.13	130.7	22105	4302	242.90	14.86	82.22	7.32	1.54	*0.00
DELI-BAR: MS	1 each	15	202	63	460	0.23	1.37	124.9	485	48	2.03	21.47	2.71	11.21	4.87	0.00
SANDWICH ASST: HS/MS	1	0	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
SALAD ASST: HS/MS	3 cup	0	642	97	1023	7.55	4.91	179.5	10559	983	47.69	39.32	53.47	29.30	6.56	0.00
SOUP & SALAD BAR	3 CUP	0	416	54	1005	7.34	4.32	161.1	15778	2840	68.91	17.98	52.80	13.34	4.00	0.07
STUFFED CRUST PIZZA	slice	0	420	25	1120	2.00	6.30	350.0	750	150	0.00	19.00	51.00	16.00	6.00	*0.00
CONDIMENTS - VARIETY	2 Tbsp	0	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
Fruit & Veggie Bar: Basic	1.5 cup	170	40	0	39	0.80	0.45	13.6	2060	311	13.71	0.93	7.88	0.72	0.13	*0.00
MILK :Re-2	1 cup	100	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
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
DELI-BAR: MS	1 each	15	202	63	460	0.23	1.37	124.9	485	48	2.03	21.47	2.71	11.21	4.87	0.00
SANDWICH ASST: HS/MS	1	0	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
SALAD ASST: HS/MS	3 cup	0	642	97	1023	7.55	4.91	179.5	10559	983	47.69	39.32	53.47	29.30	6.56	0.00
SOUP & SALAD BAR	3 CUP	0	416	54	1005	7.34	4.32	161.1	15778	2840	68.91	17.98	52.80	13.34	4.00	0.07
STUFFED CRUST PIZZA	slice	0	420	25	1120	2.00	6.30	350.0	750	150	0.00	19.00	51.00	16.00	6.00	*0.00
CONDIMENTS - VARIETY	2 Tbsp	0	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
Fruit & Veggie Bar: Basic	1.5 cup	170	40	0	39	0.80	0.45	13.6	2060	311	13.71	0.93	7.88	0.72	0.13	*0.00
MILK :Re-2	1 cup	100	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Weighted Daily Average			134	12	160	1.02	0.66	211.6	2213	363	13.92	7.47	19.54	2.98	1.41	*0.00
% of Calories												22.3%	58.4%	20.0%	9.5%	0.0%
RDA's			783	150	1200	5.50	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			17%	8%	13%	19%	15%	53%	148%		83%	49%				
Shortfall			649	138	1040	4.48	3.84	188.35			2.78	7.73				

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steamboat school district

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Portion Values

Jan 25, 2010

Middle School Lunch

Page 10

	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
Tue - 02/23/2010																
Middle School Lunch	Total	370														
MACARONI & CHEESE: RE-2W/A MER.	1 cup	1	489	59	973	2.00	2.24	481.0	584	176	0.74	24.86	51.72	19.90	12.13	*0.00
LITTLE SMOKIES	5 ea.	1	130	32	437	0.00	0.58	0.0	0	0	3.89	6.48	0.00	11.34	4.86	*0.00
DELI-BAR: MS	1 each	10	202	63	460	0.23	1.37	124.9	485	48	2.03	21.47	2.71	11.21	4.87	0.00
SANDWICH ASST: HS/MS	1	0	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
SALAD ASST: HS/MS	3 cup	0	642	97	1023	7.55	4.91	179.5	10559	983	47.69	39.32	53.47	29.30	6.56	0.00
SOUP & SALAD BAR	3 CUP	0	416	54	1005	7.34	4.32	161.1	15778	2840	68.91	17.98	52.80	13.34	4.00	0.07
STUFFED CRUST PIZZA	slice	0	420	25	1120	2.00	6.30	350.0	750	150	0.00	19.00	51.00	16.00	6.00	*0.00
CONDIMENTS - VARIETY	2 Tbsp	175	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
Fruit & Veggie Bar: Basic	1.5 cup	185	40	0	39	0.80	0.45	13.6	2060	311	13.71	0.93	7.88	0.72	0.13	*0.00
MILK :Re-2	1 cup	100	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
sloppy joe	5 oz	1	6	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.69	0.10	0.00
DELI-BAR: MS	1 each	10	202	63	460	0.23	1.37	124.9	485	48	2.03	21.47	2.71	11.21	4.87	0.00
SANDWICH ASST: HS/MS	1	0	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
SALAD ASST: HS/MS	3 cup	0	642	97	1023	7.55	4.91	179.5	10559	983	47.69	39.32	53.47	29.30	6.56	0.00
SOUP & SALAD BAR	3 CUP	0	416	54	1005	7.34	4.32	161.1	15778	2840	68.91	17.98	52.80	13.34	4.00	0.07
STUFFED CRUST PIZZA	slice	0	420	25	1120	2.00	6.30	350.0	750	150	0.00	19.00	51.00	16.00	6.00	*0.00
CONDIMENTS - VARIETY	2 Tbsp	175	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
Fruit & Veggie Bar: Basic	1.5 cup	185	40	0	39	0.80	0.45	13.6	2060	311	13.71	0.93	7.88	0.72	0.13	*0.00
MILK :Re-2	1 cup	100	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Weighted Daily Average			182	12	534	1.31	0.90	219.1	2418	397	16.58	7.45	28.49	4.74	1.59	*0.00
% of Calories												16.3%	62.5%	23.4%	7.8%	0.0%
RDA's			783	150	1200	5.50	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			23%	8%	44%	24%	20%	55%	161%		99%	49%				
Shortfall			601	138	666	4.19	3.60	180.88			0.12	7.75				

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steamboat school district

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Portion Values

Jan 25, 2010

Page 11

Middle 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 - 02/24/2010																
Middle School Lunch	Total	460														
CHICKEN,OVEN FRIED	SERVING	1	294	73	90	0.34	1.54	71.4	141	34	0.45	25.29	9.67	16.52	3.65	*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
GRAVY,CHICKEN:SCRATCH	2 TBSP	1	23	4	197	0.07	0.12	1.3	45	13	0.02	0.37	1.95	1.49	0.91	*0.00
DELI-BAR: MS	1 each	10	202	63	460	0.23	1.37	124.9	485	48	2.03	21.47	2.71	11.21	4.87	0.00
SANDWICH ASST: HS/MS	1	0	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
SALAD ASST: HS/MS	3 cup	0	642	97	1023	7.55	4.91	179.5	10559	983	47.69	39.32	53.47	29.30	6.56	0.00
SOUP & SALAD BAR	3 CUP	0	416	54	1005	7.34	4.32	161.1	15778	2840	68.91	17.98	52.80	13.34	4.00	0.07
STUFFED CRUST PIZZA	slice	0	420	25	1120	2.00	6.30	350.0	750	150	0.00	19.00	51.00	16.00	6.00	*0.00
CONDIMENTS - VARIETY	2 Tbsp	220	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
Fruit & Veggie Bar: Basic	1.5 cup	220	40	0	39	0.80	0.45	13.6	2060	311	13.71	0.93	7.88	0.72	0.13	*0.00
MILK :Re-2	1 cup	100	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
chicken and biscuit	5 oz	1	333	84	491	1.51	1.72	18.2	964	193	1.86	21.65	20.82	18.74	4.66	*0.00
DELI-BAR: MS	1 each	10	202	63	460	0.23	1.37	124.9	485	48	2.03	21.47	2.71	11.21	4.87	0.00
SANDWICH ASST: HS/MS	1	0	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
SALAD ASST: HS/MS	3 cup	0	642	97	1023	7.55	4.91	179.5	10559	983	47.69	39.32	53.47	29.30	6.56	0.00
SOUP & SALAD BAR	3 CUP	0	416	54	1005	7.34	4.32	161.1	15778	2840	68.91	17.98	52.80	13.34	4.00	0.07
STUFFED CRUST PIZZA	slice	0	420	25	1120	2.00	6.30	350.0	750	150	0.00	19.00	51.00	16.00	6.00	*0.00
CONDIMENTS - VARIETY	2 Tbsp	220	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
Fruit & Veggie Bar: Basic	1.5 cup	220	40	0	39	0.80	0.45	13.6	2060	311	13.71	0.93	7.88	0.72	0.13	*0.00
MILK :Re-2	1 cup	100	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Weighted Daily Average			164	10	515	1.23	0.84	179.4	2282	372	15.89	6.28	25.89	4.35	1.34	*0.00
% of Calories											15.3%	63.3%	23.9%	7.4%	0.0%	
RDA's			783	150	1200	5.50	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			21%	7%	43%	22%	19%	45%	152%		95%	41%				
Shortfall			619	140	685	4.27	3.66	220.62			0.81	8.92				

Thu - 02/25/2010																
Middle School Lunch	Total	390														
pork souvlaki	6 oz	1	617	153	992	0.00	1.91	63.8	0	0	1.28	34.02	0.31	52.27	17.19	*0.00
RICE, WHITE: Re-2	1/2 CUP	1	108	0	23	0.36	1.11	4.5	81	18	0.00	1.71	20.26	1.96	0.42	*0.00
DELI-BAR: MS	1 each	15	202	63	460	0.23	1.37	124.9	485	48	2.03	21.47	2.71	11.21	4.87	0.00
SANDWICH ASST: HS/MS	1	0	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
SALAD ASST: HS/MS	3 cup	0	642	97	1023	7.55	4.91	179.5	10559	983	47.69	39.32	53.47	29.30	6.56	0.00
SOUP & SALAD BAR	3 CUP	0	416	54	1005	7.34	4.32	161.1	15778	2840	68.91	17.98	52.80	13.34	4.00	0.07
STUFFED CRUST PIZZA	slice	0	420	25	1120	2.00	6.30	350.0	750	150	0.00	19.00	51.00	16.00	6.00	*0.00
CONDIMENTS - VARIETY	2 Tbsp	0	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
Fruit & Veggie Bar: Basic	1.5 cup	190	40	0	39	0.80	0.45	13.6	2060	311	13.71	0.93	7.88	0.72	0.13	*0.00
MILK :Re-2	1 cup	100	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00

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steamboat school district

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Portion Values

Jan 25, 2010

Middle School Lunch

Page 12

	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 Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average			66	6	77	0.51	0.33	101.0	1127	182	7.00	3.64	9.59	1.55	0.70	*0.00
% of Calories												22.0%	57.8%	21.0%	9.6%	0.0%
RDA's			783	150	1200	5.50	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			8%	4%	6%	9%	7%	25%	75%		42%	24%				
Shortfall			717	144	1123	4.99	4.17	298.99	373		9.70	11.56				

Fri - 02/26/2010																
Middle School Lunch	Total	430														
Pizza Cheese Stuffed Crust #78	1		392	25	1045	1.93	2.97	409.9	666	133	0.55	19.94	45.89	14.46	5.89	*0.00
DELI-BAR: MS	1 each	5	202	63	460	0.23	1.37	124.9	485	48	2.03	21.47	2.71	11.21	4.87	0.00
SANDWICH ASST: HS/MS	1	0	519	53	1329	3.36	5.25	238.7	660	94	8.09	26.28	58.65	19.51	6.75	*0.19
SALAD ASST: HS/MS	3 cup	0	642	97	1023	7.55	4.91	179.5	10559	983	47.69	39.32	53.47	29.30	6.56	0.00
SOUP & SALAD BAR	3 CUP	0	416	54	1005	7.34	4.32	161.1	15778	2840	68.91	17.98	52.80	13.34	4.00	0.07
STUFFED CRUST PIZZA	slice	0	420	25	1120	2.00	6.30	350.0	750	150	0.00	19.00	51.00	16.00	6.00	*0.00
CONDIMENTS - VARIETY	2 Tbsp	0	54	2	410	0.27	0.26	9.5	116	23	2.37	0.51	9.03	2.13	0.30	*0.00
Fruit & Veggie Bar: Basic	1.5 cup	210	40	0	39	0.80	0.45	13.6	2060	311	13.71	0.93	7.88	0.72	0.13	*0.00
MILK :Re-2	1 cup	100	146	12	144	0.44	0.21	348.7	409	114	0.93	8.86	21.79	2.43	1.60	*0.00
Weighted Daily Average			57	4	61	0.50	0.29	90.1	1108	179	6.94	2.81	9.06	1.08	0.50	*0.00
% of Calories												19.9%	64.1%	17.2%	8.0%	0.0%
RDA's			783	150	1200	5.50	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			7%	2%	5%	9%	6%	23%	74%		42%	19%				
Shortfall			726	146	1139	5.00	4.21	309.86	392		9.76	12.39				

Weighted Average			125	9	284	0.94	0.63	165.3	1876	306	12.35	5.72	19.19	3.05	1.14	*0.00
												18.3%	61.4%	22.0%	8.2%	0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	125		783	16%		658	Correction Required - Calories are Low
Cholesterol (mg)	9		150	6%			
Sodium (mg)	284		1200	24%			
Fiber (g)	0.94		5.50	17%		4.56	Correction Required - Fiber is Low
Iron (mg)	0.63		4.50	14%		3.87	Correction Required - Iron is Low
Calcium (mg)	165.3		400.00	41%		234.75	Correction Required - Calcium is Low
Vitamin A (IU)	1876		1500	125%			
Vitamin A (RE)	306		300	102%			
Vitamin C (mg)	12.35		16.70	74%		4.35	Correction Required - Vitamin C is Low
Protein (g)	5.72	18.33%	15.20	38%		9.48	Correction Required - Protein is Low
Carbohydrate (g)	19.19	61.44%	0.00				
Total Fat (g)	3.05	22.00%	<30.00				
Saturated Fat (g)	1.14	8.23%	<10.00				
Trans Fat (g)	0.00	0.00%					

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

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