

Roseville City School District

Aug 11, 2008 thru Sep 30, 2008 Spreadsheet - Portion Values

Aug 6, 2008

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Elementary Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Mon - 08/11/2008																
Elementary Lunch	Total	100														
CHICKEN NUGGETS, KINGS DELI GHT	4 oz	50	180	40	620	0.00	0.18	12.00	70	1.00	16.00	13.00	6.00	1.00	*0.00	
NACHOS, BEAN & CHEESE	8.5 OZ	50	446	34	1198	6.88	3.49	412.82	874	3.50	20.69	41.93	22.00	8.86	*0.00	
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00	
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00	
MUNCHIES SNACK, FRITO LAY	1 EA	100	130	0	230	1.00	4.10	12.00	554	14.00	2.00	20.00	4.00	1.00	*0.00	
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00	
Weighted Daily Average			732	51	1416	8.32	6.84	588.24	4578	52.00	31.24	89.36	27.67	8.53	*0.00	
% of Calories											17.1%	48.9%	34.0%	10.5%	0.0%	

Tue - 08/12/2008																
Elementary Lunch	Total	100														
HAMBURGER ON A BUN	4.5 OZ	50	282	31	564	2.09	2.85	100.49	114	1.06	16.14	30.22	10.75	3.70	*0.00	
BURRITO, BEAN & CHEESE, BUTC	6.21 oz	50	355	18	587	6.13	4.19	172.04	350	1.85	16.31	53.63	7.95	4.02	*0.00	
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00	
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00	
SHERBET, LUIGIS ALL FLAVORS	1 EA	100	120	5	35	0.00	0.36	20.00	0	60.00	0.00	27.00	1.50	1.00	*0.00	
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00	
Weighted Daily Average			727	44	887	7.99	4.78	520.09	3784	97.20	27.12	110.82	20.53	7.47	*0.00	
% of Calories											14.9%	61.0%	25.4%	9.2%	0.0%	

Wed - 08/13/2008																
Elementary Lunch	Total	100														
CHICKEN PATTY SANDWICH	5 OZ	50	336	54	741	2.00	3.44	99.00	76	1.00	18.00	39.00	11.50	3.00	*0.00	
TACO POCKETS, TURKEY, BELL T	5 oz	50	325	33	690	2.10	3.14	86.00	340	1.94	23.00	38.70	10.90	3.25	*0.00	
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00	
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00	
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00	
Weighted Daily Average			619	57	993	5.93	4.19	456.33	3760	37.22	31.39	80.74	20.88	5.73	*0.00	
% of Calories											20.3%	52.2%	30.4%	8.3%	0.0%	

Thu - 08/14/2008																
Elementary Lunch	Total	100														
CHICKEN TERIYAKI	3 OZ	50	157	76	1005	0.00	1.55	15.91	47	0.00	23.56	6.67	3.51	1.52	*0.00	
GRILLED CHEESE SANDWICH, IN TEG	3.75 oz	50	306	34	1241	1.44	1.46	405.48	684	0.00	20.39	32.13	12.34	7.44	*0.00	
RICE,Cooked Brown	servings	50	95	0	95	1.53	0.46	9.55	0	0.00	1.97	19.94	0.70	0.14	*0.00	
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00	
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00	
CRISPY BAR, LITTLE DEBBIES	1 EA	100	100	0	130	0.00	0.00	0.00	0	0.00	1.00	18.00	2.50	1.50	*0.00	
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00	
Weighted Daily Average			668	69	1578	5.36	2.64	579.30	3917	35.75	34.85	89.26	20.45	8.65	*0.00	
% of Calories											20.9%	53.5%	27.6%	11.7%	0.0%	

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 08/15/2008															
Elementary Lunch	Total	100													
PIZZA, CHEESE, GALAXY #78475	5 OZ	50	370	35	770	1.00	2.00	394.00	458	0.53	18.00	32.00	18.00	9.00	*0.00
CHICKEN CRISPER	5.5 OZ	50	370	27	843	2.76	3.18	119.00	204	1.18	16.40	44.44	14.86	4.08	*0.00
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00
Weighted Daily Average			658	45	1084	5.76	3.49	620.33	3883	36.61	28.09	80.11	26.11	9.14	*0.00
% of Calories											17.1%	48.7%	35.7%	12.5%	0.0%
Mon - 08/18/2008															
Elementary Lunch	Total	100													
FRENCH TOAST, CINN GLAZ, SUNN	3.25 oz	50	367	135	354	0.00	2.05	59.32	205	0.00	8.99	63.91	8.00	1.49	*0.00
CHICKEN NUGGETS, KINGS DELI	4 oz	50	180	40	620	0.00	0.18	12.00	70	1.00	16.00	13.00	6.00	1.00	*0.00
GHT															
POTATO PUFFS: frozen,cooked	.5 CUP	100	142	0	477	2.05	1.00	19.20	10	4.42	2.14	19.51	6.87	3.26	*0.00
YOGURT, TRIX, RASPBERRY RAIN	4 oz	100	120	5	55	0.00	0.00	100.00	500	0.00	4.00	23.00	1.50	1.00	*0.00
BO															
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00
Weighted Daily Average			824	107	1297	5.93	3.02	518.69	4199	40.67	29.53	122.85	25.04	8.11	*0.00
% of Calories											14.3%	59.6%	27.4%	8.9%	0.0%
Tue - 08/19/2008															
Elementary Lunch	Total	100													
HAMBURGER ON A BUN	4.5 OZ	50	282	31	564	2.09	2.85	100.49	114	1.06	16.14	30.22	10.75	3.70	*0.00
CHICKEN DRUMSTICK, BBQ, TYSO	4 oz	50	100	60	390	0.00	0.36	0.00	0	0.00	14.00	4.00	3.00	1.00	*0.00
SWEET POTATO FRIES	3 OZ	100	150	0	170	3.00	0.36	20.00	5000	9.60	1.00	22.00	6.00	1.00	*0.00
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00
JUICE BAR, MINUTE MAID, 2.25 O	2.25 OZ	100	60	0	10	0.00	0.00	0.00	0	100.00	0.00	15.00	0.00	0.00	0.00
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00
Weighted Daily Average			690	59	934	7.93	2.87	434.07	8609	145.88	26.96	96.00	22.55	5.96	*0.00
% of Calories											15.6%	55.7%	29.4%	7.8%	0.0%

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Wed - 08/20/2008																
Elementary Lunch	Total	100														
CHICKEN PATTY SANDWICH	5 OZ	50	336	54	741	2.00	3.44	99.00	76	1.00	18.00	39.00	11.50	3.00	*0.00	
CHEESE LASAGNA	SVG	50	251	49	577	*0.00	2.39	306.00	1275	15.90	26.67	27.47	8.58	*0.00	*0.00	
RICE,Cooked Brown	servings	50	95	0	95	1.53	0.46	9.55	0	0.00	1.97	19.94	0.70	0.14	*0.00	
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00	
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00	
FRUIT PIE, APPLE, HORIZON	2 OZ	100	154	0	202	1.80	9.00	11.00	5	0.60	1.70	26.40	5.10	1.40	*0.00	
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00	
Weighted Daily Average			783	66	1186	*7.44	13.05	582.10	4233	44.80	35.91	111.50	25.17	*5.57	*0.00	
% of Calories											18.3%	56.9%	28.9%	6.4%	0.0%	
Thu - 08/21/2008																
Elementary Lunch	Total	100														
CHICKEN, MANDARIN ORANGE	5.2	50	190	60	270	0.00	1.08	20.00	100	0.00	14.00	16.00	7.00	1.50	*0.00	
RICE,Cooked Brown	servings	50	95	0	95	1.53	0.46	9.55	0	0.00	1.97	19.94	0.70	0.14	*0.00	
MACARONI & CHEESE, JTM #5756	7 OZ	50	302	41	970	2.30	0.83	306.82	638	0.19	15.59	29.28	14.10	7.07	*0.00	
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00	
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00	
CLODHOPPER TREAT	1 EA	100	165	0	130	2.00	0.72	40.00	0	0.00	2.00	27.00	5.00	4.50	*0.00	
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00	
Weighted Daily Average			747	64	1075	7.79	2.81	572.01	3921	35.85	28.67	101.50	25.58	11.46	*0.00	
% of Calories											15.4%	54.4%	30.8%	13.8%	0.0%	
Fri - 08/22/2008																
Elementary Lunch	Total	100														
PIZZA, CHEESE, GALAXY #78475	5 OZ	50	370	35	770	1.00	2.00	394.00	458	0.53	18.00	32.00	18.00	9.00	*0.00	
TACO TWINS, MICHAEL B'S TW999	SVG	50	350	25	360	4.00	2.75	115.54	347	5.20	16.00	43.00	11.00	3.00	*0.00	
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00	
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00	
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00	
Weighted Daily Average			648	44	842	6.38	3.28	618.60	3954	38.62	27.89	79.39	24.18	8.60	*0.00	
% of Calories											17.2%	49.0%	33.6%	11.9%	0.0%	
Mon - 08/25/2008																
Elementary Lunch	Total	100														
CHICKEN NUGGETS, KINGS DELI GHT	4 oz	50	180	40	620	0.00	0.18	12.00	70	1.00	16.00	13.00	6.00	1.00	*0.00	
CHICKEN FRIED STEAK	3.8 OZ	50	266	35	336	2.96	3.55	39.48	99	1.18	14.81	17.77	12.83	3.95	*0.00	
POTATOES, MASHED, EXCEL	.5 CUP	100	68	*0	303	1.52	0.27	0.76	*0	2.73	1.52	12.90	0.76	0.00	*0.00	
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00	
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00	
COOKIE, CHOCOLATE CHIP, CLAS	1 OZ	100	110	5	95	0.00	0.00	0.00	200	0.00	1.00	17.00	5.00	2.00	*0.00	
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00	

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average			690	*56	1153	6.88	3.04	390.32	*3836	39.57	28.82	87.17	24.85	7.08	*0.00
% of Calories											16.7%	50.5%	32.4%	9.2%	0.0%

Tue - 08/26/2008															
Elementary Lunch	Total	100													
HAMBURGER ON A BUN	4.5 OZ	50	282	31	564	2.09	2.85	100.49	114	1.06	16.14	30.22	10.75	3.70	*0.00
PIZZA, CHEESE, ARDELLAS	1 EA	50	315	31	629	1.83	1.69	464.02	372	3.48	19.15	30.03	13.08	7.60	*0.00
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00
SHERBET, LUIGIS ALL FLAVORS	1 EA	100	120	5	35	0.00	0.36	20.00	0	60.00	0.00	27.00	1.50	1.00	*0.00
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00
Weighted Daily Average			707	50	909	5.84	3.53	666.08	3795	98.02	28.54	99.02	23.09	9.26	*0.00
% of Calories											16.1%	56.0%	29.4%	11.8%	0.0%

Wed - 08/27/2008															
Elementary Lunch	Total	100													
CHICKEN PATTY SANDWICH	5 OZ	50	336	54	741	2.00	3.44	99.00	76	1.00	18.00	39.00	11.50	3.00	*0.00
CHEESE PUPPIE, WRAPPED	4 OZ	50	300	50	580	1.00	3.02	134.00	0	0.00	14.00	33.00	13.00	4.00	*0.00
RICE, Cooked Brown	servings	50	95	0	95	1.53	0.46	9.55	0	0.00	1.97	19.94	0.70	0.14	*0.00
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00
Weighted Daily Average			654	66	985	6.14	4.36	485.10	3590	36.25	27.88	87.86	22.28	6.17	*0.00
% of Calories											17.1%	53.7%	30.7%	8.5%	0.0%

Thu - 08/28/2008															
Elementary Lunch	Total	100													
CHICKEN TERIYAKI	3 OZ	50	157	76	1005	0.00	1.55	15.91	47	0.00	23.56	6.67	3.51	1.52	*0.00
EGG ROLL, PORK, 4.2 oz, Minh	1 EA	50	300	105	670	3.00	2.70	60.00	400	4.80	15.00	27.00	11.50	5.00	*0.00
RICE, Cooked Brown	servings	100	95	0	95	1.53	0.46	9.55	0	0.00	1.97	19.94	0.70	0.14	*0.00
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00
Weighted Daily Average			612	105	1210	6.91	3.49	411.33	3775	38.15	32.14	78.67	17.88	6.00	*0.00
% of Calories											21.0%	51.4%	26.3%	8.8%	0.0%

Fri - 08/29/2008															
Elementary Lunch	Total	100													
PIZZA, CHEESE, GALAXY #78475	5 OZ	50	370	35	770	1.00	2.00	394.00	458	0.53	18.00	32.00	18.00	9.00	*0.00
TURKEY TACO BOWL	1 EA	50	253	*44	553	5.59	3.35	*57.92	*168	*1.39	16.36	28.86	7.82	*1.79	*0.00
CORN: canned, yellow	.5 CUP	100	66	0	175	1.64	0.71	4.10	66	6.97	2.15	15.24	0.82	0.12	*0.00
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average			667	*53	1114	8.81	4.28	*593.88	*3931	*43.68	30.22	87.56	23.41	*8.12	*0.00
% of Calories											18.1%	52.5%	31.6%	11.0%	0.0%

Tue - 09/02/2008															
Elementary Lunch	Total	100													
MINI CHEESEBURGERS	6.6 OZ	50	552	74	1037	1.98	5.23	157.40	170	0.12	30.38	58.76	20.66	8.00	*0.00
TURKEY & GRAVY, PRE-COOKED	5.75 oz	50	163	53	803	0.00	1.10	11.30	143	0.00	21.24	3.06	7.31	1.74	*0.00
POTATOES, MASHED, EXCEL	.5 CUP	50	68	*0	303	1.52	0.27	0.76	*0	2.73	1.52	12.90	0.76	0.00	*0.00
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00
Weighted Daily Average			680	*78	1349	5.63	4.20	448.55	*3709	37.18	37.46	79.25	24.04	7.47	*0.00
% of Calories											22.0%	46.6%	31.8%	9.9%	0.0%

Wed - 09/03/2008															
Elementary Lunch	Total	100													
CHICKEN PATTY SANDWICH	5 OZ	50	336	54	741	2.00	3.44	99.00	76	1.00	18.00	39.00	11.50	3.00	*0.00
CHEESE BREAD, CIABATTA	4.85 OZ	50	340	25	1190	5.00	2.70	450.00	1250	0.00	20.00	45.00	13.00	6.00	*0.00
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00
Weighted Daily Average			626	54	1243	7.38	3.97	638.33	4215	36.25	29.89	83.89	21.93	7.10	*0.00
% of Calories											19.1%	53.6%	31.5%	10.2%	0.0%

Thu - 09/04/2008															
Elementary Lunch	Total	100													
CHICKEN, MANDARIN ORANGE	5.2	50	190	60	270	0.00	1.08	20.00	100	0.00	14.00	16.00	7.00	1.50	*0.00
PORK RIB-B-Q W/BBQ SAUCE, PIE	3.25 OZ	50	476	45	788	4.98	4.35	143.40	153	1.94	18.30	57.60	19.70	6.10	*0.00
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00
JUICE BAR, MINUTE MAID, 2.25 O	2.25 OZ	100	60	0	10	0.00	0.00	0.00	0	100.00	0.00	15.00	0.00	0.00	0.00
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00
Weighted Daily Average			681	66	816	6.37	3.62	445.53	3678	136.72	27.04	93.69	23.03	6.41	*0.00
% of Calories											15.9%	55.0%	30.4%	8.5%	0.0%

Fri - 09/05/2008															
Elementary Lunch	Total	100													
PIZZA, CHEESE, GALAXY #78475	5 OZ	50	370	35	770	1.00	2.00	394.00	458	0.53	18.00	32.00	18.00	9.00	*0.00
BEEF CHILI & BEANS, JTM CP579	8 oz	50	202	24	857	4.80	3.54	66.58	1543	12.38	17.80	15.90	7.37	2.66	*0.00
MUFFINS, CHEESY CORN, B V, 2.5	2.5 oz	50	218	50	345	1.11	1.14	56.17	277	0.01	5.42	34.38	6.50	1.24	*0.00
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00

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Elementary Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average			684	69	1263	7.34	4.24	622.20	4690	42.21	31.50	83.03	25.61	9.05	*0.00
% of Calories											18.4%	48.6%	33.7%	11.9%	0.0%

Mon - 09/08/2008																
Elementary Lunch	Total	100														
CHICKEN NUGGETS, KINGS DELI GHT	4 oz	50	180	40	620	0.00	0.18	12.00	70	1.00	16.00	13.00	6.00	1.00	*0.00	
PASTA, TORTELLINI, AREZZIO	6 OZ	50	241	31	929	3.44	1.89	86.06	620	3.82	8.59	36.92	6.48	2.12	*0.00	
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00	
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00	
FRUIT PIE, APPLE, HORIZON 2oz	2 OZ	100	154	0	202	1.80	9.00	11.00	5	0.60	1.70	26.40	5.10	1.40	*0.00	
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00	
Weighted Daily Average			653	49	1254	7.40	10.94	423.86	3902	38.76	24.89	93.25	21.02	5.57	*0.00	
% of Calories											15.2%	57.1%	29.0%	7.7%	0.0%	

Tue - 09/09/2008																
Elementary Lunch	Total	100														
HAMBURGER ON A BUN	4.5 OZ	50	282	31	564	2.09	2.85	100.49	114	1.06	16.14	30.22	10.75	3.70	*0.00	
BURRITO, BEAN & CHEESE,	5.75 OZ	50	355	18	587	6.13	4.19	172.04	350	1.85	16.31	53.63	7.95	4.02	*0.00	
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00	
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00	
SHERBET, LUGIS ALL FLAVORS	1 EA	100	120	5	35	0.00	0.36	20.00	0	60.00	0.00	27.00	1.50	1.00	*0.00	
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00	
Weighted Daily Average			727	44	887	7.99	4.78	520.09	3784	97.20	27.12	110.82	20.53	7.47	*0.00	
% of Calories											14.9%	61.0%	25.4%	9.2%	0.0%	

Wed - 09/10/2008																
Elementary Lunch	Total	100														
CHICKEN PATTY SANDWICH	5 OZ	50	336	54	741	2.00	3.44	99.00	76	1.00	18.00	39.00	11.50	3.00	*0.00	
TACO POCKETS, TURKEY, BELL T	5 oz	50	325	33	690	2.10	3.14	86.00	340	1.94	23.00	38.70	10.90	3.25	*0.00	
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00	
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00	
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00	
Weighted Daily Average			619	57	993	5.93	4.19	456.33	3760	37.22	31.39	80.74	20.88	5.73	*0.00	
% of Calories											20.3%	52.2%	30.4%	8.3%	0.0%	

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Elementary Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Prot	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Thu - 09/11/2008																
Elementary Lunch	Total	100														
CHICKEN TERIYAKI	3 OZ	50	157	76	1005	0.00	1.55	15.91	47	0.00	23.56	6.67	3.51	1.52	*0.00	
RICE,Cooked Brown	servings	50	95	0	95	1.53	0.46	9.55	0	0.00	1.97	19.94	0.70	0.14	*0.00	
GRILLED CHEESE SANDWICH, IN TEG	3.75 oz	50	306	34	1241	1.44	1.46	405.48	684	0.00	20.39	32.13	12.34	7.44	*0.00	
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00	
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00	
COOKIE, APPLE OATMEAL, LINDA'	1.5 oz	100	164	0	56	0.39	0.71	20.23	22	0.31	1.88	23.14	7.36	2.17	*0.00	
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00	
Weighted Daily Average			732	69	1504	5.75	3.35	599.53	3939	36.06	35.73	94.40	25.31	9.32	*0.00	
% of Calories											19.5%	51.6%	31.1%	11.5%	0.0%	

Fri - 09/12/2008																
Elementary Lunch	Total	100														
PIZZA, CHEESE, GALAXY #78475	5 OZ	50	370	35	770	1.00	2.00	394.00	458	0.53	18.00	32.00	18.00	9.00	*0.00	
CHICKEN CRISPER	5.5 OZ	50	370	27	843	2.76	3.18	119.00	204	1.18	16.40	44.44	14.86	4.08	*0.00	
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00	
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00	
JUICE BAR, MINUTE MAID, 2.25 O	2.25 OZ	100	60	0	10	0.00	0.00	0.00	0	100.00	0.00	15.00	0.00	0.00	0.00	
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00	
Weighted Daily Average			718	45	1094	5.76	3.49	620.33	3883	136.61	28.09	95.11	26.11	9.14	*0.00	
% of Calories											15.6%	53.0%	32.7%	11.5%	0.0%	

Mon - 09/15/2008																
Elementary Lunch	Total	100														
FRENCH TOAST, CINN GLAZ,SUNN	3.25 oz	50	367	135	354	0.00	2.05	59.32	205	0.00	8.99	63.91	8.00	1.49	*0.00	
CHICKEN NUGGETS, KINGS DELI GHT	4 oz	50	180	40	620	0.00	0.18	12.00	70	1.00	16.00	13.00	6.00	1.00	*0.00	
POTATO PUFFS: frozen,cooked	.5 CUP	100	142	0	477	2.05	1.00	19.20	10	4.42	2.14	19.51	6.87	3.26	*0.00	
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00	
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00	
YOGURT, TRIX, RASPBERRY RAIN BO	4 oz	100	120	5	55	0.00	0.00	100.00	500	0.00	4.00	23.00	1.50	1.00	*0.00	
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00	
Weighted Daily Average			824	107	1297	5.93	3.02	518.69	4199	40.67	29.53	122.85	25.04	8.11	*0.00	
% of Calories											14.3%	59.6%	27.4%	8.9%	0.0%	

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Elementary Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Tue - 09/16/2008																
Elementary Lunch	Total	100														
HAMBURGER ON A BUN	4.5 OZ	50	282	31	564	2.09	2.85	100.49	114	1.06	16.14	30.22	10.75	3.70	*0.00	
CHICKEN DRUMSTICK, BBQ, TYSO	4 oz	50	100	60	390	0.00	0.36	0.00	0	0.00	14.00	4.00	3.00	1.00	*0.00	
SWEET POTATO FRIES	3 OZ	100	150	0	170	3.00	0.36	20.00	5000	9.60	1.00	22.00	6.00	1.00	*0.00	
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00	
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00	
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00	
Weighted Daily Average			630	59	924	7.93	2.87	434.07	8609	45.88	26.96	81.00	22.55	5.96	*0.00	
% of Calories											17.1%	51.5%	32.2%	8.5%	0.0%	

Wed - 09/17/2008																
Elementary Lunch	Total	100														
CHICKEN PATTY SANDWICH	5 OZ	50	336	54	741	2.00	3.44	99.00	76	1.00	18.00	39.00	11.50	3.00	*0.00	
CHEESE LASAGNA	SVG	50	251	49	577	*0.00	2.39	306.00	1275	15.90	26.67	27.47	8.58	*0.00	*0.00	
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00	
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00	
FRUIT PIE, APPLE, HORIZON 2oz	OZ	100	77	0	101	0.90	4.50	5.50	3	0.30	0.85	13.20	2.55	0.70	*0.00	
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00	
Weighted Daily Average			659	66	1037	*5.78	8.32	571.83	4230	44.50	34.08	88.32	22.27	*4.80	*0.00	
% of Calories											20.7%	53.6%	30.4%	6.6%	0.0%	

Thu - 09/18/2008																
Elementary Lunch	Total	100														
CHICKEN, MANDARIN ORANGE	5.2 servings	50	190	60	270	0.00	1.08	20.00	100	0.00	14.00	16.00	7.00	1.50	*0.00	
RICE,Cooked Brown	50	50	95	0	95	1.53	0.46	9.55	0	0.00	1.97	19.94	0.70	0.14	*0.00	
MACARONI & CHEESE, JTM #5756	7 OZ	50	302	41	970	2.30	0.83	306.82	638	0.19	15.59	29.28	14.10	7.07	*0.00	
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00	
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00	
CLODHOPPER TREAT	1 EA	100	165	0	130	2.00	0.72	40.00	0	0.00	2.00	27.00	5.00	4.50	*0.00	
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00	
Weighted Daily Average			747	64	1075	7.79	2.81	572.01	3921	35.85	28.67	101.50	25.58	11.46	*0.00	
% of Calories											15.4%	54.4%	30.8%	13.8%	0.0%	

Fri - 09/19/2008																
Elementary Lunch	Total	1														
PIZZA, CHEESE, GALAXY #78475	5 OZ	1	370	35	770	1.00	2.00	394.00	458	0.53	18.00	32.00	18.00	9.00	*0.00	
BEEF CHILI & BEANS, JTM CP579	8 oz	1	202	24	857	4.80	3.54	66.58	1543	12.38	17.80	15.90	7.37	2.66	*0.00	
MUFFINS, CHEESY CORN, B V, 3.5	3.5 oz	1	305	73	482	1.55	1.61	78.45	386	0.02	7.57	48.08	9.10	1.73	*0.00	
GARDEN BAR - FRUIT	SVG	1	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00	
GARDEN BAR - VEGGIES	.5 CUP	1	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00	
JUICE BAR, BLUE RASPBERRY 2.2	1 each	1	302	10	911	0.00	0.00	139.56	0	0.00	5.37	49.38	9.66	3.22	*0.00	
MILK - Variety	HALF PINT	1	150	5	195	0.00	0.18	375.00	500	3.60	10.50	23.50	1.25	0.75	*0.00	

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Elementary Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average			1481	153	3343	10.67	7.96	1087.0	5966	50.06	60.95	190.91	52.67	18.53	*0.00
% of Calories								1			16.5%	51.6%	32.0%	11.3%	0.0%

Mon - 09/22/2008																
Elementary Lunch	Total	100														
CHICKEN NUGGETS, KINGS DELI GHT	4 oz	50	180	40	620	0.00	0.18	12.00	70	1.00	16.00	13.00	6.00	1.00	*0.00	
CHICKEN FRIED STEAK	3.8 OZ	50	266	35	336	2.96	3.55	39.48	99	1.18	14.81	17.77	12.83	3.95	*0.00	
POTATOES, MASHED, EXCEL	.5 CUP	100	68	*0	303	1.52	0.27	0.76	*0	2.73	1.52	12.90	0.76	0.00	*0.00	
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00	
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00	
COOKIE, CHOCOLATE CHIP, CLAS	1 OZ	100	110	5	95	0.00	0.00	0.00	200	0.00	1.00	17.00	5.00	2.00	*0.00	
MILK - Variety	HALF PINT	100	150	5	195	0.00	0.18	375.00	500	3.60	10.50	23.50	1.25	0.75	*0.00	
Weighted Daily Average			703	*53	1199	6.31	2.95	434.92	*3864	40.95	30.14	90.83	23.72	6.39	*0.00	
% of Calories											17.1%	51.6%	30.3%	8.2%	0.0%	

Tue - 09/23/2008																
Elementary Lunch	Total	100														
HAMBURGER ON A BUN	4.5 OZ	50	282	31	564	2.09	2.85	100.49	114	1.06	16.14	30.22	10.75	3.70	*0.00	
PIZZA, FRENCH BREAD, PEPPER	1 EA	50	386	39	949	2.21	2.21	353.13	419	67.31	20.97	36.42	17.66	7.72	*0.00	
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00	
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00	
SHERBET, LUIGIS ALL FLAVORS	1 EA	100	120	5	35	0.00	0.36	20.00	0	60.00	0.00	27.00	1.50	1.00	*0.00	
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00	
Weighted Daily Average			743	54	1069	6.03	3.79	610.63	3819	129.94	29.45	102.21	25.38	9.32	*0.00	
% of Calories											15.9%	55.0%	30.8%	11.3%	0.0%	

Wed - 09/24/2008																
Elementary Lunch	Total	100														
CHICKEN PATTY SANDWICH	5 OZ	50	336	54	741	2.00	3.44	99.00	76	1.00	18.00	39.00	11.50	3.00	*0.00	
CHEESE PUPPIE, WRAPPED	4 OZ	50	300	50	580	1.00	3.02	134.00	0	0.00	14.00	33.00	13.00	4.00	*0.00	
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00	
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00	
JUICE BAR, MINUTE MAID, 2.25 O	2.25 OZ	100	60	0	10	0.00	0.00	0.00	0	100.00	0.00	15.00	0.00	0.00	0.00	
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00	
Weighted Daily Average			666	66	948	5.38	4.13	480.33	3590	136.25	26.89	92.89	21.93	6.10	*0.00	
% of Calories											16.1%	55.7%	29.6%	8.2%	0.0%	

Roseville City School District

Aug 11, 2008 thru Sep 30, 2008 Spreadsheet - Portion Values Elementary Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Thu - 09/25/2008																
Elementary Lunch	Total	100														
CHICKEN TERIYAKI	3 OZ	50	157	76	1005	0.00	1.55	15.91	47	0.00	23.56	6.67	3.51	1.52	*0.00	
EGG ROLL, PORK, 4.2 oz, Minh	1 EA	50	300	105	670	3.00	2.70	60.00	400	4.80	15.00	27.00	11.50	5.00	*0.00	
RICE,Cooked Brown	servings	100	95	0	95	1.53	0.46	9.55	0	0.00	1.97	19.94	0.70	0.14	*0.00	
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00	
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00	
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00	
Weighted Daily Average			612	105	1210	6.91	3.49	411.33	3775	38.15	32.14	78.67	17.88	6.00	*0.00	
% of Calories											21.0%	51.4%	26.3%	8.8%	0.0%	

Fri - 09/26/2008																
Elementary Lunch	Total	100														
PIZZA, CHEESE, GALAXY #78475	5 OZ	50	370	35	770	1.00	2.00	394.00	458	0.53	18.00	32.00	18.00	9.00	*0.00	
TURKEY TACO BOWL	1 EA	50	253	*44	553	5.59	3.35	*57.92	*168	*1.39	16.36	28.86	7.82	*1.79	*0.00	
CORN: canned, yellow	.5 CUP	100	66	0	175	1.64	0.71	4.10	66	6.97	2.15	15.24	0.82	0.12	*0.00	
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00	
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00	
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00	
Weighted Daily Average			667	*53	1114	8.81	4.28	*593.88	*3931	*43.68	30.22	87.56	23.41	*8.12	*0.00	
% of Calories											18.1%	52.5%	31.6%	11.0%	0.0%	

Mon - 09/29/2008																
Elementary Lunch	Total	100														
CHICKEN NUGGETS, KINGS DELI GHT	4 oz	50	180	40	620	0.00	0.18	12.00	70	1.00	16.00	13.00	6.00	1.00	*0.00	
CHILI CHEESE DOG	1 EA	50	338	35	944	2.10	3.17	155.00	*0	1.08	12.80	32.70	16.40	6.40	*0.00	
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00	
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00	
SHERBET, LUGIS ALL FLAVORS	1 EA	100	120	5	35	0.00	0.36	20.00	0	60.00	0.00	27.00	1.50	1.00	*0.00	
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00	
Weighted Daily Average			667	57	1094	4.93	2.94	467.33	*3587	96.79	25.29	91.74	22.38	7.31	*0.00	
% of Calories											15.2%	55.0%	30.2%	9.8%	0.0%	

Tue - 09/30/2008																
Elementary Lunch	Total	100														
HAMBURGER ON A BUN	4.5 OZ	50	282	31	564	2.09	2.85	100.49	114	1.06	16.14	30.22	10.75	3.70	*0.00	
TURKEY & GRAVY, PRE-COOKED	5.75 oz	50	163	53	803	0.00	1.10	11.30	143	0.00	21.24	3.06	7.31	1.74	*0.00	
POTATOES, MASHED, EXCEL	.5 CUP	50	68	*0	303	1.52	0.27	0.76	*0	2.73	1.52	12.90	0.76	0.00	*0.00	
GARDEN BAR - FRUIT	SVG	100	69	0	2	2.14	0.25	13.18	116	15.38	0.75	17.85	0.23	0.07	*0.00	
GARDEN BAR - VEGGIES	.5 CUP	100	83	6	126	1.18	0.38	20.23	2963	18.15	0.97	4.20	7.07	1.09	*0.00	
COOKIE, MJM, SPORTBITES	1 EA	100	110	0	90	0.00	*0.00	*0.00	*0	*0.00	2.00	19.00	3.50	0.00	*0.00	
MILK, VARIETY	8.47 oz	100	136	8	149	0.57	0.27	330.41	472	2.22	9.17	19.84	2.38	1.44	*0.00	
Weighted Daily Average			655	*56	1202	5.69	*3.02	*420.10	*3681	*37.64	32.34	83.98	22.59	5.33	*0.00	
% of Calories											19.7%	51.3%	31.0%	7.3%	0.0%	

Roseville City School District

Aug 11, 2008 thru Sep 30, 2008 Spreadsheet - Portion Values
Elementary Lunch

Aug 6, 2008

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Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
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Weighted Average			711	*66	1183	*6.81	*4.39	*539.26	*4236	*59.97	30.81 17.3%	95.23 53.6%	23.99 30.4%	*7.79 9.9%	*0.00 0.0%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	711		664	107%			
Cholesterol (mg)	66		0		Missing		
Sodium (mg)	1183		0				
Fiber (g)	6.81		0.00		Missing		
Iron (mg)	4.39		3.47	126%	Missing		
Calcium (mg)	539.26		286.00	189%	Missing		
Vitamin A (IU)	4236		1119	379%	Missing		
Vitamin C (mg)	59.97		15.24	393%	Missing		
Protein (g)	30.81	17.33%	9.77	315%			
Carbohydrate (g)	95.23	53.57%	0.00				
Total Fat (g)	23.99	30.36%	<30.00				Correction Required - Total Fat too High
Saturated Fat (g)	7.79	9.86%	<10.00		Missing		
Trans Fat (g)	0.00	0.00%					