

Dysart USD # 89

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May 1, 2011 thru May 31, 2011 Spreadsheet - Portion Values
Combined: Elementary Breakfast (K-12)/High School Lunch (7-12)

Apr 20, 2011

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Mon - 05/02/2011				
Elementary Breakfast (K-12)	Total	2200		
Super Donut	1 EACH	1600	250	30.0
Cheese, String	1 EACH	1600	80	0.0
Cereal Variety 2-SFE	BOWL	600	105	22.5
Toast w/ Margarine	2 EACH	570	207	28.0
Muffin, Banana RF (IW)	1 EACH	130	170	28.0
Milk, Fat Free, Chocolate, Sha	1 EACH	1056	130	24.0
Milk, 1% White, Shamrock	1 EACH	910	100	12.0
Breakfast Bar Monday	1 CUP	1535	231	59.35
Juice, Orange, SunCup, 4oz	1 EACH	60	55	14.11
Cherry, Dried Commodity	1/3 CUP	1160	150	36.96
High School Lunch (7-12)	Total	4052		
Corn Dog, Mini, Turkey	7 EACH	295	385	31.5
Chicken Patty Sandwich	1 EACH	770	380	39.0
Cheeseburger (P)	1 EACH	375	351	33.0
Potato, French Fries-Coated	3 OZ	1450	160	20.01
Patty Melt, Dysart	1 EACH	78	394	32.89
Potato, Garlic Fries Gusto	3 OZ	78	159	23.27
Beef Teriyaki Dippers	6 EACH	185	391	39.75
Rice, White	1/2 CUP	184	113	23.08
Rotini w/ Meat Sauce	3/4 CUP	135	436	75.26
Breadstick, Frozen	1 EACH	135	114	21.0
Pizza, 16" Chicken Fajita WW	SLICE	144	316	37.11
Pizza, 16" Pepperoni NewPep WW	SLICE	676	280	35.92
Salad, Tossed	1 CUP	338	92	5.94
Quesadilla Whole Grain Chili &	Serving	105	270	36.0
Adobe Grill Bar (C)	Servings	425	493	47.6
Beans, Refried, Seasoned,Cnd	1/2 CUP	280	109	18.83
Rice, Spanish, HM	1/2 CUP	300	141	30.3
Salad, Chef, Large	1 EACH	47	254	10.08
Salad, Chicken Stuffed Tomato	1 EACH	17	161	6.21
Breadstick, Frozen	1 EACH	59	114	21.0
Delicatessen #2	EACH	800	318	34.85
Chip, Variety HS	1 EACH	800	125	20.91
HI-C Orange Lavaburst	12 FL OZ	610	167	45.0
HI-C Pink Lemonade	12 FL OZ	560	144	37.5
Nestea Raspberry Iced Tea	12 FL OZ	635	89	24.0
Minute Maid Apple Juice	12 FL OZ	610	248	63.0
Minute Maid Light Lemonade	12 FL OZ	685	6	0.75
Milk, Fat Free, Chocolate, Sha	1 EACH	1030	130	24.0
Milk, 1% White, Shamrock	1 EACH	320	100	12.0
Finishing Bar, HS	3/4 CUP	1300	172	21.3
Salad Bar, #2	1 CUP	1800	256	40.62
Cherry, Dried Commodity	Serving	800	450	110.89
Weighted Daily Average			804	127.80
% of Calories				63.6%

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

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Combined: Elementary Breakfast (K-12)/High School Lunch (7-12)

Apr 20, 2011

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Tue - 05/03/2011				
Elementary Breakfast (K-12)	Total	2196		
French Toast Sticks	3 EACH	1449	185	22.99
Sausage, Links, Turkey	2 EACH	1449	122	0.32
Syrup Cup	1 each	1313	120	31.0
Cereal Variety 2-SFE	BOWL	747	105	22.5
Toast w/ Margarine	2 EACH	617	207	28.0
Muffin, Banana RF (IW)	1 EACH	130	170	28.0
Omelet, Sausage & Cheese	1 EACH	0	333	3.3
Potato, Hash Brown Stix	1 EACH	0	100	15.0
Milk, Fat Free, Chocolate, Sha	1 EACH	1425	130	24.0
Milk, 1% White, Shamrock	1 EACH	726	100	12.0
Breakfast Bar Tuesday	1 CUP	1815	167	42.27
Juice, Orange, SunCup, 4oz	1 EACH	60	55	14.11
Cherry, Dried Commodity	1/3 CUP	1425	150	36.96
High School Lunch (7-12)	Total	3786		
Bacon Cheeseburger (P)	1 EACH	415	380	33.13
Chicken Patty Sandwich	1 EACH	760	380	39.0
Cheeseburger (P)	1 EACH	196	351	33.0
Potato, French Fries-Coated	3 OZ	1280	160	20.01
Turkey Pot Pie (Biscuit Crust)	3/4 CUP	150	177	23.54
Beans, Green, Canned (C)	3/4 CUP	130	30	3.78
Chinese Chicken Rice	3/4 Cup	200	176	22.0
Egg Roll, Chicken Whole Grain	Each	200	160	19.0
Beef Ravioli in Tomato Sauce	3/4 CUP	126	187	23.99
Breadstick, Frozen	1 EACH	126	114	21.0
Pizza, 16" Hawaiian- WW	SLICE	128	303	39.48
Pizza, 16" Pepperoni NewPep WW	SLICE	660	280	35.92
Salad, Tossed	1 CUP	358	92	5.94
Salad, Chicken Taco, Lrg-SHELL	1 EACH	94	463	51.66
Adobe Grill Bar (C)	Servings	440	493	47.6
Beans, Refried, Seasoned,Cnd	1/2 CUP	280	109	18.83
Rice, Spanish, HM	1/2 CUP	295	141	30.3
Salad, Chef, Large	1 EACH	49	254	10.08
Salad, Spicy Crispy Chicken	1 EACH	38	380	28.66
Delicatessen #2	EACH	530	318	34.85
Chip, Variety HS	1 EACH	785	125	20.91
Breadstick, Frozen	1 EACH	338	114	21.0
HI-C Orange Lavaburst	12 FL OZ	610	167	45.0
HI-C Pink Lemonade	12 FL OZ	560	144	37.5
Nestea Raspberry Iced Tea	12 FL OZ	685	89	24.0
Minute Maid Apple Juice	12 FL OZ	610	248	63.0
Minute Maid Light Lemonade	12 FL OZ	685	6	0.75
Milk, Fat Free, Chocolate, Sha	1 EACH	880	130	24.0
Milk, 1% White, Shamrock	1 EACH	320	100	12.0
Finishing Bar, HS	3/4 CUP	1300	172	21.3
Salad Bar, #1	1 CUP	1800	279	46.28
Gelatin, Orange	3/4 CUP	1700	113	27.39
Weighted Daily Average			811	130.31
% of Calories				64.3%

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May 1, 2011 thru May 31, 2011 Spreadsheet - Portion Values
 Combined: Elementary Breakfast (K-12)/High School Lunch (7-12)

Apr 20, 2011

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Wed - 05/04/2011				
Elementary Breakfast (K-12)	Total	2290		
Pancakes	2 EACH	1797	147	28.0
Sausage, Links, Turkey	2 EACH	1797	122	0.32
Syrup Cup	1 each	1797	120	31.0
Cereal Variety-SFE	BOWL	493	95	20.5
Toast w/ Margarine	2 EACH	350	207	28.0
Muffin, Blueberry	1 EACH	143	150	16.0
Milk, Fat Free, Chocolate, Sha	1 EACH	1485	130	24.0
Milk, 1% White, Shamrock	1 EACH	706	100	12.0
Breakfast Bar Wednesday	Serving	1905	185	47.44
Juice, Orange, SunCup, 4oz	1 EACH	60	55	14.11
Cherry, Dried Commodity	1/3 CUP	1915	150	36.96
High School Lunch (7-12)	Total	4020		
Chicken Nuggets	7 EACH	390	322	14.0
Chicken Patty Sandwich	1 EACH	735	380	39.0
Cheeseburger (P)	1 EACH	340	351	33.0
Potato, French Fries-Coated	3 OZ	1275	160	20.01
Sloppy Joe Sandwich	1 EACH	105	268	34.72
Potato, Garlic Fries Gusto	3 OZ	105	159	23.27
Beef & Broccoli-w/Fajita Meat	3/4 CUP	185	191	8.11
Rice, White	3/4 CUP	185	169	34.63
Calzone, Veggie (C)	1 EACH	29	384	48.04
Pizza, 16" Meatlovers WW	SLICE	284	349	36.46
Pizza, 16" Pepperoni NewPep WW	SLICE	580	280	35.92
Salad, Tossed	1 CUP	358	92	5.94
Beef Soft Taco (C)TTF	2 EACH	104	366	34.56
Adobe Grill Bar (C)	Servings	420	493	47.6
Beans, Refried, Seasoned,Cnd	1/2 CUP	280	109	18.83
Rice, Spanish, HM	1/2 CUP	320	141	30.3
Salad, BBQ Chicken, Lg	1 EACH	24	328	15.98
Salad, Hawaiian, Chicken, Lg	EACH	24	262	31.79
Roll, Dinner, Wheat	1 EACH	46	82	14.0
Delicatessen #2	EACH	800	318	34.85
Chip, Variety HS	1 EACH	800	125	20.91
HI-C Orange Lavaburst	12 FL OZ	610	167	45.0
HI-C Pink Lemonade	12 FL OZ	560	144	37.5
Nestea Raspberrry Iced Tea	12 FL OZ	685	89	24.0
Minute Maid Apple Juice	12 FL OZ	660	248	63.0
Minute Maid Light Lemonade	12 OZ	685	6	0.75
Milk, Fat Free, Chocolate, Sha	1 EACH	1230	130	24.0
Milk, 1% White, Shamrock	1 EACH	320	100	12.0
Finishing Bar, HS	3/4 CUP	1300	172	21.3
Salad Bar, #1	1 CUP	1800	279	46.28
Cherry, Dried Commodity	Serving	800	450	110.89
Weighted Daily Average			836	139.37
% of Calories				66.7%

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Combined: Elementary Breakfast (K-12)/High School Lunch (7-12)

Apr 20, 2011

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Thu - 05/05/2011				
Elementary Breakfast (K-12)	Total	2684		
Cinnamon Roll	1 EACH	2425	250	47.68
Sausage, Links, Turkey	2 EACH	2425	122	0.32
Cereal Variety 2-SFE	BOWL	259	105	22.5
Toast w/ Margarine	2 EACH	189	207	28.0
Muffin, Chocolate Chip IW	1 EACH	70	170	29.0
Milk, Fat Free, Chocolate, Sha	1 EACH	1631	130	24.0
Milk, 1% White, Shamrock	1 EACH	843	100	12.0
Breakfast Bar Thursday	1 CUP	2215	125	32.05
Juice, Orange, SunCup, 4oz	1 EACH	80	55	14.11
Cherry, Dried Commodity	1/3 CUP	2215	150	36.96
High School Lunch (7-12)	Total	4171		
BBQ Rib Pattie Sandwich	1 EACH	330	320	33.0
Chicken Patty Sandwich	1 EACH	760	380	39.0
Cheeseburger (P)	1 EACH	355	351	33.0
Potato, French Fries-Coated	3 OZ	1320	160	20.01
Sandwich, PhillyChsSteak,Dysar	1 EACH	240	541	67.65
Potato, Garlic Fries Gusto	3 OZ	240	159	23.27
Chicken Teriyaki Stir Fry	3/4 CUP	190	187	20.02
Rice, White	1/2 CUP	189	113	23.08
Spaghetti w/ Meat Sauce	3/4 CUP	140	466	69.59
Breadstick, Frozen	1 EACH	65	114	21.0
Pizza, 16" Supreme WW	SLICE	128	336	36.99
Pizza, 16" Pepperoni NewPep WW	SLICE	660	280	35.92
Salad, Tossed	1 CUP	358	92	5.94
Salad, Taco, Beef,Shell, Large	1 EACH	95	565	51.19
Adobe Grill Bar (C)	Servings	415	493	47.6
Beans, Refried, Seasoned,Cnd	1/2 CUP	280	109	18.83
Rice, Spanish, HM	1/2 CUP	295	141	30.3
Salad, Chicken Garden, Large	1 EACH	29	293	27.58
Salad, Chef, Large	1 EACH	49	254	10.08
Breadstick, Frozen	1 EACH	74	114	21.0
Delicatessen #2	EACH	780	318	34.85
Chip, Variety HS	1 EACH	780	125	20.91
HI-C Orange Lavaburst	12 FL OZ	610	167	45.0
HI-C Pink Lemonade	12 FL OZ	560	144	37.5
Nestea Raspberry Iced Tea	12 FL OZ	685	89	24.0
Minute Maid Apple Juice	12 FL OZ	660	248	63.0
Minute Maid Light Lemonade	12 OZ	585	6	0.75
Milk, Fat Free, Chocolate, Sha	1 EACH	880	130	24.0
Milk, 1% White, Shamrock	1 EACH	320	100	12.0
Finishing Bar, HS	3/4 CUP	1300	172	21.3
Salad Bar, #2	1 CUP	1800	256	40.62
Gelatin, Strawberry	3/4 CUP	1700	113	27.39
Weighted Daily Average			776	123.64
% of Calories				63.7%

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Combined: Elementary Breakfast (K-12)/High School Lunch (7-12)

Apr 20, 2011

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Fri - 05/06/2011				
Elementary Breakfast (K-12)	Total	2246		
Breakfast, Pizza, Sausage	1 EACH	1446	230	25.0
Cheese, String	1 EACH	1446	80	0.0
Cereal Variety 2-SFE	BOWL	800	105	22.5
Toast w/ Margarine	2 EACH	595	207	28.0
Muffin, Apple	1 EACH	205	140	18.0
Milk, Fat Free, Chocolate, Sha	1 EACH	1460	130	24.0
Milk, 1% White, Shamrock	1 EACH	686	100	12.0
Breakfast Bar Friday	1 CUP	1795	140	35.11
Juice, Orange, SunCup, 4oz	1 EACH	80	55	14.11
Cherry, Dried Commodity	1/3 CUP	1800	150	36.96
High School Lunch (7-12)	Total	4048		
Chicken Patty Sandwich, Spicy	1 EACH	454	380	50.0
Chicken Patty Sandwich	1 EACH	585	380	39.0
Cheeseburger (P)	1 EACH	250	351	33.0
Potato, French Fries-Coated	3 OZ	1275	160	20.01
Baked Potato Bar (Traditional)	1 EACH	110	260	47.46
Roll, Dinner, Wheat	1 EACH	110	82	14.0
Orange Chicken- Elementary	Serving	616	380	54.4
Rice, White	1/2 CUP	611	113	23.08
Calzone, Meatball (P)	1 EACH	47	567	49.64
Pizza, 16" Cheese WW	SLICE	140	275	35.82
Pizza, 16" Pepperoni NewPep WW	SLICE	590	280	35.92
Salad, Tossed	1 CUP	328	92	5.94
Chimi, Bean & Cheese, Frzn	1 EACH	90	425	39.0
Adobe Grill Bar (C)	Servings	385	493	47.6
Beans, Refried, Seasoned,Cnd	1/2 CUP	280	109	18.83
Rice, Spanish, HM	1/2 CUP	315	141	30.3
Salad, Southwest Chicken, Lg	1 EACH	27	381	27.5
Salad, Carribean, Large	1 EACH	24	274	20.34
Roll, Dinner, Wheat	EACH	44	82	14.0
Delicatessen #2	EACH	730	318	34.85
Chip, Variety HS	1 EACH	730	125	20.91
HI-C Orange Lavaburst	12 FL OZ	610	167	45.0
HI-C Pink Lemonade	12 FL OZ	560	144	37.5
Nestea Raspberry Iced Tea	12 FL OZ	685	89	24.0
Minute Maid Apple Juice	12 FL OZ	660	248	63.0
Minute Maid Light Lemonade	12 OZ	585	6	0.75
Milk, Fat Free, Chocolate, Sha	1 EACH	930	130	24.0
Milk, 1% White, Shamrock	1 EACH	320	100	12.0
Finishing Bar, HS	3/4 CUP	1300	172	21.3
Salad Bar, #2	1 CUP	1800	256	40.62
Gelatin, Orange	3/4 CUP	1700	113	27.39
Weighted Daily Average			769	122.69
% of Calories				63.8%

Mon - 05/09/2011				
Elementary Breakfast (K-12)	Total	2200		
Muffin, Choclate Chip, RF 3.6z	1 EACH	1600	350	58.0
Cheese, String	1 EACH	1600	80	0.0
Cereal Variety 2-SFE	BOWL	600	105	22.5
Toast w/ Margarine	2 EACH	570	207	28.0
Muffin, Banana RF (IW)	1 EACH	130	170	28.0
Milk, Fat Free, Chocolate, Sha	1 EACH	1056	130	24.0
Milk, 1% White, Shamrock	1 EACH	910	100	12.0
Breakfast Bar Monday	1 CUP	1515	231	59.35
Juice, Orange, SunCup, 4oz	1 EACH	60	55	14.11

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Apr 20, 2011

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
High School Lunch (7-12)	Total	4052		
Corn Dog, Mini, Turkey	7 EACH	295	385	31.5
Chicken Patty Sandwich	1 EACH	770	380	39.0
Cheeseburger (P)	1 EACH	375	351	33.0
Potato, French Fries-Coated	3 OZ	1450	160	20.01
Sandwich, BBQ Beef	1 EACH	78	325	43.81
Potato, Garlic Fries Gusto	3 OZ	73	159	23.27
Beef Teriyaki Dippers	6 EACH	185	391	39.75
Rice, White	1/2 CUP	184	113	23.08
Rotini w/ Meat Sauce	3/4 CUP	135	436	75.26
Breadstick, Frozen	1 EACH	135	114	21.0
Pizza, 16" Chicken Fajita WW	SLICE	144	316	37.11
Pizza, 16" Pepperoni NewPep WW	SLICE	676	280	35.92
Salad, Tossed	1 CUP	338	92	5.94
Quesadilla Whole Grain Chili &	Serving	105	270	36.0
Adobe Grill Bar (C)	Servings	425	493	47.6
Beans, Refried, Seasoned,Cnd	1/2 CUP	280	109	18.83
Rice, Spanish, HM	1/2 CUP	300	141	30.3
Salad, Chef, Large	1 EACH	47	254	10.08
Salad, Chicken Stuffed Tomato	1 EACH	17	161	6.21
Breadstick, Frozen	1 EACH	59	114	21.0
Delicatessen #2	EACH	800	318	34.85
Chip, Variety HS	1 EACH	800	125	20.91
HI-C Orange Lavaburst	12 FL OZ	610	167	45.0
HI-C Pink Lemonade	12 FL OZ	560	144	37.5
Nestea Raspberry Iced Tea	12 FL OZ	635	89	24.0
Minute Maid Apple Juice	12 FL OZ	610	248	63.0
Minute Maid Light Lemonade	12 FL OZ	685	6	0.75
Milk, Fat Free, Chocolate, Sha	1 EACH	1030	130	24.0
Milk, 1% White, Shamrock	1 EACH	320	100	12.0
Finishing Bar, HS	3/4 CUP	1300	172	21.3
Salad Bar, #2	1 CUP	1800	256	40.62
Cherry, Dried Commodity	Serving	800	450	110.89
Weighted Daily Average			800	128.04
% of Calories				64.0%

Tue - 05/10/2011				
Elementary Breakfast (K-12)	Total	2231		
Burrito, Egg,Sausage,Chs	1 EACH	1596	260	27.0
Toast w/ Margarine	2 EACH	1596	207	28.0
Cereal Variety 2-SFE	BOWL	635	105	22.5
Toast w/ Margarine	2 EACH	505	207	28.0
Muffin, Banana RF (IW)	1 EACH	130	170	28.0
Omelet, Cheese	1 EACH	0	272	3.14
Potato, Hash Brown Stix	1 EACH	0	100	15.0
Milk, Fat Free, Chocolate, Sha	1 EACH	1423	130	24.0
Milk, 1% White, Shamrock	1 EACH	753	100	12.0
Breakfast Bar Tuesday	1 CUP	1960	167	42.27
Juice, Orange, SunCup, 4oz	1 EACH	60	55	14.11
Cherry, Dried Commodity	1/3 CUP	1960	150	36.96
Salsa, Fresh w/ Commodity , HM	1/3 CUP	0	28	5.91

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	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
High School Lunch (7-12)	Total	3786		
Bacon Cheeseburger (P)	1 EACH	415	380	33.13
Chicken Patty Sandwich	1 EACH	760	380	39.0
Cheeseburger (P)	1 EACH	196	351	33.0
Potato, French Fries-Coated	3 OZ	1280	160	20.01
Lasagna, Beef	3/4 CUP	150	259	23.51
Breadstick, Frozen	1 EACH	150	114	21.0
Beans, Green, Canned (C)	1/2 CUP	130	20	2.52
Chinese Chicken Rice	3/4 Cup	200	176	22.0
Egg Roll, Chicken Whole Grain	Each	200	160	19.0
Beef Ravioli in Tomato Sauce	3/4 CUP	126	187	23.99
Breadstick, Frozen	1 EACH	126	114	21.0
Pizza, 16" Hawaiian- WW	SLICE	128	303	39.48
Pizza, 16" Pepperoni NewPep WW	SLICE	660	280	35.92
Salad, Tossed	1 CUP	358	92	5.94
Salad, Chicken Taco, Lrg-SHELL	1 EACH	94	463	51.66
Adobe Grill Bar (C)	Servings	440	493	47.6
Beans, Refried, Seasoned,Cnd	1/2 CUP	280	109	18.83
Rice, Spanish, HM	1/2 CUP	295	141	30.3
Salad, Chef, Large	1 EACH	49	254	10.08
Salad, Spicy Crispy Chicken	1 EACH	38	380	28.66
Delicatessen #2	EACH	530	318	34.85
Chip, Variety HS	1 EACH	785	125	20.91
Breadstick, Frozen	1 EACH	338	114	21.0
HI-C Orange Lavaburst	12 FL OZ	610	167	45.0
HI-C Pink Lemonade	12 FL OZ	560	144	37.5
Nestea Raspberry Iced Tea	12 FL OZ	685	89	24.0
Minute Maid Apple Juice	12 FL OZ	610	248	63.0
Minute Maid Light Lemonade	12 FL OZ	685	6	0.75
Milk, Fat Free, Chocolate, Sha	1 EACH	880	130	24.0
Milk, 1% White, Shamrock	1 EACH	320	100	12.0
Finishing Bar, HS	3/4 CUP	1300	172	21.3
Salad Bar, #1	1 CUP	1800	279	46.28
Gelatin, Orange	3/4 CUP	1700	113	27.39
Weighted Daily Average			846	135.67
% of Calories				64.1%

Wed - 05/11/2011				
Elementary Breakfast (K-12)	Total	2355		
Waffles, Stix	3 EACH	1842	210	42.0
Sausage, Links, Turkey	2 EACH	1842	122	0.32
Syrup Cup	2 each	1842	240	62.0
Cereal Variety-SFE	BOWL	513	95	20.5
Toast w/ Margarine	2 EACH	405	207	28.0
Muffin, Blueberry	1 EACH	108	150	16.0
Milk, Fat Free, Chocolate, Sha	1 EACH	1540	130	24.0
Milk, 1% White, Shamrock	1 EACH	731	100	12.0
Breakfast Bar Wednesday	SERVING- 1 CUP	2045	185	47.44
Juice, Orange, SunCup, 4oz	1 EACH	80	55	14.11
Cherry, Dried Commodity	1/3 CUP	1965	150	36.96

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May 1, 2011 thru May 31, 2011 Spreadsheet - Portion Values
Combined: Elementary Breakfast (K-12)/High School Lunch (7-12)

Apr 20, 2011

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
High School Lunch (7-12)	Total	4020		
Chicken Nuggets	7 EACH	390	322	14.0
Chicken Patty Sandwich	1 EACH	735	380	39.0
Cheeseburger (P)	1 EACH	340	351	33.0
Potato, French Fries-Coated	3 OZ	1275	160	20.01
Chicken, BBQ Glazed	4 OZ	105	309	13.37
Muffin, Corn	1 EACH	105	150	19.0
Corn on the Cob (C)	1 EACH	100	38	9.16
Beef & Broccoli-w/Fajita Meat	3/4 CUP	185	191	8.11
Rice, White	1/2 CUP	185	113	23.08
Calzone, Veggie (C)	1 EACH	29	384	48.04
Pizza, 16" Meatlovers WW	SLICE	284	349	36.46
Pizza, 16" Pepperoni NewPep WW	SLICE	580	280	35.92
Salad, Tossed	1 CUP	358	92	5.94
Beef Soft Taco (C)TTF	2 EACH	104	366	34.56
Adobe Grill Bar (C)	Servings	420	493	47.6
Beans, Refried, Seasoned,Cnd	1/2 CUP	280	109	18.83
Rice, Spanish, HM	1/2 CUP	320	141	30.3
Salad, BBQ Chicken, Lg	1 EACH	24	328	15.98
Salad, Hawaiian, Chicken, Lg	EACH	24	262	31.79
Roll, Dinner, Wheat	1 EACH	46	82	14.0
Delicatessen #2	EACH	800	318	34.85
Chip, Variety HS	1 EACH	800	125	20.91
HI-C Orange Lavaburst	12 FL OZ	610	167	45.0
HI-C Pink Lemonade	12 FL OZ	560	144	37.5
Nestea Raspberry Iced Tea	12 FL OZ	685	89	24.0
Minute Maid Apple Juice	12 FL OZ	660	248	63.0
Minute Maid Light Lemonade	12 OZ	685	6	0.75
Milk, Fat Free, Chocolate, Sha	1 EACH	1230	130	24.0
Milk, 1% White, Shamrock	1 EACH	320	100	12.0
Finishing Bar, HS	3/4 CUP	1300	172	21.3
Salad Bar, #1	1 CUP	1800	279	46.28
Cherry, Dried Commodity	Serving	800	450	110.89
Weighted Daily Average			890	152.61
% of Calories				68.6%

Thu - 05/12/2011				
Elementary Breakfast (K-12)	Total	2694		
Cinnamon Roll	1 EACH	2425	250	47.68
Sausage, Links, Turkey	2 EACH	2425	122	0.32
Cereal Variety 2-SFE	BOWL	269	105	22.5
Toast w/ Margarine	2 EACH	199	207	28.0
Muffin, Chocolate Chip IW	1 EACH	70	170	29.0
Milk, Fat Free, Chocolate, Sha	1 EACH	1635	130	24.0
Milk, 1% White, Shamrock	1 EACH	745	100	12.0
Breakfast Bar Thursday	1 CUP	2045	125	32.05
Juice, Orange, SunCup, 4oz	1 EACH	80	55	14.11
Blueberries, Dehydrated, Comm	1/3 CUP	2045	152	37.68

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May 1, 2011 thru May 31, 2011 Spreadsheet - Portion Values
Combined: Elementary Breakfast (K-12)/High School Lunch (7-12)

Apr 20, 2011

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
High School Lunch (7-12)	Total	4171		
BBQ Rib Pattie Sandwich	1 EACH	330	320	33.0
Chicken Patty Sandwich	1 EACH	760	380	39.0
Cheeseburger (P)	1 EACH	355	351	33.0
Potato, French Fries-Coated	3 OZ	1320	160	20.01
Country Fried Steak	1 EACH	240	307	15.4
Roll, Dinner, Wheat	1 EACH	240	82	14.0
Mashed Potatoes	1/2 CUP	230	100	18.17
Gravy, Beef	1/4 CUP	223	51	8.09
Chicken Teriyaki Stir Fry	3/4 CUP	190	187	20.02
Rice, White	1/2 CUP	189	113	23.08
Spaghetti w/ Meat Sauce	3/4 CUP	140	466	69.59
Breadstick, Frozen	1 EACH	65	114	21.0
Pizza, 16" Supreme WW	SLICE	128	336	36.99
Pizza, 16" Pepperoni NewPep WW	SLICE	660	280	35.92
Salad, Tossed	1 CUP	358	92	5.94
Salad, Taco, Beef,Shell, Large	1 EACH	95	565	51.19
Adobe Grill Bar (C)	Servings	415	493	47.6
Beans, Refried, Seasoned,Cnd	1/2 CUP	280	109	18.83
Rice, Spanish, HM	1/2 CUP	295	141	30.3
Salad, Chicken Garden, Large	1 EACH	29	293	27.58
Salad, Chef, Large	1 EACH	49	254	10.08
Breadstick, Frozen	1 EACH	74	114	21.0
Delicatessen #2	EACH	780	318	34.85
Chip, Variety HS	1 EACH	780	125	20.91
HI-C Orange Lavaburst	12 FL OZ	610	167	45.0
HI-C Pink Lemonade	12 FL OZ	560	144	37.5
Nestea Raspberry Iced Tea	12 FL OZ	685	89	24.0
Minute Maid Apple Juice	12 FL OZ	660	248	63.0
Minute Maid Light Lemonade	12 OZ	585	6	0.75
Milk, Fat Free, Chocolate, Sha	1 EACH	880	130	24.0
Milk, 1% White, Shamrock	1 EACH	320	100	12.0
Finishing Bar, HS	3/4 CUP	1300	172	21.3
Salad Bar, #2	1 CUP	1800	256	40.62
Gelatin, Strawberry	3/4 CUP	1700	113	27.39
Weighted Daily Average			762	120.60
% of Calories				63.3%

Fri - 05/13/2011				
Elementary Breakfast (K-12)	Total	2296		
Pancake & Sausage,Stick,PraCrk	1 EACH	1711	240	22.0
Cheese, String	1 EACH	1711	80	0.0
Cereal Variety 2-SFE	BOWL	585	105	22.5
Toast w/ Margarine	2 EACH	380	207	28.0
Muffin, Apple	1 EACH	205	140	18.0
Milk, Fat Free, Chocolate, Sha	1 EACH	1478	130	24.0
Milk, 1% White, Shamrock	1 EACH	731	100	12.0
Breakfast Bar Friday	1 CUP	1865	140	35.11
Juice, Orange, SunCup, 4oz	1 EACH	80	55	14.11
Cherry, Dried Commodity	1/3 CUP	1865	150	36.96
Syrup Cup	1 each	1535	120	31.0

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May 1, 2011 thru May 31, 2011 Spreadsheet - Portion Values
Combined: Elementary Breakfast (K-12)/High School Lunch (7-12)

Apr 20, 2011

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
High School Lunch (7-12)	Total	4048		
Chicken Patty Sandwich, Spicy	1 EACH	454	380	50.0
Chicken Patty Sandwich	1 EACH	585	380	39.0
Cheeseburger (P)	1 EACH	250	351	33.0
Potato, French Fries-Coated	3 OZ	1275	160	20.01
Enchilada, Cheese, Pre-Made	2 EACH	110	708	99.71
Rice, Spanish, HM	1/2 CUP	110	141	30.3
Orange Chicken- Elementary	Serving	616	380	54.4
Rice, White	1/2 CUP	611	113	23.08
Calzone, Meatball (P)	1 EACH	47	567	49.64
Pizza, 16" Cheese WW	SLICE	140	275	35.82
Pizza, 16" Pepperoni NewPep WW	SLICE	590	280	35.92
Salad, Tossed	1 CUP	328	92	5.94
Chimi, Bean & Cheese, Frzn	1 EACH	90	425	39.0
Adobe Grill Bar (C)	Servings	385	493	47.6
Beans, Refried, Seasoned,Cnd	1/2 CUP	280	109	18.83
Rice, Spanish, HM	1/2 CUP	315	141	30.3
Salad, Southwest Chicken, Lg	1 EACH	27	381	27.5
Salad, Carribean, Large	1 EACH	24	274	20.34
Roll, Dinner, Wheat	EACH	44	82	14.0
Delicatessen #2	EACH	730	318	34.85
Chip, Variety HS	1 EACH	730	125	20.91
HI-C Orange Lavaburst	12 FL OZ	610	167	45.0
HI-C Pink Lemonade	12 FL OZ	560	144	37.5
Nestea Raspberry Iced Tea	12 FL OZ	685	89	24.0
Minute Maid Apple Juice	12 FL OZ	660	248	63.0
Minute Maid Light Lemonade	12 OZ	585	6	0.75
Milk, Fat Free, Chocolate, Sha	1 EACH	930	130	24.0
Milk, 1% White, Shamrock	1 EACH	320	100	12.0
Finishing Bar, HS	3/4 CUP	1300	172	21.3
Salad Bar, #2	1 CUP	1800	256	40.62
Gelatin, Orange	3/4 CUP	1700	113	27.39
Weighted Daily Average			810	129.86
% of Calories				64.1%

Mon - 05/16/2011				
Elementary Breakfast (K-12)	Total	2200		
Bagel, Plain	1 EACH	1600	160	31.0
Cheese, Cream Cheese, Indv Cup	1 EACH	1600	98	1.62
Cereal Variety 2-SFE	BOWL	600	105	22.5
Toast w/ Margarine	2 EACH	570	207	28.0
Muffin, Banana RF (IW)	1 EACH	130	170	28.0
Milk, Fat Free, Chocolate, Sha	1 EACH	1056	130	24.0
Milk, 1% White, Shamrock	1 EACH	910	100	12.0
Breakfast Bar Monday	1 CUP	1710	231	59.35
Juice, Orange, SunCup, 4oz	1 EACH	60	55	14.11

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May 1, 2011 thru May 31, 2011 Spreadsheet - Portion Values
Combined: Elementary Breakfast (K-12)/High School Lunch (7-12)

Apr 20, 2011

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
High School Lunch (7-12)	Total	4052		
Corn Dog, Mini, Turkey	7 EACH	295	385	31.5
Chicken Patty Sandwich	1 EACH	770	380	39.0
Cheeseburger (P)	1 EACH	375	351	33.0
Potato, French Fries-Coated	3 OZ	1450	160	20.01
Meatball Sub (Wheat)	1 EACH	78	569	73.5
Potato, Garlic Fries Gusto	3 OZ	73	159	23.27
Beef Teriyaki Dippers	6 EACH	185	391	39.75
Rice, White	1/2 CUP	184	113	23.08
Rotini w/ Meat Sauce	3/4 CUP	135	436	75.26
Breadstick, Frozen	1 EACH	135	114	21.0
Pizza, 16" Chicken Fajita WW	SLICE	144	316	37.11
Pizza, 16" Pepperoni NewPep WW	SLICE	676	280	35.92
Salad, Tossed	1 CUP	338	92	5.94
Quesadilla Whole Grain Chili &	Serving	105	270	36.0
Adobe Grill Bar (C)	Servings	425	493	47.6
Beans, Refried, Seasoned,Cnd	1/2 CUP	280	109	18.83
Rice, Spanish, HM	1/2 CUP	300	141	30.3
Salad, Chef, Large	1 EACH	47	254	10.08
Salad, Chicken Stuffed Tomato	1 EACH	17	161	6.21
Breadstick, Frozen	1 EACH	59	114	21.0
Delicatessen #2	EACH	800	318	34.85
Chip, Variety HS	1 EACH	800	125	20.91
HI-C Orange Lavaburst	12 FL OZ	610	167	45.0
HI-C Pink Lemonade	12 FL OZ	560	144	37.5
Nestea Raspberry Iced Tea	12 FL OZ	635	89	24.0
Minute Maid Apple Juice	12 FL OZ	610	248	63.0
Minute Maid Light Lemonade	12 FL OZ	685	6	0.75
Milk, Fat Free, Chocolate, Sha	1 EACH	1030	130	24.0
Milk, 1% White, Shamrock	1 EACH	320	100	12.0
Finishing Bar, HS	3/4 CUP	1300	172	21.3
Salad Bar, #2	1 CUP	1800	256	40.62
Cherry, Dried Commodity	Serving	800	450	110.89
Weighted Daily Average			766	123.76
% of Calories				64.6%

Tue - 05/17/2011				
Elementary Breakfast (K-12)	Total	2196		
French Toast Sticks	3 EACH	1109	185	22.99
Sausage, Links, Turkey	2 EACH	1109	122	0.32
Cereal Variety 2-SFE	BOWL	747	105	22.5
Toast w/ Margarine	2 EACH	617	207	28.0
Muffin, Banana RF (IW)	1 EACH	130	170	28.0
Omelet, Sausage & Cheese	1 EACH	340	333	3.3
Potato, Hash Brown Stix	1 EACH	340	100	15.0
Milk, Fat Free, Chocolate, Sha	1 EACH	1425	130	24.0
Milk, 1% White, Shamrock	1 EACH	726	100	12.0
Breakfast Bar Tuesday	1 CUP	1815	167	42.27
Juice, Orange, SunCup, 4oz	1 EACH	60	55	14.11

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May 1, 2011 thru May 31, 2011 Spreadsheet - Portion Values
Combined: Elementary Breakfast (K-12)/High School Lunch (7-12)

Apr 20, 2011

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
High School Lunch (7-12)	Total	3786		
Bacon Cheeseburger (P)	1 EACH	415	380	33.13
Chicken Patty Sandwich	1 EACH	760	380	39.0
Cheeseburger (P)	1 EACH	196	351	33.0
Potato, French Fries-Coated	3 OZ	1280	160	20.01
Turkey & Gravy, Dysart	3/4 CUP	150	221	5.34
Stuffing, Cornbread	1/4 CUP	150	62	10.14
Mashed Potatoes	1/2 CUP	130	100	18.17
Chinese Chicken Rice	3/4 Cup	200	176	22.0
Egg Roll, Chicken Whole Grain	Each	200	160	19.0
Beef Ravioli in Tomato Sauce	3/4 CUP	126	187	23.99
Breadstick, Frozen	1 EACH	126	114	21.0
Pizza, 16" Hawaiian- WW	SLICE	128	303	39.48
Pizza, 16" Pepperoni NewPep WW	SLICE	660	280	35.92
Salad, Tossed	1 CUP	358	92	5.94
Salad, Chicken Taco, Lrg-SHELL	1 EACH	94	463	51.66
Adobe Grill Bar (C)	Servings	440	493	47.6
Beans, Refried, Seasoned,Cnd	1/2 CUP	280	109	18.83
Rice, Spanish, HM	1/2 CUP	295	141	30.3
Salad, Chef, Large	1 EACH	49	254	10.08
Salad, Spicy Crispy Chicken	1 EACH	38	380	28.66
Delicatessen #2	EACH	530	318	34.85
Chip, Variety HS	1 EACH	785	125	20.91
Breadstick, Frozen	1 EACH	338	114	21.0
HI-C Orange Lavaburst	12 FL OZ	610	167	45.0
HI-C Pink Lemonade	12 FL OZ	560	144	37.5
Nestea Raspberry Iced Tea	12 FL OZ	685	89	24.0
Minute Maid Apple Juice	12 FL OZ	610	248	63.0
Minute Maid Light Lemonade	12 FL OZ	685	6	0.75
Milk, Fat Free, Chocolate, Sha	1 EACH	880	130	24.0
Milk, 1% White, Shamrock	1 EACH	320	100	12.0
Finishing Bar, HS	3/4 CUP	1300	172	21.3
Salad Bar, #1	1 CUP	1800	279	46.28
Gelatin, Orange	3/4 CUP	1700	113	27.39
Weighted Daily Average			760	114.53
% of Calories				60.3%

Wed - 05/18/2011				
Elementary Breakfast (K-12)	Total	2246		
Super Donut	1 EACH	1446	250	30.0
Cheese, String	1 EACH	1446	80	0.0
Cereal Variety 2-SFE	BOWL	800	105	22.5
Toast w/ Margarine	2 EACH	595	207	28.0
Muffin, Apple	1 EACH	205	140	18.0
Milk, Fat Free, Chocolate, Sha	1 EACH	1460	130	24.0
Milk, 1% White, Shamrock	1 EACH	686	100	12.0
Breakfast Bar Wednesday	SERVING- 1 CUP	1795	185	47.44
Juice, Orange, SunCup, 4oz	1 EACH	80	55	14.11
Weighted Daily Average			582	94.07
% of Calories				64.7%

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Combined: Elementary Breakfast (K-12)/High School Lunch (7-12)

Apr 20, 2011

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Thu - 05/19/2011				
Elementary Breakfast (K-12)	Total	2694		
Cinnamon Roll	1 EACH	2425	250	47.68
Sausage, Links, Turkey	2 EACH	2425	122	0.32
Cereal Variety 2-SFE	BOWL	269	105	22.5
Toast w/ Margarine	2 EACH	199	207	28.0
Muffin, Chocolate Chip IW	1 EACH	70	170	29.0
Milk, Fat Free, Chocolate, Sha	1 EACH	1635	130	24.0
Milk, 1% White, Shamrock	1 EACH	745	100	12.0
Breakfast Bar Thursday	1 CUP	2045	125	32.05
Juice, Orange, SunCup, 4oz	1 EACH	80	55	14.11
Blueberries, Dehydrated, Comm	1/3 CUP	2045	152	37.68
Weighted Daily Average			684	119.51
% of Calories				69.8%

Weighted Average			778	125.89
				64.7%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	778		741	105%			
Carbohydrate (g)	125.89	64.70%	98.33				

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