

Dysart USD # 89

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
Combined: District Breakfast (K-12)/Primary Lunch (K-6)

Jan 27, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Wed - 02/01/2012				
District Breakfast (K-12)	Total	2247		
Pancake, Whole Grain, Frzn	SERV- 2 PANCAK	1735	154	25.34
Cereal Variety 2-SFE	BOWL	512	105	22.5
Toast w/ Margarine	SERV- 1 PIECE	512	103	14.0
Breakfast Bar #3	SERV- 1 CUP	1495	160	39.95
Juice, Orange, Cup, 4oz, 100%	SERVING- 1EACH	72	55	14.41
Syrup Cup	1 each	1668	120	31.0
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	1320	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	695	100	12.0
Primary Lunch (K-6)	Total	9123		
Meatballs & Noodles-not combine	1/2 CUP	3216	314	47.15
Sandwich, Rib, Beef, BBQ Honey	SERV- 1 EACH	2786	360	43.02
Pizza, 16" Cheese WW	SERV-1/8thPizza	2827	314	38.91
Wrap, Veggie, Southwest WG	SERV- 1 WRAP	294	346	41.2
Peas & Carrots, Frozen	SERV- 1/2 CUP	5200	57	8.45
Salad Bar, #1	SERV- 1 CUP	5810	266	43.67
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	3850	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	1315	100	12.0
Juice, Apple, Cup, 4oz, 100%	SERVING- 1EACH	5928	57	14.51
Weighted Daily Average			604	96.80
% of Calories				64.1%

Thu - 02/02/2012				
District Breakfast (K-12)	Total	2730		
Cinnamon Roll with Icing	SERV-1 ROLL	2393	247	47.64
Sausage, Patty, Pork	SERV- 1 EACH	2375	120	0.5
Cereal Variety 2-SFE	BOWL	337	105	22.5
Toast w/ Margarine	SERV- 1 PIECE	337	103	14.0
Breakfast Bar #4	SERV- 1 CUP	1730	127	31.86
Juice, Orange, Cup, 4oz, 100%	SERVING- 1EACH	72	55	14.41
Fruit Cereal Mix BIC #2	1/4 CUP	1802	197	46.52
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	1550	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	820	100	12.0
Primary Lunch (K-6)	Total	9015		
Macaroni & Cheese, NOI, StrNoodl	SERVING	4494	265	27.0
Sandwich, Turkey Melt	SERV- 1 SANDWIC	1463	393	28.91
Pizza, 16" Cheese WW	SERV-1/8thPizza	2784	314	38.91
Salad, HarvestChicken, SmlNoNut	SERV-1 SALAD	274	233	35.64
Beans, Green, Frzn (C)	SERV- 1/2 CUP	4495	37	4.5
Salad Bar, #2	SERV- 1 CUP	5785	263	40.29
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	6485	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	1195	100	12.0
Juice, Apple, Cup, 4oz, 100%	SERVING- 1EACH	5793	57	14.51
Weighted Daily Average			638	93.96
% of Calories				58.9%

Fri - 02/03/2012				
District Breakfast (K-12)	Total	2420		
Bagel, Plain, 3oz, SaraLee	SERV-1 BAGEL	1573	240	49.0
Cheese, Cream Cheese, Indv Cup	1 EACH	1573	98	1.62
Cereal Variety 2-SFE	BOWL	847	105	22.5
Toast w/ Margarine	SERV- 1 PIECE	847	103	14.0
Breakfast Bar #3	SERV- 1 CUP	1613	160	39.95
Juice, Orange, Cup, 4oz, 100%	SERVING- 1EACH	80	55	14.41
Fruit Cereal Mix BIC #2	1/4 CUP	1693	197	46.52
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	1350	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	755	100	12.0

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Combined: District Breakfast (K-12)/Primary Lunch (K-6)

Jan 27, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Primary Lunch (K-6)	Total	9175		
Hamburger (P)	SERV- 1 SANDWIC	4845	300	33.0
Hot Dog, Turkey	SERV- 1 HOT DO	4330	240	22.0
Beans, Vegetarian (Production)	1/2 CUP	3936	122	34.76
Salad Bar, Western Bar #2	SERV- 1 CUP	5900	315	56.41
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	6475	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	1405	100	12.0
Juice, Apple, Cup, 4oz, 100%	SERVING- 1EACH	5613	57	14.51
Ketchup, Packet	1 EACH	3202	10	2.0
Mustard, Packets	1 EACH	2772	5	0.46
Mayonnaise, Individual PC	1 EACH	2307	60	0.0
Ketchup, Bulk	1 TBSP	4130	20	4.0
Mustard, Bulk	1 TSP	0	0	0.0
Mayonnaise, Bulk	1 TBSP	0	47	0.71
Weighted Daily Average			686	112.03
% of Calories				65.3%

Mon - 02/06/2012				
District Breakfast (K-12)	Total	2585		
Pancake, Whole Grain, Frzn	SERV- 2 PANCAK	1849	154	25.34
Sausage, Patty, Pork	SERV- 1 EACH	1849	120	0.5
Cereal Variety-SFE	BOWL	736	95	20.5
Toast w/ Margarine	SERV- 1 PIECE	736	103	14.0
Breakfast Bar #3	SERV- 1 CUP	1620	160	39.95
Juice, Orange, Cup, 4oz, 100%	SERVING- 1EACH	72	55	14.41
Syrup Cup	1 each	2180	120	31.0
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	1445	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	775	100	12.0
Primary Lunch (K-6)	Total	9249		
Chicken Patty Sandwich	SERV-1 SANDWIC	8474	360	41.0
Salad, Crispy Chicken, Small	SERV-1 SALAD	775	264	15.52
Cheese, String	SERV- 1 EACH	8789	80	1.0
Snack Chip, Apple Cinnamon	SERV- 1 BAG	7050	100	14.0
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	4680	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	1300	100	12.0
Juice, Apple, Cup, 4oz, 100%	SERVING- 1EACH	6098	57	14.51
Ketchup, Packet	1 EACH	1720	10	2.0
Mustard, Packets	1 EACH	2700	5	0.46
Mayonnaise, Individual PC	1 EACH	1630	60	0.0
Ketchup, Bulk	1 TBSP	5602	20	4.0
Mustard, Bulk	1 TSP	1000	0	0.0
Mayonnaise, Bulk	1 TBSP	750	47	0.71
Weighted Daily Average			631	81.25
% of Calories				51.5%

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
Combined: District Breakfast (K-12)/Primary Lunch (K-6)

Jan 27, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Tue - 02/07/2012				
District Breakfast (K-12)	Total	2365		
Muffin, Egg, Ham & Cheese	SERV- 1 SANDWIC	1205	221	22.97
Cereal Variety 2-SFE	BOWL	715	105	22.5
Toast w/ Margarine	SERV- 1 PIECE	715	103	14.0
Breakfast Bar #3	SERV- 1 CUP	1595	160	39.95
Juice, Orange, Cup, 4oz, 100%	SERVING- 1EACH	72	55	14.41
Fruit Mix, Dried	1/2 CUP	1642	176	46.0
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	1305	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	725	100	12.0
Omelet, Sausage & Cheese	SERV- 1 OMELET	310	333	1.3
Hash Brown, Stix	SERV- 1 EACH	310	100	15.0
Omelet, Cheese	SERV- 1 OMELET	135	272	1.14
Hash Brown, Stix	SERV- 1 EACH	135	100	15.0
Salsa, Fresh, w/ Commodity	SERV- 1/4 CUP	375	21	4.39
Primary Lunch (K-6)	Total	9336		
Chicken Alfredo	SERV- 3/4 CUP	2809	588	86.41
Hamburger (P)	SERV- 1 SANDWIC	3755	300	33.0
Pizza, 16" Cheese WW	SERV-1/8thPizza	2489	314	38.91
Wrap, Asian Chicken WG	SERV- 1 WRAP	283	303	26.98
Peas & Carrots, Frozen	SERV- 1/2 CUP	4621	57	8.45
Salad Bar, #8	SERV- 1 CUP	5780	243	33.69
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	4590	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	1320	100	12.0
Juice, Apple, Cup, 4oz, 100%	SERVING- 1EACH	6013	57	14.51
Ketchup, Packet	1 EACH	730	10	2.0
Mustard, Packets	1 EACH	2010	5	0.46
Mayonnaise, Individual PC	1 EACH	1100	60	0.0
Ketchup, Bulk	1 TBSP	4482	20	4.0
Mustard, Bulk	1 TSP	600	0	0.0
Mayonnaise, Bulk	1 TBSP	450	47	0.71
Weighted Daily Average			681	101.00
% of Calories				59.3%

Wed - 02/08/2012				
District Breakfast (K-12)	Total	2408		
Burrito, Egg & Cheese, WG	SERV-1 BURRITO	1427	274	21.13
Cereal Variety 2-SFE	BOWL	981	105	22.5
Toast w/ Margarine	SERV- 1 PIECE	981	103	14.0
Breakfast Bar #2	SERV- 1 CUP	1630	126	31.85
Juice, Orange, Cup, 4oz, 100%	SERVING- 1EACH	72	55	14.41
Fruit Mix, Dried	1/2 CUP	1702	176	46.0
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	1325	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	700	100	12.0
Primary Lunch (K-6)	Total	9600		
Quesadilla, Beef, 8" WG (C)	1 EACH	1620	390	23.96
Taco, Chicken, Sft Shell, HM/WG	2 EACH	5367	486	43.15
Pizza, 16" Cheese WW	SERV-1/8thPizza	2257	314	38.91
Salad, Grilled Chicken, Small	SERV-1 SALAD	356	309	20.98
Beans, Black, Cnd	SERV- 1/2 CUP	5175	100	18.98
SALSA BAR-ELEM- 7/14/11	1/2 CUP	5785	96	12.76
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	6535	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	1315	100	12.0
Juice, Apple, Cup, 4oz, 100%	SERVING- 1EACH	6018	57	14.51
Weighted Daily Average			650	86.20
% of Calories				53.1%

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Combined: District Breakfast (K-12)/Primary Lunch (K-6)

Jan 27, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Thu - 02/09/2012				
District Breakfast (K-12)	Total	3025		
Cinnamon Roll with Icing	SERV-1 ROLL	2638	247	47.64
Sausage, Patty, Pork	SERV- 1 EACH	2620	120	0.5
Cereal Variety 2-SFE	BOWL	387	105	22.5
Toast w/ Margarine	SERV- 1 PIECE	387	103	14.0
Breakfast Bar #4	SERV- 1 CUP	1980	127	31.86
Juice, Orange, Cup, 4oz, 100%	SERVING- 1EACH	72	55	14.41
Fruit Mix, Dried	1/2 CUP	1867	176	46.0
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	1750	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	820	100	12.0
Primary Lunch (K-6)	Total	9248		
Pizza, 16" Pepperoni NewPep WW	SERV-1/8thPizza	3977	330	39.22
Pizza, 16" Cheese WW	SERV-1/8thPizza	2724	314	38.91
Pizza, 16" Meatlovers WW	SERV-1/8thPizza	2547	360	39.41
Vegetables, 4 Way Frz HM (C)	SERV- 1/2 CUP	4571	53	9.34
Salad Bar, #2	SERV- 1 CUP	5615	263	40.29
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	4370	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	1316	100	12.0
Juice, Apple, Cup, 4oz, 100%	SERVING- 1EACH	6016	57	14.51
Weighted Daily Average			634	96.33
% of Calories				60.8%

Fri - 02/10/2012				
District Breakfast (K-12)	Total	2495		
Breakfast, Pizza,Sausage,Tonys	SERV-SLICE	1693	230	25.0
Cereal Variety-SFE	BOWL	802	95	20.5
Toast w/ Margarine	SERV- 1 PIECE	802	103	14.0
Breakfast Bar #3	SERV- 1 CUP	1630	160	39.95
Juice, Orange, Cup, 4oz, 100%	SERVING- 1EACH	72	55	14.41
Trail Mix	SERV- 1/4 CUP	425	170	15.0
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	1375	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	715	100	12.0
Primary Lunch (K-6)	Total	9268		
Spaghetti w/ Spicy Meat Sauce	SERV- 3/4 CUP	2700	598	93.92
Cheese Crisp 8", WG	SERV- 1 CRISP	2755	459	22.27
Pizza, 16" Cheese WW	SERV-1/8thPizza	3570	314	38.91
Salad, Teriyaki Chicken, Small	SERV-1 SALAD	243	222	28.95
Beans, Green, Frzn (C)	SERV- 1/2 CUP	4490	37	4.5
Salad Bar, #5	SERV- 1 CUP	5935	252	39.66
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	4595	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	1320	100	12.0
Juice, Apple, Cup, 4oz, 100%	SERVING- 1EACH	6011	57	14.51
Weighted Daily Average			674	94.70
% of Calories				56.2%

Mon - 02/13/2012				
District Breakfast (K-12)	Total	2481		
Bagel, Plain, 3oz, SaraLee	SERV-1 BAGEL	1677	240	49.0
Cheese, Cream Cheese, Indv Cup	1 EACH	1677	98	1.62
Cereal Variety 2-SFE	BOWL	804	105	22.5
Toast w/ Margarine	SERV- 1 PIECE	804	103	14.0
Breakfast Bar #1	SERV- 1 CUP	1700	131	32.76
Juice, Orange, Cup, 4oz, 100%	SERVING- 1EACH	80	55	14.41
Fruit Cereal Mix BIC #2	1/2 CUP	850	394	93.04
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	1400	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	730	100	12.0

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Combined: District Breakfast (K-12)/Primary Lunch (K-6)

Jan 27, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Primary Lunch (K-6)	Total	9235		
Cheeseburger (P)	SERV-1CHSBUR GER	7650	351	33.0
Salad, Carribean, Small, NoNut	SERV-1 SALAD	1585	164	18.24
Chips, Baked, Doritos	SERV- 1 BAG	8055	90	16.0
Applesauce, Indv Cup, Strawber	SERVING- 1EACH	7375	80	20.0
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	6595	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	1305	100	12.0
Juice, Apple, Cup, 4oz, 100%	SERVING- 1EACH	6020	57	14.51
Ketchup, Packet	1 EACH	1625	10	2.0
Mustard, Packets	1 EACH	2175	5	0.46
Mayonnaise, Individual PC	1 EACH	1930	60	0.0
Ketchup, Bulk	1 TBSP	5517	20	4.0
Mustard, Bulk	1 TSP	1125	0	0.0
Mayonnaise, Bulk	1 TBSP	800	47	0.71
Weighted Daily Average			634	97.17
% of Calories				61.3%

Tue - 02/14/2012				
District Breakfast (K-12)	Total	2453		
Biscuits & Gravy	SRV-1BIS1/4cGRA	1208	326	39.52
Sausage, Patty, Pork	SERV- 2 EACH	1208	120	0.5
Cereal Variety 2-SFE	BOWL	890	105	22.5
Toast w/ Margarine	SERV- 1 PIECE	890	103	14.0
Breakfast Bar #2	SERV- 1 CUP	1640	126	31.85
Juice, Orange, Cup, 4oz, 100%	SERVING- 1EACH	72	55	14.41
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	1355	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	740	100	12.0
Omelet, Sausage & Cheese	SERV- 1 OMELET	270	333	1.3
Hash Brown, Stix	SERV- 1 EACH	270	100	15.0
Omelet, Cheese	SERV- 1 OMELET	85	272	1.14
Hash Brown, Stix	SERV- 1 EACH	85	100	15.0
Salsa, Fresh w/ Commodity , HM	1/2 CUP	340	42	8.88
Primary Lunch (K-6)	Total	9288		
Chicken Nuggets, Shaped, Heart	SERV- 5 NUGGET	5864	150	6.01
Cheese Crisp 8", WG	SERV- 1 CRISP	1537	459	22.27
Pizza, 16" Cheese WW	SERV-1/8thPizza	1887	314	38.91
Pretzels, Heartzels, I/W	SERV- 1 BAG	4616	110	23.0
Salad Bar, Red Ribbon Bar	SERV- 1 CUP	6225	266	66.04
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	6645	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	1315	100	12.0
Juice, Apple, Cup, 4oz, 100%	SERVING- 1EACH	6020	57	14.51
Ketchup, Packet	1 EACH	1260	10	2.0
Mustard, Packets	1 EACH	1180	5	0.46
Mayonnaise, Individual PC	1 EACH	870	60	0.0
Ketchup, Bulk	1 TBSP	4977	20	4.0
Mustard, Bulk	1 TSP	640	0	0.0
Mayonnaise, Bulk	1 TBSP	240	47	0.71
Weighted Daily Average			614	96.26
% of Calories				62.7%

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Jan 27, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Wed - 02/15/2012				
District Breakfast (K-12)	Total	2550		
Pancake, Whole Grain, Frzn	SERV- 2 PANCAK	1914	154	25.34
Cereal Variety 2-SFE	BOWL	636	105	22.5
Toast w/ Margarine	SERV- 1 PIECE	636	103	14.0
Breakfast Bar #5	SERV- 1 CUP	1620	129	32.3
Juice, Orange, Cup, 4oz, 100%	SERVING- 1EACH	72	55	14.41
Syrup Cup	1 each	1783	120	31.0
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	1350	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	730	100	12.0
Primary Lunch (K-6)	Total	9269		
Macaroni & Cheese, NOI, StrNoodl	SERVING	5095	265	27.0
Sandwich, Turkey Melt	SERV- 1SANDWIC	1518	393	28.91
Pizza, 16" Cheese WW	SERV-1/8thPizza	2341	314	38.91
Wrap, Ham WG	SERV-1 WRAP	315	269	20.88
Vegetables, 4 Way Frz HM (C)	SERV- 1/2 CUP	4161	53	9.34
Salad Bar, #2	SERV- 1 CUP	5585	263	40.29
Jello, Orange	SERV- 1/2 CUP	4855	72	17.39
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	6555	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	1315	100	12.0
Juice, Apple, Cup, 4oz, 100%	SERVING- 1EACH	6020	57	14.51
Weighted Daily Average			612	93.87
% of Calories				61.4%

Thu - 02/16/2012				
District Breakfast (K-12)	Total	3030		
Cinnamon Roll with Icing	SERV-1 ROLL	2653	247	47.64
Sausage, Patty, Pork	SERV- 1 EACH	2635	120	0.5
Cereal Variety 2-SFE	BOWL	377	105	22.5
Toast w/ Margarine	SERV- 1 PIECE	377	103	14.0
Breakfast Bar #4	SERV- 1 CUP	1970	127	31.86
Juice, Orange, Cup, 4oz, 100%	SERVING- 1EACH	72	55	14.41
Fruit Cereal Mix BIC #2	1/4 CUP	1970	197	46.52
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	1795	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	820	100	12.0
Primary Lunch (K-6)	Total	9281		
Pasta Primavera with Chicken	SERV- 3/4 CUP	4052	548	91.96
Sandwich, Ham	SERV- 1SANDWIC	1886	299	28.85
Pizza, 16" Cheese WW	SERV-1/8thPizza	3150	314	38.91
Salad, Chicken Stuffed Tomato	SERV-1TOMATO	193	189	12.96
Peas & Carrots, Frozen	SERV- 1/2 CUP	5285	57	8.45
Salad Bar, #8	SERV- 1 CUP	5660	243	33.69
Jello, Strawberry	SERV- 1/2 C	5360	72	17.39
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	5685	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	1315	100	12.0
Juice, Apple, Cup, 4oz, 100%	SERVING- 1EACH	6020	57	14.51
Ketchup, Packet	1 EACH	10	10	2.0
Mustard, Packets	1 EACH	785	5	0.46
Mayonnaise, Individual PC	1 EACH	865	60	0.0
Ketchup, Bulk	1 TBSP	290	20	4.0
Mustard, Bulk	1 TSP	80	0	0.0
Mayonnaise, Bulk	1 TBSP	80	47	0.71
Weighted Daily Average			743	119.54
% of Calories				64.3%

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Dysart USD # 89

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
Combined: District Breakfast (K-12)/Primary Lunch (K-6)

Jan 27, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Fri - 02/17/2012				
District Breakfast (K-12)	Total	2438		
Big Bite with Ham	SERV-1SANDWIC	1425	313	31.5
Cereal Variety 2-SFE	BOWL	1013	105	22.5
Toast w/ Margarine	SERV- 1 PIECE	1013	103	14.0
Breakfast Bar #2	SERV- 1 CUP	1620	126	31.85
Juice, Orange, Cup, 4oz, 100%	SERVING- 1EACH	72	55	14.41
Fruit Mix, Dried	1/4 CUP	1335	88	23.0
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	1365	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	715	100	12.0
Primary Lunch (K-6)	Total	9274		
Country Fried Steak, Pierre	SERV- 1 PATTY	1800	307	15.4
Burrito, Fzn, Bean&Chs,LosC,IW	SERV-1 BURRITO	4350	355	53.63
Pizza, 16" Cheese WW	SERV-1/8thPizza	2953	314	38.91
Salad, Hawaiian, Chicken, Sm	SERV-1 SALAD	171	141	12.66
Beans, Green, Frzn (C)	SERV- 1/2 CUP	4581	37	4.5
Salad Bar, #5	SERV- 1 CUP	5715	252	39.66
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	6335	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	1255	100	12.0
Juice, Apple, Cup, 4oz, 100%	SERVING- 1EACH	6020	57	14.51
Weighted Daily Average			613	92.75
% of Calories				60.5%

Tue - 02/21/2012				
District Breakfast (K-12)	Total	2413		
Biscuits & Gravy	SRV-1BIS1/4cGRA	1105	326	39.52
Sausage, Patty, Pork	SERV- 2 EACH	1105	120	0.5
Cereal Variety-SFE	BOWL	953	95	20.5
Toast w/ Margarine	SERV- 1 PIECE	943	103	14.0
Breakfast Bar #3	SERV- 1 CUP	1595	160	39.95
Juice, Orange, Cup, 4oz, 100%	SERVING- 1EACH	72	55	14.41
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	1340	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	750	100	12.0
Omelet, Sausage & Cheese	SERV- 1 OMELET	270	333	1.3
Hash Brown, Stix	SERV- 1 EACH	270	100	15.0
Omelet, Cheese	SERV- 1 OMELET	85	272	1.14
Hash Brown, Stix	SERV- 1 EACH	85	100	15.0
Salsa, Fresh, w/ Commodity	SERV- 1/4 CUP	340	21	4.39
Primary Lunch (K-6)	Total	9340		
Pancake, Whole Grain, Frzn	SERV- 2 PANCAK	9340	154	25.34
Sausage, Patty, Pork	SERV- 1 EACH	8820	120	0.5
Fruit & Yogurt Bar #3	SERV-1/2cFr&Yog	7740	272	62.17
Syrup Cup	1 each	8215	120	31.0
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	6645	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	1335	100	12.0
Juice, Apple, Cup, 4oz, 100%	SERVING- 1EACH	6120	57	14.51
Weighted Daily Average			705	121.79
% of Calories				69.1%

Wed - 02/22/2012				
District Breakfast (K-12)	Total	2410		
Big Bite with Sausage	SERV-1SANDWIC	1440	317	30.16
Cereal Variety #3-Kelloggs	SERV- 1 BOWL	970	88	20.5
Toast w/ Margarine	SERV- 1 PIECE	970	103	14.0
Breakfast Bar #5	SERV- 1 CUP	1690	129	32.3
Juice, Orange, Cup, 4oz, 100%	SERVING- 1EACH	80	55	14.41
Fruit Cereal Mix BIC #2	1/4 CUP	1770	197	46.52
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	1315	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	765	100	12.0

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Dysart USD # 89

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
Combined: District Breakfast (K-12)/Primary Lunch (K-6)

Jan 27, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Primary Lunch (K-6)	Total	9380		
Chicken, Oven Baked, Brd (P)	SERV- 3 OZ	4749	313	9.95
Sandwich, Rib, Beef, BBQ Honey	SERV- 1 EACH	1660	360	43.02
Pizza, 16" Cheese WW	SERV-1/8thPizza	2731	314	38.91
Salad, Crispy Chicken, Small	SERV-1 SALAD	240	264	15.52
Vegetables, 4 Way Frz HM (C)	SERV- 1/2 CUP	4596	53	9.34
Salad Bar, #8	SERV- 1 CUP	5710	243	33.69
Fruit Cereal Mix BIC	1/4 CUP	4305	203	48.88
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	6535	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	1315	100	12.0
Juice, Apple, Cup, 4oz, 100%	SERVING- 1EACH	6020	57	14.51
Weighted Daily Average			703	100.94
% of Calories				57.4%

Thu - 02/23/2012				
District Breakfast (K-12)	Total	3075		
Cinnamon Roll with Icing	SERV-1 ROLL	2703	247	47.64
Sausage, Patty, Pork	SERV- 1 EACH	2685	120	0.5
Cereal Variety #3-Kelloggs	SERV- 1 BOWL	372	88	20.5
Toast w/ Margarine	SERV- 1 PIECE	372	103	14.0
Breakfast Bar #4	SERV- 1 CUP	1915	127	31.86
Juice, Orange, Cup, 4oz, 100%	SERVING- 1EACH	72	55	14.41
Fruit Cereal Mix BIC #2	1/2 CUP	988	394	93.04
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	1660	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	830	100	12.0
Primary Lunch (K-6)	Total	9338		
Beefy Macaroni - Spicy	SERV- 1 CUP	3597	396	52.72
Sandwich, Grilled Cheese	SERV- 1 SANDWIC	2840	444	28.0
Pizza, 16" Cheese WW	SERV-1/8thPizza	2670	314	38.91
Wrap, Veggie, WG	SERV- 1 WRAP	231	294	38.09
Beans, Green, Canned (C)	SERV- 1/2 CUP	4905	20	3.36
Salad Bar, #1	SERV- 1 CUP	5810	266	43.67
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	6510	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	1310	100	12.0
Juice, Apple, Cup, 4oz, 100%	SERVING- 1EACH	6020	57	14.51
Weighted Daily Average			689	101.35
% of Calories				58.9%

Fri - 02/24/2012				
District Breakfast (K-12)	Total	2590		
Pancake, Whole Grain, Frzn	SERV- 2 PANCAK	1935	154	25.34
Cereal Variety-SFE	BOWL	655	95	20.5
Toast w/ Margarine	SERV- 1 PIECE	655	103	14.0
Breakfast Bar #2	SERV- 1 CUP	1610	126	31.85
Juice, Orange, Cup, 4oz, 100%	SERVING- 1EACH	72	55	14.41
Syrup Cup	1 each	1768	120	31.0
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	1270	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	755	100	12.0
Omelet, Sausage & Cheese	SERV- 1 OMELET	0	333	1.3
Hash Brown, Stix	SERV- 1 EACH	0	100	15.0
Omelet, Cheese	SERV- 1 OMELET	0	272	1.14
Hash Brown, Stix	SERV- 1 EACH	0	100	15.0
Salsa, Fresh, w/ Commodity	SERV- 1/4 CUP	0	21	4.39

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Dysart USD # 89

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
Combined: District Breakfast (K-12)/Primary Lunch (K-6)

Jan 27, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Primary Lunch (K-6)	Total	9385		
Nachos, Cheesy - DYSART	SERV-1zChip1zSa	5674	202	23.21
Quesadilla, Chicken, 8" WG	EACH	1395	217	21.16
Pizza, 16" Taco WW	SERV-1/8thPizza	2135	365	36.43
Salad, Southwest Chicken, Sm	SERV-1 SALAD	181	238	18.81
Beans, Black, Cnd	SERV- 1/2 CUP	5449	100	18.98
SALSA BAR-ELEM- 7/14/11	1/2 CUP	6150	96	12.76
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	6710	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	1255	100	12.0
Juice, Apple, Cup, 4oz, 100%	SERVING- 1EACH	5840	57	14.51
Weighted Daily Average			486	75.44
% of Calories				62.1%

Mon - 02/27/2012				
District Breakfast (K-12)	Total	2445		
Bagel, Plain, 3oz, SaraLee	SERV-1 BAGEL	1460	240	49.0
Cheese, Cream Cheese, Indv Cup	1 EACH	1460	98	1.62
Cereal Variety-SFE	BOWL	985	95	20.5
Toast w/ Margarine	SERV- 1 PIECE	985	103	14.0
Breakfast Bar #1	SERV- 1 CUP	1610	131	32.76
Juice, Orange, Cup, 4oz, 100%	SERVING- 1EACH	80	55	14.41
Fruit Cereal Mix BIC #2	1/4 CUP	1417	197	46.52
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	1310	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	730	100	12.0
Primary Lunch (K-6)	Total	9320		
Sandwich, Rib, Beef, BBQ Honey	SERV- 1 EACH	8862	360	43.02
Salad, Carribean, Small, NoNut	SERV-1 SALAD	458	164	18.24
Chips, Sunchips, Original, 1oz	SERV- 1 BAG	8080	140	19.0
Apples, Fresh, Whole	SERVING-1 APPL	7875	72	19.06
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	5550	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	1315	100	12.0
Juice, Apple, Cup, 4oz, 100%	SERVING- 1EACH	6030	57	14.51
Ketchup, Packet	1 EACH	1637	10	2.0
Mustard, Packets	1 EACH	1960	5	0.46
Mayonnaise, Individual PC	1 EACH	1637	60	0.0
Ketchup, Bulk	1 TBSP	5977	20	4.0
Mustard, Bulk	1 TSP	500	0	0.0
Mayonnaise, Bulk	1 TBSP	850	47	0.71
Weighted Daily Average			669	104.23
% of Calories				62.3%

Tue - 02/28/2012				
District Breakfast (K-12)	Total	2333		
Waffles, Sticks, Whole Grain	SERV-3 WAFFLES	1213	210	42.0
Cereal Variety 2-SFE	BOWL	1120	105	22.5
Toast w/ Margarine	SERV- 1 PIECE	1120	103	14.0
Breakfast Bar #2	SERV- 1 CUP	1570	126	31.85
Juice, Orange, Cup, 4oz, 100%	SERVING- 1EACH	72	55	14.41
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	1375	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	740	100	12.0

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Dysart USD # 89

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
Combined: District Breakfast (K-12)/Primary Lunch (K-6)

Jan 27, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Primary Lunch (K-6)	Total	9377		
Hot Dog, Turkey	SERV- 1 HOT DO	3894	240	22.0
Meatballs & Noodles-not combine	1/2 CUP	2229	314	47.15
Pizza, 16" Cheese WW	SERV-1/8thPizza	2978	314	38.91
Salad, Teriyaki Chicken, Small	SERV-1 SALAD	276	222	28.95
Peas, Green, Frzn (C)	SERV- 1/2 CUP	4207	103	13.67
Salad Bar, #1	SERV- 1 CUP	6070	266	43.67
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	6585	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	1315	100	12.0
Juice, Apple, Cup, 4oz, 100%	SERVING- 1EACH	6320	57	14.51
Ketchup, Packet	1 EACH	1290	10	2.0
Mustard, Packets	1 EACH	1165	5	0.46
Mayonnaise, Individual PC	1 EACH	1685	60	0.0
Ketchup, Bulk	1 TBSP	3205	20	4.0
Mustard, Bulk	1 TSP	540	0	0.0
Mayonnaise, Bulk	1 TBSP	100	47	0.71
Weighted Daily Average			611	94.23
% of Calories				61.7%

Wed - 02/29/2012				
District Breakfast (K-12)	Total	2470		
French Toast Sticks	SERV- 4 EACH	1520	312	42.62
Cereal Variety-SFE	BOWL	950	95	20.5
Toast w/ Margarine	SERV- 1 PIECE	950	103	14.0
Breakfast Bar #3	SERV- 1 CUP	1820	160	39.95
Juice, Orange, Cup, 4oz, 100%	SERVING- 1EACH	80	55	14.41
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	1380	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	750	100	12.0
Primary Lunch (K-6)	Total	9361		
Rotini with Spicy Meat Sauce	SERV- 3/4 CUP	3760	450	63.88
Sandwich, Ham & Cheese	SERV- 1 SANDWIC	1956	321	28.42
Pizza, 16" Cheese WW	SERV-1/8thPizza	3445	314	38.91
Salad, Chicken Stuffed Tomato	SERV-1TOMATO	200	189	12.96
Beans, Green, Frzn (C)	SERV- 1/2 CUP	4745	37	4.5
Salad Bar, #8	SERV- 1 CUP	5485	243	33.69
Milk, Fat Free, Chocolate, Sha	SERV- 1-1/2PINT	6585	130	24.0
Milk, 1% White, Shamrock	SERV- 1-1/2PINT	1325	100	12.0
Juice, Apple, Cup, 4oz, 100%	SERVING- 1EACH	6020	57	14.51
Weighted Daily Average			633	94.11
% of Calories				59.5%

Weighted Average			646	97.70
				60.5%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	646		640	101%			
Carbohydrate (g)	97.70	60.54%	88.05				

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