

Kern High School District

Apr 9, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values

Apr 5, 2012

Page 1

Adult Lunch Menu

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/09/2012														
Adult Lunch Menu	Total	6												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Lings52724 Orange Chicken	3/4 Cup	1	148	45	207	0.30	0.91	19.9	229	9.29	10.9	12.64	5.34	1.14
Lings, Chicken, Smoked Teriyak	3/4 Cup	1	109	60	200	0.30	0.85	18.8	224	11.82	15.06	4.74	2.85	0.71
RICE, Cooked Brown	1 CUP	2	268	0	19	3.52	0.82	28.3	0	0.0	5.05	44.91	7.49	1.18
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
KDelight, 14123 Brst Filet	Sandwich	1	360	50	900	1.00	2.44	61.0	50	1.0	24.0	41.0	10.0	2.00
BOXED ENTREE SALAD	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Tyson Patty w/ Roll	Container	1	407	40	1120	8.14	5.15	131.2	15863	40.64	22.25	49.16	14.8	2.73
SELECT 4 SIDES:	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
BROCCOLI SALAD	1/2 CUP	6	154	7	172	1.99	0.82	29.0	503	30.3	1.76	31.05	3.67	0.61
Salad & Veggies	1 Cup	6	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
SALAD DRESSING, Adults	Serving	3	45	2	376	0.00	0.15	16.8	22	0.3	0.77	4.9	2.66	0.21
Foothill Farms Ranch Dressing	2 OZ	3	117	11	261	0.02	0.02	63.9	110	1.52	1.83	5.0	9.79	1.03
APPLES, SLICED, IW 2 oz.	2 oz. Bag	6	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Diced Peaches	.50 Cup	6	53	0	6	1.25	0.38	6.3	338	3.76	0.5	13.9	0.13	0.01
Beverage Choice	1 Each	6	102	9	143	0.00	0.09	282.3	365	1.82	7.55	15.01	1.39	0.85
Condiment Bar, Self-Serv	SRV	1	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			853	64	1479	10.18	5.59	552.6	8460	66.27	32.66	130.07	24.91	5.59
% of Calories											15.3%	61.0%	26.3%	5.9%
Nutrient Guideline			950	250	1200	8.00	4.50	400.00	1500	19.18	16.70		<=30.0	<10.00
% of Guideline Satisfied			90%	26%	123%	127%	124%	138%	564%	346%	196%			
Shortfall			97	186										

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Kern High School District

Apr 9, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values

Apr 5, 2012

Page 2

Adult Lunch Menu

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/10/2012														
Adult Lunch Menu	Total	5												
TODAY'S DAILY SPECIAL	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
USDA Chicken, BBQ Glazed	SRVG	1	149	51	357	0.00	1.00	7.0	70	0.0	11.27	10.46	6.06	2.00
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Pierre 9669 5.4 oz. Hamburger	1 HAMBUR	1	765	117	1282	3.07	5.46	131.7	113	1.06	39.68	37.0	49.91	21.47
	GER													
BOXED ENTREE SALAD	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Chef	Container	1	308	116	1253	2.50	2.68	268.1	7694	22.45	22.24	18.6	16.64	7.54
SELECT 4 SIDES:	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Lamb WestonL0084Sweet Potato F	3 OZ	5	132	0	111	3.04	0.36	20.3	3544	6.08	1.01	22.27	5.06	0.00
Salad & Veggies	1 Cup	5	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
SALAD DRESSING, Adults	Serving	3	45	2	376	0.00	0.15	16.8	22	0.3	0.77	4.9	2.66	0.21
Foothill Farms Ranch Dressing	2 OZ	2	117	11	261	0.02	0.02	63.9	110	1.52	1.83	5.0	9.79	1.03
Elizabeth's Croutons, Cheese/	.5 oz.	5	60	0	95	0.00	0.18	0.0	0	0.0	2.0	10.0	2.0	0.00
FRUIT COCKTAIL:canned,lt syrup	.50 Cup	5	73	0	8	1.29	0.37	7.7	264	2.45	0.52	19.23	0.09	0.01
ORANGE WEDGES	6 wedges	5	48	0	0	2.45	0.10	40.8	230	54.27	0.96	11.99	0.12	0.02
Beverage Choice	1 Each	5	102	9	143	0.00	0.09	282.3	365	1.82	7.55	15.01	1.39	0.85
Condiment Bar, Self-Serv	SRV	5	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			1004	82	2455	11.41	6.71	679.8	11075	94.90	37.68	133.99	37.67	10.29
% of Calories											15.0%	53.4%	33.7%	9.2%
Nutrient Guideline			950	250	1200	8.00	4.50	400.00	1500	19.18	16.70		<=30.0	<10.00
% of Guideline Satisfied			106%	33%	205%	143%	149%	170%	738%	495%	226%			
Shortfall				168									OVER	

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Kern High School District

Apr 9, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values

Apr 5, 2012

Page 3

Adult Lunch Menu

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/11/2012														
Adult Lunch Menu	Total	6												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK RF Taco Salad	4 oz. laddle	1	168	24	46	4.43	2.52	37.7	265	3.24	11.75	17.84	5.22	2.46
CK RF Taco Salad, Vegetarian	1 CUP	1	141	0	53	8.76	2.43	60.1	701	4.08	8.33	25.52	1.23	0.20
Warnock21120RF Tortilla Chips	2 OZ	1	250	0	200	4.00	0.72	80.0	0	0.0	4.0	38.0	9.0	1.00
LETTUCE,COS OR ROMAINE,RAW	1 CUP	1	5	0	11	0.54	0.46	16.6	2279	4.04	0.52	0.87	0.09	0.01
Gelh3214 Cheese Sauce Lite	2 OZ	1	41	0	439	0.00	0.00	36.6	2744	0.0	0.91	6.4	1.37	0.46
Foothill Farms Ranch Dressing	2 OZ	1	117	11	261	0.02	0.02	63.9	110	1.52	1.83	5.0	9.79	1.03
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
KDelight, 14123 Brst Filet	Sandwich	1	360	50	900	1.00	2.44	61.0	50	1.0	24.0	41.0	10.0	2.00
BOXED ENTREE SALAD	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Tyson Patty w/ Roll	Container	1	407	40	1120	8.14	5.15	131.2	15863	40.64	22.25	49.16	14.8	2.73
SELECT 4 SIDES:	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad & Veggies	1 Cup	6	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
Elizabeth's Croutons, Cheese/	.5 oz.	6	60	0	95	0.00	0.18	0.0	0	0.0	2.0	10.0	2.0	0.00
SALAD DRESSING, Adults	Serving	6	45	2	376	0.00	0.15	16.8	22	0.3	0.77	4.9	2.66	0.21
Foothill Farms Ranch Dressing	2 OZ	6	117	11	261	0.02	0.02	63.9	110	1.52	1.83	5.0	9.79	1.03
Cowboy Caviar	.50 CUP	6	38	0	117	1.65	0.57	18.1	245	3.89	1.53	6.65	0.83	0.08
APRICOTS: canned,light syrup	.50 CUP	6	80	0	5	2.02	0.49	13.9	1672	3.42	0.67	20.86	0.06	0.00
APPLES, SLICED, IW 2 oz.	2 oz. Bag	6	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Beverage Choice	1 Each	6	102	9	143	0.00	0.09	282.3	365	1.82	7.55	15.01	1.39	0.85
Condiment Bar, Self-Serv	SRV	6	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			966	52	2636	12.99	7.29	669.5	11054	47.03	35.22	135.24	33.58	6.15
% of Calories											14.6%	56.0%	31.3%	5.7%
Nutrient Guideline			950	250	1200	8.00	4.50	400.00	1500	19.18	16.70		<=30.0	<10.00
% of Guideline Satisfied			102%	21%	220%	162%	162%	167%	737%	245%	211%			
Shortfall				198									OVER	

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Kern High School District

Apr 9, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values

Apr 5, 2012

Page 4

Adult Lunch Menu

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/12/2012														
Adult Lunch Menu	Total	6												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Culinary Std 9307DF Tky Tacos	2 tacos	1	374	91	999	4.80	6.00	73.1	608	0.0	33.57	29.11	11.99	3.35
BEAN TACO	2 EACH	1	342	3	628	9.50	4.19	170.6	135	3.52	16.09	55.07	5.44	1.72
Taco Toppings, Let, Tom, Chs	SRV	2	132	30	221	0.93	0.45	213.7	750	8.74	7.73	3.94	9.54	6.00
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Pierre 9669 5.4 oz. Hamburger	1 HAMBURGER	1	765	117	1282	3.07	5.46	131.7	113	1.06	39.68	37.0	49.91	21.47
BOXED ENTREE SALAD	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Chef	Container	1	308	116	1253	2.50	2.68	268.1	7694	22.45	22.24	18.6	16.64	7.54
SELECT 4 SIDES:	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MEXICALI CORN	.50 CUP	6	119	0	28	2.71	0.67	9.8	528	18.47	3.56	23.98	2.75	0.51
Salad & Veggies	1 Cup	6	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
SALAD DRESSING, Adults	Serving	6	45	2	376	0.00	0.15	16.8	22	0.3	0.77	4.9	2.66	0.21
Elizabeth's Croutons, Cheese/	.5 oz.	6	60	0	95	0.00	0.18	0.0	0	0.0	2.0	10.0	2.0	0.00
ORANGE WEDGES	6 wedges	6	48	0	0	2.45	0.10	40.8	230	54.27	0.96	11.99	0.12	0.02
BANANAS	1 EACH	6	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
Beverage Choice	1 Each	6	102	9	143	0.00	0.09	282.3	365	1.82	7.55	15.01	1.39	0.85
Condiment Bar, Self-Serv	SRV	6	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			1049	85	2543	14.70	8.04	722.6	7825	114.83	45.60	147.09	34.49	11.68
% of Calories											17.4%	56.1%	29.6%	10.0%
Nutrient Guideline			950	250	1200	8.00	4.50	400.00	1500	19.18	16.70		<=30.0	<10.00
% of Guideline Satisfied			110%	34%	212%	184%	179%	181%	522%	599%	273%			
Shortfall				165										OVER

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Kern High School District

Apr 9, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values

Apr 5, 2012

Page 5

Adult Lunch Menu

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/13/2012														
Adult Lunch Menu	Total	5												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Turkey Turnover	1 EACH	1	472	58	783	0.61	4.22	8.4	142	0.01	18.09	31.87	30.01	10.29
Gravy, Turkey, Sysco no cook	2 oz.	1	9	0	73	0.00	0.00	0.0	25	0.0	0.25	0.75	0.5	0.00
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	457	31	1085	3.61	4.61	403.3	1388	19.37	21.61	57.83	15.55	6.48
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Clear Springs8892Trout/Chs Pty	1 each	1	390	35	940	5.00	1.80	200.0	200	0.0	24.0	44.0	14.5	3.50
BOXED ENTREE SALAD	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Tyson Patty w/ Roll	Container	1	407	40	1120	8.14	5.15	131.2	15863	40.64	22.25	49.16	14.8	2.73
SELECT 4 SIDES:	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad & Veggies	1 Cup	5	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
Elizabeth's Croutons, Cheese/	.5 oz.	5	60	0	95	0.00	0.18	0.0	0	0.0	2.0	10.0	2.0	0.00
SALAD DRESSING, Adults	Serving	3	45	2	376	0.00	0.15	16.8	22	0.3	0.77	4.9	2.66	0.21
Foothill Farms Ranch Dressing	2 OZ	2	117	11	261	0.02	0.02	63.9	110	1.52	1.83	5.0	9.79	1.03
SWEET POTATO, BAKED	1 EACH	5	151	10	75	4.04	0.83	49.7	22028	22.36	2.35	27.39	4.01	2.47
GREEN BEANS: fresh,boiled	1/2 cup	5	36	3	11	2.30	0.48	32.2	531	7.87	1.37	5.89	1.33	0.75
Crisp Apple, Zero Trans Fat	.50 Cup	5	149	0	12	3.38	0.71	17.8	41	0.8	1.95	33.77	1.85	0.07
Beverage Choice	1 Each	5	102	9	143	0.00	0.09	282.3	365	1.82	7.55	15.01	1.39	0.85
Condiment Bar, Self-Serv	SRV	1	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			1033	66	1794	15.34	7.25	669.6	30822	58.92	38.93	149.94	34.65	10.53
% of Calories											15.1%	58.0%	30.2%	9.2%
Nutrient Guideline			950	250	1200	8.00	4.50	400.00	1500	19.18	16.70		<=30.0	<10.00
% of Guideline Satisfied			109%	26%	150%	192%	161%	167%	2055%	307%	233%			
Shortfall				184									OVER	

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Kern High School District

Apr 9, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values

Apr 5, 2012

Page 6

Adult Lunch Menu

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/16/2012														
Adult Lunch Menu	Total	5												
TODAY'S DAILY SPECIAL	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Meat Loaf, Sysco	4 oz. Slice	1	233	130	427	0.37	3.32	0.0	32	0.4	22.75	6.5	17.32	*N/A*
BAF 10426 LowNa MashedPotatoes	.50 Cup	1	80	0	110	1.20	1.08	10.0	0	3.6	1.4	14.6	1.0	0.00
Gravy, Beef, Sysco no cook	2 oz. laddle	1	39	5	289	0.00	0.35	19.3	96	0.0	0.96	3.85	2.41	0.96
Bridgeford 6730, Wheat Roll	1.5 oz. Roll	1	117	0	189	2.00	1.50	23.0	0	0.0	5.0	21.0	1.4	0.40
Margarine	1 TBSP	1	101	0	133	0.00	0.00	4.2	504	0.03	0.13	0.13	11.35	2.35
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Packet	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Don Lee Farms10321 Veggie Burg	Sandwich	1	344	7	776	5.50	2.54	119.1	3705	8.0	12.02	48.0	12.38	2.37
BOXED ENTREE SALAD	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Tyson Patty w/ Roll	Container	1	407	40	1120	8.14	5.15	131.2	15863	40.64	22.25	49.16	14.8	2.73
SELECT 4 SIDES:	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
THREE BEAN SALAD	.50 CUP	5	94	0	220	2.00	0.89	26.0	184	3.19	1.85	9.11	5.98	0.83
Salad & Veggies	1 Cup	5	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
Elizabeth's Croutons, Cheese/	.5 oz.	5	60	0	95	0.00	0.18	0.0	0	0.0	2.0	10.0	2.0	0.00
SALAD DRESSING, Adults	Serving	5	45	2	376	0.00	0.15	16.8	22	0.3	0.77	4.9	2.66	0.21
FRUIT COCKTAIL:canned,lt syrup	.50 Cup	5	73	0	8	1.29	0.37	7.7	264	2.45	0.52	19.23	0.09	0.01
ORANGE WEDGES	6 wedges	5	48	0	0	2.45	0.10	40.8	230	54.27	0.96	11.99	0.12	0.02
Beverage Choice	1 Each	5	102	9	143	0.00	0.09	282.3	365	1.82	7.55	15.01	1.39	0.85
Condiment Bar, Self-Serv	SRV	5	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			956	58	2633	12.65	8.23	641.8	10068	97.22	36.18	136.11	33.19	*6.28
% of Calories											15.1%	57.0%	31.3%	*5.9%
Nutrient Guideline			950	250	1200	8.00	4.50	400.00	1500	19.18	16.70		<=30.0	<10.00
% of Guideline Satisfied			101%	23%	219%	158%	183%	160%	671%	507%	217%			
Shortfall				192									OVER	

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Kern High School District

Apr 9, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values

Apr 5, 2012

Page 7

Adult Lunch Menu

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/17/2012														
Adult Lunch Menu	Total	5												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Italian Meat Sauce Casserole	Servings/Pa	1	488	42	437	8.79	7.86	209.3	2823	39.28	28.64	72.57	10.81	5.00
Italian Marinara Casserole	Servings/Pa	1	209	20	974	5.01	3.96	353.9	1720	52.56	14.6	25.03	7.07	4.21
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Pierre3717 Pork Rib Patty	1 Each	1	497	45	1348	5.98	3.09	133.4	153	1.34	20.64	58.57	20.78	6.10
BOXED ENTREE SALAD	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Chef	Container	1	308	116	1253	2.50	2.68	268.1	7694	22.45	22.24	18.6	16.64	7.54
SELECT 4 SIDES:	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Vegetables, CA Style Mixed	1/2 Cup	5	63	0	48	3.71	0.90	24.1	4703	9.59	3.08	12.45	0.93	0.19
Romaine Lettuce Salad #2	1.75 Cup	5	107	3	307	4.00	1.76	75.7	3313	16.41	5.06	16.33	2.52	0.71
SALAD DRESSING, Adults	Serving	3	45	2	376	0.00	0.15	16.8	22	0.3	0.77	4.9	2.66	0.21
Kiwi, Fresh, halves, 36ct.	2 Halves	5	46	0	2	2.28	0.24	25.8	66	70.45	0.87	11.14	0.4	0.02
Pineapple, Tidbits Canned	.50 CUP	5	75	0	1	1.00	0.35	17.0	47	11.8	0.52	19.55	0.1	0.00
Beverage Choice	1 Each	5	102	9	143	0.00	0.09	282.3	365	1.82	7.55	15.01	1.39	0.85
Condiment Bar, Self-Serv	SRV	5	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			978	68	2712	17.66	10.00	817.9	12197	149.15	43.64	147.11	26.76	9.12
% of Calories											17.8%	60.2%	24.6%	8.4%
Nutrient Guideline			950	250	1200	8.00	4.50	400.00	1500	19.18	16.70		<=30.0	<10.00
% of Guideline Satisfied			103%	27%	226%	221%	222%	204%	813%	778%	261%			
Shortfall				182										

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Kern High School District

Apr 9, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values

Apr 5, 2012

Page 8

Adult Lunch Menu

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/18/2012														
Adult Lunch Menu	Total	5												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Chili Stack, KHSD 1/67	Cut 3 x 7	1	374	98	384	2.01	2.67	269.9	705	1.15	28.72	11.26	23.5	11.64
Mayra's Perfect Sp Rice Lo NA	.50 cup	1	125	0	32	1.32	1.59	21.3	501	0.12	2.62	24.96	1.63	0.33
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
KingsDelight, 14123 Brst Filet	Sandwich	1	374	50	1064	1.05	2.73	75.6	100	2.2	24.26	43.35	10.24	2.01
BOXED ENTREE SALAD	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Tyson Patty w/ Roll	Container	1	407	40	1120	8.14	5.15	131.2	15863	40.64	22.25	49.16	14.8	2.73
SELECT 4 SIDES:	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Vegetable, Corn, frozen	.50 Cup	5	75	0	5	1.77	0.37	3.7	170	5.31	2.5	17.17	0.85	0.14
Salad & Veggies	1 Cup	5	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
SALAD DRESSING, Adults	Serving	5	45	2	376	0.00	0.15	16.8	22	0.3	0.77	4.9	2.66	0.21
PEARS,CND,LT SYRUP PK,SOL&LIQ	.50 CUP	5	72	0	6	2.02	0.35	6.3	0	0.88	0.24	19.11	0.04	0.00
APPLES, SLICED, IW 2 oz.	2 oz. Bag	5	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Beverage Choice	1 Each	5	102	9	143	0.00	0.09	282.3	365	1.82	7.55	15.01	1.39	0.85
Condiment Bar, Self-Serv	SRV	5	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			855	59	2239	11.34	7.16	624.4	9061	45.16	36.56	127.92	24.14	7.25
% of Calories											17.1%	59.9%	25.4%	7.6%
Nutrient Guideline			950	250	1200	8.00	4.50	400.00	1500	19.18	16.70		<=30.0	<10.00
% of Guideline Satisfied			90%	24%	187%	142%	159%	156%	604%	236%	219%			
Shortfall			95	191										

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Kern High School District

Apr 9, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values

Apr 5, 2012

Page 9

Adult Lunch Menu

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/19/2012														
Adult Lunch Menu	Total	6												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Lasagna, beef & cheese	cut 4 x 6	1	327	56	315	4.37	3.89	268.7	1220	14.73	18.62	40.55	10.15	5.34
Lasagna, Cheese (vegetarian)	cut 4 x 6	1	338	61	682	3.42	2.99	472.2	810	31.29	19.93	37.83	11.75	6.81
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Sandwich, Italian Chicken	Sandwich	1	516	60	918	3.33	3.38	283.3	975	17.5	28.32	44.11	23.99	6.62
BOXED ENTREE SALAD	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Chef	Container	1	308	116	1253	2.50	2.68	268.1	7694	22.45	22.24	18.6	16.64	7.54
SELECT 4 SIDES:	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Romaine Lettuce Salad #2	1.75 Cup	6	114	3	309	4.45	1.86	79.4	3623	21.51	5.39	17.78	2.59	0.73
SALAD DRESSING, Adults	Serving	3	45	2	376	0.00	0.15	16.8	22	0.3	0.77	4.9	2.66	0.21
Foothill Farms Ranch Dressing	2 OZ	3	117	11	261	0.02	0.02	63.9	110	1.52	1.83	5.0	9.79	1.03
Elizabeth's Croutons, Cheese/	.5 oz.	6	60	0	95	0.00	0.18	0.0	0	0.0	2.0	10.0	2.0	0.00
Peaches in Lite Syrup	.5 cup	6	73	0	10	1.04	0.00	0.0	311	1.24	1.04	17.63	0.0	0.00
BANANAS	1 EACH	6	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
BuenaVista 70150 ApIOat Cookie	1.5 oz. Cook	6	164	0	56	0.39	0.71	20.2	22	0.0	1.25	23.14	7.36	2.17
Beverage Choice	1 Each	6	102	9	143	0.00	0.09	282.3	365	1.82	7.55	15.01	1.39	0.85
Condiment Bar, Self-Serv	SRV	1	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			1087	76	1883	12.08	7.01	763.7	6836	55.38	41.25	156.10	35.44	10.82
% of Calories											15.2%	57.4%	29.3%	9.0%
Nutrient Guideline			950	250	1200	8.00	4.50	400.00	1500	19.18	16.70		<=30.0	<10.00
% of Guideline Satisfied			114%	30%	157%	151%	156%	191%	456%	289%	247%			
Shortfall				174										

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Kern High School District

Apr 9, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values

Apr 5, 2012

Page 10

Adult Lunch Menu

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/20/2012														
Adult Lunch Menu	Total	5												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Turkey & Gravy over Potatoes	SRV	1	328	*53	904	*1.71	*3.92	*69.3	*290	*4.4	*21.79	34.45	9.85	*2.21
Roll, Wheat Dinner, 2 oz.	2 oz. Roll	1	122	0	230	1.91	1.22	7.6	44	0.01	3.93	23.62	1.57	0.31
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Clear Springs8892Trout/Chs Pty	1 each	1	390	35	940	5.00	1.80	200.0	200	0.0	24.0	44.0	14.5	3.50
BOXED ENTREE SALAD	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Tyson Patty w/ Roll	Container	1	407	40	1120	8.14	5.15	131.2	15863	40.64	22.25	49.16	14.8	2.73
SELECT 4 SIDES:	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Vegetable, Fresh Green Beans	.50 CUP	5	12	0	91	1.24	0.37	20.6	232	1.73	0.63	2.71	0.07	0.02
SWEET POTATO, BAKED	1 EACH	5	151	10	75	4.04	0.83	49.7	22028	22.36	2.35	27.39	4.01	2.47
FRUIT COCKTAIL:canned,lt syrup	.50 Cup	5	73	0	8	1.29	0.37	7.7	264	2.45	0.52	19.23	0.09	0.01
ORANGE WEDGES	6 wedges	5	48	0	0	2.45	0.10	40.8	230	54.27	0.96	11.99	0.12	0.02
Beverage Choice	1 Each	5	102	9	143	0.00	0.09	282.3	365	1.82	7.55	15.01	1.39	0.85
Condiment Bar, Self-Serv	SRV	1	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			822	*56	1462	*13.92	*6.18	*628.0	*27120	*99.77	*34.53	131.78	19.96	*7.47
% of Calories											*16.8%	64.1%	21.8%	*8.2%
Nutrient Guideline			950	250	1200	8.00	4.50	400.00	1500	19.18	16.70		<=30.0	<10.00
% of Guideline Satisfied			87%	22%	122%	174%	137%	157%	1808%	520%	207%			
Shortfall			128	194										

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Kern High School District

Apr 9, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values

Apr 5, 2012

Page 11

Adult Lunch Menu

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/23/2012														
Adult Lunch Menu	Total	6												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Lings52724 Orange Chicken	3/4 Cup	1	148	45	207	0.30	0.91	19.9	229	9.29	10.9	12.64	5.34	1.14
Lings, Chicken, Smoked Teriyak	3/4 Cup	1	109	60	200	0.30	0.85	18.8	224	11.82	15.06	4.74	2.85	0.71
RICE, Cooked Brown	1 CUP	2	268	0	19	3.52	0.82	28.3	0	0.0	5.05	44.91	7.49	1.18
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Pierre 9669 5.4 oz. Hamburger	1 HAMBURGER	1	765	117	1282	3.07	5.46	131.7	113	1.06	39.68	37.0	49.91	21.47
BOXED ENTREE SALAD	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Tyson Patty w/ Roll	Container	1	407	40	1120	8.14	5.15	131.2	15863	40.64	22.25	49.16	14.8	2.73
SELECT 4 SIDES:	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
BROCCOLI SALAD	1/2 CUP	6	154	7	172	1.99	0.82	29.0	503	30.3	1.76	31.05	3.67	0.61
Salad & Veggies	1 Cup	6	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
SALAD DRESSING, Adults	Serving	3	45	2	376	0.00	0.15	16.8	22	0.3	0.77	4.9	2.66	0.21
Foothill Farms Ranch Dressing	2 OZ	3	117	11	261	0.02	0.02	63.9	110	1.52	1.83	5.0	9.79	1.03
APPLES, SLICED, IW 2 oz.	2 oz. Bag	6	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Diced Peaches	.50 Cup	6	53	0	6	1.25	0.38	6.3	338	3.76	0.5	13.9	0.13	0.01
Beverage Choice	1 Each	6	102	9	143	0.00	0.09	282.3	365	1.82	7.55	15.01	1.39	0.85
Condiment Bar, Self-Serv	SRV	1	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			920	75	1543	10.53	6.09	564.4	8470	66.28	35.27	129.40	31.57	8.84
% of Calories											15.3%	56.2%	30.9%	8.6%
Nutrient Guideline			950	250	1200	8.00	4.50	400.00	1500	19.18	16.70		<=30.0	<10.00
% of Guideline Satisfied			97%	30%	129%	132%	135%	141%	565%	346%	211%			
Shortfall			30	175									OVER	

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Kern High School District

Apr 9, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values

Apr 5, 2012

Adult Lunch Menu

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/24/2012														
Adult Lunch Menu	Total	6												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Potato, Baked w/ Chili	Bowl	1	557	29	662	10.30	4.15	190.1	273	11.41	19.87	78.8	18.31	4.99
Potato, Baked Traditional	Bowl	1	622	0	1500	18.96	5.90	270.5	1087	39.23	18.61	99.38	17.39	2.53
Sour Cream	1 Tbsp	2	28	7	12	0.00	0.02	15.8	90	0.13	0.3	0.41	2.84	1.65
Green Bellies Cornbread Puffin	2 Each	2	110	32	258	2.00	0.36	60.0	100	1.2	4.0	20.0	2.0	2.00
Margarine	1 TBSP	2	101	0	133	0.00	0.00	4.2	504	0.03	0.13	0.13	11.35	2.35
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
KDelight14124SpicyChixSand	Sandwich	1	395	50	1268	1.11	3.02	90.2	150	4.9	24.52	46.95	10.48	2.02
BOXED ENTREE SALAD	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Chef	Container	1	308	116	1253	2.50	2.68	268.1	7694	22.45	22.24	18.6	16.64	7.54
SELECT 4 SIDES:	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
BROCCOLI: Fresh, Steamed	1 CUP	6	26	0	19	2.13	0.62	34.1	1095	66.17	2.12	3.72	0.25	0.04
Salad & Veggies	1 Cup	6	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
SALAD DRESSING, Adults	Serving	3	45	2	376	0.00	0.15	16.8	22	0.3	0.77	4.9	2.66	0.21
Foothill Farms Ranch Dressing	2 OZ	3	117	11	261	0.02	0.02	63.9	110	1.52	1.83	5.0	9.79	1.03
Pineapple, Tidbits Canned	.50 CUP	6	75	0	1	1.00	0.35	17.0	47	11.8	0.52	19.55	0.1	0.00
BuenaVista 70150 AplOat Cookie	1.5 oz. Cook	6	164	0	56	0.39	0.71	20.2	22	0.0	1.25	23.14	7.36	2.17
Beverage Choice	1 Each	6	102	9	143	0.00	0.09	282.3	365	1.82	7.55	15.01	1.39	0.85
Condiment Bar, Self-Serv	SRV	1	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			1011	70	1881	12.28	6.90	699.9	7790	109.95	36.13	137.45	36.50	10.51
% of Calories											14.3%	54.4%	32.5%	9.4%
Nutrient Guideline			950	250	1200	8.00	4.50	400.00	1500	19.18	16.70		<=30.0	<10.00
% of Guideline Satisfied			106%	28%	157%	153%	153%	175%	519%	573%	216%			
Shortfall				180									OVER	

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Kern High School District

Apr 9, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values

Apr 5, 2012

Page 13

Adult Lunch Menu

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/25/2012														
Adult Lunch Menu	Total	5												
DAILY ENTREE	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Burrito, Chicken SW Breast	3.4 oz.	1	456	70	873	3.00	4.50	450.0	200	3.6	27.0	66.0	10.6	1.00
Condiment, Burrito, Your Way	Serving	1	115	15	221	1.86	1.01	121.9	326	0.78	5.72	11.24	5.36	3.11
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Pierre 9669 5.4 oz. Hamburger	1 HAMBURGER	1	765	117	1282	3.07	5.46	131.7	113	1.06	39.68	37.0	49.91	21.47
BOXED ENTREE SALAD	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Tyson Patty w/ Roll	Container	1	407	40	1120	8.14	5.15	131.2	15863	40.64	22.25	49.16	14.8	2.73
SELECT 4 SIDES:	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad & Veggies	1 Cup	5	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
SALAD DRESSING, Adults	Serving	3	45	2	376	0.00	0.15	16.8	22	0.3	0.77	4.9	2.66	0.21
Foothill Farms Ranch Dressing	2 OZ	2	117	11	261	0.02	0.02	63.9	110	1.52	1.83	5.0	9.79	1.03
Cowboy Caviar	.50 CUP	5	38	0	117	1.65	0.57	18.1	245	3.89	1.53	6.65	0.83	0.08
APRICOTS: canned,light syrup	.50 CUP	5	80	0	5	2.02	0.49	13.9	1672	3.42	0.67	20.86	0.06	0.00
Dried Fruit, Tropical Island M	.75 oz.	5	70	0	5	1.00	0.36	10.0	0	0.0	0.0	16.0	0.5	0.50
Beverage Choice	1 Each	5	102	9	143	0.00	0.09	282.3	365	1.82	7.55	15.01	1.39	0.85
Condiment Bar, Self-Serv	SRV	1	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			913	74	1813	10.75	7.45	693.9	10190	36.28	38.95	123.96	30.76	10.01
% of Calories											17.1%	54.3%	30.3%	9.9%
Nutrient Guideline			950	250	1200	8.00	4.50	400.00	1500	19.18	16.70		<=30.0	<10.00
% of Guideline Satisfied			96%	29%	151%	134%	166%	173%	679%	189%	233%			
Shortfall			37	176									OVER	

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Kern High School District

Apr 9, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values

Apr 5, 2012

Adult Lunch Menu

Page 14

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/26/2012														
Adult Lunch Menu	Total	5												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Pork, Chili Verde	6 oz. Ladle	1	364	168	114	0.00	2.08	12.5	83	0.0	54.08	0.0	14.56	4.16
RICE, Brown, Oven Baked	1 CUP	1	212	0	382	1.81	0.96	20.3	0	0.0	3.99	40.52	3.67	0.45
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
KingsDelight, 14123 Brst Filet	Sandwich	1	374	50	1064	1.05	2.73	75.6	100	2.2	24.26	43.35	10.24	2.01
BOXED ENTREE SALAD	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Chef	Container	1	308	116	1253	2.50	2.68	268.1	7694	22.45	22.24	18.6	16.64	7.54
SELECT 4 SIDES:	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MEXICALI CORN	.50 CUP	5	119	0	28	2.71	0.67	9.8	528	18.47	3.56	23.98	2.75	0.51
Salad & Veggies	1 Cup	5	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
SALAD DRESSING, Adults	Serving	5	45	2	376	0.00	0.15	16.8	22	0.3	0.77	4.9	2.66	0.21
Elizabeth's Croutons, Cheese/	.5 oz.	5	60	0	95	0.00	0.18	0.0	0	0.0	2.0	10.0	2.0	0.00
ORANGE WEDGES	6 wedges	5	48	0	0	2.45	0.10	40.8	230	54.27	0.96	11.99	0.12	0.02
BANANAS	1 EACH	5	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
Beverage Choice	1 Each	5	102	9	143	0.00	0.09	282.3	365	1.82	7.55	15.01	1.39	0.85
Condiment Bar, Self-Serv	SRV	1	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			916	89	1719	11.72	5.76	597.1	7335	105.73	45.92	137.26	24.61	6.91
% of Calories											20.0%	59.9%	24.2%	6.8%
Nutrient Guideline			950	250	1200	8.00	4.50	400.00	1500	19.18	16.70		<=30.0	<10.00
% of Guideline Satisfied			96%	36%	143%	147%	128%	149%	489%	551%	275%			
Shortfall			34	161										

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Kern High School District

Apr 9, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values

Apr 5, 2012

Page 15

Adult Lunch Menu

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/27/2012														
Adult Lunch Menu	Total	5												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Turkey Turnover	1 EACH	1	472	58	783	0.61	4.22	8.4	142	0.01	18.09	31.87	30.01	10.29
Gravy, Turkey, Sysco no cook	2 oz.	1	9	0	73	0.00	0.00	0.0	25	0.0	0.25	0.75	0.5	0.00
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	457	31	1085	3.61	4.61	403.3	1388	19.37	21.61	57.83	15.55	6.48
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Clear Springs8892Trout/Chs Pty	1 each	1	390	35	940	5.00	1.80	200.0	200	0.0	24.0	44.0	14.5	3.50
BOXED ENTREE SALAD	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Tyson Patty w/ Roll	Container	1	407	40	1120	8.14	5.15	131.2	15863	40.64	22.25	49.16	14.8	2.73
SELECT 4 SIDES:	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad & Veggies	1 Cup	5	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
Elizabeth's Croutons, Cheese/	.5 oz.	5	60	0	95	0.00	0.18	0.0	0	0.0	2.0	10.0	2.0	0.00
SALAD DRESSING, Adults	Serving	3	45	2	376	0.00	0.15	16.8	22	0.3	0.77	4.9	2.66	0.21
Foothill Farms Ranch Dressing	2 OZ	2	117	11	261	0.02	0.02	63.9	110	1.52	1.83	5.0	9.79	1.03
SWEET POTATO, BAKED	1 EACH	5	151	10	75	4.04	0.83	49.7	22028	22.36	2.35	27.39	4.01	2.47
GREEN BEANS: fresh,boiled	1/2 cup	5	36	3	11	2.30	0.48	32.2	531	7.87	1.37	5.89	1.33	0.75
Crisp Apple, Zero Trans Fat	.50 Cup	5	149	0	12	3.38	0.71	17.8	41	0.8	1.95	33.77	1.85	0.07
Beverage Choice	1 Each	5	102	9	143	0.00	0.09	282.3	365	1.82	7.55	15.01	1.39	0.85
Condiment Bar, Self-Serv	SRV	1	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			1033	66	1794	15.34	7.25	669.6	30822	58.92	38.93	149.94	34.65	10.53
% of Calories											15.1%	58.0%	30.2%	9.2%
Nutrient Guideline			950	250	1200	8.00	4.50	400.00	1500	19.18	16.70		<=30.0	<10.00
% of Guideline Satisfied			109%	26%	150%	192%	161%	167%	2055%	307%	233%			
Shortfall				184									OVER	

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Kern High School District

Apr 9, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values

Apr 5, 2012

Page 16

Adult Lunch Menu

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/30/2012														
Adult Lunch Menu	Total	5												
TODAY'S DAILY SPECIAL	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Meat Loaf, Sysco	4 oz. Slice	1	233	130	427	0.37	3.32	0.0	32	0.4	22.75	6.5	17.32	*N/A*
BAF 10426 LowNa MashedPotatoes	.50 Cup	1	80	0	110	1.20	1.08	10.0	0	3.6	1.4	14.6	1.0	0.00
Gravy, Beef, Sysco no cook	2 oz. laddle	1	39	5	289	0.00	0.35	19.3	96	0.0	0.96	3.85	2.41	0.96
Bridgeford 6730, Wheat Roll	1.5 oz. Roll	1	117	0	189	2.00	1.50	23.0	0	0.0	5.0	21.0	1.4	0.40
Margarine	1 TBSP	1	101	0	133	0.00	0.00	4.2	504	0.03	0.13	0.13	11.35	2.35
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Packet	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Don Lee Farms10321 Veggie Burg	Sandwich	1	344	7	776	5.50	2.54	119.1	3705	8.0	12.02	48.0	12.38	2.37
BOXED ENTREE SALAD	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Tyson Patty w/ Roll	Container	1	407	40	1120	8.14	5.15	131.2	15863	40.64	22.25	49.16	14.8	2.73
SELECT 4 SIDES:	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
THREE BEAN SALAD	.50 CUP	5	94	0	220	2.00	0.89	26.0	184	3.19	1.85	9.11	5.98	0.83
Salad & Veggies	1 Cup	5	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
Elizabeth's Croutons, Cheese/	.5 oz.	5	60	0	95	0.00	0.18	0.0	0	0.0	2.0	10.0	2.0	0.00
SALAD DRESSING, Adults	Serving	5	45	2	376	0.00	0.15	16.8	22	0.3	0.77	4.9	2.66	0.21
FRUIT COCKTAIL:canned,lt syrup	.50 Cup	5	73	0	8	1.29	0.37	7.7	264	2.45	0.52	19.23	0.09	0.01
ORANGE WEDGES	6 wedges	5	48	0	0	2.45	0.10	40.8	230	54.27	0.96	11.99	0.12	0.02
Beverage Choice	1 Each	5	102	9	143	0.00	0.09	282.3	365	1.82	7.55	15.01	1.39	0.85
Condiment Bar, Self-Serv	SRV	5	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			956	58	2633	12.65	8.23	641.8	10068	97.22	36.18	136.11	33.19	*6.28
% of Calories											15.1%	57.0%	31.3%	*5.9%
Nutrient Guideline			950	250	1200	8.00	4.50	400.00	1500	19.18	16.70		<=30.0	<10.00
% of Guideline Satisfied			101%	23%	219%	158%	183%	160%	671%	507%	217%			
Shortfall				192									OVER	
Weighted Average			960	*69	2076	*12.85	*7.20	*664.8	*13075	*81.44	*38.35	138.09	31.00	*8.64
											*16.0%	57.6%	29.1%	*8.1%

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Kern High School District

Apr 9, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
Adult Lunch Menu

Apr 5, 2012

Page 17

Nutrient	Menu AVG	Portion	Plan	Cals	Cholst	Sodm	Fiber	Iron	Calcm	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat
		Size	Qty	(kcal)	(mg)	(mg)	(g)	(mg)	(mg)	(IU)	(mg)	(g)	(g)	(g)	(g)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)								
Calories	960		950	101%			Correction Required - Sodium too High								
Cholesterol (mg)	69		250	27%	Missing										
Sodium (mg)	2076		1200	173%											
Fiber (g)	12.85		8.00	161%	Missing										
Iron (mg)	7.20		4.50	160%	Missing										
Calcium (mg)	664.8		400.00	166%	Missing										
Vitamin A (IU)	13075		1500	872%	Missing										
Vitamin C (mg)	81.44		19.18	425%	Missing										
Protein (g)	38.35	15.99%	16.70	230%	Missing										
Carbohydrate (g)	138.09	57.56%													
Total Fat (g)	31.00	29.08%	<=30.00%												
Saturated Fat (g)	8.64	8.10%	<10.00%		Missing										

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

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.