

Kern High School District

Apr 30, 2012 thru May 31, 2012 Spreadsheet - Portion Values

May 1, 2012

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Preschool Lunch

	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														
Preschool Lunch	Total	3												
Hot Pocket, Stuffed Pep. Pizza	1 Each	3	220	15	460	1.00	2.70	100.0	100	0.0	9.0	33.0	6.0	2.00
YAM, Orange Bites, BAKED	1 EACH	3	146	5	58	4.05	1.13	46.6	23828	19.35	2.11	30.54	2.14	1.26
Vegetable Pasta Salad	.50 Cup	3	43	0	110	1.32	0.53	12.1	311	15.2	1.67	6.99	0.92	0.10
ORANGE WEDGES	6 wedges	3	48	0	0	2.45	0.10	40.8	230	54.27	0.96	11.99	0.12	0.02
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Weighted Daily Average			557	33	747	8.82	4.47	499.5	24852	90.81	21.74	94.68	11.34	4.72
% of Calories											15.6%	68.0%	18.3%	7.6%
Nutrient Guideline			544	100	1230	6.00	3.30	267.00	778	15.00	7.10		<=30.0	<10.00
% of Guideline Satisfied			102%	33%	61%	147%	135%	187%	3193%	605%	306%			
Shortfall				67	483									

Tue - 05/01/2012														
Preschool Lunch	Total	3												
Tyson 2155 WG Chick Nuggets	5 Each	3	200	25	240	3.00	1.80	40.0	0	0.0	17.0	15.0	8.0	1.50
Vegetables, Mixed, Frozen	.50 Cup	3	63	0	48	3.71	0.90	24.1	4703	9.59	3.08	12.45	0.93	0.19
McCain MCF04851 Red Skin Potat	2 OZ	3	64	0	96	1.27	0.46	0.0	0	3.82	1.27	12.1	1.27	0.00
PEARS,CND,LT SYRUP PK,SOL&LIQ	.50 CUP	3	72	0	6	2.02	0.35	6.3	0	0.88	0.24	19.11	0.04	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
KETCHUP: individual	3 EACH	3	30	0	285	0.00	0.54	30.0	150	3.6	0.0	6.0	0.0	0.00
Weighted Daily Average			529	37	794	10.00	4.05	400.4	5236	19.89	29.59	76.84	12.41	3.03
% of Calories											22.4%	58.1%	21.1%	5.2%
Nutrient Guideline			544	100	1230	6.00	3.30	267.00	778	15.00	7.10		<=30.0	<10.00
% of Guideline Satisfied			97%	37%	65%	167%	123%	150%	673%	133%	417%			
Shortfall			16	63	436									

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Preschool Lunch

	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 - 05/02/2012														
Preschool Lunch	Total	3												
Integrated 363000 SW Chs Veggi	4.63 oz. Srv.	3	359	42	770	1.77	2.14	506.1	441	4.52	18.87	35.74	15.4	8.68
Cowboy Caviar	.25 CUP	3	19	0	59	0.82	0.29	9.0	122	1.95	0.77	3.33	0.41	0.04
APRICOTS: canned,light syrup	.50 CUP	3	80	0	5	2.02	0.49	13.9	1672	3.42	0.67	20.86	0.06	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Weighted Daily Average			558	55	953	4.62	2.92	829.1	2619	11.88	28.30	72.09	18.04	10.06
% of Calories											20.3%	51.7%	29.1%	16.2%
Nutrient Guideline			544	100	1230	6.00	3.30	267.00	778	15.00	7.10		<=30.0	<10.00
% of Guideline Satisfied			102%	55%	78%	77%	89%	311%	337%	79%	399%			
Shortfall				45	277	1.38	0.38			3.12				OVER

Thu - 05/03/2012														
Preschool Lunch	Total	3												
IntegratedC15250B Burger	Sandwich	3	299	34	821	4.62	2.75	160.5	168	2.22	21.83	31.55	10.57	3.47
Lettuce,Tomato,Pickle Cup	1/2 Cup	3	8	0	130	0.67	0.19	11.2	307	4.55	0.46	1.75	0.1	0.02
McCain 2226 Tater Rounds	5 Pieces	3	84	0	134	1.25	0.20	0.0	0	0.66	1.25	11.25	3.75	1.25
Fruit, Orange, 3 wedges	3 wedges	3	24	0	0	1.22	0.05	20.4	115	27.13	0.48	5.99	0.06	0.01
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Condi, Ket, Mstrd, Taco	Serving	3	34	0	368	0.11	0.58	29.2	100	3.9	0.52	5.95	0.48	0.02
Weighted Daily Average			550	47	1572	7.87	3.77	521.4	1073	40.47	32.53	68.66	17.13	6.10
% of Calories											23.7%	49.9%	28.0%	10.0%
Nutrient Guideline			544	100	1230	6.00	3.30	267.00	778	15.00	7.10		<=30.0	<10.00
% of Guideline Satisfied			101%	47%	128%	131%	114%	195%	138%	270%	458%			
Shortfall				53										

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Preschool Lunch

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Fri - 05/04/2012														
Preschool Lunch	Total	3												
Turkey & Gravy over Potatoes	SRV	3	287	*47	791	*1.49	*3.43	*60.7	*254	*3.85	*19.06	30.15	8.62	*1.93
Vegetable, GBeans, Frz	1/2 cup	3	19	0	1	2.03	0.45	28.4	376	2.77	1.01	4.35	0.11	0.03
Cucumber & Carrot Coins	.25 CUP	3	8	0	6	0.56	0.11	5.9	4318	2.11	0.25	1.91	0.05	0.01
RRay Ranch Sauce	1 OZ	3	40	5	75	0.15	0.21	36.1	157	2.13	1.0	2.34	3.0	0.60
PEARS,CND,LT SYRUP PK,SOL&LIQ	.50 CUP	3	72	0	6	2.02	0.35	6.3	0	0.88	0.24	19.11	0.04	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Weighted Daily Average			525	*64	998	*6.24	*4.55	*437.4	*5488	*13.73	*29.55	70.02	13.98	*3.91
% of Calories											*22.5%	53.3%	23.9%	*6.7%
Nutrient Guideline			544	100	1230	6.00	3.30	267.00	778	15.00	7.10		<=30.0	<10.00
% of Guideline Satisfied			97%	64%	81%	104%	138%	164%	705%	92%	416%			
Shortfall			19	36	232					1.27				

Mon - 05/07/2012														
Preschool Lunch	Total	3												
Piazza 50449 5" Pep Round, IW	1 Each	3	290	15	570	4.00	0.36	200.0	200	3.6	14.0	42.0	9.0	3.00
Beans, Baked, I-6CK	.50 Cup	3	131	0	459	5.21	1.57	47.0	153	0.43	6.1	29.88	0.47	0.09
Vegetables, Mixed, Frozen	.25 Cup	3	32	0	24	1.86	0.45	12.0	2351	4.79	1.54	6.23	0.46	0.10
APPLES, SLICED, IW 2 oz.	2 oz. Bag	3	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			586	27	1172	12.60	2.49	563.0	3118	14.06	29.75	98.92	12.31	4.55
% of Calories											20.3%	67.5%	18.9%	7.0%
Nutrient Guideline			544	100	1230	6.00	3.30	267.00	778	15.00	7.10		<=30.0	<10.00
% of Guideline Satisfied			108%	27%	95%	210%	75%	211%	401%	94%	419%			
Shortfall				73	58		0.81			0.94				

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Preschool Lunch

	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 - 05/08/2012														
Preschool Lunch	Total	3												
Fernando 17520 Bn, Chs Burrito	5.1 oz. Burrit	3	310	5	620	10.00	2.70	150.0	300	1.2	15.0	45.0	8.0	2.50
Vegetable, Carrot Slices, frz	.50 CUP	3	35	0	56	3.15	0.51	33.4	16165	2.2	0.55	7.38	0.65	0.11
Salad & Veggies	1 Cup	3	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
Naturally Fresh FF Italian	1.5 OZ.	3	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
ORANGE WEDGES	6 wedges	3	48	0	0	2.45	0.10	40.8	230	54.27	0.96	11.99	0.12	0.02
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Taco Sauce(pkt)	1 each	3	6	0	37	0.00	0.00	0.0	0	1.35	0.0	1.13	0.0	0.00
Weighted Daily Average			518	18	1298	16.90	3.93	546.0	20907	70.03	25.46	81.51	11.14	3.99
% of Calories											19.7%	63.0%	19.4%	6.9%
Nutrient Guideline			544	100	1230	6.00	3.30	267.00	778	15.00	7.10		<=30.0	<10.00
% of Guideline Satisfied			95%	18%	106%	282%	119%	204%	2686%	467%	359%			
Shortfall			26	82										

Wed - 05/09/2012														
Preschool Lunch	Total	3												
Tyson 2154 BrdWGPlainChix&Bun	1 Each	3	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Lettuce, Tomato, Pickle Cup	1/2 Cup	3	8	0	130	0.67	0.19	11.2	307	4.55	0.46	1.75	0.1	0.02
APPLES, SLICED, IW 2 oz.	2 oz. Bag	3	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Condi, Ket, Mstrd, Taco	Serving	3	34	0	368	0.11	0.58	29.2	100	3.9	0.52	5.95	0.48	0.02
Weighted Daily Average			566	37	1497	9.31	4.11	484.4	820	13.68	30.08	72.51	18.45	3.41
% of Calories											21.2%	51.2%	29.3%	5.4%
Nutrient Guideline			544	100	1230	6.00	3.30	267.00	778	15.00	7.10		<=30.0	<10.00
% of Guideline Satisfied			104%	37%	122%	155%	125%	181%	105%	91%	424%			
Shortfall				63						1.32				

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Preschool Lunch

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Thu - 05/10/2012														
Preschool Lunch	Total	3												
Asian Solution Tangerine Chix	2/3 Cup	3	144	32	259	0.00	0.52	0.0	0	0.0	9.36	19.43	2.88	0.72
Chef's Corner Vegetable Brown	.50 Cup	3	130	0	330	2.00	1.08	20.0	2500	9.0	3.0	24.0	2.0	0.00
Vegetable, Carrots & Peas	.50 Cup	3	46	0	68	2.83	0.91	22.5	7913	9.32	2.83	9.28	0.59	0.12
Broccoli Raisin Salad	.50 CUP	3	55	2	64	1.07	0.35	17.3	462	30.46	1.06	7.74	2.38	0.27
STRAWBERRIES, FROZEN, THAWE	.50 CUP	3	39	0	2	2.30	0.83	18.0	50	45.5	0.48	10.09	0.12	0.01
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			514	47	842	8.20	3.68	377.8	11309	96.28	24.73	82.71	10.13	2.45
% of Calories											19.3%	64.4%	17.7%	4.3%
Nutrient Guideline			544	100	1230	6.00	3.30	267.00	778	15.00	7.10		<=30.0	<10.00
% of Guideline Satisfied			94%	47%	68%	137%	112%	142%	1453%	642%	348%			
Shortfall			30	53	388									

Fri - 05/11/2012														
Preschool Lunch	Total	3												
Beef Nachos Beans w/Cheese	Servings	3	312	24	1040	5.24	2.46	106.5	3149	2.36	13.2	39.03	11.1	3.44
CARROT-RAISIN SALAD	.25 CUP	3	54	4	129	1.22	0.29	23.2	5679	3.02	0.74	9.4	1.79	0.29
APPLESAUCE:cnnd,unswtnd,+vit C	.25 Cup	3	27	0	1	0.70	0.15	2.6	18	13.52	0.11	7.19	0.06	0.01
Kiwi, Fresh, halves, 36ct.	2 Halves	3	46	0	2	2.28	0.24	25.8	66	70.45	0.87	11.14	0.4	0.02
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			540	40	1292	9.44	3.13	458.2	9296	91.35	22.92	78.92	15.51	5.10
% of Calories											17.0%	58.5%	25.9%	8.5%
Nutrient Guideline			544	100	1230	6.00	3.30	267.00	778	15.00	7.10		<=30.0	<10.00
% of Guideline Satisfied			99%	40%	105%	157%	95%	172%	1194%	609%	323%			
Shortfall			5	60			0.17							

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Mon - 05/14/2012														
Preschool Lunch	Total	3												
USDA Chicken, BBQ Glazed	SRVG	3	149	51	357	0.00	1.00	7.0	70	0.0	11.27	10.46	6.06	2.00
Baked Beans (Vegetarian)	.50 CUP	3	122	0	342	4.45	1.55	50.2	208	3.11	5.03	27.86	0.49	0.08
Crisp Apple, Zero Trans Fat	.25 Cup	3	74	0	6	1.69	0.35	8.9	20	0.4	0.97	16.89	0.93	0.04
Bridgeford 6730, Wheat Roll	1.5 oz. Roll	3	117	0	189	2.00	1.50	23.0	0	0.0	5.0	21.0	1.4	0.40
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Weighted Daily Average			562	63	1014	8.14	4.40	389.1	682	5.51	30.27	88.37	11.04	3.85
% of Calories											21.5%	62.9%	17.7%	6.2%
Nutrient Guideline			544	100	1230	6.00	3.30	267.00	778	15.00	7.10		<=30.0	<10.00
% of Guideline Satisfied			103%	63%	82%	136%	133%	146%	88%	37%	426%			
Shortfall				37	216				97	9.49				

Tue - 05/15/2012														
Preschool Lunch	Total	3												
Tyson 2155 WG Chick Nuggets	5 Each	3	200	25	240	3.00	1.80	40.0	0	0.0	17.0	15.0	8.0	1.50
Lamb WestonH30 Tater Tots(8)	Container (8	3	107	0	220	1.33	0.48	0.0	0	6.0	1.33	12.67	5.33	1.33
Vegetables, Raw Bro/califlower	.50 CUP	3	28	1	225	1.01	0.38	13.9	392	23.03	1.01	3.39	1.42	0.12
Pineapple, Tidbits Canned	.50 CUP	3	75	0	1	1.00	0.35	17.0	47	11.8	0.52	19.55	0.1	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Condiment, Ketchup	2 Each	3	20	0	190	0.00	0.36	20.0	100	2.4	0.0	4.0	0.0	0.00
Weighted Daily Average			530	39	995	6.34	3.37	390.9	922	45.23	27.86	66.77	17.02	4.28
% of Calories											21.0%	50.4%	28.9%	7.3%
Nutrient Guideline			544	100	1230	6.00	3.30	267.00	778	15.00	7.10		<=30.0	<10.00
% of Guideline Satisfied			97%	39%	81%	106%	102%	146%	118%	302%	392%			
Shortfall			14	61	235									

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Kern High School District

Apr 30, 2012 thru May 31, 2012 Spreadsheet - Portion Values

May 1, 2012

Preschool Lunch

	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 - 05/16/2012														
Preschool Lunch	Total	3												
Lasagna, beef & cheese	cut 6x4	3	227	39	283	*1.58	2.52	161.3	892	4.01	12.71	24.31	8.38	4.31
Vegetables, Mixed, Frozen	.25 Cup	3	32	0	24	1.86	0.45	12.0	2351	4.79	1.54	6.23	0.46	0.10
Romaine Lettuce Salad #2	1 Cup	3	65	1	176	2.54	1.06	45.4	2070	12.29	3.08	10.16	1.48	0.41
RRay Ranch Sauce	1 OZ	3	40	5	75	0.15	0.21	36.1	157	2.13	1.0	2.34	3.0	0.60
ORANGE WEDGES	6 wedges	3	48	0	0	2.45	0.10	40.8	230	54.27	0.96	11.99	0.12	0.02
Green Bellies Cornbread Puffin	1 Each	3	55	16	129	1.00	0.18	30.0	50	0.6	2.0	10.0	1.0	1.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			567	73	807	*9.57	4.52	625.6	6134	80.09	29.29	77.19	16.62	7.78
% of Calories											20.7%	54.5%	26.4%	12.4%
Nutrient Guideline			544	100	1230	6.00	3.30	267.00	778	15.00	7.10		<=30.0	<10.00
% of Guideline Satisfied			104%	73%	66%	160%	137%	234%	788%	534%	412%			
Shortfall				27	423									OVER

Thu - 05/17/2012														
Preschool Lunch	Total	3												
Asian Solutions 73002GMR New O	2/3 Cup	3	163	54	491	1.07	1.85	17.0	547	33.09	14.97	17.91	2.8	0.55
Chef's Corner Vegetable Brown	.50 Cup	3	130	0	330	2.00	1.08	20.0	2500	9.0	3.0	24.0	2.0	0.00
BROCCOLI SALAD	1/3 CUP	3	103	5	115	1.33	0.55	19.3	335	20.2	1.18	20.7	2.44	0.40
Wawona, Berry Frz. Fruit Blend	.50 CUP	3	70	0	4	2.00	0.41	12.0	461	61.0	0.88	17.0	0.0	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			565	71	1059	6.39	3.89	368.4	4227	125.29	28.02	91.78	9.41	2.29
% of Calories											19.8%	64.9%	15.0%	3.6%
Nutrient Guideline			544	100	1230	6.00	3.30	267.00	778	15.00	7.10		<=30.0	<10.00
% of Guideline Satisfied			104%	71%	86%	107%	118%	138%	543%	835%	395%			
Shortfall				29	171									

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Kern High School District

Apr 30, 2012 thru May 31, 2012 Spreadsheet - Portion Values

May 1, 2012

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Preschool Lunch

	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 - 05/18/2012														
Preschool Lunch	Total	3												
Turkey & Gravy over Potatoes	SRV	3	287	*47	791	*1.49	*3.43	*60.7	*254	*3.85	*19.06	30.15	8.62	*1.93
YAM, Orange Bites, BAKED	.50 EACH	3	73	3	29	2.03	0.57	23.3	11914	9.67	1.05	15.27	1.07	0.63
Cucumber & Carrot Coins	.25 CUP	3	8	0	6	0.56	0.11	5.9	4318	2.11	0.25	1.91	0.05	0.01
APPLES, SLICED, IW 2 oz.	2 oz. Bag	3	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Weighted Daily Average			501	*62	945	*5.61	*4.21	*393.9	*16899	*20.86	*28.47	68.13	12.10	*3.94
% of Calories											*22.7%	54.4%	21.7%	*7.1%
Nutrient Guideline			544	100	1230	6.00	3.30	267.00	778	15.00	7.10		<=30.0	<10.00
% of Guideline Satisfied			92%	62%	77%	94%	128%	148%	2171%	139%	401%			
Shortfall			43	38	285	0.39								

Mon - 05/21/2012														
Preschool Lunch	Total	3												
SW Chicken Rice Bowl	Bowl	3	295	55	748	5.49	2.42	125.0	294	3.46	18.94	42.02	5.95	1.95
Salad & Veggies	1 Cup	3	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
RRay Ranch Sauce	1 OZ	3	40	5	75	0.15	0.21	36.1	157	2.13	1.0	2.34	3.0	0.60
PEARS,CND,LT SYRUP PK,SOL&LIQ	.50 CUP	3	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	3	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			554	72	955	10.49	3.70	493.1	4694	20.72	29.23	86.89	11.56	3.95
% of Calories											21.1%	62.7%	18.8%	6.4%
Nutrient Guideline			544	100	1230	6.00	3.30	267.00	778	15.00	7.10		<=30.0	<10.00
% of Guideline Satisfied			102%	72%	78%	175%	112%	185%	603%	138%	412%			
Shortfall				28	275									

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Kern High School District

Apr 30, 2012 thru May 31, 2012 Spreadsheet - Portion Values

May 1, 2012

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Preschool Lunch

	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 - 05/22/2012														
Preschool Lunch	Total	3												
Fernando 17520 Bn, Chs Burrito	5.1 oz. Burrit	3	310	5	620	10.00	2.70	150.0	300	1.2	15.0	45.0	8.0	2.50
Broccoli Raisin Salad	.50 CUP	3	55	2	64	1.07	0.35	17.3	462	30.46	1.06	7.74	2.38	0.27
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 Cup	3	54	0	3	1.40	0.29	5.1	37	27.05	0.22	14.38	0.13	0.01
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Taco Sauce(pkt)	1 each	3	6	0	37	0.00	0.00	0.0	0	1.35	0.0	1.13	0.0	0.00
Weighted Daily Average			524	20	842	12.47	3.34	472.4	1182	62.05	24.28	80.41	12.67	4.11
% of Calories											18.5%	61.4%	21.7%	7.1%
Nutrient Guideline			544	100	1230	6.00	3.30	267.00	778	15.00	7.10		<=30.0	<10.00
% of Guideline Satisfied			96%	20%	68%	208%	101%	177%	152%	414%	342%			
Shortfall			20	80	388									

Wed - 05/23/2012														
Preschool Lunch	Total	3												
Max 12694 Twist Stix w/ Marina	3 oz. Each	3	261	15	732	3.56	3.91	274.1	550	15.99	12.32	40.27	6.19	3.03
Romaine Lettuce Salad #2	1 Cup	3	65	1	176	2.54	1.06	45.4	2070	12.29	3.08	10.16	1.48	0.41
RRay Ranch Sauce	1 OZ	3	40	5	75	0.15	0.21	36.1	157	2.13	1.0	2.34	3.0	0.60
PEACHES,CANNED,LIGHT SYRUP	.50 CUP	3	68	0	6	1.63	0.45	3.8	444	3.01	0.56	18.26	0.04	0.00
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Weighted Daily Average			534	34	1109	7.88	5.63	659.4	3605	35.43	24.96	83.20	12.88	5.39
% of Calories											18.7%	62.3%	21.7%	9.1%
Nutrient Guideline			544	100	1230	6.00	3.30	267.00	778	15.00	7.10		<=30.0	<10.00
% of Guideline Satisfied			98%	34%	90%	131%	171%	247%	463%	236%	352%			
Shortfall			10	66	121									

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Kern High School District

Apr 30, 2012 thru May 31, 2012 Spreadsheet - Portion Values

May 1, 2012

Preschool Lunch

	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 - 05/24/2012														
Preschool Lunch	Total	3												
Integrated C12120 Bf mini burg	1 Each	3	197	28	331	2.18	2.41	32.5	1	0.08	13.58	21.45	6.16	2.21
Lettuce, Tomato, Pickle Cup	1/2 Cup	3	8	0	130	0.67	0.19	11.2	307	4.55	0.46	1.75	0.1	0.02
Lamb Weston H30 Tater Tots(5)	Container (5)	3	67	0	138	0.83	0.30	0.0	0	3.75	0.83	7.92	3.33	0.83
ORANGE WEDGES	6 wedges	3	48	0	0	2.45	0.10	40.8	230	54.27	0.96	11.99	0.12	0.02
MJM 301150 Honey Grahams	.9 oz. Portio	3	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.0	3.01	0.83
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Condi. Ket, Mstrd. Taco	Serving	3	34	0	368	0.11	0.58	29.2	100	3.9	0.52	5.95	0.48	0.02
Weighted Daily Average			551	40	1217	9.07	5.57	418.7	1272	71.56	25.64	79.22	15.38	5.27
% of Calories											18.6%	57.5%	25.1%	8.6%
Nutrient Guideline			544	100	1230	6.00	3.30	267.00	778	15.00	7.10		<=30.0	<10.00
% of Guideline Satisfied			101%	40%	99%	151%	169%	157%	163%	477%	361%			
Shortfall				60	13									

Fri - 05/25/2012														
Preschool Lunch	Total	3												
Beef Nachos Beans w/Cheese	Servings	3	312	24	1040	5.24	2.46	106.5	3149	2.36	13.2	39.03	11.1	3.44
CARROT-RAISIN SALAD	.50 CUP	3	108	7	259	2.44	0.58	46.4	11358	6.04	1.49	18.79	3.57	0.58
Kiwi, Fresh, halves, 36ct.	2 Halves	3	46	0	2	2.28	0.24	25.8	66	70.45	0.87	11.14	0.4	0.02
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			567	44	1420	9.95	3.28	478.8	14957	80.85	23.55	81.13	17.24	5.38
% of Calories											16.6%	57.3%	27.4%	8.5%
Nutrient Guideline			544	100	1230	6.00	3.30	267.00	778	15.00	7.10		<=30.0	<10.00
% of Guideline Satisfied			104%	44%	115%	166%	99%	179%	1922%	539%	332%			
Shortfall				56			0.02							

Mon - 05/28/2012														
Preschool Lunch	Total	1												
Holiday, Memorial Day - May	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00

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Kern High School District

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May 1, 2012

Preschool Lunch

	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)
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			544	100	1230	6.00	3.30	267.00	778	15.00	7.10		<=30.0	<10.00
% of Guideline Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			544	100	1230	6.00	3.30	267.00	778	15.00	7.10		OVER	OVER

Tue - 05/29/2012														
Preschool Lunch	Total	3												
Tyson 2154 BrdWGPlainChix&Bun	1 Each	3	370	25	730	4.00	3.24	80.0	0	0.0	18.0	40.0	15.0	2.00
Vegetables, Mixed, Frozen	1/2 Cup	3	63	0	48	3.71	0.90	24.1	4703	9.59	3.08	12.45	0.93	0.19
Fruit, Orange, 3 wedges	3 wedges	3	24	0	0	1.22	0.05	20.4	115	27.13	0.48	5.99	0.06	0.01
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Condi, Ket, Mstrd, Taco	Serving	1	34	0	368	0.11	0.58	29.2	100	3.9	0.52	5.95	0.48	0.02
Weighted Daily Average % of Calories			569	37	1020	8.97	4.38	434.2	5234	40.02	29.73	72.60	18.32	3.54
											20.9%	51.1%	29.0%	5.6%
Nutrient Guideline			544	100	1230	6.00	3.30	267.00	778	15.00	7.10		<=30.0	<10.00
% of Guideline Satisfied			104%	37%	83%	150%	133%	163%	673%	267%	419%			
Shortfall				63	210									

Wed - 05/30/2012														
Preschool Lunch	Total	3												
Piazza 50449 5" Pep Round, IW	1 Each	3	290	15	570	4.00	0.36	200.0	200	3.6	14.0	42.0	9.0	3.00
BROCCOLI SALAD	1/2 CUP	3	154	7	172	1.99	0.82	29.0	503	30.3	1.76	31.05	3.67	0.61
APPLES, SLICED, IW 2 oz.	2 oz. Bag	3	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average % of Calories			577	34	861	7.52	1.28	533.0	1116	39.13	23.87	93.87	15.04	4.97
											16.5%	65.0%	23.4%	7.8%
Nutrient Guideline			544	100	1230	6.00	3.30	267.00	778	15.00	7.10		<=30.0	<10.00
% of Guideline Satisfied			106%	34%	70%	125%	39%	200%	143%	261%	336%			
Shortfall				66	369		2.02							

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

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Kern High School District

Apr 30, 2012 thru May 31, 2012 Spreadsheet - Portion Values

May 1, 2012

Preschool Lunch

	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 - 05/31/2012														
Preschool Lunch	Total	3												
Smucker6673PBJ Crustless/soy	2.5 oz.	3	260	0	290	2.00	1.80	20.0	0	0.0	9.0	31.0	11.0	2.00
Romaine Lettuce Salad #2	1 Cup	3	61	1	175	2.29	1.01	43.3	1893	9.38	2.89	9.33	1.44	0.41
Naturally Fresh FF Italian	1.5 OZ.	3	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
MJM 301150 Honey Grahams	.9 oz. Portio	3	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.0	3.01	0.83
Milk, Whole - 1-2 YO Only	1/2 Cup	1	80	17	63	0.00	0.00	150.0	150	1.2	4.0	6.5	4.0	2.50
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			523	14	1175	7.12	4.80	368.2	2528	14.40	21.18	71.75	17.62	4.57
% of Calories											16.2%	54.9%	30.3%	7.9%
Nutrient Guideline			544	100	1230	6.00	3.30	267.00	778	15.00	7.10		<=30.0	<10.00
% of Guideline Satisfied			96%	14%	96%	119%	145%	138%	325%	96%	298%			
Shortfall			22	86	55					0.60			OVER	

Weighted Average			546	*44	1069	*8.85	*3.89	*484.5	*6442	*47.97	*27.00	79.92	14.23	*4.64
											*19.8%	58.5%	23.4%	*7.6%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	546		544	100%			
Cholesterol (mg)	44		100	44%	Missing		
Sodium (mg)	1069		1230	87%			
Fiber (g)	8.85		6.00	147%	Missing		
Iron (mg)	3.89		3.30	118%	Missing		
Calcium (mg)	484.5		267.00	181%	Missing		
Vitamin A (IU)	6442		778	828%	Missing		
Vitamin C (mg)	47.97		15.00	320%	Missing		
Protein (g)	27.00	19.77%	7.10	380%	Missing		
Carbohydrate (g)	79.92	58.51%					
Total Fat (g)	14.23	23.44%	<=30.00%				
Saturated Fat (g)	4.64	7.64%	<10.00%		Missing		

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