

Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 16, 2012

Daily Special Big D

	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 - 05/01/2012														
Daily Special Big D	Total	9												
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 Mt Sce USDA Casserole	Servings/Pa	1	490	42	359	*3.68	6.49	179.4	2086	10.69	25.98	68.12	11.81	5.20
Italian Style Marinara USDA	Servings/Pa	1	284	20	556	*1.35	3.47	363.8	1941	34.71	14.96	35.28	9.32	4.62
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
RedBarron73142 BDad PepPizza	Cut 8	1	459	42	1049	2.00	3.63	401.7	500	0.0	23.47	52.1	17.69	9.23
RedBarron73142BDad ChsVeggie	1/8 Slice	1	470	40	1174	2.63	3.99	408.8	870	15.13	23.48	53.92	18.34	9.15
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
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
IntegratedC12120 Mini Burger	Sandwich	1	233	35	538	2.28	2.51	132.5	332	0.09	16.98	22.35	8.26	3.71
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
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 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Romaine Lettuce Salad #2	1 Cup	9	61	1	175	2.29	1.01	43.3	1893	9.38	2.89	9.33	1.44	0.41
SALAD DRESSING, Students	1 EA	9	27	0	405	0.00	0.18	5.0	0	0.0	0.5	4.87	0.88	0.00
Carrots, Baby, 3 oz.	3 oz.	9	35	0	65	2.00	0.36	20.0	6000	6.0	1.0	8.0	0.0	0.00
PEARS,CND,LT SYRUP PK,SOL&LIQ	.50 CUP	9	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	9	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
CHOICE OF MILK	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolat	HALF PINT	3	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	3	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	3	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
LETTUCE, Shredded	1/8 cup	9	1	0	1	0.10	0.03	1.3	23	0.27	0.07	0.14	0.01	0.00
PICKLES,DILL, sliced	1/8 Cup	9	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	9	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Jalapeno Peppers	1/8 CUP	9	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
Heniz, Mustard Dispenser	1 TSP	9	0	0	65	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Red Gold KETCHUP, Dispenser	1 TBSP	9	17	0	158	0.00	0.30	16.7	83	2.0	0.0	3.33	0.0	0.00
Heniz, Lite Mayo Dispenser	1 TBSP	9	47	5	127	0.00	0.00	0.0	0	0.0	0.0	3.75	3.28	0.47
Taco Sauce(pkt)	1 each	9	6	0	37	0.00	0.00	0.0	0	1.35	0.0	1.13	0.0	0.00
Salsa, Red Gold Picante	1 TBSP	9	5	0	66	0.00	0.17	9.4	70	0.56	0.0	0.94	0.0	0.00
Weighted Daily Average			833	50	2543	*13.26	7.48	738.6	11933	42.33	35.74	128.82	20.52	6.45
% of Calories											17.2%	61.8%	22.2%	7.0%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			99%	50%	179%	221%	166%	185%	796%	220%	214%			
Shortfall			13	50										

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

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1 - denotes optional nutrient values

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Daily Special Big D

	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														
Daily Special Big D	Total	9												
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	2	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	2	5	0	11	0.54	0.46	16.6	2279	4.04	0.52	0.87	0.09	0.01
Gelh3214 Cheese Sauce Lite	1 OZ	2	21	0	219	0.00	0.00	18.3	1372	0.0	0.46	3.2	0.69	0.23
FoothillFrms145Ranch Dressing	1 OZ	2	58	6	131	0.01	0.01	32.0	55	0.76	0.91	2.5	4.9	0.51
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
RedBarron73142 BDad PepPizza	Cut 8	1	459	42	1049	2.00	3.63	401.7	500	0.0	23.47	52.1	17.69	9.23
RedBarron73142BDad ChsVeggie	1/8 Slice	1	470	40	1174	2.63	3.99	408.8	870	15.13	23.48	53.92	18.34	9.15
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
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
Pierre 3770 Hamb/Cheeebrg	Sandwich	1	330	48	646	2.50	2.96	91.7	36	0.0	24.52	28.9	13.38	4.97
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
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 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Cowboy Caviar	.50 CUP	9	38	0	117	1.65	0.57	18.1	245	3.89	1.53	6.65	0.83	0.08
Carrots, Baby, 3 oz.	3 oz.	9	35	0	65	2.00	0.36	20.0	6000	6.0	1.0	8.0	0.0	0.00
APRICOTS: canned,light syrup	.50 CUP	9	80	0	5	2.02	0.49	13.9	1672	3.42	0.67	20.86	0.06	0.00
Juice, Orange 4 FL OZ	4 FL OZ	9	50	0	15	0.00	0.00	20.0	0	78.0	1.0	12.0	0.0	0.00
CHOICE OF MILK	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	3	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	3	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	3	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
LETTUCE, Shredded	1/8 cup	9	1	0	1	0.10	0.03	1.3	23	0.27	0.07	0.14	0.01	0.00
PICKLES,DILL, sliced	1/8 Cup	9	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	9	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Jalapeno Peppers	1/8 CUP	9	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
Heniz, Mustard Dispenser	1 TSP	9	0	0	65	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Red Gold KETCHUP, Dispenser	1 TBSP	9	17	0	158	0.00	0.30	16.7	83	2.0	0.0	3.33	0.0	0.00
Heniz, Lite Mayo Dispenser	1 TBSP	9	47	5	127	0.00	0.00	0.0	0	0.0	0.0	3.75	3.28	0.47
Taco Sauce(pkt)	1 each	9	6	0	37	0.00	0.00	0.0	0	1.35	0.0	1.13	0.0	0.00
Salsa, Red Gold Picante	1 TBSP	9	5	0	66	0.00	0.17	9.4	70	0.56	0.0	0.94	0.0	0.00

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

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	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			840	47	2140	13.04	6.66	710.7	12377	110.98	35.03 16.7%	130.33 62.0%	21.05 22.5%	5.83 6.2%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			99%	47%	151%	217%	148%	178%	825%	578%	210%			
Shortfall			6	53										

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Thu - 05/03/2012														
Daily Special Big D	Total	9												
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
Burrito, Chicken Strips	3.4 oz.	1	479	62	914	3.00	3.06	439.0	34	1.12	23.96	60.25	17.58	1.12
Condiment, Burrito, Your Way	Serving	2	115	15	221	1.86	1.01	121.9	326	0.78	5.72	11.24	5.36	3.11
Burrito, Refried Beans	3/4 Cup	1	443	20	1033	4.04	3.96	773.9	424	1.64	17.16	63.98	15.08	4.07
Condiment, BeanBurritoToppings	Serving	1	175	17	429	*1.85	1.85	152.2	1045	10.68	6.42	18.23	8.39	*3.41
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
RedBarron73142 BDad PepPizza	Cut 8	1	459	42	1049	2.00	3.63	401.7	500	0.0	23.47	52.1	17.69	9.23
RedBarron73142BDad ChsVeggie	1/8 Slice	1	470	40	1174	2.63	3.99	408.8	870	15.13	23.48	53.92	18.34	9.15
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
Tyson 2154 BrdWGPPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
IntegratedC12120 Mini Burger	Sandwich	1	233	35	538	2.28	2.51	132.5	332	0.09	16.98	22.35	8.26	3.71
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
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 1-4 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	9	75	0	5	1.77	0.37	3.7	170	5.31	2.5	17.17	0.85	0.14
CELERY STICKS	.50 Cup	9	4	0	19	0.38	0.05	9.6	108	0.74	0.17	0.71	0.04	0.01
Dried Fruit, Apricot Blend	1 oz.	9	80	0	5	2.00	0.54	10.0	200	0.6	0.0	19.0	0.0	0.00
ORANGE WEDGES	6 wedges	9	48	0	0	2.45	0.10	40.8	230	54.27	0.96	11.99	0.12	0.02
CHOICE OF MILK	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	3	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	3	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	3	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
LETTUCE, Shredded	1/8 cup	9	1	0	1	0.10	0.03	1.3	23	0.27	0.07	0.14	0.01	0.00
PICKLES,DILL, sliced	1/8 Cup	9	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	9	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Jalapeno Peppers	1/8 CUP	9	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
Heniz, Lite Mayo Dispenser	1 TBSP	9	47	5	127	0.00	0.00	0.0	0	0.0	0.0	3.75	3.28	0.47
Heniz, Mustard Dispenser	1 TSP	9	0	0	65	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Red Gold KETCHUP, Dispenser	1 TBSP	9	17	0	158	0.00	0.30	16.7	83	2.0	0.0	3.33	0.0	0.00
Taco Sauce(pkt)	1 each	9	6	0	37	0.00	0.00	0.0	0	1.35	0.0	1.13	0.0	0.00
Salsa, Red Gold Picante	1 TBSP	9	5	0	66	0.00	0.17	9.4	70	0.56	0.0	0.94	0.0	0.00

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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Weighted Daily Average % of Calories			873	56	2132	*12.87	6.64	842.6	4509	80.38	36.63 16.8%	134.56 61.7%	22.37 23.1%	*6.74 *6.9%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			103%	56%	150%	215%	148%	211%	301%	419%	219%			
Shortfall				44										

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Fri - 05/04/2012														
Daily Special Big D	Total	9												
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	287	*47	791	*1.49	*3.43	*60.7	*254	*3.85	*19.06	30.15	8.62	*1.93
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
PIZZA SLICE OF THE DAY	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
RedBarron73142 BDad PepPizza	Cut 8	1	459	42	1049	2.00	3.63	401.7	500	0.0	23.47	52.1	17.69	9.23
RedBarron73142BDad ChsVeggie	1/8 Slice	1	470	40	1174	2.63	3.99	408.8	870	15.13	23.48	53.92	18.34	9.15
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
Tyson 2154 BrdWGPPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
Integrated C15260B Burger	Sandwich	1	307	38	855	3.07	2.70	181.8	154	2.22	22.17	30.11	11.29	3.99
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Hummus, Veggies, Pita Brd	Serving	1	260	0	307	3.76	1.09	29.9	253	16.76	6.69	25.86	3.61	0.02
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 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
SWEET POTATO, BAKED	1 EACH	9	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	9	36	3	11	2.30	0.48	32.2	531	7.87	1.37	5.89	1.33	0.75
PEARS,CND,LT SYRUP PK,SOL&LIQ	.50 CUP	9	72	0	6	2.02	0.35	6.3	0	0.88	0.24	19.11	0.04	0.00
Kiwi, Fresh, halves, 36ct.	2 Halves	9	46	0	2	2.28	0.24	25.8	66	70.45	0.87	11.14	0.4	0.02
CHOICE OF MILK	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	3	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	3	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	3	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
LETTUCE, Shredded	1/8 cup	9	1	0	1	0.10	0.03	1.3	23	0.27	0.07	0.14	0.01	0.00
PICKLES,DILL, sliced	1/8 Cup	9	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	9	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Jalapeno Peppers	1/8 CUP	9	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
Heniz, Lite Mayo Dispenser	TBSP	9	47	5	127	0.00	0.00	0.0	0	0.0	0.0	3.75	3.28	0.47
Heniz, Mustard Dispenser	1 TSP	9	0	0	65	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Red Gold KETCHUP, Dispenser	1 TBSP	9	17	0	158	0.00	0.30	16.7	83	2.0	0.0	3.33	0.0	0.00
Salsa, Red Gold Picante	1 TBSP	9	5	0	66	0.00	0.17	9.4	70	0.56	0.0	0.94	0.0	0.00
Weighted Daily Average			899	*60	2027	*16.40	*6.96	*731.9	*26224	*120.54	*35.28	139.20	23.23	*8.45
% of Calories											*15.7%	61.9%	23.2%	*8.5%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			106%	60%	143%	273%	155%	183%	1748%	628%	211%			
Shortfall				40										

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 16, 2012

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Daily Special Big D

	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 - 05/07/2012														
Daily Special Big D	Total	10												
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
Lings Kung Pao Chicken	3/4 Cup	1	150	26	435	0.75	0.54	15.0	750	40.5	9.0	18.75	3.75	0.75
Asian Solutions 73002GMR New O	2/3 Cup	1	163	54	491	1.07	1.85	17.0	547	33.09	14.97	17.91	2.8	0.55
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
RedBarron73142 B Dad PepPizza	Cut 8	1	459	42	1049	2.00	3.63	401.7	500	0.0	23.47	52.1	17.69	9.23
RedBarron73142 B Dad ChsVeggie	1/8 Slice	1	470	40	1174	2.63	3.99	408.8	870	15.13	23.48	53.92	18.34	9.15
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
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
IntegratedC12120 Mini Burger	Sandwich	1	233	35	538	2.28	2.51	132.5	332	0.09	16.98	22.35	8.26	3.71
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Smucker6673PBJ Crustless/soy	2.5 oz.	1	260	0	290	2.00	1.80	20.0	0	0.0	9.0	31.0	11.0	2.00
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 1-4 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	.50 CUP	10	13	0	10	1.07	0.31	17.0	547	33.09	1.06	1.86	0.12	0.02
CELERY STICKS	.50 Cup	10	4	0	19	0.38	0.05	9.6	108	0.74	0.17	0.71	0.04	0.01
CHERRIES,SWT,FRZ,unSWTND	.50 CUP	10	36	0	1	1.24	0.41	10.1	674	1.32	0.71	8.54	0.34	0.08
Peanut Butter PC	1 Each	10	195	0	147	1.77	0.67	16.8	0	0.0	6.78	7.42	15.33	2.95
APPLES, SLICED, IW 2 oz.	2 oz. Bag	10	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
CHOICE OF MILK	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	4	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	3	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	3	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
LETTUCE, Shredded	1/8 cup	10	1	0	1	0.10	0.03	1.3	23	0.27	0.07	0.14	0.01	0.00
PICKLES,DILL, sliced	1/8 Cup	10	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	10	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Jalapeno Peppers	1/8 CUP	10	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
Heniz, Mustard Dispenser	1 TSP	10	0	0	65	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Red Gold KETCHUP, Dispenser	1 TBSP	10	17	0	158	0.00	0.30	16.7	83	2.0	0.0	3.33	0.0	0.00
Heniz, Lite Mayo Dispenser	1 TBSP	10	47	5	127	0.00	0.00	0.0	0	0.0	0.0	3.75	3.28	0.47
Taco Sauce(pkt)	1 each	10	6	0	37	0.00	0.00	0.0	0	1.35	0.0	1.13	0.0	0.00
Salsa, Red Gold Picante	1 TBSP	10	5	0	66	0.00	0.17	9.4	70	0.56	0.0	0.94	0.0	0.00

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

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 16, 2012

Daily Special Big D

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	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			881	47	2023	11.58	6.19	647.5	4842	62.75	37.90 17.2%	107.28 48.7%	33.70 34.4%	8.13 8.3%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			104%	47%	142%	193%	138%	162%	323%	327%	227%			
Shortfall				53									OVER	

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 16, 2012

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Daily Special Big D

	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														
Daily Special Big D	Total	9												
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
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
RedBarron73142 BAd PepPizza	Cut 8	1	459	42	1049	2.00	3.63	401.7	500	0.0	23.47	52.1	17.69	9.23
RedBarron73142BDad ChsVeggie	1/8 Slice	1	470	40	1174	2.63	3.99	408.8	870	15.13	23.48	53.92	18.34	9.15
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
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
IntegratedC12120 Mini Burger	Sandwich	1	233	35	538	2.28	2.51	132.5	332	0.09	16.98	22.35	8.26	3.71
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	1 Each	1	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	400	15	1195	7.00	2.54	346.5	4004	8.0	19.09	52.03	14.55	3.53
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 1-4 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	9	132	0	111	3.04	0.36	20.3	3544	6.08	1.01	22.27	5.06	0.00
Salad & Veggies	1 Cup	9	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
SALAD DRESSING, Students	1 EA	9	27	0	405	0.00	0.18	5.0	0	0.0	0.5	4.87	0.88	0.00
Applsce w/ cin,blk, #8190.000	#10 can	9	56	0	3	1.76	0.35	11.7	39	27.3	0.24	15.03	0.14	0.01
ORANGE WEDGES	6 wedges	9	48	0	0	2.45	0.10	40.8	230	54.27	0.96	11.99	0.12	0.02
CHOICE OF MILK	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	3	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	3	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	3	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
LETTUCE, Shredded	1/8 cup	9	1	0	1	0.10	0.03	1.3	23	0.27	0.07	0.14	0.01	0.00
PICKLES,DILL, sliced	1/8 Cup	9	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	9	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Jalapeno Peppers	1/8 CUP	9	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
Heniz, Lite Mayo Dispenser	TBSP	9	47	5	127	0.00	0.00	0.0	0	0.0	0.0	3.75	3.28	0.47
Heniz, Mustard Dispenser	1 TSP	9	0	0	65	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Red Gold KETCHUP, Dispenser	1 TBSP	9	17	0	158	0.00	0.30	16.7	83	2.0	0.0	3.33	0.0	0.00
Taco Sauce(pkt)	1 each	9	6	0	37	0.00	0.00	0.0	0	1.35	0.0	1.13	0.0	0.00
Salsa, Red Gold Picante	1 TBSP	9	5	0	66	0.00	0.17	9.4	70	0.56	0.0	0.94	0.0	0.00

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 16, 2012

Daily Special Big D

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	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			856	49	2487	14.20	6.38	738.5	11656	115.34	33.48 15.6%	131.07 61.2%	24.29 25.5%	5.59 5.9%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			101%	49%	175%	237%	142%	185%	777%	601%	200%			
Shortfall				51										

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 16, 2012

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Daily Special Big D

	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 - 05/09/2012														
Daily Special Big D	Total	9												
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	2	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	2	5	0	11	0.54	0.46	16.6	2279	4.04	0.52	0.87	0.09	0.01
Gelh3214 Cheese Sauce Lite	1 OZ	2	21	0	219	0.00	0.00	18.3	1372	0.0	0.46	3.2	0.69	0.23
FoothillFrms145Ranch Dressing	1 OZ	2	58	6	131	0.01	0.01	32.0	55	0.76	0.91	2.5	4.9	0.51
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
RedBarron73142 B Dad Pep Pizza	Cut 8	1	459	42	1049	2.00	3.63	401.7	500	0.0	23.47	52.1	17.69	9.23
RedBarron73142 B Dad Chs Veggie	1/8 Slice	1	470	40	1174	2.63	3.99	408.8	870	15.13	23.48	53.92	18.34	9.15
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
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
Pierre 3770 Hamb/Cheeebrg	Sandwich	1	330	48	646	2.50	2.96	91.7	36	0.0	24.52	28.9	13.38	4.97
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
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 1-4 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	9	75	0	5	1.77	0.37	3.7	170	5.31	2.5	17.17	0.85	0.14
Vegetables, Raw Medley #1	1 CUP	9	20	0	14	1.51	0.38	19.7	507	33.52	1.38	3.68	0.22	0.04
SALAD DRESSING, Students	1 EA	9	27	0	405	0.00	0.18	5.0	0	0.0	0.5	4.87	0.88	0.00
APPLES, SLICED, IW 2 oz.	2 oz. Bag	9	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Juice, Orange 4 FL OZ	4 FL OZ	9	50	0	15	0.00	0.00	20.0	0	78.0	1.0	12.0	0.0	0.00
CHOICE OF MILK	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	3	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	3	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	3	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
LETTUCE, Shredded	1/8 cup	9	1	0	1	0.10	0.03	1.3	23	0.27	0.07	0.14	0.01	0.00
PICKLES,DILL, sliced	1/8 Cup	9	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	9	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Jalapeno Peppers	1/8 CUP	9	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
Heniz, Mustard Dispenser	1 TSP	9	0	0	65	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Red Gold KETCHUP, Dispenser	1 TBSP	9	17	0	158	0.00	0.30	16.7	83	2.0	0.0	3.33	0.0	0.00
Heniz, Lite Mayo Dispenser	TBSP	9	47	5	127	0.00	0.00	0.0	0	0.0	0.0	3.75	3.28	0.47
Taco Sauce(pkt)	1 each	9	6	0	37	0.00	0.00	0.0	0	1.35	0.0	1.13	0.0	0.00
Salsa, Red Gold Picante	1 TBSP	9	5	0	66	0.00	0.17	9.4	70	0.56	0.0	0.94	0.0	0.00

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

1 - denotes optional nutrient values

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 16, 2012

Daily Special Big D

	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			844	47	2377	12.18	6.27	691.0	5167	139.73	36.32 17.2%	129.19 61.3%	22.30 23.8%	5.95 6.4%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			100%	47%	167%	203%	139%	173%	344%	728%	217%			
Shortfall			2	53										

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Kern High School District

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Apr 16, 2012

Daily Special Big D

	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 - 05/10/2012														
Daily Special Big D	Total	10												
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 6x4	1	206	40	270	*1.41	2.00	220.1	558	1.6	14.0	19.75	7.49	4.08
Lasagna, cheese	cut 6x4	1	302	50	590	*1.38	2.18	532.4	1089	13.02	19.58	29.2	11.54	6.68
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
RedBarron73142 BDad PepPizza	Cut 8	1	459	42	1049	2.00	3.63	401.7	500	0.0	23.47	52.1	17.69	9.23
RedBarron73142BDad ChsVeggie	1/8 Slice	1	470	40	1174	2.63	3.99	408.8	870	15.13	23.48	53.92	18.34	9.15
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
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
IntegratedC12120 Mini Burger	Sandwich	1	233	35	538	2.28	2.51	132.5	332	0.09	16.98	22.35	8.26	3.71
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	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	400	15	1195	7.00	2.54	346.5	4004	8.0	19.09	52.03	14.55	3.53
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 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Romaine Lettuce Salad #2	1.75 Cup	10	114	3	309	4.45	1.86	79.4	3623	21.51	5.39	17.78	2.59	0.73
SALAD DRESSING, Students	1 EA	10	27	0	405	0.00	0.18	5.0	0	0.0	0.5	4.87	0.88	0.00
Vegetables, Mixed, Frozen	1/2 Cup	10	63	0	48	3.71	0.90	24.1	4703	9.59	3.08	12.45	0.93	0.19
STRAWBERRIES, FROZEN, THAWE	.50 CUP	10	39	0	2	2.30	0.83	18.0	50	45.5	0.48	10.09	0.12	0.01
Kiwi, Fresh, halves, 36ct.	2 Halves	10	46	0	2	2.28	0.24	25.8	66	70.45	0.87	11.14	0.4	0.02
CHOICE OF MILK	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	4	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk, 1% Lowfat	HALF PINT	3	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	3	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
LETTUCE, Shredded	1/8 cup	10	1	0	1	0.10	0.03	1.3	23	0.27	0.07	0.14	0.01	0.00
PICKLES, DILL, sliced	1/8 Cup	10	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES, FRESH, RED RIPE	1/8 Cup	10	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Jalapeno Peppers	1/8 CUP	10	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
Heniz, Mustard Dispenser	1 TSP	10	0	0	65	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Red Gold KETCHUP, Dispenser	1 TBSP	10	17	0	158	0.00	0.30	16.7	83	2.0	0.0	3.33	0.0	0.00
Heniz, Lite Mayo Dispenser	TBSP	10	47	5	127	0.00	0.00	0.0	0	0.0	0.0	3.75	3.28	0.47
Taco Sauce(pkt)	1 each	10	6	0	37	0.00	0.00	0.0	0	1.35	0.0	1.13	0.0	0.00
Salsa, Red Gold Picante	1 TBSP	10	5	0	66	0.00	0.17	9.4	70	0.56	0.0	0.94	0.0	0.00

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1 - denotes optional nutrient values

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 16, 2012

Daily Special Big D

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)
Weighted Daily Average % of Calories			870	52	2692	*18.22	8.74	841.4	12360	166.32	40.35 18.5%	130.78 60.1%	22.68 23.5%	6.85 7.1%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			103%	52%	190%	304%	194%	210%	824%	866%	242%			
Shortfall				48										

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 16, 2012

Daily Special Big D

Page 15

	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 - 05/11/2012														
Daily Special Big D	Total	9												
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	287	*47	791	*1.49	*3.43	*60.7	*254	*3.85	*19.06	30.15	8.62	*1.93
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
PIZZA SLICE OF THE DAY	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
RedBarron73142 BDad PepPizza	Cut 8	1	459	42	1049	2.00	3.63	401.7	500	0.0	23.47	52.1	17.69	9.23
RedBarron73142BDad ChsVeggie	1/8 Slice	1	470	40	1174	2.63	3.99	408.8	870	15.13	23.48	53.92	18.34	9.15
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
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
Pierre 3770 Hamb/Cheeebrg	Sandwich	1	330	48	646	2.50	2.96	91.7	36	0.0	24.52	28.9	13.38	4.97
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Hummus, Veggies, Pita Brd	Serving	1	260	0	307	3.76	1.09	29.9	253	16.76	6.69	25.86	3.61	0.02
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 1-4 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	9	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	9	151	10	75	4.04	0.83	49.7	22028	22.36	2.35	27.39	4.01	2.47
PEARS,CND,LT SYRUP PK,SOL&LIQ	.50 CUP	9	72	0	6	2.02	0.35	6.3	0	0.88	0.24	19.11	0.04	0.00
Kiwi, Fresh, halves, 36ct.	2 Halves	9	46	0	2	2.28	0.24	25.8	66	70.45	0.87	11.14	0.4	0.02
CHOICE OF MILK	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	3	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	3	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	3	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
LETTUCE, Shredded	1/8 cup	9	1	0	1	0.10	0.03	1.3	23	0.27	0.07	0.14	0.01	0.00
PICKLES,DILL, sliced	1/8 Cup	9	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	9	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Jalapeno Peppers	1/8 CUP	9	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
Heniz, Lite Mayo Dispenser	1 TBSP	9	47	5	127	0.00	0.00	0.0	0	0.0	0.0	3.75	3.28	0.47
Heniz, Mustard Dispenser	1 TSP	9	0	0	65	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Red Gold KETCHUP, Dispenser	1 TBSP	9	17	0	158	0.00	0.30	16.7	83	2.0	0.0	3.33	0.0	0.00
Salsa, Red Gold Picante	1 TBSP	9	5	0	66	0.00	0.17	9.4	70	0.56	0.0	0.94	0.0	0.00
Weighted Daily Average			878	*59	2083	*15.28	*6.88	*710.2	*25912	*114.16	*34.79	135.88	22.21	*7.82
% of Calories											*15.8%	61.9%	22.8%	*8.0%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			104%	59%	147%	255%	153%	178%	1727%	595%	208%			
Shortfall				41										

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 16, 2012

Daily Special Big D

	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 - 05/14/2012														
Daily Special Big D	Total	10												
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
Asian Solutions 73002GMR New O	2/3 Cup	1	163	54	491	1.07	1.85	17.0	547	33.09	14.97	17.91	2.8	0.55
Asian Solution Tangerine Chix	2/3 Cup	1	157	32	269	1.07	0.83	17.0	547	33.09	10.41	21.29	3.0	0.74
RICE, Cooked Brown	1 CUP	1	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
RedBarron73142 B Dad PepPizza	Cut 8	1	459	42	1049	2.00	3.63	401.7	500	0.0	23.47	52.1	17.69	9.23
RedBarron73142 B Dad ChsVeggie	1/8 Slice	1	470	40	1174	2.63	3.99	408.8	870	15.13	23.48	53.92	18.34	9.15
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
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
Integrated C15260B Burger	Sandwich	1	307	38	855	3.07	2.70	181.8	154	2.22	22.17	30.11	11.29	3.99
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Smucker6673PBJ Crustless/soy	2.5 oz.	1	260	0	290	2.00	1.80	20.0	0	0.0	9.0	31.0	11.0	2.00
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 1-4 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	.50 CUP	10	154	7	172	1.99	0.82	29.0	503	30.3	1.76	31.05	3.67	0.61
Celery & Carrot Sticks	.50 CUP	10	15	0	20	1.09	0.17	12.8	8427	3.14	0.39	3.37	0.08	0.01
CHERRIES,SWT,FRZ,unSWTND	.50 CUP	10	36	0	1	1.24	0.41	10.1	674	1.32	0.71	8.54	0.34	0.08
Juice, Orange 4 FL OZ	4 FL OZ	10	50	0	15	0.00	0.00	20.0	0	78.0	1.0	12.0	0.0	0.00
CHOICE OF MILK	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	4	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	3	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	3	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
LETTUCE, Shredded	1/8 cup	10	1	0	1	0.10	0.03	1.3	23	0.27	0.07	0.14	0.01	0.00
PICKLES,DILL, sliced	1/8 Cup	10	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	10	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Jalapeno Peppers	1/8 CUP	10	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
Heniz, Mustard Dispenser	1 TSP	10	0	0	65	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Red Gold KETCHUP, Dispenser	1 TBSP	10	17	0	158	0.00	0.30	16.7	83	2.0	0.0	3.33	0.0	0.00
Heniz, Lite Mayo Dispenser	TBSP	10	47	5	127	0.00	0.00	0.0	0	0.0	0.0	3.75	3.28	0.47
Taco Sauce(pkt)	1 each	10	6	0	37	0.00	0.00	0.0	0	1.35	0.0	1.13	0.0	0.00
Salsa, Red Gold Picante	1 TBSP	10	5	0	66	0.00	0.17	9.4	70	0.56	0.0	0.94	0.0	0.00

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

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 16, 2012

Daily Special Big D

	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			836	55	2067	9.66	6.02	664.2	13049	136.60	33.09 15.8%	131.60 63.0%	21.22 22.8%	5.65 6.1%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			99%	55%	146%	161%	134%	166%	870%	711%	198%			
Shortfall			10	45										

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 16, 2012

Daily Special Big D

	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 - 05/15/2012														
Daily Special Big D	Total	9												
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 Mt Sce USDA Casserole	Servings/Pa	1	490	42	359	*3.68	6.49	179.4	2086	10.69	25.98	68.12	11.81	5.20
Italian Style Marinara USDA	Servings/Pa	1	284	20	556	*1.35	3.47	363.8	1941	34.71	14.96	35.28	9.32	4.62
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
RedBarron73142 BDad PepPizza	Cut 8	1	459	42	1049	2.00	3.63	401.7	500	0.0	23.47	52.1	17.69	9.23
RedBarron73142BDad ChsVeggie	1/8 Slice	1	470	40	1174	2.63	3.99	408.8	870	15.13	23.48	53.92	18.34	9.15
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
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
IntegratedC12120 Mini Burger	Sandwich	1	233	35	538	2.28	2.51	132.5	332	0.09	16.98	22.35	8.26	3.71
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
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 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Romaine Lettuce Salad #2	1 Cup	9	61	1	175	2.29	1.01	43.3	1893	9.38	2.89	9.33	1.44	0.41
SALAD DRESSING, Students	1 EA	9	27	0	405	0.00	0.18	5.0	0	0.0	0.5	4.87	0.88	0.00
Carrots, Baby, 3 oz.	3 oz.	9	35	0	65	2.00	0.36	20.0	6000	6.0	1.0	8.0	0.0	0.00
Kiwi, Fresh, halves, 36ct.	2 Halves	9	46	0	2	2.28	0.24	25.8	66	70.45	0.87	11.14	0.4	0.02
Juice, 100%, 4 oz., Assorted	4 oz.	9	72	0	12	0.00	0.00	6.7	0	26.0	0.33	15.71	0.0	0.00
CHOICE OF MILK	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolat	HALF PINT	3	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	3	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	3	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
LETTUCE, Shredded	1/8 cup	9	1	0	1	0.10	0.03	1.3	23	0.27	0.07	0.14	0.01	0.00
PICKLES,DILL, sliced	1/8 Cup	9	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	9	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Jalapeno Peppers	1/8 CUP	9	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
Heniz, Mustard Dispenser	1 TSP	9	0	0	65	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Red Gold KETCHUP, Dispenser	1 TBSP	9	17	0	158	0.00	0.30	16.7	83	2.0	0.0	3.33	0.0	0.00
Heniz, Lite Mayo Dispenser	1 TBSP	9	47	5	127	0.00	0.00	0.0	0	0.0	0.0	3.75	3.28	0.47
Taco Sauce(pkt)	1 each	9	6	0	37	0.00	0.00	0.0	0	1.35	0.0	1.13	0.0	0.00
Salsa, Red Gold Picante	1 TBSP	9	5	0	66	0.00	0.17	9.4	70	0.56	0.0	0.94	0.0	0.00
Weighted Daily Average			846	50	2552	*12.00	7.26	760.8	11969	134.67	36.59	127.91	20.67	6.44
% of Calories											17.3%	60.5%	22.0%	6.8%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			100%	50%	180%	200%	161%	190%	798%	701%	219%			
Shortfall			0	50										

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 16, 2012

Daily Special Big D

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	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														
Daily Special Big D	Total	9												
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	2	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	2	5	0	11	0.54	0.46	16.6	2279	4.04	0.52	0.87	0.09	0.01
Gelh3214 Cheese Sauce Lite	1 OZ	2	21	0	219	0.00	0.00	18.3	1372	0.0	0.46	3.2	0.69	0.23
FoothillFrms145Ranch Dressing	1 OZ	2	58	6	131	0.01	0.01	32.0	55	0.76	0.91	2.5	4.9	0.51
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
RedBarron73142 BDad PepPizza	Cut 8	1	459	42	1049	2.00	3.63	401.7	500	0.0	23.47	52.1	17.69	9.23
RedBarron73142BDad ChsVeggie	1/8 Slice	1	470	40	1174	2.63	3.99	408.8	870	15.13	23.48	53.92	18.34	9.15
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
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
Pierre 3770 Hamb/Cheeebrg	Sandwich	1	330	48	646	2.50	2.96	91.7	36	0.0	24.52	28.9	13.38	4.97
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
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 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
McCain MCF04851 Red Skin Potat	2 OZ	9	64	0	96	1.27	0.46	0.0	0	3.82	1.27	12.1	1.27	0.00
Cowboy Caviar	.50 CUP	9	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	9	80	0	5	2.02	0.49	13.9	1672	3.42	0.67	20.86	0.06	0.00
Juice, Orange 4 FL OZ	4 FL OZ	9	50	0	15	0.00	0.00	20.0	0	78.0	1.0	12.0	0.0	0.00
CHOICE OF MILK	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	3	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	3	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	3	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
LETTUCE, Shredded	1/8 cup	9	1	0	1	0.10	0.03	1.3	23	0.27	0.07	0.14	0.01	0.00
PICKLES,DILL, sliced	1/8 Cup	9	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	9	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Jalapeno Peppers	1/8 CUP	9	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
Heniz, Mustard Dispenser	1 TSP	9	0	0	65	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Red Gold KETCHUP, Dispenser	1 TBSP	9	17	0	158	0.00	0.30	16.7	83	2.0	0.0	3.33	0.0	0.00
Heniz, Lite Mayo Dispenser	TBSP	9	47	5	127	0.00	0.00	0.0	0	0.0	0.0	3.75	3.28	0.47
Taco Sauce(pkt)	1 each	9	6	0	37	0.00	0.00	0.0	0	1.35	0.0	1.13	0.0	0.00
Salsa, Red Gold Picante	1 TBSP	9	5	0	66	0.00	0.17	9.4	70	0.56	0.0	0.94	0.0	0.00

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

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 16, 2012

Daily Special Big D

	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			869	47	2171	12.32	6.76	690.7	6377	108.80	35.30 16.2%	134.43 61.9%	22.32 23.1%	5.83 6.0%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			103%	47%	153%	205%	150%	173%	425%	567%	211%			
Shortfall				53										

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

¹ - denotes optional nutrient values

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 16, 2012

Daily Special Big D

Page 21

	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 - 05/17/2012														
Daily Special Big D	Total	9												
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
Burrito, Chicken Strips	3.4 oz.	1	479	62	914	3.00	3.06	439.0	34	1.12	23.96	60.25	17.58	1.12
Burrito, Refried Beans	3/4 Cup	1	443	20	1033	4.04	3.96	773.9	424	1.64	17.16	63.98	15.08	4.07
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
RedBarron73142 BDad PepPizza	Cut 8	1	459	42	1049	2.00	3.63	401.7	500	0.0	23.47	52.1	17.69	9.23
RedBarron73142BDad ChsVeggie	1/8 Slice	1	470	40	1174	2.63	3.99	408.8	870	15.13	23.48	53.92	18.34	9.15
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
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
IntegratedC12120 Mini Burger	Sandwich	1	233	35	538	2.28	2.51	132.5	332	0.09	16.98	22.35	8.26	3.71
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
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 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Condiment, Burrito, Your Way	Serving	9	115	15	221	1.86	1.01	121.9	326	0.78	5.72	11.24	5.36	3.11
Carrots, Baby, 3 oz.	3 oz.	9	35	0	65	2.00	0.36	20.0	6000	6.0	1.0	8.0	0.0	0.00
Applsce w/ cin,blk, #8190.000	#8 Disher	9	56	0	3	1.76	0.35	11.7	39	27.3	0.24	15.03	0.14	0.01
Wawona, Berry Frz. Fruit Blend	.50 CUP	9	70	0	4	2.00	0.41	12.0	461	61.0	0.88	17.0	0.0	0.00
CHOICE OF MILK	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	3	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	3	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	3	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
LETTUCE, Shredded	1/8 cup	9	1	0	1	0.10	0.03	1.3	23	0.27	0.07	0.14	0.01	0.00
PICKLES,DILL, sliced	1/8 Cup	9	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	9	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Jalapeno Peppers	1/8 CUP	9	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
Heniz, Lite Mayo Dispenser	1 TBSP	9	47	5	127	0.00	0.00	0.0	0	0.0	0.0	3.75	3.28	0.47
Heniz, Mustard Dispenser	1 TSP	9	0	0	65	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Red Gold KETCHUP, Dispenser	1 TBSP	9	17	0	158	0.00	0.30	16.7	83	2.0	0.0	3.33	0.0	0.00
Taco Sauce(pkt)	1 each	9	6	0	37	0.00	0.00	0.0	0	1.35	0.0	1.13	0.0	0.00
Salsa, Red Gold Picante	1 TBSP	9	5	0	66	0.00	0.17	9.4	70	0.56	0.0	0.94	0.0	0.00
Weighted Daily Average			897	66	2299	13.28	7.28	900.1	10440	113.19	38.86	132.44	24.74	8.62
% of Calories											17.3%	59.1%	24.8%	8.6%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			106%	66%	162%	221%	162%	225%	696%	590%	233%			
Shortfall				34										

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 16, 2012

Daily Special Big D

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	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														
Daily Special Big D	Total	9												
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	287	*47	791	*1.49	*3.43	*60.7	*254	*3.85	*19.06	30.15	8.62	*1.93
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
PIZZA SLICE OF THE DAY	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
RedBarron73142 BDad PepPizza	Cut 8	1	459	42	1049	2.00	3.63	401.7	500	0.0	23.47	52.1	17.69	9.23
RedBarron73142BDad ChsVeggie	1/8 Slice	1	470	40	1174	2.63	3.99	408.8	870	15.13	23.48	53.92	18.34	9.15
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
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
Pierre 3770 Hamb/Cheeebrg	Sandwich	1	330	48	646	2.50	2.96	91.7	36	0.0	24.52	28.9	13.38	4.97
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Hummus, Veggies, Pita Brd	Serving	1	260	0	307	3.76	1.09	29.9	253	16.76	6.69	25.86	3.61	0.02
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 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
SWEET POTATO, BAKED	1 EACH	9	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	9	36	3	11	2.30	0.48	32.2	531	7.87	1.37	5.89	1.33	0.75
PEARS: canned,light syrup	.50 cup	9	71	0	6	1.98	0.35	6.2	0	0.87	0.24	18.82	0.04	0.00
Kiwi, Fresh, halves, 36ct.	2 Halves	9	46	0	2	2.28	0.24	25.8	66	70.45	0.87	11.14	0.4	0.02
CHOICE OF MILK	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	3	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	3	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	3	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
LETTUCE, Shredded	1/8 cup	9	1	0	1	0.10	0.03	1.3	23	0.27	0.07	0.14	0.01	0.00
PICKLES,DILL, sliced	1/8 Cup	9	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	9	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Jalapeno Peppers	1/8 CUP	9	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
Heniz, Lite Mayo Dispenser	1 TBSP	9	47	5	127	0.00	0.00	0.0	0	0.0	0.0	3.75	3.28	0.47
Heniz, Mustard Dispenser	1 TSP	9	0	0	65	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Red Gold KETCHUP, Dispenser	1 TBSP	9	17	0	158	0.00	0.30	16.7	83	2.0	0.0	3.33	0.0	0.00
Salsa, Red Gold Picante	1 TBSP	9	5	0	66	0.00	0.17	9.4	70	0.56	0.0	0.94	0.0	0.00

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

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 16, 2012

Daily Special Big D

	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			901	*62	2003	*16.31	*6.98	*721.8	*26211	*120.28	*35.53 *15.8%	138.76 61.6%	23.46 23.4%	*8.56 *8.5%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			106%	62%	141%	272%	155%	180%	1747%	626%	213%			
Shortfall				38										

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 16, 2012

Daily Special Big D

	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 - 05/21/2012														
Daily Special Big D	Total	10												
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
CKUSDA Marinara w/ Beef & TVP	Serving	1	461	48	393	*7.60	4.98	285.7	1735	8.02	26.64	57.11	14.96	7.39
CKUSDA Pasta Bowl w/ Marinara	Serving	1	396	31	808	9.32	4.04	482.7	1302	31.99	25.61	53.53	10.89	6.38
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
RedBarron73142 BDad PepPizza	Cut 8	1	459	42	1049	2.00	3.63	401.7	500	0.0	23.47	52.1	17.69	9.23
RedBarron73142BDad ChsVeggie	1/8 Slice	1	470	40	1174	2.63	3.99	408.8	870	15.13	23.48	53.92	18.34	9.15
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
Tyson 2154 BrdWGPainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
Integrated C15260B Burger	Sandwich	1	307	38	855	3.07	2.70	181.8	154	2.22	22.17	30.11	11.29	3.99
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Smucker6673PBJ Crustless/soy	2.5 oz.	1	260	0	290	2.00	1.80	20.0	0	0.0	9.0	31.0	11.0	2.00
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 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Romaine Lettuce Salad #2	1.75 Cup	10	114	3	309	4.45	1.86	79.4	3623	21.51	5.39	17.78	2.59	0.73
SALAD DRESSING, Students	1 EA	10	27	0	405	0.00	0.18	5.0	0	0.0	0.5	4.87	0.88	0.00
Vegetables, Mixed, Frozen	1/2 Cup	10	63	0	48	3.71	0.90	24.1	4703	9.59	3.08	12.45	0.93	0.19
CHERRIES,SWT,FRZ,unSWTND	.50 CUP	10	36	0	1	1.24	0.41	10.1	674	1.32	0.71	8.54	0.34	0.08
Juice, Orange 4 FL OZ	4 FL OZ	10	50	0	15	0.00	0.00	20.0	0	78.0	1.0	12.0	0.0	0.00
CHOICE OF MILK	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	4	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	3	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	3	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
LETTUCE, Shredded	1/8 cup	10	1	0	1	0.10	0.03	1.3	23	0.27	0.07	0.14	0.01	0.00
PICKLES,DILL, sliced	1/8 Cup	10	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	10	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Jalapeno Peppers	1/8 CUP	10	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
Heniz, Mustard Dispenser	1 TSP	10	0	0	65	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Red Gold KETCHUP, Dispenser	1 TBSP	10	17	0	158	0.00	0.30	16.7	83	2.0	0.0	3.33	0.0	0.00
Heniz, Lite Mayo Dispenser	TBSP	10	47	5	127	0.00	0.00	0.0	0	0.0	0.0	3.75	3.28	0.47
Taco Sauce(pkt)	1 each	10	6	0	37	0.00	0.00	0.0	0	1.35	0.0	1.13	0.0	0.00
Salsa, Red Gold Picante	1 TBSP	10	5	0	66	0.00	0.17	9.4	70	0.56	0.0	0.94	0.0	0.00

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 16, 2012

Daily Special Big D

Page 25

	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			899	49	2679	*15.87	8.52	801.5	12639	131.64	42.09 18.7%	134.93 60.1%	23.13 23.2%	7.07 7.1%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			106%	49%	189%	265%	189%	200%	843%	686%	252%			
Shortfall				51										

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 16, 2012

Daily Special Big D

Page 26

	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														
Daily Special Big D	Total	9												
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
Enchilada, Pork Carnitas	Container	1	422	48	595	3.50	1.00	158.0	1068	9.0	20.0	26.0	15.0	6.40
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
RedBarron73142 BDad PepPizza	Cut 8	1	459	42	1049	2.00	3.63	401.7	500	0.0	23.47	52.1	17.69	9.23
RedBarron73142BDad ChsVeggie	1/8 Slice	1	470	40	1174	2.63	3.99	408.8	870	15.13	23.48	53.92	18.34	9.15
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
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
IntegratedC12120 Mini Burger	Sandwich	1	233	35	538	2.28	2.51	132.5	332	0.09	16.98	22.35	8.26	3.71
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	1 Each	1	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	400	15	1195	7.00	2.54	346.5	4004	8.0	19.09	52.03	14.55	3.53
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 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
REFRIED BEANS	.50 CUP	9	110	2	178	5.16	1.53	65.0	90	2.35	7.59	17.3	0.7	0.43
SPANISH RICE	1/3 CUP	9	70	0	23	1.07	0.56	13.2	166	4.83	1.61	13.78	1.09	0.19
APPLES, SLICED, IW 2 oz.	2 oz. Bag	9	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Dried Fruit, Apricot Blend	1 oz.	9	80	0	5	2.00	0.54	10.0	200	0.6	0.0	19.0	0.0	0.00
CHOICE OF MILK	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolat	HALF PINT	3	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	3	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	3	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
LETTUCE, Shredded	1/8 cup	9	1	0	1	0.10	0.03	1.3	23	0.27	0.07	0.14	0.01	0.00
PICKLES,DILL, sliced	1/8 Cup	9	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	9	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Jalapeno Peppers	1/8 CUP	9	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
Heniz, Lite Mayo Dispenser	TBSP	9	47	5	127	0.00	0.00	0.0	0	0.0	0.0	3.75	3.28	0.47
Heniz, Mustard Dispenser	1 TSP	9	0	0	65	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Red Gold KETCHUP, Dispenser	1 TBSP	9	17	0	158	0.00	0.30	16.7	83	2.0	0.0	3.33	0.0	0.00
Salsa, Red Gold Picante	1 TBSP	9	5	0	66	0.00	0.17	9.4	70	0.56	0.0	0.94	0.0	0.00
Weighted Daily Average			898	51	2159	15.80	7.50	747.9	4612	29.35	40.10	133.64	20.88	6.67
% of Calories											17.9%	59.5%	20.9%	6.7%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			106%	51%	152%	263%	167%	187%	307%	153%	240%			
Shortfall				49										

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

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 16, 2012

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Daily Special Big D

	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 - 05/23/2012														
Daily Special Big D	Total	9												
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	2	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	2	5	0	11	0.54	0.46	16.6	2279	4.04	0.52	0.87	0.09	0.01
Gelh3214 Cheese Sauce Lite	1 OZ	2	21	0	219	0.00	0.00	18.3	1372	0.0	0.46	3.2	0.69	0.23
FoothillFrms145Ranch Dressing	1 OZ	2	58	6	131	0.01	0.01	32.0	55	0.76	0.91	2.5	4.9	0.51
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
RedBarron73142 BDad PepPizza	Cut 8	1	459	42	1049	2.00	3.63	401.7	500	0.0	23.47	52.1	17.69	9.23
RedBarron73142BDad ChsVeggie	1/8 Slice	1	470	40	1174	2.63	3.99	408.8	870	15.13	23.48	53.92	18.34	9.15
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
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
Pierre 3770 Hamb/Cheeebrg	Sandwich	1	330	48	646	2.50	2.96	91.7	36	0.0	24.52	28.9	13.38	4.97
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
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 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CELERY STICKS	.50 Cup	9	4	0	19	0.38	0.05	9.6	108	0.74	0.17	0.71	0.04	0.01
SALAD DRESSING, Students	1 EA	9	27	0	405	0.00	0.18	5.0	0	0.0	0.5	4.87	0.88	0.00
Cowboy Caviar	.50 CUP	9	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	9	80	0	5	2.02	0.49	13.9	1672	3.42	0.67	20.86	0.06	0.00
Juice, Orange 4 FL OZ	4 FL OZ	9	50	0	15	0.00	0.00	20.0	0	78.0	1.0	12.0	0.0	0.00
CHOICE OF MILK	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	3	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	3	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	3	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
LETTUCE, Shredded	1/8 cup	9	1	0	1	0.10	0.03	1.3	23	0.27	0.07	0.14	0.01	0.00
PICKLES,DILL, sliced	1/8 Cup	9	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	9	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Jalapeno Peppers	1/8 CUP	9	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
Heniz, Mustard Dispenser	1 TSP	9	0	0	65	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Red Gold KETCHUP, Dispenser	1 TBSP	9	17	0	158	0.00	0.30	16.7	83	2.0	0.0	3.33	0.0	0.00
Heniz, Lite Mayo Dispenser	1 TBSP	9	47	5	127	0.00	0.00	0.0	0	0.0	0.0	3.75	3.28	0.47
Taco Sauce(pkt)	1 each	9	6	0	37	0.00	0.00	0.0	0	1.35	0.0	1.13	0.0	0.00
Salsa, Red Gold Picante	1 TBSP	9	5	0	66	0.00	0.17	9.4	70	0.56	0.0	0.94	0.0	0.00

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

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 16, 2012

Daily Special Big D

	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			837	47	2499	11.43	6.53	705.3	6485	105.72	34.69 16.6%	127.91 61.1%	21.96 23.6%	5.84 6.3%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			99%	47%	176%	190%	145%	176%	432%	551%	208%			
Shortfall			9	53										

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 16, 2012

Daily Special Big D

	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														
Daily Special Big D	Total	10												
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 6x4	1	206	40	270	*1.41	2.00	220.1	558	1.6	14.0	19.75	7.49	4.08
Lasagna, cheese	cut 6x4	1	302	50	590	*1.38	2.18	532.4	1089	13.02	19.58	29.2	11.54	6.68
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
RedBarron73142 BDad PepPizza	Cut 8	1	459	42	1049	2.00	3.63	401.7	500	0.0	23.47	52.1	17.69	9.23
RedBarron73142BDad ChsVeggie	1/8 Slice	1	470	40	1174	2.63	3.99	408.8	870	15.13	23.48	53.92	18.34	9.15
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
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
IntegratedC12120 Mini Burger	Sandwich	1	233	35	538	2.28	2.51	132.5	332	0.09	16.98	22.35	8.26	3.71
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	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	400	15	1195	7.00	2.54	346.5	4004	8.0	19.09	52.03	14.55	3.53
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 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Romaine Lettuce Salad #2	1.75 Cup	10	114	3	309	4.45	1.86	79.4	3623	21.51	5.39	17.78	2.59	0.73
SALAD DRESSING, Students	1 EA	10	27	0	405	0.00	0.18	5.0	0	0.0	0.5	4.87	0.88	0.00
Carrots, Baby, 3 oz.	3 oz.	10	35	0	65	2.00	0.36	20.0	6000	6.0	1.0	8.0	0.0	0.00
STRAWBERRIES, FROZEN, THAWE	.50 CUP	10	39	0	2	2.30	0.83	18.0	50	45.5	0.48	10.09	0.12	0.01
ORANGE WEDGES	6 wedges	10	48	0	0	2.45	0.10	40.8	230	54.27	0.96	11.99	0.12	0.02
CHOICE OF MILK	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	4	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	3	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	3	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
LETTUCE, Shredded	1/8 cup	10	1	0	1	0.10	0.03	1.3	23	0.27	0.07	0.14	0.01	0.00
PICKLES,DILL, sliced	1/8 Cup	10	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	10	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Jalapeno Peppers	1/8 CUP	10	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
Heniz, Mustard Dispenser	1 TSP	10	0	0	65	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Red Gold KETCHUP, Dispenser	1 TBSP	10	17	0	158	0.00	0.30	16.7	83	2.0	0.0	3.33	0.0	0.00
Heniz, Lite Mayo Dispenser	1 TBSP	10	47	5	127	0.00	0.00	0.0	0	0.0	0.0	3.75	3.28	0.47
Taco Sauce(pkt)	1 each	10	6	0	37	0.00	0.00	0.0	0	1.35	0.0	1.13	0.0	0.00
Salsa, Red Gold Picante	1 TBSP	10	5	0	66	0.00	0.17	9.4	70	0.56	0.0	0.94	0.0	0.00

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1 - denotes optional nutrient values

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 16, 2012

Daily Special Big D

	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			843	52	2707	*16.67	8.06	852.3	13821	146.55	38.36 18.2%	127.17 60.3%	21.48 22.9%	6.66 7.1%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			100%	52%	191%	278%	179%	213%	921%	763%	230%			
Shortfall			3	48										

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 16, 2012

Daily Special Big D

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	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 - 05/25/2012														
Daily Special Big D	Total	9												
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	287	*47	791	*1.49	*3.43	*60.7	*254	*3.85	*19.06	30.15	8.62	*1.93
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
PIZZA SLICE OF THE DAY	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
RedBarron73142 BDad PepPizza	Cut 8	1	459	42	1049	2.00	3.63	401.7	500	0.0	23.47	52.1	17.69	9.23
RedBarron73142BDad ChsVeggie	1/8 Slice	1	470	40	1174	2.63	3.99	408.8	870	15.13	23.48	53.92	18.34	9.15
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
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
Pierre 3770 Hamb/Cheeebrg	Sandwich	1	330	48	646	2.50	2.96	91.7	36	0.0	24.52	28.9	13.38	4.97
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Hummus, Veggies, Pita Brd	Serving	1	260	0	307	3.76	1.09	29.9	253	16.76	6.69	25.86	3.61	0.02
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 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
SWEET POTATO, BAKED	1 EACH	9	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	9	36	3	11	2.30	0.48	32.2	531	7.87	1.37	5.89	1.33	0.75
PEARS,CND,LT SYRUP PK,SOL&LIQ	.50 CUP	9	72	0	6	2.02	0.35	6.3	0	0.88	0.24	19.11	0.04	0.00
Juice, Orange 4 FL OZ	4 FL OZ	9	50	0	15	0.00	0.00	20.0	0	78.0	1.0	12.0	0.0	0.00
CHOICE OF MILK	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	3	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	3	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	3	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
LETTUCE, Shredded	1/8 cup	9	1	0	1	0.10	0.03	1.3	23	0.27	0.07	0.14	0.01	0.00
PICKLES,DILL, sliced	1/8 Cup	9	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	9	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Jalapeno Peppers	1/8 CUP	9	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
Heniz, Lite Mayo Dispenser	1 TBSP	9	47	5	127	0.00	0.00	0.0	0	0.0	0.0	3.75	3.28	0.47
Heniz, Mustard Dispenser	1 TSP	9	0	0	65	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Red Gold KETCHUP, Dispenser	1 TBSP	9	17	0	158	0.00	0.30	16.7	83	2.0	0.0	3.33	0.0	0.00
Salsa, Red Gold Picante	1 TBSP	9	5	0	66	0.00	0.17	9.4	70	0.56	0.0	0.94	0.0	0.00
Weighted Daily Average			906	*62	2016	*14.06	*6.75	*716.0	*26145	*127.84	*35.67	139.92	23.07	*8.54
% of Calories										*15.8%		61.8%	22.9%	*8.5%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			107%	62%	142%	234%	150%	179%	1743%	666%	214%			
Shortfall				38										

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Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 16, 2012

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Daily Special Big D

	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 - 05/28/2012														
Daily Special Big D	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
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		OVER	OVER

Tue - 05/29/2012														
Daily Special Big D	Total	5												
CHOICE OF ENTREE:	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Smuckers 2.8 oz. PBJ Sandwich	1 Each	1	332	0	331	2.80	1.51	24.2	0	0.01	9.57	32.94	16.14	3.30
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	370	25	730	4.00	3.24	80.0	0	0.0	18.0	40.0	15.0	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
Red Barron 78626Tower Pep Piza	5.3 oz	1	360	45	560	1.00	2.70	350.0	750	6.0	19.0	30.0	18.0	9.00
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
Lettuce, Tomato, Pickle Cup	1/2 Cup	5	10	0	257	0.83	0.24	17.3	333	4.66	0.55	2.12	0.12	0.02
Celery Sticks w/ PB	6 Sticks&1P	5	99	0	96	1.37	0.39	20.9	144	0.99	3.48	4.52	7.43	1.43
BANANAS	1 EACH	5	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
Juice, Orange 4 FL OZ	4 FL OZ	5	50	0	15	0.00	0.00	20.0	0	78.0	1.0	12.0	0.0	0.00
CHOICE OF MILK	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
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	2	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Milk, NFChocolate	HALF PINT	2	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Condi, Ket, Mstrd, Mayo, Taco	Serv	5	55	0	434	0.06	0.65	34.6	150	4.95	0.26	8.14	1.58	0.18
Weighted Daily Average			806	38	1621	8.64	4.83	650.7	1522	100.03	33.02	111.56	25.40	6.81
% of Calories											16.4%	55.4%	28.4%	7.6%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			95%	38%	114%	144%	107%	163%	101%	521%	198%			
Shortfall			40	62										

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	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 - 05/30/2012														
Daily Special Big D	Total	5												
CHOICE OF ENTREE:	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Smuckers 2.8 oz. PBJ Sandwich	1 Each	1	332	0	331	2.80	1.51	24.2	0	0.01	9.57	32.94	16.14	3.30
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	370	25	730	4.00	3.24	80.0	0	0.0	18.0	40.0	15.0	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
Red Barron 78626Tower Pep Piza	5.3 oz	1	360	45	560	1.00	2.70	350.0	750	6.0	19.0	30.0	18.0	9.00
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
Lettuce, Tomato, Pickle Cup	1/2 Cup	5	10	0	257	0.83	0.24	17.3	333	4.66	0.55	2.12	0.12	0.02
Carrots, Baby, 3 oz.	3 oz.	5	35	0	65	2.00	0.36	20.0	6000	6.0	1.0	8.0	0.0	0.00
Juice, 100%, 4 oz., Assorted	4 oz.	5	72	0	12	0.00	0.00	6.7	0	26.0	0.33	15.71	0.0	0.00
Buena Vista 81110 RF Brownie	2.2 oz. Bar	5	193	1	227	1.15	1.00	10.0	0	0.0	3.06	39.55	2.77	1.16
CHOICE OF MILK	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
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	2	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Milk, NFChocolate	HALF PINT	2	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Condi, Ket, Mstrd, Mayo, Taco	Serv	5	55	0	434	0.06	0.65	34.6	150	4.95	0.26	8.14	1.58	0.18
Weighted Daily Average			867	39	1813	7.80	5.55	641.5	7314	44.25	31.83	135.23	20.41	6.42
% of Calories											14.7%	62.4%	21.2%	6.7%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			102%	39%	128%	130%	123%	160%	488%	230%	191%			
Shortfall				61										

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	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														
Daily Special Big D	Total	3												
CHOICE OF ENTREE:	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Pierre 921 PBJ Graham Bar	2 oz	1	332	0	354	2.12	0.77	16.1	0	0.19	12.66	24.14	21.58	0.00
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
Red Barron 78626Tower Pep Piza	5.3 oz	1	360	45	560	1.00	2.70	350.0	750	6.0	19.0	30.0	18.0	9.00
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
Lettuce, Tomato, Pickle Cup	1/2 Cup	3	10	0	257	0.83	0.24	17.3	333	4.66	0.55	2.12	0.12	0.02
Carrots, Baby, 3 oz.	3 oz.	3	35	0	65	2.00	0.36	20.0	6000	6.0	1.0	8.0	0.0	0.00
Dried Fruit, Apricot Blend	1 oz.	3	80	0	5	2.00	0.54	10.0	200	0.6	0.0	19.0	0.0	0.00
Trail Mix - Fruit & Nuts USDA	.25 Cup	3	178	0	0	3.96	0.92	51.4	0	0.0	3.03	30.33	5.01	2.64
CHOICE OF MILK	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
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
Milk, NFDchocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Condi, Ket, Mstrd, Mayo, Taco	Serv	3	55	0	434	0.06	0.65	34.6	150	4.95	0.26	8.14	1.58	0.18
Weighted Daily Average			861	30	1490	11.88	5.80	735.4	7566	19.88	29.89	126.81	24.73	8.17
% of Calories											13.9%	58.9%	25.8%	8.5%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			102%	30%	105%	198%	129%	184%	504%	104%	179%			
Shortfall				70										

Weighted Average			865	*51	2208	*13.31	*6.82	*738.2	*11960	*103.24	*35.93	130.43	22.99	*6.96
											*16.6%	60.3%	23.9%	*7.2%

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Kern High School District

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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	865		846	102%											
Cholesterol (mg)	51		100	51%	Missing		Correction Required - Sodium too High								
Sodium (mg)	2208		1420	155%											
Fiber (g)	13.31		6.00	222%	Missing										
Iron (mg)	6.82		4.50	152%	Missing										
Calcium (mg)	738.2		400.00	185%	Missing										
Vitamin A (IU)	11960		1500	797%	Missing										
Vitamin C (mg)	103.24		19.20	538%	Missing										
Protein (g)	35.93	16.61%	16.70	215%	Missing										
Carbohydrate (g)	130.43	60.28%													
Total Fat (g)	22.99	23.91%	<=30.00%												
Saturated Fat (g)	6.96	7.24%	<10.00%		Missing										

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