

# Kern High School District

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

Apr 16, 2012

## Daily Special w/ Sides

	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 w/ Sides	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
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
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			823	47	2480	*13.49	7.59	720.3	12070	44.03	34.83	129.66	19.47	5.63
% of Calories											16.9%	63.0%	21.3%	6.2%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			97%	47%	175%	169%	169%	180%	805%	229%	209%			
Shortfall			23	53										

\*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 w/ Sides

	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 w/ Sides	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
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
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

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

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Apr 16, 2012

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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			830	44	2077	13.27	6.77	692.4	12515	112.67	34.12 16.4%	131.16 63.2%	20.00 21.7%	5.01 5.4%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			98%	44%	146%	166%	150%	173%	834%	587%	204%			
Shortfall			16	56										

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Thu - 05/03/2012														
Daily Special w/ Sides	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
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
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
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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	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			862	53	2069	*13.10	6.75	824.4	4646	82.08	35.72 16.6%	135.40 62.8%	21.33 22.3%	*5.92 *6.2%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			102%	53%	146%	164%	150%	206%	310%	427%	214%			
Shortfall				47										

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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 - 05/04/2012														
Daily Special w/ Sides	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
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
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	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			889	*57	1964	*16.63	*7.07	*713.6	*26361	*122.23	*34.37	140.04	22.19	*7.63
% of Calories										*15.5%		63.0%	22.5%	*7.7%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			105%	57%	138%	208%	157%	178%	1757%	637%	206%			
Shortfall				43										

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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

Page 7

Daily Special w/ Sides

	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 w/ Sides	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
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
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 w/ Sides

	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			872	44	1966	11.79	6.29	631.1	4966	64.27	37.08 17.0%	108.03 49.6%	32.76 33.8%	7.39 7.6%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			103%	44%	138%	147%	140%	158%	331%	335%	222%			
Shortfall				56									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 w/ Sides

	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 w/ Sides	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
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
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 w/ Sides

	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			846	46	2424	14.43	6.49	720.2	11794	117.04	32.57 15.4%	131.91 62.4%	23.25 24.7%	4.77 5.1%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			100%	46%	171%	180%	144%	180%	786%	610%	195%			
Shortfall			0	54										

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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 w/ Sides

	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 w/ Sides	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
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
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 w/ Sides

	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			833	44	2314	12.41	6.37	672.8	5304	141.42	35.41 17.0%	130.03 62.4%	21.26 23.0%	5.13 5.5%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			99%	44%	163%	155%	142%	168%	354%	737%	212%			
Shortfall			13	56										

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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 w/ Sides

	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 w/ Sides	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
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
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

\*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 w/ Sides

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories			861	49	2635	*18.43	8.83	825.0	12484	167.85	39.53 18.4%	131.53 61.1%	21.74 22.7%	6.12 6.4%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			102%	49%	186%	230%	196%	206%	832%	874%	237%			
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 w/ Sides

	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 w/ Sides	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
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
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			868	*55	2020	*15.51	*6.99	*692.0	*26050	*115.85	*33.89	136.72	21.16	*7.01
% of Calories											*15.6%	63.0%	21.9%	*7.3%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			103%	55%	142%	194%	155%	173%	1737%	603%	203%			
Shortfall				45										

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# Kern High School District

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

Apr 16, 2012

Daily Special w/ Sides

Page 16

	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 w/ Sides	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
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
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 w/ Sides

	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			827	52	2010	9.87	6.12	647.8	13172	138.12	32.28 15.6%	132.36 64.0%	20.28 22.1%	4.91 5.3%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			98%	52%	142%	123%	136%	162%	878%	719%	193%			
Shortfall			19	48										

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*<sup>1</sup> - 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 w/ Sides

	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 w/ Sides	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
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
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			836	47	2489	*12.23	7.37	742.6	12106	136.37	35.68	128.75	19.62	5.62
% of Calories											17.1%	61.6%	21.1%	6.0%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			99%	47%	175%	153%	164%	186%	807%	710%	214%			
Shortfall			10	53										

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# Kern High School District

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

Apr 16, 2012

Daily Special w/ Sides

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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 w/ Sides	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
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
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 w/ Sides

	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			859	44	2108	12.55	6.87	672.4	6515	110.49	34.40 16.0%	135.27 63.0%	21.28 22.3%	5.01 5.2%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			102%	44%	148%	157%	153%	168%	434%	575%	206%			
Shortfall				56										

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

*<sup>1</sup> - 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 w/ Sides

	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 w/ Sides	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
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
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			887	63	2236	13.51	7.39	881.8	10577	114.88	37.95	133.27	23.70	7.80
% of Calories											17.1%	60.1%	24.0%	7.9%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			105%	63%	157%	169%	164%	220%	705%	598%	227%			
Shortfall				37										

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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 w/ Sides

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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 w/ Sides	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
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
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

\* - 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 w/ Sides

	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			891	*58	1940	*16.54	*7.09	*703.5	*26348	*121.97	*34.63 *15.5%	139.60 62.7%	22.42 22.7%	*7.74 *7.8%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			105%	58%	137%	207%	158%	176%	1757%	635%	207%			
Shortfall				42										

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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 w/ Sides

	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 w/ Sides	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
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
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
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 w/ Sides

	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			889	46	2622	*16.08	8.61	785.1	12763	133.17	41.27 18.6%	135.69 61.0%	22.19 22.5%	6.34 6.4%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			105%	46%	185%	201%	191%	196%	851%	694%	247%			
Shortfall				54										

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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 w/ Sides

	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 w/ Sides	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
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
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			888	48	2096	16.03	7.61	729.7	4749	31.05	39.20	134.48	19.84	5.85
% of Calories											17.7%	60.6%	20.1%	5.9%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			105%	48%	148%	200%	169%	182%	317%	162%	235%			
Shortfall				52										

\*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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# Kern High School District

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

Apr 16, 2012

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## Daily Special w/ Sides

	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 w/ Sides	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
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
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
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 w/ Sides

	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			827	44	2436	11.66	6.64	687.0	6623	107.42	33.79 16.4%	128.75 62.3%	20.92 22.8%	5.02 5.5%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			98%	44%	172%	146%	148%	172%	442%	559%	202%			
Shortfall			19	56										

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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 w/ Sides

	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 w/ Sides	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
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
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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# Kern High School District

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

Apr 16, 2012

Daily Special w/ Sides

	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			834	49	2650	*16.88	8.16	835.9	13944	148.07	37.55 18.0%	127.93 61.3%	20.54 22.2%	5.92 6.4%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			99%	49%	187%	211%	181%	209%	930%	771%	225%			
Shortfall			12	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 w/ Sides

	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 w/ Sides	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
CK, Pizza Pepperoni, Cut 6	Cut 6	1	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
DAILY HOT SANDWICH	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
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			896	*58	1953	*14.29	*6.86	*697.8	*26282	*129.54	*34.76	140.76	22.02	*7.72
% of Calories											*15.5%	62.9%	22.1%	*7.8%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			106%	58%	138%	179%	152%	174%	1752%	675%	208%			
Shortfall				42										

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# Kern High School District

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

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Daily Special w/ Sides

	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 w/ Sides	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	8.00	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	8.00	4.50	400.00	1500	19.20	16.70		OVER	OVER

	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 - 05/29/2012														
Daily Special w/ Sides	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	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			95%	38%	114%	108%	107%	163%	101%	521%	198%			
Shortfall			40	62										

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## Daily Special w/ Sides

	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 w/ Sides	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	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			102%	39%	128%	97%	123%	160%	488%	230%	191%			
Shortfall				61		0.20								

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## Daily Special w/ Sides

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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 w/ Sides	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, NFC Chocolate	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	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			102%	30%	105%	149%	129%	184%	504%	104%	179%			
Shortfall				70										

Weighted Average			857	*48	2155	*13.50	*6.91	*722.9	*12076	*104.67	*35.17	131.13	22.11	*6.27
											*16.4%	61.2%	23.2%	*6.6%

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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	857		846	101%											
Cholesterol (mg)	48		100	48%	Missing		Correction Required - Sodium too High								
Sodium (mg)	2155		1420	152%											
Fiber (g)	13.50		8.00	169%	Missing										
Iron (mg)	6.91		4.50	154%	Missing										
Calcium (mg)	722.9		400.00	181%	Missing										
Vitamin A (IU)	12076		1500	805%	Missing										
Vitamin C (mg)	104.67		19.20	545%	Missing										
Protein (g)	35.17	16.42%	16.70	211%	Missing										
Carbohydrate (g)	131.13	61.22%													
Total Fat (g)	22.11	23.23%	<=30.00%												
Saturated Fat (g)	6.27	6.58%	<10.00%		Missing										

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