

# Kern High School District

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

Mar 14, 2012

Page 1

## Entree A la Carte

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/09/2012														
Entree A la Carte	Total	23												
CK, Cold Ham & Cheese SlBrd	SANDWICH	1	240	32	1011	6.00	4.46	53.0	23	0.41	15.06	29.43	7.88	3.12
CK,TkyChs Wh Wht Roll	Sandwich	1	387	58	1247	5.00	2.28	128.3	35	2.6	23.88	36.67	16.9	6.60
CK, Tuna WG Sandwich	Sandwich	1	304	55	779	6.40	2.51	59.3	216	1.09	21.98	32.55	10.69	1.22
CK, Hot Ham & Cheese, roll	1 Each	1	291	38	1102	2.00	5.76	50.1	10	0.0	16.04	36.0	9.25	3.23
CK, Pizza Slice, Cheese	Cut 8	1	364	30	601	2.74	3.42	339.2	655	4.62	18.27	44.08	13.35	6.36
CK, Pep Pizza Sl	Cut 8	1	315	17	532	2.74	3.35	238.7	513	4.62	15.2	43.98	9.34	3.60
Clear Springs8892Trout/Chs Pty	1 each	1	390	35	940	5.00	1.80	200.0	200	0.0	24.0	44.0	14.5	3.50
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
Fernando 9021 Red/Bf/BnBurrito	5.7 oz. Burrit	1	360	15	880	9.00	4.00	55.0	600	0.0	17.0	48.0	11.0	3.00
Fernando 09174 Burrito Rd/Chix	5.7 OZ.	1	300	26	471	3.00	4.00	60.0	600	4.0	18.0	40.0	7.0	1.50
Foster Farms 95150 Corn Dog	1 Each	1	254	20	754	5.05	2.99	164.6	50	1.2	9.26	35.35	8.24	2.01
KingsDelight, 14123 Brst Filet	Sandwich	1	374	50	1064	1.05	2.73	75.6	100	2.2	24.26	43.35	10.24	2.01
KDelight14124SpicyChixSand	Sandwich	1	395	50	1268	1.11	3.02	90.2	150	4.9	24.52	46.95	10.48	2.02
Lings 52724, SmkdTeriyaki Chix	Serving	1	347	60	209	1.98	2.66	41.8	344	19.07	19.85	52.68	5.41	1.19
Ling 52724 Orange Chicken	Serving	1	389	45	560	1.98	2.84	43.9	349	16.54	16.0	61.1	7.91	1.62
Nestle 3200, HamChse HotPkt	1 Ea	1	241	15	542	1.00	1.81	100.4	0	0.0	9.03	36.13	7.03	3.01
Nestle 3300Pep Hot Pocket	1 Ea	1	300	30	760	2.00	2.70	200.0	500	0.0	9.0	38.0	12.0	5.00
Salad, Chicken, A la Carte	Serving	1	313	80	914	5.46	2.90	110.2	9998	101.62	21.8	25.98	14.93	1.72
Shaker Salad, Fajita Chicken	1.5 Cup	1	359	30	603	8.22	3.91	94.1	2821	13.89	17.96	44.52	12.56	*1.12
Shaker Sald, Walnut/CrnbyTrky	1.5 Cup	1	402	34	1292	6.50	2.49	68.8	10888	18.43	14.16	55.66	14.75	1.72
Weighted Daily Average			295	32	710	3.58	2.84	109.3	1237	8.49	15.21	37.52	9.37	*2.57
% of Calories											20.6%	50.9%	28.6%	*7.8%
Nutrient Guideline			400				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			74%											
Shortfall			105											

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

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

1 - denotes optional nutrient values

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

# Kern High School District

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

Mar 14, 2012

Page 2

## Entree A la Carte

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/10/2012														
Entree A la Carte	Total	23												
CK, Cold Ham & Cheese SlBrd	SANDWICH	1	240	32	1011	6.00	4.46	53.0	23	0.41	15.06	29.43	7.88	3.12
CK,TkyChs Wh Wht Roll	Sandwich	1	387	58	1247	5.00	2.28	128.3	35	2.6	23.88	36.67	16.9	6.60
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
CK, Tuna WG Sandwich	Sandwich	1	304	55	779	6.40	2.51	59.3	216	1.09	21.98	32.55	10.69	1.22
CK, Hot Ham & Cheese, roll	1 Each	1	291	38	1102	2.00	5.76	50.1	10	0.0	16.04	36.0	9.25	3.23
CK, Pizza Slice, Cheese	Cut 8	1	364	30	601	2.74	3.42	339.2	655	4.62	18.27	44.08	13.35	6.36
CK, Pep Pizza Sl	Cut 8	1	315	17	532	2.74	3.35	238.7	513	4.62	15.2	43.98	9.34	3.60
Clear Springs8892Trout/Chs Pty	1 each	1	390	35	940	5.00	1.80	200.0	200	0.0	24.0	44.0	14.5	3.50
Fernando 17520 Bn, Chs Burrito	5.1 oz. Burrit	1	310	5	620	10.00	2.70	150.0	300	1.2	15.0	45.0	8.0	2.50
Fernando 9021 Red/Bf/BnBurrito	5.7 oz. Burrit	1	360	15	880	9.00	4.00	55.0	600	0.0	17.0	48.0	11.0	3.00
Fernando 09174 Burrito Rd/Chix	5.7 OZ.	1	300	26	471	3.00	4.00	60.0	600	4.0	18.0	40.0	7.0	1.50
Fieldale1901 Chix, Grill & Bun	Sandwich	1	361	67	984	1.05	3.09	106.6	166	4.95	30.26	38.14	7.08	1.18
Fieldale1911 Chix, Brd & Bun	Sandwich	1	400	55	1274	2.76	2.94	104.9	165	4.95	27.45	49.8	8.34	1.88
Foster Farms 95150 Corn Dog	1 Each	1	254	20	754	5.05	2.99	164.6	50	1.2	9.26	35.35	8.24	2.01
KingsDelight, 14123 Brst Filet	Sandwich	1	374	50	1064	1.05	2.73	75.6	100	2.2	24.26	43.35	10.24	2.01
KDelight14124SpicyChixSand	Sandwich	1	395	50	1268	1.11	3.02	90.2	150	4.9	24.52	46.95	10.48	2.02
Lings 52724, SmkdTeriyaki Chix	Serving	1	347	60	209	1.98	2.66	41.8	344	19.07	19.85	52.68	5.41	1.19
Ling 52724 Orange Chicken	Serving	1	389	45	560	1.98	2.84	43.9	349	16.54	16.0	61.1	7.91	1.62
Nestle 3200, HamChse HotPkt	1 Ea	1	241	15	542	1.00	1.81	100.4	0	0.0	9.03	36.13	7.03	3.01
Nestle 3300Pep Hot Pocket	1 Ea	1	300	30	760	2.00	2.70	200.0	500	0.0	9.0	38.0	12.0	5.00
Salad, Chicken, A la Carte	Serving	1	313	80	914	5.46	2.90	110.2	9998	101.62	21.8	25.98	14.93	1.72
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
Weighted Daily Average			320	35	765	3.62	3.02	118.8	668	7.56	17.36	40.29	9.68	2.77
% of Calories											21.7%	50.4%	27.2%	7.8%
Nutrient Guideline			400				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			80%											
Shortfall			80											

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

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

1 - denotes optional nutrient values

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

# Kern High School District

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

Mar 14, 2012

Page 3

## Entree A la Carte

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/11/2012														
Entree A la Carte	Total	23												
CK, Cold Ham & Cheese SlBrd	SANDWICH	1	240	32	1011	6.00	4.46	53.0	23	0.41	15.06	29.43	7.88	3.12
CK,TkyChs Wh Wht Roll	Sandwich	1	387	58	1247	5.00	2.28	128.3	35	2.6	23.88	36.67	16.9	6.60
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
CK, Tuna WG Sandwich	Sandwich	1	304	55	779	6.40	2.51	59.3	216	1.09	21.98	32.55	10.69	1.22
CK, Hot Ham & Cheese, roll	1 Each	1	291	38	1102	2.00	5.76	50.1	10	0.0	16.04	36.0	9.25	3.23
CK, Pizza Slice, Cheese	Cut 8	1	364	30	601	2.74	3.42	339.2	655	4.62	18.27	44.08	13.35	6.36
CK, Pep Pizza Sl	Cut 8	1	315	17	532	2.74	3.35	238.7	513	4.62	15.2	43.98	9.34	3.60
Clear Springs8892Trout/Chs Pty	1 each	1	390	35	940	5.00	1.80	200.0	200	0.0	24.0	44.0	14.5	3.50
Fernando 17520 Bn, Chs Burrito	5.1 oz. Burrit	1	310	5	620	10.00	2.70	150.0	300	1.2	15.0	45.0	8.0	2.50
Fernando 9021 Red/Bf/BnBurrito	5.7 oz. Burrit	1	360	15	880	9.00	4.00	55.0	600	0.0	17.0	48.0	11.0	3.00
Fernando 09174 Burrito Rd/Chix	5.7 OZ.	1	300	26	471	3.00	4.00	60.0	600	4.0	18.0	40.0	7.0	1.50
Fieldale1901 Chix, Grill & Bun	Sandwich	1	361	67	984	1.05	3.09	106.6	166	4.95	30.26	38.14	7.08	1.18
Fieldale1911 Chix, Brd & Bun	Sandwich	1	400	55	1274	2.76	2.94	104.9	165	4.95	27.45	49.8	8.34	1.88
Foster Farms 95150 Corn Dog	1 Each	1	254	20	754	5.05	2.99	164.6	50	1.2	9.26	35.35	8.24	2.01
KingsDelight, 14123 Brst Filet	Sandwich	1	374	50	1064	1.05	2.73	75.6	100	2.2	24.26	43.35	10.24	2.01
KDelight14124SpicyChixSand	Sandwich	1	395	50	1268	1.11	3.02	90.2	150	4.9	24.52	46.95	10.48	2.02
Lings 52724, SmkdTeriyaki Chix	Serving	1	347	60	209	1.98	2.66	41.8	344	19.07	19.85	52.68	5.41	1.19
Ling 52724 Orange Chicken	Serving	1	389	45	560	1.98	2.84	43.9	349	16.54	16.0	61.1	7.91	1.62
Nestle 3200, HamChse HotPkt	1 Ea	1	241	15	542	1.00	1.81	100.4	0	0.0	9.03	36.13	7.03	3.01
Nestle 3300Pep Hot Pocket	1 Ea	1	300	30	760	2.00	2.70	200.0	500	0.0	9.0	38.0	12.0	5.00
Salad, Chicken, A la Carte	Serving	1	313	80	914	5.46	2.90	110.2	9998	101.62	21.8	25.98	14.93	1.72
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
Weighted Daily Average			320	35	765	3.62	3.02	118.8	668	7.56	17.36	40.29	9.68	2.77
% of Calories											21.7%	50.4%	27.2%	7.8%
Nutrient Guideline			400				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			80%											
Shortfall			80											

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

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

1 - denotes optional nutrient values

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

# Kern High School District

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

Mar 14, 2012

Page 4

## Entree A la Carte

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/12/2012														
Entree A la Carte	Total	23												
CK, Cold Ham & Cheese SlBrd	SANDWICH	1	240	32	1011	6.00	4.46	53.0	23	0.41	15.06	29.43	7.88	3.12
CK,TkyChs Wh Wht Roll	Sandwich	1	387	58	1247	5.00	2.28	128.3	35	2.6	23.88	36.67	16.9	6.60
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
CK, Tuna WG Sandwich	Sandwich	1	304	55	779	6.40	2.51	59.3	216	1.09	21.98	32.55	10.69	1.22
CK, Hot Ham & Cheese, roll	1 Each	1	291	38	1102	2.00	5.76	50.1	10	0.0	16.04	36.0	9.25	3.23
CK, Pizza Slice, Cheese	Cut 8	1	364	30	601	2.74	3.42	339.2	655	4.62	18.27	44.08	13.35	6.36
CK, Pep Pizza Sl	Cut 8	1	315	17	532	2.74	3.35	238.7	513	4.62	15.2	43.98	9.34	3.60
Clear Springs8892Trout/Chs Pty	1 each	1	390	35	940	5.00	1.80	200.0	200	0.0	24.0	44.0	14.5	3.50
Fernando 17520 Bn, Chs Burrito	5.1 oz. Burrit	1	310	5	620	10.00	2.70	150.0	300	1.2	15.0	45.0	8.0	2.50
Fernando 9021 Red/Bf/BnBurrito	5.7 oz. Burrit	1	360	15	880	9.00	4.00	55.0	600	0.0	17.0	48.0	11.0	3.00
Fernando 09174 Burrito Rd/Chix	5.7 OZ.	1	300	26	471	3.00	4.00	60.0	600	4.0	18.0	40.0	7.0	1.50
Fieldale1901 Chix, Grill & Bun	Sandwich	1	361	67	984	1.05	3.09	106.6	166	4.95	30.26	38.14	7.08	1.18
Fieldale1911 Chix, Brd & Bun	Sandwich	1	400	55	1274	2.76	2.94	104.9	165	4.95	27.45	49.8	8.34	1.88
Foster Farms 95150 Corn Dog	1 Each	1	254	20	754	5.05	2.99	164.6	50	1.2	9.26	35.35	8.24	2.01
KingsDelight, 14123 Brst Filet	Sandwich	1	374	50	1064	1.05	2.73	75.6	100	2.2	24.26	43.35	10.24	2.01
KDelight14124SpicyChixSand	Sandwich	1	395	50	1268	1.11	3.02	90.2	150	4.9	24.52	46.95	10.48	2.02
Lings 52724, SmkdTeriyaki Chix	Serving	1	347	60	209	1.98	2.66	41.8	344	19.07	19.85	52.68	5.41	1.19
Ling 52724 Orange Chicken	Serving	1	389	45	560	1.98	2.84	43.9	349	16.54	16.0	61.1	7.91	1.62
Nestle 3200, HamChse HotPkt	1 Ea	1	241	15	542	1.00	1.81	100.4	0	0.0	9.03	36.13	7.03	3.01
Nestle 3300Pep Hot Pocket	1 Ea	1	300	30	760	2.00	2.70	200.0	500	0.0	9.0	38.0	12.0	5.00
Salad, Chicken, A la Carte	Serving	1	313	80	914	5.46	2.90	110.2	9998	101.62	21.8	25.98	14.93	1.72
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
Weighted Daily Average			320	35	765	3.62	3.02	118.8	668	7.56	17.36	40.29	9.68	2.77
% of Calories											21.7%	50.4%	27.2%	7.8%
Nutrient Guideline			400				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			80%											
Shortfall			80											

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

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

1 - denotes optional nutrient values

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

# Kern High School District

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

Mar 14, 2012

Page 5

## Entree A la Carte

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/13/2012														
Entree A la Carte	Total	23												
CK, Cold Ham & Cheese SlBrd	SANDWICH	1	240	32	1011	6.00	4.46	53.0	23	0.41	15.06	29.43	7.88	3.12
CK,TkyChs Wh Wht Roll	Sandwich	1	387	58	1247	5.00	2.28	128.3	35	2.6	23.88	36.67	16.9	6.60
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
CK, Tuna WG Sandwich	Sandwich	1	304	55	779	6.40	2.51	59.3	216	1.09	21.98	32.55	10.69	1.22
CK, Hot Ham & Cheese, roll	1 Each	1	291	38	1102	2.00	5.76	50.1	10	0.0	16.04	36.0	9.25	3.23
CK, Pizza Slice, Cheese	Cut 8	1	364	30	601	2.74	3.42	339.2	655	4.62	18.27	44.08	13.35	6.36
CK, Pep Pizza Sl	Cut 8	1	315	17	532	2.74	3.35	238.7	513	4.62	15.2	43.98	9.34	3.60
Clear Springs8892Trout/Chs Pty	1 each	1	390	35	940	5.00	1.80	200.0	200	0.0	24.0	44.0	14.5	3.50
Fernando 17520 Bn, Chs Burrito	5.1 oz. Burrit	1	310	5	620	10.00	2.70	150.0	300	1.2	15.0	45.0	8.0	2.50
Fernando 9021 Red/Bf/BnBurrito	5.7 oz. Burrit	1	360	15	880	9.00	4.00	55.0	600	0.0	17.0	48.0	11.0	3.00
Fernando 09174 Burrito Rd/Chix	5.7 OZ.	1	300	26	471	3.00	4.00	60.0	600	4.0	18.0	40.0	7.0	1.50
Fieldale1901 Chix, Grill & Bun	Sandwich	1	361	67	984	1.05	3.09	106.6	166	4.95	30.26	38.14	7.08	1.18
Fieldale1911 Chix, Brd & Bun	Sandwich	1	400	55	1274	2.76	2.94	104.9	165	4.95	27.45	49.8	8.34	1.88
Foster Farms 95150 Corn Dog	1 Each	1	254	20	754	5.05	2.99	164.6	50	1.2	9.26	35.35	8.24	2.01
KingsDelight, 14123 Brst Filet	Sandwich	1	374	50	1064	1.05	2.73	75.6	100	2.2	24.26	43.35	10.24	2.01
KDelight14124SpicyChixSand	Sandwich	1	395	50	1268	1.11	3.02	90.2	150	4.9	24.52	46.95	10.48	2.02
Lings 52724, SmkdTeriyaki Chix	Serving	1	347	60	209	1.98	2.66	41.8	344	19.07	19.85	52.68	5.41	1.19
Ling 52724 Orange Chicken	Serving	1	389	45	560	1.98	2.84	43.9	349	16.54	16.0	61.1	7.91	1.62
Nestle 3200, HamChse HotPkt	1 Ea	1	241	15	542	1.00	1.81	100.4	0	0.0	9.03	36.13	7.03	3.01
Nestle 3300Pep Hot Pocket	1 Ea	1	300	30	760	2.00	2.70	200.0	500	0.0	9.0	38.0	12.0	5.00
Salad, Chicken, A la Carte	Serving	1	313	80	914	5.46	2.90	110.2	9998	101.62	21.8	25.98	14.93	1.72
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
Weighted Daily Average			320	35	765	3.62	3.02	118.8	668	7.56	17.36	40.29	9.68	2.77
% of Calories											21.7%	50.4%	27.2%	7.8%
Nutrient Guideline			400				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			80%											
Shortfall			80											

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

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

1 - denotes optional nutrient values

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

# Kern High School District

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

Mar 14, 2012

Page 6

## Entree A la Carte

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/16/2012														
Entree A la Carte	Total	23												
CK, Cold Ham & Cheese SlBrd	SANDWICH	1	240	32	1011	6.00	4.46	53.0	23	0.41	15.06	29.43	7.88	3.12
CK,TkyChs Wh Wht Roll	Sandwich	1	387	58	1247	5.00	2.28	128.3	35	2.6	23.88	36.67	16.9	6.60
CK, Tuna WG Sandwich	Sandwich	1	304	55	779	6.40	2.51	59.3	216	1.09	21.98	32.55	10.69	1.22
CK, Hot Ham & Cheese, roll	1 Each	1	291	38	1102	2.00	5.76	50.1	10	0.0	16.04	36.0	9.25	3.23
CK, Pizza Slice, Cheese	Cut 8	1	364	30	601	2.74	3.42	339.2	655	4.62	18.27	44.08	13.35	6.36
CK, Pep Pizza Sl	Cut 8	1	315	17	532	2.74	3.35	238.7	513	4.62	15.2	43.98	9.34	3.60
Clear Springs8892Trout/Chs Pty	1 each	1	390	35	940	5.00	1.80	200.0	200	0.0	24.0	44.0	14.5	3.50
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
Fernando 9021 Red/Bf/BnBurrito	5.7 oz. Burrit	1	360	15	880	9.00	4.00	55.0	600	0.0	17.0	48.0	11.0	3.00
Fernando 09174 Burrito Rd/Chix	5.7 OZ.	1	300	26	471	3.00	4.00	60.0	600	4.0	18.0	40.0	7.0	1.50
Foster Farms 95150 Corn Dog	1 Each	1	254	20	754	5.05	2.99	164.6	50	1.2	9.26	35.35	8.24	2.01
KingsDelight, 14123 Brst Filet	Sandwich	1	374	50	1064	1.05	2.73	75.6	100	2.2	24.26	43.35	10.24	2.01
KDelight14124SpicyChixSand	Sandwich	1	395	50	1268	1.11	3.02	90.2	150	4.9	24.52	46.95	10.48	2.02
Lings 52724, SmkdTeriyaki Chix	Serving	1	347	60	209	1.98	2.66	41.8	344	19.07	19.85	52.68	5.41	1.19
Ling 52724 Orange Chicken	Serving	1	389	45	560	1.98	2.84	43.9	349	16.54	16.0	61.1	7.91	1.62
Nestle 3200, HamChse HotPkt	1 Ea	1	241	15	542	1.00	1.81	100.4	0	0.0	9.03	36.13	7.03	3.01
Nestle 3300Pep Hot Pocket	1 Ea	1	300	30	760	2.00	2.70	200.0	500	0.0	9.0	38.0	12.0	5.00
Salad, Chicken, A la Carte	Serving	1	313	80	914	5.46	2.90	110.2	9998	101.62	21.8	25.98	14.93	1.72
Shaker Salad, Fajita Chicken	1.5 Cup	1	359	30	603	8.22	3.91	94.1	2821	13.89	17.96	44.52	12.56	*1.12
Shaker Sald, Walnut/CrnbyTrky	1.5 Cup	1	402	34	1292	6.50	2.49	68.8	10888	18.43	14.16	55.66	14.75	1.72
Weighted Daily Average			295	32	710	3.58	2.84	109.3	1237	8.49	15.21	37.52	9.37	*2.57
% of Calories											20.6%	50.9%	28.6%	*7.8%
Nutrient Guideline			400				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			74%											
Shortfall			105											

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

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

1 - denotes optional nutrient values

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

# Kern High School District

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

Mar 14, 2012

Page 7

## Entree A la Carte

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/17/2012														
Entree A la Carte	Total	23												
CK, Cold Ham & Cheese SlBrd	SANDWICH	1	240	32	1011	6.00	4.46	53.0	23	0.41	15.06	29.43	7.88	3.12
CK,TkyChs Wh Wht Roll	Sandwich	1	387	58	1247	5.00	2.28	128.3	35	2.6	23.88	36.67	16.9	6.60
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
CK, Tuna WG Sandwich	Sandwich	1	304	55	779	6.40	2.51	59.3	216	1.09	21.98	32.55	10.69	1.22
CK, Hot Ham & Cheese, roll	1 Each	1	291	38	1102	2.00	5.76	50.1	10	0.0	16.04	36.0	9.25	3.23
CK, Pizza Slice, Cheese	Cut 8	1	364	30	601	2.74	3.42	339.2	655	4.62	18.27	44.08	13.35	6.36
CK, Pep Pizza Sl	Cut 8	1	315	17	532	2.74	3.35	238.7	513	4.62	15.2	43.98	9.34	3.60
Clear Springs8892Trout/Chs Pty	1 each	1	390	35	940	5.00	1.80	200.0	200	0.0	24.0	44.0	14.5	3.50
Fernando 17520 Bn, Chs Burrito	5.1 oz. Burrit	1	310	5	620	10.00	2.70	150.0	300	1.2	15.0	45.0	8.0	2.50
Fernando 9021 Red/Bf/BnBurrito	5.7 oz. Burrit	1	360	15	880	9.00	4.00	55.0	600	0.0	17.0	48.0	11.0	3.00
Fernando 09174 Burrito Rd/Chix	5.7 OZ.	1	300	26	471	3.00	4.00	60.0	600	4.0	18.0	40.0	7.0	1.50
Fieldale1901 Chix, Grill & Bun	Sandwich	1	361	67	984	1.05	3.09	106.6	166	4.95	30.26	38.14	7.08	1.18
Fieldale1911 Chix, Brd & Bun	Sandwich	1	400	55	1274	2.76	2.94	104.9	165	4.95	27.45	49.8	8.34	1.88
Foster Farms 95150 Corn Dog	1 Each	1	254	20	754	5.05	2.99	164.6	50	1.2	9.26	35.35	8.24	2.01
KingsDelight, 14123 Brst Filet	Sandwich	1	374	50	1064	1.05	2.73	75.6	100	2.2	24.26	43.35	10.24	2.01
KDelight14124SpicyChixSand	Sandwich	1	395	50	1268	1.11	3.02	90.2	150	4.9	24.52	46.95	10.48	2.02
Lings 52724, SmkdTeriyaki Chix	Serving	1	347	60	209	1.98	2.66	41.8	344	19.07	19.85	52.68	5.41	1.19
Ling 52724 Orange Chicken	Serving	1	389	45	560	1.98	2.84	43.9	349	16.54	16.0	61.1	7.91	1.62
Nestle 3200, HamChse HotPkt	1 Ea	1	241	15	542	1.00	1.81	100.4	0	0.0	9.03	36.13	7.03	3.01
Nestle 3300Pep Hot Pocket	1 Ea	1	300	30	760	2.00	2.70	200.0	500	0.0	9.0	38.0	12.0	5.00
Salad, Chicken, A la Carte	Serving	1	313	80	914	5.46	2.90	110.2	9998	101.62	21.8	25.98	14.93	1.72
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
Weighted Daily Average			320	35	765	3.62	3.02	118.8	668	7.56	17.36	40.29	9.68	2.77
% of Calories											21.7%	50.4%	27.2%	7.8%
Nutrient Guideline			400				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			80%											
Shortfall			80											

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

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

1 - denotes optional nutrient values

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

# Kern High School District

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

Mar 14, 2012

Page 8

## Entree A la Carte

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/18/2012														
Entree A la Carte	Total	23												
CK, Cold Ham & Cheese SlBrd	SANDWICH	1	240	32	1011	6.00	4.46	53.0	23	0.41	15.06	29.43	7.88	3.12
CK,TkyChs Wh Wht Roll	Sandwich	1	387	58	1247	5.00	2.28	128.3	35	2.6	23.88	36.67	16.9	6.60
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
CK, Tuna WG Sandwich	Sandwich	1	304	55	779	6.40	2.51	59.3	216	1.09	21.98	32.55	10.69	1.22
CK, Hot Ham & Cheese, roll	1 Each	1	291	38	1102	2.00	5.76	50.1	10	0.0	16.04	36.0	9.25	3.23
CK, Pizza Slice, Cheese	Cut 8	1	364	30	601	2.74	3.42	339.2	655	4.62	18.27	44.08	13.35	6.36
CK, Pep Pizza Sl	Cut 8	1	315	17	532	2.74	3.35	238.7	513	4.62	15.2	43.98	9.34	3.60
Clear Springs8892Trout/Chs Pty	1 each	1	390	35	940	5.00	1.80	200.0	200	0.0	24.0	44.0	14.5	3.50
Fernando 17520 Bn, Chs Burrito	5.1 oz. Burrit	1	310	5	620	10.00	2.70	150.0	300	1.2	15.0	45.0	8.0	2.50
Fernando 9021 Red/Bf/BnBurrito	5.7 oz. Burrit	1	360	15	880	9.00	4.00	55.0	600	0.0	17.0	48.0	11.0	3.00
Fernando 09174 Burrito Rd/Chix	5.7 OZ.	1	300	26	471	3.00	4.00	60.0	600	4.0	18.0	40.0	7.0	1.50
Fieldale1901 Chix, Grill & Bun	Sandwich	1	361	67	984	1.05	3.09	106.6	166	4.95	30.26	38.14	7.08	1.18
Fieldale1911 Chix, Brd & Bun	Sandwich	1	400	55	1274	2.76	2.94	104.9	165	4.95	27.45	49.8	8.34	1.88
Foster Farms 95150 Corn Dog	1 Each	1	254	20	754	5.05	2.99	164.6	50	1.2	9.26	35.35	8.24	2.01
KingsDelight, 14123 Brst Filet	Sandwich	1	374	50	1064	1.05	2.73	75.6	100	2.2	24.26	43.35	10.24	2.01
KDelight14124SpicyChixSand	Sandwich	1	395	50	1268	1.11	3.02	90.2	150	4.9	24.52	46.95	10.48	2.02
Lings 52724, SmkdTeriyaki Chix	Serving	1	347	60	209	1.98	2.66	41.8	344	19.07	19.85	52.68	5.41	1.19
Ling 52724 Orange Chicken	Serving	1	389	45	560	1.98	2.84	43.9	349	16.54	16.0	61.1	7.91	1.62
Nestle 3200, HamChse HotPkt	1 Ea	1	241	15	542	1.00	1.81	100.4	0	0.0	9.03	36.13	7.03	3.01
Nestle 3300Pep Hot Pocket	1 Ea	1	300	30	760	2.00	2.70	200.0	500	0.0	9.0	38.0	12.0	5.00
Salad, Chicken, A la Carte	Serving	1	313	80	914	5.46	2.90	110.2	9998	101.62	21.8	25.98	14.93	1.72
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
Weighted Daily Average			320	35	765	3.62	3.02	118.8	668	7.56	17.36	40.29	9.68	2.77
% of Calories											21.7%	50.4%	27.2%	7.8%
Nutrient Guideline			400				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			80%											
Shortfall			80											

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

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

1 - denotes optional nutrient values

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

# Kern High School District

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

Mar 14, 2012

Page 9

## Entree A la Carte

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/19/2012														
Entree A la Carte	Total	23												
CK, Cold Ham & Cheese SlBrd	SANDWICH	1	240	32	1011	6.00	4.46	53.0	23	0.41	15.06	29.43	7.88	3.12
CK,TkyChs Wh Wht Roll	Sandwich	1	387	58	1247	5.00	2.28	128.3	35	2.6	23.88	36.67	16.9	6.60
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
CK, Tuna WG Sandwich	Sandwich	1	304	55	779	6.40	2.51	59.3	216	1.09	21.98	32.55	10.69	1.22
CK, Hot Ham & Cheese, roll	1 Each	1	291	38	1102	2.00	5.76	50.1	10	0.0	16.04	36.0	9.25	3.23
CK, Pizza Slice, Cheese	Cut 8	1	364	30	601	2.74	3.42	339.2	655	4.62	18.27	44.08	13.35	6.36
CK, Pep Pizza Sl	Cut 8	1	315	17	532	2.74	3.35	238.7	513	4.62	15.2	43.98	9.34	3.60
Clear Springs8892Trout/Chs Pty	1 each	1	390	35	940	5.00	1.80	200.0	200	0.0	24.0	44.0	14.5	3.50
Fernando 17520 Bn, Chs Burrito	5.1 oz. Burrit	1	310	5	620	10.00	2.70	150.0	300	1.2	15.0	45.0	8.0	2.50
Fernando 9021 Red/Bf/BnBurrito	5.7 oz. Burrit	1	360	15	880	9.00	4.00	55.0	600	0.0	17.0	48.0	11.0	3.00
Fernando 09174 Burrito Rd/Chix	5.7 OZ.	1	300	26	471	3.00	4.00	60.0	600	4.0	18.0	40.0	7.0	1.50
Fieldale1901 Chix, Grill & Bun	Sandwich	1	361	67	984	1.05	3.09	106.6	166	4.95	30.26	38.14	7.08	1.18
Fieldale1911 Chix, Brd & Bun	Sandwich	1	400	55	1274	2.76	2.94	104.9	165	4.95	27.45	49.8	8.34	1.88
Foster Farms 95150 Corn Dog	1 Each	1	254	20	754	5.05	2.99	164.6	50	1.2	9.26	35.35	8.24	2.01
KingsDelight, 14123 Brst Filet	Sandwich	1	374	50	1064	1.05	2.73	75.6	100	2.2	24.26	43.35	10.24	2.01
KDelight14124SpicyChixSand	Sandwich	1	395	50	1268	1.11	3.02	90.2	150	4.9	24.52	46.95	10.48	2.02
Lings 52724, SmkdTeriyaki Chix	Serving	1	347	60	209	1.98	2.66	41.8	344	19.07	19.85	52.68	5.41	1.19
Ling 52724 Orange Chicken	Serving	1	389	45	560	1.98	2.84	43.9	349	16.54	16.0	61.1	7.91	1.62
Nestle 3200, HamChse HotPkt	1 Ea	1	241	15	542	1.00	1.81	100.4	0	0.0	9.03	36.13	7.03	3.01
Nestle 3300Pep Hot Pocket	1 Ea	1	300	30	760	2.00	2.70	200.0	500	0.0	9.0	38.0	12.0	5.00
Salad, Chicken, A la Carte	Serving	1	313	80	914	5.46	2.90	110.2	9998	101.62	21.8	25.98	14.93	1.72
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
Weighted Daily Average			320	35	765	3.62	3.02	118.8	668	7.56	17.36	40.29	9.68	2.77
% of Calories											21.7%	50.4%	27.2%	7.8%
Nutrient Guideline			400				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			80%											
Shortfall			80											

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

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

1 - denotes optional nutrient values

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

# Kern High School District

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

Mar 14, 2012

## Entree A la Carte

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/20/2012														
Entree A la Carte	Total	23												
CK, Cold Ham & Cheese SlBrd	SANDWICH	1	240	32	1011	6.00	4.46	53.0	23	0.41	15.06	29.43	7.88	3.12
CK,TkyChs Wh Wht Roll	Sandwich	1	387	58	1247	5.00	2.28	128.3	35	2.6	23.88	36.67	16.9	6.60
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
CK, Tuna WG Sandwich	Sandwich	1	304	55	779	6.40	2.51	59.3	216	1.09	21.98	32.55	10.69	1.22
CK, Hot Ham & Cheese, roll	1 Each	1	291	38	1102	2.00	5.76	50.1	10	0.0	16.04	36.0	9.25	3.23
CK, Pizza Slice, Cheese	Cut 8	1	364	30	601	2.74	3.42	339.2	655	4.62	18.27	44.08	13.35	6.36
CK, Pep Pizza Sl	Cut 8	1	315	17	532	2.74	3.35	238.7	513	4.62	15.2	43.98	9.34	3.60
Clear Springs8892Trout/Chs Pty	1 each	1	390	35	940	5.00	1.80	200.0	200	0.0	24.0	44.0	14.5	3.50
Fernando 17520 Bn, Chs Burrito	5.1 oz. Burrit	1	310	5	620	10.00	2.70	150.0	300	1.2	15.0	45.0	8.0	2.50
Fernando 9021 Red/Bf/BnBurrito	5.7 oz. Burrit	1	360	15	880	9.00	4.00	55.0	600	0.0	17.0	48.0	11.0	3.00
Fernando 09174 Burrito Rd/Chix	5.7 OZ.	1	300	26	471	3.00	4.00	60.0	600	4.0	18.0	40.0	7.0	1.50
Fieldale1901 Chix, Grill & Bun	Sandwich	1	361	67	984	1.05	3.09	106.6	166	4.95	30.26	38.14	7.08	1.18
Fieldale1911 Chix, Brd & Bun	Sandwich	1	400	55	1274	2.76	2.94	104.9	165	4.95	27.45	49.8	8.34	1.88
Foster Farms 95150 Corn Dog	1 Each	1	254	20	754	5.05	2.99	164.6	50	1.2	9.26	35.35	8.24	2.01
KingsDelight, 14123 Brst Filet	Sandwich	1	374	50	1064	1.05	2.73	75.6	100	2.2	24.26	43.35	10.24	2.01
KDelight14124SpicyChixSand	Sandwich	1	395	50	1268	1.11	3.02	90.2	150	4.9	24.52	46.95	10.48	2.02
Lings 52724, SmkdTeriyaki Chix	Serving	1	347	60	209	1.98	2.66	41.8	344	19.07	19.85	52.68	5.41	1.19
Ling 52724 Orange Chicken	Serving	1	389	45	560	1.98	2.84	43.9	349	16.54	16.0	61.1	7.91	1.62
Nestle 3200, HamChse HotPkt	1 Ea	1	241	15	542	1.00	1.81	100.4	0	0.0	9.03	36.13	7.03	3.01
Nestle 3300Pep Hot Pocket	1 Ea	1	300	30	760	2.00	2.70	200.0	500	0.0	9.0	38.0	12.0	5.00
Salad, Chicken, A la Carte	Serving	1	313	80	914	5.46	2.90	110.2	9998	101.62	21.8	25.98	14.93	1.72
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
Weighted Daily Average			320	35	765	3.62	3.02	118.8	668	7.56	17.36	40.29	9.68	2.77
% of Calories											21.7%	50.4%	27.2%	7.8%
Nutrient Guideline			400				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			80%											
Shortfall			80											

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

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

1 - denotes optional nutrient values

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

# Kern High School District

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

Mar 14, 2012

## Entree A la Carte

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/23/2012														
Entree A la Carte	Total	23												
CK, Cold Ham & Cheese SlBrd	SANDWICH	1	240	32	1011	6.00	4.46	53.0	23	0.41	15.06	29.43	7.88	3.12
CK,TkyChs Wh Wht Roll	Sandwich	1	387	58	1247	5.00	2.28	128.3	35	2.6	23.88	36.67	16.9	6.60
CK, Tuna WG Sandwich	Sandwich	1	304	55	779	6.40	2.51	59.3	216	1.09	21.98	32.55	10.69	1.22
CK, Hot Ham & Cheese, roll	1 Each	1	291	38	1102	2.00	5.76	50.1	10	0.0	16.04	36.0	9.25	3.23
CK, Pizza Slice, Cheese	Cut 8	1	364	30	601	2.74	3.42	339.2	655	4.62	18.27	44.08	13.35	6.36
CK, Pep Pizza Sl	Cut 8	1	315	17	532	2.74	3.35	238.7	513	4.62	15.2	43.98	9.34	3.60
Clear Springs8892Trout/Chs Pty	1 each	1	390	35	940	5.00	1.80	200.0	200	0.0	24.0	44.0	14.5	3.50
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
Fernando 9021 Red/Bf/BnBurrito	5.7 oz. Burrit	1	360	15	880	9.00	4.00	55.0	600	0.0	17.0	48.0	11.0	3.00
Fernando 09174 Burrito Rd/Chix	5.7 OZ.	1	300	26	471	3.00	4.00	60.0	600	4.0	18.0	40.0	7.0	1.50
Foster Farms 95150 Corn Dog	1 Each	1	254	20	754	5.05	2.99	164.6	50	1.2	9.26	35.35	8.24	2.01
KingsDelight, 14123 Brst Filet	Sandwich	1	374	50	1064	1.05	2.73	75.6	100	2.2	24.26	43.35	10.24	2.01
KDelight14124SpicyChixSand	Sandwich	1	395	50	1268	1.11	3.02	90.2	150	4.9	24.52	46.95	10.48	2.02
Lings 52724, SmkdTeriyaki Chix	Serving	1	347	60	209	1.98	2.66	41.8	344	19.07	19.85	52.68	5.41	1.19
Ling 52724 Orange Chicken	Serving	1	389	45	560	1.98	2.84	43.9	349	16.54	16.0	61.1	7.91	1.62
Nestle 3200, HamChse HotPkt	1 Ea	1	241	15	542	1.00	1.81	100.4	0	0.0	9.03	36.13	7.03	3.01
Nestle 3300Pep Hot Pocket	1 Ea	1	300	30	760	2.00	2.70	200.0	500	0.0	9.0	38.0	12.0	5.00
Salad, Chicken, A la Carte	Serving	1	313	80	914	5.46	2.90	110.2	9998	101.62	21.8	25.98	14.93	1.72
Shaker Salad, Fajita Chicken	1. 5 Cup	1	359	30	603	8.22	3.91	94.1	2821	13.89	17.96	44.52	12.56	*1.12
Shaker Sald, Walnut/CrnbyTrky	1.5 Cup	1	402	34	1292	6.50	2.49	68.8	10888	18.43	14.16	55.66	14.75	1.72
Weighted Daily Average			295	32	710	3.58	2.84	109.3	1237	8.49	15.21	37.52	9.37	*2.57
% of Calories											20.6%	50.9%	28.6%	*7.8%
Nutrient Guideline			400				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			74%											
Shortfall			105											

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

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

1 - denotes optional nutrient values

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

# Kern High School District

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

Mar 14, 2012

## Entree A la Carte

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/24/2012														
Entree A la Carte	Total	23												
CK, Cold Ham & Cheese SlBrd	SANDWICH	1	240	32	1011	6.00	4.46	53.0	23	0.41	15.06	29.43	7.88	3.12
CK,TkyChs Wh Wht Roll	Sandwich	1	387	58	1247	5.00	2.28	128.3	35	2.6	23.88	36.67	16.9	6.60
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
CK, Tuna WG Sandwich	Sandwich	1	304	55	779	6.40	2.51	59.3	216	1.09	21.98	32.55	10.69	1.22
CK, Hot Ham & Cheese, roll	1 Each	1	291	38	1102	2.00	5.76	50.1	10	0.0	16.04	36.0	9.25	3.23
CK, Pizza Slice, Cheese	Cut 8	1	364	30	601	2.74	3.42	339.2	655	4.62	18.27	44.08	13.35	6.36
CK, Pep Pizza Sl	Cut 8	1	315	17	532	2.74	3.35	238.7	513	4.62	15.2	43.98	9.34	3.60
Clear Springs8892Trout/Chs Pty	1 each	1	390	35	940	5.00	1.80	200.0	200	0.0	24.0	44.0	14.5	3.50
Fernando 17520 Bn, Chs Burrito	5.1 oz. Burrit	1	310	5	620	10.00	2.70	150.0	300	1.2	15.0	45.0	8.0	2.50
Fernando 9021 Red/Bf/BnBurrito	5.7 oz. Burrit	1	360	15	880	9.00	4.00	55.0	600	0.0	17.0	48.0	11.0	3.00
Fernando 09174 Burrito Rd/Chix	5.7 OZ.	1	300	26	471	3.00	4.00	60.0	600	4.0	18.0	40.0	7.0	1.50
Fieldale1901 Chix, Grill & Bun	Sandwich	1	361	67	984	1.05	3.09	106.6	166	4.95	30.26	38.14	7.08	1.18
Fieldale1911 Chix, Brd & Bun	Sandwich	1	400	55	1274	2.76	2.94	104.9	165	4.95	27.45	49.8	8.34	1.88
Foster Farms 95150 Corn Dog	1 Each	1	254	20	754	5.05	2.99	164.6	50	1.2	9.26	35.35	8.24	2.01
KingsDelight, 14123 Brst Filet	Sandwich	1	374	50	1064	1.05	2.73	75.6	100	2.2	24.26	43.35	10.24	2.01
KDelight14124SpicyChixSand	Sandwich	1	395	50	1268	1.11	3.02	90.2	150	4.9	24.52	46.95	10.48	2.02
Lings 52724, SmkdTeriyaki Chix	Serving	1	347	60	209	1.98	2.66	41.8	344	19.07	19.85	52.68	5.41	1.19
Ling 52724 Orange Chicken	Serving	1	389	45	560	1.98	2.84	43.9	349	16.54	16.0	61.1	7.91	1.62
Nestle 3200, HamChse HotPkt	1 Ea	1	241	15	542	1.00	1.81	100.4	0	0.0	9.03	36.13	7.03	3.01
Nestle 3300Pep Hot Pocket	1 Ea	1	300	30	760	2.00	2.70	200.0	500	0.0	9.0	38.0	12.0	5.00
Salad, Chicken, A la Carte	Serving	1	313	80	914	5.46	2.90	110.2	9998	101.62	21.8	25.98	14.93	1.72
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
Weighted Daily Average			320	35	765	3.62	3.02	118.8	668	7.56	17.36	40.29	9.68	2.77
% of Calories											21.7%	50.4%	27.2%	7.8%
Nutrient Guideline			400				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			80%											
Shortfall			80											

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

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

1 - denotes optional nutrient values

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

# Kern High School District

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

Mar 14, 2012

## Entree A la Carte

Page 13

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/25/2012														
Entree A la Carte	Total	23												
CK, Cold Ham & Cheese SlBrd	SANDWICH	1	240	32	1011	6.00	4.46	53.0	23	0.41	15.06	29.43	7.88	3.12
CK,TkyChs Wh Wht Roll	Sandwich	1	387	58	1247	5.00	2.28	128.3	35	2.6	23.88	36.67	16.9	6.60
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
CK, Tuna WG Sandwich	Sandwich	1	304	55	779	6.40	2.51	59.3	216	1.09	21.98	32.55	10.69	1.22
CK, Hot Ham & Cheese, roll	1 Each	1	291	38	1102	2.00	5.76	50.1	10	0.0	16.04	36.0	9.25	3.23
CK, Pizza Slice, Cheese	Cut 8	1	364	30	601	2.74	3.42	339.2	655	4.62	18.27	44.08	13.35	6.36
CK, Pep Pizza Sl	Cut 8	1	315	17	532	2.74	3.35	238.7	513	4.62	15.2	43.98	9.34	3.60
Clear Springs8892Trout/Chs Pty	1 each	1	390	35	940	5.00	1.80	200.0	200	0.0	24.0	44.0	14.5	3.50
Fernando 17520 Bn, Chs Burrito	5.1 oz. Burrit	1	310	5	620	10.00	2.70	150.0	300	1.2	15.0	45.0	8.0	2.50
Fernando 9021 Red/Bf/BnBurrito	5.7 oz. Burrit	1	360	15	880	9.00	4.00	55.0	600	0.0	17.0	48.0	11.0	3.00
Fernando 09174 Burrito Rd/Chix	5.7 OZ.	1	300	26	471	3.00	4.00	60.0	600	4.0	18.0	40.0	7.0	1.50
Fieldale1901 Chix, Grill & Bun	Sandwich	1	361	67	984	1.05	3.09	106.6	166	4.95	30.26	38.14	7.08	1.18
Fieldale1911 Chix, Brd & Bun	Sandwich	1	400	55	1274	2.76	2.94	104.9	165	4.95	27.45	49.8	8.34	1.88
Foster Farms 95150 Corn Dog	1 Each	1	254	20	754	5.05	2.99	164.6	50	1.2	9.26	35.35	8.24	2.01
KingsDelight, 14123 Brst Filet	Sandwich	1	374	50	1064	1.05	2.73	75.6	100	2.2	24.26	43.35	10.24	2.01
KDelight14124SpicyChixSand	Sandwich	1	395	50	1268	1.11	3.02	90.2	150	4.9	24.52	46.95	10.48	2.02
Lings 52724, SmkdTeriyaki Chix	Serving	1	347	60	209	1.98	2.66	41.8	344	19.07	19.85	52.68	5.41	1.19
Ling 52724 Orange Chicken	Serving	1	389	45	560	1.98	2.84	43.9	349	16.54	16.0	61.1	7.91	1.62
Nestle 3200, HamChse HotPkt	1 Ea	1	241	15	542	1.00	1.81	100.4	0	0.0	9.03	36.13	7.03	3.01
Nestle 3300Pep Hot Pocket	1 Ea	1	300	30	760	2.00	2.70	200.0	500	0.0	9.0	38.0	12.0	5.00
Salad, Chicken, A la Carte	Serving	1	313	80	914	5.46	2.90	110.2	9998	101.62	21.8	25.98	14.93	1.72
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
Weighted Daily Average			320	35	765	3.62	3.02	118.8	668	7.56	17.36	40.29	9.68	2.77
% of Calories											21.7%	50.4%	27.2%	7.8%
Nutrient Guideline			400				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			80%											
Shortfall			80											

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

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

1 - denotes optional nutrient values

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

# Kern High School District

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

Mar 14, 2012

Page 14

## Entree A la Carte

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/26/2012														
Entree A la Carte	Total	23												
CK, Cold Ham & Cheese SlBrd	SANDWICH	1	240	32	1011	6.00	4.46	53.0	23	0.41	15.06	29.43	7.88	3.12
CK,TkyChs Wh Wht Roll	Sandwich	1	387	58	1247	5.00	2.28	128.3	35	2.6	23.88	36.67	16.9	6.60
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
CK, Tuna WG Sandwich	Sandwich	1	304	55	779	6.40	2.51	59.3	216	1.09	21.98	32.55	10.69	1.22
CK, Hot Ham & Cheese, roll	1 Each	1	291	38	1102	2.00	5.76	50.1	10	0.0	16.04	36.0	9.25	3.23
CK, Pizza Slice, Cheese	Cut 8	1	364	30	601	2.74	3.42	339.2	655	4.62	18.27	44.08	13.35	6.36
CK, Pep Pizza Sl	Cut 8	1	315	17	532	2.74	3.35	238.7	513	4.62	15.2	43.98	9.34	3.60
Clear Springs8892Trout/Chs Pty	1 each	1	390	35	940	5.00	1.80	200.0	200	0.0	24.0	44.0	14.5	3.50
Fernando 17520 Bn, Chs Burrito	5.1 oz. Burrit	1	310	5	620	10.00	2.70	150.0	300	1.2	15.0	45.0	8.0	2.50
Fernando 9021 Red/Bf/BnBurrito	5.7 oz. Burrit	1	360	15	880	9.00	4.00	55.0	600	0.0	17.0	48.0	11.0	3.00
Fernando 09174 Burrito Rd/Chix	5.7 OZ.	1	300	26	471	3.00	4.00	60.0	600	4.0	18.0	40.0	7.0	1.50
Fieldale1901 Chix, Grill & Bun	Sandwich	1	361	67	984	1.05	3.09	106.6	166	4.95	30.26	38.14	7.08	1.18
Fieldale1911 Chix, Brd & Bun	Sandwich	1	400	55	1274	2.76	2.94	104.9	165	4.95	27.45	49.8	8.34	1.88
Foster Farms 95150 Corn Dog	1 Each	1	254	20	754	5.05	2.99	164.6	50	1.2	9.26	35.35	8.24	2.01
KingsDelight, 14123 Brst Filet	Sandwich	1	374	50	1064	1.05	2.73	75.6	100	2.2	24.26	43.35	10.24	2.01
KDelight14124SpicyChixSand	Sandwich	1	395	50	1268	1.11	3.02	90.2	150	4.9	24.52	46.95	10.48	2.02
Lings 52724, SmkdTeriyaki Chix	Serving	1	347	60	209	1.98	2.66	41.8	344	19.07	19.85	52.68	5.41	1.19
Ling 52724 Orange Chicken	Serving	1	389	45	560	1.98	2.84	43.9	349	16.54	16.0	61.1	7.91	1.62
Nestle 3200, HamChse HotPkt	1 Ea	1	241	15	542	1.00	1.81	100.4	0	0.0	9.03	36.13	7.03	3.01
Nestle 3300Pep Hot Pocket	1 Ea	1	300	30	760	2.00	2.70	200.0	500	0.0	9.0	38.0	12.0	5.00
Salad, Chicken, A la Carte	Serving	1	313	80	914	5.46	2.90	110.2	9998	101.62	21.8	25.98	14.93	1.72
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
Weighted Daily Average			320	35	765	3.62	3.02	118.8	668	7.56	17.36	40.29	9.68	2.77
% of Calories											21.7%	50.4%	27.2%	7.8%
Nutrient Guideline			400				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			80%											
Shortfall			80											

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

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

1 - denotes optional nutrient values

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

# Kern High School District

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

Mar 14, 2012

## Entree A la Carte

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/27/2012														
Entree A la Carte	Total	23												
CK, Cold Ham & Cheese SlBrd	SANDWICH	1	240	32	1011	6.00	4.46	53.0	23	0.41	15.06	29.43	7.88	3.12
CK,TkyChs Wh Wht Roll	Sandwich	1	387	58	1247	5.00	2.28	128.3	35	2.6	23.88	36.67	16.9	6.60
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
CK, Tuna WG Sandwich	Sandwich	1	304	55	779	6.40	2.51	59.3	216	1.09	21.98	32.55	10.69	1.22
CK, Hot Ham & Cheese, roll	1 Each	1	291	38	1102	2.00	5.76	50.1	10	0.0	16.04	36.0	9.25	3.23
CK, Pizza Slice, Cheese	Cut 8	1	364	30	601	2.74	3.42	339.2	655	4.62	18.27	44.08	13.35	6.36
CK, Pep Pizza Sl	Cut 8	1	315	17	532	2.74	3.35	238.7	513	4.62	15.2	43.98	9.34	3.60
Clear Springs8892Trout/Chs Pty	1 each	1	390	35	940	5.00	1.80	200.0	200	0.0	24.0	44.0	14.5	3.50
Fernando 17520 Bn, Chs Burrito	5.1 oz. Burrit	1	310	5	620	10.00	2.70	150.0	300	1.2	15.0	45.0	8.0	2.50
Fernando 9021 Red/Bf/BnBurrito	5.7 oz. Burrit	1	360	15	880	9.00	4.00	55.0	600	0.0	17.0	48.0	11.0	3.00
Fernando 09174 Burrito Rd/Chix	5.7 OZ.	1	300	26	471	3.00	4.00	60.0	600	4.0	18.0	40.0	7.0	1.50
Fieldale1901 Chix, Grill & Bun	Sandwich	1	361	67	984	1.05	3.09	106.6	166	4.95	30.26	38.14	7.08	1.18
Fieldale1911 Chix, Brd & Bun	Sandwich	1	400	55	1274	2.76	2.94	104.9	165	4.95	27.45	49.8	8.34	1.88
Foster Farms 95150 Corn Dog	1 Each	1	254	20	754	5.05	2.99	164.6	50	1.2	9.26	35.35	8.24	2.01
KingsDelight, 14123 Brst Filet	Sandwich	1	374	50	1064	1.05	2.73	75.6	100	2.2	24.26	43.35	10.24	2.01
KDelight14124SpicyChixSand	Sandwich	1	395	50	1268	1.11	3.02	90.2	150	4.9	24.52	46.95	10.48	2.02
Lings 52724, SmkdTeriyaki Chix	Serving	1	347	60	209	1.98	2.66	41.8	344	19.07	19.85	52.68	5.41	1.19
Ling 52724 Orange Chicken	Serving	1	389	45	560	1.98	2.84	43.9	349	16.54	16.0	61.1	7.91	1.62
Nestle 3200, HamChse HotPkt	1 Ea	1	241	15	542	1.00	1.81	100.4	0	0.0	9.03	36.13	7.03	3.01
Nestle 3300Pep Hot Pocket	1 Ea	1	300	30	760	2.00	2.70	200.0	500	0.0	9.0	38.0	12.0	5.00
Salad, Chicken, A la Carte	Serving	1	313	80	914	5.46	2.90	110.2	9998	101.62	21.8	25.98	14.93	1.72
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
Weighted Daily Average			320	35	765	3.62	3.02	118.8	668	7.56	17.36	40.29	9.68	2.77
% of Calories											21.7%	50.4%	27.2%	7.8%
Nutrient Guideline			400				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			80%											
Shortfall			80											

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

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

1 - denotes optional nutrient values

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

# Kern High School District

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

Mar 14, 2012

## Entree A la Carte

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/30/2012														
Entree A la Carte	Total	23												
CK, Cold Ham & Cheese SlBrd	SANDWICH	1	240	32	1011	6.00	4.46	53.0	23	0.41	15.06	29.43	7.88	3.12
CK,TkyChs Wh Wht Roll	Sandwich	1	387	58	1247	5.00	2.28	128.3	35	2.6	23.88	36.67	16.9	6.60
CK, Tuna WG Sandwich	Sandwich	1	304	55	779	6.40	2.51	59.3	216	1.09	21.98	32.55	10.69	1.22
CK, Hot Ham & Cheese, roll	1 Each	1	291	38	1102	2.00	5.76	50.1	10	0.0	16.04	36.0	9.25	3.23
CK, Pizza Slice, Cheese	Cut 8	1	364	30	601	2.74	3.42	339.2	655	4.62	18.27	44.08	13.35	6.36
CK, Pep Pizza Sl	Cut 8	1	315	17	532	2.74	3.35	238.7	513	4.62	15.2	43.98	9.34	3.60
Clear Springs8892Trout/Chs Pty	1 each	1	390	35	940	5.00	1.80	200.0	200	0.0	24.0	44.0	14.5	3.50
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
Fernando 9021 Red/Bf/BnBurrito	5.7 oz. Burrit	1	360	15	880	9.00	4.00	55.0	600	0.0	17.0	48.0	11.0	3.00
Fernando 09174 Burrito Rd/Chix	5.7 OZ.	1	300	26	471	3.00	4.00	60.0	600	4.0	18.0	40.0	7.0	1.50
Foster Farms 95150 Corn Dog	1 Each	1	254	20	754	5.05	2.99	164.6	50	1.2	9.26	35.35	8.24	2.01
KingsDelight, 14123 Brst Filet	Sandwich	1	374	50	1064	1.05	2.73	75.6	100	2.2	24.26	43.35	10.24	2.01
KDelight14124SpicyChixSand	Sandwich	1	395	50	1268	1.11	3.02	90.2	150	4.9	24.52	46.95	10.48	2.02
Lings 52724, SmkdTeriyaki Chix	Serving	1	347	60	209	1.98	2.66	41.8	344	19.07	19.85	52.68	5.41	1.19
Ling 52724 Orange Chicken	Serving	1	389	45	560	1.98	2.84	43.9	349	16.54	16.0	61.1	7.91	1.62
Nestle 3200, HamChse HotPkt	1 Ea	1	241	15	542	1.00	1.81	100.4	0	0.0	9.03	36.13	7.03	3.01
Nestle 3300Pep Hot Pocket	1 Ea	1	300	30	760	2.00	2.70	200.0	500	0.0	9.0	38.0	12.0	5.00
Salad, Chicken, A la Carte	Serving	1	313	80	914	5.46	2.90	110.2	9998	101.62	21.8	25.98	14.93	1.72
Shaker Salad, Fajita Chicken	1.5 Cup	1	359	30	603	8.22	3.91	94.1	2821	13.89	17.96	44.52	12.56	*1.12
Shaker Sald, Walnut/CrnbyrTrky	1.5 Cup	1	402	34	1292	6.50	2.49	68.8	10888	18.43	14.16	55.66	14.75	1.72
Weighted Daily Average			295	32	710	3.58	2.84	109.3	1237	8.49	15.21	37.52	9.37	*2.57
% of Calories											20.6%	50.9%	28.6%	*7.8%
Nutrient Guideline			400				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			74%											
Shortfall			105											

Weighted Average			313	34	751	3.61	2.98	116.4	811	7.80	16.82	39.60	9.60	*2.72
											21.5%	50.5%	27.6%	*7.8%

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

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

1 - denotes optional nutrient values

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

# Kern High School District

**Apr 9, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values**  
Entree A la Carte

**Mar 14, 2012**

**Page 17**

Nutrient	Menu AVG	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)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)								
Calories	313		400	78%		87	Correction Required - Calories are Low								
Cholesterol (mg)	34														
Sodium (mg)	751														
Fiber (g)	3.61														
Iron (mg)	2.98		0.00												
Calcium (mg)	116.4		0.00												
Vitamin A (IU)	811		0												
Vitamin C (mg)	7.80		0.00												
Protein (g)	16.82	21.47%	0.00												
Carbohydrate (g)	39.60	50.53%													
Total Fat (g)	9.60	27.56%	<=30.00%												
Saturated Fat (g)	2.72	7.81%	<10.00%		Missing										

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

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

*1 - denotes optional nutrient values*

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