

Kern High School District

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

Mar 14, 2012

Page 1

Snack - 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														
Snack - A La Carte	Total	24												
CONFECTIONS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Buena Vista 81110 RF Brownie	2.2 oz. Bar	1	193	1	227	1.15	1.00	10.0	0	0.0	3.06	39.55	2.77	1.16
BuenaVista 70150 AplOat Cookie	1.5 oz. Cook	1	164	0	56	0.39	0.71	20.2	22	0.0	1.25	23.14	7.36	2.17
BuenaVista77130PDoc Cookie	2 oz. Cookie	1	190	13	202	0.76	1.20	10.0	35	0.03	2.14	31.71	6.56	1.96
Buena Vista75330 ChkerCookie	2 oz. Cookie	1	221	16	269	0.99	1.00	26.0	55	0.04	1.96	34.72	8.53	2.40
BuenaVista76060RFDblChocCookie	2 oz.	1	221	16	269	0.99	1.00	26.0	80	0.04	1.96	34.72	8.53	2.40
BuenaVista75650 Cookie 2.5 oz.	2.5 oz.	1	249	21	300	0.65	1.10	18.0	95	0.16	2.98	44.0	6.75	2.75
MJM 301150 Honey Grahams	.9 oz. Portio	1	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.0	3.01	0.83
MJM551150 Tropical Cracker	1 oz. Pkg	1	110	0	95	1.00	1.44	100.0	200	3.6	1.0	19.0	3.5	0.00
MJM 42300, Crackers, Waffles	.9 oz. pkg	1	103	0	84	1.00	1.62	110.0	250	3.0	1.42	17.8	3.03	0.45
ToolsforSchools, Grain Bar	1.3 oz.	1	150	0	140	1.00	1.08	300.0	0	0.0	2.0	28.0	3.5	0.50
Cutie Pie 3 oz. Turnover	3 oz.	1	233	0	268	2.60	1.60	21.3	138	1.2	2.6	41.9	6.8	1.90
UNSWEETENED GRAINS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CRACKERS,SALTINES,LO SALT (INC	4 Each	1	52	0	76	0.36	0.65	14.3	0	0.0	1.1	8.58	1.42	0.35
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
Popcorn, Cheddar Ricos	5/8 oz. bag	1	79	0	217	1.97	0.35	0.0	1477	0.0	1.97	9.84	2.95	0.00
Popcorn, Hot Ricos	5/8 oz. bag	1	69	0	236	1.97	0.35	0.0	1477	0.0	1.97	10.83	2.46	0.00
FRUITS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
APPLES,RAW,WITH SKIN 138	1 each	1	55	0	1	2.54	0.13	6.4	57	4.88	0.28	14.64	0.18	0.03
APPLES, SLICED, IW 2 oz.	1 CUP	1	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Fruit, Orange, Fresh, whole	1 each	1	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.03
Canned Fruit, Lite Syrup/juice	1/2 cup	1	78	0	11	1.53	0.39	6.5	104	4.42	0.36	20.21	0.09	0.01
Dried Fruit, Apricot Blend	1 oz.	1	80	0	5	2.00	0.54	10.0	200	0.6	0.0	19.0	0.0	0.00
Dried Fruit, Golden Blend	.75 oz.	1	65	0	0	1.00	0.36	0.0	0	0.0	0.0	17.0	0.0	0.00
Dried Fruit, Tropical Island M	.75 oz.	1	70	0	5	1.00	0.36	10.0	0	0.0	0.0	16.0	0.5	0.50
VEGETABLES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Carrots, Baby, 3 oz.	1/2 Cup	1	17	0	33	1.00	0.18	10.0	3000	3.0	0.5	4.0	0.0	0.00
Vegetables, Raw Medley #1	1 cup	1	20	0	14	1.51	0.38	19.7	507	33.52	1.38	3.68	0.22	0.04
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
Salad & Veggies	1 Cup	1	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
EXEMPT - nuts,chse,eggs	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Sunflower Seeds, Honey	1 oz. Packet	1	159	0	56	0.99	1.62	27.8	10	0.26	5.44	7.86	12.91	1.39
Cheese, String, LOL59701	1 oz	1	81	20	202	0.00	0.00	191.6	0	0.0	7.29	1.01	6.08	3.54
Trail Mix, Snackwave	1.5 Pkg.	1	184	0	71	2.84	1.53	2.8	0	0.0	5.67	22.68	8.5	1.42
Egg, hard boiled	1 oz	1	78	187	62	0.00	0.60	25.0	260	0.0	6.29	0.56	5.31	1.63
BEVERAGES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Water, 20 oz. Bottled	20 fl. oz.	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, plain/flavored	HALF PINT	1	120	8	158	0.00	0.00	366.7	500	1.6	9.67	18.33	0.83	0.50

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

Snack - 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)
Dr. PHD 100% Fruit Smootheze Juice, Langers, 16 oz.	8 oz.	1	215	2	39	3.43	1.05	69.9	25	72.39	3.62	49.93	0.35	0.22
Bolthouse, 100% F/V Smoothie	16 oz.	1	80	0	0	0.00	0.00	0.0	0	7.5	0.0	20.0	0.0	0.00
Campbell V8 Fusion 100% Juice	15.2 oz	1	338	25	201	0.00	3.42	855.0	760	171.0	19.0	55.1	4.75	2.85
Switch 100% Fruit Juice	12 oz.	1	170	0	110	0.00	0.36	20.0	100	90.0	1.0	42.0	0.0	0.00
Weighted Daily Average	8.3 Fl Oz.	1	140	0	15	0.00	0.00	0.0	0	60.0	0.0	36.0	0.0	0.00
% of Calories			184	13	195	1.92	1.19	99.5	576	22.96	3.98	32.63	4.55	1.23
Nutrient Guideline			250				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			73%											
Shortfall			66											

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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)
Tue - 04/10/2012														
Snack - A La Carte	Total	24												
CONFECTIONS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Buena Vista 81110 RF Brownie	2.2 oz. Bar	1	193	1	227	1.15	1.00	10.0	0	0.0	3.06	39.55	2.77	1.16
BuenaVista 80120 CranbryBar	2.2 oz. Bar	1	193	0	81	2.03	1.08	30.0	3	0.0	2.75	33.92	5.31	1.40
BuenaVista 70150 AplOat Cookie	1.5 oz. Cook	1	164	0	56	0.39	0.71	20.2	22	0.0	1.25	23.14	7.36	2.17
BuenaVista61320, Swt PotCC Muf	2.5 oz. Muffi	1	250	27	225	0.93	2.16	80.0	100	0.75	3.27	40.36	8.94	1.95
BuenaVista77130PDot Cookie	2 oz. Cookie	1	190	13	202	0.76	1.20	10.0	35	0.03	2.14	31.71	6.56	1.96
Buena Vista75330 ChkerCookie	2 oz. Cookie	1	221	16	269	0.99	1.00	26.0	55	0.04	1.96	34.72	8.53	2.40
BuenaVista76060RFDblChocCookie	2 oz.	1	221	16	269	0.99	1.00	26.0	80	0.04	1.96	34.72	8.53	2.40
BuenaVista75650 Cookie 2.5 oz.	2.5 oz.	1	249	21	300	0.65	1.10	18.0	95	0.16	2.98	44.0	6.75	2.75
MJM 301150 Honey Grahams	.9 oz. Portio	1	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.0	3.01	0.83
MJM551150 Tropical Cracker	1 oz. Pkg	1	110	0	95	1.00	1.44	100.0	200	3.6	1.0	19.0	3.5	0.00
MJM 42300, Crackers, Waffles	.9 oz. pkg	1	103	0	84	1.00	1.62	110.0	250	3.0	1.42	17.8	3.03	0.45
Rachel Multigrain puffed snack	Bag	1	60	0	60	0.00	0.36	0.0	0	0.0	1.0	10.0	2.0	0.00
ToolsforSchools, Grain Bar	1.3 oz.	1	150	0	140	1.00	1.08	300.0	0	0.0	2.0	28.0	3.5	0.50
UNSWEETENED GRAINS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CRACKERS,SALTINES,LO SALT (INC	4 Each	1	52	0	76	0.36	0.65	14.3	0	0.0	1.1	8.58	1.42	0.35
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
Popcorn, Cheddar Ricos	5/8 oz. bag	1	79	0	217	1.97	0.35	0.0	1477	0.0	1.97	9.84	2.95	0.00
Popcorn, Hot Ricos	5/8 oz. bag	1	69	0	236	1.97	0.35	0.0	1477	0.0	1.97	10.83	2.46	0.00
FRUITS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
APPLES,RAW,WITH SKIN 138	1 each	1	55	0	1	2.54	0.13	6.4	57	4.88	0.28	14.64	0.18	0.03
APPLES, SLICED, IW 2 oz.	1 CUP	1	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Fruit, Orange, Fresh, whole	1 each	1	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.03
Canned Fruit, Lite Syrup/juice	1/2 cup	1	78	0	11	1.53	0.39	6.5	104	4.42	0.36	20.21	0.09	0.01
Dried Fruit, Apricot Blend	1 oz.	1	80	0	5	2.00	0.54	10.0	200	0.6	0.0	19.0	0.0	0.00
Dried Fruit, Golden Blend	.75 oz.	1	65	0	0	1.00	0.36	0.0	0	0.0	0.0	17.0	0.0	0.00
Dried Fruit, Tropical Island M	.75 oz.	1	70	0	5	1.00	0.36	10.0	0	0.0	0.0	16.0	0.5	0.50
VEGETABLES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Carrots, Baby, 3 oz.	1/2 Cup	1	17	0	33	1.00	0.18	10.0	3000	3.0	0.5	4.0	0.0	0.00
Vegetables, Raw Medley #1	1 cup	1	20	0	14	1.51	0.38	19.7	507	33.52	1.38	3.68	0.22	0.04
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
Salad & Veggies	1 Cup	1	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
EXEMPT - nuts,chse,eggs	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Sunflower Seeds, Honey	1 oz. Packet	1	159	0	56	0.99	1.62	27.8	10	0.26	5.44	7.86	12.91	1.39
Cheese, String, LOL59701	1 oz	1	81	20	202	0.00	0.00	191.6	0	0.0	7.29	1.01	6.08	3.54
Trail Mix, Snackwave	1.5 Pkg.	1	184	0	71	2.84	1.53	2.8	0	0.0	5.67	22.68	8.5	1.42
Egg, hard boiled	1 oz	1	78	187	62	0.00	0.60	25.0	260	0.0	6.29	0.56	5.31	1.63
BEVERAGES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00

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	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)
Water, 20 oz. Bottled	20 fl. oz.	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, plain/flavored	HALF PINT	1	120	8	158	0.00	0.00	366.7	500	1.6	9.67	18.33	0.83	0.50
Dr. PHD 100% Fruit Smootheze	12 oz	1	322	2	59	5.14	1.57	104.9	38	108.58	5.43	74.9	0.52	0.32
Juice, Langers, 16 oz.	16 oz.	1	80	0	0	0.00	0.00	0.0	0	7.5	0.0	20.0	0.0	0.00
Bolthouse, 100% F/V Smoothie	15.2 oz	1	338	25	201	0.00	3.42	855.0	760	171.0	19.0	55.1	4.75	2.85
Weighted Daily Average			186	14	194	2.01	1.28	103.8	571	18.20	4.20	32.18	4.95	1.30
% of Calories											9.0%	69.1%	23.9%	6.3%
Nutrient Guideline			250				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			75%											
Shortfall			64											

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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 - 04/11/2012														
Snack - A La Carte	Total	24												
CONFECTIONS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
ToolsforSchools, Grain Bar	1.3 oz.	1	150	0	140	1.00	1.08	300.0	0	0.0	2.0	28.0	3.5	0.50
BuenaVista77130PDot Cookie	2 oz. Cookie	1	190	13	202	0.76	1.20	10.0	35	0.03	2.14	31.71	6.56	1.96
Buena Vista75330 ChkerCookie	2 oz. Cookie	1	221	16	269	0.99	1.00	26.0	55	0.04	1.96	34.72	8.53	2.40
BuenaVista76060RFDblChocCookie	2 oz.	1	221	16	269	0.99	1.00	26.0	80	0.04	1.96	34.72	8.53	2.40
Cookie Dough, RF Dbl Choc Chip	2 oz. Cookie	1	221	16	269	0.99	1.00	26.0	45	0.04	1.96	34.72	8.53	2.40
BuenaVista75650 Cookie 2.5 oz.	2.5 oz.	1	249	21	300	0.65	1.10	18.0	95	0.16	2.98	44.0	6.75	2.75
Buena Vista 81110 RF Brownie	2 oz. Bar	1	193	1	227	1.15	1.00	10.0	0	0.0	3.06	39.55	2.77	1.16
BuenaVista 70150 AplOat Cookie	1.5 oz. Cook	1	164	0	56	0.39	0.71	20.2	22	0.0	1.25	23.14	7.36	2.17
BuenaVista61320, Swt PotCC Muf	2.5 oz. Muffi	1	250	27	225	0.93	2.16	80.0	100	0.75	3.27	40.36	8.94	1.95
Cracker, Sunrise, MJM 770100	2 oz. Packa	1	229	0	269	3.98	3.58	19.9	497	5.97	2.98	39.79	6.96	1.99
Rachel Multigrain puffed snack	Bag	1	60	0	60	0.00	0.36	0.0	0	0.0	1.0	10.0	2.0	0.00
FRUITS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
APPLES,RAW,WITH SKIN 138	1 each	1	55	0	1	2.54	0.13	6.4	57	4.88	0.28	14.64	0.18	0.03
APPLES, SLICED, IW 2 oz.	1/2 CUP	1	17	0	0	0.77	0.05	2.0	15	1.62	0.05	4.32	0.1	0.02
Fruit, Orange, Fresh, whole	1 each	1	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.03
VEGETABLES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Carrots, Baby, 3 oz.	1/2 Cup	1	17	0	33	1.00	0.18	10.0	3000	3.0	0.5	4.0	0.0	0.00
Vegetables, Raw Medley #1	1 cup	1	20	0	14	1.51	0.38	19.7	507	33.52	1.38	3.68	0.22	0.04
Salad & Veggies	1 Cup	1	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
EXEMPT - nuts,chse,eggs	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Peanut Butter, Smooth	2 TBSP	1	190	0	148	1.94	0.60	13.9	0	0.0	8.09	6.31	16.25	3.32
Sunflower Seeds, Honey	1 oz. Packet	1	159	0	56	0.99	1.62	27.8	10	0.26	5.44	7.86	12.91	1.39
Cheese, String, LOL59701	1 oz	1	81	20	202	0.00	0.00	191.6	0	0.0	7.29	1.01	6.08	3.54
Trail Mix, Snackwave	1.5 Pkg.	1	184	0	71	2.84	1.53	2.8	0	0.0	5.67	22.68	8.5	1.42
Egg, hard boiled	1 oz	1	78	187	62	0.00	0.60	25.0	260	0.0	6.29	0.56	5.31	1.63
CK, Hummus, traditional	.50 Cup	1	254	0	673	6.96	2.59	63.8	*191	8.28	8.83	35.77	9.24	1.23
BEVERAGES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Switch 100% Fruit Juice	8.3 Fl Oz.	1	140	0	15	0.00	0.00	0.0	0	60.0	0.0	36.0	0.0	0.00
Water, 20 oz. Bottled	23 fl. oz.	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, plain/flavored	HALF PINT	1	120	8	158	0.00	0.00	366.7	500	1.6	9.67	18.33	0.83	0.50
Dr. PHD 100% Fruit Smootheze	12 oz	1	322	2	59	5.14	1.57	104.9	38	108.58	5.43	74.9	0.52	0.32
Juice, Langers, 16 oz.	16 oz.	1	80	0	0	0.00	0.00	0.0	0	7.5	0.0	20.0	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

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

Mar 14, 2012

Snack - A La Carte

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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			168	14	177	1.77	1.02	60.4	*404	13.49	3.61 8.6%	27.21 64.7%	5.47 29.3%	1.39 7.4%
Nutrient Guideline % of Guideline Satisfied			250 67%				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
Shortfall			82											

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Kern High School District

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

Mar 14, 2012

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Snack - 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														
Snack - A La Carte	Total	24												
CONFECTIONS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Buena Vista 81110 RF Brownie	2.2 oz. Bar	1	193	1	227	1.15	1.00	10.0	0	0.0	3.06	39.55	2.77	1.16
BuenaVista 80120 CranbryBar	2.2 oz. Bar	1	193	0	81	2.03	1.08	30.0	3	0.0	2.75	33.92	5.31	1.40
BuenaVista 70150 AplOat Cookie	1.5 oz. Cook	1	164	0	56	0.39	0.71	20.2	22	0.0	1.25	23.14	7.36	2.17
BuenaVista61320, Swt PotCC Muf	2.5 oz. Muffi	1	250	27	225	0.93	2.16	80.0	100	0.75	3.27	40.36	8.94	1.95
BuenaVista77130PDot Cookie	2 oz. Cookie	1	190	13	202	0.76	1.20	10.0	35	0.03	2.14	31.71	6.56	1.96
Buena Vista75330 ChkerCookie	2 oz. Cookie	1	221	16	269	0.99	1.00	26.0	55	0.04	1.96	34.72	8.53	2.40
BuenaVista76060RFDblChocCookie	2 oz.	1	221	16	269	0.99	1.00	26.0	80	0.04	1.96	34.72	8.53	2.40
BuenaVista75650 Cookie 2.5 oz.	2.5 oz.	1	249	21	300	0.65	1.10	18.0	95	0.16	2.98	44.0	6.75	2.75
MJM 301150 Honey Grahams	.9 oz. Portio	1	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.0	3.01	0.83
MJM551150 Tropical Cracker	1 oz. Pkg	1	110	0	95	1.00	1.44	100.0	200	3.6	1.0	19.0	3.5	0.00
MJM 42300, Crackers, Waffles	.9 oz. pkg	1	103	0	84	1.00	1.62	110.0	250	3.0	1.42	17.8	3.03	0.45
Rachel Multigrain puffed snack	Bag	1	60	0	60	0.00	0.36	0.0	0	0.0	1.0	10.0	2.0	0.00
ToolsforSchools, Grain Bar	1.3 oz.	1	150	0	140	1.00	1.08	300.0	0	0.0	2.0	28.0	3.5	0.50
UNSWEETENED GRAINS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CRACKERS,SALTINES,LO SALT (INC	4 Each	1	52	0	76	0.36	0.65	14.3	0	0.0	1.1	8.58	1.42	0.35
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
Popcorn, Cheddar Ricos	5/8 oz. bag	1	79	0	217	1.97	0.35	0.0	1477	0.0	1.97	9.84	2.95	0.00
Popcorn, Hot Ricos	5/8 oz. bag	1	69	0	236	1.97	0.35	0.0	1477	0.0	1.97	10.83	2.46	0.00
FRUITS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
APPLES,RAW,WITH SKIN 138	1 each	1	55	0	1	2.54	0.13	6.4	57	4.88	0.28	14.64	0.18	0.03
APPLES, SLICED, IW 2 oz.	1 CUP	1	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Fruit, Orange, Fresh, whole	1 each	1	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.03
Canned Fruit, Lite Syrup/juice	1/2 cup	1	78	0	11	1.53	0.39	6.5	104	4.42	0.36	20.21	0.09	0.01
Dried Fruit, Apricot Blend	1 oz.	1	80	0	5	2.00	0.54	10.0	200	0.6	0.0	19.0	0.0	0.00
Dried Fruit, Golden Blend	.75 oz.	1	65	0	0	1.00	0.36	0.0	0	0.0	0.0	17.0	0.0	0.00
Dried Fruit, Tropical Island M	.75 oz.	1	70	0	5	1.00	0.36	10.0	0	0.0	0.0	16.0	0.5	0.50
VEGETABLES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Carrots, Baby, 3 oz.	1/2 Cup	1	17	0	33	1.00	0.18	10.0	3000	3.0	0.5	4.0	0.0	0.00
Vegetables, Raw Medley #1	1 cup	1	20	0	14	1.51	0.38	19.7	507	33.52	1.38	3.68	0.22	0.04
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
Salad & Veggies	1 Cup	1	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
EXEMPT - nuts,chse,eggs	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Sunflower Seeds, Honey	1 oz. Packet	1	159	0	56	0.99	1.62	27.8	10	0.26	5.44	7.86	12.91	1.39
Cheese, String, LOL59701	1 oz	1	81	20	202	0.00	0.00	191.6	0	0.0	7.29	1.01	6.08	3.54
Trail Mix, Snackwave	1.5 Pkg.	1	184	0	71	2.84	1.53	2.8	0	0.0	5.67	22.68	8.5	1.42
Egg, hard boiled	1 oz	1	78	187	62	0.00	0.60	25.0	260	0.0	6.29	0.56	5.31	1.63
BEVERAGES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00

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Kern High School District

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

Mar 14, 2012

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Snack - 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)
Water, 20 oz. Bottled	20 fl. oz.	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, plain/flavored	HALF PINT	1	120	8	158	0.00	0.00	366.7	500	1.6	9.67	18.33	0.83	0.50
Dr. PHD 100% Fruit Smootheze	12 oz	1	322	2	59	5.14	1.57	104.9	38	108.58	5.43	74.9	0.52	0.32
Juice, Langers, 16 oz.	16 oz.	1	80	0	0	0.00	0.00	0.0	0	7.5	0.0	20.0	0.0	0.00
Bolthouse, 100% F/V Smoothie	15.2 oz	1	338	25	201	0.00	3.42	855.0	760	171.0	19.0	55.1	4.75	2.85
Weighted Daily Average			186	14	194	2.01	1.28	103.8	571	18.20	4.20	32.18	4.95	1.30
% of Calories											9.0%	69.1%	23.9%	6.3%
Nutrient Guideline			250				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			75%											
Shortfall			64											

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Kern High School District

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

Mar 14, 2012

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Snack - 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														
Snack - A La Carte	Total	24												
CONFECTIONS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Buena Vista 81110 RF Brownie	2.2 oz. Bar	1	193	1	227	1.15	1.00	10.0	0	0.0	3.06	39.55	2.77	1.16
BuenaVista 80120 CranbryBar	2.2 oz. Bar	1	193	0	81	2.03	1.08	30.0	3	0.0	2.75	33.92	5.31	1.40
BuenaVista 70150 AplOat Cookie	1.5 oz. Cook	1	164	0	56	0.39	0.71	20.2	22	0.0	1.25	23.14	7.36	2.17
BuenaVista61320, Swt PotCC Muf	2.5 oz. Muffi	1	250	27	225	0.93	2.16	80.0	100	0.75	3.27	40.36	8.94	1.95
BuenaVista77130PDot Cookie	2 oz. Cookie	1	190	13	202	0.76	1.20	10.0	35	0.03	2.14	31.71	6.56	1.96
Buena Vista75330 ChkerCookie	2 oz. Cookie	1	221	16	269	0.99	1.00	26.0	55	0.04	1.96	34.72	8.53	2.40
BuenaVista76060RFDblChocCookie	2 oz.	1	221	16	269	0.99	1.00	26.0	80	0.04	1.96	34.72	8.53	2.40
BuenaVista75650 Cookie 2.5 oz.	2.5 oz.	1	249	21	300	0.65	1.10	18.0	95	0.16	2.98	44.0	6.75	2.75
MJM 301150 Honey Grahams	.9 oz. Portio	1	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.0	3.01	0.83
MJM551150 Tropical Cracker	1 oz. Pkg	1	110	0	95	1.00	1.44	100.0	200	3.6	1.0	19.0	3.5	0.00
MJM 42300, Crackers, Waffles	.9 oz. pkg	1	103	0	84	1.00	1.62	110.0	250	3.0	1.42	17.8	3.03	0.45
Rachel Multigrain puffed snack	Bag	1	60	0	60	0.00	0.36	0.0	0	0.0	1.0	10.0	2.0	0.00
ToolsforSchools, Grain Bar	1.3 oz.	1	150	0	140	1.00	1.08	300.0	0	0.0	2.0	28.0	3.5	0.50
UNSWEETENED GRAINS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CRACKERS,SALTINES,LO SALT (INC	4 Each	1	52	0	76	0.36	0.65	14.3	0	0.0	1.1	8.58	1.42	0.35
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
Popcorn, Cheddar Ricos	5/8 oz. bag	1	79	0	217	1.97	0.35	0.0	1477	0.0	1.97	9.84	2.95	0.00
Popcorn, Hot Ricos	5/8 oz. bag	1	69	0	236	1.97	0.35	0.0	1477	0.0	1.97	10.83	2.46	0.00
FRUITS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
APPLES,RAW,WITH SKIN 138	1 each	1	55	0	1	2.54	0.13	6.4	57	4.88	0.28	14.64	0.18	0.03
APPLES, SLICED, IW 2 oz.	1 CUP	1	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Fruit, Orange, Fresh, whole	1 each	1	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.03
Canned Fruit, Lite Syrup/juice	1/2 cup	1	78	0	11	1.53	0.39	6.5	104	4.42	0.36	20.21	0.09	0.01
Dried Fruit, Apricot Blend	1 oz.	1	80	0	5	2.00	0.54	10.0	200	0.6	0.0	19.0	0.0	0.00
Dried Fruit, Golden Blend	.75 oz.	1	65	0	0	1.00	0.36	0.0	0	0.0	0.0	17.0	0.0	0.00
Dried Fruit, Tropical Island M	.75 oz.	1	70	0	5	1.00	0.36	10.0	0	0.0	0.0	16.0	0.5	0.50
VEGETABLES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Carrots, Baby, 3 oz.	1/2 Cup	1	17	0	33	1.00	0.18	10.0	3000	3.0	0.5	4.0	0.0	0.00
Vegetables, Raw Medley #1	1 cup	1	20	0	14	1.51	0.38	19.7	507	33.52	1.38	3.68	0.22	0.04
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
Salad & Veggies	1 Cup	1	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
EXEMPT - nuts,chse,eggs	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Sunflower Seeds, Honey	1 oz. Packet	1	159	0	56	0.99	1.62	27.8	10	0.26	5.44	7.86	12.91	1.39
Cheese, String, LOL59701	1 oz	1	81	20	202	0.00	0.00	191.6	0	0.0	7.29	1.01	6.08	3.54
Trail Mix, Snackwave	1.5 Pkg.	1	184	0	71	2.84	1.53	2.8	0	0.0	5.67	22.68	8.5	1.42
Egg, hard boiled	1 oz	1	78	187	62	0.00	0.60	25.0	260	0.0	6.29	0.56	5.31	1.63
BEVERAGES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00

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Kern High School District

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

Mar 14, 2012

Snack - 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)
Water, 20 oz. Bottled	20 fl. oz.	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, plain/flavored	HALF PINT	1	120	8	158	0.00	0.00	366.7	500	1.6	9.67	18.33	0.83	0.50
Dr. PHD 100% Fruit Smootheze	12 oz	1	322	2	59	5.14	1.57	104.9	38	108.58	5.43	74.9	0.52	0.32
Juice, Langers, 16 oz.	16 oz.	1	80	0	0	0.00	0.00	0.0	0	7.5	0.0	20.0	0.0	0.00
Bolthouse, 100% F/V Smoothie	15.2 oz	1	338	25	201	0.00	3.42	855.0	760	171.0	19.0	55.1	4.75	2.85
Weighted Daily Average			186	14	194	2.01	1.28	103.8	571	18.20	4.20	32.18	4.95	1.30
% of Calories											9.0%	69.1%	23.9%	6.3%
Nutrient Guideline			250				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			75%											
Shortfall			64											

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Kern High School District

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

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Snack - 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														
Snack - A La Carte	Total	24												
CONFECTIONS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Buena Vista 81110 RF Brownie	2.2 oz. Bar	1	193	1	227	1.15	1.00	10.0	0	0.0	3.06	39.55	2.77	1.16
BuenaVista 70150 AplOat Cookie	1.5 oz. Cook	1	164	0	56	0.39	0.71	20.2	22	0.0	1.25	23.14	7.36	2.17
BuenaVista77130PDot Cookie	2 oz. Cookie	1	190	13	202	0.76	1.20	10.0	35	0.03	2.14	31.71	6.56	1.96
Buena Vista75330 ChkerCookie	2 oz. Cookie	1	221	16	269	0.99	1.00	26.0	55	0.04	1.96	34.72	8.53	2.40
BuenaVista76060RFDblChocCookie	2 oz.	1	221	16	269	0.99	1.00	26.0	80	0.04	1.96	34.72	8.53	2.40
BuenaVista75650 Cookie 2.5 oz.	2.5 oz.	1	249	21	300	0.65	1.10	18.0	95	0.16	2.98	44.0	6.75	2.75
MJM 301150 Honey Grahams	.9 oz. Portio	1	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.0	3.01	0.83
MJM551150 Tropical Cracker	1 oz. Pkg	1	110	0	95	1.00	1.44	100.0	200	3.6	1.0	19.0	3.5	0.00
MJM 42300, Crackers, Waffles	.9 oz. pkg	1	103	0	84	1.00	1.62	110.0	250	3.0	1.42	17.8	3.03	0.45
ToolsforSchools, Grain Bar	1.3 oz.	1	150	0	140	1.00	1.08	300.0	0	0.0	2.0	28.0	3.5	0.50
Cutie Pie 3 oz. Turnover	3 oz.	1	233	0	268	2.60	1.60	21.3	138	1.2	2.6	41.9	6.8	1.90
UNSWEETENED GRAINS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CRACKERS,SALTINES,LO SALT (INC	4 Each	1	52	0	76	0.36	0.65	14.3	0	0.0	1.1	8.58	1.42	0.35
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
Popcorn, Cheddar Ricos	5/8 oz. bag	1	79	0	217	1.97	0.35	0.0	1477	0.0	1.97	9.84	2.95	0.00
Popcorn, Hot Ricos	5/8 oz. bag	1	69	0	236	1.97	0.35	0.0	1477	0.0	1.97	10.83	2.46	0.00
FRUITS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
APPLES,RAW,WITH SKIN 138	1 each	1	55	0	1	2.54	0.13	6.4	57	4.88	0.28	14.64	0.18	0.03
APPLES, SLICED, IW 2 oz.	1 CUP	1	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Fruit, Orange, Fresh, whole	1 each	1	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.03
Canned Fruit, Lite Syrup/juice	1/2 cup	1	78	0	11	1.53	0.39	6.5	104	4.42	0.36	20.21	0.09	0.01
Dried Fruit, Apricot Blend	1 oz.	1	80	0	5	2.00	0.54	10.0	200	0.6	0.0	19.0	0.0	0.00
Dried Fruit, Golden Blend	.75 oz.	1	65	0	0	1.00	0.36	0.0	0	0.0	0.0	17.0	0.0	0.00
Dried Fruit, Tropical Island M	.75 oz.	1	70	0	5	1.00	0.36	10.0	0	0.0	0.0	16.0	0.5	0.50
VEGETABLES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Carrots, Baby, 3 oz.	1/2 Cup	1	17	0	33	1.00	0.18	10.0	3000	3.0	0.5	4.0	0.0	0.00
Vegetables, Raw Medley #1	1 cup	1	20	0	14	1.51	0.38	19.7	507	33.52	1.38	3.68	0.22	0.04
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
Salad & Veggies	1 Cup	1	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
EXEMPT - nuts,chse,eggs	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Sunflower Seeds, Honey	1 oz. Packet	1	159	0	56	0.99	1.62	27.8	10	0.26	5.44	7.86	12.91	1.39
Cheese, String, LOL59701	1 oz	1	81	20	202	0.00	0.00	191.6	0	0.0	7.29	1.01	6.08	3.54
Trail Mix, Snackwave	1.5 Pkg.	1	184	0	71	2.84	1.53	2.8	0	0.0	5.67	22.68	8.5	1.42
Egg, hard boiled	1 oz	1	78	187	62	0.00	0.60	25.0	260	0.0	6.29	0.56	5.31	1.63
BEVERAGES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Water, 20 oz. Bottled	20 fl. oz.	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, plain/flavored	HALF PINT	1	120	8	158	0.00	0.00	366.7	500	1.6	9.67	18.33	0.83	0.50

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

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1 - denotes optional nutrient values

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Kern High School District

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

Mar 14, 2012

Snack - 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)
Dr. PHD 100% Fruit Smootheze Juice, Langers, 16 oz.	8 oz.	1	215	2	39	3.43	1.05	69.9	25	72.39	3.62	49.93	0.35	0.22
Bolthouse, 100% F/V Smoothie	16 oz.	1	80	0	0	0.00	0.00	0.0	0	7.5	0.0	20.0	0.0	0.00
Campbell V8 Fusion 100% Juice	15.2 oz	1	338	25	201	0.00	3.42	855.0	760	171.0	19.0	55.1	4.75	2.85
Switch 100% Fruit Juice	12 oz.	1	170	0	110	0.00	0.36	20.0	100	90.0	1.0	42.0	0.0	0.00
Weighted Daily Average	8.3 Fl Oz.	1	140	0	15	0.00	0.00	0.0	0	60.0	0.0	36.0	0.0	0.00
% of Calories			184	13	195	1.92	1.19	99.5	576	22.96	3.98	32.63	4.55	1.23
Nutrient Guideline			250				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			73%											
Shortfall			66											

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Kern High School District

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

Mar 14, 2012

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Snack - 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														
Snack - A La Carte	Total	24												
CONFECTIONS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Buena Vista 81110 RF Brownie	2.2 oz. Bar	1	193	1	227	1.15	1.00	10.0	0	0.0	3.06	39.55	2.77	1.16
BuenaVista 80120 CranbryBar	2.2 oz. Bar	1	193	0	81	2.03	1.08	30.0	3	0.0	2.75	33.92	5.31	1.40
BuenaVista 70150 AplOat Cookie	1.5 oz. Cook	1	164	0	56	0.39	0.71	20.2	22	0.0	1.25	23.14	7.36	2.17
BuenaVista61320, Swt PotCC Muf	2.5 oz. Muffi	1	250	27	225	0.93	2.16	80.0	100	0.75	3.27	40.36	8.94	1.95
BuenaVista77130PDot Cookie	2 oz. Cookie	1	190	13	202	0.76	1.20	10.0	35	0.03	2.14	31.71	6.56	1.96
Buena Vista75330 ChkerCookie	2 oz. Cookie	1	221	16	269	0.99	1.00	26.0	55	0.04	1.96	34.72	8.53	2.40
BuenaVista76060RFDblChocCookie	2 oz.	1	221	16	269	0.99	1.00	26.0	80	0.04	1.96	34.72	8.53	2.40
BuenaVista75650 Cookie 2.5 oz.	2.5 oz.	1	249	21	300	0.65	1.10	18.0	95	0.16	2.98	44.0	6.75	2.75
MJM 301150 Honey Grahams	.9 oz. Portio	1	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.0	3.01	0.83
MJM551150 Tropical Cracker	1 oz. Pkg	1	110	0	95	1.00	1.44	100.0	200	3.6	1.0	19.0	3.5	0.00
MJM 42300, Crackers, Waffles	.9 oz. pkg	1	103	0	84	1.00	1.62	110.0	250	3.0	1.42	17.8	3.03	0.45
Rachel Multigrain puffed snack	Bag	1	60	0	60	0.00	0.36	0.0	0	0.0	1.0	10.0	2.0	0.00
ToolsforSchools, Grain Bar	1.3 oz.	1	150	0	140	1.00	1.08	300.0	0	0.0	2.0	28.0	3.5	0.50
UNSWEETENED GRAINS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CRACKERS,SALTINES,LO SALT (INC	4 Each	1	52	0	76	0.36	0.65	14.3	0	0.0	1.1	8.58	1.42	0.35
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
Popcorn, Cheddar Ricos	5/8 oz. bag	1	79	0	217	1.97	0.35	0.0	1477	0.0	1.97	9.84	2.95	0.00
Popcorn, Hot Ricos	5/8 oz. bag	1	69	0	236	1.97	0.35	0.0	1477	0.0	1.97	10.83	2.46	0.00
FRUITS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
APPLES,RAW,WITH SKIN 138	1 each	1	55	0	1	2.54	0.13	6.4	57	4.88	0.28	14.64	0.18	0.03
APPLES, SLICED, IW 2 oz.	1 CUP	1	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Fruit, Orange, Fresh, whole	1 each	1	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.03
Canned Fruit, Lite Syrup/juice	1/2 cup	1	78	0	11	1.53	0.39	6.5	104	4.42	0.36	20.21	0.09	0.01
Dried Fruit, Apricot Blend	1 oz.	1	80	0	5	2.00	0.54	10.0	200	0.6	0.0	19.0	0.0	0.00
Dried Fruit, Golden Blend	.75 oz.	1	65	0	0	1.00	0.36	0.0	0	0.0	0.0	17.0	0.0	0.00
Dried Fruit, Tropical Island M	.75 oz.	1	70	0	5	1.00	0.36	10.0	0	0.0	0.0	16.0	0.5	0.50
VEGETABLES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Carrots, Baby, 3 oz.	1/2 Cup	1	17	0	33	1.00	0.18	10.0	3000	3.0	0.5	4.0	0.0	0.00
Vegetables, Raw Medley #1	1 cup	1	20	0	14	1.51	0.38	19.7	507	33.52	1.38	3.68	0.22	0.04
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
Salad & Veggies	1 Cup	1	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
EXEMPT - nuts,chse,eggs	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Sunflower Seeds, Honey	1 oz. Packet	1	159	0	56	0.99	1.62	27.8	10	0.26	5.44	7.86	12.91	1.39
Cheese, String, LOL59701	1 oz	1	81	20	202	0.00	0.00	191.6	0	0.0	7.29	1.01	6.08	3.54
Trail Mix, Snackwave	1.5 Pkg.	1	184	0	71	2.84	1.53	2.8	0	0.0	5.67	22.68	8.5	1.42
Egg, hard boiled	1 oz	1	78	187	62	0.00	0.60	25.0	260	0.0	6.29	0.56	5.31	1.63
BEVERAGES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00

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Kern High School District

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

Mar 14, 2012

Snack - 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)
Water, 20 oz. Bottled	20 fl. oz.	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, plain/flavored	HALF PINT	1	120	8	158	0.00	0.00	366.7	500	1.6	9.67	18.33	0.83	0.50
Dr. PHD 100% Fruit Smootheze	12 oz	1	322	2	59	5.14	1.57	104.9	38	108.58	5.43	74.9	0.52	0.32
Juice, Langers, 16 oz.	16 oz.	1	80	0	0	0.00	0.00	0.0	0	7.5	0.0	20.0	0.0	0.00
Bolthouse, 100% F/V Smoothie	15.2 oz	1	338	25	201	0.00	3.42	855.0	760	171.0	19.0	55.1	4.75	2.85
Weighted Daily Average			186	14	194	2.01	1.28	103.8	571	18.20	4.20	32.18	4.95	1.30
% of Calories											9.0%	69.1%	23.9%	6.3%
Nutrient Guideline			250				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			75%											
Shortfall			64											

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Kern High School District

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

Mar 14, 2012

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Snack - 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														
Snack - A La Carte	Total	24												
CONFECTIONS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
ToolsforSchools, Grain Bar	1.3 oz.	1	150	0	140	1.00	1.08	300.0	0	0.0	2.0	28.0	3.5	0.50
BuenaVista77130PDot Cookie	2 oz. Cookie	1	190	13	202	0.76	1.20	10.0	35	0.03	2.14	31.71	6.56	1.96
Buena Vista75330 ChkerCookie	2 oz. Cookie	1	221	16	269	0.99	1.00	26.0	55	0.04	1.96	34.72	8.53	2.40
BuenaVista76060RFDblChocCookie	2 oz.	1	221	16	269	0.99	1.00	26.0	80	0.04	1.96	34.72	8.53	2.40
Cookie Dough, RF Dbl Choc Chip	2 oz. Cookie	1	221	16	269	0.99	1.00	26.0	45	0.04	1.96	34.72	8.53	2.40
BuenaVista75650 Cookie 2.5 oz.	2.5 oz.	1	249	21	300	0.65	1.10	18.0	95	0.16	2.98	44.0	6.75	2.75
Buena Vista 81110 RF Brownie	2 oz. Bar	1	193	1	227	1.15	1.00	10.0	0	0.0	3.06	39.55	2.77	1.16
BuenaVista 70150 AplOat Cookie	1.5 oz. Cook	1	164	0	56	0.39	0.71	20.2	22	0.0	1.25	23.14	7.36	2.17
BuenaVista61320, Swt PotCC Muf	2.5 oz. Muffi	1	250	27	225	0.93	2.16	80.0	100	0.75	3.27	40.36	8.94	1.95
Cracker, Sunrise, MJM 770100	2 oz. Packa	1	229	0	269	3.98	3.58	19.9	497	5.97	2.98	39.79	6.96	1.99
Rachel Multigrain puffed snack	Bag	1	60	0	60	0.00	0.36	0.0	0	0.0	1.0	10.0	2.0	0.00
FRUITS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
APPLES,RAW,WITH SKIN 138	1 each	1	55	0	1	2.54	0.13	6.4	57	4.88	0.28	14.64	0.18	0.03
APPLES, SLICED, IW 2 oz.	1/2 CUP	1	17	0	0	0.77	0.05	2.0	15	1.62	0.05	4.32	0.1	0.02
Fruit, Orange, Fresh, whole	1 each	1	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.03
VEGETABLES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Carrots, Baby, 3 oz.	1/2 Cup	1	17	0	33	1.00	0.18	10.0	3000	3.0	0.5	4.0	0.0	0.00
Vegetables, Raw Medley #1	1 cup	1	20	0	14	1.51	0.38	19.7	507	33.52	1.38	3.68	0.22	0.04
Salad & Veggies	1 Cup	1	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
EXEMPT - nuts,chse,eggs	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Peanut Butter, Smooth	2 TBSP	1	190	0	148	1.94	0.60	13.9	0	0.0	8.09	6.31	16.25	3.32
Sunflower Seeds, Honey	1 oz. Packet	1	159	0	56	0.99	1.62	27.8	10	0.26	5.44	7.86	12.91	1.39
Cheese, String, LOL59701	1 oz	1	81	20	202	0.00	0.00	191.6	0	0.0	7.29	1.01	6.08	3.54
Trail Mix, Snackwave	1.5 Pkg.	1	184	0	71	2.84	1.53	2.8	0	0.0	5.67	22.68	8.5	1.42
Egg, hard boiled	1 oz	1	78	187	62	0.00	0.60	25.0	260	0.0	6.29	0.56	5.31	1.63
CK, Hummus, traditional	.50 Cup	1	254	0	673	6.96	2.59	63.8	*191	8.28	8.83	35.77	9.24	1.23
BEVERAGES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Switch 100% Fruit Juice	8.3 Fl Oz.	1	140	0	15	0.00	0.00	0.0	0	60.0	0.0	36.0	0.0	0.00
Water, 20 oz. Bottled	23 fl. oz.	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, plain/flavored	HALF PINT	1	120	8	158	0.00	0.00	366.7	500	1.6	9.67	18.33	0.83	0.50
Dr. PHD 100% Fruit Smootheze	12 oz	1	322	2	59	5.14	1.57	104.9	38	108.58	5.43	74.9	0.52	0.32
Juice, Langers, 16 oz.	16 oz.	1	80	0	0	0.00	0.00	0.0	0	7.5	0.0	20.0	0.0	0.00

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Kern High School District

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

Mar 14, 2012

Snack - 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)
Weighted Daily Average % of Calories			168	14	177	1.77	1.02	60.4	*404	13.49	3.61 8.6%	27.21 64.7%	5.47 29.3%	1.39 7.4%
Nutrient Guideline % of Guideline Satisfied			250 67%				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
Shortfall			82											

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

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Kern High School District

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

Mar 14, 2012

Page 17

Snack - 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														
Snack - A La Carte	Total	24												
CONFECTIONS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Buena Vista 81110 RF Brownie	2.2 oz. Bar	1	193	1	227	1.15	1.00	10.0	0	0.0	3.06	39.55	2.77	1.16
BuenaVista 80120 CranbryBar	2.2 oz. Bar	1	193	0	81	2.03	1.08	30.0	3	0.0	2.75	33.92	5.31	1.40
BuenaVista 70150 AplOat Cookie	1.5 oz. Cook	1	164	0	56	0.39	0.71	20.2	22	0.0	1.25	23.14	7.36	2.17
BuenaVista61320, Swt PotCC Muf	2.5 oz. Muffi	1	250	27	225	0.93	2.16	80.0	100	0.75	3.27	40.36	8.94	1.95
BuenaVista77130PDot Cookie	2 oz. Cookie	1	190	13	202	0.76	1.20	10.0	35	0.03	2.14	31.71	6.56	1.96
Buena Vista75330 ChkerCookie	2 oz. Cookie	1	221	16	269	0.99	1.00	26.0	55	0.04	1.96	34.72	8.53	2.40
BuenaVista76060RFDblChocCookie	2 oz.	1	221	16	269	0.99	1.00	26.0	80	0.04	1.96	34.72	8.53	2.40
BuenaVista75650 Cookie 2.5 oz.	2.5 oz.	1	249	21	300	0.65	1.10	18.0	95	0.16	2.98	44.0	6.75	2.75
MJM 301150 Honey Grahams	.9 oz. Portio	1	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.0	3.01	0.83
MJM551150 Tropical Cracker	1 oz. Pkg	1	110	0	95	1.00	1.44	100.0	200	3.6	1.0	19.0	3.5	0.00
MJM 42300, Crackers, Waffles	.9 oz. pkg	1	103	0	84	1.00	1.62	110.0	250	3.0	1.42	17.8	3.03	0.45
Rachel Multigrain puffed snack	Bag	1	60	0	60	0.00	0.36	0.0	0	0.0	1.0	10.0	2.0	0.00
ToolsforSchools, Grain Bar	1.3 oz.	1	150	0	140	1.00	1.08	300.0	0	0.0	2.0	28.0	3.5	0.50
UNSWEETENED GRAINS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CRACKERS,SALTINES,LO SALT (INC	4 Each	1	52	0	76	0.36	0.65	14.3	0	0.0	1.1	8.58	1.42	0.35
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
Popcorn, Cheddar Ricos	5/8 oz. bag	1	79	0	217	1.97	0.35	0.0	1477	0.0	1.97	9.84	2.95	0.00
Popcorn, Hot Ricos	5/8 oz. bag	1	69	0	236	1.97	0.35	0.0	1477	0.0	1.97	10.83	2.46	0.00
FRUITS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
APPLES,RAW,WITH SKIN 138	1 each	1	55	0	1	2.54	0.13	6.4	57	4.88	0.28	14.64	0.18	0.03
APPLES, SLICED, IW 2 oz.	1 CUP	1	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Fruit, Orange, Fresh, whole	1 each	1	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.03
Canned Fruit, Lite Syrup/juice	1/2 cup	1	78	0	11	1.53	0.39	6.5	104	4.42	0.36	20.21	0.09	0.01
Dried Fruit, Apricot Blend	1 oz.	1	80	0	5	2.00	0.54	10.0	200	0.6	0.0	19.0	0.0	0.00
Dried Fruit, Golden Blend	.75 oz.	1	65	0	0	1.00	0.36	0.0	0	0.0	0.0	17.0	0.0	0.00
Dried Fruit, Tropical Island M	.75 oz.	1	70	0	5	1.00	0.36	10.0	0	0.0	0.0	16.0	0.5	0.50
VEGETABLES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Carrots, Baby, 3 oz.	1/2 Cup	1	17	0	33	1.00	0.18	10.0	3000	3.0	0.5	4.0	0.0	0.00
Vegetables, Raw Medley #1	1 cup	1	20	0	14	1.51	0.38	19.7	507	33.52	1.38	3.68	0.22	0.04
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
Salad & Veggies	1 Cup	1	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
EXEMPT - nuts,chse,eggs	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Sunflower Seeds, Honey	1 oz. Packet	1	159	0	56	0.99	1.62	27.8	10	0.26	5.44	7.86	12.91	1.39
Cheese, String, LOL59701	1 oz	1	81	20	202	0.00	0.00	191.6	0	0.0	7.29	1.01	6.08	3.54
Trail Mix, Snackwave	1.5 Pkg.	1	184	0	71	2.84	1.53	2.8	0	0.0	5.67	22.68	8.5	1.42
Egg, hard boiled	1 oz	1	78	187	62	0.00	0.60	25.0	260	0.0	6.29	0.56	5.31	1.63
BEVERAGES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00

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Kern High School District

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

Mar 14, 2012

Snack - 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)
Water, 20 oz. Bottled	20 fl. oz.	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, plain/flavored	HALF PINT	1	120	8	158	0.00	0.00	366.7	500	1.6	9.67	18.33	0.83	0.50
Dr. PHD 100% Fruit Smootheze	12 oz	1	322	2	59	5.14	1.57	104.9	38	108.58	5.43	74.9	0.52	0.32
Juice, Langers, 16 oz.	16 oz.	1	80	0	0	0.00	0.00	0.0	0	7.5	0.0	20.0	0.0	0.00
Bolthouse, 100% F/V Smoothie	15.2 oz	1	338	25	201	0.00	3.42	855.0	760	171.0	19.0	55.1	4.75	2.85
Weighted Daily Average			186	14	194	2.01	1.28	103.8	571	18.20	4.20	32.18	4.95	1.30
% of Calories											9.0%	69.1%	23.9%	6.3%
Nutrient Guideline			250				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			75%											
Shortfall			64											

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Kern High School District

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

Mar 14, 2012

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Snack - 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														
Snack - A La Carte	Total	24												
CONFECTIONS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Buena Vista 81110 RF Brownie	2.2 oz. Bar	1	193	1	227	1.15	1.00	10.0	0	0.0	3.06	39.55	2.77	1.16
BuenaVista 80120 CranbryBar	2.2 oz. Bar	1	193	0	81	2.03	1.08	30.0	3	0.0	2.75	33.92	5.31	1.40
BuenaVista 70150 AplOat Cookie	1.5 oz. Cook	1	164	0	56	0.39	0.71	20.2	22	0.0	1.25	23.14	7.36	2.17
BuenaVista61320, Swt PotCC Muf	2.5 oz. Muffi	1	250	27	225	0.93	2.16	80.0	100	0.75	3.27	40.36	8.94	1.95
BuenaVista77130PDot Cookie	2 oz. Cookie	1	190	13	202	0.76	1.20	10.0	35	0.03	2.14	31.71	6.56	1.96
Buena Vista75330 ChkerCookie	2 oz. Cookie	1	221	16	269	0.99	1.00	26.0	55	0.04	1.96	34.72	8.53	2.40
BuenaVista76060RFDblChocCookie	2 oz.	1	221	16	269	0.99	1.00	26.0	80	0.04	1.96	34.72	8.53	2.40
BuenaVista75650 Cookie 2.5 oz.	2.5 oz.	1	249	21	300	0.65	1.10	18.0	95	0.16	2.98	44.0	6.75	2.75
MJM 301150 Honey Grahams	.9 oz. Portio	1	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.0	3.01	0.83
MJM551150 Tropical Cracker	1 oz. Pkg	1	110	0	95	1.00	1.44	100.0	200	3.6	1.0	19.0	3.5	0.00
MJM 42300, Crackers, Waffles	.9 oz. pkg	1	103	0	84	1.00	1.62	110.0	250	3.0	1.42	17.8	3.03	0.45
Rachel Multigrain puffed snack	Bag	1	60	0	60	0.00	0.36	0.0	0	0.0	1.0	10.0	2.0	0.00
ToolsforSchools, Grain Bar	1.3 oz.	1	150	0	140	1.00	1.08	300.0	0	0.0	2.0	28.0	3.5	0.50
UNSWEETENED GRAINS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CRACKERS,SALTINES,LO SALT (INC	4 Each	1	52	0	76	0.36	0.65	14.3	0	0.0	1.1	8.58	1.42	0.35
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
Popcorn, Cheddar Ricos	5/8 oz. bag	1	79	0	217	1.97	0.35	0.0	1477	0.0	1.97	9.84	2.95	0.00
Popcorn, Hot Ricos	5/8 oz. bag	1	69	0	236	1.97	0.35	0.0	1477	0.0	1.97	10.83	2.46	0.00
FRUITS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
APPLES,RAW,WITH SKIN 138	1 each	1	55	0	1	2.54	0.13	6.4	57	4.88	0.28	14.64	0.18	0.03
APPLES, SLICED, IW 2 oz.	1 CUP	1	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Fruit, Orange, Fresh, whole	1 each	1	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.03
Canned Fruit, Lite Syrup/juice	1/2 cup	1	78	0	11	1.53	0.39	6.5	104	4.42	0.36	20.21	0.09	0.01
Dried Fruit, Apricot Blend	1 oz.	1	80	0	5	2.00	0.54	10.0	200	0.6	0.0	19.0	0.0	0.00
Dried Fruit, Golden Blend	.75 oz.	1	65	0	0	1.00	0.36	0.0	0	0.0	0.0	17.0	0.0	0.00
Dried Fruit, Tropical Island M	.75 oz.	1	70	0	5	1.00	0.36	10.0	0	0.0	0.0	16.0	0.5	0.50
VEGETABLES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Carrots, Baby, 3 oz.	1/2 Cup	1	17	0	33	1.00	0.18	10.0	3000	3.0	0.5	4.0	0.0	0.00
Vegetables, Raw Medley #1	1 cup	1	20	0	14	1.51	0.38	19.7	507	33.52	1.38	3.68	0.22	0.04
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
Salad & Veggies	1 Cup	1	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
EXEMPT - nuts,chse,eggs	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Sunflower Seeds, Honey	1 oz. Packet	1	159	0	56	0.99	1.62	27.8	10	0.26	5.44	7.86	12.91	1.39
Cheese, String, LOL59701	1 oz	1	81	20	202	0.00	0.00	191.6	0	0.0	7.29	1.01	6.08	3.54
Trail Mix, Snackwave	1.5 Pkg.	1	184	0	71	2.84	1.53	2.8	0	0.0	5.67	22.68	8.5	1.42
Egg, hard boiled	1 oz	1	78	187	62	0.00	0.60	25.0	260	0.0	6.29	0.56	5.31	1.63
BEVERAGES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00

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Kern High School District

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

Mar 14, 2012

Snack - 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)
Water, 20 oz. Bottled	20 fl. oz.	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, plain/flavored	HALF PINT	1	120	8	158	0.00	0.00	366.7	500	1.6	9.67	18.33	0.83	0.50
Dr. PHD 100% Fruit Smootheze	12 oz	1	322	2	59	5.14	1.57	104.9	38	108.58	5.43	74.9	0.52	0.32
Juice, Langers, 16 oz.	16 oz.	1	80	0	0	0.00	0.00	0.0	0	7.5	0.0	20.0	0.0	0.00
Bolthouse, 100% F/V Smoothie	15.2 oz	1	338	25	201	0.00	3.42	855.0	760	171.0	19.0	55.1	4.75	2.85
Weighted Daily Average			186	14	194	2.01	1.28	103.8	571	18.20	4.20	32.18	4.95	1.30
% of Calories											9.0%	69.1%	23.9%	6.3%
Nutrient Guideline			250				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			75%											
Shortfall			64											

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Kern High School District

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

Mar 14, 2012

Page 21

Snack - 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														
Snack - A La Carte	Total	24												
CONFECTIONS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Buena Vista 81110 RF Brownie	2.2 oz. Bar	1	193	1	227	1.15	1.00	10.0	0	0.0	3.06	39.55	2.77	1.16
BuenaVista 70150 AplOat Cookie	1.5 oz. Cook	1	164	0	56	0.39	0.71	20.2	22	0.0	1.25	23.14	7.36	2.17
BuenaVista77130PDot Cookie	2 oz. Cookie	1	190	13	202	0.76	1.20	10.0	35	0.03	2.14	31.71	6.56	1.96
Buena Vista75330 ChkerCookie	2 oz. Cookie	1	221	16	269	0.99	1.00	26.0	55	0.04	1.96	34.72	8.53	2.40
BuenaVista76060RFDblChocCookie	2 oz.	1	221	16	269	0.99	1.00	26.0	80	0.04	1.96	34.72	8.53	2.40
BuenaVista75650 Cookie 2.5 oz.	2.5 oz.	1	249	21	300	0.65	1.10	18.0	95	0.16	2.98	44.0	6.75	2.75
MJM 301150 Honey Grahams	.9 oz. Portio	1	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.0	3.01	0.83
MJM551150 Tropical Cracker	1 oz. Pkg	1	110	0	95	1.00	1.44	100.0	200	3.6	1.0	19.0	3.5	0.00
MJM 42300, Crackers, Waffles	.9 oz. pkg	1	103	0	84	1.00	1.62	110.0	250	3.0	1.42	17.8	3.03	0.45
ToolsforSchools, Grain Bar	1.3 oz.	1	150	0	140	1.00	1.08	300.0	0	0.0	2.0	28.0	3.5	0.50
Cutie Pie 3 oz. Turnover	3 oz.	1	233	0	268	2.60	1.60	21.3	138	1.2	2.6	41.9	6.8	1.90
UNSWEETENED GRAINS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CRACKERS,SALTINES,LO SALT (INC	4 Each	1	52	0	76	0.36	0.65	14.3	0	0.0	1.1	8.58	1.42	0.35
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
Popcorn, Cheddar Ricos	5/8 oz. bag	1	79	0	217	1.97	0.35	0.0	1477	0.0	1.97	9.84	2.95	0.00
Popcorn, Hot Ricos	5/8 oz. bag	1	69	0	236	1.97	0.35	0.0	1477	0.0	1.97	10.83	2.46	0.00
FRUITS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
APPLES,RAW,WITH SKIN 138	1 each	1	55	0	1	2.54	0.13	6.4	57	4.88	0.28	14.64	0.18	0.03
APPLES, SLICED, IW 2 oz.	1 CUP	1	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Fruit, Orange, Fresh, whole	1 each	1	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.03
Canned Fruit, Lite Syrup/juice	1/2 cup	1	78	0	11	1.53	0.39	6.5	104	4.42	0.36	20.21	0.09	0.01
Dried Fruit, Apricot Blend	1 oz.	1	80	0	5	2.00	0.54	10.0	200	0.6	0.0	19.0	0.0	0.00
Dried Fruit, Golden Blend	.75 oz.	1	65	0	0	1.00	0.36	0.0	0	0.0	0.0	17.0	0.0	0.00
Dried Fruit, Tropical Island M	.75 oz.	1	70	0	5	1.00	0.36	10.0	0	0.0	0.0	16.0	0.5	0.50
VEGETABLES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Carrots, Baby, 3 oz.	1/2 Cup	1	17	0	33	1.00	0.18	10.0	3000	3.0	0.5	4.0	0.0	0.00
Vegetables, Raw Medley #1	1 cup	1	20	0	14	1.51	0.38	19.7	507	33.52	1.38	3.68	0.22	0.04
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
Salad & Veggies	1 Cup	1	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
EXEMPT - nuts,chse,eggs	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Sunflower Seeds, Honey	1 oz. Packet	1	159	0	56	0.99	1.62	27.8	10	0.26	5.44	7.86	12.91	1.39
Cheese, String, LOL59701	1 oz	1	81	20	202	0.00	0.00	191.6	0	0.0	7.29	1.01	6.08	3.54
Trail Mix, Snackwave	1.5 Pkg.	1	184	0	71	2.84	1.53	2.8	0	0.0	5.67	22.68	8.5	1.42
Egg, hard boiled	1 oz	1	78	187	62	0.00	0.60	25.0	260	0.0	6.29	0.56	5.31	1.63
BEVERAGES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Water, 20 oz. Bottled	20 fl. oz.	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, plain/flavored	HALF PINT	1	120	8	158	0.00	0.00	366.7	500	1.6	9.67	18.33	0.83	0.50

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

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Kern High School District

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

Mar 14, 2012

Snack - 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)
Dr. PHD 100% Fruit Smootheze Juice, Langers, 16 oz.	8 oz.	1	215	2	39	3.43	1.05	69.9	25	72.39	3.62	49.93	0.35	0.22
Bolthouse, 100% F/V Smoothie	16 oz.	1	80	0	0	0.00	0.00	0.0	0	7.5	0.0	20.0	0.0	0.00
Campbell V8 Fusion 100% Juice	15.2 oz	1	338	25	201	0.00	3.42	855.0	760	171.0	19.0	55.1	4.75	2.85
Switch 100% Fruit Juice	12 oz.	1	170	0	110	0.00	0.36	20.0	100	90.0	1.0	42.0	0.0	0.00
	8.3 Fl Oz.	1	140	0	15	0.00	0.00	0.0	0	60.0	0.0	36.0	0.0	0.00
Weighted Daily Average			184	13	195	1.92	1.19	99.5	576	22.96	3.98	32.63	4.55	1.23
% of Calories											8.7%	71.1%	22.3%	6.0%
Nutrient Guideline			250				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			73%											
Shortfall			66											

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Kern High School District

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

Mar 14, 2012

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Snack - 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														
Snack - A La Carte	Total	24												
CONFECTIONS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Buena Vista 81110 RF Brownie	2.2 oz. Bar	1	193	1	227	1.15	1.00	10.0	0	0.0	3.06	39.55	2.77	1.16
BuenaVista 80120 CranbryBar	2.2 oz. Bar	1	193	0	81	2.03	1.08	30.0	3	0.0	2.75	33.92	5.31	1.40
BuenaVista 70150 AplOat Cookie	1.5 oz. Cook	1	164	0	56	0.39	0.71	20.2	22	0.0	1.25	23.14	7.36	2.17
BuenaVista61320, Swt PotCC Muf	2.5 oz. Muffi	1	250	27	225	0.93	2.16	80.0	100	0.75	3.27	40.36	8.94	1.95
BuenaVista77130PDot Cookie	2 oz. Cookie	1	190	13	202	0.76	1.20	10.0	35	0.03	2.14	31.71	6.56	1.96
Buena Vista75330 ChkerCookie	2 oz. Cookie	1	221	16	269	0.99	1.00	26.0	55	0.04	1.96	34.72	8.53	2.40
BuenaVista76060RFDblChocCookie	2 oz.	1	221	16	269	0.99	1.00	26.0	80	0.04	1.96	34.72	8.53	2.40
BuenaVista75650 Cookie 2.5 oz.	2.5 oz.	1	249	21	300	0.65	1.10	18.0	95	0.16	2.98	44.0	6.75	2.75
MJM 301150 Honey Grahams	.9 oz. Portio	1	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.0	3.01	0.83
MJM551150 Tropical Cracker	1 oz. Pkg	1	110	0	95	1.00	1.44	100.0	200	3.6	1.0	19.0	3.5	0.00
MJM 42300, Crackers, Waffles	.9 oz. pkg	1	103	0	84	1.00	1.62	110.0	250	3.0	1.42	17.8	3.03	0.45
Rachel Multigrain puffed snack	Bag	1	60	0	60	0.00	0.36	0.0	0	0.0	1.0	10.0	2.0	0.00
ToolsforSchools, Grain Bar	1.3 oz.	1	150	0	140	1.00	1.08	300.0	0	0.0	2.0	28.0	3.5	0.50
UNSWEETENED GRAINS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CRACKERS,SALTINES,LO SALT (INC	4 Each	1	52	0	76	0.36	0.65	14.3	0	0.0	1.1	8.58	1.42	0.35
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
Popcorn, Cheddar Ricos	5/8 oz. bag	1	79	0	217	1.97	0.35	0.0	1477	0.0	1.97	9.84	2.95	0.00
Popcorn, Hot Ricos	5/8 oz. bag	1	69	0	236	1.97	0.35	0.0	1477	0.0	1.97	10.83	2.46	0.00
FRUITS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
APPLES,RAW,WITH SKIN 138	1 each	1	55	0	1	2.54	0.13	6.4	57	4.88	0.28	14.64	0.18	0.03
APPLES, SLICED, IW 2 oz.	1 CUP	1	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Fruit, Orange, Fresh, whole	1 each	1	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.03
Canned Fruit, Lite Syrup/juice	1/2 cup	1	78	0	11	1.53	0.39	6.5	104	4.42	0.36	20.21	0.09	0.01
Dried Fruit, Apricot Blend	1 oz.	1	80	0	5	2.00	0.54	10.0	200	0.6	0.0	19.0	0.0	0.00
Dried Fruit, Golden Blend	.75 oz.	1	65	0	0	1.00	0.36	0.0	0	0.0	0.0	17.0	0.0	0.00
Dried Fruit, Tropical Island M	.75 oz.	1	70	0	5	1.00	0.36	10.0	0	0.0	0.0	16.0	0.5	0.50
VEGETABLES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Carrots, Baby, 3 oz.	1/2 Cup	1	17	0	33	1.00	0.18	10.0	3000	3.0	0.5	4.0	0.0	0.00
Vegetables, Raw Medley #1	1 cup	1	20	0	14	1.51	0.38	19.7	507	33.52	1.38	3.68	0.22	0.04
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
Salad & Veggies	1 Cup	1	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
EXEMPT - nuts,chse,eggs	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Sunflower Seeds, Honey	1 oz. Packet	1	159	0	56	0.99	1.62	27.8	10	0.26	5.44	7.86	12.91	1.39
Cheese, String, LOL59701	1 oz	1	81	20	202	0.00	0.00	191.6	0	0.0	7.29	1.01	6.08	3.54
Trail Mix, Snackwave	1.5 Pkg.	1	184	0	71	2.84	1.53	2.8	0	0.0	5.67	22.68	8.5	1.42
Egg, hard boiled	1 oz	1	78	187	62	0.00	0.60	25.0	260	0.0	6.29	0.56	5.31	1.63
BEVERAGES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00

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Kern High School District

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

Mar 14, 2012

Snack - 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)
Water, 20 oz. Bottled	20 fl. oz.	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, plain/flavored	HALF PINT	1	120	8	158	0.00	0.00	366.7	500	1.6	9.67	18.33	0.83	0.50
Dr. PHD 100% Fruit Smootheze	12 oz	1	322	2	59	5.14	1.57	104.9	38	108.58	5.43	74.9	0.52	0.32
Juice, Langers, 16 oz.	16 oz.	1	80	0	0	0.00	0.00	0.0	0	7.5	0.0	20.0	0.0	0.00
Bolthouse, 100% F/V Smoothie	15.2 oz	1	338	25	201	0.00	3.42	855.0	760	171.0	19.0	55.1	4.75	2.85
Weighted Daily Average			186	14	194	2.01	1.28	103.8	571	18.20	4.20	32.18	4.95	1.30
% of Calories											9.0%	69.1%	23.9%	6.3%
Nutrient Guideline			250				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			75%											
Shortfall			64											

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Kern High School District

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

Mar 14, 2012

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Snack - 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 - 04/25/2012														
Snack - A La Carte	Total	24												
CONFECTIONS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
ToolsforSchools, Grain Bar	1.3 oz.	1	150	0	140	1.00	1.08	300.0	0	0.0	2.0	28.0	3.5	0.50
BuenaVista77130PDot Cookie	2 oz. Cookie	1	190	13	202	0.76	1.20	10.0	35	0.03	2.14	31.71	6.56	1.96
Buena Vista75330 ChkerCookie	2 oz. Cookie	1	221	16	269	0.99	1.00	26.0	55	0.04	1.96	34.72	8.53	2.40
BuenaVista76060RFDblChocCookie	2 oz.	1	221	16	269	0.99	1.00	26.0	80	0.04	1.96	34.72	8.53	2.40
Cookie Dough, RF Dbl Choc Chip	2 oz. Cookie	1	221	16	269	0.99	1.00	26.0	45	0.04	1.96	34.72	8.53	2.40
BuenaVista75650 Cookie 2.5 oz.	2.5 oz.	1	249	21	300	0.65	1.10	18.0	95	0.16	2.98	44.0	6.75	2.75
Buena Vista 81110 RF Brownie	2 oz. Bar	1	193	1	227	1.15	1.00	10.0	0	0.0	3.06	39.55	2.77	1.16
BuenaVista 70150 AplOat Cookie	1.5 oz. Cook	1	164	0	56	0.39	0.71	20.2	22	0.0	1.25	23.14	7.36	2.17
BuenaVista61320, Swt PotCC Muf	2.5 oz. Muffi	1	250	27	225	0.93	2.16	80.0	100	0.75	3.27	40.36	8.94	1.95
Cracker, Sunrise, MJM 770100	2 oz. Packa	1	229	0	269	3.98	3.58	19.9	497	5.97	2.98	39.79	6.96	1.99
Rachel Multigrain puffed snack	Bag	1	60	0	60	0.00	0.36	0.0	0	0.0	1.0	10.0	2.0	0.00
FRUITS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
APPLES,RAW,WITH SKIN 138	1 each	1	55	0	1	2.54	0.13	6.4	57	4.88	0.28	14.64	0.18	0.03
APPLES, SLICED, IW 2 oz.	1/2 CUP	1	17	0	0	0.77	0.05	2.0	15	1.62	0.05	4.32	0.1	0.02
Fruit, Orange, Fresh, whole	1 each	1	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.03
VEGETABLES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Carrots, Baby, 3 oz.	1/2 Cup	1	17	0	33	1.00	0.18	10.0	3000	3.0	0.5	4.0	0.0	0.00
Vegetables, Raw Medley #1	1 cup	1	20	0	14	1.51	0.38	19.7	507	33.52	1.38	3.68	0.22	0.04
Salad & Veggies	1 Cup	1	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
EXEMPT - nuts,chse,eggs	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Peanut Butter, Smooth	2 TBSP	1	190	0	148	1.94	0.60	13.9	0	0.0	8.09	6.31	16.25	3.32
Sunflower Seeds, Honey	1 oz. Packet	1	159	0	56	0.99	1.62	27.8	10	0.26	5.44	7.86	12.91	1.39
Cheese, String, LOL59701	1 oz	1	81	20	202	0.00	0.00	191.6	0	0.0	7.29	1.01	6.08	3.54
Trail Mix, Snackwave	1.5 Pkg.	1	184	0	71	2.84	1.53	2.8	0	0.0	5.67	22.68	8.5	1.42
Egg, hard boiled	1 oz	1	78	187	62	0.00	0.60	25.0	260	0.0	6.29	0.56	5.31	1.63
CK, Hummus, traditional	.50 Cup	1	254	0	673	6.96	2.59	63.8	*191	8.28	8.83	35.77	9.24	1.23
BEVERAGES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Switch 100% Fruit Juice	8.3 Fl Oz.	1	140	0	15	0.00	0.00	0.0	0	60.0	0.0	36.0	0.0	0.00
Water, 20 oz. Bottled	23 fl. oz.	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, plain/flavored	HALF PINT	1	120	8	158	0.00	0.00	366.7	500	1.6	9.67	18.33	0.83	0.50
Dr. PHD 100% Fruit Smootheze	12 oz	1	322	2	59	5.14	1.57	104.9	38	108.58	5.43	74.9	0.52	0.32
Juice, Langers, 16 oz.	16 oz.	1	80	0	0	0.00	0.00	0.0	0	7.5	0.0	20.0	0.0	0.00

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Kern High School District

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

Mar 14, 2012

Snack - 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)
Weighted Daily Average % of Calories			168	14	177	1.77	1.02	60.4	*404	13.49	3.61 8.6%	27.21 64.7%	5.47 29.3%	1.39 7.4%
Nutrient Guideline % of Guideline Satisfied			250 67%				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
Shortfall			82											

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Kern High School District

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

Mar 14, 2012

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Snack - 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														
Snack - A La Carte	Total	24												
CONFECTIONS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Buena Vista 81110 RF Brownie	2.2 oz. Bar	1	193	1	227	1.15	1.00	10.0	0	0.0	3.06	39.55	2.77	1.16
BuenaVista 80120 CranbryBar	2.2 oz. Bar	1	193	0	81	2.03	1.08	30.0	3	0.0	2.75	33.92	5.31	1.40
BuenaVista 70150 AplOat Cookie	1.5 oz. Cook	1	164	0	56	0.39	0.71	20.2	22	0.0	1.25	23.14	7.36	2.17
BuenaVista61320, Swt PotCC Muf	2.5 oz. Muffi	1	250	27	225	0.93	2.16	80.0	100	0.75	3.27	40.36	8.94	1.95
BuenaVista77130PDot Cookie	2 oz. Cookie	1	190	13	202	0.76	1.20	10.0	35	0.03	2.14	31.71	6.56	1.96
Buena Vista75330 ChkerCookie	2 oz. Cookie	1	221	16	269	0.99	1.00	26.0	55	0.04	1.96	34.72	8.53	2.40
BuenaVista76060RFDblChocCookie	2 oz.	1	221	16	269	0.99	1.00	26.0	80	0.04	1.96	34.72	8.53	2.40
BuenaVista75650 Cookie 2.5 oz.	2.5 oz.	1	249	21	300	0.65	1.10	18.0	95	0.16	2.98	44.0	6.75	2.75
MJM 301150 Honey Grahams	.9 oz. Portio	1	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.0	3.01	0.83
MJM551150 Tropical Cracker	1 oz. Pkg	1	110	0	95	1.00	1.44	100.0	200	3.6	1.0	19.0	3.5	0.00
MJM 42300, Crackers, Waffles	.9 oz. pkg	1	103	0	84	1.00	1.62	110.0	250	3.0	1.42	17.8	3.03	0.45
Rachel Multigrain puffed snack	Bag	1	60	0	60	0.00	0.36	0.0	0	0.0	1.0	10.0	2.0	0.00
ToolsforSchools, Grain Bar	1.3 oz.	1	150	0	140	1.00	1.08	300.0	0	0.0	2.0	28.0	3.5	0.50
UNSWEETENED GRAINS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CRACKERS,SALTINES,LO SALT (INC	4 Each	1	52	0	76	0.36	0.65	14.3	0	0.0	1.1	8.58	1.42	0.35
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
Popcorn, Cheddar Ricos	5/8 oz. bag	1	79	0	217	1.97	0.35	0.0	1477	0.0	1.97	9.84	2.95	0.00
Popcorn, Hot Ricos	5/8 oz. bag	1	69	0	236	1.97	0.35	0.0	1477	0.0	1.97	10.83	2.46	0.00
FRUITS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
APPLES,RAW,WITH SKIN 138	1 each	1	55	0	1	2.54	0.13	6.4	57	4.88	0.28	14.64	0.18	0.03
APPLES, SLICED, IW 2 oz.	1 CUP	1	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Fruit, Orange, Fresh, whole	1 each	1	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.03
Canned Fruit, Lite Syrup/juice	1/2 cup	1	78	0	11	1.53	0.39	6.5	104	4.42	0.36	20.21	0.09	0.01
Dried Fruit, Apricot Blend	1 oz.	1	80	0	5	2.00	0.54	10.0	200	0.6	0.0	19.0	0.0	0.00
Dried Fruit, Golden Blend	.75 oz.	1	65	0	0	1.00	0.36	0.0	0	0.0	0.0	17.0	0.0	0.00
Dried Fruit, Tropical Island M	.75 oz.	1	70	0	5	1.00	0.36	10.0	0	0.0	0.0	16.0	0.5	0.50
VEGETABLES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Carrots, Baby, 3 oz.	1/2 Cup	1	17	0	33	1.00	0.18	10.0	3000	3.0	0.5	4.0	0.0	0.00
Vegetables, Raw Medley #1	1 cup	1	20	0	14	1.51	0.38	19.7	507	33.52	1.38	3.68	0.22	0.04
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
Salad & Veggies	1 Cup	1	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
EXEMPT - nuts,chse,eggs	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Sunflower Seeds, Honey	1 oz. Packet	1	159	0	56	0.99	1.62	27.8	10	0.26	5.44	7.86	12.91	1.39
Cheese, String, LOL59701	1 oz	1	81	20	202	0.00	0.00	191.6	0	0.0	7.29	1.01	6.08	3.54
Trail Mix, Snackwave	1.5 Pkg.	1	184	0	71	2.84	1.53	2.8	0	0.0	5.67	22.68	8.5	1.42
Egg, hard boiled	1 oz	1	78	187	62	0.00	0.60	25.0	260	0.0	6.29	0.56	5.31	1.63
BEVERAGES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	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

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

Mar 14, 2012

Snack - 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)
Water, 20 oz. Bottled	20 fl. oz.	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, plain/flavored	HALF PINT	1	120	8	158	0.00	0.00	366.7	500	1.6	9.67	18.33	0.83	0.50
Dr. PHD 100% Fruit Smootheze	12 oz	1	322	2	59	5.14	1.57	104.9	38	108.58	5.43	74.9	0.52	0.32
Juice, Langers, 16 oz.	16 oz.	1	80	0	0	0.00	0.00	0.0	0	7.5	0.0	20.0	0.0	0.00
Bolthouse, 100% F/V Smoothie	15.2 oz	1	338	25	201	0.00	3.42	855.0	760	171.0	19.0	55.1	4.75	2.85
Weighted Daily Average			186	14	194	2.01	1.28	103.8	571	18.20	4.20	32.18	4.95	1.30
% of Calories											9.0%	69.1%	23.9%	6.3%
Nutrient Guideline			250				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			75%											
Shortfall			64											

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Kern High School District

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

Mar 14, 2012

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Snack - 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														
Snack - A La Carte	Total	24												
CONFECTIONS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Buena Vista 81110 RF Brownie	2.2 oz. Bar	1	193	1	227	1.15	1.00	10.0	0	0.0	3.06	39.55	2.77	1.16
BuenaVista 80120 CranbryBar	2.2 oz. Bar	1	193	0	81	2.03	1.08	30.0	3	0.0	2.75	33.92	5.31	1.40
BuenaVista 70150 AplOat Cookie	1.5 oz. Cook	1	164	0	56	0.39	0.71	20.2	22	0.0	1.25	23.14	7.36	2.17
BuenaVista61320, Swt PotCC Muf	2.5 oz. Muffi	1	250	27	225	0.93	2.16	80.0	100	0.75	3.27	40.36	8.94	1.95
BuenaVista77130PDot Cookie	2 oz. Cookie	1	190	13	202	0.76	1.20	10.0	35	0.03	2.14	31.71	6.56	1.96
Buena Vista75330 ChkerCookie	2 oz. Cookie	1	221	16	269	0.99	1.00	26.0	55	0.04	1.96	34.72	8.53	2.40
BuenaVista76060RFDblChocCookie	2 oz.	1	221	16	269	0.99	1.00	26.0	80	0.04	1.96	34.72	8.53	2.40
BuenaVista75650 Cookie 2.5 oz.	2.5 oz.	1	249	21	300	0.65	1.10	18.0	95	0.16	2.98	44.0	6.75	2.75
MJM 301150 Honey Grahams	.9 oz. Portio	1	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.0	3.01	0.83
MJM551150 Tropical Cracker	1 oz. Pkg	1	110	0	95	1.00	1.44	100.0	200	3.6	1.0	19.0	3.5	0.00
MJM 42300, Crackers, Waffles	.9 oz. pkg	1	103	0	84	1.00	1.62	110.0	250	3.0	1.42	17.8	3.03	0.45
Rachel Multigrain puffed snack	Bag	1	60	0	60	0.00	0.36	0.0	0	0.0	1.0	10.0	2.0	0.00
ToolsforSchools, Grain Bar	1.3 oz.	1	150	0	140	1.00	1.08	300.0	0	0.0	2.0	28.0	3.5	0.50
UNSWEETENED GRAINS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CRACKERS,SALTINES,LO SALT (INC	4 Each	1	52	0	76	0.36	0.65	14.3	0	0.0	1.1	8.58	1.42	0.35
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
Popcorn, Cheddar Ricos	5/8 oz. bag	1	79	0	217	1.97	0.35	0.0	1477	0.0	1.97	9.84	2.95	0.00
Popcorn, Hot Ricos	5/8 oz. bag	1	69	0	236	1.97	0.35	0.0	1477	0.0	1.97	10.83	2.46	0.00
FRUITS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
APPLES,RAW,WITH SKIN 138	1 each	1	55	0	1	2.54	0.13	6.4	57	4.88	0.28	14.64	0.18	0.03
APPLES, SLICED, IW 2 oz.	1 CUP	1	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Fruit, Orange, Fresh, whole	1 each	1	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.03
Canned Fruit, Lite Syrup/juice	1/2 cup	1	78	0	11	1.53	0.39	6.5	104	4.42	0.36	20.21	0.09	0.01
Dried Fruit, Apricot Blend	1 oz.	1	80	0	5	2.00	0.54	10.0	200	0.6	0.0	19.0	0.0	0.00
Dried Fruit, Golden Blend	.75 oz.	1	65	0	0	1.00	0.36	0.0	0	0.0	0.0	17.0	0.0	0.00
Dried Fruit, Tropical Island M	.75 oz.	1	70	0	5	1.00	0.36	10.0	0	0.0	0.0	16.0	0.5	0.50
VEGETABLES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Carrots, Baby, 3 oz.	1/2 Cup	1	17	0	33	1.00	0.18	10.0	3000	3.0	0.5	4.0	0.0	0.00
Vegetables, Raw Medley #1	1 cup	1	20	0	14	1.51	0.38	19.7	507	33.52	1.38	3.68	0.22	0.04
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
Salad & Veggies	1 Cup	1	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
EXEMPT - nuts,chse,eggs	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Sunflower Seeds, Honey	1 oz. Packet	1	159	0	56	0.99	1.62	27.8	10	0.26	5.44	7.86	12.91	1.39
Cheese, String, LOL59701	1 oz	1	81	20	202	0.00	0.00	191.6	0	0.0	7.29	1.01	6.08	3.54
Trail Mix, Snackwave	1.5 Pkg.	1	184	0	71	2.84	1.53	2.8	0	0.0	5.67	22.68	8.5	1.42
Egg, hard boiled	1 oz	1	78	187	62	0.00	0.60	25.0	260	0.0	6.29	0.56	5.31	1.63
BEVERAGES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00

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Kern High School District

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

Mar 14, 2012

Snack - 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)
Water, 20 oz. Bottled	20 fl. oz.	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, plain/flavored	HALF PINT	1	120	8	158	0.00	0.00	366.7	500	1.6	9.67	18.33	0.83	0.50
Dr. PHD 100% Fruit Smootheze	12 oz	1	322	2	59	5.14	1.57	104.9	38	108.58	5.43	74.9	0.52	0.32
Juice, Langers, 16 oz.	16 oz.	1	80	0	0	0.00	0.00	0.0	0	7.5	0.0	20.0	0.0	0.00
Bolthouse, 100% F/V Smoothie	15.2 oz	1	338	25	201	0.00	3.42	855.0	760	171.0	19.0	55.1	4.75	2.85
Weighted Daily Average			186	14	194	2.01	1.28	103.8	571	18.20	4.20	32.18	4.95	1.30
% of Calories											9.0%	69.1%	23.9%	6.3%
Nutrient Guideline			250				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			75%											
Shortfall			64											

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Kern High School District

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

Mar 14, 2012

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Snack - 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														
Snack - A La Carte	Total	24												
CONFECTIONS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Buena Vista 81110 RF Brownie	2.2 oz. Bar	1	193	1	227	1.15	1.00	10.0	0	0.0	3.06	39.55	2.77	1.16
BuenaVista 70150 AplOat Cookie	1.5 oz. Cook	1	164	0	56	0.39	0.71	20.2	22	0.0	1.25	23.14	7.36	2.17
BuenaVista77130PDot Cookie	2 oz. Cookie	1	190	13	202	0.76	1.20	10.0	35	0.03	2.14	31.71	6.56	1.96
Buena Vista75330 ChkerCookie	2 oz. Cookie	1	221	16	269	0.99	1.00	26.0	55	0.04	1.96	34.72	8.53	2.40
BuenaVista76060RFDblChocCookie	2 oz.	1	221	16	269	0.99	1.00	26.0	80	0.04	1.96	34.72	8.53	2.40
BuenaVista75650 Cookie 2.5 oz.	2.5 oz.	1	249	21	300	0.65	1.10	18.0	95	0.16	2.98	44.0	6.75	2.75
MJM 301150 Honey Grahams	.9 oz. Portio	1	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.0	3.01	0.83
MJM551150 Tropical Cracker	1 oz. Pkg	1	110	0	95	1.00	1.44	100.0	200	3.6	1.0	19.0	3.5	0.00
MJM 42300, Crackers, Waffles	.9 oz. pkg	1	103	0	84	1.00	1.62	110.0	250	3.0	1.42	17.8	3.03	0.45
ToolsforSchools, Grain Bar	1.3 oz.	1	150	0	140	1.00	1.08	300.0	0	0.0	2.0	28.0	3.5	0.50
Cutie Pie 3 oz. Turnover	3 oz.	1	233	0	268	2.60	1.60	21.3	138	1.2	2.6	41.9	6.8	1.90
UNSWEETENED GRAINS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CRACKERS,SALTINES,LO SALT (INC	4 Each	1	52	0	76	0.36	0.65	14.3	0	0.0	1.1	8.58	1.42	0.35
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
Popcorn, Cheddar Ricos	5/8 oz. bag	1	79	0	217	1.97	0.35	0.0	1477	0.0	1.97	9.84	2.95	0.00
Popcorn, Hot Ricos	5/8 oz. bag	1	69	0	236	1.97	0.35	0.0	1477	0.0	1.97	10.83	2.46	0.00
FRUITS	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
APPLES,RAW,WITH SKIN 138	1 each	1	55	0	1	2.54	0.13	6.4	57	4.88	0.28	14.64	0.18	0.03
APPLES, SLICED, IW 2 oz.	1 CUP	1	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Fruit, Orange, Fresh, whole	1 each	1	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.03
Canned Fruit, Lite Syrup/juice	1/2 cup	1	78	0	11	1.53	0.39	6.5	104	4.42	0.36	20.21	0.09	0.01
Dried Fruit, Apricot Blend	1 oz.	1	80	0	5	2.00	0.54	10.0	200	0.6	0.0	19.0	0.0	0.00
Dried Fruit, Golden Blend	.75 oz.	1	65	0	0	1.00	0.36	0.0	0	0.0	0.0	17.0	0.0	0.00
Dried Fruit, Tropical Island M	.75 oz.	1	70	0	5	1.00	0.36	10.0	0	0.0	0.0	16.0	0.5	0.50
VEGETABLES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Carrots, Baby, 3 oz.	1/2 Cup	1	17	0	33	1.00	0.18	10.0	3000	3.0	0.5	4.0	0.0	0.00
Vegetables, Raw Medley #1	1 cup	1	20	0	14	1.51	0.38	19.7	507	33.52	1.38	3.68	0.22	0.04
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
Salad & Veggies	1 Cup	1	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
NaturallyFresh FF Dress Choice	1.5 oz.	1	5	0	460	0.00	0.00	0.0	0	0.0	0.0	1.25	0.0	0.00
EXEMPT - nuts,chse,eggs	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Sunflower Seeds, Honey	1 oz. Packet	1	159	0	56	0.99	1.62	27.8	10	0.26	5.44	7.86	12.91	1.39
Cheese, String, LOL59701	1 oz	1	81	20	202	0.00	0.00	191.6	0	0.0	7.29	1.01	6.08	3.54
Trail Mix, Snackwave	1.5 Pkg.	1	184	0	71	2.84	1.53	2.8	0	0.0	5.67	22.68	8.5	1.42
Egg, hard boiled	1 oz	1	78	187	62	0.00	0.60	25.0	260	0.0	6.29	0.56	5.31	1.63
BEVERAGES	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Water, 20 oz. Bottled	20 fl. oz.	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, plain/flavored	HALF PINT	1	120	8	158	0.00	0.00	366.7	500	1.6	9.67	18.33	0.83	0.50

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

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

1 - denotes optional nutrient values

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Kern High School District

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

Mar 14, 2012

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Snack - 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)
Dr. PHD 100% Fruit Smootheze	8 oz	1	215	2	39	3.43	1.05	69.9	25	72.39	3.62	49.93	0.35	0.22
Juice, Langers, 16 oz.	16 oz.	1	80	0	0	0.00	0.00	0.0	0	7.5	0.0	20.0	0.0	0.00
Bolthouse, 100% F/V Smoothie	15.2 oz	1	338	25	201	0.00	3.42	855.0	760	171.0	19.0	55.1	4.75	2.85
Campbell V8 Fusion 100% Juice	12 oz.	1	170	0	110	0.00	0.36	20.0	100	90.0	1.0	42.0	0.0	0.00
Switch 100% Fruit Juice	8.3 Fl Oz.	1	140	0	15	0.00	0.00	0.0	0	60.0	0.0	36.0	0.0	0.00
Weighted Daily Average			184	13	195	1.92	1.19	99.5	576	22.96	3.98	32.63	4.55	1.23
% of Calories											8.7%	71.1%	22.3%	6.0%
Nutrient Guideline			250				0.00	0.00	0	0.00	0.00		<=30.0	<10.00
% of Guideline Satisfied			73%											
Shortfall			66											

Weighted Average			182	14	191	1.94	1.21	94.6	*541	18.50	4.04	31.36	4.95	1.30
											8.9%	68.8%	24.4%	6.4%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	182		250	73%		68	Correction Required - Calories are Low
Cholesterol (mg)	14						
Sodium (mg)	191						
Fiber (g)	1.94						
Iron (mg)	1.21		0.00				
Calcium (mg)	94.6		0.00				
Vitamin A (IU)	541		0		Missing		
Vitamin C (mg)	18.50		0.00				
Protein (g)	4.04	8.86%	0.00				
Carbohydrate (g)	31.36	68.81%					
Total Fat (g)	4.95	24.42%	<=30.00%				
Saturated Fat (g)	1.30	6.41%	<10.00%				

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