

# Kern High School District

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

May 1, 2012

Page 1

## KV Deli Wrap/Salad

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/01/2012														
KV Deli Wrap/Salad	Total	4												
CUSTOM SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CHOICE 1 PROTEIN	SRV	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson Patty Strips	2 Strips	1	99	21	207	0.67	0.72	10.0	84	0.0	6.85	4.85	5.84	1.17
USDA Roasted Deli Turkey	1.6 OZ	1	56	28	360	0.00	0.48	8.0	15	2.6	8.8	0.0	2.4	0.80
Ham, Sliced 25% added water	1.83 oz.	1	55	23	576	0.00	3.62	0.0	0	0.0	7.32	0.92	1.83	0.46
USDA Chse, American, sliced	0.5 oz	4	51	13	162	0.00	0.00	10.1	10	0.0	3.04	0.0	4.25	2.73
Cheese,Mozzarella Sliced	.5 OZ	4	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
2 Cheeses - vegetarian	2 oz.	1	187	42	509	0.00	0.07	227.5	192	0.0	13.43	1.09	14.18	8.55
Roll/Bread - Deli Bar	1 Each	4	187	0	453	5.00	1.80	106.7	0	0.0	8.33	34.33	2.83	0.00
CHOICE OF CONDIMENTS	SRV	4	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MAYONNAISE, LITE	1 TBSP	4	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
Mustard	1 TBSP	4	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	4	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	0.0	0.00
LETTUCE, Shredded	.25 CUP	4	2	0	1	0.19	0.07	2.6	45	0.54	0.14	0.29	0.03	0.00
SPINACH,RAW	.125 CUP	4	1	0	3	0.08	0.10	3.7	352	1.05	0.11	0.14	0.01	0.00
PICKLES,DILL, sliced	.125 CUP	4	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	4	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Olives, Sliced	.125 CUP	4	21	0	157	0.58	0.60	15.9	73	0.16	0.15	1.13	1.93	0.25
ONIONS,FRESH,RED	.25 OZ	4	3	0	0	0.13	0.02	1.4	0	0.45	0.08	0.61	0.01	0.00
Jalapeno Peppers	.125 CUP	4	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
PEPPERS,SWEET,RAW	.125 CUP	4	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
SELECT 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Vegetables, Raw Medley #1	.50 CUP	4	10	0	7	0.76	0.19	9.8	253	16.76	0.69	1.84	0.11	0.02
Carrots, Baby, 3 oz.	3 oz.	4	35	0	65	2.00	0.36	20.0	6000	6.0	1.0	8.0	0.0	0.00
LETTUCE,COS OR ROMAINE,RAW	1 CUP	4	5	0	11	0.54	0.46	16.6	2279	4.04	0.52	0.87	0.09	0.01
MJM 301150 Honey Grahams	.9 oz. Portio	4	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.0	3.01	0.83
Juice, 100%, 4 oz., Assorted	4 oz.	4	72	0	12	0.00	0.00	6.7	0	26.0	0.33	15.71	0.0	0.00
CHOICE OF MILK	each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Milk,1% Lactose Free	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	15.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			850	64	2728	13.72	8.56	800.5	11072	81.96	39.80	112.43	27.88	9.46
% of Calories											18.7%	52.9%	29.5%	10.0%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			100%	64%	192%	171%	190%	200%	738%	427%	238%			
Shortfall				36										OVER

\*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

<sup>1</sup> - 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

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

**May 1, 2012**

**Page 2**

## KV Deli Wrap/Salad

	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)
<b>Wed - 05/02/2012</b>														
KV Deli Wrap/Salad	Total	4												
CUSTOM WRAP	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CHOICE 1 PROTEIN	SRV	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson Patty Strips	2 Strips	1	99	21	207	0.67	0.72	10.0	84	0.0	6.85	4.85	5.84	1.17
USDA Roasted Deli Turkey	1.6 OZ	1	56	28	360	0.00	0.48	8.0	15	2.6	8.8	0.0	2.4	0.80
Ham, Sliced 25% added water	1.83 oz.	1	55	23	576	0.00	3.62	0.0	0	0.0	7.32	0.92	1.83	0.46
USDA Chse, American, sliced	0.5 oz	4	51	13	162	0.00	0.00	10.1	10	0.0	3.04	0.0	4.25	2.73
Cheese,Mozzarella Sliced	.5 OZ	4	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
2 Cheeses - vegetarian	2 oz.	1	187	42	509	0.00	0.07	227.5	192	0.0	13.43	1.09	14.18	8.55
CHOICE WRAP OR ROLL	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tortilla/Roll	4.2 oz.	4	296	0	616	3.59	2.84	360.3	0	0.0	6.93	54.23	7.46	0.00
CHOICE OF CONDIMENTS	SRV	4	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MAYONNAISE, LITE	1 TBSP	4	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
Mustard	1 TBSP	4	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	4	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	0.0	0.00
LETTUCE,COS OR ROMAINE,RAW	.125 CUP	4	1	0	1	0.07	0.06	2.1	285	0.51	0.06	0.11	0.01	0.00
SPINACH,RAW	.125 CUP	4	1	0	3	0.08	0.10	3.7	352	1.05	0.11	0.14	0.01	0.00
PICKLES,DILL, sliced	.125 CUP	4	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	4	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Olives, Sliced	.125 CUP	4	21	0	157	0.58	0.60	15.9	73	0.16	0.15	1.13	1.93	0.25
ONIONS,FRESH,RED	.125 OZ	4	1	0	0	0.06	0.01	0.7	0	0.23	0.04	0.31	0.01	0.00
Jalapeno Peppers	.125 CUP	4	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
PEPPERS,SWEET,RAW	.125 CUP	4	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
SELECT 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
LETTUCE, Shredded	1 CUP	4	7	0	5	0.77	0.28	10.5	182	2.15	0.56	1.15	0.1	0.01
Carrots, Baby, 3 oz.	3 oz.	4	35	0	65	2.00	0.36	20.0	6000	6.0	1.0	8.0	0.0	0.00
PEARS,CND,LT SYRUP PK,SOL&LIQ	.50 CUP	4	72	0	6	2.02	0.35	6.3	0	0.88	0.24	19.11	0.04	0.00
Juice, 100%, 4 oz., Assorted	4 oz.	4	72	0	12	0.00	0.00	6.7	0	26.0	0.33	15.71	0.0	0.00
CHOICE OF MILK	each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Milk,1% Lactose Free	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	15.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			925	64	2753	10.78	7.56	1038.2	8709	60.91	36.58	131.39	29.42	8.61
% of Calories											15.8%	56.8%	28.6%	8.4%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			109%	64%	194%	135%	168%	260%	581%	317%	219%			
Shortfall				36										

\*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

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

May 1, 2012

Page 3

## KV Deli Wrap/Salad

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/03/2012														
KV Deli Wrap/Salad	Total	4												
CUSTOM SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CHOICE 1 PROTEIN	SRV	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson Patty Strips	2 Strips	1	99	21	207	0.67	0.72	10.0	84	0.0	6.85	4.85	5.84	1.17
USDA Roasted Deli Turkey	1.6 OZ	1	56	28	360	0.00	0.48	8.0	15	2.6	8.8	0.0	2.4	0.80
Ham, Sliced 25% added water	1.83 oz.	1	55	23	576	0.00	3.62	0.0	0	0.0	7.32	0.92	1.83	0.46
USDA Chse, American, sliced	0.5 oz	4	51	13	162	0.00	0.00	10.1	10	0.0	3.04	0.0	4.25	2.73
Cheese,Mozzarella Sliced	.5 OZ	4	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
2 Cheeses - vegetarian	2 oz.	1	187	42	509	0.00	0.07	227.5	192	0.0	13.43	1.09	14.18	8.55
Roll/Bread - Deli Bar	1 Each	4	187	0	453	5.00	1.80	106.7	0	0.0	8.33	34.33	2.83	0.00
CHOICE OF CONDIMENTS	SRV	4	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MAYONNAISE, LITE	1 TBSP	4	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
Mustard	1 TBSP	4	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	4	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	0.0	0.00
LETTUCE,COS OR ROMAINE,RAW	.125 CUP	4	1	0	1	0.07	0.06	2.1	285	0.51	0.06	0.11	0.01	0.00
LETTUCE, Shredded	.25 cup	4	2	0	1	0.19	0.07	2.6	45	0.54	0.14	0.29	0.03	0.00
SPINACH,RAW	.125 CUP	4	1	0	3	0.08	0.10	3.7	352	1.05	0.11	0.14	0.01	0.00
PICKLES,DILL, sliced	.125 CUP	4	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	4	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Olives, Sliced	.125 CUP	4	21	0	157	0.58	0.60	15.9	73	0.16	0.15	1.13	1.93	0.25
ONIONS,FRESH,RED	.25 OZ	4	3	0	0	0.13	0.02	1.4	0	0.45	0.08	0.61	0.01	0.00
Jalapeno Peppers	.125 CUP	4	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
PEPPERS,SWEET,RAW	.125 CUP	4	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
SELECT 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Romaine Lettuce Salad #2	1.75 Cup	4	107	3	307	4.00	1.76	75.7	3313	16.41	5.06	16.33	2.52	0.71
SALAD DRESSING, Students	1 EA	4	27	0	405	0.00	0.18	5.0	0	0.0	0.5	4.87	0.88	0.00
CELERY STICKS	.50 Cup	4	4	0	19	0.38	0.05	9.6	108	0.74	0.17	0.71	0.04	0.01
FRUIT COCKTAIL:canned,lt syrup	0.50 Cup	4	73	0	8	1.29	0.37	7.7	264	2.45	0.52	19.23	0.09	0.01
Juice, 100%, 4 oz., Assorted	4 oz.	4	72	0	12	0.00	0.00	6.7	0	26.0	0.33	15.71	0.0	0.00
CHOICE OF MILK	each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Milk,1% Lactose Free	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	15.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00

\*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

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

**May 1, 2012**

KV Deli Wrap/Salad

Page 4

	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			916	67	3254	13.33	7.97	849.2	6258	72.24	42.61 18.6%	124.98 54.6%	28.21 27.7%	9.33 9.2%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			108%	67%	229%	167%	177%	212%	417%	376%	255%			
Shortfall				33										

*\*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*

*<sup>1</sup> - 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

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

May 1, 2012

Page 5

## KV Deli Wrap/Salad

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/04/2012														
KV Deli Wrap/Salad	Total	4												
CUSTOM WRAP	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CHOICE 1 PROTEIN	SRV	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson Patty Strips	2 Strips	1	99	21	207	0.67	0.72	10.0	84	0.0	6.85	4.85	5.84	1.17
USDA Roasted Deli Turkey	1.6 OZ	1	56	28	360	0.00	0.48	8.0	15	2.6	8.8	0.0	2.4	0.80
Ham, Sliced 25% added water	1.83 oz.	1	55	23	576	0.00	3.62	0.0	0	0.0	7.32	0.92	1.83	0.46
USDA Chse, American, sliced	0.5 oz	4	51	13	162	0.00	0.00	10.1	10	0.0	3.04	0.0	4.25	2.73
Cheese,Mozzarella Sliced	.5 OZ	4	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
2 Cheeses - vegetarian	2 oz.	1	187	42	509	0.00	0.07	227.5	192	0.0	13.43	1.09	14.18	8.55
CHOICE WRAP OR ROLL	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tortilla/Roll	4.2 oz.	4	296	0	616	3.59	2.84	360.3	0	0.0	6.93	54.23	7.46	0.00
CHOICE OF CONDIMENTS	SRV	4	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MAYONNAISE, LITE	1 TBSP	4	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
Mustard	1 TBSP	4	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	4	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	0.0	0.00
LETTUCE,COS OR ROMAINE,RAW	.125 CUP	4	1	0	1	0.07	0.06	2.1	285	0.51	0.06	0.11	0.01	0.00
SPINACH,RAW	.125 CUP	4	1	0	3	0.08	0.10	3.7	352	1.05	0.11	0.14	0.01	0.00
PICKLES,DILL, sliced	.125 CUP	4	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	4	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Olives, Sliced	.125 CUP	4	21	0	157	0.58	0.60	15.9	73	0.16	0.15	1.13	1.93	0.25
ONIONS,FRESH,RED	.25 OZ	4	3	0	0	0.13	0.02	1.4	0	0.45	0.08	0.61	0.01	0.00
Jalapeno Peppers	.125 CUP	4	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
PEPPERS,SWEET,RAW	.125 CUP	4	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
SELECT 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
LETTUCE, Shredded	1 cup	4	7	0	5	0.77	0.28	10.5	182	2.15	0.56	1.15	0.1	0.01
Cowboy Caviar	.50 CUP	4	38	0	117	1.65	0.57	18.1	245	3.89	1.53	6.65	0.83	0.08
APPLES, SLICED, IW 2 oz.	2 oz. Bag	4	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Juice, 100%, 4 oz., Assorted	4 oz.	4	72	0	12	0.00	0.00	6.7	0	26.0	0.33	15.71	0.0	0.00
CHOICE OF MILK	each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Milk,1% Lactose Free	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	15.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			890	64	2799	10.00	7.53	1034.7	2984	61.37	37.02	119.88	30.42	8.73
% of Calories											16.6%	53.9%	30.8%	8.8%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			105%	64%	197%	125%	167%	259%	199%	320%	222%			
Shortfall				36									OVER	

\*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

<sup>1</sup> - 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

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

**May 1, 2012**

**Page 6**

## KV Deli Wrap/Salad

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/07/2012														
KV Deli Wrap/Salad	Total	4												
CUSTOM WRAP	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson Chix Wrap/Sandwich	Wrap/sand	1	455	42	976	5.34	3.87	285.0	168	0.0	21.2	56.69	17.49	2.34
CK FRZ Ham Sand/Roll	Sandwiches	1	288	32	1295	5.00	6.63	100.0	0	0.0	18.76	37.55	6.94	0.78
CK, FRZ Trky Sand/Roll	Sandwich	1	327	58	1247	5.00	2.76	116.0	30	5.2	26.6	36.33	9.3	1.76
USDA Chse, American, sliced	0.5 oz	3	51	13	162	0.00	0.00	10.1	10	0.0	3.04	0.0	4.25	2.73
Cheese,Mozzarella Sliced	.5 OZ	3	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
Deli, Veggie Wrap/San w/ Chse	Wrap/Sand	1	444	42	1067	4.00	2.55	628.7	467	0.0	21.57	48.34	19.51	8.67
CHOICE OF CONDIMENTS	SRV	4	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Mustard	1 TBSP	4	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	4	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	0.0	0.00
MAYONNAISE, LITE	1 TBSP	4	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
SPINACH,RAW	.125 CUP	4	1	0	3	0.08	0.10	3.7	352	1.05	0.11	0.14	0.01	0.00
LETTUCE, Shredded	.25 CUP	4	2	0	1	0.19	0.07	2.6	45	0.54	0.14	0.29	0.03	0.00
PICKLES,DILL, sliced	.125 CUP	4	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	.25 Cup	4	8	0	2	0.54	0.12	4.5	375	6.16	0.4	1.75	0.09	0.01
Olives, Sliced	.125 CUP	4	21	0	157	0.58	0.60	15.9	73	0.16	0.15	1.13	1.93	0.25
ONIONS,FRESH,RED	.25 OZ	4	3	0	0	0.13	0.02	1.4	0	0.45	0.08	0.61	0.01	0.00
Jalapeno Peppers	.125 CUP	4	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
PEPPERS,SWEET,RAW	.125 CUP	4	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
SELECT 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
LETTUCE,COS OR ROMAINE,RAW	1 CUP	4	5	0	11	0.54	0.46	16.6	2279	4.04	0.52	0.87	0.09	0.01
Carrots, Baby, 3 oz.	3 oz.	4	35	0	65	2.00	0.36	20.0	6000	6.0	1.0	8.0	0.0	0.00
PEACHES,CANNED,LIGHT SYRUP	.50 CUP	4	68	0	6	1.63	0.45	3.8	444	3.01	0.56	18.26	0.04	0.00
Juice, 100%, 4 oz., Assorted	4 oz.	4	72	0	12	0.00	0.00	6.7	0	26.0	0.33	15.71	0.0	0.00
CHOICE OF MILK	each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Milk,1% Lactose Free	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	15.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			885	74	2813	11.70	7.81	877.7	11269	68.93	41.50	120.28	27.48	8.19
% of Calories											18.8%	54.4%	28.0%	8.3%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			105%	74%	198%	146%	174%	219%	751%	359%	248%			
Shortfall				26										

\*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

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

May 1, 2012

Page 7

## KV Deli Wrap/Salad

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/08/2012														
KV Deli Wrap/Salad	Total	4												
CUSTOM SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CHOICE 1 PROTEIN	SRV	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson Patty Strips	2 Strips	1	99	21	207	0.67	0.72	10.0	84	0.0	6.85	4.85	5.84	1.17
USDA Roasted Deli Turkey	1.6 OZ	1	56	28	360	0.00	0.48	8.0	15	2.6	8.8	0.0	2.4	0.80
Ham, Sliced 25% added water	1.83 oz.	1	55	23	576	0.00	3.62	0.0	0	0.0	7.32	0.92	1.83	0.46
USDA Chse, American, sliced	0.5 oz	4	51	13	162	0.00	0.00	10.1	10	0.0	3.04	0.0	4.25	2.73
Cheese,Mozzarella Sliced	.5 OZ	4	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
2 Cheeses - vegetarian	2 oz.	1	187	42	509	0.00	0.07	227.5	192	0.0	13.43	1.09	14.18	8.55
Roll/Bread - Deli Bar	1 Each	4	187	0	453	5.00	1.80	106.7	0	0.0	8.33	34.33	2.83	0.00
CHOICE OF CONDIMENTS	SRV	4	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MAYONNAISE, LITE	1 TBSP	4	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
Mustard	1 TBSP	4	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	4	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	0.0	0.00
LETTUCE, Shredded	.25 CUP	4	2	0	1	0.19	0.07	2.6	45	0.54	0.14	0.29	0.03	0.00
SPINACH,RAW	.125 CUP	4	1	0	3	0.08	0.10	3.7	352	1.05	0.11	0.14	0.01	0.00
PICKLES,DILL, sliced	.125 CUP	4	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	4	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Olives, Sliced	.125 CUP	4	21	0	157	0.58	0.60	15.9	73	0.16	0.15	1.13	1.93	0.25
ONIONS,FRESH,RED	.25 OZ	4	3	0	0	0.13	0.02	1.4	0	0.45	0.08	0.61	0.01	0.00
Jalapeno Peppers	.125 CUP	4	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
PEPPERS,SWEET,RAW	.125 CUP	4	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
SELECT 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
LETTUCE,COS OR ROMAINE,RAW	1 CUP	4	5	0	11	0.54	0.46	16.6	2279	4.04	0.52	0.87	0.09	0.01
Carrots, Baby, 3 oz.	3 oz.	4	35	0	65	2.00	0.36	20.0	6000	6.0	1.0	8.0	0.0	0.00
RAISINS	Small Box	4	112	0	11	2.56	0.98	10.6	0	2.04	0.95	29.59	0.2	0.07
Juice, 100%, 4 oz., Assorted	4 oz.	4	72	0	12	0.00	0.00	6.7	0	26.0	0.33	15.71	0.0	0.00
CHOICE OF MILK	each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Milk,1% Lactose Free	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	15.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			855	64	2600	12.70	7.35	796.3	10567	64.22	38.77	122.18	24.97	8.68
% of Calories											18.1%	57.1%	26.3%	9.1%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			101%	64%	183%	159%	163%	199%	704%	334%	232%			
Shortfall				36										

\*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

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

May 1, 2012

Page 8

## KV Deli Wrap/Salad

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/09/2012														
KV Deli Wrap/Salad	Total	4												
CUSTOM WRAP	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CHOICE 1 PROTEIN	SRV	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson Patty Strips	2 Strips	1	99	21	207	0.67	0.72	10.0	84	0.0	6.85	4.85	5.84	1.17
USDA Roasted Deli Turkey	1.6 OZ	1	56	28	360	0.00	0.48	8.0	15	2.6	8.8	0.0	2.4	0.80
Ham, Sliced 25% added water	1.83 oz.	1	55	23	576	0.00	3.62	0.0	0	0.0	7.32	0.92	1.83	0.46
USDA Chse, American, sliced	0.5 oz	4	51	13	162	0.00	0.00	10.1	10	0.0	3.04	0.0	4.25	2.73
Cheese,Mozzarella Sliced	.5 OZ	4	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
2 Cheeses - vegetarian	2 oz.	1	187	42	509	0.00	0.07	227.5	192	0.0	13.43	1.09	14.18	8.55
CHOICE WRAP OR ROLL	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tortilla/Roll	4.2 oz.	4	296	0	616	3.59	2.84	360.3	0	0.0	6.93	54.23	7.46	0.00
CHOICE OF CONDIMENTS	SRV	4	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MAYONNAISE, LITE	1 TBSP	4	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
Mustard	1 TBSP	4	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	4	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	0.0	0.00
LETTUCE,COS OR ROMAINE,RAW	.125 CUP	4	1	0	1	0.07	0.06	2.1	285	0.51	0.06	0.11	0.01	0.00
SPINACH,RAW	.125 CUP	4	1	0	3	0.08	0.10	3.7	352	1.05	0.11	0.14	0.01	0.00
PICKLES,DILL, sliced	.125 CUP	4	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	4	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Olives, Sliced	.125 CUP	4	21	0	157	0.58	0.60	15.9	73	0.16	0.15	1.13	1.93	0.25
ONIONS,FRESH,RED	.125 OZ	4	1	0	0	0.06	0.01	0.7	0	0.23	0.04	0.31	0.01	0.00
Jalapeno Peppers	.125 CUP	4	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
PEPPERS,SWEET,RAW	.125 CUP	4	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
SELECT 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
LETTUCE, Shredded	1 CUP	4	7	0	5	0.77	0.28	10.5	182	2.15	0.56	1.15	0.1	0.01
Carrots, Baby, 3 oz.	3 oz.	4	35	0	65	2.00	0.36	20.0	6000	6.0	1.0	8.0	0.0	0.00
APPLES, SLICED, IW 2 oz.	2 oz. Bag	4	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Juice, 100%, 4 oz., Assorted	4 oz.	4	72	0	12	0.00	0.00	6.7	0	26.0	0.33	15.71	0.0	0.00
CHOICE OF MILK	each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Milk,1% Lactose Free	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	15.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			886	64	2747	10.29	7.31	1035.9	8739	63.26	36.44	120.93	29.59	8.64
% of Calories											16.5%	54.6%	30.0%	8.8%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			105%	64%	193%	129%	162%	259%	583%	329%	218%			
Shortfall				36									OVER	

\*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

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

May 1, 2012

Page 9

## KV Deli Wrap/Salad

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/10/2012														
KV Deli Wrap/Salad	Total	4												
CUSTOM SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CHOICE 1 PROTEIN	SRV	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson Patty Strips	2 Strips	1	99	21	207	0.67	0.72	10.0	84	0.0	6.85	4.85	5.84	1.17
USDA Roasted Deli Turkey	1.6 OZ	1	56	28	360	0.00	0.48	8.0	15	2.6	8.8	0.0	2.4	0.80
Ham, Sliced 25% added water	1.83 oz.	1	55	23	576	0.00	3.62	0.0	0	0.0	7.32	0.92	1.83	0.46
USDA Chse, American, sliced	0.5 oz	4	51	13	162	0.00	0.00	10.1	10	0.0	3.04	0.0	4.25	2.73
Cheese,Mozzarella Sliced	.5 OZ	4	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
2 Cheeses - vegetarian	2 oz.	1	187	42	509	0.00	0.07	227.5	192	0.0	13.43	1.09	14.18	8.55
Roll/Bread - Deli Bar	1 Each	4	187	0	453	5.00	1.80	106.7	0	0.0	8.33	34.33	2.83	0.00
CHOICE OF CONDIMENTS	SRV	4	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MAYONNAISE, LITE	1 TBSP	4	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
Mustard	1 TBSP	4	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	4	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	0.0	0.00
LETTUCE,COS OR ROMAINE,RAW	.125 CUP	4	1	0	1	0.07	0.06	2.1	285	0.51	0.06	0.11	0.01	0.00
SPINACH,RAW	.125 CUP	4	1	0	3	0.08	0.10	3.7	352	1.05	0.11	0.14	0.01	0.00
PICKLES,DILL, sliced	.125 CUP	4	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	4	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Olives, Sliced	.125 CUP	4	21	0	157	0.58	0.60	15.9	73	0.16	0.15	1.13	1.93	0.25
ONIONS,FRESH,RED	.25 OZ	4	3	0	0	0.13	0.02	1.4	0	0.45	0.08	0.61	0.01	0.00
Jalapeno Peppers	.125 CUP	4	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
PEPPERS,SWEET,RAW	.125 CUP	4	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
SELECT 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
LETTUCE, Shredded	1 CUP	4	7	0	5	0.77	0.28	10.5	182	2.15	0.56	1.15	0.1	0.01
CELERY STICKS	.50 Cup	4	4	0	19	0.38	0.05	9.6	108	0.74	0.17	0.71	0.04	0.01
MJM 301150 Honey Grahams	.9 oz. Portio	4	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.0	3.01	0.83
Juice, 100%, 4 oz., Assorted	4 oz.	4	72	0	12	0.00	0.00	6.7	0	26.0	0.33	15.71	0.0	0.00
CHOICE OF MILK	each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Milk,1% Lactose Free	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	15.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			810	64	2669	11.45	7.86	773.6	3069	58.01	38.24	103.40	27.82	9.45
% of Calories											18.9%	51.1%	30.9%	10.5%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			96%	64%	188%	143%	175%	193%	205%	302%	229%			
Shortfall			36	36									OVER	OVER

\*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

<sup>1</sup> - 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

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

May 1, 2012

## KV Deli Wrap/Salad

Page 10

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/11/2012														
KV Deli Wrap/Salad	Total	4												
CUSTOM WRAP	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CHOICE 1 PROTEIN	SRV	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson Patty Strips	2 Strips	1	99	21	207	0.67	0.72	10.0	84	0.0	6.85	4.85	5.84	1.17
USDA Roasted Deli Turkey	1.6 OZ	1	56	28	360	0.00	0.48	8.0	15	2.6	8.8	0.0	2.4	0.80
Ham, Sliced 25% added water	1.83 oz.	1	55	23	576	0.00	3.62	0.0	0	0.0	7.32	0.92	1.83	0.46
USDA Chse, American, sliced	0.5 oz	4	51	13	162	0.00	0.00	10.1	10	0.0	3.04	0.0	4.25	2.73
Cheese,Mozzarella Sliced	.5 OZ	4	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
2 Cheeses - vegetarian	2 oz.	1	187	42	509	0.00	0.07	227.5	192	0.0	13.43	1.09	14.18	8.55
CHOICE WRAP OR ROLL	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tortilla/Roll	4.2 oz.	4	296	0	616	3.59	2.84	360.3	0	0.0	6.93	54.23	7.46	0.00
CHOICE OF CONDIMENTS	SRV	4	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MAYONNAISE, LITE	1 TBSP	4	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
Mustard	1 TBSP	4	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	4	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	0.0	0.00
LETTUCE,COS OR ROMAINE,RAW	.125 CUP	4	1	0	1	0.07	0.06	2.1	285	0.51	0.06	0.11	0.01	0.00
SPINACH,RAW	.125 CUP	4	1	0	3	0.08	0.10	3.7	352	1.05	0.11	0.14	0.01	0.00
PICKLES,DILL, sliced	.125 CUP	4	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	4	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Olives, Sliced	.125 CUP	4	21	0	157	0.58	0.60	15.9	73	0.16	0.15	1.13	1.93	0.25
ONIONS,FRESH,RED	.25 OZ	4	3	0	0	0.13	0.02	1.4	0	0.45	0.08	0.61	0.01	0.00
Jalapeno Peppers	.125 CUP	4	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
PEPPERS,SWEET,RAW	.125 CUP	4	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
SELECT 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
LETTUCE, Shredded	1 cup	4	7	0	5	0.77	0.28	10.5	182	2.15	0.56	1.15	0.1	0.01
Cowboy Caviar	.50 CUP	4	38	0	117	1.65	0.57	18.1	245	3.89	1.53	6.65	0.83	0.08
STRAWBERRIES, FROZEN, THAWE	.50 CUP	4	39	0	2	2.30	0.83	18.0	50	45.5	0.48	10.09	0.12	0.01
Juice, 100%, 4 oz., Assorted	4 oz.	4	72	0	12	0.00	0.00	6.7	0	26.0	0.33	15.71	0.0	0.00
CHOICE OF MILK	each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Milk,1% Lactose Free	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	15.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			896	64	2801	10.77	8.25	1048.7	3004	103.64	37.39	121.32	30.34	8.70
% of Calories											16.7%	54.2%	30.5%	8.7%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			106%	64%	197%	135%	183%	262%	200%	540%	224%			
Shortfall				36									OVER	

\*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

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

May 1, 2012

## KV Deli Wrap/Salad

Page 11

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/14/2012														
KV Deli Wrap/Salad	Total	4												
CUSTOM WRAP	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson Chix Wrap/Sandwich	Wrap/sand	1	455	42	976	5.34	3.87	285.0	168	0.0	21.2	56.69	17.49	2.34
CK FRZ Ham Sand/Roll	Sandwiches	1	288	32	1295	5.00	6.63	100.0	0	0.0	18.76	37.55	6.94	0.78
CK, FRZ Trky Sand/Roll	Sandwich	1	327	58	1247	5.00	2.76	116.0	30	5.2	26.6	36.33	9.3	1.76
USDA Chse, American, sliced	0.5 oz	3	51	13	162	0.00	0.00	10.1	10	0.0	3.04	0.0	4.25	2.73
Cheese,Mozzarella Sliced	.5 OZ	3	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
Deli, Veggie Wrap/San w/ Chse	Wrap/Sand	1	444	42	1067	4.00	2.55	628.7	467	0.0	21.57	48.34	19.51	8.67
CHOICE OF CONDIMENTS	SRV	4	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Mustard	1 TBSP	4	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	4	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	0.0	0.00
MAYONNAISE, LITE	1 TBSP	4	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
SPINACH,RAW	.125 CUP	4	1	0	3	0.08	0.10	3.7	352	1.05	0.11	0.14	0.01	0.00
LETTUCE, Shredded	.25 CUP	4	2	0	1	0.19	0.07	2.6	45	0.54	0.14	0.29	0.03	0.00
PICKLES,DILL, sliced	.125 CUP	4	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	.25 Cup	4	8	0	2	0.54	0.12	4.5	375	6.16	0.4	1.75	0.09	0.01
Olives, Sliced	.125 CUP	4	21	0	157	0.58	0.60	15.9	73	0.16	0.15	1.13	1.93	0.25
ONIONS,FRESH,RED	.25 OZ	4	3	0	0	0.13	0.02	1.4	0	0.45	0.08	0.61	0.01	0.00
Jalapeno Peppers	.125 CUP	4	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
PEPPERS,SWEET,RAW	.125 CUP	4	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
SELECT 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
LETTUCE,COS OR ROMAINE,RAW	1 CUP	4	5	0	11	0.54	0.46	16.6	2279	4.04	0.52	0.87	0.09	0.01
Carrots, Baby, 3 oz.	3 oz.	4	35	0	65	2.00	0.36	20.0	6000	6.0	1.0	8.0	0.0	0.00
MJM 301150 Honey Grahams	.9 oz. Portio	4	96	0	131	2.83	1.99	5.0	252	3.02	1.29	18.0	3.01	0.83
Juice, 100%, 4 oz., Assorted	4 oz.	4	72	0	12	0.00	0.00	6.7	0	26.0	0.33	15.71	0.0	0.00
CHOICE OF MILK	each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Milk,1% Lactose Free	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	15.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			914	74	2938	12.90	9.35	878.9	11076	68.93	42.22	120.02	30.46	9.02
% of Calories											18.5%	52.5%	30.0%	8.9%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			108%	74%	207%	161%	208%	220%	738%	359%	253%			
Shortfall				26									OVER	

\*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

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

May 1, 2012

## KV Deli Wrap/Salad

Page 12

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/15/2012														
KV Deli Wrap/Salad	Total	4												
CUSTOM SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CHOICE 1 PROTEIN	SRV	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson Patty Strips	2 Strips	1	99	21	207	0.67	0.72	10.0	84	0.0	6.85	4.85	5.84	1.17
USDA Roasted Deli Turkey	1.6 OZ	1	56	28	360	0.00	0.48	8.0	15	2.6	8.8	0.0	2.4	0.80
Ham, Sliced 25% added water	1.83 oz.	1	55	23	576	0.00	3.62	0.0	0	0.0	7.32	0.92	1.83	0.46
USDA Chse, American, sliced	0.5 oz	4	51	13	162	0.00	0.00	10.1	10	0.0	3.04	0.0	4.25	2.73
Cheese,Mozzarella Sliced	.5 OZ	4	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
2 Cheeses - vegetarian	2 oz.	1	187	42	509	0.00	0.07	227.5	192	0.0	13.43	1.09	14.18	8.55
Roll/Bread - Deli Bar	1 Each	4	187	0	453	5.00	1.80	106.7	0	0.0	8.33	34.33	2.83	0.00
CHOICE OF CONDIMENTS	SRV	4	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MAYONNAISE, LITE	1 TBSP	4	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
Mustard	1 TBSP	4	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	4	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	0.0	0.00
LETTUCE, Shredded	.25 CUP	4	2	0	1	0.19	0.07	2.6	45	0.54	0.14	0.29	0.03	0.00
SPINACH,RAW	.125 CUP	4	1	0	3	0.08	0.10	3.7	352	1.05	0.11	0.14	0.01	0.00
PICKLES,DILL, sliced	.125 CUP	4	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	4	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Olives, Sliced	.125 CUP	4	21	0	157	0.58	0.60	15.9	73	0.16	0.15	1.13	1.93	0.25
ONIONS,FRESH,RED	.25 OZ	4	3	0	0	0.13	0.02	1.4	0	0.45	0.08	0.61	0.01	0.00
Jalapeno Peppers	.125 CUP	4	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
PEPPERS,SWEET,RAW	.125 CUP	4	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
SELECT 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad & Veggies	1 Cup	4	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
SALAD DRESSING, Students	1 EA	4	27	0	405	0.00	0.18	5.0	0	0.0	0.5	4.87	0.88	0.00
LETTUCE,COS OR ROMAINE,RAW	1 CUP	4	5	0	11	0.54	0.46	16.6	2279	4.04	0.52	0.87	0.09	0.01
Kiwi, Fresh, halves, 36ct.	2 Halves	4	46	0	2	2.28	0.24	25.8	66	70.45	0.87	11.14	0.4	0.02
Dried Fruit, Apricot Blend	1 oz.	4	80	0	5	2.00	0.54	10.0	200	0.6	0.0	19.0	0.0	0.00
CHOICE OF MILK	each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Milk,1% Lactose Free	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	15.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			805	64	2931	13.72	7.59	821.6	8662	110.25	38.79	106.51	26.23	8.66
% of Calories											19.3%	52.9%	29.3%	9.7%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			95%	64%	206%	171%	169%	205%	577%	574%	232%			
Shortfall			41	36										

\*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

<sup>1</sup> - 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

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

**May 1, 2012**

## KV Deli Wrap/Salad

**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)
<b>Wed - 05/16/2012</b>														
KV Deli Wrap/Salad	Total	4												
CUSTOM WRAP	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CHOICE 1 PROTEIN	SRV	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson Patty Strips	2 Strips	1	99	21	207	0.67	0.72	10.0	84	0.0	6.85	4.85	5.84	1.17
USDA Roasted Deli Turkey	1.6 OZ	1	56	28	360	0.00	0.48	8.0	15	2.6	8.8	0.0	2.4	0.80
Ham, Sliced 25% added water	1.83 oz.	1	55	23	576	0.00	3.62	0.0	0	0.0	7.32	0.92	1.83	0.46
USDA Chse, American, sliced	0.5 oz	4	51	13	162	0.00	0.00	10.1	10	0.0	3.04	0.0	4.25	2.73
Cheese,Mozzarella Sliced	.5 OZ	4	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
2 Cheeses - vegetarian	2 oz.	1	187	42	509	0.00	0.07	227.5	192	0.0	13.43	1.09	14.18	8.55
CHOICE WRAP OR ROLL	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tortilla/Roll	4.2 oz.	4	296	0	616	3.59	2.84	360.3	0	0.0	6.93	54.23	7.46	0.00
CHOICE OF CONDIMENTS	SRV	4	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MAYONNAISE, LITE	1 TBSP	4	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
Mustard	1 TBSP	4	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	4	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	0.0	0.00
LETTUCE,COS OR ROMAINE,RAW	.125 CUP	4	1	0	1	0.07	0.06	2.1	285	0.51	0.06	0.11	0.01	0.00
SPINACH,RAW	.125 CUP	4	1	0	3	0.08	0.10	3.7	352	1.05	0.11	0.14	0.01	0.00
PICKLES,DILL, sliced	.125 CUP	4	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	4	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Olives, Sliced	.125 CUP	4	21	0	157	0.58	0.60	15.9	73	0.16	0.15	1.13	1.93	0.25
ONIONS,FRESH,RED	.125 OZ	4	1	0	0	0.06	0.01	0.7	0	0.23	0.04	0.31	0.01	0.00
Jalapeno Peppers	.125 CUP	4	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
PEPPERS,SWEET,RAW	.125 CUP	4	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
SELECT 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
LETTUCE, Shredded	1 CUP	4	7	0	5	0.77	0.28	10.5	182	2.15	0.56	1.15	0.1	0.01
Carrots, Baby, 3 oz.	3 oz.	4	35	0	65	2.00	0.36	20.0	6000	6.0	1.0	8.0	0.0	0.00
APPLES, SLICED, IW 2 oz.	2 oz. Bag	4	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Juice, 100%, 4 oz., Assorted	4 oz.	4	72	0	12	0.00	0.00	6.7	0	26.0	0.33	15.71	0.0	0.00
CHOICE OF MILK	each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Milk,1% Lactose Free	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	15.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			886	64	2747	10.29	7.31	1035.9	8739	63.26	36.44	120.93	29.59	8.64
% of Calories											16.5%	54.6%	30.0%	8.8%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			105%	64%	193%	129%	162%	259%	583%	329%	218%			
Shortfall				36									OVER	

\*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

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

May 1, 2012

## KV Deli Wrap/Salad

Page 14

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/17/2012														
KV Deli Wrap/Salad	Total	4												
CUSTOM SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CHOICE 1 PROTEIN	SRV	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson Patty Strips	2 Strips	1	99	21	207	0.67	0.72	10.0	84	0.0	6.85	4.85	5.84	1.17
USDA Roasted Deli Turkey	1.6 OZ	1	56	28	360	0.00	0.48	8.0	15	2.6	8.8	0.0	2.4	0.80
Ham, Sliced 25% added water	1.83 oz.	1	55	23	576	0.00	3.62	0.0	0	0.0	7.32	0.92	1.83	0.46
USDA Chse, American, sliced	0.5 oz	4	51	13	162	0.00	0.00	10.1	10	0.0	3.04	0.0	4.25	2.73
Cheese,Mozzarella Sliced	.5 OZ	4	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
2 Cheeses - vegetarian	2 oz.	1	187	42	509	0.00	0.07	227.5	192	0.0	13.43	1.09	14.18	8.55
Roll/Bread - Deli Bar	1 Each	4	187	0	453	5.00	1.80	106.7	0	0.0	8.33	34.33	2.83	0.00
CHOICE OF CONDIMENTS	SRV	4	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MAYONNAISE, LITE	1 TBSP	4	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
Mustard	1 TBSP	4	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	4	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	0.0	0.00
LETTUCE,COS OR ROMAINE,RAW	.125 CUP	4	1	0	1	0.07	0.06	2.1	285	0.51	0.06	0.11	0.01	0.00
SPINACH,RAW	.125 CUP	4	1	0	3	0.08	0.10	3.7	352	1.05	0.11	0.14	0.01	0.00
PICKLES,DILL, sliced	.125 CUP	4	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	4	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Olives, Sliced	.125 CUP	4	21	0	157	0.58	0.60	15.9	73	0.16	0.15	1.13	1.93	0.25
ONIONS,FRESH,RED	.25 OZ	4	3	0	0	0.13	0.02	1.4	0	0.45	0.08	0.61	0.01	0.00
Jalapeno Peppers	.125 CUP	4	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
PEPPERS,SWEET,RAW	.125 CUP	4	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
SELECT 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Romaine Lettuce Salad #2	1.75 Cup	4	107	3	307	4.00	1.76	75.7	3313	16.41	5.06	16.33	2.52	0.71
SALAD DRESSING, Students	1 EA	4	27	0	405	0.00	0.18	5.0	0	0.0	0.5	4.87	0.88	0.00
LETTUCE, Shredded	1 CUP	4	7	0	5	0.77	0.28	10.5	182	2.15	0.56	1.15	0.1	0.01
APRICOTS: canned,light syrup	.50 CUP	4	80	0	5	2.02	0.49	13.9	1672	3.42	0.67	20.86	0.06	0.00
Juice, 100%, 4 oz., Assorted	4 oz.	4	72	0	12	0.00	0.00	6.7	0	26.0	0.33	15.71	0.0	0.00
CHOICE OF MILK	each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Milk,1% Lactose Free	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	15.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00

\*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

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

May 1, 2012

KV Deli Wrap/Salad

Page 15

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories			923	67	3236	14.26	8.25	853.6	7695	74.07	43.02 18.6%	126.76 54.9%	28.22 27.5%	9.33 9.1%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			109%	67%	228%	178%	183%	213%	513%	386%	258%			
Shortfall				33										

*\*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*

*<sup>1</sup> - 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

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

May 1, 2012

## KV Deli Wrap/Salad

Page 16

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/18/2012														
KV Deli Wrap/Salad	Total	4												
CUSTOM WRAP	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CHOICE 1 PROTEIN	SRV	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson Patty Strips	2 Strips	1	99	21	207	0.67	0.72	10.0	84	0.0	6.85	4.85	5.84	1.17
USDA Roasted Deli Turkey	1.6 OZ	1	56	28	360	0.00	0.48	8.0	15	2.6	8.8	0.0	2.4	0.80
Ham, Sliced 25% added water	1.83 oz.	1	55	23	576	0.00	3.62	0.0	0	0.0	7.32	0.92	1.83	0.46
USDA Chse, American, sliced	0.5 oz	4	51	13	162	0.00	0.00	10.1	10	0.0	3.04	0.0	4.25	2.73
Cheese,Mozzarella Sliced	.5 OZ	4	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
2 Cheeses - vegetarian	2 oz.	1	187	42	509	0.00	0.07	227.5	192	0.0	13.43	1.09	14.18	8.55
CHOICE WRAP OR ROLL	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tortilla/Roll	4.2 oz.	4	296	0	616	3.59	2.84	360.3	0	0.0	6.93	54.23	7.46	0.00
CHOICE OF CONDIMENTS	SRV	4	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MAYONNAISE, LITE	1 TBSP	4	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
Mustard	1 TBSP	4	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	4	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	0.0	0.00
LETTUCE,COS OR ROMAINE,RAW	.125 CUP	4	1	0	1	0.07	0.06	2.1	285	0.51	0.06	0.11	0.01	0.00
SPINACH,RAW	.125 CUP	4	1	0	3	0.08	0.10	3.7	352	1.05	0.11	0.14	0.01	0.00
PICKLES,DILL, sliced	.125 CUP	4	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	4	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Olives, Sliced	.125 CUP	4	21	0	157	0.58	0.60	15.9	73	0.16	0.15	1.13	1.93	0.25
ONIONS,FRESH,RED	.25 OZ	4	3	0	0	0.13	0.02	1.4	0	0.45	0.08	0.61	0.01	0.00
Jalapeno Peppers	.125 CUP	4	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
PEPPERS,SWEET,RAW	.125 CUP	4	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
SELECT 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
LETTUCE, Shredded	1 cup	4	7	0	5	0.77	0.28	10.5	182	2.15	0.56	1.15	0.1	0.01
Carrots, Baby, 3 oz.	3 oz.	4	35	0	65	2.00	0.36	20.0	6000	6.0	1.0	8.0	0.0	0.00
ORANGE WEDGES	6 wedges	4	48	0	0	2.45	0.10	40.8	230	54.27	0.96	11.99	0.12	0.02
Juice, 100%, 4 oz., Assorted	4 oz.	4	72	0	12	0.00	0.00	6.7	0	26.0	0.33	15.71	0.0	0.00
CHOICE OF MILK	each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Milk,1% Lactose Free	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	15.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			902	64	2747	11.27	7.32	1073.5	8939	114.52	37.34	124.57	29.51	8.63
% of Calories											16.6%	55.2%	29.4%	8.6%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			107%	64%	193%	141%	163%	268%	596%	596%	224%			
Shortfall				36										

\*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

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

May 1, 2012

## KV Deli Wrap/Salad

Page 17

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/21/2012														
KV Deli Wrap/Salad	Total	4												
CUSTOM WRAP	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson Chix Wrap/Sandwich	Wrap/sand	1	455	42	976	5.34	3.87	285.0	168	0.0	21.2	56.69	17.49	2.34
CK FRZ Ham Sand/Roll	Sandwiches	1	288	32	1295	5.00	6.63	100.0	0	0.0	18.76	37.55	6.94	0.78
CK, FRZ Trky Sand/Roll	Sandwich	1	327	58	1247	5.00	2.76	116.0	30	5.2	26.6	36.33	9.3	1.76
USDA Chse, American, sliced	0.5 oz	3	51	13	162	0.00	0.00	10.1	10	0.0	3.04	0.0	4.25	2.73
Cheese,Mozzarella Sliced	.5 OZ	3	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
Deli, Veggie Wrap/San w/ Chse	Wrap/Sand	1	444	42	1067	4.00	2.55	628.7	467	0.0	21.57	48.34	19.51	8.67
CHOICE OF CONDIMENTS	SRV	4	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Mustard	1 TBSP	4	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	4	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	0.0	0.00
MAYONNAISE, LITE	1 TBSP	4	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
SPINACH,RAW	.125 CUP	4	1	0	3	0.08	0.10	3.7	352	1.05	0.11	0.14	0.01	0.00
LETTUCE, Shredded	.25 CUP	4	2	0	1	0.19	0.07	2.6	45	0.54	0.14	0.29	0.03	0.00
PICKLES,DILL, sliced	.125 CUP	4	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	.25 Cup	4	8	0	2	0.54	0.12	4.5	375	6.16	0.4	1.75	0.09	0.01
Olives, Sliced	.125 CUP	4	21	0	157	0.58	0.60	15.9	73	0.16	0.15	1.13	1.93	0.25
ONIONS,FRESH,RED	.25 OZ	4	3	0	0	0.13	0.02	1.4	0	0.45	0.08	0.61	0.01	0.00
Jalapeno Peppers	.125 CUP	4	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
PEPPERS,SWEET,RAW	.125 CUP	4	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
SELECT 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
LETTUCE,COS OR ROMAINE,RAW	1 cup	4	5	0	11	0.54	0.46	16.6	2279	4.04	0.52	0.87	0.09	0.01
Carrots, Baby, 3 oz.	3 oz.	4	35	0	65	2.00	0.36	20.0	6000	6.0	1.0	8.0	0.0	0.00
PEACHES,CANNED,LIGHT SYRUP	.50 CUP	4	68	0	6	1.63	0.45	3.8	444	3.01	0.56	18.26	0.04	0.00
Juice, 100%, 4 oz., Assorted	4 oz.	4	72	0	12	0.00	0.00	6.7	0	26.0	0.33	15.71	0.0	0.00
CHOICE OF MILK	each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Milk,1% Lactose Free	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	15.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			885	74	2813	11.70	7.81	877.7	11269	68.93	41.50	120.28	27.48	8.19
% of Calories											18.8%	54.4%	28.0%	8.3%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			105%	74%	198%	146%	174%	219%	751%	359%	248%			
Shortfall				26										

\*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

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

May 1, 2012

## KV Deli Wrap/Salad

Page 18

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/22/2012														
KV Deli Wrap/Salad	Total	4												
CUSTOM SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CHOICE 1 PROTEIN	SRV	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson Patty Strips	2 Strips	1	99	21	207	0.67	0.72	10.0	84	0.0	6.85	4.85	5.84	1.17
USDA Roasted Deli Turkey	1.6 OZ	1	56	28	360	0.00	0.48	8.0	15	2.6	8.8	0.0	2.4	0.80
Ham, Sliced 25% added water	1.83 oz.	1	55	23	576	0.00	3.62	0.0	0	0.0	7.32	0.92	1.83	0.46
USDA Chse, American, sliced	0.5 oz	4	51	13	162	0.00	0.00	10.1	10	0.0	3.04	0.0	4.25	2.73
Cheese,Mozzarella Sliced	.5 OZ	4	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
2 Cheeses - vegetarian	2 oz.	1	187	42	509	0.00	0.07	227.5	192	0.0	13.43	1.09	14.18	8.55
Roll/Bread - Deli Bar	1 Each	4	187	0	453	5.00	1.80	106.7	0	0.0	8.33	34.33	2.83	0.00
CHOICE OF CONDIMENTS	SRV	4	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MAYONNAISE, LITE	1 TBSP	4	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
Mustard	1 TBSP	4	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	4	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	0.0	0.00
LETTUCE, Shredded	.25 CUP	4	2	0	1	0.19	0.07	2.6	45	0.54	0.14	0.29	0.03	0.00
SPINACH,RAW	.125 CUP	4	1	0	3	0.08	0.10	3.7	352	1.05	0.11	0.14	0.01	0.00
PICKLES,DILL, sliced	.125 CUP	4	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	4	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Olives, Sliced	.125 CUP	4	21	0	157	0.58	0.60	15.9	73	0.16	0.15	1.13	1.93	0.25
ONIONS,FRESH,RED	.25 OZ	4	3	0	0	0.13	0.02	1.4	0	0.45	0.08	0.61	0.01	0.00
Jalapeno Peppers	.125 CUP	4	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
PEPPERS,SWEET,RAW	.125 CUP	4	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
SELECT 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad & Veggies	1 Cup	4	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
SALAD DRESSING, Students	1 EA	4	27	0	405	0.00	0.18	5.0	0	0.0	0.5	4.87	0.88	0.00
LETTUCE,COS OR ROMAINE,RAW	1 CUP	4	5	0	11	0.54	0.46	16.6	2279	4.04	0.52	0.87	0.09	0.01
Dried Fruit, Apricot Blend	1 oz.	4	80	0	5	2.00	0.54	10.0	200	0.6	0.0	19.0	0.0	0.00
Juice, 100%, 4 oz., Assorted	4 oz.	4	72	0	12	0.00	0.00	6.7	0	26.0	0.33	15.71	0.0	0.00
CHOICE OF MILK	each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Milk,1% Lactose Free	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	15.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			830	64	2941	11.44	7.35	802.5	8596	65.80	38.26	111.07	25.84	8.63
% of Calories											18.4%	53.5%	28.0%	9.4%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			98%	64%	207%	143%	163%	201%	573%	343%	229%			
Shortfall			16	36										

\*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

<sup>1</sup> - 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

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

May 1, 2012

Page 19

## KV Deli Wrap/Salad

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/23/2012														
KV Deli Wrap/Salad	Total	4												
CUSTOM WRAP	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CHOICE 1 PROTEIN	SRV	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson Patty Strips	2 Strips	1	99	21	207	0.67	0.72	10.0	84	0.0	6.85	4.85	5.84	1.17
USDA Roasted Deli Turkey	1.6 OZ	1	56	28	360	0.00	0.48	8.0	15	2.6	8.8	0.0	2.4	0.80
Ham, Sliced 25% added water	1.83 oz.	1	55	23	576	0.00	3.62	0.0	0	0.0	7.32	0.92	1.83	0.46
USDA Chse, American, sliced	0.5 oz	4	51	13	162	0.00	0.00	10.1	10	0.0	3.04	0.0	4.25	2.73
Cheese,Mozzarella Sliced	.5 OZ	4	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
2 Cheeses - vegetarian	2 oz.	1	187	42	509	0.00	0.07	227.5	192	0.0	13.43	1.09	14.18	8.55
CHOICE WRAP OR ROLL	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tortilla/Roll	4.2 oz.	4	296	0	616	3.59	2.84	360.3	0	0.0	6.93	54.23	7.46	0.00
CHOICE OF CONDIMENTS	SRV	4	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MAYONNAISE, LITE	1 TBSP	4	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
Mustard	1 TBSP	4	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	4	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	0.0	0.00
LETTUCE,COS OR ROMAINE,RAW	.125 CUP	4	1	0	1	0.07	0.06	2.1	285	0.51	0.06	0.11	0.01	0.00
SPINACH,RAW	.125 CUP	4	1	0	3	0.08	0.10	3.7	352	1.05	0.11	0.14	0.01	0.00
PICKLES,DILL, sliced	.125 CUP	4	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	4	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Olives, Sliced	.125 CUP	4	21	0	157	0.58	0.60	15.9	73	0.16	0.15	1.13	1.93	0.25
ONIONS,FRESH,RED	.125 OZ	4	1	0	0	0.06	0.01	0.7	0	0.23	0.04	0.31	0.01	0.00
Jalapeno Peppers	.125 CUP	4	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
PEPPERS,SWEET,RAW	.125 CUP	4	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
SELECT 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
LETTUCE, Shredded	1 CUP	4	7	0	5	0.77	0.28	10.5	182	2.15	0.56	1.15	0.1	0.01
Carrots, Baby, 3 oz.	3 oz.	4	35	0	65	2.00	0.36	20.0	6000	6.0	1.0	8.0	0.0	0.00
FRUIT COCKTAIL:canned,lt syrup	.50 Cup	4	73	0	8	1.29	0.37	7.7	264	2.45	0.52	19.23	0.09	0.01
Juice, 100%, 4 oz., Assorted	4 oz.	4	72	0	12	0.00	0.00	6.7	0	26.0	0.33	15.71	0.0	0.00
CHOICE OF MILK	each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Milk,1% Lactose Free	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	15.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			926	64	2754	10.05	7.58	1039.7	8973	62.47	36.85	131.51	29.47	8.62
% of Calories											15.9%	56.8%	28.6%	8.4%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			109%	64%	194%	126%	168%	260%	598%	325%	221%			
Shortfall				36										

\*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

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

May 1, 2012

## KV Deli Wrap/Salad

Page 20

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/24/2012														
KV Deli Wrap/Salad	Total	4												
CUSTOM SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CHOICE 1 PROTEIN	SRV	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson Patty Strips	2 Strips	1	99	21	207	0.67	0.72	10.0	84	0.0	6.85	4.85	5.84	1.17
USDA Roasted Deli Turkey	1.6 OZ	1	56	28	360	0.00	0.48	8.0	15	2.6	8.8	0.0	2.4	0.80
Ham, Sliced 25% added water	1.83 oz.	1	55	23	576	0.00	3.62	0.0	0	0.0	7.32	0.92	1.83	0.46
USDA Chse, American, sliced	0.5 oz	4	51	13	162	0.00	0.00	10.1	10	0.0	3.04	0.0	4.25	2.73
Cheese,Mozzarella Sliced	.5 OZ	4	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
2 Cheeses - vegetarian	2 oz.	1	187	42	509	0.00	0.07	227.5	192	0.0	13.43	1.09	14.18	8.55
Roll/Bread - Deli Bar	1 Each	4	187	0	453	5.00	1.80	106.7	0	0.0	8.33	34.33	2.83	0.00
CHOICE OF CONDIMENTS	SRV	4	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MAYONNAISE, LITE	1 TBSP	4	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
Mustard	1 TBSP	4	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	4	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	0.0	0.00
LETTUCE,COS OR ROMAINE,RAW	.125 CUP	4	1	0	1	0.07	0.06	2.1	285	0.51	0.06	0.11	0.01	0.00
LETTUCE, Shredded	.25 cup	4	2	0	1	0.19	0.07	2.6	45	0.54	0.14	0.29	0.03	0.00
SPINACH,RAW	.125 CUP	4	1	0	3	0.08	0.10	3.7	352	1.05	0.11	0.14	0.01	0.00
PICKLES,DILL, sliced	.125 CUP	4	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	4	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Olives, Sliced	.125 CUP	4	21	0	157	0.58	0.60	15.9	73	0.16	0.15	1.13	1.93	0.25
ONIONS,FRESH,RED	.25 OZ	4	3	0	0	0.13	0.02	1.4	0	0.45	0.08	0.61	0.01	0.00
Jalapeno Peppers	.125 CUP	4	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
PEPPERS,SWEET,RAW	.125 CUP	4	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
SELECT 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Romaine Lettuce Salad #2	1.75 Cup	4	107	3	307	4.00	1.76	75.7	3313	16.41	5.06	16.33	2.52	0.71
SALAD DRESSING, Students	1 EA	4	27	0	405	0.00	0.18	5.0	0	0.0	0.5	4.87	0.88	0.00
CELERY STICKS	.50 Cup	4	4	0	19	0.38	0.05	9.6	108	0.74	0.17	0.71	0.04	0.01
APRICOTS: canned,light syrup	.50 CUP	4	80	0	5	2.02	0.49	13.9	1672	3.42	0.67	20.86	0.06	0.00
Juice, 100%, 4 oz., Assorted	4 oz.	4	72	0	12	0.00	0.00	6.7	0	26.0	0.33	15.71	0.0	0.00
CHOICE OF MILK	each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Milk,1% Lactose Free	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	15.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00

\*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

<sup>1</sup> - 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

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

May 1, 2012

KV Deli Wrap/Salad

Page 21

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories			922	67	3251	14.07	8.09	855.4	7666	73.21	42.77 18.5%	126.61 54.9%	28.19 27.5%	9.33 9.1%
Nutrient Guideline % of Guideline Satisfied			846 109%	100 67%	1420 229%	8.00 176%	4.50 180%	400.00 214%	1500 511%	19.20 381%	16.70 256%		<=30.0	<10.00
Shortfall				33										

*\*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*

*<sup>1</sup> - 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

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

May 1, 2012

## KV Deli Wrap/Salad

Page 22

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/25/2012														
KV Deli Wrap/Salad	Total	4												
CUSTOM WRAP	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CHOICE 1 PROTEIN	SRV	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson Patty Strips	2 Strips	1	99	21	207	0.67	0.72	10.0	84	0.0	6.85	4.85	5.84	1.17
USDA Roasted Deli Turkey	1.6 OZ	1	56	28	360	0.00	0.48	8.0	15	2.6	8.8	0.0	2.4	0.80
Ham, Sliced 25% added water	1.83 oz.	1	55	23	576	0.00	3.62	0.0	0	0.0	7.32	0.92	1.83	0.46
USDA Chse, American, sliced	0.5 oz	4	51	13	162	0.00	0.00	10.1	10	0.0	3.04	0.0	4.25	2.73
Cheese,Mozzarella Sliced	.5 OZ	4	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
2 Cheeses - vegetarian	2 oz.	1	187	42	509	0.00	0.07	227.5	192	0.0	13.43	1.09	14.18	8.55
CHOICE WRAP OR ROLL	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tortilla/Roll	4.2 oz.	4	296	0	616	3.59	2.84	360.3	0	0.0	6.93	54.23	7.46	0.00
CHOICE OF CONDIMENTS	SRV	4	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MAYONNAISE, LITE	1 TBSP	4	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
Mustard	1 TBSP	4	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	4	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	0.0	0.00
LETTUCE,COS OR ROMAINE,RAW	.125 CUP	4	1	0	1	0.07	0.06	2.1	285	0.51	0.06	0.11	0.01	0.00
SPINACH,RAW	.125 CUP	4	1	0	3	0.08	0.10	3.7	352	1.05	0.11	0.14	0.01	0.00
PICKLES,DILL, sliced	.125 CUP	4	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
TOMATOES,FRESH,RED RIPE	1/8 Cup	4	4	0	1	0.27	0.06	2.2	187	3.08	0.2	0.88	0.04	0.01
Olives, Sliced	.125 CUP	4	21	0	157	0.58	0.60	15.9	73	0.16	0.15	1.13	1.93	0.25
ONIONS,FRESH,RED	.25 OZ	4	3	0	0	0.13	0.02	1.4	0	0.45	0.08	0.61	0.01	0.00
Jalapeno Peppers	.125 CUP	4	8	0	307	0.61	0.67	7.3	571	2.51	0.22	1.55	0.2	0.02
PEPPERS,SWEET,RAW	.125 CUP	4	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
SELECT 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
LETTUCE, Shredded	1 cup	4	7	0	5	0.77	0.28	10.5	182	2.15	0.56	1.15	0.1	0.01
Cowboy Caviar	.50 CUP	4	38	0	117	1.65	0.57	18.1	245	3.89	1.53	6.65	0.83	0.08
STRAWBERRIES, FROZEN, THAWE	.50 CUP	4	39	0	2	2.30	0.83	18.0	50	45.5	0.48	10.09	0.12	0.01
Juice, 100%, 4 oz., Assorted	4 oz.	4	72	0	12	0.00	0.00	6.7	0	26.0	0.33	15.71	0.0	0.00
CHOICE OF MILK	each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk,1% Lowfat	HALF PINT	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Milk,1% Lactose Free	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	15.0	2.5	1.50
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Weighted Daily Average			896	64	2801	10.77	8.25	1048.7	3004	103.64	37.39	121.32	30.34	8.70
% of Calories											16.7%	54.2%	30.5%	8.7%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			106%	64%	197%	135%	183%	262%	200%	540%	224%			
Shortfall				36									OVER	

\*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

<sup>1</sup> - 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

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

**May 1, 2012**

**Page 23**

## KV Deli Wrap/Salad

	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)
<b>Mon - 05/28/2012</b>														
KV Deli Wrap/Salad	Total	1												
Holiday, Memorial Day - May	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		OVER	OVER

<b>Tue - 05/29/2012</b>														
KV Deli Wrap/Salad	Total	3												
CHOICE OF ENTREE:	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Smuckers 2.8 oz. PBJ Sandwich	1 Each	1	332	0	331	2.80	1.51	24.2	0	0.01	9.57	32.94	16.14	3.30
CK Ham&Chse, Hinged Roll	Sandwich	1	361	51	1444	5.00	5.76	120.2	20	0.0	23.08	37.0	13.5	5.97
CK, Smoked Trky/Chse, Fr.Roll	1 SANDWIC	1	351	61	1084	2.00	2.40	70.3	39	3.25	22.07	35.0	14.5	6.47
SELECT 4 SIDES:	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Lettuce, Tomato, Pickle Cup	1/2 Cup	3	10	0	257	0.83	0.24	17.3	333	4.66	0.55	2.12	0.12	0.02
CELERY STICKS	.50 Cup	3	4	0	19	0.38	0.05	9.6	108	0.74	0.17	0.71	0.04	0.01
Peanut Butter PC	1 Each	3	195	0	147	1.77	0.67	16.8	0	0.0	6.78	7.42	15.33	2.95
BANANAS	1 EACH	3	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
Juice, Orange 4 FL OZ	4 FL OZ	3	50	0	15	0.00	0.00	20.0	0	78.0	1.0	12.0	0.0	0.00
CHOICE OF MILK	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk, 1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Condi, Ket, Mstrd, Mayo, Taco	Serv	3	55	0	434	0.06	0.65	34.6	150	4.95	0.26	8.14	1.58	0.18
Weighted Daily Average			872	46	1984	8.94	5.10	541.6	1175	99.83	37.76	106.78	32.95	9.01
% of Calories											17.3%	49.0%	34.0%	9.3%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			103%	46%	140%	112%	113%	135%	78%	520%	226%			
Shortfall				54					325				OVER	

\*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

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

May 1, 2012

Page 24

## KV Deli Wrap/Salad

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/30/2012														
KV Deli Wrap/Salad	Total	3												
CHOICE OF ENTREE:	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Smuckers 2.8 oz. PBJ Sandwich	1 Each	1	332	0	331	2.80	1.51	24.2	0	0.01	9.57	32.94	16.14	3.30
CK Ham&Chse, Hinged Roll	Sandwich	1	361	51	1444	5.00	5.76	120.2	20	0.0	23.08	37.0	13.5	5.97
CK, Smoked Trky/Chse, Fr.Roll	1 SANDWIC	1	351	61	1084	2.00	2.40	70.3	39	3.25	22.07	35.0	14.5	6.47
SELECT 4 SIDES:	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Lettuce,Tomato,Pickle Cup	1/2 Cup	3	10	0	257	0.83	0.24	17.3	333	4.66	0.55	2.12	0.12	0.02
Carrots, Baby, 3 oz.	3 oz.	3	35	0	65	2.00	0.36	20.0	6000	6.0	1.0	8.0	0.0	0.00
Juice, 100%, 4 oz., Assorted	4 oz.	3	72	0	12	0.00	0.00	6.7	0	26.0	0.33	15.71	0.0	0.00
Buena Vista 81110 RF Brownie	2.2 oz. Bar	3	193	1	227	1.15	1.00	10.0	0	0.0	3.06	39.55	2.77	1.16
CHOICE OF MILK	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Condi, Ket, Mstrd, Mayo, Taco	Serv	3	55	0	434	0.06	0.65	34.6	150	4.95	0.26	8.14	1.58	0.18
Weighted Daily Average			833	47	2106	7.30	5.48	526.8	7003	44.30	33.11	126.84	20.02	7.10
% of Calories											15.9%	60.9%	21.6%	7.7%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			98%	47%	148%	91%	122%	132%	467%	231%	198%			
Shortfall			13	53		0.70								

Thu - 05/31/2012														
KV Deli Wrap/Salad	Total	3												
CHOICE OF ENTREE:	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Pierre 921 PBJ Graham Bar	2 oz	1	332	0	354	2.12	0.77	16.1	0	0.19	12.66	24.14	21.58	0.00
CK Ham&Chse, Hinged Roll	Sandwich	1	361	51	1444	5.00	5.76	120.2	20	0.0	23.08	37.0	13.5	5.97
CK, Smoked Trky/Chse, Fr.Roll	1 SANDWIC	1	351	61	1084	2.00	2.40	70.3	39	3.25	22.07	35.0	14.5	6.47
SELECT 4 SIDES:	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Lettuce,Tomato,Pickle Cup	1/2 Cup	3	10	0	257	0.83	0.24	17.3	333	4.66	0.55	2.12	0.12	0.02
Carrots, Baby, 3 oz.	3 oz.	3	35	0	65	2.00	0.36	20.0	6000	6.0	1.0	8.0	0.0	0.00
Dried Fruit, Apricot Blend	1 oz.	3	80	0	5	2.00	0.54	10.0	200	0.6	0.0	19.0	0.0	0.00
Trail Mix - Fruit & Nuts USDA	.25 Cup	3	178	0	0	3.96	0.92	51.4	0	0.0	3.03	30.33	5.01	2.64
CHOICE OF MILK	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MILK SKIM	1/2 pint	1	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Milk,1% Lowfat	Half-Pint	1	130	15	160	0.00	0.00	400.0	500	2.4	11.0	16.0	2.5	1.50
Milk, NFChocolate	HALF PINT	1	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Condi, Ket, Mstrd, Mayo, Taco	Serv	3	55	0	434	0.06	0.65	34.6	150	4.95	0.26	8.14	1.58	0.18

\*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

<sup>1</sup> - 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

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

May 1, 2012

KV Deli Wrap/Salad

Page 25

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories			826	46	1880	11.88	5.70	568.9	7203	18.96	33.77 16.4%	117.97 57.1%	24.07 26.2%	7.48 8.2%
Nutrient Guideline % of Guideline Satisfied			846 98%	100 46%	1420 132%	8.00 149%	4.50 127%	400.00 142%	1500 480%	19.20 99%	16.70 202%		<=30.0	<10.00
Shortfall			20	54						0.24				

Weighted Average			879	63	2741	11.51	7.52	871.8	7531	72.85	38.53 17.5%	119.91 54.6%	28.11 28.8%	8.69 8.9%
------------------	--	--	-----	----	------	-------	------	-------	------	-------	----------------	-----------------	----------------	--------------

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	879		846	104%			Correction Required - Sodium too High
Cholesterol (mg)	63		100	63%			
Sodium (mg)	2741		1420	193%			
Fiber (g)	11.51		8.00	144%			
Iron (mg)	7.52		4.50	167%			
Calcium (mg)	871.8		400.00	218%			
Vitamin A (IU)	7531		1500	502%			
Vitamin C (mg)	72.85		19.20	379%			
Protein (g)	38.53	17.54%	16.70	231%			
Carbohydrate (g)	119.91	54.58%					
Total Fat (g)	28.11	28.79%	<=30.00%				
Saturated Fat (g)	8.69	8.90%	<10.00%				

\*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

<sup>1</sup> - 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.