

Kern High School District

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

Apr 24, 2012

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Custom Wrap/Sandwich

	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														
Custom Wrap/Sandwich	Total	3												
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
USDA Roasted Deli Turkey	1.8 OZ	1	63	32	405	0.00	0.54	9.0	17	2.92	9.9	0.0	2.7	0.90
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	2	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	2	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
Roll/Bread - Deli Bar	1 Each	3	187	0	453	5.00	1.80	106.7	0	0.0	8.33	34.33	2.83	0.00
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
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	3	7	0	5	0.77	0.28	10.5	182	2.15	0.56	1.15	0.1	0.01
Romaine Lettuce Salad #2	1 Cup	3	61	1	175	2.29	1.01	43.3	1893	9.38	2.89	9.33	1.44	0.41
SALAD DRESSING, Students	1 EA	3	27	0	405	0.00	0.18	5.0	0	0.0	0.5	4.87	0.88	0.00
PEARS,CND,LT SYRUP PK,SOL&LIQ	.50 CUP	3	72	0	6	2.02	0.35	6.3	0	0.88	0.24	19.11	0.04	0.00
APPLES, SLICED, IW 2 oz.	2 oz. Bag	3	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
CHOICE SANDWICH TOPPINGS	EACH TYP	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
PICKLES,DILL, sliced	.125 CUP	3	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
Olives, Sliced	.125 CUP	3	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	3	3	0	0	0.13	0.02	1.4	0	0.45	0.08	0.61	0.01	0.00
Jalapeno Peppers	.125 CUP	3	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	3	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
CHOICE OF CONDIMENTS	SRV	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MAYONNAISE, LITE	1 TBSP	3	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
Mustard	1 TBSP	3	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	3	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	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	0	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			795	61	3086	13.48	7.41	774.0	3774	37.22	38.37	109.44	24.64	7.92
% of Calories											19.3%	55.1%	27.9%	9.0%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			94%	61%	217%	169%	165%	194%	252%	194%	230%			
Shortfall			51	39										

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

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

¹ - denotes optional nutrient values

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Kern High School District

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

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Custom Wrap/Sandwich

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/02/2012														
Custom Wrap/Sandwich	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	1.8 OZ	1	63	32	405	0.00	0.54	9.0	17	2.92	9.9	0.0	2.7	0.90
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	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
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
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
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
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, Orange 4 FL OZ	4 FL OZ	4	50	0	15	0.00	0.00	20.0	0	78.0	1.0	12.0	0.0	0.00
CHOICE SANDWICH TOPPINGS	EACH TYP	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	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
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
CHOICE OF CONDIMENTS	SRV	0	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
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			888	60	2749	10.08	7.70	1021.7	3779	109.00	36.47	127.13	28.51	7.64
% of Calories											16.4%	57.3%	28.9%	7.7%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			105%	60%	194%	126%	171%	255%	252%	568%	218%			
Shortfall				40										

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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Custom Wrap/Sandwich

	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														
Custom Wrap/Sandwich	Total	3												
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
USDA Roasted Deli Turkey	1.8 OZ	1	63	32	405	0.00	0.54	9.0	17	2.92	9.9	0.0	2.7	0.90
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	2	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	2	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
Roll/Bread - Deli Bar	1 Each	3	187	0	453	5.00	1.80	106.7	0	0.0	8.33	34.33	2.83	0.00
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
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	3	7	0	5	0.77	0.28	10.5	182	2.15	0.56	1.15	0.1	0.01
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
SALAD DRESSING, Students	1 EA	3	27	0	405	0.00	0.18	5.0	0	0.0	0.5	4.87	0.88	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
ORANGE WEDGES	6 wedges	3	48	0	0	2.45	0.10	40.8	230	54.27	0.96	11.99	0.12	0.02
CHOICE SANDWICH TOPPINGS	EACH TYP	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
PICKLES,DILL, sliced	.125 CUP	3	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
Olives, Sliced	.125 CUP	3	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	3	3	0	0	0.13	0.02	1.4	0	0.45	0.08	0.61	0.01	0.00
Jalapeno Peppers	.125 CUP	3	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	3	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
CHOICE OF CONDIMENTS	SRV	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MAYONNAISE, LITE	1 TBSP	3	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
Mustard	1 TBSP	3	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	3	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	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	0	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			760	59	2929	12.48	6.64	780.9	2388	79.35	36.25	104.05	23.13	7.51
% of Calories											19.1%	54.7%	27.4%	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			90%	59%	206%	156%	148%	195%	159%	413%	217%			
Shortfall			86	41										

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

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Apr 24, 2012

Page 4

Custom Wrap/Sandwich

	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														
Custom Wrap/Sandwich	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 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	1.8 OZ	1	63	32	405	0.00	0.54	9.0	17	2.92	9.9	0.0	2.7	0.90
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	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
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
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
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
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
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
Juice, Orange 4 FL OZ	4 FL OZ	4	50	0	15	0.00	0.00	20.0	0	78.0	1.0	12.0	0.0	0.00
CHOICE SANDWICH TOPPINGS	EACH TYP	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	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
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
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
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			951	62	3341	12.68	8.81	1096.3	5241	188.55	40.70	131.97	31.41	8.29
% of Calories											17.1%	55.5%	29.7%	7.8%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			112%	62%	235%	159%	196%	274%	349%	982%	244%			
Shortfall				38										

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1 - denotes optional nutrient values

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Kern High School District

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

Apr 24, 2012

Page 5

Custom Wrap/Sandwich

	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														
Custom Wrap/Sandwich	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	1.8 OZ	1	63	32	405	0.00	0.54	9.0	17	2.92	9.9	0.0	2.7	0.90
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	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
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
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
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
CHERRIES,SWT,FRZ,unSWTND	.50 CUP	4	36	0	1	1.24	0.41	10.1	674	1.32	0.71	8.54	0.34	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
CHOICE SANDWICH TOPPINGS	EACH TYP	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	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
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
CHOICE OF CONDIMENTS	SRV	0	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
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			824	60	2677	11.18	7.51	1003.8	8566	34.24	35.09	112.81	28.16	7.66
% of Calories											17.0%	54.7%	30.7%	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			97%	60%	189%	140%	167%	251%	571%	178%	210%			
Shortfall			22	40									OVER	

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¹ - denotes optional nutrient values

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Kern High School District

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

Apr 24, 2012

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Custom Wrap/Sandwich

	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														
Custom Wrap/Sandwich	Total	3												
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
USDA Roasted Deli Turkey	1.8 OZ	1	63	32	405	0.00	0.54	9.0	17	2.92	9.9	0.0	2.7	0.90
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	2	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	2	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
Roll/Bread - Deli Bar	1 Each	3	187	0	453	5.00	1.80	106.7	0	0.0	8.33	34.33	2.83	0.00
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
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	3	7	0	5	0.77	0.28	10.5	182	2.15	0.56	1.15	0.1	0.01
Salad & Veggies	1 Cup	3	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	3	27	0	405	0.00	0.18	5.0	0	0.0	0.5	4.87	0.88	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
ORANGE WEDGES	6 wedges	3	48	0	0	2.45	0.10	40.8	230	54.27	0.96	11.99	0.12	0.02
CHOICE SANDWICH TOPPINGS	EACH TYP	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
PICKLES,DILL, sliced	.125 CUP	3	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
Olives, Sliced	.125 CUP	3	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	3	3	0	0	0.13	0.02	1.4	0	0.45	0.08	0.61	0.01	0.00
Jalapeno Peppers	.125 CUP	3	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	3	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
CHOICE OF CONDIMENTS	SRV	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MAYONNAISE, LITE	1 TBSP	3	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
Mustard	1 TBSP	3	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	3	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	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	0	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			869	59	2911	15.36	7.59	834.5	5909	87.02	40.06	117.27	28.29	10.16
% of Calories											18.5%	54.0%	29.3%	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			103%	59%	205%	192%	169%	209%	394%	453%	240%			
Shortfall				41										OVER

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Kern High School District

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

Apr 24, 2012

Page 7

Custom Wrap/Sandwich

	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														
Custom Wrap/Sandwich	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	1.8 OZ	1	63	32	405	0.00	0.54	9.0	17	2.92	9.9	0.0	2.7	0.90
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	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
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
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
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
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
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
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, Orange 4 FL OZ	4 FL OZ	4	50	0	15	0.00	0.00	20.0	0	78.0	1.0	12.0	0.0	0.00
CHOICE SANDWICH TOPPINGS	EACH TYP	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	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
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
CHOICE OF CONDIMENTS	SRV	0	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
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			841	60	3039	8.69	7.11	1008.6	2145	121.68	35.57	114.99	28.81	7.60
% of Calories											16.9%	54.7%	30.8%	8.1%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			99%	60%	214%	109%	158%	252%	143%	634%	213%			
Shortfall			5	40									OVER	

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Kern High School District

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

Apr 24, 2012

Page 8

Custom Wrap/Sandwich

	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														
Custom Wrap/Sandwich	Total	3												
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
USDA Roasted Deli Turkey	1.8 OZ	1	63	32	405	0.00	0.54	9.0	17	2.92	9.9	0.0	2.7	0.90
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	2	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	2	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
Roll/Bread - Deli Bar	1 Each	3	187	0	453	5.00	1.80	106.7	0	0.0	8.33	34.33	2.83	0.00
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
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	3	7	0	5	0.77	0.28	10.5	182	2.15	0.56	1.15	0.1	0.01
Romaine Lettuce Salad #2	1.75 Cup	3	114	3	309	4.45	1.86	79.4	3623	21.51	5.39	17.78	2.59	0.73
SALAD DRESSING, Students	1 EA	3	27	0	405	0.00	0.18	5.0	0	0.0	0.5	4.87	0.88	0.00
STRAWBERRIES, FROZEN, THAWE	.50 CUP	3	39	0	2	2.30	0.83	18.0	50	45.5	0.48	10.09	0.12	0.01
Kiwi, Fresh, halves, 36ct.	2 Halves	3	46	0	2	2.28	0.24	25.8	66	70.45	0.87	11.14	0.4	0.02
CHOICE SANDWICH TOPPINGS	EACH TYP	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
PICKLES,DILL, sliced	.125 CUP	3	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
Olives, Sliced	.125 CUP	3	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	3	3	0	0	0.13	0.02	1.4	0	0.45	0.08	0.61	0.01	0.00
Jalapeno Peppers	.125 CUP	3	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	3	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
CHOICE OF CONDIMENTS	SRV	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MAYONNAISE, LITE	1 TBSP	3	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
Mustard	1 TBSP	3	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	3	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	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	0	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			828	62	3218	16.67	8.87	843.8	5590	161.19	41.87	111.36	26.07	8.24
% of Calories											20.2%	53.8%	28.4%	9.0%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			98%	62%	227%	208%	197%	211%	373%	840%	251%			
Shortfall			18	38										

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

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

¹ - denotes optional nutrient values

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Kern High School District

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

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Custom Wrap/Sandwich

	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														
Custom Wrap/Sandwich	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 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	1.8 OZ	1	63	32	405	0.00	0.54	9.0	17	2.92	9.9	0.0	2.7	0.90
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	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
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
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
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
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
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
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
CHOICE SANDWICH TOPPINGS	EACH TYP	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	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
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
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
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			880	60	3031	12.01	8.02	1028.6	5757	104.04	35.82	125.36	29.12	7.60
% of Calories											16.3%	57.0%	29.8%	7.8%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			104%	60%	213%	150%	178%	257%	384%	542%	214%			
Shortfall				40										

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1 - denotes optional nutrient values

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Kern High School District

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

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Custom Wrap/Sandwich

	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														
Custom Wrap/Sandwich	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	1.8 OZ	1	63	32	405	0.00	0.54	9.0	17	2.92	9.9	0.0	2.7	0.90
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	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
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
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
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 & Carrot Sticks	.50 CUP	4	15	0	20	1.09	0.17	12.8	8427	3.14	0.39	3.37	0.08	0.01
CHERRIES,SWT,FRZ,unSWTND	.50 CUP	4	36	0	1	1.24	0.41	10.1	674	1.32	0.71	8.54	0.34	0.08
Juice, Orange 4 FL OZ	4 FL OZ	4	50	0	15	0.00	0.00	20.0	0	78.0	1.0	12.0	0.0	0.00
CHOICE SANDWICH TOPPINGS	EACH TYP	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	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
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
CHOICE OF CONDIMENTS	SRV	0	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
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			821	60	2647	8.73	7.22	1012.7	10963	106.15	35.37	111.54	28.04	7.64
% of Calories											17.2%	54.4%	30.7%	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			97%	60%	186%	109%	161%	253%	731%	553%	212%			
Shortfall			25	40									OVER	

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Kern High School District

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

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Custom Wrap/Sandwich

	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														
Custom Wrap/Sandwich	Total	3												
CUSTOM SANDWICH	1 Each	1	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
USDA Roasted Deli Turkey	1.8 OZ	1	63	32	405	0.00	0.54	9.0	17	2.92	9.9	0.0	2.7	0.90
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	2	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	2	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
Roll/Bread - Deli Bar	1 Each	3	187	0	453	5.00	1.80	106.7	0	0.0	8.33	34.33	2.83	0.00
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
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	3	7	0	5	0.77	0.28	10.5	182	2.15	0.56	1.15	0.1	0.01
Romaine Lettuce Salad #2	1.75 Cup	3	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	3	27	0	405	0.00	0.18	5.0	0	0.0	0.5	4.87	0.88	0.00
Kiwi, Fresh, halves, 36ct.	2 Halves	3	46	0	2	2.28	0.24	25.8	66	70.45	0.87	11.14	0.4	0.02
Juice, 100%, 4 oz., Assorted	4 oz.	3	72	0	12	0.00	0.00	6.7	0	26.0	0.33	15.71	0.0	0.00
CHOICE SANDWICH TOPPINGS	EACH TYP	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
PICKLES,DILL, sliced	.125 CUP	3	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
Olives, Sliced	.125 CUP	3	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	3	3	0	0	0.13	0.02	1.4	0	0.45	0.08	0.61	0.01	0.00
Jalapeno Peppers	.125 CUP	3	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	3	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
CHOICE OF CONDIMENTS	SRV	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MAYONNAISE, LITE	1 TBSP	3	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
Mustard	1 TBSP	3	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	3	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	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	0	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			853	62	3226	13.93	7.95	828.7	5229	136.59	41.39	115.53	25.88	8.22
% of Calories											19.4%	54.1%	27.3%	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			101%	62%	227%	174%	177%	207%	349%	711%	248%			
Shortfall				38										

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Kern High School District

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

Apr 24, 2012

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Custom Wrap/Sandwich

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/16/2012														
Custom Wrap/Sandwich	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	1.8 OZ	1	63	32	405	0.00	0.54	9.0	17	2.92	9.9	0.0	2.7	0.90
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	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
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
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
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
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, Orange 4 FL OZ	4 FL OZ	4	50	0	15	0.00	0.00	20.0	0	78.0	1.0	12.0	0.0	0.00
CHOICE SANDWICH TOPPINGS	EACH TYP	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	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
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
CHOICE OF CONDIMENTS	SRV	0	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
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			888	60	2749	10.08	7.70	1021.7	3779	109.00	36.47	127.13	28.51	7.64
% of Calories											16.4%	57.3%	28.9%	7.7%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			105%	60%	194%	126%	171%	255%	252%	568%	218%			
Shortfall				40										

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

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

1 - denotes optional nutrient values

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Kern High School District

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

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Custom Wrap/Sandwich

	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														
Custom Wrap/Sandwich	Total	3												
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
USDA Roasted Deli Turkey	1.8 OZ	1	63	32	405	0.00	0.54	9.0	17	2.92	9.9	0.0	2.7	0.90
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	2	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	2	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
Roll/Bread - Deli Bar	1 Each	3	187	0	453	5.00	1.80	106.7	0	0.0	8.33	34.33	2.83	0.00
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
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	3	7	0	5	0.77	0.28	10.5	182	2.15	0.56	1.15	0.1	0.01
Salad & Veggies	1 Cup	3	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	3	27	0	405	0.00	0.18	5.0	0	0.0	0.5	4.87	0.88	0.00
RAISINS	Small Box	3	112	0	11	2.56	0.98	10.6	0	2.04	0.95	29.59	0.2	0.07
Wawona, Berry Frz. Fruit Blend	.50 CUP	3	70	0	4	2.00	0.41	12.0	461	61.0	0.88	17.0	0.0	0.00
CHOICE SANDWICH TOPPINGS	EACH TYP	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
PICKLES,DILL, sliced	.125 CUP	3	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
Olives, Sliced	.125 CUP	3	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	3	3	0	0	0.13	0.02	1.4	0	0.45	0.08	0.61	0.01	0.00
Jalapeno Peppers	.125 CUP	3	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	3	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
CHOICE OF CONDIMENTS	SRV	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MAYONNAISE, LITE	1 TBSP	3	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
Mustard	1 TBSP	3	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	3	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	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	0	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			824	59	2925	13.52	7.96	764.8	6140	95.79	37.90	121.54	23.36	7.57
% of Calories											18.4%	59.0%	25.5%	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			97%	59%	206%	169%	177%	191%	409%	499%	227%			
Shortfall			22	41										

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Kern High School District

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

Apr 24, 2012

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Custom Wrap/Sandwich

	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														
Custom Wrap/Sandwich	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 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	1.8 OZ	1	63	32	405	0.00	0.54	9.0	17	2.92	9.9	0.0	2.7	0.90
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	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
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
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
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
Romaine Lettuce Salad #2	1 Cup	4	65	1	176	2.54	1.06	45.4	2070	12.29	3.08	10.16	1.48	0.41
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
PEARS: canned,light syrup	1/2 cup	4	71	0	6	1.98	0.35	6.2	0	0.87	0.24	18.82	0.04	0.00
Kiwi, Fresh, halves, 36ct.	2 Halves	4	46	0	2	2.28	0.24	25.8	66	70.45	0.87	11.14	0.4	0.02
CHOICE SANDWICH TOPPINGS	EACH TYP	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	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
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
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
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			930	61	3201	13.21	8.47	1052.2	3998	107.30	37.95	132.61	30.41	7.99
% of Calories											16.3%	57.0%	29.4%	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			110%	61%	225%	165%	188%	263%	267%	559%	227%			
Shortfall				39										

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Kern High School District

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

Apr 24, 2012

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Custom Wrap/Sandwich

	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														
Custom Wrap/Sandwich	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	1.8 OZ	1	63	32	405	0.00	0.54	9.0	17	2.92	9.9	0.0	2.7	0.90
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	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
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
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
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
CHERRIES,SWT,FRZ,unSWTND	.50 CUP	4	36	0	1	1.24	0.41	10.1	674	1.32	0.71	8.54	0.34	0.08
Juice, Orange 4 FL OZ	4 FL OZ	4	50	0	15	0.00	0.00	20.0	0	78.0	1.0	12.0	0.0	0.00
CHOICE SANDWICH TOPPINGS	EACH TYP	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	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
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
CHOICE OF CONDIMENTS	SRV	0	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
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			841	60	2692	9.64	7.41	1019.8	8536	109.01	35.98	116.16	27.96	7.63
% of Calories											17.1%	55.3%	29.9%	8.2%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			99%	60%	190%	121%	165%	255%	569%	568%	215%			
Shortfall			5	40										

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Kern High School District

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

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Custom Wrap/Sandwich

	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														
Custom Wrap/Sandwich	Total	3												
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
USDA Roasted Deli Turkey	1.8 OZ	1	63	32	405	0.00	0.54	9.0	17	2.92	9.9	0.0	2.7	0.90
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	2	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	2	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
Roll/Bread - Deli Bar	1 Each	3	187	0	453	5.00	1.80	106.7	0	0.0	8.33	34.33	2.83	0.00
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
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	3	7	0	5	0.77	0.28	10.5	182	2.15	0.56	1.15	0.1	0.01
Broccoli Raisin Salad	.50 CUP	3	55	2	64	1.07	0.35	17.3	462	30.46	1.06	7.74	2.38	0.27
APPLES, SLICED, IW 2 oz.	2 oz. Bag	3	33	0	0	1.53	0.10	4.0	30	3.23	0.11	8.65	0.2	0.03
Dried Fruit, Apricot Blend	1 oz.	3	80	0	5	2.00	0.54	10.0	200	0.6	0.0	19.0	0.0	0.00
CHOICE SANDWICH TOPPINGS	EACH TYP	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
PICKLES,DILL, sliced	.125 CUP	3	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
Olives, Sliced	.125 CUP	3	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	3	3	0	0	0.13	0.02	1.4	0	0.45	0.08	0.61	0.01	0.00
Jalapeno Peppers	.125 CUP	3	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	3	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
CHOICE OF CONDIMENTS	SRV	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MAYONNAISE, LITE	1 TBSP	3	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
Mustard	1 TBSP	3	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	3	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	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	0	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			770	62	2569	12.25	6.76	746.8	2542	58.02	35.80	102.86	24.67	7.78
% of Calories											18.6%	53.5%	28.8%	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			91%	62%	181%	153%	150%	187%	169%	302%	214%			
Shortfall			76	38										

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Kern High School District

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

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Custom Wrap/Sandwich

	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														
Custom Wrap/Sandwich	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	1.8 OZ	1	63	32	405	0.00	0.54	9.0	17	2.92	9.9	0.0	2.7	0.90
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	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
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
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
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
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, Orange 4 FL OZ	4 FL OZ	4	50	0	15	0.00	0.00	20.0	0	78.0	1.0	12.0	0.0	0.00
CHOICE SANDWICH TOPPINGS	EACH TYP	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	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
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
CHOICE OF CONDIMENTS	SRV	0	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
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			854	60	2651	8.81	7.18	1013.3	3642	105.85	35.11	121.19	27.72	7.57
% of Calories											16.4%	56.8%	29.2%	8.0%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			101%	60%	187%	110%	160%	253%	243%	551%	210%			
Shortfall				40										

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Kern High School District

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

Apr 24, 2012

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Custom Wrap/Sandwich

	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														
Custom Wrap/Sandwich	Total	3												
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
USDA Roasted Deli Turkey	1.8 OZ	1	63	32	405	0.00	0.54	9.0	17	2.92	9.9	0.0	2.7	0.90
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	2	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	2	43	8	92	0.00	0.04	103.6	86	0.0	3.68	0.54	2.84	1.54
Roll/Bread - Deli Bar	1 Each	3	187	0	453	5.00	1.80	106.7	0	0.0	8.33	34.33	2.83	0.00
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
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	3	7	0	5	0.77	0.28	10.5	182	2.15	0.56	1.15	0.1	0.01
Salad & Veggies	1 Cup	3	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
Elizabeth's Croutons, Cheese/	.5 oz.	3	60	0	95	0.00	0.18	0.0	0	0.0	2.0	10.0	2.0	0.00
SALAD DRESSING, Students	1 EA	3	27	0	405	0.00	0.18	5.0	0	0.0	0.5	4.87	0.88	0.00
STRAWBERRIES, FROZEN, THAWE	.50 CUP	3	39	0	2	2.30	0.83	18.0	50	45.5	0.48	10.09	0.12	0.01
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 SANDWICH TOPPINGS	EACH TYP	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
PICKLES,DILL, sliced	.125 CUP	3	2	0	155	0.19	0.07	7.4	32	0.14	0.11	0.46	0.02	0.01
Olives, Sliced	.125 CUP	3	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	3	3	0	0	0.13	0.02	1.4	0	0.45	0.08	0.61	0.01	0.00
Jalapeno Peppers	.125 CUP	3	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	3	3	0	0	0.22	0.04	1.0	201	11.97	0.11	0.61	0.03	0.00
CHOICE OF CONDIMENTS	SRV	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
MAYONNAISE, LITE	1 TBSP	3	45	5	110	0.00	0.00	0.0	0	0.0	0.0	1.0	4.5	0.50
Mustard	1 TBSP	3	11	0	188	0.15	0.30	12.6	0	0.0	0.7	0.96	0.66	0.03
Catsup	1 TBSP	3	31	0	299	0.00	0.57	31.5	157	3.78	0.0	6.3	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	0	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			792	59	3023	11.25	7.57	780.2	5729	156.25	39.55	107.04	25.28	7.52
% of Calories											20.0%	54.1%	28.7%	8.5%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			94%	59%	213%	141%	168%	195%	382%	814%	237%			
Shortfall			54	41										

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Kern High School District

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

Apr 24, 2012

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Custom Wrap/Sandwich

	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														
Custom Wrap/Sandwich	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 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	1.8 OZ	1	63	32	405	0.00	0.54	9.0	17	2.92	9.9	0.0	2.7	0.90
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	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
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
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
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
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
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 SANDWICH TOPPINGS	EACH TYP	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	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
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
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
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			998	62	3342	12.42	8.93	1063.4	5175	66.98	39.41	143.65	31.05	8.27
% of Calories											15.8%	57.6%	28.0%	7.5%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			118%	62%	235%	155%	198%	266%	345%	349%	236%			
Shortfall				38										

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Kern High School District

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

Apr 24, 2012

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Custom Wrap/Sandwich

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/28/2012														
Custom Wrap/Sandwich	Total	1												
Holiday, Memorial Day - May	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			846	100	1420	8.00	4.50	400.00	1500	19.20	16.70		OVER	OVER

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/29/2012														
Custom Wrap/Sandwich	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	

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Kern High School District

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

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Custom Wrap/Sandwich

	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														
Custom Wrap/Sandwich	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														
Custom Wrap/Sandwich	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

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Kern High School District

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

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Custom Wrap/Sandwich

	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			852	58	2817	11.57	7.41	878.8	5194	97.11	37.26 17.5%	118.42 55.6%	27.18 28.7%	7.91 8.4%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	852		846	101%			
Cholesterol (mg)	58		100	58%			
Sodium (mg)	2817		1420	198%			Correction Required - Sodium too High
Fiber (g)	11.57		8.00	145%			
Iron (mg)	7.41		4.50	165%			
Calcium (mg)	878.8		400.00	220%			
Vitamin A (IU)	5194		1500	346%			
Vitamin C (mg)	97.11		19.20	506%			
Protein (g)	37.26	17.50%	16.70	223%			
Carbohydrate (g)	118.42	55.62%					
Total Fat (g)	27.18	28.73%	<=30.00%				
Saturated Fat (g)	7.91	8.36%	<10.00%				

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