

# Kern High School District

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

Mar 14, 2012

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## Pizza Court w/ Sides

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/09/2012														
Pizza Court w/ Sides	Total	4												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Pizza Fresh, BBQ Chicken, Veni	Cut 6	1	522	45	1338	3.03	4.12	308.3	246	3.51	24.34	79.18	12.77	4.72
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	2	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
SELECT 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
BROCCOLI SALAD	.50 CUP	4	154	7	172	1.99	0.82	29.0	503	30.3	1.76	31.05	3.67	0.61
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	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFCChocolate/Strawberry	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% 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, 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 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			861	49	1347	8.79	5.49	761.4	8152	78.74	34.16	143.13	18.25	6.77
% of Calories											15.9%	66.5%	19.1%	7.1%
Nutrient Guideline			825	100	1420	6.00	4.50	400.00	1500	18.00	16.00		<=30.0	<10.00
% of Guideline Satisfied			104%	49%	95%	146%	122%	190%	543%	437%	213%			
Shortfall				51	73									

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## Pizza Court w/ Sides

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/10/2012														
Pizza Court w/ Sides	Total	4												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Italian, Cut 6	Cut 6	1	475	25	850	3.82	4.93	443.4	2246	9.12	22.11	56.12	18.86	6.59
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	2	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
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
Vegetables, Raw Bro/califlower	.50 CUP	4	28	1	225	1.01	0.38	13.9	392	23.03	1.01	3.39	1.42	0.12
Trail Mix - Fruit & Nuts USDA	.25 Cup	4	178	0	0	3.96	0.92	51.4	0	0.0	3.03	30.33	5.01	2.64
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	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate/Strawberry	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% 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, 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 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			875	38	1623	9.73	6.51	834.2	6340	72.65	36.21	130.86	23.41	9.38
% of Calories											16.6%	59.8%	24.1%	9.7%
Nutrient Guideline			825	100	1420	6.00	4.50	400.00	1500	18.00	16.00		<=30.0	<10.00
% of Guideline Satisfied			106%	38%	114%	162%	145%	209%	423%	404%	226%			
Shortfall				62										

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# Kern High School District

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

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## Pizza Court w/ Sides

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/11/2012														
Pizza Court w/ Sides	Total	4												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza, Hawaiian	Cut 6	1	456	56	964	3.34	4.04	333.5	1329	12.61	26.31	59.38	13.55	5.45
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	2	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
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
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
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
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	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate/Strawberry	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% 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, 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 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			840	47	1752	9.75	6.67	818.9	6983	62.05	38.18	133.25	18.08	7.04
% of Calories											18.2%	63.5%	19.4%	7.5%
Nutrient Guideline			825	100	1420	6.00	4.50	400.00	1500	18.00	16.00		<=30.0	<10.00
% of Guideline Satisfied			102%	47%	123%	162%	148%	205%	466%	345%	239%			
Shortfall				53										

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## Pizza Court w/ Sides

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/12/2012														
Pizza Court w/ Sides	Total	4												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Pizza fresh, Enchilada, Venice	Cut 6	1	493	59	998	4.95	5.01	325.8	706	7.53	26.89	62.89	15.53	5.93
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	2	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
SELECT 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Vegetable Pasta Salad	.50 Cup	4	43	0	110	1.32	0.53	12.1	311	15.2	1.67	6.99	0.92	0.10
CARROT STICKS	.50 CUP	4	26	0	21	1.79	0.30	16.1	16746	5.54	0.61	6.04	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
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	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate/Strawberry	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% 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, 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 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			766	45	1562	9.15	6.27	763.9	18841	106.44	35.19	119.34	17.10	6.56
% of Calories											18.4%	62.3%	20.1%	7.7%
Nutrient Guideline			825	100	1420	6.00	4.50	400.00	1500	18.00	16.00		<=30.0	<10.00
% of Guideline Satisfied			93%	45%	110%	152%	139%	191%	1256%	591%	220%			
Shortfall			59	55										

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Mar 14, 2012

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## Pizza Court w/ Sides

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/13/2012														
Pizza Court w/ Sides	Total	4												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Mediterraeen, Cut 6	Cut 6	1	474	25	846	3.71	4.79	438.4	1777	7.72	21.96	55.94	18.84	6.59
PIZZA SLICE OF THE DAY	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	2	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
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 Salad w/ W&Craby	1.5 Cup	4	113	0	9	2.53	0.83	31.0	3728	20.04	2.02	16.15	5.25	0.50
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
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	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate/Strawberry	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% 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, 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 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	37	1465	10.41	5.85	837.8	11959	120.56	35.17	130.63	22.14	7.12
% of Calories											16.6%	61.5%	23.4%	7.5%
Nutrient Guideline			825	100	1420	6.00	4.50	400.00	1500	18.00	16.00		<=30.0	<10.00
% of Guideline Satisfied			103%	37%	103%	174%	130%	209%	797%	670%	220%			
Shortfall				63										

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/16/2012														
Pizza Court w/ Sides	Total	4												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Pizza Fresh, BBQ Chicken, Veni	Cut 6	1	522	45	1338	3.03	4.12	308.3	246	3.51	24.34	79.18	12.77	4.72
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	2	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
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 #2	1/2 cup	4	71	0	19	4.69	1.21	41.3	3185	56.67	3.53	15.12	0.76	0.11
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, 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	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFCChocolate/Strawberry	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% 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,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 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			780	42	1194	11.20	6.19	779.8	11478	103.20	36.53	127.09	15.48	6.32
% of Calories											18.7%	65.2%	17.9%	7.3%
Nutrient Guideline			825	100	1420	6.00	4.50	400.00	1500	18.00	16.00		<=30.0	<10.00
% of Guideline Satisfied			95%	42%	84%	187%	138%	195%	765%	573%	228%			
Shortfall			45	58	226									

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1 - denotes optional nutrient values

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# Kern High School District

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

Mar 14, 2012

Page 7

## Pizza Court w/ Sides

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/17/2012														
Pizza Court w/ Sides	Total	4												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Italian, Cut 6	Cut 6	1	475	25	850	3.82	4.93	443.4	2246	9.12	22.11	56.12	18.86	6.59
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	2	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
SELECT 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Broccoli Raisin Salad	.50 CUP	4	82	5	118	1.00	0.34	16.5	427	31.04	1.04	9.46	4.62	0.52
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
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, 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	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate/Strawberry	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% 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, 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 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			787	42	1532	7.13	5.21	799.1	2720	142.84	33.30	115.85	21.84	7.15
% of Calories											16.9%	58.9%	25.0%	8.2%
Nutrient Guideline			825	100	1420	6.00	4.50	400.00	1500	18.00	16.00		<=30.0	<10.00
% of Guideline Satisfied			95%	42%	108%	119%	116%	200%	181%	794%	208%			
Shortfall			38	58										

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# Kern High School District

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

Mar 14, 2012

Page 8

## Pizza Court w/ Sides

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/18/2012														
Pizza Court w/ Sides	Total	4												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza, Hawaiian	Cut 6	1	456	56	964	3.34	4.04	333.5	1329	12.61	26.31	59.38	13.55	5.45
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	2	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
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	1 CUP	4	20	0	14	1.51	0.38	19.7	507	33.52	1.38	3.68	0.22	0.04
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
Elizabeth's Croutons, Cheese/	.5 oz.	4	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	4	27	0	405	0.00	0.18	5.0	0	0.0	0.5	4.87	0.88	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	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate/Strawberry	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% 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, 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 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	44	1547	8.72	6.52	771.7	6226	86.05	37.56	141.23	18.07	6.45
% of Calories											17.6%	66.1%	19.0%	6.8%
Nutrient Guideline			825	100	1420	6.00	4.50	400.00	1500	18.00	16.00		<=30.0	<10.00
% of Guideline Satisfied			104%	44%	109%	145%	145%	193%	415%	478%	235%			
Shortfall				56										

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1 - denotes optional nutrient values

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# Kern High School District

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

Mar 14, 2012

Page 9

## Pizza Court w/ Sides

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/19/2012														
Pizza Court w/ Sides	Total	4												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Pizza fresh, Enchilada, Venice	Cut 6	1	493	59	998	4.95	5.01	325.8	706	7.53	26.89	62.89	15.53	5.93
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	2	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
SELECT 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Cowboy Caviar	.50 CUP	4	78	0	242	3.93	1.27	37.5	546	8.93	3.66	15.3	0.81	0.12
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
Elizabeth's Croutons, Cheese/	.5 oz.	4	60	0	95	0.00	0.18	0.0	0	0.0	2.0	10.0	2.0	0.00
BANANAS	1 EACH	4	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
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	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate/Strawberry	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% 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, 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 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			900	45	1774	11.61	6.94	782.1	6173	66.94	40.13	147.20	19.29	6.69
% of Calories											17.8%	65.4%	19.3%	6.7%
Nutrient Guideline			825	100	1420	6.00	4.50	400.00	1500	18.00	16.00		<=30.0	<10.00
% of Guideline Satisfied			109%	45%	125%	193%	154%	196%	412%	372%	251%			
Shortfall				55										

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# Kern High School District

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

Mar 14, 2012

Page 10

## Pizza Court w/ Sides

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/20/2012														
Pizza Court w/ Sides	Total	4												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Mediterraeen, Cut 6	Cut 6	1	474	25	846	3.71	4.79	438.4	1777	7.72	21.96	55.94	18.84	6.59
PIZZA SLICE OF THE DAY	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	2	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
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 Salad w/ W&Craby	1.5 Cup	4	113	0	9	2.53	0.83	31.0	3728	20.04	2.02	16.15	5.25	0.50
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
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	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate/Strawberry	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% 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,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 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			875	37	1473	9.25	6.12	804.7	11994	68.74	34.72	137.87	22.11	7.11
% of Calories											15.9%	63.0%	22.7%	7.3%
Nutrient Guideline			825	100	1420	6.00	4.50	400.00	1500	18.00	16.00		<=30.0	<10.00
% of Guideline Satisfied			106%	37%	104%	154%	136%	201%	800%	382%	217%			
Shortfall				63										

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# Kern High School District

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

Mar 14, 2012

Page 11

## Pizza Court w/ Sides

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/23/2012														
Pizza Court w/ Sides	Total	4												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Pizza Fresh, BBQ Chicken, Veni	Cut 6	1	522	45	1338	3.03	4.12	308.3	246	3.51	24.34	79.18	12.77	4.72
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	2	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
SELECT 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
BROCCOLI SALAD	.50 CUP	4	154	7	172	1.99	0.82	29.0	503	30.3	1.76	31.05	3.67	0.61
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	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate/Strawberry	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% 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, 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 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			861	49	1347	8.79	5.49	761.4	8152	78.74	34.16	143.13	18.25	6.77
% of Calories											15.9%	66.5%	19.1%	7.1%
Nutrient Guideline			825	100	1420	6.00	4.50	400.00	1500	18.00	16.00		<=30.0	<10.00
% of Guideline Satisfied			104%	49%	95%	146%	122%	190%	543%	437%	213%			
Shortfall				51	73									

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# Kern High School District

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

Mar 14, 2012

Page 12

## Pizza Court w/ Sides

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/24/2012														
Pizza Court w/ Sides	Total	4												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Italian, Cut 6	Cut 6	1	475	25	850	3.82	4.93	443.4	2246	9.12	22.11	56.12	18.86	6.59
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	2	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
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
Vegetables, Raw Bro/califlower	.50 CUP	4	28	1	225	1.01	0.38	13.9	392	23.03	1.01	3.39	1.42	0.12
Trail Mix - Fruit & Nuts USDA	.25 Cup	4	178	0	0	3.96	0.92	51.4	0	0.0	3.03	30.33	5.01	2.64
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	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate/Strawberry	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% 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, 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 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			875	38	1623	9.73	6.51	834.2	6340	72.65	36.21	130.86	23.41	9.38
% of Calories											16.6%	59.8%	24.1%	9.7%
Nutrient Guideline			825	100	1420	6.00	4.50	400.00	1500	18.00	16.00		<=30.0	<10.00
% of Guideline Satisfied			106%	38%	114%	162%	145%	209%	423%	404%	226%			
Shortfall				62										

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# Kern High School District

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

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## Pizza Court w/ Sides

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/25/2012														
Pizza Court w/ Sides	Total	4												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza, Hawaiian	Cut 6	1	456	56	964	3.34	4.04	333.5	1329	12.61	26.31	59.38	13.55	5.45
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	2	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
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
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
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
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	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate/Strawberry	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% 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, 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 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			840	47	1752	9.75	6.67	818.9	6983	62.05	38.18	133.25	18.08	7.04
% of Calories											18.2%	63.5%	19.4%	7.5%
Nutrient Guideline			825	100	1420	6.00	4.50	400.00	1500	18.00	16.00		<=30.0	<10.00
% of Guideline Satisfied			102%	47%	123%	162%	148%	205%	466%	345%	239%			
Shortfall				53										

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# Kern High School District

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## Pizza Court w/ Sides

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/26/2012														
Pizza Court w/ Sides	Total	4												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Pizza fresh, Enchilada, Venice	Cut 6	1	493	59	998	4.95	5.01	325.8	706	7.53	26.89	62.89	15.53	5.93
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	2	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
SELECT 1-4 SIDES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Vegetable Pasta Salad	.50 Cup	4	43	0	110	1.32	0.53	12.1	311	15.2	1.67	6.99	0.92	0.10
CARROT STICKS	.50 CUP	4	26	0	21	1.79	0.30	16.1	16746	5.54	0.61	6.04	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
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	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate/Strawberry	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% 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, 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 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			766	45	1562	9.15	6.27	763.9	18841	106.44	35.19	119.34	17.10	6.56
% of Calories											18.4%	62.3%	20.1%	7.7%
Nutrient Guideline			825	100	1420	6.00	4.50	400.00	1500	18.00	16.00		<=30.0	<10.00
% of Guideline Satisfied			93%	45%	110%	152%	139%	191%	1256%	591%	220%			
Shortfall			59	55										

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# Kern High School District

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

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## Pizza Court w/ Sides

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/27/2012														
Pizza Court w/ Sides	Total	4												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Mediterraeaan, Cut 6	Cut 6	1	474	25	846	3.71	4.79	438.4	1777	7.72	21.96	55.94	18.84	6.59
PIZZA SLICE OF THE DAY	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	2	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
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 Salad w/ W&Craby	1.5 Cup	4	113	0	9	2.53	0.83	31.0	3728	20.04	2.02	16.15	5.25	0.50
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
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	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFChocolate/Strawberry	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% 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,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 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	37	1465	10.41	5.85	837.8	11959	120.56	35.17	130.63	22.14	7.12
% of Calories											16.6%	61.5%	23.4%	7.5%
Nutrient Guideline			825	100	1420	6.00	4.50	400.00	1500	18.00	16.00		<=30.0	<10.00
% of Guideline Satisfied			103%	37%	103%	174%	130%	209%	797%	670%	220%			
Shortfall				63										

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# Kern High School District

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

Mar 14, 2012

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## Pizza Court w/ Sides

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/30/2012														
Pizza Court w/ Sides	Total	4												
TODAY'S DAILY SPECIAL	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Pizza Fresh, BBQ Chicken, Veni	Cut 6	1	522	45	1338	3.03	4.12	308.3	246	3.51	24.34	79.18	12.77	4.72
PIZZA SLICE OF THE DAY	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
CK, Pizza Pepperoni, Cut 6	Cut 6	2	408	26	729	3.09	4.04	328.0	1239	11.03	19.78	55.55	12.39	5.41
CK, Pizza, veg w/ cheese	Cut 6	1	428	27	927	3.61	4.55	318.2	1367	19.37	19.01	58.0	14.23	5.60
Condiments, Pizza	Packet	1	12	2	32	0.24	0.09	24.4	386	0.67	0.91	0.58	0.75	0.39
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 #2	1/2 cup	4	71	0	19	4.69	1.21	41.3	3185	56.67	3.53	15.12	0.76	0.11
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, 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	1 each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Milk, NFCChocolate/Strawberry	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% 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,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 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			780	42	1194	11.20	6.19	779.8	11478	103.20	36.53	127.09	15.48	6.32
% of Calories											18.7%	65.2%	17.9%	7.3%
Nutrient Guideline			825	100	1420	6.00	4.50	400.00	1500	18.00	16.00		<=30.0	<10.00
% of Guideline Satisfied			95%	42%	84%	187%	138%	195%	765%	573%	228%			
Shortfall			45	58	226									
Weighted Average			835	43	1513	9.67	6.17	796.8	9664	90.74	36.04	131.92	19.39	7.11
											17.3%	63.2%	20.9%	7.7%

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# Kern High School District

**Apr 9, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values**  
**Pizza Court w/ Sides**

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Nutrient	Menu AVG	Portion	Plan	Cals	Cholst	Sodm	Fiber	Iron	Calcm	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat
		Size	Qty	(kcal)	(mg)	(mg)	(g)	(mg)	(mg)	(IU)	(mg)	(g)	(g)	(g)	(g)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)								
Calories	835		825	101%			Correction Required - Sodium too High								
Cholesterol (mg)	43		100	43%											
Sodium (mg)	1513		1420	107%											
Fiber (g)	9.67		6.00	161%											
Iron (mg)	6.17		4.50	137%											
Calcium (mg)	796.8		400.00	199%											
Vitamin A (IU)	9664		1500	644%											
Vitamin C (mg)	90.74		18.00	504%											
Protein (g)	36.04	17.26%	16.00	225%											
Carbohydrate (g)	131.92	63.19%													
Total Fat (g)	19.39	20.90%	<=30.00%												
Saturated Fat (g)	7.11	7.67%	<10.00%												

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