

Kern High School District

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

Mar 14, 2012

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Quick Entree 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														
Quick Entree w Sides	Total	8												
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
Chef's Corner Orange Chicken 0	SRV	1	427	49	1049	4.00	2.71	40.0	5000	18.0	19.13	68.2	7.03	2.02
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
Red Barron 78626Tower Pep Piza	5.3 oz	1	360	45	560	1.00	2.70	350.0	750	6.0	19.0	30.0	18.0	9.00
DAILY HOT SANDWICH	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson 2154 BrdWGPPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
Integrated C15260B Burger	Sandwich	1	307	38	855	3.07	2.70	181.8	154	2.22	22.17	30.11	11.29	3.99
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Smucker6673PBJ Crustless/soy	2.5 oz.	1	260	0	290	2.00	1.80	20.0	0	0.0	9.0	31.0	11.0	2.00
BOXED ENTREE SALAD	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Tyson Patty w/ Roll	Container	1	407	40	1120	8.14	5.15	131.2	15863	40.64	22.25	49.16	14.8	2.73
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	1/2 CUP	8	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.	8	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	8	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.	8	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	2	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk, NF Strawberry	HALF PINT	2	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	2	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	2	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Condiment Bar, Self-Serv	SRV	8	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			878	49	2059	10.87	6.02	643.4	10480	84.64	32.41	140.57	20.69	5.11
% of Calories											14.8%	64.1%	21.2%	5.2%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			104%	49%	145%	181%	134%	161%	699%	441%	194%			
Shortfall				51										

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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Quick Entree 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														
Quick Entree w Sides	Total	8												
TODAY'S DAILY SPECIAL	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Pierre3717 Pork Rib Patty	1 Each	1	497	45	1348	5.98	3.09	133.4	153	1.34	20.64	58.57	20.78	6.10
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
Red Barron 78626Tower Pep Piza	5.3 oz	1	360	45	560	1.00	2.70	350.0	750	6.0	19.0	30.0	18.0	9.00
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
Integrated C15260B Burger	Sandwich	1	307	38	855	3.07	2.70	181.8	154	2.22	22.17	30.11	11.29	3.99
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Don Lee Farms10321 Veggie Burg	Sandwich	1	344	7	776	5.50	2.54	119.1	3705	8.0	12.02	48.0	12.38	2.37
BOXED ENTREE SALAD	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Tyson Patty w/ Roll	Container	1	407	40	1120	8.14	5.15	131.2	15863	40.64	22.25	49.16	14.8	2.73
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	8	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	8	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.	8	60	0	95	0.00	0.18	0.0	0	0.0	2.0	10.0	2.0	0.00
Applsce w/ cin,blk, #8190.000	#8 Disher	8	56	0	3	1.76	0.35	11.7	39	27.3	0.24	15.03	0.14	0.01
Juice, 100%, 4 oz., Assorted	4 oz.	8	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	2	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk, NF Strawberry	HALF PINT	2	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	2	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	2	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Condiment Bar, Self-Serv	SRV	8	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			832	42	2429	9.10	6.20	653.0	7672	80.35	33.79	126.29	21.92	5.06
% of Calories											16.3%	60.7%	23.7%	5.5%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			98%	42%	171%	152%	138%	163%	511%	418%	202%			
Shortfall			14	58										

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Quick Entree 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 - 04/11/2012														
Quick Entree w Sides	Total	8												
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
IntegratedC47020 Mini Burger	Sandwich	1	535	72	1006	1.92	5.07	152.6	165	0.12	29.46	56.98	20.03	7.76
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
Red Barron 78626Tower Pep Piza	5.3 oz	1	360	45	560	1.00	2.70	350.0	750	6.0	19.0	30.0	18.0	9.00
DAILY HOT SANDWICH	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
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
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Don Lee Farms10321 Veggie Burg	Sandwich	1	344	7	776	5.50	2.54	119.1	3705	8.0	12.02	48.0	12.38	2.37
BOXED ENTREE SALAD	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Tyson Patty w/ Roll	Container	1	407	40	1120	8.14	5.15	131.2	15863	40.64	22.25	49.16	14.8	2.73
SELECT 1-4 SIDES	1 Each	1	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	8	43	0	110	1.32	0.53	12.1	311	15.2	1.67	6.99	0.92	0.10
CELERY STICKS	.50 Cup	8	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	8	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.	8	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	2	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk, NF Strawberry	HALF PINT	2	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	2	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	2	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Condiment Bar, Self-Serv	SRV	8	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			811	49	2040	9.12	6.16	638.6	5882	63.36	33.70	122.76	20.04	5.65
% of Calories											16.6%	60.5%	22.2%	6.3%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			96%	49%	144%	152%	137%	160%	392%	330%	202%			
Shortfall			35	51										

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Quick Entree 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														
Quick Entree w Sides	Total	8												
TODAY'S DAILY SPECIAL	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Integrated 270019, Beef Taco S	4.60 oz. Sr.	1	386	54	887	1.75	3.75	261.7	202	2.2	25.78	36.1	13.74	6.78
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
Red Barron 78626Tower Pep Piza	5.3 oz	1	360	45	560	1.00	2.70	350.0	750	6.0	19.0	30.0	18.0	9.00
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
Integrated C15260B Burger	Sandwich	1	307	38	855	3.07	2.70	181.8	154	2.22	22.17	30.11	11.29	3.99
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Smucker6673PBJ Crustless/soy	2.5 oz.	1	260	0	290	2.00	1.80	20.0	0	0.0	9.0	31.0	11.0	2.00
BOXED ENTREE SALAD	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Tyson Patty w/ Roll	Container	1	407	40	1120	8.14	5.15	131.2	15863	40.64	22.25	49.16	14.8	2.73
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	8	78	0	242	3.93	1.27	37.5	546	8.93	3.66	15.3	0.81	0.12
Salad & Veggies	1 Cup	8	14	0	6	1.31	0.62	21.7	3829	9.02	0.94	2.61	0.2	0.03
Bridgeford 6730, Wheat Roll	1.5 oz. Roll	9	117	0	189	2.00	1.50	23.0	0	0.0	5.0	21.0	1.4	0.40
SALAD DRESSING, Students	1 EA	1	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	8	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.	8	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	2	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk, NF Strawberry	HALF PINT	2	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	2	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	2	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Condiment Bar, Self-Serv	SRV	2	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			850	42	1681	14.24	8.30	680.0	7312	99.41	40.44	132.15	18.00	5.39
% of Calories											19.0%	62.2%	19.1%	5.7%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			100%	42%	118%	237%	184%	170%	487%	518%	242%			
Shortfall				58										

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Quick Entree 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														
Quick Entree w Sides	Total	8												
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
Turkey & Gravy	SRV	1	348	*48	843	*1.71	*3.30	*72.9	*290	*4.4	*23.49	30.86	12.86	*3.19
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
Red Barron 78626Tower Pep Piza	5.3 oz	1	360	45	560	1.00	2.70	350.0	750	6.0	19.0	30.0	18.0	9.00
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Integrated C15260B Burger	Sandwich	1	307	38	855	3.07	2.70	181.8	154	2.22	22.17	30.11	11.29	3.99
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Hummus, Veggies, Pita Brd	Serving	1	260	0	307	3.76	1.09	29.9	253	16.76	6.69	25.86	3.61	0.02
BOXED ENTREE SALAD	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Tyson Patty w/ Roll	Container	1	407	40	1120	8.14	5.15	131.2	15863	40.64	22.25	49.16	14.8	2.73
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 Cup	8	75	0	6	1.69	0.55	20.7	2485	13.36	1.34	10.77	3.5	0.33
SALAD DRESSING, Students	1 EA	8	27	0	405	0.00	0.18	5.0	0	0.0	0.5	4.87	0.88	0.00
GREEN BEANS: fresh,boiled	.50 cup	8	36	3	11	2.30	0.48	32.2	531	7.87	1.37	5.89	1.33	0.75
FRUIT COCKTAIL:canned,lt syrup	.50 Cup	8	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.	8	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	2	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk, NF Strawberry	HALF PINT	2	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	2	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	2	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Condiment Bar, Self-Serv	SRV	8	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			857	*44	2228	*10.56	*6.31	*661.4	*6670	*69.18	*33.53	128.32	22.41	*5.46
% of Calories											*15.6%	59.9%	23.5%	*5.7%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			101%	44%	157%	176%	140%	165%	445%	360%	201%			
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

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Quick Entree 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 - 04/16/2012														
Quick Entree w Sides	Total	8												
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
Chef's Corner Orange Chicken 0	SRV	1	427	49	1049	4.00	2.71	40.0	5000	18.0	19.13	68.2	7.03	2.02
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
Red Barron 78626Tower Pep Piza	5.3 oz	1	360	45	560	1.00	2.70	350.0	750	6.0	19.0	30.0	18.0	9.00
DAILY HOT SANDWICH	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
Integrated C15260B Burger	Sandwich	1	307	38	855	3.07	2.70	181.8	154	2.22	22.17	30.11	11.29	3.99
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Smucker6673PBJ Crustless/soy	2.5 oz.	1	260	0	290	2.00	1.80	20.0	0	0.0	9.0	31.0	11.0	2.00
BOXED ENTREE SALAD	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Tyson Patty w/ Roll	Container	1	407	40	1120	8.14	5.15	131.2	15863	40.64	22.25	49.16	14.8	2.73
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	8	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.	8	35	0	65	2.00	0.36	20.0	6000	6.0	1.0	8.0	0.0	0.00
Trail Mix - Fruit & Nuts USDA	.25 Cup	8	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.	8	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	2	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk, NF Strawberry	HALF PINT	2	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	2	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	2	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Condiment Bar, Self-Serv	SRV	8	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			939	42	1906	16.00	7.23	703.2	13132	107.79	37.10	146.32	22.59	7.22
% of Calories											15.8%	62.3%	21.7%	6.9%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			111%	42%	134%	267%	161%	176%	875%	561%	222%			
Shortfall				58										

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Kern High School District

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

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Quick Entree 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 - 04/17/2012														
Quick Entree w Sides	Total	8												
TODAY'S DAILY SPECIAL	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Pierre3717 Pork Rib Patty	1 Each	1	497	45	1348	5.98	3.09	133.4	153	1.34	20.64	58.57	20.78	6.10
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
Red Barron 78626Tower Pep Piza	5.3 oz	1	360	45	560	1.00	2.70	350.0	750	6.0	19.0	30.0	18.0	9.00
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
Integrated C15260B Burger	Sandwich	1	307	38	855	3.07	2.70	181.8	154	2.22	22.17	30.11	11.29	3.99
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Don Lee Farms10321 Veggie Burg	Sandwich	1	344	7	776	5.50	2.54	119.1	3705	8.0	12.02	48.0	12.38	2.37
BOXED ENTREE SALAD	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Tyson Patty w/ Roll	Container	1	407	40	1120	8.14	5.15	131.2	15863	40.64	22.25	49.16	14.8	2.73
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 Cup	8	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	8	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.	8	35	0	65	2.00	0.36	20.0	6000	6.0	1.0	8.0	0.0	0.00
Kiwi, Fresh, halves, 36ct.	2 Halves	8	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.	8	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	2	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk, NF Strawberry	HALF PINT	2	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	2	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	2	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Condiment Bar, Self-Serv	SRV	8	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			844	43	2568	12.60	6.66	708.6	11763	129.86	35.36	127.14	21.42	5.45
% of Calories											16.7%	60.2%	22.8%	5.8%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			100%	43%	181%	210%	148%	177%	784%	676%	212%			
Shortfall			2	57										

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Kern High School District

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Quick Entree 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														
Quick Entree w Sides	Total	8												
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
IntegratedC47020 Mini Burger	Sandwich	1	535	72	1006	1.92	5.07	152.6	165	0.12	29.46	56.98	20.03	7.76
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
Red Barron 78626Tower Pep Piza	5.3 oz	1	360	45	560	1.00	2.70	350.0	750	6.0	19.0	30.0	18.0	9.00
DAILY HOT SANDWICH	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
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
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Don Lee Farms10321 Veggie Burg	Sandwich	1	344	7	776	5.50	2.54	119.1	3705	8.0	12.02	48.0	12.38	2.37
BOXED ENTREE SALAD	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Tyson Patty w/ Roll	Container	1	407	40	1120	8.14	5.15	131.2	15863	40.64	22.25	49.16	14.8	2.73
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	8	20	0	14	1.51	0.38	19.7	507	33.52	1.38	3.68	0.22	0.04
SALAD DRESSING, Students	1 EA	8	27	0	405	0.00	0.18	5.0	0	0.0	0.5	4.87	0.88	0.00
Vegetable, Corn, frozen	.50 Cup	8	75	0	5	1.77	0.37	3.7	170	5.31	2.5	17.17	0.85	0.14
APPLES, SLICED, IW 2 oz.	2 oz. Bag	8	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.	8	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	2	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk, NF Strawberry	HALF PINT	2	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	2	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	2	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Condiment Bar, Self-Serv	SRV	8	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			841	48	2330	10.20	6.12	635.3	4498	86.07	35.69	128.58	21.16	5.75
% of Calories											17.0%	61.2%	22.7%	6.2%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			99%	48%	164%	170%	136%	159%	300%	448%	214%			
Shortfall			5	52										

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Kern High School District

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

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Quick Entree 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														
Quick Entree w Sides	Total	8												
TODAY'S DAILY SPECIAL	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Integrated 270019, Beef Taco S	4.60 oz. Sr.	1	386	54	887	1.75	3.75	261.7	202	2.2	25.78	36.1	13.74	6.78
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
Red Barron 78626Tower Pep Piza	5.3 oz	1	360	45	560	1.00	2.70	350.0	750	6.0	19.0	30.0	18.0	9.00
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson 2154 BrdWGPPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
Integrated C15260B Burger	Sandwich	1	307	38	855	3.07	2.70	181.8	154	2.22	22.17	30.11	11.29	3.99
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Smucker6673PBJ Crustless/soy	2.5 oz.	1	260	0	290	2.00	1.80	20.0	0	0.0	9.0	31.0	11.0	2.00
BOXED ENTREE SALAD	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Tyson Patty w/ Roll	Container	1	407	40	1120	8.14	5.15	131.2	15863	40.64	22.25	49.16	14.8	2.73
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	8	78	0	242	3.93	1.27	37.5	546	8.93	3.66	15.3	0.81	0.12
CELERY STICKS	.50 Cup	8	4	0	19	0.38	0.05	9.6	108	0.74	0.17	0.71	0.04	0.01
BANANAS	1 EACH	8	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.	8	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	2	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk, NF Strawberry	HALF PINT	2	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	2	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	2	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Condiment Bar, Self-Serv	SRV	2	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			756	42	1430	11.39	5.45	628.4	3606	54.43	34.60	119.01	16.37	5.02
% of Calories											18.3%	63.0%	19.5%	6.0%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			89%	42%	101%	190%	121%	157%	240%	284%	207%			
Shortfall			90	58										

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Kern High School District

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

Mar 14, 2012

Quick Entree 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														
Quick Entree w Sides	Total	8												
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
Turkey & Gravy	SRV	1	348	*48	843	*1.71	*3.30	*72.9	*290	*4.4	*23.49	30.86	12.86	*3.19
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
Red Barron 78626Tower Pep Piza	5.3 oz	1	360	45	560	1.00	2.70	350.0	750	6.0	19.0	30.0	18.0	9.00
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Integrated C15260B Burger	Sandwich	1	307	38	855	3.07	2.70	181.8	154	2.22	22.17	30.11	11.29	3.99
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Hummus, Veggies, Pita Brd	Serving	1	260	0	307	3.76	1.09	29.9	253	16.76	6.69	25.86	3.61	0.02
BOXED ENTREE SALAD	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Tyson Patty w/ Roll	Container	1	407	40	1120	8.14	5.15	131.2	15863	40.64	22.25	49.16	14.8	2.73
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 Cup	8	75	0	6	1.69	0.55	20.7	2485	13.36	1.34	10.77	3.5	0.33
SALAD DRESSING, Students	1 EA	8	27	0	405	0.00	0.18	5.0	0	0.0	0.5	4.87	0.88	0.00
SWEET POTATO, BAKED	.50 EACH	8	75	5	37	2.02	0.42	24.8	11014	11.18	1.18	13.7	2.01	1.23
FRUIT COCKTAIL:canned,lt syrup	.50 Cup	8	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.	8	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	2	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk, NF Strawberry	HALF PINT	2	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	2	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	2	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Condiment Bar, Self-Serv	SRV	8	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			897	*47	2254	*10.28	*6.25	*654.0	*17153	*72.49	*33.33	136.12	23.09	*5.95
% of Calories											*14.9%	60.7%	23.2%	*6.0%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			106%	47%	159%	171%	139%	164%	1144%	378%	200%			
Shortfall				53										

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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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Quick Entree 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)
Mon - 04/23/2012														
Quick Entree w Sides	Total	8												
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
Chef's Corner Orange Chicken 0	SRV	1	427	49	1049	4.00	2.71	40.0	5000	18.0	19.13	68.2	7.03	2.02
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
Red Barron 78626Tower Pep Piza	5.3 oz	1	360	45	560	1.00	2.70	350.0	750	6.0	19.0	30.0	18.0	9.00
DAILY HOT SANDWICH	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson 2154 BrdWGPPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
Integrated C15260B Burger	Sandwich	1	307	38	855	3.07	2.70	181.8	154	2.22	22.17	30.11	11.29	3.99
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Smucker6673PBJ Crustless/soy	2.5 oz.	1	260	0	290	2.00	1.80	20.0	0	0.0	9.0	31.0	11.0	2.00
BOXED ENTREE SALAD	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Tyson Patty w/ Roll	Container	1	407	40	1120	8.14	5.15	131.2	15863	40.64	22.25	49.16	14.8	2.73
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	1/2 CUP	8	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.	8	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	8	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.	8	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	2	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk, NF Strawberry	HALF PINT	2	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	2	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	2	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Condiment Bar, Self-Serv	SRV	8	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			878	49	2059	10.87	6.02	643.4	10480	84.64	32.41	140.57	20.69	5.11
% of Calories											14.8%	64.1%	21.2%	5.2%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			104%	49%	145%	181%	134%	161%	699%	441%	194%			
Shortfall				51										

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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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Quick Entree 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														
Quick Entree w Sides	Total	8												
TODAY'S DAILY SPECIAL	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Pierre3717 Pork Rib Patty	1 Each	1	497	45	1348	5.98	3.09	133.4	153	1.34	20.64	58.57	20.78	6.10
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
Red Barron 78626Tower Pep Piza	5.3 oz	1	360	45	560	1.00	2.70	350.0	750	6.0	19.0	30.0	18.0	9.00
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
Integrated C15260B Burger	Sandwich	1	307	38	855	3.07	2.70	181.8	154	2.22	22.17	30.11	11.29	3.99
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Don Lee Farms10321 Veggie Burg	Sandwich	1	344	7	776	5.50	2.54	119.1	3705	8.0	12.02	48.0	12.38	2.37
BOXED ENTREE SALAD	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Tyson Patty w/ Roll	Container	1	407	40	1120	8.14	5.15	131.2	15863	40.64	22.25	49.16	14.8	2.73
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	8	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	8	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.	8	60	0	95	0.00	0.18	0.0	0	0.0	2.0	10.0	2.0	0.00
Applsce w/ cin,blk, #8190.000	#8 Disher	8	56	0	3	1.76	0.35	11.7	39	27.3	0.24	15.03	0.14	0.01
Juice, 100%, 4 oz., Assorted	4 oz.	8	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	2	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk, NF Strawberry	HALF PINT	2	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	2	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	2	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Condiment Bar, Self-Serv	SRV	8	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			832	42	2429	9.10	6.20	653.0	7672	80.35	33.79	126.29	21.92	5.06
% of Calories											16.3%	60.7%	23.7%	5.5%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			98%	42%	171%	152%	138%	163%	511%	418%	202%			
Shortfall			14	58										

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Kern High School District

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

Mar 14, 2012

Quick Entree 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 - 04/25/2012														
Quick Entree w Sides	Total	8												
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
IntegratedC47020 Mini Burger	Sandwich	1	535	72	1006	1.92	5.07	152.6	165	0.12	29.46	56.98	20.03	7.76
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
Red Barron 78626Tower Pep Piza	5.3 oz	1	360	45	560	1.00	2.70	350.0	750	6.0	19.0	30.0	18.0	9.00
DAILY HOT SANDWICH	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson 2154 BrdWGPPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
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
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Don Lee Farms10321 Veggie Burg	Sandwich	1	344	7	776	5.50	2.54	119.1	3705	8.0	12.02	48.0	12.38	2.37
BOXED ENTREE SALAD	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Tyson Patty w/ Roll	Container	1	407	40	1120	8.14	5.15	131.2	15863	40.64	22.25	49.16	14.8	2.73
SELECT 1-4 SIDES	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Cowboy Caviar	.50 CUP	8	78	0	242	3.93	1.27	37.5	546	8.93	3.66	15.3	0.81	0.12
CELERY STICKS	.50 Cup	8	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	8	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.	8	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	2	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk, NF Strawberry	HALF PINT	2	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	2	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	2	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Condiment Bar, Self-Serv	SRV	8	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			846	48	2172	11.73	6.90	664.0	6117	57.10	35.69	131.07	19.94	5.67
% of Calories											16.9%	62.0%	21.2%	6.0%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			100%	48%	153%	196%	153%	166%	408%	297%	214%			
Shortfall			0	52										

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Kern High School District

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

Mar 14, 2012

Page 14

Quick Entree 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														
Quick Entree w Sides	Total	8												
TODAY'S DAILY SPECIAL	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Integrated 270019, Beef Taco S	4.60 oz. Srvc.	1	386	54	887	1.75	3.75	261.7	202	2.2	25.78	36.1	13.74	6.78
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
Red Barron 78626Tower Pep Piza	5.3 oz	1	360	45	560	1.00	2.70	350.0	750	6.0	19.0	30.0	18.0	9.00
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson 2154 BrdWGPPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
Integrated C15260B Burger	Sandwich	1	307	38	855	3.07	2.70	181.8	154	2.22	22.17	30.11	11.29	3.99
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Smucker6673PBJ Crustless/soy	2.5 oz.	1	260	0	290	2.00	1.80	20.0	0	0.0	9.0	31.0	11.0	2.00
BOXED ENTREE SALAD	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Tyson Patty w/ Roll	Container	1	407	40	1120	8.14	5.15	131.2	15863	40.64	22.25	49.16	14.8	2.73
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	8	43	0	110	1.32	0.53	12.1	311	15.2	1.67	6.99	0.92	0.10
Carrots, Baby, 3 oz.	3 oz.	8	35	0	65	2.00	0.36	20.0	6000	6.0	1.0	8.0	0.0	0.00
Trail Mix - Fruit & Nuts USDA	.25 Cup	8	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.	8	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	2	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk, NF Strawberry	HALF PINT	2	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	2	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	2	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Condiment Bar, Self-Serv	SRV	2	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			840	43	1343	11.72	5.69	659.7	9198	57.17	35.37	125.24	21.12	7.52
% of Calories											16.8%	59.6%	22.6%	8.1%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			99%	43%	95%	195%	126%	165%	613%	298%	212%			
Shortfall			6	57	77									

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Kern High School District

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

Mar 14, 2012

Quick Entree 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														
Quick Entree w Sides	Total	8												
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
Turkey & Gravy	SRV	1	348	*48	843	*1.71	*3.30	*72.9	*290	*4.4	*23.49	30.86	12.86	*3.19
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
Red Barron 78626Tower Pep Piza	5.3 oz	1	360	45	560	1.00	2.70	350.0	750	6.0	19.0	30.0	18.0	9.00
DAILY HOT SANDWICH	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson 2154 BrdWGPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Integrated C15260B Burger	Sandwich	1	307	38	855	3.07	2.70	181.8	154	2.22	22.17	30.11	11.29	3.99
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Hummus, Veggies, Pita Brd	Serving	1	260	0	307	3.76	1.09	29.9	253	16.76	6.69	25.86	3.61	0.02
BOXED ENTREE SALAD	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Tyson Patty w/ Roll	Container	1	407	40	1120	8.14	5.15	131.2	15863	40.64	22.25	49.16	14.8	2.73
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 Cup	8	75	0	6	1.69	0.55	20.7	2485	13.36	1.34	10.77	3.5	0.33
SALAD DRESSING, Students	1 EA	8	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.	8	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	8	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.	8	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	2	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk, NF Strawberry	HALF PINT	2	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	2	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	2	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Condiment Bar, Self-Serv	SRV	8	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			857	*42	2282	*10.26	*6.19	*649.2	*12139	*67.31	*33.15	130.43	21.09	*4.71
% of Calories											*15.5%	60.9%	22.2%	*4.9%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			101%	42%	161%	171%	138%	162%	809%	351%	199%			
Shortfall				58										

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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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Quick Entree 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														
Quick Entree w Sides	Total	8												
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
Chef's Corner Orange Chicken 0	SRV	1	427	49	1049	4.00	2.71	40.0	5000	18.0	19.13	68.2	7.03	2.02
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
Red Barron 78626Tower Pep Piza	5.3 oz	1	360	45	560	1.00	2.70	350.0	750	6.0	19.0	30.0	18.0	9.00
DAILY HOT SANDWICH	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Tyson 2154 BrdWGPPlainChix&Bun	1 Each	1	390	25	880	7.00	3.24	140.0	0	0.0	21.0	44.0	15.5	2.00
Tyson 5567 Spcy Chix&Bun	Sandwich	1	361	55	853	5.01	3.25	120.1	503	0.0	23.09	41.08	13.57	2.52
Integrated C15260B Burger	Sandwich	1	307	38	855	3.07	2.70	181.8	154	2.22	22.17	30.11	11.29	3.99
AZGold 2120700W Bean Burrito	7 oz.	1	458	20	800	6.00	5.76	340.0	399	0.0	14.5	68.5	12.0	5.50
VEGETARIAN OPTION	1 Each	0	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Smucker6673PBJ Crustless/soy	2.5 oz.	1	260	0	290	2.00	1.80	20.0	0	0.0	9.0	31.0	11.0	2.00
BOXED ENTREE SALAD	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
Salad, Tyson Patty w/ Roll	Container	1	407	40	1120	8.14	5.15	131.2	15863	40.64	22.25	49.16	14.8	2.73
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	8	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.	8	35	0	65	2.00	0.36	20.0	6000	6.0	1.0	8.0	0.0	0.00
Trail Mix - Fruit & Nuts USDA	.25 Cup	8	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.	8	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	2	140	5	180	0.00	0.00	350.0	500	0.0	9.0	25.0	0.0	0.00
Milk, NF Strawberry	HALF PINT	2	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	2	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	2	90	5	135	0.00	0.00	350.0	500	2.4	9.0	14.0	0.0	0.00
Condiment Bar, Self-Serv	SRV	8	87	0	845	0.82	1.32	55.9	613	9.56	0.93	11.9	3.3	0.37
Weighted Daily Average			939	42	1906	16.00	7.23	703.2	13132	107.79	37.10	146.32	22.59	7.22
% of Calories											15.8%	62.3%	21.7%	6.9%
Nutrient Guideline			846	100	1420	6.00	4.50	400.00	1500	19.20	16.70		<=30.0	<10.00
% of Guideline Satisfied			111%	42%	134%	267%	161%	176%	875%	561%	222%			
Shortfall				58										
Weighted Average			856	*45	2070	*11.50	*6.43	*661.1	*9182	*81.37	*34.84	131.70	20.94	*5.71
											*16.3%	61.5%	22.0%	*6.0%

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Kern High School District

Apr 9, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
Quick Entree w Sides

Mar 14, 2012

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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	856		846	101%											
Cholesterol (mg)	45		100	45%	Missing		Correction Required - Sodium too High								
Sodium (mg)	2070		1420	146%											
Fiber (g)	11.50		6.00	192%	Missing										
Iron (mg)	6.43		4.50	143%	Missing										
Calcium (mg)	661.1		400.00	165%	Missing										
Vitamin A (IU)	9182		1500	612%	Missing										
Vitamin C (mg)	81.37		19.20	424%	Missing										
Protein (g)	34.84	16.28%	16.70	209%	Missing										
Carbohydrate (g)	131.70	61.54%													
Total Fat (g)	20.94	22.02%	<=30.00%												
Saturated Fat (g)	5.71	6.00%	<10.00%		Missing										

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