Carrollton-Farmers Branch ISD

Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Aug 19, 2011

Elementary Lunch Cycle 2011-12

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wk 1 Monday															
Elementary Lunch Cycle 201	Total														
BLT Salad (1)-2011	1 EA	358	64	649	4.23	7.04	125.9	6210	545	40.54	14.92	55.51	8.57	2.31	0.00
Cheesy Flatbread Pizza	5.95 oz.	370	15	500	5.00	2.70	350.0	500	100	0.0	21.0	50.0	10.0	4.00	0.00
Teriyaki Chicken & Rice (24)	Servings	340	47	371	1.74	1.71	46.2	344	69	12.51	18.01	45.0	8.54	1.81	0.02
Steamed Broccoli (28)	1/2 CUP	34	0	23	2.29	0.00	22.9	0	0	34.31	1.14	4.57	0.0	0.00	0.00
Oriental Salad (12)	1/2 cup	69	0	19	1.98	0.60	19.3	596	55	42.68	1.19	16.44	0.21	0.04	*0.00
Orange Wedges (35)	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Condiment-Dressing, Honey Mus	1 oz.	57	5	201	0.00	0.00	9.4	9	2	0.0	0.28	5.24	3.4	0.53	0.00
Condiment- Dressing, Italian	2 Tbls.	125	0	188	0.00	0.00	0.2	0	0	0.0	0.0	0.99	13.63	2.08	0.09
CONDIMENTS, Dressing, 1000 Isl	1 oz.	49	5	188	0.00	0.00	16.7	75	15	0.0	0.5	3.7	3.11	0.53	0.00
CONDIMENT- Dressing, Ranch	2 Tbls	30	4	150	0.00	0.00	27.9	28	6	0.0	0.84	1.77	1.92	0.42	0.00
Weighted Daily Average		598	49	724	8.67	4.61	532.3	3402	440	104.18	28.53	91.93	12.44	3.88	*0.01
% of Calories											19.1%	61.5%	18.7%	5.8%	*0.0%

Wk 1 Tuesday															
Elementary Lunch Cycle 201	Total														
Chef Salad (1)-2011	1 EA	423	249	307	8.08	7.62	396.0	12567	1295	38.59	18.38	54.38	15.11	6.12	*0.00
Santa Fe Stew & Roll(100)	6 oz + Roll	273	0	762	8.21	3.03	25.7	247	49	10.66	10.73	39.83	7.45	2.33	0.00
Chicken Fried Steak & Roll(24)	Serving	440	45	660	5.00	3.78	20.0	0	0	6.0	18.0	40.0	22.5	8.00	0.00
Mashed Potatoes (100)	1/2 CUP	17	0	520	0.29	0.06	4.0	1	0	7.07	0.33	3.53	0.16	0.05	0.06
Green Beans (22)	1/2 cup	24	0	449	2.20	0.39	21.7	225	45	3.94	0.01	4.58	0.16	0.05	0.00
Berry Salad (40)	1/2 cup	71	0	3	2.37	0.50	8.1	0	0	22.56	0.0	18.07	0.0	0.00	0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Condiment-Dressing, Honey Mus	1 oz.	57	5	201	0.00	0.00	9.4	9	2	0.0	0.28	5.24	3.4	0.53	0.00
Condiment- Dressing, Italian	2 Tbls.	125	0	188	0.00	0.00	0.2	0	0	0.0	0.0	0.99	13.63	2.08	0.09
CONDIMENTS, Dressing, 1000 Isl	1 oz.	49	5	188	0.00	0.00	16.7	75	15	0.0	0.5	3.7	3.11	0.53	0.00
CONDIMENT- Dressing, Ranch	2 Tbls	30	4	150	0.00	0.00	27.9	28	6	0.0	0.84	1.77	1.92	0.42	0.00
Weighted Daily Average		596	105	1414	10.96	5.78	474.3	4931	630	41.92	24.33	82.42	18.42	6.68	*0.05
% of Calories											16.3%	55.3%	27.8%	10.1%	*0.1%

***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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Carrollton-Farmers Branch ISD

Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Lunch Cycle 2011-12

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wk 1 Wednesday															
Elementary Lunch Cycle 201	Total														
Walnut & Feta Salad (1)-2011	1 EA	527	50	386	9.79	7.65	304.0	7359	713	98.84	12.68	80.38	19.63	4.58	*0.00
Grilled Cheese (24)	1 EACH	272	30	741	1.86	1.34	479.3	607	121	0.0	19.75	31.91	9.96	5.06	0.00
Barbeque Beef on Bun(25)	4.48 oz	274	41	1110	2.00	2.92	161.6	0	0	2.46	23.43	41.39	3.04	0.51	0.00
Sweet Potato Fries (16)	3 OZ	172	0	182	3.04	0.36	20.3	3037	607	3.65	1.01	21.26	9.11	2.03	0.00
Coleslaw (9)	1/2 cup	119	8	420	2.91	0.90	48.7	1667	189	32.8	1.64	13.43	6.16	0.86	*0.00
Fresh Apple (35)	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Condiment-Dressing, Honey Mus	1 oz.	57	5	201	0.00	0.00	9.4	9	2	0.0	0.28	5.24	3.4	0.53	0.00
Condiment- Dressing, Italian	2 Tbls.	125	0	188	0.00	0.00	0.2	0	0	0.0	0.0	0.99	13.63	2.08	0.09
CONDIMENTS, Dressing, 1000 Isl	1 oz.	49	5	188	0.00	0.00	16.7	75	15	0.0	0.5	3.7	3.11	0.53	0.00
CONDIMENT- Dressing, Ranch	2 Tbls	30	4	150	0.00	0.00	27.9	28	6	0.0	0.84	1.77	1.92	0.42	0.00
Weighted Daily Average		743	53	1337	11.35	5.26	671.0	6351	966	63.42	29.03	107.28	24.40	6.47	*0.01
% of Calories											15.6%	57.8%	29.6%	7.8%	*0.0%

Wk 1 Thursday															
Elementary Lunch Cycle 201	Total														
BLT Salad (1)-2011	1 EA	358	64	649	4.23	7.04	125.9	6210	545	40.54	14.92	55.51	8.57	2.31	0.00
Sunbutter Sandwich(24)	1ea.	440	0	457	6.27	2.93	96.4	0	0	0.0	13.3	58.74	19.52	2.21	0.00
Cheese Enchilada Bowl (16)	2 EA.	316	21	1188	3.79	1.88	272.8	753	151	2.65	14.6	45.46	7.86	3.52	0.01
Ranchero Beans (26)	1/2 CUP	108	0	501	6.83	1.58	42.9	78	16	0.17	4.9	19.84	0.05	0.01	0.00
Broccoli Florets (35)	1/2 CUP	12	0	12	0.93	0.26	16.8	222	55	31.79	1.01	2.37	0.13	0.01	*0.00
Peachy Pear Salad	1/2	81	0	6	2.78	0.41	11.3	31	4	4.38	0.54	21.43	0.14	0.01	*0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Condiment-Dressing, Honey Mus	1 oz.	57	5	201	0.00	0.00	9.4	9	2	0.0	0.28	5.24	3.4	0.53	0.00
Condiment- Dressing, Italian	2 Tbls.	125	0	188	0.00	0.00	0.2	0	0	0.0	0.0	0.99	13.63	2.08	0.09
CONDIMENTS, Dressing, 1000 Isl	1 oz.	49	5	188	0.00	0.00	16.7	75	15	0.0	0.5	3.7	3.11	0.53	0.00
CONDIMENT- Dressing, Ranch	2 Tbls	30	4	150	0.00	0.00	27.9	28	6	0.0	0.84	1.77	1.92	0.42	0.00
CONDIMENT-JALAPENO	SERVING	6	0	456	0.00	0.00	22.2	0	0	2.67	0.0	0.0	0.0	0.00	0.00
CONDIMENT-SALSA	2 OZ	20	0	243	0.77	1.27	6.8	311	62	2.27	0.85	3.96	0.11	0.02	0.00
Weighted Daily Average		658	36	1533	12.67	6.21	526.5	3155	454	41.40	27.25	103.88	15.42	3.84	*0.01
% of Calories											16.6%	63.2%	21.1%	5.3%	*0.0%

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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Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Lunch Cycle 2011-12

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wk 1 Friday															
Elementary Lunch Cycle 201	Total														
Chef Salad (1)-2011	1 EA	423	249	307	8.08	7.62	396.0	12567	1295	38.59	18.38	54.38	15.11	6.12	*0.00
Hamburger (35)	SERVING	320	0	490	2.00	1.44	120.0	61	12	0.0	28.0	26.0	13.5	5.00	0.00
Chicken/Turkey Spaghetti (50)	1 CUP	292	49	697	4.66	1.45	234.2	679	124	8.85	20.24	31.2	8.53	3.84	*0.00
Glazed Carrots (20)	1/2 CUP	142	0	113	2.98	0.48	32.3	15184	3037	2.11	0.52	29.24	2.85	0.52	0.61
Hamburger Salad (35)	1/2 CUP	9	0	124	0.64	0.18	7.5	354	25	4.06	0.48	1.83	0.09	0.01	*0.00
Hawaiian Pineapple Salad(200)	1/2 CUP	*59	*0	*3	*1.75	*0.48	*11.8	*125	*24	*41.73	*0.73	*15.07	*0.14	*0.03	*0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Condiment-Dressing, Honey Mus	1 oz.	57	5	201	0.00	0.00	9.4	9	2	0.0	0.28	5.24	3.4	0.53	0.00
Condiment- Dressing, Italian	2 Tbls.	125	0	188	0.00	0.00	0.2	0	0	0.0	0.0	0.99	13.63	2.08	0.09
CONDIMENTS, Dressing, 1000 Isl	1 oz.	49	5	188	0.00	0.00	16.7	75	15	0.0	0.5	3.7	3.11	0.53	0.00
CONDIMENT- Dressing, Ranch	2 Tbls	30	4	150	0.00	0.00	27.9	28	6	0.0	0.84	1.77	1.92	0.42	0.00
CONDIMENT-KETCHUP	serving	20	0	200	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
CONDIMENT-MUSTARD	1 each	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-MAYONAISE	1 each	10	5	100	0.00	0.00	0.0	0	0	0.0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		*634	*107	*906	*9.12	*4.60	*589.0	*15387	*2687	*48.87	*31.76	*89.34	*17.62	*6.49	*0.41
% of Calories											*20.0%	*56.4%	*25.0%	*9.2%	*0.6%

Wk 2 Monday															
Elementary Lunch Cycle 201	Total														
BLT Salad (1)-2011	1 EA	358	64	649	4.23	7.04	125.9	6210	545	40.54	14.92	55.51	8.57	2.31	0.00
Pizza, Cheese (16)	SLICE	300	25	570	4.00	1.80	300.0	400	80	0.0	18.0	34.0	11.0	4.50	0.00
Fish on Bun(24)	SERVING	352	51	563	2.00	2.53	100.1	51	10	0.0	20.15	42.18	12.62	1.52	0.00
Baked Beans (30)	1/2 cup	138	0	909	5.15	1.66	65.1	274	55	2.57	6.23	27.42	0.41	0.00	0.00
Baby Carrots (35)	serving	60	0	100	4.06	0.44	47.9	24401	4083	8.56	1.35	13.91	0.35	0.06	0.00
CINNAMON APPLES	1/2 CUP	82	0	43	1.18	0.01	0.7	0	0	0.0	0.0	20.02	0.0	0.00	0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Condiment-Dressing, Honey Mus	1 oz.	57	5	201	0.00	0.00	9.4	9	2	0.0	0.28	5.24	3.4	0.53	0.00
Condiment- Dressing, Italian	2 Tbls.	125	0	188	0.00	0.00	0.2	0	0	0.0	0.0	0.99	13.63	2.08	0.09
CONDIMENTS, Dressing, 1000 Isl	1 oz.	49	5	188	0.00	0.00	16.7	75	15	0.0	0.5	3.7	3.11	0.53	0.00
CONDIMENT- Dressing, Ranch	2 Tbls	30	4	150	0.00	0.00	27.9	28	6	0.0	0.84	1.77	1.92	0.42	0.00
CONDIMENT - TARTAR SAUCE	1 each	120	10	150	0.00	0.00	0.0	0	0	0.0	0.0	1.0	12.0	2.00	0.00
CONDIMENT-KETCHUP	serving	20	0	200	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		710	57	1568	10.97	5.53	555.7	19180	3122	22.06	31.14	106.01	18.42	4.62	0.01
% of Calories											17.5%	59.7%	23.4%	5.9%	0.0%

***N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient**
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Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Lunch Cycle 2011-12

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wk 2 Tuesday															
Elementary Lunch Cycle 201	Total														
Chef Salad (1)-2011	1 EA	423	249	307	8.08	7.62	396.0	12567	1295	38.59	18.38	54.38	15.11	6.12	*0.00
Pizza Soup & Muffin (32)	1 cup	369	84	1045	1.55	6.91	232.5	2060	410	22.54	18.13	42.64	12.27	4.16	*0.01
Burrito/Chicken w/ Muffin(24)	1 EACH	420	55	675	3.00	8.10	140.1	2001	400	18.61	13.0	58.01	16.0	5.10	0.00
Corn, Whole Kernal (19)	1/2 cup	130	0	550	3.08	1.37	7.7	127	25	13.48	4.14	29.98	1.58	0.25	0.00
Broccoli & Cauliflower (35)	1/2 CUP	33	0	34	2.57	0.69	43.1	501	124	83.31	2.73	6.53	0.36	0.05	*0.00
Fresh Apple (35)	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Condiment-Dressing, Honey Mus	1 oz.	57	5	201	0.00	0.00	9.4	9	2	0.0	0.28	5.24	3.4	0.53	0.00
Condiment- Dressing, Italian	2 Tbls.	125	0	188	0.00	0.00	0.2	0	0	0.0	0.0	0.99	13.63	2.08	0.09
CONDIMENTS, Dressing, 1000 Isl	1 oz.	49	5	188	0.00	0.00	16.7	75	15	0.0	0.5	3.7	3.11	0.53	0.00
CONDIMENT- Dressing, Ranch	2 Tbls	30	4	150	0.00	0.00	27.9	28	6	0.0	0.84	1.77	1.92	0.42	0.00
CONDIMENT-SALSA	2 OZ	20	0	243	0.77	1.27	6.8	311	62	2.27	0.85	3.96	0.11	0.02	0.00
Weighted Daily Average		711	137	1336	11.07	9.78	602.3	6624	979	97.22	30.00	110.27	19.14	6.50	*0.01
% of Calories											16.9%	62.1%	24.2%	8.2%	*0.0%

Wk 2 Wednesday															
Elementary Lunch Cycle 201	Total														
Walnut & Feta Salad (1)-2011	1 EA	527	50	386	9.79	7.65	304.0	7359	713	98.84	12.68	80.38	19.63	4.58	*0.00
Pigs in Blanket	4 oz	291	55	813	4.01	5.42	150.5	502	100	2.41	13.05	35.12	11.04	3.51	0.50
Roasted Chicken & Rice	1 EA	494	216	558	1.02	1.99	56.4	0	0	0.61	43.55	27.98	21.77	7.26	0.00
Glazed Sweet Potatoes (19)	1/2 CUP	272	0	242	4.77	1.53	28.0	14776	2955	17.43	2.06	64.89	0.51	0.11	0.00
Green Salad (17)	1 cup	*27	*0	*36	*2.14	*0.74	*36.4	*5867	*844	*8.71	*1.4	*5.91	*0.24	*0.03	*0.00
Grapes (35)	1/2 cup	102	0	3	1.37	0.44	21.3	152	15	6.09	0.96	26.12	0.53	0.17	*0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Condiment-Dressing, Honey Mus	1 oz.	57	5	201	0.00	0.00	9.4	9	2	0.0	0.28	5.24	3.4	0.53	0.00
Condiment- Dressing, Italian	2 Tbls.	125	0	188	0.00	0.00	0.2	0	0	0.0	0.0	0.99	13.63	2.08	0.09
CONDIMENTS, Dressing, 1000 Isl	1 oz.	49	5	188	0.00	0.00	16.7	75	15	0.0	0.5	3.7	3.11	0.53	0.00
CONDIMENT- Dressing, Ranch	2 Tbls	30	4	150	0.00	0.00	27.9	28	6	0.0	0.84	1.77	1.92	0.42	0.00
CONDIMENT-MUSTARD	1 each	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-KETCHUP	serving	20	0	200	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		*853	*115	*1014	*11.09	*7.17	*531.9	*16993	*2966	*56.57	*34.43	*133.33	*21.52	*6.47	*0.17
% of Calories											*16.1%	*62.5%	*22.7%	*6.8%	*0.2%

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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Carrollton-Farmers Branch ISD

Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Lunch Cycle 2011-12

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wk 2 Thursday															
Elementary Lunch Cycle 201	Total														
BLT Salad (1)-2011	1 EA	358	64	649	4.23	7.04	125.9	6210	545	40.54	14.92	55.51	8.57	2.31	0.00
Turkey and Cheese Sandwich	1 EACH	344	42	894	4.32	1.48	165.0	325	43	7.96	25.39	48.51	7.01	2.13	*0.00
Macaroni and Cheese	2/3 cup	290	30	981	2.00	0.00	0.0	800	160	0.0	16.01	31.02	11.01	6.00	0.00
Steamed Broccoli (28)	1/2 CUP	34	0	23	2.29	0.00	22.9	0	0	34.31	1.14	4.57	0.0	0.00	0.00
CELERY STICKS	1/2 Cup	12	0	59	1.19	0.15	29.7	333	10	2.3	0.51	2.21	0.13	0.03	0.00
Tropical Salad	1/2 cup	*55	*0	*3	*2.00	*0.45	*12.3	*24	*5	*29.52	*0.44	*14.31	*0.1	*0.00	*0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Condiment-Dressing, Honey Mus	1 oz.	57	5	201	0.00	0.00	9.4	9	2	0.0	0.28	5.24	3.4	0.53	0.00
Condiment- Dressing, Italian	2 Tbls.	125	0	188	0.00	0.00	0.2	0	0	0.0	0.0	0.99	13.63	2.08	0.09
CONDIMENTS, Dressing, 1000 Isl	1 oz.	49	5	188	0.00	0.00	16.7	75	15	0.0	0.5	3.7	3.11	0.53	0.00
CONDIMENT- Dressing, Ranch	2 Tbls	30	4	150	0.00	0.00	27.9	28	6	0.0	0.84	1.77	1.92	0.42	0.00
CONDIMENT-MUSTARD	1 each	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-MAYONAISE	1 each	10	5	100	0.00	0.00	0.0	0	0	0.0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		*544	*54	*1113	*7.79	*3.57	*444.7	*3193	*411	*61.37	*28.57	*79.80	*12.20	*4.64	*0.01
% of Calories											*21.0%	*58.7%	*20.2%	*7.7%	*0.0%

Wk 2 Friday															
Elementary Lunch Cycle 201	Total														
Chef Salad (1)-2011	1 EA	423	249	307	8.08	7.62	396.0	12567	1295	38.59	18.38	54.38	15.11	6.12	*0.00
Burger Sliders-EL	2 Each	428	47	575	8.00	3.38	0.0	0	0	12.0	20.85	46.0	17.1	5.37	0.00
Chicken Lo Mein Noodles (31)	1 Ea	326	47	1093	5.66	2.03	20.4	1244	229	5.37	20.09	39.4	8.51	1.74	0.01
Midori Blend Vegetables	1/2 cups	53	0	183	2.01	0.96	40.2	267	53	14.01	3.34	7.36	1.33	0.00	0.00
Popeye Salad(17)	1 CUP	*23	*0	*37	*1.81	*0.82	*37.6	*5395	*700	*11.53	*1.31	*4.79	*0.23	*0.04	*0.00
Pineapple Chunks (16)	1/2 CUP	92	0	15	0.00	0.55	0.0	0	0	23.09	0.0	23.09	0.0	0.00	0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Condiment-Dressing, Honey Mus	1 oz.	57	5	201	0.00	0.00	9.4	9	2	0.0	0.28	5.24	3.4	0.53	0.00
Condiment- Dressing, Italian	2 Tbls.	125	0	188	0.00	0.00	0.2	0	0	0.0	0.0	0.99	13.63	2.08	0.09
CONDIMENTS, Dressing, 1000 Isl	1 oz.	49	5	188	0.00	0.00	16.7	75	15	0.0	0.5	3.7	3.11	0.53	0.00
CONDIMENT- Dressing, Ranch	2 Tbls	30	4	150	0.00	0.00	27.9	28	6	0.0	0.84	1.77	1.92	0.42	0.00
CONDIMENT-KETCHUP	serving	20	0	200	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
CONDIMENT-MUSTARD	1 each	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-MAYONAISE	1 each	10	5	100	0.00	0.00	0.0	0	0	0.0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		*654	*123	*1064	*10.42	*6.24	*495.1	*8888	*1162	*52.20	*31.27	*91.47	*17.81	*5.57	*0.01
% of Calories											*19.1%	*56.0%	*24.5%	*7.7%	*0.0%

***N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient**
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[1] - denotes optional nutrient values

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Carrollton-Farmers Branch ISD

Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Lunch Cycle 2011-12

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wk 3 Monday															
Elementary Lunch Cycle 201	Total														
BLT Salad (1)-2011	1 EA	358	64	649	4.23	7.04	125.9	6210	545	40.54	14.92	55.51	8.57	2.31	0.00
Pizza, Pepperoni (ELEMENTARY)	SLICE	322	26	654	4.15	2.80	259.5	372	96	0.0	18.68	35.29	12.45	4.67	*N/A*
SW Enchiladas w/ Rice	1 ea	459	42	1338	5.44	2.68	472.8	1590	318	3.57	20.2	53.92	16.98	9.83	0.00
Pinto Beans (25)	1/2 CUP	112	0	589	5.79	1.84	55.0	0	0	1.18	6.13	19.82	1.02	0.21	0.00
Nic Nac Salad	1/2 CUP	35	0	46	2.56	0.51	36.8	6426	1097	50.33	1.95	7.39	0.3	0.04	*0.00
Peaches (17)	1/2 cup	95	0	8	2.24	0.63	5.6	32	6	4.21	0.78	25.62	0.06	0.00	0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Condiment-Dressing, Honey Mus	1 oz.	57	5	201	0.00	0.00	9.4	9	2	0.0	0.28	5.24	3.4	0.53	0.00
Condiment- Dressing, Italian	2 Tbls.	125	0	188	0.00	0.00	0.2	0	0	0.0	0.0	0.99	13.63	2.08	0.09
CONDIMENTS, Dressing, 1000 Isl	1 oz.	49	5	188	0.00	0.00	16.7	75	15	0.0	0.5	3.7	3.11	0.53	0.00
CONDIMENT- Dressing, Ranch	2 Tbls	30	4	150	0.00	0.00	27.9	28	6	0.0	0.84	1.77	1.92	0.42	0.00
CONDIMENT-SALSA	2 OZ	20	0	243	0.77	1.27	6.8	311	62	2.27	0.85	3.96	0.11	0.02	0.00
Weighted Daily Average		691	51	1579	12.55	6.92	657.7	7643	1228	53.73	32.52	105.00	16.81	6.91	*0.01
% of Calories											18.8%	60.8%	21.9%	9.0%	*0.0%

Wk 3 Tuesday															
Elementary Lunch Cycle 201	Total														
Chef Salad (1)-2011	1 EA	423	249	307	8.08	7.62	396.0	12567	1295	38.59	18.38	54.38	15.11	6.12	*0.00
Vegetable Soup & Br Stick(160)	1/2 CUPS + BS	235	0	686	4.57	0.28	22.4	878	173	8.9	12.37	35.82	5.18	2.05	0.61
Ranch Hand Steak w/ Roll(35)	1 each	453	85	1182	4.00	2.93	94.5	91	18	6.0	30.29	35.8	19.82	8.09	0.00
Mashed Sweet Potatoes(20)	1 ea	112	0	247	1.73	0.32	19.2	4374	875	7.8	1.73	24.26	0.92	0.17	0.25
Green Beans (22)	1/2 cup	24	0	449	2.20	0.39	21.7	225	45	3.94	0.01	4.58	0.16	0.05	0.00
Hawaiian Pineapple Salad(200)	1/2 CUP	*59	*0	*3	*1.75	*0.48	*11.8	*125	*24	*41.73	*0.73	*15.07	*0.14	*0.03	*0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Condiment-Dressing, Honey Mus	1 oz.	57	5	201	0.00	0.00	9.4	9	2	0.0	0.28	5.24	3.4	0.53	0.00
Condiment- Dressing, Italian	2 Tbls.	125	0	188	0.00	0.00	0.2	0	0	0.0	0.0	0.99	13.63	2.08	0.09
CONDIMENTS, Dressing, 1000 Isl	1 oz.	49	5	188	0.00	0.00	16.7	75	15	0.0	0.5	3.7	3.11	0.53	0.00
CONDIMENT- Dressing, Ranch	2 Tbls	30	4	150	0.00	0.00	27.9	28	6	0.0	0.84	1.77	1.92	0.42	0.00
Weighted Daily Average		*644	*119	*1380	*9.96	*4.74	*510.7	*8171	*1277	*54.60	*30.39	*91.49	*17.38	*6.72	*0.38
% of Calories											*18.9%	*56.9%	*24.3%	*9.4%	*0.5%

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Carrollton-Farmers Branch ISD

Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Lunch Cycle 2011-12

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wk 3 Wednesday															
Elementary Lunch Cycle 201	Total														
Walnut & Feta Salad (1)-2011	1 EA	527	50	386	9.79	7.65	304.0	7359	713	98.84	12.68	80.38	19.63	4.58	*0.00
Grilled Cheese (24)	1 EACH	272	30	741	1.86	1.34	479.3	607	121	0.0	19.75	31.91	9.96	5.06	0.00
Beef Quesadilla	5.0 oz	340	10	740	4.00	3.60	250.0	400	80	0.0	16.0	41.0	12.0	3.00	0.00
Steamed Broccoli (28)	1/2 CUP	34	0	23	2.29	0.00	22.9	0	0	34.31	1.14	4.57	0.0	0.00	0.00
Tex-Mex Salad	1 cup	32	4	35	1.58	0.59	59.5	4361	152	14.14	2.42	3.19	1.11	0.63	*0.00
Orange Wedges (35)	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Condiment-Dressing, Honey Mus	1 oz.	57	5	201	0.00	0.00	9.4	9	2	0.0	0.28	5.24	3.4	0.53	0.00
Condiment- Dressing, Italian	2 Tbls.	125	0	188	0.00	0.00	0.2	0	0	0.0	0.0	0.99	13.63	2.08	0.09
CONDIMENTS, Dressing, 1000 Isl	1 oz.	49	5	188	0.00	0.00	16.7	75	15	0.0	0.5	3.7	3.11	0.53	0.00
CONDIMENT- Dressing, Ranch	2 Tbls	30	4	150	0.00	0.00	27.9	28	6	0.0	0.84	1.77	1.92	0.42	0.00
CONDIMENT-SALSA	2 OZ	20	0	243	0.77	1.27	6.8	311	62	2.27	0.85	3.96	0.11	0.02	0.00
Weighted Daily Average		604	40	932	10.21	5.41	731.8	6454	592	101.17	27.80	85.34	17.91	5.79	*0.01
% of Calories											18.4%	56.5%	26.7%	8.6%	*0.0%

Wk 3 Thursday															
Elementary Lunch Cycle 201	Total														
BLT Salad (1)-2011	1 EA	358	64	649	4.23	7.04	125.9	6210	545	40.54	14.92	55.51	8.57	2.31	0.00
Sunbutter Sandwich(24)	1ea.	440	0	457	6.27	2.93	96.4	0	0	0.0	13.3	58.74	19.52	2.21	0.00
BBQ Chicken w/roll(24)	1 EA	400	0	598	4.00	1.08	0.0	0	0	6.0	41.6	25.29	13.82	3.66	0.00
CORN ON THE COB	SERVINGS	136	0	5	4.11	0.89	3.6	339	68	6.97	4.55	32.7	1.09	0.16	0.00
Coleslaw (9)	1/2 cup	119	8	420	2.91	0.90	48.7	1667	189	32.8	1.64	13.43	6.16	0.86	*0.00
Melon Salad(40)	1/2 cup	58	0	4	0.95	0.48	12.3	313	58	42.75	0.75	14.31	0.16	0.05	*0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Condiment-Dressing, Honey Mus	1 oz.	57	5	201	0.00	0.00	9.4	9	2	0.0	0.28	5.24	3.4	0.53	0.00
Condiment- Dressing, Italian	2 Tbls.	125	0	188	0.00	0.00	0.2	0	0	0.0	0.0	0.99	13.63	2.08	0.09
CONDIMENTS, Dressing, 1000 Isl	1 oz.	49	5	188	0.00	0.00	16.7	75	15	0.0	0.5	3.7	3.11	0.53	0.00
CONDIMENT- Dressing, Ranch	2 Tbls	30	4	150	0.00	0.00	27.9	28	6	0.0	0.84	1.77	1.92	0.42	0.00
Weighted Daily Average		751	34	1044	10.77	5.54	421.7	4126	544	71.65	36.30	107.03	22.10	4.57	*0.01
% of Calories											19.3%	57.0%	26.5%	5.5%	*0.0%

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Carrollton-Farmers Branch ISD

Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Lunch Cycle 2011-12

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wk 3 Friday															
Elementary Lunch Cycle 201	Total														
Chef Salad (1)-2011	1 EA	423	249	307	8.08	7.62	396.0	12567	1295	38.59	18.38	54.38	15.11	6.12	*0.00
Chicken Sandwich (20)	1 EACH	420	45	730	3.00	4.14	120.1	0	0	0.0	21.0	43.01	19.5	7.00	0.00
Spaghetti with Meat Sauce (25)	one cup	342	0	991	8.00	3.28	46.1	481	96	2.31	15.77	52.09	8.56	3.04	0.00
Mixed Vegetables-Sonoma Blend	1/2 cup	31	0	31	1.78	0.64	17.8	667	133	10.67	0.89	5.34	0.0	0.00	0.00
Spinach-Strawberry Salad	1 cup	10	0	24	0.83	0.87	30.8	2819	203	11.8	0.91	1.82	0.12	0.02	*0.00
Banana (35)	1 each	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Condiment-Dressing, Honey Mus	1 oz.	57	5	201	0.00	0.00	9.4	9	2	0.0	0.28	5.24	3.4	0.53	0.00
Condiment- Dressing, Italian	2 Tbls.	125	0	188	0.00	0.00	0.2	0	0	0.0	0.0	0.99	13.63	2.08	0.09
CONDIMENTS, Dressing, 1000 Isl	1 oz.	49	5	188	0.00	0.00	16.7	75	15	0.0	0.5	3.7	3.11	0.53	0.00
CONDIMENT- Dressing, Ranch	2 Tbls	30	4	150	0.00	0.00	27.9	28	6	0.0	0.84	1.77	1.92	0.42	0.00
CONDIMENT-KETCHUP	serving	20	0	200	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
CONDIMENT-MUSTARD	1 each	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-MAYONAISE	1 each	10	5	100	0.00	0.00	0.0	0	0	0.0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		631	106	962	10.47	6.54	527.7	7225	845	35.60	28.72	91.37	17.88	6.61	*0.01
% of Calories											18.2%	57.9%	25.5%	9.4%	*0.0%

Wk 4 Monday															
Elementary Lunch Cycle 201	Total														
BLT Salad (1)-2011	1 EA	358	64	649	4.23	7.04	125.9	6210	545	40.54	14.92	55.51	8.57	2.31	0.00
Cheesy Flatbread Pizza	5.95 oz.	370	15	500	5.00	2.70	350.0	500	100	0.0	21.0	50.0	10.0	4.00	0.00
Crispy Tacos & Rice (70)	2 EA	351	0	817	3.61	3.45	35.8	1327	94	7.27	19.22	36.82	14.6	5.67	*0.01
Black Beans	1/2 cups	102	0	371	7.85	1.89	42.4	61	12	0.12	5.9	19.0	0.51	0.00	0.00
Romaine and Spinach Salad(17)	1 cup	*14	*0	*15	*1.33	*0.77	*27.3	*4512	*196	*15.37	*1.04	*2.63	*0.21	*0.03	*0.00
Peaches (17)	1/2 cup	95	0	8	2.24	0.63	5.6	32	6	4.21	0.78	25.62	0.06	0.00	0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Condiment-Dressing, Honey Mus	1 oz.	57	5	201	0.00	0.00	9.4	9	2	0.0	0.28	5.24	3.4	0.53	0.00
Condiment- Dressing, Italian	2 Tbls.	125	0	188	0.00	0.00	0.2	0	0	0.0	0.0	0.99	13.63	2.08	0.09
CONDIMENTS, Dressing, 1000 Isl	1 oz.	49	5	188	0.00	0.00	16.7	75	15	0.0	0.5	3.7	3.11	0.53	0.00
CONDIMENT- Dressing, Ranch	2 Tbls	30	4	150	0.00	0.00	27.9	28	6	0.0	0.84	1.77	1.92	0.42	0.00
CONDIMENT-SALSA	2 OZ	20	0	243	0.77	1.27	6.8	311	62	2.27	0.85	3.96	0.11	0.02	0.00
Weighted Daily Average		*650	*34	*1189	*12.78	*7.34	*527.5	*6362	*562	*30.95	*32.21	*100.48	*14.80	*5.16	*0.01
% of Calories											*19.8%	*61.9%	*20.5%	*7.1%	*0.0%

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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Carrollton-Farmers Branch ISD

Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Lunch Cycle 2011-12

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wk 4 Tuesday															
Elementary Lunch Cycle 201	Total														
Chef Salad (1)-2011	1 EA	423	249	307	8.08	7.62	396.0	12567	1295	38.59	18.38	54.38	15.11	6.12	*0.00
Broke Bean Soup & Cornbread	1 cup	331	10	1250	10.78	4.82	54.4	529	106	11.8	11.88	54.26	6.65	1.06	*0.01
Boneless Wings w/ Cornbread	5(.95 oz)Pieces	429	76	899	2.01	3.73	11.0	22	25	0.0	29.84	43.27	15.64	2.93	0.00
CORN ON THE COB	SERVINGS	136	0	5	4.11	0.89	3.6	339	68	6.97	4.55	32.7	1.09	0.16	0.00
Broccoli Florets (35)	1/2 CUP	12	0	12	0.93	0.26	16.8	222	55	31.79	1.01	2.37	0.13	0.01	*0.00
Treasure Salad	3/4 cup	108	1	15	2.40	0.35	49.3	159	24	4.67	2.16	18.02	4.09	0.42	*0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Condiment-Dressing, Honey Mus	1 oz.	57	5	201	0.00	0.00	9.4	9	2	0.0	0.28	5.24	3.4	0.53	0.00
Condiment- Dressing, Italian	2 Tbls.	125	0	188	0.00	0.00	0.2	0	0	0.0	0.0	0.99	13.63	2.08	0.09
CONDIMENTS, Dressing, 1000 Isl	1 oz.	49	5	188	0.00	0.00	16.7	75	15	0.0	0.5	3.7	3.11	0.53	0.00
CONDIMENT- Dressing, Ranch	2 Tbls	30	4	150	0.00	0.00	27.9	28	6	0.0	0.84	1.77	1.92	0.42	0.00
Condiment - Honey	serving	60	0	0	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
CONDIMENTS-BBQ SAUCE	serving	50	0	267	0.00	0.30	0.0	83	100	2.0	0.0	11.67	1.67	0.00	0.00
Weighted Daily Average		726	120	1074	12.54	6.78	504.7	5376	742	47.21	33.57	110.53	19.47	4.90	*0.01
% of Calories											18.5%	60.9%	24.1%	6.1%	*0.0%

Wk 4 Wednesday															
Elementary Lunch Cycle 201	Total														
Walnut & Feta Salad (1)-2011	1 EA	527	50	386	9.79	7.65	304.0	7359	713	98.84	12.68	80.38	19.63	4.58	*0.00
Pigs in Blanket	4 oz	291	55	813	4.01	5.42	150.5	502	100	2.41	13.05	35.12	11.04	3.51	0.50
Orange Chicken Rice Bowl(114)	Servings	536	66	986	2.08	3.12	1.0	0	20	0.0	29.47	74.64	11.94	2.03	0.00
Midori Blend Vegetables	1/2 cups	53	0	183	2.01	0.96	40.2	267	53	14.01	3.34	7.36	1.33	0.00	0.00
Tossed Salad	1 CUP	*20	*0	*17	*1.49	*0.38	*18.8	*2789	*411	*6.38	*0.96	*4.33	*0.18	*0.03	*0.00
Fresh Apple (35)	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Condiment-Dressing, Honey Mus	1 oz.	57	5	201	0.00	0.00	9.4	9	2	0.0	0.28	5.24	3.4	0.53	0.00
Condiment- Dressing, Italian	2 Tbls.	125	0	188	0.00	0.00	0.2	0	0	0.0	0.0	0.99	13.63	2.08	0.09
CONDIMENTS, Dressing, 1000 Isl	1 oz.	49	5	188	0.00	0.00	16.7	75	15	0.0	0.5	3.7	3.11	0.53	0.00
CONDIMENT- Dressing, Ranch	2 Tbls	30	4	150	0.00	0.00	27.9	28	6	0.0	0.84	1.77	1.92	0.42	0.00
CONDIMENT-MUSTARD	1 each	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-KETCHUP	serving	20	0	200	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		*695	*64	*1094	*10.46	*6.74	*501.2	*5217	*744	*52.70	*29.90	*104.77	*18.56	*4.55	*0.17
% of Calories											*17.2%	*60.3%	*24.0%	*5.9%	*0.2%

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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Carrollton-Farmers Branch ISD

Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Lunch Cycle 2011-12

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wk 4 Thursday															
Elementary Lunch Cycle 201	Total														
BLT Salad (1)-2011	1 EA	358	64	649	4.23	7.04	125.9	6210	545	40.54	14.92	55.51	8.57	2.31	0.00
Yogurt Parfait w/ Granola (1)	1 each	349	4	171	4.00	1.65	173.8	360	72	21.86	9.21	67.8	6.19	1.03	0.00
French Toast & Sausage	1 ea	281	166	574	3.00	2.73	93.0	200	40	0.0	20.15	29.01	9.57	2.52	0.00
Hash Browns	3 each	136	0	293	1.70	0.51	7.7	0	0	3.94	0.85	17.0	6.8	0.80	0.00
V-8 Juice	serving	34	0	330	1.38	0.49	27.5	1375	275	49.5	1.38	6.87	0.0	0.00	0.00
Melon Salad(40)	1/2 cup	58	0	4	0.95	0.48	12.3	313	58	42.75	0.75	14.31	0.16	0.05	*0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Condiment-Dressing, Honey Mus	1 oz.	57	5	201	0.00	0.00	9.4	9	2	0.0	0.28	5.24	3.4	0.53	0.00
Condiment- Dressing, Italian	2 Tbls.	125	0	188	0.00	0.00	0.2	0	0	0.0	0.0	0.99	13.63	2.08	0.09
CONDIMENTS, Dressing, 1000 Isl	1 oz.	49	5	188	0.00	0.00	16.7	75	15	0.0	0.5	3.7	3.11	0.53	0.00
CONDIMENT- Dressing, Ranch	2 Tbls	30	4	150	0.00	0.00	27.9	28	6	0.0	0.84	1.77	1.92	0.42	0.00
CONDIMENT-SYRUP	serving	110	0	0	0.00	0.00	0.0	0	0	0.0	0.0	27.0	0.0	0.00	0.00
CONDIMENT-KETCHUP	serving	20	0	200	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		669	85	1155	7.06	5.13	467.1	3892	593	86.05	25.14	107.12	15.94	3.66	*0.01
% of Calories											15.0%	64.0%	21.4%	4.9%	*0.0%

Wk 4 Friday															
Elementary Lunch Cycle 201	Total														
Chef Salad (1)-2011	1 EA	423	249	307	8.08	7.62	396.0	12567	1295	38.59	18.38	54.38	15.11	6.12	*0.00
Hamburger (35)	SERVING	320	0	490	2.00	1.44	120.0	61	12	0.0	28.0	26.0	13.5	5.00	0.00
Pasta Bake	1 cup	265	27	1064	3.13	2.39	291.5	612	122	9.37	20.52	19.73	11.62	5.94	0.01
Glazed Carrots (20)	1/2 CUP	142	0	113	2.98	0.48	32.3	15184	3037	2.11	0.52	29.24	2.85	0.52	0.61
Hamburger Salad (35)	1/2 CUP	9	0	124	0.64	0.18	7.5	354	25	4.06	0.48	1.83	0.09	0.01	*0.00
Grapes (35)	1/2 cup	102	0	3	1.37	0.44	21.3	152	15	6.09	0.96	26.12	0.53	0.17	*0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Condiment-Dressing, Honey Mus	1 oz.	57	5	201	0.00	0.00	9.4	9	2	0.0	0.28	5.24	3.4	0.53	0.00
Condiment- Dressing, Italian	2 Tbls.	125	0	188	0.00	0.00	0.2	0	0	0.0	0.0	0.99	13.63	2.08	0.09
CONDIMENTS, Dressing, 1000 Isl	1 oz.	49	5	188	0.00	0.00	16.7	75	15	0.0	0.5	3.7	3.11	0.53	0.00
CONDIMENT- Dressing, Ranch	2 Tbls	30	4	150	0.00	0.00	27.9	28	6	0.0	0.84	1.77	1.92	0.42	0.00
CONDIMENT-KETCHUP	serving	20	0	200	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
CONDIMENT-MUSTARD	1 each	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-MAYONAISE	1 each	10	5	100	0.00	0.00	0.0	0	0	0.0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		653	100	1029	8.36	4.89	614.5	15383	2680	25.29	32.00	92.88	18.91	7.29	*0.42
% of Calories											19.6%	56.9%	26.0%	10.0%	*0.6%

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Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Lunch Cycle 2011-12

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wk 5 Monday															
Elementary Lunch Cycle 201	Total														
BLT Salad (1)-2011	1 EA	358	64	649	4.23	7.04	125.9	6210	545	40.54	14.92	55.51	8.57	2.31	0.00
Pizza, Cheese (16)	SLICE	300	25	570	4.00	1.80	300.0	400	80	0.0	18.0	34.0	11.0	4.50	0.00
BBQ Chicken Flatbread	4.06 oz.	290	15	490	2.00	1.80	200.2	200	40	0.0	17.02	33.03	9.01	3.00	0.00
Green Beans (22)	1/2 cup	24	0	449	2.20	0.39	21.7	225	45	3.94	0.01	4.58	0.16	0.05	0.00
Baby Carrots (35)	serving	60	0	100	4.06	0.44	47.9	24401	4083	8.56	1.35	13.91	0.35	0.06	0.00
Fresh Apple (35)	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Condiment-Dressing, Honey Mus	1 oz.	57	5	201	0.00	0.00	9.4	9	2	0.0	0.28	5.24	3.4	0.53	0.00
Condiment- Dressing, Italian	2 Tbls.	125	0	188	0.00	0.00	0.2	0	0	0.0	0.0	0.99	13.63	2.08	0.09
CONDIMENTS, Dressing, 1000 Isl	1 oz.	49	5	188	0.00	0.00	16.7	75	15	0.0	0.5	3.7	3.11	0.53	0.00
CONDIMENT- Dressing, Ranch	2 Tbls	30	4	150	0.00	0.00	27.9	28	6	0.0	0.84	1.77	1.92	0.42	0.00
Weighted Daily Average		563	42	1126	10.42	4.54	565.1	19246	3130	27.20	26.19	86.10	13.21	4.51	*0.01
% of Calories											18.6%	61.2%	21.1%	7.2%	*0.0%

Wk 5 Tuesday															
Elementary Lunch Cycle 201	Total														
Chef Salad (1)-2011	1 EA	423	249	307	8.08	7.62	396.0	12567	1295	38.59	18.38	54.38	15.11	6.12	*0.00
Chili with Cornbread	1 cup	347	20	930	4.87	3.96	138.2	757	151	6.03	19.68	34.39	13.46	5.56	*0.00
Chicken Fried Rice w/ Egg	servings	286	64	680	2.51	2.35	52.4	200	40	3.6	17.36	31.65	10.97	2.62	0.01
Steamed Spinach (24)	1/2 cup	65	0	501	1.65	1.18	131.2	4099	820	1.97	3.29	8.91	0.01	0.00	0.00
Oriental Salad (12)	1/2 cup	69	0	19	1.98	0.60	19.3	596	55	42.68	1.19	16.44	0.21	0.04	*0.00
Pineapple Chunks (16)	1/2 CUP	92	0	15	0.00	0.55	0.0	0	0	23.09	0.0	23.09	0.0	0.00	0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Condiment-Dressing, Honey Mus	1 oz.	57	5	201	0.00	0.00	9.4	9	2	0.0	0.28	5.24	3.4	0.53	0.00
Condiment- Dressing, Italian	2 Tbls.	125	0	188	0.00	0.00	0.2	0	0	0.0	0.0	0.99	13.63	2.08	0.09
CONDIMENTS, Dressing, 1000 Isl	1 oz.	49	5	188	0.00	0.00	16.7	75	15	0.0	0.5	3.7	3.11	0.53	0.00
CONDIMENT- Dressing, Ranch	2 Tbls	30	4	150	0.00	0.00	27.9	28	6	0.0	0.84	1.77	1.92	0.42	0.00
Weighted Daily Average		646	118	1185	8.20	6.53	600.3	8147	1231	62.36	29.86	92.66	16.51	5.93	*0.01
% of Calories											18.5%	57.3%	23.0%	8.3%	*0.0%

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[1] - denotes optional nutrient values

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Carrollton-Farmers Branch ISD

Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Lunch Cycle 2011-12

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wk 5 Wednesday															
Elementary Lunch Cycle 201	Total														
Walnut & Feta Salad (1)-2011	1 EA	527	50	386	9.79	7.65	304.0	7359	713	98.84	12.68	80.38	19.63	4.58	*0.00
Grilled Cheese (24)	1 EACH	272	30	741	1.86	1.34	479.3	607	121	0.0	19.75	31.91	9.96	5.06	0.00
Spaghetti with Meat Sauce (25)	one cup	342	0	991	8.00	3.28	46.1	481	96	2.31	15.77	52.09	8.56	3.04	0.00
Corn, Whole Kernal (19)	1/2 cup	130	0	550	3.08	1.37	7.7	127	25	13.48	4.14	29.98	1.58	0.25	0.00
Popeye Salad(17)	1 CUP	*23	*0	*37	*1.81	*0.82	*37.6	*5395	*700	*11.53	*1.31	*4.79	*0.23	*0.04	*0.00
Orange Wedges (35)	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Condiment-Dressing, Honey Mus	1 oz.	57	5	201	0.00	0.00	9.4	9	2	0.0	0.28	5.24	3.4	0.53	0.00
Condiment- Dressing, Italian	2 Tbls.	125	0	188	0.00	0.00	0.2	0	0	0.0	0.0	0.99	13.63	2.08	0.09
CONDIMENTS, Dressing, 1000 Isl	1 oz.	49	5	188	0.00	0.00	16.7	75	15	0.0	0.5	3.7	3.11	0.53	0.00
CONDIMENT- Dressing, Ranch	2 Tbls	30	4	150	0.00	0.00	27.9	28	6	0.0	0.84	1.77	1.92	0.42	0.00
Weighted Daily Average		*656	*34	*1287	*11.97	*5.95	*636.8	*7151	*959	*85.56	*28.70	*105.71	*17.19	*5.57	*0.01
% of Calories											*17.5%	*64.5%	*23.6%	*7.6%	*0.0%

Wk 5 Thursday															
Elementary Lunch Cycle 201	Total														
BLT Salad (1)-2011	1 EA	358	64	649	4.23	7.04	125.9	6210	545	40.54	14.92	55.51	8.57	2.31	0.00
Turkey and Cheese Sandwich	1 EACH	344	42	894	4.32	1.48	165.0	325	43	7.96	25.39	48.51	7.01	2.13	*0.00
Fiesta Tostada & Crispas(12)	1 each	511	30	1052	7.36	4.13	365.7	2576	182	11.05	20.59	74.67	15.03	6.46	*0.00
Refried Beans(25)	1/2 CUP	158	16	673	6.93	2.16	125.5	120	24	7.87	9.56	22.37	3.26	1.62	0.00
Tex-Mex Salad	1 cup	32	4	35	1.58	0.59	59.5	4361	152	14.14	2.42	3.19	1.11	0.63	*0.00
Peaches (17)	1/2 cup	95	0	8	2.24	0.63	5.6	32	6	4.21	0.78	25.62	0.06	0.00	0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Condiment-Dressing, Honey Mus	1 oz.	57	5	201	0.00	0.00	9.4	9	2	0.0	0.28	5.24	3.4	0.53	0.00
Condiment- Dressing, Italian	2 Tbls.	125	0	188	0.00	0.00	0.2	0	0	0.0	0.0	0.99	13.63	2.08	0.09
CONDIMENTS, Dressing, 1000 Isl	1 oz.	49	5	188	0.00	0.00	16.7	75	15	0.0	0.5	3.7	3.11	0.53	0.00
CONDIMENT- Dressing, Ranch	2 Tbls	30	4	150	0.00	0.00	27.9	28	6	0.0	0.84	1.77	1.92	0.42	0.00
CONDIMENT-SALSA	2 OZ	20	0	243	0.77	1.27	6.8	311	62	2.27	0.85	3.96	0.11	0.02	0.00
CONDIMENT-MAYONAISE	1 each	10	5	100	0.00	0.00	0.0	0	0	0.0	0.0	3.0	0.0	0.00	0.00
CONDIMENT-MUSTARD	1 each	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		747	67	1639	13.36	7.23	652.8	6659	551	39.20	37.50	115.73	16.38	6.27	*0.01
% of Calories											20.1%	62.0%	19.7%	7.6%	*0.0%

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Carrollton-Farmers Branch ISD

Cycle No. 1 thru Cycle No. 25 Cycle Spreadsheet - Portion Values

Elementary Lunch Cycle 2011-12

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wk 5 Friday															
Elementary Lunch Cycle 201	Total														
Chef Salad (1)-2011	1 EA	423	249	307	8.08	7.62	396.0	12567	1295	38.59	18.38	54.38	15.11	6.12	*0.00
Burger Sliders-EL	2 Each	428	47	575	8.00	3.38	0.0	0	0	12.0	20.85	46.0	17.1	5.37	0.00
Fish Strips w/ Muffin	3 each	455	93	955	1.00	6.48	100.1	1251	250	0.0	18.0	49.52	18.5	3.75	0.00
Sweet Potato Fries (16)	3 OZ	172	0	182	3.04	0.36	20.3	3037	607	3.65	1.01	21.26	9.11	2.03	0.00
Nic Nac Salad	1/2 CUP	35	0	46	2.56	0.51	36.8	6426	1097	50.33	1.95	7.39	0.3	0.04	*0.00
Rainbow Fruit Salad	1/2 cup	88	0	4	2.35	0.57	14.7	78	13	32.68	0.88	22.38	0.3	0.05	*0.00
Milk-Skim (1)	HALF PINT	85	5	105	0.00	0.08	312.5	510	153	0.0	8.43	12.4	0.2	0.13	0.00
Milk Chocolate (1)	HALF PINT	158	8	153	1.25	0.60	287.5	490	148	2.25	8.1	26.1	2.5	1.55	0.00
Water, 8 oz	1 each	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Condiment-Dressing, Honey Mus	1 oz.	57	5	201	0.00	0.00	9.4	9	2	0.0	0.28	5.24	3.4	0.53	0.00
Condiment- Dressing, Italian	2 Tbls.	125	0	188	0.00	0.00	0.2	0	0	0.0	0.0	0.99	13.63	2.08	0.09
CONDIMENTS, Dressing, 1000 Isl	1 oz.	49	5	188	0.00	0.00	16.7	75	15	0.0	0.5	3.7	3.11	0.53	0.00
CONDIMENT- Dressing, Ranch	2 Tbls	30	4	150	0.00	0.00	27.9	28	6	0.0	0.84	1.77	1.92	0.42	0.00
CONDIMENT-KETCHUP	serving	20	0	200	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
CONDIMENT-MUSTARD	1 each	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CONDIMENT-MAYONAISE	1 each	10	5	100	0.00	0.00	0.0	0	0	0.0	0.0	3.0	0.0	0.00	0.00
CONDIMENT - TARTAR SAUCE	1 each	120	10	150	0.00	0.00	0.0	0	0	0.0	0.0	1.0	12.0	2.00	0.00
Weighted Daily Average		821	141	1065	11.61	7.13	517.7	11476	1812	75.76	30.03	105.71	30.57	8.29	*0.01
% of Calories											14.6%	51.5%	33.5%	9.1%	*0.0%

Weighted Average		*674	*80	*1190	*10.59	*6.01	*554.4	*8425	*1252	*57.53	*30.29	*99.91	*18.04	*5.68	*0.07
											*18.0%	*59.3%	*24.1%	*7.6%	*0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	674		645	105%	Missing		
Cholesterol (mg)	80				Missing		
Sodium (mg)	1190				Missing		
Fiber (g)	10.59				Missing		
Iron (mg)	6.01		3.30	182%	Missing		
Calcium (mg)	554.4		267.00	208%	Missing		
Vitamin A (IU)	8425		1055	799%	Missing		
Vitamin A (RE)	1252		211	594%	Missing		
Vitamin C (mg)	57.53		15.00	384%	Missing		
Protein (g)	30.29	17.98%	8.87	342%	Missing		
Carbohydrate (g)	99.91	59.30%			Missing		
Total Fat (g)	18.04	24.09%	<=30.00%		Missing		
Saturated Fat (g)	5.68	7.58%	<10.00%		Missing		
Trans Fat (g)	0.07	0.09%			Missing		

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