

Edina Public Schools

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
Elementary Lunch

Jan 13, 2012

	Portion Size	Carb (g)
Wed - 02/01/2012		
Elementary Lunch	Total	
Hot Dog, Beef -wheat bun	1 each	23.0
CHICKEN TENDER,HS ORIGINAL	2 EACH	15.0
SUB,TURKEY ESFS	1 EACH	25.96
GRAB N GO SALAD GARDEN & CHEES	1 EACH	3.96
BEANS,BAKED	1/2 CUP	36.08
PEACHES, SLICES IN JUICE	.5 CUP	12.0
VB-FRUIT:FRESH,FRZN,CND:#3 WED	SERVING	17.17
KIWIFRUIT,FRESH,SLICED	1 EACH	11.14
SALAD,ROMAINE W/GRAPES	4 OZ	13.03
VB- Vegetables Wednesday	4 oz.	8.12
ROLL,DINNER,WHEAT	1 EACH	21.0
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.5 OZ	0.13
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	.5 OZ	0.76
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
SAUCE,BARBECUE:Commercial	1 OZ	10.28
Weighted Daily Average		90.74
% of Calories		58.1%

Thu - 02/02/2012		
Elementary Lunch	Total	
Italian Dunkers W/ Meatsauce	1 each	33.15
HAMBURGER ON 100% WW BUN	1 EACH	26.5
SUB,TURKEY ESFS	1 EACH	25.96
GRAB N GO SALAD GARDEN & CHEES	1 EACH	3.96
CARROTS,COOKED	1/2 CUP	6.18
PEARS,DICED IN PEAR JUICE	.5 CUP	14.0
VB-FRUIT:FRESH,FRZN,CND:#3 WED	SERVING	17.17
VB-VEG:FRESH,FRZN,CND:#4	SERVING	8.99
SALAD, CAESAR ELEMENTARY	2 oz. protions	8.13
BREAD,WHOLE-WHEAT	1 EACH	11.56
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.5 OZ	0.13
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	.5 OZ	0.76
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
SAUCE,BARBECUE:Commercial	1 OZ	10.28
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		84.80
% of Calories		58.8%

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
Elementary Lunch

Jan 13, 2012

	Portion Size	Carb (g)
Fri - 02/03/2012		
Elementary Lunch	Total	
Fish Taco	1 Each	33.03
Chicken Patty & 2oz Wheat	1 each	43.0
SUB,TURKEY ESFS	1 EACH	25.96
GRAB N GO SALAD GARDEN & CHEES	1 EACH	3.96
Red Beans and Brown Rice	1/2 cup	20.27
PINEAPPLE, CHUNKS IN JUICE	1/2 CUP	15.0
ORANGES,FRESH,WHOLE	1 EACH	11.28
VB-VEG;FRESH,FRZN,CND:#5	SERVING	6.58
GRAHAMS,CRACKER,PLN/HONEY/CINN	3 EACH	16.13
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.5 OZ	0.13
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	.5 OZ	0.76
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
SAUCE,BARBECUE:Commercial	1 OZ	10.28
Weighted Daily Average		105.44
% of Calories		63.4%

Mon - 02/06/2012		
Elementary Lunch	Total	
Sandwich, Grilled Cheese	1 each	25.6
SOUP,CRM OF CHIX W/WILD RICE	1 CUP	16.45
SAND, SUNFLOWER BUTTER & JELLY	1 each	45.52
Taco Salad Black Beans & Corn	1 EACH	31.76
Green Beans, Fresh cooked	1/2 cup	3.83
Applesauce unsweet.	.5 cup	14.0
VB-FRUIT:FRESH,FRZN,CND;#1 MON	SERVING	7.01
VB-VEG;FRESH,FRZN,CND:#1	SERVING	10.03
SALAD MIX TOSSED (CUP)	1/4 CUP	0.7
ROLL,DINNER,WHEAT	1 EACH	21.0
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.5 OZ	0.13
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	.5 OZ	0.76
MAYONNAISE	TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	TBSP	4.5
SAUCE,BARBECUE:Commercial	1 OZ	10.28
Weighted Daily Average		90.08
% of Calories		52.7%

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Elementary Lunch

Jan 13, 2012

	Portion Size	Carb (g)
Tue - 02/07/2012		
Elementary Lunch	Total	
PIZZA,CHEESE,BIG DAD 1/10 CUT	SLICE	39.0
Pizza, Pepperoni Big Da 10 ct	1 each	39.36
HAMBURGER ON 100% WW BUN	EACH	26.5
SAND, SUNFLOWER BUTTER & JELLY	1 each	45.52
Taco Salad Black Beans & Corn	1 EACH	31.76
FRUIT COCKTAIL IN JUICE	.5 CUP	14.05
VB-FRUIT:FRESH,FRZN,CND:#2 TUE	SERVING	10.57
VB-VEG:FRESH,FRZN,CND:#2	SERVING	9.18
SALAD, CAESAR ELEMENTARY	2 oz. portions	8.13
VB-BREAD BASKET:#2 TUESDAY	SERVING	11.56
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.5 OZ	0.13
JELLY, GRAPE	1 TBSP	13.29
KETCHUP	TBSP	5.0
MUSTARD	.5 OZ	0.76
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
SAUCE,BARBECUE:Commercial	1 OZ	10.28
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		89.83
% of Calories		56.1%

Wed - 02/08/2012		
Elementary Lunch	Total	
Sloppy Joes on Bun , Edina	2oz.	29.61
Chicken Patty & 2oz Wheat	1 each	43.0
SAND, SUNFLOWER BUTTER & JELLY	1 each	45.52
Taco Salad Black Beans & Corn	1 EACH	31.76
Spinach, Cooked	1/2 cup	3.38
PEARS,4oz cup	1 EACH	17.0
VB-FRUIT:FRESH,FRZN,CND:#3 WED	SERVING	17.17
KIWIFRUIT,FRESH,SLICED	1 EACH	11.14
VB- Vegetables Wednesday	4 oz.	8.12
COLE SLAW/SCRATCH	1/2 CUP	8.32
ROLL,DINNER,WHEAT	1 EACH	21.0
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.5 OZ	0.13
JELLY, GRAPE	1 TBSP	13.29
KETCHUP	TBSP	5.0
MUSTARD	.5 OZ	0.76
MAYONNAISE	TBSP	0.0
DRESSING,SALAD,RANCH	TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
SAUCE,BARBECUE:Commercial	1 OZ	10.28
Weighted Daily Average		93.27
% of Calories		59.4%

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	Portion Size	Carb (g)
Thu - 02/09/2012		
Elementary Lunch	Total	
CHICKEN NUGGETS	5 EACH	11.01
HAMBURGER ON 100% WW BUN	1 EACH	26.5
SAND, SUNFLOWER BUTTER & JELLY	1 each	45.52
Taco Salad Black Beans & Corn	1 EACH	31.76
Sweet Potato Fries	4 oz.	25.0
PEACHES, SLICES IN JUICE	.5 CUP	12.0
VB-FRUIT:FRESH,FRZN,CND:#4 THU	SERVING	10.9
VB-VEG:FRESH,FRZN,CND:#4	SERVING	8.99
SALAD, CAESAR ELEMENTARY	2 oz. protions	8.13
BREAD,WHOLE-WHEAT	1 EACH	11.56
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.5 OZ	0.13
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	TBSP	5.0
MUSTARD	.5 OZ	0.76
MAYONNAISE	TBSP	0.0
DRESSING,SALAD,RANCH	TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	TBSP	4.5
SAUCE,BARBECUE:Commercial	1 OZ	10.28
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		87.62
% of Calories		53.9%

Fri - 02/10/2012		
Elementary Lunch	Total	
T36,PASTA,MAC & CHEESE,CND	2/3 CUP	20.48
Chicken Patty & 2oz Wheat	1 each	43.0
SAND, SUNFLOWER BUTTER & JELLY	1 each	45.52
Taco Salad Black Beans & Corn	1 EACH	31.76
Broccoli, Fresh Steamed	1 Each	5.84
Strawberries	4 oz.	10.35
ORANGES,FRESH,WHOLE	EACH	11.28
VB-VEG:FRESH,FRZN,CND:#5	SERVING	6.58
HUMMUS	1 TBSP	2.0
GRAHAMS,CRACKER,PLN/HONEY/CINN	3 EACH	16.13
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.5 OZ	0.13
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	1/2 OZ	0.76
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	2 TBSP	9.0
SAUCE,BARBECUE:Commercial	1 OZ	10.28
Weighted Daily Average		86.68
% of Calories		56.7%

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
Elementary Lunch

Jan 13, 2012

	Portion Size	Carb (g)
Mon - 02/13/2012		
Elementary Lunch	Total	
QUESADILLA,CHEESE,MOZZ	1 EACH	33.0
SALSA,COMMERCIAL	1/2 FL OZ	1.03
EGG ROLL,VEGETABLE 3oz	1 EACH	20.0
TURKEY HAM ESFS	1 Each	25.38
GRAB&GO,ES,SALAD,POPEYE	PORTION	3.24
Red Beans and Brown Rice	1/2 cup	20.27
PEACHES, SLICES IN JUICE	.5 CUP	12.0
VB-FRUIT:FRESH,FRZN,CND:#1 MON	SERVING	7.01
VB-VEG:FRESH,FRZN,CND:#1	SERVING	10.03
SALAD MIX TOSSED (CUP)	1/4 CUP	0.7
ROLL,DINNER,WHEAT	1 EACH	21.0
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.5 OZ	0.13
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	.5 OZ	0.76
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
SAUCE,BARBECUE:Commercial	1 OZ	10.28
Weighted Daily Average		89.09
% of Calories		62.0%

Tue - 02/14/2012		
Elementary Lunch	Total	
PIZZA,CHEESE,BIG DAD 1/10 CUT	SLICE	39.0
Pizza, Pepperoni Big Da 10 ct	1 each	39.36
HAMBURGER ON 100% WW BUN	EACH	26.5
TURKEY HAM ESFS	1 Each	25.38
GRAB&GO,ES,SALAD,POPEYE	PORTION	3.24
ORANGE,MANDARIN	.5 CUP	9.5
VB-FRUIT:FRESH,FRZN,CND:#5FRID	SERVING	11.28
VB-VEG:FRESH,FRZN,CND:#2	SERVING	9.18
SALAD, CAESAR ELEMENTARY	2 oz. protions	8.13
BREAD,WHOLE-WHEAT	1 EACH	11.56
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.5 OZ	0.13
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	.5 OZ	0.76
MAYONNAISE	TBSP	0.0
DRESSING,SALAD,RANCH	TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
SAUCE,BARBECUE:Commercial	1 OZ	10.28
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		86.37
% of Calories		55.1%

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Elementary Lunch

Jan 13, 2012

	Portion Size	Carb (g)
Wed - 02/15/2012		
Elementary Lunch	Total	
Beefy Nachos	serving	30.4
LETTUCE, SHREDDED	2 OZ	1.68
SALSA	.5 OZ	0.44
Chicken Patty & 2oz Wheat	1 each	43.0
TURKEY HAM ESFS	1 Each	25.38
GRAB&GO,ES,SALAD,POPEYE	PORTION	3.24
Carrots, Fresh Cooked	1/2 Cup	8.42
Applesauce unsweet.	.5 cup	14.0
KIWIFRUIT,FRESH,SLICED	1 EACH	11.14
VB-FRUIT:FRESH,FRZN,CND:#3 WED	SERVING	17.17
VB-VEG:FRESH,FRZN,CND:#3	SERVING	1.62
SALAD,ROMAINE W/GRAPES	4 OZ	13.03
ROLL,DINNER,WHEAT	1 EACH	21.0
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.5 OZ	0.13
JELLY, GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	1/2 OZ	0.76
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
SAUCE,BARBECUE:Commercial	1 OZ	10.28
Weighted Daily Average		100.97
% of Calories		60.8%

Thu - 02/16/2012		
Elementary Lunch	Total	
TURKEY DICED w/GRAVY	SERVING(S)	8.48
CHEESEBURGER ON 100% WW BUN	EACH	26.73
TURKEY HAM ESFS	1 Each	25.38
GRAB&GO,ES,SALAD,POPEYE	PORTION	3.24
Potatoes, Mshd, Refrigerated	1/2cup Servings	16.08
PINEAPPLE, CHUNKS IN JUICE	1/2 CUP	15.0
VB-FRUIT:FRESH,FRZN,CND:#4 THU	SERVING	10.9
VB-VEG:FRESH,FRZN,CND:#4	SERVING	8.99
SALAD, CAESAR ELEMENTARY	2 oz. protions	8.13
BREAD,WHOLE-WHEAT	1 EACH	11.56
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.5 OZ	0.13
JELLY, GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	.5 OZ	0.76
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
SAUCE,BARBECUE:Commercial	1 OZ	10.28
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		77.73
% of Calories		51.6%

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Elementary Lunch

Jan 13, 2012

	Portion Size	Carb (g)
Fri - 02/17/2012		
Elementary Lunch	Total	
A-FISH PORTIONS	1 EACH	10.72
SAUCE,TARTAR	1 EACH	1.0
Chicken Patty & 2oz Wheat	1 each	43.0
TURKEY HAM ESFS	1 Each	25.38
GRAB&GO,ES,SALAD,POPEYE	PORTION	3.24
Sweet Potato Fries	4 oz.	25.0
TUSCAN WHITE BEAN SALAD	1.5 OZ	10.3
FRUIT COCKTAIL IN JUICE	.5 CUP	14.05
ORANGES,FRESH,WHOLE	1 EACH	11.28
VB-VEG;FRESH,FRZN,CND:#5	SERVING	6.58
BREAD,WHOLE-WHEAT	1 EACH	11.56
GRAHAMS,CRACKER,PLN/HONEY/CINN	3 EACH	16.13
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.5 OZ	0.13
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	1/2 OZ	0.76
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
SAUCE,BARBECUE:Commercial	1 OZ	10.28
Weighted Daily Average		97.96
% of Calories		57.9%

Tue - 02/21/2012		
Elementary Lunch	Total	
BREAD,FLATBRD,CH/GARLIC	2 EACH	44.0
Pizza, Pepperoni Big Da 10 ct	1 each	39.36
HAMBURGER ON 100% WW BUN	1 EACH	26.5
Turkey & Cheese Wrap-WW	1 Each	21.17
GRAB N GO SALAD GARDEN & CHEES	EACH	3.96
FRUIT COCKTAIL IN JUICE	.5 CUP	14.05
VB-FRUIT:FRESH,FRZN,CND;#2 TUE	SERVING	10.57
VB-VEG;FRESH,FRZN,CND:#2	SERVING	9.18
SALAD, CAESAR ELEMENTARY	2 oz. protions	8.13
VB-BREAD BASKET:#2 TUESDAY	SERVING	11.56
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.5 OZ	0.13
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	.5 OZ	0.76
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
SAUCE,BARBECUE:Commercial	1 OZ	10.28
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		90.09
% of Calories		57.4%

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Jan 13, 2012

	Portion Size	Carb (g)
Wed - 02/22/2012		
Elementary Lunch	Total	
Vegetable Pot Stickers	3 pieces	20.48
TERIYAKI SAUCE	2 TBSP	9.58
Sandwich, Grilled Cheese	1 each	25.6
Turkey & Cheese Wrap-WW	1 Each	21.17
GRAB N GO SALAD GARDEN & CHEES	EACH	3.96
RICE BROWN COOKED	1/2 CUP	18.14
PEARS,DICED IN PEAR JUICE	.5 CUP	14.0
VB-FRUIT:FRESH,FRZN,CND:#3 WED	SERVING	17.17
KIWIFRUIT,FRESH,SLICED	1 EACH	11.14
VB- Vegetables Wednesday	4 oz.	8.12
SALAD,ROMAINE W/GRAPES	4 OZ	13.03
ROLL,DINNER,WHEAT	1 EACH	21.0
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.5 OZ	0.13
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	.5 OZ	0.76
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
SAUCE,BARBECUE:Commercial	1 OZ	10.28
Weighted Daily Average		87.55
% of Calories		55.8%

Thu - 02/23/2012		
Elementary Lunch	Total	
FRENCH TOAST STICKS #67400	4 EACH	48.0
SAUSAGE LINKS,TURKEY	2 EACH	0.0
SYRUP,PANCAKE	1 FL OZ	24.59
STRAWBERRIES,FRZ,SWTND,SLICED	1/8 CUP	8.26
HAMBURGER ON 100% WW BUN	1 EACH	26.5
Turkey & Cheese Wrap-WW	1 Each	21.17
GRAB N GO SALAD GARDEN & CHEES	EACH	3.96
Carrots, Fresh Cooked	1/2 Cup	8.42
PINEAPPLE, CHUNKS IN JUICE	1/2 CUP	15.0
VB-FRUIT:FRESH,FRZN,CND:#3 WED	SERVING	17.17
VB-VEG:FRESH,FRZN,CND:#4	SERVING	8.99
SALAD, CAESAR ELEMENTARY	2 oz. protions	8.13
BREAD,WHOLE-WHEAT	1 EACH	11.56
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.5 OZ	0.13
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	.5 OZ	0.76
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
SAUCE,BARBECUE:Commercial	1 OZ	10.28
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		102.52
% of Calories		54.9%

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
Elementary Lunch

Jan 13, 2012

	Portion Size	Carb (g)
Fri - 02/24/2012		
Elementary Lunch	Total	
BEAN BURRITO	SERVINGS	40.01
SALSA,COMMERCIAL	1/2 FL OZ	1.03
Chicken Patty & 2oz Wheat	1 each	43.0
Turkey & Cheese Wrap-WW	1 Each	21.17
GRAB N GO SALAD GARDEN & CHEES	1 EACH	3.96
CORN	1/2 CUP	17.0
Applesauce unsweet.	.5 cup	14.0
VB-FRUIT:FRESH,FRZN,CND:#5FRID	SERVING	11.28
VB-VEG:FRESH,FRZN,CND:#5	SERVING	6.58
GRAHAMS,CRACKER,PLN/HONEY/CINN	3 EACH	16.13
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.5 OZ	0.13
JELLY,GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	1/2 OZ	0.76
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
SAUCE,BARBECUE:Commercial	1 OZ	10.28
Weighted Daily Average		76.50
% of Calories		61.5%

Mon - 02/27/2012		
Elementary Lunch	Total	
Rotini & Marinara sauce WW	1 cup	59.48
Chicken Patty & 2oz Wheat	1 each	43.0
Grab N Go Hummus Wrap	1 each	32.02
GRAB&GO,ES,SALAD,CHIX CAESAR	PORTION	7.23
Broccoli, Fresh Steamed	.5 cup	2.92
PEARS,DICED IN PEAR JUICE	.5 CUP	14.0
VB-FRUIT:FRESH,FRZN,CND;#1 MON	SERVING	7.01
VB-VEG:FRESH,FRZN,CND:#1	SERVING	10.03
SALAD MIX TOSSED (CUP)	1/4 CUP	0.7
ROLL,DINNER,WHEAT	1 EACH	21.0
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.5 OZ	0.13
JELLY,GRAPE	TBSP	13.29
KETCHUP	1 TBSP	5.0
MAYONNAISE	1 TBSP	0.0
MUSTARD	1 TSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
SAUCE,BARBECUE:Commercial	1 OZ	10.28
Weighted Daily Average		95.69
% of Calories		58.1%

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
Elementary Lunch

Jan 13, 2012

	Portion Size	Carb (g)
Tue - 02/28/2012		
Elementary Lunch	Total	
PIZZA,CHEESE,BIG DAD 1/10 CUT	SLICE	39.0
Pizza, Pepperoni Big Da 10 ct	1 each	39.36
HAMBURGER ON 100% WW BUN	EACH	26.5
Grab N Go Hummus Wrap	1 each	32.02
GRAB&GO,ES,SALAD,CHIX CAESAR	PORTION	7.23
Mandarin Oranges	1 Each	20.08
VB-FRUIT:FRESH,FRZN,CND:#2 TUE	SERVING	10.57
VB-VEG:FRESH,FRZN,CND:#2	SERVING	9.18
SALAD, CAESAR ELEMENTARY	2 oz. protions	8.13
VB-BREAD BASKET:#2 TUESDAY	SERVING	11.56
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.5 OZ	0.13
JELLY, GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	.5 OZ	0.76
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
SAUCE,BARBECUE:Commercial	1 OZ	10.28
PICKLES,HAMBURGER	3 SLICE	0.87
Weighted Daily Average		90.44
% of Calories		57.1%

Wed - 02/29/2012		
Elementary Lunch	Total	
Taco, Beef Crumbles,Soft Shell	Tortilla 8"	23.92
LETTUCE & TOMATO TOPPING	2 OZ	1.85
SALSA,COMMERCIAL	1/2 FL OZ	1.03
CHICKEN TENDER,HS ORIGINAL	2 EACH	15.0
Grab N Go Hummus Wrap	1 each	32.02
GRAB&GO,ES,SALAD,CHIX CAESAR	PORTION	7.23
Green Beans, Fresh cooked	1/2 cup	3.83
PINEAPPLE, CHUNKS IN JUICE	1/2 CUP	15.0
VB-FRUIT:FRESH,FRZN,CND:#3 WED	SERVING	17.17
KIWIFRUIT, FRESH,SLICED	1 EACH	11.14
VB- Vegetables Wednesday	4 oz.	8.12
ROLL,DINNER,WHEAT	1 EACH	21.0
MILK,WHITE,SKIM	HALF PINT	12.14
MILK,WHITE 1% LOWFAT	HALF PINT	12.17
MILK,CHOCOLATE FAT FREE	HALF PINT	26.0
JUICE-VARIETY BAR	1 each	14.76
MARGARINE	.5 OZ	0.13
JELLY, GRAPE	1 TBSP	13.29
KETCHUP	1 TBSP	5.0
MUSTARD	.5 OZ	0.76
MAYONNAISE	1 TBSP	0.0
DRESSING,SALAD,RANCH	1 TBSP	0.5
DRESSING,SALAD,FF/CA/FRENCH	1 TBSP	4.5
SAUCE,BARBECUE:Commercial	1 OZ	10.28
Weighted Daily Average		64.62
% of Calories		51.7%

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
Elementary Lunch

Jan 13, 2012

	Portion Size	Carb (g)
Weighted Average		89.40 57.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Carbohydrate (g)	89.40	57.11%					

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