

San Marcos Unified School District

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

Feb 1, 2012

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Elementary Lunch - Traditional

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/01/2012															
Elementary Lunch - Tradition	Total														
WAFFLE STIX & SAUSAGE W/ S YRUP	1 EACH	334	60	583	0.00	1.95	118.9	4	1	0.0	16.01	47.01	11.02	2.00	*0.00
CORN DOG, WHOLE GRAIN	1 EACH	267	20	906	5.08	2.84	155.1	265	29	4.28	9.49	40.13	8.09	2.01	*0.00
CONDIMENT, KETCHUP	1 TBSP	15	0	190	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
SALAD BAR WED-S3	1 EACH	173	0	118	2.67	0.64	44.5	5410	623	7.98	1.38	37.33	2.27	0.33	*0.00
Weighted Daily Average		574	47	1087	4.94	2.98	464.5	5504	676	11.12	22.99	96.42	12.22	2.67	*0.00
% of Calories											16.0%	67.2%	19.2%	4.2%	*0.0%
Nutrient Guideline		645				3.30	267.00	1055		15.00	8.87		<=30.0	<10.00	
% of Guideline Satisfied		89%				90%	174%	522%		74%	259%				
Shortfall		71				0.32				3.88					

Thu - 02/02/2012															
Elementary Lunch - Tradition	Total														
BEEF TERIYAKI DIPPERS & RICE	1 EACH	276	39	805	0.32	2.74	46.2	74	15	0.0	15.87	35.99	7.3	2.72	*0.00
SANDWICH, HOT CHICKEN-E	1 EACH	354	41	704	4.00	3.80	106.0	168	34	1.0	23.0	44.0	13.0	2.50	0.00
CONDIMENT, KETCHUP	1 TBSP	15	0	190	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
SALAD BAR THUR-S4	1 EACH	180	0	113	4.22	0.99	53.2	3266	499	*14.43	2.91	40.97	2.33	0.30	*0.00
Weighted Daily Average		595	47	1093	5.96	4.16	411.5	3560	573	*15.29	31.05	96.12	12.88	3.26	*0.00
% of Calories											20.9%	64.7%	19.5%	4.9%	*0.0%
Nutrient Guideline		645				3.30	267.00	1055		15.00	8.87		<=30.0	<10.00	
% of Guideline Satisfied		92%				126%	154%	337%		102%	350%				
Shortfall		50													

Fri - 02/03/2012															
Elementary Lunch - Tradition	Total														
CHICKEN NUGGETS, SHAPED	1 EACH	272	47	553	1.52	3.52	42.1	333	67	3.72	15.8	33.22	8.69	1.82	0.00
SANDWICH, GRILLED CHEESE	1 EACH	424	*53	1042	*4.00	*1.55	*353.0	1042	266	*0.0	*20.56	*22.91	29.84	13.19	*0.00
GRAHAMS, ALL SPORT BITES	1 EACH	114	0	94	1.29	2.01	12.5	295	59	3.54	1.58	19.69	3.31	0.91	0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
SALAD BAR FRI-S5	1 EACH	165	0	142	4.47	1.19	48.9	5963	658	14.17	2.88	35.95	2.4	0.35	*0.00

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¹ - denotes optional nutrient values

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San Marcos Unified School District

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

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Elementary Lunch - Traditional

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		721	*57	1161	*8.07	*5.62	*541.6	6849	917	*19.95	*31.35	*97.36	25.36	9.10	*0.00
% of Calories										*17.4%	*54.0%	31.7%	11.4%	*0.0%	
Nutrient Guideline		645				3.30	267.00	1055		15.00	8.87		<=30.0	<10.00	
% of Guideline Satisfied		112%				170%	203%	649%		133%	354%		OVER	OVER	
Shortfall															

Mon - 02/06/2012															
Elementary Lunch - Tradition	Total														
PIZZATAS, PEPPERONI	1 EACH	360	35	920	0.00	1.22	340.0	459	92	1.63	19.0	28.0	19.0	8.00	*N/A*
BURRITO, BEAN & CHEESE	1 EACH	410	5	1020	10.00	4.50	150.0	750	230	2.4	16.0	63.0	10.0	3.50	0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
SALAD BAR MON-S6	1 EACH	199	0	134	6.70	1.13	53.1	7235	987	13.06	1.85	45.94	2.39	0.32	*0.00
Weighted Daily Average		674	27	1232	11.03	3.88	580.3	7616	1150	15.57	28.16	104.10	17.28	6.42	*0.00
% of Calories										16.7%	61.7%	23.1%	8.6%	*0.0%	
Nutrient Guideline		645				3.30	267.00	1055		15.00	8.87		<=30.0	<10.00	
% of Guideline Satisfied		105%				118%	217%	722%		104%	318%				

Tue - 02/07/2012															
Elementary Lunch - Tradition	Total														
MACARONI & CHEESE	1 EACH	420	45	1460	1.00	1.44	600.0	1000	135	0.0	24.0	48.0	16.0	9.00	0.50
CHICKEN NUGGETS	1 EACH	222	42	732	0.09	2.14	31.1	434	63	5.28	16.49	21.53	10.09	2.01	*N/A*
CONDIMENT, KETCHUP	1 TBSP	15	0	190	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
SIDEKICKS, FRUIT JUICE CUP	1 EACH	80	0	45	0.00	0.36	80.0	1000	200	60.0	0.0	20.0	0.0	0.00	0.00
SALAD BAR TUE-S7	1 EACH	127	0	344	3.52	1.31	61.4	3015	482	*13.56	2.23	26.82	2.28	0.30	*0.00
Weighted Daily Average		633	51	1687	3.71	3.34	738.3	4930	833	*76.64	31.26	98.15	15.72	6.15	*0.25
% of Calories										19.8%	62.1%	22.4%	8.8%	*0.4%	
Nutrient Guideline		645				3.30	267.00	1055		15.00	8.87		<=30.0	<10.00	
% of Guideline Satisfied		98%				101%	277%	467%		511%	352%				
Shortfall		12													

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Elementary Lunch - Traditional

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/08/2012															
Elementary Lunch - Tradition	Total														
PIZZA, STFD CRUST CHEESE-E	1 EACH	390	15	940	2.00	5.40	350.0	500	153	0.0	18.0	45.0	15.0	4.50	0.00
PIZZA, STFD CRUST PEPP-E	1 EACH	408	19	999	2.00	5.45	350.0	500	153	0.0	18.63	45.0	16.64	5.26	0.00
FISH NUGGETS	1 EACH	289	30	694	1.09	0.72	220.4	345	44	5.03	18.52	24.54	13.09	2.51	*N/A*
CONDIMENT, KETCHUP	1 TBSP	15	0	190	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
SALAD BAR WED-S8	1 EACH	150	0	149	3.79	1.14	58.2	9191	1001	10.43	1.92	32.72	2.38	0.35	*0.00
Weighted Daily Average		615	28	1219	5.13	5.04	651.0	9225	1122	12.69	29.10	86.76	17.77	4.86	*0.00
% of Calories											18.9%	56.4%	26.0%	7.1%	*0.0%
Nutrient Guideline		645				3.30	267.00	1055		15.00	8.87		<=30.0	<10.00	
% of Guideline Satisfied		95%				153%	244%	874%		85%	328%				
Shortfall		30								2.31					

Thu - 02/09/2012															
Elementary Lunch - Tradition	Total														
SALAD, BEEF TACO W/ TORT C HIPS	1 EACH	355	67	573	3.11	3.00	81.4	468	65	3.76	22.27	21.03	18.84	6.11	*0.00
SANDWICH, HOT CHICKEN-E	1 EACH	354	41	704	4.00	3.80	106.0	168	34	1.0	23.0	44.0	13.0	2.50	0.00
CONDIMENT, KETCHUP	1 TBSP	15	0	190	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
SALAD BAR THUR-S9	1 EACH	158	0	201	2.65	0.40	36.4	3747	602	*10.1	1.7	32.93	2.3	0.31	*0.00
Weighted Daily Average		614	61	1056	5.94	3.76	413.9	4190	691	*13.27	33.16	81.41	18.61	4.96	*0.00
% of Calories											21.6%	53.0%	27.3%	7.3%	*0.0%
Nutrient Guideline		645				3.30	267.00	1055		15.00	8.87		<=30.0	<10.00	
% of Guideline Satisfied		95%				114%	155%	397%		88%	374%				
Shortfall		30								1.73					

Fri - 02/10/2012															
Elementary Lunch - Tradition	Total														
CHICKEN, SWEET & SOUR W/ RI CE	1 EACH	333	50	542	0.32	1.67	7.9	0	0	0.0	14.13	49.25	8.22	1.06	*0.00
HAMBURGER	1 EACH	268	32	650	3.10	3.10	86.0	0	0	0.0	20.7	30.5	9.1	3.50	0.00
HAMBURGER W/ CHEESE	1 EACH	301	45	788	2.69	2.88	153.3	134	41	0.0	22.75	26.64	13.26	6.22	*0.00
CONDIMENT, KETCHUP	1 TBSP	15	0	190	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
SALAD BAR FRI-S10	1 EACH	145	0	123	4.39	0.89	43.3	5711	685	12.56	2.32	31.07	2.36	0.36	*0.00

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Elementary Lunch - Traditional

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		550	50	1029	5.95	3.34	405.3	5680	729	13.10	30.10	83.72	12.79	4.16	*0.00
% of Calories											21.9%	60.8%	20.9%	6.8%	*0.0%
Nutrient Guideline		645				3.30	267.00	1055		15.00	8.87		<=30.0	<10.00	
% of Guideline Satisfied		85%				101%	152%	538%		87%	339%				
Shortfall		94								1.90					

Mon - 02/13/2012															
Elementary Lunch - Tradition	Total														
SHRIMP POPPERS & STRING CHEESE	1 EACH	316	115	1108	2.36	2.13	270.9	100	29	0.0	17.63	23.44	17.81	5.77	*0.00
PIZZA, CHEESE 4X6	1 EACH	425	55	790	1.22	2.19	486.0	911	157	7.29	23.09	36.45	20.66	12.15	1.22
PIZZA, PEPPERONI 4X6-E	1 EACH	425	55	790	1.22	2.19	486.0	911	157	7.29	23.09	36.45	20.66	12.15	1.22
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
SALAD BAR MON-S1	1 EACH	164	0	122	5.09	1.15	63.9	5581	632	24.56	1.87	36.74	2.44	0.33	*0.00
Weighted Daily Average		650	80	1137	6.14	3.20	766.5	6191	788	29.01	32.13	82.87	22.63	10.90	*0.85
% of Calories											19.8%	51.0%	31.3%	15.1%	*1.2%
Nutrient Guideline		645				3.30	267.00	1055		15.00	8.87		<=30.0	<10.00	
% of Guideline Satisfied		101%				97%	287%	587%		193%	362%				
Shortfall						0.10							OVER	OVER	

Tue - 02/14/2012															
Elementary Lunch - Tradition	Total														
CHICKEN NUGGETS, SHAPED	1 EACH	272	47	553	1.52	3.52	42.1	333	67	3.72	15.8	33.22	8.69	1.82	0.00
HOT DOG, TURKEY	1 EACH	287	0	1046	2.09	3.02	105.1	265	29	4.28	13.49	34.13	12.59	3.51	*0.00
GRAHAMS, HEART SHAPES	1 EACH	130	*N/A*	115	0.00	1.08	100.0	0	0	0.0	2.0	20.0	4.0	0.00	*N/A*
CONDIMENT, KETCHUP	1 TBSP	15	0	190	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
SALAD BAR TUE-S2	1 EACH	167	0	252	4.48	0.72	41.9	3054	484	*18.57	4.95	27.34	4.72	0.64	*0.00
Weighted Daily Average		677	*31	1378	5.84	5.00	498.8	3548	583	*22.51	30.10	97.53	19.51	3.62	*0.00
% of Calories											17.8%	57.6%	25.9%	4.8%	*0.0%
Nutrient Guideline		645				3.30	267.00	1055		15.00	8.87		<=30.0	<10.00	
% of Guideline Satisfied		105%				152%	187%	336%		150%	339%				

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Wed - 02/15/2012															
Elementary Lunch - Tradition	Total														
TWISTARONI W MEAT SCE & BR EAD	1 EACH	418	44	578	5.11	4.29	33.3	1008	237	11.53	23.43	55.92	11.05	3.17	*0.00
SANDWICH, HOT CHICKEN-E	1 EACH	354	41	704	4.00	3.80	106.0	168	34	1.0	23.0	44.0	13.0	2.50	0.00
CONDIMENT, KETCHUP	1 TBSP	15	0	190	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
SALAD BAR WED-S3	1 EACH	173	0	118	2.67	0.64	44.5	5410	623	7.98	1.38	37.33	2.27	0.33	*0.00
Weighted Daily Average		659	50	983	6.96	4.62	397.2	5957	796	15.24	33.45	102.81	14.70	3.50	*0.00
% of Calories											20.3%	62.4%	20.1%	4.8%	*0.0%
Nutrient Guideline		645				3.30	267.00	1055		15.00	8.87		<=30.0	<10.00	
% of Guideline Satisfied		102%				140%	149%	565%		102%	377%				

Thu - 02/16/2012															
Elementary Lunch - Tradition	Total														
CHICKEN, ORANGE & RICE-E	1 EACH	313	55	582	0.32	1.67	7.9	100	20	0.0	15.13	42.25	8.22	1.06	*0.00
SANDWICH, BBQ PORK RIB-E	1 EACH	419	42	1059	4.57	3.50	107.5	190	38	2.43	23.29	55.31	14.06	4.20	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
SALAD BAR THUR-S4	1 EACH	180	0	113	4.22	0.99	53.2	3266	499	*14.43	2.91	40.97	2.33	0.30	*0.00
Weighted Daily Average		638	56	1064	6.24	3.48	393.1	3585	578	*16.00	30.82	102.91	13.87	3.28	*0.00
% of Calories											19.3%	64.5%	19.6%	4.6%	*0.0%
Nutrient Guideline		645				3.30	267.00	1055		15.00	8.87		<=30.0	<10.00	
% of Guideline Satisfied		99%				105%	147%	340%		107%	348%				
Shortfall		6													

Fri - 02/17/2012															
Elementary Lunch - Tradition	Total														
HOLIDAY	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
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		645				3.30	267.00	1055		15.00	8.87		<=30.0	<10.00	
% of Guideline Satisfied		0%				0%	0%	0%		0%	0%				
Shortfall		645				3.30	267.00	1055		15.00	8.87		OVER	OVER	

Mon - 02/20/2012															
Elementary Lunch - Tradition	Total														
HOLIDAY	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

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Elementary Lunch - Traditional

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		645				3.30	267.00	1055		15.00	8.87		<=30.0	<10.00	
% of Guideline Satisfied		0%				0%	0%	0%		0%	0%				
Shortfall		645				3.30	267.00	1055		15.00	8.87		OVER	OVER	

Tue - 02/21/2012															
Elementary Lunch - Tradition	Total														
PIZZATAS, PEPPERONI	1 EACH	360	35	920	0.00	1.22	340.0	459	92	1.63	19.0	28.0	19.0	8.00	*N/A*
HAMBURGER	1 EACH	268	32	650	3.10	3.10	86.0	0	0	0.0	20.7	30.5	9.1	3.50	0.00
HAMBURGER W/ CHEESE	1 EACH	301	45	788	2.69	2.88	153.3	134	41	0.0	22.75	26.64	13.26	6.22	*0.00
CONDIMENT, KETCHUP	1 TBSP	15	0	190	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
SALAD BAR TUE-S7	1 EACH	127	0	344	3.52	1.31	61.4	3015	482	*13.56	2.23	26.82	2.28	0.30	*0.00
Weighted Daily Average		544	44	1360	5.06	3.56	537.8	3415	578	*14.57	31.73	72.45	16.49	6.54	*0.00
% of Calories											23.3%	53.3%	27.3%	10.8%	*0.0%
Nutrient Guideline		645				3.30	267.00	1055		15.00	8.87		<=30.0	<10.00	
% of Guideline Satisfied		84%				108%	201%	324%		97%	358%				
Shortfall		101								0.43				OVER	

Wed - 02/22/2012															
Elementary Lunch - Tradition	Total														
CHILI, HOMESTYLE VEG W/ CHIP	1 EACH	333	4	977	10.97	2.56	206.7	917	125	6.17	13.88	50.85	7.76	2.10	*0.00
SANDWICH, HOT CHICKEN-E	1 EACH	354	41	704	4.00	3.80	106.0	168	34	1.0	23.0	44.0	13.0	2.50	0.00
HUMMUS, VEG, CHEESE & PITA (1 EACH	392	15	843	6.18	3.77	278.1	7919	880	1.47	17.43	40.8	17.43	4.51	*0.00
CONDIMENT, KETCHUP	1 TBSP	15	0	190	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
SALAD BAR WED-S8	1 EACH	150	0	149	3.79	1.14	58.2	9191	1001	10.43	1.92	32.72	2.38	0.35	*0.00
Weighted Daily Average		604	29	1192	10.63	4.32	520.5	10789	1241	14.35	28.96	94.40	14.56	3.43	*0.00
% of Calories											19.2%	62.5%	21.7%	5.1%	*0.0%
Nutrient Guideline		645				3.30	267.00	1055		15.00	8.87		<=30.0	<10.00	
% of Guideline Satisfied		94%				131%	195%	1023%		96%	327%				
Shortfall		41								0.65					

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San Marcos Unified School District

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

Feb 1, 2012

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Elementary Lunch - Traditional

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/23/2012															
Elementary Lunch - Tradition	Total														
PIZZA, FRENCH BRD CHS 6"-E	1 EACH	350	45	650	1.00	1.80	400.0	750	103	6.0	19.0	30.0	17.0	10.00	1.00
PIZZA, FRENCH BRD PEP 6"-E	1 EACH	350	45	650	1.00	1.80	400.0	750	103	6.0	19.0	30.0	17.0	10.00	1.00
CHICKEN, BREADED STRIPS	1 EACH	210	45	412	0.00	2.00	25.0	163	33	1.0	16.0	14.0	12.0	2.00	0.00
CHEESE, COLBY JACK STICKS	1 EACH	110	20	200	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	6.00	*N/A*
CONDIMENT, KETCHUP	1 TBSP	15	0	190	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
SALAD BAR THUR-S9	1 EACH	158	0	201	2.65	0.40	36.4	3747	602	*10.1	1.7	32.93	2.3	0.31	*0.00
Weighted Daily Average		675	72	1158	3.09	2.22	807.8	4746	784	*15.39	35.63	73.29	27.19	14.25	*0.70
% of Calories											21.1%	43.5%	36.3%	19.0%	*0.9%
Nutrient Guideline		645				3.30	267.00	1055		15.00	8.87		<=30.0	<10.00	
% of Guideline Satisfied		105%				67%	303%	450%		103%	402%				
Shortfall						1.08							OVER	OVER	

Fri - 02/24/2012															
Elementary Lunch - Tradition	Total														
TACO, BEEF SOFT (E)	1 EACH	382	68	692	1.97	4.13	260.9	1382	84	3.76	23.36	31.41	17.56	6.61	*1.00
CORN DOG, MINI WHOLE GRAIN	1 EACH	200	25	450	3.00	1.08	80.0	0	0	0.0	7.0	22.0	9.0	2.50	*N/A*
CONDIMENT, KETCHUP	1 TBSP	15	0	190	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
SALAD BAR FRI-S10	1 EACH	145	0	123	4.39	0.89	43.3	5711	685	12.56	2.32	31.07	2.36	0.36	*0.00
Weighted Daily Average		539	54	918	6.43	3.41	496.9	6331	759	14.98	26.27	73.92	16.03	5.25	*0.50
% of Calories											19.5%	54.9%	26.8%	8.8%	*0.8%
Nutrient Guideline		645				3.30	267.00	1055		15.00	8.87		<=30.0	<10.00	
% of Guideline Satisfied		84%				103%	186%	600%		100%	296%				
Shortfall		106								0.02					

Mon - 02/27/2012															
Elementary Lunch - Tradition	Total														
CHICKEN POPPERS	1 EACH	192	44	631	1.00	2.00	23.0	120	24	1.0	14.0	13.0	11.0	2.00	*N/A*
HAMBURGER	1 EACH	268	32	650	3.10	3.10	86.0	0	0	0.0	20.7	30.5	9.1	3.50	0.00
HAMBURGER W/ CHEESE	1 EACH	301	45	788	2.69	2.88	153.3	134	41	0.0	22.75	26.64	13.26	6.22	*0.00
CONDIMENT, KETCHUP	1 TBSP	15	0	190	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
SALAD BAR MON-S1	1 EACH	164	0	122	5.09	1.15	63.9	5581	632	24.56	1.87	36.74	2.44	0.33	*0.00

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San Marcos Unified School District

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

Feb 1, 2012

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Elementary Lunch - Traditional

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		518	48	1060	6.82	3.68	429.1	5605	690	24.25	29.65	76.14	13.83	4.46	*0.00
% of Calories											22.9%	58.7%	24.0%	7.7%	*0.0%
Nutrient Guideline		645				3.30	267.00	1055		15.00	8.87		<=30.0	<10.00	
% of Guideline Satisfied		80%				112%	161%	531%		162%	334%				
Shortfall		126													

Tue - 02/28/2012															
Elementary Lunch - Tradition	Total														
SPAGHETTI MEAT SAUCE RECIP	1 EACH	182	44	361	2.18	2.99	25.1	993	234	11.53	15.38	12.9	8.15	3.04	*N/A*
PIZZA, CHEESE 4X6	1 EACH	425	55	790	1.22	2.19	486.0	911	157	7.29	23.09	36.45	20.66	12.15	1.22
PIZZA, PEPPERONI 4X6-E	1 EACH	425	55	790	1.22	2.19	486.0	911	157	7.29	23.09	36.45	20.66	12.15	1.22
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
SALAD BAR TUE-S2	1 EACH	167	0	252	4.48	0.72	41.9	3054	484	*18.57	4.95	27.34	4.72	0.64	*0.00
Weighted Daily Average		600	58	1008	5.59	3.12	649.9	4189	719	*27.28	33.84	70.06	21.15	9.91	*0.79
% of Calories											22.6%	46.7%	31.7%	14.9%	*1.2%
Nutrient Guideline		645				3.30	267.00	1055		15.00	8.87		<=30.0	<10.00	
% of Guideline Satisfied		93%				94%	243%	397%		182%	382%				
Shortfall		45				0.18							OVER	OVER	

Wed - 02/29/2012															
Elementary Lunch - Tradition	Total														
PANCKACKES & SAUSAGE W/ S YRUP	1 EACH	350	67	469	2.04	1.73	96.1	0	0	0.0	15.41	46.9	13.1	2.68	*0.00
SANDWICH, SUNRISE	1 EACH	323	218	703	*3.00	2.79	198.2	394	93	*0.0	22.14	31.23	14.43	5.79	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
SALAD BAR WED-S3	1 EACH	173	0	118	2.67	0.64	44.5	5410	623	7.98	1.38	37.33	2.27	0.33	*0.00
Weighted Daily Average		602	150	833	*4.92	2.84	474.7	5566	707	*8.98	29.02	89.92	16.44	4.90	*0.00
% of Calories											19.3%	59.7%	24.6%	7.3%	*0.0%
Nutrient Guideline		645				3.30	267.00	1055		15.00	8.87		<=30.0	<10.00	
% of Guideline Satisfied		93%				86%	178%	528%		60%	327%				
Shortfall		42				0.46				6.02					

Weighted Average		615	*55	1140	*6.23	*3.77	*535.7	5657	785	*20.01	*30.46	*88.44	17.32	5.87	*0.16
											*19.8%	*57.5%	25.3%	8.6%	*0.2%

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San Marcos Unified School District

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

Feb 1, 2012

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Elementary Lunch - Traditional

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	615		645					30									Correction Required - Calories are Low
Cholesterol (mg)	55					Missing											
Sodium (mg)	1140					Missing											
Fiber (g)	6.23					Missing											
Iron (mg)	3.77			3.30	114%	Missing											
Calcium (mg)	535.7			267.00	201%	Missing											
Vitamin A (IU)	5657			1055	536%												
Vitamin A (RE)	785			211	372%												
Vitamin C (mg)	20.01			15.00	133%	Missing											
Protein (g)	30.46	19.82%		8.87	344%	Missing											
Carbohydrate (g)	88.44	57.54%				Missing											
Total Fat (g)	17.32	25.35%	<=30.00%														
Saturated Fat (g)	5.87	8.60%	<10.00%														
Trans Fat (g)	0.16	0.24%				Missing											

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