

# San Marcos Unified School District

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

**Jan 27, 2012**

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## Middle 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 <sup>1</sup> (g)
<b>Wed - 02/01/2012</b>															
Middle Lunch - Traditional	Total														
CHICKEN, SWEET & SOUR W/ RICE	1 EACH	458	50	876	2.49	3.03	34.0	4157	475	17.72	17.47	75.92	8.48	1.13	*0.00
BOSCO STICKS, CHEESE	1 EACH	480	20	912	4.90	5.99	591.5	347	69	7.2	30.68	65.26	10.57	4.83	*0.00
SALAD, CHEF'S WITH CRACKER	1 EACH	593	64	1409	6.70	9.70	321.5	13938	1609	36.37	26.92	47.81	34.39	8.47	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*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
BANANA, FRESH	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*
EDAMAME, SHELLED	1 EACH	80	0	10	2.67	1.80	100.0	133	27	16.0	7.33	6.0	4.0	0.33	0.00
JUICE, APPLE 4 OZ	1 EACH	55	0	0	0.00	0.72	0.0	0	0	0.0	0.0	14.0	0.0	0.00	*N/A*
PINEAPPLE TIDBITS, CANNED	.5 CUP	59	0	2	0.90	0.45	16.2	43	9	8.46	0.41	15.25	0.14	0.02	0.00
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		877	49	1206	11.38	8.25	734.8	8762	725	52.81	42.65	136.58	21.88	5.19	*0.00
% of Calories											19.5%	62.3%	22.5%	5.3%	*0.0%

<b>Thu - 02/02/2012</b>															
Middle Lunch - Traditional	Total														
LASAGNA AND BREADSTICK	1 EACH	508	149	1031	*5.44	*3.63	*394.5	*1223	*245	*8.9	27.06	54.35	18.79	*7.17	*N/A*
HAMBURGER W/ GUACAMOLE	1 EACH	429	42	1026	8.32	4.39	491.6	390	66	2.9	23.06	34.13	22.53	6.00	*0.00
SALAD, SPICY CHICK RNCH & C RKR	1 EACH	563	60	955	5.01	9.15	108.8	*8916	*986	20.08	20.67	37.71	39.2	6.71	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*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
APPLES, FRESH	1 EACH	72	0	1	3.33	0.17	8.3	75	7	6.39	0.36	19.18	0.24	0.04	*N/A*
TRAIL MIX, SUNFLOWER/RAISIN	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
SHAPE-UPS, FROZEN JUICE	1 EACH	83	0	14	0.00	0.00	0.0	0	0	82.67	0.0	20.67	0.0	0.00	0.00
FRUIT COCKTAIL, CANNED	.5 CUP	65	0	7	1.13	0.33	6.8	232	24	2.15	0.45	16.93	0.08	0.01	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		936	72	1179	*12.09	*6.46	*653.3	*7246	*541	*105.50	37.26	135.99	31.14	*6.87	*0.00
% of Calories											15.9%	58.1%	29.9%	*6.6%	*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

<sup>1</sup> - denotes optional nutrient values

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# San Marcos Unified School District

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

Jan 27, 2012

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Middle 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 <sup>1</sup> (g)
Fri - 02/03/2012															
Middle Lunch - Traditional	Total														
CHICKEN, BRD STRIPS W/ BISCU	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
CHICKEN, SZECHWAN BWL & RI	1 EACH	282	38	975	0.63	2.53	15.8	0	0	0.0	14.86	48.05	2.21	0.72	*0.00
CE															
WRAP, VEGETABLE	1 EACH	389	12	997	10.47	3.38	408.5	3597	532	18.08	15.54	52.85	12.83	4.31	*1.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*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
ORANGES	.5 CUP	42	0	0	2.16	0.09	36.0	202	19	47.88	0.85	10.57	0.11	0.02	*N/A*
RAISINS	.25 CUP	123	0	5	1.53	0.78	20.6	0	0	0.95	1.27	32.66	0.19	0.02	*N/A*
CARROTS, BABY	.25 CUP	20	0	44	1.64	0.50	18.1	7819	851	1.47	0.36	4.67	0.07	0.01	*N/A*
PEARS, CANNED	.5 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		685	50	1063	11.51	5.57	572.2	*15059	*1342	62.36	31.67	107.60	17.20	4.08	*0.20
% of Calories											18.5%	62.9%	22.6%	5.4%	*0.3%

Mon - 02/06/2012															
Middle Lunch - Traditional	Total														
CHICKEN PARMESAN W SPAGH	1 EACH	558	97	1133	3.24	4.76	346.8	1228	229	11.81	38.53	42.86	26.96	8.98	*0.00
ETTI															
BOSCO STICKS, CHEESE	1 EACH	480	20	912	4.90	5.99	591.5	347	69	7.2	30.68	65.26	10.57	4.83	*0.00
SALAD, SPICY CHICK RNCH & C	1 EACH	563	60	955	5.01	9.15	108.8	*8916	*986	20.08	20.67	37.71	39.2	6.71	*0.00
RKR															
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*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
ORANGES	.5 CUP	42	0	0	2.16	0.09	36.0	202	19	47.88	0.85	10.57	0.11	0.02	*N/A*
TRAIL MIX, SUNFLOWER/RAISIN	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
SHAPE-UPS, FROZEN JUICE	1 EACH	83	0	14	0.00	0.00	0.0	0	0	82.67	0.0	20.67	0.0	0.00	0.00
PINEAPPLE TIDBITS, CANNED	.5 CUP	59	0	2	0.90	0.45	16.2	43	9	8.46	0.41	15.25	0.14	0.02	0.00
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		921	58	1170	9.56	7.05	700.8	*7176	*535	154.73	41.52	129.62	30.32	6.98	*0.00
% of Calories											18.0%	56.3%	29.6%	6.8%	*0.0%

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<sup>1</sup> - denotes optional nutrient values

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# San Marcos Unified School District

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

Jan 27, 2012

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## Middle 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 <sup>1</sup> (g)
Tue - 02/07/2012															
Middle Lunch - Traditional	Total														
CHICKEN, ORANGE & RICE-S	1 EACH	464	62	950	2.49	3.11	34.0	4270	498	17.72	20.06	71.36	9.46	1.26	*0.00
PIZZA, STFD CRUST CHEESE-S	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
SALAD, CHEF'S WITH CRACKER	1 EACH	593	64	1409	6.70	9.70	321.5	13938	1609	36.37	26.92	47.81	34.39	8.47	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*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
BANANA, FRESH	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*
JUICE, APPLE 4 OZ	1 EACH	55	0	0	0.00	0.72	0.0	0	0	0.0	0.0	14.0	0.0	0.00	*N/A*
CUCUMBER	.25 CUP	4	0	1	0.21	0.07	4.2	21	2	0.95	0.18	0.64	0.05	0.00	*N/A*
PEARS, CANNED	.5 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		796	50	1222	9.45	6.32	580.8	8660	713	28.75	33.30	130.05	18.91	4.80	*0.00
% of Calories											16.7%	65.4%	21.4%	5.4%	*0.0%

Wed - 02/08/2012															
Middle Lunch - Traditional	Total														
CHICKEN, ALFREDO & BREADS TICK	1 EACH	431	55	725	4.12	3.28	84.1	95	19	0.0	19.92	54.9	14.37	3.07	*0.00
HAMBURGER W/ CHEESE	1 EACH	360	55	908	4.10	3.63	146.6	134	41	0.0	24.04	27.83	16.93	6.79	*0.00
PEANUT BUTTER & JELLY	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
SALAD, ASIAN NOODLE CHICKE	1 EACH	411	70	1453	2.06	2.82	60.3	1737	347	53.17	24.13	31.76	20.38	2.58	*0.00
COOKIE, FORTUNE	1 EACH	20	0	0	0.00	0.00	0.0	0	0	0.0	0.7	4.0	0.0	0.00	0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*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
GRAPES, FRESH	1 CUP	62	0	2	0.83	0.27	12.9	92	9	3.68	0.58	15.78	0.32	0.10	*N/A*
TRAIL MIX, SUNFLOWER/RAISIN	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
CARROTS, BABY	.25 CUP	20	0	44	1.64	0.50	18.1	7819	851	1.47	0.36	4.67	0.07	0.01	*N/A*
PEACHES, CANNED	.5 CUP	64	0	6	1.93	0.41	3.4	618	124	2.72	0.61	16.37	0.05	0.00	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		829	*47	1114	10.79	5.79	512.1	13547	1275	20.63	36.73	116.75	27.47	6.05	*0.00
% of Calories											17.7%	56.3%	29.8%	6.6%	*0.0%

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# San Marcos Unified School District

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

Jan 27, 2012

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## Middle 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 <sup>1</sup> (g)
Thu - 02/09/2012															
Middle Lunch - Traditional	Total														
BEEF, TOSTADA BOWL	1 EACH	515	88	863	3.80	2.78	128.7	579	101	9.3	22.62	41.09	26.71	11.84	*2.00
PIZZA, FRENCH BRD PEP 8"-S	1 EACH	355	35	760	1.00	0.90	400.0	350	70	9.0	21.5	36.0	13.5	7.00	0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*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
ORANGES	.5 CUP	42	0	0	2.16	0.09	36.0	202	19	47.88	0.85	10.57	0.11	0.02	*N/A*
EDAMAME, SHELLED	1 EACH	80	0	10	2.67	1.80	100.0	133	27	16.0	7.33	6.0	4.0	0.33	0.00
SHAPE-UPS, FROZEN JUICE	1 EACH	83	0	14	0.00	0.00	0.0	0	0	82.67	0.0	20.67	0.0	0.00	0.00
ORANGES, MANDARIN	1 EACH	90	0	0	1.00	0.36	0.0	0	0	6.0	1.0	21.0	0.0	0.00	0.00
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		850	63	1065	9.79	6.04	682.0	*6841	*445	164.60	42.00	118.37	24.85	7.16	*0.40
% of Calories											19.8%	55.7%	26.3%	7.6%	*0.4%

Fri - 02/10/2012															
Middle Lunch - Traditional	Total														
SANDWICH, HOT CHICKEN-S	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
CHICKEN, SWEET & SOUR W/ RI CE	1 EACH	458	50	876	2.49	3.03	34.0	4157	475	17.72	17.47	75.92	8.48	1.13	*0.00
SALAD, SPICY CHICK RNCH & C RKR	1 EACH	563	60	955	5.01	9.15	108.8	*8916	*986	20.08	20.67	37.71	39.2	6.71	*0.00
HUMMUS, VEG, CHEESE & PITA	1 EACH	426	15	890	8.53	4.52	308.3	*16102	*1766	9.51	18.45	48.81	17.64	4.56	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*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
BANANA, FRESH	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*
TRAIL MIX, SUNFLOWER/RAISIN	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
CARROTS, BABY	.25 CUP	20	0	44	1.64	0.50	18.1	7819	851	1.47	0.36	4.67	0.07	0.01	*N/A*
FRUIT COCKTAIL, CANNED	.5 CUP	65	0	7	1.13	0.33	6.8	232	24	2.15	0.45	16.93	0.08	0.01	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		855	45	1110	12.54	6.68	542.7	*17892	*1681	27.43	35.85	130.25	25.94	4.95	*0.00
% of Calories											16.8%	60.9%	27.3%	5.2%	*0.0%

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# San Marcos Unified School District

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

Jan 27, 2012

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## Middle 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 <sup>1</sup> (g)
Mon - 02/13/2012															
Middle Lunch - Traditional	Total														
CHICKEN PARMESAN W SPAGHETTI	1 EACH	558	97	1133	3.24	4.76	346.8	1228	229	11.81	38.53	42.86	26.96	8.98	*0.00
BOSCO STICKS, CHEESE	1 EACH	480	20	912	4.90	5.99	591.5	347	69	7.2	30.68	65.26	10.57	4.83	*0.00
SALAD, SPICY CHICKEN & CRACKERS	1 EACH	563	60	955	5.01	9.15	108.8	*8916	*986	20.08	20.67	37.71	39.2	6.71	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*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
APPLES, FRESH	1 EACH	72	0	1	3.33	0.17	8.3	75	7	6.39	0.36	19.18	0.24	0.04	*N/A*
RAISINS	.25 CUP	123	0	5	1.53	0.78	20.6	0	0	0.95	1.27	32.66	0.19	0.02	*N/A*
JICAMA, FRESH	1 EACH	12	0	1	1.59	0.20	3.9	7	1	6.57	0.23	2.87	0.0	0.00	0.00
PEACHES, CANNED	.5 CUP	64	0	6	1.93	0.41	3.4	618	124	2.72	0.61	16.37	0.05	0.00	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		816	58	1165	12.62	6.41	659.6	*7630	*639	31.28	38.61	124.39	22.44	6.00	*0.00
% of Calories											18.9%	60.9%	24.7%	6.6%	*0.0%

Tue - 02/14/2012															
Middle Lunch - Traditional	Total														
CHICKEN, ORANGE & RICE-S	1 EACH	464	62	950	2.49	3.11	34.0	4270	498	17.72	20.06	71.36	9.46	1.26	*0.00
PIZZA, STFD CRUST CHEESE-S	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
SALAD, CHEF'S WITH CRACKER	1 EACH	593	64	1409	6.70	9.70	321.5	13938	1609	36.37	26.92	47.81	34.39	8.47	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*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
ORANGES	.5 CUP	42	0	0	2.16	0.09	36.0	202	19	47.88	0.85	10.57	0.11	0.02	*N/A*
TRAIL MIX, SUNFLOWER/RAISIN	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
CARROTS, BABY	.25 CUP	20	0	44	1.64	0.50	18.1	7819	851	1.47	0.36	4.67	0.07	0.01	*N/A*
ORANGES, MANDARIN	1 EACH	90	0	0	1.00	0.36	0.0	0	0	6.0	1.0	21.0	0.0	0.00	0.00
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		858	50	1258	10.91	7.13	634.4	16595	1573	74.08	37.49	123.05	26.67	5.72	*0.00
% of Calories											17.5%	57.4%	28.0%	6.0%	*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

<sup>1</sup> - denotes optional nutrient values

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# San Marcos Unified School District

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

Jan 27, 2012

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## Middle 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 <sup>1</sup> (g)
Wed - 02/15/2012															
Middle Lunch - Traditional	Total														
CHICKEN, ALFREDO & BREADS TICK	1 EACH	431	55	725	4.12	3.28	84.1	95	19	0.0	19.92	54.9	14.37	3.07	*0.00
HAMBURGER W/ CHEESE	1 EACH	360	55	908	4.10	3.63	146.6	134	41	0.0	24.04	27.83	16.93	6.79	*0.00
PEANUT BUTTER & JELLY	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
SALAD, ASIAN NOODLE CHICKE	1 EACH	411	70	1453	2.06	2.82	60.3	1737	347	53.17	24.13	31.76	20.38	2.58	*0.00
COOKIE, FORTUNE	1 EACH	20	0	0	0.00	0.00	0.0	0	0	0.0	0.7	4.0	0.0	0.00	0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*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
BANANA, FRESH	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*
EDAMAME, SHELLLED	1 EACH	80	0	10	2.67	1.80	100.0	133	27	16.0	7.33	6.0	4.0	0.33	0.00
JUICE, APPLE 4 OZ	1 EACH	55	0	0	0.00	0.72	0.0	0	0	0.0	0.0	14.0	0.0	0.00	*N/A*
PINEAPPLE TIDBITS, CANNED	.5 CUP	59	0	2	0.90	0.45	16.2	43	9	8.46	0.41	15.25	0.14	0.02	0.00
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		838	*47	1075	11.09	6.58	583.9	5260	335	45.40	40.52	124.74	23.51	5.39	*0.00
% of Calories											19.3%	59.5%	25.2%	5.8%	*0.0%

Thu - 02/16/2012															
Middle Lunch - Traditional	Total														
BEEF, TOSTADA BOWL	1 EACH	515	88	863	3.80	2.78	128.7	579	101	9.3	22.62	41.09	26.71	11.84	*2.00
PIZZA, FRENCH BRD PEP 8"-S	1 EACH	355	35	760	1.00	0.90	400.0	350	70	9.0	21.5	36.0	13.5	7.00	0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*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
APPLES, FRESH	1 EACH	72	0	1	3.33	0.17	8.3	75	7	6.39	0.36	19.18	0.24	0.04	*N/A*
TRAIL MIX, SUNFLOWER/RAISIN	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
SHAPE-UPS, FROZEN JUICE	1 EACH	83	0	14	0.00	0.00	0.0	0	0	82.67	0.0	20.67	0.0	0.00	0.00
FRUIT COCKTAIL, CANNED	.5 CUP	65	0	7	1.13	0.33	6.8	232	24	2.15	0.45	16.93	0.08	0.01	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		905	63	1063	9.93	5.54	576.2	*6813	*430	103.86	37.14	130.41	29.06	7.87	*0.40
% of Calories											16.4%	57.7%	28.9%	7.8%	*0.4%

Fri - 02/17/2012															
Middle Lunch - Traditional	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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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - denotes optional nutrient values

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# San Marcos Unified School District

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

Jan 27, 2012

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Middle 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 <sup>1</sup> (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%

Mon - 02/20/2012															
Middle Lunch - Traditional	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%

Tue - 02/21/2012															
Middle Lunch - Traditional	Total														
CHICKEN, ORANGE & RICE-S	1 EACH	464	62	950	2.49	3.11	34.0	4270	498	17.72	20.06	71.36	9.46	1.26	*0.00
PIZZA, STFD CRUST CHEESE-S	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
SALAD, CHEF'S WITH CRACKER	1 EACH	593	64	1409	6.70	9.70	321.5	13938	1609	36.37	26.92	47.81	34.39	8.47	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*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
BANANA, FRESH	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*
JUICE, APPLE 4 OZ	1 EACH	55	0	0	0.00	0.72	0.0	0	0	0.0	0.0	14.0	0.0	0.00	*N/A*
CUCUMBER	.25 CUP	4	0	1	0.21	0.07	4.2	21	2	0.95	0.18	0.64	0.05	0.00	*N/A*
PEARS, CANNED	.5 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		796	50	1222	9.45	6.32	580.8	8660	713	28.75	33.30	130.05	18.91	4.80	*0.00
% of Calories											16.7%	65.4%	21.4%	5.4%	*0.0%

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

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# San Marcos Unified School District

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

Jan 27, 2012

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## Middle 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 <sup>1</sup> (g)
<b>Wed - 02/22/2012</b>															
Middle Lunch - Traditional	Total														
CHICKEN, ALFREDO & BREADS TICK	1 EACH	431	55	725	4.12	3.28	84.1	95	19	0.0	19.92	54.9	14.37	3.07	*0.00
HAMBURGER W/ CHEESE	1 EACH	360	55	908	4.10	3.63	146.6	134	41	0.0	24.04	27.83	16.93	6.79	*0.00
PEANUT BUTTER & JELLY	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
SALAD, ASIAN NOODLE CHICKE	1 EACH	411	70	1453	2.06	2.82	60.3	1737	347	53.17	24.13	31.76	20.38	2.58	*0.00
COOKIE, FORTUNE	1 EACH	20	0	0	0.00	0.00	0.0	0	0	0.0	0.7	4.0	0.0	0.00	0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*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
GRAPES, FRESH	1 CUP	62	0	2	0.83	0.27	12.9	92	9	3.68	0.58	15.78	0.32	0.10	*N/A*
TRAIL MIX, SUNFLOWER/RAISIN	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
CARROTS, BABY	.25 CUP	20	0	44	1.64	0.50	18.1	7819	851	1.47	0.36	4.67	0.07	0.01	*N/A*
PEACHES, CANNED	.5 CUP	64	0	6	1.93	0.41	3.4	618	124	2.72	0.61	16.37	0.05	0.00	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		829	*47	1114	10.79	5.79	512.1	13547	1275	20.63	36.73	116.75	27.47	6.05	*0.00
% of Calories											17.7%	56.3%	29.8%	6.6%	*0.0%

<b>Thu - 02/23/2012</b>															
Middle Lunch - Traditional	Total														
BEEF, TOSTADA BOWL	1 EACH	515	88	863	3.80	2.78	128.7	579	101	9.3	22.62	41.09	26.71	11.84	*2.00
PIZZA, FRENCH BRD PEP 8"-S	1 EACH	355	35	760	1.00	0.90	400.0	350	70	9.0	21.5	36.0	13.5	7.00	0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*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
ORANGES	.5 CUP	42	0	0	2.16	0.09	36.0	202	19	47.88	0.85	10.57	0.11	0.02	*N/A*
EDAMAME, SHELLED	1 EACH	80	0	10	2.67	1.80	100.0	133	27	16.0	7.33	6.0	4.0	0.33	0.00
SHAPE-UPS, FROZEN JUICE	1 EACH	83	0	14	0.00	0.00	0.0	0	0	82.67	0.0	20.67	0.0	0.00	0.00
ORANGES, MANDARIN	1 EACH	90	0	0	1.00	0.36	0.0	0	0	6.0	1.0	21.0	0.0	0.00	0.00
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		850	63	1065	9.79	6.04	682.0	*6841	*445	164.60	42.00	118.37	24.85	7.16	*0.40
% of Calories											19.8%	55.7%	26.3%	7.6%	*0.4%

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# San Marcos Unified School District

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

Jan 27, 2012

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## Middle 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 <sup>1</sup> (g)
Fri - 02/24/2012															
Middle Lunch - Traditional	Total														
SANDWICH, HOT CHICKEN-S	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
CHICKEN, SWEET & SOUR W/ RI CE	1 EACH	458	50	876	2.49	3.03	34.0	4157	475	17.72	17.47	75.92	8.48	1.13	*0.00
SALAD, SPICY CHICK RNCH & C RKR	1 EACH	563	60	955	5.01	9.15	108.8	*8916	*986	20.08	20.67	37.71	39.2	6.71	*0.00
HUMMUS, VEG, CHEESE & PITA	1 EACH	426	15	890	8.53	4.52	308.3	*16102	*1766	9.51	18.45	48.81	17.64	4.56	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*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
BANANA, FRESH	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*
TRAIL MIX, SUNFLOWER/RAISIN	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
CARROTS, BABY	.25 CUP	20	0	44	1.64	0.50	18.1	7819	851	1.47	0.36	4.67	0.07	0.01	*N/A*
FRUIT COCKTAIL, CANNED	.5 CUP	65	0	7	1.13	0.33	6.8	232	24	2.15	0.45	16.93	0.08	0.01	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		855	45	1110	12.54	6.68	542.7	*17892	*1681	27.43	35.85	130.25	25.94	4.95	*0.00
% of Calories											16.8%	60.9%	27.3%	5.2%	*0.0%

Mon - 02/27/2012															
Middle Lunch - Traditional	Total														
CHICKEN PARMESAN W SPAGH ETTI	1 EACH	558	97	1133	3.24	4.76	346.8	1228	229	11.81	38.53	42.86	26.96	8.98	*0.00
BOSCO STICKS, CHEESE	1 EACH	480	20	912	4.90	5.99	591.5	347	69	7.2	30.68	65.26	10.57	4.83	*0.00
SALAD, SPICY CHICK RNCH & C RKR	1 EACH	563	60	955	5.01	9.15	108.8	*8916	*986	20.08	20.67	37.71	39.2	6.71	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*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
APPLES, FRESH	1 EACH	72	0	1	3.33	0.17	8.3	75	7	6.39	0.36	19.18	0.24	0.04	*N/A*
RAISINS	.25 CUP	123	0	5	1.53	0.78	20.6	0	0	0.95	1.27	32.66	0.19	0.02	*N/A*
JICAMA, FRESH	1 EACH	12	0	1	1.59	0.20	3.9	7	1	6.57	0.23	2.87	0.0	0.00	0.00
PEACHES, CANNED	.5 CUP	64	0	6	1.93	0.41	3.4	618	124	2.72	0.61	16.37	0.05	0.00	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		816	58	1165	12.62	6.41	659.6	*7630	*639	31.28	38.61	124.39	22.44	6.00	*0.00
% of Calories											18.9%	60.9%	24.7%	6.6%	*0.0%

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# San Marcos Unified School District

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

Jan 27, 2012

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## Middle 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 <sup>1</sup> (g)
<b>Tue - 02/28/2012</b>															
Middle Lunch - Traditional	Total														
CHICKEN, ORANGE & RICE-S	1 EACH	464	62	950	2.49	3.11	34.0	4270	498	17.72	20.06	71.36	9.46	1.26	*0.00
PIZZA, STFD CRUST CHEESE-S	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
SALAD, CHEF'S WITH CRACKER	1 EACH	593	64	1409	6.70	9.70	321.5	13938	1609	36.37	26.92	47.81	34.39	8.47	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*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
ORANGES	.5 CUP	42	0	0	2.16	0.09	36.0	202	19	47.88	0.85	10.57	0.11	0.02	*N/A*
TRAIL MIX, SUNFLOWER/RAISIN	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
CARROTS, BABY	.25 CUP	20	0	44	1.64	0.50	18.1	7819	851	1.47	0.36	4.67	0.07	0.01	*N/A*
ORANGES, MANDARIN	1 EACH	90	0	0	1.00	0.36	0.0	0	0	6.0	1.0	21.0	0.0	0.00	0.00
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		858	50	1258	10.91	7.13	634.4	16595	1573	74.08	37.49	123.05	26.67	5.72	*0.00
% of Calories											17.5%	57.4%	28.0%	6.0%	*0.0%

<b>Wed - 02/29/2012</b>															
Middle Lunch - Traditional	Total														
CHICKEN, ALFREDO & BREADS TICK	1 EACH	431	55	725	4.12	3.28	84.1	95	19	0.0	19.92	54.9	14.37	3.07	*0.00
HAMBURGER W/ CHEESE	1 EACH	360	55	908	4.10	3.63	146.6	134	41	0.0	24.04	27.83	16.93	6.79	*0.00
PEANUT BUTTER & JELLY	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
SALAD, ASIAN NOODLE CHICKE	1 EACH	411	70	1453	2.06	2.82	60.3	1737	347	53.17	24.13	31.76	20.38	2.58	*0.00
COOKIE, FORTUNE	1 EACH	20	0	0	0.00	0.00	0.0	0	0	0.0	0.7	4.0	0.0	0.00	0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*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
BANANA, FRESH	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*
EDAMAME, SHELLLED	1 EACH	80	0	10	2.67	1.80	100.0	133	27	16.0	7.33	6.0	4.0	0.33	0.00
JUICE, APPLE 4 OZ	1 EACH	55	0	0	0.00	0.72	0.0	0	0	0.0	0.0	14.0	0.0	0.00	*N/A*
PINEAPPLE TIDBITS, CANNED	.5 CUP	59	0	2	0.90	0.45	16.2	43	9	8.46	0.41	15.25	0.14	0.02	0.00
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		838	*47	1075	11.09	6.58	583.9	5260	335	45.40	40.52	124.74	23.51	5.39	*0.00
% of Calories											19.3%	59.5%	25.2%	5.8%	*0.0%

Weighted Average		843	*53	1142	*10.99	*6.46	*612.0	*10416	*889	*66.50	37.86	125.02	24.69	*5.85	*0.07
											18.0%	59.4%	26.4%	*6.2%	*0.1%

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# San Marcos Unified School District

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

Jan 27, 2012

Middle Lunch - Traditional

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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 <sup>1</sup> (g)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)									
Calories	843		783	108%												
Cholesterol (mg)	53				Missing											
Sodium (mg)	1142															
Fiber (g)	10.99				Missing											
Iron (mg)	6.46		4.50	144%	Missing											
Calcium (mg)	612.0		400.00	153%	Missing											
Vitamin A (IU)	10416		1500	694%	Missing											
Vitamin A (RE)	889		300	296%	Missing											
Vitamin C (mg)	66.50		16.70	398%	Missing											
Protein (g)	37.86	17.97%	15.20	249%												
Carbohydrate (g)	125.02	59.35%														
Total Fat (g)	24.69	26.38%	<=30.00%													
Saturated Fat (g)	5.85	6.25%	<10.00%		Missing											
Trans Fat (g)	0.07	0.08%			Missing											

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