

Smithton Shool District Spreadsheet - Portion Values

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	Portion	Plan		mg	mg	g	mg	mg	IU	RE	mg	g	g	g	g	g	Cost	
Elementary Lunch	Total Size	Qty	1	Cals	Cholst	Sodm	Fiber	Iron	Calcm	Vit-A	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat	Tr-Fat	Cost
CHICKEN AND NOODLES	1 CUP	1	1	244	75	186	0.80	1.89	63.0	128	26	0.90	21.89	21.31	7.52	1.87	*0.00	0.000
MASHED POTATOES: flakes, mlk +but	1/2 CUP	1	1	102	15	172	0.84	0.17	33.6	166	22	10.19	1.88	11.35	5.39	3.35	0.18	0.000
GREEN BEANS: canned, cooked	1/2 CUP	1	1	14	0	169	1.28	0.61	17.6	236	47	2.90	0.81	3.04	0.07	0.01	*0.00	0.000
PEARS: canned, light syrup	1/2 CUP	1	1	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*0.00	0.000
ROLLS (YEAST)	1 EACH	1	1	176	0	291	1.20	1.75	29.0	44	9	0.10	4.53	29.80	4.21	0.60	*0.00	0.000
WHITE SAUCE: THIN	2 TBSP	1	1	21	1	62	0.03	0.06	40.0	33	7	0.00	1.23	2.38	0.75	0.16	*0.00	0.000
BUTTER: individual	PAT	1	1	36	11	29	0.00	0.00	1.2	125	38	0.00	0.04	0.00	4.06	2.57	*0.00	0.000
Weighted Daily Average				664	101	916	6.16	4.83	190.6	731	148	14.96	30.61	86.92	22.02	8.56	*0.18	0.000
% of Calories													18.4%	52.4%	29.9%	11.6%	0.2%	
RDA's				634	0	0	0.00	3.30	267.00	1000		15.00	8.65	0.00	30.00	10.00		
% of RDA Satisfied				105%				146%	71%	73%		100%	354%					
Shortfall									76.41	269		0.04						OVER

Elementary Lunch	Total	1																
HAMBURGER ON A BUN	SERVING	1	1	329	70	264	0.90	3.34	77.8	0	0	0.00	23.91	21.26	15.58	5.67	*0.95	0.000
CHEESE SAUCE	2 TBSP	1	1	49	5	175	0.10	0.09	95.0	138	28	0.20	3.30	3.30	2.53	1.21	*0.00	0.000
SWEET POTATO, BAKED	1/2 EACH	1	1	51	0	21	1.88	0.39	21.7	10954	1244	11.17	1.15	11.80	0.09	0.02	*0.00	0.000
CORN: frozen, yellow	1/2 CUP	1	1	66	0	1	1.97	0.39	2.5	163	18	2.87	2.09	15.83	0.55	0.08	*0.00	0.000
PEACHES: canned, light syrup	1/2 CUP	1	1	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*0.00	0.000
KETCHUP: individual	Pkt 6g	1	1	6	0	67	0.02	0.03	1.1	56	6	0.91	0.10	1.51	0.02	0.00	*0.00	0.000
Weighted Daily Average				569	75	533	6.50	4.69	201.8	11756	1339	18.16	31.12	71.96	18.80	6.98	*0.95	0.000
% of Calories													21.9%	50.6%	29.7%	11.0%	1.5%	
RDA's				634	0	0	0.00	3.30	267.00	1000		15.00	8.65	0.00	30.00	10.00		
% of RDA Satisfied				90%				142%	76%	1176%		121%	360%					
Shortfall				65					65.22									OVER

Elementary Lunch	Total	1																
SPAGHETTI AND MEAT SAUCE	1 CUP	1	1	322	126	312	2.98	3.94	42.2	6	135	5.36	21.23	34.22	10.71	4.39	*0.00	0.000
SALAD, TOSSED: no dressing	1/2 CUP	1	1	20	0	14	1.13	0.37	17.4	1638	231	8.85	1.28	3.59	0.44	0.06	*0.00	0.000
ORANGES HALVES	1/2 EACH	1	1	31	0	0	1.57	0.07	26.2	147	14	34.85	0.62	7.70	0.08	0.01	*0.00	0.000
ROLLS (YEAST)	1 EACH	1	1	176	0	291	1.20	1.75	29.0	44	9	0.10	4.53	29.80	4.21	0.60	*0.00	0.000
SALAD DRESSING, Assorted	1 TBSP	1	1	62	2	169	0.03	0.11	4.9	38	12	0.08	0.27	1.86	6.17	0.96	*0.00	0.000
Weighted Daily Average				611	128	787	6.91	6.24	119.7	1873	402	49.22	27.92	77.17	21.60	6.03	*0.00	0.000
% of Calories													18.3%	50.5%	31.8%	8.9%	0.0%	
RDA's				634	0	0	0.00	3.30	267.00	1000		15.00	8.65	0.00	30.00	10.00		
% of RDA Satisfied				97%				189%	45%	187%		328%	323%					
Shortfall				22					147.30									OVER

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	Cost
Elementary Lunch	Total	1															
PIZZA WITH GROUND PORK TOPPING	SERVINGS	1	292	40	296	1.99	2.59	226.0	524	105	9.99	18.77	30.77	10.16	3.79	*0.00	0.000
SALAD, TOSSED: no dressing	1 CUP	1	40	0	28	2.26	0.74	34.8	3275	463	17.69	2.56	7.19	0.87	0.12	*0.00	0.000
CORN: frozen, yellow	1/2 CUP	1	66	0	1	1.97	0.39	2.5	163	18	2.87	2.09	15.83	0.55	0.08	*0.00	0.000
APPLESAUCE: cnnd, unswtnd, +vit C	1/2 CUP	1	52	0	2	1.46	0.15	3.7	35	4	25.86	0.21	13.77	0.06	0.01	*0.00	0.000
CHOCOLATE CHIP COOKIES	1 EACH	1	128	13	86	0.50	0.66	9.0	121	24	0.00	1.43	16.10	6.77	2.03	*0.00	0.000
SALAD DRESSING, Assorted	1 TBSP	1	62	2	169	0.03	0.11	4.9	38	12	0.08	0.27	1.86	6.17	0.96	*0.00	0.000
Weighted Daily Average			641	55	583	8.21	4.63	280.9	4156	626	56.50	25.33	85.51	24.58	7.00	*0.00	0.000
% of Calories											15.8%	53.4%	34.5%	9.8%	0.0%		
RDA's			634	0	0	0.00	3.30	267.00	1000		15.00	8.65	0.00	30.00	10.00		
% of RDA Satisfied			101%				140%	105%	416%		377%	293%					
Shortfall														OVER			

Elementary Lunch	Total	1															
HAMSANDWICH	1 EACH	1	239	52	1159	1.20	2.47	79.8	0	0	16.51	17.17	25.31	7.05	1.56	*0.00	0.000
CHEESE SAUCE	2 TBSP	1	49	5	175	0.10	0.09	95.0	138	28	0.20	3.30	3.30	2.53	1.21	*0.00	0.000
POTATO PUFFS: frozen, cooked	1/2 CUP	1	122	0	307	1.60	0.41	9.0	3	1	4.03	1.31	17.76	5.52	1.16	*0.00	0.000
PEAS: frozen, boiled	1/2 CUP	1	62	0	58	4.40	1.22	19.2	1680	54	7.92	4.12	11.41	0.22	0.04	*0.00	0.000
ORANGES HALVES	1/2 EACH	1	31	0	0	1.57	0.07	26.2	147	14	34.85	0.62	7.70	0.08	0.01	*0.00	0.000
KETCHUP: individual	Pkt 6g	1	6	0	67	0.02	0.03	1.1	56	6	0.91	0.10	1.51	0.02	0.00	*0.00	0.000
Weighted Daily Average			508	57	1766	8.89	4.28	230.2	2025	102	64.41	26.62	66.98	15.41	3.99	*0.00	0.000
% of Calories											21.0%	52.7%	27.3%	7.1%	0.0%		
RDA's			634	0	0	0.00	3.30	267.00	1000		15.00	8.65	0.00	30.00	10.00		
% of RDA Satisfied			80%				130%	86%	202%		429%	308%					
Shortfall			125					36.81									

Elementary Lunch	Total	1															
COUNTRY FRIED STEAK	SERVINGS	1	216	54	239	0.40	2.11	25.0	85	17	1.20	17.39	7.36	12.51	4.94	*0.00	0.000
MASHED POTATOES: flakes, milk +but	1/2 CUP	1	102	15	172	0.84	0.17	33.6	166	22	10.19	1.88	11.35	5.39	3.35	0.18	0.000
CARROTS: frozen, boiled	1/2 CUP	1	27	0	43	2.41	0.39	25.6	12357	1292	1.68	0.42	5.64	0.50	0.09	*0.00	0.000
PEARS: canned, light syrup	1/2 CUP	1	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*0.00	0.000
ROLLS (YEAST)	1 EACH	1	176	0	291	1.20	1.75	29.0	44	9	0.10	4.53	29.80	4.21	0.60	*0.00	0.000
WHITE SAUCE: THIN	2 TBSP	1	21	1	62	0.03	0.06	40.0	33	7	0.00	1.23	2.38	0.75	0.16	*0.00	0.000
BUTTER: individual	PAT	1	36	11	29	0.00	0.00	1.2	125	38	0.00	0.04	0.00	4.06	2.57	*0.00	0.000

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	Portion Size Portion Size	Plan Qty Reimb Qty	Cals Cals (kcal)	mg Cholst Cholst (mg)	mg Sodm Sodm (mg)	g Fiber Fiber (g)	mg Iron Iron (mg)	mg Calc Calc (mg)	IU Vit-A Vit-A (IU)	RE Vit-A Vit-A (RE)	mg Vit-C Vit-C (mg)	g Protn Protn (g)	g Carb Carb (g)	g T-Fat T-Fat (g)	g S-Fat S-Fat (g)	g Tr-Fat Tr-Fat ¹ (g)	Cost
Weighted Daily Average % of Calories			649	80	842	6.89	4.83	160.6	12810	1384	14.04	25.73 15.9%	75.57 46.6%	27.44 38.0%	11.70 16.2%	*0.18 0.3%	0.000
RDA's % of RDA Satisfied Shortfall			634 102%	0	0	0.00	3.30 146%	267.00 60%	1000 1281%		15.00 94%	8.65 298%	0.00	30.00 OVER	10.00 OVER		

Elementary Lunch	Total	1															
BEEF BURRITO	1 EACH	1	273	43	351	2.00	2.62	264.0	800	160	9.69	18.82	21.33	12.46	5.75	*0.00	0.000
CHEESE SAUCE	2 TBSP	1	49	5	175	0.10	0.09	95.0	138	28	0.20	3.30	3.30	2.53	1.21	*0.00	0.000
GREEN BEANS: canned, cooked	1/2 CUP	1	14	0	169	1.28	0.61	17.6	236	47	2.90	0.81	3.04	0.07	0.01	*0.00	0.000
MIXED FRUIT: frozen, sweetened	1/2 CUP	1	123	0	4	2.38	0.35	8.8	403	40	93.75	1.78	30.29	0.23	0.03	*0.00	0.000
CHOCOLATE CHIP COOKIES	1 EACH	1	128	13	86	0.50	0.66	9.0	121	24	0.00	1.43	16.10	6.77	2.03	*0.00	0.000
Weighted Daily Average % of Calories			586	61	785	6.25	4.32	394.3	1697	299	106.54	26.13 17.8%	74.05 50.5%	22.05 33.9%	9.03 13.9%	*0.00 0.0%	0.000
RDA's % of RDA Satisfied Shortfall			634 93%	0	0	0.00	3.30 131%	267.00 148%	1000 170%		15.00 710%	8.65 302%	0.00	30.00 OVER	10.00 OVER		

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Elementary Lunch	Total	1															
CHICKEN NUGGETS	5 NUGGETS	1	246	36	462	1.74	0.98	25.7	0	0	0.0	12.67	11.69	16.45	3.31	*N/A*	
MASHED POTATOES: flakes, milk +butter	1/2 CUP	1	102	15	172	0.84	0.17	33.6	181	22	10.19	1.86	11.41	5.39	3.35	0.18	
WHITE SAUCE: THICK	2 TBSP	1	41	1	78	0.08	0.15	40.8	96	19	0.0	1.45	3.89	2.19	0.45	*N/A*	
GREEN BEANS: canned, cooked	1/2 CUP	1	14	0	169	1.28	0.61	17.6	236	47	2.9	0.81	3.04	0.07	0.01	*N/A*	
PEARS: canned, light syrup	1/2 CUP	1	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*	
ROLLS (YEAST)	1 EACH	1	176	0	291	1.20	1.75	29.0	44	9	0.1	4.53	29.8	4.21	0.60	*N/A*	
BUTTER: individual	PAT	1	36	11	36	0.00	0.00	1.2	125	38	0.0	0.04	0.0	4.06	2.57	*N/A*	
BARBECUE SAUCE	2 TBSP	1	48	0	309	0.40	0.30	10.0	261	52	4.0	0.45	12.48	0.1	0.02	*N/A*	
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	
MILK, 1% Chocolate	HALF PINT	1	178	8	153	1.25	0.68	290.0	490	148	2.25	8.1	31.5	2.5	1.54	*N/A*	
Weighted Daily Average % of Calories			1013	82	1784	8.80	5.05	759.1	1910	479	20.31	38.37	135.03	37.36	13.40	*0.18	
												15.1%	53.3%	33.2%	11.9%	*0.2%	
Nutrient Guideline			634				3.30	267.00	1000		15.00	8.65		<=30.0	<10.00		

Elementary Lunch	Total	1															
HAM SANDWICH	1 EACH	1	254	52	1094	1.51	2.61	149.9	1	0	16.51	18.48	27.47	7.19	1.59	*N/A*	
CHEESE BLEND, AMERICAN AND SKI	1/2 oz.	1	48	11	184	0.00	0.00	400.0	1500	300	0.0	14.0	1.0	3.8	2.20	0.00	
PEAS: frozen, boiled	1/2 CUP	1	62	0	58	4.40	1.22	19.2	1680	54	7.92	4.12	11.41	0.22	0.04	*N/A*	
FRENCH FRIES: oven heat	1/2 OZ	1	28	0	38	0.45	0.18	1.1	0	0	1.43	0.45	4.42	1.07	0.18	*N/A*	
PEACHES: canned, light syrup	1/2 CUP	1	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*	
MAYONNAISE: individual PC	Pkt 7g	1	351	29	278	0.00	0.25	8.8	137	41	0.0	0.54	1.32	38.91	4.21	*N/A*	
KETCHUP: individual	Pkt 6g	1	7	0	54	0.02	0.02	1.0	31	6	0.25	0.08	1.57	0.01	0.00	*N/A*	
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	
MILK, 1% Chocolate	HALF PINT	1	178	8	153	1.25	0.68	290.0	490	148	2.25	8.1	31.5	2.5	1.54	*N/A*	
Weighted Daily Average % of Calories			1099	112	1972	9.27	5.47	1178.7	4761	736	31.37	54.55	109.14	56.10	11.31	*0.00	
												19.9%	39.7%	46.0%	9.3%	*0.0%	
Nutrient Guideline			634				3.30	267.00	1000		15.00	8.65		<=30.0	<10.00		

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	Portion Size	Reimb Qty	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)
Elementary Lunch	Total	1														
Corn Dog	113 g	1	320	30	670	0.00	10.00	0.0	0	0	2.0	8.99	28.0	19.0	6.00	0.00
GREEN BEANS: canned, cooked	1/2 CUP	1	14	0	169	1.28	0.61	17.6	236	47	2.9	0.81	3.04	0.07	0.01	*N/A*
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	1	51	0	2	1.34	0.28	4.9	35	4	25.86	0.21	13.75	0.12	0.01	*N/A*
CHOCOLATE CHIP COOKIES	1 EACH	1	128	13	86	0.50	0.66	9.0	121	24	0.0	1.43	16.1	6.77	2.03	*N/A*
KETCHUP: individual	Pkt 6g	1	7	0	54	0.02	0.02	1.0	31	6	0.25	0.08	1.57	0.01	0.00	*N/A*
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, 1% Chocolate	HALF PINT	1	178	8	153	1.25	0.68	290.0	490	148	2.25	8.1	31.5	2.5	1.54	*N/A*
Weighted Daily Average			799	63	1242	4.39	12.32	627.4	1391	373	33.26	27.84	106.14	30.83	11.14	*0.00
% of Calories												13.9%	53.1%	34.7%	12.5%	*0.0%
Nutrient Guideline			634				3.30	267.00	1000		15.00	8.65		<=30.0	<10.00	

Elementary Lunch	Total	1														
CHICKEN PATTY	Sandwich	1	357	37	649	1.89	2.51	57.0	0	0	0.0	16.76	30.1	19.23	3.71	*N/A*
SANDWICH	1/2 CUP	1	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11	0.02	*N/A*
BROCCOLI: frozen, boiled	2 TBSP	1	49	5	175	0.10	0.09	95.0	138	28	0.2	3.3	3.3	2.53	1.21	*N/A*
CHEESE SAUCE	1/2 CUP	1	122	0	296	1.60	0.41	9.0	3	1	4.03	1.31	17.76	5.52	1.16	*N/A*
POTATO PUFFS: frozen, cooked	1/2 cup	1	63	0	6	1.20	0.37	8.0	1294	259	19.6	0.54	16.06	0.14	0.01	*N/A*
MANDARIN ORANGES,CND,LT SYRUP,	Pkt 7g	1	351	29	278	0.00	0.25	8.8	137	41	0.0	0.54	1.32	38.91	4.21	*N/A*
MAYONNAISE:individual PC	Pkt 6g	1	7	0	54	0.02	0.02	1.0	31	6	0.25	0.08	1.57	0.01	0.00	*N/A*
KETCHUP: individual	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, 1% Lowfat	HALF PINT	1	178	8	153	1.25	0.68	290.0	490	148	2.25	8.1	31.5	2.5	1.54	*N/A*
MILK, 1% Chocolate																
Weighted Daily Average			1255	90	1729	8.82	4.95	804.1	3502	800	63.22	41.70	118.71	71.31	13.41	*N/A*
% of Calories												13.3%	37.8%	51.2%	9.6%	*N/A%*
Nutrient Guideline			634				3.30	267.00	1000		15.00	8.65		<=30.0	<10.00	

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	Portion Size	Reimb Qty	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)
Elementary Lunch	Total	1														
PIZZA WITH GROUND PORK TOPPING	SERVINGS	1	292	40	296	1.99	2.59	226.0	524	105	9.99	18.77	30.77	10.16	3.79	*N/A*
CORN: frozen, yellow	1/2 CUP	1	67	0	1	1.98	0.39	2.5	164	18	2.89	2.1	15.92	0.55	0.08	*N/A*
SALAD, TOSSED: no dressing	1/2 CUP	1	20	0	14	1.13	0.37	17.4	1638	231	9.09	1.28	3.59	0.44	0.06	*0.00
SALAD DRESSING, Assorted	1 TBSP	1	60	2	143	0.05	0.09	3.5	31	12	0.18	0.14	1.83	5.89	0.85	*0.00
PINEAPPLE CHUNKS: canned, lt syr	1/2 CUP	1	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
CHOCOLATE CHIP COOKIES	1 EACH	1	128	13	86	0.50	0.66	9.0	121	24	0.0	1.43	16.1	6.77	2.03	*N/A*
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, 1% Chocolate	HALF PINT	1	178	8	153	1.25	0.68	290.0	490	148	2.25	8.1	31.5	2.5	1.54	*N/A*
Weighted Daily Average			912	75	802	7.90	5.34	871.0	3494	684	33.85	40.51	128.83	28.83	9.91	*0.00
% of Calories												17.8%	56.5%	28.4%	9.8%	*0.0%
Nutrient Guideline			634				3.30	267.00	1000		15.00	8.65		<=30.0	<10.00	

Elementary Lunch	Total	1														
COUNTRY FRIED STEAK	SERVINGS	1	216	54	239	0.40	2.11	25.0	85	17	1.2	17.39	7.36	12.51	4.94	*N/A*
MASHED POTATOES: flakes, mlk +but	1/2 CUP	1	102	15	172	0.84	0.17	33.6	181	22	10.19	1.86	11.41	5.39	3.35	0.18
WHITE SAUCE: THICK	2 TBSP	1	41	1	78	0.08	0.15	40.8	96	19	0.0	1.45	3.89	2.19	0.45	*N/A*
GREEN BEANS: canned, cooked	1/2 CUP	1	14	0	169	1.28	0.61	17.6	236	47	2.9	0.81	3.04	0.07	0.01	*N/A*
PEARS: canned, light syrup	1/2 CUP	1	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
ROLLS (YEAST)	1 EACH	1	176	0	291	1.20	1.75	29.0	44	9	0.1	4.53	29.8	4.21	0.60	*N/A*
BUTTER: individual	PAT	1	36	11	36	0.00	0.00	1.2	125	38	0.0	0.04	0.0	4.06	2.57	*N/A*
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, 1% Chocolate	HALF PINT	1	178	8	153	1.25	0.68	290.0	490	148	2.25	8.1	31.5	2.5	1.54	*N/A*
Weighted Daily Average			936	100	1251	7.06	5.88	748.4	1734	443	17.51	42.64	118.22	33.32	15.00	*0.18
% of Calories												18.2%	50.5%	32.0%	14.4%	*0.2%
Nutrient Guideline			634				3.30	267.00	1000		15.00	8.65		<=30.0	<10.00	

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Smithton R-VI School

Base Menu Spreadsheet

Portion Values - Detailed

	Portion Size	Reimb Qty	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)
Elementary Lunch	Total	1														
NACHOS WITH GROUND BEEF	SERVINGS	1	281	42	590	2.10	1.67	277.0	410	82	0.4	17.8	19.28	15.13	6.10	*N/A*
CARROTS:frozen, boiled	1/2 CUP	1	27	0	43	2.41	0.39	25.6	12357	1292	1.68	0.42	5.64	0.5	0.09	*N/A*
MIXED FRUIT: frozen,sweetened	1/2 CUP	1	123	0	4	2.38	0.35	8.8	403	40	93.75	1.78	30.29	0.23	0.03	*N/A*
CHOCOLATE CHIP COOKIES	1 EACH	1	128	13	86	0.50	0.66	9.0	121	24	0.0	1.43	16.1	6.77	2.03	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,1% Chocolate	HALF PINT	1	178	8	153	1.25	0.68	290.0	490	148	2.25	8.1	31.5	2.5	1.54	*N/A*
Weighted Daily Average			838	75	983	8.63	3.81	915.3	14259	1730	98.08	37.75	114.98	27.49	11.33	*N/A*
% of Calories												18.0%	54.9%	29.5%	12.2%	*N/A*
Nutrient Guideline			634				3.30	267.00	1000		15.00	8.65		<=30.0	<10.00	

	Portion Size	Reimb Qty	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)
Elementary Lunch	Total	1														
SPAGHETTI AND MEAT SAUCE	1 CUP	1	322	126	312	2.98	3.94	42.2	6	135	5.36	21.23	34.22	10.71	4.39	*N/A*
SALAD, TOSSED: no dressing	1/2 CUP	1	20	0	14	1.13	0.37	17.4	1638	231	9.09	1.28	3.59	0.44	0.06	*0.00
SALAD DRESSING, Assorted	1 TBSP	1	60	2	143	0.05	0.09	3.5	31	12	0.18	0.14	1.83	5.89	0.85	*0.00
ORANGES HALVES	1/2 EACH	1	31	0	0	1.57	0.07	26.2	147	14	34.85	0.62	7.7	0.08	0.01	*N/A*
BREAD STICKS,PLAIN	1.5 oz	1	175	0	303	1.28	1.82	9.4	0	0	0.0	5.1	29.09	4.04	0.60	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,1% Chocolate	HALF PINT	1	178	8	153	1.25	0.68	290.0	490	148	2.25	8.1	31.5	2.5	1.54	*N/A*
Weighted Daily Average			888	148	1033	8.25	7.04	693.6	2791	684	51.72	44.69	120.10	26.02	9.00	*0.00
% of Calories												20.1%	54.1%	26.4%	9.1%	*0.0%
Nutrient Guideline			634				3.30	267.00	1000		15.00	8.65		<=30.0	<10.00	

	Portion Size	Reimb Qty	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)
Elementary Lunch	Total	1														
NACHOS WITH GROUND BEEF	SERVINGS	1	281	42	590	2.10	1.67	277.0	410	82	0.4	17.8	19.28	15.13	6.10	*N/A*
CORN: frozen, yellow	1/2 CUP	1	67	0	1	1.98	0.39	2.5	164	18	2.89	2.1	15.92	0.55	0.08	*N/A*
CARROT STICKS	1/2 CUP	1	25	0	42	1.71	0.18	20.1	10255	1716	3.6	0.57	5.84	0.15	0.02	0.00
MIXED FRUIT: frozen,sweetened	1/2 CUP	1	123	0	4	2.38	0.35	8.8	403	40	93.75	1.78	30.29	0.23	0.03	*N/A*
MILK - Variety	HALF PINT	1	156	9	139	0.88	0.50	293.5	482	144	1.72	8.13	25.67	2.59	1.62	*N/A*
Weighted Daily Average			651	51	776	9.04	3.09	601.9	11713	2000	102.36	30.37	97.00	18.65	7.86	*0.00
% of Calories												18.7%	59.6%	25.8%	10.9%	*0.0%
Nutrient Guideline			634				3.30	267.00	1000		15.00	8.65		<=30.0	<10.00	

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Smithton R-VI School

Base Menu Spreadsheet

Portion Values - Detailed

Elementary Lunch	Total	1															
HAMBURGER ON A BUN	SERVING	1	325	70	268	0.88	3.35	91.1	0	0	0.55	23.97	21.06	15.3	5.57	*0.95	
CHEESE SAUCE	2 TBSP	1	49	5	175	0.10	0.09	95.0	138	28	0.2	3.3	3.3	2.53	1.21	*N/A*	
FRENCH FRIES: oven heat	2.5 OZ	1	142	0	189	2.27	0.88	5.7	0	0	7.16	2.25	22.11	5.36	0.89	*N/A*	
PEACHES: canned,light syrup	1/2 CUP	1	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*	
KETCHUP: individual	Pkt 6g	1	7	0	54	0.02	0.02	1.0	31	6	0.25	0.08	1.57	0.01	0.00	*N/A*	
MILK - Variety	HALF PINT	1	156	9	139	0.88	0.50	293.5	482	144	1.72	8.13	25.67	2.59	1.62	*N/A*	
Weighted Daily Average % of Calories			747	84	831	5.77	5.29	490.1	1096	222	12.88	38.29 20.5%	91.97 49.3%	25.83 31.1%	9.29 11.2%	*0.95 *1.1%	
Nutrient Guideline			634				3.30	267.00	1000		15.00	8.65		<=30.0	<10.00		

Elementary Lunch	Total	1															
CHICKEN TACO	1 EACH	1		23	126	1.49	0.88	97.5	311	62	4.1	9.54	10.18	6.11	1.75	*N/A*	
BROCCOLI,raw: fresh	1/4 CUP	1	132	0	8	0.59	0.17	10.7	142	35	20.29	0.64	1.51	0.08	0.01	*N/A*	
CAULIFLOWER,raw: fresh	1/4 CUP	1	8	0	8	0.50	0.11	5.5	0	1	12.05	0.48	1.24	0.07	0.02	*N/A*	
RANCH DRESSING	2 TBSP	1	6 35	5	181	0.10	0.10	35.0	26	5	0.5	1.05	3.5	1.88	0.52	*N/A*	
SALSA:COMMODITY	1 OZ	1	10	0	122	0.40	0.64	3.4	156	16	1.13	0.43	1.98	0.06	0.01	*N/A*	
PEACHES: canned,light syrup	1/2 CUP	1	68 128	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*	
CHOCOLATE CHIP COOKIES	1 EACH	1	156	13	86 139	0.50	0.66	9.0	121	24	0.0	1.43	16.1	6.77	2.03	*N/A*	
MILK - Variety	HALF PINT	1		9		0.88	0.50	293.5	482	144	1.72	8.13	25.67	2.59	1.62	*N/A*	
Weighted Daily Average % of Calories			543	51	675	6.09	3.50	458.4	1683	331	42.81	22.26 16.4%	78.44 57.8%	17.60 29.2%	5.95 9.9%	*N/A* *N/A**	
Nutrient Guideline			634				3.30	267.00	1000		15.00	8.65		<=30.0	<10.00		

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Smithton R-VI School

Elementary Lunch

Base Menu Spreadsheet

Portion Values - Detailed

	Portion Size	Reimb Qty	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)
Elementary Lunch	Total	1														
BEEF BURRITO	1 EACH	1	273	43	351	2.00	2.62	264.0	800	160	9.69	18.82	21.33	12.46	5.75	*N/A*
CHEESE SAUCE	2 TBSP	1	49	5	175	0.10	0.09	95.0	138	28	0.2	3.3	3.3	2.53	1.21	*N/A*
MIXED VEGETABLES:frozen,boiled	1/2 CUP	1	59	0	32	4.00	0.75	22.8	3892	389	2.91	2.6	11.91	0.14	0.03	*N/A*
CHOCOLATE CHIP COOKIES	1 EACH	1	128	13	86	0.50	0.66	9.0	121	24	0.0	1.43	16.1	6.77	2.03	*N/A*
MILK - Variety	HALF PINT	1	156	9	139	0.88	0.50	293.5	482	144	1.72	8.13	25.67	2.59	1.62	*N/A*
Weighted Daily Average			665	70	783	7.48	4.61	684.3	5433	746	14.52	34.28	78.31	24.49	10.63	*N/A*
% of Calories												20.6%	47.1%	33.1%	14.4%	*N/A%*
Nutrient Guideline			634				3.30	267.00	1000		15.00	8.65		<=30.0	<10.00	

	Portion Size	Reimb Qty	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)
Elementary Lunch	Total	1														
CHICKEN NUGGETS	5 NUGGETS	1	246	36	462	1.74	0.98	25.7	0	0	0.0	12.67	11.69	16.45	3.31	*N/A*
MASHED POTATOES:flakes,milk +but	1/2 CUP	1	102	15	172	0.84	0.17	33.6	181	22	10.19	1.86	11.41	5.39	3.35	0.18
WHITE SAUCE: THICK	2 TBSP	1	41	1	78	0.08	0.15	40.8	96	19	0.0	1.45	3.89	2.19	0.45	*N/A*
GREEN BEANS: canned,cooked	1/2 CUP	1	14	0	169	1.28	0.61	17.6	236	47	2.9	0.81	3.04	0.07	0.01	*N/A*
PEARS: canned,light syrup	1/2 CUP	1	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
ROLLS (YEAST)	3 EACH	1	176	0	291	1.20	1.75	29.0	44	9	0.1	4.53	29.8	4.21	0.60	*N/A*
BUTTER: individual	PAT	1	36	11	36	0.00	0.00	1.2	125	38	0.0	0.04	0.0	4.06	2.57	*N/A*
BARBECUE SAUCE	4 TBSP	1	48	0	309	0.40	0.30	10.0	261	52	4.0	0.45	12.48	0.1	0.02	*N/A*
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, 1% Chocolate	HALF PINT	1	178	8	153	1.25	0.68	290.0	490	148	2.25	8.1	31.5	2.5	1.54	*N/A*
Weighted Daily Average			1013	82	1784	8.80	5.05	759.1	1910	479	20.31	38.37	135.03	37.36	13.40	*0.18
% of Calories												15.1%	53.3%	33.2%	11.9%	*0.2%
Nutrient Guideline			634				3.30	267.00	1000		15.00	8.65		<=30.0	<10.00	

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Smithton R-VI School

Elementary Lunch

Base Menu Spreadsheet

Portion Values - Detailed

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Elementary Lunch	Total	1															
HAM SANDWICH	1 EACH	1	254	52	1094	1.51	2.61	149.9	1	0	16.51	18.48	27.47	7.19	1.59	*N/A*	
CHEESE BLEND, AMERICAN A	1/2 oz.	1	48	11	184	0.00	0.00	400.0	1500	300	0.0	14.0	1.0	3.8	2.20	0.00	
ND SKI																	
PEAS: frozen,boiled	1/2 CUP	1	62	0	58	4.40	1.22	19.2	1680	54	7.92	4.12	11.41	0.22	0.04	*N/A*	
FRENCH FRIES: oven heat	1/2 OZ	1	28	0	38	0.45	0.18	1.1	0	0	1.43	0.45	4.42	1.07	0.18	*N/A*	
PEACHES: canned,light syrup	1/2 CUP	1	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*	
MAYONNAISE:individual PC	Pkt 7g	1	351	29	278	0.00	0.25	8.8	137	41	0.0	0.54	1.32	38.91	4.21	*N/A*	
KETCHUP: individual	Pkt 6g	1	7	0	54	0.02	0.02	1.0	31	6	0.25	0.08	1.57	0.01	0.00	*N/A*	
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*	
MILK, 1% Chocolate	HALF PINT	1	178	8	153	1.25	0.68	290.0	490	148	2.25	8.1	31.5	2.5	1.54	*N/A*	
Weighted Daily Average % of Calories			1099	112	1972	9.27	5.47	1178.7	4761	736	31.37	54.55	109.14	56.10	11.31	*0.00	
Nutrient Guideline			634				3.30	267.00	1000		15.00	8.65		<=30.0	<10.00		

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Smithton R-VI School

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Elementary Lunch

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