

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
CIVA & PALMER NIGHT SCHOOL

Oct 23, 2009

	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
Mon - 11/02/2009																
CIVA & PALMER NIGHT SC	Total	80														
TACO SALAD (HS)	1 EACH	5	625	37	1082	8.59	4.86	413.0	5514	689	21.15	27.12	64.22	26.71	5.47	*2.60
ITALIAN WRAP	1 EACH	10	506	48	1570	4.09	5.16	317.1	1308	134	7.07	21.95	61.87	18.58	4.55	*0.00
SPICY CHICKEN PATTY SANDWICH	1 EACH	10	292	52	750	2.00	3.08	120.0	46	9	1.00	18.00	32.00	11.00	2.00	*0.00
PIZZA, CHEESE (CIVA)	SLICE	10	400	31	751	2.50	3.38	375.3	*0	*0	*0.00	23.77	46.29	12.51	4.38	0.00
PIZZA, PEPPERONI (CIVA)	SLICE	10	413	31	475	2.50	3.38	312.6	*0	*0	*0.00	22.51	47.52	13.76	4.38	0.00
PIZZA, MEAT MEDLEY (CIVA)	SLICE	10	478	44	605	3.28	4.03	333.2	*25	*5	*0.30	30.11	48.80	18.30	6.08	*0.00
PRETZEL W/ CHEESE (SEC)	SVG	25	473	7	733	4.00	3.84	273.3	67	13	0.00	17.33	85.33	7.33	1.33	*0.00
SEC CONDIMENTS	SVG	60	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
BURGER TOPPINGS	SVG	60	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
CARROT STICKS	1/4 CUP	50	18	0	30	1.23	0.13	14.5	7387	1236	2.59	0.41	4.21	0.11	0.02	0.00
CELERY STICKS	1/4 CUP	50	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
SALAD DRESSINGS (SEC)	1 OZ	60	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
WALDORF SALAD	1/4 CUP	50	116	7	214	1.62	0.30	19.1	197	16	2.68	0.66	15.06	6.04	0.91	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	50	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
APPLESAUCE	1/2 CUP	50	97	0	4	1.53	0.45	5.1	14	1	2.17	0.23	25.39	0.23	0.04	*0.00
MILK-WHITE/CHOC/STWB/VAN	1 EACH	80	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			916	45	2066	8.98	5.31	664.2	*6435	*1013	*24.18	32.86	138.98	26.64	5.90	*0.16
% of Calories												14.4%	60.7%	26.2%	5.8%	0.2%

Tue - 11/03/2009																
CIVA & PALMER NIGHT SC	Total	80														
CHICKEN CAESAR SALAD (HS)	1 EACH	5	377	64	1041	4.48	2.77	298.0	6788	344	28.24	25.19	25.52	19.84	5.91	*0.00
TURKEY & CHEESE SUB	1 EACH	5	327	24	1251	6.65	3.89	117.2	556	48	2.08	23.97	46.61	5.47	2.38	*0.00
HAMBURGER	1 EACH	10	270	50	315	2.00	2.52	100.0	0	0	0.00	18.00	21.00	12.00	4.50	*0.00
CHEESEBURGER	1 EACH	10	305	55	510	2.00	2.52	175.0	150	30	0.00	21.00	22.50	14.00	5.75	*0.00
CHICKEN TENDERS	3 EACH	20	228	42	968	0.00	0.00	13.2	47	9	0.00	19.20	21.60	7.20	1.20	0.00
PIZZA, CHEESE (CIVA)	SLICE	10	400	31	751	2.50	3.38	375.3	*0	*0	*0.00	23.77	46.29	12.51	4.38	0.00
PIZZA, PEPPERONI (CIVA)	SLICE	10	413	31	475	2.50	3.38	312.6	*0	*0	*0.00	22.51	47.52	13.76	4.38	0.00
PIZZA, HAWAIIAN (CIVA)	SLICE	10	429	43	951	2.67	3.61	379.2	*13	*2	*1.62	26.65	48.75	13.47	4.65	*0.00
SEC CONDIMENTS	SVG	60	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
BURGER TOPPINGS	SVG	60	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
CARROT STICKS	1/4 CUP	50	18	0	30	1.23	0.13	14.5	7387	1236	2.59	0.41	4.21	0.11	0.02	0.00
CELERY STICKS	1/4 CUP	50	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
SALAD DRESSINGS (SEC)	1 OZ	60	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
ITALIAN PASTA SALAD	2 OZ	50	93	7	236	0.82	0.56	4.4	1	1	0.00	3.27	7.78	5.78	1.46	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	50	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
CANNED PEARS	1/2 CUP	50	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*0.00
MILK-WHITE/CHOC/STWB/VAN	1 EACH	80	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			766	57	2026	7.35	3.88	559.2	*6258	*968	*21.43	34.70	103.39	24.72	6.56	*0.00
% of Calories												18.1%	54.0%	29.0%	7.7%	0.0%

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CIVA & PALMER NIGHT SCHOOL

	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
Wed - 11/04/2009																
CIVA & PALMER NIGHT SC	Total	80														
SPINACH SALAD (HS)	SERVING	5	261	230	495	3.53	3.97	345.0	8243	780	31.87	17.84	20.50	12.35	4.87	*0.65
AMERICAN WRAP	1 EACH	10	459	36	1384	4.09	4.51	293.5	1502	173	6.36	23.11	61.36	10.78	2.76	*0.00
SPICY CHICKEN PATTY SANDWICH	1 EACH	10	292	52	750	2.00	3.08	120.0	46	9	1.00	18.00	32.00	11.00	2.00	*0.00
PIZZA, CHEESE (CIVA)	SLICE	15	400	31	751	2.50	3.38	375.3	*0	*0	*0.00	23.77	46.29	12.51	4.38	0.00
PIZZA, PEPPERONI (CIVA)	SLICE	10	413	31	475	2.50	3.38	312.6	*0	*0	*0.00	22.51	47.52	13.76	4.38	0.00
PIZZA, SAUSAGE (CIVA)	SLICE	10	456	41	844	3.25	3.78	397.7	*37	*7	*0.45	30.49	47.78	16.99	5.87	*0.00
BBQ RIB SANDWICH	1 EACH	20	303	44	957	2.75	2.27	121.8	84	17	1.29	19.44	35.05	9.60	3.19	*0.00
SEC CONDIMENTS	SVG	60	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
BURGER TOPPINGS	SVG	60	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
CARROT STICKS	1/4 CUP	50	18	0	30	1.23	0.13	14.5	7387	1236	2.59	0.41	4.21	0.11	0.02	0.00
CELERY STICKS	1/4 CUP	50	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
SALAD DRESSINGS (SEC)	1 OZ	60	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
AMBROSIA SALAD	1/4 cup	50	68	0	14	0.36	0.12	3.2	13	4	1.44	0.39	12.47	2.18	1.90	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	50	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
CANNED PEACHES	1/2 CUP	50	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*0.00
MILK-WHITE/CHOC/STWBV/VAN	1 EACH	80	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			790	62	1970	7.53	4.62	622.7	*6786	*1043	*24.86	33.44	114.97	22.96	6.86	*0.04
% of Calories												16.9%	58.2%	26.2%	7.8%	0.0%

	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
Thu - 11/05/2009																
CIVA & PALMER NIGHT SC	Total	80														
CHEF SALAD W/ CRACKERS (HS)	1 EACH	5	281	71	721	2.98	2.43	234.1	4865	543	22.98	22.13	16.96	11.95	2.56	*0.43
ITALIAN SUB	1 EACH	5	366	49	1501	6.65	4.50	146.4	586	54	2.94	23.13	47.20	9.72	3.58	*0.00
HAMBURGER	1 EACH	10	270	50	315	2.00	2.52	100.0	0	0	0.00	18.00	21.00	12.00	4.50	*0.00
CHEESEBURGER	1 EACH	10	305	55	510	2.00	2.52	175.0	150	30	0.00	21.00	22.50	14.00	5.75	*0.00
POPCORN CHICKEN	24 EACH	10	384	48	1464	0.00	0.00	240.0	106	21	0.00	16.80	26.40	16.80	4.80	0.00
SPICY POPCORN CHICKEN	24 EACH	10	384	48	1464	0.00	0.00	240.0	106	21	0.00	16.80	26.40	16.80	4.80	0.00
PIZZA, CHEESE (CIVA)	SLICE	10	400	31	751	2.50	3.38	375.3	*0	*0	*0.00	23.77	46.29	12.51	4.38	0.00
PIZZA, PEPPERONI (CIVA)	SLICE	10	413	31	475	2.50	3.38	312.6	*0	*0	*0.00	22.51	47.52	13.76	4.38	0.00
PIZZA, SUPREME (CIVA)	SLICE	10	461	37	600	3.68	3.88	334.2	*249	*23	*5.76	27.44	50.46	17.11	5.42	*0.00
SEC CONDIMENTS	SVG	60	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
BURGER TOPPINGS	SVG	60	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
CARROT STICKS	1/4 CUP	50	18	0	30	1.23	0.13	14.5	7387	1236	2.59	0.41	4.21	0.11	0.02	0.00
CELERY STICKS	1/4 CUP	50	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
SALAD DRESSINGS (SEC)	1 OZ	60	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
MACARONI SALAD	1/2 CUP	50	168	5	214	1.64	1.04	18.2	862	136	0.66	4.41	25.64	4.95	0.77	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	50	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
MANDARIN ORANGES	1/2 CUP	50	70	0	20	1.00	0.36	20.0	100	20	18.00	1.00	17.00	0.00	0.00	*0.00
MILK-WHITE/CHOC/STWBV/VAN	1 EACH	80	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			852	59	2097	7.26	4.24	625.3	*6784	*1084	*32.78	35.15	114.19	26.81	6.99	*0.03
% of Calories												16.5%	53.6%	28.3%	7.4%	0.0%

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Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
CIVA & PALMER NIGHT SCHOOL

	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
Fri - 11/06/2009																
CIVA & PALMER NIGHT SC	Total	80														
GARDEN SALAD W/ CRACKERS (HS)	SERVING	10	238	46	810	3.05	1.99	290.5	5109	592	22.71	10.91	17.09	15.43	9.38	*0.43
HAM & CHEESE WRAP	1 EACH	10	558	55	1746	3.53	4.55	292.0	526	105	0.91	22.84	60.60	22.16	4.52	*0.00
CLUX DELUXE CHICKEN SAND (HS)	1 EACH	10	310	50	860	3.00	2.08	121.0	50	10	1.00	24.00	37.00	9.00	2.00	*0.00
PIZZA, CHEESE (CIVA)	SLICE	10	400	31	751	2.50	3.38	375.3	*0	*0	*0.00	23.77	46.29	12.51	4.38	0.00
PIZZA, PEPPERONI (CIVA)	SLICE	10	413	31	475	2.50	3.38	312.6	*0	*0	*0.00	22.51	47.52	13.76	4.38	0.00
PIZZA, VEGETARIAN (CIVA)	SLICE	10	412	31	813	3.18	3.62	382.0	*224	*18	*5.46	24.23	48.24	12.88	4.43	*0.00
CHICKEN FAJITA	1 EACH	20	387	63	678	3.00	2.24	201.1	938	150	28.53	24.70	32.47	15.28	4.51	*0.00
SEC CONDIMENTS	SVG	60	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
BURGER TOPPINGS	SVG	60	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
CARROT STICKS	1/4 CUP	50	18	0	30	1.23	0.13	14.5	7387	1236	2.59	0.41	4.21	0.11	0.02	0.00
CELERY STICKS	1/4 CUP	50	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
SALAD DRESSINGS (SEC)	1 OZ	60	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
MARINATED VEGETABLE SALAD	1/2 CUP	50	163	0	278	2.44	0.47	39.3	4864	809	33.49	1.78	9.41	13.92	2.02	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	50	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
FRUIT COCKTAIL	1/2 CUP	50	69	0	7	1.21	0.35	7.3	248	25	2.30	0.48	18.07	0.08	0.01	*0.00
MILK-WHITE/CHOC/STWBV/VAN	1 EACH	80	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
RICE KRISPIE TREAT	1 EACH	80	45	0	50	0.00	0.18	0.0	101	20	0.00	0.25	9.05	1.01	0.25	*0.00
Weighted Daily Average			913	57	2194	8.68	4.60	656.5	*10034	*1606	*52.04	34.52	119.89	33.78	8.16	*0.06
% of Calories												15.1%	52.5%	33.3%	8.0%	0.1%

Mon - 11/09/2009																
CIVA & PALMER NIGHT SC	Total	80														
TACO SALAD (HS)	1 EACH	5	625	37	1082	8.59	4.86	413.0	5514	689	21.15	27.12	64.22	26.71	5.47	*2.60
ITALIAN WRAP	1 EACH	10	506	48	1570	4.09	5.16	317.1	1308	134	7.07	21.95	61.87	18.58	4.55	*0.00
SPICY CHICKEN PATTY SANDWICH	1 EACH	10	292	52	750	2.00	3.08	120.0	46	9	1.00	18.00	32.00	11.00	2.00	*0.00
PIZZA, CHEESE (CIVA)	SLICE	10	400	31	751	2.50	3.38	375.3	*0	*0	*0.00	23.77	46.29	12.51	4.38	0.00
PIZZA, PEPPERONI (CIVA)	SLICE	10	413	31	475	2.50	3.38	312.6	*0	*0	*0.00	22.51	47.52	13.76	4.38	0.00
PIZZA, MEAT MEDLEY (CIVA)	SLICE	10	478	44	605	3.28	4.03	333.2	*25	*5	*0.30	30.11	48.80	18.30	6.08	*0.00
CHEESE BREADSTICK (WHOLE GRAIN)	2 EACH	25	320	10	820	4.00	2.16	300.0	0	0	2.40	16.00	32.00	14.00	5.00	0.00
PIZZA SAUCE	2 OZ	25	32	0	192	0.00	0.33	18.3	366	73	2.19	0.91	6.40	0.00	0.00	*0.00
SEC CONDIMENTS	SVG	60	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
BURGER TOPPINGS	SVG	60	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
CARROT STICKS	1/4 CUP	65	18	0	30	1.23	0.13	14.5	7387	1236	2.59	0.41	4.21	0.11	0.02	0.00
CELERY STICKS	1/4 CUP	50	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
SALAD DRESSINGS (SEC)	1 OZ	75	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
COLESLAW	1/4 CUP	45	53	4	117	1.09	0.21	17.0	1114	186	13.55	0.60	4.86	3.39	0.51	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	65	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
APPLESAUCE	1/2 CUP	60	97	0	4	1.53	0.45	5.1	14	1	2.17	0.23	25.39	0.23	0.04	*0.00
MILK-WHITE/CHOC/STWBV/VAN	1 EACH	80	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			877	45	2143	9.36	4.94	682.8	*8439	*1362	*34.68	32.95	124.49	28.52	7.02	*0.16
% of Calories												15.0%	56.8%	29.3%	7.2%	0.2%

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Oct 23, 2009

	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
Tue - 11/10/2009																
CIVA & PALMER NIGHT SC	Total	80														
CHICKEN CAESAR SALAD (HS)	1 EACH	5	377	64	1041	4.48	2.77	298.0	6788	344	28.24	25.19	25.52	19.84	5.91	*0.00
TURKEY & CHEESE SUB	1 EACH	5	327	24	1251	6.65	3.89	117.2	556	48	2.08	23.97	46.61	5.47	2.38	*0.00
HAMBURGER	1 EACH	10	270	50	315	2.00	2.52	100.0	0	0	0.00	18.00	21.00	12.00	4.50	*0.00
CHEESEBURGER	1 EACH	10	305	55	510	2.00	2.52	175.0	150	30	0.00	21.00	22.50	14.00	5.75	*0.00
CHICKEN TENDERS	3 EACH	20	228	42	968	0.00	0.00	13.2	47	9	0.00	19.20	21.60	7.20	1.20	0.00
PIZZA, CHEESE (CIVA)	SLICE	10	400	31	751	2.50	3.38	375.3	*0	*0	*0.00	23.77	46.29	12.51	4.38	0.00
PIZZA, PEPPERONI (CIVA)	SLICE	10	413	31	475	2.50	3.38	312.6	*0	*0	*0.00	22.51	47.52	13.76	4.38	0.00
PIZZA, HAWAIIAN (CIVA)	SLICE	10	429	43	951	2.67	3.61	379.2	*13	*2	*1.62	26.65	48.75	13.47	4.65	*0.00
SEC CONDIMENTS	SVG	60	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
BURGER TOPPINGS	SVG	60	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
CARROT STICKS	1/4 CUP	60	18	0	30	1.23	0.13	14.5	7387	1236	2.59	0.41	4.21	0.11	0.02	0.00
CELERY STICKS	1/4 CUP	50	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
SALAD DRESSINGS (SEC)	1 OZ	60	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
CARROT-RAISIN SALAD	1/4 CUP	50	82	3	134	1.23	0.34	19.0	4414	740	2.00	0.78	14.21	2.92	0.44	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	65	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
CANNED PEARS	1/2 CUP	65	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*0.00
MILK-WHITE/CHOC/STWBV/VAN	1 EACH	80	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			784	55	1968	8.48	3.85	573.1	*9952	*1586	*25.51	33.35	113.89	22.99	5.93	*0.00
% of Calories												17.0%	58.1%	26.4%	6.8%	0.0%

Thu - 11/12/2009																
CIVA & PALMER NIGHT SC	Total	80														
CHEF SALAD W/ CRACKERS (HS)	1 EACH	5	281	71	721	2.98	2.43	234.1	4865	543	22.98	22.13	16.96	11.95	2.56	*0.43
ITALIAN SUB	1 EACH	5	366	49	1501	6.65	4.50	146.4	586	54	2.94	23.13	47.20	9.72	3.58	*0.00
HAMBURGER	1 EACH	10	270	50	315	2.00	2.52	100.0	0	0	0.00	18.00	21.00	12.00	4.50	*0.00
CHEESEBURGER	1 EACH	10	305	55	510	2.00	2.52	175.0	150	30	0.00	21.00	22.50	14.00	5.75	*0.00
POPCORN CHICKEN	24 EACH	10	384	48	1464	0.00	0.00	240.0	106	21	0.00	16.80	26.40	16.80	4.80	0.00
SPICY POPCORN CHICKEN	24 EACH	10	384	48	1464	0.00	0.00	240.0	106	21	0.00	16.80	26.40	16.80	4.80	0.00
PIZZA, CHEESE (CIVA)	SLICE	10	400	31	751	2.50	3.38	375.3	*0	*0	*0.00	23.77	46.29	12.51	4.38	0.00
PIZZA, PEPPERONI (CIVA)	SLICE	10	413	31	475	2.50	3.38	312.6	*0	*0	*0.00	22.51	47.52	13.76	4.38	0.00
PIZZA, SUPREME (CIVA)	SLICE	10	461	37	600	3.68	3.88	334.2	*249	*23	*5.76	27.44	50.46	17.11	5.42	*0.00
SEC CONDIMENTS	SVG	60	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
BURGER TOPPINGS	SVG	60	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
CARROT STICKS	1/4 CUP	60	18	0	30	1.23	0.13	14.5	7387	1236	2.59	0.41	4.21	0.11	0.02	0.00
CELERY STICKS	1/4 CUP	60	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
SALAD DRESSINGS (SEC)	1 OZ	70	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
RAINBOW PASTA SALAD	2 OZ	50	110	0	71	1.02	1.06	7.3	25	3	1.54	3.35	20.17	1.61	0.24	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	60	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
MANDARIN ORANGES	1/2 CUP	70	70	0	20	1.00	0.36	20.0	100	20	18.00	1.00	17.00	0.00	0.00	*0.00
MILK-WHITE/CHOC/STWBV/VAN	1 EACH	80	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			853	56	2054	7.60	4.38	629.6	*7243	*1163	*39.87	34.94	117.62	25.82	6.83	*0.03
% of Calories												16.4%	55.2%	27.3%	7.2%	0.0%

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
CIVA & PALMER NIGHT SCHOOL

	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
Fri - 11/13/2009																
CIVA & PALMER NIGHT SC	Total	80														
GARDEN SALAD W/ CRACKERS (HS)	SERVING	10	238	46	810	3.05	1.99	290.5	5109	592	22.71	10.91	17.09	15.43	9.38	*0.43
HAM & CHEESE WRAP	1 EACH	10	558	55	1746	3.53	4.55	292.0	526	105	0.91	22.84	60.60	22.16	4.52	*0.00
CLUX DELUXE CHICKEN SAND (HS)	1 EACH	10	310	50	860	3.00	2.08	121.0	50	10	1.00	24.00	37.00	9.00	2.00	*0.00
PIZZA, CHEESE (CIVA)	SLICE	10	400	31	751	2.50	3.38	375.3	*0	*0	*0.00	23.77	46.29	12.51	4.38	0.00
PIZZA, PEPPERONI (CIVA)	SLICE	10	413	31	475	2.50	3.38	312.6	*0	*0	*0.00	22.51	47.52	13.76	4.38	0.00
PIZZA, VEGETARIAN (CIVA)	SLICE	10	412	31	813	3.18	3.62	382.0	*224	*18	*5.46	24.23	48.24	12.88	4.43	*0.00
MANDARIN ORANGE CHICKEN	SVG	20	315	54	256	1.86	1.39	27.9	91	18	0.00	15.72	40.40	9.23	2.54	*0.00
SEC CONDIMENTS	SVG	60	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
BURGER TOPPINGS	SVG	60	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
CARROT STICKS	1/4 CUP	65	18	0	30	1.23	0.13	14.5	7387	1236	2.59	0.41	4.21	0.11	0.02	0.00
CELERY STICKS	1/4 CUP	60	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
SALAD DRESSINGS (SEC)	1 OZ	60	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
VEGETABLE MEDLEY W/ RANCH	1/2 CUP	60	76	6	307	2.29	0.44	49.4	4089	685	32.95	1.99	7.48	4.18	0.68	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	65	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
FRUIT COCKTAIL	1/2 CUP	65	69	0	7	1.21	0.35	7.3	248	25	2.30	0.48	18.07	0.08	0.01	*0.00
MILK-WHITE/CHOC/STWBV/VAN	1 EACH	80	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			831	59	2106	9.46	4.36	633.5	*11214	*1800	*52.09	32.71	119.26	25.77	6.68	*0.06
% of Calories												15.7%	57.4%	27.9%	7.2%	0.1%

Mon - 11/16/2009																
CIVA & PALMER NIGHT SC	Total	80														
TACO SALAD (HS)	1 EACH	5	625	37	1082	8.59	4.86	413.0	5514	689	21.15	27.12	64.22	26.71	5.47	*2.60
ITALIAN WRAP	1 EACH	10	506	48	1570	4.09	5.16	317.1	1308	134	7.07	21.95	61.87	18.58	4.55	*0.00
SPICY CHICKEN PATTY SANDWICH	1 EACH	10	292	52	750	2.00	3.08	120.0	46	9	1.00	18.00	32.00	11.00	2.00	*0.00
PIZZA, CHEESE (CIVA)	SLICE	10	400	31	751	2.50	3.38	375.3	*0	*0	*0.00	23.77	46.29	12.51	4.38	0.00
PIZZA, PEPPERONI (CIVA)	SLICE	10	413	31	475	2.50	3.38	312.6	*0	*0	*0.00	22.51	47.52	13.76	4.38	0.00
PIZZA, MEAT MEDLEY (CIVA)	SLICE	10	478	44	605	3.28	4.03	333.2	*25	*5	*0.30	30.11	48.80	18.30	6.08	*0.00
CHICKEN PARMESAN SANDWICH	1 EACH	25	362	59	1044	3.00	2.28	241.0	301	72	2.10	27.90	40.59	11.26	3.43	*0.00
SEC CONDIMENTS	SVG	60	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
BURGER TOPPINGS	SVG	60	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
CARROT STICKS	1/4 CUP	50	18	0	30	1.23	0.13	14.5	7387	1236	2.59	0.41	4.21	0.11	0.02	0.00
CELERY STICKS	1/4 CUP	50	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
SALAD DRESSINGS (SEC)	1 OZ	60	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
WALDORF SALAD	1/4 CUP	50	116	7	214	1.62	0.30	19.1	197	16	2.68	0.66	15.06	6.04	0.91	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	50	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
APPLESAUCE	1/2 CUP	50	97	0	4	1.53	0.45	5.1	14	1	2.17	0.23	25.39	0.23	0.04	*0.00
MILK-WHITE/CHOC/STWBV/VAN	1 EACH	80	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			881	61	2163	8.67	4.83	654.1	*6508	*1031	*24.83	36.16	125.00	27.86	6.55	*0.16
% of Calories												16.4%	56.8%	28.5%	6.7%	0.2%

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
CIVA & PALMER NIGHT SCHOOL

	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
Tue - 11/17/2009																
CIVA & PALMER NIGHT SC	Total	80														
CHICKEN CAESAR SALAD (HS)	1 EACH	5	377	64	1041	4.48	2.77	298.0	6788	344	28.24	25.19	25.52	19.84	5.91	*0.00
TURKEY & CHEESE SUB	1 EACH	5	327	24	1251	6.65	3.89	117.2	556	48	2.08	23.97	46.61	5.47	2.38	*0.00
HAMBURGER	1 EACH	10	270	50	315	2.00	2.52	100.0	0	0	0.00	18.00	21.00	12.00	4.50	*0.00
CHEESEBURGER	1 EACH	10	305	55	510	2.00	2.52	175.0	150	30	0.00	21.00	22.50	14.00	5.75	*0.00
CHICKEN TENDERS	3 EACH	20	228	42	968	0.00	0.00	13.2	47	9	0.00	19.20	21.60	7.20	1.20	0.00
PIZZA, CHEESE (CIVA)	SLICE	10	400	31	751	2.50	3.38	375.3	*0	*0	*0.00	23.77	46.29	12.51	4.38	0.00
PIZZA, PEPPERONI (CIVA)	SLICE	10	413	31	475	2.50	3.38	312.6	*0	*0	*0.00	22.51	47.52	13.76	4.38	0.00
PIZZA, HAWAIIAN (CIVA)	SLICE	10	429	43	951	2.67	3.61	379.2	*13	*2	*1.62	26.65	48.75	13.47	4.65	*0.00
SEC CONDIMENTS	SVG	60	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
BURGER TOPPINGS	SVG	60	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
CARROT STICKS	1/4 CUP	50	18	0	30	1.23	0.13	14.5	7387	1236	2.59	0.41	4.21	0.11	0.02	0.00
CELERY STICKS	1/4 CUP	50	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
SALAD DRESSINGS (SEC)	1 OZ	60	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
ITALIAN PASTA SALAD	2 OZ	50	93	7	236	0.82	0.56	4.4	1	1	0.00	3.27	7.78	5.78	1.46	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	50	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
CANNED PEARS	1/2 CUP	50	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*0.00
MILK-WHITE/CHOC/STWBV/VAN	1 EACH	80	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			766	57	2026	7.35	3.88	559.2	*6258	*968	*21.43	34.70	103.39	24.72	6.56	*0.00
% of Calories												18.1%	54.0%	29.0%	7.7%	0.0%

Wed - 11/18/2009																
CIVA & PALMER NIGHT SC	Total	80														
SPINACH SALAD (HS)	SERVING	5	261	230	495	3.53	3.97	345.0	8243	780	31.87	17.84	20.50	12.35	4.87	*0.65
AMERICAN WRAP	1 EACH	10	459	36	1384	4.09	4.51	293.5	1502	173	6.36	23.11	61.36	10.78	2.76	*0.00
SPICY CHICKEN PATTY SANDWICH	1 EACH	10	292	52	750	2.00	3.08	120.0	46	9	1.00	18.00	32.00	11.00	2.00	*0.00
PIZZA, CHEESE (CIVA)	SLICE	15	400	31	751	2.50	3.38	375.3	*0	*0	*0.00	23.77	46.29	12.51	4.38	0.00
PIZZA, PEPPERONI (CIVA)	SLICE	10	413	31	475	2.50	3.38	312.6	*0	*0	*0.00	22.51	47.52	13.76	4.38	0.00
PIZZA, SAUSAGE (CIVA)	SLICE	10	456	41	844	3.25	3.78	397.7	*37	*7	*0.45	30.49	47.78	16.99	5.87	*0.00
BBQ RIB SANDWICH	1 EACH	20	303	44	957	2.75	2.27	121.8	84	17	1.29	19.44	35.05	9.60	3.19	*0.00
SEC CONDIMENTS	SVG	60	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
BURGER TOPPINGS	SVG	60	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
CARROT STICKS	1/4 CUP	50	18	0	30	1.23	0.13	14.5	7387	1236	2.59	0.41	4.21	0.11	0.02	0.00
CELERY STICKS	1/4 CUP	50	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
SALAD DRESSINGS (SEC)	1 OZ	60	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
AMBROSIA SALAD	1/4 cup	50	68	0	14	0.36	0.12	3.2	13	4	1.44	0.39	12.47	2.18	1.90	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	50	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
CANNED PEACHES	1/2 CUP	50	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*0.00
MILK-WHITE/CHOC/STWBV/VAN	1 EACH	80	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			790	62	1970	7.53	4.62	622.7	*6786	*1043	*24.86	33.44	114.97	22.96	6.86	*0.04
% of Calories												16.9%	58.2%	26.2%	7.8%	0.0%

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
CIVA & PALMER NIGHT SCHOOL

Oct 23, 2009

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 11/19/2009																
CIVA & PALMER NIGHT SC	Total	80														
CHEF SALAD W/ CRACKERS (HS)	1 EACH	5	281	71	721	2.98	2.43	234.1	4865	543	22.98	22.13	16.96	11.95	2.56	*0.43
ITALIAN SUB	1 EACH	5	366	49	1501	6.65	4.50	146.4	586	54	2.94	23.13	47.20	9.72	3.58	*0.00
HAMBURGER	1 EACH	10	270	50	315	2.00	2.52	100.0	0	0	0.00	18.00	21.00	12.00	4.50	*0.00
CHEESEBURGER	1 EACH	10	305	55	510	2.00	2.52	175.0	150	30	0.00	21.00	22.50	14.00	5.75	*0.00
TURKEY ROAST,SLICED	4.5 OZ	10	198	68	867	0.00	2.08	6.4	0	0	0.00	27.20	3.92	7.37	2.42	*0.00
MASHED POTATOES	1/2 CUP	10	175	0	48	3.79	0.77	21.6	0	0	61.17	4.41	37.90	0.58	0.43	*0.00
POULTRY GRAVY	1/4 CUP	10	26	2	257	0.24	0.60	9.0	9	2	0.06	0.73	3.60	0.92	0.31	*0.00
CARROTS,FROZEN,BOILED	1/2 CUP	10	27	0	43	2.41	0.39	25.5	12357	1292	1.68	0.42	5.64	0.50	0.09	*0.00
STUFFING	1/2 CUP	10	188	0	631	0.00	1.08	24.6	337	76	0.02	4.09	23.09	9.11	1.32	*0.00
CRANBERRY SAUCE	1/8 CUP	10	52	0	10	0.35	0.08	1.4	15	1	0.69	0.07	13.47	0.05	0.00	*0.00
PUMPKIN CAKE	SVG	50	62	14	51	0.25	0.27	3.5	847	121	0.23	0.78	7.88	3.07	0.47	*0.00
WHIPPED TOPPING	1 TBSP	50	9	0	18	0.00	0.00	14.0	27	5	0.05	0.41	1.95	0.01	0.00	*0.00
PIZZA, CHEESE (CIVA)	SLICE	10	400	31	751	2.50	3.38	375.3	*0	*0	*0.00	23.77	46.29	12.51	4.38	0.00
PIZZA, PEPPERONI (CIVA)	SLICE	10	413	31	475	2.50	3.38	312.6	*0	*0	*0.00	22.51	47.52	13.76	4.38	0.00
PIZZA, SUPREME (CIVA)	SLICE	10	461	37	600	3.68	3.88	334.2	*249	*23	*5.76	27.44	50.46	17.11	5.42	*0.00
SEC CONDIMENTS	SVG	60	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
BURGER TOPPINGS	SVG	60	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
CARROT STICKS	1/4 CUP	50	18	0	30	1.23	0.13	14.5	7387	1236	2.59	0.41	4.21	0.11	0.02	0.00
CELERY STICKS	1/4 CUP	50	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
SALAD DRESSINGS (SEC)	1 OZ	60	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
MACARONI SALAD	1/2 CUP	50	168	5	214	1.64	1.04	18.2	862	136	0.66	4.41	25.64	4.95	0.77	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	50	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
MANDARIN ORANGES	1/2 CUP	50	70	0	20	1.00	0.36	20.0	100	20	18.00	1.00	17.00	0.00	0.00	*0.00
MILK-WHITE/CHOC/STWBV/VAN	1 EACH	80	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			883	64	2006	8.27	5.03	587.4	*8893	*1329	*40.91	36.31	124.69	26.85	6.66	*0.03
% of Calories												16.4%	56.5%	27.4%	6.8%	0.0%

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
CIVA & PALMER NIGHT SCHOOL

	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
Fri - 11/20/2009																
CIVA & PALMER NIGHT SC	Total	80														
GARDEN SALAD W/ CRACKERS (HS)	SERVING	10	238	46	810	3.05	1.99	290.5	5109	592	22.71	10.91	17.09	15.43	9.38	*0.43
HAM & CHEESE WRAP	1 EACH	10	558	55	1746	3.53	4.55	292.0	526	105	0.91	22.84	60.60	22.16	4.52	*0.00
CLUX DELUXE CHICKEN SAND (HS)	1 EACH	10	310	50	860	3.00	2.08	121.0	50	10	1.00	24.00	37.00	9.00	2.00	*0.00
PIZZA, CHEESE (CIVA)	SLICE	10	400	31	751	2.50	3.38	375.3	*0	*0	*0.00	23.77	46.29	12.51	4.38	0.00
PIZZA, PEPPERONI (CIVA)	SLICE	10	413	31	475	2.50	3.38	312.6	*0	*0	*0.00	22.51	47.52	13.76	4.38	0.00
PIZZA, VEGETARIAN (CIVA)	SLICE	10	412	31	813	3.18	3.62	382.0	*224	*18	*5.46	24.23	48.24	12.88	4.43	*0.00
LASAGNA W/ BREADSTICK	SERVINGS	20	409	21	561	4.84	3.45	176.6	845	188	17.16	19.00	54.68	13.25	4.90	*0.00
SEC CONDIMENTS	SVG	60	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
BURGER TOPPINGS	SVG	60	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
CARROT STICKS	1/4 CUP	50	18	0	30	1.23	0.13	14.5	7387	1236	2.59	0.41	4.21	0.11	0.02	0.00
CELERY STICKS	1/4 CUP	50	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
SALAD DRESSINGS (SEC)	1 OZ	60	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
MARINATED VEGETABLE SALAD	1/2 CUP	50	163	0	278	2.44	0.47	39.3	4864	809	33.49	1.78	9.41	13.92	2.02	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	50	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
FRUIT COCKTAIL	1/2 CUP	50	69	0	7	1.21	0.35	7.3	248	25	2.30	0.48	18.07	0.08	0.01	*0.00
MILK-WHITE/CHOC/STWB/VAN	1 EACH	80	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			873	47	2115	9.14	4.72	650.4	*9910	*1596	*49.20	32.85	116.39	32.27	8.00	*0.06
% of Calories												15.0%	53.3%	33.3%	8.2%	0.1%

Mon - 11/23/2009																
CIVA & PALMER NIGHT SC	Total	80														
TACO SALAD (HS)	1 EACH	5	625	37	1082	8.59	4.86	413.0	5514	689	21.15	27.12	64.22	26.71	5.47	*2.60
ITALIAN WRAP	1 EACH	10	506	48	1570	4.09	5.16	317.1	1308	134	7.07	21.95	61.87	18.58	4.55	*0.00
SPICY CHICKEN PATTY SANDWICH	1 EACH	10	292	52	750	2.00	3.08	120.0	46	9	1.00	18.00	32.00	11.00	2.00	*0.00
PIZZA, CHEESE (CIVA)	SLICE	10	400	31	751	2.50	3.38	375.3	*0	*0	*0.00	23.77	46.29	12.51	4.38	0.00
PIZZA, PEPPERONI (CIVA)	SLICE	10	413	31	475	2.50	3.38	312.6	*0	*0	*0.00	22.51	47.52	13.76	4.38	0.00
PIZZA, MEAT MEDLEY (CIVA)	SLICE	10	478	44	605	3.28	4.03	333.2	*25	*5	*0.30	30.11	48.80	18.30	6.08	*0.00
ASIAN GLAZED CHICKEN	SVG	25	499	34	1157	3.05	0.41	27.0	450	90	4.80	19.02	68.29	16.48	2.38	*0.00
SEC CONDIMENTS	SVG	60	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
BURGER TOPPINGS	SVG	60	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
CARROT STICKS	1/4 CUP	50	18	0	30	1.23	0.13	14.5	7387	1236	2.59	0.41	4.21	0.11	0.02	0.00
CELERY STICKS	1/4 CUP	50	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
SALAD DRESSINGS (SEC)	1 OZ	60	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
COLESLAW	1/4 CUP	50	53	4	117	1.09	0.21	17.0	1114	186	13.55	0.60	4.86	3.39	0.51	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	50	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
APPLESAUCE	1/2 CUP	50	97	0	4	1.53	0.45	5.1	14	1	2.17	0.23	25.39	0.23	0.04	*0.00
MILK-WHITE/CHOC/STWB/VAN	1 EACH	80	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			885	52	2138	8.35	4.19	585.9	*7128	*1144	*32.47	33.35	127.28	27.84	5.97	*0.16
% of Calories												15.1%	57.6%	28.3%	6.1%	0.2%

Colorado Springs School District 11

Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values

CIVA & PALMER NIGHT SCHOOL

	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
Tue - 11/24/2009																
CIVA & PALMER NIGHT SC	Total	80														
CHICKEN CAESAR SALAD (HS)	1 EACH	5	377	64	1041	4.48	2.77	298.0	6788	344	28.24	25.19	25.52	19.84	5.91	*0.00
TURKEY & CHEESE SUB	1 EACH	5	327	24	1251	6.65	3.89	117.2	556	48	2.08	23.97	46.61	5.47	2.38	*0.00
HAMBURGER	1 EACH	10	270	50	315	2.00	2.52	100.0	0	0	0.00	18.00	21.00	12.00	4.50	*0.00
CHEESEBURGER	1 EACH	10	305	55	510	2.00	2.52	175.0	150	30	0.00	21.00	22.50	14.00	5.75	*0.00
CHICKEN TENDERS	3 EACH	20	228	42	968	0.00	0.00	13.2	47	9	0.00	19.20	21.60	7.20	1.20	0.00
PIZZA, CHEESE (CIVA)	SLICE	10	400	31	751	2.50	3.38	375.3	*0	*0	*0.00	23.77	46.29	12.51	4.38	0.00
PIZZA, PEPPERONI (CIVA)	SLICE	10	413	31	475	2.50	3.38	312.6	*0	*0	*0.00	22.51	47.52	13.76	4.38	0.00
PIZZA, HAWAIIAN (CIVA)	SLICE	10	429	43	951	2.67	3.61	379.2	*13	*2	*1.62	26.65	48.75	13.47	4.65	*0.00
SEC CONDIMENTS	SVG	60	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
BURGER TOPPINGS	SVG	60	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
CARROT STICKS	1/4 CUP	50	18	0	30	1.23	0.13	14.5	7387	1236	2.59	0.41	4.21	0.11	0.02	0.00
CELERY STICKS	1/4 CUP	50	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
SALAD DRESSINGS (SEC)	1 OZ	60	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
FRUITED JELLO	3 OZ	50	68	0	67	0.29	0.10	4.4	60	6	0.55	1.18	16.65	0.02	0.00	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	50	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
CANNED PEARS	1/2 CUP	50	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*0.00
MILK-WHITE/CHOC/STWBV/VAN	1 EACH	80	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			751	53	1921	7.02	3.59	559.2	*6294	*971	*21.77	33.40	108.93	21.12	5.65	*0.00
% of Calories												17.8%	58.1%	25.3%	6.8%	0.0%

Mon - 11/30/2009																
CIVA & PALMER NIGHT SC	Total	80														
TACO SALAD (HS)	1 EACH	5	625	37	1082	8.59	4.86	413.0	5514	689	21.15	27.12	64.22	26.71	5.47	*2.60
ITALIAN WRAP	1 EACH	10	506	48	1570	4.09	5.16	317.1	1308	134	7.07	21.95	61.87	18.58	4.55	*0.00
SPICY CHICKEN PATTY SANDWICH	1 EACH	10	292	52	750	2.00	3.08	120.0	46	9	1.00	18.00	32.00	11.00	2.00	*0.00
PIZZA, CHEESE (CIVA)	SLICE	10	400	31	751	2.50	3.38	375.3	*0	*0	*0.00	23.77	46.29	12.51	4.38	0.00
PIZZA, PEPPERONI (CIVA)	SLICE	10	413	31	475	2.50	3.38	312.6	*0	*0	*0.00	22.51	47.52	13.76	4.38	0.00
PIZZA, MEAT MEDLEY (CIVA)	SLICE	10	478	44	605	3.28	4.03	333.2	*25	*5	*0.30	30.11	48.80	18.30	6.08	*0.00
CORN DOG	1 EACH	25	290	50	860	1.00	10.80	10.0	0	0	24.00	10.00	30.00	15.00	3.50	0.00
SEC CONDIMENTS	SVG	60	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
BURGER TOPPINGS	SVG	60	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
CARROT STICKS	1/4 CUP	50	18	0	30	1.23	0.13	14.5	7387	1236	2.59	0.41	4.21	0.11	0.02	0.00
CELERY STICKS	1/4 CUP	50	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
SALAD DRESSINGS (SEC)	1 OZ	60	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
WALDORF SALAD	1/4 CUP	50	116	7	214	1.62	0.30	19.1	197	16	2.68	0.66	15.06	6.04	0.91	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	50	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
CANNED PEACHES	1/2 CUP	50	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*0.00
MILK-WHITE/CHOC/STWBV/VAN	1 EACH	80	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			840	59	2107	8.11	7.49	581.0	*6683	*1036	*32.21	30.78	117.23	28.91	6.55	*0.16
% of Calories												14.6%	55.8%	31.0%	7.0%	0.2%

Weighted Average			838	56	2063	8.19	4.62	614.5	*7741	*1220	*32.65	33.86	117.92	26.50	6.69	*0.07
												16.2%	56.3%	28.5%	7.2%	0.1%

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
CIVA & PALMER NIGHT SCHOOL

Oct 23, 2009

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

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	838		825	102%			
Cholesterol (mg)	56		150	37%			
Sodium (mg)	2063		1200	172%			Correction Required - Sodium too High
Fiber (g)	8.19		6.50	126%			
Iron (mg)	4.62		4.50	103%			
Calcium (mg)	614.5		400.00	154%			
Vitamin A (IU)	7741		7500	103%	Missing		
Vitamin A (RE)	1220		1500	81%	Missing	280	Correction Required - Vitamin A is Low
Vitamin C (mg)	32.65		18.35	178%	Missing		
Protein (g)	33.86	16.16%	16.20	209%			
Carbohydrate (g)	117.92	56.27%	0.00				
Total Fat (g)	26.50	28.45%	<30.00				
Saturated Fat (g)	6.69	7.18%	<10.00				
Trans Fat (g)	0.07	0.07%					