

# Colorado Springs School District 11

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

### CMCA

	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																
CMCA	Total	10007														
CHICKEN NUGGET (ES/MS)	6 EACH	3263	235	65	553	1.20	2.40	22.8	91	18	0.00	16.80	14.40	12.00	3.60	0.00
CHEF SALAD W/ CRACKERS (ES/MS)	EACH	211	203	48	579	2.21	2.07	152.8	3449	375	15.99	14.25	14.03	9.11	2.16	*0.43
PBJ SANDWICH	1 EACH	378	354	0	384	4.84	2.00	263.2	1	0	0.13	13.13	43.46	16.29	3.92	*0.00
YOGURT FRUIT LUNCH BOX	1 EACH	531	384	26	241	3.71	1.15	160.6	189	21	40.46	7.98	62.98	11.12	2.41	*0.00
BURRITO, WW BEAN & CHEESE, I W, L	1 EA	5510	333	6	532	8.38	3.82	146.3	371	2	2.47	15.56	53.07	7.14	2.02	0.00
SALSA	1 OZ	4781	8	0	170	0.45	0.13	7.7	83	17	0.54	0.44	1.77	0.05	0.01	*0.00
ELEM CONDIMENTS	SVG	3289	77	3	603	0.45	0.34	10.8	391	40	4.51	0.87	13.51	2.60	0.36	*0.00
LEAFY GREENS	2 OZ	2818	11	0	15	1.14	0.73	26.6	3194	213	12.17	0.90	1.92	0.17	0.02	*0.00
CARROT STICKS	1/4 CUP	2958	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	2958	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 (ELEM)	SVG	3608	83	5	271	0.17	0.07	12.4	40	9	0.14	0.44	2.85	7.65	1.13	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	7735	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	8430	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/STWBY/VAN	EACH	9729	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
CHOCOLATE PUDDING	2 OZ	9157	59	0	105	0.00	0.16	27.4	0	0	0.00	0.91	11.89	1.37	0.46	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	114	400	0	445	5.55	2.24	268.3	0	0	0.00	16.67	36.32	23.43	5.38	*0.00
Weighted Daily Average			658	34	1194	9.55	4.41	473.9	4544	613	24.95	26.41	107.49	15.62	4.26	*0.01
% of Calories												16.1%	65.4%	21.4%	5.8%	0.0%

Tue - 11/03/2009																
CMCA	Total	8000														
BURRITO, WW BEAN & CHEESE, I W, L	1 EA	2000	333	6	532	8.38	3.82	146.3	371	2	2.47	15.56	53.07	7.14	2.02	0.00
CHEESEBURGER	EACH	4000	305	55	510	2.00	2.52	175.0	150	30	0.00	21.00	22.50	14.00	5.75	*0.00
HAMBURGER	1 EACH	1000	270	50	315	2.00	2.52	100.0	0	0	0.00	18.00	21.00	12.00	4.50	*0.00
TURKEY & CHEESE SANDWICH	EACH	980	231	24	861	3.00	1.67	334.9	150	30	0.40	18.88	30.38	4.45	2.37	*0.00
KETCHUP PACKET	PACKET	5000	9	0	107	0.12	0.06	1.7	91	9	1.36	0.14	2.46	0.03	0.00	*0.00
MUSTARD PACKET	PACKET	5000	4	0	69	0.15	0.11	4.6	0	0	0.00	0.26	0.35	0.24	0.01	*0.00
SALSA	1 OZ	2000	8	0	170	0.45	0.13	7.7	83	17	0.54	0.44	1.77	0.05	0.01	*0.00
CARROT STICKS	1/4 CUP	8000	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	8000	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
FRUIT-APPLE/ORANGE/BANANA	EACH	8000	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
MILK-WHITE/CHOC/STWBY/VAN	EACH	8000	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
CARNIVAL COOKIE	1 EACH	8000	122	6	111	0.57	0.51	5.7	283	57	0.00	1.13	17.86	5.39	1.70	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	20	400	0	445	5.55	2.24	268.3	0	0	0.00	16.67	36.32	23.43	5.38	*0.00
Weighted Daily Average			645	48	1038	8.21	3.95	534.9	8668	1440	20.54	30.05	93.08	17.78	6.65	*0.00
% of Calories												18.6%	57.7%	24.8%	9.3%	0.0%

# Colorado Springs School District 11

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

### CMCA

	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
Wed - 11/04/2009																
CMCA	Total	10223														
CHICKEN NUGGET (ES/MS)	6 EACH	3763	235	65	553	1.20	2.40	22.8	91	18	0.00	16.80	14.40	12.00	3.60	0.00
SALAD W/ DICED CHIX & CRACK ERS	EACH	315	186	41	367	2.07	1.53	111.0	3429	371	15.53	15.01	13.50	6.99	0.95	*0.43
PIZZA BUFFET	SVG	6033	330	27	556	2.09	2.75	287.1	5	1	0.35	19.39	37.92	10.68	3.62	0.00
ELEM CONDIMENTS	SVG	4167	77	3	603	0.45	0.34	10.8	391	40	4.51	0.87	13.51	2.60	0.36	*0.00
LEAFY GREENS	2 OZ	3062	11	0	15	1.14	0.73	26.6	3194	213	12.17	0.90	1.92	0.17	0.02	*0.00
CARROT STICKS	1/4 CUP	4894	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	2894	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 (ELEM)	SVG	3837	83	5	271	0.17	0.07	12.4	40	9	0.14	0.44	2.85	7.65	1.13	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	8543	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
CANNED PINEAPPLE	1/2 CUP	8435	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*0.00
MILK-WHITE/CHOC/STWBY/VAN	EACH	9910	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	112	400	0	445	5.55	2.24	268.3	0	0	0.00	16.67	36.32	23.43	5.38	*0.00
Weighted Daily Average			599	48	1099	5.49	3.78	531.7	5437	805	28.60	28.25	85.88	16.46	4.78	*0.01
% of Calories												18.9%	57.3%	24.7%	7.2%	0.0%

	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 - 11/05/2009																
CMCA	Total	10160														
CHICKEN NUGGET (ES/MS)	6 EACH	3750	235	65	553	1.20	2.40	22.8	91	18	0.00	16.80	14.40	12.00	3.60	0.00
PEPPI PIZZA SALAD W/CRACKER	EACH	245	173	33	727	2.26	2.88	111.5	3539	377	16.85	13.65	13.03	6.28	1.95	*0.43
YOGURT FRUIT LUNCH BOX	1 EACH	826	384	26	241	3.71	1.15	160.6	189	21	40.46	7.98	62.98	11.12	2.41	*0.00
HAM & CHEESE SANDWICH	EACH	545	250	42	1085	3.00	2.06	330.1	166	33	0.91	17.98	30.31	7.02	3.11	*0.00
SALISBURY STEAK	EACH	4669	160	50	105	0.00	1.44	0.0	0	0	0.00	14.00	0.00	11.00	4.50	0.00
MASHED POTATOES	1/2 cup	4669	175	0	48	3.79	0.77	21.6	0	0	61.17	4.41	37.90	0.58	0.43	*0.00
BROWN GRAVY	1/4 CUP	4669	26	1	371	0.30	0.44	11.8	3	0	0.06	0.69	4.33	0.67	0.35	*0.00
ELEM CONDIMENTS	SVG	2887	77	3	603	0.45	0.34	10.8	391	40	4.51	0.87	13.51	2.60	0.36	*0.00
CORN	1/2 CUP	3793	66	0	265	1.64	0.71	4.1	128	26	6.64	2.13	15.25	0.82	0.12	*0.00
LEAFY GREENS	2 OZ	2842	11	0	15	1.14	0.73	26.6	3194	213	12.17	0.90	1.92	0.17	0.02	*0.00
CARROT STICKS	1/4 CUP	2259	18	0	30	1.23	0.13	14.5	7387	1236	2.59	0.41	4.21	0.11	0.02	0.00
BROCCOLI,FRESH,RAW	1/4 CUP	2259	7	0	7	0.57	0.16	10.3	137	34	19.62	0.62	1.46	0.08	0.01	*0.00
SALAD DRESSINGS (ELEM)	SVG	3613	83	5	271	0.17	0.07	12.4	40	9	0.14	0.44	2.85	7.65	1.13	*0.00
FRUIT-APPLE/ORANGE/BANANA	EACH	7611	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	9165	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/STWBY/VAN	EACH	9533	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	125	400	0	445	5.55	2.24	268.3	0	0	0.00	16.67	36.32	23.43	5.38	*0.00
Weighted Daily Average			625	59	1100	7.60	3.69	382.6	3403	490	56.68	27.26	93.82	16.71	5.39	*0.01
% of Calories												17.5%	60.1%	24.1%	7.8%	0.0%

## Colorado Springs School District 11

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

#### CMCA

	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																
CMCA	Total	10177														
PIZZA, CHEESE, NARDONE BRO	Slice	3443	361	24	736	4.00	2.88	360.0	300	300	4.80	19.20	45.60	11.23	5.60	*0.00
CHARLIE TUNA SALAD	EACH	327	180	13	471	2.43	2.37	53.0	3271	330	15.23	10.49	19.10	6.60	1.01	*0.65
TURKEY & CHEESE SANDWICH	EACH	407	231	24	861	3.00	1.67	334.9	150	30	0.40	18.88	30.38	4.45	2.37	*0.00
BUILD YOUR OWN TACOS	SVG (2 EA	5332	448	36	1194	6.14	4.65	386.3	1527	286	0.82	26.83	49.71	11.03	4.12	*0.00
PEANUT BUTTER LUNCH BOX	1 EACH	506	417	0	561	5.59	1.99	32.2	81	4	2.70	16.01	29.42	29.07	5.85	*0.00
ELEM CONDIMENTS	SVG	4148	77	3	603	0.45	0.34	10.8	391	40	4.51	0.87	13.51	2.60	0.36	*0.00
LEAFY GREENS	2 OZ	3315	11	0	15	1.14	0.73	26.6	3194	213	12.17	0.90	1.92	0.17	0.02	*0.00
CARROT STICKS	1/4 CUP	3007	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	3007	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 (ELEM)	SVG	3951	83	5	271	0.17	0.07	12.4	40	9	0.14	0.44	2.85	7.65	1.13	*0.00
FRUIT-APPLE/ORANGE/BANANA	EACH	7920	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	8862	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	EACH	9619	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	9778	45	0	50	0.00	0.18	0.0	101	20	0.00	0.25	9.05	1.01	0.25	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	162	400	0	445	5.55	2.24	268.3	0	0	0.00	16.67	36.32	23.43	5.38	*0.00
Weighted Daily Average			747	36	1558	8.75	4.95	674.9	5301	866	23.89	32.69	111.18	18.02	6.02	*0.02
% of Calories												17.5%	59.5%	21.7%	7.3%	0.0%

Mon - 11/09/2009																
CMCA	Total	10132														
CHICKEN NUGGET (ES/MS)	6 EACH	3004	235	65	553	1.20	2.40	22.8	91	18	0.00	16.80	14.40	12.00	3.60	0.00
PEPPI PIZZA SALAD W/CRACKER	EACH	253	173	33	727	2.26	2.88	111.5	3539	377	16.85	13.65	13.03	6.28	1.95	*0.43
PBJ SANDWICH	1 EACH	423	354	0	384	4.84	2.00	263.2	1	0	0.13	13.13	43.46	16.29	3.92	*0.00
CHEESE BREADSTICK (WHOLE GRAIN	2 EACH	5467	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	5467	32	0	192	0.00	0.33	18.3	366	73	2.19	0.91	6.40	0.00	0.00	*0.00
YOGURT FRUIT LUNCH BOX	1 EACH	544	384	26	241	3.71	1.15	160.6	189	21	40.46	7.98	62.98	11.12	2.41	*0.00
ELEM CONDIMENTS	SVG	4011	77	3	603	0.45	0.34	10.8	391	40	4.51	0.87	13.51	2.60	0.36	*0.00
LEAFY GREENS	2 OZ	2714	11	0	15	1.14	0.73	26.6	3194	213	12.17	0.90	1.92	0.17	0.02	*0.00
CARROT STICKS	1/4 CUP	5857	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	4857	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 (ELEM)	SVG	5741	83	5	271	0.17	0.07	12.4	40	9	0.14	0.44	2.85	7.65	1.13	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	8358	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	8591	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	EACH	9839	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	441	400	0	445	5.55	2.24	268.3	0	0	0.00	16.67	36.32	23.43	5.38	*0.00
Weighted Daily Average			645	35	1385	7.66	3.56	554.9	6623	996	27.69	26.38	91.84	20.19	5.77	*0.01
% of Calories												16.4%	57.0%	28.2%	8.1%	0.0%

**Colorado Springs School District 11**  
**Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values**  
**CMCA**

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																
CMCA	Total	10356														
PIZZA, PEPPERONI (ELEM)	SLICE	4351	330	25	380	2.00	2.70	250.0	*0	*0	*0.00	18.00	38.00	11.00	3.50	0.00
CHEF SALAD W/ CRACKERS (ES/MS)	EACH	250	203	48	579	2.21	2.07	152.8	3449	375	15.99	14.25	14.03	9.11	2.16	*0.43
HAM & CHEESE SANDWICH	EACH	538	250	42	1085	3.00	2.06	330.1	166	33	0.91	17.98	30.31	7.02	3.11	*0.00
PEANUT BUTTER LUNCH BOX	1 EACH	498	417	0	561	5.59	1.99	32.2	81	4	2.70	16.01	29.42	29.07	5.85	*0.00
PASTA W/ MEAT SAUCE	SVG	4589	159	8	295	3.07	1.88	27.6	328	66	8.95	9.51	22.57	4.09	1.15	*0.00
GARLIC BREADSTICK	EACH	4589	165	0	293	1.07	1.82	1.9	162	36	0.13	4.15	27.53	4.16	0.64	*0.00
ELEM CONDIMENTS	SVG	4011	77	3	603	0.45	0.34	10.8	391	40	4.51	0.87	13.51	2.60	0.36	*0.00
LEAFY GREENS	2 OZ	2938	11	0	15	1.14	0.73	26.6	3194	213	12.17	0.90	1.92	0.17	0.02	*0.00
CELERY STICKS	1/4 CUP	3096	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
CARROT-RAISIN SALAD	1/2 CUP	3096	156	8	234	3.08	0.98	36.3	16598	3167	6.38	1.80	31.85	3.69	0.62	*0.00
SALAD DRESSINGS (ELEM)	SVG	4069	83	5	271	0.17	0.07	12.4	40	9	0.14	0.44	2.85	7.65	1.13	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	8337	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	8464	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/STWBY/VAN	EACH	10001	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	130	400	0	445	5.55	2.24	268.3	0	0	0.00	16.67	36.32	23.43	5.38	*0.00
Weighted Daily Average			693	27	1124	7.59	4.43	483.3	*6946	*1193	*26.49	25.94	112.89	17.01	4.26	*0.01
% of Calories												15.0%	65.1%	22.1%	5.5%	0.0%

Wed - 11/11/2009																
CMCA	Total	10587														
CHICKEN NUGGET (ES/MS)	6 EACH	2920	235	65	553	1.20	2.40	22.8	91	18	0.00	16.80	14.40	12.00	3.60	0.00
TUNA SALAD SANDWICH	EACH	270	193	13	462	2.05	1.57	104.3	81	12	0.11	11.46	23.65	5.30	0.68	*0.00
NACHO BAR	SVG	7291	364	3	525	3.64	1.81	225.3	351	49	2.55	7.83	42.44	19.10	4.88	*1.73
ELEM CONDIMENTS	SVG	4037	77	3	603	0.45	0.34	10.8	391	40	4.51	0.87	13.51	2.60	0.36	*0.00
LEAFY GREENS	2 OZ	3036	11	0	15	1.14	0.73	26.6	3194	213	12.17	0.90	1.92	0.17	0.02	*0.00
CARROT STICKS	1/4 CUP	3789	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	2789	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 (ELEM)	SVG	3572	83	5	271	0.17	0.07	12.4	40	9	0.14	0.44	2.85	7.65	1.13	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	8666	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	9895	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/STWBY/VAN	EACH	10454	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	106	400	0	445	5.55	2.24	268.3	0	0	0.00	16.67	36.32	23.43	5.38	*0.00
Weighted Daily Average			637	27	1072	6.51	3.07	520.7	4677	691	37.92	21.06	92.65	21.62	5.59	*1.19
% of Calories												13.2%	58.2%	30.5%	7.9%	1.7%

## Colorado Springs School District 11

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

#### CMCA

	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 - 11/12/2009																
CMCA	Total	10647														
PIZZA, SAUSAGE (ELEM)	SLICE	3642	357	31	662	2.50	2.97	314.9	25	5	0.30	23.48	37.99	12.98	4.49	*0.00
TACO SALAD (ES & MS)	EACH	316	434	28	795	6.06	3.55	281.9	4030	503	14.89	19.88	43.31	18.67	4.03	*1.73
TURKEY & CHEESE SANDWICH	EACH	417	231	24	861	3.00	1.67	334.9	150	30	0.40	18.88	30.38	4.45	2.37	*0.00
HOT DOG ON WHEAT BUN	EACH	5615	234	47	951	2.00	1.99	158.6	63	9	1.36	11.30	21.52	11.60	2.86	*0.00
YOGURT FRUIT LUNCH BOX	1 EACH	569	384	26	241	3.71	1.15	160.6	189	21	40.46	7.98	62.98	11.12	2.41	*0.00
ELEM CONDIMENTS	SVG	4487	77	3	603	0.45	0.34	10.8	391	40	4.51	0.87	13.51	2.60	0.36	*0.00
LEAFY GREENS	2 OZ	6010	11	0	15	1.14	0.73	26.6	3194	213	12.17	0.90	1.92	0.17	0.02	*0.00
CARROT STICKS	1/4 CUP	4272	18	0	30	1.23	0.13	14.5	7387	1236	2.59	0.41	4.21	0.11	0.02	0.00
BROCCOLI,FRESH,RAW	1/4 CUP	4381	7	0	7	0.57	0.16	10.3	137	34	19.62	0.62	1.46	0.08	0.01	*0.00
SALAD DRESSINGS (ELEM)	SVG	3707	83	5	271	0.17	0.07	12.4	40	9	0.14	0.44	2.85	7.65	1.13	*0.00
FRUIT-APPLE/ORANGE/BANANA	EACH	8882	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	8323	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	EACH	10155	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	88	400	0	445	5.55	2.24	268.3	0	0	0.00	16.67	36.32	23.43	5.38	*0.00
Weighted Daily Average			600	46	1351	7.15	3.61	562.5	5712	781	35.02	25.94	88.96	17.12	4.62	*0.05
% of Calories												17.3%	59.3%	25.7%	6.9%	0.1%

Fri - 11/13/2009																
CMCA	Total	10426														
PIZZA, CHEESE, NARDONE BRO	Slice	3207	361	24	736	4.00	2.88	360.0	300	300	4.80	19.20	45.60	11.23	5.60	*0.00
SALAD W/ DICED CHIX & CRACK ERS	EACH	173	186	41	367	2.07	1.53	111.0	3429	371	15.53	15.01	13.50	6.99	0.95	*0.43
HAM & CHEESE SANDWICH	EACH	378	250	42	1085	3.00	2.06	330.1	166	33	0.91	17.98	30.31	7.02	3.11	*0.00
CHEESE & PEPPERONI LUNCH BOX	1 EACH	753	354	34	954	2.10	1.98	137.5	147	27	2.99	15.55	37.75	16.42	6.27	*0.65
HAMBURGER	1 EACH	970	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	4850	305	55	510	2.00	2.52	175.0	150	30	0.00	21.00	22.50	14.00	5.75	*0.00
PICKLES,HAMBURGER	3 SLICE	6000	4	0	269	0.25	0.11	1.9	69	7	0.40	0.13	0.87	0.04	0.01	*0.00
ELEM CONDIMENTS	SVG	5020	77	3	603	0.45	0.34	10.8	391	40	4.51	0.87	13.51	2.60	0.36	*0.00
LEAFY GREENS	2 OZ	753	11	0	15	1.14	0.73	26.6	3194	213	12.17	0.90	1.92	0.17	0.02	*0.00
CARROT STICKS	1/4 CUP	5264	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	4988	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 (ELEM)	SVG	6936	83	5	271	0.17	0.07	12.4	40	9	0.14	0.44	2.85	7.65	1.13	*0.00
FRUIT-APPLE/ORANGE/BANANA	EACH	6243	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	8577	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	EACH	4804	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	10344	45	0	50	0.00	0.18	0.0	101	20	0.00	0.25	9.05	1.01	0.25	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	95	400	0	445	5.55	2.24	268.3	0	0	0.00	16.67	36.32	23.43	5.38	*0.00
Weighted Daily Average			622	49	1407	6.23	3.64	411.3	5105	881	17.82	25.53	85.05	20.93	6.96	*0.05
% of Calories												16.4%	54.7%	30.3%	10.1%	0.1%

**Colorado Springs School District 11**  
**Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values**  
**CMCA**

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
Mon - 11/16/2009																
CMCA	Total	10320														
CHICKEN NUGGET (ES/MS)	6 EACH	4203	235	65	553	1.20	2.40	22.8	91	18	0.00	16.80	14.40	12.00	3.60	0.00
PEPPI PIZZA SALAD W/CRACKER	EACH	296	173	33	727	2.26	2.88	111.5	3539	377	16.85	13.65	13.03	6.28	1.95	*0.43
PBJ SANDWICH	1 EACH	663	354	0	384	4.84	2.00	263.2	1	0	0.13	13.13	43.46	16.29	3.92	*0.00
SOFT PRETZEL W/ CHEESE (EL EM)	SVG	4393	283	7	573	2.00	3.83	253.3	67	13	0.00	12.32	46.25	5.33	1.33	*0.00
YOGURT FRUIT LUNCH BOX	1 EACH	682	384	26	241	3.71	1.15	160.6	189	21	40.46	7.98	62.98	11.12	2.41	*0.00
ELEM CONDIMENTS	SVG	682	77	3	603	0.45	0.34	10.8	391	40	4.51	0.87	13.51	2.60	0.36	*0.00
LEAFY GREENS	2 OZ	682	11	0	15	1.14	0.73	26.6	3194	213	12.17	0.90	1.92	0.17	0.02	*0.00
CARROT STICKS	1/4 CUP	4367	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	4367	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 (ELEM)	SVG	2844	83	5	271	0.17	0.07	12.4	40	9	0.14	0.44	2.85	7.65	1.13	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	6856	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	6278	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/STWBY/VAN	EACH	9809	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	83	400	0	445	5.55	2.24	268.3	0	0	0.00	16.67	36.32	23.43	5.38	*0.00
Weighted Daily Average			519	38	851	5.12	3.67	468.0	4413	702	18.55	23.14	79.62	12.74	3.50	*0.01
% of Calories												17.8%	61.4%	22.1%	6.1%	0.0%

Tue - 11/17/2009																
CMCA	Total	9938														
PIZZA, CHEESE, NARDONE BRO	Slice	4655	361	24	736	4.00	2.88	360.0	300	300	4.80	19.20	45.60	11.23	5.60	*0.00
CHEF SALAD W/ CRACKERS (ES /MS)	EACH	469	203	48	579	2.21	2.07	152.8	3449	375	15.99	14.25	14.03	9.11	2.16	*0.43
HAM & CHEESE SANDWICH	1 EACH	369	250	42	1085	3.00	2.06	330.1	166	33	0.91	17.98	30.31	7.02	3.11	*0.00
CHICKEN PATTY SANDWICH (E S/MS)	1 EACH	1296	306	54	671	3.00	3.08	119.0	76	15	1.00	18.00	33.00	11.00	3.00	*0.00
SPICY CHICKEN PATTY SANDWICH	EACH	2450	292	52	750	2.00	3.08	120.0	46	9	1.00	18.00	32.00	11.00	2.00	*0.00
CHEESE & PEPPERONI LUNCH BOX	1 EACH	618	354	34	954	2.10	1.98	137.5	147	27	2.99	15.55	37.75	16.42	6.27	*0.65
ELEM CONDIMENTS	SVG	2741	77	3	603	0.45	0.34	10.8	391	40	4.51	0.87	13.51	2.60	0.36	*0.00
LEAFY GREENS	2 OZ	2488	11	0	15	1.14	0.73	26.6	3194	213	12.17	0.90	1.92	0.17	0.02	*0.00
CARROT STICKS	1/4 CUP	856	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	856	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 (ELEM)	SVG	2599	83	5	271	0.17	0.07	12.4	40	9	0.14	0.44	2.85	7.65	1.13	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	6591	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	8591	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/STWBY/VAN	EACH	5591	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
VANILLA PUDDING	1/4 CUP	9716	60	0	90	0.00	0.00	10.0	0	0	0.00	0.50	11.00	1.50	0.50	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	81	400	0	445	5.55	2.24	268.3	0	0	0.00	16.67	36.32	23.43	5.38	*0.00
Weighted Daily Average			627	42	1187	6.28	3.74	452.1	2247	404	19.91	24.61	98.05	16.41	5.45	*0.06
% of Calories												15.7%	62.6%	23.6%	7.8%	0.1%

## Colorado Springs School District 11

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

#### CMCA

	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 - 11/18/2009																
CMCA	Total	10381														
CHICKEN NUGGET (ES/MS)	6 EACH	3739	235	65	553	1.20	2.40	22.8	91	18	0.00	16.80	14.40	12.00	3.60	0.00
CHICKEN SALAD SANDWICH	EACH	282	199	28	346	2.23	1.53	109.5	114	8	0.57	12.50	24.07	5.51	0.95	*0.00
PANCAKE BAR (ELEM)	SVG	6292	613	42	748	6.92	5.53	146.7	351	71	52.96	16.18	115.05	11.54	4.02	*0.00
ELEM CONDIMENTS	SVG	4278	77	3	603	0.45	0.34	10.8	391	40	4.51	0.87	13.51	2.60	0.36	*0.00
LEAFY GREENS	2 OZ	3807	11	0	15	1.14	0.73	26.6	3194	213	12.17	0.90	1.92	0.17	0.02	*0.00
CARROT STICKS	1/4 CUP	2182	18	0	30	1.23	0.13	14.5	7387	1236	2.59	0.41	4.21	0.11	0.02	0.00
CAULIFLOWER, RAW	1/4 CUP	2182	6	0	8	0.63	0.11	5.5	3	1	11.60	0.50	1.33	0.03	0.00	*0.00
SALAD DRESSINGS (ELEM)	SVG	3066	83	5	271	0.17	0.07	12.4	40	9	0.14	0.44	2.85	7.65	1.13	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	8209	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
CANNED PINEAPPLE	1/2 CUP	9154	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	8524	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	68	400	0	445	5.55	2.24	268.3	0	0	0.00	16.67	36.32	23.43	5.38	*0.00
Weighted Daily Average			741	56	1156	8.09	5.47	398.4	3652	500	61.85	25.00	128.83	16.11	4.84	*0.00
% of Calories												13.5%	69.5%	19.6%	5.9%	0.0%

Thu - 11/19/2009																
CMCA	Total	9334														
PIZZA, CHEESE, NARDONE BRO	Slice	2253	361	24	736	4.00	2.88	360.0	300	300	4.80	19.20	45.60	11.23	5.60	*0.00
TURKEY ROAST,SLICED	2 OZ	7015	88	30	386	0.00	0.92	2.8	0	0	0.00	12.09	1.74	3.28	1.08	*0.00
MASHED POTATOES	1/2 CUP	6589	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	6589	26	2	257	0.24	0.60	9.0	9	2	0.06	0.73	3.60	0.92	0.31	*0.00
STUFFING	1/2 CUP	5789	188	0	631	0.00	1.08	24.6	337	76	0.02	4.09	23.09	9.11	1.32	*0.00
DINNER ROLL (WHOLE WHEAT)	1 EACH	6297	90	0	130	3.00	1.08	0.0	0	0	0.00	4.00	16.00	1.50	0.00	0.00
CARROTS,FROZEN,BOILED	1/2 CUP	6250	27	0	43	2.41	0.39	25.5	12357	1292	1.68	0.42	5.64	0.50	0.09	*0.00
CRANBERRY SAUCE	1/8 CUP	3579	52	0	10	0.35	0.08	1.4	15	1	0.69	0.07	13.47	0.05	0.00	*0.00
ELEM CONDIMENTS	SVG	415	77	3	603	0.45	0.34	10.8	391	40	4.51	0.87	13.51	2.60	0.36	*0.00
LEAFY GREENS	2 OZ	4136	11	0	15	1.14	0.73	26.6	3194	213	12.17	0.90	1.92	0.17	0.02	*0.00
CELERY STICKS	1/4 CUP	2235	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 (ELEM)	SVG	3254	83	5	271	0.17	0.07	12.4	40	9	0.14	0.44	2.85	7.65	1.13	*0.00
CANNED FRUIT	1/2 CUP	6125	64	0	10	1.68	0.64	8.2	180	20	5.71	0.50	16.31	0.04	0.00	*0.00
PUMPKIN CAKE	SVG	9225	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	2 TBSP	9225	19	0	36	0.00	0.01	28.0	54	11	0.10	0.81	3.90	0.02	0.01	*0.00
MILK-WHITE/CHOC/STWBV/VAN	1 EACH	9334	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	66	400	0	445	5.55	2.24	268.3	0	0	0.00	16.67	36.32	23.43	5.38	*0.00
Weighted Daily Average			814	50	1606	9.69	5.36	508.4	11560	1336	58.42	33.88	124.99	20.34	5.11	*0.00
% of Calories												16.7%	61.4%	22.5%	5.7%	0.0%

## Colorado Springs School District 11

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

#### CMCA

	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																
CMCA	Total	10178														
PIZZA, CHEESE, NARDONE BRO	Slice	4604	361	24	736	4.00	2.88	360.0	300	300	4.80	19.20	45.60	11.23	5.60	*0.00
GARDEN SALAD W/ CRAX (ES/M	SERVING	211	175	30	584	2.21	1.60	197.9	3690	424	15.66	7.66	14.01	10.75	6.32	*0.43
TURKEY & CHEESE SANDWICH	EACH	547	231	24	861	3.00	1.67	334.9	150	30	0.40	18.88	30.38	4.45	2.37	*0.00
FISH STICKS	3 EACH	4100	188	41	330	0.75	0.81	0.0	0	0	0.00	9.00	18.00	9.00	1.50	*0.00
TARTAR SAUCE	FL OZ	4100	80	7	265	0.22	0.32	5.5	190	16	0.58	0.23	6.36	5.78	0.86	*0.00
PEANUT BUTTER LUNCH BOX	1 EACH	610	417	0	561	5.59	1.99	32.2	81	4	2.70	16.01	29.42	29.07	5.85	*0.00
ELEM CONDIMENTS	SVG	3751	77	3	603	0.45	0.34	10.8	391	40	4.51	0.87	13.51	2.60	0.36	*0.00
LEAFY GREENS	2 OZ	3166	11	0	15	1.14	0.73	26.6	3194	213	12.17	0.90	1.92	0.17	0.02	*0.00
CARROT STICKS	1/4 CUP	2914	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	2914	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 (ELEM)	SVG	3743	83	5	271	0.17	0.07	12.4	40	9	0.14	0.44	2.85	7.65	1.13	*0.00
FRUIT-APPLE/ORANGE/BANANA	EACH	7400	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	8883	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	EACH	9959	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	106	400	0	445	5.55	2.24	268.3	0	0	0.00	16.67	36.32	23.43	5.38	*0.00
Weighted Daily Average			619	39	1196	6.28	3.08	530.0	4371	723	23.17	24.64	91.17	18.51	5.35	*0.01
% of Calories												15.9%	59.0%	26.9%	7.8%	0.0%

Mon - 11/23/2009																
CMCA	Total	10574														
CHICKEN NUGGET (ES/MS)	6 EACH	3966	235	65	553	1.20	2.40	22.8	91	18	0.00	16.80	14.40	12.00	3.60	0.00
PEPPI PIZZA SALAD W/CRACKER	EACH	288	173	33	727	2.26	2.88	111.5	3539	377	16.85	13.65	13.03	6.28	1.95	*0.43
PBJ SANDWICH	1 EACH	555	354	0	384	4.84	2.00	263.2	1	0	0.13	13.13	43.46	16.29	3.92	*0.00
BBQ RIB SANDWICH	1 EACH	4697	303	44	957	2.75	2.27	121.8	84	17	1.29	19.44	35.05	9.60	3.19	*0.00
YOGURT FRUIT LUNCH BOX	1 EACH	653	384	26	241	3.71	1.15	160.6	189	21	40.46	7.98	62.98	11.12	2.41	*0.00
LEAFY GREENS	2 OZ	8052	11	0	15	1.14	0.73	26.6	3194	213	12.17	0.90	1.92	0.17	0.02	*0.00
CARROT STICKS	1/4 CUP	8056	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	8056	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 (ELEM)	SVG	7847	83	5	271	0.17	0.07	12.4	40	9	0.14	0.44	2.85	7.65	1.13	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	10205	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	10273	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	EACH	10301	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	415	400	0	445	5.55	2.24	268.3	0	0	0.00	16.67	36.32	23.43	5.38	*0.00
Weighted Daily Average			624	54	1145	8.15	3.80	463.0	9380	1293	33.34	27.87	89.97	18.49	4.90	*0.01
% of Calories												17.9%	57.7%	26.7%	7.1%	0.0%

## Colorado Springs School District 11

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

CMCA

	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
Tue - 11/24/2009																
CMCA	Total	8000														
BURRITO, WW BEAN & CHEESE, I W, L	1 EA	2480	333	6	532	8.38	3.82	146.3	371	2	2.47	15.56	53.07	7.14	2.02	0.00
CORN DOG	EACH	4000	290	50	860	1.00	10.80	10.0	0	0	24.00	10.00	30.00	15.00	3.50	0.00
HAM & CHEESE SANDWICH	EACH	1500	250	42	1085	3.00	2.06	330.1	166	33	0.91	17.98	30.31	7.02	3.11	*0.00
KETCHUP PACKET	PACKET	4000	9	0	107	0.12	0.06	1.7	91	9	1.36	0.14	2.46	0.03	0.00	*0.00
MUSTARD PACKET	PACKET	4000	4	0	69	0.15	0.11	4.6	0	0	0.00	0.26	0.35	0.24	0.01	*0.00
SALSA	1 OZ	2480	8	0	170	0.45	0.13	7.7	83	17	0.54	0.44	1.77	0.05	0.01	*0.00
CARROT STICKS	1/4 CUP	8000	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	8000	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
FRUIT-APPLE/ORANGE/BANANA	EACH	8000	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	8000	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
CHOCOLATE CHIP COOKIE	1 EACH	8000	122	7	113	0.57	0.51	5.7	283	57	0.00	1.13	17.58	5.67	1.70	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	20	400	0	445	5.55	2.24	268.3	0	0	0.00	16.67	36.32	23.43	5.38	*0.00
Weighted Daily Average			641	46	1294	8.15	8.18	469.2	8622	1427	32.68	24.26	98.83	18.23	5.37	*0.00
% of Calories												15.1%	61.7%	25.6%	7.5%	0.0%

Mon - 11/30/2009																
CMCA	Total	9672														
CHICKEN NUGGET (ES/MS)	6 EACH	3409	235	65	553	1.20	2.40	22.8	91	18	0.00	16.80	14.40	12.00	3.60	0.00
PEPPI PIZZA SALAD W/CRACKER	EACH	206	173	33	727	2.26	2.88	111.5	3539	377	16.85	13.65	13.03	6.28	1.95	*0.43
YOGURT FRUIT LUNCH BOX	1 EACH	610	384	26	241	3.71	1.15	160.6	189	21	40.46	7.98	62.98	11.12	2.41	*0.00
PBJ SANDWICH	1 EACH	571	354	0	384	4.84	2.00	263.2	1	0	0.13	13.13	43.46	16.29	3.92	*0.00
CHEESE BREADSTICK (WHOLE GRAIN)	2 EACH	4769	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	4769	32	0	192	0.00	0.33	18.3	366	73	2.19	0.91	6.40	0.00	0.00	*0.00
ELEM CONDIMENTS	SVG	4091	77	3	603	0.45	0.34	10.8	391	40	4.51	0.87	13.51	2.60	0.36	*0.00
LEAFY GREENS	2 OZ	6813	11	0	15	1.14	0.73	26.6	3194	213	12.17	0.90	1.92	0.17	0.02	*0.00
CARROT STICKS	1/4 CUP	6077	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	6077	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 (ELEM)	SVG	5025	83	5	271	0.17	0.07	12.4	40	9	0.14	0.44	2.85	7.65	1.13	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	8025	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	7512	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	EACH	9396	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	107	400	0	445	5.55	2.24	268.3	0	0	0.00	16.67	36.32	23.43	5.38	*0.00
Weighted Daily Average			638	38	1377	8.02	3.86	552.5	8368	1146	33.38	26.66	91.19	19.61	5.62	*0.01
% of Calories												16.7%	57.2%	27.7%	7.9%	0.0%

Weighted Average			650	43	1230	7.47	4.24	498.5	*6057	*905	*32.27	26.64	98.08	17.88	5.25	*0.08
												16.4%	60.4%	24.8%	7.3%	0.1%

