

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

	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																
CSCA	Total	165														
PRETZEL W/ CHEESE (SEC)	SVG	12	473	7	733	4.00	3.84	273.3	67	13	0.00	17.33	85.33	7.33	1.33	*0.00
CHICKEN NUGGET (ES/MS)	8 EACH	20	314	86	738	1.60	3.20	30.4	122	24	0.00	22.40	19.20	16.00	4.80	0.00
HAMBURGER	1 EACH	20	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	25	305	55	510	2.00	2.52	175.0	150	30	0.00	21.00	22.50	14.00	5.75	*0.00
NACHOS W/ CHEESE	1 EACH	15	371	7	652	3.01	1.56	332.0	68	25	0.00	9.75	42.51	18.58	2.94	*1.73
CHILI	2 OZ	15	95	7	220	4.14	1.61	29.4	362	63	6.74	7.15	12.28	2.16	0.89	*0.00
PEPPERONI PIZZA (MS)	SLICE	35	343	28	815	1.59	2.59	256.3	293	84	0.82	17.22	45.01	10.62	4.48	*0.00
MEAT MEDLEY PIZZA (MS)	SLICE	15	392	37	877	2.38	3.15	276.9	318	89	1.12	24.07	46.23	13.54	5.56	*0.00
AMERICAN WRAP	1 EACH	7	459	36	1384	4.09	4.51	293.5	1502	173	6.36	23.11	61.36	10.78	2.76	*0.00
AMERICAN SUB	1 EACH	11	337	33	1364	6.65	4.09	114.8	564	50	2.33	23.51	46.58	6.76	2.74	*0.00
TACO SALAD (ES & MS)	1 EACH	5	434	28	795	6.06	3.55	281.9	4030	503	14.89	19.88	43.31	18.67	4.03	*1.73
POTATO WEDGES	3 OZ	140	130	0	390	2.00	0.36	0.0	0	0	2.40	2.00	17.00	6.00	1.50	*0.00
CANNED PEACHES	1/2 CUP	140	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*0.00
WALDORF SALAD	1/4 CUP	125	115	7	214	1.60	0.30	19.1	196	16	2.63	0.66	14.90	6.04	0.91	*0.00
SEC CONDIMENTS	SVG	85	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
SALAD DRESSINGS (SEC)	1 OZ	65	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
BURGER TOPPINGS	SVG	65	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
MILK-Variety: 1%white/choc/stra	HALF PINT	165	142	9	135	0.75	0.38	284.6	487	142	1.47	8.03	22.41	2.46	1.54	*0.00
LEAFY GREENS	2 OZ	100	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	100	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
CARROT STICKS	1/4 CUP	125	18	0	30	1.23	0.13	14.5	7387	1236	2.59	0.41	4.21	0.11	0.02	0.00
Weighted Daily Average			868	58	2020	10.77	5.28	556.9	9369	1360	23.58	32.55	120.73	29.93	8.53	*0.21
% of Calories												15.0%	55.6%	31.0%	8.9%	0.2%

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

	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 - 11/03/2009																
CSCA	Total	165														
TURKEY & GRAVY	2/3 CUP	20	163	53	803	0.00	1.10	11.3	143	29	0.00	21.21	3.10	7.30	1.70	*0.00
MASHED POTATOES	1/2 CUP	20	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	24	26	2	257	0.24	0.60	9.0	9	2	0.06	0.73	3.60	0.92	0.31	*0.00
HAMBURGER	1 EACH	35	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	8	305	55	510	2.00	2.52	175.0	150	30	0.00	21.00	22.50	14.00	5.75	*0.00
BURRITO, WW BEAN & CHEESE, I W, L	1 EA	40	333	6	532	8.38	3.82	146.3	371	2	2.47	15.56	53.07	7.14	2.02	0.00
CHEESE PIZZA (MS)	SLICE	15	308	20	678	1.59	2.41	256.3	293	84	0.82	15.72	44.89	7.37	3.23	*0.00
HAWAIIAN PIZZA (MS)	SLICE	5	337	32	878	1.76	2.64	260.2	306	86	2.44	18.60	47.35	8.33	3.50	*0.00
ITALIAN SUB	1 EACH	6	366	49	1501	6.65	4.50	146.4	586	54	2.94	23.13	47.20	9.72	3.58	*0.00
ITALIAN WRAP	1 EACH	5	506	48	1570	4.09	5.16	317.1	1308	134	7.07	21.95	61.87	18.58	4.55	*0.00
CHEF SALAD	1 EACH	5	195	54	883	3.22	2.52	220.1	8439	494	35.80	17.94	6.85	11.08	6.21	*0.00
STRAIGHT CUT FRIES	SVG	140	148	0	41	2.35	0.72	0.0	0	0	10.00	2.35	23.50	5.00	1.25	*0.00
APPLESAUCE	1/2 CUP	140	97	0	4	1.53	0.45	5.1	14	1	2.17	0.23	25.39	0.23	0.04	*0.00
ITALIAN PASTA SALAD	2 OZ	125	93	7	236	0.82	0.56	4.4	1	1	0.00	3.27	7.78	5.78	1.46	*0.00
SEC CONDIMENTS	SVG	100	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
SALAD DRESSINGS (SEC)	1 OZ	65	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
BURGER TOPPINGS	SVG	65	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
MILK-Variety: 1%white/choc/stra	HALF PINT	165	142	9	135	0.75	0.38	284.6	487	142	1.47	8.03	22.41	2.46	1.54	*0.00
LEAFY GREENS	2 OZ	100	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	100	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	125	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
Weighted Daily Average			812	47	1630	11.05	5.36	468.5	7881	1099	35.36	30.63	121.14	24.60	7.36	*0.00
% of Calories												15.1%	59.7%	27.3%	8.2%	0.0%

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CSCA

	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																
CSCA	Total	165														
MEATBALL SUB	1 EACH	14	477	34	1304	7.70	5.70	103.9	873	175	7.54	24.94	61.95	13.20	5.15	*0.00
CHICKEN NUGGET (ES/MS)	8 EACH	25	314	86	738	1.60	3.20	30.4	122	24	0.00	22.40	19.20	16.00	4.80	0.00
HAMBURGER	1 EACH	15	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	30	305	55	510	2.00	2.52	175.0	150	30	0.00	21.00	22.50	14.00	5.75	*0.00
CHILI FRITOS	1 EACH	15	453	30	865	10.16	3.72	374.0	1744	333	13.48	24.13	47.69	14.59	3.26	*0.22
PEPPERONI PIZZA (MS)	SLICE	30	343	28	815	1.59	2.59	256.3	293	84	0.82	17.22	45.01	10.62	4.48	*0.00
MEXICAN PIZZA (MS)	SLICE	20	354	25	958	2.82	3.03	310.6	1562	290	3.01	20.80	46.11	4.54	1.10	*0.00
AMERICAN SUB	1 EACH	5	337	33	1364	6.65	4.09	114.8	564	50	2.33	23.51	46.58	6.76	2.74	*0.00
AMERICAN WRAP	1 EACH	4	459	36	1384	4.09	4.51	293.5	1502	173	6.36	23.11	61.36	10.78	2.76	*0.00
CHICKEN CAESAR SALAD (MS)	1 EACH	7	280	49	752	3.30	2.01	204.9	5078	255	21.21	18.94	19.05	14.58	4.18	*0.00
CRINKLE CUT FRIES	3 OZ	140	114	0	330	2.38	0.63	10.2	4	0	11.31	2.26	23.59	4.44	0.88	*0.00
CANNED PINEAPPLE	1/2 CUP	140	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*0.00
AMBROSIA SALAD	1/4 cup	135	68	0	14	0.36	0.12	3.2	13	4	1.44	0.39	12.47	2.18	1.90	*0.00
SEC CONDIMENTS	SVG	110	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
SALAD DRESSINGS (SEC)	1 OZ	65	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
BURGER TOPPINGS	SVG	65	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
MILK-Variety:1%white/choc/stra	HALF PINT	165	142	9	135	0.75	0.38	284.6	487	142	1.47	8.03	22.41	2.46	1.54	*0.00
LEAFY GREENS	2 OZ	100	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	125	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	100	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
Weighted Daily Average			827	58	1972	10.18	5.60	556.7	9369	1376	38.27	33.71	122.76	25.48	8.80	*0.02
% of Calories												16.3%	59.4%	27.7%	9.6%	0.0%

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CSCA

	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																
CSCA	Total	165														
MACARONI AND CHEESE	1 CUP	25	569	96	1354	1.99	1.60	600.9	1168	352	0.01	28.19	39.04	33.26	20.49	*0.00
DINNER ROLL (WHOLE WHEAT)	1 EACH	25	90	0	130	3.00	1.08	0.0	0	0	0.00	4.00	16.00	1.50	0.00	0.00
SPICY CHICKEN PATTY SANDWICH	1 EACH	18	292	52	750	2.00	3.08	120.0	46	9	1.00	18.00	32.00	11.00	2.00	*0.00
HAMBURGER	1 EACH	15	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	30	305	55	510	2.00	2.52	175.0	150	30	0.00	21.00	22.50	14.00	5.75	*0.00
BURRITO, WW BEAN & CHEESE, I W, L	1 EA	15	333	6	532	8.38	3.82	146.3	371	2	2.47	15.56	53.07	7.14	2.02	0.00
CHEESE PIZZA (MS)	SLICE	32	308	20	678	1.59	2.41	256.3	293	84	0.82	15.72	44.89	7.37	3.23	*0.00
SUPREME PIZZA (MS)	SLICE	20	382	32	905	2.72	3.04	277.4	505	104	6.02	21.74	47.75	13.15	5.21	*0.00
HAM & CHEESE SUB	1 EACH	4	347	42	1476	6.65	4.29	112.4	572	51	2.59	23.06	46.54	8.04	3.11	*0.00
HAM & CHEESE WRAP	1 EACH	4	547	72	1964	4.59	5.11	427.5	1547	245	6.13	31.39	63.40	13.70	3.65	*0.00
CHEF SALAD W/ CRACKERS (ES /MS)	1 EACH	5	203	48	579	2.21	2.07	152.8	3449	375	15.99	14.25	14.03	9.11	2.16	*0.43
POTATO WEDGES	3 OZ	125	130	0	390	2.00	0.36	0.0	0	0	2.40	2.00	17.00	6.00	1.50	*0.00
CANNED PEARS	1/2 CUP	160	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*0.00
MACARONI SALAD	1/4 CUP	100	84	2	107	0.82	0.52	9.1	431	68	0.33	2.21	12.82	2.48	0.38	*0.00
SALAD DRESSINGS (SEC)	1 OZ	85	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
SEC CONDIMENTS	SVG	65	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	65	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
MILK-Variety:1%white/choc/stra	HALF PINT	165	142	9	135	0.75	0.38	284.6	487	142	1.47	8.03	22.41	2.46	1.54	*0.00
LEAFY GREENS	2 OZ	100	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	125	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	100	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
Weighted Daily Average			850	62	1874	10.57	5.09	606.1	9167	1386	19.45	34.14	116.64	28.73	10.18	*0.01
% of Calories												16.1%	54.9%	30.4%	10.8%	0.0%

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CSCA

	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																
CSCA	Total	165														
CHICKEN FAJITA	1 EACH	10	387	63	678	3.00	2.24	201.1	938	150	28.53	24.70	32.47	15.28	4.51	*0.00
REFRIED BEANS	2 OZ	10	81	2	244	4.17	0.99	36.1	0	0	0.00	4.03	12.25	1.78	0.67	*0.00
CHICKEN NUGGET (ES/MS)	8 EACH	22	314	86	738	1.60	3.20	30.4	122	24	0.00	22.40	19.20	16.00	4.80	0.00
HAMBURGER	1 EACH	17	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	30	305	55	510	2.00	2.52	175.0	150	30	0.00	21.00	22.50	14.00	5.75	*0.00
NACHOS W/ CHEESE	1 EACH	15	371	7	652	3.01	1.56	332.0	68	25	0.00	9.75	42.51	18.58	2.94	*1.73
CHILI	2 OZ	15	95	7	220	4.14	1.61	29.4	362	63	6.74	7.15	12.28	2.16	0.89	*0.00
PEPPERONI PIZZA (MS)	SLICE	30	343	28	815	1.59	2.59	256.3	293	84	0.82	17.22	45.01	10.62	4.48	*0.00
VEGETARIAN PIZZA (MS)	SLICE	23	319	20	740	2.22	2.64	262.5	480	99	5.72	16.14	46.66	7.73	3.28	*0.00
TURKEY WRAP	1 EACH	6	506	40	1523	4.59	4.46	432.3	1523	240	5.27	30.28	63.28	9.74	2.53	*0.00
TURKEY & CHEESE SUB	1 EACH	6	327	24	1251	6.65	3.89	117.2	556	48	2.08	23.97	46.61	5.47	2.38	*0.00
GARDEN SALAD W/ CRAX (ES/M)	SERVING	5	175	30	584	2.21	1.60	197.9	3690	424	15.66	7.66	14.01	10.75	6.32	*0.43
TATER TOTS	3 OZ	125	153	0	451	1.70	0.43	5.1	0	0	0.85	1.70	20.41	8.50	1.28	*0.00
FRUIT COCKTAIL	1/2 CUP	156	69	0	7	1.21	0.35	7.3	248	25	2.30	0.48	18.07	0.08	0.01	*0.00
MARINATED VEGETABLE SALAD	1/4 CUP	100	82	0	139	1.22	0.23	19.6	2432	404	16.75	0.89	4.70	6.96	1.01	*0.00
SEC CONDIMENTS	SVG	100	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
SALAD DRESSINGS (SEC)	1 OZ	65	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
BURGER TOPPINGS	SVG	65	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
MILK-Variety:1%white/choc/stra	HALF PINT	165	142	9	135	0.75	0.38	284.6	487	142	1.47	8.03	22.41	2.46	1.54	*0.00
LEAFY GREENS	2 OZ	100	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	125	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	100	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
Weighted Daily Average			834	56	1996	9.64	4.98	562.8	10649	1595	32.67	31.93	112.03	31.03	8.32	*0.17
% of Calories												15.3%	53.8%	33.5%	9.0%	0.2%

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CSCA

	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 - 11/09/2009																
CSCA	Total	165														
CHEESE BREADSTICK (WHOLE GRAIN)	2 EACH	19	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	19	32	0	192	0.00	0.33	18.3	366	73	2.19	0.91	6.40	0.00	0.00	*0.00
CHICKEN NUGGET (ES/MS)	8 EACH	15	314	86	738	1.60	3.20	30.4	122	24	0.00	22.40	19.20	16.00	4.80	0.00
HAMBURGER	1 EACH	17	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	25	305	55	510	2.00	2.52	175.0	150	30	0.00	21.00	22.50	14.00	5.75	*0.00
NACHOS W/ CHEESE	1 EACH	15	371	7	652	3.01	1.56	332.0	68	25	0.00	9.75	42.51	18.58	2.94	*1.73
CHILI	1/2 CUP	15	72	8	210	1.62	0.62	15.6	174	35	0.28	3.93	6.48	3.24	1.16	*0.00
PEPPERONI PIZZA (MS)	SLICE	40	343	28	815	1.59	2.59	256.3	293	84	0.82	17.22	45.01	10.62	4.48	*0.00
MEAT MEDLEY PIZZA (MS)	SLICE	20	392	37	877	2.38	3.15	276.9	318	89	1.12	24.07	46.23	13.54	5.56	*0.00
AMERICAN SUB	1 EACH	4	337	33	1364	6.65	4.09	114.8	564	50	2.33	23.51	46.58	6.76	2.74	*0.00
AMERICAN WRAP	1 EACH	2	459	36	1384	4.09	4.51	293.5	1502	173	6.36	23.11	61.36	10.78	2.76	*0.00
TACO SALAD (ES & MS)	1 EACH	8	434	28	795	6.06	3.55	281.9	4030	503	14.89	19.88	43.31	18.67	4.03	*1.73
POTATO WEDGES	3 OZ	100	130	0	390	2.00	0.36	0.0	0	0	2.40	2.00	17.00	6.00	1.50	*0.00
CANNED PEACHES	1/2 CUP	160	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*0.00
COLESLAW	1/4 CUP	120	53	4	117	1.09	0.21	17.0	1114	186	13.55	0.60	4.86	3.39	0.51	*0.00
CARROT STICKS	1/4 CUP	140	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	140	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
LEAFY GREENS	2 OZ	140	11	0	15	1.14	0.73	26.6	3194	213	12.17	0.90	1.92	0.17	0.02	*0.00
SEC CONDIMENTS	SVG	110	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
SALAD DRESSINGS (SEC)	1 OZ	50	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
BURGER TOPPINGS	SVG	65	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
MILK-Variety:1%white/choc/stra	HALF PINT	165	142	9	135	0.75	0.38	284.6	487	142	1.47	8.03	22.41	2.46	1.54	*0.00
BURGER TOPPINGS	SVG	65	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
Weighted Daily Average			804	53	1997	10.61	5.20	591.0	11732	1676	36.58	31.99	112.23	27.00	8.26	*0.24
% of Calories												15.9%	55.9%	30.2%	9.2%	0.3%

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

	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																
CSCA	Total	165														
PASTA W/ MEAT SAUCE	SVG	18	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	1 EACH	18	165	0	293	1.07	1.82	1.9	162	36	0.13	4.15	27.53	4.16	0.64	*0.00
SPICY CHICKEN PATTY SANDWICH	1 EACH	18	292	52	750	2.00	3.08	120.0	46	9	1.00	18.00	32.00	11.00	2.00	*0.00
HAMBURGER	1 EACH	17	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	29	305	55	510	2.00	2.52	175.0	150	30	0.00	21.00	22.50	14.00	5.75	*0.00
BURRITO, BEAN & CHEESE	1 EACH	8	858	54	2328	16.13	7.82	573.1	1304	236	32.54	34.23	87.97	27.09	13.26	*0.00
CHEESE PIZZA (MS)	SLICE	40	308	20	678	1.59	2.41	256.3	293	84	0.82	15.72	44.89	7.37	3.23	*0.00
HAWAIIAN PIZZA (MS)	SLICE	25	337	32	878	1.76	2.64	260.2	306	86	2.44	18.60	47.35	8.33	3.50	*0.00
ITALIAN SUB	1 EACH	4	366	49	1501	6.65	4.50	146.4	586	54	2.94	23.13	47.20	9.72	3.58	*0.00
ITALIAN WRAP	1 EACH	4	506	48	1570	4.09	5.16	317.1	1308	134	7.07	21.95	61.87	18.58	4.55	*0.00
CHEF SALAD W/ CRACKERS (ES/MS)	1 EACH	5	203	48	579	2.21	2.07	152.8	3449	375	15.99	14.25	14.03	9.11	2.16	*0.43
STRAIGHT CUT FRIES	SVG	125	148	0	41	2.35	0.72	0.0	0	0	10.00	2.35	23.50	5.00	1.25	*0.00
APPLESAUCE	1/2 CUP	160	97	0	4	1.53	0.45	5.1	14	1	2.17	0.23	25.39	0.23	0.04	*0.00
CARROT-RAISIN SALAD	1/4 CUP	100	82	3	134	1.23	0.34	19.0	4414	740	2.00	0.78	14.21	2.92	0.44	*0.00
SEC CONDIMENTS	SVG	100	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
SALAD DRESSINGS (SEC)	1 OZ	65	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*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
MILK-Variety:1%white/choc/stra	HALF PINT	165	142	9	135	0.75	0.38	284.6	487	142	1.47	8.03	22.41	2.46	1.54	*0.00
LEAFY GREENS	2 OZ	120	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	150	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	120	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
Weighted Daily Average			869	52	1728	10.91	5.77	563.6	13121	1989	32.45	31.61	133.45	24.51	7.65	*0.01
% of Calories												14.6%	61.5%	25.4%	7.9%	0.0%

Colorado Springs School District 11

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

CSCA

	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																
CSCA	Total	165														
COUNTRY FRIED STEAK	1 EACH	18	315	59	494	0.43	2.67	14.0	1	0	0.00	17.15	14.39	21.02	6.91	*0.00
MASHED POTATOES	1/2 CUP	18	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	18	26	2	257	0.24	0.60	9.0	9	2	0.06	0.73	3.60	0.92	0.31	*0.00
SPICY CHICKEN PATTY SANDWICH	1 EACH	15	292	52	750	2.00	3.08	120.0	46	9	1.00	18.00	32.00	11.00	2.00	*0.00
HAMBURGER	1 EACH	17	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	29	305	55	510	2.00	2.52	175.0	150	30	0.00	21.00	22.50	14.00	5.75	*0.00
BURRITO,BEAN & CHEESE	1 EACH	8	858	54	2328	16.13	7.82	573.1	1304	236	32.54	34.23	87.97	27.09	13.26	*0.00
CHEESE PIZZA (MS)	SLICE	40	308	20	678	1.59	2.41	256.3	293	84	0.82	15.72	44.89	7.37	3.23	*0.00
SUPREME PIZZA (MS)	SLICE	25	382	32	905	2.72	3.04	277.4	505	104	6.02	21.74	47.75	13.15	5.21	*0.00
HAM & CHEESE SUB	1 EACH	4	347	42	1476	6.65	4.29	112.4	572	51	2.59	23.06	46.54	8.04	3.11	*0.00
HAM & CHEESE WRAP	1 EACH	4	547	72	1964	4.59	5.11	427.5	1547	245	6.13	31.39	63.40	13.70	3.65	*0.00
CHEF SALAD W/ CRACKERS (ES/MS)	1 EACH	5	203	48	579	2.21	2.07	152.8	3449	375	15.99	14.25	14.03	9.11	2.16	*0.43
POTATO WEDGES	3 OZ	135	130	0	390	2.00	0.36	0.0	0	0	2.40	2.00	17.00	6.00	1.50	*0.00
CANNED PEARS	1/2 CUP	125	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*0.00
RAINBOW PASTA SALAD	2 OZ	125	110	0	71	1.02	1.06	7.3	25	3	1.54	3.35	20.17	1.61	0.24	*0.00
BURGER TOPPINGS	SVG	65	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
SEC CONDIMENTS	SVG	110	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
SALAD DRESSINGS (SEC)	1 OZ	65	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
MILK-Variety:1%white/choc/stra	HALF PINT	165	142	9	135	0.75	0.38	284.6	487	142	1.47	8.03	22.41	2.46	1.54	*0.00
LEAFY GREENS	2 OZ	85	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	100	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	100	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
Weighted Daily Average			877	56	2050	10.37	5.81	550.8	7532	1119	28.42	34.54	125.58	26.90	8.64	*0.01
% of Calories												15.8%	57.3%	27.6%	8.9%	0.0%

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

	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																
CSCA	Total	165														
PIG IN A BLANKET	SVG	15	307	47	1054	1.21	9.66	57.5	75	15	1.20	15.55	34.40	12.81	3.62	*0.00
CHICKEN NUGGET (ES/MS)	8 EACH	20	314	86	738	1.60	3.20	30.4	122	24	0.00	22.40	19.20	16.00	4.80	0.00
HAMBURGER	1 EACH	16	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	20	305	55	510	2.00	2.52	175.0	150	30	0.00	21.00	22.50	14.00	5.75	*0.00
NACHOS W/ CHEESE	1 EACH	15	371	7	652	3.01	1.56	332.0	68	25	0.00	9.75	42.51	18.58	2.94	*1.73
CHILI	2 OZ	15	95	7	220	4.14	1.61	29.4	362	63	6.74	7.15	12.28	2.16	0.89	*0.00
PEPPERONI PIZZA (MS)	SLICE	30	343	28	815	1.59	2.59	256.3	293	84	0.82	17.22	45.01	10.62	4.48	*0.00
VEGETARIAN PIZZA (MS)	SLICE	10	319	20	740	2.22	2.64	262.5	480	99	5.72	16.14	46.66	7.73	3.28	*0.00
TURKEY & CHEESE SUB	1 EACH	10	327	24	1251	6.65	3.89	117.2	556	48	2.08	23.97	46.61	5.47	2.38	*0.00
TURKEY & CHEESE WRAP	1 EACH	4	538	37	1522	3.53	4.16	296.8	510	102	0.40	23.75	60.67	19.59	3.79	*0.00
GARDEN SALAD W/ CRAX (ES/M	SERVING	5	175	30	584	2.21	1.60	197.9	3690	424	15.66	7.66	14.01	10.75	6.32	*0.43
TATER TOTS	3 OZ	100	153	0	451	1.70	0.43	5.1	0	0	0.85	1.70	20.41	8.50	1.28	*0.00
FRUIT COCKTAIL	1/2 CUP	160	69	0	7	1.21	0.35	7.3	248	25	2.30	0.48	18.07	0.08	0.01	*0.00
VEGETABLE MEDLEY W/ RANCH	1/2 CUP	85	76	6	307	2.29	0.44	49.4	4089	685	32.95	1.99	7.48	4.18	0.68	*0.00
SEC CONDIMENTS	SVG	100	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
SALAD DRESSINGS (SEC)	1 OZ	65	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
BURGER TOPPINGS	SVG	65	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
MILK-Variety: 1%white/choc/stra	HALF PINT	165	142	9	135	0.75	0.38	284.6	487	142	1.47	8.03	22.41	2.46	1.54	*0.00
LEAFY GREENS	2 OZ	125	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	140	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	125	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
RICE KRISPIE TREAT	1 EACH	85	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			782	53	1989	9.66	5.53	536.2	12392	1836	39.47	29.32	111.20	26.90	7.39	*0.17
% of Calories												15.0%	56.9%	31.0%	8.5%	0.2%

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

	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 - 11/16/2009																
CSCA	Total	165														
GRILLED CHEESE SANDWICH 1	1 EACH	10	254	10	684	3.00	1.44	401.4	468	98	0.01	12.04	31.04	9.78	4.16	*0.00
SOUP,TOMATO NOODLE	1/2 CUP	10	110	5	642	2.00	0.36	1.8	500	100	6.00	3.00	23.00	0.05	0.00	*0.00
CHICKEN NUGGET (ES/MS)	1 EACH	20	39	11	92	0.20	0.40	3.8	15	3	0.00	2.80	2.40	2.00	0.60	0.00
HAMBURGER	1 EACH	19	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	30	305	55	510	2.00	2.52	175.0	150	30	0.00	21.00	22.50	14.00	5.75	*0.00
NACHOS W/ CHEESE	1 EACH	15	371	7	652	3.01	1.56	332.0	68	25	0.00	9.75	42.51	18.58	2.94	*1.73
CHILI	2 OZ	15	95	7	220	4.14	1.61	29.4	362	63	6.74	7.15	12.28	2.16	0.89	*0.00
PEPPERONI PIZZA (MS)	SLICE	30	343	28	815	1.59	2.59	256.3	293	84	0.82	17.22	45.01	10.62	4.48	*0.00
MEAT MEDLEY PIZZA (MS)	SLICE	23	392	37	877	2.38	3.15	276.9	318	89	1.12	24.07	46.23	13.54	5.56	*0.00
AMERICAN SUB	1 EACH	10	337	33	1364	6.65	4.09	114.8	564	50	2.33	23.51	46.58	6.76	2.74	*0.00
AMERICAN WRAP	1 EACH	5	459	36	1384	4.09	4.51	293.5	1502	173	6.36	23.11	61.36	10.78	2.76	*0.00
TACO SALAD (ES & MS)	1 EACH	3	434	28	795	6.06	3.55	281.9	4030	503	14.89	19.88	43.31	18.67	4.03	*1.73
POTATO WEDGES	3 OZ	125	130	0	390	2.00	0.36	0.0	0	0	2.40	2.00	17.00	6.00	1.50	*0.00
CANNED PEACHES	1/2 CUP	160	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*0.00
WALDORF SALAD	1/4 CUP	100	116	7	214	1.62	0.30	19.1	197	16	2.68	0.66	15.06	6.04	0.91	*0.00
SEC CONDIMENTS	SVG	85	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
SALAD DRESSINGS (SEC)	1 OZ	50	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
BURGER TOPPINGS	SVG	50	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
MILK-Variety:1%white/choc/stra	HALF PINT	165	142	9	135	0.75	0.38	284.6	487	142	1.47	8.03	22.41	2.46	1.54	*0.00
LEAFY GREENS	2 OZ	100	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	100	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
CARROT STICKS	1/4 CUP	125	18	0	30	1.23	0.13	14.5	7387	1236	2.59	0.41	4.21	0.11	0.02	0.00
Weighted Daily Average			796	49	1866	10.30	4.74	557.0	9360	1364	23.20	30.05	113.69	26.35	7.97	*0.19
% of Calories												15.1%	57.1%	29.8%	9.0%	0.2%

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

	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																
CSCA	Total	165														
CHICKEN PATTY	1 EACH	18	240	50	500	0.00	1.08	0.0	0	0	0.00	17.00	13.00	13.00	3.00	*0.00
MASHED POTATOES	1/2 CUP	18	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	18	26	2	257	0.24	0.60	9.0	9	2	0.06	0.73	3.60	0.92	0.31	*0.00
SPICY CHICKEN PATTY SANDWICH	1 EACH	15	292	52	750	2.00	3.08	120.0	46	9	1.00	18.00	32.00	11.00	2.00	*0.00
HAMBURGER	1 EACH	17	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	29	305	55	510	2.00	2.52	175.0	150	30	0.00	21.00	22.50	14.00	5.75	*0.00
BURRITO, WW BEAN & CHEESE, I W, L	1 EA	8	333	6	532	8.38	3.82	146.3	371	2	2.47	15.56	53.07	7.14	2.02	0.00
CHEESE PIZZA (MS)	SLICE	30	308	20	678	1.59	2.41	256.3	293	84	0.82	15.72	44.89	7.37	3.23	*0.00
HAWAIIAN PIZZA (MS)	SLICE	20	337	32	878	1.76	2.64	260.2	306	86	2.44	18.60	47.35	8.33	3.50	*0.00
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
ITALIAN WRAP	1 EACH	4	506	48	1570	4.09	5.16	317.1	1308	134	7.07	21.95	61.87	18.58	4.55	*0.00
CHEF SALAD W/ CRACKERS (ES /MS)	1 EACH	5	203	48	579	2.21	2.07	152.8	3449	375	15.99	14.25	14.03	9.11	2.16	*0.43
STRAIGHT CUT FRIES	SVG	125	148	0	41	2.35	0.72	0.0	0	0	10.00	2.35	23.50	5.00	1.25	*0.00
APPLESAUCE	1/2 CUP	160	97	0	4	1.53	0.45	5.1	14	1	2.17	0.23	25.39	0.23	0.04	*0.00
ITALIAN PASTA SALAD	2 OZ	125	93	7	236	0.82	0.56	4.4	1	1	0.00	3.27	7.78	5.78	1.46	*0.00
SEC CONDIMENTS	SVG	110	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
SALAD DRESSINGS (SEC)	1 OZ	65	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
BURGER TOPPINGS	SVG	55	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
MILK-Variety:1%white/choc/stra	HALF PINT	165	142	9	135	0.75	0.38	284.6	487	142	1.47	8.03	22.41	2.46	1.54	*0.00
LEAFY GREENS	2 OZ	100	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	100	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
CARROT STICKS	1/4 CUP	125	18	0	30	1.23	0.13	14.5	7387	1236	2.59	0.41	4.21	0.11	0.02	0.00
Weighted Daily Average			845	56	1729	9.89	5.31	503.8	8826	1300	33.54	31.79	125.15	26.10	7.84	*0.01
% of Calories											15.0%	59.2%	27.8%	8.4%	0.0%	

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

	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																
CSCA	Total	165														
PANCAKE BAR w/Saus (SEC)	SVG	19	693	47	903	8.42	6.97	186.7	451	451	52.96	18.68	130.05	12.54	4.02	*0.00
CHICKEN NUGGET (ES/MS)	8 EACH	15	314	86	738	1.60	3.20	30.4	122	24	0.00	22.40	19.20	16.00	4.80	0.00
HAMBURGER	1 EACH	17	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	25	305	55	510	2.00	2.52	175.0	150	30	0.00	21.00	22.50	14.00	5.75	*0.00
CHILI FRITOS	1 EACH	15	453	30	865	10.16	3.72	374.0	1744	333	13.48	24.13	47.69	14.59	3.26	*0.22
PEPPERONI PIZZA (MS)	SLICE	40	343	28	815	1.59	2.59	256.3	293	84	0.82	17.22	45.01	10.62	4.48	*0.00
MEXICAN PIZZA (MS)	SLICE	20	354	25	958	2.82	3.03	310.6	1562	290	3.01	20.80	46.11	4.54	1.10	*0.00
AMERICAN SUB	1 EACH	4	337	33	1364	6.65	4.09	114.8	564	50	2.33	23.51	46.58	6.76	2.74	*0.00
AMERICAN WRAP	1 EACH	2	459	36	1384	4.09	4.51	293.5	1502	173	6.36	23.11	61.36	10.78	2.76	*0.00
CHICKEN CAESAR SALAD (MS)	1 EACH	8	280	49	752	3.30	2.01	204.9	5078	255	21.21	18.94	19.05	14.58	4.18	*0.00
CRINKLE CUT FRIES	3 OZ	140	114	0	330	2.38	0.63	10.2	4	0	11.31	2.26	23.59	4.44	0.88	*0.00
CANNED PINEAPPLE	1/2 CUP	160	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*0.00
SEC CONDIMENTS	SVG	110	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
SALAD DRESSINGS (SEC)	1 OZ	65	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
BURGER TOPPINGS	SVG	55	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
MILK-Variety:1%white/choc/stra	HALF PINT	165	142	9	135	0.75	0.38	284.6	487	142	1.47	8.03	22.41	2.46	1.54	*0.00
LEAFY GREENS	2 OZ	85	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	100	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	85	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
Weighted Daily Average			803	56	1913	9.85	5.63	569.2	7925	1204	41.99	32.26	123.50	23.30	7.10	*0.02
% of Calories												16.1%	61.5%	26.1%	8.0%	0.0%

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

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																
CSCA	Total	165														
TURKEY ROAST,SLICED	4.5 OZ	30	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	30	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	30	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	30	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	30	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	75	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	30	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	75	62	14	51	0.25	0.27	3.5	847	121	0.23	0.78	7.88	3.07	0.47	*0.00
WHIP TOPPING:ND REFRIG #025	DALLOP . 25oz	75	23	0	2	0.00	0.01	0.4	10	6	0.00	0.09	1.63	1.79	1.54	*0.00
SPICY CHICKEN PATTY SANDWI CH	1 EACH	15	292	52	750	2.00	3.08	120.0	46	9	1.00	18.00	32.00	11.00	2.00	*0.00
HAMBURGER	1 EACH	17	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	35	305	55	510	2.00	2.52	175.0	150	30	0.00	21.00	22.50	14.00	5.75	*0.00
BURRITO, WW BEAN &CHEESE,I W, L	1 EA	15	333	6	532	8.38	3.82	146.3	371	2	2.47	15.56	53.07	7.14	2.02	0.00
CHEESE PIZZA (MS)	SLICE	30	308	20	678	1.59	2.41	256.3	293	84	0.82	15.72	44.89	7.37	3.23	*0.00
SUPREME PIZZA (MS)	SLICE	20	382	32	905	2.72	3.04	277.4	505	104	6.02	21.74	47.75	13.15	5.21	*0.00
HAM & CHEESE SUB	1 EACH	5	347	42	1476	6.65	4.29	112.4	572	51	2.59	23.06	46.54	8.04	3.11	*0.00
HAM & CHEESE WRAP	1 EACH	4	547	72	1964	4.59	5.11	427.5	1547	245	6.13	31.39	63.40	13.70	3.65	*0.00
CHEF SALAD W/ CRACKERS (ES /MS)	1 EACH	5	203	48	579	2.21	2.07	152.8	3449	375	15.99	14.25	14.03	9.11	2.16	*0.43
POTATO WEDGES	3 OZ	125	130	0	390	2.00	0.36	0.0	0	0	2.40	2.00	17.00	6.00	1.50	*0.00
CANNED PEARS	1/2 CUP	160	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*0.00
MACARONI SALAD	1/2 CUP	120	168	5	214	1.64	1.04	18.2	862	136	0.66	4.41	25.64	4.95	0.77	*0.00
SEC CONDIMENTS	SVG	100	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
SALAD DRESSINGS (SEC)	1 OZ	65	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
BURGER TOPPINGS	SVG	65	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
MILK-Variety:1%white/choc/stra	HALF PINT	165	142	9	135	0.75	0.38	284.6	487	142	1.47	8.03	22.41	2.46	1.54	*0.00
LEAFY GREENS	2 OZ	140	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	140	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
Weighted Daily Average			1010	70	2277	12.79	6.71	551.1	10755	1176	34.13	39.75	145.24	31.36	9.26	*0.01
% of Calories											15.7%	57.5%	27.9%	8.2%	0.0%	

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

	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
Fri - 11/20/2009																
CSCA	Total	165														
BEEF CRISPITO	SERVING	20	332	44	717	1.74	2.01	569.6	2040	408	0.00	24.72	21.87	6.03	2.44	*0.00
REFRIED BEANS	2 OZ	20	81	2	244	4.17	0.99	36.1	0	0	0.00	4.03	12.25	1.78	0.67	*0.00
CHICKEN NUGGET (ES/MS)	8 EACH	20	314	86	738	1.60	3.20	30.4	122	24	0.00	22.40	19.20	16.00	4.80	0.00
HAMBURGER	1 EACH	17	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	35	305	55	510	2.00	2.52	175.0	150	30	0.00	21.00	22.50	14.00	5.75	*0.00
NACHOS W/ CHEESE	1 EACH	15	371	7	652	3.01	1.56	332.0	68	25	0.00	9.75	42.51	18.58	2.94	*1.73
CHILI	2 OZ	15	95	7	220	4.14	1.61	29.4	362	63	6.74	7.15	12.28	2.16	0.89	*0.00
PEPPERONI PIZZA (MS)	SLICE	30	343	28	815	1.59	2.59	256.3	293	84	0.82	17.22	45.01	10.62	4.48	*0.00
VEGETARIAN PIZZA (MS)	SLICE	25	319	20	740	2.22	2.64	262.5	480	99	5.72	16.14	46.66	7.73	3.28	*0.00
TURKEY WRAP	1 EACH	5	506	40	1523	4.59	4.46	432.3	1523	240	5.27	30.28	63.28	9.74	2.53	*0.00
TURKEY & CHEESE SUB	1 EACH	4	327	24	1251	6.65	3.89	117.2	556	48	2.08	23.97	46.61	5.47	2.38	*0.00
GARDEN SALAD W/ CRAX (ES/M	SERVING	5	175	30	584	2.21	1.60	197.9	3690	424	15.66	7.66	14.01	10.75	6.32	*0.43
TATER TOTS	3 OZ	125	153	0	451	1.70	0.43	5.1	0	0	0.85	1.70	20.41	8.50	1.28	*0.00
FRUIT COCKTAIL	1/2 CUP	165	69	0	7	1.21	0.35	7.3	248	25	2.30	0.48	18.07	0.08	0.01	*0.00
MARINATED VEGETABLE SALAD	1/4 CUP	75	82	0	139	1.22	0.23	19.6	2432	404	16.75	0.89	4.70	6.96	1.01	*0.00
SEC CONDIMENTS	SVG	100	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
SALAD DRESSINGS (SEC)	1 OZ	65	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
BURGER TOPPINGS	SVG	65	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
MILK-Variety:1%white/choc/stra	HALF PINT	165	142	9	135	0.75	0.38	284.6	487	142	1.47	8.03	22.41	2.46	1.54	*0.00
Weighted Daily Average			825	58	1977	7.78	4.54	587.2	2844	507	18.51	32.64	108.78	29.87	8.31	*0.17
% of Calories												15.8%	52.7%	32.6%	9.1%	0.2%

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

	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 - 11/23/2009																
CSCA	Total	165														
HOT DOG ON WHEAT BUN	1 EACH	29	234	47	951	2.00	1.99	158.6	63	9	1.36	11.30	21.52	11.60	2.86	*0.00
A-CHEESE,SLICED (184ct)	SLICE (.4 4oz)	29	45	10	220	0.00	0.00	74.8	150	30	0.00	2.49	0.00	3.49	2.49	*0.00
CHILI	2 OZ	29	95	7	220	4.14	1.61	29.4	362	63	6.74	7.15	12.28	2.16	0.89	*0.00
HAMBURGER	1 EACH	17	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	35	305	55	510	2.00	2.52	175.0	150	30	0.00	21.00	22.50	14.00	5.75	*0.00
NACHOS W/ CHEESE	1 EACH	15	371	7	652	3.01	1.56	332.0	68	25	0.00	9.75	42.51	18.58	2.94	*1.73
CHILI	2 OZ	15	95	7	220	4.14	1.61	29.4	362	63	6.74	7.15	12.28	2.16	0.89	*0.00
PEPPERONI PIZZA (MS)	SLICE	30	343	28	815	1.59	2.59	256.3	293	84	0.82	17.22	45.01	10.62	4.48	*0.00
MEAT MEDLEY PIZZA (MS)	SLICE	20	392	37	877	2.38	3.15	276.9	318	89	1.12	24.07	46.23	13.54	5.56	*0.00
AMERICAN SUB	1 EACH	10	337	33	1364	6.65	4.09	114.8	564	50	2.33	23.51	46.58	6.76	2.74	*0.00
AMERICAN WRAP	1 EACH	4	459	36	1384	4.09	4.51	293.5	1502	173	6.36	23.11	61.36	10.78	2.76	*0.00
TACO SALAD (ES & MS)	1 EACH	5	434	28	795	6.06	3.55	281.9	4030	503	14.89	19.88	43.31	18.67	4.03	*1.73
POTATO WEDGES	3 OZ	120	130	0	390	2.00	0.36	0.0	0	0	2.40	2.00	17.00	6.00	1.50	*0.00
CANNED PEACHES	1/2 CUP	150	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*0.00
COLESLAW	1/4 CUP	100	53	4	117	1.09	0.21	17.0	1114	186	13.55	0.60	4.86	3.39	0.51	*0.00
SEC CONDIMENTS	SVG	100	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
SALAD DRESSINGS (SEC)	1 OZ	65	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
BURGER TOPPINGS	SVG	65	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
MILK-Variety:1%white/choc/stra	HALF PINT	165	142	9	135	0.75	0.38	284.6	487	142	1.47	8.03	22.41	2.46	1.54	*0.00
LEAFY GREENS	2 OZ	100	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	100	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
CARROT STICKS	1/4 CUP	125	18	0	30	1.23	0.13	14.5	7387	1236	2.59	0.41	4.21	0.11	0.02	0.00
Weighted Daily Average			808	58	2054	10.75	5.20	580.6	10029	1481	31.44	32.62	110.20	27.96	8.65	*0.21
% of Calories												16.2%	54.6%	31.1%	9.6%	0.2%

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

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
Tue - 11/24/2009																
CSCA	Total	165														
SALISBURY STEAK	1 EACH	20	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	20	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	20	26	2	257	0.24	0.60	9.0	9	2	0.06	0.73	3.60	0.92	0.31	*0.00
SPICY CHICKEN PATTY SANDWI CH	1 EACH	15	292	52	750	2.00	3.08	120.0	46	9	1.00	18.00	32.00	11.00	2.00	*0.00
HAMBURGER	1 EACH	17	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	29	305	55	510	2.00	2.52	175.0	150	30	0.00	21.00	22.50	14.00	5.75	*0.00
BURRITO, WW BEAN &CHEESE,I W, L	1 EA	10	333	6	532	8.38	3.82	146.3	371	2	2.47	15.56	53.07	7.14	2.02	0.00
CHEESE PIZZA (MS)	SLICE	30	308	20	678	1.59	2.41	256.3	293	84	0.82	15.72	44.89	7.37	3.23	*0.00
HAWAIIAN PIZZA (MS)	SLICE	25	337	32	878	1.76	2.64	260.2	306	86	2.44	18.60	47.35	8.33	3.50	*0.00
ITALIAN SUB	1 EACH	6	366	49	1501	6.65	4.50	146.4	586	54	2.94	23.13	47.20	9.72	3.58	*0.00
ITALIAN WRAP	1 EACH	6	506	48	1570	4.09	5.16	317.1	1308	134	7.07	21.95	61.87	18.58	4.55	*0.00
CHEF SALAD W/ CRACKERS (ES /MS)	1 EACH	7	203	48	579	2.21	2.07	152.8	3449	375	15.99	14.25	14.03	9.11	2.16	*0.43
STRAIGHT CUT FRIES	SVG	120	148	0	41	2.35	0.72	0.0	0	0	10.00	2.35	23.50	5.00	1.25	*0.00
APPLESAUCE	1/2 CUP	155	97	0	4	1.53	0.45	5.1	14	1	2.17	0.23	25.39	0.23	0.04	*0.00
CUCUMBERS W/ RANCH	2 OZ	125	101	10	278	0.14	0.18	15.9	30	6	0.79	0.75	1.88	10.24	1.43	*0.00
SEC CONDIMENTS	SVG	85	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
SALAD DRESSINGS (SEC)	1 OZ	50	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
BURGER TOPPINGS	SVG	65	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
MILK-Variety:1%white/choc/stra	HALF PINT	165	142	9	135	0.75	0.38	284.6	487	142	1.47	8.03	22.41	2.46	1.54	*0.00
LEAFY GREENS	2 OZ	85	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	100	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	85	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
Weighted Daily Average			838	60	1634	9.12	5.13	519.8	7424	1098	32.75	30.66	117.66	28.80	8.07	*0.02
% of Calories											14.6%	56.2%	30.9%	8.7%	0.0%	

Colorado Springs School District 11

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

CSCA

	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 - 11/30/2009																
CSCA	Total	165														
CORN DOG	1 EACH	18	290	50	860	1.00	10.80	10.0	0	0	24.00	10.00	30.00	15.00	3.50	0.00
CHICKEN NUGGET (ES/MS)	8 EACH	46	314	86	738	1.60	3.20	30.4	122	24	0.00	22.40	19.20	16.00	4.80	0.00
HAMBURGER	1 EACH	9	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	16	305	55	510	2.00	2.52	175.0	150	30	0.00	21.00	22.50	14.00	5.75	*0.00
NACHOS W/ CHEESE	1 EACH	15	371	7	652	3.01	1.56	332.0	68	25	0.00	9.75	42.51	18.58	2.94	*1.73
CHILI	2 OZ	15	95	7	220	4.14	1.61	29.4	362	63	6.74	7.15	12.28	2.16	0.89	*0.00
PEPPERONI PIZZA (MS)	SLICE	30	343	28	815	1.59	2.59	256.3	293	84	0.82	17.22	45.01	10.62	4.48	*0.00
MEAT MEDLEY PIZZA (MS)	SLICE	22	392	37	877	2.38	3.15	276.9	318	89	1.12	24.07	46.23	13.54	5.56	*0.00
AMERICAN SUB	1 EACH	2	337	33	1364	6.65	4.09	114.8	564	50	2.33	23.51	46.58	6.76	2.74	*0.00
AMERICAN WRAP	1 EACH	2	459	36	1384	4.09	4.51	293.5	1502	173	6.36	23.11	61.36	10.78	2.76	*0.00
TACO SALAD (ES & MS)	1 EACH	5	434	28	795	6.06	3.55	281.9	4030	503	14.89	19.88	43.31	18.67	4.03	*1.73
POTATO WEDGES	3 OZ	120	130	0	390	2.00	0.36	0.0	0	0	2.40	2.00	17.00	6.00	1.50	*0.00
CANNED PEACHES	1/2 CUP	140	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*0.00
WALDORF SALAD	1/4 CUP	125	115	7	214	1.60	0.30	19.1	196	16	2.63	0.66	14.90	6.04	0.91	*0.00
SEC CONDIMENT	SVG	85	98	2	840	0.89	0.55	17.4	512	50	4.85	1.28	19.11	2.51	0.32	*0.00
SALAD DRESSINGS (SEC)	1 OZ	65	90	6	274	0.12	0.06	10.0	36	8	0.11	0.44	2.69	8.49	1.29	*0.00
BURGER TOPPINGS	SVG	65	11	0	81	0.53	0.10	5.9	123	10	3.01	0.34	2.42	0.05	0.01	*0.00
MILK-Variety:1%white/choc/stra	HALF PINT	165	142	9	135	0.75	0.38	284.6	487	142	1.47	8.03	22.41	2.46	1.54	*0.00
LEAFY GREENS	2 OZ	85	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	100	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
CARROT STICKS	1/4 CUP	85	18	0	30	1.23	0.13	14.5	7387	1236	2.59	0.41	4.21	0.11	0.02	0.00
Weighted Daily Average			833	69	1968	9.52	5.93	509.5	7222	1036	23.88	31.66	111.14	30.78	8.64	*0.21
% of Calories												15.2%	53.4%	33.3%	9.3%	0.2%

Weighted Average			840	57	1922	10.22	5.40	551.2	9153	1330	30.92	32.46	119.48	27.62	8.29	*0.10
												15.5%	56.9%	29.6%	8.9%	0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	840		819	103%			
Cholesterol (mg)	57		0				
Sodium (mg)	1922		0				
Fiber (g)	10.22		0.00				
Iron (mg)	5.40		4.50	120%			
Calcium (mg)	551.2		400.00	138%			
Vitamin A (IU)	9153		7500	122%			
Vitamin A (RE)	1330		1500	89%		170	Correction Required - Vitamin A is Low
Vitamin C (mg)	30.92		18.11	171%			
Protein (g)	32.46	15.46%	16.06	202%			
Carbohydrate (g)	119.48	56.90%	0.00				
Total Fat (g)	27.62	29.60%	<30.00				
Saturated Fat (g)	8.29	8.89%	<10.00				
Trans Fat (g)	0.10	0.11%					