

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
 Globe/Pathway/Bijou Lunch

	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																
Globe/Pathway/Bijou Lunch	Total	31														
SOFT PRETZEL W/ CHEESE (EL EM)	SVG	31	283	7	573	2.00	3.83	253.3	67	13	0.00	12.32	46.25	5.33	1.33	*0.00
CARROT STICKS	1/4 CUP	31	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	31	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
RANCH DRESSING	2 OZ	25	99	12	518	0.27	0.12	34.4	60	17	0.31	1.08	3.86	7.95	1.30	*0.00
FRUIT-APPLE/ORANGE	EACH	31	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
CHIPS,DORITO BAKED NACHO	1 EACH	31	120	0	220	2.00	0.28	16.0	114	23	0.15	2.00	21.00	3.50	0.50	*0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	31	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			676	20	1452	7.44	4.70	644.3	8352	1403	21.15	24.49	107.27	16.48	3.53	*0.00
% of Calories												14.5%	63.4%	21.9%	4.7%	0.0%

Tue - 11/03/2009																
Globe/Pathway/Bijou Lunch	Total	31														
CHEF SALAD W/ CRACKERS (ES /MS)	EACH	31	203	48	579	2.21	2.07	152.8	3449	375	15.99	14.25	14.03	9.11	2.16	*0.43
RANCH DRESSING	2 OZ	31	99	12	518	0.27	0.12	34.4	60	17	0.31	1.08	3.86	7.95	1.30	*0.00
YOGURT	4 OZ	31	100	7	100	0.00	0.00	133.4	0	0	0.00	4.00	19.34	1.00	0.67	*0.00
CHIPS,DORITO BAKED NACHO	1 EACH	31	120	0	220	2.00	0.28	16.0	114	23	0.15	2.00	21.00	3.50	0.50	*0.00
FRUIT-APPLE/ORANGE	EACH	31	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	31	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			692	71	1598	5.89	2.76	654.5	4192	527	33.46	29.97	89.83	22.64	5.24	*0.43
% of Calories												17.3%	52.0%	29.5%	6.8%	0.6%

Wed - 11/04/2009																
Globe/Pathway/Bijou Lunch	Total	31														
HAM & CHEDDAR WRAP	1 EACH	31	453	59	1458	3.65	3.58	374.7	3680	332	14.29	23.51	42.00	16.47	3.45	*0.00
MAYONNAISE PACKET	PACKET	18	86	7	68	0.00	0.06	2.2	34	10	0.00	0.13	0.32	9.53	1.03	*0.00
MUSTARD PACKET	PACKET	31	4	0	69	0.15	0.11	4.6	0	0	0.00	0.26	0.35	0.24	0.01	*0.00
CARROT STICKS	1/4 CUP	31	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	31	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
RANCH DRESSING	2 OZ	31	99	12	518	0.27	0.12	34.4	60	17	0.31	1.08	3.86	7.95	1.30	*0.00
CHEESE,STRING,MOZZ	1 EACH	31	90	20	95	0.00	2.70	250.0	400	80	0.00	7.00	0.00	7.00	5.00	*0.00
CANNED PEARS	1/2 CUP	31	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	31	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			932	99	2426	7.90	7.33	1006.9	12210	1781	21.87	41.14	94.77	38.38	11.00	*0.00
% of Calories												17.7%	40.7%	37.1%	10.6%	0.0%

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
 Globe/Pathway/Bijou Lunch

	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																
Globe/Pathway/Bijou Lunch	Total	31														
CHICKEN SALAD SANDWICH	1 EACH	31	199	28	346	2.23	1.53	109.5	114	8	0.57	12.50	24.07	5.51	0.95	*0.00
CARROT STICKS	1/4 CUP	31	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	31	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
RANCH DRESSING	2 OZ	31	99	12	518	0.27	0.12	34.4	60	17	0.31	1.08	3.86	7.95	1.30	*0.00
FRUIT-APPLE/ORANGE/BANANA	EACH	31	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	31	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
GRAHAM CRACKER, HONEY MA ID (IW	EA	1	60	0	80	0.50	0.36	0.0	0	0	0.00	1.00	11.00	1.50	0.00	0.00
Weighted Daily Average			514	44	1107	6.15	2.22	489.0	8294	1379	19.77	23.17	70.36	14.83	2.93	*0.00
% of Calories												18.0%	54.8%	26.0%	5.1%	0.0%

Fri - 11/06/2009																
Globe/Pathway/Bijou Lunch	Total	31														
CHICKEN SALAD SANDWICH	1 EACH	31	199	28	346	2.23	1.53	109.5	114	8	0.57	12.50	24.07	5.51	0.95	*0.00
CARROT STICKS	1/4 CUP	31	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	31	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
RANCH DRESSING	2 OZ	31	99	12	518	0.27	0.12	34.4	60	17	0.31	1.08	3.86	7.95	1.30	*0.00
CANNED FRUIT	1 CUP	31	129	0	20	3.36	1.27	16.4	359	41	11.42	0.99	32.62	0.08	0.00	*0.00
SUGAR COOKIE	1 EACH	31	160	0	60	2.00	0.72	0.0	0	0	0.00	2.00	20.00	8.00	2.00	*0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	31	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	44	1185	9.68	4.07	495.9	8584	1413	18.69	25.56	109.88	22.69	4.89	*0.00
% of Calories												13.6%	58.5%	27.2%	5.9%	0.0%

Mon - 11/09/2009																
Globe/Pathway/Bijou Lunch	Total	31														
SOFT PRETZEL W/ CHEESE (EL EM)	SVG	31	283	7	573	2.00	3.83	253.3	67	13	0.00	12.32	46.25	5.33	1.33	*0.00
CARROT STICKS	1/4 CUP	31	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	31	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
RANCH DRESSING	2 OZ	31	99	12	518	0.27	0.12	34.4	60	17	0.31	1.08	3.86	7.95	1.30	*0.00
FRUIT-APPLE/ORANGE	EACH	31	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
CHIPS,DORITO BAKED NACHO	1 EACH	31	120	0	220	2.00	0.28	16.0	114	23	0.15	2.00	21.00	3.50	0.50	*0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	31	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			695	22	1552	7.49	4.73	651.0	8364	1406	21.21	24.70	108.02	18.02	3.79	*0.00
% of Calories												14.2%	62.1%	23.3%	4.9%	0.0%

Colorado Springs School District 11

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

Globe/Pathway/Bijou Lunch

	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 - 11/10/2009																
Globe/Pathway/Bijou Lunch	Total	31														
CHEF SALAD W/ CRACKERS (ES /MS)	EACH	31	203	48	579	2.21	2.07	152.8	3449	375	15.99	14.25	14.03	9.11	2.16	*0.43
RANCH DRESSING	2 OZ	31	99	12	518	0.27	0.12	34.4	60	17	0.31	1.08	3.86	7.95	1.30	*0.00
YOGURT	4 OZ	31	100	7	100	0.00	0.00	133.4	0	0	0.00	4.00	19.34	1.00	0.67	*0.00
CHIPS,DORITO BAKED NACHO	1 EACH	31	120	0	220	2.00	0.28	16.0	114	23	0.15	2.00	21.00	3.50	0.50	*0.00
FRUIT-APPLE/ORANGE	EACH	31	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	31	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			692	71	1598	5.89	2.76	654.5	4192	527	33.46	29.97	89.83	22.64	5.24	*0.43
% of Calories												17.3%	52.0%	29.5%	6.8%	0.6%

Thu - 11/12/2009																
Globe/Pathway/Bijou Lunch	Total	31														
TUNA SALAD SANDWICH	1 EACH	31	193	13	462	2.05	1.57	104.3	81	12	0.11	11.46	23.65	5.30	0.68	*0.00
CARROT STICKS	1/4 CUP	31	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	31	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
RANCH DRESSING	2 OZ	31	99	12	518	0.27	0.12	34.4	60	17	0.31	1.08	3.86	7.95	1.30	*0.00
FRUIT-APPLE/ORANGE/BANANA	EACH	31	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
GRAHAM CRACKER, HONEY MA ID (IW	1 EA	31	60	0	80	0.50	0.36	0.0	0	0	0.00	1.00	11.00	1.50	0.00	0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	31	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			566	29	1301	6.45	2.61	483.7	8262	1383	19.31	23.10	80.58	16.08	2.66	*0.00
% of Calories												16.3%	57.0%	25.6%	4.2%	0.0%

Fri - 11/13/2009																
Globe/Pathway/Bijou Lunch	Total	31														
PBJ SANDWICH	1 EACH	31	354	0	384	4.84	2.00	263.2	1	0	0.13	13.13	43.46	16.29	3.92	*0.00
CARROT STICKS	1/4 CUP	31	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	31	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
RANCH DRESSING	2 OZ	31	99	12	518	0.27	0.12	34.4	60	17	0.31	1.08	3.86	7.95	1.30	*0.00
CANNED FRUIT	1 CUP	31	129	0	20	3.36	1.27	16.4	359	41	11.42	0.99	32.62	0.08	0.00	*0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	31	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	31	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			792	16	1213	10.30	4.00	649.6	8571	1424	18.25	24.44	118.31	26.48	6.11	*0.00
% of Calories												12.3%	59.8%	30.1%	6.9%	0.0%

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
 Globe/Pathway/Bijou Lunch

	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																
Globe/Pathway/Bijou Lunch	Total	31														
SOFT PRETZEL W/ CHEESE (EL EM)	SVG	31	283	7	573	2.00	3.83	253.3	67	13	0.00	12.32	46.25	5.33	1.33	*0.00
CARROT STICKS	1/4 CUP	31	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	31	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
RANCH DRESSING	2 OZ	31	99	12	518	0.27	0.12	34.4	60	17	0.31	1.08	3.86	7.95	1.30	*0.00
FRUIT-APPLE/ORANGE	EACH	31	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
CHIPS,DORITO BAKED NACHO	1 EACH	31	120	0	220	2.00	0.28	16.0	114	23	0.15	2.00	21.00	3.50	0.50	*0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	31	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
CANNED PEACHES	1/2 CUP	31	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*0.00
Weighted Daily Average			763	22	1558	9.12	5.18	654.7	8808	1450	24.22	25.26	126.28	18.06	3.79	*0.00
% of Calories												13.2%	66.2%	21.3%	4.5%	0.0%

Tue - 11/17/2009																
Globe/Pathway/Bijou Lunch	Total	31														
LEAFY GREENS W/ TUNA SALAD	1 EACH	31	154	13	407	2.25	2.03	48.9	3271	330	15.23	9.94	14.85	5.92	0.91	*0.43
RANCH DRESSING	2 OZ	31	99	12	518	0.27	0.12	34.4	60	17	0.31	1.08	3.86	7.95	1.30	*0.00
YOGURT	4 OZ	31	100	7	100	0.00	0.00	133.4	0	0	0.00	4.00	19.34	1.00	0.67	*0.00
CHIPS,DORITO BAKED NACHO	1 EACH	31	120	0	220	2.00	0.28	16.0	114	23	0.15	2.00	21.00	3.50	0.50	*0.00
FRUIT-APPLE/ORANGE	EACH	31	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
APPLESAUCE	1/2 CUP	31	97	0	4	1.53	0.45	5.1	14	1	2.17	0.23	25.39	0.23	0.04	*0.00
Weighted Daily Average			599	32	1249	7.45	2.94	249.5	3531	377	32.20	17.56	92.02	18.69	3.43	*0.43
% of Calories												11.7%	61.5%	28.1%	5.2%	0.6%

Wed - 11/18/2009																
Globe/Pathway/Bijou Lunch	Total	31														
TURKEY & CHEESE WRAP	1 EACH	31	538	37	1522	3.53	4.16	296.8	510	102	0.40	23.75	60.67	19.59	3.79	*0.00
MAYONNAISE PACKET	PACKET	31	86	7	68	0.00	0.06	2.2	34	10	0.00	0.13	0.32	9.53	1.03	*0.00
MUSTARD PACKET	PACKET	31	4	0	69	0.15	0.11	4.6	0	0	0.00	0.26	0.35	0.24	0.01	*0.00
CARROT STICKS	1/4 CUP	31	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	31	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
RANCH DRESSING	2 OZ	31	99	12	518	0.27	0.12	34.4	60	17	0.31	1.08	3.86	7.95	1.30	*0.00
CHEESE,STRING,MOZZ	1 EACH	31	90	20	95	0.00	2.70	250.0	400	80	0.00	7.00	0.00	7.00	5.00	*0.00
CANNED PINEAPPLE	1/2 CUP	31	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	31	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			1047	80	2514	6.78	8.07	941.2	9102	1557	16.55	41.65	111.48	45.62	11.79	*0.00
% of Calories												15.9%	42.6%	39.2%	10.1%	0.0%

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 Globe/Pathway/Bijou Lunch

	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 - 11/19/2009																
Globe/Pathway/Bijou Lunch	Total	31														
CHICKEN SALAD SANDWICH	1 EACH	31	199	28	346	2.23	1.53	109.5	114	8	0.57	12.50	24.07	5.51	0.95	*0.00
CARROT STICKS	1/4 CUP	31	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	31	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
RANCH DRESSING	2 OZ	31	99	12	518	0.27	0.12	34.4	60	17	0.31	1.08	3.86	7.95	1.30	*0.00
FRUIT-APPLE/ORANGE/BANANA	EACH	31	49	0	1	1.81	0.13	9.5	70	7	12.50	0.58	12.75	0.17	0.05	*0.00
GRANOLA BAR,CHEWY,CHOC C HUNK	1 EACH	31	120	0	45	2.00	2.00	0.0	0	0	0.00	2.00	21.00	2.50	0.50	*0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	31	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
CANNED PEARS	1/2 CUP	31	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*0.00
Weighted Daily Average			703	44	1156	10.14	4.56	495.2	8294	1379	20.65	25.38	110.04	17.32	3.43	*0.00
% of Calories												14.4%	62.6%	22.2%	4.4%	0.0%

Fri - 11/20/2009																
Globe/Pathway/Bijou Lunch	Total	31														
PBJ SANDWICH	1 EACH	31	354	0	384	4.84	2.00	263.2	1	0	0.13	13.13	43.46	16.29	3.92	*0.00
CARROT STICKS	1/4 CUP	31	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	31	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
RANCH DRESSING	2 OZ	31	99	12	518	0.27	0.12	34.4	60	17	0.31	1.08	3.86	7.95	1.30	*0.00
FRUIT COCKTAIL	1/2 CUP	31	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	31	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	31	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			732	16	1200	8.15	3.08	640.4	8460	1409	9.13	23.93	103.76	26.48	6.12	*0.00
% of Calories												13.1%	56.7%	32.6%	7.5%	0.0%

Mon - 11/23/2009																
Globe/Pathway/Bijou Lunch	Total	31														
SOFT PRETZEL W/ CHEESE (EL EM)	SVG	31	283	7	573	2.00	3.83	253.3	67	13	0.00	12.32	46.25	5.33	1.33	*0.00
CARROT STICKS	1/4 CUP	31	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	31	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
RANCH DRESSING	2 OZ	31	99	12	518	0.27	0.12	34.4	60	17	0.31	1.08	3.86	7.95	1.30	*0.00
FRUIT-APPLE/ORANGE	EACH	31	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
CHIPS,POTATO,PLAIN,SALTED	.5 OZ	31	78	0	74	0.62	0.23	3.4	0	0	2.64	0.93	7.05	5.31	1.55	*0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	31	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			653	22	1406	6.12	4.68	638.4	8250	1383	23.69	23.63	94.07	19.84	4.84	*0.00
% of Calories												14.5%	57.6%	27.3%	6.7%	0.0%

Colorado Springs School District 11

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

Globe/Pathway/Bijou Lunch

	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																
Globe/Pathway/Bijou Lunch	Total	31														
LEAFY GREENS W/ CHICKEN SA LAD	1 EACH	31	179	32	336	2.30	1.98	115.2	3523	376	15.43	12.85	15.24	6.16	1.23	*0.43
RANCH DRESSING	2 OZ	31	99	12	518	0.27	0.12	34.4	60	17	0.31	1.08	3.86	7.95	1.30	*0.00
YOGURT	4 OZ	31	100	7	100	0.00	0.00	133.4	0	0	0.00	4.00	19.34	1.00	0.67	*0.00
CHIPS,POTATO,PLAIN,SALTED	.5 OZ	31	78	0	74	0.62	0.23	3.4	0	0	2.64	0.93	7.05	5.31	1.55	*0.00
FRUIT-APPLE/ORANGE	EACH	31	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
MILK-WHITE/CHOC/STWB/VAN	EACH	31	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			625	55	1209	4.59	2.62	604.3	4152	505	35.38	27.49	77.09	21.50	5.37	*0.43
% of Calories												17.6%	49.4%	31.0%	7.7%	0.6%

Mon - 11/30/2009																
Globe/Pathway/Bijou Lunch	Total	31														
SOFT PRETZEL W/ CHEESE (EL EM)	SVG	31	283	7	573	2.00	3.83	253.3	67	13	0.00	12.32	46.25	5.33	1.33	*0.00
CARROT STICKS	1/4 CUP	31	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	31	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
RANCH DRESSING	2 OZ	31	99	12	518	0.27	0.12	34.4	60	17	0.31	1.08	3.86	7.95	1.30	*0.00
FRUIT-APPLE/ORANGE	EACH	31	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
CHIPS,DORITO BAKED NACHO	1 EACH	31	120	0	220	2.00	0.28	16.0	114	23	0.15	2.00	21.00	3.50	0.50	*0.00
MILK-WHITE/CHOC/STWB/VAN	EACH	31	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
CANNED PEACHES	1/2 CUP	31	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*0.00
Weighted Daily Average			763	22	1558	9.12	5.18	654.7	8808	1450	24.22	25.26	126.28	18.06	3.79	*0.00
% of Calories												13.2%	66.2%	21.3%	4.5%	0.0%

Weighted Average			717	42	1487	7.57	4.20	624.0	7672	1221	23.13	26.86	100.58	22.58	5.17	*0.10
												15.0%	56.1%	28.3%	6.5%	0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	717		819	88%		102	Correction Required - Calories are Low
Cholesterol (mg)	42		150	28%			
Sodium (mg)	1487		1200	124%			Correction Required - Sodium too High
Fiber (g)	7.57		6.50	116%			
Iron (mg)	4.20		4.50	93%		0.30	Correction Required - Iron is Low
Calcium (mg)	624.0		400.00	156%			
Vitamin A (IU)	7672		1500	511%			
Vitamin A (RE)	1221		300	407%			
Vitamin C (mg)	23.13		18.11	128%			
Protein (g)	26.86	14.98%	16.06	167%			
Carbohydrate (g)	100.58	56.09%	0.00				
Total Fat (g)	22.58	28.33%	<30.00				
Saturated Fat (g)	5.17	6.49%	<10.00				
Trans Fat (g)	0.10	0.13%					