

# Colorado Springs School District 11

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

Oct 23, 2009

Vanguard 7-12

Page 1

|                                | 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               |              |          |      |           |         |         |         |         |          |          |          |         |        |         |         |          |
| Vanguard 7-12                  | Total        | 85       |      |           |         |         |         |         |          |          |          |         |        |         |         |          |
| 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       | 5        | 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       | 15       | 305  | 55        | 510     | 2.00    | 2.52    | 175.0   | 150      | 30       | 0.00     | 21.00   | 22.50  | 14.00   | 5.75    | *0.00    |
| SPICY CHICKEN PATTY SANDWICH   | 1 EACH       | 5        | 292  | 52        | 750     | 2.00    | 3.08    | 120.0   | 46       | 9        | 1.00     | 18.00   | 32.00  | 11.00   | 2.00    | *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    |
| HAWAIIAN PIZZA (HS)            | SLICE        | 10       | 450  | 43        | 1171    | 2.35    | 3.53    | 346.9   | 408      | 115      | 3.25     | 24.80   | 63.13  | 11.11   | 4.66    | *0.00    |
| CHEESE PIZZA (HS)              | SLICE        | 15       | 411  | 27        | 904     | 2.13    | 3.21    | 341.8   | 390      | 112      | 1.10     | 20.96   | 59.85  | 9.83    | 4.30    | *0.00    |
| CHICKEN TENDERS                | 3 EACH       | 10       | 228  | 42        | 968     | 0.00    | 0.00    | 13.2    | 47       | 9        | 0.00     | 19.20   | 21.60  | 7.20    | 1.20    | 0.00     |
| TURKEY & GRAVY                 | 1 CUP        | 5        | 244  | 80        | 1205    | 0.00    | 1.65    | 17.0    | 215      | 43       | 0.00     | 31.82   | 4.65   | 10.95   | 2.55    | *0.00    |
| MASHED POTATOES                | 1/2 CUP      | 5        | 175  | 0         | 48      | 3.79    | 0.77    | 21.6    | 0        | 0        | 61.17    | 4.41    | 37.90  | 0.58    | 0.43    | *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    |
| 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          | 70       | 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      | 70       | 97   | 0         | 4       | 1.53    | 0.45    | 5.1     | 14       | 1        | 2.17     | 0.23    | 25.39  | 0.23    | 0.04    | *0.00    |
| MILK-Variety:1%white/choc/stra | HALF PINT    | 85       | 142  | 9         | 135     | 0.75    | 0.38    | 284.6   | 487      | 142      | 1.47     | 8.03    | 22.41  | 2.46    | 1.54    | *0.00    |
| SEC CONDIMENTS                 | SVG          | 50       | 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    |
| 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    |
| Weighted Daily Average         |              |          | 793  | 65        | 1903    | 8.64    | 4.29    | 525.9   | 6881     | 1133     | 27.23    | 34.86   | 115.26 | 23.75   | 7.19    | *0.00    |
| % of Calories                  |              |          |      |           |         |         |         |         |          |          |          | 17.6%   | 58.1%  | 26.9%   | 8.2%    | 0.0%     |

# Colorado Springs School District 11

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

Oct 23, 2009

Page 2

Vanguard 7-12

|                                | 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               |              |          |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| Vanguard 7-12                  | Total        | 85       |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| 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       | 5        | 459  | 36        | 1384    | 4.09    | 4.51    | 293.5    | 1502     | 173      | 6.36     | 23.11   | 61.36  | 10.78   | 2.76    | *0.00    |
| HAMBURGER                      | 1 EACH       | 5        | 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       | 15       | 305  | 55        | 510     | 2.00    | 2.52    | 175.0    | 150      | 30       | 0.00     | 21.00   | 22.50  | 14.00   | 5.75    | *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    |
| BBQ RIB SANDWICH               | 1 EACH       | 5        | 303  | 44        | 957     | 2.75    | 2.27    | 121.8    | 84       | 17       | 1.29     | 19.44   | 35.05  | 9.60    | 3.19    | *0.00    |
| PEPPERONI PIZZA (HS)           | SLICE        | 15       | 458  | 37        | 1087    | 2.13    | 3.45    | 341.8    | 390      | 112      | 1.10     | 22.96   | 60.02  | 14.16   | 5.97    | *0.00    |
| MEXICAN PIZZA (HS)             | SLICE        | 10       | 472  | 34        | 1278    | 3.76    | 4.04    | 414.2    | 2082     | 386      | 4.02     | 27.73   | 61.47  | 6.05    | 1.47    | *0.00    |
| CHICKEN TENDERS                | 3 EACH       | 10       | 228  | 42        | 968     | 0.00    | 0.00    | 13.2     | 47       | 9        | 0.00     | 19.20   | 21.60  | 7.20    | 1.20    | 0.00     |
| MEATBALL SUB                   | 1 EACH       | 5        | 477  | 34        | 1304    | 7.70    | 5.70    | 103.9    | 873      | 175      | 7.54     | 24.94   | 61.95  | 13.20   | 5.15    | *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    |
| AMBROSIA SALAD                 | 1/4 cup      | 60       | 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          | 70       | 49   | 0         | 1       | 1.81    | 0.13    | 9.5      | 70       | 7        | 12.50    | 0.58    | 12.75  | 0.17    | 0.05    | *0.00    |
| MILK-Variety:1%white/choc/stra | HALF PINT    | 85       | 142  | 9         | 135     | 0.75    | 0.38    | 284.6    | 487      | 142      | 1.47     | 8.03    | 22.41  | 2.46    | 1.54    | *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          | 50       | 11   | 0         | 81      | 0.53    | 0.10    | 5.9      | 123      | 10       | 3.01     | 0.34    | 2.42   | 0.05    | 0.01    | *0.00    |
| LEAFY GREENS                   | 2 OZ         | 60       | 11   | 0         | 15      | 1.14    | 0.73    | 26.6     | 3194     | 213      | 12.17    | 0.90    | 1.92   | 0.17    | 0.02    | *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    |
| CANNED PINEAPPLE               | 1/2 CUP      | 70       | 66   | 0         | 1       | 1.01    | 0.49    | 17.6     | 48       | 1        | 9.45     | 0.45    | 16.95  | 0.15    | 0.01    | *0.00    |
| Weighted Daily Average         |              |          | 792  | 69        | 1895    | 8.94    | 5.12    | 580.9    | 9597     | 1363     | 40.47    | 33.07   | 116.99 | 22.52   | 7.78    | *0.04    |
| % of Calories                  |              |          |      |           |         |         |         |          |          |          | 16.7%    | 59.1%   | 25.6%  | 8.8%    | 0.0%    |          |

**Colorado Springs School District 11**  
**Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values**  
 Vanguard 7-12

|                                | 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               |              |          |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| Vanguard 7-12                  | Total        | 85       |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| 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       | 5        | 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       | 15       | 305  | 55        | 510     | 2.00    | 2.52    | 175.0    | 150      | 30       | 0.00     | 21.00   | 22.50  | 14.00   | 5.75    | *0.00    |
| SPICY CHICKEN PATTY SANDWI CH  | 1 EACH       | 5        | 292  | 52        | 750     | 2.00    | 3.08    | 120.0    | 46       | 9        | 1.00     | 18.00   | 32.00  | 11.00   | 2.00    | *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    |
| CHEESE PIZZA (HS)              | SLICE        | 15       | 411  | 27        | 904     | 2.13    | 3.21    | 341.8    | 390      | 112      | 1.10     | 20.96   | 59.85  | 9.83    | 4.30    | *0.00    |
| SUPREME PIZZA (HS)             | SLICE        | 10       | 510  | 43        | 1207    | 3.63    | 4.05    | 369.9    | 673      | 139      | 8.02     | 28.99   | 63.66  | 17.53   | 6.95    | *0.00    |
| CHICKEN TENDERS                | 3 EACH       | 5        | 228  | 42        | 968     | 0.00    | 0.00    | 13.2     | 47       | 9        | 0.00     | 19.20   | 21.60  | 7.20    | 1.20    | 0.00     |
| MACARONI & CHEESE              | 1 CUP        | 10       | 354  | 11        | 692     | 1.77    | 1.62    | 442.3    | 312      | 68       | 0.52     | 15.83   | 40.97  | 13.44   | 2.94    | *0.00    |
| DINNER ROLL (WHOLE WHEAT)      | 1 EACH       | 10       | 90   | 0         | 130     | 3.00    | 1.08    | 0.0      | 0        | 0        | 0.00     | 4.00    | 16.00  | 1.50    | 0.00    | 0.00     |
| LEAFY GREENS                   | 2 OZ         | 60       | 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      | 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    |
| MACARONI SALAD                 | 1/2 CUP      | 60       | 288  | 35        | 687     | 1.64    | 1.10    | 193.5    | 1167     | 228      | 0.66     | 11.44   | 26.14  | 14.87   | 7.02    | *0.00    |
| FRUIT-APPLE/ORANGE/BANANA      | SVG          | 70       | 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-Variety:1%white/choc/stra | HALF PINT    | 85       | 142  | 9         | 135     | 0.75    | 0.38    | 284.6    | 487      | 142      | 1.47     | 8.03    | 22.41  | 2.46    | 1.54    | *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          | 40       | 11   | 0         | 81      | 0.53    | 0.10    | 5.9      | 123      | 10       | 3.01     | 0.34    | 2.42   | 0.05    | 0.01    | *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    |
| Weighted Daily Average         |              |          | 951  | 81        | 2307    | 10.77   | 5.44    | 729.6    | 9920     | 1466     | 31.80    | 41.05   | 128.34 | 32.29   | 11.55   | *0.03    |
| % of Calories                  |              |          |      |           |         |         |         |          |          |          |          | 17.3%   | 54.0%  | 30.6%   | 10.9%   | 0.0%     |

**Colorado Springs School District 11**  
**Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values**  
 Vanguard 7-12

|                                 | 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                |              |          |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| Vanguard 7-12                   | Total        | 85       |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| TACO SALAD (HS)                 | 1 EACH       | 7        | 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       | 5        | 506  | 48        | 1570    | 4.09    | 5.16    | 317.1    | 1308     | 134      | 7.07     | 21.95   | 61.87  | 18.58   | 4.55    | *0.00    |
| HAMBURGER                       | 1 EACH       | 5        | 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    |
| 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    |
| BBQ RIB SANDWICH                | 1 EACH       | 8        | 303  | 44        | 957     | 2.75    | 2.27    | 121.8    | 84       | 17       | 1.29     | 19.44   | 35.05  | 9.60    | 3.19    | *0.00    |
| PEPPERONI PIZZA (HS)            | SLICE        | 15       | 458  | 37        | 1087    | 2.13    | 3.45    | 341.8    | 390      | 112      | 1.10     | 22.96   | 60.02  | 14.16   | 5.97    | *0.00    |
| MEAT MEDLEY PIZZA (HS)          | SLICE        | 10       | 522  | 49        | 1169    | 3.17    | 4.20    | 369.2    | 424      | 119      | 1.50     | 32.09   | 61.64  | 18.05   | 7.41    | *0.00    |
| CHICKEN TENDERS                 | 3 EACH       | 7        | 228  | 42        | 968     | 0.00    | 0.00    | 13.2     | 47       | 9        | 0.00     | 19.20   | 21.60  | 7.20    | 1.20    | 0.00     |
| CHEESE BREADSTICK (WHOLE GRAIN) | 2 EACH       | 8        | 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         | 8        | 32   | 0         | 192     | 0.00    | 0.33    | 18.3     | 366      | 73       | 2.19     | 0.91    | 6.40   | 0.00    | 0.00    | *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      | 65       | 6    | 0         | 30      | 0.59    | 0.07    | 14.9     | 167      | 5        | 1.15     | 0.26    | 1.10   | 0.06    | 0.02    | *0.00    |
| COLESLAW                        | 1/4 CUP      | 65       | 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          | 75       | 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      | 65       | 68   | 0         | 6       | 1.63    | 0.45    | 3.8      | 444      | 44       | 3.01     | 0.56    | 18.26  | 0.04    | 0.00    | *0.00    |
| MILK-Variety:1%white/choc/stra  | HALF PINT    | 85       | 142  | 9         | 135     | 0.75    | 0.38    | 284.6    | 487      | 142      | 1.47     | 8.03    | 22.41  | 2.46    | 1.54    | *0.00    |
| SEC CONDIMENTS                  | SVG          | 70       | 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          | 40       | 11   | 0         | 81      | 0.53    | 0.10    | 5.9      | 123      | 10       | 3.01     | 0.34    | 2.42   | 0.05    | 0.01    | *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    |
| Weighted Daily Average          |              |          | 825  | 60        | 2110    | 9.79    | 4.76    | 593.8    | 8737     | 1436     | 36.70    | 33.42   | 116.96 | 26.83   | 7.71    | *0.22    |
| % of Calories                   |              |          |      |           |         |         |         |          |          |          |          | 16.2%   | 56.7%  | 29.3%   | 8.4%    | 0.2%     |

**Colorado Springs School District 11**  
**Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values**  
 Vanguard 7-12

|                                | 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               |              |          |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| Vanguard 7-12                  | Total        | 85       |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| CHICKEN CAESAR SALAD (HS)      | 1 EACH       | 7        | 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       | 5        | 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    |
| 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    |
| CLUX DELUXE CHICKEN SAND (HS)  | 1 EACH       | 8        | 310  | 50        | 860     | 3.00    | 2.08    | 121.0    | 50       | 10       | 1.00     | 24.00   | 37.00  | 9.00    | 2.00    | *0.00    |
| HAWAIIAN PIZZA (HS)            | SLICE        | 10       | 450  | 43        | 1171    | 2.35    | 3.53    | 346.9    | 408      | 115      | 3.25     | 24.80   | 63.13  | 11.11   | 4.66    | *0.00    |
| CHEESE PIZZA (HS)              | SLICE        | 15       | 411  | 27        | 904     | 2.13    | 3.21    | 341.8    | 390      | 112      | 1.10     | 20.96   | 59.85  | 9.83    | 4.30    | *0.00    |
| CHICKEN TENDERS                | 3 EACH       | 7        | 228  | 42        | 968     | 0.00    | 0.00    | 13.2     | 47       | 9        | 0.00     | 19.20   | 21.60  | 7.20    | 1.20    | 0.00     |
| PASTA W/ MEAT SAUCE            | SVG          | 8        | 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       | 8        | 165  | 0         | 293     | 1.07    | 1.82    | 1.9      | 162      | 36       | 0.13     | 4.15    | 27.53  | 4.16    | 0.64    | *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      | 65       | 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            | 1/4 CUP      | 70       | 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          | 80       | 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      | 70       | 97   | 0         | 4       | 1.53    | 0.45    | 5.1      | 14       | 1        | 2.17     | 0.23    | 25.39  | 0.23    | 0.04    | *0.00    |
| MILK-Variety:1%white/choc/stra | HALF PINT    | 85       | 142  | 9         | 135     | 0.75    | 0.38    | 284.6    | 487      | 142      | 1.47     | 8.03    | 22.41  | 2.46    | 1.54    | *0.00    |
| SEC CONDIMENTS                 | SVG          | 70       | 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          | 40       | 11   | 0         | 81      | 0.53    | 0.10    | 5.9      | 123      | 10       | 3.01     | 0.34    | 2.42   | 0.05    | 0.01    | *0.00    |
| LEAFY GREENS                   | 2 OZ         | 60       | 11   | 0         | 15      | 1.14    | 0.73    | 26.6     | 3194     | 213      | 12.17    | 0.90    | 1.92   | 0.17    | 0.02    | *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    |
| Weighted Daily Average         |              |          | 841  | 58        | 2036    | 10.65   | 5.15    | 566.0    | 13518    | 1989     | 37.68    | 32.90   | 131.34 | 23.41   | 6.61    | *0.00    |
| % of Calories                  |              |          |      |           |         |         |         |          |          |          |          | 15.7%   | 62.5%  | 25.1%   | 7.1%    | 0.0%     |

**Colorado Springs School District 11**  
**Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values**  
 Vanguard 7-12

|                                | 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 - 11/11/2009               |              |          |      |           |         |         |         |         |          |          |          |         |        |         |         |          |
| Vanguard 7-12                  | Total        | 85       |      |           |         |         |         |         |          |          |          |         |        |         |         |          |
| SPINACH SALAD (HS)             | SERVING      | 7        | 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       | 5        | 459  | 36        | 1384    | 4.09    | 4.51    | 293.5   | 1502     | 173      | 6.36     | 23.11   | 61.36  | 10.78   | 2.76    | *0.00    |
| HAMBURGER                      | 1 EACH       | 5        | 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    |
| 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    |
| BBQ RIB SANDWICH               | 1 EACH       | 8        | 303  | 44        | 957     | 2.75    | 2.27    | 121.8   | 84       | 17       | 1.29     | 19.44   | 35.05  | 9.60    | 3.19    | *0.00    |
| PEPPERONI PIZZA (HS)           | SLICE        | 15       | 458  | 37        | 1087    | 2.13    | 3.45    | 341.8   | 390      | 112      | 1.10     | 22.96   | 60.02  | 14.16   | 5.97    | *0.00    |
| MEXICAN PIZZA (HS)             | SLICE        | 10       | 472  | 34        | 1278    | 3.76    | 4.04    | 414.2   | 2082     | 386      | 4.02     | 27.73   | 61.47  | 6.05    | 1.47    | *0.00    |
| CHICKEN TENDERS                | 3 EACH       | 7        | 228  | 42        | 968     | 0.00    | 0.00    | 13.2    | 47       | 9        | 0.00     | 19.20   | 21.60  | 7.20    | 1.20    | 0.00     |
| CHICKEN QUESADILLA             | 1 EACH       | 8        | 317  | 34        | 740     | 1.83    | 2.01    | 334.2   | 1141     | 222      | 0.98     | 17.82   | 31.31  | 8.21    | 1.77    | *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      | 65       | 6    | 0         | 30      | 0.59    | 0.07    | 14.9    | 167      | 5        | 1.15     | 0.26    | 1.10   | 0.06    | 0.02    | *0.00    |
| FRUITED JELLO                  | 4 OZ         | 70       | 91   | 0         | 90      | 0.39    | 0.14    | 5.9     | 79       | 8        | 0.74     | 1.57    | 22.20  | 0.03    | 0.00    | *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    |
| FRUIT-APPLE/ORANGE/BANANA      | SVG          | 80       | 49   | 0         | 1       | 1.81    | 0.13    | 9.5     | 70       | 7        | 12.50    | 0.58    | 12.75  | 0.17    | 0.05    | *0.00    |
| MILK-Variety:1%white/choc/stra | HALF PINT    | 85       | 142  | 9         | 135     | 0.75    | 0.38    | 284.6   | 487      | 142      | 1.47     | 8.03    | 22.41  | 2.46    | 1.54    | *0.00    |
| SEC CONDIMENTS                 | SVG          | 70       | 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          | 40       | 11   | 0         | 81      | 0.53    | 0.10    | 5.9     | 123      | 10       | 3.01     | 0.34    | 2.42   | 0.05    | 0.01    | *0.00    |
| LEAFY GREENS                   | 2 OZ         | 60       | 11   | 0         | 15      | 1.14    | 0.73    | 26.6    | 3194     | 213      | 12.17    | 0.90    | 1.92   | 0.17    | 0.02    | *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    |
| Weighted Daily Average         |              |          | 834  | 73        | 2045    | 9.22    | 5.01    | 618.4   | 10456    | 1489     | 49.59    | 34.19   | 129.35 | 20.76   | 6.19    | *0.05    |
| % of Calories                  |              |          |      |           |         |         |         |         |          |          |          | 16.4%   | 62.1%  | 22.4%   | 6.7%    | 0.1%     |

**Colorado Springs School District 11**  
**Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values**  
 Vanguard 7-12

|                                | 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               |              |          |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| Vanguard 7-12                  | Total        | 85       |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| CHEF SALAD W/ CRACKERS (HS)    | 1 EACH       | 7        | 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       | 5        | 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    |
| SPICY CHICKEN PATTY SANDWI CH  | 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    |
| CLUX DELUXE CHICKEN SAND ( HS) | 1 EACH       | 8        | 310  | 50        | 860     | 3.00    | 2.08    | 121.0    | 50       | 10       | 1.00     | 24.00   | 37.00  | 9.00    | 2.00    | *0.00    |
| CHEESE PIZZA (HS)              | SLICE        | 15       | 411  | 27        | 904     | 2.13    | 3.21    | 341.8    | 390      | 112      | 1.10     | 20.96   | 59.85  | 9.83    | 4.30    | *0.00    |
| SUPREME PIZZA (HS)             | SLICE        | 10       | 510  | 43        | 1207    | 3.63    | 4.05    | 369.9    | 673      | 139      | 8.02     | 28.99   | 63.66  | 17.53   | 6.95    | *0.00    |
| CHICKEN TENDERS                | 3 EACH       | 7        | 228  | 42        | 968     | 0.00    | 0.00    | 13.2     | 47       | 9        | 0.00     | 19.20   | 21.60  | 7.20    | 1.20    | 0.00     |
| COUNTRY FRIED STEAK            | 1 EACH       | 8        | 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      | 8        | 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      | 8        | 26   | 2         | 257     | 0.24    | 0.60    | 9.0      | 9        | 2        | 0.06     | 0.73    | 3.60   | 0.92    | 0.31    | *0.00    |
| LEAFY GREENS                   | 2 OZ         | 70       | 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      | 75       | 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      | 75       | 6    | 0         | 30      | 0.59    | 0.07    | 14.9     | 167      | 5        | 1.15     | 0.26    | 1.10   | 0.06    | 0.02    | *0.00    |
| RAINBOW PASTA SALAD            | 2 OZ         | 75       | 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          | 75       | 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      | 75       | 72   | 0         | 6       | 2.01    | 0.35    | 6.3      | 0        | 0        | 0.88     | 0.24    | 19.04  | 0.04    | 0.00    | *0.00    |
| MILK-Variety:1%white/choc/stra | HALF PINT    | 85       | 142  | 9         | 135     | 0.75    | 0.38    | 284.6    | 487      | 142      | 1.47     | 8.03    | 22.41  | 2.46    | 1.54    | *0.00    |
| SEC CONDIMENTS                 | SVG          | 75       | 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          | 40       | 11   | 0         | 81      | 0.53    | 0.10    | 5.9      | 123      | 10       | 3.01     | 0.34    | 2.42   | 0.05    | 0.01    | *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    |
| Weighted Daily Average         |              |          | 880  | 63        | 2062    | 11.41   | 5.98    | 565.8    | 11013    | 1565     | 42.89    | 36.46   | 134.49 | 24.15   | 7.07    | *0.04    |
| % of Calories                  |              |          |      |           |         |         |         |          |          |          |          | 16.6%   | 61.1%  | 24.7%   | 7.2%    | 0.0%     |

**Colorado Springs School District 11**  
**Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values**  
 Vanguard 7-12

|                                | 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               |              |          |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| Vanguard 7-12                  | Total        | 85       |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| GARDEN SALAD W/ CRACKERS (HS)  | SERVING      | 7        | 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       | 5        | 558  | 55        | 1746    | 3.53    | 4.55    | 292.0    | 526      | 105      | 0.91     | 22.84   | 60.60  | 22.16   | 4.52    | *0.00    |
| HAMBURGER                      | 1 EACH       | 5        | 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    |
| 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    |
| BBQ RIB SANDWICH               | 1 EACH       | 8        | 303  | 44        | 957     | 2.75    | 2.27    | 121.8    | 84       | 17       | 1.29     | 19.44   | 35.05  | 9.60    | 3.19    | *0.00    |
| PEPPERONI PIZZA (HS)           | SLICE        | 15       | 458  | 37        | 1087    | 2.13    | 3.45    | 341.8    | 390      | 112      | 1.10     | 22.96   | 60.02  | 14.16   | 5.97    | *0.00    |
| VEGETARIAN PIZZA (HS)          | SLICE        | 10       | 425  | 27        | 986     | 2.96    | 3.51    | 350.0    | 640      | 133      | 7.63     | 21.52   | 62.21  | 10.30   | 4.37    | *0.00    |
| CHICKEN TENDERS                | 3 EACH       | 7        | 228  | 42        | 968     | 0.00    | 0.00    | 13.2     | 47       | 9        | 0.00     | 19.20   | 21.60  | 7.20    | 1.20    | 0.00     |
| MANDARIN ORANGE CHICKEN        | SVG          | 8        | 315  | 54        | 256     | 1.86    | 1.39    | 27.9     | 91       | 18       | 0.00     | 15.72   | 40.40  | 9.23    | 2.54    | *0.00    |
| LEAFY GREENS                   | 2 OZ         | 75       | 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      | 75       | 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      | 70       | 6    | 0         | 30      | 0.59    | 0.07    | 14.9     | 167      | 5        | 1.15     | 0.26    | 1.10   | 0.06    | 0.02    | *0.00    |
| VEGETABLE MEDLEY W/ RANCH      | 1/2 CUP      | 70       | 76   | 6         | 307     | 2.29    | 0.44    | 49.4     | 4089     | 685      | 32.95    | 1.99    | 7.48   | 4.18    | 0.68    | *0.00    |
| FRUIT COCKTAIL                 | 1/2 CUP      | 70       | 69   | 0         | 7       | 1.21    | 0.35    | 7.3      | 248      | 25       | 2.30     | 0.48    | 18.07  | 0.08    | 0.01    | *0.00    |
| MILK-Variety:1%white/choc/stra | HALF PINT    | 85       | 142  | 9         | 135     | 0.75    | 0.38    | 284.6    | 487      | 142      | 1.47     | 8.03    | 22.41  | 2.46    | 1.54    | *0.00    |
| SEC CONDIMENTS                 | SVG          | 70       | 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          | 40       | 11   | 0         | 81      | 0.53    | 0.10    | 5.9      | 123      | 10       | 3.01     | 0.34    | 2.42   | 0.05    | 0.01    | *0.00    |
| RICE KRISPIE TREAT             | 1 EACH       | 50       | 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         |              |          | 750  | 61        | 2056    | 9.40    | 5.07    | 595.2    | 14710    | 2165     | 53.13    | 32.17   | 111.37 | 21.25   | 6.99    | *0.04    |
| % of Calories                  |              |          |      |           |         |         |         |          |          |          |          | 17.2%   | 59.4%  | 25.5%   | 8.4%    | 0.0%     |

**Colorado Springs School District 11**  
**Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values**  
 Vanguard 7-12

|                                | 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               |              |          |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| Vanguard 7-12                  | Total        | 85       |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| TACO SALAD (HS)                | 1 EACH       | 7        | 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       | 5        | 506  | 48        | 1570    | 4.09    | 5.16    | 317.1    | 1308     | 134      | 7.07     | 21.95   | 61.87  | 18.58   | 4.55    | *0.00    |
| HAMBURGER                      | 1 EACH       | 5        | 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    |
| 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    |
| BBQ RIB SANDWICH               | 1 EACH       | 8        | 303  | 44        | 957     | 2.75    | 2.27    | 121.8    | 84       | 17       | 1.29     | 19.44   | 35.05  | 9.60    | 3.19    | *0.00    |
| PEPPERONI PIZZA (HS)           | SLICE        | 15       | 458  | 37        | 1087    | 2.13    | 3.45    | 341.8    | 390      | 112      | 1.10     | 22.96   | 60.02  | 14.16   | 5.97    | *0.00    |
| MEAT MEDLEY PIZZA (HS)         | SLICE        | 10       | 522  | 49        | 1169    | 3.17    | 4.20    | 369.2    | 424      | 119      | 1.50     | 32.09   | 61.64  | 18.05   | 7.41    | *0.00    |
| CHICKEN TENDERS                | 3 EACH       | 7        | 228  | 42        | 968     | 0.00    | 0.00    | 13.2     | 47       | 9        | 0.00     | 19.20   | 21.60  | 7.20    | 1.20    | 0.00     |
| GRILLED CHEESE SANDWICH 1      | 1 EACH       | 8        | 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      | 75       | 110  | 5         | 642     | 2.00    | 0.36    | 1.8      | 500      | 100      | 6.00     | 3.00    | 23.00  | 0.05    | 0.00    | *0.00    |
| LEAFY GREENS                   | 2 OZ         | 70       | 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      | 75       | 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      | 70       | 6    | 0         | 30      | 0.59    | 0.07    | 14.9     | 167      | 5        | 1.15     | 0.26    | 1.10   | 0.06    | 0.02    | *0.00    |
| WALDORF SALAD                  | 1/4 CUP      | 60       | 115  | 7         | 214     | 1.60    | 0.30    | 19.1     | 196      | 16       | 2.63     | 0.66    | 14.90  | 6.04    | 0.91    | *0.00    |
| FRUIT-APPLE/ORANGE/BANANA      | SVG          | 75       | 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      | 75       | 68   | 0         | 6       | 1.63    | 0.45    | 3.8      | 444      | 44       | 3.01     | 0.56    | 18.26  | 0.04    | 0.00    | *0.00    |
| MILK-Variety:1%white/choc/stra | HALF PINT    | 85       | 142  | 9         | 135     | 0.75    | 0.38    | 284.6    | 487      | 142      | 1.47     | 8.03    | 22.41  | 2.46    | 1.54    | *0.00    |
| SEC CONDIMENTS                 | SVG          | 75       | 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          | 40       | 11   | 0         | 81      | 0.53    | 0.10    | 5.9      | 123      | 10       | 3.01     | 0.34    | 2.42   | 0.05    | 0.01    | *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    |
| Weighted Daily Average         |              |          | 978  | 66        | 2775    | 13.12   | 5.73    | 629.6    | 12066    | 1724     | 44.09    | 36.56   | 148.78 | 28.45   | 7.92    | *0.22    |
| % of Calories                  |              |          |      |           |         |         |         |          |          |          |          | 14.9%   | 60.8%  | 26.2%   | 7.3%    | 0.2%     |

**Colorado Springs School District 11**  
**Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values**  
 Vanguard 7-12

|                                | 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               |              |          |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| Vanguard 7-12                  | Total        | 85       |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| CHICKEN CAESAR SALAD (HS)      | 1 EACH       | 7        | 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       | 5        | 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    |
| 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    |
| CLUX DELUXE CHICKEN SAND (HS)  | 1 EACH       | 8        | 310  | 50        | 860     | 3.00    | 2.08    | 121.0    | 50       | 10       | 1.00     | 24.00   | 37.00  | 9.00    | 2.00    | *0.00    |
| HAWAIIAN PIZZA (HS)            | SLICE        | 15       | 450  | 43        | 1171    | 2.35    | 3.53    | 346.9    | 408      | 115      | 3.25     | 24.80   | 63.13  | 11.11   | 4.66    | *0.00    |
| CHEESE PIZZA (HS)              | SLICE        | 10       | 411  | 27        | 904     | 2.13    | 3.21    | 341.8    | 390      | 112      | 1.10     | 20.96   | 59.85  | 9.83    | 4.30    | *0.00    |
| CHICKEN TENDERS                | 3 EACH       | 7        | 228  | 42        | 968     | 0.00    | 0.00    | 13.2     | 47       | 9        | 0.00     | 19.20   | 21.60  | 7.20    | 1.20    | 0.00     |
| CHICKEN PATTY                  | 1 EACH       | 8        | 190  | 30        | 350     | 1.00    | 0.72    | 20.0     | 0        | 0        | 0.00     | 8.00    | 10.00  | 13.00   | 2.50    | *0.00    |
| MASHED POTATOES                | 1/2 CUP      | 8        | 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      | 8        | 26   | 2         | 257     | 0.24    | 0.60    | 9.0      | 9        | 2        | 0.06     | 0.73    | 3.60   | 0.92    | 0.31    | *0.00    |
| LEAFY GREENS                   | 2 OZ         | 75       | 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      | 75       | 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      | 70       | 6    | 0         | 30      | 0.59    | 0.07    | 14.9     | 167      | 5        | 1.15     | 0.26    | 1.10   | 0.06    | 0.02    | *0.00    |
| ITALIAN PASTA SALAD            | 2 OZ         | 70       | 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          | 70       | 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      | 70       | 97   | 0         | 4       | 1.53    | 0.45    | 5.1      | 14       | 1        | 2.17     | 0.23    | 25.39  | 0.23    | 0.04    | *0.00    |
| MILK-Variety:1%white/choc/stra | HALF PINT    | 85       | 142  | 9         | 135     | 0.75    | 0.38    | 284.6    | 487      | 142      | 1.47     | 8.03    | 22.41  | 2.46    | 1.54    | *0.00    |
| SEC CONDIMENTS                 | SVG          | 75       | 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          | 40       | 11   | 0         | 81      | 0.53    | 0.10    | 5.9      | 123      | 10       | 3.01     | 0.34    | 2.42   | 0.05    | 0.01    | *0.00    |
| SALAD DRESSINGS (SEC)          | 1 OZ         | 40       | 90   | 6         | 274     | 0.12    | 0.06    | 10.0     | 36       | 8        | 0.11     | 0.44    | 2.69   | 8.49    | 1.29    | *0.00    |
| Weighted Daily Average         |              |          | 852  | 64        | 2168    | 10.61   | 5.36    | 562.2    | 11300    | 1555     | 42.39    | 35.31   | 126.57 | 25.61   | 7.48    | *0.00    |
| % of Calories                  |              |          |      |           |         |         |         |          |          |          |          | 16.6%   | 59.4%  | 27.0%   | 7.9%    | 0.0%     |

**Colorado Springs School District 11**  
**Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values**  
 Vanguard 7-12

|                                | 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               |              |          |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| Vanguard 7-12                  | Total        | 85       |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| SPINACH SALAD (HS)             | SERVING      | 7        | 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       | 5        | 459  | 36        | 1384    | 4.09    | 4.51    | 293.5    | 1502     | 173      | 6.36     | 23.11   | 61.36  | 10.78   | 2.76    | *0.00    |
| HAMBURGER                      | 1 EACH       | 5        | 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    |
| SPICY CHICKEN PATTY SANDWICH   | 1 EACH       | 8        | 292  | 52        | 750     | 2.00    | 3.08    | 120.0    | 46       | 9        | 1.00     | 18.00   | 32.00  | 11.00   | 2.00    | *0.00    |
| BBQ RIB SANDWICH               | 1 EACH       | 8        | 303  | 44        | 957     | 2.75    | 2.27    | 121.8    | 84       | 17       | 1.29     | 19.44   | 35.05  | 9.60    | 3.19    | *0.00    |
| PEPPERONI PIZZA (HS)           | SLICE        | 15       | 458  | 37        | 1087    | 2.13    | 3.45    | 341.8    | 390      | 112      | 1.10     | 22.96   | 60.02  | 14.16   | 5.97    | *0.00    |
| MEXICAN PIZZA (HS)             | SLICE        | 10       | 472  | 34        | 1278    | 3.76    | 4.04    | 414.2    | 2082     | 386      | 4.02     | 27.73   | 61.47  | 6.05    | 1.47    | *0.00    |
| CHICKEN TENDERS                | 3 EACH       | 7        | 228  | 42        | 968     | 0.00    | 0.00    | 13.2     | 47       | 9        | 0.00     | 19.20   | 21.60  | 7.20    | 1.20    | 0.00     |
| PANCAKE BAR w/Saus (SEC)       | SVG          | 12       | 693  | 47        | 903     | 8.42    | 6.97    | 186.7    | 451      | 451      | 52.96    | 18.68   | 130.05 | 12.54   | 4.02    | *0.00    |
| LEAFY GREENS                   | 2 OZ         | 0        | 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      | 75       | 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      | 70       | 6    | 0         | 30      | 0.59    | 0.07    | 14.9     | 167      | 5        | 1.15     | 0.26    | 1.10   | 0.06    | 0.02    | *0.00    |
| AMBROSIA SALAD                 | 1/4 cup      | 60       | 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          | 60       | 49   | 0         | 1       | 1.81    | 0.13    | 9.5      | 70       | 7        | 12.50    | 0.58    | 12.75  | 0.17    | 0.05    | *0.00    |
| MILK-Variety:1%white/choc/stra | HALF PINT    | 85       | 142  | 9         | 135     | 0.75    | 0.38    | 284.6    | 487      | 142      | 1.47     | 8.03    | 22.41  | 2.46    | 1.54    | *0.00    |
| SEC CONDIMENTS                 | SVG          | 75       | 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          | 40       | 11   | 0         | 81      | 0.53    | 0.10    | 5.9      | 123      | 10       | 3.01     | 0.34    | 2.42   | 0.05    | 0.01    | *0.00    |
| CANNED PINEAPPLE               | 1/2 CUP      | 0        | 66   | 0         | 1       | 1.01    | 0.49    | 17.6     | 48       | 1        | 9.45     | 0.45    | 16.95  | 0.15    | 0.01    | *0.00    |
| SALAD DRESSINGS (SEC)          | 1 OZ         | 0        | 90   | 6         | 274     | 0.12    | 0.06    | 10.0     | 36       | 8        | 0.11     | 0.44    | 2.69   | 8.49    | 1.29    | *0.00    |
| Weighted Daily Average         |              |          | 740  | 70        | 1875    | 8.18    | 4.82    | 563.9    | 8886     | 1502     | 31.60    | 31.49   | 115.76 | 17.70   | 6.98    | *0.05    |
| % of Calories                  |              |          |      |           |         |         |         |          |          |          |          | 17.0%   | 62.6%  | 21.5%   | 8.5%    | 0.1%     |

**Colorado Springs School District 11**  
**Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values**  
 Vanguard 7-12

|                                | 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               |               |          |      |           |         |         |         |         |          |          |          |         |        |         |         |          |
| Vanguard 7-12                  | Total         | 85       |      |           |         |         |         |         |          |          |          |         |        |         |         |          |
| 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        | 7        | 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        | 5        | 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    |
| SPICY CHICKEN PATTY SANDWI CH  | 1 EACH        | 8        | 292  | 52        | 750     | 2.00    | 3.08    | 120.0   | 46       | 9        | 1.00     | 18.00   | 32.00  | 11.00   | 2.00    | *0.00    |
| CLUX DELUXE CHICKEN SAND ( HS) | 1 EACH        | 8        | 310  | 50        | 860     | 3.00    | 2.08    | 121.0   | 50       | 10       | 1.00     | 24.00   | 37.00  | 9.00    | 2.00    | *0.00    |
| CHEESE PIZZA (HS)              | SLICE         | 10       | 411  | 27        | 904     | 2.13    | 3.21    | 341.8   | 390      | 112      | 1.10     | 20.96   | 59.85  | 9.83    | 4.30    | *0.00    |
| SUPREME PIZZA (HS)             | SLICE         | 10       | 510  | 43        | 1207    | 3.63    | 4.05    | 369.9   | 673      | 139      | 8.02     | 28.99   | 63.66  | 17.53   | 6.95    | *0.00    |
| CHICKEN TENDERS                | 3 EACH        | 12       | 228  | 42        | 968     | 0.00    | 0.00    | 13.2    | 47       | 9        | 0.00     | 19.20   | 21.60  | 7.20    | 1.20    | 0.00     |
| TURKEY ROAST,SLICED            | 4.5 OZ        | 12       | 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       | 50       | 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       | 50       | 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       | 12       | 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        | 50       | 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       | 50       | 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       | 12       | 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    |
| WHIP TOPPING:ND REFRIG #025    | DALLOP . 25oz | 12       | 23   | 0         | 2       | 0.00    | 0.01    | 0.4     | 10       | 6        | 0.00     | 0.09    | 1.63   | 1.79    | 1.54    | *0.00    |
| CHICKEN NUGGETS (HS)           | 4 EACH        | 12       | 180  | 40        | 620     | 0.00    | 0.00    | 12.0    | 70       | 14       | 1.00     | 16.00   | 13.00  | 6.00    | 0.00    | 0.00     |
| LEAFY GREENS                   | 2 OZ          | 75       | 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       | 70       | 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      | SVG           | 70       | 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       | 70       | 72   | 0         | 6       | 2.01    | 0.35    | 6.3     | 0        | 0        | 0.88     | 0.24    | 19.04  | 0.04    | 0.00    | *0.00    |
| MILK-Variety:1%white/choc/stra | HALF PINT     | 85       | 142  | 9         | 135     | 0.75    | 0.38    | 284.6   | 487      | 142      | 1.47     | 8.03    | 22.41  | 2.46    | 1.54    | *0.00    |
| SEC CONDIMENTS                 | SVG           | 70       | 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           | 40       | 11   | 0         | 81      | 0.53    | 0.10    | 5.9     | 123      | 10       | 3.01     | 0.34    | 2.42   | 0.05    | 0.01    | *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    |
| Weighted Daily Average         |               |          | 1017 | 81        | 2516    | 14.39   | 6.56    | 556.5   | 12333    | 1310     | 69.91    | 42.86   | 152.14 | 28.86   | 7.57    | *0.03    |
| % of Calories                  |               |          |      |           |         |         |         |         |          |          |          | 16.8%   | 59.8%  | 25.5%   | 6.7%    | 0.0%     |

**Colorado Springs School District 11**  
**Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values**  
 Vanguard 7-12

|                                 | 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                |              |          |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| Vanguard 7-12                   | Total        | 85       |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| GARDEN SALAD W/ CRACKERS (HS)   | SERVING      | 5        | 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       | 5        | 558  | 55        | 1746    | 3.53    | 4.55    | 292.0    | 526      | 105      | 0.91     | 22.84   | 60.60  | 22.16   | 4.52    | *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    |
| 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    |
| BBQ RIB SANDWICH                | 1 EACH       | 5        | 303  | 44        | 957     | 2.75    | 2.27    | 121.8    | 84       | 17       | 1.29     | 19.44   | 35.05  | 9.60    | 3.19    | *0.00    |
| PEPPERONI PIZZA (HS)            | SLICE        | 10       | 458  | 37        | 1087    | 2.13    | 3.45    | 341.8    | 390      | 112      | 1.10     | 22.96   | 60.02  | 14.16   | 5.97    | *0.00    |
| VEGETARIAN PIZZA (HS)           | SLICE        | 10       | 425  | 27        | 986     | 2.96    | 3.51    | 350.0    | 640      | 133      | 7.63     | 21.52   | 62.21  | 10.30   | 4.37    | *0.00    |
| CHICKEN TENDERS                 | 3 EACH       | 10       | 228  | 42        | 968     | 0.00    | 0.00    | 13.2     | 47       | 9        | 0.00     | 19.20   | 21.60  | 7.20    | 1.20    | 0.00     |
| LASAGNA W/ BREADSTICK           | SERVINGS     | 10       | 409  | 21        | 561     | 4.84    | 3.45    | 176.6    | 845      | 188      | 17.16    | 19.00   | 54.68  | 13.25   | 4.90    | *0.00    |
| LEAFY GREENS                    | 2 OZ         | 70       | 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      | 70       | 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      | 70       | 6    | 0         | 30      | 0.59    | 0.07    | 14.9     | 167      | 5        | 1.15     | 0.26    | 1.10   | 0.06    | 0.02    | *0.00    |
| VEGETABLE MEDLEY W/ RANCH       | 1/2 CUP      | 50       | 76   | 6         | 307     | 2.29    | 0.44    | 49.4     | 4089     | 685      | 32.95    | 1.99    | 7.48   | 4.18    | 0.68    | *0.00    |
| FRUIT COCKTAIL                  | 1/2 CUP      | 70       | 69   | 0         | 7       | 1.21    | 0.35    | 7.3      | 248      | 25       | 2.30     | 0.48    | 18.07  | 0.08    | 0.01    | *0.00    |
| MILK-Variety: 1%white/choc/stra | HALF PINT    | 85       | 142  | 9         | 135     | 0.75    | 0.38    | 284.6    | 487      | 142      | 1.47     | 8.03    | 22.41  | 2.46    | 1.54    | *0.00    |
| SEC CONDIMENTS                  | SVG          | 50       | 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          | 40       | 11   | 0         | 81      | 0.53    | 0.10    | 5.9      | 123      | 10       | 3.01     | 0.34    | 2.42   | 0.05    | 0.01    | *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    |
| Weighted Daily Average          |              |          | 733  | 59        | 1893    | 8.80    | 4.80    | 576.3    | 12914    | 1900     | 44.81    | 31.63   | 100.47 | 24.17   | 7.33    | *0.03    |
| % of Calories                   |              |          |      |           |         |         |         |          |          |          |          | 17.3%   | 54.8%  | 29.7%   | 9.0%    | 0.0%     |

**Colorado Springs School District 11**  
**Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values**  
 Vanguard 7-12

|                                | 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 - 11/23/2009               |              |          |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| Vanguard 7-12                  | Total        | 85       |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| 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       | 5        | 506  | 48        | 1570    | 4.09    | 5.16    | 317.1    | 1308     | 134      | 7.07     | 21.95   | 61.87  | 18.58   | 4.55    | *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    |
| 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    |
| BBQ RIB SANDWICH               | 1 EACH       | 5        | 303  | 44        | 957     | 2.75    | 2.27    | 121.8    | 84       | 17       | 1.29     | 19.44   | 35.05  | 9.60    | 3.19    | *0.00    |
| PEPPERONI PIZZA (HS)           | SLICE        | 10       | 458  | 37        | 1087    | 2.13    | 3.45    | 341.8    | 390      | 112      | 1.10     | 22.96   | 60.02  | 14.16   | 5.97    | *0.00    |
| MEAT MEDLEY PIZZA (HS)         | SLICE        | 10       | 522  | 49        | 1169    | 3.17    | 4.20    | 369.2    | 424      | 119      | 1.50     | 32.09   | 61.64  | 18.05   | 7.41    | *0.00    |
| CHICKEN TENDERS                | 3 EACH       | 5        | 228  | 42        | 968     | 0.00    | 0.00    | 13.2     | 47       | 9        | 0.00     | 19.20   | 21.60  | 7.20    | 1.20    | 0.00     |
| ASIAN GLAZED CHICKEN           | SVG          | 15       | 499  | 34        | 1157    | 3.05    | 0.41    | 27.0     | 450      | 90       | 4.80     | 19.02   | 68.29  | 16.48   | 2.38    | *0.00    |
| CARROT STICKS                  | 1/4 CUP      | 70       | 18   | 0         | 30      | 1.23    | 0.13    | 14.5     | 7387     | 1236     | 2.59     | 0.41    | 4.21   | 0.11    | 0.02    | 0.00     |
| LEAFY GREENS                   | 2 OZ         | 70       | 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      | 70       | 6    | 0         | 30      | 0.59    | 0.07    | 14.9     | 167      | 5        | 1.15     | 0.26    | 1.10   | 0.06    | 0.02    | *0.00    |
| COLESLAW                       | 1/4 CUP      | 60       | 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          | 70       | 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      | 70       | 68   | 0         | 6       | 1.63    | 0.45    | 3.8      | 444      | 44       | 3.01     | 0.56    | 18.26  | 0.04    | 0.00    | *0.00    |
| MILK-Variety:1%white/choc/stra | HALF PINT    | 85       | 142  | 9         | 135     | 0.75    | 0.38    | 284.6    | 487      | 142      | 1.47     | 8.03    | 22.41  | 2.46    | 1.54    | *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    |
| SALAD DRESSINGS (SEC)          | 1 OZ         | 40       | 90   | 6         | 274     | 0.12    | 0.06    | 10.0     | 36       | 8        | 0.11     | 0.44    | 2.69   | 8.49    | 1.29    | *0.00    |
| Weighted Daily Average         |              |          | 826  | 61        | 1989    | 10.62   | 4.92    | 560.6    | 11621    | 1656     | 45.52    | 33.74   | 119.78 | 25.81   | 7.11    | *0.15    |
| % of Calories                  |              |          |      |           |         |         |         |          |          |          |          | 16.3%   | 58.0%  | 28.1%   | 7.7%    | 0.2%     |

# Colorado Springs School District 11

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

Oct 23, 2009

Vanguard 7-12

Page 15

|                                | 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               |              |          |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| Vanguard 7-12                  | Total        | 85       |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| 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       | 5        | 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    |
| 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    |
| 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    |
| HAWAIIAN PIZZA (HS)            | SLICE        | 10       | 450  | 43        | 1171    | 2.35    | 3.53    | 346.9    | 408      | 115      | 3.25     | 24.80   | 63.13  | 11.11   | 4.66    | *0.00    |
| CHEESE PIZZA (HS)              | SLICE        | 10       | 411  | 27        | 904     | 2.13    | 3.21    | 341.8    | 390      | 112      | 1.10     | 20.96   | 59.85  | 9.83    | 4.30    | *0.00    |
| CHICKEN TENDERS                | 3 EACH       | 10       | 228  | 42        | 968     | 0.00    | 0.00    | 13.2     | 47       | 9        | 0.00     | 19.20   | 21.60  | 7.20    | 1.20    | 0.00     |
| SALISBURY STEAK                | 1 EACH       | 10       | 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      | 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    |
| CARROT STICKS                  | 1/4 CUP      | 70       | 18   | 0         | 30      | 1.23    | 0.13    | 14.5     | 7387     | 1236     | 2.59     | 0.41    | 4.21   | 0.11    | 0.02    | 0.00     |
| LEAFY GREENS                   | 2 OZ         | 70       | 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      | 70       | 6    | 0         | 30      | 0.59    | 0.07    | 14.9     | 167      | 5        | 1.15     | 0.26    | 1.10   | 0.06    | 0.02    | *0.00    |
| FRUITED JELLO                  | 3 OZ         | 70       | 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          | 70       | 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      | 70       | 97   | 0         | 4       | 1.53    | 0.45    | 5.1      | 14       | 1        | 2.17     | 0.23    | 25.39  | 0.23    | 0.04    | *0.00    |
| MILK-Variety:1%white/choc/stra | HALF PINT    | 85       | 142  | 9         | 135     | 0.75    | 0.38    | 284.6    | 487      | 142      | 1.47     | 8.03    | 22.41  | 2.46    | 1.54    | *0.00    |
| SEC CONDIMENTS                 | SVG          | 50       | 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          | 30       | 11   | 0         | 81      | 0.53    | 0.10    | 5.9      | 123      | 10       | 3.01     | 0.34    | 2.42   | 0.05    | 0.01    | *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    |
| Weighted Daily Average         |              |          | 796  | 60        | 1749    | 9.56    | 4.67    | 530.0    | 10384    | 1445     | 40.82    | 33.35   | 125.29 | 20.55   | 6.32    | *0.00    |
| % of Calories                  |              |          |      |           |         |         |         |          |          |          |          | 16.8%   | 62.9%  | 23.2%   | 7.1%    | 0.0%     |

# Colorado Springs School District 11

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

Oct 23, 2009

Vanguard 7-12

Page 16

|                                | 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               |              |          |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| Vanguard 7-12                  | Total        | 85       |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| 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       | 5        | 506  | 48        | 1570    | 4.09    | 5.16    | 317.1    | 1308     | 134      | 7.07     | 21.95   | 61.87  | 18.58   | 4.55    | *0.00    |
| HAMBURGER                      | 1 EACH       | 5        | 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    |
| 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    |
| BBQ RIB SANDWICH               | 1 EACH       | 10       | 303  | 44        | 957     | 2.75    | 2.27    | 121.8    | 84       | 17       | 1.29     | 19.44   | 35.05  | 9.60    | 3.19    | *0.00    |
| PEPPERONI PIZZA (HS)           | SLICE        | 10       | 458  | 37        | 1087    | 2.13    | 3.45    | 341.8    | 390      | 112      | 1.10     | 22.96   | 60.02  | 14.16   | 5.97    | *0.00    |
| MEAT MEDLEY PIZZA (HS)         | SLICE        | 10       | 522  | 49        | 1169    | 3.17    | 4.20    | 369.2    | 424      | 119      | 1.50     | 32.09   | 61.64  | 18.05   | 7.41    | *0.00    |
| CHICKEN TENDERS                | 3 EACH       | 10       | 228  | 42        | 968     | 0.00    | 0.00    | 13.2     | 47       | 9        | 0.00     | 19.20   | 21.60  | 7.20    | 1.20    | 0.00     |
| CORN DOG                       | 1 EACH       | 10       | 290  | 50        | 860     | 1.00    | 10.80   | 10.0     | 0        | 0        | 24.00    | 10.00   | 30.00  | 15.00   | 3.50    | 0.00     |
| CARROT STICKS                  | 1/4 CUP      | 70       | 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      | 70       | 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         | 70       | 11   | 0         | 15      | 1.14    | 0.73    | 26.6     | 3194     | 213      | 12.17    | 0.90    | 1.92   | 0.17    | 0.02    | *0.00    |
| WALDORF SALAD                  | 1/4 CUP      | 50       | 115  | 7         | 214     | 1.60    | 0.30    | 19.1     | 196      | 16       | 2.63     | 0.66    | 14.90  | 6.04    | 0.91    | *0.00    |
| FRUIT-APPLE/ORANGE/BANANA      | SVG          | 70       | 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      | 70       | 68   | 0         | 6       | 1.63    | 0.45    | 3.8      | 444      | 44       | 3.01     | 0.56    | 18.26  | 0.04    | 0.00    | *0.00    |
| MILK-Variety:1%white/choc/stra | HALF PINT    | 85       | 142  | 9         | 135     | 0.75    | 0.38    | 284.6    | 487      | 142      | 1.47     | 8.03    | 22.41  | 2.46    | 1.54    | *0.00    |
| SEC CONDIMENTS                 | SVG          | 50       | 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          | 50       | 11   | 0         | 81      | 0.53    | 0.10    | 5.9      | 123      | 10       | 3.01     | 0.34    | 2.42   | 0.05    | 0.01    | *0.00    |
| SALAD DRESSINGS (SEC)          | 1 OZ         | 40       | 90   | 6         | 274     | 0.12    | 0.06    | 10.0     | 36       | 8        | 0.11     | 0.44    | 2.69   | 8.49    | 1.29    | *0.00    |
| Weighted Daily Average         |              |          | 805  | 64        | 1915    | 10.25   | 6.05    | 555.5    | 10804    | 1512     | 38.63    | 32.54   | 116.16 | 25.81   | 7.23    | *0.15    |
| % of Calories                  |              |          |      |           |         |         |         |          |          |          |          | 16.2%   | 57.7%  | 28.8%   | 8.1%    | 0.2%     |

|                  |  |  |     |    |      |       |      |       |       |      |       |       |        |       |      |       |
|------------------|--|--|-----|----|------|-------|------|-------|-------|------|-------|-------|--------|-------|------|-------|
| Weighted Average |  |  | 838 | 66 | 2081 | 10.27 | 5.23 | 581.9 | 10946 | 1576 | 42.33 | 34.72 | 124.32 | 24.49 | 7.44 | *0.07 |
|                  |  |  |     |    |      |       |      |       |       |      |       | 16.6% | 59.3%  | 26.3% | 8.0% | 0.1%  |

| Nutrient          | Menu AVG | % of Cals | Target | % of Target | Miss Data | Shortfall | Error Messages (if any) |
|-------------------|----------|-----------|--------|-------------|-----------|-----------|-------------------------|
| Calories          | 838      |           | 825    | 102%        |           |           |                         |
| Cholesterol (mg)  | 66       |           | 150    | 44%         |           |           |                         |
| Sodium (mg)       | 2081     |           | 0      |             |           |           |                         |
| Fiber (g)         | 10.27    |           | 0.00   |             |           |           |                         |
| Iron (mg)         | 5.23     |           | 4.50   | 116%        |           |           |                         |
| Calcium (mg)      | 581.9    |           | 400.00 | 145%        |           |           |                         |
| Vitamin A (IU)    | 10946    |           | 7500   | 146%        |           |           |                         |
| Vitamin A (RE)    | 1576     |           | 1500   | 105%        |           |           |                         |
| Vitamin C (mg)    | 42.33    |           | 18.35  | 231%        |           |           |                         |
| Protein (g)       | 34.72    | 16.57%    | 16.20  | 214%        |           |           |                         |
| Carbohydrate (g)  | 124.32   | 59.31%    | 0.00   |             |           |           |                         |
| Total Fat (g)     | 24.49    | 26.29%    | <30.00 |             |           |           |                         |
| Saturated Fat (g) | 7.44     | 7.99%     | <10.00 |             |           |           |                         |
| Trans Fat (g)     | 0.07     | 0.07%     |        |             |           |           |                         |