

**Colorado Springs School District 11**  
**Dec 1, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values**  
**CSCA Elementary**

Nov 16, 2009

|                                | Portion Size | 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 |
|--------------------------------|--------------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|----------|
| <b>Tue - 12/01/2009</b>        |              |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| CSCA Elementary                | Total        |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| PIZZA, CHEESE (ELEM)           | SLICE        | 320  | 25        | 600     | 2.00    | 2.70    | 300.0    | *0       | *0       | *0.00    | 19.00   | 37.00  | 10.00   | 3.50    | 0.00     |
| GARDEN SALAD W/ CRAX (ES/M)    | SERVING      | 175  | 30        | 584     | 2.21    | 1.60    | 197.9    | 3690     | 424      | 15.66    | 7.66    | 14.01  | 10.75   | 6.32    | *0.43    |
| HAM & CHEESE SANDWICH          | EACH         | 220  | 25        | 673     | 3.00    | 1.80    | 325.0    | 150      | 150      | 0.00     | 14.06   | 30.01  | 5.52    | 2.76    | *0.00    |
| CHEESE & PEPPERONI LUNCH BOX   | 1 EACH       | 354  | 34        | 954     | 2.10    | 1.98    | 137.5    | 147      | 27       | 2.99     | 15.55   | 37.75  | 16.42   | 6.27    | *0.65    |
| PASTA W/ MEAT SAUCE            | SVG          | 159  | 8         | 295     | 3.07    | 1.88    | 27.6     | 328      | 66       | 8.95     | 9.51    | 22.57  | 4.09    | 1.15    | *0.00    |
| GARLIC BREADSTICK              | EACH         | 165  | 0         | 293     | 1.07    | 1.82    | 1.9      | 162      | 36       | 0.13     | 4.15    | 27.53  | 4.16    | 0.64    | *0.00    |
| ELEM CONDIMENTS                | SVG          | 77   | 3         | 603     | 0.45    | 0.34    | 10.8     | 391      | 40       | 4.51     | 0.87    | 13.51  | 2.60    | 0.36    | *0.00    |
| LEAFY GREENS                   | 2 OZ         | 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      | 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      | 6    | 0         | 30      | 0.59    | 0.07    | 14.9     | 167      | 5        | 1.15     | 0.26    | 1.10   | 0.06    | 0.02    | *0.00    |
| SALAD DRESSINGS (ELEM)         | SVG          | 83   | 5         | 271     | 0.17    | 0.07    | 12.4     | 40       | 9        | 0.14     | 0.44    | 2.85   | 7.65    | 1.13    | *0.00    |
| FRUIT-APPLE/ORANGE/BANANA      | SVG          | 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      | 97   | 0         | 4       | 1.53    | 0.45    | 5.1      | 14       | 1        | 2.17     | 0.23    | 25.39  | 0.23    | 0.04    | *0.00    |
| MILK-WHITE/CHOC/STWBV/VAN      | EACH         | 140  | 4         | 180     | 0.00    | 0.23    | 306.2    | 497      | 106      | 2.65     | 8.32    | 24.01  | 0.98    | 0.61    | *0.00    |
| PEANUT BUTTER SANDWICH         | SANDWIC      | 400  | 0         | 445     | 5.55    | 2.24    | 268.3    | 0        | 0        | 0.00     | 16.67   | 36.32  | 23.43   | 5.38    | *0.00    |
| Weighted Daily Average         |              | 621  | 25        | 1069    | 6.59    | 4.06    | 512.1    | *4138    | *601     | *24.23   | 25.68   | 99.63  | 14.43   | 4.17    | *0.05    |
| % of Calories                  |              |      |           |         |         |         |          |          |          |          | 16.5%   | 64.2%  | 20.9%   | 6.0%    | 0.1%     |
| <b>Wed - 12/02/2009</b>        |              |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| CSCA Elementary                | Total        |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| CHICKEN NUGGET (ES/MS)         | 6 EACH       | 235  | 65        | 553     | 1.20    | 2.40    | 22.8     | 91       | 18       | 0.00     | 16.80   | 14.40  | 12.00   | 3.60    | 0.00     |
| SALAD W/ DICED CHIX & CRACKERS | EACH         | 186  | 41        | 367     | 2.07    | 1.53    | 111.0    | 3429     | 371      | 15.53    | 15.01   | 13.50  | 6.99    | 0.95    | *0.43    |
| POTATO BAR (ELEM)              | SVG          | 254  | 7         | 461     | 3.20    | 1.85    | 257.8    | 80       | 13       | 13.25    | 9.62    | 35.79  | 8.45    | 3.91    | *0.00    |
| ELEM CONDIMENTS                | SVG          | 77   | 3         | 603     | 0.45    | 0.34    | 10.8     | 391      | 40       | 4.51     | 0.87    | 13.51  | 2.60    | 0.36    | *0.00    |
| BROCCOLI, FROZEN, COOKED       | 1/4 CUP      | 14   | 0         | 16      | 1.29    | 0.26    | 15.6     | 604      | 54       | 25.31    | 0.93    | 2.80   | 0.16    | 0.03    | *0.00    |
| CAULIFLOWER, FROZEN, COOK      | 1/4 CUP      | 17   | 0         | 16      | 2.43    | 0.37    | 15.3     | 9        | 2        | 28.17    | 1.45    | 3.38   | 0.20    | 0.03    | *0.00    |
| LEAFY GREENS                   | 2 OZ         | 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      | 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      | 6    | 0         | 30      | 0.59    | 0.07    | 14.9     | 167      | 5        | 1.15     | 0.26    | 1.10   | 0.06    | 0.02    | *0.00    |
| SALAD DRESSINGS (ELEM)         | SVG          | 83   | 5         | 271     | 0.17    | 0.07    | 12.4     | 40       | 9        | 0.14     | 0.44    | 2.85   | 7.65    | 1.13    | *0.00    |
| FRUIT-APPLE/ORANGE/BANANA      | SVG          | 49   | 0         | 1       | 1.81    | 0.13    | 9.5      | 70       | 7        | 12.50    | 0.58    | 12.75  | 0.17    | 0.05    | *0.00    |
| CANNED PINEAPPLE               | 1/2 CUP      | 66   | 0         | 1       | 1.01    | 0.49    | 17.6     | 48       | 1        | 9.45     | 0.45    | 16.95  | 0.15    | 0.01    | *0.00    |
| MILK-WHITE/CHOC/STWBV/VAN      | EACH         | 140  | 4         | 180     | 0.00    | 0.23    | 306.2    | 497      | 106      | 2.65     | 8.32    | 24.01  | 0.98    | 0.61    | *0.00    |
| PEANUT BUTTER SANDWICH         | SANDWIC      | 400  | 0         | 445     | 5.55    | 2.24    | 268.3    | 0        | 0        | 0.00     | 16.67   | 36.32  | 23.43   | 5.38    | *0.00    |
| Weighted Daily Average         |              | 526  | 45        | 954     | 5.73    | 3.27    | 474.2    | 3984     | 566      | 38.82    | 23.67   | 75.98  | 15.08   | 4.80    | *0.01    |
| % of Calories                  |              |      |           |         |         |         |          |          |          |          | 18.0%   | 57.8%  | 25.8%   | 8.2%    | 0.0%     |

## Colorado Springs School District 11

### Dec 1, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values

#### CSCA Elementary

|                           | Portion Size | 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 - 12/03/2009          |              |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| CSCA Elementary           | Total        |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| PIZZA, PEPPERONI (ELEM)   | SLICE        | 330  | 25        | 380     | 2.00    | 2.70    | 250.0    | *0       | *0       | *0.00    | 18.00   | 38.00  | 11.00   | 3.50    | 0.00     |
| TACO SALAD (ES & MS)      | EACH         | 434  | 28        | 795     | 6.06    | 3.55    | 281.9    | 4030     | 503      | 14.89    | 19.88   | 43.31  | 18.67   | 4.03    | *1.73    |
| TUNA SALAD SANDWICH       | 1 EACH       | 193  | 13        | 462     | 2.05    | 1.57    | 104.3    | 81       | 12       | 0.11     | 11.46   | 23.65  | 5.30    | 0.68    | *0.00    |
| YOGURT FRUIT LUNCH BOX    | 1 EACH       | 384  | 26        | 241     | 3.71    | 1.15    | 160.6    | 189      | 21       | 40.46    | 7.98    | 62.98  | 11.12   | 2.41    | *0.00    |
| COUNTRY FRIED STEAK       | EACH         | 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      | 175  | 0         | 48      | 3.79    | 0.77    | 21.6     | 0        | 0        | 61.17    | 4.41    | 37.90  | 0.58    | 0.43    | *0.00    |
| COUNTRY GRAVY             | 1/4 CUP      | 30   | 0         | 142     | 0.31    | 0.36    | 4.5      | 2        | 0        | 0.12     | 0.51    | 3.35   | 1.63    | 0.65    | *0.00    |
| ELEM CONDIMENTS           | SVG          | 77   | 3         | 603     | 0.45    | 0.34    | 10.8     | 391      | 40       | 4.51     | 0.87    | 13.51  | 2.60    | 0.36    | *0.00    |
| GREEN BEANS, CANNED       | 1/2 CUP      | 14   | 0         | 169     | 1.28    | 0.61    | 17.6     | 236      | 47       | 2.90     | 0.81    | 3.04   | 0.07    | 0.01    | *0.00    |
| LEAFY GREENS              | 2 OZ         | 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      | 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      | 6    | 0         | 30      | 0.59    | 0.07    | 14.9     | 167      | 5        | 1.15     | 0.26    | 1.10   | 0.06    | 0.02    | *0.00    |
| SALAD DRESSINGS (ELEM)    | SVG          | 83   | 5         | 271     | 0.17    | 0.07    | 12.4     | 40       | 9        | 0.14     | 0.44    | 2.85   | 7.65    | 1.13    | *0.00    |
| FRUIT-APPLE/ORANGE/BANANA | EACH         | 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      | 72   | 0         | 6       | 2.01    | 0.35    | 6.3      | 0        | 0        | 0.88     | 0.24    | 19.04  | 0.04    | 0.00    | *0.00    |
| MILK-WHITE/CHOC/STWBV/VAN | EACH         | 140  | 4         | 180     | 0.00    | 0.23    | 306.2    | 497      | 106      | 2.65     | 8.32    | 24.01  | 0.98    | 0.61    | *0.00    |
| PEANUT BUTTER SANDWICH    | SANDWIC      | 400  | 0         | 445     | 5.55    | 2.24    | 268.3    | 0        | 0        | 0.00     | 16.67   | 36.32  | 23.43   | 5.38    | *0.00    |
| Weighted Daily Average    |              | 733  | 48        | 1248    | 7.89    | 4.40    | 478.1    | *4041    | *572     | *51.76   | 29.10   | 104.97 | 22.63   | 6.76    | *0.04    |
| % of Calories             |              |      |           |         |         |         |          |          |          |          | 15.9%   | 57.3%  | 27.8%   | 8.3%    | 0.0%     |

|                                 |         |     |    |      |      |      |       |      |      |       |       |       |       |      |       |
|---------------------------------|---------|-----|----|------|------|------|-------|------|------|-------|-------|-------|-------|------|-------|
| Fri - 12/04/2009                |         |     |    |      |      |      |       |      |      |       |       |       |       |      |       |
| CSCA Elementary                 | Total   |     |    |      |      |      |       |      |      |       |       |       |       |      |       |
| CHICKEN NUGGET (ES/MS)          | 6 EACH  | 235 | 65 | 553  | 1.20 | 2.40 | 22.8  | 91   | 18   | 0.00  | 16.80 | 14.40 | 12.00 | 3.60 | 0.00  |
| CHEF SALAD W/ CRACKERS (ES /MS) | EACH    | 203 | 48 | 579  | 2.21 | 2.07 | 152.8 | 3449 | 375  | 15.99 | 14.25 | 14.03 | 9.11  | 2.16 | *0.43 |
| PEANUT BUTTER LUNCH BOX         | 1 EACH  | 417 | 0  | 561  | 5.59 | 1.99 | 32.2  | 81   | 4    | 2.70  | 16.01 | 29.42 | 29.07 | 5.85 | *0.00 |
| TURKEY & CHEESE SANDWICH        | 1 EACH  | 231 | 24 | 861  | 3.00 | 1.67 | 334.9 | 150  | 30   | 0.40  | 18.88 | 30.38 | 4.45  | 2.37 | *0.00 |
| CHEESEBURGER                    | EACH    | 305 | 55 | 510  | 2.00 | 2.52 | 175.0 | 150  | 30   | 0.00  | 21.00 | 22.50 | 14.00 | 5.75 | *0.00 |
| HAMBURGER                       | EACH    | 270 | 50 | 315  | 2.00 | 2.52 | 100.0 | 0    | 0    | 0.00  | 18.00 | 21.00 | 12.00 | 4.50 | *0.00 |
| PICKLES,HAMBURGER               | 3 SLICE | 4   | 0  | 269  | 0.25 | 0.11 | 1.9   | 69   | 7    | 0.40  | 0.13  | 0.87  | 0.04  | 0.01 | *0.00 |
| ELEM CONDIMENTS                 | SVG     | 77  | 3  | 603  | 0.45 | 0.34 | 10.8  | 391  | 40   | 4.51  | 0.87  | 13.51 | 2.60  | 0.36 | *0.00 |
| LEAFY GREENS                    | 2 OZ    | 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 | 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 | 6   | 0  | 30   | 0.59 | 0.07 | 14.9  | 167  | 5    | 1.15  | 0.26  | 1.10  | 0.06  | 0.02 | *0.00 |
| SALAD DRESSINGS (ELEM)          | SVG     | 83  | 5  | 271  | 0.17 | 0.07 | 12.4  | 40   | 9    | 0.14  | 0.44  | 2.85  | 7.65  | 1.13 | *0.00 |
| FRUIT-APPLE/ORANGE/BANANA       | EACH    | 49  | 0  | 1    | 1.81 | 0.13 | 9.5   | 70   | 7    | 12.50 | 0.58  | 12.75 | 0.17  | 0.05 | *0.00 |
| FRUIT COCKTAIL                  | 1/2 CUP | 69  | 0  | 7    | 1.21 | 0.35 | 7.3   | 248  | 25   | 2.30  | 0.48  | 18.07 | 0.08  | 0.01 | *0.00 |
| MILK-WHITE/CHOC/STWBV/VAN       | EACH    | 140 | 4  | 180  | 0.00 | 0.23 | 306.2 | 497  | 106  | 2.65  | 8.32  | 24.01 | 0.98  | 0.61 | *0.00 |
| RICE KRISPIE TREAT              | 1 EACH  | 45  | 0  | 50   | 0.00 | 0.18 | 0.0   | 101  | 20   | 0.00  | 0.25  | 9.05  | 1.01  | 0.25 | *0.00 |
| PEANUT BUTTER SANDWICH          | SANDWIC | 400 | 0  | 445  | 5.55 | 2.24 | 268.3 | 0    | 0    | 0.00  | 16.67 | 36.32 | 23.43 | 5.38 | *0.00 |
| Weighted Daily Average          |         | 630 | 60 | 1370 | 5.61 | 3.70 | 456.1 | 4629 | 667  | 21.76 | 29.01 | 86.18 | 19.71 | 6.16 | *0.01 |
| % of Calories                   |         |     |    |      |      |      |       |      |      |       | 18.4% | 54.7% | 28.2% | 8.8% | 0.0%  |

## Colorado Springs School District 11

### Dec 1, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values

#### CSCA Elementary

|                             | Portion Size | 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 - 12/07/2009            |              |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| CSCA Elementary             | Total        |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| PIZZA, PEPPERONI (ELEM)     | SLICE        | 330  | 25        | 380     | 2.00    | 2.70    | 250.0    | *0       | *0       | *0.00    | 18.00   | 38.00  | 11.00   | 3.50    | 0.00     |
| PEPPI PIZZA SALAD W/CRACKER | EACH         | 173  | 33        | 727     | 2.26    | 2.88    | 111.5    | 3539     | 377      | 16.85    | 13.65   | 13.03  | 6.28    | 1.95    | *0.43    |
| PBJ SANDWICH                | 1 EACH       | 354  | 0         | 384     | 4.84    | 2.00    | 263.2    | 1        | 0        | 0.13     | 13.13   | 43.46  | 16.29   | 3.92    | *0.00    |
| NACHOS W/ CHEESE            | EACH         | 371  | 7         | 652     | 3.01    | 1.56    | 332.0    | 68       | 25       | 0.00     | 9.75    | 42.51  | 18.58   | 2.94    | *1.73    |
| YOGURT FRUIT LUNCH BOX      | 1 EACH       | 384  | 26        | 241     | 3.71    | 1.15    | 160.6    | 189      | 21       | 40.46    | 7.98    | 62.98  | 11.12   | 2.41    | *0.00    |
| REFRIED BEANS               | 2 OZ         | 81   | 2         | 244     | 4.17    | 0.99    | 36.1     | 0        | 0        | 0.00     | 4.03    | 12.25  | 1.78    | 0.67    | *0.00    |
| LEAFY GREENS                | 2 OZ         | 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      | 18   | 0         | 30      | 1.23    | 0.13    | 14.5     | 7387     | 1236     | 2.59     | 0.41    | 4.21   | 0.11    | 0.02    | 0.00     |
| CAULIFLOWER, RAW            | 1/4 CUP      | 6    | 0         | 8       | 0.63    | 0.11    | 5.5      | 3        | 1        | 11.60    | 0.50    | 1.33   | 0.03    | 0.00    | *0.00    |
| SALAD DRESSINGS (ELEM)      | SVG          | 83   | 5         | 271     | 0.17    | 0.07    | 12.4     | 40       | 9        | 0.14     | 0.44    | 2.85   | 7.65    | 1.13    | *0.00    |
| FRUIT-APPLE/ORANGE/BANANA   | SVG          | 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      | 68   | 0         | 6       | 1.63    | 0.45    | 3.8      | 444      | 44       | 3.01     | 0.56    | 18.26  | 0.04    | 0.00    | *0.00    |
| MILK-WHITE/CHOC/STWBV/VAN   | EACH         | 140  | 4         | 180     | 0.00    | 0.23    | 306.2    | 497      | 106      | 2.65     | 8.32    | 24.01  | 0.98    | 0.61    | *0.00    |
| PEANUT BUTTER SANDWICH      | SANDWIC      | 400  | 0         | 445     | 5.55    | 2.24    | 268.3    | 0        | 0        | 0.00     | 16.67   | 36.32  | 23.43   | 5.38    | *0.00    |
| Weighted Daily Average      |              | 639  | 22        | 879     | 7.40    | 3.29    | 613.5    | *3431    | *486     | *23.43   | 24.13   | 93.97  | 19.50   | 4.49    | *0.79    |
| % of Calories               |              |      |           |         |         |         |          |          |          |          | 15.1%   | 58.8%  | 27.5%   | 6.3%    | 1.1%     |

|                                 |          |     |    |      |      |      |       |      |      |       |       |       |       |      |       |
|---------------------------------|----------|-----|----|------|------|------|-------|------|------|-------|-------|-------|-------|------|-------|
| Tue - 12/08/2009                |          |     |    |      |      |      |       |      |      |       |       |       |       |      |       |
| CSCA Elementary                 | Total    |     |    |      |      |      |       |      |      |       |       |       |       |      |       |
| CHICKEN NUGGET (ES/MS)          | 6 EACH   | 235 | 65 | 553  | 1.20 | 2.40 | 22.8  | 91   | 18   | 0.00  | 16.80 | 14.40 | 12.00 | 3.60 | 0.00  |
| CHEF SALAD W/ CRACKERS (ES /MS) | EACH     | 203 | 48 | 579  | 2.21 | 2.07 | 152.8 | 3449 | 375  | 15.99 | 14.25 | 14.03 | 9.11  | 2.16 | *0.43 |
| CHICKEN SALAD SANDWICH          | EACH     | 199 | 28 | 346  | 2.23 | 1.53 | 109.5 | 114  | 8    | 0.57  | 12.50 | 24.07 | 5.51  | 0.95 | *0.00 |
| SLOPPY JOE                      | SERVINGS | 309 | 53 | 612  | 3.62 | 3.26 | 138.2 | 542  | 95   | 12.01 | 22.95 | 31.39 | 10.00 | 3.07 | *0.00 |
| CHEESE & PEPPERONI LUNCH BOX    | 1 EACH   | 354 | 34 | 954  | 2.10 | 1.98 | 137.5 | 147  | 27   | 2.99  | 15.55 | 37.75 | 16.42 | 6.27 | *0.65 |
| ELEM CONDIMENTS                 | SVG      | 77  | 3  | 603  | 0.45 | 0.34 | 10.8  | 391  | 40   | 4.51  | 0.87  | 13.51 | 2.60  | 0.36 | *0.00 |
| CORN                            | 1/2 CUP  | 66  | 0  | 265  | 1.64 | 0.71 | 4.1   | 128  | 26   | 6.64  | 2.13  | 15.25 | 0.82  | 0.12 | *0.00 |
| LEAFY GREENS                    | 2 OZ     | 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  | 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  | 6   | 0  | 30   | 0.59 | 0.07 | 14.9  | 167  | 5    | 1.15  | 0.26  | 1.10  | 0.06  | 0.02 | *0.00 |
| SALAD DRESSINGS (ELEM)          | SVG      | 83  | 5  | 271  | 0.17 | 0.07 | 12.4  | 40   | 9    | 0.14  | 0.44  | 2.85  | 7.65  | 1.13 | *0.00 |
| FRUIT-APPLE/ORANGE/BANANA       | SVG      | 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  | 97  | 0  | 4    | 1.53 | 0.45 | 5.1   | 14   | 1    | 2.17  | 0.23  | 25.39 | 0.23  | 0.04 | *0.00 |
| MILK-WHITE/CHOC/STWBV/VAN       | EACH     | 140 | 4  | 180  | 0.00 | 0.23 | 306.2 | 497  | 106  | 2.65  | 8.32  | 24.01 | 0.98  | 0.61 | *0.00 |
| PEANUT BUTTER SANDWICH          | SANDWIC  | 400 | 0  | 445  | 5.55 | 2.24 | 268.3 | 0    | 0    | 0.00  | 16.67 | 36.32 | 23.43 | 5.38 | *0.00 |
| Weighted Daily Average          |          | 610 | 62 | 1308 | 6.29 | 4.04 | 428.9 | 4350 | 631  | 26.91 | 29.68 | 87.00 | 17.30 | 4.87 | *0.08 |
| % of Calories                   |          |     |    |      |      |      |       |      |      |       | 19.5% | 57.0% | 25.5% | 7.2% | 0.1%  |

**Colorado Springs School District 11**  
**Dec 1, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values**  
**CSCA Elementary**

|                           | Portion Size | 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 |
|---------------------------|--------------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|----------|
| <b>Wed - 12/09/2009</b>   |              |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| CSCA Elementary           | Total        |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| CHICKEN NUGGET (ES/MS)    | 6 EACH       | 235  | 65        | 553     | 1.20    | 2.40    | 22.8     | 91       | 18       | 0.00     | 16.80   | 14.40  | 12.00   | 3.60    | 0.00     |
| TUNA SALAD SANDWICH       | EACH         | 193  | 13        | 462     | 2.05    | 1.57    | 104.3    | 81       | 12       | 0.11     | 11.46   | 23.65  | 5.30    | 0.68    | *0.00    |
| TACO BAR                  | SVG          | 369  | 53        | 1138    | 5.62    | 2.68    | 577.0    | 2721     | 512      | 2.58     | 29.97   | 17.17  | 10.22   | 5.88    | *0.00    |
| ELEM CONDIMENTS           | SVG          | 77   | 3         | 603     | 0.45    | 0.34    | 10.8     | 391      | 40       | 4.51     | 0.87    | 13.51  | 2.60    | 0.36    | *0.00    |
| LEAFY GREENS              | 2 OZ         | 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      | 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      | 6    | 0         | 30      | 0.59    | 0.07    | 14.9     | 167      | 5        | 1.15     | 0.26    | 1.10   | 0.06    | 0.02    | *0.00    |
| SALAD DRESSINGS (ELEM)    | SVG          | 83   | 5         | 271     | 0.17    | 0.07    | 12.4     | 40       | 9        | 0.14     | 0.44    | 2.85   | 7.65    | 1.13    | *0.00    |
| FRUIT-APPLE/ORANGE/BANANA | SVG          | 49   | 0         | 1       | 1.81    | 0.13    | 9.5      | 70       | 7        | 12.50    | 0.58    | 12.75  | 0.17    | 0.05    | *0.00    |
| MANDARIN ORANGES          | 1/2 CUP      | 70   | 0         | 20      | 1.00    | 0.36    | 20.0     | 100      | 20       | 18.00    | 1.00    | 17.00  | 0.00    | 0.00    | *0.00    |
| MILK-WHITE/CHOC/STWB/VAN  | EACH         | 140  | 4         | 180     | 0.00    | 0.23    | 306.2    | 497      | 106      | 2.65     | 8.32    | 24.01  | 0.98    | 0.61    | *0.00    |
| PEANUT BUTTER SANDWICH    | SANDWIC      | 400  | 0         | 445     | 5.55    | 2.24    | 268.3    | 0        | 0        | 0.00     | 16.67   | 36.32  | 23.43   | 5.38    | *0.00    |
| Weighted Daily Average    |              | 600  | 63        | 1427    | 6.75    | 3.53    | 664.1    | 5424     | 845      | 32.19    | 33.68   | 69.67  | 16.05   | 5.92    | *0.00    |
| % of Calories             |              |      |           |         |         |         |          |          |          |          | 22.5%   | 46.5%  | 24.1%   | 8.9%    | 0.0%     |

|                                |         |     |    |      |      |      |       |       |      |        |       |       |       |      |       |
|--------------------------------|---------|-----|----|------|------|------|-------|-------|------|--------|-------|-------|-------|------|-------|
| <b>Thu - 12/10/2009</b>        |         |     |    |      |      |      |       |       |      |        |       |       |       |      |       |
| CSCA Elementary                | Total   |     |    |      |      |      |       |       |      |        |       |       |       |      |       |
| PIZZA, CHEESE (ELEM)           | SLICE   | 320 | 25 | 600  | 2.00 | 2.70 | 300.0 | *0    | *0   | *0.00  | 19.00 | 37.00 | 10.00 | 3.50 | 0.00  |
| SALAD W/ DICED CHIX & CRACKERS | 1 EACH  | 186 | 41 | 367  | 2.07 | 1.53 | 111.0 | 3429  | 371  | 15.53  | 15.01 | 13.50 | 6.99  | 0.95 | *0.43 |
| HAM & CHEESE SANDWICH          | EACH    | 220 | 25 | 673  | 3.00 | 1.80 | 325.0 | 150   | 150  | 0.00   | 14.06 | 30.01 | 5.52  | 2.76 | *0.00 |
| PEANUT BUTTER LUNCH BOX        | 1 EACH  | 417 | 0  | 561  | 5.59 | 1.99 | 32.2  | 81    | 4    | 2.70   | 16.01 | 29.42 | 29.07 | 5.85 | *0.00 |
| TURKEY & GRAVY                 | 2/3 CUP | 163 | 53 | 803  | 0.00 | 1.10 | 11.3  | 143   | 29   | 0.00   | 21.21 | 3.10  | 7.30  | 1.70 | *0.00 |
| MASHED POTATOES                | 1/2 CUP | 175 | 0  | 48   | 3.79 | 0.77 | 21.6  | 0     | 0    | 61.17  | 4.41  | 37.90 | 0.58  | 0.43 | *0.00 |
| DINNER ROLL (WHOLE WHEAT)      | 1 EACH  | 90  | 0  | 130  | 3.00 | 1.08 | 0.0   | 0     | 0    | 0.00   | 4.00  | 16.00 | 1.50  | 0.00 | 0.00  |
| ELEM CONDIMENTS                | SVG     | 77  | 3  | 603  | 0.45 | 0.34 | 10.8  | 391   | 40   | 4.51   | 0.87  | 13.51 | 2.60  | 0.36 | *0.00 |
| GREEN BEANS, CANNED            | 1/2 CUP | 14  | 0  | 169  | 1.28 | 0.61 | 17.6  | 236   | 47   | 2.90   | 0.81  | 3.04  | 0.07  | 0.01 | *0.00 |
| LEAFY GREENS                   | 2 OZ    | 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 | 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 | 6   | 0  | 30   | 0.59 | 0.07 | 14.9  | 167   | 5    | 1.15   | 0.26  | 1.10  | 0.06  | 0.02 | *0.00 |
| SALAD DRESSINGS (ELEM)         | SVG     | 83  | 5  | 271  | 0.17 | 0.07 | 12.4  | 40    | 9    | 0.14   | 0.44  | 2.85  | 7.65  | 1.13 | *0.00 |
| FRUIT-APPLE/ORANGE/BANANA      | EACH    | 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 | 72  | 0  | 6    | 2.01 | 0.35 | 6.3   | 0     | 0    | 0.88   | 0.24  | 19.04 | 0.04  | 0.00 | *0.00 |
| MILK-WHITE/CHOC/STWB/VAN       | EACH    | 140 | 4  | 180  | 0.00 | 0.23 | 306.2 | 497   | 106  | 2.65   | 8.32  | 24.01 | 0.98  | 0.61 | *0.00 |
| PEANUT BUTTER SANDWICH         | SANDWIC | 400 | 0  | 445  | 5.55 | 2.24 | 268.3 | 0     | 0    | 0.00   | 16.67 | 36.32 | 23.43 | 5.38 | *0.00 |
| Weighted Daily Average         |         | 662 | 42 | 1341 | 8.79 | 4.01 | 514.8 | *4226 | *623 | *45.22 | 33.08 | 98.80 | 16.00 | 4.23 | *0.01 |
| % of Calories                  |         |     |    |      |      |      |       |       |      |        | 20.0% | 59.7% | 21.7% | 5.7% | 0.0%  |

**Colorado Springs School District 11**  
**Dec 1, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values**  
**CSCA Elementary**

|                           | Portion Size | 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 - 12/11/2009          |              |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| CSCA Elementary           | Total        |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| CHICKEN NUGGET (ES/MS)    | 6 EACH       | 235  | 65        | 553     | 1.20    | 2.40    | 22.8     | 91       | 18       | 0.00     | 16.80   | 14.40  | 12.00   | 3.60    | 0.00     |
| TACO SALAD (ES & MS)      | 1 EACH       | 434  | 28        | 795     | 6.06    | 3.55    | 281.9    | 4030     | 503      | 14.89    | 19.88   | 43.31  | 18.67   | 4.03    | *1.73    |
| SUB SANDWICH              | EACH         | 213  | 38        | 903     | 2.17    | 1.76    | 205.3    | 247      | 40       | 1.30     | 13.74   | 23.89  | 6.97    | 2.36    | *0.00    |
| CORN DOG                  | EACH         | 290  | 50        | 860     | 1.00    | 10.80   | 10.0     | 0        | 0        | 24.00    | 10.00   | 30.00  | 15.00   | 3.50    | 0.00     |
| YOGURT FRUIT LUNCH BOX    | 1 EACH       | 384  | 26        | 241     | 3.71    | 1.15    | 160.6    | 189      | 21       | 40.46    | 7.98    | 62.98  | 11.12   | 2.41    | *0.00    |
| ELEM CONDIMENTS           | SVG          | 77   | 3         | 603     | 0.45    | 0.34    | 10.8     | 391      | 40       | 4.51     | 0.87    | 13.51  | 2.60    | 0.36    | *0.00    |
| LEAFY GREENS              | 2 OZ         | 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      | 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      | 6    | 0         | 30      | 0.59    | 0.07    | 14.9     | 167      | 5        | 1.15     | 0.26    | 1.10   | 0.06    | 0.02    | *0.00    |
| SALAD DRESSINGS (ELEM)    | SVG          | 83   | 5         | 271     | 0.17    | 0.07    | 12.4     | 40       | 9        | 0.14     | 0.44    | 2.85   | 7.65    | 1.13    | *0.00    |
| FRUIT-APPLE/ORANGE/BANANA | EACH         | 49   | 0         | 1       | 1.81    | 0.13    | 9.5      | 70       | 7        | 12.50    | 0.58    | 12.75  | 0.17    | 0.05    | *0.00    |
| FRUIT COCKTAIL            | 1/2 CUP      | 69   | 0         | 7       | 1.21    | 0.35    | 7.3      | 248      | 25       | 2.30     | 0.48    | 18.07  | 0.08    | 0.01    | *0.00    |
| MILK-WHITE/CHOC/STWBV/VAN | EACH         | 140  | 4         | 180     | 0.00    | 0.23    | 306.2    | 497      | 106      | 2.65     | 8.32    | 24.01  | 0.98    | 0.61    | *0.00    |
| SUGAR COOKIE              | 1 EACH       | 160  | 0         | 60      | 2.00    | 0.72    | 0.0      | 0        | 0        | 0.00     | 2.00    | 20.00  | 8.00    | 2.00    | *0.00    |
| PEANUT BUTTER SANDWICH    | SANDWIC      | 400  | 0         | 445     | 5.55    | 2.24    | 268.3    | 0        | 0        | 0.00     | 16.67   | 36.32  | 23.43   | 5.38    | *0.00    |
| Weighted Daily Average    |              | 722  | 59        | 1364    | 6.56    | 8.36    | 375.3    | 4465     | 629      | 34.22    | 24.40   | 98.48  | 26.62   | 6.61    | *0.06    |
| % of Calories             |              |      |           |         |         |         |          |          |          |          | 13.5%   | 54.6%  | 33.2%   | 8.2%    | 0.1%     |

|                                 |         |     |    |      |       |      |       |      |      |       |       |        |       |      |       |
|---------------------------------|---------|-----|----|------|-------|------|-------|------|------|-------|-------|--------|-------|------|-------|
| Mon - 12/14/2009                |         |     |    |      |       |      |       |      |      |       |       |        |       |      |       |
| CSCA Elementary                 | Total   |     |    |      |       |      |       |      |      |       |       |        |       |      |       |
| CHICKEN NUGGET (ES/MS)          | 6 EACH  | 235 | 65 | 553  | 1.20  | 2.40 | 22.8  | 91   | 18   | 0.00  | 16.80 | 14.40  | 12.00 | 3.60 | 0.00  |
| CHEF SALAD W/ CRACKERS (ES /MS) | EACH    | 203 | 48 | 579  | 2.21  | 2.07 | 152.8 | 3449 | 375  | 15.99 | 14.25 | 14.03  | 9.11  | 2.16 | *0.43 |
| PBJ SANDWICH                    | 1 EACH  | 354 | 0  | 384  | 4.84  | 2.00 | 263.2 | 1    | 0    | 0.13  | 13.13 | 43.46  | 16.29 | 3.92 | *0.00 |
| YOGURT FRUIT LUNCH BOX          | 1 EACH  | 384 | 26 | 241  | 3.71  | 1.15 | 160.6 | 189  | 21   | 40.46 | 7.98  | 62.98  | 11.12 | 2.41 | *0.00 |
| BEAN & CHEESE BURRITO (ES/M     | EACH    | 310 | 5  | 620  | 10.00 | 2.70 | 150.0 | 300  | 60   | 1.20  | 15.00 | 45.00  | 8.00  | 2.50 | 0.00  |
| SALSA                           | 1 OZ    | 8   | 0  | 170  | 0.45  | 0.13 | 7.7   | 83   | 17   | 0.54  | 0.44  | 1.77   | 0.05  | 0.01 | *0.00 |
| ELEM CONDIMENTS                 | SVG     | 77  | 3  | 603  | 0.45  | 0.34 | 10.8  | 391  | 40   | 4.51  | 0.87  | 13.51  | 2.60  | 0.36 | *0.00 |
| LEAFY GREENS                    | 2 OZ    | 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 | 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 | 6   | 0  | 30   | 0.59  | 0.07 | 14.9  | 167  | 5    | 1.15  | 0.26  | 1.10   | 0.06  | 0.02 | *0.00 |
| SALAD DRESSINGS (ELEM)          | SVG     | 83  | 5  | 271  | 0.17  | 0.07 | 12.4  | 40   | 9    | 0.14  | 0.44  | 2.85   | 7.65  | 1.13 | *0.00 |
| FRUIT-APPLE/ORANGE/BANANA       | SVG     | 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 | 68  | 0  | 6    | 1.63  | 0.45 | 3.8   | 444  | 44   | 3.01  | 0.56  | 18.26  | 0.04  | 0.00 | *0.00 |
| MILK-WHITE/CHOC/STWBV/VAN       | EACH    | 140 | 4  | 180  | 0.00  | 0.23 | 306.2 | 497  | 106  | 2.65  | 8.32  | 24.01  | 0.98  | 0.61 | *0.00 |
| CHOCOLATE PUDDING               | 2 OZ    | 59  | 0  | 105  | 0.00  | 0.16 | 27.4  | 0    | 0    | 0.00  | 0.91  | 11.89  | 1.37  | 0.46 | *0.00 |
| PEANUT BUTTER SANDWICH          | SANDWIC | 400 | 0  | 445  | 5.55  | 2.24 | 268.3 | 0    | 0    | 0.00  | 16.67 | 36.32  | 23.43 | 5.38 | *0.00 |
| Weighted Daily Average          |         | 638 | 33 | 1242 | 10.28 | 3.75 | 475.6 | 4460 | 640  | 23.95 | 26.04 | 101.22 | 16.08 | 4.52 | *0.01 |
| % of Calories                   |         |     |    |      |       |      |       |      |      |       | 16.3% | 63.4%  | 22.7% | 6.4% | 0.0%  |

## Colorado Springs School District 11

### Dec 1, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values

#### CSCA Elementary

|                              |         | Portion Size | 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 - 12/15/2009             |         |              |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| CSCA Elementary              | Total   |              |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| PIZZA, PEPPERONI (ELEM)      | SLICE   | 330          | 25   | 380       | 2.00    | 2.70    | 250.0   | *0       | *0       | *0.00    | 18.00    | 38.00   | 11.00  | 3.50    | 0.00    |          |
| TACO SALAD (ES & MS)         | EACH    | 434          | 28   | 795       | 6.06    | 3.55    | 281.9   | 4030     | 503      | 14.89    | 19.88    | 43.31   | 18.67  | 4.03    | *1.73   |          |
| CHICKEN SALAD SANDWICH       | EACH    | 199          | 28   | 346       | 2.23    | 1.53    | 109.5   | 114      | 8        | 0.57     | 12.50    | 24.07   | 5.51   | 0.95    | *0.00   |          |
| CHEESE & PEPPERONI LUNCH BOX | 1 EACH  | 354          | 34   | 954       | 2.10    | 1.98    | 137.5   | 147      | 27       | 2.99     | 15.55    | 37.75   | 16.42  | 6.27    | *0.65   |          |
| MACARONI & CHEESE            | 3/4 cup | 266          | 8    | 519       | 1.33    | 1.21    | 331.8   | 234      | 51       | 0.39     | 11.88    | 30.72   | 10.08  | 2.21    | *0.00   |          |
| DINNER ROLL (WHOLE WHEAT)    | EACH    | 90           | 0    | 130       | 3.00    | 1.08    | 0.0     | 0        | 0        | 0.00     | 4.00     | 16.00   | 1.50   | 0.00    | 0.00    |          |
| GREEN BEANS, CANNED          | 1/2 CUP | 14           | 0    | 169       | 1.28    | 0.61    | 17.6    | 236      | 47       | 2.90     | 0.81     | 3.04    | 0.07   | 0.01    | *0.00   |          |
| LEAFY GREENS                 | 2 OZ    | 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 | 6            | 0    | 30        | 0.59    | 0.07    | 14.9    | 167      | 5        | 1.15     | 0.26     | 1.10    | 0.06   | 0.02    | *0.00   |          |
| CARROT STICKS                | 1/4 CUP | 18           | 0    | 30        | 1.23    | 0.13    | 14.5    | 7387     | 1236     | 2.59     | 0.41     | 4.21    | 0.11   | 0.02    | 0.00    |          |
| SALAD DRESSINGS (ELEM)       | SVG     | 83           | 5    | 271       | 0.17    | 0.07    | 12.4    | 40       | 9        | 0.14     | 0.44     | 2.85    | 7.65   | 1.13    | *0.00   |          |
| FRUIT-APPLE/ORANGE/BANANA    | SVG     | 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 | 97           | 0    | 4         | 1.53    | 0.45    | 5.1     | 14       | 1        | 2.17     | 0.23     | 25.39   | 0.23   | 0.04    | *0.00   |          |
| MILK-WHITE/CHOC/STWBV/VAN    | EACH    | 140          | 4    | 180       | 0.00    | 0.23    | 306.2   | 497      | 106      | 2.65     | 8.32     | 24.01   | 0.98   | 0.61    | *0.00   |          |
| PEANUT BUTTER SANDWICH       | SANDWIC | 400          | 0    | 445       | 5.55    | 2.24    | 268.3   | 0        | 0        | 0.00     | 16.67    | 36.32   | 23.43  | 5.38    | *0.00   |          |
| Weighted Daily Average       |         | 625          | 25   | 916       | 6.90    | 3.54    | 596.1   | *3773    | *547     | *20.26   | 26.00    | 95.33   | 16.17  | 4.26    | *0.12   |          |
| % of Calories                |         |              |      |           |         |         |         |          |          |          | 16.6%    | 61.0%   | 23.3%  | 6.1%    | 0.2%    |          |

|                                |         |     |    |      |      |      |       |      |      |       |       |       |       |      |       |  |
|--------------------------------|---------|-----|----|------|------|------|-------|------|------|-------|-------|-------|-------|------|-------|--|
| Wed - 12/16/2009               |         |     |    |      |      |      |       |      |      |       |       |       |       |      |       |  |
| CSCA Elementary                | Total   |     |    |      |      |      |       |      |      |       |       |       |       |      |       |  |
| CHICKEN NUGGET (ES/MS)         | 6 EACH  | 235 | 65 | 553  | 1.20 | 2.40 | 22.8  | 91   | 18   | 0.00  | 16.80 | 14.40 | 12.00 | 3.60 | 0.00  |  |
| SALAD W/ DICED CHIX & CRACKERS | EACH    | 186 | 41 | 367  | 2.07 | 1.53 | 111.0 | 3429 | 371  | 15.53 | 15.01 | 13.50 | 6.99  | 0.95 | *0.43 |  |
| PIZZA BUFFET                   | SVG     | 330 | 27 | 556  | 2.09 | 2.75 | 287.1 | 5    | 1    | 0.35  | 19.39 | 37.92 | 10.68 | 3.62 | 0.00  |  |
| ELEM CONDIMENTS                | SVG     | 77  | 3  | 603  | 0.45 | 0.34 | 10.8  | 391  | 40   | 4.51  | 0.87  | 13.51 | 2.60  | 0.36 | *0.00 |  |
| LEAFY GREENS                   | 2 OZ    | 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 | 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 | 6   | 0  | 30   | 0.59 | 0.07 | 14.9  | 167  | 5    | 1.15  | 0.26  | 1.10  | 0.06  | 0.02 | *0.00 |  |
| SALAD DRESSINGS (ELEM)         | SVG     | 83  | 5  | 271  | 0.17 | 0.07 | 12.4  | 40   | 9    | 0.14  | 0.44  | 2.85  | 7.65  | 1.13 | *0.00 |  |
| FRUIT-APPLE/ORANGE/BANANA      | SVG     | 49  | 0  | 1    | 1.81 | 0.13 | 9.5   | 70   | 7    | 12.50 | 0.58  | 12.75 | 0.17  | 0.05 | *0.00 |  |
| CANNED PINEAPPLE               | 1/2 CUP | 66  | 0  | 1    | 1.01 | 0.49 | 17.6  | 48   | 1    | 9.45  | 0.45  | 16.95 | 0.15  | 0.01 | *0.00 |  |
| MILK-WHITE/CHOC/STWBV/VAN      | EACH    | 140 | 4  | 180  | 0.00 | 0.23 | 306.2 | 497  | 106  | 2.65  | 8.32  | 24.01 | 0.98  | 0.61 | *0.00 |  |
| PEANUT BUTTER SANDWICH         | SANDWIC | 400 | 0  | 445  | 5.55 | 2.24 | 268.3 | 0    | 0    | 0.00  | 16.67 | 36.32 | 23.43 | 5.38 | *0.00 |  |
| Weighted Daily Average         |         | 581 | 48 | 1093 | 4.87 | 3.69 | 525.6 | 3976 | 562  | 25.25 | 28.04 | 81.37 | 16.40 | 4.77 | *0.01 |  |
| % of Calories                  |         |     |    |      |      |      |       |      |      |       | 19.3% | 56.0% | 25.4% | 7.4% | 0.0%  |  |

# Colorado Springs School District 11

Dec 1, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values

Nov 16, 2009

## CSCA Elementary

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|                             | Portion Size | 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 - 12/17/2009            |              |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| CSCA Elementary             | Total        |      |           |         |         |         |          |          |          |          |         |        |         |         |          |
| CHICKEN NUGGET (ES/MS)      | 6 EACH       | 235  | 65        | 553     | 1.20    | 2.40    | 22.8     | 91       | 18       | 0.00     | 16.80   | 14.40  | 12.00   | 3.60    | 0.00     |
| PEPPI PIZZA SALAD W/CRACKER | EACH         | 173  | 33        | 727     | 2.26    | 2.88    | 111.5    | 3539     | 377      | 16.85    | 13.65   | 13.03  | 6.28    | 1.95    | *0.43    |
| YOGURT FRUIT LUNCH BOX      | 1 EACH       | 384  | 26        | 241     | 3.71    | 1.15    | 160.6    | 189      | 21       | 40.46    | 7.98    | 62.98  | 11.12   | 2.41    | *0.00    |
| HAM & CHEESE SANDWICH       | EACH         | 220  | 25        | 673     | 3.00    | 1.80    | 325.0    | 150      | 150      | 0.00     | 14.06   | 30.01  | 5.52    | 2.76    | *0.00    |
| SALISBURY STEAK             | EACH         | 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      | 175  | 0         | 48      | 3.79    | 0.77    | 21.6     | 0        | 0        | 61.17    | 4.41    | 37.90  | 0.58    | 0.43    | *0.00    |
| BROWN GRAVY                 | 1/4 CUP      | 26   | 1         | 371     | 0.30    | 0.44    | 11.8     | 3        | 0        | 0.06     | 0.69    | 4.33   | 0.67    | 0.35    | *0.00    |
| ELEM CONDIMENTS             | SVG          | 77   | 3         | 603     | 0.45    | 0.34    | 10.8     | 391      | 40       | 4.51     | 0.87    | 13.51  | 2.60    | 0.36    | *0.00    |
| CORN                        | 1/2 CUP      | 66   | 0         | 265     | 1.64    | 0.71    | 4.1      | 128      | 26       | 6.64     | 2.13    | 15.25  | 0.82    | 0.12    | *0.00    |
| LEAFY GREENS                | 2 OZ         | 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      | 18   | 0         | 30      | 1.23    | 0.13    | 14.5     | 7387     | 1236     | 2.59     | 0.41    | 4.21   | 0.11    | 0.02    | 0.00     |
| BROCCOLI,FRESH,RAW          | 1/4 CUP      | 7    | 0         | 7       | 0.57    | 0.16    | 10.3     | 137      | 34       | 19.62    | 0.62    | 1.46   | 0.08    | 0.01    | *0.00    |
| SALAD DRESSINGS (ELEM)      | SVG          | 83   | 5         | 271     | 0.17    | 0.07    | 12.4     | 40       | 9        | 0.14     | 0.44    | 2.85   | 7.65    | 1.13    | *0.00    |
| FRUIT-APPLE/ORANGE/BANANA   | EACH         | 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      | 72   | 0         | 6       | 2.01    | 0.35    | 6.3      | 0        | 0        | 0.88     | 0.24    | 19.04  | 0.04    | 0.00    | *0.00    |
| MILK-WHITE/CHOC/STWBV/VAN   | EACH         | 140  | 4         | 180     | 0.00    | 0.23    | 306.2    | 497      | 106      | 2.65     | 8.32    | 24.01  | 0.98    | 0.61    | *0.00    |
| PEANUT BUTTER SANDWICH      | SANDWIC      | 400  | 0         | 445     | 5.55    | 2.24    | 268.3    | 0        | 0        | 0.00     | 16.67   | 36.32  | 23.43   | 5.38    | *0.00    |
| Weighted Daily Average      |              | 609  | 58        | 1076    | 7.20    | 3.61    | 381.1    | 3402     | 496      | 56.46    | 27.01   | 90.06  | 16.63   | 5.38    | *0.01    |
| % of Calories               |              |      |           |         |         |         |          |          |          |          | 17.7%   | 59.2%  | 24.6%   | 7.9%    | 0.0%     |

|                           |           |     |    |      |      |      |       |       |      |        |       |        |       |      |       |
|---------------------------|-----------|-----|----|------|------|------|-------|-------|------|--------|-------|--------|-------|------|-------|
| Fri - 12/18/2009          |           |     |    |      |      |      |       |       |      |        |       |        |       |      |       |
| CSCA Elementary           | Total     |     |    |      |      |      |       |       |      |        |       |        |       |      |       |
| PIZZA, CHEESE (ELEM)      | SLICE     | 320 | 25 | 600  | 2.00 | 2.70 | 300.0 | *0    | *0   | *0.00  | 19.00 | 37.00  | 10.00 | 3.50 | 0.00  |
| CHARLIE TUNA SALAD        | EACH      | 180 | 13 | 471  | 2.43 | 2.37 | 53.0  | 3271  | 330  | 15.23  | 10.49 | 19.10  | 6.60  | 1.01 | *0.65 |
| TURKEY & CHEESE SANDWICH  | EACH      | 231 | 24 | 861  | 3.00 | 1.67 | 334.9 | 150   | 30   | 0.40   | 18.88 | 30.38  | 4.45  | 2.37 | *0.00 |
| BUILD YOUR OWN TACOS      | SVG (2 EA | 448 | 36 | 1194 | 6.14 | 4.65 | 386.3 | 1527  | 286  | 0.82   | 26.83 | 49.71  | 11.03 | 4.12 | *0.00 |
| PEANUT BUTTER LUNCH BOX   | 1 EACH    | 417 | 0  | 561  | 5.59 | 1.99 | 32.2  | 81    | 4    | 2.70   | 16.01 | 29.42  | 29.07 | 5.85 | *0.00 |
| ELEM CONDIMENTS           | SVG       | 77  | 3  | 603  | 0.45 | 0.34 | 10.8  | 391   | 40   | 4.51   | 0.87  | 13.51  | 2.60  | 0.36 | *0.00 |
| LEAFY GREENS              | 2 OZ      | 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   | 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   | 6   | 0  | 30   | 0.59 | 0.07 | 14.9  | 167   | 5    | 1.15   | 0.26  | 1.10   | 0.06  | 0.02 | *0.00 |
| SALAD DRESSINGS (ELEM)    | SVG       | 83  | 5  | 271  | 0.17 | 0.07 | 12.4  | 40    | 9    | 0.14   | 0.44  | 2.85   | 7.65  | 1.13 | *0.00 |
| FRUIT-APPLE/ORANGE/BANANA | EACH      | 49  | 0  | 1    | 1.81 | 0.13 | 9.5   | 70    | 7    | 12.50  | 0.58  | 12.75  | 0.17  | 0.05 | *0.00 |
| FRUIT COCKTAIL            | 1/2 CUP   | 69  | 0  | 7    | 1.21 | 0.35 | 7.3   | 248   | 25   | 2.30   | 0.48  | 18.07  | 0.08  | 0.01 | *0.00 |
| MILK-WHITE/CHOC/STWBV/VAN | EACH      | 140 | 4  | 180  | 0.00 | 0.23 | 306.2 | 497   | 106  | 2.65   | 8.32  | 24.01  | 0.98  | 0.61 | *0.00 |
| RICE KRISPIE TREAT        | 1 EACH    | 45  | 0  | 50   | 0.00 | 0.18 | 0.0   | 101   | 20   | 0.00   | 0.25  | 9.05   | 1.01  | 0.25 | *0.00 |
| PEANUT BUTTER SANDWICH    | SANDWIC   | 400 | 0  | 445  | 5.55 | 2.24 | 268.3 | 0     | 0    | 0.00   | 16.67 | 36.32  | 23.43 | 5.38 | *0.00 |
| Weighted Daily Average    |           | 727 | 36 | 1511 | 7.96 | 4.85 | 653.9 | *5175 | *762 | *22.04 | 32.58 | 106.50 | 17.60 | 5.31 | *0.02 |
| % of Calories             |           |     |    |      |      |      |       |       |      |        | 17.9% | 58.6%  | 21.8% | 6.6% | 0.0%  |

|                  |  |     |    |      |      |      |       |       |      |        |       |       |       |      |       |
|------------------|--|-----|----|------|------|------|-------|-------|------|--------|-------|-------|-------|------|-------|
| Weighted Average |  | 637 | 45 | 1200 | 7.06 | 4.15 | 510.7 | *4248 | *616 | *31.89 | 28.01 | 92.08 | 17.87 | 5.16 | *0.09 |
|                  |  |     |    |      |      |      |       |       |      |        | 17.6% | 57.8% | 25.2% | 7.3% | 0.1%  |

**Colorado Springs School District 11**  
**Dec 1, 2009 thru Dec 18, 2009 Spreadsheet - Portion Values**  
 CSCA Elementary

| Nutrient          | Menu AVG | Portion   |        | mg          | mg        | g         | mg                                     | mg    | IU    | RE    | mg    | g     | g    | g     | g     | g      |
|-------------------|----------|-----------|--------|-------------|-----------|-----------|--|-------|-------|-------|-------|-------|------|-------|-------|--------|
|                   |          | Size      | Cals   | Cholst      | Sodm      | Fiber     | Iron                                   | Calcm | Vit-A | Vit-A | Vit-C | Protn | Carb | T-Fat | S-Fat | Tr-Fat |
|                   |          | % of Cals | Target | % of Target | Miss Data | Shortfall | Error Messages (if any)                |       |       |       |       |       |      |       |       |        |
| Calories          | 637      |           | 664    | 96%         |           | 27        | Correction Required - Calories are Low |       |       |       |       |       |      |       |       |        |
| Cholesterol (mg)  | 45       |           | 150    | 30%         |           |           |  |       |       |       |       |       |      |       |       |        |
| Sodium (mg)       | 1200     |           | 1200   | 100%        |           |           |  |       |       |       |       |       |      |       |       |        |
| Fiber (g)         | 7.06     |           | 4.50   | 157%        |           |           |  |       |       |       |       |       |      |       |       |        |
| Iron (mg)         | 4.15     |           | 3.47   | 120%        |           |           |  |       |       |       |       |       |      |       |       |        |
| Calcium (mg)      | 510.7    |           | 286.00 | 179%        |           |           |  |       |       |       |       |       |      |       |       |        |
| Vitamin A (IU)    | 4248     |           | 5593   | 76%         | Missing   | 1345      | Correction Required - Vitamin A is Low |       |       |       |       |       |      |       |       |        |
| Vitamin A (RE)    | 616      |           | 1119   | 55%         | Missing   | 502       | Correction Required - Vitamin A is Low |       |       |       |       |       |      |       |       |        |
| Vitamin C (mg)    | 31.89    |           | 15.24  | 209%        | Missing   |           |  |       |       |       |       |       |      |       |       |        |
| Protein (g)       | 28.01    | 17.58%    | 9.77   | 287%        |           |           |  |       |       |       |       |       |      |       |       |        |
| Carbohydrate (g)  | 92.08    | 57.79%    | 0.00   |             |           |           |  |       |       |       |       |       |      |       |       |        |
| Total Fat (g)     | 17.87    | 25.24%    | <30.00 |             |           |           |  |       |       |       |       |       |      |       |       |        |
| Saturated Fat (g) | 5.16     | 7.29%     | <10.00 |             |           |           |  |       |       |       |       |       |      |       |       |        |
| Trans Fat (g)     | 0.09     | 0.12%     |        |             |           |           |  |       |       |       |       |       |      |       |       |        |