

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

Oct 23, 2009

| Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calcm | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|-----------------|-------------|------|--------------|------------|------------|------------|-------------|-------------|-------------|-------------|------------|-----------|------------|------------|-------------|
|-----------------|-------------|------|--------------|------------|------------|------------|-------------|-------------|-------------|-------------|------------|-----------|------------|------------|-------------|

Colorado Springs School District 11

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

D#11 Secondary Lunch

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calcm | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|--------------------------------|---------------|----------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|----------|
| Mon - 11/02/2009 | | | | | | | | | | | | | | | | |
| D#11 Secondary Lunch | Total | 4596 | | | | | | | | | | | | | | |
| CHICKEN NUGGETS (HS) | 4 EACH | 80 | 180 | 40 | 620 | 0.00 | 0.00 | 12.0 | 70 | 14 | 1.00 | 16.00 | 13.00 | 6.00 | 0.00 | 0.00 |
| ASIAN CHICKEN CHUNKS | SVG | 65 | 217 | 34 | 856 | 1.20 | 0.00 | 17.2 | 450 | 90 | 0.00 | 16.00 | 26.40 | 5.60 | 1.20 | 0.00 |
| CHICKEN NUGGET (ES/MS) | 8 EACH | 324 | 314 | 86 | 738 | 1.60 | 3.20 | 30.4 | 122 | 24 | 0.00 | 22.40 | 19.20 | 16.00 | 4.80 | 0.00 |
| PRETZEL W/ CHEESE (SEC) | 1 EACH | 799 | 473 | 7 | 733 | 4.00 | 3.84 | 273.3 | 67 | 13 | 0.00 | 17.33 | 85.33 | 7.33 | 1.33 | *0.00 |
| POTATO WEDGES | 3 OZ | 3624 | 130 | 0 | 390 | 2.00 | 0.36 | 0.0 | 0 | 0 | 2.40 | 2.00 | 17.00 | 6.00 | 1.50 | *0.00 |
| WALDORF SALAD | 1/4 CUP | 2661 | 116 | 7 | 214 | 1.62 | 0.30 | 19.1 | 197 | 16 | 2.68 | 0.66 | 15.06 | 6.04 | 0.91 | *0.00 |
| CANNED PEACHES | 1/2 CUP | 3980 | 68 | 0 | 6 | 1.63 | 0.45 | 3.8 | 444 | 44 | 3.01 | 0.56 | 18.26 | 0.04 | 0.00 | *0.00 |
| FRUIT-APPLE/ORANGE/BANANA | EACH | 4005 | 49 | 0 | 1 | 1.81 | 0.13 | 9.5 | 70 | 7 | 12.50 | 0.58 | 12.75 | 0.17 | 0.05 | *0.00 |
| CARROT STICKS | 1/4 CUP | 558 | 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 | 558 | 6 | 0 | 30 | 0.59 | 0.07 | 14.9 | 167 | 5 | 1.15 | 0.26 | 1.10 | 0.06 | 0.02 | *0.00 |
| CAULIFLOWER, RAW | 1/4 CUP | 278 | 6 | 0 | 8 | 0.63 | 0.11 | 5.5 | 3 | 1 | 11.60 | 0.50 | 1.33 | 0.03 | 0.00 | *0.00 |
| LEAFY GREENS | 2 OZ | 619 | 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) | SVG | 1405 | 90 | 6 | 274 | 0.12 | 0.06 | 10.0 | 36 | 8 | 0.11 | 0.44 | 2.69 | 8.49 | 1.29 | *0.00 |
| CHOCOLATE PUDDING | 4 OZ | 4117 | 119 | 0 | 210 | 0.00 | 0.33 | 54.9 | 0 | 0 | 0.00 | 1.83 | 23.78 | 2.74 | 0.91 | *0.00 |
| RANCH FOODS DIRECT HAMBURGER | 1 EACH | 15 | 317 | 74 | 269 | 2.00 | 3.29 | 114.7 | 0 | 0 | 0.00 | 26.12 | 21.00 | 12.80 | 4.42 | *0.00 |
| HAMBURGER | EACH | 72 | 270 | 50 | 315 | 2.00 | 2.52 | 100.0 | 0 | 0 | 0.00 | 18.00 | 21.00 | 12.00 | 4.50 | *0.00 |
| RANCH FOODS DIRECT CHZBURGER | 1 EACH | 51 | 351 | 79 | 464 | 2.00 | 3.29 | 189.7 | 150 | 30 | 0.00 | 29.12 | 22.50 | 14.80 | 5.67 | *0.00 |
| CHEESEBURGER | EACH | 158 | 305 | 55 | 510 | 2.00 | 2.52 | 175.0 | 150 | 30 | 0.00 | 21.00 | 22.50 | 14.00 | 5.75 | *0.00 |
| CLUX DELUXE CHICKEN SAND (HS) | 1 EACH | 63 | 310 | 50 | 860 | 3.00 | 2.08 | 121.0 | 50 | 10 | 1.00 | 24.00 | 37.00 | 9.00 | 2.00 | *0.00 |
| CHICKEN PATTY SANDWICH (ES/MS) | EACH | 125 | 306 | 54 | 671 | 3.00 | 3.08 | 119.0 | 76 | 15 | 1.00 | 18.00 | 33.00 | 11.00 | 3.00 | *0.00 |
| SPICY CHICKEN PATTY SANDWICH | EACH | 363 | 292 | 52 | 750 | 2.00 | 3.08 | 120.0 | 46 | 9 | 1.00 | 18.00 | 32.00 | 11.00 | 2.00 | *0.00 |
| POPCORN CHICKEN | 24 EACH | 60 | 384 | 48 | 1464 | 0.00 | 0.00 | 240.0 | 106 | 21 | 0.00 | 16.80 | 26.40 | 16.80 | 4.80 | 0.00 |
| SPICY POPCORN CHICKEN | 24 EACH | 66 | 384 | 48 | 1464 | 0.00 | 0.00 | 240.0 | 106 | 21 | 0.00 | 16.80 | 26.40 | 16.80 | 4.80 | 0.00 |
| BURGER TOPPINGS | SVG | 492 | 11 | 0 | 81 | 0.53 | 0.10 | 5.9 | 123 | 10 | 3.01 | 0.34 | 2.42 | 0.05 | 0.01 | *0.00 |
| SEC CONDIMENTS | SVG | 1348 | 98 | 2 | 840 | 0.89 | 0.55 | 17.4 | 512 | 50 | 4.85 | 1.28 | 19.11 | 2.51 | 0.32 | *0.00 |
| NACHOS W/ CHEESE | EACH | 189 | 371 | 7 | 652 | 3.01 | 1.56 | 332.0 | 68 | 25 | 0.00 | 9.75 | 42.51 | 18.58 | 2.94 | *1.73 |
| CHILI | 1/4 CUP | 152 | 12 | 1 | 28 | 0.52 | 0.20 | 3.7 | 45 | 8 | 0.84 | 0.89 | 1.53 | 0.27 | 0.11 | *0.00 |
| JALAPENO PEPPERS | 1/2 OZ | 148 | 5 | 0 | 210 | 0.42 | 0.46 | 5.0 | 390 | 39 | 1.72 | 0.15 | 1.06 | 0.14 | 0.01 | *0.00 |
| CHILI FRITOS | 1 EACH | 144 | 453 | 30 | 865 | 10.16 | 3.72 | 374.0 | 1744 | 333 | 13.48 | 24.13 | 47.69 | 14.59 | 3.26 | *0.22 |
| PEPPERONI PIZZA (HS) | SLICE | 121 | 458 | 37 | 1087 | 2.13 | 3.45 | 341.8 | 390 | 112 | 1.10 | 22.96 | 60.02 | 14.16 | 5.97 | *0.00 |
| PEPPERONI PIZZA (MS) | SLICE | 503 | 343 | 28 | 815 | 1.59 | 2.59 | 256.3 | 293 | 84 | 0.82 | 17.22 | 45.01 | 10.62 | 4.48 | *0.00 |
| CHEESE PIZZA (HS) | SLICE | 48 | 411 | 27 | 904 | 2.13 | 3.21 | 341.8 | 390 | 112 | 1.10 | 20.96 | 59.85 | 9.83 | 4.30 | *0.00 |
| CHEESE PIZZA (MS) | SLICE | 114 | 308 | 20 | 678 | 1.59 | 2.41 | 256.3 | 293 | 84 | 0.82 | 15.72 | 44.89 | 7.37 | 3.23 | *0.00 |
| SAUSAGE PIZZA (HS) | SLICE | 30 | 473 | 38 | 1007 | 2.95 | 3.66 | 366.6 | 432 | 121 | 1.59 | 28.43 | 61.51 | 14.80 | 5.96 | *0.00 |
| SAUSAGE PIZZA (MS) | SLICE | 83 | 355 | 28 | 756 | 2.22 | 2.74 | 275.0 | 324 | 91 | 1.20 | 21.32 | 46.13 | 11.10 | 4.47 | *0.00 |
| MEAT MEDLEY PIZZA (HS) | SLICE | 48 | 522 | 49 | 1169 | 3.17 | 4.20 | 369.2 | 424 | 119 | 1.50 | 32.09 | 61.64 | 18.05 | 7.41 | *0.00 |
| MEAT MEDLEY PIZZA (MS) | SLICE | 44 | 392 | 37 | 877 | 2.38 | 3.15 | 276.9 | 318 | 89 | 1.12 | 24.07 | 46.23 | 13.54 | 5.56 | *0.00 |
| BREADSTICKS W/ PIZZA SAUCE | 4 EACH / 2 OZ | 139 | 297 | 1 | 671 | 1.62 | 2.73 | 31.3 | 570 | 119 | 2.36 | 8.28 | 47.96 | 7.82 | 1.62 | *0.00 |
| MADE TO ORDER SUB BAR (HS) | SVG | 459 | 510 | 62 | 1660 | 6.67 | 4.41 | 267.3 | 588 | 114 | 7.16 | 27.07 | 48.27 | 23.44 | 9.84 | *0.00 |
| TURKEY & CHEESE SUB | EACH | 12 | 327 | 24 | 1251 | 6.65 | 3.89 | 117.2 | 556 | 48 | 2.08 | 23.97 | 46.61 | 5.47 | 2.38 | *0.00 |

Colorado Springs School District 11

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

Oct 23, 2009

D#11 Secondary Lunch

Page 3

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calcm | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|---------------------------------|--------------|----------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|----------|
| Mon - 11/02/2009 | | | | | | | | | | | | | | | | |
| AMERICAN SUB | EACH | 17 | 337 | 33 | 1364 | 6.65 | 4.09 | 114.8 | 564 | 50 | 2.33 | 23.51 | 46.58 | 6.76 | 2.74 | *0.00 |
| AMERICAN WRAP | 1 EACH | 7 | 459 | 36 | 1384 | 4.09 | 4.51 | 293.5 | 1502 | 173 | 6.36 | 23.11 | 61.36 | 10.78 | 2.76 | *0.00 |
| VEGGIE WRAP | 1 EACH | 4 | 493 | 16 | 1140 | 4.41 | 4.08 | 414.6 | 1475 | 238 | 6.95 | 17.82 | 63.85 | 13.65 | 2.37 | *0.00 |
| CHEF SALAD W/ CRACKERS (HS) | 1 EACH | 14 | 281 | 71 | 721 | 2.98 | 2.43 | 234.1 | 4865 | 543 | 22.98 | 22.13 | 16.96 | 11.95 | 2.56 | *0.43 |
| CHEF SALAD W/ CRACKERS (ES /MS) | EACH | 19 | 203 | 48 | 579 | 2.21 | 2.07 | 152.8 | 3449 | 375 | 15.99 | 14.25 | 14.03 | 9.11 | 2.16 | *0.43 |
| TACO SALAD (HS) | 1 EACH | 10 | 625 | 37 | 1082 | 8.59 | 4.86 | 413.0 | 5514 | 689 | 21.15 | 27.12 | 64.22 | 26.71 | 5.47 | *2.60 |
| TACO SALAD (ES & MS) | 1 EACH | 7 | 434 | 28 | 795 | 6.06 | 3.55 | 281.9 | 4030 | 503 | 14.89 | 19.88 | 43.31 | 18.67 | 4.03 | *1.73 |
| BEEF STROGANOFF W/ EGG NO ODLES | SVG | 27 | 445 | 76 | 1151 | 3.28 | 4.19 | 57.3 | 296 | 75 | 13.84 | 26.14 | 32.57 | 22.35 | 12.56 | *0.02 |
| DEL BURRITO (10" - Type A) | 1 EACH | 37 | 589 | 37 | 1804 | 8.61 | 6.26 | 286.6 | 1032 | 174 | 5.92 | 25.85 | 68.47 | 22.74 | 9.79 | *0.00 |
| NACHOS (Type A) | SVG | 44 | 549 | 27 | 1720 | 5.41 | 4.79 | 391.4 | 1045 | 170 | 5.52 | 21.48 | 51.66 | 28.81 | 7.77 | *1.73 |
| TACO PLATE | SVG | 41 | 444 | 37 | 1795 | 6.43 | 5.59 | 257.2 | 1208 | 192 | 6.30 | 22.56 | 48.62 | 15.67 | 6.77 | *0.00 |
| TACO EMPANADA (Type A) | 1 EACH | 35 | 375 | 35 | 1269 | 3.75 | 3.87 | 152.4 | 680 | 137 | 1.10 | 21.63 | 45.05 | 12.12 | 5.61 | *0.00 |
| ENSALADA | 1 EACH | 27 | 327 | 35 | 1193 | 2.30 | 3.11 | 222.0 | 962 | 178 | 5.17 | 17.50 | 25.92 | 15.44 | 6.06 | *0.00 |
| ASIAN GLAZED CHICKEN | SVG | 51 | 499 | 34 | 1157 | 3.05 | 0.41 | 27.0 | 450 | 90 | 4.80 | 19.02 | 68.29 | 16.48 | 2.38 | *0.00 |
| KUNG PAO CHICKEN | SVG | 45 | 272 | 23 | 387 | 2.50 | 0.88 | 22.7 | 648 | 130 | 34.99 | 10.79 | 42.09 | 6.12 | 1.82 | *0.00 |
| MILK-WHITE/CHOC/STWBV/VAN | EACH | 3844 | 140 | 4 | 180 | 0.00 | 0.23 | 306.2 | 497 | 106 | 2.65 | 8.32 | 24.01 | 0.98 | 0.61 | *0.00 |
| AMBROSIA SALAD | 1/2 cup | 95 | 137 | 0 | 28 | 0.71 | 0.24 | 6.4 | 26 | 7 | 2.89 | 0.77 | 24.95 | 4.37 | 3.80 | *0.00 |
| BEAN & CHEESE BURRITO (ES/M | EACH | 12 | 310 | 5 | 620 | 10.00 | 2.70 | 150.0 | 300 | 60 | 1.20 | 15.00 | 45.00 | 8.00 | 2.50 | 0.00 |
| CHICKEN CEASAR WRAP | 1 EACH | 12 | 649 | 67 | 1223 | 5.02 | 5.27 | 304.3 | 4211 | 208 | 17.01 | 31.37 | 61.21 | 30.29 | 7.47 | *0.00 |
| CORN DOG | EACH | 12 | 290 | 50 | 860 | 1.00 | 10.80 | 10.0 | 0 | 0 | 24.00 | 10.00 | 30.00 | 15.00 | 3.50 | 0.00 |
| Weighted Daily Average | | | 946 | 47 | 2032 | 9.56 | 4.88 | 556.6 | 2878 | 413 | 26.45 | 31.85 | 146.09 | 28.15 | 7.77 | *0.11 |
| % of Calories | | | | | | | | | | | | 13.5% | 61.8% | 26.8% | 7.4% | 0.1% |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calcm | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|--------------------------------|---------------|----------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|----------|
| Tue - 11/03/2009 | | | | | | | | | | | | | | | | |
| D#11 Secondary Lunch | Total | 4534 | | | | | | | | | | | | | | |
| CHICKEN NUGGETS (HS) | 4 EACH | 95 | 180 | 40 | 620 | 0.00 | 0.00 | 12.0 | 70 | 14 | 1.00 | 16.00 | 13.00 | 6.00 | 0.00 | 0.00 |
| ASIAN CHICKEN CHUNKS | SVG | 85 | 217 | 34 | 856 | 1.20 | 0.00 | 17.2 | 450 | 90 | 0.00 | 16.00 | 26.40 | 5.60 | 1.20 | 0.00 |
| CHICKEN NUGGET (ES/MS) | 8 EACH | 243 | 314 | 86 | 738 | 1.60 | 3.20 | 30.4 | 122 | 24 | 0.00 | 22.40 | 19.20 | 16.00 | 4.80 | 0.00 |
| TURKEY & GRAVY | 2/3 CUP | 703 | 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 | 703 | 175 | 0 | 48 | 3.79 | 0.77 | 21.6 | 0 | 0 | 61.17 | 4.41 | 37.90 | 0.58 | 0.43 | *0.00 |
| STRAIGHT CUT FRIES | SVG | 3477 | 148 | 0 | 41 | 2.35 | 0.72 | 0.0 | 0 | 0 | 10.00 | 2.35 | 23.50 | 5.00 | 1.25 | *0.00 |
| ITALIAN PASTA SALAD | 2 OZ | 1388 | 93 | 7 | 236 | 0.82 | 0.56 | 4.4 | 1 | 1 | 0.00 | 3.27 | 7.78 | 5.78 | 1.46 | *0.00 |
| APPLESAUCE | 1/2 CUP | 3970 | 97 | 0 | 4 | 1.53 | 0.45 | 5.1 | 14 | 1 | 2.17 | 0.23 | 25.39 | 0.23 | 0.04 | *0.00 |
| FRUIT-APPLE/ORANGE/BANANA | EACH | 4005 | 49 | 0 | 1 | 1.81 | 0.13 | 9.5 | 70 | 7 | 12.50 | 0.58 | 12.75 | 0.17 | 0.05 | *0.00 |
| CARROT STICKS | 1/4 CUP | 1559 | 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 | 859 | 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 | 818 | 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) | SVG | 1395 | 90 | 6 | 274 | 0.12 | 0.06 | 10.0 | 36 | 8 | 0.11 | 0.44 | 2.69 | 8.49 | 1.29 | *0.00 |
| RANCH FOODS DIRECT HAMBURGER | 1 EACH | 17 | 317 | 74 | 269 | 2.00 | 3.29 | 114.7 | 0 | 0 | 0.00 | 26.12 | 21.00 | 12.80 | 4.42 | *0.00 |
| RANCH FOODS DIRECT CHZBURGER | 1 EACH | 58 | 351 | 79 | 464 | 2.00 | 3.29 | 189.7 | 150 | 30 | 0.00 | 29.12 | 22.50 | 14.80 | 5.67 | *0.00 |
| CHEESEBURGER | EACH | 176 | 305 | 55 | 510 | 2.00 | 2.52 | 175.0 | 150 | 30 | 0.00 | 21.00 | 22.50 | 14.00 | 5.75 | *0.00 |
| CLUX DELUXE CHICKEN SAND (HS) | 1 EACH | 51 | 310 | 50 | 860 | 3.00 | 2.08 | 121.0 | 50 | 10 | 1.00 | 24.00 | 37.00 | 9.00 | 2.00 | *0.00 |
| CHICKEN PATTY SANDWICH (ES/MS) | EACH | 128 | 306 | 54 | 671 | 3.00 | 3.08 | 119.0 | 76 | 15 | 1.00 | 18.00 | 33.00 | 11.00 | 3.00 | *0.00 |
| SPICY CHICKEN PATTY SANDWICH | EACH | 376 | 292 | 52 | 750 | 2.00 | 3.08 | 120.0 | 46 | 9 | 1.00 | 18.00 | 32.00 | 11.00 | 2.00 | *0.00 |
| CHICKEN TENDERS | 3 EACH | 65 | 228 | 42 | 968 | 0.00 | 0.00 | 13.2 | 47 | 9 | 0.00 | 19.20 | 21.60 | 7.20 | 1.20 | 0.00 |
| BEAN & CHEESE BURRITO (ES/MS) | EACH | 114 | 310 | 5 | 620 | 10.00 | 2.70 | 150.0 | 300 | 60 | 1.20 | 15.00 | 45.00 | 8.00 | 2.50 | 0.00 |
| BURGER TOPPINGS | SVG | 437 | 11 | 0 | 81 | 0.53 | 0.10 | 5.9 | 123 | 10 | 3.01 | 0.34 | 2.42 | 0.05 | 0.01 | *0.00 |
| SEC CONDIMENTS | SVG | 1227 | 98 | 2 | 840 | 0.89 | 0.55 | 17.4 | 512 | 50 | 4.85 | 1.28 | 19.11 | 2.51 | 0.32 | *0.00 |
| CHILI FRITOS | 1 EACH | 200 | 453 | 30 | 865 | 10.16 | 3.72 | 374.0 | 1744 | 333 | 13.48 | 24.13 | 47.69 | 14.59 | 3.26 | *0.22 |
| NACHOS W/ CHEESE | EACH | 168 | 371 | 7 | 652 | 3.01 | 1.56 | 332.0 | 68 | 25 | 0.00 | 9.75 | 42.51 | 18.58 | 2.94 | *1.73 |
| CHILI | 1/4 CUP | 135 | 12 | 1 | 28 | 0.52 | 0.20 | 3.7 | 45 | 8 | 0.84 | 0.89 | 1.53 | 0.27 | 0.11 | *0.00 |
| JALAPENO PEPPERS | 1/2 OZ | 138 | 5 | 0 | 210 | 0.42 | 0.46 | 5.0 | 390 | 39 | 1.72 | 0.15 | 1.06 | 0.14 | 0.01 | *0.00 |
| PEPPERONI PIZZA (HS) | SLICE | 138 | 458 | 37 | 1087 | 2.13 | 3.45 | 341.8 | 390 | 112 | 1.10 | 22.96 | 60.02 | 14.16 | 5.97 | *0.00 |
| PEPPERONI PIZZA (MS) | SLICE | 462 | 343 | 28 | 815 | 1.59 | 2.59 | 256.3 | 293 | 84 | 0.82 | 17.22 | 45.01 | 10.62 | 4.48 | *0.00 |
| CHEESE PIZZA (HS) | SLICE | 50 | 411 | 27 | 904 | 2.13 | 3.21 | 341.8 | 390 | 112 | 1.10 | 20.96 | 59.85 | 9.83 | 4.30 | *0.00 |
| CHEESE PIZZA (MS) | SLICE | 115 | 308 | 20 | 678 | 1.59 | 2.41 | 256.3 | 293 | 84 | 0.82 | 15.72 | 44.89 | 7.37 | 3.23 | *0.00 |
| SAUSAGE PIZZA (HS) | SLICE | 27 | 473 | 38 | 1007 | 2.95 | 3.66 | 366.6 | 432 | 121 | 1.59 | 28.43 | 61.51 | 14.80 | 5.96 | *0.00 |
| SAUSAGE PIZZA (MS) | SLICE | 106 | 355 | 28 | 756 | 2.22 | 2.74 | 275.0 | 324 | 91 | 1.20 | 21.32 | 46.13 | 11.10 | 4.47 | *0.00 |
| HAWAIIAN PIZZA (HS) | SLICE | 30 | 450 | 43 | 1171 | 2.35 | 3.53 | 346.9 | 408 | 115 | 3.25 | 24.80 | 63.13 | 11.11 | 4.66 | *0.00 |
| HAWAIIAN PIZZA (MS) | SLICE | 78 | 337 | 32 | 878 | 1.76 | 2.64 | 260.2 | 306 | 86 | 2.44 | 18.60 | 47.35 | 8.33 | 3.50 | *0.00 |
| BREADSTICKS W/ PIZZA SAUCE | 4 EACH / 2 OZ | 110 | 297 | 1 | 671 | 1.62 | 2.73 | 31.3 | 570 | 119 | 2.36 | 8.28 | 47.96 | 7.82 | 1.62 | *0.00 |
| MADE TO ORDER SUB BAR (HS) | SVG | 458 | 510 | 62 | 1660 | 6.67 | 4.41 | 267.3 | 588 | 114 | 7.16 | 27.07 | 48.27 | 23.44 | 9.84 | *0.00 |
| HAM & CHEESE SUB | 1 EACH | 10 | 347 | 42 | 1476 | 6.65 | 4.29 | 112.4 | 572 | 51 | 2.59 | 23.06 | 46.54 | 8.04 | 3.11 | *0.00 |
| ITALIAN SUB | EACH | 20 | 366 | 49 | 1501 | 6.65 | 4.50 | 146.4 | 586 | 54 | 2.94 | 23.13 | 47.20 | 9.72 | 3.58 | *0.00 |

Colorado Springs School District 11
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D#11 Secondary Lunch

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calcm | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|-------------------------------------|--------------|----------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|----------|
| Tue - 11/03/2009 | | | | | | | | | | | | | | | | |
| ITALIAN WRAP | 1 EACH | 7 | 506 | 48 | 1570 | 4.09 | 5.16 | 317.1 | 1308 | 134 | 7.07 | 21.95 | 61.87 | 18.58 | 4.55 | *0.00 |
| VEGGIE WRAP | 1 EACH | 4 | 493 | 16 | 1140 | 4.41 | 4.08 | 414.6 | 1475 | 238 | 6.95 | 17.82 | 63.85 | 13.65 | 2.37 | *0.00 |
| CHEF SALAD W/ CRACKERS (HS) | 1 EACH | 0 | 281 | 71 | 721 | 2.98 | 2.43 | 234.1 | 4865 | 543 | 22.98 | 22.13 | 16.96 | 11.95 | 2.56 | *0.43 |
| CHEF SALAD W/ CRACKERS (ES /MS) | EACH | 27 | 203 | 48 | 579 | 2.21 | 2.07 | 152.8 | 3449 | 375 | 15.99 | 14.25 | 14.03 | 9.11 | 2.16 | *0.43 |
| CHICKEN CAESAR SALAD (HS) | 1 EACH | 10 | 377 | 64 | 1041 | 4.48 | 2.77 | 298.0 | 6788 | 344 | 28.24 | 25.19 | 25.52 | 19.84 | 5.91 | *0.00 |
| CHICKEN CAESAR SALAD (MS) | 1 EACH | 13 | 280 | 49 | 752 | 3.30 | 2.01 | 204.9 | 5078 | 255 | 21.21 | 18.94 | 19.05 | 14.58 | 4.18 | *0.00 |
| CHICKEN CORDON BLEU SAND WICH | 1 EACH | 46 | 448 | 86 | 1325 | 3.20 | 2.49 | 263.8 | 178 | 36 | 1.57 | 32.72 | 39.28 | 19.50 | 5.65 | *0.00 |
| DEL BURRITO (10" - Type A) | 1 EACH | 37 | 589 | 37 | 1804 | 8.61 | 6.26 | 286.6 | 1032 | 174 | 5.92 | 25.85 | 68.47 | 22.74 | 9.79 | *0.00 |
| NACHOS (Type A) | SVG | 41 | 549 | 27 | 1720 | 5.41 | 4.79 | 391.4 | 1045 | 170 | 5.52 | 21.48 | 51.66 | 28.81 | 7.77 | *1.73 |
| TACO PLATE | SVG | 39 | 444 | 37 | 1795 | 6.43 | 5.59 | 257.2 | 1208 | 192 | 6.30 | 22.56 | 48.62 | 15.67 | 6.77 | *0.00 |
| CHICKEN FAJITA CILANTRO BO ENSALADA | 1 EACH | 25 | 327 | 35 | 1193 | 2.30 | 3.11 | 222.0 | 962 | 178 | 5.17 | 17.50 | 25.92 | 15.44 | 6.06 | *0.00 |
| MANDARIN ORANGE CHICKEN | SVG | 47 | 315 | 54 | 256 | 1.86 | 1.39 | 27.9 | 91 | 18 | 0.00 | 15.72 | 40.40 | 9.23 | 2.54 | *0.00 |
| BEEF & BROCCOLI | SVG | 42 | 273 | 20 | 1385 | 2.97 | 1.30 | 30.1 | 167 | 41 | 25.17 | 14.56 | 36.75 | 7.49 | 2.55 | *0.00 |
| MILK-WHITE/CHOC/STWBV/VAN | EACH | 3870 | 140 | 4 | 180 | 0.00 | 0.23 | 306.2 | 497 | 106 | 2.65 | 8.32 | 24.01 | 0.98 | 0.61 | *0.00 |
| HAM & CHEESE WRAP | 1 EACH | 12 | 558 | 55 | 1746 | 3.53 | 4.55 | 292.0 | 526 | 105 | 0.91 | 22.84 | 60.60 | 22.16 | 4.52 | *0.00 |
| BBQ RIB SANDWICH | 1 EACH | 12 | 303 | 44 | 957 | 2.75 | 2.27 | 121.8 | 84 | 17 | 1.29 | 19.44 | 35.05 | 9.60 | 3.19 | *0.00 |
| PRETZEL W/ CHEESE (SEC) | 1 EACH | 14 | 473 | 7 | 733 | 4.00 | 3.84 | 273.3 | 67 | 13 | 0.00 | 17.33 | 85.33 | 7.33 | 1.33 | *0.00 |
| POTATO SALAD | 1/2 CUP | 95 | 240 | 10 | 490 | 3.00 | 1.44 | 0.0 | 0 | 0 | 0.00 | 3.00 | 28.00 | 13.00 | 2.00 | *0.00 |
| TURKEY & CHEESE WRAP | 1 EACH | 4 | 538 | 37 | 1522 | 3.53 | 4.16 | 296.8 | 510 | 102 | 0.40 | 23.75 | 60.67 | 19.59 | 3.79 | *0.00 |
| Weighted Daily Average | | | 817 | 53 | 1520 | 9.60 | 4.59 | 471.0 | 4206 | 655 | 40.10 | 32.43 | 123.19 | 23.02 | 6.60 | *0.09 |
| % of Calories | | | | | | | | | | | | 15.9% | 60.3% | 25.3% | 7.3% | 0.1% |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calcm | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|--------------------------------|---------------|----------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|----------|
| Wed - 11/04/2009 | | | | | | | | | | | | | | | | |
| D#11 Secondary Lunch | Total | 4574 | | | | | | | | | | | | | | |
| CHICKEN NUGGETS (HS) | 4 EACH | 90 | 180 | 40 | 620 | 0.00 | 0.00 | 12.0 | 70 | 14 | 1.00 | 16.00 | 13.00 | 6.00 | 0.00 | 0.00 |
| ASIAN CHICKEN CHUNKS | SVG | 75 | 217 | 34 | 856 | 1.20 | 0.00 | 17.2 | 450 | 90 | 0.00 | 16.00 | 26.40 | 5.60 | 1.20 | 0.00 |
| CHICKEN NUGGET (ES/MS) | 8 EACH | 324 | 314 | 86 | 738 | 1.60 | 3.20 | 30.4 | 122 | 24 | 0.00 | 22.40 | 19.20 | 16.00 | 4.80 | 0.00 |
| MEATBALL SUB | 1 each | 343 | 477 | 34 | 1304 | 7.70 | 5.70 | 103.9 | 873 | 175 | 7.54 | 24.94 | 61.95 | 13.20 | 5.15 | *0.00 |
| BBQ MEATBALL SUB | 1 EACH | 213 | 522 | 34 | 1737 | 8.15 | 5.16 | 74.2 | 275 | 85 | 3.43 | 23.00 | 75.59 | 13.42 | 5.15 | *0.00 |
| CRINKLE CUT FRIES | 3 OZ | 3488 | 114 | 0 | 330 | 2.38 | 0.63 | 10.2 | 4 | 0 | 11.31 | 2.26 | 23.59 | 4.44 | 0.88 | *0.00 |
| AMBROSIA SALAD | 1/2 cup | 3655 | 137 | 0 | 28 | 0.71 | 0.24 | 6.4 | 26 | 7 | 2.89 | 0.77 | 24.95 | 4.37 | 3.80 | *0.00 |
| CANNED PINEAPPLE | 1/2 CUP | 3980 | 66 | 0 | 1 | 1.01 | 0.49 | 17.6 | 48 | 1 | 9.45 | 0.45 | 16.95 | 0.15 | 0.01 | *0.00 |
| FRUIT-APPLE/ORANGE/BANANA | EACH | 4005 | 49 | 0 | 1 | 1.81 | 0.13 | 9.5 | 70 | 7 | 12.50 | 0.58 | 12.75 | 0.17 | 0.05 | *0.00 |
| CARROT STICKS | 1/4 CUP | 518 | 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 | 518 | 6 | 0 | 30 | 0.59 | 0.07 | 14.9 | 167 | 5 | 1.15 | 0.26 | 1.10 | 0.06 | 0.02 | *0.00 |
| BROCCOLI,FRESH,RAW | 1/4 CUP | 248 | 7 | 0 | 7 | 0.57 | 0.16 | 10.3 | 137 | 34 | 19.62 | 0.62 | 1.46 | 0.08 | 0.01 | *0.00 |
| LEAFY GREENS | 2 OZ | 576 | 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) | SVG | 1288 | 90 | 6 | 274 | 0.12 | 0.06 | 10.0 | 36 | 8 | 0.11 | 0.44 | 2.69 | 8.49 | 1.29 | *0.00 |
| RANCH FOODS DIRECT HAMBURGER | 1 EACH | 21 | 317 | 74 | 269 | 2.00 | 3.29 | 114.7 | 0 | 0 | 0.00 | 26.12 | 21.00 | 12.80 | 4.42 | *0.00 |
| HAMBURGER | EACH | 91 | 270 | 50 | 315 | 2.00 | 2.52 | 100.0 | 0 | 0 | 0.00 | 18.00 | 21.00 | 12.00 | 4.50 | *0.00 |
| RANCH FOODS DIRECT CHZBURGER | 1 EACH | 59 | 351 | 79 | 464 | 2.00 | 3.29 | 189.7 | 150 | 30 | 0.00 | 29.12 | 22.50 | 14.80 | 5.67 | *0.00 |
| CHEESEBURGER | EACH | 250 | 305 | 55 | 510 | 2.00 | 2.52 | 175.0 | 150 | 30 | 0.00 | 21.00 | 22.50 | 14.00 | 5.75 | *0.00 |
| CLUX DELUXE CHICKEN SAND (HS) | 1 EACH | 51 | 310 | 50 | 860 | 3.00 | 2.08 | 121.0 | 50 | 10 | 1.00 | 24.00 | 37.00 | 9.00 | 2.00 | *0.00 |
| CHICKEN PATTY SANDWICH (ES/MS) | EACH | 170 | 306 | 54 | 671 | 3.00 | 3.08 | 119.0 | 76 | 15 | 1.00 | 18.00 | 33.00 | 11.00 | 3.00 | *0.00 |
| SPICY CHICKEN PATTY SANDWICH | EACH | 453 | 292 | 52 | 750 | 2.00 | 3.08 | 120.0 | 46 | 9 | 1.00 | 18.00 | 32.00 | 11.00 | 2.00 | *0.00 |
| POPCORN CHICKEN | 24 EACH | 64 | 384 | 48 | 1464 | 0.00 | 0.00 | 240.0 | 106 | 21 | 0.00 | 16.80 | 26.40 | 16.80 | 4.80 | 0.00 |
| SPICY POPCORN CHICKEN | 24 EACH | 62 | 384 | 48 | 1464 | 0.00 | 0.00 | 240.0 | 106 | 21 | 0.00 | 16.80 | 26.40 | 16.80 | 4.80 | 0.00 |
| BURGER TOPPINGS | SVG | 640 | 11 | 0 | 81 | 0.53 | 0.10 | 5.9 | 123 | 10 | 3.01 | 0.34 | 2.42 | 0.05 | 0.01 | *0.00 |
| SEC CONDIMENTS | SVG | 1656 | 98 | 2 | 840 | 0.89 | 0.55 | 17.4 | 512 | 50 | 4.85 | 1.28 | 19.11 | 2.51 | 0.32 | *0.00 |
| NACHOS W/ CHEESE | EACH | 203 | 371 | 7 | 652 | 3.01 | 1.56 | 332.0 | 68 | 25 | 0.00 | 9.75 | 42.51 | 18.58 | 2.94 | *1.73 |
| CHILI | 1/4 CUP | 178 | 12 | 1 | 28 | 0.52 | 0.20 | 3.7 | 45 | 8 | 0.84 | 0.89 | 1.53 | 0.27 | 0.11 | *0.00 |
| JALAPENO PEPPERS | 1/2 OZ | 136 | 5 | 0 | 210 | 0.42 | 0.46 | 5.0 | 390 | 39 | 1.72 | 0.15 | 1.06 | 0.14 | 0.01 | *0.00 |
| CHILI FRITOS | 1 EACH | 159 | 453 | 30 | 865 | 10.16 | 3.72 | 374.0 | 1744 | 333 | 13.48 | 24.13 | 47.69 | 14.59 | 3.26 | *0.22 |
| BBQ RIB SANDWICH | 1 EACH | 45 | 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 | 132 | 458 | 37 | 1087 | 2.13 | 3.45 | 341.8 | 390 | 112 | 1.10 | 22.96 | 60.02 | 14.16 | 5.97 | *0.00 |
| PEPPERONI PIZZA (MS) | SLICE | 394 | 343 | 28 | 815 | 1.59 | 2.59 | 256.3 | 293 | 84 | 0.82 | 17.22 | 45.01 | 10.62 | 4.48 | *0.00 |
| CHEESE PIZZA (HS) | SLICE | 46 | 411 | 27 | 904 | 2.13 | 3.21 | 341.8 | 390 | 112 | 1.10 | 20.96 | 59.85 | 9.83 | 4.30 | *0.00 |
| CHEESE PIZZA (MS) | SLICE | 106 | 308 | 20 | 678 | 1.59 | 2.41 | 256.3 | 293 | 84 | 0.82 | 15.72 | 44.89 | 7.37 | 3.23 | *0.00 |
| SAUSAGE PIZZA (HS) | SLICE | 70 | 473 | 38 | 1007 | 2.95 | 3.66 | 366.6 | 432 | 121 | 1.59 | 28.43 | 61.51 | 14.80 | 5.96 | *0.00 |
| SAUSAGE PIZZA (MS) | SLICE | 88 | 355 | 28 | 756 | 2.22 | 2.74 | 275.0 | 324 | 91 | 1.20 | 21.32 | 46.13 | 11.10 | 4.47 | *0.00 |
| MEXICAN PIZZA (HS) | SLICE | 31 | 472 | 34 | 1278 | 3.76 | 4.04 | 414.2 | 2082 | 386 | 4.02 | 27.73 | 61.47 | 6.05 | 1.47 | *0.00 |
| MEXICAN PIZZA (MS) | SLICE | 48 | 354 | 25 | 958 | 2.82 | 3.03 | 310.6 | 1562 | 290 | 3.01 | 20.80 | 46.11 | 4.54 | 1.10 | *0.00 |
| BREADSTICKS W/ PIZZA SAUCE | 4 EACH / 2 OZ | 111 | 297 | 1 | 671 | 1.62 | 2.73 | 31.3 | 570 | 119 | 2.36 | 8.28 | 47.96 | 7.82 | 1.62 | *0.00 |
| MADE TO ORDER SUB BAR (HS) | SVG | 470 | 510 | 62 | 1660 | 6.67 | 4.41 | 267.3 | 588 | 114 | 7.16 | 27.07 | 48.27 | 23.44 | 9.84 | *0.00 |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calcm | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|---------------------------------|--------------|----------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|----------|
| Wed - 11/04/2009 | | | | | | | | | | | | | | | | |
| TURKEY & CHEESE SUB | EACH | 13 | 327 | 24 | 1251 | 6.65 | 3.89 | 117.2 | 556 | 48 | 2.08 | 23.97 | 46.61 | 5.47 | 2.38 | *0.00 |
| AMERICAN SUB | EACH | 20 | 337 | 33 | 1364 | 6.65 | 4.09 | 114.8 | 564 | 50 | 2.33 | 23.51 | 46.58 | 6.76 | 2.74 | *0.00 |
| AMERICAN WRAP | 1 EACH | 10 | 459 | 36 | 1384 | 4.09 | 4.51 | 293.5 | 1502 | 173 | 6.36 | 23.11 | 61.36 | 10.78 | 2.76 | *0.00 |
| VEGGIE WRAP | 1 EACH | 4 | 493 | 16 | 1140 | 4.41 | 4.08 | 414.6 | 1475 | 238 | 6.95 | 17.82 | 63.85 | 13.65 | 2.37 | *0.00 |
| CHEF SALAD W/ CRACKERS (HS) | 1 EACH | 15 | 281 | 71 | 721 | 2.98 | 2.43 | 234.1 | 4865 | 543 | 22.98 | 22.13 | 16.96 | 11.95 | 2.56 | *0.43 |
| CHEF SALAD W/ CRACKERS (ES /MS) | EACH | 22 | 203 | 48 | 579 | 2.21 | 2.07 | 152.8 | 3449 | 375 | 15.99 | 14.25 | 14.03 | 9.11 | 2.16 | *0.43 |
| SPINACH SALAD (HS) | SERVING | 3 | 261 | 230 | 495 | 3.53 | 3.97 | 345.0 | 8243 | 780 | 31.87 | 17.84 | 20.50 | 12.35 | 4.87 | *0.65 |
| SPINACH SALAD (MS) | SERVING | 2 | 186 | 124 | 385 | 2.44 | 2.80 | 308.1 | 6292 | 580 | 22.60 | 13.32 | 13.77 | 8.87 | 3.93 | *0.43 |
| GERMAN PRETZEL SANDWICH | 1 EACH | 40 | 330 | 50 | 1192 | 2.28 | 4.81 | 185.1 | 135 | 27 | 0.91 | 21.33 | 44.02 | 8.15 | 3.43 | *0.00 |
| DEL BURRITO (10" - Type A) | 1 EACH | 25 | 589 | 37 | 1804 | 8.61 | 6.26 | 286.6 | 1032 | 174 | 5.92 | 25.85 | 68.47 | 22.74 | 9.79 | *0.00 |
| NACHOS (Type A) | SVG | 27 | 549 | 27 | 1720 | 5.41 | 4.79 | 391.4 | 1045 | 170 | 5.52 | 21.48 | 51.66 | 28.81 | 7.77 | *1.73 |
| TACO PLATE | SVG | 26 | 444 | 37 | 1795 | 6.43 | 5.59 | 257.2 | 1208 | 192 | 6.30 | 22.56 | 48.62 | 15.67 | 6.77 | *0.00 |
| TACO EMPANADA (Type A) | 1 EACH | 23 | 375 | 35 | 1269 | 3.75 | 3.87 | 152.4 | 680 | 137 | 1.10 | 21.63 | 45.05 | 12.12 | 5.61 | *0.00 |
| ENSALADA | 1 EACH | 22 | 327 | 35 | 1193 | 2.30 | 3.11 | 222.0 | 962 | 178 | 5.17 | 17.50 | 25.92 | 15.44 | 6.06 | *0.00 |
| TERIYAKI CHICKEN | SVG | 37 | 278 | 77 | 265 | 1.86 | 1.39 | 27.9 | 91 | 18 | 3.27 | 22.07 | 31.33 | 6.51 | 2.08 | *0.00 |
| PORK FRIED RICE | 1 CUP | 38 | 477 | 53 | 2877 | 3.46 | 3.52 | 80.1 | 1917 | 337 | 4.38 | 26.77 | 56.29 | 19.90 | 6.48 | *0.00 |
| MILK-WHITE/CHOC/STWBV/VAN | EACH | 3615 | 140 | 4 | 180 | 0.00 | 0.23 | 306.2 | 497 | 106 | 2.65 | 8.32 | 24.01 | 0.98 | 0.61 | *0.00 |
| PRETZEL W/ CHEESE (SEC) | 1 EACH | 14 | 473 | 7 | 733 | 4.00 | 3.84 | 273.3 | 67 | 13 | 0.00 | 17.33 | 85.33 | 7.33 | 1.33 | *0.00 |
| CHICKEN CEASAR WRAP | 1 EACH | 12 | 649 | 67 | 1223 | 5.02 | 5.27 | 304.3 | 4211 | 208 | 17.01 | 31.37 | 61.21 | 30.29 | 7.47 | *0.00 |
| BEEF CRISPITO | SERVING | 12 | 332 | 44 | 717 | 1.74 | 2.01 | 569.6 | 2040 | 408 | 0.00 | 24.72 | 21.87 | 6.03 | 2.44 | *0.00 |
| BEAN & CHEESE BURRITO (ES/M | EACH | 40 | 310 | 5 | 620 | 10.00 | 2.70 | 150.0 | 300 | 60 | 1.20 | 15.00 | 45.00 | 8.00 | 2.50 | 0.00 |
| Weighted Daily Average | | | 850 | 50 | 1816 | 9.36 | 5.00 | 482.0 | 2470 | 379 | 40.39 | 31.33 | 133.57 | 24.89 | 9.28 | *0.10 |
| % of Calories | | | | | | | | | | | | 14.7% | 62.8% | 26.3% | 9.8% | 0.1% |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calcm | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|--------------------------------|---------------|----------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|----------|
| Thu - 11/05/2009 | | | | | | | | | | | | | | | | |
| D#11 Secondary Lunch | Total | 4331 | | | | | | | | | | | | | | |
| CHICKEN NUGGETS (HS) | 4 EACH | 70 | 180 | 40 | 620 | 0.00 | 0.00 | 12.0 | 70 | 14 | 1.00 | 16.00 | 13.00 | 6.00 | 0.00 | 0.00 |
| ASIAN CHICKEN CHUNKS | SVG | 62 | 217 | 34 | 856 | 1.20 | 0.00 | 17.2 | 450 | 90 | 0.00 | 16.00 | 26.40 | 5.60 | 1.20 | 0.00 |
| CHICKEN NUGGET (ES/MS) | 8 EACH | 305 | 314 | 86 | 738 | 1.60 | 3.20 | 30.4 | 122 | 24 | 0.00 | 22.40 | 19.20 | 16.00 | 4.80 | 0.00 |
| MACARONI & CHEESE | 1 CUP | 651 | 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) | EACH | 651 | 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 | 429 | 14 | 0 | 169 | 1.28 | 0.61 | 17.6 | 236 | 47 | 2.90 | 0.81 | 3.04 | 0.07 | 0.01 | *0.00 |
| POTATO WEDGES | 1 OZ | 3211 | 43 | 0 | 130 | 0.67 | 0.12 | 0.0 | 0 | 0 | 0.80 | 0.67 | 5.67 | 2.00 | 0.50 | *0.00 |
| MACARONI SALAD | 1/4 CUP | 1516 | 84 | 2 | 107 | 0.82 | 0.52 | 9.1 | 431 | 68 | 0.33 | 2.21 | 12.82 | 2.48 | 0.38 | *0.00 |
| CANNED PEARS | 1/2 CUP | 2770 | 72 | 0 | 6 | 2.01 | 0.35 | 6.3 | 0 | 0 | 0.88 | 0.24 | 19.04 | 0.04 | 0.00 | *0.00 |
| FRUIT-APPLE/ORANGE/BANANA | EACH | 2805 | 49 | 0 | 1 | 1.81 | 0.13 | 9.5 | 70 | 7 | 12.50 | 0.58 | 12.75 | 0.17 | 0.05 | *0.00 |
| CARROT STICKS | 1/4 CUP | 604 | 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 | 594 | 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 | 640 | 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) | SVG | 1310 | 90 | 6 | 274 | 0.12 | 0.06 | 10.0 | 36 | 8 | 0.11 | 0.44 | 2.69 | 8.49 | 1.29 | *0.00 |
| RANCH FOODS DIRECT HAMBURGER | 1 EACH | 14 | 317 | 74 | 269 | 2.00 | 3.29 | 114.7 | 0 | 0 | 0.00 | 26.12 | 21.00 | 12.80 | 4.42 | *0.00 |
| HAMBURGER | EACH | 40 | 270 | 50 | 315 | 2.00 | 2.52 | 100.0 | 0 | 0 | 0.00 | 18.00 | 21.00 | 12.00 | 4.50 | *0.00 |
| RANCH FOODS DIRECT CHZBURGER | 1 EACH | 64 | 351 | 79 | 464 | 2.00 | 3.29 | 189.7 | 150 | 30 | 0.00 | 29.12 | 22.50 | 14.80 | 5.67 | *0.00 |
| CHEESEBURGER | EACH | 159 | 305 | 55 | 510 | 2.00 | 2.52 | 175.0 | 150 | 30 | 0.00 | 21.00 | 22.50 | 14.00 | 5.75 | *0.00 |
| CLUX DELUXE CHICKEN SAND (HS) | 1 EACH | 52 | 310 | 50 | 860 | 3.00 | 2.08 | 121.0 | 50 | 10 | 1.00 | 24.00 | 37.00 | 9.00 | 2.00 | *0.00 |
| CHICKEN PATTY SANDWICH (ES/MS) | EACH | 102 | 306 | 54 | 671 | 3.00 | 3.08 | 119.0 | 76 | 15 | 1.00 | 18.00 | 33.00 | 11.00 | 3.00 | *0.00 |
| SPICY CHICKEN PATTY SANDWICH | EACH | 322 | 292 | 52 | 750 | 2.00 | 3.08 | 120.0 | 46 | 9 | 1.00 | 18.00 | 32.00 | 11.00 | 2.00 | *0.00 |
| CHICKEN TENDERS | 3 EACH | 58 | 228 | 42 | 968 | 0.00 | 0.00 | 13.2 | 47 | 9 | 0.00 | 19.20 | 21.60 | 7.20 | 1.20 | 0.00 |
| BEAN & CHEESE BURRITO (ES/MS) | EACH | 186 | 310 | 5 | 620 | 10.00 | 2.70 | 150.0 | 300 | 60 | 1.20 | 15.00 | 45.00 | 8.00 | 2.50 | 0.00 |
| BURGER TOPPINGS | SVG | 465 | 11 | 0 | 81 | 0.53 | 0.10 | 5.9 | 123 | 10 | 3.01 | 0.34 | 2.42 | 0.05 | 0.01 | *0.00 |
| SEC CONDIMENTS | SVG | 1258 | 98 | 2 | 840 | 0.89 | 0.55 | 17.4 | 512 | 50 | 4.85 | 1.28 | 19.11 | 2.51 | 0.32 | *0.00 |
| CHILI FRITOS | 1 EACH | 166 | 453 | 30 | 865 | 10.16 | 3.72 | 374.0 | 1744 | 333 | 13.48 | 24.13 | 47.69 | 14.59 | 3.26 | *0.22 |
| NACHOS W/ CHEESE | EACH | 151 | 371 | 7 | 652 | 3.01 | 1.56 | 332.0 | 68 | 25 | 0.00 | 9.75 | 42.51 | 18.58 | 2.94 | *1.73 |
| CHILI | 1/4 CUP | 136 | 12 | 1 | 28 | 0.52 | 0.20 | 3.7 | 45 | 8 | 0.84 | 0.89 | 1.53 | 0.27 | 0.11 | *0.00 |
| JALAPENO PEPPERS | 1/2 OZ | 114 | 5 | 0 | 210 | 0.42 | 0.46 | 5.0 | 390 | 39 | 1.72 | 0.15 | 1.06 | 0.14 | 0.01 | *0.00 |
| PEPPERONI PIZZA (HS) | SLICE | 125 | 458 | 37 | 1087 | 2.13 | 3.45 | 341.8 | 390 | 112 | 1.10 | 22.96 | 60.02 | 14.16 | 5.97 | *0.00 |
| PEPPERONI PIZZA (MS) | SLICE | 429 | 343 | 28 | 815 | 1.59 | 2.59 | 256.3 | 293 | 84 | 0.82 | 17.22 | 45.01 | 10.62 | 4.48 | *0.00 |
| CHEESE PIZZA (HS) | SLICE | 50 | 411 | 27 | 904 | 2.13 | 3.21 | 341.8 | 390 | 112 | 1.10 | 20.96 | 59.85 | 9.83 | 4.30 | *0.00 |
| CHEESE PIZZA (MS) | SLICE | 113 | 308 | 20 | 678 | 1.59 | 2.41 | 256.3 | 293 | 84 | 0.82 | 15.72 | 44.89 | 7.37 | 3.23 | *0.00 |
| SAUSAGE PIZZA (HS) | SLICE | 38 | 473 | 38 | 1007 | 2.95 | 3.66 | 366.6 | 432 | 121 | 1.59 | 28.43 | 61.51 | 14.80 | 5.96 | *0.00 |
| SAUSAGE PIZZA (MS) | SLICE | 99 | 355 | 28 | 756 | 2.22 | 2.74 | 275.0 | 324 | 91 | 1.20 | 21.32 | 46.13 | 11.10 | 4.47 | *0.00 |
| SUPREME PIZZA (HS) | SLICE | 52 | 510 | 43 | 1207 | 3.63 | 4.05 | 369.9 | 673 | 139 | 8.02 | 28.99 | 63.66 | 17.53 | 6.95 | *0.00 |
| SUPREME PIZZA (MS) | SLICE | 78 | 382 | 32 | 905 | 2.72 | 3.04 | 277.4 | 505 | 104 | 6.02 | 21.74 | 47.75 | 13.15 | 5.21 | *0.00 |
| BREADSTICKS W/ PIZZA SAUCE | 4 EACH / 2 OZ | 121 | 297 | 1 | 671 | 1.62 | 2.73 | 31.3 | 570 | 119 | 2.36 | 8.28 | 47.96 | 7.82 | 1.62 | *0.00 |
| MADE TO ORDER SUB BAR (HS) | SVG | 450 | 510 | 62 | 1660 | 6.67 | 4.41 | 267.3 | 588 | 114 | 7.16 | 27.07 | 48.27 | 23.44 | 9.84 | *0.00 |
| HAM & CHEESE WRAP | 1 EACH | 7 | 558 | 55 | 1746 | 3.53 | 4.55 | 292.0 | 526 | 105 | 0.91 | 22.84 | 60.60 | 22.16 | 4.52 | *0.00 |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

Oct 23, 2009

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calc | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|---------------------------------|-----------------|-------------|------|--------------|------------|------------|------------|------------|-------------|-------------|-------------|------------|-----------|------------|------------|-------------|
| Thu - 11/05/2009 | | | | | | | | | | | | | | | | |
| ITALIAN SUB | EACH | 20 | 366 | 49 | 1501 | 6.65 | 4.50 | 146.4 | 586 | 54 | 2.94 | 23.13 | 47.20 | 9.72 | 3.58 | *0.00 |
| ITALIAN WRAP | 1 EACH | 7 | 506 | 48 | 1570 | 4.09 | 5.16 | 317.1 | 1308 | 134 | 7.07 | 21.95 | 61.87 | 18.58 | 4.55 | *0.00 |
| VEGGIE WRAP | 1 EACH | 4 | 493 | 16 | 1140 | 4.41 | 4.08 | 414.6 | 1475 | 238 | 6.95 | 17.82 | 63.85 | 13.65 | 2.37 | *0.00 |
| CHEF SALAD W/ CRACKERS (HS) | 1 EACH | 6 | 281 | 71 | 721 | 2.98 | 2.43 | 234.1 | 4865 | 543 | 22.98 | 22.13 | 16.96 | 11.95 | 2.56 | *0.43 |
| CHEF SALAD W/ CRACKERS (ES /MS) | EACH | 13 | 203 | 48 | 579 | 2.21 | 2.07 | 152.8 | 3449 | 375 | 15.99 | 14.25 | 14.03 | 9.11 | 2.16 | *0.43 |
| CHICKEN CAESAR SALAD (HS) | 1 EACH | 10 | 377 | 64 | 1041 | 4.48 | 2.77 | 298.0 | 6788 | 344 | 28.24 | 25.19 | 25.52 | 19.84 | 5.91 | *0.00 |
| CHICKEN CAESAR SALAD (MS) | 1 EACH | 3 | 280 | 49 | 752 | 3.30 | 2.01 | 204.9 | 5078 | 255 | 21.21 | 18.94 | 19.05 | 14.58 | 4.18 | *0.00 |
| REUBEN SANDWICH | 1 EACH | 48 | 413 | 57 | 1311 | 3.97 | 2.69 | 185.6 | 126 | 25 | 1.56 | 18.55 | 36.55 | 21.80 | 6.31 | *0.00 |
| DEL BURRITO (10" - Type A) | 1 EACH | 33 | 589 | 37 | 1804 | 8.61 | 6.26 | 286.6 | 1032 | 174 | 5.92 | 25.85 | 68.47 | 22.74 | 9.79 | *0.00 |
| NACHOS (Type A) | SVG | 37 | 549 | 27 | 1720 | 5.41 | 4.79 | 391.4 | 1045 | 170 | 5.52 | 21.48 | 51.66 | 28.81 | 7.77 | *1.73 |
| TACO PLATE | SVG | 27 | 444 | 37 | 1795 | 6.43 | 5.59 | 257.2 | 1208 | 192 | 6.30 | 22.56 | 48.62 | 15.67 | 6.77 | *0.00 |
| CHICKEN FAJITA CILANTRO BO | SVG | 21 | 406 | 73 | 541 | 3.05 | 1.66 | 46.9 | 251 | 31 | 39.23 | 25.96 | 48.17 | 12.03 | 1.61 | *0.00 |
| ENSALADA | 1 EACH | 20 | 327 | 35 | 1193 | 2.30 | 3.11 | 222.0 | 962 | 178 | 5.17 | 17.50 | 25.92 | 15.44 | 6.06 | *0.00 |
| ASIAN GLAZED CHICKEN | SVG | 31 | 499 | 34 | 1157 | 3.05 | 0.41 | 27.0 | 450 | 90 | 4.80 | 19.02 | 68.29 | 16.48 | 2.38 | *0.00 |
| KUNG PAO CHICKEN | SVG | 33 | 272 | 23 | 387 | 2.50 | 0.88 | 22.7 | 648 | 130 | 34.99 | 10.79 | 42.09 | 6.12 | 1.82 | *0.00 |
| MILK-WHITE/CHOC/STWBY/VAN | EACH | 4135 | 140 | 4 | 180 | 0.00 | 0.23 | 306.2 | 497 | 106 | 2.65 | 8.32 | 24.01 | 0.98 | 0.61 | *0.00 |
| PRETZEL W/ CHEESE (SEC) | 1 EACH | 14 | 473 | 7 | 733 | 4.00 | 3.84 | 273.3 | 67 | 13 | 0.00 | 17.33 | 85.33 | 7.33 | 1.33 | *0.00 |
| BEAN & CHEESE BURRITO (ES/M | EACH | 12 | 310 | 5 | 620 | 10.00 | 2.70 | 150.0 | 300 | 60 | 1.20 | 15.00 | 45.00 | 8.00 | 2.50 | 0.00 |
| PEPPERONI CALZONE | 1 EACH | 12 | 641 | 37 | 1608 | 3.67 | 5.81 | 280.8 | 703 | 163 | 3.29 | 26.58 | 95.41 | 16.75 | 6.63 | *0.00 |
| TURKEY & CHEESE WRAP | 1 EACH | 16 | 538 | 37 | 1522 | 3.53 | 4.16 | 296.8 | 510 | 102 | 0.40 | 23.75 | 60.67 | 19.59 | 3.79 | *0.00 |
| BBQ RIB SANDWICH | 1 EACH | 0 | 303 | 44 | 957 | 2.75 | 2.27 | 121.8 | 84 | 17 | 1.29 | 19.44 | 35.05 | 9.60 | 3.19 | *0.00 |
| Weighted Daily Average | | | 715 | 45 | 1579 | 7.91 | 4.13 | 560.8 | 2809 | 439 | 19.18 | 30.62 | 103.08 | 20.75 | 5.93 | *0.09 |
| % of Calories | | | | | | | | | | | | 17.1% | 57.7% | 26.1% | 7.5% | 0.1% |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calcm | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|--------------------------------|---------------|----------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|----------|
| Fri - 11/06/2009 | | | | | | | | | | | | | | | | |
| D#11 Secondary Lunch | Total | 4331 | | | | | | | | | | | | | | |
| CHICKEN NUGGETS (HS) | 4 EACH | 70 | 180 | 40 | 620 | 0.00 | 0.00 | 12.0 | 70 | 14 | 1.00 | 16.00 | 13.00 | 6.00 | 0.00 | 0.00 |
| ASIAN CHICKEN CHUNKS | SVG | 62 | 217 | 34 | 856 | 1.20 | 0.00 | 17.2 | 450 | 90 | 0.00 | 16.00 | 26.40 | 5.60 | 1.20 | 0.00 |
| CHICKEN NUGGET (ES/MS) | 8 EACH | 305 | 314 | 86 | 738 | 1.60 | 3.20 | 30.4 | 122 | 24 | 0.00 | 22.40 | 19.20 | 16.00 | 4.80 | 0.00 |
| CHICKEN FAJITA | 1 EACH | 651 | 387 | 63 | 678 | 3.00 | 2.24 | 201.1 | 938 | 150 | 28.53 | 24.70 | 32.47 | 15.28 | 4.51 | *0.00 |
| REFRIED BEANS | 4 OZ | 631 | 162 | 3 | 488 | 8.34 | 1.98 | 72.2 | 0 | 0 | 0.00 | 8.06 | 24.50 | 3.56 | 1.34 | *0.00 |
| TATER TOTS | 3 OZ | 3211 | 153 | 0 | 451 | 1.70 | 0.43 | 5.1 | 0 | 0 | 0.85 | 1.70 | 20.41 | 8.50 | 1.28 | *0.00 |
| MARINATED VEGETABLE SALAD | 1/2 CUP | 516 | 163 | 0 | 278 | 2.44 | 0.47 | 39.3 | 4864 | 809 | 33.49 | 1.78 | 9.41 | 13.92 | 2.02 | *0.00 |
| FRUIT COCKTAIL | 1/2 CUP | 3770 | 69 | 0 | 7 | 1.21 | 0.35 | 7.3 | 248 | 25 | 2.30 | 0.48 | 18.07 | 0.08 | 0.01 | *0.00 |
| FRUIT-APPLE/ORANGE/BANANA | EACH | 3849 | 49 | 0 | 1 | 1.81 | 0.13 | 9.5 | 70 | 7 | 12.50 | 0.58 | 12.75 | 0.17 | 0.05 | *0.00 |
| CARROT STICKS | 1/4 CUP | 604 | 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 | 594 | 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 | 640 | 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) | SVG | 1310 | 90 | 6 | 274 | 0.12 | 0.06 | 10.0 | 36 | 8 | 0.11 | 0.44 | 2.69 | 8.49 | 1.29 | *0.00 |
| RANCH FOODS DIRECT HAMBURGER | 1 EACH | 14 | 317 | 74 | 269 | 2.00 | 3.29 | 114.7 | 0 | 0 | 0.00 | 26.12 | 21.00 | 12.80 | 4.42 | *0.00 |
| HAMBURGER | EACH | 40 | 270 | 50 | 315 | 2.00 | 2.52 | 100.0 | 0 | 0 | 0.00 | 18.00 | 21.00 | 12.00 | 4.50 | *0.00 |
| RANCH FOODS DIRECT CHZBURGER | 1 EACH | 64 | 351 | 79 | 464 | 2.00 | 3.29 | 189.7 | 150 | 30 | 0.00 | 29.12 | 22.50 | 14.80 | 5.67 | *0.00 |
| CHEESEBURGER | EACH | 159 | 305 | 55 | 510 | 2.00 | 2.52 | 175.0 | 150 | 30 | 0.00 | 21.00 | 22.50 | 14.00 | 5.75 | *0.00 |
| CLUX DELUXE CHICKEN SAND (HS) | 1 EACH | 52 | 310 | 50 | 860 | 3.00 | 2.08 | 121.0 | 50 | 10 | 1.00 | 24.00 | 37.00 | 9.00 | 2.00 | *0.00 |
| CHICKEN PATTY SANDWICH (ES/MS) | EACH | 102 | 306 | 54 | 671 | 3.00 | 3.08 | 119.0 | 76 | 15 | 1.00 | 18.00 | 33.00 | 11.00 | 3.00 | *0.00 |
| SPICY CHICKEN PATTY SANDWICH | EACH | 322 | 292 | 52 | 750 | 2.00 | 3.08 | 120.0 | 46 | 9 | 1.00 | 18.00 | 32.00 | 11.00 | 2.00 | *0.00 |
| CHICKEN TENDERS | 3 EACH | 58 | 228 | 42 | 968 | 0.00 | 0.00 | 13.2 | 47 | 9 | 0.00 | 19.20 | 21.60 | 7.20 | 1.20 | 0.00 |
| BEAN & CHEESE BURRITO (ES/MS) | EACH | 186 | 310 | 5 | 620 | 10.00 | 2.70 | 150.0 | 300 | 60 | 1.20 | 15.00 | 45.00 | 8.00 | 2.50 | 0.00 |
| BURGER TOPPINGS | SVG | 465 | 11 | 0 | 81 | 0.53 | 0.10 | 5.9 | 123 | 10 | 3.01 | 0.34 | 2.42 | 0.05 | 0.01 | *0.00 |
| SEC CONDIMENTS | SVG | 1258 | 98 | 2 | 840 | 0.89 | 0.55 | 17.4 | 512 | 50 | 4.85 | 1.28 | 19.11 | 2.51 | 0.32 | *0.00 |
| CHILI FRITOS | 1 EACH | 166 | 453 | 30 | 865 | 10.16 | 3.72 | 374.0 | 1744 | 333 | 13.48 | 24.13 | 47.69 | 14.59 | 3.26 | *0.22 |
| NACHOS W/ CHEESE | EACH | 151 | 371 | 7 | 652 | 3.01 | 1.56 | 332.0 | 68 | 25 | 0.00 | 9.75 | 42.51 | 18.58 | 2.94 | *1.73 |
| CHILI | 1/4 CUP | 136 | 12 | 1 | 28 | 0.52 | 0.20 | 3.7 | 45 | 8 | 0.84 | 0.89 | 1.53 | 0.27 | 0.11 | *0.00 |
| JALAPENO PEPPERS | 1/2 OZ | 114 | 5 | 0 | 210 | 0.42 | 0.46 | 5.0 | 390 | 39 | 1.72 | 0.15 | 1.06 | 0.14 | 0.01 | *0.00 |
| PEPPERONI PIZZA (HS) | SLICE | 125 | 458 | 37 | 1087 | 2.13 | 3.45 | 341.8 | 390 | 112 | 1.10 | 22.96 | 60.02 | 14.16 | 5.97 | *0.00 |
| PEPPERONI PIZZA (MS) | SLICE | 429 | 343 | 28 | 815 | 1.59 | 2.59 | 256.3 | 293 | 84 | 0.82 | 17.22 | 45.01 | 10.62 | 4.48 | *0.00 |
| CHEESE PIZZA (HS) | SLICE | 50 | 411 | 27 | 904 | 2.13 | 3.21 | 341.8 | 390 | 112 | 1.10 | 20.96 | 59.85 | 9.83 | 4.30 | *0.00 |
| CHEESE PIZZA (MS) | SLICE | 113 | 308 | 20 | 678 | 1.59 | 2.41 | 256.3 | 293 | 84 | 0.82 | 15.72 | 44.89 | 7.37 | 3.23 | *0.00 |
| SAUSAGE PIZZA (HS) | SLICE | 38 | 473 | 38 | 1007 | 2.95 | 3.66 | 366.6 | 432 | 121 | 1.59 | 28.43 | 61.51 | 14.80 | 5.96 | *0.00 |
| SAUSAGE PIZZA (MS) | SLICE | 99 | 355 | 28 | 756 | 2.22 | 2.74 | 275.0 | 324 | 91 | 1.20 | 21.32 | 46.13 | 11.10 | 4.47 | *0.00 |
| SUPREME PIZZA (HS) | SLICE | 52 | 510 | 43 | 1207 | 3.63 | 4.05 | 369.9 | 673 | 139 | 8.02 | 28.99 | 63.66 | 17.53 | 6.95 | *0.00 |
| SUPREME PIZZA (MS) | SLICE | 78 | 382 | 32 | 905 | 2.72 | 3.04 | 277.4 | 505 | 104 | 6.02 | 21.74 | 47.75 | 13.15 | 5.21 | *0.00 |
| BREADSTICKS W/ PIZZA SAUCE | 4 EACH / 2 OZ | 121 | 297 | 1 | 671 | 1.62 | 2.73 | 31.3 | 570 | 119 | 2.36 | 8.28 | 47.96 | 7.82 | 1.62 | *0.00 |
| MADE TO ORDER SUB BAR (HS) | SVG | 450 | 510 | 62 | 1660 | 6.67 | 4.41 | 267.3 | 588 | 114 | 7.16 | 27.07 | 48.27 | 23.44 | 9.84 | *0.00 |
| HAM & CHEESE WRAP | 1 EACH | 7 | 558 | 55 | 1746 | 3.53 | 4.55 | 292.0 | 526 | 105 | 0.91 | 22.84 | 60.60 | 22.16 | 4.52 | *0.00 |
| ITALIAN SUB | EACH | 20 | 366 | 49 | 1501 | 6.65 | 4.50 | 146.4 | 586 | 54 | 2.94 | 23.13 | 47.20 | 9.72 | 3.58 | *0.00 |

Colorado Springs School District 11

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

Oct 23, 2009

D#11 Secondary Lunch

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| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calcm | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|-------------------------------------|--------------|----------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|----------|
| Fri - 11/06/2009 | | | | | | | | | | | | | | | | |
| ITALIAN WRAP | 1 EACH | 7 | 506 | 48 | 1570 | 4.09 | 5.16 | 317.1 | 1308 | 134 | 7.07 | 21.95 | 61.87 | 18.58 | 4.55 | *0.00 |
| VEGGIE WRAP | 1 EACH | 4 | 493 | 16 | 1140 | 4.41 | 4.08 | 414.6 | 1475 | 238 | 6.95 | 17.82 | 63.85 | 13.65 | 2.37 | *0.00 |
| CHEF SALAD W/ CRACKERS (HS) | 1 EACH | 6 | 281 | 71 | 721 | 2.98 | 2.43 | 234.1 | 4865 | 543 | 22.98 | 22.13 | 16.96 | 11.95 | 2.56 | *0.43 |
| CHEF SALAD W/ CRACKERS (ES /MS) | EACH | 13 | 203 | 48 | 579 | 2.21 | 2.07 | 152.8 | 3449 | 375 | 15.99 | 14.25 | 14.03 | 9.11 | 2.16 | *0.43 |
| CHICKEN CAESAR SALAD (HS) | 1 EACH | 10 | 377 | 64 | 1041 | 4.48 | 2.77 | 298.0 | 6788 | 344 | 28.24 | 25.19 | 25.52 | 19.84 | 5.91 | *0.00 |
| CHICKEN CAESAR SALAD (MS) | 1 EACH | 3 | 280 | 49 | 752 | 3.30 | 2.01 | 204.9 | 5078 | 255 | 21.21 | 18.94 | 19.05 | 14.58 | 4.18 | *0.00 |
| REUBEN SANDWICH | 1 EACH | 48 | 413 | 57 | 1311 | 3.97 | 2.69 | 185.6 | 126 | 25 | 1.56 | 18.55 | 36.55 | 21.80 | 6.31 | *0.00 |
| DEL BURRITO (10" - Type A) | 1 EACH | 33 | 589 | 37 | 1804 | 8.61 | 6.26 | 286.6 | 1032 | 174 | 5.92 | 25.85 | 68.47 | 22.74 | 9.79 | *0.00 |
| NACHOS (Type A) | SVG | 37 | 549 | 27 | 1720 | 5.41 | 4.79 | 391.4 | 1045 | 170 | 5.52 | 21.48 | 51.66 | 28.81 | 7.77 | *1.73 |
| TACO PLATE | SVG | 27 | 444 | 37 | 1795 | 6.43 | 5.59 | 257.2 | 1208 | 192 | 6.30 | 22.56 | 48.62 | 15.67 | 6.77 | *0.00 |
| CHICKEN FAJITA CILANTRO BO ENSALADA | SVG | 21 | 406 | 73 | 541 | 3.05 | 1.66 | 46.9 | 251 | 31 | 39.23 | 25.96 | 48.17 | 12.03 | 1.61 | *0.00 |
| ASIAN GLAZED CHICKEN | 1 EACH | 20 | 327 | 35 | 1193 | 2.30 | 3.11 | 222.0 | 962 | 178 | 5.17 | 17.50 | 25.92 | 15.44 | 6.06 | *0.00 |
| KUNG PAO CHICKEN | SVG | 31 | 499 | 34 | 1157 | 3.05 | 0.41 | 27.0 | 450 | 90 | 4.80 | 19.02 | 68.29 | 16.48 | 2.38 | *0.00 |
| MILK-WHITE/CHOC/STWBY/VAN | SVG | 33 | 272 | 23 | 387 | 2.50 | 0.88 | 22.7 | 648 | 130 | 34.99 | 10.79 | 42.09 | 6.12 | 1.82 | *0.00 |
| PRETZEL W/ CHEESE (SEC) | EACH | 4135 | 140 | 4 | 180 | 0.00 | 0.23 | 306.2 | 497 | 106 | 2.65 | 8.32 | 24.01 | 0.98 | 0.61 | *0.00 |
| BEAN & CHEESE BURRITO (ES/M) | 1 EACH | 14 | 473 | 7 | 733 | 4.00 | 3.84 | 273.3 | 67 | 13 | 0.00 | 17.33 | 85.33 | 7.33 | 1.33 | *0.00 |
| PEPPERONI CALZONE | EACH | 12 | 310 | 5 | 620 | 10.00 | 2.70 | 150.0 | 300 | 60 | 1.20 | 15.00 | 45.00 | 8.00 | 2.50 | 0.00 |
| TURKEY & CHEESE WRAP | 1 EACH | 12 | 641 | 37 | 1608 | 3.67 | 5.81 | 280.8 | 703 | 163 | 3.29 | 26.58 | 95.41 | 16.75 | 6.63 | *0.00 |
| BBQ RIB SANDWICH | 1 EACH | 16 | 538 | 37 | 1522 | 3.53 | 4.16 | 296.8 | 510 | 102 | 0.40 | 23.75 | 60.67 | 19.59 | 3.79 | *0.00 |
| RAINBOW PASTA SALAD | 1 EACH | 0 | 303 | 44 | 957 | 2.75 | 2.27 | 121.8 | 84 | 17 | 1.29 | 19.44 | 35.05 | 9.60 | 3.19 | *0.00 |
| | 2 OZ | 0 | 110 | 0 | 71 | 1.02 | 1.06 | 7.3 | 25 | 3 | 1.54 | 3.35 | 20.17 | 1.61 | 0.24 | *0.00 |
| Weighted Daily Average | | | 826 | 52 | 1848 | 9.71 | 4.50 | 543.2 | 3541 | 543 | 31.47 | 33.06 | 116.86 | 27.02 | 7.06 | *0.09 |
| % of Calories | | | | | | | | | | | | 16.0% | 56.6% | 29.4% | 7.7% | 0.1% |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

Oct 23, 2009

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calcm | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|---------------------------------|---------------|----------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|----------|
| Mon - 11/09/2009 | | | | | | | | | | | | | | | | |
| D#11 Secondary Lunch | Total | 4458 | | | | | | | | | | | | | | |
| CHICKEN NUGGETS (HS) | 4 EACH | 96 | 180 | 40 | 620 | 0.00 | 0.00 | 12.0 | 70 | 14 | 1.00 | 16.00 | 13.00 | 6.00 | 0.00 | 0.00 |
| ASIAN CHICKEN CHUNKS | SVG | 82 | 217 | 34 | 856 | 1.20 | 0.00 | 17.2 | 450 | 90 | 0.00 | 16.00 | 26.40 | 5.60 | 1.20 | 0.00 |
| CHICKEN NUGGET (ES/MS) | 8 EACH | 338 | 314 | 86 | 738 | 1.60 | 3.20 | 30.4 | 122 | 24 | 0.00 | 22.40 | 19.20 | 16.00 | 4.80 | 0.00 |
| CHEESE BREADSTICK (WHOLE GRAIN) | 2 EACH | 745 | 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 | 745 | 32 | 0 | 192 | 0.00 | 0.33 | 18.3 | 366 | 73 | 2.19 | 0.91 | 6.40 | 0.00 | 0.00 | *0.00 |
| CANNED PEACHES | 1/2 CUP | 4025 | 68 | 0 | 6 | 1.63 | 0.45 | 3.8 | 444 | 44 | 3.01 | 0.56 | 18.26 | 0.04 | 0.00 | *0.00 |
| POTATO WEDGES | 3 OZ | 3773 | 130 | 0 | 390 | 2.00 | 0.36 | 0.0 | 0 | 0 | 2.40 | 2.00 | 17.00 | 6.00 | 1.50 | *0.00 |
| COLESLAW | 1/4 CUP | 2038 | 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 | EACH | 3915 | 49 | 0 | 1 | 1.81 | 0.13 | 9.5 | 70 | 7 | 12.50 | 0.58 | 12.75 | 0.17 | 0.05 | *0.00 |
| CARROT STICKS | 1/4 CUP | 1063 | 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 | 865 | 6 | 0 | 30 | 0.59 | 0.07 | 14.9 | 167 | 5 | 1.15 | 0.26 | 1.10 | 0.06 | 0.02 | *0.00 |
| CAULIFLOWER, RAW | 1/4 CUP | 690 | 6 | 0 | 8 | 0.63 | 0.11 | 5.5 | 3 | 1 | 11.60 | 0.50 | 1.33 | 0.03 | 0.00 | *0.00 |
| LEAFY GREENS | 2 OZ | 967 | 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) | SVG | 1405 | 90 | 6 | 274 | 0.12 | 0.06 | 10.0 | 36 | 8 | 0.11 | 0.44 | 2.69 | 8.49 | 1.29 | *0.00 |
| RANCH FOODS DIRECT HAMBURGER | 1 EACH | 16 | 317 | 74 | 269 | 2.00 | 3.29 | 114.7 | 0 | 0 | 0.00 | 26.12 | 21.00 | 12.80 | 4.42 | *0.00 |
| RANCH FOODS DIRECT CHZBURGER | EACH | 46 | 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 | 66 | 351 | 79 | 464 | 2.00 | 3.29 | 189.7 | 150 | 30 | 0.00 | 29.12 | 22.50 | 14.80 | 5.67 | *0.00 |
| CLUX DELUXE CHICKEN SAND (HS) | EACH | 149 | 305 | 55 | 510 | 2.00 | 2.52 | 175.0 | 150 | 30 | 0.00 | 21.00 | 22.50 | 14.00 | 5.75 | *0.00 |
| CHICKEN PATTY SANDWICH (E S/MS) | 1 EACH | 51 | 310 | 50 | 860 | 3.00 | 2.08 | 121.0 | 50 | 10 | 1.00 | 24.00 | 37.00 | 9.00 | 2.00 | *0.00 |
| SPICY CHICKEN PATTY SANDWICH | EACH | 149 | 306 | 54 | 671 | 3.00 | 3.08 | 119.0 | 76 | 15 | 1.00 | 18.00 | 33.00 | 11.00 | 3.00 | *0.00 |
| POPCORN CHICKEN | EACH | 400 | 292 | 52 | 750 | 2.00 | 3.08 | 120.0 | 46 | 9 | 1.00 | 18.00 | 32.00 | 11.00 | 2.00 | *0.00 |
| SPICY POPCORN CHICKEN | 24 EACH | 28 | 384 | 48 | 1464 | 0.00 | 0.00 | 240.0 | 106 | 21 | 0.00 | 16.80 | 26.40 | 16.80 | 4.80 | 0.00 |
| BURGER TOPPINGS | 24 EACH | 28 | 384 | 48 | 1464 | 0.00 | 0.00 | 240.0 | 106 | 21 | 0.00 | 16.80 | 26.40 | 16.80 | 4.80 | 0.00 |
| SEC CONDIMENTS | SVG | 462 | 11 | 0 | 81 | 0.53 | 0.10 | 5.9 | 123 | 10 | 3.01 | 0.34 | 2.42 | 0.05 | 0.01 | *0.00 |
| NACHOS W/ CHEESE | SVG | 1452 | 98 | 2 | 840 | 0.89 | 0.55 | 17.4 | 512 | 50 | 4.85 | 1.28 | 19.11 | 2.51 | 0.32 | *0.00 |
| CHILI | EACH | 134 | 371 | 7 | 652 | 3.01 | 1.56 | 332.0 | 68 | 25 | 0.00 | 9.75 | 42.51 | 18.58 | 2.94 | *1.73 |
| JALAPENO PEPPERS | 1/4 CUP | 126 | 12 | 1 | 28 | 0.52 | 0.20 | 3.7 | 45 | 8 | 0.84 | 0.89 | 1.53 | 0.27 | 0.11 | *0.00 |
| CHILI FRITOS | 1/2 OZ | 47 | 5 | 0 | 210 | 0.42 | 0.46 | 5.0 | 390 | 39 | 1.72 | 0.15 | 1.06 | 0.14 | 0.01 | *0.00 |
| PEPPERONI PIZZA (HS) | 1 EACH | 135 | 453 | 30 | 865 | 10.16 | 3.72 | 374.0 | 1744 | 333 | 13.48 | 24.13 | 47.69 | 14.59 | 3.26 | *0.22 |
| PEPPERONI PIZZA (MS) | SLICE | 111 | 458 | 37 | 1087 | 2.13 | 3.45 | 341.8 | 390 | 112 | 1.10 | 22.96 | 60.02 | 14.16 | 5.97 | *0.00 |
| CHEESE PIZZA (HS) | SLICE | 511 | 343 | 28 | 815 | 1.59 | 2.59 | 256.3 | 293 | 84 | 0.82 | 17.22 | 45.01 | 10.62 | 4.48 | *0.00 |
| CHEESE PIZZA (MS) | SLICE | 59 | 411 | 27 | 904 | 2.13 | 3.21 | 341.8 | 390 | 112 | 1.10 | 20.96 | 59.85 | 9.83 | 4.30 | *0.00 |
| SAUSAGE PIZZA (HS) | SLICE | 107 | 308 | 20 | 678 | 1.59 | 2.41 | 256.3 | 293 | 84 | 0.82 | 15.72 | 44.89 | 7.37 | 3.23 | *0.00 |
| SAUSAGE PIZZA (MS) | SLICE | 40 | 473 | 38 | 1007 | 2.95 | 3.66 | 366.6 | 432 | 121 | 1.59 | 28.43 | 61.51 | 14.80 | 5.96 | *0.00 |
| MEAT MEDLEY PIZZA (HS) | SLICE | 95 | 355 | 28 | 756 | 2.22 | 2.74 | 275.0 | 324 | 91 | 1.20 | 21.32 | 46.13 | 11.10 | 4.47 | *0.00 |
| MEAT MEDLEY PIZZA (MS) | SLICE | 45 | 522 | 49 | 1169 | 3.17 | 4.20 | 369.2 | 424 | 119 | 1.50 | 32.09 | 61.64 | 18.05 | 7.41 | *0.00 |
| BREADSTICKS W/ PIZZA SAUCE | SLICE | 95 | 392 | 37 | 877 | 2.38 | 3.15 | 276.9 | 318 | 89 | 1.12 | 24.07 | 46.23 | 13.54 | 5.56 | *0.00 |
| MADE TO ORDER SUB BAR (HS) | 4 EACH / 2 OZ | 151 | 297 | 1 | 671 | 1.62 | 2.73 | 31.3 | 570 | 119 | 2.36 | 8.28 | 47.96 | 7.82 | 1.62 | *0.00 |
| | SVG | 484 | 510 | 62 | 1660 | 6.67 | 4.41 | 267.3 | 588 | 114 | 7.16 | 27.07 | 48.27 | 23.44 | 9.84 | *0.00 |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calc | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|---------------------------------|--------------|----------|------|-----------|---------|---------|---------|---------|----------|----------|----------|---------|--------|---------|---------|----------|
| Mon - 11/09/2009 | | | | | | | | | | | | | | | | |
| AMERICAN SUB | EACH | 21 | 337 | 33 | 1364 | 6.65 | 4.09 | 114.8 | 564 | 50 | 2.33 | 23.51 | 46.58 | 6.76 | 2.74 | *0.00 |
| AMERICAN WRAP | 1 EACH | 11 | 459 | 36 | 1384 | 4.09 | 4.51 | 293.5 | 1502 | 173 | 6.36 | 23.11 | 61.36 | 10.78 | 2.76 | *0.00 |
| TURKEY & CHEESE SUB | EACH | 10 | 327 | 24 | 1251 | 6.65 | 3.89 | 117.2 | 556 | 48 | 2.08 | 23.97 | 46.61 | 5.47 | 2.38 | *0.00 |
| VEGGIE WRAP | 1 EACH | 4 | 493 | 16 | 1140 | 4.41 | 4.08 | 414.6 | 1475 | 238 | 6.95 | 17.82 | 63.85 | 13.65 | 2.37 | *0.00 |
| CHEF SALAD W/ CRACKERS (HS) | 1 EACH | 10 | 281 | 71 | 721 | 2.98 | 2.43 | 234.1 | 4865 | 543 | 22.98 | 22.13 | 16.96 | 11.95 | 2.56 | *0.43 |
| CHEF SALAD W/ CRACKERS (ES /MS) | EACH | 24 | 203 | 48 | 579 | 2.21 | 2.07 | 152.8 | 3449 | 375 | 15.99 | 14.25 | 14.03 | 9.11 | 2.16 | *0.43 |
| TACO SALAD (HS) | 1 EACH | 10 | 625 | 37 | 1082 | 8.59 | 4.86 | 413.0 | 5514 | 689 | 21.15 | 27.12 | 64.22 | 26.71 | 5.47 | *2.60 |
| TACO SALAD (ES & MS) | 1 EACH | 2 | 434 | 28 | 795 | 6.06 | 3.55 | 281.9 | 4030 | 503 | 14.89 | 19.88 | 43.31 | 18.67 | 4.03 | *1.73 |
| ARABIC GRN BNS & BEEF W/ RIC | SVG | 37 | 329 | 38 | 810 | 6.47 | 4.08 | 77.7 | 596 | 86 | 12.70 | 23.99 | 35.91 | 10.51 | 4.48 | *0.00 |
| DEL BURRITO (10" - Type A) | 1 EACH | 15 | 589 | 37 | 1804 | 8.61 | 6.26 | 286.6 | 1032 | 174 | 5.92 | 25.85 | 68.47 | 22.74 | 9.79 | *0.00 |
| NACHOS (Type A) | SVG | 15 | 549 | 27 | 1720 | 5.41 | 4.79 | 391.4 | 1045 | 170 | 5.52 | 21.48 | 51.66 | 28.81 | 7.77 | *1.73 |
| TACO PLATE | SVG | 15 | 444 | 37 | 1795 | 6.43 | 5.59 | 257.2 | 1208 | 192 | 6.30 | 22.56 | 48.62 | 15.67 | 6.77 | *0.00 |
| TACO EMPANADA (Type A) | 1 EACH | 15 | 375 | 35 | 1269 | 3.75 | 3.87 | 152.4 | 680 | 137 | 1.10 | 21.63 | 45.05 | 12.12 | 5.61 | *0.00 |
| ENSALADA | 1 EACH | 10 | 327 | 35 | 1193 | 2.30 | 3.11 | 222.0 | 962 | 178 | 5.17 | 17.50 | 25.92 | 15.44 | 6.06 | *0.00 |
| ASIAN GLAZED CHICKEN | SVG | 20 | 499 | 34 | 1157 | 3.05 | 0.41 | 27.0 | 450 | 90 | 4.80 | 19.02 | 68.29 | 16.48 | 2.38 | *0.00 |
| KUNG PAO CHICKEN | SVG | 28 | 272 | 23 | 387 | 2.50 | 0.88 | 22.7 | 648 | 130 | 34.99 | 10.79 | 42.09 | 6.12 | 1.82 | *0.00 |
| MILK-WHITE/CHOC/STWBV/VAN | EACH | 3724 | 140 | 4 | 180 | 0.00 | 0.23 | 306.2 | 497 | 106 | 2.65 | 8.32 | 24.01 | 0.98 | 0.61 | *0.00 |
| MACARONI SALAD | 1/2 CUP | 95 | 168 | 5 | 214 | 1.64 | 1.04 | 18.2 | 862 | 136 | 0.66 | 4.41 | 25.64 | 4.95 | 0.77 | *0.00 |
| PRETZEL W/ CHEESE (SEC) | 1 EACH | 14 | 473 | 7 | 733 | 4.00 | 3.84 | 273.3 | 67 | 13 | 0.00 | 17.33 | 85.33 | 7.33 | 1.33 | *0.00 |
| BEAN & CHEESE BURRITO (ES/M | EACH | 12 | 310 | 5 | 620 | 10.00 | 2.70 | 150.0 | 300 | 60 | 1.20 | 15.00 | 45.00 | 8.00 | 2.50 | 0.00 |
| CHICKEN CEASAR WRAP | 1 EACH | 12 | 649 | 67 | 1223 | 5.02 | 5.27 | 304.3 | 4211 | 208 | 17.01 | 31.37 | 61.21 | 30.29 | 7.47 | *0.00 |
| CORN DOG | EACH | 12 | 290 | 50 | 860 | 1.00 | 10.80 | 10.0 | 0 | 0 | 24.00 | 10.00 | 30.00 | 15.00 | 3.50 | 0.00 |
| Weighted Daily Average | | | 790 | 47 | 1857 | 9.65 | 4.47 | 513.8 | 4492 | 665 | 34.58 | 30.68 | 113.20 | 25.06 | 7.24 | *0.08 |
| % of Calories | | | | | | | | | | | | 15.5% | 57.3% | 28.6% | 8.3% | 0.1% |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

Oct 23, 2009

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calc | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|-------------------------------------|-----------------|-------------|------|--------------|------------|------------|------------|------------|-------------|-------------|-------------|------------|-----------|------------|------------|-------------|
| Tue - 11/10/2009 | | | | | | | | | | | | | | | | |
| D#11 Secondary Lunch | Total | 4674 | | | | | | | | | | | | | | |
| CHICKEN NUGGETS (HS) | 4 EACH | 91 | 180 | 40 | 620 | 0.00 | 0.00 | 12.0 | 70 | 14 | 1.00 | 16.00 | 13.00 | 6.00 | 0.00 | 0.00 |
| ASIAN CHICKEN CHUNKS | SVG | 76 | 217 | 34 | 856 | 1.20 | 0.00 | 17.2 | 450 | 90 | 0.00 | 16.00 | 26.40 | 5.60 | 1.20 | 0.00 |
| CHICKEN NUGGET (ES/MS) | 8 EACH | 317 | 314 | 86 | 738 | 1.60 | 3.20 | 30.4 | 122 | 24 | 0.00 | 22.40 | 19.20 | 16.00 | 4.80 | 0.00 |
| PASTA W/ MEAT SAUCE | SVG | 653 | 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 | 653 | 165 | 0 | 293 | 1.07 | 1.82 | 1.9 | 162 | 36 | 0.13 | 4.15 | 27.53 | 4.16 | 0.64 | *0.00 |
| STRAIGHT CUT FRIES | SVG | 3239 | 148 | 0 | 41 | 2.35 | 0.72 | 0.0 | 0 | 0 | 10.00 | 2.35 | 23.50 | 5.00 | 1.25 | *0.00 |
| CARROT-RAISIN SALAD | 1/4 CUP | 2067 | 82 | 3 | 134 | 1.23 | 0.34 | 19.0 | 4414 | 740 | 2.00 | 0.78 | 14.21 | 2.92 | 0.44 | *0.00 |
| APPLESAUCE | 1/2 CUP | 3841 | 97 | 0 | 4 | 1.53 | 0.45 | 5.1 | 14 | 1 | 2.17 | 0.23 | 25.39 | 0.23 | 0.04 | *0.00 |
| FRUIT-APPLE/ORANGE/BANANA | EACH | 3796 | 49 | 0 | 1 | 1.81 | 0.13 | 9.5 | 70 | 7 | 12.50 | 0.58 | 12.75 | 0.17 | 0.05 | *0.00 |
| CARROT STICKS | 1/4 CUP | 1102 | 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 | 802 | 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 | 903 | 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) | SVG | 1349 | 90 | 6 | 274 | 0.12 | 0.06 | 10.0 | 36 | 8 | 0.11 | 0.44 | 2.69 | 8.49 | 1.29 | *0.00 |
| RANCH FOODS DIRECT HAMBURGER | 1 EACH | 15 | 317 | 74 | 269 | 2.00 | 3.29 | 114.7 | 0 | 0 | 0.00 | 26.12 | 21.00 | 12.80 | 4.42 | *0.00 |
| HAMBURGER | EACH | 40 | 270 | 50 | 315 | 2.00 | 2.52 | 100.0 | 0 | 0 | 0.00 | 18.00 | 21.00 | 12.00 | 4.50 | *0.00 |
| RANCH FOODS DIRECT CHICKEN SANDWICH | 1 EACH | 89 | 351 | 79 | 464 | 2.00 | 3.29 | 189.7 | 150 | 30 | 0.00 | 29.12 | 22.50 | 14.80 | 5.67 | *0.00 |
| CHEESEBURGER | EACH | 203 | 305 | 55 | 510 | 2.00 | 2.52 | 175.0 | 150 | 30 | 0.00 | 21.00 | 22.50 | 14.00 | 5.75 | *0.00 |
| CLUX DELUXE CHICKEN SAND (HS) | 1 EACH | 159 | 310 | 50 | 860 | 3.00 | 2.08 | 121.0 | 50 | 10 | 1.00 | 24.00 | 37.00 | 9.00 | 2.00 | *0.00 |
| CHICKEN PATTY SANDWICH (ES/MS) | EACH | 174 | 306 | 54 | 671 | 3.00 | 3.08 | 119.0 | 76 | 15 | 1.00 | 18.00 | 33.00 | 11.00 | 3.00 | *0.00 |
| SPICY CHICKEN PATTY SANDWICH | EACH | 364 | 292 | 52 | 750 | 2.00 | 3.08 | 120.0 | 46 | 9 | 1.00 | 18.00 | 32.00 | 11.00 | 2.00 | *0.00 |
| CHICKEN TENDERS | 3 EACH | 44 | 228 | 42 | 968 | 0.00 | 0.00 | 13.2 | 47 | 9 | 0.00 | 19.20 | 21.60 | 7.20 | 1.20 | 0.00 |
| BEAN & CHEESE BURRITO (ES/MS) | EACH | 116 | 310 | 5 | 620 | 10.00 | 2.70 | 150.0 | 300 | 60 | 1.20 | 15.00 | 45.00 | 8.00 | 2.50 | 0.00 |
| BURGER TOPPINGS | SVG | 606 | 11 | 0 | 81 | 0.53 | 0.10 | 5.9 | 123 | 10 | 3.01 | 0.34 | 2.42 | 0.05 | 0.01 | *0.00 |
| SEC CONDIMENTS | SVG | 1134 | 98 | 2 | 840 | 0.89 | 0.55 | 17.4 | 512 | 50 | 4.85 | 1.28 | 19.11 | 2.51 | 0.32 | *0.00 |
| CHILI FRITOS | 1 EACH | 200 | 453 | 30 | 865 | 10.16 | 3.72 | 374.0 | 1744 | 333 | 13.48 | 24.13 | 47.69 | 14.59 | 3.26 | *0.22 |
| NACHOS W/ CHEESE | EACH | 167 | 371 | 7 | 652 | 3.01 | 1.56 | 332.0 | 68 | 25 | 0.00 | 9.75 | 42.51 | 18.58 | 2.94 | *1.73 |
| CHILI | 1/4 CUP | 164 | 12 | 1 | 28 | 0.52 | 0.20 | 3.7 | 45 | 8 | 0.84 | 0.89 | 1.53 | 0.27 | 0.11 | *0.00 |
| JALAPENO PEPPERS | 1/2 OZ | 146 | 5 | 0 | 210 | 0.42 | 0.46 | 5.0 | 390 | 39 | 1.72 | 0.15 | 1.06 | 0.14 | 0.01 | *0.00 |
| PEPPERONI PIZZA (HS) | SLICE | 108 | 458 | 37 | 1087 | 2.13 | 3.45 | 341.8 | 390 | 112 | 1.10 | 22.96 | 60.02 | 14.16 | 5.97 | *0.00 |
| PEPPERONI PIZZA (MS) | SLICE | 555 | 343 | 28 | 815 | 1.59 | 2.59 | 256.3 | 293 | 84 | 0.82 | 17.22 | 45.01 | 10.62 | 4.48 | *0.00 |
| CHEESE PIZZA (HS) | SLICE | 58 | 411 | 27 | 904 | 2.13 | 3.21 | 341.8 | 390 | 112 | 1.10 | 20.96 | 59.85 | 9.83 | 4.30 | *0.00 |
| CHEESE PIZZA (MS) | SLICE | 100 | 308 | 20 | 678 | 1.59 | 2.41 | 256.3 | 293 | 84 | 0.82 | 15.72 | 44.89 | 7.37 | 3.23 | *0.00 |
| SAUSAGE PIZZA (HS) | SLICE | 55 | 473 | 38 | 1007 | 2.95 | 3.66 | 366.6 | 432 | 121 | 1.59 | 28.43 | 61.51 | 14.80 | 5.96 | *0.00 |
| SAUSAGE PIZZA (MS) | SLICE | 91 | 355 | 28 | 756 | 2.22 | 2.74 | 275.0 | 324 | 91 | 1.20 | 21.32 | 46.13 | 11.10 | 4.47 | *0.00 |
| HAWAIIAN PIZZA (HS) | SLICE | 41 | 450 | 43 | 1171 | 2.35 | 3.53 | 346.9 | 408 | 115 | 3.25 | 24.80 | 63.13 | 11.11 | 4.66 | *0.00 |
| HAWAIIAN PIZZA (MS) | SLICE | 52 | 337 | 32 | 878 | 1.76 | 2.64 | 260.2 | 306 | 86 | 2.44 | 18.60 | 47.35 | 8.33 | 3.50 | *0.00 |
| BREADSTICKS W/ PIZZA SAUCE | 4 EACH / 2 OZ | 96 | 297 | 1 | 671 | 1.62 | 2.73 | 31.3 | 570 | 119 | 2.36 | 8.28 | 47.96 | 7.82 | 1.62 | *0.00 |
| MADE TO ORDER SUB BAR (HS) | SVG | 511 | 510 | 62 | 1660 | 6.67 | 4.41 | 267.3 | 588 | 114 | 7.16 | 27.07 | 48.27 | 23.44 | 9.84 | *0.00 |
| HAM & CHEESE SUB | 1 EACH | 16 | 347 | 42 | 1476 | 6.65 | 4.29 | 112.4 | 572 | 51 | 2.59 | 23.06 | 46.54 | 8.04 | 3.11 | *0.00 |
| ITALIAN SUB | 1 EACH | 20 | 366 | 49 | 1501 | 6.65 | 4.50 | 146.4 | 586 | 54 | 2.94 | 23.13 | 47.20 | 9.72 | 3.58 | *0.00 |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

Oct 23, 2009

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calc | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|------------------------------------|-----------------|-------------|------|--------------|------------|------------|------------|------------|-------------|-------------|-------------|------------|-----------|------------|------------|-------------|
| Tue - 11/10/2009 | | | | | | | | | | | | | | | | |
| ITALIAN WRAP | 1 EACH | 10 | 506 | 48 | 1570 | 4.09 | 5.16 | 317.1 | 1308 | 134 | 7.07 | 21.95 | 61.87 | 18.58 | 4.55 | *0.00 |
| VEGGIE WRAP | 1 EACH | 4 | 493 | 16 | 1140 | 4.41 | 4.08 | 414.6 | 1475 | 238 | 6.95 | 17.82 | 63.85 | 13.65 | 2.37 | *0.00 |
| CHEF SALAD W/ CRACKERS (HS) | 1 EACH | 10 | 281 | 71 | 721 | 2.98 | 2.43 | 234.1 | 4865 | 543 | 22.98 | 22.13 | 16.96 | 11.95 | 2.56 | *0.43 |
| CHEF SALAD W/ CRACKERS (ES /MS) | EACH | 18 | 203 | 48 | 579 | 2.21 | 2.07 | 152.8 | 3449 | 375 | 15.99 | 14.25 | 14.03 | 9.11 | 2.16 | *0.43 |
| CHICKEN CAESAR SALAD (HS) | 1 EACH | 15 | 377 | 64 | 1041 | 4.48 | 2.77 | 298.0 | 6788 | 344 | 28.24 | 25.19 | 25.52 | 19.84 | 5.91 | *0.00 |
| CHICKEN CAESAR SALAD (MS) | 1 EACH | 12 | 280 | 49 | 752 | 3.30 | 2.01 | 204.9 | 5078 | 255 | 21.21 | 18.94 | 19.05 | 14.58 | 4.18 | *0.00 |
| ETHIOPIAN CHICKEN W/ COUSC OUS | SVG | 22 | 306 | 107 | 876 | 2.19 | 2.46 | 31.9 | 15 | 3 | 2.15 | 40.01 | 28.08 | 5.49 | 1.71 | *0.00 |
| DEL BURRITO (10" - Type A) | 1 EACH | 15 | 589 | 37 | 1804 | 8.61 | 6.26 | 286.6 | 1032 | 174 | 5.92 | 25.85 | 68.47 | 22.74 | 9.79 | *0.00 |
| NACHOS (Type A) | SVG | 15 | 549 | 27 | 1720 | 5.41 | 4.79 | 391.4 | 1045 | 170 | 5.52 | 21.48 | 51.66 | 28.81 | 7.77 | *1.73 |
| TACO PLATE | SVG | 20 | 444 | 37 | 1795 | 6.43 | 5.59 | 257.2 | 1208 | 192 | 6.30 | 22.56 | 48.62 | 15.67 | 6.77 | *0.00 |
| CHICKEN FAJITA CILANTRO BO | SVG | 15 | 406 | 73 | 541 | 3.05 | 1.66 | 46.9 | 251 | 31 | 39.23 | 25.96 | 48.17 | 12.03 | 1.61 | *0.00 |
| ENSALADA | 1 EACH | 10 | 327 | 35 | 1193 | 2.30 | 3.11 | 222.0 | 962 | 178 | 5.17 | 17.50 | 25.92 | 15.44 | 6.06 | *0.00 |
| MANDARIN ORANGE CHICKEN | SVG | 32 | 315 | 54 | 256 | 1.86 | 1.39 | 27.9 | 91 | 18 | 0.00 | 15.72 | 40.40 | 9.23 | 2.54 | *0.00 |
| BEEF & BROCCOLI | 1 CUP | 23 | 273 | 20 | 1385 | 2.97 | 1.30 | 30.1 | 167 | 41 | 25.17 | 14.56 | 36.75 | 7.49 | 2.55 | *0.00 |
| MILK-WHITE/CHOC/STWBV/VAN | EACH | 4010 | 140 | 4 | 180 | 0.00 | 0.23 | 306.2 | 497 | 106 | 2.65 | 8.32 | 24.01 | 0.98 | 0.61 | *0.00 |
| AMBROSIA SALAD | 1/2 cup | 85 | 137 | 0 | 28 | 0.71 | 0.24 | 6.4 | 26 | 7 | 2.89 | 0.77 | 24.95 | 4.37 | 3.80 | *0.00 |
| PRETZEL W/ CHEESE (SEC) | 1 EACH | 14 | 473 | 7 | 733 | 4.00 | 3.84 | 273.3 | 67 | 13 | 0.00 | 17.33 | 85.33 | 7.33 | 1.33 | *0.00 |
| BBQ RIB SANDWICH | 1 EACH | 12 | 303 | 44 | 957 | 2.75 | 2.27 | 121.8 | 84 | 17 | 1.29 | 19.44 | 35.05 | 9.60 | 3.19 | *0.00 |
| HAM & CHEESE WRAP | 1 EACH | 12 | 558 | 55 | 1746 | 3.53 | 4.55 | 292.0 | 526 | 105 | 0.91 | 22.84 | 60.60 | 22.16 | 4.52 | *0.00 |
| TURKEY & CHEESE SUB | 1 EACH | 4 | 327 | 24 | 1251 | 6.65 | 3.89 | 117.2 | 556 | 48 | 2.08 | 23.97 | 46.61 | 5.47 | 2.38 | *0.00 |
| Weighted Daily Average | | | 794 | 47 | 1413 | 9.33 | 4.72 | 475.7 | 5422 | 858 | 30.68 | 30.01 | 122.80 | 21.75 | 6.23 | *0.08 |
| % of Calories | | | | | | | | | | | 15.1% | 61.9% | 24.7% | 7.1% | 0.1% | |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

Oct 23, 2009

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calcm | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|--------------------------------|---------------|----------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|----------|
| Wed - 11/11/2009 | | | | | | | | | | | | | | | | |
| D#11 Secondary Lunch | Total | 4638 | | | | | | | | | | | | | | |
| CHICKEN NUGGETS (HS) | 4 EACH | 95 | 180 | 40 | 620 | 0.00 | 0.00 | 12.0 | 70 | 14 | 1.00 | 16.00 | 13.00 | 6.00 | 0.00 | 0.00 |
| ASIAN CHICKEN CHUNKS | SVG | 80 | 217 | 34 | 856 | 1.20 | 0.00 | 17.2 | 450 | 90 | 0.00 | 16.00 | 26.40 | 5.60 | 1.20 | 0.00 |
| CHICKEN NUGGET (ES/MS) | 8 EACH | 398 | 314 | 86 | 738 | 1.60 | 3.20 | 30.4 | 122 | 24 | 0.00 | 22.40 | 19.20 | 16.00 | 4.80 | 0.00 |
| CHICKEN QUESADILLA | 1 EACH | 541 | 317 | 34 | 740 | 1.83 | 2.01 | 334.2 | 1141 | 222 | 0.98 | 17.82 | 31.31 | 8.21 | 1.77 | *0.00 |
| CRINKLE CUT FRIES | 3 OZ | 3582 | 114 | 0 | 330 | 2.38 | 0.63 | 10.2 | 4 | 0 | 11.31 | 2.26 | 23.59 | 4.44 | 0.88 | *0.00 |
| FRUITED JELLO | 4 OZ | 3616 | 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 | 4006 | 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 | EACH | 3924 | 49 | 0 | 1 | 1.81 | 0.13 | 9.5 | 70 | 7 | 12.50 | 0.58 | 12.75 | 0.17 | 0.05 | *0.00 |
| LEAFY GREENS | 2 OZ | 690 | 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 | 614 | 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 | 614 | 6 | 0 | 30 | 0.59 | 0.07 | 14.9 | 167 | 5 | 1.15 | 0.26 | 1.10 | 0.06 | 0.02 | *0.00 |
| BROCCOLI,FRESH,RAW | 1/4 CUP | 293 | 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 (SEC) | SVG | 1345 | 90 | 6 | 274 | 0.12 | 0.06 | 10.0 | 36 | 8 | 0.11 | 0.44 | 2.69 | 8.49 | 1.29 | *0.00 |
| RANCH FOODS DIRECT HAMBURGER | 1 EACH | 15 | 317 | 74 | 269 | 2.00 | 3.29 | 114.7 | 0 | 0 | 0.00 | 26.12 | 21.00 | 12.80 | 4.42 | *0.00 |
| HAMBURGER | EACH | 68 | 270 | 50 | 315 | 2.00 | 2.52 | 100.0 | 0 | 0 | 0.00 | 18.00 | 21.00 | 12.00 | 4.50 | *0.00 |
| RANCH FOODS DIRECT CHZBURGER | 1 EACH | 61 | 351 | 79 | 464 | 2.00 | 3.29 | 189.7 | 150 | 30 | 0.00 | 29.12 | 22.50 | 14.80 | 5.67 | *0.00 |
| CHEESEBURGER | EACH | 200 | 305 | 55 | 510 | 2.00 | 2.52 | 175.0 | 150 | 30 | 0.00 | 21.00 | 22.50 | 14.00 | 5.75 | *0.00 |
| CLUX DELUXE CHICKEN SAND (HS) | 1 EACH | 72 | 310 | 50 | 860 | 3.00 | 2.08 | 121.0 | 50 | 10 | 1.00 | 24.00 | 37.00 | 9.00 | 2.00 | *0.00 |
| CHICKEN PATTY SANDWICH (ES/MS) | EACH | 128 | 306 | 54 | 671 | 3.00 | 3.08 | 119.0 | 76 | 15 | 1.00 | 18.00 | 33.00 | 11.00 | 3.00 | *0.00 |
| SPICY CHICKEN PATTY SANDWICH | EACH | 424 | 292 | 52 | 750 | 2.00 | 3.08 | 120.0 | 46 | 9 | 1.00 | 18.00 | 32.00 | 11.00 | 2.00 | *0.00 |
| POPCORN CHICKEN | 24 EACH | 50 | 384 | 48 | 1464 | 0.00 | 0.00 | 240.0 | 106 | 21 | 0.00 | 16.80 | 26.40 | 16.80 | 4.80 | 0.00 |
| SPICY POPCORN CHICKEN | 24 EACH | 48 | 384 | 48 | 1464 | 0.00 | 0.00 | 240.0 | 106 | 21 | 0.00 | 16.80 | 26.40 | 16.80 | 4.80 | 0.00 |
| BURGER TOPPINGS | SVG | 418 | 11 | 0 | 81 | 0.53 | 0.10 | 5.9 | 123 | 10 | 3.01 | 0.34 | 2.42 | 0.05 | 0.01 | *0.00 |
| SEC CONDIMENTS | SVG | 1597 | 98 | 2 | 840 | 0.89 | 0.55 | 17.4 | 512 | 50 | 4.85 | 1.28 | 19.11 | 2.51 | 0.32 | *0.00 |
| NACHOS W/ CHEESE | EACH | 198 | 371 | 7 | 652 | 3.01 | 1.56 | 332.0 | 68 | 25 | 0.00 | 9.75 | 42.51 | 18.58 | 2.94 | *1.73 |
| CHILI | 1/4 CUP | 170 | 12 | 1 | 28 | 0.52 | 0.20 | 3.7 | 45 | 8 | 0.84 | 0.89 | 1.53 | 0.27 | 0.11 | *0.00 |
| JALAPENO PEPPERS | 1/2 OZ | 162 | 5 | 0 | 210 | 0.42 | 0.46 | 5.0 | 390 | 39 | 1.72 | 0.15 | 1.06 | 0.14 | 0.01 | *0.00 |
| CHILI FRITOS | 1 EACH | 155 | 453 | 30 | 865 | 10.16 | 3.72 | 374.0 | 1744 | 333 | 13.48 | 24.13 | 47.69 | 14.59 | 3.26 | *0.22 |
| BBQ RIB SANDWICH | 1 EACH | 134 | 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 | 140 | 458 | 37 | 1087 | 2.13 | 3.45 | 341.8 | 390 | 112 | 1.10 | 22.96 | 60.02 | 14.16 | 5.97 | *0.00 |
| PEPPERONI PIZZA (MS) | SLICE | 512 | 343 | 28 | 815 | 1.59 | 2.59 | 256.3 | 293 | 84 | 0.82 | 17.22 | 45.01 | 10.62 | 4.48 | *0.00 |
| CHEESE PIZZA (HS) | SLICE | 54 | 411 | 27 | 904 | 2.13 | 3.21 | 341.8 | 390 | 112 | 1.10 | 20.96 | 59.85 | 9.83 | 4.30 | *0.00 |
| CHEESE PIZZA (MS) | SLICE | 135 | 308 | 20 | 678 | 1.59 | 2.41 | 256.3 | 293 | 84 | 0.82 | 15.72 | 44.89 | 7.37 | 3.23 | *0.00 |
| SAUSAGE PIZZA (HS) | SLICE | 31 | 473 | 38 | 1007 | 2.95 | 3.66 | 366.6 | 432 | 121 | 1.59 | 28.43 | 61.51 | 14.80 | 5.96 | *0.00 |
| SAUSAGE PIZZA (MS) | SLICE | 97 | 355 | 28 | 756 | 2.22 | 2.74 | 275.0 | 324 | 91 | 1.20 | 21.32 | 46.13 | 11.10 | 4.47 | *0.00 |
| MEXICAN PIZZA (HS) | SLICE | 37 | 472 | 34 | 1278 | 3.76 | 4.04 | 414.2 | 2082 | 386 | 4.02 | 27.73 | 61.47 | 6.05 | 1.47 | *0.00 |
| MEXICAN PIZZA (MS) | SLICE | 69 | 354 | 25 | 958 | 2.82 | 3.03 | 310.6 | 1562 | 290 | 3.01 | 20.80 | 46.11 | 4.54 | 1.10 | *0.00 |
| BREADSTICKS W/ PIZZA SAUCE | 4 EACH / 2 OZ | 107 | 297 | 1 | 671 | 1.62 | 2.73 | 31.3 | 570 | 119 | 2.36 | 8.28 | 47.96 | 7.82 | 1.62 | *0.00 |
| MADE TO ORDER SUB BAR (HS) | SVG | 480 | 510 | 62 | 1660 | 6.67 | 4.41 | 267.3 | 588 | 114 | 7.16 | 27.07 | 48.27 | 23.44 | 9.84 | *0.00 |
| TURKEY & CHEESE SUB | EACH | 7 | 327 | 24 | 1251 | 6.65 | 3.89 | 117.2 | 556 | 48 | 2.08 | 23.97 | 46.61 | 5.47 | 2.38 | *0.00 |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calcm | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|---------------------------------|--------------|----------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|----------|
| Wed - 11/11/2009 | | | | | | | | | | | | | | | | |
| AMERICAN SUB | EACH | 18 | 337 | 33 | 1364 | 6.65 | 4.09 | 114.8 | 564 | 50 | 2.33 | 23.51 | 46.58 | 6.76 | 2.74 | *0.00 |
| AMERICAN WRAP | 1 EACH | 9 | 459 | 36 | 1384 | 4.09 | 4.51 | 293.5 | 1502 | 173 | 6.36 | 23.11 | 61.36 | 10.78 | 2.76 | *0.00 |
| VEGGIE WRAP | 1 EACH | 4 | 493 | 16 | 1140 | 4.41 | 4.08 | 414.6 | 1475 | 238 | 6.95 | 17.82 | 63.85 | 13.65 | 2.37 | *0.00 |
| CHEF SALAD W/ CRACKERS (HS) | 1 EACH | 16 | 281 | 71 | 721 | 2.98 | 2.43 | 234.1 | 4865 | 543 | 22.98 | 22.13 | 16.96 | 11.95 | 2.56 | *0.43 |
| CHEF SALAD W/ CRACKERS (ES /MS) | EACH | 24 | 203 | 48 | 579 | 2.21 | 2.07 | 152.8 | 3449 | 375 | 15.99 | 14.25 | 14.03 | 9.11 | 2.16 | *0.43 |
| SPINACH SALAD (HS) | SERVING | 9 | 261 | 230 | 495 | 3.53 | 3.97 | 345.0 | 8243 | 780 | 31.87 | 17.84 | 20.50 | 12.35 | 4.87 | *0.65 |
| SPINACH SALAD (MS) | SERVING | 5 | 186 | 124 | 385 | 2.44 | 2.80 | 308.1 | 6292 | 580 | 22.60 | 13.32 | 13.77 | 8.87 | 3.93 | *0.43 |
| CONGO FRIED RICE | 1 1/2 CUP | 26 | 251 | 0 | 153 | 5.51 | 1.47 | 35.3 | 2931 | 492 | 21.92 | 6.82 | 51.35 | 2.17 | 0.41 | *0.00 |
| DEL BURRITO (10" - Type A) | 1 EACH | 20 | 589 | 37 | 1804 | 8.61 | 6.26 | 286.6 | 1032 | 174 | 5.92 | 25.85 | 68.47 | 22.74 | 9.79 | *0.00 |
| NACHOS (Type A) | SVG | 17 | 549 | 27 | 1720 | 5.41 | 4.79 | 391.4 | 1045 | 170 | 5.52 | 21.48 | 51.66 | 28.81 | 7.77 | *1.73 |
| TACO PLATE | SVG | 20 | 444 | 37 | 1795 | 6.43 | 5.59 | 257.2 | 1208 | 192 | 6.30 | 22.56 | 48.62 | 15.67 | 6.77 | *0.00 |
| TACO EMPANADA (Type A) | 1 EACH | 20 | 375 | 35 | 1269 | 3.75 | 3.87 | 152.4 | 680 | 137 | 1.10 | 21.63 | 45.05 | 12.12 | 5.61 | *0.00 |
| ENSALADA | 1 EACH | 12 | 327 | 35 | 1193 | 2.30 | 3.11 | 222.0 | 962 | 178 | 5.17 | 17.50 | 25.92 | 15.44 | 6.06 | *0.00 |
| TERIYAKI CHICKEN | SVG | 28 | 278 | 77 | 265 | 1.86 | 1.39 | 27.9 | 91 | 18 | 3.27 | 22.07 | 31.33 | 6.51 | 2.08 | *0.00 |
| PORK FRIED RICE | 1 CUP | 16 | 477 | 53 | 2877 | 3.46 | 3.52 | 80.1 | 1917 | 337 | 4.38 | 26.77 | 56.29 | 19.90 | 6.48 | *0.00 |
| MILK-WHITE/CHOC/STWBV/VAN | EACH | 3847 | 140 | 4 | 180 | 0.00 | 0.23 | 306.2 | 497 | 106 | 2.65 | 8.32 | 24.01 | 0.98 | 0.61 | *0.00 |
| POTATO SALAD | 1/2 CUP | 90 | 240 | 10 | 490 | 3.00 | 1.44 | 0.0 | 0 | 0 | 0.00 | 3.00 | 28.00 | 13.00 | 2.00 | *0.00 |
| PRETZEL W/ CHEESE (SEC) | 1 EACH | 14 | 473 | 7 | 733 | 4.00 | 3.84 | 273.3 | 67 | 13 | 0.00 | 17.33 | 85.33 | 7.33 | 1.33 | *0.00 |
| BEEF CRISPITO | SERVING | 12 | 332 | 44 | 717 | 1.74 | 2.01 | 569.6 | 2040 | 408 | 0.00 | 24.72 | 21.87 | 6.03 | 2.44 | *0.00 |
| CHICKEN CEASAR WRAP | 1 EACH | 12 | 649 | 67 | 1223 | 5.02 | 5.27 | 304.3 | 4211 | 208 | 17.01 | 31.37 | 61.21 | 30.29 | 7.47 | *0.00 |
| CORN DOG | 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 |
| BEAN & CHEESE BURRITO (ES/M) | EACH | 22 | 310 | 5 | 620 | 10.00 | 2.70 | 150.0 | 300 | 60 | 1.20 | 15.00 | 45.00 | 8.00 | 2.50 | 0.00 |
| Weighted Daily Average | | | 801 | 50 | 1783 | 8.34 | 4.41 | 523.6 | 2860 | 441 | 45.69 | 31.90 | 127.69 | 20.83 | 5.84 | *0.09 |
| % of Calories | | | | | | | | | | | | 15.9% | 63.8% | 23.4% | 6.6% | 0.1% |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

Oct 23, 2009

| Thu - 11/12/2009 | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calcm | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|--------------------------------|---------------|----------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|----------|
| D#11 Secondary Lunch | Total | 4566 | | | | | | | | | | | | | | |
| CHICKEN NUGGETS (HS) | 4 EACH | 127 | 180 | 40 | 620 | 0.00 | 0.00 | 12.0 | 70 | 14 | 1.00 | 16.00 | 13.00 | 6.00 | 0.00 | 0.00 |
| ASIAN CHICKEN CHUNKS | SVG | 105 | 217 | 34 | 856 | 1.20 | 0.00 | 17.2 | 450 | 90 | 0.00 | 16.00 | 26.40 | 5.60 | 1.20 | 0.00 |
| CHICKEN NUGGET (ES/MS) | 8 EACH | 334 | 314 | 86 | 738 | 1.60 | 3.20 | 30.4 | 122 | 24 | 0.00 | 22.40 | 19.20 | 16.00 | 4.80 | 0.00 |
| COUNTRY FRIED STEAK | EACH | 903 | 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 | 903 | 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 | 1/2 CUP | 903 | 60 | 0 | 284 | 0.61 | 0.71 | 8.9 | 5 | 1 | 0.24 | 1.01 | 6.70 | 3.26 | 1.30 | *0.00 |
| DINNER ROLL (WHOLE WHEAT) | EACH | 903 | 90 | 0 | 130 | 3.00 | 1.08 | 0.0 | 0 | 0 | 0.00 | 4.00 | 16.00 | 1.50 | 0.00 | 0.00 |
| MIXED VEGETABLES | 1/2 CUP | 490 | 55 | 0 | 247 | 4.00 | 0.75 | 22.8 | 3892 | 389 | 2.91 | 2.60 | 11.91 | 0.14 | 0.03 | *0.00 |
| POTATO WEDGES | 1 OZ | 3374 | 43 | 0 | 130 | 0.67 | 0.12 | 0.0 | 0 | 0 | 0.80 | 0.67 | 5.67 | 2.00 | 0.50 | *0.00 |
| RAINBOW PASTA SALAD | 2 OZ | 1810 | 110 | 0 | 71 | 1.02 | 1.06 | 7.3 | 25 | 3 | 1.54 | 3.35 | 20.17 | 1.61 | 0.24 | *0.00 |
| CANNED PEARS | 1/2 CUP | 4041 | 72 | 0 | 6 | 2.01 | 0.35 | 6.3 | 0 | 0 | 0.88 | 0.24 | 19.04 | 0.04 | 0.00 | *0.00 |
| FRUIT-APPLE/ORANGE/BANANA | EACH | 3765 | 49 | 0 | 1 | 1.81 | 0.13 | 9.5 | 70 | 7 | 12.50 | 0.58 | 12.75 | 0.17 | 0.05 | *0.00 |
| CARROT STICKS | 1/4 CUP | 1057 | 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 | 547 | 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 | 661 | 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) | SVG | 1230 | 90 | 6 | 274 | 0.12 | 0.06 | 10.0 | 36 | 8 | 0.11 | 0.44 | 2.69 | 8.49 | 1.29 | *0.00 |
| RANCH FOODS DIRECT HAMBURGER | 1 EACH | 20 | 317 | 74 | 269 | 2.00 | 3.29 | 114.7 | 0 | 0 | 0.00 | 26.12 | 21.00 | 12.80 | 4.42 | *0.00 |
| RANCH FOODS DIRECT CHZBURGER | 1 EACH | 47 | 351 | 79 | 464 | 2.00 | 3.29 | 189.7 | 150 | 30 | 0.00 | 29.12 | 22.50 | 14.80 | 5.67 | *0.00 |
| CHEESEBURGER | EACH | 185 | 305 | 55 | 510 | 2.00 | 2.52 | 175.0 | 150 | 30 | 0.00 | 21.00 | 22.50 | 14.00 | 5.75 | *0.00 |
| CLUX DELUXE CHICKEN SAND (HS) | 1 EACH | 73 | 310 | 50 | 860 | 3.00 | 2.08 | 121.0 | 50 | 10 | 1.00 | 24.00 | 37.00 | 9.00 | 2.00 | *0.00 |
| CHICKEN PATTY SANDWICH (ES/MS) | EACH | 136 | 306 | 54 | 671 | 3.00 | 3.08 | 119.0 | 76 | 15 | 1.00 | 18.00 | 33.00 | 11.00 | 3.00 | *0.00 |
| SPICY CHICKEN PATTY SANDWICH | EACH | 319 | 292 | 52 | 750 | 2.00 | 3.08 | 120.0 | 46 | 9 | 1.00 | 18.00 | 32.00 | 11.00 | 2.00 | *0.00 |
| CHICKEN TENDERS | 3 EACH | 52 | 228 | 42 | 968 | 0.00 | 0.00 | 13.2 | 47 | 9 | 0.00 | 19.20 | 21.60 | 7.20 | 1.20 | 0.00 |
| BEAN & CHEESE BURRITO (ES/MS) | EACH | 40 | 310 | 5 | 620 | 10.00 | 2.70 | 150.0 | 300 | 60 | 1.20 | 15.00 | 45.00 | 8.00 | 2.50 | 0.00 |
| BURGER TOPPINGS | SVG | 648 | 11 | 0 | 81 | 0.53 | 0.10 | 5.9 | 123 | 10 | 3.01 | 0.34 | 2.42 | 0.05 | 0.01 | *0.00 |
| SEC CONDIMENTS | SVG | 1589 | 98 | 2 | 840 | 0.89 | 0.55 | 17.4 | 512 | 50 | 4.85 | 1.28 | 19.11 | 2.51 | 0.32 | *0.00 |
| CHILI FRITOS | 1 EACH | 141 | 453 | 30 | 865 | 10.16 | 3.72 | 374.0 | 1744 | 333 | 13.48 | 24.13 | 47.69 | 14.59 | 3.26 | *0.22 |
| NACHOS W/ CHEESE | EACH | 144 | 371 | 7 | 652 | 3.01 | 1.56 | 332.0 | 68 | 25 | 0.00 | 9.75 | 42.51 | 18.58 | 2.94 | *1.73 |
| CHILI | 1/4 CUP | 164 | 12 | 1 | 28 | 0.52 | 0.20 | 3.7 | 45 | 8 | 0.84 | 0.89 | 1.53 | 0.27 | 0.11 | *0.00 |
| JALAPENO PEPPERS | 1/2 OZ | 113 | 5 | 0 | 210 | 0.42 | 0.46 | 5.0 | 390 | 39 | 1.72 | 0.15 | 1.06 | 0.14 | 0.01 | *0.00 |
| PEPPERONI PIZZA (HS) | SLICE | 127 | 458 | 37 | 1087 | 2.13 | 3.45 | 341.8 | 390 | 112 | 1.10 | 22.96 | 60.02 | 14.16 | 5.97 | *0.00 |
| PEPPERONI PIZZA (MS) | SLICE | 454 | 343 | 28 | 815 | 1.59 | 2.59 | 256.3 | 293 | 84 | 0.82 | 17.22 | 45.01 | 10.62 | 4.48 | *0.00 |
| CHEESE PIZZA (HS) | SLICE | 51 | 411 | 27 | 904 | 2.13 | 3.21 | 341.8 | 390 | 112 | 1.10 | 20.96 | 59.85 | 9.83 | 4.30 | *0.00 |
| CHEESE PIZZA (MS) | SLICE | 120 | 308 | 20 | 678 | 1.59 | 2.41 | 256.3 | 293 | 84 | 0.82 | 15.72 | 44.89 | 7.37 | 3.23 | *0.00 |
| SAUSAGE PIZZA (HS) | SLICE | 30 | 473 | 38 | 1007 | 2.95 | 3.66 | 366.6 | 432 | 121 | 1.59 | 28.43 | 61.51 | 14.80 | 5.96 | *0.00 |
| SAUSAGE PIZZA (MS) | SLICE | 94 | 355 | 28 | 756 | 2.22 | 2.74 | 275.0 | 324 | 91 | 1.20 | 21.32 | 46.13 | 11.10 | 4.47 | *0.00 |
| SUPREME PIZZA (HS) | SLICE | 35 | 510 | 43 | 1207 | 3.63 | 4.05 | 369.9 | 673 | 139 | 8.02 | 28.99 | 63.66 | 17.53 | 6.95 | *0.00 |
| SUPREME PIZZA (MS) | SLICE | 69 | 382 | 32 | 905 | 2.72 | 3.04 | 277.4 | 505 | 104 | 6.02 | 21.74 | 47.75 | 13.15 | 5.21 | *0.00 |
| BREADSTICKS W/ PIZZA SAUCE | 4 EACH / 2 OZ | 115 | 297 | 1 | 671 | 1.62 | 2.73 | 31.3 | 570 | 119 | 2.36 | 8.28 | 47.96 | 7.82 | 1.62 | *0.00 |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calcm | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|-------------------------------------|--------------|----------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|----------|
| Thu - 11/12/2009 | | | | | | | | | | | | | | | | |
| MADE TO ORDER SUB BAR (HS) | SVG | 500 | 510 | 62 | 1660 | 6.67 | 4.41 | 267.3 | 588 | 114 | 7.16 | 27.07 | 48.27 | 23.44 | 9.84 | *0.00 |
| HAM & CHEESE WRAP | 1 EACH | 4 | 558 | 55 | 1746 | 3.53 | 4.55 | 292.0 | 526 | 105 | 0.91 | 22.84 | 60.60 | 22.16 | 4.52 | *0.00 |
| ITALIAN SUB | EACH | 24 | 366 | 49 | 1501 | 6.65 | 4.50 | 146.4 | 586 | 54 | 2.94 | 23.13 | 47.20 | 9.72 | 3.58 | *0.00 |
| ITALIAN WRAP | 1 EACH | 9 | 506 | 48 | 1570 | 4.09 | 5.16 | 317.1 | 1308 | 134 | 7.07 | 21.95 | 61.87 | 18.58 | 4.55 | *0.00 |
| VEGGIE WRAP | 1 EACH | 4 | 493 | 16 | 1140 | 4.41 | 4.08 | 414.6 | 1475 | 238 | 6.95 | 17.82 | 63.85 | 13.65 | 2.37 | *0.00 |
| CHEF SALAD W/ CRACKERS (HS) | 1 EACH | 3 | 281 | 71 | 721 | 2.98 | 2.43 | 234.1 | 4865 | 543 | 22.98 | 22.13 | 16.96 | 11.95 | 2.56 | *0.43 |
| CHEF SALAD W/ CRACKERS (ES /MS) | 1 EACH | 19 | 203 | 48 | 579 | 2.21 | 2.07 | 152.8 | 3449 | 375 | 15.99 | 14.25 | 14.03 | 9.11 | 2.16 | *0.43 |
| CHICKEN CAESAR SALAD (HS) | 1 EACH | 8 | 377 | 64 | 1041 | 4.48 | 2.77 | 298.0 | 6788 | 344 | 28.24 | 25.19 | 25.52 | 19.84 | 5.91 | *0.00 |
| CHICKEN CAESAR SALAD (MS) | 1 EACH | 9 | 280 | 49 | 752 | 3.30 | 2.01 | 204.9 | 5078 | 255 | 21.21 | 18.94 | 19.05 | 14.58 | 4.18 | *0.00 |
| AFRICAN CHIX STEW W/ FLATB READ | SVG | 19 | 419 | 40 | 537 | 6.85 | 3.98 | 73.2 | 293 | 40 | 9.86 | 25.50 | 44.99 | 16.66 | 3.12 | *0.00 |
| DEL BURRITO (10" - Type A) | 1 EACH | 25 | 589 | 37 | 1804 | 8.61 | 6.26 | 286.6 | 1032 | 174 | 5.92 | 25.85 | 68.47 | 22.74 | 9.79 | *0.00 |
| NACHOS (Type A) | SVG | 17 | 549 | 27 | 1720 | 5.41 | 4.79 | 391.4 | 1045 | 170 | 5.52 | 21.48 | 51.66 | 28.81 | 7.77 | *1.73 |
| TACO PLATE | SVG | 13 | 444 | 37 | 1795 | 6.43 | 5.59 | 257.2 | 1208 | 192 | 6.30 | 22.56 | 48.62 | 15.67 | 6.77 | *0.00 |
| CHICKEN FAJITA CILANTRO BO ENSALADA | SVG | 19 | 406 | 73 | 541 | 3.05 | 1.66 | 46.9 | 251 | 31 | 39.23 | 25.96 | 48.17 | 12.03 | 1.61 | *0.00 |
| ASIAN GLAZED CHICKEN | 1 EACH | 16 | 327 | 35 | 1193 | 2.30 | 3.11 | 222.0 | 962 | 178 | 5.17 | 17.50 | 25.92 | 15.44 | 6.06 | *0.00 |
| KUNG PAO CHICKEN | SVG | 30 | 499 | 34 | 1157 | 3.05 | 0.41 | 27.0 | 450 | 90 | 4.80 | 19.02 | 68.29 | 16.48 | 2.38 | *0.00 |
| MILK-WHITE/CHOC/STWBV/VAN | SVG | 23 | 272 | 23 | 387 | 2.50 | 0.88 | 22.7 | 648 | 130 | 34.99 | 10.79 | 42.09 | 6.12 | 1.82 | *0.00 |
| PRETZEL W/ CHEESE (SEC) | EACH | 3954 | 140 | 4 | 180 | 0.00 | 0.23 | 306.2 | 497 | 106 | 2.65 | 8.32 | 24.01 | 0.98 | 0.61 | *0.00 |
| PEPPERONI CALZONE | 1 EACH | 11 | 473 | 7 | 733 | 4.00 | 3.84 | 273.3 | 67 | 13 | 0.00 | 17.33 | 85.33 | 7.33 | 1.33 | *0.00 |
| BEAN & CHEESE BURRITO (ES/M) | 1 EACH | 10 | 641 | 37 | 1608 | 3.67 | 5.81 | 280.8 | 703 | 163 | 3.29 | 26.58 | 95.41 | 16.75 | 6.63 | *0.00 |
| TURKEY & CHEESE WRAP | EACH | 9 | 310 | 5 | 620 | 10.00 | 2.70 | 150.0 | 300 | 60 | 1.20 | 15.00 | 45.00 | 8.00 | 2.50 | 0.00 |
| MACARONI SALAD | 1 EACH | 19 | 538 | 37 | 1522 | 3.53 | 4.16 | 296.8 | 510 | 102 | 0.40 | 23.75 | 60.67 | 19.59 | 3.79 | *0.00 |
| BBQ RIB SANDWICH | 1/2 CUP | 90 | 168 | 5 | 214 | 1.64 | 1.04 | 18.2 | 862 | 136 | 0.66 | 4.41 | 25.64 | 4.95 | 0.77 | *0.00 |
| Weighted Daily Average | 1 EACH | 0 | 303 | 44 | 957 | 2.75 | 2.27 | 121.8 | 84 | 17 | 1.29 | 19.44 | 35.05 | 9.60 | 3.19 | *0.00 |
| % of Calories | | | 793 | 54 | 1629 | 9.68 | 4.96 | 465.5 | 3666 | 547 | 34.23 | 32.42 | 117.53 | 22.66 | 6.86 | *0.07 |
| | | | | | | | | | | | 16.4% | 59.3% | 25.7% | 7.8% | 0.1% | |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calc | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|--------------------------------|------------------|-------------|------|--------------|------------|------------|------------|------------|-------------|-------------|-------------|------------|-----------|------------|------------|-------------|
| Fri - 11/13/2009 | | | | | | | | | | | | | | | | |
| D#11 Secondary Lunch | Total | 4563 | | | | | | | | | | | | | | |
| CHICKEN NUGGETS (HS) | 4 EACH | 126 | 180 | 40 | 620 | 0.00 | 0.00 | 12.0 | 70 | 14 | 1.00 | 16.00 | 13.00 | 6.00 | 0.00 | 0.00 |
| ASIAN CHICKEN CHUNKS | SVG | 135 | 217 | 34 | 856 | 1.20 | 0.00 | 17.2 | 450 | 90 | 0.00 | 16.00 | 26.40 | 5.60 | 1.20 | 0.00 |
| CHICKEN NUGGET (ES/MS) | 8 EACH | 332 | 314 | 86 | 738 | 1.60 | 3.20 | 30.4 | 122 | 24 | 0.00 | 22.40 | 19.20 | 16.00 | 4.80 | 0.00 |
| PIG IN A BLANKET | SVG | 577 | 307 | 47 | 1054 | 1.21 | 9.66 | 57.5 | 75 | 15 | 1.20 | 15.55 | 34.40 | 12.81 | 3.62 | *0.00 |
| TATER TOTS | 3 OZ | 3219 | 153 | 0 | 451 | 1.70 | 0.43 | 5.1 | 0 | 0 | 0.85 | 1.70 | 20.41 | 8.50 | 1.28 | *0.00 |
| BAKED BEANS (BUSH'S) | 1/2 CUP | 3028 | 122 | 0 | 480 | 4.36 | 1.57 | 34.9 | 0 | 0 | 0.00 | 5.23 | 25.30 | 0.87 | 0.00 | 0.00 |
| VEGETABLE MEDLEY W/ RANCH | 1/2 CUP | 1301 | 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 | 3667 | 69 | 0 | 7 | 1.21 | 0.35 | 7.3 | 248 | 25 | 2.30 | 0.48 | 18.07 | 0.08 | 0.01 | *0.00 |
| FRUIT-APPLE/ORANGE/BANANA | EACH | 3649 | 49 | 0 | 1 | 1.81 | 0.13 | 9.5 | 70 | 7 | 12.50 | 0.58 | 12.75 | 0.17 | 0.05 | *0.00 |
| CARROT STICKS | 1/4 CUP | 787 | 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 | 685 | 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 | 782 | 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) | SVG | 1213 | 90 | 6 | 274 | 0.12 | 0.06 | 10.0 | 36 | 8 | 0.11 | 0.44 | 2.69 | 8.49 | 1.29 | *0.00 |
| RICE KRISPIE TREAT | 1 EACH | 4289 | 45 | 0 | 50 | 0.00 | 0.18 | 0.0 | 101 | 20 | 0.00 | 0.25 | 9.05 | 1.01 | 0.25 | *0.00 |
| RANCH FOODS DIRECT HAMBURGER | 1 EACH | 35 | 317 | 74 | 269 | 2.00 | 3.29 | 114.7 | 0 | 0 | 0.00 | 26.12 | 21.00 | 12.80 | 4.42 | *0.00 |
| HAMBURGER | EACH | 65 | 270 | 50 | 315 | 2.00 | 2.52 | 100.0 | 0 | 0 | 0.00 | 18.00 | 21.00 | 12.00 | 4.50 | *0.00 |
| RANCH FOODS DIRECT CHZBURGER | 1 EACH | 66 | 351 | 79 | 464 | 2.00 | 3.29 | 189.7 | 150 | 30 | 0.00 | 29.12 | 22.50 | 14.80 | 5.67 | *0.00 |
| CHEESEBURGER | EACH | 173 | 305 | 55 | 510 | 2.00 | 2.52 | 175.0 | 150 | 30 | 0.00 | 21.00 | 22.50 | 14.00 | 5.75 | *0.00 |
| CLUX DELUXE CHICKEN SAND (HS) | 1 EACH | 60 | 310 | 50 | 860 | 3.00 | 2.08 | 121.0 | 50 | 10 | 1.00 | 24.00 | 37.00 | 9.00 | 2.00 | *0.00 |
| CHICKEN PATTY SANDWICH (ES/MS) | EACH | 151 | 306 | 54 | 671 | 3.00 | 3.08 | 119.0 | 76 | 15 | 1.00 | 18.00 | 33.00 | 11.00 | 3.00 | *0.00 |
| SPICY CHICKEN PATTY SANDWICH | EACH | 309 | 292 | 52 | 750 | 2.00 | 3.08 | 120.0 | 46 | 9 | 1.00 | 18.00 | 32.00 | 11.00 | 2.00 | *0.00 |
| POPCORN CHICKEN | 24 EACH | 47 | 384 | 48 | 1464 | 0.00 | 0.00 | 240.0 | 106 | 21 | 0.00 | 16.80 | 26.40 | 16.80 | 4.80 | 0.00 |
| SPICY POPCORN CHICKEN | 24 EACH | 45 | 384 | 48 | 1464 | 0.00 | 0.00 | 240.0 | 106 | 21 | 0.00 | 16.80 | 26.40 | 16.80 | 4.80 | 0.00 |
| BURGER TOPPINGS | SVG | 493 | 11 | 0 | 81 | 0.53 | 0.10 | 5.9 | 123 | 10 | 3.01 | 0.34 | 2.42 | 0.05 | 0.01 | *0.00 |
| SEC CONDIMENTS | SVG | 1553 | 98 | 2 | 840 | 0.89 | 0.55 | 17.4 | 512 | 50 | 4.85 | 1.28 | 19.11 | 2.51 | 0.32 | *0.00 |
| NACHOS W/ CHEESE | EACH | 169 | 371 | 7 | 652 | 3.01 | 1.56 | 332.0 | 68 | 25 | 0.00 | 9.75 | 42.51 | 18.58 | 2.94 | *1.73 |
| CHILI | 1/4 CUP | 158 | 12 | 1 | 28 | 0.52 | 0.20 | 3.7 | 45 | 8 | 0.84 | 0.89 | 1.53 | 0.27 | 0.11 | *0.00 |
| JALAPENO PEPPERS | 1/2 OZ | 147 | 5 | 0 | 210 | 0.42 | 0.46 | 5.0 | 390 | 39 | 1.72 | 0.15 | 1.06 | 0.14 | 0.01 | *0.00 |
| CHILI FRITOS | 1 EACH | 192 | 453 | 30 | 865 | 10.16 | 3.72 | 374.0 | 1744 | 333 | 13.48 | 24.13 | 47.69 | 14.59 | 3.26 | *0.22 |
| PEPPERONI PIZZA (HS) | SLICE | 174 | 458 | 37 | 1087 | 2.13 | 3.45 | 341.8 | 390 | 112 | 1.10 | 22.96 | 60.02 | 14.16 | 5.97 | *0.00 |
| PEPPERONI PIZZA (MS) | SLICE | 578 | 343 | 28 | 815 | 1.59 | 2.59 | 256.3 | 293 | 84 | 0.82 | 17.22 | 45.01 | 10.62 | 4.48 | *0.00 |
| CHEESE PIZZA (HS) | SLICE | 61 | 411 | 27 | 904 | 2.13 | 3.21 | 341.8 | 390 | 112 | 1.10 | 20.96 | 59.85 | 9.83 | 4.30 | *0.00 |
| CHEESE PIZZA (MS) | SLICE | 130 | 308 | 20 | 678 | 1.59 | 2.41 | 256.3 | 293 | 84 | 0.82 | 15.72 | 44.89 | 7.37 | 3.23 | *0.00 |
| SAUSAGE PIZZA (HS) | SLICE | 39 | 473 | 38 | 1007 | 2.95 | 3.66 | 366.6 | 432 | 121 | 1.59 | 28.43 | 61.51 | 14.80 | 5.96 | *0.00 |
| SAUSAGE PIZZA (MS) | SLICE | 124 | 355 | 28 | 756 | 2.22 | 2.74 | 275.0 | 324 | 91 | 1.20 | 21.32 | 46.13 | 11.10 | 4.47 | *0.00 |
| VEGETARIAN PIZZA (HS) | SLICE | 28 | 425 | 27 | 986 | 2.96 | 3.51 | 350.0 | 640 | 133 | 7.63 | 21.52 | 62.21 | 10.30 | 4.37 | *0.00 |
| VEGETARIAN PIZZA (MS) | SLICE | 79 | 319 | 20 | 740 | 2.22 | 2.64 | 262.5 | 480 | 99 | 5.72 | 16.14 | 46.66 | 7.73 | 3.28 | *0.00 |
| BREADSTICKS W/ PIZZA SAUCE | 4 EACH / 2 OZ | 143 | 297 | 1 | 671 | 1.62 | 2.73 | 31.3 | 570 | 119 | 2.36 | 8.28 | 47.96 | 7.82 | 1.62 | *0.00 |
| MADE TO ORDER SUB BAR (HS) | SVG | 524 | 510 | 62 | 1660 | 6.67 | 4.41 | 267.3 | 588 | 114 | 7.16 | 27.07 | 48.27 | 23.44 | 9.84 | *0.00 |
| TURKEY & CHEESE SUB | EACH | 23 | 327 | 24 | 1251 | 6.65 | 3.89 | 117.2 | 556 | 48 | 2.08 | 23.97 | 46.61 | 5.47 | 2.38 | *0.00 |

Colorado Springs School District 11

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

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D#11 Secondary Lunch

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| | 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 | | | | | | | | | | | | | | | | |
| AMERICAN SUB | EACH | 19 | 337 | 33 | 1364 | 6.65 | 4.09 | 114.8 | 564 | 50 | 2.33 | 23.51 | 46.58 | 6.76 | 2.74 | *0.00 |
| AMERICAN WRAP | 1 EACH | 9 | 459 | 36 | 1384 | 4.09 | 4.51 | 293.5 | 1502 | 173 | 6.36 | 23.11 | 61.36 | 10.78 | 2.76 | *0.00 |
| VEGGIE WRAP | 1 EACH | 4 | 493 | 16 | 1140 | 4.41 | 4.08 | 414.6 | 1475 | 238 | 6.95 | 17.82 | 63.85 | 13.65 | 2.37 | *0.00 |
| CHEF SALAD W/ CRACKERS (HS) | 1 EACH | 12 | 281 | 71 | 721 | 2.98 | 2.43 | 234.1 | 4865 | 543 | 22.98 | 22.13 | 16.96 | 11.95 | 2.56 | *0.43 |
| CHEF SALAD W/ CRACKERS (ES /MS) | EACH | 32 | 203 | 48 | 579 | 2.21 | 2.07 | 152.8 | 3449 | 375 | 15.99 | 14.25 | 14.03 | 9.11 | 2.16 | *0.43 |
| GARDEN SALAD W/ CRACKERS (HS) | SERVING | 6 | 238 | 46 | 810 | 3.05 | 1.99 | 290.5 | 5109 | 592 | 22.71 | 10.91 | 17.09 | 15.43 | 9.38 | *0.43 |
| GARDEN SALAD W/ CRAX (ES/M) | SERVING | 5 | 175 | 30 | 584 | 2.21 | 1.60 | 197.9 | 3690 | 424 | 15.66 | 7.66 | 14.01 | 10.75 | 6.32 | *0.43 |
| MALAY VEGETABLE CURRY | SVG | 27 | 252 | 1 | 460 | 7.06 | 2.59 | 69.6 | 683 | 86 | 17.06 | 10.58 | 50.58 | 2.28 | 0.58 | *0.00 |
| DEL BURRITO (10" - Type A) | 1 EACH | 17 | 589 | 37 | 1804 | 8.61 | 6.26 | 286.6 | 1032 | 174 | 5.92 | 25.85 | 68.47 | 22.74 | 9.79 | *0.00 |
| NACHOS (Type A) | SVG | 16 | 549 | 27 | 1720 | 5.41 | 4.79 | 391.4 | 1045 | 170 | 5.52 | 21.48 | 51.66 | 28.81 | 7.77 | *1.73 |
| TACO PLATE | SVG | 13 | 444 | 37 | 1795 | 6.43 | 5.59 | 257.2 | 1208 | 192 | 6.30 | 22.56 | 48.62 | 15.67 | 6.77 | *0.00 |
| TACO EMPANADA (Type A) | 1 EACH | 16 | 375 | 35 | 1269 | 3.75 | 3.87 | 152.4 | 680 | 137 | 1.10 | 21.63 | 45.05 | 12.12 | 5.61 | *0.00 |
| ENSALADA | 1 EACH | 9 | 327 | 35 | 1193 | 2.30 | 3.11 | 222.0 | 962 | 178 | 5.17 | 17.50 | 25.92 | 15.44 | 6.06 | *0.00 |
| TERIYAKI CHICKEN | SVG | 19 | 278 | 77 | 265 | 1.86 | 1.39 | 27.9 | 91 | 18 | 3.27 | 22.07 | 31.33 | 6.51 | 2.08 | *0.00 |
| MANDARIN ORANGE CHICKEN | SVG | 31 | 315 | 54 | 256 | 1.86 | 1.39 | 27.9 | 91 | 18 | 0.00 | 15.72 | 40.40 | 9.23 | 2.54 | *0.00 |
| MILK-WHITE/CHOC/STWBY/VAN | EACH | 3746 | 140 | 4 | 180 | 0.00 | 0.23 | 306.2 | 497 | 106 | 2.65 | 8.32 | 24.01 | 0.98 | 0.61 | *0.00 |
| CHICKEN CEASAR WRAP | 1 EACH | 15 | 649 | 67 | 1223 | 5.02 | 5.27 | 304.3 | 4211 | 208 | 17.01 | 31.37 | 61.21 | 30.29 | 7.47 | *0.00 |
| PRETZEL W/ CHEESE (SEC) | 1 EACH | 12 | 473 | 7 | 733 | 4.00 | 3.84 | 273.3 | 67 | 13 | 0.00 | 17.33 | 85.33 | 7.33 | 1.33 | *0.00 |
| CHEESE BREADSTICK (WHOLE GRAIN | 2 EACH | 10 | 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 | 10 | 32 | 0 | 192 | 0.00 | 0.33 | 18.3 | 366 | 73 | 2.19 | 0.91 | 6.40 | 0.00 | 0.00 | *0.00 |
| BEAN & CHEESE BURRITO (ES/M | EACH | 6 | 310 | 5 | 620 | 10.00 | 2.70 | 150.0 | 300 | 60 | 1.20 | 15.00 | 45.00 | 8.00 | 2.50 | 0.00 |
| RAINBOW PASTA SALAD | 2 OZ | 90 | 110 | 0 | 71 | 1.02 | 1.06 | 7.3 | 25 | 3 | 1.54 | 3.35 | 20.17 | 1.61 | 0.24 | *0.00 |
| Weighted Daily Average | | | 889 | 52 | 2249 | 10.99 | 6.39 | 511.3 | 4376 | 677 | 31.48 | 33.81 | 134.74 | 26.51 | 6.83 | *0.09 |
| % of Calories | | | | | | | | | | | | 15.2% | 60.6% | 26.8% | 6.9% | 0.1% |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

Oct 23, 2009

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calc | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|--------------------------------|------------------|-------------|------|--------------|------------|------------|------------|------------|-------------|-------------|-------------|------------|-----------|------------|------------|-------------|
| Mon - 11/16/2009 | | | | | | | | | | | | | | | | |
| D#11 Secondary Lunch | Total | 4517 | | | | | | | | | | | | | | |
| CHICKEN NUGGETS (HS) | 4 EACH | 71 | 180 | 40 | 620 | 0.00 | 0.00 | 12.0 | 70 | 14 | 1.00 | 16.00 | 13.00 | 6.00 | 0.00 | 0.00 |
| ASIAN CHICKEN CHUNKS | SVG | 56 | 217 | 34 | 856 | 1.20 | 0.00 | 17.2 | 450 | 90 | 0.00 | 16.00 | 26.40 | 5.60 | 1.20 | 0.00 |
| CHICKEN NUGGET (ES/MS) | 8 EACH | 314 | 314 | 86 | 738 | 1.60 | 3.20 | 30.4 | 122 | 24 | 0.00 | 22.40 | 19.20 | 16.00 | 4.80 | 0.00 |
| GRILLED CHEESE SANDWICH 1 | EACH | 624 | 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 | 624 | 110 | 5 | 642 | 2.00 | 0.36 | 1.8 | 500 | 100 | 6.00 | 3.00 | 23.00 | 0.05 | 0.00 | *0.00 |
| POTATO WEDGES | 3 OZ | 3406 | 130 | 0 | 390 | 2.00 | 0.36 | 0.0 | 0 | 0 | 2.40 | 2.00 | 17.00 | 6.00 | 1.50 | *0.00 |
| WALDORF SALAD | 1/4 CUP | 1061 | 115 | 7 | 214 | 1.60 | 0.30 | 19.1 | 196 | 16 | 2.63 | 0.66 | 14.90 | 6.04 | 0.91 | *0.00 |
| CANNED PEACHES | 1/2 CUP | 4080 | 68 | 0 | 6 | 1.63 | 0.45 | 3.8 | 444 | 44 | 3.01 | 0.56 | 18.26 | 0.04 | 0.00 | *0.00 |
| FRUIT-APPLE/ORANGE/BANANA | EACH | 3395 | 49 | 0 | 1 | 1.81 | 0.13 | 9.5 | 70 | 7 | 12.50 | 0.58 | 12.75 | 0.17 | 0.05 | *0.00 |
| CARROT STICKS | 1/4 CUP | 1066 | 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 | 566 | 6 | 0 | 30 | 0.59 | 0.07 | 14.9 | 167 | 5 | 1.15 | 0.26 | 1.10 | 0.06 | 0.02 | *0.00 |
| CAULIFLOWER, RAW | 1/4 CUP | 308 | 6 | 0 | 8 | 0.63 | 0.11 | 5.5 | 3 | 1 | 11.60 | 0.50 | 1.33 | 0.03 | 0.00 | *0.00 |
| LEAFY GREENS | 2 OZ | 620 | 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) | SVG | 1368 | 90 | 6 | 274 | 0.12 | 0.06 | 10.0 | 36 | 8 | 0.11 | 0.44 | 2.69 | 8.49 | 1.29 | *0.00 |
| RANCH FOODS DIRECT HAMBURGER | 1 EACH | 16 | 317 | 74 | 269 | 2.00 | 3.29 | 114.7 | 0 | 0 | 0.00 | 26.12 | 21.00 | 12.80 | 4.42 | *0.00 |
| HAMBURGER | EACH | 51 | 270 | 50 | 315 | 2.00 | 2.52 | 100.0 | 0 | 0 | 0.00 | 18.00 | 21.00 | 12.00 | 4.50 | *0.00 |
| RANCH FOODS DIRECT CHZBURGER | 1 EACH | 51 | 351 | 79 | 464 | 2.00 | 3.29 | 189.7 | 150 | 30 | 0.00 | 29.12 | 22.50 | 14.80 | 5.67 | *0.00 |
| CHEESEBURGER | 1 EACH | 180 | 305 | 55 | 510 | 2.00 | 2.52 | 175.0 | 150 | 30 | 0.00 | 21.00 | 22.50 | 14.00 | 5.75 | *0.00 |
| CLUX DELUXE CHICKEN SAND (HS) | 1 EACH | 144 | 310 | 50 | 860 | 3.00 | 2.08 | 121.0 | 50 | 10 | 1.00 | 24.00 | 37.00 | 9.00 | 2.00 | *0.00 |
| CHICKEN PATTY SANDWICH (ES/MS) | EACH | 122 | 306 | 54 | 671 | 3.00 | 3.08 | 119.0 | 76 | 15 | 1.00 | 18.00 | 33.00 | 11.00 | 3.00 | *0.00 |
| SPICY CHICKEN PATTY SANDWICH | EACH | 362 | 292 | 52 | 750 | 2.00 | 3.08 | 120.0 | 46 | 9 | 1.00 | 18.00 | 32.00 | 11.00 | 2.00 | *0.00 |
| POPCORN CHICKEN | 24 EACH | 47 | 384 | 48 | 1464 | 0.00 | 0.00 | 240.0 | 106 | 21 | 0.00 | 16.80 | 26.40 | 16.80 | 4.80 | 0.00 |
| SPICY POPCORN CHICKEN | 24 EACH | 45 | 384 | 48 | 1464 | 0.00 | 0.00 | 240.0 | 106 | 21 | 0.00 | 16.80 | 26.40 | 16.80 | 4.80 | 0.00 |
| BURGER TOPPINGS | SVG | 667 | 11 | 0 | 81 | 0.53 | 0.10 | 5.9 | 123 | 10 | 3.01 | 0.34 | 2.42 | 0.05 | 0.01 | *0.00 |
| SEC CONDIMENTS | SVG | 1495 | 98 | 2 | 840 | 0.89 | 0.55 | 17.4 | 512 | 50 | 4.85 | 1.28 | 19.11 | 2.51 | 0.32 | *0.00 |
| NACHOS W/ CHEESE | EACH | 202 | 371 | 7 | 652 | 3.01 | 1.56 | 332.0 | 68 | 25 | 0.00 | 9.75 | 42.51 | 18.58 | 2.94 | *1.73 |
| CHILI | 1/4 CUP | 190 | 12 | 1 | 28 | 0.52 | 0.20 | 3.7 | 45 | 8 | 0.84 | 0.89 | 1.53 | 0.27 | 0.11 | *0.00 |
| JALAPENO PEPPERS | 1/2 OZ | 174 | 5 | 0 | 210 | 0.42 | 0.46 | 5.0 | 390 | 39 | 1.72 | 0.15 | 1.06 | 0.14 | 0.01 | *0.00 |
| CHILI FRITOS | 1 EACH | 214 | 453 | 30 | 865 | 10.16 | 3.72 | 374.0 | 1744 | 333 | 13.48 | 24.13 | 47.69 | 14.59 | 3.26 | *0.22 |
| PEPPERONI PIZZA (HS) | SLICE | 135 | 458 | 37 | 1087 | 2.13 | 3.45 | 341.8 | 390 | 112 | 1.10 | 22.96 | 60.02 | 14.16 | 5.97 | *0.00 |
| PEPPERONI PIZZA (MS) | SLICE | 474 | 343 | 28 | 815 | 1.59 | 2.59 | 256.3 | 293 | 84 | 0.82 | 17.22 | 45.01 | 10.62 | 4.48 | *0.00 |
| CHEESE PIZZA (HS) | SLICE | 39 | 411 | 27 | 904 | 2.13 | 3.21 | 341.8 | 390 | 112 | 1.10 | 20.96 | 59.85 | 9.83 | 4.30 | *0.00 |
| CHEESE PIZZA (MS) | SLICE | 172 | 308 | 20 | 678 | 1.59 | 2.41 | 256.3 | 293 | 84 | 0.82 | 15.72 | 44.89 | 7.37 | 3.23 | *0.00 |
| SAUSAGE PIZZA (HS) | SLICE | 36 | 473 | 38 | 1007 | 2.95 | 3.66 | 366.6 | 432 | 121 | 1.59 | 28.43 | 61.51 | 14.80 | 5.96 | *0.00 |
| SAUSAGE PIZZA (MS) | SLICE | 89 | 355 | 28 | 756 | 2.22 | 2.74 | 275.0 | 324 | 91 | 1.20 | 21.32 | 46.13 | 11.10 | 4.47 | *0.00 |
| MEAT MEDLEY PIZZA (HS) | SLICE | 57 | 522 | 49 | 1169 | 3.17 | 4.20 | 369.2 | 424 | 119 | 1.50 | 32.09 | 61.64 | 18.05 | 7.41 | *0.00 |
| MEAT MEDLEY PIZZA (MS) | SLICE | 86 | 392 | 37 | 877 | 2.38 | 3.15 | 276.9 | 318 | 89 | 1.12 | 24.07 | 46.23 | 13.54 | 5.56 | *0.00 |
| BREADSTICKS W/ PIZZA SAUCE | 4 EACH / 2 OZ | 132 | 297 | 1 | 671 | 1.62 | 2.73 | 31.3 | 570 | 119 | 2.36 | 8.28 | 47.96 | 7.82 | 1.62 | *0.00 |
| MADE TO ORDER SUB BAR (HS) | SVG | 508 | 510 | 62 | 1660 | 6.67 | 4.41 | 267.3 | 588 | 114 | 7.16 | 27.07 | 48.27 | 23.44 | 9.84 | *0.00 |
| TURKEY & CHEESE SUB | EACH | 13 | 327 | 24 | 1251 | 6.65 | 3.89 | 117.2 | 556 | 48 | 2.08 | 23.97 | 46.61 | 5.47 | 2.38 | *0.00 |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calcm | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|---------------------------------|--------------|----------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|----------|
| Mon - 11/16/2009 | | | | | | | | | | | | | | | | |
| AMERICAN SUB | EACH | 16 | 337 | 33 | 1364 | 6.65 | 4.09 | 114.8 | 564 | 50 | 2.33 | 23.51 | 46.58 | 6.76 | 2.74 | *0.00 |
| AMERICAN WRAP | 1 EACH | 6 | 459 | 36 | 1384 | 4.09 | 4.51 | 293.5 | 1502 | 173 | 6.36 | 23.11 | 61.36 | 10.78 | 2.76 | *0.00 |
| VEGGIE WRAP | 1 EACH | 4 | 493 | 16 | 1140 | 4.41 | 4.08 | 414.6 | 1475 | 238 | 6.95 | 17.82 | 63.85 | 13.65 | 2.37 | *0.00 |
| CHEF SALAD W/ CRACKERS (HS) | 1 EACH | 10 | 281 | 71 | 721 | 2.98 | 2.43 | 234.1 | 4865 | 543 | 22.98 | 22.13 | 16.96 | 11.95 | 2.56 | *0.43 |
| CHEF SALAD W/ CRACKERS (ES /MS) | EACH | 23 | 203 | 48 | 579 | 2.21 | 2.07 | 152.8 | 3449 | 375 | 15.99 | 14.25 | 14.03 | 9.11 | 2.16 | *0.43 |
| TACO SALAD (HS) | 1 EACH | 3 | 625 | 37 | 1082 | 8.59 | 4.86 | 413.0 | 5514 | 689 | 21.15 | 27.12 | 64.22 | 26.71 | 5.47 | *2.60 |
| TACO SALAD (ES & MS) | 1 EACH | 10 | 434 | 28 | 795 | 6.06 | 3.55 | 281.9 | 4030 | 503 | 14.89 | 19.88 | 43.31 | 18.67 | 4.03 | *1.73 |
| CHICKEN PARMESAN SANDWIC | 1 EACH | 30 | 362 | 59 | 1044 | 3.00 | 2.28 | 241.0 | 301 | 72 | 2.10 | 27.90 | 40.59 | 11.26 | 3.43 | *0.00 |
| DEL BURRITO (10" - Type A) | 1 EACH | 20 | 589 | 37 | 1804 | 8.61 | 6.26 | 286.6 | 1032 | 174 | 5.92 | 25.85 | 68.47 | 22.74 | 9.79 | *0.00 |
| NACHOS (Type A) | SVG | 15 | 549 | 27 | 1720 | 5.41 | 4.79 | 391.4 | 1045 | 170 | 5.52 | 21.48 | 51.66 | 28.81 | 7.77 | *1.73 |
| TACO PLATE | SVG | 15 | 444 | 37 | 1795 | 6.43 | 5.59 | 257.2 | 1208 | 192 | 6.30 | 22.56 | 48.62 | 15.67 | 6.77 | *0.00 |
| TACO EMPANADA (Type A) | 1 EACH | 18 | 375 | 35 | 1269 | 3.75 | 3.87 | 152.4 | 680 | 137 | 1.10 | 21.63 | 45.05 | 12.12 | 5.61 | *0.00 |
| ENSALADA | 1 EACH | 11 | 327 | 35 | 1193 | 2.30 | 3.11 | 222.0 | 962 | 178 | 5.17 | 17.50 | 25.92 | 15.44 | 6.06 | *0.00 |
| ASIAN GLAZED CHICKEN | SVG | 23 | 499 | 34 | 1157 | 3.05 | 0.41 | 27.0 | 450 | 90 | 4.80 | 19.02 | 68.29 | 16.48 | 2.38 | *0.00 |
| KUNG PAO CHICKEN | SVG | 23 | 272 | 23 | 387 | 2.50 | 0.88 | 22.7 | 648 | 130 | 34.99 | 10.79 | 42.09 | 6.12 | 1.82 | *0.00 |
| MILK-WHITE/CHOC/STWBV/VAN | EACH | 3947 | 140 | 4 | 180 | 0.00 | 0.23 | 306.2 | 497 | 106 | 2.65 | 8.32 | 24.01 | 0.98 | 0.61 | *0.00 |
| MACARONI SALAD | 1/2 CUP | 75 | 168 | 5 | 214 | 1.64 | 1.04 | 18.2 | 862 | 136 | 0.66 | 4.41 | 25.64 | 4.95 | 0.77 | *0.00 |
| PRETZEL W/ CHEESE (SEC) | 1 EACH | 14 | 473 | 7 | 733 | 4.00 | 3.84 | 273.3 | 67 | 13 | 0.00 | 17.33 | 85.33 | 7.33 | 1.33 | *0.00 |
| BEAN & CHEESE BURRITO (ES/M | EACH | 12 | 310 | 5 | 620 | 10.00 | 2.70 | 150.0 | 300 | 60 | 1.20 | 15.00 | 45.00 | 8.00 | 2.50 | 0.00 |
| CHICKEN CEASAR WRAP | 1 EACH | 12 | 649 | 67 | 1223 | 5.02 | 5.27 | 304.3 | 4211 | 208 | 17.01 | 31.37 | 61.21 | 30.29 | 7.47 | *0.00 |
| CORN DOG | EACH | 12 | 290 | 50 | 860 | 1.00 | 10.80 | 10.0 | 0 | 0 | 24.00 | 10.00 | 30.00 | 15.00 | 3.50 | 0.00 |
| Weighted Daily Average | | | 784 | 48 | 1880 | 9.21 | 4.24 | 536.5 | 3864 | 587 | 25.62 | 30.43 | 114.67 | 23.88 | 6.97 | *0.10 |
| % of Calories | | | | | | | | | | | | 15.5% | 58.5% | 27.4% | 8.0% | 0.1% |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

Oct 23, 2009

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calc | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|-------------------------------------|------------------|-------------|------|--------------|------------|------------|------------|------------|-------------|-------------|-------------|------------|-----------|------------|------------|-------------|
| Tue - 11/17/2009 | | | | | | | | | | | | | | | | |
| D#11 Secondary Lunch | Total | 4648 | | | | | | | | | | | | | | |
| CHICKEN NUGGETS (HS) | 4 EACH | 93 | 180 | 40 | 620 | 0.00 | 0.00 | 12.0 | 70 | 14 | 1.00 | 16.00 | 13.00 | 6.00 | 0.00 | 0.00 |
| ASIAN CHICKEN CHUNKS | SVG | 78 | 217 | 34 | 856 | 1.20 | 0.00 | 17.2 | 450 | 90 | 0.00 | 16.00 | 26.40 | 5.60 | 1.20 | 0.00 |
| CHICKEN NUGGET (ES/MS) | 8 EACH | 289 | 314 | 86 | 738 | 1.60 | 3.20 | 30.4 | 122 | 24 | 0.00 | 22.40 | 19.20 | 16.00 | 4.80 | 0.00 |
| CHICKEN PATTY | 1 EACH | 855 | 190 | 25 | 380 | 0.00 | 3.00 | 20.0 | 0 | 0 | 0.00 | 8.00 | 8.00 | 14.00 | 3.00 | *0.00 |
| MASHED POTATOES | 1/2 cup | 855 | 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 | 855 | 26 | 2 | 257 | 0.24 | 0.60 | 9.0 | 9 | 2 | 0.06 | 0.73 | 3.60 | 0.92 | 0.31 | *0.00 |
| STRAIGHT CUT FRIES | SVG | 3509 | 148 | 0 | 41 | 2.35 | 0.72 | 0.0 | 0 | 0 | 10.00 | 2.35 | 23.50 | 5.00 | 1.25 | *0.00 |
| ITALIAN PASTA SALAD | 2 OZ | 1280 | 93 | 7 | 236 | 0.82 | 0.56 | 4.4 | 1 | 1 | 0.00 | 3.27 | 7.78 | 5.78 | 1.46 | *0.00 |
| APPLESAUCE | 1/2 CUP | 3584 | 97 | 0 | 4 | 1.53 | 0.45 | 5.1 | 14 | 1 | 2.17 | 0.23 | 25.39 | 0.23 | 0.04 | *0.00 |
| FRUIT-APPLE/ORANGE/BANANA | EACH | 3451 | 49 | 0 | 1 | 1.81 | 0.13 | 9.5 | 70 | 7 | 12.50 | 0.58 | 12.75 | 0.17 | 0.05 | *0.00 |
| CARROT STICKS | 1/4 CUP | 842 | 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 | 530 | 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 | 578 | 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) | SVG | 1338 | 90 | 6 | 274 | 0.12 | 0.06 | 10.0 | 36 | 8 | 0.11 | 0.44 | 2.69 | 8.49 | 1.29 | *0.00 |
| VANILLA PUDDING | 1/4 CUP | 3507 | 60 | 0 | 90 | 0.00 | 0.00 | 10.0 | 0 | 0 | 0.00 | 0.50 | 11.00 | 1.50 | 0.50 | *0.00 |
| RANCH FOODS DIRECT HAMBURGER | 1 EACH | 19 | 317 | 74 | 269 | 2.00 | 3.29 | 114.7 | 0 | 0 | 0.00 | 26.12 | 21.00 | 12.80 | 4.42 | *0.00 |
| RANCH FOODS DIRECT CHICKEN SANDWICH | EACH | 39 | 270 | 50 | 315 | 2.00 | 2.52 | 100.0 | 0 | 0 | 0.00 | 18.00 | 21.00 | 12.00 | 4.50 | *0.00 |
| RANCH FOODS DIRECT CHICKEN SANDWICH | 1 EACH | 64 | 351 | 79 | 464 | 2.00 | 3.29 | 189.7 | 150 | 30 | 0.00 | 29.12 | 22.50 | 14.80 | 5.67 | *0.00 |
| CHEESEBURGER | EACH | 173 | 305 | 55 | 510 | 2.00 | 2.52 | 175.0 | 150 | 30 | 0.00 | 21.00 | 22.50 | 14.00 | 5.75 | *0.00 |
| CLUX DELUXE CHICKEN SANDWICH (HS) | 1 EACH | 74 | 310 | 50 | 860 | 3.00 | 2.08 | 121.0 | 50 | 10 | 1.00 | 24.00 | 37.00 | 9.00 | 2.00 | *0.00 |
| CHICKEN PATTY SANDWICH (ES/MS) | EACH | 115 | 306 | 54 | 671 | 3.00 | 3.08 | 119.0 | 76 | 15 | 1.00 | 18.00 | 33.00 | 11.00 | 3.00 | *0.00 |
| SPICY CHICKEN PATTY SANDWICH | EACH | 397 | 292 | 52 | 750 | 2.00 | 3.08 | 120.0 | 46 | 9 | 1.00 | 18.00 | 32.00 | 11.00 | 2.00 | *0.00 |
| CHICKEN TENDERS | 3 EACH | 54 | 228 | 42 | 968 | 0.00 | 0.00 | 13.2 | 47 | 9 | 0.00 | 19.20 | 21.60 | 7.20 | 1.20 | 0.00 |
| BEAN & CHEESE BURRITO (ES/MS) | EACH | 122 | 310 | 5 | 620 | 10.00 | 2.70 | 150.0 | 300 | 60 | 1.20 | 15.00 | 45.00 | 8.00 | 2.50 | 0.00 |
| BURGER TOPPINGS | SVG | 377 | 11 | 0 | 81 | 0.53 | 0.10 | 5.9 | 123 | 10 | 3.01 | 0.34 | 2.42 | 0.05 | 0.01 | *0.00 |
| SEC CONDIMENTS | SVG | 1657 | 98 | 2 | 840 | 0.89 | 0.55 | 17.4 | 512 | 50 | 4.85 | 1.28 | 19.11 | 2.51 | 0.32 | *0.00 |
| NACHOS W/ CHEESE | EACH | 144 | 371 | 7 | 652 | 3.01 | 1.56 | 332.0 | 68 | 25 | 0.00 | 9.75 | 42.51 | 18.58 | 2.94 | *1.73 |
| CHILI | 1/4 CUP | 139 | 12 | 1 | 28 | 0.52 | 0.20 | 3.7 | 45 | 8 | 0.84 | 0.89 | 1.53 | 0.27 | 0.11 | *0.00 |
| JALAPENO PEPPERS | 1/2 OZ | 154 | 5 | 0 | 210 | 0.42 | 0.46 | 5.0 | 390 | 39 | 1.72 | 0.15 | 1.06 | 0.14 | 0.01 | *0.00 |
| CHILI FRITOS | 1 EACH | 170 | 453 | 30 | 865 | 10.16 | 3.72 | 374.0 | 1744 | 333 | 13.48 | 24.13 | 47.69 | 14.59 | 3.26 | *0.22 |
| PEPPERONI PIZZA (HS) | SLICE | 148 | 458 | 37 | 1087 | 2.13 | 3.45 | 341.8 | 390 | 112 | 1.10 | 22.96 | 60.02 | 14.16 | 5.97 | *0.00 |
| PEPPERONI PIZZA (MS) | SLICE | 514 | 343 | 28 | 815 | 1.59 | 2.59 | 256.3 | 293 | 84 | 0.82 | 17.22 | 45.01 | 10.62 | 4.48 | *0.00 |
| CHEESE PIZZA (HS) | SLICE | 40 | 411 | 27 | 904 | 2.13 | 3.21 | 341.8 | 390 | 112 | 1.10 | 20.96 | 59.85 | 9.83 | 4.30 | *0.00 |
| CHEESE PIZZA (MS) | SLICE | 124 | 308 | 20 | 678 | 1.59 | 2.41 | 256.3 | 293 | 84 | 0.82 | 15.72 | 44.89 | 7.37 | 3.23 | *0.00 |
| SAUSAGE PIZZA (HS) | SLICE | 22 | 473 | 38 | 1007 | 2.95 | 3.66 | 366.6 | 432 | 121 | 1.59 | 28.43 | 61.51 | 14.80 | 5.96 | *0.00 |
| SAUSAGE PIZZA (MS) | SLICE | 96 | 355 | 28 | 756 | 2.22 | 2.74 | 275.0 | 324 | 91 | 1.20 | 21.32 | 46.13 | 11.10 | 4.47 | *0.00 |
| HAWAIIAN PIZZA (HS) | SLICE | 31 | 450 | 43 | 1171 | 2.35 | 3.53 | 346.9 | 408 | 115 | 3.25 | 24.80 | 63.13 | 11.11 | 4.66 | *0.00 |
| HAWAIIAN PIZZA (MS) | SLICE | 47 | 337 | 32 | 878 | 1.76 | 2.64 | 260.2 | 306 | 86 | 2.44 | 18.60 | 47.35 | 8.33 | 3.50 | *0.00 |
| BREADSTICKS W/ PIZZA SAUCE | 4 EACH / 2 OZ | 132 | 297 | 1 | 671 | 1.62 | 2.73 | 31.3 | 570 | 119 | 2.36 | 8.28 | 47.96 | 7.82 | 1.62 | *0.00 |
| MADE TO ORDER SUB BAR (HS) | SVG | 475 | 510 | 62 | 1660 | 6.67 | 4.41 | 267.3 | 588 | 114 | 7.16 | 27.07 | 48.27 | 23.44 | 9.84 | *0.00 |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calcm | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|---------------------------------|--------------|----------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|----------|
| Tue - 11/17/2009 | | | | | | | | | | | | | | | | |
| HAM & CHEESE SUB | 1 EACH | 5 | 347 | 42 | 1476 | 6.65 | 4.29 | 112.4 | 572 | 51 | 2.59 | 23.06 | 46.54 | 8.04 | 3.11 | *0.00 |
| ITALIAN SUB | EACH | 18 | 366 | 49 | 1501 | 6.65 | 4.50 | 146.4 | 586 | 54 | 2.94 | 23.13 | 47.20 | 9.72 | 3.58 | *0.00 |
| ITALIAN WRAP | 1 EACH | 7 | 506 | 48 | 1570 | 4.09 | 5.16 | 317.1 | 1308 | 134 | 7.07 | 21.95 | 61.87 | 18.58 | 4.55 | *0.00 |
| VEGGIE WRAP | 1 EACH | 4 | 493 | 16 | 1140 | 4.41 | 4.08 | 414.6 | 1475 | 238 | 6.95 | 17.82 | 63.85 | 13.65 | 2.37 | *0.00 |
| CHEF SALAD W/ CRACKERS (HS) | 1 EACH | 8 | 281 | 71 | 721 | 2.98 | 2.43 | 234.1 | 4865 | 543 | 22.98 | 22.13 | 16.96 | 11.95 | 2.56 | *0.43 |
| CHEF SALAD W/ CRACKERS (ES /MS) | EACH | 18 | 203 | 48 | 579 | 2.21 | 2.07 | 152.8 | 3449 | 375 | 15.99 | 14.25 | 14.03 | 9.11 | 2.16 | *0.43 |
| CHICKEN CAESAR SALAD (HS) | 1 EACH | 14 | 377 | 64 | 1041 | 4.48 | 2.77 | 298.0 | 6788 | 344 | 28.24 | 25.19 | 25.52 | 19.84 | 5.91 | *0.00 |
| CHICKEN CAESAR SALAD (MS) | 1 EACH | 11 | 280 | 49 | 752 | 3.30 | 2.01 | 204.9 | 5078 | 255 | 21.21 | 18.94 | 19.05 | 14.58 | 4.18 | *0.00 |
| ITALIAN CHILI W/ BREADSTICK | SVG | 32 | 570 | 44 | 1489 | 8.03 | 5.01 | 131.6 | 891 | 109 | 3.98 | 21.39 | 71.82 | 22.46 | 6.04 | *0.00 |
| DEL BURRITO (10" - Type A) | 1 EACH | 28 | 589 | 37 | 1804 | 8.61 | 6.26 | 286.6 | 1032 | 174 | 5.92 | 25.85 | 68.47 | 22.74 | 9.79 | *0.00 |
| NACHOS (Type A) | SVG | 28 | 549 | 27 | 1720 | 5.41 | 4.79 | 391.4 | 1045 | 170 | 5.52 | 21.48 | 51.66 | 28.81 | 7.77 | *1.73 |
| TACO PLATE | SVG | 21 | 444 | 37 | 1795 | 6.43 | 5.59 | 257.2 | 1208 | 192 | 6.30 | 22.56 | 48.62 | 15.67 | 6.77 | *0.00 |
| CHICKEN FAJITA CILANTRO BO | SVG | 17 | 406 | 73 | 541 | 3.05 | 1.66 | 46.9 | 251 | 31 | 39.23 | 25.96 | 48.17 | 12.03 | 1.61 | *0.00 |
| ENSALADA | 1 EACH | 14 | 327 | 35 | 1193 | 2.30 | 3.11 | 222.0 | 962 | 178 | 5.17 | 17.50 | 25.92 | 15.44 | 6.06 | *0.00 |
| MANDARIN ORANGE CHICKEN | SVG | 36 | 315 | 54 | 256 | 1.86 | 1.39 | 27.9 | 91 | 18 | 0.00 | 15.72 | 40.40 | 9.23 | 2.54 | *0.00 |
| BEEF & BROCCOLI | SVG | 30 | 273 | 20 | 1385 | 2.97 | 1.30 | 30.1 | 167 | 41 | 25.17 | 14.56 | 36.75 | 7.49 | 2.55 | *0.00 |
| MILK-WHITE/CHOC/STWBV/VAN | EACH | 3819 | 140 | 4 | 180 | 0.00 | 0.23 | 306.2 | 497 | 106 | 2.65 | 8.32 | 24.01 | 0.98 | 0.61 | *0.00 |
| PRETZEL W/ CHEESE (SEC) | 1 EACH | 14 | 473 | 7 | 733 | 4.00 | 3.84 | 273.3 | 67 | 13 | 0.00 | 17.33 | 85.33 | 7.33 | 1.33 | *0.00 |
| BBQ RIB SANDWICH | 1 EACH | 12 | 303 | 44 | 957 | 2.75 | 2.27 | 121.8 | 84 | 17 | 1.29 | 19.44 | 35.05 | 9.60 | 3.19 | *0.00 |
| HAM & CHEESE WRAP | 1 EACH | 12 | 558 | 55 | 1746 | 3.53 | 4.55 | 292.0 | 526 | 105 | 0.91 | 22.84 | 60.60 | 22.16 | 4.52 | *0.00 |
| POTATO SALAD | 1/2 CUP | 90 | 240 | 10 | 490 | 3.00 | 1.44 | 0.0 | 0 | 0 | 0.00 | 3.00 | 28.00 | 13.00 | 2.00 | *0.00 |
| TURKEY & CHEESE SUB | 1 EACH | 4 | 327 | 24 | 1251 | 6.65 | 3.89 | 117.2 | 556 | 48 | 2.08 | 23.97 | 46.61 | 5.47 | 2.38 | *0.00 |
| Weighted Daily Average | | | 846 | 48 | 1592 | 8.90 | 4.91 | 457.0 | 2789 | 433 | 38.57 | 30.04 | 127.94 | 25.03 | 7.12 | *0.08 |
| % of Calories | | | | | | | | | | | | 14.2% | 60.5% | 26.6% | 7.6% | 0.1% |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

Oct 23, 2009

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calc | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|--------------------------------|------------------|-------------|------|--------------|------------|------------|------------|------------|-------------|-------------|-------------|------------|-----------|------------|------------|-------------|
| Wed - 11/18/2009 | | | | | | | | | | | | | | | | |
| D#11 Secondary Lunch | Total | 4751 | | | | | | | | | | | | | | |
| CHICKEN NUGGETS (HS) | 4 EACH | 76 | 180 | 40 | 620 | 0.00 | 0.00 | 12.0 | 70 | 14 | 1.00 | 16.00 | 13.00 | 6.00 | 0.00 | 0.00 |
| ASIAN CHICKEN CHUNKS | SVG | 61 | 217 | 34 | 856 | 1.20 | 0.00 | 17.2 | 450 | 90 | 0.00 | 16.00 | 26.40 | 5.60 | 1.20 | 0.00 |
| CHICKEN NUGGET (ES/MS) | 8 EACH | 323 | 314 | 86 | 738 | 1.60 | 3.20 | 30.4 | 122 | 24 | 0.00 | 22.40 | 19.20 | 16.00 | 4.80 | 0.00 |
| PANCAKE BAR w/Saus (SEC) | SVG | 833 | 693 | 47 | 903 | 8.42 | 6.97 | 186.7 | 451 | 451 | 52.96 | 18.68 | 130.05 | 12.54 | 4.02 | *0.00 |
| CRINKLE CUT FRIES | 3 OZ | 3582 | 114 | 0 | 330 | 2.38 | 0.63 | 10.2 | 4 | 0 | 11.31 | 2.26 | 23.59 | 4.44 | 0.88 | *0.00 |
| AMBROSIA SALAD | 1/2 cup | 1595 | 137 | 0 | 28 | 0.71 | 0.24 | 6.4 | 26 | 7 | 2.89 | 0.77 | 24.95 | 4.37 | 3.80 | *0.00 |
| CANNED PINEAPPLE | 1/2 CUP | 3742 | 66 | 0 | 1 | 1.01 | 0.49 | 17.6 | 48 | 1 | 9.45 | 0.45 | 16.95 | 0.15 | 0.01 | *0.00 |
| FRUIT-APPLE/ORANGE/BANANA | EACH | 3395 | 49 | 0 | 1 | 1.81 | 0.13 | 9.5 | 70 | 7 | 12.50 | 0.58 | 12.75 | 0.17 | 0.05 | *0.00 |
| CARROT STICKS | 1/4 CUP | 847 | 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 | 574 | 6 | 0 | 30 | 0.59 | 0.07 | 14.9 | 167 | 5 | 1.15 | 0.26 | 1.10 | 0.06 | 0.02 | *0.00 |
| BROCCOLI,FRESH,RAW | 1/4 CUP | 250 | 7 | 0 | 7 | 0.57 | 0.16 | 10.3 | 137 | 34 | 19.62 | 0.62 | 1.46 | 0.08 | 0.01 | *0.00 |
| LEAFY GREENS | 2 OZ | 597 | 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) | SVG | 1340 | 90 | 6 | 274 | 0.12 | 0.06 | 10.0 | 36 | 8 | 0.11 | 0.44 | 2.69 | 8.49 | 1.29 | *0.00 |
| RANCH FOODS DIRECT HAMBURGER | 1 EACH | 33 | 317 | 74 | 269 | 2.00 | 3.29 | 114.7 | 0 | 0 | 0.00 | 26.12 | 21.00 | 12.80 | 4.42 | *0.00 |
| HAMBURGER | EACH | 43 | 270 | 50 | 315 | 2.00 | 2.52 | 100.0 | 0 | 0 | 0.00 | 18.00 | 21.00 | 12.00 | 4.50 | *0.00 |
| RANCH FOODS DIRECT CHZBURGER | 1 EACH | 67 | 351 | 79 | 464 | 2.00 | 3.29 | 189.7 | 150 | 30 | 0.00 | 29.12 | 22.50 | 14.80 | 5.67 | *0.00 |
| CHEESEBURGER | EACH | 165 | 305 | 55 | 510 | 2.00 | 2.52 | 175.0 | 150 | 30 | 0.00 | 21.00 | 22.50 | 14.00 | 5.75 | *0.00 |
| CLUX DELUXE CHICKEN SAND (HS) | 1 EACH | 72 | 310 | 50 | 860 | 3.00 | 2.08 | 121.0 | 50 | 10 | 1.00 | 24.00 | 37.00 | 9.00 | 2.00 | *0.00 |
| CHICKEN PATTY SANDWICH (ES/MS) | EACH | 103 | 306 | 54 | 671 | 3.00 | 3.08 | 119.0 | 76 | 15 | 1.00 | 18.00 | 33.00 | 11.00 | 3.00 | *0.00 |
| SPICY CHICKEN PATTY SANDWICH | EACH | 408 | 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 | 123 | 303 | 44 | 957 | 2.75 | 2.27 | 121.8 | 84 | 17 | 1.29 | 19.44 | 35.05 | 9.60 | 3.19 | *0.00 |
| POPCORN CHICKEN | 24 EACH | 66 | 384 | 48 | 1464 | 0.00 | 0.00 | 240.0 | 106 | 21 | 0.00 | 16.80 | 26.40 | 16.80 | 4.80 | 0.00 |
| SPICY POPCORN CHICKEN | 24 EACH | 60 | 384 | 48 | 1464 | 0.00 | 0.00 | 240.0 | 106 | 21 | 0.00 | 16.80 | 26.40 | 16.80 | 4.80 | 0.00 |
| BURGER TOPPINGS | SVG | 446 | 11 | 0 | 81 | 0.53 | 0.10 | 5.9 | 123 | 10 | 3.01 | 0.34 | 2.42 | 0.05 | 0.01 | *0.00 |
| SEC CONDIMENTS | SVG | 1654 | 98 | 2 | 840 | 0.89 | 0.55 | 17.4 | 512 | 50 | 4.85 | 1.28 | 19.11 | 2.51 | 0.32 | *0.00 |
| NACHOS W/ CHEESE | EACH | 145 | 371 | 7 | 652 | 3.01 | 1.56 | 332.0 | 68 | 25 | 0.00 | 9.75 | 42.51 | 18.58 | 2.94 | *1.73 |
| CHILI | 1/4 CUP | 140 | 12 | 1 | 28 | 0.52 | 0.20 | 3.7 | 45 | 8 | 0.84 | 0.89 | 1.53 | 0.27 | 0.11 | *0.00 |
| JALAPENO PEPPERS | 1/2 OZ | 133 | 5 | 0 | 210 | 0.42 | 0.46 | 5.0 | 390 | 39 | 1.72 | 0.15 | 1.06 | 0.14 | 0.01 | *0.00 |
| CHILI FRITOS | 1 EACH | 144 | 453 | 30 | 865 | 10.16 | 3.72 | 374.0 | 1744 | 333 | 13.48 | 24.13 | 47.69 | 14.59 | 3.26 | *0.22 |
| PEPPERONI PIZZA (HS) | SLICE | 133 | 458 | 37 | 1087 | 2.13 | 3.45 | 341.8 | 390 | 112 | 1.10 | 22.96 | 60.02 | 14.16 | 5.97 | *0.00 |
| PEPPERONI PIZZA (MS) | SLICE | 512 | 343 | 28 | 815 | 1.59 | 2.59 | 256.3 | 293 | 84 | 0.82 | 17.22 | 45.01 | 10.62 | 4.48 | *0.00 |
| CHEESE PIZZA (HS) | SLICE | 42 | 411 | 27 | 904 | 2.13 | 3.21 | 341.8 | 390 | 112 | 1.10 | 20.96 | 59.85 | 9.83 | 4.30 | *0.00 |
| CHEESE PIZZA (MS) | SLICE | 126 | 308 | 20 | 678 | 1.59 | 2.41 | 256.3 | 293 | 84 | 0.82 | 15.72 | 44.89 | 7.37 | 3.23 | *0.00 |
| SAUSAGE PIZZA (HS) | SLICE | 27 | 473 | 38 | 1007 | 2.95 | 3.66 | 366.6 | 432 | 121 | 1.59 | 28.43 | 61.51 | 14.80 | 5.96 | *0.00 |
| SAUSAGE PIZZA (MS) | SLICE | 100 | 355 | 28 | 756 | 2.22 | 2.74 | 275.0 | 324 | 91 | 1.20 | 21.32 | 46.13 | 11.10 | 4.47 | *0.00 |
| MEXICAN PIZZA (HS) | SLICE | 40 | 472 | 34 | 1278 | 3.76 | 4.04 | 414.2 | 2082 | 386 | 4.02 | 27.73 | 61.47 | 6.05 | 1.47 | *0.00 |
| MEXICAN PIZZA (MS) | SLICE | 82 | 354 | 25 | 958 | 2.82 | 3.03 | 310.6 | 1562 | 290 | 3.01 | 20.80 | 46.11 | 4.54 | 1.10 | *0.00 |
| BREADSTICKS W/ PIZZA SAUCE | 4 EACH / 2 OZ | 119 | 297 | 1 | 671 | 1.62 | 2.73 | 31.3 | 570 | 119 | 2.36 | 8.28 | 47.96 | 7.82 | 1.62 | *0.00 |
| MADE TO ORDER SUB BAR (HS) | SVG | 449 | 510 | 62 | 1660 | 6.67 | 4.41 | 267.3 | 588 | 114 | 7.16 | 27.07 | 48.27 | 23.44 | 9.84 | *0.00 |
| TURKEY & CHEESE SUB | EACH | 11 | 327 | 24 | 1251 | 6.65 | 3.89 | 117.2 | 556 | 48 | 2.08 | 23.97 | 46.61 | 5.47 | 2.38 | *0.00 |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calcm | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|---------------------------------|--------------|----------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|----------|
| Wed - 11/18/2009 | | | | | | | | | | | | | | | | |
| AMERICAN SUB | EACH | 20 | 337 | 33 | 1364 | 6.65 | 4.09 | 114.8 | 564 | 50 | 2.33 | 23.51 | 46.58 | 6.76 | 2.74 | *0.00 |
| AMERICAN WRAP | 1 EACH | 11 | 459 | 36 | 1384 | 4.09 | 4.51 | 293.5 | 1502 | 173 | 6.36 | 23.11 | 61.36 | 10.78 | 2.76 | *0.00 |
| VEGGIE WRAP | 1 EACH | 4 | 493 | 16 | 1140 | 4.41 | 4.08 | 414.6 | 1475 | 238 | 6.95 | 17.82 | 63.85 | 13.65 | 2.37 | *0.00 |
| CHEF SALAD W/ CRACKERS (HS) | 1 EACH | 13 | 281 | 71 | 721 | 2.98 | 2.43 | 234.1 | 4865 | 543 | 22.98 | 22.13 | 16.96 | 11.95 | 2.56 | *0.43 |
| CHEF SALAD W/ CRACKERS (ES /MS) | EACH | 38 | 203 | 48 | 579 | 2.21 | 2.07 | 152.8 | 3449 | 375 | 15.99 | 14.25 | 14.03 | 9.11 | 2.16 | *0.43 |
| 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 |
| SPINACH SALAD (MS) | SERVING | 3 | 186 | 124 | 385 | 2.44 | 2.80 | 308.1 | 6292 | 580 | 22.60 | 13.32 | 13.77 | 8.87 | 3.93 | *0.43 |
| GRILLED CHICKEN GYRO | 1 EACH | 22 | 404 | 49 | 968 | 2.73 | 2.66 | 171.6 | 1764 | 109 | 7.26 | 25.87 | 39.05 | 14.92 | 3.71 | *0.00 |
| DEL BURRITO (10" - Type A) | 1 EACH | 23 | 589 | 37 | 1804 | 8.61 | 6.26 | 286.6 | 1032 | 174 | 5.92 | 25.85 | 68.47 | 22.74 | 9.79 | *0.00 |
| NACHOS (Type A) | SVG | 22 | 549 | 27 | 1720 | 5.41 | 4.79 | 391.4 | 1045 | 170 | 5.52 | 21.48 | 51.66 | 28.81 | 7.77 | *1.73 |
| TACO PLATE | SVG | 27 | 444 | 37 | 1795 | 6.43 | 5.59 | 257.2 | 1208 | 192 | 6.30 | 22.56 | 48.62 | 15.67 | 6.77 | *0.00 |
| TACO EMPANADA (Type A) | 1 EACH | 25 | 375 | 35 | 1269 | 3.75 | 3.87 | 152.4 | 680 | 137 | 1.10 | 21.63 | 45.05 | 12.12 | 5.61 | *0.00 |
| ENSALADA | 1 EACH | 21 | 327 | 35 | 1193 | 2.30 | 3.11 | 222.0 | 962 | 178 | 5.17 | 17.50 | 25.92 | 15.44 | 6.06 | *0.00 |
| TERIYAKI CHICKEN | SVG | 31 | 278 | 77 | 265 | 1.86 | 1.39 | 27.9 | 91 | 18 | 3.27 | 22.07 | 31.33 | 6.51 | 2.08 | *0.00 |
| PORK FRIED RICE | 1 CUP | 33 | 477 | 53 | 2877 | 3.46 | 3.52 | 80.1 | 1917 | 337 | 4.38 | 26.77 | 56.29 | 19.90 | 6.48 | *0.00 |
| MILK-WHITE/CHOC/STWBV/VAN | EACH | 3799 | 140 | 4 | 180 | 0.00 | 0.23 | 306.2 | 497 | 106 | 2.65 | 8.32 | 24.01 | 0.98 | 0.61 | *0.00 |
| PRETZEL W/ CHEESE (SEC) | 1 EACH | 14 | 473 | 7 | 733 | 4.00 | 3.84 | 273.3 | 67 | 13 | 0.00 | 17.33 | 85.33 | 7.33 | 1.33 | *0.00 |
| BEEF CRISPITO | SERVING | 12 | 332 | 44 | 717 | 1.74 | 2.01 | 569.6 | 2040 | 408 | 0.00 | 24.72 | 21.87 | 6.03 | 2.44 | *0.00 |
| CHICKEN CEASAR WRAP | 1 EACH | 12 | 649 | 67 | 1223 | 5.02 | 5.27 | 304.3 | 4211 | 208 | 17.01 | 31.37 | 61.21 | 30.29 | 7.47 | *0.00 |
| BEAN & CHEESE BURRITO (ES/M | EACH | 40 | 310 | 5 | 620 | 10.00 | 2.70 | 150.0 | 300 | 60 | 1.20 | 15.00 | 45.00 | 8.00 | 2.50 | 0.00 |
| Weighted Daily Average | | | 815 | 51 | 1724 | 8.98 | 5.19 | 491.1 | 2931 | 517 | 44.65 | 30.11 | 131.36 | 22.33 | 7.28 | *0.07 |
| % of Calories | | | | | | | | | | | | 14.8% | 64.5% | 24.7% | 8.0% | 0.1% |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

| Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calcm | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat | |
|--------------------------------|----------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|----------|-------|
| Thu - 11/19/2009 | | | | | | | | | | | | | | | | |
| D#11 Secondary Lunch | Total | 4803 | | | | | | | | | | | | | | |
| CHICKEN NUGGETS (HS) | 4 EACH | 108 | 180 | 40 | 620 | 0.00 | 0.00 | 12.0 | 70 | 14 | 1.00 | 16.00 | 13.00 | 6.00 | 0.00 | 0.00 |
| ASIAN CHICKEN CHUNKS | SVG | 94 | 217 | 34 | 856 | 1.20 | 0.00 | 17.2 | 450 | 90 | 0.00 | 16.00 | 26.40 | 5.60 | 1.20 | 0.00 |
| CHICKEN NUGGET (ES/MS) | 8 EACH | 286 | 314 | 86 | 738 | 1.60 | 3.20 | 30.4 | 122 | 24 | 0.00 | 22.40 | 19.20 | 16.00 | 4.80 | 0.00 |
| TURKEY ROAST,SLICED | 4.5 OZ | 224 | 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 | 224 | 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 | 224 | 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 | 224 | 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 | 224 | 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 | 500 | 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 | 224 | 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 | 500 | 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 . | 500 | 23 | 0 | 2 | 0.00 | 0.01 | 0.4 | 10 | 6 | 0.00 | 0.09 | 1.63 | 1.79 | 1.54 | *0.00 |
| | 25oz | | | | | | | | | | | | | | | |
| POTATO WEDGES | 1 OZ | 3777 | 43 | 0 | 130 | 0.67 | 0.12 | 0.0 | 0 | 0 | 0.80 | 0.67 | 5.67 | 2.00 | 0.50 | *0.00 |
| MACARONI SALAD | 1/4 CUP | 1360 | 84 | 2 | 107 | 0.82 | 0.52 | 9.1 | 431 | 68 | 0.33 | 2.21 | 12.82 | 2.48 | 0.38 | *0.00 |
| CANNED PEARS | 1/2 CUP | 3970 | 72 | 0 | 6 | 2.01 | 0.35 | 6.3 | 0 | 0 | 0.88 | 0.24 | 19.04 | 0.04 | 0.00 | *0.00 |
| FRUIT-APPLE/ORANGE/BANANA | EACH | 3595 | 49 | 0 | 1 | 1.81 | 0.13 | 9.5 | 70 | 7 | 12.50 | 0.58 | 12.75 | 0.17 | 0.05 | *0.00 |
| CELERY STICKS | 1/4 CUP | 605 | 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 | 639 | 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) | SVG | 1431 | 90 | 6 | 274 | 0.12 | 0.06 | 10.0 | 36 | 8 | 0.11 | 0.44 | 2.69 | 8.49 | 1.29 | *0.00 |
| RANCH FOODS DIRECT HAMBURGER | 1 EACH | 29 | 317 | 74 | 269 | 2.00 | 3.29 | 114.7 | 0 | 0 | 0.00 | 26.12 | 21.00 | 12.80 | 4.42 | *0.00 |
| HAMBURGER | EACH | 45 | 270 | 50 | 315 | 2.00 | 2.52 | 100.0 | 0 | 0 | 0.00 | 18.00 | 21.00 | 12.00 | 4.50 | *0.00 |
| RANCH FOODS DIRECT CHZBURGER | 1 EACH | 72 | 351 | 79 | 464 | 2.00 | 3.29 | 189.7 | 150 | 30 | 0.00 | 29.12 | 22.50 | 14.80 | 5.67 | *0.00 |
| CHEESEBURGER | EACH | 178 | 305 | 55 | 510 | 2.00 | 2.52 | 175.0 | 150 | 30 | 0.00 | 21.00 | 22.50 | 14.00 | 5.75 | *0.00 |
| CLUX DELUXE CHICKEN SAND (HS) | 1 EACH | 56 | 310 | 50 | 860 | 3.00 | 2.08 | 121.0 | 50 | 10 | 1.00 | 24.00 | 37.00 | 9.00 | 2.00 | *0.00 |
| CHICKEN PATTY SANDWICH (ES/MS) | EACH | 140 | 306 | 54 | 671 | 3.00 | 3.08 | 119.0 | 76 | 15 | 1.00 | 18.00 | 33.00 | 11.00 | 3.00 | *0.00 |
| SPICY CHICKEN PATTY SANDWICH | EACH | 355 | 292 | 52 | 750 | 2.00 | 3.08 | 120.0 | 46 | 9 | 1.00 | 18.00 | 32.00 | 11.00 | 2.00 | *0.00 |
| CHICKEN TENDERS | 3 EACH | 48 | 228 | 42 | 968 | 0.00 | 0.00 | 13.2 | 47 | 9 | 0.00 | 19.20 | 21.60 | 7.20 | 1.20 | 0.00 |
| BEAN & CHEESE BURRITO (ES/MS) | EACH | 149 | 310 | 5 | 620 | 10.00 | 2.70 | 150.0 | 300 | 60 | 1.20 | 15.00 | 45.00 | 8.00 | 2.50 | 0.00 |
| BURGER TOPPINGS | SVG | 639 | 11 | 0 | 81 | 0.53 | 0.10 | 5.9 | 123 | 10 | 3.01 | 0.34 | 2.42 | 0.05 | 0.01 | *0.00 |
| SEC CONDIMENTS | SVG | 1543 | 98 | 2 | 840 | 0.89 | 0.55 | 17.4 | 512 | 50 | 4.85 | 1.28 | 19.11 | 2.51 | 0.32 | *0.00 |
| NACHOS W/ CHEESE | EACH | 147 | 371 | 7 | 652 | 3.01 | 1.56 | 332.0 | 68 | 25 | 0.00 | 9.75 | 42.51 | 18.58 | 2.94 | *1.73 |
| CHILI | 1/4 CUP | 142 | 12 | 1 | 28 | 0.52 | 0.20 | 3.7 | 45 | 8 | 0.84 | 0.89 | 1.53 | 0.27 | 0.11 | *0.00 |
| JALAPENO PEPPERS | 1/2 OZ | 135 | 5 | 0 | 210 | 0.42 | 0.46 | 5.0 | 390 | 39 | 1.72 | 0.15 | 1.06 | 0.14 | 0.01 | *0.00 |
| CHILI FRITOS | 1 EACH | 157 | 453 | 30 | 865 | 10.16 | 3.72 | 374.0 | 1744 | 333 | 13.48 | 24.13 | 47.69 | 14.59 | 3.26 | *0.22 |
| PEPPERONI PIZZA (HS) | SLICE | 154 | 458 | 37 | 1087 | 2.13 | 3.45 | 341.8 | 390 | 112 | 1.10 | 22.96 | 60.02 | 14.16 | 5.97 | *0.00 |
| PEPPERONI PIZZA (MS) | SLICE | 498 | 343 | 28 | 815 | 1.59 | 2.59 | 256.3 | 293 | 84 | 0.82 | 17.22 | 45.01 | 10.62 | 4.48 | *0.00 |
| CHEESE PIZZA (HS) | SLICE | 51 | 411 | 27 | 904 | 2.13 | 3.21 | 341.8 | 390 | 112 | 1.10 | 20.96 | 59.85 | 9.83 | 4.30 | *0.00 |
| CHEESE PIZZA (MS) | SLICE | 96 | 308 | 20 | 678 | 1.59 | 2.41 | 256.3 | 293 | 84 | 0.82 | 15.72 | 44.89 | 7.37 | 3.23 | *0.00 |
| SAUSAGE PIZZA (HS) | SLICE | 32 | 473 | 38 | 1007 | 2.95 | 3.66 | 366.6 | 432 | 121 | 1.59 | 28.43 | 61.51 | 14.80 | 5.96 | *0.00 |
| SAUSAGE PIZZA (MS) | SLICE | 89 | 355 | 28 | 756 | 2.22 | 2.74 | 275.0 | 324 | 91 | 1.20 | 21.32 | 46.13 | 11.10 | 4.47 | *0.00 |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calcm | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|---------------------------------|---------------|----------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|----------|
| Thu - 11/19/2009 | | | | | | | | | | | | | | | | |
| SUPREME PIZZA (HS) | SLICE | 29 | 510 | 43 | 1207 | 3.63 | 4.05 | 369.9 | 673 | 139 | 8.02 | 28.99 | 63.66 | 17.53 | 6.95 | *0.00 |
| SUPREME PIZZA (MS) | SLICE | 69 | 382 | 32 | 905 | 2.72 | 3.04 | 277.4 | 505 | 104 | 6.02 | 21.74 | 47.75 | 13.15 | 5.21 | *0.00 |
| BREADSTICKS W/ PIZZA SAUCE | 4 EACH / 2 OZ | 141 | 297 | 1 | 671 | 1.62 | 2.73 | 31.3 | 570 | 119 | 2.36 | 8.28 | 47.96 | 7.82 | 1.62 | *0.00 |
| MADE TO ORDER SUB BAR (HS) | SVG | 529 | 510 | 62 | 1660 | 6.67 | 4.41 | 267.3 | 588 | 114 | 7.16 | 27.07 | 48.27 | 23.44 | 9.84 | *0.00 |
| HAM & CHEESE WRAP | 1 EACH | 6 | 558 | 55 | 1746 | 3.53 | 4.55 | 292.0 | 526 | 105 | 0.91 | 22.84 | 60.60 | 22.16 | 4.52 | *0.00 |
| ITALIAN SUB | EACH | 19 | 366 | 49 | 1501 | 6.65 | 4.50 | 146.4 | 586 | 54 | 2.94 | 23.13 | 47.20 | 9.72 | 3.58 | *0.00 |
| ITALIAN WRAP | 1 EACH | 9 | 506 | 48 | 1570 | 4.09 | 5.16 | 317.1 | 1308 | 134 | 7.07 | 21.95 | 61.87 | 18.58 | 4.55 | *0.00 |
| VEGGIE WRAP | 1 EACH | 4 | 493 | 16 | 1140 | 4.41 | 4.08 | 414.6 | 1475 | 238 | 6.95 | 17.82 | 63.85 | 13.65 | 2.37 | *0.00 |
| CHEF SALAD W/ CRACKERS (HS) | 1 EACH | 6 | 281 | 71 | 721 | 2.98 | 2.43 | 234.1 | 4865 | 543 | 22.98 | 22.13 | 16.96 | 11.95 | 2.56 | *0.43 |
| CHEF SALAD W/ CRACKERS (ES /MS) | EACH | 13 | 203 | 48 | 579 | 2.21 | 2.07 | 152.8 | 3449 | 375 | 15.99 | 14.25 | 14.03 | 9.11 | 2.16 | *0.43 |
| CHICKEN CAESAR SALAD (HS) | 1 EACH | 10 | 377 | 64 | 1041 | 4.48 | 2.77 | 298.0 | 6788 | 344 | 28.24 | 25.19 | 25.52 | 19.84 | 5.91 | *0.00 |
| CHICKEN CAESAR SALAD (MS) | 1 EACH | 23 | 280 | 49 | 752 | 3.30 | 2.01 | 204.9 | 5078 | 255 | 21.21 | 18.94 | 19.05 | 14.58 | 4.18 | *0.00 |
| ITALIAN NACHOS | SVG | 30 | 487 | 45 | 1102 | 4.42 | 2.73 | 250.8 | 85 | 40 | 3.54 | 15.69 | 42.52 | 30.10 | 6.97 | *1.73 |
| DEL BURRITO (10" - Type A) | 1 EACH | 27 | 589 | 37 | 1804 | 8.61 | 6.26 | 286.6 | 1032 | 174 | 5.92 | 25.85 | 68.47 | 22.74 | 9.79 | *0.00 |
| NACHOS (Type A) | SVG | 29 | 549 | 27 | 1720 | 5.41 | 4.79 | 391.4 | 1045 | 170 | 5.52 | 21.48 | 51.66 | 28.81 | 7.77 | *1.73 |
| TACO PLATE | SVG | 31 | 444 | 37 | 1795 | 6.43 | 5.59 | 257.2 | 1208 | 192 | 6.30 | 22.56 | 48.62 | 15.67 | 6.77 | *0.00 |
| CHICKEN FAJITA CILANTRO BO | SVG | 28 | 406 | 73 | 541 | 3.05 | 1.66 | 46.9 | 251 | 31 | 39.23 | 25.96 | 48.17 | 12.03 | 1.61 | *0.00 |
| ENSALADA | 1 EACH | 21 | 327 | 35 | 1193 | 2.30 | 3.11 | 222.0 | 962 | 178 | 5.17 | 17.50 | 25.92 | 15.44 | 6.06 | *0.00 |
| ASIAN GLAZED CHICKEN | SVG | 31 | 499 | 34 | 1157 | 3.05 | 0.41 | 27.0 | 450 | 90 | 4.80 | 19.02 | 68.29 | 16.48 | 2.38 | *0.00 |
| KUNG PAO CHICKEN | SVG | 46 | 272 | 23 | 387 | 2.50 | 0.88 | 22.7 | 648 | 130 | 34.99 | 10.79 | 42.09 | 6.12 | 1.82 | *0.00 |
| MILK-WHITE/CHOC/STWBY/VAN | EACH | 3971 | 140 | 4 | 180 | 0.00 | 0.23 | 306.2 | 497 | 106 | 2.65 | 8.32 | 24.01 | 0.98 | 0.61 | *0.00 |
| PRETZEL W/ CHEESE (SEC) | 1 EACH | 14 | 473 | 7 | 733 | 4.00 | 3.84 | 273.3 | 67 | 13 | 0.00 | 17.33 | 85.33 | 7.33 | 1.33 | *0.00 |
| BEAN & CHEESE BURRITO (ES/M | EACH | 12 | 310 | 5 | 620 | 10.00 | 2.70 | 150.0 | 300 | 60 | 1.20 | 15.00 | 45.00 | 8.00 | 2.50 | 0.00 |
| PEPPERONI CALZONE | 1 EACH | 12 | 641 | 37 | 1608 | 3.67 | 5.81 | 280.8 | 703 | 163 | 3.29 | 26.58 | 95.41 | 16.75 | 6.63 | *0.00 |
| BEEF CRISPITO | SERVING | 10 | 332 | 44 | 717 | 1.74 | 2.01 | 569.6 | 2040 | 408 | 0.00 | 24.72 | 21.87 | 6.03 | 2.44 | *0.00 |
| TURKEY & CHEESE WRAP | 1 EACH | 16 | 538 | 37 | 1522 | 3.53 | 4.16 | 296.8 | 510 | 102 | 0.40 | 23.75 | 60.67 | 19.59 | 3.79 | *0.00 |
| BBQ RIB SANDWICH | 1 EACH | 0 | 303 | 44 | 957 | 2.75 | 2.27 | 121.8 | 84 | 17 | 1.29 | 19.44 | 35.05 | 9.60 | 3.19 | *0.00 |
| Weighted Daily Average | | | 677 | 46 | 1509 | 7.85 | 3.89 | 450.9 | 2987 | 382 | 22.72 | 27.88 | 99.95 | 19.37 | 5.70 | *0.08 |
| % of Calories | | | | | | | | | | | | 16.5% | 59.1% | 25.7% | 7.6% | 0.1% |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calcm | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|-------------------------------------|---------------|----------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|----------|
| Fri - 11/20/2009 | | | | | | | | | | | | | | | | |
| D#11 Secondary Lunch | Total | 4774 | | | | | | | | | | | | | | |
| CHICKEN NUGGETS (HS) | 4 EACH | 99 | 180 | 40 | 620 | 0.00 | 0.00 | 12.0 | 70 | 14 | 1.00 | 16.00 | 13.00 | 6.00 | 0.00 | 0.00 |
| ASIAN CHICKEN CHUNKS | SVG | 84 | 217 | 34 | 856 | 1.20 | 0.00 | 17.2 | 450 | 90 | 0.00 | 16.00 | 26.40 | 5.60 | 1.20 | 0.00 |
| CHICKEN NUGGET (ES/MS) | 8 EACH | 338 | 314 | 86 | 738 | 1.60 | 3.20 | 30.4 | 122 | 24 | 0.00 | 22.40 | 19.20 | 16.00 | 4.80 | 0.00 |
| BEEF CRISPITO | SERVING | 709 | 332 | 44 | 717 | 1.74 | 2.01 | 569.6 | 2040 | 408 | 0.00 | 24.72 | 21.87 | 6.03 | 2.44 | *0.00 |
| REFRIED BEANS | 2 OZ | 1823 | 81 | 2 | 244 | 4.17 | 0.99 | 36.1 | 0 | 0 | 0.00 | 4.03 | 12.25 | 1.78 | 0.67 | *0.00 |
| TATER TOTS | 3 OZ | 3445 | 153 | 0 | 451 | 1.70 | 0.43 | 5.1 | 0 | 0 | 0.85 | 1.70 | 20.41 | 8.50 | 1.28 | *0.00 |
| MARINATED VEGETABLE SALAD | 1/4 CUP | 1265 | 82 | 0 | 139 | 1.22 | 0.23 | 19.6 | 2432 | 404 | 16.75 | 0.89 | 4.70 | 6.96 | 1.01 | *0.00 |
| FRUIT COCKTAIL | 1/2 CUP | 3916 | 69 | 0 | 7 | 1.21 | 0.35 | 7.3 | 248 | 25 | 2.30 | 0.48 | 18.07 | 0.08 | 0.01 | *0.00 |
| FRUIT-APPLE/ORANGE/BANANA | EACH | 4174 | 49 | 0 | 1 | 1.81 | 0.13 | 9.5 | 70 | 7 | 12.50 | 0.58 | 12.75 | 0.17 | 0.05 | *0.00 |
| CARROT STICKS | 1/4 CUP | 599 | 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 | 599 | 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 | 682 | 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) | SVG | 1465 | 90 | 6 | 274 | 0.12 | 0.06 | 10.0 | 36 | 8 | 0.11 | 0.44 | 2.69 | 8.49 | 1.29 | *0.00 |
| RANCH FOODS DIRECT HAMBURGER | 1 EACH | 25 | 317 | 74 | 269 | 2.00 | 3.29 | 114.7 | 0 | 0 | 0.00 | 26.12 | 21.00 | 12.80 | 4.42 | *0.00 |
| HAMBURGER | EACH | 38 | 270 | 50 | 315 | 2.00 | 2.52 | 100.0 | 0 | 0 | 0.00 | 18.00 | 21.00 | 12.00 | 4.50 | *0.00 |
| RANCH FOODS DIRECT CHICKEN SANDWICH | 1 EACH | 53 | 351 | 79 | 464 | 2.00 | 3.29 | 189.7 | 150 | 30 | 0.00 | 29.12 | 22.50 | 14.80 | 5.67 | *0.00 |
| CHEESEBURGER | EACH | 181 | 305 | 55 | 510 | 2.00 | 2.52 | 175.0 | 150 | 30 | 0.00 | 21.00 | 22.50 | 14.00 | 5.75 | *0.00 |
| CLUX DELUXE CHICKEN SAND (HS) | 1 EACH | 93 | 310 | 50 | 860 | 3.00 | 2.08 | 121.0 | 50 | 10 | 1.00 | 24.00 | 37.00 | 9.00 | 2.00 | *0.00 |
| CHICKEN PATTY SANDWICH (ES/MS) | EACH | 138 | 306 | 54 | 671 | 3.00 | 3.08 | 119.0 | 76 | 15 | 1.00 | 18.00 | 33.00 | 11.00 | 3.00 | *0.00 |
| SPICY CHICKEN PATTY SANDWICH | EACH | 358 | 292 | 52 | 750 | 2.00 | 3.08 | 120.0 | 46 | 9 | 1.00 | 18.00 | 32.00 | 11.00 | 2.00 | *0.00 |
| POPCORN CHICKEN | 24 EACH | 60 | 384 | 48 | 1464 | 0.00 | 0.00 | 240.0 | 106 | 21 | 0.00 | 16.80 | 26.40 | 16.80 | 4.80 | 0.00 |
| SPICY POPCORN CHICKEN | 24 EACH | 66 | 384 | 48 | 1464 | 0.00 | 0.00 | 240.0 | 106 | 21 | 0.00 | 16.80 | 26.40 | 16.80 | 4.80 | 0.00 |
| BURGER TOPPINGS | SVG | 579 | 11 | 0 | 81 | 0.53 | 0.10 | 5.9 | 123 | 10 | 3.01 | 0.34 | 2.42 | 0.05 | 0.01 | *0.00 |
| SEC CONDIMENTS | SVG | 1719 | 98 | 2 | 840 | 0.89 | 0.55 | 17.4 | 512 | 50 | 4.85 | 1.28 | 19.11 | 2.51 | 0.32 | *0.00 |
| NACHOS W/ CHEESE | EACH | 221 | 371 | 7 | 652 | 3.01 | 1.56 | 332.0 | 68 | 25 | 0.00 | 9.75 | 42.51 | 18.58 | 2.94 | *1.73 |
| CHILI | 1/4 CUP | 195 | 12 | 1 | 28 | 0.52 | 0.20 | 3.7 | 45 | 8 | 0.84 | 0.89 | 1.53 | 0.27 | 0.11 | *0.00 |
| JALAPENO PEPPERS | 1/2 OZ | 186 | 5 | 0 | 210 | 0.42 | 0.46 | 5.0 | 390 | 39 | 1.72 | 0.15 | 1.06 | 0.14 | 0.01 | *0.00 |
| CHILI FRITOS | 1 EACH | 207 | 453 | 30 | 865 | 10.16 | 3.72 | 374.0 | 1744 | 333 | 13.48 | 24.13 | 47.69 | 14.59 | 3.26 | *0.22 |
| PEPPERONI PIZZA (HS) | SLICE | 106 | 458 | 37 | 1087 | 2.13 | 3.45 | 341.8 | 390 | 112 | 1.10 | 22.96 | 60.02 | 14.16 | 5.97 | *0.00 |
| PEPPERONI PIZZA (MS) | SLICE | 515 | 343 | 28 | 815 | 1.59 | 2.59 | 256.3 | 293 | 84 | 0.82 | 17.22 | 45.01 | 10.62 | 4.48 | *0.00 |
| CHEESE PIZZA (HS) | SLICE | 51 | 411 | 27 | 904 | 2.13 | 3.21 | 341.8 | 390 | 112 | 1.10 | 20.96 | 59.85 | 9.83 | 4.30 | *0.00 |
| CHEESE PIZZA (MS) | SLICE | 131 | 308 | 20 | 678 | 1.59 | 2.41 | 256.3 | 293 | 84 | 0.82 | 15.72 | 44.89 | 7.37 | 3.23 | *0.00 |
| SAUSAGE PIZZA (HS) | SLICE | 32 | 473 | 38 | 1007 | 2.95 | 3.66 | 366.6 | 432 | 121 | 1.59 | 28.43 | 61.51 | 14.80 | 5.96 | *0.00 |
| SAUSAGE PIZZA (MS) | SLICE | 127 | 355 | 28 | 756 | 2.22 | 2.74 | 275.0 | 324 | 91 | 1.20 | 21.32 | 46.13 | 11.10 | 4.47 | *0.00 |
| VEGETARIAN PIZZA (HS) | SLICE | 38 | 425 | 27 | 986 | 2.96 | 3.51 | 350.0 | 640 | 133 | 7.63 | 21.52 | 62.21 | 10.30 | 4.37 | *0.00 |
| VEGETARIAN PIZZA (MS) | SLICE | 57 | 319 | 20 | 740 | 2.22 | 2.64 | 262.5 | 480 | 99 | 5.72 | 16.14 | 46.66 | 7.73 | 3.28 | *0.00 |
| BREADSTICKS W/ PIZZA SAUCE | 4 EACH / 2 OZ | 113 | 297 | 1 | 671 | 1.62 | 2.73 | 31.3 | 570 | 119 | 2.36 | 8.28 | 47.96 | 7.82 | 1.62 | *0.00 |
| MADE TO ORDER SUB BAR (HS) | SVG | 547 | 510 | 62 | 1660 | 6.67 | 4.41 | 267.3 | 588 | 114 | 7.16 | 27.07 | 48.27 | 23.44 | 9.84 | *0.00 |
| TURKEY & CHEESE SUB | EACH | 10 | 327 | 24 | 1251 | 6.65 | 3.89 | 117.2 | 556 | 48 | 2.08 | 23.97 | 46.61 | 5.47 | 2.38 | *0.00 |
| AMERICAN SUB | EACH | 19 | 337 | 33 | 1364 | 6.65 | 4.09 | 114.8 | 564 | 50 | 2.33 | 23.51 | 46.58 | 6.76 | 2.74 | *0.00 |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calcm | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|---------------------------------|--------------|----------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|----------|
| Fri - 11/20/2009 | | | | | | | | | | | | | | | | |
| AMERICAN WRAP | 1 EACH | 9 | 459 | 36 | 1384 | 4.09 | 4.51 | 293.5 | 1502 | 173 | 6.36 | 23.11 | 61.36 | 10.78 | 2.76 | *0.00 |
| VEGGIE WRAP | 1 EACH | 4 | 493 | 16 | 1140 | 4.41 | 4.08 | 414.6 | 1475 | 238 | 6.95 | 17.82 | 63.85 | 13.65 | 2.37 | *0.00 |
| CHEF SALAD W/ CRACKERS (HS) | 1 EACH | 13 | 281 | 71 | 721 | 2.98 | 2.43 | 234.1 | 4865 | 543 | 22.98 | 22.13 | 16.96 | 11.95 | 2.56 | *0.43 |
| CHEF SALAD W/ CRACKERS (ES /MS) | EACH | 18 | 203 | 48 | 579 | 2.21 | 2.07 | 152.8 | 3449 | 375 | 15.99 | 14.25 | 14.03 | 9.11 | 2.16 | *0.43 |
| GARDEN SALAD W/ CRACKERS (HS) | SERVING | 9 | 238 | 46 | 810 | 3.05 | 1.99 | 290.5 | 5109 | 592 | 22.71 | 10.91 | 17.09 | 15.43 | 9.38 | *0.43 |
| GARDEN SALAD W/ CRAX (ES/M | SERVING | 2 | 175 | 30 | 584 | 2.21 | 1.60 | 197.9 | 3690 | 424 | 15.66 | 7.66 | 14.01 | 10.75 | 6.32 | *0.43 |
| LASAGNA W/ BREADSTICK | SERVINGS | 53 | 409 | 21 | 561 | 4.84 | 3.45 | 176.6 | 845 | 188 | 17.16 | 19.00 | 54.68 | 13.25 | 4.90 | *0.00 |
| DEL BURRITO (10" - Type A) | 1 EACH | 38 | 589 | 37 | 1804 | 8.61 | 6.26 | 286.6 | 1032 | 174 | 5.92 | 25.85 | 68.47 | 22.74 | 9.79 | *0.00 |
| NACHOS (Type A) | SVG | 32 | 549 | 27 | 1720 | 5.41 | 4.79 | 391.4 | 1045 | 170 | 5.52 | 21.48 | 51.66 | 28.81 | 7.77 | *1.73 |
| TACO PLATE | SVG | 23 | 444 | 37 | 1795 | 6.43 | 5.59 | 257.2 | 1208 | 192 | 6.30 | 22.56 | 48.62 | 15.67 | 6.77 | *0.00 |
| TACO EMPANADA (Type A) | 1 EACH | 27 | 375 | 35 | 1269 | 3.75 | 3.87 | 152.4 | 680 | 137 | 1.10 | 21.63 | 45.05 | 12.12 | 5.61 | *0.00 |
| ENSALADA | 1 EACH | 16 | 327 | 35 | 1193 | 2.30 | 3.11 | 222.0 | 962 | 178 | 5.17 | 17.50 | 25.92 | 15.44 | 6.06 | *0.00 |
| TERIYAKI CHICKEN | SVG | 31 | 278 | 77 | 265 | 1.86 | 1.39 | 27.9 | 91 | 18 | 3.27 | 22.07 | 31.33 | 6.51 | 2.08 | *0.00 |
| MANDARIN ORANGE CHICKEN | SVG | 38 | 315 | 54 | 256 | 1.86 | 1.39 | 27.9 | 91 | 18 | 0.00 | 15.72 | 40.40 | 9.23 | 2.54 | *0.00 |
| MILK-WHITE/CHOC/STWBV/VAN | EACH | 3910 | 140 | 4 | 180 | 0.00 | 0.23 | 306.2 | 497 | 106 | 2.65 | 8.32 | 24.01 | 0.98 | 0.61 | *0.00 |
| RAINBOW PASTA SALAD | 2 OZ | 90 | 110 | 0 | 71 | 1.02 | 1.06 | 7.3 | 25 | 3 | 1.54 | 3.35 | 20.17 | 1.61 | 0.24 | *0.00 |
| PRETZEL W/ CHEESE (SEC) | 1 EACH | 14 | 473 | 7 | 733 | 4.00 | 3.84 | 273.3 | 67 | 13 | 0.00 | 17.33 | 85.33 | 7.33 | 1.33 | *0.00 |
| BEAN & CHEESE BURRITO (ES/M | EACH | 12 | 310 | 5 | 620 | 10.00 | 2.70 | 150.0 | 300 | 60 | 1.20 | 15.00 | 45.00 | 8.00 | 2.50 | 0.00 |
| CHEESE BREADSTICK (WHOLE GRAIN | 2 EACH | 12 | 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 | 12 | 32 | 0 | 192 | 0.00 | 0.33 | 18.3 | 366 | 73 | 2.19 | 0.91 | 6.40 | 0.00 | 0.00 | *0.00 |
| CHICKEN CEASAR WRAP | 1 EACH | 7 | 649 | 67 | 1223 | 5.02 | 5.27 | 304.3 | 4211 | 208 | 17.01 | 31.37 | 61.21 | 30.29 | 7.47 | *0.00 |
| Weighted Daily Average | | | 808 | 50 | 1911 | 9.57 | 4.50 | 564.9 | 3612 | 563 | 27.04 | 32.30 | 112.39 | 25.99 | 6.81 | *0.11 |
| % of Calories | | | | | | | | | | | | 16.0% | 55.6% | 28.9% | 7.6% | 0.1% |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

Oct 23, 2009

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calc | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|--------------------------------|------------------|-------------|------|--------------|------------|------------|------------|------------|-------------|-------------|-------------|------------|-----------|------------|------------|-------------|
| Mon - 11/23/2009 | | | | | | | | | | | | | | | | |
| D#11 Secondary Lunch | Total | 4567 | | | | | | | | | | | | | | |
| CHICKEN NUGGETS (HS) | 4 EACH | 90 | 180 | 40 | 620 | 0.00 | 0.00 | 12.0 | 70 | 14 | 1.00 | 16.00 | 13.00 | 6.00 | 0.00 | 0.00 |
| ASIAN CHICKEN CHUNKS | SVG | 75 | 217 | 34 | 856 | 1.20 | 0.00 | 17.2 | 450 | 90 | 0.00 | 16.00 | 26.40 | 5.60 | 1.20 | 0.00 |
| CHICKEN NUGGET (ES/MS) | 8 EACH | 335 | 314 | 86 | 738 | 1.60 | 3.20 | 30.4 | 122 | 24 | 0.00 | 22.40 | 19.20 | 16.00 | 4.80 | 0.00 |
| CHILI DOG | 1 EACH | 670 | 369 | 62 | 1275 | 6.14 | 3.61 | 316.5 | 935 | 175 | 8.10 | 22.30 | 34.19 | 13.87 | 3.85 | *0.00 |
| POTATO WEDGES | 3 OZ | 3568 | 130 | 0 | 390 | 2.00 | 0.36 | 0.0 | 0 | 0 | 2.40 | 2.00 | 17.00 | 6.00 | 1.50 | *0.00 |
| COLESLAW | 1/4 CUP | 1280 | 53 | 4 | 117 | 1.09 | 0.21 | 17.0 | 1114 | 186 | 13.55 | 0.60 | 4.86 | 3.39 | 0.51 | *0.00 |
| CANNED PEACHES | 1/2 CUP | 3981 | 68 | 0 | 6 | 1.63 | 0.45 | 3.8 | 444 | 44 | 3.01 | 0.56 | 18.26 | 0.04 | 0.00 | *0.00 |
| FRUIT-APPLE/ORANGE/BANANA | EACH | 3805 | 49 | 0 | 1 | 1.81 | 0.13 | 9.5 | 70 | 7 | 12.50 | 0.58 | 12.75 | 0.17 | 0.05 | *0.00 |
| CARROT STICKS | 1/4 CUP | 1570 | 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 | 870 | 6 | 0 | 30 | 0.59 | 0.07 | 14.9 | 167 | 5 | 1.15 | 0.26 | 1.10 | 0.06 | 0.02 | *0.00 |
| CAULIFLOWER, RAW | 1/4 CUP | 287 | 6 | 0 | 8 | 0.63 | 0.11 | 5.5 | 3 | 1 | 11.60 | 0.50 | 1.33 | 0.03 | 0.00 | *0.00 |
| LEAFY GREENS | 2 OZ | 642 | 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) | SVG | 1418 | 90 | 6 | 274 | 0.12 | 0.06 | 10.0 | 36 | 8 | 0.11 | 0.44 | 2.69 | 8.49 | 1.29 | *0.00 |
| RANCH FOODS DIRECT HAMBURGER | 1 EACH | 16 | 317 | 74 | 269 | 2.00 | 3.29 | 114.7 | 0 | 0 | 0.00 | 26.12 | 21.00 | 12.80 | 4.42 | *0.00 |
| HAMBURGER | EACH | 49 | 270 | 50 | 315 | 2.00 | 2.52 | 100.0 | 0 | 0 | 0.00 | 18.00 | 21.00 | 12.00 | 4.50 | *0.00 |
| RANCH FOODS DIRECT CHZBURGER | 1 EACH | 90 | 351 | 79 | 464 | 2.00 | 3.29 | 189.7 | 150 | 30 | 0.00 | 29.12 | 22.50 | 14.80 | 5.67 | *0.00 |
| CHEESEBURGER | 1 EACH | 175 | 305 | 55 | 510 | 2.00 | 2.52 | 175.0 | 150 | 30 | 0.00 | 21.00 | 22.50 | 14.00 | 5.75 | *0.00 |
| CLUX DELUXE CHICKEN SAND (HS) | 1 EACH | 116 | 310 | 50 | 860 | 3.00 | 2.08 | 121.0 | 50 | 10 | 1.00 | 24.00 | 37.00 | 9.00 | 2.00 | *0.00 |
| CHICKEN PATTY SANDWICH (ES/MS) | EACH | 159 | 306 | 54 | 671 | 3.00 | 3.08 | 119.0 | 76 | 15 | 1.00 | 18.00 | 33.00 | 11.00 | 3.00 | *0.00 |
| SPICY CHICKEN PATTY SANDWICH | EACH | 306 | 292 | 52 | 750 | 2.00 | 3.08 | 120.0 | 46 | 9 | 1.00 | 18.00 | 32.00 | 11.00 | 2.00 | *0.00 |
| POPCORN CHICKEN | 24 EACH | 50 | 384 | 48 | 1464 | 0.00 | 0.00 | 240.0 | 106 | 21 | 0.00 | 16.80 | 26.40 | 16.80 | 4.80 | 0.00 |
| SPICY POPCORN CHICKEN | 24 EACH | 52 | 384 | 48 | 1464 | 0.00 | 0.00 | 240.0 | 106 | 21 | 0.00 | 16.80 | 26.40 | 16.80 | 4.80 | 0.00 |
| BURGER TOPPINGS | SVG | 586 | 11 | 0 | 81 | 0.53 | 0.10 | 5.9 | 123 | 10 | 3.01 | 0.34 | 2.42 | 0.05 | 0.01 | *0.00 |
| SEC CONDIMENTS | SVG | 2472 | 98 | 2 | 840 | 0.89 | 0.55 | 17.4 | 512 | 50 | 4.85 | 1.28 | 19.11 | 2.51 | 0.32 | *0.00 |
| NACHOS W/ CHEESE | EACH | 92 | 371 | 7 | 652 | 3.01 | 1.56 | 332.0 | 68 | 25 | 0.00 | 9.75 | 42.51 | 18.58 | 2.94 | *1.73 |
| CHILI | 1/4 CUP | 83 | 12 | 1 | 28 | 0.52 | 0.20 | 3.7 | 45 | 8 | 0.84 | 0.89 | 1.53 | 0.27 | 0.11 | *0.00 |
| JALAPENO PEPPERS | 1/2 OZ | 69 | 5 | 0 | 210 | 0.42 | 0.46 | 5.0 | 390 | 39 | 1.72 | 0.15 | 1.06 | 0.14 | 0.01 | *0.00 |
| CHILI FRITOS | 1 EACH | 175 | 453 | 30 | 865 | 10.16 | 3.72 | 374.0 | 1744 | 333 | 13.48 | 24.13 | 47.69 | 14.59 | 3.26 | *0.22 |
| PEPPERONI PIZZA (HS) | SLICE | 176 | 458 | 37 | 1087 | 2.13 | 3.45 | 341.8 | 390 | 112 | 1.10 | 22.96 | 60.02 | 14.16 | 5.97 | *0.00 |
| PEPPERONI PIZZA (MS) | SLICE | 475 | 343 | 28 | 815 | 1.59 | 2.59 | 256.3 | 293 | 84 | 0.82 | 17.22 | 45.01 | 10.62 | 4.48 | *0.00 |
| CHEESE PIZZA (HS) | SLICE | 69 | 411 | 27 | 904 | 2.13 | 3.21 | 341.8 | 390 | 112 | 1.10 | 20.96 | 59.85 | 9.83 | 4.30 | *0.00 |
| CHEESE PIZZA (MS) | SLICE | 116 | 308 | 20 | 678 | 1.59 | 2.41 | 256.3 | 293 | 84 | 0.82 | 15.72 | 44.89 | 7.37 | 3.23 | *0.00 |
| SAUSAGE PIZZA (HS) | SLICE | 48 | 473 | 38 | 1007 | 2.95 | 3.66 | 366.6 | 432 | 121 | 1.59 | 28.43 | 61.51 | 14.80 | 5.96 | *0.00 |
| SAUSAGE PIZZA (MS) | SLICE | 96 | 355 | 28 | 756 | 2.22 | 2.74 | 275.0 | 324 | 91 | 1.20 | 21.32 | 46.13 | 11.10 | 4.47 | *0.00 |
| MEAT MEDLEY PIZZA (HS) | SLICE | 27 | 522 | 49 | 1169 | 3.17 | 4.20 | 369.2 | 424 | 119 | 1.50 | 32.09 | 61.64 | 18.05 | 7.41 | *0.00 |
| MEAT MEDLEY PIZZA (MS) | SLICE | 100 | 392 | 37 | 877 | 2.38 | 3.15 | 276.9 | 318 | 89 | 1.12 | 24.07 | 46.23 | 13.54 | 5.56 | *0.00 |
| BREADSTICKS W/ PIZZA SAUCE | 4 EACH / 2 OZ | 108 | 297 | 1 | 671 | 1.62 | 2.73 | 31.3 | 570 | 119 | 2.36 | 8.28 | 47.96 | 7.82 | 1.62 | *0.00 |
| MADE TO ORDER SUB BAR (HS) | SVG | 521 | 510 | 62 | 1660 | 6.67 | 4.41 | 267.3 | 588 | 114 | 7.16 | 27.07 | 48.27 | 23.44 | 9.84 | *0.00 |
| TURKEY & CHEESE SUB | EACH | 14 | 327 | 24 | 1251 | 6.65 | 3.89 | 117.2 | 556 | 48 | 2.08 | 23.97 | 46.61 | 5.47 | 2.38 | *0.00 |
| AMERICAN SUB | EACH | 19 | 337 | 33 | 1364 | 6.65 | 4.09 | 114.8 | 564 | 50 | 2.33 | 23.51 | 46.58 | 6.76 | 2.74 | *0.00 |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calcm | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|---------------------------------|--------------|----------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|----------|
| Mon - 11/23/2009 | | | | | | | | | | | | | | | | |
| AMERICAN WRAP | 1 EACH | 8 | 459 | 36 | 1384 | 4.09 | 4.51 | 293.5 | 1502 | 173 | 6.36 | 23.11 | 61.36 | 10.78 | 2.76 | *0.00 |
| VEGGIE WRAP | 1 EACH | 4 | 493 | 16 | 1140 | 4.41 | 4.08 | 414.6 | 1475 | 238 | 6.95 | 17.82 | 63.85 | 13.65 | 2.37 | *0.00 |
| CHEF SALAD W/ CRACKERS (HS) | 1 EACH | 15 | 281 | 71 | 721 | 2.98 | 2.43 | 234.1 | 4865 | 543 | 22.98 | 22.13 | 16.96 | 11.95 | 2.56 | *0.43 |
| CHEF SALAD W/ CRACKERS (ES /MS) | EACH | 31 | 203 | 48 | 579 | 2.21 | 2.07 | 152.8 | 3449 | 375 | 15.99 | 14.25 | 14.03 | 9.11 | 2.16 | *0.43 |
| TACO SALAD (HS) | 1 EACH | 8 | 625 | 37 | 1082 | 8.59 | 4.86 | 413.0 | 5514 | 689 | 21.15 | 27.12 | 64.22 | 26.71 | 5.47 | *2.60 |
| TACO SALAD (ES & MS) | 1 EACH | 7 | 434 | 28 | 795 | 6.06 | 3.55 | 281.9 | 4030 | 503 | 14.89 | 19.88 | 43.31 | 18.67 | 4.03 | *1.73 |
| EAST INDIAN CHICKEN | SVG | 36 | 275 | 44 | 688 | 3.88 | 2.60 | 45.6 | 1062 | 211 | 36.71 | 23.57 | 38.82 | 4.59 | 0.82 | *0.00 |
| DEL BURRITO (10" - Type A) | 1 EACH | 30 | 589 | 37 | 1804 | 8.61 | 6.26 | 286.6 | 1032 | 174 | 5.92 | 25.85 | 68.47 | 22.74 | 9.79 | *0.00 |
| NACHOS (Type A) | SVG | 38 | 549 | 27 | 1720 | 5.41 | 4.79 | 391.4 | 1045 | 170 | 5.52 | 21.48 | 51.66 | 28.81 | 7.77 | *1.73 |
| TACO PLATE | SVG | 23 | 444 | 37 | 1795 | 6.43 | 5.59 | 257.2 | 1208 | 192 | 6.30 | 22.56 | 48.62 | 15.67 | 6.77 | *0.00 |
| TACO EMPANADA (Type A) | 1 EACH | 16 | 375 | 35 | 1269 | 3.75 | 3.87 | 152.4 | 680 | 137 | 1.10 | 21.63 | 45.05 | 12.12 | 5.61 | *0.00 |
| ENSALADA | 1 EACH | 17 | 327 | 35 | 1193 | 2.30 | 3.11 | 222.0 | 962 | 178 | 5.17 | 17.50 | 25.92 | 15.44 | 6.06 | *0.00 |
| ASIAN GLAZED CHICKEN | SVG | 32 | 499 | 34 | 1157 | 3.05 | 0.41 | 27.0 | 450 | 90 | 4.80 | 19.02 | 68.29 | 16.48 | 2.38 | *0.00 |
| KUNG PAO CHICKEN | SVG | 33 | 272 | 23 | 387 | 2.50 | 0.88 | 22.7 | 648 | 130 | 34.99 | 10.79 | 42.09 | 6.12 | 1.82 | *0.00 |
| MILK-WHITE/CHOC/STWBV/VAN | EACH | 3765 | 140 | 4 | 180 | 0.00 | 0.23 | 306.2 | 497 | 106 | 2.65 | 8.32 | 24.01 | 0.98 | 0.61 | *0.00 |
| POTATO SALAD | 1/2 CUP | 90 | 240 | 10 | 490 | 3.00 | 1.44 | 0.0 | 0 | 0 | 0.00 | 3.00 | 28.00 | 13.00 | 2.00 | *0.00 |
| CORN DOG | EACH | 12 | 290 | 50 | 860 | 1.00 | 10.80 | 10.0 | 0 | 0 | 24.00 | 10.00 | 30.00 | 15.00 | 3.50 | 0.00 |
| CHICKEN CEASAR WRAP | 1 EACH | 12 | 649 | 67 | 1223 | 5.02 | 5.27 | 304.3 | 4211 | 208 | 17.01 | 31.37 | 61.21 | 30.29 | 7.47 | *0.00 |
| BEAN & CHEESE BURRITO (ES/M | EACH | 12 | 310 | 5 | 620 | 10.00 | 2.70 | 150.0 | 300 | 60 | 1.20 | 15.00 | 45.00 | 8.00 | 2.50 | 0.00 |
| PRETZEL W/ CHEESE (SEC) | 1 EACH | 14 | 473 | 7 | 733 | 4.00 | 3.84 | 273.3 | 67 | 13 | 0.00 | 17.33 | 85.33 | 7.33 | 1.33 | *0.00 |
| Weighted Daily Average | | | 797 | 56 | 2056 | 9.80 | 4.64 | 512.3 | 5019 | 772 | 31.60 | 31.77 | 113.88 | 24.85 | 7.07 | *0.07 |
| % of Calories | | | | | | | | | | | 15.9% | 57.2% | 28.1% | 8.0% | 0.1% | |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

Oct 23, 2009

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calc | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|--------------------------------|------------------|-------------|------|--------------|------------|------------|------------|------------|-------------|-------------|-------------|------------|-----------|------------|------------|-------------|
| Tue - 11/24/2009 | | | | | | | | | | | | | | | | |
| D#11 Secondary Lunch | Total | 4852 | | | | | | | | | | | | | | |
| CHICKEN NUGGETS (HS) | 4 EACH | 88 | 180 | 40 | 620 | 0.00 | 0.00 | 12.0 | 70 | 14 | 1.00 | 16.00 | 13.00 | 6.00 | 0.00 | 0.00 |
| ASIAN CHICKEN CHUNKS | SVG | 74 | 217 | 34 | 856 | 1.20 | 0.00 | 17.2 | 450 | 90 | 0.00 | 16.00 | 26.40 | 5.60 | 1.20 | 0.00 |
| CHICKEN NUGGET (ES/MS) | 8 EACH | 334 | 314 | 86 | 738 | 1.60 | 3.20 | 30.4 | 122 | 24 | 0.00 | 22.40 | 19.20 | 16.00 | 4.80 | 0.00 |
| SALISBURY STEAK | EACH | 813 | 160 | 50 | 105 | 0.00 | 1.44 | 0.0 | 0 | 0 | 0.00 | 14.00 | 0.00 | 11.00 | 4.50 | 0.00 |
| BROWN GRAVY | 1/4 CUP | 813 | 26 | 1 | 371 | 0.30 | 0.44 | 11.8 | 3 | 0 | 0.06 | 0.69 | 4.33 | 0.67 | 0.35 | *0.00 |
| MASHED POTATOES | 1/2 cup | 813 | 175 | 0 | 48 | 3.79 | 0.77 | 21.6 | 0 | 0 | 61.17 | 4.41 | 37.90 | 0.58 | 0.43 | *0.00 |
| CORN | 1/2 CUP | 1262 | 66 | 0 | 265 | 1.64 | 0.71 | 4.1 | 128 | 26 | 6.64 | 2.13 | 15.25 | 0.82 | 0.12 | *0.00 |
| STRAIGHT CUT FRIES | SVG | 3448 | 148 | 0 | 41 | 2.35 | 0.72 | 0.0 | 0 | 0 | 10.00 | 2.35 | 23.50 | 5.00 | 1.25 | *0.00 |
| FRUITED JELLO | 3 OZ | 3701 | 68 | 0 | 67 | 0.29 | 0.10 | 4.4 | 60 | 6 | 0.55 | 1.18 | 16.65 | 0.02 | 0.00 | *0.00 |
| APPLESAUCE | 1/2 CUP | 4070 | 97 | 0 | 4 | 1.53 | 0.45 | 5.1 | 14 | 1 | 2.17 | 0.23 | 25.39 | 0.23 | 0.04 | *0.00 |
| FRUIT-APPLE/ORANGE/BANANA | EACH | 4215 | 49 | 0 | 1 | 1.81 | 0.13 | 9.5 | 70 | 7 | 12.50 | 0.58 | 12.75 | 0.17 | 0.05 | *0.00 |
| CARROT STICKS | 1/4 CUP | 1060 | 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 | 560 | 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 | 615 | 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) | SVG | 1502 | 90 | 6 | 274 | 0.12 | 0.06 | 10.0 | 36 | 8 | 0.11 | 0.44 | 2.69 | 8.49 | 1.29 | *0.00 |
| RANCH FOODS DIRECT HAMBURGER | 1 EACH | 29 | 317 | 74 | 269 | 2.00 | 3.29 | 114.7 | 0 | 0 | 0.00 | 26.12 | 21.00 | 12.80 | 4.42 | *0.00 |
| RANCH FOODS DIRECT CHZBURGER | EACH | 42 | 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 | 74 | 351 | 79 | 464 | 2.00 | 3.29 | 189.7 | 150 | 30 | 0.00 | 29.12 | 22.50 | 14.80 | 5.67 | *0.00 |
| CLUX DELUXE CHICKEN SAND (HS) | EACH | 169 | 305 | 55 | 510 | 2.00 | 2.52 | 175.0 | 150 | 30 | 0.00 | 21.00 | 22.50 | 14.00 | 5.75 | *0.00 |
| CHICKEN PATTY SANDWICH (ES/MS) | 1 EACH | 98 | 310 | 50 | 860 | 3.00 | 2.08 | 121.0 | 50 | 10 | 1.00 | 24.00 | 37.00 | 9.00 | 2.00 | *0.00 |
| SPICY CHICKEN PATTY SANDWICH | EACH | 136 | 306 | 54 | 671 | 3.00 | 3.08 | 119.0 | 76 | 15 | 1.00 | 18.00 | 33.00 | 11.00 | 3.00 | *0.00 |
| CHICKEN TENDERS | EACH | 327 | 292 | 52 | 750 | 2.00 | 3.08 | 120.0 | 46 | 9 | 1.00 | 18.00 | 32.00 | 11.00 | 2.00 | *0.00 |
| BEAN & CHEESE BURRITO (ES/M) | 3 EACH | 52 | 228 | 42 | 968 | 0.00 | 0.00 | 13.2 | 47 | 9 | 0.00 | 19.20 | 21.60 | 7.20 | 1.20 | 0.00 |
| BURGER TOPPINGS | EACH | 155 | 310 | 5 | 620 | 10.00 | 2.70 | 150.0 | 300 | 60 | 1.20 | 15.00 | 45.00 | 8.00 | 2.50 | 0.00 |
| SEC CONDIMENTS | SVG | 483 | 11 | 0 | 81 | 0.53 | 0.10 | 5.9 | 123 | 10 | 3.01 | 0.34 | 2.42 | 0.05 | 0.01 | *0.00 |
| CHILI FRITOS | SVG | 1516 | 98 | 2 | 840 | 0.89 | 0.55 | 17.4 | 512 | 50 | 4.85 | 1.28 | 19.11 | 2.51 | 0.32 | *0.00 |
| NACHOS W/ CHEESE | 1 EACH | 197 | 453 | 30 | 865 | 10.16 | 3.72 | 374.0 | 1744 | 333 | 13.48 | 24.13 | 47.69 | 14.59 | 3.26 | *0.22 |
| CHILI | EACH | 158 | 371 | 7 | 652 | 3.01 | 1.56 | 332.0 | 68 | 25 | 0.00 | 9.75 | 42.51 | 18.58 | 2.94 | *1.73 |
| JALAPENO PEPPERS | 1/4 CUP | 123 | 12 | 1 | 28 | 0.52 | 0.20 | 3.7 | 45 | 8 | 0.84 | 0.89 | 1.53 | 0.27 | 0.11 | *0.00 |
| PEPPERONI PIZZA (HS) | 1/2 OZ | 144 | 5 | 0 | 210 | 0.42 | 0.46 | 5.0 | 390 | 39 | 1.72 | 0.15 | 1.06 | 0.14 | 0.01 | *0.00 |
| PEPPERONI PIZZA (MS) | SLICE | 139 | 458 | 37 | 1087 | 2.13 | 3.45 | 341.8 | 390 | 112 | 1.10 | 22.96 | 60.02 | 14.16 | 5.97 | *0.00 |
| CHEESE PIZZA (HS) | SLICE | 495 | 343 | 28 | 815 | 1.59 | 2.59 | 256.3 | 293 | 84 | 0.82 | 17.22 | 45.01 | 10.62 | 4.48 | *0.00 |
| CHEESE PIZZA (MS) | SLICE | 50 | 411 | 27 | 904 | 2.13 | 3.21 | 341.8 | 390 | 112 | 1.10 | 20.96 | 59.85 | 9.83 | 4.30 | *0.00 |
| SAUSAGE PIZZA (HS) | SLICE | 126 | 308 | 20 | 678 | 1.59 | 2.41 | 256.3 | 293 | 84 | 0.82 | 15.72 | 44.89 | 7.37 | 3.23 | *0.00 |
| SAUSAGE PIZZA (MS) | SLICE | 32 | 473 | 38 | 1007 | 2.95 | 3.66 | 366.6 | 432 | 121 | 1.59 | 28.43 | 61.51 | 14.80 | 5.96 | *0.00 |
| HAWAIIAN PIZZA (HS) | SLICE | 95 | 355 | 28 | 756 | 2.22 | 2.74 | 275.0 | 324 | 91 | 1.20 | 21.32 | 46.13 | 11.10 | 4.47 | *0.00 |
| HAWAIIAN PIZZA (MS) | SLICE | 37 | 450 | 43 | 1171 | 2.35 | 3.53 | 346.9 | 408 | 115 | 3.25 | 24.80 | 63.13 | 11.11 | 4.66 | *0.00 |
| BREADSTICKS W/ PIZZA SAUCE | SLICE | 62 | 337 | 32 | 878 | 1.76 | 2.64 | 260.2 | 306 | 86 | 2.44 | 18.60 | 47.35 | 8.33 | 3.50 | *0.00 |
| MADE TO ORDER SUB BAR (HS) | 4 EACH / 2 OZ | 123 | 297 | 1 | 671 | 1.62 | 2.73 | 31.3 | 570 | 119 | 2.36 | 8.28 | 47.96 | 7.82 | 1.62 | *0.00 |
| | SVG | 561 | 510 | 62 | 1660 | 6.67 | 4.41 | 267.3 | 588 | 114 | 7.16 | 27.07 | 48.27 | 23.44 | 9.84 | *0.00 |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calc | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|---------------------------------|--------------|----------|------|-----------|---------|---------|---------|---------|----------|----------|----------|---------|--------|---------|---------|----------|
| Tue - 11/24/2009 | | | | | | | | | | | | | | | | |
| HAM & CHEESE SUB | 1 EACH | 11 | 347 | 42 | 1476 | 6.65 | 4.29 | 112.4 | 572 | 51 | 2.59 | 23.06 | 46.54 | 8.04 | 3.11 | *0.00 |
| ITALIAN SUB | EACH | 21 | 366 | 49 | 1501 | 6.65 | 4.50 | 146.4 | 586 | 54 | 2.94 | 23.13 | 47.20 | 9.72 | 3.58 | *0.00 |
| ITALIAN WRAP | 1 EACH | 14 | 506 | 48 | 1570 | 4.09 | 5.16 | 317.1 | 1308 | 134 | 7.07 | 21.95 | 61.87 | 18.58 | 4.55 | *0.00 |
| VEGGIE WRAP | 1 EACH | 4 | 493 | 16 | 1140 | 4.41 | 4.08 | 414.6 | 1475 | 238 | 6.95 | 17.82 | 63.85 | 13.65 | 2.37 | *0.00 |
| CHEF SALAD W/ CRACKERS (HS) | 1 EACH | 10 | 281 | 71 | 721 | 2.98 | 2.43 | 234.1 | 4865 | 543 | 22.98 | 22.13 | 16.96 | 11.95 | 2.56 | *0.43 |
| CHEF SALAD W/ CRACKERS (ES /MS) | EACH | 20 | 203 | 48 | 579 | 2.21 | 2.07 | 152.8 | 3449 | 375 | 15.99 | 14.25 | 14.03 | 9.11 | 2.16 | *0.43 |
| CHICKEN CAESAR SALAD (HS) | 1 EACH | 19 | 377 | 64 | 1041 | 4.48 | 2.77 | 298.0 | 6788 | 344 | 28.24 | 25.19 | 25.52 | 19.84 | 5.91 | *0.00 |
| CHICKEN CAESAR SALAD (MS) | 1 EACH | 6 | 280 | 49 | 752 | 3.30 | 2.01 | 204.9 | 5078 | 255 | 21.21 | 18.94 | 19.05 | 14.58 | 4.18 | *0.00 |
| INDI-BURGER | 1 EACH | 25 | 323 | 74 | 470 | 2.39 | 4.08 | 128.7 | 77 | 9 | 0.42 | 26.41 | 22.12 | 13.12 | 4.46 | *0.00 |
| DEL BURRITO (10" - Type A) | 1 EACH | 33 | 589 | 37 | 1804 | 8.61 | 6.26 | 286.6 | 1032 | 174 | 5.92 | 25.85 | 68.47 | 22.74 | 9.79 | *0.00 |
| NACHOS (Type A) | SVG | 27 | 549 | 27 | 1720 | 5.41 | 4.79 | 391.4 | 1045 | 170 | 5.52 | 21.48 | 51.66 | 28.81 | 7.77 | *1.73 |
| TACO PLATE | SVG | 31 | 444 | 37 | 1795 | 6.43 | 5.59 | 257.2 | 1208 | 192 | 6.30 | 22.56 | 48.62 | 15.67 | 6.77 | *0.00 |
| CHICKEN FAJITA CILANTRO BO | SVG | 23 | 406 | 73 | 541 | 3.05 | 1.66 | 46.9 | 251 | 31 | 39.23 | 25.96 | 48.17 | 12.03 | 1.61 | *0.00 |
| ENSALADA | 1 EACH | 24 | 327 | 35 | 1193 | 2.30 | 3.11 | 222.0 | 962 | 178 | 5.17 | 17.50 | 25.92 | 15.44 | 6.06 | *0.00 |
| MANDARIN ORANGE CHICKEN | SVG | 41 | 315 | 54 | 256 | 1.86 | 1.39 | 27.9 | 91 | 18 | 0.00 | 15.72 | 40.40 | 9.23 | 2.54 | *0.00 |
| BEEF & BROCCOLI | SVG | 35 | 273 | 20 | 1385 | 2.97 | 1.30 | 30.1 | 167 | 41 | 25.17 | 14.56 | 36.75 | 7.49 | 2.55 | *0.00 |
| MILK-WHITE/CHOC/STWBV/VAN | EACH | 3756 | 140 | 4 | 180 | 0.00 | 0.23 | 306.2 | 497 | 106 | 2.65 | 8.32 | 24.01 | 0.98 | 0.61 | *0.00 |
| AMBROSIA SALAD | 1/4 cup | 90 | 68 | 0 | 14 | 0.36 | 0.12 | 3.2 | 13 | 4 | 1.44 | 0.39 | 12.47 | 2.18 | 1.90 | *0.00 |
| HAM & CHEESE WRAP | 1 EACH | 12 | 558 | 55 | 1746 | 3.53 | 4.55 | 292.0 | 526 | 105 | 0.91 | 22.84 | 60.60 | 22.16 | 4.52 | *0.00 |
| PRETZEL W/ CHEESE (SEC) | 1 EACH | 14 | 473 | 7 | 733 | 4.00 | 3.84 | 273.3 | 67 | 13 | 0.00 | 17.33 | 85.33 | 7.33 | 1.33 | *0.00 |
| BBQ RIB SANDWICH | 1 EACH | 12 | 303 | 44 | 957 | 2.75 | 2.27 | 121.8 | 84 | 17 | 1.29 | 19.44 | 35.05 | 9.60 | 3.19 | *0.00 |
| TURKEY & CHEESE SUB | 1 EACH | 4 | 327 | 24 | 1251 | 6.65 | 3.89 | 117.2 | 556 | 48 | 2.08 | 23.97 | 46.61 | 5.47 | 2.38 | *0.00 |
| Weighted Daily Average | | | 837 | 51 | 1515 | 9.65 | 4.71 | 441.6 | 3133 | 488 | 41.09 | 31.11 | 132.95 | 21.74 | 6.68 | *0.08 |
| % of Calories | | | | | | | | | | | | 14.9% | 63.6% | 23.4% | 7.2% | 0.1% |

Colorado Springs School District 11
Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values
D#11 Secondary Lunch

Oct 23, 2009

| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calc | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|-------------------------------------|------------------|-------------|------|--------------|------------|------------|------------|------------|-------------|-------------|-------------|------------|-----------|------------|------------|-------------|
| Mon - 11/30/2009 | | | | | | | | | | | | | | | | |
| D#11 Secondary Lunch | Total | 4598 | | | | | | | | | | | | | | |
| CHICKEN NUGGETS (HS) | 4 EACH | 92 | 180 | 40 | 620 | 0.00 | 0.00 | 12.0 | 70 | 14 | 1.00 | 16.00 | 13.00 | 6.00 | 0.00 | 0.00 |
| ASIAN CHICKEN CHUNKS | SVG | 78 | 217 | 34 | 856 | 1.20 | 0.00 | 17.2 | 450 | 90 | 0.00 | 16.00 | 26.40 | 5.60 | 1.20 | 0.00 |
| CHICKEN NUGGET (ES/MS) | 8 EACH | 298 | 314 | 86 | 738 | 1.60 | 3.20 | 30.4 | 122 | 24 | 0.00 | 22.40 | 19.20 | 16.00 | 4.80 | 0.00 |
| CORN DOG | EACH | 679 | 290 | 50 | 860 | 1.00 | 10.80 | 10.0 | 0 | 0 | 24.00 | 10.00 | 30.00 | 15.00 | 3.50 | 0.00 |
| POTATO WEDGES | 3 OZ | 3601 | 130 | 0 | 390 | 2.00 | 0.36 | 0.0 | 0 | 0 | 2.40 | 2.00 | 17.00 | 6.00 | 1.50 | *0.00 |
| WALDORF SALAD | 1/4 CUP | 4024 | 115 | 7 | 214 | 1.60 | 0.30 | 19.1 | 196 | 16 | 2.63 | 0.66 | 14.90 | 6.04 | 0.91 | *0.00 |
| CANNED PEACHES | 1/2 CUP | 4070 | 68 | 0 | 6 | 1.63 | 0.45 | 3.8 | 444 | 44 | 3.01 | 0.56 | 18.26 | 0.04 | 0.00 | *0.00 |
| FRUIT-APPLE/ORANGE/BANANA | EACH | 4095 | 49 | 0 | 1 | 1.81 | 0.13 | 9.5 | 70 | 7 | 12.50 | 0.58 | 12.75 | 0.17 | 0.05 | *0.00 |
| CARROT STICKS | 1/4 CUP | 1010 | 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 | 610 | 6 | 0 | 30 | 0.59 | 0.07 | 14.9 | 167 | 5 | 1.15 | 0.26 | 1.10 | 0.06 | 0.02 | *0.00 |
| CAULIFLOWER, RAW | 1/4 CUP | 280 | 6 | 0 | 8 | 0.63 | 0.11 | 5.5 | 3 | 1 | 11.60 | 0.50 | 1.33 | 0.03 | 0.00 | *0.00 |
| LEAFY GREENS | 2 OZ | 677 | 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) | SVG | 1380 | 90 | 6 | 274 | 0.12 | 0.06 | 10.0 | 36 | 8 | 0.11 | 0.44 | 2.69 | 8.49 | 1.29 | *0.00 |
| RANCH FOODS DIRECT HAMBURGER | 1 EACH | 16 | 317 | 74 | 269 | 2.00 | 3.29 | 114.7 | 0 | 0 | 0.00 | 26.12 | 21.00 | 12.80 | 4.42 | *0.00 |
| HAMBURGER | EACH | 55 | 270 | 50 | 315 | 2.00 | 2.52 | 100.0 | 0 | 0 | 0.00 | 18.00 | 21.00 | 12.00 | 4.50 | *0.00 |
| RANCH FOODS DIRECT CHICKEN SANDWICH | 1 EACH | 66 | 351 | 79 | 464 | 2.00 | 3.29 | 189.7 | 150 | 30 | 0.00 | 29.12 | 22.50 | 14.80 | 5.67 | *0.00 |
| CHEESEBURGER | EACH | 193 | 305 | 55 | 510 | 2.00 | 2.52 | 175.0 | 150 | 30 | 0.00 | 21.00 | 22.50 | 14.00 | 5.75 | *0.00 |
| CLUX DELUXE CHICKEN SAND (HS) | 1 EACH | 65 | 310 | 50 | 860 | 3.00 | 2.08 | 121.0 | 50 | 10 | 1.00 | 24.00 | 37.00 | 9.00 | 2.00 | *0.00 |
| CHICKEN PATTY SANDWICH (ES/MS) | EACH | 125 | 306 | 54 | 671 | 3.00 | 3.08 | 119.0 | 76 | 15 | 1.00 | 18.00 | 33.00 | 11.00 | 3.00 | *0.00 |
| SPICY CHICKEN PATTY SANDWICH | EACH | 401 | 292 | 52 | 750 | 2.00 | 3.08 | 120.0 | 46 | 9 | 1.00 | 18.00 | 32.00 | 11.00 | 2.00 | *0.00 |
| POPCORN CHICKEN | 24 EACH | 56 | 384 | 48 | 1464 | 0.00 | 0.00 | 240.0 | 106 | 21 | 0.00 | 16.80 | 26.40 | 16.80 | 4.80 | 0.00 |
| SPICY POPCORN CHICKEN | 24 EACH | 57 | 384 | 48 | 1464 | 0.00 | 0.00 | 240.0 | 106 | 21 | 0.00 | 16.80 | 26.40 | 16.80 | 4.80 | 0.00 |
| BURGER TOPPINGS | SVG | 576 | 11 | 0 | 81 | 0.53 | 0.10 | 5.9 | 123 | 10 | 3.01 | 0.34 | 2.42 | 0.05 | 0.01 | *0.00 |
| SEC CONDIMENTS | SVG | 1459 | 98 | 2 | 840 | 0.89 | 0.55 | 17.4 | 512 | 50 | 4.85 | 1.28 | 19.11 | 2.51 | 0.32 | *0.00 |
| NACHOS W/ CHEESE | EACH | 207 | 371 | 7 | 652 | 3.01 | 1.56 | 332.0 | 68 | 25 | 0.00 | 9.75 | 42.51 | 18.58 | 2.94 | *1.73 |
| CHILI | 1/4 CUP | 167 | 12 | 1 | 28 | 0.52 | 0.20 | 3.7 | 45 | 8 | 0.84 | 0.89 | 1.53 | 0.27 | 0.11 | *0.00 |
| JALAPENO PEPPERS | 1/2 OZ | 147 | 5 | 0 | 210 | 0.42 | 0.46 | 5.0 | 390 | 39 | 1.72 | 0.15 | 1.06 | 0.14 | 0.01 | *0.00 |
| CHILI FRITOS | 1 EACH | 193 | 453 | 30 | 865 | 10.16 | 3.72 | 374.0 | 1744 | 333 | 13.48 | 24.13 | 47.69 | 14.59 | 3.26 | *0.22 |
| PEPPERONI PIZZA (HS) | SLICE | 119 | 458 | 37 | 1087 | 2.13 | 3.45 | 341.8 | 390 | 112 | 1.10 | 22.96 | 60.02 | 14.16 | 5.97 | *0.00 |
| PEPPERONI PIZZA (MS) | SLICE | 541 | 343 | 28 | 815 | 1.59 | 2.59 | 256.3 | 293 | 84 | 0.82 | 17.22 | 45.01 | 10.62 | 4.48 | *0.00 |
| CHEESE PIZZA (HS) | SLICE | 45 | 411 | 27 | 904 | 2.13 | 3.21 | 341.8 | 390 | 112 | 1.10 | 20.96 | 59.85 | 9.83 | 4.30 | *0.00 |
| CHEESE PIZZA (MS) | SLICE | 120 | 308 | 20 | 678 | 1.59 | 2.41 | 256.3 | 293 | 84 | 0.82 | 15.72 | 44.89 | 7.37 | 3.23 | *0.00 |
| SAUSAGE PIZZA (HS) | SLICE | 29 | 473 | 38 | 1007 | 2.95 | 3.66 | 366.6 | 432 | 121 | 1.59 | 28.43 | 61.51 | 14.80 | 5.96 | *0.00 |
| SAUSAGE PIZZA (MS) | SLICE | 89 | 355 | 28 | 756 | 2.22 | 2.74 | 275.0 | 324 | 91 | 1.20 | 21.32 | 46.13 | 11.10 | 4.47 | *0.00 |
| MEAT MEDLEY PIZZA (HS) | SLICE | 60 | 522 | 49 | 1169 | 3.17 | 4.20 | 369.2 | 424 | 119 | 1.50 | 32.09 | 61.64 | 18.05 | 7.41 | *0.00 |
| MEAT MEDLEY PIZZA (MS) | SLICE | 59 | 392 | 37 | 877 | 2.38 | 3.15 | 276.9 | 318 | 89 | 1.12 | 24.07 | 46.23 | 13.54 | 5.56 | *0.00 |
| BREADSTICKS W/ PIZZA SAUCE | 4 EACH / 2 OZ | 109 | 297 | 1 | 671 | 1.62 | 2.73 | 31.3 | 570 | 119 | 2.36 | 8.28 | 47.96 | 7.82 | 1.62 | *0.00 |
| MADE TO ORDER SUB BAR (HS) | SVG | 490 | 510 | 62 | 1660 | 6.67 | 4.41 | 267.3 | 588 | 114 | 7.16 | 27.07 | 48.27 | 23.44 | 9.84 | *0.00 |
| TURKEY & CHEESE SUB | EACH | 15 | 327 | 24 | 1251 | 6.65 | 3.89 | 117.2 | 556 | 48 | 2.08 | 23.97 | 46.61 | 5.47 | 2.38 | *0.00 |
| AMERICAN SUB | EACH | 18 | 337 | 33 | 1364 | 6.65 | 4.09 | 114.8 | 564 | 50 | 2.33 | 23.51 | 46.58 | 6.76 | 2.74 | *0.00 |

Colorado Springs School District 11

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

Oct 23, 2009

D#11 Secondary Lunch

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| | Portion Size | Plan Qty | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calc | IU Vit-A | RE Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|---------------------------------|--------------|----------|------|-----------|---------|---------|---------|---------|----------|----------|----------|---------|--------|---------|---------|----------|
| Mon - 11/30/2009 | | | | | | | | | | | | | | | | |
| AMERICAN WRAP | 1 EACH | 8 | 459 | 36 | 1384 | 4.09 | 4.51 | 293.5 | 1502 | 173 | 6.36 | 23.11 | 61.36 | 10.78 | 2.76 | *0.00 |
| VEGGIE WRAP | 1 EACH | 4 | 493 | 16 | 1140 | 4.41 | 4.08 | 414.6 | 1475 | 238 | 6.95 | 17.82 | 63.85 | 13.65 | 2.37 | *0.00 |
| CHEF SALAD W/ CRACKERS (HS) | 1 EACH | 12 | 281 | 71 | 721 | 2.98 | 2.43 | 234.1 | 4865 | 543 | 22.98 | 22.13 | 16.96 | 11.95 | 2.56 | *0.43 |
| CHEF SALAD W/ CRACKERS (ES /MS) | EACH | 24 | 203 | 48 | 579 | 2.21 | 2.07 | 152.8 | 3449 | 375 | 15.99 | 14.25 | 14.03 | 9.11 | 2.16 | *0.43 |
| 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 |
| TACO SALAD (ES & MS) | 1 EACH | 4 | 434 | 28 | 795 | 6.06 | 3.55 | 281.9 | 4030 | 503 | 14.89 | 19.88 | 43.31 | 18.67 | 4.03 | *1.73 |
| CHIX-BROC-CHED CALZONE | 1 EACH | 32 | 376 | 44 | 1161 | *2.78 | *2.75 | *282.7 | *950 | *190 | *22.00 | 26.23 | 46.49 | 7.16 | 1.75 | *0.00 |
| DEL BURRITO (10" - Type A) | 1 EACH | 25 | 589 | 37 | 1804 | 8.61 | 6.26 | 286.6 | 1032 | 174 | 5.92 | 25.85 | 68.47 | 22.74 | 9.79 | *0.00 |
| NACHOS (Type A) | SVG | 24 | 549 | 27 | 1720 | 5.41 | 4.79 | 391.4 | 1045 | 170 | 5.52 | 21.48 | 51.66 | 28.81 | 7.77 | *1.73 |
| TACO PLATE | SVG | 26 | 444 | 37 | 1795 | 6.43 | 5.59 | 257.2 | 1208 | 192 | 6.30 | 22.56 | 48.62 | 15.67 | 6.77 | *0.00 |
| TACO EMPANADA (Type A) | 1 EACH | 33 | 375 | 35 | 1269 | 3.75 | 3.87 | 152.4 | 680 | 137 | 1.10 | 21.63 | 45.05 | 12.12 | 5.61 | *0.00 |
| ENSALADA | 1 EACH | 17 | 327 | 35 | 1193 | 2.30 | 3.11 | 222.0 | 962 | 178 | 5.17 | 17.50 | 25.92 | 15.44 | 6.06 | *0.00 |
| ASIAN GLAZED CHICKEN | SVG | 35 | 499 | 34 | 1157 | 3.05 | 0.41 | 27.0 | 450 | 90 | 4.80 | 19.02 | 68.29 | 16.48 | 2.38 | *0.00 |
| KUNG PAO CHICKEN | SVG | 36 | 272 | 23 | 387 | 2.50 | 0.88 | 22.7 | 648 | 130 | 34.99 | 10.79 | 42.09 | 6.12 | 1.82 | *0.00 |
| MILK-WHITE/CHOC/STWBY/VAN | EACH | 3742 | 140 | 4 | 180 | 0.00 | 0.23 | 306.2 | 497 | 106 | 2.65 | 8.32 | 24.01 | 0.98 | 0.61 | *0.00 |
| RAINBOW PASTA SALAD | 2 OZ | 90 | 110 | 0 | 71 | 1.02 | 1.06 | 7.3 | 25 | 3 | 1.54 | 3.35 | 20.17 | 1.61 | 0.24 | *0.00 |
| PRETZEL W/ CHEESE (SEC) | 1 EACH | 14 | 473 | 7 | 733 | 4.00 | 3.84 | 273.3 | 67 | 13 | 0.00 | 17.33 | 85.33 | 7.33 | 1.33 | *0.00 |
| BEAN & CHEESE BURRITO (ES/M) | EACH | 12 | 310 | 5 | 620 | 10.00 | 2.70 | 150.0 | 300 | 60 | 1.20 | 15.00 | 45.00 | 8.00 | 2.50 | 0.00 |
| CHICKEN CEASAR WRAP | 1 EACH | 12 | 649 | 67 | 1223 | 5.02 | 5.27 | 304.3 | 4211 | 208 | 17.01 | 31.37 | 61.21 | 30.29 | 7.47 | *0.00 |
| Weighted Daily Average | | | 844 | 56 | 1938 | *9.83 | *5.70 | *473.8 | *3714 | *542 | *31.57 | 29.52 | 120.59 | 28.48 | 7.44 | *0.10 |
| % of Calories | | | | | | | | | | | | 14.0% | 57.1% | 30.4% | 7.9% | 0.1% |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|-----|----|------|-------|-------|--------|-------|------|--------|-------|--------|-------|------|-------|
| Weighted Average | | | 813 | 50 | 1769 | *9.33 | *4.77 | *501.8 | *3598 | *550 | *33.17 | 31.18 | 121.80 | 24.02 | 6.93 | *0.09 |
| | | | | | | | | | | | | 15.3% | 59.9% | 26.6% | 7.7% | 0.1% |

| Nutrient | Menu AVG | % of Cals | Target | % of Target | Miss Data | Shortfall | Error Messages (if any) |
|-------------------|----------|-----------|--------|-------------|-----------|-----------|---|
| Calories | 813 | | 825 | 99% | | 12 | Correction Required - Calories are Low Correction Required - Sodium too High |
| Cholesterol (mg) | 50 | | 150 | 33% | | | |
| Sodium (mg) | 1769 | | 1200 | 147% | | | |
| Fiber (g) | 9.33 | | 6.50 | 144% | Missing | | |
| Iron (mg) | 4.77 | | 4.50 | 106% | Missing | | |
| Calcium (mg) | 501.8 | | 400.00 | 125% | Missing | | |
| Vitamin A (IU) | 3598 | | 1500 | 240% | Missing | | |
| Vitamin A (RE) | 550 | | 300 | 183% | Missing | | |
| Vitamin C (mg) | 33.17 | | 18.35 | 181% | Missing | | |
| Protein (g) | 31.18 | 15.35% | 16.20 | 192% | | | |
| Carbohydrate (g) | 121.80 | 59.94% | 0.00 | | | | |
| Total Fat (g) | 24.02 | 26.59% | <30.00 | | | | |
| Saturated Fat (g) | 6.93 | 7.67% | <10.00 | | | | |
| Trans Fat (g) | 0.09 | 0.10% | | | | | |