

Colorado Springs School District 11

Scholars to Leaders All Sites

	Portion Size	Actual 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																
Scholars to Leaders	Total	0														
SALISBURY STEAK	1 EACH	0	160	50	105	0.00	1.44	0.0	0	0	0.00	14.00	0.00	11.00	4.50	0.00
MASHED POTATOES	1/2 CUP	0	175	0	48	3.79	0.77	21.6	0	0	61.17	4.41	37.90	0.58	0.43	*0.00
COUNTRY GRAVY	1/4 CUP	0	30	0	142	0.31	0.36	4.5	2	0	0.12	0.51	3.35	1.63	0.65	*0.00
RANCH DRESSING	2 OZ	0	99	12	518	0.27	0.12	34.4	60	17	0.31	1.08	3.86	7.95	1.30	*0.00
YOGURT	4 OZ	0	100	7	100	0.00	0.00	133.4	0	0	0.00	4.00	19.34	1.00	0.67	*0.00
FRUIT-APPLE/ORANGE	SVG	0	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
MILK-WHITE/CHOC/STWBY/VAN	EACH	0	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
GRAHAM CRACKER, HONEY MA ID (IW)	1 EA	0	60	0	80	0.50	0.36	0.0	0	0	0.00	1.00	11.00	1.50	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

Fri - 11/20/2009																
Scholars to Leaders	Total	0														
BEAN & CHEESE BURRITO (ES/M	1 EACH	0	310	5	620	10.00	2.70	150.0	300	60	1.20	15.00	45.00	8.00	2.50	0.00
SAUCE,TACO,MILD	1 OZ	0	10	0	180	0.00	0.00	0.0	300	60	2.40	0.00	2.00	0.00	0.00	*0.00
CARROT STICKS	1/4 CUP	0	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	0	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
RANCH DRESSING	2 OZ	0	99	12	518	0.27	0.12	34.4	60	17	0.31	1.08	3.86	7.95	1.30	*0.00
CANNED FRUIT	1/2 CUP	0	64	0	10	1.68	0.64	8.2	180	20	5.71	0.50	16.31	0.04	0.00	*0.00
RICE KRISPIE TREAT	1 EACH	0	45	0	50	0.00	0.18	0.0	101	20	0.00	0.25	9.05	1.01	0.25	*0.00
MILK-WHITE/CHOC/STWBY/VAN	EACH	0	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

Mon - 11/23/2009																
Scholars to Leaders	Total	0														
CHICKEN NUGGETS (HS)	5 EACH	0	225	50	775	0.00	0.00	15.0	87	18	1.25	20.00	16.25	7.50	0.00	0.00
CARROT STICKS	1/4 CUP	0	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	0	6	0	30	0.59	0.07	14.9	167	5	1.15	0.26	1.10	0.06	0.02	*0.00
RANCH DRESSING	2 OZ	0	99	12	518	0.27	0.12	34.4	60	17	0.31	1.08	3.86	7.95	1.30	*0.00
FRUIT-APPLE/ORANGE	EACH	0	29	0	0	1.40	0.07	11.7	73	7	14.35	0.32	7.58	0.09	0.02	*0.00
CHIPS,DORITO BAKED NACHO	1 EACH	0	120	0	220	2.00	0.28	16.0	114	23	0.15	2.00	21.00	3.50	0.50	*0.00
MILK-WHITE/CHOC/STWBY/VAN	EACH	0	140	4	180	0.00	0.23	306.2	497	106	2.65	8.32	24.01	0.98	0.61	*0.00
GRAHAM CRACKER, HONEY MA ID (IW)	1 EA	0	60	0	80	0.50	0.36	0.0	0	0	0.00	1.00	11.00	1.50	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

