

# Colorado Springs School District 11

## Oct 1, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values

### D#11 Elementary Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 10/01/2009															
D#11 Elementary Lunch	Total	10647													
PIZZA, SAUSAGE (ELEM)	SLICE	3642	357	31	662	2.50	2.97	314.9	25	0.30	23.48	37.99	12.98	4.49	*0.00
TACO SALAD (ES & MS)	EACH	316	434	28	795	6.06	3.55	281.9	4030	14.89	19.88	43.31	18.67	4.03	*1.73
TURKEY & CHEESE SANDWICH	EACH	417	231	24	861	3.00	1.67	334.9	150	0.40	18.88	30.38	4.45	2.37	*0.00
HOT DOG ON WHEAT BUN	EACH	5615	234	47	951	2.00	1.99	158.6	63	1.36	11.30	21.52	11.60	2.86	*0.00
YOGURT FRUIT LUNCH BOX	1 EACH	569	333	11	260	2.84	0.49	182.8	176	41.21	7.29	61.69	6.30	1.60	*0.00
ELEM CONDIMENTS	SVG	4487	77	3	603	0.45	0.34	10.8	391	4.51	0.87	13.51	2.60	0.36	*0.00
LEAFY GREENS	2 OZ	3010	11	0	15	1.14	0.73	26.6	3194	12.17	0.90	1.92	0.17	0.02	*0.00
CARROT STICKS	1/4 CUP	2272	18	0	30	1.23	0.13	14.5	7387	2.59	0.41	4.21	0.11	0.02	0.00
BROCCOLI,FRESH,RAW	1/4 CUP	1381	7	0	7	0.57	0.16	10.3	137	19.62	0.62	1.46	0.08	0.01	*0.00
SALAD DRESSINGS (ELEM)	SVG	3707	124	12	235	0.15	0.05	12.2	41	0.13	0.37	2.22	12.62	2.08	*0.00
FRUIT-APPLE/ORANGE/BANANA	EACH	6882	49	0	1	1.81	0.13	9.5	70	12.50	0.58	12.75	0.17	0.05	*0.00
CANNED PEARS	1/2 CUP	7323	72	0	6	2.01	0.35	6.3	0	0.88	0.24	19.04	0.04	0.00	*0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	10155	140	4	180	0.00	0.23	306.2	497	2.65	8.32	24.01	0.98	0.61	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	88	400	0	445	5.55	2.24	268.3	0	0.00	16.67	36.32	23.43	5.38	*0.00
ICE CREAM,VANILLA CUP,3oz	1 EACH	10647	105	23	42	0.36	0.05	66.6	219	0.31	1.82	12.27	5.72	3.53	*0.00
Weighted Daily Average			692	70	1369	6.22	3.29	614.7	3591	23.49	27.06	95.02	24.18	8.42	*0.05
% of Calories											15.7%	55.0%	31.5%	11.0%	0.1%
RDA's			645	150	1200	4.50	3.30	267.00	1055	15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied			107%	47%	114%	138%	100%	230%	340%	157%	305%				
Shortfall				80			0.01						OVER	OVER	

Fri - 10/02/2009															
D#11 Elementary Lunch	Total	10426													
PIZZA, CHEESE (ELEM)	SLICE	3207	320	25	600	2.00	2.70	300.0	*0	*0.00	19.00	37.00	10.00	3.50	0.00
SALAD W/ DICED CHIX & CRACKE	EACH	173	186	41	367	2.07	1.53	111.0	3429	15.53	15.01	13.50	6.99	0.95	*0.43
HAM & CHEESE SANDWICH	EACH	378	250	42	1085	3.00	2.06	330.1	166	0.91	17.98	30.31	7.02	3.11	*0.00
CHEESE & PEPPERONI LUNCH BO	1 EACH	753	354	34	954	2.10	1.98	137.5	147	2.99	15.55	37.75	16.42	6.27	*0.65
HAMBURGER	1 EACH	970	270	50	315	2.00	2.52	100.0	*0	0.00	18.00	21.00	12.00	4.50	*0.00
CHEESEBURGER	1 EACH	4850	305	55	510	2.00	2.52	175.0	*150	0.00	21.00	22.50	14.00	5.75	*0.00
PICKLES,HAMBURGER	3 SLICE	6000	4	0	269	0.25	0.11	1.9	69	0.40	0.13	0.87	0.04	0.01	*0.00
ELEM CONDIMENTS	SVG	5020	77	3	603	0.45	0.34	10.8	391	4.51	0.87	13.51	2.60	0.36	*0.00
LEAFY GREENS	2 OZ	753	11	0	15	1.14	0.73	26.6	3194	12.17	0.90	1.92	0.17	0.02	*0.00
CARROT STICKS	1/4 CUP	2988	18	0	30	1.23	0.13	14.5	7387	2.59	0.41	4.21	0.11	0.02	0.00
CELERY STICKS	1/4 CUP	2988	6	0	30	0.59	0.07	14.9	167	1.15	0.26	1.10	0.06	0.02	*0.00
SALAD DRESSINGS (ELEM)	SVG	2936	124	12	235	0.15	0.05	12.2	41	0.13	0.37	2.22	12.62	2.08	*0.00
FRUIT-APPLE/ORANGE/BANANA	EACH	6243	49	0	1	1.81	0.13	9.5	70	12.50	0.58	12.75	0.17	0.05	*0.00
FRUIT COCKTAIL	1/2 CUP	7577	69	0	7	1.21	0.35	7.3	248	2.30	0.48	18.07	0.08	0.01	*0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	4804	140	4	180	0.00	0.23	306.2	497	2.65	8.32	24.01	0.98	0.61	*0.00
BROWNIE	1 EACH	10344	146	10	88	0.97	1.05	0.3	0	0.00	1.95	25.34	4.39	1.46	*0.00
POWDERED SUGAR DUST	1/4 TSP	10344	3	0	0	0.00	0.00	0.0	0	0.00	0.00	0.75	0.00	0.00	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	95	400	0	445	5.55	2.24	268.3	0	0.00	16.67	36.32	23.43	5.38	*0.00





## Colorado Springs School District 11

### Oct 1, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values

#### D#11 Elementary Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
<b>Thu - 10/08/2009</b>															
D#11 Elementary Lunch	Total	10413													
PIZZA, PEPPERONI (ELEM)	SLICE	3589	330	25	380	2.00	2.70	250.0	*0	*0.00	18.00	38.00	11.00	3.50	0.00
TACO SALAD (ES & MS)	EACH	346	434	28	795	6.06	3.55	281.9	4030	14.89	19.88	43.31	18.67	4.03	*1.73
SUB SANDWICH	1 EACH	457	213	38	903	2.17	1.76	205.3	247	1.30	13.74	23.89	6.97	2.36	*0.00
MAC, CHEESE & CHICKEN (ELEM)	SVG	5367	290	47	628	1.46	2.21	181.1	178	0.19	17.14	24.96	13.04	3.50	0.00
YOGURT FRUIT LUNCH BOX	1 EACH	570	333	11	260	2.84	0.49	182.8	176	41.21	7.29	61.69	6.30	1.60	*0.00
ELEM CONDIMENTS	SVG	4000	77	3	603	0.45	0.34	10.8	391	4.51	0.87	13.51	2.60	0.36	*0.00
LEAFY GREENS	2 OZ	2852	11	0	15	1.14	0.73	26.6	3194	12.17	0.90	1.92	0.17	0.02	*0.00
CARROT STICKS	1/4 CUP	2921	18	0	30	1.23	0.13	14.5	7387	2.59	0.41	4.21	0.11	0.02	0.00
CELERY STICKS	1/4 CUP	2921	6	0	30	0.59	0.07	14.9	167	1.15	0.26	1.10	0.06	0.02	*0.00
SALAD DRESSINGS (ELEM)	SVG	3625	124	12	235	0.15	0.05	12.2	41	0.13	0.37	2.22	12.62	2.08	*0.00
FRUIT-APPLE/ORANGE/BANANA	EACH	7316	49	0	1	1.81	0.13	9.5	70	12.50	0.58	12.75	0.17	0.05	*0.00
CANNED PEARS	1/2 CUP	7003	72	0	6	2.01	0.35	6.3	0	0.88	0.24	19.04	0.04	0.00	*0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	10133	140	4	180	0.00	0.23	306.2	497	2.65	8.32	24.01	0.98	0.61	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	84	400	0	445	5.55	2.24	268.3	0	0.00	16.67	36.32	23.43	5.38	*0.00
Weighted Daily Average			610	45	1053	5.61	3.26	542.8	*3937	*21.02	26.39	85.22	18.56	4.88	*0.06
% of Calories											17.3%	55.9%	27.4%	7.2%	0.1%
RDA's			645	150	1200	4.50	3.30	267.00	1055	15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied			95%	30%	88%	125%	99%	203%	373%	140%	298%				
Shortfall			35	105	147		0.04								

<b>Fri - 10/09/2009</b>															
D#11 Elementary Lunch	Total	10178													
PIZZA, CHEESE (ELEM)	SLICE	4604	320	25	600	2.00	2.70	300.0	*0	*0.00	19.00	37.00	10.00	3.50	0.00
GARDEN SALAD W/ CRAX (ES/MS)	SERVING	211	175	30	584	2.21	1.60	197.9	3690	15.66	7.66	14.01	10.75	6.32	*0.43
TURKEY & CHEESE SANDWICH	EACH	547	231	24	861	3.00	1.67	334.9	150	0.40	18.88	30.38	4.45	2.37	*0.00
FISH STICKS	3 EACH	4100	188	41	330	0.75	0.81	0.0	0	0.00	9.00	18.00	9.00	1.50	*0.00
TARTAR SAUCE	FL OZ	4100	80	7	265	0.22	0.32	5.5	190	0.58	0.23	6.36	5.78	0.86	*0.00
PEANUT BUTTER LUNCH BOX	1 EACH	610	417	0	561	5.59	1.99	32.2	81	2.70	16.01	29.42	29.07	5.85	*0.00
ELEM CONDIMENTS	SVG	3751	77	3	603	0.45	0.34	10.8	391	4.51	0.87	13.51	2.60	0.36	*0.00
LEAFY GREENS	2 OZ	3166	11	0	15	1.14	0.73	26.6	3194	12.17	0.90	1.92	0.17	0.02	*0.00
CARROT STICKS	1/4 CUP	2914	18	0	30	1.23	0.13	14.5	7387	2.59	0.41	4.21	0.11	0.02	0.00
CELERY STICKS	1/4 CUP	2914	6	0	30	0.59	0.07	14.9	167	1.15	0.26	1.10	0.06	0.02	*0.00
SALAD DRESSINGS (ELEM)	SVG	3743	124	12	235	0.15	0.05	12.2	41	0.13	0.37	2.22	12.62	2.08	*0.00
FRUIT-APPLE/ORANGE/BANANA	EACH	7400	49	0	1	1.81	0.13	9.5	70	12.50	0.58	12.75	0.17	0.05	*0.00
FRUIT COCKTAIL	1/2 CUP	7736	69	0	7	1.21	0.35	7.3	248	2.30	0.48	18.07	0.08	0.01	*0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	9959	140	4	180	0.00	0.23	306.2	497	2.65	8.32	24.01	0.98	0.61	*0.00
RICE KRISPIE TREAT	1 EACH	9914	45	0	50	0.00	0.18	0.0	101	0.00	0.25	9.05	1.01	0.25	*0.00
JELLO DUST	SVG	9914	2	0	3	0.00	0.00	0.0	0	0.00	0.05	0.54	0.00	0.00	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	106	400	0	445	5.55	2.24	268.3	0	0.00	16.67	36.32	23.43	5.38	*0.00

## Colorado Springs School District 11

### Oct 1, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values

#### D#11 Elementary Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average			654	42	1172	5.23	3.13	502.0	*4305	*20.74	24.77	94.36	20.76	4.99	*0.01
% of Calories											15.2%	57.7%	28.6%	6.9%	0.0%
RDA's			645	150	1200	4.50	3.30	267.00	1055	15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied			101%	28%	98%	116%	95%	188%	408%	138%	279%				
Shortfall				108	28		0.17								

Mon - 10/12/2009																
D#11 Elementary Lunch	Total	10574														
CHICKEN NUGGET (ES/MS)	6 EACH	3966	235	65	553	1.20	2.40	22.8	91	0.00	16.80	14.40	12.00	3.60	0.00	
PEPPI PIZZA SALAD W/CRACKERS	EACH	288	173	33	727	2.26	2.88	111.5	3539	16.85	13.65	13.03	6.28	1.95	*0.43	
PBJ SANDWICH	1 EACH	555	354	0	384	4.84	2.00	263.2	1	0.13	13.13	43.46	16.29	3.92	*0.00	
VEGETABLE QUESADILLA	SERVINGS	4697	249	17	459	2.70	1.98	282.0	435	11.90	12.74	25.77	8.21	4.22	*0.00	
YOGURT FRUIT LUNCH BOX	1 EACH	653	333	11	260	2.84	0.49	182.8	176	41.21	7.29	61.69	6.30	1.60	*0.00	
LEAFY GREENS	2 OZ	2854	11	0	15	1.14	0.73	26.6	3194	12.17	0.90	1.92	0.17	0.02	*0.00	
CARROT STICKS	1/4 CUP	3056	18	0	30	1.23	0.13	14.5	7387	2.59	0.41	4.21	0.11	0.02	0.00	
CELERY STICKS	1/4 CUP	3056	6	0	30	0.59	0.07	14.9	167	1.15	0.26	1.10	0.06	0.02	*0.00	
SALAD DRESSINGS (ELEM)	SVG	3548	124	12	235	0.15	0.05	12.2	41	0.13	0.37	2.22	12.62	2.08	*0.00	
FRUIT-APPLE/ORANGE/BANANA	SVG	7867	49	0	1	1.81	0.13	9.5	70	12.50	0.58	12.75	0.17	0.05	*0.00	
CANNED PEACHES	1/2 CUP	7506	68	0	6	1.63	0.45	3.8	444	3.01	0.56	18.26	0.04	0.00	*0.00	
MILK-WHITE/CHOC/STWBV/VAN	EACH	9727	140	4	180	0.00	0.23	306.2	497	2.65	8.32	24.01	0.98	0.61	*0.00	
PEANUT BUTTER SANDWICH	SANDWIC	415	400	0	445	5.55	2.24	268.3	0	0.00	16.67	36.32	23.43	5.38	*0.00	
ELEM CONDIMENTS	SVG	2800	77	3	603	0.45	0.34	10.8	391	4.51	0.87	13.51	2.60	0.36	*0.00	
Weighted Daily Average			544	42	915	5.87	3.07	486.5	4322	27.78	23.40	75.63	16.56	5.19	*0.01	
% of Calories											17.2%	55.6%	27.4%	8.6%	0.0%	
RDA's			645	150	1200	4.50	3.30	267.00	1055	15.00	8.87	0.00	30.00	10.00		
% of RDA Satisfied			84%	28%	76%	130%	93%	182%	410%	185%	264%					
Shortfall			101	108	285		0.23									

Tue - 10/13/2009																
D#11 Elementary Lunch	Total	10165														
PIZZA, CHEESE (ELEM)	SLICE	3924	320	25	600	2.00	2.70	300.0	*0	*0.00	19.00	37.00	10.00	3.50	0.00	
CHEF SALAD W/ CRACKERS (ES/M	EACH	234	203	48	579	2.21	2.07	152.8	3449	15.99	14.25	14.03	9.11	2.16	*0.43	
TUNA SALAD SANDWICH	1 EACH	551	193	13	462	2.05	1.57	104.3	81	0.11	11.46	23.65	5.30	0.68	*0.00	
CHILI FRITOS	1 EACH	4360	453	30	865	10.16	3.72	374.0	1744	13.48	24.13	47.69	14.59	3.26	*0.22	
CHEESE & PEPPERONI LUNCH BO	1 EACH	952	354	34	954	2.10	1.98	137.5	147	2.99	15.55	37.75	16.42	6.27	*0.65	
ELEM CONDIMENTS	SVG	3031	77	3	603	0.45	0.34	10.8	391	4.51	0.87	13.51	2.60	0.36	*0.00	
LEAFY GREENS	2 OZ	2922	11	0	15	1.14	0.73	26.6	3194	12.17	0.90	1.92	0.17	0.02	*0.00	
CARROT STICKS	1/4 CUP	2929	18	0	30	1.23	0.13	14.5	7387	2.59	0.41	4.21	0.11	0.02	0.00	
CELERY STICKS	1/4 CUP	2929	6	0	30	0.59	0.07	14.9	167	1.15	0.26	1.10	0.06	0.02	*0.00	
SALAD DRESSINGS (ELEM)	SVG	3492	124	12	235	0.15	0.05	12.2	41	0.13	0.37	2.22	12.62	2.08	*0.00	
FRUIT-APPLE/ORANGE/BANANA	SVG	7853	49	0	1	1.81	0.13	9.5	70	12.50	0.58	12.75	0.17	0.05	*0.00	
APPLESAUCE	1/2 CUP	7062	97	0	4	1.53	0.45	5.1	14	2.17	0.23	25.39	0.23	0.04	*0.00	
MILK-WHITE/CHOC/STWBV/VAN	EACH	9642	140	4	180	0.00	0.23	306.2	497	2.65	8.32	24.01	0.98	0.61	*0.00	
PEANUT BUTTER SANDWICH	SANDWIC	144	400	0	445	5.55	2.24	268.3	0	0.00	16.67	36.32	23.43	5.38	*0.00	



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### Oct 1, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values

#### D#11 Elementary Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
<b>Thu - 10/15/2009</b>															
D#11 Elementary Lunch	Total	10111													
PIZZA, SAUSAGE (ELEM)	SLICE	4239	357	31	662	2.50	2.97	314.9	25	0.30	23.48	37.99	12.98	4.49	*0.00
TACO SALAD (ES & MS)	EACH	374	434	28	795	6.06	3.55	281.9	4030	14.89	19.88	43.31	18.67	4.03	*1.73
SUB SANDWICH	1 EACH	410	213	38	903	2.17	1.76	205.3	247	1.30	13.74	23.89	6.97	2.36	*0.00
YOGURT FRUIT LUNCH BOX	1 EACH	660	333	11	260	2.84	0.49	182.8	176	41.21	7.29	61.69	6.30	1.60	*0.00
TERIYAKI RICE BOWL (ELEM)	SVG	4330	272	52	387	5.60	2.19	50.5	3641	72.51	18.45	39.33	4.76	0.97	*0.00
MASHED POTATOES	1/2 cup	4330	175	0	48	3.79	0.77	21.6	0	61.17	4.41	37.90	0.58	0.43	*0.00
DINNER ROLL (WHOLE WHEAT)	EACH	4330	90	0	130	3.00	1.08	0.0	*0	0.00	4.00	16.00	1.50	0.00	0.00
ELEM CONDIMENTS	SVG	4580	77	3	603	0.45	0.34	10.8	391	4.51	0.87	13.51	2.60	0.36	*0.00
GREEN BEANS, CANNED	1/2 CUP	3182	14	0	169	1.28	0.61	17.6	236	2.90	0.81	3.04	0.07	0.01	*0.00
LEAFY GREENS	2 OZ	3085	11	0	15	1.14	0.73	26.6	3194	12.17	0.90	1.92	0.17	0.02	*0.00
CARROT STICKS	1/4 CUP	2844	18	0	30	1.23	0.13	14.5	7387	2.59	0.41	4.21	0.11	0.02	0.00
CELERY STICKS	1/4 CUP	2844	6	0	30	0.59	0.07	14.9	167	1.15	0.26	1.10	0.06	0.02	*0.00
SALAD DRESSINGS (ELEM)	SVG	3728	124	12	235	0.15	0.05	12.2	41	0.13	0.37	2.22	12.62	2.08	*0.00
FRUIT-APPLE/ORANGE/BANANA	EACH	7820	49	0	1	1.81	0.13	9.5	70	12.50	0.58	12.75	0.17	0.05	*0.00
CANNED PEARS	1/2 CUP	7631	72	0	6	2.01	0.35	6.3	0	0.88	0.24	19.04	0.04	0.00	*0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	9734	140	4	180	0.00	0.23	306.2	497	2.65	8.32	24.01	0.98	0.61	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	98	400	0	445	5.55	2.24	268.3	0	0.00	16.67	36.32	23.43	5.38	*0.00
Weighted Daily Average			752	48	1220	11.34	4.46	534.3	*5638	81.32	33.16	120.12	17.04	4.46	*0.06
% of Calories											17.6%	63.9%	20.4%	5.3%	0.1%
RDA's			645	150	1200	4.50	3.30	267.00	1055	15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied			117%	32%	102%	252%	135%	200%	534%	542%	374%				
Shortfall				102											

<b>Mon - 10/19/2009</b>															
D#11 Elementary Lunch	Total	9672													
CHICKEN NUGGET (ES/MS)	6 EACH	3409	235	65	553	1.20	2.40	22.8	91	0.00	16.80	14.40	12.00	3.60	0.00
PEPPI PIZZA SALAD W/CRACKERS	EACH	206	173	33	727	2.26	2.88	111.5	3539	16.85	13.65	13.03	6.28	1.95	*0.43
YOGURT FRUIT LUNCH BOX	1 EACH	610	333	11	260	2.84	0.49	182.8	176	41.21	7.29	61.69	6.30	1.60	*0.00
PBJ SANDWICH	1 EACH	571	354	0	384	4.84	2.00	263.2	1	0.13	13.13	43.46	16.29	3.92	*0.00
CHEESE BREADSTICK (WHOLE G RAIN	2 EACH	4769	320	10	820	4.00	2.16	300.0	0	2.40	16.00	32.00	14.00	5.00	0.00
PIZZA SAUCE	2 OZ	4769	32	0	192	0.00	0.33	18.3	366	2.19	0.91	6.40	0.00	0.00	*0.00
ELEM CONDIMENTS	SVG	4091	77	3	603	0.45	0.34	10.8	391	4.51	0.87	13.51	2.60	0.36	*0.00
LEAFY GREENS	2 OZ	2813	11	0	15	1.14	0.73	26.6	3194	12.17	0.90	1.92	0.17	0.02	*0.00
CARROT STICKS	1/4 CUP	3077	18	0	30	1.23	0.13	14.5	7387	2.59	0.41	4.21	0.11	0.02	0.00
CELERY STICKS	1/4 CUP	3077	6	0	30	0.59	0.07	14.9	167	1.15	0.26	1.10	0.06	0.02	*0.00
SALAD DRESSINGS (ELEM)	SVG	3610	124	12	235	0.15	0.05	12.2	41	0.13	0.37	2.22	12.62	2.08	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	5959	49	0	1	1.81	0.13	9.5	70	12.50	0.58	12.75	0.17	0.05	*0.00
CANNED PEACHES	1/2 CUP	5212	68	0	6	1.63	0.45	3.8	444	3.01	0.56	18.26	0.04	0.00	*0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	9396	140	4	180	0.00	0.23	306.2	497	2.65	8.32	24.01	0.98	0.61	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	107	400	0	445	5.55	2.24	268.3	0	0.00	16.67	36.32	23.43	5.38	*0.00



## Colorado Springs School District 11

### Oct 1, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values

#### D#11 Elementary Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
<b>Wed - 10/21/2009</b>															
D#11 Elementary Lunch	Total	10230													
CHICKEN NUGGET (ES/MS)	6 EACH	5370	235	65	553	1.20	2.40	22.8	91	0.00	16.80	14.40	12.00	3.60	0.00
SALAD W/ DICED CHIX & CRACKE	EACH	346	186	41	367	2.07	1.53	111.0	3429	15.53	15.01	13.50	6.99	0.95	*0.43
POTATO BAR (ELEM)	SVG	4370	254	7	461	3.20	1.85	257.8	80	13.25	9.62	35.79	8.45	3.91	*0.00
ELEM CONDIMENTS	SVG	2589	77	3	603	0.45	0.34	10.8	391	4.51	0.87	13.51	2.60	0.36	*0.00
BROCCOLI, FROZEN, COOKED	1/4 CUP	2024	14	0	16	1.29	0.26	15.6	604	25.31	0.93	2.80	0.16	0.03	*0.00
CAULIFLOWER, FROZEN, COOKED	1/4 CUP	1360	17	0	16	2.43	0.37	15.3	9	28.17	1.45	3.38	0.20	0.03	*0.00
GREEN APPLE SPINACH SALAD	1/4 CUP	2780	94	0	27	1.22	0.77	24.8	2005	7.23	0.90	11.67	5.29	0.71	*0.00
CARROT STICKS	1/4 CUP	2867	18	0	30	1.23	0.13	14.5	7387	2.59	0.41	4.21	0.11	0.02	0.00
CELERY STICKS	1/4 CUP	2867	6	0	30	0.59	0.07	14.9	167	1.15	0.26	1.10	0.06	0.02	*0.00
SALAD DRESSINGS (ELEM)	SVG	3497	124	12	235	0.15	0.05	12.2	41	0.13	0.37	2.22	12.62	2.08	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	7225	49	0	1	1.81	0.13	9.5	70	12.50	0.58	12.75	0.17	0.05	*0.00
CANNED PINEAPPLE	1/2 CUP	7510	66	0	1	1.01	0.49	17.6	48	9.45	0.45	16.95	0.15	0.01	*0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	9933	140	4	180	0.00	0.23	306.2	497	2.65	8.32	24.01	0.98	0.61	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	144	400	0	445	5.55	2.24	268.3	0	0.00	16.67	36.32	23.43	5.38	*0.00
Weighted Daily Average			562	47	944	5.75	3.28	473.6	3661	37.48	23.64	78.41	18.17	5.31	*0.01
% of Calories											16.8%	55.8%	29.1%	8.5%	0.0%
RDA's			645	150	1200	4.50	3.30	267.00	1055	15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied			87%	31%	79%	128%	99%	177%	347%	250%	267%				
Shortfall			82	103	256		0.02								

<b>Thu - 10/22/2009</b>															
D#11 Elementary Lunch	Total	10152													
PIZZA, PEPPERONI (ELEM)	SLICE	3910	330	25	380	2.00	2.70	250.0	*0	*0.00	18.00	38.00	11.00	3.50	0.00
TACO SALAD (ES & MS)	EACH	220	434	28	795	6.06	3.55	281.9	4030	14.89	19.88	43.31	18.67	4.03	*1.73
TUNA SALAD SANDWICH	1 EACH	535	193	13	462	2.05	1.57	104.3	81	0.11	11.46	23.65	5.30	0.68	*0.00
YOGURT FRUIT LUNCH BOX	1 EACH	451	333	11	260	2.84	0.49	182.8	176	41.21	7.29	61.69	6.30	1.60	*0.00
COUNTRY FRIED STEAK	EACH	4782	315	59	494	0.43	2.67	14.0	1	0.00	17.15	14.39	21.02	6.91	*0.00
MASHED POTATOES	1/2 cup	4782	175	0	48	3.79	0.77	21.6	0	61.17	4.41	37.90	0.58	0.43	*0.00
COUNTRY GRAVY	1/4 CUP	4782	30	0	142	0.31	0.36	4.5	2	0.12	0.51	3.35	1.63	0.65	*0.00
ELEM CONDIMENTS	SVG	5891	77	3	603	0.45	0.34	10.8	391	4.51	0.87	13.51	2.60	0.36	*0.00
GREEN BEANS, CANNED	1/2 CUP	3764	14	0	169	1.28	0.61	17.6	236	2.90	0.81	3.04	0.07	0.01	*0.00
LEAFY GREENS	2 OZ	3183	11	0	15	1.14	0.73	26.6	3194	12.17	0.90	1.92	0.17	0.02	*0.00
CARROT STICKS	1/4 CUP	2800	18	0	30	1.23	0.13	14.5	7387	2.59	0.41	4.21	0.11	0.02	0.00
CELERY STICKS	1/4 CUP	2800	6	0	30	0.59	0.07	14.9	167	1.15	0.26	1.10	0.06	0.02	*0.00
SALAD DRESSINGS (ELEM)	SVG	3938	124	12	235	0.15	0.05	12.2	41	0.13	0.37	2.22	12.62	2.08	*0.00
FRUIT-APPLE/ORANGE/BANANA	EACH	7306	49	0	1	1.81	0.13	9.5	70	12.50	0.58	12.75	0.17	0.05	*0.00
CANNED PEARS	1/2 CUP	7484	72	0	6	2.01	0.35	6.3	0	0.88	0.24	19.04	0.04	0.00	*0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	9678	140	4	180	0.00	0.23	306.2	497	2.65	8.32	24.01	0.98	0.61	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	254	400	0	445	5.55	2.24	268.3	0	0.00	16.67	36.32	23.43	5.38	*0.00

## Colorado Springs School District 11

### Oct 1, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values

#### D#11 Elementary Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Prot	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average			746	50	1234	7.85	4.36	478.9	*4040	*51.79	29.04	104.67	24.34	7.09	*0.04
% of Calories											15.6%	56.1%	29.4%	8.6%	0.0%
RDA's			645	150	1200	4.50	3.30	267.00	1055	15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied			116%	33%	103%	174%	132%	179%	383%	345%	328%				
Shortfall				100											

Fri - 10/23/2009																
D#11 Elementary Lunch	Total	10365														
CHICKEN NUGGET (ES/MS)	6 EACH	3373	235	65	553	1.20	2.40	22.8	91	0.00	16.80	14.40	12.00	3.60	0.00	
CHEF SALAD W/ CRACKERS (ES/M	EACH	258	203	48	579	2.21	2.07	152.8	3449	15.99	14.25	14.03	9.11	2.16	*0.43	
PEANUT BUTTER LUNCH BOX	1 EACH	437	417	0	561	5.59	1.99	32.2	81	2.70	16.01	29.42	29.07	5.85	*0.00	
TURKEY & CHEESE SANDWICH	1 EACH	520	231	24	861	3.00	1.67	334.9	150	0.40	18.88	30.38	4.45	2.37	*0.00	
CHEESEBURGER	EACH	4589	305	55	510	2.00	2.52	175.0	*150	0.00	21.00	22.50	14.00	5.75	*0.00	
HAMBURGER	EACH	1059	270	50	315	2.00	2.52	100.0	*0	0.00	18.00	21.00	12.00	4.50	*0.00	
PICKLES,HAMBURGER	3 SLICE	6000	4	0	269	0.25	0.11	1.9	69	0.40	0.13	0.87	0.04	0.01	*0.00	
ELEM CONDIMENTS	SVG	5891	77	3	603	0.45	0.34	10.8	391	4.51	0.87	13.51	2.60	0.36	*0.00	
LEAFY GREENS	2 OZ	2944	11	0	15	1.14	0.73	26.6	3194	12.17	0.90	1.92	0.17	0.02	*0.00	
CARROT STICKS	1/4 CUP	3358	18	0	30	1.23	0.13	14.5	7387	2.59	0.41	4.21	0.11	0.02	0.00	
CELERY STICKS	1/4 CUP	3358	6	0	30	0.59	0.07	14.9	167	1.15	0.26	1.10	0.06	0.02	*0.00	
SALAD DRESSINGS (ELEM)	SVG	3690	124	12	235	0.15	0.05	12.2	41	0.13	0.37	2.22	12.62	2.08	*0.00	
FRUIT-APPLE/ORANGE/BANANA	EACH	7886	49	0	1	1.81	0.13	9.5	70	12.50	0.58	12.75	0.17	0.05	*0.00	
FRUIT COCKTAIL	1/2 CUP	7442	69	0	7	1.21	0.35	7.3	248	2.30	0.48	18.07	0.08	0.01	*0.00	
MILK-WHITE/CHOC/STWBV/VAN	EACH	9968	140	4	180	0.00	0.23	306.2	497	2.65	8.32	24.01	0.98	0.61	*0.00	
CAKE,CHOCOLATE from DRY	1 EACH	9857	120	4	233	0.80	0.86	16.6	0	0.00	1.60	20.82	3.61	1.20	*0.00	
PEANUT BUTTER SANDWICH	SANDWIC	129	400	0	445	5.55	2.24	268.3	0	0.00	16.67	36.32	23.43	5.38	*0.00	
Weighted Daily Average			715	67	1531	6.37	4.34	471.8	*4534	21.75	30.27	97.16	23.96	7.40	*0.01	
% of Calories											16.9%	54.3%	30.1%	9.3%	0.0%	
RDA's			645	150	1200	4.50	3.30	267.00	1055	15.00	8.87	0.00	30.00	10.00		
% of RDA Satisfied			111%	44%	128%	142%	132%	177%	430%	145%	341%					
Shortfall				83									OVER			

# Colorado Springs School District 11

## Oct 1, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values

### D#11 Elementary Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Prot	g Carb	g T-Fat	g S-Fat	g Tr-Fat
<b>Mon - 10/26/2009</b>															
D#11 Elementary Lunch	Total	10282													
PIZZA, PEPPERONI (ELEM)	SLICE	4186	330	25	380	2.00	2.70	250.0	*0	*0.00	18.00	38.00	11.00	3.50	0.00
PEPPI PIZZA SALAD W/CRACKERS	EACH	204	173	33	727	2.26	2.88	111.5	3539	16.85	13.65	13.03	6.28	1.95	*0.43
PBJ SANDWICH	1 EACH	501	354	0	384	4.84	2.00	263.2	1	0.13	13.13	43.46	16.29	3.92	*0.00
NACHOS W/ CHEESE	EACH	4617	371	7	652	3.01	1.56	332.0	68	0.00	9.75	42.51	18.58	2.94	*1.73
YOGURT FRUIT LUNCH BOX	1 EACH	654	333	11	260	2.84	0.49	182.8	176	41.21	7.29	61.69	6.30	1.60	*0.00
REFRIED BEANS	2 OZ	3367	81	2	244	4.17	0.99	36.1	0	0.00	4.03	12.25	1.78	0.67	*0.00
LEAFY GREENS	2 OZ	2788	11	0	15	1.14	0.73	26.6	3194	12.17	0.90	1.92	0.17	0.02	*0.00
CARROT STICKS	1/4 CUP	2209	18	0	30	1.23	0.13	14.5	7387	2.59	0.41	4.21	0.11	0.02	0.00
CAULIFLOWER, RAW	1/4 CUP	2209	6	0	8	0.63	0.11	5.5	3	11.60	0.50	1.33	0.03	0.00	*0.00
SALAD DRESSINGS (ELEM)	SVG	4055	124	12	235	0.15	0.05	12.2	41	0.13	0.37	2.22	12.62	2.08	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	7737	49	0	1	1.81	0.13	9.5	70	12.50	0.58	12.75	0.17	0.05	*0.00
CANNED PEACHES	1/2 CUP	7294	68	0	6	1.63	0.45	3.8	444	3.01	0.56	18.26	0.04	0.00	*0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	9944	140	4	180	0.00	0.23	306.2	497	2.65	8.32	24.01	0.98	0.61	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	120	400	0	445	5.55	2.24	268.3	0	0.00	16.67	36.32	23.43	5.38	*0.00
Weighted Daily Average			652	24	866	7.34	3.24	614.8	*3431	*23.47	24.06	93.64	21.15	4.81	*0.79
% of Calories											14.8%	57.5%	29.2%	6.6%	1.1%
RDA's			645	150	1200	4.50	3.30	267.00	1055	15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied			101%	16%	72%	163%	98%	230%	325%	156%	271%				
Shortfall				126	334		0.06								

<b>Tue - 10/27/2009</b>															
D#11 Elementary Lunch	Total	9935													
CHICKEN NUGGET (ES/MS)	6 EACH	4295	235	65	553	1.20	2.40	22.8	91	0.00	16.80	14.40	12.00	3.60	0.00
CHEF SALAD W/ CRACKERS (ES/M)	EACH	302	203	48	579	2.21	2.07	152.8	3449	15.99	14.25	14.03	9.11	2.16	*0.43
CHICKEN SALAD SANDWICH	EACH	269	199	28	346	2.23	1.53	109.5	114	0.57	12.50	24.07	5.51	0.95	*0.00
SLOPPY JOE	SERVINGS	3982	309	53	612	3.62	3.26	138.2	542	12.01	22.95	31.39	10.00	3.07	*0.00
CHEESE & PEPPERONI LUNCH BO	1 EACH	950	354	34	954	2.10	1.98	137.5	147	2.99	15.55	37.75	16.42	6.27	*0.65
ELEM CONDIMENTS	SVG	4373	77	3	603	0.45	0.34	10.8	391	4.51	0.87	13.51	2.60	0.36	*0.00
SPINACH CASSEROLE	1/4 CUP	4761	71	12	96	1.10	0.96	56.3	3477	1.58	2.66	5.66	4.42	2.57	*0.00
LEAFY GREENS	2 OZ	3019	11	0	15	1.14	0.73	26.6	3194	12.17	0.90	1.92	0.17	0.02	*0.00
CARROT STICKS	1/4 CUP	2908	18	0	30	1.23	0.13	14.5	7387	2.59	0.41	4.21	0.11	0.02	0.00
CELERY STICKS	1/4 CUP	2908	6	0	30	0.59	0.07	14.9	167	1.15	0.26	1.10	0.06	0.02	*0.00
SALAD DRESSINGS (ELEM)	SVG	3814	124	12	235	0.15	0.05	12.2	41	0.13	0.37	2.22	12.62	2.08	*0.00
FRUIT-APPLE/ORANGE/BANANA	SVG	5860	49	0	1	1.81	0.13	9.5	70	12.50	0.58	12.75	0.17	0.05	*0.00
APPLESAUCE	1/2 CUP	5988	97	0	4	1.53	0.45	5.1	14	2.17	0.23	25.39	0.23	0.04	*0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	9808	140	4	180	0.00	0.23	306.2	497	2.65	8.32	24.01	0.98	0.61	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	137	400	0	445	5.55	2.24	268.3	0	0.00	16.67	36.32	23.43	5.38	*0.00
Weighted Daily Average			628	71	1213	6.03	4.15	453.8	5955	24.49	29.91	82.17	20.93	6.40	*0.08
% of Calories											19.1%	52.3%	30.0%	9.2%	0.1%
RDA's			645	150	1200	4.50	3.30	267.00	1055	15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied			97%	47%	101%	134%	126%	170%	564%	163%	337%				
Shortfall			17	79									OVER		

## Colorado Springs School District 11

### Oct 1, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values

#### D#11 Elementary Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 10/28/2009															
D#11 Elementary Lunch	Total	8000													
BEAN & CHEESE BURRITO (ES/MS)	EACH	2480	310	5	620	10.00	2.70	150.0	300	1.20	15.00	45.00	8.00	2.50	0.00
CORN DOG	EACH	4000	290	50	860	1.00	10.80	10.0	0	24.00	10.00	30.00	15.00	3.50	0.00
HAM & CHEESE SANDWICH	EACH	1500	250	42	1085	3.00	2.06	330.1	166	0.91	17.98	30.31	7.02	3.11	*0.00
KETCHUP PACKET	PACKET	4000	9	0	107	0.12	0.06	1.7	91	1.36	0.14	2.46	0.03	0.00	*0.00
MUSTARD PACKET	PACKET	4000	4	0	69	0.15	0.11	4.6	0	0.00	0.26	0.35	0.24	0.01	*0.00
SALSA	1 OZ	2480	8	0	170	0.45	0.13	7.7	83	0.54	0.44	1.77	0.05	0.01	*0.00
CARROT STICKS	1/4 CUP	8000	18	0	30	1.23	0.13	14.5	7387	2.59	0.41	4.21	0.11	0.02	0.00
CELERY STICKS	1/4 CUP	8000	6	0	30	0.59	0.07	14.9	167	1.15	0.26	1.10	0.06	0.02	*0.00
FRUIT-APPLE/ORANGE/BANANA	EACH	8000	49	0	1	1.81	0.13	9.5	70	12.50	0.58	12.75	0.17	0.05	*0.00
MILK-WHITE/CHOC/STWBV/VAN	EACH	8000	140	4	180	0.00	0.23	306.2	497	2.65	8.32	24.01	0.98	0.61	*0.00
SUGAR COOKIE	1 EACH	8000	160	0	60	2.00	0.72	0.0	0	0.00	2.00	20.00	8.00	2.00	*0.00
PEANUT BUTTER SANDWICH	SANDWIC	20	400	0	445	5.55	2.24	268.3	0	0.00	16.67	36.32	23.43	5.38	*0.00
Weighted Daily Average			672	39	1268	10.09	8.04	464.7	8316	32.28	24.96	98.75	20.83	5.82	*0.00
% of Calories											14.9%	58.8%	27.9%	7.8%	0.0%
RDA's			645	150	1200	4.50	3.30	267.00	1055	15.00	8.87	0.00	30.00	10.00	
% of RDA Satisfied			104%	26%	106%	224%	244%	174%	788%	215%	281%				
Shortfall				111											
Weighted Average			655	49	1228	6.91	4.12	502.6	*4459	*31.14	26.91	94.36	19.78	5.71	*0.08
											16.4%	57.6%	27.2%	7.8%	0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	655		645	102%			Correction Required - Sodium too High
Cholesterol (mg)	49		150	33%			
Sodium (mg)	1228		1200	102%			
Fiber (g)	6.91		4.50	154%			
Iron (mg)	4.12		3.30	125%			
Calcium (mg)	502.6		267.00	188%			
Vitamin A (IU)	4459		1055	423%	Missing		
Vitamin C (mg)	31.14		15.00	208%	Missing		
Protein (g)	26.91	16.44%	8.87	303%			
Carbohydrate (g)	94.36	57.64%	0.00				
Total Fat (g)	19.78	27.19%	<30.00				
Saturated Fat (g)	5.71	7.84%	<10.00				
Trans Fat (g)	0.08	0.11%					