

# Warren Consolidated Schools

May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values

Apr 24, 2012

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## Elementary Lunch

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat	G Tr-Fat
<b>Tue - 05/01/2012</b>															
Elementary Lunch	Total	20													
Whole Wheat Chicken Nuggets	5 each	19	181	41	453	0.82	0.89	16.47	*0	0.00	13.18	9.06	10.71	2.47	0.00
BARBECUE SAUCE	2 TBSP	19	48	0	309	0.40	0.30	10.00	261	4.00	0.45	12.48	0.10	0.02	*0.00
SALAD BAR HUMMUS & GREEK	1 EACH	1	230	22	922	5.79	1.29	290.11	5339	180.19	11.32	20.69	11.77	5.25	*0.00
Pita Shell 1/4	.25 each	1	43	0	100	0.50	0.50	12.75	1	0.00	1.25	8.50	0.50	0.00	0.00
CHERRY CRISP	SERVINGS	10	196	0	117	1.50	1.67	22.00	822	3.40	2.28	30.53	7.80	1.57	*0.00
Green Bean Feta Salad	1/4 cup	20	28	2	42	0.98	0.28	24.54	*194	1.50	0.92	2.62	1.69	0.61	*0.00
ASST. FRUIT & VEG	1/2 CUP	10	76	0	9	2.41	0.36	19.26	932	18.16	0.96	19.34	0.00	0.00	*0.00
MILK, 1%	1/2 PINT	1	110	10	130	0.00	0.00	300.00	750	1.20	8.00	13.00	2.50	1.50	0.00
MILK, 1% CHOCOLATE	1/2 PINT	19	150	10	210	0.00	0.00	300.00	0	1.20	9.00	24.00	2.50	1.50	0.00
Weighted Daily Average			544	52	1086	4.41	2.51	385.46	*1624	26.29	25.07	72.92	18.96	5.52	*0.00
% of Calories											18.4%	53.7%	31.4%	9.1%	0.0%

<b>Wed - 05/02/2012</b>															
Elementary Lunch	Total	20													
Deli Turkey Wrap	1 each	18	259	*43	761	2.49	2.33	63.66	*168	*1.29	19.55	25.46	8.97	3.86	*0.00
SALAD BAR TACO	1 EACH	2	215	23	606	5.15	1.66	207.49	2726	179.15	11.52	21.09	9.95	3.69	*0.00
PASTA SALAD	1/2 CUP	10	187	0	220	2.71	1.31	22.55	1746	13.29	4.36	22.44	9.34	1.31	*0.00
CELERY STICKS	1/2 CUP	10	10	0	59	1.19	0.15	29.71	333	2.30	0.51	2.21	0.13	0.03	*0.00
HUMMUS	1/4 CUP	10	69	0	113	1.65	0.52	14.10	8	2.91	2.82	8.41	2.97	0.54	*0.00
ASST. FRUIT & VEG	1/2 CUP	20	76	0	9	2.41	0.36	19.26	932	18.16	0.96	19.34	0.00	0.00	*0.00
MILK, 1%	1/2 PINT	1	110	10	130	0.00	0.00	300.00	750	1.20	8.00	13.00	2.50	1.50	0.00
MILK, 1% CHOCOLATE	1/2 PINT	1	150	10	210	0.00	0.00	300.00	0	1.20	9.00	24.00	2.50	1.50	0.00
Weighted Daily Average			477	*42	967	7.94	3.61	160.48	*2437	*46.60	24.40	62.75	15.54	4.93	*0.00
% of Calories											20.5%	52.6%	29.3%	9.3%	0.0%

<b>Thu - 05/03/2012</b>															
Elementary Lunch	Total	20													
Big Daddy Cheese Pizza WholeWh	slice	18	340	30	620	2.00	2.70	250.00	*0	*0.00	20.00	39.00	12.00	5.00	0.00
SALAD BAR TACO	1 EACH	2	215	23	606	5.15	1.66	207.49	2726	179.15	11.52	21.09	9.95	3.69	*0.00
APPLE STRAWBERRY MOUSSE	1/2 CUP	5	107	0	116	0.58	0.39	46.32	86	1.31	2.02	24.88	0.03	0.02	*0.00
Roasted Carrots and Parsnips	1/2 cup	15	93	0	47	4.84	0.39	41.55	7181	13.97	1.28	16.73	3.03	0.44	*0.00
ASST. FRUIT & VEG	1/2 CUP	20	76	0	9	2.41	0.36	19.26	932	18.16	0.96	19.34	0.00	0.00	*0.00
MILK, 1%	1/2 PINT	1	110	10	130	0.00	0.00	300.00	750	1.20	8.00	13.00	2.50	1.50	0.00
MILK, 1% CHOCOLATE	1/2 PINT	19	150	10	210	0.00	0.00	300.00	0	1.20	9.00	24.00	2.50	1.50	0.00
Weighted Daily Average			648	39	898	8.50	3.34	607.76	*6649	*48.08	30.53	98.77	16.57	6.70	*0.00
% of Calories											18.9%	61.0%	23.0%	9.3%	0.0%

# Warren Consolidated Schools

	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>Mon - 05/07/2012</b>															
Elementary Lunch	Total	20													
Reduced Fat Beef Taco Meat	1 serving	18	111	34	291	2.00	1.80	40.00	*0	*0.00	13.00	4.00	5.00	2.00	0.00
Tortilla Flour, 8"	1 each	18	110	0	240	0.00	1.08	20.00	*0	0.00	3.00	19.00	3.00	2.00	0.00
Shredded Cheddar	ounce	18	29	7	44	0.00	0.05	51.08	71	0.00	1.77	0.10	2.33	1.52	0.00
SHREDDED LETTUCE	1 oz	18	4	0	3	0.39	0.00	5.12	142	0.79	0.39	0.79	0.00	0.00	*0.00
REFRIED BEANS	1/2 CUP	5	166	6	571	4.19	2.41	169.49	312	1.04	10.31	18.28	6.17	1.97	*0.00
CORN	125 GRAM	10	78	0	313	2.00	0.18	0.00	50	3.60	2.00	16.00	1.00	0.00	*0.00
SALAD BAR FRUIT & YOGURT	1 EACH	2	261	15	587	7.41	1.27	300.19	2902	197.85	12.97	39.71	6.65	2.94	*0.00
ASST. FRUIT & VEG	1/2 CUP	25	76	0	9	2.41	0.36	19.26	932	18.16	0.96	19.34	0.00	0.00	*0.00
MILK, 1%	1/2 PINT	1	110	10	130	0.00	0.00	300.00	750	1.20	8.00	13.00	2.50	1.50	0.00
RAISINS BOXED	1 EACH	5	113	0	4	1.00	0.72	20.00	0	0.60	1.00	30.00	0.00	0.00	0.00
MILK, 1% CHOCOLATE	1/2 PINT	19	150	10	210	0.00	0.00	300.00	0	1.20	9.00	24.00	2.50	1.50	0.00
Weighted Daily Average			606	50	1096	8.21	4.08	506.05	*1787	*46.60	31.62	93.17	14.50	7.25	*0.00
% of Calories											20.9%	61.5%	21.5%	10.8%	0.0%

<b>Tue - 05/08/2012</b>															
Elementary Lunch	Total	20													
Beef Patty	1 each	19	130	45	135	0.00	1.44	0.00	*0	0.00	15.00	0.00	8.00	3.00	0.00
ULTRA GRAIN BUN	2 OZ	19	189	0	306	5.11	1.56	17.07	3	0.03	6.29	32.39	4.43	1.00	*0.00
SALAD BAR HUMMUS & GREEK	1 EACH	1	230	22	922	5.79	1.29	290.11	5339	180.19	11.32	20.69	11.77	5.25	*0.00
Pita Shell 1/4	1/4 each	1	43	0	100	0.50	0.50	12.75	1	0.00	1.25	8.50	0.50	0.00	0.00
Small Whole Potatoes	4 each	10	70	0	400	2.00	0.00	40.00	*0	12.00	1.00	14.00	0.00	0.00	0.00
Spiced Cherry Salad	1/4 cup	20	76	0	2	0.97	1.80	13.51	*1041	19.39	0.64	18.41	0.05	0.00	*0.00
ASST. FRUIT & VEG	1/2 CUP	10	76	0	9	2.41	0.36	19.26	932	18.16	0.96	19.34	0.00	0.00	*0.00
ASST. CONDIMENT	12 GRAMS	19	30	2	115	0.00	0.07	2.20	4	0.00	0.00	2.09	2.20	0.40	*0.00
MILK, 1%	1/2 PINT	1	110	10	130	0.00	0.00	300.00	750	1.20	8.00	13.00	2.50	1.50	0.00
MILK, 1% CHOCOLATE	1/2 PINT	19	150	10	210	0.00	0.00	300.00	0	1.20	9.00	24.00	2.50	1.50	0.00
Weighted Daily Average			642	56	992	8.35	4.99	376.59	*1818	44.71	31.42	92.74	17.06	5.94	*0.00
% of Calories											19.6%	57.8%	23.9%	8.3%	0.0%

<b>Wed - 05/09/2012</b>															
Elementary Lunch	Total	20													
Roasted Chicken	2 oz serving	18	110	51	169	0.00	1.08	10.00	*0	0.00	11.00	1.00	6.00	2.00	0.00
SALAD BAR TACO	1 EACH	2	215	23	606	5.15	1.66	207.49	2726	179.15	11.52	21.09	9.95	3.69	*0.00
Mashed Sweet Potatoes	1/2 cup	10	130	0	50	3.00	0.72	60.00	*0	*0.00	1.00	31.00	1.00	*0.00	*0.00
Marshmallow Garnish	1 each	10	23	0	6	0.00	0.00	0.00	*0	*0.00	0.00	5.50	0.00	0.00	0.00
GREEN BEANS: frozen,boiled	1/2 CUP	10	19	0	6	2.03	0.59	33.08	376	2.77	1.01	4.35	0.11	0.03	*0.00
DINNER ROLL	2 OZ	10	183	0	351	1.50	0.38	14.95	0	0.03	6.10	32.99	2.90	0.57	0.00
ASST. FRUIT & VEG	1/2 CUP	30	76	0	9	2.41	0.36	19.26	932	18.16	0.96	19.34	0.00	0.00	*0.00
MILK, 1%	1/2 PINT	1	110	10	130	0.00	0.00	300.00	750	1.20	8.00	13.00	2.50	1.50	0.00
MILK, 1% CHOCOLATE	1/2 PINT	19	150	10	210	0.00	0.00	300.00	0	1.20	9.00	24.00	2.50	1.50	0.00
Weighted Daily Average			560	58	639	7.40	2.52	412.65	*1896	*47.75	25.50	92.39	10.90	*3.97	*0.00
% of Calories											18.2%	66.0%	17.5%	6.4%	0.0%

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## May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values Elementary Lunch

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat	G Tr-Fat
<b>Thu - 05/10/2012</b>															
Elementary Lunch	Total	20													
Bagel Plain Petite	2 each	18	146	0	276	2.00	1.80	20.00	*0	*0.00	6.00	32.00	0.00	0.00	0.00
Cream Cheese Lite	1 each	18	60	15	95	0.00	0.00	0.00	*0	1.20	2.00	1.00	5.00	4.00	0.00
YOGURT, DANIMALS	4 OZ	15	125	6	91	0.00	0.00	170.60	0	0.00	6.02	22.08	2.01	1.00	0.00
Low Fat Cottage Cheese	1/4 cup	10	43	5	244	0.50	0.09	50.00	*0	0.60	7.00	2.50	0.50	0.50	0.00
PEACHES, DICED, CANNED	1/4 CUP	10	31	0	5	0.90	0.24	0.00	135	0.00	0.45	7.65	0.00	0.00	*0.00
ASST. FRUIT & VEG	1/2 CUP	30	76	0	9	2.41	0.36	19.26	932	18.16	0.96	19.34	0.00	0.00	*0.00
SALAD BAR SHAVED TURKEY	1 EACH	2	181	26	620	4.23	1.44	158.95	2530	182.09	13.47	15.02	7.69	2.64	*0.00
MILK, 1%	1/2 PINT	1	110	10	130	0.00	0.00	300.00	750	1.20	8.00	13.00	2.50	1.50	0.00
MILK, 1% CHOCOLATE	1/2 PINT	19	150	10	210	0.00	0.00	300.00	0	1.20	9.00	24.00	2.50	1.50	0.00
Weighted Daily Average			597	33	808	6.54	2.46	515.73	*1756	*48.02	27.18	105.30	9.52	6.37	*0.00
% of Calories											18.2%	70.5%	14.4%	9.6%	0.0%

<b>Fri - 05/11/2012</b>															
Elementary Lunch	Total	20													
Big Daddy Cheese Pizza WholeWh	slice	19	340	30	620	2.00	2.70	250.00	*0	*0.00	20.00	39.00	12.00	5.00	0.00
SALAD BAR CHICKEN STRIPS	1 EACH	1	195	49	355	3.14	1.43	168.40	2587	102.63	18.56	10.23	9.05	3.38	*0.00
GREEN BEANS: frozen,boiled	1/2 CUP	5	19	0	6	2.03	0.59	33.08	376	2.77	1.01	4.35	0.11	0.03	*0.00
Sweet Potato Pudding	1/2 cup	15	182	5	118	2.90	1.34	197.41	*332	2.92	5.10	37.33	2.05	0.77	*0.00
ASST. FRUIT & VEG	1/2 CUP	20	76	0	9	2.41	0.36	19.26	932	18.16	0.96	19.34	0.00	0.00	*0.00
MILK, 1%	1/2 PINT	1	110	10	130	0.00	0.00	300.00	750	1.20	8.00	13.00	2.50	1.50	0.00
MILK, 1% CHOCOLATE	1/2 PINT	19	150	10	210	0.00	0.00	300.00	0	1.20	9.00	24.00	2.50	1.50	0.00
Weighted Daily Average			698	45	912	7.15	4.15	721.51	*1441	*27.37	33.92	109.44	15.92	7.00	*0.00
% of Calories											19.4%	62.7%	20.5%	9.0%	0.0%

<b>Mon - 05/14/2012</b>															
Elementary Lunch	Total	20													
Cheese Quesadilla	1 each	18	340	0	910	3.00	0.36	300.00	0	0.00	15.00	41.00	13.00	4.00	1.00
SALAD BAR FRUIT & YOGURT	1 EACH	2	261	15	587	7.41	1.27	300.19	2902	197.85	12.97	39.71	6.65	2.94	*0.00
SALSA:COMMODITY	2 OZ	18	20	0	244	0.79	1.27	6.80	312	2.27	0.85	3.97	0.11	0.01	*0.00
REFRIED BEANS: canned	1/2 CUP	5	118	10	377	6.68	2.09	44.10	0	7.56	6.92	19.57	1.59	0.59	*0.00
SPICED APPLES	1/2 CUP	10	138	0	8	3.02	0.69	18.39	84	0.78	0.31	34.69	0.81	0.13	*0.00
ASST. FRUIT & VEG	1/2 CUP	25	76	0	9	2.41	0.36	19.26	932	18.16	0.96	19.34	0.00	0.00	*0.00
MILK, 1%	1/2 PINT	1	110	10	130	0.00	0.00	300.00	750	1.20	8.00	13.00	2.50	1.50	0.00
MILK, 1% CHOCOLATE	1/2 PINT	19	150	10	210	0.00	0.00	300.00	0	1.20	9.00	24.00	2.50	1.50	0.00
Weighted Daily Average			692	14	1413	10.35	2.91	650.44	1815	48.00	27.60	114.30	15.77	5.62	*0.90
% of Calories											15.9%	66.1%	20.5%	7.3%	1.2%

# Warren Consolidated Schools

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## 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>Tue - 05/15/2012</b>															
Elementary Lunch	Total	20													
Whole Grain Chicken Pattie	1 each	19	230	20	490	3.00	1.80	40.00	*0	0.00	13.00	15.00	13.00	2.00	0.00
ULTRA GRAIN BUN	2 OZ	19	189	0	306	5.11	1.56	17.07	3	0.03	6.29	32.39	4.43	1.00	*0.00
SALAD BAR HUMMUS & GREEK	1 EACH	1	230	22	922	5.79	1.29	290.11	5339	180.19	11.32	20.69	11.77	5.25	*0.00
Pita Shell 1/4	.25 each	1	43	0	100	0.50	0.50	12.75	1	0.00	1.25	8.50	0.50	0.00	0.00
Sweet Potato Puffs	serving	10	130	0	230	2.00	0.36	20.00	*0	3.60	1.00	23.00	4.00	0.00	0.00
Frozen Pea Salad	1/4 cup	20	46	4	103	1.11	0.46	30.63	747	1.03	1.28	3.22	2.49	0.64	*0.00
ASST. FRUIT & VEG	1/2 CUP	10	76	0	9	2.41	0.36	19.26	932	18.16	0.96	19.34	0.00	0.00	*0.00
MILK, 1%	1/2 PINT	1	110	10	130	0.00	0.00	300.00	750	1.20	8.00	13.00	2.50	1.50	0.00
MILK, 1% CHOCOLATE	1/2 PINT	19	150	10	210	0.00	0.00	300.00	0	1.20	9.00	24.00	2.50	1.50	0.00
Weighted Daily Average			709	34	1235	11.34	4.10	419.62	*1520	22.15	30.17	94.32	24.16	5.25	*0.00
% of Calories											17.0%	53.2%	30.7%	6.7%	0.0%

<b>Wed - 05/16/2012</b>															
Elementary Lunch	Total	20													
ROAST TURKEY & GRAVY	#6 SCOOP	18	162	51	1092	0.00	0.61	36.75	18	10.80	20.55	12.00	5.02	0.67	*0.00
SALAD BAR TACO	1 EACH	2	215	23	606	5.15	1.66	207.49	2726	179.15	11.52	21.09	9.95	3.69	*0.00
Mashed Potatoes (low salt)	1 each	18	77	0	288	1.00	0.36	10.00	*0	3.60	2.00	16.00	1.00	0.00	0.00
CARROTS:frozen, boiled	1/2 CUP	12	27	0	43	2.41	0.39	25.55	12137	1.68	0.42	5.64	0.50	0.09	*0.00
PUMPKIN SQUARE	square	10	230	43	277	1.93	0.96	616.07	206	1.08	3.29	27.60	12.65	2.18	*0.00
ASST. FRUIT & VEG	1/2 CUP	10	76	0	9	2.41	0.36	19.26	932	18.16	0.96	19.34	0.00	0.00	*0.00
MILK, 1% CHOCOLATE	1/2 PINT	19	150	10	210	0.00	0.00	300.00	0	1.20	9.00	24.00	2.50	1.50	0.00
MILK, 1%	1/2 PINT	1	110	10	130	0.00	0.00	300.00	750	1.20	8.00	13.00	2.50	1.50	0.00
Weighted Daily Average			554	79	1677	5.03	1.93	695.82	*8177	42.70	32.78	77.61	15.54	3.62	*0.00
% of Calories											23.7%	56.1%	25.2%	5.9%	0.0%

<b>Thu - 05/17/2012</b>															
Elementary Lunch	Total	20													
Mini Maple Pancakes	bag	18	170	5	200	2.00	0.72	40.00	0	0.00	4.00	30.00	5.00	1.00	0.00
SALAD BAR SHAVED TURKEY	1 EACH	2	181	26	620	4.23	1.44	158.95	2530	182.09	13.47	15.02	7.69	2.64	*0.00
Turkey Sausage Links	3 links	18	195	68	675	0.00	0.54	30.00	*0	0.00	15.00	1.50	15.00	4.50	0.00
Apple Juice	4 oz cup	15	60	0	0	0.00	0.00	11.00	3	60.00	0.00	13.00	0.00	0.00	*0.00
PEAR, DICED, CANNED	1/2 CUP	10	65	0	5	1.83	0.00	9.15	0	0.91	0.00	17.38	0.00	0.00	0.00
ASST. FRUIT & VEG	1/2 CUP	15	76	0	9	2.41	0.36	19.26	932	18.16	0.96	19.34	0.00	0.00	*0.00
MILK, 1%	1/2 PINT	1	110	10	130	0.00	0.00	300.00	750	1.20	8.00	13.00	2.50	1.50	0.00
MILK, 1% CHOCOLATE	1/2 PINT	19	150	10	210	0.00	0.00	300.00	0	1.20	9.00	24.00	2.50	1.50	0.00
Weighted Daily Average			629	78	1065	4.95	1.54	406.16	*992	78.48	28.12	86.25	21.27	6.71	*0.00
% of Calories											17.9%	54.8%	30.4%	9.6%	0.0%

# Warren Consolidated Schools

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat	G Tr-Fat
Fri - 05/18/2012															
Elementary Lunch	Total	20													
Big Daddy Cheese Pizza WholeWh	slice	19	340	30	620	2.00	2.70	250.00	*0	*0.00	20.00	39.00	12.00	5.00	0.00
SALAD BAR CHICKEN STRIPS	1 EACH	1	195	49	355	3.14	1.43	168.40	2587	102.63	18.56	10.23	9.05	3.38	*0.00
GREEN BEANS: frozen,boiled	1/2 CUP	5	19	0	6	2.03	0.59	33.08	376	2.77	1.01	4.35	0.11	0.03	*0.00
ASST. FRUIT & VEG	1/2 CUP	25	76	0	9	2.41	0.36	19.26	932	18.16	0.96	19.34	0.00	0.00	*0.00
Mini Banana Splits	1 each	10	122	4	57	1.83	0.23	152.07	42	25.08	4.97	24.42	1.19	0.68	*0.00
MILK, 1%	1/2 PINT	1	110	10	130	0.00	0.00	300.00	750	1.20	8.00	13.00	2.50	1.50	0.00
MILK, 1% CHOCOLATE	1/2 PINT	19	150	10	210	0.00	0.00	300.00	0	1.20	9.00	24.00	2.50	1.50	0.00
Weighted Daily Average			641	43	854	6.49	3.35	654.30	*1447	*42.26	32.82	98.49	14.97	6.77	*0.00
% of Calories											20.5%	61.4%	21.0%	9.5%	0.0%

Mon - 05/21/2012															
Elementary Lunch	Total	20													
All Beef Hot Dog	1 each	19	172	37	497	0.00	0.72	10.00	0	0.00	7.00	1.00	16.00	6.00	1.00
ULTRA GRAIN BUN	2 OZ	19	189	0	306	5.11	1.56	17.07	3	0.03	6.29	32.39	4.43	1.00	*0.00
SALAD BAR FRUIT & YOGURT	1 EACH	1	261	15	587	7.41	1.27	300.19	2902	197.85	12.97	39.71	6.65	2.94	*0.00
CORN ON THE COB: frozen,boiled	1 EACH	15	59	0	151	1.76	0.38	1.89	146	3.02	1.96	14.07	0.47	0.07	*0.00
BROCCOLI SLAW	1/2 CUP	5	204	22	439	3.47	1.27	66.71	4615	88.97	3.03	15.71	15.63	3.11	*0.00
ASST. FRUIT & VEG	1/2 CUP	20	76	0	9	2.41	0.36	19.26	932	18.16	0.96	19.34	0.00	0.00	*0.00
ASST. CONDIMENT	12 GRAMS	19	30	2	115	0.00	0.07	2.20	4	0.00	0.00	2.09	2.20	0.40	*0.00
RAISINS BOXED	5 EACH	5	565	0	20	5.00	3.60	100.00	0	3.00	5.00	150.00	0.00	0.00	0.00
MILK, 1%	1/2 PINT	1	110	10	130	0.00	0.00	300.00	750	1.20	8.00	13.00	2.50	1.50	0.00
MILK, 1% CHOCOLATE	1/2 PINT	19	150	10	210	0.00	0.00	300.00	0	1.20	9.00	24.00	2.50	1.50	0.00
Weighted Daily Average			845	53	1345	11.08	4.17	405.17	2385	54.54	26.67	130.45	28.58	9.50	*0.95
% of Calories											12.6%	61.8%	30.5%	10.1%	1.0%

Tue - 05/22/2012															
Elementary Lunch	Total	20													
Whole Wheat Chicken Nuggets	5 each	19	181	41	453	0.82	0.89	16.47	*0	0.00	13.18	9.06	10.71	2.47	0.00
BBQ SAUCE PKT	12 GRAMS	19	17	0	78	0.00	0.00	0.00	0	0.00	0.00	4.00	0.00	0.00	*0.00
SALAD BAR HUMMUS & GREEK	1 EACH	1	230	22	922	5.79	1.29	290.11	5339	180.19	11.32	20.69	11.77	5.25	*0.00
Pita Shell 1/4	.25 each	1	43	0	100	0.50	0.50	12.75	1	0.00	1.25	8.50	0.50	0.00	0.00
BAKED POTATO HALF	3.5 oz	15	91	0	10	3.50	1.26	0.00	10	10.50	3.50	21.00	0.00	0.00	0.00
SOUR CREAM	1 OZ	10	60	20	55	0.00	0.00	40.00	200	0.00	1.00	2.00	5.00	4.00	*0.00
Parmesan Roasted Asparagus	1/4 cup	20	44	6	81	1.00	1.02	68.15	357	2.65	2.93	1.85	3.07	1.12	*0.00
ASST. FRUIT & VEG	1/2 CUP	15	76	0	9	2.41	0.36	19.26	932	18.16	0.96	19.34	0.00	0.00	*0.00
MILK, 1%	1/2 PINT	1	110	10	130	0.00	0.00	300.00	750	1.20	8.00	13.00	2.50	1.50	0.00
MILK, 1% CHOCOLATE	1/2 PINT	19	150	10	210	0.00	0.00	300.00	0	1.20	9.00	24.00	2.50	1.50	0.00
Weighted Daily Average			549	66	885	6.53	3.17	433.38	*1469	34.35	28.87	70.42	18.86	7.23	*0.00
% of Calories											21.0%	51.3%	30.9%	11.8%	0.0%

# Warren Consolidated Schools

## May 1, 2012 thru May 31, 2012 Spreadsheet - Portion Values 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 - 05/23/2012</b>															
Elementary Lunch	Total	20													
SPAGHETTI AND MEAT SAUCE	1 CUP	18	340	54	328	3.21	4.19	44.40	673	5.67	22.47	36.26	11.35	4.64	*0.00
SALAD BAR TACO	1 EACH	2	215	23	606	5.15	1.66	207.49	2726	179.15	11.52	21.09	9.95	3.69	*0.00
TOSSED SALAD	1/2 CUP	10	31	0	14	1.62	1.13	36.44	2678	21.54	1.62	6.98	0.00	0.00	*0.00
ASST. DRESSINGS	12 GRAMS	10	42	2	94	0.00	0.00	1.00	3	0.00	0.00	1.33	4.00	0.67	*0.00
ORANGE GLAZED CARROTS	1/2 CUP	10	72	0	201	1.20	0.50	21.00	9744	10.20	0.63	11.47	2.88	0.58	*0.00
ASST. FRUIT & VEG	1/2 CUP	20	76	0	9	2.41	0.36	19.26	932	18.16	0.96	19.34	0.00	0.00	*0.00
MILK, 1%	1/2 PINT	1	110	10	130	0.00	0.00	300.00	750	1.20	8.00	13.00	2.50	1.50	0.00
MILK, 1% CHOCOLATE	1/2 PINT	19	150	10	210	0.00	0.00	300.00	0	1.20	9.00	24.00	2.50	1.50	0.00
Weighted Daily Average			625	62	725	7.22	5.11	409.19	8060	58.25	32.41	87.43	17.15	6.66	*0.00
% of Calories											20.8%	56.0%	24.7%	9.6%	0.0%

<b>Thu - 05/24/2012</b>															
Elementary Lunch	Total	20													
Big Daddy Cheese Pizza WholeWh	slice	19	340	30	620	2.00	2.70	250.00	*0	*0.00	20.00	39.00	12.00	5.00	0.00
SALAD BAR SHAVED TURKEY	1 EACH	1	181	26	620	4.23	1.44	158.95	2530	182.09	13.47	15.02	7.69	2.64	*0.00
Roasted Chick Peas	3 oz	5	82	0	250	4.58	1.18	26.18	65	0.00	4.58	13.08	1.81	0.11	*0.00
ASST. FRUIT & VEG	1/2 CUP	25	76	0	9	2.41	0.36	19.26	932	18.16	0.96	19.34	0.00	0.00	*0.00
FRUITED JELLO	1/2 CUP	10	110	0	78	0.50	0.00	0.00	100	0.60	1.50	26.00	0.00	0.00	0.00
MILK, 1%	1/2 PINT	1	110	10	130	0.00	0.00	300.00	750	1.20	8.00	13.00	2.50	1.50	0.00
MILK, 1% CHOCOLATE	1/2 PINT	19	150	10	210	0.00	0.00	300.00	0	1.20	9.00	24.00	2.50	1.50	0.00
Weighted Daily Average			651	40	939	6.52	3.38	576.07	*1395	*33.30	31.72	101.70	14.74	6.41	*0.00
% of Calories											19.5%	62.5%	20.4%	8.9%	0.0%

<b>Tue - 05/29/2012</b>															
Elementary Lunch	Total	20													
Reduced Fat Beef Taco Meat	1 serving	18	111	34	291	2.00	1.80	40.00	*0	*0.00	13.00	4.00	5.00	2.00	0.00
Cheese Sauce	1/4 cup	18	70	0	410	0.00	0.00	10.00	*0	0.00	1.00	4.00	6.00	1.00	0.00
Tortilla Chips	serv (18 chips)	18	320	0	150	2.00	0.00	0.00	*0	0.00	4.00	44.00	14.00	2.00	0.00
SALSA:COMMODITY	4 OZ	10	41	0	488	1.59	2.54	13.61	624	4.54	1.70	7.94	0.23	0.02	*0.00
SALAD BAR HUMMUS & GREEK	1 EACH	2	230	22	922	5.79	1.29	290.11	5339	180.19	11.32	20.69	11.77	5.25	*0.00
Pita Shell 1/4	.25 each	2	43	0	100	0.50	0.50	12.75	1	0.00	1.25	8.50	0.50	0.00	0.00
Tomato Corn Salad	1/4 cup	20	58	0	179	1.09	0.23	7.15	186	3.85	0.94	6.85	3.60	0.49	*0.00
FRUIT, MIXED, CANNED	1/2 CUP	10	72	0	4	0.90	0.00	0.00	180	1.08	0.90	16.20	0.00	0.00	0.00
ASST. FRUIT & VEG	1/2 CUP	10	76	0	9	2.41	0.36	19.26	932	18.16	0.96	19.34	0.00	0.00	*0.00
MILK, 1%	1/2 PINT	1	110	10	130	0.00	0.00	300.00	750	1.20	8.00	13.00	2.50	1.50	0.00
MILK, 1% CHOCOLATE	1/2 PINT	19	150	10	210	0.00	0.00	300.00	0	1.20	9.00	24.00	2.50	1.50	0.00
Weighted Daily Average			779	43	1504	7.77	3.48	398.87	*1626	*34.95	29.13	101.76	29.94	7.03	*0.00
% of Calories											15.0%	52.3%	34.6%	8.1%	0.0%

# Warren Consolidated Schools

	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 - 05/30/2012</b>															
Elementary Lunch	Total	20													
Roasted Chicken	2 oz serving	18	110	51	169	0.00	1.08	10.00	*0	0.00	11.00	1.00	6.00	2.00	0.00
SALAD BAR SHAVED TURKEY	1 EACH	2	181	26	620	4.23	1.44	158.95	2530	182.09	13.47	15.02	7.69	2.64	*0.00
ORANGE GLAZED CARROTS	1/2 CUP	5	72	0	201	1.20	0.50	21.00	9744	10.20	0.63	11.47	2.88	0.58	*0.00
TOMATO CUCUMBER SALAD	1/2 cup	15	106	0	158	0.69	0.16	12.18	240	8.76	0.75	4.78	9.86	1.38	*0.00
ASST. FRUIT & VEG	1/2 CUP	20	76	0	9	2.41	0.36	19.26	932	18.16	0.96	19.34	0.00	0.00	*0.00
DINNER ROLL	2 OZ	10	183	0	351	1.50	0.38	14.95	0	0.03	6.10	32.99	2.90	0.57	0.00
MILK, 1%	1/2 PINT	1	110	10	130	0.00	0.00	300.00	750	1.20	8.00	13.00	2.50	1.50	0.00
MILK, 1% CHOCOLATE	1/2 PINT	19	150	10	210	0.00	0.00	300.00	0	1.20	9.00	24.00	2.50	1.50	0.00
Weighted Daily Average			530	59	773	4.41	1.91	366.02	*3839	46.70	24.93	68.14	18.23	5.03	*0.00
% of Calories											18.8%	51.4%	30.9%	8.5%	0.0%

<b>Thu - 05/31/2012</b>															
Elementary Lunch	Total	20													
TURKEY W/CHEESE SANDWICH	1 EACH	18	296	51	1034	1.20	3.05	157.29	136	0.00	22.07	27.71	10.17	4.49	*0.00
SALAD BAR SHAVED TURKEY	1 EACH	2	181	26	620	4.23	1.44	158.95	2530	182.09	13.47	15.02	7.69	2.64	*0.00
PASTA SALAD	1/2 CUP	5	187	0	220	2.71	1.31	22.55	1746	13.29	4.36	22.44	9.34	1.31	*0.00
FROZEN GRAPE JUICE BAR	1 EACH	15	60	0	10	0.00	0.00	60.00	0	60.00	0.00	15.00	0.00	0.00	0.00
ASST. FRUIT & VEG	1/2 CUP	10	76	0	9	2.41	0.36	19.26	932	18.16	0.96	19.34	0.00	0.00	*0.00
BROCCOLI,raw: fresh	1/2 CUP	10	15	0	15	1.14	0.32	20.68	274	39.25	1.24	2.92	0.16	0.01	*0.00
Ranch Dressin	2 TBSP	1	76	5	251	0.00	0.00	10.00	*0	0.00	0.00	5.00	6.00	1.00	0.00
MILK, 1%	1/2 PINT	1	110	10	130	0.00	0.00	300.00	750	1.20	8.00	13.00	2.50	1.50	0.00
MILK, 1% CHOCOLATE	1/2 PINT	19	150	10	210	0.00	0.00	300.00	0	1.20	9.00	24.00	2.50	1.50	0.00
Weighted Daily Average			574	59	1285	3.96	3.56	528.56	*1453	96.43	32.35	78.13	15.14	6.19	*0.00
% of Calories											22.6%	54.5%	23.7%	9.7%	0.0%

Weighted Average			628	*50	1055	7.21	3.31	481.49	*2679	*46.38	29.36	91.82	17.67	*6.18	*0.09
											18.7%	58.5%	25.3%	8.9%	0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	628		645	97%		17	Correction Required - Calories are Low
Cholesterol (Mg)	50		0		Missing		
Sodium (Mg)	1055		0				
Fiber (G)	7.21		0.00				
Iron (Mg)	3.31		3.30	100%			
Calcium (Mg)	481.49		267.00	180%			
Vitamin A (IU)	2679		1055	254%	Missing		
Vitamin C (Mg)	46.38		15.00	309%	Missing		
Protein (G)	29.36	18.72%	8.87	331%			
Carbohydrate (G)	91.82	58.53%	0.00				
Total Fat (G)	17.67	25.34%	<30.00				
Saturated Fat (G)	6.18	8.87%	<10.00		Missing		
Trans Fat (G)	0.09	0.13%					