

Friendswood ISD

Sep 19, 2011 thru Oct 28, 2011 Spreadsheet - Portion Values

Sep 19, 2011

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Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 09/19/2011										
Westwood Breakfast	Total									
WAFFLE, Large Square AP B 2ea	2 Waffle	190	9.00	350.0	0	0	0.0	31.0	6.0	1.00
COND PC Syrup 1.4oz Smuckers	packet	120	0.00	0.0	0	0	0.0	30.0	0.0	0.00
COND PC Margarine 5g	2 each	60	0.00	0.0	600	80	0.0	0.0	6.0	2.00
JUICE, Orange 100% 4oz Cart	1 Each	50	0.00	0.0	0	0	42.0	13.0	0.0	0.00
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
Elementary Lunch	Total									
WAFFLE, Large Square AP B 1ea	1 Waffle	95	4.50	175.0	0	0	0.0	15.5	3.0	0.50
SAUSAGE Patty, Turkey 1oz 1.0	Patty	70	0.36	0.0	0	0	0.0	0.0	4.0	1.00
EGG, Scrambled SS W 2.0	1/4 cup	85	0.84	59.1	254	53	0.0	1.67	5.26	1.76
BACON, Fully Ck 2 Slice	2 Slice	53	0.00	0.0	0	0	0.0	0.0	4.66	1.67
BREAD B, Tst, 2	2 slices	133	1.87	75.5	0	0	0.0	25.31	1.65	0.36
SDW BD, Ham w/AM B 1.5	1 Each	237	2.14	171.7	152	30	0.0	26.57	8.48	3.65
CRACKER, GFish Ched WG .75oz	Package	100	0.36	20.0	0	0	0.0	14.0	3.5	1.00
POTATO, HB Starz 1/2c	1/2 Cup	128	0.51	0.0	0	0	1.7	14.17	7.08	0.71
TOMATO, Fresh Cherry 3/8c	3/8 Cup	10	0.16	5.7	478	96	7.29	2.25	0.11	0.02
CUCUMBER, Fresh 3/8c	3/8 Cup	6	0.11	6.2	41	8	1.09	1.42	0.04	0.01
PEACHES, Sliced w/Juice 3/8c	3/8 Cup	37	0.00	0.0	220	44	0.88	8.79	0.0	0.00
GRAPES, Fresh 3/8c	3/8 Cup	38	0.16	7.9	57	6	2.26	9.71	0.2	0.06
JUICE, Orange 100% 4oz Cart	1 Each	50	0.00	0.0	0	0	42.0	13.0	0.0	0.00
Cookie, Butter Sug 1.5oz RF WG	Cookie	160	1.08	0.0	100	20	0.0	29.0	5.0	1.50
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
COND Syrup, Pancake 1oz	1 oz	77	0.00	0.0	0	0	0.0	19.0	0.0	0.00
Weighted Daily Average		590	7.20	524.4	1087	208	27.03	98.47	17.35	4.28
% of Calories								66.8%	26.5%	6.5%

Tue - 09/20/2011										
Westwood Breakfast	Total									
BKS BISCUIT TSaus SC Egg	1 Each	303	1.86	29.6	127	26	0.0	24.84	14.63	8.88
APPLES, Fresh Sliced 3/8c	3/8 Cup	21	0.05	2.5	22	2	1.88	5.64	0.07	0.01
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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1 - denotes optional nutrient values

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Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
CHIX 7 Piece Breaded B 2.0	1 Each	101	0.48	7.3	33	10	0.0	3.3	6.07	1.61
PASTA, Noodles Parsley SC B	1/2 cup	138	1.24	16.1	146	30	0.04	21.05	4.23	1.60
BEEF Burg CHZAM AP WG 2.5	1 Each	305	3.82	164.7	252	50	0.0	25.27	12.62	5.24
BEEF Burg AP WG 2.0	1 Each	254	3.82	68.5	100	20	0.0	24.76	8.06	2.71
SALAD Fruit & Ch Plt SC W 1.5	1 serving	267	1.00	362.7	4737	254	9.83	23.77	14.73	9.19
Dinner Roll Wheat 2 oz	1 roll	174	1.04	2.9	0	0	0.0	28.02	5.01	0.67
PRETZEL, Soft Baked Rod WG	1 Each	70	0.72	0.0	0	0	0.0	14.0	0.5	0.00
POTATO, Sweet Mashed 3/8c	3/8 Cup	126	0.45	26.0	255	32	10.32	24.02	2.67	1.30
LETTUCE, Romaine 3/8c	3/8 Cup	3	0.17	5.8	1535	46	0.7	0.58	0.05	0.01
CARROTS, Fresh Baby 3/8c	3/8 Cup	17	0.43	15.4	6617	720	1.25	3.95	0.06	0.01
PEARS, Diced w/Juice 3/8c	3/8 cup	39	0.28	0.0	0	0	0.95	10.25	0.0	0.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	47	0.10	40.3	227	21	53.62	11.84	0.12	0.02
JUICE, Apple 100% 4oz Cart	1 Each	60	0.00	0.0	0	0	0.0	14.0	0.0	0.00
PUDDING, Chocolate	1/2 Cup	134	0.00	20.7	0	0	0.0	22.74	5.17	0.52
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
DELI: Garnish Veg SS W 0	1 Each	6	0.17	5.9	1190	43	3.21	1.16	0.08	0.01
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
Weighted Daily Average		522	3.02	369.3	2129	271	12.82	71.57	17.36	7.40
% of Calories								54.8%	29.9%	12.8%

Wed - 09/21/2011										
Westwood Breakfast	Total									
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	3.60	80.0	400	80	4.8	22.0	3.0	0.50
CEREAL, Cheerios Blpk WG	Bowlpack	70	5.40	60.0	500	100	3.6	14.0	1.0	0.00
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	3.60	80.0	400	80	4.8	20.0	1.0	0.00
CEREAL, Trix Blpk WG	Bowlpack	80	2.70	60.0	300	60	3.6	18.0	1.0	0.00
SDW BD, SB & Jelly WG 1.0	1/2	219	1.40	40.0	1	0	0.0	28.14	8.94	1.21
RAISINS, Single Serve 1.5oz	Box, 1.5oz	127	0.80	21.3	0	0	0.98	33.67	0.2	0.02
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00

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Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
BEEF Finger AP 2.25	4 Each	310	2.70	40.0	100	20	1.2	19.0	18.0	7.00
CHIX Nugget, WG (5) 2.0	5 Each	180	1.80	40.0	0	0	0.0	14.0	8.0	1.50
WRAP, Chix Buffalo SS WG 2.0	1 Each	376	1.54	120.8	1688	79	0.73	35.93	14.85	6.00
BEANS, Green Frozen 3/8c	3/8 Cup	16	0.39	24.6	327	23	2.41	3.78	0.1	0.02
POTATO, Mashed 1/2c	1/2 cup	86	0.31	3.3	0	0	25.9	18.13	0.0	0.00
Dinner Roll Wheat 2 oz	1 roll	174	1.04	2.9	0	0	0.0	28.02	5.01	0.67
LETTUCE, Romaine 3/8c	3/8 Cup	3	0.17	5.8	1535	46	0.7	0.58	0.05	0.01
CELERY, Fresh Sticks 3/8c	3/8 Cup	9	0.11	22.4	251	7	1.74	1.66	0.1	0.02
APPLESAUCE, Rosy SS 3/8c	3/8 cup	71	1.05	0.0	0	0	0.99	17.37	0.0	0.00
HONEYDEW, Melon Fresh 3/8c	3/8 cup	23	0.11	3.8	32	3	11.47	5.79	0.09	0.02
JUICE, Orange 100% 4oz Cart	1 Each	50	0.00	0.0	0	0	42.0	13.0	0.0	0.00
Cracker, Tortilla Crisps	1 Each	102	0.56	12.9	1	0	0.0	18.43	2.5	0.50
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Sauce, Taco 9g Heinz	packet	3	0.06	1.4	87	17	0.78	0.71	0.03	0.01
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
GRAVY, Country	1/4 Cup	34	0.00	20.8	0	0	0.0	5.77	0.48	0.00
Weighted Daily Average		600	4.95	359.8	994	187	15.42	96.80	16.78	3.50
% of Calories								64.5%	25.2%	5.2%

Thu - 09/22/2011										
Westwood Breakfast	Total									
MUFFIN, AplCinn SC 3.6oz LF	Each	236	1.22	4.9	5	0	0.08	52.89	1.56	0.01
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
CHEESE, String (1) Stick	Stick	80	0.00	200.0	200	40	0.0	1.0	6.0	4.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	47	0.10	40.3	227	21	53.62	11.84	0.12	0.02
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14

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Friendswood ISD

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Sep 19, 2011

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Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
PP Rot SC TomBeef SC WG 1.0	Serving	314	3.48	65.0	514	103	11.4	50.7	5.46	1.86
CHIX Patty WG on white B 2.0	Each	372	3.49	110.3	0	0	0.0	40.19	15.17	2.55
MELT, Chz AM WG 1.5	1 Each	290	1.36	348.5	457	91	0.0	24.64	15.54	8.01
CARROTS, Sliced Frozen 3/8c	3/8 Cup	26	0.37	24.4	11813	1235	1.61	5.39	0.47	0.08
BREADSTICK, SS 1oz WG	Roll	70	0.72	9.9	0	0	0.0	13.43	0.99	0.00
LETTUCE, Romaine 3/8c	3/8 Cup	3	0.17	5.8	1535	46	0.7	0.58	0.05	0.01
BROCCOLI, Fresh 3/8c	3/8 Cup	9	0.19	12.5	166	41	23.74	1.77	0.1	0.01
CUCUMBER, Fresh 3/8c	3/8 Cup	6	0.11	6.2	41	8	1.09	1.42	0.04	0.01
CANTALOUPE, Fresh 3/8c	3/8 Cup	20	0.13	5.4	2028	193	22.01	4.89	0.11	0.03
JUICE, Apple 100% 4oz Cart	1 Each	60	0.00	0.0	0	0	0.0	14.0	0.0	0.00
APRICOTS, w/ Juice 3/8c	3/8 cup	45	0.00	0.0	1313	45	0.9	10.5	0.0	0.00
CAKE, Applesauce SC	Servings	217	0.96	27.9	29	6	0.34	32.93	8.18	1.29
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
Weighted Daily Average		587	2.77	490.9	2529	322	33.79	94.10	16.65	5.22
% of Calories								64.1%	25.5%	8.0%

Fri - 09/23/2011										
Westwood Breakfast	Total									
BISCUIT, Cinnamon AP WG	1 Each	235	1.11	103.8	1	0	1.2	41.95	5.98	2.49
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
YOGURT, Trix Strw/Bn Bsh 4oz	1 Each	90	0.00	100.0	500	100	0.0	17.0	0.5	0.00
APPLESAUCE, Rosy SS 3/8c	3/8 cup	71	1.05	0.0	0	0	0.99	17.37	0.0	0.00
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14

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Elementary Lunch	Total									
PIZZA AP 50/50 Pepp WG 4x6	Pizza, 4.48oz	300	2.70	250.0	300	60	0.0	36.0	11.0	4.00
SOUP, Chix Rice SS W 1.0	8 ozw	201	0.89	42.1	2296	325	1.72	28.75	3.96	1.04
SDW BD, Cheese AM B 1.5	1 Each	157	0.08	291.7	456	91	0.0	2.57	13.74	7.61
SALAD Ham Pizza SC W 1.5	1 serving	132	0.83	116.3	3050	104	8.47	3.4	8.45	3.86
Dinner Roll Wheat 2 oz	1 roll	174	1.04	2.9	0	0	0.0	28.02	5.01	0.67
Dinner Roll Wheat 2 oz	1 roll	174	1.04	2.9	0	0	0.0	28.02	5.01	0.67
CORN, Frozen 3/8c	3/8 Cup	50	0.29	1.9	124	14	2.17	11.99	0.42	0.06
LETTUCE, Romaine 3/8c	3/8 Cup	3	0.17	5.8	1535	46	0.7	0.58	0.05	0.01
CARROTS, Fresh Baby 3/8c	3/8 Cup	17	0.43	15.4	6617	720	1.25	3.95	0.06	0.01
FRUIT COCKTAIL, w/Juice 3/8c	3/8 Cup	46	0.00	0.0	154	31	0.92	10.77	0.0	0.00
APPLES, 163ct Half 3/8c	163ct Half	26	0.06	3.0	27	3	2.33	6.99	0.09	0.01
JUICE, Orange 100% 4oz Cart	1 Each	50	0.00	0.0	0	0	42.0	13.0	0.0	0.00
BROWNIES SS 1/72	1/72 cut	171	1.24	2.7	12	2	0.0	28.97	5.28	2.31
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
COND PC Ketchup 9g Heinz	packet	11	0.03	1.4	42	17	0.59	2.61	0.02	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
Weighted Daily Average		596	3.17	495.5	2192	332	8.73	100.71	15.45	5.39
% of Calories								67.5%	23.3%	8.1%

Mon - 09/26/2011										
Westwood Breakfast	Total									
CORN DOG Bkfst, Mpl Tky WG 1.0	Each	170	1.44	0.0	0	0	0.0	21.0	6.0	1.50
CHEESE, String LF (1) Stick	Stick	60	0.00	200.0	200	40	0.0	1.0	2.5	2.00
COND PC Syrup 1.4oz Smuckers	packet	120	0.00	0.0	0	0	0.0	30.0	0.0	0.00
JUICE, Orange 100% 4oz Cart	1 Each	50	0.00	0.0	0	0	42.0	13.0	0.0	0.00
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14

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Friendswood ISD

Sep 19, 2011 thru Oct 28, 2011 Spreadsheet - Portion Values

Sep 19, 2011

Page 6

Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
MEATBALL SUB, Italin SS WH 2.0	1 Each	332	4.18	284.2	281	56	3.0	32.43	13.18	5.13
CHIX Nugget, WG (5) 2.0	5 Each	180	1.80	40.0	0	0	0.0	14.0	8.0	1.50
Dinner Roll Wheat 2 oz	1 roll	174	1.04	2.9	0	0	0.0	28.02	5.01	0.67
SALAD Egg Chef AP W 1.5	Each	130	1.19	242.6	2306	194	18.68	2.58	9.08	5.18
BROCCOLI, Frz Chopped 3/8c	3/8 Cup	20	0.43	23.4	717	134	28.42	3.79	0.09	0.01
LETTUCE, Romaine 3/8c	3/8 Cup	3	0.17	5.8	1535	46	0.7	0.58	0.05	0.01
TOMATO, Fresh Cherry 3/8c	3/8 Cup	10	0.16	5.7	478	96	7.29	2.25	0.11	0.02
CUCUMBER, Fresh 3/8c	3/8 Cup	6	0.11	6.2	41	8	1.09	1.42	0.04	0.01
PEACHES, Sliced w/Juice 3/8c	3/8 Cup	37	0.00	0.0	220	44	0.88	8.79	0.0	0.00
GRAPES, Fresh 3/8c	3/8 Cup	38	0.16	7.9	57	6	2.26	9.71	0.2	0.06
JUICE, Orange 100% 4oz Cart	1 Each	50	0.00	0.0	0	0	42.0	13.0	0.0	0.00
Cookie, Butter Sug 1.5oz RF WG	Cookie	160	1.08	0.0	100	20	0.0	29.0	5.0	1.50
PRETZEL, Soft Baked Rod WG	1 Each	70	0.72	0.0	0	0	0.0	14.0	0.5	0.00
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
Weighted Daily Average		584	2.92	417.8	1043	196	33.79	95.76	14.48	4.21
% of Calories								65.6%	22.3%	6.5%

Tue - 09/27/2011										
Westwood Breakfast	Total									
FRENCH TOAST STICK, AP WG 4ea	4Sticks	300	1.44	60.0	0	0	0.0	43.0	13.0	3.00
COND PC Syrup 1.4oz Smuckers	packet	120	0.00	0.0	0	0	0.0	30.0	0.0	0.00
APRICOTS, w/ Juice 3/8c	3/8 cup	45	0.00	0.0	1313	45	0.9	10.5	0.0	0.00
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14

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Friendswood ISD

Sep 19, 2011 thru Oct 28, 2011 Spreadsheet - Portion Values

Sep 19, 2011

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Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
CHIX 8ct Italian SC B 2.0	1 Each	197	0.27	0.0	0	0	0.0	2.0	14.43	4.56
PASTA, Noodles Parsley SC B	1/2 cup	138	1.24	16.1	146	30	0.04	21.05	4.23	1.60
BEEF Burg AP WG 2.0	1 Each	254	3.82	68.5	100	20	0.0	24.76	8.06	2.71
BEEF Burg CHZAM AP WG 2.5	1 Each	335	3.82	164.7	252	50	0.0	24.27	17.62	7.74
SALAD Fruit & Ch Plt SC W 1.5	1 serving	267	1.00	362.7	4737	254	9.83	23.77	14.73	9.19
Dinner Roll Wheat 2 oz	1 roll	174	1.04	2.9	0	0	0.0	28.02	5.01	0.67
POTATO, HB Starz 1/2c	1/2 Cup	128	0.51	0.0	0	0	1.7	14.17	7.08	0.71
LETTUCE, Romaine 3/8c	3/8 Cup	3	0.17	5.8	1535	46	0.7	0.58	0.05	0.01
CARROTS, Fresh Baby 3/8c	3/8 Cup	17	0.43	15.4	6617	720	1.25	3.95	0.06	0.01
PEARS, Diced w/Juice 3/8c	3/8 cup	39	0.28	0.0	0	0	0.95	10.25	0.0	0.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	47	0.10	40.3	227	21	53.62	11.84	0.12	0.02
JUICE, Apple 100% 4oz Cart	1 Each	60	0.00	0.0	0	0	0.0	14.0	0.0	0.00
Cracker, Tortilla Crisps	1 Each	102	0.56	12.9	1	0	0.0	18.43	2.5	0.50
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
DEL: Garnish Veg SS W 0	1 Each	6	0.17	5.9	1190	43	3.21	1.16	0.08	0.01
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
Weighted Daily Average		607	2.95	367.4	2658	284	13.00	97.01	18.22	4.97
% of Calories								63.9%	27.0%	7.4%

Wed - 09/28/2011										
Westwood Breakfast	Total									
BKS BISCUIT WG Chicken	1 Each	275	1.80	120.0	0	0	1.2	35.5	10.0	3.25
ORANGES, Slices 138ct 3/8c	3/8 Cup	47	0.10	40.3	227	21	53.62	11.84	0.12	0.02
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14

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Friendswood ISD

Sep 19, 2011 thru Oct 28, 2011 Spreadsheet - Portion Values

Sep 19, 2011

Page 8

Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
BEEF Finger AP 2.25	4 Each	310	2.70	40.0	100	20	1.2	19.0	18.0	7.00
CHIX Nugget, WG (5) 2.0	5 Each	180	1.80	40.0	0	0	0.0	14.0	8.0	1.50
WRAP, Chix Buffalo SS WG 2.0	1 Each	376	1.54	120.8	1688	79	0.73	35.93	14.85	6.00
BEANS, Green Frozen 3/8c	3/8 Cup	16	0.39	24.6	327	23	2.41	3.78	0.1	0.02
POTATO, Mashed 1/2c	1/2 cup	86	0.31	3.3	0	0	25.9	18.13	0.0	0.00
Dinner Roll Wheat 2 oz	1 roll	174	1.04	2.9	0	0	0.0	28.02	5.01	0.67
LETTUCE, Romaine 3/8c	3/8 Cup	3	0.17	5.8	1535	46	0.7	0.58	0.05	0.01
CELERY, Fresh Sticks 3/8c	3/8 Cup	9	0.11	22.4	251	7	1.74	1.66	0.1	0.02
APPLESAUCE, Rosy SS 3/8c	3/8 cup	71	1.05	0.0	0	0	0.99	17.37	0.0	0.00
HONEYDEW, Melon Fresh 3/8c	3/8 cup	23	0.11	3.8	32	3	11.47	5.79	0.09	0.02
JUICE, Orange 100% 4oz Cart	1 Each	50	0.00	0.0	0	0	42.0	13.0	0.0	0.00
PUDDING, Chocolate	1/2 Cup	134	0.00	20.7	0	0	0.0	22.74	5.17	0.52
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Sauce, Taco 9g Heinz	packet	3	0.06	1.4	87	17	0.78	0.71	0.03	0.01
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
GRAVY, Country	1/4 Cup	34	0.00	20.8	0	0	0.0	5.77	0.48	0.00
Weighted Daily Average		538	2.69	385.3	944	160	44.05	81.87	15.93	4.18
% of Calories								60.9%	26.6%	7.0%

Thu - 09/29/2011										
Westwood Breakfast	Total									
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	3.60	80.0	400	80	4.8	22.0	3.0	0.50
CEREAL, Cheerios Blpk WG	Bowlpack	70	5.40	60.0	500	100	3.6	14.0	1.0	0.00
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	3.60	80.0	400	80	4.8	20.0	1.0	0.00
CEREAL, Trix Blpk WG	Bowlpack	80	2.70	60.0	300	60	3.6	18.0	1.0	0.00
SDW BD, SB & Jelly WG 1.0	1/2	219	1.40	40.0	1	0	0.0	28.14	8.94	1.21
RAISINS, Single Serve 1.5oz	Box, 1.5oz	127	0.80	21.3	0	0	0.98	33.67	0.2	0.02
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00

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Friendswood ISD

Sep 19, 2011 thru Oct 28, 2011 Spreadsheet - Portion Values

Sep 19, 2011

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Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
PP Rot SC TomBeef SC WG 1.0	Serving	314	3.48	65.0	514	103	11.4	50.7	5.46	1.86
BREADSTICK, SS 1oz WG	Roll	70	0.72	9.9	0	0	0.0	13.43	0.99	0.00
CHIX Patty, Plain WG 2.0	1 Each	363	3.81	88.4	0	0	0.0	37.71	16.02	2.70
N SALAD BF/BN SM SS B 2.0	1 Each	187	1.87	93.2	2053	74	2.48	20.65	7.35	2.39
CARROTS, Sliced Frozen 3/8c	3/8 Cup	26	0.37	24.4	11813	1235	1.61	5.39	0.47	0.08
LETTUCE, Romaine 3/8c	3/8 Cup	3	0.17	5.8	1535	46	0.7	0.58	0.05	0.01
BROCCOLI, Fresh 3/8c	3/8 Cup	9	0.19	12.5	166	41	23.74	1.77	0.1	0.01
CUCUMBER, Fresh 3/8c	3/8 Cup	6	0.11	6.2	41	8	1.09	1.42	0.04	0.01
APRICOTS, w/ Juice 3/8c	3/8 cup	45	0.00	0.0	1313	45	0.9	10.5	0.0	0.00
CANTALOUPE, Fresh 3/8c	3/8 Cup	20	0.13	5.4	2028	193	22.01	4.89	0.11	0.03
JUICE, Apple 100% 4oz Cart	1 Each	60	0.00	0.0	0	0	0.0	14.0	0.0	0.00
CAKE, Applesauce SC	Servings	217	0.96	27.9	29	6	0.34	32.93	8.18	1.29
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
COND PC Sauce, Taco 9g Heinz	packet	3	0.06	1.4	87	17	0.78	0.71	0.03	0.01
Weighted Daily Average		617	5.33	393.2	2340	302	11.83	103.46	16.38	2.73
% of Calories								67.1%	23.9%	4.0%

Fri - 09/30/2011										
Westwood Breakfast	Total									
BKS BISCUIT TSaus SC Egg	1 Each	303	1.86	29.6	127	26	0.0	24.84	14.63	8.88
APPLESAUCE, Canned 3/8c	3/8 Cup	65	1.05	0.0	0	0	0.0	15.97	0.0	0.00
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14

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Friendswood ISD

Sep 19, 2011 thru Oct 28, 2011 Spreadsheet - Portion Values

Sep 19, 2011

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Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
PIZZA AP 50/50 Pepp WG 4x6	Pizza, 4.48oz	300	2.70	250.0	300	60	0.0	36.0	11.0	4.00
BURRITO BF/BN SM SS 2.0	1 Each	400	3.06	109.6	117	22	1.06	54.72	12.09	3.86
SDW BD, SB & Jelly WH 1.0	sandwich	434	3.17	91.0	0	0	0.1	56.92	17.82	2.40
CORN, Frozen 3/8c	3/8 Cup	50	0.29	1.9	124	14	2.17	11.99	0.42	0.06
CELERY, Fresh Sticks 3/8c	3/8 Cup	9	0.11	22.4	251	7	1.74	1.66	0.1	0.02
LETTUCE, Romaine 3/8c	3/8 Cup	3	0.17	5.8	1535	46	0.7	0.58	0.05	0.01
CARROTS, Fresh Baby 3/8c	3/8 Cup	17	0.43	15.4	6617	720	1.25	3.95	0.06	0.01
FRUIT COCKTAIL, w/Juice 3/8c	3/8 Cup	46	0.00	0.0	154	31	0.92	10.77	0.0	0.00
APPLES, 163ct Half 3/8c	163ct Half	26	0.06	3.0	27	3	2.33	6.99	0.09	0.01
JUICE, Orange 100% 4oz Cart	1 Each	50	0.00	0.0	0	0	42.0	13.0	0.0	0.00
BROWNIES SS 1/72	1/72 cut	171	1.24	2.7	12	2	0.0	28.97	5.28	2.31
CRACKER, GFish Ched WG .75oz	Package	100	0.36	20.0	0	0	0.0	14.0	3.5	1.00
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Sauce, Taco 9g Heinz	packet	3	0.06	1.4	87	17	0.78	0.71	0.03	0.01
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
Weighted Daily Average		557	3.57	403.8	1732	258	9.61	82.74	16.95	7.74
% of Calories								59.4%	27.4%	12.5%

Mon - 10/03/2011										
Westwood Breakfast	Total									
PIZZA AP Bkfst, Sausage	Pizza, 3.20oz	220	1.80	150.0	300	60	0.0	24.0	10.0	4.00
CHEESE, String LF (1) Stick	Stick	60	0.00	200.0	200	40	0.0	1.0	2.5	2.00
JUICE, Orange 100% 4oz Cart	1 Each	50	0.00	0.0	0	0	42.0	13.0	0.0	0.00
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14

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Friendswood ISD

Sep 19, 2011 thru Oct 28, 2011 Spreadsheet - Portion Values

Sep 19, 2011

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Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
BURRITO BF/BN SM SS B 2.0	1 burrito	391	3.55	112.6	117	22	1.06	52.91	11.75	3.80
CORN DOG, Turkey AP B 2.0	1 Each	270	2.70	80.0	0	0	0.0	27.0	14.0	4.00
WRAP, Chix Buffalo SS B 1.5	1 Each	313	1.48	100.8	1688	79	0.73	33.93	12.63	4.65
CRACKER, GFish Ched WG .75oz	Package	100	0.36	20.0	0	0	0.0	14.0	3.5	1.00
BEANS, Pinto 1/2c	1/2 Cup	91	1.52	44.7	8	4	0.94	16.14	0.84	0.17
RICE, Mex Spiced WG 1/2c	1/2 cup	125	0.68	20.3	31	5	0.02	25.45	1.11	0.19
LETTUCE, Romaine 3/8c	3/8 Cup	3	0.17	5.8	1535	46	0.7	0.58	0.05	0.01
TOMATO, Fresh Cherry 3/8c	3/8 Cup	10	0.16	5.7	478	96	7.29	2.25	0.11	0.02
CUCUMBER, Fresh 3/8c	3/8 Cup	6	0.11	6.2	41	8	1.09	1.42	0.04	0.01
PEACHES, Sliced w/Juice 3/8c	3/8 Cup	37	0.00	0.0	220	44	0.88	8.79	0.0	0.00
GRAPES, Fresh 3/8c	3/8 Cup	38	0.16	7.9	57	6	2.26	9.71	0.2	0.06
JUICE, Orange 100% 4oz Cart	1 Each	50	0.00	0.0	0	0	42.0	13.0	0.0	0.00
RICE KRISPY TREATS	1 EACH	69	2.41	0.7	288	57	3.29	15.42	0.54	0.10
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
COND PC Sauce, Taco 9g Heinz	packet	3	0.06	1.4	87	17	0.78	0.71	0.03	0.01
Weighted Daily Average		529	3.54	490.9	1090	209	27.76	78.80	15.94	5.67
% of Calories								59.5%	27.1%	9.6%

Tue - 10/04/2011										
Westwood Breakfast	Total									
WAFFLE, Large Square AP B 2ea	2 Waffle	190	9.00	350.0	0	0	0.0	31.0	6.0	1.00
COND PC Syrup 1.4oz Smuckers	packet	120	0.00	0.0	0	0	0.0	30.0	0.0	0.00
COND PC Margarine 5g	2 each	60	0.00	0.0	600	80	0.0	0.0	6.0	2.00
JUICE, Orange 100% 4oz Cart	1 Each	50	0.00	0.0	0	0	42.0	13.0	0.0	0.00
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14

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Friendswood ISD

Sep 19, 2011 thru Oct 28, 2011 Spreadsheet - Portion Values

Sep 19, 2011

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Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
NACHOS BF/BN SM SS B 2.0	1 Each	296	1.60	207.7	206	41	1.05	30.3	15.16	4.97
BEEF Burg AP WG 2.0	1 Each	284	3.82	68.5	100	20	0.0	23.76	13.06	5.21
BEEF Burg CHZAM AP WG 2.5	1 Each	335	3.82	164.7	252	50	0.0	24.27	17.62	7.74
SALAD Ham Pizza SC W 1.5	1 serving	132	0.83	116.3	3050	104	8.47	3.4	8.45	3.86
Dinner Roll Wheat 2 oz	1 roll	174	1.04	2.9	0	0	0.0	28.02	5.01	0.67
POTATO, HB Starz 1/2c	1/2 Cup	128	0.51	0.0	0	0	1.7	14.17	7.08	0.71
CARROTS, Fresh Baby 3/8c	3/8 Cup	17	0.43	15.4	6617	720	1.25	3.95	0.06	0.01
PEARS, Diced w/Juice 3/8c	3/8 cup	39	0.28	0.0	0	0	0.95	10.25	0.0	0.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	47	0.10	40.3	227	21	53.62	11.84	0.12	0.02
JUICE, Apple 100% 4oz Cart	1 Each	60	0.00	0.0	0	0	0.0	14.0	0.0	0.00
CINN STICK, Org SS WH 1ea	1 Each	100	0.73	11.4	0	0	0.22	21.26	1.0	0.00
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
DELI: Garnish Veg SS W 0	1 Each	6	0.17	5.9	1190	43	3.21	1.16	0.08	0.01
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
COND PC Sauce, Taco 9g Heinz	packet	3	0.06	1.4	87	17	0.78	0.71	0.03	0.01
Weighted Daily Average		605	6.65	514.6	1955	282	33.58	93.93	20.17	5.13
% of Calories								62.1%	30.0%	7.6%

Wed - 10/05/2011										
Westwood Breakfast	Total									
BKS BISCUIT WG Ham SC Egg w/CH	1 Each	361	2.11	255.3	406	83	1.2	32.69	17.33	7.29
ORANGES, Slices 138ct 3/8c	3/8 Cup	47	0.10	40.3	227	21	53.62	11.84	0.12	0.02
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14

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Friendswood ISD

Sep 19, 2011 thru Oct 28, 2011 Spreadsheet - Portion Values

Sep 19, 2011

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Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
BEEF Finger AP 2.25	4 Each	310	2.70	40.0	100	20	1.2	19.0	18.0	7.00
CHIX Nugget, WG (5) 2.0	5 Each	180	1.80	40.0	0	0	0.0	14.0	8.0	1.50
SALAD Baja SC W 2.0	1 serving	232	2.21	220.7	3688	157	3.34	24.78	9.35	5.63
Dinner Roll Wheat 2 oz	1 roll	174	1.04	2.9	0	0	0.0	28.02	5.01	0.67
BEANS, Green Frozen 3/8c	3/8 Cup	16	0.39	24.6	327	23	2.41	3.78	0.1	0.02
POTATO, Mashed 1/2c	1/2 cup	86	0.31	3.3	0	0	25.9	18.13	0.0	0.00
Dinner Roll Wheat 2 oz	1 roll	174	1.04	2.9	0	0	0.0	28.02	5.01	0.67
LETTUCE, Romaine 3/8c	3/8 Cup	3	0.17	5.8	1535	46	0.7	0.58	0.05	0.01
CELERY, Fresh Sticks 3/8c	3/8 Cup	9	0.11	22.4	251	7	1.74	1.66	0.1	0.02
APPLESAUCE, Rosy SS 3/8c	3/8 cup	71	1.05	0.0	0	0	0.99	17.37	0.0	0.00
HONEYDEW, Melon Fresh 3/8c	3/8 cup	23	0.11	3.8	32	3	11.47	5.79	0.09	0.02
JUICE, Orange 100% 4oz Cart	1 Each	50	0.00	0.0	0	0	42.0	13.0	0.0	0.00
BROWNIES SS 1/72	1/72 cut	171	1.24	2.7	12	2	0.0	28.97	5.28	2.31
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Sauce, Taco 9g Heinz	packet	3	0.06	1.4	87	17	0.78	0.71	0.03	0.01
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
GRAVY, Country	1/4 Cup	34	0.00	20.8	0	0	0.0	5.77	0.48	0.00
Weighted Daily Average		592	3.34	435.5	1159	195	41.02	83.72	19.35	6.93
% of Calories								56.6%	29.4%	10.5%

Thu - 10/06/2011										
Westwood Breakfast	Total									
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	3.60	80.0	400	80	4.8	22.0	3.0	0.50
CEREAL, Cheerios Blpk WG	Bowlpack	70	5.40	60.0	500	100	3.6	14.0	1.0	0.00
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	3.60	80.0	400	80	4.8	20.0	1.0	0.00
CEREAL, Trix Blpk WG	Bowlpack	80	2.70	60.0	300	60	3.6	18.0	1.0	0.00
SDW BD, SB & Jelly WG 1.0	1/2	219	1.40	40.0	1	0	0.0	28.14	8.94	1.21
RAISINS, Single Serve 1.5oz	Box, 1.5oz	127	0.80	21.3	0	0	0.98	33.67	0.2	0.02
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00

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Friendswood ISD

Sep 19, 2011 thru Oct 28, 2011 Spreadsheet - Portion Values

Sep 19, 2011

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Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
Ravioli (fwd)	6 oz	244	2.31	117.4	218	55	0.85	22.2	9.94	4.83
MAX SNAX Pizza w Sce AP WG 1.0	2 Each	372	3.09	350.6	626	125	1.47	41.62	14.8	5.15
N SALAD BF/BN SM SS B 2.0	1 Each	187	1.87	93.2	2053	74	2.48	20.65	7.35	2.39
BREADSTICK, SS 1oz WG	Roll	70	0.72	9.9	0	0	0.0	13.43	0.99	0.00
CORN, Frozen 3/8c	3/8 Cup	50	0.29	1.9	124	14	2.17	11.99	0.42	0.06
BROCCOLI, Fresh 3/8c	3/8 Cup	9	0.19	12.5	166	41	23.74	1.77	0.1	0.01
CUCUMBER, Fresh 3/8c	3/8 Cup	6	0.11	6.2	41	8	1.09	1.42	0.04	0.01
CANTALOUPE, Fresh 3/8c	3/8 Cup	20	0.13	5.4	2028	193	22.01	4.89	0.11	0.03
JUICE, Apple 100% 4oz Cart	1 Each	60	0.00	0.0	0	0	0.0	14.0	0.0	0.00
APRICOTS, w/ Juice 3/8c	3/8 cup	45	0.00	0.0	1313	45	0.9	10.5	0.0	0.00
CAKE, Applesauce SC	Servings	217	0.96	27.9	29	6	0.34	32.93	8.18	1.29
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
Weighted Daily Average		594	4.98	464.3	1413	243	9.94	97.35	16.38	3.88
% of Calories								65.5%	24.8%	5.9%

Fri - 10/07/2011										
Westwood Breakfast	Total									
Cinnamon Roll Wheat 3 oz	3 oz	318	1.42	8.0	85	17	0.37	55.76	8.35	1.72
YOGURT, Trix Strw/Bn Bsh 4oz	1 Each	90	0.00	100.0	500	100	0.0	17.0	0.5	0.00
APPLESAUCE, Rosy SS 3/8c	3/8 cup	71	1.05	0.0	0	0	0.99	17.37	0.0	0.00
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14

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Friendswood ISD

Sep 19, 2011 thru Oct 28, 2011 Spreadsheet - Portion Values

Sep 19, 2011

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Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
PIZZA AP 50/50 Chz WG 4x6	Pizza, 4.6oz	300	1.80	350.0	300	60	0.0	37.0	11.0	3.50
FRANK Turkey, Chili WH 2.25	1 Each	314	3.20	176.2	357	71	2.5	26.82	16.34	5.18
SALAD Fruit & Ch Plt SC W 1.5	1 serving	267	1.00	362.7	4737	254	9.83	23.77	14.73	9.19
Dinner Roll Wheat 2 oz	1 roll	174	1.04	2.9	0	0	0.0	28.02	5.01	0.67
BEANS, Charro 1/2 c	1/2 Cup	84	1.45	43.7	35	10	1.18	14.74	0.81	0.15
LETTUCE, Romaine 3/8c	3/8 Cup	3	0.17	5.8	1535	46	0.7	0.58	0.05	0.01
CARROTS, Fresh Baby 3/8c	3/8 Cup	17	0.43	15.4	6617	720	1.25	3.95	0.06	0.01
FRUIT COCKTAIL, w/Juice 3/8c	3/8 Cup	46	0.00	0.0	154	31	0.92	10.77	0.0	0.00
APPLES, 163ct Half 3/8c	163ct Half	26	0.06	3.0	27	3	2.33	6.99	0.09	0.01
JUICE, Orange 100% 4oz Cart	1 Each	50	0.00	0.0	0	0	42.0	13.0	0.0	0.00
Cookie, Butter Sug 1.5oz RF WG	Cookie	160	1.08	0.0	100	20	0.0	29.0	5.0	1.50
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
Weighted Daily Average		605	3.01	479.7	2081	316	8.33	105.68	14.50	3.87
% of Calories								69.9%	21.6%	5.8%

Mon - 10/10/2011										
Westwood Breakfast	Total									
WAFFLE, Large Square AP B 2ea	2 Waffle	190	9.00	350.0	0	0	0.0	31.0	6.0	1.00
COND PC Syrup 1.4oz Smuckers	packet	120	0.00	0.0	0	0	0.0	30.0	0.0	0.00
COND PC Margarine 5g	2 each	60	0.00	0.0	600	80	0.0	0.0	6.0	2.00
JUICE, Orange 100% 4oz Cart	1 Each	50	0.00	0.0	0	0	42.0	13.0	0.0	0.00
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14

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Friendswood ISD

Sep 19, 2011 thru Oct 28, 2011 Spreadsheet - Portion Values

Sep 19, 2011

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Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
Rib BBQ Sandwich WG	1 each	322	2.89	109.8	300	60	1.2	36.01	11.22	3.77
CHIX Nugget, WG (5) 2.0	5 Each	180	1.80	40.0	0	0	0.0	14.0	8.0	1.50
SALAD Egg Chef AP W 1.5	Each	130	1.19	242.6	2306	194	18.68	2.58	9.08	5.18
Dinner Roll Wheat 2 oz	1 roll	174	1.04	2.9	0	0	0.0	28.02	5.01	0.67
CRACKER, GFish Ched WG .75oz	Package	100	0.36	20.0	0	0	0.0	14.0	3.5	1.00
PASTA, Noodles Parsley SC B	1/2 cup	138	1.24	16.1	146	30	0.04	21.05	4.23	1.60
TOMATO, Fresh Cherry 3/8c	3/8 Cup	10	0.16	5.7	478	96	7.29	2.25	0.11	0.02
CUCUMBER, Fresh 3/8c	3/8 Cup	6	0.11	6.2	41	8	1.09	1.42	0.04	0.01
PEACHES, Sliced w/Juice 3/8c	3/8 Cup	37	0.00	0.0	220	44	0.88	8.79	0.0	0.00
GRAPES, Fresh 3/8c	3/8 Cup	38	0.16	7.9	57	6	2.26	9.71	0.2	0.06
JUICE, Orange 100% 4oz Cart	1 Each	50	0.00	0.0	0	0	42.0	13.0	0.0	0.00
Cookie, Butter Sug 1.5oz RF WG	Cookie	160	1.08	0.0	100	20	0.0	29.0	5.0	1.50
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
Weighted Daily Average		572	6.54	482.4	1106	210	27.12	95.19	16.04	4.20
% of Calories								66.6%	25.3%	6.6%

Tue - 10/11/2011										
Westwood Breakfast	Total									
BKS BISCUIT TSaus SC Egg	1 Each	303	1.86	29.6	127	26	0.0	24.84	14.63	8.88
APPLES, Fresh Sliced 3/8c	3/8 Cup	21	0.05	2.5	22	2	1.88	5.64	0.07	0.01
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14

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Friendswood ISD

Sep 19, 2011 thru Oct 28, 2011 Spreadsheet - Portion Values

Sep 19, 2011

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Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
CHIX 8ct Hon-Lem SC B 2.0	1 Each	230	0.28	1.4	3	1	2.28	11.38	14.43	4.56
PP MAC & CHZ Side SS B	3/4 cup	204	1.02	260.6	300	60	0.0	23.31	7.61	5.12
BEEF Burg CHZAM AP WG 2.5	1 Each	335	3.82	164.7	252	50	0.0	24.27	17.62	7.74
BEEF Burg AP WG 2.0	1 Each	284	3.82	68.5	100	20	0.0	23.76	13.06	5.21
WRAP, Turkey w/AM B 1.5	1 Each	269	1.41	130.6	1732	78	0.73	32.95	10.67	3.75
Dinner Roll Wheat 2 oz	1 roll	174	1.04	2.9	0	0	0.0	28.02	5.01	0.67
POTATO, HB Starz 1/2c	1/2 Cup	128	0.51	0.0	0	0	1.7	14.17	7.08	0.71
LETTUCE, Romaine 3/8c	3/8 Cup	3	0.17	5.8	1535	46	0.7	0.58	0.05	0.01
CARROTS, Fresh Baby 3/8c	3/8 Cup	17	0.43	15.4	6617	720	1.25	3.95	0.06	0.01
PEARS, Diced w/Juice 3/8c	3/8 cup	39	0.28	0.0	0	0	0.95	10.25	0.0	0.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	47	0.10	40.3	227	21	53.62	11.84	0.12	0.02
JUICE, Apple 100% 4oz Cart	1 Each	60	0.00	0.0	0	0	0.0	14.0	0.0	0.00
Cracker, Tortilla Crisps	1 Each	102	0.56	12.9	1	0	0.0	18.43	2.5	0.50
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
DELI: Garnish Veg SS W 0	1 Each	6	0.17	5.9	1190	43	3.21	1.16	0.08	0.01
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
Weighted Daily Average		557	3.13	373.1	1960	270	13.26	70.89	21.00	8.79
% of Calories								50.9%	33.9%	14.2%

Wed - 10/12/2011										
Westwood Breakfast	Total									
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	3.60	80.0	400	80	4.8	22.0	3.0	0.50
CEREAL, Cheerios Blpk WG	Bowlpack	70	5.40	60.0	500	100	3.6	14.0	1.0	0.00
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	3.60	80.0	400	80	4.8	20.0	1.0	0.00
CEREAL, Trix Blpk WG	Bowlpack	80	2.70	60.0	300	60	3.6	18.0	1.0	0.00
SDW BD, SB & Jelly WG 1.0	1/2	219	1.40	40.0	1	0	0.0	28.14	8.94	1.21
RAISINS, Single Serve 1.5oz	Box, 1.5oz	127	0.80	21.3	0	0	0.98	33.67	0.2	0.02
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00

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Friendswood ISD

Sep 19, 2011 thru Oct 28, 2011 Spreadsheet - Portion Values

Sep 19, 2011

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Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
BEEF Finger AP 2.25	4 Each	310	2.70	40.0	100	20	1.2	19.0	18.0	7.00
CHIX Nugget, WG (5) 2.0	5 Each	180	1.80	40.0	0	0	0.0	14.0	8.0	1.50
WRAP, Chix Buffalo SS B 1.5	1 Each	313	1.48	100.8	1688	79	0.73	33.93	12.63	4.65
BEANS, Green Frozen 3/8c	3/8 Cup	16	0.39	24.6	327	23	2.41	3.78	0.1	0.02
Dinner Roll Wheat 2 oz	1 roll	174	1.04	2.9	0	0	0.0	28.02	5.01	0.67
POTATO, Mashed 1/2c	1/2 cup	86	0.31	3.3	0	0	25.9	18.13	0.0	0.00
LETTUCE, Romaine 3/8c	3/8 Cup	3	0.17	5.8	1535	46	0.7	0.58	0.05	0.01
CELERY, Fresh Sticks 3/8c	3/8 Cup	9	0.11	22.4	251	7	1.74	1.66	0.1	0.02
APPLESAUCE, Rosy SS 3/8c	3/8 cup	71	1.05	0.0	0	0	0.99	17.37	0.0	0.00
HONEYDEW, Melon Fresh 3/8c	3/8 cup	23	0.11	3.8	32	3	11.47	5.79	0.09	0.02
JUICE, Orange 100% 4oz Cart	1 Each	50	0.00	0.0	0	0	42.0	13.0	0.0	0.00
PUDDING, Chocolate	1/2 Cup	134	0.00	20.7	0	0	0.0	22.74	5.17	0.52
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
GRAVY, Country	1/4 Cup	34	0.00	20.8	0	0	0.0	5.77	0.48	0.00
Weighted Daily Average		583	4.61	375.8	945	178	16.36	96.67	15.75	3.07
% of Calories								66.3%	24.3%	4.7%

Thu - 10/13/2011										
Westwood Breakfast	Total									
MUFFIN, AplCinn SC 3.6oz LF	Each	236	1.22	4.9	5	0	0.08	52.89	1.56	0.01
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
CHEESE, String (1) Stick	Stick	80	0.00	200.0	200	40	0.0	1.0	6.0	4.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	47	0.10	40.3	227	21	53.62	11.84	0.12	0.02
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14

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Friendswood ISD

Sep 19, 2011 thru Oct 28, 2011 Spreadsheet - Portion Values

Sep 19, 2011

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Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
PP Lasagna SC B 2.0	serving	543	4.77	302.5	777	155	10.56	58.54	17.99	8.02
CHIX Patty WG on white B 2.0	1 Each	372	3.49	110.3	0	0	0.0	40.19	15.17	2.55
MELT, Chz AM WG 1.5	1 Each	290	1.36	348.5	457	91	0.0	24.64	15.54	8.01
CARROTS, Sliced Frozen 3/8c	3/8 Cup	26	0.37	24.4	11813	1235	1.61	5.39	0.47	0.08
BREADSTICK, SS 1oz WG	Roll	70	0.72	9.9	0	0	0.0	13.43	0.99	0.00
LETTUCE, Romaine 3/8c	3/8 Cup	3	0.17	5.8	1535	46	0.7	0.58	0.05	0.01
BROCCOLI, Fresh 3/8c	3/8 Cup	9	0.19	12.5	166	41	23.74	1.77	0.1	0.01
CUCUMBER, Fresh 3/8c	3/8 Cup	6	0.11	6.2	41	8	1.09	1.42	0.04	0.01
APRICOTS, w/ Juice 3/8c	3/8 cup	45	0.00	0.0	1313	45	0.9	10.5	0.0	0.00
CANTALOUPE, Fresh 3/8c	3/8 Cup	20	0.13	5.4	2028	193	22.01	4.89	0.11	0.03
JUICE, Apple 100% 4oz Cart	1 Each	60	0.00	0.0	0	0	0.0	14.0	0.0	0.00
CAKE, Applesauce SC	Servings	217	0.96	27.9	29	6	0.34	32.93	8.18	1.29
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
Weighted Daily Average		611	2.99	504.6	2371	303	34.33	95.66	17.38	5.63
% of Calories								62.7%	25.6%	8.3%

Fri - 10/14/2011										
Westwood Breakfast	Total									
BISCUIT, Cinnamon AP WG	1 Each	235	1.11	103.8	1	0	1.2	41.95	5.98	2.49
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
YOGURT, Trix Strw/Bn Bsh 4oz	1 Each	90	0.00	100.0	500	100	0.0	17.0	0.5	0.00
APPLESAUCE, Rosy SS 3/8c	3/8 cup	71	1.05	0.0	0	0	0.99	17.37	0.0	0.00
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14

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Friendswood ISD

Sep 19, 2011 thru Oct 28, 2011 Spreadsheet - Portion Values

Sep 19, 2011

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Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
PIZZA AP 50/50 Pepp WG 4x6	Pizza, 4.48oz	300	2.70	250.0	300	60	0.0	36.0	11.0	4.00
FISH, Nugget (4) AP B 2.0	4 Each	253	0.96	0.0	0	0	0.0	21.33	12.0	2.00
Dinner Roll Wheat 2 oz	1 roll	174	1.04	2.9	0	0	0.0	28.02	5.01	0.67
SDW BD, SB & Jelly WH 1.0	sandwich	434	3.17	91.0	0	0	0.1	56.92	17.82	2.40
POTATO, Sweet Mashed 3/8c	3/8 Cup	126	0.45	26.0	255	32	10.32	24.02	2.67	1.30
PRETZEL, Soft Baked Rod WG	1 Each	70	0.72	0.0	0	0	0.0	14.0	0.5	0.00
LETTUCE, Romaine 3/8c	3/8 Cup	3	0.17	5.8	1535	46	0.7	0.58	0.05	0.01
CARROTS, Fresh Baby 3/8c	3/8 Cup	17	0.43	15.4	6617	720	1.25	3.95	0.06	0.01
FRUIT COCKTAIL, w/Juice 3/8c	3/8 Cup	46	0.00	0.0	154	31	0.92	10.77	0.0	0.00
APPLES, 163ct Half 3/8c	163ct Half	26	0.06	3.0	27	3	2.33	6.99	0.09	0.01
JUICE, Orange 100% 4oz Cart	1 Each	50	0.00	0.0	0	0	42.0	13.0	0.0	0.00
BROWNIES SS 1/72	1/72 cut	171	1.24	2.7	12	2	0.0	28.97	5.28	2.31
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
Weighted Daily Average		589	3.27	484.4	2037	313	8.50	101.02	14.35	4.93
% of Calories								68.6%	21.9%	7.5%

Mon - 10/17/2011										
Westwood Breakfast	Total									
CORN DOG Bkfst, Mpl Tky WG 1.0	Each	170	1.44	0.0	0	0	0.0	21.0	6.0	1.50
CHEESE, String LF (1) Stick	Stick	60	0.00	200.0	200	40	0.0	1.0	2.5	2.00
COND PC Syrup 1.4oz Smuckers	packet	120	0.00	0.0	0	0	0.0	30.0	0.0	0.00
JUICE, Orange 100% 4oz Cart	1 Each	50	0.00	0.0	0	0	42.0	13.0	0.0	0.00
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14

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Friendswood ISD

Sep 19, 2011 thru Oct 28, 2011 Spreadsheet - Portion Values

Sep 19, 2011

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Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
CHIX Popcorn, AP B 2.0	15 nuggets	296	1.93	26.9	134	27	0.0	16.12	18.81	3.36
Dinner Roll Wheat 2 oz	1 roll	174	1.04	2.9	0	0	0.0	28.02	5.01	0.67
CORN DOG, Turkey AP B 2.0	1 Each	270	2.70	80.0	0	0	0.0	27.0	14.0	4.00
WRAP, Chix Buffalo SS B 1.5	1 Each	313	1.48	100.8	1688	79	0.73	33.93	12.63	4.65
CRACKER, GFish Ched WG .75oz	Package	100	0.36	20.0	0	0	0.0	14.0	3.5	1.00
BEANS, Kickin' Pintos 1/2c	1/2 Cup	88	1.41	41.7	33	9	0.87	15.69	0.78	0.16
RICE, Mex Spiced WG 1/2c	1/2 cup	125	0.68	20.3	31	5	0.02	25.45	1.11	0.19
LETTUCE, Romaine 3/8c	3/8 Cup	3	0.17	5.8	1535	46	0.7	0.58	0.05	0.01
TOMATO, Fresh Cherry 3/8c	3/8 Cup	10	0.16	5.7	478	96	7.29	2.25	0.11	0.02
CUCUMBER, Fresh 3/8c	3/8 Cup	6	0.11	6.2	41	8	1.09	1.42	0.04	0.01
PEACHES, Sliced w/Juice 3/8c	3/8 Cup	37	0.00	0.0	220	44	0.88	8.79	0.0	0.00
GRAPES, Fresh 3/8c	3/8 Cup	38	0.16	7.9	57	6	2.26	9.71	0.2	0.06
JUICE, Orange 100% 4oz Cart	1 Each	50	0.00	0.0	0	0	42.0	13.0	0.0	0.00
Cracker, Tortilla Crisps	1 Each	102	0.56	12.9	1	0	0.0	18.43	2.5	0.50
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
Weighted Daily Average		600	2.83	409.7	937	168	26.47	93.34	16.78	4.37
% of Calories								62.2%	25.2%	6.6%

Tue - 10/18/2011										
Westwood Breakfast	Total									
FRENCH TOAST STICK, AP WG 4ea	4Sticks	300	1.44	60.0	0	0	0.0	43.0	13.0	3.00
COND PC Syrup 1.4oz Smuckers	packet	120	0.00	0.0	0	0	0.0	30.0	0.0	0.00
APRICOTS, w/ Juice 3/8c	3/8 cup	45	0.00	0.0	1313	45	0.9	10.5	0.0	0.00
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14

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Friendswood ISD

Sep 19, 2011 thru Oct 28, 2011 Spreadsheet - Portion Values

Sep 19, 2011

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Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
Chicken Rotisserie(Fwd)	servings	190	0.27	0.0	0	0	0.0	2.3	14.43	4.56
PASTA, Noodles Parsley SC B	1/2 cup	138	1.24	16.1	146	30	0.04	21.05	4.23	1.60
BEEF Burg CHZAM AP WG 2.5	1 Each	335	3.82	164.7	252	50	0.0	24.27	17.62	7.74
BEEF Burg AP WG 2.0	1 Each	284	3.82	68.5	100	20	0.0	23.76	13.06	5.21
SDW BD, SB & Jelly WH 1.0	sandwich	434	3.17	91.0	0	0	0.1	56.92	17.82	2.40
PRETZEL, Soft Baked Rod WG	1 Each	70	0.72	0.0	0	0	0.0	14.0	0.5	0.00
POTATO, HB Starz 1/2c	1/2 Cup	128	0.51	0.0	0	0	1.7	14.17	7.08	0.71
LETTUCE, Romaine 3/8c	3/8 Cup	3	0.17	5.8	1535	46	0.7	0.58	0.05	0.01
CARROTS, Fresh Baby 3/8c	3/8 Cup	17	0.43	15.4	6617	720	1.25	3.95	0.06	0.01
PEARS, Diced w/Juice 3/8c	3/8 cup	39	0.28	0.0	0	0	0.95	10.25	0.0	0.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	47	0.10	40.3	227	21	53.62	11.84	0.12	0.02
JUICE, Apple 100% 4oz Cart	1 Each	60	0.00	0.0	0	0	0.0	14.0	0.0	0.00
CINN STICK, Org SS WH 1ea	2 Each	200	1.46	22.7	1	0	0.44	42.52	1.99	0.00
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
DEL: Garnish Veg SS W 0	1 Each	6	0.17	5.9	1190	43	3.21	1.16	0.08	0.01
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
Weighted Daily Average		628	3.30	369.4	2687	288	13.29	101.35	18.66	5.24
% of Calories								64.5%	26.7%	7.5%

Wed - 10/19/2011										
Westwood Breakfast	Total									
BKS BISCUIT WG Chicken	1 Each	275	1.80	120.0	0	0	1.2	35.5	10.0	3.25
STRAWBERRIES, Fresh 3/8c	3/8 Cup	9	0.11	4.3	3	1	15.87	2.07	0.08	0.00
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14

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Friendswood ISD

Sep 19, 2011 thru Oct 28, 2011 Spreadsheet - Portion Values

Sep 19, 2011

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Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
BEEF Finger AP 2.25	4 Each	310	2.70	40.0	100	20	1.2	19.0	18.0	7.00
CHIX Nugget, WG (5) 2.0	5 Each	180	1.80	40.0	0	0	0.0	14.0	8.0	1.50
SALAD Baja SC W 2.0	1 serving	232	2.21	220.7	3688	157	3.34	24.78	9.35	5.63
ROLL, DINNER SS WG 1.5oz	Roll	120	1.08	10.0	0	0	0.0	22.0	1.5	0.50
BEANS, Green Frozen 3/8c	3/8 Cup	16	0.39	24.6	327	23	2.41	3.78	0.1	0.02
POTATO, Mashed 1/2c	1/2 cup	86	0.31	3.3	0	0	25.9	18.13	0.0	0.00
Dinner Roll Wheat 2 oz	1 roll	174	1.04	2.9	0	0	0.0	28.02	5.01	0.67
LETTUCE, Romaine 3/8c	3/8 Cup	3	0.17	5.8	1535	46	0.7	0.58	0.05	0.01
CELERY, Fresh Sticks 3/8c	3/8 Cup	9	0.11	22.4	251	7	1.74	1.66	0.1	0.02
APPLESAUCE, Rosy SS 3/8c	3/8 cup	71	1.05	0.0	0	0	0.99	17.37	0.0	0.00
HONEYDEW, Melon Fresh 3/8c	3/8 cup	23	0.11	3.8	32	3	11.47	5.79	0.09	0.02
JUICE, Orange 100% 4oz Cart	1 Each	50	0.00	0.0	0	0	42.0	13.0	0.0	0.00
BROWNIES SS 1/72	1/72 cut	171	1.24	2.7	12	2	0.0	28.97	5.28	2.31
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Sauce, Taco 9g Heinz	packet	3	0.06	1.4	87	17	0.78	0.71	0.03	0.01
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
Weighted Daily Average		524	3.19	356.7	837	142	22.03	79.71	15.47	4.86
% of Calories								60.8%	26.6%	8.3%

Thu - 10/20/2011										
Westwood Breakfast	Total									
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	3.60	80.0	400	80	4.8	22.0	3.0	0.50
CEREAL, Cheerios Blpk WG	Bowlpack	70	5.40	60.0	500	100	3.6	14.0	1.0	0.00
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	3.60	80.0	400	80	4.8	20.0	1.0	0.00
CEREAL, Trix Blpk WG	Bowlpack	80	2.70	60.0	300	60	3.6	18.0	1.0	0.00
SDW BD, SB & Jelly WG 1.0	1/2	219	1.40	40.0	1	0	0.0	28.14	8.94	1.21
GRAPES, Fresh 3/8c	3/8 Cup	38	0.16	7.9	57	6	2.26	9.71	0.2	0.06
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00

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Friendswood ISD

Sep 19, 2011 thru Oct 28, 2011 Spreadsheet - Portion Values

Sep 19, 2011

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Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
PP MAC & CHZ 1.5c SS B 1.5	1.5 c	441	2.10	604.5	700	140	0.0	47.61	17.56	11.91
SLOPPY JOE, SC WG 2.0	1 Each	318	4.11	77.6	310	63	7.67	30.68	12.06	4.03
N SALAD BF/BN SM SS B 2.0	1 Each	187	1.87	93.2	2053	74	2.48	20.65	7.35	2.39
CARROTS, Sliced Frozen 3/8c	3/8 Cup	26	0.37	24.4	11813	1235	1.61	5.39	0.47	0.08
BREADSTICK, SS 1oz WG	Roll	70	0.72	9.9	0	0	0.0	13.43	0.99	0.00
LETTUCE, Romaine 3/8c	3/8 Cup	3	0.17	5.8	1535	46	0.7	0.58	0.05	0.01
BROCCOLI, Fresh 3/8c	3/8 Cup	9	0.19	12.5	166	41	23.74	1.77	0.1	0.01
CUCUMBER, Fresh 3/8c	3/8 Cup	6	0.11	6.2	41	8	1.09	1.42	0.04	0.01
CANTALOUPE, Fresh 3/8c	3/8 Cup	20	0.13	5.4	2028	193	22.01	4.89	0.11	0.03
JUICE, Apple 100% 4oz Cart	1 Each	60	0.00	0.0	0	0	0.0	14.0	0.0	0.00
APRICOTS, w/ Juice 3/8c	3/8 cup	45	0.00	0.0	1313	45	0.9	10.5	0.0	0.00
Cookie, Butter Sug 1.5oz RF WG	Cookie	160	1.08	0.0	100	20	0.0	29.0	5.0	1.50
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
Weighted Daily Average		559	4.97	478.4	2376	320	11.04	87.85	15.84	5.11
% of Calories								62.8%	25.5%	8.2%

Fri - 10/21/2011										
Westwood Breakfast	Total									
BKS BISCUIT TSaus SC Egg	1 Each	303	1.86	29.6	127	26	0.0	24.84	14.63	8.88
APPLESAUCE, Canned 3/8c	3/8 Cup	65	1.05	0.0	0	0	0.0	15.97	0.0	0.00
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14

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Friendswood ISD

Sep 19, 2011 thru Oct 28, 2011 Spreadsheet - Portion Values

Sep 19, 2011

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Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
PIZZA AP 50/50 Chz WG 4x6	Pizza, 4.6oz	300	1.80	350.0	300	60	0.0	37.0	11.0	3.50
POTATO Bkd Loaded Tx Style	1 each	391	2.10	148.8	856	167	17.85	41.4	21.89	11.84
WRAP, Turkey w/AM B 1.5	1 Each	269	1.41	130.6	1732	78	0.73	32.95	10.67	3.75
Dinner Roll Wheat 2 oz	1 roll	174	1.04	2.9	0	0	0.0	28.02	5.01	0.67
CORN, Frozen 3/8c	3/8 Cup	50	0.29	1.9	124	14	2.17	11.99	0.42	0.06
LETTUCE, Romaine 3/8c	3/8 Cup	3	0.17	5.8	1535	46	0.7	0.58	0.05	0.01
CARROTS, Fresh Baby 3/8c	3/8 Cup	17	0.43	15.4	6617	720	1.25	3.95	0.06	0.01
FRUIT COCKTAIL, w/Juice 3/8c	3/8 Cup	46	0.00	0.0	154	31	0.92	10.77	0.0	0.00
APPLES, 163ct Half 3/8c	163ct Half	26	0.06	3.0	27	3	2.33	6.99	0.09	0.01
JUICE, Orange 100% 4oz Cart	1 Each	50	0.00	0.0	0	0	42.0	13.0	0.0	0.00
CAKE, Applesauce SC	Servings	217	0.96	27.9	29	6	0.34	32.93	8.18	1.29
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
Weighted Daily Average		563	2.94	451.4	1807	270	8.61	83.66	17.58	7.30
% of Calories								59.4%	28.1%	11.7%

Mon - 10/24/2011										
Westwood Breakfast	Total									
PIZZA AP Bkfst, Sausage	Pizza, 3.20oz	220	1.80	150.0	300	60	0.0	24.0	10.0	4.00
CHEESE, String LF (1) Stick	Stick	60	0.00	200.0	200	40	0.0	1.0	2.5	2.00
JUICE, Orange 100% 4oz Cart	1 Each	50	0.00	0.0	0	0	42.0	13.0	0.0	0.00
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14

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Friendswood ISD

Sep 19, 2011 thru Oct 28, 2011 Spreadsheet - Portion Values

Sep 19, 2011

Page 26

Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
WAFFLE, Large Square AP B 1ea	1 Waffle	95	4.50	175.0	0	0	0.0	15.5	3.0	0.50
SAUSAGE Patty, Turkey 1oz 1.0	Patty	70	0.36	0.0	0	0	0.0	0.0	4.0	1.00
EGG, Scrambled SS W 2.0	1/4 cup	85	0.84	59.1	254	53	0.0	1.67	5.26	1.76
BACON, Fully Ck 2 Slice	2 Slice	53	0.00	0.0	0	0	0.0	0.0	4.66	1.67
BREAD WG, Tst	1 slice	69	0.68	30.0	1	0	0.0	11.56	0.94	0.21
SDW BD, Ham w/AM WG 2.0	1 Each	260	1.73	156.1	154	30	0.0	24.64	9.47	3.96
CRACKER, GFish Ched WG .75oz	Package	100	0.36	20.0	0	0	0.0	14.0	3.5	1.00
POTATO, HB Starz 1/2c	1/2 Cup	128	0.51	0.0	0	0	1.7	14.17	7.08	0.71
TOMATO, Fresh Cherry 3/8c	3/8 Cup	10	0.16	5.7	478	96	7.29	2.25	0.11	0.02
CUCUMBER, Fresh 3/8c	3/8 Cup	6	0.11	6.2	41	8	1.09	1.42	0.04	0.01
PEACHES, Sliced w/Juice 3/8c	3/8 Cup	37	0.00	0.0	220	44	0.88	8.79	0.0	0.00
GRAPES, Fresh 3/8c	3/8 Cup	38	0.16	7.9	57	6	2.26	9.71	0.2	0.06
JUICE, Orange 100% 4oz Cart	1 Each	50	0.00	0.0	0	0	42.0	13.0	0.0	0.00
Cookie, Butter Sug 1.5oz RF WG	Cookie	160	1.08	0.0	100	20	0.0	29.0	5.0	1.50
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
COND PC Syrup 1.4oz Smuckers	packet	120	0.00	0.0	0	0	0.0	30.0	0.0	0.00
Weighted Daily Average		542	3.39	503.9	1012	213	26.97	79.54	17.57	5.78
% of Calories								58.7%	29.2%	9.6%

Tue - 10/25/2011										
Westwood Breakfast	Total									
WAFFLE, Large Square AP B 2ea	2 Waffle	190	9.00	350.0	0	0	0.0	31.0	6.0	1.00
COND PC Syrup 1.4oz Smuckers	packet	120	0.00	0.0	0	0	0.0	30.0	0.0	0.00
COND PC Margarine 5g	2 each	60	0.00	0.0	600	80	0.0	0.0	6.0	2.00
JUICE, Orange 100% 4oz Cart	1 Each	50	0.00	0.0	0	0	42.0	13.0	0.0	0.00
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14

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Friendswood ISD

Sep 19, 2011 thru Oct 28, 2011 Spreadsheet - Portion Values

Sep 19, 2011

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Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
CHIX 7 Piece Breaded B 2.0	1 Each	101	0.48	7.3	33	10	0.0	3.3	6.07	1.61
PASTA, Noodles Parsley SC B	1/2 cup	138	1.24	16.1	146	30	0.04	21.05	4.23	1.60
BEEF Burg CHZAM AP WG 2.5	1 Each	335	3.82	164.7	252	50	0.0	24.27	17.62	7.74
BEEF Burg AP WG 2.0	1 Each	284	3.82	68.5	100	20	0.0	23.76	13.06	5.21
SALAD Fruit & Ch Plt SC W 1.5	1 serving	267	1.00	362.7	4737	254	9.83	23.77	14.73	9.19
Dinner Roll Wheat 2 oz	1 roll	174	1.04	2.9	0	0	0.0	28.02	5.01	0.67
PRETZEL, Soft Baked Rod WG	1 Each	70	0.72	0.0	0	0	0.0	14.0	0.5	0.00
POTATO, Sweet Mashed 3/8c	3/8 Cup	126	0.45	26.0	255	32	10.32	24.02	2.67	1.30
LETTUCE, Romaine 3/8c	3/8 Cup	3	0.17	5.8	1535	46	0.7	0.58	0.05	0.01
CARROTS, Fresh Baby 3/8c	3/8 Cup	17	0.43	15.4	6617	720	1.25	3.95	0.06	0.01
PEARS, Diced w/Juice 3/8c	3/8 cup	39	0.28	0.0	0	0	0.95	10.25	0.0	0.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	47	0.10	40.3	227	21	53.62	11.84	0.12	0.02
JUICE, Apple 100% 4oz Cart	1 Each	60	0.00	0.0	0	0	0.0	14.0	0.0	0.00
PUDDING, Chocolate	1/2 Cup	134	0.00	20.7	0	0	0.0	22.74	5.17	0.52
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
DELI: Garnish Veg SS W 0	1 Each	6	0.17	5.9	1190	43	3.21	1.16	0.08	0.01
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
Weighted Daily Average		579	6.60	515.8	2314	290	32.82	92.46	17.76	5.35
% of Calories								63.8%	27.6%	8.3%

Wed - 10/26/2011										
Westwood Breakfast	Total									
BKS BISCUIT WG Ham SC Egg w/CH	1 Each	361	2.11	255.3	406	83	1.2	32.69	17.33	7.29
ORANGES, Slices 138ct 3/8c	3/8 Cup	47	0.10	40.3	227	21	53.62	11.84	0.12	0.02
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14

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Friendswood ISD

Sep 19, 2011 thru Oct 28, 2011 Spreadsheet - Portion Values

Sep 19, 2011

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Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
BEEF Finger AP 2.25	4 Each	310	2.70	40.0	100	20	1.2	19.0	18.0	7.00
CHIX Nugget, WG (5) 2.0	5 Each	180	1.80	40.0	0	0	0.0	14.0	8.0	1.50
WRAP, All-American B 2.0	1 Each	342	1.81	137.5	1767	79	0.74	34.39	13.79	4.68
BEANS, Green Frozen 3/8c	3/8 Cup	16	0.39	24.6	327	23	2.41	3.78	0.1	0.02
POTATO, Mashed 1/2c	1/2 cup	86	0.31	3.3	0	0	25.9	18.13	0.0	0.00
Dinner Roll Wheat 2 oz	1 roll	174	1.04	2.9	0	0	0.0	28.02	5.01	0.67
LETTUCE, Romaine 3/8c	3/8 Cup	3	0.17	5.8	1535	46	0.7	0.58	0.05	0.01
CELERY, Fresh Sticks 3/8c	3/8 Cup	9	0.11	22.4	251	7	1.74	1.66	0.1	0.02
APPLESAUCE, Rosy SS 3/8c	3/8 cup	71	1.05	0.0	0	0	0.99	17.37	0.0	0.00
HONEYDEW, Melon Fresh 3/8c	3/8 cup	23	0.11	3.8	32	3	11.47	5.79	0.09	0.02
JUICE, Orange 100% 4oz Cart	1 Each	50	0.00	0.0	0	0	42.0	13.0	0.0	0.00
RICE KRISPY TREATS	1 EACH	69	2.41	0.7	288	57	3.29	15.42	0.54	0.10
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Sauce, Taco 9g Heinz	packet	3	0.06	1.4	87	17	0.78	0.71	0.03	0.01
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
GRAVY, Country	1/4 Cup	34	0.00	20.8	0	0	0.0	5.77	0.48	0.00
Weighted Daily Average		575	3.70	433.2	1207	213	41.40	79.25	19.43	6.29
% of Calories								55.1%	30.4%	9.8%

Thu - 10/27/2011										
Westwood Breakfast	Total									
CEREAL, Cinnamn Tst Blpk WG	Bowlpack	120	3.60	80.0	400	80	4.8	22.0	3.0	0.50
CEREAL, Cheerios Blpk WG	Bowlpack	70	5.40	60.0	500	100	3.6	14.0	1.0	0.00
CEREAL, Cocoa Puffs Blpk WG	Bowlpack	90	3.60	80.0	400	80	4.8	20.0	1.0	0.00
CEREAL, Trix Blpk WG	Bowlpack	80	2.70	60.0	300	60	3.6	18.0	1.0	0.00
SDW BD, SB & Jelly WG 1.0	1/2	219	1.40	40.0	1	0	0.0	28.14	8.94	1.21
RAISINS, Single Serve 1.5oz	Box, 1.5oz	127	0.80	21.3	0	0	0.98	33.67	0.2	0.02
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00

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Friendswood ISD

Sep 19, 2011 thru Oct 28, 2011 Spreadsheet - Portion Values

Sep 19, 2011

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Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
PP Rot SC TomBeef SC WG 1.0	Serving	314	3.48	65.0	514	103	11.4	50.7	5.46	1.86
BREADSTICK, SS 1oz WG	Roll	70	0.72	9.9	0	0	0.0	13.43	0.99	0.00
CHIX Patty WG on white B 2.0	Each	372	3.49	110.3	0	0	0.0	40.19	15.17	2.55
MELT, Chz AM WG 1.5	1 Each	290	1.36	348.5	457	91	0.0	24.64	15.54	8.01
CARROTS, Sliced Frozen 3/8c	3/8 Cup	26	0.37	24.4	11813	1235	1.61	5.39	0.47	0.08
LETTUCE, Romaine 3/8c	3/8 Cup	3	0.17	5.8	1535	46	0.7	0.58	0.05	0.01
BROCCOLI, Fresh 3/8c	3/8 Cup	9	0.19	12.5	166	41	23.74	1.77	0.1	0.01
CUCUMBER, Fresh 3/8c	3/8 Cup	6	0.11	6.2	41	8	1.09	1.42	0.04	0.01
CANTALOUPE, Fresh 3/8c	3/8 Cup	20	0.13	5.4	2028	193	22.01	4.89	0.11	0.03
JUICE, Apple 100% 4oz Cart	1 Each	60	0.00	0.0	0	0	0.0	14.0	0.0	0.00
APRICOTS, w/ Juice 3/8c	3/8 cup	45	0.00	0.0	1313	45	0.9	10.5	0.0	0.00
CAKE, Applesauce SC	Servings	217	0.96	27.9	29	6	0.34	32.93	8.18	1.29
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
Weighted Daily Average		603	4.99	427.2	2928	373	9.48	98.20	17.01	3.51
% of Calories								65.2%	25.4%	5.2%

Fri - 10/28/2011										
Westwood Breakfast	Total									
Cinnamon Roll Wheat 3 oz	3 oz	318	1.42	8.0	85	17	0.37	55.76	8.35	1.72
YOGURT, Trix Strw/Bn Bsh 4oz	1 Each	90	0.00	100.0	500	100	0.0	17.0	0.5	0.00
APPLESAUCE, Rosy SS 3/8c	3/8 cup	71	1.05	0.0	0	0	0.99	17.37	0.0	0.00
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14

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Friendswood ISD

Sep 19, 2011 thru Oct 28, 2011 Spreadsheet - Portion Values

Sep 19, 2011

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Combined: Westwood Breakfast/Elementary Lunch

	Portion Size	Cals (kcal)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Elementary Lunch	Total									
PIZZA AP 50/50 Pepp WG 4x6	Pizza, 4.48oz	300	2.70	250.0	300	60	0.0	36.0	11.0	4.00
SOUP, Chix Rice SS W 1.0	8 ozw	201	0.89	42.1	2296	325	1.72	28.75	3.96	1.04
SDW BD, Cheese AM B 2.0	1 Each	269	0.94	422.5	607	121	0.0	14.68	19.05	10.30
SALAD Ham Pizza SC W 1.5	1 serving	132	0.83	116.3	3050	104	8.47	3.4	8.45	3.86
Dinner Roll Wheat 2 oz	1 roll	174	1.04	2.9	0	0	0.0	28.02	5.01	0.67
CORN, Frozen 3/8c	3/8 Cup	50	0.29	1.9	124	14	2.17	11.99	0.42	0.06
LETTUCE, Romaine 3/8c	3/8 Cup	3	0.17	5.8	1535	46	0.7	0.58	0.05	0.01
CARROTS, Fresh Baby 3/8c	3/8 Cup	17	0.43	15.4	6617	720	1.25	3.95	0.06	0.01
FRUIT COCKTAIL, w/Juice 3/8c	3/8 Cup	46	0.00	0.0	154	31	0.92	10.77	0.0	0.00
APPLES, 163ct Half 3/8c	163ct Half	26	0.06	3.0	27	3	2.33	6.99	0.09	0.01
JUICE, Orange 100% 4oz Cart	1 Each	50	0.00	0.0	0	0	42.0	13.0	0.0	0.00
BROWNIES SS 1/72	1/72 cut	171	1.24	2.7	12	2	0.0	28.97	5.28	2.31
MILK, Skim, Chocolate	1 Each	90	0.00	250.0	500	100	1.2	24.0	0.0	0.00
MILK, Skim 8oz	Carton	83	0.07	299.1	500	150	0.0	12.16	0.2	0.14
COND PC Ketchup 9g Heinz	2 packets	22	0.05	2.7	85	33	1.18	5.23	0.04	0.00
COND PC Mustard 6g Heinz	packet	4	0.06	2.6	2	0	0.01	0.46	0.19	0.01
COND PC Mayonnaise 12g Heinz	packet	78	0.02	0.9	6	1	0.05	0.19	8.64	1.31
DRESS PC Italian 12g Heinz	packet	28	0.02	1.2	40	8	0.14	0.51	3.0	0.45
DRESS PC Ranch 12g Heinz	packet	63	0.03	2.7	7	1	0.03	0.51	7.08	1.05
COND PC Margarine 5g	1 each	30	0.00	0.0	300	40	0.0	0.0	3.0	1.00
Weighted Daily Average		608	3.26	438.1	2063	317	8.26	104.65	14.89	4.52
% of Calories								68.8%	22.0%	6.7%

Weighted Average		581	3.99	439.9	1731	254	21.02	91.38	16.91	5.13
								63.0%	26.2%	8.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	581		580	100%			
Iron (mg)	3.99		2.96	135%			
Calcium (mg)	439.9		239.75	183%			
Vitamin A (IU)	1731		989	175%			
Vitamin A (RE)	254		198	129%			
Vitamin C (mg)	21.02		13.20	159%			
Carbohydrate (g)	91.38	62.96%					
Total Fat (g)	16.91	26.22%	<=30.00%				
Saturated Fat (g)	5.13	7.96%	<10.00%				

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