

WFSD

Cycle No. 27 thru Cycle No. 27 Cycle Spreadsheet - Portion Values Elementary Lunch

Oct 21, 2010

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NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Elementary Nutritionals wfsd lunch																
Elementary Lunch	Total	1														
CHIX Nugget, (5) AP B 2	5 Each	1	275	62	613	1.25	0.90	0.0	0	0	0.0	22.5	15.0	13.75	3.12	0.00
FRANK, All-Meat 8-1 W 2.0	1 Each	1	368	30	875	2.22	2.78	94.9	0	0	1.79	13.38	39.27	18.64	6.71	0.00
CHIX Patty, Plain SS W 2	1 Each	1	422	20	842	5.27	4.07	120.7	0	0	0.0	19.87	53.01	15.43	2.03	0.00
MELT, Chz AM W 2.0	1 Each	1	335	40	1212	1.80	1.82	415.2	607	121	0.1	15.58	27.81	18.02	10.53	0.00
PIZZA 16" Chz W 2.0	1/8 Slice	1	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	42.22	10.74	5.25	0.00
SLOPPY JOE, SC W 2.0	1 Each	1	387	50	505	4.35	3.89	98.3	335	65	9.69	22.45	44.54	13.87	4.69	0.63
BEEF Burger AP W 2.0	1 Each	1	343	38	622	3.34	3.93	106.0	55	14	0.0	20.2	39.13	12.81	4.32	0.00
MEATLOAF, SC W 2.75	3 1/2ozw	1	253	97	185	0.30	1.96	20.6	75	15	0.02	21.3	6.43	15.53	6.22	0.80
CHIX Nugget, (5) AP B 2	5 Each	1	275	62	613	1.25	0.90	0.0	0	0	0.0	22.5	15.0	13.75	3.12	0.00
FRENCH TOAST STICKS, AP W 3	3 Sticks	1	225	0	300	2.25	1.08	45.0	0	0	0.0	4.5	32.25	9.75	2.25	0.00
WRAP Chix Ranch AP W 2.0	1 Each	1	478	81	1028	6.82	1.61	279.8	6326	1082	7.82	28.64	46.22	19.98	8.43	0.00
BEEF Burger CHZAM AP B 2.5	1 Each	1	363	48	787	2.31	3.58	190.3	207	45	0.0	21.45	30.4	17.09	7.47	0.00
CHIX Nugget, (5) AP B 2	5 Each	1	275	62	613	1.25	0.90	0.0	0	0	0.0	22.5	15.0	13.75	3.12	0.00
MEATBALL SUB, Pizza SS W 2.0	1 Each	1	387	36	769	4.01	2.88	211.6	305	61	21.59	22.11	47.23	13.26	4.89	0.56
CHIX Patty, Plain SS W 2	1 Each	1	422	20	842	5.27	4.07	120.7	0	0	0.0	19.87	53.01	15.43	2.03	0.00
TACO Beef Soft Shell SM SC 2.0	2 Each	1	394	65	533	1.48	2.52	128.6	183	36	0.02	22.46	29.16	21.04	8.20	0.63
VEGETABLE BLEND, Fiesta 1/2c	1/2 Cup	1	53	0	89	2.67	0.64	35.6	1334	267	18.68	3.56	8.89	0.44	0.00	0.00
POTATO, FF 1/4" Gen7 1/2c	1.5 ozw	1	151	0	168	2.52	0.30	0.0	0	0	5.03	1.68	21.81	6.71	0.42	0.00
CORN, Canned 1/2c	1/2 Cup	1	67	0	260	1.68	0.00	0.0	0	0	3.02	1.68	14.27	0.84	0.00	0.00
RICE, Sante Fe W 1/2 c	1/2 Cup	1	89	0	95	0.97	0.35	1.2	67	13	0.0	1.93	18.22	0.72	0.00	0.00
VEGETABLE BLEND, Japanese 1/	1/2 cup	1	30	0	10	2.02	0.00	20.2	0	0	12.1	1.01	5.04	0.0	0.00	0.00
RICE, Brown WG 1/2c	1/2 Cup	1	103	0	2	1.21	0.44	1.2	0	0	0.0	2.41	21.11	0.9	0.00	0.00
PEAS & CARROTS, Frozen 1/2c	1/2 Cup	1	44	0	65	2.80	0.90	22.3	7832	1566	9.24	2.8	9.2	0.39	0.07	0.00
POTATO, Wedges 1/2c	3ozw	1	113	0	26	2.05	0.74	0.0	0	0	6.15	2.05	18.46	3.08	1.03	0.00
BROCCOLI, Fresh 1/2c	1/2 cup	1	9	0	9	0.10	0.28	15.1	945	189	29.36	0.94	1.65	0.11	0.02	0.00
FRUIT FRESH, Asst 1/2c	1/2 Cup	1	61	0	1	2.43	0.16	20.7	133	24	27.53	0.84	15.74	0.2	0.05	0.00
VEGETABLE BLEND, Calif 1/2c	1/2 cup	1	29	0	33	1.90	0.00	19.0	951	190	19.97	0.95	4.76	0.0	0.00	0.00
POTATO, Mashed 1/2c	1/2 cup	1	92	0	28	1.84	0.33	0.0	0	0	27.61	1.84	19.33	0.0	0.00	0.00
CARROTS, Fresh Baby (4 each)	4 Each	1	14	0	31	1.16	0.36	12.8	5516	1103	1.04	0.26	3.3	0.05	0.01	0.00
BEANS, Green Frozen 1/2c	1/2 Cup	1	31	0	2	2.03	0.66	32.8	428	86	10.09	1.41	5.9	0.16	0.04	0.00
CUCUMBER, w/Tomato Salad 1/2c	1/2 Cup	1	16	0	299	0.59	0.17	9.4	189	34	4.01	0.48	3.69	0.12	0.01	0.00
HONEYDEW, Melon Fresh 3/8c	3/8 cup	1	23	0	11	0.51	0.11	3.8	32	3	11.48	0.34	5.79	0.09	0.02	0.00
CANTALOUPE, Fresh 3/8c	3/8 Cup	1	40	0	19	1.07	0.25	10.7	4017	803	43.59	1.0	9.69	0.23	0.06	0.00
BANANA, Fresh Petite	1 Each	1	112	0	1	3.27	0.33	6.3	81	10	10.95	1.37	28.75	0.42	0.14	0.00
ORANGES, Fresh Slices 3/8c	3/8 Cup	1	47	0	0	2.42	0.10	40.3	227	45	53.62	0.95	11.84	0.12	0.01	0.00
ORANGES, 138 Whole	Orange	1	63	0	0	3.20	0.13	53.4	300	60	70.96	1.25	15.67	0.16	0.01	0.00
SPINACH, Frozen 3/8c	3/8 Cup	1	30	0	185	1.48	1.06	118.2	3693	739	1.77	2.95	4.43	0.0	0.00	0.00
BROCCOLI, Frz Chopped 3/8c	3/8 Cup	1	18	0	17	2.13	0.57	39.7	733	147	39.97	1.99	3.39	0.21	0.03	0.00
WATERMELON, Fresh 3/8c	3/8 cup	1	38	0	2	0.49	0.29	9.0	707	141	10.06	0.76	9.39	0.19	0.02	0.00
TURKEY Rst, w/Gravy SC W 2	2 ozw	1	171	42	796	0.00	2.14	0.5	0	0	1.9	19.52	13.39	5.13	0.40	0.00
ROLL, DINNER AP W	1 each	1	77	0	96	1.08	1.01	49.9	0	0	0.0	2.44	13.04	1.79	0.42	0.00
FISH, Fillet w/Cheese SS W 2.0	1 Each	1	462	61	860	2.22	3.33	166.1	253	51	0.0	23.35	54.96	17.39	4.05	0.00

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Elementary Nutritionals wfsd lunch																
POTATO, Mashed 3/8c	3/8 Cup	1	69	0	21	1.38	0.25	0.0	0	0	20.75	1.38	14.53	0.0	0.00	0.00
POTATO, Sweet Mashed 3/8c	3/8 Cup	1	127	0	63	1.58	0.95	22.3	6207	1241	9.54	0.42	24.31	2.54	1.27	0.00
PASTA, Spaghetti BP	1 Cup	1	189	0	61	3.60	2.56	43.9	0	0	0.0	8.99	34.16	1.8	0.00	0.00
COND_Ketchup 1ozv	ozv	1	32	0	382	0.29	0.16	3.1	218	101	0.3	0.26	8.89	0.04	0.01	0.00
BURRITO BN/CHZ SM W 2.0	1 Each	1	385	23	791	10.89	2.26	218.0	228	46	1.57	16.55	49.05	14.14	5.80	0.00
Weighted Daily Average			8328	861	15509	108.73	60.39	3107.1	42581	8378	501.71	427.87	1008.3	300.81	96.28	2.62
% of Calories												20.5%	48.4%	32.5%	10.4%	0.3%

Weighted Average			8328	861	15509	108.73	60.39	3107.1	42581	8378	501.71	427.87	1008.3	300.81	96.28	2.62
												20.5%	48.4%	32.5%	10.4%	0.3%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	8328		645	1292%			
Cholesterol (mg)	861		150	574%			Correction Required - Cholesterol too High
Sodium (mg)	15509		1200	1292%			Correction Required - Sodium too High
Fiber (g)	108.73		8.00	1359%			
Iron (mg)	60.39		3.30	1830%			
Calcium (mg)	3107.1		267.00	1164%			
Vitamin A (IU)	42581		1055	4036%			
Vitamin A (RE)	8378		211	3970%			
Vitamin C (mg)	501.71		15.00	3345%			
Protein (g)	427.87	20.55%	8.87	4825%			
Carbohydrate (g)	1008.32	48.43%					
Total Fat (g)	300.81	32.51%	<=30.00%				Correction Required - Total Fat too High
Saturated Fat (g)	96.28	10.40%	<10.00%				Correction Required - Sat. Fat too High
Trans Fat (g)	2.62	0.28%					

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