

Ottawa School District

Page 1

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
Elementary Lunch

Jan 29, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Wed - 02/01/2012				
Elementary Lunch	Total	1101		
CHICKEN PATTY ON A BUN - #2	1 SANDWICH	604	293	37.29
Stir Fry #2	1 serving	171	337	61.67
Bread, Scratch Wheat	2 oz rolls	171	147	28.25
Fun Lunch Wednesday Pak BC #1	1 meal	326	422	82.67
Broccoli - Cauliflower Salad	1/4 cup	775	56	4.38
GREEN BEANS: canned,cooked	1/4 cup	400	18	3.5
Tossed Salad Wednesday	1/2 cup serving	175	16	2.22
Dressing, SalsaRanchHomemade12	T.	175	15	0.8
PINEAPPLE CHUNKS:can,lt syr#1	1/4 CUP	600	35	8.28
APPLES,Fresh - #1	1 EACH	50	80	22.0
Milk, Marcia's update #1	1/2 pt	1101	120	20.6
CATSUP 05	2 T.	620	15	4.0
MUSTARD 05	1 T.	50	0	0.03
MAYO/SALAD DRESSING	1 T.	50	57	3.51
BBQ SAUCE 05	1 T.	300	25	6.5
Weighted Daily Average			572	94.03
% of Calories				65.7%

Thu - 02/02/2012				
Elementary Lunch	Total	1126		
CORN DOG -USE -#2	1 SERVING	792	270	27.0
SLOPPY JOE ON A BUN 05 #2	sandwiches	214	359	40.52
Fun Lunch Thursday Pak BC #1	1 meal	120	603	84.62
TATER TOTS #2	8 tots=1/3Cup	1006	255	28.52
baked beans	1/4 cup	475	70	14.5
Tossed Salad Thursday	1/2 cup serving	375	21	4.88
Dressing. French Fat Free 12	1 T.	375	25	6.0
ORANGES HALVES #1	1 EACH	650	45	11.28
APPLES,Fresh - #1	1 EACH	50	80	22.0
Milk, Marcia's update #1	1/2 pt	1126	120	20.6
CATSUP 05	2 T.	800	15	4.0
MUSTARD 05	1 T.	100	0	0.03
Weighted Daily Average			755	101.86
% of Calories				53.9%

Fri - 02/03/2012				
Elementary Lunch	Total	1077		
PIZZA, PEPPERONI TONY'S #2	1 SLICE	766	320	38.0
CAVATINI 05 - #2	3/4 cup	88	311	20.84
Pete's Friday Pak #1	1 meal	223	636	97.31
Bread, Scratch Wheat	2 oz rolls	88	147	28.25
Ratatouille	1/2 cup serving	250	49	7.11
Tossed Salad Friday	1/2 cup serving	750	18	3.68
Dressing, SalsaRanchHomemade12	T.	750	15	0.8
MIXED VEGETABLES:frzn,bld.#2	1/2 CUP	575	45	9.0
Fruit Cocktail w/fresh grapes	1/4 cup	350	31	8.05
APPLES,Fresh - #1	1 EACH	350	80	22.0
Milk, Marcia's update #1	1/2 pt	1077	120	20.6
Weighted Daily Average			611	91.13
% of Calories				59.6%

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes optional nutrient values

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

Ottawa School District

Page 2

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
Elementary Lunch

Jan 29, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Mon - 02/06/2012				
Elementary Lunch	Total	1129		
Chicken Nuggets #2	servings(5)	948	240	17.0
CHEESY CHICKEN & RICE CASS-#2	2/3 cup	73	180	12.45
Fun Lunch Monday Pak BC #1	1 meal	108	468	92.64
Bread, Scratch Wheat	2 oz rolls	1021	147	28.25
Tossed Salad Monday	1/2 cup	400	21	2.23
Dressing, RanchHomemadeLite 12	Tablespoons	200	26	0.59
ORANGES #1	1 EACH	750	45	11.28
APPLES,Fresh - #1	1 EACH	50	80	22.0
Broccoli and Red Peppers	1/4 cup	970	9	1.73
Milk, Marcia's update #1	1/2 pt	1129	120	20.6
JELLY, GRAPE/APPLE 05	1 T	600	50	13.0
BBQ SAUCE 05	1 T.	600	25	6.5
CATSUP 05	2 T.	600	15	4.0
Weighted Daily Average			612	93.42
% of Calories				61.1%

Tue - 02/07/2012				
Elementary Lunch	Total	1077		
CHILI - #2	2/3 CUP	632	240	20.6
MEATBALL SANDWICH #2	4 = 1 sand	230	198	7.5
CINNAMON ROLL, REG	1	632	104	25.18
Fun Lunch Tuesday Pak #1	1 meal	215	671	102.46
FRENCH FRIES, OVEN OK #2-	1/3 CUP	860	89	13.93
Environments-Veg. Gardeneria	1/4 cup	550	74	6.81
Tossed Salad Tuesday	1/2 cup serving	350	17	3.43
Dressing Italian FAT FREE 12	1T.	350	10	2.0
Environments-CarrotRaisinPinea	1/4 cup	900	57	11.86
Milk, Marcia's update #1	1/2 pt	1077	120	20.6
CATSUP 05	2 T.	450	15	4.0
Weighted Daily Average			670	97.47
% of Calories				58.2%

Wed - 02/08/2012				
Elementary Lunch	Total	1060		
CHICKEN FRIED STEAK -#2	1 each	475	347	18.0
CHICKEN & NOODLES -#2	3/4 cup	271	222	28.99
Fun Lunch Wednesday Pak BC #1	1 meal	314	422	82.67
Bread, Scratch Wheat	2 oz rolls	746	147	28.25
MASHED POTATOES #2	1/4 CUP=#16	675	44	7.64
GRAVY, CHICKEN PLAIN-#2	1 FL. OZ.	675	36	4.0
GREEN BEANS: canned,cooked	1/4 cup	500	18	3.5
Tossed Salad Wednesday	1/2 cup serving	200	16	2.22
Dressing, SalsaRanchHomemade12	T.	200	15	0.8
Peaches/Strawberry/Blueberry	1/4 cup	725	36	8.74
APPLES,Fresh - #1	1 EACH	50	80	22.0
Milk, Marcia's update #1	1/2 pt	1060	120	20.6
JELLY, GRAPE/APPLE 05	1 T	500	50	13.0
Weighted Daily Average			678	103.22
% of Calories				60.9%

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes optional nutrient values

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

Ottawa School District

Page 3

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
Elementary Lunch

Jan 29, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Thu - 02/09/2012				
Elementary Lunch	Total	987		
MR. RIB ON A BUN #2	1 SANDWICH	478	361	50.09
TATER TOT CASSEROLE 05 #2	2/3 CUP	240	529	18.89
Fun Lunch Thursday Pak BC #1	1 meal	269	603	84.62
Bread, Scratch Wheat	2 oz rolls	240	147	28.25
TATER TOTS #2	8 tots=1/3Cup	718	255	28.52
WINTER MIX, cauli/broc	1/4 cup	550	55	8.63
Tossed Salad Thursday	1/2 cup serving	100	21	4.88
Dressing. French Fat Free 12	1 T.	50	25	6.0
apple rings -05 - #1	1/4 cup	550	60	14.5
Milk, Marcia's update #1	1/2 pt	987	120	20.6
CATSUP 05	2 T.	700	15	4.0
JELLY, GRAPE/APPLE 05	1 T	75	50	13.0
Weighted Daily Average			891	117.64
% of Calories				52.8%

Fri - 02/10/2012				
Elementary Lunch	Total	1040		
SUB SANDWICH	1 SANDWICH	265	222	25.92
RAVIOLI #2	2/3 cup	464	166	24.62
Pete's Friday Pak #1	1 meal	320	636	97.31
Bread, Scratch Wheat	2 oz rolls	464	147	28.25
Potato Wedges, Marcia #2	1/4 CUP	725	120	18.0
BAKED BEANS - #2	1/4 CUP	350	85	19.6
Tossed Salad Friday	1/2 cup serving	300	18	3.68
Dressing, SalsaRanchHomemade12	T.	300	15	0.8
FRUIT COCKTAIL W/WHIP TOP#1	cup	715	185	32.49
Milk, Marcia's update #1	1/2 pt	1040	120	20.6
MUSTARD 05	1 T.	50	0	0.03
Mayo, low fat -05	1 T.	100	45	2.0
CATSUP 05	2 T.	600	15	4.0
JELLY, GRAPE/APPLE 05	1 T	400	50	13.0
Weighted Daily Average			793	131.01
% of Calories				66.1%

Mon - 02/13/2012				
Elementary Lunch	Total	1041		
CHICKEN PATTY ON A BUN - #2	1 SANDWICH	680	293	37.29
BEEF STEW - #2	2/3 cup	124	231	14.56
BISCUIT, BRIDGEFORD LG	1 EACH	124	182	22.27
Fun Lunch Tuesday Pak #1	1 meal	237	671	102.46
Tossed Salad Monday	1/2 cup	325	21	2.23
Dressing, RanchHomemadeLite 12	Tablespoons	162	26	0.59
CHEESY POTATOTES -#2	1/4 cup	768	60	9.43
Tropical Fruit	1/4 cup	350	35	8.0
APPLES, Fresh - #1	1 EACH	450	80	22.0
Milk, Marcia's update #1	1/2 pt	1041	120	20.6
MUSTARD 05	1 T.	150	0	0.03
Mayo, low fat -05	1 T.	300	45	2.0
JELLY, GRAPE/APPLE 05	1 T	100	50	13.0
CATSUP 05	2 T.	300	15	4.0
Weighted Daily Average			637	95.60
% of Calories				60.0%

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

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

Ottawa School District

Page 4

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
Elementary Lunch

Jan 29, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Tue - 02/14/2012				
Elementary Lunch	Total	1109		
SPAGHETTI AND MEAT SAUCE #2	2/3 CUP	646	241	26.3
CHICKEN , ITALIAN -#2	1 EACH	157	226	18.28
Fun Lunch Tuesday Pak #1	1 meal	306	671	102.46
Bread, Scratch Wheat	2 oz rolls	803	147	28.25
Zucchini Bake	1/4 cup	200	36	1.53
VEGGIE STICKS carrots/celery#1	1/4 cup	440	15	5.57
Tossed Salad Tuesday	1/2 cup serving	250	17	3.43
Dressing Italian FAT FREE 12	1T.	125	10	2.0
PINEAPPLE CHUNKS:can,lt syr#1	1/4 CUP	775	35	8.28
Milk, Marcia's update #1	1/2 pt	1109	120	20.6
JELLY, GRAPE/APPLE 05	1 T	350	50	13.0
Weighted Daily Average			641	100.60
% of Calories				62.7%

Wed - 02/15/2012				
Elementary Lunch	Total	1014		
HAMBURGER ON A BUN #2	1 serving	657	342	21.0
BBQ BEEF - #2	1/4 cup=#16	154	339	52.15
Fun Lunch Wednesday Pak BC #1	1 meal	203	422	82.67
Potato -sweet fries	1/4 cup	811	83	12.0
Environments,Cool Bean Salad	1/2 cup serving	300	233	31.23
Tossed Salad Wednesday	1/2 cup serving	300	16	2.22
Dressing, SalsaRanchHomemade12	T.	150	15	0.8
Environments-Pearsw/strawberry	1/4 cup	769	27	6.81
APPLES,Fresh - #1	1 EACH	925	80	22.0
Milk, Marcia's update #1	1/2 pt	1014	120	20.6
CATSUP 05	2 T.	800	15	4.0
MUSTARD 05	1 T.	75	0	0.03
Weighted Daily Average			725	106.68
% of Calories				58.9%

Thu - 02/16/2012				
Elementary Lunch	Total	1058		
CHILI FRITO 05 -#2	2/3 cup	597	333	26.04
SMOTHERED STEAK #2	1 each	242	251	2.48
Fun Lunch Thursday Pak BC #1	1 meal	259	603	84.62
Bread, Scratch Wheat	2 oz rolls	839	147	28.25
CORN: frozen, yellow - #2	1/4 cup	675	63	13.23
orange, fresh 10	1 each	775	45	11.0
Tossed Salad Thursday	1/2 cup serving	500	21	4.88
Dressing Italian FAT FREE 12	1T.	250	10	2.0
Milk, Marcia's update #1	1/2 pt	1058	120	20.6
JELLY, GRAPE/APPLE 05	1 T	500	50	13.0
Weighted Daily Average			739	104.40
% of Calories				56.5%

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes optional nutrient values

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

Ottawa School District

Page 5

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
Elementary Lunch

Jan 29, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Tue - 02/21/2012				
Elementary Lunch	Total	1050		
HOT DOG ON A BUN:turkey #2	SERVING	683	130	3.0
MACARONI & CHEESE UPDATE #2	2/3 CUP	280	436	35.41
Fun Lunch Tuesday Pak #1	1 meal	87	671	102.46
Bread, Scratch Wheat	2 oz rolls	280	147	28.25
TATER TOTS #2	8 tots=1/3Cup	930	255	28.52
PEAS: frozen,boiled #2	1/4 cup	320	19	3.45
Dressing Italian FAT FREE 12	1T.	100	10	2.0
Tossed Salad Tuesday	1/2 cup serving	200	17	3.43
Mandarin Oranges/Banana	1/4 cup serving	950	184	42.67
APPLES,Fresh - #1	1 EACH	50	80	22.0
Milk, Marcia's update #1	1/2 pt	1050	120	20.6
JELLY, GRAPE/APPLE 05	1 T	200	50	13.0
MUSTARD 05	1 T.	100	0	0.03
CATSUP 05	2 T.	800	15	4.0
Weighted Daily Average			843	120.35
% of Calories				57.1%

Wed - 02/22/2012				
Elementary Lunch	Total	1090		
BURRITO, BEEF & BEAN -#2	1	665	310	37.0
ENCHILADA CASSEROLE 05 -#3	1 piece	134	335	16.48
Fun Lunch Wednesday Pak BC #1	1 meal	291	422	82.67
Bread, Scratch Wheat	2 oz rolls	799	147	28.25
Environments-Sweet Corn Salad	1/4 cup	600	44	7.93
Tossed Salad Wednesday	1/2 cup serving	200	16	2.22
Dressing, SalsaRanchHomemade12	T.	100	15	0.8
WHOLE BEANS #2	1/4 CUP	480	50	9.57
Fruit Cocktail w/fresh grapes	1/4 cup	650	31	8.05
APPLES,Fresh - #1	1 EACH	50	80	22.0
Milk, Marcia's update #1	1/2 pt	1090	120	20.6
TACO SAUCE 05	2 T.	650	3	0.53
JELLY, GRAPE/APPLE 05	1 T	65	50	13.0
Weighted Daily Average			648	103.95
% of Calories				64.1%

Thu - 02/23/2012				
Elementary Lunch	Total	1025		
Cowboy BBQ 05-#2	2/3 cup	474	361	26.66
Baked Potato - #2	1 each	311	248	49.72
Fun Lunch Thursday Pak BC #1	1 meal	240	603	84.62
CARROT STICKS	1/4 CUP	580	35	7.7
Broccoli and Red Peppers	1/4 cup	350	9	1.73
Tossed Salad Thursday	1/2 cup serving	225	21	4.88
Dressing. French Fat Free 12	1 T.	112	25	6.0
Environments-Applesauce,cinn	1/4 cup	697	46	11.92
APPLES,Fresh - #1	1 EACH	50	80	22.0
CORNBREAD 05	1 square	474	163	27.59
pretzel 06	pretzel	311	120	23.0
Milk, Marcia's update #1	1/2 pt	1025	120	20.6
JELLY, GRAPE/APPLE 05	1 T	300	50	13.0
TACO SAUCE 05	2 T.	150	3	0.53
Weighted Daily Average			695	107.29
% of Calories				61.7%

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes optional nutrient values

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

Ottawa School District

Page 6

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
Elementary Lunch

Jan 29, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Fri - 02/24/2012				
Elementary Lunch	Total	1070		
PIZZA, SAUSAGE TONY'S #2	1 SLICE	772	180	20.86
TUNA WRAP #3	1 SERVING	79	508	26.87
Pete's Friday Pak #1	1 meal	219	636	97.31
MIXED VEGETABLES:frzn,bld.#2	1/4 CUP	600	22	4.5
Tossed Salad Friday	1/2 cup serving	100	18	3.68
Dressing, RanchHomemadeLite 12	Tablespoons	50	26	0.59
ORANGES #1	1 EACH	500	45	11.28
APPLES,Fresh - #1	1 EACH	100	80	22.0
Environments-Macaroni Salad	1/4 cup	673	67	10.43
Milk, Marcia's update #1	1/2 pt	1070	120	20.6
Weighted Daily Average			504	74.34
% of Calories				59.0%

Mon - 02/27/2012				
Elementary Lunch	Total	767		
SOFT TACO 10 #2	#16=1/4 CUP	490	297	23.27
VEAL PARMESAN	1 PATTY	88	290	2.72
Fun Lunch Monday Pak BC #1	1 meal	189	468	92.64
Bread, Scratch Wheat	2 oz rolls	578	147	28.25
Rice, Fiesta #2	1/4 cup	575	62	11.76
LETTUCE, SHREDDED S.TACO #2	1/4 cup	550	78	1.46
Dressing, SalsaRanchHomemade12	serving = 2 T.	275	15	0.8
FRUIT SALAD: canned,lt syrup	1/4 CUP	550	37	9.54
APPLES,Fresh - #1	1 EACH	50	80	22.0
Milk, Marcia's update #1	1/2 pt	578	120	20.6
TACO SAUCE 05	2 T.	575	3	0.53
CATSUP 05	2 T.	700	15	4.0
JELLY, GRAPE/APPLE 05	1 T	85	50	13.0
Weighted Daily Average			700	98.73
% of Calories				56.4%

Tue - 02/28/2012				
Elementary Lunch	Total	813		
CHICKEN, GRILLED ON BUN-#2	1 EACH	486	288	25.42
MEATLOAF - MARCIA use #2	3/4" slice	205	159	9.9
Fun Lunch Tuesday Pak #1	1 meal	362	671	102.46
Bread, Scratch Wheat	2 oz rolls	205	147	28.25
POTATOES, SCALLOPED #2	1/4 CUP=SERVIN	691	60	12.0
MIXED VEGETABLES:frzn,bld.#2	1/4 CUP	300	22	4.5
Tossed Salad Tuesday	1/2 cup serving	200	17	3.43
Dressing Italian FAT FREE 12	1T.	100	10	2.0
Environments-CarrotRaisinPinea	1/4 cup	600	57	11.86
APPLES,Fresh - #1	1 EACH	50	80	22.0
Milk, Marcia's update #1	1/2 pt	691	120	20.6
BBQ SAUCE 05	1 T.	475	25	6.5
JELLY, GRAPE/APPLE 05	1 T	175	50	13.0
Mayo, low fat -05	1 T.	30	45	2.0
MUSTARD 05	1 T.	150	0	0.03
CATSUP 05	2 T.	45	15	4.0
Weighted Daily Average			790	117.90
% of Calories				59.7%

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes optional nutrient values

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

Ottawa School District

Page 7

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
Elementary Lunch

Jan 29, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Wed - 02/29/2012				
Elementary Lunch	Total	972		
Chili Mac -update 05 - #2	2/3 CUP	390	233	12.16
TURKEY WRAP #1	1 wrap	133	276	24.3
Fun Lunch Wednesday Pak BC #1	1 meal	449	422	82.67
Bread, Scratch Wheat	2 oz rolls	390	147	28.25
Environments,Cool Bean Salad	1/2 cup serving	300	233	31.23
PEAS & CARROTS: frzn,bld #2	1/4 CUP	375	19	3.38
Tossed Salad Wednesday	1/2 cup serving	200	16	2.22
Dressing, SalsaRanchHomemade12	T.	200	15	0.8
Fruit Cocktail w/grapes & bana	1/4 cup	600	41	9.87
APPLES,Fresh - #1	1 EACH	50	80	22.0
Milk, Marcia's update #1	1/2 pt	972	120	20.6
MUSTARD 05	1 T.	50	0	0.03
Mayo, low fat -05	1 T.	150	45	2.0
CATSUP 05	2 T.	700	15	4.0
JELLY, GRAPE/APPLE 05	1 T	50	50	13.0
Weighted Daily Average			640	100.97
% of Calories				63.1%

Weighted Average			692	103.19 59.7%
------------------	--	--	-----	-----------------

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	692		645	107%			
Carbohydrate (g)	103.19	59.66%					

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

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

1 - denotes optional nutrient values

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