

# Ottawa School District

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values  
High School Lunch

Jan 29, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
<b>Wed - 02/01/2012</b>				
High School Lunch	Total	445		
Environments - Pizza Cheese	slice	30	365	31.12
Environments- Pizza Hawaiian	slice	20	368	36.38
Environments-Pizza BBQ Chicken	slices	50	390	34.85
EnvironmentsCrust&StuffSidesW	1/2 cup	100	223	38.93
Environments Meal Drinks #1	servings	100	67	16.0
Outtakes - Thursday use	entrees	20	583	83.22
Environments Meal Drinks #1	servings	20	67	16.0
Environments-Deli Meats THPC	2 oz serving	75	63	1.49
Environments - Deli Breads	1 each	75	210	39.57
Environments - DeliCheeseSlcs	1oz serving	75	93	1.24
Environments - Deli Dressings	Tablespoons	75	52	1.74
Environments - Deli toppings	servings	75	54	11.87
Deli Sides Day 3	1/2 cup	75	175	33.51
Environments Meal Drinks #1	servings	75	67	16.0
Toast Post Week 3 Day 3	paninis	50	378	39.75
Extra Extra Week 3 Day 3	1 cup serving	250	114	22.91
Grab a Stack Week 3 Day 3	sandwiches	100	503	68.89
Playbowl BBQ W3	meals	100	534	71.89
Condiment Bar 05	1 T	700	13	2.29
Milk, Marcia's update #1	1/2 pt	445	120	20.6
Weighted Daily Average			779	115.40
% of Calories				59.3%

<b>Thu - 02/02/2012</b>				
High School Lunch	Total	445		
Environments - Pizza Cheese	slice	25	365	31.12
Environments - Pizza Beef	slice	30	400	30.97
Environments-Pizza Bruschetta	slices	35	427	52.09
Environments - Deli SidesTH	servings	100	255	39.92
Environments Meal Drinks #1	servings	100	67	16.0
Outtakes - Thursday use	entrees	20	583	83.22
Environments Meal Drinks #1	servings	20	67	16.0
Environments - Deli Meats RTHP	2 oz servings	75	74	1.24
Environments - Deli Breads	1 each	75	210	39.57
Environments - DeliCheeseSlcs	1oz serving	75	93	1.24
Environments - Deli Dressings	Tablespoons	75	52	1.74
Environments - Deli toppings	servings	75	54	11.87
Toast Post Week 3 Day 4	meals	50	575	79.63
Extra Extra Week 3 Day 4	1 cup serving	250	121	26.23
Grab a Stack Week 3 Day 4	sandwiches	100	493	51.06
Playbowls Nachos TH3	meals	100	634	76.03
Condiment Bar 05	1 T	700	13	2.29
Milk, Marcia's update #1	1/2 pt	445	120	20.6
Weighted Daily Average			790	110.80
% of Calories				56.1%

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

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values  
High School Lunch

Jan 29, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
<b>Fri - 02/03/2012</b>				
High School Lunch	Total	445		
Environments - Pizza Cheese	slice	30	365	31.12
Environments- Stromboli Beef	1 each	50	392	29.11
Environments-PizzaRedHotChick	slices	20	301	31.17
EnvironmentsCrust&StuffSidesF	1/2 cup	100	222	39.12
Environments Meal Drinks #1	servings	100	67	16.0
Outtakes Friday - use	entrees	20	707	98.0
Environments Meal Drinks #1	servings	20	67	16.0
Environments-Deli Meats THPC	2 oz serving	75	63	1.49
Environments - Deli Breads	1 each	75	210	39.57
Environments - DeliCheeseSlcs	1oz serving	75	93	1.24
Environments - Deli Dressings	Tablespoons	75	52	1.74
Environments - Deli toppings	servings	75	54	11.87
Deli Sides Day 5	1/2 cup	75	182	30.68
Environments Meal Drinks #1	servings	75	67	16.0
Extra Extra Week 3 Day 5	1 cup serving	250	131	28.23
Grab a Stack Week 3 Day 5	sandwiches	100	443	48.66
Toast Post Week 3 Day 5	paninis	50	574	72.63
Playbowls Brunch PancakesF3	meals	100	599	106.11
Condiment Bar 05	1 T	700	13	2.29
Milk, Marcia's update #1	1/2 pt	445	120	20.6
Weighted Daily Average			815	124.58
% of Calories				61.1%

<b>Mon - 02/06/2012</b>				
High School Lunch	Total	445		
Environments - Pizza Cheese	slice	20	365	31.12
Environments- Pizza Pepperoni	slice	20	449	50.22
Bosco Sticks w/sauce & cheese	2 breadsticks	60	485	53.51
Environments - Deli SidesM	servings	100	168	30.33
Environments Meal Drinks #1	servings	100	67	16.0
Outtakes Monday 2nd/4th- use	entrees	20	705	106.29
Environments Meal Drinks #1	servings	20	67	16.0
Environments-Deli Meats THPC	2 oz serving	75	63	1.49
Environments - Deli Breads	1 each	75	210	39.57
Environments - DeliCheeseSlcs	1oz serving	75	93	1.24
Environments - Deli Dressings	Tablespoons	75	52	1.74
Environments - Deli toppings	servings	75	54	11.87
Deli Sides Day 1	1/2 cup	75	83	22.78
Environments Meal Drinks #1	servings	75	67	16.0
Extra Extra Week 4 Day 1	1 cup serving	500	147	26.94
Grab a Stack Week 4 Day 1	sandwiches	100	480	51.17
Toast Post Week 4 Day 1	paninis	50	468	43.73
Playbowls Italian Fettuccine M4	meals	100	416	50.62
Condiment Bar 05	1 T	500	13	2.29
Milk, Marcia's update #1	1/2 pt	445	120	20.6
Weighted Daily Average			848	123.97
% of Calories				58.5%

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# Ottawa School District

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
<b>Tue - 02/07/2012</b>				
High School Lunch	Total	445		
Environments - Pizza Cheese	slice	20	365	31.12
Environments-Pizza Buff.Chick	slices	20	441	50.82
Environments-Calzone Supreme	1 each	60	449	32.29
Environments - Deli SidesT	1/2 cup	100	221	43.9
Environments Meal Drinks #1	servings	100	67	16.0
Outtakes Tuesday - use	entrees	20	666	101.02
Environments Meal Drinks #1	servings	20	67	16.0
Environments - Deli Meats RTHP	2 oz servings	75	74	1.24
Environments - Deli Breads	1 each	75	210	39.57
Environments - DeliCheeseSlcs	1oz serving	75	93	1.24
Environments - Deli Dressings	Tablespoons	75	52	1.74
Environments-Deli toppings	servings	75	13	2.18
Deli Sides Day 2	1/2 cup	75	160	31.55
Environments Meal Drinks #1	servings	75	67	16.0
Extra Extra Week 4 Day 2	1 cup serving	500	128	27.2
Grab a Stack Week 4 Day 2	sandwiches	100	381	33.99
Toast Post Week 4 Day 2	paninis	50	339	39.92
Playbowls Asian T4	meals	100	352	24.84
Condiment Bar 05	1 T	500	13	2.29
Milk, Marcia's update #1	1/2 pt	445	120	20.6
Weighted Daily Average			788	113.97
% of Calories				57.9%

<b>Wed - 02/08/2012</b>				
High School Lunch	Total	445		
Environments - Pizza Cheese	slice	35	365	31.12
Environments - Pizza Beef	slice	35	400	30.97
Environments-PizzaChickFlorent	slices	30	471	37.46
EnvironmentsCrust&StuffSidesW	1/2 cup	100	223	38.93
Environments Meal Drinks #1	servings	100	67	16.0
Outtakes Wednesday 2-4	entrees	20	703	95.83
Environments Meal Drinks #1	servings	20	67	16.0
Environments-Deli Meats THPC	2 oz serving	75	63	1.49
Environments - Deli Breads	1 each	75	210	39.57
Environments - DeliCheeseSlcs	1oz serving	75	93	1.24
Environments - Deli toppings	servings	75	54	11.87
Environments - Deli Dressings	Tablespoons	75	52	1.74
Deli Sides Day 3	1/2 cup	75	175	33.51
Environments Meal Drinks #1	servings	75	67	16.0
Extra Extra Week 4 Day 3	1 cup serving	500	117	26.57
Grab a Stack Week 4 Day 3	sandwiches	100	518	57.12
Toast Post Week 4 Day 3	paninis	50	423	58.87
Playbowl BBQ W5	meals	100	630	104.53
Condiment Bar 05	1 T	500	13	2.29
Milk, Marcia's update #1	1/2 pt	445	120	20.6
Weighted Daily Average			883	138.52
% of Calories				62.7%

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values  
High School Lunch

Jan 29, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
Thu - 02/09/2012				
High School Lunch	Total	445		
Environments - Pizza Cheese	slice	25	365	31.12
Environments-PizzaBBQ Chicken	slices	50	300	28.68
Environments - Pizza Supreme	slice	25	390	32.48
Environments - Deli SidesTH	servings	100	255	39.92
Environments Meal Drinks #1	servings	100	67	16.0
Outtakes - Thursday use	entrees	20	583	83.22
Environments Meal Drinks #1	servings	20	67	16.0
Environments - Deli Meats RTHP	2 oz servings	75	74	1.24
Environments - Deli Breads	1 each	75	210	39.57
Environments - DeliCheeseSlcs	1oz serving	75	93	1.24
Environments - Deli Dressings	Tablespoons	75	52	1.74
Environments - Deli toppings	servings	75	54	11.87
Deli Sides Day 4	1/2 cup	75	172	37.45
Environments Meal Drinks #1	servings	75	67	16.0
Extra Extra Week 4 Day 4	1 cup serving	250	126	27.7
Grab a Stack Week 4 Day 4	sandwiches	100	399	38.07
Toast Post Week 4 Day 4	paninis	50	555	61.51
Playbowl Tex Mex TH 4	meals	100	538	75.7
Condiment Bar 05	1 T	500	13	2.29
Milk, Marcia's update #1	1/2 pt	445	120	20.6
Weighted Daily Average			777	113.43
% of Calories				58.4%

Fri - 02/10/2012				
High School Lunch	Total	445		
Environments - Pizza Cheese	slice	25	365	31.12
Environments - Pizza Beef	slice	25	400	30.97
Cheesy Breakfast Pizza Bagel	bagels	50	260	35.67
EnvironmentsCrust&StuffSidesF	1/2 cup	100	222	39.12
Environments Meal Drinks #1	servings	100	67	16.0
Outtakes Friday - use	entrees	20	707	98.0
Environments Meal Drinks #1	servings	20	67	16.0
Environments-Deli Meats THPC	2 oz serving	75	63	1.49
Environments - Deli Breads	1 each	75	210	39.57
Environments - DeliCheeseSlcs	1oz serving	75	93	1.24
Environments - Deli Dressings	Tablespoons	75	52	1.74
Environments - Deli toppings	servings	75	54	11.87
Deli Sides Day 5	1/2 cup	75	182	30.68
Environments Meal Drinks #1	servings	75	67	16.0
Extra Extra Week 4 Day 5	1cup serving	250	118	26.23
Grab a Stack Week 4 Day 5	sandwiches	100	403	42.23
Toast Post Week 4 Day 5	paninis	50	408	51.61
Playbowl Brunch F4	meals	100	570	92.15
Condiment Bar 05	1 T	500	13	2.29
Milk, Marcia's update #1	1/2 pt	445	120	20.6
Weighted Daily Average			759	116.21
% of Calories				61.3%

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values  
High School Lunch

Jan 29, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
<b>Mon - 02/13/2012</b>				
High School Lunch	Total	1		
Environments - Pizza Cheese	slice	1	365	31.12
Environments - Pizza Beef	slice	1	400	30.97
Bosco Sticks w/sauce & cheese	2 breadsticks	1	485	53.51
Environments - Deli SidesM	servings	1	168	30.33
Environments Meal Drinks #1	servings	1	67	16.0
Outtakes Monday 1/3/5 - use	entrees	1	727	97.35
Environments Meal Drinks #1	servings	1	67	16.0
Environments-Deli Meats THPC	2 oz serving	1	63	1.49
Environments - Deli Breads	1 each	1	210	39.57
Environments - DeliCheeseSlcs	1oz serving	1	93	1.24
Environments - Deli Dressings	Tablespoons	1	52	1.74
Environments - Deli toppings	servings	1	54	11.87
Deli Sides Day 1	1/2 cup	1	83	22.78
Environments Meal Drinks #1	servings	1	67	16.0
Extra Extra Week 5 Day 1	1 cup serving	1	108	22.98
Grab a Stack Week 5 Day 1	sandwiches	1	385	42.66
Toast Post Week 5 Day 1	paninis	1	356	43.16
Playbowls Macaroni M 5	meals	1	568	83.11
Condiment Bar 05	1 T	1	13	2.29
Milk, Marcia's update #1	1/2 pt	1	120	20.6
Weighted Daily Average			4453	584.80
% of Calories				52.5%

<b>Tue - 02/14/2012</b>				
High School Lunch	Total	1		
Environments - Pizza Cheese	slice	1	365	31.12
Environments-Pizza BBQ Chicken	slices	1	390	34.85
Environments-Calzone Veggie	1 each	1	377	52.84
Environments - Deli SidesT	1/2 cup	1	221	43.9
Environments Meal Drinks #1	servings	1	67	16.0
Outtakes Tuesday - use	entrees	1	666	101.02
Environments Meal Drinks #1	servings	1	67	16.0
Environments - Deli Meats RTHP	2 oz servings	1	74	1.24
Environments - Deli Breads	1 each	1	210	39.57
Environments - DeliCheeseSlcs	1oz serving	1	93	1.24
Environments - Deli Dressings	Tablespoons	1	52	1.74
Environments - Deli toppings	servings	1	54	11.87
Deli Sides Day 2	1/2 cup	1	160	31.55
Environments Meal Drinks #1	servings	1	67	16.0
Extra Extra Week 5 Day 2	1 cup serving	1	136	27.29
Grab a Stack Week 5 Day 2	sandwiches	1	393	35.95
Condiment Bar 05	1 T	1	13	2.29
Milk, Marcia's update #1	1/2 pt	1	120	20.6
Weighted Daily Average			3526	485.09
% of Calories				55.0%

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values  
High School Lunch

Jan 29, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
<u>Wed - 02/15/2012</u>				
High School Lunch	Total	1		
Environments - Pizza Cheese	slice	1	365	31.12
Environments - Pizza Taco	slice	1	467	51.17
Environments-Pizza Bruschetta	slices	1	427	52.09
EnvironmentsCrust&StuffSidesW	1/2 cup	1	223	38.93
Environments Meal Drinks #1	servings	1	67	16.0
Outtakes Wednesday 1- 3- 5	entrees	1	706	103.45
Environments Meal Drinks #1	servings	1	67	16.0
Environments-Deli Meats THPC	2 oz serving	1	63	1.49
Environments - Deli Breads	1 each	1	210	39.57
Environments - DeliCheeseSlcs	1oz serving	1	93	1.24
Environments - Deli Dressings	Tablespoons	1	52	1.74
Environments - Deli toppings	servings	1	54	11.87
Deli Sides Day 3	1/2 cup	1	175	33.51
Environments Meal Drinks #1	servings	1	67	16.0
Extra Extra Week 5 Day 3	1 cup serving	1	105	22.76
Grab a Stack Week 5 Day 3	sandwiches	1	424	65.04
Playbowl BBQ W5	meals	1	630	104.53
Condiment Bar 05	1 T	1	13	2.29
Milk, Marcia's update #1	1/2 pt	1	120	20.6
Weighted Daily Average			4328	629.42
% of Calories				58.2%

<u>Thu - 02/16/2012</u>				
High School Lunch	Total	1		
Environments - Pizza Cheese	slice	1	365	31.12
Environments Pepperoni	pizza	1	3612	395.79
Environments-Pizza Buff.Chick	slices	1	441	50.82
Environments - Deli SidesTH	servings	1	255	39.92
Environments Meal Drinks #1	servings	1	67	16.0
Outtakes - Thursday use	entrees	1	583	83.22
Environments Meal Drinks #1	servings	1	67	16.0
Environments - Deli Meats RTHP	2 oz servings	1	74	1.24
Environments - Deli Breads	1 each	1	210	39.57
Environments - DeliCheeseSlcs	1oz serving	1	93	1.24
Environments - Deli Dressings	Tablespoons	1	52	1.74
Environments - Deli toppings	servings	1	54	11.87
Deli Sides Day 4	1/2 cup	1	172	37.45
Environments Meal Drinks #1	servings	1	67	16.0
Extra Extra Week 5 Day 4	1 cup seving	1	121	23.75
Grab a Stack Week 5 Day 4	sandwiches	1	485	48.53
Toast Post Week 5 Day 4	meals	1	316	41.72
Condiment Bar 05	1 T	1	13	2.29
Milk, Marcia's update #1	1/2 pt	1	120	20.6
Weighted Daily Average			7166	878.89
% of Calories				49.1%

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High School Lunch

Jan 29, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
<b>Tue - 02/21/2012</b>				
High School Lunch	Total	475		
Environments - Pizza Cheese	slice	25	365	31.12
Environments - Pizza Beef	slice	40	400	30.97
Environments-Calzone Veggie	1 each	35	377	52.84
EnvironmentsCrust&StuffSidesT	1/2 cup	100	214	42.69
Outtakes Tuesday - use	entrees	24	666	101.02
Environments - Deli Meats RTHP	2 oz servings	100	74	1.24
Environments - Deli Breads	1 each	100	210	39.57
Environments - DeliCheeseSlcs	1oz serving	100	93	1.24
Environments - Deli Dressings	Tablespoons	100	52	1.74
Environments - Deli toppings	servings	100	54	11.87
Environments - Deli SidesT	1/2 cup	100	221	43.9
Grab a Stack Week 1 Day 2	sandwiches	75	461	47.45
Toast Post Week 1 Day 2	paninis	100	659	64.9
Playbowls Asian T 2	meals	100	396	56.11
Extra Extra Week 1 Day 1	1 cup serving	250	76	16.88
Condiment Bar 05	2 T	300	25	4.59
Milk, Marcia's update #1	1/2 pt	475	120	20.6
Weighted Daily Average			778	108.54
% of Calories				55.8%

<b>Wed - 02/22/2012</b>				
High School Lunch	Total	475		
Environments - Pizza Cheese	slice	25	365	31.12
Environments-Pizza BBQ Chicken	slices	45	390	34.85
Environments- Pizza Hawaiian	slice	20	368	36.38
EnvironmentsCrust&StuffSidesW	1/2 cup	100	223	38.93
Outtakes Wednesday 1- 3- 5	entrees	24	706	103.45
Environments - Deli Meats RTHP	2 oz servings	100	74	1.24
Environments - Deli Breads	1 each	100	210	39.57
Environments - DeliCheeseSlcs	1oz serving	100	93	1.24
Environments - Deli Dressings	Tablespoons	100	52	1.74
Environments - Deli toppings	servings	100	54	11.87
Environments - Deli SidesW	1/2 cup	100	231	39.81
Playbowls BBQ W1	meals	100	662	83.91
Grab a Stack Week 1 Day 3	sandwiches	75	505	71.93
Toast Post Week 1 Day 3	paninis	100	385	52.41
Add On Week 3 Day 2	1 cup serving	250	103	23.26
Condiment Bar 05	2 T	300	25	4.59
Milk, Marcia's update #1	1/2 pt	475	120	20.6
Weighted Daily Average			795	115.79
% of Calories				58.3%

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High School Lunch

Jan 29, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
<b>Thu - 02/23/2012</b>				
High School Lunch	Total	475		
Environments - Pizza Cheese	slice	25	365	31.12
Environments - Pizza Beef	slice	35	400	30.97
Environments Pepperoni	pizza	45	3612	395.79
EnvironmentsCrust&StuffSidesTH	servings	100	204	31.94
Outtakes - Thursday use	entrees	24	583	83.22
Environments - Deli Meats RTHP	2 oz servings	100	74	1.24
Environments - DeliCheeseSlcs	1oz serving	100	93	1.24
Environments - Deli Breads	1 each	100	210	39.57
Environments - Deli Dressings	Tablespoons	100	52	1.74
Environments - Deli toppings	servings	100	54	11.87
Environments - Deli SidesTH	servings	100	255	39.92
Grab a Stack Week 1 Day 4	sandwiches	75	483	48.43
Toast Post Week 1 Day 4	paninis	100	533	68.15
Playbowls Tex-Mex TH1	meals	100	608	61.38
Add On Week 1 Day 5	1 cup serving	250	122	28.85
Condiment Bar 05	2 T	300	25	4.59
Milk, Marcia's update #1	1/2 pt	475	120	20.6
Weighted Daily Average			1135	146.07
% of Calories				51.5%

<b>Fri - 02/24/2012</b>				
High School Lunch	Total	475		
Environments - Pizza Cheese	slice	25	365	31.12
Environments-Pizza Buff.Chick	slices	40	441	50.82
Environments- Stromboli Taco	1 each	35	394	34.03
EnvironmentsCrust&StuffSidesF	1/2 cup	100	222	39.12
Outtakes Friday - use	entrees	24	707	98.0
Environments-Deli Meats THPC	2 oz serving	100	63	1.49
Environments - Deli Breads	1 each	100	210	39.57
Environments - DeliCheeseSlcs	1oz serving	100	93	1.24
Environments - Deli Dressings	Tablespoons	100	52	1.74
Environments - Deli toppings	servings	100	54	11.87
Environments - Deli SidesF	1/2 cup	100	278	48.9
Grab a Stack Week 1 Day 5	sandwiches	75	346	38.59
Toast Post Week 1Day 5	paninis	100	304	27.46
Playbowls Brunch F1	meals	100	672	102.02
Extra Extra Week 1 Day 5	1 cup serving	250	73	11.31
Condiment Bar 05	2 T	300	25	4.59
Milk, Marcia's update #1	1/2 pt	475	120	20.6
Weighted Daily Average			760	106.48
% of Calories				56.0%

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

<sup>1</sup> - denotes optional nutrient values

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# Ottawa School District

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values  
High School Lunch

Jan 29, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
<b>Mon - 02/27/2012</b>				
High School Lunch	Total	445		
Environments - Pizza Beef	slice	35	400	30.97
Bosco Sticks w/sauce & cheese	2 breadsticks	65	485	53.51
EnvironmentsCrust&StuffSidesM	servings	100	163	29.81
Outtakes Monday 2nd/4th- use	entrees	20	705	106.29
Environments - Deli Breads	1 each	75	210	39.57
Environments-Deli Meats THPC	2 oz serving	75	63	1.49
Environments - DeliCheeseSlcs	1oz serving	75	93	1.24
Environments - Deli Dressings	Tablespoons	75	52	1.74
Environments - Deli toppings	servings	75	54	11.87
Environments - Deli SidesM	servings	100	168	30.33
Grab a Stack Week 2 Day 1	sandwiches	100	473	50.21
Toast Post Week 2 Day 1	paninis	50	390	36.94
Playbowl Italian Penne M2	meals	100	652	91.24
Extra Extra Week 2 Day 1	1 cup serving	400	120	26.49
Condiment Bar 05	1 T	700	13	2.29
Milk, Marcia's update #1	1/2 pt	445	120	20.6
Weighted Daily Average			832	121.93
% of Calories				58.6%

<b>Tue - 02/28/2012</b>				
High School Lunch	Total	445		
Environments - Pizza Supreme	slice	40	390	32.48
Environments-Calzone Pepperoni	1 each	40	366	32.19
Environments - Pizza Cheese	slice	20	365	31.12
EnvironmentsCrust&StuffSidesT	1/2 cup	100	214	42.69
Outtakes - Tuesday	1 each	20	839	149.05
Environments - Deli Breads	1 each	75	210	39.57
Environments - Deli Meats RTHP	2 oz servings	75	74	1.24
Environments - DeliCheeseSlcs	1oz serving	75	93	1.24
Environments - Deli toppings	servings	75	54	11.87
Environments - Deli Dressings	Tablespoons	75	52	1.74
Environments - Deli SidesT	1/2 cup	75	221	43.9
Grab a Stack Week 2 Day 2	sandwiches	100	368	35.53
Toast Post Week 2 Day 2	paninis	50	374	45.57
Playbowls Asian T 2	meals	100	396	56.11
Extra Extra Week 2 Day 2	1 cup serving	500	110	25.53
Condiment Bar 05	2 T	650	25	4.59
Milk, Marcia's update #1	1/2 pt	445	120	20.6
Weighted Daily Average			783	121.98
% of Calories				62.3%

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# Ottawa School District

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values  
High School Lunch

Jan 29, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
<b>Wed - 02/29/2012</b>				
High School Lunch	Total	445		
Environments - Pizza Cheese	slice	25	365	31.12
Environments - Pizza Beef	slice	35	400	30.97
Environments-Pizza Garden	slices	35	399	31.37
EnvironmentsCrust&StuffSidesW	1/2 cup	100	223	38.93
Outtakes Wednesday 1- 3- 5	entrees	20	706	103.45
Environments-Deli Meats THPC	2 oz serving	75	63	1.49
Environments - Deli Breads	1 each	75	210	39.57
Environments - DeliCheeseSlcs	1oz serving	75	93	1.24
Environments - Deli toppings	servings	75	54	11.87
Environments - Deli Dressings	Tablespoons	75	52	1.74
Environments - Deli SidesW	1/2 cup	75	231	39.81
Grab a Stack Week 2 Day 3	sandwiches	100	518	57.12
Toast Post Week 2 Day 3	paninis	50	361	44.67
Play Bowl Spuds W 2	meals	100	392	58.07
Extra Extra Week 2 Day 3	1 cup serving	500	127	22.36
Condiment Bar 05	1 T	700	13	2.29
Milk, Marcia's update #1	1/2 pt	445	120	20.6
Weighted Daily Average			812	116.42
% of Calories				57.4%

Weighted Average			1674	230.12 55.0%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	1674		846	198%			
Carbohydrate (g)	230.12	54.98%					

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