

# Ottawa School District

Page 1

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

Jan 29, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
<b>Wed - 02/01/2012</b>				
Middle School Lunch	Total	440		
CHICKEN PATTY ON A BUN - #2	1 SANDWICH	315	293	37.29
Stir Fry #2	1 serving	20	337	61.67
Salad, SW Pepp. Chicken BC 08	1 salads	5	580	50.11
Bread, Scratch Wheat	2 oz rolls	25	147	28.25
Broccoli - Cauliflower Salad	1/2 cup	330	112	8.75
GREEN BEANS: canned, cooked	1/3 cup	140	23	4.67
Milk, Marcia's update #1	1/2 pt	440	120	20.6
Condiment Bar 05	3 T.	440	13	2.29
TASTE week 3 day 3	sandwiches	75	519	72.55
CRUNCH WEEK 3 DAY 3	SANDWICHES	20	566	66.95
Add On Week 3 Day 3	1 cup	500	104	17.46
MS-Trattoria #2	slice	85	340	42.0
Weighted Daily Average			762	105.98
% of Calories				55.6%

<b>Thu - 02/02/2012</b>				
Middle School Lunch	Total	535		
CORN DOG -USE -#2	1 SERVING	245	270	27.0
SLOPPY JOE ON A BUN 05 #2	SERVINGS	110	359	40.52
Salad, Veggie Chef w/egg & che	1 salad	10	447	36.17
Bread, Scratch Wheat	2 oz rolls	10	147	28.25
TATER TOTS #2	8 tots=1/3Cup	350	255	28.52
BAKED BEANS - #2	1/3 CUP	80	113	26.13
Milk, Marcia's update #1	1/2 pt	535	120	20.6
TASTE week 3 day 4	sandwiches	75	530	63.32
CRUNCH WEEK 3 DAY 4	SANDWICHES	20	526	63.85
Add On Week 3 Day 4	1 cup serving	535	104	21.84
Condiment Bar 05	3 T.	535	13	2.29
MS-Trattoria #2	slice	75	340	42.0
Weighted Daily Average			771	106.34
% of Calories				55.2%

<b>Fri - 02/03/2012</b>				
Middle School Lunch	Total	503		
PIZZA, CHEESE TONY'S #2	1 SLICE	208	320	38.0
CAVATINI 05 - #2	1 cup	120	414	27.78
Salad Fried Chicken 06 #3	1 salad type A	10	739	60.59
Bread, Scratch Wheat	2 oz rolls	140	147	28.25
Ratatouille	1/2 cup serving	100	49	7.11
Fruit Cocktail w/grapes & bana	1/2 cup	280	82	19.75
Tossed Salad Friday	1/2 cup serving	200	18	3.68
Milk, Marcia's update #1	1/2 pt	503	120	20.6
TASTE week 3 day 5	sandwiches	75	436	41.41
CRUNCH WEEK 3 DAY 5	SANDWICHES	20	393	50.44
Add On Week 3 Day 5	1 cup	503	135	25.61
Condiment Bar 05	3 T.	503	13	2.29
MS-Trattoria #2	slice	70	340	42.0
Weighted Daily Average			745	107.81
% of Calories				57.9%

\*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 2

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

Jan 29, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
<b>Mon - 02/06/2012</b>				
Middle School Lunch	Total	460		
Chicken Nuggets #2	servings(5)	315	240	17.0
CHEESY CHICKEN & RICE CASS-#2	1 cup	20	270	18.68
salad. oriental 10	salad type A	5	563	49.32
Bread, Scratch Wheat	2 oz rolls	340	147	28.25
Tossed Salad Monday	1/2 cup	340	21	2.23
Broccoli and Red Peppers	1/3 cup	300	12	2.3
Milk, Marcia's update #1	1/2 pt	460	120	20.6
Condiment Bar 05	3 T.	460	13	2.29
Add On Week 4 Day 1	1 cup	460	97	18.81
TASTE week 4 day 1	sandwiches	50	494	50.21
CRUNCH WEEK 4 DAY 1	SANDWICHES	20	511	57.21
MS-Trattoria #2	slice	50	340	42.0
Weighted Daily Average			657	91.22
% of Calories				55.5%

<b>Tue - 02/07/2012</b>				
Middle School Lunch	Total	465		
CHILI - #2	1 CUP	225	361	30.91
MEATBALL SANDWICH #2	4 = 1 sand	75	198	7.5
CINNAMON ROLL, REG	1	225	104	25.18
salad, chef 10 #1	salad type A	10	579	71.57
Bread, Scratch Wheat	2 oz rolls	10	147	28.25
Potato Chunks	1/3 cup	300	100	14.0
Milk, Marcia's update #1	1/2 pt	465	120	20.6
Condiment Bar 05	3 T.	465	13	2.29
Add On Week 4 Day 2	1 cup serving	465	81	18.89
TASTE week 4 day 2	sandwiches	65	292	38.27
CRUNCH WEEK 4 DAY 2	SANDWICHES	20	702	54.0
MS-Trattoria #2	slice	70	340	42.0
Weighted Daily Average			673	95.31
% of Calories				56.7%

<b>Wed - 02/08/2012</b>				
Middle School Lunch	Total	480		
CHICKEN FRIED STEAK -#2	1 each	255	347	18.0
CHICKEN & NOODLES -#2	1 cup	55	296	38.65
Salad,SW Pepp.Chicken BC 08	salads	10	580	50.11
MASHED POTATOES #2	1/4 CUP=#16	310	44	7.64
GRAVY, CHICKEN PLAIN-#2	1 FL. OZ.	310	36	4.0
GREEN BEANS: canned,cooked	1/4 cup	200	18	3.5
Milk, Marcia's update #1	1/2 pt	480	120	20.6
Bread, Scratch Wheat	2 oz rolls	320	147	28.25
Condiment Bar 05	3 T.	480	13	2.29
Add On Week 4 Day 3	1 cup serving	480	112	23.11
TASTE week 4 day 3	sandwiches	65	519	72.55
CRUNCH WEEK 4 DAY 3	SANDWICHES	20	566	66.95
MS-Trattoria #2	slice	65	340	42.0
Weighted Daily Average			772	107.15
% of Calories				55.5%

\*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

<sup>1</sup> - 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  
Middle School Lunch

Jan 29, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
<b>Thu - 02/09/2012</b>				
Middle School Lunch	Total	480		
MR. RIB ON A BUN #2	1 SANDWICH	235	361	50.09
TATER TOT CASSEROLE 05 #2	1 CUP	75	794	28.34
Salad, Veggie Chef w/egg & che	salad	15	447	36.17
Bread, Scratch Wheat	2 oz rolls	100	147	28.25
TATER TOTS #2	8 tots=1/3Cup	325	255	28.52
CORN: frozen, yellow - #2	1/4 CUP	125	63	13.23
Milk, Marcia's update #1	1/2 pt	480	120	20.6
Condiment Bar 05	3 T.	480	13	2.29
Add On Week 4 Day 4	1 cup serving	480	72	16.11
TASTE week 4 day 4	sandwiches	65	491	64.6
CRUNCH WEEK 4 DAY 4	SANDWICHES	20	598	81.78
MS-Trattoria #2	slice	70	340	42.0
Weighted Daily Average			881	116.00
% of Calories				52.7%

<b>Fri - 02/10/2012</b>				
Middle School Lunch	Total	470		
SUB SANDWICH	1 SANDWICH	70	222	25.92
RAVIOLI #2	1 cup	225	249	36.92
Salad Fried Chicken 06 #3	salad type A	10	739	60.59
Bread, Scratch Wheat	2 oz rolls	240	147	28.25
COLESLAW	1/3 cup	200	156	10.53
BAKED BEANS - #2	1/4 CUP	125	85	19.6
Milk, Marcia's update #1	1/2 pt	470	120	20.6
Condiment Bar 05	3 T.	470	13	2.29
Add On Week 4 Day 5	1 cup serving	470	122	28.85
TASTE week 4 day 5	sandwiches	65	401	33.57
CRUNCH WEEK 4 DAY 5	SANDWICHES	25	399	49.49
MS-Trattoria #2	slice	75	340	42.0
Weighted Daily Average			718	112.67
% of Calories				62.8%

<b>Mon - 02/13/2012</b>				
Middle School Lunch	Total	475		
CHICKEN PATTY ON A BUN - #2	1 SANDWICH	315	293	37.29
BEEF STEW - #2	1 cup	15	347	21.84
BISCUIT, BRIDGEFORD LG	1 EACH	5	182	22.27
salad. oriental 10	salad type A	5	563	49.32
Bread, Scratch Wheat	2 oz rolls	5	147	28.25
Tossed Salad Monday	1/2 cup	200	21	2.23
CHEESY POTATOES -#2	1/4 cup	330	60	9.43
Milk, Marcia's update #1	1/2 pt	475	120	20.6
Condiment Bar 05	3 T.	475	13	2.29
Add On Week 5 Day 1	1 cup	550	97	18.81
TASTE week 5 day 1	sandwiches	65	494	50.21
CRUNCH WEEK 5 DAY 1	SANDWICHES	20	448	46.71
MS-Trattoria #2	slice	55	340	42.0
Weighted Daily Average			636	92.33
% of Calories				58.0%

\*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

<sup>1</sup> - 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  
Middle School Lunch

Jan 29, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
<b>Tue - 02/14/2012</b>				
Middle School Lunch	Total	460		
SPAGHETTI AND MEAT SAUCE #2	1 CUP	225	361	39.45
CHICKEN , ITALIAN -#2	1 EACH	65	226	18.28
salad, chef 10 #1	salad type A	10	579	71.57
Bread, Scratch Wheat	2 oz rolls	300	147	28.25
GREEN BEANS: canned,cooked	1/3 cup	120	23	4.67
VEGGIE STICKS carrots/celery#1	1/4 cup	50	15	5.57
Milk, Marcia's update #1	1/2 pt	460	120	20.6
Condiment Bar 05	3 T.	460	13	2.29
Add On Week 5 Day 2	1 cup serving	460	81	18.89
TASTE week 5 day 2	sandwiches	65	382	53.39
CRUNCH WEEK 5 DAY 2	SANDWICHES	20	905	88.55
MS-Trattoria #2	slice	75	340	42.0
Weighted Daily Average			687	103.71
% of Calories				60.4%

<b>Wed - 02/15/2012</b>				
Middle School Lunch	Total	445		
HOT DOG ON A BUN:turkey #2	SERVING	270	130	3.0
FRIED RICE -#2	1 CUP	30	232	18.62
Salad,SW Pepp.Chicken BC 08	salads	10	580	50.11
Bread, Scratch Wheat	2 oz rolls	50	147	28.25
Potato Wedges,Marcia #2	1/3 CUP	315	160	24.0
MIXED VEGETABLES:frzn,bld.#2	1/4 CUP	100	22	4.5
Milk, Marcia's update #1	1/2 pt	445	120	20.6
Condiment Bar 05	3 T.	445	13	2.29
Add On Week 5 Day 3	1 cup serving	475	112	23.11
TASTE week 5 day 3	sandwiches	55	519	72.55
CRUNCH WEEK 5 DAY 3	SANDWICHES	20	540	76.13
MS-Trattoria #2	slice	60	340	42.0
Weighted Daily Average			629	90.99
% of Calories				57.9%

<b>Thu - 02/16/2012</b>				
Middle School Lunch	Total	480		
CHILI FRITO 05 -#2	1 cup	275	500	39.06
SMOTHERED STEAK #2	1 each	30	251	2.48
Salad Fried Chicken 06 #3	salad type A	10	739	60.59
Bread, Scratch Wheat	2 oz rolls	332	147	28.25
CORN: frozen, yellow - #2	1/4 CUP	190	63	13.23
Milk, Marcia's update #1	1/2 pt	480	120	20.6
Condiment Bar 05	3 T.	480	13	2.29
Add On Week 5 Day 4	1 cup serving	500	72	16.11
TASTE week 5 day 4	sandwiches	75	530	63.32
CRUNCH WEEK 5 DAY 4	SANDWICHES	25	524	63.52
MS-Trattoria #2	slice	65	340	42.0
Weighted Daily Average			808	107.14
% of Calories				53.0%

\*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 5

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

Jan 29, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
<b>Tue - 02/21/2012</b>				
Middle School Lunch	Total	480		
BURRITO, BEEF & BEAN -#2	1	260	310	37.0
ENCHILADA CASSEROLE 05 -#3	1 piece	60	335	16.48
salad, chef 10 #1	salad type A	5	579	71.57
Bread, Scratch Wheat	2 oz rolls	330	147	28.25
WHOLE BEANS #2	1/4 CUP	150	50	9.57
Add On Week 1 Day 2	1 cup serving	480	81	18.89
Milk, Marcia's update #1	1/2 pt	480	120	20.6
Condiment Bar 05	1 T	480	13	2.29
CRUNCH WEEK 1 DAY 2	SANDWICHES	20	464	60.44
TASTE week 1 day 2	sandwiches	75	372	53.39
MS-Trattoria #2	slice	60	340	42.0
Weighted Daily Average			667	103.16
% of Calories				61.9%

<b>Wed - 02/22/2012</b>				
Middle School Lunch	Total	480		
Salisbury Steak 06 #2	1 each	195	182	2.62
Creamy Chicken Pasta w/Broccol	1 cup	105	301	29.57
Salad,SW Pepp.Chicken BC 08	salads	10	580	50.11
GREEN BEANS: canned,cooked	1/3 cup	160	23	4.67
MASHED POTATOES #2	1/4 CUP=#16	275	44	7.64
GRAVY,BROWN: scratch-#2	2 FL OZ	275	44	3.7
Bread, Scratch Wheat	2 oz rolls	310	147	28.25
Add On Week 1 Day 3	1 cup serving	480	112	23.11
Milk, Marcia's update #1	1/2 pt	480	120	20.6
Condiment Bar 05	2 T.	600	13	2.29
CRUNCH WEEK 1 DAY 3	SANDWICHES	20	566	66.95
TASTE week 1 day 3	sandwiches	75	519	72.55
MS-Trattoria #2	slice	80	340	42.0
Weighted Daily Average			714	102.58
% of Calories				57.5%

<b>Thu - 02/23/2012</b>				
Middle School Lunch	Total	460		
Cowboy BBQ 05-#2	1 cup	125	541	39.98
Baked Potato - #2	1 each	155	248	49.72
Salad, Veggie Chef w/egg & che	salad	10	447	36.17
CARROT STICKS	1/3 CUP	125	47	10.26
Broccoli and Red Peppers	1/2 cup	140	18	3.45
CORNBREAD 05	1 square	125	163	27.59
Bread, Scratch Wheat	2 oz rolls	10	147	28.25
pretzel 06	pretzel	155	120	23.0
Add On Week 1 Day 4	1 cup serving	460	72	16.11
Milk, Marcia's update #1	1/2 pt	460	120	20.6
Condiment Bar 05	3 T.	460	13	2.29
CRUNCH WEEK 1 DAY 4	SANDWICHES	20	526	63.85
TASTE week 1 day 4	sandwiches	75	530	63.32
MS-Trattoria #2	slice	75	340	42.0
Weighted Daily Average			716	107.06
% of Calories				59.8%

\*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  
Middle School Lunch

Jan 29, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
<b>Fri - 02/24/2012</b>				
Middle School Lunch	Total	478		
PIZZA, SAUSAGE TONY'S #2	1 SLICE	268	180	20.86
TUNA WRAP #3	1 SERVING	30	508	26.87
Salad Fried Chicken 06 #3	salad type A	10	739	60.59
Bread, Scratch Wheat	2 oz rolls	300	147	28.25
MIXED VEGETABLES:frzn,bld.#2	1/3 CUP	100	30	6.0
Add On Week 1 Day 5	1 cup serving	475	122	28.85
Milk, Marcia's update #1	1/2 pt	478	120	20.6
Condiment Bar 05	3 T.	450	13	2.29
CRUNCH WEEK 1 DAY 5	SANDWICHES	20	393	50.44
TASTE week 1 day 5	sandwiches	75	396	34.51
MS-Trattoria #2	slice	75	340	42.0
Weighted Daily Average			632	99.18
% of Calories				62.8%

<b>Mon - 02/27/2012</b>				
Middle School Lunch	Total	420		
SOFT TACO 10 #2	#16=1/4 CUP	225	297	23.27
VEAL PARMESAN	1 PATTY	35	290	2.72
salad. oriental 10	salad type A	10	563	49.32
Bread, Scratch Wheat	2 oz rolls	275	147	28.25
Rice, Fiesta #2	1/2 cup	270	124	23.52
LETTUCE, SHREDDED S.TACO #2	1/4 cup	225	78	1.46
Milk, Marcia's update #1	1/2 pt	420	120	20.6
condiment bar MS 10	Tbl.	420	36	3.46
Add On Week 2 Day 1	1 cup serving	420	93	15.74
TASTE week 2 day 1	sandwiches	75	494	50.21
CRUNCH WEEK 2 DAY 1	SANDWICHES	25	477	52.23
MS-Trattoria #2	slice	50	340	42.0
Weighted Daily Average			821	105.14
% of Calories				51.2%

<b>Tue - 02/28/2012</b>				
Middle School Lunch	Total	405		
Chicken, grilled on Kaiser-#2	1 sandwich	255	380	36.0
MEATLOAF - MARCIA use #2	3/4" slice	40	159	9.9
salad, chef 10 #1	salad type A	15	579	71.57
Bread, Scratch Wheat	2 oz rolls	55	147	28.25
POTATOES, SCALLOPED #2	1/3 cup serving	295	60	12.0
WINTER MIX, cauli/broc	1/3 cup	75	73	11.5
Environments-CarrotRaisinPinea	1/3 cup	285	76	15.81
Garden Emp-IncrediblesSides-#1	1/2 cup serving	295	193	30.97
Milk, Marcia's update #1	1/2 pt	405	120	20.6
condiment bar MS 10	Tbl.	400	36	3.46
MSVALUE-TUES #1	1	15	455	53.42
Environments Meal Drinks #1	1 serving	90	67	16.0
MS-Trattoria #2	slice	80	340	42.0
Weighted Daily Average			802	112.54
% of Calories				56.1%

**\*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  
Middle School Lunch

Jan 29, 2012

	Portion Size	Plan Qty	Cals (kcal)	Carb (g)
<b>Wed - 02/29/2012</b>				
Middle School Lunch	Total	405		
Chili Mac -update 05 - #2	1 CUP	300	349	18.23
TURKEY WRAP #1	1 sandwich	15	276	24.3
Bread, Scratch Wheat	2 oz rolls	305	147	28.25
Salad,SW Pepp.Chicken BC 08	salads	5	580	50.11
Environments,Cool Bean Salad	1/2 cup serving	300	233	31.23
PEAS & CARROTS: frzn,bld #2	1/4 CUP	65	19	3.38
Fruit Cocktail w/grapes & bana	1/3 cup	215	54	13.17
Garden Emp-IncrediblesSides-#1	1/2 cup serving	130	193	30.97
Milk, Marcia's update #1	1/2 pt	405	120	20.6
condiment bar MS 10	Tbl.	400	36	3.46
MS VALUE -THURS #1	1	10	455	53.42
Environments Meal Drinks #1	1 serving	80	67	16.0
MS-Trattoria #2	slice	75	340	42.0
Weighted Daily Average			896	113.19
% of Calories				50.5%

Weighted Average			736	104.18
				56.6%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	736		783	94%		47	Correction Required - Calories are Low
Carbohydrate (g)	104.18	56.62%					

*\*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**