

# San Ramon Valley USD

Jun 1, 2010 thru Jun 9, 2010 Spreadsheet - Portion Values

May 3, 2010

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## SAN RAMON ELEM BASE

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 06/01/2010															
SAN RAMON ELEM BASE	Total														
SR-PIZZA, TONY'S GALAXY	142 grams	370	35	770	1.00	1.80	400.0	500	100	0.00	18.0	32.0	18.0	9.00	0.50
SR-Meatloaf Sandwich	Sandwich	308	32	891	2.90	2.99	63.2	300	60	2.6	16.5	40.2	9.3	3.40	*0.00
SR-Twin Mini Cheese Burgers	Package	428	43	754	2.15	2.10	124.9	157	31	2.5	23.9	42.1	18.1	7.20	*0.00
SR-SALAD BAR ELEM-BASE	SERVING (3/4C)	67	0	56	3.62	1.78	72.5	6962	494	37.6	2.6	15.7	0.4	0.07	*0.00
SR-Ranch Dressing Lite	2 Tbsp	59	5	273	0.33	0.21	12.0	20	4	0.18	0.4	6.4	3.7	0.38	*0.00
SR-Milk, Choc. NF Crystal	CARTON	150	5	200	0.00	0.00	300.0	500	100	0.00	9.0	29.0	0.00	0.00	0.00
SR-MILK, WHITE 1% CRYSTAL	CARTON	130	15	160	0.00	0.00	400.0	500	100	1.2	10.0	16.0	2.5	1.50	0.00
Weighted Daily Average		642	48	1311	5.50	4.06	691.4	7883	678	38.92	30.99	84.03	20.99	8.37	*0.32
% of Calories											19.3%	52.4%	29.4%	11.7%	0.4%

Wed - 06/02/2010															
SAN RAMON ELEM BASE	Total														
Chicken Nuggets, Tyson #2378	5 each	217	39	471	1.52	1.59	25.7	509	102	0.00	14.0	10.9	13.0	3.00	*0.00
Honey mustard cup, 1 oz.	1 each	70	0	177	0.07	0.19	8.7	1353	271	0.4	0.5	7.2	4.4	0.69	*0.00
Potato wedges	1/2 cup	114	0	37	1.77	1.48	11.3	0	0	16.7	3.5	25.6	0.2	0.06	*0.00
Whole wheat bread	1 slice	69	0	148	1.93	0.92	20.2	1	0	0.00	2.7	12.9	1.2	0.25	*0.00
Orange	1 each	62	0	0	3.14	0.13	52.4	295	28	69.7	1.2	15.4	0.2	0.01	*0.00
SR-MAC & CHEESE LAND OF LA KES	6 Oz	290	30	1030	1.00	1.08	400.0	750	150	1.2	16.0	33.0	11.0	7.00	0.00
SR-BBQ Beef Rib Sandwich	3.25 oz patt	392	35	941	4.44	3.77	72.5	181	36	1.3	19.9	44.5	14.8	5.70	0.00
SR-SALAD BAR ELEM-BASE	SERVING (3/4C)	67	0	56	3.62	1.78	72.5	6962	494	37.6	2.6	15.7	0.4	0.07	*0.00
SR-Ranch Dressing Lite	2 Tbsp	59	5	273	0.33	0.21	12.0	20	4	0.18	0.4	6.4	3.7	0.38	*0.00
SR-Milk, Choc. NF Crystal	CARTON	150	5	200	0.00	0.00	300.0	500	100	0.00	9.0	29.0	0.00	0.00	0.00
Milk, national BC recipe	Half Pint	142	8	165	0.54	0.31	295.4	493	119	2.5	8.1	23.8	1.8	1.11	*0.00
Weighted Daily Average		684	45	1455	8.74	4.84	625.8	8819	855	78.28	30.93	101.94	19.40	6.17	*0.00
% of Calories											18.1%	59.6%	25.5%	8.1%	0.0%

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## SAN RAMON ELEM BASE

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 06/03/2010															
SAN RAMON ELEM BASE	Total														
SR-Hotdog in a Bun	1 Each	270	25	790	1.00	2.16	100.0	0	0	0.00	10.0	27.0	13.5	3.50	*0.00
SR-Potato Wedges	3 OZ	120	0	480	2.00	0.36	20.0	100	20	2.4	2.0	18.0	4.5	1.00	0.00
KETCHUP: individual	Pkt 6g	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00	*0.00
SR-Chicken Teriyaki	Serving	150	85	280	0.00	1.08	20.0	100	20	3.6	21.0	6.0	4.0	1.00	*0.00
RICE,BROWN,MEDIUM-GRAIN,CK	1/2 cup	112	0	1	1.80	0.53	10.0	0	0	0.00	2.32	23.51	0.83	0.17	*0.00
SR-Eggroll, Veggie	2.5 oz	140	5	349	1.00	1.44	0.0	749	150	4.8	3.0	20.0	5.0	1.50	*0.00
RICE,BROWN,MEDIUM-GRAIN,CK	1/2 cup	112	0	1	1.80	0.53	10.0	0	0	0.00	2.32	23.51	0.83	0.17	*0.00
SR-SALAD BAR ELEM-BASE	SERVING (3/4C)	67	0	56	3.62	1.78	72.5	6962	494	37.6	2.6	15.7	0.4	0.07	*0.00
SR-Ranch Dressing Lite	2 Tbsp	59	5	273	0.33	0.21	12.0	20	4	0.18	0.4	6.4	3.7	0.38	*0.00
SR-Milk, Choc. NF Crystal	CARTON	150	5	200	0.00	0.00	300.0	500	100	0.00	9.0	29.0	0.00	0.00	0.00
SR-MILK, WHITE 1% CRYSTAL	CARTON	130	15	160	0.00	0.00	400.0	500	100	1.2	10.0	16.0	2.5	1.50	0.00
Weighted Daily Average		618	44	1487	6.70	4.26	487.0	7735	645	41.61	25.10	91.57	17.96	4.09	*0.00
% of Calories											16.3%	59.3%	26.2%	6.0%	0.0%

Fri - 06/04/2010															
SAN RAMON ELEM BASE	Total														
SR-French Toast Sticks	Sticks(4)	326	0	430	1.00	1.80	60.0	0	0	0.00	5.0	47.0	13.0	2.00	*0.00
SR-EGG PATTY SQUARE	Piece	54	140	60	0.00	0.72	20.0	200	40	0.00	4.0	1.0	3.5	1.00	0.00
SR-Turkey Sausage Link	2 Links	120	60	200	0.00	0.72	40.0	0	0	0.00	12.0	0.00	9.0	2.00	*0.00
SR-Fish Nuggets	3 Nuggets	170	30	570	1.00	1.08	0.0	0	0	0.00	10.0	16.0	7.0	1.00	*0.00
SR-TATER TOT	3 oz	187	0	347	2.07	0.44	2.7	140	15	7.1	2.3	23.0	8.1	2.54	*0.00
KETCHUP: individual	Pkt 6g	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00	*0.00
SR-SALAD BAR ELEM-BASE	SERVING (3/4C)	67	0	56	3.62	1.78	72.5	6962	494	37.6	2.6	15.7	0.4	0.07	*0.00
SR-Ranch Dressing Lite	2 Tbsp	59	5	273	0.33	0.21	12.0	20	4	0.18	0.4	6.4	3.7	0.38	*0.00
SR-Milk, Choc. NF Crystal	CARTON	150	5	200	0.00	0.00	300.0	500	100	0.00	9.0	29.0	0.00	0.00	0.00
SR-MILK, WHITE 1% CRYSTAL	CARTON	130	15	160	0.00	0.00	400.0	500	100	1.2	10.0	16.0	2.5	1.50	0.00
Weighted Daily Average		660	137	1120	5.33	4.40	472.4	7681	634	39.44	22.90	95.34	21.63	3.99	*0.00
% of Calories											13.9%	57.8%	29.5%	5.4%	0.0%

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## SAN RAMON ELEM BASE

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 06/07/2010															
SAN RAMON ELEM BASE	Total														
Breaded chicken patty on a bun	1 Each	384	41	762	2.77	3.53	105.0	100	100	0.00	20.0	39.4	16.0	3.72	*0.00
MIXED VEGETABLES:frozen,boiled	1/2 cup	59	0	32	4.00	0.75	22.8	3892	389	2.9	2.6	11.9	0.1	0.03	*0.00
pineapple chunks, juice pack	1/2 cup	75	0	1	1.00	0.35	17.4	47	5	11.8	0.5	19.5	0.1	0.01	*0.00
SR-PIZZA, TONY'S GALAXY	142 grams	370	35	770	1.00	1.80	400.0	500	100	0.00	18.0	32.0	18.0	9.00	0.50
SR-Chicken Taquito	Taquito(3pc	210	20	160	5.00	3.60	60.0	100	20	3.6	8.00	33.0	5.0	1.00	*0.00
SPANISH RICE	1/3 CUP	69	0	134	0.70	0.77	14.0	266	53	6.7	1.6	13.7	0.8	0.15	*0.00
SR-Taco Sauce Packet	Packet	5	0	95	0.00	0.00	0.0	0	0	0.00	0.00	1.0	0.00	0.00	*0.00
SR-SALAD BAR ELEM-BASE	SERVING (3/4C)	67	0	56	3.62	1.78	72.5	6962	494	37.6	2.6	15.7	0.4	0.07	*0.00
SR-Ranch Dressing Lite	2 Tbsp	59	5	273	0.33	0.21	12.0	20	4	0.18	0.4	6.4	3.7	0.38	*0.00
SR-Milk, Choc. NF Crystal	CARTON	150	5	200	0.00	0.00	300.0	500	100	0.00	9.0	29.0	0.00	0.00	0.00
Milk, national BC recipe	Half Pint	142	8	165	0.54	0.31	295.4	493	119	2.5	8.1	23.8	1.8	1.11	*0.00
Weighted Daily Average		661	43	1195	8.17	5.32	625.2	8909	802	45.04	28.94	97.00	18.62	6.07	*0.23
% of Calories											17.5%	58.7%	25.3%	8.3%	0.3%

Tue - 06/08/2010															
SAN RAMON ELEM BASE	Total														
SR-Chicken Nuggets #2155	5 piece	200	25	240	3.00	1.80	40.0	0	0	0.00	17.0	15.0	8.0	1.50	*0.00
SR-WHEAT ROLL	2 Rolls	110	0	240	1.00	1.08	60.0	0	0	0.00	5.0	21.0	1.5	0.00	0.00
SR-Ranch Dressing Lite	1 Tbsp	29	2	136	0.17	0.10	6.0	10	2	0.09	0.2	3.2	1.9	0.19	*0.00
SR-QUESADILLA, SCHWAN	2 pieces	320	45	490	4.00	2.70	300.0	300	60	0.00	18.00	35.00	13.00	5.00	*0.00
SR-Taco Sauce Packet	Packet	5	0	95	0.00	0.00	0.0	0	0	0.00	0.00	1.0	0.00	0.00	*0.00
SR-CORNDOG	piece	270	30	740	1.00	2.70	80.0	0	0	0.00	10.0	27.0	14.00	4.00	*0.00
KETCHUP: individual	Pkt 6g	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00	*0.00
SR-SALAD BAR ELEM-BASE	SERVING (3/4C)	67	0	56	3.62	1.78	72.5	6962	494	37.6	2.6	15.7	0.4	0.07	*0.00
SR-Ranch Dressing Lite	2 Tbsp	59	5	273	0.33	0.21	12.0	20	4	0.18	0.4	6.4	3.7	0.38	*0.00
SR-Milk, Choc. NF Crystal	CARTON	150	5	200	0.00	0.00	300.0	500	100	0.00	9.0	29.0	0.00	0.00	0.00
SR-MILK, WHITE 1% CRYSTAL	CARTON	130	15	160	0.00	0.00	400.0	500	100	1.2	10.0	16.0	2.5	1.50	0.00
Weighted Daily Average		598	43	1167	7.51	4.87	539.4	7553	611	38.20	31.42	85.38	16.70	3.42	*0.00
% of Calories											21.0%	57.1%	25.1%	5.2%	0.0%

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## SAN RAMON ELEM BASE

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 06/09/2010															
SAN RAMON ELEM BASE															
	Total														
	1 Each	270	10	733	3.86	1.85	190.3	302	302	0.00	11.4	28.8	13.1	4.21	*0.00
	Toasted cheese sandwich on WW														
	1 oz.	120	0	172	0.79	1.06	6.8	1	0	0.00	2.0	21.8	2.9	0.43	*0.00
	Graham crackers, 1 oz.														
	1/2 cup	71	0	6	1.99	0.35	6.2	0	0	0.9	0.2	18.9	0.0	0.00	*0.00
	PEARS: canned,light syrup														
	1/2 CUP	15	0	15	1.14	0.32	20.7	274	68	39.2	1.2	2.9	0.2	0.01	*0.00
	BROCCOLI,raw: fresh														
	1 TBSP	18	2	37	0.00	0.00	0.0	0	0	0.00	0.00	0.2	1.75	0.25	*0.00
	Ranch Dressing, Red Fat														
	139 grams	170	20	430	3.00	1.80	150.0	500	100	2.4	11.0	19.0	8.0	5.00	0.00
	SR-Cheese Enchilada														
	Packet	5	0	95	0.00	0.00	0.0	0	0	0.00	0.00	1.0	0.00	0.00	*0.00
	SR-Taco Sauce Packet														
	Pieces/15	280	35	290	2.00	1.80	20.0	100	20	0.00	13.0	19.0	17.0	3.50	*0.00
	SR-CHIC FRITTER BITES, TYSON														
	2 Rolls	110	0	240	1.00	1.08	60.0	0	0	0.00	5.0	21.0	1.5	0.00	0.00
	SR-WHEAT ROLL														
	1 Tbsp	29	2	136	0.17	0.10	6.0	10	2	0.09	0.2	3.2	1.9	0.19	*0.00
	SR-Ranch Dressing Lite														
	SERVING	67	0	56	3.62	1.78	72.5	6962	494	37.6	2.6	15.7	0.4	0.07	*0.00
	(3/4C)														
	2 Tbsp	59	5	273	0.33	0.21	12.0	20	4	0.18	0.4	6.4	3.7	0.38	*0.00
	SR-Ranch Dressing Lite														
	CARTON	150	5	200	0.00	0.00	300.0	500	100	0.00	9.0	29.0	0.00	0.00	0.00
	SR-Milk, Choc. NF Crystal														
	Half Pint	142	8	165	0.54	0.31	295.4	493	119	2.5	8.1	23.8	1.8	1.11	*0.00
	Milk, national BC recipe														
	Weighted Daily Average	663	40	1217	8.02	4.92	506.4	7746	701	46.00	28.11	94.46	22.09	4.79	*0.00
	% of Calories										17.0%	57.0%	30.0%	6.5%	0.0%
	Weighted Average	647	57	1279	7.14	4.67	564.0	8047	704	46.78	28.34	92.82	19.63	5.27	*0.08
											17.5%	57.4%	27.3%	7.3%	0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	647		645	100%			
Cholesterol (mg)	57		0				
Sodium (mg)	1279		0				
Fiber (g)	7.14		0.00				
Iron (mg)	4.67		3.30	141%			
Calcium (mg)	564.0		267.00	211%			
Vitamin A (IU)	8047		1055	763%			
Vitamin A (RE)	704		211	334%			
Vitamin C (mg)	46.78		15.00	312%			
Protein (g)	28.34	17.53%	8.87	320%			
Carbohydrate (g)	92.82	57.42%	0.00				
Total Fat (g)	19.63	27.32%	<30.00				
Saturated Fat (g)	5.27	7.34%	<10.00				
Trans Fat (g)	0.08	0.11%					

Note: \* - asterisk denotes nutrients with either missing or incomplete nutrient data.

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