

San Ramon Valley USD

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Mar 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
Mon - 03/01/2010															
SAN RAMON ELEM BASE	Total														
SR-Tony's Pizza	Slice	300	15	660	2.00	1.80	300.0	300	60	0.00	15.0	37.0	11.0	3.50	*0.00
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
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
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-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
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		593	33	1184	7.62	5.03	579.0	7767	655	41.14	27.05	90.66	15.18	4.17	*0.00
% of Calories											18.2%	61.1%	23.0%	6.3%	0.0%
Tue - 03/02/2010															
SAN RAMON ELEM BASE	Total														
SR-BAGEL	Piece	160	0	280	1.00	1.80	0.0	0	0	0.00	6.0	31.0	0.00	0.00	0.00
SR-CHEESE, CREAM CUP	Piece	70	20	110	0.00	0.00	0.0	0	0	0.00	0.00	2.0	6.0	6.00	0.00
SR-YOGURT STRAW/BAN BLAST TRIX	Cup/Container	120	5	55	0.00	0.00	0.0	0	0	0.00	4.0	23.0	1.5	1.00	0.00
SR-CHIX PORTIONS FC BRED 8 P	SERVING (3 OZ)	220	65	380	0.00	1.08	20.0	100	20	0.00	17.0	7.0	14.0	4.00	0.00
SR-NOODLES, PARM.	1 CUP	242	50	93	1.92	2.40	81.9	66	18	0.00	9.2	40.4	4.7	1.54	*0.05
SR-Cheese Burger	Sandwich	370	49	780	3.62	3.32	156.6	181	36	0.00	27.0	35.9	13.0	5.35	*0.00
SR-Mayo, Reduced Fat	Packet	15	1	68	0.08	0.05	3.0	5	1	0.0	0.1	1.6	0.9	0.09	*0.00
SR-KETCHUP	1 TBSP	15	0	167	0.05	0.08	2.7	140	15	2.3	0.3	3.8	0.0	0.01	*0.00
SR-Veggie Burger	Sandwich	330	0	970	7.00	3.60	140.0	100	20	1.20	25.0	43.0	7.0	1.50	*0.00
SR-Mayo, Reduced Fat	Packet	15	1	68	0.08	0.05	3.0	5	1	0.0	0.1	1.6	0.9	0.09	*0.00
MUSTARD YELLOW PREPARED	packet	9	0	150	0.12	0.24	10.1	0	0	0.00	0.6	0.8	0.5	0.02	*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	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-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		639	65	1055	6.22	4.76	483.0	7623	624	38.67	32.63	94.03	15.30	6.35	*0.01
% of Calories											20.4%	58.9%	21.5%	9.0%	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 - 03/03/2010															
SAN RAMON ELEM BASE	Total														
SR-Spaghetti W/ Marinara	Serving	252	0	480	4.02	2.90	40.0	300	60	9.0	9.1	52.5	2.0	0.00	*0.00
MEAT BALLS	2 EACH	195	67	122	1.29	2.23	47.0	155	31	3.1	17.0	7.9	10.3	4.22	*0.00
SR-BREADSTICK, FRENCH	Serving	120	0	230	1.00	1.44	0.0	0	0	0.00	4.0	22.0	1.5	0.00	0.00
SR-Mayo, Reduced Fat	Packet	15	1	68	0.08	0.05	3.0	5	1	0.0	0.1	1.6	0.9	0.09	*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-CHIX PATTY SAND WW BUN	1 EACH	330	25	570	6.00	3.60	80.0	0	0	0.00	23.0	46.0	9.0	2.00	*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-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
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		675	54	1310	8.28	6.37	486.7	7684	635	42.97	33.14	102.43	17.38	4.27	*0.00
% of Calories											19.6%	60.7%	23.2%	5.7%	0.0%

Thu - 03/04/2010															
SAN RAMON ELEM BASE	Total														
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
SR-Rice	1 Cup	194	0	3	1.42	2.86	30.0	0	0	0.00	4.6	41.2	0.6	0.12	*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
SR-Rice	1 Cup	194	0	3	1.42	2.86	30.0	0	0	0.00	4.6	41.2	0.6	0.12	*0.00
SR-COOKIE, FORTUNE	Piece	108	0	81	0.00	0.36	0.0	0	0	0.00	1.0	24.3	1.0	0.00	0.00
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-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
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-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
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		679	49	1076	7.38	5.41	447.1	7807	655	43.96	30.42	104.28	15.80	3.38	*0.00
% of Calories											17.9%	61.4%	20.9%	4.5%	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
Fri - 03/05/2010															
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-Beef Sausage Patty	Pieces(2)	190	46	460	0.20	172.00	34.0	64	13	0.2	14.0	2.6	12.6	5.00	0.00
SR-Syrup	2 oz	210	0	105	0.00	0.00	0.0	0	0	0.00	0.00	52.0	0.00	0.00	*0.00
SR-Deli Sandwich	Sandwich	305	48	1080	2.00	1.80	140.0	150	30	0.00	24.5	36.0	8.0	2.75	*0.00
SR-Chips, Potato	Package	81	0	91	0.00	0.00	0.0	0	0	2.4	0.00	8.1	5.1	0.00	*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
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-Chips, Potato	Package	81	0	91	0.00	0.00	0.0	0	0	2.4	0.00	8.1	5.1	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		850	131	1549	5.33	97.87	503.2	7677	636	39.37	33.25	121.35	26.19	6.01	*0.00
% of Calories											15.7%	57.1%	27.7%	6.4%	0.0%

Mon - 03/08/2010															
SAN RAMON ELEM BASE	Total														
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-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
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-Mayo, Reduced Fat	Packet	15	1	68	0.08	0.05	3.0	5	1	0.0	0.1	1.6	0.9	0.09	*0.00
SR-CHIX PATTY SAND WW BUN	1 EACH	330	25	570	6.00	3.60	80.0	0	0	0.00	23.0	46.0	9.0	2.00	*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		652	50	1261	8.07	4.86	562.0	7665	631	39.59	34.30	92.82	18.65	5.49	*0.00
% of Calories											21.1%	57.0%	25.8%	7.6%	0.0%

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SAN RAMON ELEM BASE

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 03/09/2010															
SAN RAMON ELEM BASE	Total														
SR-CHIC FRITTER BITES, TYSON	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-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-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
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-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-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
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		693	45	1515	7.21	4.17	576.5	7965	686	43.70	28.76	94.38	23.14	7.14	*0.00
% of Calories											16.6%	54.5%	30.0%	9.3%	0.0%

Wed - 03/10/2010															
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-Cheesy Beef Nachos	Serving	317	33	914	2.07	2.22	45.0	52	10	0.0	15.0	26.5	15.8	5.10	*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-Cheese Burger	Sandwich	370	49	780	3.62	3.32	156.6	181	36	0.00	27.0	35.9	13.0	5.35	*0.00
SR-Mayo, Reduced Fat	Packet	15	1	68	0.08	0.05	3.0	5	1	0.0	0.1	1.6	0.9	0.09	*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
MUSTARD YELLOW PREPARED	packet	9	0	150	0.12	0.24	10.1	0	0	0.00	0.6	0.8	0.5	0.02	*0.00
SR-Veggie Burger	Sandwich	330	0	970	7.00	3.60	140.0	100	20	1.20	25.0	43.0	7.0	1.50	*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		629	48	1430	6.20	4.40	608.1	7745	649	38.29	31.55	81.26	20.45	7.19	*0.18
% of Calories											20.1%	51.6%	29.2%	10.3%	0.3%

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	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 03/11/2010															
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-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
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-COOKIE, ANIMAL CRACKER	1OZ PK	123	0	85	0.94	1.02	0.0	0	0	0.00	1.9	23.6	1.9	0.00	0.00
SR-TURKEY BACON	Slice	25	10	150	0.00	0.00	0.0	0	0	0.00	2.0	0.00	2.0	1.00	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-MUFFIN, BLUEBERRY	Piece	180	20	160	0.00	0.36	100.0	0	0	0.00	3.00	28.0	6.00	1.00	0.00
SR-BURRITO, BEAN & CHEESE	Piece5.75O	360	25	990	4.00	2.70	250.0	400	80	15.0	15.0	45.0	14.0	6.00	*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-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		605	77	1108	6.92	4.38	506.5	7645	628	41.25	27.83	88.61	16.66	3.54	*0.00
% of Calories											18.4%	58.6%	24.8%	5.3%	0.0%

Fri - 03/12/2010															
SAN RAMON ELEM BASE	Total														
SR-Toasted Cheese Sandwich	Sandwich	230	15	760	2.00	1.44	240.0	300	60	0.00	11.0	34.0	6.0	3.00	*0.00
SR-Soup, Tomato Lo-Sodium	(8)ounces	120	10	80	4.00	1.08	40.0	400	80	4.8	3.0	21.0	3.0	1.50	0.00
sr-Beef Dunkers	pieces(4)	180	35	500	1.00	1.80	20.0	0	0	0.00	17.0	6.0	9.0	3.50	*0.00
SR-Rice	1 Cup	194	0	3	1.42	2.86	30.0	0	0	0.00	4.6	41.2	0.6	0.12	*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
MUSTARD YELLOW PREPARED	packet	9	0	150	0.12	0.24	10.1	0	0	0.00	0.6	0.8	0.5	0.02	*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		614	42	1271	7.32	5.41	547.5	7752	650	39.97	28.04	93.84	15.28	4.76	*0.00
% of Calories											18.3%	61.2%	22.4%	7.0%	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 - 03/15/2010															
SAN RAMON ELEM BASE	Total														
SR-Tony's Pizza	Slice	300	15	660	2.00	1.80	300.0	300	60	0.00	15.0	37.0	11.0	3.50	*0.00
SR-CHIX PATTY SAND WW BUN	1 EACH	330	25	570	6.00	3.60	80.0	0	0	0.00	23.0	46.0	9.0	2.00	*0.00
SR-Mayo, Reduced Fat	Packet	15	1	68	0.08	0.05	3.0	5	1	0.0	0.1	1.6	0.9	0.09	*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-Chips, Potato	Package	81	0	91	0.00	0.00	0.0	0	0	2.4	0.00	8.1	5.1	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		608	30	1219	7.06	4.30	643.8	7717	643	38.90	29.43	91.21	16.65	3.83	*0.00
% of Calories											19.3%	60.0%	24.6%	5.7%	0.0%

Tue - 03/16/2010															
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-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
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-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-Chips, Potato	Package	81	0	91	0.00	0.00	0.0	0	0	2.4	0.00	8.1	5.1	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		539	42	1007	7.28	4.06	495.7	7590	615	39.24	29.61	72.84	15.93	3.01	*0.00
% of Calories											22.0%	54.1%	26.6%	5.0%	0.0%

Wed - 03/17/2010															
SAN RAMON ELEM BASE	Total														
SR-CORNDGOG	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
MUSTARD YELLOW PREPARED	packet	9	0	150	0.12	0.24	10.1	0	0	0.00	0.6	0.8	0.5	0.02	*0.00
SR-BURRITO, BEAN & CHEESE	Pieces5.75O	360	25	990	4.00	2.70	250.0	400	80	15.0	15.0	45.0	14.0	6.00	*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-Chips, Potato	Package	81	0	91	0.00	0.00	0.0	0	0	2.4	0.00	8.1	5.1	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

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Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Mar 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
Weighted Daily Average		682	39	1640	6.65	4.81	580.5	7725	644	49.00	25.22	95.20	23.87	5.82	*0.00
% of Calories											14.8%	55.8%	31.5%	7.7%	0.0%

Thu - 03/18/2010															
SAN RAMON ELEM BASE															
	Total														
SR-Roasted Chicken	3ounce	160	95	230	0.00	0.36	0.0	0	0	0.00	22.0	0.00	8.0	2.50	0.00
SR-NOODLES, PARM.	1 CUP	242	50	93	1.92	2.40	81.9	66	18	0.00	9.2	40.4	4.7	1.54	*0.05
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-Chips, Potato	Package	81	0	91	0.00	0.00	0.0	0	0	2.4	0.00	8.1	5.1	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		676	102	1037	7.00	4.71	603.5	7675	639	39.31	36.17	91.13	20.17	5.28	*0.02
% of Calories											21.4%	53.9%	26.8%	7.0%	0.0%

Fri - 03/19/2010															
SAN RAMON ELEM BASE															
	Total														
SR-CHIC FRITTER BITES, TYSON	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-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-BURRITO, BEAN & CHEESE	Piece5.75O	360	25	990	4.00	2.70	250.0	400	80	15.0	15.0	45.0	14.0	6.00	*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-Chips, Potato	Package	81	0	91	0.00	0.00	0.0	0	0	2.4	0.00	8.1	5.1	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		688	43	1338	6.95	4.25	530.5	7724	646	47.28	26.20	89.82	26.27	5.45	*0.00
% of Calories											15.2%	52.2%	34.4%	7.1%	0.0%

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San Ramon Valley USD

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

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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 - 03/22/2010															
SAN RAMON ELEM BASE	Total														
SR-Tony's Pizza	Slice	300	15	660	2.00	1.80	300.0	300	60	0.00	15.0	37.0	11.0	3.50	*0.00
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
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
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-BEEF FINGER BRD	4PC/SER	320	50	800	2.00	2.70	40.0	100	40	1.2	16.0	19.0	20.0	7.00	*0.00
	VING														
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
SR-SALAD BAR ELEM-BASE	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)														
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		624	38	1241	7.52	4.86	570.8	7783	660	43.06	26.61	89.98	18.82	5.22	*0.00
% of Calories											17.0%	57.6%	27.1%	7.5%	0.0%

Tue - 03/23/2010															
SAN RAMON ELEM BASE	Total														
SR-Toasted Cheese Sandwich	Sandwich	230	15	760	2.00	1.44	240.0	300	60	0.00	11.0	34.0	6.0	3.00	*0.00
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-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-KETCHUP	1 TBSP	15	0	167	0.05	0.08	2.7	140	15	2.3	0.3	3.8	0.0	0.01	*0.00
SR-Cracker, Goldfish	Pack	70	0	115	0.00	0.36	0.0	0	0	0.00	2.0	9.0	3.0	0.50	*0.00
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-SALAD BAR ELEM-BASE	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)														
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		548	34	1241	6.31	3.97	530.2	7659	628	39.05	26.85	80.05	15.06	3.44	*0.00
% of Calories											19.6%	58.4%	24.7%	5.6%	0.0%

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San Ramon Valley USD

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values 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 - 03/24/2010															
SAN RAMON ELEM BASE	Total														
SR-Cheese Burger	Sandwich	370	49	780	3.62	3.32	156.6	181	36	0.00	27.0	35.9	13.0	5.35	*0.00
SR-Mayo, Reduced Fat	Packet	15	1	68	0.08	0.05	3.0	5	1	0.0	0.1	1.6	0.9	0.09	*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-Veggie Burger	Sandwich	330	0	970	7.00	3.60	140.0	100	20	1.20	25.0	43.0	7.0	1.50	*0.00
MUSTARD YELLOW PREPARED	packet	9	0	150	0.12	0.24	10.1	0	0	0.00	0.6	0.8	0.5	0.02	*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-Deli Sandwich	Sandwich	305	48	1080	2.00	1.80	140.0	150	30	0.00	24.5	36.0	8.0	2.75	*0.00
SR-Chips, Potato	Package	81	0	91	0.00	0.00	0.0	0	0	2.4	0.00	8.1	5.1	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	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-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		532	42	1227	5.96	3.77	589.2	7784	657	39.02	30.63	77.05	12.84	4.71	*0.00
% of Calories											23.0%	57.9%	21.7%	8.0%	0.0%

Thu - 03/25/2010															
SAN RAMON ELEM BASE	Total														
SR-CHIC FRITTER BITES, TYSON	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-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-Rice	1 Cup	194	0	3	1.42	2.86	30.0	0	0	0.00	4.6	41.2	0.6	0.12	*0.00
SR-CHIX PATTY SAND WW BUN	1 EACH	330	25	570	6.00	3.60	80.0	0	0	0.00	23.0	46.0	9.0	2.00	*0.00
SR-Mayo, Reduced Fat	Packet	15	1	68	0.08	0.05	3.0	5	1	0.0	0.1	1.6	0.9	0.09	*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-BURRITO, BEAN & CHEESE	Piece5.75O	360	25	990	4.00	2.70	250.0	400	80	15.0	15.0	45.0	14.0	6.00	*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-COOKIE CHOC CHIP	cookie	130	5	95	1.00	0.72	0.0	100	20	0.00	1.0	17.0	6.0	3.00	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	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-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		810	46	1104	9.13	6.70	495.6	7721	644	40.93	31.76	118.82	24.56	7.26	*0.00
% of Calories											15.7%	58.7%	27.3%	8.1%	0.0%

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San Ramon Valley USD

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Mar 3, 2010

SAN RAMON ELEM BASE

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	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
Fri - 03/26/2010															
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-Beef Sausage Patty	Pieces(2)	190	46	460	0.20	172.00	34.0	64	13	0.2	14.0	2.6	12.6	5.00	0.00
SR-Syrup	2 oz	210	0	105	0.00	0.00	0.0	0	0	0.00	0.00	52.0	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
MUSTARD YELLOW PREPARED	packet	9	0	150	0.12	0.24	10.1	0	0	0.00	0.6	0.8	0.5	0.02	*0.00
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-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	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-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		847	139	1393	5.28	114.03	497.3	7705	642	38.67	31.58	123.43	25.55	6.97	*0.00
% of Calories											14.9%	58.3%	27.1%	7.4%	0.0%

Mon - 03/29/2010															
SAN RAMON ELEM BASE	Total														
SR-BEEF FINGER BRD	4PC/SERVING	320	50	800	2.00	2.70	40.0	100	40	1.2	16.0	19.0	20.0	7.00	*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
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-CHIX PATTY SAND WW BUN	1 EACH	330	25	570	6.00	3.60	80.0	0	0	0.00	23.0	46.0	9.0	2.00	*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-Mayo, Reduced Fat	Packet	15	1	68	0.08	0.05	3.0	5	1	0.0	0.1	1.6	0.9	0.09	*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	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-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		645	46	1240	7.01	4.56	613.1	7781	658	40.42	31.50	84.90	21.27	7.79	*0.23
% of Calories											19.5%	52.6%	29.7%	10.9%	0.3%

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San Ramon Valley USD

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 - 03/30/2010															
SAN RAMON ELEM BASE	Total														
SR-CHIC FRITTER BITES, TYSON	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-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-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-Cheese Burger	Sandwich	370	49	780	3.62	3.32	156.6	181	36	0.00	27.0	35.9	13.0	5.35	*0.00
SR-Mayo, Reduced Fat	Packet	15	1	68	0.08	0.05	3.0	5	1	0.0	0.1	1.6	0.9	0.09	*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-Veggie Burger	Sandwich	330	0	970	7.00	3.60	140.0	100	20	1.20	25.0	43.0	7.0	1.50	*0.00
MUSTARD YELLOW PREPARED	packet	9	0	150	0.12	0.24	10.1	0	0	0.00	0.6	0.8	0.5	0.02	*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-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		656	52	1248	7.68	5.03	567.0	7672	635	38.30	32.70	89.14	20.86	5.03	*0.00
% of Calories											19.9%	54.3%	28.6%	6.9%	0.0%

Wed - 03/31/2010															
SAN RAMON ELEM BASE	Total														
SR-Beef Soft Taco	Taco	291	41	892	3.07	3.49	236.9	204	41	0.0	26.6	17.5	13.3	5.62	*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-Spaghetti W/ Marinara	Serving	252	0	480	4.02	2.90	40.0	300	60	9.0	9.1	52.5	2.0	0.00	*0.00
SR-BREADSTICK, FRENCH	Serving	120	0	230	1.00	1.44	0.0	0	0	0.00	4.0	22.0	1.5	0.00	0.00
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
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
MUSTARD YELLOW PREPARED	packet	9	0	150	0.12	0.24	10.1	0	0	0.00	0.6	0.8	0.5	0.02	*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		586	37	1439	7.02	5.42	551.6	7671	634	40.69	30.77	85.42	15.41	4.23	*0.00
% of Calories											21.0%	58.3%	23.6%	6.5%	0.0%

Weighted Average		655	56	1267	7.02	13.61	546.4	7719	643	40.99	30.26	93.59	19.19	5.23	*0.02
											18.5%	57.1%	26.4%	7.2%	0.0%

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San Ramon Valley USD

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values
SAN RAMON ELEM BASE

Mar 3, 2010

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Nutrient	Menu AVG	Portion		mg	mg	g	mg	mg	IU	RE	mg	g	g	g	g	g
		Size	Cals	Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat	Tr-Fat
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)									
Calories	655		645	102%												
Cholesterol (mg)	56		0													
Sodium (mg)	1267		0													
Fiber (g)	7.02		0.00													
Iron (mg)	13.61		3.30	413%												
Calcium (mg)	546.4		267.00	205%												
Vitamin A (IU)	7719		1055	732%												
Vitamin A (RE)	643		211	305%												
Vitamin C (mg)	40.99		15.00	273%												
Protein (g)	30.26	18.47%	8.87	341%												
Carbohydrate (g)	93.59	57.13%	0.00													
Total Fat (g)	19.19	26.35%	<30.00													
Saturated Fat (g)	5.23	7.19%	<10.00													
Trans Fat (g)	0.02	0.03%														

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

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