

# Winston-Salem/Forsyth County

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Weighted Values

Jan 10, 2012

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## ELEMENTARY LUNCH BC

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 02/01/2012																
ELEMENTARY LUNCH BC	Total	900														
CHICKEN NUGGETS W-S	5 EACH	300	80	10	207	0.67	0.36	13.3	33	7	0.0	4.0	5.0	4.67	1.17	0.00
ROLLS, WHEAT: scratch-2 oz	Each 2 oz.	300	55	0	95	0.90	0.48	3.8	1	0	0.0	1.46	9.4	1.46	0.20	0.00
FRNCH BRD PEPPERONI PIZZA W-S	1 EACH	300	98	8	330	1.32	0.77	152.4	62	12	1.9	7.68	9.9	3.12	2.10	0.00
YOGURT & FRUIT PLATTER TEM PW-S	PLATTER	300	83	8	103	1.08	0.26	184.0	2750	303	13.47	4.48	11.29	2.7	1.47	0.08
SPINACH ELEMENTARY W-S	3/8 cup	675	28	0	226	2.67	1.39	106.4	8207	529	1.98	2.87	4.32	0.6	0.11	0.00
MASHED POTATOES W-S	1/2 CUP	675	45	0	17	1.14	0.20	0.0	0	0	2.04	1.14	9.65	0.57	0.00	0.00
CARROTS GLAZED ELEM W-S	3/8 CUP	675	62	0	55	1.72	0.37	22.9	8932	946	1.2	0.3	8.84	3.03	0.79	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
APPLES, FRESH W-S	1 EACH	100	11	0	0	0.49	0.02	1.2	11	1	0.93	0.05	2.79	0.03	0.01	0.00
ORANGE WEDGES W-S	1 EACH	100	7	0	0	0.35	0.01	5.8	33	3	7.74	0.14	1.71	0.02	0.00	0.00
Weighted Daily Average			591	32	1215	10.33	4.17	792.7	20175	1840	30.52	30.26	84.34	16.54	6.06	0.08
% of Calories												20.5%	57.1%	25.2%	9.2%	0.1%

Thu - 02/02/2012																
ELEMENTARY LUNCH BC	Total	900														
TACO SALAD/TORTILLA CHIPS W-S	PORTION	300	95	23	198	0.51	0.55	71.7	106	8	1.49	5.23	6.69	4.82	1.11	0.00
GRILLED CHICK DELUXE W-S	SANDWIC	300	95	13	141	0.43	0.50	67.6	814	155	0.89	6.41	7.98	4.68	1.17	0.33
CHEEZY CHEF SALAD W-S ELE MEN	SALAD	300	170	23	555	1.81	1.36	258.4	1271	163	6.74	11.44	14.52	8.07	5.71	0.00
GREEN BEANS ELEMENTARY W-S	3/8 CUP	675	36	0	232	1.67	0.80	22.8	390	78	3.71	1.08	4.11	2.07	0.56	0.00
PINTO BEANS ELEMENTARY W-S	3/8 cup	675	57	0	271	2.26	1.21	32.3	1	0	0.39	3.94	9.94	0.32	0.07	0.00
GREEN BEANS ELEMENTARY W-S	3/8 CUP	675	36	0	232	1.67	0.80	22.8	390	78	3.71	1.08	4.11	2.07	0.56	0.00
CORN W-S ELEMENTARY	3/8 cup	675	69	0	294	1.20	0.49	1.4	91	18	2.66	1.21	10.9	1.99	0.54	0.00
PEACHES W-S Elementary	3/8 c	675	39	0	4	0.94	0.26	2.2	255	25	1.73	0.32	10.49	0.02	0.00	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
APPLES, FRESH W-S	1 EACH	100	11	0	0	0.49	0.02	1.2	11	1	0.93	0.05	2.79	0.03	0.01	0.00
ORANGE WEDGES W-S	1 EACH	100	7	0	0	0.35	0.01	5.8	33	3	7.74	0.14	1.71	0.02	0.00	0.00
Weighted Daily Average			737	65	2108	11.32	6.32	789.0	3507	568	31.26	39.05	94.66	24.45	9.94	0.33
% of Calories												21.2%	51.4%	29.8%	12.1%	0.4%

\*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

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# Winston-Salem/Forsyth County

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Weighted Values

Jan 10, 2012

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## ELEMENTARY LUNCH BC

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 02/03/2012																
ELEMENTARY LUNCH BC	Total	900														
TACO SALAD/TORTILLA CHIPS W-S	PORTION	300	95	23	198	0.51	0.55	71.7	106	8	1.49	5.23	6.69	4.82	1.11	0.00
GRILLED CHICK DELUXE W-S	SANDWIC	300	95	13	141	0.43	0.50	67.6	814	155	0.89	6.41	7.98	4.68	1.17	0.33
CHEEZY CHEF SALAD W-S ELE MEN	SALAD	300	170	23	555	1.81	1.36	258.4	1271	163	6.74	11.44	14.52	8.07	5.71	0.00
BROWN RICE W-S	1/2 CUP	300	62	0	1	0.41	0.00	0.8	0	0	0.0	1.24	13.25	0.41	0.00	0.00
GREEN BEANS ELEMENTARY W-S	3/8 CUP	675	36	0	232	1.67	0.80	22.8	390	78	3.71	1.08	4.11	2.07	0.56	0.00
PINTO BEANS ELEMENTARY W-S	3/8 cup	675	57	0	271	2.26	1.21	32.3	1	0	0.39	3.94	9.94	0.32	0.07	0.00
GREEN BEANS ELEMENTARY W-S	3/8 CUP	675	36	0	232	1.67	0.80	22.8	390	78	3.71	1.08	4.11	2.07	0.56	0.00
CORN W-S ELEMENTARY	3/8 cup	675	69	0	294	1.20	0.49	1.4	91	18	2.66	1.21	10.9	1.99	0.54	0.00
PEACHES W-S Elementary	3/8 c	675	39	0	4	0.94	0.26	2.2	255	25	1.73	0.32	10.49	0.02	0.00	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
APPLES, FRESH W-S	1 EACH	100	11	0	0	0.49	0.02	1.2	11	1	0.93	0.05	2.79	0.03	0.01	0.00
ORANGE WEDGES W-S	1 EACH	100	7	0	0	0.35	0.01	5.8	33	3	7.74	0.14	1.71	0.02	0.00	0.00
Weighted Daily Average			799	65	2109	11.74	6.32	789.8	3507	568	31.26	40.29	107.91	24.86	9.94	0.33
% of Calories												20.2%	54.0%	28.0%	11.2%	0.4%

Mon - 02/06/2012																
ELEMENTARY LUNCH BC	Total	900														
CHICKEN PATTY ON A BUN W-S	patty	300	117	25	230	0.67	0.84	46.7	0	0	0.0	5.33	11.0	5.67	1.50	0.00
BAKED SPAGHETTI W-S ANALYS	1 CUP	300	131	17	444	1.52	1.41	68.3	234	28	4.04	9.6	13.95	4.27	1.98	*0.12
CHEEZY CHEF SALAD W-S ELE MEN	SALAD	300	170	23	555	1.81	1.36	258.4	1271	163	6.74	11.44	14.52	8.07	5.71	0.00
GARDEN SALAD W-S	1/2 CUP	675	15	0	16	1.27	0.61	24.3	1501	106	7.51	1.07	3.14	0.17	0.02	0.00
MIXED VEGETABLES ELEM W-S	3/8 CUP	675	44	0	36	1.45	0.00	0.0	0	0	0.0	2.18	8.0	0.36	0.00	0.00
BROCCOLI: frozen, boiled	3/8	675	19	0	177	2.04	0.42	22.5	688	129	27.28	2.11	3.64	0.08	0.01	0.00
MIXED FRUIT ELEMENTARY W-S	3/8 CUP	675	28	0	3	0.73	0.14	3.4	155	15	0.91	0.23	7.17	0.05	0.00	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
APPLES, FRESH W-S	1 EACH	100	11	0	0	0.49	0.02	1.2	11	1	0.93	0.05	2.79	0.03	0.01	0.00
ORANGE WEDGES W-S	1 EACH	100	7	0	0	0.35	0.01	5.8	33	3	7.74	0.14	1.71	0.02	0.00	0.00
Weighted Daily Average			664	70	1643	10.32	5.11	733.4	4039	485	56.42	40.30	87.35	19.07	9.45	*0.12
% of Calories												24.3%	52.6%	25.9%	12.8%	*0.2%

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# Winston-Salem/Forsyth County

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Weighted Values

Jan 10, 2012

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## ELEMENTARY LUNCH BC

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 02/07/2012</b>																
ELEMENTARY LUNCH BC	Total	900														
CHEESEBURGER ON A BUN W-S	1 EACH	300	103	18	300	0.67	1.08	73.3	117	23	0.0	7.33	8.33	5.0	2.50	0.00
CORN DOG W-S	1 each	300	93	13	360	0.67	0.60	26.7	33	7	5.0	3.0	10.67	4.0	1.00	0.00
CHEEZY CHEF SALAD W-S ELE MEN	SALAD	300	170	23	555	1.81	1.36	258.4	1271	163	6.74	11.44	14.52	8.07	5.71	0.00
PASTA SALAD W/ SPIN W-S	1/2 CUP	675	80	0	97	1.00	0.68	5.0	128	9	0.94	2.87	15.72	0.45	0.09	0.00
CARROTS GLAZED ELEM W-S	3/8 CUP	675	62	0	55	1.72	0.37	22.9	8932	946	1.2	0.3	8.84	3.03	0.79	0.00
TATER TOTS W-S	4 OZ	675	160	0	470	2.00	0.36	0.0	0	0	2.4	0.0	20.0	8.0	1.50	0.00
PINEAPPLE TIDBITS W-S ELEM NTA	3/8 cup	675	33	0	1	0.50	0.25	9.1	24	2	4.73	0.23	8.53	0.08	0.01	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, 1% WHITE W-S	1/2 pint	10	1	0	2	0.00	0.00	3.9	6	2	0.03	0.11	0.15	0.03	0.02	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
APPLES, FRESH W-S	1 EACH	100	11	0	0	0.49	0.02	1.2	11	1	0.93	0.05	2.79	0.03	0.01	0.00
ORANGE WEDGES W-S	1 EACH	100	7	0	0	0.35	0.01	5.8	33	3	7.74	0.14	1.71	0.02	0.00	0.00
Weighted Daily Average			831	59	2005	9.20	5.03	670.3	10646	1178	30.65	32.54	111.17	28.73	11.64	0.00
% of Calories												15.7%	53.5%	31.1%	12.6%	0.0%

<b>Wed - 02/08/2012</b>																
ELEMENTARY LUNCH BC	Total	900														
SWEET N' SOUR POPCORN CHIX W-S	1/2 CUP	300	119	13	331	0.92	0.59	21.1	86	17	1.96	5.27	10.72	5.9	1.48	0.00
BAKED ZITI W-S	1 cup	300	109	5	297	1.99	0.63	95.2	494	101	4.4	5.83	14.13	3.32	1.31	0.00
YOGURT & FRUIT PLATTER TEM PW-S	PLATTER	300	83	8	103	1.08	0.26	184.0	2750	303	13.47	4.48	11.29	2.7	1.47	0.08
ORIENTAL VEGGIE W-S ELEM NTARY	3/8 CUP	675	43	0	30	1.87	0.28	16.0	302	60	11.35	1.01	4.08	1.99	0.54	0.00
BROWN RICE W-S	1/2 CUP	675	140	0	2	0.93	0.00	1.8	0	0	0.0	2.79	29.81	0.93	0.00	0.00
CORN W-S ELEMENTARY	3/8 cup	675	69	0	294	1.20	0.49	1.4	91	18	2.66	1.21	10.9	1.99	0.54	0.00
APPLE QUICK CRISP W-S	1/2 CUP	675	209	0	321	0.72	48.14	26.3	0	0	0.86	1.96	32.19	8.18	2.28	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
ORANGE WEDGES W-S	1 EACH	100	7	0	0	0.35	0.01	5.8	33	3	7.74	0.14	1.71	0.02	0.00	0.00
APPLES, FRESH W-S	1 EACH	100	11	0	0	0.49	0.02	1.2	11	1	0.93	0.05	2.79	0.03	0.01	0.00
Weighted Daily Average			911	31	1561	9.55	50.72	655.7	3911	543	44.65	30.89	139.05	25.41	7.84	0.08
% of Calories												13.6%	61.0%	25.1%	7.7%	0.1%

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Weighted Values

Jan 10, 2012

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## ELEMENTARY LUNCH BC

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 02/09/2012																
ELEMENTARY LUNCH BC	Total	900														
TACO SALAD/TORTILLA CHIPS W-S	PORTION	300	95	23	198	0.51	0.55	71.7	106	8	1.49	5.23	6.69	4.82	1.11	0.00
TURKEY, SLICED W/GRAVY W-S	3 OZ	300	121	23	820	0.24	0.86	21.3	0	0	0.0	10.08	12.8	3.06	0.93	0.00
ROLLS,WHEAT: scratch-2 oz	Each 2 oz.	300	55	0	95	0.90	0.48	3.8	1	0	0.0	1.46	9.4	1.46	0.20	0.00
HAM CHEF SALAD W-S ELEMENTARY	SALAD	300	163	38	1085	1.14	1.59	40.1	1019	112	6.76	13.01	16.68	5.16	2.30	0.00
PEAS, FROZEN W-S ELEMENTARY	3/8 CUP	675	45	0	2	2.95	0.83	14.5	429	32	7.61	2.87	8.37	0.12	0.02	0.00
CUCUMBER TOMATO SALAD W-S	1/2 cup	675	12	0	111	0.61	0.16	7.4	304	23	5.24	0.47	2.41	0.11	0.02	0.00
PINTO BEANS ELEMENTARY W-S	3/8 cup	675	57	0	271	2.26	1.21	32.3	1	0	0.39	3.94	9.94	0.32	0.07	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
APPLES, FRESH W-S	1 EACH	100	11	0	0	0.49	0.02	1.2	11	1	0.93	0.05	2.79	0.03	0.01	0.00
ORANGE WEDGES W-S	1 EACH	100	7	0	0	0.35	0.01	5.8	33	3	7.74	0.14	1.71	0.02	0.00	0.00
Weighted Daily Average			688	90	2765	9.44	6.01	501.0	2049	219	31.43	45.39	92.23	15.45	4.88	0.00
% of Calories												26.4%	53.6%	20.2%	6.4%	0.0%

Fri - 02/10/2012																
ELEMENTARY LUNCH BC	Total	900														
CHEESE PIZZA WEDGE W-S	SLICES	300	90	3	267	1.33	1.80	83.3	167	33	0.0	5.0	10.67	3.33	1.00	0.00
CHICKEN JAMBALAYA W-S	1 CUP	300	65	22	67	0.65	0.21	49.5	649	55	4.39	7.69	3.96	1.41	0.14	*0.00
TURKEY CHEF SALAD W-S ELEMENTARY	SALAD	300	104	15	184	1.13	7.43	82.0	1412	139	14.93	7.07	13.33	2.66	1.47	0.00
TURNIP GREENS ELEMENTARY W-S	3/8 cup	675	31	0	24	1.05	0.39	51.6	1629	326	4.63	1.05	1.65	2.24	0.54	0.00
PEAS & CARROTS, ELEMENTARY W-S	3/8 cup	675	37	0	19	2.69	0.63	19.0	5428	560	5.05	1.82	7.15	0.28	0.05	0.00
GARDEN SALAD W-S	1/2 CUP	675	15	0	16	1.27	0.61	24.3	1501	106	7.51	1.07	3.14	0.17	0.02	0.00
ORANGE WEDGES W-S	1 EACH	675	46	0	0	2.36	0.10	39.3	221	21	52.27	0.92	11.54	0.12	0.02	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
APPLES, FRESH W-S	1 EACH	100	11	0	0	0.49	0.02	1.2	11	1	0.93	0.05	2.79	0.03	0.01	0.00
Weighted Daily Average			522	46	759	10.97	11.50	653.2	11164	1280	90.97	32.82	75.67	10.58	3.47	*0.00
% of Calories												25.1%	58.0%	18.2%	6.0%	*0.0%

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# Winston-Salem/Forsyth County

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Weighted Values

Jan 10, 2012

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## ELEMENTARY LUNCH BC

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 02/13/2012</b>																
ELEMENTARY LUNCH BC	Total	900														
MACARONI AND CHEESE THE 1 W-S	1 CUP	300	177	19	405	0.52	0.57	243.1	393	79	0.61	9.97	18.3	7.6	4.47	*0.00
MEATBALL HOAGIE W-S	1 EACH	300	206	20	453	2.46	1.11	109.6	408	82	4.43	11.67	21.82	7.99	3.08	0.00
HAM & CHEESE WRAP ELEM W-S	1 each	675	392	86	2525	0.90	0.72	77.1	294	50	0.56	29.36	33.39	17.27	7.31	0.00
LIMA BEANS ELEMENTARY W-S	3/8 cup	300	12	0	49	1.29	0.36	6.6	40	8	0.77	0.02	6.47	0.88	0.24	0.00
GARDEN SALAD W-S	1/2 CUP	675	15	0	16	1.27	0.61	24.3	1501	106	7.51	1.07	3.14	0.17	0.02	0.00
NORMANDY BLEND ELEM W-S	1/2 CUP	675	63	0	48	2.76	0.68	17.4	3545	364	7.09	2.32	9.4	2.34	0.61	0.00
PINEAPPLE TIDBITS W-S ELEM NTA	3/8 cup	675	33	0	1	0.50	0.25	9.1	24	2	4.73	0.23	8.53	0.08	0.01	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
APPLES, FRESH W-S	1 EACH	100	11	0	0	0.49	0.02	1.2	11	1	0.93	0.05	2.79	0.03	0.01	0.00
ORANGE WEDGES W-S	1 EACH	100	7	0	0	0.35	0.01	5.8	33	3	7.74	0.14	1.71	0.02	0.00	0.00
Weighted Daily Average			1037	130	3679	10.53	4.63	797.1	6395	733	35.63	62.98	126.99	36.73	15.96	*0.00
% of Calories												24.3%	49.0%	31.9%	13.8%	*0.0%

<b>Tue - 02/14/2012</b>																
ELEMENTARY LUNCH BC	Total	900														
CHICKEN PATTY ON A BUN W-S	patty	300	117	25	230	0.67	0.84	46.7	0	0	0.0	5.33	11.0	5.67	1.50	0.00
BROC STUFFED BAKED POTAT O W-S	1 EACH	300	115	16	483	2.77	0.88	62.3	543	103	30.11	6.97	15.71	3.43	1.98	0.00
YOGURT & FRUIT PLATTER W-S	PLATTER	300	85	10	66	1.08	1.13	199.1	2835	320	13.47	4.39	10.92	3.08	2.02	0.00
TURNIP GREENS ELEMENTARY W-S	3/8 cup	675	31	0	24	1.05	0.39	51.6	1629	326	4.63	1.05	1.65	2.24	0.54	0.00
PEAS, FROZEN W-S ELEMENTAR	3/8 CUP	675	45	0	2	2.95	0.83	14.5	429	32	7.61	2.87	8.37	0.12	0.02	0.00
TATER TOTS W-S	4 OZ	675	160	0	470	2.00	0.36	0.0	0	0	2.4	0.0	20.0	8.0	1.50	0.00
ORANGE WEDGES W-S	1 EACH	675	46	0	0	2.36	0.10	39.3	221	21	52.27	0.92	11.54	0.12	0.02	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, 1% WHITE W-S	1/2 pint	50	7	1	8	0.00	0.01	19.4	28	8	0.16	0.54	0.75	0.16	0.10	0.00
MILK, 1% STRAWBERRY W-S	1/2 pint	50	9	1	7	0.11	0.02	16.7	28	6	0.13	0.44	1.56	0.14	0.08	0.00
MILK, 1% VANILLA W-S	1/2 pint	50	9	1	7	0.11	0.02	16.7	28	6	0.13	0.44	1.56	0.14	0.08	0.00
MILK, SKIM WHITE W-S	1/2 pint	50	4	0	5	0.00	0.00	15.4	26	8	0.0	0.42	0.62	0.01	0.01	0.00
APPLES, FRESH W-S	1 EACH	100	11	0	0	0.49	0.02	1.2	11	1	0.93	0.05	2.79	0.03	0.01	0.00
Weighted Daily Average			741	57	1458	13.58	4.88	716.1	5816	837	112.79	29.66	105.15	23.13	7.86	0.00
% of Calories												16.0%	56.8%	28.1%	9.5%	0.0%

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# Winston-Salem/Forsyth County

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Weighted Values

Jan 10, 2012

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## ELEMENTARY LUNCH BC

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 02/15/2012																
ELEMENTARY LUNCH BC	Total	900														
OVEN FRIED CHICKEN W-S	PORTION	300	114	29	35	0.10	0.59	25.0	67	13	0.13	9.78	3.22	6.66	1.55	0.00
CHEESE PIZZA WEDGE W-S	SLICES	300	90	3	267	1.33	1.80	83.3	167	33	0.0	5.0	10.67	3.33	1.00	0.00
HAM CHEF SALAD W-S ELEMENTARY	SALAD	150	82	19	543	0.57	0.79	20.1	509	56	3.38	6.5	8.34	2.58	1.15	0.00
GREEN BEANS ELEMENTARY W-ROLLS, WHEAT: scratch-2 oz	3/8 CUP	675	36	0	232	1.67	0.80	22.8	390	78	3.71	1.08	4.11	2.07	0.56	0.00
POTATOES AU GRATIN W-S	Each 2 oz.	300	55	0	95	0.90	0.48	3.8	1	0	0.0	1.46	9.4	1.46	0.20	0.00
CORN W-S ELEMENTARY	1/2 cup	1	0	0	1	0.00	0.00	0.0	0	0	0.01	0.0	0.02	0.0	0.00	0.00
PEACHES W-S Elementary	3/8 cup	675	69	0	294	1.20	0.49	1.4	91	18	2.66	1.21	10.9	1.99	0.54	0.00
MILK, SKIM CHOCOLATE W-S	3/8 c	675	39	0	4	0.94	0.26	2.2	255	25	1.73	0.32	10.49	0.02	0.00	0.00
MILK, 1% WHITE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
APPLES, FRESH W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
ORANGE WEDGES W-S	1 EACH	100	11	0	0	0.49	0.02	1.2	11	1	0.93	0.05	2.79	0.03	0.01	0.00
Weighted Daily Average	1 EACH	100	7	0	0	0.35	0.01	5.8	33	3	7.74	0.14	1.71	0.02	0.00	0.00
% of Calories			626	57	1652	7.54	5.55	468.4	1669	268	21.56	33.70	83.09	18.51	5.23	0.00
												21.5%	53.1%	26.6%	7.5%	0.0%

Thu - 02/16/2012																
ELEMENTARY LUNCH BC	Total	900														
TOASTED CHEESE SANDWICH W-S	1 EACH	300	140	20	507	1.33	0.48	146.7	400	80	0.0	7.33	8.67	8.67	5.33	0.00
HOT DOG ON BUN W-S ELEMENTARY	1 dog	300	83	17	263	0.33	0.72	50.0	0	0	1.2	3.33	8.0	4.33	1.33	0.00
TURKEY CHEF SALAD W-S ELEMENTARY	SALAD	300	104	15	184	1.13	7.43	82.0	1412	139	14.93	7.07	13.33	2.66	1.47	0.00
SPINACH ELEMENTARY W-S	3/8 cup	675	28	0	226	2.67	1.39	106.4	8207	529	1.98	2.87	4.32	0.6	0.11	0.00
POTATO WEDGES W-S	1/2 cup	675	139	0	157	2.25	1.86	15.5	44	9	20.0	4.27	31.15	0.31	0.07	0.00
PEAS & CARROTS, ELEMENTARY W-S	3/8 cup	675	37	0	19	2.69	0.63	19.0	5428	560	5.05	1.82	7.15	0.28	0.05	0.00
ORANGE WEDGES W-S	1 EACH	675	46	0	0	2.36	0.10	39.3	221	21	52.27	0.92	11.54	0.12	0.02	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
APPLES, FRESH W-S	1 EACH	100	11	0	0	0.49	0.02	1.2	11	1	0.93	0.05	2.79	0.03	0.01	0.00
Weighted Daily Average			711	57	1538	13.26	12.94	763.0	15868	1378	97.62	35.81	108.39	17.35	8.61	0.00
% of Calories												20.1%	61.0%	22.0%	10.9%	0.0%

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# Winston-Salem/Forsyth County

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Weighted Values

Jan 10, 2012

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## ELEMENTARY LUNCH BC

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 02/17/2012																
ELEMENTARY LUNCH BC	Total	900														
TACO SALAD W/ BEEF CRUMBL E W-S	PORTION	300	131	25	506	1.38	1.34	104.3	330	53	2.11	7.9	9.22	6.89	2.83	*0.12
CHICKEN NUGGETS W-S	5 EACH	300	80	10	207	0.67	0.36	13.3	33	7	0.0	4.0	5.0	4.67	1.17	0.00
HAM & CHEESE WRAP ELEM W-	1 each	300	174	38	1122	0.40	0.32	34.3	131	22	0.25	13.05	14.84	7.67	3.25	0.00
BROWN RICE W-S	1/2 CUP	675	140	0	2	0.93	0.00	1.8	0	0	0.0	2.79	29.81	0.93	0.00	0.00
GARDEN SALAD W-S	1/2 CUP	675	15	0	16	1.27	0.61	24.3	1501	106	7.51	1.07	3.14	0.17	0.02	0.00
PINTO BEANS ELEMENTARY W-S	3/8 cup	675	57	0	271	2.26	1.21	32.3	1	0	0.39	3.94	9.94	0.32	0.07	0.00
APPLES, FRESH W-S	1 EACH	675	71	0	1	3.28	0.16	8.2	74	7	6.28	0.35	18.85	0.23	0.04	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
ORANGE WEDGES W-S	1 EACH	100	7	0	0	0.35	0.01	5.8	33	3	7.74	0.14	1.71	0.02	0.00	0.00
Weighted Daily Average			797	79	2307	10.53	4.33	527.2	2249	237	25.54	41.40	113.94	21.25	7.60	*0.12
% of Calories												20.8%	57.2%	24.0%	8.6%	*0.1%

Mon - 02/20/2012																
ELEMENTARY LUNCH BC	Total	900														
HOLIDAY	SERVING	900	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

Tue - 02/21/2012																
ELEMENTARY LUNCH BC	Total	900														
CHEESE PIZZA WEDGE W-S	SLICES	300	90	3	267	1.33	1.80	83.3	167	33	0.0	5.0	10.67	3.33	1.00	0.00
AFRICAN CHICKEN TAJINE W/S	1.5 CUPS	300	75	22	73	1.41	0.41	61.5	2304	246	19.08	8.03	7.59	1.01	0.04	*0.00
HAM & CHEESE HOAGIE ELEMW-	1 each	300	150	38	1086	0.57	0.84	69.0	248	31	2.03	12.84	11.72	6.04	2.76	0.00
TURNIP GREENS ELEMENTARY W-S	3/8 cup	675	31	0	24	1.05	0.39	51.6	1629	326	4.63	1.05	1.65	2.24	0.54	0.00
CORN W-S ELEMENTARY	3/8 cup	675	69	0	294	1.20	0.49	1.4	91	18	2.66	1.21	10.9	1.99	0.54	0.00
NORMANDY BLEND ELEM W-S	1/2 CUP	675	63	0	48	2.76	0.68	17.4	3545	364	7.09	2.32	9.4	2.34	0.61	0.00
PEARS, CANNED ELEMENTARY W-S	3/8 CUP	675	36	0	3	1.16	0.21	6.4	0	0	1.16	0.24	9.34	0.05	0.00	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
APPLES, FRESH W-S	1 EACH	100	11	0	0	0.49	0.02	1.2	11	1	0.93	0.05	2.79	0.03	0.01	0.00
ORANGE WEDGES W-S	1 EACH	100	7	0	0	0.35	0.01	5.8	33	3	7.74	0.14	1.71	0.02	0.00	0.00
Weighted Daily Average			655	69	1977	10.31	5.15	600.6	8173	1061	46.59	39.02	87.19	17.39	5.71	*0.00
% of Calories												23.8%	53.3%	23.9%	7.9%	*0.0%

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# Winston-Salem/Forsyth County

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Weighted Values

Jan 10, 2012

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## ELEMENTARY LUNCH BC

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 02/22/2012</b>																
ELEMENTARY LUNCH BC	Total	900														
CHICKEN NUGGETS W-S	5 EACH	300	80	10	207	0.67	0.36	13.3	33	7	0.0	4.0	5.0	4.67	1.17	0.00
QUESADILLA, CHEESE W-S	1 EACH	300	120	23	570	1.01	0.07	243.7	337	67	0.0	11.12	12.35	3.95	5.48	0.06
TURKEY CHEF SALAD W-S ELE MEN	SALAD	300	104	15	184	1.13	7.43	82.0	1412	139	14.93	7.07	13.33	2.66	1.47	0.00
CARROTS GLAZED ELEM W-S	3/8 CUP	675	62	0	55	1.72	0.37	22.9	8932	946	1.2	0.3	8.84	3.03	0.79	0.00
LIMA BEANS ELEMENTARY W-S	3/8 cup	675	26	0	110	2.90	0.80	14.8	90	18	1.73	0.05	14.57	1.98	0.54	0.00
SWEET POTATOES, FRESH W-S	1 EACH	675	113	0	54	2.93	0.59	29.3	13832	1956	2.34	1.53	19.62	3.32	0.45	0.00
PINEAPPLE TIDBITS W-S ELEME NTA	3/8 cup	675	33	0	1	0.50	0.25	9.1	24	2	4.73	0.23	8.53	0.08	0.01	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
APPLES, FRESH W-S	1 EACH	100	11	0	0	0.49	0.02	1.2	11	1	0.93	0.05	2.79	0.03	0.01	0.00
ORANGE WEDGES W-S	1 EACH	100	7	0	0	0.35	0.01	5.8	33	3	7.74	0.14	1.71	0.02	0.00	0.00
Weighted Daily Average			679	53	1362	11.69	10.22	724.9	24851	3177	34.86	32.63	108.16	20.08	10.13	0.06
% of Calories												19.2%	63.8%	26.6%	13.4%	0.1%
<b>Thu - 02/23/2012</b>																
ELEMENTARY LUNCH BC	Total	900														
TACO SALAD W/ BEEF CRUMBLE W-S	PORTION	300	131	25	506	1.38	1.34	104.3	330	53	2.11	7.9	9.22	6.89	2.83	*0.12
BAKED ZITI W-S	1 cup	300	109	5	297	1.99	0.63	95.2	494	101	4.4	5.83	14.13	3.32	1.31	0.00
CHEEZY CHEF SALAD W-S ELE MEN	SALAD	300	170	23	555	1.81	1.36	258.4	1271	163	6.74	11.44	14.52	8.07	5.71	0.00
BROCCOLI: frozen, boiled	3/8	675	19	0	177	2.04	0.42	22.5	688	129	27.28	2.11	3.64	0.08	0.01	0.00
PINTO BEANS ELEMENTARY W-S	3/8 cup	675	57	0	271	2.26	1.21	32.3	1	0	0.39	3.94	9.94	0.32	0.07	0.00
APPLE QUICK CRISP W-S	1/2 CUP	675	209	0	321	0.72	48.14	26.3	0	0	0.86	1.96	32.19	8.18	2.28	0.00
MIXED FRUIT ELEMENTARY W-S	3/8 CUP	675	28	0	3	0.73	0.14	3.4	155	15	0.91	0.23	7.17	0.05	0.00	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
APPLES, FRESH W-S	1 EACH	100	11	0	0	0.49	0.02	1.2	11	1	0.93	0.05	2.79	0.03	0.01	0.00
ORANGE WEDGES W-S	1 EACH	100	7	0	0	0.35	0.01	5.8	33	3	7.74	0.14	1.71	0.02	0.00	0.00
Weighted Daily Average			862	58	2312	11.76	53.57	852.2	3129	504	52.63	41.75	116.74	27.31	12.44	*0.12
% of Calories												19.4%	54.1%	28.5%	13.0%	*0.1%

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# Winston-Salem/Forsyth County

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Weighted Values

Jan 10, 2012

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## ELEMENTARY LUNCH BC

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 02/24/2012																
ELEMENTARY LUNCH BC	Total	900														
CHEESE PIZZA WEDGE W-S	SLICES	300	90	3	267	1.33	1.80	83.3	167	33	0.0	5.0	10.67	3.33	1.00	0.00
CHICKEN POT PIE W-S	1 serv.	300	180	29	669	0.62	0.90	35.5	44	8	0.96	11.14	17.19	7.12	1.99	*0.00
HAM & CHEESE WRAP ELEM W-S	1 each	300	174	38	1122	0.40	0.32	34.3	131	22	0.25	13.05	14.84	7.67	3.25	0.00
MIXED VEGETABLES ELEM W-S	3/8 CUP	675	44	0	36	1.45	0.00	0.0	0	0	0.0	2.18	8.0	0.36	0.00	0.00
CUCUMBER TOMATO SALAD W-S	1/2 cup	675	12	0	111	0.61	0.16	7.4	304	23	5.24	0.47	2.41	0.11	0.02	0.00
SQUASH ELEMENTARY W-S	3/8 CUP	675	28	0	17	0.68	0.22	9.3	206	30	9.98	0.72	2.18	2.09	0.57	0.00
APPLESAUCE ELEMENTARY W-S	3/8 CUP	675	35	0	2	0.96	0.10	2.4	23	2	0.96	0.14	9.07	0.04	0.01	*N/A*
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
APPLES, FRESH W-S	1 EACH	100	11	0	0	0.49	0.02	1.2	11	1	0.93	0.05	2.79	0.03	0.01	0.00
ORANGE WEDGES W-S	1 EACH	100	7	0	0	0.35	0.01	5.8	33	3	7.74	0.14	1.71	0.02	0.00	0.00
Weighted Daily Average			702	76	2406	6.90	3.83	482.2	1064	161	27.33	41.04	90.29	21.12	7.05	*0.00
% of Calories												23.4%	51.4%	27.1%	9.0%	*0.0%

Mon - 02/27/2012																
ELEMENTARY LUNCH BC	Total	900														
TURKEY, SLICED W/GRAVY W-S	4 OZ	300	162	31	1094	0.32	1.14	28.4	0	0	0.0	13.44	17.07	4.07	1.25	0.00
CHICKEN PATTY ON A BUN W-S	patty	300	117	25	230	0.67	0.84	46.7	0	0	0.0	5.33	11.0	5.67	1.50	0.00
YOGURT & FRUIT PLATTER TEM PW-S	PLATTER	300	83	8	103	1.08	0.26	184.0	2750	303	13.47	4.48	11.29	2.7	1.47	0.08
ROLLS,WHEAT: scratch-2 oz	Each 2 oz.	675	124	0	214	2.02	1.07	8.5	2	0	0.0	3.29	21.16	3.28	0.45	0.00
POTATO WEDGES W-S	1/2 cup	675	139	0	157	2.25	1.86	15.5	44	9	20.0	4.27	31.15	0.31	0.07	0.00
MIXED VEGETABLES ELEM W-S	3/8 CUP	675	44	0	36	1.45	0.00	0.0	0	0	0.0	2.18	8.0	0.36	0.00	0.00
CUCUMBER TOMATO SALAD W-S	1/2 cup	675	12	0	111	0.61	0.16	7.4	304	23	5.24	0.47	2.41	0.11	0.02	0.00
ORANGE WEDGES W-S	1 EACH	675	46	0	0	2.36	0.10	39.3	221	21	52.27	0.92	11.54	0.12	0.02	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
APPLES, FRESH W-S	1 EACH	100	11	0	0	0.49	0.02	1.2	11	1	0.93	0.05	2.79	0.03	0.01	0.00
Weighted Daily Average			848	69	2114	11.24	5.74	599.0	3427	381	92.89	41.61	136.48	16.72	4.82	0.08
% of Calories												19.6%	64.4%	17.8%	5.1%	0.1%

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# Winston-Salem/Forsyth County

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Weighted Values

Jan 10, 2012

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## ELEMENTARY LUNCH BC

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 02/28/2012</b>																
ELEMENTARY LUNCH BC	Total	900														
SWEET N' SOUR POPCORN CHIX W-S	1/2 CUP	300	119	13	331	0.92	0.59	21.1	86	17	1.96	5.27	10.72	5.9	1.48	0.00
PORK RIBLET W-S	RIBLET	300	140	21	183	0.67	0.90	33.3	0	0	1.2	9.67	15.33	4.33	1.50	0.00
CHEEZY CHEF SALAD TEMP EL EMEN	SALAD	300	168	23	554	1.69	1.33	257.1	1206	158	5.66	11.35	14.13	8.05	5.71	0.00
GARDEN SALAD W-S	1/2 CUP	675	15	0	16	1.27	0.61	24.3	1501	106	7.51	1.07	3.14	0.17	0.02	0.00
MIXED VEGETABLES ELEM W-S	3/8 CUP	675	44	0	36	1.45	0.00	0.0	0	0	0.0	2.18	8.0	0.36	0.00	0.00
ROLLS,WHEAT: scratch-2 oz	Each 2 oz.	675	124	0	214	2.02	1.07	8.5	2	0	0.0	3.29	21.16	3.28	0.45	0.00
APPLE QUICK CRISP W-S	1/2 CUP	675	209	0	321	0.72	48.14	26.3	0	0	0.86	1.96	32.19	8.18	2.28	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
APPLES, FRESH W-S	1 EACH	100	11	0	0	0.49	0.02	1.2	11	1	0.93	0.05	2.79	0.03	0.01	0.00
ORANGE WEDGES W-S	1 EACH	100	7	0	0	0.35	0.01	5.8	33	3	7.74	0.14	1.71	0.02	0.00	0.00
Weighted Daily Average			959	62	1839	9.58	52.98	680.5	2984	325	27.13	43.13	130.61	30.67	11.66	0.00
% of Calories												18.0%	54.5%	28.8%	10.9%	0.0%

<b>Wed - 02/29/2012</b>																
ELEMENTARY LUNCH BC	Total	900														
CHEESEBURGER ON A BUN W-S	1 EACH	300	103	18	300	0.67	1.08	73.3	117	23	0.0	7.33	8.33	5.0	2.50	0.00
MACARONI AND CHEESE w/BRO C W-S	1 CUP	300	179	19	425	0.75	0.62	245.6	470	93	3.64	10.2	18.7	7.61	4.47	0.00
HAM & CHEESE HOAGIE ELEMW- PEAS & CARROTS, ELEMENTAR Y W-S	1 each	300	150	38	1086	0.57	0.84	69.0	248	31	2.03	12.84	11.72	6.04	2.76	0.00
	3/8 cup	675	37	0	19	2.69	0.63	19.0	5428	560	5.05	1.82	7.15	0.28	0.05	0.00
MASHED POTATOES W-S	1/2 CUP	675	45	0	17	1.14	0.20	0.0	0	0	2.04	1.14	9.65	0.57	0.00	0.00
APPLES, FRESH W-S	1 EACH	675	71	0	1	3.28	0.16	8.2	74	7	6.28	0.35	18.85	0.23	0.04	0.00
PEARS, CANNED ELEMENTARY W-S	3/8 CUP	675	36	0	3	1.16	0.21	6.4	0	0	1.16	0.24	9.34	0.05	0.00	0.00
MILK, SKIM CHOCOLATE W-S	1/2 pint	700	101	4	156	0.00	0.28	233.3	39	8	0.93	6.22	18.67	0.0	0.00	0.00
MILK, 1% WHITE W-S	1/2 pint	100	13	1	16	0.00	0.02	38.8	55	16	0.33	1.07	1.51	0.32	0.20	0.00
MILK, SKIM WHITE W-S	1/2 pint	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
Weighted Daily Average			745	81	2033	10.25	4.05	724.4	6482	754	21.48	42.08	105.18	20.12	10.03	0.00
% of Calories												22.6%	56.5%	24.3%	12.1%	0.0%

Weighted Average			755	65	1942	10.50	13.15	676.0	7055	825	47.16	38.82	105.23	21.77	8.52	*0.07
												20.6%	55.7%	25.9%	10.1%	*0.1%

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# Winston-Salem/Forsyth County

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Weighted Values

Jan 10, 2012

## ELEMENTARY LUNCH BC

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Nutrient	Menu AVG	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	755		664	114%													
Cholesterol (mg)	65		100	65%													
Sodium (mg)	1942		1300	149%					Correction Required - Sodium too High								
Fiber (g)	10.50		6.00	175%													
Iron (mg)	13.15		3.50	376%													
Calcium (mg)	676.0		286.00	236%													
Vitamin A (IU)	7055		1120	630%													
Vitamin A (RE)	825		224	368%													
Vitamin C (mg)	47.16		15.00	314%													
Protein (g)	38.82	20.56%	10.00	388%													
Carbohydrate (g)	105.23	55.73%															
Total Fat (g)	21.77	25.94%	<=30.00%														
Saturated Fat (g)	8.52	10.15%	<10.00%														
Trans Fat (g)	0.07	0.08%				Missing											

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