

Winston-Salem/Forsyth County

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

Jan 10, 2012

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SECONDARY 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 ¹ (g)
Wed - 02/01/2012																
SECONDARY LUNCH BC	Total	900														
TACO SALAD/TORTILLA CHIPS W-S	PORTION	200	63	16	132	0.34	0.37	47.8	70	5	1.0	3.49	4.46	3.22	0.74	0.00
GREEN BEANS SECONDARY W-S	1/2 cup	675	45	0	259	1.87	0.91	25.4	450	90	4.09	1.24	4.74	2.74	0.74	0.00
LIMA BEANS SECONDARY W-S	1/2 CUP	675	37	0	167	4.55	1.27	23.3	120	24	2.71	0.11	22.87	2.65	0.72	0.00
PEACHES W-S Secondary	1/2 c	675	54	0	5	1.29	0.36	3.0	351	35	2.38	0.45	14.43	0.03	0.00	0.00
LETTUCE & TOMATO W-S	1/2 cup	675	13	0	8	1.03	0.32	13.8	502	35	4.51	0.77	2.76	0.13	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
CHEESEBURGER ON A BUN W-S	1 EACH	100	34	6	100	0.22	0.36	24.4	39	8	0.0	2.44	2.78	1.67	0.83	0.00
CHICKEN PATTY ON A BUN W-S	patty	100	39	8	77	0.22	0.28	15.6	0	0	0.0	1.78	3.67	1.89	0.50	0.00
PEPPERONI PIZZA W-S	SLICES	200	101	8	247	0.78	0.57	118.9	24	5	0.5	6.06	9.45	4.1	1.91	0.00
CHEESE PIZZA W-S (ALPHA)	SLICES	200	80	4	169	0.77	0.52	117.2	20	4	0.48	5.26	9.39	2.13	1.19	0.00
HAM CHEF SALAD W-S SECONDARY	SALAD	25	14	3	99	0.16	0.16	2.2	156	16	1.12	1.21	1.61	0.37	0.13	0.00
TURKEY CHEF SALAD W-S SECONDARY	SALAD	25	8	1	9	0.16	0.64	5.7	188	18	1.8	0.55	1.28	0.1	0.04	0.00
HAM & CHEESE HOAGIE, SECONDARY W-S	1 each	25	16	3	98	0.06	0.10	4.4	8	2	0.07	1.19	1.58	0.5	0.23	0.00
GARDEN SALAD W-S	1/2 CUP	300	7	0	7	0.56	0.27	10.8	667	47	3.34	0.48	1.4	0.08	0.01	0.00
APPLES, FRESH W-S	100 EACH	100	1052	0	20	48.53	2.43	121.3	1092	101	93.02	5.26	279.27	3.44	0.61	0.00
ORANGE WEDGES W-S	100 EACH	100	684	0	0	34.93	1.46	582.2	3275	306	774.36	13.68	171.03	1.75	0.29	0.00
Weighted Daily Average			2369	55	1580	95.49	10.32	1418.9	7109	734	890.64	52.12	552.13	25.12	8.17	0.00
% of Calories												8.8%	93.2%	9.5%	3.1%	0.0%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Winston-Salem/Forsyth County

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

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SECONDARY 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 ¹ (g)
Thu - 02/02/2012																
SECONDARY LUNCH BC	Total	900														
SWEET N' SOUR POPCORN CHIX W-S	1/2 CUP	200	79	8	221	0.62	0.39	14.0	58	12	1.31	3.51	7.15	3.94	0.99	0.00
SPINACH SECONDARY W-S	1/2 cup	675	35	0	295	3.36	1.75	133.2	10258	662	2.51	3.61	5.54	0.75	0.14	0.00
ORIENTAL VEGGIES W-S SECONDARY	1/2 cup	675	55	0	39	2.34	0.35	20.1	384	77	14.2	1.24	5.02	2.65	0.72	0.00
BREADSTCK, WHEAT W-S-EN	1 stick	675	53	0	92	1.14	0.55	7.6	0	0	0.0	1.91	10.3	0.76	0.00	0.00
PEARS, CANNED SECONDARY W-S	1/2 c	700	49	0	4	1.58	0.28	8.7	0	0	1.58	0.33	12.71	0.07	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
CHEESEBURGER ON A BUN W-S	1 EACH	100	34	6	100	0.22	0.36	24.4	39	8	0.0	2.44	2.78	1.67	0.83	0.00
CHICKEN PATTY ON A BUN W-S	patty	100	39	8	77	0.22	0.28	15.6	0	0	0.0	1.78	3.67	1.89	0.50	0.00
PEPPERONI PIZZA W-S	SLICES	200	101	8	247	0.78	0.57	118.9	24	5	0.5	6.06	9.45	4.1	1.91	0.00
CHEESE PIZZA W-S (ALPHA)	SLICES	200	80	4	169	0.77	0.52	117.2	20	4	0.48	5.26	9.39	2.13	1.19	0.00
HAM CHEF SALAD W-S SECONDARY	SALAD	25	14	3	99	0.16	0.16	2.2	156	16	1.12	1.21	1.61	0.37	0.13	0.00
TURKEY CHEF SALAD W-S SECONDARY	SALAD	25	8	1	9	0.16	0.64	5.7	188	18	1.8	0.55	1.28	0.1	0.04	0.00
HAM & CHEESE HOAGIE, SECONDARY W-S	1 each	25	16	3	98	0.06	0.10	4.4	8	2	0.07	1.19	1.58	0.5	0.23	0.00
GARDEN SALAD W-S	1/2 CUP	300	7	0	7	0.56	0.27	10.8	667	47	3.34	0.48	1.4	0.08	0.01	0.00
APPLES, FRESH W-S	100 EACH	100	1052	0	20	48.53	2.43	121.3	1092	101	93.02	5.26	279.27	3.44	0.61	0.00
ORANGE WEDGES W-S	100 EACH	100	684	0	0	34.93	1.46	582.2	3275	306	774.36	13.68	171.03	1.75	0.29	0.00
Weighted Daily Average			2328	44	1504	95.44	10.13	1256.0	16276	1288	894.62	50.44	524.93	24.53	7.80	0.00
% of Calories												8.7%	90.2%	9.5%	3.0%	0.0%

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Winston-Salem/Forsyth County

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

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SECONDARY 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 ¹ (g)
Fri - 02/03/2012																
SECONDARY LUNCH BC	Total	900														
TURKEY, SLICED W/GRAVY W-S	3 OZ	200	81	16	547	0.16	0.57	14.2	0	0	0.0	6.72	8.53	2.04	0.62	0.00
BROWN/WHITE RICE W-S	1/2 CUP	675	134	0	2	0.71	0.82	2.9	0	0	0.0	2.57	29.1	0.55	0.03	*0.00
SWEET POTATOES W-S	1/2 cup	675	127	0	51	2.76	0.89	19.0	8385	665	9.79	1.17	26.37	2.05	0.54	*0.00
CARROTS GLAZED SECON W-S	1/2 CUP	675	99	0	67	2.25	0.61	35.0	11638	1228	1.56	0.39	18.11	3.1	0.80	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
CHEESEBURGER ON A BUN W-S	1 EACH	100	34	6	100	0.22	0.36	24.4	39	8	0.0	2.44	2.78	1.67	0.83	0.00
CHICKEN PATTY ON A BUN W-S	patty	100	39	8	77	0.22	0.28	15.6	0	0	0.0	1.78	3.67	1.89	0.50	0.00
PEPPERONI PIZZA W-S	SLICES	200	101	8	247	0.78	0.57	118.9	24	5	0.5	6.06	9.45	4.1	1.91	0.00
CHEESE PIZZA W-S (ALPHA)	SLICES	200	80	4	169	0.77	0.52	117.2	20	4	0.48	5.26	9.39	2.13	1.19	0.00
HAM CHEF SALAD W-S SECONDARY	SALAD	25	14	3	99	0.16	0.16	2.2	156	16	1.12	1.21	1.61	0.37	0.13	0.00
TURKEY CHEF SALAD W-S SECONDARY	SALAD	25	8	1	9	0.16	0.64	5.7	188	18	1.8	0.55	1.28	0.1	0.04	0.00
HAM & CHEESE HOAGIE, SECONDARY W-S	1 each	25	16	3	98	0.06	0.10	4.4	8	2	0.07	1.19	1.58	0.5	0.23	0.00
GARDEN SALAD W-S	1/2 CUP	300	7	0	7	0.56	0.27	10.8	667	47	3.34	0.48	1.4	0.08	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			951	55	1657	12.92	6.31	688.4	21388	2042	34.87	38.52	158.05	19.20	7.10	*0.00
% of Calories												16.2%	66.5%	18.2%	6.7%	*0.0%

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Winston-Salem/Forsyth County

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Jan 10, 2012

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SECONDARY 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 ¹ (g)
Mon - 02/06/2012																
SECONDARY LUNCH BC	Total	900														
BURRITO, CHICKEN W-S	1 EACH	200	49	17	364	1.01	0.63	30.2	6003	1192	1.66	4.45	5.44	1.23	0.27	0.00
RICE W-S	1/2 cup	675	26	0	4	0.00	0.23	4.4	0	0	0.0	0.87	5.81	0.0	0.00	0.00
MIXED VEGETABLES SECONDARY W-S	1/2 CUP	675	73	0	61	1.64	0.06	0.9	120	24	0.03	2.45	9.09	3.04	0.72	0.00
LETTUCE & TOMATO W-S	1/2 cup	675	13	0	8	1.03	0.32	13.8	502	35	4.51	0.77	2.76	0.13	0.02	0.00
APPLESAUCE SECONDARY W-S	1/2 CUP	675	42	0	2	1.11	0.23	4.0	29	3	1.01	0.17	11.39	0.1	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
CHEESEBURGER ON A BUN W-S	1 EACH	100	34	6	100	0.22	0.36	24.4	39	8	0.0	2.44	2.78	1.67	0.83	0.00
CHICKEN PATTY ON A BUN W-S	patty	100	39	8	77	0.22	0.28	15.6	0	0	0.0	1.78	3.67	1.89	0.50	0.00
PEPPERONI PIZZA W-S	SLICES	200	101	8	247	0.78	0.57	118.9	24	5	0.5	6.06	9.45	4.1	1.91	0.00
CHEESE PIZZA W-S (ALPHA)	SLICES	200	80	4	169	0.77	0.52	117.2	20	4	0.48	5.26	9.39	2.13	1.19	0.00
HAM CHEF SALAD W-S SECONDARY	SALAD	25	14	3	99	0.16	0.16	2.2	156	16	1.12	1.21	1.61	0.37	0.13	0.00
TURKEY CHEF SALAD W-S SECONDARY	SALAD	25	8	1	9	0.16	0.64	5.7	188	18	1.8	0.55	1.28	0.1	0.04	0.00
HAM & CHEESE HOAGIE, SECONDARY W-S	1 each	25	16	3	98	0.06	0.10	4.4	8	2	0.07	1.19	1.58	0.5	0.23	0.00
GARDEN SALAD W-S	1/2 CUP	300	7	0	7	0.56	0.27	10.8	667	47	3.34	0.48	1.4	0.08	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			642	56	1428	8.56	4.73	662.4	7947	1396	24.45	36.02	91.58	15.73	6.08	0.00
% of Calories											22.4%	57.0%	22.0%	8.5%	0.0%	

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Jan 10, 2012

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SECONDARY 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 ¹ (g)
Tue - 02/07/2012																
SECONDARY LUNCH BC	Total	900														
TOASTED CHEESE SANDWICH W-S	1 EACH	200	93	13	338	0.89	0.32	97.8	267	53	0.0	4.89	5.78	5.78	3.56	0.00
SWEET POTATOES W-S	1/2 cup	675	127	0	51	2.76	0.89	19.0	8385	665	9.79	1.17	26.37	2.05	0.54	*0.00
MIXED VEGETABLES SECONDARY W-S	1/2 CUP	675	73	0	61	1.64	0.06	0.9	120	24	0.03	2.45	9.09	3.04	0.72	0.00
BANANAS W-S	1 EACH	675	76	0	1	2.22	0.22	4.3	55	7	7.44	0.93	19.53	0.28	0.10	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
CHEESEBURGER ON A BUN W-S	1 EACH	100	34	6	100	0.22	0.36	24.4	39	8	0.0	2.44	2.78	1.67	0.83	0.00
CHICKEN PATTY ON A BUN W-S	patty	100	39	8	77	0.22	0.28	15.6	0	0	0.0	1.78	3.67	1.89	0.50	0.00
PEPPERONI PIZZA W-S	SLICES	200	101	8	247	0.78	0.57	118.9	24	5	0.5	6.06	9.45	4.1	1.91	0.00
CHEESE PIZZA W-S (ALPHA)	SLICES	200	80	4	169	0.77	0.52	117.2	20	4	0.48	5.26	9.39	2.13	1.19	0.00
HAM CHEF SALAD W-S SECONDARY	SALAD	25	14	3	99	0.16	0.16	2.2	156	16	1.12	1.21	1.61	0.37	0.13	0.00
TURKEY CHEF SALAD W-S SECONDARY	SALAD	25	8	1	9	0.16	0.64	5.7	188	18	1.8	0.55	1.28	0.1	0.04	0.00
HAM & CHEESE HOAGIE, SECONDARY W-S	1 each	25	16	3	98	0.06	0.10	4.4	8	2	0.07	1.19	1.58	0.5	0.23	0.00
GARDEN SALAD W-S	1/2 CUP	300	7	0	7	0.56	0.27	10.8	667	47	3.34	0.48	1.4	0.08	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			809	53	1439	11.28	4.74	731.0	10119	892	34.50	36.75	117.85	22.37	9.98	*0.00
% of Calories												18.2%	58.3%	24.9%	11.1%	*0.0%

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

Jan 10, 2012

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SECONDARY 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 ¹ (g)
Wed - 02/08/2012																
SECONDARY LUNCH BC	Total	900														
CHICKEN PARMESAN W-S	1 EACH	200	65	18	157	0.55	0.29	33.5	80	16	0.73	3.65	3.59	3.91	1.19	*0.00
PASTA AND SAUCE W-S	1/2 CUP	675	207	0	409	4.06	1.55	39.0	967	193	8.83	5.88	36.2	4.47	0.67	0.00
TURNIP GREENS SECONDARY W-S	1/2 cup	675	18	0	11	1.44	0.52	71.8	2155	431	6.47	1.44	2.15	0.36	0.00	0.00
PEACHES W-S Secondary	1/2 c	675	54	0	5	1.29	0.36	3.0	351	35	2.38	0.45	14.43	0.03	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
CHEESEBURGER ON A BUN W-S	1 EACH	100	34	6	100	0.22	0.36	24.4	39	8	0.0	2.44	2.78	1.67	0.83	0.00
CHICKEN PATTY ON A BUN W-S	patty	100	39	8	77	0.22	0.28	15.6	0	0	0.0	1.78	3.67	1.89	0.50	0.00
PEPPERONI PIZZA W-S	SLICES	200	101	8	247	0.78	0.57	118.9	24	5	0.5	6.06	9.45	4.1	1.91	0.00
CHEESE PIZZA W-S (ALPHA)	SLICES	200	80	4	169	0.77	0.52	117.2	20	4	0.48	5.26	9.39	2.13	1.19	0.00
HAM CHEF SALAD W-S SECONDARY	SALAD	25	14	3	99	0.16	0.16	2.2	156	16	1.12	1.21	1.61	0.37	0.13	0.00
TURKEY CHEF SALAD W-S SECONDARY	SALAD	25	8	1	9	0.16	0.64	5.7	188	18	1.8	0.55	1.28	0.1	0.04	0.00
HAM & CHEESE HOAGIE, SECONDARY W-S	1 each	25	16	3	98	0.06	0.10	4.4	8	2	0.07	1.19	1.58	0.5	0.23	0.00
GARDEN SALAD W-S	1/2 CUP	300	7	0	7	0.56	0.27	10.8	667	47	3.34	0.48	1.4	0.08	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			681	53	1415	11.10	5.68	523.0	4806	810	34.71	32.50	94.79	20.00	6.93	*0.00
% of Calories											19.1%	55.7%	26.4%	9.2%	*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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SECONDARY 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 ¹ (g)
Thu - 02/09/2012																
SECONDARY LUNCH BC	Total	900														
BBQ PORK ON A BUN W-S	SANWICHES	200	77	17	231	0.55	0.84	35.4	18	2	0.29	7.42	6.09	2.46	0.80	0.00
PINTO BEANS SECONDARY W-S	1/2 cup	675	69	0	329	2.74	1.46	39.1	2	0	0.47	4.77	12.05	0.39	0.09	0.00
BROCCOLI: fresh, boiled	1/2 CUP	675	20	0	24	1.93	0.39	23.4	906	81	37.97	1.39	4.2	0.24	0.05	0.00
BISCUITS: PLAIN,PURCHASED	1 OZ	675	96	0	276	0.34	0.87	12.9	1	0	0.0	1.63	12.73	4.33	0.65	0.00
MIXED FRUIT SECONDARY W-S	1/2 CUP	675	37	0	4	0.97	0.19	4.5	207	21	1.21	0.31	9.56	0.06	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
CHEESEBURGER ON A BUN W-S	1 EACH	100	34	6	100	0.22	0.36	24.4	39	8	0.0	2.44	2.78	1.67	0.83	0.00
CHICKEN PATTY ON A BUN W-S	patty	100	39	8	77	0.22	0.28	15.6	0	0	0.0	1.78	3.67	1.89	0.50	0.00
PEPPERONI PIZZA W-S	SLICES	200	101	8	247	0.78	0.57	118.9	24	5	0.5	6.06	9.45	4.1	1.91	0.00
CHEESE PIZZA W-S (ALPHA)	SLICES	200	80	4	169	0.77	0.52	117.2	20	4	0.48	5.26	9.39	2.13	1.19	0.00
HAM CHEF SALAD W-S SECONDARY	SALAD	25	14	3	99	0.16	0.16	2.2	156	16	1.12	1.21	1.61	0.37	0.13	0.00
TURKEY CHEF SALAD W-S SECONDARY	SALAD	25	8	1	9	0.16	0.64	5.7	188	18	1.8	0.55	1.28	0.1	0.04	0.00
HAM & CHEESE HOAGIE, SECONDARY W-S	1 each	25	16	3	98	0.06	0.10	4.4	8	2	0.07	1.19	1.58	0.5	0.23	0.00
GARDEN SALAD W-S	1/2 CUP	300	7	0	7	0.56	0.27	10.8	667	47	3.34	0.48	1.4	0.08	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			738	57	1853	10.29	6.99	724.4	2424	247	57.18	42.84	101.72	18.71	6.66	0.00
% of Calories												23.2%	55.1%	22.8%	8.1%	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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SECONDARY 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 ¹ (g)
Fri - 02/10/2012																
SECONDARY LUNCH BC	Total	900														
CHICKEN JAMBALAYA W-S	1 CUP	200	43	15	45	0.43	0.14	33.0	433	37	2.93	5.13	2.64	0.94	0.10	*0.00
GREEN BEANS SECONDARY W-	1/2 cup	675	45	0	259	1.87	0.91	25.4	450	90	4.09	1.24	4.74	2.74	0.74	0.00
BAKED APPLES W-S	1/2 CUP	675	126	0	6	3.78	0.54	20.5	67	13	0.31	0.47	32.41	0.61	0.09	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
CHEESEBURGER ON A BUN W-S	1 EACH	100	34	6	100	0.22	0.36	24.4	39	8	0.0	2.44	2.78	1.67	0.83	0.00
CHICKEN PATTY ON A BUN W-S	patty	100	39	8	77	0.22	0.28	15.6	0	0	0.0	1.78	3.67	1.89	0.50	0.00
PEPPERONI PIZZA W-S	SLICES	200	101	8	247	0.78	0.57	118.9	24	5	0.5	6.06	9.45	4.1	1.91	0.00
CHEESE PIZZA W-S (ALPHA)	SLICES	200	80	4	169	0.77	0.52	117.2	20	4	0.48	5.26	9.39	2.13	1.19	0.00
HAM CHEF SALAD W-S SECONDARY	SALAD	25	14	3	99	0.16	0.16	2.2	156	16	1.12	1.21	1.61	0.37	0.13	0.00
TURKEY CHEF SALAD W-S SECONDARY	SALAD	25	8	1	9	0.16	0.64	5.7	188	18	1.8	0.55	1.28	0.1	0.04	0.00
HAM & CHEESE HOAGIE, SECONDARY W-S	1 each	25	16	3	98	0.06	0.10	4.4	8	2	0.07	1.19	1.58	0.5	0.23	0.00
GARDEN SALAD W-S	1/2 CUP	300	7	0	7	0.56	0.27	10.8	667	47	3.34	0.48	1.4	0.08	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			653	54	1299	9.86	4.84	688.1	2242	283	24.58	34.15	96.87	15.51	5.99	*0.00
% of Calories												20.9%	59.3%	21.4%	8.3%	*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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SECONDARY 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 ¹ (g)
Mon - 02/13/2012																
SECONDARY LUNCH BC	Total	900														
BAKED POTATO FOR PLAYBOW LS W-S	1 EACH	200	107	22	662	1.65	0.69	12.4	208	39	17.52	8.26	11.59	3.3	0.92	0.03
HAM BAKED SLICED W-S	2.5 OZ	200	18	7	202	0.00	0.07	0.0	0	0	0.0	2.22	0.74	0.74	0.28	0.00
SPINACH SECONDARY W-S	1/2 cup	675	35	0	295	3.36	1.75	133.2	10258	662	2.51	3.61	5.54	0.75	0.14	0.00
MIXED FRUIT SECONDARY W-S	1/2 CUP	675	37	0	4	0.97	0.19	4.5	207	21	1.21	0.31	9.56	0.06	0.01	0.00
BREADSTICK W-S	PORTION	675	0	0	0	0.00	0.00	0.0	0	0	0.0	0.01	0.05	0.01	0.00	*N/A*
CHEESE PIZZA W-S (ALPHA)	SLICES	100	40	2	85	0.39	0.26	58.6	10	2	0.24	2.63	4.7	1.06	0.60	0.00
SAUSAGE PIZZA W-S	SLICES	100	50	6	106	0.39	0.30	59.0	12	3	0.24	3.41	4.7	1.86	1.03	0.00
CHICKEN CORDON BLEU SAN W	SANDWIC	100	58	14	232	0.22	0.32	26.7	33	7	0.0	3.56	4.22	3.0	1.11	0.00
TATER TOTS W-S	4 OZ	100	24	0	70	0.30	0.05	0.0	0	0	0.36	0.0	2.96	1.19	0.22	0.00
TUNA SALAD W-S	3 OZ	100	16	5	49	0.03	0.08	0.2	21	0	0.04	2.1	0.87	0.48	0.04	*N/A*
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 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, 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
CHEESEBURGER ON A BUN W-S	1 EACH	100	34	6	100	0.22	0.36	24.4	39	8	0.0	2.44	2.78	1.67	0.83	0.00
CHICKEN PATTY ON A BUN W-S	patty	100	39	8	77	0.22	0.28	15.6	0	0	0.0	1.78	3.67	1.89	0.50	0.00
GARDEN SALAD W-S	1/2 CUP	100	2	0	2	0.19	0.09	3.6	222	16	1.11	0.16	0.47	0.03	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
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			601	77	2065	8.77	4.79	648.2	11200	800	33.17	38.80	77.76	16.42	5.91	*0.03
% of Calories												25.8%	51.8%	24.6%	8.8%	*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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SECONDARY 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 ¹ (g)
Tue - 02/14/2012																
SECONDARY LUNCH BC	Total	900														
TACO SALAD W/ BEEF CRUMBLE W-S	PORTION	200	87	16	337	0.92	0.90	69.5	220	35	1.41	5.27	6.15	4.59	1.89	*0.08
RICE W-S	1/2 cup	675	26	0	4	0.00	0.23	4.4	0	0	0.0	0.87	5.81	0.0	0.00	0.00
PINTO BEANS SECONDARY W-S	1/2 cup	675	69	0	329	2.74	1.46	39.1	2	0	0.47	4.77	12.05	0.39	0.09	0.00
MEXICAN CORN W-S SECONDARY	1/2 cup	675	92	0	369	1.82	0.63	2.6	478	89	30.89	1.66	14.5	2.7	0.73	0.00
PEACHES W-S Secondary	1/2 c	675	54	0	5	1.29	0.36	3.0	351	35	2.38	0.45	14.43	0.03	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
CHEESEBURGER ON A BUN W-S	1 EACH	100	34	6	100	0.22	0.36	24.4	39	8	0.0	2.44	2.78	1.67	0.83	0.00
CHICKEN PATTY ON A BUN W-S	patty	100	39	8	77	0.22	0.28	15.6	0	0	0.0	1.78	3.67	1.89	0.50	0.00
PEPPERONI PIZZA W-S	SLICES	200	101	8	247	0.78	0.57	118.9	24	5	0.5	6.06	9.45	4.1	1.91	0.00
CHEESE PIZZA W-S (ALPHA)	SLICES	200	80	4	169	0.77	0.52	117.2	20	4	0.48	5.26	9.39	2.13	1.19	0.00
HAM CHEF SALAD W-S SECONDARY	SALAD	25	14	3	99	0.16	0.16	2.2	156	16	1.12	1.21	1.61	0.37	0.13	0.00
TURKEY CHEF SALAD W-S SECONDARY	SALAD	25	8	1	9	0.16	0.64	5.7	188	18	1.8	0.55	1.28	0.1	0.04	0.00
HAM & CHEESE HOAGIE, SECONDARY W-S	1 each	25	16	3	98	0.06	0.10	4.4	8	2	0.07	1.19	1.58	0.5	0.23	0.00
GARDEN SALAD W-S	1/2 CUP	300	7	0	7	0.56	0.27	10.8	667	47	3.34	0.48	1.4	0.08	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			767	56	2034	10.53	6.82	727.7	2342	301	52.39	40.33	110.03	18.93	7.77	*0.08
% of Calories												21.0%	57.4%	22.2%	9.1%	*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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SECONDARY 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 ¹ (g)
Wed - 02/15/2012																
SECONDARY LUNCH BC	Total	900														
PULLED BBQ CHICKEN SANDWICH W-	PORTION	200	82	10	406	0.22	0.73	29.9	126	25	3.67	3.56	8.75	3.33	0.78	*0.00
SWEET POT FRENCH FRIES W-S	1/2 CUP	675	132	0	78	2.93	0.72	34.8	13952	1980	2.34	1.53	25.97	2.69	0.74	0.00
FRUIT PARFAIT W-S	1 EACH	675	166	5	163	1.37	0.56	195.3	65	17	1.91	6.12	26.38	4.35	1.45	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
CHEESEBURGER ON A BUN W-S	1 EACH	100	34	6	100	0.22	0.36	24.4	39	8	0.0	2.44	2.78	1.67	0.83	0.00
CHICKEN PATTY ON A BUN W-S	patty	100	39	8	77	0.22	0.28	15.6	0	0	0.0	1.78	3.67	1.89	0.50	0.00
PEPPERONI PIZZA W-S	SLICES	200	101	8	247	0.78	0.57	118.9	24	5	0.5	6.06	9.45	4.1	1.91	0.00
CHEESE PIZZA W-S (ALPHA)	SLICES	200	80	4	169	0.77	0.52	117.2	20	4	0.48	5.26	9.39	2.13	1.19	0.00
HAM CHEF SALAD W-S SECONDARY	SALAD	25	14	3	99	0.16	0.16	2.2	156	16	1.12	1.21	1.61	0.37	0.13	0.00
TURKEY CHEF SALAD W-S SECONDARY	SALAD	25	8	1	9	0.16	0.64	5.7	188	18	1.8	0.55	1.28	0.1	0.04	0.00
HAM & CHEESE HOAGIE, SECTION W-S	1 each	25	16	3	98	0.06	0.10	4.4	8	2	0.07	1.19	1.58	0.5	0.23	0.00
GARDEN SALAD W-S	1/2 CUP	300	7	0	7	0.56	0.27	10.8	667	47	3.34	0.48	1.4	0.08	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			819	55	1635	8.29	5.25	869.1	15435	2165	25.16	38.52	118.19	21.60	8.02	*0.00
% of Calories											18.8%	57.7%	23.7%	8.8%	*0.0%	

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Winston-Salem/Forsyth County

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

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SECONDARY LUNCH BC

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	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 ¹ (g)
Thu - 02/16/2012																
SECONDARY LUNCH BC	Total	900														
PASTA AND MEAT SAUCE W-S	1 CUP	200	100	13	134	1.20	0.85	15.5	287	57	2.62	5.55	10.72	3.78	1.13	0.17
PEAS & CARROTS, SECONDARY W-S	1/2 cup	675	55	0	32	3.07	0.76	22.0	6092	635	5.64	2.13	8.43	1.63	0.42	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
GARLIC BREADSTCK, WHEAT W-S-EN	1 stick	675	57	0	92	1.25	0.62	8.6	0	0	0.01	2.11	11.18	0.77	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
CHEESEBURGER ON A BUN W-S	1 EACH	100	34	6	100	0.22	0.36	24.4	39	8	0.0	2.44	2.78	1.67	0.83	0.00
CHICKEN PATTY ON A BUN W-S	patty	100	39	8	77	0.22	0.28	15.6	0	0	0.0	1.78	3.67	1.89	0.50	0.00
PEPPERONI PIZZA W-S	SLICES	200	101	8	247	0.78	0.57	118.9	24	5	0.5	6.06	9.45	4.1	1.91	0.00
CHEESE PIZZA W-S (ALPHA)	SLICES	200	80	4	169	0.77	0.52	117.2	20	4	0.48	5.26	9.39	2.13	1.19	0.00
HAM CHEF SALAD W-S SECONDARY	SALAD	25	14	3	99	0.16	0.16	2.2	156	16	1.12	1.21	1.61	0.37	0.13	0.00
TURKEY CHEF SALAD W-S SECONDARY	SALAD	25	8	1	9	0.16	0.64	5.7	188	18	1.8	0.55	1.28	0.1	0.04	0.00
HAM & CHEESE HOAGIE, SECONDARY W-S	1 each	25	16	3	98	0.06	0.10	4.4	8	2	0.07	1.19	1.58	0.5	0.23	0.00
GARDEN SALAD W-S	1/2 CUP	300	7	0	7	0.56	0.27	10.8	667	47	3.34	0.48	1.4	0.08	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			722	52	1249	12.57	5.64	663.3	7744	842	31.79	37.46	106.28	17.64	6.65	0.17
% of Calories												20.7%	58.8%	22.0%	8.3%	0.2%

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Winston-Salem/Forsyth County

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

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SECONDARY 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 ¹ (g)
Fri - 02/17/2012																
SECONDARY LUNCH BC	Total	900														
CHICKEN NUGGETS W-S	5 EACH	100	27	3	69	0.22	0.12	4.4	11	2	0.0	1.33	1.67	1.56	0.39	0.00
BREADSTICK W-S	PORTION	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.01	0.0	0.00	*N/A*
MIXED VEGETABLES SECONDARY W-S	1/2 CUP	675	73	0	61	1.64	0.06	0.9	120	24	0.03	2.45	9.09	3.04	0.72	0.00
GREEN BEANS SECONDARY W-MILK, SKIM CHOCOLATE W-S	1/2 cup	675	45	0	259	1.87	0.91	25.4	450	90	4.09	1.24	4.74	2.74	0.74	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
CHEESEBURGER ON A BUN W-S	1 EACH	100	9	1	11	0.00	0.01	30.7	51	15	0.0	0.85	1.25	0.02	0.01	0.00
CHICKEN PATTY ON A BUN W-S	patty	100	34	6	100	0.22	0.36	24.4	39	8	0.0	2.44	2.78	1.67	0.83	0.00
PEPPERONI PIZZA W-S	SLICES	100	39	8	77	0.22	0.28	15.6	0	0	0.0	1.78	3.67	1.89	0.50	0.00
CHEESE PIZZA W-S (ALPHA)	SLICES	200	101	8	247	0.78	0.57	118.9	24	5	0.5	6.06	9.45	4.1	1.91	0.00
HAM CHEF SALAD W-S SECONDARY	SALAD	200	80	4	169	0.77	0.52	117.2	20	4	0.48	5.26	9.39	2.13	1.19	0.00
TURKEY CHEF SALAD W-S SECONDARY	SALAD	25	14	3	99	0.16	0.16	2.2	156	16	1.12	1.21	1.61	0.37	0.13	0.00
HAM & CHEESE HOAGIE, SECONDARY	1 each	25	8	1	9	0.16	0.64	5.7	188	18	1.8	0.55	1.28	0.1	0.04	0.00
GARDEN SALAD W-S	1/2 CUP	300	7	0	7	0.56	0.27	10.8	667	47	3.34	0.48	1.4	0.08	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 % of Calories			584	43	1378	7.51	4.34	639.9	1873	259	21.36	32.34	72.59	18.56	6.91	*0.00
												22.2%	49.7%	28.6%	10.7%	*0.0%

Mon - 02/20/2012																
SECONDARY LUNCH BC HOLIDAY	Total 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 % of Calories			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
												0.0%	0.0%	0.0%	0.0%	0.0%

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SECONDARY 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 ¹ (g)
Tue - 02/21/2012																
SECONDARY LUNCH BC	Total	900														
AFRICAN CHICKEN TAJINE W/S	1.5 CUPS	200	50	15	48	0.94	0.27	41.0	1536	164	12.72	5.35	5.06	0.67	0.03	*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
NORMANDY BLEND W-S	1/2 CUP	675	54	0	40	3.40	0.81	21.3	4319	432	8.85	2.83	11.45	0.44	0.08	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
CHEESEBURGER ON A BUN W-S	1 EACH	100	34	6	100	0.22	0.36	24.4	39	8	0.0	2.44	2.78	1.67	0.83	0.00
CHICKEN PATTY ON A BUN W-S	patty	100	39	8	77	0.22	0.28	15.6	0	0	0.0	1.78	3.67	1.89	0.50	0.00
PEPPERONI PIZZA W-S	SLICES	200	101	8	247	0.78	0.57	118.9	24	5	0.5	6.06	9.45	4.1	1.91	0.00
CHEESE PIZZA W-S (ALPHA)	SLICES	200	80	4	169	0.77	0.52	117.2	20	4	0.48	5.26	9.39	2.13	1.19	0.00
HAM CHEF SALAD W-S SECONDARY	SALAD	25	14	3	99	0.16	0.16	2.2	156	16	1.12	1.21	1.61	0.37	0.13	0.00
TURKEY CHEF SALAD W-S SECONDARY	SALAD	25	8	1	9	0.16	0.64	5.7	188	18	1.8	0.55	1.28	0.1	0.04	0.00
HAM & CHEESE HOAGIE, SECONDARY W-S	1 each	25	16	3	98	0.06	0.10	4.4	8	2	0.07	1.19	1.58	0.5	0.23	0.00
GARDEN SALAD W-S	1/2 CUP	300	7	0	7	0.56	0.27	10.8	667	47	3.34	0.48	1.4	0.08	0.01	0.00
APPLES, FRESH W-S	100 EACH	100	1052	0	20	48.53	2.43	121.3	1092	101	93.02	5.26	279.27	3.44	0.61	0.00
ORANGE WEDGES W-S	100 EACH	100	684	0	0	34.93	1.46	582.2	3275	306	774.36	13.68	171.03	1.75	0.29	0.00
Weighted Daily Average			2402	54	1099	91.67	8.17	1369.7	11470	1142	897.51	57.04	549.19	18.40	6.06	*0.00
% of Calories												9.5%	91.5%	6.9%	2.3%	*0.0%

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Winston-Salem/Forsyth County

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

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SECONDARY 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 ¹ (g)
Wed - 02/22/2012																
SECONDARY LUNCH BC	Total	900														
MACARONI AND CHEESE THE 1 W-S	1 CUP	200	118	13	270	0.35	0.38	162.1	262	53	0.41	6.65	12.2	5.07	2.98	*0.00
SPINACH SECONDARY W-S	1/2 cup	675	35	0	295	3.36	1.75	133.2	10258	662	2.51	3.61	5.54	0.75	0.14	0.00
CARROTS GLAZED SECON W-S	1/2 CUP	675	99	0	67	2.25	0.61	35.0	11638	1228	1.56	0.39	18.11	3.1	0.80	0.00
APPLESAUCE SECONDARY W-S	1/2 CUP	675	42	0	2	1.11	0.23	4.0	29	3	1.01	0.17	11.39	0.1	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
CHEESEBURGER ON A BUN W-S	1 EACH	100	34	6	100	0.22	0.36	24.4	39	8	0.0	2.44	2.78	1.67	0.83	0.00
CHICKEN PATTY ON A BUN W-S	patty	100	39	8	77	0.22	0.28	15.6	0	0	0.0	1.78	3.67	1.89	0.50	0.00
PEPPERONI PIZZA W-S	SLICES	200	101	8	247	0.78	0.57	118.9	24	5	0.5	6.06	9.45	4.1	1.91	0.00
CHEESE PIZZA W-S (ALPHA)	SLICES	200	80	4	169	0.77	0.52	117.2	20	4	0.48	5.26	9.39	2.13	1.19	0.00
HAM CHEF SALAD W-S SECONDARY	SALAD	25	14	3	99	0.16	0.16	2.2	156	16	1.12	1.21	1.61	0.37	0.13	0.00
TURKEY CHEF SALAD W-S SECONDARY	SALAD	25	8	1	9	0.16	0.64	5.7	188	18	1.8	0.55	1.28	0.1	0.04	0.00
HAM & CHEESE HOAGIE, SECONDARY W-S	1 each	25	16	3	98	0.06	0.10	4.4	8	2	0.07	1.19	1.58	0.5	0.23	0.00
GARDEN SALAD W-S	1/2 CUP	300	7	0	7	0.56	0.27	10.8	667	47	3.34	0.48	1.4	0.08	0.01	0.00
APPLES, FRESH W-S	100 EACH	100	1052	0	20	48.53	2.43	121.3	1092	101	93.02	5.26	279.27	3.44	0.61	0.00
ORANGE WEDGES W-S	100 EACH	100	684	0	0	34.93	1.46	582.2	3275	306	774.36	13.68	171.03	1.75	0.29	0.00
Weighted Daily Average			2452	52	1643	93.46	10.06	1640.0	27802	2491	881.45	56.88	550.11	25.38	9.88	*0.00
% of Calories											9.3%	9.3%	89.8%	9.3%	3.6%	*0.0%

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Winston-Salem/Forsyth County

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SECONDARY 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 ¹ (g)
Thu - 02/23/2012																
SECONDARY LUNCH BC	Total	900														
TACO SALAD/TORTILLA CHIPS W-S	PORTION	200	63	16	132	0.34	0.37	47.8	70	5	1.0	3.49	4.46	3.22	0.74	0.00
MEXICAN CORN W-S SECONDAR	1/2 cup	675	92	0	369	1.82	0.63	2.6	478	89	30.89	1.66	14.5	2.7	0.73	0.00
PINTO BEANS SECONDARY W-S	1/2 cup	675	69	0	329	2.74	1.46	39.1	2	0	0.47	4.77	12.05	0.39	0.09	0.00
PEACHES W-S Secondary	1/2 c	675	54	0	5	1.29	0.36	3.0	351	35	2.38	0.45	14.43	0.03	0.00	0.00
LETTUCE & TOMATO W-S	1/2 cup	675	13	0	8	1.03	0.32	13.8	502	35	4.51	0.77	2.76	0.13	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
CHEESEBURGER ON A BUN W-S	1 EACH	100	34	6	100	0.22	0.36	24.4	39	8	0.0	2.44	2.78	1.67	0.83	0.00
CHICKEN PATTY ON A BUN W-S	patty	100	39	8	77	0.22	0.28	15.6	0	0	0.0	1.78	3.67	1.89	0.50	0.00
PEPPERONI PIZZA W-S	SLICES	200	101	8	247	0.78	0.57	118.9	24	5	0.5	6.06	9.45	4.1	1.91	0.00
CHEESE PIZZA W-S (ALPHA)	SLICES	200	80	4	169	0.77	0.52	117.2	20	4	0.48	5.26	9.39	2.13	1.19	0.00
HAM CHEF SALAD W-S SECONDARY	SALAD	25	14	3	99	0.16	0.16	2.2	156	16	1.12	1.21	1.61	0.37	0.13	0.00
TURKEY CHEF SALAD W-S SECONDARY	SALAD	25	8	1	9	0.16	0.64	5.7	188	18	1.8	0.55	1.28	0.1	0.04	0.00
HAM & CHEESE HOAGIE, SECONDARY W-S	1 each	25	16	3	98	0.06	0.10	4.4	8	2	0.07	1.19	1.58	0.5	0.23	0.00
GARDEN SALAD W-S	1/2 CUP	300	7	0	7	0.56	0.27	10.8	667	47	3.34	0.48	1.4	0.08	0.01	0.00
APPLES, FRESH W-S	100 EACH	100	1052	0	20	48.53	2.43	121.3	1092	101	93.02	5.26	279.27	3.44	0.61	0.00
ORANGE WEDGES W-S	100 EACH	100	684	0	0	34.93	1.46	582.2	3275	306	774.36	13.68	171.03	1.75	0.29	0.00
Weighted Daily Average			2448	55	1852	93.62	10.23	1411.9	7018	709	915.20	57.20	551.08	22.82	7.53	0.00
% of Calories												9.3%	90.1%	8.4%	2.8%	0.0%

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Winston-Salem/Forsyth County

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

Jan 10, 2012

SECONDARY 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 ¹ (g)
Fri - 02/24/2012																
SECONDARY LUNCH BC	Total	900														
TURKEY, SLICED W/GRAVY W-S	3 OZ	200	81	16	547	0.16	0.57	14.2	0	0	0.0	6.72	8.53	2.04	0.62	0.00
BROWN/WHITE RICE W-S	1/2 CUP	675	134	0	2	0.71	0.82	2.9	0	0	0.0	2.57	29.1	0.55	0.03	*0.00
SWEET POTATOES W-S	1/2 cup	675	127	0	51	2.76	0.89	19.0	8385	665	9.79	1.17	26.37	2.05	0.54	*0.00
CARROTS GLAZED SECON W-S	1/2 CUP	675	99	0	67	2.25	0.61	35.0	11638	1228	1.56	0.39	18.11	3.1	0.80	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
CHEESEBURGER ON A BUN W-S	1 EACH	100	34	6	100	0.22	0.36	24.4	39	8	0.0	2.44	2.78	1.67	0.83	0.00
CHICKEN PATTY ON A BUN W-S	patty	100	39	8	77	0.22	0.28	15.6	0	0	0.0	1.78	3.67	1.89	0.50	0.00
PEPPERONI PIZZA W-S	SLICES	200	101	8	247	0.78	0.57	118.9	24	5	0.5	6.06	9.45	4.1	1.91	0.00
CHEESE PIZZA W-S (ALPHA)	SLICES	200	80	4	169	0.77	0.52	117.2	20	4	0.48	5.26	9.39	2.13	1.19	0.00
HAM CHEF SALAD W-S SECONDARY	SALAD	25	14	3	99	0.16	0.16	2.2	156	16	1.12	1.21	1.61	0.37	0.13	0.00
TURKEY CHEF SALAD W-S SECONDARY	SALAD	25	8	1	9	0.16	0.64	5.7	188	18	1.8	0.55	1.28	0.1	0.04	0.00
HAM & CHEESE HOAGIE, SECONDARY	1 each	25	16	3	98	0.06	0.10	4.4	8	2	0.07	1.19	1.58	0.5	0.23	0.00
GARDEN SALAD W-S	1/2 CUP	300	7	0	7	0.56	0.27	10.8	667	47	3.34	0.48	1.4	0.08	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			951	55	1657	12.92	6.31	688.4	21388	2042	34.87	38.52	158.05	19.20	7.10	*0.00
% of Calories												16.2%	66.5%	18.2%	6.7%	*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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SECONDARY 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 ¹ (g)
Mon - 02/27/2012																
SECONDARY LUNCH BC	Total	900														
MEDITERRANEAN CHICKEN BO WL W-S	PORTION	200	38	17	135	0.54	0.51	26.1	5987	1196	7.89	3.92	2.36	1.44	0.39	*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
MIXED VEGETABLES SECONDARY W-S	1/2 CUP	675	73	0	61	1.64	0.06	0.9	120	24	0.03	2.45	9.09	3.04	0.72	0.00
BROCCOLI: fresh, boiled	1/2 CUP	675	20	0	24	1.93	0.39	23.4	906	81	37.97	1.39	4.2	0.24	0.05	0.00
APPLESAUCE SECONDARY W-S	1/2 CUP	675	42	0	2	1.11	0.23	4.0	29	3	1.01	0.17	11.39	0.1	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
CHEESEBURGER ON A BUN W-S	1 EACH	100	34	6	100	0.22	0.36	24.4	39	8	0.0	2.44	2.78	1.67	0.83	0.00
CHICKEN PATTY ON A BUN W-S	patty	100	39	8	77	0.22	0.28	15.6	0	0	0.0	1.78	3.67	1.89	0.50	0.00
PEPPERONI PIZZA W-S	SLICES	200	101	8	247	0.78	0.57	118.9	24	5	0.5	6.06	9.45	4.1	1.91	0.00
CHEESE PIZZA W-S (ALPHA)	SLICES	200	80	4	169	0.77	0.52	117.2	20	4	0.48	5.26	9.39	2.13	1.19	0.00
HAM CHEF SALAD W-S SECONDARY	SALAD	25	14	3	99	0.16	0.16	2.2	156	16	1.12	1.21	1.61	0.37	0.13	0.00
TURKEY CHEF SALAD W-S SECONDARY	SALAD	25	8	1	9	0.16	0.64	5.7	188	18	1.8	0.55	1.28	0.1	0.04	0.00
HAM & CHEESE HOAGIE, SECONDARY W-S	1 each	25	16	3	98	0.06	0.10	4.4	8	2	0.07	1.19	1.58	0.5	0.23	0.00
GARDEN SALAD W-S	1/2 CUP	300	7	0	7	0.56	0.27	10.8	667	47	3.34	0.48	1.4	0.08	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	56	1425	11.02	5.50	672.0	8335	1447	64.15	38.54	105.28	19.33	6.68	*0.00
% of Calories												20.9%	57.1%	23.6%	8.2%	*0.0%

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Winston-Salem/Forsyth County

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

Jan 10, 2012

SECONDARY LUNCH BC

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	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 ¹ (g)
Tue - 02/28/2012																
SECONDARY LUNCH BC	Total	900														
QUESADILLA, CHEESE W-S	1 EACH	200	80	15	380	0.67	0.04	162.4	225	45	0.0	7.41	8.23	2.63	3.65	0.04
BLACK EYED PEAS SECONDARY W-S	1/2 CUP	675	178	0	275	0.08	2.28	49.7	120	24	0.88	9.67	28.32	3.34	0.84	0.00
GREEN BEANS SECONDARY W-S	1/2 cup	675	45	0	259	1.87	0.91	25.4	450	90	4.09	1.24	4.74	2.74	0.74	0.00
PEACHES W-S Secondary	1/2 c	675	54	0	5	1.29	0.36	3.0	351	35	2.38	0.45	14.43	0.03	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
CHEESEBURGER ON A BUN W-S	1 EACH	100	34	6	100	0.22	0.36	24.4	39	8	0.0	2.44	2.78	1.67	0.83	0.00
CHICKEN PATTY ON A BUN W-S	patty	100	39	8	77	0.22	0.28	15.6	0	0	0.0	1.78	3.67	1.89	0.50	0.00
PEPPERONI PIZZA W-S	SLICES	200	101	8	247	0.78	0.57	118.9	24	5	0.5	6.06	9.45	4.1	1.91	0.00
CHEESE PIZZA W-S (ALPHA)	SLICES	200	80	4	169	0.77	0.52	117.2	20	4	0.48	5.26	9.39	2.13	1.19	0.00
HAM CHEF SALAD W-S SECONDARY	SALAD	25	14	3	99	0.16	0.16	2.2	156	16	1.12	1.21	1.61	0.37	0.13	0.00
TURKEY CHEF SALAD W-S SECONDARY	SALAD	25	8	1	9	0.16	0.64	5.7	188	18	1.8	0.55	1.28	0.1	0.04	0.00
HAM & CHEESE HOAGIE, SECONDARY W-S	1 each	25	16	3	98	0.06	0.10	4.4	8	2	0.07	1.19	1.58	0.5	0.23	0.00
GARDEN SALAD W-S	1/2 CUP	300	7	0	7	0.56	0.27	10.8	667	47	3.34	0.48	1.4	0.08	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			795	55	1908	7.68	6.84	849.7	2438	337	24.59	46.08	112.80	19.96	10.30	0.04
% of Calories											23.2%	56.7%	22.6%	11.6%	0.0%	

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Winston-Salem/Forsyth County

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

Jan 10, 2012

SECONDARY 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 ¹ (g)
Wed - 02/29/2012																
SECONDARY LUNCH BC	Total		900													
PASTA AND MEAT SAUCE W-S	1 CUP	200	100	13	134	1.20	0.85	15.5	287	57	2.62	5.55	10.72	3.78	1.13	0.17
ROASTED ITALIAN VEGETABLE S W-S	1/2 CUP	675	23	0	135	1.17	0.17	16.1	3418	581	13.55	0.75	5.94	0.06	0.01	*0.00
PINEAPPLE TIDBITS W-S SECON DAR	1/2 cup	675	44	0	1	0.67	0.33	12.1	32	2	6.31	0.3	11.37	0.1	0.01	0.00
CARROTS GLAZED SECON W-S	1/2 CUP	675	99	0	67	2.25	0.61	35.0	11638	1228	1.56	0.39	18.11	3.1	0.80	0.00
GARLIC BREADSTCK, WHEAT W-S-EN	1 stick	675	57	0	92	1.25	0.62	8.6	0	0	0.01	2.11	11.18	0.77	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
CHEESEBURGER ON A BUN W-S	1 EACH	100	34	6	100	0.22	0.36	24.4	39	8	0.0	2.44	2.78	1.67	0.83	0.00
CHICKEN PATTY ON A BUN W-S	patty	100	39	8	77	0.22	0.28	15.6	0	0	0.0	1.78	3.67	1.89	0.50	0.00
PEPPERONI PIZZA W-S	SLICES	200	101	8	247	0.78	0.57	118.9	24	5	0.5	6.06	9.45	4.1	1.91	0.00
CHEESE PIZZA W-S (ALPHA)	SLICES	200	80	4	169	0.77	0.52	117.2	20	4	0.48	5.26	9.39	2.13	1.19	0.00
HAM CHEF SALAD W-S SECOND ARY	SALAD	25	14	3	99	0.16	0.16	2.2	156	16	1.12	1.21	1.61	0.37	0.13	0.00
TURKEY CHEF SALAD W-S SECON DAR	SALAD	25	8	1	9	0.16	0.64	5.7	188	18	1.8	0.55	1.28	0.1	0.04	0.00
HAM & CHEESE HOAGIE, SECON W-S	1 each	25	16	3	98	0.06	0.10	4.4	8	2	0.07	1.19	1.58	0.5	0.23	0.00
GARDEN SALAD W-S	1/2 CUP	300	7	0	7	0.56	0.27	10.8	667	47	3.34	0.48	1.4	0.08	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			762	52	1418	10.31	5.83	696.4	16666	2011	41.29	36.42	114.41	19.03	7.01	*0.17
% of Calories												19.1%	60.0%	22.5%	8.3%	*0.2%
Weighted Average			1161	55	1577	31.16	6.68	878.4	10301	1112	250.93	42.07	218.18	19.92	7.43	*0.02
												14.5%	75.2%	15.4%	5.8%	*0.0%

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Winston-Salem/Forsyth County

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

Jan 10, 2012

SECONDARY 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 ¹ (g)		
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)												
Calories	1161		819	142%															
Cholesterol (mg)	55		100	55%															
Sodium (mg)	1577		1300	121%					Correction Required - Sodium too High										
Fiber (g)	31.16		8.00	390%															
Iron (mg)	6.68		4.50	148%															
Calcium (mg)	878.4		400.00	220%															
Vitamin A (IU)	10301		1500	687%															
Vitamin A (RE)	1112		300	371%															
Vitamin C (mg)	250.93		18.11	1385%															
Protein (g)	42.07	14.50%	16.06	262%															
Carbohydrate (g)	218.18	75.20%																	
Total Fat (g)	19.92	15.45%	<=30.00%																
Saturated Fat (g)	7.43	5.76%	<10.00%																
Trans Fat (g)	0.02	0.02%				Missing													

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