

## Lake Havasu Unified School District

### May 1, 2012 thru May 1, 2012 Spreadsheet - Portion Values

#### Domino's Days

	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)
Tue - 05/01/2012																
Domino's Days	Total	700														
Domino Cheese Pizza	slice	100	300	20	540	4.00	2.70	500.0	0	0	0.0	21.0	38.0	8.0	3.50	0.00
Domino Pepperoni Pizza	slice	100	320	20	570	4.00	2.70	450.0	750	150	6.0	21.0	38.0	9.0	4.00	0.00
Chicken Patty Sandwich	1 Each	100	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Hamburger	1 Each	100	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
Sandwich, Ham	1 Each	100	245	33	1225	4.64	2.39	149.1	534	137	4.87	19.22	32.97	6.56	1.77	0.00
Sandwich, Turkey	1 Each	100	245	8	1023	4.64	2.03	169.3	534	137	4.87	17.2	32.97	6.56	1.77	0.00
Sandwich, PB & J	1 Each	100	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Salad Bar Ele w/o Yogurt	Servings	525	77	0	38	2.33	0.71	35.7	6952	1335	17.24	1.77	17.5	0.0	0.00	0.00
Fruit, Assorted, Canned	1/2 Cup	525	73	0	3	1.37	0.12	0.0	104	21	3.83	0.0	17.97	0.0	0.00	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	525	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Crackers, Assorted II	Servings	525	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK CHOCOLATE FF	1 Each	234	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	233	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK WHITE FF	1 Each	233	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
COND PC, Ketchup 9g Heinz	Packet	200	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	100	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	200	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
COND PC Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	300	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Weighted Daily Average			688	27	1095	9.91	4.02	580.9	6203	1207	42.53	29.03	106.52	16.96	3.95	0.09
% of Calories												16.9%	61.9%	22.2%	5.2%	0.1%
Nutrient Guideline			664	100	1328	6.64	3.50	286.00	1120		15.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			104%	27%	82%	149%	115%	203%	554%		284%	290%				
Shortfall				73	233											
Weighted Average			688	27	1095	9.91	4.02	580.9	6203	1207	42.53	29.03	106.52	16.96	3.95	0.09
												16.9%	61.9%	22.2%	5.2%	0.1%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Domino's Days

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	688		664	104%													
Cholesterol (mg)	27		100	27%													
Sodium (mg)	1095		1328	82%													
Fiber (g)	9.91		6.64	149%													
Iron (mg)	4.02		3.50	115%													
Calcium (mg)	580.9		286.00	203%													
Vitamin A (IU)	6203		1120	554%													
Vitamin A (RE)	1207		224	539%													
Vitamin C (mg)	42.53		15.00	284%													
Protein (g)	29.03	16.88%	10.00	290%													
Carbohydrate (g)	106.52	61.94%															
Total Fat (g)	16.96	22.20%	<=30.00%														
Saturated Fat (g)	3.95	5.17%	<10.00%														
Trans Fat (g)	0.09	0.12%															

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