

Lake Havasu Unified School District

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

BBQ - Elementary

	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 - 05/01/2012																
BBQ - Elementary	Total	700														
Hamburger	1 Each	117	290	40	610	4.00	3.60	60.0	100	20	0.0	17.0	26.0	12.0	4.50	0.00
Hot Dog	1 EACH	117	296	30	784	1.32	1.79	52.7	0	0	0.0	11.32	26.37	16.09	6.05	0.00
BURGER TOPPINGS II	1 Each	117	49	10	178	0.21	0.08	761.7	350	70	2.19	3.24	1.21	3.04	2.28	0.00
Beans, Ranch 1/4 Cup	1/4 Cup	117	69	2	239	2.61	0.78	24.5	73	15	0.35	3.03	15.57	0.32	0.05	0.00
Chicken Patty Sandwich	1 Each	117	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Sandwich, PB & J	1 Each	117	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Sandwich, Ham	1 Each	116	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	116	245	8	1023	4.64	2.03	169.3	534	137	4.87	17.2	32.97	6.56	1.77	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	233	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 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
MILK WHITE LOWFAT 1%	1 Each	234	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	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	150	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	200	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			703	31	1237	10.20	4.01	597.6	6194	1207	42.32	27.79	106.86	19.09	4.77	0.03
% of Calories												15.8%	60.8%	24.4%	6.1%	0.0%
Nutrient Guideline			664	100	1328	6.64	3.50	286.00	1120		15.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			106%	31%	93%	154%	115%	209%	553%		282%	278%				
Shortfall				69	91											
Weighted Average			703	31	1237	10.20	4.01	597.6	6194	1207	42.32	27.79	106.86	19.09	4.77	0.03
												15.8%	60.8%	24.4%	6.1%	0.0%

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

¹ - 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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Nutrient	Menu AVG	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)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	703		664	106%													
Cholesterol (mg)	31		100	31%													
Sodium (mg)	1237		1328	93%													
Fiber (g)	10.20		6.64	154%													
Iron (mg)	4.01		3.50	115%													
Calcium (mg)	597.6		286.00	209%													
Vitamin A (IU)	6194		1120	553%													
Vitamin A (RE)	1207		224	539%													
Vitamin C (mg)	42.32		15.00	282%													
Protein (g)	27.79	15.81%	10.00	278%													
Carbohydrate (g)	106.86	60.81%															
Total Fat (g)	19.09	24.44%	<=30.00%														
Saturated Fat (g)	4.77	6.11%	<10.00%														
Trans Fat (g)	0.03	0.04%															

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