

# Lake Havasu Unified School District

May 1, 2012 thru May 23, 2012 Spreadsheet - Portion Values

Apr 20, 2012

## BBQ HS

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|                                | 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) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 05/01/2012               |              |          |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| BBQ HS                         | Total        | 30       |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Hamburger                      | 1 Each       | 30       | 290         | 40          | 610       | 4.00      | 3.60      | 60.0      | 100        | 20         | 0.0        | 17.0      | 26.0     | 12.0      | 4.50      | 0.00                    |
| BURGER TOPPINGS                | 1 Each       | 20       | 241         | 11          | 736       | 8.95      | 1.04      | 886.5     | 464        | 94         | 35.77      | 8.27      | 44.8     | 4.08      | 2.45      | 0.00                    |
| Sun Chips, French Onion        | Bag          | 15       | 140         | 0           | 170       | 3.01      | 0.36      | 0.0       | 0          | 0          | 0.0        | 2.0       | 18.03    | 6.01      | 1.00      | 0.00                    |
| Apple, Orng, Banana & Carrot   | 1/2 Cup      | 15       | 62          | 0           | 6         | 2.47      | 0.20      | 21.0      | 2071       | 411        | 22.77      | 0.8       | 15.59    | 0.15      | 0.04      | 0.00                    |
| Crackers, Assorted II          | Servings     | 15       | 80          | 0           | 68        | 0.33      | 0.48      | 33.3      | 0          | 0          | 0.0        | 1.0       | 14.67    | 1.67      | 0.00      | 0.00                    |
| Juice, 4oz. Apple/Orange/Grape | 1 Cup        | 15       | 37          | 0           | 10        | 0.00      | 0.00      | 0.0       | 0          | 0          | 10.0       | 0.33      | 9.0      | 0.0       | 0.00      | 0.00                    |
| Yogurt & Granola II            | 1 Each       | 15       | 232         | 5           | 145       | 2.60      | 1.56      | 116.7     | 684        | 137        | 1.04       | 6.8       | 46.05    | 2.74      | 1.10      | 0.00                    |
| Trail Mix, Fruit & Nut         | 3 oz Servin  | 15       | 277         | 0           | 5         | 6.72      | 18.03     | 88.7      | 165        | 11         | 0.2        | 3.72      | 60.33    | 2.51      | 0.16      | 0.00                    |
| MILK CHOCOLATE FF              | 1 Each       | 18       | 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       | 18       | 100         | 10          | 125       | 0.00      | 0.00      | 300.0     | 500        | 100        | 2.4        | 8.0       | 12.0     | 2.5       | 1.50      | 0.00                    |
| Weighted Daily Average         |              |          | 1003        | 59          | 1511      | 17.53     | 14.83     | 1140.9    | 2470       | 482        | 43.73      | 39.44     | 159.30   | 22.75     | 8.18      | 0.00                    |
| % of Calories                  |              |          |             |             |           |           |           |           |            |            |            | 15.7%     | 63.5%    | 20.4%     | 7.3%      | 0.0%                    |
| Nutrient Guideline             |              |          | 846         | 100         | 1692      | 8.46      | 4.50      | 400.00    | 1500       |            | 19.20      | 16.70     |          | <=30.0    | <10.00    |                         |
| % of Guideline Satisfied       |              |          | 119%        | 59%         | 89%       | 207%      | 330%      | 285%      | 165%       |            | 228%       | 236%      |          |           |           |                         |
| Shortfall                      |              |          |             | 41          | 181       |           |           |           |            |            |            |           |          |           |           |                         |

|                                |             |    |      |     |      |       |       |        |      |     |       |       |        |        |        |      |
|--------------------------------|-------------|----|------|-----|------|-------|-------|--------|------|-----|-------|-------|--------|--------|--------|------|
| Wed - 05/02/2012               |             |    |      |     |      |       |       |        |      |     |       |       |        |        |        |      |
| BBQ HS                         | Total       | 30 |      |     |      |       |       |        |      |     |       |       |        |        |        |      |
| Hamburger                      | 1 Each      | 30 | 290  | 40  | 610  | 4.00  | 3.60  | 60.0   | 100  | 20  | 0.0   | 17.0  | 26.0   | 12.0   | 4.50   | 0.00 |
| BURGER TOPPINGS                | 1 Each      | 20 | 241  | 11  | 736  | 8.95  | 1.04  | 886.5  | 464  | 94  | 35.77 | 8.27  | 44.8   | 4.08   | 2.45   | 0.00 |
| Sun Chips, French Onion        | Bag         | 15 | 140  | 0   | 170  | 3.01  | 0.36  | 0.0    | 0    | 0   | 0.0   | 2.0   | 18.03  | 6.01   | 1.00   | 0.00 |
| Apple, Orng, Banana & Carrot   | 1/2 Cup     | 15 | 62   | 0   | 6    | 2.47  | 0.20  | 21.0   | 2071 | 411 | 22.77 | 0.8   | 15.59  | 0.15   | 0.04   | 0.00 |
| Crackers, Assorted II          | Servings    | 15 | 80   | 0   | 68   | 0.33  | 0.48  | 33.3   | 0    | 0   | 0.0   | 1.0   | 14.67  | 1.67   | 0.00   | 0.00 |
| Juice, 4oz. Apple/Orange/Grape | 1 Cup       | 15 | 37   | 0   | 10   | 0.00  | 0.00  | 0.0    | 0    | 0   | 10.0  | 0.33  | 9.0    | 0.0    | 0.00   | 0.00 |
| Yogurt & Granola II            | 1 Each      | 15 | 232  | 5   | 145  | 2.60  | 1.56  | 116.7  | 684  | 137 | 1.04  | 6.8   | 46.05  | 2.74   | 1.10   | 0.00 |
| Trail Mix, Fruit & Nut         | 3 oz Servin | 15 | 277  | 0   | 5    | 6.72  | 18.03 | 88.7   | 165  | 11  | 0.2   | 3.72  | 60.33  | 2.51   | 0.16   | 0.00 |
| MILK CHOCOLATE FF              | 1 Each      | 18 | 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      | 18 | 100  | 10  | 125  | 0.00  | 0.00  | 300.0  | 500  | 100 | 2.4   | 8.0   | 12.0   | 2.5    | 1.50   | 0.00 |
| Weighted Daily Average         |             |    | 1003 | 59  | 1511 | 17.53 | 14.83 | 1140.9 | 2470 | 482 | 43.73 | 39.44 | 159.30 | 22.75  | 8.18   | 0.00 |
| % of Calories                  |             |    |      |     |      |       |       |        |      |     |       | 15.7% | 63.5%  | 20.4%  | 7.3%   | 0.0% |
| Nutrient Guideline             |             |    | 846  | 100 | 1692 | 8.46  | 4.50  | 400.00 | 1500 |     | 19.20 | 16.70 |        | <=30.0 | <10.00 |      |
| % of Guideline Satisfied       |             |    | 119% | 59% | 89%  | 207%  | 330%  | 285%   | 165% |     | 228%  | 236%  |        |        |        |      |
| Shortfall                      |             |    |      | 41  | 181  |       |       |        |      |     |       |       |        |        |        |      |

\*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.

# Lake Havasu Unified School District

May 1, 2012 thru May 23, 2012 Spreadsheet - Portion Values

Apr 20, 2012

## BBQ HS

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|                                | 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 - 05/03/2012               |              |          |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| BBQ HS                         | Total        | 30       |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Hamburger                      | 1 Each       | 30       | 290         | 40          | 610       | 4.00      | 3.60      | 60.0      | 100        | 20         | 0.0        | 17.0      | 26.0     | 12.0      | 4.50      | 0.00                    |
| BURGER TOPPINGS                | 1 Each       | 20       | 241         | 11          | 736       | 8.95      | 1.04      | 886.5     | 464        | 94         | 35.77      | 8.27      | 44.8     | 4.08      | 2.45      | 0.00                    |
| Sun Chips, French Onion        | Bag          | 15       | 140         | 0           | 170       | 3.01      | 0.36      | 0.0       | 0          | 0          | 0.0        | 2.0       | 18.03    | 6.01      | 1.00      | 0.00                    |
| Apple, Orng, Banana & Carrot   | 1/2 Cup      | 15       | 62          | 0           | 6         | 2.47      | 0.20      | 21.0      | 2071       | 411        | 22.77      | 0.8       | 15.59    | 0.15      | 0.04      | 0.00                    |
| Crackers, Assorted II          | Servings     | 15       | 80          | 0           | 68        | 0.33      | 0.48      | 33.3      | 0          | 0          | 0.0        | 1.0       | 14.67    | 1.67      | 0.00      | 0.00                    |
| Juice, 4oz. Apple/Orange/Grape | 1 Cup        | 15       | 37          | 0           | 10        | 0.00      | 0.00      | 0.0       | 0          | 0          | 10.0       | 0.33      | 9.0      | 0.0       | 0.00      | 0.00                    |
| Yogurt & Granola II            | 1 Each       | 15       | 232         | 5           | 145       | 2.60      | 1.56      | 116.7     | 684        | 137        | 1.04       | 6.8       | 46.05    | 2.74      | 1.10      | 0.00                    |
| Trail Mix, Fruit & Nut         | 3 oz Servin  | 15       | 277         | 0           | 5         | 6.72      | 18.03     | 88.7      | 165        | 11         | 0.2        | 3.72      | 60.33    | 2.51      | 0.16      | 0.00                    |
| MILK CHOCOLATE FF              | 1 Each       | 18       | 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       | 18       | 100         | 10          | 125       | 0.00      | 0.00      | 300.0     | 500        | 100        | 2.4        | 8.0       | 12.0     | 2.5       | 1.50      | 0.00                    |
| Weighted Daily Average         |              |          | 1003        | 59          | 1511      | 17.53     | 14.83     | 1140.9    | 2470       | 482        | 43.73      | 39.44     | 159.30   | 22.75     | 8.18      | 0.00                    |
| % of Calories                  |              |          |             |             |           |           |           |           |            |            |            | 15.7%     | 63.5%    | 20.4%     | 7.3%      | 0.0%                    |
| Nutrient Guideline             |              |          | 846         | 100         | 1692      | 8.46      | 4.50      | 400.00    | 1500       |            | 19.20      | 16.70     |          | <=30.0    | <10.00    |                         |
| % of Guideline Satisfied       |              |          | 119%        | 59%         | 89%       | 207%      | 330%      | 285%      | 165%       |            | 228%       | 236%      |          |           |           |                         |
| Shortfall                      |              |          |             | 41          | 181       |           |           |           |            |            |            |           |          |           |           |                         |

|                                |             |    |      |     |      |       |       |        |      |     |       |       |        |        |        |      |
|--------------------------------|-------------|----|------|-----|------|-------|-------|--------|------|-----|-------|-------|--------|--------|--------|------|
| Fri - 05/04/2012               |             |    |      |     |      |       |       |        |      |     |       |       |        |        |        |      |
| BBQ HS                         | Total       | 30 |      |     |      |       |       |        |      |     |       |       |        |        |        |      |
| Hamburger                      | 1 Each      | 30 | 290  | 40  | 610  | 4.00  | 3.60  | 60.0   | 100  | 20  | 0.0   | 17.0  | 26.0   | 12.0   | 4.50   | 0.00 |
| BURGER TOPPINGS                | 1 Each      | 20 | 241  | 11  | 736  | 8.95  | 1.04  | 886.5  | 464  | 94  | 35.77 | 8.27  | 44.8   | 4.08   | 2.45   | 0.00 |
| Sun Chips, French Onion        | Bag         | 15 | 140  | 0   | 170  | 3.01  | 0.36  | 0.0    | 0    | 0   | 0.0   | 2.0   | 18.03  | 6.01   | 1.00   | 0.00 |
| Apple, Orng, Banana & Carrot   | 1/2 Cup     | 15 | 62   | 0   | 6    | 2.47  | 0.20  | 21.0   | 2071 | 411 | 22.77 | 0.8   | 15.59  | 0.15   | 0.04   | 0.00 |
| Crackers, Assorted II          | Servings    | 15 | 80   | 0   | 68   | 0.33  | 0.48  | 33.3   | 0    | 0   | 0.0   | 1.0   | 14.67  | 1.67   | 0.00   | 0.00 |
| Juice, 4oz. Apple/Orange/Grape | 1 Cup       | 15 | 37   | 0   | 10   | 0.00  | 0.00  | 0.0    | 0    | 0   | 10.0  | 0.33  | 9.0    | 0.0    | 0.00   | 0.00 |
| Yogurt & Granola II            | 1 Each      | 15 | 232  | 5   | 145  | 2.60  | 1.56  | 116.7  | 684  | 137 | 1.04  | 6.8   | 46.05  | 2.74   | 1.10   | 0.00 |
| Trail Mix, Fruit & Nut         | 3 oz Servin | 15 | 277  | 0   | 5    | 6.72  | 18.03 | 88.7   | 165  | 11  | 0.2   | 3.72  | 60.33  | 2.51   | 0.16   | 0.00 |
| MILK CHOCOLATE FF              | 1 Each      | 18 | 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      | 18 | 100  | 10  | 125  | 0.00  | 0.00  | 300.0  | 500  | 100 | 2.4   | 8.0   | 12.0   | 2.5    | 1.50   | 0.00 |
| Weighted Daily Average         |             |    | 1003 | 59  | 1511 | 17.53 | 14.83 | 1140.9 | 2470 | 482 | 43.73 | 39.44 | 159.30 | 22.75  | 8.18   | 0.00 |
| % of Calories                  |             |    |      |     |      |       |       |        |      |     |       | 15.7% | 63.5%  | 20.4%  | 7.3%   | 0.0% |
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## BBQ HS

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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 <sup>1</sup> (g) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 05/07/2012               |              |          |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| BBQ HS                         | Total        | 30       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Hamburger                      | 1 Each       | 30       | 290         | 40          | 610       | 4.00      | 3.60      | 60.0       | 100        | 20         | 0.0        | 17.0      | 26.0     | 12.0      | 4.50      | 0.00                    |
| BURGER TOPPINGS                | 1 Each       | 20       | 241         | 11          | 736       | 8.95      | 1.04      | 886.5      | 464        | 94         | 35.77      | 8.27      | 44.8     | 4.08      | 2.45      | 0.00                    |
| Sun Chips, French Onion        | Bag          | 15       | 140         | 0           | 170       | 3.01      | 0.36      | 0.0        | 0          | 0          | 0.0        | 2.0       | 18.03    | 6.01      | 1.00      | 0.00                    |
| Apple, Orng, Banana & Carrot   | 1/2 Cup      | 15       | 62          | 0           | 6         | 2.47      | 0.20      | 21.0       | 2071       | 411        | 22.77      | 0.8       | 15.59    | 0.15      | 0.04      | 0.00                    |
| Crackers, Assorted II          | Servings     | 15       | 80          | 0           | 68        | 0.33      | 0.48      | 33.3       | 0          | 0          | 0.0        | 1.0       | 14.67    | 1.67      | 0.00      | 0.00                    |
| Juice, 4oz. Apple/Orange/Grape | 1 Cup        | 15       | 37          | 0           | 10        | 0.00      | 0.00      | 0.0        | 0          | 0          | 10.0       | 0.33      | 9.0      | 0.0       | 0.00      | 0.00                    |
| Yogurt & Granola II            | 1 Each       | 15       | 232         | 5           | 145       | 2.60      | 1.56      | 116.7      | 684        | 137        | 1.04       | 6.8       | 46.05    | 2.74      | 1.10      | 0.00                    |
| Trail Mix, Fruit & Nut         | 3 oz Servin  | 15       | 277         | 0           | 5         | 6.72      | 18.03     | 88.7       | 165        | 11         | 0.2        | 3.72      | 60.33    | 2.51      | 0.16      | 0.00                    |
| MILK CHOCOLATE FF              | 1 Each       | 18       | 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       | 18       | 100         | 10          | 125       | 0.00      | 0.00      | 300.0      | 500        | 100        | 2.4        | 8.0       | 12.0     | 2.5       | 1.50      | 0.00                    |
| Weighted Daily Average         |              |          | 1003        | 59          | 1511      | 17.53     | 14.83     | 1140.9     | 2470       | 482        | 43.73      | 39.44     | 159.30   | 22.75     | 8.18      | 0.00                    |
| % of Calories                  |              |          |             |             |           |           |           |            |            |            |            | 15.7%     | 63.5%    | 20.4%     | 7.3%      | 0.0%                    |
| Nutrient Guideline             |              |          | 846         | 100         | 1692      | 8.46      | 4.50      | 400.00     | 1500       |            | 19.20      | 16.70     |          | <=30.0    | <10.00    |                         |
| % of Guideline Satisfied       |              |          | 119%        | 59%         | 89%       | 207%      | 330%      | 285%       | 165%       |            | 228%       | 236%      |          |           |           |                         |
| Shortfall                      |              |          |             | 41          | 181       |           |           |            |            |            |            |           |          |           |           |                         |

|                                |             |    |      |     |      |       |       |        |      |     |       |       |        |        |        |      |
|--------------------------------|-------------|----|------|-----|------|-------|-------|--------|------|-----|-------|-------|--------|--------|--------|------|
| Tue - 05/08/2012               |             |    |      |     |      |       |       |        |      |     |       |       |        |        |        |      |
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| Juice, 4oz. Apple/Orange/Grape | 1 Cup       | 15 | 37   | 0   | 10   | 0.00  | 0.00  | 0.0    | 0    | 0   | 10.0  | 0.33  | 9.0    | 0.0    | 0.00   | 0.00 |
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| MILK WHITE LOWFAT 1%           | 1 Each      | 18 | 100  | 10  | 125  | 0.00  | 0.00  | 300.0  | 500  | 100 | 2.4   | 8.0   | 12.0   | 2.5    | 1.50   | 0.00 |
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## Lake Havasu Unified School District

### May 1, 2012 thru May 23, 2012 Spreadsheet - Portion Values

#### BBQ HS

|                                | 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) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 05/09/2012               |              |          |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| BBQ HS                         | Total        | 30       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Hamburger                      | 1 Each       | 30       | 290         | 40          | 610       | 4.00      | 3.60      | 60.0       | 100        | 20         | 0.0        | 17.0      | 26.0     | 12.0      | 4.50      | 0.00                    |
| BURGER TOPPINGS                | 1 Each       | 20       | 241         | 11          | 736       | 8.95      | 1.04      | 886.5      | 464        | 94         | 35.77      | 8.27      | 44.8     | 4.08      | 2.45      | 0.00                    |
| Sun Chips, French Onion        | Bag          | 15       | 140         | 0           | 170       | 3.01      | 0.36      | 0.0        | 0          | 0          | 0.0        | 2.0       | 18.03    | 6.01      | 1.00      | 0.00                    |
| Apple, Orng, Banana & Carrot   | 1/2 Cup      | 15       | 62          | 0           | 6         | 2.47      | 0.20      | 21.0       | 2071       | 411        | 22.77      | 0.8       | 15.59    | 0.15      | 0.04      | 0.00                    |
| Crackers, Assorted II          | Servings     | 15       | 80          | 0           | 68        | 0.33      | 0.48      | 33.3       | 0          | 0          | 0.0        | 1.0       | 14.67    | 1.67      | 0.00      | 0.00                    |
| Juice, 4oz. Apple/Orange/Grape | 1 Cup        | 15       | 37          | 0           | 10        | 0.00      | 0.00      | 0.0        | 0          | 0          | 10.0       | 0.33      | 9.0      | 0.0       | 0.00      | 0.00                    |
| Yogurt & Granola II            | 1 Each       | 15       | 232         | 5           | 145       | 2.60      | 1.56      | 116.7      | 684        | 137        | 1.04       | 6.8       | 46.05    | 2.74      | 1.10      | 0.00                    |
| Trail Mix, Fruit & Nut         | 3 oz Servin  | 15       | 277         | 0           | 5         | 6.72      | 18.03     | 88.7       | 165        | 11         | 0.2        | 3.72      | 60.33    | 2.51      | 0.16      | 0.00                    |
| MILK CHOCOLATE FF              | 1 Each       | 18       | 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       | 18       | 100         | 10          | 125       | 0.00      | 0.00      | 300.0      | 500        | 100        | 2.4        | 8.0       | 12.0     | 2.5       | 1.50      | 0.00                    |
| Weighted Daily Average         |              |          | 1003        | 59          | 1511      | 17.53     | 14.83     | 1140.9     | 2470       | 482        | 43.73      | 39.44     | 159.30   | 22.75     | 8.18      | 0.00                    |
| % of Calories                  |              |          |             |             |           |           |           |            |            |            |            | 15.7%     | 63.5%    | 20.4%     | 7.3%      | 0.0%                    |
| Nutrient Guideline             |              |          | 846         | 100         | 1692      | 8.46      | 4.50      | 400.00     | 1500       |            | 19.20      | 16.70     |          | <=30.0    | <10.00    |                         |
| % of Guideline Satisfied       |              |          | 119%        | 59%         | 89%       | 207%      | 330%      | 285%       | 165%       |            | 228%       | 236%      |          |           |           |                         |
| Shortfall                      |              |          |             | 41          | 181       |           |           |            |            |            |            |           |          |           |           |                         |

|                                | 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) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 05/10/2012               |              |          |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| BBQ HS                         | Total        | 30       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Hamburger                      | 1 Each       | 30       | 290         | 40          | 610       | 4.00      | 3.60      | 60.0       | 100        | 20         | 0.0        | 17.0      | 26.0     | 12.0      | 4.50      | 0.00                    |
| BURGER TOPPINGS                | 1 Each       | 20       | 241         | 11          | 736       | 8.95      | 1.04      | 886.5      | 464        | 94         | 35.77      | 8.27      | 44.8     | 4.08      | 2.45      | 0.00                    |
| Sun Chips, French Onion        | Bag          | 15       | 140         | 0           | 170       | 3.01      | 0.36      | 0.0        | 0          | 0          | 0.0        | 2.0       | 18.03    | 6.01      | 1.00      | 0.00                    |
| Apple, Orng, Banana & Carrot   | 1/2 Cup      | 15       | 62          | 0           | 6         | 2.47      | 0.20      | 21.0       | 2071       | 411        | 22.77      | 0.8       | 15.59    | 0.15      | 0.04      | 0.00                    |
| Crackers, Assorted II          | Servings     | 15       | 80          | 0           | 68        | 0.33      | 0.48      | 33.3       | 0          | 0          | 0.0        | 1.0       | 14.67    | 1.67      | 0.00      | 0.00                    |
| Juice, 4oz. Apple/Orange/Grape | 1 Cup        | 15       | 37          | 0           | 10        | 0.00      | 0.00      | 0.0        | 0          | 0          | 10.0       | 0.33      | 9.0      | 0.0       | 0.00      | 0.00                    |
| Yogurt & Granola II            | 1 Each       | 15       | 232         | 5           | 145       | 2.60      | 1.56      | 116.7      | 684        | 137        | 1.04       | 6.8       | 46.05    | 2.74      | 1.10      | 0.00                    |
| Trail Mix, Fruit & Nut         | 3 oz Servin  | 15       | 277         | 0           | 5         | 6.72      | 18.03     | 88.7       | 165        | 11         | 0.2        | 3.72      | 60.33    | 2.51      | 0.16      | 0.00                    |
| MILK CHOCOLATE FF              | 1 Each       | 18       | 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       | 18       | 100         | 10          | 125       | 0.00      | 0.00      | 300.0      | 500        | 100        | 2.4        | 8.0       | 12.0     | 2.5       | 1.50      | 0.00                    |
| Weighted Daily Average         |              |          | 1003        | 59          | 1511      | 17.53     | 14.83     | 1140.9     | 2470       | 482        | 43.73      | 39.44     | 159.30   | 22.75     | 8.18      | 0.00                    |
| % of Calories                  |              |          |             |             |           |           |           |            |            |            |            | 15.7%     | 63.5%    | 20.4%     | 7.3%      | 0.0%                    |
| Nutrient Guideline             |              |          | 846         | 100         | 1692      | 8.46      | 4.50      | 400.00     | 1500       |            | 19.20      | 16.70     |          | <=30.0    | <10.00    |                         |
| % of Guideline Satisfied       |              |          | 119%        | 59%         | 89%       | 207%      | 330%      | 285%       | 165%       |            | 228%       | 236%      |          |           |           |                         |
| Shortfall                      |              |          |             | 41          | 181       |           |           |            |            |            |            |           |          |           |           |                         |

\*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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## Lake Havasu Unified School District

### May 1, 2012 thru May 23, 2012 Spreadsheet - Portion Values

#### BBQ HS

|                                | 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 - 05/11/2012               |              |          |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| BBQ HS                         | Total        | 30       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Hamburger                      | 1 Each       | 30       | 290         | 40          | 610       | 4.00      | 3.60      | 60.0       | 100        | 20         | 0.0        | 17.0      | 26.0     | 12.0      | 4.50      | 0.00                    |
| BURGER TOPPINGS                | 1 Each       | 20       | 241         | 11          | 736       | 8.95      | 1.04      | 886.5      | 464        | 94         | 35.77      | 8.27      | 44.8     | 4.08      | 2.45      | 0.00                    |
| Sun Chips, French Onion        | Bag          | 15       | 140         | 0           | 170       | 3.01      | 0.36      | 0.0        | 0          | 0          | 0.0        | 2.0       | 18.03    | 6.01      | 1.00      | 0.00                    |
| Apple, Orng, Banana & Carrot   | 1/2 Cup      | 15       | 62          | 0           | 6         | 2.47      | 0.20      | 21.0       | 2071       | 411        | 22.77      | 0.8       | 15.59    | 0.15      | 0.04      | 0.00                    |
| Crackers, Assorted II          | Servings     | 15       | 80          | 0           | 68        | 0.33      | 0.48      | 33.3       | 0          | 0          | 0.0        | 1.0       | 14.67    | 1.67      | 0.00      | 0.00                    |
| Juice, 4oz. Apple/Orange/Grape | 1 Cup        | 15       | 37          | 0           | 10        | 0.00      | 0.00      | 0.0        | 0          | 0          | 10.0       | 0.33      | 9.0      | 0.0       | 0.00      | 0.00                    |
| Yogurt & Granola II            | 1 Each       | 15       | 232         | 5           | 145       | 2.60      | 1.56      | 116.7      | 684        | 137        | 1.04       | 6.8       | 46.05    | 2.74      | 1.10      | 0.00                    |
| Trail Mix, Fruit & Nut         | 3 oz Servin  | 15       | 277         | 0           | 5         | 6.72      | 18.03     | 88.7       | 165        | 11         | 0.2        | 3.72      | 60.33    | 2.51      | 0.16      | 0.00                    |
| MILK CHOCOLATE FF              | 1 Each       | 18       | 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       | 18       | 100         | 10          | 125       | 0.00      | 0.00      | 300.0      | 500        | 100        | 2.4        | 8.0       | 12.0     | 2.5       | 1.50      | 0.00                    |
| Weighted Daily Average         |              |          | 1003        | 59          | 1511      | 17.53     | 14.83     | 1140.9     | 2470       | 482        | 43.73      | 39.44     | 159.30   | 22.75     | 8.18      | 0.00                    |
| % of Calories                  |              |          |             |             |           |           |           |            |            |            |            | 15.7%     | 63.5%    | 20.4%     | 7.3%      | 0.0%                    |
| Nutrient Guideline             |              |          | 846         | 100         | 1692      | 8.46      | 4.50      | 400.00     | 1500       |            | 19.20      | 16.70     |          | <=30.0    | <10.00    |                         |
| % of Guideline Satisfied       |              |          | 119%        | 59%         | 89%       | 207%      | 330%      | 285%       | 165%       |            | 228%       | 236%      |          |           |           |                         |
| Shortfall                      |              |          |             | 41          | 181       |           |           |            |            |            |            |           |          |           |           |                         |

|                                |             |    |      |     |      |       |       |        |      |     |       |       |        |        |        |      |
|--------------------------------|-------------|----|------|-----|------|-------|-------|--------|------|-----|-------|-------|--------|--------|--------|------|
| Mon - 05/14/2012               |             |    |      |     |      |       |       |        |      |     |       |       |        |        |        |      |
| BBQ HS                         | Total       | 30 |      |     |      |       |       |        |      |     |       |       |        |        |        |      |
| Hamburger                      | 1 Each      | 30 | 290  | 40  | 610  | 4.00  | 3.60  | 60.0   | 100  | 20  | 0.0   | 17.0  | 26.0   | 12.0   | 4.50   | 0.00 |
| BURGER TOPPINGS                | 1 Each      | 20 | 241  | 11  | 736  | 8.95  | 1.04  | 886.5  | 464  | 94  | 35.77 | 8.27  | 44.8   | 4.08   | 2.45   | 0.00 |
| Sun Chips, French Onion        | Bag         | 15 | 140  | 0   | 170  | 3.01  | 0.36  | 0.0    | 0    | 0   | 0.0   | 2.0   | 18.03  | 6.01   | 1.00   | 0.00 |
| Apple, Orng, Banana & Carrot   | 1/2 Cup     | 15 | 62   | 0   | 6    | 2.47  | 0.20  | 21.0   | 2071 | 411 | 22.77 | 0.8   | 15.59  | 0.15   | 0.04   | 0.00 |
| Crackers, Assorted II          | Servings    | 15 | 80   | 0   | 68   | 0.33  | 0.48  | 33.3   | 0    | 0   | 0.0   | 1.0   | 14.67  | 1.67   | 0.00   | 0.00 |
| Juice, 4oz. Apple/Orange/Grape | 1 Cup       | 15 | 37   | 0   | 10   | 0.00  | 0.00  | 0.0    | 0    | 0   | 10.0  | 0.33  | 9.0    | 0.0    | 0.00   | 0.00 |
| Yogurt & Granola II            | 1 Each      | 15 | 232  | 5   | 145  | 2.60  | 1.56  | 116.7  | 684  | 137 | 1.04  | 6.8   | 46.05  | 2.74   | 1.10   | 0.00 |
| Trail Mix, Fruit & Nut         | 3 oz Servin | 15 | 277  | 0   | 5    | 6.72  | 18.03 | 88.7   | 165  | 11  | 0.2   | 3.72  | 60.33  | 2.51   | 0.16   | 0.00 |
| MILK CHOCOLATE FF              | 1 Each      | 18 | 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      | 18 | 100  | 10  | 125  | 0.00  | 0.00  | 300.0  | 500  | 100 | 2.4   | 8.0   | 12.0   | 2.5    | 1.50   | 0.00 |
| Weighted Daily Average         |             |    | 1003 | 59  | 1511 | 17.53 | 14.83 | 1140.9 | 2470 | 482 | 43.73 | 39.44 | 159.30 | 22.75  | 8.18   | 0.00 |
| % of Calories                  |             |    |      |     |      |       |       |        |      |     |       | 15.7% | 63.5%  | 20.4%  | 7.3%   | 0.0% |
| Nutrient Guideline             |             |    | 846  | 100 | 1692 | 8.46  | 4.50  | 400.00 | 1500 |     | 19.20 | 16.70 |        | <=30.0 | <10.00 |      |
| % of Guideline Satisfied       |             |    | 119% | 59% | 89%  | 207%  | 330%  | 285%   | 165% |     | 228%  | 236%  |        |        |        |      |
| Shortfall                      |             |    |      | 41  | 181  |       |       |        |      |     |       |       |        |        |        |      |

**\*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

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# Lake Havasu Unified School District

May 1, 2012 thru May 23, 2012 Spreadsheet - Portion Values

Apr 20, 2012

## BBQ HS

Page 6

|                                | 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 - 05/15/2012               |              |          |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| BBQ HS                         | Total        | 30       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Hamburger                      | 1 Each       | 30       | 290         | 40          | 610       | 4.00      | 3.60      | 60.0       | 100        | 20         | 0.0        | 17.0      | 26.0     | 12.0      | 4.50      | 0.00                    |
| BURGER TOPPINGS                | 1 Each       | 20       | 241         | 11          | 736       | 8.95      | 1.04      | 886.5      | 464        | 94         | 35.77      | 8.27      | 44.8     | 4.08      | 2.45      | 0.00                    |
| Sun Chips, French Onion        | Bag          | 15       | 140         | 0           | 170       | 3.01      | 0.36      | 0.0        | 0          | 0          | 0.0        | 2.0       | 18.03    | 6.01      | 1.00      | 0.00                    |
| Apple, Orng, Banana & Carrot   | 1/2 Cup      | 15       | 62          | 0           | 6         | 2.47      | 0.20      | 21.0       | 2071       | 411        | 22.77      | 0.8       | 15.59    | 0.15      | 0.04      | 0.00                    |
| Crackers, Assorted II          | Servings     | 15       | 80          | 0           | 68        | 0.33      | 0.48      | 33.3       | 0          | 0          | 0.0        | 1.0       | 14.67    | 1.67      | 0.00      | 0.00                    |
| Juice, 4oz. Apple/Orange/Grape | 1 Cup        | 15       | 37          | 0           | 10        | 0.00      | 0.00      | 0.0        | 0          | 0          | 10.0       | 0.33      | 9.0      | 0.0       | 0.00      | 0.00                    |
| Yogurt & Granola II            | 1 Each       | 15       | 232         | 5           | 145       | 2.60      | 1.56      | 116.7      | 684        | 137        | 1.04       | 6.8       | 46.05    | 2.74      | 1.10      | 0.00                    |
| Trail Mix, Fruit & Nut         | 3 oz Servin  | 15       | 277         | 0           | 5         | 6.72      | 18.03     | 88.7       | 165        | 11         | 0.2        | 3.72      | 60.33    | 2.51      | 0.16      | 0.00                    |
| MILK CHOCOLATE FF              | 1 Each       | 18       | 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       | 18       | 100         | 10          | 125       | 0.00      | 0.00      | 300.0      | 500        | 100        | 2.4        | 8.0       | 12.0     | 2.5       | 1.50      | 0.00                    |
| Weighted Daily Average         |              |          | 1003        | 59          | 1511      | 17.53     | 14.83     | 1140.9     | 2470       | 482        | 43.73      | 39.44     | 159.30   | 22.75     | 8.18      | 0.00                    |
| % of Calories                  |              |          |             |             |           |           |           |            |            |            |            | 15.7%     | 63.5%    | 20.4%     | 7.3%      | 0.0%                    |
| Nutrient Guideline             |              |          | 846         | 100         | 1692      | 8.46      | 4.50      | 400.00     | 1500       |            | 19.20      | 16.70     |          | <=30.0    | <10.00    |                         |
| % of Guideline Satisfied       |              |          | 119%        | 59%         | 89%       | 207%      | 330%      | 285%       | 165%       |            | 228%       | 236%      |          |           |           |                         |
| Shortfall                      |              |          |             | 41          | 181       |           |           |            |            |            |            |           |          |           |           |                         |

|                                |             |    |      |     |      |       |       |        |      |     |       |       |        |        |        |      |
|--------------------------------|-------------|----|------|-----|------|-------|-------|--------|------|-----|-------|-------|--------|--------|--------|------|
| Wed - 05/16/2012               |             |    |      |     |      |       |       |        |      |     |       |       |        |        |        |      |
| BBQ HS                         | Total       | 30 |      |     |      |       |       |        |      |     |       |       |        |        |        |      |
| Hamburger                      | 1 Each      | 30 | 290  | 40  | 610  | 4.00  | 3.60  | 60.0   | 100  | 20  | 0.0   | 17.0  | 26.0   | 12.0   | 4.50   | 0.00 |
| BURGER TOPPINGS                | 1 Each      | 20 | 241  | 11  | 736  | 8.95  | 1.04  | 886.5  | 464  | 94  | 35.77 | 8.27  | 44.8   | 4.08   | 2.45   | 0.00 |
| Sun Chips, French Onion        | Bag         | 15 | 140  | 0   | 170  | 3.01  | 0.36  | 0.0    | 0    | 0   | 0.0   | 2.0   | 18.03  | 6.01   | 1.00   | 0.00 |
| Apple, Orng, Banana & Carrot   | 1/2 Cup     | 15 | 62   | 0   | 6    | 2.47  | 0.20  | 21.0   | 2071 | 411 | 22.77 | 0.8   | 15.59  | 0.15   | 0.04   | 0.00 |
| Crackers, Assorted II          | Servings    | 15 | 80   | 0   | 68   | 0.33  | 0.48  | 33.3   | 0    | 0   | 0.0   | 1.0   | 14.67  | 1.67   | 0.00   | 0.00 |
| Juice, 4oz. Apple/Orange/Grape | 1 Cup       | 15 | 37   | 0   | 10   | 0.00  | 0.00  | 0.0    | 0    | 0   | 10.0  | 0.33  | 9.0    | 0.0    | 0.00   | 0.00 |
| Yogurt & Granola II            | 1 Each      | 15 | 232  | 5   | 145  | 2.60  | 1.56  | 116.7  | 684  | 137 | 1.04  | 6.8   | 46.05  | 2.74   | 1.10   | 0.00 |
| Trail Mix, Fruit & Nut         | 3 oz Servin | 15 | 277  | 0   | 5    | 6.72  | 18.03 | 88.7   | 165  | 11  | 0.2   | 3.72  | 60.33  | 2.51   | 0.16   | 0.00 |
| MILK CHOCOLATE FF              | 1 Each      | 18 | 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      | 18 | 100  | 10  | 125  | 0.00  | 0.00  | 300.0  | 500  | 100 | 2.4   | 8.0   | 12.0   | 2.5    | 1.50   | 0.00 |
| Weighted Daily Average         |             |    | 1003 | 59  | 1511 | 17.53 | 14.83 | 1140.9 | 2470 | 482 | 43.73 | 39.44 | 159.30 | 22.75  | 8.18   | 0.00 |
| % of Calories                  |             |    |      |     |      |       |       |        |      |     |       | 15.7% | 63.5%  | 20.4%  | 7.3%   | 0.0% |
| Nutrient Guideline             |             |    | 846  | 100 | 1692 | 8.46  | 4.50  | 400.00 | 1500 |     | 19.20 | 16.70 |        | <=30.0 | <10.00 |      |
| % of Guideline Satisfied       |             |    | 119% | 59% | 89%  | 207%  | 330%  | 285%   | 165% |     | 228%  | 236%  |        |        |        |      |
| Shortfall                      |             |    |      | 41  | 181  |       |       |        |      |     |       |       |        |        |        |      |

\*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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# Lake Havasu Unified School District

May 1, 2012 thru May 23, 2012 Spreadsheet - Portion Values

Apr 20, 2012

## BBQ HS

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|                                | 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 - 05/17/2012               |              |          |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| BBQ HS                         | Total        | 30       |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Hamburger                      | 1 Each       | 30       | 290         | 40          | 610       | 4.00      | 3.60      | 60.0      | 100        | 20         | 0.0        | 17.0      | 26.0     | 12.0      | 4.50      | 0.00                    |
| BURGER TOPPINGS                | 1 Each       | 20       | 241         | 11          | 736       | 8.95      | 1.04      | 886.5     | 464        | 94         | 35.77      | 8.27      | 44.8     | 4.08      | 2.45      | 0.00                    |
| Sun Chips, French Onion        | Bag          | 15       | 140         | 0           | 170       | 3.01      | 0.36      | 0.0       | 0          | 0          | 0.0        | 2.0       | 18.03    | 6.01      | 1.00      | 0.00                    |
| Apple, Orng, Banana & Carrot   | 1/2 Cup      | 15       | 62          | 0           | 6         | 2.47      | 0.20      | 21.0      | 2071       | 411        | 22.77      | 0.8       | 15.59    | 0.15      | 0.04      | 0.00                    |
| Crackers, Assorted II          | Servings     | 15       | 80          | 0           | 68        | 0.33      | 0.48      | 33.3      | 0          | 0          | 0.0        | 1.0       | 14.67    | 1.67      | 0.00      | 0.00                    |
| Juice, 4oz. Apple/Orange/Grape | 1 Cup        | 15       | 37          | 0           | 10        | 0.00      | 0.00      | 0.0       | 0          | 0          | 10.0       | 0.33      | 9.0      | 0.0       | 0.00      | 0.00                    |
| Yogurt & Granola II            | 1 Each       | 15       | 232         | 5           | 145       | 2.60      | 1.56      | 116.7     | 684        | 137        | 1.04       | 6.8       | 46.05    | 2.74      | 1.10      | 0.00                    |
| Trail Mix, Fruit & Nut         | 3 oz Servin  | 15       | 277         | 0           | 5         | 6.72      | 18.03     | 88.7      | 165        | 11         | 0.2        | 3.72      | 60.33    | 2.51      | 0.16      | 0.00                    |
| MILK CHOCOLATE FF              | 1 Each       | 18       | 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       | 18       | 100         | 10          | 125       | 0.00      | 0.00      | 300.0     | 500        | 100        | 2.4        | 8.0       | 12.0     | 2.5       | 1.50      | 0.00                    |
| Weighted Daily Average         |              |          | 1003        | 59          | 1511      | 17.53     | 14.83     | 1140.9    | 2470       | 482        | 43.73      | 39.44     | 159.30   | 22.75     | 8.18      | 0.00                    |
| % of Calories                  |              |          |             |             |           |           |           |           |            |            |            | 15.7%     | 63.5%    | 20.4%     | 7.3%      | 0.0%                    |
| Nutrient Guideline             |              |          | 846         | 100         | 1692      | 8.46      | 4.50      | 400.00    | 1500       |            | 19.20      | 16.70     |          | <=30.0    | <10.00    |                         |
| % of Guideline Satisfied       |              |          | 119%        | 59%         | 89%       | 207%      | 330%      | 285%      | 165%       |            | 228%       | 236%      |          |           |           |                         |
| Shortfall                      |              |          |             | 41          | 181       |           |           |           |            |            |            |           |          |           |           |                         |

|                                |             |    |      |     |      |       |       |        |      |     |       |       |        |        |        |      |
|--------------------------------|-------------|----|------|-----|------|-------|-------|--------|------|-----|-------|-------|--------|--------|--------|------|
| Fri - 05/18/2012               |             |    |      |     |      |       |       |        |      |     |       |       |        |        |        |      |
| BBQ HS                         | Total       | 30 |      |     |      |       |       |        |      |     |       |       |        |        |        |      |
| Hamburger                      | 1 Each      | 30 | 290  | 40  | 610  | 4.00  | 3.60  | 60.0   | 100  | 20  | 0.0   | 17.0  | 26.0   | 12.0   | 4.50   | 0.00 |
| BURGER TOPPINGS                | 1 Each      | 20 | 241  | 11  | 736  | 8.95  | 1.04  | 886.5  | 464  | 94  | 35.77 | 8.27  | 44.8   | 4.08   | 2.45   | 0.00 |
| Sun Chips, French Onion        | Bag         | 15 | 140  | 0   | 170  | 3.01  | 0.36  | 0.0    | 0    | 0   | 0.0   | 2.0   | 18.03  | 6.01   | 1.00   | 0.00 |
| Apple, Orng, Banana & Carrot   | 1/2 Cup     | 15 | 62   | 0   | 6    | 2.47  | 0.20  | 21.0   | 2071 | 411 | 22.77 | 0.8   | 15.59  | 0.15   | 0.04   | 0.00 |
| Crackers, Assorted II          | Servings    | 15 | 80   | 0   | 68   | 0.33  | 0.48  | 33.3   | 0    | 0   | 0.0   | 1.0   | 14.67  | 1.67   | 0.00   | 0.00 |
| Juice, 4oz. Apple/Orange/Grape | 1 Cup       | 15 | 37   | 0   | 10   | 0.00  | 0.00  | 0.0    | 0    | 0   | 10.0  | 0.33  | 9.0    | 0.0    | 0.00   | 0.00 |
| Yogurt & Granola II            | 1 Each      | 15 | 232  | 5   | 145  | 2.60  | 1.56  | 116.7  | 684  | 137 | 1.04  | 6.8   | 46.05  | 2.74   | 1.10   | 0.00 |
| Trail Mix, Fruit & Nut         | 3 oz Servin | 15 | 277  | 0   | 5    | 6.72  | 18.03 | 88.7   | 165  | 11  | 0.2   | 3.72  | 60.33  | 2.51   | 0.16   | 0.00 |
| MILK CHOCOLATE FF              | 1 Each      | 18 | 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      | 18 | 100  | 10  | 125  | 0.00  | 0.00  | 300.0  | 500  | 100 | 2.4   | 8.0   | 12.0   | 2.5    | 1.50   | 0.00 |
| Weighted Daily Average         |             |    | 1003 | 59  | 1511 | 17.53 | 14.83 | 1140.9 | 2470 | 482 | 43.73 | 39.44 | 159.30 | 22.75  | 8.18   | 0.00 |
| % of Calories                  |             |    |      |     |      |       |       |        |      |     |       | 15.7% | 63.5%  | 20.4%  | 7.3%   | 0.0% |
| Nutrient Guideline             |             |    | 846  | 100 | 1692 | 8.46  | 4.50  | 400.00 | 1500 |     | 19.20 | 16.70 |        | <=30.0 | <10.00 |      |
| % of Guideline Satisfied       |             |    | 119% | 59% | 89%  | 207%  | 330%  | 285%   | 165% |     | 228%  | 236%  |        |        |        |      |
| Shortfall                      |             |    |      | 41  | 181  |       |       |        |      |     |       |       |        |        |        |      |

\*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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## Lake Havasu Unified School District

### May 1, 2012 thru May 23, 2012 Spreadsheet - Portion Values

#### BBQ HS

|                                | 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) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 05/21/2012               |              |          |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| BBQ HS                         | Total        | 30       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Hamburger                      | 1 Each       | 30       | 290         | 40          | 610       | 4.00      | 3.60      | 60.0       | 100        | 20         | 0.0        | 17.0      | 26.0     | 12.0      | 4.50      | 0.00                    |
| BURGER TOPPINGS                | 1 Each       | 20       | 241         | 11          | 736       | 8.95      | 1.04      | 886.5      | 464        | 94         | 35.77      | 8.27      | 44.8     | 4.08      | 2.45      | 0.00                    |
| Sun Chips, French Onion        | Bag          | 15       | 140         | 0           | 170       | 3.01      | 0.36      | 0.0        | 0          | 0          | 0.0        | 2.0       | 18.03    | 6.01      | 1.00      | 0.00                    |
| Apple, Orng, Banana & Carrot   | 1/2 Cup      | 15       | 62          | 0           | 6         | 2.47      | 0.20      | 21.0       | 2071       | 411        | 22.77      | 0.8       | 15.59    | 0.15      | 0.04      | 0.00                    |
| Crackers, Assorted II          | Servings     | 15       | 80          | 0           | 68        | 0.33      | 0.48      | 33.3       | 0          | 0          | 0.0        | 1.0       | 14.67    | 1.67      | 0.00      | 0.00                    |
| Juice, 4oz. Apple/Orange/Grape | 1 Cup        | 15       | 37          | 0           | 10        | 0.00      | 0.00      | 0.0        | 0          | 0          | 10.0       | 0.33      | 9.0      | 0.0       | 0.00      | 0.00                    |
| Yogurt & Granola II            | 1 Each       | 15       | 232         | 5           | 145       | 2.60      | 1.56      | 116.7      | 684        | 137        | 1.04       | 6.8       | 46.05    | 2.74      | 1.10      | 0.00                    |
| Trail Mix, Fruit & Nut         | 3 oz Servin  | 15       | 277         | 0           | 5         | 6.72      | 18.03     | 88.7       | 165        | 11         | 0.2        | 3.72      | 60.33    | 2.51      | 0.16      | 0.00                    |
| MILK CHOCOLATE FF              | 1 Each       | 18       | 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       | 18       | 100         | 10          | 125       | 0.00      | 0.00      | 300.0      | 500        | 100        | 2.4        | 8.0       | 12.0     | 2.5       | 1.50      | 0.00                    |
| Weighted Daily Average         |              |          | 1003        | 59          | 1511      | 17.53     | 14.83     | 1140.9     | 2470       | 482        | 43.73      | 39.44     | 159.30   | 22.75     | 8.18      | 0.00                    |
| % of Calories                  |              |          |             |             |           |           |           |            |            |            |            | 15.7%     | 63.5%    | 20.4%     | 7.3%      | 0.0%                    |
| Nutrient Guideline             |              |          | 846         | 100         | 1692      | 8.46      | 4.50      | 400.00     | 1500       |            | 19.20      | 16.70     |          | <=30.0    | <10.00    |                         |
| % of Guideline Satisfied       |              |          | 119%        | 59%         | 89%       | 207%      | 330%      | 285%       | 165%       |            | 228%       | 236%      |          |           |           |                         |
| Shortfall                      |              |          |             | 41          | 181       |           |           |            |            |            |            |           |          |           |           |                         |

|                                | 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 - 05/22/2012               |              |          |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| BBQ HS                         | Total        | 30       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Hamburger                      | 1 Each       | 30       | 290         | 40          | 610       | 4.00      | 3.60      | 60.0       | 100        | 20         | 0.0        | 17.0      | 26.0     | 12.0      | 4.50      | 0.00                    |
| BURGER TOPPINGS                | 1 Each       | 20       | 241         | 11          | 736       | 8.95      | 1.04      | 886.5      | 464        | 94         | 35.77      | 8.27      | 44.8     | 4.08      | 2.45      | 0.00                    |
| Sun Chips, French Onion        | Bag          | 15       | 140         | 0           | 170       | 3.01      | 0.36      | 0.0        | 0          | 0          | 0.0        | 2.0       | 18.03    | 6.01      | 1.00      | 0.00                    |
| Apple, Orng, Banana & Carrot   | 1/2 Cup      | 15       | 62          | 0           | 6         | 2.47      | 0.20      | 21.0       | 2071       | 411        | 22.77      | 0.8       | 15.59    | 0.15      | 0.04      | 0.00                    |
| Crackers, Assorted II          | Servings     | 15       | 80          | 0           | 68        | 0.33      | 0.48      | 33.3       | 0          | 0          | 0.0        | 1.0       | 14.67    | 1.67      | 0.00      | 0.00                    |
| Juice, 4oz. Apple/Orange/Grape | 1 Cup        | 15       | 37          | 0           | 10        | 0.00      | 0.00      | 0.0        | 0          | 0          | 10.0       | 0.33      | 9.0      | 0.0       | 0.00      | 0.00                    |
| Yogurt & Granola II            | 1 Each       | 15       | 232         | 5           | 145       | 2.60      | 1.56      | 116.7      | 684        | 137        | 1.04       | 6.8       | 46.05    | 2.74      | 1.10      | 0.00                    |
| Trail Mix, Fruit & Nut         | 3 oz Servin  | 15       | 277         | 0           | 5         | 6.72      | 18.03     | 88.7       | 165        | 11         | 0.2        | 3.72      | 60.33    | 2.51      | 0.16      | 0.00                    |
| MILK CHOCOLATE FF              | 1 Each       | 18       | 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       | 18       | 100         | 10          | 125       | 0.00      | 0.00      | 300.0      | 500        | 100        | 2.4        | 8.0       | 12.0     | 2.5       | 1.50      | 0.00                    |
| Weighted Daily Average         |              |          | 1003        | 59          | 1511      | 17.53     | 14.83     | 1140.9     | 2470       | 482        | 43.73      | 39.44     | 159.30   | 22.75     | 8.18      | 0.00                    |
| % of Calories                  |              |          |             |             |           |           |           |            |            |            |            | 15.7%     | 63.5%    | 20.4%     | 7.3%      | 0.0%                    |
| Nutrient Guideline             |              |          | 846         | 100         | 1692      | 8.46      | 4.50      | 400.00     | 1500       |            | 19.20      | 16.70     |          | <=30.0    | <10.00    |                         |
| % of Guideline Satisfied       |              |          | 119%        | 59%         | 89%       | 207%      | 330%      | 285%       | 165%       |            | 228%       | 236%      |          |           |           |                         |
| Shortfall                      |              |          |             | 41          | 181       |           |           |            |            |            |            |           |          |           |           |                         |

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

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## Lake Havasu Unified School District

### May 1, 2012 thru May 23, 2012 Spreadsheet - Portion Values

#### BBQ HS

|                                | 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 - 05/23/2012               |              |          |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| BBQ HS                         | Total        | 30       |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Hamburger                      | 1 Each       | 30       | 290         | 40          | 610       | 4.00      | 3.60      | 60.0      | 100        | 20         | 0.0        | 17.0      | 26.0     | 12.0      | 4.50      | 0.00                    |
| BURGER TOPPINGS                | 1 Each       | 20       | 241         | 11          | 736       | 8.95      | 1.04      | 886.5     | 464        | 94         | 35.77      | 8.27      | 44.8     | 4.08      | 2.45      | 0.00                    |
| Sun Chips, French Onion        | Bag          | 15       | 140         | 0           | 170       | 3.01      | 0.36      | 0.0       | 0          | 0          | 0.0        | 2.0       | 18.03    | 6.01      | 1.00      | 0.00                    |
| Apple, Orng, Banana & Carrot   | 1/2 Cup      | 15       | 62          | 0           | 6         | 2.47      | 0.20      | 21.0      | 2071       | 411        | 22.77      | 0.8       | 15.59    | 0.15      | 0.04      | 0.00                    |
| Crackers, Assorted II          | Servings     | 15       | 80          | 0           | 68        | 0.33      | 0.48      | 33.3      | 0          | 0          | 0.0        | 1.0       | 14.67    | 1.67      | 0.00      | 0.00                    |
| Juice, 4oz. Apple/Orange/Grape | 1 Cup        | 15       | 37          | 0           | 10        | 0.00      | 0.00      | 0.0       | 0          | 0          | 10.0       | 0.33      | 9.0      | 0.0       | 0.00      | 0.00                    |
| Yogurt & Granola II            | 1 Each       | 15       | 232         | 5           | 145       | 2.60      | 1.56      | 116.7     | 684        | 137        | 1.04       | 6.8       | 46.05    | 2.74      | 1.10      | 0.00                    |
| Trail Mix, Fruit & Nut         | 3 oz Servin  | 15       | 277         | 0           | 5         | 6.72      | 18.03     | 88.7      | 165        | 11         | 0.2        | 3.72      | 60.33    | 2.51      | 0.16      | 0.00                    |
| MILK CHOCOLATE FF              | 1 Each       | 18       | 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       | 18       | 100         | 10          | 125       | 0.00      | 0.00      | 300.0     | 500        | 100        | 2.4        | 8.0       | 12.0     | 2.5       | 1.50      | 0.00                    |
| Weighted Daily Average         |              |          | 1003        | 59          | 1511      | 17.53     | 14.83     | 1140.9    | 2470       | 482        | 43.73      | 39.44     | 159.30   | 22.75     | 8.18      | 0.00                    |
| % of Calories                  |              |          |             |             |           |           |           |           |            |            |            | 15.7%     | 63.5%    | 20.4%     | 7.3%      | 0.0%                    |
| Nutrient Guideline             |              |          | 846         | 100         | 1692      | 8.46      | 4.50      | 400.00    | 1500       |            | 19.20      | 16.70     |          | <=30.0    | <10.00    |                         |
| % of Guideline Satisfied       |              |          | 119%        | 59%         | 89%       | 207%      | 330%      | 285%      | 165%       |            | 228%       | 236%      |          |           |           |                         |
| Shortfall                      |              |          |             | 41          | 181       |           |           |           |            |            |            |           |          |           |           |                         |

|                  |  |  |      |    |      |       |       |        |      |     |       |       |        |       |      |      |
|------------------|--|--|------|----|------|-------|-------|--------|------|-----|-------|-------|--------|-------|------|------|
| Weighted Average |  |  | 1003 | 59 | 1511 | 17.53 | 14.83 | 1140.9 | 2470 | 482 | 43.73 | 39.44 | 159.30 | 22.75 | 8.18 | 0.00 |
|                  |  |  |      |    |      |       |       |        |      |     |       | 15.7% | 63.5%  | 20.4% | 7.3% | 0.0% |

| Nutrient          | Menu AVG | % of Cals | Target   | % of Target | Miss Data | Shortfall | Error Messages (if any) |
|-------------------|----------|-----------|----------|-------------|-----------|-----------|-------------------------|
| Calories          | 1003     |           | 846      | 119%        |           |           |                         |
| Cholesterol (mg)  | 59       |           | 100      | 59%         |           |           |                         |
| Sodium (mg)       | 1511     |           | 1692     | 89%         |           |           |                         |
| Fiber (g)         | 17.53    |           | 8.46     | 207%        |           |           |                         |
| Iron (mg)         | 14.83    |           | 4.50     | 330%        |           |           |                         |
| Calcium (mg)      | 1140.9   |           | 400.00   | 285%        |           |           |                         |
| Vitamin A (IU)    | 2470     |           | 1500     | 165%        |           |           |                         |
| Vitamin A (RE)    | 482      |           | 300      | 161%        |           |           |                         |
| Vitamin C (mg)    | 43.73    |           | 19.20    | 228%        |           |           |                         |
| Protein (g)       | 39.44    | 15.73%    | 16.70    | 236%        |           |           |                         |
| Carbohydrate (g)  | 159.30   | 63.55%    |          |             |           |           |                         |
| Total Fat (g)     | 22.75    | 20.42%    | <=30.00% |             |           |           |                         |
| Saturated Fat (g) | 8.18     | 7.35%     | <10.00%  |             |           |           |                         |
| Trans Fat (g)     | 0.00     | 0.00%     |          |             |           |           |                         |

**\*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.