

Lake Havasu Unified School District

Dec 1, 2011 thru Dec 22, 2011 Spreadsheet - Portion Values

Dec 2, 2011

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Action Line

| | 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 - 12/01/2011 | | | | | | | | | | | | | | | | |
| Action Line | Total | 800 | | | | | | | | | | | | | | |
| CORN DOG | 1 Each | 133 | 212 | 15 | 505 | 0.00 | 1.09 | 0.0 | 0 | 0 | 0.0 | 7.06 | 17.16 | 13.12 | 5.05 | 0.00 |
| CARROTS, Sliced Canned 1/2c | 1/2 Cup | 133 | 25 | 0 | 240 | 1.49 | 0.63 | 24.8 | 11066 | 1364 | 2.67 | 0.63 | 5.49 | 0.19 | 0.04 | 0.00 |
| SALAD Chix Brd Caesar SS W 2.0 | 1 Each | 133 | 474 | 59 | 1431 | 5.37 | 3.62 | 389.5 | 10170 | 2034 | 27.22 | 26.13 | 32.61 | 27.87 | 7.87 | 0.00 |
| Sandwich, Turkey & Ham | 1 Each | 134 | 281 | 20 | 1341 | 4.67 | 2.17 | 169.0 | 534 | 137 | 4.67 | 22.19 | 33.49 | 8.14 | 2.29 | 0.00 |
| PB & J | 1 Each | 133 | 440 | 0 | 490 | 6.00 | 1.80 | 60.0 | 0 | 0 | 0.0 | 12.0 | 60.0 | 18.0 | 3.50 | 0.00 |
| WRAP, Chicken Patty | 1 Each | 134 | 471 | 30 | 964 | 5.82 | 3.52 | 210.1 | 2042 | 188 | 11.09 | 22.87 | 47.96 | 20.64 | 4.54 | 0.00 |
| WRAP, All-American | 1 Each | 133 | 351 | 30 | 1325 | 2.82 | 2.09 | 214.0 | 2194 | 218 | 11.09 | 18.65 | 35.32 | 15.49 | 5.99 | 0.00 |
| POTATO, FF 1/4" Gen7 1/2c | 4 oz. servin | 400 | 143 | 0 | 159 | 2.39 | 0.29 | 0.0 | 0 | 0 | 4.78 | 1.59 | 20.71 | 6.37 | 0.40 | 0.00 |
| CARROTS, Fresh Baby IW Bag | 1.6 oz. Bag | 400 | 20 | 0 | 23 | 1.16 | 0.00 | 11.6 | 7851 | 1570 | 3.49 | 0.58 | 4.65 | 0.0 | 0.00 | 0.00 |
| Fresh Fruit, Apple, Orng, Bana | 1/2 Cup | 400 | 83 | 0 | 1 | 3.34 | 0.21 | 28.1 | 180 | 32 | 37.12 | 1.11 | 21.29 | 0.27 | 0.06 | 0.00 |
| Juice, 4oz. Apple/Orange | 1 Cup | 400 | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 0 | 15.0 | 0.5 | 13.5 | 0.0 | 0.00 | 0.00 |
| Crackers, Assorted | Servings | 400 | 104 | 2 | 126 | 0.33 | 0.48 | 26.7 | 0 | 0 | 0.0 | 2.01 | 17.41 | 2.52 | 0.34 | 0.00 |
| Yogurt & Granola II | 1 Each | 400 | 270 | 4 | 162 | 3.47 | 2.08 | 87.4 | 893 | 179 | 1.39 | 7.13 | 54.78 | 3.06 | 1.08 | 0.00 |
| MILK WHITE LOWFAT 1% | 1 Each | 400 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 2.4 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| MILK CHOCOLATE FF | 1 Each | 400 | 130 | 5 | 220 | 0.00 | 0.36 | 300.0 | 500 | 100 | 2.4 | 8.0 | 24.0 | 0.0 | 0.00 | 0.00 |
| COND PC Mustard 6g Heinz | Packet | 100 | 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 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 |
| Dressing, Ranch PC | Packet | 100 | 65 | 0 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 1.02 | 1.0 | 7.0 | 1.00 | 0.00 |
| COND PC, Ketchup 9g Heinz | Packet | 325 | 11 | 0 | 85 | 0.13 | 0.03 | 1.4 | 42 | 17 | 0.59 | 0.1 | 2.61 | 0.02 | 0.00 | 0.00 |
| Weighted Daily Average | | | 851 | 36 | 1533 | 9.79 | 4.22 | 555.9 | 9307 | 1653 | 42.99 | 32.93 | 124.11 | 26.58 | 6.85 | 0.02 |
| % of Calories | | | | | | | | | | | | 15.5% | 58.3% | 28.1% | 7.2% | 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 | | | 101% | 36% | 91% | 116% | 94% | 139% | 620% | | 224% | 197% | | | | |
| Shortfall | | | | 64 | 159 | | 0.28 | | | | | | | | | |

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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Dec 2, 2011

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Action Line

| | 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 - 12/02/2011 | | | | | | | | | | | | | | | | |
| Action Line | Total | 800 | | | | | | | | | | | | | | |
| TERIYAKI CHICKEN W/RICE | 4 OZ | 133 | 359 | 144 | 1093 | 1.80 | 3.55 | 26.3 | 0 | 0 | 0.0 | 31.17 | 31.49 | 12.6 | 3.60 | 0.00 |
| Cookie, Fortune | 1 EACH | 133 | 90 | 0 | 100 | 0.00 | 1.44 | 80.0 | 0 | 0 | 0.0 | 1.0 | 16.0 | 3.0 | 0.50 | 0.00 |
| Chef Salad | 1 Each | 133 | 254 | 43 | 911 | 1.37 | 1.71 | 235.7 | 1311 | 262 | 8.73 | 17.46 | 17.24 | 13.21 | 5.58 | 0.00 |
| Sandwich, Turkey & Ham | 1 Each | 134 | 281 | 20 | 1341 | 4.67 | 2.17 | 169.0 | 534 | 137 | 4.67 | 22.19 | 33.49 | 8.14 | 2.29 | 0.00 |
| PB & J | 1 Each | 133 | 440 | 0 | 490 | 6.00 | 1.80 | 60.0 | 0 | 0 | 0.0 | 12.0 | 60.0 | 18.0 | 3.50 | 0.00 |
| WRAP, Chicken Patty | 1 Each | 134 | 471 | 30 | 964 | 5.82 | 3.52 | 210.1 | 2042 | 188 | 11.09 | 22.87 | 47.96 | 20.64 | 4.54 | 0.00 |
| WRAP, All-American | 1 Each | 133 | 351 | 30 | 1325 | 2.82 | 2.09 | 214.0 | 2194 | 218 | 11.09 | 18.65 | 35.32 | 15.49 | 5.99 | 0.00 |
| POTATO, FF 1/4" Gen7 1/2c | 4 oz. servin | 400 | 143 | 0 | 159 | 2.39 | 0.29 | 0.0 | 0 | 0 | 4.78 | 1.59 | 20.71 | 6.37 | 0.40 | 0.00 |
| CARROTS, Fresh Baby IW Bag | 1.6 oz. Bag | 400 | 20 | 0 | 23 | 1.16 | 0.00 | 11.6 | 7851 | 1570 | 3.49 | 0.58 | 4.65 | 0.0 | 0.00 | 0.00 |
| Fresh Fruit, Apple, Orng, Bana | 1/2 Cup | 400 | 83 | 0 | 1 | 3.34 | 0.21 | 28.1 | 180 | 32 | 37.12 | 1.11 | 21.29 | 0.27 | 0.06 | 0.00 |
| Juice, 4oz. Apple/Orange | 1 Cup | 400 | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 0 | 15.0 | 0.5 | 13.5 | 0.0 | 0.00 | 0.00 |
| Crackers, Assorted | Servings | 400 | 104 | 2 | 126 | 0.33 | 0.48 | 26.7 | 0 | 0 | 0.0 | 2.01 | 17.41 | 2.52 | 0.34 | 0.00 |
| Yogurt & Granola II | 1 Each | 400 | 270 | 4 | 162 | 3.47 | 2.08 | 87.4 | 893 | 179 | 1.39 | 7.13 | 54.78 | 3.06 | 1.08 | 0.00 |
| MILK WHITE LOWFAT 1% | 1 Each | 400 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 2.4 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| MILK CHOCOLATE FF | 1 Each | 400 | 130 | 5 | 220 | 0.00 | 0.36 | 300.0 | 500 | 100 | 2.4 | 8.0 | 24.0 | 0.0 | 0.00 | 0.00 |
| COND PC Mustard 6g Heinz | Packet | 100 | 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 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 |
| Dressing, Ranch PC | Packet | 100 | 65 | 0 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 1.02 | 1.0 | 7.0 | 1.00 | 0.00 |
| COND PC, Ketchup 9g Heinz | Packet | 325 | 11 | 0 | 85 | 0.13 | 0.03 | 1.4 | 42 | 17 | 0.59 | 0.1 | 2.61 | 0.02 | 0.00 | 0.00 |
| Weighted Daily Average | | | 850 | 55 | 1521 | 9.18 | 4.44 | 543.8 | 5994 | 1132 | 39.47 | 35.55 | 125.69 | 24.52 | 6.31 | 0.02 |
| % of Calories | | | | | | | | | | | | 16.7% | 59.2% | 26.0% | 6.7% | 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 | | | 100% | 55% | 90% | 108% | 99% | 136% | 400% | | 206% | 213% | | | | |
| Shortfall | | | | 45 | 171 | | 0.06 | | | | | | | | | |

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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Action Line

| | 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 - 12/05/2011 | | | | | | | | | | | | | | | | |
| Action Line | Total | 800 | | | | | | | | | | | | | | |
| Pasta, Baked | 1/2 CUP | 160 | 310 | 52 | 354 | 2.74 | 15.59 | 113.7 | 638 | 126 | 9.85 | 19.79 | 24.58 | 14.53 | 5.36 | 0.64 |
| BREADSTICK | 1 EACH | 160 | 162 | 0 | 301 | 0.99 | 1.42 | 0.0 | 243 | 49 | 0.0 | 4.94 | 22.75 | 5.35 | 2.43 | 0.00 |
| Sub Sandwich Salad | Servings | 160 | 304 | 39 | 1121 | 2.32 | 1.93 | 254.5 | 1218 | 244 | 7.77 | 22.38 | 22.47 | 15.9 | 6.37 | 0.00 |
| Sandwich, Turkey & Ham | 1 Each | 160 | 281 | 20 | 1341 | 4.67 | 2.17 | 169.0 | 534 | 137 | 4.67 | 22.19 | 33.49 | 8.14 | 2.29 | 0.00 |
| PB & J | 1 Each | 160 | 440 | 0 | 490 | 6.00 | 1.80 | 60.0 | 0 | 0 | 0.0 | 12.0 | 60.0 | 18.0 | 3.50 | 0.00 |
| WRAP, Chicken Patty | 1 Each | 160 | 471 | 30 | 964 | 5.82 | 3.52 | 210.1 | 2042 | 188 | 11.09 | 22.87 | 47.96 | 20.64 | 4.54 | 0.00 |
| POTATO, FF 1/4" Gen7 1/2c | 4 oz. servin | 400 | 143 | 0 | 159 | 2.39 | 0.29 | 0.0 | 0 | 0 | 4.78 | 1.59 | 20.71 | 6.37 | 0.40 | 0.00 |
| CARROTS, Fresh Baby IW Bag | 1.6 oz. Bag | 400 | 20 | 0 | 23 | 1.16 | 0.00 | 11.6 | 7851 | 1570 | 3.49 | 0.58 | 4.65 | 0.0 | 0.00 | 0.00 |
| Fresh Fruit, Apple, Orng, Bana | 1/2 Cup | 400 | 83 | 0 | 1 | 3.34 | 0.21 | 28.1 | 180 | 32 | 37.12 | 1.11 | 21.29 | 0.27 | 0.06 | 0.00 |
| Juice, 4oz. Apple/Orange | 1 Cup | 400 | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 0 | 15.0 | 0.5 | 13.5 | 0.0 | 0.00 | 0.00 |
| Crackers, Assorted | Servings | 400 | 104 | 2 | 126 | 0.33 | 0.48 | 26.7 | 0 | 0 | 0.0 | 2.01 | 17.41 | 2.52 | 0.34 | 0.00 |
| Yogurt & Granola II | 1 Each | 400 | 270 | 4 | 162 | 3.47 | 2.08 | 87.4 | 893 | 179 | 1.39 | 7.13 | 54.78 | 3.06 | 1.08 | 0.00 |
| MILK WHITE LOWFAT 1% | 1 Each | 400 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 2.4 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| MILK CHOCOLATE FF | 1 Each | 400 | 130 | 5 | 220 | 0.00 | 0.36 | 300.0 | 500 | 100 | 2.4 | 8.0 | 24.0 | 0.0 | 0.00 | 0.00 |
| COND PC Mustard 6g Heinz | Packet | 100 | 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 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 |
| Dressing, Ranch PC | Packet | 100 | 65 | 0 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 1.02 | 1.0 | 7.0 | 1.00 | 0.00 |
| COND PC, Ketchup 9g Heinz | Packet | 325 | 11 | 0 | 85 | 0.13 | 0.03 | 1.4 | 42 | 17 | 0.59 | 0.1 | 2.61 | 0.02 | 0.00 | 0.00 |
| Weighted Daily Average | | | 869 | 39 | 1398 | 9.93 | 7.02 | 539.4 | 5915 | 1146 | 40.21 | 35.49 | 127.69 | 25.86 | 6.87 | 0.14 |
| % of Calories | | | | | | | | | | | | 16.3% | 58.8% | 26.8% | 7.1% | 0.1% |
| Nutrient Guideline | | | 846 | 100 | 1692 | 8.46 | 4.50 | 400.00 | 1500 | | 19.20 | 16.70 | | <=30.0 | <10.00 | |
| % of Guideline Satisfied | | | 103% | 39% | 83% | 117% | 156% | 135% | 394% | | 209% | 213% | | | | |
| Shortfall | | | | 61 | 294 | | | | | | | | | | | |

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Action Line

| | 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 - 12/06/2011 | | | | | | | | | | | | | | | | |
| Action Line | Total | 800 | | | | | | | | | | | | | | |
| Wrap, Sante Fe | Servings | 133 | 494 | 51 | 904 | 6.11 | 9.95 | 311.7 | 472 | 94 | 3.39 | 30.51 | 66.22 | 12.34 | 4.79 | 0.00 |
| FRITO TACO SALAD | 1 Each | 133 | 441 | 51 | 786 | 2.98 | 2.06 | 328.0 | 974 | 195 | 5.15 | 20.77 | 22.59 | 29.28 | 4.53 | 0.00 |
| Sandwich, Turkey & Ham | 1 Each | 134 | 281 | 20 | 1341 | 4.67 | 2.17 | 169.0 | 534 | 137 | 4.67 | 22.19 | 33.49 | 8.14 | 2.29 | 0.00 |
| PB & J | 1 Each | 133 | 440 | 0 | 490 | 6.00 | 1.80 | 60.0 | 0 | 0 | 0.0 | 12.0 | 60.0 | 18.0 | 3.50 | 0.00 |
| WRAP, Chicken Patty | 1 Each | 134 | 471 | 30 | 964 | 5.82 | 3.52 | 210.1 | 2042 | 188 | 11.09 | 22.87 | 47.96 | 20.64 | 4.54 | 0.00 |
| WRAP, All-American | 1 Each | 133 | 351 | 30 | 1325 | 2.82 | 2.09 | 214.0 | 2194 | 218 | 11.09 | 18.65 | 35.32 | 15.49 | 5.99 | 0.00 |
| POTATO, FF 1/4" Gen7 1/2c | 4 oz. servin | 400 | 143 | 0 | 159 | 2.39 | 0.29 | 0.0 | 0 | 0 | 4.78 | 1.59 | 20.71 | 6.37 | 0.40 | 0.00 |
| CARROTS, Fresh Baby IW Bag | 1.6 oz. Bag | 400 | 20 | 0 | 23 | 1.16 | 0.00 | 11.6 | 7851 | 1570 | 3.49 | 0.58 | 4.65 | 0.0 | 0.00 | 0.00 |
| Fresh Fruit, Apple, Orng, Bana | 1/2 Cup | 400 | 83 | 0 | 1 | 3.34 | 0.21 | 28.1 | 180 | 32 | 37.12 | 1.11 | 21.29 | 0.27 | 0.06 | 0.00 |
| Juice, 4oz. Apple/Orange | 1 Cup | 400 | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 0 | 15.0 | 0.5 | 13.5 | 0.0 | 0.00 | 0.00 |
| Crackers, Assorted | Servings | 400 | 104 | 2 | 126 | 0.33 | 0.48 | 26.7 | 0 | 0 | 0.0 | 2.01 | 17.41 | 2.52 | 0.34 | 0.00 |
| Yogurt & Granola II | 1 Each | 400 | 270 | 4 | 162 | 3.47 | 2.08 | 87.4 | 893 | 179 | 1.39 | 7.13 | 54.78 | 3.06 | 1.08 | 0.00 |
| MILK WHITE LOWFAT 1% | 1 Each | 400 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 2.4 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| MILK CHOCOLATE FF | 1 Each | 400 | 130 | 5 | 220 | 0.00 | 0.36 | 300.0 | 500 | 100 | 2.4 | 8.0 | 24.0 | 0.0 | 0.00 | 0.00 |
| COND PC Mustard 6g Heinz | Packet | 100 | 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 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 |
| Dressing, Ranch PC | Packet | 100 | 65 | 0 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 1.02 | 1.0 | 7.0 | 1.00 | 0.00 |
| COND PC, Ketchup 9g Heinz | Packet | 325 | 11 | 0 | 85 | 0.13 | 0.03 | 1.4 | 42 | 17 | 0.59 | 0.1 | 2.61 | 0.02 | 0.00 | 0.00 |
| Weighted Daily Average | | | 889 | 41 | 1452 | 10.16 | 5.33 | 593.3 | 6017 | 1136 | 39.44 | 35.83 | 129.69 | 26.66 | 6.25 | 0.02 |
| % of Calories | | | | | | | | | | | | 16.1% | 58.4% | 27.0% | 6.3% | 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 | | | 105% | 41% | 86% | 120% | 118% | 148% | 401% | | 205% | 215% | | | | |
| Shortfall | | | | 59 | 240 | | | | | | | | | | | |

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|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 12/07/2011 | | | | | | | | | | | | | | | | |
| Action Line | Total | 800 | | | | | | | | | | | | | | |
| Chicken Cordon Bleu | 1 Each | 133 | 393 | 43 | 1119 | 6.01 | 3.85 | 182.6 | 112 | 22 | 0.0 | 26.32 | 39.9 | 14.18 | 3.65 | 0.01 |
| PEAS, Green Canned 1/2c | 1/2 Cup | 133 | 61 | 0 | 255 | 4.30 | 1.07 | 20.2 | 759 | 68 | 8.42 | 3.92 | 9.98 | 0.54 | 0.05 | 0.00 |
| Southwest Chicken Salad | 1 Each | 133 | 272 | 35 | 1015 | 6.36 | 3.25 | 194.8 | 3358 | 271 | 28.02 | 17.93 | 20.74 | 12.59 | 4.04 | 0.00 |
| Sandwich, Turkey & Ham | 1 Each | 134 | 281 | 20 | 1341 | 4.67 | 2.17 | 169.0 | 534 | 137 | 4.67 | 22.19 | 33.49 | 8.14 | 2.29 | 0.00 |
| PB & J | 1 Each | 133 | 440 | 0 | 490 | 6.00 | 1.80 | 60.0 | 0 | 0 | 0.0 | 12.0 | 60.0 | 18.0 | 3.50 | 0.00 |
| WRAP, Chicken Patty | 1 Each | 134 | 471 | 30 | 964 | 5.82 | 3.52 | 210.1 | 2042 | 188 | 11.09 | 22.87 | 47.96 | 20.64 | 4.54 | 0.00 |
| WRAP, All-American | 1 Each | 133 | 351 | 30 | 1325 | 2.82 | 2.09 | 214.0 | 2194 | 218 | 11.09 | 18.65 | 35.32 | 15.49 | 5.99 | 0.00 |
| POTATO, FF 1/4" Gen7 1/2c | 4 oz. servin | 400 | 143 | 0 | 159 | 2.39 | 0.29 | 0.0 | 0 | 0 | 4.78 | 1.59 | 20.71 | 6.37 | 0.40 | 0.00 |
| CARROTS, Fresh Baby IW Bag | 1.6 oz. Bag | 400 | 20 | 0 | 23 | 1.16 | 0.00 | 11.6 | 7851 | 1570 | 3.49 | 0.58 | 4.65 | 0.0 | 0.00 | 0.00 |
| Fresh Fruit, Apple, Orng, Bana | 1/2 Cup | 400 | 83 | 0 | 1 | 3.34 | 0.21 | 28.1 | 180 | 32 | 37.12 | 1.11 | 21.29 | 0.27 | 0.06 | 0.00 |
| Juice, 4oz. Apple/Orange | 1 Cup | 400 | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 0 | 15.0 | 0.5 | 13.5 | 0.0 | 0.00 | 0.00 |
| Crackers, Assorted | Servings | 400 | 104 | 2 | 126 | 0.33 | 0.48 | 26.7 | 0 | 0 | 0.0 | 2.01 | 17.41 | 2.52 | 0.34 | 0.00 |
| Yogurt & Granola II | 1 Each | 400 | 270 | 4 | 162 | 3.47 | 2.08 | 87.4 | 893 | 179 | 1.39 | 7.13 | 54.78 | 3.06 | 1.08 | 0.00 |
| MILK WHITE LOWFAT 1% | 1 Each | 400 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 2.4 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| MILK CHOCOLATE FF | 1 Each | 400 | 130 | 5 | 220 | 0.00 | 0.36 | 300.0 | 500 | 100 | 2.4 | 8.0 | 24.0 | 0.0 | 0.00 | 0.00 |
| COND PC Mustard 6g Heinz | Packet | 100 | 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 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 |
| Dressing, Ranch PC | Packet | 100 | 65 | 0 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 1.02 | 1.0 | 7.0 | 1.00 | 0.00 |
| COND PC, Ketchup 9g Heinz | Packet | 325 | 11 | 0 | 85 | 0.13 | 0.03 | 1.4 | 42 | 17 | 0.59 | 0.1 | 2.61 | 0.02 | 0.00 | 0.00 |
| Weighted Daily Average | | | 854 | 37 | 1569 | 11.42 | 4.69 | 553.1 | 6479 | 1148 | 44.08 | 35.31 | 126.67 | 24.28 | 5.99 | 0.02 |
| % of Calories | | | | | | | | | | | | 16.5% | 59.3% | 25.6% | 6.3% | 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 | | | 101% | 37% | 93% | 135% | 104% | 138% | 432% | | 230% | 211% | | | | |
| Shortfall | | | | 63 | 123 | | | | | | | | | | | |

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

Dec 1, 2011 thru Dec 22, 2011 Spreadsheet - Portion Values

Dec 2, 2011

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Action Line

| | 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 - 12/08/2011 | | | | | | | | | | | | | | | | |
| Action Line | Total | 800 | | | | | | | | | | | | | | |
| TACOS BEEF | 1 EACH | 133 | 255 | 36 | 494 | 0.78 | 0.97 | 269.1 | 297 | 59 | 0.81 | 14.85 | 15.54 | 14.65 | 3.54 | 0.00 |
| Spanish Rice | 1/2 Cup | 133 | 330 | 0 | 155 | 0.67 | 5.15 | 77.5 | 67 | 13 | 0.0 | 7.63 | 73.84 | 0.0 | 0.00 | 0.00 |
| SALAD Chix Brd Caesar SS W 2.0 | 1 Each | 133 | 474 | 59 | 1431 | 5.37 | 3.62 | 389.5 | 10170 | 2034 | 27.22 | 26.13 | 32.61 | 27.87 | 7.87 | 0.00 |
| Sandwich, Turkey & Ham | 1 Each | 134 | 281 | 20 | 1341 | 4.67 | 2.17 | 169.0 | 534 | 137 | 4.67 | 22.19 | 33.49 | 8.14 | 2.29 | 0.00 |
| PB & J | 1 Each | 133 | 440 | 0 | 490 | 6.00 | 1.80 | 60.0 | 0 | 0 | 0.0 | 12.0 | 60.0 | 18.0 | 3.50 | 0.00 |
| WRAP, Chicken Patty | 1 Each | 134 | 471 | 30 | 964 | 5.82 | 3.52 | 210.1 | 2042 | 188 | 11.09 | 22.87 | 47.96 | 20.64 | 4.54 | 0.00 |
| WRAP, All-American | 1 Each | 133 | 351 | 30 | 1325 | 2.82 | 2.09 | 214.0 | 2194 | 218 | 11.09 | 18.65 | 35.32 | 15.49 | 5.99 | 0.00 |
| POTATO, FF 1/4" Gen7 1/2c | 4 oz. servin | 400 | 143 | 0 | 159 | 2.39 | 0.29 | 0.0 | 0 | 0 | 4.78 | 1.59 | 20.71 | 6.37 | 0.40 | 0.00 |
| CARROTS, Fresh Baby IW Bag | 1.6 oz. Bag | 400 | 20 | 0 | 23 | 1.16 | 0.00 | 11.6 | 7851 | 1570 | 3.49 | 0.58 | 4.65 | 0.0 | 0.00 | 0.00 |
| Fresh Fruit, Apple, Orng, Bana | 1/2 Cup | 400 | 83 | 0 | 1 | 3.34 | 0.21 | 28.1 | 180 | 32 | 37.12 | 1.11 | 21.29 | 0.27 | 0.06 | 0.00 |
| Juice, 4oz. Apple/Orange | 1 Cup | 400 | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 0 | 15.0 | 0.5 | 13.5 | 0.0 | 0.00 | 0.00 |
| Crackers, Assorted | Servings | 400 | 104 | 2 | 126 | 0.33 | 0.48 | 26.7 | 0 | 0 | 0.0 | 2.01 | 17.41 | 2.52 | 0.34 | 0.00 |
| Yogurt & Granola II | 1 Each | 400 | 270 | 4 | 162 | 3.47 | 2.08 | 87.4 | 893 | 179 | 1.39 | 7.13 | 54.78 | 3.06 | 1.08 | 0.00 |
| MILK WHITE LOWFAT 1% | 1 Each | 400 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 2.4 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| MILK CHOCOLATE FF | 1 Each | 400 | 130 | 5 | 220 | 0.00 | 0.36 | 300.0 | 500 | 100 | 2.4 | 8.0 | 24.0 | 0.0 | 0.00 | 0.00 |
| COND PC Mustard 6g Heinz | Packet | 100 | 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 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 |
| Dressing, Ranch PC | Packet | 100 | 65 | 0 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 1.02 | 1.0 | 7.0 | 1.00 | 0.00 |
| COND PC, Ketchup 9g Heinz | Packet | 325 | 11 | 0 | 85 | 0.13 | 0.03 | 1.4 | 42 | 17 | 0.59 | 0.1 | 2.61 | 0.02 | 0.00 | 0.00 |
| Weighted Daily Average | | | 909 | 40 | 1517 | 9.78 | 4.95 | 609.4 | 7527 | 1438 | 42.68 | 35.38 | 135.21 | 26.81 | 6.60 | 0.02 |
| % of Calories | | | | | | | | | | | | 15.6% | 59.5% | 26.5% | 6.5% | 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 | | | 107% | 40% | 90% | 116% | 110% | 152% | 502% | | 222% | 212% | | | | |
| Shortfall | | | | 60 | 175 | | | | | | | | | | | |

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Lake Havasu Unified School District

Dec 1, 2011 thru Dec 22, 2011 Spreadsheet - Portion Values

Action Line

| | 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 - 12/09/2011 | | | | | | | | | | | | | | | | |
| Action Line | Total | 800 | | | | | | | | | | | | | | |
| MEATBALL SUB, Italian | 1 Each | 133 | 391 | 39 | 900 | 3.80 | 2.63 | 217.1 | 292 | 58 | 3.8 | 21.5 | 44.5 | 14.98 | 5.48 | 0.56 |
| CORN, 3" Cobbettes Frz Comm | 1 each | 133 | 104 | 0 | 3 | 2.98 | 0.72 | 4.3 | 0 | 0 | 7.65 | 3.49 | 24.98 | 0.82 | 0.13 | 0.00 |
| Chef Salad | 1 Each | 133 | 254 | 43 | 911 | 1.37 | 1.71 | 235.7 | 1311 | 262 | 8.73 | 17.46 | 17.24 | 13.21 | 5.58 | 0.00 |
| Sandwich, Turkey & Ham | 1 Each | 134 | 281 | 20 | 1341 | 4.67 | 2.17 | 169.0 | 534 | 137 | 4.67 | 22.19 | 33.49 | 8.14 | 2.29 | 0.00 |
| PB & J | 1 Each | 133 | 440 | 0 | 490 | 6.00 | 1.80 | 60.0 | 0 | 0 | 0.0 | 12.0 | 60.0 | 18.0 | 3.50 | 0.00 |
| WRAP, Chicken Patty | 1 Each | 134 | 471 | 30 | 964 | 5.82 | 3.52 | 210.1 | 2042 | 188 | 11.09 | 22.87 | 47.96 | 20.64 | 4.54 | 0.00 |
| WRAP, All-American | 1 Each | 133 | 351 | 30 | 1325 | 2.82 | 2.09 | 214.0 | 2194 | 218 | 11.09 | 18.65 | 35.32 | 15.49 | 5.99 | 0.00 |
| POTATO, FF 1/4" Gen7 1/2c | 4 oz. servin | 400 | 143 | 0 | 159 | 2.39 | 0.29 | 0.0 | 0 | 0 | 4.78 | 1.59 | 20.71 | 6.37 | 0.40 | 0.00 |
| CARROTS, Fresh Baby IW Bag | 1.6 oz. Bag | 400 | 20 | 0 | 23 | 1.16 | 0.00 | 11.6 | 7851 | 1570 | 3.49 | 0.58 | 4.65 | 0.0 | 0.00 | 0.00 |
| Fresh Fruit, Apple, Orng, Bana | 1/2 Cup | 400 | 83 | 0 | 1 | 3.34 | 0.21 | 28.1 | 180 | 32 | 37.12 | 1.11 | 21.29 | 0.27 | 0.06 | 0.00 |
| Juice, 4oz. Apple/Orange | 1 Cup | 400 | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 0 | 15.0 | 0.5 | 13.5 | 0.0 | 0.00 | 0.00 |
| Crackers, Assorted | Servings | 400 | 104 | 2 | 126 | 0.33 | 0.48 | 26.7 | 0 | 0 | 0.0 | 2.01 | 17.41 | 2.52 | 0.34 | 0.00 |
| Yogurt & Granola II | 1 Each | 400 | 270 | 4 | 162 | 3.47 | 2.08 | 87.4 | 893 | 179 | 1.39 | 7.13 | 54.78 | 3.06 | 1.08 | 0.00 |
| MILK WHITE LOWFAT 1% | 1 Each | 400 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 2.4 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| MILK CHOCOLATE FF | 1 Each | 400 | 130 | 5 | 220 | 0.00 | 0.36 | 300.0 | 500 | 100 | 2.4 | 8.0 | 24.0 | 0.0 | 0.00 | 0.00 |
| COND PC Mustard 6g Heinz | Packet | 100 | 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 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 |
| Dressing, Ranch PC | Packet | 100 | 65 | 0 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 1.02 | 1.0 | 7.0 | 1.00 | 0.00 |
| COND PC, Ketchup 9g Heinz | Packet | 325 | 11 | 0 | 85 | 0.13 | 0.03 | 1.4 | 42 | 17 | 0.59 | 0.1 | 2.61 | 0.02 | 0.00 | 0.00 |
| Weighted Daily Average | | | 858 | 38 | 1473 | 10.00 | 4.17 | 563.0 | 6043 | 1141 | 41.37 | 34.36 | 129.35 | 24.56 | 6.56 | 0.11 |
| % of Calories | | | | | | | | | | | | 16.0% | 60.3% | 25.8% | 6.9% | 0.1% |
| Nutrient Guideline | | | 846 | 100 | 1692 | 8.46 | 4.50 | 400.00 | 1500 | | 19.20 | 16.70 | | <=30.0 | <10.00 | |
| % of Guideline Satisfied | | | 101% | 38% | 87% | 118% | 93% | 141% | 403% | | 215% | 206% | | | | |
| Shortfall | | | | 62 | 219 | | 0.33 | | | | | | | | | |

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Lake Havasu Unified School District

Dec 1, 2011 thru Dec 22, 2011 Spreadsheet - Portion Values

Action Line

| | 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 - 12/12/2011 | | | | | | | | | | | | | | | | |
| Action Line | Total | 800 | | | | | | | | | | | | | | |
| Grilled Cheese Sandwich | Sandwich | 133 | 322 | 20 | 806 | 4.00 | 1.44 | 1558.7 | 911 | 182 | 0.0 | 12.07 | 29.01 | 18.2 | 9.62 | 0.00 |
| Soup, Tomato | Serving | 133 | 89 | 0 | 473 | 0.99 | 0.71 | 0.0 | 394 | 79 | 5.91 | 1.97 | 19.71 | 0.0 | 0.00 | 0.00 |
| SALAD Chix Brd Caesar SS W 2.0 | 1 Each | 133 | 474 | 59 | 1431 | 5.37 | 3.62 | 389.5 | 10170 | 2034 | 27.22 | 26.13 | 32.61 | 27.87 | 7.87 | 0.00 |
| Sandwich, Turkey & Ham | 1 Each | 134 | 281 | 20 | 1341 | 4.67 | 2.17 | 169.0 | 534 | 137 | 4.67 | 22.19 | 33.49 | 8.14 | 2.29 | 0.00 |
| PB & J | 1 Each | 133 | 440 | 0 | 490 | 6.00 | 1.80 | 60.0 | 0 | 0 | 0.0 | 12.0 | 60.0 | 18.0 | 3.50 | 0.00 |
| WRAP, Chicken Patty | 1 Each | 134 | 471 | 30 | 964 | 5.82 | 3.52 | 210.1 | 2042 | 188 | 11.09 | 22.87 | 47.96 | 20.64 | 4.54 | 0.00 |
| WRAP, All-American | 1 Each | 133 | 351 | 30 | 1325 | 2.82 | 2.09 | 214.0 | 2194 | 218 | 11.09 | 18.65 | 35.32 | 15.49 | 5.99 | 0.00 |
| POTATO, FF 1/4" Gen7 1/2c | 4 oz. servin | 343 | 143 | 0 | 159 | 2.39 | 0.29 | 0.0 | 0 | 0 | 4.78 | 1.59 | 20.71 | 6.37 | 0.40 | 0.00 |
| CARROTS, Fresh Baby IW Bag | 1.6 oz. Bag | 343 | 20 | 0 | 23 | 1.16 | 0.00 | 11.6 | 7851 | 1570 | 3.49 | 0.58 | 4.65 | 0.0 | 0.00 | 0.00 |
| Fresh Fruit, Apple, Orng, Bana | 1/2 Cup | 343 | 83 | 0 | 1 | 3.34 | 0.21 | 28.1 | 180 | 32 | 37.12 | 1.11 | 21.29 | 0.27 | 0.06 | 0.00 |
| Juice, 4oz. Apple/Orange | 1 Cup | 343 | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 0 | 15.0 | 0.5 | 13.5 | 0.0 | 0.00 | 0.00 |
| Crackers, Assorted | Servings | 343 | 104 | 2 | 126 | 0.33 | 0.48 | 26.7 | 0 | 0 | 0.0 | 2.01 | 17.41 | 2.52 | 0.34 | 0.00 |
| Yogurt & Granola II | 1 Each | 343 | 270 | 4 | 162 | 3.47 | 2.08 | 87.4 | 893 | 179 | 1.39 | 7.13 | 54.78 | 3.06 | 1.08 | 0.00 |
| RAISINS, Single Serve 1.5oz | Box, 1.5oz | 343 | 127 | 0 | 5 | 1.57 | 0.80 | 21.3 | 2 | 0 | 0.98 | 1.31 | 33.67 | 0.2 | 0.02 | 0.00 |
| MILK WHITE LOWFAT 1% | 1 Each | 400 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 2.4 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| MILK CHOCOLATE FF | 1 Each | 400 | 130 | 5 | 220 | 0.00 | 0.36 | 300.0 | 500 | 100 | 2.4 | 8.0 | 24.0 | 0.0 | 0.00 | 0.00 |
| COND PC Mustard 6g Heinz | Packet | 100 | 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 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 |
| Dressing, Ranch PC | Packet | 100 | 65 | 0 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 1.02 | 1.0 | 7.0 | 1.00 | 0.00 |
| COND PC, Ketchup 9g Heinz | Packet | 325 | 11 | 0 | 85 | 0.13 | 0.03 | 1.4 | 42 | 17 | 0.59 | 0.1 | 2.61 | 0.02 | 0.00 | 0.00 |
| Weighted Daily Average | | | 887 | 37 | 1589 | 10.28 | 4.42 | 809.0 | 7049 | 1343 | 39.54 | 33.62 | 133.46 | 26.61 | 7.48 | 0.02 |
| % of Calories | | | | | | | | | | | 15.2% | | 60.2% | 27.0% | 7.6% | 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 | | | 105% | 37% | 94% | 122% | 98% | 202% | 470% | | 206% | 201% | | | | |
| Shortfall | | | | 63 | 103 | | 0.08 | | | | | | | | | |

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Lake Havasu Unified School District

Dec 1, 2011 thru Dec 22, 2011 Spreadsheet - Portion Values

Dec 2, 2011

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Action Line

| | 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 - 12/13/2011 | | | | | | | | | | | | | | | | |
| Action Line | Total | 800 | | | | | | | | | | | | | | |
| Chili Dog | 1 Each | 133 | 381 | 41 | 977 | 3.38 | 2.41 | 66.5 | 115 | 23 | 0.0 | 15.68 | 34.41 | 19.99 | 7.65 | 0.00 |
| BEANS, Kickin' Pintos 1/2c | 1/2 Cup | 133 | 88 | 0 | 399 | 4.79 | 1.41 | 41.7 | 43 | 9 | 0.87 | 4.71 | 15.69 | 0.78 | 0.16 | 0.00 |
| Southwest Chicken Salad | 1 Each | 133 | 272 | 35 | 1015 | 6.36 | 3.25 | 194.8 | 3358 | 271 | 28.02 | 17.93 | 20.74 | 12.59 | 4.04 | 0.00 |
| Sandwich, Turkey & Ham | 1 Each | 134 | 281 | 20 | 1341 | 4.67 | 2.17 | 169.0 | 534 | 137 | 4.67 | 22.19 | 33.49 | 8.14 | 2.29 | 0.00 |
| PB & J | 1 Each | 133 | 440 | 0 | 490 | 6.00 | 1.80 | 60.0 | 0 | 0 | 0.0 | 12.0 | 60.0 | 18.0 | 3.50 | 0.00 |
| WRAP, Chicken Patty | 1 Each | 134 | 471 | 30 | 964 | 5.82 | 3.52 | 210.1 | 2042 | 188 | 11.09 | 22.87 | 47.96 | 20.64 | 4.54 | 0.00 |
| WRAP, All-American | 1 Each | 133 | 351 | 30 | 1325 | 2.82 | 2.09 | 214.0 | 2194 | 218 | 11.09 | 18.65 | 35.32 | 15.49 | 5.99 | 0.00 |
| POTATO, FF 1/4" Gen7 1/2c | 4 oz. servin | 343 | 143 | 0 | 159 | 2.39 | 0.29 | 0.0 | 0 | 0 | 4.78 | 1.59 | 20.71 | 6.37 | 0.40 | 0.00 |
| CARROTS, Fresh Baby IW Bag | 1.6 oz. Bag | 343 | 20 | 0 | 23 | 1.16 | 0.00 | 11.6 | 7851 | 1570 | 3.49 | 0.58 | 4.65 | 0.0 | 0.00 | 0.00 |
| Fresh Fruit, Apple, Orng, Bana | 1/2 Cup | 343 | 83 | 0 | 1 | 3.34 | 0.21 | 28.1 | 180 | 32 | 37.12 | 1.11 | 21.29 | 0.27 | 0.06 | 0.00 |
| Juice, 4oz. Apple/Orange | 1 Cup | 343 | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 0 | 15.0 | 0.5 | 13.5 | 0.0 | 0.00 | 0.00 |
| Crackers, Assorted | Servings | 343 | 104 | 2 | 126 | 0.33 | 0.48 | 26.7 | 0 | 0 | 0.0 | 2.01 | 17.41 | 2.52 | 0.34 | 0.00 |
| Yogurt & Granola II | 1 Each | 343 | 270 | 4 | 162 | 3.47 | 2.08 | 87.4 | 893 | 179 | 1.39 | 7.13 | 54.78 | 3.06 | 1.08 | 0.00 |
| RAISINS, Single Serve 1.5oz | Box, 1.5oz | 343 | 127 | 0 | 5 | 1.57 | 0.80 | 21.3 | 2 | 0 | 0.98 | 1.31 | 33.67 | 0.2 | 0.02 | 0.00 |
| MILK WHITE LOWFAT 1% | 1 Each | 400 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 2.4 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| MILK CHOCOLATE FF | 1 Each | 400 | 130 | 5 | 220 | 0.00 | 0.36 | 300.0 | 500 | 100 | 2.4 | 8.0 | 24.0 | 0.0 | 0.00 | 0.00 |
| COND PC Mustard 6g Heinz | Packet | 100 | 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 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 |
| Dressing, Ranch PC | Packet | 100 | 65 | 0 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 1.02 | 1.0 | 7.0 | 1.00 | 0.00 |
| COND PC, Ketchup 9g Heinz | Packet | 325 | 11 | 0 | 85 | 0.13 | 0.03 | 1.4 | 42 | 17 | 0.59 | 0.1 | 2.61 | 0.02 | 0.00 | 0.00 |
| Weighted Daily Average | | | 863 | 36 | 1536 | 10.98 | 4.63 | 535.5 | 5726 | 1012 | 38.84 | 33.31 | 131.71 | 24.50 | 6.55 | 0.02 |
| % of Calories | | | | | | | | | | | | 15.4% | 61.1% | 25.6% | 6.8% | 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 | | | 102% | 36% | 91% | 130% | 103% | 134% | 382% | | 202% | 199% | | | | |
| Shortfall | | | | 64 | 156 | | | | | | | | | | | |

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Lake Havasu Unified School District

Dec 1, 2011 thru Dec 22, 2011 Spreadsheet - Portion Values

Dec 2, 2011

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Action Line

| | 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 - 12/14/2011 | | | | | | | | | | | | | | | | |
| Action Line | Total | 800 | | | | | | | | | | | | | | |
| Sandwich, Chicken Parmesan | 1 each | 133 | 444 | 28 | 1027 | 7.84 | 4.22 | 213.6 | 384 | 77 | 0.98 | 21.89 | 46.87 | 18.49 | 3.84 | 0.00 |
| BEANS, Green Canned 1/4c | 1/4 Cup | 133 | 8 | 0 | 101 | 0.89 | 0.33 | 10.8 | 136 | 13 | 1.66 | 0.45 | 1.7 | 0.04 | 0.01 | 0.00 |
| SALAD Chix Brd Caesar SS W 2.0 | 1 Each | 133 | 474 | 59 | 1431 | 5.37 | 3.62 | 389.5 | 10170 | 2034 | 27.22 | 26.13 | 32.61 | 27.87 | 7.87 | 0.00 |
| Sandwich, Turkey & Ham | 1 Each | 134 | 281 | 20 | 1341 | 4.67 | 2.17 | 169.0 | 534 | 137 | 4.67 | 22.19 | 33.49 | 8.14 | 2.29 | 0.00 |
| PB & J | 1 Each | 133 | 440 | 0 | 490 | 6.00 | 1.80 | 60.0 | 0 | 0 | 0.0 | 12.0 | 60.0 | 18.0 | 3.50 | 0.00 |
| WRAP, Chicken Patty | 1 Each | 134 | 471 | 30 | 964 | 5.82 | 3.52 | 210.1 | 2042 | 188 | 11.09 | 22.87 | 47.96 | 20.64 | 4.54 | 0.00 |
| WRAP, All-American | 1 Each | 133 | 351 | 30 | 1325 | 2.82 | 2.09 | 214.0 | 2194 | 218 | 11.09 | 18.65 | 35.32 | 15.49 | 5.99 | 0.00 |
| POTATO, FF 1/4" Gen7 1/2c | 4 oz. servin | 400 | 143 | 0 | 159 | 2.39 | 0.29 | 0.0 | 0 | 0 | 4.78 | 1.59 | 20.71 | 6.37 | 0.40 | 0.00 |
| CARROTS, Fresh Baby IW Bag | 1.6 oz. Bag | 400 | 20 | 0 | 23 | 1.16 | 0.00 | 11.6 | 7851 | 1570 | 3.49 | 0.58 | 4.65 | 0.0 | 0.00 | 0.00 |
| Fresh Fruit, Apple, Orng, Bana | 1/2 Cup | 400 | 83 | 0 | 1 | 3.34 | 0.21 | 28.1 | 180 | 32 | 37.12 | 1.11 | 21.29 | 0.27 | 0.06 | 0.00 |
| Juice, 4oz. Apple/Orange | 1 Cup | 400 | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 0 | 15.0 | 0.5 | 13.5 | 0.0 | 0.00 | 0.00 |
| Crackers, Assorted | Servings | 400 | 104 | 2 | 126 | 0.33 | 0.48 | 26.7 | 0 | 0 | 0.0 | 2.01 | 17.41 | 2.52 | 0.34 | 0.00 |
| Yogurt & Granola II | 1 Each | 400 | 270 | 4 | 162 | 3.47 | 2.08 | 87.4 | 893 | 179 | 1.39 | 7.13 | 54.78 | 3.06 | 1.08 | 0.00 |
| MILK WHITE LOWFAT 1% | 1 Each | 400 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 2.4 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| MILK CHOCOLATE FF | 1 Each | 400 | 130 | 5 | 220 | 0.00 | 0.36 | 300.0 | 500 | 100 | 2.4 | 8.0 | 24.0 | 0.0 | 0.00 | 0.00 |
| COND PC Mustard 6g Heinz | Packet | 100 | 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 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 |
| Dressing, Ranch PC | Packet | 100 | 65 | 0 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 1.02 | 1.0 | 7.0 | 1.00 | 0.00 |
| COND PC, Ketchup 9g Heinz | Packet | 325 | 11 | 0 | 85 | 0.13 | 0.03 | 1.4 | 42 | 17 | 0.59 | 0.1 | 2.61 | 0.02 | 0.00 | 0.00 |
| Weighted Daily Average | | | 887 | 39 | 1597 | 10.99 | 4.69 | 589.0 | 7553 | 1441 | 42.98 | 35.36 | 128.42 | 27.45 | 6.65 | 0.02 |
| % of Calories | | | | | | | | | | | | 15.9% | 57.9% | 27.9% | 6.7% | 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 | | | 105% | 39% | 94% | 130% | 104% | 147% | 504% | | 224% | 212% | | | | |
| Shortfall | | | | 61 | 95 | | | | | | | | | | | |

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

Dec 1, 2011 thru Dec 22, 2011 Spreadsheet - Portion Values

Dec 2, 2011

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Action Line

| | 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 - 12/15/2011 | | | | | | | | | | | | | | | | |
| Action Line | Total | 800 | | | | | | | | | | | | | | |
| SLOPPY JOE | 1 Each | 133 | 347 | 50 | 322 | 3.97 | 5.18 | 113.2 | 246 | 59 | 2.79 | 20.9 | 30.37 | 15.92 | 5.45 | 0.63 |
| CARROTS, Sliced Canned 1/2c | 1/2 Cup | 133 | 25 | 0 | 240 | 1.49 | 0.63 | 24.8 | 11066 | 1364 | 2.67 | 0.63 | 5.49 | 0.19 | 0.04 | 0.00 |
| Chef Salad | 1 Each | 133 | 254 | 43 | 911 | 1.37 | 1.71 | 235.7 | 1311 | 262 | 8.73 | 17.46 | 17.24 | 13.21 | 5.58 | 0.00 |
| Sandwich, Turkey & Ham | 1 Each | 134 | 281 | 20 | 1341 | 4.67 | 2.17 | 169.0 | 534 | 137 | 4.67 | 22.19 | 33.49 | 8.14 | 2.29 | 0.00 |
| PB & J | 1 Each | 133 | 440 | 0 | 490 | 6.00 | 1.80 | 60.0 | 0 | 0 | 0.0 | 12.0 | 60.0 | 18.0 | 3.50 | 0.00 |
| WRAP, Chicken Patty | 1 Each | 134 | 471 | 30 | 964 | 5.82 | 3.52 | 210.1 | 2042 | 188 | 11.09 | 22.87 | 47.96 | 20.64 | 4.54 | 0.00 |
| WRAP, All-American | 1 Each | 133 | 351 | 30 | 1325 | 2.82 | 2.09 | 214.0 | 2194 | 218 | 11.09 | 18.65 | 35.32 | 15.49 | 5.99 | 0.00 |
| POTATO, FF 1/4" Gen7 1/2c | 4 oz. servin | 343 | 143 | 0 | 159 | 2.39 | 0.29 | 0.0 | 0 | 0 | 4.78 | 1.59 | 20.71 | 6.37 | 0.40 | 0.00 |
| CARROTS, Fresh Baby IW Bag | 1.6 oz. Bag | 343 | 20 | 0 | 23 | 1.16 | 0.00 | 11.6 | 7851 | 1570 | 3.49 | 0.58 | 4.65 | 0.0 | 0.00 | 0.00 |
| Fresh Fruit, Apple, Orng, Bana | 1/2 Cup | 343 | 83 | 0 | 1 | 3.34 | 0.21 | 28.1 | 180 | 32 | 37.12 | 1.11 | 21.29 | 0.27 | 0.06 | 0.00 |
| Juice, 4oz. Apple/Orange | 1 Cup | 343 | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 0 | 15.0 | 0.5 | 13.5 | 0.0 | 0.00 | 0.00 |
| Crackers, Assorted | Servings | 343 | 104 | 2 | 126 | 0.33 | 0.48 | 26.7 | 0 | 0 | 0.0 | 2.01 | 17.41 | 2.52 | 0.34 | 0.00 |
| Yogurt & Granola II | 1 Each | 343 | 270 | 4 | 162 | 3.47 | 2.08 | 87.4 | 893 | 179 | 1.39 | 7.13 | 54.78 | 3.06 | 1.08 | 0.00 |
| RAISINS, Single Serve 1.5oz | Box, 1.5oz | 343 | 127 | 0 | 5 | 1.57 | 0.80 | 21.3 | 2 | 0 | 0.98 | 1.31 | 33.67 | 0.2 | 0.02 | 0.00 |
| MILK WHITE LOWFAT 1% | 1 Each | 400 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 2.4 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| MILK CHOCOLATE FF | 1 Each | 400 | 130 | 5 | 220 | 0.00 | 0.36 | 300.0 | 500 | 100 | 2.4 | 8.0 | 24.0 | 0.0 | 0.00 | 0.00 |
| COND PC Mustard 6g Heinz | Packet | 100 | 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 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 |
| Dressing, Ranch PC | Packet | 100 | 65 | 0 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 1.02 | 1.0 | 7.0 | 1.00 | 0.00 |
| COND PC, Ketchup 9g Heinz | Packet | 325 | 11 | 0 | 85 | 0.13 | 0.03 | 1.4 | 42 | 17 | 0.59 | 0.1 | 2.61 | 0.02 | 0.00 | 0.00 |
| Weighted Daily Average | | | 843 | 39 | 1384 | 9.70 | 4.71 | 547.3 | 7240 | 1242 | 36.40 | 33.42 | 128.76 | 23.82 | 6.41 | 0.12 |
| % of Calories | | | | | | | | | | | | 15.9% | 61.1% | 25.4% | 6.8% | 0.1% |
| Nutrient Guideline | | | 846 | 100 | 1692 | 8.46 | 4.50 | 400.00 | 1500 | | 19.20 | 16.70 | | <=30.0 | <10.00 | |
| % of Guideline Satisfied | | | 100% | 39% | 82% | 115% | 105% | 137% | 483% | | 190% | 200% | | | | |
| Shortfall | | | 3 | 61 | 308 | | | | | | | | | | | |

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* - 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

Dec 1, 2011 thru Dec 22, 2011 Spreadsheet - Portion Values

Dec 2, 2011

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Action Line

| | 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 - 12/16/2011 | | | | | | | | | | | | | | | | |
| Action Line | Total | 800 | | | | | | | | | | | | | | |
| Sweet & Sour Chicken w/Rice | 1/2 CUP | 133 | 346 | 30 | 715 | 1.00 | 2.81 | 40.4 | 0 | 0 | 0.0 | 14.04 | 40.9 | 14.0 | 2.50 | 0.00 |
| Cookie, Fortune | 1 EACH | 133 | 90 | 0 | 100 | 0.00 | 1.44 | 80.0 | 0 | 0 | 0.0 | 1.0 | 16.0 | 3.0 | 0.50 | 0.00 |
| Sub Sandwich Salad | Servings | 133 | 304 | 39 | 1121 | 2.32 | 1.93 | 254.5 | 1218 | 244 | 7.77 | 22.38 | 22.47 | 15.9 | 6.37 | 0.00 |
| Sandwich, Turkey & Ham | 1 Each | 134 | 281 | 20 | 1341 | 4.67 | 2.17 | 169.0 | 534 | 137 | 4.67 | 22.19 | 33.49 | 8.14 | 2.29 | 0.00 |
| PB & J | 1 Each | 133 | 440 | 0 | 490 | 6.00 | 1.80 | 60.0 | 0 | 0 | 0.0 | 12.0 | 60.0 | 18.0 | 3.50 | 0.00 |
| WRAP, Chicken Patty | 1 Each | 134 | 471 | 30 | 964 | 5.82 | 3.52 | 210.1 | 2042 | 188 | 11.09 | 22.87 | 47.96 | 20.64 | 4.54 | 0.00 |
| WRAP, All-American | 1 Each | 133 | 351 | 30 | 1325 | 2.82 | 2.09 | 214.0 | 2194 | 218 | 11.09 | 18.65 | 35.32 | 15.49 | 5.99 | 0.00 |
| POTATO, FF 1/4" Gen7 1/2c | 4 oz. servin | 400 | 143 | 0 | 159 | 2.39 | 0.29 | 0.0 | 0 | 0 | 4.78 | 1.59 | 20.71 | 6.37 | 0.40 | 0.00 |
| CARROTS, Fresh Baby IW Bag | 1.6 oz. Bag | 400 | 20 | 0 | 23 | 1.16 | 0.00 | 11.6 | 7851 | 1570 | 3.49 | 0.58 | 4.65 | 0.0 | 0.00 | 0.00 |
| Fresh Fruit, Apple, Orng, Bana | 1/2 Cup | 400 | 83 | 0 | 1 | 3.34 | 0.21 | 28.1 | 180 | 32 | 37.12 | 1.11 | 21.29 | 0.27 | 0.06 | 0.00 |
| Juice, 4oz. Apple/Orange | 1 Cup | 400 | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 0 | 15.0 | 0.5 | 13.5 | 0.0 | 0.00 | 0.00 |
| Crackers, Assorted | Servings | 400 | 104 | 2 | 126 | 0.33 | 0.48 | 26.7 | 0 | 0 | 0.0 | 2.01 | 17.41 | 2.52 | 0.34 | 0.00 |
| Yogurt & Granola II | 1 Each | 400 | 270 | 4 | 162 | 3.47 | 2.08 | 87.4 | 893 | 179 | 1.39 | 7.13 | 54.78 | 3.06 | 1.08 | 0.00 |
| MILK WHITE LOWFAT 1% | 1 Each | 400 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 2.4 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| MILK CHOCOLATE FF | 1 Each | 400 | 130 | 5 | 220 | 0.00 | 0.36 | 300.0 | 500 | 100 | 2.4 | 8.0 | 24.0 | 0.0 | 0.00 | 0.00 |
| COND PC Mustard 6g Heinz | Packet | 100 | 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 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 |
| Dressing, Ranch PC | Packet | 100 | 65 | 0 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 1.02 | 1.0 | 7.0 | 1.00 | 0.00 |
| COND PC, Ketchup 9g Heinz | Packet | 325 | 11 | 0 | 85 | 0.13 | 0.03 | 1.4 | 42 | 17 | 0.59 | 0.1 | 2.61 | 0.02 | 0.00 | 0.00 |
| Weighted Daily Average | | | 856 | 36 | 1493 | 9.20 | 4.36 | 549.3 | 5979 | 1129 | 39.31 | 33.52 | 128.13 | 25.20 | 6.26 | 0.02 |
| % of Calories | | | | | | | | | | | | 15.7% | 59.9% | 26.5% | 6.6% | 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 | | | 101% | 36% | 88% | 109% | 97% | 137% | 399% | | 205% | 201% | | | | |
| Shortfall | | | | 64 | 199 | | 0.14 | | | | | | | | | |

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Lake Havasu Unified School District

Dec 1, 2011 thru Dec 22, 2011 Spreadsheet - Portion Values

Dec 2, 2011

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Action Line

| | 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 - 12/19/2011 | | | | | | | | | | | | | | | | |
| Action Line | Total | 800 | | | | | | | | | | | | | | |
| BOWL, Chicken Country | 1 Each | 133 | 459 | 40 | 947 | 4.83 | 2.19 | 178.2 | 278 | 56 | 31.31 | 21.44 | 54.19 | 17.7 | 4.12 | 0.00 |
| FRITO TACO SALAD | 1 Each | 133 | 441 | 51 | 786 | 2.98 | 2.06 | 328.0 | 974 | 195 | 5.15 | 20.77 | 22.59 | 29.28 | 4.53 | 0.00 |
| Sandwich, Turkey & Ham | 1 Each | 134 | 281 | 20 | 1341 | 4.67 | 2.17 | 169.0 | 534 | 137 | 4.67 | 22.19 | 33.49 | 8.14 | 2.29 | 0.00 |
| PB & J | 1 Each | 133 | 440 | 0 | 490 | 6.00 | 1.80 | 60.0 | 0 | 0 | 0.0 | 12.0 | 60.0 | 18.0 | 3.50 | 0.00 |
| WRAP, Chicken Patty | 1 Each | 134 | 471 | 30 | 964 | 5.82 | 3.52 | 210.1 | 2042 | 188 | 11.09 | 22.87 | 47.96 | 20.64 | 4.54 | 0.00 |
| WRAP, All-American | 1 Each | 133 | 351 | 30 | 1325 | 2.82 | 2.09 | 214.0 | 2194 | 218 | 11.09 | 18.65 | 35.32 | 15.49 | 5.99 | 0.00 |
| POTATO, FF 1/4" Gen7 1/2c | 4 oz. servin | 400 | 143 | 0 | 159 | 2.39 | 0.29 | 0.0 | 0 | 0 | 4.78 | 1.59 | 20.71 | 6.37 | 0.40 | 0.00 |
| CARROTS, Fresh Baby IW Bag | 1.6 oz. Bag | 400 | 20 | 0 | 23 | 1.16 | 0.00 | 11.6 | 7851 | 1570 | 3.49 | 0.58 | 4.65 | 0.0 | 0.00 | 0.00 |
| Fresh Fruit, Apple, Orng, Bana | 1/2 Cup | 400 | 83 | 0 | 1 | 3.34 | 0.21 | 28.1 | 180 | 32 | 37.12 | 1.11 | 21.29 | 0.27 | 0.06 | 0.00 |
| Juice, 4oz. Apple/Orange | 1 Cup | 400 | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 0 | 15.0 | 0.5 | 13.5 | 0.0 | 0.00 | 0.00 |
| Crackers, Assorted | Servings | 400 | 104 | 2 | 126 | 0.33 | 0.48 | 26.7 | 0 | 0 | 0.0 | 2.01 | 17.41 | 2.52 | 0.34 | 0.00 |
| Yogurt & Granola II | 1 Each | 400 | 270 | 4 | 162 | 3.47 | 2.08 | 87.4 | 893 | 179 | 1.39 | 7.13 | 54.78 | 3.06 | 1.08 | 0.00 |
| MILK WHITE LOWFAT 1% | 1 Each | 400 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 2.4 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| MILK CHOCOLATE FF | 1 Each | 400 | 130 | 5 | 220 | 0.00 | 0.36 | 300.0 | 500 | 100 | 2.4 | 8.0 | 24.0 | 0.0 | 0.00 | 0.00 |
| COND PC Mustard 6g Heinz | Packet | 100 | 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 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 |
| Dressing, Ranch PC | Packet | 100 | 65 | 0 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 1.02 | 1.0 | 7.0 | 1.00 | 0.00 |
| COND PC, Ketchup 9g Heinz | Packet | 325 | 11 | 0 | 85 | 0.13 | 0.03 | 1.4 | 42 | 17 | 0.59 | 0.1 | 2.61 | 0.02 | 0.00 | 0.00 |
| Weighted Daily Average | | | 883 | 39 | 1460 | 9.95 | 4.04 | 571.2 | 5984 | 1130 | 44.08 | 34.32 | 127.69 | 27.55 | 6.14 | 0.02 |
| % of Calories | | | | | | | | | | | | 15.6% | 57.9% | 28.1% | 6.3% | 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 | | | 104% | 39% | 86% | 118% | 90% | 143% | 399% | | 230% | 206% | | | | |
| Shortfall | | | | 61 | 232 | | 0.46 | | | | | | | | | |

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Lake Havasu Unified School District

Dec 1, 2011 thru Dec 22, 2011 Spreadsheet - Portion Values

Dec 2, 2011

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Action Line

| | 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 - 12/20/2011 | | | | | | | | | | | | | | | | |
| Action Line | Total | 800 | | | | | | | | | | | | | | |
| Taquitos | 2 Each | 133 | 140 | 7 | 215 | 3.52 | 4.53 | 0.1 | 6 | 1 | 0.05 | 5.02 | 21.58 | 4.5 | 1.50 | 0.00 |
| Spanish Rice | 1/2 Cup | 133 | 330 | 0 | 155 | 0.67 | 5.15 | 77.5 | 67 | 13 | 0.0 | 7.63 | 73.84 | 0.0 | 0.00 | 0.00 |
| Southwest Chicken Salad | 1 Each | 133 | 272 | 35 | 1015 | 6.36 | 3.25 | 194.8 | 3358 | 271 | 28.02 | 17.93 | 20.74 | 12.59 | 4.04 | 0.00 |
| Sandwich, Turkey & Ham | 1 Each | 134 | 281 | 20 | 1341 | 4.67 | 2.17 | 169.0 | 534 | 137 | 4.67 | 22.19 | 33.49 | 8.14 | 2.29 | 0.00 |
| PB & J | 1 Each | 133 | 440 | 0 | 490 | 6.00 | 1.80 | 60.0 | 0 | 0 | 0.0 | 12.0 | 60.0 | 18.0 | 3.50 | 0.00 |
| WRAP, Chicken Patty | 1 Each | 134 | 471 | 30 | 964 | 5.82 | 3.52 | 210.1 | 2042 | 188 | 11.09 | 22.87 | 47.96 | 20.64 | 4.54 | 0.00 |
| WRAP, All-American | 1 Each | 133 | 351 | 30 | 1325 | 2.82 | 2.09 | 214.0 | 2194 | 218 | 11.09 | 18.65 | 35.32 | 15.49 | 5.99 | 0.00 |
| POTATO, FF 1/4" Gen7 1/2c | 4 oz. servin | 343 | 143 | 0 | 159 | 2.39 | 0.29 | 0.0 | 0 | 0 | 4.78 | 1.59 | 20.71 | 6.37 | 0.40 | 0.00 |
| CARROTS, Fresh Baby IW Bag | 1.6 oz. Bag | 343 | 20 | 0 | 23 | 1.16 | 0.00 | 11.6 | 7851 | 1570 | 3.49 | 0.58 | 4.65 | 0.0 | 0.00 | 0.00 |
| Fresh Fruit, Apple, Orng, Bana | 1/2 Cup | 343 | 83 | 0 | 1 | 3.34 | 0.21 | 28.1 | 180 | 32 | 37.12 | 1.11 | 21.29 | 0.27 | 0.06 | 0.00 |
| Juice, 4oz. Apple/Orange | 1 Cup | 343 | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 0 | 15.0 | 0.5 | 13.5 | 0.0 | 0.00 | 0.00 |
| Crackers, Assorted | Servings | 343 | 104 | 2 | 126 | 0.33 | 0.48 | 26.7 | 0 | 0 | 0.0 | 2.01 | 17.41 | 2.52 | 0.34 | 0.00 |
| Yogurt & Granola II | 1 Each | 343 | 270 | 4 | 162 | 3.47 | 2.08 | 87.4 | 893 | 179 | 1.39 | 7.13 | 54.78 | 3.06 | 1.08 | 0.00 |
| RAISINS, Single Serve 1.5oz | Box, 1.5oz | 343 | 127 | 0 | 5 | 1.57 | 0.80 | 21.3 | 2 | 0 | 0.98 | 1.31 | 33.67 | 0.2 | 0.02 | 0.00 |
| MILK WHITE LOWFAT 1% | 1 Each | 400 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 2.4 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| MILK CHOCOLATE FF | 1 Each | 400 | 130 | 5 | 220 | 0.00 | 0.36 | 300.0 | 500 | 100 | 2.4 | 8.0 | 24.0 | 0.0 | 0.00 | 0.00 |
| COND PC Mustard 6g Heinz | Packet | 100 | 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 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 |
| Dressing, Ranch PC | Packet | 100 | 65 | 0 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 1.02 | 1.0 | 7.0 | 1.00 | 0.00 |
| COND PC, Ketchup 9g Heinz | Packet | 325 | 11 | 0 | 85 | 0.13 | 0.03 | 1.4 | 42 | 17 | 0.59 | 0.1 | 2.61 | 0.02 | 0.00 | 0.00 |
| Weighted Daily Average | | | 863 | 31 | 1369 | 10.31 | 5.61 | 530.4 | 5712 | 1009 | 38.70 | 32.02 | 139.25 | 21.79 | 5.50 | 0.02 |
| % of Calories | | | | | | | | | | | | 14.8% | 64.5% | 22.7% | 5.7% | 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 | | | 102% | 31% | 81% | 122% | 125% | 133% | 381% | | 202% | 192% | | | | |
| Shortfall | | | | 69 | 323 | | | | | | | | | | | |

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Lake Havasu Unified School District

Dec 1, 2011 thru Dec 22, 2011 Spreadsheet - Portion Values

Dec 2, 2011

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Action Line

| | 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 - 12/21/2011 | | | | | | | | | | | | | | | | |
| Action Line | Total | 800 | | | | | | | | | | | | | | |
| Chicken, Breaded 8 Piece | Serving | 133 | 220 | 22 | 380 | 0.00 | 1.08 | 20.0 | 100 | 20 | 0.0 | 17.0 | 7.0 | 14.0 | 4.00 | 0.00 |
| CORN, Canned 1/2c | 1/2 Cup | 133 | 66 | 0 | 244 | 1.56 | 0.59 | 4.1 | 37 | 13 | 0.57 | 2.16 | 15.42 | 0.76 | 0.14 | 0.00 |
| SALAD Chix Brd Caesar SS W 2.0 | 1 Each | 133 | 474 | 59 | 1431 | 5.37 | 3.62 | 389.5 | 10170 | 2034 | 27.22 | 26.13 | 32.61 | 27.87 | 7.87 | 0.00 |
| Sandwich, Turkey & Ham | 1 Each | 134 | 281 | 20 | 1341 | 4.67 | 2.17 | 169.0 | 534 | 137 | 4.67 | 22.19 | 33.49 | 8.14 | 2.29 | 0.00 |
| PB & J | 1 Each | 133 | 440 | 0 | 490 | 6.00 | 1.80 | 60.0 | 0 | 0 | 0.0 | 12.0 | 60.0 | 18.0 | 3.50 | 0.00 |
| WRAP, Chicken Patty | 1 Each | 134 | 471 | 30 | 964 | 5.82 | 3.52 | 210.1 | 2042 | 188 | 11.09 | 22.87 | 47.96 | 20.64 | 4.54 | 0.00 |
| WRAP, All-American | 1 Each | 133 | 351 | 30 | 1325 | 2.82 | 2.09 | 214.0 | 2194 | 218 | 11.09 | 18.65 | 35.32 | 15.49 | 5.99 | 0.00 |
| POTATO, FF 1/4" Gen7 1/2c | 4 oz. servin | 400 | 143 | 0 | 159 | 2.39 | 0.29 | 0.0 | 0 | 0 | 4.78 | 1.59 | 20.71 | 6.37 | 0.40 | 0.00 |
| CARROTS, Fresh Baby IW Bag | 1.6 oz. Bag | 400 | 20 | 0 | 23 | 1.16 | 0.00 | 11.6 | 7851 | 1570 | 3.49 | 0.58 | 4.65 | 0.0 | 0.00 | 0.00 |
| Fresh Fruit, Apple, Orng, Bana | 1/2 Cup | 400 | 83 | 0 | 1 | 3.34 | 0.21 | 28.1 | 180 | 32 | 37.12 | 1.11 | 21.29 | 0.27 | 0.06 | 0.00 |
| Juice, 4oz. Apple/Orange | 1 Cup | 400 | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 0 | 15.0 | 0.5 | 13.5 | 0.0 | 0.00 | 0.00 |
| Crackers, Assorted | Servings | 400 | 104 | 2 | 126 | 0.33 | 0.48 | 26.7 | 0 | 0 | 0.0 | 2.01 | 17.41 | 2.52 | 0.34 | 0.00 |
| Yogurt & Granola II | 1 Each | 400 | 270 | 4 | 162 | 3.47 | 2.08 | 87.4 | 893 | 179 | 1.39 | 7.13 | 54.78 | 3.06 | 1.08 | 0.00 |
| MILK WHITE LOWFAT 1% | 1 Each | 400 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 2.4 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| MILK CHOCOLATE FF | 1 Each | 400 | 130 | 5 | 220 | 0.00 | 0.36 | 300.0 | 500 | 100 | 2.4 | 8.0 | 24.0 | 0.0 | 0.00 | 0.00 |
| COND PC Mustard 6g Heinz | Packet | 100 | 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 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 |
| Dressing, Ranch PC | Packet | 100 | 65 | 0 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 1.02 | 1.0 | 7.0 | 1.00 | 0.00 |
| COND PC, Ketchup 9g Heinz | Packet | 325 | 11 | 0 | 85 | 0.13 | 0.03 | 1.4 | 42 | 17 | 0.59 | 0.1 | 2.61 | 0.02 | 0.00 | 0.00 |
| Weighted Daily Average | | | 859 | 37 | 1513 | 9.80 | 4.21 | 555.7 | 7490 | 1432 | 42.64 | 34.83 | 124.08 | 26.82 | 6.70 | 0.02 |
| % of Calories | | | | | | | | | | | | 16.2% | 57.7% | 28.1% | 7.0% | 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 | | | 102% | 37% | 89% | 116% | 94% | 139% | 499% | | 222% | 209% | | | | |
| Shortfall | | | | 63 | 179 | | 0.29 | | | | | | | | | |

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Lake Havasu Unified School District

Dec 1, 2011 thru Dec 22, 2011 Spreadsheet - Portion Values

Dec 2, 2011

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Action Line

| | 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 - 12/22/2011 | | | | | | | | | | | | | | | | |
| Action Line | Total | 800 | | | | | | | | | | | | | | |
| Fajitas, Chicken | 2 each | 133 | 325 | 64 | 615 | 5.26 | 1.96 | 153.6 | 203 | 33 | 17.26 | 20.36 | 34.15 | 12.34 | 4.38 | 0.00 |
| Beans, Refried | 1/2 cup | 133 | 50 | 0 | 151 | 2.49 | 0.85 | 13.5 | 0 | 0 | 0.0 | 2.8 | 8.41 | 0.78 | 0.31 | 0.00 |
| Southwest Chicken Salad | 1 Each | 133 | 272 | 35 | 1015 | 6.36 | 3.25 | 194.8 | 3358 | 271 | 28.02 | 17.93 | 20.74 | 12.59 | 4.04 | 0.00 |
| Sandwich, Turkey & Ham | 1 Each | 134 | 281 | 20 | 1341 | 4.67 | 2.17 | 169.0 | 534 | 137 | 4.67 | 22.19 | 33.49 | 8.14 | 2.29 | 0.00 |
| PB & J | 1 Each | 133 | 440 | 0 | 490 | 6.00 | 1.80 | 60.0 | 0 | 0 | 0.0 | 12.0 | 60.0 | 18.0 | 3.50 | 0.00 |
| WRAP, Chicken Patty | 1 Each | 134 | 471 | 30 | 964 | 5.82 | 3.52 | 210.1 | 2042 | 188 | 11.09 | 22.87 | 47.96 | 20.64 | 4.54 | 0.00 |
| WRAP, All-American | 1 Each | 133 | 351 | 30 | 1325 | 2.82 | 2.09 | 214.0 | 2194 | 218 | 11.09 | 18.65 | 35.32 | 15.49 | 5.99 | 0.00 |
| POTATO, FF 1/4" Gen7 1/2c | 4 oz. servin | 343 | 143 | 0 | 159 | 2.39 | 0.29 | 0.0 | 0 | 0 | 4.78 | 1.59 | 20.71 | 6.37 | 0.40 | 0.00 |
| CARROTS, Fresh Baby IW Bag | 1.6 oz. Bag | 343 | 20 | 0 | 23 | 1.16 | 0.00 | 11.6 | 7851 | 1570 | 3.49 | 0.58 | 4.65 | 0.0 | 0.00 | 0.00 |
| Fresh Fruit, Apple, Orng, Bana | 1/2 Cup | 343 | 83 | 0 | 1 | 3.34 | 0.21 | 28.1 | 180 | 32 | 37.12 | 1.11 | 21.29 | 0.27 | 0.06 | 0.00 |
| Juice, 4oz. Apple/Orange | 1 Cup | 343 | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 0 | 15.0 | 0.5 | 13.5 | 0.0 | 0.00 | 0.00 |
| Crackers, Assorted | Servings | 343 | 104 | 2 | 126 | 0.33 | 0.48 | 26.7 | 0 | 0 | 0.0 | 2.01 | 17.41 | 2.52 | 0.34 | 0.00 |
| Yogurt & Granola II | 1 Each | 343 | 270 | 4 | 162 | 3.47 | 2.08 | 87.4 | 893 | 179 | 1.39 | 7.13 | 54.78 | 3.06 | 1.08 | 0.00 |
| RAISINS, Single Serve 1.5oz | Box, 1.5oz | 343 | 127 | 0 | 5 | 1.57 | 0.80 | 21.3 | 2 | 0 | 0.98 | 1.31 | 33.67 | 0.2 | 0.02 | 0.00 |
| MILK WHITE LOWFAT 1% | 1 Each | 400 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 100 | 2.4 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| MILK CHOCOLATE FF | 1 Each | 400 | 130 | 5 | 220 | 0.00 | 0.36 | 300.0 | 500 | 100 | 2.4 | 8.0 | 24.0 | 0.0 | 0.00 | 0.00 |
| COND PC Mustard 6g Heinz | Packet | 100 | 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 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 |
| Dressing, Ranch PC | Packet | 100 | 65 | 0 | 125 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 1.02 | 1.0 | 7.0 | 1.00 | 0.00 |
| COND PC, Ketchup 9g Heinz | Packet | 325 | 11 | 0 | 85 | 0.13 | 0.03 | 1.4 | 42 | 17 | 0.59 | 0.1 | 2.61 | 0.02 | 0.00 | 0.00 |
| Weighted Daily Average | | | 847 | 40 | 1435 | 10.91 | 4.46 | 545.3 | 5733 | 1012 | 41.56 | 33.77 | 130.46 | 23.22 | 6.03 | 0.02 |
| % of Calories | | | | | | | | | | | | 16.0% | 61.6% | 24.7% | 6.4% | 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 | | | 100% | 40% | 85% | 129% | 99% | 136% | 382% | | 216% | 202% | | | | |
| Shortfall | | | | 60 | 257 | | 0.04 | | | | | | | | | |
| Weighted Average | | | 867 | 39 | 1490 | 10.15 | 4.75 | 574.4 | 6609 | 1221 | 40.89 | 34.32 | 129.40 | 25.39 | 6.45 | 0.04 |
| | | | | | | | | | | | | 15.8% | 59.7% | 26.4% | 6.7% | 0.0% |

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Lake Havasu Unified School District

Dec 1, 2011 thru Dec 22, 2011 Spreadsheet - Portion Values

Dec 2, 2011

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Action Line

| Nutrient | Menu AVG | Portion Size % of Cals | Plan Qty Target | Cals (kcal) % of Target | Cholst (mg) | Sodm (mg) Miss Data | Fiber (g) Shortfall | 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) |
|-------------------|----------|---------------------------|--------------------|----------------------------|-------------|------------------------|------------------------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Calories | 867 | | 846 | 102% | | | | | | | | | | | | | |
| Cholesterol (mg) | 39 | | 100 | 39% | | | | | | | | | | | | | |
| Sodium (mg) | 1490 | | 1692 | 88% | | | | | | | | | | | | | |
| Fiber (g) | 10.15 | | 8.46 | 120% | | | | | | | | | | | | | |
| Iron (mg) | 4.75 | | 4.50 | 105% | | | | | | | | | | | | | |
| Calcium (mg) | 574.4 | | 400.00 | 144% | | | | | | | | | | | | | |
| Vitamin A (IU) | 6609 | | 1500 | 441% | | | | | | | | | | | | | |
| Vitamin A (RE) | 1221 | | 300 | 407% | | | | | | | | | | | | | |
| Vitamin C (mg) | 40.89 | | 19.20 | 213% | | | | | | | | | | | | | |
| Protein (g) | 34.32 | 15.84% | 16.70 | 205% | | | | | | | | | | | | | |
| Carbohydrate (g) | 129.40 | 59.72% | | | | | | | | | | | | | | | |
| Total Fat (g) | 25.39 | 26.37% | <=30.00% | | | | | | | | | | | | | | |
| Saturated Fat (g) | 6.45 | 6.69% | <10.00% | | | | | | | | | | | | | | |
| Trans Fat (g) | 0.04 | 0.04% | | | | | | | | | | | | | | | |

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