

Lake Havasu Unified School District

May 1, 2012 thru May 22, 2012 Spreadsheet - Portion Values

Elementary Lunch 2010

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/01/2012																
Elementary Lunch 2010	Total	270														
Sandwich, Pork Rib-B-Que II	1 Each	38	279	40	688	1.94	2.89	109.8	300	60	1.2	17.4	26.48	11.22	3.77	0.00
CARROTS, Sliced Canned 1/4 C	1/4 Cup	38	55	0	323	0.83	0.35	13.7	5945	750	1.38	0.38	3.11	4.6	2.27	0.00
Chicken Patty Sandwich	1 Each	38	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Hamburger	1 Each	39	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
Sandwich, Ham	1 Each	39	245	33	1225	4.64	2.39	149.1	534	137	4.87	19.22	32.97	6.56	1.77	0.00
Sandwich, Turkey	1 Each	39	245	8	1023	4.64	2.03	169.3	534	137	4.87	17.2	32.97	6.56	1.77	0.00
Sandwich, Tuna	1 each	39	326	39	659	4.00	2.19	40.0	57	11	0.0	19.48	29.62	16.08	1.92	0.00
Sandwich, PB & J	1 Each	38	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Salad Bar Ele w/o Yogurt	Servings	135	77	0	38	2.33	0.71	35.7	6952	1335	17.24	1.77	17.5	0.0	0.00	0.00
Dressing, Ranch PC	Packet	135	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Fresh, Apple, Orng, Bana, Grp	1/2 Cup	135	69	0	1	2.35	0.26	20.7	128	21	22.66	0.78	17.67	0.21	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	135	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	135	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	90	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	90	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE FF	1 Each	90	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
COND PC Mustard 6g Heinz	Packet	75	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, Ketchup 9g Heinz	Packet	75	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	75	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
Weighted Daily Average			609	33	1145	7.03	3.56	443.8	5110	941	29.30	27.66	81.08	20.26	4.24	0.11
% of Calories												18.2%	53.3%	29.9%	6.3%	0.2%
Nutrient Guideline			664	100	1328	6.64	3.50	286.00	1120		15.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			92%	33%	86%	106%	102%	155%	456%		195%	277%				
Shortfall			55	67	183											

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

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¹ - denotes optional nutrient values

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Lake Havasu Unified School District

May 1, 2012 thru May 22, 2012 Spreadsheet - Portion Values

Elementary Lunch 2010

	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 - 05/02/2012																
Elementary Lunch 2010	Total	270														
CHIX Nugget II	4 Each	45	230	55	480	0.00	1.44	20.0	100	20	0.0	17.0	12.0	13.0	2.50	0.00
POTATO, Tater Tots	5 each	45	133	0	275	1.67	0.60	0.0	0	0	2.0	1.67	15.83	6.67	1.67	0.00
Chicken Patty Sandwich	1 Each	45	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Hamburger	1 Each	45	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
Sandwich, Turkey	1 Each	45	245	8	1023	4.64	2.03	169.3	534	137	4.87	17.2	32.97	6.56	1.77	0.00
Sandwich, Tuna	1 each	45	326	39	659	4.00	2.19	40.0	57	11	0.0	19.48	29.62	16.08	1.92	0.00
Sandwich, PB & J	1 Each	45	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Salad Bar Ele w/o Yogurt	Servings	108	77	0	38	2.33	0.71	35.7	6952	1335	17.24	1.77	17.5	0.0	0.00	0.00
Dressing, Ranch PC	Packet	108	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Fresh, Apple, Orng, Bana,Grp	1/2 Cup	108	69	0	1	2.35	0.26	20.7	128	21	22.66	0.78	17.67	0.21	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	108	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	108	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
Trail Mix, Fruit & Nut	3 oz Servin	108	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
MILK WHITE LOWFAT 1%	1 Each	90	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	90	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE FF	1 Each	90	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
COND PC Mustard 6g Heinz	Packet	75	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, Ketchup 9g Heinz	Packet	75	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	75	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
Weighted Daily Average			704	34	1010	9.01	10.49	444.3	3544	683	23.76	28.44	99.21	22.06	4.08	0.12
% of Calories												16.2%	56.4%	28.2%	5.2%	0.2%
Nutrient Guideline			664	100	1328	6.64	3.50	286.00	1120		15.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			106%	34%	76%	136%	300%	155%	316%		158%	284%				
Shortfall				66	318											

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Elementary Lunch 2010

	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 - 05/03/2012																
Elementary Lunch 2010	Total	270														
FRITO TACO SALAD II	1 Each	45	332	36	496	1.43	0.70	306.6	353	71	0.98	14.96	16.89	22.15	4.54	0.00
Chicken Patty Sandwich	1 Each	45	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Hamburger	1 Each	45	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
Sandwich, Ham	1 Each	45	245	33	1225	4.64	2.39	149.1	534	137	4.87	19.22	32.97	6.56	1.77	0.00
Sandwich, Tuna	1 each	45	326	39	659	4.00	2.19	40.0	57	11	0.0	19.48	29.62	16.08	1.92	0.00
Sandwich, PB & J	1 Each	45	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Yogurt & Granola II	1 Each	90	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Salad Bar Ele w/o Yogurt	Servings	90	77	0	38	2.33	0.71	35.7	6952	1335	17.24	1.77	17.5	0.0	0.00	0.00
Dressing, Ranch PC	Packet	90	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Fresh, Apple, Orng, Bana,Grp	1/2 Cup	90	69	0	1	2.35	0.26	20.7	128	21	22.66	0.78	17.67	0.21	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	90	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	90	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
Yogurt & Granola II	1 Each	90	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
MILK WHITE LOWFAT 1%	1 Each	90	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	90	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE FF	1 Each	90	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
COND PC Mustard 6g Heinz	Packet	75	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, Ketchup 9g Heinz	Packet	75	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	75	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
Weighted Daily Average			720	38	1079	7.68	4.05	525.0	3504	688	20.88	30.88	99.97	22.70	4.74	0.12
% of Calories												17.2%	55.5%	28.4%	5.9%	0.1%
Nutrient Guideline			664	100	1328	6.64	3.50	286.00	1120		15.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			108%	38%	81%	116%	116%	184%	313%		139%	309%				
Shortfall				62	249											

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Elementary Lunch 2010

	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 - 05/04/2012																
Elementary Lunch 2010	Total	270														
Chicken, Breaded 8 Piece	Serving	38	220	22	380	0.00	1.08	20.0	100	20	0.0	17.0	7.0	14.0	4.00	0.00
Potato, Fry KK	3oz. servin	38	120	0	35	2.00	0.72	0.0	0	0	6.0	2.0	20.0	4.0	0.00	0.00
Chicken Patty Sandwich	1 Each	39	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Hamburger	1 Each	39	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
Sandwich, Ham	1 Each	38	245	33	1225	4.64	2.39	149.1	534	137	4.87	19.22	32.97	6.56	1.77	0.00
Sandwich, Turkey	1 Each	38	245	8	1023	4.64	2.03	169.3	534	137	4.87	17.2	32.97	6.56	1.77	0.00
Sandwich, Tuna	1 each	39	326	39	659	4.00	2.19	40.0	57	11	0.0	19.48	29.62	16.08	1.92	0.00
Sandwich, PB & J	1 Each	39	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Trail Mix, Fruit & Nut	3 oz Servin	108	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Salad Bar Ele w/o Yogurt	Servings	108	77	0	38	2.33	0.71	35.7	6952	1335	17.24	1.77	17.5	0.0	0.00	0.00
Dressing, Ranch PC	Packet	108	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Fresh, Apple, Orng, Bana, Grp	1/2 Cup	108	69	0	1	2.35	0.26	20.7	128	21	22.66	0.78	17.67	0.21	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	108	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	108	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	90	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	90	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE FF	1 Each	90	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
COND PC Mustard 6g Heinz	Packet	75	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, Ketchup 9g Heinz	Packet	75	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	75	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
Weighted Daily Average			689	30	1036	9.12	10.43	455.0	3599	698	24.83	28.80	98.95	20.76	3.92	0.11
% of Calories												16.7%	57.5%	27.1%	5.1%	0.1%
Nutrient Guideline			664	100	1328	6.64	3.50	286.00	1120		15.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			104%	30%	78%	137%	298%	159%	321%		166%	288%				
Shortfall				70	292											

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Mon - 05/07/2012																
Elementary Lunch 2010	Total	270														
Buritto, Bean & Cheese II	1 Each	45	412	41	853	5.98	1.80	526.2	405	81	0.6	24.18	39.46	16.37	7.08	0.00
Chicken Patty Sandwich	1 Each	45	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Hamburger	1 Each	45	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
Sandwich, Turkey	1 Each	45	245	8	1023	4.64	2.03	169.3	534	137	4.87	17.2	32.97	6.56	1.77	0.00
Sandwich, Tuna	1 each	45	326	39	659	4.00	2.19	40.0	57	11	0.0	19.48	29.62	16.08	1.92	0.00
Sandwich, PB & J	1 Each	45	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Salad Bar Ele w/o Yogurt	Servings	90	77	0	38	2.33	0.71	35.7	6952	1335	17.24	1.77	17.5	0.0	0.00	0.00
Dressing, Ranch PC	Packet	90	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Fresh, Apple, Orng, Bana,Grp	1/2 Cup	90	69	0	1	2.35	0.26	20.7	128	21	22.66	0.78	17.67	0.21	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	90	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	90	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
Trail Mix, Fruit & Nut	3 oz Servin	90	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
DESRT: CRISP, Peach SC	Servings	90	177	0	102	0.60	0.56	12.0	468	93	1.17	1.23	28.3	6.64	3.24	0.00
MILK WHITE LOWFAT 1%	1 Each	90	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	90	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE FF	1 Each	90	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
COND PC Mustard 6g Heinz	Packet	75	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, Ketchup 9g Heinz	Packet	75	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	75	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
Weighted Daily Average			731	31	1044	9.14	9.33	520.8	3268	633	20.58	29.19	102.57	22.97	5.56	0.12
% of Calories												16.0%	56.2%	28.3%	6.9%	0.1%
Nutrient Guideline			664	100	1328	6.64	3.50	286.00	1120		15.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			110%	31%	79%	138%	267%	182%	292%		137%	292%				
Shortfall				69	284											

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Lake Havasu Unified School District

May 1, 2012 thru May 22, 2012 Spreadsheet - Portion Values

Elementary Lunch 2010

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/08/2012																
Elementary Lunch 2010	Total	270														
Hot Dog	1 EACH	45	296	30	784	1.32	1.79	52.7	0	0	0.0	11.32	26.37	16.09	6.05	0.00
CORN, 3" Cobbettes Frz Comm	1 each	45	104	0	3	2.98	0.72	4.3	0	0	7.65	3.49	24.98	0.82	0.13	0.00
Chicken Patty Sandwich	1 Each	45	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Hamburger	1 Each	45	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
Sandwich, Turkey	1 Each	45	245	8	1023	4.64	2.03	169.3	534	137	4.87	17.2	32.97	6.56	1.77	0.00
Sandwich, Tuna	1 each	45	326	39	659	4.00	2.19	40.0	57	11	0.0	19.48	29.62	16.08	1.92	0.00
Sandwich, PB & J	1 Each	45	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Salad Bar Ele w/o Yogurt	Servings	108	77	0	38	2.33	0.71	35.7	6952	1335	17.24	1.77	17.5	0.0	0.00	0.00
Dressing, Ranch PC	Packet	108	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Fresh, Apple, Orng, Bana, Grp	1/2 Cup	108	69	0	1	2.35	0.26	20.7	128	21	22.66	0.78	17.67	0.21	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	108	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	108	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
Trail Mix, Fruit & Nut	3 oz Servin	108	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
MILK WHITE LOWFAT 1%	1 Each	90	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	90	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE FF	1 Each	90	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
COND PC Mustard 6g Heinz	Packet	75	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, Ketchup 9g Heinz	Packet	75	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	75	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
Weighted Daily Average			710	30	1015	9.44	10.56	450.5	3527	680	24.70	27.79	103.13	21.60	4.42	0.12
% of Calories											15.7%	58.1%	27.4%	5.6%	0.2%	
Nutrient Guideline			664	100	1328	6.64	3.50	286.00	1120		15.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			107%	30%	76%	142%	302%	158%	315%		165%	278%				
Shortfall				70	313											

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Lake Havasu Unified School District

May 1, 2012 thru May 22, 2012 Spreadsheet - Portion Values

Elementary Lunch 2010

	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 - 05/09/2012																
Elementary Lunch 2010	Total	270														
Pasta, Spaghetti W/Meat Sauce	1/2 CUP	45	305	51	343	2.84	2.80	51.6	626	124	9.85	19.15	24.02	14.26	5.10	0.64
Chicken Patty Sandwich	1 Each	45	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Hamburger	1 Each	45	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
Sandwich, Ham	1 Each	45	245	33	1225	4.64	2.39	149.1	534	137	4.87	19.22	32.97	6.56	1.77	0.00
Sandwich, Tuna	1 each	45	326	39	659	4.00	2.19	40.0	57	11	0.0	19.48	29.62	16.08	1.92	0.00
Sandwich, PB & J	1 Each	45	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Salad Bar Ele w/o Yogurt	Servings	108	77	0	38	2.33	0.71	35.7	6952	1335	17.24	1.77	17.5	0.0	0.00	0.00
Dressing, Ranch PC	Packet	108	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Fresh, Apple, Orng, Bana,Grp	1/2 Cup	108	69	0	1	2.35	0.26	20.7	128	21	22.66	0.78	17.67	0.21	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	108	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	108	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
Trail Mix, Fruit & Nut	3 oz Servin	108	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
MILK WHITE LOWFAT 1%	1 Each	90	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	90	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE FF	1 Each	90	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
COND PC Mustard 6g Heinz	Packet	75	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, Ketchup 9g Heinz	Packet	75	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	75	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
Weighted Daily Average			694	37	975	9.20	10.67	446.2	3632	701	25.07	28.85	98.58	21.16	4.24	0.23
% of Calories												16.6%	56.8%	27.4%	5.5%	0.3%
Nutrient Guideline			664	100	1328	6.64	3.50	286.00	1120		15.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			105%	37%	73%	139%	305%	156%	324%		167%	289%				
Shortfall				63	353											

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Lake Havasu Unified School District

May 1, 2012 thru May 22, 2012 Spreadsheet - Portion Values

Elementary Lunch 2010

	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 - 05/10/2012																
Elementary Lunch 2010	Total	270														
Sandwich, Grilled Cheese	Sandwich	54	322	20	806	4.00	1.44	1558.7	911	182	0.0	12.07	29.01	18.2	9.62	0.00
Chicken Patty Sandwich	1 Each	54	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Hamburger	1 Each	54	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
Sandwich, Ham	1 Each	54	245	33	1225	4.64	2.39	149.1	534	137	4.87	19.22	32.97	6.56	1.77	0.00
Sandwich, Tuna	1 each	54	326	39	659	4.00	2.19	40.0	57	11	0.0	19.48	29.62	16.08	1.92	0.00
Sandwich, PB & J	1 Each	54	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Yogurt & Granola II	1 Each	90	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Salad Bar Ele w/o Yogurt	Servings	90	77	0	38	2.33	0.71	35.7	6952	1335	17.24	1.77	17.5	0.0	0.00	0.00
Dressing, Ranch PC	Packet	50	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Fresh, Apple, Orng, Bana, Grp	1/2 Cup	90	69	0	1	2.35	0.26	20.7	128	21	22.66	0.78	17.67	0.21	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	90	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	90	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
DESRT: Streusel Apple	Servings	90	161	0	79	1.64	0.64	14.2	260	52	0.67	1.36	28.31	5.21	2.46	0.00
MILK WHITE LOWFAT 1%	1 Each	90	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	90	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE FF	1 Each	90	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
COND PC Mustard 6g Heinz	Packet	75	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, Ketchup 9g Heinz	Packet	75	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	75	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
Weighted Daily Average			750	39	1237	8.71	4.37	764.4	3509	690	20.75	31.66	102.81	24.63	6.62	0.14
% of Calories												16.9%	54.8%	29.6%	7.9%	0.2%
Nutrient Guideline			664	100	1328	6.64	3.50	286.00	1120		15.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			113%	39%	93%	131%	125%	267%	313%		138%	317%				
Shortfall				61	91											

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Lake Havasu Unified School District
May 1, 2012 thru May 22, 2012 Spreadsheet - Portion Values
Elementary Lunch 2010

	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 - 05/11/2012																
Elementary Lunch 2010	Total	270														
CORN DOG	1 Each	45	212	15	505	0.00	1.09	0.0	0	0	0.0	7.06	17.16	13.12	5.05	0.00
PEAS, Green Frozen 1/4c	1/4 Cup	45	16	0	64	0.19	0.06	1.1	146	29	0.68	0.21	0.6	1.37	0.68	0.00
Chicken Patty Sandwich	1 Each	45	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Hamburger	1 Each	45	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
Sandwich, Ham	1 Each	45	245	33	1225	4.64	2.39	149.1	534	137	4.87	19.22	32.97	6.56	1.77	0.00
Sandwich, Tuna	1 each	45	326	39	659	4.00	2.19	40.0	57	11	0.0	19.48	29.62	16.08	1.92	0.00
Sandwich, PB & J	1 Each	45	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Yogurt & Granola II	1 Each	108	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Salad Bar Ele w/o Yogurt	Servings	108	77	0	38	2.33	0.71	35.7	6952	1335	17.24	1.77	17.5	0.0	0.00	0.00
Dressing, Ranch PC	Packet	108	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Fresh, Apple, Orng, Bana, Grp	1/2 Cup	108	69	0	1	2.35	0.26	20.7	128	21	22.66	0.78	17.67	0.21	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	108	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	108	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	90	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	90	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE FF	1 Each	90	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
COND PC Mustard 6g Heinz	Packet	75	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, Ketchup 9g Heinz	Packet	75	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	75	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
Weighted Daily Average			663	33	1068	7.11	3.81	449.0	3759	735	23.88	28.11	91.82	21.29	4.72	0.12
% of Calories												17.0%	55.4%	28.9%	6.4%	0.2%
Nutrient Guideline			664	100	1328	6.64	3.50	286.00	1120		15.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			100%	33%	80%	107%	109%	157%	336%		159%	281%				
Shortfall			1	67	260											

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Lake Havasu Unified School District
May 1, 2012 thru May 22, 2012 Spreadsheet - Portion Values
Elementary Lunch 2010

	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 - 05/14/2012																
Elementary Lunch 2010	Total	270														
Chicken, Breaded 8 Piece	Serving	45	220	22	380	0.00	1.08	20.0	100	20	0.0	17.0	7.0	14.0	4.00	0.00
Potato, Fry KK	3oz. servin	45	120	0	35	2.00	0.72	0.0	0	0	6.0	2.0	20.0	4.0	0.00	0.00
Chicken Patty Sandwich	1 Each	45	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Hamburger	1 Each	45	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
Sandwich, Ham	1 Each	45	245	33	1225	4.64	2.39	149.1	534	137	4.87	19.22	32.97	6.56	1.77	0.00
Sandwich, Tuna	1 each	45	326	39	659	4.00	2.19	40.0	57	11	0.0	19.48	29.62	16.08	1.92	0.00
Sandwich, PB & J	1 Each	45	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Yogurt & Granola II	1 Each	90	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Salad Bar Ele w/o Yogurt	Servings	90	77	0	38	2.33	0.71	35.7	6952	1335	17.24	1.77	17.5	0.0	0.00	0.00
Dressing, Ranch PC	Packet	90	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Fresh, Apple, Orng, Bana,Grp	1/2 Cup	90	69	0	1	2.35	0.26	20.7	128	21	22.66	0.78	17.67	0.21	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	90	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	90	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
Yogurt & Granola II	1 Each	90	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
MILK WHITE LOWFAT 1%	1 Each	90	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	90	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE FF	1 Each	90	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
COND PC Mustard 6g Heinz	Packet	75	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, Ketchup 9g Heinz	Packet	75	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	75	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
Weighted Daily Average			721	36	1066	7.77	4.24	477.2	3462	680	21.72	31.55	101.65	22.01	4.65	0.12
% of Calories												17.5%	56.4%	27.5%	5.8%	0.1%
Nutrient Guideline			664	100	1328	6.64	3.50	286.00	1120		15.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			109%	36%	80%	117%	121%	167%	309%		145%	316%				
Shortfall				64	262											

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 22, 2012 Spreadsheet - Portion Values
Elementary Lunch 2010

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/15/2012																
Elementary Lunch 2010	Total	270														
Sandwich, Chicken Parmesan	1 each	45	459	30	1191	8.05	4.35	205.3	301	60	4.0	22.08	48.74	18.24	4.06	0.00
BEANS, Green Canned 1/4c	1/4 Cup	45	41	0	260	0.93	0.35	11.5	318	50	1.66	0.49	1.92	3.65	1.81	0.00
Chicken Patty Sandwich	1 Each	45	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Hamburger	1 Each	45	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
Sandwich, Ham	1 Each	45	245	33	1225	4.64	2.39	149.1	534	137	4.87	19.22	32.97	6.56	1.77	0.00
Sandwich, Tuna	1 each	45	326	39	659	4.00	2.19	40.0	57	11	0.0	19.48	29.62	16.08	1.92	0.00
Sandwich, PB & J	1 Each	45	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Salad Bar Ele w/o Yogurt	Servings	108	77	0	38	2.33	0.71	35.7	6952	1335	17.24	1.77	17.5	0.0	0.00	0.00
Dressing, Ranch PC	Packet	108	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Fresh, Apple, Orng, Bana, Grp	1/2 Cup	108	69	0	1	2.35	0.26	20.7	128	21	22.66	0.78	17.67	0.21	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	108	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	108	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
Trail Mix, Fruit & Nut	3 oz Servin	108	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
MILK WHITE LOWFAT 1%	1 Each	90	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	90	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE FF	1 Each	90	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
COND PC Mustard 6g Heinz	Packet	75	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, Ketchup 9g Heinz	Packet	75	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	75	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
Weighted Daily Average			727	34	1160	10.22	10.99	473.7	3630	698	24.37	29.42	103.02	22.43	4.37	0.12
% of Calories												16.2%	56.7%	27.8%	5.4%	0.1%
Nutrient Guideline			664	100	1328	6.64	3.50	286.00	1120		15.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			109%	34%	87%	154%	314%	166%	324%		162%	294%				
Shortfall				66	168											

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Lake Havasu Unified School District
May 1, 2012 thru May 22, 2012 Spreadsheet - Portion Values
Elementary Lunch 2010

	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 - 05/16/2012																
Elementary Lunch 2010	Total	270														
Chili Cheese Dog	1 Each	45	413	43	1196	3.38	2.41	103.1	115	23	0.0	16.14	37.15	22.05	8.11	0.00
Chicken Patty Sandwich	1 Each	45	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Hamburger	1 Each	45	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
Sandwich, Turkey	1 Each	45	245	8	1023	4.64	2.03	169.3	534	137	4.87	17.2	32.97	6.56	1.77	0.00
Sandwich, Tuna	1 each	45	326	39	659	4.00	2.19	40.0	57	11	0.0	19.48	29.62	16.08	1.92	0.00
Sandwich, PB & J	1 Each	45	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Trail Mix, Fruit & Nut	3 oz Servin	90	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Salad Bar Ele w/o Yogurt	Servings	90	77	0	38	2.33	0.71	35.7	6952	1335	17.24	1.77	17.5	0.0	0.00	0.00
Dressing, Ranch PC	Packet	90	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Fresh, Apple, Orng, Bana, Grp	1/2 Cup	90	69	0	1	2.35	0.26	20.7	128	21	22.66	0.78	17.67	0.21	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	90	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	90	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
Cookie, Birthday	Cookie	90	130	5	95	1.00	0.72	0.0	100	20	0.0	1.0	17.0	6.0	3.00	0.00
MILK WHITE LOWFAT 1%	1 Each	90	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	90	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE FF	1 Each	90	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
COND PC Mustard 6g Heinz	Packet	75	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, Ketchup 9g Heinz	Packet	75	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	75	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
Weighted Daily Average			715	34	1099	8.84	9.49	446.3	3097	599	20.09	27.77	98.42	23.70	5.66	0.12
% of Calories												15.5%	55.1%	29.8%	7.1%	0.1%
Nutrient Guideline			664	100	1328	6.64	3.50	286.00	1120		15.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			108%	34%	83%	133%	271%	156%	276%		134%	278%				
Shortfall				66	229											

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Lake Havasu Unified School District
May 1, 2012 thru May 22, 2012 Spreadsheet - Portion Values
Elementary Lunch 2010

	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 - 05/17/2012																
Elementary Lunch 2010	Total	270														
FRENCH TOAST STICKS, AP B 4e	4 Sticks	45	322	0	426	1.04	1.87	62.4	0	0	0.0	5.2	46.78	12.47	3.12	0.00
Sausage, Pork Patty	1 Each	45	80	20	270	0.00	0.00	0.0	0	0	0.0	7.0	1.0	6.0	0.00	0.00
SYRUP PC	1 EACH	45	124	32	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Chicken Patty Sandwich	1 Each	45	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Hamburger	1 Each	45	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
SPREAD, Mayo Cajun	1 Tbsp	45	42	5	179	0.20	0.12	3.7	2	0	0.02	0.24	1.59	3.5	0.54	0.05
Sandwich, Ham	1 Each	45	245	33	1225	4.64	2.39	149.1	534	137	4.87	19.22	32.97	6.56	1.77	0.00
Sandwich, Tuna	1 each	45	326	39	659	4.00	2.19	40.0	57	11	0.0	19.48	29.62	16.08	1.92	0.00
Sandwich, PB & J	1 Each	45	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Salad Bar Ele w/o Yogurt	Servings	100	77	0	38	2.33	0.71	35.7	6952	1335	17.24	1.77	17.5	0.0	0.00	0.00
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
Fresh, Apple, Orng, Bana, Grp	1/2 Cup	135	69	0	1	2.35	0.26	20.7	128	21	22.66	0.78	17.67	0.21	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	135	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	135	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	90	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	90	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE FF	1 Each	90	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
COND PC Mustard 6g Heinz	Packet	75	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, Ketchup 9g Heinz	Packet	75	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	75	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
Weighted Daily Average			641	38	1064	6.44	3.38	417.5	3268	638	26.11	26.38	82.26	21.42	3.91	0.13
% of Calories												16.5%	51.3%	30.1%	5.5%	0.2%
Nutrient Guideline			664	100	1328	6.64	3.50	286.00	1120		15.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			97%	38%	80%	97%	97%	146%	292%		174%	264%				
Shortfall			23	62	264	0.20	0.12							OVER		

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Lake Havasu Unified School District
May 1, 2012 thru May 22, 2012 Spreadsheet - Portion Values
Elementary Lunch 2010

	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 - 05/18/2012																
Elementary Lunch 2010	Total	270														
Burrito, Beef	1 Each	45	506	62	987	4.72	2.71	312.0	320	64	0.36	22.92	38.94	29.46	6.63	0.00
Chicken Patty Sandwich	1 Each	45	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Hamburger	1 Each	45	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
Sandwich, Turkey	1 Each	45	245	8	1023	4.64	2.03	169.3	534	137	4.87	17.2	32.97	6.56	1.77	0.00
Sandwich, Tuna	1 each	45	326	39	659	4.00	2.19	40.0	57	11	0.0	19.48	29.62	16.08	1.92	0.00
Sandwich, PB & J	1 Each	45	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Salad Bar Ele w/o Yogurt	Servings	90	77	0	38	2.33	0.71	35.7	6952	1335	17.24	1.77	17.5	0.0	0.00	0.00
Dressing, Ranch PC	Packet	90	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Fresh, Apple, Orng, Bana,Grp	1/2 Cup	90	69	0	1	2.35	0.26	20.7	128	21	22.66	0.78	17.67	0.21	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	90	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	90	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
Trail Mix, Fruit & Nut	3 oz Servin	90	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
DESRT: CRISP, Peach SC	Servings	90	177	0	102	0.60	0.56	12.0	468	93	1.17	1.23	28.3	6.64	3.24	0.00
MILK WHITE LOWFAT 1%	1 Each	90	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	90	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE FF	1 Each	90	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
COND PC Mustard 6g Heinz	Packet	75	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, Ketchup 9g Heinz	Packet	75	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	75	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
Weighted Daily Average			746	35	1066	8.93	9.48	485.1	3253	631	20.54	28.98	102.49	25.15	5.49	0.12
% of Calories												15.5%	54.9%	30.3%	6.6%	0.1%
Nutrient Guideline			664	100	1328	6.64	3.50	286.00	1120		15.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			112%	35%	80%	135%	271%	170%	290%		137%	290%				
Shortfall				65	262									OVER		

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Lake Havasu Unified School District
May 1, 2012 thru May 22, 2012 Spreadsheet - Portion Values
Elementary Lunch 2010

	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 - 05/21/2012																
Elementary Lunch 2010	Total	270														
Cheeseburger	1 Each	45	336	50	787	4.00	3.60	819.4	302	60	0.0	20.04	26.51	15.04	6.78	0.00
Chicken Patty Sandwich	1 Each	45	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Hamburger	1 Each	45	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
Sandwich, Ham	1 Each	45	245	33	1225	4.64	2.39	149.1	534	137	4.87	19.22	32.97	6.56	1.77	0.00
Sandwich, Tuna	1 each	45	326	39	659	4.00	2.19	40.0	57	11	0.0	19.48	29.62	16.08	1.92	0.00
Sandwich, PB & J	1 Each	45	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Salad Bar Ele w/o Yogurt	Servings	108	77	0	38	2.33	0.71	35.7	6952	1335	17.24	1.77	17.5	0.0	0.00	0.00
Dressing, Ranch PC	Packet	108	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Fresh, Apple, Orng, Bana,Grp	1/2 Cup	108	69	0	1	2.35	0.26	20.7	128	21	22.66	0.78	17.67	0.21	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	108	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	108	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
Trail Mix, Fruit & Nut	3 oz Servin	108	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
MILK WHITE LOWFAT 1%	1 Each	90	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	90	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE FF	1 Each	90	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
COND PC Mustard 6g Heinz	Packet	75	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, Ketchup 9g Heinz	Packet	75	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	75	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
Weighted Daily Average			699	37	1049	9.39	10.81	574.2	3578	690	23.43	29.00	98.99	21.29	4.52	0.12
% of Calories												16.6%	56.6%	27.4%	5.8%	0.2%
Nutrient Guideline			664	100	1328	6.64	3.50	286.00	1120		15.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			105%	37%	79%	141%	309%	201%	319%		156%	290%				
Shortfall				63	279											

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Lake Havasu Unified School District

May 1, 2012 thru May 22, 2012 Spreadsheet - Portion Values

Elementary Lunch 2010

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/22/2012																
Elementary Lunch 2010	Total	270														
Hot Dog	1 EACH	45	296	30	784	1.32	1.79	52.7	0	0	0.0	11.32	26.37	16.09	6.05	0.00
CORN, 3" Cobbettes Frz Comm	1 each	45	104	0	3	2.98	0.72	4.3	0	0	7.65	3.49	24.98	0.82	0.13	0.00
Chicken Patty Sandwich	1 Each	45	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Hamburger	1 Each	45	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
Sandwich, Turkey	1 Each	45	245	8	1023	4.64	2.03	169.3	534	137	4.87	17.2	32.97	6.56	1.77	0.00
Sandwich, Tuna	1 each	45	326	39	659	4.00	2.19	40.0	57	11	0.0	19.48	29.62	16.08	1.92	0.00
Sandwich, PB & J	1 Each	45	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Salad Bar Ele w/o Yogurt	Servings	108	77	0	38	2.33	0.71	35.7	6952	1335	17.24	1.77	17.5	0.0	0.00	0.00
Dressing, Ranch PC	Packet	108	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Fresh, Apple, Orng, Bana, Grp	1/2 Cup	108	69	0	1	2.35	0.26	20.7	128	21	22.66	0.78	17.67	0.21	0.06	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	108	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
Crackers, Assorted II	Servings	108	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
Trail Mix, Fruit & Nut	3 oz Servin	108	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
MILK WHITE LOWFAT 1%	1 Each	90	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	90	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
MILK WHITE FF	1 Each	90	90	5	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	0.0	0.00	0.00
COND PC Mustard 6g Heinz	Packet	75	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, Ketchup 9g Heinz	Packet	75	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	75	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
Weighted Daily Average			710	30	1015	9.44	10.56	450.5	3527	680	24.70	27.79	103.13	21.60	4.42	0.12
% of Calories											15.7%	58.1%	27.4%	5.6%	0.2%	
Nutrient Guideline			664	100	1328	6.64	3.50	286.00	1120		15.00	10.00		<=30.0	<10.00	
% of Guideline Satisfied			107%	30%	76%	142%	302%	158%	315%		165%	278%				
Shortfall				70	313											
Weighted Average			702	34	1070	8.59	7.89	489.0	3579	692	23.42	28.89	98.00	22.19	4.72	0.13
											16.5%	55.9%	28.5%	6.1%	0.2%	

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Lake Havasu Unified School District
May 1, 2012 thru May 22, 2012 Spreadsheet - Portion Values
 Elementary Lunch 2010

Nutrient	Menu AVG	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	702		664	106%													
Cholesterol (mg)	34		100	34%													
Sodium (mg)	1070		1328	81%													
Fiber (g)	8.59		6.64	129%													
Iron (mg)	7.89		3.50	225%													
Calcium (mg)	489.0		286.00	171%													
Vitamin A (IU)	3579		1120	320%													
Vitamin A (RE)	692		224	309%													
Vitamin C (mg)	23.42		15.00	156%													
Protein (g)	28.89	16.47%	10.00	289%													
Carbohydrate (g)	98.00	55.86%															
Total Fat (g)	22.19	28.46%	<=30.00%														
Saturated Fat (g)	4.72	6.06%	<10.00%														
Trans Fat (g)	0.13	0.16%															

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