

Lake Havasu Unified School District

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

Apr 20, 2012

Page 1

Made to Order Deli/Pizzeria

	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																
Made to Order Deli/Pizzeria	Total	600														
DELI BAR	1 Each	150	507	41	1322	2.99	2.91	227.2	338	77	2.07	22.15	42.62	26.79	5.65	0.00
PIZZA 16" Pepperoni	1/8 Slice	150	414	35	1000	2.52	4.37	363.6	394	79	2.41	21.01	50.98	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	150	397	32	941	2.52	4.28	363.6	394	79	2.41	20.3	50.86	11.35	6.36	0.00
PANINI, Cheesy Ham sandwich	150	450	23	587	2.39	2.39	263.3	838	192	4.37	13.82	34.51	16.38	8.28	0.00	
POTATO, FF 1/4" Gen7	2 3/4 oz	300	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Apple, Orng, Banana & Carrot	1/2 Cup	300	62	0	6	2.47	0.20	21.0	2071	411	22.77	0.8	15.59	0.15	0.04	0.00
Crackers, Assorted II	Servings	300	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	300	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Trail Mix, Fruit & Nut	3 oz Servin	300	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	300	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	300	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	300	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			945	43	1303	9.41	13.90	734.3	2452	486	23.72	34.14	142.03	23.65	8.37	0.00
% of Calories												14.4%	60.1%	22.5%	8.0%	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			112%	43%	77%	111%	309%	184%	163%		124%	204%				
Shortfall				57	389											

	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																
Made to Order Deli/Pizzeria	Total	600														
DELI BAR	1 Each	150	507	41	1322	2.99	2.91	227.2	338	77	2.07	22.15	42.62	26.79	5.65	0.00
PIZZA 16" Pepperoni	1/8 Slice	150	414	35	1000	2.52	4.37	363.6	394	79	2.41	21.01	50.98	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	150	397	32	941	2.52	4.28	363.6	394	79	2.41	20.3	50.86	11.35	6.36	0.00
PANINI, Tky Swest sandwich	150	428	54	1809	2.40	1.25	624.5	1302	396	4.84	22.78	25.17	20.82	10.53	0.04	
POTATO, FF 1/4" Gen7	2 3/4 oz	300	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Apple, Orng, Banana & Carrot	1/2 Cup	300	62	0	6	2.47	0.20	21.0	2071	411	22.77	0.8	15.59	0.15	0.04	0.00
Crackers, Assorted II	Servings	300	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	300	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Trail Mix, Fruit & Nut	3 oz Servin	300	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	300	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	300	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	300	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			940	51	1608	9.42	13.61	824.6	2568	537	23.83	36.38	139.70	24.76	8.93	0.01
% of Calories												15.5%	59.5%	23.7%	8.6%	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			111%	51%	95%	111%	302%	206%	171%		124%	218%				
Shortfall				49	84											

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

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

¹ - denotes optional nutrient values

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Lake Havasu Unified School District

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

Made to Order Deli/Pizzeria

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/03/2012																
Made to Order Deli/Pizzeria	Total	600														
DELI BAR	1 Each	150	507	41	1322	2.99	2.91	227.2	338	77	2.07	22.15	42.62	26.79	5.65	0.00
PIZZA 16" Pepperoni	1/8 Slice	150	414	35	1000	2.52	4.37	363.6	394	79	2.41	21.01	50.98	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	150	397	32	941	2.52	4.28	363.6	394	79	2.41	20.3	50.86	11.35	6.36	0.00
PANINI, Cheesy	sandwich	150	450	23	587	2.39	2.39	263.3	838	192	4.37	13.82	34.51	16.38	8.28	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	300	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Apple, Orng, Banana & Carrot	1/2 Cup	300	62	0	6	2.47	0.20	21.0	2071	411	22.77	0.8	15.59	0.15	0.04	0.00
Crackers, Assorted II	Servings	300	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	300	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Trail Mix, Fruit & Nut	3 oz Servin	300	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	300	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	300	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	300	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			945	43	1303	9.41	13.90	734.3	2452	486	23.72	34.14	142.03	23.65	8.37	0.00
% of Calories												14.4%	60.1%	22.5%	8.0%	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			112%	43%	77%	111%	309%	184%	163%		124%	204%				
Shortfall				57	389											

Fri - 05/04/2012																
Made to Order Deli/Pizzeria	Total	600														
DELI BAR	1 Each	150	507	41	1322	2.99	2.91	227.2	338	77	2.07	22.15	42.62	26.79	5.65	0.00
PIZZA 16" Pepperoni	1/8 Slice	150	414	35	1000	2.52	4.37	363.6	394	79	2.41	21.01	50.98	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	150	397	32	941	2.52	4.28	363.6	394	79	2.41	20.3	50.86	11.35	6.36	0.00
PANINI, Cheesy Ham	sandwich	150	450	23	587	2.39	2.39	263.3	838	192	4.37	13.82	34.51	16.38	8.28	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	300	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Apple, Orng, Banana & Carrot	1/2 Cup	300	62	0	6	2.47	0.20	21.0	2071	411	22.77	0.8	15.59	0.15	0.04	0.00
Crackers, Assorted II	Servings	300	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	300	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Trail Mix, Fruit & Nut	3 oz Servin	300	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	300	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	300	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	300	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00

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

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

1 - denotes optional nutrient values

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Lake Havasu Unified School District

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

Apr 20, 2012

Page 3

Made to Order Deli/Pizzeria

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			945	43	1303	9.41	13.90	734.3	2452	486	23.72	34.14	142.03	23.65	8.37	0.00
% of Calories												14.4%	60.1%	22.5%	8.0%	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			112%	43%	77%	111%	309%	184%	163%		124%	204%				
Shortfall				57	389											

Mon - 05/07/2012																
Made to Order Deli/Pizzeria	Total	600														
DELI BAR	1 Each	150	507	41	1322	2.99	2.91	227.2	338	77	2.07	22.15	42.62	26.79	5.65	0.00
PIZZA 16" Pepperoni	1/8 Slice	150	414	35	1000	2.52	4.37	363.6	394	79	2.41	21.01	50.98	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	150	397	32	941	2.52	4.28	363.6	394	79	2.41	20.3	50.86	11.35	6.36	0.00
PANINI, Cheesy Ham	sandwich	150	450	23	587	2.39	2.39	263.3	838	192	4.37	13.82	34.51	16.38	8.28	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	300	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Apple, Orng, Banana & Carrot	1/2 Cup	300	62	0	6	2.47	0.20	21.0	2071	411	22.77	0.8	15.59	0.15	0.04	0.00
Crackers, Assorted II	Servings	300	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	300	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Trail Mix, Fruit & Nut	3 oz Servin	300	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	300	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	300	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	300	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			945	43	1303	9.41	13.90	734.3	2452	486	23.72	34.14	142.03	23.65	8.37	0.00
% of Calories												14.4%	60.1%	22.5%	8.0%	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			112%	43%	77%	111%	309%	184%	163%		124%	204%				
Shortfall				57	389											

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Lake Havasu Unified School District

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

Apr 20, 2012

Page 4

Made to Order Deli/Pizzeria

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/08/2012																
Made to Order Deli/Pizzeria	Total	600														
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POTATO, FF 1/4" Gen7	2 3/4 oz	300	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Apple, Orng, Banana & Carrot	1/2 Cup	300	62	0	6	2.47	0.20	21.0	2071	411	22.77	0.8	15.59	0.15	0.04	0.00
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Trail Mix, Fruit & Nut	3 oz Servin	300	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	300	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	300	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	300	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
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Shortfall				57	389											

Wed - 05/09/2012																
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POTATO, FF 1/4" Gen7	2 3/4 oz	300	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Apple, Orng, Banana & Carrot	1/2 Cup	300	62	0	6	2.47	0.20	21.0	2071	411	22.77	0.8	15.59	0.15	0.04	0.00
Crackers, Assorted II	Servings	300	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	300	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Trail Mix, Fruit & Nut	3 oz Servin	300	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	300	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	300	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	300	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			945	43	1303	9.41	13.90	734.3	2452	486	23.72	34.14	142.03	23.65	8.37	0.00
% of Calories												14.4%	60.1%	22.5%	8.0%	0.0%
Nutrient Guideline			846	100	1692	8.46	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	
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Thu - 05/10/2012																
Made to Order Deli/Pizzeria	Total	600														
DELI BAR	1 Each	150	507	41	1322	2.99	2.91	227.2	338	77	2.07	22.15	42.62	26.79	5.65	0.00
PIZZA 16" Pepperoni	1/8 Slice	150	414	35	1000	2.52	4.37	363.6	394	79	2.41	21.01	50.98	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	150	397	32	941	2.52	4.28	363.6	394	79	2.41	20.3	50.86	11.35	6.36	0.00
PANINI, Cheesy Ham	sandwich	150	450	23	587	2.39	2.39	263.3	838	192	4.37	13.82	34.51	16.38	8.28	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	300	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Apple, Orng, Banana & Carrot	1/2 Cup	300	62	0	6	2.47	0.20	21.0	2071	411	22.77	0.8	15.59	0.15	0.04	0.00
Crackers, Assorted II	Servings	300	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	300	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Trail Mix, Fruit & Nut	3 oz Servin	300	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	300	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	300	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	300	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			945	43	1303	9.41	13.90	734.3	2452	486	23.72	34.14	142.03	23.65	8.37	0.00
% of Calories												14.4%	60.1%	22.5%	8.0%	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			112%	43%	77%	111%	309%	184%	163%		124%	204%				
Shortfall				57	389											

Fri - 05/11/2012																
Made to Order Deli/Pizzeria	Total	600														
DELI BAR	1 Each	150	507	41	1322	2.99	2.91	227.2	338	77	2.07	22.15	42.62	26.79	5.65	0.00
PIZZA 16" Pepperoni	1/8 Slice	150	414	35	1000	2.52	4.37	363.6	394	79	2.41	21.01	50.98	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	150	397	32	941	2.52	4.28	363.6	394	79	2.41	20.3	50.86	11.35	6.36	0.00
PANINI, Cheesy Ham	sandwich	150	450	23	587	2.39	2.39	263.3	838	192	4.37	13.82	34.51	16.38	8.28	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	300	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Apple, Orng, Banana & Carrot	1/2 Cup	300	62	0	6	2.47	0.20	21.0	2071	411	22.77	0.8	15.59	0.15	0.04	0.00
Crackers, Assorted II	Servings	300	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	300	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Trail Mix, Fruit & Nut	3 oz Servin	300	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	300	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	300	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	300	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00

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

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

1 - denotes optional nutrient values

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Lake Havasu Unified School District

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

Apr 20, 2012

Page 6

Made to Order Deli/Pizzeria

	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)
Weighted Daily Average			945	43	1303	9.41	13.90	734.3	2452	486	23.72	34.14	142.03	23.65	8.37	0.00
% of Calories												14.4%	60.1%	22.5%	8.0%	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			112%	43%	77%	111%	309%	184%	163%		124%	204%				
Shortfall				57	389											

Mon - 05/14/2012																
Made to Order Deli/Pizzeria	Total	600														
DELI BAR	1 Each	150	507	41	1322	2.99	2.91	227.2	338	77	2.07	22.15	42.62	26.79	5.65	0.00
PIZZA 16" Pepperoni	1/8 Slice	150	414	35	1000	2.52	4.37	363.6	394	79	2.41	21.01	50.98	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	150	397	32	941	2.52	4.28	363.6	394	79	2.41	20.3	50.86	11.35	6.36	0.00
PANINI, Cheesy Ham	sandwich	150	450	23	587	2.39	2.39	263.3	838	192	4.37	13.82	34.51	16.38	8.28	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	300	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Apple, Orng, Banana & Carrot	1/2 Cup	300	62	0	6	2.47	0.20	21.0	2071	411	22.77	0.8	15.59	0.15	0.04	0.00
Crackers, Assorted II	Servings	300	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	300	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Trail Mix, Fruit & Nut	3 oz Servin	300	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	300	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	300	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	300	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			945	43	1303	9.41	13.90	734.3	2452	486	23.72	34.14	142.03	23.65	8.37	0.00
% of Calories												14.4%	60.1%	22.5%	8.0%	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			112%	43%	77%	111%	309%	184%	163%		124%	204%				
Shortfall				57	389											

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

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

¹ - denotes optional nutrient values

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Lake Havasu Unified School District

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

Apr 20, 2012

Page 7

Made to Order Deli/Pizzeria

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/15/2012																
Made to Order Deli/Pizzeria	Total	600														
DELI BAR	1 Each	150	507	41	1322	2.99	2.91	227.2	338	77	2.07	22.15	42.62	26.79	5.65	0.00
PIZZA 16" Pepperoni	1/8 Slice	150	414	35	1000	2.52	4.37	363.6	394	79	2.41	21.01	50.98	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	150	397	32	941	2.52	4.28	363.6	394	79	2.41	20.3	50.86	11.35	6.36	0.00
PANINI, Cheesy Ham	sandwich	150	450	23	587	2.39	2.39	263.3	838	192	4.37	13.82	34.51	16.38	8.28	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	300	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Apple, Orng, Banana & Carrot	1/2 Cup	300	62	0	6	2.47	0.20	21.0	2071	411	22.77	0.8	15.59	0.15	0.04	0.00
Crackers, Assorted II	Servings	300	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	300	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Trail Mix, Fruit & Nut	3 oz Servin	300	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	300	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	300	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	300	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			945	43	1303	9.41	13.90	734.3	2452	486	23.72	34.14	142.03	23.65	8.37	0.00
% of Calories												14.4%	60.1%	22.5%	8.0%	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			112%	43%	77%	111%	309%	184%	163%		124%	204%				
Shortfall				57	389											

Wed - 05/16/2012																
Made to Order Deli/Pizzeria	Total	600														
DELI BAR	1 Each	150	507	41	1322	2.99	2.91	227.2	338	77	2.07	22.15	42.62	26.79	5.65	0.00
PIZZA 16" Pepperoni	1/8 Slice	150	414	35	1000	2.52	4.37	363.6	394	79	2.41	21.01	50.98	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	150	397	32	941	2.52	4.28	363.6	394	79	2.41	20.3	50.86	11.35	6.36	0.00
PANINI, Cheesy Ham	sandwich	150	450	23	587	2.39	2.39	263.3	838	192	4.37	13.82	34.51	16.38	8.28	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	300	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Apple, Orng, Banana & Carrot	1/2 Cup	300	62	0	6	2.47	0.20	21.0	2071	411	22.77	0.8	15.59	0.15	0.04	0.00
Crackers, Assorted II	Servings	300	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	300	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Trail Mix, Fruit & Nut	3 oz Servin	300	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	300	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	300	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	300	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			945	43	1303	9.41	13.90	734.3	2452	486	23.72	34.14	142.03	23.65	8.37	0.00
% of Calories												14.4%	60.1%	22.5%	8.0%	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			112%	43%	77%	111%	309%	184%	163%		124%	204%				
Shortfall				57	389											

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

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

¹ - denotes optional nutrient values

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Lake Havasu Unified School District

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

Made to Order Deli/Pizzeria

	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																
Made to Order Deli/Pizzeria	Total	600														
DELI BAR	1 Each	150	507	41	1322	2.99	2.91	227.2	338	77	2.07	22.15	42.62	26.79	5.65	0.00
PIZZA 16" Pepperoni	1/8 Slice	150	414	35	1000	2.52	4.37	363.6	394	79	2.41	21.01	50.98	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	150	397	32	941	2.52	4.28	363.6	394	79	2.41	20.3	50.86	11.35	6.36	0.00
PANINI, Cheesy Ham	sandwich	150	450	23	587	2.39	2.39	263.3	838	192	4.37	13.82	34.51	16.38	8.28	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	300	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Apple, Orng, Banana & Carrot	1/2 Cup	300	62	0	6	2.47	0.20	21.0	2071	411	22.77	0.8	15.59	0.15	0.04	0.00
Crackers, Assorted II	Servings	300	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	300	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Trail Mix, Fruit & Nut	3 oz Servin	300	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	300	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	300	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	300	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			945	43	1303	9.41	13.90	734.3	2452	486	23.72	34.14	142.03	23.65	8.37	0.00
% of Calories												14.4%	60.1%	22.5%	8.0%	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			112%	43%	77%	111%	309%	184%	163%		124%	204%				
Shortfall				57	389											

Fri - 05/18/2012																
Made to Order Deli/Pizzeria	Total	600														
DELI BAR	1 Each	150	507	41	1322	2.99	2.91	227.2	338	77	2.07	22.15	42.62	26.79	5.65	0.00
PIZZA 16" Pepperoni	1/8 Slice	150	414	35	1000	2.52	4.37	363.6	394	79	2.41	21.01	50.98	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	150	397	32	941	2.52	4.28	363.6	394	79	2.41	20.3	50.86	11.35	6.36	0.00
PANINI, Cheesy Ham	sandwich	150	450	23	587	2.39	2.39	263.3	838	192	4.37	13.82	34.51	16.38	8.28	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	300	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Apple, Orng, Banana & Carrot	1/2 Cup	300	62	0	6	2.47	0.20	21.0	2071	411	22.77	0.8	15.59	0.15	0.04	0.00
Crackers, Assorted II	Servings	300	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	300	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Trail Mix, Fruit & Nut	3 oz Servin	300	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	300	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	300	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	300	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00

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Lake Havasu Unified School District

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

Apr 20, 2012

Page 9

Made to Order Deli/Pizzeria

	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)
Weighted Daily Average			945	43	1303	9.41	13.90	734.3	2452	486	23.72	34.14	142.03	23.65	8.37	0.00
% of Calories												14.4%	60.1%	22.5%	8.0%	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			112%	43%	77%	111%	309%	184%	163%		124%	204%				
Shortfall				57	389											

Mon - 05/21/2012																
Made to Order Deli/Pizzeria	Total	600														
DELI BAR	1 Each	150	507	41	1322	2.99	2.91	227.2	338	77	2.07	22.15	42.62	26.79	5.65	0.00
PIZZA 16" Pepperoni	1/8 Slice	150	414	35	1000	2.52	4.37	363.6	394	79	2.41	21.01	50.98	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	150	397	32	941	2.52	4.28	363.6	394	79	2.41	20.3	50.86	11.35	6.36	0.00
PANINI, Cheesy Ham	sandwich	150	450	23	587	2.39	2.39	263.3	838	192	4.37	13.82	34.51	16.38	8.28	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	300	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Apple, Orng, Banana & Carrot	1/2 Cup	300	62	0	6	2.47	0.20	21.0	2071	411	22.77	0.8	15.59	0.15	0.04	0.00
Crackers, Assorted II	Servings	300	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	300	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Trail Mix, Fruit & Nut	3 oz Servin	300	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	300	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	300	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	300	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			945	43	1303	9.41	13.90	734.3	2452	486	23.72	34.14	142.03	23.65	8.37	0.00
% of Calories												14.4%	60.1%	22.5%	8.0%	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			112%	43%	77%	111%	309%	184%	163%		124%	204%				
Shortfall				57	389											

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

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

¹ - denotes optional nutrient values

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Lake Havasu Unified School District

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

Apr 20, 2012

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Made to Order Deli/Pizzeria

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/22/2012																
Made to Order Deli/Pizzeria	Total	600														
DELI BAR	1 Each	150	507	41	1322	2.99	2.91	227.2	338	77	2.07	22.15	42.62	26.79	5.65	0.00
PIZZA 16" Pepperoni	1/8 Slice	150	414	35	1000	2.52	4.37	363.6	394	79	2.41	21.01	50.98	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	150	397	32	941	2.52	4.28	363.6	394	79	2.41	20.3	50.86	11.35	6.36	0.00
PANINI, Cheesy Ham	sandwich	150	450	23	587	2.39	2.39	263.3	838	192	4.37	13.82	34.51	16.38	8.28	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	300	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Apple, Orng, Banana & Carrot	1/2 Cup	300	62	0	6	2.47	0.20	21.0	2071	411	22.77	0.8	15.59	0.15	0.04	0.00
Crackers, Assorted II	Servings	300	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	300	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Trail Mix, Fruit & Nut	3 oz Servin	300	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	300	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	300	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	300	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			945	43	1303	9.41	13.90	734.3	2452	486	23.72	34.14	142.03	23.65	8.37	0.00
% of Calories												14.4%	60.1%	22.5%	8.0%	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			112%	43%	77%	111%	309%	184%	163%		124%	204%				
Shortfall				57	389											

Wed - 05/23/2012																
Made to Order Deli/Pizzeria	Total	600														
DELI BAR	1 Each	150	507	41	1322	2.99	2.91	227.2	338	77	2.07	22.15	42.62	26.79	5.65	0.00
PIZZA 16" Pepperoni	1/8 Slice	150	414	35	1000	2.52	4.37	363.6	394	79	2.41	21.01	50.98	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	150	397	32	941	2.52	4.28	363.6	394	79	2.41	20.3	50.86	11.35	6.36	0.00
PANINI, Cheesy Ham	sandwich	150	450	23	587	2.39	2.39	263.3	838	192	4.37	13.82	34.51	16.38	8.28	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	300	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Apple, Orng, Banana & Carrot	1/2 Cup	300	62	0	6	2.47	0.20	21.0	2071	411	22.77	0.8	15.59	0.15	0.04	0.00
Crackers, Assorted II	Servings	300	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	300	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Trail Mix, Fruit & Nut	3 oz Servin	300	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	300	37	0	10	0.00	0.00	0.0	0	0	10.0	0.33	9.0	0.0	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	300	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	300	130	5	220	0.00	0.36	300.0	500	100	2.4	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			945	43	1303	9.41	13.90	734.3	2452	486	23.72	34.14	142.03	23.65	8.37	0.00
% of Calories												14.4%	60.1%	22.5%	8.0%	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			112%	43%	77%	111%	309%	184%	163%		124%	204%				
Shortfall				57	389											

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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

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

Apr 20, 2012

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Made to Order Deli/Pizzeria

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average			945	43	1320	9.41	13.88	739.6	2458	489	23.72	34.28 14.5%	141.90 60.1%	23.72 22.6%	8.40 8.0%	0.00 0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	945		846	112%			
Cholesterol (mg)	43		100	43%			
Sodium (mg)	1320		1692	78%			
Fiber (g)	9.41		8.46	111%			
Iron (mg)	13.88		4.50	308%			
Calcium (mg)	739.6		400.00	185%			
Vitamin A (IU)	2458		1500	164%			
Vitamin A (RE)	489		300	163%			
Vitamin C (mg)	23.72		19.20	124%			
Protein (g)	34.28	14.51%	16.70	205%			
Carbohydrate (g)	141.90	60.05%					
Total Fat (g)	23.72	22.59%	<=30.00%				
Saturated Fat (g)	8.40	8.00%	<10.00%				
Trans Fat (g)	0.00	0.00%					

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

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