

Lake Havasu Unified School District

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

Grab & Go

	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																
Grab & Go	Total	900														
CHIX Nugget	5 Each	150	230	55	480	0.00	1.44	20.0	100	20	0.0	17.0	12.0	13.0	2.50	0.00
Chicken Patty Sandwich	1 Each	150	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Chicken Patty, Hot & Spicy	1 Each	150	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
Chicken, Breaded 8 Piece	Serving	150	220	22	380	0.00	1.08	20.0	100	20	0.0	17.0	7.0	14.0	4.00	0.00
ORANGE CHICKEN WITH RICE	1/2 CUP	150	728	60	1511	2.00	5.63	80.7	0	0	0.0	28.07	89.41	28.0	5.00	0.00
Bagel, Ham & Cheese Lunch	1 EACH	150	441	45	1527	4.00	3.25	180.0	150	60	0.0	28.69	64.52	7.56	2.77	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	385	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	385	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	386	77	0	10	0.97	0.13	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Trail Mix, Fruit & Nut	3 oz Servin	386	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	386	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Crackers, Zoo & Teddy Graham	Servings	386	90	0	70	0.50	0.54	20.0	0	0	0.0	1.0	17.0	1.75	0.00	0.00
Yogurt & Granola II	1 Each	386	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	386	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	450	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	450	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, Ketchup 9g Heinz	Packet	385	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 Sauce, BBQ 12g	packet	450	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	385	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 Mustard 6g Heinz	Packet	150	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
Weighted Daily Average			926	53	1399	9.76	12.18	488.0	4555	908	23.64	36.01	143.15	24.16	4.98	0.00
% of Calories												15.6%	61.8%	23.5%	4.8%	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			109%	53%	83%	115%	271%	122%	304%		123%	216%				
Shortfall				47	293											

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Wed - 05/02/2012																
Grab & Go	Total	900														
CHIX Nugget	5 Each	150	230	55	480	0.00	1.44	20.0	100	20	0.0	17.0	12.0	13.0	2.50	0.00
Chicken Patty Sandwich	1 Each	150	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Chicken Patty, Hot & Spicy	1 Each	150	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
Chicken, Breaded 8 Piece	Serving	150	220	22	380	0.00	1.08	20.0	100	20	0.0	17.0	7.0	14.0	4.00	0.00
ORANGE CHICKEN WITH RICE	1/2 CUP	150	728	60	1511	2.00	5.63	80.7	0	0	0.0	28.07	89.41	28.0	5.00	0.00
Bagel, Ham & Cheese Lunch	1 EACH	150	441	45	1527	4.00	3.25	180.0	150	60	0.0	28.69	64.52	7.56	2.77	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	385	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	385	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	386	77	0	10	0.97	0.13	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Trail Mix, Fruit & Nut	3 oz Servin	386	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	386	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Crackers, Zoo & Teddy Graham	Servings	386	90	0	70	0.50	0.54	20.0	0	0	0.0	1.0	17.0	1.75	0.00	0.00
Yogurt & Granola II	1 Each	386	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	386	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	450	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	450	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, Ketchup 9g Heinz	Packet	385	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 Sauce, BBQ 12g	packet	450	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	385	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 Mustard 6g Heinz	Packet	150	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
Weighted Daily Average			926	53	1399	9.76	12.18	488.0	4555	908	23.64	36.01	143.15	24.16	4.98	0.00
% of Calories												15.6%	61.8%	23.5%	4.8%	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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Shortfall				47	293											

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Thu - 05/03/2012																
Grab & Go	Total	900														
CHIX Nugget	5 Each	150	230	55	480	0.00	1.44	20.0	100	20	0.0	17.0	12.0	13.0	2.50	0.00
Chicken Patty Sandwich	1 Each	150	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Chicken Patty, Hot & Spicy	1 Each	150	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
Chicken, Breaded 8 Piece	Serving	150	220	22	380	0.00	1.08	20.0	100	20	0.0	17.0	7.0	14.0	4.00	0.00
ORANGE CHICKEN WITH RICE	1/2 CUP	150	728	60	1511	2.00	5.63	80.7	0	0	0.0	28.07	89.41	28.0	5.00	0.00
Bagel, Ham & Cheese Lunch	1 EACH	150	441	45	1527	4.00	3.25	180.0	150	60	0.0	28.69	64.52	7.56	2.77	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	385	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	385	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	386	77	0	10	0.97	0.13	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Trail Mix, Fruit & Nut	3 oz Servin	386	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	386	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Crackers, Zoo & Teddy Graham	Servings	386	90	0	70	0.50	0.54	20.0	0	0	0.0	1.0	17.0	1.75	0.00	0.00
Yogurt & Granola II	1 Each	386	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	386	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	450	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	450	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, Ketchup 9g Heinz	Packet	385	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 Sauce, BBQ 12g	packet	450	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	385	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
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Fri - 05/04/2012																
Grab & Go	Total	900														
CHIX Nugget	5 Each	150	230	55	480	0.00	1.44	20.0	100	20	0.0	17.0	12.0	13.0	2.50	0.00
Chicken Patty Sandwich	1 Each	150	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Chicken Patty, Hot & Spicy	1 Each	150	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
Chicken, Breaded 8 Piece	Serving	150	220	22	380	0.00	1.08	20.0	100	20	0.0	17.0	7.0	14.0	4.00	0.00
ORANGE CHICKEN WITH RICE	1/2 CUP	150	728	60	1511	2.00	5.63	80.7	0	0	0.0	28.07	89.41	28.0	5.00	0.00
Bagel, Ham & Cheese Lunch	1 EACH	150	441	45	1527	4.00	3.25	180.0	150	60	0.0	28.69	64.52	7.56	2.77	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	385	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	385	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	386	77	0	10	0.97	0.13	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Trail Mix, Fruit & Nut	3 oz Servin	386	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
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Yogurt & Granola II	1 Each	386	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	386	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	450	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
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Trail Mix, Fruit & Nut	3 oz Servin	386	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	386	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Crackers, Zoo & Teddy Graham	Servings	386	90	0	70	0.50	0.54	20.0	0	0	0.0	1.0	17.0	1.75	0.00	0.00
Yogurt & Granola II	1 Each	386	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	386	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	450	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	450	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, Ketchup 9g Heinz	Packet	385	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 Sauce, BBQ 12g	packet	450	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	385	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 Mustard 6g Heinz	Packet	150	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
Weighted Daily Average			926	53	1399	9.76	12.18	488.0	4555	908	23.64	36.01	143.15	24.16	4.98	0.00
% of Calories												15.6%	61.8%	23.5%	4.8%	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			109%	53%	83%	115%	271%	122%	304%		123%	216%				
Shortfall				47	293											

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

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Lake Havasu Unified School District

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

Grab & Go

	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																
Grab & Go	Total	900														
CHIX Nugget	5 Each	150	230	55	480	0.00	1.44	20.0	100	20	0.0	17.0	12.0	13.0	2.50	0.00
Chicken Patty Sandwich	1 Each	150	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Chicken Patty, Hot & Spicy	1 Each	150	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
Chicken, Breaded 8 Piece	Serving	150	220	22	380	0.00	1.08	20.0	100	20	0.0	17.0	7.0	14.0	4.00	0.00
ORANGE CHICKEN WITH RICE	1/2 CUP	150	728	60	1511	2.00	5.63	80.7	0	0	0.0	28.07	89.41	28.0	5.00	0.00
Bagel, Ham & Cheese Lunch	1 EACH	150	441	45	1527	4.00	3.25	180.0	150	60	0.0	28.69	64.52	7.56	2.77	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	385	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	385	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	386	77	0	10	0.97	0.13	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Trail Mix, Fruit & Nut	3 oz Servin	386	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	386	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Crackers, Zoo & Teddy Graham	Servings	386	90	0	70	0.50	0.54	20.0	0	0	0.0	1.0	17.0	1.75	0.00	0.00
Yogurt & Granola II	1 Each	386	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	386	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	450	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	450	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, Ketchup 9g Heinz	Packet	385	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 Sauce, BBQ 12g	packet	450	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	385	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 Mustard 6g Heinz	Packet	150	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
Weighted Daily Average			926	53	1399	9.76	12.18	488.0	4555	908	23.64	36.01	143.15	24.16	4.98	0.00
% of Calories												15.6%	61.8%	23.5%	4.8%	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			109%	53%	83%	115%	271%	122%	304%		123%	216%				
Shortfall				47	293											

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Lake Havasu Unified School District

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

Grab & Go

	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																
Grab & Go	Total	900														
CHIX Nugget	5 Each	150	230	55	480	0.00	1.44	20.0	100	20	0.0	17.0	12.0	13.0	2.50	0.00
Chicken Patty Sandwich	1 Each	150	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Chicken Patty, Hot & Spicy	1 Each	150	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
Chicken, Breaded 8 Piece	Serving	150	220	22	380	0.00	1.08	20.0	100	20	0.0	17.0	7.0	14.0	4.00	0.00
ORANGE CHICKEN WITH RICE	1/2 CUP	150	728	60	1511	2.00	5.63	80.7	0	0	0.0	28.07	89.41	28.0	5.00	0.00
Bagel, Ham & Cheese Lunch	1 EACH	150	441	45	1527	4.00	3.25	180.0	150	60	0.0	28.69	64.52	7.56	2.77	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	385	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	385	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	386	77	0	10	0.97	0.13	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Trail Mix, Fruit & Nut	3 oz Servin	386	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	386	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Crackers, Zoo & Teddy Graham	Servings	386	90	0	70	0.50	0.54	20.0	0	0	0.0	1.0	17.0	1.75	0.00	0.00
Yogurt & Granola II	1 Each	386	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	386	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	450	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	450	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, Ketchup 9g Heinz	Packet	385	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 Sauce, BBQ 12g	packet	450	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	385	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 Mustard 6g Heinz	Packet	150	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
Weighted Daily Average			926	53	1399	9.76	12.18	488.0	4555	908	23.64	36.01	143.15	24.16	4.98	0.00
% of Calories												15.6%	61.8%	23.5%	4.8%	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			109%	53%	83%	115%	271%	122%	304%		123%	216%				
Shortfall				47	293											

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Lake Havasu Unified School District

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

Grab & Go

	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																
Grab & Go	Total	900														
CHIX Nugget	5 Each	150	230	55	480	0.00	1.44	20.0	100	20	0.0	17.0	12.0	13.0	2.50	0.00
Chicken Patty Sandwich	1 Each	150	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Chicken Patty, Hot & Spicy	1 Each	150	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
Chicken, Breaded 8 Piece	Serving	150	220	22	380	0.00	1.08	20.0	100	20	0.0	17.0	7.0	14.0	4.00	0.00
ORANGE CHICKEN WITH RICE	1/2 CUP	150	728	60	1511	2.00	5.63	80.7	0	0	0.0	28.07	89.41	28.0	5.00	0.00
Bagel, Ham & Cheese Lunch	1 EACH	150	441	45	1527	4.00	3.25	180.0	150	60	0.0	28.69	64.52	7.56	2.77	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	385	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	385	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	386	77	0	10	0.97	0.13	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Trail Mix, Fruit & Nut	3 oz Servin	386	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	386	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Crackers, Zoo & Teddy Graham	Servings	386	90	0	70	0.50	0.54	20.0	0	0	0.0	1.0	17.0	1.75	0.00	0.00
Yogurt & Granola II	1 Each	386	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	386	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	450	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	450	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, Ketchup 9g Heinz	Packet	385	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 Sauce, BBQ 12g	packet	450	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	385	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 Mustard 6g Heinz	Packet	150	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
Weighted Daily Average			926	53	1399	9.76	12.18	488.0	4555	908	23.64	36.01	143.15	24.16	4.98	0.00
% of Calories												15.6%	61.8%	23.5%	4.8%	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			109%	53%	83%	115%	271%	122%	304%		123%	216%				
Shortfall				47	293											

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Lake Havasu Unified School District

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

Grab & Go

	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																
Grab & Go	Total	900														
CHIX Nugget	5 Each	150	230	55	480	0.00	1.44	20.0	100	20	0.0	17.0	12.0	13.0	2.50	0.00
Chicken Patty Sandwich	1 Each	150	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Chicken Patty, Hot & Spicy	1 Each	150	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
Chicken, Breaded 8 Piece	Serving	150	220	22	380	0.00	1.08	20.0	100	20	0.0	17.0	7.0	14.0	4.00	0.00
ORANGE CHICKEN WITH RICE	1/2 CUP	150	728	60	1511	2.00	5.63	80.7	0	0	0.0	28.07	89.41	28.0	5.00	0.00
Bagel, Ham & Cheese Lunch	1 EACH	150	441	45	1527	4.00	3.25	180.0	150	60	0.0	28.69	64.52	7.56	2.77	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	385	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	385	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	386	77	0	10	0.97	0.13	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Trail Mix, Fruit & Nut	3 oz Servin	386	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	386	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Crackers, Zoo & Teddy Graham	Servings	386	90	0	70	0.50	0.54	20.0	0	0	0.0	1.0	17.0	1.75	0.00	0.00
Yogurt & Granola II	1 Each	386	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	386	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	450	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	450	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, Ketchup 9g Heinz	Packet	385	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 Sauce, BBQ 12g	packet	450	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	385	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 Mustard 6g Heinz	Packet	150	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
Weighted Daily Average			926	53	1399	9.76	12.18	488.0	4555	908	23.64	36.01	143.15	24.16	4.98	0.00
% of Calories												15.6%	61.8%	23.5%	4.8%	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			109%	53%	83%	115%	271%	122%	304%		123%	216%				
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Lake Havasu Unified School District

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

Grab & Go

	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																
Grab & Go	Total	900														
CHIX Nugget	5 Each	150	230	55	480	0.00	1.44	20.0	100	20	0.0	17.0	12.0	13.0	2.50	0.00
Chicken Patty Sandwich	1 Each	150	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Chicken Patty, Hot & Spicy	1 Each	150	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
Chicken, Breaded 8 Piece	Serving	150	220	22	380	0.00	1.08	20.0	100	20	0.0	17.0	7.0	14.0	4.00	0.00
ORANGE CHICKEN WITH RICE	1/2 CUP	150	728	60	1511	2.00	5.63	80.7	0	0	0.0	28.07	89.41	28.0	5.00	0.00
Bagel, Ham & Cheese Lunch	1 EACH	150	441	45	1527	4.00	3.25	180.0	150	60	0.0	28.69	64.52	7.56	2.77	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	385	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	385	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	386	77	0	10	0.97	0.13	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Trail Mix, Fruit & Nut	3 oz Servin	386	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	386	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Crackers, Zoo & Teddy Graham	Servings	386	90	0	70	0.50	0.54	20.0	0	0	0.0	1.0	17.0	1.75	0.00	0.00
Yogurt & Granola II	1 Each	386	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	386	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	450	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	450	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, Ketchup 9g Heinz	Packet	385	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 Sauce, BBQ 12g	packet	450	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	385	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 Mustard 6g Heinz	Packet	150	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
Weighted Daily Average			926	53	1399	9.76	12.18	488.0	4555	908	23.64	36.01	143.15	24.16	4.98	0.00
% of Calories												15.6%	61.8%	23.5%	4.8%	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			109%	53%	83%	115%	271%	122%	304%		123%	216%				
Shortfall				47	293											

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Lake Havasu Unified School District

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

Grab & Go

	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																
Grab & Go	Total	900														
CHIX Nugget	5 Each	150	230	55	480	0.00	1.44	20.0	100	20	0.0	17.0	12.0	13.0	2.50	0.00
Chicken Patty Sandwich	1 Each	150	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Chicken Patty, Hot & Spicy	1 Each	150	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
Chicken, Breaded 8 Piece	Serving	150	220	22	380	0.00	1.08	20.0	100	20	0.0	17.0	7.0	14.0	4.00	0.00
ORANGE CHICKEN WITH RICE	1/2 CUP	150	728	60	1511	2.00	5.63	80.7	0	0	0.0	28.07	89.41	28.0	5.00	0.00
Bagel, Ham & Cheese Lunch	1 EACH	150	441	45	1527	4.00	3.25	180.0	150	60	0.0	28.69	64.52	7.56	2.77	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	385	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	385	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	386	77	0	10	0.97	0.13	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Trail Mix, Fruit & Nut	3 oz Servin	386	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	386	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Crackers, Zoo & Teddy Graham	Servings	386	90	0	70	0.50	0.54	20.0	0	0	0.0	1.0	17.0	1.75	0.00	0.00
Yogurt & Granola II	1 Each	386	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	386	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	450	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	450	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, Ketchup 9g Heinz	Packet	385	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 Sauce, BBQ 12g	packet	450	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	385	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 Mustard 6g Heinz	Packet	150	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
Weighted Daily Average			926	53	1399	9.76	12.18	488.0	4555	908	23.64	36.01	143.15	24.16	4.98	0.00
% of Calories												15.6%	61.8%	23.5%	4.8%	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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Shortfall				47	293											

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Lake Havasu Unified School District

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

Grab & Go

	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																
Grab & Go	Total	900														
CHIX Nugget	5 Each	150	230	55	480	0.00	1.44	20.0	100	20	0.0	17.0	12.0	13.0	2.50	0.00
Chicken Patty Sandwich	1 Each	150	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Chicken Patty, Hot & Spicy	1 Each	150	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
Chicken, Breaded 8 Piece	Serving	150	220	22	380	0.00	1.08	20.0	100	20	0.0	17.0	7.0	14.0	4.00	0.00
ORANGE CHICKEN WITH RICE	1/2 CUP	150	728	60	1511	2.00	5.63	80.7	0	0	0.0	28.07	89.41	28.0	5.00	0.00
Bagel, Ham & Cheese Lunch	1 EACH	150	441	45	1527	4.00	3.25	180.0	150	60	0.0	28.69	64.52	7.56	2.77	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	385	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	385	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	386	77	0	10	0.97	0.13	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Trail Mix, Fruit & Nut	3 oz Servin	386	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	386	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Crackers, Zoo & Teddy Graham	Servings	386	90	0	70	0.50	0.54	20.0	0	0	0.0	1.0	17.0	1.75	0.00	0.00
Yogurt & Granola II	1 Each	386	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	386	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	450	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	450	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, Ketchup 9g Heinz	Packet	385	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 Sauce, BBQ 12g	packet	450	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	385	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 Mustard 6g Heinz	Packet	150	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
Weighted Daily Average			926	53	1399	9.76	12.18	488.0	4555	908	23.64	36.01	143.15	24.16	4.98	0.00
% of Calories												15.6%	61.8%	23.5%	4.8%	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			109%	53%	83%	115%	271%	122%	304%		123%	216%				
Shortfall				47	293											

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Lake Havasu Unified School District

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

Grab & Go

	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																
Grab & Go	Total	900														
CHIX Nugget	5 Each	150	230	55	480	0.00	1.44	20.0	100	20	0.0	17.0	12.0	13.0	2.50	0.00
Chicken Patty Sandwich	1 Each	150	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Chicken Patty, Hot & Spicy	1 Each	150	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
Chicken, Breaded 8 Piece	Serving	150	220	22	380	0.00	1.08	20.0	100	20	0.0	17.0	7.0	14.0	4.00	0.00
ORANGE CHICKEN WITH RICE	1/2 CUP	150	728	60	1511	2.00	5.63	80.7	0	0	0.0	28.07	89.41	28.0	5.00	0.00
Bagel, Ham & Cheese Lunch	1 EACH	150	441	45	1527	4.00	3.25	180.0	150	60	0.0	28.69	64.52	7.56	2.77	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	385	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	385	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	386	77	0	10	0.97	0.13	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Trail Mix, Fruit & Nut	3 oz Servin	386	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	386	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Crackers, Zoo & Teddy Graham	Servings	386	90	0	70	0.50	0.54	20.0	0	0	0.0	1.0	17.0	1.75	0.00	0.00
Yogurt & Granola II	1 Each	386	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	386	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	450	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	450	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, Ketchup 9g Heinz	Packet	385	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 Sauce, BBQ 12g	packet	450	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	385	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 Mustard 6g Heinz	Packet	150	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
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% of Calories												15.6%	61.8%	23.5%	4.8%	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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Shortfall				47	293											

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Fri - 05/18/2012																
Grab & Go	Total	900														
CHIX Nugget	5 Each	150	230	55	480	0.00	1.44	20.0	100	20	0.0	17.0	12.0	13.0	2.50	0.00
Chicken Patty Sandwich	1 Each	150	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Chicken Patty, Hot & Spicy	1 Each	150	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
Chicken, Breaded 8 Piece	Serving	150	220	22	380	0.00	1.08	20.0	100	20	0.0	17.0	7.0	14.0	4.00	0.00
ORANGE CHICKEN WITH RICE	1/2 CUP	150	728	60	1511	2.00	5.63	80.7	0	0	0.0	28.07	89.41	28.0	5.00	0.00
Bagel, Ham & Cheese Lunch	1 EACH	150	441	45	1527	4.00	3.25	180.0	150	60	0.0	28.69	64.52	7.56	2.77	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	385	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	385	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	386	77	0	10	0.97	0.13	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Trail Mix, Fruit & Nut	3 oz Servin	386	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
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Crackers, Zoo & Teddy Graham	Servings	386	90	0	70	0.50	0.54	20.0	0	0	0.0	1.0	17.0	1.75	0.00	0.00
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Juice, 4oz. Apple/Orange/Grape	1 Cup	386	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	450	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	450	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, Ketchup 9g Heinz	Packet	385	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 Sauce, BBQ 12g	packet	450	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	385	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 Mustard 6g Heinz	Packet	150	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
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Lake Havasu Unified School District

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

Grab & Go

	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																
Grab & Go	Total	900														
CHIX Nugget	5 Each	150	230	55	480	0.00	1.44	20.0	100	20	0.0	17.0	12.0	13.0	2.50	0.00
Chicken Patty Sandwich	1 Each	150	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Chicken Patty, Hot & Spicy	1 Each	150	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
Chicken, Breaded 8 Piece	Serving	150	220	22	380	0.00	1.08	20.0	100	20	0.0	17.0	7.0	14.0	4.00	0.00
ORANGE CHICKEN WITH RICE	1/2 CUP	150	728	60	1511	2.00	5.63	80.7	0	0	0.0	28.07	89.41	28.0	5.00	0.00
Bagel, Ham & Cheese Lunch	1 EACH	150	441	45	1527	4.00	3.25	180.0	150	60	0.0	28.69	64.52	7.56	2.77	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	385	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	385	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	386	77	0	10	0.97	0.13	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Trail Mix, Fruit & Nut	3 oz Servin	386	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	386	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Crackers, Zoo & Teddy Graham	Servings	386	90	0	70	0.50	0.54	20.0	0	0	0.0	1.0	17.0	1.75	0.00	0.00
Yogurt & Granola II	1 Each	386	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	386	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	450	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	450	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, Ketchup 9g Heinz	Packet	385	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 Sauce, BBQ 12g	packet	450	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	385	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 Mustard 6g Heinz	Packet	150	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
Weighted Daily Average			926	53	1399	9.76	12.18	488.0	4555	908	23.64	36.01	143.15	24.16	4.98	0.00
% of Calories												15.6%	61.8%	23.5%	4.8%	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			109%	53%	83%	115%	271%	122%	304%		123%	216%				
Shortfall				47	293											

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

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Lake Havasu Unified School District

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

Grab & Go

	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																
Grab & Go	Total	900														
CHIX Nugget	5 Each	150	230	55	480	0.00	1.44	20.0	100	20	0.0	17.0	12.0	13.0	2.50	0.00
Chicken Patty Sandwich	1 Each	150	370	20	730	6.00	3.60	80.0	0	0	0.0	17.0	40.0	15.0	2.00	0.00
Chicken Patty, Hot & Spicy	1 Each	150	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
Chicken, Breaded 8 Piece	Serving	150	220	22	380	0.00	1.08	20.0	100	20	0.0	17.0	7.0	14.0	4.00	0.00
ORANGE CHICKEN WITH RICE	1/2 CUP	150	728	60	1511	2.00	5.63	80.7	0	0	0.0	28.07	89.41	28.0	5.00	0.00
Bagel, Ham & Cheese Lunch	1 EACH	150	441	45	1527	4.00	3.25	180.0	150	60	0.0	28.69	64.52	7.56	2.77	0.00
POTATO, FF 1/4" Gen7	2 3/4 oz	385	90	0	100	1.49	0.18	0.0	0	0	2.99	1.0	12.94	3.98	0.25	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	385	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
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Trail Mix, Fruit & Nut	3 oz Servin	386	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	386	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Crackers, Zoo & Teddy Graham	Servings	386	90	0	70	0.50	0.54	20.0	0	0	0.0	1.0	17.0	1.75	0.00	0.00
Yogurt & Granola II	1 Each	386	232	5	145	2.60	1.56	116.7	684	137	1.04	6.8	46.05	2.74	1.10	0.00
Juice, 4oz. Apple/Orange/Grape	1 Cup	386	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	450	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	450	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, Ketchup 9g Heinz	Packet	385	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 Sauce, BBQ 12g	packet	450	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	385	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 Mustard 6g Heinz	Packet	150	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
Weighted Daily Average			926	53	1399	9.76	12.18	488.0	4555	908	23.64	36.01	143.15	24.16	4.98	0.00
% of Calories												15.6%	61.8%	23.5%	4.8%	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			109%	53%	83%	115%	271%	122%	304%		123%	216%				
Shortfall				47	293											
Weighted Average			926	53	1399	9.76	12.18	488.0	4555	908	23.64	36.01	143.15	24.16	4.98	0.00
												15.6%	61.8%	23.5%	4.8%	0.0%

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Lake Havasu Unified School District

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

Grab & Go

Nutrient	Menu AVG	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)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	926		846	109%													
Cholesterol (mg)	53		100	53%													
Sodium (mg)	1399		1692	83%													
Fiber (g)	9.76		8.46	115%													
Iron (mg)	12.18		4.50	271%													
Calcium (mg)	488.0		400.00	122%													
Vitamin A (IU)	4555		1500	304%													
Vitamin A (RE)	908		300	303%													
Vitamin C (mg)	23.64		19.20	123%													
Protein (g)	36.01	15.55%	16.70	216%													
Carbohydrate (g)	143.15	61.82%															
Total Fat (g)	24.16	23.48%	<=30.00%														
Saturated Fat (g)	4.98	4.84%	<10.00%														
Trans Fat (g)	0.00	0.00%															

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