

Lake Havasu Unified School District

Feb 1, 2012 thru Mar 2, 2012 Spreadsheet - Portion Values

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)
Wed - 02/01/2012																
Pizzeria	Total	600														
PIZZA 16" Pepperoni	1/8 Slice	300	399	35	912	2.52	3.61	363.6	395	79	8.45	21.01	47.53	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	300	381	32	853	2.52	3.53	363.6	395	79	8.45	20.31	47.42	11.35	6.36	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	67	0	6	2.80	0.16	24.0	2098	417	28.71	0.98	17.13	0.2	0.05	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	300	77	0	10	0.97	0.41	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Juice, 4oz. Apple/Orange	1 Cup	300	55	0	15	0.00	0.00	0.0	0	0	15.0	0.5	13.5	0.0	0.00	0.00
Crackers, Assorted	Servings	300	104	2	126	0.33	0.48	26.7	0	0	0.0	2.01	17.41	2.52	0.34	0.00
Yogurt & Granola II	1 Each	300	270	4	162	3.47	2.08	87.4	893	179	1.39	7.13	54.78	3.06	1.08	0.00
Trail Mix, Fruit & Nut	2 oz Servin	300	185	0	4	4.48	12.02	59.1	110	8	0.13	2.48	40.22	1.67	0.11	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
Dressing, Ranch PC	Packet	100	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
COND PC, Ketchup 9g Heinz	Packet	200	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
Weighted Daily Average			943	44	1316	9.34	11.43	764.5	2519	498	36.20	36.20	153.63	20.32	8.54	0.00
% of Calories											15.3%	15.3%	65.1%	19.4%	8.1%	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%	44%	78%	110%	254%	191%	168%		189%	217%				
Shortfall				56	376											

Thu - 02/02/2012																
Pizzeria	Total	600														
PIZZA 16" Pepperoni	1/8 Slice	300	399	35	912	2.52	3.61	363.6	395	79	8.45	21.01	47.53	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	300	381	32	853	2.52	3.53	363.6	395	79	8.45	20.31	47.42	11.35	6.36	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	67	0	6	2.80	0.16	24.0	2098	417	28.71	0.98	17.13	0.2	0.05	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	300	77	0	10	0.97	0.41	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Juice, 4oz. Apple/Orange	1 Cup	300	55	0	15	0.00	0.00	0.0	0	0	15.0	0.5	13.5	0.0	0.00	0.00
Crackers, Assorted	Servings	300	104	2	126	0.33	0.48	26.7	0	0	0.0	2.01	17.41	2.52	0.34	0.00
Yogurt & Granola II	1 Each	300	270	4	162	3.47	2.08	87.4	893	179	1.39	7.13	54.78	3.06	1.08	0.00
Trail Mix, Fruit & Nut	2 oz Servin	300	185	0	4	4.48	12.02	59.1	110	8	0.13	2.48	40.22	1.67	0.11	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
Dressing, Ranch PC	Packet	100	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
COND PC, Ketchup 9g Heinz	Packet	200	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	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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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			943	44	1316	9.34	11.43	764.5	2519	498	36.20	36.20	153.63	20.32	8.54	0.00
% of Calories												15.3%	65.1%	19.4%	8.1%	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%	44%	78%	110%	254%	191%	168%		189%	217%				
Shortfall				56	376											

Fri - 02/03/2012																
Pizzeria	Total	600														
PIZZA 16" Pepperoni	1/8 Slice	300	399	35	912	2.52	3.61	363.6	395	79	8.45	21.01	47.53	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	300	381	32	853	2.52	3.53	363.6	395	79	8.45	20.31	47.42	11.35	6.36	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	67	0	6	2.80	0.16	24.0	2098	417	28.71	0.98	17.13	0.2	0.05	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	300	77	0	10	0.97	0.41	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Juice, 4oz. Apple/Orange	1 Cup	300	55	0	15	0.00	0.00	0.0	0	0	15.0	0.5	13.5	0.0	0.00	0.00
Crackers, Assorted	Servings	300	104	2	126	0.33	0.48	26.7	0	0	0.0	2.01	17.41	2.52	0.34	0.00
Yogurt & Granola II	1 Each	300	270	4	162	3.47	2.08	87.4	893	179	1.39	7.13	54.78	3.06	1.08	0.00
Trail Mix, Fruit & Nut	2 oz Servin	300	185	0	4	4.48	12.02	59.1	110	8	0.13	2.48	40.22	1.67	0.11	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
Dressing, Ranch PC	Packet	100	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
COND PC, Ketchup 9g Heinz	Packet	200	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
Weighted Daily Average			943	44	1316	9.34	11.43	764.5	2519	498	36.20	36.20	153.63	20.32	8.54	0.00
% of Calories												15.3%	65.1%	19.4%	8.1%	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%	44%	78%	110%	254%	191%	168%		189%	217%				
Shortfall				56	376											

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

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Mon - 02/06/2012																
Pizzeria	Total	600														
PIZZA 16" Pepperoni	1/8 Slice	300	399	35	912	2.52	3.61	363.6	395	79	8.45	21.01	47.53	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	300	381	32	853	2.52	3.53	363.6	395	79	8.45	20.31	47.42	11.35	6.36	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	67	0	6	2.80	0.16	24.0	2098	417	28.71	0.98	17.13	0.2	0.05	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	300	77	0	10	0.97	0.41	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Juice, 4oz. Apple/Orange	1 Cup	300	55	0	15	0.00	0.00	0.0	0	0	15.0	0.5	13.5	0.0	0.00	0.00
Crackers, Assorted	Servings	300	104	2	126	0.33	0.48	26.7	0	0	0.0	2.01	17.41	2.52	0.34	0.00
Yogurt & Granola II	1 Each	300	270	4	162	3.47	2.08	87.4	893	179	1.39	7.13	54.78	3.06	1.08	0.00
Trail Mix, Fruit & Nut	2 oz Servin	300	185	0	4	4.48	12.02	59.1	110	8	0.13	2.48	40.22	1.67	0.11	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
Dressing, Ranch PC	Packet	100	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
COND PC, Ketchup 9g Heinz	Packet	200	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
Weighted Daily Average			943	44	1316	9.34	11.43	764.5	2519	498	36.20	36.20	153.63	20.32	8.54	0.00
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Nutrient Guideline			846	100	1692	8.46	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	
% of Guideline Satisfied			112%	44%	78%	110%	254%	191%	168%		189%	217%				
Shortfall				56	376											

Tue - 02/07/2012																
Pizzeria	Total	600														
PIZZA 16" Pepperoni	1/8 Slice	300	399	35	912	2.52	3.61	363.6	395	79	8.45	21.01	47.53	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	300	381	32	853	2.52	3.53	363.6	395	79	8.45	20.31	47.42	11.35	6.36	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	67	0	6	2.80	0.16	24.0	2098	417	28.71	0.98	17.13	0.2	0.05	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	300	77	0	10	0.97	0.41	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Juice, 4oz. Apple/Orange	1 Cup	300	55	0	15	0.00	0.00	0.0	0	0	15.0	0.5	13.5	0.0	0.00	0.00
Crackers, Assorted	Servings	300	104	2	126	0.33	0.48	26.7	0	0	0.0	2.01	17.41	2.52	0.34	0.00
Yogurt & Granola II	1 Each	300	270	4	162	3.47	2.08	87.4	893	179	1.39	7.13	54.78	3.06	1.08	0.00
Trail Mix, Fruit & Nut	2 oz Servin	300	185	0	4	4.48	12.02	59.1	110	8	0.13	2.48	40.22	1.67	0.11	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
Dressing, Ranch PC	Packet	100	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
COND PC, Ketchup 9g Heinz	Packet	200	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00

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Weighted Daily Average			943	44	1316	9.34	11.43	764.5	2519	498	36.20	36.20	153.63	20.32	8.54	0.00
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Shortfall				56	376											

Wed - 02/08/2012																
	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)
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PIZZA 16" Cheese	1/8 Slice	300	381	32	853	2.52	3.53	363.6	395	79	8.45	20.31	47.42	11.35	6.36	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	67	0	6	2.80	0.16	24.0	2098	417	28.71	0.98	17.13	0.2	0.05	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	300	77	0	10	0.97	0.41	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Juice, 4oz. Apple/Orange	1 Cup	300	55	0	15	0.00	0.00	0.0	0	0	15.0	0.5	13.5	0.0	0.00	0.00
Crackers, Assorted	Servings	300	104	2	126	0.33	0.48	26.7	0	0	0.0	2.01	17.41	2.52	0.34	0.00
Yogurt & Granola II	1 Each	300	270	4	162	3.47	2.08	87.4	893	179	1.39	7.13	54.78	3.06	1.08	0.00
Trail Mix, Fruit & Nut	2 oz Servin	300	185	0	4	4.48	12.02	59.1	110	8	0.13	2.48	40.22	1.67	0.11	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
Dressing, Ranch PC	Packet	100	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
COND PC, Ketchup 9g Heinz	Packet	200	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
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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	67	0	6	2.80	0.16	24.0	2098	417	28.71	0.98	17.13	0.2	0.05	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	300	77	0	10	0.97	0.41	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Juice, 4oz. Apple/Orange	1 Cup	300	55	0	15	0.00	0.00	0.0	0	0	15.0	0.5	13.5	0.0	0.00	0.00
Crackers, Assorted	Servings	300	104	2	126	0.33	0.48	26.7	0	0	0.0	2.01	17.41	2.52	0.34	0.00
Yogurt & Granola II	1 Each	300	270	4	162	3.47	2.08	87.4	893	179	1.39	7.13	54.78	3.06	1.08	0.00
Trail Mix, Fruit & Nut	2 oz Servin	300	185	0	4	4.48	12.02	59.1	110	8	0.13	2.48	40.22	1.67	0.11	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
Dressing, Ranch PC	Packet	100	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
COND PC, Ketchup 9g Heinz	Packet	200	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
Weighted Daily Average			943	44	1316	9.34	11.43	764.5	2519	498	36.20	36.20	153.63	20.32	8.54	0.00
% of Calories											15.3%	15.3%	65.1%	19.4%	8.1%	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%	44%	78%	110%	254%	191%	168%		189%	217%				
Shortfall				56	376											

Fri - 02/10/2012																
Pizzeria	Total	600														
PIZZA 16" Pepperoni	1/8 Slice	300	399	35	912	2.52	3.61	363.6	395	79	8.45	21.01	47.53	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	300	381	32	853	2.52	3.53	363.6	395	79	8.45	20.31	47.42	11.35	6.36	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	67	0	6	2.80	0.16	24.0	2098	417	28.71	0.98	17.13	0.2	0.05	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	300	77	0	10	0.97	0.41	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Juice, 4oz. Apple/Orange	1 Cup	300	55	0	15	0.00	0.00	0.0	0	0	15.0	0.5	13.5	0.0	0.00	0.00
Crackers, Assorted	Servings	300	104	2	126	0.33	0.48	26.7	0	0	0.0	2.01	17.41	2.52	0.34	0.00
Yogurt & Granola II	1 Each	300	270	4	162	3.47	2.08	87.4	893	179	1.39	7.13	54.78	3.06	1.08	0.00
Trail Mix, Fruit & Nut	2 oz Servin	300	185	0	4	4.48	12.02	59.1	110	8	0.13	2.48	40.22	1.67	0.11	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
Dressing, Ranch PC	Packet	100	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
COND PC, Ketchup 9g Heinz	Packet	200	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	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

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Lake Havasu Unified School District

Feb 1, 2012 thru Mar 2, 2012 Spreadsheet - Portion Values

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			943	44	1316	9.34	11.43	764.5	2519	498	36.20	36.20	153.63	20.32	8.54	0.00
% of Calories												15.3%	65.1%	19.4%	8.1%	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%	44%	78%	110%	254%	191%	168%		189%	217%				
Shortfall				56	376											

Mon - 02/13/2012																
Pizzeria	Total	600														
PIZZA 16" Pepperoni	1/8 Slice	300	399	35	912	2.52	3.61	363.6	395	79	8.45	21.01	47.53	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	300	381	32	853	2.52	3.53	363.6	395	79	8.45	20.31	47.42	11.35	6.36	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	67	0	6	2.80	0.16	24.0	2098	417	28.71	0.98	17.13	0.2	0.05	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	300	77	0	10	0.97	0.41	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Juice, 4oz. Apple/Orange	1 Cup	300	55	0	15	0.00	0.00	0.0	0	0	15.0	0.5	13.5	0.0	0.00	0.00
Crackers, Assorted	Servings	300	104	2	126	0.33	0.48	26.7	0	0	0.0	2.01	17.41	2.52	0.34	0.00
Yogurt & Granola II	1 Each	300	270	4	162	3.47	2.08	87.4	893	179	1.39	7.13	54.78	3.06	1.08	0.00
Trail Mix, Fruit & Nut	2 oz Servin	300	185	0	4	4.48	12.02	59.1	110	8	0.13	2.48	40.22	1.67	0.11	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
Dressing, Ranch PC	Packet	100	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
COND PC, Ketchup 9g Heinz	Packet	200	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
Weighted Daily Average			943	44	1316	9.34	11.43	764.5	2519	498	36.20	36.20	153.63	20.32	8.54	0.00
% of Calories												15.3%	65.1%	19.4%	8.1%	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%	44%	78%	110%	254%	191%	168%		189%	217%				
Shortfall				56	376											

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

Feb 1, 2012 thru Mar 2, 2012 Spreadsheet - Portion Values

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 - 02/14/2012																
Pizzeria	Total	600														
PIZZA 16" Pepperoni	1/8 Slice	300	399	35	912	2.52	3.61	363.6	395	79	8.45	21.01	47.53	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	300	381	32	853	2.52	3.53	363.6	395	79	8.45	20.31	47.42	11.35	6.36	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	67	0	6	2.80	0.16	24.0	2098	417	28.71	0.98	17.13	0.2	0.05	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	300	77	0	10	0.97	0.41	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Juice, 4oz. Apple/Orange	1 Cup	300	55	0	15	0.00	0.00	0.0	0	0	15.0	0.5	13.5	0.0	0.00	0.00
Crackers, Assorted	Servings	300	104	2	126	0.33	0.48	26.7	0	0	0.0	2.01	17.41	2.52	0.34	0.00
Yogurt & Granola II	1 Each	300	270	4	162	3.47	2.08	87.4	893	179	1.39	7.13	54.78	3.06	1.08	0.00
Trail Mix, Fruit & Nut	2 oz Servin	300	185	0	4	4.48	12.02	59.1	110	8	0.13	2.48	40.22	1.67	0.11	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
Dressing, Ranch PC	Packet	100	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
COND PC, Ketchup 9g Heinz	Packet	200	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
Weighted Daily Average			943	44	1316	9.34	11.43	764.5	2519	498	36.20	36.20	153.63	20.32	8.54	0.00
% of Calories											15.3%	15.3%	65.1%	19.4%	8.1%	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%	44%	78%	110%	254%	191%	168%		189%	217%				
Shortfall				56	376											

Wed - 02/15/2012																
Pizzeria	Total	600														
PIZZA 16" Pepperoni	1/8 Slice	300	399	35	912	2.52	3.61	363.6	395	79	8.45	21.01	47.53	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	300	381	32	853	2.52	3.53	363.6	395	79	8.45	20.31	47.42	11.35	6.36	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	67	0	6	2.80	0.16	24.0	2098	417	28.71	0.98	17.13	0.2	0.05	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	300	77	0	10	0.97	0.41	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Juice, 4oz. Apple/Orange	1 Cup	300	55	0	15	0.00	0.00	0.0	0	0	15.0	0.5	13.5	0.0	0.00	0.00
Crackers, Assorted	Servings	300	104	2	126	0.33	0.48	26.7	0	0	0.0	2.01	17.41	2.52	0.34	0.00
Yogurt & Granola II	1 Each	300	270	4	162	3.47	2.08	87.4	893	179	1.39	7.13	54.78	3.06	1.08	0.00
Trail Mix, Fruit & Nut	2 oz Servin	300	185	0	4	4.48	12.02	59.1	110	8	0.13	2.48	40.22	1.67	0.11	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
Dressing, Ranch PC	Packet	100	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
COND PC, Ketchup 9g Heinz	Packet	200	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00

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¹ - denotes optional nutrient values

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Lake Havasu Unified School District

Feb 1, 2012 thru Mar 2, 2012 Spreadsheet - Portion Values

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			943	44	1316	9.34	11.43	764.5	2519	498	36.20	36.20	153.63	20.32	8.54	0.00
% of Calories												15.3%	65.1%	19.4%	8.1%	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%	44%	78%	110%	254%	191%	168%		189%	217%				
Shortfall				56	376											

Thu - 02/16/2012																
Pizzeria	Total	600														
PIZZA 16" Pepperoni	1/8 Slice	300	399	35	912	2.52	3.61	363.6	395	79	8.45	21.01	47.53	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	300	381	32	853	2.52	3.53	363.6	395	79	8.45	20.31	47.42	11.35	6.36	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	67	0	6	2.80	0.16	24.0	2098	417	28.71	0.98	17.13	0.2	0.05	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	300	77	0	10	0.97	0.41	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Juice, 4oz. Apple/Orange	1 Cup	300	55	0	15	0.00	0.00	0.0	0	0	15.0	0.5	13.5	0.0	0.00	0.00
Crackers, Assorted	Servings	300	104	2	126	0.33	0.48	26.7	0	0	0.0	2.01	17.41	2.52	0.34	0.00
Yogurt & Granola II	1 Each	300	270	4	162	3.47	2.08	87.4	893	179	1.39	7.13	54.78	3.06	1.08	0.00
Trail Mix, Fruit & Nut	2 oz Servin	300	185	0	4	4.48	12.02	59.1	110	8	0.13	2.48	40.22	1.67	0.11	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
Dressing, Ranch PC	Packet	100	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
COND PC, Ketchup 9g Heinz	Packet	200	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
Weighted Daily Average			943	44	1316	9.34	11.43	764.5	2519	498	36.20	36.20	153.63	20.32	8.54	0.00
% of Calories												15.3%	65.1%	19.4%	8.1%	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%	44%	78%	110%	254%	191%	168%		189%	217%				
Shortfall				56	376											

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Lake Havasu Unified School District

Feb 1, 2012 thru Mar 2, 2012 Spreadsheet - Portion Values

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)
Fri - 02/17/2012																
Pizzeria	Total	600														
PIZZA 16" Pepperoni	1/8 Slice	300	399	35	912	2.52	3.61	363.6	395	79	8.45	21.01	47.53	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	300	381	32	853	2.52	3.53	363.6	395	79	8.45	20.31	47.42	11.35	6.36	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	67	0	6	2.80	0.16	24.0	2098	417	28.71	0.98	17.13	0.2	0.05	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	300	77	0	10	0.97	0.41	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Juice, 4oz. Apple/Orange	1 Cup	300	55	0	15	0.00	0.00	0.0	0	0	15.0	0.5	13.5	0.0	0.00	0.00
Crackers, Assorted	Servings	300	104	2	126	0.33	0.48	26.7	0	0	0.0	2.01	17.41	2.52	0.34	0.00
Yogurt & Granola II	1 Each	300	270	4	162	3.47	2.08	87.4	893	179	1.39	7.13	54.78	3.06	1.08	0.00
Trail Mix, Fruit & Nut	2 oz Servin	300	185	0	4	4.48	12.02	59.1	110	8	0.13	2.48	40.22	1.67	0.11	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
Dressing, Ranch PC	Packet	100	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
COND PC, Ketchup 9g Heinz	Packet	200	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
Weighted Daily Average			943	44	1316	9.34	11.43	764.5	2519	498	36.20	36.20	153.63	20.32	8.54	0.00
% of Calories											15.3%	15.3%	65.1%	19.4%	8.1%	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%	44%	78%	110%	254%	191%	168%		189%	217%				
Shortfall				56	376											

Tue - 02/21/2012																
Pizzeria	Total	600														
PIZZA 16" Pepperoni	1/8 Slice	300	399	35	912	2.52	3.61	363.6	395	79	8.45	21.01	47.53	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	300	381	32	853	2.52	3.53	363.6	395	79	8.45	20.31	47.42	11.35	6.36	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	67	0	6	2.80	0.16	24.0	2098	417	28.71	0.98	17.13	0.2	0.05	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	300	77	0	10	0.97	0.41	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Juice, 4oz. Apple/Orange	1 Cup	300	55	0	15	0.00	0.00	0.0	0	0	15.0	0.5	13.5	0.0	0.00	0.00
Crackers, Assorted	Servings	300	104	2	126	0.33	0.48	26.7	0	0	0.0	2.01	17.41	2.52	0.34	0.00
Yogurt & Granola II	1 Each	300	270	4	162	3.47	2.08	87.4	893	179	1.39	7.13	54.78	3.06	1.08	0.00
Trail Mix, Fruit & Nut	2 oz Servin	300	185	0	4	4.48	12.02	59.1	110	8	0.13	2.48	40.22	1.67	0.11	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
Dressing, Ranch PC	Packet	100	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
COND PC, Ketchup 9g Heinz	Packet	200	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00

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

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Lake Havasu Unified School District

Feb 1, 2012 thru Mar 2, 2012 Spreadsheet - Portion Values

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			943	44	1316	9.34	11.43	764.5	2519	498	36.20	36.20	153.63	20.32	8.54	0.00
% of Calories												15.3%	65.1%	19.4%	8.1%	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%	44%	78%	110%	254%	191%	168%		189%	217%				
Shortfall				56	376											

Wed - 02/22/2012																
Pizzeria	Total	600														
PIZZA 16" Pepperoni	1/8 Slice	300	399	35	912	2.52	3.61	363.6	395	79	8.45	21.01	47.53	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	300	381	32	853	2.52	3.53	363.6	395	79	8.45	20.31	47.42	11.35	6.36	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	67	0	6	2.80	0.16	24.0	2098	417	28.71	0.98	17.13	0.2	0.05	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	300	77	0	10	0.97	0.41	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Juice, 4oz. Apple/Orange	1 Cup	300	55	0	15	0.00	0.00	0.0	0	0	15.0	0.5	13.5	0.0	0.00	0.00
Crackers, Assorted	Servings	300	104	2	126	0.33	0.48	26.7	0	0	0.0	2.01	17.41	2.52	0.34	0.00
Yogurt & Granola II	1 Each	300	270	4	162	3.47	2.08	87.4	893	179	1.39	7.13	54.78	3.06	1.08	0.00
Trail Mix, Fruit & Nut	2 oz Servin	300	185	0	4	4.48	12.02	59.1	110	8	0.13	2.48	40.22	1.67	0.11	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
Dressing, Ranch PC	Packet	100	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
COND PC, Ketchup 9g Heinz	Packet	200	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
Weighted Daily Average			943	44	1316	9.34	11.43	764.5	2519	498	36.20	36.20	153.63	20.32	8.54	0.00
% of Calories												15.3%	65.1%	19.4%	8.1%	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%	44%	78%	110%	254%	191%	168%		189%	217%				
Shortfall				56	376											

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

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Lake Havasu Unified School District
Feb 1, 2012 thru Mar 2, 2012 Spreadsheet - Portion Values
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 - 02/23/2012																
Pizzeria	Total	600														
PIZZA 16" Pepperoni	1/8 Slice	300	399	35	912	2.52	3.61	363.6	395	79	8.45	21.01	47.53	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	300	381	32	853	2.52	3.53	363.6	395	79	8.45	20.31	47.42	11.35	6.36	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	67	0	6	2.80	0.16	24.0	2098	417	28.71	0.98	17.13	0.2	0.05	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	300	77	0	10	0.97	0.41	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Juice, 4oz. Apple/Orange	1 Cup	300	55	0	15	0.00	0.00	0.0	0	0	15.0	0.5	13.5	0.0	0.00	0.00
Crackers, Assorted	Servings	300	104	2	126	0.33	0.48	26.7	0	0	0.0	2.01	17.41	2.52	0.34	0.00
Yogurt & Granola II	1 Each	300	270	4	162	3.47	2.08	87.4	893	179	1.39	7.13	54.78	3.06	1.08	0.00
Trail Mix, Fruit & Nut	2 oz Servin	300	185	0	4	4.48	12.02	59.1	110	8	0.13	2.48	40.22	1.67	0.11	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
Dressing, Ranch PC	Packet	100	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
COND PC, Ketchup 9g Heinz	Packet	200	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
Weighted Daily Average			943	44	1316	9.34	11.43	764.5	2519	498	36.20	36.20	153.63	20.32	8.54	0.00
% of Calories											15.3%	15.3%	65.1%	19.4%	8.1%	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%	44%	78%	110%	254%	191%	168%		189%	217%				
Shortfall				56	376											

Fri - 02/24/2012																
Pizzeria	Total	600														
PIZZA 16" Pepperoni	1/8 Slice	300	399	35	912	2.52	3.61	363.6	395	79	8.45	21.01	47.53	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	300	381	32	853	2.52	3.53	363.6	395	79	8.45	20.31	47.42	11.35	6.36	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	67	0	6	2.80	0.16	24.0	2098	417	28.71	0.98	17.13	0.2	0.05	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	300	77	0	10	0.97	0.41	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Juice, 4oz. Apple/Orange	1 Cup	300	55	0	15	0.00	0.00	0.0	0	0	15.0	0.5	13.5	0.0	0.00	0.00
Crackers, Assorted	Servings	300	104	2	126	0.33	0.48	26.7	0	0	0.0	2.01	17.41	2.52	0.34	0.00
Yogurt & Granola II	1 Each	300	270	4	162	3.47	2.08	87.4	893	179	1.39	7.13	54.78	3.06	1.08	0.00
Trail Mix, Fruit & Nut	2 oz Servin	300	185	0	4	4.48	12.02	59.1	110	8	0.13	2.48	40.22	1.67	0.11	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
Dressing, Ranch PC	Packet	100	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
COND PC, Ketchup 9g Heinz	Packet	200	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00

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Lake Havasu Unified School District

Feb 1, 2012 thru Mar 2, 2012 Spreadsheet - Portion Values

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			943	44	1316	9.34	11.43	764.5	2519	498	36.20	36.20	153.63	20.32	8.54	0.00
% of Calories												15.3%	65.1%	19.4%	8.1%	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%	44%	78%	110%	254%	191%	168%		189%	217%				
Shortfall				56	376											

Mon - 02/27/2012																
Pizzeria	Total	600														
PIZZA 16" Pepperoni	1/8 Slice	300	399	35	912	2.52	3.61	363.6	395	79	8.45	21.01	47.53	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	300	381	32	853	2.52	3.53	363.6	395	79	8.45	20.31	47.42	11.35	6.36	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	67	0	6	2.80	0.16	24.0	2098	417	28.71	0.98	17.13	0.2	0.05	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	300	77	0	10	0.97	0.41	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Juice, 4oz. Apple/Orange	1 Cup	300	55	0	15	0.00	0.00	0.0	0	0	15.0	0.5	13.5	0.0	0.00	0.00
Crackers, Assorted	Servings	300	104	2	126	0.33	0.48	26.7	0	0	0.0	2.01	17.41	2.52	0.34	0.00
Yogurt & Granola II	1 Each	300	270	4	162	3.47	2.08	87.4	893	179	1.39	7.13	54.78	3.06	1.08	0.00
Trail Mix, Fruit & Nut	2 oz Servin	300	185	0	4	4.48	12.02	59.1	110	8	0.13	2.48	40.22	1.67	0.11	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
Dressing, Ranch PC	Packet	100	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
COND PC, Ketchup 9g Heinz	Packet	200	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
Weighted Daily Average			943	44	1316	9.34	11.43	764.5	2519	498	36.20	36.20	153.63	20.32	8.54	0.00
% of Calories												15.3%	65.1%	19.4%	8.1%	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%	44%	78%	110%	254%	191%	168%		189%	217%				
Shortfall				56	376											

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Lake Havasu Unified School District

Feb 1, 2012 thru Mar 2, 2012 Spreadsheet - Portion Values

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 - 02/28/2012																
Pizzeria	Total	600														
PIZZA 16" Pepperoni	1/8 Slice	300	399	35	912	2.52	3.61	363.6	395	79	8.45	21.01	47.53	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	300	381	32	853	2.52	3.53	363.6	395	79	8.45	20.31	47.42	11.35	6.36	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	67	0	6	2.80	0.16	24.0	2098	417	28.71	0.98	17.13	0.2	0.05	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	300	77	0	10	0.97	0.41	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Juice, 4oz. Apple/Orange	1 Cup	300	55	0	15	0.00	0.00	0.0	0	0	15.0	0.5	13.5	0.0	0.00	0.00
Crackers, Assorted	Servings	300	104	2	126	0.33	0.48	26.7	0	0	0.0	2.01	17.41	2.52	0.34	0.00
Yogurt & Granola II	1 Each	300	270	4	162	3.47	2.08	87.4	893	179	1.39	7.13	54.78	3.06	1.08	0.00
Trail Mix, Fruit & Nut	2 oz Servin	300	185	0	4	4.48	12.02	59.1	110	8	0.13	2.48	40.22	1.67	0.11	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
Dressing, Ranch PC	Packet	100	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
COND PC, Ketchup 9g Heinz	Packet	200	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
Weighted Daily Average			943	44	1316	9.34	11.43	764.5	2519	498	36.20	36.20	153.63	20.32	8.54	0.00
% of Calories											15.3%	15.3%	65.1%	19.4%	8.1%	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%	44%	78%	110%	254%	191%	168%		189%	217%				
Shortfall				56	376											

Wed - 02/29/2012																
Pizzeria	Total	600														
PIZZA 16" Pepperoni	1/8 Slice	300	399	35	912	2.52	3.61	363.6	395	79	8.45	21.01	47.53	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	300	381	32	853	2.52	3.53	363.6	395	79	8.45	20.31	47.42	11.35	6.36	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	67	0	6	2.80	0.16	24.0	2098	417	28.71	0.98	17.13	0.2	0.05	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	300	77	0	10	0.97	0.41	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Juice, 4oz. Apple/Orange	1 Cup	300	55	0	15	0.00	0.00	0.0	0	0	15.0	0.5	13.5	0.0	0.00	0.00
Crackers, Assorted	Servings	300	104	2	126	0.33	0.48	26.7	0	0	0.0	2.01	17.41	2.52	0.34	0.00
Yogurt & Granola II	1 Each	300	270	4	162	3.47	2.08	87.4	893	179	1.39	7.13	54.78	3.06	1.08	0.00
Trail Mix, Fruit & Nut	2 oz Servin	300	185	0	4	4.48	12.02	59.1	110	8	0.13	2.48	40.22	1.67	0.11	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
Dressing, Ranch PC	Packet	100	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
COND PC, Ketchup 9g Heinz	Packet	200	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00

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Lake Havasu Unified School District

Feb 1, 2012 thru Mar 2, 2012 Spreadsheet - Portion Values

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			943	44	1316	9.34	11.43	764.5	2519	498	36.20	36.20	153.63	20.32	8.54	0.00
% of Calories												15.3%	65.1%	19.4%	8.1%	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%	44%	78%	110%	254%	191%	168%		189%	217%				
Shortfall				56	376											

Thu - 03/01/2012																
Pizzeria	Total	600														
PIZZA 16" Pepperoni	1/8 Slice	300	399	35	912	2.52	3.61	363.6	395	79	8.45	21.01	47.53	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	300	381	32	853	2.52	3.53	363.6	395	79	8.45	20.31	47.42	11.35	6.36	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	67	0	6	2.80	0.16	24.0	2098	417	28.71	0.98	17.13	0.2	0.05	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	300	77	0	10	0.97	0.41	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Juice, 4oz. Apple/Orange	1 Cup	300	55	0	15	0.00	0.00	0.0	0	0	15.0	0.5	13.5	0.0	0.00	0.00
Crackers, Assorted	Servings	300	104	2	126	0.33	0.48	26.7	0	0	0.0	2.01	17.41	2.52	0.34	0.00
Yogurt & Granola II	1 Each	300	270	4	162	3.47	2.08	87.4	893	179	1.39	7.13	54.78	3.06	1.08	0.00
Trail Mix, Fruit & Nut	2 oz Servin	300	185	0	4	4.48	12.02	59.1	110	8	0.13	2.48	40.22	1.67	0.11	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
Dressing, Ranch PC	Packet	100	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
COND PC, Ketchup 9g Heinz	Packet	200	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
Weighted Daily Average			943	44	1316	9.34	11.43	764.5	2519	498	36.20	36.20	153.63	20.32	8.54	0.00
% of Calories												15.3%	65.1%	19.4%	8.1%	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%	44%	78%	110%	254%	191%	168%		189%	217%				
Shortfall				56	376											

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

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

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lake Havasu Unified School District

Feb 1, 2012 thru Mar 2, 2012 Spreadsheet - Portion Values

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)
Fri - 03/02/2012																
Pizzeria	Total	600														
PIZZA 16" Pepperoni	1/8 Slice	300	399	35	912	2.52	3.61	363.6	395	79	8.45	21.01	47.53	13.01	7.07	0.00
PIZZA 16" Cheese	1/8 Slice	300	381	32	853	2.52	3.53	363.6	395	79	8.45	20.31	47.42	11.35	6.36	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	67	0	6	2.80	0.16	24.0	2098	417	28.71	0.98	17.13	0.2	0.05	0.00
FRUIT CND, Asst w/ Lt Syr 1/2c	1/2 Cup	300	77	0	10	0.97	0.41	3.6	120	24	2.09	0.58	18.26	0.0	0.00	0.00
Juice, 4oz. Apple/Orange	1 Cup	300	55	0	15	0.00	0.00	0.0	0	0	15.0	0.5	13.5	0.0	0.00	0.00
Crackers, Assorted	Servings	300	104	2	126	0.33	0.48	26.7	0	0	0.0	2.01	17.41	2.52	0.34	0.00
Yogurt & Granola II	1 Each	300	270	4	162	3.47	2.08	87.4	893	179	1.39	7.13	54.78	3.06	1.08	0.00
Trail Mix, Fruit & Nut	2 oz Servin	300	185	0	4	4.48	12.02	59.1	110	8	0.13	2.48	40.22	1.67	0.11	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
Dressing, Ranch PC	Packet	100	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
COND PC, Ketchup 9g Heinz	Packet	200	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
Weighted Daily Average			943	44	1316	9.34	11.43	764.5	2519	498	36.20	36.20	153.63	20.32	8.54	0.00
% of Calories											15.3%	65.1%	19.4%	8.1%	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%	44%	78%	110%	254%	191%	168%		189%	217%				
Shortfall				56	376											
Weighted Average			943	44	1316	9.34	11.43	764.5	2519	498	36.20	36.20	153.63	20.32	8.54	0.00
											15.3%	65.1%	19.4%	8.1%	0.0%	

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	943		846	112%			
Cholesterol (mg)	44		100	44%			
Sodium (mg)	1316		1692	78%			
Fiber (g)	9.34		8.46	110%			
Iron (mg)	11.43		4.50	254%			
Calcium (mg)	764.5		400.00	191%			
Vitamin A (IU)	2519		1500	168%			
Vitamin A (RE)	498		300	166%			
Vitamin C (mg)	36.20		19.20	189%			
Protein (g)	36.20	15.35%	16.70	217%			
Carbohydrate (g)	153.63	65.15%					
Total Fat (g)	20.32		<=30.00%				
Saturated Fat (g)	8.54	8.15%	<10.00%				
Trans Fat (g)	0.00	0.00%					

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
1 - denotes optional nutrient values