

Lake Havasu Unified School District

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

Salad Bar

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 - 05/01/2012																
Salad Bar	Total	600														
Salad Bar II	Servings	600	193	33	952	4.03	2.40	335.0	7516	1343	48.03	19.26	12.37	6.98	3.44	0.00
Dressing, Ken's Italian	Servings	25	9	0	463	0.00	0.00	0.0	0	0	0.0	0.0	2.83	0.0	0.00	0.00
Dressing, Ken's Honey Mustard	Servings	75	123	9	208	0.00	0.00	0.0	0	0	0.0	0.0	3.78	12.28	1.89	0.00
Dressing, Ken's Ranch	Servings	500	151	5	142	0.00	0.00	18.9	0	0	0.0	0.94	1.89	16.06	2.36	0.00
Fruit, Apple, Org, Bana	1/2 Cup	360	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Crackers, Assorted II	Servings	360	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	360	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	360	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	360	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			870	48	1426	11.57	14.79	808.5	8613	1547	74.70	35.69	122.10	27.42	7.19	0.00
% of Calories											16.4%	56.1%	28.4%	7.4%	0.0%	
Nutrient Guideline			846	100	1692	8.46	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	
% of Guideline Satisfied			103%	48%	84%	137%	329%	202%	574%		389%	214%				
Shortfall				52	266											

Wed - 05/02/2012																
Salad Bar	Total	600														
Salad Bar II	Servings	600	193	33	952	4.03	2.40	335.0	7516	1343	48.03	19.26	12.37	6.98	3.44	0.00
Dressing, Ken's Italian	Servings	25	9	0	463	0.00	0.00	0.0	0	0	0.0	0.0	2.83	0.0	0.00	0.00
Dressing, Ken's Honey Mustard	Servings	75	123	9	208	0.00	0.00	0.0	0	0	0.0	0.0	3.78	12.28	1.89	0.00
Dressing, Ken's Ranch	Servings	500	151	5	142	0.00	0.00	18.9	0	0	0.0	0.94	1.89	16.06	2.36	0.00
Fruit, Apple, Org, Bana	1/2 Cup	360	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Crackers, Assorted II	Servings	360	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	360	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	360	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	360	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			870	48	1426	11.57	14.79	808.5	8613	1547	74.70	35.69	122.10	27.42	7.19	0.00
% of Calories											16.4%	56.1%	28.4%	7.4%	0.0%	
Nutrient Guideline			846	100	1692	8.46	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	
% of Guideline Satisfied			103%	48%	84%	137%	329%	202%	574%		389%	214%				
Shortfall				52	266											

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

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Lake Havasu Unified School District

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Salad Bar

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																
Salad Bar	Total	600														
Salad Bar II	Servings	600	193	33	952	4.03	2.40	335.0	7516	1343	48.03	19.26	12.37	6.98	3.44	0.00
Dressing, Ken's Italian	Servings	25	9	0	463	0.00	0.00	0.0	0	0	0.0	0.0	2.83	0.0	0.00	0.00
Dressing, Ken's Honey Mustard	Servings	75	123	9	208	0.00	0.00	0.0	0	0	0.0	0.0	3.78	12.28	1.89	0.00
Dressing, Ken's Ranch	Servings	500	151	5	142	0.00	0.00	18.9	0	0	0.0	0.94	1.89	16.06	2.36	0.00
Fruit, Apple, Org, Bana	1/2 Cup	360	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Crackers, Assorted II	Servings	360	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	360	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	360	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	360	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			870	48	1426	11.57	14.79	808.5	8613	1547	74.70	35.69	122.10	27.42	7.19	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			103%	48%	84%	137%	329%	202%	574%		389%	214%				
Shortfall				52	266											

Fri - 05/04/2012																
Salad Bar	Total	600														
Salad Bar II	Servings	600	193	33	952	4.03	2.40	335.0	7516	1343	48.03	19.26	12.37	6.98	3.44	0.00
Dressing, Ken's Italian	Servings	25	9	0	463	0.00	0.00	0.0	0	0	0.0	0.0	2.83	0.0	0.00	0.00
Dressing, Ken's Honey Mustard	Servings	75	123	9	208	0.00	0.00	0.0	0	0	0.0	0.0	3.78	12.28	1.89	0.00
Dressing, Ken's Ranch	Servings	500	151	5	142	0.00	0.00	18.9	0	0	0.0	0.94	1.89	16.06	2.36	0.00
Fruit, Apple, Org, Bana	1/2 Cup	360	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Crackers, Assorted II	Servings	360	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	360	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	360	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	360	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			870	48	1426	11.57	14.79	808.5	8613	1547	74.70	35.69	122.10	27.42	7.19	0.00
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Shortfall				52	266											

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Mon - 05/07/2012																
Salad Bar	Total	600														
Salad Bar II	Servings	600	193	33	952	4.03	2.40	335.0	7516	1343	48.03	19.26	12.37	6.98	3.44	0.00
Dressing, Ken's Italian	Servings	25	9	0	463	0.00	0.00	0.0	0	0	0.0	0.0	2.83	0.0	0.00	0.00
Dressing, Ken's Honey Mustard	Servings	75	123	9	208	0.00	0.00	0.0	0	0	0.0	0.0	3.78	12.28	1.89	0.00
Dressing, Ken's Ranch	Servings	500	151	5	142	0.00	0.00	18.9	0	0	0.0	0.94	1.89	16.06	2.36	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	360	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Crackers, Assorted II	Servings	360	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	360	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	360	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	360	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			870	48	1426	11.57	14.79	808.5	8613	1547	74.70	35.69	122.10	27.42	7.19	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			103%	48%	84%	137%	329%	202%	574%		389%	214%				
Shortfall				52	266											

Tue - 05/08/2012																
Salad Bar	Total	600														
Salad Bar II	Servings	600	193	33	952	4.03	2.40	335.0	7516	1343	48.03	19.26	12.37	6.98	3.44	0.00
Dressing, Ken's Italian	Servings	25	9	0	463	0.00	0.00	0.0	0	0	0.0	0.0	2.83	0.0	0.00	0.00
Dressing, Ken's Honey Mustard	Servings	75	123	9	208	0.00	0.00	0.0	0	0	0.0	0.0	3.78	12.28	1.89	0.00
Dressing, Ken's Ranch	Servings	500	151	5	142	0.00	0.00	18.9	0	0	0.0	0.94	1.89	16.06	2.36	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	360	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Crackers, Assorted II	Servings	360	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	360	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	360	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	360	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			870	48	1426	11.57	14.79	808.5	8613	1547	74.70	35.69	122.10	27.42	7.19	0.00
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Salad Bar

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Wed - 05/09/2012																
Salad Bar	Total	600														
Salad Bar II	Servings	600	193	33	952	4.03	2.40	335.0	7516	1343	48.03	19.26	12.37	6.98	3.44	0.00
Dressing, Ken's Italian	Servings	25	9	0	463	0.00	0.00	0.0	0	0	0.0	0.0	2.83	0.0	0.00	0.00
Dressing, Ken's Honey Mustard	Servings	75	123	9	208	0.00	0.00	0.0	0	0	0.0	0.0	3.78	12.28	1.89	0.00
Dressing, Ken's Ranch	Servings	500	151	5	142	0.00	0.00	18.9	0	0	0.0	0.94	1.89	16.06	2.36	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	360	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Crackers, Assorted II	Servings	360	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	360	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	360	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	360	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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Thu - 05/10/2012																
Salad Bar	Total	600														
Salad Bar II	Servings	600	193	33	952	4.03	2.40	335.0	7516	1343	48.03	19.26	12.37	6.98	3.44	0.00
Dressing, Ken's Italian	Servings	25	9	0	463	0.00	0.00	0.0	0	0	0.0	0.0	2.83	0.0	0.00	0.00
Dressing, Ken's Honey Mustard	Servings	75	123	9	208	0.00	0.00	0.0	0	0	0.0	0.0	3.78	12.28	1.89	0.00
Dressing, Ken's Ranch	Servings	500	151	5	142	0.00	0.00	18.9	0	0	0.0	0.94	1.89	16.06	2.36	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	360	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Crackers, Assorted II	Servings	360	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	360	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	360	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	360	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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May 1, 2012 thru May 23, 2012 Spreadsheet - Portion Values

Salad Bar

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 - 05/11/2012																
Salad Bar	Total	600														
Salad Bar II	Servings	600	193	33	952	4.03	2.40	335.0	7516	1343	48.03	19.26	12.37	6.98	3.44	0.00
Dressing, Ken's Italian	Servings	25	9	0	463	0.00	0.00	0.0	0	0	0.0	0.0	2.83	0.0	0.00	0.00
Dressing, Ken's Honey Mustard	Servings	75	123	9	208	0.00	0.00	0.0	0	0	0.0	0.0	3.78	12.28	1.89	0.00
Dressing, Ken's Ranch	Servings	500	151	5	142	0.00	0.00	18.9	0	0	0.0	0.94	1.89	16.06	2.36	0.00
Fruit, Apple, Org, Bana	1/2 Cup	360	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Crackers, Assorted II	Servings	360	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	360	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	360	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	360	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			870	48	1426	11.57	14.79	808.5	8613	1547	74.70	35.69	122.10	27.42	7.19	0.00
% of Calories											16.4%	56.1%	28.4%	7.4%	0.0%	
Nutrient Guideline			846	100	1692	8.46	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	
% of Guideline Satisfied			103%	48%	84%	137%	329%	202%	574%		389%	214%				
Shortfall				52	266											

Mon - 05/14/2012																
Salad Bar	Total	600														
Salad Bar II	Servings	600	193	33	952	4.03	2.40	335.0	7516	1343	48.03	19.26	12.37	6.98	3.44	0.00
Dressing, Ken's Italian	Servings	25	9	0	463	0.00	0.00	0.0	0	0	0.0	0.0	2.83	0.0	0.00	0.00
Dressing, Ken's Honey Mustard	Servings	75	123	9	208	0.00	0.00	0.0	0	0	0.0	0.0	3.78	12.28	1.89	0.00
Dressing, Ken's Ranch	Servings	500	151	5	142	0.00	0.00	18.9	0	0	0.0	0.94	1.89	16.06	2.36	0.00
Fruit, Apple, Org, Bana	1/2 Cup	360	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Crackers, Assorted II	Servings	360	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	360	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	360	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	360	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			870	48	1426	11.57	14.79	808.5	8613	1547	74.70	35.69	122.10	27.42	7.19	0.00
% of Calories											16.4%	56.1%	28.4%	7.4%	0.0%	
Nutrient Guideline			846	100	1692	8.46	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	
% of Guideline Satisfied			103%	48%	84%	137%	329%	202%	574%		389%	214%				
Shortfall				52	266											

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

Salad Bar

	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																
Salad Bar	Total	600														
Salad Bar II	Servings	600	193	33	952	4.03	2.40	335.0	7516	1343	48.03	19.26	12.37	6.98	3.44	0.00
Dressing, Ken's Italian	Servings	25	9	0	463	0.00	0.00	0.0	0	0	0.0	0.0	2.83	0.0	0.00	0.00
Dressing, Ken's Honey Mustard	Servings	75	123	9	208	0.00	0.00	0.0	0	0	0.0	0.0	3.78	12.28	1.89	0.00
Dressing, Ken's Ranch	Servings	500	151	5	142	0.00	0.00	18.9	0	0	0.0	0.94	1.89	16.06	2.36	0.00
Fruit, Apple, Org, Bana	1/2 Cup	360	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Crackers, Assorted II	Servings	360	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	360	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	360	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	360	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			870	48	1426	11.57	14.79	808.5	8613	1547	74.70	35.69	122.10	27.42	7.19	0.00
% of Calories												16.4%	56.1%	28.4%	7.4%	0.0%
Nutrient Guideline			846	100	1692	8.46	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	
% of Guideline Satisfied			103%	48%	84%	137%	329%	202%	574%		389%	214%				
Shortfall				52	266											

Wed - 05/16/2012																
Salad Bar	Total	600														
Salad Bar II	Servings	600	193	33	952	4.03	2.40	335.0	7516	1343	48.03	19.26	12.37	6.98	3.44	0.00
Dressing, Ken's Italian	Servings	25	9	0	463	0.00	0.00	0.0	0	0	0.0	0.0	2.83	0.0	0.00	0.00
Dressing, Ken's Honey Mustard	Servings	75	123	9	208	0.00	0.00	0.0	0	0	0.0	0.0	3.78	12.28	1.89	0.00
Dressing, Ken's Ranch	Servings	500	151	5	142	0.00	0.00	18.9	0	0	0.0	0.94	1.89	16.06	2.36	0.00
Fruit, Apple, Org, Bana	1/2 Cup	360	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Crackers, Assorted II	Servings	360	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	360	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	360	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	360	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			870	48	1426	11.57	14.79	808.5	8613	1547	74.70	35.69	122.10	27.42	7.19	0.00
% of Calories												16.4%	56.1%	28.4%	7.4%	0.0%
Nutrient Guideline			846	100	1692	8.46	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	
% of Guideline Satisfied			103%	48%	84%	137%	329%	202%	574%		389%	214%				
Shortfall				52	266											

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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

Salad Bar

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 - 05/17/2012																
Salad Bar	Total	600														
Salad Bar II	Servings	600	193	33	952	4.03	2.40	335.0	7516	1343	48.03	19.26	12.37	6.98	3.44	0.00
Dressing, Ken's Italian	Servings	25	9	0	463	0.00	0.00	0.0	0	0	0.0	0.0	2.83	0.0	0.00	0.00
Dressing, Ken's Honey Mustard	Servings	75	123	9	208	0.00	0.00	0.0	0	0	0.0	0.0	3.78	12.28	1.89	0.00
Dressing, Ken's Ranch	Servings	500	151	5	142	0.00	0.00	18.9	0	0	0.0	0.94	1.89	16.06	2.36	0.00
Fruit, Apple, Org, Bana	1/2 Cup	360	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Crackers, Assorted II	Servings	360	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	360	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	360	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	360	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			870	48	1426	11.57	14.79	808.5	8613	1547	74.70	35.69	122.10	27.42	7.19	0.00
% of Calories											16.4%	56.1%	28.4%	7.4%	0.0%	
Nutrient Guideline			846	100	1692	8.46	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	
% of Guideline Satisfied			103%	48%	84%	137%	329%	202%	574%		389%	214%				
Shortfall				52	266											

Fri - 05/18/2012																
Salad Bar	Total	600														
Salad Bar II	Servings	600	193	33	952	4.03	2.40	335.0	7516	1343	48.03	19.26	12.37	6.98	3.44	0.00
Dressing, Ken's Italian	Servings	25	9	0	463	0.00	0.00	0.0	0	0	0.0	0.0	2.83	0.0	0.00	0.00
Dressing, Ken's Honey Mustard	Servings	75	123	9	208	0.00	0.00	0.0	0	0	0.0	0.0	3.78	12.28	1.89	0.00
Dressing, Ken's Ranch	Servings	500	151	5	142	0.00	0.00	18.9	0	0	0.0	0.94	1.89	16.06	2.36	0.00
Fruit, Apple, Org, Bana	1/2 Cup	360	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Crackers, Assorted II	Servings	360	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	360	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	360	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	360	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			870	48	1426	11.57	14.79	808.5	8613	1547	74.70	35.69	122.10	27.42	7.19	0.00
% of Calories											16.4%	56.1%	28.4%	7.4%	0.0%	
Nutrient Guideline			846	100	1692	8.46	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	
% of Guideline Satisfied			103%	48%	84%	137%	329%	202%	574%		389%	214%				
Shortfall				52	266											

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***** - 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 23, 2012 Spreadsheet - Portion Values

Salad Bar

	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)
Mon - 05/21/2012																
Salad Bar	Total	600														
Salad Bar II	Servings	600	193	33	952	4.03	2.40	335.0	7516	1343	48.03	19.26	12.37	6.98	3.44	0.00
Dressing, Ken's Italian	Servings	25	9	0	463	0.00	0.00	0.0	0	0	0.0	0.0	2.83	0.0	0.00	0.00
Dressing, Ken's Honey Mustard	Servings	75	123	9	208	0.00	0.00	0.0	0	0	0.0	0.0	3.78	12.28	1.89	0.00
Dressing, Ken's Ranch	Servings	500	151	5	142	0.00	0.00	18.9	0	0	0.0	0.94	1.89	16.06	2.36	0.00
Fruit, Apple, Org, Bana	1/2 Cup	360	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Crackers, Assorted II	Servings	360	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	360	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	360	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	360	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			870	48	1426	11.57	14.79	808.5	8613	1547	74.70	35.69	122.10	27.42	7.19	0.00
% of Calories												16.4%	56.1%	28.4%	7.4%	0.0%
Nutrient Guideline			846	100	1692	8.46	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	
% of Guideline Satisfied			103%	48%	84%	137%	329%	202%	574%		389%	214%				
Shortfall				52	266											

Tue - 05/22/2012																
Salad Bar	Total	600														
Salad Bar II	Servings	600	193	33	952	4.03	2.40	335.0	7516	1343	48.03	19.26	12.37	6.98	3.44	0.00
Dressing, Ken's Italian	Servings	25	9	0	463	0.00	0.00	0.0	0	0	0.0	0.0	2.83	0.0	0.00	0.00
Dressing, Ken's Honey Mustard	Servings	75	123	9	208	0.00	0.00	0.0	0	0	0.0	0.0	3.78	12.28	1.89	0.00
Dressing, Ken's Ranch	Servings	500	151	5	142	0.00	0.00	18.9	0	0	0.0	0.94	1.89	16.06	2.36	0.00
Fruit, Apple, Org, Bana	1/2 Cup	360	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Crackers, Assorted II	Servings	360	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	360	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	360	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	360	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			870	48	1426	11.57	14.79	808.5	8613	1547	74.70	35.69	122.10	27.42	7.19	0.00
% of Calories												16.4%	56.1%	28.4%	7.4%	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				52	266											

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Lake Havasu Unified School District

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

Salad Bar

	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)
Wed - 05/23/2012																
Salad Bar	Total	600														
Salad Bar II	Servings	600	193	33	952	4.03	2.40	335.0	7516	1343	48.03	19.26	12.37	6.98	3.44	0.00
Dressing, Ken's Italian	Servings	25	9	0	463	0.00	0.00	0.0	0	0	0.0	0.0	2.83	0.0	0.00	0.00
Dressing, Ken's Honey Mustard	Servings	75	123	9	208	0.00	0.00	0.0	0	0	0.0	0.0	3.78	12.28	1.89	0.00
Dressing, Ken's Ranch	Servings	500	151	5	142	0.00	0.00	18.9	0	0	0.0	0.94	1.89	16.06	2.36	0.00
Fruit, Apple, Org, Bana	1/2 Cup	360	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Crackers, Assorted II	Servings	360	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	360	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	360	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	360	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			870	48	1426	11.57	14.79	808.5	8613	1547	74.70	35.69	122.10	27.42	7.19	0.00
% of Calories												16.4%	56.1%	28.4%	7.4%	0.0%
Nutrient Guideline			846	100	1692	8.46	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	
% of Guideline Satisfied			103%	48%	84%	137%	329%	202%	574%		389%	214%				
Shortfall				52	266											

Weighted Average			870	48	1426	11.57	14.79	808.5	8613	1547	74.70	35.69	122.10	27.42	7.19	0.00
												16.4%	56.1%	28.4%	7.4%	0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	870		846	103%			
Cholesterol (mg)	48		100	48%			
Sodium (mg)	1426		1692	84%			
Fiber (g)	11.57		8.46	137%			
Iron (mg)	14.79		4.50	329%			
Calcium (mg)	808.5		400.00	202%			
Vitamin A (IU)	8613		1500	574%			
Vitamin A (RE)	1547		300	516%			
Vitamin C (mg)	74.70		19.20	389%			
Protein (g)	35.69	16.40%	16.70	214%			
Carbohydrate (g)	122.10	56.12%					
Total Fat (g)	27.42	28.36%	<=30.00%				
Saturated Fat (g)	7.19	7.44%	<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

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.