

# Lake Havasu Unified School District

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

Apr 20, 2012

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## BBQ & Self Serve Line

	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 <sup>1</sup> (g)
Tue - 05/01/2012																
BBQ & Self Serve Line	Total	300														
Hot Dog	1 EACH	30	296	30	784	1.32	1.79	52.7	0	0	0.0	11.32	26.37	16.09	6.05	0.00
Hamburger	1 Each	30	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
BURGER TOPPINGS	1 Each	30	241	11	736	8.95	1.04	886.5	464	94	35.77	8.27	44.8	4.08	2.45	0.00
Chicken Patty Sandwich	1 Each	30	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	30	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
BURRITO Chicken II	1 Each	30	453	111	966	5.01	2.89	302.5	304	61	0.0	29.29	37.03	22.2	8.59	0.00
Buritto, Bean & Cheese II	1 Each	30	412	41	853	5.98	1.80	526.2	405	81	0.6	24.18	39.46	16.37	7.08	0.00
Sandwich, Turkey & Ham	1 Each	30	281	20	1341	4.64	2.21	169.3	534	137	4.87	22.26	33.48	8.07	2.28	0.00
WRAP, Chicken Nugget	1 Each	30	517	76	1053	2.82	3.55	197.1	1917	333	8.28	30.27	47.34	23.13	5.52	0.00
Sandwich, PB & J	1 Each	30	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Chef Salad II	1 Each	30	259	43	925	1.79	2.23	255.6	2473	495	10.18	17.9	18.27	13.22	5.58	0.00
POTATO, FF 1/4" Gen7 II	3 oz. servin	112	108	0	119	1.79	0.22	0.0	0	0	3.58	1.19	15.53	4.78	0.30	0.00
Celery Sticks W/Peanut Butter	1 Each	112	180	0	146	2.03	0.35	24.1	72	2	0.5	5.43	7.56	14.2	3.11	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	113	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	112	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Trail Mix, Fruit & Nut	3 oz Servin	113	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Fruit, Assorted, Canned	1/2 Cup	113	73	0	3	1.37	0.12	0.0	104	21	3.83	0.0	17.97	0.0	0.00	0.00
Yogurt & Granola	1 Each	113	298	10	195	2.60	1.56	233.3	718	144	1.04	10.14	57.38	3.74	1.77	0.00
Crackers, Assorted II	Servings	112	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	150	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	150	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	150	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	50	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	100	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
COND PC Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g Heinz	Packet	50	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	50	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Weighted Daily Average			951	56	1452	12.18	10.95	722.8	4636	915	24.33	37.75	134.84	29.98	8.01	0.07
% of Calories												15.9%	56.7%	28.4%	7.6%	0.1%
Nutrient Guideline			783	1000	1566	7.83	4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	
% of Guideline Satisfied			121%	6%	93%	156%	243%	181%	309%		146%	252%				
Shortfall				944	114											

\*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

<sup>1</sup> - denotes optional nutrient values

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# Lake Havasu Unified School District

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

Apr 20, 2012

Page 2

## BBQ & Self Serve Line

	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 <sup>1</sup> (g)
Wed - 05/02/2012																
BBQ & Self Serve Line	Total	300														
Hot Dog	1 EACH	30	296	30	784	1.32	1.79	52.7	0	0	0.0	11.32	26.37	16.09	6.05	0.00
Hamburger	1 Each	30	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
BURGER TOPPINGS	1 Each	30	241	11	736	8.95	1.04	886.5	464	94	35.77	8.27	44.8	4.08	2.45	0.00
Chicken Patty Sandwich	1 Each	30	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	30	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
BURRITO Chicken II	1 Each	30	453	111	966	5.01	2.89	302.5	304	61	0.0	29.29	37.03	22.2	8.59	0.00
Buritto, Bean & Cheese II	1 Each	30	412	41	853	5.98	1.80	526.2	405	81	0.6	24.18	39.46	16.37	7.08	0.00
Sandwich, Turkey & Ham	1 Each	30	281	20	1341	4.64	2.21	169.3	534	137	4.87	22.26	33.48	8.07	2.28	0.00
WRAP, Chicken Nugget	1 Each	30	517	76	1053	2.82	3.55	197.1	1917	333	8.28	30.27	47.34	23.13	5.52	0.00
Sandwich, PB & J	1 Each	30	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Chef Salad II	1 Each	30	259	43	925	1.79	2.23	255.6	2473	495	10.18	17.9	18.27	13.22	5.58	0.00
POTATO, FF 1/4" Gen7 II	3 oz. servin	112	108	0	119	1.79	0.22	0.0	0	0	3.58	1.19	15.53	4.78	0.30	0.00
Celery Sticks W/Peanut Butter	1 Each	112	180	0	146	2.03	0.35	24.1	72	2	0.5	5.43	7.56	14.2	3.11	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	113	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	112	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Trail Mix, Fruit & Nut	3 oz Servin	113	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Fruit, Assorted, Canned	1/2 Cup	113	73	0	3	1.37	0.12	0.0	104	21	3.83	0.0	17.97	0.0	0.00	0.00
Yogurt & Granola	1 Each	113	298	10	195	2.60	1.56	233.3	718	144	1.04	10.14	57.38	3.74	1.77	0.00
Crackers, Assorted II	Servings	112	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	150	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	150	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	150	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	50	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	100	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
COND PC Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g Heinz	Packet	50	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	50	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Weighted Daily Average			951	56	1452	12.18	10.95	722.8	4636	915	24.33	37.75	134.84	29.98	8.01	0.07
% of Calories												15.9%	56.7%	28.4%	7.6%	0.1%
Nutrient Guideline			783	1000	1566	7.83	4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	
% of Guideline Satisfied			121%	6%	93%	156%	243%	181%	309%		146%	252%				
Shortfall				944	114											

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Thu - 05/03/2012																
BBQ & Self Serve Line	Total	300														
Hot Dog	1 EACH	30	296	30	784	1.32	1.79	52.7	0	0	0.0	11.32	26.37	16.09	6.05	0.00
Hamburger	1 Each	30	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
BURGER TOPPINGS	1 Each	30	241	11	736	8.95	1.04	886.5	464	94	35.77	8.27	44.8	4.08	2.45	0.00
Chicken Patty Sandwich	1 Each	30	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	30	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
BURRITO Chicken II	1 Each	30	453	111	966	5.01	2.89	302.5	304	61	0.0	29.29	37.03	22.2	8.59	0.00
Buritto, Bean & Cheese II	1 Each	30	412	41	853	5.98	1.80	526.2	405	81	0.6	24.18	39.46	16.37	7.08	0.00
Sandwich, Turkey & Ham	1 Each	30	281	20	1341	4.64	2.21	169.3	534	137	4.87	22.26	33.48	8.07	2.28	0.00
WRAP, Chicken Nugget	1 Each	30	517	76	1053	2.82	3.55	197.1	1917	333	8.28	30.27	47.34	23.13	5.52	0.00
Sandwich, PB & J	1 Each	30	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Chef Salad II	1 Each	30	259	43	925	1.79	2.23	255.6	2473	495	10.18	17.9	18.27	13.22	5.58	0.00
POTATO, FF 1/4" Gen7 II	3 oz. servin	112	108	0	119	1.79	0.22	0.0	0	0	3.58	1.19	15.53	4.78	0.30	0.00
Celery Sticks W/Peanut Butter	1 Each	112	180	0	146	2.03	0.35	24.1	72	2	0.5	5.43	7.56	14.2	3.11	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	113	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	112	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Trail Mix, Fruit & Nut	3 oz Servin	113	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Fruit, Assorted, Canned	1/2 Cup	113	73	0	3	1.37	0.12	0.0	104	21	3.83	0.0	17.97	0.0	0.00	0.00
Yogurt & Granola	1 Each	113	298	10	195	2.60	1.56	233.3	718	144	1.04	10.14	57.38	3.74	1.77	0.00
Crackers, Assorted II	Servings	112	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	150	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	150	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	150	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	50	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	100	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
COND PC Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g Heinz	Packet	50	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	50	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Weighted Daily Average			951	56	1452	12.18	10.95	722.8	4636	915	24.33	37.75	134.84	29.98	8.01	0.07
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Fri - 05/04/2012																
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Hot Dog	1 EACH	30	296	30	784	1.32	1.79	52.7	0	0	0.0	11.32	26.37	16.09	6.05	0.00
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Chicken Patty Sandwich	1 Each	30	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	30	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
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Sandwich, PB & J	1 Each	30	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Chef Salad II	1 Each	30	259	43	925	1.79	2.23	255.6	2473	495	10.18	17.9	18.27	13.22	5.58	0.00
POTATO, FF 1/4" Gen7 II	3 oz. servin	112	108	0	119	1.79	0.22	0.0	0	0	3.58	1.19	15.53	4.78	0.30	0.00
Celery Sticks W/Peanut Butter	1 Each	112	180	0	146	2.03	0.35	24.1	72	2	0.5	5.43	7.56	14.2	3.11	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	113	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	112	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Trail Mix, Fruit & Nut	3 oz Servin	113	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Fruit, Assorted, Canned	1/2 Cup	113	73	0	3	1.37	0.12	0.0	104	21	3.83	0.0	17.97	0.0	0.00	0.00
Yogurt & Granola	1 Each	113	298	10	195	2.60	1.56	233.3	718	144	1.04	10.14	57.38	3.74	1.77	0.00
Crackers, Assorted II	Servings	112	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	150	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	150	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	150	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	50	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	100	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
COND PC Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g Heinz	Packet	50	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	50	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Weighted Daily Average			951	56	1452	12.18	10.95	722.8	4636	915	24.33	37.75	134.84	29.98	8.01	0.07
% of Calories											15.9%	56.7%	28.4%	7.6%	0.1%	
Nutrient Guideline			783	1000	1566	7.83	4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	
% of Guideline Satisfied			121%	6%	93%	156%	243%	181%	309%		146%	252%				
Shortfall				944	114											

\*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

<sup>1</sup> - denotes optional nutrient values

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## Lake Havasu Unified School District

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

#### BBQ & Self Serve Line

	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 <sup>1</sup> (g)
Mon - 05/07/2012																
BBQ & Self Serve Line	Total	300														
Hot Dog	1 EACH	30	296	30	784	1.32	1.79	52.7	0	0	0.0	11.32	26.37	16.09	6.05	0.00
Hamburger	1 Each	30	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
BURGER TOPPINGS	1 Each	30	241	11	736	8.95	1.04	886.5	464	94	35.77	8.27	44.8	4.08	2.45	0.00
Chicken Patty Sandwich	1 Each	30	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	30	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
BURRITO Chicken II	1 Each	30	453	111	966	5.01	2.89	302.5	304	61	0.0	29.29	37.03	22.2	8.59	0.00
Buritto, Bean & Cheese II	1 Each	30	412	41	853	5.98	1.80	526.2	405	81	0.6	24.18	39.46	16.37	7.08	0.00
Sandwich, Turkey & Ham	1 Each	30	281	20	1341	4.64	2.21	169.3	534	137	4.87	22.26	33.48	8.07	2.28	0.00
WRAP, Chicken Nugget	1 Each	30	517	76	1053	2.82	3.55	197.1	1917	333	8.28	30.27	47.34	23.13	5.52	0.00
Sandwich, PB & J	1 Each	30	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Chef Salad II	1 Each	30	259	43	925	1.79	2.23	255.6	2473	495	10.18	17.9	18.27	13.22	5.58	0.00
POTATO, FF 1/4" Gen7 II	3 oz. servin	112	108	0	119	1.79	0.22	0.0	0	0	3.58	1.19	15.53	4.78	0.30	0.00
Celery Sticks W/Peanut Butter	1 Each	112	180	0	146	2.03	0.35	24.1	72	2	0.5	5.43	7.56	14.2	3.11	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	113	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	112	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Trail Mix, Fruit & Nut	3 oz Servin	113	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Fruit, Assorted, Canned	1/2 Cup	113	73	0	3	1.37	0.12	0.0	104	21	3.83	0.0	17.97	0.0	0.00	0.00
Yogurt & Granola	1 Each	113	298	10	195	2.60	1.56	233.3	718	144	1.04	10.14	57.38	3.74	1.77	0.00
Crackers, Assorted II	Servings	112	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	150	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	150	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	150	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	50	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	100	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
COND PC Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g Heinz	Packet	50	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	50	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Weighted Daily Average			951	56	1452	12.18	10.95	722.8	4636	915	24.33	37.75	134.84	29.98	8.01	0.07
% of Calories												15.9%	56.7%	28.4%	7.6%	0.1%
Nutrient Guideline			783	1000	1566	7.83	4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	
% of Guideline Satisfied			121%	6%	93%	156%	243%	181%	309%		146%	252%				
Shortfall				944	114											

\*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

<sup>1</sup> - denotes optional nutrient values

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## Lake Havasu Unified School District

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

#### BBQ & Self Serve Line

	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 <sup>1</sup> (g)
Tue - 05/08/2012																
BBQ & Self Serve Line	Total	300														
Hot Dog	1 EACH	30	296	30	784	1.32	1.79	52.7	0	0	0.0	11.32	26.37	16.09	6.05	0.00
Hamburger	1 Each	30	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
BURGER TOPPINGS	1 Each	30	241	11	736	8.95	1.04	886.5	464	94	35.77	8.27	44.8	4.08	2.45	0.00
Chicken Patty Sandwich	1 Each	30	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	30	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
BURRITO Chicken II	1 Each	30	453	111	966	5.01	2.89	302.5	304	61	0.0	29.29	37.03	22.2	8.59	0.00
Buritto, Bean & Cheese II	1 Each	30	412	41	853	5.98	1.80	526.2	405	81	0.6	24.18	39.46	16.37	7.08	0.00
Sandwich, Turkey & Ham	1 Each	30	281	20	1341	4.64	2.21	169.3	534	137	4.87	22.26	33.48	8.07	2.28	0.00
WRAP, Chicken Nugget	1 Each	30	517	76	1053	2.82	3.55	197.1	1917	333	8.28	30.27	47.34	23.13	5.52	0.00
Sandwich, PB & J	1 Each	30	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Chef Salad II	1 Each	30	259	43	925	1.79	2.23	255.6	2473	495	10.18	17.9	18.27	13.22	5.58	0.00
POTATO, FF 1/4" Gen7 II	3 oz. servin	112	108	0	119	1.79	0.22	0.0	0	0	3.58	1.19	15.53	4.78	0.30	0.00
Celery Sticks W/Peanut Butter	1 Each	112	180	0	146	2.03	0.35	24.1	72	2	0.5	5.43	7.56	14.2	3.11	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	113	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	112	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Trail Mix, Fruit & Nut	3 oz Servin	113	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Fruit, Assorted, Canned	1/2 Cup	113	73	0	3	1.37	0.12	0.0	104	21	3.83	0.0	17.97	0.0	0.00	0.00
Yogurt & Granola	1 Each	113	298	10	195	2.60	1.56	233.3	718	144	1.04	10.14	57.38	3.74	1.77	0.00
Crackers, Assorted II	Servings	112	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	150	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	150	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	150	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	50	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	100	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
COND PC Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g Heinz	Packet	50	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	50	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Weighted Daily Average			951	56	1452	12.18	10.95	722.8	4636	915	24.33	37.75	134.84	29.98	8.01	0.07
% of Calories												15.9%	56.7%	28.4%	7.6%	0.1%
Nutrient Guideline			783	1000	1566	7.83	4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	
% of Guideline Satisfied			121%	6%	93%	156%	243%	181%	309%		146%	252%				
Shortfall				944	114											

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## Lake Havasu Unified School District

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

#### BBQ & Self Serve Line

	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 <sup>1</sup> (g)
Wed - 05/09/2012																
BBQ & Self Serve Line	Total	300														
Hot Dog	1 EACH	30	296	30	784	1.32	1.79	52.7	0	0	0.0	11.32	26.37	16.09	6.05	0.00
Hamburger	1 Each	30	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
BURGER TOPPINGS	1 Each	30	241	11	736	8.95	1.04	886.5	464	94	35.77	8.27	44.8	4.08	2.45	0.00
Chicken Patty Sandwich	1 Each	30	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	30	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
BURRITO Chicken II	1 Each	30	453	111	966	5.01	2.89	302.5	304	61	0.0	29.29	37.03	22.2	8.59	0.00
Buritto, Bean & Cheese II	1 Each	30	412	41	853	5.98	1.80	526.2	405	81	0.6	24.18	39.46	16.37	7.08	0.00
Sandwich, Turkey & Ham	1 Each	30	281	20	1341	4.64	2.21	169.3	534	137	4.87	22.26	33.48	8.07	2.28	0.00
WRAP, Chicken Nugget	1 Each	30	517	76	1053	2.82	3.55	197.1	1917	333	8.28	30.27	47.34	23.13	5.52	0.00
Sandwich, PB & J	1 Each	30	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Chef Salad II	1 Each	30	259	43	925	1.79	2.23	255.6	2473	495	10.18	17.9	18.27	13.22	5.58	0.00
POTATO, FF 1/4" Gen7 II	3 oz. servin	112	108	0	119	1.79	0.22	0.0	0	0	3.58	1.19	15.53	4.78	0.30	0.00
Celery Sticks W/Peanut Butter	1 Each	112	180	0	146	2.03	0.35	24.1	72	2	0.5	5.43	7.56	14.2	3.11	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	113	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	112	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Trail Mix, Fruit & Nut	3 oz Servin	113	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Fruit, Assorted, Canned	1/2 Cup	113	73	0	3	1.37	0.12	0.0	104	21	3.83	0.0	17.97	0.0	0.00	0.00
Yogurt & Granola	1 Each	113	298	10	195	2.60	1.56	233.3	718	144	1.04	10.14	57.38	3.74	1.77	0.00
Crackers, Assorted II	Servings	112	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	150	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	150	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	150	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	50	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	100	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
COND PC Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g Heinz	Packet	50	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	50	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Weighted Daily Average			951	56	1452	12.18	10.95	722.8	4636	915	24.33	37.75	134.84	29.98	8.01	0.07
% of Calories											15.9%	56.7%	28.4%	7.6%	0.1%	
Nutrient Guideline			783	1000	1566	7.83	4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	
% of Guideline Satisfied			121%	6%	93%	156%	243%	181%	309%		146%	252%				
Shortfall				944	114											

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# Lake Havasu Unified School District

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

Apr 20, 2012

Page 8

## BBQ & Self Serve Line

	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 <sup>1</sup> (g)
Thu - 05/10/2012																
BBQ & Self Serve Line	Total	300														
Hot Dog	1 EACH	30	296	30	784	1.32	1.79	52.7	0	0	0.0	11.32	26.37	16.09	6.05	0.00
Hamburger	1 Each	30	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
BURGER TOPPINGS	1 Each	30	241	11	736	8.95	1.04	886.5	464	94	35.77	8.27	44.8	4.08	2.45	0.00
Chicken Patty Sandwich	1 Each	30	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	30	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
BURRITO Chicken II	1 Each	30	453	111	966	5.01	2.89	302.5	304	61	0.0	29.29	37.03	22.2	8.59	0.00
Buritto, Bean & Cheese II	1 Each	30	412	41	853	5.98	1.80	526.2	405	81	0.6	24.18	39.46	16.37	7.08	0.00
Sandwich, Turkey & Ham	1 Each	30	281	20	1341	4.64	2.21	169.3	534	137	4.87	22.26	33.48	8.07	2.28	0.00
WRAP, Chicken Nugget	1 Each	30	517	76	1053	2.82	3.55	197.1	1917	333	8.28	30.27	47.34	23.13	5.52	0.00
Sandwich, PB & J	1 Each	30	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Chef Salad II	1 Each	30	259	43	925	1.79	2.23	255.6	2473	495	10.18	17.9	18.27	13.22	5.58	0.00
POTATO, FF 1/4" Gen7 II	3 oz. servin	112	108	0	119	1.79	0.22	0.0	0	0	3.58	1.19	15.53	4.78	0.30	0.00
Celery Sticks W/Peanut Butter	1 Each	112	180	0	146	2.03	0.35	24.1	72	2	0.5	5.43	7.56	14.2	3.11	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	113	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	112	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Trail Mix, Fruit & Nut	3 oz Servin	113	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Fruit, Assorted, Canned	1/2 Cup	113	73	0	3	1.37	0.12	0.0	104	21	3.83	0.0	17.97	0.0	0.00	0.00
Yogurt & Granola	1 Each	113	298	10	195	2.60	1.56	233.3	718	144	1.04	10.14	57.38	3.74	1.77	0.00
Crackers, Assorted II	Servings	112	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	150	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	150	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	150	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	50	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	100	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
COND PC Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g Heinz	Packet	50	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	50	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Weighted Daily Average			951	56	1452	12.18	10.95	722.8	4636	915	24.33	37.75	134.84	29.98	8.01	0.07
% of Calories												15.9%	56.7%	28.4%	7.6%	0.1%
Nutrient Guideline			783	1000	1566	7.83	4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	
% of Guideline Satisfied			121%	6%	93%	156%	243%	181%	309%		146%	252%				
Shortfall				944	114											

\*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

<sup>1</sup> - denotes optional nutrient values

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## Lake Havasu Unified School District

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

#### BBQ & Self Serve Line

	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 <sup>1</sup> (g)
Fri - 05/11/2012																
BBQ & Self Serve Line	Total	300														
Hot Dog	1 EACH	30	296	30	784	1.32	1.79	52.7	0	0	0.0	11.32	26.37	16.09	6.05	0.00
Hamburger	1 Each	30	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
BURGER TOPPINGS	1 Each	30	241	11	736	8.95	1.04	886.5	464	94	35.77	8.27	44.8	4.08	2.45	0.00
Chicken Patty Sandwich	1 Each	30	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	30	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
BURRITO Chicken II	1 Each	30	453	111	966	5.01	2.89	302.5	304	61	0.0	29.29	37.03	22.2	8.59	0.00
Buritto, Bean & Cheese II	1 Each	30	412	41	853	5.98	1.80	526.2	405	81	0.6	24.18	39.46	16.37	7.08	0.00
Sandwich, Turkey & Ham	1 Each	30	281	20	1341	4.64	2.21	169.3	534	137	4.87	22.26	33.48	8.07	2.28	0.00
WRAP, Chicken Nugget	1 Each	30	517	76	1053	2.82	3.55	197.1	1917	333	8.28	30.27	47.34	23.13	5.52	0.00
Sandwich, PB & J	1 Each	30	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Chef Salad II	1 Each	30	259	43	925	1.79	2.23	255.6	2473	495	10.18	17.9	18.27	13.22	5.58	0.00
POTATO, FF 1/4" Gen7 II	3 oz. servin	112	108	0	119	1.79	0.22	0.0	0	0	3.58	1.19	15.53	4.78	0.30	0.00
Celery Sticks W/Peanut Butter	1 Each	112	180	0	146	2.03	0.35	24.1	72	2	0.5	5.43	7.56	14.2	3.11	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	113	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	112	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Trail Mix, Fruit & Nut	3 oz Servin	113	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Fruit, Assorted, Canned	1/2 Cup	113	73	0	3	1.37	0.12	0.0	104	21	3.83	0.0	17.97	0.0	0.00	0.00
Yogurt & Granola	1 Each	113	298	10	195	2.60	1.56	233.3	718	144	1.04	10.14	57.38	3.74	1.77	0.00
Crackers, Assorted II	Servings	112	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	150	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	150	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	150	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	50	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	100	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
COND PC Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g Heinz	Packet	50	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	50	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Weighted Daily Average			951	56	1452	12.18	10.95	722.8	4636	915	24.33	37.75	134.84	29.98	8.01	0.07
% of Calories												15.9%	56.7%	28.4%	7.6%	0.1%
Nutrient Guideline			783	1000	1566	7.83	4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	
% of Guideline Satisfied			121%	6%	93%	156%	243%	181%	309%		146%	252%				
Shortfall				944	114											

\*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

<sup>1</sup> - denotes optional nutrient values

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## Lake Havasu Unified School District

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

#### BBQ & Self Serve Line

	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 <sup>1</sup> (g)
Mon - 05/14/2012																
BBQ & Self Serve Line	Total	300														
Hot Dog	1 EACH	30	296	30	784	1.32	1.79	52.7	0	0	0.0	11.32	26.37	16.09	6.05	0.00
Hamburger	1 Each	30	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
BURGER TOPPINGS	1 Each	30	241	11	736	8.95	1.04	886.5	464	94	35.77	8.27	44.8	4.08	2.45	0.00
Chicken Patty Sandwich	1 Each	30	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	30	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
BURRITO Chicken II	1 Each	30	453	111	966	5.01	2.89	302.5	304	61	0.0	29.29	37.03	22.2	8.59	0.00
Buritto, Bean & Cheese II	1 Each	30	412	41	853	5.98	1.80	526.2	405	81	0.6	24.18	39.46	16.37	7.08	0.00
Sandwich, Turkey & Ham	1 Each	30	281	20	1341	4.64	2.21	169.3	534	137	4.87	22.26	33.48	8.07	2.28	0.00
WRAP, Chicken Nugget	1 Each	30	517	76	1053	2.82	3.55	197.1	1917	333	8.28	30.27	47.34	23.13	5.52	0.00
Sandwich, PB & J	1 Each	30	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Chef Salad II	1 Each	30	259	43	925	1.79	2.23	255.6	2473	495	10.18	17.9	18.27	13.22	5.58	0.00
POTATO, FF 1/4" Gen7 II	3 oz. servin	112	108	0	119	1.79	0.22	0.0	0	0	3.58	1.19	15.53	4.78	0.30	0.00
Celery Sticks W/Peanut Butter	1 Each	112	180	0	146	2.03	0.35	24.1	72	2	0.5	5.43	7.56	14.2	3.11	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	113	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	112	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Trail Mix, Fruit & Nut	3 oz Servin	113	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Fruit, Assorted, Canned	1/2 Cup	113	73	0	3	1.37	0.12	0.0	104	21	3.83	0.0	17.97	0.0	0.00	0.00
Yogurt & Granola	1 Each	113	298	10	195	2.60	1.56	233.3	718	144	1.04	10.14	57.38	3.74	1.77	0.00
Crackers, Assorted II	Servings	112	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	150	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	150	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	150	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	50	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	100	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
COND PC Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g Heinz	Packet	50	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	50	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Weighted Daily Average			951	56	1452	12.18	10.95	722.8	4636	915	24.33	37.75	134.84	29.98	8.01	0.07
% of Calories												15.9%	56.7%	28.4%	7.6%	0.1%
Nutrient Guideline			783	1000	1566	7.83	4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	
% of Guideline Satisfied			121%	6%	93%	156%	243%	181%	309%		146%	252%				
Shortfall				944	114											

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## Lake Havasu Unified School District

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

#### BBQ & Self Serve Line

	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 <sup>1</sup> (g)
Tue - 05/15/2012																
BBQ & Self Serve Line	Total	300														
Hot Dog	1 EACH	30	296	30	784	1.32	1.79	52.7	0	0	0.0	11.32	26.37	16.09	6.05	0.00
Hamburger	1 Each	30	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
BURGER TOPPINGS	1 Each	30	241	11	736	8.95	1.04	886.5	464	94	35.77	8.27	44.8	4.08	2.45	0.00
Chicken Patty Sandwich	1 Each	30	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	30	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
BURRITO Chicken II	1 Each	30	453	111	966	5.01	2.89	302.5	304	61	0.0	29.29	37.03	22.2	8.59	0.00
Buritto, Bean & Cheese II	1 Each	30	412	41	853	5.98	1.80	526.2	405	81	0.6	24.18	39.46	16.37	7.08	0.00
Sandwich, Turkey & Ham	1 Each	30	281	20	1341	4.64	2.21	169.3	534	137	4.87	22.26	33.48	8.07	2.28	0.00
WRAP, Chicken Nugget	1 Each	30	517	76	1053	2.82	3.55	197.1	1917	333	8.28	30.27	47.34	23.13	5.52	0.00
Sandwich, PB & J	1 Each	30	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Chef Salad II	1 Each	30	259	43	925	1.79	2.23	255.6	2473	495	10.18	17.9	18.27	13.22	5.58	0.00
POTATO, FF 1/4" Gen7 II	3 oz. servin	112	108	0	119	1.79	0.22	0.0	0	0	3.58	1.19	15.53	4.78	0.30	0.00
Celery Sticks W/Peanut Butter	1 Each	112	180	0	146	2.03	0.35	24.1	72	2	0.5	5.43	7.56	14.2	3.11	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	113	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	112	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Trail Mix, Fruit & Nut	3 oz Servin	113	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Fruit, Assorted, Canned	1/2 Cup	113	73	0	3	1.37	0.12	0.0	104	21	3.83	0.0	17.97	0.0	0.00	0.00
Yogurt & Granola	1 Each	113	298	10	195	2.60	1.56	233.3	718	144	1.04	10.14	57.38	3.74	1.77	0.00
Crackers, Assorted II	Servings	112	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	150	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	150	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	150	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	50	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	100	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
COND PC Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g Heinz	Packet	50	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	50	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Weighted Daily Average			951	56	1452	12.18	10.95	722.8	4636	915	24.33	37.75	134.84	29.98	8.01	0.07
% of Calories											15.9%	56.7%	28.4%	7.6%	0.1%	
Nutrient Guideline			783	1000	1566	7.83	4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	
% of Guideline Satisfied			121%	6%	93%	156%	243%	181%	309%		146%	252%				
Shortfall				944	114											

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# Lake Havasu Unified School District

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

Apr 20, 2012

Page 12

## BBQ & Self Serve Line

	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 <sup>1</sup> (g)
Wed - 05/16/2012																
BBQ & Self Serve Line	Total	300														
Hot Dog	1 EACH	30	296	30	784	1.32	1.79	52.7	0	0	0.0	11.32	26.37	16.09	6.05	0.00
Hamburger	1 Each	30	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
BURGER TOPPINGS	1 Each	30	241	11	736	8.95	1.04	886.5	464	94	35.77	8.27	44.8	4.08	2.45	0.00
Chicken Patty Sandwich	1 Each	30	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	30	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
BURRITO Chicken II	1 Each	30	453	111	966	5.01	2.89	302.5	304	61	0.0	29.29	37.03	22.2	8.59	0.00
Buritto, Bean & Cheese II	1 Each	30	412	41	853	5.98	1.80	526.2	405	81	0.6	24.18	39.46	16.37	7.08	0.00
Sandwich, Turkey & Ham	1 Each	30	281	20	1341	4.64	2.21	169.3	534	137	4.87	22.26	33.48	8.07	2.28	0.00
WRAP, Chicken Nugget	1 Each	30	517	76	1053	2.82	3.55	197.1	1917	333	8.28	30.27	47.34	23.13	5.52	0.00
Sandwich, PB & J	1 Each	30	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Chef Salad II	1 Each	30	259	43	925	1.79	2.23	255.6	2473	495	10.18	17.9	18.27	13.22	5.58	0.00
POTATO, FF 1/4" Gen7 II	3 oz. servin	112	108	0	119	1.79	0.22	0.0	0	0	3.58	1.19	15.53	4.78	0.30	0.00
Celery Sticks W/Peanut Butter	1 Each	112	180	0	146	2.03	0.35	24.1	72	2	0.5	5.43	7.56	14.2	3.11	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	113	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	112	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Trail Mix, Fruit & Nut	3 oz Servin	113	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Fruit, Assorted, Canned	1/2 Cup	113	73	0	3	1.37	0.12	0.0	104	21	3.83	0.0	17.97	0.0	0.00	0.00
Yogurt & Granola	1 Each	113	298	10	195	2.60	1.56	233.3	718	144	1.04	10.14	57.38	3.74	1.77	0.00
Crackers, Assorted II	Servings	112	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	150	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	150	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	150	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	50	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	100	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
COND PC Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g Heinz	Packet	50	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	50	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Weighted Daily Average			951	56	1452	12.18	10.95	722.8	4636	915	24.33	37.75	134.84	29.98	8.01	0.07
% of Calories												15.9%	56.7%	28.4%	7.6%	0.1%
Nutrient Guideline			783	1000	1566	7.83	4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	
% of Guideline Satisfied			121%	6%	93%	156%	243%	181%	309%		146%	252%				
Shortfall				944	114											

\*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

<sup>1</sup> - denotes optional nutrient values

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# Lake Havasu Unified School District

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

Apr 20, 2012

Page 13

## BBQ & Self Serve Line

	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 <sup>1</sup> (g)
Thu - 05/17/2012																
BBQ & Self Serve Line	Total	300														
Hot Dog	1 EACH	30	296	30	784	1.32	1.79	52.7	0	0	0.0	11.32	26.37	16.09	6.05	0.00
Hamburger	1 Each	30	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
BURGER TOPPINGS	1 Each	30	241	11	736	8.95	1.04	886.5	464	94	35.77	8.27	44.8	4.08	2.45	0.00
Chicken Patty Sandwich	1 Each	30	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	30	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
BURRITO Chicken II	1 Each	30	453	111	966	5.01	2.89	302.5	304	61	0.0	29.29	37.03	22.2	8.59	0.00
Buritto, Bean & Cheese II	1 Each	30	412	41	853	5.98	1.80	526.2	405	81	0.6	24.18	39.46	16.37	7.08	0.00
Sandwich, Turkey & Ham	1 Each	30	281	20	1341	4.64	2.21	169.3	534	137	4.87	22.26	33.48	8.07	2.28	0.00
WRAP, Chicken Nugget	1 Each	30	517	76	1053	2.82	3.55	197.1	1917	333	8.28	30.27	47.34	23.13	5.52	0.00
Sandwich, PB & J	1 Each	30	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Chef Salad II	1 Each	30	259	43	925	1.79	2.23	255.6	2473	495	10.18	17.9	18.27	13.22	5.58	0.00
POTATO, FF 1/4" Gen7 II	3 oz. servin	112	108	0	119	1.79	0.22	0.0	0	0	3.58	1.19	15.53	4.78	0.30	0.00
Celery Sticks W/Peanut Butter	1 Each	112	180	0	146	2.03	0.35	24.1	72	2	0.5	5.43	7.56	14.2	3.11	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	113	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	112	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Trail Mix, Fruit & Nut	3 oz Servin	113	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Fruit, Assorted, Canned	1/2 Cup	113	73	0	3	1.37	0.12	0.0	104	21	3.83	0.0	17.97	0.0	0.00	0.00
Yogurt & Granola	1 Each	113	298	10	195	2.60	1.56	233.3	718	144	1.04	10.14	57.38	3.74	1.77	0.00
Crackers, Assorted II	Servings	112	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	150	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	150	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	150	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	50	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	100	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
COND PC Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g Heinz	Packet	50	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	50	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Weighted Daily Average			951	56	1452	12.18	10.95	722.8	4636	915	24.33	37.75	134.84	29.98	8.01	0.07
% of Calories												15.9%	56.7%	28.4%	7.6%	0.1%
Nutrient Guideline			783	1000	1566	7.83	4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	
% of Guideline Satisfied			121%	6%	93%	156%	243%	181%	309%		146%	252%				
Shortfall				944	114											

\*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

<sup>1</sup> - denotes optional nutrient values

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## Lake Havasu Unified School District

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

#### BBQ & Self Serve Line

	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 <sup>1</sup> (g)
Fri - 05/18/2012																
BBQ & Self Serve Line	Total	300														
Hot Dog	1 EACH	30	296	30	784	1.32	1.79	52.7	0	0	0.0	11.32	26.37	16.09	6.05	0.00
Hamburger	1 Each	30	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
BURGER TOPPINGS	1 Each	30	241	11	736	8.95	1.04	886.5	464	94	35.77	8.27	44.8	4.08	2.45	0.00
Chicken Patty Sandwich	1 Each	30	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	30	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
BURRITO Chicken II	1 Each	30	453	111	966	5.01	2.89	302.5	304	61	0.0	29.29	37.03	22.2	8.59	0.00
Buritto, Bean & Cheese II	1 Each	30	412	41	853	5.98	1.80	526.2	405	81	0.6	24.18	39.46	16.37	7.08	0.00
Sandwich, Turkey & Ham	1 Each	30	281	20	1341	4.64	2.21	169.3	534	137	4.87	22.26	33.48	8.07	2.28	0.00
WRAP, Chicken Nugget	1 Each	30	517	76	1053	2.82	3.55	197.1	1917	333	8.28	30.27	47.34	23.13	5.52	0.00
Sandwich, PB & J	1 Each	30	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Chef Salad II	1 Each	30	259	43	925	1.79	2.23	255.6	2473	495	10.18	17.9	18.27	13.22	5.58	0.00
POTATO, FF 1/4" Gen7 II	3 oz. servin	112	108	0	119	1.79	0.22	0.0	0	0	3.58	1.19	15.53	4.78	0.30	0.00
Celery Sticks W/Peanut Butter	1 Each	112	180	0	146	2.03	0.35	24.1	72	2	0.5	5.43	7.56	14.2	3.11	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	113	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	112	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Trail Mix, Fruit & Nut	3 oz Servin	113	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Fruit, Assorted, Canned	1/2 Cup	113	73	0	3	1.37	0.12	0.0	104	21	3.83	0.0	17.97	0.0	0.00	0.00
Yogurt & Granola	1 Each	113	298	10	195	2.60	1.56	233.3	718	144	1.04	10.14	57.38	3.74	1.77	0.00
Crackers, Assorted II	Servings	112	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	150	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	150	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	150	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	50	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	100	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
COND PC Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g Heinz	Packet	50	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	50	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Weighted Daily Average			951	56	1452	12.18	10.95	722.8	4636	915	24.33	37.75	134.84	29.98	8.01	0.07
% of Calories											15.9%	56.7%	28.4%	7.6%	0.1%	
Nutrient Guideline			783	1000	1566	7.83	4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	
% of Guideline Satisfied			121%	6%	93%	156%	243%	181%	309%		146%	252%				
Shortfall				944	114											

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**Lake Havasu Unified School District**  
**May 1, 2012 thru May 23, 2012 Spreadsheet - Portion Values**  
**BBQ & Self Serve Line**

	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 <sup>1</sup> (g)
<b>Mon - 05/21/2012</b>																
BBQ & Self Serve Line	Total	300														
Hot Dog	1 EACH	30	296	30	784	1.32	1.79	52.7	0	0	0.0	11.32	26.37	16.09	6.05	0.00
Hamburger	1 Each	30	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
BURGER TOPPINGS	1 Each	30	241	11	736	8.95	1.04	886.5	464	94	35.77	8.27	44.8	4.08	2.45	0.00
Chicken Patty Sandwich	1 Each	30	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	30	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
BURRITO Chicken II	1 Each	30	453	111	966	5.01	2.89	302.5	304	61	0.0	29.29	37.03	22.2	8.59	0.00
Buritto, Bean & Cheese II	1 Each	30	412	41	853	5.98	1.80	526.2	405	81	0.6	24.18	39.46	16.37	7.08	0.00
Sandwich, Turkey & Ham	1 Each	30	281	20	1341	4.64	2.21	169.3	534	137	4.87	22.26	33.48	8.07	2.28	0.00
WRAP, Chicken Nugget	1 Each	30	517	76	1053	2.82	3.55	197.1	1917	333	8.28	30.27	47.34	23.13	5.52	0.00
Sandwich, PB & J	1 Each	30	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Chef Salad II	1 Each	30	259	43	925	1.79	2.23	255.6	2473	495	10.18	17.9	18.27	13.22	5.58	0.00
POTATO, FF 1/4" Gen7 II	3 oz. servin	112	108	0	119	1.79	0.22	0.0	0	0	3.58	1.19	15.53	4.78	0.30	0.00
Celery Sticks W/Peanut Butter	1 Each	112	180	0	146	2.03	0.35	24.1	72	2	0.5	5.43	7.56	14.2	3.11	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	113	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	112	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Trail Mix, Fruit & Nut	3 oz Servin	113	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Fruit, Assorted, Canned	1/2 Cup	113	73	0	3	1.37	0.12	0.0	104	21	3.83	0.0	17.97	0.0	0.00	0.00
Yogurt & Granola	1 Each	113	298	10	195	2.60	1.56	233.3	718	144	1.04	10.14	57.38	3.74	1.77	0.00
Crackers, Assorted II	Servings	112	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	150	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	150	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	150	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	50	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	100	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
COND PC Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g Heinz	Packet	50	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	50	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Weighted Daily Average			951	56	1452	12.18	10.95	722.8	4636	915	24.33	37.75	134.84	29.98	8.01	0.07
% of Calories											15.9%	56.7%	28.4%	7.6%	0.1%	
Nutrient Guideline			783	1000	1566	7.83	4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	
% of Guideline Satisfied			121%	6%	93%	156%	243%	181%	309%		146%	252%				
Shortfall				944	114											

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**Lake Havasu Unified School District**  
**May 1, 2012 thru May 23, 2012 Spreadsheet - Portion Values**  
**BBQ & Self Serve Line**

	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 <sup>1</sup> (g)
<b>Tue - 05/22/2012</b>																
BBQ & Self Serve Line	Total	300														
Hot Dog	1 EACH	30	296	30	784	1.32	1.79	52.7	0	0	0.0	11.32	26.37	16.09	6.05	0.00
Hamburger	1 Each	30	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
BURGER TOPPINGS	1 Each	30	241	11	736	8.95	1.04	886.5	464	94	35.77	8.27	44.8	4.08	2.45	0.00
Chicken Patty Sandwich	1 Each	30	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	30	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
BURRITO Chicken II	1 Each	30	453	111	966	5.01	2.89	302.5	304	61	0.0	29.29	37.03	22.2	8.59	0.00
Buritto, Bean & Cheese II	1 Each	30	412	41	853	5.98	1.80	526.2	405	81	0.6	24.18	39.46	16.37	7.08	0.00
Sandwich, Turkey & Ham	1 Each	30	281	20	1341	4.64	2.21	169.3	534	137	4.87	22.26	33.48	8.07	2.28	0.00
WRAP, Chicken Nugget	1 Each	30	517	76	1053	2.82	3.55	197.1	1917	333	8.28	30.27	47.34	23.13	5.52	0.00
Sandwich, PB & J	1 Each	30	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Chef Salad II	1 Each	30	259	43	925	1.79	2.23	255.6	2473	495	10.18	17.9	18.27	13.22	5.58	0.00
POTATO, FF 1/4" Gen7 II	3 oz. servin	112	108	0	119	1.79	0.22	0.0	0	0	3.58	1.19	15.53	4.78	0.30	0.00
Celery Sticks W/Peanut Butter	1 Each	112	180	0	146	2.03	0.35	24.1	72	2	0.5	5.43	7.56	14.2	3.11	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	113	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	112	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Trail Mix, Fruit & Nut	3 oz Servin	113	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Fruit, Assorted, Canned	1/2 Cup	113	73	0	3	1.37	0.12	0.0	104	21	3.83	0.0	17.97	0.0	0.00	0.00
Yogurt & Granola	1 Each	113	298	10	195	2.60	1.56	233.3	718	144	1.04	10.14	57.38	3.74	1.77	0.00
Crackers, Assorted II	Servings	112	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	150	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	150	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	150	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	50	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	100	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
COND PC Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g Heinz	Packet	50	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	50	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Weighted Daily Average			951	56	1452	12.18	10.95	722.8	4636	915	24.33	37.75	134.84	29.98	8.01	0.07
% of Calories											15.9%	56.7%	28.4%	7.6%	0.1%	
Nutrient Guideline			783	1000	1566	7.83	4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	
% of Guideline Satisfied			121%	6%	93%	156%	243%	181%	309%		146%	252%				
Shortfall				944	114											

\*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

<sup>1</sup> - denotes optional nutrient values

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# Lake Havasu Unified School District

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

Apr 20, 2012

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## BBQ & Self Serve Line

	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 <sup>1</sup> (g)
Wed - 05/23/2012																
BBQ & Self Serve Line	Total	300														
Hot Dog	1 EACH	30	296	30	784	1.32	1.79	52.7	0	0	0.0	11.32	26.37	16.09	6.05	0.00
Hamburger	1 Each	30	280	35	490	3.00	3.60	60.0	100	20	0.0	16.98	27.0	9.99	2.99	0.50
BURGER TOPPINGS	1 Each	30	241	11	736	8.95	1.04	886.5	464	94	35.77	8.27	44.8	4.08	2.45	0.00
Chicken Patty Sandwich	1 Each	30	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	30	340	55	700	4.00	3.60	60.0	500	100	0.0	19.0	37.0	13.0	2.50	0.00
BURRITO Chicken II	1 Each	30	453	111	966	5.01	2.89	302.5	304	61	0.0	29.29	37.03	22.2	8.59	0.00
Buritto, Bean & Cheese II	1 Each	30	412	41	853	5.98	1.80	526.2	405	81	0.6	24.18	39.46	16.37	7.08	0.00
Sandwich, Turkey & Ham	1 Each	30	281	20	1341	4.64	2.21	169.3	534	137	4.87	22.26	33.48	8.07	2.28	0.00
WRAP, Chicken Nugget	1 Each	30	517	76	1053	2.82	3.55	197.1	1917	333	8.28	30.27	47.34	23.13	5.52	0.00
Sandwich, PB & J	1 Each	30	390	0	490	6.00	1.80	60.0	0	0	0.0	12.0	48.0	18.0	3.50	0.00
Chef Salad II	1 Each	30	259	43	925	1.79	2.23	255.6	2473	495	10.18	17.9	18.27	13.22	5.58	0.00
POTATO, FF 1/4" Gen7 II	3 oz. servin	112	108	0	119	1.79	0.22	0.0	0	0	3.58	1.19	15.53	4.78	0.30	0.00
Celery Sticks W/Peanut Butter	1 Each	112	180	0	146	2.03	0.35	24.1	72	2	0.5	5.43	7.56	14.2	3.11	0.00
CARROTS, Fresh Baby IW Bag	1.6 oz. Bag	113	20	0	23	1.16	0.00	11.6	7851	1570	3.49	0.58	4.65	0.0	0.00	0.00
Fruit, Apple, Orng, Bana	1/2 Cup	112	76	0	1	2.90	0.27	24.1	145	25	29.2	0.88	19.24	0.2	0.06	0.00
Trail Mix, Fruit & Nut	3 oz Servin	113	277	0	5	6.72	18.03	88.7	165	11	0.2	3.72	60.33	2.51	0.16	0.00
Fruit, Assorted, Canned	1/2 Cup	113	73	0	3	1.37	0.12	0.0	104	21	3.83	0.0	17.97	0.0	0.00	0.00
Yogurt & Granola	1 Each	113	298	10	195	2.60	1.56	233.3	718	144	1.04	10.14	57.38	3.74	1.77	0.00
Crackers, Assorted II	Servings	112	80	0	68	0.33	0.48	33.3	0	0	0.0	1.0	14.67	1.67	0.00	0.00
MILK WHITE LOWFAT 1%	1 Each	150	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	150	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	150	11	0	85	0.13	0.03	1.4	42	17	0.59	0.1	2.61	0.02	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	50	78	4	67	0.00	0.02	0.9	6	1	0.05	0.12	0.19	8.64	1.31	0.13
COND PC Mustard 6g Heinz	Packet	100	4	0	75	0.21	0.06	2.6	2	0	0.01	0.16	0.46	0.19	0.01	0.00
COND PC Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00	0.00
COND PC Sauce, Taco 9g Heinz	Packet	50	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Dressing, Ranch PC	Packet	50	65	0	125	0.00	0.00	0.0	0	0	0.0	1.02	1.0	7.0	1.00	0.00
Weighted Daily Average			951	56	1452	12.18	10.95	722.8	4636	915	24.33	37.75	134.84	29.98	8.01	0.07
% of Calories												15.9%	56.7%	28.4%	7.6%	0.1%
Nutrient Guideline			783	1000	1566	7.83	4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	
% of Guideline Satisfied			121%	6%	93%	156%	243%	181%	309%		146%	252%				
Shortfall				944	114											
Weighted Average			951	56	1452	12.18	10.95	722.8	4636	915	24.33	37.75	134.84	29.98	8.01	0.07
												15.9%	56.7%	28.4%	7.6%	0.1%

\*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

<sup>1</sup> - denotes optional nutrient values

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**Lake Havasu Unified School District**  
**May 1, 2012 thru May 23, 2012 Spreadsheet - Portion Values**  
**BBQ & Self Serve Line**

Nutrient	Menu AVG	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	951		783	121%													
Cholesterol (mg)	56		1000	6%													
Sodium (mg)	1452		1566	93%													
Fiber (g)	12.18		7.83	156%													
Iron (mg)	10.95		4.50	243%													
Calcium (mg)	722.8		400.00	181%													
Vitamin A (IU)	4636		1500	309%													
Vitamin A (RE)	915		300	305%													
Vitamin C (mg)	24.33		16.70	146%													
Protein (g)	37.75	15.88%	15.00	252%													
Carbohydrate (g)	134.84	56.71%															
Total Fat (g)	29.98	28.37%	<=30.00%														
Saturated Fat (g)	8.01	7.58%	<10.00%														
Trans Fat (g)	0.07	0.07%															

*\*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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