

Corvallis School District 509J

Sep 1, 2011 thru Sep 30, 2011 Spreadsheet - Portion Values PHS

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Sep 1, 2011

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 09/06/2011																
PHS	Total	100														
c Pizza Stick 08-09	1 each	50	210	10	520	10.00	1.44	100.0	200	40	0.00	7.0	27.0	9.0	3.50	0.00
c Chick Nugg w/roll 11-12	serving	50	406	37	775	2.89	3.14	110.9	14	3	0.0	16.9	44.9	17.2	3.44	0.00
C milk, 1% 11-12	carton	5	110	10	115	0.00	0.00	250.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
C milk, chocolate nonfat 11-12	carton	85	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
C milk, nonfat 11-12	carton	10	90	1	115	0.00	0.00	250.0	500	100	2.4	9.0	12.0	0.00	0.00	0.00
Weighted Daily Average			450	25	826	6.45	2.59	397.9	607	121	2.40	20.05	62.38	13.20	3.55	0.00
% of Calories												17.8%	55.4%	26.4%	7.1%	0.0%
RDA's			846	100	1200	6.45	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			53%	25%	69%	100%	58%	99%	40%		13%	120%				
Shortfall			396	75	374	0.00	1.91	2.05	893		16.77					

Wed - 09/07/2011																
PHS	Total	100														
c Burrito Los Cabos USDA 11-12	1 each	50	340	19	496	6.00	4.50	52.0	404	40	1.7	16.4	51.0	7.7	2.37	0.00
C Hamburger on a Bun 11-12	1	50	514	106	1133	3.24	5.50	92.9	140	28	2.3	36.9	25.9	27.7	11.27	0.00
C milk, 1% 11-12	carton	5	110	10	115	0.00	0.00	250.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
C milk, chocolate nonfat 11-12	carton	85	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
C milk, nonfat 11-12	carton	10	90	1	115	0.00	0.00	250.0	500	100	2.4	9.0	12.0	0.00	0.00	0.00
Weighted Daily Average			569	64	993	4.62	5.31	365.0	772	134	4.41	34.78	64.89	17.80	6.90	0.00
% of Calories												24.5%	45.6%	28.2%	10.9%	0.0%
RDA's			846	100	1200	6.45	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			67%	64%	83%	72%	118%	91%	51%		23%	208%				
Shortfall			277	36	207	1.83		35.03	728		14.76				OVER	

Thu - 09/08/2011																
PHS	Total	100														
c Chicken Pat Sand 11-12	1 sandwich	100	342	20	656	0.94	2.80	77.7	0	0	0.00	16.7	34.6	16.4	3.00	0.00
C milk, 1% 11-12	carton	5	110	10	115	0.00	0.00	250.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
C milk, chocolate nonfat 11-12	carton	85	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
C milk, nonfat 11-12	carton	10	90	1	115	0.00	0.00	250.0	500	100	2.4	9.0	12.0	0.00	0.00	0.00
Weighted Daily Average			484	21	835	0.94	3.10	370.2	500	100	2.40	24.82	61.04	16.48	3.08	0.00
% of Calories												20.5%	50.4%	30.6%	5.7%	0.0%
RDA's			846	100	1200	6.45	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			57%	21%	70%	15%	69%	93%	33%		13%	149%				
Shortfall			362	79	365	5.51	1.40	29.77	1000		16.78			OVER		

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Corvallis School District 509J

Sep 1, 2011 thru Sep 30, 2011 Spreadsheet - Portion Values PHS

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Sep 1, 2011

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 09/09/2011																
PHS	Total	100														
C Hotdog chic w/bun 11-12	1	50	260	30	770	3.00	2.16	160.0	0	0	0.00	12.0	23.0	14.0	4.00	0.00
c Pizza hmd crust Pepp. 11-12	slice	50	375	45	1081	3.86	2.79	272.7	905	83	8.8	17.8	31.0	20.1	7.86	0.00
C milk, 1% 11-12	carton	5	110	10	115	0.00	0.00	250.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
C milk, chocolate nonfat 11-12	carton	85	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
C milk, nonfat 11-12	carton	10	90	1	115	0.00	0.00	250.0	500	100	2.4	9.0	12.0	0.00	0.00	0.00
Weighted Daily Average			460	39	1104	3.43	2.78	508.8	953	142	6.79	23.02	53.46	17.19	6.01	0.00
% of Calories												20.0%	46.5%	33.7%	11.8%	0.0%
RDA's			846	100	1200	6.45	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			54%	39%	92%	53%	62%	127%	64%		35%	138%				
Shortfall			386	61	96	3.02	1.72		547		12.39			OVER	OVER	

Mon - 09/12/2011																
PHS	Total	100														
C Hamburger on a Bun 11-12	1	50	514	106	1133	3.24	5.50	92.9	140	28	2.3	36.9	25.9	27.7	11.27	0.00
c Fish & Chips 11-12	1 each	50	287	55	447	2.00	1.24	20.0	0	0	0.5	16.0	29.0	11.0	1.00	0.00
C milk, 1% 11-12	carton	5	110	10	115	0.00	0.00	250.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
C milk, chocolate nonfat 11-12	carton	85	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
C milk, nonfat 11-12	carton	10	90	1	115	0.00	0.00	250.0	500	100	2.4	9.0	12.0	0.00	0.00	0.00
Weighted Daily Average			542	82	969	2.62	3.68	349.0	570	114	3.81	34.56	53.89	19.45	6.21	0.00
% of Calories												25.5%	39.7%	32.3%	10.3%	0.0%
RDA's			846	100	1200	6.45	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			64%	82%	81%	41%	82%	87%	38%		20%	207%				
Shortfall			304	18	231	3.83	0.82	51.03	930		15.36			OVER	OVER	

Tue - 09/13/2011																
PHS	Total	100														
C Hotdog chic w/bun 11-12	1	50	260	30	770	3.00	2.16	160.0	0	0	0.00	12.0	23.0	14.0	4.00	0.00
c Macaroni 1/2 & 1/2 11-12	serving	50	212	0	12	3.02	2.72	20.2	0	0	0.6	8.1	38.3	1.5	0.00	0.00
C milk, 1% 11-12	carton	5	110	10	115	0.00	0.00	250.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
C milk, chocolate nonfat 11-12	carton	85	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
C milk, nonfat 11-12	carton	10	90	1	115	0.00	0.00	250.0	500	100	2.4	9.0	12.0	0.00	0.00	0.00
Weighted Daily Average			378	16	570	3.01	2.75	382.6	500	100	2.70	18.13	57.12	7.88	2.08	0.00
% of Calories												19.2%	60.5%	18.8%	4.9%	0.0%
RDA's			846	100	1200	6.45	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			45%	16%	48%	47%	61%	96%	33%		14%	109%				
Shortfall			468	84	630	3.44	1.75	17.41	1000		16.47					

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 09/14/2011																
PHS	Total	100														
c Pizza hmd crust Chees 11-12	slice	50	249	15	545	3.33	2.11	217.9	802	153	7.3	13.5	30.7	7.9	3.82	0.00
c Tuna Sand w/ch&chips 11-12	Sandwiche	50	370	64	1067	6.53	2.06	125.3	277	39	1.3	26.0	36.4	13.0	2.91	0.00
C milk, 1% 11-12	carton	5	110	10	115	0.00	0.00	250.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
C milk, chocolate nonfat 11-12	carton	85	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
C milk, nonfat 11-12	carton	10	90	1	115	0.00	0.00	250.0	500	100	2.4	9.0	12.0	0.00	0.00	0.00
Weighted Daily Average			452	41	985	4.93	2.39	464.1	1039	196	6.71	27.87	60.03	10.59	3.44	0.00
% of Calories												24.7%	53.2%	21.1%	6.8%	0.0%
RDA's			846	100	1200	6.45	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			53%	41%	82%	76%	53%	116%	69%		35%	167%				
Shortfall			394	59	215	1.52	2.11		461		12.47					

Thu - 09/15/2011																
PHS	Total	100														
c Chick Nugg w/Rice Pil. 11-12	serving	50	251	25	513	0.27	1.65	84.3	74	0	0.5	11.8	20.8	13.2	3.00	0.00
c lasagna meat 11-12	serving	50	235	75	700	1.36	2.21	214.7	2141	190	6.8	20.5	15.5	10.1	4.74	0.16
C milk, 1% 11-12	carton	5	110	10	115	0.00	0.00	250.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
C milk, chocolate nonfat 11-12	carton	85	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
C milk, nonfat 11-12	carton	10	90	1	115	0.00	0.00	250.0	500	100	2.4	9.0	12.0	0.00	0.00	0.00
Weighted Daily Average			385	52	785	0.81	2.24	442.0	1607	195	6.06	24.24	44.62	11.82	3.94	0.08
% of Calories												25.2%	46.4%	27.6%	9.2%	0.2%
RDA's			846	100	1200	6.45	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			45%	52%	65%	13%	50%	110%	107%		32%	145%				
Shortfall			461	48	415	5.64	2.26				13.11					

Fri - 09/16/2011																
PHS	Total	100														
c Chicken Pat Sand 11-12	1 sandwich	100	342	20	656	0.94	2.80	77.7	0	0	0.00	16.7	34.6	16.4	3.00	0.00
C milk, 1% 11-12	carton	5	110	10	115	0.00	0.00	250.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
C milk, chocolate nonfat 11-12	carton	85	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
C milk, nonfat 11-12	carton	10	90	1	115	0.00	0.00	250.0	500	100	2.4	9.0	12.0	0.00	0.00	0.00
Weighted Daily Average			484	21	835	0.94	3.10	370.2	500	100	2.40	24.82	61.04	16.48	3.08	0.00
% of Calories												20.5%	50.4%	30.6%	5.7%	0.0%
RDA's			846	100	1200	6.45	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			57%	21%	70%	15%	69%	93%	33%		13%	149%				
Shortfall			362	79	365	5.51	1.40	29.77	1000		16.78			OVER		

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 09/19/2011																
PHS	Total	100														
c Chicken Pat Sand 11-12	1 sandwich	50	342	20	656	0.94	2.80	77.7	0	0	0.00	16.7	34.6	16.4	3.00	0.00
C Ham & Cheese Sandwich 11-12	1 sandwich	50	271	34	1180	6.22	1.80	196.3	378	82	0.5	17.7	34.0	7.5	3.00	0.01
C milk, 1% 11-12	carton	5	110	10	115	0.00	0.00	250.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
C milk, chocolate nonfat 11-12	carton	85	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
C milk, nonfat 11-12	carton	10	90	1	115	0.00	0.00	250.0	500	100	2.4	9.0	12.0	0.00	0.00	0.00
Weighted Daily Average			449	29	1097	3.58	2.61	429.5	689	141	2.65	25.33	60.73	12.04	3.07	0.01
% of Calories												22.6%	54.2%	24.1%	6.2%	0.0%
RDA's			846	100	1200	6.45	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			53%	29%	91%	56%	58%	107%	46%		14%	152%				
Shortfall			397	71	103	2.87	1.89		811		16.52					

Tue - 09/20/2011																
PHS	Total	100														
c Burrito Los Cabos USDA 11-12	1 each	50	340	19	496	6.00	4.50	52.0	404	40	1.7	16.4	51.0	7.7	2.37	0.00
c SLOPPY JOE ON A BUN 11-12	SERVINGS	50	307	30	733	2.48	3.37	72.2	365	73	5.7	17.4	39.4	9.3	2.81	0.24
C milk, 1% 11-12	carton	5	110	10	115	0.00	0.00	250.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
C milk, chocolate nonfat 11-12	carton	85	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
C milk, nonfat 11-12	carton	10	90	1	115	0.00	0.00	250.0	500	100	2.4	9.0	12.0	0.00	0.00	0.00
Weighted Daily Average			465	26	793	4.24	4.24	354.6	884	156	6.11	25.03	71.67	8.62	2.66	0.12
% of Calories												21.5%	61.6%	16.7%	5.2%	0.2%
RDA's			846	100	1200	6.45	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			55%	26%	66%	66%	94%	89%	59%		32%	150%				
Shortfall			381	74	407	2.21	0.26	45.40	616		13.07					

Wed - 09/21/2011																
PHS	Total	100														
c Pizza hmd crust Pepp. 11-12	slice	50	375	45	1081	3.86	2.79	272.7	905	83	8.8	17.8	31.0	20.1	7.86	0.00
C BBQ Chicken w/Bun11-12	1 sandwich	50	265	64	875	0.98	2.17	51.3	131	26	2.8	18.1	34.7	6.2	1.02	*0.00
C milk, 1% 11-12	carton	5	110	10	115	0.00	0.00	250.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
C milk, chocolate nonfat 11-12	carton	85	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
C milk, nonfat 11-12	carton	10	90	1	115	0.00	0.00	250.0	500	100	2.4	9.0	12.0	0.00	0.00	0.00
Weighted Daily Average			462	56	1157	2.42	2.79	454.5	1018	155	8.21	26.04	59.33	13.28	4.52	*0.00
% of Calories												22.5%	51.4%	25.9%	8.8%	0.0%
RDA's			846	100	1200	6.45	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			55%	56%	96%	38%	62%	114%	68%		43%	156%				
Shortfall			384	44	43	4.03	1.71		482		10.97					

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 09/22/2011																
PHS	Total	100														
c Pizza Stick 08-09	1 each	50	210	10	520	10.00	1.44	100.0	200	40	0.00	7.0	27.0	9.0	3.50	0.00
c pretzel 5 OZ 11-12	1 each	50	90	0	75	0.50	0.90	0.0	0	0	0.00	3.0	19.0	0.5	0.00	0.00
C milk, 1% 11-12	carton	5	110	10	115	0.00	0.00	250.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
C milk, chocolate nonfat 11-12	carton	85	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
C milk, nonfat 11-12	carton	10	90	1	115	0.00	0.00	250.0	500	100	2.4	9.0	12.0	0.00	0.00	0.00
Weighted Daily Average			292	6	476	5.25	1.48	342.5	600	120	2.40	13.10	49.47	4.88	1.82	0.00
% of Calories												17.9%	67.7%	15.0%	5.6%	0.0%
RDA's			846	100	1200	6.45	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			35%	6%	40%	81%	33%	86%	40%		13%	78%				
Shortfall			554	94	724	1.20	3.02	57.50	900		16.78	3.60				

Fri - 09/23/2011																
PHS	Total	100														
C Corndog, Chicken 11-12	1 each	50	277	44	820	0.99	3.56	59.3	0	0	0.00	9.9	25.7	14.8	4.44	0.00
C Hamburger on a Bun 11-12	1	50	514	106	1133	3.24	5.50	92.9	140	28	2.3	36.9	25.9	27.7	11.27	0.00
C milk, 1% 11-12	carton	5	110	10	115	0.00	0.00	250.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
C milk, chocolate nonfat 11-12	carton	85	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
C milk, nonfat 11-12	carton	10	90	1	115	0.00	0.00	250.0	500	100	2.4	9.0	12.0	0.00	0.00	0.00
Weighted Daily Average			537	77	1155	2.12	4.83	368.6	570	114	3.55	31.50	52.23	21.36	7.93	0.00
% of Calories												23.5%	38.9%	35.8%	13.3%	0.0%
RDA's			846	100	1200	6.45	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			64%	77%	96%	33%	107%	92%	38%		19%	189%				
Shortfall			309	23	45	4.33		31.40	930		15.63			OVER	OVER	

Mon - 09/26/2011																
PHS	Total	100														
c Chick Nugg w/roll 11-12	serving	50	406	37	775	2.89	3.14	110.9	14	3	0.0	16.9	44.9	17.2	3.44	0.00
C Ham & Cheese Sandwich 11-12	1 sandwich	50	271	34	1180	6.22	1.80	196.3	378	82	0.5	17.7	34.0	7.5	3.00	0.01
C milk, 1% 11-12	carton	5	110	10	115	0.00	0.00	250.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
C milk, chocolate nonfat 11-12	carton	85	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
C milk, nonfat 11-12	carton	10	90	1	115	0.00	0.00	250.0	500	100	2.4	9.0	12.0	0.00	0.00	0.00
Weighted Daily Average			481	37	1156	4.55	2.78	446.1	696	142	2.65	25.42	65.87	12.43	3.30	0.01
% of Calories												21.2%	54.8%	23.3%	6.2%	0.0%
RDA's			846	100	1200	6.45	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			57%	37%	96%	71%	62%	112%	46%		14%	152%				
Shortfall			365	63	44	1.90	1.72		804		16.52					

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Corvallis School District 509J

Sep 1, 2011 thru Sep 30, 2011 Spreadsheet - Portion Values PHS

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Sep 1, 2011

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 09/27/2011																
PHS	Total	100														
C Pretzel Wh. Wt. w/chs 11-12	1 each	50	193	0	310	4.01	1.80	20.0	0	0	1.2	6.0	40.6	1.5	0.00	0.00
c Pizza hmd crust Pepp. 11-12	slice	50	375	45	1081	3.86	2.79	272.7	905	83	8.8	17.8	31.0	20.1	7.86	0.00
C milk, 1% 11-12	carton	5	110	10	115	0.00	0.00	250.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
C milk, chocolate nonfat 11-12	carton	85	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
C milk, nonfat 11-12	carton	10	90	1	115	0.00	0.00	250.0	500	100	2.4	9.0	12.0	0.00	0.00	0.00
Weighted Daily Average			426	24	874	3.93	2.60	438.9	953	142	7.39	20.02	62.24	10.94	4.01	0.00
% of Calories												18.8%	58.4%	23.1%	8.5%	0.0%
RDA's			846	100	1200	6.45	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			50%	24%	73%	61%	58%	110%	64%		39%	120%				
Shortfall			420	76	326	2.52	1.90		547		11.78					

Wed - 09/28/2011																
PHS	Total	100														
C Weiner Wrap 11-12	1	40	328	43	829	2.89	2.79	131.5	14	3	0.0	13.0	32.0	16.3	4.47	0.00
C Zombies 11-12	1	30	256	28	729	2.89	1.77	181.5	286	75	0.0	11.0	34.0	8.3	2.97	0.00
c Fajita Chck w/Br.Rce FB11-12	.75 cup	30	281	92	858	0.98	1.88	189.0	66	13	1.9	22.8	27.4	8.5	2.13	0.00
C milk, 1% 11-12	carton	5	110	10	115	0.00	0.00	250.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
C milk, chocolate nonfat 11-12	carton	85	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
C milk, nonfat 11-12	carton	10	90	1	115	0.00	0.00	250.0	500	100	2.4	9.0	12.0	0.00	0.00	0.00
Weighted Daily Average			434	54	987	2.32	2.52	456.3	611	128	2.98	23.43	57.66	11.65	3.39	0.00
% of Calories												21.6%	53.1%	24.1%	7.0%	0.0%
RDA's			846	100	1200	6.45	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			51%	54%	82%	36%	56%	114%	41%		16%	140%				
Shortfall			412	46	213	4.13	1.98		889		16.20					

Thu - 09/29/2011																
PHS	Total	100														
c Pizza Stick 08-09	1 each	50	210	10	520	10.00	1.44	100.0	200	40	0.00	7.0	27.0	9.0	3.50	0.00
c Burrito Los Cabos USDA 11-12	1 each	50	340	19	496	6.00	4.50	52.0	404	40	1.7	16.4	51.0	7.7	2.37	0.00
C milk, 1% 11-12	carton	5	110	10	115	0.00	0.00	250.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
C milk, chocolate nonfat 11-12	carton	85	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
C milk, nonfat 11-12	carton	10	90	1	115	0.00	0.00	250.0	500	100	2.4	9.0	12.0	0.00	0.00	0.00
Weighted Daily Average			417	16	687	8.00	3.28	368.5	802	140	3.26	19.82	65.45	8.47	3.01	0.00
% of Calories												19.0%	62.8%	18.3%	6.5%	0.0%
RDA's			846	100	1200	6.45	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			49%	16%	57%	124%	73%	92%	53%		17%	119%				
Shortfall			429	84	513	1.22	31.50	698			15.91					

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Corvallis School District 509J

Sep 1, 2011 thru Sep 30, 2011 Spreadsheet - Portion Values
PHS

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 09/30/2011																
PHS	Total	100														
C Hamburger on a Bun 11-12	1	50	514	106	1133	3.24	5.50	92.9	140	28	2.3	36.9	25.9	27.7	11.27	0.00
C Corndog, Chicken 11-12	1 each	50	277	44	820	0.99	3.56	59.3	0	0	0.00	9.9	25.7	14.8	4.44	0.00
C milk, 1% 11-12	carton	5	110	10	115	0.00	0.00	250.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
C milk, chocolate nonfat 11-12	carton	85	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
C milk, nonfat 11-12	carton	10	90	1	115	0.00	0.00	250.0	500	100	2.4	9.0	12.0	0.00	0.00	0.00
Weighted Daily Average			537	77	1155	2.12	4.83	368.6	570	114	3.55	31.50	52.23	21.36	7.93	0.00
% of Calories												23.5%	38.9%	35.8%	13.3%	0.0%
RDA's			846	100	1200	6.45	4.50	400.00	1500		19.18	16.70	0.00	30.00	10.00	
% of RDA Satisfied			64%	77%	96%	33%	107%	92%	38%		19%	189%				
Shortfall			309	23	45	4.33		31.40	930		15.63			OVER	OVER	

Weighted Average			458	40	918	3.49	3.15	404.1	760	134	4.23	24.92	58.70	13.47	4.21	*0.01
												21.8%	51.3%	26.5%	8.3%	0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	458		846	54%		388	Correction Required - Calories are Low
Cholesterol (mg)	40		100	40%			
Sodium (mg)	918		1200	76%			
Fiber (g)	3.49		6.45	54%		2.96	Correction Required - Fiber is Low
Iron (mg)	3.15		4.50	70%		1.35	Correction Required - Iron is Low
Calcium (mg)	404.1		400.00	101%			
Vitamin A (IU)	760		1500	51%		740	Correction Required - Vitamin A is Low
Vitamin A (RE)	134		300	45%		166	Correction Required - Vitamin A is Low
Vitamin C (mg)	4.23		19.18	22%		14.94	Correction Required - Vitamin C is Low
Protein (g)	24.92	21.76%	16.70	149%			
Carbohydrate (g)	58.70	51.26%	0.00				
Total Fat (g)	13.47	26.46%	<30.00				
Saturated Fat (g)	4.21	8.26%	<10.00				
Trans Fat (g)	0.01	0.02%					

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.