

# Corvallis School District 509J

Nov 30, 2009 thru Jan 1, 2010 Spreadsheet - Portion Values

Nov 24, 2009

Page 1

PMS review 1-09

	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 - 11/30/2009																
PMS review 1-09	Total	100														
c Chicken Oven Fried USDA	2 pieces	50	260	85	275	0.29	1.25	20.0	67	26	0.00	24.8	9.0	13.20	3.52	*0.00
c Turkey Sand.w/ch&chips 09-10	1 each	30	353	35	856	4.72	2.40	201.2	377	83	6.1	19.9	39.0	12.6	3.80	0.00
C PB&J FSA 09-10	1 each	20	403	0	444	6.41	2.23	42.2	5	0	4.3	13.1	45.0	18.0	3.00	0.00
C Salad Bar, Mon. 09-10	.70 each	100	240	56	537	5.21	2.25	134.6	3459	554	22.9	8.4	42.6	5.2	1.86	0.00
c condiment bar elem. 09-10	100 serving	98	98	0	615	0.34	0.24	11.8	315	58	0.4	0.6	8.7	6.8	0.76	0.00
C milk, nonfat 09-10	10 carton	90	90	1	115	0.00	0.00	250.0	500	100	2.4	9.0	12.0	0.00	0.00	0.00
C milk, 1% 09-10	20 carton	110	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 09-10	70 carton	150	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
Weighted Daily Average			791	112	1803	8.39	4.53	510.2	4422	750	28.38	38.04	100.42	26.56	6.42	*0.00
% of Calories												19.2%	50.8%	30.2%	7.3%	0.0%
RDA's			783	100	1200	6.45	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			101%	112%	150%	130%	101%	128%	295%		170%	250%				
Shortfall														OVER		

Tue - 12/01/2009																
PMS review 1-09	Total	100														
C Cheesy pasta w/Mt sce 09-10	.75 Cup	50	287	20	921	2.04	2.45	175.0	496	83	2.6	14.1	40.4	7.4	3.48	0.00
c Pizza hmd crust Pepp. 09-10	20 slice	375	375	45	1081	4.02	2.94	271.4	907	83	8.8	16.2	31.9	20.2	8.00	0.01
c Pizza hmd crust Veggie 09-10	10 slice	272	272	15	766	4.90	3.12	255.6	934	83	16.4	12.0	35.3	9.7	4.21	0.01
C PB&J FSA 09-10	1 each	20	403	0	444	6.41	2.23	42.2	5	0	4.3	13.1	45.0	18.0	3.00	0.00
C Salad Bar, Tues. 09-10	.70 each	100	304	31	662	6.99	2.78	164.9	3443	570	39.2	12.2	50.4	6.6	2.08	0.02
c condiment bar elem. 09-10	100 serving	98	98	0	615	0.34	0.24	11.8	315	58	0.4	0.6	8.7	6.8	0.76	0.00
C milk, nonfat 09-10	10 carton	90	90	1	115	0.00	0.00	250.0	500	100	2.4	9.0	12.0	0.00	0.00	0.00
C milk, 1% 09-10	20 carton	110	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 09-10	70 carton	150	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
Weighted Daily Average			864	55	2287	10.93	5.84	637.5	4782	795	47.60	34.99	122.10	26.28	7.49	0.02
% of Calories												16.2%	56.5%	27.4%	7.8%	0.0%
RDA's			783	100	1200	6.45	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			110%	55%	191%	169%	130%	159%	319%		285%	230%				
Shortfall				45												

Wed - 12/02/2009																
PMS review 1-09	Total	100														
C Corndog, Chicken 08-09	1 each	50	280	45	830	1.00	3.60	60.0	0	0	0.00	10.0	26.0	15.0	4.50	0.00
c fr. rice, eggrrl, ckie 09-10	1 each	30	235	69	321	1.85	1.73	17.4	576	71	2.5	8.4	39.7	5.3	1.18	0.00
C PB&J FSA 09-10	1 each	20	403	0	444	6.41	2.23	42.2	5	0	4.3	13.1	45.0	18.0	3.00	0.00
C Salad Bar, Wed. 09-10	.70 each	100	240	9	508	4.49	1.38	156.9	4795	681	42.2	12.3	35.7	6.7	2.89	0.05
c condiment bar elem. 09-10	100 serving	98	98	0	615	0.34	0.24	11.8	315	58	0.4	0.6	8.7	6.8	0.76	0.00
C milk, nonfat 09-10	10 carton	90	90	1	115	0.00	0.00	250.0	500	100	2.4	9.0	12.0	0.00	0.00	0.00
C milk, 1% 09-10	20 carton	110	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 09-10	70 carton	150	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00

**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.**

# Corvallis School District 509J

Nov 30, 2009 thru Jan 1, 2010 Spreadsheet - Portion Values

Nov 24, 2009

Page 2

PMS review 1-09

	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
Weighted Daily Average			765	55	1891	7.17	4.63	497.4	5784	861	46.69	31.09	102.20	26.71	7.15	0.05
% of Calories												16.3%	53.4%	31.4%	8.4%	0.1%
RDA's			783	100	1200	6.45	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			98%	55%	158%	111%	103%	124%	386%		280%	205%				
Shortfall			18	45										OVER		

Thu - 12/03/2009																
PMS review 1-09	Total	100														
c Taco 09-10	1 each	50	284	20	926	6.53	15.54	151.1	476	63	5.1	16.0	27.4	13.6	4.46	1.15
c baked potato bar 09-10	1 each	30	252	36	421	3.48	2.21	167.6	299	59	8.8	12.7	24.2	12.2	6.42	0.00
C PB&J FSA 09-10	1 each	20	403	0	444	6.41	2.23	42.2	5	0	4.3	13.1	45.0	18.0	3.00	0.00
C Salad Bar, Thurs. 09-10	.75 each	100	281	8	411	5.09	2.11	210.5	3626	580	23.2	9.4	49.4	6.8	2.09	0.00
c condiment bar elem. 09-10	serving	100	98	0	615	0.34	0.24	11.8	315	58	0.4	0.6	8.7	6.8	0.76	0.00
C milk, nonfat 09-10	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
C milk, 1% 09-10	carton	20	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 09-10	carton	70	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
Weighted Daily Average			812	32	1872	11.02	11.47	641.6	4770	787	32.05	32.51	111.94	28.23	7.90	0.58
% of Calories												16.0%	55.1%	31.3%	8.7%	0.6%
RDA's			783	100	1200	6.45	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			104%	32%	156%	171%	255%	160%	318%		192%	214%				
Shortfall				68										OVER		

Fri - 12/04/2009																
PMS review 1-09	Total	100														
C Burger Basket Lunch 09-10	1	70	358	30	723	3.19	3.23	85.7	57	11	0.6	16.1	34.4	17.4	6.10	1.00
C PB&J FSA 09-10	1 each	30	403	0	444	6.41	2.23	42.2	5	0	4.3	13.1	45.0	18.0	3.00	0.00
C Salad Bar, Fri. 09-10	.70 each	100	304	16	291	6.90	2.24	155.1	3738	572	25.0	14.1	43.7	9.9	2.62	0.00
c condiment bar elem. 09-10	serving	100	98	0	615	0.34	0.24	11.8	315	58	0.4	0.6	8.7	6.8	0.76	0.00
C milk, nonfat 09-10	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
C milk, 1% 09-10	carton	20	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 09-10	carton	70	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
Weighted Daily Average			909	40	1714	11.40	5.67	524.5	4594	739	29.50	37.92	113.89	34.81	8.85	0.70
% of Calories												16.7%	50.1%	34.5%	8.8%	0.7%
RDA's			783	100	1200	6.45	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			116%	40%	143%	177%	126%	131%	306%		177%	249%				
Shortfall				60										OVER		

**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.**

# Corvallis School District 509J

Nov 30, 2009 thru Jan 1, 2010 Spreadsheet - Portion Values

Nov 24, 2009

Page 3

PMS review 1-09

	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
<b>Mon - 12/07/2009</b>																
PMS review 1-09	Total	100														
C Corndog, Chicken 08-09	1 each	60	280	45	830	1.00	3.60	60.0	0	0	0.00	10.0	26.0	15.0	4.50	0.00
c Turkey Sand.w/ch&chips 09-10	1 each	20	353	35	856	4.72	2.40	201.2	377	83	6.1	19.9	39.0	12.6	3.80	0.00
C PB&J FSA 09-10	1 each	20	403	0	444	6.41	2.23	42.2	5	0	4.3	13.1	45.0	18.0	3.00	0.00
C Salad Bar, Mon. 09-10	.70 each	100	240	56	537	5.21	2.25	134.6	3459	554	22.9	8.4	42.6	5.2	1.86	0.00
c condiment bar elem. 09-10	100 serving	100	98	0	615	0.34	0.24	11.8	315	58	0.4	0.6	8.7	6.8	0.76	0.00
C milk, nonfat 09-10	10 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
C milk, 1% 09-10	20 carton	20	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 09-10	70 carton	70	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
Weighted Daily Average			793	93	2078	8.38	5.83	516.1	4351	729	27.77	29.63	107.62	27.70	6.98	0.00
% of Calories												14.9%	54.3%	31.4%	7.9%	0.0%
RDA's			783	100	1200	6.45	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			101%	93%	173%	130%	129%	129%	290%		166%	195%				
Shortfall				7										OVER		

<b>Tue - 12/08/2009</b>																
PMS review 1-09	Total	100														
c spaghetti w/French brd 09-10	1 EACH	50	276	0	875	4.14	3.10	40.5	328	17	3.8	7.9	54.2	2.7	0.55	0.24
c Chicken Nuggets Tyson 08-09	30 serving	30	220	25	500	2.00	1.44	80.0	0	0	0.00	11.0	14.0	13.0	3.00	0.00
C PB&J FSA 09-10	1 each	20	403	0	444	6.41	2.23	42.2	5	0	4.3	13.1	45.0	18.0	3.00	0.00
C Salad Bar, Tues. 09-10	.70 each	100	304	31	662	6.99	2.78	164.9	3443	570	39.2	12.2	50.4	6.6	2.08	0.02
c condiment bar elem. 09-10	100 serving	100	98	0	615	0.34	0.24	11.8	315	58	0.4	0.6	8.7	6.8	0.76	0.00
C milk, nonfat 09-10	10 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
C milk, 1% 09-10	20 carton	20	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 09-10	70 carton	70	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
Weighted Daily Average			822	41	2122	11.28	5.70	514.4	4423	737	44.80	30.76	123.26	22.81	4.91	0.14
% of Calories												15.0%	60.0%	25.0%	5.4%	0.1%
RDA's			783	100	1200	6.45	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			105%	41%	177%	175%	127%	129%	295%		268%	202%				
Shortfall				59												

<b>Wed - 12/09/2009</b>																
PMS review 1-09	Total	100														
c waffle w/ blackberries 09-10	1 breakfast	40	245	0	130	6.20	0.90	33.2	129	6	3.6	3.3	52.7	3.5	0.53	0.00
c Brkfst Pkt, TuSaEgw/HshB09-10	1 each	40	260	55	652	2.00	1.45	*164.8	*145	*95	1.2	9.9	30.1	12.3	5.83	3.00
C PB&J FSA 09-10	1 each	20	403	0	444	6.41	2.23	42.2	5	0	4.3	13.1	45.0	18.0	3.00	0.00
C Salad Bar, Wed. 09-10	.70 each	100	240	9	508	4.49	1.38	156.9	4795	681	42.2	12.3	35.7	6.7	2.89	0.05
c condiment bar elem. 09-10	100 serving	100	98	0	615	0.34	0.24	11.8	315	58	0.4	0.6	8.7	6.8	0.76	0.00
C milk, nonfat 09-10	10 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
C milk, 1% 09-10	20 carton	20	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 09-10	70 carton	70	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00

**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.**

# Corvallis School District 509J

Nov 30, 2009 thru Jan 1, 2010 Spreadsheet - Portion Values

Nov 24, 2009

Page 4

PMS review 1-09

	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 Prottn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average			757	34	1692	9.40	3.26	*541.3	*5721	*880	47.85	28.89	110.42	23.93	7.09	1.25
% of Calories												15.3%	58.4%	28.5%	8.4%	1.5%
RDA's			783	100	1200	6.45	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			97%	34%	141%	146%	72%	135%	381%		287%	190%				
Shortfall			26	66			1.24									

Thu - 12/10/2009																
PMS review 1-09	Total	100														
C Ham & Ch Sand w/ chips 09-10	1 sandwich	50	346	34	1270	4.72	2.06	196.3	378	82	3.5	18.7	39.5	12.5	3.50	0.01
c Pizza Stick 08-09	1 each	30	200	10	490	0.00	1.80	80.0	300	60	0.00	6.0	27.0	8.0	2.50	0.00
C PB&J FSA 09-10	1 each	20	403	0	444	6.41	2.23	42.2	5	0	4.3	13.1	45.0	18.0	3.00	0.00
C Salad Bar, Thurs. 09-10	.70 each	100	262	8	384	4.75	1.97	196.5	3385	541	21.6	8.8	46.1	6.3	1.95	0.00
c condiment bar elem. 09-10	serving	100	98	0	615	0.34	0.24	11.8	315	58	0.4	0.6	8.7	6.8	0.76	0.00
C milk, nonfat 09-10	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
C milk, 1% 09-10	carton	20	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 09-10	carton	70	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
Weighted Daily Average			809	31	2038	8.73	4.47	623.9	4479	758	27.06	31.22	115.53	25.92	6.10	0.01
% of Calories												15.4%	57.1%	28.8%	6.8%	0.0%
RDA's			783	100	1200	6.45	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			103%	31%	170%	135%	99%	156%	299%		162%	205%				
Shortfall				69			0.03									

Fri - 12/11/2009																
PMS review 1-09	Total	100														
c ChcknPatSnd w/fries 3oz09-10	1 sandwich	70	460	20	685	5.00	3.60	100.0	0	0	6.0	18.0	55.0	20.0	3.00	0.00
C PB&J FSA 09-10	1 each	30	403	0	444	6.41	2.23	42.2	5	0	4.3	13.1	45.0	18.0	3.00	0.00
C Salad Bar, Fri. 09-10	.70 each	100	304	16	291	6.90	2.24	155.1	3738	572	25.0	14.1	43.7	9.9	2.62	0.00
c condiment bar elem. 09-10	serving	100	98	0	615	0.34	0.24	11.8	315	58	0.4	0.6	8.7	6.8	0.76	0.00
C milk, nonfat 09-10	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
C milk, 1% 09-10	carton	20	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 09-10	carton	70	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
Weighted Daily Average			980	33	1687	12.66	5.93	534.5	4554	731	33.31	39.25	128.31	36.63	6.68	0.00
% of Calories												16.0%	52.3%	33.6%	6.1%	0.0%
RDA's			783	100	1200	6.45	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			125%	33%	141%	196%	132%	134%	304%		199%	258%				
Shortfall				67										OVER		

**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.**

# Corvallis School District 509J

Nov 30, 2009 thru Jan 1, 2010 Spreadsheet - Portion Values  
PMS review 1-09

	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
<b>Mon - 12/14/2009</b>																
PMS review 1-09	Total	100														
C Macaroni-Cheese, secondary	.75 cup	50	361	*22	364	2.71	2.07	174.3	236	63	0.1	14.4	53.5	9.0	5.00	*0.00
c Fish & Chips 08-09	1 each	30	287	55	447	2.00	1.24	20.0	100	20	0.5	16.0	29.0	11.0	2.00	1.00
C PB&J FSA 09-10	1 each	20	403	0	444	6.41	2.23	42.2	5	0	4.3	13.1	45.0	18.0	3.00	0.00
C Salad Bar, Mon. 09-10	.70 each	100	240	56	537	5.21	2.25	134.6	3459	554	22.9	8.4	42.6	5.2	1.86	0.00
c condiment bar elem. 09-10	serving	100	98	0	615	0.34	0.24	11.8	315	58	0.4	0.6	8.7	6.8	0.76	0.00
C milk, nonfat 09-10	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
C milk, 1% 09-10	carton	20	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 09-10	carton	70	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
Weighted Daily Average			821	*86	1725	8.79	4.59	533.0	4423	750	26.78	31.64	119.66	23.96	6.62	*0.30
% of Calories												15.4%	58.3%	26.3%	7.3%	0.3%
RDA's			783	100	1200	6.45	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			105%	86%	144%	136%	102%	133%	295%		160%	208%				
Shortfall				14												

<b>Tue - 12/15/2009</b>																
PMS review 1-09	Total	100														
C Hamburger on a Bun 08-09	1	35	291	30	616	2.19	3.07	85.7	57	11	0.0	15.1	25.4	14.4	5.10	0.00
c Orient. rice bwl plain 09-10	1 cup	5	165	0	620	1.00	0.72	0.0	0	0	0.00	4.5	35.5	1.5	0.00	0.00
c Oriental rice bowl ham 09-10	1 cup	40	221	18	810	0.66	1.37	5.7	67	7	2.2	7.2	42.8	2.3	0.51	0.00
C PB&J FSA 09-10	1 each	20	403	0	444	6.41	2.23	42.2	5	0	4.3	13.1	45.0	18.0	3.00	0.00
C Salad Bar, Tues. 09-10	.70 each	100	304	31	662	6.99	2.78	164.9	3443	570	39.2	12.2	50.4	6.6	2.08	0.02
c condiment bar elem. 09-10	serving	100	98	0	615	0.34	0.24	11.8	315	58	0.4	0.6	8.7	6.8	0.76	0.00
C milk, nonfat 09-10	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
C milk, 1% 09-10	carton	20	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 09-10	carton	70	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
Weighted Daily Average			816	52	2104	9.69	5.37	502.4	4306	735	43.81	31.88	119.76	23.62	5.72	0.02
% of Calories												15.6%	58.7%	26.0%	6.3%	0.0%
RDA's			783	100	1200	6.45	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			104%	52%	175%	150%	119%	126%	287%		262%	210%				
Shortfall				48												

**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.**

# Corvallis School District 509J

Nov 30, 2009 thru Jan 1, 2010 Spreadsheet - Portion Values

Nov 24, 2009

Page 6

PMS review 1-09

	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
<b>Wed - 12/16/2009</b>																
PMS review 1-09	Total	100														
c Pizza hmd crust Pepp. 09-10	slice	45	375	45	1081	4.02	2.94	271.4	907	83	8.8	16.2	31.9	20.2	8.00	0.01
c Pizza hmd crust Veggie 09-10	slice	15	272	15	766	4.90	3.12	255.6	934	83	16.4	12.0	35.3	9.7	4.21	0.01
c Turkey Sand.w/ch&chips 09-10	1 each	20	353	35	856	4.72	2.40	201.2	377	83	6.1	19.9	39.0	12.6	3.80	0.00
C PB&J FSA 09-10	1 each	20	403	0	444	6.41	2.23	42.2	5	0	4.3	13.1	45.0	18.0	3.00	0.00
C Salad Bar, Wed. 09-10	.70 each	100	240	9	508	4.49	1.38	156.9	4795	681	42.2	12.3	35.7	6.7	2.89	0.05
c condiment bar elem. 09-10	serving	100	98	0	615	0.34	0.24	11.8	315	58	0.4	0.6	8.7	6.8	0.76	0.00
C milk, nonfat 09-10	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
C milk, 1% 09-10	carton	20	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 09-10	carton	70	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
Weighted Daily Average			835	41	2152	9.60	4.59	662.9	6235	906	53.57	36.63	104.77	30.68	9.54	0.06
% of Calories												17.6%	50.2%	33.1%	10.3%	0.1%
RDA's			783	100	1200	6.45	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			107%	41%	179%	149%	102%	166%	416%		321%	241%				
Shortfall				59										OVER	OVER	

<b>Thu - 12/17/2009</b>																
PMS review 1-09	Total	100														
C Turk Rsted w/Grvy Mash 09-10	1 cup	60	401	70	603	3.94	3.05	78.9	182	25	10.2	22.4	46.5	12.8	4.99	*0.21
c pumpkin pudding 09-10	.25 cup	50	131	55	203	0.71	0.95	125.6	3178	583	2.2	5.0	23.2	2.1	0.97	*0.00
c Cheese Sand. Toasted 08-09	1 sandwich	20	296	30	1200	4.00	1.56	340.0	544	144	0.00	16.0	34.0	10.0	5.00	0.00
C PB&J FSA 09-10	1 each	20	403	0	444	6.41	2.23	42.2	5	0	4.3	13.1	45.0	18.0	3.00	0.00
C Salad Bar, Thurs. 09-10	.70 each	100	262	8	384	4.75	1.97	196.5	3385	541	21.6	8.8	46.1	6.3	1.95	0.00
c condiment bar elem. 09-10	serving	100	98	0	615	0.34	0.24	11.8	315	58	0.4	0.6	8.7	6.8	0.76	0.00
C milk, nonfat 09-10	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
C milk, 1% 09-10	carton	20	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 09-10	carton	70	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
Weighted Daily Average			941	86	1959	9.89	5.52	679.8	6008	1035	32.51	39.20	134.00	27.99	8.08	*0.13
% of Calories												16.7%	56.9%	26.8%	7.7%	0.1%
RDA's			783	100	1200	6.45	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			120%	86%	163%	153%	123%	170%	401%		195%	258%				
Shortfall				14												

<b>Fri - 12/18/2009</b>																
PMS review 1-09	Total	100														
C Munch a Lunch Corn Dog 08-09	1 bag lunch	65	454	46	962	6.32	4.14	84.2	7421	1244	12.4	11.9	58.6	20.5	5.12	0.00
C Munch a Lunch PB&J 09-10	1 bag lunch	35	573	0	566	11.71	2.72	65.6	7426	1244	16.7	14.9	77.2	23.4	3.56	0.00
C Salad Bar, Fri. 09-10	.70 each	100	304	16	291	6.90	2.24	155.1	3738	572	25.0	14.1	43.7	9.9	2.62	0.00
c condiment bar elem. 09-10	serving	100	98	0	615	0.34	0.24	11.8	315	58	0.4	0.6	8.7	6.8	0.76	0.00
C milk, nonfat 09-10	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
C milk, 1% 09-10	carton	20	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 09-10	carton	70	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00

**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.**

# Corvallis School District 509J

Nov 30, 2009 thru Jan 1, 2010 Spreadsheet - Portion Values

Nov 24, 2009

Page 7

PMS review 1-09

	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
Weighted Daily Average			1033	48	1898	15.45	6.38	529.5	11976	1974	41.77	35.68	141.45	38.76	8.25	0.00
% of Calories												13.8%	54.8%	33.8%	7.2%	0.0%
RDA's			783	100	1200	6.45	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			132%	48%	158%	240%	142%	132%	798%		250%	235%				
Shortfall				52										OVER		

Mon - 12/21/2009																
PMS review 1-09	Total	100														
c Chicken Pat Sand 09-10	1 sandwich	50	340	20	650	3.00	2.88	100.0	0	0	0.00	16.0	35.0	16.0	3.00	0.00
c Pizza Stick 08-09	1 each	30	200	10	490	0.00	1.80	80.0	300	60	0.00	6.0	27.0	8.0	2.50	0.00
C PB&J FSA 09-10	1 each	20	403	0	444	6.41	2.23	42.2	5	0	4.3	13.1	45.0	18.0	3.00	0.00
C Salad Bar, Mon. 09-10	.70 each	100	240	56	537	5.21	2.25	134.6	3459	554	22.9	8.4	42.6	5.2	1.86	0.00
c condiment bar elem. 09-10	serving	100	98	0	615	0.34	0.24	11.8	315	58	0.4	0.6	8.7	6.8	0.76	0.00
C milk, nonfat 09-10	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
C milk, 1% 09-10	carton	20	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 09-10	carton	70	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
Weighted Daily Average			785	72	1881	8.33	5.17	513.8	4365	730	26.55	29.45	109.81	26.57	5.77	0.00
% of Calories												15.0%	56.0%	30.5%	6.6%	0.0%
RDA's			783	100	1200	6.45	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			100%	72%	157%	129%	115%	128%	291%		159%	194%				
Shortfall				28										OVER		

Tue - 12/22/2009																
PMS review 1-09	Total	100														
C Macaroni-Cheese 09-10	.75 Cup	35	262	1	339	2.08	1.94	20.9	13	3	0.1	7.5	51.4	2.1	0.52	0.42
c Burrito, Bn & Ch 09-10	1 Each	45	220	5	470	4.00	2.70	60.0	400	80	1.2	9.0	39.0	3.5	1.00	0.00
C PB&J FSA 09-10	1 each	20	403	0	444	6.41	2.23	42.2	5	0	4.3	13.1	45.0	18.0	3.00	0.00
C Salad Bar, Tues. 09-10	.70 each	100	304	31	662	6.99	2.78	164.9	3443	570	39.2	12.2	50.4	6.6	2.08	0.02
c condiment bar elem. 09-10	serving	100	98	0	615	0.34	0.24	11.8	315	58	0.4	0.6	8.7	6.8	0.76	0.00
C milk, nonfat 09-10	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
C milk, 1% 09-10	carton	20	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 09-10	carton	70	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
Weighted Daily Average			809	36	1864	11.14	5.61	504.5	4443	765	43.49	30.16	127.51	19.89	4.36	0.17
% of Calories												14.9%	63.1%	22.1%	4.9%	0.2%
RDA's			783	100	1200	6.45	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			103%	36%	155%	173%	125%	126%	296%		260%	198%				
Shortfall				64												

**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.**

# Corvallis School District 509J

Nov 30, 2009 thru Jan 1, 2010 Spreadsheet - Portion Values

Nov 24, 2009

Page 8

PMS review 1-09

	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
<b>Wed - 12/23/2009</b>																
PMS review 1-09	Total	100														
c Chicken, Shrd BBQ Sand 09-10	1 each	50	266	45	572	1.00	2.26	82.7	340	68	2.7	18.7	38.7	3.7	0.00	0.00
c Pizza Flat Brd. Cheese08-09	slice	20	269	52	940	5.87	5.36	97.0	749	111	9.0	11.3	48.0	4.7	2.02	*0.00
c Pizza Flat Brd. Pepp.08-09	slice	20	399	82	1460	5.87	5.72	137.0	849	131	9.0	16.3	48.0	16.7	6.02	*0.00
C PB&J FSA 09-10	1 each	20	403	0	444	6.41	2.23	42.2	5	0	4.3	13.1	45.0	18.0	3.00	0.00
C Salad Bar, Wed. 09-10	.70 each	100	240	9	508	4.49	1.38	156.9	4795	681	42.2	12.3	35.7	6.7	2.89	0.05
c condiment bar elem. 09-10	serving	100	98	0	615	0.34	0.24	11.8	315	58	0.4	0.6	8.7	6.8	0.76	0.00
C milk, nonfat 09-10	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
C milk, 1% 09-10	carton	20	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 09-10	carton	70	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
Weighted Daily Average			821	61	2145	8.97	5.66	550.3	6101	922	50.90	38.45	115.89	23.75	6.16	*0.05
% of Calories												18.7%	56.4%	26.0%	6.7%	0.1%
RDA's			783	100	1200	6.45	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			105%	61%	179%	139%	126%	138%	407%		305%	253%				
Shortfall				39												

<b>Thu - 12/24/2009</b>																
PMS review 1-09	Total	100														
c Cheese Sand. Toasted 08-09	1 sandwich	30	296	30	1200	4.00	1.56	340.0	544	144	0.00	16.0	34.0	10.0	5.00	0.00
c Fajita Chick w/Br.Rice 08-09	.75 cup	50	178	25	354	1.33	1.93	4.3	18	4	1.4	9.3	28.6	3.4	0.40	0.00
C PB&J FSA 09-10	1 each	20	403	0	444	6.41	2.23	42.2	5	0	4.3	13.1	45.0	18.0	3.00	0.00
C Salad Bar, Thurs. 09-10	.70 each	100	262	8	384	4.75	1.97	196.5	3385	541	21.6	8.8	46.1	6.3	1.95	0.00
c condiment bar elem. 09-10	serving	100	98	0	615	0.34	0.24	11.8	315	58	0.4	0.6	8.7	6.8	0.76	0.00
C milk, nonfat 09-10	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
C milk, 1% 09-10	carton	20	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 09-10	carton	70	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
Weighted Daily Average			754	32	1793	8.24	4.34	605.9	4373	744	26.00	29.47	112.19	21.97	5.30	0.00
% of Calories												15.6%	59.5%	26.2%	6.3%	0.0%
RDA's			783	100	1200	6.45	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			96%	32%	149%	128%	96%	151%	292%		156%	194%				
Shortfall			29	68			0.16									

<b>Fri - 12/25/2009</b>																
PMS review 1-09	Total	100														
c Nacho Bar 09-10	1 EACH	70	255	16	757	4.30	2.84	141.9	550	71	4.2	12.6	32.4	8.7	3.40	0.00
C PB&J FSA 09-10	1 each	30	403	0	444	6.41	2.23	42.2	5	0	4.3	13.1	45.0	18.0	3.00	0.00
C Salad Bar, Fri. 09-10	.70 each	100	304	16	291	6.90	2.24	155.1	3738	572	25.0	14.1	43.7	9.9	2.62	0.00
c condiment bar elem. 09-10	serving	100	98	0	615	0.34	0.24	11.8	315	58	0.4	0.6	8.7	6.8	0.76	0.00
C milk, nonfat 09-10	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
C milk, 1% 09-10	carton	20	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 09-10	carton	70	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00

**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.**

# Corvallis School District 509J

Nov 30, 2009 thru Jan 1, 2010 Spreadsheet - Portion Values

Nov 24, 2009

Page 9

PMS review 1-09

	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
Weighted Daily Average			837	30	1738	12.17	5.39	563.8	4939	781	32.05	35.50	112.48	28.73	6.96	0.00
% of Calories												17.0%	53.8%	30.9%	7.5%	0.0%
RDA's			783	100	1200	6.45	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			107%	30%	145%	189%	120%	141%	329%		192%	234%				
Shortfall				70										OVER		

Mon - 12/28/2009																
PMS review 1-09	Total	100														
c Chicken Oven Fried USDA	2 pieces	50	260	85	275	0.29	1.25	20.0	67	26	0.00	24.8	9.0	13.20	3.52	*0.00
c Turkey Sand. w/cheese 08-09	1 each	30	278	35	766	4.22	2.22	201.2	377	83	3.1	18.9	31.5	7.6	3.30	0.00
C PB&J FSA 09-10	1 each	20	403	0	444	6.41	2.23	42.2	5	0	4.3	13.1	45.0	18.0	3.00	0.00
C Salad Bar, Mon. 09-10	.70 each	100	240	56	537	5.21	2.25	134.6	3459	554	22.9	8.4	42.6	5.2	1.86	0.00
c condiment bar elem. 09-10	serving	100	98	0	615	0.34	0.24	11.8	315	58	0.4	0.6	8.7	6.8	0.76	0.00
C milk, nonfat 09-10	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
C milk, 1% 09-10	carton	20	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 09-10	carton	70	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
Weighted Daily Average			768	112	1776	8.24	4.48	510.2	4422	750	27.48	37.74	98.17	25.06	6.27	*0.00
% of Calories												19.7%	51.1%	29.4%	7.3%	0.0%
RDA's			783	100	1200	6.45	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			98%	112%	148%	128%	100%	128%	295%		165%	248%				
Shortfall			15				0.02									

Tue - 12/29/2009																
PMS review 1-09	Total	100														
C Cheesy pasta w/Mt sce 09-10	.75 Cup	40	287	20	921	2.04	2.45	175.0	496	83	2.6	14.1	40.4	7.4	3.48	0.00
c Pizza hmd crust Pepp. 09-10	slice	30	375	45	1081	4.02	2.94	271.4	907	83	8.8	16.2	31.9	20.2	8.00	0.01
c Pizza hmd crust Veggie 09-10	slice	10	272	15	766	4.90	3.12	255.6	934	83	16.4	12.0	35.3	9.7	4.21	0.01
C PB&J FSA 09-10	1 each	20	403	0	444	6.41	2.23	42.2	5	0	4.3	13.1	45.0	18.0	3.00	0.00
C Salad Bar, Tues. 09-10	.70 each	100	304	31	662	6.99	2.78	164.9	3443	570	39.2	12.2	50.4	6.6	2.08	0.02
c condiment bar elem. 09-10	serving	100	98	0	615	0.34	0.24	11.8	315	58	0.4	0.6	8.7	6.8	0.76	0.00
C milk, nonfat 09-10	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
C milk, 1% 09-10	carton	20	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 09-10	carton	70	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
Weighted Daily Average			872	57	2303	11.12	5.89	647.2	4823	795	48.22	35.19	121.25	27.56	7.94	0.02
% of Calories												16.1%	55.6%	28.4%	8.2%	0.0%
RDA's			783	100	1200	6.45	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			111%	57%	192%	172%	131%	162%	322%		289%	232%				
Shortfall				43												

**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.**

# Corvallis School District 509J

Nov 30, 2009 thru Jan 1, 2010 Spreadsheet - Portion Values

Nov 24, 2009

Page 10

PMS review 1-09

	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
<b>Wed - 12/30/2009</b>																
PMS review 1-09	Total	100														
C Corndog, Chicken 08-09	1 each	50	280	45	830	1.00	3.60	60.0	0	0	0.00	10.0	26.0	15.0	4.50	0.00
c fr. rice, eggrrl, ckie 09-10	1 each	30	235	69	321	1.85	1.73	17.4	576	71	2.5	8.4	39.7	5.3	1.18	0.00
C PB&J FSA 09-10	1 each	20	403	0	444	6.41	2.23	42.2	5	0	4.3	13.1	45.0	18.0	3.00	0.00
C Salad Bar, Wed. 09-10	.70 each	100	240	9	508	4.49	1.38	156.9	4795	681	42.2	12.3	35.7	6.7	2.89	0.05
c condiment bar elem. 09-10	serving	100	98	0	615	0.34	0.24	11.8	315	58	0.4	0.6	8.7	6.8	0.76	0.00
C milk, nonfat 09-10	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
C milk, 1% 09-10	carton	20	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 09-10	carton	70	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
Weighted Daily Average			765	55	1891	7.17	4.63	497.4	5784	861	46.69	31.09	102.20	26.71	7.15	0.05
% of Calories												16.3%	53.4%	31.4%	8.4%	0.1%
RDA's			783	100	1200	6.45	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			98%	55%	158%	111%	103%	124%	386%		280%	205%				
Shortfall			18	45										OVER		

<b>Thu - 12/31/2009</b>																
PMS review 1-09	Total	100														
c Taco 09-10	1 each	50	284	20	926	6.53	15.54	151.1	476	63	5.1	16.0	27.4	13.6	4.46	1.15
c baked potato bar 09-10	1 each	30	252	36	421	3.48	2.21	167.6	299	59	8.8	12.7	24.2	12.2	6.42	0.00
C PB&J FSA 09-10	1 each	20	403	0	444	6.41	2.23	42.2	5	0	4.3	13.1	45.0	18.0	3.00	0.00
C Salad Bar, Thurs. 09-10	.70 each	100	262	8	384	4.75	1.97	196.5	3385	541	21.6	8.8	46.1	6.3	1.95	0.00
c condiment bar elem. 09-10	serving	100	98	0	615	0.34	0.24	11.8	315	58	0.4	0.6	8.7	6.8	0.76	0.00
C milk, nonfat 09-10	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
C milk, 1% 09-10	carton	20	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 09-10	carton	70	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00
Weighted Daily Average			794	32	1845	10.68	11.33	627.6	4528	749	30.51	31.88	108.65	27.78	7.76	0.58
% of Calories												16.1%	54.8%	31.5%	8.8%	0.7%
RDA's			783	100	1200	6.45	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			101%	32%	154%	166%	252%	157%	302%		183%	210%				
Shortfall				68										OVER		

<b>Fri - 01/01/2010</b>																
PMS review 1-09	Total	100														
C Burger Basket Lunch 09-10	1	80	358	30	723	3.19	3.23	85.7	57	11	0.6	16.1	34.4	17.4	6.10	1.00
C PB&J FSA 09-10	1 each	20	403	0	444	6.41	2.23	42.2	5	0	4.3	13.1	45.0	18.0	3.00	0.00
C Salad Bar, Fri. 09-10	.70 each	100	304	16	291	6.90	2.24	155.1	3738	572	25.0	14.1	43.7	9.9	2.62	0.00
c condiment bar elem. 09-10	serving	100	98	0	615	0.34	0.24	11.8	315	58	0.4	0.6	8.7	6.8	0.76	0.00
C milk, nonfat 09-10	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
C milk, 1% 09-10	carton	20	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 09-10	carton	70	150	1	190	0.00	0.36	300.0	500	100	2.4	8.0	29.0	0.00	0.00	0.00

**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.**

# Corvallis School District 509J

Nov 30, 2009 thru Jan 1, 2010 Spreadsheet - Portion Values  
PMS review 1-09

	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 Protin	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average			905	43	1741	11.07	5.77	528.9	4600	740	29.13	38.23	112.83	34.75	9.16	0.80
% of Calories												16.9%	49.9%	34.6%	9.1%	0.8%
RDA's			783	100	1200	6.45	4.50	400.00	1500		16.70	15.20	0.00	30.00	10.00	
% of RDA Satisfied			116%	43%	145%	172%	128%	132%	307%		174%	251%				
Shortfall				57										OVER		

Weighted Average			834	*55	1920	10.00	5.68	*559.9	*5168	*840	36.98	33.86	115.05	27.49	6.98	*0.20
												16.2%	55.2%	29.7%	7.5%	0.2%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	834		783	107%			
Cholesterol (mg)	55		100	55%	Missing		
Sodium (mg)	1920		1200	160%			Correction Required - Sodium too High
Fiber (g)	10.00		6.45	155%			
Iron (mg)	5.68		4.50	126%			
Calcium (mg)	559.9		400.00	140%	Missing		
Vitamin A (IU)	5168		1500	345%	Missing		
Vitamin A (RE)	840		300	280%	Missing		
Vitamin C (mg)	36.98		16.70	221%			
Protein (g)	33.86	16.23%	15.20	223%			
Carbohydrate (g)	115.05	55.15%	0.00				
Total Fat (g)	27.49	29.65%	<30.00				
Saturated Fat (g)	6.98	7.53%	<10.00				
Trans Fat (g)	0.20	0.21%					

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