

# Hartland Consolidated Schools

## Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values Elementary Lunch Menu

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/02/2012									
Elementary Lunch Menu	Total								
Popcorn Chicken A	serving	192	44	631	1.00	14.0	13.0	11.0	2.00
Chef Salad No Bread	1 ea	176	129	730	1.30	14.46	5.84	6.69	2.85
Whole Grain Dinner Roll	1 each	85	0	190	2.00	3.0	16.0	1.5	0.00
CHEESEBURGER ON A BUN C	1 EACH	300	48	805	4.00	22.5	28.5	11.5	4.50
Sweet Potato Puffs	serving	0	0	0	0.00	0.0	0.0	0.0	0.00
APPLESAUCE,SWEETENED	.5 CUP	84	0	2	1.48	0.2	21.51	0.21	0.04
Weighted Daily Average		836	220	2358	9.78	54.15	84.85	30.90	9.38
% of Calories						25.9%	40.6%	33.2%	10.1%

Tue - 04/03/2012									
Elementary Lunch Menu	Total								
Nacho's Supreme	portion	323	35	847	4.03	16.03	28.23	15.59	3.81
Salad w/Roasted Chicken/ Bread	1 ea	258	57	624	3.30	21.54	19.61	7.78	2.52
Flatbread Cheese Pizza C	1 each	370	15	500	5.00	21.0	50.0	10.0	4.00
CORN: frozen, yellow	.5 CUP	67	0	1	1.98	2.1	15.92	0.55	0.08
PEACHES: canned,light syrup	.5 CUP	68	0	6	1.63	0.56	18.26	0.04	0.00
Weighted Daily Average		1085	107	1979	15.94	61.24	132.02	33.96	10.41
% of Calories						22.6%	48.7%	28.2%	8.6%

Wed - 04/04/2012									
Elementary Lunch Menu	Total								
Big Daddy WG Cheese Pizza A	slice	320	20	550	4.00	19.0	39.0	10.0	3.50
Chef Salad w/Bread	1 ea	248	129	859	2.46	16.77	20.03	7.43	2.85
Quesadilla, Chicken C	1 ea	331	51	810	1.44	19.08	33.16	13.39	5.01
Brussel Sprouts	serving	24	0	9	2.34	2.07	4.74	0.22	0.05
PEARS: canned,light syrup	.5 CUP	72	0	6	2.01	0.24	19.04	0.04	0.00
Weighted Daily Average		995	200	2233	12.24	57.16	115.97	31.08	11.40
% of Calories						23.0%	46.6%	28.1%	10.3%

Thu - 04/05/2012									
Elementary Lunch Menu	Total								
Kidsmart .53 oz No bread	serving	150	25	340	0.00	15.0	6.0	7.0	1.50
Salad w/Roasted Chicken	1 ea	173	57	434	1.30	18.54	3.61	6.28	2.52
Whole Grain Dinner Roll	1 each	85	0	190	2.00	3.0	16.0	1.5	0.00
Foot Long Hot Dog on Bun C	frank	546	63	1575	1.81	18.86	54.3	28.66	9.20
Baked Beans	servings	186	0	525	6.36	7.43	40.01	0.0	0.00
PEACHES: canned,light syrup	.5 CUP	68	0	6	1.63	0.56	18.26	0.04	0.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		1207	146	3071	13.10	63.40	138.18	43.48	13.21
% of Calories						21.0%	45.8%	32.4%	9.9%

Mon - 04/16/2012									
Elementary Lunch Menu	Total								
Chicken Nuggets A	serving	180	20	450	2.00	13.0	14.0	8.0	1.50
Chef Salad No Bread	1 ea	176	129	730	1.30	14.46	5.84	6.69	2.85
Whole Grain Dinner Roll	1 each	85	0	190	2.00	3.0	16.0	1.5	0.00
Cheese Stuffed Brdstks MAX C	2 breadsticks	333	*10	1012	5.00	15.0	39.5	13.5	*4.00
BROCCOLI: frozen, boiled	.5 CUP	26	0	10	2.76	2.85	4.92	0.11	0.02
PINEAPPLE CHUNKS:canned,lt syr	.5 CUP	66	0	1	1.01	0.45	16.95	0.15	0.01
Weighted Daily Average		865	*159	2393	14.07	48.76	97.20	29.95	*8.37
% of Calories						22.5%	44.9%	31.2%	*8.7%

Tue - 04/17/2012									
Elementary Lunch Menu	Total								
Orange Chicken over Rice	servings	313	51	458	1.61	16.72	51.19	3.8	0.76
Salad w/Roasted Chicken/ Bread	1 ea	258	57	624	3.30	21.54	19.61	7.78	2.52
Chicken Tenders w/Mini Bagel C	serving	480	45	1190	3.00	22.0	67.0	13.0	2.50
California Veg. Blend	.5 cup	16	0	18	1.00	0.5	2.5	0.0	0.00
Mandarin Oranges	serving	54	0	5	1.02	0.46	13.66	0.12	0.01
Weighted Daily Average		1120	153	2295	9.93	61.22	153.96	24.70	5.79
% of Calories						21.9%	55.0%	19.8%	4.7%

Wed - 04/18/2012									
Elementary Lunch Menu	Total								
Big Daddy WGPepperoni Pizza A	slice	320	20	550	4.00	19.0	39.0	10.0	3.50
Chef Salad w/Bread	1 ea	248	129	859	2.46	16.77	20.03	7.43	2.85
Submarine Sandwich C	1 each	328	58	1575	3.67	17.83	31.53	15.95	6.30
GREEN BEANS: frozen,boiled	.5 CUP	19	0	1	2.03	1.01	4.35	0.11	0.03
Fruit Cocktail	.5 CUP	69	0	7	1.21	0.48	18.07	0.08	0.01
Weighted Daily Average		984	207	2992	13.36	55.08	112.98	33.58	12.68
% of Calories						22.4%	45.9%	30.7%	11.6%

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/19/2012									
Elementary Lunch Menu	Total								
French Toast w/Sausage Cargill	1	507	189	620	1.00	19.71	80.0	11.78	2.95
Salad w/Roasted Chicken/ Bread	1 ea	258	57	624	3.30	21.54	19.61	7.78	2.52
Mini Beef Steak Burgers C	serving	355	50	627	2.04	18.26	29.77	16.05	7.01
PEACHES: canned,light syrup	.5 CUP	68	0	6	1.63	0.56	18.26	0.04	0.00
Apple Juice	serving	60	0	15	0.00	0.0	14.0	0.0	0.00
Weighted Daily Average		1247	296	1893	7.98	60.08	161.64	35.64	12.48
% of Calories						19.3%	51.8%	25.7%	9.0%

Fri - 04/20/2012									
Elementary Lunch Menu	Total								
Kidsmart .53 oz No bread	serving	150	25	340	0.00	15.0	6.0	7.0	1.50
Chef Salad No Bread	1 ea	176	129	730	1.30	14.46	5.84	6.69	2.85
Whole Grain Dinner Roll	1 each	85	0	190	2.00	3.0	16.0	1.5	0.00
Cheese Pizza C	1 each	380	25	710	3.00	22.0	46.0	12.0	5.00
PEAS: frozen,boiled	.5 CUP	62	0	58	4.40	4.12	11.41	0.22	0.04
BANANAS	1 EACH	90	0	1	2.63	1.1	23.07	0.33	0.11
Weighted Daily Average		943	179	2028	13.33	59.68	108.31	27.74	9.50
% of Calories						25.3%	45.9%	26.5%	9.1%

Mon - 04/23/2012									
Elementary Lunch Menu	Total								
Pillsbury Mini Panca w/Sau A	1 ea	317	69	565	2.00	15.71	34.0	14.78	2.95
Chef Salad w/Bread	1 ea	248	129	859	2.46	16.77	20.03	7.43	2.85
Mini Chicken Twins C	1 each	0	0	0	0.00	0.0	0.0	0.0	0.00
CARROT STICKS	.5 CUP	36	0	61	2.46	0.82	8.42	0.21	0.04
APPLESAUCE,SWEETENED	.5 CUP	84	0	2	1.48	0.2	21.51	0.21	0.04
Weighted Daily Average		685	197	1487	8.39	33.49	83.96	22.63	5.87
% of Calories						19.5%	49.0%	29.7%	7.7%

Tue - 04/24/2012									
Elementary Lunch Menu	Total								
Nacho's Supreme	portion	323	35	847	4.03	16.03	28.23	15.59	3.81
Salad w/Roasted Chicken/ Bread	1 ea	258	57	624	3.30	21.54	19.61	7.78	2.52
Corn Dog Whole Grain	corn dog	240	20	590	5.00	9.0	33.0	8.0	2.00
Black Bean/Roasted Corn Salad	1/4 cup serving	106	*0	310	*3.16	*3.29	13.57	4.78	*0.37
PINEAPPLE CHUNKS:canned,lt syr	.5 CUP	66	0	1	1.01	0.45	16.95	0.15	0.01
Weighted Daily Average		992	*112	2373	*16.50	*50.32	111.35	36.30	*8.71
% of Calories						*20.3%	44.9%	32.9%	*7.9%

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Wed - 04/25/2012									
Elementary Lunch Menu	Total								
Bosco Stuffed Crust	1 ea	360	20	440	3.00	22.0	42.0	12.0	6.00
Chef Salad w/Bread	1 ea	248	129	859	2.46	16.77	20.03	7.43	2.85
Chicken Fajitas C	fajitas	243	51	863	3.00	18.54	21.0	6.78	2.02
GREEN BEANS: frozen,boiled	.5 CUP	19	0	1	2.03	1.01	4.35	0.11	0.03
PEARS: canned,light syrup	.5 CUP	72	0	6	2.01	0.24	19.04	0.04	0.00
Weighted Daily Average		942	200	2169	12.49	58.55	106.42	26.36	10.89
% of Calories						24.9%	45.2%	25.2%	10.4%

Thu - 04/26/2012									
Elementary Lunch Menu	Total								
Turkey & Gravy No roll Jenni	1 ea	155	50	600	0.00	18.0	3.0	8.0	2.00
Salad w/Roasted Chicken	1 ea	173	57	434	1.30	18.54	3.61	6.28	2.52
Whole Grain Dinner Roll	1 each	85	0	190	2.00	3.0	16.0	1.5	0.00
Pepperoni Pizza C #63495	1 each	300	25	700	2.00	17.0	33.0	12.0	5.00
Mashed Potatoes Excel	serv	77	0	360	1.26	1.47	15.32	1.15	0.10
Fruited Gelatin	# 8 Scoop	97	0	84	0.63	1.67	23.71	0.05	0.01
Weighted Daily Average		887	132	2369	7.19	59.69	94.64	28.98	9.63
% of Calories						26.9%	42.7%	29.4%	9.8%

Fri - 04/27/2012									
Elementary Lunch Menu	Total								
Mac & Cheese JTM RF no roll A	6 oz	275	37	770	1.00	15.0	29.0	12.0	6.50
Chef Salad No Bread	1 ea	176	129	730	1.30	14.46	5.84	6.69	2.85
Soft Pretzel Stick	1 ea	70	0	65	1.00	2.0	14.0	0.5	0.00
Chicken Pattie on Bun C	1 each	374	51	747	4.02	22.26	40.21	15.21	2.54
MIXED VEGETABLES	.5 CUP	59	0	32	4.00	2.6	11.91	0.14	0.03
Mandarin Oranges	serving	54	0	5	1.02	0.46	13.66	0.12	0.01
Weighted Daily Average		1007	217	2349	12.34	56.77	114.61	34.65	11.92
% of Calories						22.5%	45.5%	31.0%	10.7%

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Mon - 04/30/2012									
Elementary Lunch Menu	Total serving	192	44	631	1.00	14.0	13.0	11.0	2.00
Popcorn Chicken A	1 ea	176	129	730	1.30	14.46	5.84	6.69	2.85
Chef Salad No Bread	1 each	85	0	190	2.00	3.0	16.0	1.5	0.00
Whole Grain Dinner Roll	1 each	85	0	190	2.00	3.0	16.0	1.5	0.00
Totally Taco Triangles C	serving	250	10	630	2.00	15.0	28.0	9.0	2.50
CARROTS:frozen, boiled	.5 CUP	27	0	43	2.41	0.42	5.64	0.5	0.09
APPLES,Fresh	1 EACH	72	0	1	3.31	0.36	19.06	0.23	0.04
Weighted Daily Average		802	183	2225	12.02	47.24	87.54	28.92	7.48
% of Calories						23.6%	43.7%	32.5%	8.4%

Weighted Average		973	*181	2281	*11.91	*55.12 *22.7%	113.57 46.7%	31.26 28.9%	*9.85 *9.1%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	973		664	146%			
Cholesterol (mg)	181				Missing		
Sodium (mg)	2281						
Fiber (g)	11.91				Missing		
Protein (g)	55.12	22.66%	9.77	564%	Missing		
Carbohydrate (g)	113.57	46.68%					
Total Fat (g)	31.26	28.91%	<=30.00%				
Saturated Fat (g)	9.85	9.11%	<10.00%		Missing		

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