

# Falcon School District

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May 1, 2007 thru May 31, 2007 Spreadsheet - Portion Values

Apr 12, 2007

## ELEMENTARY LUNCH

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Tue - 05/01/2007														
ELEMENTARY LUNCH	Total	2650												
CORN DOG-TURKEY 4OZ STATE	1 EACH	1325	280	40	1080	2.00	1.80	80.00	20	15.00	9.00	32.00	12.00	3.00
KETCHUP/MUSTARD	2 TBSP	1300	33	0	315	0.00	0.00	0.00	0	0.00	0.00	6.67	0.00	0.00
OR	1 EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
TACO SALAD ELEM	SERVING	1325	473	91	422	5.01	5.57	153.84	157	9.00	23.63	55.70	16.49	7.10
GREEN BEANS, CANNED (USDA	3/8 cup	2600	19	0	255	1.50	0.54	15.00	30	3.60	0.75	3.00	0.00	0.00
FRUIT, ASSTD CANNED	2.7 OZ	2600	94	0	12	1.80	0.35	4.48	66	6.88	0.71	24.30	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	2550	72	0	0	2.67	0.24	16.86	17	17.18	0.73	18.29	0.36	0.07
MILK - Variety	HALF PIN	2600	141	9	144	0.88	0.45	291.17	146	2.31	8.12	21.80	2.52	1.56
Weighted Daily Average			711	74	1309	10.17	5.23	437.93	342	41.08	26.41	112.89	17.07	6.65
% of Calories											14.9%	63.5%	21.6%	8.4%
RDA's			664	150	1200	4.50	3.47	286.00	224	15.24	9.77	0.00	30.00	10.00
% of RDA Satisfied			107%	49%	109%	226%	151%	153%	153%	269%	270%			
Shortfall				76										

Wed - 05/02/2007														
ELEMENTARY LUNCH	Total	3210												
PIZZA-FRESH BAKE CHEESE PI	5.8 OZ	1710	350	25	720	5.00	4.00	285.99	91	1.00	23.00	48.00	9.00	4.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
CHICKEN PATTY ON A BUN	1 EACH	1500	320	50	560	4.00	*0.00	*0.00	0	0.00	18.00	31.00	13.00	2.50
POTATOES, OVEN HTD, UNSAL	3 OZ	3200	84	0	12	0.00	0.45	3.00	0	3.00	0.00	12.00	3.30	0.45
CORN: canned, yellow	3 OZ	2875	72	0	191	1.79	0.77	4.47	14	7.59	2.34	16.60	0.89	0.14
FRUIT, ASSTD CANNED	2.7 OZ	2925	94	0	12	1.80	0.35	4.48	66	6.88	0.71	24.30	0.00	0.00
ketchup	1 TBSP	1425	2	0	13	0.00	0.00	0.00	0	0.00	0.00	0.33	0.00	0.00
MILK - Variety	HALF PIN	3000	141	9	144	0.88	0.45	291.17	146	2.31	8.12	21.80	2.52	1.56
Weighted Daily Average			703	45	979	8.59	*4.01	*435.54	258	18.75	30.99	109.55	17.32	5.33
% of Calories											17.6%	62.3%	22.2%	6.8%
RDA's			664	150	1200	4.50	3.47	286.00	224	15.24	9.77	0.00	30.00	10.00
% of RDA Satisfied			106%	30%	82%	191%	116%	152%	115%	123%	317%			
Shortfall				105	221									

Thu - 05/03/2007														
ELEMENTARY LUNCH	Total	2650												
CHICKEN FAJITAS	1 FAJITA	1400	259	67	758	0.98	1.60	6.58	2	8.69	22.73	20.58	9.40	2.30
BAKED POTATO BAR	1 ea	1250	237	2	226	7.00	2.70	93.67	161	53.50	8.19	50.77	1.61	0.59
SALAD,TOSSED: no dressing	3/8 cup	2500	5	0	3	0.31	0.11	6.16	77	0.37	0.31	0.92	0.00	0.00
RANCH DRESSING, HV	1 TBSP	2500	84	0	146	0.00	0.00	0.00	0	0.00	0.00	1.05	8.37	*0.00
FRUIT, ASSTD CANNED	3 OZ	2600	105	0	13	2.00	0.39	4.98	73	7.64	0.79	27.00	0.00	0.00
FRUIT,FRESH ASSORTED	1/2 EACH	2575	36	0	0	1.33	0.12	8.43	8	8.59	0.36	9.14	0.18	0.04
CRISPIE RICE BARS	1/64 PAN	2600	123	0	111	0.13	0.26	1.89	164	5.55	0.97	23.48	2.83	*0.64
MILK - Variety	HALF PIN	2500	141	9	144	0.88	0.45	291.17	146	2.31	8.12	21.80	2.52	1.56

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May 1, 2007 thru May 31, 2007 Spreadsheet - Portion Values  
ELEMENTARY LUNCH

Apr 12, 2007

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Weighted Daily Average			724	45	906	8.32	3.41	343.08	529	53.65	25.90	115.65	18.95	*3.63
% of Calories											14.3%	63.9%	23.6%	4.5%
RDA's			664	150	1200	4.50	3.47	286.00	224	15.24	9.77	0.00	30.00	10.00
% of RDA Satisfied			109%	30%	75%	185%	98%	120%	236%	352%	265%			
Shortfall				105	294		0.06							

Fri - 05/04/2007														
ELEMENTARY LUNCH	Total	1163												
MANAGERS CHOICE	1 EA	1163	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
Weighted Daily Average			0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%
RDA's			664	150	1200	4.50	3.47	286.00	224	15.24	9.77	0.00	30.00	10.00
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			664	150	1200	4.50	3.47	286.00	224	15.24	9.77		OVER	OVER

Mon - 05/07/2007														
ELEMENTARY LUNCH	Total	3125												
CHICKEN NUGGETS, ELE	5 EACH	2125	255	47	510	0.94	1.02	18.90	19	0.00	13.23	10.39	17.01	4.25
BBQ SAUCE	2 TBSP	2000	30	0	390	0.00	0.36	0.00	0	0.00	0.00	7.00	0.00	0.00
DELI HAM SANDWICH	1 EA	1000	258	47	943	2.00	*0.30	*176.00	82	6.00	15.00	21.00	12.00	6.00
POTATO ROUNDS, USDA	3/8 CUP	3000	98	0	320	1.50	0.45	3.00	0	1.50	0.00	12.00	5.55	2.25
FRUIT, ASSTD CANNED	3 OZ	2750	105	0	13	2.00	0.39	4.98	73	7.64	0.79	27.00	0.00	0.00
FRUIT,FRESH ASSORTED	1/2 EACH	2500	36	0	0	1.33	0.12	8.43	8	8.59	0.36	9.14	0.18	0.04
GRAHAM CRACKERS, GIANT GO	1 PKG	3000	120	0	105	0.90	0.72	0.00	0	0.00	1.00	19.00	4.50	1.00
MILK - Variety	HALF PIN	3000	141	9	144	0.88	0.45	291.17	146	2.31	8.12	21.80	2.52	1.56
Weighted Daily Average			741	55	1456	7.26	*3.02	*362.69	251	19.17	23.54	100.03	27.62	9.46
% of Calories											12.7%	54.0%	33.6%	11.5%
RDA's			664	150	1200	4.50	3.47	286.00	224	15.24	9.77	0.00	30.00	10.00
% of RDA Satisfied			111%	37%	121%	161%	87%	127%	112%	126%	241%			
Shortfall				95			0.45						OVER	OVER

Tue - 05/08/2007														
ELEMENTARY LUNCH	Total	1163												
MANAGERS CHOICE	1 EA	1163	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
Weighted Daily Average			0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%
RDA's			664	150	1200	4.50	3.47	286.00	224	15.24	9.77	0.00	30.00	10.00
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			664	150	1200	4.50	3.47	286.00	224	15.24	9.77		OVER	OVER

# Falcon School District

## ELEMENTARY LUNCH

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Wed - 05/09/2007														
ELEMENTARY LUNCH	Total	3200												
CORN DOGS, MINI - ELEM.	SERVING	1800	310	45	790	2.00	1.80	40.00	0	18.00	9.00	31.00	17.00	4.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
MACARONI & CHEESE (comd chz	2/3 CUP	1400	311	30	476	0.99	1.04	575.03	460	0.59	18.95	9.84	14.15	6.45
GREEN BEANS, CANNED (USDA	3/8 cup	2825	19	0	255	1.50	0.54	15.00	30	3.60	0.75	3.00	0.00	0.00
CELERY & CARROT STICKS	3/8 CUP	2900	11	0	23	0.70	0.25	12.15	340	3.11	0.32	2.47	0.14	0.03
FRUIT,FRESH ASSORTED	1/2 EACH	2900	36	0	0	1.33	0.12	8.43	8	8.59	0.36	9.14	0.18	0.04
FRUIT, ASSTD CANNED	3 OZ	2900	105	0	13	2.00	0.39	4.98	73	7.64	0.79	27.00	0.00	0.00
KETCHUP/MUSTARD	2 TBSP	1750	33	0	315	0.00	0.00	0.00	0	0.00	0.00	6.67	0.00	0.00
MILK - Variety	HALF PIN	3100	141	9	144	0.88	0.45	291.17	146	2.31	8.12	21.80	2.52	1.56
Weighted Daily Average			620	47	1223	7.39	3.07	592.54	751	33.33	23.21	84.15	18.49	6.64
% of Calories											15.0%	54.3%	26.8%	9.6%
RDA's			664	150	1200	4.50	3.47	286.00	224	15.24	9.77	0.00	30.00	10.00
% of RDA Satisfied			93%	31%	102%	164%	88%	207%	336%	219%	238%			
Shortfall			45	103			0.40							

Thu - 05/10/2007														
ELEMENTARY LUNCH	Total	2950												
PIZZA, DOUBLESTUFF CHEESE	3.74 OZ	1525	289	25	679	3.77	3.40	377.27	101	0.00	20.12	33.95	8.80	5.03
MARINARA SAUCE	2 OZ	1500	36	0	403	1.81	1.00	27.51	94	16.54	1.51	8.46	0.24	0.04
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
el EXTREMO FIESTA BEAN BUR	1 EACH	1425	310	5	620	10.00	2.70	150.00	60	1.20	15.00	45.00	8.00	2.50
CORN: canned, yellow	3 OZ	2825	72	0	191	1.79	0.77	4.47	14	7.59	2.34	16.60	0.89	0.14
FRUIT,FRESH ASSORTED	1/2 EACH	2700	36	0	0	1.33	0.12	8.43	8	8.59	0.36	9.14	0.18	0.04
CAKE, PINEAPPLE UP-SIDE DO	1 EACH	2900	214	11	185	0.65	0.75	42.73	81	4.73	1.20	32.58	9.46	1.73
MILK - Variety	HALF PIN	2800	141	9	144	0.88	0.45	291.17	146	2.31	8.12	21.80	2.52	1.56
Weighted Daily Average			764	34	1357	12.10	5.58	611.83	369	30.96	29.87	120.57	21.25	7.17
% of Calories											15.6%	63.1%	25.0%	8.4%
RDA's			664	150	1200	4.50	3.47	286.00	224	15.24	9.77	0.00	30.00	10.00
% of RDA Satisfied			115%	23%	113%	269%	161%	214%	165%	203%	306%			
Shortfall				116										

Fri - 05/11/2007														
ELEMENTARY LUNCH	Total	1163												
MANAGERS CHOICE	1 EA	1163	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
Weighted Daily Average			0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%
RDA's			664	150	1200	4.50	3.47	286.00	224	15.24	9.77	0.00	30.00	10.00
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			664	150	1200	4.50	3.47	286.00	224	15.24	9.77		OVER	OVER



# Falcon School District

## ELEMENTARY LUNCH

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Wed - 05/16/2007														
ELEMENTARY LUNCH	Total	3200												
PIZZA, PEPPERONI FRESH BAK OR	5.8 OZ EA	1800 0	360 0	25 0	790 0	5.00 0.00	4.00 0.00	235.00 0.00	71 0	1.00 0.00	23.00 0.00	48.00 0.00	10.00 0.00	4.50 0.00
HOT HAM/CHEESE SAND.	1 EACH	1400	254	55	1091	2.00	*0.46	*99.80	46	12.00	17.52	21.25	10.16	3.93
CORN: canned, yellow	3 OZ	2875	72	0	191	1.79	0.77	4.47	14	7.59	2.34	16.60	0.89	0.14
FRUIT, FRESH ASSORTED	1/2 EACH	2825	36	0	0	1.33	0.12	8.43	8	8.59	0.36	9.14	0.18	0.04
FRUIT, ASSTD CANNED	3 OZ	2750	105	0	13	2.00	0.39	4.98	73	7.64	0.79	27.00	0.00	0.00
BROWNIES, GOLD MEDAL - ELE	SERVING	3000	207	0	158	0.97	1.37	0.18	0	0.00	1.94	35.87	7.00	1.63
MILK - Variety	HALF PIN	3100	141	9	144	0.88	0.45	291.17	146	2.31	8.12	21.80	2.52	1.56
Weighted Daily Average			831	46	1393	9.95	*5.30	*473.81	285	29.02	33.39	137.23	20.04	7.44
% of Calories											16.1%	66.1%	21.7%	8.1%
RDA's			664	150	1200	4.50	3.47	286.00	224	15.24	9.77	0.00	30.00	10.00
% of RDA Satisfied			125%	31%	116%	221%	153%	166%	127%	190%	342%			
Shortfall				104										

Thu - 05/17/2007														
ELEMENTARY LUNCH	Total	3200												
CHEESEBURGER ON A BUN OR	1 EACH 1 EA	1800 1	360 0	59 0	902 0	3.04 0.00	*1.81 0.00	*197.14 0.00	92 0	0.01 0.00	23.18 0.00	23.05 0.00	19.46 0.00	9.88 0.00
SUPERPRETZEL W/CHEESE	1 EA	1400	240	5	530	2.00	3.60	60.00	0	0.00	9.00	48.00	2.50	1.00
TORTILLA CHIPS, PLAIN	1 OZ	3100	142	0	86	1.01	0.36	20.25	0	0.00	2.03	18.22	7.09	1.01
FRUIT, ASSTD CANNED	2 OZ	2650	70	0	9	1.33	0.26	3.32	49	5.10	0.53	18.00	0.00	0.00
FRUIT, FRESH ASSORTED	1/2 EACH	2650	36	0	0	1.33	0.12	8.43	8	8.59	0.36	9.14	0.18	0.04
PUDDING, VANILLA RTU	2 oz	2650	75	0	85	0.00	0.00	28.18	0	0.00	0.47	12.21	2.82	0.94
KETCHUP/MUSTARD	3 TBSP	1800	50	0	473	0.00	0.00	0.00	0	0.00	0.00	10.01	0.00	0.00
MILK - Variety	HALF PIN	3100	141	9	144	0.88	0.45	291.17	146	2.31	8.12	21.80	2.52	1.56
Weighted Daily Average			760	44	1305	6.62	*3.70	*471.89	241	13.57	27.93	110.96	23.83	9.30
% of Calories											14.7%	58.4%	28.2%	11.0%
RDA's			664	150	1200	4.50	3.47	286.00	224	15.24	9.77	0.00	30.00	10.00
% of RDA Satisfied			114%	29%	109%	147%	107%	165%	108%	89%	286%			
Shortfall				106						1.67				OVER

Fri - 05/18/2007														
ELEMENTARY LUNCH	Total	1163												
MANAGERS CHOICE	1 EA	1163	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
Weighted Daily Average			0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%
RDA's			664	150	1200	4.50	3.47	286.00	224	15.24	9.77	0.00	30.00	10.00
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			664	150	1200	4.50	3.47	286.00	224	15.24	9.77		OVER	OVER

# Falcon School District

## ELEMENTARY LUNCH

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
<b>Mon - 05/21/2007</b>														
ELEMENTARY LUNCH MANAGERS CHOICE	Total 1 EA	1163 1163	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
Weighted Daily Average % of Calories			0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
RDA's			664	150	1200	4.50	3.47	286.00	224	15.24	9.77	0.00	30.00	10.00
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			664	150	1200	4.50	3.47	286.00	224	15.24	9.77		OVER	OVER

<b>Tue - 05/22/2007</b>														
ELEMENTARY LUNCH MANAGERS CHOICE	Total 1 EA	1163 1163	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
Weighted Daily Average % of Calories			0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
RDA's			664	150	1200	4.50	3.47	286.00	224	15.24	9.77	0.00	30.00	10.00
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			664	150	1200	4.50	3.47	286.00	224	15.24	9.77		OVER	OVER

<b>Wed - 05/23/2007</b>														
ELEMENTARY LUNCH MANAGERS CHOICE	Total 1 EA	1163 1163	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
Weighted Daily Average % of Calories			0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
RDA's			664	150	1200	4.50	3.47	286.00	224	15.24	9.77	0.00	30.00	10.00
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			664	150	1200	4.50	3.47	286.00	224	15.24	9.77		OVER	OVER

<b>Thu - 05/24/2007</b>														
ELEMENTARY LUNCH MANAGERS CHOICE	Total 1 EA	1163 1163	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
Weighted Daily Average % of Calories			0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00
RDA's			664	150	1200	4.50	3.47	286.00	224	15.24	9.77	0.00	30.00	10.00
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			664	150	1200	4.50	3.47	286.00	224	15.24	9.77		OVER	OVER

<b>Fri - 05/25/2007</b>														
ELEMENTARY LUNCH NO LUNCH	Total SERVING	1 1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00

# Falcon School District

	Portion Size	Plan Qty	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
RDA's			664	150	1200	4.50	3.47	286.00	224	15.24	9.77	0.00	30.00	10.00
% of RDA Satisfied			0%	0%	0%	0%	0%	0%	0%	0%	0%			
Shortfall			664	150	1200	4.50	3.47	286.00	224	15.24	9.77		OVER	OVER

Weighted Average			715	*50	*1297	*8.37	*4.01	*458.02	*462	*28.48	*27.84 15.6%	*106.73 59.7%	*20.49 25.8%	*6.96 8.8%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	715		664	108%			
Cholesterol (Mg)	50		150	33%	Missing		
Sodium (Mg)	1297		1200	108%	Missing		Correction Required - Sodium too High
Fiber (G)	8.37		4.50	186%	Missing		
Iron (Mg)	4.01		3.47	116%	Missing		
Calcium (Mg)	458.02		286.00	160%	Missing		
Vitamin A (RE)	462		224	207%	Missing		
Vitamin C (Mg)	28.48		15.24	187%	Missing		
Protein (G)	27.84	15.58%	9.77	285%	Missing		
Carbohydrate (G)	106.73	59.74%	0.00		Missing		
Total Fat (G)	20.49	25.80%	<30.00		Missing		
Saturated Fat (G)	6.96	8.76%	<10.00		Missing		