

# Falcon School District

## ELEMENTARY LUNCH

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Mon - 05/05/2008																
ELEMENTARY LUNCH	Total	3320														
CHICKEN NUGGETS W.G. ELEM	5 EA	2177	200	25	240	3.00	1.80	40.00	0	0.00	17.00	15.00	8.00	1.50	*0.00	
BBQ SAUCE	1 TBSP	1637	15	0	195	0.00	0.18	0.00	0	0.00	0.00	3.50	0.00	0.00	*0.00	
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00	
CORN DOG-TURKEY 4OZ STATE F AIR	1 EACH	1143	280	40	1080	2.00	1.80	80.00	100	15.00	9.00	32.00	12.00	3.00	*0.00	
COWBOY BEANS	3 OZ	2646	107	0	315	2.07	1.09	32.72	35	1.56	3.97	21.12	0.35	0.00	*0.00	
FRUIT, ASSTD CANNED	3 OZ	2435	105	0	13	2.00	0.39	4.98	364	7.64	0.79	27.00	0.00	0.00	*0.00	
GRAHAM CRACKERS, GIANT GOL DFIS	1 PKG	3080	120	0	105	0.90	0.72	0.00	0	0.00	1.00	19.00	4.50	1.00	*0.00	
KETCHUP/MUSTARD	1 TBSP	1330	17	0	158	0.00	0.00	0.00	0	0.00	0.00	3.34	0.00	0.00	*0.00	
MILK - Variety	HALF PINT	3210	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00	
Weighted Daily Average			652	39	1180	7.45	4.14	363.37	800	13.58	26.77	99.30	16.23	4.45	*0.00	
% of Calories											16.4%	61.0%	22.4%	6.2%	0.0%	

Tue - 05/06/2008																
ELEMENTARY LUNCH	Total	3092														
SOUTHWEST CHICKEN SANDWIC OR	1 EACH	1628	441	77	1009	2.90	1.53	234.34	410	0.00	24.09	32.21	22.76	8.57	*0.00	
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00	
TACO SALAD - ELEM	SERVING	1464	315	45	472	3.40	3.28	150.50	949	7.62	17.42	21.93	17.72	7.89	*0.00	
SALSA, MILD PICANTE SAUCE	1 OZ	875	10	0	158	0.00	0.00	0.00	99	0.00	0.00	1.97	0.00	0.00	*0.00	
REFRIED BEANS	3 OZ	2755	126	16	345	2.42	3.00	264.95	*1034	*0.05	8.88	6.39	6.64	3.45	*0.00	
FRUIT,FRESH ASSORTED	1 EACH	2129	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00	
MILK - Variety	HALF PINT	2930	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00	
Weighted Daily Average			673	84	1238	7.88	5.59	714.36	*2161	*14.56	37.03	65.68	28.80	12.83	*0.00	
% of Calories											22.0%	39.0%	38.5%	17.2%	0.0%	

Wed - 05/07/2008																
ELEMENTARY LUNCH	Total	3262														
HOT DOG ON A BUN	1 EACH	2121	300	*35	830	2.00	*0.00	*0.00	0	0.00	*7.00	22.00	19.01	*7.00	*0.00	
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00	
CHICKEN FAJITAS	1 FAJITA	1141	259	67	758	0.97	1.59	6.80	14	8.42	22.73	20.55	9.40	2.30	*0.00	
SALSA, MILD PICANTE SAUCE	1 OZ	1080	10	0	158	0.00	0.00	0.00	99	0.00	0.00	1.97	0.00	0.00	*0.00	
POTATO,SIMPLOT 'INFINITY',FF	2 OZ	3075	100	0	153	1.33	0.48	13.33	0	4.00	1.33	16.00	4.00	0.33	*0.00	
FRUIT, ASSTD CANNED	3/8 CUP	2453	13	0	2	0.25	0.05	0.62	46	0.96	0.10	3.38	0.00	0.00	*0.00	
GRAHAM CRACKERS, GIANT GOL DFIS	1 PKG	2980	120	0	105	0.90	0.72	0.00	0	0.00	1.00	19.00	4.50	1.00	*0.00	
KETCHUP/MUSTARD	2 TBSP	2623	33	0	315	0.00	0.00	0.00	0	0.00	0.00	6.67	0.00	0.00	*0.00	
MILK - Variety	HALF PINT	3115	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00	
Weighted Daily Average			664	*55	1484	4.74	*2.13	*291.83	537	8.99	*22.50	83.35	25.90	*8.07	*0.00	
% of Calories											13.5%	50.2%	35.1%	10.9%	0.0%	

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## ELEMENTARY LUNCH

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Thu - 05/08/2008																
ELEMENTARY LUNCH	Total	3472														
PIZZA, TONY'S STUFFED STICKS	2 EACH	2422	330	45	590	1.00	2.10	358.00	0	0.00	19.00	32.00	15.00	7.00	0.00	
MARINARA SAUCE	1 OZ	2200	17	0	186	0.92	0.66	13.92	251	4.93	0.82	3.84	0.12	0.02	*0.00	
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00	
LASAGNA WITH BEEF CRUMBLES	6 OZ	1050	285	34	435	2.37	2.53	309.31	806	9.95	18.14	22.73	12.40	6.30	*0.00	
BREADSTICK, Wheat, HEARTHSIDE	1 EA	1050	101	0	129	1.24	0.43	22.60	1	1.07	2.90	18.50	1.80	0.30	*0.00	
GREEN BEANS, CANNED (USDA)	3/8 cup	2517	19	0	255	1.50	0.54	15.00	150	3.60	0.75	3.00	0.00	0.00	*0.00	
FRUIT,FRESH ASSORTED	1 EACH	2107	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00	
PUDDING, VANILLA RTU	3 oz	2934	113	0	127	0.00	0.00	42.27	0	0.00	0.70	18.32	4.23	1.41	*0.00	
MILK - Variety	HALF PINT	3278	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00	
Weighted Daily Average			638	50	1122	5.84	3.71	687.05	1047	18.86	29.37	85.53	20.89	9.58	*0.00	
% of Calories											18.4%	53.6%	29.5%	13.5%	0.0%	

Fri - 05/09/2008																
ELEMENTARY LUNCH	Total	1														
MANAGERS CHOICE	1 EA	1	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	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	*0.00	
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	

Mon - 05/12/2008																
ELEMENTARY LUNCH	Total	3295														
Chicken Hip Dipper, Tyson	1 each	2280	250	30	350	0.00	1.44	0.00	0	0.00	15.00	16.00	14.00	3.00	*0.00	
BBQ SAUCE	1 TBSP	2123	15	0	195	0.00	0.18	0.00	0	0.00	0.00	3.50	0.00	0.00	*0.00	
or	0 EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00	
BBQ PORK RIB SANDWICH	1 EACH	1015	293	35	648	2.06	*2.03	*40.50	101	0.00	19.30	27.75	12.17	4.05	*0.00	
CORN: canned, yellow	3 OZ	2488	72	0	266	1.70	0.64	4.47	40	0.63	2.36	16.79	0.83	0.15	*0.00	
CARROT STICKS W/ RANCH	3/8 CUP	2408	58	0	100	1.85	0.20	21.75	11081	3.89	0.61	6.71	3.30	0.03	0.00	
FRUIT, ASSTD CANNED	3/8 CUP	2565	13	0	2	0.25	0.05	0.62	46	0.96	0.10	3.38	0.00	0.00	*0.00	
FRUIT,FRESH ASSORTED	1 EACH	2360	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00	
MILK - Variety	HALF PINT	3082	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00	
Weighted Daily Average			558	40	973	6.10	*2.97	*312.71	8739	15.33	26.73	74.35	18.96	4.95	*0.00	
% of Calories											19.2%	53.3%	30.6%	8.0%	0.0%	

Tue - 05/13/2008																
ELEMENTARY LUNCH	Total	3107														
DELI TURKEY SANDWICH	1 EA	1243	164	24	890	2.00	*0.80	*8.00	0	0.00	16.00	21.00	1.60	0.20	*0.00	
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00	
SOFT SHELL TACO	1 EACH	1864	360	42	825	3.87	3.44	253.19	559	9.69	21.04	28.01	18.33	7.62	*0.00	
PINTOS & CHEESE	3 OZ	2999	145	12	429	4.20	0.29	224.64	142	5.31	10.70	14.43	5.03	2.90	*0.00	
FRUIT, ASSTD CANNED	3 OZ	2470	105	0	13	2.00	0.39	4.98	364	7.64	0.79	27.00	0.00	0.00	*0.00	
COOKIES,OTIS-CHOC.CHIP,RED.F	1 EACH	3019	110	10	65	0.00	0.72	0.00	0	0.00	1.00	18.00	3.50	1.00	*0.00	
MILK - Variety	HALF PINT	2988	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00	
Weighted Daily Average			748	65	1472	9.60	*4.10	*654.26	1230	18.58	38.77	99.10	22.28	9.92	*0.00	
% of Calories											20.7%	53.0%	26.8%	11.9%	0.0%	

# Falcon School District

## May 1, 2008 thru May 23, 2008 Spreadsheet - Portion Values ELEMENTARY LUNCH

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 05/14/2008															
ELEMENTARY LUNCH	Total	3371													
CORN DOGS, MINI - ELEM.	SERVING	1996	310	45	790	2.00	1.80	40.00	0	18.00	9.00	31.00	17.00	4.00	*0.00
KETCHUP/MUSTARD	1 TBSP	1734	17	0	158	0.00	0.00	0.00	0	0.00	0.00	3.34	0.00	0.00	*0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
SPAGHETTI W/SAUCE & BEEF CR	6 OZ	1375	315	18	289	2.93	3.09	47.52	239	3.33	14.40	45.69	8.05	3.19	*0.00
BREADSTICK, Wheat, HEARTHSIDE	1 EA	1542	101	0	129	1.24	0.43	22.60	1	1.07	2.90	18.50	1.80	0.30	*0.00
GREEN BEANS, CANNED (USDA)	3/8 cup	2752	19	0	255	1.50	0.54	15.00	150	3.60	0.75	3.00	0.00	0.00	*0.00
FRUIT,FRESH ASSORTED	1 EACH	2507	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00
FRUIT, ASSTD CANNED	3 OZ	2735	105	0	13	2.00	0.39	4.98	364	7.64	0.79	27.00	0.00	0.00	*0.00
MILK - Variety	HALF PINT	3212	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00
Weighted Daily Average			649	43	1077	8.53	3.85	355.60	1072	33.32	22.05	104.64	16.71	5.33	*0.00
% of Calories											13.6%	64.5%	23.2%	7.4%	0.0%

Thu - 05/15/2008															
ELEMENTARY LUNCH	Total	3507													
PIZZA, HOMEMADE BEEF & PEPP.	SERVINGS	1531	413	55	1088	3.26	3.49	256.55	447	18.03	25.06	29.12	22.24	9.37	*0.00
OR	1 EA	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PANCAKES W/SYRUP	2 EACH	1976	142	0	361	0.01	1.44	0.02	0	0.00	4.00	26.48	2.00	0.00	*0.00
SAUSAGE PATTY, PIERRE	1 EA	1976	85	27	232	0.00	0.45	9.60	10	0.18	8.30	0.40	5.30	2.00	*0.00
BLUEBERRIES & STRAWBERRIES	3/8 CUP	2823	68	0	2	2.05	0.36	8.53	31	20.83	0.43	17.53	0.33	0.03	*0.00
FRUIT, ASSTD CANNED	3 OZ	2643	105	0	13	2.00	0.39	4.98	364	7.64	0.79	27.00	0.00	0.00	*0.00
PUDDING, VANILLA RTU	3 oz	3186	113	0	127	0.00	0.00	42.27	0	0.00	0.70	18.32	4.23	1.41	*0.00
MILK - Variety	HALF PINT	3270	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00
Weighted Daily Average			675	47	1064	5.40	3.58	436.34	954	32.01	27.03	99.34	20.25	7.97	*0.00
% of Calories											16.0%	58.8%	27.0%	10.6%	0.0%

Fri - 05/16/2008															
ELEMENTARY LUNCH	Total	1													
MANAGERS CHOICE	1 EA	1	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	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	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%

Mon - 05/19/2008															
ELEMENTARY LUNCH	Total	1													
MANAGERS CHOICE	1 EA	1	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	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	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%

Tue - 05/20/2008															
ELEMENTARY LUNCH	Total	1													
MANAGERS CHOICE	1 EA	1	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	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	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average			0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%

Wed - 05/21/2008																
ELEMENTARY LUNCH	Total	1														
MANAGERS CHOICE	1 EA	1	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	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	*0.00	
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	

Thu - 05/22/2008																
ELEMENTARY LUNCH	Total	1														
MANAGERS CHOICE	1 EA	1	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	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	*0.00	
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	

Fri - 05/23/2008																
ELEMENTARY LUNCH	Total	1														
MANAGERS CHOICE	1 EA	1	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	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	*0.00	
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	

Weighted Average			657	*53	*1201	*6.94	*3.76	*476.94	*2068	*19.40	*28.78	*88.91	*21.25	*7.89	*0.00
											17.5%	54.1%	29.1%	10.8%	0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	657		664	99%		7	Correction Required - Calories are Low  Correction Required - Sodium too High          Correction Required - Sat. Fat too High
Cholesterol (mg)	53		150	35%	Missing		
Sodium (mg)	1201		1200	100%	Missing		
Fiber (g)	6.94		4.50	154%	Missing		
Iron (mg)	3.76		3.47	108%	Missing		
Calcium (mg)	476.94		286.00	167%	Missing		
Vitamin A (IU)	2068		1119	185%	Missing		
Vitamin C (mg)	19.40		15.24	127%	Missing		
Protein (g)	28.78	17.52%	9.77	295%	Missing		
Carbohydrate (g)	88.91	54.11%	0.00		Missing		
Total Fat (g)	21.25	29.10%	<30.00		Missing		
Saturated Fat (g)	7.89	10.80%	<10.00		Missing		
Trans Fat (g)	0.00	0.00%					