

San Marcos Unified School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 31, 2012

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High Lunch - Traditional

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/01/2012															
High Lunch - Traditional	Total														
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
SANDWICH, BBQ CHICKEN	1 EACH	327	80	495	3.00	3.19	88.7	126	25	0.47	34.0	40.24	5.49	1.50	*0.00
BOSCO STICKS, CHEESE	1 EACH	480	20	912	4.90	5.99	591.5	347	69	7.2	30.68	65.26	10.57	4.83	*0.00
SANDWICH, TURKEY PASTRAMI CHS	1 EACH	410	79	1457	3.14	4.70	263.6	164	33	0.0	28.0	38.85	16.05	4.56	*0.00
SANDWICH, TURK/HAM & CHEES	1 EACH	338	72	1446	4.65	2.74	141.8	474	77	3.87	26.05	28.21	16.2	4.80	*0.00
SALAD, CHEF'S WITH CRACKER	1 EACH	593	64	1409	6.70	9.70	321.5	13938	1609	36.37	26.92	47.81	34.39	8.47	*0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
SANDWICH, MEATBALL	1 EACH	402	67	940	4.70	4.24	312.0	244	49	3.6	26.37	44.7	13.3	6.40	*0.00
PIZZA, FRENCH BRD PEP 8"-S	1 EACH	355	35	760	1.00	0.90	400.0	350	70	9.0	21.5	36.0	13.5	7.00	0.00
CHICKEN, SWEET & SOUR W/ RI CE	1 EACH	458	50	876	2.49	3.03	34.0	4157	475	17.72	17.47	75.92	8.48	1.13	*0.00
SALAD, ORIENTAL CHICKEN	1 EACH	413	71	1216	4.13	1.19	50.5	10215	1246	57.51	27.01	29.3	20.74	3.88	*0.00
BEEF GORDITA WRAP	1 EACH	420	87	847	*2.33	*3.01	*74.5	*135	*17	*2.15	27.96	26.73	22.12	*4.70	*0.00
BANANA, FRESH	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
EDAMAME, SHELLLED	1 EACH	80	0	10	2.67	1.80	100.0	133	27	16.0	7.33	6.0	4.0	0.33	0.00
JUICE, APPLE 4 OZ	1 EACH	55	0	0	0.00	0.72	0.0	0	0	0.0	0.0	14.0	0.0	0.00	*N/A*
PINEAPPLE TIDBITS, CANNED	.5 CUP	59	0	2	0.90	0.45	16.2	43	9	8.46	0.41	15.25	0.14	0.02	0.00
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		740	56	1086	*11.07	*7.69	*396.8	*7850	*570	*51.61	35.36	106.61	22.70	*5.42	*0.00
% of Calories											19.1%	57.6%	27.6%	*6.6%	*0.0%
Nutrient Guideline		846				4.50	400.00	1500		19.18	16.70		<=30.0	<10.00	
% of Guideline Satisfied		88%				171%	99%	523%		269%	212%				
Shortfall		106					3.16								

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¹ - denotes optional nutrient values

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San Marcos Unified School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 31, 2012

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High Lunch - Traditional

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/02/2012															
High Lunch - Traditional	Total														
SANDWICH, HOT CHICKEN-S	1 EACH	354	41	704	4.00	3.80	106.0	168	34	1.0	23.0	44.0	13.0	2.50	0.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
QUESADILLA, VEGETABLE	1 EACH	182	0	601	1.22	1.93	212.3	87	17	3.07	4.45	30.44	4.53	1.01	*1.00
SANDWICH, TURKEY AVOC CHE ESE	1 EACH	440	44	1771	7.30	3.13	184.6	339	56	4.22	29.36	46.11	17.77	5.05	*0.00
SANDWICH, CHICKEN SALAD	1 EACH	318	56	1042	3.12	4.19	125.1	142	22	0.24	24.25	39.27	8.88	0.57	*0.00
SALAD, TURKEY BACON CLUB & CRK	1 EACH	484	95	1441	4.22	9.36	338.6	9666	1140	25.0	36.9	28.51	24.41	10.12	*0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
LASAGNA AND BREADSTICK	1 EACH	508	149	1031	*5.44	*3.63	*394.5	*1223	*245	*8.9	27.06	54.35	18.79	*7.17	*N/A*
PIZZA, FRENCH BRD PEP 8"-S	1 EACH	355	35	760	1.00	0.90	400.0	350	70	9.0	21.5	36.0	13.5	7.00	0.00
CHICKEN, TERIYAKI BWL & RICE-	1 EACH	410	85	1346	2.81	3.71	60.4	4445	533	24.15	27.05	62.67	4.58	1.15	*0.00
SALAD, ASIAN NOODLE CHICKE	1 EACH	411	70	1453	2.06	2.82	60.3	1737	347	53.17	24.13	31.76	20.38	2.58	*0.00
HAMBURGER W/ GUACAMOLE	1 EACH	429	42	1026	8.32	4.39	491.6	390	66	2.9	23.06	34.13	22.53	6.00	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
APPLES, FRESH	1 EACH	72	0	1	3.33	0.17	8.3	75	7	6.39	0.36	19.18	0.24	0.04	*N/A*
TRAIL MIX, SUNFLOWER/RAISIN	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
SHAPE-UPS, FROZEN JUICE	1 EACH	83	0	14	0.00	0.00	0.0	0	0	82.67	0.0	20.67	0.0	0.00	0.00
FRUIT COCKTAIL, CANNED	.5 CUP	65	0	7	1.13	0.33	6.8	232	24	2.15	0.45	16.93	0.08	0.01	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		890	70	1302	*10.93	*5.97	*582.5	*6789	*489	*110.03	38.53	132.84	26.10	*5.81	*0.05
% of Calories											17.3%	59.7%	26.4%	*5.9%	*0.1%
Nutrient Guideline		846				4.50	400.00	1500		19.18	16.70		<=30.0	<10.00	
% of Guideline Satisfied		105%				133%	146%	453%		574%	231%				

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High Lunch - Traditional

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Fri - 02/03/2012															
High Lunch - Traditional	Total														
CHICKEN, BRD STRIPS W/ BISCU SANDWICH, SPICY CHICKEN	1 EACH	210	45	412	0.00	2.00	25.0	163	33	1.0	16.0	14.0	12.0	2.00	0.00
PIZZA, STFD CRUST CHEESE-S	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
SANDWICH, TURKEY & CHEESE	1 EACH	390	15	940	2.00	5.40	350.0	500	153	0.0	18.0	45.0	15.0	4.50	0.00
SANDWICH, TURK/HAM & CHEES	1 EACH	336	56	1063	4.07	2.76	127.7	134	41	0.0	26.58	25.8	16.51	5.10	*0.00
SALAD, MEXI SHAKER	1 EACH	338	72	1446	4.65	2.74	141.8	474	77	3.87	26.05	28.21	16.2	4.80	*0.00
CRACKERS, GOLDFISH PARME SAN	1 EACH	435	56	1260	4.87	3.35	218.2	4740	251	2.61	25.36	32.82	21.78	7.98	*0.36
SALAD, CHICKEN CAESAR & CR	1 EACH	90	0	200	1.00	7.20	40.0	*N/A*	*0	0.0	3.0	14.0	3.0	1.00	0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
BOSCO STICKS, CHEESE	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
PIZZA, FRENCH BRD PEP 8"-S	1 EACH	480	20	912	4.90	5.99	591.5	347	69	7.2	30.68	65.26	10.57	4.83	*0.00
CHICKEN, SZECHWAN BWL & RI CE	1 EACH	355	35	760	1.00	0.90	400.0	350	70	9.0	21.5	36.0	13.5	7.00	0.00
SALAD, ORIENTAL CHICKEN	1 EACH	282	38	975	0.63	2.53	15.8	0	0	0.0	14.86	48.05	2.21	0.72	*0.00
PORK CARNITAS BOWL	1 EACH	413	71	1216	4.13	1.19	50.5	10215	1246	57.51	27.01	29.3	20.74	3.88	*0.00
MILK, VARIETY HOLLANDIA	PINT	559	107	1511	6.31	4.51	258.1	69	14	2.86	45.19	57.76	15.63	3.81	*1.00
ORANGES	.5 CUP	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
RAISINS	.25 CUP	42	0	0	2.16	0.09	36.0	202	19	47.88	0.85	10.57	0.11	0.02	*N/A*
CARROTS, BABY	.25 CUP	123	0	5	1.53	0.78	20.6	0	0	0.95	1.27	32.66	0.19	0.02	*N/A*
PEARS, CANNED	.5 CUP	20	0	44	1.64	0.50	18.1	7819	851	1.47	0.36	4.67	0.07	0.01	*N/A*
SALAD, SIDE	1 EACH	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
		39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		719	58	1282	10.87	5.06	604.0	*14817	*1321	65.64	36.42	109.63	17.69	5.10	*0.09
% of Calories										20.3%	61.0%	22.2%	6.4%	*0.1%	
Nutrient Guideline		846				4.50	400.00	1500		19.18	16.70	<=30.0	<10.00		
% of Guideline Satisfied		85%				112%	151%	988%		342%	218%				
Shortfall		127													

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
High Lunch - Traditional

Jan 31, 2012

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/06/2012															
High Lunch - Traditional	Total														
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
SANDWICH, HOT CHICKEN-S	1 EACH	354	41	704	4.00	3.80	106.0	168	34	1.0	23.0	44.0	13.0	2.50	0.00
BOSCO STICKS, CHEESE	1 EACH	480	20	912	4.90	5.99	591.5	347	69	7.2	30.68	65.26	10.57	4.83	*0.00
SANDWICH, TURK/HAM & CHEES	1 EACH	338	72	1446	4.65	2.74	141.8	474	77	3.87	26.05	28.21	16.2	4.80	*0.00
SANDWICH, TURKEY & CHEESE	1 EACH	387	49	1751	3.65	3.49	199.8	429	62	4.72	28.19	42.5	14.09	4.03	*0.00
SALAD, TUNA WITH CRACKERS	1 EACH	277	34	827	4.59	2.78	64.6	8900	981	23.09	17.75	31.44	8.72	1.27	*0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
CHICKEN PARMESAN W SPAGH	1 EACH	558	97	1133	3.24	4.76	346.8	1228	229	11.81	38.53	42.86	26.96	8.98	*0.00
ETTI															
PIZZA, FRENCH BRD PEP 8"-S	1 EACH	355	35	760	1.00	0.90	400.0	350	70	9.0	21.5	36.0	13.5	7.00	0.00
CHICKEN, ORANGE & RICE-S	1 EACH	464	62	950	2.49	3.11	34.0	4270	498	17.72	20.06	71.36	9.46	1.26	*0.00
SALAD, ORIENTAL CHICKEN	1 EACH	413	71	1216	4.13	1.19	50.5	10215	1246	57.51	27.01	29.3	20.74	3.88	*0.00
SANDWICH, JALAPENO CHICKE	1 EACH	331	49	832	3.80	3.73	599.1	541	108	2.4	24.3	33.5	12.2	5.10	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
ORANGES	.5 CUP	42	0	0	2.16	0.09	36.0	202	19	47.88	0.85	10.57	0.11	0.02	*N/A*
TRAIL MIX, SUNFLOWER/RAISIN	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
SHAPE-UPS, FROZEN JUICE	1 EACH	83	0	14	0.00	0.00	0.0	0	0	82.67	0.0	20.67	0.0	0.00	0.00
PINEAPPLE TIDBITS, CANNED	.5 CUP	59	0	2	0.90	0.45	16.2	43	9	8.46	0.41	15.25	0.14	0.02	0.00
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		864	60	1223	9.19	5.68	658.7	*7578	*575	158.50	40.43	124.07	25.95	6.15	*0.00
% of Calories											18.7%	57.5%	27.1%	6.4%	*0.0%
Nutrient Guideline		846				4.50	400.00	1500		19.18	16.70		<=30.0	<10.00	
% of Guideline Satisfied		102%				126%	165%	505%		827%	242%				

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Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Tue - 02/07/2012															
High Lunch - Traditional	Total														
CHICKEN, RANCH WRAP	1 EACH	410	45	800	1.22	3.89	245.8	254	39	1.59	20.67	44.29	18.54	3.26	*1.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
PIZZA, STFD CRUST CHEESE-S	1 EACH	390	15	940	2.00	5.40	350.0	500	153	0.0	18.0	45.0	15.0	4.50	0.00
SANDWICH, TURKEY CAESAR	1 EACH	490	57	2010	4.84	10.77	361.8	*3277	*147	2.76	34.63	57.82	14.95	6.08	*0.00
SANDWICH, TURK/HAM & CHEES	1 EACH	338	72	1446	4.65	2.74	141.8	474	77	3.87	26.05	28.21	16.2	4.80	*0.00
SALAD, TURKEY BACON CLUB & CRK	1 EACH	484	95	1441	4.22	9.36	338.6	9666	1140	25.0	36.9	28.51	24.41	10.12	*0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
BOSCO STICKS, CHEESE	1 EACH	480	20	912	4.90	5.99	591.5	347	69	7.2	30.68	65.26	10.57	4.83	*0.00
PIZZA, FRENCH BRD PEP 8"-S	1 EACH	355	35	760	1.00	0.90	400.0	350	70	9.0	21.5	36.0	13.5	7.00	0.00
BEEF TERIYAKI DIPPERS & RICE	1 EACH	439	49	1225	2.49	4.52	81.5	4250	494	17.72	22.61	65.15	9.19	3.44	*0.00
SALAD, ASIAN NOODLE CHICKE	1 EACH	411	70	1453	2.06	2.82	60.3	1737	347	53.17	24.13	31.76	20.38	2.58	*0.00
COOKIE, FORTUNE	1 EACH	20	0	0	0.00	0.00	0.0	0	0	0.0	0.7	4.0	0.0	0.00	0.00
TACO PASTA	1 EACH	269	74	411	*0.65	*1.57	*17.3	*135	*17	*2.15	21.51	9.38	15.68	*4.24	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
BANANA, FRESH	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
JUICE, ORANGE 4 OZ	1 EACH	60	0	0	0.00	0.00	0.0	0	0	30.0	1.0	14.0	0.0	0.00	*N/A*
CUCUMBER	.25 CUP	4	0	1	0.21	0.07	4.2	21	2	0.95	0.18	0.64	0.05	0.00	*N/A*
PEARS, CANNED	.5 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		804	63	1339	*9.02	*6.16	*598.5	*7477	*542	*59.39	39.26	121.27	20.42	*5.90	*0.10
% of Calories										19.5%	60.3%	22.9%	*6.6%	*0.1%	
Nutrient Guideline		846				4.50	400.00	1500		19.18	16.70		<=30.0	<10.00	
% of Guideline Satisfied		95%				137%	150%	498%		310%	235%				
Shortfall		42													

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values

San Marcos Unified School District
Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
High Lunch - Traditional

Jan 31, 2012

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/08/2012															
High Lunch - Traditional	Total														
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
HAMBURGER W/ CHEESE	1 EACH	360	55	908	4.10	3.63	146.6	134	41	0.0	24.04	27.83	16.93	6.79	*0.00
HUMMUS, VEG, CHEESE & PITA	1 EACH	426	15	890	8.53	4.52	308.3	*16102	*1766	9.51	18.45	48.81	17.64	4.56	*0.00
SANDWICH, ITALIAN SUB	1 EACH	529	75	1585	4.06	3.86	527.6	404	79	2.28	37.13	46.13	24.27	9.25	*0.00
SANDWICH, TURKEY & CHEESE	1 EACH	387	49	1751	3.65	3.49	199.8	429	62	4.72	28.19	42.5	14.09	4.03	*0.00
SALAD, CHEF'S WITH CRACKER	1 EACH	593	64	1409	6.70	9.70	321.5	13938	1609	36.37	26.92	47.81	34.39	8.47	*0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
CHICKEN, ALFREDO & BREADS	1 EACH	431	55	725	4.12	3.28	84.1	95	19	0.0	19.92	54.9	14.37	3.07	*0.00
TICK															
PIZZA, FRENCH BRD PEP 8"-S	1 EACH	355	35	760	1.00	0.90	400.0	350	70	9.0	21.5	36.0	13.5	7.00	0.00
CHICKEN, KUNG PAO & RICE	1 EACH	401	34	1171	1.61	2.60	35.4	978	20	52.8	15.98	68.95	5.33	1.10	*0.00
SALAD, ORIENTAL CHICKEN	1 EACH	413	71	1216	4.13	1.19	50.5	10215	1246	57.51	27.01	29.3	20.74	3.88	*0.00
SANDWICH, BUFFALO CHICKEN	1 EACH	377	53	1313	4.00	2.95	253.2	534	107	9.02	27.17	42.74	14.47	3.43	*0.00
GRAPES, FRESH	1 CUP	62	0	2	0.83	0.27	12.9	92	9	3.68	0.58	15.78	0.32	0.10	*N/A*
TRAIL MIX, SUNFLOWER/RAISIN	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
CARROTS, BABY	.25 CUP	20	0	44	1.64	0.50	18.1	7819	851	1.47	0.36	4.67	0.07	0.01	*N/A*
PEACHES, CANNED	.5 CUP	64	0	6	1.93	0.41	3.4	618	124	2.72	0.61	16.37	0.05	0.00	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		726	50	1202	10.90	6.67	304.0	*16128	*1495	27.79	29.86	98.18	27.31	6.20	*0.00
% of Calories											16.5%	54.1%	33.9%	7.7%	*0.0%
Nutrient Guideline		846				4.50	400.00	1500		19.18	16.70		<=30.0	<10.00	
% of Guideline Satisfied		86%				148%	76%	1075%		145%	179%				
Shortfall		120					95.96						OVER		

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San Marcos Unified School District
Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
High Lunch - Traditional

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/09/2012															
High Lunch - Traditional	Total														
SANDWICH, HOT CHICKEN-S	1 EACH	354	41	704	4.00	3.80	106.0	168	34	1.0	23.0	44.0	13.0	2.50	0.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
SANDWICH, PEANUT BUTTER & JLY	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
SANDWICH, CHICKEN SALAD	1 EACH	318	56	1042	3.12	4.19	125.1	142	22	0.24	24.25	39.27	8.88	0.57	*0.00
SANDWICH, TURK/HAM & CHEES	1 EACH	338	72	1446	4.65	2.74	141.8	474	77	3.87	26.05	28.21	16.2	4.80	*0.00
SALAD, SPICY CHICK RNCH & C RKR	1 EACH	563	60	955	5.01	9.15	108.8	*8916	*986	20.08	20.67	37.71	39.2	6.71	*0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
BOSCO STICKS, CHEESE	1 EACH	480	20	912	4.90	5.99	591.5	347	69	7.2	30.68	65.26	10.57	4.83	*0.00
PIZZA, FRENCH BRD PEP 8"-S	1 EACH	355	35	760	1.00	0.90	400.0	350	70	9.0	21.5	36.0	13.5	7.00	0.00
CHICKEN, SZECHWAN BWL & RI CE	1 EACH	282	38	975	0.63	2.53	15.8	0	0	0.0	14.86	48.05	2.21	0.72	*0.00
SALAD, ASIAN NOODLE CHICKE	1 EACH	411	70	1453	2.06	2.82	60.3	1737	347	53.17	24.13	31.76	20.38	2.58	*0.00
COOKIE, FORTUNE	1 EACH	20	0	0	0.00	0.00	0.0	0	0	0.0	0.7	4.0	0.0	0.00	0.00
BEEF, TOSTADA BOWL	1 EACH	515	88	863	3.80	2.78	128.7	579	101	9.3	22.62	41.09	26.71	11.84	*2.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
ORANGES	.5 CUP	42	0	0	2.16	0.09	36.0	202	19	47.88	0.85	10.57	0.11	0.02	*N/A*
EDAMAME, SHELLED	1 EACH	80	0	10	2.67	1.80	100.0	133	27	16.0	7.33	6.0	4.0	0.33	0.00
SHAPE-UPS, FROZEN JUICE	1 EACH	83	0	14	0.00	0.00	0.0	0	0	82.67	0.0	20.67	0.0	0.00	0.00
ORANGES, MANDARIN	1 EACH	90	0	0	1.00	0.36	0.0	0	0	6.0	1.0	21.0	0.0	0.00	0.00
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		810	*55	1151	8.94	6.06	602.1	*6905	*472	158.59	38.44	118.50	22.08	5.33	*0.10
% of Calories										19.0%	58.5%	24.5%	5.9%		*0.1%
Nutrient Guideline		846				4.50	400.00	1500		19.18	16.70		<=30.0	<10.00	
% of Guideline Satisfied		96%				135%	151%	460%		827%	230%				
Shortfall		36													

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San Marcos Unified School District
Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
High Lunch - Traditional

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/10/2012															
High Lunch - Traditional	Total														
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
BOSCO STICKS, CHEESE	1 EACH	480	20	912	4.90	5.99	591.5	347	69	7.2	30.68	65.26	10.57	4.83	*0.00
WRAP, VEGETABLE	1 EACH	389	12	997	10.47	3.38	408.5	3597	532	18.08	15.54	52.85	12.83	4.31	*1.00
SANDWICH, TURKEY PASTRAMI CHS	1 EACH	410	79	1457	3.14	4.70	263.6	164	33	0.0	28.0	38.85	16.05	4.56	*0.00
SANDWICH, TURKEY & CHEESE	1 EACH	336	56	1063	4.07	2.76	127.7	134	41	0.0	26.58	25.8	16.51	5.10	*0.00
SALAD, CHICKEN WITH CRACKERS	1 EACH	251	55	917	3.97	9.54	109.3	*8874	*994	22.04	20.57	24.11	9.56	1.60	*0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
SPAGHETTI W MEAT SAUCE & BREAD	1 EACH	579	65	810	6.83	7.39	72.4	1504	354	17.29	33.44	75.83	15.63	4.89	*0.00
PIZZA, FRENCH BRD PEP 8"-S	1 EACH	355	35	760	1.00	0.90	400.0	350	70	9.0	21.5	36.0	13.5	7.00	0.00
CHICKEN, ORANGE & RICE-S	1 EACH	464	62	950	2.49	3.11	34.0	4270	498	17.72	20.06	71.36	9.46	1.26	*0.00
SALAD, ORIENTAL CHICKEN	1 EACH	413	71	1216	4.13	1.19	50.5	10215	1246	57.51	27.01	29.3	20.74	3.88	*0.00
CHICKEN, SOUTHWEST BWL & RICE	1 EACH	514	35	1934	9.60	7.04	710.2	440	88	12.4	25.84	79.85	9.86	1.47	*1.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
BANANA, FRESH	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
TRAIL MIX, SUNFLOWER/RAISIN	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
CARROTS, BABY	.25 CUP	20	0	44	1.64	0.50	18.1	7819	851	1.47	0.36	4.67	0.07	0.01	*N/A*
FRUIT COCKTAIL, CANNED	.5 CUP	65	0	7	1.13	0.33	6.8	232	24	2.15	0.45	16.93	0.08	0.01	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		875	56	1323	12.71	7.21	640.0	*15606	*1463	33.83	40.52	129.96	24.97	5.63	*0.15
% of Calories											18.5%	59.4%	25.7%	5.8%	*0.2%
Nutrient Guideline		846				4.50	400.00	1500		19.18	16.70		<=30.0	<10.00	
% of Guideline Satisfied		103%				160%	160%	1040%		176%	243%				

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San Marcos Unified School District
Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
High Lunch - Traditional

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/13/2012															
High Lunch - Traditional	Total														
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
SANDWICH, HOT CHICKEN-S	1 EACH	354	41	704	4.00	3.80	106.0	168	34	1.0	23.0	44.0	13.0	2.50	0.00
BOSCO STICKS, CHEESE	1 EACH	480	20	912	4.90	5.99	591.5	347	69	7.2	30.68	65.26	10.57	4.83	*0.00
SANDWICH, TURK/HAM & CHEES	1 EACH	338	72	1446	4.65	2.74	141.8	474	77	3.87	26.05	28.21	16.2	4.80	*0.00
SANDWICH, TURKEY & CHEESE	1 EACH	387	49	1751	3.65	3.49	199.8	429	62	4.72	28.19	42.5	14.09	4.03	*0.00
SALAD, TUNA WITH CRACKERS	1 EACH	277	34	827	4.59	2.78	64.6	8900	981	23.09	17.75	31.44	8.72	1.27	*0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
CHICKEN PARMESAN W SPAGH ETTI	1 EACH	558	97	1133	3.24	4.76	346.8	1228	229	11.81	38.53	42.86	26.96	8.98	*0.00
PIZZA, FRENCH BRD PEP 8"-S	1 EACH	355	35	760	1.00	0.90	400.0	350	70	9.0	21.5	36.0	13.5	7.00	0.00
CHICKEN, ORANGE & RICE-S	1 EACH	464	62	950	2.49	3.11	34.0	4270	498	17.72	20.06	71.36	9.46	1.26	*0.00
SALAD, ORIENTAL CHICKEN	1 EACH	413	71	1216	4.13	1.19	50.5	10215	1246	57.51	27.01	29.3	20.74	3.88	*0.00
SANDWICH, JALAPENO CHICKE	1 EACH	331	49	832	3.80	3.73	599.1	541	108	2.4	24.3	33.5	12.2	5.10	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
APPLES, FRESH	1 EACH	72	0	1	3.33	0.17	8.3	75	7	6.39	0.36	19.18	0.24	0.04	*N/A*
RAISINS	.25 CUP	123	0	5	1.53	0.78	20.6	0	0	0.95	1.27	32.66	0.19	0.02	*N/A*
JICAMA, FRESH	1 EACH	12	0	1	1.59	0.20	3.9	7	1	6.57	0.23	2.87	0.0	0.00	0.00
PEACHES, CANNED	.5 CUP	64	0	6	1.93	0.41	3.4	618	124	2.72	0.61	16.37	0.05	0.00	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average % of Calories		759	60	1218	12.24	5.03	617.5	*8033	*679	35.05	37.51 19.8%	118.84 62.6%	18.08 21.4%	5.17 6.1%	*0.00 *0.0%
Nutrient Guideline % of Guideline Satisfied		846 90%				4.50 112%	400.00 154%	1500 536%		19.18 183%	16.70 225%		<=30.0	<10.00	
Shortfall		87													

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San Marcos Unified School District
Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
 High Lunch - Traditional

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Tue - 02/14/2012															
High Lunch - Traditional	Total														
CHICKEN, RANCH WRAP	1 EACH	410	45	800	1.22	3.89	245.8	254	39	1.59	20.67	44.29	18.54	3.26	*1.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
PIZZA, STFD CRUST CHEESE-S	1 EACH	390	15	940	2.00	5.40	350.0	500	153	0.0	18.0	45.0	15.0	4.50	0.00
SANDWICH, TURKEY CAESAR	1 EACH	490	57	2010	4.84	10.77	361.8	*3277	*147	2.76	34.63	57.82	14.95	6.08	*0.00
SANDWICH, TURK/HAM & CHEES	1 EACH	338	72	1446	4.65	2.74	141.8	474	77	3.87	26.05	28.21	16.2	4.80	*0.00
SALAD, TURKEY BACON CLUB & CRK	1 EACH	484	95	1441	4.22	9.36	338.6	9666	1140	25.0	36.9	28.51	24.41	10.12	*0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
BOSCO STICKS, CHEESE	1 EACH	480	20	912	4.90	5.99	591.5	347	69	7.2	30.68	65.26	10.57	4.83	*0.00
PIZZA, FRENCH BRD PEP 8"-S	1 EACH	355	35	760	1.00	0.90	400.0	350	70	9.0	21.5	36.0	13.5	7.00	0.00
BEEF TERIYAKI DIPPERS & RICE	1 EACH	439	49	1225	2.49	4.52	81.5	4250	494	17.72	22.61	65.15	9.19	3.44	*0.00
SALAD, ASIAN NOODLE CHICKE	1 EACH	411	70	1453	2.06	2.82	60.3	1737	347	53.17	24.13	31.76	20.38	2.58	*0.00
COOKIE, FORTUNE	1 EACH	20	0	0	0.00	0.00	0.0	0	0	0.0	0.7	4.0	0.0	0.00	0.00
TACO PASTA	1 EACH	269	74	411	*0.65	*1.57	*17.3	*135	*17	*2.15	21.51	9.38	15.68	*4.24	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
ORANGES	.5 CUP	42	0	0	2.16	0.09	36.0	202	19	47.88	0.85	10.57	0.11	0.02	*N/A*
TRAIL MIX, SUNFLOWER/RAISIN	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
CARROTS, BABY	.25 CUP	20	0	44	1.64	0.50	18.1	7819	851	1.47	0.36	4.67	0.07	0.01	*N/A*
ORANGES, MANDARIN	1 EACH	90	0	0	1.00	0.36	0.0	0	0	6.0	1.0	21.0	0.0	0.00	0.00
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		991	63	1375	*11.99	*8.96	*667.2	*15412	*1402	*75.33	45.96	127.77	36.19	*7.82	*0.10
% of Calories										18.5%	51.5%	32.8%	*7.1%	*0.1%	
Nutrient Guideline		846				4.50	400.00	1500		19.18	16.70		<=30.0	<10.00	
% of Guideline Satisfied		117%				199%	167%	1027%		393%	275%				
Shortfall													OVER		

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San Marcos Unified School District
Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
High Lunch - Traditional

Jan 31, 2012

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/15/2012															
High Lunch - Traditional	Total														
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
HAMBURGER W/ CHEESE	1 EACH	360	55	908	4.10	3.63	146.6	134	41	0.0	24.04	27.83	16.93	6.79	*0.00
HUMMUS, VEG, CHEESE & PITA	1 EACH	426	15	890	8.53	4.52	308.3	*16102	*1766	9.51	18.45	48.81	17.64	4.56	*0.00
SANDWICH, ITALIAN SUB	1 EACH	529	75	1585	4.06	3.86	527.6	404	79	2.28	37.13	46.13	24.27	9.25	*0.00
SANDWICH, TURKEY & CHEESE	1 EACH	387	49	1751	3.65	3.49	199.8	429	62	4.72	28.19	42.5	14.09	4.03	*0.00
SALAD, CHEF'S WITH CRACKER	1 EACH	593	64	1409	6.70	9.70	321.5	13938	1609	36.37	26.92	47.81	34.39	8.47	*0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
CHICKEN, ALFREDO & BREADS	1 EACH	431	55	725	4.12	3.28	84.1	95	19	0.0	19.92	54.9	14.37	3.07	*0.00
TICK															
PIZZA, FRENCH BRD PEP 8"-S	1 EACH	355	35	760	1.00	0.90	400.0	350	70	9.0	21.5	36.0	13.5	7.00	0.00
CHICKEN, KUNG PAO & RICE	1 EACH	401	34	1171	1.61	2.60	35.4	978	20	52.8	15.98	68.95	5.33	1.10	*0.00
SALAD, ORIENTAL CHICKEN	1 EACH	413	71	1216	4.13	1.19	50.5	10215	1246	57.51	27.01	29.3	20.74	3.88	*0.00
SANDWICH, BUFFALO CHICKEN	1 EACH	377	53	1313	4.00	2.95	253.2	534	107	9.02	27.17	42.74	14.47	3.43	*0.00
BANANA, FRESH	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
EDAMAME, SHELLED	1 EACH	80	0	10	2.67	1.80	100.0	133	27	16.0	7.33	6.0	4.0	0.33	0.00
JUICE, APPLE 4 OZ	1 EACH	55	0	0	0.00	0.72	0.0	0	0	0.0	0.0	14.0	0.0	0.00	*N/A*
PINEAPPLE TIDBITS, CANNED	.5 CUP	59	0	2	0.90	0.45	16.2	43	9	8.46	0.41	15.25	0.14	0.02	0.00
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		735	50	1163	11.19	7.46	375.9	*7841	*555	52.56	33.66	106.17	23.35	5.54	*0.00
% of Calories											18.3%	57.8%	28.6%	6.8%	*0.0%
Nutrient Guideline		846				4.50	400.00	1500		19.18	16.70		<=30.0	<10.00	
% of Guideline Satisfied		87%				166%	94%	523%		274%	202%				
Shortfall		111					24.14								

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San Marcos Unified School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

High Lunch - Traditional

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/16/2012															
High Lunch - Traditional	Total														
SANDWICH, HOT CHICKEN-S	1 EACH	354	41	704	4.00	3.80	106.0	168	34	1.0	23.0	44.0	13.0	2.50	0.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
SANDWICH, PEANUT BUTTER & JLY	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
SANDWICH, CHICKEN SALAD	1 EACH	318	56	1042	3.12	4.19	125.1	142	22	0.24	24.25	39.27	8.88	0.57	*0.00
SANDWICH, TURK/HAM & CHEES	1 EACH	338	72	1446	4.65	2.74	141.8	474	77	3.87	26.05	28.21	16.2	4.80	*0.00
SALAD, SPICY CHICK RNCH & C RKR	1 EACH	563	60	955	5.01	9.15	108.8	*8916	*986	20.08	20.67	37.71	39.2	6.71	*0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
BOSCO STICKS, CHEESE	1 EACH	480	20	912	4.90	5.99	591.5	347	69	7.2	30.68	65.26	10.57	4.83	*0.00
PIZZA, FRENCH BRD PEP 8"-S	1 EACH	355	35	760	1.00	0.90	400.0	350	70	9.0	21.5	36.0	13.5	7.00	0.00
CHICKEN, SZECHWAN BWL & RI CE	1 EACH	282	38	975	0.63	2.53	15.8	0	0	0.0	14.86	48.05	2.21	0.72	*0.00
SALAD, ASIAN NOODLE CHICKE	1 EACH	411	70	1453	2.06	2.82	60.3	1737	347	53.17	24.13	31.76	20.38	2.58	*0.00
COOKIE, FORTUNE	1 EACH	20	0	0	0.00	0.00	0.0	0	0	0.0	0.7	4.0	0.0	0.00	0.00
BEEF, TOSTADA BOWL	1 EACH	515	88	863	3.80	2.78	128.7	579	101	9.3	22.62	41.09	26.71	11.84	*2.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
APPLES, FRESH	1 EACH	72	0	1	3.33	0.17	8.3	75	7	6.39	0.36	19.18	0.24	0.04	*N/A*
TRAIL MIX, SUNFLOWER/RAISIN	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
SHAPE-UPS, FROZEN JUICE	1 EACH	83	0	14	0.00	0.00	0.0	0	0	82.67	0.0	20.67	0.0	0.00	0.00
FRUIT COCKTAIL, CANNED	.5 CUP	65	0	7	1.13	0.33	6.8	232	24	2.15	0.45	16.93	0.08	0.01	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		905	*55	1155	10.41	6.47	546.2	*6943	*470	105.85	37.24	133.54	28.28	6.20	*0.10
% of Calories										16.5%	59.1%	28.1%	6.2%	*0.1%	
Nutrient Guideline		846				4.50	400.00	1500		19.18	16.70		<=30.0	<10.00	
% of Guideline Satisfied		107%				144%	137%	463%		552%	223%				

Fri - 02/17/2012															
High Lunch - Traditional	Total														
HOLIDAY	1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	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%	0.0%
Nutrient Guideline		846				4.50	400.00	1500		19.18	16.70		<=30.0	<10.00	
% of Guideline Satisfied		0%				0%	0%	0%		0%	0%				
Shortfall		846				4.50	400.00	1500		19.18	16.70		OVER	OVER	

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San Marcos Unified School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

High Lunch - Traditional

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/20/2012															
High Lunch - Traditional HOLIDAY	Total 1 EACH	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline % of Guideline Satisfied		846				4.50	400.00	1500		19.18	16.70		<=30.0	<10.00	
Shortfall		846				4.50	400.00	1500		19.18	16.70		OVER	OVER	

Tue - 02/21/2012															
High Lunch - Traditional	Total														
CHICKEN, RANCH WRAP	1 EACH	410	45	800	1.22	3.89	245.8	254	39	1.59	20.67	44.29	18.54	3.26	*1.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
PIZZA, STFD CRUST CHEESE-S	1 EACH	390	15	940	2.00	5.40	350.0	500	153	0.0	18.0	45.0	15.0	4.50	0.00
SANDWICH, TURKEY CAESAR	1 EACH	490	57	2010	4.84	10.77	361.8	*3277	*147	2.76	34.63	57.82	14.95	6.08	*0.00
SANDWICH, TURK/HAM & CHEES	1 EACH	338	72	1446	4.65	2.74	141.8	474	77	3.87	26.05	28.21	16.2	4.80	*0.00
SALAD, TURKEY BACON CLUB & CRK	1 EACH	484	95	1441	4.22	9.36	338.6	9666	1140	25.0	36.9	28.51	24.41	10.12	*0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
BOSCO STICKS, CHEESE	1 EACH	480	20	912	4.90	5.99	591.5	347	69	7.2	30.68	65.26	10.57	4.83	*0.00
PIZZA, FRENCH BRD PEP 8"-S	1 EACH	355	35	760	1.00	0.90	400.0	350	70	9.0	21.5	36.0	13.5	7.00	0.00
BEEF TERIYAKI DIPPERS & RICE	1 EACH	439	49	1225	2.49	4.52	81.5	4250	494	17.72	22.61	65.15	9.19	3.44	*0.00
SALAD, ASIAN NOODLE CHICKE	1 EACH	411	70	1453	2.06	2.82	60.3	1737	347	53.17	24.13	31.76	20.38	2.58	*0.00
COOKIE, FORTUNE	1 EACH	20	0	0	0.00	0.00	0.0	0	0	0.0	0.7	4.0	0.0	0.00	0.00
TACO PASTA	1 EACH	269	74	411	*0.65	*1.57	*17.3	*135	*17	*2.15	21.51	9.38	15.68	*4.24	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
BANANA, FRESH	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
JUICE, ORANGE 4 OZ	1 EACH	60	0	0	0.00	0.00	0.0	0	0	30.0	1.0	14.0	0.0	0.00	*N/A*
CUCUMBER	.25 CUP	4	0	1	0.21	0.07	4.2	21	2	0.95	0.18	0.64	0.05	0.00	*N/A*
PEARS, CANNED	.5 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average % of Calories		804	63	1339	*9.02	*6.16	*598.5	*7477	*542	*59.39	39.26	121.27	20.42	*5.90	*0.10
											19.5%	60.3%	22.9%	*6.6%	*0.1%
Nutrient Guideline % of Guideline Satisfied		846				4.50	400.00	1500		19.18	16.70		<=30.0	<10.00	
Shortfall		42				137%	150%	498%		310%	235%				

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San Marcos Unified School District
Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
High Lunch - Traditional

Jan 31, 2012

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/22/2012															
High Lunch - Traditional	Total														
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
HAMBURGER W/ CHEESE	1 EACH	360	55	908	4.10	3.63	146.6	134	41	0.0	24.04	27.83	16.93	6.79	*0.00
HUMMUS, VEG, CHEESE & PITA	1 EACH	426	15	890	8.53	4.52	308.3	*16102	*1766	9.51	18.45	48.81	17.64	4.56	*0.00
SANDWICH, ITALIAN SUB	1 EACH	529	75	1585	4.06	3.86	527.6	404	79	2.28	37.13	46.13	24.27	9.25	*0.00
SANDWICH, TURKEY & CHEESE	1 EACH	387	49	1751	3.65	3.49	199.8	429	62	4.72	28.19	42.5	14.09	4.03	*0.00
SALAD, CHEF'S WITH CRACKER	1 EACH	593	64	1409	6.70	9.70	321.5	13938	1609	36.37	26.92	47.81	34.39	8.47	*0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
CHICKEN, ALFREDO & BREADS TICK	1 EACH	431	55	725	4.12	3.28	84.1	95	19	0.0	19.92	54.9	14.37	3.07	*0.00
PIZZA, FRENCH BRD PEP 8"-S	1 EACH	355	35	760	1.00	0.90	400.0	350	70	9.0	21.5	36.0	13.5	7.00	0.00
CHICKEN, KUNG PAO & RICE	1 EACH	401	34	1171	1.61	2.60	35.4	978	20	52.8	15.98	68.95	5.33	1.10	*0.00
SALAD, ORIENTAL CHICKEN	1 EACH	413	71	1216	4.13	1.19	50.5	10215	1246	57.51	27.01	29.3	20.74	3.88	*0.00
SANDWICH, BUFFALO CHICKEN	1 EACH	377	53	1313	4.00	2.95	253.2	534	107	9.02	27.17	42.74	14.47	3.43	*0.00
GRAPES, FRESH	1 CUP	62	0	2	0.83	0.27	12.9	92	9	3.68	0.58	15.78	0.32	0.10	*N/A*
TRAIL MIX, SUNFLOWER/RAISIN	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
CARROTS, BABY	.25 CUP	20	0	44	1.64	0.50	18.1	7819	851	1.47	0.36	4.67	0.07	0.01	*N/A*
PEACHES, CANNED	.5 CUP	64	0	6	1.93	0.41	3.4	618	124	2.72	0.61	16.37	0.05	0.00	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average % of Calories		726	50	1202	10.90	6.67	304.0	*16128	*1495	27.79	29.86 16.5%	98.18 54.1%	27.31 33.9%	6.20 7.7%	*0.00 *0.0%
Nutrient Guideline % of Guideline Satisfied		846 86%				4.50 148%	400.00 76%	1500 1075%		19.18 145%	16.70 179%		<=30.0	<10.00	
Shortfall		120					95.96						OVER		

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San Marcos Unified School District
Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
High Lunch - Traditional

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/23/2012															
High Lunch - Traditional	Total														
SANDWICH, HOT CHICKEN-S	1 EACH	354	41	704	4.00	3.80	106.0	168	34	1.0	23.0	44.0	13.0	2.50	0.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
SANDWICH, PEANUT BUTTER & JLY	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
SANDWICH, CHICKEN SALAD	1 EACH	318	56	1042	3.12	4.19	125.1	142	22	0.24	24.25	39.27	8.88	0.57	*0.00
SANDWICH, TURK/HAM & CHEES	1 EACH	338	72	1446	4.65	2.74	141.8	474	77	3.87	26.05	28.21	16.2	4.80	*0.00
SALAD, SPICY CHICK RNCH & C RKR	1 EACH	563	60	955	5.01	9.15	108.8	*8916	*986	20.08	20.67	37.71	39.2	6.71	*0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
BOSCO STICKS, CHEESE	1 EACH	480	20	912	4.90	5.99	591.5	347	69	7.2	30.68	65.26	10.57	4.83	*0.00
PIZZA, FRENCH BRD PEP 8"-S	1 EACH	355	35	760	1.00	0.90	400.0	350	70	9.0	21.5	36.0	13.5	7.00	0.00
CHICKEN, SZECHWAN BWL & RI CE	1 EACH	282	38	975	0.63	2.53	15.8	0	0	0.0	14.86	48.05	2.21	0.72	*0.00
SALAD, ASIAN NOODLE CHICKE	1 EACH	411	70	1453	2.06	2.82	60.3	1737	347	53.17	24.13	31.76	20.38	2.58	*0.00
COOKIE, FORTUNE	1 EACH	20	0	0	0.00	0.00	0.0	0	0	0.0	0.7	4.0	0.0	0.00	0.00
BEEF, TOSTADA BOWL	1 EACH	515	88	863	3.80	2.78	128.7	579	101	9.3	22.62	41.09	26.71	11.84	*2.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
ORANGES	.5 CUP	42	0	0	2.16	0.09	36.0	202	19	47.88	0.85	10.57	0.11	0.02	*N/A*
EDAMAME, SHELLED	1 EACH	80	0	10	2.67	1.80	100.0	133	27	16.0	7.33	6.0	4.0	0.33	0.00
SHAPE-UPS, FROZEN JUICE	1 EACH	83	0	14	0.00	0.00	0.0	0	0	82.67	0.0	20.67	0.0	0.00	0.00
ORANGES, MANDARIN	1 EACH	90	0	0	1.00	0.36	0.0	0	0	6.0	1.0	21.0	0.0	0.00	0.00
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		810	*55	1151	8.94	6.06	602.1	*6905	*472	158.59	38.44	118.50	22.08	5.33	*0.10
% of Calories										19.0%	58.5%	24.5%	5.9%		*0.1%
Nutrient Guideline		846				4.50	400.00	1500		19.18	16.70		<=30.0	<10.00	
% of Guideline Satisfied		96%				135%	151%	460%		827%	230%				
Shortfall		36													

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¹ - denotes optional nutrient values

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San Marcos Unified School District
Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
 High Lunch - Traditional

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/24/2012															
High Lunch - Traditional	Total														
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
BOSCO STICKS, CHEESE	1 EACH	480	20	912	4.90	5.99	591.5	347	69	7.2	30.68	65.26	10.57	4.83	*0.00
WRAP, VEGETABLE	1 EACH	389	12	997	10.47	3.38	408.5	3597	532	18.08	15.54	52.85	12.83	4.31	*1.00
SANDWICH, TURKEY PASTRAMI CHS	1 EACH	410	79	1457	3.14	4.70	263.6	164	33	0.0	28.0	38.85	16.05	4.56	*0.00
SANDWICH, TURKEY & CHEESE	1 EACH	336	56	1063	4.07	2.76	127.7	134	41	0.0	26.58	25.8	16.51	5.10	*0.00
SALAD, CHICKEN WITH CRACKERS	1 EACH	251	55	917	3.97	9.54	109.3	*8874	*994	22.04	20.57	24.11	9.56	1.60	*0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
SPAGHETTI W MEAT SAUCE & BREAD	1 EACH	579	65	810	6.83	7.39	72.4	1504	354	17.29	33.44	75.83	15.63	4.89	*0.00
PIZZA, FRENCH BRD PEP 8"-S	1 EACH	355	35	760	1.00	0.90	400.0	350	70	9.0	21.5	36.0	13.5	7.00	0.00
CHICKEN, ORANGE & RICE-S	1 EACH	464	62	950	2.49	3.11	34.0	4270	498	17.72	20.06	71.36	9.46	1.26	*0.00
SALAD, ORIENTAL CHICKEN	1 EACH	413	71	1216	4.13	1.19	50.5	10215	1246	57.51	27.01	29.3	20.74	3.88	*0.00
CHICKEN, SOUTHWEST BWL & RICE	1 EACH	514	35	1934	9.60	7.04	710.2	440	88	12.4	25.84	79.85	9.86	1.47	*1.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
BANANA, FRESH	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
TRAIL MIX, SUNFLOWER/RAISIN	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
CARROTS, BABY	.25 CUP	20	0	44	1.64	0.50	18.1	7819	851	1.47	0.36	4.67	0.07	0.01	*N/A*
FRUIT COCKTAIL, CANNED	.5 CUP	65	0	7	1.13	0.33	6.8	232	24	2.15	0.45	16.93	0.08	0.01	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		875	56	1323	12.71	7.21	640.0	*15606	*1463	33.83	40.52	129.96	24.97	5.63	*0.15
% of Calories											18.5%	59.4%	25.7%	5.8%	*0.2%
Nutrient Guideline		846				4.50	400.00	1500		19.18	16.70		<=30.0	<10.00	
% of Guideline Satisfied		103%				160%	160%	1040%		176%	243%				

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San Marcos Unified School District
Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
High Lunch - Traditional

Jan 31, 2012

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/27/2012															
High Lunch - Traditional	Total														
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
SANDWICH, HOT CHICKEN-S	1 EACH	354	41	704	4.00	3.80	106.0	168	34	1.0	23.0	44.0	13.0	2.50	0.00
BOSCO STICKS, CHEESE	1 EACH	480	20	912	4.90	5.99	591.5	347	69	7.2	30.68	65.26	10.57	4.83	*0.00
SANDWICH, TURK/HAM & CHEES	1 EACH	338	72	1446	4.65	2.74	141.8	474	77	3.87	26.05	28.21	16.2	4.80	*0.00
SANDWICH, TURKEY & CHEESE	1 EACH	387	49	1751	3.65	3.49	199.8	429	62	4.72	28.19	42.5	14.09	4.03	*0.00
SALAD, TUNA WITH CRACKERS	1 EACH	277	34	827	4.59	2.78	64.6	8900	981	23.09	17.75	31.44	8.72	1.27	*0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
CHICKEN PARMESAN W SPAGH	1 EACH	558	97	1133	3.24	4.76	346.8	1228	229	11.81	38.53	42.86	26.96	8.98	*0.00
ETTI															
PIZZA, FRENCH BRD PEP 8"-S	1 EACH	355	35	760	1.00	0.90	400.0	350	70	9.0	21.5	36.0	13.5	7.00	0.00
CHICKEN, ORANGE & RICE-S	1 EACH	464	62	950	2.49	3.11	34.0	4270	498	17.72	20.06	71.36	9.46	1.26	*0.00
SALAD, ORIENTAL CHICKEN	1 EACH	413	71	1216	4.13	1.19	50.5	10215	1246	57.51	27.01	29.3	20.74	3.88	*0.00
SANDWICH, JALAPENO CHICKE	1 EACH	331	49	832	3.80	3.73	599.1	541	108	2.4	24.3	33.5	12.2	5.10	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
APPLES, FRESH	1 EACH	72	0	1	3.33	0.17	8.3	75	7	6.39	0.36	19.18	0.24	0.04	*N/A*
RAISINS	.25 CUP	123	0	5	1.53	0.78	20.6	0	0	0.95	1.27	32.66	0.19	0.02	*N/A*
JICAMA, FRESH	1 EACH	12	0	1	1.59	0.20	3.9	7	1	6.57	0.23	2.87	0.0	0.00	0.00
PEACHES, CANNED	.5 CUP	64	0	6	1.93	0.41	3.4	618	124	2.72	0.61	16.37	0.05	0.00	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		759	60	1218	12.24	5.03	617.5	*8033	*679	35.05	37.51	118.84	18.08	5.17	*0.00
% of Calories										19.8%	62.6%	21.4%	6.1%	*0.0%	
Nutrient Guideline		846				4.50	400.00	1500		19.18	16.70		<=30.0	<10.00	
% of Guideline Satisfied		90%				112%	154%	536%		183%	225%				
Shortfall		87													

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San Marcos Unified School District
Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
 High Lunch - Traditional

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Tue - 02/28/2012															
High Lunch - Traditional	Total														
CHICKEN, RANCH WRAP	1 EACH	410	45	800	1.22	3.89	245.8	254	39	1.59	20.67	44.29	18.54	3.26	*1.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
PIZZA, STFD CRUST CHEESE-S	1 EACH	390	15	940	2.00	5.40	350.0	500	153	0.0	18.0	45.0	15.0	4.50	0.00
SANDWICH, TURKEY CAESAR	1 EACH	490	57	2010	4.84	10.77	361.8	*3277	*147	2.76	34.63	57.82	14.95	6.08	*0.00
SANDWICH, TURK/HAM & CHEES	1 EACH	338	72	1446	4.65	2.74	141.8	474	77	3.87	26.05	28.21	16.2	4.80	*0.00
SALAD, TURKEY BACON CLUB & CRK	1 EACH	484	95	1441	4.22	9.36	338.6	9666	1140	25.0	36.9	28.51	24.41	10.12	*0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
BOSCO STICKS, CHEESE	1 EACH	480	20	912	4.90	5.99	591.5	347	69	7.2	30.68	65.26	10.57	4.83	*0.00
PIZZA, FRENCH BRD PEP 8"-S	1 EACH	355	35	760	1.00	0.90	400.0	350	70	9.0	21.5	36.0	13.5	7.00	0.00
BEEF TERIYAKI DIPPERS & RICE	1 EACH	439	49	1225	2.49	4.52	81.5	4250	494	17.72	22.61	65.15	9.19	3.44	*0.00
SALAD, ASIAN NOODLE CHICKE	1 EACH	411	70	1453	2.06	2.82	60.3	1737	347	53.17	24.13	31.76	20.38	2.58	*0.00
COOKIE, FORTUNE	1 EACH	20	0	0	0.00	0.00	0.0	0	0	0.0	0.7	4.0	0.0	0.00	0.00
TACO PASTA	1 EACH	269	74	411	*0.65	*1.57	*17.3	*135	*17	*2.15	21.51	9.38	15.68	*4.24	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
ORANGES	.5 CUP	42	0	0	2.16	0.09	36.0	202	19	47.88	0.85	10.57	0.11	0.02	*N/A*
TRAIL MIX, SUNFLOWER/RAISIN	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
CARROTS, BABY	.25 CUP	20	0	44	1.64	0.50	18.1	7819	851	1.47	0.36	4.67	0.07	0.01	*N/A*
ORANGES, MANDARIN	1 EACH	90	0	0	1.00	0.36	0.0	0	0	6.0	1.0	21.0	0.0	0.00	0.00
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		991	63	1375	*11.99	*8.96	*667.2	*15412	*1402	*75.33	45.96	127.77	36.19	*7.82	*0.10
% of Calories										18.5%	51.5%	32.8%	*7.1%	*0.1%	
Nutrient Guideline		846				4.50	400.00	1500		19.18	16.70		<=30.0	<10.00	
% of Guideline Satisfied		117%				199%	167%	1027%		393%	275%				
Shortfall													OVER		

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 1 - denotes optional nutrient values

San Marcos Unified School District
Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
 High Lunch - Traditional

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Wed - 02/29/2012															
High Lunch - Traditional	Total														
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
HAMBURGER W/ CHEESE	1 EACH	360	55	908	4.10	3.63	146.6	134	41	0.0	24.04	27.83	16.93	6.79	*0.00
HUMMUS, VEG, CHEESE & PITA	1 EACH	426	15	890	8.53	4.52	308.3	*16102	*1766	9.51	18.45	48.81	17.64	4.56	*0.00
SANDWICH, ITALIAN SUB	1 EACH	529	75	1585	4.06	3.86	527.6	404	79	2.28	37.13	46.13	24.27	9.25	*0.00
SANDWICH, TURKEY & CHEESE	1 EACH	387	49	1751	3.65	3.49	199.8	429	62	4.72	28.19	42.5	14.09	4.03	*0.00
SALAD, CHEF'S WITH CRACKER	1 EACH	593	64	1409	6.70	9.70	321.5	13938	1609	36.37	26.92	47.81	34.39	8.47	*0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
SANDWICH, 1/2 DELI & YOGURT	1 EACH	399	41	858	2.33	1.37	270.7	337	59	5.53	22.02	59.06	10.1	3.40	*0.00
CHICKEN, ALFREDO & BREADS	1 EACH	431	55	725	4.12	3.28	84.1	95	19	0.0	19.92	54.9	14.37	3.07	*0.00
TICK															
PIZZA, FRENCH BRD PEP 8"-S	1 EACH	355	35	760	1.00	0.90	400.0	350	70	9.0	21.5	36.0	13.5	7.00	0.00
CHICKEN, KUNG PAO & RICE	1 EACH	401	34	1171	1.61	2.60	35.4	978	20	52.8	15.98	68.95	5.33	1.10	*0.00
SALAD, ORIENTAL CHICKEN	1 EACH	413	71	1216	4.13	1.19	50.5	10215	1246	57.51	27.01	29.3	20.74	3.88	*0.00
SANDWICH, BUFFALO CHICKEN	1 EACH	377	53	1313	4.00	2.95	253.2	534	107	9.02	27.17	42.74	14.47	3.43	*0.00
BANANA, FRESH	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
EDAMAME, SHELLED	1 EACH	80	0	10	2.67	1.80	100.0	133	27	16.0	7.33	6.0	4.0	0.33	0.00
JUICE, APPLE 4 OZ	1 EACH	55	0	0	0.00	0.72	0.0	0	0	0.0	0.0	14.0	0.0	0.00	*N/A*
PINEAPPLE TIDBITS, CANNED	.5 CUP	59	0	2	0.90	0.45	16.2	43	9	8.46	0.41	15.25	0.14	0.02	0.00
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		735	50	1163	11.19	7.46	375.9	*7841	*555	52.56	33.66	106.17	23.35	5.54	*0.00
% of Calories										18.3%	57.8%	28.6%	6.8%	*0.0%	
Nutrient Guideline		846				4.50	400.00	1500		19.18	16.70		<=30.0	<10.00	
% of Guideline Satisfied		87%				166%	94%	523%		274%	202%				
Shortfall		111					24.14								
Weighted Average		817	*57	1242	*10.87	*6.63	*547.3	*10462	*876	*72.46	37.81	118.32	24.50	*5.89	*0.06
											18.5%	57.9%	27.0%	*6.5%	*0.1%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - denotes optional nutrient values

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San Marcos Unified School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
High Lunch - Traditional

Jan 31, 2012

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	817		846					29									Correction Required - Calories are Low
Cholesterol (mg)	57					Missing											
Sodium (mg)	1242					Missing											
Fiber (g)	10.87					Missing											
Iron (mg)	6.63		4.50	147%	Missing												
Calcium (mg)	547.3		400.00	137%	Missing												
Vitamin A (IU)	10462		1500	697%	Missing												
Vitamin A (RE)	876		300	292%	Missing												
Vitamin C (mg)	72.46		19.18	378%	Missing												
Protein (g)	37.81	18.52%	16.70	226%													
Carbohydrate (g)	118.32	57.94%															
Total Fat (g)	24.50	27.00%	<=30.00%														
Saturated Fat (g)	5.89	6.49%	<10.00%		Missing												
Trans Fat (g)	0.06	0.07%			Missing												

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

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