

Seattle Public Schools

Dec 3, 2007 thru Dec 21, 2007 Spreadsheet - Portion Values
Elem - Choice - Lunch NSMP

	Portion Size	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
Mon - 12/03/2007													
Elem - Choice - Lunch NSM	Total												
Chicken Nuggets, Zartic	5 each	201	35	492	0.92	1.81	27.41	133	0.00	13.95	14.72	9.80	2.39
Pizza Frnch Brd Cheese TonyRob	1 each	351	30	726	1.15	2.50	430.00	150	11.00	21.70	40.00	12.06	6.00
Munchable, Yogurt	1 ea	355	35	242	4.70	5.58	159.28	1299	82.11	6.65	68.46	6.29	1.51
Fruit/Vegetable Bar	1/2 cup	75	3	81	2.04	0.41	22.77	7531	9.66	0.79	10.81	3.55	0.30
corn	1/3 cup	44	0	117	1.09	0.47	2.73	44	4.65	1.43	10.16	0.55	0.08
ORANGES HALVES	1/2 EACH	31	0	0	1.57	0.07	26.20	147	34.85	0.62	7.70	0.08	0.01
BARBECUE SAUCE: scratch	1.5 FL OZ	70	0	470	0.16	0.36	15.00	357	6.06	0.73	18.13	0.15	0.02
Condiments A	2 tsp	7	0	110	0.00	0.00	0.00	0	0.00	0.00	1.50	0.00	0.00
Graham Elf, Cinnamon	1 Each	130	0	105	0.00	0.72	100.00	0	0.00	2.00	21.00	4.00	1.00
Milk, variety, Seattle	1 ea	126	7	154	0.00	0.03	297.17	493	0.77	8.72	21.66	0.77	0.50
Weighted Daily Average		626	42	996	5.08	4.40	607.95	6272	65.05	25.81	98.99	15.47	4.71
% of Calories										16.5%	63.2%	22.2%	6.8%

Tue - 12/04/2007													
Elem - Choice - Lunch NSM	Total												
French Toast Sticks Kruste (4)	Serving	230	15	420	1.00	2.16	80.00	200	0.00	6.00	41.00	5.00	1.00
Sausage, beef, KC	2 each	196	50	332	0.00	1.40	8.00	24	0.00	12.00	2.60	15.20	6.20
Veggie Rib Burger, Honey BBQ	1 ea	267	0	505	5.48	3.65	89.30	88	0.99	15.90	36.00	6.90	5.00
Munchable, South Pacific	1 ea	348	51	456	3.62	2.27	273.15	970	71.08	19.10	46.74	10.17	5.45
Fruit/Vegetable Bar	1/2 cup	75	3	81	2.04	0.41	22.77	7531	9.66	0.79	10.81	3.55	0.30
Kiwifruit	1 ea	46	0	2	2.28	0.24	25.84	66	70.45	0.87	11.14	0.40	0.02
Fruit Juice, assorted 4oz	Servings	60	0	5	0.00	0.00	64.60	0	57.12	0.00	14.66	0.00	0.00
SYRUP,PANCAKE	2 TBSP	92	0	32	0.27	0.01	1.18	0	0.00	0.00	24.13	0.00	0.00
Condiments B	2 tsp	22	2	86	0.00	0.00	0.00	0	0.00	0.00	1.10	1.73	0.25
Milk, variety, Seattle	1 ea	126	7	154	0.00	0.03	297.17	493	0.77	8.72	21.66	0.77	0.50
Weighted Daily Average		652	49	824	6.34	3.62	544.72	5985	135.32	27.49	101.48	16.40	6.68
% of Calories										16.9%	62.3%	22.6%	9.2%

Wed - 12/05/2007													
Elem - Choice - Lunch NSM	Total												
Ham & Cheese Melt	1 ea	258	50	966	1.00	2.03	122.22	315	13.04	17.21	26.93	8.20	3.53
Fish Nuggets, Trident	4 each	216	20	240	0.80	0.86	15.99	0	0.00	11.99	12.79	12.79	1.60
Munchable, South Pacific	1 ea	348	51	456	3.62	2.27	273.15	970	71.08	19.10	46.74	10.17	5.45
Potato Wedges 99% FF	Serving	90	0	290	1.00	0.36	0.00	0	6.00	2.00	19.00	0.50	0.00
Fruit/Vegetable Bar - Wed.	1/2 cup	79	4	119	2.33	0.45	30.32	11218	10.11	0.99	7.36	5.30	0.45
Fresh Fruit, Variety	1 ea	45	0	4	1.60	0.17	7.94	399	14.51	0.54	11.53	0.19	0.03
Condiments B	2 tsp	22	2	86	0.00	0.00	0.00	0	0.00	0.00	1.10	1.73	0.25
STRAWBERRIES: frozen	1/2 CUP	122	0	4	2.42	0.75	14.03	31	52.79	0.68	33.05	0.17	0.01
Milk, variety, Seattle	1 ea	126	7	154	0.00	0.03	297.17	493	0.77	8.72	21.66	0.77	0.50
Weighted Daily Average		642	51	918	7.18	3.04	473.82	8697	100.01	27.19	102.82	15.72	4.44
% of Calories										16.9%	64.1%	22.0%	6.2%

Thu - 12/06/2007													
Elem - Choice - Lunch NSM	Total												
Hawaiian Luau Chicken	servings	227	32	1788	2.11	2.18	45.93	663	10.51	15.10	32.99	4.82	1.24
Pizza, Cheese Galaxy 50/50	5" round	330	15	530	3.00	2.70	300.00	540	0.00	15.00	32.00	13.00	4.00
Munchable, South Pacific	1 ea	348	51	456	3.62	2.27	273.15	970	71.08	19.10	46.74	10.17	5.45
Coconut Vegetable Rice	1/2 cup	151	0	152	*1.27	*0.59	419.36	*597	*0.58	2.82	23.10	5.60	4.42
Fruit/Vegetable Bar - Tuesday	1/2 cup	64	4	81	1.03	0.44	20.68	1746	8.35	0.83	3.99	5.22	0.45
BANANAS	3/4 EACH	76	0	1	2.22	0.22	4.27	55	7.44	0.93	19.53	0.28	0.09
Goldfish Grahams	1 each	120	0	150	1.00	1.08	0.00	0	0.00	2.00	19.00	4.00	1.00
Milk, variety, Seattle	1 ea	126	7	154	0.00	0.03	297.17	493	0.77	8.72	21.66	0.77	0.50
Weighted Daily Average		652	43	1283	*6.17	*3.77	659.95	*2617	*38.68	28.57	94.95	18.30	6.57
% of Calories										17.5%	58.3%	25.3%	9.1%

Seattle Public Schools
Dec 3, 2007 thru Dec 21, 2007 Spreadsheet - Portion Values
 Elem - Choice - Lunch NSMP

Portion Size	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	
Fri - 12/07/2007													
Elem - Choice - Lunch NSM	Total												
HOT DOG ON A BUN:Chicken hot	SERVING	345	48	1114	1.16	3.08	155.01	0	0.00	14.77	23.22	21.24	6.86
Cheese Breadsticks 100% Mozz	Serving	300	30	640	1.00	2.60	438.00	500	0.00	20.00	32.00	12.00	3.00
Marinara Sauce	1/4 cup	35	0	305	1.50	0.54	20.00	375	4.50	1.00	4.50	1.25	0.25
Munchable, Yogurt	1 ea	355	35	242	4.70	5.58	159.28	1299	82.11	6.65	68.46	6.29	1.51
corn	1/3 cup	44	0	117	1.09	0.47	2.73	44	4.65	1.43	10.16	0.55	0.08
Fruit/Vegetable Bar - Friday	1/2 cup	75	3	81	2.04	0.41	22.77	7531	9.66	0.79	10.81	3.55	0.30
Condiments A	2 tsp	7	0	110	0.00	0.00	0.00	0	0.00	0.00	1.50	0.00	0.00
Applesauce cake, Sea	6x10	209	12	222	0.91	0.93	16.94	22	0.67	2.29	33.93	7.63	1.91
Milk, variety, Seattle	1 ea	126	7	154	0.00	0.03	297.17	493	0.77	8.72	21.66	0.77	0.50
Weighted Daily Average		677	55	1198	5.12	5.01	581.98	6268	38.08	25.39	98.10	22.00	5.88
% of Calories									15.0%	57.9%	29.2%	7.8%	

Mon - 12/10/2007													
Elem - Choice - Lunch NSM	Total												
Corndog, Turkey Foster Farms	1 each	270	25	750	1.00	2.70	60.00	0	0.00	10.00	27.00	14.00	4.00
Cheese Quesadilla, Coyote Gril	1	320	45	490	4.00	2.50	380.00	331	0.20	*0.00	35.00	13.00	5.00
Munchable, Yogurt Bageler	1 ea	375	10	262	6.70	1.26	139.28	49	67.11	9.65	77.46	4.29	2.01
Fruit/Vegetable Bar	1/2 cup	75	3	81	2.04	0.41	22.77	7531	9.66	0.79	10.81	3.55	0.30
Kiwifruit	1 ea	46	0	2	2.28	0.24	25.84	66	70.45	0.87	11.14	0.40	0.02
Condiments A	2 tsp	7	0	110	0.00	0.00	0.00	0	0.00	0.00	1.50	0.00	0.00
Salsa	1/8 cup	11	0	137	0.45	0.71	3.83	175	1.28	0.48	2.23	0.06	0.01
Clodhoppers, Vanilla	1 Each	165	0	0	2.00	0.00	40.00	0	0.00	2.00	27.00	6.00	5.00
Milk, variety, Seattle	1 ea	126	7	154	0.00	0.03	297.17	493	0.77	8.72	21.66	0.77	0.50
Weighted Daily Average		645	36	792	8.26	2.85	550.61	5743	77.04	*17.87	102.03	17.85	7.72
% of Calories									11.1%	63.3%	24.9%	10.8%	

Tue - 12/11/2007													
Elem - Choice - Lunch NSM	Total												
Ravioli with Meat Sauce	3/4 cup	203	29	569	1.50	2.11	16.70	762	1.90	12.66	24.03	6.72	2.81
Veggie Burger, Classic	1 ea	260	10	550	5.00	1.44	40.00	0	0.00	19.00	32.00	5.00	0.00
munchable, Mini Bagel	1 ea	375	49	619	5.00	2.51	329.53	10096	5.19	15.84	44.86	16.20	9.16
Fruit/Vegetable Bar - Tuesday	1/2 cup	64	4	81	1.03	0.44	20.68	1746	8.35	0.83	3.99	5.22	0.45
ORANGES	1 EACH	62	0	0	3.14	0.13	52.40	295	69.69	1.23	15.39	0.16	0.01
Condiments B	2 tsp	22	2	86	0.00	0.00	0.00	0	0.00	0.00	1.10	1.73	0.25
RAISINS	1/4 CUP	108	0	4	1.34	0.68	18.12	0	0.83	1.11	28.70	0.17	0.02
Milk, variety, Seattle	1 ea	126	7	154	0.00	0.03	297.17	493	0.77	8.72	21.66	0.77	0.50
Weighted Daily Average		605	40	820	7.96	3.11	492.76	5473	55.99	27.04	97.28	14.40	4.90
% of Calories									17.9%	64.4%	21.4%	7.3%	

Wed - 12/12/2007													
Elem - Choice - Lunch NSM	Total												
Chicken Patty Sand Combo 04	1 ea	348	39	734	2.42	3.28	68.62	94	0.00	20.08	37.23	12.51	2.42
Cheese Stuffed Shells w/ Sauce	1 each	323	39	986	3.72	1.74	428.68	1303	9.29	21.21	33.50	10.89	4.16
munchable, Mini Bagel	1 ea	375	49	619	5.00	2.51	329.53	10096	5.19	15.84	44.86	16.20	9.16
Fruit/Vegetable Bar - Wed.	1/2 cup	79	4	119	2.33	0.45	30.32	11218	10.11	0.99	7.36	5.30	0.45
BANANAS	1 EACH	101	0	1	2.96	0.30	5.70	73	9.92	1.24	26.04	0.38	0.13
Condiments B	2 tsp	22	2	86	0.00	0.00	0.00	0	0.00	0.00	1.10	1.73	0.25
Goldfish Crackers	.75 oz each	105	0	180	1.00	0.72	20.00	0	0.00	2.00	13.00	4.50	1.00
Milk, variety, Seattle	1 ea	126	7	154	0.00	0.03	297.17	493	0.77	8.72	21.66	0.77	0.50
Weighted Daily Average		672	53	1162	7.91	3.52	610.12	11852	18.94	30.58	91.49	21.33	6.88
% of Calories									18.2%	54.5%	28.6%	9.2%	

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Elem - Choice - Lunch NSMP

	Portion Size	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
Thu - 12/13/2007													
Elem - Choice - Lunch NSM	Total												
HAMBURGER ON A BUN	SERVING	285	55	251	0.90	2.66	65.80	0	0.00	18.46	21.26	13.39	5.00
Burrito, Bean and cheese, FER	1	360	25	994	4.00	3.40	224.00	178	15.00	15.00	45.01	14.00	6.32
munchable, Mini Bagel	1 ea	375	49	619	5.00	2.51	329.53	10096	5.19	15.84	44.86	16.20	9.16
Fruit/Vegetable Bar - Thurs	1/2 cup	65	3	61	1.37	0.37	15.13	2430	12.36	0.68	8.37	3.50	0.30
Fresh Fruit, Variety	1 ea	45	0	4	1.60	0.17	7.94	399	14.51	0.54	11.53	0.19	0.03
Salsa	1/8 cup	11	0	137	0.45	0.71	3.83	175	1.28	0.48	2.23	0.06	0.01
Condiments A	2 tsp	7	0	110	0.00	0.00	0.00	0	0.00	0.00	1.50	0.00	0.00
Pudding, combo, choc/van	1 cn	110	6	58	0.00	0.00	45.00	180	0.00	2.00	23.00	1.50	1.00
Milk, variety, Seattle	serving	126	7	154	0.00	0.03	297.17	493	0.77	8.72	21.66	0.77	0.50
Weighted Daily Average		655	58	958	5.43	3.48	565.27	6042	25.84	28.13	96.22	19.28	8.55
% of Calories										17.2%	58.7%	26.5%	11.7%

Fri - 12/14/2007													
Elem - Choice - Lunch NSM	Total												
Turkey Gravy, Seattle	3/4 cup	236	97	1467	0.36	2.15	65.86	81	0.16	39.09	10.94	2.95	0.90
Mashed Potatoes	1/2 cup	116	1	204	0.00	0.02	39.58	181	6.12	3.06	19.82	2.75	0.54
Grilled Cheese, whole grain	1 ea	359	35	1064	4.06	1.99	482.40	0	0.00	20.82	44.58	11.77	7.56
Munchable, Yogurt Bageler	1 ea	375	10	262	6.70	1.26	139.28	49	67.11	9.65	77.46	4.29	2.01
Fruit/Vegetable Bar - Friday	1/2 cup	75	3	81	2.04	0.41	22.77	7531	9.66	0.79	10.81	3.55	0.30
PUMPKIN CAKE	SERVING	170	26	191	0.98	1.08	41.31	4030	0.68	2.87	29.70	4.62	1.08
Milk, variety, Seattle	1 ea	126	7	154	0.00	0.03	297.17	493	0.77	8.72	21.66	0.77	0.50
Weighted Daily Average		651	74	1333	5.72	2.83	582.26	8304	32.13	35.37	99.60	13.47	5.09
% of Calories										21.7%	61.2%	18.6%	7.0%

Mon - 12/17/2007													
Elem - Choice - Lunch NSM	Total												
Chicken Drumsticks	3 each	222	37	561	1.08	1.23	26.40	65	0.00	16.20	9.00	13.50	2.70
Fish Nuggets, Trident	4 each	216	20	240	0.80	0.86	15.99	0	0.00	11.99	12.79	12.79	1.60
Munchable, Yogurt	1 ea	355	35	242	4.70	5.58	159.28	1299	82.11	6.65	68.46	6.29	1.51
Potato Wedges 99% FF	Serving	90	0	290	1.00	0.36	0.00	0	6.00	2.00	19.00	0.50	0.00
Fruit/Vegetable Bar	1/2 cup	75	3	81	2.04	0.41	22.77	7531	9.66	0.79	10.81	3.55	0.30
ORANGES HALVES	1/2 EACH	31	0	0	1.57	0.07	26.20	147	34.85	0.62	7.70	0.08	0.01
BARBECUE SAUCE: scratch	1.5 FL OZ	70	0	470	0.16	0.36	15.00	357	6.06	0.73	18.13	0.15	0.02
Condiments A	2 tsp	7	0	110	0.00	0.00	0.00	0	0.00	0.00	1.50	0.00	0.00
Graham Cracker, Bug Bites	1 Each	140	0	125	0.85	0.72	100.00	0	0.00	2.00	23.00	4.50	1.50
Milk, variety, Seattle	1 ea	126	7	154	0.00	0.03	297.17	493	0.77	8.72	21.66	0.77	0.50
Weighted Daily Average		642	40	1062	5.89	3.74	468.70	6185	63.83	24.18	99.13	17.43	3.65
% of Calories										15.1%	61.7%	24.4%	5.1%

Tue - 12/18/2007													
Elem - Choice - Lunch NSM	Total												
Pizza, Pepperoni Galaxy 50/50	5" round	350	20	670	2.00	3.60	250.00	500	0.00	16.00	31.00	15.00	5.00
Hot Pocket	1 ea	371	5	882	2.00	3.61	350.62	0	0.00	15.03	41.07	17.03	4.51
Munchable, Yogurt	1 ea	355	35	242	4.70	5.58	159.28	1299	82.11	6.65	68.46	6.29	1.51
Fruit/Vegetable Bar - Tuesday	1/2 cup	64	4	81	1.03	0.44	20.68	1746	8.35	0.83	3.99	5.22	0.45
PEARS,FRESH	1 EACH	96	0	2	5.15	0.28	14.94	38	6.97	0.63	25.66	0.20	0.01
Pretzels, Goldfish	.75 oz ea	90	0	300	1.00	*0.00	*0.00	*0	*0.00	0.00	15.00	2.00	0.00
Milk, variety, Seattle	1 ea	126	7	154	0.00	0.03	297.17	493	0.77	8.72	21.66	0.77	0.50
Weighted Daily Average		651	30	1006	7.69	*4.77	*574.22	*2282	*38.35	22.25	98.27	18.49	4.48
% of Calories										13.7%	60.4%	25.5%	6.2%

Wed - 12/19/2007													
Elem - Choice - Lunch NSM	Total												
Fish Sandwich, trident	1 each	290	12	461	1.00	1.98	40.00	0	0.00	14.00	38.00	8.50	0.00
Munchable, Yogurt	1 ea	355	35	242	4.70	5.58	159.28	1299	82.11	6.65	68.46	6.29	1.51
Fruit/Vegetable Bar - Wed.	1/2 cup	79	4	119	2.33	0.45	30.32	11218	10.11	0.99	7.36	5.30	0.45
TARTER SAUCE: scratch	1 FL OZ	101	12	199	0.16	0.20	2.51	95	0.40	0.09	4.99	8.73	1.25
BANANAS	1 EACH	101	0	1	2.96	0.30	5.70	73	9.92	1.24	26.04	0.38	0.13
ROYAL BROWNIES	SERVINGS	137	0	111	1.50	0.95	23.00	2	0.20	2.28	25.48	3.84	0.75
Milk, variety, Seattle	1 ea	126	7	154	0.00	0.03	297.17	493	0.77	8.72	21.66	0.77	0.50

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Weighted Daily Average		697	41	779	7.50	4.98	442.73	12446	57.19	21.84	110.51	19.94	2.77
% of Calories										12.5%	63.4%	25.7%	3.6%

Thu - 12/20/2007													
Elem - Choice - Lunch NSM	Total												
MACARONI AND CHEESE(NEW)	3/4 CUP	366	26	534	1.67	1.76	503.99	858	1.22	19.36	36.79	15.33	6.67
Fruit/Vegetable Bar - Thurs	1/2 cup	65	3	61	1.37	0.37	15.13	2430	12.36	0.68	8.37	3.50	0.30
Fresh Fruit, Variety	1 ea	45	0	4	1.60	0.17	7.94	399	14.51	0.54	11.53	0.19	0.03
Goldfish Grahams	1 each	120	0	150	1.00	1.08	0.00	0	0.00	2.00	19.00	4.00	1.00
Milk, variety, Seattle	1 ea	126	7	154	0.00	0.03	297.17	493	0.77	8.72	21.66	0.77	0.50
Weighted Daily Average		721	36	903	5.64	3.41	824.23	4181	28.86	31.30	97.35	23.79	8.50
% of Calories										17.4%	54.0%	29.7%	10.6%

Fri - 12/21/2007													
Elem - Choice - Lunch NSM	Total												
Cheese Breadsticks 100% Mozz	Serving	300	30	640	1.00	2.60	438.00	500	0.00	20.00	32.00	12.00	3.00
Marinara Sauce	1/4 cup	35	0	305	1.50	0.54	20.00	375	4.50	1.00	4.50	1.25	0.25
Fruit/Vegetable Bar - Friday	1/2 cup	75	3	81	2.04	0.41	22.77	7531	9.66	0.79	10.81	3.55	0.30
Fresh Fruit, Variety	1 ea	45	0	4	1.60	0.17	7.94	399	14.51	0.54	11.53	0.19	0.03
Goldfish Grahams	1 each	120	0	150	1.00	1.08	0.00	0	0.00	2.00	19.00	4.00	1.00
Milk, variety, Seattle	1 ea	126	7	154	0.00	0.03	297.17	493	0.77	8.72	21.66	0.77	0.50
Weighted Daily Average		701	40	1333	7.14	4.83	785.88	9298	29.44	33.06	99.50	21.76	5.09
% of Calories										18.9%	56.8%	27.9%	6.5%

Weighted Average		659	46	1025	*6.60	*3.82	*584.35	*6776	*53.65	*27.07	99.18	18.38	5.73
										16.4%	60.2%	25.1%	7.8%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	659		645	102%			
Cholesterol (Mg)	46		72	64%			
Sodium (Mg)	1025		1280	80%			
Fiber (G)	6.60		6.40	103%	Missing		
Iron (Mg)	3.82		3.30	116%	Missing		
Calcium (Mg)	584.35		267.00	219%	Missing		
Vitamin A (IU)	6776		1055	642%	Missing		
Vitamin C (Mg)	53.65		15.00	358%	Missing		
Protein (G)	27.07	16.43%	8.87	305%	Missing		
Carbohydrate (G)	99.18	60.18%	97.00				
Total Fat (G)	18.38	25.09%	<30.00				
Saturated Fat (G)	5.73	7.82%	<10.00				