

# Seattle Public Schools

## Feb 27, 2008 thru Feb 27, 2008 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	
Wed - 02/27/2008													
Elem - Choice - Lunch NSM	Total												
Italian Chicken w/ Cheese	1 each	319	42	1024	3.65	2.53	165.92	1291	9.29	20.37	26.96	14.91	3.51
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, Yogurt	1 ea	355	35	242	4.70	5.58	159.28	1299	82.11	6.65	68.46	6.29	1.51
Green Beans, canned	1/3 cup	9	0	113	0.86	0.41	11.70	157	1.94	0.54	2.03	0.05	0.01
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
PEACHES: canned,light syrup	1/3 CUP	45	0	4	1.09	0.30	2.51	296	2.01	0.38	12.17	0.03	0.00
BANANAS	1 EACH	101	0	1	2.96	0.30	5.70	73	9.92	1.24	26.04	0.38	0.13
Rolls, basic, SEA	2 oz	151	4	217	1.61	1.43	29.57	7	0.16	4.28	25.48	3.64	0.88
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		693	38	1009	10.23	5.73	484.63	9168	47.01	27.79	113.51	16.37	4.82
% of Calories										16.0%	65.5%	21.3%	6.3%

Weighted Average		693	38	1009	10.23	5.73	484.63	9168	47.01	27.79	113.51	16.37	4.82
										16.0%	65.5%	21.3%	6.3%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	693		645	108%			
Cholesterol (Mg)	38		72	53%			
Sodium (Mg)	1009		1280	79%			
Fiber (G)	10.23		6.40	160%			
Iron (Mg)	5.73		3.30	174%			
Calcium (Mg)	484.63		267.00	182%			
Vitamin A (IU)	9168		1055	869%			
Vitamin C (Mg)	47.01		15.00	313%			
Protein (G)	27.79	16.04%	8.87	313%			
Carbohydrate (G)	113.51	65.49%	97.00				
Total Fat (G)	16.37	21.25%	<30.00				
Saturated Fat (G)	4.82	6.25%	<10.00				

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Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat	
Fri - 02/01/2008													
Elem - Choice - Lunch NSM	Total												
Super Nachos, Sea,USDA, ele	1 each	535	52	1074	2.85	2.45	253.63	*3012	7.23	21.03	55.93	27.71	9.37
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, Mediterranean	1 ea	332	0	407	5.29	1.34	53.35	9594	23.16	8.45	60.30	6.24	1.15
Fruit/Vegetable Bar - Friday	1/3 cup	50	2	54	1.36	0.27	15.18	5020	6.44	0.53	7.21	2.37	0.20
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
Phys Edibles Snacks Vanilla	1 Each	132	0	115	1.10	0.79	109.74	0	0.00	2.19	20.85	4.39	1.10
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		665	41	1016	6.52	3.37	614.64	*8402	20.95	*20.86	96.11	21.03	6.56
% of Calories										12.5%	57.8%	28.4%	8.9%

Mon - 02/04/2008													
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
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
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	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
Condiments A	2 tsp	7	0	110	0.00	0.00	0.00	0	0.00	0.00	1.50	0.00	0.00
BARBECUE SAUCE: scratch	1 FL OZ	47	0	313	0.10	0.24	10.00	238	4.04	0.49	12.09	0.10	0.01
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		679	43	1022	5.97	4.40	639.28	6210	64.37	27.15	104.07	18.52	5.64
% of Calories										16.0%	61.3%	24.6%	7.5%

Tue - 02/05/2008													
Elem - Choice - Lunch NSM	Total												
Waffle Sticks	2 ea	140	0	380	0.00	1.44	80.00	0	0.00	4.00	28.00	2.00	0.00
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
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 - Tuesday	1/2 cup	64	4	81	1.03	0.44	20.68	1746	8.35	0.83	3.99	5.22	0.45
PEACHES: canned,light syrup	1/3 CUP	45	0	4	1.09	0.30	2.51	296	2.01	0.38	12.17	0.03	0.00
APPLES,Fresh	1/2 EACH	36	0	1	1.66	0.08	4.14	37	3.17	0.18	9.53	0.12	0.01
SYRUP,PANCAKE	3 TBSP	138	0	48	0.41	0.02	1.77	0	0.00	0.00	36.19	0.00	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		637	42	906	6.79	2.64	553.92	1916	33.22	25.19	104.91	15.47	6.07
% of Calories										15.8%	65.9%	21.9%	8.6%

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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
Wed - 02/06/2008													
Elem - Choice - Lunch NSM	Total												
Corndog, Turkey FFarms WW	1 each	270	40	780	5.00	1.44	80.00	0	0.00	10.00	27.00	14.00	3.50
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
COLE SLAW	1/3 CUP	112	8	87	1.12	0.36	24.32	1458	13.19	0.80	4.31	10.62	1.15
carrots	1/4 cup	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
broccoli	1/4 cup	6	0	6	0.46	0.13	8.34	111	15.83	0.50	1.18	0.07	0.01
Canned Fruit, variety	1/3 cup	45	0	3	0.97	0.22	5.11	103	5.85	0.27	11.80	0.04	0.00
BANANAS	1 EACH	101	0	1	2.96	0.30	5.70	73	9.92	1.24	26.04	0.38	0.13
Condiments A	2 tsp	7	0	110	0.00	0.00	0.00	0	0.00	0.00	1.50	0.00	0.00
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
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		644	46	851	7.14	3.72	417.30	2084	52.85	20.68	97.31	20.66	3.44
% of Calories										12.9%	60.5%	28.9%	4.8%

Thu - 02/07/2008													
Elem - Choice - Lunch NSM	Total												
Mu Shu Beef	3/4 cup	297	25	533	3.17	2.95	53.57	3803	13.42	14.34	42.39	10.08	3.21
Egg Roll Veg 3 oz Lotus Garden	1 Each	150	5	450	1.00	1.44	40.00	1000	3.60	3.00	19.00	7.00	1.50
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
Rice Brown Uncle Ben's	1/2 Cup	80	0	0	0.50	0.36	0.00	0	0.00	2.00	17.52	0.00	0.00
Fruit/Vegetable Bar - Thurs	1/3 cup	43	2	41	0.91	0.24	10.09	1620	8.24	0.45	5.58	2.34	0.20
PINEAPPLE CHUNKS:canned,lt sy	1/3 CUP	44	0	1	0.67	0.33	11.76	32	6.30	0.30	11.30	0.10	0.01
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
Sweet and Sour Sauce	1/8 c	20	0	170	0.12	0.20	4.30	32	1.39	0.48	4.28	0.09	0.02
Cookie Fortune, Lotus Garden	1 Each	24	1	0	0.20	0.22	0.00	0	0.00	0.40	5.40	0.20	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		594	23	713	6.89	3.05	400.15	3632	53.94	20.82	110.67	9.97	2.93
% of Calories										14.0%	74.6%	15.1%	4.4%

Fri - 02/08/2008													
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
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, 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 - 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
Condiments B	2 tsp	22	2	86	0.00	0.00	0.00	0	0.00	0.00	1.10	1.73	0.25
Salsa	1/8 cup	11	0	137	0.45	0.71	3.83	175	1.28	0.48	2.23	0.06	0.01
Cookie, Whole Wheat Sugar, SEA	1 ea	200	14	221	1.64	1.04	29.76	314	0.06	3.08	31.57	7.25	1.40
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		659	56	1164	6.37	4.96	504.61	6512	49.23	24.59	101.67	18.13	5.52
% of Calories										14.9%	61.7%	24.7%	7.5%

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## Elem - Choice - Lunch NSMP

Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat	
Mon - 02/11/2008													
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, 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
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.28	75	6.35	0.36	19.06	0.23	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
Graham Cracker, Scooby Doo	1 Each	120	0	115	0.85	0.72	100.00	0	0.00	2.00	20.00	4.00	0.50
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		699	39	1013	8.70	3.22	630.06	6045	36.91	28.47	111.34	17.10	4.17
% of Calories										16.3%	63.7%	22.0%	5.4%

Tue - 02/12/2008													
Elem - Choice - Lunch NSM	Total												
Hamburger Sand w/ 2.6oz KC	1 each	321	52	476	1.00	2.84	49.00	0	0.00	21.00	30.00	13.80	4.70
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 Bageler	1 ea	375	10	262	6.70	1.26	139.28	49	67.11	9.65	77.46	4.29	2.01
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 - 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
Condiments B	2 tsp	22	2	86	0.00	0.00	0.00	0	0.00	0.00	1.10	1.73	0.25
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
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
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		678	42	826	7.67	2.47	432.91	1731	75.57	25.27	105.98	18.50	4.08
% of Calories										14.9%	62.6%	24.6%	5.4%

Wed - 02/13/2008													
Elem - Choice - Lunch NSM	Total												
Chicken Teriyaki Bites	5 each	195	53	716	1.40	1.80	37.00	111	0.00	22.00	9.50	7.50	2.00
Teriyaki Sauce, CK	2 Tbsp	17	0	1	0.03	0.04	1.95	1	1.25	0.05	4.32	0.02	0.00
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
Rice Brown Uncle Ben's	2/3 Cup	107	0	0	0.67	0.48	0.00	0	0.00	2.67	23.36	0.00	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
BANANAS	1 EACH	101	0	1	2.96	0.30	5.70	73	9.92	1.24	26.04	0.38	0.13
Fruit Bites Citrus Cyclone	1 Each	70	0	50	0.50	0.00	0.00	0	35.94	0.00	16.97	0.00	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		625	50	834	6.77	2.96	525.22	8561	62.19	29.81	93.88	14.78	4.70
% of Calories										19.1%	60.1%	21.3%	6.8%

# Seattle Public Schools

## Elem - Choice - Lunch NSMP

	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
Thu - 02/14/2008													
Elem - Choice - Lunch NSM	Total												
SPAGHETTI AND MEAT SAUCE	3/4 cup	215	25	397	2.76	2.63	48.99	2713	13.18	13.05	31.02	7.14	2.45
Chili & Cheese Wrap	1	300	10	670	4.00	2.70	200.00	100	0.00	16.00	36.00	11.00	3.00
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 - 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
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
Weighted Daily Average		624	38	816	6.94	3.87	509.60	3642	46.97	27.86	98.33	16.50	5.10
% of Calories										17.9%	63.0%	23.8%	7.4%

Fri - 02/15/2008													
Elem - Choice - Lunch NSM	Total												
Submarine Sandwich	1 each	322	50	958	1.17	2.45	164.69	235	0.39	18.51	38.39	9.22	3.47
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
Condiments B	2 tsp	22	2	86	0.00	0.00	0.00	0	0.00	0.00	1.10	1.73	0.25
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		699	68	1340	4.81	3.06	537.57	8838	25.33	30.56	106.50	16.96	5.56
% of Calories										17.5%	60.9%	21.8%	7.2%

Mon - 02/18/2008													
Elem - Choice - Lunch NSM	Total												
NO SCHOOL TODAY	SERVING	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%

Tue - 02/19/2008													
Elem - Choice - Lunch NSM	Total												
NO SCHOOL TODAY	SERVING	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%

Wed - 02/20/2008													
Elem - Choice - Lunch NSM	Total												
NO SCHOOL TODAY	SERVING	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%

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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 - 02/21/2008												
Elem - Choice - Lunch NSM NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.00	0	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
% of Calories									0.0%	0.0%	0.0%	0.0%

Fri - 02/22/2008												
Elem - Choice - Lunch NSM NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.00	0	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
% of Calories									0.0%	0.0%	0.0%	0.0%

Mon - 02/25/2008													
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
corn	1/3 cup	44	0	117	1.09	0.47	2.73	44	4.65	1.43	10.16	0.55	0.08
carrots	1/4 cup	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
Applesauce, sweetened, commodi	1/3 cup	11	0	2	0.13	0.22	0.00	0	0.30	0.13	2.88	0.00	0.00
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.28	75	6.35	0.36	19.06	0.23	0.03
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		680	20	1095	4.27	4.78	702.98	802	6.42	27.19	94.75	21.17	6.31
% of Calories										16.0%	55.8%	28.0%	8.4%

Tue - 02/26/2008													
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
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
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 - Tuesday	1/2 cup	64	4	81	1.03	0.44	20.68	1746	8.35	0.83	3.99	5.22	0.45
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
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
Cookie, Chocolate Chip, SEA	1 ea	129	10	90	0.37	0.54	12.46	15	0.13	1.38	15.41	7.19	2.09
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		658	53	992	5.62	4.65	555.54	2486	84.30	25.77	93.88	21.65	5.28
% of Calories										15.7%	57.0%	29.6%	7.2%

# Seattle Public Schools

## 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
Wed - 02/27/2008													
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 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, Yogurt	1 ea	355	35	242	4.70	5.58	159.28	1299	82.11	6.65	68.46	6.29	1.51
Green Beans, canned	1/3 cup	9	0	113	0.86	0.41	11.70	157	1.94	0.54	2.03	0.05	0.01
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
PEACHES: canned,light syrup	1/3 CUP	45	0	4	1.09	0.30	2.51	296	2.01	0.38	12.17	0.03	0.00
BANANAS	1 EACH	101	0	1	2.96	0.30	5.70	73	9.92	1.24	26.04	0.38	0.13
Rolls, basic, SEA	2 oz	151	4	217	1.61	1.43	29.57	7	0.16	4.28	25.48	3.64	0.88
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		655	34	857	9.51	5.59	434.90	8991	44.54	25.23	112.54	13.64	4.58
% of Calories										15.4%	68.8%	18.8%	6.3%

Thu - 02/28/2008													
Elem - Choice - Lunch NSM	Total												
Louisiana Gumbo	3/4 cup	182	36	448	1.43	1.36	39.30	526	11.06	14.63	11.02	8.65	1.99
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, Mini Bagel	1 ea	375	49	619	5.00	2.51	329.53	10096	5.19	15.84	44.86	16.20	9.16
SWEET POTATO, BAKED	1/2 EACH	51	0	21	1.88	0.39	21.66	10954	11.17	1.15	11.80	0.09	0.03
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
Cornbread	1 pc 6x10	224	10	278	1.43	1.33	107.96	48	0.31	4.02	28.15	10.73	2.64
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		656	56	1098	6.52	3.30	672.84	9470	23.19	29.52	87.27	22.55	8.72
% of Calories										18.0%	53.2%	30.9%	12.0%

Fri - 02/29/2008													
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
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
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 - 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
Condiments B	2 tsp	22	2	86	0.00	0.00	0.00	0	0.00	0.00	1.10	1.73	0.25
Cookie Got Milk	1 Each	120	0	100	0.00	1.08	0.00	0	0.00	2.00	20.00	4.00	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		668	51	1310	5.62	4.19	551.17	9071	20.78	26.63	90.44	23.76	8.91
% of Calories										15.9%	54.2%	32.0%	12.0%

Weighted Average		657	44	991	6.63	3.76	542.67	*5525	43.80	*25.98 15.8%	100.60 61.2%	18.15 24.8%	5.47 7.5%
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# Seattle Public Schools

Nutrient	Menu AVG	Portion	Cals	Mg	Mg	G	Mg	Mg	IU	Mg	G	G	G	G
		Size	Target	Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat
		% of Cals		% of Target	Miss Data	Shortfall	Error Messages (if any)							
Calories	657		645	102%										
Cholesterol (Mg)	44		72	61%										
Sodium (Mg)	991		1280	77%										
Fiber (G)	6.63		6.40	104%										
Iron (Mg)	3.76		3.30	114%										
Calcium (Mg)	542.67		267.00	203%										
Vitamin A (IU)	5525		1055	524%	Missing									
Vitamin C (Mg)	43.80		15.00	292%										
Protein (G)	25.98	15.80%	8.87	293%	Missing									
Carbohydrate (G)	100.60	61.21%	97.00											
Total Fat (G)	18.15	24.84%	<30.00											
Saturated Fat (G)	5.47	7.49%	<10.00											