

Seattle Public Schools

	Portion Size	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
Mon - 01/07/2008													
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
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
corn	1/4 cup	33	0	88	0.82	0.35	2.05	33	3.49	1.07	7.62	0.41	0.06
carrots	1/4 cup	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
Fruit, canned variety, elem	1/3 Cup	49	0	3	0.98	0.28	5.33	101	2.37	0.26	13.01	0.07	0.01
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 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
Condiments A	2 tsp	7	0	110	0.00	0.00	0.00	0	0.00	0.00	1.50	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		671	35	1037	7.90	3.35	597.66	917	8.06	24.20	101.26	19.16	5.81
% of Calories										14.4%	60.3%	25.7%	7.8%

Tue - 01/08/2008													
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
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	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
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
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		658	45	1055	6.39	4.40	661.19	2233	58.94	26.35	99.72	18.15	5.72
% of Calories										16.0%	60.6%	24.8%	7.8%

Wed - 01/09/2008													
Elem - Choice - Lunch NSM	Total												
Chicken & Cheddar Wrap	1 ea	459	48	1159	2.02	2.33	278.88	13212	9.83	16.71	45.07	22.68	8.46
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 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 - 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
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		700	38	1061	6.36	3.18	583.85	12427	36.55	24.51	100.06	23.89	7.23
% of Calories										14.0%	57.2%	30.7%	9.3%

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
Thu - 01/10/2008													
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
Black Beans & Rice	3/4 cup	352	14	1006	6.85	3.53	191.67	404	39.34	12.37	30.20	8.43	3.30
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 - 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
Condiments B	2 tsp	22	2	86	0.00	0.00	0.00	0	0.00	0.00	1.10	1.73	0.25
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		633	42	979	7.11	4.96	488.39	2994	59.27	23.91	89.98	16.46	4.10
% of Calories										15.1%	56.9%	23.4%	5.8%

Fri - 01/11/2008													
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
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
Pears, diced, in light syrup	1/3 cup	10	0	1	0.25	0.04	0.00	0	0.15	0.13	2.50	0.00	0.00
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
TARTAR SAUCE	2 TBSP	63	8	246	0.40	0.36	5.00	63	0.40	0.23	7.94	3.59	0.58
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		624	42	847	4.70	2.25	420.74	1150	74.68	24.88	94.52	17.35	4.02
% of Calories										15.9%	60.6%	25.0%	5.8%

Mon - 01/14/2008													
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
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	1 ea	355	35	242	4.70	5.58	159.28	1299	82.11	6.65	68.46	6.29	1.51
corn	1/4 cup	33	0	88	0.82	0.35	2.05	33	3.49	1.07	7.62	0.41	0.06
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
Salsa	1/8 cup	11	0	137	0.45	0.71	3.83	175	1.28	0.48	2.23	0.06	0.01
BARBECUE SAUCE	2 TBSP	48	0	309	0.40	0.30	10.00	261	4.00	0.45	12.48	0.10	0.02
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		667	48	923	6.70	4.73	623.42	6279	84.53	*20.11	102.23	18.52	4.81
% of Calories										12.1%	61.3%	25.0%	6.5%

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 Protn	G Carb	G T-Fat	G S-Fat
Tue - 01/15/2008													
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, Pizza	1 ea	393	44	780	4.88	1.75	494.13	776	58.66	19.70	49.36	13.01	7.00
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
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 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
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	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		647	56	1253	5.18	3.00	654.81	2417	58.89	29.14	94.00	18.14	7.51
% of Calories										18.0%	58.1%	25.2%	10.4%

Wed - 01/16/2008													
Elem - Choice - Lunch NSM	Total												
Chicken Teriyaki Bites	4 each	156	43	573	1.12	1.44	29.60	89	0.00	17.60	7.60	6.00	1.60
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
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
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
Munchable, Pizza	1 ea	393	44	780	4.88	1.75	494.13	776	58.66	19.70	49.36	13.01	7.00
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 - Wed.	1/2 cup	79	4	119	2.33	0.45	30.32	11218	10.11	0.99	7.36	5.30	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
Animal Crackers	1 oz	130	0	80	0.00	1.08	0.00	0	0.00	2.00	22.00	3.00	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		639	41	971	5.99	3.37	512.35	8617	31.46	26.53	96.99	16.07	5.18
% of Calories										16.6%	60.7%	22.6%	7.3%

Thu - 01/17/2008													
Elem - Choice - Lunch NSM	Total												
Turkey Tetrazinni	1 c	364	44	830	1.47	2.94	100.91	418	1.00	24.51	39.14	11.47	3.01
Pizza French Brd Cheese Tony's	1 each	250	10	540	2.00	2.70	250.00	400	21.00	19.00	31.00	6.00	3.00
Munchable, Pizza	1 ea	393	44	780	4.88	1.75	494.13	776	58.66	19.70	49.36	13.01	7.00
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
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		635	45	1058	5.84	3.80	613.94	2915	45.67	33.46	91.75	15.81	5.64
% of Calories										21.1%	57.8%	22.4%	8.0%

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 Protn	G Carb	G T-Fat	G S-Fat
Fri - 01/18/2008													
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 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, 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 - 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
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	serving	126	7	154	0.00	0.03	297.17	493	0.77	8.72	21.66	0.77	0.50
Weighted Daily Average		621	35	969	7.49	4.30	409.64	6467	46.89	25.05	97.76	14.51	3.25
% of Calories										16.1%	63.0%	21.0%	4.7%

Mon - 01/21/2008													
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 - 01/22/2008													
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
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
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
Pears, diced, in light syrup	1/3 cup	10	0	1	0.25	0.04	0.00	0	0.15	0.13	2.50	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
Condiments A	2 tsp	7	0	110	0.00	0.00	0.00	0	0.00	0.00	1.50	0.00	0.00
TARTAR SAUCE	1 TBSP	31	4	123	0.20	0.18	2.50	31	0.20	0.11	3.97	1.79	0.29
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		661	25	839	7.10	3.06	544.17	810	40.09	24.63	105.39	16.42	3.99
% of Calories										14.9%	63.8%	22.4%	5.4%

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 - 01/23/2008													
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
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 corn	1 ea	375	10	262	6.70	1.26	139.28	49	67.11	9.65	77.46	4.29	2.01
	1/4 cup	33	0	88	0.82	0.35	2.05	33	3.49	1.07	7.62	0.41	0.06
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
Applesauce, commodity	1/3 cup	65	0	3	1.02	0.30	3.40	9	1.45	0.15	16.92	0.15	0.03
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
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	43	1055	8.93	2.85	564.85	2151	38.57	25.36	100.35	17.34	5.27
% of Calories										15.8%	62.5%	24.3%	7.4%

Thu - 01/24/2008													
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
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, Mini Bagel w/ ched	1 ea	417	61	620	5.00	2.64	312.23	10243	5.19	16.02	44.44	21.08	12.27
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
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 B	2 tsp	22	2	86	0.00	0.00	0.00	0	0.00	0.00	1.10	1.73	0.25
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	serving	126	7	154	0.00	0.03	297.17	493	0.77	8.72	21.66	0.77	0.50
Weighted Daily Average		677	75	1229	6.15	3.83	674.03	14542	34.55	30.21	91.64	22.52	7.94
% of Calories										17.8%	54.1%	29.9%	10.6%

Fri - 01/25/2008													
Elem - Choice - Lunch NSM	Total												
Arroz Con Pollo	3/4 cup	162	28	608	2.17	1.27	45.38	193	28.53	10.03	15.96	7.09	0.92
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 w/ ched	1 ea	417	61	620	5.00	2.64	312.23	10243	5.19	16.02	44.44	21.08	12.27
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
Tropical Fruit Cup	1/3 cup	41	0	2	0.99	0.24	9.28	565	12.65	0.37	10.50	0.12	0.02
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
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		612	48	1028	7.16	3.28	588.61	12212	99.40	23.83	91.80	18.58	7.34
% of Calories										15.6%	60.0%	27.3%	10.8%

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 Protn	G Carb	G T-Fat	G S-Fat
Mon - 01/28/2008													
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 - 01/29/2008													
Elem - Choice - Lunch NSM	Total												
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
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
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
Peaches, diced	1/3 cup	9	0	1	0.00	0.00	0.00	25	0.45	0.00	2.12	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
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		655	26	860	6.75	5.26	578.22	1246	43.23	23.52	102.75	17.07	4.86
% of Calories										14.4%	62.7%	23.4%	6.7%

Wed - 01/30/2008													
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
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
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 B	2 tsp	22	2	86	0.00	0.00	0.00	0	0.00	0.00	1.10	1.73	0.25
BARBECUE SAUCE	1 TBSP	24	0	154	0.20	0.15	5.00	130	2.00	0.22	6.24	0.05	0.01
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	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		636	40	885	6.31	4.33	466.84	2431	83.67	24.76	103.62	15.02	4.95
% of Calories										15.6%	65.1%	21.2%	7.0%

Seattle Public Schools

	Portion Size	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
Thu - 01/31/2008													
Elem - Choice - Lunch NSM	Total												
Teriyaki Dippers	4 each	177	42	508	0.52	1.52	16.80	25	0.00	16.80	6.40	9.20	3.60
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
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
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
Munchable, Mediterranean	1 ea	332	0	407	5.29	1.34	53.35	9594	23.16	8.45	60.30	6.24	1.15
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	1/2 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
Munchies, Frito Lay	1 pkg	110	0	220	0.00	1.80	0.00	500	6.00	2.00	18.00	3.50	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		609	25	930	5.16	4.00	354.00	6563	39.32	22.65	99.89	14.31	3.82
% of Calories										14.9%	65.6%	21.1%	5.6%

Weighted Average		646	42	999	6.54	3.76	549.22	5081	51.99	*25.48 15.8%	97.86 60.6%	17.61 24.5%	5.38 7.5%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	646		645	100%			
Cholesterol (Mg)	42		72	58%			
Sodium (Mg)	999		1280	78%			
Fiber (G)	6.54		6.40	102%			
Iron (Mg)	3.76		3.30	114%			
Calcium (Mg)	549.22		267.00	206%			
Vitamin A (IU)	5081		1055	482%			
Vitamin C (Mg)	51.99		15.00	347%			
Protein (G)	25.48	15.76%	8.87	287%	Missing		
Carbohydrate (G)	97.86	60.56%	97.00				
Total Fat (G)	17.61	24.51%	<30.00				
Saturated Fat (G)	5.38	7.49%	<10.00				