

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
Mon - 06/02/2008													
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 Burger, Classic	1 ea	260	10	550	5.00	1.44	40.00	0	0.00	19.00	32.00	5.00	0.00
cheese, american	.5 oz	53	13	211	0.00	0.03	78.25	136	0.00	3.14	0.23	4.43	2.79
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.	1/4 cup	39	2	59	1.17	0.23	15.16	5609	5.05	0.49	3.68	2.65	0.22
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
Cherries, dried	1/4 c	136	0	1	1.00	0.50	18.00	2380	0.00	1.00	32.00	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		648	41	1219	7.91	2.74	420.00	7493	82.27	30.63	96.06	15.66	3.58
% of Calories										18.9%	59.3%	21.7%	5.0%

Tue - 06/03/2008													
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
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
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
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		657	46	770	7.94	6.06	477.76	4399	91.77	24.29	108.56	16.42	3.82
% of Calories										14.8%	66.1%	22.5%	5.2%

Wed - 06/04/2008													
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 Sandwich, trident	1 each	290	12	461	1.00	1.98	40.00	0	0.00	14.00	38.00	8.50	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
Fruit/Vegetable Bar - Wed.	1/3 cup	53	3	79	1.56	0.30	20.22	7479	6.74	0.66	4.91	3.53	0.30
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
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		706	36	943	6.66	3.70	481.50	9071	24.22	26.07	91.76	26.10	4.62
% of Calories										14.8%	52.0%	33.3%	5.9%

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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
Thu - 06/05/2008													
Elem - Choice - Lunch NSM	Total												
Turkey Tetrazinni	3/4 c	273	33	622	1.10	2.20	75.68	314	0.75	18.38	29.35	8.60	2.26
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 - 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
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		661	54	796	5.87	5.11	452.06	4023	62.91	23.84	101.13	19.02	4.79
% of Calories										14.4%	61.2%	25.9%	6.5%

Fri - 06/06/2008													
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	1/3 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
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	serving	126	7	154	0.00	0.03	297.17	493	0.77	8.72	21.66	0.77	0.50
Weighted Daily Average		686	39	1261	5.46	4.33	878.29	6788	26.22	32.79	97.90	20.57	4.99
% of Calories										19.1%	57.1%	27.0%	6.5%

Mon - 06/09/2008													
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
Hot Pocket	1 ea	371	5	882	2.00	3.61	350.62	0	0.00	15.03	41.07	17.03	4.51
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
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.44	46	1.84	0.29	7.89	0.16	0.05
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	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		670	40	1216	6.25	3.14	594.24	11937	12.72	24.51	94.70	23.24	6.01
% of Calories										14.6%	56.6%	31.2%	8.1%

Tue - 06/10/2008													
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
Munchable, Cheese Pizza	1 ea	333	36	685	2.97	1.26	480.04	776	88.91	17.85	42.31	9.49	5.75
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
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

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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
Weighted Daily Average		673	50	992	6.21	3.54	623.23	2707	89.64	30.06	100.24	18.22	5.19
% of Calories										17.9%	59.6%	24.4%	6.9%

Wed - 06/11/2008													
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
Munchable, Cheese Pizza	1 ea	333	36	685	2.97	1.26	480.04	776	88.91	17.85	42.31	9.49	5.75
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
PEARS,FRESH	1 EACH	96	0	2	5.15	0.28	14.94	38	6.97	0.63	25.66	0.20	0.01
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		707	51	981	8.50	3.22	607.36	12133	59.64	30.98	105.53	19.35	6.38
% of Calories										17.5%	59.7%	24.6%	8.1%

Thu - 06/12/2008													
Elem - Choice - Lunch NSM	Total												
Soft Taco	1 each	293	46	561	1.84	2.85	164.77	3188	7.42	18.05	29.25	14.59	6.40
Munchable, Cheese Pizza	1 ea	333	36	685	2.97	1.26	480.04	776	88.91	17.85	42.31	9.49	5.75
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
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	51	1058	5.80	3.97	640.59	5193	69.19	29.86	91.69	20.43	7.89
% of Calories										18.3%	56.2%	28.2%	10.9%

Fri - 06/13/2008													
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
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
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	serving	126	7	154	0.00	0.03	297.17	493	0.77	8.72	21.66	0.77	0.50
Weighted Daily Average		642	46	889	4.74	2.74	421.00	8223	80.81	28.28	93.29	18.21	3.97
% of Calories										17.6%	58.1%	25.5%	5.6%

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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 - 06/16/2008												
Elem - Choice - Lunch NSM	Total											
Ham & Cheese Wrap	1 each	266	50	1020	1.59	2.19	144.03	235	0.39	16.32	26.01	4.34
Fruit/Vegetable Bar - Tuesday	1/2 cup	64	4	81	1.03	0.44	20.68	1746	8.35	0.83	3.99	0.45
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.28	75	6.35	0.36	19.06	0.03
Condiments B	2 tsp	22	2	86	0.00	0.00	0.00	0	0.00	0.00	1.10	0.25
GRAHAMS CINNAMON BEAR	1 EACH	106	0	84	0.74	1.57	13.55	240	3.15	1.66	18.37	0.54
Milk, variety, Seattle	1 ea	126	7	154	0.00	0.03	297.17	493	0.77	8.72	21.66	0.50
Weighted Daily Average		655	64	1427	6.67	4.39	483.71	2789	19.00	27.89	90.20	6.10
% of Calories									17.0%	55.1%	29.1%	8.4%

Tue - 06/17/2008												
Elem - Choice - Lunch NSM	Total											
Grilled Cheese, whole grain	1 ea	359	35	1064	4.06	1.99	482.40	0	0.00	20.82	44.58	7.56
Fruit/Vegetable Bar - Friday	1/3 cup	50	2	54	1.36	0.27	15.18	5020	6.44	0.53	7.21	0.20
Fresh Fruit, Variety	1 ea	45	0	4	1.60	0.17	7.94	399	14.51	0.54	11.53	0.03
GRAHAMS CINNAMON BEAR	1 EACH	106	0	84	0.74	1.57	13.55	240	3.15	1.66	18.37	0.54
Milk, variety, Seattle	1 ea	126	7	154	0.00	0.03	297.17	493	0.77	8.72	21.66	0.50
Weighted Daily Average		685	44	1360	7.76	4.03	816.24	6153	24.87	32.27	103.35	8.83
% of Calories									18.8%	60.3%	23.7%	11.6%

Weighted Average		670	47	1076	6.65	3.91	574.66	6743	53.61	28.46	97.87	5.51
									17.0%	58.4%	26.5%	7.4%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	670		645	104%			
Cholesterol (Mg)	47		72	65%			
Sodium (Mg)	1076		1280	84%			
Fiber (G)	6.65		6.40	104%			
Iron (Mg)	3.91		3.30	119%			
Calcium (Mg)	574.66		267.00	215%			
Vitamin A (IU)	6743		1055	639%			
Vitamin C (Mg)	53.61		15.00	357%			
Protein (G)	28.46	16.99%	8.87	321%			
Carbohydrate (G)	97.87	58.42%	97.00				
Total Fat (G)	19.70	26.46%	<30.00				
Saturated Fat (G)	5.51	7.41%	<10.00				