

# 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 - 03/03/2008													
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
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
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
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
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
Heart Cookies, Dr. Seuss	1 oz	130	0	115	0.00	1.08	100.00	0	0.00	2.00	20.00	4.00	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		649	40	890	5.84	4.49	501.95	6121	85.99	24.56	97.68	18.66	2.71
% of Calories										15.1%	60.2%	25.9%	3.8%

Tue - 03/04/2008													
Elem - Choice - Lunch NSM	Total												
French Toast Stick	5 each	287	19	525	1.25	2.70	100.00	250	0.00	7.50	51.25	6.25	1.25
Egg & Cheese Muffin	1 Each	299	133	773	1.00	1.79	259.69	397	0.00	12.95	26.98	14.41	6.48
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 - 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 EACH	62	0	0	3.14	0.13	52.40	295	69.69	1.23	15.39	0.16	0.01
SYRUP,PANCAKE	2 TBSP	92	0	32	0.27	0.01	1.18	0	0.00	0.00	24.13	0.00	0.00
PEACHES,FROZEN 4 OZ	1 EACH	118	0	8	2.20	46.00	4.00	355	117.80	0.79	29.98	0.16	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		630	78	808	6.30	33.34	559.89	2629	155.02	23.81	104.27	14.73	5.21
% of Calories										15.1%	66.2%	21.0%	7.4%

Wed - 03/05/2008													
Elem - Choice - Lunch NSM	Total												
Chicken & Cheddar Ranch Wrap	1 ea	442	63	1014	5.59	1.51	219.54	13212	9.83	18.90	19.85	33.16	8.38
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, 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 - 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 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		667	58	969	6.98	2.62	671.81	12798	82.84	30.11	89.23	23.01	7.50
% of Calories										18.1%	53.5%	31.1%	10.1%

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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 - 03/06/2008													
Elem - Choice - Lunch NSM	Total												
VEGETABLE CHILI	3/4 CUP	261	20	708	7.47	2.64	389.11	1469	20.45	17.01	31.57	8.74	4.39
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, 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
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
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		647	51	894	5.90	3.23	557.29	3106	44.62	27.47	86.93	22.40	6.49
% of Calories										17.0%	53.8%	31.2%	9.0%

Fri - 03/07/2008													
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
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
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
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
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		625	41	874	5.96	3.74	579.09	6551	40.92	26.98	101.73	13.46	3.38
% of Calories										17.3%	65.1%	19.4%	4.9%

Mon - 03/10/2008													
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
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	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, 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		659	38	1022	9.39	2.45	618.43	5580	33.81	24.31	106.96	16.89	6.16
% of Calories										14.8%	64.9%	23.1%	8.4%

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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	
Tue - 03/11/2008													
Elem - Choice - Lunch NSM	Total												
Ravioli with Meat Sauce	1 cup	271	38	759	2.00	2.82	22.27	1016	2.54	16.89	32.05	8.95	3.75
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
Chef Salad, elementary	1 each	359	66	1002	5.95	3.29	303.94	7875	84.91	23.75	26.84	18.41	7.36
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
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	53	1118	7.69	4.44	565.25	4872	106.04	31.54	82.74	20.52	6.44
% of Calories										19.9%	52.1%	29.1%	9.1%

Wed - 03/12/2008													
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
Chili & Cheese Wrap	1	300	10	670	4.00	2.70	200.00	100	0.00	16.00	36.00	11.00	3.00
Chef Salad, elementary	1 each	359	66	1002	5.95	3.29	303.94	7875	84.91	23.75	26.84	18.41	7.36
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
RAISINS, 1.33 oz Box	1 each	113	0	4	1.40	0.71	19.00	0	0.87	1.16	29.98	0.17	0.04
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		664	49	1067	8.59	4.09	524.70	10710	43.00	30.92	97.64	19.21	5.25
% of Calories										18.6%	58.8%	26.0%	7.1%

Thu - 03/13/2008													
Elem - Choice - Lunch NSM	Total												
Super Nachos, with beans, ele	1 each	512	30	1169	8.70	2.82	275.10	*0	7.56	15.97	62.04	21.74	7.12
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
Chef Salad, elementary	1 each	359	66	1002	5.95	3.29	303.94	7875	84.91	23.75	26.84	18.41	7.36
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
Fruit Bites Atomic Apple	1 Each	70	0	50	0.50	0.00	0.00	0	35.94	0.10	17.97	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		658	56	1224	8.46	3.67	632.13	*5098	81.52	*23.01	91.83	20.92	7.21
% of Calories										14.0%	55.8%	28.6%	9.9%

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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
Fri - 03/14/2008													
Elem - Choice - Lunch NSM	Total												
Turkey & Cheese Sandwich	1 ea	249	37	1063	1.18	2.33	133.82	229	0.40	20.02	25.88	6.55	2.92
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 - 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
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	serving	126	7	154	0.00	0.03	297.17	493	0.77	8.72	21.66	0.77	0.50
Weighted Daily Average		639	39	1229	6.29	3.99	551.57	6807	48.48	28.57	100.54	14.59	4.84
% of Calories										17.9%	63.0%	20.6%	6.8%

Mon - 03/17/2008													
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
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
Kiwifruit	1 ea	46	0	2	2.28	0.24	25.84	66	70.45	0.87	11.14	0.40	0.02
SUGAR COOKIES	1 EACH	165	42	173	0.37	0.78	34.96	253	0.00	2.15	21.43	8.02	4.84
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		675	57	922	6.03	5.24	606.18	6326	81.55	23.82	97.43	21.52	7.62
% of Calories										14.1%	57.7%	28.7%	10.2%

Tue - 03/18/2008													
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, 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
ORANGES HALVES	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
Salsa	1/8 cup	11	0	137	0.45	0.71	3.83	175	1.28	0.48	2.23	0.06	0.01
Strawberries,FROZEN 4.5 OZ	1 EACH	122	0	4	2.40	0.75	14.00	31	52.80	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		683	41	788	9.20	3.84	504.19	2019	133.39	25.30	116.66	15.69	5.35
% of Calories										14.8%	68.3%	20.7%	7.0%

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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
<b>Wed - 03/19/2008</b>													
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
Sweet and Sour Sauce	1/4 c	40	0	340	0.24	0.40	8.59	63	2.77	0.97	8.57	0.18	0.04
Fish Sticks Baja, Trident	4 each	240	25	430	1.00	1.08	20.00	100	1.20	15.00	21.00	11.00	1.50
Munchable, Yogurt	1 ea	355	35	242	4.70	5.58	159.28	1299	82.11	6.65	68.46	6.29	1.51
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
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
Clodhoppers, Crunch	1 Each	135	0	80	1.50	1.08	20.00	0	0.00	3.00	22.00	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		695	42	843	6.89	4.74	411.90	8529	38.32	26.47	108.45	18.55	4.21
% of Calories										15.2%	62.4%	24.0%	5.5%

<b>Thu - 03/20/2008</b>													
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
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
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
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		691	40	1314	6.47	4.78	778.24	4197	32.14	32.94	97.06	21.71	5.08
% of Calories										19.1%	56.2%	28.3%	6.6%

<b>Fri - 03/21/2008</b>													
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%

<b>Mon - 03/24/2008</b>													
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
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
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
PEARS: canned,light syrup	1/3 CUP	48	0	4	1.34	0.23	4.18	0	0.59	0.16	12.69	0.03	0.00
ORANGES HALVES	1 EACH	62	0	0	3.14	0.13	52.40	295	69.69	1.23	15.39	0.16	0.01
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
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

# 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
Weighted Daily Average		638	35	1229	8.33	*2.00	*555.16	*822	*72.88	25.84	106.48	12.96	4.63
% of Calories										16.2%	66.8%	18.3%	6.5%

Tue - 03/25/2008													
	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
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
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, 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
Kiwifruit	1 ea	46	0	2	2.28	0.24	25.84	66	70.45	0.87	11.14	0.40	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		640	33	946	6.11	3.19	582.01	1856	80.02	26.14	99.54	16.34	4.66
% of Calories										16.3%	62.2%	23.0%	6.5%

Wed - 03/26/2008													
	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
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
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, 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	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 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		626	39	836	7.39	3.01	586.51	8317	91.54	28.58	98.40	14.26	6.09
% of Calories										18.2%	62.8%	20.5%	8.7%

Thu - 03/27/2008													
	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
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
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
Munchable, Pizza	1 ea	393	44	780	4.88	1.75	494.13	776	58.66	19.70	49.36	13.01	7.00
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
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		671	66	1207	5.24	3.51	729.62	5582	35.55	29.57	88.69	22.80	8.28
% of Calories										17.6%	52.9%	30.6%	11.1%

# 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
Fri - 03/28/2008													
Elem - Choice - Lunch NSM	Total												
Meatball Sandwich, Italian	1 ea	459	48	1065	4.40	4.52	236.33	841	9.00	24.04	48.16	17.23	5.69
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 - 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		681	40	991	6.53	2.81	475.52	6063	41.42	27.32	107.22	16.55	4.56
% of Calories										16.0%	62.9%	21.9%	6.0%

Mon - 03/31/2008													
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%

Weighted Average		656	47	1009	7.03	*5.22	*578.50	*5683	*69.95	*27.22	98.92	18.15	5.56
										16.6%	60.3%	24.9%	7.6%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	656		645	102%			
Cholesterol (Mg)	47		72	65%			
Sodium (Mg)	1009		1280	79%			
Fiber (G)	7.03		6.40	110%			
Iron (Mg)	5.22		3.30	158%	Missing		
Calcium (Mg)	578.50		267.00	217%	Missing		
Vitamin A (IU)	5683		1055	539%	Missing		
Vitamin C (Mg)	69.95		15.00	466%	Missing		
Protein (G)	27.22	16.59%	8.87	307%	Missing		
Carbohydrate (G)	98.92	60.28%	97.00				
Total Fat (G)	18.15	24.88%	<30.00				
Saturated Fat (G)	5.56	7.62%	<10.00				