

A Higher Level

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/02/2011															
Chino Secondary Lunch EFB	Total	28													
Yogurt Parfait	1 each	1	310	10	172	2.40	0.70	253.6	445	32.19	9.87	60.75	3.5	1.75	0.00
Spicy Chicken Wrap	1 each	1	463	55	895	2.74	4.59	230.0	948	5.84	22.63	57.31	16.07	3.51	*0.00
Chicken Fajita Wrap	1 each	1	479	150	1593	1.74	4.59	228.0	555	7.04	38.83	47.11	14.01	3.41	*0.00
Grilled Chicken Wrap	1 each	1	393	50	765	1.74	3.51	210.0	448	5.84	22.63	47.31	12.07	3.01	*0.00
Turkey & Cheese Deli Sandwich	1 each	1	240	40	1290	0.00	1.80	200.0	100	0.0	20.0	26.0	6.0	3.50	0.00
Lettuce & Pickle (1/2 cup)	1/2 cup	1	15	0	189	0.97	0.17	18.8	486	6.01	0.75	2.85	0.1	0.02	*N/A*
Baked Cheetos	1 each	1	114	0	210	0.00	0.95	87.5	0	0.0	1.75	16.63	4.38	0.87	0.00
Ham & Cheese Deli Sandwich	1 each	1	280	60	1120	0.00	1.44	250.0	300	0.0	17.0	27.0	12.0	6.00	0.00
Lettuce & Pickle (1/2 cup)	1/2 cup	1	15	0	189	0.97	0.17	18.8	486	6.01	0.75	2.85	0.1	0.02	*N/A*
Baked Cheetos	1 each	1	114	0	210	0.00	0.95	87.5	0	0.0	1.75	16.63	4.38	0.87	0.00
Orange Chicken Bowl	1 each	1	574	50	590	5.07	4.92	31.9	3992	2.91	20.27	97.16	8.76	1.15	*0.00
Chow Mein w Teriyaki Chicken	1 each	1	585	47	1319	14.45	5.17	93.3	1999	19.99	30.3	99.79	5.97	1.58	0.00
Fiesta Bowl	1 each	1	320	95	549	5.51	2.89	52.7	0	1.1	36.97	19.8	10.04	2.70	0.00
Fritos Corn Chips	1 each	1	120	0	128	0.75	0.00	15.0	0	0.0	1.5	11.25	7.5	1.12	0.00
Chicken Box	servings	1	906	219	1788	3.19	4.91	119.3	338	3.6	62.76	55.16	49.35	13.60	*0.00
ChickenTenders Box	servings	1	363	55	1186	3.19	3.07	71.8	100	3.6	19.39	43.53	12.1	2.10	*0.00
Chicken Bowl	1 each	1	476	52	806	4.22	2.68	140.6	389	8.55	21.73	47.24	23.45	6.30	*0.00
Chef Salad (Fajita)	1 each	1	336	105	959	0.86	1.67	246.4	828	5.3	25.5	17.54	17.12	8.28	*0.00
Chef Salad (Spicy)	1 each	1	428	85	840	1.86	2.57	257.4	1275	4.7	24.9	28.64	23.65	9.58	*0.00
Pepperoni Calzone	1 each	1	457	36	744	1.85	0.36	400.0	400	0.0	21.39	51.51	17.78	8.17	0.00
Cheese Calzone	1 each	1	420	21	584	1.72	3.06	390.0	500	0.6	20.67	50.87	14.48	5.95	0.00
Burger Buddies (Secondary)	1 each	1	465	59	953	4.30	3.70	264.0	147	0.0	25.2	48.1	19.1	8.30	0.00
Cheeseburger	1 each	1	316	45	747	2.80	2.60	184.0	150	0.0	19.5	28.5	13.2	5.40	0.00
BBQ Rib Patty	1 each	1	133	32	377	0.40	0.60	19.5	178	0.0	10.2	4.0	8.4	2.90	0.00
Hamburger Bun	1 each	1	150	0	280	3.00	0.00	0.0	0	0.0	7.0	27.0	2.0	0.00	0.00
Chicken Patty	1 each	1	200	55	690	0.00	1.80	20.0	100	0.0	14.0	12.0	10.0	2.00	0.00
Hamburger Bun	1 each	1	150	0	280	3.00	0.00	0.0	0	0.0	7.0	27.0	2.0	0.00	0.00
Spicy Chicken Patty	1 each	1	200	55	460	1.00	1.80	20.0	500	0.0	15.0	12.0	11.0	2.50	0.00
Hamburger Bun	1 each	1	150	0	280	3.00	0.00	0.0	0	0.0	7.0	27.0	2.0	0.00	0.00
Chili Cheese Dog	each	1	335	37	958	1.27	2.40	138.9	197	1.37	13.96	31.09	16.04	6.33	0.00
Pepperoni French Bread Pizza	1 each	1	370	45	610	2.00	2.70	300.0	750	12.0	19.0	31.0	18.0	9.00	0.00
Pepperoni Deep Dish Pizza	1 each	1	450	25	960	2.00	2.70	300.0	750	0.0	18.0	45.0	22.0	9.00	0.00
Bean & Cheese Burrito (Felix)	each	1	290	15	580	5.00	2.70	200.0	750	1.2	14.0	40.0	9.0	3.50	0.00
Nacho Cheese	2 each	1	260	60	1560	0.00	0.36	600.0	800	0.0	16.0	8.0	18.0	12.00	0.00
Soft Pretzel	1 each	1	280	0	472	2.28	7.74	0.0	0	0.0	9.0	57.06	1.86	0.60	0.00
Nacho Cheese w Jalapeno	2 each	1	260	60	1660	0.00	0.72	600.0	600	0.0	16.0	8.0	18.0	12.00	0.00
Tortilla Chips	1 each	1	425	0	197	6.00	1.20	55.0	1063	72.0	6.0	58.0	18.0	3.00	*N/A*
PBJ Sandwich, 4.8 oz	1 each	1	580	0	540	5.00	2.70	40.0	0	0.0	18.0	55.0	32.0	7.00	0.00
Potato Rounds (1/2 c)	1/2 cup	4	101	0	161	1.50	0.24	0.0	0	0.8	1.5	13.5	4.5	1.50	1.50
Potato Wedges	1/2 cup	5	94	0	38	1.60	0.54	12.0	0	8.6	2.06	19.38	1.68	0.42	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

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May 2, 2011 thru May 2, 2011 Spreadsheet - Portion Values Chino Secondary Lunch EFB

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Strawberry Cup	1 each	2	122	0	4	2.40	0.75	14.0	31	52.8	0.68	33.05	0.17	0.01	0.00
Peach Cup	1 each	2	118	0	8	2.20	0.46	4.0	355	117.8	0.79	29.98	0.16	0.01	0.00
Grapes, American Type	1/2 cup	2	31	0	1	0.41	0.13	6.4	46	1.84	0.29	7.89	0.16	0.05	*N/A*
Fresh Apple	1 each	2	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	*N/A*
Fresh Orange	each	2	45	0	0	2.30	0.10	38.4	216	51.07	0.9	11.28	0.12	0.02	*N/A*
Banana	each	2	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	*N/A*
Fresh Pear	1 each	2	86	0	1	4.59	0.25	13.3	34	6.22	0.56	22.88	0.18	0.01	*N/A*
Garden Salad (1/2 c)	1/2 cup	3	7	0	3	0.33	0.00	6.6	165	1.19	0.33	0.99	0.0	0.00	*N/A*
Shredded Lettuce (1/2 c)	1/2 cup	3	5	0	4	0.43	0.15	6.5	181	1.01	0.32	1.07	0.05	0.01	*N/A*
Dill Pickle	2 slice	3	2	0	123	0.15	0.05	5.9	26	0.11	0.08	0.36	0.02	0.01	*N/A*
Baby Carrots	1/2 cup	3	25	0	57	2.11	0.65	23.3	10028	1.89	0.47	5.99	0.09	0.02	*N/A*
Apple Juice, 4 oz	1 each	2	55	0	15	0.00	0.00	0.0	0	30.0	0.0	15.0	0.0	0.00	0.00
Orange Juice, 4 oz	1 each	2	55	0	14	0.00	0.00	10.0	100	30.0	1.0	14.0	0.0	0.00	0.00
Wildberry Juice, 4 oz	1 each	2	60	0	15	0.00	0.00	0.0	0	30.0	0.0	15.0	0.0	0.00	0.00
Sidekick Slushie	1 each	2	80	0	45	0.00	0.36	80.0	1000	60.0	0.0	20.0	0.0	0.00	0.00
Strawberry Pomegrate Juice 4oz	1 each	2	80	0	5	3.00	0.36	80.0	500	60.0	0.0	18.0	0.0	0.00	0.00
Orange Pineapple Juice, 4 oz	1 each	2	70	0	5	3.00	0.36	80.0	500	60.0	0.0	18.0	0.0	0.00	0.00
Watermelon Juice, 4 oz	1 each	2	90	0	10	3.00	0.36	80.0	500	60.0	0.0	23.0	0.0	0.00	0.00
Milk, Nonfat Chocolate	half pint	9	120	5	150	0.00	0.00	300.0	500	1.8	8.0	22.0	0.0	0.00	0.00
Milk, 1% Strawberry	half pint	9	150	10	115	0.00	0.00	250.0	500	1.2	8.0	27.0	2.5	1.50	0.00
Milk, 1% White	half pint	10	120	10	150	0.00	0.00	350.0	500	2.4	10.0	14.0	2.5	1.50	0.00
Mustard packet	1 each	3	5	0	85	0.00	0.00	0.0	0	0.0	0.5	0.5	0.0	0.00	0.00
Ketchup Packet	1 each	3	10	0	65	0.00	0.00	0.0	0	0.0	0.0	3.0	0.0	0.00	0.00
Light Ranch Dressing Packet	1 each	2	70	0	310	0.00	0.00	0.0	0	0.0	1.0	8.0	4.0	0.50	0.00
Relish Packet	1 each	3	10	0	55	0.00	0.00	0.0	0	0.0	0.0	2.0	0.0	0.00	0.00
Mayonnaise Packet	1 each	2	70	5	55	0.00	0.00	0.0	0	0.0	0.0	0.0	7.0	1.00	0.00
Soy Sauce Packet	1 each	3	0	0	270	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Sesame Dressing	1 fl oz	3	90	0	320	0.00	0.00	0.0	0	0.0	0.0	12.0	4.5	0.50	0.00
Tapatio	1 each	3	0	0	110	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Sweet & Sour Packet	1 each	3	20	0	35	0.00	0.00	0.0	0	1.2	0.0	5.0	0.0	0.00	0.00
BBq Sauce	1 oz	3	60	0	280	0.00	0.00	0.0	200	0.0	0.0	15.0	0.0	0.00	0.00
Holiday Cookie	each	7	140	5	182	0.31	0.00	0.0	0	0.0	1.54	19.0	6.6	2.33	0.00
Oatmeal Raisin Cookie	1 each	7	122	3	59	0.80	0.72	30.0	0	0.0	1.57	18.0	5.03	1.24	0.00
Sugar Cookie	1 each	7	173	9	81	0.37	0.00	0.0	0	0.0	1.66	23.0	8.61	2.15	0.00
Chocolate Chip Cookie	1 each	7	147	3	98	0.24	0.54	20.0	0	0.0	1.0	20.0	7.0	2.00	0.00
Weighted Daily Average			861	72	1450	6.56	3.79	570.4	2579	52.28	34.84	119.10	28.10	9.38	*0.21
% of Calories											16.2%	55.4%	29.4%	9.8%	*0.2%
Weighted Average			861	72	1450	6.56	3.79	570.4	2579	52.28	34.84	119.10	28.10	9.38	*0.21
											16.2%	55.4%	29.4%	9.8%	*0.2%

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