

USD 230/Spring Hill School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

SPRING HILL ELEMENTARY LUNCH

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/01/2012														
SPRING HILL ELEMENTAR	Total													
BREADED CHICKEN PATTY	PATTY	272	72	590	2.00	2.00	13.0	71	14	0.0	15.0	15.0	17.0	4.00
BUN, REGULAR HAMBURGER	BUN	120	0	350	3.00	2.70	60.0	0	0	0.0	6.0	23.0	1.5	0.50
CHEEZ ITS	PKG	180	0	520	1.25	2.70	60.0	100	20	0.0	5.0	28.0	5.0	1.50
BROCCOLI:SPRING HILL	1/4 CUP	7	0	7	0.84	0.23	15.6	289	58	15.74	0.78	1.33	0.08	0.01
PINEAPPLE CHUNKS:canned,lt syr	1/4 CUP	33	0	1	0.50	0.25	8.8	24	1	4.72	0.23	8.47	0.08	0.01
MILK: SHSD	HALF PINT	132	6	182	0.81	0.01	300.6	497	109	0.97	8.04	23.37	0.32	0.21
PEANUT BUTTER AND JELLY	1 EACH	320	0	320	3.00	1.44	20.0	1	0	0.0	10.0	33.0	16.0	3.50
YOGURT W/ CINNAMON GOLDFISH	1 EACH	210	5	160	1.00	0.72	200.0	500	100	0.0	5.0	36.0	4.5	1.00
FRESH FRUIT	PIECE	79	0	1	3.45	0.21	16.9	101	11	18.67	0.79	20.74	0.23	0.05
SALAD BAR:SHSD	1 EACH	504	79	1165	7.33	3.31	229.2	13448	1226	27.89	20.8	55.28	21.97	7.30
MAYONAISSSE:SHSD	PACKET	40	5	85	0.00	0.00	0.0	0	0	0.0	0.0	1.0	4.0	0.50
KETCHUP	PACKET	10	0	100	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00
MUSTARD	PACKET	5	0	65	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00
Weighted Daily Average		701	70	1506	8.27	6.85	445.8	1000	205	22.81	32.58	93.91	22.62	5.76
% of Calories											18.6%	53.6%	29.0%	7.4%

Thu - 02/02/2012														
SPRING HILL ELEMENTAR	Total													
SOFT PRETZEL, (WW) 2.5 OZ	1 EACH	170	0	150	4.00	1.80	20.0	0	0	1.2	6.0	36.0	1.0	0.00
CHEESE SAUCE	2 OZ	73	5	485	0.00	0.00	54.9	0	0	0.0	1.83	5.49	5.49	1.83
SUN CHIPS, GARDEN SALSA	PKG	140	0	170	3.00	0.36	0.0	0	0	0.0	2.0	19.0	6.0	1.00
CORN:SPRING HILL	1/4 CUP	39	0	8	0.77	0.15	1.5	105	11	2.35	1.11	7.62	1.01	0.18
PEARS: canned,light syrup	1/4 CUP	36	0	3	1.00	0.18	3.1	0	0	0.44	0.12	9.52	0.02	0.00
MILK: SHSD	HALF PINT	132	6	182	0.81	0.01	300.6	497	109	0.97	8.04	23.37	0.32	0.21
PEANUT BUTTER AND JELLY	1 EACH	320	0	320	3.00	1.44	20.0	1	0	0.0	10.0	33.0	16.0	3.50
YOGURT W/ CINNAMON GOLDFISH	1 EACH	210	5	160	1.00	0.72	200.0	500	100	0.0	5.0	36.0	4.5	1.00
FRESH FRUIT	PIECE	79	0	1	3.45	0.21	16.9	101	11	18.67	0.79	20.74	0.23	0.05
SALAD BAR:SHSD	1 EACH	504	79	1165	7.33	3.31	229.2	13448	1226	27.89	20.8	55.28	21.97	7.30
MUSTARD	PACKET	5	0	65	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00
Weighted Daily Average		547	10	886	8.21	2.21	380.0	642	127	6.37	18.66	91.29	13.26	3.10
% of Calories											13.6%	66.7%	21.8%	5.1%

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

1 - denotes optional nutrient values

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USD 230/Spring Hill School District
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SPRING HILL ELEMENTARY LUNCH

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/03/2012														
SPRING HILL ELEMENTAR	Total													
NACHO GRANDE:ELEM	1 EACH	295	30	482	2.54	1.89	205.2	636	127	2.22	15.63	26.75	14.06	4.36
RED BEANS & RICE	1/4 CUP	50	0	172	1.00	0.67	20.0	100	25	2.25	1.75	10.0	0.25	0.00
BABY CARROTS	5 CARROT	18	0	39	1.45	0.45	16.0	6895	751	1.3	0.32	4.12	0.07	0.01
RANCH:LIGHT	0.5 OZ	47	5	137	0.00	0.00	9.4	0	0	0.0	0.47	0.47	4.72	0.71
PEACHES: canned,light syrup	1/4 CUP	34	0	3	0.82	0.23	1.9	222	22	1.51	0.28	9.13	0.02	0.00
MILK: SHSD	HALF PINT	132	6	182	0.81	0.01	300.6	497	109	0.97	8.04	23.37	0.32	0.21
PEANUT BUTTER AND JELLY	1 EACH	320	0	320	3.00	1.44	20.0	1	0	0.0	10.0	33.0	16.0	3.50
YOGURT W/ CINNAMON GOLDFISH	1 EACH	210	5	160	1.00	0.72	200.0	500	100	0.0	5.0	36.0	4.5	1.00
FRESH FRUIT	PIECE	79	0	1	3.45	0.21	16.9	101	11	18.67	0.79	20.74	0.23	0.05
SALAD BAR:SHSD	1 EACH	504	79	1165	7.33	3.31	229.2	13448	1226	27.89	20.8	55.28	21.97	7.30
SALSA, PC PACKETS	PACKET	5	0	120	0.00	0.00	0.0	0	0	1.2	0.0	1.0	0.0	0.00
Weighted Daily Average		534	34	909	5.98	2.80	521.4	4051	560	10.46	24.84	72.16	16.22	4.58
% of Calories											18.6%	54.1%	27.3%	7.7%

Mon - 02/06/2012														
SPRING HILL ELEMENTAR	Total													
PEPPERONI PIZZA	1 EACH	300	20	670	4.00	2.70	250.0	300	60	0.0	15.0	36.0	11.0	4.00
TOSSED SALAD W/ SPINACH	1 OZ	6	0	14	0.51	0.38	14.0	1679	165	5.18	0.41	1.31	0.06	0.01
RANCH:LIGHT	0.5 OZ	47	5	137	0.00	0.00	9.4	0	0	0.0	0.47	0.47	4.72	0.71
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04
PEARS,FRESH	1 EACH	96	0	2	5.15	0.28	14.9	38	3	6.97	0.63	25.66	0.2	0.02
VANILLA ICE CREAM CUP	1 EACH	140	30	70	0.00	0.00	80.0	300	60	0.0	2.0	16.0	7.0	5.00
MILK: SHSD	HALF PINT	132	6	182	0.81	0.01	300.6	497	109	0.97	8.04	23.37	0.32	0.21
PEANUT BUTTER AND JELLY	1 EACH	320	0	320	3.00	1.44	20.0	1	0	0.0	10.0	33.0	16.0	3.50
YOGURT W/ CINNAMON GOLDFISH	1 EACH	210	5	160	1.00	0.72	200.0	500	100	0.0	5.0	36.0	4.5	1.00
SALAD BAR:SHSD	1 EACH	504	79	1165	7.33	3.31	229.2	13448	1226	27.89	20.8	55.28	21.97	7.30
Weighted Daily Average		684	59	1055	8.27	3.19	648.1	2872	401	11.57	25.86	93.01	23.35	9.72
% of Calories											15.1%	54.4%	30.7%	12.8%

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USD 230/Spring Hill School District
Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
SPRING HILL ELEMENTARY LUNCH

Jan 30, 2012

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/07/2012														
SPRING HILL ELEMENTAR	Total													
CHICKEN AND NOODLES	1 CUP	172	53	196	0.57	0.71	53.5	177	45	0.21	17.7	15.33	4.43	0.83
ROLL, WHOLE GRAIN	ROLL	152	0	203	5.00	1.08	0.0	61	12	4.8	6.0	24.0	3.84	0.74
MASHED POTATOES, PEARLS	1/4 CUP	38	0	8	0.70	0.18	5.0	0	0	1.8	0.85	8.0	0.35	0.00
GREEN BEANS: canned,cooked	1/4 CUP	7	0	88	0.65	0.31	9.0	147	29	1.6	0.39	1.52	0.03	0.01
ROSIE APPLESAUCE: SHSD	1/4 CUP	56	0	22	0.70	0.07	1.8	4	1	4.43	0.32	14.14	0.1	0.02
MILK: SHSD	HALF PINT	132	6	182	0.81	0.01	300.6	497	109	0.97	8.04	23.37	0.32	0.21
PEANUT BUTTER AND JELLY	1 EACH	320	0	320	3.00	1.44	20.0	1	0	0.0	10.0	33.0	16.0	3.50
YOGURT W/ CINNAMON GOLDFISH	1 EACH	210	5	160	1.00	0.72	200.0	500	100	0.0	5.0	36.0	4.5	1.00
FRESH FRUIT	PIECE	79	0	1	3.45	0.21	16.9	101	11	18.67	0.79	20.74	0.23	0.05
SALAD BAR:SHSD	1 EACH	504	79	1165	7.33	3.31	229.2	13448	1226	27.89	20.8	55.28	21.97	7.30
MARGARINE PATTIE	1 EACH	25	0	40	0.00	0.00	0.0	200	100	0.0	0.0	0.0	2.5	0.50
Weighted Daily Average		554	49	695	7.82	2.23	378.6	1047	273	12.91	30.12	81.76	11.68	2.40
% of Calories											21.8%	59.1%	19.0%	3.9%

Wed - 02/08/2012														
SPRING HILL ELEMENTAR	Total													
MAC AND CHEESE:SECONDARY	6 OZ	240	23	833	1.50	1.35	187.5	563	113	0.0	9.75	24.0	10.5	5.25
LITTLE SMOKIES:ELEMENTARY	2 EACH	66	12	228	0.00	0.12	0.0	0	0	0.0	2.31	0.66	5.94	1.98
BISCUIT, BUTTERMILK	1 EACH	190	0	450	1.00	1.80	200.0	0	0	0.0	4.0	28.0	7.0	3.00
JELLY	1 EACH	51	0	6	0.19	0.04	1.3	1	0	0.17	0.03	13.29	0.0	0.00
PEAS:SPRING HILL	1/4 CUP	26	0	35	1.39	0.47	6.8	646	24	5.57	1.61	4.21	0.33	0.06
MANDARIN ORANGES	1/4 CUP	35	0	5	0.50	0.36	10.0	150	30	10.5	0.5	8.5	0.0	0.00
MILK: SHSD	HALF PINT	132	6	182	0.81	0.01	300.6	497	109	0.97	8.04	23.37	0.32	0.21
PEANUT BUTTER AND JELLY	1 EACH	320	0	320	3.00	1.44	20.0	1	0	0.0	10.0	33.0	16.0	3.50
YOGURT W/ CINNAMON GOLDFISH	1 EACH	210	5	160	1.00	0.72	200.0	500	100	0.0	5.0	36.0	4.5	1.00
FRESH FRUIT	PIECE	79	0	1	3.45	0.21	16.9	101	11	18.67	0.79	20.74	0.23	0.05
SALAD BAR:SHSD	1 EACH	504	79	1165	7.33	3.31	229.2	13448	1226	27.89	20.8	55.28	21.97	7.30
MARGARINE PATTIE	1 EACH	25	0	40	0.00	0.00	0.0	200	100	0.0	0.0	0.0	2.5	0.50
Weighted Daily Average		755	37	1711	5.62	4.01	694.1	1955	350	14.88	25.86	101.44	26.15	10.61
% of Calories											13.7%	53.8%	31.2%	12.7%

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
SPRING HILL ELEMENTARY LUNCH

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/09/2012														
SPRING HILL ELEMENTAR	Total													
CHILI, HOMEMADE	8 OZ	306	50	741	10.23	5.73	110.7	886	125	12.95	25.19	35.45	7.57	2.55
SALTINES	4 CRACKE RS	51	0	134	0.35	0.62	2.5	0	0	0.0	1.14	8.92	1.06	0.24
SWEET POTATO FRIES	2 OZ	100	0	113	2.00	0.24	13.3	3333	667	6.4	0.67	14.67	4.0	0.67
GRAPES, FRESH	1/4 CUP	15	0	0	0.21	0.07	3.2	23	2	0.92	0.14	3.94	0.08	0.03
CINNAMON ROLL:SECONDARY	1 EACH	325	20	524	1.00	1.81	24.6	163	146	0.04	6.12	49.48	12.27	3.75
MILK: SHSD	HALF PINT	132	6	182	0.81	0.01	300.6	497	109	0.97	8.04	23.37	0.32	0.21
PEANUT BUTTER AND JELLY	1 EACH	320	0	320	3.00	1.44	20.0	1	0	0.0	10.0	33.0	16.0	3.50
YOGURT W/ CINNAMON GOLDFISH	1 EACH	210	5	160	1.00	0.72	200.0	500	100	0.0	5.0	36.0	4.5	1.00
FRESH FRUIT	PIECE	79	0	1	3.45	0.21	16.9	101	11	18.67	0.79	20.74	0.23	0.05
SALAD BAR:SHSD	1 EACH	504	79	1165	7.33	3.31	229.2	13448	1226	27.89	20.8	55.28	21.97	7.30
KETCHUP	PACKET	10	0	100	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00
Weighted Daily Average		901	62	1543	12.01	6.88	455.1	4752	1035	17.49	35.58	133.34	25.66	7.24
% of Calories										15.8%	59.2%	25.6%	7.2%	

Fri - 02/10/2012														
SPRING HILL ELEMENTAR	Total													
GRILLED CHICKEN PATTY ON BUN	1 EACH	280	35	890	4.00	4.14	80.0	0	0	0.0	20.0	25.0	12.5	3.00
MUNCHIES SNACK MIX	1 EACH	230	5	410	2.00	6.30	40.0	400	80	6.0	4.0	34.0	8.0	1.50
BABY CARROTS	5 CARROT	18	0	39	1.45	0.45	16.0	6895	751	1.3	0.32	4.12	0.07	0.01
RANCH:LIGHT	0.5 OZ	47	5	137	0.00	0.00	9.4	0	0	0.0	0.47	0.47	4.72	0.71
PINEAPPLE CHUNKS:canned,lt syr	1/4 CUP	33	0	1	0.50	0.25	8.8	24	1	4.72	0.23	8.47	0.08	0.01
MILK: SHSD	HALF PINT	132	6	182	0.81	0.01	300.6	497	109	0.97	8.04	23.37	0.32	0.21
PEANUT BUTTER AND JELLY	1 EACH	320	0	320	3.00	1.44	20.0	1	0	0.0	10.0	33.0	16.0	3.50
YOGURT W/ CINNAMON GOLDFISH	1 EACH	210	5	160	1.00	0.72	200.0	500	100	0.0	5.0	36.0	4.5	1.00
FRESH FRUIT	PIECE	79	0	1	3.45	0.21	16.9	101	11	18.67	0.79	20.74	0.23	0.05
SALAD BAR:SHSD	1 EACH	504	79	1165	7.33	3.31	229.2	13448	1226	27.89	20.8	55.28	21.97	7.30
MAYONAISS:SHSD	PACKET	40	5	85	0.00	0.00	0.0	0	0	0.0	0.0	1.0	4.0	0.50
KETCHUP	PACKET	10	0	100	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00
MUSTARD	PACKET	5	0	65	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00
Weighted Daily Average		672	42	1425	7.70	9.07	435.3	5706	707	10.91	29.69	87.38	23.04	4.92
% of Calories										17.7%	52.0%	30.8%	6.6%	

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Mon - 02/13/2012														
SPRING HILL ELEMENTAR	Total													
FRENCH TOAST STICKS, 3 WG	3 STICKS	315	0	375	3.00	0.54	60.0	300	60	5.4	6.0	49.5	10.5	1.50
SAUSAGE PATTY	1 EACH	110	30	200	0.00	0.36	20.0	0	0	0.0	6.0	1.0	9.0	3.00
TRITATER:SECONDARY	1 EACH	100	0	220	1.00	0.36	0.0	0	0	1.2	1.0	12.0	5.0	1.50
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02
PEACHES: canned,light syrup	1/4 CUP	34	0	3	0.82	0.23	1.9	222	22	1.51	0.28	9.13	0.02	0.00
MILK: SHSD	HALF PINT	132	6	182	0.81	0.01	300.6	497	109	0.97	8.04	23.37	0.32	0.21
PEANUT BUTTER AND JELLY	1 EACH	320	0	320	3.00	1.44	20.0	1	0	0.0	10.0	33.0	16.0	3.50
YOGURT W/ CINNAMON GOLDFISH	1 EACH	210	5	160	1.00	0.72	200.0	500	100	0.0	5.0	36.0	4.5	1.00
FRESH FRUIT	PIECE	79	0	1	3.45	0.21	16.9	101	11	18.67	0.79	20.74	0.23	0.05
SALAD BAR:SHSD	1 EACH	504	79	1165	7.33	3.31	229.2	13448	1226	27.89	20.8	55.28	21.97	7.30
SYRUP	1 EACH	100	0	35	0.00	0.01	1.3	0	0	0.0	0.0	26.14	0.0	0.00
KETCHUP	PACKET	10	0	100	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00
Weighted Daily Average		809	34	1036	5.67	1.58	392.3	981	190	24.51	21.32	126.48	24.51	6.12
% of Calories										10.5%	62.6%	27.3%	6.8%	

Tue - 02/14/2012														
SPRING HILL ELEMENTAR	Total													
HEART SHAPED NUGGETS, ELEM	3 PIECES	270	35	590	2.00	1.80	20.0	0	0	0.0	14.0	13.0	18.0	4.00
ROLL, WHOLE GRAIN	ROLL	152	0	203	5.00	1.08	0.0	61	12	4.8	6.0	24.0	3.84	0.74
MASHED POTATOES, PEARLS	1/4 CUP	38	0	8	0.70	0.18	5.0	0	0	1.8	0.85	8.0	0.35	0.00
GREEN BEANS: canned,cooked	1/4 CUP	7	0	88	0.65	0.31	9.0	147	29	1.6	0.39	1.52	0.03	0.01
ROSIE APPLESAUCE: SHSD	1/4 CUP	56	0	22	0.70	0.07	1.8	4	1	4.43	0.32	14.14	0.1	0.02
MILK: SHSD	HALF PINT	132	6	182	0.81	0.01	300.6	497	109	0.97	8.04	23.37	0.32	0.21
PEANUT BUTTER AND JELLY	1 EACH	320	0	320	3.00	1.44	20.0	1	0	0.0	10.0	33.0	16.0	3.50
YOGURT W/ CINNAMON GOLDFISH	1 EACH	210	5	160	1.00	0.72	200.0	500	100	0.0	5.0	36.0	4.5	1.00
FRESH FRUIT	PIECE	79	0	1	3.45	0.21	16.9	101	11	18.67	0.79	20.74	0.23	0.05
SALAD BAR:SHSD	1 EACH	504	79	1165	7.33	3.31	229.2	13448	1226	27.89	20.8	55.28	21.97	7.30
MARGARINE PATTIE	1 EACH	25	0	40	0.00	0.00	0.0	200	100	0.0	0.0	0.0	2.5	0.50
KETCHUP	PACKET	10	0	100	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00
Weighted Daily Average		683	38	1205	10.26	3.36	344.3	1062	279	17.05	28.82	87.94	24.47	5.34
% of Calories										16.9%	51.5%	32.2%	7.0%	

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USD 230/Spring Hill School District
Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
SPRING HILL ELEMENTARY LUNCH

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/15/2012														
SPRING HILL ELEMENTAR	Total													
BEAN BURRITO	1 EACH	300	15	710	5.00	2.70	150.0	0	0	0.6	11.0	44.0	9.0	4.00
CHEESE SAUCE	2 OZ	73	5	485	0.00	0.00	54.9	0	0	0.0	1.83	5.49	5.49	1.83
DORITOS, REDUCED FAT CHEESE	1 EACH	130	0	220	1.00	0.36	20.0	0	0	0.0	2.0	19.0	5.0	1.00
BABY CARROTS	5 CARROT	18	0	39	1.45	0.45	16.0	6895	751	1.3	0.32	4.12	0.07	0.01
RANCH:LIGHT	0.5 OZ	47	5	137	0.00	0.00	9.4	0	0	0.0	0.47	0.47	4.72	0.71
GRAPES, FRESH	1/4 CUP	15	0	0	0.21	0.07	3.2	23	2	0.92	0.14	3.94	0.08	0.03
RICE KRISPY TREAT	1 EACH	45	0	53	0.00	0.18	0.0	100	20	0.0	0.25	8.5	1.12	0.37
MILK: SHSD	HALF PINT	132	6	182	0.81	0.01	300.6	497	109	0.97	8.04	23.37	0.32	0.21
PEANUT BUTTER AND JELLY	1 EACH	320	0	320	3.00	1.44	20.0	1	0	0.0	10.0	33.0	16.0	3.50
YOGURT W/ CINNAMON GOLDFISH	1 EACH	210	5	160	1.00	0.72	200.0	500	100	0.0	5.0	36.0	4.5	1.00
FRESH FRUIT	PIECE	79	0	1	3.45	0.21	16.9	101	11	18.67	0.79	20.74	0.23	0.05
SALAD BAR:SHSD	1 EACH	504	79	1165	7.33	3.31	229.2	13448	1226	27.89	20.8	55.28	21.97	7.30
SALSA, PC PACKETS	PACKET	5	0	120	0.00	0.00	0.0	0	0	1.2	0.0	1.0	0.0	0.00
Weighted Daily Average		688	25	1519	7.39	3.15	520.4	5500	667	5.09	22.15	100.36	22.23	6.84
% of Calories											12.9%	58.3%	29.1%	8.9%

Thu - 02/16/2012														
SPRING HILL ELEMENTAR	Total													
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%

Fri - 02/17/2012														
SPRING HILL ELEMENTAR	Total													
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%

Mon - 02/20/2012														
SPRING HILL ELEMENTAR	Total													
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	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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USD 230/Spring Hill School District
Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
SPRING HILL ELEMENTARY LUNCH

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/21/2012														
SPRING HILL ELEMENTAR	Total													
HAMBURGER PATTY	1 EACH	160	35	270	1.00	1.80	20.0	100	20	0.0	13.0	1.0	12.0	5.00
BUN, REGULAR HAMBURGER	BUN	120	0	350	3.00	2.70	60.0	0	0	0.0	6.0	23.0	1.5	0.50
CHEESE SLICE:AMERICAN	1 EACH	53	13	178	0.00	0.03	78.2	134	41	0.0	3.14	0.23	4.43	2.79
BAKED BEANS:SPRING HILL 1/04	1/4 CUP	89	4	288	3.21	1.50	58.4	19	15	1.52	3.03	18.73	0.91	0.34
BABY CARROTS	5 CARROT	18	0	39	1.45	0.45	16.0	6895	751	1.3	0.32	4.12	0.07	0.01
RANCH:LIGHT	0.5 OZ	47	5	137	0.00	0.00	9.4	0	0	0.0	0.47	0.47	4.72	0.71
PEARS: canned,light syrup	1/4 CUP	36	0	3	1.00	0.18	3.1	0	0	0.44	0.12	9.52	0.02	0.00
MILK: SHSD	HALF PINT	132	6	182	0.81	0.01	300.6	497	109	0.97	8.04	23.37	0.32	0.21
PEANUT BUTTER AND JELLY	1 EACH	320	0	320	3.00	1.44	20.0	1	0	0.0	10.0	33.0	16.0	3.50
YOGURT W/ CINNAMON GOLDFISH	1 EACH	210	5	160	1.00	0.72	200.0	500	100	0.0	5.0	36.0	4.5	1.00
FRESH FRUIT	PIECE	79	0	1	3.45	0.21	16.9	101	11	18.67	0.79	20.74	0.23	0.05
SALAD BAR:SHSD	1 EACH	504	79	1165	7.33	3.31	229.2	13448	1226	27.89	20.8	55.28	21.97	7.30
KETCHUP	PACKET	10	0	100	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00
MUSTARD	PACKET	5	0	65	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00
Weighted Daily Average		636	56	1416	10.03	6.08	530.6	5669	725	7.35	32.33	82.12	21.88	8.68
% of Calories											20.3%	51.7%	31.0%	12.3%

Wed - 02/22/2012														
SPRING HILL ELEMENTAR	Total													
CHEESE PIZZA; SMART	1 EACH	300	15	630	4.00	1.80	350.0	300	60	0.0	15.0	37.0	11.0	4.00
TOSSED SALAD W/ SPINACH	1 OZ	6	0	14	0.51	0.38	14.0	1679	165	5.18	0.41	1.31	0.06	0.01
RANCH:LIGHT	0.5 OZ	47	5	137	0.00	0.00	9.4	0	0	0.0	0.47	0.47	4.72	0.71
PINEAPPLE CHUNKS:canned,lt syr	1/4 CUP	33	0	1	0.50	0.25	8.8	24	1	4.72	0.23	8.47	0.08	0.01
BROWNIE, WHOLE GRAIN	2x2 BROW NIE	120	5	160	1.00	0.36	0.0	0	0	0.0	2.0	23.0	3.0	1.00
MILK: SHSD	HALF PINT	132	6	182	0.81	0.01	300.6	497	109	0.97	8.04	23.37	0.32	0.21
PEANUT BUTTER AND JELLY	1 EACH	320	0	320	3.00	1.44	20.0	1	0	0.0	10.0	33.0	16.0	3.50
YOGURT W/ CINNAMON GOLDFISH	1 EACH	210	5	160	1.00	0.72	200.0	500	100	0.0	5.0	36.0	4.5	1.00
FRESH FRUIT	PIECE	79	0	1	3.45	0.21	16.9	101	11	18.67	0.79	20.74	0.23	0.05
SALAD BAR:SHSD	1 EACH	504	79	1165	7.33	3.31	229.2	13448	1226	27.89	20.8	55.28	21.97	7.30
Weighted Daily Average		642	30	1096	7.44	2.68	659.9	2502	335	13.65	25.75	94.51	19.37	5.85
% of Calories											16.1%	58.9%	27.2%	8.2%

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USD 230/Spring Hill School District
Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
SPRING HILL ELEMENTARY LUNCH

Jan 30, 2012

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/23/2012														
SPRING HILL ELEMENTAR	Total													
CHICKEN STRIPS, 3	3 STRIPS	230	40	590	1.00	1.44	20.0	0	0	0.0	15.0	10.0	15.0	3.50
ROLL, WHOLE GRAIN	ROLL	152	0	203	5.00	1.08	0.0	61	12	4.8	6.0	24.0	3.84	0.74
MASHED POTATOES, PEARLS	1/4 CUP	38	0	8	0.70	0.18	5.0	0	0	1.8	0.85	8.0	0.35	0.00
GREEN BEANS: canned,cooked	1/4 CUP	7	0	88	0.65	0.31	9.0	147	29	1.6	0.39	1.52	0.03	0.01
APPLESAUCE:SHSD	1/4 CUP	43	0	1	0.77	0.08	1.9	4	1	1.08	0.1	11.15	0.11	0.02
MILK: SHSD	HALF PINT	132	6	182	0.81	0.01	300.6	497	109	0.97	8.04	23.37	0.32	0.21
PEANUT BUTTER AND JELLY	1 EACH	320	0	320	3.00	1.44	20.0	1	0	0.0	10.0	33.0	16.0	3.50
YOGURT W/ CINNAMON GOLDFISH	1 EACH	210	5	160	1.00	0.72	200.0	500	100	0.0	5.0	36.0	4.5	1.00
FRESH FRUIT	PIECE	79	0	1	3.45	0.21	16.9	101	11	18.67	0.79	20.74	0.23	0.05
SALAD BAR:SHSD	1 EACH	504	79	1165	7.33	3.31	229.2	13448	1226	27.89	20.8	55.28	21.97	7.30
KETCHUP	PACKET	10	0	100	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00
MARGARINE PATTIE	1 EACH	25	0	40	0.00	0.00	0.0	200	100	0.0	0.0	0.0	2.5	0.50
Weighted Daily Average		642	44	1213	9.51	3.08	343.0	1061	279	15.23	30.08	83.40	21.92	4.93
% of Calories											18.7%	51.9%	30.7%	6.9%

Fri - 02/24/2012														
SPRING HILL ELEMENTAR	Total													
YOGURT W/ CHOCOLATE MUFFIN	1 EACH	420	60	280	1.00	1.08	240.0	850	170	0.0	9.0	64.0	14.5	4.00
SUN CHIPS, CHEDDAR	PKG	140	0	200	3.00	0.36	0.0	0	0	0.0	2.0	19.0	6.0	1.00
BROCCOLI,raw: fresh	1/4 CUP	8	0	8	0.59	0.17	10.7	142	35	20.29	0.64	1.51	0.08	0.01
RANCH:LIGHT	0.5 OZ	47	5	137	0.00	0.00	9.4	0	0	0.0	0.47	0.47	4.72	0.71
BANANA	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11
MILK: SHSD	HALF PINT	132	6	182	0.81	0.01	300.6	497	109	0.97	8.04	23.37	0.32	0.21
FRESH FRUIT	PIECE	79	0	1	3.45	0.21	16.9	101	11	18.67	0.79	20.74	0.23	0.05
PEANUT BUTTER AND JELLY	1 EACH	320	0	320	3.00	1.44	20.0	1	0	0.0	10.0	33.0	16.0	3.50
YOGURT W/ CINNAMON GOLDFISH	1 EACH	210	5	160	1.00	0.72	200.0	500	100	0.0	5.0	36.0	4.5	1.00
SALAD BAR:SHSD	1 EACH	504	79	1165	7.33	3.31	229.2	13448	1226	27.89	20.8	55.28	21.97	7.30
Weighted Daily Average		725	57	713	6.66	1.66	528.5	1348	279	20.40	19.79	111.94	22.31	5.24
% of Calories											10.9%	61.7%	27.7%	6.5%

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USD 230/Spring Hill School District
Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
SPRING HILL ELEMENTARY LUNCH

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/27/2012														
SPRING HILL ELEMENTAR	Total													
MINI CORNDOGS	6 EACH	255	13	630	1.34	3.62	0.0	0	0	0.0	10.72	30.82	9.38	1.34
MUNCHIES SNACK MIX	1 EACH	230	5	410	2.00	6.30	40.0	400	80	6.0	4.0	34.0	8.0	1.50
BROCCOLI W/ CHEESE:SHSD	1/4 CUP	32	1	135	1.38	0.28	29.9	465	87	18.45	1.92	3.93	1.52	0.50
PEACHES: canned,light syrup	1/4 CUP	34	0	3	0.82	0.23	1.9	222	22	1.51	0.28	9.13	0.02	0.00
MILK: SHSD	HALF PINT	132	6	182	0.81	0.01	300.6	497	109	0.97	8.04	23.37	0.32	0.21
PEANUT BUTTER AND JELLY	1 EACH	320	0	320	3.00	1.44	20.0	1	0	0.0	10.0	33.0	16.0	3.50
YOGURT W/ CINNAMON GOLDFISH	1 EACH	210	5	160	1.00	0.72	200.0	500	100	0.0	5.0	36.0	4.5	1.00
FRESH FRUIT	PIECE	79	0	1	3.45	0.21	16.9	101	11	18.67	0.79	20.74	0.23	0.05
SALAD BAR:SHSD	1 EACH	504	79	1165	7.33	3.31	229.2	13448	1226	27.89	20.8	55.28	21.97	7.30
KETCHUP	PACKET	10	0	100	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00
MUSTARD	PACKET	5	0	65	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00
Weighted Daily Average		688	25	1478	6.33	10.25	375.3	1607	313	28.04	24.83	102.67	19.43	3.62
% of Calories											14.4%	59.7%	25.4%	4.7%

Tue - 02/28/2012														
SPRING HILL ELEMENTAR	Total													
BOSCO BREADSTICK: ONE	1 EACH	210	15	150	2.00	1.44	200.0	100	40	0.0	12.0	28.0	8.0	4.00
MARINARA SAUCE CUP	1 EACH	25	0	208	0.99	0.36	0.0	198	40	4.75	0.99	5.93	0.0	0.00
TOSSED SALAD W/ SPINACH	1 OZ	6	0	14	0.51	0.38	14.0	1679	165	5.18	0.41	1.31	0.06	0.01
RANCH:LIGHT	0.5 OZ	47	5	137	0.00	0.00	9.4	0	0	0.0	0.47	0.47	4.72	0.71
MANDARIN ORANGES	1/4 CUP	35	0	5	0.50	0.36	10.0	150	30	10.5	0.5	8.5	0.0	0.00
CHOCOLATE CHIP COOKIE:1.33OZ	1 EACH	160	10	120	1.00	1.26	0.0	300	39	0.0	2.0	23.0	8.0	4.00
MILK: SHSD	HALF PINT	132	6	182	0.81	0.01	300.6	497	109	0.97	8.04	23.37	0.32	0.21
PEANUT BUTTER AND JELLY	1 EACH	320	0	320	3.00	1.44	20.0	1	0	0.0	10.0	33.0	16.0	3.50
YOGURT W/ CINNAMON GOLDFISH	1 EACH	210	5	160	1.00	0.72	200.0	500	100	0.0	5.0	36.0	4.5	1.00
FRESH FRUIT	PIECE	79	0	1	3.45	0.21	16.9	101	11	18.67	0.79	20.74	0.23	0.05
SALAD BAR:SHSD	1 EACH	504	79	1165	7.33	3.31	229.2	13448	1226	27.89	20.8	55.28	21.97	7.30
Weighted Daily Average		605	35	807	5.90	3.62	526.0	2854	408	18.88	24.05	88.34	21.03	8.73
% of Calories											15.9%	58.4%	31.3%	13.0%

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SPRING HILL ELEMENTARY LUNCH

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/29/2012														
SPRING HILL ELEMENTAR	Total													
SOFT SHELL TACO	TACO	252	23	751	3.60	1.73	241.4	1246	230	2.69	18.15	19.72	12.23	3.36
REFRIED BEANS, SANTIAGO POU	2 OZ	70	0	253	4.09	0.90	20.0	0	0	0.6	4.09	11.92	0.67	0.26
CORN:SPRING HILL	1/4 CUP	39	0	8	0.77	0.15	1.5	105	11	2.35	1.11	7.62	1.01	0.18
PINEAPPLE CHUNKS:canned,lt syr	1/4 CUP	33	0	1	0.50	0.25	8.8	24	1	4.72	0.23	8.47	0.08	0.01
MILK: SHSD	HALF PINT	132	6	182	0.81	0.01	300.6	497	109	0.97	8.04	23.37	0.32	0.21
PEANUT BUTTER AND JELLY	1 EACH	320	0	320	3.00	1.44	20.0	1	0	0.0	10.0	33.0	16.0	3.50
YOGURT W/ CINNAMON GOLDFISH	1 EACH	210	5	160	1.00	0.72	200.0	500	100	0.0	5.0	36.0	4.5	1.00
FRESH FRUIT	PIECE	79	0	1	3.45	0.21	16.9	101	11	18.67	0.79	20.74	0.23	0.05
SALAD BAR:SHSD	1 EACH	504	79	1165	7.33	3.31	229.2	13448	1226	27.89	20.8	55.28	21.97	7.30
SALSA, PC PACKETS	PACKET	5	0	120	0.00	0.00	0.0	0	0	1.2	0.0	1.0	0.0	0.00
Weighted Daily Average		524	25	1118	9.53	2.76	539.4	1671	315	12.59	29.22	73.12	14.08	3.82
% of Calories											22.3%	55.8%	24.2%	6.5%

Weighted Average		666	41	1185	7.92	4.19	484.3	2571	414	15.01	26.75	94.73	20.73	5.97
											16.1%	56.9%	28.0%	8.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	666		622	107%			
Cholesterol (mg)	41		100	41%			
Sodium (mg)	1185		1500	79%			
Fiber (g)	7.92		3.33	238%			
Iron (mg)	4.19		3.30	127%			
Calcium (mg)	484.3		267.00	181%			
Vitamin A (IU)	2571		945	272%			
Vitamin A (RE)	414		189	219%			
Vitamin C (mg)	15.01		15.00	100%			
Protein (g)	26.75	16.06%	8.43	317%			
Carbohydrate (g)	94.73	56.88%					
Total Fat (g)	20.73	28.01%	<=30.00%				
Saturated Fat (g)	5.97	8.07%	<10.00%				

**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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.