

Spring Hill School District

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Sep 1, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values

Aug 30, 2010

SH MIDDLE SCHOOL LUNCH

	Portion Size	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 09/01/2010							
SH MIDDLE SCHOOL LUNC	Total						
HOT DOG ON BUN, TURKEY	SERVING	263	1.16	10.66	22.63	14.19	4.01
CHILI CRISPITO:SECONDARY	2 EACH	440	4.00	18.0	44.0	20.0	5.00
CHEESE SAUCE	3 OZ	123	0.25	8.25	8.25	6.33	3.02
CONFETTI FRIES	3 OZ	160	2.86	1.85	24.26	6.21	1.04
BROCCOLI W/ CHEESE:SHSD	1/2 CUP	68	2.74	5.68	7.67	2.36	1.09
STRAWBERRIES&BANANAS	1/2 CUP	95	2.19	0.75	25.09	0.21	0.05
FRESH FRUIT	PIECE	69	2.75	0.79	17.8	0.23	0.06
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
PEANUT BUTTER SANDWICH:SHSD	1 EACH	300	4.00	9.0	36.0	16.0	2.50
YOGURT w/ CRACKERS	1 each	240	0.00	6.0	42.0	4.0	1.50
SALAD BAR:SHSD	1 EACH	493	7.66	20.66	55.38	20.84	7.49
KETCHUP	1 EACH	6	0.02	0.1	1.51	0.02	0.00
MUSTARD: individual PC	PC packet	3	0.05	0.21	0.29	0.2	0.01
TACO SAUCE	1 OZ	15	0.37	0.33	3.71	0.09	0.01
Weighted Daily Average		841	10.14	32.84	114.52	28.49	7.98
% of Calories				15.6%	54.5%	30.5%	8.5%

Thu - 09/02/2010							
SH MIDDLE SCHOOL LUNC	Total						
CHICKEN STRIPSW/ROLL:#2 SEC	4 STRIPS	446	3.75	22.51	41.96	20.19	4.51
PEANUT BUTTER SANDWICH:SHSD	1 EACH	300	4.00	9.0	36.0	16.0	2.50
MASHED POTATOES:SHSD:CUP	1/2 CUP	132	1.35	1.35	17.56	5.57	1.01
GREEN BEANS: canned,cooked	1/2 CUP	14	1.30	0.78	3.04	0.07	0.02
ROSIE APPLESAUCE: SHSD	1/2 CUP	112	1.41	0.64	28.28	0.2	0.04
FRESH FRUIT	PIECE	69	2.75	0.79	17.8	0.23	0.06
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
MARGARINE PATTIE	1 EACH	25	0.00	0.0	0.0	2.5	0.50
SALAD BAR:SHSD	1 EACH	493	7.66	20.66	55.38	20.84	7.49
YOGURT w/ CRACKERS	1 each	240	0.00	6.0	42.0	4.0	1.50
KETCHUP	1 EACH	6	0.02	0.1	1.51	0.02	0.00
BBQ SAUCE	1 OZ	35	0.00	0.0	8.0	0.0	0.00
Weighted Daily Average		845	8.20	32.52	113.29	27.90	6.13
% of Calories				15.4%	53.6%	29.7%	6.5%

Fri - 09/03/2010							
SH MIDDLE SCHOOL LUNC	Total						
TURKEY&CHEESE ON BUN:SECONDARY	1 EACH	276	1.28	17.21	31.57	7.64	3.68
BEAN BURRITO	1 Each	350	8.00	14.0	49.0	11.0	4.50
CHEESE SAUCE	2 OZ	82	0.16	5.5	5.5	4.22	2.01
SUN CHIPS, CHEDDAR	PKG	140	3.00	2.0	19.0	6.0	1.00
BABY CARROTS	5 CARROTS	18	1.45	0.32	4.12	0.07	0.01
RANCH:LIGHT	1 OZ	52	0.86	0.86	6.02	2.58	0.43
TROPICAL MIXED FRUIT #2	1/2 CUP	90	2.00	1.0	22.0	0.0	0.00
FRESH FRUIT	PIECE	69	2.75	0.79	17.8	0.23	0.06
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
PEANUT BUTTER SANDWICH:SHSD	1 EACH	300	4.00	9.0	36.0	16.0	2.50
YOGURT w/ CRACKERS	1 each	240	0.00	6.0	42.0	4.0	1.50
SALAD BAR:SHSD	1 EACH	493	7.66	20.66	55.38	20.84	7.49
MUSTARD: individual PC	PC packet	3	0.05	0.21	0.29	0.2	0.01
MAYONNAISE:SHSD	EACH	79	0.00	0.0	0.0	8.93	0.00
TACO SAUCE	1 OZ	15	0.37	0.33	3.71	0.09	0.01
Weighted Daily Average		764	12.56	29.40	112.66	21.45	6.77
% of Calories				15.4%	59.0%	25.3%	8.0%

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SH MIDDLE SCHOOL LUNCH

	Portion Size	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 09/06/2010							
SH MIDDLE SCHOOL LUNC	Total						
NO SCHOOL TODAY	SERVING	0	0.00	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0.00	0.00	0.00	0.00	0.00
% of Calories				0.0%	0.0%	0.0%	0.0%

	Portion Size	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/07/2010							
SH MIDDLE SCHOOL LUNC	Total						
TACO SALAD:SECONDARY	3 OZ	547	5.63	27.31	39.91	31.69	12.18
BREADED PORK PATTY ON BUN	1 Each	432	2.34	17.67	42.98	19.58	5.59
SPANISH RICE	1/2 CUP	124	1.27	2.64	25.11	1.45	0.21
CORN:SPRING HILL	1/2 CUP	78	1.54	2.22	15.23	2.02	0.35
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	66	1.01	0.45	16.95	0.15	0.01
FRESH FRUIT	PIECE	69	2.75	0.79	17.8	0.23	0.06
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
PEANUT BUTTER SANDWICH:SHSD	1 EACH	300	4.00	9.0	36.0	16.0	2.50
YOGURT w/ CRACKERS	1 each	240	0.00	6.0	42.0	4.0	1.50
SALAD BAR:SHSD	1 EACH	493	7.66	20.66	55.38	20.84	7.49
TACO SAUCE	1 OZ	15	0.37	0.33	3.71	0.09	0.01
Weighted Daily Average		835	8.92	35.63	108.04	30.18	10.47
% of Calories				17.1%	51.8%	32.5%	11.3%

	Portion Size	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 09/08/2010							
SH MIDDLE SCHOOL LUNC	Total						
CHICKEN NUGGETS W/ ROLL	6 EACH	499	1.08	27.25	38.26	26.99	4.90
PEANUT BUTTER SANDWICH:SHSD	1 EACH	300	4.00	9.0	36.0	16.0	2.50
MASHED POTATOES:SHSD:CUP	1/2 CUP	132	1.35	1.35	17.56	5.57	1.01
GREEN BEANS: canned,cooked	1/2 CUP	14	1.30	0.78	3.04	0.07	0.02
APPLESAUCE:SHSD	1/2 CUP	87	1.53	0.2	22.3	0.22	0.04
FRESH FRUIT	PIECE	69	2.75	0.79	17.8	0.23	0.06
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
YOGURT w/ CRACKERS	1 each	240	0.00	6.0	42.0	4.0	1.50
MARGARINE PATTIE	1 EACH	25	0.00	0.0	0.0	2.5	0.50
SALAD BAR:SHSD	1 EACH	493	7.66	20.66	55.38	20.84	7.49
BBQ SAUCE:CURLEY'S	1 OZ	44	0.00	0.0	11.52	0.0	0.00
KETCHUP	1 EACH	6	0.02	0.1	1.51	0.02	0.00
Weighted Daily Average		885	6.04	36.29	108.54	34.40	6.47
% of Calories				16.4%	49.1%	35.0%	6.6%

	Portion Size	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/09/2010							
SH MIDDLE SCHOOL LUNC	Total						
CORNDOG	1 EACH	270	0.80	10.0	30.0	12.0	3.00
POPCORN SHRIMP	20 PIECES	180	1.00	8.0	18.0	8.0	2.00
CHEDDAR BISCUIT	BISCUIT	170	1.00	4.0	20.0	8.0	2.50
POTATO SMILES	5 EACH	133	1.67	1.67	20.0	5.0	0.83
BROCCOLI W/ CHEESE:SHSD	1/2 CUP	68	2.74	5.68	7.67	2.36	1.09
PEARS&CHERRIES: SHSD	1/2 CUP	78	1.88	0.31	20.46	0.06	0.01
FRESH FRUIT	PIECE	69	2.75	0.79	17.8	0.23	0.06
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
SALAD BAR:SHSD	1 EACH	493	7.66	20.66	55.38	20.84	7.49
PEANUT BUTTER SANDWICH:SHSD	1 EACH	300	4.00	9.0	36.0	16.0	2.50
YOGURT w/ CRACKERS	1 each	240	0.00	6.0	42.0	4.0	1.50
KETCHUP	1 EACH	6	0.02	0.1	1.51	0.02	0.00
MUSTARD: individual PC	PC packet	3	0.05	0.21	0.29	0.2	0.01
TARTAR SAUCE: 1 OZ	1 EACH	95	0.00	0.0	4.73	7.56	1.42
Weighted Daily Average		707	7.60	24.48	103.27	21.95	5.70
% of Calories				13.8%	58.4%	27.9%	7.3%

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SH MIDDLE SCHOOL LUNCH

	Portion Size	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 09/10/2010							
SH MIDDLE SCHOOL LUNC	Total						
HAMBURGER ON A BUN	1 SERVING	351	2.22	19.01	30.38	15.98	6.26
CHEESE SLICE:AMERICAN	1 EACH	53	0.00	3.14	0.23	4.43	2.79
VEGGIE BURGER ON BUN	SANDWICH	310	5.00	22.0	39.0	7.0	1.50
MUNCHIES SNACK MIX	1 EACH	230	2.00	4.0	34.0	8.0	1.50
BAKED BEANS:SPRING HILL 1/04	1/2 CUP	179	6.42	6.06	37.46	1.82	0.69
ORANGE SLICES	1/2 CUP	43	2.21	0.86	10.81	0.11	0.02
FRESH FRUIT	PIECE	69	2.75	0.79	17.8	0.23	0.06
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
SALAD BAR:SHSD	1 EACH	493	7.66	20.66	55.38	20.84	7.49
PEANUT BUTTER SANDWICH:SHSD	1 EACH	300	4.00	9.0	36.0	16.0	2.50
YOGURT w/ CRACKERS	1 each	240	0.00	6.0	42.0	4.0	1.50
KETCHUP	1 EACH	6	0.02	0.1	1.51	0.02	0.00
MUSTARD: individual PC	PC packet	3	0.05	0.21	0.29	0.2	0.01
HAMBURGER DILL SLICES:1/2 GAL	1 EACH	149	13.64	7.44	32.12	1.74	0.45
Weighted Daily Average		897	11.12	37.66	121.90	28.35	10.12
% of Calories				16.8%	54.4%	28.4%	10.2%

Mon - 09/13/2010							
SH MIDDLE SCHOOL LUNC	Total						
FRENCH TOAST STIX w/ SAUSAGE	4 COUNT	580	4.00	14.0	66.0	30.0	8.00
TURKEY&CHEESE ON BUN:SECONDARY	1 EACH	276	1.28	17.21	31.57	7.64	3.68
TRITATER:SECONDARY	2 EACH	162	2.70	2.71	21.6	6.76	2.03
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0.28	0.47	15.62	0.17	0.02
MANDARIN ORANGES	1/2 CUP	70	1.00	1.01	17.01	0.0	0.00
FRESH FRUIT	PIECE	69	2.75	0.79	17.8	0.23	0.06
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
SALAD BAR:SHSD	1 EACH	493	7.66	20.66	55.38	20.84	7.49
PEANUT BUTTER SANDWICH:SHSD	1 EACH	300	4.00	9.0	36.0	16.0	2.50
YOGURT w/ CRACKERS	1 each	240	0.00	6.0	42.0	4.0	1.50
SYRUP	1 EACH	100	0.00	0.0	26.14	0.0	0.00
KETCHUP	1 EACH	6	0.02	0.1	1.51	0.02	0.00
MAYONNAISE:SHSD	EACH	79	0.00	0.0	0.0	8.93	0.00
MUSTARD: individual PC	PC packet	3	0.05	0.21	0.29	0.2	0.01
Weighted Daily Average		958	8.26	26.67	144.19	31.17	8.88
% of Calories				11.1%	60.2%	29.3%	8.3%

Tue - 09/14/2010							
SH MIDDLE SCHOOL LUNC	Total						
TURKEY FINGERS WITH ROLL	4 STRIPS	437	1.84	19.92	47.85	17.5	4.11
PEPPERONI POCKET	1 EACH	310	2.99	9.99	36.99	13.0	6.00
MASHED POTATOES:SHSD:CUP	1/2 CUP	132	1.35	1.35	17.56	5.57	1.01
GREEN BEANS: canned,cooked	1/2 CUP	14	1.30	0.78	3.04	0.07	0.02
PINEAPPLE W/ RED CHERRIES	1/2 CUP	73	1.10	0.48	18.79	0.15	0.02
FRESH FRUIT	PIECE	69	2.75	0.79	17.8	0.23	0.06
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
SALAD BAR:SHSD	1 EACH	493	7.66	20.66	55.38	20.84	7.49
PEANUT BUTTER SANDWICH:SHSD	1 EACH	300	4.00	9.0	36.0	16.0	2.50
YOGURT w/ CRACKERS	1 each	240	0.00	6.0	42.0	4.0	1.50
KETCHUP	1 EACH	6	0.02	0.1	1.51	0.02	0.00
BARBECUE SAUCE	2 TBSP	48	0.40	0.45	12.48	0.1	0.02
MARGARINE PATTIE	1 EACH	25	0.00	0.0	0.0	2.5	0.50
Weighted Daily Average		746	6.84	26.41	108.08	22.61	5.84
% of Calories				14.2%	58.0%	27.3%	7.0%

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SH MIDDLE SCHOOL LUNCH

	Portion Size	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 09/15/2010							
SH MIDDLE SCHOOL LUNC	Total						
BREADED CHICKEN PATTY ON BUN	1 EACH	432	3.00	19.0	44.0	19.0	4.50
BAKED POTATO	1 EACH	188	4.44	5.05	42.72	0.26	0.08
CHEESE SAUCE	4 OZ	163	0.33	11.0	11.0	8.44	4.03
CHEEZ ITS	PKG	180	1.00	5.0	28.0	5.0	1.50
CORN:SPRING HILL	1/2 CUP	78	1.54	2.22	15.23	2.02	0.35
ROSIE APPLESAUCE: SHSD	1/2 CUP	112	1.41	0.64	28.28	0.2	0.04
FRESH FRUIT	PIECE	69	2.75	0.79	17.8	0.23	0.06
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
PEANUT BUTTER SANDWICH:SHSD	1 EACH	300	4.00	9.0	36.0	16.0	2.50
SALAD BAR:SHSD	1 EACH	493	7.66	20.66	55.38	20.84	7.49
YOGURT w/ CRACKERS	1 each	240	0.00	6.0	42.0	4.0	1.50
KETCHUP	1 EACH	6	0.02	0.1	1.51	0.02	0.00
MAYONNAISE:SHSD	1 EACH	79	0.00	0.0	0.0	8.93	0.00
Weighted Daily Average		845	7.51	31.90	126.35	23.86	6.10
% of Calories				15.1%	59.8%	25.4%	6.5%

Thu - 09/16/2010							
SH MIDDLE SCHOOL LUNC	Total						
CHEESE PIZZA; SMART	1 EACH	311	2.13	17.97	34.14	11.91	4.36
SLOPPY JOE:SECONDARY	1/3 CUP	379	1.46	24.44	34.25	14.61	5.37
TOSSED SALAD W/ SPINACH	1 OZ	11	0.87	0.43	2.68	0.06	0.01
RANCH:LIGHT	1 OZ	52	0.86	0.86	6.02	2.58	0.43
FRUIT COCKTAIL W/ CHERRIES	1/2 CUP	62	1.37	0.52	15.94	0.1	0.02
FRESH FRUIT	PIECE	69	2.75	0.79	17.8	0.23	0.06
CINNAMON ROLL:SECONDARY	1 EACH	325	1.00	6.11	49.47	12.3	3.77
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
SALAD BAR:SHSD	1 EACH	493	7.66	20.66	55.38	20.84	7.49
PEANUT BUTTER SANDWICH:SHSD	1 EACH	300	4.00	9.0	36.0	16.0	2.50
YOGURT w/ CRACKERS	1 each	240	0.00	6.0	42.0	4.0	1.50
Weighted Daily Average		865	6.73	34.10	126.00	26.27	8.60
% of Calories				15.8%	58.3%	27.3%	8.9%

Fri - 09/17/2010							
SH MIDDLE SCHOOL LUNC	Total						
BREADED BEEF PATTY ON BUN	1 EACH	512	2.52	18.69	48.26	25.5	7.60
CHEESE PIZZA QUESADILLA	1 EACH	350	4.00	15.0	36.0	16.0	5.00
FRENCH FRIES: oven heat	3 OZ	170	2.72	2.7	26.53	6.43	1.07
PEAS:SPRING HILL	1/2 CUP	51	2.78	3.23	8.42	0.65	0.11
MANDARIN ORANGES	1/2 CUP	70	1.00	1.01	17.01	0.0	0.00
FRESH FRUIT	PIECE	69	2.75	0.79	17.8	0.23	0.06
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
PEANUT BUTTER SANDWICH:SHSD	1 EACH	300	4.00	9.0	36.0	16.0	2.50
SALAD BAR:SHSD	1 EACH	493	7.66	20.66	55.38	20.84	7.49
YOGURT w/ CRACKERS	1 each	240	0.00	6.0	42.0	4.0	1.50
KETCHUP	1 EACH	6	0.02	0.1	1.51	0.02	0.00
TACO SAUCE	1 OZ	15	0.37	0.33	3.71	0.09	0.01
Weighted Daily Average		815	9.03	29.51	112.64	27.18	7.43
% of Calories				14.5%	55.3%	30.0%	8.2%

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	Portion Size	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 09/20/2010							
SH MIDDLE SCHOOL LUNC	Total						
NACHO GRANDE:SECONDARY	1 EACH	424	3.49	22.87	28.21	24.65	8.61
TURKEY FRITTER ON BUN:LOCAL	1 EACH	443	2.30	20.3	46.7	17.7	4.70
RED BEANS & RICE	1/2 CUP	104	2.05	3.95	21.36	0.45	0.07
CORN:SPRING HILL	1/2 CUP	78	1.54	2.22	15.23	2.02	0.35
PEARS&CHERRIES: SHSD	1/2 CUP	78	1.88	0.31	20.46	0.06	0.01
FRESH FRUIT	PIECE	69	2.75	0.79	17.8	0.23	0.06
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
PEANUT BUTTER SANDWICH:SHSD	1 EACH	300	4.00	9.0	36.0	16.0	2.50
YOGURT w/ CRACKERS	1 each	240	0.00	6.0	42.0	4.0	1.50
SALAD BAR:SHSD	1 EACH	493	7.66	20.66	55.38	20.84	7.49
KETCHUP	1 EACH	6	0.02	0.1	1.51	0.02	0.00
TACO SAUCE	1 OZ	15	0.37	0.33	3.71	0.09	0.01
MAYONAISS:SHSD	1 EACH	79	0.00	0.0	0.0	8.93	0.00
Weighted Daily Average		783	9.14	34.68	108.68	24.45	7.63
% of Calories				17.7%	55.5%	28.1%	8.8%

Tue - 09/21/2010							
SH MIDDLE SCHOOL LUNC	Total						
CHICKEN FRIED STEAK W/ GRAVY	1 EACH	385	1.52	15.59	25.26	24.1	7.10
ROLL, YEAST, SHSD	1 EACH	152	1.08	3.84	27.29	2.86	0.51
PEANUT BUTTER SANDWICH:SHSD	1 EACH	300	4.00	9.0	36.0	16.0	2.50
MASHED POTATOES:SHSD:CUP	1/2 CUP	132	1.35	1.35	17.56	5.57	1.01
GREEN BEANS: canned,cooked	1/2 CUP	14	1.30	0.78	3.04	0.07	0.02
APPLESAUCE:SHSD	1/2 CUP	87	1.53	0.2	22.3	0.22	0.04
FRESH FRUIT	PIECE	69	2.75	0.79	17.8	0.23	0.06
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
YOGURT w/ CRACKERS	1 each	240	0.00	6.0	42.0	4.0	1.50
MARGARINE PATTIE	1 EACH	25	0.00	0.0	0.0	2.5	0.50
SALAD BAR:SHSD	1 EACH	493	7.66	20.66	55.38	20.84	7.49
Weighted Daily Average		894	7.49	29.05	113.57	34.90	9.18
% of Calories				13.0%	50.8%	35.1%	9.2%

Wed - 09/22/2010							
SH MIDDLE SCHOOL LUNC	Total						
CHEESESTICK W/ MARINARA:HIGH	2 EACH	500	3.00	26.0	59.0	18.0	7.50
HAM&CHEESE ON BUN: SHSD	1 EACH	269	1.00	15.37	29.64	8.54	3.98
BROCCOLI NORMANDY	1/2 CUP	33	1.67	0.73	5.17	1.1	0.20
FRUIT COCKTAIL W/ CHERRIES	1/2 CUP	62	1.37	0.52	15.94	0.1	0.02
FRESH FRUIT	PIECE	69	2.75	0.79	17.8	0.23	0.06
CHOCOLATE CHIP COOKIE:SHSD	1 EACH	170	0.00	2.0	24.0	8.0	4.00
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
PEANUT BUTTER SANDWICH:SHSD	1 EACH	300	4.00	9.0	36.0	16.0	2.50
YOGURT w/ CRACKERS	1 each	240	0.00	6.0	42.0	4.0	1.50
SALAD BAR:SHSD	1 EACH	493	7.66	20.66	55.38	20.84	7.49
MAYONAISS:SHSD	EACH	79	0.00	0.0	0.0	8.93	0.00
MUSTARD: individual PC	PC packet	3	0.05	0.21	0.29	0.2	0.01
Weighted Daily Average		833	6.14	34.34	117.32	26.17	11.06
% of Calories				16.5%	56.4%	28.3%	12.0%

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Sep 1, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values

Aug 30, 2010

SH MIDDLE SCHOOL LUNCH

	Portion Size	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/23/2010							
SH MIDDLE SCHOOL LUNC	Total						
PEPPERONI PIZZA:TONY'S	1 EACH	302	2.10	17.0	32.2	12.2	4.30
FISH AND CHEESE ON BUN	1 EACH	410	2.00	16.0	42.0	18.0	4.50
TOSSED SALAD W/ SPINACH	1 OZ	11	0.87	0.43	2.68	0.06	0.01
RANCH:LIGHT	1 OZ	52	0.86	0.86	6.02	2.58	0.43
PINEAPPLE W/RED CHERRIES	1/2 CUP	73	1.10	0.48	18.79	0.15	0.02
FRESH FRUIT	PIECE	69	2.75	0.79	17.8	0.23	0.06
PUDDING VARIETY: SPRING HILL	1 EACH	135	0.00	1.0	23.5	4.25	1.00
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
SALAD BAR:SHSD	1 EACH	493	7.66	20.66	55.38	20.84	7.49
PEANUT BUTTER SANDWICH:SHSD	1 EACH	300	4.00	9.0	36.0	16.0	2.50
YOGURT w/ CRACKERS	1 each	240	0.00	6.0	42.0	4.0	1.50
MUSTARD: individual PC	PC packet	3	0.05	0.21	0.29	0.2	0.01
TARTAR SAUCE: 1 OZ	1 EACH	95	0.00	0.0	4.73	7.56	1.42
Weighted Daily Average		676	5.87	26.21	98.71	20.09	5.61
% of Calories				15.5%	58.4%	26.7%	7.5%

Fri - 09/24/2010							
SH MIDDLE SCHOOL LUNC	Total						
MINI CORNDOGS:SECONDARY	8 EACH	413	4.00	13.34	41.34	22.67	5.33
CHICKEN TERIYAKI:SECONDARY	1 EACH	239	1.50	26.4	11.4	9.45	2.70
EGG ROLL WITH PORK	PIECE	100	0.67	3.0	10.33	5.33	1.50
FRENCH FRIES: oven heat	3 OZ	170	2.72	2.7	26.53	6.43	1.07
BROCCOLI W/ CHEESE:SHSD	1/2 CUP	68	2.74	5.68	7.67	2.36	1.09
PEACHES: canned,light syrup	1/2 CUP	68	1.63	0.56	18.26	0.04	0.00
FRESH FRUIT	PIECE	69	2.75	0.79	17.8	0.23	0.06
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
SALAD BAR:SHSD	1 EACH	493	7.66	20.66	55.38	20.84	7.49
PEANUT BUTTER SANDWICH:SHSD	1 EACH	300	4.00	9.0	36.0	16.0	2.50
YOGURT w/ CRACKERS	1 each	240	0.00	6.0	42.0	4.0	1.50
KETCHUP	1 EACH	6	0.02	0.1	1.51	0.02	0.00
MUSTARD: individual PC	PC packet	3	0.05	0.21	0.29	0.2	0.01
Weighted Daily Average		793	10.27	32.82	106.97	28.10	6.86
% of Calories				16.6%	54.0%	31.9%	7.8%

Mon - 09/27/2010							
SH MIDDLE SCHOOL LUNC	Total						
CHEESE PIZZA QUESADILLA	1 EACH	350	4.00	15.0	36.0	16.0	5.00
SOFT PRETZEL, (WW) 5.0 OZ	1 EACH	340	8.00	12.0	72.0	2.0	0.00
CHEESE SAUCE	3 OZ	123	0.25	8.25	8.25	6.33	3.02
SUN CHIPS, GARDEN SALSA	PKG	140	3.00	2.0	19.0	6.0	1.00
CORN:SPRING HILL	1/2 CUP	78	1.54	2.22	15.23	2.02	0.35
PEARS: canned,light syrup	1/2 CUP	72	2.01	0.24	19.04	0.04	0.00
FRESH FRUIT	PIECE	69	2.75	0.79	17.8	0.23	0.06
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
PEANUT BUTTER SANDWICH:SHSD	1 EACH	300	4.00	9.0	36.0	16.0	2.50
YOGURT w/ CRACKERS	1 each	240	0.00	6.0	42.0	4.0	1.50
SALAD BAR:SHSD	1 EACH	493	7.66	20.66	55.38	20.84	7.49
MUSTARD: individual PC	PC packet	3	0.05	0.21	0.29	0.2	0.01
TACO SAUCE	1 OZ	15	0.37	0.33	3.71	0.09	0.01
Weighted Daily Average		805	13.59	29.84	134.23	18.57	5.01
% of Calories				14.8%	66.7%	20.8%	5.6%

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Spring Hill School District

SH MIDDLE SCHOOL LUNCH

	Portion Size	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/28/2010							
SH MIDDLE SCHOOL LUNC	Total						
CHICKEN&NOODLESW/ROLL, SEC	1 CUP	410	1.90	22.76	48.32	13.17	1.78
BBQ RIB ON BUN:LOCAL	1 EACH	379	1.00	22.35	30.84	16.74	5.29
MASHED POTATOES:SHSD:CUP	1/2 CUP	132	1.35	1.35	17.56	5.57	1.01
GREEN BEANS:SPRING HILL HIGH	1/2 CUP	42	1.67	1.05	3.95	2.76	0.50
ROSIE APPLESAUCE: SHSD	1/2 CUP	112	1.41	0.64	28.28	0.2	0.04
FRESH FRUIT	PIECE	69	2.75	0.79	17.8	0.23	0.06
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
SALAD BAR:SHSD	1 EACH	493	7.66	20.66	55.38	20.84	7.49
PEANUT BUTTER SANDWICH:SHSD	1 EACH	300	4.00	9.0	36.0	16.0	2.50
YOGURT w/ CRACKERS	1 each	240	0.00	6.0	42.0	4.0	1.50
MARGARINE PATTIE	1 EACH	25	0.00	0.0	0.0	2.5	0.50
BBQ SAUCE	1 OZ	35	0.00	0.0	8.0	0.0	0.00
Weighted Daily Average		793	6.53	31.71	112.54	22.78	4.62
% of Calories				16.0%	56.8%	25.9%	5.2%

Wed - 09/29/2010							
SH MIDDLE SCHOOL LUNC	Total						
GRILLED CHICKEN PATTY ON BUN	1 EACH	320	2.00	18.0	31.0	13.0	3.00
MEATBALL SUB	SANDWICH	388	3.16	21.28	39.98	16.93	5.04
MUNCHIES SNACK MIX	1 EACH	230	2.00	4.0	34.0	8.0	1.50
BABY CARROTS	5 CARROTS	18	1.45	0.32	4.12	0.07	0.01
RANCH:LIGHT	1 OZ	52	0.86	0.86	6.02	2.58	0.43
TROPICAL MIXED FRUIT #2	1/2 CUP	90	2.00	1.0	22.0	0.0	0.00
FRESH FRUIT	PIECE	69	2.75	0.79	17.8	0.23	0.06
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
PEANUT BUTTER SANDWICH:SHSD	1 EACH	300	4.00	9.0	36.0	16.0	2.50
YOGURT w/ CRACKERS	1 each	240	0.00	6.0	42.0	4.0	1.50
SALAD BAR:SHSD	1 EACH	493	7.66	20.66	55.38	20.84	7.49
MAYONNAISE:SHSD	1 EACH	79	0.00	0.0	0.0	8.93	0.00
MUSTARD: individual PC	PC packet	3	0.05	0.21	0.29	0.2	0.01
KETCHUP	1 EACH	6	0.02	0.1	1.51	0.02	0.00
Weighted Daily Average		790	8.39	32.73	109.47	24.69	6.26
% of Calories				16.6%	55.4%	28.1%	7.1%

Thu - 09/30/2010							
SH MIDDLE SCHOOL LUNC	Total						
MAC AND CHEESE:SECONDARY	8 OZ	320	2.00	14.0	36.0	14.0	7.00
LITTLE SMOKIES:SECONDARY	3 EACH	95	0.00	3.0	0.5	9.0	3.50
PEPPERONI PIZZA:TONY'S	1 EACH	302	2.10	17.0	32.2	12.2	4.30
BISCUIT, BUTTERMILK	1 EACH	180	1.00	3.2	26.9	7.1	1.60
PEAS:SPRING HILL	1/2 CUP	51	2.78	3.23	8.42	0.65	0.11
MANDARIN ORANGES	1/2 CUP	70	1.00	1.01	17.01	0.0	0.00
FRESH FRUIT	PIECE	69	2.75	0.79	17.8	0.23	0.06
MILK: SHSD	HALF PINT	132	0.81	8.04	23.37	0.32	0.21
PEANUT BUTTER SANDWICH:SHSD	1 EACH	300	4.00	9.0	36.0	16.0	2.50
YOGURT w/ CRACKERS	1 each	240	0.00	6.0	42.0	4.0	1.50
SALAD BAR:SHSD	1 EACH	493	7.66	20.66	55.38	20.84	7.49
MARGARINE PATTIE	1 EACH	25	0.00	0.0	0.0	2.5	0.50
JELLY	1 EACH	51	0.19	0.03	13.29	0.0	0.00
Weighted Daily Average		791	6.58	29.96	110.08	26.73	9.36
% of Calories				15.1%	55.7%	30.4%	10.6%

Weighted Average		817	8.43	31.37	114.81	26.20	7.43
				15.4%	56.2%	28.9%	8.2%

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Spring Hill School District

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Sep 1, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values

Aug 30, 2010

SH MIDDLE SCHOOL LUNCH

Nutrient	Menu AVG	% of Cals	Portion		Cals	Fiber	Protn	Carb	T-Fat	S-Fat
			Size	Target	(kcal)	(g)	(g)	(g)	(g)	(g)
Calories	817		783	104%						
Fiber (g)	8.43		5.67	149%						
Protein (g)	31.37	15.35%	15.20	206%						
Carbohydrate (g)	114.81	56.20%								
Total Fat (g)	26.20	28.86%	<=30.00%							
Saturated Fat (g)	7.43	8.19%	<10.00%							

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