

# Region 16

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

Jun 23, 2010

## ALGONQUIN SCHOOL LUNCH

	Portion Size	Plan Qty	Cals	g Carb
<b>Mon - 08/30/2010</b>				
ALGONQUIN SCHOOL LUN	Total	160		
SANDWICH, GRILLED CHEESE	SANDWICH	160	255	30.6
FRIES, OVEN MCCAIN'S COMMODITY	2.54 OZ	131	110	17.0
FRIES, SWEET POTATO	1 OZ	34	40	7.3
PICKLES,DILL	1 EACH	45	3	0.5
CATSUP PORTION	1 OZ	160	27	7.1
VEGGIE VARIETYW/DIP	.25 CUPS	45	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	58	247	60.0
FRUIT, CANNED	1/4 CUP	30	33	8.5
FRUIT, MIXED SUMMER	4 OZ.	45	57	14.2
MILK - Variety	HALF PINT	135	123	18.6
Weighted Daily Average			617	98.80
% of Calories				64.0%
RDA's			558	0.00
% of RDA Satisfied			111%	

	Portion Size	Plan Qty	Cals	g Carb
<b>Tue - 08/31/2010</b>				
ALGONQUIN SCHOOL LUN	Total	150		
HAMBURG/CHES/BUN	1 EACH	150	346	21.5
FRIES, OVEN MCCAIN'S COMMODITY	2.54 OZ	165	110	17.0
FRIES, SWEET POTATO	1 OZ	42	40	7.3
LETTUCE & TOMATO:1 leaf,1 slice	1 lf,1 slc	32	5	1.1
PICKLES,DILL	1 EACH	63	3	0.5
CATSUP PORTION	2 OZ	149	55	14.3
VEGGIE VARIETYW/DIP	.25 CUPS	50	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	56	247	60.0
FRUIT, CANNED	1/4 CUP	48	33	8.5
FRUIT, MIXED SUMMER	4 OZ.	50	57	14.2
MILK - Variety	HALF PINT	125	123	18.6
Weighted Daily Average			782	105.09
% of Calories				53.7%
RDA's			558	0.00
% of RDA Satisfied			140%	
Shortfall				

	Portion Size	Plan Qty	Cals	g Carb
<b>Wed - 09/01/2010</b>				
ALGONQUIN SCHOOL LUN	Total	216		
BREADSTICK DUNKER(1)ELEM	SERVING	165	146	30.8
CHEESE, STRING	1 oz	155	86	1.1
SALAD, TOSSED	1/2 CUP	137	8	1.5
DRESSING, ITALIANscratch	1 TBSP	137	14	0.3
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	5	372	36.4
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	2	278	34.6
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	28	82	17.1
BAGEL, PLAIN	BAGEL	6	190	36.8
YOGURT CUP/skip	1/2 CUP	7	160	25.0
CREAM CHEESE	1 TBSP	5	50	0.6
CHEESE, AMERICAN SLICE	SLICE	10	106	0.5
VEGGIE VARIETYW/DIP	.25 CUPS	83	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	50	247	60.0
FRUIT, CANNED	1/4 CUP	9	33	8.5
FRUIT, MIXED SUMMER	4 OZ.	75	57	14.2
MILK - Variety	HALF PINT	215	123	18.6

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## ALGONQUIN SCHOOL LUNCH

	Portion Size	Plan Qty	Cals	g Carb
Weighted Daily Average			465	73.12
% of Calories				62.8%
RDA's			558	0.00
% of RDA Satisfied			83%	
Shortfall			93	

Thu - 09/02/2010				
ALGONQUIN SCHOOL LUN	Total	290		
CHICKEN NUGGETS/TYSON 5 EACH	1 EACH	227	240	10.0
POTATOES, WHIPPED IDAHOAN	1/2 CUP	270	69	7.1
MIXED VEGETABLES:frozen,boiled	1/2 CUP	100	59	11.9
ROLL DINNER WHITE FREIHOFER	1 EACH	112	55	11.0
ROLL DINNER WHEAT/FREIHOFER	1 EACH	112	100	17.0
CATSUP PORTION	1 OZ	220	27	7.1
SAUCE,BARBEQUE	1 OZ	50	85	20.6
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	4	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	34	82	17.1
BAGEL, PLAIN	BAGEL	13	190	36.8
YOGURT CUP/skip	1/2 CUP	7	160	25.0
CREAM CHEESE	1 TBSP	5	50	0.6
CHEESE, AMERICAN SLICE	SLICE	10	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	2	278	34.6
VEGGIE VARIETYW/DIP	.25 CUPS	106	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	106	247	60.0
FRUIT, CANNED	1/4 CUP	37	33	8.5
FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
MILK - Variety	HALF PINT	235	123	18.6
Weighted Daily Average			644	89.07
% of Calories				55.3%
RDA's			558	0.00
% of RDA Satisfied			115%	
Shortfall				

Fri - 09/03/2010				
ALGONQUIN SCHOOL LUN	Total	1		
NO SCHOOL TODAY	SERVING	1	0	0.00
Weighted Daily Average			0	0.00
% of Calories				0.0%
RDA's			558	0.00
% of RDA Satisfied			0%	
Shortfall			558	

Mon - 09/06/2010				
ALGONQUIN SCHOOL LUN	Total	1		
NO SCHOOL TODAY	SERVING	1	0	0.00
Weighted Daily Average			0	0.00
% of Calories				0.0%
RDA's			558	0.00
% of RDA Satisfied			0%	
Shortfall			558	

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## ALGONQUIN SCHOOL LUNCH

	Portion Size	Plan Qty	Cals	g Carb
Tue - 09/07/2010				
ALGONQUIN SCHOOL LUN	Total	240		
CHICKEN PATTY on a Bun	SANDWICH	183	330	37.0
POTATOES, SMILEY FACES MCCAINS	3 EACH	191	108	13.8
LETTUCE & TOMATO:1 leaf,1 slice	1 lf,1 slc	23	5	1.1
CATSUP PORTION	1 OZ	158	27	7.1
SAUCE,BARBEQUE	PC	39	85	20.6
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	7	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	25	82	17.1
BAGEL, PLAIN	BAGEL	13	190	36.8
YOGURT CUP/skip	1/2 CUP	8	160	25.0
CREAM CHEESE	1 TBSP	8	50	0.6
CHEESE, AMERICAN SLICE	SLICE	13	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	2	278	34.6
VEGGIE VARIETYW/DIP	.25 CUPS	85	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	77	247	60.0
FRUIT, CANNED	1/4 CUP	40	33	8.5
FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
MILK - Variety	HALF PINT	190	123	18.6
Weighted Daily Average			649	97.18
% of Calories				59.9%
RDA's			558	0.00
% of RDA Satisfied			116%	
Shortfall				

	Portion Size	Plan Qty	Cals	g Carb
Wed - 09/08/2010				
ALGONQUIN SCHOOL LUN	Total	223		
PASTA , W/MEATBALLS DREAMF ELE	5 oz	140	246	40.2
SALAD, TOSSED	1/2 CUP	75	8	1.5
DRESSING, ITALIANscratch	1 TBSP	75	14	0.3
CAKE, YELLOW W/CHOC. FROSTING	SLICE	125	379	55.4
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	2	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	38	82	17.1
BAGEL, PLAIN	BAGEL	16	190	36.8
YOGURT CUP/skip	1/2 CUP	7	160	25.0
CREAM CHEESE	1 TBSP	5	50	0.6
CHEESE, AMERICAN SLICE	SLICE	10	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	2	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	12	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	12	95	8.0
PARFAIT, YOGURT	PARFAITS	3	453	83.4
VEGGIE VARIETYW/DIP	.25 CUPS	83	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	57	247	60.0
FRUIT, CANNED	1/4 CUP	27	33	8.5
FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
MILK - Variety	HALF PINT	190	123	18.6
Weighted Daily Average			673	107.77
% of Calories				64.1%
RDA's			558	0.00
% of RDA Satisfied			121%	

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## ALGONQUIN SCHOOL LUNCH

	Portion Size	Plan Qty	Cals	g Carb
Thu - 09/09/2010				
ALGONQUIN SCHOOL LUN	Total	246		
CHICKEN RINGS, TYSON COMM ELEM	5 EACH	197	220	13.0
NOODLES, BARILLA ROTINI ELEMEN	1/2 CUP	211	86	16.4
GREEN BEANS: frozen,boiled	1/2 CUP	50	19	4.4
ROLL DINNER WHITE FREIHOFER	1 EACH	100	55	11.0
ROLL DINNER WHEAT/FREIHOFER	1 EACH	50	100	17.0
CATSUP PORTION	1 OZ	192	27	7.1
SAUCE,BARBEQUE	PC	25	85	20.6
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	2	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	18	82	17.1
BAGEL, PLAIN	BAGEL	10	190	36.8
YOGURT CUP/skip	1/2 CUP	7	160	25.0
CREAM CHEESE	1 TBSP	5	50	0.6
CHEESE, AMERICAN SLICE	SLICE	10	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	1	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	6	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	6	95	8.0
PARFAIT, YOGURT	PARFAITS	2	453	83.4
VEGGIE VARIETYW/DIP	.25 CUPS	99	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	68	247	60.0
FRUIT, CANNED	1/4 CUP	34	33	8.5
FRUIT, MIXED SUMMER	4 OZ.	75	57	14.2
MILK - Variety	HALF PINT	190	123	18.6
Weighted Daily Average			591	87.41
% of Calories				59.1%
RDA's			558	0.00
% of RDA Satisfied			106%	

Fri - 09/10/2010				
ALGONQUIN SCHOOL LUN	Total	218		
PIZZA BDHARVEST ELEM. 10 SL	4.60 OZ.	158	390	45.0
SALAD, TOSSED	1/2 CUP	50	8	1.5
DRESSING, ITALIANscratch	1 TBSP	50	14	0.3
FISH & CHEESE SEACRISP PAT/BUN	1 EACH	7	407	40.9
TARTER SAUCE: scratch	.5 FL OZ	2	72	1.7
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	4	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	21	82	17.1
BAGEL, PLAIN	BAGEL	14	190	36.8
YOGURT CUP/skip	1/2 CUP	10	160	25.0
CREAM CHEESE	1 TBSP	5	50	0.6
CHEESE, AMERICAN SLICE	SLICE	10	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	1	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	6	279	20.1
DRESSING, ITALIAN OR RANCH	1.5 OZ	6	142	12.0
PARFAIT, YOGURT	PARFAITS	4	453	83.4
VEGGIE VARIETYW/DIP	.25 CUPS	65	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	70	247	60.0
FRUIT, CANNED	1/4 CUP	25	33	8.5
FRUIT, MIXED SUMMER	4 OZ.	90	57	14.2
MILK - Variety	HALF PINT	195	123	18.6
Weighted Daily Average			613	89.51
% of Calories				58.4%
RDA's			558	0.00
% of RDA Satisfied			110%	

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## ALGONQUIN SCHOOL LUNCH

	Portion Size	Plan Qty	Cals	g Carb
Mon - 09/13/2010				
ALGONQUIN SCHOOL LUN	Total	211		
PANCAKES, MINI MAPLE IN A BAG	pack	175	200	34.0
HASH BROWN POTATOES	1/2 CUP	200	170	21.9
CATSUP PORTION	1 OZ	213	27	7.1
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	4	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	21	82	17.1
BAGEL, PLAIN	BAGEL	14	190	36.8
YOGURT CUP/skip	1/2 CUP	7	160	25.0
CREAM CHEESE	1 TBSP	5	50	0.6
CHEESE, AMERICAN SLICE	SLICE	10	106	0.5
SANDWICH, HAM&CH WH GR WT EL.	1 EACH	1	317	30.9
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	1	278	34.6
VEGGIE VARIETYW/DIP	.25 CUPS	65	69	8.5
FRUIT JUICE, ASSOR.SKIP	4 oz.	70	247	60.0
FRUIT, CANNED	1/4 CUP	25	33	8.5
FRUIT, FRESH APPLES/ORANGE/GRA	1 EACH	91	117	30.5
MILK - Variety	HALF PINT	175	123	18.6
Weighted Daily Average			656	114.30
% of Calories				69.7%
RDA's			558	0.00
% of RDA Satisfied			118%	

Tue - 09/14/2010				
ALGONQUIN SCHOOL LUN	Total	193		
NACHOS SUPREME	SERVING	142	313	16.1
RICE, STEAMED, BROWN	1/2 CUP	183	128	23.2
CORN: canned, yellow	1/4 CUP	179	33	7.7
SALSA	2 OZ	45	20	4.0
SOUR CREAM/MARCUS DAIRY	1 OZ	37	120	4.0
LETTUCE/TOMATO For Nachos	1 EACH	20	6	1.3
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	6	372	36.4
CEREAL BOWL w/YOGURT	BOWL PACK	22	203	40.4
BAGEL, PLAIN	BAGEL	14	190	36.8
YOGURT CUP/skip	1/2 CUP	7	160	25.0
CREAM CHEESE	1 TBSP	5	50	0.6
CHEESE, AMERICAN SLICE	SLICE	10	106	0.5
SANDWICH, HAM&CH WH GR WT EL.	1 EACH	2	317	30.9
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	2	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	5	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	5	95	8.0
PARFAIT, YOGURT	PARFAITS	0	453	83.4
VEGGIE VARIETYW/DIP	.25 CUPS	78	69	8.5
FRUIT JUICE, ASSOR.SKIP	4 oz.	70	247	60.0
FRUIT, CANNED	1/4 CUP	38	33	8.5
FRUIT, FRESH APPLES/ORANGE/GRA	1 EACH	42	117	30.5
MILK - Variety	HALF PINT	175	123	18.6
Weighted Daily Average			749	104.05
% of Calories				55.6%
RDA's			558	0.00
% of RDA Satisfied			134%	

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	Portion Size	Plan Qty	Cals	g Carb
Wed - 09/15/2010				
ALGONQUIN SCHOOL LUN	Total	216		
BREADSTICK DUNKER(1)ELEM	SERVING	165	146	30.8
CHEESE, STRING	1 oz	155	86	1.1
SALAD, TOSSED	1/2 CUP	137	8	1.5
DRESSING, ITALIANscratch	1 TBSP	137	14	0.3
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	5	372	36.4
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	2	278	34.6
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	28	82	17.1
BAGEL, PLAIN	BAGEL	6	190	36.8
YOGURT CUP/skip	1/2 CUP	7	160	25.0
CREAM CHEESE	1 TBSP	5	50	0.6
CHEESE, AMERICAN SLICE	SLICE	10	106	0.5
VEGGIE VARIETYW/DIP	.25 CUPS	83	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	50	247	60.0
FRUIT, CANNED	1/4 CUP	9	33	8.5
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MILK - Variety	HALF PINT	215	123	18.6
Weighted Daily Average			465	73.12
% of Calories				62.8%
RDA's			558	0.00
% of RDA Satisfied			83%	
Shortfall			93	

Thu - 09/16/2010				
ALGONQUIN SCHOOL LUN	Total	290		
CHICKEN, POPCORN/TYSON COMM.	15 each	227	238	17.1
POTATOES, WHIPPED IDAHOAN	1/2 CUP	270	69	7.1
MIXED VEGETABLES:frozen,boiled	1/2 CUP	100	59	11.9
ROLL DINNER WHEAT/FREIHOFER	1 EACH	150	100	17.0
CATSUP PORTION	1 OZ	220	27	7.1
SAUCE,BARBEQUE	1 OZ	50	85	20.6
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	4	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	34	82	17.1
BAGEL, PLAIN	BAGEL	13	190	36.8
YOGURT CUP/skip	1/2 CUP	7	160	25.0
CREAM CHEESE	1 TBSP	5	50	0.6
CHEESE, AMERICAN SLICE	SLICE	10	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	2	278	34.6
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FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
MILK - Variety	HALF PINT	235	123	18.6
Weighted Daily Average			634	92.62
% of Calories				58.4%
RDA's			558	0.00
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Shortfall				

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## ALGONQUIN SCHOOL LUNCH

	Portion Size	Plan Qty	Cals	g Carb
Fri - 09/17/2010				
ALGONQUIN SCHOOL LUN	Total	243		
PIZZA, STUFFED CRUST WEDGE	5.73 OZ	185	392	45.9
SALAD, TOSSED	1/2 CUP	50	8	1.5
DRESSING, ITALIANscratch	1 TBSP	50	14	0.3
FISH & CHEESE SEACRISP PAT/BUN	1 EACH	7	407	40.9
TARTER SAUCE: scratch	.5 FL OZ	2	72	1.7
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	3	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	21	82	17.1
BAGEL, PLAIN	BAGEL	14	190	36.8
YOGURT CUP/skip	1/2 CUP	7	160	25.0
CREAM CHEESE	1 TBSP	5	50	0.6
CHEESE, AMERICAN SLICE	SLICE	10	106	0.5
SANDWICH, HAM&CH WH GR WT EL.	1 EACH	1	317	30.9
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	1	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	4	279	20.1
DRESSING, ITALIAN OR RANCH	1.5 OZ	4	142	12.0
PARFAIT, YOGURT	PARFAITS	4	453	83.4
VEGGIE VARIETYW/DIP	.25 CUPS	65	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	70	247	60.0
FRUIT, CANNED	1/4 CUP	25	33	8.5
FRUIT, FRESH APPLES/ORANGE/GRA	1 EACH	91	117	30.5
MILK - Variety	HALF PINT	190	123	18.6
Weighted Daily Average			598	89.89
% of Calories				60.1%
RDA's			558	0.00
% of RDA Satisfied			107%	

Mon - 09/20/2010				
ALGONQUIN SCHOOL LUN	Total	233		
SANDWICH, GRILLED CHEESE	SANDWICH	160	255	30.6
Fries, Oven Choice	1/4 CUP	131	91	20.5
FRIES, SWEET POTATO	1 OZ	34	40	7.3
PICKLES,DILL	1 EACH	45	3	0.5
CATSUP PORTION	1 OZ	171	27	7.1
SANDWICH, HAM&CH WH GR WT EL.	1 EACH	4	317	30.9
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	2	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	36	82	17.1
BAGEL, PLAIN	BAGEL	22	190	36.8
YOGURT CUP/skip	1/2 CUP	7	160	25.0
CREAM CHEESE	1 TBSP	5	50	0.6
CHEESE, AMERICAN SLICE	SLICE	22	106	0.5
SANDWICH, HAM&CH WH GR WT EL.	1 EACH	4	317	30.9
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	2	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	4	279	20.1
DRESSING, ITALIAN OR RANCH	1.5 OZ	4	142	12.0
PARFAIT, YOGURT	PARFAITS	3	453	83.4
VEGGIE VARIETYW/DIP	.25 CUPS	71	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	58	247	60.0
FRUIT, CANNED	1/4 CUP	30	33	8.5
FRUIT, FRESH APPLES/ORANGE/GRA	1 EACH	73	117	30.5
MILK - Variety	HALF PINT	190	123	18.6
Weighted Daily Average			553	92.53
% of Calories				66.9%
RDA's			558	0.00
% of RDA Satisfied			99%	
Shortfall			5	

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Jun 23, 2010

## ALGONQUIN SCHOOL LUNCH

	Portion Size	Plan Qty	Cals	g Carb
Tue - 09/21/2010				
ALGONQUIN SCHOOL LUN	Total	198		
TACO, MEXICAN	1 EACH	135	232	10.7
RICE, STEAMED, BROWN	1/2 CUP	175	128	23.2
CORN: canned, yellow	1/4 CUP	70	33	7.7
LETTUCE/TOMATO For Nachos	1 EACH	50	6	1.3
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	5	372	36.4
CEREAL BOWL w/YOGURT	BOWL PACK	25	203	40.4
BAGEL, PLAIN	BAGEL	15	190	36.8
YOGURT CUP/skip	1/2 CUP	7	160	25.0
CREAM CHEESE	1 TBSP	5	50	0.6
CHEESE, AMERICAN SLICE	SLICE	10	106	0.5
SANDWICH, HAM&CH WH GR WT EL.	1 EACH	3	317	30.9
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	3	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	7	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	7	95	8.0
PARFAIT, YOGURT	PARFAITS	5	453	83.4
VEGGIE VARIETYW/DIP	.25 CUPS	102	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	69	247	60.0
FRUIT, CANNED	1/4 CUP	81	33	8.5
FRUIT, FRESH APPLES/ORANGE/GRA	1 EACH	95	117	30.5
MILK - Variety	HALF PINT	150	123	18.6
Weighted Daily Average			664	102.23
% of Calories				61.6%
RDA's			558	0.00
% of RDA Satisfied			119%	

Wed - 09/22/2010				
ALGONQUIN SCHOOL LUN	Total	223		
PASTA , W/MEATBALLS DREAMF ELE	5 oz	140	246	40.2
SALAD, TOSSED	1/2 CUP	75	8	1.5
DRESSING, ITALIANscratch	1 TBSP	75	14	0.3
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	2	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	38	82	17.1
BAGEL, PLAIN	BAGEL	16	190	36.8
YOGURT CUP/skip	1/2 CUP	7	160	25.0
CREAM CHEESE	1 TBSP	5	50	0.6
CHEESE, AMERICAN SLICE	SLICE	10	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	2	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	12	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	12	95	8.0
PARFAIT, YOGURT	PARFAITS	3	453	83.4
VEGGIE VARIETYW/DIP	.25 CUPS	83	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	57	247	60.0
FRUIT, CANNED	1/4 CUP	27	33	8.5
FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
MILK - Variety	HALF PINT	190	123	18.6
Weighted Daily Average			460	76.72
% of Calories				66.7%
RDA's			558	0.00
% of RDA Satisfied			82%	
Shortfall			98	

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## ALGONQUIN SCHOOL LUNCH

	Portion Size	Plan Qty	Cals	g Carb
<b>Thu - 09/23/2010</b>				
ALGONQUIN SCHOOL LUN	Total	246		
CHICKEN TENDERS 3 EA TYSON COM	SERVING	197	240	15.0
NOODLES, BARILLA ROTINI ELEMEN	1/2 CUP	211	86	16.4
GREEN BEANS: frozen,boiled	1/2 CUP	50	19	4.4
ROLL DINNER WHEAT/FREIHOFFER	1 EACH	150	100	17.0
CATSUP PORTION	1 OZ	192	27	7.1
SAUCE,BARBEQUE	PC	25	85	20.6
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	2	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	18	82	17.1
BAGEL, PLAIN	BAGEL	10	190	36.8
YOGURT CUP/skip	1/2 CUP	7	160	25.0
CREAM CHEESE	1 TBSP	5	50	0.6
CHEESE, AMERICAN SLICE	SLICE	10	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	1	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	6	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	6	95	8.0
PARFAIT, YOGURT	PARFAITS	2	453	83.4
VEGGIE VARIETYW/DIP	.25 CUPS	99	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	68	247	60.0
FRUIT, CANNED	1/4 CUP	34	33	8.5
FRUIT, MIXED SUMMER	4 OZ.	75	57	14.2
MILK - Variety	HALF PINT	190	123	18.6
Weighted Daily Average			626	91.45
% of Calories				58.5%
RDA's			558	0.00
% of RDA Satisfied			112%	

<b>Fri - 09/24/2010</b>				
ALGONQUIN SCHOOL LUN	Total	218		
PIZZA BDHARVEST ELEM. 10 SL	4.60 OZ.	158	390	45.0
SALAD, TOSSED	1/2 CUP	50	8	1.5
DRESSING, ITALIANscratch	1 TBSP	50	14	0.3
FISH & CHEESE SEACRISP PAT/BUN	1 EACH	7	407	40.9
TARTER SAUCE: scratch	.5 FL OZ	2	72	1.7
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	4	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	21	82	17.1
BAGEL, PLAIN	BAGEL	14	190	36.8
YOGURT CUP/skip	1/2 CUP	10	160	25.0
CREAM CHEESE	1 TBSP	5	50	0.6
CHEESE, AMERICAN SLICE	SLICE	10	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	1	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	6	279	20.1
DRESSING, ITALIAN OR RANCH	1.5 OZ	6	142	12.0
PARFAIT, YOGURT	PARFAITS	4	453	83.4
VEGGIE VARIETYW/DIP	.25 CUPS	65	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	70	247	60.0
FRUIT, CANNED	1/4 CUP	25	33	8.5
FRUIT, MIXED SUMMER	4 OZ.	90	57	14.2
MILK - Variety	HALF PINT	195	123	18.6
Weighted Daily Average			613	89.51
% of Calories				58.4%
RDA's			558	0.00
% of RDA Satisfied			110%	

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Jun 23, 2010

## ALGONQUIN SCHOOL LUNCH

	Portion Size	Plan Qty	Cals	g Carb
<b>Mon - 09/27/2010</b>				
ALGONQUIN SCHOOL LUN	Total	204		
HAMBUR/CHESBURGER ON WHEAT BUN	1 EACH	145	339	27.0
FRIES, OVEN MCCAIN'S COMMODITY	3 OZ	171	130	20.1
FRIES, SWEET POTATO	1 OZ	42	40	7.3
LETTUCE & TOMATO:1 leaf,1 slice	1 lf,1 slc	32	5	1.1
PICKLES,DILL	1 EACH	63	3	0.5
CATSUP PORTION	2 OZ	171	55	14.3
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	6	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	20	82	17.1
BAGEL, PLAIN	BAGEL	15	190	36.8
YOGURT CUP/skip	1/2 CUP	7	160	25.0
CREAM CHEESE	1 TBSP	2	50	0.6
CHEESE, AMERICAN SLICE	SLICE	10	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	15	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	3	278	34.6
VEGGIE VARIETYW/DIP	.25 CUPS	93	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	56	247	60.0
FRUIT, CANNED	1/4 CUP	48	33	8.5
FRUIT, MIXED SUMMER	4 OZ.	59	57	14.2
MILK - Variety	HALF PINT	175	123	18.6
Weighted Daily Average			703	101.34
% of Calories				57.6%
RDA's			558	0.00
% of RDA Satisfied			126%	

<b>Tue - 09/28/2010</b>				
ALGONQUIN SCHOOL LUN	Total	209		
MACARONI & CHEESE LOL	3/4 CUP	125	236	27.0
BROCCOLI: frozen, boiled	1/2 CUP	75	26	4.9
ROLL DINNER WHEAT/FREIHOFER	1 EACH	100	100	17.0
TOASTY CHEESE SANDWICH	SANDWICH	25	281	30.6
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	4	372	36.4
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	5	278	34.6
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	30	82	17.1
BAGEL, PLAIN	BAGEL	20	190	36.8
YOGURT CUP/skip	1/2 CUP	7	160	25.0
CREAM CHEESE	1 TBSP	5	50	0.6
CHEESE, AMERICAN SLICE	SLICE	10	106	0.5
VEGGIE VARIETYW/DIP	.25 CUPS	65	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	70	247	60.0
FRUIT, CANNED	1/4 CUP	25	33	8.5
FRUIT, MIXED SUMMER	4 OZ.	91	57	14.2
MILK - Variety	HALF PINT	190	123	18.6
Weighted Daily Average			532	84.96
% of Calories				63.9%
RDA's			558	0.00
% of RDA Satisfied			95%	
Shortfall			26	

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Jun 23, 2010

## ALGONQUIN SCHOOL LUNCH

	Portion Size	Plan Qty	Cals	g Carb
Wed - 09/29/2010				
ALGONQUIN SCHOOL LUN	Total	200		
MEATBALL SUB ELE/ TORPEDO ROLL	1 EACH	100	316	31.6
NOODLES ITALIANO	1/4 cup	100	86	15.2
SALAD, TOSSED	1/2 CUP	137	8	1.5
DRESSING, ITALIANscratch	1 TBSP	137	14	0.3
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	5	372	36.4
TOASTY CHEESE SANDWICH	SANDWICH	25	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	5	278	34.6
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	45	82	17.1
BAGEL, PLAIN	BAGEL	20	190	36.8
YOGURT CUP/skip	1/2 CUP	13	160	25.0
CREAM CHEESE	1 TBSP	5	50	0.6
CHEESE, AMERICAN SLICE	SLICE	10	106	0.5
VEGGIE VARIETYW/DIP	.25 CUPS	83	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	50	247	60.0
FRUIT, CANNED	1/4 CUP	9	33	8.5
FRUIT, MIXED SUMMER	4 OZ.	75	57	14.2
MILK - Variety	HALF PINT	215	123	18.6
Weighted Daily Average			567	83.73
% of Calories				59.1%
RDA's			558	0.00
% of RDA Satisfied			102%	

Thu - 09/30/2010				
ALGONQUIN SCHOOL LUN	Total	290		
CHICKEN FINGERS 5 E TYSON COMM	SERVING	227	240	15.0
RICE, STEAMED, BROWN	1/2 CUP	270	128	23.2
MIXED VEGETABLES:frozen,boiled	1/2 CUP	100	59	11.9
ROLL DINNER WHEAT/FREIHOFFER	1 EACH	200	100	17.0
CATSUP PORTION	1 OZ	220	27	7.1
SAUCE,BARBEQUE	1 OZ	50	85	20.6
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	4	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	34	82	17.1
BAGEL, PLAIN	BAGEL	13	190	36.8
YOGURT CUP/skip	1/2 CUP	7	160	25.0
CREAM CHEESE	1 TBSP	5	50	0.6
CHEESE, AMERICAN SLICE	SLICE	10	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	2	278	34.6
VEGGIE VARIETYW/DIP	.25 CUPS	106	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	106	247	60.0
FRUIT, CANNED	1/4 CUP	37	33	8.5
FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
MILK - Variety	HALF PINT	235	123	18.6
Weighted Daily Average			708	108.89
% of Calories				61.5%
RDA's			558	0.00
% of RDA Satisfied			127%	

Weighted Average			617	93.33
				60.6%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	617		558	110%			
Carbohydrate (g)	93.33	60.55%	0.00				

Note: \* - asterisk denotes nutrients with either missing or incomplete nutrient data.

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