

Region 16

Page 1

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

Jun 23, 2010

LAUREL LEDGE SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Mon - 08/30/2010				
LAUREL LEDGE SCHOOL	Total	170		
SANDWICH, GRILLED CHEESE	SANDWICH	170	255	30.6
FRIES, OVEN MCCAIN'S COMMODITY	2.54 OZ	170	110	17.0
FRIES, SWEET POTATO	1 OZ	25	40	7.3
PICKLES,DILL	1 EACH	61	3	0.5
CATSUP PORTION	2 OZ	138	55	14.3
VEGGIE VARIETYW/DIP	.25 CUPS	49	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	63	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	52	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	75	57	14.2
MILK - Variety	HALF PINT	150	123	18.6
Weighted Daily Average			682	113.23
% of Calories				66.4%
RDA's			654	0.00
% of RDA Satisfied			104%	

	Portion Size	Plan Qty	Cals	g Carb
Tue - 08/31/2010				
LAUREL LEDGE SCHOOL	Total	232		
HAMBURG/CHESE/BUN	1 EACH	174	346	21.5
FRIES, OVEN MCCAIN'S COMMODITY	3 OZ	174	130	20.1
FRIES, SWEET POTATO	1 OZ	174	40	7.3
LETTUCE & TOMATO:1 leaf,1 slice	1 lf,1 slc	57	5	1.1
PICKLES,DILL	1 EACH	0	3	0.5
CATSUP PORTION	2 OZ	170	55	14.3
VEGGIE VARIETYW/DIP	.25 CUPS	62	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	73	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	67	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	75	57	14.2
MILK - Variety	HALF PINT	160	123	18.6
Weighted Daily Average			647	91.09
% of Calories				56.3%
RDA's			654	0.00
% of RDA Satisfied			99%	
Shortfall			6	

	Portion Size	Plan Qty	Cals	g Carb
Wed - 09/01/2010				
LAUREL LEDGE SCHOOL	Total	269		
BREADSTICK DUNKER(1)ELEM	SERVING	237	146	30.8
MARINARA SAUCE	3 OZ	237	36	7.8
CHEESE, STRING	1 oz	240	86	1.1
SALAD, TOSSED	1/2 CUP	200	8	1.5
DRESSING, ITALIANscratch	1 TBSP	200	14	0.3
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	4	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	9	82	17.1
BAGEL, PLAIN	BAGEL	4	190	36.8
YOGURT CUP/skip	1/2 CUP	0	160	25.0
CREAM CHEESE	1 TBSP	0	50	0.6
CHEESE, AMERICAN SLICE	SLICE	4	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	5	278	34.6
VEGGIE VARIETYW/DIP	.25 CUPS	65	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	100	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	27	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	75	57	14.2
MILK - Variety	HALF PINT	230	123	18.6

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Region 16

Page 2

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

Jun 23, 2010

LAUREL LEDGE SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Weighted Daily Average			518	85.82
% of Calories				66.3%
RDA's			654	0.00
% of RDA Satisfied			79%	
Shortfall			136	

Thu - 09/02/2010				
LAUREL LEDGE SCHOOL	Total	288		
CHICKEN NUGGETS/TYSON 5 EACH	1 EACH	256	240	10.0
NOODLES, BARILLA ROTINI ELEMEN	1/2 CUP	245	86	16.4
MIXED VEGETABLES:frozen,boiled	1/2 CUP	175	59	11.9
ROLL DINNER WHEAT/FREIHOFFER	1 EACH	236	100	17.0
CATSUP PORTION	2 OZ	225	55	14.3
SAUCE,BARBEQUE	1 OZ	75	85	20.6
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	3	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	7	82	17.1
BAGEL, PLAIN	BAGEL	7	190	36.8
YOGURT CUP/skip	1/2 CUP	7	160	25.0
CREAM CHEESE	1 TBSP	1	50	0.6
CHEESE, AMERICAN SLICE	SLICE	6	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	5	278	34.6
VEGGIE VARIETYW/DIP	.25 CUPS	53	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	35	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	51	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
MILK - Variety	HALF PINT	250	123	18.6
Weighted Daily Average			676	96.11
% of Calories				56.9%
RDA's			654	0.00
% of RDA Satisfied			103%	

Fri - 09/03/2010				
LAUREL LEDGE SCHOOL	Total	1		
NO SCHOOL TODAY	SERVING	1	0	0.00
Weighted Daily Average			0	0.00
% of Calories				0.0%
RDA's			654	0.00
% of RDA Satisfied			0%	
Shortfall			654	

Mon - 09/06/2010				
LAUREL LEDGE SCHOOL	Total	1		
NO SCHOOL TODAY	SERVING	1	0	0.00
Weighted Daily Average			0	0.00
% of Calories				0.0%
RDA's			654	0.00
% of RDA Satisfied			0%	
Shortfall			654	

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Region 16

LAUREL LEDGE SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Tue - 09/07/2010				
LAUREL LEDGE SCHOOL	Total	256		
CHICKEN PATTY on a Bun	SANDWICH	229	330	37.0
POTATOES, SMILEY FACES MCCAINS	3 EACH	200	108	13.8
CATSUP PORTION	1 OZ	170	27	7.1
SAUCE,BARBEQUE	1 OZ	56	85	20.6
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	1	372	36.4
CEREAL BOWL w/YOGURT	BOWL PACK	7	203	40.4
BAGEL, PLAIN	BAGEL	8	190	36.8
YOGURT CUP/skip	1/2 CUP	0	160	25.0
CREAM CHEESE	1 TBSP	0	50	0.6
CHEESE, AMERICAN SLICE	SLICE	0	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	1	278	34.6
VEGGIE VARIETYW/DIP	.25 CUPS	69	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	63	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	69	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	75	57	14.2
MILK - Variety	HALF PINT	200	123	18.6
Weighted Daily Average			652	97.38
% of Calories				59.8%
RDA's			654	0.00
% of RDA Satisfied			100%	
Shortfall			2	

Wed - 09/08/2010				
LAUREL LEDGE SCHOOL	Total	269		
PASTA , W/MEATBALLS DREAMF ELE	6 oz	198	295	48.2
SALAD, TOSSED	1/2 CUP	135	8	1.5
DRESSING ITALIAN/RANCH R FAT	2 TBSP	135	0	0.0
CAKE, YELLOW W/CHOC. FROSTING	SLICE	150	379	55.4
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	5	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	22	82	17.1
BAGEL, PLAIN	BAGEL	11	190	36.8
YOGURT CUP/skip	1/2 CUP	0	160	25.0
CREAM CHEESE	1 TBSP	0	50	0.6
CHEESE, AMERICAN SLICE	SLICE	11	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	6	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	10	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	10	95	8.0
PARFAIT, YOGURT	PARFAITS	5	453	83.4
VEGGIE VARIETYW/DIP	.25 CUPS	69	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	81	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	22	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	50	57	14.2
MILK - Variety	HALF PINT	225	123	18.6
Weighted Daily Average			708	115.16
% of Calories				65.1%
RDA's			654	0.00
% of RDA Satisfied			108%	

Region 16

Page 4

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

Jun 23, 2010

Values

LAUREL LEDGE SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Thu - 09/09/2010				
LAUREL LEDGE SCHOOL	Total	267		
CHICKEN RINGS, TYSON COMM ELEM	5 EACH	221	220	13.0
RICE, STEAMED, BROWN	1/2 CUP	270	128	23.2
GREEN BEANS: frozen,boiled	1/2 CUP	260	19	4.4
ROLL DINNER WHEAT/FREIHOFFER	1 EACH	230	100	17.0
CATSUP PORTION	1 OZ	169	27	7.1
SAUCE,BARBEQUE	1 OZ	51	85	20.6
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	3	372	36.4
CEREAL BOWL w/YOGURT	BOWL PACK	16	203	40.4
BAGEL, PLAIN	BAGEL	10	190	36.8
YOGURT CUP/skip	1/2 CUP	0	160	25.0
CREAM CHEESE	1 TBSP	0	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	3	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	3	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	3	95	8.0
PARFAIT, YOGURT	PARFAITS	1	453	83.4
VEGGIE VARIETYW/DIP	.25 CUPS	67	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	131	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	43	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	65	57	14.2
MILK - Variety	HALF PINT	220	123	18.6
Weighted Daily Average			761	121.20
% of Calories				63.7%
RDA's			654	0.00
% of RDA Satisfied			116%	

Fri - 09/10/2010				
LAUREL LEDGE SCHOOL	Total	258		
PIZZA,BIG DADDY'SHARVEST E/10	4.60 OZ.	209	390	45.0
SALAD, TOSSED	1/2 CUP	230	8	1.5
DRESSING, ITALIANscratch	1 TBSP	230	14	0.3
FISH & CHEESE SEACRISP PAT/BUN	1 EACH	4	407	40.9
POTATO CHIPS	BAG	4	78	7.1
TARTER SAUCE: scratch	.5 FL OZ	8	72	1.7
PARFAIT, YOGURT	PARFAITS	6	453	83.4
SALAD, CHEFS REIMBURSE	1 EACH	5	279	20.1
DRESSING, ITALIAN OR RANCH	1.5 OZ	5	142	12.0
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	7	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	13	82	17.1
BAGEL, PLAIN	BAGEL	6	190	36.8
YOGURT CUP/skip	1/2 CUP	0	160	25.0
CREAM CHEESE	1 TBSP	0	50	0.6
CHEESE, AMERICAN SLICE	SLICE	6	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	6	278	34.6
VEGGIE VARIETYW/DIP	.25 CUPS	69	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	96	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	58	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	82	57	14.2
MILK - Variety	HALF PINT	225	123	18.6
Weighted Daily Average			653	95.49
% of Calories				58.5%
RDA's			654	0.00
% of RDA Satisfied			100%	
Shortfall			0	

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Region 16

Page 5

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

Jun 23, 2010

LAUREL LEDGE SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Mon - 09/13/2010				
LAUREL LEDGE SCHOOL	Total	274		
PANCAKES, MINI MAPLE IN A BAG	pack	221	200	34.0
POTATO, HASH BR PATTY STATE AP	2.8 OZ	213	60	16.0
CATSUP PORTION	2 OZ	93	55	14.3
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	4	372	36.4
CEREAL	1 CUP	19	216	32.1
BAGEL, PLAIN	BAGEL	13	190	36.8
YOGURT CUP/skip	1/2 CUP	140	160	25.0
CREAM CHEESE	1 TBSP	0	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	11	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	0	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	0	95	8.0
VEGGIE VARIETYW/DIP	.25 CUPS	55	69	8.5
FRUIT JUICE, ASSOR. SKIP	4 oz.	80	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	54	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	40	57	14.2
MILK - Variety	HALF PINT	235	123	18.6
Weighted Daily Average			577	105.27
% of Calories				72.9%
RDA's			654	0.00
% of RDA Satisfied			88%	
Shortfall			76	

Tue - 09/14/2010				
LAUREL LEDGE SCHOOL	Total	192		
NACHOS SUPREME	SERVING	142	313	16.1
RICE, STEAMED, BROWN	1/2 CUP	180	128	23.2
LETTUCE/TOMATO For Nachos	1 EACH	23	6	1.3
CORN: canned, yellow	1/2 CUP	200	66	15.4
SALSA	05 OZ	28	51	9.9
SOUR CREAM/MARCUS DAIRY	.25 OZ	55	30	1.0
PARFAIT, YOGURT	PARFAITS	1	453	83.4
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	7	372	36.4
CEREAL BOWL w/YOGURT	BOWL PACK	15	203	40.4
BAGEL, PLAIN	BAGEL	9	190	36.8
YOGURT CUP/skip	1/2 CUP	0	160	25.0
CREAM CHEESE	1 TBSP	0	50	0.6
CHEESE, AMERICAN SLICE	SLICE	9	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	4	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	4	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	4	95	8.0
VEGGIE VARIETYW/DIP	.25 CUPS	31	69	8.5
FRUIT JUICE, ASSOR. SKIP	4 oz.	87	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	59	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	49	57	14.2
MILK - Variety	HALF PINT	180	123	18.6
Weighted Daily Average			785	116.33
% of Calories				59.3%
RDA's			654	0.00
% of RDA Satisfied			120%	

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Region 16

Page 6

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

Jun 23, 2010

Values

LAUREL LEDGE SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Wed - 09/15/2010				
LAUREL LEDGE SCHOOL	Total	264		
BREADSTICK DUNKER(1)ELEM	SERVING	237	146	30.8
MARINARA SAUCE	3 OZ	237	36	7.8
CHEESE, STRING	1 oz	240	86	1.1
SALAD, TOSSED	1/2 CUP	200	8	1.5
DRESSING, ITALIANscratch	1 TBSP	200	14	0.3
PARFAIT, YOGURT	PARFAITS	1	453	83.4
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	4	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	9	82	17.1
BAGEL, PLAIN	BAGEL	4	190	36.8
YOGURT CUP/skip	1/2 CUP	0	160	25.0
CREAM CHEESE	1 TBSP	0	50	0.6
CHEESE, AMERICAN SLICE	SLICE	4	106	0.5
SANDWICH, HAM&CH WH GR WT EL.	1 EACH	1	317	30.9
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	5	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	3	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	3	95	8.0
VEGGIE VARIETYW/DIP	.25 CUPS	65	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	100	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	27	67	17.7
FRUIT, FRESH APPLES/ORANGE/GRA	1 EACH	80	117	30.5
MILK - Variety	HALF PINT	230	123	18.6
Weighted Daily Average			543	92.23
% of Calories				67.9%
RDA's			654	0.00
% of RDA Satisfied			83%	
Shortfall			110	

	Portion Size	Plan Qty	Cals	g Carb
Thu - 09/16/2010				
LAUREL LEDGE SCHOOL	Total	286		
CHICKEN, POPCORN TYSON	14 EACH	256	194	8.2
Fries, Oven Choice	1/2 CUP	270	183	41.0
FRIES, SWEET POTATO	1 OZ	200	40	7.3
MIXED VEGETABLES:frozen,boiled	1/4 CUP	250	30	6.0
ROLL DINNER WHEAT/FREIHOFER	1 EACH	250	100	17.0
CATSUP PORTION	2 OZ	245	55	14.3
SAUCE,BARBEQUE	1 OZ	48	85	20.6
PARFAIT, YOGURT	PARFAITS	0	453	83.4
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	2	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	10	82	17.1
BAGEL, PLAIN	BAGEL	5	190	36.8
YOGURT CUP/skip	1/2 CUP	0	160	25.0
CREAM CHEESE	1 TBSP	0	50	0.6
CHEESE, AMERICAN SLICE	SLICE	5	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	3	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	3	95	8.0
VEGGIE VARIETYW/DIP	.25 CUPS	61	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	86	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	61	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	67	57	14.2
MILK - Variety	HALF PINT	220	123	18.6
Weighted Daily Average			785	131.21
% of Calories				66.8%
RDA's			654	0.00
% of RDA Satisfied			120%	

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Region 16

Page 7

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

Jun 23, 2010

LAUREL LEDGE SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Fri - 09/17/2010				
LAUREL LEDGE SCHOOL	Total	286		
PIZZA, STUFFED CRUST WEDGE	5.73 OZ	215	392	45.9
SALAD, TOSSED	1/2 CUP	240	8	1.5
DRESSING, ITALIANscratch	1 TBSP	240	14	0.3
FISH & CHEESE SEACRISP PAT/BUN	1 EACH	3	407	40.9
POTATO CHIPS	BAG	3	78	7.1
TARTER SAUCE: scratch	.5 FL OZ	6	72	1.7
PARFAIT, YOGURT	PARFAITS	5	453	83.4
SALAD, CHEFS REIMBURSE	1 EACH	11	279	20.1
DRESSING, ITALIAN OR RANCH	1.5 OZ	11	142	12.0
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	11	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	19	82	17.1
BAGEL, PLAIN	BAGEL	7	190	36.8
YOGURT CUP/skip	1/2 CUP	0	160	25.0
CREAM CHEESE	1 TBSP	0	50	0.6
CHEESE, AMERICAN SLICE	SLICE	7	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	5	278	34.6
VEGGIE VARIETYW/DIP	.25 CUPS	84	69	8.5
FRUIT JUICE, ASSOR.SKIP	4 oz.	130	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	75	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	62	57	14.2
MILK - Variety	HALF PINT	230	123	18.6
Weighted Daily Average			647	96.86
% of Calories				59.9%
RDA's			654	0.00
% of RDA Satisfied			99%	
Shortfall			7	

Mon - 09/20/2010				
LAUREL LEDGE SCHOOL	Total	245		
SANDWICH, GRILLED CHEESE	SANDWICH	171	255	30.6
Fries, Oven Choice	.5 CUP	230	183	41.0
FRIES, SWEET POTATO	2 OZ	25	80	14.7
PICKLES,DILL	1 EACH	61	3	0.5
CATSUP PORTION	2 OZ	170	55	14.3
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	7	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	22	82	17.1
BAGEL, PLAIN	BAGEL	17	190	36.8
YOGURT CUP/skip	1/2 CUP	0	160	25.0
CREAM CHEESE	1 TBSP	1	50	0.6
CHEESE, AMERICAN SLICE	SLICE	17	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	8	278	34.6
VEGGIE VARIETYW/DIP	.25 CUPS	49	69	8.5
FRUIT JUICE, ASSOR.SKIP	4 oz.	63	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	52	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	45	57	14.2
MILK - Variety	HALF PINT	194	123	18.6
Weighted Daily Average			655	117.18
% of Calories				71.5%
RDA's			654	0.00
% of RDA Satisfied			100%	

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Region 16

LAUREL LEDGE SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Tue - 09/21/2010				
LAUREL LEDGE SCHOOL	Total	208		
TACO, MEXICAN	1 EACH	166	232	10.7
RICE, STEAMED, BROWN	1/2 CUP	170	128	23.2
LETTUCE/TOMATO For Nachos	1 EACH	140	6	1.3
CORN: canned, yellow	1/2 CUP	140	66	15.4
SALSA	2 OZ	75	20	4.0
SOUR CREAM/LOW FAT 2 OZ.	2 OZ.	125	77	4.0
PARFAIT, YOGURT	PARFAITS	3	453	83.4
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	4	372	36.4
CEREAL BOWL w/YOGURT	BOWL PACK	7	203	40.4
BAGEL, PLAIN	BAGEL	9	190	36.8
YOGURT CUP/skip	1/2 CUP	7	160	25.0
CREAM CHEESE	1 TBSP	1	50	0.6
CHEESE, AMERICAN SLICE	SLICE	6	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	4	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	5	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	5	95	8.0
VEGGIE VARIETYW/DIP	.25 CUPS	61	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	72	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	33	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	59	57	14.2
MILK - Variety	HALF PINT	170	123	18.6
Weighted Daily Average			691	96.49
% of Calories				55.9%
RDA's			654	0.00
% of RDA Satisfied			106%	
Shortfall				

Wed - 09/22/2010				
LAUREL LEDGE SCHOOL	Total	255		
PASTA , W/MEATBALLS DREAMF ELE	6 oz	198	295	48.2
SALAD, TOSSED	1/2 CUP	135	8	1.5
DRESSING ITALIAN/RANCH R FAT	2 TBSP	135	0	0.0
PUDDING W/TOPPING	1/2 CUP	125	162	25.7
PARFAIT, YOGURT	PARFAITS	3	453	83.4
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	5	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	22	82	17.1
BAGEL, PLAIN	BAGEL	11	190	36.8
YOGURT CUP/skip	1/2 CUP	0	160	25.0
CREAM CHEESE	1 TBSP	0	50	0.6
CHEESE, AMERICAN SLICE	SLICE	11	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	6	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	0	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	0	95	8.0
VEGGIE VARIETYW/DIP	.25 CUPS	69	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	81	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	22	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	48	57	14.2
MILK - Variety	HALF PINT	197	123	18.6
Weighted Daily Average			571	97.58
% of Calories				68.4%
RDA's			654	0.00
% of RDA Satisfied			87%	
Shortfall			83	

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Region 16

Page 9

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

Jun 23, 2010

Values

LAUREL LEDGE SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Thu - 09/23/2010				
LAUREL LEDGE SCHOOL	Total	273		
CHICKEN TENDERS 3 EA TYSON COM	SERVING	225	240	15.0
BUN HAMBURGER WHEAT	1 EACH	225	140	27.0
NOODLES, BARILLA ROTINI ELEMEN	1/2 CUP	225	86	16.4
MIXED VEGETABLES:frozen,boiled	.5 CUP	150	59	11.9
CATSUP PORTION	2 OZ	225	55	14.3
SAUCE,BARBEQUE	1 OZ	50	85	20.6
PARFAIT, YOGURT	PARFAITS	7	453	83.4
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	3	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	7	82	17.1
BAGEL, PLAIN	BAGEL	7	190	36.8
YOGURT CUP/skip	1/2 CUP	7	160	25.0
CREAM CHEESE	1 TBSP	1	50	0.6
CHEESE, AMERICAN SLICE	SLICE	6	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	5	278	34.6
SALAD, CHEFS REIMBURSE	1 EACH	5	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	5	95	8.0
VEGGIE VARIETYW/DIP	.25 CUPS	53	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	35	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	51	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	39	57	14.2
MILK - Variety	HALF PINT	225	123	18.6
Weighted Daily Average			696	107.09
% of Calories				61.6%
RDA's			654	0.00
% of RDA Satisfied			106%	

	Portion Size	Plan Qty	Cals	g Carb
Fri - 09/24/2010				
LAUREL LEDGE SCHOOL	Total	258		
PIZZA,BIG DADDY'SHARVEST E/10	4.60 OZ.	209	390	45.0
SALAD, TOSSED	1/2 CUP	230	8	1.5
DRESSING, ITALIANscratch	1 TBSP	230	14	0.3
FISH & CHEESE SEACRISP PAT/BUN	1 EACH	4	407	40.9
POTATO CHIPS	BAG	4	78	7.1
TARTER SAUCE: scratch	.5 FL OZ	2	72	1.7
PARFAIT, YOGURT	PARFAITS	6	453	83.4
SALAD, CHEFS REIMBURSE	1 EACH	5	279	20.1
DRESSING, ITALIAN OR RANCH	1.5 OZ	5	142	12.0
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	7	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	13	82	17.1
BAGEL, PLAIN	BAGEL	6	190	36.8
YOGURT CUP/skip	1/2 CUP	0	160	25.0
CREAM CHEESE	1 TBSP	0	50	0.6
CHEESE, AMERICAN SLICE	SLICE	6	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	6	278	34.6
VEGGIE VARIETYW/DIP	.25 CUPS	69	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	96	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	58	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	82	57	14.2
MILK - Variety	HALF PINT	225	123	18.6
Weighted Daily Average			652	95.45
% of Calories				58.6%
RDA's			654	0.00
% of RDA Satisfied			100%	
Shortfall			2	

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Region 16

Page 10

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

Jun 23, 2010

LAUREL LEDGE SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Mon - 09/27/2010				
LAUREL LEDGE SCHOOL	Total	238		
HAMBUR/CHESBURGER ON WHEAT BUN	1 EACH	174	339	27.0
FRIES, OVEN MCCAIN'S COMMODITY	3 OZ	180	130	20.1
FRIES, SWEET POTATO	1 OZ	180	40	7.3
LETTUCE & TOMATO:1 leaf,1 slice	1 lf,1 slc	57	5	1.1
PICKLES,DILL	1 EACH	0	3	0.5
CATSUP PORTION	2 OZ	177	55	14.3
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	8	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	26	82	17.1
BAGEL, PLAIN	BAGEL	10	190	36.8
YOGURT CUP/skip	1/2 CUP	0	160	25.0
CREAM CHEESE	1 TBSP	0	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	10	278	34.6
VEGGIE VARIETYW/DIP	.25 CUPS	62	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	73	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	67	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	90	57	14.2
MILK - Variety	HALF PINT	181	123	18.6
Weighted Daily Average			704	103.84
% of Calories				59.0%
RDA's			654	0.00
% of RDA Satisfied			108%	

Tue - 09/28/2010				
LAUREL LEDGE SCHOOL	Total	172		
MACARONI & CHEESE LOL	3/4 CUP	150	236	27.0
BROCCOLI: frozen, boiled	1/2 CUP	75	26	4.9
ROLL DINNER WHEAT/FREIHOFER	1 EACH	150	100	17.0
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	2	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	5	82	17.1
BAGEL, PLAIN	BAGEL	7	190	36.8
YOGURT CUP/skip	1/2 CUP	7	160	25.0
CREAM CHEESE	1 TBSP	1	50	0.6
CHEESE, AMERICAN SLICE	SLICE	6	106	0.5
SANDWICH, HAM&CH WH GR WT EL.	1 EACH	3	317	30.9
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	5	278	34.6
VEGGIE VARIETYW/DIP	.25 CUPS	53	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	35	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	51	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	90	57	14.2
MILK - Variety	HALF PINT	160	123	18.6
Weighted Daily Average			579	90.35
% of Calories				62.4%
RDA's			654	0.00
% of RDA Satisfied			89%	
Shortfall			75	

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Region 16

Page 11

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

Jun 23, 2010

LAUREL LEDGE SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Wed - 09/29/2010				
LAUREL LEDGE SCHOOL	Total	269		
MEATBALL SUB ELE/ TORPEDO ROLL	1 EACH	237	316	31.6
NOODLES ITALIANO	1/4 cup	240	86	15.2
SALAD, TOSSED	1/2 CUP	200	8	1.5
DRESSING, ITALIANscratch	1 TBSP	200	14	0.3
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	4	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	9	82	17.1
BAGEL, PLAIN	BAGEL	4	190	36.8
YOGURT CUP/skip	1/2 CUP	0	160	25.0
CREAM CHEESE	1 TBSP	0	50	0.6
CHEESE, AMERICAN SLICE	SLICE	4	106	0.5
TOASTY CHEESE SANDWICH	SANDWICH	10	281	30.6
SANDWICH, TUNA W.GRAIN WHT EL.	SANDWICH	5	278	34.6
VEGGIE VARIETYW/DIP	.25 CUPS	65	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	100	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	27	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	75	57	14.2
MILK - Variety	HALF PINT	230	123	18.6
Weighted Daily Average			636	92.26
% of Calories				58.0%
RDA's			654	0.00
% of RDA Satisfied			97%	
Shortfall			18	

Thu - 09/30/2010				
LAUREL LEDGE SCHOOL	Total	276		
CHICKEN FINGER TYSON COMMODITY	7 EACH	232	245	9.8
RICE, STEAMED, BROWN	.5 CUP	260	128	23.2
GREEN BEANS: frozen,boiled	1/2 CUP	100	19	4.4
ROLL DINNER WHEAT/FREIHOFFER	1 EACH	230	100	17.0
CATSUP PORTION	1 OZ	172	27	7.1
SAUCE,BARBEQUE	1 OZ	53	85	20.6
SANDWICH, TURK&CH WH GR WT EL.	SANDWICH	2	372	36.4
CEREAL BOWL PACKS ASSORTED ELE	BOWL PACK	10	82	17.1
BAGEL, PLAIN	BAGEL	6	190	36.8
YOGURT CUP/skip	1/2 CUP	0	160	25.0
CREAM CHEESE	1 TBSP	0	50	0.6
CHEESE, AMERICAN SLICE	SLICE	6	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	2	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	2	95	8.0
PARFAIT, YOGURT	PARFAITS	1	453	83.4
VEGGIE VARIETYW/DIP	.25 CUPS	68	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	106	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	38	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	90	57	14.2
MILK - Variety	HALF PINT	194	123	18.6
Weighted Daily Average			704	103.00
% of Calories				58.5%
RDA's			654	0.00
% of RDA Satisfied			108%	

Weighted Average			660	102.75
				62.3%

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Region 16

Page 12

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

Jun 23, 2010

Values

LAUREL LEDGE SCHOOL

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	660		654	101%			
Carbohydrate (g)	102.75	62.26%	0.00				
Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.							

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