

Region 16

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

Jun 23, 2010

LONG RIVER MIDDLE SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Mon - 08/30/2010				
LONG RIVER MIDDLE SCH	Total	390		
GRILLED CHEESE SANDWICH	SANDWICH	100	281	30.6
FRIES, OVEN MCCAIN'S COMMODITY	3 OZ	100	130	20.1
FRIES, SWEET POTATO	2 OZ	100	80	14.7
CHICKEN PATTY/BUN TYSON COMMOD	1 EACH	90	382	35.2
FRIES, OVEN MCCAIN'S COMMODITY	3 OZ	90	130	20.1
FRIES, SWEET POTATO	2 OZ	90	80	14.7
DELI SUB BOARS HEAD	1 EACH	140	620	46.4
POTATO CHIPS VARIETY DELI	BAGS	140	102	11.5
SALAD BAR	1 EACH	50	558	65.4
DRESSING, SALAD ASSORTED	1.5 OZ	50	71	5.9
ROLL, FRENCH WHOLE WHEAT	1 EACH	40	90	17.0
FRUIT/YOGURT/GRANOLA 1 SERVING	1 EACH	10	995	241.2
CATSUP PORTION	2 OZ	100	55	14.3
SAUCE,BARBEQUE	1 OZ	50	85	20.6
VEGGIE VARIETYW/DIP	.50 CUPS	43	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	66	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	46	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
MILK - Variety SKIP	HALF PINT	200	123	18.6
Milk Variety/10 oz.	10 oz.	60	292	51.7
Weighted Daily Average			838	110.30
% of Calories				52.7%
RDA's			783	0.00
% of RDA Satisfied			107%	
Shortfall				

Tue - 08/31/2010				
LONG RIVER MIDDLE SCH	Total	340		
PIZZA CRUNCHERS	4 EACH	80	400	41.0
PASTA , W/MARINARA DREAMF MSHS	4 oz	80	135	29.7
MARINARA SAUCE	3 OZ	80	36	7.8
HAMBUR/CHESBURGER ON WHEAT BUN	1 EACH	80	339	27.0
LETTUCE &TOMATO:1 leaf,1 slice	1 lf,1 slc	25	5	1.1
FRIES, OVEN MCCAIN'S COMMODITY	4 OZ	80	173	26.8
FRIES, SWEET POTATO	2 OZ	80	80	14.7
DELI SUB BOARS HEAD	1 EACH	120	620	46.4
POTATO CHIPS VARIETY DELI	BAGS	120	102	11.5
CATSUP PORTION	2 OZ	80	55	14.3
SALAD BAR	1 EACH	50	558	65.4
DRESSING, SALAD ASSORTED	1.5 OZ	50	71	5.9
ROLL, FRENCH WHOLE WHEAT	1 EACH	48	90	17.0
FRUIT/YOGURT/GRANOLA 1 SERVING	1 EACH	5	995	241.2
VEGGIE VARIETYW/DIP	.50 CUPS	45	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	75	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	40	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
MILK - Variety SKIP	HALF PINT	175	123	18.6
Milk Variety/10 oz.	10 oz.	60	292	51.7
Weighted Daily Average			860	112.97
% of Calories				52.6%
RDA's			783	0.00
% of RDA Satisfied			110%	
Shortfall				

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

Jun 23, 2010

LONG RIVER MIDDLE SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Wed - 09/01/2010				
LONG RIVER MIDDLE SCH	Total	412		
PASTA , MEATBALLS DREAM MSHS	12 oz	130	485	90.2
SALAD, TOSSED	1 CUP	100	16	3.0
DRESSING, ITALIAN OR RANCH	PORTION	100	95	8.0
BREAD, GARLIC	SLICE	130	91	15.3
CHICKEN TENDERS 3 EA TYSON COM	SERVING	100	240	15.0
BUN HAMBURGER WHEAT	1 EACH	100	140	27.0
POTATOES, MASHED NATURE'S OWN	1 cup	100	160	30.0
DELI SUB BOARS HEAD	1 EACH	122	620	46.4
POTATO CHIPS VARIETY DELI	BAGS	122	102	11.5
SALAD BAR	PORTIONS	50	5	1.0
DRESSING, SALAD ASSORTED	1.5 OZ	50	71	5.9
ROLL, FRENCH WHOLE WHEAT	1 EACH	30	90	17.0
FRUIT/YOGURT/GRANOLA 1 SERVING	1 EACH	10	995	241.2
CATSUP PORTION	2 OZ	75	55	14.3
SAUCE,BARBEQUE	2 OZ	20	170	41.1
VEGGIE VARIETYW/DIP	.50 CUPS	45	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	155	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	55	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
MILK - Variety SKIP	HALF PINT	200	123	18.6
Milk Variety/10 oz.	10 oz.	60	292	51.7
Weighted Daily Average			833	127.96
% of Calories				61.4%
RDA's			783	0.00
% of RDA Satisfied			106%	
Shortfall				

Thu - 09/02/2010				
LONG RIVER MIDDLE SCH	Total	412		
QUESADILLAS, CHEESE WH. GRAIN	1 EACH	107	360	42.0
RICE, STEAMED, BROWN	1 CUP	107	256	46.5
CORN, NIBLET	1/2 CUP	107	66	15.4
SALSA	2 OZ	75	20	4.0
SOUR CREAM/LOW FAT 1 OZ.	1 OZ.	25	51	2.0
CHICKEN RINGS, TYSON COMM MIDD	6 EACH	95	264	15.6
RICE, STEAMED, BROWN	1 CUP	95	256	46.5
CORN, NIBLET	1/2 CUP	50	66	15.4
DELI SUB BOARS HEAD	1 EACH	150	620	46.4
POTATO CHIPS VARIETY DELI	BAGS	150	102	11.5
CATSUP PORTION	1 OZ	50	27	7.1
SAUCE,BARBEQUE	2 OZ	25	170	41.1
SALAD BAR	1 EACH	50	558	65.4
DRESSING, SALAD ASSORTED	1.5 OZ	50	71	5.9
ROLL, FRENCH WHOLE WHEAT	1 EACH	48	90	17.0
FRUIT/YOGURT/GRANOLA 1 SERVING	1 EACH	10	995	241.2
VEGGIE VARIETYW/DIP	.50 CUPS	50	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	65	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	60	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
MILK - Variety SKIP	HALF PINT	175	123	18.6
Milk Variety/10 oz.	10 oz.	60	292	51.7
Weighted Daily Average			861	115.88
% of Calories				53.8%
RDA's			783	0.00
% of RDA Satisfied			110%	
Shortfall				

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

Jun 23, 2010

LONG RIVER MIDDLE SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Fri - 09/03/2010				
LONG RIVER MIDDLE SCH	Total	1		
NO SCHOOL TODAY	SERVING	1	0	0.00
Weighted Daily Average			0	0.00
% of Calories				0.0%
RDA's			783	0.00
% of RDA Satisfied			0%	
Shortfall			783	

Mon - 09/06/2010				
LONG RIVER MIDDLE SCH	Total	1		
NO SCHOOL TODAY	SERVING	1	0	0.00
Weighted Daily Average			0	0.00
% of Calories				0.0%
RDA's			783	0.00
% of RDA Satisfied			0%	
Shortfall			783	

Tue - 09/07/2010				
LONG RIVER MIDDLE SCH	Total	368		
PIZZA STRIP BOSCO/THURSTON	1 EACH	106	190	26.0
MARINARA SAUCE	3 OZ	106	36	7.8
PASTA MARINARA BARILLA W GRAIN	4 oz	106	184	38.0
CHICKEN PATTY, CR/SPICY ON BUN	servings	80	605	51.8
LETTUCE & TOMATO:1 leaf,1 slice	1 lf,1 slc	25	5	1.1
FRIES, OVEN MCCAIN'S COMMODITY	2.54 OZ.	80	43	6.7
FRIES, SWEET POTATO	2 OZ	30	80	14.7
PASTA DREAMFIELDS ELBOWS ITALI	6 OZ.	80	379	63.5
SUB, HIGH/MIDDLE VARIETY	SUB SANDWICH	122	491	49.1
POTATO CHIPS VARIETY DELI	BAGS	122	102	11.5
CATSUP PORTION	2 OZ	50	55	14.3
SALAD BAR	1 EACH	50	558	65.4
DRESSING, ITALIAN OR RANCH	1.5 OZ	50	142	12.0
ROLL, FRENCH WHOLE WHEAT	1 EACH	48	90	17.0
FRUIT/YOGURT/GRANOLA 1 SERVING	1 EACH	10	995	241.2
VEGGIE VARIETYW/DIP	.50 CUPS	45	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	75	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	40	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
MILK - Variety SKIP	HALF PINT	150	123	18.6
Milk Variety/10 oz.	10 oz.	32	292	51.7
Weighted Daily Average			839	119.76
% of Calories				57.1%
RDA's			783	0.00
% of RDA Satisfied			107%	

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LONG RIVER MIDDLE SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Wed - 09/08/2010				
LONG RIVER MIDDLE SCH	Total	412		
MOZZARELLA STICKS MS/HS 5 EACH	5 STICKS	130	440	33.0
CHICKEN TENDERS 3 EA TYSON COM	SERVING	100	240	15.0
BUN HAMBURGER WHEAT	1 EACH	100	140	27.0
POTATOES, MASHED NATURE'S OWN	1 cup	100	160	30.0
GREEN BEANS: frozen,boiled	1/2 CUP	25	19	4.4
SUB, HIGH/MIDDLE VARIETY	SUB SANDWICH	122	491	49.1
POTATO CHIPS VARIETY DELI	BAGS	122	102	11.5
SALAD BAR	1 EACH	50	558	65.4
DRESSING, ITALIAN OR RANCH	PORTION	50	95	8.0
ROLL, FRENCH WHOLE WHEAT	1 EACH	50	90	17.0
FRUIT/YOGURT/GRANOLA 1 SERVING	1 EACH	10	995	241.2
CATSUP PORTION	2 OZ	75	55	14.3
SAUCE,BARBEQUE	2 OZ	20	170	41.1
VEGGIE VARIETYW/DIP	.50 CUPS	45	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	155	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	55	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
MILK - Variety SKIP	HALF PINT	150	123	18.6
Milk Variety/10 oz.	10 oz.	38	292	51.7
Weighted Daily Average			770	107.33
% of Calories				55.7%
RDA's			783	0.00
% of RDA Satisfied			98%	
Shortfall			13	

	Portion Size	Plan Qty	Cals	g Carb
Thu - 09/09/2010				
LONG RIVER MIDDLE SCH	Total	337		
QUESADILLAS, CHEESE WH. GRAIN	1 EACH	107	360	42.0
RICE, STEAMED, BROWN	1 CUP	107	256	46.5
CORN, NIBLET	1/2 CUP	107	66	15.4
SALSA	2 OZ	75	20	4.0
SOUR CREAM/LOW FAT 2 OZ.	2 OZ.	75	77	4.0
CHICKEN NUGGETS/6 NUGGETS	1 EACH	95	35	2.0
RICE, STEAMED, BROWN	1 CUP	95	256	46.5
CORN, NIBLET	1/2 CUP	50	66	15.4
SUB, HIGH/MIDDLE VARIETY	SUB SANDWICH	75	491	49.1
POTATO CHIPS VARIETY DELI	BAGS	75	102	11.5
CATSUP PORTION	1 OZ	70	27	7.1
SAUCE,BARBEQUE	2 OZ	20	170	41.1
SALAD BAR	1 EACH	50	558	65.4
DRESSING, ITALIAN OR RANCH	1.5 OZ	50	142	12.0
ROLL, FRENCH WHOLE WHEAT	1 EACH	48	90	17.0
FRUIT/YOGURT/GRANOLA 1 SERVING	1 EACH	10	995	241.2
VEGGIE VARIETYW/DIP	.50 CUPS	50	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	65	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	60	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
MILK - Variety SKIP	HALF PINT	125	123	18.6
Milk Variety/10 oz.	10 oz.	38	292	51.7
Weighted Daily Average			785	120.86
% of Calories				61.6%
RDA's			783	0.00
% of RDA Satisfied			100%	
Shortfall				

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

Jun 23, 2010

LONG RIVER MIDDLE SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Fri - 09/10/2010				
LONG RIVER MIDDLE SCH	Total	390		
HAMBUR/CHESBURGER ON WHEAT BUN	1 EACH	80	339	27.0
FRIES, OVEN MCCAIN'S COMMODITY	3 OZ	80	130	20.1
FRIES, SWEET POTATO	3 OZ	75	120	22.0
CATSUP PORTION	2 OZ	80	55	14.3
PIZZA BDHARVEST MS/HS 8 SL	5.60	125	475	54.8
SUB, HIGH/MIDDLE VARIETY	SUB SANDWICH	125	491	49.1
POTATO CHIPS VARIETY DELI	BAGS	125	102	11.5
SALAD BAR	1 EACH	50	558	65.4
DRESSING, SALAD ASSORTED	1.5 OZ	50	71	5.9
ROLL, FRENCH WHOLE WHEAT	1 EACH	40	90	17.0
FRUIT/YOGURT/GRANOLA 1 SERVING	1 EACH	10	995	241.2
VEGGIE VARIETYW/DIP	.25 CUPS	90	69	8.5
FRUIT JUICE, ASSOR.SKIP	4 oz.	50	247	60.0
FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
FRUIT, CANNED 1/2 CUP	1/2 CUP	40	67	17.7
MILK - Variety	HALF PINT	200	123	18.6
Milk Variety/10 oz.	10 oz.	50	292	51.7
Weighted Daily Average % of Calories			753	101.05 53.7%
RDA's % of RDA Satisfied Shortfall			783 96% 30	0.00

Mon - 09/13/2010				
LONG RIVER MIDDLE SCH	Total	357		
CHICKEN FAJITAS	SERVINGS	80	356	45.8
RICE, STEAMED, BROWN	1 CUP	80	256	46.5
SOUR CREAM/MARCUS DAIRY	2 OZ	40	240	8.0
SALSA	2 OZ	20	20	4.0
PANCAKES, MINI MAPLE IN A BAG	pack	107	200	34.0
POTATO, HASH BR PATTY STATE AP	2.8 OZ	107	60	16.0
CATSUP PORTION	1 OZ	50	27	7.1
SUB, HIGH/MIDDLE VARIETY	SUB SANDWICH	120	491	49.1
POTATO CHIPS VARIETY DELI	BAGS	120	102	11.5
SALAD BAR	1 EACH	50	558	65.4
DRESSING, ITALIAN OR RANCH	PORTION	50	95	8.0
ROLL, FRENCH WHEAT OR WHITE	1 EACH	48	85	16.5
FRUIT/YOGURT/GRANOLA 1 SERVING	1 EACH	5	995	241.2
VEGGIE VARIETYW/DIP	.50 CUPS	55	69	8.5
FRUIT JUICE, ASSOR.SKIP	4 oz.	130	247	60.0
FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
FRUIT, CANNED 1/2 CUP	1/2 CUP	60	67	17.7
MILK - Variety	HALF PINT	175	123	18.6
Milk Variety/10 oz.	10 oz.	31	292	51.7
Weighted Daily Average % of Calories			772	116.57 60.4%
RDA's % of RDA Satisfied Shortfall			783 99% 11	0.00

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

Jun 23, 2010

LONG RIVER MIDDLE SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Tue - 09/14/2010				
LONG RIVER MIDDLE SCH	Total	359		
MACARONI & CHEESE LOL	1 CUP	75	315	36.0
CHICKEN PATTY, CR/SPICY ON BUN	3 OZ.	100	605	51.8
RICE, STEAMED, BROWN	1 CUP	100	256	46.5
SUB, HIGH/MIDDLE VARIETY	SUB SANDWICH	124	491	49.1
POTATO CHIPS VARIETY DELI	BAGS	124	102	11.5
CATSUP PORTION	2 OZ	154	55	14.3
SAUCE,BARBEQUE	2 OZ	50	170	41.1
SALAD BAR	1 EACH	50	558	65.4
DRESSING, SALAD ASSORTED	1.5 OZ	50	71	5.9
ROLL, FRENCH WHOLE WHEAT	1 EACH	40	90	17.0
FRUIT/YOGURT/GRANOLA 1 SERVING	1 EACH	10	995	241.2
VEGGIE VARIETYW/DIP	.50 CUPS	50	69	8.5
FRUIT JUICE, ASSOR.SKIP	4 oz.	47	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	58	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
MILK - Variety SKIP	HALF PINT	175	123	18.6
Milk Variety/10 oz.	10 oz.	50	292	51.7
Weighted Daily Average % of Calories			848	117.16 55.3%
RDA's % of RDA Satisfied			783 108%	0.00

Wed - 09/15/2010				
LONG RIVER MIDDLE SCH	Total	352		
PASTA FAGIOLI	1 cup servings	70	580	94.7
BREAD, GARLIC	SLICE	70	91	15.3
CHICKEN TENDERS 3 EA TYSON COM	SERVING	100	240	15.0
BUN HAMBURGER WHEAT	1 EACH	100	140	27.0
POTATOES, MASHED NATURE'S OWN	1 cup	100	160	30.0
SUB, HIGH/MIDDLE VARIETY	SUB SANDWICH	122	491	49.1
POTATO CHIPS VARIETY DELI	BAGS	122	102	11.5
SALAD BAR	1 EACH	50	558	65.4
DRESSING, SALAD ASSORTED	1.5 OZ	50	71	5.9
ROLL, FRENCH WHOLE WHEAT	1 EACH	40	90	17.0
FRUIT/YOGURT/GRANOLA 1 SERVING	1 EACH	10	995	241.2
CATSUP PORTION	2 OZ	162	55	14.3
SAUCE,BARBEQUE	2 OZ	100	170	41.1
VEGGIE VARIETYW/DIP	.50 CUPS	45	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	155	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	55	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
MILK - Variety SKIP	HALF PINT	150	123	18.6
Milk Variety/10 oz.	10 oz.	38	292	51.7
Weighted Daily Average % of Calories			917	147.09 64.1%
RDA's % of RDA Satisfied			783 117%	0.00

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LONG RIVER MIDDLE SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Thu - 09/16/2010				
LONG RIVER MIDDLE SCH	Total	387		
QUESADILLAS, CHEESE WH. GRAIN	1 EACH	107	360	42.0
RICE, STEAMED, BROWN	1 CUP	107	256	46.5
CORN, NIBLET	1/2 CUP	107	66	15.4
SALSA	2 OZ	75	20	4.0
SOUR CREAM/LOW FAT 2 OZ.	2 OZ.	75	77	4.0
CHICKEN NUGGETS/6 NUGGETS	1 EACH	95	35	2.0
RICE, STEAMED, BROWN	1 CUP	95	256	46.5
CORN, NIBLET	1/2 CUP	50	66	15.4
SUB, HIGH/MIDDLE VARIETY	SUB SANDWICH	125	491	49.1
POTATO CHIPS VARIETY DELI	BAGS	125	102	11.5
CATSUP PORTION	1 OZ	70	27	7.1
SAUCE,BARBEQUE	2 OZ	20	170	41.1
SALAD BAR	1 EACH	50	558	65.4
DRESSING, ITALIAN OR RANCH	1.5 OZ	50	142	12.0
ROLL, FRENCH WHOLE WHEAT	1 EACH	48	90	17.0
FRUIT/YOGURT/GRANOLA 1 SERVING	1 EACH	10	995	241.2
VEGGIE VARIETYW/DIP	.50 CUPS	50	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	65	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	60	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	45	57	14.2
MILK - Variety SKIP	HALF PINT	175	123	18.6
Milk Variety/10 oz.	10 oz.	55	292	51.7
Weighted Daily Average			785	116.83
% of Calories				59.5%
RDA's			783	0.00
% of RDA Satisfied			100%	
Shortfall				

Fri - 09/17/2010				
LONG RIVER MIDDLE SCH	Total	407		
NACHOS SUPREME w/ Scoops	SERVING	123	310	22.5
RICE, STEAMED, BROWN	1 CUP	123	256	46.5
SOUR CREAM/LOW FAT 1 OZ.	1 OZ.	240	51	2.0
SALSA	2 OZ	150	20	4.0
PIZZA BDHARVEST MS/HS 8 SL	5.60	100	475	54.8
SUB, HIGH/MIDDLE VARIETY	SUB SANDWICH	124	491	49.1
POTATO CHIPS VARIETY DELI	BAGS	124	102	11.5
CATSUP PORTION	2 OZ	154	55	14.3
SAUCE,BARBEQUE	2 OZ	50	170	41.1
SALAD BAR	1 EACH	50	558	65.4
DRESSING, SALAD ASSORTED	1.5 OZ	50	71	5.9
ROLL, FRENCH WHOLE WHEAT	1 EACH	40	90	17.0
FRUIT/YOGURT/GRANOLA 1 SERVING	1 EACH	10	995	241.2
VEGGIE VARIETYW/DIP	.50 CUPS	50	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	47	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	58	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
MILK - Variety SKIP	HALF PINT	146	123	18.6
Milk Variety/10 oz.	10 oz.	144	292	51.7
Weighted Daily Average			863	120.12
% of Calories				55.7%
RDA's			783	0.00
% of RDA Satisfied			110%	

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Region 16

LONG RIVER MIDDLE SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Mon - 09/20/2010				
LONG RIVER MIDDLE SCH	Total	399		
CHICKEN ASIAN DELIGHT	1 EACH	100	310	35.0
RICE, STEAMED, BROWN	1 CUP	100	256	46.5
FRENCH TOAST STICKS	1 SERVING	114	377	56.8
POTATO, HASH BR PATTY STATE AP	2.8 OZ	114	60	16.0
SYRUP, PANCAKE CUPS	1.52 OZ	114	120	30.0
SUB, HIGH/MIDDLE VARIETY	SUB SANDWICH	125	491	49.1
POTATO CHIPS VARIETY DELI	BAGS	125	102	11.5
SALAD BAR	1 EACH	50	558	65.4
DRESSING, SALAD ASSORTED	1.5 OZ	50	71	5.9
ROLL, FRENCH WHOLE WHEAT	1 EACH	40	90	17.0
FRUIT/YOGURT/GRANOLA 1 SERVING	1 EACH	10	995	241.2
VEGGIE VARIETYW/DIP	.50 CUPS	60	69	8.5
FRUIT JUICE, ASSOR.SKIP	4 oz.	50	247	60.0
FRUIT, MIXED SUMMER	4 OZ.	90	57	14.2
FRUIT, CANNED 1/2 CUP	1/2 CUP	40	67	17.7
MILK - Variety	HALF PINT	130	123	18.6
Milk Variety/10 oz.	10 oz.	56	292	51.7
Weighted Daily Average % of Calories			742	112.56 60.7%
RDA's % of RDA Satisfied Shortfall			783 95% 41	0.00

	Portion Size	Plan Qty	Cals	g Carb
Tue - 09/21/2010				
LONG RIVER MIDDLE SCH	Total	383		
GRILLED CHEESE SANDWICH	SANDWICH	114	281	30.6
FRIES, OVEN MCCAIN'S COMMODITY	4 OZ	114	173	26.8
FRIES, SWEET POTATO	2 OZ	114	80	14.7
CHICKEN PATTY, CR/SPICY ON BUN	3 OZ.	87	605	51.8
LETTUCE & TOMATO:1 leaf,1 slice	1 lf,1 slc	25	5	1.1
FRIES, OVEN MCCAIN'S COMMODITY	4 OZ	87	173	26.8
FRIES, SWEET POTATO	2 OZ	87	80	14.7
SUB, HIGH/MIDDLE VARIETY	SUB SANDWICH	122	491	49.1
POTATO CHIPS VARIETY DELI	BAGS	122	102	11.5
SALAD BAR	1 EACH	50	558	65.4
DRESSING, SALAD ASSORTED	1.5 OZ	50	71	5.9
ROLL, FRENCH WHOLE WHEAT	1 EACH	40	90	17.0
FRUIT/YOGURT/GRANOLA 1 SERVING	1 EACH	10	995	241.2
CATSUP PORTION	2 OZ	201	55	14.3
SAUCE, BARBEQUE	1 OZ	44	85	20.6
VEGGIE VARIETYW/DIP	.50 CUPS	51	69	8.5
FRUIT JUICE, ASSOR.SKIP	4 oz.	65	247	60.0
FRUIT, MIXED SUMMER	4 OZ.	75	57	14.2
FRUIT, CANNED 1/2 CUP	1/2 CUP	52	67	17.7
MILK - Variety	HALF PINT	250	123	18.6
Milk Variety/10 oz.	10 oz.	45	292	51.7
Weighted Daily Average % of Calories			885	123.96 56.0%
RDA's % of RDA Satisfied			783 113%	0.00

Region 16

LONG RIVER MIDDLE SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Wed - 09/22/2010				
LONG RIVER MIDDLE SCH	Total	362		
LASAGNA ROLL UP	4 OZ	80	490	62.7
MEATBALLS/2 EACH	1 EACH	75	111	4.5
CHICKEN TENDERS 3 EA TYSON COM	SERVING	100	240	15.0
BUN HAMBURGER WHEAT	1 EACH	100	140	27.0
POTATOES, MASHED NATURE'S OWN	1 cup	100	160	30.0
SUB, HIGH/MIDDLE VARIETY	SUB SANDWICH	122	491	49.1
POTATO CHIPS VARIETY DELI	BAGS	122	102	11.5
SALAD BAR	PORTIONS	50	5	1.0
DRESSING, ITALIAN OR RANCH	PORTION	50	95	8.0
ROLL, FRENCH WHOLE WHEAT	1 EACH	30	90	17.0
FRUIT/YOGURT/GRANOLA 1 SERVING	1 EACH	10	995	241.2
CATSUP PORTION	2 OZ	75	55	14.3
SAUCE,BARBEQUE	2 OZ	20	170	41.1
VEGGIE VARIETYW/DIP	.50 CUPS	45	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	155	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	55	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
MILK - Variety SKIP	HALF PINT	150	123	18.6
Milk Variety/10 oz.	10 oz.	38	292	51.7
Weighted Daily Average			767	114.96
% of Calories				59.9%
RDA's			783	0.00
% of RDA Satisfied			98%	
Shortfall			16	

	Portion Size	Plan Qty	Cals	g Carb
Thu - 09/23/2010				
LONG RIVER MIDDLE SCH	Total	362		
QUESADILLAS, CHEESE WH. GRAIN	1 EACH	107	360	42.0
RICE, STEAMED, BROWN	1 CUP	107	256	46.5
CORN, NIBLET	1/2 CUP	107	66	15.4
SALSA	2 OZ	75	20	4.0
SOUR CREAM/LOW FAT 2 OZ.	2 OZ.	75	77	4.0
CHICKEN NUGGETS/6 NUGGETS	1 EACH	95	35	2.0
RICE, STEAMED, BROWN	1 CUP	95	256	46.5
CORN, NIBLET	1/2 CUP	50	66	15.4
SUB, HIGH/MIDDLE VARIETY	SUB SANDWICH	100	491	49.1
POTATO CHIPS VARIETY DELI	BAGS	100	102	11.5
CATSUP PORTION	1 OZ	70	27	7.1
SAUCE,BARBEQUE	2 OZ	20	170	41.1
SALAD BAR	1 EACH	50	558	65.4
DRESSING, ITALIAN OR RANCH	1.5 OZ	50	142	12.0
ROLL, FRENCH WHOLE WHEAT	1 EACH	48	90	17.0
FRUIT/YOGURT/GRANOLA 1 SERVING	1 EACH	10	995	241.2
VEGGIE VARIETYW/DIP	.50 CUPS	50	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	65	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	60	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	45	57	14.2
MILK - Variety SKIP	HALF PINT	125	123	18.6
Milk Variety/10 oz.	10 oz.	38	292	51.7
Weighted Daily Average			768	115.72
% of Calories				60.3%
RDA's			783	0.00
% of RDA Satisfied			98%	
Shortfall			15	

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

Jun 23, 2010

LONG RIVER MIDDLE SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Fri - 09/24/2010				
LONG RIVER MIDDLE SCH	Total	395		
TACO, MEXICAN TWO	2 EACH	120	490	27.4
RICE, STEAMED, BROWN	1 CUP	120	256	46.5
CORN: canned, yellow	1/2 CUP	100	66	15.4
SOUR CREAM/LOW FAT 1 OZ.	1 OZ.	75	51	2.0
SALSA	2 OZ	50	20	4.0
SAUCE TACO	PACKET	50	8	1.9
PIZZA BDHARVEST MS/HS 8 SL	5.60	100	475	54.8
SUB, HIGH/MIDDLE VARIETY	SUB SANDWICH	115	491	49.1
POTATO CHIPS VARIETY DELI	BAGS	115	102	11.5
SALAD BAR	1 EACH	50	558	65.4
DRESSING, SALAD ASSORTED	1.5 OZ	50	71	5.9
ROLL, FRENCH WHOLE WHEAT	1 EACH	40	90	17.0
FRUIT/YOGURT/GRANOLA 1 SERVING	1 EACH	10	995	241.2
CATSUP PORTION	2 OZ	123	55	14.3
SAUCE, BARBEQUE	1 OZ	44	85	20.6
VEGGIE VARIETYW/DIP	.50 CUPS	51	69	8.5
FRUIT JUICE, ASSOR. SKIP	4 oz.	65	247	60.0
FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
FRUIT, CANNED 1/2 CUP	1/2 CUP	52	67	17.7
MILK - Variety	HALF PINT	250	123	18.6
Milk Variety/10 oz.	10 oz.	45	292	51.7
Weighted Daily Average			870	116.05
% of Calories				53.4%
RDA's			783	0.00
% of RDA Satisfied			111%	
Shortfall				

Mon - 09/27/2010				
LONG RIVER MIDDLE SCH	Total	360		
POTATO BOWL, CHICKEN HOMESTYLE	BOWL	75	573	68.6
ROLL DINNER WHEAT/FREIHOFFER	1 EACH	75	100	17.0
BAGEL w/EGG & CHEESE M/S	1 EACH	75	385	47.9
FRIES, OVEN MCCAIN'S COMMODITY	4 OZ	75	173	26.8
FRIES, SWEET POTATO	2 OZ	75	80	14.7
SUB, HIGH/MIDDLE VARIETY	SUB SANDWICH	145	491	49.1
POTATO CHIPS VARIETY DELI	BAGS	145	102	11.5
SALAD BAR	1 EACH	50	558	65.4
DRESSING, SALAD ASSORTED	1.5 OZ	50	71	5.9
DRESSING, ITALIAN OR RANCH	1.5 OZ	12	142	12.0
FRUIT/YOGURT/GRANOLA 1 SERVING	1 EACH	15	995	241.2
VEGGIE VARIETYW/DIP	.25 CUPS	90	69	8.5
CATSUP PORTION	2 OZ	240	55	14.3
BARBECUE SAUCE: scratch	2 FL OZ	75	95	24.5
FRUIT JUICE, ASSOR. SKIP	4 oz.	50	247	60.0
FRUIT, MIXED SUMMER	4 OZ.	75	57	14.2
FRUIT, CANNED 1/2 CUP	1/2 CUP	39	67	17.7
MILK - Variety	HALF PINT	250	123	18.6
Milk Variety/10 oz.	10 oz.	15	292	51.7
Weighted Daily Average			870	126.23
% of Calories				58.0%
RDA's			783	0.00
% of RDA Satisfied			111%	

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Region 16

LONG RIVER MIDDLE SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Tue - 09/28/2010				
LONG RIVER MIDDLE SCH	Total	368		
PIZZA CRUNCHERS	4 EACH	106	400	41.0
MARINARA SAUCE	3 OZ	106	36	7.8
PASTA MARINARA BARILLA W GRAIN	4 oz	106	184	38.0
CHICKEN PATTY, CR/SPICY ON BUN	servings	80	605	51.8
BUN HAMBURGER/WHITE	EACH 2 oz.	80	175	29.7
LETTUCE & TOMATO:1 leaf,1 slice	1 lf,1 slc	25	5	1.1
FRIES, OVEN MCCAIN'S COMMODITY	4 OZ	80	173	26.8
FRIES, SWEET POTATO	2 OZ	30	80	14.7
SUB, HIGH/MIDDLE VARIETY	SUB SANDWICH	122	491	49.1
POTATO CHIPS VARIETY DELI	BAGS	122	102	11.5
CATSUP PORTION	2 OZ	50	55	14.3
SALAD BAR	1 EACH	50	558	65.4
DRESSING, ITALIAN OR RANCH	1.5 OZ	50	142	12.0
ROLL, FRENCH WHOLE WHEAT	1 EACH	48	90	17.0
FRUIT/YOGURT/GRANOLA 1 SERVING	1 EACH	10	995	241.2
VEGGIE VARIETYW/DIP	.50 CUPS	45	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	75	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	40	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
MILK - Variety SKIP	HALF PINT	150	123	18.6
Milk Variety/10 oz.	10 oz.	32	292	51.7
Weighted Daily Average			883	121.09
% of Calories				54.8%
RDA's			783	0.00
% of RDA Satisfied			113%	

Wed - 09/29/2010				
LONG RIVER MIDDLE SCH	Total	412		
MOZZARELLA STICKS MS/HS 5 EACH	5 STICKS	130	440	33.0
SALAD, TOSSED	1 CUP	100	16	3.0
DRESSING, ITALIAN OR RANCH	PORTION	100	95	8.0
CHICKEN TENDERS 3 EA TYSON COM	SERVING	100	240	15.0
BUN HAMBURGER WHEAT	1 EACH	100	140	27.0
POTATOES, MASHED NATURE'S OWN	1 cup	100	160	30.0
GREEN BEANS: frozen,boiled	1/2 CUP	25	19	4.4
SUB, HIGH/MIDDLE VARIETY	SUB SANDWICH	122	491	49.1
POTATO CHIPS VARIETY DELI	BAGS	122	102	11.5
SALAD BAR	1 EACH	50	558	65.4
DRESSING, ITALIAN OR RANCH	PORTION	50	95	8.0
ROLL, FRENCH WHOLE WHEAT	1 EACH	50	90	17.0
FRUIT/YOGURT/GRANOLA 1 SERVING	1 EACH	10	995	241.2
CATSUP PORTION	2 OZ	75	55	14.3
SAUCE,BARBEQUE	2 OZ	20	170	41.1
VEGGIE VARIETYW/DIP	.50 CUPS	45	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	155	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	55	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
MILK - Variety SKIP	HALF PINT	150	123	18.6
Milk Variety/10 oz.	10 oz.	38	292	51.7
Weighted Daily Average			797	110.01
% of Calories				55.2%
RDA's			783	0.00
% of RDA Satisfied			102%	
Shortfall				

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

Jun 23, 2010

LONG RIVER MIDDLE SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Thu - 09/30/2010				
LONG RIVER MIDDLE SCH	Total	337		
QUESADILLAS, CHEESE WH. GRAIN	1 EACH	107	360	42.0
RICE, STEAMED, BROWN	1 CUP	107	256	46.5
CORN, NIBLET	1/2 CUP	107	66	15.4
SALSA	2 OZ	75	20	4.0
SOUR CREAM/LOW FAT 2 OZ.	2 OZ.	75	77	4.0
CHICKEN NUGGETS/6 NUGGETS	1 EACH	95	35	2.0
RICE, STEAMED, BROWN	1 CUP	95	256	46.5
CORN, NIBLET	1/2 CUP	50	66	15.4
SUB, HIGH/MIDDLE VARIETY	SUB SANDWICH	75	491	49.1
POTATO CHIPS VARIETY DELI	BAGS	75	102	11.5
CATSUP PORTION	1 OZ	70	27	7.1
SAUCE,BARBEQUE	2 OZ	20	170	41.1
SALAD BAR	1 EACH	50	558	65.4
DRESSING, ITALIAN OR RANCH	1.5 OZ	50	142	12.0
ROLL, FRENCH WHOLE WHEAT	1 EACH	48	90	17.0
FRUIT/YOGURT/GRANOLA 1 SERVING	1 EACH	10	995	241.2
VEGGIE VARIETYW/DIP	.50 CUPS	50	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	65	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	60	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	45	57	14.2
MILK - Variety SKIP	HALF PINT	125	123	18.6
Milk Variety/10 oz.	10 oz.	38	292	51.7
Weighted Daily Average			781	119.81
% of Calories				61.4%
RDA's			783	0.00
% of RDA Satisfied			100%	
Shortfall			2	

Weighted Average			822	117.92
				57.4%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	822		783	105%			
Carbohydrate (g)	117.92	57.38%	0.00				

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