

Region 16

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

Jun 23, 2010

WOODLAND REGIONAL HIGH SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Mon - 08/30/2010				
WOODLAND REGIONAL HI	Total	550		
GRILLED CHEESE SANDWICH	SANDWICH	150	281	30.6
FRIES, OVEN MCCAIN'S COMMODITY	4 OZ	230	173	26.8
FRIES, SWEET POTATO	2 OZ	230	80	14.7
PIZZA, STUFFED CRUST WEDGE	5.73 OZ	110	392	45.9
SALAD, TOSSED	1/2 CUP	110	8	1.5
DRESSING, ITALIAN OR RANCH	PORTION	110	95	8.0
CHICKEN WHITE BREADED FILET	4 OZ.	160	360	45.0
LETTUCE & TOMATO:1 leaf,1 slice	1 lf,1 slc	50	5	1.1
FRIES, OVEN MCCAIN'S COMMODITY	4 OZ	185	173	26.8
FRIES, SWEET POTATO	3 OZ	185	120	22.0
DELI SUB BOARS HEAD	1 EACH	110	620	46.4
POTATO CHIPS VARIETY DELI	BAGS	10	102	11.5
PARFAIT, BANANA CREAM	1 EACH	10	227	42.7
SALAD, CHEFS REIMBURSE	1 EACH	10	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	10	95	8.0
CATSUP PORTION	2 OZ	240	55	14.3
SAUCE,BARBEQUE	1 OZ	100	85	20.6
VEGGIE VARIETYW/DIP	.25 CUPS	43	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	122	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.	25	292	51.7
Weighted Daily Average			793	113.48
% of Calories				57.3%
RDA's			825	0.00
% of RDA Satisfied			96%	
Shortfall			32	

	Portion Size	Plan Qty	Cals	g Carb
Tue - 08/31/2010				
WOODLAND REGIONAL HI	Total	540		
SALAD BAR	1 EACH	140	558	65.4
ROLL, FRENCH WHOLE WHEAT	1 EACH	140	90	17.0
DRESSING, SALAD ASSORTED	1.5 OZ	140	71	5.9
PIZZA,BIG DADDY'SHARVEST M/H8	5.73 OZ	125	486	56.1
SALAD, TOSSED	1/2 CUP	125	8	1.5
DRESSING, ITALIAN OR RANCH	PORTION	125	95	8.0
CHICKEN PATTY, CR/SPICY ON BUN	servings	165	605	51.8
NOODLE BARILLA WHL GRAI ROTINI	4 OZ	165	160	32.8
MIXED VEGETABLES:frozen,boiled	1/2 CUP	50	59	11.9
DELI SUB BOARS HEAD	1 EACH	100	620	46.4
POTATO CHIPS VARIETY DELI	BAGS	100	102	11.5
CATSUP PORTION	2 OZ	160	55	14.3
PARFAIT, BANANA CREAM	1 EACH	10	227	42.7
SAUCE,BARBEQUE	2 OZ	75	170	41.1
VEGGIE VARIETYW/DIP	.25 CUPS	45	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	150	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	125	123	18.6
Milk Variety/10 oz.	10 oz.	32	292	51.7
Weighted Daily Average			872	114.39
% of Calories				52.5%
RDA's			825	0.00
% of RDA Satisfied			106%	
Shortfall				

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

Jun 23, 2010

WOODLAND REGIONAL HIGH SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Wed - 09/01/2010				
WOODLAND REGIONAL HI	Total	497		
LASAGNA ROLL UP	4 OZ	100	490	62.7
MEATBALLS/2 EACH	1 EACH	100	111	4.5
MARINARA SAUCE	2 OZ	100	24	5.2
SALAD, TOSSED	1 CUP	100	16	3.0
DRESSING, SALAD ASSORTED	1 OZ	100	47	3.9
BREAD, GARLIC	SLICE	100	91	15.3
PIZZA,BIG DADDY'SHARVEST M/H8	5.73 OZ	130	486	56.1
SALAD, TOSSED	1/2 CUP	130	8	1.5
DRESSING, SALAD ASSORTED	1.5 OZ	130	71	5.9
CHICKEN TENDERS 3 EA TYSON COM	SERVING	120	240	15.0
BUN HAMBURGER WHEAT	1 EACH	120	140	27.0
NOODLES, BARILLA ROTINI MS/HS	1 CUP	120	172	32.9
MIXED VEGETABLES:frozen,boiled	.5 CUP	75	59	11.9
DELI SUB BOARS HEAD	1 EACH	122	620	46.4
POTATO CHIPS VARIETY DELI	BAGS	122	102	11.5
PARFAIT, BANANA CREAM	1 EACH	10	227	42.7
SALAD, CHEFS REIMBURSE	1 EACH	15	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	15	95	8.0
CATSUP PORTION	2 OZ	100	55	14.3
SAUCE,BARBEQUE	1 OZ	20	85	20.6
VEGGIE VARIETYW/DIP	.25 CUPS	30	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	250	123	18.6
Milk Variety/10 oz.	10 oz.	75	292	51.7
Weighted Daily Average			857	115.51
% of Calories				53.9%
RDA's			825	0.00
% of RDA Satisfied			104%	

Thu - 09/02/2010				
WOODLAND REGIONAL HI	Total	586		
QUESADILLAS, CHEESE WH. GRAIN	1 EACH	180	360	42.0
RICE, STEAMED BROWN w/Salsa	1 CUP	180	264	47.9
CORN, NIBLET	1/2 CUP	160	66	15.4
SALSA	2 OZ	125	20	4.0
SOUR CREAM/LOW FAT 1 OZ.	1 OZ.	150	51	2.0
SALAD, TOSSED	1/2 CUP	363	8	1.5
DRESSING, ITALIAN OR RANCH	PORTION	363	95	8.0
PIZZA,BIG DADDY'SHARVEST M/H8	5.73 OZ	150	486	56.1
CHICKEN NUGGETS/PROVIEW	6 EACH	125	216	15.6
RICE, STEAMED, BROWN	1 CUP	125	256	46.5
CORN, NIBLET	1/2 CUP	125	66	15.4
DELI SUB BOARS HEAD	1 EACH	106	620	46.4
POTATO CHIPS VARIETY DELI	BAGS	106	102	11.5
CATSUP PORTION	2 OZ	180	55	14.3
SAUCE,BARBEQUE	2 OZ	100	170	41.1
PARFAIT, BANANA CREAM	1 EACH	10	227	42.7
SALAD, CHEFS REIMBURSE	1 EACH	15	279	20.1
DRESSING, ITALIAN OR RANCH	1.5 OZ	15	142	12.0
VEGGIE VARIETYW/DIP	.25 CUPS	50	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	170	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	45	67	17.7
FRUIT, MIXED SUMMER	4 OZ.	70	57	14.2
MILK - Variety SKIP	HALF PINT	170	123	18.6
Milk Variety/10 oz.	10 oz.	38	292	51.7

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

Jun 23, 2010

WOODLAND REGIONAL HIGH SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Weighted Daily Average % of Calories			866	123.33 57.0%
RDA's % of RDA Satisfied Shortfall			825 105%	0.00

Fri - 09/03/2010				
WOODLAND REGIONAL HI NO SCHOOL TODAY	Total SERVING	1 1	0	0.00
Weighted Daily Average % of Calories			0	0.00 0.0%
RDA's % of RDA Satisfied Shortfall			825 0% 825	0.00

Mon - 09/06/2010				
WOODLAND REGIONAL HI NO SCHOOL TODAY	Total SERVING	1 1	0	0.00
Weighted Daily Average % of Calories			0	0.00 0.0%
RDA's % of RDA Satisfied Shortfall			825 0% 825	0.00

Tue - 09/07/2010				
WOODLAND REGIONAL HI	Total	556		
SALAD BAR	1 EACH	140	558	65.4
ROLL DINNER WHEAT/FREIHOFFER	1 EACH	140	100	17.0
SALAD, TOSSED	1/2 CUP	140	8	1.5
DRESSING ITALIAN/RANCH R FAT	2 TBSP	140	0	0.0
PIZZA,BIG DADDY'S HARVEST M/H8	5.73 OZ	125	486	56.1
SALAD, TOSSED	1/2 CUP	125	8	1.5
DRESSING, SALAD ASSORTED	1 OZ	125	47	3.9
CHICKEN PATTY, CRISPY	3 OZ.	165	490	51.8
NOODLE BARILLA WHL GRAI ROTINI	8 OZ	165	320	65.6
SOUR CREAM/LOW FAT 2 OZ.	2 OZ.	100	77	4.0
SALSA	2 OZ	60	20	4.0
DELI SUB BOARS HEAD	1 EACH	100	620	46.4
POTATO CHIPS VARIETY DELI	BAGS	100	102	11.5
PARFAIT, BANANA CREAM	1 EACH	10	227	42.7
SAUCE,BARBEQUE	2 OZ	75	170	41.1
VEGGIE VARIETYW/DIP	.25 CUPS	45	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	150	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	200	123	18.6
Milk Variety/10 oz.	10 oz.	45	292	51.7
Weighted Daily Average % of Calories			855	118.51 55.5%
RDA's % of RDA Satisfied			825 104%	0.00

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WOODLAND REGIONAL HIGH SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Wed - 09/08/2010				
WOODLAND REGIONAL HI	Total	477		
PASTA , MEATBALLS DREAM MSHS	12 oz	120	485	90.2
SALAD, TOSSED	1 CUP	120	16	3.0
DRESSING, ITALIAN OR RANCH	1.5 OZ	120	142	12.0
BREAD, GARLIC	SLICE	120	91	15.3
CAKE, YELLOW W/CHOC. FROSTING	SLICE	250	379	55.4
PIZZA BDHARVEST MS/HS 8 SL	5.60	130	475	54.8
SALAD, TOSSED	1/2 CUP	130	8	1.5
DRESSING ITALIAN/RANCH R FAT	2 TBSP	130	0	0.0
CHICKEN TENDERS 3 EA TYSON COM	SERVING	80	240	15.0
BUN HAMBURGER WHEAT	1 EACH	80	140	27.0
POTATOES, MASHED EXCEL/ALT	1 cup	180	180	34.0
GREEN BEANS: frozen,boiled	1/2 CUP	50	19	4.4
DELI SUB BOARS HEAD	1 EACH	122	620	46.4
POTATO CHIPS VARIETY DELI	BAGS	122	102	11.5
PARFAIT, BANANA CREAM	1 EACH	10	227	42.7
SALAD, CHEFS REIMBURSE	1 EACH	15	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	15	95	8.0
CATSUP PORTION	2 OZ	120	55	14.3
SAUCE,BARBEQUE	2 OZ	20	170	41.1
VEGGIE VARIETYW/DIP	.25 CUPS	30	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			1033	151.07
% of Calories				58.5%
RDA's			825	0.00
% of RDA Satisfied			125%	
Shortfall				

Thu - 09/09/2010				
WOODLAND REGIONAL HI	Total	586		
QUESADILLAS, CHEESE WH. GRAIN	1 EACH	180	360	42.0
RICE, STEAMED BROWN w/Salsa	1 CUP	180	264	47.9
CORN, NIBLET	1/2 CUP	160	66	15.4
SALSA	2 OZ	125	20	4.0
SOUR CREAM/LOW FAT 1 OZ.	1 OZ.	100	51	2.0
SALAD, TOSSED	1/2 CUP	363	8	1.5
DRESSING ITALIAN/RANCH R FAT	2 TBSP	363	0	0.0
PIZZA,BIG DADDY'SHARVEST M/H8	5.73 OZ	150	486	56.1
CHICKEN NUGGETS/PROVIEW	6 EACH	125	216	15.6
RICE, STEAMED, BROWN	1 CUP	125	256	46.5
CORN, NIBLET	1/2 CUP	125	66	15.4
DELI SUB BOARS HEAD	1 EACH	106	620	46.4
POTATO CHIPS VARIETY DELI	BAGS	106	102	11.5
CATSUP PORTION	2 OZ	125	55	14.3
SAUCE,BARBEQUE	1 OZ	50	85	20.6
PARFAIT, BANANA CREAM	1 EACH	10	227	42.7
SALAD, CHEFS REIMBURSE	1 EACH	15	279	20.1
DRESSING, ITALIAN OR RANCH	1.5 OZ	15	142	12.0
VEGGIE VARIETYW/DIP	.25 CUPS	50	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	170	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	45	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.	45	292	51.7

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Region 16

WOODLAND REGIONAL HIGH SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Weighted Daily Average % of Calories			785	113.18 57.7%
RDA's % of RDA Satisfied Shortfall			825 95% 40	0.00

Fri - 09/10/2010				
WOODLAND REGIONAL HI	Total	435		
TACO, MEXICAN TWO	2 EACH	140	490	27.4
RICE, STEAMED, BROWN	1 CUP	10	256	46.5
CORN: frozen, yellow	.5 CUP	10	66	15.8
SALSA	2 OZ	75	20	4.0
SOUR CREAM/LOW FAT 1 OZ.	1 OZ.	120	51	2.0
PIZZA BDHARVEST MS/HS 8 SL	5.60	125	475	54.8
SALAD, TOSSED	1/2 CUP	125	8	1.5
DRESSING ITALIAN/RANCH R FAT	2 TBSP	125	0	0.0
CHICKEN ASIAN DELIGHT	1 EACH	50	310	35.0
RICE, STEAMED, BROWN	1/2 CUP	165	128	23.2
DELI SUB BOARDS HEAD	1 EACH	100	620	46.4
POTATO CHIPS VARIETY DELI	BAGS	100	102	11.5
CATSUP PORTION	2 OZ	160	55	14.3
PARFAIT, BANANA CREAM	1 EACH	10	227	42.7
SALAD, CHEFS REIMBURSE	1 EACH	10	279	20.1
DRESSING, SALAD ASSORTED	1.5 OZ	10	71	5.9
SAUCE, BARBEQUE	2 OZ	75	170	41.1
VEGGIE VARIETYW/DIP	.25 CUPS	45	69	8.5
FRUIT JUICE, ASSOR. SKIP	4 oz.	150	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	200	123	18.6
Milk Variety/10 oz.	10 oz.	45	292	51.7
Weighted Daily Average % of Calories			829	107.13 51.7%
RDA's % of RDA Satisfied Shortfall			825 100%	0.00

Region 16

WOODLAND REGIONAL HIGH SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Mon - 09/13/2010				
WOODLAND REGIONAL HI	Total	550		
MOZZARELLA STICKS MS/HS 5 EACH	5 STICKS	150	440	33.0
NOODLES, BARILLA ROTINI MS/HS	1/2 CUP	175	86	16.4
BREAD, GARLIC	SLICE	150	91	15.3
PIZZA, STUFFED CRUST WEDGE	5.73 OZ	110	392	45.9
SALAD, TOSSED	1/2 CUP	110	8	1.5
DRESSING ITALIAN/RANCH R FAT	2 TBSP	110	0	0.0
CHICKEN WHITE BREADED FILET	4 OZ.	160	360	45.0
FRIES, OVEN MCCAIN'S COMMODITY	4 OZ	185	173	26.8
FRIES, SWEET POTATO	3 OZ	185	120	22.0
DELI SUB BOARS HEAD	1 EACH	110	620	46.4
POTATO CHIPS VARIETY DELI	BAGS	10	102	11.5
PARFAIT, BANANA CREAM	1 EACH	10	227	42.7
SALAD, CHEFS REIMBURSE	1 EACH	10	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	10	95	8.0
CATSUP PORTION	2 OZ	240	55	14.3
SAUCE,BARBEQUE	1 OZ	100	85	20.6
VEGGIE VARIETYW/DIP	.25 CUPS	43	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	122	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.	25	292	51.7
Weighted Daily Average			763	104.50
% of Calories				54.8%
RDA's			825	0.00
% of RDA Satisfied			92%	
Shortfall			62	

Tue - 09/14/2010				
WOODLAND REGIONAL HI	Total	556		
SALAD BAR	1 EACH	140	558	65.4
ROLL, FRENCH WHOLE WHEAT	1 EACH	140	90	17.0
SALAD, TOSSED	1/2 CUP	140	8	1.5
DRESSING, SALAD ASSORTED	1.5 OZ	140	71	5.9
PIZZA,BIG DADDY'S HARVEST M/H8	5.73 OZ	125	486	56.1
SALAD, TOSSED	1/2 CUP	125	8	1.5
DRESSING ITALIAN/RANCH R FAT	2 TBSP	125	0	0.0
CHICKEN PATTY, CRISPY	3 OZ.	165	490	51.8
NOODLE BARILLA WHL GRAI ROTINI	8 OZ	165	320	65.6
SOUR CREAM/LOW FAT 2 OZ.	2 OZ.	100	77	4.0
SALSA	2 OZ	60	20	4.0
DELI SUB BOARS HEAD	1 EACH	100	620	46.4
POTATO CHIPS VARIETY DELI	BAGS	100	102	11.5
PARFAIT, BANANA CREAM	1 EACH	10	227	42.7
CATSUP PORTION	2 OZ	100	55	14.3
SAUCE,BARBEQUE	2 OZ	75	170	41.1
VEGGIE VARIETYW/DIP	.25 CUPS	45	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	150	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	200	123	18.6
Milk Variety/10 oz.	10 oz.	45	292	51.7
Weighted Daily Average			869	121.68
% of Calories				56.0%
RDA's			825	0.00
% of RDA Satisfied			105%	

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Jun 23, 2010

WOODLAND REGIONAL HIGH SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Wed - 09/15/2010				
WOODLAND REGIONAL HI	Total	577		
PASTA FAGIOLI	SERVINGS	140	580	94.7
SALAD, TOSSED	1 CUP	140	16	3.0
DRESSING ITALIAN/RANCH R FAT	2 TBSP	140	0	0.0
CHEESE, STRING	1 oz	140	86	1.1
BREAD, GARLIC	SLICE	140	91	15.3
CAKE, CHOCOLATE W/FROSTING	SLICE	150	367	54.6
PIZZA,BIG DADDY'SHARVEST M/H8	5.73 OZ	130	486	56.1
SALAD, TOSSED	1/2 CUP	130	8	1.5
DRESSING ITALIAN/RANCH R FAT	2 TBSP	130	0	0.0
CHICKEN TENDERS 3 EA TYSON COM	SERVING	120	240	15.0
BUN HAMBURGER WHEAT	1 EACH	120	140	27.0
NOODLES, BARILLA ROTINI MS/HS	1 CUP	120	172	32.9
MIXED VEGETABLES:frozen,boiled	.5 CUP	75	59	11.9
DELI SUB BOARS HEAD	1 EACH	122	620	46.4
POTATO CHIPS VARIETY DELI	BAGS	122	102	11.5
PARFAIT, BANANA CREAM	1 EACH	10	227	42.7
SALAD, CHEFS REIMBURSE	1 EACH	15	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	15	95	8.0
CATSUP PORTION	2 OZ	100	55	14.3
SAUCE,BARBEQUE	1 OZ	20	85	20.6
VEGGIE VARIETYW/DIP	.25 CUPS	30	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.	45	292	51.7
Weighted Daily Average			844	119.32
% of Calories				56.6%
RDA's			825	0.00
% of RDA Satisfied			102%	
Shortfall				

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WOODLAND REGIONAL HIGH SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Thu - 09/16/2010				
WOODLAND REGIONAL HI	Total	586		
QUESADILLAS, CHEESE WH. GRAIN	1 EACH	180	360	42.0
RICE, STEAMED BROWN w/Salsa	1 CUP	180	264	47.9
CORN, NIBLET	1/2 CUP	160	66	15.4
SALSA	2 OZ	125	20	4.0
SOUR CREAM/LOW FAT 1 OZ.	1 OZ.	100	51	2.0
SALAD, TOSSED	1/2 CUP	150	8	1.5
DRESSING ITALIAN/RANCH R FAT	2 TBSP	150	0	0.0
PIZZA,BIG DADDY'SHARVEST M/H8	5.73 OZ	150	486	56.1
CHICKEN NUGGETS/PROVIEW	6 EACH	125	216	15.6
RICE, STEAMED, BROWN	1 CUP	125	256	46.5
CORN, NIBLET	1/2 CUP	125	66	15.4
DELI SUB BOARS HEAD	1 EACH	106	620	46.4
POTATO CHIPS VARIETY DELI	BAGS	106	102	11.5
CATSUP PORTION	2 OZ	125	55	14.3
SAUCE,BARBEQUE	1 OZ	50	85	20.6
PARFAIT, BANANA CREAM	1 EACH	10	227	42.7
SALAD, CHEFS REIMBURSE	1 EACH	15	279	20.1
DRESSING, ITALIAN OR RANCH	1.5 OZ	15	142	12.0
VEGGIE VARIETYW/DIP	.25 CUPS	50	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	170	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	45	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.	45	292	51.7
Weighted Daily Average			782	112.62
% of Calories				57.6%
RDA's			825	0.00
% of RDA Satisfied			95%	
Shortfall			43	

Fri - 09/17/2010				
WOODLAND REGIONAL HI	Total	450		
NACHOS SUPREME	SERVING	140	313	16.1
RICE, STEAMED, BROWN	1 CUP	140	256	46.5
CORN: frozen, yellow	.5 CUP	200	66	15.8
SALSA	2 OZ	140	20	4.0
SOUR CREAM/LOW FAT 2 OZ.	2 OZ.	100	77	4.0
PIZZA BDHARVEST MS/HS 8 SL	5.60	125	475	54.8
SALAD, TOSSED	1/2 CUP	125	8	1.5
DRESSING ITALIAN/RANCH R FAT	2 TBSP	125	0	0.0
CHICKEN FAJITAS	SERVINGS	65	356	45.8
NOODLES, BARILLA ROTINI MS/HS	1 CUP	65	172	32.9
DELI SUB BOARS HEAD	1 EACH	100	620	46.4
POTATO CHIPS VARIETY DELI	BAGS	100	102	11.5
CATSUP PORTION	2 OZ	160	55	14.3
PARFAIT, BANANA CREAM	1 EACH	10	227	42.7
SALAD, CHEFS REIMBURSE	1 EACH	10	279	20.1
DRESSING, SALAD ASSORTED	1.5 OZ	10	71	5.9
SAUCE,BARBEQUE	2 OZ	75	170	41.1
VEGGIE VARIETYW/DIP	.25 CUPS	45	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	150	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	200	123	18.6
Milk Variety/10 oz.	10 oz.	45	292	51.7

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Region 16

WOODLAND REGIONAL HIGH SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Weighted Daily Average			850	120.06
% of Calories				56.5%
RDA's			825	0.00
% of RDA Satisfied			103%	

Mon - 09/20/2010				
WOODLAND REGIONAL HI	Total	550		
PIZZA CRUNCHERS	4 EACH	150	400	41.0
BREAD, GARLIC	SLICE	150	91	15.3
PIZZA BDHARVEST MS/HS 8 SL	5.60	110	475	54.8
SALAD, TOSSED	1/2 CUP	110	8	1.5
DRESSING, ITALIAN OR RANCH	PORTION	110	95	8.0
CHICKEN WHITE BREADED FILET	4 OZ.	160	360	45.0
LETTUCE & TOMATO:1 leaf,1 slice	1 lf,1 slc	50	5	1.1
FRIES, OVEN MCCAIN'S COMMODITY	4 OZ	185	173	26.8
FRIES, SWEET POTATO	3 OZ	185	120	22.0
DELI SUB BOARS HEAD	1 EACH	110	620	46.4
POTATO CHIPS VARIETY DELI	BAGS	10	102	11.5
PARFAIT, BANANA CREAM	1 EACH	10	227	42.7
SALAD, CHEFS REIMBURSE	1 EACH	10	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	10	95	8.0
CATSUP PORTION	2 OZ	240	55	14.3
SAUCE,BARBEQUE	1 OZ	100	85	20.6
VEGGIE VARIETYW/DIP	.25 CUPS	43	69	8.5
FRUIT JUICE, ASSOR.SKIP	4 oz.	122	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.	25	292	51.7
Weighted Daily Average			761	104.92
% of Calories				55.2%
RDA's			825	0.00
% of RDA Satisfied			92%	
Shortfall			64	

Tue - 09/21/2010				
WOODLAND REGIONAL HI	Total	556		
SALAD BAR	1 EACH	140	558	65.4
ROLL, FRENCH WHOLE WHEAT	1 EACH	140	90	17.0
SALAD, TOSSED	1/2 CUP	140	8	1.5
DRESSING, SALAD ASSORTED	1.5 OZ	140	71	5.9
PIZZA,BIG DADDY'SHARVEST M/H8	5.73 OZ	125	486	56.1
SALAD, TOSSED	1/2 CUP	125	8	1.5
DRESSING, SALAD ASSORTED	1 OZ	125	47	3.9
CHICKEN PATTY, CR/SPICY ON BUN	servings	165	605	51.8
NOODLE BARILLA WHL GRAI ROTINI	8 OZ	165	320	65.6
SOUR CREAM/LOW FAT 2 OZ.	2 OZ.	100	77	4.0
SALSA	2 OZ	60	20	4.0
DELI SUB BOARS HEAD	1 EACH	100	620	46.4
POTATO CHIPS VARIETY DELI	BAGS	100	102	11.5
PARFAIT, BANANA CREAM	1 EACH	10	227	42.7
SAUCE,BARBEQUE	2 OZ	75	170	41.1
VEGGIE VARIETYW/DIP	.25 CUPS	45	69	8.5
FRUIT JUICE, ASSOR.SKIP	4 oz.	150	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	200	123	18.6
Milk Variety/10 oz.	10 oz.	45	292	51.7

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

Jun 23, 2010

WOODLAND REGIONAL HIGH SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Weighted Daily Average			904	120.00
% of Calories				53.1%
RDA's			825	0.00
% of RDA Satisfied			110%	
Shortfall				

Wed - 09/22/2010				
WOODLAND REGIONAL HI	Total	477		
PASTA , MEATBALLS DREAM MSHS	12 oz	120	485	90.2
SALAD, TOSSED	1 CUP	120	16	3.0
DRESSING, ITALIAN OR RANCH	PORTION	120	95	8.0
BREAD, GARLIC	SLICE	120	91	15.3
PUDDING, DIRT	4 oz. Portion	200	209	35.1
PIZZA BDHARVEST MS/HS 8 SL	5.60	130	475	54.8
SALAD, TOSSED	1/2 CUP	130	8	1.5
DRESSING, ITALIAN OR RANCH	PORTION	130	95	8.0
CHICKEN TENDERS 3 EA TYSON COM	SERVING	80	240	15.0
BUN HAMBURGER WHEAT	1 EACH	80	140	27.0
POTATOES, MASHED EXCEL/ALT	1 cup	180	180	34.0
GREEN BEANS: frozen,boiled	1/2 CUP	50	19	4.4
DELI SUB BOARS HEAD	1 EACH	122	620	46.4
POTATO CHIPS VARIETY DELI	BAGS	122	102	11.5
PARFAIT, BANANA CREAM	1 EACH	10	227	42.7
SALAD, CHEFS REIMBURSE	1 EACH	15	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	15	95	8.0
CATSUP PORTION	2 OZ	120	55	14.3
SAUCE,BARBEQUE	2 OZ	20	170	41.1
VEGGIE VARIETYW/DIP	.25 CUPS	30	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			936	137.93
% of Calories				58.9%
RDA's			825	0.00
% of RDA Satisfied			113%	

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

Jun 23, 2010

WOODLAND REGIONAL HIGH SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Thu - 09/23/2010				
WOODLAND REGIONAL HI	Total	586		
QUESADILLAS, CHEESE WH. GRAIN	1 EACH	180	360	42.0
RICE, STEAMED BROWN w/Salsa	1 CUP	180	264	47.9
CORN, NIBLET	1/2 CUP	160	66	15.4
SALSA	2 OZ	125	20	4.0
SOUR CREAM/LOW FAT 1 OZ.	1 OZ.	100	51	2.0
SALAD, TOSSED	1/2 CUP	363	8	1.5
DRESSING, SALAD ASSORTED	1 OZ	363	47	3.9
PIZZA,BIG DADDY'S HARVEST M/H8	5.73 OZ	150	486	56.1
CHICKEN NUGGETS/PROVIEW	6 EACH	125	216	15.6
RICE, STEAMED, BROWN	1 CUP	125	256	46.5
CORN, NIBLET	1/2 CUP	125	66	15.4
DELI SUB BOARS HEAD	1 EACH	106	620	46.4
POTATO CHIPS VARIETY DELI	BAGS	106	102	11.5
CATSUP PORTION	2 OZ	125	55	14.3
SAUCE,BARBEQUE	1 OZ	50	85	20.6
PARFAIT, BANANA CREAM	1 EACH	10	227	42.7
SALAD, CHEFS REIMBURSE	1 EACH	15	279	20.1
DRESSING, ITALIAN OR RANCH	1.5 OZ	15	142	12.0
VEGGIE VARIETYW/DIP	.25 CUPS	50	69	8.5
FRUIT JUICE, ASSOR.SKIP	4 oz.	170	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	45	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.	45	292	51.7
Weighted Daily Average			814	115.62
% of Calories				56.8%
RDA's			825	0.00
% of RDA Satisfied			99%	
Shortfall			11	

Fri - 09/24/2010				
WOODLAND REGIONAL HI	Total	617		
HAMBUR/CHESBURGER ON WHEAT BUN	1 EACH	109	339	27.0
FRIES, OVEN MCCAIN'S COMMODITY	4 OZ	109	173	26.8
FRIES, SWEET POTATO	3 OZ	109	120	22.0
CATSUP PORTION	2 OZ	400	55	14.3
PIZZA, STUFFED CRUST WEDGE	5.73 OZ	264	392	45.9
SALAD, TOSSED	1 CUP	264	16	3.0
DRESSING, ITALIAN OR RANCH	PORTION	264	95	8.0
CHICKEN FINGERS 5 E TYSON COMM	SERVING	107	240	15.0
FRIES, OVEN MCCAIN'S COMMODITY	2.54 OZ	107	110	17.0
FRIES, SWEET POTATO	3 OZ	50	120	22.0
LETTUCE & TOMATO:1 leaf,1 slice	1 lf,1 slc	50	5	1.1
SAUCE,BARBEQUE	2 OZ	100	170	41.1
DELI SUB BOARS HEAD	1 EACH	123	620	46.4
Fries, Oven Choice	1/2 CUP	123	183	41.0
POTATO CHIPS	BAG	10	78	7.1
PARFAIT, BANANA CREAM	1 EACH	6	227	42.7
SALAD, CHEFS REIMBURSE	1 EACH	8	279	20.1
DRESSING, ITALIAN OR RANCH	1.5 OZ	8	142	12.0
VEGGIE VARIETYW/DIP	.25 CUPS	43	69	8.5
FRUIT JUICE, ASSOR.SKIP	4 oz.	122	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	46	67	17.7
FRUIT, FRESH APPLES/ORANGE/GRA	1 EACH	31	117	30.5
MILK - Variety SKIP	HALF PINT	250	123	18.6
Milk Variety/10 oz.	10 oz.	25	292	51.7

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

Jun 23, 2010

WOODLAND REGIONAL HIGH SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Weighted Daily Average % of Calories			756	104.39 55.2%
RDA's % of RDA Satisfied Shortfall			825 92% 69	0.00

Mon - 09/27/2010				
WOODLAND REGIONAL HI	Total	550		
PIZZA STRIP BOSCO/THURSTON	1 EACH	150	190	26.0
MARINARA SAUCE	3 OZ	150	36	7.8
BREAD, GARLIC	SLICE	150	91	15.3
PIZZA BDHARVEST MS/HS 8 SL	5.60	110	475	54.8
SALAD, TOSSED	1/2 CUP	250	8	1.5
DRESSING, ITALIAN OR RANCH	PORTION	250	95	8.0
CHICKEN WHITE BREADED FILET	4 OZ.	160	360	45.0
POTATOES, MASHED NATURE'S OWN	1 cup	160	160	30.0
MIXED VEGETABLES:frozen,boiled	.5 CUP	75	59	11.9
DELI SUB BOARS HEAD	1 EACH	110	620	46.4
POTATO CHIPS VARIETY DELI	BAGS	10	102	11.5
PARFAIT, BANANA CREAM	1 EACH	10	227	42.7
SALAD, CHEFS REIMBURSE	1 EACH	10	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	10	95	8.0
CATSUP PORTION	2 OZ	240	55	14.3
SAUCE,BARBEQUE	1 OZ	100	85	20.6
VEGGIE VARIETYW/DIP	.25 CUPS	43	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	122	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.	25	292	51.7
Weighted Daily Average % of Calories			695	99.23 57.1%
RDA's % of RDA Satisfied Shortfall			825 84% 130	0.00

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

Jun 23, 2010

WOODLAND REGIONAL HIGH SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Tue - 09/28/2010				
WOODLAND REGIONAL HI	Total	556		
SALAD BAR	1 EACH	140	558	65.4
ROLL DINNER WHEAT/FREIHOFFER	1 EACH	140	100	17.0
SALAD, TOSSED	1/2 CUP	140	8	1.5
DRESSING, SALAD ASSORTED	1.5 OZ	140	71	5.9
PIZZA,BIG DADDY'SHARVEST M/H8	5.73 OZ	125	486	56.1
SALAD, TOSSED	1/2 CUP	125	8	1.5
DRESSING, SALAD ASSORTED	1 OZ	125	47	3.9
CHICKEN PATTY, CR/SPICY ON BUN	servings	165	605	51.8
NOODLE BARILLA WHL GRAI ROTINI	8 OZ	165	320	65.6
SOUR CREAM/LOW FAT 2 OZ.	2 OZ.	100	77	4.0
SALSA	2 OZ	60	20	4.0
DELI SUB BOARS HEAD	1 EACH	100	620	46.4
POTATO CHIPS VARIETY DELI	BAGS	100	102	11.5
PARFAIT, BANANA CREAM	1 EACH	10	227	42.7
SAUCE,BARBEQUE	2 OZ	75	170	41.1
VEGGIE VARIETYW/DIP	.25 CUPS	45	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	150	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	200	123	18.6
Milk Variety/10 oz.	10 oz.	45	292	51.7
Weighted Daily Average			907	120.00
% of Calories				52.9%
RDA's			825	0.00
% of RDA Satisfied			110%	
Shortfall				

Wed - 09/29/2010				
WOODLAND REGIONAL HI	Total	577		
RAVIOLI W/MEATBALLS	5 EACH	180	632	60.9
MARINARA SAUCE	2 OZ	180	24	5.2
SALAD, TOSSED	1 CUP	180	16	3.0
DRESSING, SALAD ASSORTED	1 OZ	180	47	3.9
BREAD, GARLIC	SLICE	180	91	15.3
PUDDING W/TOPPING	1/2 CUP	180	162	25.7
PIZZA,BIG DADDY'SHARVEST M/H8	5.73 OZ	130	486	56.1
SALAD, TOSSED	1/2 CUP	130	8	1.5
DRESSING, SALAD ASSORTED	1.5 OZ	130	71	5.9
CHICKEN TENDERS 3 EA TYSON COM	SERVING	120	240	15.0
BUN HAMBURGER WHEAT	1 EACH	120	140	27.0
NOODLES, BARILLA ROTINI MS/HS	1 CUP	120	172	32.9
MIXED VEGETABLES:frozen,boiled	.5 CUP	75	59	11.9
DELI SUB BOARS HEAD	1 EACH	122	620	46.4
POTATO CHIPS VARIETY DELI	BAGS	122	102	11.5
PARFAIT, BANANA CREAM	1 EACH	10	227	42.7
SALAD, CHEFS REIMBURSE	1 EACH	15	279	20.1
DRESSING, ITALIAN OR RANCH	PORTION	15	95	8.0
CATSUP PORTION	2 OZ	100	55	14.3
SAUCE,BARBEQUE	1 OZ	20	85	20.6
VEGGIE VARIETYW/DIP	.25 CUPS	30	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.	45	292	51.7

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

Jun 23, 2010

WOODLAND REGIONAL HIGH SCHOOL

	Portion Size	Plan Qty	Cals	g Carb
Weighted Daily Average			880	114.38
% of Calories				52.0%
RDA's			825	0.00
% of RDA Satisfied			107%	
Shortfall				

Thu - 09/30/2010				
WOODLAND REGIONAL HI	Total	586		
QUESADILLAS, CHEESE WH. GRAIN	1 EACH	180	360	42.0
RICE, STEAMED BROWN w/Salsa	1 CUP	180	264	47.9
CORN, NIBLET	1/2 CUP	160	66	15.4
SALSA	2 OZ	125	20	4.0
SOUR CREAM/LOW FAT 1 OZ.	1 OZ.	100	51	2.0
SALAD, TOSSED	1/2 CUP	363	8	1.5
DRESSING, SALAD ASSORTED	1 OZ	363	47	3.9
PIZZA,BIG DADDY'SHARVEST M/H8	5.73 OZ	150	486	56.1
CHICKEN NUGGETS/PROVIEW	6 EACH	125	216	15.6
RICE, STEAMED, BROWN	1 CUP	125	256	46.5
CORN, NIBLET	1/2 CUP	125	66	15.4
DELI SUB BOARS HEAD	1 EACH	106	620	46.4
POTATO CHIPS VARIETY DELI	BAGS	106	102	11.5
CATSUP PORTION	2 OZ	125	55	14.3
SAUCE,BARBEQUE	1 OZ	50	85	20.6
PARFAIT, BANANA CREAM	1 EACH	10	227	42.7
SALAD, CHEFS REIMBURSE	1 EACH	15	279	20.1
DRESSING, ITALIAN OR RANCH	1.5 OZ	15	142	12.0
VEGGIE VARIETYW/DIP	.25 CUPS	50	69	8.5
FRUIT JUICE,ASSOR.SKIP	4 oz.	170	247	60.0
FRUIT, CANNED 1/2 CUP	1/2 CUP	45	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.	45	292	51.7
Weighted Daily Average			814	115.62
% of Calories				56.8%
RDA's			825	0.00
% of RDA Satisfied			99%	
Shortfall			11	

Weighted Average			839	116.68
				55.6%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	839		825	102%			
Carbohydrate (g)	116.68	55.61%	0.00				

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

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