

# OTTAWA HIGH SCHOOL

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Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values  
Elementary Lunch

Feb 28, 2010

|                             | Portion<br>Size | g<br>Carb |
|-----------------------------|-----------------|-----------|
| Mon - 03/01/2010            |                 |           |
| Elementary Lunch            | Total           |           |
| HOT DOG ON A BUN:turkey #2  | SERVING         | 24.6      |
| MACARONI & CHEESE UPDATE #2 | 2/3 CUP         | 35.4      |
| Pete's Monday Pak #1        | 1 meal          | 94.9      |
| Bread, Scratch Wheat        | 2 oz rolls      | 28.7      |
| TATER TOTS #2               | 8 tots=1/3Cup   | 19.0      |
| PEAS: frozen,boiled #2      | 1/4 cup         | 5.7       |
| SALAD DRESSING,Assorted     | 1 TBSP          | 1.7       |
| Salad, Tossed Mix,Marcia #1 | 1/2 cup serving | 2.0       |
| ORANGES, MANDARIN #1        | 1/4 CUP         | 20.0      |
| Milk, Marcia's update #1    | 1/2 pt          | 22.2      |
| JELLY, GRAPE/APPLE 05       | 1 T             | 13.00     |
| MUSTARD 05                  | 1 T.            | 0.0       |
| CATSUP 05                   | 2 T.            | 4.0       |
| Weighted Daily Average      |                 | 106.64    |
| % of Calories               |                 | 57.5%     |

|                             |                 |        |
|-----------------------------|-----------------|--------|
| Tue - 03/02/2010            |                 |        |
| Elementary Lunch            | Total           |        |
| BURRITO, BEEF & BEAN -#2    | 1               | 37.0   |
| ENCHILADA CASSEROLE 05 -#3  | 1 piece         | 17.0   |
| Pete's Tuesday Pak #1       | 1 meal          | 101.2  |
| Bread, Scratch Wheat        | 2 oz rolls      | 28.7   |
| CORN: frozen, yellow - #2   | 1/4 CUP         | 10.9   |
| Salad, Tossed Mix,Marcia #1 | 1/2 cup serving | 2.0    |
| SALAD DRESSING,Assorted     | 1 TBSP          | 1.7    |
| WHOLE BEANS #2              | 1/4 CUP         | 11.5   |
| BANANAS - #1                | 1/2 EACH        | 11.5   |
| Milk, Marcia's update #1    | 1/2 pt          | 22.2   |
| TACO SAUCE 05               | 2 T.            | 1.0    |
| JELLY, GRAPE/APPLE 05       | 1 T             | 13.00  |
| Weighted Daily Average      |                 | 114.94 |
| % of Calories               |                 | 61.2%  |

|                                |                 |       |
|--------------------------------|-----------------|-------|
| Wed - 03/03/2010               |                 |       |
| Elementary Lunch               | Total           |       |
| Salisbury Steak 06 #2          | 1 each          | 2.6   |
| Creamy Chicken Pasta w/Broccol | 2/3 cup         | 19.7  |
| Pete's Wednesday Pak BC #1     | 1 meal          | 75.7  |
| GREEN BEANS: canned,cooked     | 1/4 cup         | 1.9   |
| Salad, Tossed Mix,Marcia #1    | 1/2 cup serving | 2.0   |
| SALAD DRESSING,Assorted        | 1 TBSP          | 1.7   |
| MASHED POTATOES #2             | 1/4 CUP=#16     | 7.9   |
| GRAVY,BROWN: scratch-#2        | 2 FL OZ         | 3.7   |
| APPLESAUCE, CINNAMON           | 1/4 cup         | 16.7  |
| Bread, Scratch Wheat           | 2 oz rolls      | 28.7  |
| Milk, Marcia's update #1       | 1/2 pt          | 22.2  |
| JELLY, GRAPE/APPLE 05          | 1 T             | 13.00 |
| CATSUP 05                      | 2 T.            | 4.0   |
| Weighted Daily Average         |                 | 95.85 |
| % of Calories                  |                 | 60.1% |

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Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values  
Elementary Lunch

Feb 28, 2010

|                               | Portion<br>Size | g<br>Carb |
|-------------------------------|-----------------|-----------|
| Thu - 03/04/2010              |                 |           |
| Elementary Lunch              | Total           |           |
| Cowboy BBQ 05-#2              | 2/3 cup         | 26.7      |
| Baked Potato - #2             | 1 each          | 48.7      |
| Pete's Thursday Pak BC #1     | 1 meal          | 84.6      |
| CARROT STICKS                 | 1/4 CUP         | 7.7       |
| BROCCOLI: frozen, boiled - #2 | 1/4 CUP         | 2.9       |
| Salad, Tossed Mix, Marcia #1  | 1/2 cup serving | 2.0       |
| SALAD DRESSING, Assorted      | 1 TBSP          | 1.7       |
| Fresh Mixed Fruit Cup         | 2 oz            | 11.8      |
| CORNBREAD 05                  | 1 square        | 27.6      |
| pretzel 06                    | pretzel         | 23.0      |
| Milk, Marcia's update #1      | 1/2 pt          | 22.2      |
| JELLY, GRAPE/APPLE 05         | 1 T             | 13.00     |
| TACO SAUCE 05                 | 2 T.            | 1.0       |
| Weighted Daily Average        |                 | 107.01    |
| % of Calories                 |                 | 60.9%     |

|                          |                 |        |
|--------------------------|-----------------|--------|
| Fri - 03/05/2010         |                 |        |
| Elementary Lunch         | Total           |        |
| PIZZA, SAUSAGE TONY'S #2 | 1 SLICE         | 33.0   |
| TUNA WRAP #3             | 1 SERVING       | 32.2   |
| Pete's Friday Pak #1     | 1 meal          | 96.1   |
| spinach                  | 1/4 cup serving | 1.1    |
| ORANGES #1               | 1 EACH          | 11.3   |
| Cobbler, blackberry      | 1 each          | 43.2   |
| Milk, Marcia's update #1 | 1/2 pt          | 22.2   |
| Weighted Daily Average   |                 | 101.17 |
| % of Calories            |                 | 56.0%  |

|                             |               |        |
|-----------------------------|---------------|--------|
| Mon - 03/08/2010            |               |        |
| Elementary Lunch            | Total         |        |
| SOFT TACO 05 #2             | #16=1/4 CUP   | 23.7   |
| VEAL PARMESAN               | 1 PATTY       | 1.8    |
| Pete's Monday Pak BC #1     | 1 meal        | 94.9   |
| Bread, Scratch Wheat        | 2 oz rolls    | 28.7   |
| TATER TOTS #2               | 8 tots=1/3Cup | 19.0   |
| LETTUCE, SHREDDED S.TACO #2 | 1/4 cup       | 1.2    |
| DRESSING, RANCH FAT FREE 05 | 2 TBSP        | 10.0   |
| BANANAS - #1                | 1 EACH        | 23.1   |
| Milk, Marcia's update #1    | 1/2 pt        | 22.2   |
| TACO SAUCE 05               | 2 T.          | 1.0    |
| CATSUP 05                   | 2 T.          | 4.0    |
| JELLY, GRAPE/APPLE 05       | 1 T           | 13.00  |
| Weighted Daily Average      |               | 122.52 |
| % of Calories               |               | 60.6%  |

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Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values  
Elementary Lunch

Feb 28, 2010

|                               | Portion<br>Size | g<br>Carb |
|-------------------------------|-----------------|-----------|
| Tue - 03/09/2010              |                 |           |
| Elementary Lunch              | Total           |           |
| CHICKEN, GRILLED ON BUN-#2    | 1 EACH          | 25.0      |
| MEATLOAF - MARCIA 05 #2       | 3/4" slice      | 14.0      |
| Pete's Tuesday Pak #1         | 1 meal          | 101.2     |
| Bread, Scratch Wheat          | 2 oz rolls      | 28.7      |
| POTATOES, SCALLOPED #2        | 1/4 CUP=SERVING | 10.6      |
| MIXED VEGETABLES:frzn,bld.#2  | 1/4 CUP         | 6.0       |
| Salad, Tossed Mix,Marcia #1   | 1/2 cup serving | 2.0       |
| DRESSING, RANCH FAT FREE 05   | 2 TBSP          | 10.0      |
| PINEAPPLE CHUNKS:can,lt syr#1 | 1/4 CUP         | 8.3       |
| Milk, Marcia's update #1      | 1/2 pt          | 22.2      |
| BBQ SAUCE 05                  | 1 T.            | 6.5       |
| JELLY, GRAPE/APPLE 05         | 1 T             | 13.00     |
| Mayo, low fat -05             | 1 T.            | 2.0       |
| MUSTARD 05                    | 1 T.            | 0.0       |
| CATSUP 05                     | 2 T.            | 4.0       |
| Weighted Daily Average        |                 | 117.30    |
| % of Calories                 |                 | 57.2%     |

|                              |                 |       |
|------------------------------|-----------------|-------|
| Wed - 03/10/2010             |                 |       |
| Elementary Lunch             | Total           |       |
| CHEESEBURGER ON A BUN -#2    | 1 EACH          | 24.2  |
| BBQ FRANKS - #2              | 2/3 cup         | 30.8  |
| Pete's Wednesday Pak BC #1   | 1 meal          | 75.7  |
| Bread, Scratch Wheat         | 2 oz rolls      | 28.7  |
| FRENCH FRIES, OVEN OK #2-    | 1/3 CUP         | 13.9  |
| BAKED BEANS - #2             | 1/4 CUP         | 19.6  |
| Salad, Tossed Mix,Marcia #1  | 1/2 cup serving | 2.0   |
| DRESSING, RANCH FAT FREE 05  | 2 TBSP          | 10.0  |
| PEARS: can,light syrup-05 #1 | 1/4 CUP         | 10.0  |
| Milk, Marcia's update #1     | 1/2 pt          | 22.2  |
| CATSUP 05                    | 2 T.            | 4.0   |
| MUSTARD 05                   | 1 T.            | 0.0   |
| JELLY, GRAPE/APPLE 05        | 1 T             | 13.00 |
| Weighted Daily Average       |                 | 96.48 |
| % of Calories                |                 | 51.6% |

|                               |                 |        |
|-------------------------------|-----------------|--------|
| Thu - 03/11/2010              |                 |        |
| Elementary Lunch              | Total           |        |
| HAM & CHEESE ON A BUN#1       | 1 SANDWICH      | 27.6   |
| BEEF NACHOS 05 - #2           | 1 SERVING       | 15.5   |
| Pete's Friday Pak #1          | 1 meal          | 96.1   |
| Bread, Scratch Wheat          | 2 oz rolls      | 28.7   |
| RICE,Cooked White #2          | 1/2 CUP         | 20.3   |
| Beans, Black - #2             | 1/4 cup         | 10.5   |
| Salad, Tossed Mix,Marcia #1   | 1/2 cup serving | 2.0    |
| DRESSING, RANCH FAT FREE 05   | 2 TBSP          | 10.0   |
| PEACHES: can,lght syrup-05 #1 | 1/4 cup         | 11.3   |
| Milk, Marcia's update #1      | 1/2 pt          | 22.2   |
| MUSTARD 05                    | 1 T.            | 0.0    |
| Mayo, low fat -05             | 1 T.            | 2.0    |
| CATSUP 05                     | 2 T.            | 4.0    |
| JELLY, GRAPE/APPLE 05         | 1 T             | 13.00  |
| TACO SAUCE 05                 | 2 T.            | 1.0    |
| Weighted Daily Average        |                 | 107.13 |
| % of Calories                 |                 | 59.6%  |

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Elementary Lunch

Feb 28, 2010

|                              | Portion<br>Size | g<br>Carb |
|------------------------------|-----------------|-----------|
| Mon - 03/22/2010             |                 |           |
| Elementary Lunch             | Total           |           |
| BISCUITS & GRAVY K-5 - #2    | 1 EACH          | 37.3      |
| Pete's Monday Pak BC #1      | 1 meal          | 94.9      |
| TRI-TATER #2                 | 1 EACH          | 12.0      |
| ORANGE JUICE: canned,unswtnd | 1/2 CUP         | 13.7      |
| Milk, Marcia's update #1     | 1/2 pt          | 22.2      |
| CATSUP 05                    | 2 T.            | 4.0       |
| Weighted Daily Average       |                 | 84.26     |
| % of Calories                |                 | 53.9%     |

|                           |            |        |
|---------------------------|------------|--------|
| Tue - 03/23/2010          |            |        |
| Elementary Lunch          | Total      |        |
| TACO CRUNCH 05 #2         | 1 serving  | 9.0    |
| ENCHILADAS -#2            | 2 EACH     | 20.8   |
| Pete's Tuesday Pak #1     | 1 meal     | 101.2  |
| Bread, Scratch Wheat      | 2 oz rolls | 28.7   |
| REFRIED BEANS: canned #2  | 1/4 CUP    | 10.00  |
| CORN: frozen, yellow - #2 | 1/4 CUP    | 10.9   |
| BANANAS - #1              | 1/2 EACH   | 11.5   |
| Milk, Marcia's update #1  | 1/2 pt     | 22.2   |
| TACO SAUCE 05             | 2 T.       | 1.0    |
| JELLY, GRAPE/APPLE 05     | 1 T        | 13.00  |
| Weighted Daily Average    |            | 102.94 |
| % of Calories             |            | 57.1%  |

|                               |                 |       |
|-------------------------------|-----------------|-------|
| Wed - 03/24/2010              |                 |       |
| Elementary Lunch              | Total           |       |
| CHICKEN PATTY ON A BUN - #2   | 1 SANDWICH      | 39.2  |
| Stir Fry #2                   | serving         | 58.0  |
| Bread, Scratch Wheat          | 2 oz rolls      | 28.7  |
| Pete's Wednesday Pak BC #1    | 1 meal          | 75.7  |
| Potato Wedges,Marcia #2       | 1/4 CUP         | 11.0  |
| GREEN BEANS: canned,cooked    | 1/4 cup         | 1.9   |
| Salad, Tossed Mix,Marcia #1   | 1/2 cup serving | 2.0   |
| SALAD DRESSING,Assorted       | 1 TBSP          | 1.7   |
| PINEAPPLE CHUNKS:can,lt syr#1 | 1/4 CUP         | 8.3   |
| Milk, Marcia's update #1      | 1/2 pt          | 22.2  |
| CATSUP 05                     | 2 T.            | 4.0   |
| MUSTARD 05                    | 1 T.            | 0.0   |
| MAYO/SALAD DRESSING           | 1 T.            | 3.5   |
| BBQ SAUCE 05                  | 1 T.            | 6.5   |
| Weighted Daily Average        |                 | 97.28 |
| % of Calories                 |                 | 62.0% |

|                             |                 |      |
|-----------------------------|-----------------|------|
| Thu - 03/25/2010            |                 |      |
| Elementary Lunch            | Total           |      |
| CORN DOG -USE -#2           | 1 SERVING       | 27.0 |
| SLOPPY JOE ON A BUN 05 #2   | sandwiches      | 42.2 |
| Pete's Thursday Pak BC #1   | 1 meal          | 84.6 |
| TATER TOTS #2               | 8 tots=1/3Cup   | 19.0 |
| PEAS & CARROTS: frzn,bld #2 | 1/4 CUP         | 4.0  |
| Salad, Tossed Mix,Marcia #1 | 1/2 cup serving | 2.0  |
| SALAD DRESSING,Assorted     | 1 TBSP          | 1.7  |
| ORANGES HALVES #1           | 1 EACH          | 11.3 |
| Milk, Marcia's update #1    | 1/2 pt          | 22.2 |
| BROWNIES, USE OK            | 1 each          | 23.3 |
| CATSUP 05                   | 2 T.            | 4.0  |
| MUSTARD 05                  | 1 T.            | 0.0  |

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Elementary Lunch

Feb 28, 2010

|                        | Portion<br>Size | g<br>Carb |
|------------------------|-----------------|-----------|
| Weighted Daily Average |                 | 108.85    |
| % of Calories          |                 | 54.5%     |

| Fri - 03/26/2010                |                 |       |
|---------------------------------|-----------------|-------|
| Elementary Lunch                | Total           |       |
| PIZZA, PEPPERONI TONY'S #2      | 1 SLICE         | 31.6  |
| CAVATINI 05 - #2                | 3/4 cup         | 20.8  |
| Pete's Friday Pak #1            | 1 meal          | 96.1  |
| Roll, Dinner Wheat - bake       | 1 roll          | 22.0  |
| Salad, Tossed Mix, Marcia #1    | 1/2 cup serving | 2.0   |
| SALAD DRESSING, Assorted        | 1 TBSP          | 1.7   |
| MIXED VEGETABLES: frzn, bld. #2 | 1/2 CUP         | 11.9  |
| APPLES, Fresh - #1              | 1 EACH          | 19.1  |
| Milk, Marcia's update #1        | 1/2 pt          | 22.2  |
| Weighted Daily Average          |                 | 91.17 |
| % of Calories                   |                 | 54.5% |

| Mon - 03/29/2010              |                 |        |
|-------------------------------|-----------------|--------|
| Elementary Lunch              | Total           |        |
| Chicken Nuggets #2            | servings(5)     | 17.0   |
| CHEESY CHICKEN & RICE CASS-#2 | 2/3 cup         | 29.2   |
| Pete's Monday Pak BC #1       | 1 meal          | 94.9   |
| Bread, Scratch Wheat          | 2 oz rolls      | 28.7   |
| Salad, Tossed Mix, Marcia #1  | 1/2 cup serving | 2.0    |
| SALAD DRESSING, Assorted      | 1 TBSP          | 1.7    |
| ORANGES #1                    | 1 EACH          | 11.3   |
| Potato Wedges, Marcia #2      | 1/4 CUP         | 11.0   |
| Milk, Marcia's update #1      | 1/2 pt          | 22.2   |
| JELLY, GRAPE/APPLE 05         | 1 T             | 13.00  |
| BBQ SAUCE 05                  | 1 T.            | 6.5    |
| CATSUP 05                     | 2 T.            | 4.0    |
| Weighted Daily Average        |                 | 104.64 |
| % of Calories                 |                 | 59.3%  |

| Tue - 03/30/2010                 |                 |        |
|----------------------------------|-----------------|--------|
| Elementary Lunch                 | Total           |        |
| CHILI - #2                       | 2/3 CUP         | 22.5   |
| MEATBALL SANDWICH #2             | 4 = 1 sand      | 29.1   |
| CINNAMON ROLL, REG               | 1               | 25.2   |
| Pete's Tuesday Pak #1            | 1 meal          | 101.2  |
| TATER TOTS #2                    | 8 tots=1/3Cup   | 19.0   |
| VEGGIE STICKS carrots/celery#1   | 1/4 cup         | 8.6    |
| Salad, Tossed Mix, Marcia #1     | 1/2 cup serving | 2.0    |
| SALAD DRESSING, Assorted         | 1 TBSP          | 1.7    |
| PINEAPPLE CHUNKS: can, lt syr #1 | 1/4 CUP         | 8.3    |
| Milk, Marcia's update #1         | 1/2 pt          | 22.2   |
| CATSUP 05                        | 2 T.            | 4.0    |
| Weighted Daily Average           |                 | 105.96 |
| % of Calories                    |                 | 57.2%  |

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Elementary Lunch

Feb 28, 2010

|                               | Portion<br>Size | g<br>Carb |
|-------------------------------|-----------------|-----------|
| Wed - 03/31/2010              |                 |           |
| Elementary Lunch              | Total           |           |
| CHICKEN FRIED STEAK -#2       | 1 each          | 18.0      |
| CHICKEN & NOODLES -#2         | 3/4 cup         | 29.0      |
| Pete's Wednesday Pak BC #1    | 1 meal          | 75.7      |
| Bread, Scratch Wheat          | 2 oz rolls      | 28.7      |
| MASHED POTATOES #2            | 1/4 CUP=#16     | 7.9       |
| GRAVY, CHICKEN PLAIN-#2       | 1 FL. OZ.       | 4.3       |
| GREEN BEANS: canned,cooked    | 1/4 cup         | 1.9       |
| Salad, Tossed Mix,Marcia #1   | 1/2 cup serving | 2.0       |
| SALAD BAR #1                  | 1 EACH          | 4.9       |
| PEACHES: can,lght syrup-05 #1 | 1/4             | 45.0      |
| Milk, Marcia's update #1      | 1/2 pt          | 22.2      |
| JELLY, GRAPE/APPLE 05         | 1 T             | 13.00     |
| Weighted Daily Average        |                 | 128.88    |
| % of Calories                 |                 | 62.4%     |

|                  |  |                 |
|------------------|--|-----------------|
| Weighted Average |  | 105.47<br>58.0% |
|------------------|--|-----------------|

| Nutrient  | Menu<br>AVG | % of Cals | Target | % of<br>Target | Miss Data | Shortfall | Error Messages (if any) |
|---|-------------|-----------|--------|----------------|-----------|-----------|-------------------------|
| Carbohydrate (g)  | 105.47      | 57.99%    | 0.00   |                |           |           |                         |
| Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data. |             |           |        |                |           |           |                         |

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