

OTTAWA HIGH SCHOOL

Page 1

May 3, 2010 thru May 26, 2010 Spreadsheet - Portion Values
High School Lunch

May 3, 2010

	Portion Size	Plan Qty	g Carb
Mon - 05/03/2010			
High School Lunch	Total	325	
Chicken Nuggets #2	servings(5)	165	17.0
CHEESY CHICKEN & RICE CASS-#2	1 cup	25	43.8
CHEF SALAD -VARIETY -#1	1 salad	5	13.3
Bread, Scratch Wheat	2 oz rolls	210	28.7
Potato Wedges, Marcia #2	1/3 CUP	190	14.7
ORANGES #1	1 EACH	120	11.3
Salad, Tossed Mix, Marcia #1	1/2 cup serving	70	1.5
Garden Emp-Incredibles Sides-#1	1/2 cup serving	145	32.1
Milk, Marcia's update #1	1/2 pt	325	21.6
Condiment Bar 05	3 T.	325	3.4
Trattoria - everyday #2	1 serving	90	82.7
Sandwich Central Mon.B #1	1 serving	8	80.8
BC MEAL- ChickCeasarWrap-MWF	meal	2	112.1
Amigos- Mon - #2	meals	30	88.5
Weighted Daily Average			116.94
% of Calories			57.1%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Tue - 05/04/2010			
High School Lunch	Total	357	
CHILI - #2	1 CUP	155	29.3
MEATBALL SANDWICH #2	4 = 1 sand	30	7.5
CINNAMON ROLL, REG	1	155	25.2
salad, chef 10 #1	salad type A	10	82.7
Bread, Scratch Wheat	2 oz rolls	10	28.7
TATER TOTS #2	8 tots=1/3Cup	185	28.5
VEGGIE STICKS carrots/celery#1	1/2 cup	50	17.1
PINEAPPLE CHUNKS:can,lt syr#1	1/2 CUP	100	16.6
Garden Emp-Incredibles Sides-#1	1/2 cup serving	175	32.1
Milk, Marcia's update #1	1/2 pt	357	21.6
Condiment Bar 05	3 T.	357	3.4
Trattoria - everyday #2	slices	100	82.7
Sandwich Central -Tues&TH #1	1 serving	5	97.3
Amigos - Tues.pt 2 - #2	meals	55	114.7
Amigos Tues. BC meal 08 Quesa.	meal	2	110.6
Weighted Daily Average			132.87
% of Calories			55.7%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

OTTAWA HIGH SCHOOL

Page 2

May 3, 2010 thru May 26, 2010 Spreadsheet - Portion Values
High School Lunch

May 3, 2010

	Portion Size	Plan Qty	g Carb
Thu - 05/06/2010			
High School Lunch	Total	380	
MR. RIB ON A BUN #2	1 SANDWICH	155	32.0
TATER TOT CASSEROLE 05 #2	1 CUP	60	28.3
CHEF SALAD -VARIETY -#1	1 salad	10	13.3
Bread, Scratch Wheat	2 oz rolls	70	28.7
TATER TOTS #2	8 tots=1/3Cup	145	28.5
CINNAMON APPLES:APPLE RINGS	1/2 cup	100	36.9
CORN: frozen, yellow - #2	1/4 CUP	75	10.9
Garden Emp-IncrediblesSides-#1	1/2 cup serving	175	32.1
Milk, Marcia's update #1	1/2 pt	380	21.6
Condiment Bar 05	3 T.	380	3.4
Trattoria - Fri.specials #2 A	1 serving	115	81.7
Sandwich Central -Thursday #1	1 serving	10	86.8
BC MEAL AsianChick.Wrap-T&TH	meal	5	120.0
Amigos - Thurs - #2	meals	25	100.5
Weighted Daily Average			120.97
% of Calories			54.0%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Fri - 05/07/2010			
High School Lunch	Total	317	
SUB SANDWICH	1 SANDWICH	45	27.6
RAVIOLI #2	1 cup	135	0.00
CHEF SALAD -VARIETY -#1	1 salad	15	13.3
Bread, Scratch Wheat	2 oz rolls	150	28.7
Potato Wedges,Marcia #2	1/4 CUP	175	11.0
BAKED BEANS - #2	1/4 CUP	75	19.6
FRUIT COCKTAIL W/WHIP TOP#1	1/2 cup	100	16.2
Garden Emp-IncrediblesSides-#1	1/2 cup serving	150	32.1
Milk, Marcia's update #1	1/2 pt	317	21.6
Condiment Bar 05	3 T.	315	3.4
Trattoria - everyday #2	1 serving	85	82.7
Sandwich Central - Friday #1	1 serving	5	99.9
BC MEAL- ChickCeasarWrap-MWF	meal	2	112.1
Amigos - Thurs - #2	meals	30	100.5
Weighted Daily Average			108.17
% of Calories			61.1%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

OTTAWA HIGH SCHOOL

Page 3

May 3, 2010 thru May 26, 2010 Spreadsheet - Portion Values
High School Lunch

May 3, 2010

	Portion Size	Plan Qty	g Carb
Mon - 05/10/2010			
High School Lunch	Total	352	
CHICKEN PATTY ON A BUN - #2	1 SANDWICH	220	37.9
BEEF STEW - #2	1 cup	15	21.8
BISCUIT, BRIDGEFORD LG	1 EACH	15	22.3
CHEF SALAD -VARIETY -#1	1 salad	5	13.3
Bread, Scratch Wheat	2 oz rolls	5	28.7
Tossed Salad w/ broccoli	1 serving	50	2.4
CHEESY POTATOES -#2	1/4 cup	190	9.4
applesauce - 05	1/3 cup	115	9.6
Garden Emp-IncrediblesSides-#1	1/2 cup serving	225	32.1
Milk, Marcia's update #1	1/2 pt	365	21.6
Condiment Bar 05	3 T.	365	3.4
Trattoria - everyday #2	1 serving	90	82.7
Sandwich Central-Mon&Wed #1	1 serving	8	86.8
BC MEAL- ChickCeasarWrap-MWF	meal	2	112.1
Asian Nation - Mon - #2	serving	25	94.5
Weighted Daily Average			111.71
% of Calories			59.7%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Tue - 05/11/2010			
High School Lunch	Total	325	
Spaghetti and Meat Sauce - 10	1 cup serving	130	32.9
CHICKEN , ITALIAN -#2	1 EACH	60	18.3
CHEF SALAD -VARIETY -#1	1 salad	10	13.3
Bread, Scratch Wheat	2 oz rolls	200	28.7
GREEN BEANS: canned,cooked	1/3 cup	100	2.6
VEGGIE STICKS carrots/celery#1	1/4 cup	50	8.6
PINEAPPLE CHUNKS:can,lt syr#1	1/2 CUP	135	16.6
Garden Emp-IncrediblesSides-#1	1/2 cup serving	170	32.1
Milk, Marcia's update #1	1/2 pt	325	21.6
Condiment Bar 05	3 T.	315	3.4
Trattoria - everyday #2	1 serving	90	82.7
Sandwich Central -Tues&TH #1	1 serving	8	97.3
BC MEAL AsianChick.Wrap-T&TH	meal	2	120.0
Asian Nation - Tues - #2	serving	25	88.8
Weighted Daily Average			118.20
% of Calories			61.0%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

OTTAWA HIGH SCHOOL

Page 4

May 3, 2010 thru May 26, 2010 Spreadsheet - Portion Values
High School Lunch

May 3, 2010

	Portion Size	Plan Qty	g Carb
Wed - 05/12/2010			
High School Lunch	Total	317	
HOT DOG ON A BUN:turkey #2	SERVING	125	3.0
FRIED RICE -#2	1 CUP	40	22.0
CHEF SALAD -VARIETY -#1	1 salad	5	13.3
Bread, Scratch Wheat	2 oz rolls	45	28.7
Potato Wedges,Marcia #2	1/4 CUP	165	11.0
PEACHES: can,lght syrup-05 #1	1/3 cup	50	15.0
MIXED VEGETABLES:frzn,bld.#2	1/3 CUP	100	7.9
Garden Emp-IncrediblesSides-#1	1/2 cup serving	150	32.1
Milk, Marcia's update #1	1/2 pt	317	21.6
Condiment Bar 05	3 T.	300	3.4
Trattoria - Fri.specials #2 A	1 serving	115	81.7
Sandwich Central-Mon&Wed #1	1 serving	10	86.8
BC MEAL- ChickCeasarWrap-MWF	meal	2	112.1
Asian Nation - Wed - #2	serving	20	72.2
Weighted Daily Average			96.56
% of Calories			56.2%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Thu - 05/13/2010			
High School Lunch	Total	345	
CHILI FRITO 05 -#2	1.25 cup	175	47.4
SMOTHERED STEAK #2	1 each	25	2.5
CHEF SALAD -VARIETY -#1	1 salad	5	13.3
Bread, Scratch Wheat	2 oz rolls	205	28.7
CORN: frozen, yellow - #2	1/3 cup	55	14.6
ORANGES #1	1 EACH	130	11.3
Garden Emp-IncrediblesSides-#1	1/2 cup serving	170	32.1
Milk, Marcia's update #1	1/2 pt	345	21.6
Condiment Bar 05	3 T.	340	3.4
Trattoria - Fri.specials #2 A	1 serving	100	81.7
Sandwich Central -Thursday #1	1 serving	8	86.8
BC MEAL AsianChick.Wrap-T&TH	meal	2	120.0
Asian Nation - Thurs - #2	serving	30	108.8
Weighted Daily Average			124.72
% of Calories			53.1%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

OTTAWA HIGH SCHOOL

Page 5

May 3, 2010 thru May 26, 2010 Spreadsheet - Portion Values
High School Lunch

May 3, 2010

	Portion Size	Plan Qty	g Carb
Fri - 05/14/2010			
High School Lunch	Total	375	
CHEESEBURGER ON A BUN -#2 use	1 EACH	175	26.0
HOT DOG ON A BUN:turkey #2	SERVING	45	3.0
CHEF SALAD -VARIETY -#1	1 salad	10	13.3
Bread, Scratch Wheat	2 oz rolls	10	28.7
Chips, Cheese Curls	small bag	215	15.00
APPLES,Fresh - #1	1 EACH	65	19.1
Garden Emp-IncrediblesSides-#1	1/2 cup serving	185	32.1
Ice Cream cups , vanilla	4oz. cup	375	15.6
Milk, Marcia's update #1	1/2 pt	375	21.6
Condiment Bar 05	3 T.	370	3.4
Trattoria - everyday #2	1 serving	100	82.7
Sandwich Central - Friday #1	1 serving	45	99.9
BC MEAL- ChickCeasarWrap-MWF	meal	2	112.1
Asian Nation - Fri - #2	serving	8	81.9
Weighted Daily Average			118.35
% of Calories			49.3%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Mon - 05/17/2010			
High School Lunch	Total	380	
HOT DOG ON A BUN:turkey #2	SERVING	80	3.0
MACARONI & CHEESE UPDATE #2	1 CUP	110	53.1
CHEF SALAD -VARIETY -#1	1 salad	10	13.3
Bread, Scratch Wheat	2 oz rolls	125	28.7
TATER TOTS #2	8 tots=1/3Cup	175	28.5
PEAS: frozen,boiled #2	1/3 cup	75	7.6
ORANGES, MANDARIN #1	1/2 CUP	125	40.0
Milk, Marcia's update #1	1/2 pt	380	21.6
Garden Emp-IncrediblesSides-#1	1/2 cup serving	176	32.1
Condiment Bar 05	2 T.	375	3.4
Trattoria - everyday #2	1 serving	105	82.7
Sandwich Central-Mon&Wed #1	1 serving	8	86.8
BC MEAL- ChickCeasarWrap-MWF	meal	2	112.1
Amigos- Mon - #2	serv	65	88.5
Weighted Daily Average			133.90
% of Calories			53.3%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

OTTAWA HIGH SCHOOL

Page 6

May 3, 2010 thru May 26, 2010 Spreadsheet - Portion Values
High School Lunch

May 3, 2010

	Portion Size	Plan Qty	g Carb
Tue - 05/18/2010			
High School Lunch	Total	387	
BURRITO, BEEF & BEAN -#2	1	130	37.0
ENCHILADA CASSEROLE 05 -#3	1 piece	72	16.5
CHEF SALAD -VARIETY -#1	1 salad	10	13.3
Bread, Scratch Wheat	2 oz rolls	302	28.7
CORN: frozen, yellow - #2	1/3 CUP	75	14.6
WHOLE BEANS #2	1/3 CUP	75	12.8
BANANAS - #1	1 EACH	100	29.0
Garden Emp-IncrediblesSides-#1	1/2 cup serving	161	32.1
Milk, Marcia's update #1	1/2 pt	387	21.6
Condiment Bar 05	3 T.	387	3.4
Trattoria - Fri.specials #2 A	1 serving	100	81.7
Sandwich Central -Tues&TH #1	1 serving	6	97.3
BC MEAL AsianChick.Wrap-T&TH	meal	2	120.0
Amigos - Tues.pt 2 - #2	meals	35	114.7
Amigos Tues. BC meal 08 Quesa.	meal	30	110.6
Weighted Daily Average			131.64
% of Calories			59.8%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Wed - 05/19/2010			
High School Lunch	Total	380	
Salisbury Steak 06 #2	1 each	120	2.6
Creamy Chicken Pasta w/Broccol	1 cup	80	29.6
CHEF SALAD -VARIETY -#1	1 salad	10	13.3
GREEN BEANS: canned,cooked	1/3 cup	65	2.6
MASHED POTATOES #2	1/4 CUP=#16	175	7.6
GRAVY,BROWN: scratch-#2	2 FL OZ	175	3.7
APPLESAUCE, CINNAMON	1/2 cup	100	24.9
Bread, Scratch Wheat	2 oz rolls	225	28.7
Garden Emp-IncrediblesSides-#1	1/2 cup serving	175	32.1
Milk, Marcia's update #1	1/2 pt	380	21.6
Condiment Bar 05	2 T.	375	3.4
Trattoria - everyday #2	1 serving	105	82.7
Sandwich Central -Wed #1	1 serving	8	85.3
BC MEAL- ChickCeasarWrap-MWF	meal	2	112.1
Amigos - Wed. - #2	serving	55	51.5
Weighted Daily Average			109.11
% of Calories			57.6%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

OTTAWA HIGH SCHOOL

Page 7

May 3, 2010 thru May 26, 2010 Spreadsheet - Portion Values
High School Lunch

May 3, 2010

	Portion Size	Plan Qty	g Carb
Thu - 05/20/2010			
High School Lunch	Total	352	
Cowboy BBQ 05-#2	1 cup	125	40.0
Baked Potato - #2	1 each	60	49.7
CHEF SALAD -VARIETY -#1	1 salad	10	13.3
CARROT STICKS	1/3 CUP	20	10.3
fruit cocktail -#1	1/2 cup	75	19.0
BROCCOLI: frozen, boiled - #2	1/3 CUP	50	3.8
CHEESE SAUCE, TRIO	1/4 cup=2oz ser	25	6.5
CORNBREAD 05	1 square	125	27.6
pretzel 06	pretzel	60	23.0
Bread, Scratch Wheat	2 oz rolls	12	28.7
Garden Emp-IncrediblesSides-#1	1/2 cup serving	175	32.1
Milk, Marcia's update #1	1/2 pt	350	21.6
Condiment Bar 05	3 T.	272	3.4
Trattoria - Fri.specials #2 A	1 serving	105	81.7
Sandwich Central -Thursday #1	1 serving	15	86.8
Amigos - Thurs - #2	serving	35	100.5
Weighted Daily Average			121.57
% of Calories			55.7%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Fri - 05/21/2010			
High School Lunch	Total	326	
PIZZA, SAUSAGE TONY'S #2	1 SLICE	136	0.00
TUNA WRAP #3	1 SERVING	8	26.9
CHEF SALAD -VARIETY -#1	1 salad	10	13.3
Bread, Scratch Wheat	2 oz rolls	20	28.7
MIXED VEGETABLES:frzn,bld.#2	1/3 CUP	1	7.9
ORANGES #1	1 EACH	100	11.3
Garden Emp-IncrediblesSides-#1	1/2 cup serving	130	32.1
Cobbler,blackberry	1 each	120	43.2
Milk, Marcia's update #1	1/2 pt	326	21.6
Condiment Bar 05	3 T.	275	3.4
Sandwich Central - Friday #1	1 serving	10	99.9
BC MEAL- ChickCeasarWrap-MWF	meal	2	112.1
Amigos - Fri -#2	serving	45	85.5
Trattoria - Fri.specials #2 A	slices	115	81.7
Weighted Daily Average			103.93
% of Calories			60.3%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

OTTAWA HIGH SCHOOL

Page 8

May 3, 2010 thru May 26, 2010 Spreadsheet - Portion Values
High School Lunch

May 3, 2010

	Portion Size	Plan Qty	g Carb
Mon - 05/24/2010			
High School Lunch	Total	265	
SOFT TACO 10 #2	#16=1/4 CUP	60	23.3
VEAL PARMESAN	1 PATTY	35	2.7
CHEF SALAD -VARIETY -#1	1 salad	10	13.3
Bread, Scratch Wheat	2 oz rolls	150	28.7
TATER TOTS #2	8 tots=1/3Cup	100	28.5
LETTUCE, SHREDED S.TACO #2	1/4 cup	75	1.2
BANANAS - #1	1 EACH	75	29.0
Garden Emp-IncrediblesSides-#1	1/2 cup serving	130	32.1
Milk, Marcia's update #1	1/2 pt	260	21.6
Condiment Bar 05	3 T.	265	3.4
Trattoria - everyday #2	1 serving	120	82.7
Sandwich Central Mon.B #1	1 serving	10	80.8
BC MEAL- ChickCeasarWrap-MWF	meal	5	112.1
Asian Nation - Mon - #2	serving	30	94.5
Weighted Daily Average			135.40
% of Calories			56.2%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Tue - 05/25/2010			
High School Lunch	Total	337	
CHICKEN PATTY ON A BUN - #2	1 SANDWICH	175	37.9
Stir Fry #2	serving	35	58.0
CHEF SALAD -VARIETY -#1	1 salad	10	13.3
Bread, Scratch Wheat	2 oz rolls	47	28.7
Potato Wedges,Marcia #2	1/3 CUP	170	14.7
GREEN BEANS: canned,cooked	1/4 cup	65	1.9
Pineapple/Bananas-10 #1	1/3 cup	100	24.2
Garden Emp-IncrediblesSides-#1	1/2 cup serving	145	32.1
Milk, Marcia's update #1	1/2 pt	337	21.6
Condiment Bar 05	3 T.	330	3.4
Trattoria - everyday #2	1 serving	90	82.7
Sandwich Central -Wed #1	1 serving	90	85.3
BC MEAL- ChickCeasarWrap-MWF	meal	2	112.1
Amigos - Wed. - #2	serving	25	51.5
Weighted Daily Average			133.21
% of Calories			59.6%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

OTTAWA HIGH SCHOOL

Page 9

May 3, 2010 thru May 26, 2010 Spreadsheet - Portion Values
High School Lunch

May 3, 2010

	Portion Size	Plan Qty	g Carb
Wed - 05/26/2010			
High School Lunch	Total	342	
CORN DOG -USE -#2	1 SERVING	135	27.0
SLOPPY JOE ON A BUN 05 #2	SERVINGS	60	43.2
CHEF SALAD -VARIETY -#1	1 salad	10	13.3
Bread, Scratch Wheat	2 oz rolls	205	28.7
TATER TOTS #2	8 tots=1/3Cup	185	28.5
baked beans	1/3 cup	55	19.3
ORANGES HALVES #1	1 EACH	120	11.3
Pudding, Chocolate #1	1/4 cup	195	12.0
Garden Emp-IncrediblesSides-#1	1/2 cup serving	210	32.1
Milk, Marcia's update #1	1/2 pt	342	21.6
Condiment Bar 05	3 T.	330	3.4
Trattoria - everyday #2	1 serving	100	82.7
Sandwich Central -Thursday #1	1 serving	3	86.8
Amigos - Thurs - #2	meals	35	100.5
Weighted Daily Average			145.06
% of Calories			58.0%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Weighted Average			121.31
			56.7%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Carbohydrate (g)	121.31	56.69%	0.00				

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.