

OTTAWA HIGH SCHOOL

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

May 3, 2010

	Portion Size	Plan Qty	g Carb
Mon - 05/03/2010			
Middle School Lunch	Total	410	
Chicken Nuggets #2	servings(5)	320	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	365	28.7
Potato Wedges, Marcia #2	1/3 CUP	340	14.7
ORANGES #1	1 EACH	230	11.3
Garden Emp-Incredibles Sides-#1	1/2 cup serving	340	32.1
Milk, Marcia's update #1	1/2 pt	410	21.6
Condiment Bar 05	3 T.	350	3.4
MSVALUE -MON #1	1 SERVING	10	57.2
BC MEAL-Turkey Club Bagel-MF	meal	5	128.9
Value Meal Drinks #1	1 serving	45	15.3
MS-Trattoria #2	slice	45	42.0
Weighted Daily Average			120.59
% of Calories			57.9%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Tue - 05/04/2010			
Middle School Lunch	Total	414	
CHILI - #2	1 CUP	230	29.3
MEATBALL SANDWICH #2	4 = 1 sand	89	7.5
CINNAMON ROLL, REG	1	230	25.2
salad, chef 10 #1	salad type A	10	82.7
Bread, Scratch Wheat	2 oz rolls	10	28.7
POTATO PUFFS: frozen, cooked #2	1/4 CUP=8 TOTS	315	15.54
VEGGIE STICKS carrots/celery #1	1/4 cup	90	8.6
PINEAPPLE CHUNKS: can, lt syr #1	1/3 CUP	250	11.0
Garden Emp-Incredibles Sides-#1	1/2 cup serving	320	32.1
Milk, Marcia's update #1	1/2 pt	414	21.6
Condiment Bar 05	3 T.	355	3.4
MSVALUE-TUES #1	1	15	52.6
Value Meal Drinks #1	1 serving	75	15.3
MS-Trattoria #2	slice	70	42.0
Weighted Daily Average			116.14
% of Calories			57.5%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Thu - 05/06/2010			
Middle School Lunch	Total	427	
MR. RIB ON A BUN #2	1 SANDWICH	247	32.0
TATER TOT CASSEROLE 05 #2	1 CUP	80	28.3
CHEF SALAD -VARIETY -#1	1 salad	15	13.3
Bread, Scratch Wheat	2 oz rolls	100	28.7
TATER TOTS #2	8 tots=1/3Cup	325	28.5
CINNAMON APPLES: APPLE RINGS	1/3 cup	195	24.6
CORN: frozen, yellow - #2	1/4 CUP	125	10.9
Garden Emp-Incredibles Sides-#1	1/2 cup serving	180	32.1
Milk, Marcia's update #1	1/2 pt	427	21.6
Condiment Bar 05	3 T.	320	3.4
MS VALUE -THURS #1	1	15	52.6
Value Meal Drinks #1	1 serving	80	15.3
MS-Trattoria #2	slice	70	42.0

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OTTAWA HIGH SCHOOL

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

May 3, 2010

	Portion Size	Plan Qty	g Carb
Weighted Daily Average % of Calories			116.49 52.6%
RDA's % of RDA Satisfied Shortfall			0.00

Fri - 05/07/2010			
Middle School Lunch	Total	408	
SUB SANDWICH	1 SANDWICH	70	27.6
RAVIOLI #2	1 cup	230	0.00
CHEF SALAD -VARIETY -#1	1 salad	10	13.3
Bread, Scratch Wheat	2 oz rolls	240	28.7
Potato Wedges, Marcia #2	1/3 CUP	295	14.7
BAKED BEANS - #2	1/4 CUP	125	19.6
FRUIT COCKTAIL W/WHIP TOP#1	cup	200	32.5
Garden Emp-Incredibles Sides-#1	1/2 cup serving	225	32.1
Milk, Marcia's update #1	1/2 pt	408	21.6
Condiment Bar 05	3 T.	320	3.4
MS VALUE -FRI #1	1	15	42.9
BC MEAL-Turkey Club Bagel-MF	meal	5	128.9
Value Meal Drinks #1	1 serving	80	15.3
MS-Trattoria #2	slice	78	42.0
Weighted Daily Average % of Calories			110.70 64.7%
RDA's % of RDA Satisfied Shortfall			0.00

Mon - 05/10/2010			
Middle School Lunch	Total	430	
CHICKEN PATTY ON A BUN - #2	1 SANDWICH	330	37.9
BEEF STEW - #2	1 cup	25	21.8
BISCUIT, BRIDGEFORD LG	1 EACH	5	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	200	2.4
CHEESY POTATOES -#2	1/4 cup	320	9.4
APPLES, Fresh - #1	1 EACH	175	19.1
Garden Emp-Incredibles Sides-#1	1/2 cup serving	135	32.1
Milk, Marcia's update #1	1/2 pt	430	21.6
Condiment Bar 05	3 T.	400	3.4
MS VALUE -MON #1	1 SERVING	10	57.2
BC MEAL-Turkey Club Bagel-MF	meal	5	128.9
Value Meal Drinks #1	1 serving	60	15.3
MS-Trattoria #2	slice	55	42.0
Weighted Daily Average % of Calories			92.23 60.0%
RDA's % of RDA Satisfied Shortfall			0.00

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

May 3, 2010

	Portion Size	Plan Qty	g Carb
Tue - 05/11/2010			
Middle School Lunch	Total	420	
SPAGHETTI AND MEAT SAUCE #2	1 CUP	240	39.4
CHICKEN , ITALIAN -#2	1 EACH	80	18.3
CHEF SALAD -VARIETY -#1	1 salad	10	13.3
Bread, Scratch Wheat	2 oz rolls	330	28.7
GREEN BEANS: canned,cooked	1/3 cup	120	2.6
VEGGIE STICKS carrots/celery#1	1/4 cup	50	8.6
PINEAPPLE CHUNKS:can,lt syr#1	1/3 CUP	200	11.0
Garden Emp-IncrediblesSides-#1	1/2 cup serving	300	32.1
Milk, Marcia's update #1	1/2 pt	420	21.6
Condiment Bar 05	3 T.	400	3.4
MSVALUE -MON #1	1 SERVING	15	57.2
Value Meal Drinks #1	1 serving	80	15.3
MS-Trattoria #2	slice	75	42.0
Weighted Daily Average			116.17
% of Calories			59.3%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Wed - 05/12/2010			
Middle School Lunch	Total	405	
HOT DOG ON A BUN:turkey #2	SERVING	280	3.0
FRIED RICE -#2	1 CUP	35	22.0
CHEF SALAD -VARIETY -#1	1 salad	10	13.3
Bread, Scratch Wheat	2 oz rolls	50	28.7
Potato Wedges,Marcia #2	1/3 CUP	315	14.7
MIXED VEGETABLES:frzn,bld.#2	1/4 CUP	100	6.0
PEACHES: can,light syrup-05 #1	1/3 cup	200	15.0
Garden Emp-IncrediblesSides-#1	1/2 cup serving	300	32.1
Milk, Marcia's update #1	1/2 pt	405	21.6
Condiment Bar 05	3 T.	400	3.4
MSVALUE-TUES #1	1	20	52.6
Value Meal Drinks #1	1 serving	70	15.3
MS-Trattoria #2	slice	60	42.0
Weighted Daily Average			88.42
% of Calories			55.4%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Thu - 05/13/2010			
Middle School Lunch	Total	430	
CHILI FRITO 05 -#2	1 cup	285	37.9
SMOTHERED STEAK #2	1 each	37	2.5
CHEF SALAD -VARIETY -#1	1 salad	10	13.3
Bread, Scratch Wheat	2 oz rolls	332	28.7
CORN: frozen, yellow - #2	1/4 CUP	190	10.9
ORANGES HALVES #1	1 EACH	214	11.3
Garden Emp-IncrediblesSides-#1	1/2 cup serving	300	32.1
Milk, Marcia's update #1	1/2 pt	417	21.6
Condiment Bar 05	3 T.	415	3.4
MS VALUE -THURS #1	1	15	52.6
Value Meal Drinks #1	1 serving	80	15.3
MS-Trattoria #2	slice	70	42.0

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

May 3, 2010

	Portion Size	Plan Qty	g Carb
Weighted Daily Average % of Calories			116.47 53.5%
RDA's % of RDA Satisfied Shortfall			0.00

Fri - 05/14/2010			
Middle School Lunch	Total	400	
CHEESEBURGER ON A BUN -#2 use	1 EACH	305	26.0
HOT DOG ON A BUN:turkey #2	SERVING	25	3.0
CHEF SALAD -VARIETY -#1	1 salad	5	13.3
Bread, Scratch Wheat	2 oz rolls	10	28.7
Chips, Cheese Curls	small bag	330	15.00
CARROT STICKS	1/4 CUP	100	7.7
APPLES,Fresh - #1	1 EACH	150	19.1
Garden Emp-IncrediblesSides-#1	1/2 cup serving	300	32.1
Ice Cream cups , vanilla	4oz. cup	400	15.6
Milk, Marcia's update #1	1/2 pt	400	21.6
Condiment Bar 05	3 T.	400	3.4
MS VALUE -FRI #1	1	5	42.9
BC MEAL-TurkeyClubBagel-MF	meal	5	128.9
Value Meal Drinks #1	1 serving	60	15.3
MS-Trattoria #2	slice	55	42.0
Weighted Daily Average % of Calories			117.30 46.8%
RDA's % of RDA Satisfied Shortfall			0.00

Mon - 05/17/2010			
Middle School Lunch	Total	435	
HOT DOG ON A BUN:turkey #2	SERVING	165	3.0
MACARONI & CHEESE UPDATE #2	1 CUP	175	53.1
CHEF SALAD -VARIETY -#1	1 salad	10	13.3
Bread, Scratch Wheat	2 oz rolls	185	28.7
TATER TOTS #2	8 tots=1/3Cup	335	28.5
PEAS: frozen,boiled #2	1/3 cup	75	7.6
ORANGES, MANDARIN #1	1/3 CUP	245	26.7
Milk, Marcia's update #1	1/2 pt	435	21.6
Garden Emp-IncrediblesSides-#1	1/2 cup serving	200	32.1
Condiment Bar 05	2 T.	335	3.4
MSVALUE -MON #1	1 SERVING	10	57.2
BC MEAL-TurkeyClubBagel-MF	meal	5	128.9
Value Meal Drinks #1	1 serving	75	15.3
MS-Trattoria #2	slice	65	42.0
Weighted Daily Average % of Calories			124.06 51.6%
RDA's % of RDA Satisfied Shortfall			0.00

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Middle School Lunch

May 3, 2010

	Portion Size	Plan Qty	g Carb
Tue - 05/18/2010			
Middle School Lunch	Total	400	
BURRITO, BEEF & BEAN -#2	1	260	37.0
ENCHILADA CASSEROLE 05 -#3	1 piece	60	16.5
CHEF SALAD -VARIETY -#1	1 salad	5	13.3
Bread, Scratch Wheat	2 oz rolls	330	28.7
CORN: frozen, yellow - #2	1/4 CUP	185	10.9
WHOLE BEANS #2	1/4 CUP	150	9.6
BANANAS - #1	1 EACH	200	29.0
Garden Emp-IncrediblesSides-#1	1/2 cup serving	240	32.1
Milk, Marcia's update #1	1/2 pt	400	21.6
Condiment Bar 05	3 T.	315	3.4
MSVALUE-TUES #1	1	15	52.6
Value Meal Drinks #1	1 serving	70	15.3
MS-Trattoria #2	slice	60	42.0
Weighted Daily Average			128.07
% of Calories			63.1%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Wed - 05/19/2010			
Middle School Lunch	Total	410	
Salisbury Steak 06 #2	1 each	195	2.6
Creamy Chicken Pasta w/Broccol	1 cup	105	29.6
CHEF SALAD -VARIETY -#1	1 salad	10	13.3
GREEN BEANS: canned,cooked	1/3 cup	160	2.6
MASHED POTATOES #2	1/4 CUP=#16	275	7.6
GRAVY,BROWN: scratch-#2	2 FL OZ	275	3.7
APPLESAUCE, CINNAMON	1/3 cup	250	16.6
Bread, Scratch Wheat	2 oz rolls	310	28.7
Garden Emp-IncrediblesSides-#1	1/2 cup serving	180	32.1
Milk, Marcia's update #1	1/2 pt	410	21.6
Condiment Bar 05	2 T.	400	3.4
MS VALUE - WED #1	1	20	52.3
Value Meal Drinks #1	1 serving	90	15.3
MS-Trattoria #2	slice	80	42.0
Weighted Daily Average			102.75
% of Calories			56.7%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

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Middle School Lunch

May 3, 2010

	Portion Size	Plan Qty	g Carb
Thu - 05/20/2010			
Middle School Lunch	Total	380	
Cowboy BBQ 05-#2	1 cup	125	40.0
BAKED POTATO - #2	1 EACH	155	42.7
CHEF SALAD -VARIETY -#1	1 salad	10	13.3
CARROT STICKS	1/3 CUP	125	10.3
Fresh Mixed Fruit Cup	2 oz	225	11.8
BROCCOLI: fresh, boiled	1/3 CUP	140	3.7
CORNBREAD 05	1 square	125	27.6
Bread, Scratch Wheat	2 oz rolls	10	28.7
pretzel 06	pretzel	155	23.0
Garden Emp-IncrediblesSides-#1	1/2 cup serving	115	32.1
Milk, Marcia's update #1	1/2 pt	380	21.6
Condiment Bar 05	3 T.	310	3.4
MS VALUE -THURS #1	1	15	52.6
Value Meal Drinks #1	1 serving	85	15.3
MS-Trattoria #2	slice	75	42.0
Weighted Daily Average			109.83
% of Calories			61.4%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Fri - 05/21/2010			
Middle School Lunch	Total	395	
PIZZA, SAUSAGE TONY'S #2	1 SLICE	268	0.00
TUNA WRAP #3	1 SERVING	30	26.9
CHEF SALAD -VARIETY -#1	1 salad	10	13.3
Bread, Scratch Wheat	2 oz rolls	10	28.7
MIXED VEGETABLES:frzn,bld.#2	1/3 CUP	100	7.9
ORANGES #1	1 EACH	235	11.3
Garden Emp-IncrediblesSides-#1	1/2 cup serving	300	32.1
Cobbler,blackberry	1 each	275	43.2
Milk, Marcia's update #1	1/2 pt	395	21.6
Condiment Bar 05	3 T.	390	3.4
MS VALUE -FRI #1	1	10	42.9
BC MEAL-TurkeyClubBagel-MF	meal	2	128.9
Value Meal Drinks #1	1 serving	80	15.3
MS-Trattoria #2	slice	75	42.0
Weighted Daily Average			104.15
% of Calories			63.6%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

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Middle School Lunch

May 3, 2010

	Portion Size	Plan Qty	g Carb
Mon - 05/24/2010			
Middle School Lunch	Total	325	
SOFT TACO 10 #2	#16=1/4 CUP	245	23.3
VEAL PARMESAN	1 PATTY	35	2.7
salad. oriental 10	salad type A	10	58.8
Bread, Scratch Wheat	2 oz rolls	300	28.7
TATER TOTS #2	8 tots=1/3Cup	290	28.5
LETTUCE, SHREDDED S.TACO #2	1/4 cup	100	1.2
BANANAS - #1	1 EACH	210	29.0
Garden Emp-IncrediblesSides-#1	1/2 cup serving	100	32.1
Milk, Marcia's update #1	1/2 pt	320	21.6
condiment bar MS 10	Tbl.	315	3.5
MSVALUE -MON #1	1 SERVING	15	57.2
BC MEAL-TurkeyClubBagel-MF	meal	5	128.9
Value Meal Drinks #1	1 serving	40	15.3
MS-Trattoria #2	slice	25	42.0
Weighted Daily Average			134.93
% of Calories			52.7%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Tue - 05/25/2010			
Middle School Lunch	Total	405	
CHICKEN PATTY ON A BUN - #2	1 SANDWICH	315	37.9
Stir Fry #2	serving	20	58.0
CHEF SALAD -VARIETY -#1	1 salad	5	13.3
Bread, Scratch Wheat	2 oz rolls	25	28.7
Potato Wedges,Marcia #2	1/3 CUP	330	14.7
GREEN BEANS: canned,cooked	1/3 cup	140	2.6
Pineapple/Bananas-10 #1	1/3 cup	390	24.2
Garden Emp-IncrediblesSides-#1	1/2 cup serving	233	32.1
Milk, Marcia's update #1	1/2 pt	405	21.6
Condiment Bar 05	3 T.	400	3.4
MSVALUE -MON #1	1 SERVING	15	57.2
Value Meal Drinks #1	1 serving	60	15.3
MS-Trattoria #2	slice	50	42.0
Weighted Daily Average			123.44
% of Calories			63.9%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

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	Portion Size	Plan Qty	g Carb
Wed - 05/26/2010			
Middle School Lunch	Total	435	
CORN DOG -USE -#2	1 SERVING	245	27.0
SLOPPY JOE ON A BUN 05 #2	SERVINGS	110	43.2
CHEF SALAD -VARIETY -#1	1 salad	10	13.3
Bread, Scratch Wheat	2 oz rolls	10	28.7
TATER TOTS #2	8 tots=1/3Cup	350	28.5
BAKED BEANS - #2	1/3 CUP	80	26.1
ORANGES HALVES #1	1 EACH	185	11.3
Pudding, Chocolate #1	1/4 cup	355	12.0
Garden Emp-IncrediblesSides-#1	1/2 cup serving	275	32.1
Milk, Marcia's update #1	1/2 pt	435	21.6
Condiment Bar 05	3 T.	420	3.4
MS VALUE -THURS #1	1	10	52.6
Value Meal Drinks #1	1 serving	65	15.3
MS-Trattoria #2	slice	60	42.0
Weighted Daily Average			123.99
% of Calories			56.1%
RDA's			0.00
% of RDA Satisfied			
Shortfall			

Weighted Average			114.45 56.9%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Carbohydrate (g)	114.45	56.93%	0.00				

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