

# GVSD Child Nutrition Services

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values  
K - 8 Lunch Pre-Pack

Jan 31, 2012

	Portion Size	Carb (g)
<u>Wed - 02/01/2012</u>		
K - 8 Lunch Pre-Pack	Total	
PORK BBQ RIB ON BUN QBP425, IN	1 ea	32.0
BBQ SAUCE	1 each	4.0
CARROTS,RAW,BABY	2 oz	4.67
BANANAS	1 EACH	23.07
Corn Crunchies Cool Ranch	1 oz	21.0
Milk Variety 1% Plain/0% Choc.	8 oz	21.5
Weighted Daily Average		106.24
% of Calories		64.5%

<u>Thu - 02/02/2012</u>		
K - 8 Lunch Pre-Pack	Total	
Chick Fing Krunchy Tyson #3858	5 EA	12.0
Parmesan Quinoa	1/2 cup	17.2
KETCHUP	1 each	2.0
Lettuce, IceRomSpin	1 oz	0.89
Buttermilk Ranch Dressing PPI	1 each	1.0
PEARS,FRESH	1 EACH	25.66
Milk Variety 1% Plain/0% Choc.	8 oz	21.5
Weighted Daily Average		80.26
% of Calories		46.3%

<u>Fri - 02/03/2012</u>		
K - 8 Lunch Pre-Pack	Total	
Turkey & Gravy Jennie-O	5 oz	2.64
Mashed Potatoes	1/2 cup	14.6
GREEN BEANS: frozen,boiled	1/2 CUP	4.35
Roll W/W 1.43oz Sara Lee	1 ea	20.0
Jelly Mixed Fruit .5oz PPI	1 each	10.0
TANGERINES,FRESH	1 EACH	11.21
Pudding Pumpkin Whole Milk Ber	2.5 oz	17.5
Milk Variety 1% Plain/0% Choc.	8 oz	21.5
Weighted Daily Average		101.80
% of Calories		59.8%

<u>Mon - 02/06/2012</u>		
K - 8 Lunch Pre-Pack	Total	
Pizza Pep Sicilian Wedge Ardel	1 ea	47.73
Lettuce, Iceberg/Romaine	1/4 cup	0.63
Beans Garb & Kidney	1/8 cup	5.89
Buttermilk Ranch Dressing PPI	1 each	1.0
APPLES,Fresh	1 EACH	19.06
Milk Variety 1% Plain/0% Choc.	8 oz	21.5
Weighted Daily Average		95.80
% of Calories		54.0%

<u>Tue - 02/07/2012</u>		
K - 8 Lunch Pre-Pack	Total	
Chick Patty Krunchy Tyson#3857	1 ea	12.0
Hamb Bun Rainbo W/W 1.57g	1 ea	28.0
LETTUCE,ICEBERG,FRESH	1/4 CUP	0.41
Pickles Dill, 2 slices 14g	slices	0.27
KETCHUP	1 each	2.0
Sweet Potatoes w/bs	3/8 cup	23.72
Fruit Jerky-Assorted, Dakota G	1 ea	16.0
Milk Variety 1% Plain/0% Choc.	8 oz	21.5

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	Portion Size	Carb (g)
Weighted Daily Average		103.90
% of Calories		59.2%

Wed - 02/08/2012		
K - 8 Lunch Pre-Pack	Total	
Chicken Nuggets Hny BBQ GK	6 ea	10.8
Rice Brn/Blk Bns BBQ CK	1/2 cup	22.02
Lettuce, Iceberg/Romaine	3/8 cup	0.95
Buttermilk Ranch Dressing PPI	1 each	1.0
Fruit, Tropical Mix CA Blend F	3 oz	10.51
Cookie LF Choc Chip B/Vista	1 ea	16.19
Milk Variety 1% Plain/0% Choc.	8 oz	21.5
Weighted Daily Average		82.96
% of Calories		48.4%

Thu - 02/09/2012		
K - 8 Lunch Pre-Pack	Total	
Eggsstravaganza Bacon Chese Su	2.5 oz	1.25
Potato Rounds Oven Ht USDA	1/4 cup	8.0
KETCHUP	1 each	2.0
Fr Toast Stks Tropical Blast	3 ea	28.75
APPLESAUCE,CND,UNSWTND,WO/ VIT	3/8 cup	10.31
KIWI FRUIT, FRSH,RAW	1/2 cup	12.5
Milk Variety 1% Plain/0% Choc.	8 oz	21.5
Weighted Daily Average		84.32
% of Calories		50.2%

Fri - 02/10/2012		
K - 8 Lunch Pre-Pack	Total	
Pita Gordita WW 6.5" LTapatia	1 ea	24.0
Pork Cuban Style CStand 98465	3 oz	0.0
Cheese Ched/Mozz Grated	1 OZ	0.57
LETTUCE,ICEBERG,FRESH	1/8 CUP	0.2
TOMATOES,FRESH CHOPPED	1/8 CUP	0.88
Spanish Rice w/Bernards Seas	3/8 CUP	20.98
Taco Sauce Mild Pkt	1 ea	1.05
MANDARIN ORANGE,RAW	1 ea	11.74
Milk Variety 1% Plain/0% Choc.	8 oz	21.5
Weighted Daily Average		80.92
% of Calories		43.9%

Mon - 02/13/2012		
K - 8 Lunch Pre-Pack	Total	
Chick Crunchy Tenders Tyson	3 EA	12.0
Potato Fr Fried Oven Ht USDA	2 oz	13.7
KETCHUP	2 each	4.0
APPLES,Fresh	1 EACH	19.06
Commeal Super Star	1 ea	21.0
Milk Variety 1% Plain/0% Choc.	8 oz	21.5
Weighted Daily Average		91.26
% of Calories		52.7%

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	Portion Size	Carb (g)
Tue - 02/14/2012		
K - 8 Lunch Pre-Pack	Total	
Corn Dog LF WG Chix 4 oz F/Far	1 ea	33.0
KETCHUP	1 each	2.0
MUSTARD	1 each	0.0
THREE BEAN SALAD C.K.	1/2 CUP	11.82
KIWI FRUIT, FRSH,RAW	1/2 cup	12.5
Cookie Holiday Assorted	1 oz	19.8
Milk Variety 1% Plain/0% Choc.	8 oz	21.5
Weighted Daily Average		100.62
% of Calories		58.3%

Wed - 02/15/2012		
K - 8 Lunch Pre-Pack	Total	
Fish Brd 4oz Trident	1 ea	50.0
Hamb Bun Rainbo W/W 1/.57g	1 ea	28.0
LETTUCE,ICEBERG,FRESH	1/4 CUP	0.41
Pickles Dill, 2 slices 14g	slices	0.27
Tartar Sauce	1 ea	1.0
Corn, Festive	3/8 cup	9.8
Fruit Jerky-Assorted, Dakota G	1 ea	16.0
Milk Variety 1% Plain/0% Choc.	8 oz	21.5
Weighted Daily Average		126.98
% of Calories		72.0%

Thu - 02/16/2012		
K - 8 Lunch Pre-Pack	Total	
Chix Mandarin Orange Ling's	4 oz	14.51
BROCCOLI: frozen, boiled	1/4 CUP	2.46
CARROTS:frozen, boiled	1/4 CUP	2.82
RICE,BROWN,MEDIUM-GRAIN,CKD	3/4 cup	29.15
ORANGES	1 EACH	11.28
Sunflower Seeds,Honey Roasted,	1 OZ	7.81
Milk Variety 1% Plain/0% Choc.	8 oz	21.5
Weighted Daily Average		89.54
% of Calories		52.4%

Fri - 02/17/2012		
K - 8 Lunch Pre-Pack	Total	
HOLIDAY	SERVING	0.0
Weighted Daily Average		0.00
% of Calories		0.0%

Mon - 02/20/2012		
K - 8 Lunch Pre-Pack	Total	
HOLIDAY	SERVING	0.0
Weighted Daily Average		0.00
% of Calories		0.0%

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Jan 31, 2012

## K - 8 Lunch Pre-Pack

	Portion Size	Carb (g)
<u>Tue - 02/21/2012</u>		
K - 8 Lunch Pre-Pack	Total	
Burrito, Chick, Rice & Chse MC	1 ea	43.16
Taco Sauce Mild Pkt	1 ea	1.05
CARROTS,RAW,BABY	2 oz	4.67
APPLES,Fresh	1 EACH	19.06
Cereal Bar Mountain Farm 1.3 o	1 each	27.0
Milk Variety 1% Plain/0% Choc.	8 oz	21.5
Weighted Daily Average		116.44
% of Calories		66.9%

<u>Wed - 02/22/2012</u>		
K - 8 Lunch Pre-Pack	Total	
Chick Patty Krunchy Tyson#3857	1 ea	12.0
Hamb Bun Rainbo W/W 1.57g	1 ea	28.0
LETTUCE,ICEBERG,FRESH	1/4 CUP	0.41
Pickles Dill, 2 slices 14g	slices	0.27
KETCHUP	1 each	2.0
Potato Sweet Fry McCain	1 oz	7.33
Potato Fr Fried Oven Ht USDA	1 oz	6.85
Fruit Jerky-Assorted, Dakota G	1 ea	16.0
Milk Variety 1% Plain/0% Choc.	8 oz	21.5
Weighted Daily Average		94.36
% of Calories		54.6%

<u>Thu - 02/23/2012</u>		
K - 8 Lunch Pre-Pack	Total	
Pork Rib DISC Strip Shpd	6 ea	12.78
BBQ Beans Veg USDA/SYSCO BBQ	3/8 cup	19.13
CARROTS,RAW,BABY	1 oz	2.34
FRUIT COCKTAIL:canned,lt syrup	3/8 CUP	13.55
Cornmeal Super Star	1 ea	21.0
Milk Variety 1% Plain/0% Choc.	8 oz	21.5
Weighted Daily Average		90.30
% of Calories		50.4%

<u>Fri - 02/24/2012</u>		
K - 8 Lunch Pre-Pack	Total	
Macaroni & Chse RF LandOLakes	5.5 oz	29.33
BROCCOLI: frozen, boiled	1/2 CUP	4.92
BANANAS	1 EACH	23.07
Roll W/W 1.43oz Sara Lee	1 ea	20.0
Jelly Mixed Fruit .5oz PPI	1 each	10.0
Milk Variety 1% Plain/0% Choc.	8 oz	21.5
Weighted Daily Average		108.82
% of Calories		64.8%

<u>Mon - 02/27/2012</u>		
K - 8 Lunch Pre-Pack	Total	
Bf Mini Chseburgers DonLee	1 EA	50.8
LETTUCE,ICEBERG,FRESH	1/4 CUP	0.41
Pickles Dill, 2 slices 14g	slices	0.27
MUSTARD	1 each	0.0
KETCHUP	1 each	2.0
APPLES,Fresh	1 EACH	19.06
Milk Variety 1% Plain/0% Choc.	8 oz	21.5

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Jan 31, 2012

	Portion Size	Carb (g)
Weighted Daily Average		94.04
% of Calories		54.0%

Tue - 02/28/2012		
K - 8 Lunch Pre-Pack		
	Total	
Max Snax Cheesiest Con Queso	3 ea	25.0
Refried Beans Veg Seaside	3/8 cup	20.25
CHEESE,CHEDDAR,AMERICAN	1/2 OZ	0.18
CARROTS,RAW,BABY	1 oz	2.34
Jicama (Yam Bean) Fresh	1/2 oz	1.25
Pears, Rosy	1 cup	34.63
Milk Variety 1% Plain/0% Choc.	8 oz	21.5
Weighted Daily Average		105.14
% of Calories		62.9%

Wed - 02/29/2012		
K - 8 Lunch Pre-Pack		
	Total	
Pizza Lunch Bagel Chse Tony Ro	1 ea	39.34
Lettuce, IceRomSpin	1 oz	0.89
Buttermilk Ranch Dressing PPI	1 each	1.0
MANDARIN ORANGE,RAW	1 ea	11.74
Rice Krispies 11g Kellog's	1 ea	9.0
Milk Variety 1% Plain/0% Choc.	8 oz	21.5
Weighted Daily Average		83.47
% of Calories		51.0%

Weighted Average		96.69
		56.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Carbohydrate (g)	96.69	56.06%					

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