

USD #491

Jan 30, 2012 thru Feb 24, 2012 Spreadsheet - Portion Values Combined: Eudora Elementary Breakfast/Eudora Elementary Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/30/2012															
Eudora Elementary Breakfas	Total														
Cinnamon Roll	1 ea	240	0	300	2.00	1.44	20.0	0	0	*N/A*	4.99	39.95	6.99	2.00	0.00
Cereal / Toast	serving	269	0	464	3.32	6.42	177.8	631	126	6.45	6.58	46.19	8.33	1.11	1.52
yogurt	2 (4 oz)	215	5	132	0.00	0.16	344.7	27	5	15.88	9.98	43.09	0.45	0.25	*N/A*
Poptart-whole grain	package	190	0	150	5.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
Granola Bar and Toast	Serving	291	0	356	3.00	1.44	40.0	253	51	0.0	7.0	46.0	10.07	1.51	1.52
Juice, Breakfast variety	1 each	62	0	12	0.00	0.00	0.0	0	0	36.96	0.4	14.6	0.0	0.00	*0.00
Fruit-canned variety	#12 dipper	46	0	5	1.15	3.83	7.1	137	18	4.39	0.32	11.88	0.04	0.00	*N/A*
Fruit, fresh, Eudora	1 each	73	0	1	3.14	0.18	16.5	117	11	19.5	0.68	19.13	0.24	0.05	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
margarine pat	1 pat	36	0	48	0.00	0.00	1.5	180	40	0.01	0.05	0.05	4.06	0.67	*N/A*
sunbutter	1 oz	35	0	21	0.71	0.00	0.0	0	0	0.0	1.24	1.24	2.83	0.35	0.00
JELLY	1 TBSP	51	0	6	0.19	0.04	1.3	1	0	0.17	0.03	13.29	0.0	0.00	*N/A*
Eudora Elementary Lunch	Total														
Cheeseburger, Eudora Sec	sandwich	378	48	743	3.86	3.27	113.9	270	55	*2.03	20.22	31.01	20.43	8.58	*0.00
Chicken Patty Sandwich, Eudora	sandwich	398	45	858	4.86	3.27	18.9	120	25	2.03	20.72	45.51	16.93	3.58	*0.00
sweet potato nuggets	3 oz	133	0	236	3.08	6.65	20.5	3077	615	9.23	1.03	25.64	3.59	0.00	0.00
Rice Crispy Bar	Serving	119	0	95	0.07	2.77	1.0	502	100	4.46	0.95	22.91	2.9	0.52	*0.21
GARDEN SALAD	1/2 CUP	19	0	19	1.54	0.73	26.8	5795	579	12.55	1.11	3.74	0.2	0.03	*N/A*
Oranges, mandarin	servings	58	0	13	0.79	21.83	15.9	204	41	14.88	0.48	13.99	0.0	0.00	*N/A*
Apple, pkg	pkg	35	0	0	2.00	0.18	0.0	50	10	1.8	0.0	9.0	0.0	0.00	0.00
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
KETCHUP: individual	Pkt 6g	6	0	67	0.02	0.03	1.1	56	6	0.91	0.1	1.51	0.02	0.00	*N/A*
MAYONNAISE:individual PC	Pkt 7g	50	4	40	0.00	0.04	1.3	20	6	0.0	0.08	0.19	5.56	0.60	*N/A*
Ranch Dressing, Eudora lowfat	1 oz / 2 tbs	70	10	370	0.00	0.00	0.0	0	0	0.0	0.0	7.0	4.5	0.50	0.00
Weighted Daily Average		686	44	1144	7.03	16.52	356.9	4953	782	*31.79	24.91	98.47	22.87	6.90	*0.23
% of Calories											14.5%	57.4%	30.0%	9.1%	*0.3%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/31/2012															
Eudora Elementary Breakfas	Total														
Breakfast Bake	Serving	293	125	560	1.86	2.05	143.5	237	82	6.31	14.63	27.03	14.78	5.90	*0.00
Cereal / Toast	serving	269	0	464	3.32	6.42	177.8	631	126	6.45	6.58	46.19	8.33	1.11	1.52
yogurt	2 (4 oz)	215	5	132	0.00	0.16	344.7	27	5	15.88	9.98	43.09	0.45	0.25	*N/A*
Poptart-whole grain	package	190	0	150	5.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
Cinnamon Roll	1 ea	240	0	300	2.00	1.44	20.0	0	0	*N/A*	4.99	39.95	6.99	2.00	0.00
Granola Bar and Toast	Serving	291	0	356	3.00	1.44	40.0	253	51	0.0	7.0	46.0	10.07	1.51	1.52
Juice, Breakfast variety	1 each	62	0	12	0.00	0.00	0.0	0	0	36.96	0.4	14.6	0.0	0.00	*0.00
Fruit-canned variety	#12 dipper	46	0	5	1.15	3.83	7.1	137	18	4.39	0.32	11.88	0.04	0.00	*N/A*
Fruit, fresh, Eudora	1 each	73	0	1	3.14	0.18	16.5	117	11	19.5	0.68	19.13	0.24	0.05	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
margarine pat	1 pat	36	0	48	0.00	0.00	1.5	180	40	0.01	0.05	0.05	4.06	0.67	*N/A*
sunbutter	1 oz	35	0	21	0.71	0.00	0.0	0	0	0.0	1.24	1.24	2.83	0.35	0.00
JELLY	1 TBSP	51	0	6	0.19	0.04	1.3	1	0	0.17	0.03	13.29	0.0	0.00	*N/A*
Eudora Elementary Lunch	Total														
chicken nuggets-standard porti	4 each	220	40	470	2.00	1.08	20.0	0	0	0.0	14.0	11.0	13.0	3.00	*N/A*
Chicken Patty Sandwich, Eudora	sandwich	398	45	858	4.86	3.27	18.9	120	25	2.03	20.72	45.51	16.93	3.58	*0.00
rolls buttered-Eudora Elementa	1.5 ounce	109	0	141	1.83	0.94	12.1	22	6	1.29	3.02	18.83	2.72	0.73	*0.00
Potato, mashed, Eudora	#12 dipper	81	0	359	1.02	0.19	12.4	0	0	3.65	2.03	15.23	1.02	0.00	*0.00
gravy, chicken reduced fat	2 TBSP	22	0	202	0.08	0.12	1.4	60	13	0.02	0.37	1.96	1.39	0.28	*N/A*
GARDEN SALAD	1/2 CUP	19	0	19	1.54	0.73	26.8	5795	579	12.55	1.11	3.74	0.2	0.03	*N/A*
Broccoli	1/4 cup	30	0	27	1.43	0.29	16.4	563	108	19.1	1.5	2.57	1.88	0.39	*N/A*
Pineapple Tidbits	1/3 cups	53	0	7	1.33	0.48	13.3	133	27	7.97	0.66	13.95	0.0	0.00	0.00
BANANAS	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
Ranch Dressing, Eudora lowfat	1 oz / 2 tbs	70	10	370	0.00	0.00	0.0	0	0	0.0	0.0	7.0	4.5	0.50	0.00
MAYONNAISE:individual PC	Pkt 7g	50	4	40	0.00	0.04	1.3	20	6	0.0	0.08	0.19	5.56	0.60	*N/A*
Weighted Daily Average		610	60	1215	6.71	3.43	367.9	2972	391	*33.44	26.21	84.23	19.20	4.59	*0.11
% of Calories											17.2%	55.2%	28.3%	6.8%	*0.2%

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Wed - 02/01/2012															
Eudora Elementary Breakfas	Total														
Burrito, Breakfast, Egg and Ch	1 each	170	50	250	2.00	2.00	27.0	225	45	0.8	8.0	22.0	6.0	2.00	*N/A*
Cereal / Toast	serving	269	0	464	3.32	6.42	177.8	631	126	6.45	6.58	46.19	8.33	1.11	1.52
yogurt	2 (4 oz)	215	5	132	0.00	0.16	344.7	27	5	15.88	9.98	43.09	0.45	0.25	*N/A*
Poptart-whole grain	package	190	0	150	5.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
Cinnamon Roll	1 ea	240	0	300	2.00	1.44	20.0	0	0	*N/A*	4.99	39.95	6.99	2.00	0.00
Granola Bar and Toast	Serving	291	0	356	3.00	1.44	40.0	253	51	0.0	7.0	46.0	10.07	1.51	1.52
Juice, Breakfast variety	1 each	62	0	12	0.00	0.00	0.0	0	0	36.96	0.4	14.6	0.0	0.00	*0.00
Fruit-canned variety	#12 dipper	46	0	5	1.15	3.83	7.1	137	18	4.39	0.32	11.88	0.04	0.00	*N/A*
Fruit, fresh, Eudora	1 each	73	0	1	3.14	0.18	16.5	117	11	19.5	0.68	19.13	0.24	0.05	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
margarine pat	1 pat	36	0	48	0.00	0.00	1.5	180	40	0.01	0.05	4.06	0.67	*N/A*	
sunbutter	1 oz	35	0	21	0.71	0.00	0.0	0	0	0.0	1.24	1.24	2.83	0.35	0.00
Taco Sauce	1 ounce	15	0	226	0.37	0.29	4.3	152	15	6.66	0.33	3.71	0.09	0.01	*N/A*
JELLY	1 TBSP	51	0	6	0.19	0.04	1.3	1	0	0.17	0.03	13.29	0.0	0.00	*N/A*
Eudora Elementary Lunch															
Crispito - Chicken Chili	1 each	240	30	340	2.00	1.08	100.0	0	0	*N/A*	8.0	20.0	14.0	3.50	0.00
Chicken Patty Sandwich, Eudora	sandwich	398	45	858	4.86	3.27	18.9	120	25	2.03	20.72	45.51	16.93	3.58	*0.00
Red Beans & Rice	1/3 cup	80	0	257	1.37	0.93	15.4	194	40	5.16	2.42	14.1	1.61	0.21	*0.00
GARDEN SALAD	1/2 CUP	18	0	24	1.36	0.56	25.6	4038	544	7.42	0.97	3.78	0.18	0.03	*0.00
Pears-Eudora	servings	60	0	5	2.83	0.29	6.3	0	0	0.73	0.24	15.83	0.04	0.00	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
Ranch Dressing, Eudora lowfat	1 oz / 2 tbs	70	10	370	0.00	0.00	0.0	0	0	0.0	0.0	7.0	4.5	0.50	0.00
Taco Sauce	1 ounce	15	0	226	0.37	0.29	4.3	152	15	6.66	0.33	3.71	0.09	0.01	*N/A*
MAYONNAISE:individual PC	Pkt 7g	50	4	40	0.00	0.04	1.3	20	6	0.0	0.08	0.19	5.56	0.60	*N/A*
Weighted Daily Average		525	45	1082	5.23	3.31	384.1	2743	414	*23.26	19.85	73.63	17.06	3.79	*0.10
% of Calories											15.1%	56.2%	29.3%	6.5%	*0.2%

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Jan 30, 2012 thru Feb 24, 2012 Spreadsheet - Portion Values Combined: Eudora Elementary Breakfast/Eudora Elementary Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/02/2012															
Eudora Elementary Breakfas	Total														
Breakfast Stick w/ syrup	1 each	304	15	433	1.00	1.78	19.0	0	0	0.0	9.0	42.02	12.06	3.01	*N/A*
Cereal / Toast	serving	269	0	464	3.32	6.42	177.8	631	126	6.45	6.58	46.19	8.33	1.11	1.52
yogurt	2 (4 oz)	215	5	132	0.00	0.16	344.7	27	5	15.88	9.98	43.09	0.45	0.25	*N/A*
Poptart-whole grain	package	190	0	150	5.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
Cinnamon Roll	1 ea	240	0	300	2.00	1.44	20.0	0	0	*N/A*	4.99	39.95	6.99	2.00	0.00
Granola Bar and Toast	Serving	291	0	356	3.00	1.44	40.0	253	51	0.0	7.0	46.0	10.07	1.51	1.52
Juice, Breakfast variety	1 each	62	0	12	0.00	0.00	0.0	0	0	36.96	0.4	14.6	0.0	0.00	*0.00
Fruit-canned variety	#12 dipper	46	0	5	1.15	3.83	7.1	137	18	4.39	0.32	11.88	0.04	0.00	*N/A*
Fruit, fresh, Eudora	1 each	73	0	1	3.14	0.18	16.5	117	11	19.5	0.68	19.13	0.24	0.05	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
margarine pat	1 pat	36	0	48	0.00	0.00	1.5	180	40	0.01	0.05	0.05	4.06	0.67	*N/A*
sunbutter	1 oz	35	0	21	0.71	0.00	0.0	0	0	0.0	1.24	1.24	2.83	0.35	0.00
JELLY	1 TBSP	51	0	6	0.19	0.04	1.3	1	0	0.17	0.03	13.29	0.0	0.00	*N/A*
Eudora Elementary Lunch	Total														
Chili Cheese Fries- Elementary	2 oz	170	16	297	3.84	3.82	43.8	338	49	5.08	8.06	19.59	6.86	2.41	*0.00
Chicken Patty Sandwich, Eudora	sandwich	398	45	858	4.86	3.27	18.9	120	25	2.03	20.72	45.51	16.93	3.58	*0.00
CINNAMON ROLLS	2 oz	211	1	297	1.68	1.72	38.3	9	3	0.29	4.64	37.76	4.76	0.76	*0.00
GARDEN SALAD	1/2 CUP	19	0	19	1.54	0.73	26.8	5795	579	12.55	1.11	3.74	0.2	0.03	*N/A*
CUCUMBER,RAW	1 OZ	3	0	1	0.20	0.06	4.0	20	2	0.91	0.17	0.61	0.05	0.00	*N/A*
CARROT STICKS	1/4 CUP	18	0	30	1.23	0.13	14.5	7387	1236	2.59	0.41	4.21	0.11	0.02	0.00
GRAPES,Fresh	1/4 CUP	15	0	0	0.21	0.07	3.2	23	2	0.92	0.14	3.94	0.08	0.03	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
MAYONNAISE:individual PC	Pkt 7g	50	4	40	0.00	0.04	1.3	20	6	0.0	0.08	0.19	5.56	0.60	*N/A*
Ranch Dressing, Eudora lowfat	1 oz / 2 tbs	70	10	370	0.00	0.00	0.0	0	0	0.0	0.0	7.0	4.5	0.50	0.00
Weighted Daily Average		553	28	856	5.76	5.26	379.3	4799	671	*21.98	20.65	85.75	14.70	3.56	*0.12
% of Calories											14.9%	62.0%	23.9%	5.8%	*0.2%

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Fri - 02/03/2012															
Eudora Elementary Breakfas	Total														
Biscuit Sandwich - EES	1	474	53	997	1.08	3.66	130.8	152	30	0.0	14.81	28.74	34.76	13.19	*N/A*
Cereal / Toast	1 serving	269	0	464	3.32	6.42	177.8	631	126	6.45	6.58	46.19	8.33	1.11	1.52
yogurt	2 (4 oz)	215	5	132	0.00	0.16	344.7	27	5	15.88	9.98	43.09	0.45	0.25	*N/A*
Poptart-whole grain	1 package	190	0	150	5.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
Cinnamon Roll	1 ea	240	0	300	2.00	1.44	20.0	0	0	*N/A*	4.99	39.95	6.99	2.00	0.00
Granola Bar and Toast	Serving	291	0	356	3.00	1.44	40.0	253	51	0.0	7.0	46.0	10.07	1.51	1.52
Juice, Breakfast variety	1 each	62	0	12	0.00	0.00	0.0	0	0	36.96	0.4	14.6	0.0	0.00	*0.00
Fruit-canned variety	#12 dipper	46	0	5	1.15	3.83	7.1	137	18	4.39	0.32	11.88	0.04	0.00	*N/A*
Fruit, fresh, Eudora	1 each	73	0	1	3.14	0.18	16.5	117	11	19.5	0.68	19.13	0.24	0.05	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
margarine pat	1 pat	36	0	48	0.00	0.00	1.5	180	40	0.01	0.05	0.05	4.06	0.67	*N/A*
sunbutter	1 oz	35	0	21	0.71	0.00	0.0	0	0	0.0	1.24	1.24	2.83	0.35	0.00
JELLY	1 TBSP	51	0	6	0.19	0.04	1.3	1	0	0.17	0.03	13.29	0.0	0.00	*N/A*
Eudora Elementary Lunch	Total														
Macaroni & Cheese-Elementary	#8 scoop	263	26	581	1.30	0.94	223.1	562	126	*0.01	10.85	25.6	13.36	5.91	*0.00
Chicken Patty Sandwich, Eudora	sandwich	398	45	858	4.86	3.27	18.9	120	25	2.03	20.72	45.51	16.93	3.58	*0.00
rolls buttered-Eudora Elementa	1.5 ounce	109	0	141	1.83	0.94	12.1	22	6	1.29	3.02	18.83	2.72	0.73	*0.00
GARDEN SALAD	1/2 CUP	19	0	19	1.54	0.73	26.8	5795	579	12.55	1.11	3.74	0.2	0.03	*N/A*
Peas-seasoned	1/3 cup	68	0	93	2.85	0.97	14.7	1397	67	11.4	3.33	8.64	2.38	0.48	*N/A*
Rosy Applesauce	1/3 cup	61	0	6	1.02	0.10	2.6	5	1	1.94	0.2	15.59	0.14	0.03	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
MAYONNAISE:individual PC	Pkt 7g	50	4	40	0.00	0.04	1.3	20	6	0.0	0.08	0.19	5.56	0.60	*N/A*
Ranch Dressing, Eudora lowfat	1 oz / 2 tbs	70	10	370	0.00	0.00	0.0	0	0	0.0	0.0	7.0	4.5	0.50	0.00
Weighted Daily Average		669	43	1138	6.17	4.09	499.3	3615	428	*26.15	25.50	90.63	23.88	7.87	*0.13
% of Calories											15.2%	54.2%	32.1%	10.6%	*0.2%

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¹ - denotes optional nutrient values

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USD #491

Jan 30, 2012 thru Feb 24, 2012 Spreadsheet - Portion Values Combined: Eudora Elementary Breakfast/Eudora Elementary Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/06/2012															
Eudora Elementary Breakfas	Total														
French Tst Stcks w/ Sausage-W	serving	269	22	414	0.50	1.00	20.0	0	0	0.0	5.48	22.49	17.42	5.96	*0.00
Cereal / Toast	serving	269	0	464	3.32	6.42	177.8	631	126	6.45	6.58	46.19	8.33	1.11	1.52
yogurt	2 (4 oz)	215	5	132	0.00	0.16	344.7	27	5	15.88	9.98	43.09	0.45	0.25	*N/A*
Poptart-whole grain	package	190	0	150	5.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
Cinnamon Roll	1 ea	240	0	300	2.00	1.44	20.0	0	0	*N/A*	4.99	39.95	6.99	2.00	0.00
Granola Bar and Toast	Serving	291	0	356	3.00	1.44	40.0	253	51	0.0	7.0	46.0	10.07	1.51	1.52
Juice, Breakfast variety	1 each	62	0	12	0.00	0.00	0.0	0	0	36.96	0.4	14.6	0.0	0.00	*0.00
Fruit-canned variety	#12 dipper	46	0	5	1.15	3.83	7.1	137	18	4.39	0.32	11.88	0.04	0.00	*N/A*
Fruit, fresh, Eudora	1 each	73	0	1	3.14	0.18	16.5	117	11	19.5	0.68	19.13	0.24	0.05	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
SYRUP,PANCAKE	1 TBSP	46	0	16	0.00	0.01	0.6	0	0	0.0	0.0	12.06	0.0	0.00	*N/A*
sunbutter	1 oz	35	0	21	0.71	0.00	0.0	0	0	0.0	1.24	1.24	2.83	0.35	0.00
margarine pat	1 pat	36	0	48	0.00	0.00	1.5	180	40	0.01	0.05	0.05	4.06	0.67	*N/A*
JELLY	1 TBSP	51	0	6	0.19	0.04	1.3	1	0	0.17	0.03	13.29	0.0	0.00	*N/A*
Eudora Elementary Lunch															
Chicken Patty Sandwich, Eudora	Total sandwich	398	45	858	4.86	3.27	18.9	120	25	2.03	20.72	45.51	16.93	3.58	*0.00
Pizza, cheese Tony's	4x6 slice	300	15	660	2.00	1.80	300.0	300	142	0.6	15.0	37.0	11.0	4.00	0.00
Chips-Sun Chips Garden Salsa	bag	140	0	160	2.00	0.36	0.0	0	0	0.0	2.0	19.0	6.0	1.00	0.00
Green beans-EES	serving	17	0	138	0.81	0.39	11.5	193	40	1.83	0.52	1.94	1.04	0.22	*N/A*
GARDEN SALAD	1/2 CUP	19	0	19	1.54	0.73	26.8	5795	579	12.55	1.11	3.74	0.2	0.03	*N/A*
Oranges, mandarin	servings	58	0	13	0.79	21.83	15.9	204	41	14.88	0.48	13.99	0.0	0.00	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
MAYONNAISE:individual PC	Pkt 7g	50	4	40	0.00	0.04	1.3	20	6	0.0	0.08	0.19	5.56	0.60	*N/A*
Ranch Dressing, Eudora lowfat	1 oz / 2 tbs	70	10	370	0.00	0.00	0.0	0	0	0.0	0.0	7.0	4.5	0.50	0.00
Weighted Daily Average		687	45	1189	6.99	19.61	346.9	2315	330	*28.69	26.04	94.05	24.18	5.19	*0.12
% of Calories											15.2%	54.7%	31.7%	6.8%	*0.2%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - denotes optional nutrient values

USD #491

Jan 30, 2012 thru Feb 24, 2012 Spreadsheet - Portion Values Combined: Eudora Elementary Breakfast/Eudora Elementary Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/07/2012															
Eudora Elementary Breakfas	Total														
Pizza, Breakfast, Tony's	slice	227	14	628	1.10	1.75	139.7	281	56	0.4	9.4	22.5	11.2	3.40	*N/A*
Cereal / Toast	serving	269	0	464	3.32	6.42	177.8	631	126	6.45	6.58	46.19	8.33	1.11	1.52
yogurt	2 (4 oz)	215	5	132	0.00	0.16	344.7	27	5	15.88	9.98	43.09	0.45	0.25	*N/A*
Poptart-whole grain	package	190	0	150	5.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
Cinnamon Roll	1 ea	240	0	300	2.00	1.44	20.0	0	0	*N/A*	4.99	39.95	6.99	2.00	0.00
Granola Bar and Toast	Serving	291	0	356	3.00	1.44	40.0	253	51	0.0	7.0	46.0	10.07	1.51	1.52
Juice, Breakfast variety	1 each	62	0	12	0.00	0.00	0.0	0	0	36.96	0.4	14.6	0.0	0.00	*0.00
Fruit-canned variety	#12 dipper	46	0	5	1.15	3.83	7.1	137	18	4.39	0.32	11.88	0.04	0.00	*N/A*
Fruit, fresh, Eudora	1 each	73	0	1	3.14	0.18	16.5	117	11	19.5	0.68	19.13	0.24	0.05	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
margarine pat	1 pat	36	0	48	0.00	0.00	1.5	180	40	0.01	0.05	0.05	4.06	0.67	*N/A*
sunbutter	1 oz	35	0	21	0.71	0.00	0.0	0	0	0.0	1.24	1.24	2.83	0.35	0.00
JELLY	1 TBSP	51	0	6	0.19	0.04	1.3	1	0	0.17	0.03	13.29	0.0	0.00	*N/A*
Eudora Elementary Lunch	Total														
Burrito, Butcher Boy Beef/Bean	1 each	370	20	640	5.00	3.60	4820.0	300	60	1.2	14.0	40.0	17.0	4.50	0.00
Cheese Sauce, Nacho	2 ounces	40	3	235	0.50	0.00	30.0	0	0	0.0	1.0	3.0	2.5	1.25	*N/A*
Pizza, cheese Tony's	4x6 slice	300	15	660	2.00	1.80	300.0	300	142	0.6	15.0	37.0	11.0	4.00	0.00
Corn, seasoned, EES	servings	48	0	178	0.95	0.36	2.9	60	16	0.35	1.32	9.35	1.32	0.26	*N/A*
GARDEN SALAD	1/2 CUP	19	0	19	1.54	0.73	26.8	5795	579	12.55	1.11	3.74	0.2	0.03	*N/A*
Pineapple Tidbits-Eudora	servings	39	0	1	0.86	0.18	10.5	33	7	6.19	0.34	10.24	0.07	0.01	*N/A*
BANANAS	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
Sherbert, 4 oz	4 oz cont.	120	4	33	0.00	0.00	53.3	0	0	4.8	1.33	26.67	0.67	0.67	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
Ranch Dressing, Eudora lowfat	1 oz / 2 tbs	70	10	370	0.00	0.00	0.0	0	0	0.0	0.0	7.0	4.5	0.50	0.00
Weighted Daily Average		661	29	1118	6.31	3.91	3190.8	2192	319	*23.58	23.09	101.27	18.69	5.73	*0.11
% of Calories											14.0%	61.3%	25.4%	7.8%	*0.2%

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¹ - denotes optional nutrient values

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USD #491

Jan 30, 2012 thru Feb 24, 2012 Spreadsheet - Portion Values Combined: Eudora Elementary Breakfast/Eudora Elementary Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/08/2012															
Eudora Elementary Breakfas	Total														
Breakfast cups	1 ea	339	30	981	2.30	2.83	216.5	319	64	0.0	16.79	26.17	18.71	8.12	4.01
Cereal / Toast	serving	269	0	464	3.32	6.42	177.8	631	126	6.45	6.58	46.19	8.33	1.11	1.52
yogurt	2 (4 oz)	215	5	132	0.00	0.16	344.7	27	5	15.88	9.98	43.09	0.45	0.25	*N/A*
Poptart-whole grain	package	190	0	150	5.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
Cinnamon Roll	1 ea	240	0	300	2.00	1.44	20.0	0	0	*N/A*	4.99	39.95	6.99	2.00	0.00
Granola Bar and Toast	Serving	291	0	356	3.00	1.44	40.0	253	51	0.0	7.0	46.0	10.07	1.51	1.52
Juice, Breakfast variety	1 each	62	0	12	0.00	0.00	0.0	0	0	36.96	0.4	14.6	0.0	0.00	*0.00
Fruit-canned variety	#12 dipper	46	0	5	1.15	3.83	7.1	137	18	4.39	0.32	11.88	0.04	0.00	*N/A*
Fruit, fresh, Eudora	1 each	73	0	1	3.14	0.18	16.5	117	11	19.5	0.68	19.13	0.24	0.05	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
margarine pat	1 pat	36	0	48	0.00	0.00	1.5	180	40	0.01	0.05	0.05	4.06	0.67	*N/A*
sunbutter	1 oz	35	0	21	0.71	0.00	0.0	0	0	0.0	1.24	1.24	2.83	0.35	0.00
JELLY	1 TBSP	51	0	6	0.19	0.04	1.3	1	0	0.17	0.03	13.29	0.0	0.00	*N/A*
Eudora Elementary Lunch	Total														
Homemade Sausage pizza EES	10 cut	235	12	443	2.26	2.81	242.8	291	58	2.77	14.63	27.06	7.54	3.29	*0.01
Pizza, cheese Tony's	4x6 slice	300	15	660	2.00	1.80	300.0	300	142	0.6	15.0	37.0	11.0	4.00	0.00
Roll-51%white whole wheat	2 oz	171	0	206	2.73	1.45	33.6	48	14	2.66	5.09	29.03	4.17	1.05	*0.00
Pizza sauce	2 ounces	34	2	117	1.26	0.57	34.0	420	42	7.12	1.37	5.46	0.72	0.29	*N/A*
GARDEN SALAD	1/2 CUP	19	0	19	1.54	0.73	26.8	5795	579	12.55	1.11	3.74	0.2	0.03	*N/A*
Pears-Eudora	servings	60	0	5	2.83	0.29	6.3	0	0	0.73	0.24	15.83	0.04	0.00	*N/A*
Sugar Cookie- Redi Bake	1 ea	131	5	87	0.00	0.00	0.0	0	0	0.0	1.09	17.45	5.45	2.18	0.00
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
Ranch Dressing, Eudora lowfat	1 oz / 2 tbs	70	10	370	0.00	0.00	0.0	0	0	0.0	0.0	7.0	4.5	0.50	0.00
Weighted Daily Average		710	30	1133	7.73	5.02	554.6	4360	529	*26.67	27.09	105.66	19.78	6.92	*0.73
% of Calories											15.3%	59.5%	25.1%	8.8%	*0.9%

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USD #491

Jan 30, 2012 thru Feb 24, 2012 Spreadsheet - Portion Values Combined: Eudora Elementary Breakfast/Eudora Elementary Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/09/2012															
Eudora Elementary Breakfas	Total														
Breakfast Stick w/ syrup	1 each	304	15	433	1.00	1.78	19.0	0	0	0.0	9.0	42.02	12.06	3.01	*N/A*
Cereal / Toast	serving	269	0	464	3.32	6.42	177.8	631	126	6.45	6.58	46.19	8.33	1.11	1.52
yogurt	2 (4 oz)	215	5	132	0.00	0.16	344.7	27	5	15.88	9.98	43.09	0.45	0.25	*N/A*
Poptart-whole grain	package	190	0	150	5.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
Cinnamon Roll	1 ea	240	0	300	2.00	1.44	20.0	0	0	*N/A*	4.99	39.95	6.99	2.00	0.00
Granola Bar and Toast	Serving	291	0	356	3.00	1.44	40.0	253	51	0.0	7.0	46.0	10.07	1.51	1.52
Juice, Breakfast variety	1 each	62	0	12	0.00	0.00	0.0	0	0	36.96	0.4	14.6	0.0	0.00	*0.00
Fruit-canned variety	#12 dipper	46	0	5	1.15	3.83	7.1	137	18	4.39	0.32	11.88	0.04	0.00	*N/A*
Fruit, fresh, Eudora	1 each	73	0	1	3.14	0.18	16.5	117	11	19.5	0.68	19.13	0.24	0.05	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
margarine pat	1 pat	36	0	48	0.00	0.00	1.5	180	40	0.01	0.05	0.05	4.06	0.67	*N/A*
sunbutter	1 oz	35	0	21	0.71	0.00	0.0	0	0	0.0	1.24	1.24	2.83	0.35	0.00
JELLY	1 TBSP	51	0	6	0.19	0.04	1.3	1	0	0.17	0.03	13.29	0.0	0.00	*N/A*
Eudora Elementary Lunch	Total														
Turkey & Cheese Wrap	sandwich	299	25	1050	2.17	2.52	165.3	150	30	*0.0	12.86	37.46	10.18	3.82	*0.00
Pizza, cheese Tony's	4x6 slice	300	15	660	2.00	1.80	300.0	300	142	0.6	15.0	37.0	11.0	4.00	0.00
BAKED POTATO	1 EACH	188	0	20	4.44	2.18	30.3	20	0	19.39	5.05	42.72	0.26	0.08	*N/A*
Broccoli with cheese sauce	2 oz	21	1	58	1.37	0.26	20.7	425	79	16.84	1.53	2.93	0.62	0.29	*N/A*
GARDEN SALAD	1/2 CUP	19	0	19	1.54	0.73	26.8	5795	579	12.55	1.11	3.74	0.2	0.03	*N/A*
GRAPES,Fresh	1/4 CUP	15	0	0	0.21	0.07	3.2	23	2	0.92	0.14	3.94	0.08	0.03	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
Ranch Dressing, Eudora lowfat	1 oz / 2 tbs	70	10	370	0.00	0.00	0.0	0	0	0.0	0.0	7.0	4.5	0.50	0.00
margarine pat	1 pat	36	0	48	0.00	0.00	1.5	180	40	0.01	0.05	0.05	4.06	0.67	*N/A*
MAYONNAISE:individual PC	Pkt 7g	50	4	40	0.00	0.04	1.3	20	6	0.0	0.08	0.19	5.56	0.60	*N/A*
Weighted Daily Average		621	30	1142	6.21	4.57	474.1	3080	413	*35.56	23.57	96.45	15.89	4.55	*0.12
% of Calories											15.2%	62.2%	23.0%	6.6%	*0.2%

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Jan 30, 2012 thru Feb 24, 2012 Spreadsheet - Portion Values Combined: Eudora Elementary Breakfast/Eudora Elementary Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/10/2012															
Eudora Elementary Breakfas	Total														
Biscuit Sandwich - EES	1	474	53	997	1.08	3.66	130.8	152	30	0.0	14.81	28.74	34.76	13.19	*N/A*
Cereal / Toast	1 serving	269	0	464	3.32	6.42	177.8	631	126	6.45	6.58	46.19	8.33	1.11	1.52
yogurt	2 (4 oz)	215	5	132	0.00	0.16	344.7	27	5	15.88	9.98	43.09	0.45	0.25	*N/A*
Poptart-whole grain	1 package	190	0	150	5.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
Cinnamon Roll	1 ea	240	0	300	2.00	1.44	20.0	0	0	*N/A*	4.99	39.95	6.99	2.00	0.00
Granola Bar and Toast	Serving	291	0	356	3.00	1.44	40.0	253	51	0.0	7.0	46.0	10.07	1.51	1.52
Juice, Breakfast variety	1 each	62	0	12	0.00	0.00	0.0	0	0	36.96	0.4	14.6	0.0	0.00	*0.00
Fruit-canned variety	#12 dipper	46	0	5	1.15	3.83	7.1	137	18	4.39	0.32	11.88	0.04	0.00	*N/A*
Fruit, fresh, Eudora	1 each	73	0	1	3.14	0.18	16.5	117	11	19.5	0.68	19.13	0.24	0.05	*N/A*
Milk, Roberts, 1%	1/2 pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	1/2 pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
margarine pat	1 pat	36	0	48	0.00	0.00	1.5	180	40	0.01	0.05	0.05	4.06	0.67	*N/A*
sunbutter	1 oz	35	0	21	0.71	0.00	0.0	0	0	0.0	1.24	1.24	2.83	0.35	0.00
JELLY	1 TBSP	51	0	6	0.19	0.04	1.3	1	0	0.17	0.03	13.29	0.0	0.00	*N/A*
Eudora Elementary Lunch															
Beef Tenders-Elementary	3 each														
Pizza, cheese Tony's	4x6 slice	300	15	660	2.00	1.80	300.0	300	142	0.6	15.0	37.0	11.0	4.00	0.00
rolls buttered-Eudora Elementa	1.5 ounce	109	0	141	1.83	0.94	12.1	22	6	1.29	3.02	18.83	2.72	0.73	*0.00
BAKED SWEET POTATOES & AP PLES	1/4 CUP	78	0	29	1.90	0.39	11.0	2637	527	3.5	0.56	16.56	1.38	0.28	*N/A*
Peas-seasoned EES	1/4 cup	48	0	66	2.13	0.72	10.9	1029	47	8.51	2.48	6.45	1.46	0.29	*N/A*
GARDEN SALAD	1/2 CUP	19	0	19	1.54	0.73	26.8	5795	579	12.55	1.11	3.74	0.2	0.03	*N/A*
Rosy Applesauce	1/3 cup	61	0	6	1.02	0.10	2.6	5	1	1.94	0.2	15.59	0.14	0.03	*N/A*
Milk, Roberts, 1%	1/2 pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	1/2 pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
KETCHUP: individual	Pkt 6g	6	0	67	0.02	0.03	1.1	56	6	0.91	0.1	1.51	0.02	0.00	*N/A*
Ranch Dressing, Eudora lowfat	1 oz / 2 tbs	70	10	370	0.00	0.00	0.0	0	0	0.0	0.0	7.0	4.5	0.50	0.00
Weighted Daily Average		658	40	947	5.98	4.30	417.9	4473	683	*24.95	23.45	88.99	24.24	8.25	*0.12
% of Calories											14.2%	54.1%	33.1%	11.3%	*0.2%

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/13/2012															
Eudora Elementary Breakfas	Total														
Biscuits n' Sausage Gravy Brea	serving	341	19	911	1.92	2.93	67.9	16	1	0.48	10.0	36.35	17.99	5.48	*0.05
Cereal / Toast	serving	269	0	464	3.32	6.42	177.8	631	126	6.45	6.58	46.19	8.33	1.11	1.52
yogurt	2 (4 oz)	215	5	132	0.00	0.16	344.7	27	5	15.88	9.98	43.09	0.45	0.25	*N/A*
Poptart-whole grain	package	190	0	150	5.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
Cinnamon Roll	1 ea	240	0	300	2.00	1.44	20.0	0	0	*N/A*	4.99	39.95	6.99	2.00	0.00
Granola Bar and Toast	Serving	291	0	356	3.00	1.44	40.0	253	51	0.0	7.0	46.0	10.07	1.51	1.52
Juice, Breakfast variety	1 each	62	0	12	0.00	0.00	0.0	0	0	36.96	0.4	14.6	0.0	0.00	*0.00
Fruit-canned variety	#12 dipper	46	0	5	1.15	3.83	7.1	137	18	4.39	0.32	11.88	0.04	0.00	*N/A*
Fruit, fresh, Eudora	1 each	73	0	1	3.14	0.18	16.5	117	11	19.5	0.68	19.13	0.24	0.05	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
margarine pat	1 pat	36	0	48	0.00	0.00	1.5	180	40	0.01	0.05	0.05	4.06	0.67	*N/A*
sunbutter	1 oz	35	0	21	0.71	0.00	0.0	0	0	0.0	1.24	1.24	2.83	0.35	0.00
JELLY	1 TBSP	51	0	6	0.19	0.04	1.3	1	0	0.17	0.03	13.29	0.0	0.00	*N/A*
Eudora Elementary Lunch	Total														
Cheeseburger, Eudora Sec	sandwich	378	48	743	3.86	3.27	113.9	270	55	*2.03	20.22	31.01	20.43	8.58	*0.00
Sub Sandwich, Turkey and Chees	each	276	31	1157	2.62	2.99	188.4	614	62	*4.4	16.78	38.28	6.69	2.52	*0.00
Potato Wedges, Eudora	serving	120	0	20	2.00	0.72	0.0	0	0	9.0	2.0	18.01	4.0	1.00	*N/A*
Baked Beans - EES	#16 dipper	96	0	413	2.31	1.09	23.4	14	3	0.02	3.47	18.84	0.58	0.00	*0.00
GARDEN SALAD	1/2 CUP	19	0	19	1.54	0.73	26.8	5795	579	12.55	1.11	3.74	0.2	0.03	*N/A*
Tropical Fruit	1/3 cup	92	0	0	2.05	0.00	0.0	0	0	*N/A*	0.51	21.55	0.0	0.00	0.00
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
KETCHUP: individual	Pkt 6g	6	0	67	0.02	0.03	1.1	56	6	0.91	0.1	1.51	0.02	0.00	*N/A*
Ranch Dressing, Eudora lowfat	1 oz / 2 tbs	70	10	370	0.00	0.00	0.0	0	0	0.0	0.0	7.0	4.5	0.50	0.00
MAYONNAISE:individual PC	Pkt 7g	50	4	40	0.00	0.04	1.3	20	6	0.0	0.08	0.19	5.56	0.60	*N/A*
Weighted Daily Average		703	47	1268	7.69	4.81	415.3	2885	362	*24.98	28.07	96.82	22.67	7.96	*0.12
% of Calories											16.0%	55.1%	29.0%	10.2%	*0.2%

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/14/2012															
Eudora Elementary Breakfasts	Total														
Pancake Sandwich	serving	310	86	538	0.96	2.37	173.7	173	35	0.19	10.7	31.26	15.52	3.12	*N/A*
SYRUP, PANCAKE	2 TBSP	92	0	32	0.00	0.01	1.2	0	0	0.0	0.0	24.13	0.0	0.00	*N/A*
Cereal / Toast	serving	269	0	464	3.32	6.42	177.8	631	126	6.45	6.58	46.19	8.33	1.11	1.52
yogurt	2 (4 oz)	215	5	132	0.00	0.16	344.7	27	5	15.88	9.98	43.09	0.45	0.25	*N/A*
Poptart-whole grain	package	190	0	150	5.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
Cinnamon Roll	1 ea	240	0	300	2.00	1.44	20.0	0	0	*N/A*	4.99	39.95	6.99	2.00	0.00
Granola Bar and Toast	Serving	291	0	356	3.00	1.44	40.0	253	51	0.0	7.0	46.0	10.07	1.51	1.52
Juice, Breakfast variety	1 each	62	0	12	0.00	0.00	0.0	0	0	36.96	0.4	14.6	0.0	0.00	*0.00
Fruit-canned variety	#12 dipper	46	0	5	1.15	3.83	7.1	137	18	4.39	0.32	11.88	0.04	0.00	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
JELLY	1 TBSP	51	0	6	0.19	0.04	1.3	1	0	0.17	0.03	13.29	0.0	0.00	*N/A*
Eudora Elementary Lunch	Total														
Max Cheese Stick	2 sticks	300	10	740	4.00	2.52	260.0	200	75	0.0	14.0	34.0	12.0	4.00	*N/A*
Sub Sandwich, Turkey and Chees	1 each	276	31	1157	2.62	2.99	188.4	614	62	*4.4	16.78	38.28	6.69	2.52	*0.00
Pizza sauce	2 ounces	34	2	117	1.26	0.57	34.0	420	42	7.12	1.37	5.46	0.72	0.29	*N/A*
Broccoli with cheese sauce	2 oz	21	1	58	1.37	0.26	20.7	425	79	16.84	1.53	2.93	0.62	0.29	*N/A*
Sugar Cookie- Redi Bake	1 ea	131	5	87	0.00	0.00	0.0	0	0	0.0	1.09	17.45	5.45	2.18	0.00
GARDEN SALAD	1/2 CUP	19	0	19	1.54	0.73	26.8	5795	579	12.55	1.11	3.74	0.2	0.03	*N/A*
Pineapple Tidbits	1/3 cups	53	0	7	1.33	0.48	13.3	133	27	7.97	0.66	13.95	0.0	0.00	0.00
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
KETCHUP: individual	Pkt 6g	6	0	67	0.02	0.03	1.1	56	6	0.91	0.1	1.51	0.02	0.00	*N/A*
Ranch Dressing, Eudora lowfat	1 oz / 2 tbs	70	10	370	0.00	0.00	0.0	0	0	0.0	0.0	7.0	4.5	0.50	0.00
MAYONNAISE: individual PC	Pkt 7g	50	4	40	0.00	0.04	1.3	20	6	0.0	0.08	0.19	5.56	0.60	*N/A*
Weighted Daily Average		635	37	1130	6.43	4.58	554.2	3379	459	*35.52	23.63	93.96	18.13	5.76	*0.15
% of Calories											14.9%	59.2%	25.7%	8.2%	*0.2%

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/15/2012															
Eudora Elementary Breakfas	Total														
Pumpkin Chocolate Chip Muffins	1 each	212	31	291	2.92	1.28	45.1	2981	431	0.9	3.51	35.11	7.78	1.92	*0.02
Cereal / Toast	serving	269	0	464	3.32	6.42	177.8	631	126	6.45	6.58	46.19	8.33	1.11	1.52
yogurt	2 (4 oz)	215	5	132	0.00	0.16	344.7	27	5	15.88	9.98	43.09	0.45	0.25	*N/A*
Poptart-whole grain	package	190	0	150	5.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
Cinnamon Roll	1 ea	240	0	300	2.00	1.44	20.0	0	0	*N/A*	4.99	39.95	6.99	2.00	0.00
Granola Bar and Toast	Serving	291	0	356	3.00	1.44	40.0	253	51	0.0	7.0	46.0	10.07	1.51	1.52
Juice, Breakfast variety	1 each	62	0	12	0.00	0.00	0.0	0	0	36.96	0.4	14.6	0.0	0.00	*0.00
Fruit-canned variety	#12 dipper	46	0	5	1.15	3.83	7.1	137	18	4.39	0.32	11.88	0.04	0.00	*N/A*
Fruit, fresh, Eudora	1 each	73	0	1	3.14	0.18	16.5	117	11	19.5	0.68	19.13	0.24	0.05	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
margarine pat	1 pat	36	0	48	0.00	0.00	1.5	180	40	0.01	0.05	0.05	4.06	0.67	*N/A*
sunbutter	1 oz	35	0	21	0.71	0.00	0.0	0	0	0.0	1.24	1.24	2.83	0.35	0.00
JELLY	1 TBSP	51	0	6	0.19	0.04	1.3	1	0	0.17	0.03	13.29	0.0	0.00	*N/A*
Eudora Elementary Lunch															
Chicken Nugget - Elementary	4 ea	185	44	506	0.00	1.45	16.1	161	32	0.0	12.05	11.25	9.64	2.41	0.00
Sub Sandwich, Turkey and Chees	1 each	276	31	1157	2.62	2.99	188.4	614	62	*4.4	16.78	38.28	6.69	2.52	*0.00
rolls buttered-Eudora Elementa	1.5 ounce	109	0	141	1.83	0.94	12.1	22	6	1.29	3.02	18.83	2.72	0.73	*0.00
Potato, mashed, Eudora	#12 dipper	81	0	359	1.02	0.19	12.4	0	0	3.65	2.03	15.23	1.02	0.00	*0.00
gravy, chicken reduced fat	2 TBSP	22	0	202	0.08	0.12	1.4	60	13	0.02	0.37	1.96	1.39	0.28	*N/A*
Peas-seasoned EES	1/4 cup	48	0	66	2.13	0.72	10.9	1029	47	8.51	2.48	6.45	1.46	0.29	*N/A*
GARDEN SALAD	1/2 CUP	19	0	19	1.54	0.73	26.8	5795	579	12.55	1.11	3.74	0.2	0.03	*N/A*
Peaches, Eudora	#12 dipper	54	0	5	1.31	0.36	3.0	355	35	2.41	0.45	14.61	0.03	0.00	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
bbq sauce-Curley's	ounce	44	0	195	0.00	0.32	0.0	0	0	0.0	0.89	11.52	0.0	0.00	0.00
Ranch Dressing, Eudora lowfat	1 oz / 2 tbs	70	10	370	0.00	0.00	0.0	0	0	0.0	0.0	7.0	4.5	0.50	0.00
MAYONNAISE:individual PC	Pkt 7g	50	4	40	0.00	0.04	1.3	20	6	0.0	0.08	0.19	5.56	0.60	*N/A*
Weighted Daily Average		583	46	1369	5.60	3.95	315.5	3811	439	*25.24	22.86	88.94	15.47	3.57	*0.10
% of Calories											15.7%	61.1%	23.9%	5.5%	*0.2%

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¹ - denotes optional nutrient values

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/16/2012															
Eudora Elementary Breakfas	Total														
Breakfast Stick w/ syrup	1 each	304	15	433	1.00	1.78	19.0	0	0	0.0	9.0	42.02	12.06	3.01	*N/A*
Cereal / Toast	serving	269	0	464	3.32	6.42	177.8	631	126	6.45	6.58	46.19	8.33	1.11	1.52
yogurt	2 (4 oz)	215	5	132	0.00	0.16	344.7	27	5	15.88	9.98	43.09	0.45	0.25	*N/A*
Poptart-whole grain	package	190	0	150	5.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
Cinnamon Roll	1 ea	240	0	300	2.00	1.44	20.0	0	0	*N/A*	4.99	39.95	6.99	2.00	0.00
Granola Bar and Toast	Serving	291	0	356	3.00	1.44	40.0	253	51	0.0	7.0	46.0	10.07	1.51	1.52
Juice, Breakfast variety	1 each	62	0	12	0.00	0.00	0.0	0	0	36.96	0.4	14.6	0.0	0.00	*0.00
Fruit-canned variety	#12 dipper	46	0	5	1.15	3.83	7.1	137	18	4.39	0.32	11.88	0.04	0.00	*N/A*
Fruit, fresh, Eudora	1 each	73	0	1	3.14	0.18	16.5	117	11	19.5	0.68	19.13	0.24	0.05	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
margarine pat	1 pat	36	0	48	0.00	0.00	1.5	180	40	0.01	0.05	0.05	4.06	0.67	*N/A*
sunbutter	1 oz	35	0	21	0.71	0.00	0.0	0	0	0.0	1.24	1.24	2.83	0.35	0.00
JELLY	1 TBSP	51	0	6	0.19	0.04	1.3	1	0	0.17	0.03	13.29	0.0	0.00	*N/A*
Eudora Elementary Lunch															
Pepperoni Pizza Pocket	Serving	549	40	998	8.45	3.59	311.5	408	118	5.17	22.81	62.37	23.5	10.07	*0.00
Sub Sandwich, Turkey and Chees	1 each	276	31	1157	2.62	2.99	188.4	614	62	*4.4	16.78	38.28	6.69	2.52	*0.00
GARDEN SALAD	1/2 CUP	19	0	19	1.54	0.73	26.8	5795	579	12.55	1.11	3.74	0.2	0.03	*N/A*
Mixed Veggie-seasoned	1/3 cup	66	0	53	2.96	0.55	17.7	2987	313	2.16	1.95	8.82	2.64	0.43	*N/A*
Apple, pkg	pkg	35	0	0	2.00	0.18	0.0	50	10	1.8	0.0	9.0	0.0	0.00	0.00
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
MAYONNAISE:individual PC	Pkt 7g	50	4	40	0.00	0.04	1.3	20	6	0.0	0.08	0.19	5.56	0.60	*N/A*
Ranch Dressing, Eudora lowfat	1 oz / 2 tbs	70	10	370	0.00	0.00	0.0	0	0	0.0	0.0	7.0	4.5	0.50	0.00
Weighted Daily Average		657	39	1126	9.81	4.46	514.9	6011	708	*24.97	26.76	91.26	20.92	7.67	*0.11
% of Calories											16.3%	55.6%	28.7%	10.5%	*0.1%

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USD #491

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/21/2012															
Eudora Elementary Breakfas	Total														
Breakfast Bake	Serving	293	125	560	1.86	2.05	143.5	237	82	6.31	14.63	27.03	14.78	5.90	*0.00
Cereal / Toast	serving	269	0	464	3.32	6.42	177.8	631	126	6.45	6.58	46.19	8.33	1.11	1.52
yogurt	2 (4 oz)	215	5	132	0.00	0.16	344.7	27	5	15.88	9.98	43.09	0.45	0.25	*N/A*
Poptart-whole grain	package	190	0	150	5.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
Cinnamon Roll	1 ea	240	0	300	2.00	1.44	20.0	0	0	*N/A*	4.99	39.95	6.99	2.00	0.00
Granola Bar and Toast	Serving	291	0	356	3.00	1.44	40.0	253	51	0.0	7.0	46.0	10.07	1.51	1.52
Juice, Breakfast variety	1 each	62	0	12	0.00	0.00	0.0	0	0	36.96	0.4	14.6	0.0	0.00	*0.00
Fruit-canned variety	#12 dipper	46	0	5	1.15	3.83	7.1	137	18	4.39	0.32	11.88	0.04	0.00	*N/A*
Fruit, fresh, Eudora	1 each	73	0	1	3.14	0.18	16.5	117	11	19.5	0.68	19.13	0.24	0.05	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
margarine pat	1 pat	36	0	48	0.00	0.00	1.5	180	40	0.01	0.05	0.05	4.06	0.67	*N/A*
sunbutter	1 oz	35	0	21	0.71	0.00	0.0	0	0	0.0	1.24	1.24	2.83	0.35	0.00
JELLY	1 TBSP	51	0	6	0.19	0.04	1.3	1	0	0.17	0.03	13.29	0.0	0.00	*N/A*
Eudora Elementary Lunch	Total														
Chicken & Noodles, reduced fat	1 CUP	197	65	971	0.92	50.02	61.0	117	35	2.39	15.99	21.17	4.3	1.50	*0.01
Potato, mashed, Eudora	#12 dipper	81	0	359	1.02	0.19	12.4	0	0	3.65	2.03	15.23	1.02	0.00	*0.00
Hamburger, Eudora Elem	sandwich	329	50	254	2.86	2.67	18.9	20	5	2.03	19.41	29.51	15.27	5.75	*0.00
rolls buttered-Eudora Elementa	1.5 ounce	109	0	141	1.83	0.94	12.1	22	6	1.29	3.02	18.83	2.72	0.73	*0.00
Green beans-EES	serving	17	0	138	0.81	0.39	11.5	193	40	1.83	0.52	1.94	1.04	0.22	*N/A*
GARDEN SALAD	1/2 CUP	19	0	19	1.54	0.73	26.8	5795	579	12.55	1.11	3.74	0.2	0.03	*N/A*
Pineapple Tidbits	1/3 cups	53	0	7	1.33	0.48	13.3	133	27	7.97	0.66	13.95	0.0	0.00	0.00
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
Ranch Dressing, Eudora lowfat	1 oz / 2 tbs	70	10	370	0.00	0.00	0.0	0	0	0.0	7.0	4.5	4.5	0.50	0.00
KETCHUP: individual	Pkt 6g	6	0	67	0.02	0.03	1.1	56	6	0.91	0.1	1.51	0.02	0.00	*N/A*
Weighted Daily Average		587	75	1449	5.65	33.52	405.7	2679	371	*29.22	27.56	89.74	12.92	3.84	*0.12
% of Calories											18.8%	61.1%	19.8%	5.9%	*0.2%

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USD #491

Jan 30, 2012 thru Feb 24, 2012 Spreadsheet - Portion Values Combined: Eudora Elementary Breakfast/Eudora Elementary Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/22/2012															
Eudora Elementary Breakfas	Total														
Burrito, Breakfast, Egg and Ch	1 each	170	50	250	2.00	2.00	27.0	225	45	0.8	8.0	22.0	6.0	2.00	*N/A*
Cereal / Toast	serving	269	0	464	3.32	6.42	177.8	631	126	6.45	6.58	46.19	8.33	1.11	1.52
yogurt	2 (4 oz)	215	5	132	0.00	0.16	344.7	27	5	15.88	9.98	43.09	0.45	0.25	*N/A*
Poptart-whole grain	package	190	0	150	5.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
Cinnamon Roll	1 ea	240	0	300	2.00	1.44	20.0	0	0	*N/A*	4.99	39.95	6.99	2.00	0.00
Granola Bar and Toast	Serving	291	0	356	3.00	1.44	40.0	253	51	0.0	7.0	46.0	10.07	1.51	1.52
Juice, Breakfast variety	1 each	62	0	12	0.00	0.00	0.0	0	0	36.96	0.4	14.6	0.0	0.00	*0.00
Fruit-canned variety	#12 dipper	46	0	5	1.15	3.83	7.1	137	18	4.39	0.32	11.88	0.04	0.00	*N/A*
Fruit, fresh, Eudora	1 each	73	0	1	3.14	0.18	16.5	117	11	19.5	0.68	19.13	0.24	0.05	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
margarine pat	1 pat	36	0	48	0.00	0.00	1.5	180	40	0.01	0.05	0.05	4.06	0.67	*N/A*
sunbutter	1 oz	35	0	21	0.71	0.00	0.0	0	0	0.0	1.24	1.24	2.83	0.35	0.00
Taco Sauce	1 ounce	15	0	226	0.37	0.29	4.3	152	15	6.66	0.33	3.71	0.09	0.01	*N/A*
JELLY	1 TBSP	51	0	6	0.19	0.04	1.3	1	0	0.17	0.03	13.29	0.0	0.00	*N/A*
Eudora Elementary Lunch	Total														
Ultimate Flatbread-Cheese	serving	370	15	500	5.00	2.70	350.0	500	100	0.0	21.0	50.0	10.0	4.00	0.00
Hamburger, Eudora Elem	sandwich	329	50	254	2.86	2.67	18.9	20	5	2.03	19.41	29.51	15.27	5.75	*0.00
Salad, Garden	1/2 cup	9	0	9	0.76	0.24	12.0	728	94	1.82	0.54	2.05	0.09	0.01	*0.00
Apple Crisp, Eudora	SERVINGS	118	3	110	0.90	0.07	6.7	166	38	3.09	0.29	19.97	4.14	0.72	*0.00
Rosy Applesauce	1/3 cup	61	0	6	1.02	0.10	2.6	5	1	1.94	0.2	15.59	0.14	0.03	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
Ranch Dressing, Eudora lowfat	1 oz / 2 tbs	70	10	370	0.00	0.00	0.0	0	0	0.0	0.0	7.0	4.5	0.50	0.00
KETCHUP: individual	Pkt 6g	6	0	67	0.02	0.03	1.1	56	6	0.91	0.1	1.51	0.02	0.00	*N/A*
Weighted Daily Average		623	38	927	5.89	3.25	516.1	1351	245	*16.50	24.96	95.36	16.16	4.71	*0.09
% of Calories											16.0%	61.2%	23.3%	6.8%	*0.1%

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Jan 30, 2012 thru Feb 24, 2012 Spreadsheet - Portion Values Combined: Eudora Elementary Breakfast/Eudora Elementary Lunch

Jan 25, 2012

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/23/2012															
Eudora Elementary Breakfas	Total														
Breakfast Stick w/ syrup	1 each	304	15	433	1.00	1.78	19.0	0	0	0.0	9.0	42.02	12.06	3.01	*N/A*
Cereal / Toast	serving	269	0	464	3.32	6.42	177.8	631	126	6.45	6.58	46.19	8.33	1.11	1.52
yogurt	2 (4 oz)	215	5	132	0.00	0.16	344.7	27	5	15.88	9.98	43.09	0.45	0.25	*N/A*
Poptart-whole grain	package	190	0	150	5.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
Cinnamon Roll	1 ea	240	0	300	2.00	1.44	20.0	0	0	*N/A*	4.99	39.95	6.99	2.00	0.00
Granola Bar and Toast	Serving	291	0	356	3.00	1.44	40.0	253	51	0.0	7.0	46.0	10.07	1.51	1.52
Juice, Breakfast variety	1 each	62	0	12	0.00	0.00	0.0	0	0	36.96	0.4	14.6	0.0	0.00	*0.00
Fruit-canned variety	#12 dipper	46	0	5	1.15	3.83	7.1	137	18	4.39	0.32	11.88	0.04	0.00	*N/A*
Fruit, fresh, Eudora	1 each	73	0	1	3.14	0.18	16.5	117	11	19.5	0.68	19.13	0.24	0.05	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
margarine pat	1 pat	36	0	48	0.00	0.00	1.5	180	40	0.01	0.05	0.05	4.06	0.67	*N/A*
sunbutter	1 oz	35	0	21	0.71	0.00	0.0	0	0	0.0	1.24	1.24	2.83	0.35	0.00
JELLY	1 TBSP	51	0	6	0.19	0.04	1.3	1	0	0.17	0.03	13.29	0.0	0.00	*N/A*
Eudora Elementary Lunch	Total														
Chicken Tenders- Elementary	2 ea	153	27	391	0.44	0.96	13.3	0	0	0.0	9.95	6.63	9.95	2.32	0.00
Hamburger, Eudora Elem	sandwich	329	50	254	2.86	2.67	18.9	20	5	2.03	19.41	29.51	15.27	5.75	*0.00
rolls buttered-Eudora Elementa	1.5 ounce	109	0	141	1.83	0.94	12.1	22	6	1.29	3.02	18.83	2.72	0.73	*0.00
Potato, mashed, Ranch	#12 dipper	81	0	360	1.02	0.19	12.4	0	0	3.65	2.03	15.23	1.02	0.00	*0.00
Corn, seasoned, EES	servings	48	0	178	0.95	0.36	2.9	60	16	0.35	1.32	9.35	1.32	0.26	*N/A*
GARDEN SALAD	1/2 CUP	19	0	19	1.54	0.73	26.8	5795	579	12.55	1.11	3.74	0.2	0.03	*N/A*
BANANAS	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
Pears-Eudora	servings	60	0	5	2.83	0.29	6.3	0	0	0.73	0.24	15.83	0.04	0.00	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
BBQ Sauce, Cattlemans	2 tbsp	70	0	410	0.00	0.36	0.0	100	20	0.0	0.0	15.0	0.0	0.00	*N/A*
Ranch Dressing, Eudora lowfat	1 oz / 2 tbs	70	10	370	0.00	0.00	0.0	0	0	0.0	0.0	7.0	4.5	0.50	0.00
KETCHUP: individual	Pkt 6g	6	0	67	0.02	0.03	1.1	56	6	0.91	0.1	1.51	0.02	0.00	*N/A*
Weighted Daily Average		609	34	1310	5.74	3.52	338.1	2431	313	*21.94	22.73	95.10	15.77	3.83	*0.12
% of Calories											14.9%	62.4%	23.3%	5.7%	*0.2%

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USD #491

Jan 30, 2012 thru Feb 24, 2012 Spreadsheet - Portion Values Combined: Eudora Elementary Breakfast/Eudora Elementary Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/24/2012															
Eudora Elementary Breakfas	Total														
Biscuit Sandwich - EES	1	474	53	997	1.08	3.66	130.8	152	30	0.0	14.81	28.74	34.76	13.19	*N/A*
Cereal / Toast	1 serving	269	0	464	3.32	6.42	177.8	631	126	6.45	6.58	46.19	8.33	1.11	1.52
yogurt	2 (4 oz)	215	5	132	0.00	0.16	344.7	27	5	15.88	9.98	43.09	0.45	0.25	*N/A*
Poptart-whole grain	1 package	190	0	150	5.00	1.80	0.0	500	100	0.0	2.0	35.0	5.0	1.50	0.00
Cinnamon Roll	1 ea	240	0	300	2.00	1.44	20.0	0	0	*N/A*	4.99	39.95	6.99	2.00	0.00
Granola Bar and Toast	Serving	291	0	356	3.00	1.44	40.0	253	51	0.0	7.0	46.0	10.07	1.51	1.52
Juice, Breakfast variety	1 each	62	0	12	0.00	0.00	0.0	0	0	36.96	0.4	14.6	0.0	0.00	*0.00
Fruit-canned variety	#12 dipper	46	0	5	1.15	3.83	7.1	137	18	4.39	0.32	11.88	0.04	0.00	*N/A*
Fruit, fresh, Eudora	1 each	73	0	1	3.14	0.18	16.5	117	11	19.5	0.68	19.13	0.24	0.05	*N/A*
Milk, Roberts, 1%	half pint	100	15	120	0.00	0.00	300.0	500	100	1.2	8.0	11.0	2.5	1.50	0.00
Milk, Roberts, chocolate skim	each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
margarine pat	1 pat	36	0	48	0.00	0.00	1.5	180	40	0.01	0.05	0.05	4.06	0.67	*N/A*
sunbutter	1 oz	35	0	21	0.71	0.00	0.0	0	0	0.0	1.24	1.24	2.83	0.35	0.00
JELLY	1 TBSP	51	0	6	0.19	0.04	1.3	1	0	0.17	0.03	13.29	0.0	0.00	*N/A*
Eudora Elementary Lunch															
French Toast with syrup	1 each	224	60	203	1.00	2.14	99.0	0	0	0.0	6.0	42.02	4.06	1.01	*N/A*
yogurt (lunch)	1 ea	108	2	66	0.00	0.08	172.4	14	3	7.94	4.99	21.55	0.23	0.12	*N/A*
Hamburger, Eudora Elem	sandwich	329	50	254	2.86	2.67	18.9	20	5	2.03	19.41	29.51	15.27	5.75	*0.00
Potato triangle	1 each	110	5	320	1.00	0.36	0.0	0	0	1.2	1.0	12.0	6.0	1.50	*N/A*
Oranges, mandarin	servings	58	0	13	0.79	21.83	15.9	204	41	14.88	0.48	13.99	0.0	0.00	*N/A*
ORANGES HALVES	1/2 EACH	23	0	0	1.15	0.05	19.2	108	10	25.54	0.45	5.64	0.06	0.01	*N/A*
Juice Bar, frozen Shape Up	1 each	100	0	15	0.00	0.00	20.0	500	100	60.0	0.0	24.0	0.0	0.00	*N/A*
Milk, Roberts, chocolate skim	1 each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
Milk, Roberts, Strawberry	half pint	120	5	90	0.00	0.00	250.0	500	100	2.4	7.0	22.0	0.0	0.00	0.00
SYRUP,PANCAKE	1 TBSP	46	0	16	0.00	0.01	0.6	0	0	0.0	0.0	12.06	0.0	0.00	*N/A*
KETCHUP: individual	Pkt 6g	6	0	67	0.02	0.03	1.1	56	6	0.91	0.1	1.51	0.02	0.00	*N/A*
Weighted Daily Average		687	62	854	2.94	9.94	482.5	1008	193	*72.29	19.81	116.42	15.82	4.99	*0.12
% of Calories											11.5%	67.8%	20.7%	6.5%	*0.2%
Weighted Average		637	43	1133	6.33	7.67	584.1	3281	447	*29.26	24.26	93.71	18.80	5.54	*0.16
											15.2%	58.9%	26.6%	7.8%	*0.2%

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)									
Calories	637		601	106%												
Cholesterol (mg)	43		93	46%												
Sodium (mg)	1133		1364	83%												
Fiber (g)	6.33		3.10	204%												
Iron (mg)	7.67		3.08	249%												
Calcium (mg)	584.1		248.72	235%												
Vitamin A (IU)	3281		983	334%												
Vitamin A (RE)	447		197	227%												
Vitamin C (mg)	29.26		13.98	209%	Missing											
Protein (g)	24.26	15.24%	8.27	294%												
Carbohydrate (g)	93.71	58.85%	94.41													
Total Fat (g)	18.80	26.56%	<=30.00%													
Saturated Fat (g)	5.54	7.82%	<10.00%													
Trans Fat (g)	0.16	0.22%			Missing											

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