

# USD #491

## Jan 30, 2012 thru Feb 24, 2012 Spreadsheet - Portion Values Combined: Eudora Middle School Breakfast/Eudora Middle School 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 <sup>1</sup> (g)
<b>Mon - 01/30/2012</b>															
Eudora Middle School Breakf	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
Poptarts, variety, 2	each pastry	408	0	387	2.50	4.50	35.0	1250	250	0.0	5.06	70.94	11.75	2.87	*N/A*
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*
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
Nutrigrain Bar / Toast	Serving	311	0	416	3.00	3.24	240.0	1003	201	0.0	7.0	51.0	10.07	1.51	*1.52
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*
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
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 Middle School 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	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
Sub Sandwich, Ham & Cheese	1 each	276	28	1095	2.06	2.71	176.7	382	46	*2.2	15.3	37.39	8.8	3.27	*0.00
Pizza, variety, Tony's	slice 4x6	324	25	1041	1.50	2.55	342.7	640	128	0.7	17.07	31.98	14.28	5.12	*N/A*
Peanut Butter & Jelly Uncrusta	1 each	318	0	347	2.98	2.68	99.2	0	0	0.0	10.91	31.75	16.87	3.47	*N/A*
Salad Bar with the works/Tu,Th	serving	360	105	819	9.68	5.02	267.4	20117	2126	86.74	20.46	33.22	17.75	5.75	*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
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
Salad	servings	7	0	6	0.59	0.19	8.9	607	77	2.33	0.41	1.57	0.07	0.01	*0.00
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
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*
MUSTARD: individual PC	Pkt 5g	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	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*
salt	packet	0	0	236	0.00	0.00	0.1	0	0	0.0	0.0	0.0	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
Italian Dressing-Eudora	2 oz	70	0	500	0.00	0.00	0.0	0	0	*N/A*	0.0	3.0	7.0	1.00	0.00
French Dressing-Eudora	2 oz	80	0	200	0.00	0.00	0.0	0	0	0.0	0.0	8.0	5.0	1.00	0.00
Weighted Daily Average		745	48	1263	7.09	25.95	434.9	5158	909	*38.48	26.51	108.90	23.96	7.67	*0.18
% of Calories											14.2%	58.5%	28.9%	9.3%	*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

<sup>1</sup> - denotes optional nutrient values

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## Jan 30, 2012 thru Feb 24, 2012 Spreadsheet - Portion Values Combined: Eudora Middle School Breakfast/Eudora Middle School 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 <sup>1</sup> (g)
Tue - 01/31/2012															
Eudora Middle School Breakf	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
Poptarts, variety, 2	each pastry	408	0	387	2.50	4.50	35.0	1250	250	0.0	5.06	70.94	11.75	2.87	*N/A*
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*
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
Nutrigrain Bar / Toast	Serving	311	0	416	3.00	3.24	240.0	1003	201	0.0	7.0	51.0	10.07	1.51	*1.52
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
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*
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
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*

\*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

<sup>1</sup> - denotes optional nutrient values

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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 <sup>1</sup> (g)
Eudora Middle School Lunch	Total														
Chicken Nuggets - Secondary	5 ea	231	55	633	0.00	1.81	20.1	201	40	0.0	15.06	14.06	12.05	3.01	0.00
Sub Sandwich, Ham & Cheese	each	276	28	1095	2.06	2.71	176.7	382	46	*2.2	15.3	37.39	8.8	3.27	*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
Hamburger, Eudora Sec	sandwich	362	60	262	2.22	2.96	17.6	19	5	2.03	22.09	29.76	17.47	6.67	*0.00
Pizza, variety, Tony's	slice 4x6	324	25	1041	1.50	2.55	342.7	640	128	0.7	17.07	31.98	14.28	5.12	*N/A*
Peanut Butter & Jelly Uncrusta	1 each	318	0	347	2.98	2.68	99.2	0	0	0.0	10.91	31.75	16.87	3.47	*N/A*
Salad Bar with the works/Tu,Th	serving	360	105	819	9.68	5.02	267.4	20117	2126	86.74	20.46	33.22	17.75	5.75	*0.00
rolls-Eudora Secondary	3 oz	215	0	278	3.65	1.88	24.1	25	7	2.59	6.03	37.66	5.01	1.37	*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*
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*
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*
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
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*
MUSTARD: individual PC	Pkt 5g	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	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*
salt	packet	0	0	236	0.00	0.00	0.1	0	0	0.0	0.0	0.0	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
Italian Dressing-Eudora	2 oz	70	0	500	0.00	0.00	0.0	0	0	*N/A*	0.0	3.0	7.0	1.00	0.00
French Dressing-Eudora	2 oz	80	0	200	0.00	0.00	0.0	0	0	0.0	0.0	8.0	5.0	1.00	0.00
pickle	portion	1	0	78	0.10	0.03	3.8	16	3	0.07	0.05	0.23	0.01	0.00	*N/A*
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
Weighted Daily Average		760	68	1732	7.61	5.05	384.9	2462	374	*36.34	30.76	110.65	22.56	5.94	*0.02
% of Calories											16.2%	58.2%	26.7%	7.0%	*0.0%

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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 <sup>1</sup> (g)
<b>Wed - 02/01/2012</b>															
Eudora Middle School Breakf	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
Poptarts, variety, 2	each pastry	408	0	387	2.50	4.50	35.0	1250	250	0.0	5.06	70.94	11.75	2.87	*N/A*
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*
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
Nutrigrain Bar / Toast	Serving	311	0	416	3.00	3.24	240.0	1003	201	0.0	7.0	51.0	10.07	1.51	*1.52
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
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*
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
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
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 Middle School Lunch	Total														
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
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
Sub Sandwich, Ham & Cheese	1 each	276	28	1095	2.06	2.71	176.7	382	46	*2.2	15.3	37.39	8.8	3.27	*0.00
Pizza, variety, Tony's	slice 4x6	324	25	1041	1.50	2.55	342.7	640	128	0.7	17.07	31.98	14.28	5.12	*N/A*
Peanut Butter & Jelly Uncrusta	1 each	318	0	347	2.98	2.68	99.2	0	0	0.0	10.91	31.75	16.87	3.47	*N/A*
Hamburger, Eudora Sec	sandwich	362	60	262	2.22	2.96	17.6	19	5	2.03	22.09	29.76	17.47	6.67	*0.00
Salad bar w/ the Works/ M,W,F	salad bar	257	74	967	10.11	5.32	133.5	20033	2080	85.31	19.84	27.09	9.05	1.37	*0.00
Salad	servings	7	0	6	0.59	0.19	8.9	607	77	2.33	0.41	1.57	0.07	0.01	*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
Green beans-Eudora	serving	23	0	184	1.08	0.52	15.4	257	53	2.45	0.7	2.58	1.39	0.29	*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
MUSTARD: individual PC	Pkt 5g	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	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*
salt	packet	0	0	236	0.00	0.00	0.1	0	0	0.0	0.0	0.0	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
Italian Dressing-Eudora	2 oz	70	0	500	0.00	0.00	0.0	0	0	*N/A*	0.0	3.0	7.0	1.00	0.00
French Dressing-Eudora	2 oz	80	0	200	0.00	0.00	0.0	0	0	0.0	0.0	8.0	5.0	1.00	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*
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*

\*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 <sup>1</sup> (g)
Weighted Daily Average		565	45	1402	7.34	4.16	414.1	2564	369	*28.87	21.74	82.13	17.38	4.64	*0.01
% of Calories											15.4%	58.1%	27.7%	7.4%	*0.0%

Thu - 02/02/2012															
Eudora Middle School Breakf															
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
Poptarts, variety, 2	each pastry	408	0	387	2.50	4.50	35.0	1250	250	0.0	5.06	70.94	11.75	2.87	*N/A*
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*
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
Nutragrain Bar / Toast	Serving	311	0	416	3.00	3.24	240.0	1003	201	0.0	7.0	51.0	10.07	1.51	*1.52
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
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*
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
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
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 Middle School Lunch															
Chili Cheese Fries	4 oz	312	30	438	7.25	7.56	67.1	638	91	10.04	15.36	36.73	12.08	4.01	*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
Sub Sandwich, Ham & Cheese	1 each	276	28	1095	2.06	2.71	176.7	382	46	*2.2	15.3	37.39	8.8	3.27	*0.00
Pizza, variety, Tony's	slice 4x6	324	25	1041	1.50	2.55	342.7	640	128	0.7	17.07	31.98	14.28	5.12	*N/A*
Hamburger, Eudora Sec	sandwich	362	60	262	2.22	2.96	17.6	19	5	2.03	22.09	29.76	17.47	6.67	*0.00
Salad Bar with the works/Tu,Th	serving	360	105	819	9.68	5.02	267.4	20117	2126	86.74	20.46	33.22	17.75	5.75	*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
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-baby	1.5 ounces	15	0	33	1.23	0.38	13.6	5864	638	1.11	0.27	3.5	0.06	0.01	*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, 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
MUSTARD: individual PC	Pkt 5g	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	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*
salt	packet	0	0	236	0.00	0.00	0.1	0	0	0.0	0.0	0.0	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
Italian Dressing-Eudora	2 oz	70	0	500	0.00	0.00	0.0	0	0	*N/A*	0.0	3.0	7.0	1.00	0.00
French Dressing-Eudora	2 oz	80	0	200	0.00	0.00	0.0	0	0	0.0	0.0	8.0	5.0	1.00	0.00
BBQ Sauce, Cattlemans	2 tbs	70	0	410	0.00	0.36	0.0	100	20	0.0	0.0	15.0	0.0	0.00	*N/A*
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*

\*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

	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 <sup>1</sup> (g)
Weighted Daily Average		698	39	1376	7.14	7.50	359.4	3643	469	*20.88	24.21	103.88	20.37	5.37	*0.02
% of Calories											13.9%	59.5%	26.3%	6.9%	*0.0%

Fri - 02/03/2012															
Eudora Middle School Breakf	Total														
Biscuit Sandwich, ECB	sandwich	310	130	864	1.11	2.12	150.8	326	65	0.6	11.81	28.47	17.9	6.23	*N/A*
Muffin - Otis Spunkmeyer	muffins	167	30	177	1.00	5.10	40.0	1250	250	15.0	3.0	27.67	5.33	1.17	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
Poptarts, variety, 2	each pastry	408	0	387	2.50	4.50	35.0	1250	250	0.0	5.06	70.94	11.75	2.87	*N/A*
Yogurt, 8 ounce	8 oz	238	11	109	0.00	0.00	199.6	998	200	0.0	8.39	46.27	2.49	1.59	*N/A*
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
Nutragrain Bar / Toast	Serving	311	0	416	3.00	3.24	240.0	1003	201	0.0	7.0	51.0	10.07	1.51	*1.52
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
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*
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*
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
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
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 Middle School Lunch	Total														
Macaroni & Cheese - secondary	#6 scoop	350	48	752	1.73	1.25	297.1	685	165	*0.01	14.46	34.08	17.85	9.98	*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
Sub Sandwich, Ham & Cheese	1 each	276	28	1095	2.06	2.71	176.7	382	46	*2.2	15.3	37.39	8.8	3.27	*0.00
Pizza, variety, Tony's	slice 4x6	324	25	1041	1.50	2.55	342.7	640	128	0.7	17.07	31.98	14.28	5.12	*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
Salad bar w/ the Works/ M,W,F	serving	257	74	967	10.11	5.32	133.5	20033	2080	85.31	19.84	27.09	9.05	1.37	*0.00
rolls-Eudora Secondary	3 oz	215	0	278	3.65	1.88	24.1	25	7	2.59	6.03	37.66	5.01	1.37	*0.00
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*
Salad	servings	7	0	6	0.59	0.19	8.9	607	77	2.33	0.41	1.57	0.07	0.01	*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
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*
MUSTARD: individual PC	Pkt 5g	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	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*
salt	packet	0	0	236	0.00	0.00	0.1	0	0	0.0	0.0	0.0	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
Italian Dressing-Eudora	2 oz	70	0	500	0.00	0.00	0.0	0	0	*N/A*	0.0	3.0	7.0	1.00	0.00
French Dressing-Eudora	2 oz	80	0	200	0.00	0.00	0.0	0	0	0.0	0.0	8.0	5.0	1.00	0.00

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 \* - 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 Middle School Breakfast/Eudora Middle School 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 <sup>1</sup> (g)
Weighted Daily Average		758	61	1415	8.35	4.87	531.6	3159	398	*25.67	29.20	108.58	24.14	9.28	*0.01
% of Calories											15.4%	57.3%	28.7%	11.0%	*0.0%

Mon - 02/06/2012															
Eudora Middle School Breakf	Total														
French Toast Sticks w/ Syrup	3 each	284	4	303	0.75	1.69	49.0	0	0	0.0	3.75	51.27	7.56	1.51	*0.00
Sausage Links	3 each	194	30	321	0.00	0.15	0.0	0	0	0.0	4.47	1.49	18.63	7.44	*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
Poptarts, variety, 2	each pastry	408	0	387	2.50	4.50	35.0	1250	250	0.0	5.06	70.94	11.75	2.87	*N/A*
Yogurt, 8 ounce	8 oz	238	11	109	0.00	0.00	199.6	998	200	0.0	8.39	46.27	2.49	1.59	*N/A*
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
Nutrigrain Bar / Toast	Serving	311	0	416	3.00	3.24	240.0	1003	201	0.0	7.0	51.0	10.07	1.51	*1.52
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
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*
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
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*

\*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

<sup>1</sup> - denotes optional nutrient values

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# USD #491

## Jan 30, 2012 thru Feb 24, 2012 Spreadsheet - Portion Values Combined: Eudora Middle School Breakfast/Eudora Middle School 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 <sup>1</sup> (g)
Eudora Middle School Lunch	Total														
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
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
Sub Sandwich, Ham & Cheese	1 each	276	28	1095	2.06	2.71	176.7	382	46	*2.2	15.3	37.39	8.8	3.27	*0.00
Pizza, variety, Tony's	slice 4x6	324	25	1041	1.50	2.55	342.7	640	128	0.7	17.07	31.98	14.28	5.12	*N/A*
Hamburger, Eudora Sec	sandwich	362	60	262	2.22	2.96	17.6	19	5	2.03	22.09	29.76	17.47	6.67	*0.00
Peanut Butter & Jelly Uncrusta	1 each	318	0	347	2.98	2.68	99.2	0	0	0.0	10.91	31.75	16.87	3.47	*N/A*
Salad bar w/ the Works/ M,W,F	serving	257	74	967	10.11	5.32	133.5	20033	2080	85.31	19.84	27.09	9.05	1.37	*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
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
Green beans-Eudora	serving	23	0	184	1.08	0.52	15.4	257	53	2.45	0.7	2.58	1.39	0.29	*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*
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	5	0	2	0.36	0.09	3.4	230	17	3.26	0.26	1.11	0.06	0.01	*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
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*
MUSTARD: individual PC	Pkt 5g	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	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*
salt	packet	0	0	236	0.00	0.00	0.1	0	0	0.0	0.0	0.0	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
Italian Dressing-Eudora	2 oz	70	0	500	0.00	0.00	0.0	0	0	*N/A*	0.0	3.0	7.0	1.00	0.00
French Dressing-Eudora	2 oz	80	0	200	0.00	0.00	0.0	0	0	0.0	0.0	8.0	5.0	1.00	0.00
pickle	portion	1	0	78	0.10	0.03	3.8	16	3	0.07	0.05	0.23	0.01	0.00	*N/A*
Weighted Daily Average		674	50	1281	7.24	16.08	329.1	2370	339	*26.73	26.92	89.63	24.38	5.70	*0.02
% of Calories											16.0%	53.2%	32.5%	7.6%	*0.0%

\*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

<sup>1</sup> - denotes optional nutrient values

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# USD #491

## Jan 30, 2012 thru Feb 24, 2012 Spreadsheet - Portion Values Combined: Eudora Middle School Breakfast/Eudora Middle School 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 <sup>1</sup> (g)
<b>Tue - 02/07/2012</b>															
Eudora Middle School Breakf	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
Poptarts, variety, 2	each pastry	408	0	387	2.50	4.50	35.0	1250	250	0.0	5.06	70.94	11.75	2.87	*N/A*
Yogurt, 8 ounce	8 oz	238	11	109	0.00	0.00	199.6	998	200	0.0	8.39	46.27	2.49	1.59	*N/A*
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
Nutragrain Bar / Toast	Serving	311	0	416	3.00	3.24	240.0	1003	201	0.0	7.0	51.0	10.07	1.51	*1.52
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
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*
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
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
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 Middle School 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*
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
Sub Sandwich, Ham & Cheese	1 each	276	28	1095	2.06	2.71	176.7	382	46	*2.2	15.3	37.39	8.8	3.27	*0.00
Pizza, variety, Tony's	slice 4x6	324	25	1041	1.50	2.55	342.7	640	128	0.7	17.07	31.98	14.28	5.12	*N/A*
Hamburger, Eudora Sec	sandwich	362	60	262	2.22	2.96	17.6	19	5	2.03	22.09	29.76	17.47	6.67	*0.00
Peanut Butter & Jelly Uncrusta	1 each	318	0	347	2.98	2.68	99.2	0	0	0.0	10.91	31.75	16.87	3.47	*N/A*
Salad Bar with the works/Tu,Th	serving	360	105	819	9.68	5.02	267.4	20117	2126	86.74	20.46	33.22	17.75	5.75	*0.00
Corn, seasoned, Eudora	servings	64	0	237	1.26	0.48	3.9	81	22	0.47	1.76	12.46	1.76	0.35	*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*
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*
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
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*
MUSTARD: individual PC	Pkt 5g	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	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*
salt	packet	0	0	236	0.00	0.00	0.1	0	0	0.0	0.0	0.0	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
Italian Dressing-Eudora	2 oz	70	0	500	0.00	0.00	0.0	0	0	*N/A*	0.0	3.0	7.0	1.00	0.00
French Dressing-Eudora	2 oz	80	0	200	0.00	0.00	0.0	0	0	0.0	0.0	8.0	5.0	1.00	0.00
pickle	portion	1	0	78	0.10	0.03	3.8	16	3	0.07	0.05	0.23	0.01	0.00	*N/A*

\*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

<sup>1</sup> - denotes optional nutrient values

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# USD #491

	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 <sup>1</sup> (g)
Weighted Daily Average		738	41	1339	7.37	4.49	2977.4	2415	360	*26.73	25.65	109.69	22.87	6.86	*0.02
% of Calories											13.9%	59.4%	27.9%	8.4%	*0.0%

Wed - 02/08/2012															
Eudora Middle School Breakf	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
Poptarts, variety, 2	each pastry	408	0	387	2.50	4.50	35.0	1250	250	0.0	5.06	70.94	11.75	2.87	*N/A*
Yogurt, 8 ounce	8 oz	238	11	109	0.00	0.00	199.6	998	200	0.0	8.39	46.27	2.49	1.59	*N/A*
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
Nutrigrain Bar / Toast	Serving	311	0	416	3.00	3.24	240.0	1003	201	0.0	7.0	51.0	10.07	1.51	*1.52
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
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*
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
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*

\*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

<sup>1</sup> - denotes optional nutrient values

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# USD #491

## Jan 30, 2012 thru Feb 24, 2012 Spreadsheet - Portion Values Combined: Eudora Middle School Breakfast/Eudora Middle School 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 <sup>1</sup> (g)
Eudora Middle School Lunch	Total														
homemade sausage pizza	8 cut	339	15	769	4.12	5.07	315.9	399	80	3.46	24.02	36.63	10.73	4.25	*0.02
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
Sub Sandwich, Ham & Cheese	1 each	276	28	1095	2.06	2.71	176.7	382	46	*2.2	15.3	37.39	8.8	3.27	*0.00
Pizza, variety, Tony's	slice 4x6	324	25	1041	1.50	2.55	342.7	640	128	0.7	17.07	31.98	14.28	5.12	*N/A*
Peanut Butter & Jelly Uncrusta	1 each	318	0	347	2.98	2.68	99.2	0	0	0.0	10.91	31.75	16.87	3.47	*N/A*
Hamburger, Eudora Sec	sandwich	362	60	262	2.22	2.96	17.6	19	5	2.03	22.09	29.76	17.47	6.67	*0.00
Salad bar w/ the Works/ M,W,F	serving	257	74	967	10.11	5.32	133.5	20033	2080	85.31	19.84	27.09	9.05	1.37	*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*
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
Salad	servings	7	0	6	0.59	0.19	8.9	607	77	2.33	0.41	1.57	0.07	0.01	*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
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*
MUSTARD: individual PC	Pkt 5g	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	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*
salt	packet	0	0	236	0.00	0.00	0.1	0	0	0.0	0.0	0.0	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
Italian Dressing-Eudora	2 oz	70	0	500	0.00	0.00	0.0	0	0	*N/A*	0.0	3.0	7.0	1.00	0.00
French Dressing-Eudora	2 oz	80	0	200	0.00	0.00	0.0	0	0	0.0	0.0	8.0	5.0	1.00	0.00
pickle	portion	1	0	78	0.10	0.03	3.8	16	3	0.07	0.05	0.23	0.01	0.00	*N/A*
Weighted Daily Average		744	37	1362	8.64	6.48	577.4	2481	353	*23.41	33.74	101.78	22.47	7.58	*0.51
% of Calories											18.1%	54.7%	27.2%	9.2%	*0.6%

\*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

<sup>1</sup> - denotes optional nutrient values

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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 <sup>1</sup> (g)
<b>Thu - 02/09/2012</b>															
Eudora Middle School Breakf	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
Poptarts, variety, 2	each pastry	408	0	387	2.50	4.50	35.0	1250	250	0.0	5.06	70.94	11.75	2.87	*N/A*
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*
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
Nutrigrain Bar / Toast	Serving	311	0	416	3.00	3.24	240.0	1003	201	0.0	7.0	51.0	10.07	1.51	*1.52
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
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*
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
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
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 Middle School Lunch	Total														
Turkey & Cheese Wrap-Secondary	sandwich	314	31	1224	2.17	2.61	165.3	150	30	*0.0	15.14	37.96	10.3	3.82	*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
Sub Sandwich, Ham & Cheese	1 each	276	28	1095	2.06	2.71	176.7	382	46	*2.2	15.3	37.39	8.8	3.27	*0.00
Pizza, variety, Tony's	slice 4x6	324	25	1041	1.50	2.55	342.7	640	128	0.7	17.07	31.98	14.28	5.12	*N/A*
Peanut Butter & Jelly Uncrusta	1 each	318	0	347	2.98	2.68	99.2	0	0	0.0	10.91	31.75	16.87	3.47	*N/A*
Hamburger, Eudora Sec	sandwich	362	60	262	2.22	2.96	17.6	19	5	2.03	22.09	29.76	17.47	6.67	*0.00
Salad Bar with the works/Tu,Th	serving	360	105	819	9.68	5.02	267.4	20117	2126	86.74	20.46	33.22	17.75	5.75	*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*
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 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*
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
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*
MUSTARD: individual PC	Pkt 5g	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	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*
salt	packet	0	0	236	0.00	0.00	0.1	0	0	0.0	0.0	0.0	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
Italian Dressing-Eudora	2 oz	70	0	500	0.00	0.00	0.0	0	0	*N/A*	0.0	3.0	7.0	1.00	0.00
French Dressing-Eudora	2 oz	80	0	200	0.00	0.00	0.0	0	0	0.0	0.0	8.0	5.0	1.00	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*
Weighted Daily Average		701	45	1445	8.13	5.57	470.0	6332	739	*47.88	27.62	105.98	18.76	5.47	*0.02
% of Calories											15.8%	60.5%	24.1%	7.0%	*0.0%

\*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 Middle School Breakfast/Eudora Middle School 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 <sup>1</sup> (g)
<b>Fri - 02/10/2012</b>															
Eudora Middle School Breakf	Total														
Biscuit Sandwich, ECB	sandwich	310	130	864	1.11	2.12	150.8	326	65	0.6	11.81	28.47	17.9	6.23	*N/A*
Muffin - Otis Spunkmeyer	muffins	167	30	177	1.00	5.10	40.0	1250	250	15.0	3.0	27.67	5.33	1.17	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
Poptarts, variety, 2	each pastry	408	0	387	2.50	4.50	35.0	1250	250	0.0	5.06	70.94	11.75	2.87	*N/A*
Yogurt, 8 ounce	8 oz	238	11	109	0.00	0.00	199.6	998	200	0.0	8.39	46.27	2.49	1.59	*N/A*
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
Nutragrain Bar / Toast	Serving	311	0	416	3.00	3.24	240.0	1003	201	0.0	7.0	51.0	10.07	1.51	*1.52
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
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*
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*
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
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
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*

\*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

<sup>1</sup> - denotes optional nutrient values

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# USD #491

## Jan 30, 2012 thru Feb 24, 2012 Spreadsheet - Portion Values Combined: Eudora Middle School Breakfast/Eudora Middle School 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 <sup>1</sup> (g)
Eudora Middle School Lunch	Total														
Country Fried Steak	1 ea	340	45	450	1.00	4.50	2860.0	0	0	0.0	14.0	18.0	24.0	9.00	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
Sub Sandwich, Ham & Cheese	1 each	276	28	1095	2.06	2.71	176.7	382	46	*2.2	15.3	37.39	8.8	3.27	*0.00
Pizza, variety, Tony's	slice 4x6	324	25	1041	1.50	2.55	342.7	640	128	0.7	17.07	31.98	14.28	5.12	*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
Peanut Butter & Jelly Uncrusta	1 each	318	0	347	2.98	2.68	99.2	0	0	0.0	10.91	31.75	16.87	3.47	*N/A*
Salad bar w/ the Works/ M,W,F	serving	257	74	967	10.11	5.32	133.5	20033	2080	85.31	19.84	27.09	9.05	1.37	*0.00
rolls-Eudora Secondary	3 oz	215	0	278	3.65	1.88	24.1	25	7	2.59	6.03	37.66	5.01	1.37	*0.00
Salad	servings	7	0	6	0.59	0.19	8.9	607	77	2.33	0.41	1.57	0.07	0.01	*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*
California Normandy Blend Vegg	1/3 cup	42	0	44	1.52	0.00	15.2	478	96	16.01	0.76	3.05	2.12	0.39	0.58
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
MUSTARD: individual PC	Pkt 5g	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	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*
salt	packet	0	0	236	0.00	0.00	0.1	0	0	0.0	0.0	0.0	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
Italian Dressing-Eudora	2 oz	70	0	500	0.00	0.00	0.0	0	0	*N/A*	0.0	3.0	7.0	1.00	0.00
French Dressing-Eudora	2 oz	80	0	200	0.00	0.00	0.0	0	0	0.0	0.0	8.0	5.0	1.00	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*
Weighted Daily Average		803	63	1163	8.74	6.40	2172.9	4721	818	*32.80	27.14	109.47	29.32	9.38	*0.39
% of Calories											13.5%	54.5%	32.9%	10.5%	*0.4%

\*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

<sup>1</sup> - denotes optional nutrient values

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# USD #491

	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 <sup>1</sup> (g)
<b>Mon - 02/13/2012</b>															
Eudora Middle School Breakf	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
Poptarts, variety, 2	each pastry	408	0	387	2.50	4.50	35.0	1250	250	0.0	5.06	70.94	11.75	2.87	*N/A*
Yogurt, 8 ounce	8 oz	238	11	109	0.00	0.00	199.6	998	200	0.0	8.39	46.27	2.49	1.59	*N/A*
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
Nutragrain Bar / Toast	Serving	311	0	416	3.00	3.24	240.0	1003	201	0.0	7.0	51.0	10.07	1.51	*1.52
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
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*
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
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 Middle School 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	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
Sub Sandwich, Ham & Cheese	1 each	276	28	1095	2.06	2.71	176.7	382	46	*2.2	15.3	37.39	8.8	3.27	*0.00
Pizza, variety, Tony's	slice 4x6	324	25	1041	1.50	2.55	342.7	640	128	0.7	17.07	31.98	14.28	5.12	*N/A*
Peanut Butter & Jelly Uncrusta	1 each	318	0	347	2.98	2.68	99.2	0	0	0.0	10.91	31.75	16.87	3.47	*N/A*
Salad Bar with the works/Tu,Th	serving	360	105	819	9.68	5.02	267.4	20117	2126	86.74	20.46	33.22	17.75	5.75	*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 - Eudora	#12 dipper	129	0	551	3.08	1.45	31.2	19	4	0.03	4.62	25.12	0.77	0.00	*0.00
Salad	servings	7	0	6	0.59	0.19	8.9	607	77	2.33	0.41	1.57	0.07	0.01	*0.00
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*
MUSTARD: individual PC	Pkt 5g	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	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*
	packet	0	0	236	0.00	0.00	0.1	0	0	0.0	0.0	0.0	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
Italian Dressing-Eudora	2 oz	70	0	500	0.00	0.00	0.0	0	0	*N/A*	0.0	3.0	7.0	1.00	0.00
French Dressing-Eudora	2 oz	80	0	200	0.00	0.00	0.0	0	0	0.0	0.0	8.0	5.0	1.00	0.00
Weighted Daily Average		733	50	1411	8.54	5.07	425.4	2127	302	*23.73	29.38	101.67	23.04	8.27	*0.02
% of Calories											16.0%	55.5%	28.3%	10.2%	*0.0%

\*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

	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 <sup>1</sup> (g)
Tue - 02/14/2012															
Eudora Middle School Breakf	Total														
Pancakes, Eudora	2 each	214	17	396	1.33	1.78	19.0	0	0	0.0	4.0	47.02	2.39	0.34	*N/A*
Sausage Patty	1 each	76	28	153	0.00	0.33	2.6	15	3	0.0	5.6	0.0	5.74	3.16	*N/A*
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*
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
Poptarts, variety, 2	each pastry	408	0	387	2.50	4.50	35.0	1250	250	0.0	5.06	70.94	11.75	2.87	*N/A*
Yogurt, 8 ounce	8 oz	238	11	109	0.00	0.00	199.6	998	200	0.0	8.39	46.27	2.49	1.59	*N/A*
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
Nutragrain Bar / Toast	Serving	311	0	416	3.00	3.24	240.0	1003	201	0.0	7.0	51.0	10.07	1.51	*1.52
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
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*
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
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*

\*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

<sup>1</sup> - denotes optional nutrient values

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# USD #491

## Jan 30, 2012 thru Feb 24, 2012 Spreadsheet - Portion Values Combined: Eudora Middle School Breakfast/Eudora Middle School 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 <sup>1</sup> (g)
Eudora Middle School 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*
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*
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
Sub Sandwich, Ham & Cheese	1 each	276	28	1095	2.06	2.71	176.7	382	46	*2.2	15.3	37.39	8.8	3.27	*0.00
Pizza, variety, Tony's	slice 4x6	324	25	1041	1.50	2.55	342.7	640	128	0.7	17.07	31.98	14.28	5.12	*N/A*
Peanut Butter & Jelly Uncrusta	1 each	318	0	347	2.98	2.68	99.2	0	0	0.0	10.91	31.75	16.87	3.47	*N/A*
Hamburger, Eudora Sec	sandwich	362	60	262	2.22	2.96	17.6	19	5	2.03	22.09	29.76	17.47	6.67	*0.00
Salad Bar with the works/Tu,Th	serving	360	105	819	9.68	5.02	267.4	20117	2126	86.74	20.46	33.22	17.75	5.75	*0.00
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
Green beans-Eudora	serving	23	0	184	1.08	0.52	15.4	257	53	2.45	0.7	2.58	1.39	0.29	*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
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
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*
MUSTARD: individual PC	Pkt 5g	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	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*
salt	packet	0	0	236	0.00	0.00	0.1	0	0	0.0	0.0	0.0	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
Italian Dressing-Eudora	2 oz	70	0	500	0.00	0.00	0.0	0	0	*N/A*	0.0	3.0	7.0	1.00	0.00
French Dressing-Eudora	2 oz	80	0	200	0.00	0.00	0.0	0	0	0.0	0.0	8.0	5.0	1.00	0.00
pickle	portion	1	0	78	0.10	0.03	3.8	16	3	0.07	0.05	0.23	0.01	0.00	*N/A*
Weighted Daily Average		654	37	1283	6.51	4.25	519.2	2398	376	*25.39	24.10	93.56	20.22	7.05	*0.01
% of Calories											14.7%	57.2%	27.8%	9.7%	*0.0%

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

<sup>1</sup> - denotes optional nutrient values

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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 <sup>1</sup> (g)
<b>Wed - 02/15/2012</b>															
Eudora Middle School Breakf	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
Poptarts, variety, 2	each pastry	408	0	387	2.50	4.50	35.0	1250	250	0.0	5.06	70.94	11.75	2.87	*N/A*
Yogurt, 8 ounce	8 oz	238	11	109	0.00	0.00	199.6	998	200	0.0	8.39	46.27	2.49	1.59	*N/A*
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
Nutragrain Bar / Toast	Serving	311	0	416	3.00	3.24	240.0	1003	201	0.0	7.0	51.0	10.07	1.51	*1.52
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
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*
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
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 Middle School Lunch	Total														
Chicken Nuggets - Secondary	5 ea	231	55	633	0.00	1.81	20.1	201	40	0.0	15.06	14.06	12.05	3.01	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
Sub Sandwich, Ham & Cheese	1 each	276	28	1095	2.06	2.71	176.7	382	46	*2.2	15.3	37.39	8.8	3.27	*0.00
Hamburger, Eudora Sec	sandwich	362	60	262	2.22	2.96	17.6	19	5	2.03	22.09	29.76	17.47	6.67	*0.00
Pizza, variety, Tony's	slice 4x6	324	25	1041	1.50	2.55	342.7	640	128	0.7	17.07	31.98	14.28	5.12	*N/A*
Peanut Butter & Jelly Uncrusta	1 each	318	0	347	2.98	2.68	99.2	0	0	0.0	10.91	31.75	16.87	3.47	*N/A*
Salad Bar with the works/Tu,Th	serving	360	105	819	9.68	5.02	267.4	20117	2126	86.74	20.46	33.22	17.75	5.75	*0.00
rolls-Eudora Secondary	3 oz	215	0	278	3.65	1.88	24.1	25	7	2.59	6.03	37.66	5.01	1.37	*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	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*
APPLES,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	7	6.35	0.36	19.06	0.23	0.04	*N/A*
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
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*
MUSTARD: individual PC	Pkt 5g	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	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*
salt	packet	0	0	236	0.00	0.00	0.1	0	0	0.0	0.0	0.0	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
Italian Dressing-Eudora	2 oz	70	0	500	0.00	0.00	0.0	0	0	*N/A*	0.0	3.0	7.0	1.00	0.00
French Dressing-Eudora	2 oz	80	0	200	0.00	0.00	0.0	0	0	0.0	0.0	8.0	5.0	1.00	0.00
pickle	portion	1	0	78	0.10	0.03	3.8	16	3	0.07	0.05	0.23	0.01	0.00	*N/A*
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

\*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  
<sup>1</sup> - denotes optional nutrient values

# USD #491

## Jan 30, 2012 thru Feb 24, 2012 Spreadsheet - Portion Values Combined: Eudora Middle School Breakfast/Eudora Middle School 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 <sup>1</sup> (g)
Weighted Daily Average		751	57	1691	9.21	5.19	365.7	3324	395	*29.91	30.03	112.72	20.88	5.43	*0.01
% of Calories											16.0%	60.0%	25.0%	6.5%	*0.0%

Thu - 02/16/2012															
Eudora Middle School Breakf															
Breakfast Stick w/ syrup	Total														
Cereal / Toast	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*
Poptarts, variety, 2	each pastry	408	0	387	2.50	4.50	35.0	1250	250	0.0	5.06	70.94	11.75	2.87	*N/A*
Granola Bar and Toast	2 (4 oz) yogurt	215	5	132	0.00	0.16	344.7	27	5	15.88	9.98	43.09	0.45	0.25	*N/A*
Nutragrain Bar / 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
Cinnamon Roll	Serving	311	0	416	3.00	3.24	240.0	1003	201	0.0	7.0	51.0	10.07	1.51	*1.52
Fruit-canned variety	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
Fruit, fresh, Eudora	#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*
Juice, Breakfast variety	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 each	62	0	12	0.00	0.00	0.0	0	0	36.96	0.4	14.6	0.0	0.00	*0.00
Milk, Roberts, chocolate skim	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, Strawberry	each	130	5	190	0.00	0.00	300.0	500	100	2.4	8.0	23.0	0.0	0.00	0.00
JELLY	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
	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 Middle School Lunch															
Pepperoni Pizza Pocket	Total														
Sub Sandwich, Turkey and Chees	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, Ham & Cheese	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
Peanut Butter & Jelly Uncrusta	1 each	276	28	1095	2.06	2.71	176.7	382	46	*2.2	15.3	37.39	8.8	3.27	*0.00
Salad Bar with the works/Tu,Th	1 each	318	0	347	2.98	2.68	99.2	0	0	0.0	10.91	31.75	16.87	3.47	*N/A*
Hamburger, Eudora Sec	serving	360	105	819	9.68	5.02	267.4	20117	2126	86.74	20.46	33.22	17.75	5.75	*0.00
MIXED VEGETABLES:frozen,boiled	sandwich	362	60	262	2.22	2.96	17.6	19	5	2.03	22.09	29.76	17.47	6.67	*0.00
Cottage Cheese	1/2 CUP	59	0	32	4.00	0.75	22.8	3892	389	2.91	2.6	11.91	0.14	0.03	*N/A*
Salad, Garden	1/4 cup	49	6	186	0.00	0.08	51.4	42	11	0.0	6.68	2.07	1.38	0.55	*N/A*
Peaches, Eudora	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
Milk, Roberts, 1%	#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, chocolate skim	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, Strawberry	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
MUSTARD: individual PC	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 5g	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
Ranch Dressing, Eudora lowfat	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*
Italian Dressing-Eudora	salt	0	0	236	0.00	0.00	0.1	0	0	0.0	0.0	0.0	0.0	0.00	*N/A*
French Dressing-Eudora	packet	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	1 oz / 2 tbs	70	0	500	0.00	0.00	0.0	0	0	*N/A*	0.0	3.0	7.0	1.00	0.00
% of Calories	2 oz	80	0	200	0.00	0.00	0.0	0	0	0.0	0.0	8.0	5.0	1.00	0.00
	2 oz														
Weighted Daily Average		752	53	1292	11.07	4.74	555.3	5127	637	*21.63	33.94	100.86	24.12	9.31	*0.02
% of Calories											18.1%	53.7%	28.9%	11.1%	*0.0%

\*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

	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 <sup>1</sup> (g)
<b>Tue - 02/21/2012</b>															
Eudora Middle School Breakf	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
Poptarts, variety, 2	each pastry	408	0	387	2.50	4.50	35.0	1250	250	0.0	5.06	70.94	11.75	2.87	*N/A*
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*
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
Nutragrain Bar / Toast	Serving	311	0	416	3.00	3.24	240.0	1003	201	0.0	7.0	51.0	10.07	1.51	*1.52
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
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*
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
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*

\*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

<sup>1</sup> - denotes optional nutrient values

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# USD #491

## Jan 30, 2012 thru Feb 24, 2012 Spreadsheet - Portion Values Combined: Eudora Middle School Breakfast/Eudora Middle School 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 <sup>1</sup> (g)
Eudora Middle School 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
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
Sub Sandwich, Ham & Cheese	1 each	276	28	1095	2.06	2.71	176.7	382	46	*2.2	15.3	37.39	8.8	3.27	*0.00
Hamburger, Eudora Sec	sandwich	362	60	262	2.22	2.96	17.6	19	5	2.03	22.09	29.76	17.47	6.67	*0.00
Pizza, variety, Tony's	slice 4x6	324	25	1041	1.50	2.55	342.7	640	128	0.7	17.07	31.98	14.28	5.12	*N/A*
Peanut Butter & Jelly Uncrusta	1 each	318	0	347	2.98	2.68	99.2	0	0	0.0	10.91	31.75	16.87	3.47	*N/A*
Salad Bar with the works/Tu,Th	serving	360	105	819	9.68	5.02	267.4	20117	2126	86.74	20.46	33.22	17.75	5.75	*0.00
rolls-Eudora Secondary	3 oz	215	0	278	3.65	1.88	24.1	25	7	2.59	6.03	37.66	5.01	1.37	*0.00
Green beans-Eudora	serving	23	0	184	1.08	0.52	15.4	257	53	2.45	0.7	2.58	1.39	0.29	*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
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
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*
MUSTARD: individual PC	Pkt 5g	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	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*
salt	packet	0	0	236	0.00	0.00	0.1	0	0	0.0	0.0	0.0	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
Italian Dressing-Eudora	2 oz	70	0	500	0.00	0.00	0.0	0	0	*N/A*	0.0	3.0	7.0	1.00	0.00
French Dressing-Eudora	2 oz	80	0	200	0.00	0.00	0.0	0	0	0.0	0.0	8.0	5.0	1.00	0.00
pickle	portion	1	0	78	0.10	0.03	3.8	16	3	0.07	0.05	0.23	0.01	0.00	*N/A*
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*
Weighted Daily Average		689	72	1683	7.47	31.93	414.9	2481	389	*27.88	30.06	99.72	19.12	5.44	*0.03
% of Calories											17.5%	57.9%	25.0%	7.1%	*0.0%

\*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

<sup>1</sup> - denotes optional nutrient values

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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 <sup>1</sup> (g)
<b>Wed - 02/22/2012</b>															
Eudora Middle School Breakf	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
Poptarts, variety, 2	each pastry	408	0	387	2.50	4.50	35.0	1250	250	0.0	5.06	70.94	11.75	2.87	*N/A*
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*
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
Nutragrain Bar / Toast	Serving	311	0	416	3.00	3.24	240.0	1003	201	0.0	7.0	51.0	10.07	1.51	*1.52
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
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*
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
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
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 Middle School Lunch	Total														
Shrimp Poppers	4 ounces	230	40	700	2.00	2.00	30.0	0	0	0.0	10.0	19.0	12.0	2.00	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
Sub Sandwich, Ham & Cheese	1 each	276	28	1095	2.06	2.71	176.7	382	46	*2.2	15.3	37.39	8.8	3.27	*0.00
Hamburger, Eudora Sec	sandwich	362	60	262	2.22	2.96	17.6	19	5	2.03	22.09	29.76	17.47	6.67	*0.00
Peanut Butter & Jelly Uncrusta	1 each	318	0	347	2.98	2.68	99.2	0	0	0.0	10.91	31.75	16.87	3.47	*N/A*
Salad bar w/ the Works/ M,W,F	serving	257	74	967	10.11	5.32	133.5	20033	2080	85.31	19.84	27.09	9.05	1.37	*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
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*
Salad	servings	7	0	6	0.59	0.19	8.9	607	77	2.33	0.41	1.57	0.07	0.01	*0.00
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	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
MUSTARD: individual PC	Pkt 5g	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	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*
salt	packet	0	0	236	0.00	0.00	0.1	0	0	0.0	0.0	0.0	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
Italian Dressing-Eudora	2 oz	70	0	500	0.00	0.00	0.0	0	0	*N/A*	0.0	3.0	7.0	1.00	0.00
French Dressing-Eudora	2 oz	80	0	200	0.00	0.00	0.0	0	0	0.0	0.0	8.0	5.0	1.00	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*
Weighted Daily Average		625	53	1091	7.40	4.10	307.4	2979	322	*32.41	22.15	87.67	20.36	4.47	*0.01
% of Calories											14.2%	56.1%	29.3%	6.4%	*0.0%

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - denotes optional nutrient values

# 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 <sup>1</sup> (g)
<b>Thu - 02/23/2012</b>															
Eudora Middle School Breakf	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
Poptarts, variety, 2	each pastry	408	0	387	2.50	4.50	35.0	1250	250	0.0	5.06	70.94	11.75	2.87	*N/A*
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*
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
Nutragrain Bar / Toast	Serving	311	0	416	3.00	3.24	240.0	1003	201	0.0	7.0	51.0	10.07	1.51	*1.52
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
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*
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
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
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*

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<sup>1</sup> - denotes optional nutrient values

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# USD #491

## Jan 30, 2012 thru Feb 24, 2012 Spreadsheet - Portion Values Combined: Eudora Middle School Breakfast/Eudora Middle School 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 <sup>1</sup> (g)
Eudora Middle School Lunch	Total														
Chicken Tenders- Secondary	3 each	229	40	587	0.66	1.43	19.9	0	0	0.0	14.93	9.95	14.93	3.48	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
Sub Sandwich, Ham & Cheese	1 each	276	28	1095	2.06	2.71	176.7	382	46	*2.2	15.3	37.39	8.8	3.27	*0.00
Hamburger, Eudora Sec	sandwich	362	60	262	2.22	2.96	17.6	19	5	2.03	22.09	29.76	17.47	6.67	*0.00
Salad Bar with the works/Tu,Th	serving	360	105	819	9.68	5.02	267.4	20117	2126	86.74	20.46	33.22	17.75	5.75	*0.00
Pizza, variety, Tony's	slice 4x6	324	25	1041	1.50	2.55	342.7	640	128	0.7	17.07	31.98	14.28	5.12	*N/A*
Peanut Butter & Jelly Uncrusta	1 each	318	0	347	2.98	2.68	99.2	0	0	0.0	10.91	31.75	16.87	3.47	*N/A*
rolls-Eudora Secondary	3 oz	215	0	278	3.65	1.88	24.1	25	7	2.59	6.03	37.66	5.01	1.37	*0.00
Corn, seasoned, Eudora	servings	64	0	237	1.26	0.48	3.9	81	22	0.47	1.76	12.46	1.76	0.35	*N/A*
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
Salad	servings	7	0	6	0.59	0.19	8.9	607	77	2.33	0.41	1.57	0.07	0.01	*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*
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
MUSTARD: individual PC	Pkt 5g	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	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*
salt	packet	0	0	236	0.00	0.00	0.1	0	0	0.0	0.0	0.0	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
Italian Dressing-Eudora	2 oz	70	0	500	0.00	0.00	0.0	0	0	*N/A*	0.0	3.0	7.0	1.00	0.00
French Dressing-Eudora	2 oz	80	0	200	0.00	0.00	0.0	0	0	0.0	0.0	8.0	5.0	1.00	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*
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*
Weighted Daily Average		832	49	1862	8.30	4.86	375.1	2316	344	*25.08	29.83	122.36	25.72	6.37	*0.02
% of Calories											14.3%	58.9%	27.8%	6.9%	*0.0%

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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 <sup>1</sup> (g)
<b>Fri - 02/24/2012</b>															
Eudora Middle School Breakf	Total														
Biscuit Sandwich, ECB	sandwich	310	130	864	1.11	2.12	150.8	326	65	0.6	11.81	28.47	17.9	6.23	*N/A*
Muffin - Otis Spunkmeyer	muffins	167	30	177	1.00	5.10	40.0	1250	250	15.0	3.0	27.67	5.33	1.17	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
Poptarts, variety, 2	each pastry	408	0	387	2.50	4.50	35.0	1250	250	0.0	5.06	70.94	11.75	2.87	*N/A*
Yogurt, 8 ounce	8 oz	238	11	109	0.00	0.00	199.6	998	200	0.0	8.39	46.27	2.49	1.59	*N/A*
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
Nutragrain Bar / Toast	Serving	311	0	416	3.00	3.24	240.0	1003	201	0.0	7.0	51.0	10.07	1.51	*1.52
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
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*
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*
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
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
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 Middle School Lunch	Total														
French Toast with syrup	2 each	448	120	405	2.00	4.28	198.0	0	0	0.0	12.0	84.04	8.11	2.02	*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*
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
Sub Sandwich, Ham & Cheese	1 each	276	28	1095	2.06	2.71	176.7	382	46	*2.2	15.3	37.39	8.8	3.27	*0.00
Pizza, variety, Tony's	slice 4x6	324	25	1041	1.50	2.55	342.7	640	128	0.7	17.07	31.98	14.28	5.12	*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
Salad bar w/ the Works/ M,W,F	serving	257	74	967	10.11	5.32	133.5	20033	2080	85.31	19.84	27.09	9.05	1.37	*0.00
Potato triangle 7-12	2 each	220	10	640	2.00	0.72	0.0	0	0	2.4	2.0	24.0	12.0	3.00	*N/A*
Salad	servings	7	0	6	0.59	0.19	8.9	607	77	2.33	0.41	1.57	0.07	0.01	*0.00
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, 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
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*
MUSTARD: individual PC	Pkt 5g	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	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*
salt	packet	0	0	236	0.00	0.00	0.1	0	0	0.0	0.0	0.0	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
Italian Dressing-Eudora	2 oz	70	0	500	0.00	0.00	0.0	0	0	*N/A*	0.0	3.0	7.0	1.00	0.00
French Dressing-Eudora	2 oz	80	0	200	0.00	0.00	0.0	0	0	0.0	0.0	8.0	5.0	1.00	0.00
Weighted Daily Average		863	114	1370	4.91	18.58	571.0	2370	354	*76.89	24.71	144.69	20.54	5.46	*0.01
% of Calories											11.5%	67.1%	21.4%	5.7%	*0.0%

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 1 - denotes optional nutrient values

# USD #491

## Jan 30, 2012 thru Feb 24, 2012 Spreadsheet - Portion Values Combined: Eudora Middle School Breakfast/Eudora Middle School 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 <sup>1</sup> (g)
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Weighted Average		727	55	1414	7.84	9.18	677.0	3246	458	*31.71	27.65 15.2%	105.22 57.9%	22.23 27.5%	6.65 8.2%	*0.07 *0.1%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	727		746	97%		19	Correction Required - Calories are Low
Cholesterol (mg)	55		95	57%			
Sodium (mg)	1414		1812	78%			
Fiber (g)	7.84		5.40	145%			
Iron (mg)	9.18		4.29	214%			
Calcium (mg)	677.0		381.19	178%			
Vitamin A (IU)	3246		1429	227%			
Vitamin A (RE)	458		286	160%			
Vitamin C (mg)	31.71		15.91	199%	Missing		
Protein (g)	27.65	15.21%	14.49	191%			
Carbohydrate (g)	105.22	57.90%	123.29				
Total Fat (g)	22.23	27.53%	<=30.00%				
Saturated Fat (g)	6.65	8.23%	<10.00%				
Trans Fat (g)	0.07	0.09%			Missing		

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