

# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

Jan 3, 2012

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## Elementary Breakfast

	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 - 01/03/2012															
Elementary Breakfast	Total														
BREAKFAST PIZZA (ELEM.)	1 ea	53	3	160	0.33	0.90	33.3	100	33	0.0	2.67	5.67	2.33	0.67	0.00
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
TOAST, WHITE BREAD	1 ea	31	0	61	0.24	0.31	11.4	19	4	0.0	0.86	5.15	0.8	0.13	*N/A*
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
Fruit Juice	4 fl.oz.	58	0	6	0.00	0.18	5.0	0	0	18.0	0.5	13.5	0.0	0.00	*N/A*
MILK - Variety	HALF PINT	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
Weighted Daily Average		479	29	772	2.20	*3.11	370.6	735	209	21.41	17.37	68.26	14.93	5.28	*0.83
% of Calories											14.5%	57.0%	28.0%	9.9%	*1.6%

Wed - 01/04/2012															
Elementary Breakfast	Total														
Chicken Biscuit	1 each	93	8	303	0.67	*0.24	6.6	0	0	0.0	3.66	10.32	4.32	1.00	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
TOAST, WHITE BREAD	1 ea	31	0	61	0.24	0.31	11.4	19	4	0.0	0.86	5.15	0.8	0.13	*N/A*
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
Fruit Juice	4 fl.oz.	58	0	6	0.00	0.18	5.0	0	0	18.0	0.5	13.5	0.0	0.00	*N/A*
MILK - Variety	HALF PINT	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
Weighted Daily Average		519	34	915	2.54	*2.45	343.9	635	175	21.41	18.35	72.92	16.91	5.61	*1.67
% of Calories											14.1%	56.2%	29.3%	9.7%	*2.9%

\*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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## Pulaski County Special School District

### Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

#### Elementary Breakfast

	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)
Thu - 01/05/2012															
Elementary Breakfast	Total														
BREAKFAST BAR & BISCUIT	1 each	123	23	337	0.33	*0.24	13.3	0	0	0.0	3.67	11.0	7.0	2.17	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
TOAST, WHITE BREAD	1 ea	31	0	61	0.24	0.31	11.4	19	4	0.0	0.86	5.15	0.8	0.13	*N/A*
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
Fruit Juice	4 fl.oz.	58	0	6	0.00	0.18	5.0	0	0	18.0	0.5	13.5	0.0	0.00	*N/A*
MILK - Variety	HALF PINT	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
Weighted Daily Average		549	49	949	2.20	*2.45	350.6	635	175	21.41	18.37	73.60	19.59	6.78	*1.67
% of Calories											13.4%	53.6%	32.1%	11.1%	*2.7%

Fri - 01/06/2012															
Elementary Breakfast	Total														
DONUT HOMESTYLE (RICH'S)	1 ea	87	0	87	0.33	0.48	0.0	22	4	0.0	1.33	8.33	5.33	2.67	0.00
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
TOAST, WHITE BREAD	1 ea	31	0	61	0.24	0.31	11.4	19	4	0.0	0.86	5.15	0.8	0.13	*N/A*
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
Fruit Juice	4 fl.oz.	58	0	6	0.00	0.18	5.0	0	0	18.0	0.5	13.5	0.0	0.00	*N/A*
MILK - Variety	HALF PINT	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
Weighted Daily Average		512	26	699	2.20	*2.69	337.3	656	180	21.41	16.03	70.93	17.93	7.28	*0.83
% of Calories											12.5%	55.4%	31.5%	12.8%	*1.5%

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

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# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

Jan 3, 2012

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## Elementary Breakfast

	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 - 01/09/2012</b>															
Elementary Breakfast	Total														
SUPER BUN	1 ea	90	0	50	0.33	1.80	50.0	417	100	6.0	1.67	10.33	5.0	1.50	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
TOAST, WHITE BREAD	1 ea	31	0	61	0.24	0.31	11.4	19	4	0.0	0.86	5.15	0.8	0.13	*N/A*
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
Fruit Juice	4 fl.oz.	58	0	6	0.00	0.18	5.0	0	0	18.0	0.5	13.5	0.0	0.00	*N/A*
MILK - Variety	HALF PINT	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
Weighted Daily Average		516	26	662	2.20	*4.01	387.3	1051	275	27.41	16.37	72.93	17.59	6.11	*0.83
% of Calories											12.7%	56.6%	30.7%	10.7%	*1.5%

<b>Tue - 01/10/2012</b>															
Elementary Breakfast	Total														
PANCAKES	2 ea	49	6	104	0.44	0.40	8.9	0	0	0.0	1.33	8.67	0.89	0.11	0.00
SYRUP	1/4 c	87	0	40	0.03	0.00	0.0	0	0	0.0	0.0	21.87	0.0	0.00	0.00
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
TOAST, WHITE BREAD	1 ea	31	0	61	0.24	0.31	11.4	19	4	0.0	0.86	5.15	0.8	0.13	*N/A*
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
Fruit Juice	4 fl.oz.	58	0	6	0.00	0.18	5.0	0	0	18.0	0.5	13.5	0.0	0.00	*N/A*
MILK - Variety	HALF PINT	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
Weighted Daily Average		562	32	756	2.35	*2.61	346.2	635	175	21.41	16.03	93.13	13.48	4.72	*0.83
% of Calories											11.4%	66.3%	21.6%	7.6%	*1.3%

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1 - denotes optional nutrient values

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# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

Jan 3, 2012

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## Elementary Breakfast

	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)
Wed - 01/11/2012															
Elementary Breakfast	Total														
Pop-Tart (Variety)	Pop-Tart	70	0	55	0.17	0.67	0.0	167	33	0.0	0.67	12.5	1.67	0.50	0.00
AMERICAN CHEESE	1 OZ	33	8	170	0.00	*N/A*	25.0	100	20	0.0	1.67	0.17	3.0	1.67	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
TOAST, WHITE BREAD	1 ea	31	0	61	0.24	0.31	11.4	19	4	0.0	0.86	5.15	0.8	0.13	*N/A*
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
Fruit Juice	4 fl.oz.	58	0	6	0.00	0.18	5.0	0	0	18.0	0.5	13.5	0.0	0.00	*N/A*
MILK - Variety	HALF PINT	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
Weighted Daily Average		529	34	837	2.04	*2.87	362.3	901	229	21.41	17.03	75.26	17.26	6.78	*0.83
% of Calories											12.9%	56.9%	29.4%	11.5%	*1.4%

Thu - 01/12/2012															
Elementary Breakfast	Total														
HAM & CHEESE TOASTER	1 ea	90	13	316	0.48	0.77	49.3	63	13	0.01	4.78	10.85	2.88	1.19	*0.00
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
TOAST, WHITE BREAD	1 ea	31	0	61	0.24	0.31	11.4	19	4	0.0	0.86	5.15	0.8	0.13	*N/A*
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
Fruit Juice	4 fl.oz.	58	0	6	0.00	0.18	5.0	0	0	18.0	0.5	13.5	0.0	0.00	*N/A*
MILK - Variety	HALF PINT	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
Weighted Daily Average		528	39	930	2.39	*2.99	386.8	698	188	21.45	19.48	76.71	15.48	5.80	*0.83
% of Calories											14.8%	58.1%	26.4%	9.9%	*1.4%

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**Pulaski County Special School District**  
**Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values**  
**Elementary Breakfast**

	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>Fri - 01/13/2012</b>															
Elementary Breakfast	Total														
Waffle Stix (Belgian Chef)	2 ea	47	0	124	0.34	0.60	26.8	0	0	0.0	1.01	9.39	0.67	0.00	0.00
SYRUP	1/4 c	87	0	40	0.03	0.00	0.0	0	0	0.0	0.0	21.87	0.0	0.00	0.00
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
TOAST, WHITE BREAD	1 ea	31	0	61	0.24	0.31	11.4	19	4	0.0	0.86	5.15	0.8	0.13	*N/A*
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
Fruit Juice	4 fl.oz.	58	0	6	0.00	0.18	5.0	0	0	18.0	0.5	13.5	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		547	25	809	4.07	*2.50	382.6	673	135	20.93	16.44	92.94	12.02	3.80	*0.83
% of Calories											12.0%	68.0%	19.8%	6.3%	*1.4%

<b>Tue - 01/17/2012</b>															
Elementary Breakfast	Total														
BREAKFAST BAR & BISCUIT	1 each	123	23	337	0.33	*0.24	13.3	0	0	0.0	3.67	11.0	7.0	2.17	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
TOAST, WHITE BREAD	1 ea	31	0	61	0.24	0.31	11.4	19	4	0.0	0.86	5.15	0.8	0.13	*N/A*
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
Fruit Juice	4 fl.oz.	58	0	6	0.00	0.18	5.0	0	0	18.0	0.5	13.5	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		536	48	982	4.03	*2.13	369.1	673	135	20.93	19.10	72.69	18.35	5.97	*1.67
% of Calories											14.2%	54.2%	30.8%	10.0%	*2.8%

\*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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# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

Jan 3, 2012

Page 6

## Elementary Breakfast

	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)
Wed - 01/18/2012															
Elementary Breakfast	Total														
DONUT HOMESTYLE (RICH'S)	1 ea	87	0	87	0.33	0.48	0.0	22	4	0.0	1.33	8.33	5.33	2.67	0.00
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
TOAST, WHITE BREAD	1 ea	31	0	61	0.24	0.31	11.4	19	4	0.0	0.86	5.15	0.8	0.13	*N/A*
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
Fruit Juice	4 fl.oz.	58	0	6	0.00	0.18	5.0	0	0	18.0	0.5	13.5	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		499	25	732	4.03	*2.37	355.8	694	139	20.93	16.76	70.02	16.68	6.47	*0.83
% of Calories											13.4%	56.1%	30.1%	11.7%	*1.5%

Thu - 01/19/2012															
Elementary Breakfast	Total														
Scrambled Eggs	1/4 CUP	30	62	57	0.00	0.30	31.7	90	32	0.1	2.73	1.07	1.6	0.53	*N/A*
Toast	Slice	27	0	38	0.50	0.60	133.5	19	4	0.0	0.84	4.67	0.67	0.07	*0.00
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
TOAST, WHITE BREAD	1 ea	31	0	61	0.24	0.31	11.4	19	4	0.0	0.86	5.15	0.8	0.13	*N/A*
Jelly, Assorted	packet	25	0	3	0.09	0.02	0.7	0	0	0.08	0.01	6.53	0.0	0.00	*N/A*
Fruit Juice	4 fl.oz.	58	0	6	0.00	0.18	5.0	0	0	18.0	0.5	13.5	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		470	87	741	4.20	*2.79	520.9	781	171	21.04	19.00	67.43	13.62	4.41	*0.83
% of Calories											16.2%	57.4%	26.1%	8.4%	*1.6%

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1- denotes optional nutrient values

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**Pulaski County Special School District**  
**Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values**  
**Elementary Breakfast**

	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>Fri - 01/20/2012</b>															
Elementary Breakfast	Total														
BISCUIT & GRAVY (Elem)	1 ea	92	2	310	0.40	*0.20	49.3	0	0	0.0	2.2	10.73	4.38	1.29	*0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
TOAST, WHITE BREAD	1 ea	31	0	61	0.24	0.31	11.4	19	4	0.0	0.86	5.15	0.8	0.13	*N/A*
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
Fruit Juice	4 fl.oz.	58	0	6	0.00	0.18	5.0	0	0	18.0	0.5	13.5	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		505	27	956	4.09	*2.09	405.0	673	135	20.93	17.62	72.42	15.73	5.10	*1.67
% of Calories											14.0%	57.3%	28.0%	9.1%	*3.0%

<b>Mon - 01/23/2012</b>															
Elementary Breakfast	Total														
Chicken Biscuit	1 each	93	8	303	0.67	*0.24	6.6	0	0	0.0	3.66	10.32	4.32	1.00	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
TOAST, WHITE BREAD	1 ea	31	0	61	0.24	0.31	11.4	19	4	0.0	0.86	5.15	0.8	0.13	*N/A*
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
Fruit Juice	4 fl.oz.	58	0	6	0.00	0.18	5.0	0	0	18.0	0.5	13.5	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		506	33	948	4.36	*2.13	362.4	673	135	20.93	19.08	72.01	15.67	4.80	*1.67
% of Calories											15.1%	56.9%	27.9%	8.5%	*3.0%

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## Pulaski County Special School District

### Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

#### Elementary Breakfast

	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 - 01/24/2012															
Elementary Breakfast	Total														
SUPER BUN	1 ea	90	0	50	0.33	1.80	50.0	417	100	6.0	1.67	10.33	5.0	1.50	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
TOAST, WHITE BREAD	1 ea	31	0	61	0.24	0.31	11.4	19	4	0.0	0.86	5.15	0.8	0.13	*N/A*
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
Fruit Juice	4 fl.oz.	58	0	6	0.00	0.18	5.0	0	0	18.0	0.5	13.5	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		503	25	696	4.03	*3.69	405.8	1089	235	26.93	17.10	72.02	16.35	5.30	*0.83
% of Calories											13.6%	57.3%	29.3%	9.5%	*1.5%

Wed - 01/25/2012															
Elementary Breakfast	Total														
PANCAKES	2 ea	49	6	104	0.44	0.40	8.9	0	0	0.0	1.33	8.67	0.89	0.11	0.00
SYRUP	1/4 c	87	0	40	0.03	0.00	0.0	0	0	0.0	0.0	21.87	0.0	0.00	0.00
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
TOAST, WHITE BREAD	1 ea	31	0	61	0.24	0.31	11.4	19	4	0.0	0.86	5.15	0.8	0.13	*N/A*
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
Fruit Juice	4 fl.oz.	58	0	6	0.00	0.18	5.0	0	0	18.0	0.5	13.5	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		549	30	790	4.17	*2.29	364.6	673	135	20.93	16.76	92.22	12.24	3.92	*0.83
% of Calories											12.2%	67.2%	20.1%	6.4%	*1.4%

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

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**Pulaski County Special School District**  
**Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values**  
**Elementary Breakfast**

	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>Thu - 01/26/2012</b>															
Elementary Breakfast	Total														
PANCAKE PUP	1 ea	77	5	143	0.33	2.64	0.0	0	0	0.0	3.0	7.67	4.0	1.00	0.00
SYRUP	1/4 c	87	0	40	0.03	0.00	0.0	0	0	0.0	0.0	21.87	0.0	0.00	0.00
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
TOAST, WHITE BREAD	1 ea	31	0	61	0.24	0.31	11.4	19	4	0.0	0.86	5.15	0.8	0.13	*N/A*
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
Fruit Juice	4 fl.oz.	58	0	6	0.00	0.18	5.0	0	0	18.0	0.5	13.5	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		577	30	829	4.06	*4.53	355.8	673	135	20.93	18.43	91.22	15.35	4.80	*0.83
% of Calories											12.8%	63.3%	24.0%	7.5%	*1.3%

<b>Fri - 01/27/2012</b>															
Elementary Breakfast	Total														
Pop-Tart (Variety)	Pop-Tart	70	0	55	0.17	0.67	0.0	167	33	0.0	0.67	12.5	1.67	0.50	0.00
AMERICAN CHEESE	1 OZ	33	8	170	0.00	*N/A*	25.0	100	20	0.0	1.67	0.17	3.0	1.67	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
Jelly, Assorted	packet	25	0	3	0.09	0.02	0.7	0	0	0.08	0.01	6.53	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
TOAST, WHITE BREAD	1 ea	31	0	61	0.24	0.31	11.4	19	4	0.0	0.86	5.15	0.8	0.13	*N/A*
Fruit Juice	4 fl.oz.	58	0	6	0.00	0.18	5.0	0	0	18.0	0.5	13.5	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		516	33	871	3.86	*2.56	380.8	939	188	20.93	17.76	74.36	16.02	5.97	*0.83
% of Calories											13.8%	57.6%	27.9%	10.4%	*1.5%

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

1 - denotes optional nutrient values

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**Pulaski County Special School District**  
**Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values**  
**Elementary Breakfast**

	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>Mon - 01/30/2012</b>															
Elementary Breakfast	Total														
HAM & CHEESE TOASTER	1 ea	90	13	316	0.48	0.77	49.3	63	13	0.01	4.78	10.85	2.88	1.19	*0.00
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
TOAST, WHITE BREAD	1 ea	31	0	61	0.24	0.31	11.4	19	4	0.0	0.86	5.15	0.8	0.13	*N/A*
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
Fruit Juice	4 fl.oz.	58	0	6	0.00	0.18	5.0	0	0	18.0	0.5	13.5	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		515	38	963	4.22	*2.67	405.3	736	148	20.98	20.21	75.80	14.23	5.00	*0.83
% of Calories											15.7%	58.9%	24.9%	8.7%	*1.5%

<b>Tue - 01/31/2012</b>															
Elementary Breakfast	Total														
Waffle Stix (Belgian Chef)	2 ea	47	0	124	0.34	0.60	26.8	0	0	0.0	1.01	9.39	0.67	0.00	0.00
SYRUP	1/4 c	87	0	40	0.03	0.00	0.0	0	0	0.0	0.0	21.87	0.0	0.00	0.00
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
TOAST, WHITE BREAD	1 ea	31	0	61	0.24	0.31	11.4	19	4	0.0	0.86	5.15	0.8	0.13	*N/A*
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
Fruit Juice	4 fl.oz.	58	0	6	0.00	0.18	5.0	0	0	18.0	0.5	13.5	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		547	25	809	4.07	*2.50	382.6	673	135	20.93	16.44	92.94	12.02	3.80	*0.83
% of Calories											12.0%	68.0%	19.8%	6.3%	*1.4%

Weighted Average		523	35	832	3.37	*2.77	378.8	745	172	21.73	17.69	77.49	15.57	5.39	*1.04
											13.5%	59.2%	26.8%	9.3%	*1.8%

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

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# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values  
Elementary Breakfast

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Nutrient	Menu AVG	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)	
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	523		589	89%			66	Correction Required - Calories are Low									
Cholesterol (mg)	35																
Sodium (mg)	832																
Fiber (g)	3.37																
Iron (mg)	2.77		3.20	87%	Missing	0.43	Correction Required - Iron is Low										
Calcium (mg)	378.8		277.78	136%													
Vitamin A (IU)	745		1069	70%			325	Correction Required - Vitamin A is Low									
Vitamin A (RE)	172		214	80%			42	Correction Required - Vitamin A is Low									
Vitamin C (mg)	21.73		13.06	166%													
Protein (g)	17.69	13.52%	10.96	161%													
Carbohydrate (g)	77.49	59.24%															
Total Fat (g)	15.57	26.79%	<=30.00%														
Saturated Fat (g)	5.39	9.26%	<10.00%														
Trans Fat (g)	1.04	1.79%			Missing												

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# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

Jan 3, 2012

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## 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 <sup>1</sup> (g)
Tue - 01/03/2012															
Elementary Lunch	Total														
CHICKEN TENDERS	3 each	230	30	710	0.00	1.80	0.0	0	0	0.0	14.0	19.0	11.0	1.50	*N/A*
WHIPPED POTATOES (Pearls)	1/2 c	76	0	701	1.46	0.32	12.5	0	0	3.18	1.68	15.16	1.03	0.26	*N/A*
GRAVY BROWN	2 oz	130	0	2268	0.00	0.00	13.4	0	0	0.0	0.0	26.01	4.34	0.00	*0.00
PEACHES: canned,light syrup	1/2 c	96	0	14	1.37	0.00	0.0	411	82	1.65	1.37	23.31	0.0	0.00	*N/A*
Roll (Sara Lee)	roll	110	0	190	1.00	1.08	40.0	0	0	0.0	4.0	21.0	1.5	0.00	0.00
KETCHUP (HEINZ)	2 ea	20	0	200	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		791	38	4256	6.53	3.38	377.9	931	186	6.07	29.91	129.47	19.22	2.57	*0.00
% of Calories											15.1%	65.4%	21.9%	2.9%	*0.0%

Wed - 01/04/2012															
Elementary Lunch	Total														
RAVIOLI	1 cup	318	37	853	3.01	2.78	98.0	550	110	1.2	18.29	33.37	11.76	5.20	*N/A*
SALAD MIX	1/2 c	5	0	3	0.33	0.24	66.7	417	83	4.0	0.33	1.0	0.0	0.00	*N/A*
RANCH DRESSING (IND.)	1 ea	35	0	110	0.00	0.00	0.0	0	0	*N/A*	0.0	0.0	3.5	0.50	*N/A*
ORANGES	1 ea	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
TEXAS TOAST	1 ea	193	0	299	0.84	24.30	2722.1	752	296	3.01	4.17	26.2	7.86	1.72	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		725	45	1439	9.19	27.59	3237.2	2454	614	*60.54	32.56	92.84	24.58	8.25	*0.00
% of Calories											18.0%	51.2%	30.5%	10.2%	*0.0%

Thu - 01/05/2012															
Elementary Lunch	Total														
CHICKEN WRAP (ELEM)	1 ea	464	26	987	6.13	2.99	586.1	545	83	*4.79	18.01	43.56	22.96	6.47	*1.50
BROCCOLI,raw: fresh	1/2 C	11	0	10	0.82	0.23	14.8	196	49	28.1	0.89	2.09	0.12	0.01	*N/A*
RANCH DRESSING (IND.)	1 ea	35	0	110	0.00	0.00	0.0	0	0	*N/A*	0.0	0.0	3.5	0.50	*N/A*
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
Cookie, Sugar	Cookie	70	0	50	0.00	0.72	0.0	0	0	0.0	1.0	9.5	3.0	1.00	0.00
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		740	34	1331	10.07	4.25	919.4	1307	240	*35.97	29.05	84.02	31.09	8.85	*1.50
% of Calories											15.7%	45.4%	37.8%	10.8%	*1.8%

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# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

Jan 3, 2012

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## 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 <sup>1</sup> (g)
<b>Fri - 01/06/2012</b>															
Elementary Lunch	Total														
CRISPITO	1 ea	240	30	340	2.00	1.08	100.0	0	0	0.0	8.0	20.0	14.0	3.50	*N/A*
CHEESE NACHOS (ELEMENTAR	1 ea	293	17	694	*0.33	0.29	316.8	496	99	0.66	13.0	30.0	14.44	5.03	*0.00
PINTO BEANS	1/2 CUP	179	0	935	11.01	2.38	64.7	1	0	0.55	8.01	32.21	1.91	0.08	*N/A*
APPLE	1 ea	110	0	2	5.09	0.25	12.7	114	11	9.75	0.55	29.28	0.36	0.06	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		952	55	2143	*21.13	4.19	806.3	1132	214	12.21	38.42	132.46	32.06	9.47	*0.00
% of Calories											16.1%	55.7%	30.3%	9.0%	*0.0%

<b>Mon - 01/09/2012</b>															
Elementary Lunch	Total														
Fish Sticks (Portico Prime)	4 ea	228	13	386	1.32	2.88	80.0	0	0	0.0	13.32	18.8	9.2	5.20	0.00
FRENCH FRIES: oven heat	2.5 OZ	142	0	189	2.27	0.88	5.7	0	0	7.16	2.25	22.11	5.36	0.89	*N/A*
KETCHUP (HEINZ)	2 ea	20	0	200	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	*N/A*
GELATIN W/FRUIT	1/2 C	162	0	162	*1.25	0.26	10.0	382	39	25.76	0.58	40.22	0.01	0.00	*0.00
Roll (Sara Lee)	roll	110	0	190	1.00	1.08	40.0	0	0	0.0	4.0	21.0	1.5	0.00	0.00
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		791	21	1300	*8.54	5.28	447.7	902	143	34.17	29.00	127.10	17.42	6.90	*0.00
% of Calories											14.7%	64.3%	19.8%	7.9%	*0.0%

<b>Tue - 01/10/2012</b>															
Elementary Lunch	Total														
CHICKEN POT PIE	1 CUP	346	62	629	1.92	2.19	31.9	3666	389	3.33	20.44	23.39	18.72	6.55	*N/A*
PINTO BEANS	1/2 CUP	179	0	935	11.01	2.38	64.7	1	0	0.55	8.01	32.21	1.91	0.08	*N/A*
PINEAPPLE CHUNKS:canned,lt syr	1/2 C	64	0	11	1.07	0.39	0.0	0	0	16.06	0.0	16.06	0.0	0.00	*N/A*
Cookie, Chocolate Chip	Cookie	140	0	140	1.00	0.18	0.0	0	0	0.0	2.0	19.0	7.0	2.50	0.00
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		859	70	1887	17.70	5.32	408.6	4187	493	21.19	39.31	111.64	28.98	9.94	*0.00
% of Calories											18.3%	52.0%	30.4%	10.4%	*0.0%

<b>Wed - 01/11/2012</b>															
Elementary Lunch	Total														
BREADED BEEF PATTY	1 EA	333	44	823	1.99	2.68	31.1	128	26	0.26	14.73	19.76	22.0	7.81	*N/A*
WHIPPED POTATOES (Pearls)	1/2 c	76	0	701	1.46	0.32	12.5	0	0	3.18	1.68	15.16	1.03	0.26	*N/A*
GRAVY BROWN	1/4 c	16	0	283	0.00	0.00	1.7	0	0	0.0	0.0	3.25	0.54	0.00	*0.00
Roll (Sara Lee)	roll	110	0	190	1.00	1.08	40.0	0	0	0.0	4.0	21.0	1.5	0.00	0.00
CHERRY FREEZE BAR	1 each	70	0	5	0.00	0.00	0.0	0	0	15.0	0.0	16.0	0.0	0.00	0.00
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00

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# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

Jan 3, 2012

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## 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 <sup>1</sup> (g)
Weighted Daily Average		735	52	2175	7.15	4.26	397.3	648	130	19.69	29.27	96.16	26.43	8.88	*0.00
% of Calories											15.9%	52.4%	32.4%	10.9%	*0.0%

Thu - 01/12/2012															
Elementary Lunch	Total														
SOFT TACO	1 each	463	35	1073	3.04	4.33	319.2	1096	182	6.93	22.17	42.11	23.86	10.07	*N/A*
TACO SAUCE	1 ea	0	0	40	0.00	0.00	0.0	100	20	0.0	0.0	0.0	0.0	0.00	*N/A*
REFRIED BEANS SANTIAGO	1/2 c	158	0	506	5.51	1.98	480.8	*N/A*	*0	2.4	7.51	24.04	3.61	1.00	*N/A*
APPLE	1 ea	110	0	2	5.09	0.25	12.7	114	11	9.75	0.55	29.28	0.36	0.06	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		860	42	1794	16.34	6.74	1124.8	*1830	*317	20.34	39.10	116.41	29.18	11.94	*0.00
% of Calories											18.2%	54.1%	30.5%	12.5%	*0.0%

Fri - 01/13/2012															
Elementary Lunch	Total														
BBQ CHOPPED/BUN	3.2 OZ	326	24	458	6.00	1.31	109.1	0	0	0.0	24.4	38.76	9.09	2.86	*0.00
PICKLE SPEARS	1 each	0	0	385	0.00	0.00	0.0	0	0	0.0	0.0	1.83	0.0	0.00	*N/A*
BAKED BEANS	1/2 CUP	161	0	452	5.70	2.02	65.7	271	48	4.12	6.57	37.04	0.51	0.10	*0.00
POTATO SALAD	1/4 cup	69	*13	202	0.60	0.08	4.3	28	7	1.13	1.38	6.53	4.12	0.40	*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*
Cookie, Oatmeal	Cookie	70	0	2	0.50	0.00	0.0	0	0	0.0	1.0	9.5	3.0	1.00	0.00
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		845	*45	1673	18.13	3.85	496.2	883	167	15.28	43.31	137.72	18.40	5.28	*0.00
% of Calories											20.5%	65.2%	19.6%	5.6%	*0.0%

Tue - 01/17/2012															
Elementary Lunch	Total														
CHEESEBURGER	1 ea	384	44	785	4.11	3.30	252.1	373	84	0.0	20.81	33.28	19.69	7.97	*0.00
PICKLE SLICES, DILL	3 ea	0	0	0	0.00	*N/A*	0.0	0	0	0.0	0.0	0.0	0.0	0.00	*N/A*
FRENCH FRIES: oven heat	2.5 OZ	142	0	189	2.27	0.88	5.7	0	0	7.16	2.25	22.11	5.36	0.89	*N/A*
PEACHES: canned, light syrup	1/2 c	96	0	14	1.37	0.00	0.0	411	82	1.65	1.37	23.31	0.0	0.00	*N/A*
MUSTARD: individual PC	1 pkg	7	0	114	0.33	0.15	5.8	7	0	0.15	0.44	0.53	0.4	0.02	0.00
KETCHUP (HEINZ)	1 ea	20	0	200	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		778	52	1474	10.78	*4.51	575.7	1312	270	10.20	33.73	104.22	26.80	9.70	*0.00
% of Calories											17.3%	53.6%	31.0%	11.2%	*0.0%

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# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

Jan 3, 2012

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## 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 <sup>1</sup> (g)
Wed - 01/18/2012															
Elementary Lunch	Total														
BARBECUED CHICKEN	1 EACH	186	50	328	*0.20	1.51	84.0	1378	289	0.23	14.0	12.08	7.9	2.20	*0.00
SALAD MIX	1/2 c	5	0	3	0.33	0.24	66.7	417	83	4.0	0.33	1.0	0.0	0.00	*N/A*
RANCH DRESSING (IND.)	1 ea	35	0	110	0.00	0.00	0.0	0	0	*N/A*	0.0	0.0	3.5	0.50	*N/A*
ORANGES	Orange	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
Roll (Sara Lee)	roll	110	0	190	1.00	1.08	40.0	0	0	0.0	4.0	21.0	1.5	0.00	0.00
Cookie, Chocolate Chip	Cookie	140	0	140	1.00	0.18	0.0	0	0	0.0	2.0	19.0	7.0	2.50	0.00
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		650	58	945	*7.54	3.29	541.1	2531	497	*56.55	30.10	85.34	21.36	6.03	*0.00
% of Calories											18.5%	52.5%	29.6%	8.3%	*0.0%

Thu - 01/19/2012															
Elementary Lunch	Total														
HAM & CHEESE SANDWICH	1 ea	362	70	1512	3.00	*4.00	233.0	300	60	0.0	26.06	31.79	15.04	6.35	*0.00
MUSTARD IND (AMERICAN)	1 ea	0	0	70	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	*N/A*
BROCCOLI SALAD	1/2 CUP	67	0	54	1.88	0.50	28.3	738	111	50.64	1.84	5.93	4.67	0.64	*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*
FRUITI BAR	2.75	100	0	10	0.00	0.00	0.0	0	0	15.0	0.0	24.0	0.0	0.00	0.00
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		748	77	1821	10.20	*4.94	578.3	1622	283	75.67	37.87	105.77	21.39	7.92	*0.00
% of Calories											20.3%	56.6%	25.8%	9.5%	*0.0%

Fri - 01/20/2012															
Elementary Lunch	Total														
Meat Loaf (2)	2 OZ.	195	62	415	1.97	2.66	50.2	247	49	4.13	17.96	15.36	6.74	2.33	*N/A*
WHIPPED POTATOES (Pearls)	1/2 c	76	0	701	1.46	0.32	12.5	0	0	3.18	1.68	15.16	1.03	0.26	*N/A*
GRAVY BROWN	1/4 c	16	0	283	0.00	0.00	1.7	0	0	0.0	0.0	3.25	0.54	0.00	*0.00
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
Cookie, Sugar	Cookie	70	0	50	0.00	0.72	0.0	0	0	0.0	1.0	9.5	3.0	1.00	0.00
Roll (Dawn)	1 ea	115	0	630	0.55	0.83	204.9	25	5	2.56	2.23	15.64	4.92	0.99	*0.03
KETCHUP (HEINZ)	1 ea	20	0	200	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		653	70	2454	7.09	4.84	587.7	838	163	12.95	32.02	91.79	17.74	5.44	*0.03
% of Calories											19.6%	56.3%	24.5%	7.5%	*0.0%

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1 - denotes optional nutrient values

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## Pulaski County Special School District

### Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

#### 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 <sup>1</sup> (g)
Mon - 01/23/2012															
Elementary Lunch	Total														
CORN DOG	1 ea	280	40	1080	2.00	10.80	10.0	0	0	24.0	9.0	32.0	12.0	3.00	*N/A*
BAKED BEANS	1/2 CUP	161	0	452	5.70	2.02	65.7	271	48	4.12	6.57	37.04	0.51	0.10	*0.00
APPLE	1 ea	110	0	2	5.09	0.25	12.7	114	11	9.75	0.55	29.28	0.36	0.06	*N/A*
Cookie, Chocolate Chip	Cookie	140	0	140	1.00	0.18	0.0	0	0	0.0	2.0	19.0	7.0	2.50	0.00
MUSTARD: individual PC	1 pkg	7	0	114	0.33	0.15	5.8	7	0	0.15	0.44	0.53	0.4	0.02	0.00
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		827	48	1960	16.82	13.58	406.2	912	163	39.27	27.42	138.84	21.62	6.50	*0.00
% of Calories											13.3%	67.2%	23.5%	7.1%	*0.0%

Tue - 01/24/2012															
Elementary Lunch	Total														
CHICKEN NUGGETS BAKED (EL EM.)	5 ea	198	17	430	1.30	1.15	28.5	142	12	0.0	12.1	14.7	9.75	2.30	*N/A*
WHIPPED POTATOES (Pearls)	1/2 c	76	0	701	1.46	0.32	12.5	0	0	3.18	1.68	15.16	1.03	0.26	*N/A*
GRAVY BROWN	1/4 c	16	0	283	0.00	0.00	1.7	0	0	0.0	0.0	3.25	0.54	0.00	*0.00
APPLE CRISP	SERVINGS	200	0	113	2.30	0.99	20.0	350	70	0.49	1.94	31.75	7.97	1.59	*N/A*
TEXAS TOAST	1 ea	193	0	299	0.84	24.30	2722.1	752	296	3.01	4.17	26.2	7.86	1.72	*N/A*
KETCHUP (HEINZ)	1 ea	10	0	100	0.00	0.00	0.0	0	0	0.0	0.0	2.0	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		822	25	2100	8.60	26.93	3096.7	1764	482	7.94	28.76	114.05	28.50	6.68	*0.00
% of Calories											14.0%	55.5%	31.2%	7.3%	*0.0%

Wed - 01/25/2012															
Elementary Lunch	Total														
VEGETABLE BEEF SOUP	1 Cup	139	29	636	3.66	1.80	28.8	257	346	8.79	10.33	13.01	5.42	2.04	*N/A*
GRILLED CHEESE SANDWICH	1 each	336	45	928	3.00	3.92	1123.5	473	134	0.0	15.43	32.45	16.73	8.62	*0.17
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*
Cookie, Oatmeal	Cookie	70	0	2	0.50	0.00	0.0	0	0	0.0	1.0	9.5	3.0	1.00	0.00
MILK - Variety	HALF PINT	142	9	139	0.88	0.50	293.5	482	144	1.72	8.13	21.89	2.59	1.62	*N/A*
Weighted Daily Average		776	83	1707	10.66	6.48	1450.9	1277	632	19.30	36.00	99.91	28.07	13.40	*0.17
% of Calories											18.6%	51.5%	32.6%	15.5%	*0.2%

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**Pulaski County Special School District**  
**Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values**  
**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 <sup>1</sup> (g)
<b>Thu - 01/26/2012</b>															
Elementary Lunch	Total														
MAX STIXS SYSCO (ELEM.)	2 ea	320	10	820	4.00	2.16	300.0	200	40	0.0	16.0	32.0	14.0	5.00	0.00
MARINARA SAUCE	1/3 cup	32	0	312	1.30	0.70	26.0	195	39	5.85	1.3	6.5	0.65	0.00	*N/A*
SALAD MIX	1/2 c	5	0	3	0.33	0.24	66.7	417	83	4.0	0.33	1.0	0.0	0.00	*N/A*
RANCH DRESSING (IND.)	1 ea	35	0	110	0.00	0.00	0.0	0	0	*N/A*	0.0	0.0	3.5	0.50	*N/A*
ORANGES	1 ea	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
Cookie, Chocolate Chip	Cookie	140	0	140	1.00	0.18	0.0	0	0	0.0	2.0	19.0	7.0	2.50	0.00
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		707	18	1558	11.64	3.56	743.1	1548	287	*62.17	29.40	90.76	26.62	8.83	*0.00
% of Calories											16.6%	51.4%	33.9%	11.2%	*0.0%

<b>Fri - 01/27/2012</b>															
Elementary Lunch	Total														
LASAGNA	1 ser	336	40	658	8.60	11.33	564.7	1857	371	21.35	21.0	40.65	11.08	5.69	*0.00
GREEN BEANS CUT	1/2 CUP	23	0	269	1.14	1.22	45.1	337	45	4.06	1.13	4.55	0.01	0.00	*0.00
FRUIT MIX:canned,lt syrup	1/2 CUP	69	0	7	1.21	0.35	7.3	248	25	2.3	0.48	18.07	0.08	0.01	*N/A*
Roll (Sara Lee)	roll	110	0	190	1.00	1.08	40.0	0	0	0.0	4.0	21.0	1.5	0.00	0.00
Cookie, Oatmeal	Cookie	70	0	2	0.50	0.00	0.0	0	0	0.0	1.0	9.5	3.0	1.00	0.00
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
KETCHUP (HEINZ)	2 ea	20	0	200	0.00	0.00	0.0	0	0	0.0	0.0	4.0	0.0	0.00	*N/A*
Weighted Daily Average		756	48	1500	15.15	14.16	969.1	2962	546	28.96	36.48	118.75	17.03	7.52	*0.00
% of Calories											19.3%	62.8%	20.3%	8.9%	*0.0%

<b>Mon - 01/30/2012</b>															
Elementary Lunch	Total														
CORN DOG	1 ea	280	40	1080	2.00	10.80	10.0	0	0	24.0	9.0	32.0	12.0	3.00	*N/A*
BAKED BEANS	1/2 CUP	161	0	452	5.70	2.02	65.7	271	48	4.12	6.57	37.04	0.51	0.10	*0.00
APPLESAUCE,SWEETENED	1/2 CUP	84	0	2	1.48	0.15	3.7	7	1	2.09	0.2	21.51	0.21	0.04	*N/A*
KETCHUP (HEINZ)	1 ea	10	0	100	0.00	0.00	0.0	0	0	0.0	0.0	2.0	0.0	0.00	*N/A*
MUSTARD: individual PC	1 pkg	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
Cookie, Chocolate Chip	Cookie	140	0	140	1.00	0.18	0.0	0	0	0.0	2.0	19.0	7.0	2.50	0.00
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		807	48	2004	13.04	13.40	394.3	802	153	31.53	26.85	132.81	21.27	6.46	*0.00
% of Calories											13.3%	65.8%	23.7%	7.2%	*0.0%

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**Pulaski County Special School District**  
**Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values**  
**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 <sup>1</sup> (g)
Tue - 01/31/2012															
Elementary Lunch	Total														
CHICKEN PATTY	1 ea	270	50	550	1.00	1.08	20.0	100	20	0.0	15.0	13.0	17.0	4.00	*N/A*
WHIPPED POTATOES (Pearls)	1/2 c	76	0	701	1.46	0.32	12.5	0	0	3.18	1.68	15.16	1.03	0.26	*N/A*
GRAVY BROWN	1/4 cup	16	0	283	0.00	0.00	1.7	0	0	0.0	0.0	3.25	0.54	0.00	*0.00
TEXAS TOAST	1 ea	193	0	299	0.84	24.30	2722.1	752	296	3.01	4.17	26.2	7.86	1.72	*N/A*
RAINBOW FREEZE BAR	3.75 OZ	110	0	10	0.00	0.00	0.0	0	0	15.0	0.0	27.0	0.0	0.00	0.00
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		794	58	2017	6.00	25.88	3068.3	1372	420	22.44	29.71	105.60	27.78	6.79	*0.00
% of Calories											15.0%	53.2%	31.5%	7.7%	*0.0%

Weighted Average		781	*49	1877	*11.61	*9.32	1031.3	*1561	*320	*29.62	32.91	110.78	24.28	7.87	*0.09
											16.9%	56.8%	28.0%	9.1%	*0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	781		785	99%		4	Correction Required - Calories are Low
Cholesterol (mg)	49				Missing		
Sodium (mg)	1877						
Fiber (g)	11.61				Missing		
Iron (mg)	9.32		4.23	220%	Missing		
Calcium (mg)	1031.3		370.45	278%			
Vitamin A (IU)	1561		1426	109%	Missing		
Vitamin A (RE)	320		285	112%	Missing		
Vitamin C (mg)	29.62		17.42	170%	Missing		
Protein (g)	32.91	16.86%	14.56	226%			
Carbohydrate (g)	110.78	56.76%					
Total Fat (g)	24.28	27.98%	<=30.00%				
Saturated Fat (g)	7.87	9.07%	<10.00%				
Trans Fat (g)	0.09	0.10%			Missing		

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# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

Jan 3, 2012

Page 1

## Snack

	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)
Mon - 01/02/2012															
Snack	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%

Tue - 01/03/2012															
Snack	Total														
Cheez-its	Pack	100	5	170	1.00	20.00	*N/A*	*N/A*	*N/A*	*N/A*	2.0	1.4	8.5	1.00	0.00
ORANGE JUICE 6 OZ (COLEMAN)	6 oz	41	0	0	0.00	0.00	10.0	0	0	27.0	1.0	10.0	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORANGE JUICE 4 OZ COLEMAN	4 oz	28	0	0	0.00	0.00	5.0	0	0	18.0	0.5	6.5	0.0	0.00	*N/A*
Weighted Daily Average		169	5	170	1.00	20.00	*15.0	*0	*0	*45.00	3.50	17.90	8.50	1.00	*0.00
% of Calories											8.3%	42.5%	45.4%	5.3%	*0.0%

Wed - 01/04/2012															
Snack	Total														
CEREAL VARIETY (General Mills)	bowl	110	0	189	1.00	3.60	80.0	400	80	4.8	1.6	22.6	1.6	0.10	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		239	8	362	3.70	3.78	392.0	920	184	6.05	10.46	43.58	2.95	0.91	*0.00
% of Calories											17.5%	72.9%	11.1%	3.4%	*0.0%

Thu - 01/05/2012															
Snack	Total														
Bug Bites	Pack	140	0	130	1.00	0.72	100.0	*N/A*	*N/A*	*N/A*	2.0	23.0	4.5	1.00	0.00
ORANGE JUICE 6 OZ (COLEMAN)	6 oz	41	0	0	0.00	0.00	10.0	0	0	27.0	1.0	10.0	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORANGE JUICE 4 OZ COLEMAN	4 oz	28	0	0	0.00	0.00	5.0	0	0	18.0	0.5	6.5	0.0	0.00	*N/A*
Weighted Daily Average		209	0	130	1.00	0.72	115.0	*0	*0	*45.00	3.50	39.50	4.50	1.00	*0.00
% of Calories											6.7%	75.8%	19.4%	4.3%	*0.0%

Fri - 01/06/2012															
Snack	Total														
ANIMAL ZOO CRACKERS	1 ea	130	0	90	1.00	1.08	0.0	0	0	0.0	0.0	25.0	2.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		259	8	263	3.70	1.26	312.0	520	104	1.25	8.86	45.98	3.35	0.81	*0.00
% of Calories											13.7%	71.0%	11.6%	2.8%	*0.0%

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# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

Jan 3, 2012

Page 2

## Snack

	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 - 01/09/2012</b>															
Snack	Total														
Cheese Whale Crackers	Pack	46	1	66	0.00	0.00	0.0	151	30	*N/A*	1.01	7.06	1.51	0.50	0.00
APPLE JUICE 4oz.	4 fl.oz.	29	0	2	0.12	0.07	5.0	1	0	23.87	0.06	7.01	0.08	0.01	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
APPLE JUICE 6 OZ (COLEMAN)	6 OZ	45	0	4	0.00	0.27	10.0	0	0	0.0	0.0	10.5	0.0	0.00	*N/A*
Weighted Daily Average		120	1	72	0.12	0.34	15.0	152	30	*23.87	1.07	24.56	1.59	0.52	*0.00
% of Calories											3.6%	82.0%	12.0%	3.9%	*0.0%
<b>Tue - 01/10/2012</b>															
Snack	Total														
CEREAL VARIETY (General Mills)	bowl	110	0	189	1.00	3.60	80.0	400	80	4.8	1.6	22.6	1.6	0.10	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		239	8	362	3.70	3.78	392.0	920	184	6.05	10.46	43.58	2.95	0.91	*0.00
% of Calories											17.5%	72.9%	11.1%	3.4%	*0.0%
<b>Wed - 01/11/2012</b>															
Snack	Total														
SUPER BUN	1 ea	270	0	150	1.00	5.40	150.0	1250	300	18.0	5.0	31.0	15.0	4.50	*N/A*
APPLE JUICE 4oz.	4 fl.oz.	29	0	2	0.12	0.07	5.0	1	0	23.87	0.06	7.01	0.08	0.01	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
APPLE JUICE 6 OZ (COLEMAN)	6 OZ	45	0	4	0.00	0.27	10.0	0	0	0.0	0.0	10.5	0.0	0.00	*N/A*
Weighted Daily Average		344	0	156	1.12	5.74	165.0	1251	300	41.87	5.06	48.51	15.08	4.51	*0.00
% of Calories											5.9%	56.5%	39.5%	11.8%	*0.0%
<b>Thu - 01/12/2012</b>															
Snack	Total														
CEREAL VARIETY (General Mills)	bowl	110	0	189	1.00	3.60	80.0	400	80	4.8	1.6	22.6	1.6	0.10	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		239	8	362	3.70	3.78	392.0	920	184	6.05	10.46	43.58	2.95	0.91	*0.00
% of Calories											17.5%	72.9%	11.1%	3.4%	*0.0%

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1 - denotes optional nutrient values

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## Pulaski County Special School District

### Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

#### Snack

	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)
Fri - 01/13/2012															
Snack	Total														
HONEY GRAHAMS	1 pkg.	90	0	95	0.50	0.72	100.0	0	0	0.0	1.0	16.0	2.5	0.50	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		219	8	268	3.20	0.90	412.0	520	104	1.25	9.86	36.98	3.85	1.31	*0.00
% of Calories											18.0%	67.5%	15.8%	5.4%	*0.0%

Mon - 01/16/2012															
Snack	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%

Tue - 01/17/2012															
Snack	Total														
Cheez-its	Pack	100	5	170	1.00	20.00	*N/A*	*N/A*	*N/A*	*N/A*	2.0	1.4	8.5	1.00	0.00
APPLE JUICE 4oz.	4 fl.oz.	29	0	2	0.12	0.07	5.0	1	0	23.87	0.06	7.01	0.08	0.01	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
APPLE JUICE 6 OZ (COLEMAN)	6 OZ	45	0	4	0.00	0.27	10.0	0	0	0.0	0.0	10.5	0.0	0.00	*N/A*
Weighted Daily Average		174	5	176	1.12	20.34	*15.0	*1	*0	*23.87	2.06	18.91	8.58	1.01	*0.00
% of Calories											4.8%	43.6%	44.5%	5.3%	*0.0%

Wed - 01/18/2012															
Snack	Total														
ANIMAL ZOO CRACKERS	1 ea	130	0	90	1.00	1.08	0.0	0	0	0.0	0.0	25.0	2.0	0.00	*N/A*
ORANGE JUICE 6 OZ (COLEMAN)	6 oz	41	0	0	0.00	0.00	10.0	0	0	27.0	1.0	10.0	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORANGE JUICE 4 OZ COLEMAN	4 oz	28	0	0	0.00	0.00	5.0	0	0	18.0	0.5	6.5	0.0	0.00	*N/A*
Weighted Daily Average		199	0	90	1.00	1.08	15.0	0	0	45.00	1.50	41.50	2.00	0.00	*0.00
% of Calories											3.0%	83.6%	9.1%	0.0%	*0.0%

Thu - 01/19/2012															
Snack	Total														
CEREAL VARIETY (General Mills)	bowl	110	0	189	1.00	3.60	80.0	400	80	4.8	1.6	22.6	1.6	0.10	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		239	8	362	3.70	3.78	392.0	920	184	6.05	10.46	43.58	2.95	0.91	*0.00
% of Calories											17.5%	72.9%	11.1%	3.4%	*0.0%

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

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

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## Pulaski County Special School District

### Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

#### Snack

	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>Fri - 01/20/2012</b>															
Snack	Total														
Mini Vanilla Wafers	1.1 oz	139	0	96	1.00	18.00	12.0	1	0	0.06	2.0	19.0	6.0	1.00	*N/A*
APPLE JUICE 4oz.	4 fl.oz.	29	0	2	0.12	0.07	5.0	1	0	23.87	0.06	7.01	0.08	0.01	*N/A*
APPLE JUICE 6 OZ (COLEMAN)	6 OZ	45	0	4	0.00	0.27	10.0	0	0	0.0	0.0	10.5	0.0	0.00	*N/A*
Weighted Daily Average		213	0	102	1.12	18.34	27.0	2	0	23.93	2.06	36.51	6.08	1.01	*N/A*
% of Calories											3.9%	68.7%	25.8%	4.3%	*N/A*
<b>Mon - 01/23/2012</b>															
Snack	Total														
Bug Bites	Pack	140	0	130	1.00	0.72	100.0	*N/A*	*N/A*	*N/A*	2.0	23.0	4.5	1.00	0.00
ORANGE JUICE 6 OZ (COLEMAN)	6 oz	41	0	0	0.00	0.00	10.0	0	0	27.0	1.0	10.0	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
ORANGE JUICE 4 OZ COLEMAN	4 oz	28	0	0	0.00	0.00	5.0	0	0	18.0	0.5	6.5	0.0	0.00	*N/A*
Weighted Daily Average		209	0	130	1.00	0.72	115.0	*0	*0	*45.00	3.50	39.50	4.50	1.00	*0.00
% of Calories											6.7%	75.8%	19.4%	4.3%	*0.0%
<b>Tue - 01/24/2012</b>															
Snack	Total														
CEREAL VARIETY (KELLOGGS)	SERVING	97	0	98	0.99	4.13	13.4	439	192	9.46	1.33	22.58	0.58	0.30	*0.06
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		226	8	271	3.69	4.31	325.4	959	296	10.71	10.19	43.56	1.93	1.11	*0.06
% of Calories											18.0%	77.1%	7.7%	4.4%	*0.2%
<b>Wed - 01/25/2012</b>															
Snack	Total														
SUPER BUN	1 ea	270	0	150	1.00	5.40	150.0	1250	300	18.0	5.0	31.0	15.0	4.50	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		399	8	323	3.70	5.58	462.0	1770	404	19.25	13.86	51.98	16.35	5.31	*0.00
% of Calories											13.9%	52.1%	36.9%	12.0%	*0.0%

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**Pulaski County Special School District**  
**Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values**  
**Snack**

	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>Thu - 01/26/2012</b>															
Snack	Total														
Mini Treats, Alphabet	1.1 oz	132	0	110	1.00	90.00	24.0	0	0	0.06	2.0	22.0	4.0	1.00	*N/A*
APPLE JUICE 4oz.	4 fl.oz.	57	0	5	0.25	0.15	9.9	1	0	47.74	0.12	14.01	0.16	0.03	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
APPLE JUICE 6 OZ (COLEMAN)	6 OZ	90	0	8	0.00	0.54	20.0	0	0	0.0	0.0	21.0	0.0	0.00	*N/A*
Weighted Daily Average		279	0	123	1.25	90.69	53.9	1	0	47.80	2.12	57.01	4.16	1.03	*0.00
% of Calories											3.0%	81.7%	13.4%	3.3%	*0.0%

<b>Fri - 01/27/2012</b>															
Snack	Total														
CEREAL VARIETY (General Mills)	bowl	110	0	189	1.00	3.60	80.0	400	80	4.8	1.6	22.6	1.6	0.10	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		239	8	362	3.70	3.78	392.0	920	184	6.05	10.46	43.58	2.95	0.91	*0.00
% of Calories											17.5%	72.9%	11.1%	3.4%	*0.0%

<b>Mon - 01/30/2012</b>															
Snack	Total														
CEREAL VARIETY (General Mills)	bowl	110	0	189	1.00	3.60	80.0	400	80	4.8	1.6	22.6	1.6	0.10	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		239	8	362	3.70	3.78	392.0	920	184	6.05	10.46	43.58	2.95	0.91	*0.00
% of Calories											17.5%	72.9%	11.1%	3.4%	*0.0%

<b>Tue - 01/31/2012</b>															
Snack	Total														
HONEY GRAHAMS	1 pkg.	90	0	95	0.50	0.72	100.0	0	0	0.0	1.0	16.0	2.5	0.50	*N/A*
APPLE JUICE 6 OZ (COLEMAN)	6 OZ	90	0	8	0.00	0.54	20.0	0	0	0.0	0.0	21.0	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
APPLE JUICE 4oz.	4 fl.oz.	57	0	5	0.25	0.15	9.9	1	0	47.74	0.12	14.01	0.16	0.03	*N/A*
Weighted Daily Average		237	0	108	0.75	1.41	129.9	1	0	47.74	1.12	51.01	2.66	0.53	*0.00
% of Calories											1.9%	86.1%	10.1%	2.0%	*0.0%

Weighted Average		234	4	228	2.30	9.71	*226.5	*535	*117	*22.89	6.55	40.74	5.04	1.28	*N/A*
											11.2%	69.5%	19.4%	4.9%	

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**Pulaski County Special School District**  
**Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values**  
**Snack**

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 <sup>1</sup> (g)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)									
Calories	234		647	36%		412	Correction Required - Calories are Low									
Cholesterol (mg)	4															
Sodium (mg)	228															
Fiber (g)	2.30															
Iron (mg)	9.71		3.54	274%												
Calcium (mg)	226.5		293.60	77%	Missing	67.13	Correction Required - Calcium is Low									
Vitamin A (IU)	535		1083	49%	Missing	548	Correction Required - Vitamin A is Low									
Vitamin A (RE)	117		217	54%	Missing	99	Correction Required - Vitamin A is Low									
Vitamin C (mg)	22.89		15.34	149%	Missing											
Protein (g)	6.55	11.18%	9.69	68%		3.14	Correction Required - Protein is Low									
Carbohydrate (g)	40.74	69.55%														
Total Fat (g)	5.04	19.36%	<=30.00%													
Saturated Fat (g)	1.28	4.92%	<10.00%													
Trans Fat (g)	*N/A*				Missing											

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# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

Jan 3, 2012

Page 1

## Secondary Breakfast 2012

	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 - 01/03/2012															
Secondary Breakfast 2012	Total														
BREAKFAST PIZZA (SEC.)	2	107	7	320	0.67	1.80	66.7	200	67	0.0	5.34	11.35	4.67	1.33	0.00
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
Toast	Slice	27	0	38	0.50	0.60	133.5	19	4	0.0	0.84	4.67	0.67	0.07	*0.00
Jelly, Assorted	packet	25	0	3	0.09	0.02	0.7	0	0	0.08	0.01	6.53	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Fruit Juice	6 fl.oz.	86	0	4	0.00	0.27	20.0	0	0	27.0	1.0	20.5	0.0	0.00	*N/A*
Weighted Daily Average		544	31	941	4.63	*4.07	559.6	873	202	29.93	21.25	79.56	15.89	5.08	*0.83
% of Calories											15.6%	58.5%	26.3%	8.4%	*1.4%

Wed - 01/04/2012															
Secondary Breakfast 2012	Total														
Waffle Stix (Belgian Chef)	2 ea	47	0	124	0.34	0.60	26.8	0	0	0.0	1.01	9.39	0.67	0.00	0.00
SYRUP	1/4 c	87	0	40	0.03	0.00	0.0	0	0	0.0	0.0	21.87	0.0	0.00	0.00
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
Toast	Slice	27	0	38	0.50	0.60	133.5	19	4	0.0	0.84	4.67	0.67	0.07	*0.00
Jelly, Assorted	packet	25	0	3	0.09	0.02	0.7	0	0	0.08	0.01	6.53	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Fruit Juice	6 fl.oz.	86	0	4	0.00	0.27	20.0	0	0	27.0	1.0	20.5	0.0	0.00	*N/A*
Weighted Daily Average		571	25	785	4.33	*2.87	519.7	673	135	29.93	16.92	99.47	11.89	3.75	*0.83
% of Calories											11.8%	69.7%	18.7%	5.9%	*1.3%

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# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

Jan 3, 2012

Page 2

## Secondary Breakfast 2012

	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)
Thu - 01/05/2012															
Secondary Breakfast 2012	Total														
PANCAKES & SAUSAGE	Serving	175	22	270	0.46	0.40	8.9	0	0	0.0	4.67	21.06	7.56	2.44	0.00
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
Toast	Slice	27	0	38	0.50	0.60	133.5	19	4	0.0	0.84	4.67	0.67	0.07	*0.00
Jelly, Assorted	packet	25	0	3	0.09	0.02	0.7	0	0	0.08	0.01	6.53	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Fruit Juice	6 fl.oz.	86	0	4	0.00	0.27	20.0	0	0	27.0	1.0	20.5	0.0	0.00	*N/A*
Weighted Daily Average		612	47	891	4.42	*2.67	501.7	673	135	29.93	20.58	89.28	18.78	6.19	*0.83
% of Calories											13.5%	58.4%	27.6%	9.1%	*1.2%

Fri - 01/06/2012															
Secondary Breakfast 2012	Total														
Scrambled Eggs	1/4 CUP	30	62	57	0.00	0.30	31.7	90	32	0.1	2.73	1.07	1.6	0.53	*N/A*
Toast	Slice	27	0	38	0.50	0.60	133.5	19	4	0.0	0.84	4.67	0.67	0.07	*0.00
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
Toast	Slice	27	0	38	0.50	0.60	133.5	19	4	0.0	0.84	4.67	0.67	0.07	*0.00
Jelly, Assorted	packet	37	0	4	0.14	0.03	1.0	1	0	0.13	0.02	9.79	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Fruit Juice	6 fl.oz.	86	0	4	0.00	0.27	20.0	0	0	27.0	1.0	20.5	0.0	0.00	*N/A*
Weighted Daily Average		507	87	718	4.51	*3.17	658.3	782	171	30.08	19.49	77.22	13.49	4.35	*0.83
% of Calories											15.4%	61.0%	24.0%	7.7%	*1.5%

\*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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# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

Jan 3, 2012

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## Secondary Breakfast 2012

	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)
Mon - 01/09/2012															
Secondary Breakfast 2012	Total														
Chicken Biscuit	1 each	93	8	303	0.67	*0.24	6.6	0	0	0.0	3.66	10.32	4.32	1.00	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
Toast	Slice	81	0	115	1.50	1.80	400.5	56	13	0.0	2.51	14.01	2.01	0.22	*0.00
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Fruit Juice	6 fl.oz.	86	0	4	0.00	0.27	20.0	0	0	27.0	1.0	20.5	0.0	0.00	*N/A*
Weighted Daily Average		572	33	999	5.58	*3.70	766.1	710	143	29.89	21.24	84.62	16.88	4.89	*1.67
% of Calories											14.9%	59.2%	26.6%	7.7%	*2.6%

Tue - 01/10/2012															
Secondary Breakfast 2012	Total														
BISCUIT & GRAVY (Sec)	2 ea	167	3	564	0.76	*0.30	73.9	0	0	0.0	3.96	20.1	7.57	2.19	*1.67
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
Toast	Slice	54	0	77	1.00	1.20	267.0	37	8	0.0	1.68	9.34	1.34	0.15	*0.00
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Fruit Juice	6 fl.oz.	86	0	4	0.00	0.27	20.0	0	0	27.0	1.0	20.5	0.0	0.00	*N/A*
Weighted Daily Average		619	28	1222	5.17	*3.16	699.9	691	139	29.89	20.70	89.72	19.46	6.01	*2.50
% of Calories											13.4%	58.0%	28.3%	8.7%	*3.6%

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# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

Jan 3, 2012

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## Secondary Breakfast 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 <sup>1</sup> (g)
Wed - 01/11/2012															
Secondary Breakfast 2012	Total														
BREAKFAST BAR & BISCUIT	1 each	123	23	337	0.33	*0.24	13.3	0	0	0.0	3.67	11.0	7.0	2.17	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
Toast	Slice	27	0	38	0.50	0.60	133.5	19	4	0.0	0.84	4.67	0.67	0.07	*0.00
Jelly, Assorted	packet	37	0	4	0.14	0.03	1.0	1	0	0.13	0.02	9.79	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Fruit Juice	6 fl.oz.	86	0	4	0.00	0.27	20.0	0	0	27.0	1.0	20.5	0.0	0.00	*N/A*
Weighted Daily Average		573	48	959	4.34	*2.52	506.5	673	135	29.98	19.59	82.48	18.22	5.92	*1.67
% of Calories											13.7%	57.6%	28.6%	9.3%	*2.6%

Thu - 01/12/2012															
Secondary Breakfast 2012	Total														
DONUT HOMESTYLE (RICH'S)	1 ea	87	0	87	0.33	0.48	0.0	22	4	0.0	1.33	8.33	5.33	2.67	0.00
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
Toast	Slice	27	0	38	0.50	0.60	133.5	19	4	0.0	0.84	4.67	0.67	0.07	*0.00
Jelly, Assorted	packet	25	0	3	0.09	0.02	0.7	0	0	0.08	0.01	6.53	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Fruit Juice	6 fl.oz.	86	0	4	0.00	0.27	20.0	0	0	27.0	1.0	20.5	0.0	0.00	*N/A*
Weighted Daily Average		524	25	708	4.29	*2.75	492.8	694	139	29.93	17.25	76.55	16.56	6.42	*0.83
% of Calories											13.2%	58.5%	28.5%	11.0%	*1.4%

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# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

Jan 3, 2012

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## Secondary Breakfast 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 <sup>1</sup> (g)
Fri - 01/13/2012															
Secondary Breakfast 2012	Total														
SUPER BUN	1 ea	90	0	50	0.33	1.80	50.0	417	100	6.0	1.67	10.33	5.0	1.50	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
Toast	Slice	27	0	38	0.50	0.60	133.5	19	4	0.0	0.84	4.67	0.67	0.07	*0.00
Jelly, Assorted	packet	25	0	3	0.09	0.02	0.7	0	0	0.08	0.01	6.53	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Fruit Juice	6 fl.oz.	86	0	4	0.00	0.27	20.0	0	0	27.0	1.0	20.5	0.0	0.00	*N/A*
Weighted Daily Average		527	25	671	4.29	*4.07	542.8	1089	235	35.93	17.58	78.55	16.22	5.25	*0.83
% of Calories											13.3%	59.6%	27.7%	9.0%	*1.4%

Tue - 01/17/2012															
Secondary Breakfast 2012	Total														
FUNNEL CAKE	1 ea	93	10	120	0.33	0.60	13.3	0	0	0.0	1.67	15.0	3.0	0.67	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
Toast	Slice	54	0	77	1.00	1.20	267.0	37	8	0.0	1.68	9.34	1.34	0.15	*0.00
Jelly, Assorted	packet	25	0	3	0.09	0.02	0.7	0	0	0.08	0.01	6.53	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Fruit Juice	6 fl.oz.	86	0	4	0.00	0.27	20.0	0	0	27.0	1.0	20.5	0.0	0.00	*N/A*
Weighted Daily Average		557	35	779	4.79	*3.47	639.7	691	139	29.93	18.42	87.89	14.89	4.49	*1.67
% of Calories											13.2%	63.1%	24.0%	7.2%	*2.7%

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# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

Jan 3, 2012

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## Secondary Breakfast 2012

	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>Wed - 01/18/2012</b>															
Secondary Breakfast 2012	Total														
HAM & CHEESE TOASTER	1 ea	90	13	316	0.48	0.77	49.3	63	13	0.01	4.78	10.85	2.88	1.19	*0.00
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
Toast	Slice	27	0	38	0.50	0.60	133.5	19	4	0.0	0.84	4.67	0.67	0.07	*0.00
Jelly, Assorted	packet	25	0	3	0.09	0.02	0.7	0	0	0.08	0.01	6.53	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Fruit Juice	6 fl.oz.	86	0	4	0.00	0.27	20.0	0	0	27.0	1.0	20.5	0.0	0.00	*N/A*
Weighted Daily Average		527	38	937	4.44	*3.04	542.1	736	148	29.94	20.69	79.07	14.11	4.94	*0.83
% of Calories											15.7%	60.0%	24.1%	8.4%	*1.4%

<b>Thu - 01/19/2012</b>															
Secondary Breakfast 2012	Total														
Scrambled Eggs	1/4 CUP	30	62	57	0.00	0.30	31.7	90	32	0.1	2.73	1.07	1.6	0.53	*N/A*
Toast	Slice	27	0	38	0.50	0.60	133.5	19	4	0.0	0.84	4.67	0.67	0.07	*0.00
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
Toast	Slice	27	0	38	0.50	0.60	133.5	19	4	0.0	0.84	4.67	0.67	0.07	*0.00
Jelly, Assorted	packet	37	0	4	0.14	0.03	1.0	1	0	0.13	0.02	9.79	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Fruit Juice	6 fl.oz.	86	0	4	0.00	0.27	20.0	0	0	27.0	1.0	20.5	0.0	0.00	*N/A*
Weighted Daily Average		507	87	718	4.51	*3.17	658.3	782	171	30.08	19.49	77.22	13.49	4.35	*0.83
% of Calories											15.4%	61.0%	24.0%	7.7%	*1.5%

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# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

Jan 3, 2012

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## Secondary Breakfast 2012

	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>Fri - 01/20/2012</b>															
Secondary Breakfast 2012	Total														
HAM & CHEESE SANDWICH	1 ea	121	23	504	1.00	*1.33	77.7	100	20	0.0	8.69	10.6	5.01	2.12	*0.00
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
Toast	Slice	81	0	115	1.50	1.80	400.5	56	13	0.0	2.51	14.01	2.01	0.22	*0.00
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Fruit Juice	6 fl.oz.	86	0	4	0.00	0.27	20.0	0	0	27.0	1.0	20.5	0.0	0.00	*N/A*
Weighted Daily Average		599	48	1200	5.91	*4.79	837.2	810	163	29.89	26.27	84.89	17.58	6.01	*0.83
% of Calories											17.5%	56.7%	26.4%	9.0%	*1.3%

<b>Mon - 01/23/2012</b>															
Secondary Breakfast 2012	Total														
Waffle Stix (Belgian Chef)	2 ea	47	0	124	0.34	0.60	26.8	0	0	0.0	1.01	9.39	0.67	0.00	0.00
SYRUP	1/4 c	87	0	40	0.03	0.00	0.0	0	0	0.0	0.0	21.87	0.0	0.00	0.00
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
Toast	Slice	54	0	77	1.00	1.20	267.0	37	8	0.0	1.68	9.34	1.34	0.15	*0.00
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Fruit Juice	6 fl.oz.	86	0	4	0.00	0.27	20.0	0	0	27.0	1.0	20.5	0.0	0.00	*N/A*
Weighted Daily Average		586	25	822	4.78	*3.46	652.8	691	139	29.89	17.75	100.88	12.56	3.82	*0.83
% of Calories											12.1%	68.9%	19.3%	5.9%	*1.3%

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

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# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

Jan 3, 2012

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## Secondary Breakfast 2012

	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 - 01/24/2012</b>															
Secondary Breakfast 2012	Total														
BREAKFAST PIZZA (ELEM.)	1 ea	53	3	160	0.33	0.90	33.3	100	33	0.0	2.67	5.67	2.33	0.67	0.00
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
Toast	Slice	27	0	38	0.50	0.60	133.5	19	4	0.0	0.84	4.67	0.67	0.07	*0.00
Jelly, Assorted	packet	25	0	3	0.09	0.02	0.7	0	0	0.08	0.01	6.53	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Fruit Juice	6 fl.oz.	86	0	4	0.00	0.27	20.0	0	0	27.0	1.0	20.5	0.0	0.00	*N/A*
Weighted Daily Average		490	28	781	4.29	*3.17	526.2	773	168	29.93	18.58	73.88	13.56	4.42	*0.83
% of Calories											15.2%	60.3%	24.9%	8.1%	*1.5%

<b>Wed - 01/25/2012</b>															
Secondary Breakfast 2012	Total														
PANCAKES & SAUSAGE	Serving	175	22	270	0.46	0.40	8.9	0	0	0.0	4.67	21.06	7.56	2.44	0.00
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
Toast	Slice	54	0	77	1.00	1.20	267.0	37	8	0.0	1.68	9.34	1.34	0.15	*0.00
Jelly, Assorted	packet	12	0	1	0.05	0.01	0.3	0	0	0.04	0.01	3.26	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Fruit Juice	6 fl.oz.	86	0	4	0.00	0.27	20.0	0	0	27.0	1.0	20.5	0.0	0.00	*N/A*
Weighted Daily Average		627	47	928	4.88	*3.26	634.9	691	139	29.89	21.41	90.69	19.45	6.27	*0.83
% of Calories											13.7%	57.9%	27.9%	9.0%	*1.2%

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# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

Jan 3, 2012

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## Secondary Breakfast 2012

	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>Thu - 01/26/2012</b>															
Secondary Breakfast 2012	Total														
Scrambled Eggs	1/4 CUP	30	62	57	0.00	0.30	31.7	90	32	0.1	2.73	1.07	1.6	0.53	*N/A*
Toast	Slice	27	0	38	0.50	0.60	133.5	19	4	0.0	0.84	4.67	0.67	0.07	*0.00
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
Toast	Slice	27	0	38	0.50	0.60	133.5	19	4	0.0	0.84	4.67	0.67	0.07	*0.00
Jelly, Assorted	packet	37	0	4	0.14	0.03	1.0	1	0	0.13	0.02	9.79	0.0	0.00	*N/A*
Fruit Juice	6 fl.oz.	86	0	4	0.00	0.27	20.0	0	0	27.0	1.0	20.5	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		507	87	718	4.51	*3.17	658.3	782	171	30.08	19.49	77.22	13.49	4.35	*0.83
% of Calories											15.4%	61.0%	24.0%	7.7%	*1.5%

<b>Fri - 01/27/2012</b>															
Secondary Breakfast 2012	Total														
Chicken Biscuit	1 each	93	8	303	0.67	*0.24	6.6	0	0	0.0	3.66	10.32	4.32	1.00	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
Toast	Slice	27	0	38	0.50	0.60	133.5	19	4	0.0	0.84	4.67	0.67	0.07	*0.00
Jelly, Assorted	packet	37	0	4	0.14	0.03	1.0	1	0	0.13	0.02	9.79	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Fruit Juice	6 fl.oz.	86	0	4	0.00	0.27	20.0	0	0	27.0	1.0	20.5	0.0	0.00	*N/A*
Weighted Daily Average		543	33	925	4.67	*2.51	499.8	673	135	29.98	19.57	81.80	15.54	4.75	*1.67
% of Calories											14.4%	60.3%	25.8%	7.9%	*2.8%

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1 - denotes optional nutrient values

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# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

Jan 3, 2012

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## Secondary Breakfast 2012

	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>															
Secondary Breakfast 2012	Total														
PANCAKE PUP	1 ea	77	5	143	0.33	2.64	0.0	0	0	0.0	3.0	7.67	4.0	1.00	0.00
SYRUP	1/4 c	87	0	40	0.03	0.00	0.0	0	0	0.0	0.0	21.87	0.0	0.00	0.00
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
Toast	Slice	27	0	38	0.50	0.60	133.5	19	4	0.0	0.84	4.67	0.67	0.07	*0.00
Jelly, Assorted	packet	25	0	3	0.09	0.02	0.7	0	0	0.08	0.01	6.53	0.0	0.00	*N/A*
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Fruit Juice	6 fl.oz.	86	0	4	0.00	0.27	20.0	0	0	27.0	1.0	20.5	0.0	0.00	*N/A*
Weighted Daily Average		601	30	804	4.33	*4.91	492.8	673	135	29.93	18.91	97.75	15.22	4.75	*0.83
% of Calories											12.6%	65.1%	22.8%	7.1%	*1.2%

<b>Tue - 01/31/2012</b>															
Secondary Breakfast 2012	Total														
BREAKFAST BAR (HORMEL)	1 ea	67	23	140	0.00	0.24	13.3	0	0	0.0	2.33	3.0	5.0	1.67	0.00
Biscuits (Southern Pride)	2.2 oz	57	0	197	0.33	*N/A*	0.0	0	0	0.0	1.33	8.0	2.0	0.50	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
SAUSAGE & BISCUIT	1 ea	133	17	340	0.33	*0.00	0.0	0	0	0.0	4.67	8.0	8.67	2.83	0.83
or	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
CEREAL VARIETY (General Mills)	bowl	37	0	63	0.33	1.20	26.7	133	27	1.6	0.53	7.53	0.53	0.03	*N/A*
Toast	Slice	27	0	38	0.50	0.60	133.5	19	4	0.0	0.84	4.67	0.67	0.07	*0.00
Jelly, Assorted	packet	25	0	3	0.09	0.02	0.7	0	0	0.08	0.01	6.53	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Fruit Juice	6 fl.oz.	86	0	4	0.00	0.27	20.0	0	0	27.0	1.0	20.5	0.0	0.00	*N/A*
Weighted Daily Average		560	48	958	4.29	*2.51	506.2	673	135	29.93	19.58	79.21	18.22	5.92	*1.67
% of Calories											14.0%	56.6%	29.3%	9.5%	*2.7%

Weighted Average		558	43	873	4.65	*3.32	594.8	741	154	30.25	19.74	84.40	15.78	5.10	*1.12
											14.2%	60.6%	25.5%	8.2%	*1.8%

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**Pulaski County Special School District**  
**Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values**  
**Secondary Breakfast 2012**

Nutrient	Menu AVG	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)	
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	558		589	95%			32	Correction Required - Calories are Low									
Cholesterol (mg)	43																
Sodium (mg)	873																
Fiber (g)	4.65																
Iron (mg)	3.32		3.20	104%	Missing												
Calcium (mg)	594.8		277.78	214%													
Vitamin A (IU)	741		1069	69%			328	Correction Required - Vitamin A is Low									
Vitamin A (RE)	154		214	72%			60	Correction Required - Vitamin A is Low									
Vitamin C (mg)	30.25		13.06	232%													
Protein (g)	19.74	14.16%	10.96	180%													
Carbohydrate (g)	84.40	60.55%															
Total Fat (g)	15.78	25.47%	<=30.00%														
Saturated Fat (g)	5.10	8.23%	<10.00%														
Trans Fat (g)	1.12	1.82%			Missing												

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# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

Jan 3, 2012

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## Secondary Lunch 2012

	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 - 01/03/2012															
Secondary Lunch 2012	Total														
PIZZA WEDGE MAX	1slice	310	15	670	2.00	2.70	300.0	300	5	0.0	15.0	38.0	11.0	4.00	0.00
CORN: canned, yellow	1/2 cup	88	0	303	1.87	0.71	5.2	84	25	0.69	2.6	18.48	1.81	0.32	*N/A*
APPLESAUCE, SWEETENED	1/2 CUP	84	0	2	1.48	0.15	3.7	7	1	2.09	0.2	21.51	0.21	0.04	*N/A*
Cookie, Sugar	Cookie	70	0	50	0.00	0.72	0.0	0	0	0.0	1.0	9.5	3.0	1.00	0.00
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		680	23	1199	8.04	4.46	621.0	912	135	4.03	27.66	108.47	17.37	6.17	*0.00
% of Calories											16.3%	63.8%	23.0%	8.2%	*0.0%

Wed - 01/04/2012															
Secondary Lunch 2012	Total														
CHICKEN FAJITA	1 ea	473	99	1453	4.48	2.52	567.4	269	71	12.45	34.84	35.05	21.01	8.69	*1.50
PINTO BEANS	1/2 CUP	179	0	935	11.01	2.38	64.7	1	0	0.55	8.01	32.21	1.91	0.08	*N/A*
GRAPES, Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05	*N/A*
APPLE CRISP	SERVINGS	200	0	113	2.30	0.99	20.0	350	70	0.49	1.94	31.75	7.97	1.59	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		1013	107	2675	20.90	6.20	970.5	1186	250	16.57	53.94	127.87	32.41	11.22	*1.50
% of Calories											21.3%	50.5%	28.8%	10.0%	*1.3%

Thu - 01/05/2012															
Secondary Lunch 2012	Total														
MAX STIXS SYSCO (Secondary)	3 each	480	15	1230	6.00	3.24	450.0	300	60	0.0	24.0	48.0	21.0	7.50	0.00
MARINARA SAUCE	1/3 cup	32	0	312	1.30	0.70	26.0	195	39	5.85	1.3	6.5	0.65	0.00	*N/A*
SALAD MIX	1/2 c	5	0	3	0.33	0.24	66.7	417	83	4.0	0.33	1.0	0.0	0.00	*N/A*
RANCH DRESSING (IND.)	1 ea	35	0	110	0.00	0.00	0.0	0	0	*N/A*	0.0	0.0	3.5	0.50	*N/A*
APPLE	1 ea	110	0	2	5.09	0.25	12.7	114	11	9.75	0.55	29.28	0.36	0.06	*N/A*
Cookie, Chocolate Chip	Cookie	140	0	140	1.00	0.18	0.0	0	0	0.0	2.0	19.0	7.0	2.50	0.00
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		932	23	1970	16.42	4.80	867.4	1546	297	*20.85	37.04	124.76	33.86	11.37	*0.00
% of Calories											15.9%	53.6%	32.7%	11.0%	*0.0%

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# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

Jan 3, 2012

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## Secondary Lunch 2012

	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)
Fri - 01/06/2012															
Secondary Lunch 2012	Total														
Meat Loaf (2)	2 OZ.	195	62	415	1.97	2.66	50.2	247	49	4.13	17.96	15.36	6.74	2.33	*N/A*
WHIPPED POTATOES (Pearls)	1/2 c	76	0	701	1.46	0.32	12.5	0	0	3.18	1.68	15.16	1.03	0.26	*N/A*
GRAVY BROWN	1/2 cup	33	0	567	0.00	0.00	3.3	0	0	0.0	0.0	6.5	1.08	0.00	*0.00
FRUIT MIX:canned,lt syrup	1/2 CUP	69	0	7	1.21	0.35	7.3	248	25	2.3	0.48	18.07	0.08	0.01	*N/A*
Roll (Sara Lee)	roll	110	0	190	1.00	1.08	40.0	0	0	0.0	4.0	21.0	1.5	0.00	0.00
CHERRY FREEZE BAR	1 each	70	0	5	0.00	0.00	0.0	0	0	15.0	0.0	16.0	0.0	0.00	0.00
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		682	69	2058	8.34	4.59	425.3	1015	179	25.85	32.98	113.08	11.79	3.41	*0.00
% of Calories											19.3%	66.3%	15.6%	4.5%	*0.0%

Mon - 01/09/2012															
Secondary Lunch 2012	Total														
Chili Mac	1 c	274	63	654	1.54	3.00	104.7	1322	222	8.69	22.12	18.32	12.67	5.27	*N/A*
GREEN BEANS CUT	1/2 CUP	23	0	269	1.14	1.22	45.1	337	45	4.06	1.13	4.55	0.01	0.00	*0.00
PEARS BLUSHING,can light syrup	1/2 cup	90	0	8	2.53	0.44	7.9	0	0	1.3	0.3	24.02	0.05	0.00	*N/A*
ORANGE CREAM BAR	2.75 oz	100	0	15	0.00	0.00	20.0	0	0	0.0	0.0	19.0	2.0	2.00	*N/A*
Roll (Sara Lee)	roll	110	0	190	1.00	1.08	40.0	0	0	0.0	4.0	21.0	1.5	0.00	0.00
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		726	71	1309	8.92	5.93	529.8	2179	371	15.30	36.41	107.87	17.57	8.08	*0.00
% of Calories											20.1%	59.5%	21.8%	10.0%	*0.0%

Tue - 01/10/2012															
Secondary Lunch 2012	Total														
Breaded Beef Patty (Advance)	1 each	347	45	837	1.96	49.32	410.0	132	26	0.73	14.17	18.48	24.12	8.95	0.00
WHIPPED POTATOES (Pearls)	1/2 c	76	0	701	1.46	0.32	12.5	0	0	3.18	1.68	15.16	1.03	0.26	*N/A*
GRAVY BROWN	1/4 cup	16	0	283	0.00	0.00	1.7	0	0	0.0	0.0	3.25	0.54	0.00	*0.00
PEACHES: canned,light syrup	1/2 c	96	0	14	1.37	0.00	0.0	411	82	1.65	1.37	23.31	0.0	0.00	*N/A*
Roll (Sara Lee)	roll	110	0	190	1.00	1.08	40.0	0	0	0.0	4.0	21.0	1.5	0.00	0.00
Cookie, Chocolate Chip	Cookie	140	0	140	1.00	0.18	0.0	0	0	0.0	2.0	19.0	7.0	2.50	0.00
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		914	53	2339	9.49	51.08	776.2	1063	213	6.80	32.08	121.19	35.55	12.52	*0.00
% of Calories											14.0%	53.0%	35.0%	12.3%	*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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# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

Jan 3, 2012

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## Secondary Lunch 2012

	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)
Wed - 01/11/2012															
Secondary Lunch 2012	Total														
CHICKEN POT PIE	1 CUP	346	62	629	1.92	2.19	31.9	3666	389	3.33	20.44	23.39	18.72	6.55	*N/A*
SALAD MIX	1/2 c	5	0	3	0.33	0.24	66.7	417	83	4.0	0.33	1.0	0.0	0.00	*N/A*
RANCH DRESSING (IND.)	1 ea	35	0	110	0.00	0.00	0.0	0	0	*N/A*	0.0	0.0	3.5	0.50	*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*
Roll (Sara Lee)	roll	110	0	190	1.00	1.08	40.0	0	0	0.0	4.0	21.0	1.5	0.00	0.00
Cookie, Sugar	Cookie	70	0	50	0.00	0.72	0.0	0	0	0.0	1.0	9.5	3.0	1.00	0.00
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		785	70	1156	8.58	4.68	455.6	4667	584	*17.37	35.73	98.94	28.40	8.97	*0.00
% of Calories											18.2%	50.4%	32.6%	10.3%	*0.0%

Thu - 01/12/2012															
Secondary Lunch 2012	Total														
SOFT TACO	1 each	463	35	1073	3.04	4.33	319.2	1096	182	6.93	22.17	42.11	23.86	10.07	*N/A*
TACO SAUCE	1 ea	0	0	40	0.00	0.00	0.0	100	20	0.0	0.0	0.0	0.0	0.00	*N/A*
PINTO BEANS	1/2 CUP	179	0	935	11.01	2.38	64.7	1	0	0.55	8.01	32.21	1.91	0.08	*N/A*
APPLE	1 ea	110	0	2	5.09	0.25	12.7	114	11	9.75	0.55	29.28	0.36	0.06	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		881	43	2223	21.84	7.14	708.7	1831	317	18.48	39.59	124.58	27.48	11.02	*0.00
% of Calories											18.0%	56.6%	28.1%	11.3%	*0.0%

Fri - 01/13/2012															
Secondary Lunch 2012	Total														
BBQ CHOPPED/BUN	4 OZ	408	30	572	7.50	1.64	136.4	0	0	0.0	30.5	48.45	11.36	3.58	*0.00
COLE SLAW	1/2 c	95	9	100	2.02	0.38	32.4	79	11	29.65	1.04	6.98	7.51	1.17	*N/A*
BAKED BEANS	1/2 CUP	161	0	452	5.70	2.02	65.7	271	48	4.12	6.57	37.04	0.51	0.10	*0.00
PEARS	1/2 cup	90	0	8	2.53	0.44	7.9	0	0	1.11	0.3	23.99	0.05	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		882	46	1306	20.46	4.66	554.4	870	163	36.12	47.27	137.46	20.78	5.66	*0.00
% of Calories											21.4%	62.3%	21.2%	5.8%	*0.0%

Tue - 01/17/2012															
Secondary Lunch 2012	Total														
PIZZA WEDGE MAX	1slice	310	15	670	2.00	2.70	300.0	300	5	0.0	15.0	38.0	11.0	4.00	0.00
CORN: canned, yellow	1/2 cup	88	0	303	1.87	0.71	5.2	84	25	0.69	2.6	18.48	1.81	0.32	*N/A*
PEARS	1/2 cup	90	0	8	2.53	0.44	7.9	0	0	1.11	0.3	23.99	0.05	0.00	*N/A*
APPLE CRISP	SERVINGS	200	0	113	2.30	0.99	20.0	350	70	0.49	1.94	31.75	7.97	1.59	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00

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# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

Jan 3, 2012

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## Secondary Lunch 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 <sup>1</sup> (g)
Weighted Daily Average		817	23	1267	11.39	5.02	645.2	1254	204	3.54	28.71	133.20	22.18	6.72	*0.00
% of Calories											14.1%	65.2%	24.4%	7.4%	*0.0%

Wed - 01/18/2012															
Secondary Lunch 2012	Total														
LASAGNA	1 ser	336	40	658	8.60	11.33	564.7	1857	371	21.35	21.0	40.65	11.08	5.69	*0.00
SALAD MIX	1/2 c	5	0	3	0.33	0.24	66.7	417	83	4.0	0.33	1.0	0.0	0.00	*N/A*
RANCH DRESSING (IND.)	1 ea	35	0	110	0.00	0.00	0.0	0	0	*N/A*	0.0	0.0	3.5	0.50	*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*
TEXAS TOAST	1 ea	193	0	299	0.84	24.30	2722.1	752	296	3.01	4.17	26.2	7.86	1.72	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		787	48	1245	15.10	36.31	3670.5	3611	863	*38.40	35.47	111.91	24.12	8.83	*0.00
% of Calories											18.0%	56.9%	27.6%	10.1%	*0.0%

Thu - 01/19/2012															
Secondary Lunch 2012	Total														
CRISPITO	2 ea	480	60	680	4.00	2.16	200.0	0	0	0.0	16.0	40.0	28.0	7.00	*N/A*
Cheese Nacho (w/Crispito Meal)	Serving	212	8	402	*0.16	0.15	158.4	266	53	0.33	7.5	24.5	10.22	3.01	*0.00
CORN: canned, yellow	1/2 cup	88	0	303	1.87	0.71	5.2	84	25	0.69	2.6	18.48	1.81	0.32	*N/A*
APPLE	1 ea	110	0	2	5.09	0.25	12.7	114	11	9.75	0.55	29.28	0.36	0.06	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		1019	76	1560	*13.82	3.45	688.4	985	192	12.02	35.52	133.24	41.74	11.21	*0.00
% of Calories											13.9%	52.3%	36.9%	9.9%	*0.0%

Fri - 01/20/2012															
Secondary Lunch 2012	Total														
CHILI DOG	1 ea	264	48	757	2.29	2.67	171.1	235	37	2.04	13.39	26.11	11.77	2.75	*0.36
CHEESE GRATED	1 OZ	106	27	356	0.00	0.05	156.5	268	82	0.0	6.28	0.45	8.86	5.58	*N/A*
BAKED BEANS	1/2 CUP	161	0	452	5.70	2.02	65.7	271	48	4.12	6.57	37.04	0.51	0.10	*0.00
ORANGES	Orange	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
MUSTARD: individual PC	1 pkg	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
KETCHUP (HEINZ)	1 ea	0	0	100	0.00	0.00	0.0	0	0	0.0	0.0	2.0	0.0	0.00	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		719	82	1894	13.16	5.09	746.6	1513	291	58.55	36.22	98.13	22.81	9.27	*0.36
% of Calories											20.2%	54.6%	28.6%	11.6%	*0.4%

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# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

Jan 3, 2012

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## Secondary Lunch 2012

	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 - 01/23/2012</b>															
Secondary Lunch 2012	Total														
MAX STIXS SYSCO (Secondary)	3 each	480	15	1230	6.00	3.24	450.0	300	60	0.0	24.0	48.0	21.0	7.50	0.00
MARINARA SAUCE	1/2 cup	49	0	468	1.95	1.05	39.0	292	58	8.78	1.95	9.75	0.98	0.00	*N/A*
PINEAPPLE CHUNKS:canned,lt syr	1/2 C	64	0	11	1.07	0.39	0.0	0	0	16.06	0.0	16.06	0.0	0.00	*N/A*
Cookie, Oatmeal	Cookie	70	0	2	0.50	0.00	0.0	0	0	0.0	1.0	9.5	3.0	1.00	0.00
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		792	23	1884	12.22	4.86	801.0	1113	223	26.09	35.81	104.30	26.33	9.31	*0.00
% of Calories											18.1%	52.7%	29.9%	10.6%	*0.0%

<b>Tue - 01/24/2012</b>															
Secondary Lunch 2012	Total														
Breaded Beef Patty (Advance)	1 each	347	45	837	1.96	49.32	410.0	132	26	0.73	14.17	18.48	24.12	8.95	0.00
WHIPPED POTATOES (Pearls)	1/2 c	76	0	701	1.46	0.32	12.5	0	0	3.18	1.68	15.16	1.03	0.26	*N/A*
GRAVY BROWN	1/4 c	16	0	283	0.00	0.00	1.7	0	0	0.0	0.0	3.25	0.54	0.00	*0.00
PEARS	1/2 cup	90	0	8	2.53	0.44	7.9	0	0	1.11	0.3	23.99	0.05	0.00	*N/A*
Roll (Dawn)	1 ea	115	0	630	0.55	0.83	204.9	25	5	2.56	2.23	15.64	4.92	0.99	*0.03
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		773	53	2633	9.20	51.09	949.0	677	135	8.82	27.24	97.51	32.01	11.01	*0.03
% of Calories											14.1%	50.5%	37.3%	12.8%	*0.0%

<b>Wed - 01/25/2012</b>															
Secondary Lunch 2012	Total														
VEGETABLE BEEF SOUP	1 Cup	139	29	636	3.66	1.80	28.8	257	346	8.79	10.33	13.01	5.42	2.04	*N/A*
GRILLED CHEESE SANDWICH	1 each	336	45	928	3.00	3.92	1123.5	473	134	0.0	15.43	32.45	16.73	8.62	*0.17
APPLE	1 ea	110	0	2	5.09	0.25	12.7	114	11	9.75	0.55	29.28	0.36	0.06	*N/A*
Cookie, Oatmeal	Cookie	70	0	2	0.50	0.00	0.0	0	0	0.0	1.0	9.5	3.0	1.00	0.00
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		783	82	1741	14.94	6.16	1477.1	1365	594	19.79	36.18	105.22	26.86	12.54	*0.17
% of Calories											18.5%	53.7%	30.9%	14.4%	*0.2%

<b>Thu - 01/26/2012</b>															
Secondary Lunch 2012	Total														
CHICKEN FAJITA	1 ea	473	99	1453	4.48	2.52	567.4	269	71	12.45	34.84	35.05	21.01	8.69	*1.50
TACO SAUCE	1ea	0	0	40	0.00	0.00	0.0	100	20	0.0	0.0	0.0	0.0	0.00	*N/A*
PINTO BEANS	1/2 CUP	179	0	935	11.01	2.38	64.7	1	0	0.55	8.01	32.21	1.91	0.08	*N/A*
PEACHES: canned,light syrup	1/2 c	96	0	14	1.37	0.00	0.0	411	82	1.65	1.37	23.31	0.0	0.00	*N/A*
Cookie, Sugar	Cookie	70	0	50	0.00	0.72	0.0	0	0	0.0	1.0	9.5	3.0	1.00	0.00
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00

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# Pulaski County Special School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values

Jan 3, 2012

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Secondary Lunch 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 <sup>1</sup> (g)
Weighted Daily Average		948	107	2665	19.56	5.80	944.1	1301	278	15.89	54.08	121.05	27.27	10.58	*1.50
% of Calories											22.8%	51.1%	25.9%	10.0%	*1.4%

Fri - 01/27/2012															
Secondary Lunch 2012	Total														
BARBECUED CHICKEN	1 EACH	186	50	328	*0.20	1.51	84.0	1378	289	0.23	14.0	12.08	7.9	2.20	*0.00
GREEN BEANS CUT	1/2 CUP	23	0	269	1.14	1.22	45.1	337	45	4.06	1.13	4.55	0.01	0.00	*0.00
FRUIT MIX:canned,lt syrup	1/2 CUP	69	0	7	1.21	0.35	7.3	248	25	2.3	0.48	18.07	0.08	0.01	*N/A*
Roll (Sara Lee)	roll	110	0	190	1.00	1.08	40.0	0	0	0.0	4.0	21.0	1.5	0.00	0.00
CHERRY FREEZE BAR	1 each	70	0	5	0.00	0.00	0.0	0	0	15.0	0.0	16.0	0.0	0.00	0.00
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		587	58	973	*6.25	4.34	488.4	2483	463	22.84	28.48	92.68	10.84	3.03	*0.00
% of Calories											19.4%	63.2%	16.6%	4.6%	*0.0%

Mon - 01/30/2012															
Secondary Lunch 2012	Total														
CORN DOG	1 ea	280	40	1080	2.00	10.80	10.0	0	0	24.0	9.0	32.0	12.0	3.00	*N/A*
MACARONI & CHEESE (SEC)	1/2 cup	189	13	438	0.62	0.90	237.6	345	69	0.49	11.25	21.75	6.7	3.02	*N/A*
PEAS GREEN,CANNED,DRAINED	1/4 c	42	0	115	1.97	0.46	10.1	406	82	4.36	2.12	6.32	1.08	0.20	*N/A*
PEARS BLUSHING,can light syrup	1/2 cup	90	0	8	2.53	0.44	7.9	0	0	1.3	0.3	24.02	0.05	0.00	*N/A*
KETCHUP (HEINZ)	1 ea	10	0	100	0.00	0.00	0.0	0	0	0.0	0.0	2.0	0.0	0.00	*N/A*
MUSTARD: individual PC	1 pkg	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		743	60	1970	9.99	12.86	580.5	1275	255	31.48	31.75	107.33	21.38	7.04	*0.00
% of Calories											17.1%	57.8%	25.9%	8.5%	*0.0%

Tue - 01/31/2012															
Secondary Lunch 2012	Total														
CHICKEN PATTY	1 ea	270	50	550	1.00	1.08	20.0	100	20	0.0	15.0	13.0	17.0	4.00	*N/A*
GRAVY BROWN	1/2 cup	33	0	567	0.00	0.00	3.3	0	0	0.0	0.0	6.5	1.08	0.00	*0.00
WHIPPED POTATOES (Pearls)	1/2 c	76	0	701	1.46	0.32	12.5	0	0	3.18	1.68	15.16	1.03	0.26	*N/A*
FRUIT MIX:canned,lt syrup	1/2 CUP	69	0	7	1.21	0.35	7.3	248	25	2.3	0.48	18.07	0.08	0.01	*N/A*
ORANGE CREAM BAR	2.75 oz	100	0	15	0.00	0.00	20.0	0	0	0.0	0.0	19.0	2.0	2.00	*N/A*
TEXAS TOAST	1 ea	193	0	299	0.84	24.30	2722.1	752	296	3.01	4.17	26.2	7.86	1.72	*N/A*
Milk (Coleman) Variety	carton	129	8	173	2.70	0.18	312.0	520	104	1.25	8.86	20.98	1.35	0.81	0.00
Weighted Daily Average		870	58	2313	7.21	26.23	3097.2	1620	446	9.74	30.20	118.92	30.41	8.80	*0.00
% of Calories											13.9%	54.7%	31.5%	9.1%	*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

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**Pulaski County Special School District**  
**Jan 1, 2012 thru Jan 31, 2012 Spreadsheet - Weighted Values**  
**Secondary Lunch 2012**

	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 Average		817	59	1819	*12.79	12.74	999.9	1623	323	*20.43	36.12 17.7%	114.39 56.0%	25.56 28.2%	8.84 9.7%	*0.18 *0.2%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	817		785	104%			
Cholesterol (mg)	59						
Sodium (mg)	1819						
Fiber (g)	12.79				Missing		
Iron (mg)	12.74		4.23	301%			
Calcium (mg)	999.9		370.45	270%			
Vitamin A (IU)	1623		1426	114%			
Vitamin A (RE)	323		285	113%			
Vitamin C (mg)	20.43		17.42	117%	Missing		
Protein (g)	36.12	17.69%	14.56	248%			
Carbohydrate (g)	114.39	56.03%					
Total Fat (g)	25.56	28.17%	<=30.00%				
Saturated Fat (g)	8.84	9.74%	<10.00%				
Trans Fat (g)	0.18	0.20%			Missing		

\*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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