

Fairfield City Schools

Cycle No. 1 thru Cycle No. 23 Cycle Spreadsheet - Portion Values Elementary 2011-2012

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Sep 20, 2011

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Week 1 - Monday															
Elementary 2011-2012	Total														
FF - Taco stick, Bosco WG	1 stick	230	15	370	3.00	1.80	150.0	400	80	3.6	12.0	31.0	7.0	2.50	0.00
FF - Salsa	2 oz.	27	0	64	0.00	0.00	36.6	183	37	2.19	0.0	3.66	0.0	0.00	0.00
FF - assorted milk choice	8 oz	145	9	121	0.00	0.36	298.0	1243	104	1.24	7.96	26.47	2.39	1.47	0.00
FF - Green Beans, Nugget	1/2 cup	25	0	380	2.00	0.00	20.0	200	40	3.6	1.0	4.0	0.0	0.00	0.00
FF - Fruit, cupped	1 cup	139	0	20	2.79	0.29	4.0	180	36	54.0	0.4	32.95	0.0	0.00	0.00
FF - Belly Bears, Honey Graham	serving	130	0	95	0.00	0.72	100.0	0	0	0.0	2.0	20.0	4.0	0.00	0.00
Weighted Daily Average		696	24	1051	7.79	3.17	608.6	2206	297	64.63	23.36	118.08	13.39	3.97	0.00
% of Calories											13.4%	67.8%	17.3%	5.1%	0.0%
Nutrient Guideline		640	100	1500	5.00	3.30	267.00	1033		15.00	8.78		<=30.0	<10.00	
% of Guideline Satisfied		109%	24%	70%	156%	96%	228%	214%		431%	266%				
Shortfall			76	449		0.13									

Week 1 - Tuesday															
Elementary 2011-2012	Total														
FF - Chicken Tenders, KrispNkr	serving	200	55	680	0.00	1.80	20.0	100	20	0.0	14.0	12.0	10.0	2.00	0.00
FF - Bread, Wheat roll, Kloste	roll	70	0	140	1.00	0.72	40.0	0	0	0.0	2.0	14.0	1.0	0.00	0.00
FF - Mashed Potatoes - potato	1/2 c	74	0	343	1.20	0.18	10.0	0	0	3.6	1.4	14.6	1.1	0.10	0.00
FF - Gravy, chicken trio	1/4 CUP	35	0	290	0.00	0.00	0.0	0	0	0.0	0.0	6.0	1.0	0.50	0.00
FF - Margarine, Country premiu	portion	20	0	35	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
FF - Fruit, cupped	1/2 cup	70	0	10	1.40	0.14	2.0	90	18	27.0	0.2	16.48	0.0	0.00	0.00
FF - assorted milk choice	8 oz	145	9	121	0.00	0.36	298.0	1243	104	1.24	7.96	26.47	2.39	1.47	0.00
FF - Condiments, Chicken Day	1	38	0	111	0.14	0.17	0.2	23	5	0.01	0.2	9.17	0.17	0.06	0.00
Weighted Daily Average		651	64	1731	3.74	3.38	370.2	1655	187	31.84	25.75	98.72	18.15	4.12	0.00
% of Calories											15.8%	60.7%	25.1%	5.7%	0.0%
Nutrient Guideline		640	100	1500	5.00	3.30	267.00	1033		15.00	8.78		<=30.0	<10.00	
% of Guideline Satisfied		102%	64%	115%	75%	102%	139%	160%		212%	293%				
Shortfall			36		1.26										

Week 1 - Wednesday															
Elementary 2011-2012	Total														
FF - Pizza, Specialty, Donatos	slice	355	32	900	2.50	0.00	450.0	750	150	135.0	19.0	34.5	15.5	7.50	0.00
FF - Fresh Fruit	1/2 cup	61	0	0	3.00	0.21	16.7	58	12	20.0	0.33	16.0	0.0	0.00	0.00
FF - celery sticks	1/2 cup	7	0	34	0.50	0.18	15.0	225	45	2.4	0.5	1.5	0.0	0.00	0.00
FF - Ranch Vegetable Dip - fat	1 oz. cup	30	0	430	1.00	0.00	0.0	0	0	0.0	0.0	7.0	0.0	0.00	0.00
FF - assorted milk choice	8 oz	145	9	121	0.00	0.36	298.0	1243	104	1.24	7.96	26.47	2.39	1.47	0.00

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

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

¹ - denotes optional nutrient values

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		597	42	1485	7.00	0.75	779.7	2276	311	158.64	27.79	85.47	17.89	8.97	0.00
% of Calories											18.6%	57.2%	27.0%	13.5%	0.0%
Nutrient Guideline		640	100	1500	5.00	3.30	267.00	1033		15.00	8.78		<=30.0	<10.00	
% of Guideline Satisfied		93%	42%	99%	140%	23%	292%	220%		1058%	317%				
Shortfall		43	58	15		2.55								OVER	

Week 1 - Thursday															
Elementary 2011-2012	Total														
FF - Pasta, spaghetti	1/2 cup	105	0	0	1.00	0.99	0.0	0	0	0.0	3.5	21.0	0.5	0.00	0.00
FF - Spaghetti Sauce - JTM	serving	166	55	488	2.00	3.00	43.0	647	180	19.0	15.0	9.0	7.0	2.80	0.00
FF - Romaine Salad Mix	1/2 c	18	0	12	1.00	0.54	30.0	2100	420	10.8	1.0	4.0	0.0	0.00	0.00
Salad Dressing, Ranch FF, Saue	packet	10	0	125	0.00	0.00	20.0	0	0	0.0	0.0	3.0	0.0	0.00	0.00
FF - Breadstick, Wheat - Pierr	stick	110	0	150	1.00	0.36	20.0	0	0	2.4	3.0	22.0	1.5	0.00	0.00
FF - Fruit, cupped	1/2 cup	70	0	10	1.40	0.14	2.0	90	18	27.0	0.2	16.48	0.0	0.00	0.00
FF - assorted milk choice	8 oz	145	9	121	0.00	0.36	298.0	1243	104	1.24	7.96	26.47	2.39	1.47	0.00
Weighted Daily Average		623	64	906	6.40	5.40	413.0	4080	722	60.43	30.66	101.95	11.39	4.27	0.00
% of Calories											19.7%	65.4%	16.4%	6.2%	0.0%
Nutrient Guideline		640	100	1500	5.00	3.30	267.00	1033		15.00	8.78		<=30.0	<10.00	
% of Guideline Satisfied		97%	64%	60%	128%	164%	155%	395%		403%	349%				
Shortfall		17	36	594											

Week 1 - Friday															
Elementary 2011-2012	Total														
FF - Tortilla chips, Barrel O F	bag	290	0	210	4.00	1.08	60.0	0	0	2.4	4.0	36.0	14.0	1.50	0.00
FF - Cheese, Red Fat LOL 3 oz	1 cup	130	30	780	0.00	0.00	0.0	0	0	1.2	8.0	4.0	9.0	6.00	0.00
FF - Beans, refried, Santiago	1/2 c	90	2	292	4.40	1.98	40.0	0	0	2.4	4.4	12.6	2.4	0.90	0.00
FF - Carrot Sticks - 1 oz. pac	package	12	0	10	1.00	0.18	10.0	7950	400	2.4	0.0	3.0	0.0	0.00	0.00
FF - Ranch Vegetable Dip - fat	1 oz. cup	30	0	430	1.00	0.00	0.0	0	0	0.0	0.0	7.0	0.0	0.00	0.00
FF - Fruit, cupped	1/2 cup	70	0	10	1.40	0.14	2.0	90	18	27.0	0.2	16.48	0.0	0.00	0.00
FF - assorted milk choice	8 oz	145	9	121	0.00	0.36	298.0	1243	104	1.24	7.96	26.47	2.39	1.47	0.00
Weighted Daily Average		766	41	1854	11.80	3.75	410.0	9283	522	36.63	24.56	105.54	27.79	9.87	0.00
% of Calories											12.8%	55.1%	32.7%	11.6%	0.0%
Nutrient Guideline		640	100	1500	5.00	3.30	267.00	1033		15.00	8.78		<=30.0	<10.00	
% of Guideline Satisfied		120%	41%	124%	236%	114%	154%	899%		244%	280%				
Shortfall			59										OVER	OVER	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Week 1 - Friday - 2															
Elementary 2011-2012	Total														
FF - Pizza, Real Slice WG 3 ch	slice	270	10	800	4.00	5.40	250.0	500	100	0.0	15.0	32.0	10.0	3.00	0.00
FF - Carrot Sticks - 1 oz. pac	package	12	0	10	1.00	0.18	10.0	7950	400	2.4	0.0	3.0	0.0	0.00	0.00
FF - Ranch Vegetable Dip - fat	1 oz. cup	30	0	430	1.00	0.00	0.0	0	0	0.0	0.0	7.0	0.0	0.00	0.00
FF - Fruit, cupped	1/2 cup	70	0	10	1.40	0.14	2.0	90	18	27.0	0.2	16.48	0.0	0.00	0.00
FF - assorted milk choice	8 oz	145	9	121	0.00	0.36	298.0	1243	104	1.24	7.96	26.47	2.39	1.47	0.00
Weighted Daily Average		526	19	1371	7.40	6.09	560.0	9783	622	30.63	23.16	84.94	12.39	4.47	0.00
% of Calories											17.6%	64.6%	21.2%	7.6%	0.0%
Nutrient Guideline		640	100	1500	5.00	3.30	267.00	1033		15.00	8.78		<=30.0	<10.00	
% of Guideline Satisfied		82%	19%	91%	148%	184%	210%	947%		204%	264%				
Shortfall		114	81	129											

Week 2 - Monday															
Elementary 2011-2012	Total														
FF - Hot dog, 3 meat, 8/1gfs 3	2 oz. hot do	173	43	576	0.00	0.72	40.0	0	0	0.0	6.0	1.0	16.0	5.00	0.00
FF - Bun, hot dog, Ultra Grain	1 bun	110	0	180	2.00	0.72	40.0	0	0	0.0	4.0	21.0	1.0	0.00	0.00
FF - Baked Beans	1/2 cup	187	0	619	6.43	2.37	72.9	342	68	1.71	6.44	37.07	1.07	0.00	0.00
FF - Fruit, cupped	1 cup	139	0	20	2.79	0.29	4.0	180	36	54.0	0.4	32.95	0.0	0.00	0.00
FF - assorted milk choice	8 oz	145	9	121	0.00	0.36	298.0	1243	104	1.24	7.96	26.47	2.39	1.47	0.00
FF - Hot dog cond must/ketchep	set	20	0	280	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average		774	52	1797	11.23	4.46	454.9	1765	208	56.95	24.80	124.49	20.45	6.47	0.00
% of Calories											12.8%	64.4%	23.8%	7.5%	0.0%
Nutrient Guideline		640	100	1500	5.00	3.30	267.00	1033		15.00	8.78		<=30.0	<10.00	
% of Guideline Satisfied		121%	52%	120%	225%	135%	170%	171%		380%	282%				
Shortfall			48												

Week 2 - Tuesday															
Elementary 2011-2012	Total														
FF - Chicken, Popcorn Tyson	serving	220	30	240	1.00	1.44	20.0	100	20	0.0	10.0	15.0	13.0	3.00	0.00
FF - Pretzel Roll	roll	70	0	75	0.00	0.72	0.0	0	0	0.0	2.0	14.0	1.0	0.00	0.00
FF - carrots , Glazed	1/2 cups	65	0	71	1.24	0.25	22.3	7710	1542	1.12	0.01	8.04	4.14	0.64	0.96
FF - Fruit, cupped	1/2 cup	70	0	10	1.40	0.14	2.0	90	18	27.0	0.2	16.48	0.0	0.00	0.00
FF - assorted milk choice	8 oz	145	9	121	0.00	0.36	298.0	1243	104	1.24	7.96	26.47	2.39	1.47	0.00
FF - Condiments, Chicken Day	1	38	0	111	0.14	0.17	0.2	23	5	0.01	0.2	9.17	0.17	0.06	0.00

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Weighted Daily Average % of Calories		608	39	629	3.78	3.09	342.5	9165	1688	29.36	20.36 13.4%	89.16 58.7%	20.70 30.6%	5.16 7.6%	0.96 1.4%
Nutrient Guideline		640	100	1500	5.00	3.30	267.00	1033		15.00	8.78		<=30.0	<10.00	
% of Guideline Satisfied		95%	39%	42%	76%	94%	128%	887%		196%	232%				
Shortfall		32	61	871	1.22	0.21							OVER		

Week 2 - Wednesday															
Elementary 2011-2012															
	Total														
FF - Pancakes, Whole Grain, Au	3 pancakes	230	10	380	3.00	1.44	40.0	0	0	0.0	5.0	40.0	6.0	1.00	0.00
Syrup, portion cup 1.5 oz.	ea	120	0	0	0.00	0.00	0.0	0	0	0.0	0.0	31.0	0.0	0.00	0.00
FF - Sausage, turkey, Jennie-O	1 link	61	31	122	0.00	0.50	11.8	42	8	0.5	6.24	0.16	4.05	1.10	0.09
FF - Potatoes, Hash Brown Patt	portion	140	0	270	2.00	0.36	0.0	0	0	2.4	2.0	15.0	8.0	2.00	0.00
FF - Oranges, Mandarin (GFS 61	1/2 c	60	0	10	0.00	0.36	20.0	400	80	18.0	1.0	14.0	0.0	0.00	0.00
FF - assorted milk choice	8 oz	145	9	121	0.00	0.36	298.0	1243	104	1.24	7.96	26.47	2.39	1.47	0.00
Ketchup portion pack	18 g	20	0	210	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
FF - Margarine, Country premiu	portion	20	0	35	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00	0.00
Weighted Daily Average % of Calories		796	50	1148	5.00	3.02	369.8	1885	232	22.14	22.20 11.2%	132.63 66.7%	22.94 25.9%	5.57 6.3%	0.09 0.1%
Nutrient Guideline		640	100	1500	5.00	3.30	267.00	1033		15.00	8.78		<=30.0	<10.00	
% of Guideline Satisfied		124%	50%	77%	100%	92%	139%	182%		148%	253%				
Shortfall			50	352		0.28									

Week 2 - Thursday															
Elementary 2011-2012															
	Total														
FF - Taco Filling, Beef, Reduc	3.17 oz.	110	35	500	2.00	2.00	41.0	645	120	5.0	13.0	4.0	5.0	1.80	0.00
FF - Bread, Loco Ultra Whole G	portion	140	0	260	3.00	1.44	60.0	0	0	0.0	5.0	25.0	3.0	1.00	0.00
FF - Corn, kernel, frozen	.5 cup	66	0	1	1.97	0.39	2.5	90	18	2.87	2.09	15.83	0.0	0.00	0.00
FF - Fresh Fruit	1/2 cup	61	0	0	3.00	0.21	16.7	58	12	20.0	0.33	16.0	0.0	0.00	0.00
FF - assorted milk choice	8 oz	145	9	121	0.00	0.36	298.0	1243	104	1.24	7.96	26.47	2.39	1.47	0.00
Taco Sauce portion	pack	5	0	94	0.10	0.00	0.0	50	10	0.0	0.1	1.0	0.0	0.00	0.00
FF - Lettuce, Shredded	1/4 cup	15	0	10	1.00	0.36	20.0	200	40	3.6	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		541	44	987	11.07	4.76	438.1	2286	304	32.71	29.48 21.8%	91.29 67.4%	10.39 17.3%	4.27 7.1%	0.00 0.0%
Nutrient Guideline		640	100	1500	5.00	3.30	267.00	1033		15.00	8.78		<=30.0	<10.00	
% of Guideline Satisfied		85%	44%	66%	221%	144%	164%	221%		218%	336%				
Shortfall		99	56	513											

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Week 2 - Friday															
Elementary 2011-2012	Total														
FF - Breadstick, cheesy S & F	slice	300	35	610	1.00	2.70	200.0	200	40	0.0	15.0	37.0	10.0	3.00	0.00
FF - Marinara portion cup - 2	1 cup	25	0	330	1.00	0.72	20.0	250	50	3.0	1.0	6.0	0.0	0.00	0.00
Salad, 1/2 cup romaine mix	serving	18	0	12	1.00	0.54	30.0	2100	420	10.8	1.0	4.0	0.0	0.00	0.00
FF - Ranch Dressing, Fat free	package	10	0	125	0.00	0.00	20.0	0	0	0.0	0.0	3.0	0.0	0.00	0.00
FF - Fruit, cupped	1/2 cup	70	0	10	1.40	0.14	2.0	90	18	27.0	0.2	16.48	0.0	0.00	0.00
FF - assorted milk choice	8 oz	145	9	121	0.00	0.36	298.0	1243	104	1.24	7.96	26.47	2.39	1.47	0.00
Weighted Daily Average		567	44	1208	4.40	4.47	570.0	3883	632	42.03	25.16	92.95	12.39	4.47	0.00
% of Calories											17.7%	65.5%	19.7%	7.1%	0.0%
Nutrient Guideline		640	100	1500	5.00	3.30	267.00	1033		15.00	8.78		<=30.0	<10.00	
% of Guideline Satisfied		89%	44%	81%	88%	135%	213%	376%		280%	287%				
Shortfall		73	56	292	0.60										

Week 2 - Friday - 2															
Elementary 2011-2012	Total														
FF - Pizza, Real Slice WG 3 ch	slice	270	10	800	4.00	5.40	250.0	500	100	0.0	15.0	32.0	10.0	3.00	0.00
FF - Romaine Salad Mix	1/2 c	18	0	12	1.00	0.54	30.0	2100	420	10.8	1.0	4.0	0.0	0.00	0.00
FF - Fruit, cupped	1/2 cup	70	0	10	1.40	0.14	2.0	90	18	27.0	0.2	16.48	0.0	0.00	0.00
FF - assorted milk choice	8 oz	145	9	121	0.00	0.36	298.0	1243	104	1.24	7.96	26.47	2.39	1.47	0.00
Weighted Daily Average		502	19	943	6.40	6.45	580.0	3933	642	39.03	24.16	78.94	12.39	4.47	0.00
% of Calories											19.2%	62.9%	22.2%	8.0%	0.0%
Nutrient Guideline		640	100	1500	5.00	3.30	267.00	1033		15.00	8.78		<=30.0	<10.00	
% of Guideline Satisfied		78%	19%	63%	128%	195%	217%	381%		260%	275%				
Shortfall		138	81	557											

Week 3 - Monday															
Elementary 2011-2012	Total														
FF - Beef patty CN1-155-525-20	patty	158	34	238	1.00	1.80	20.0	50	10	0.0	17.0	2.0	9.0	4.00	0.00
FF - Bun, Hamburger, Grain Ess	bun	140	0	280	2.00	1.08	40.0	0	0	0.0	5.0	28.0	1.5	0.00	0.00
FF - Cheese, sliced yellow com	1 slice	106	27	422	0.00	0.00	160.0	250	50	0.0	6.0	0.0	9.0	6.00	0.00
FF - Carrot Sticks - 1 oz. pac	package	12	0	10	1.00	0.18	10.0	7950	400	2.4	0.0	3.0	0.0	0.00	0.00
FF - Ranch Vegetable Dip - fat	1 oz. cup	30	0	430	1.00	0.00	0.0	0	0	0.0	0.0	7.0	0.0	0.00	0.00
FF - Fruit, cupped	1 cup	139	0	20	2.79	0.29	4.0	180	36	54.0	0.4	32.95	0.0	0.00	0.00
FF - assorted milk choice	8 oz	145	9	121	0.00	0.36	298.0	1243	104	1.24	7.96	26.47	2.39	1.47	0.00
FF - Hot dog cond must/ketchep	set	20	0	280	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00

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Fairfield City Schools

Cycle No. 1 thru Cycle No. 23 Cycle Spreadsheet - Portion Values Elementary 2011-2012

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		750	70	1802	7.79	3.71	532.0	9673	600	57.63	36.36	105.42	21.89	11.47	0.00
% of Calories											19.4%	56.2%	26.3%	13.8%	0.0%
Nutrient Guideline		640	100	1500	5.00	3.30	267.00	1033		15.00	8.78		<=30.0	<10.00	
% of Guideline Satisfied		117%	70%	120%	156%	112%	199%	936%		384%	414%				
Shortfall			30											OVER	

Week 3 - Tuesday															
Elementary 2011-2012	Total														
FF - Chicken, nuggets Tyson 37	5 pc servin	230	55	590	0.00	1.44	20.0	100	20	0.0	17.0	12.0	13.0	3.00	0.00
FF - Bread, Wheat roll, Kloste	roll	70	0	140	1.00	0.72	40.0	0	0	0.0	2.0	14.0	1.0	0.00	0.00
FF - Mashed Potatoes - potato	1/2 c	74	0	343	1.20	0.18	10.0	0	0	3.6	1.4	14.6	1.1	0.10	0.00
FF - Gravy, chicken trio	1/4 CUP	35	0	290	0.00	0.00	0.0	0	0	0.0	0.0	6.0	1.0	0.50	0.00
FF - Fruit, cupped	1/2 cup	70	0	10	1.40	0.14	2.0	90	18	27.0	0.2	16.48	0.0	0.00	0.00
FF - assorted milk choice	8 oz	145	9	121	0.00	0.36	298.0	1243	104	1.24	7.96	26.47	2.39	1.47	0.00
FF - Condiments, Chicken Day	1	38	0	111	0.14	0.17	0.2	23	5	0.01	0.2	9.17	0.17	0.06	0.00
Weighted Daily Average		661	64	1606	3.74	3.02	370.2	1455	147	31.84	28.75	98.72	18.66	5.12	0.00
% of Calories											17.4%	59.7%	25.4%	7.0%	0.0%
Nutrient Guideline		640	100	1500	5.00	3.30	267.00	1033		15.00	8.78		<=30.0	<10.00	
% of Guideline Satisfied		103%	64%	107%	75%	91%	139%	141%		212%	327%				
Shortfall			36		1.26	0.28									

Week 3 - Wednesday															
Elementary 2011-2012	Total														
FF - Quesadilla, cheese, MAX	portion	340	5	910	3.00	0.36	150.0	750	150	0.0	15.0	41.0	13.0	4.00	1.00
FF - Salsa	2 oz.	27	0	64	0.00	0.00	36.6	183	37	2.19	0.0	3.66	0.0	0.00	0.00
FF - Vegetable Blend, Prince C	1/2 cup	22	4	9	1.25	0.23	25.0	469	94	2.25	0.62	3.75	0.0	0.00	0.00
FF - Fruit, cupped	1/2 cup	70	0	10	1.40	0.14	2.0	90	18	27.0	0.2	16.48	0.0	0.00	0.00
FF - assorted milk choice	8 oz	145	9	121	0.00	0.36	298.0	1243	104	1.24	7.96	26.47	2.39	1.47	0.00
Weighted Daily Average		604	18	1115	5.65	1.09	511.6	2735	402	32.68	23.78	91.35	15.39	5.47	1.00
% of Calories											15.8%	60.5%	22.9%	8.2%	1.5%
Nutrient Guideline		640	100	1500	5.00	3.30	267.00	1033		15.00	8.78		<=30.0	<10.00	
% of Guideline Satisfied		94%	18%	74%	113%	33%	192%	265%		218%	271%				
Shortfall		37	82	385		2.21									

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Fairfield City Schools

Cycle No. 1 thru Cycle No. 23 Cycle Spreadsheet - Portion Values Elementary 2011-2012

	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 ¹ (g)
Week 3 - Thursday															
Elementary 2011-2012	Total														
FF - Chili, Beef, Cincinnati-s	1/3 cup	225	55	607	1.00	1.98	30.0	900	180	4.8	14.0	6.0	16.0	6.00	1.00
Pasta, spaghetti	1 oz.	70	0	0	0.67	0.66	0.0	0	0	0.0	2.33	14.0	0.33	0.00	0.00
FF - Cheddar Cheese cup	1 pkg	110	30	190	0.00	0.36	200.0	300	60	0.0	7.0	0.0	9.0	6.00	0.00
Oyster Crackers	1/2 c	70	0	140	0.00	0.36	0.0	0	0	0.0	1.0	9.0	2.5	0.00	0.00
FF - Romaine Salad Mix	package	18	0	12	1.00	0.54	30.0	2100	420	10.8	1.0	4.0	0.0	0.00	0.00
FF - Ranch Dressing, Fat free	1/2 cup	10	0	125	0.00	0.00	20.0	0	0	0.0	0.0	3.0	0.0	0.00	0.00
FF - Fresh Fruit	8 oz	61	0	0	3.00	0.21	16.7	58	12	20.0	0.33	16.0	0.0	0.00	0.00
FF - assorted milk choice		145	9	121	0.00	0.36	298.0	1243	104	1.24	7.96	26.47	2.39	1.47	0.00
Weighted Daily Average		708	94	1195	5.67	4.47	594.7	4601	776	36.84	33.62	78.47	30.22	13.47	1.00
% of Calories											19.0%	44.3%	38.4%	17.1%	1.3%
Nutrient Guideline		640	100	1500	5.00	3.30	267.00	1033		15.00	8.78		<=30.0	<10.00	
% of Guideline Satisfied		111%	94%	80%	113%	136%	223%	445%		246%	383%				
Shortfall			6	305									OVER	OVER	

Week 3 - Friday															
Elementary 2011-2012	Total														
FF - Tortilla chips, Barrel O F	bag	290	0	210	4.00	1.08	60.0	0	0	2.4	4.0	36.0	14.0	1.50	0.00
FF - Cheese, Red Fat LOL 3 oz	1 cup	130	30	780	0.00	0.00	0.0	0	0	1.2	8.0	4.0	9.0	6.00	0.00
FF - Beans, refried, Santiago	1/4 c	45	1	146	2.20	0.99	20.0	0	0	1.2	2.2	6.3	1.2	0.45	0.00
FF - Carrot Sticks - 1 oz. pac	package	12	0	10	1.00	0.18	10.0	7950	400	2.4	0.0	3.0	0.0	0.00	0.00
FF - Ranch Vegetable Dip - fat	1 oz. cup	30	0	430	1.00	0.00	0.0	0	0	0.0	0.0	7.0	0.0	0.00	0.00
FF - Fruit, cupped	1/2 cup	70	0	10	1.40	0.14	2.0	90	18	27.0	0.2	16.48	0.0	0.00	0.00
FF - assorted milk choice	8 oz	145	9	121	0.00	0.36	298.0	1243	104	1.24	7.96	26.47	2.39	1.47	0.00
Weighted Daily Average		721	40	1708	9.60	2.76	390.0	9283	522	35.43	22.36	99.24	26.59	9.42	0.00
% of Calories											12.4%	55.1%	33.2%	11.8%	0.0%
Nutrient Guideline		640	100	1500	5.00	3.30	267.00	1033		15.00	8.78		<=30.0	<10.00	
% of Guideline Satisfied		113%	40%	114%	192%	84%	146%	899%		236%	255%				
Shortfall			60			0.54							OVER	OVER	

Week 3 - Friday - 2															
Elementary 2011-2012	Total														
FF - Pizza, Real Slice WG 3 ch	slice	270	10	800	4.00	5.40	250.0	500	100	0.0	15.0	32.0	10.0	3.00	0.00
FF - Carrot Sticks - 1 oz. pac	package	12	0	10	1.00	0.18	10.0	7950	400	2.4	0.0	3.0	0.0	0.00	0.00
FF - Ranch Vegetable Dip - fat	1 oz. cup	30	0	430	1.00	0.00	0.0	0	0	0.0	0.0	7.0	0.0	0.00	0.00
FF - Fruit, cupped	1/2 cup	70	0	10	1.40	0.14	2.0	90	18	27.0	0.2	16.48	0.0	0.00	0.00
FF - assorted milk choice	8 oz	145	9	121	0.00	0.36	298.0	1243	104	1.24	7.96	26.47	2.39	1.47	0.00

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Fairfield City Schools

Cycle No. 1 thru Cycle No. 23 Cycle Spreadsheet - Portion Values Elementary 2011-2012

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		526	19	1371	7.40	6.09	560.0	9783	622	30.63	23.16	84.94	12.39	4.47	0.00
% of Calories											17.6%	64.6%	21.2%	7.6%	0.0%
Nutrient Guideline		640	100	1500	5.00	3.30	267.00	1033		15.00	8.78		<=30.0	<10.00	
% of Guideline Satisfied		82%	19%	91%	148%	184%	210%	947%		204%	264%				
Shortfall		114	81	129											

Week 4 - Monday															
Elementary 2011-2012	Total														
FF - Pizza, Tony's French Brea	slice	320	20	600	2.00	2.70	300.0	500	100	15.0	16.0	36.0	11.0	3.00	0.00
FF - Romaine Salad Mix	1/2 c	18	0	12	1.00	0.54	30.0	2100	420	10.8	1.0	4.0	0.0	0.00	0.00
FF - Ranch Dressing, Fat free	package	10	0	125	0.00	0.00	20.0	0	0	0.0	0.0	3.0	0.0	0.00	0.00
FF - Belly Bears, Honey Graham	serving	130	0	95	0.00	0.72	100.0	0	0	0.0	2.0	20.0	4.0	0.00	0.00
FF - Fruit, cupped	1 cup	139	0	20	2.79	0.29	4.0	180	36	54.0	0.4	32.95	0.0	0.00	0.00
FF - assorted milk choice	8 oz	145	9	121	0.00	0.36	298.0	1243	104	1.24	7.96	26.47	2.39	1.47	0.00
Weighted Daily Average		762	29	974	5.79	4.61	752.0	4023	660	81.03	27.36	122.42	17.39	4.47	0.00
% of Calories											14.4%	64.3%	20.5%	5.3%	0.0%
Nutrient Guideline		640	100	1500	5.00	3.30	267.00	1033		15.00	8.78		<=30.0	<10.00	
% of Guideline Satisfied		119%	29%	65%	116%	140%	282%	389%		540%	312%				
Shortfall			71	526											

Week 4 - Tuesday															
Elementary 2011-2012	Total														
Chicken, tenders/fingers (COMM)	5 pc	220	45	650	1.00	1.80	20.0	100	20	0.0	14.0	15.0	12.0	3.00	0.00
FF - Green Beans, Nugget	1/2 cup	25	0	380	2.00	0.00	20.0	200	40	3.6	1.0	4.0	0.0	0.00	0.00
FF - Breadstick, Wheat - Pierr	stick	110	0	150	1.00	0.36	20.0	0	0	2.4	3.0	22.0	1.5	0.00	0.00
FF - Fruit, cupped	1/2 cup	70	0	10	1.40	0.14	2.0	90	18	27.0	0.2	16.48	0.0	0.00	0.00
FF - assorted milk choice	8 oz	145	9	121	0.00	0.36	298.0	1243	104	1.24	7.96	26.47	2.39	1.47	0.00
FF - Condiments, Chicken Day	1	38	0	111	0.14	0.17	0.2	23	5	0.01	0.2	9.17	0.17	0.06	0.00
Weighted Daily Average		607	54	1423	5.54	2.84	360.2	1655	187	34.24	26.35	93.11	16.06	4.52	0.00
% of Calories											17.4%	61.3%	23.8%	6.7%	0.0%
Nutrient Guideline		640	100	1500	5.00	3.30	267.00	1033		15.00	8.78		<=30.0	<10.00	
% of Guideline Satisfied		95%	54%	95%	111%	86%	135%	160%		228%	300%				
Shortfall		33	46	77		0.46									

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Fairfield City Schools

Cycle No. 1 thru Cycle No. 23 Cycle Spreadsheet - Portion Values Elementary 2011-2012

Sep 20, 2011

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Week 4 - Wednesday															
Elementary 2011-2012	Total														
FF - Corn Dog, Whole Grain, GF	corn dog	240	20	590	5.00	2.70	150.0	0	0	0.0	9.0	33.0	8.0	2.00	0.00
FF - Baked Beans	1/2 cup	187	0	619	6.43	2.37	72.9	342	68	1.71	6.44	37.07	1.07	0.00	0.00
FF - Fruit, cupped	1/2 cup	70	0	10	1.40	0.14	2.0	90	18	27.0	0.2	16.48	0.0	0.00	0.00
FF - assorted milk choice	8 oz	145	9	121	0.00	0.36	298.0	1243	104	1.24	7.96	26.47	2.39	1.47	0.00
FF - Hot dog cond must/ketchep	set	20	0	280	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average		661	29	1621	12.83	5.58	522.9	1675	190	29.95	23.60	119.01	11.45	3.47	0.00
% of Calories											14.3%	72.0%	15.6%	4.7%	0.0%
Nutrient Guideline		640	100	1500	5.00	3.30	267.00	1033		15.00	8.78		<=30.0	<10.00	
% of Guideline Satisfied		103%	29%	108%	257%	169%	196%	162%		200%	269%				
Shortfall			71												

Week 4 - Thursday															
Elementary 2011-2012	Total														
FF - Chicken, Breaded Patty, T	patty	200	55	690	0.00	1.80	20.0	100	20	0.0	14.0	12.0	10.0	2.00	0.00
FF - Bun, Hamburger, Grain Ess	bun	140	0	280	2.00	1.08	40.0	0	0	0.0	5.0	28.0	1.5	0.00	0.00
FF - carrots , Glazed	1/2 cups	65	0	71	1.24	0.25	22.3	7710	1542	1.12	0.01	8.04	4.14	0.64	0.96
FF - Fresh Fruit	1/2 cup	61	0	0	3.00	0.21	16.7	58	12	20.0	0.33	16.0	0.0	0.00	0.00
FF - assorted milk choice	8 oz	145	9	121	0.00	0.36	298.0	1243	104	1.24	7.96	26.47	2.39	1.47	0.00
FF - Mayonnaise, portion 12 g	packet	90	10	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
Weighted Daily Average		701	74	1228	6.24	3.71	397.0	9111	1678	22.35	27.30	90.51	27.03	5.61	0.96
% of Calories											15.6%	51.7%	34.7%	7.2%	1.2%
Nutrient Guideline		640	100	1500	5.00	3.30	267.00	1033		15.00	8.78		<=30.0	<10.00	
% of Guideline Satisfied		109%	74%	82%	125%	112%	149%	882%		149%	311%				
Shortfall			26	272									OVER		

Week 4 - Friday															
Elementary 2011-2012	Total														
FF - Fish, Pollock Wedge	portion	220	15	360	1.00	2.70	0.0	0	0	0.0	14.0	28.0	6.0	1.00	0.00
FF - Macaroni and cheese, RF	1/4 cup	105	11	365	0.25	0.45	150.0	250	50	0.0	6.0	12.0	4.0	2.25	0.25
FF - Broccoli floret (GFS #732	1/2 cup	12	0	12	0.00	0.36	20.0	1300	260	40.8	1.0	2.0	0.0	0.00	0.00
FF - Ranch Vegetable Dip - fat	1 oz. cup	30	0	430	1.00	0.00	0.0	0	0	0.0	0.0	7.0	0.0	0.00	0.00
FF - Fruit, cupped	1/2 cup	70	0	10	1.40	0.14	2.0	90	18	27.0	0.2	16.48	0.0	0.00	0.00
FF - assorted milk choice	8 oz	145	9	121	0.00	0.36	298.0	1243	104	1.24	7.96	26.47	2.39	1.47	0.00
FF - Tartar Sauce	Tbsp	31	4	123	0.20	0.18	2.5	31	6	0.2	0.11	3.97	1.79	0.29	0.00
Ketchup portion pack	18 g	20	0	210	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00

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Fairfield City Schools

Cycle No. 1 thru Cycle No. 23 Cycle Spreadsheet - Portion Values Elementary 2011-2012

Sep 20, 2011

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		633	40	1631	3.85	4.20	472.5	2914	438	69.23	29.27	101.91	14.18	5.01	0.25
% of Calories										18.5%	18.5%	64.4%	20.2%	7.1%	0.4%
Nutrient Guideline		640	100	1500	5.00	3.30	267.00	1033		15.00	8.78		<=30.0	<10.00	
% of Guideline Satisfied		99%	40%	109%	77%	127%	177%	282%		462%	333%				
Shortfall		7	60		1.15										

Weighted Average		651	45	1338	6.96	3.95	493.9	4744	547	46.39	26.23	99.53	17.89	6.02	0.19
										16.1%	16.1%	61.1%	24.7%	8.3%	0.3%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	651		640	102%			
Cholesterol (mg)	45		100	45%			
Sodium (mg)	1338		1500	89%			
Fiber (g)	6.96		5.00	139%			
Iron (mg)	3.95		3.30	120%			
Calcium (mg)	493.9		267.00	185%			
Vitamin A (IU)	4744		1033	459%			
Vitamin A (RE)	547		207	265%			
Vitamin C (mg)	46.39		15.00	309%			
Protein (g)	26.23	16.11%	8.78	299%			
Carbohydrate (g)	99.53	61.12%					
Total Fat (g)	17.89	24.72%	<=30.00%				
Saturated Fat (g)	6.02	8.32%	<10.00%				
Trans Fat (g)	0.19	0.26%					

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.