

AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Mon - 04/02/2012																
BRENTWOOD MS/HS	Total	1000														
MAX SNAX Pizza w Sce AP WG 1.	2 Each	50	379	10	1097	7.96	2.87	339.6	398	80	2.38	17.98	42.9	15.49	5.00	0.00
SDW BN, ChixPtyBuff WG/WH2	sandwich	50	378	20	1051	4.99	3.64	130.4	0	0	0.0	17.59	39.71	16.42	2.80	0.00
BURG, Beef AP WH 2.0	1 Each	20	289	35	443	2.94	3.61	109.8	100	20	0.0	17.39	24.47	13.22	5.26	0.00
BURG, Beef w/AM AP WH 2.5	1 Each	30	340	45	671	2.94	3.61	206.0	252	50	0.0	19.92	24.98	17.77	7.79	0.00
CHIX Nugget, WG (5) 2.0	5 Each	100	180	20	450	2.00	1.80	40.0	0	0	0.0	13.0	14.0	8.0	1.50	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	100	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
SDW BN, ChixPtyPln WG/WH 2.0	Each	100	373	20	671	4.99	3.64	130.4	0	0	0.0	17.59	38.71	16.42	2.80	0.00
PIZZA 16" Chix BBQ B 2.0	1/8 slice	50	435	48	1097	3.86	3.25	201.2	252	50	0.64	23.66	56.97	11.66	4.96	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	150	457	39	1114	2.23	3.69	400.0	497	99	2.98	26.95	51.67	17.87	8.77	0.00
PIZZA 16" Chz B 2.0	1/8 cut slic	100	413	30	966	2.23	3.48	400.0	497	99	2.98	25.18	51.37	13.74	7.00	0.00
NACHOS Beef SM SS B 2.0	1 Each	100	299	35	718	2.82	1.50	57.2	2754	546	0.02	14.66	22.18	17.66	6.73	*0.00
RICE, Mex Spiced WG 1c	Cup	100	248	0	108	4.56	1.61	41.4	291	36	0.07	5.92	50.92	2.19	0.42	*0.00
SUB HD, Ham w/AM WH 2.0	1 Each	50	251	35	850	1.94	2.54	186.3	152	30	0.0	18.06	26.0	9.29	3.80	0.00
SALAD Chix Brd Ceas SC WG 2.0	1 serving	30	302	31	905	2.34	2.26	388.3	3613	150	1.55	19.84	19.98	16.49	5.96	*0.00
COND_Dressing, Caesar Crmy	1 TBSP	30	75	0	150	0.00	0.00	10.0	50	10	0.0	0.5	0.5	8.0	1.25	0.00
SALAD Egg Chef AP W 2.0	1 Each	20	149	128	223	1.26	0.75	231.1	5363	440	7.46	11.48	3.6	10.46	5.18	*0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
HD: FEATURED DELI BAR	Each	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Bar: BRD: BREAD, White	Loaf	3	1862	0	3577	16.80	26.18	1057.0	0	0	0.0	53.48	354.27	23.03	5.02	*N/A*
Bar: BRD: BREAD, Wheat	Loaf	3	1862	0	3647	25.20	24.22	994.0	0	0	1.4	76.37	332.57	25.48	5.62	*N/A*
Bar: BRD: TORTILLA Flour 10"	1 Each	20	209	0	554	0.86	1.98	127.1	0	0	0.0	5.63	33.03	5.59	1.86	0.22
Bar: BRD: BUN, Hoagie B	1 Each	8	158	4	323	1.10	1.75	11.1	8	2	0.0	6.16	28.65	2.13	0.60	*0.03
Bar: PORK: HAM, Speedy Cut	LB	4	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
Bar: TKY, Bologna	LB	3	1138	364	3942	0.00	7.48	78.8	2	0	97.16	68.04	40.82	72.57	22.59	0.00
Bar: FISH: TUNA Salad SC W 2.0	LB	4	561	168	1791	1.49	4.31	40.1	344	10	3.58	71.46	9.52	24.76	3.85	*0.35
Bar: CHEESE, American Yellow	LB	3	1620	324	7290	0.00	0.00	3077.9	4860	972	0.0	81.0	16.2	145.8	81.00	0.00
Bar: CHEESE, American White	LB	3	1620	405	7614	0.00	0.00	2430.0	4860	972	0.0	81.0	32.4	129.6	81.00	0.00
Bar: VEG: LETTUCE Iceberg Shrd	LB	2	64	0	45	5.44	1.86	81.6	2277	150	12.7	4.08	13.47	0.64	0.08	*N/A*
Bar: VEG: ONIONS, Red	LB	2	160	0	16	6.79	0.84	91.8	8	2	29.54	4.39	37.28	0.4	0.17	*N/A*
Bar: VEG: TOMATO, Sliced	LB	3	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
COND_Pickle, Dill Slice 1ea	1 slice	30	1	0	61	0.08	0.03	2.9	13	2	0.06	0.04	0.18	0.01	0.00	*N/A*
Bar: VEG: PEPPERS, Jalapeno	LB	1	76	0	4385	0.00	0.00	0.0	0	0	0.0	0.0	15.12	0.0	0.00	0.00
HD: FEATURED SALAD ENTREE	1 Each	50	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
Bar: VEG: LETTUCE MIX Romaine	Lb	3	80	0	27	5.33	5.77	213.5	12007	800	112.06	5.33	10.67	0.0	0.00	0.00
Bar: VEG: LETTUCE MIX Iceberg	Lb	3	82	0	0	5.10	1.83	101.9	3822	764	24.46	5.1	15.29	0.0	0.00	0.00
Bar: VEG: TOMATOES, Diced	Lb	7	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
Bar: VEG: CUCUMBER, Fresh	Lb	4	67	0	9	2.22	1.24	71.1	467	93	12.45	2.89	16.14	0.49	0.16	*N/A*
Bar: VEG: CARROTS, Fresh Baby	Lb	5	159	0	354	13.15	4.04	145.1	62550	6808	11.79	2.9	37.38	0.59	0.10	*N/A*
Bar: CHEESE, Cheddar Shred	LB	1	1782	486	2916	0.00	0.00	3239.9	4860	972	0.0	113.4	0.0	145.8	81.00	0.00

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

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

¹ - denotes optional nutrient values

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AFFTON SCHOOL DISTRICT

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BRENTWOOD MS/HS

	Portion Size	Plan Qty	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)
Bar: CHIX Dcd SS	LB	2	864	405	405	0.00	1.95	0.0	0	0	0.0	118.8	0.0	37.8	10.80	0.00
Bar: CHEESE, Parmesan Shreds	LB	1	1882	327	7693	0.00	3.95	5683.5	3924	785	0.0	171.73	15.47	124.01	78.79	*N/A*
Bar: EGG, Hard Boiled Whole	Lb	1	726	1905	635	0.00	4.99	181.4	2268	454	0.0	58.97	4.54	49.9	15.88	0.00
Bar: PORK: HAM, Speedy Cut	LB	2	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
VEG: POTATO Sweet, Tater Tots	1/2 Cup	800	104	0	184	1.60	0.29	16.0	2405	481	2.89	0.8	18.44	2.4	0.00	0.00
VEG: SPINACH, Fz 1/2c	1/2 Cup	50	55	0	158	6.03	3.19	249.4	19661	1268	3.59	6.54	7.82	1.42	0.26	*N/A*
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	150	26	0	59	2.19	0.67	24.2	10425	1135	1.97	0.48	6.23	0.1	0.02	*N/A*
FRUIT: PEACHES Slcd w/Syr 1/2c	1/2 Cup	250	66	0	9	0.00	0.00	0.0	284	57	1.14	0.0	16.1	0.0	0.00	0.00
FRUIT: APPLE, 138ct 1/8wg 1/2c	4 wedges	150	31	0	2	1.44	0.07	4.9	32	3	3.07	0.16	8.34	0.11	0.02	*0.00
JUICE, Orange 100% 4oz Cart	1 Each	500	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
BRD: PRETZEL, Soft 1oz Rod WG	Each	650	70	0	65	1.00	0.72	0.0	0	0	0.0	2.0	14.0	0.5	0.00	0.00
MILK, Skim, Chocolate	Carton	550	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	80	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	20	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
COND_Ketchup #10 Pouch	TBSP	400	21	0	158	0.24	0.05	2.5	79	51	1.1	0.18	4.89	0.04	0.00	0.00
COND_Mustard, Yellow	TBSP	150	10	0	166	0.40	0.24	8.7	18	4	0.15	0.64	0.64	0.58	0.12	0.00
COND PC Mayonnaise 12g Heinz	Each	100	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
COND PC Drsg Ranch 12g Heinz	Each	350	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00
COND PC Sauce, Taco 9g Heinz	Each	80	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
COND PC Margarine 5g	1 Each	75	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00
Weighted Daily Average			688	42	1363	6.74	4.37	461.8	6064	883	28.21	28.94	96.19	21.19	6.25	*0.01
% of Calories												16.8%	55.9%	27.7%	8.2%	*0.0%

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BRENTWOOD MS/HS

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/03/2012																
BRENTWOOD MS/HS	Total	1000														
ORI CHIX Brd SwtSour WG 2.0	1 Each	50	377	20	474	4.73	2.70	67.4	165	33	16.83	16.3	58.02	8.97	1.69	*0.00
SDW BN, PorkRibBBQ SS WH 2.0	1 Each	50	342	30	1029	5.06	2.89	129.8	100	20	1.2	16.39	41.0	13.22	4.26	0.00
BURG, Beef AP WH 2.0	1 Each	20	289	35	443	2.94	3.61	109.8	100	20	0.0	17.39	24.47	13.22	5.26	0.00
BURG, Beef w/AM AP WH 2.5	1 Each	30	340	45	671	2.94	3.61	206.0	252	50	0.0	19.92	24.98	17.77	7.79	0.00
CHIX Nugget, WG (5) 2.0	5 Each	100	180	20	450	2.00	1.80	40.0	0	0	0.0	13.0	14.0	8.0	1.50	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	100	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
SDW BN, ChixPtyPln WG/WH 2.0	Each	100	373	20	671	4.99	3.64	130.4	0	0	0.0	17.59	38.71	16.42	2.80	0.00
PIZZA 16" Sausage B 2.0	1/8 cut slic	50	466	39	1262	2.98	3.89	415.2	497	99	2.98	28.6	52.89	17.54	8.14	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	150	457	39	1114	2.23	3.69	400.0	497	99	2.98	26.95	51.67	17.87	8.77	0.00
PIZZA 16" Chz B 2.0	1/8 cut slic	100	413	30	966	2.23	3.48	400.0	497	99	2.98	25.18	51.37	13.74	7.00	0.00
BURR 10" Chix Pop SM B 2.25	1 Each	100	580	45	1193	1.39	4.72	240.9	283	50	0.02	22.58	61.82	27.02	6.95	*0.22
RICE, Mex Spiced WG 1c	Cup	100	248	0	108	4.56	1.61	41.4	291	36	0.07	5.92	50.92	2.19	0.42	*0.00
SDW BD, Bologna w/AM WH 2.0	sandwich	50	290	44	858	1.80	2.43	174.6	152	30	9.21	14.36	28.09	13.18	5.05	*0.00
SALAD Ham Chef AP W 2.0	1 Each	30	133	83	393	1.33	2.13	159.2	3190	238	28.02	15.08	4.56	6.29	2.96	0.00
SALAD Egg Chef AP W 2.0	1 Each	20	149	128	223	1.26	0.75	231.1	5363	440	7.46	11.48	3.6	10.46	5.18	*0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
HD: FEATURED DELI BAR	Each	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00	0.00
Bar: BRD: BREAD, White	Loaf	3	1862	0	3577	16.80	26.18	1057.0	0	0	0.0	53.48	354.27	23.03	5.02	*N/A*
Bar: BRD: BREAD, Wheat	Loaf	3	1862	0	3647	25.20	24.22	994.0	0	0	1.4	76.37	332.57	25.48	5.62	*N/A*
Bar: BRD: TORTILLA Flour 10"	1 Each	20	209	0	554	0.86	1.98	127.1	0	0	0.0	5.63	33.03	5.59	1.86	0.22
Bar: BRD: BUN, Hoagie B	1 Each	8	158	4	323	1.10	1.75	11.1	8	2	0.0	6.16	28.65	2.13	0.60	*0.03
Bar: PORK: HAM, Speedy Cut	LB	4	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
Bar: TKY, Bologna	LB	3	1138	364	3942	0.00	7.48	78.8	2	0	97.16	68.04	40.82	72.57	22.59	0.00
Bar: FISH: TUNA Salad SC W 2.0	LB	4	561	168	1791	1.49	4.31	40.1	344	10	3.58	71.46	9.52	24.76	3.85	*0.35
Bar: CHEESE, American Yellow	LB	3	1620	324	7290	0.00	0.00	3077.9	4860	972	0.0	81.0	16.2	145.8	81.00	0.00
Bar: CHEESE, American White	LB	3	1620	405	7614	0.00	0.00	2430.0	4860	972	0.0	81.0	32.4	129.6	81.00	0.00
Bar: VEG: LETTUCE Iceberg Shrd	LB	2	64	0	45	5.44	1.86	81.6	2277	150	12.7	4.08	13.47	0.64	0.08	*N/A*
Bar: VEG: ONIONS, Red	LB	2	160	0	16	6.79	0.84	91.8	8	2	29.54	4.39	37.28	0.4	0.17	*N/A*
Bar: VEG: TOMATO, Sliced	LB	3	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
COND_Pickle, Dill Slice 1ea	1 slice	30	1	0	61	0.08	0.03	2.9	13	2	0.06	0.04	0.18	0.01	0.00	*N/A*
Bar: VEG: PEPPERS, Jalapeno	LB	1	76	0	4385	0.00	0.00	0.0	0	0	0.0	0.0	15.12	0.0	0.00	0.00
HD: FEATURED SALAD ENTREE	1 Each	50	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
Bar: VEG: LETTUCE MIX Romaine	Lb	3	80	0	27	5.33	5.77	213.5	12007	800	112.06	5.33	10.67	0.0	0.00	0.00
Bar: VEG: LETTUCE MIX Iceberg	Lb	3	82	0	0	5.10	1.83	101.9	3822	764	24.46	5.1	15.29	0.0	0.00	0.00
Bar: VEG: TOMATOES, Diced	Lb	7	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
Bar: VEG: CUCUMBER, Fresh	Lb	4	67	0	9	2.22	1.24	71.1	467	93	12.45	2.89	16.14	0.49	0.16	*N/A*
Bar: VEG: CARROTS, Fresh Baby	Lb	5	159	0	354	13.15	4.04	145.1	62550	6808	11.79	2.9	37.38	0.59	0.10	*N/A*
Bar: CHEESE, Cheddar Shred	LB	1	1782	486	2916	0.00	0.00	3239.9	4860	972	0.0	113.4	0.0	145.8	81.00	0.00
Bar: CHIX Dcd SS	LB	2	864	405	405	0.00	1.95	0.0	0	0	0.0	118.8	0.0	37.8	10.80	0.00

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

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Mar 15, 2012

Page 4

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Bar: CHEESE, Parmesan Shreds	LB	1	1882	327	7693	0.00	3.95	5683.5	3924	785	0.0	171.73	15.47	124.01	78.79	*N/A*
Bar: EGG, Hard Boiled Whole	Lb	1	726	1905	635	0.00	4.99	181.4	2268	454	0.0	58.97	4.54	49.9	15.88	0.00
Bar: PORK: HAM, Speedy Cut	LB	2	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
VEG: POTATO, FF 1/4" Gen7 1c	1 Cup	800	178	0	198	2.97	0.36	0.0	0	0	5.94	1.98	25.73	7.92	0.49	0.00
VEG: BLEND, 5 Way Mix Fz 1/2c	1/2 Cup	100	69	0	37	4.69	0.87	26.7	4560	456	3.41	3.05	13.95	0.16	0.03	*N/A*
VEG: LETTUCE MIX, Romaine 1/2c	1/2 Cup	100	6	0	2	0.42	0.45	16.7	938	63	8.76	0.42	0.83	0.0	0.00	0.00
FRUIT: PEARS, Dice w/Syr 1/2c	1/2 cup	250	78	0	10	1.94	0.00	0.0	0	0	0.0	0.0	18.47	0.0	0.00	0.00
FRUIT: ORANGE 138ct Whole 1/2c	1 ea (138ct)	150	29	0	0	1.50	0.06	24.9	140	13	33.18	0.59	7.33	0.07	0.01	*N/A*
JUICE, Apple 100% 4oz Cart	1 Each	500	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
BRD: PRETZEL, Soft 1oz Rod WG	Each	650	70	0	65	1.00	0.72	0.0	0	0	0.0	2.0	14.0	0.5	0.00	0.00
MILK, Skim, Chocolate	Carton	550	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	80	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	20	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
COND_Ketchup #10 Pouch	TBSP	400	21	0	158	0.24	0.05	2.5	79	51	1.1	0.18	4.89	0.04	0.00	0.00
COND_Mustard, Yellow	TBSP	150	10	0	166	0.40	0.24	8.7	18	4	0.15	0.64	0.64	0.58	0.12	0.00
COND PC Mayonnaise 12g Heinz	Each	100	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
COND PC Drsg Ranch 12g Heinz	Each	350	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00
COND PC Sauce, Taco 9g Heinz	Each	80	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
COND PC Margarine 5g	1 Each	75	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00
Weighted Daily Average			778	46	1364	7.83	4.59	447.9	1833	258	16.78	29.94	107.33	25.92	6.66	*0.03
% of Calories												15.4%	55.2%	30.0%	7.7%	*0.0%

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

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

	Portion Size	Plan Qty	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)
Wed - 04/04/2012																
BRENTWOOD MS/HS	Total	1000														
BEEF Pty, Salis Stk AP B 2.0	1 Each	50	150	35	270	1.00	1.80	20.0	100	20	0.0	13.0	1.0	10.0	4.50	0.00
COND_Gravy, Brown LS SS	1/4 Cup	50	25	0	143	0.00	0.00	1.7	0	0	0.0	1.01	5.06	0.51	0.00	*0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
FRANK Tky, 8-1 WH 2.0	1 Each	50	289	50	987	1.94	2.89	169.8	300	60	0.0	11.39	25.47	15.22	4.76	0.00
BURG, Beef AP WH 2.0	1 Each	20	289	35	443	2.94	3.61	109.8	100	20	0.0	17.39	24.47	13.22	5.26	0.00
BURG, Beef w/AM AP WH 2.5	1 Each	30	340	45	671	2.94	3.61	206.0	252	50	0.0	19.92	24.98	17.77	7.79	0.00
CHIX Nugget, WG (5) 2.0	5 Each	100	180	20	450	2.00	1.80	40.0	0	0	0.0	13.0	14.0	8.0	1.50	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	100	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
SDW BN, ChixPtyPln WG/WH 2.0	Each	100	373	20	671	4.99	3.64	130.4	0	0	0.0	17.59	38.71	16.42	2.80	0.00
PIZZA 16" Vegetable B 2.0	1/8 Slice	50	424	30	1001	2.76	3.67	400.8	605	121	6.22	25.31	53.53	13.76	7.00	*0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	150	457	39	1114	2.23	3.69	400.0	497	99	2.98	26.95	51.67	17.87	8.77	0.00
PIZZA 16" Chz B 2.0	1/8 cut slic	100	413	30	966	2.23	3.48	400.0	497	99	2.98	25.18	51.37	13.74	7.00	0.00
ENCHILADA, Chz SC B 2.0	2 Each	100	325	61	430	4.76	1.48	457.2	1288	247	3.5	18.0	22.03	19.31	10.30	*0.00
RICE, Mex Spiced WG 1c	Cup	100	248	0	108	4.56	1.61	41.4	291	36	0.07	5.92	50.92	2.19	0.42	*0.00
WRAP, ChixPty Ranch B/WG 2.5	sandwich	50	587	38	1220	4.50	3.98	285.9	1148	69	4.2	23.28	51.11	31.93	7.69	*0.22
SALAD Chix Brd Baja AP WG 2.0	1 Each	30	242	10	259	8.77	3.75	93.4	3334	225	34.32	14.1	30.82	7.19	1.14	*0.00
SALAD Egg Chef AP W 2.0	1 Each	20	149	128	223	1.26	0.75	231.1	5363	440	7.46	11.48	3.6	10.46	5.18	*0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
HD: FEATURED DELI BAR	Each	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Bar: BRD: BREAD, White	Loaf	3	1862	0	3577	16.80	26.18	1057.0	0	0	0.0	53.48	354.27	23.03	5.02	*N/A*
Bar: BRD: BREAD, Wheat	Loaf	3	1862	0	3647	25.20	24.22	994.0	0	0	1.4	76.37	332.57	25.48	5.62	*N/A*
Bar: BRD: TORTILLA Flour 10"	1 Each	20	209	0	554	0.86	1.98	127.1	0	0	0.0	5.63	33.03	5.59	1.86	0.22
Bar: BRD: BUN, Hoagie B	1 Each	8	158	4	323	1.10	1.75	11.1	8	2	0.0	6.16	28.65	2.13	0.60	*0.03
Bar: PORK: HAM, Speedy Cut	LB	4	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
Bar: TKY, Bologna	LB	3	1138	364	3942	0.00	7.48	78.8	2	0	97.16	68.04	40.82	72.57	22.59	0.00
Bar: FISH: TUNA Salad SC W 2.0	LB	4	561	168	1791	1.49	4.31	40.1	344	10	3.58	71.46	9.52	24.76	3.85	*0.35
Bar: CHEESE, American Yellow	LB	3	1620	324	7290	0.00	0.00	3077.9	4860	972	0.0	81.0	16.2	145.8	81.00	0.00
Bar: CHEESE, American White	LB	3	1620	405	7614	0.00	0.00	2430.0	4860	972	0.0	81.0	32.4	129.6	81.00	0.00
Bar: VEG: LETTUCE Iceberg Shrd	LB	2	64	0	45	5.44	1.86	81.6	2277	150	12.7	4.08	13.47	0.64	0.08	*N/A*
Bar: VEG: ONIONS, Red	LB	2	160	0	16	6.79	0.84	91.8	8	2	29.54	4.39	37.28	0.4	0.17	*N/A*
Bar: VEG: TOMATO, Sliced	LB	3	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
COND_Pickle, Dill Slice 1ea	1 slice	30	1	0	61	0.08	0.03	2.9	13	2	0.06	0.04	0.18	0.01	0.00	*N/A*
Bar: VEG: PEPPERS, Jalapeno	LB	1	76	0	4385	0.00	0.00	0.0	0	0	0.0	0.0	15.12	0.0	0.00	0.00
HD: FEATURED SALAD ENTREE	1 Each	50	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
Bar: VEG: LETTUCE MIX Romaine	Lb	3	80	0	27	5.33	5.77	213.5	12007	800	112.06	5.33	10.67	0.0	0.00	0.00
Bar: VEG: LETTUCE MIX Iceberg	Lb	3	82	0	0	5.10	1.83	101.9	3822	764	24.46	5.1	15.29	0.0	0.00	0.00
Bar: VEG: TOMATOES, Diced	Lb	7	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
Bar: VEG: CUCUMBER, Fresh	Lb	4	67	0	9	2.22	1.24	71.1	467	93	12.45	2.89	16.14	0.49	0.16	*N/A*
Bar: VEG: CARROTS, Fresh Baby	Lb	5	159	0	354	13.15	4.04	145.1	62550	6808	11.79	2.9	37.38	0.59	0.10	*N/A*

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

Mar 15, 2012

Page 6

	Portion Size	Plan Qty	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)
Bar: CHEESE, Cheddar Shred	LB	1	1782	486	2916	0.00	0.00	3239.9	4860	972	0.0	113.4	0.0	145.8	81.00	0.00
Bar: CHIX Dcd SS	LB	2	864	405	405	0.00	1.95	0.0	0	0	0.0	118.8	0.0	37.8	10.80	0.00
Bar: CHEESE, Parmesan Shreds	LB	1	1882	327	7693	0.00	3.95	5683.5	3924	785	0.0	171.73	15.47	124.01	78.79	*N/A*
Bar: EGG, Hard Boiled Whole	Lb	1	726	1905	635	0.00	4.99	181.4	2268	454	0.0	58.97	4.54	49.9	15.88	0.00
Bar: PORK: HAM, Speedy Cut	LB	2	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
RICE, Mex Spiced WG 1c	Cup	200	248	0	108	4.56	1.61	41.4	291	36	0.07	5.92	50.92	2.19	0.42	*0.00
VEG: POTATO, Mashed 1/2c	1/2 cup	800	86	0	29	1.73	0.31	3.3	0	0	25.9	1.73	18.13	0.0	0.00	*0.00
COND_Gravy, Brown LS SS	1/4 Cup	800	25	0	143	0.00	0.00	1.7	0	0	0.0	1.01	5.06	0.51	0.00	*0.00
VEG: BROCCOLI, Fresh 1/2c	1/2 cup	100	12	0	12	0.92	0.26	16.7	221	55	31.61	1.0	2.35	0.13	0.01	*N/A*
FRUIT: BANANA (100-120ct) Whl	Each	300	94	0	1	2.74	0.27	5.3	68	8	9.18	1.15	24.11	0.35	0.12	*N/A*
FRUIT: APPLESAUCE, Rosy 1/2c	1/2 cup	200	100	0	21	2.04	0.00	0.0	0	0	1.32	0.11	24.34	0.0	0.00	0.00
JUICE, Orange 100% 4oz Cart	1 Each	400	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
DESRT: PUDDING, Vanilla	1/2 Cup	850	130	0	200	0.00	0.00	20.0	0	0	0.0	0.0	25.03	3.0	0.00	0.00
MILK, Skim, Chocolate	Carton	550	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	80	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	20	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
COND_Ketchup #10 Pouch	TBSP	400	21	0	158	0.24	0.05	2.5	79	51	1.1	0.18	4.89	0.04	0.00	0.00
COND_Mustard, Yellow	TBSP	150	10	0	166	0.40	0.24	8.7	18	4	0.15	0.64	0.64	0.58	0.12	0.00
COND_PC Mayonnaise 12g Heinz	Each	100	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
COND_PC Drsg Ranch 12g Heinz	Each	350	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00
COND_PC Sauce, Taco 9g Heinz	Each	80	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
COND_PC Margarine 5g	1 Each	75	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00
Weighted Daily Average			829	46	1417	7.61	4.16	497.0	1529	243	49.09	30.44	126.29	22.97	6.90	*0.02
% of Calories												14.7%	60.9%	24.9%	7.5%	*0.0%

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/05/2012																
BRENTWOOD MS/HS	Total	1000														
PP Chz Penne In/Out SS B 2.0	1 Each	100	420	38	950	5.22	3.20	306.4	577	117	6.01	25.72	58.12	9.03	4.57	*0.00
BRD: BRDSTK DG, Plain WG	Breadstick	100	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
BURG, Beef Taco AP WH 2.5	1 Each	50	354	50	833	3.94	3.61	211.1	352	70	0.0	20.93	26.71	17.77	7.79	0.00
BURG, Beef AP WH 2.0	1 Each	20	289	35	443	2.94	3.61	109.8	100	20	0.0	17.39	24.47	13.22	5.26	0.00
BURG, Beef w/AM AP WH 2.5	1 Each	30	340	45	671	2.94	3.61	206.0	252	50	0.0	19.92	24.98	17.77	7.79	0.00
CHIX Nugget, WG (5) 2.0	5 Each	100	180	20	450	2.00	1.80	40.0	0	0	0.0	13.0	14.0	8.0	1.50	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	100	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
SDW BN, ChixPtyPln WG/WH 2.0	Each	100	373	20	671	4.99	3.64	130.4	0	0	0.0	17.59	38.71	16.42	2.80	0.00
PIZZA 16" Sausage B 2.0	1/8 cut slic	50	466	39	1262	2.98	3.89	415.2	497	99	2.98	28.6	52.89	17.54	8.14	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	100	457	39	1114	2.23	3.69	400.0	497	99	2.98	26.95	51.67	17.87	8.77	0.00
PIZZA 16" Chz B 2.0	1/8 cut slic	100	413	30	966	2.23	3.48	400.0	497	99	2.98	25.18	51.37	13.74	7.00	0.00
BURR 10" Bean CH SM B 2.0	1 burrito	100	519	46	1079	7.41	3.98	443.6	536	101	0.92	22.07	56.93	21.36	9.50	*0.22
RICE, Mex Spiced WG 1c	Cup	100	248	0	108	4.56	1.61	41.4	291	36	0.07	5.92	50.92	2.19	0.42	*0.00
SDW BD, Tuna Salad WH 2.0	sandwich	50	232	30	575	2.06	2.49	78.1	61	2	0.73	18.02	25.43	6.17	1.08	*0.06
SALAD Chix Dcd Chef AP W 2.0	1 serving	30	135	89	135	0.89	1.22	141.2	2190	171	18.68	13.71	2.15	7.52	3.25	0.00
SALAD Egg Chef AP W 2.0	1 Each	20	149	128	223	1.26	0.75	231.1	5363	440	7.46	11.48	3.6	10.46	5.18	*0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
HD: FEATURED DELI BAR	Each	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Bar: BRD: BREAD, White	Loaf	3	1862	0	3577	16.80	26.18	1057.0	0	0	0.0	53.48	354.27	23.03	5.02	*N/A*
Bar: BRD: BREAD, Wheat	Loaf	3	1862	0	3647	25.20	24.22	994.0	0	0	1.4	76.37	332.57	25.48	5.62	*N/A*
Bar: BRD: TORTILLA Flour 10"	1 Each	20	209	0	554	0.86	1.98	127.1	0	0	0.0	5.63	33.03	5.59	1.86	0.22
Bar: BRD: BUN, Hoagie B	1 Each	8	158	4	323	1.10	1.75	11.1	8	2	0.0	6.16	28.65	2.13	0.60	*0.03
Bar: PORK: HAM, Speedy Cut	LB	4	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
Bar: TKY, Bologna	LB	3	1138	364	3942	0.00	7.48	78.8	2	0	97.16	68.04	40.82	72.57	22.59	0.00
Bar: FISH: TUNA Salad SC W 2.0	LB	4	561	168	1791	1.49	4.31	40.1	344	10	3.58	71.46	9.52	24.76	3.85	*0.35
Bar: CHEESE, American Yellow	LB	3	1620	324	7290	0.00	0.00	3077.9	4860	972	0.0	81.0	16.2	145.8	81.00	0.00
Bar: CHEESE, American White	LB	3	1620	405	7614	0.00	0.00	2430.0	4860	972	0.0	81.0	32.4	129.6	81.00	0.00
Bar: VEG: LETTUCE Iceberg Shrd	LB	2	64	0	45	5.44	1.86	81.6	2277	150	12.7	4.08	13.47	0.64	0.08	*N/A*
Bar: VEG: ONIONS, Red	LB	2	160	0	16	6.79	0.84	91.8	8	2	29.54	4.39	37.28	0.4	0.17	*N/A*
Bar: VEG: TOMATO, Sliced	LB	3	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
COND_Pickle, Dill Slice 1ea	1 slice	30	1	0	61	0.08	0.03	2.9	13	2	0.06	0.04	0.18	0.01	0.00	*N/A*
Bar: VEG: PEPPERS, Jalapeno	LB	1	76	0	4385	0.00	0.00	0.0	0	0	0.0	0.0	15.12	0.0	0.00	0.00
HD: FEATURED SALAD ENTREE	1 Each	50	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
Bar: VEG: LETTUCE MIX Romaine	Lb	3	80	0	27	5.33	5.77	213.5	12007	800	112.06	5.33	10.67	0.0	0.00	0.00
Bar: VEG: LETTUCE MIX Iceberg	Lb	3	82	0	0	5.10	1.83	101.9	3822	764	24.46	5.1	15.29	0.0	0.00	0.00
Bar: VEG: TOMATOES, Diced	Lb	7	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
Bar: VEG: CUCUMBER, Fresh	Lb	4	67	0	9	2.22	1.24	71.1	467	93	12.45	2.89	16.14	0.49	0.16	*N/A*
Bar: VEG: CARROTS, Fresh Baby	Lb	5	159	0	354	13.15	4.04	145.1	62550	6808	11.79	2.9	37.38	0.59	0.10	*N/A*
Bar: CHEESE, Cheddar Shred	LB	1	1782	486	2916	0.00	0.00	3239.9	4860	972	0.0	113.4	0.0	145.8	81.00	0.00

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

	Portion Size	Plan Qty	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)
Bar: CHIX Dcd SS	LB	2	864	405	405	0.00	1.95	0.0	0	0	0.0	118.8	0.0	37.8	10.80	0.00
Bar: CHEESE, Parmesan Shreds	LB	1	1882	327	7693	0.00	3.95	5683.5	3924	785	0.0	171.73	15.47	124.01	78.79	*N/A*
Bar: EGG, Hard Boiled Whole	Lb	1	726	1905	635	0.00	4.99	181.4	2268	454	0.0	58.97	4.54	49.9	15.88	0.00
Bar: PORK: HAM, Speedy Cut	LB	2	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
VEG: POTATO, HB Starz 1c	1 Cup	800	258	0	473	2.87	1.03	0.0	0	0	3.44	2.87	28.69	14.34	1.43	0.00
VEG: CARROTS, Sliced Fz 1/2c	1/2 Cup	100	36	0	57	3.20	0.51	33.9	16397	1714	2.23	0.56	7.49	0.66	0.12	*N/A*
VEG: CELERY, Sticks 1/2c	1/2 Cup	100	9	0	43	0.86	0.11	21.6	242	7	1.67	0.37	1.6	0.09	0.02	*N/A*
FRUIT: APRICOTS, w/ Juice 1/2c	1/2 Cup	150	61	0	35	0.00	0.00	0.0	1767	353	1.21	0.0	14.14	0.0	0.00	0.00
FRUIT: ORANGE 138ct Whole 1/2c	1 ea (138ct)	250	29	0	0	1.50	0.06	24.9	140	13	33.18	0.59	7.33	0.07	0.01	*N/A*
JUICE, Apple 100% 4oz Cart	1 Each	500	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
DESRT: COOKIE Choc Chip 1.0oz	Cookie	850	130	5	95	1.00	0.72	0.0	100	20	0.0	1.0	17.0	6.0	3.00	0.00
MILK, Skim, Chocolate	Carton	550	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	80	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	20	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
COND_Ketchup #10 Pouch	TBSP	400	21	0	158	0.24	0.05	2.5	79	51	1.1	0.18	4.89	0.04	0.00	0.00
COND_Mustard, Yellow	TBSP	150	10	0	166	0.40	0.24	8.7	18	4	0.15	0.64	0.64	0.58	0.12	0.00
COND PC Mayonnaise 12g Heinz	Each	75	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
COND PC Drsg Ranch 12g Heinz	Each	350	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00
COND PC Sauce, Taco 9g Heinz	Each	80	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
COND PC Margarine 5g	1 Each	75	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00
Weighted Daily Average			894	51	1616	8.38	5.22	478.8	3339	459	16.39	31.03	112.97	34.68	10.11	*0.03
% of Calories												13.9%	50.6%	34.9%	10.2%	*0.0%

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/09/2012																
BRENTWOOD MS/HS	Total	1000														
BEEF Pty, Chix FrdStk AP B 2.0	1 Each	50	295	30	488	1.02	2.74	40.7	0	0	0.0	14.23	19.31	18.29	4.07	0.00
COND_Gravy, Brown LS SS	1/4 Cup	50	25	0	143	0.00	0.00	1.7	0	0	0.0	1.01	5.06	0.51	0.00	*0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
SDW BN, ChixPtyBuff WG/WH2	sandwich	50	378	20	1051	4.99	3.64	130.4	0	0	0.0	17.59	39.71	16.42	2.80	0.00
BURG, Beef AP WH 2.0	1 Each	20	289	35	443	2.94	3.61	109.8	100	20	0.0	17.39	24.47	13.22	5.26	0.00
BURG, Beef w/AM AP WH 2.5	1 Each	30	340	45	671	2.94	3.61	206.0	252	50	0.0	19.92	24.98	17.77	7.79	0.00
CHIX Nugget, WG (5) 2.0	5 Each	100	180	20	450	2.00	1.80	40.0	0	0	0.0	13.0	14.0	8.0	1.50	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	100	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
SDW BN, ChixPtyPln WG/WH 2.0	Each	100	373	20	671	4.99	3.64	130.4	0	0	0.0	17.59	38.71	16.42	2.80	0.00
PIZZA 16" Chix BBQ B 2.0	1/8 slice	50	435	48	1097	3.86	3.25	201.2	252	50	0.64	23.66	56.97	11.66	4.96	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	150	457	39	1114	2.23	3.69	400.0	497	99	2.98	26.95	51.67	17.87	8.77	0.00
PIZZA 16" Chz B 2.0	1/8 cut slic	100	413	30	966	2.23	3.48	400.0	497	99	2.98	25.18	51.37	13.74	7.00	0.00
NACHOS Chix Dcd SM SS B 2.0	1 Each	100	311	56	584	2.17	0.74	44.9	66	8	0.02	17.85	21.55	16.79	6.29	*0.00
RICE, Mex Spiced WG 1c	Cup	100	248	0	108	4.56	1.61	41.4	291	36	0.07	5.92	50.92	2.19	0.42	*0.00
SUB HD, Ham w/AM WH 2.0	1 Each	50	251	35	850	1.94	2.54	186.3	152	30	0.0	18.06	26.0	9.29	3.80	0.00
SALAD Chix Brd Ceas SC WG 2.0	1 serving	30	302	31	905	2.34	2.26	388.3	3613	150	1.55	19.84	19.98	16.49	5.96	*0.00
COND_Dressing, Caesar Crmy	1 TBSP	30	75	0	150	0.00	0.00	10.0	50	10	0.0	0.5	0.5	8.0	1.25	0.00
SALAD Egg Chef AP W 2.0	1 Each	20	149	128	223	1.26	0.75	231.1	5363	440	7.46	11.48	3.6	10.46	5.18	*0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
HD: FEATURED DELI BAR	Each	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Bar: BRD: BREAD, White	Loaf	3	1862	0	3577	16.80	26.18	1057.0	0	0	0.0	53.48	354.27	23.03	5.02	*N/A*
Bar: BRD: BREAD, Wheat	Loaf	3	1862	0	3647	25.20	24.22	994.0	0	0	1.4	76.37	332.57	25.48	5.62	*N/A*
Bar: BRD: TORTILLA Flour 10"	1 Each	20	209	0	554	0.86	1.98	127.1	0	0	0.0	5.63	33.03	5.59	1.86	0.22
Bar: BRD: BUN, Hoagie B	1 Each	8	158	4	323	1.10	1.75	11.1	8	2	0.0	6.16	28.65	2.13	0.60	*0.03
Bar: PORK: HAM, Speedy Cut	LB	4	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
Bar: TKY, Bologna	LB	3	1138	364	3942	0.00	7.48	78.8	2	0	97.16	68.04	40.82	72.57	22.59	0.00
Bar: FISH: TUNA Salad SC W 2.0	LB	4	561	168	1791	1.49	4.31	40.1	344	10	3.58	71.46	9.52	24.76	3.85	*0.35
Bar: CHEESE, American Yellow	LB	3	1620	324	7290	0.00	0.00	3077.9	4860	972	0.0	81.0	16.2	145.8	81.00	0.00
Bar: CHEESE, American White	LB	3	1620	405	7614	0.00	0.00	2430.0	4860	972	0.0	81.0	32.4	129.6	81.00	0.00
Bar: VEG: LETTUCE Iceberg Shrd	LB	2	64	0	45	5.44	1.86	81.6	2277	150	12.7	4.08	13.47	0.64	0.08	*N/A*
Bar: VEG: ONIONS, Red	LB	2	160	0	16	6.79	0.84	91.8	8	2	29.54	4.39	37.28	0.4	0.17	*N/A*
Bar: VEG: TOMATO, Sliced	LB	3	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
COND_Pickle, Dill Slice 1ea	1 slice	30	1	0	61	0.08	0.03	2.9	13	2	0.06	0.04	0.18	0.01	0.00	*N/A*
Bar: VEG: PEPPERS, Jalapeno	LB	1	76	0	4385	0.00	0.00	0.0	0	0	0.0	0.0	15.12	0.0	0.00	0.00
HD: FEATURED SALAD ENTREE	1 Each	50	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
Bar: VEG: LETTUCE MIX Romaine	Lb	3	80	0	27	5.33	5.77	213.5	12007	800	112.06	5.33	10.67	0.0	0.00	0.00
Bar: VEG: LETTUCE MIX Iceberg	Lb	3	82	0	0	5.10	1.83	101.9	3822	764	24.46	5.1	15.29	0.0	0.00	0.00
Bar: VEG: TOMATOES, Diced	Lb	7	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
Bar: VEG: CUCUMBER, Fresh	Lb	4	67	0	9	2.22	1.24	71.1	467	93	12.45	2.89	16.14	0.49	0.16	*N/A*

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Bar: VEG: CARROTS, Fresh Baby	Lb	5	159	0	354	13.15	4.04	145.1	62550	6808	11.79	2.9	37.38	0.59	0.10	*N/A*
Bar: CHEESE, Cheddar Shred	LB	1	1782	486	2916	0.00	0.00	3239.9	4860	972	0.0	113.4	0.0	145.8	81.00	0.00
Bar: CHIX Dcd SS	LB	2	864	405	405	0.00	1.95	0.0	0	0	0.0	118.8	0.0	37.8	10.80	0.00
Bar: CHEESE, Parmesan Shreds	LB	1	1882	327	7693	0.00	3.95	5683.5	3924	785	0.0	171.73	15.47	124.01	78.79	*N/A*
Bar: EGG, Hard Boiled Whole	Lb	1	726	1905	635	0.00	4.99	181.4	2268	454	0.0	58.97	4.54	49.9	15.88	0.00
Bar: PORK: HAM, Speedy Cut	LB	2	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
VEG: POTATO, Mashed 1/2c	1/2 cup	850	86	0	29	1.73	0.31	3.3	0	0	25.9	1.73	18.13	0.0	0.00	*0.00
COND_Gravy, Brown LS SS	1/4 Cup	850	25	0	143	0.00	0.00	1.7	0	0	0.0	1.01	5.06	0.51	0.00	*0.00
VEG: SPINACH, Fz 1/2c	1/2 Cup	50	55	0	158	6.03	3.19	249.4	19661	1268	3.59	6.54	7.82	1.42	0.26	*N/A*
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	200	26	0	59	2.19	0.67	24.2	10425	1135	1.97	0.48	6.23	0.1	0.02	*N/A*
FRUIT: PEACHES Slcd w/Syr 1/2c	1/2 Cup	150	66	0	9	0.00	0.00	0.0	284	57	1.14	0.0	16.1	0.0	0.00	0.00
FRUIT: APPLE, 138ct 1/8wg 1/2c	4 wedges	250	31	0	2	1.44	0.07	4.9	32	3	3.07	0.16	8.34	0.11	0.02	*0.00
JUICE, Orange 100% 4oz Cart	1 Each	400	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
BRD: PRETZEL, Soft 1oz Rod WG	Each	650	70	0	65	1.00	0.72	0.0	0	0	0.0	2.0	14.0	0.5	0.00	0.00
MILK, Skim, Chocolate	Carton	550	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	80	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	20	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
COND_Ketchup #10 Pouch	TBSP	400	21	0	158	0.24	0.05	2.5	79	51	1.1	0.18	4.89	0.04	0.00	0.00
COND_Mustard, Yellow	TBSP	150	10	0	166	0.40	0.24	8.7	18	4	0.15	0.64	0.64	0.58	0.12	0.00
COND_PC Mayonnaise 12g Heinz	Each	75	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
COND_PC Drsg Ranch 12g Heinz	Each	400	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00
COND_PC Margarine 5g	1 each	75	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00
COND_PC Sauce, Taco 9g Heinz	Each	80	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			696	46	1335	6.84	4.40	439.3	4348	492	43.88	30.89	99.12	19.96	6.18	*0.01
% of Calories												17.8%	57.0%	25.8%	8.0%	*0.0%

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AFFTON SCHOOL DISTRICT

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BRENTWOOD MS/HS

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/10/2012																
BRENTWOOD MS/HS	Total	1000														
CORN DOG, Tky AP B 2.0	1 Each	50	270	30	740	1.00	2.70	80.0	0	0	0.0	10.0	27.0	14.0	4.00	0.00
SDW BN, ChixDcd BBQw/CHSSW	1 Each	50	308	53	596	3.53	1.99	191.1	152	30	0.0	19.07	30.62	11.31	4.31	0.00
BURG, Beef AP WH 2.0	1 Each	20	289	35	443	2.94	3.61	109.8	100	20	0.0	17.39	24.47	13.22	5.26	0.00
BURG, Beef w/AM AP WH 2.5	1 Each	30	340	45	671	2.94	3.61	206.0	252	50	0.0	19.92	24.98	17.77	7.79	0.00
CHIX Nugget, WG (5) 2.0	5 Each	100	180	20	450	2.00	1.80	40.0	0	0	0.0	13.0	14.0	8.0	1.50	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	100	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
SDW BN, ChixPtyPln WG/WH 2.0	Each	100	373	20	671	4.99	3.64	130.4	0	0	0.0	17.59	38.71	16.42	2.80	0.00
PIZZA 16" Sausage B 2.0	1/8 cut slic	50	466	39	1262	2.98	3.89	415.2	497	99	2.98	28.6	52.89	17.54	8.14	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	150	457	39	1114	2.23	3.69	400.0	497	99	2.98	26.95	51.67	17.87	8.77	0.00
PIZZA 16" Chz B 2.0	1/8 cut slic	100	413	30	966	2.23	3.48	400.0	497	99	2.98	25.18	51.37	13.74	7.00	0.00
BURR 10" Chix Pop SM B 2.25	1 Each	100	580	45	1193	1.39	4.72	240.9	283	50	0.02	22.58	61.82	27.02	6.95	*0.22
RICE, Mex Spiced WG 1c	Cup	100	248	0	108	4.56	1.61	41.4	291	36	0.07	5.92	50.92	2.19	0.42	*0.00
SDW BD, Bologna w/AM WH 2.0	sandwich	50	290	44	858	1.80	2.43	174.6	152	30	9.21	14.36	28.09	13.18	5.05	*0.00
SALAD Ham Chef AP W 2.0	1 Each	30	133	83	393	1.33	2.13	159.2	3190	238	28.02	15.08	4.56	6.29	2.96	0.00
SALAD Egg Chef AP W 2.0	1 Each	20	149	128	223	1.26	0.75	231.1	5363	440	7.46	11.48	3.6	10.46	5.18	*0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
HD: FEATURED DELI BAR	Each	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Bar: BRD: BREAD, White	Loaf	3	1862	0	3577	16.80	26.18	1057.0	0	0	0.0	53.48	354.27	23.03	5.02	*N/A*
Bar: BRD: BREAD, Wheat	Loaf	3	1862	0	3647	25.20	24.22	994.0	0	0	1.4	76.37	332.57	25.48	5.62	*N/A*
Bar: BRD: TORTILLA Flour 10"	1 Each	20	209	0	554	0.86	1.98	127.1	0	0	0.0	5.63	33.03	5.59	1.86	0.22
Bar: BRD: BUN, Hoagie B	1 Each	8	158	4	323	1.10	1.75	11.1	8	2	0.0	6.16	28.65	2.13	0.60	*0.03
Bar: PORK: HAM, Speedy Cut	LB	4	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
Bar: TKY, Bologna	LB	3	1138	364	3942	0.00	7.48	78.8	2	0	97.16	68.04	40.82	72.57	22.59	0.00
Bar: FISH: TUNA Salad SC W 2.0	LB	4	561	168	1791	1.49	4.31	40.1	344	10	3.58	71.46	9.52	24.76	3.85	*0.35
Bar: CHEESE, American Yellow	LB	3	1620	324	7290	0.00	0.00	3077.9	4860	972	0.0	81.0	16.2	145.8	81.00	0.00
Bar: CHEESE, American White	LB	3	1620	405	7614	0.00	0.00	2430.0	4860	972	0.0	81.0	32.4	129.6	81.00	0.00
Bar: VEG: LETTUCE Iceberg Shrd	LB	2	64	0	45	5.44	1.86	81.6	2277	150	12.7	4.08	13.47	0.64	0.08	*N/A*
Bar: VEG: ONIONS, Red	LB	2	160	0	16	6.79	0.84	91.8	8	2	29.54	4.39	37.28	0.4	0.17	*N/A*
Bar: VEG: TOMATO, Sliced	LB	3	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
COND_Pickle, Dill Slice 1ea	1 slice	30	1	0	61	0.08	0.03	2.9	13	2	0.06	0.04	0.18	0.01	0.00	*N/A*
Bar: VEG: PEPPERS, Jalapeno	LB	1	76	0	4385	0.00	0.00	0.0	0	0	0.0	0.0	15.12	0.0	0.00	0.00
HD: FEATURED SALAD ENTREE	1 Each	50	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
Bar: VEG: LETTUCE MIX Romaine	Lb	3	80	0	27	5.33	5.77	213.5	12007	800	112.06	5.33	10.67	0.0	0.00	0.00
Bar: VEG: LETTUCE MIX Iceberg	Lb	3	82	0	0	5.10	1.83	101.9	3822	764	24.46	5.1	15.29	0.0	0.00	0.00
Bar: VEG: TOMATOES, Diced	Lb	7	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
Bar: VEG: CUCUMBER, Fresh	Lb	4	67	0	9	2.22	1.24	71.1	467	93	12.45	2.89	16.14	0.49	0.16	*N/A*
Bar: VEG: CARROTS, Fresh Baby	Lb	5	159	0	354	13.15	4.04	145.1	62550	6808	11.79	2.9	37.38	0.59	0.10	*N/A*
Bar: CHEESE, Cheddar Shred	LB	1	1782	486	2916	0.00	0.00	3239.9	4860	972	0.0	113.4	0.0	145.8	81.00	0.00
Bar: CHIX Dcd SS	LB	2	864	405	405	0.00	1.95	0.0	0	0	0.0	118.8	0.0	37.8	10.80	0.00

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

Mar 15, 2012

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	Portion Size	Plan Qty	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)
Bar: CHEESE, Parmesan Shreds	LB	1	1882	327	7693	0.00	3.95	5683.5	3924	785	0.0	171.73	15.47	124.01	78.79	*N/A*
Bar: EGG, Hard Boiled Whole	Lb	1	726	1905	635	0.00	4.99	181.4	2268	454	0.0	58.97	4.54	49.9	15.88	0.00
Bar: PORK: HAM, Speedy Cut	LB	2	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
VEG: POTATO, FF 1/4" Gen7 1c	1 Cup	850	178	0	198	2.97	0.36	0.0	0	0	5.94	1.98	25.73	7.92	0.49	0.00
VEG: BLEND, 5 Way Mix Fz 1/2c	1/2 Cup	100	69	0	37	4.69	0.87	26.7	4560	456	3.41	3.05	13.95	0.16	0.03	*N/A*
VEG: LETTUCE MIX, Romaine 1/2c	1/2 Cup	100	6	0	2	0.42	0.45	16.7	938	63	8.76	0.42	0.83	0.0	0.00	0.00
FRUIT: PEARS, Dice w/Syr 1/2c	1/2 cup	250	78	0	10	1.94	0.00	0.0	0	0	0.0	0.0	18.47	0.0	0.00	0.00
FRUIT: ORANGE 138ct Whole 1/2c	1 ea (138ct)	150	29	0	0	1.50	0.06	24.9	140	13	33.18	0.59	7.33	0.07	0.01	*N/A*
JUICE, Apple 100% 4oz Cart	1 Each	400	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
BRD: PRETZEL, Soft 1oz Rod WG	Each	650	70	0	65	1.00	0.72	0.0	0	0	0.0	2.0	14.0	0.5	0.00	0.00
MILK, Skim, Chocolate	Carton	550	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	80	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	20	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
COND_Ketchup #10 Pouch	TBSP	400	21	0	158	0.24	0.05	2.5	79	51	1.1	0.18	4.89	0.04	0.00	0.00
COND_Mustard, Yellow	TBSP	150	10	0	166	0.40	0.24	8.7	18	4	0.15	0.64	0.64	0.58	0.12	0.00
COND PC Mayonnaise 12g Heinz	Each	75	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
COND PC Drsg Ranch 12g Heinz	Each	400	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00
COND PC Sauce, Taco 9g Heinz	Each	80	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
COND PC Margarine 5g	1 Each	75	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00
Weighted Daily Average			776	48	1368	7.71	4.56	451.6	1827	257	16.18	29.86	105.20	26.59	6.81	*0.03
% of Calories											15.4%	54.3%	30.9%	7.9%	*0.0%	

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

	Portion Size	Plan Qty	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)
Wed - 04/11/2012																
BRENTWOOD MS/HS	Total	1000														
PP Chix Dcd w/Noodles SS B 2.0	1 Cup	50	312	66	426	0.94	1.00	8.9	1	0	0.41	20.92	34.39	9.48	1.38	*0.00
FRANK Tky, 8-1 WH 2.0	1 Each	50	289	50	987	1.94	2.89	169.8	300	60	0.0	11.39	25.47	15.22	4.76	0.00
BURG, Beef AP WH 2.0	1 Each	20	289	35	443	2.94	3.61	109.8	100	20	0.0	17.39	24.47	13.22	5.26	0.00
BURG, Beef w/AM AP WH 2.5	1 Each	30	340	45	671	2.94	3.61	206.0	252	50	0.0	19.92	24.98	17.77	7.79	0.00
CHIX Nugget, WG (5) 2.0	5 Each	100	180	20	450	2.00	1.80	40.0	0	0	0.0	13.0	14.0	8.0	1.50	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	100	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
SDW BN, ChixPtyPln WG/WH 2.0	Each	100	373	20	671	4.99	3.64	130.4	0	0	0.0	17.59	38.71	16.42	2.80	0.00
PIZZA 16" Vegetable B 2.0	1/8 Slice	50	424	30	1001	2.76	3.67	400.8	605	121	6.22	25.31	53.53	13.76	7.00	*0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	150	457	39	1114	2.23	3.69	400.0	497	99	2.98	26.95	51.67	17.87	8.77	0.00
PIZZA 16" Chz B 2.0	1/8 cut slic	100	413	30	966	2.23	3.48	400.0	497	99	2.98	25.18	51.37	13.74	7.00	0.00
PP Beef Gd LasagMex SC B 2.0	1 Each	100	214	44	461	3.69	2.34	132.6	634	119	18.71	16.12	16.71	9.95	4.47	*0.34
RICE, Mex Spiced WG 1c	Cup	100	248	0	108	4.56	1.61	41.4	291	36	0.07	5.92	50.92	2.19	0.42	*0.00
WRAP, ChixPty Ranch B/WG 2.5	sandwich	50	587	38	1220	4.50	3.98	285.9	1148	69	4.2	23.28	51.11	31.93	7.69	*0.22
SALAD Chix Brd Baja AP WG 2.0	1 Each	30	242	10	259	8.77	3.75	93.4	3334	225	34.32	14.1	30.82	7.19	1.14	*0.00
SALAD Egg Chef AP W 2.0	1 Each	20	149	128	223	1.26	0.75	231.1	5363	440	7.46	11.48	3.6	10.46	5.18	*0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
HD: FEATURED DELI BAR	Each	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00	0.00
Bar: BRD: BREAD, White	Loaf	3	1862	0	3577	16.80	26.18	1057.0	0	0	0.0	53.48	354.27	23.03	5.02	*N/A*
Bar: BRD: BREAD, Wheat	Loaf	3	1862	0	3647	25.20	24.22	994.0	0	0	1.4	76.37	332.57	25.48	5.62	*N/A*
Bar: BRD: TORTILLA Flour 10"	1 Each	20	209	0	554	0.86	1.98	127.1	0	0	0.0	5.63	33.03	5.59	1.86	0.22
Bar: BRD: BUN, Hoagie B	1 Each	8	158	4	323	1.10	1.75	11.1	8	2	0.0	6.16	28.65	2.13	0.60	*0.03
Bar: PORK: HAM, Speedy Cut	LB	4	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
Bar: TKY, Bologna	LB	3	1138	364	3942	0.00	7.48	78.8	2	0	97.16	68.04	40.82	72.57	22.59	0.00
Bar: FISH: TUNA Salad SC W 2.0	LB	4	561	168	1791	1.49	4.31	40.1	344	10	3.58	71.46	9.52	24.76	3.85	*0.35
Bar: CHEESE, American Yellow	LB	3	1620	324	7290	0.00	0.00	3077.9	4860	972	0.0	81.0	16.2	145.8	81.00	0.00
Bar: CHEESE, American White	LB	3	1620	405	7614	0.00	0.00	2430.0	4860	972	0.0	81.0	32.4	129.6	81.00	0.00
Bar: VEG: LETTUCE Iceberg Shrd	LB	2	64	0	45	5.44	1.86	81.6	2277	150	12.7	4.08	13.47	0.64	0.08	*N/A*
Bar: VEG: ONIONS, Red	LB	2	160	0	16	6.79	0.84	91.8	8	2	29.54	4.39	37.28	0.4	0.17	*N/A*
Bar: VEG: TOMATO, Sliced	LB	3	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
COND_Pickle, Dill Slice 1ea	1 slice	30	1	0	61	0.08	0.03	2.9	13	2	0.06	0.04	0.18	0.01	0.00	*N/A*
Bar: VEG: PEPPERS, Jalapeno	LB	1	76	0	4385	0.00	0.00	0.0	0	0	0.0	0.0	15.12	0.0	0.00	0.00
HD: FEATURED SALAD ENTREE	1 Each	50	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
Bar: VEG: LETTUCE MIX Romaine	Lb	3	80	0	27	5.33	5.77	213.5	12007	800	112.06	5.33	10.67	0.0	0.00	0.00
Bar: VEG: LETTUCE MIX Iceberg	Lb	3	82	0	0	5.10	1.83	101.9	3822	764	24.46	5.1	15.29	0.0	0.00	0.00
Bar: VEG: TOMATOES, Diced	Lb	7	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
Bar: VEG: CUCUMBER, Fresh	Lb	4	67	0	9	2.22	1.24	71.1	467	93	12.45	2.89	16.14	0.49	0.16	*N/A*
Bar: VEG: CARROTS, Fresh Baby	Lb	5	159	0	354	13.15	4.04	145.1	62550	6808	11.79	2.9	37.38	0.59	0.10	*N/A*
Bar: CHEESE, Cheddar Shred	LB	1	1782	486	2916	0.00	0.00	3239.9	4860	972	0.0	113.4	0.0	145.8	81.00	0.00
Bar: CHIX Dcd SS	LB	2	864	405	405	0.00	1.95	0.0	0	0	0.0	118.8	0.0	37.8	10.80	0.00

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BRENTWOOD MS/HS

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Bar: CHEESE, Parmesan Shreds	LB	1	1882	327	7693	0.00	3.95	5683.5	3924	785	0.0	171.73	15.47	124.01	78.79	*N/A*
Bar: EGG, Hard Boiled Whole	Lb	1	726	1905	635	0.00	4.99	181.4	2268	454	0.0	58.97	4.54	49.9	15.88	0.00
Bar: PORK: HAM, Speedy Cut	LB	2	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
RICE, Mex Spiced WG 1c	Cup	250	248	0	108	4.56	1.61	41.4	291	36	0.07	5.92	50.92	2.19	0.42	*0.00
VEG: POTATO, HB Starz 1c	1 Cup	600	258	0	473	2.87	1.03	0.0	0	0	3.44	2.87	28.69	14.34	1.43	0.00
VEG: BROCCOLI, Fresh 1/2c	1/2 cup	100	12	0	12	0.92	0.26	16.7	221	55	31.61	1.0	2.35	0.13	0.01	*N/A*
FRUIT: BANANA (100-120ct) Whl	Each	250	94	0	1	2.74	0.27	5.3	68	8	9.18	1.15	24.11	0.35	0.12	*N/A*
FRUIT: APPLESAUCE, Rosy 1/2c	1/2 cup	250	100	0	21	2.04	0.00	0.0	0	0	1.32	0.11	24.34	0.0	0.00	0.00
JUICE, Orange 100% 4oz Cart	1 Each	500	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
DESRT: PUDDING, Vanilla	1/2 Cup	850	130	0	200	0.00	0.00	20.0	0	0	0.0	0.0	25.03	3.0	0.00	0.00
MILK, Skim, Chocolate	Carton	550	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	80	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	20	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
COND_Ketchup #10 Pouch	TBSP	400	21	0	158	0.24	0.05	2.5	79	51	1.1	0.18	4.89	0.04	0.00	0.00
COND_Mustard, Yellow	TBSP	150	10	0	166	0.40	0.24	8.7	18	4	0.15	0.64	0.64	0.58	0.12	0.00
COND PC Mayonnaise 12g Heinz	Each	75	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
COND PC Drsg Ranch 12g Heinz	Each	450	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00
COND PC Sauce, Taco 9g Heinz	Each	80	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
COND PC Margarine 5g	1 Each	75	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00
Weighted Daily Average			909	47	1576	7.96	4.60	461.2	1470	230	35.79	30.33	129.12	30.70	7.10	*0.05
% of Calories												13.3%	56.8%	30.4%	7.0%	*0.1%

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/12/2012																
BRENTWOOD MS/HS	Total	1000														
PP MAC & CHZ 1.5c SS B 2.0	1.5 c	50	492	66	1217	2.37	1.68	21.1	0	0	0.0	25.14	49.36	20.92	13.37	*0.00
BURG, Beef Pizza AP WH 2.5	1 Each	50	374	50	768	3.43	4.13	209.8	297	59	2.34	23.29	27.65	19.52	8.43	0.00
BURG, Beef AP WH 2.0	1 Each	20	289	35	443	2.94	3.61	109.8	100	20	0.0	17.39	24.47	13.22	5.26	0.00
BURG, Beef w/AM AP WH 2.5	1 Each	30	340	45	671	2.94	3.61	206.0	252	50	0.0	19.92	24.98	17.77	7.79	0.00
CHIX Nugget, WG (5) 2.0	5 Each	100	180	20	450	2.00	1.80	40.0	0	0	0.0	13.0	14.0	8.0	1.50	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	100	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
SDW BN, ChixPtyPln WG/WH 2.0	Each	100	373	20	671	4.99	3.64	130.4	0	0	0.0	17.59	38.71	16.42	2.80	0.00
PIZZA 16" Sausage B 2.0	1/8 cut slic	50	466	39	1262	2.98	3.89	415.2	497	99	2.98	28.6	52.89	17.54	8.14	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	150	457	39	1114	2.23	3.69	400.0	497	99	2.98	26.95	51.67	17.87	8.77	0.00
PIZZA 16" Chz B 2.0	1/8 cut slic	100	413	30	966	2.23	3.48	400.0	497	99	2.98	25.18	51.37	13.74	7.00	0.00
BURR 10" Beef Bean SM SS 2.0	1 each	100	407	18	924	6.61	3.97	201.1	2222	435	0.63	17.0	55.2	12.74	4.25	*0.22
RICE, Mex Spiced WG 1c	1 Cup	100	248	0	108	4.56	1.61	41.4	291	36	0.07	5.92	50.92	2.19	0.42	*0.00
SDW BD, Tuna Salad WH 2.0	sandwich	50	232	30	575	2.06	2.49	78.1	61	2	0.73	18.02	25.43	6.17	1.08	*0.06
SALAD Chix Dcd Chef AP W 2.0	1 serving	30	135	89	135	0.89	1.22	141.2	2190	171	18.68	13.71	2.15	7.52	3.25	0.00
SALAD Egg Chef AP W 2.0	1 Each	20	149	128	223	1.26	0.75	231.1	5363	440	7.46	11.48	3.6	10.46	5.18	*0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
HD: FEATURED DELI BAR	Each	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Bar: BRD: BREAD, White	Loaf	3	1862	0	3577	16.80	26.18	1057.0	0	0	0.0	53.48	354.27	23.03	5.02	*N/A*
Bar: BRD: BREAD, Wheat	Loaf	3	1862	0	3647	25.20	24.22	994.0	0	0	1.4	76.37	332.57	25.48	5.62	*N/A*
Bar: BRD: TORTILLA Flour 10"	1 Each	20	209	0	554	0.86	1.98	127.1	0	0	0.0	5.63	33.03	5.59	1.86	0.22
Bar: BRD: BUN, Hoagie B	1 Each	8	158	4	323	1.10	1.75	11.1	8	2	0.0	6.16	28.65	2.13	0.60	*0.03
Bar: PORK: HAM, Speedy Cut	LB	4	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
Bar: TKY, Bologna	LB	3	1138	364	3942	0.00	7.48	78.8	2	0	97.16	68.04	40.82	72.57	22.59	0.00
Bar: FISH: TUNA Salad SC W 2.0	LB	4	561	168	1791	1.49	4.31	40.1	344	10	3.58	71.46	9.52	24.76	3.85	*0.35
Bar: CHEESE, American Yellow	LB	3	1620	324	7290	0.00	0.00	3077.9	4860	972	0.0	81.0	16.2	145.8	81.00	0.00
Bar: CHEESE, American White	LB	3	1620	405	7614	0.00	0.00	2430.0	4860	972	0.0	81.0	32.4	129.6	81.00	0.00
Bar: VEG: LETTUCE Iceberg Shrd	LB	2	64	0	45	5.44	1.86	81.6	2277	150	12.7	4.08	13.47	0.64	0.08	*N/A*
Bar: VEG: ONIONS, Red	LB	2	160	0	16	6.79	0.84	91.8	8	2	29.54	4.39	37.28	0.4	0.17	*N/A*
Bar: VEG: TOMATO, Sliced	LB	3	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
COND_Pickle, Dill Slice 1ea	1 slice	30	1	0	61	0.08	0.03	2.9	13	2	0.06	0.04	0.18	0.01	0.00	*N/A*
Bar: VEG: PEPPERS, Jalapeno	LB	1	76	0	4385	0.00	0.00	0.0	0	0	0.0	0.0	15.12	0.0	0.00	0.00
HD: FEATURED SALAD ENTREE	1 Each	50	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
Bar: VEG: LETTUCE MIX Romaine	Lb	3	80	0	27	5.33	5.77	213.5	12007	800	112.06	5.33	10.67	0.0	0.00	0.00
Bar: VEG: LETTUCE MIX Iceberg	Lb	3	82	0	0	5.10	1.83	101.9	3822	764	24.46	5.1	15.29	0.0	0.00	0.00
Bar: VEG: TOMATOES, Diced	Lb	7	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
Bar: VEG: CUCUMBER, Fresh	Lb	4	67	0	9	2.22	1.24	71.1	467	93	12.45	2.89	16.14	0.49	0.16	*N/A*
Bar: VEG: CARROTS, Fresh Baby	Lb	5	159	0	354	13.15	4.04	145.1	62550	6808	11.79	2.9	37.38	0.59	0.10	*N/A*
Bar: CHEESE, Cheddar Shred	LB	1	1782	486	2916	0.00	0.00	3239.9	4860	972	0.0	113.4	0.0	145.8	81.00	0.00
Bar: CHIX Dcd SS	LB	2	864	405	405	0.00	1.95	0.0	0	0	0.0	118.8	0.0	37.8	10.80	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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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

	Portion Size	Plan Qty	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)
Bar: CHEESE, Parmesan Shreds	LB	1	1882	327	7693	0.00	3.95	5683.5	3924	785	0.0	171.73	15.47	124.01	78.79	*N/A*
Bar: EGG, Hard Boiled Whole	Lb	1	726	1905	635	0.00	4.99	181.4	2268	454	0.0	58.97	4.54	49.9	15.88	0.00
Bar: PORK: HAM, Speedy Cut	LB	2	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
PASTA, Noodles Egg Parsley	1 cup	700	276	49	75	2.02	2.47	32.6	286	61	0.08	7.61	42.11	8.47	3.20	*0.05
VEG: CARROTS, Sliced Fz 1/2c	1/2 Cup	100	36	0	57	3.20	0.51	33.9	16397	1714	2.23	0.56	7.49	0.66	0.12	*N/A*
VEG: CELERY, Sticks 1/2c	1/2 Cup	100	9	0	43	0.86	0.11	21.6	242	7	1.67	0.37	1.6	0.09	0.02	*N/A*
FRUIT: APRICOTS, w/ Juice 1/2c	1/2 Cup	150	61	0	35	0.00	0.00	0.0	1767	353	1.21	0.0	14.14	0.0	0.00	0.00
FRUIT: ORANGE 138ct Whole 1/2c	1 ea (138ct)	250	29	0	0	1.50	0.06	24.9	140	13	33.18	0.59	7.33	0.07	0.01	*N/A*
JUICE, Apple 100% 4oz Cart	1 Each	500	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
BRD: PRETZEL, Soft 1oz Rod WG	1 Each	800	70	0	65	1.00	0.72	0.0	0	0	0.0	2.0	14.0	0.5	0.00	0.00
MILK, Skim, Chocolate	Carton	550	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	80	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	20	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
COND_Ketchup #10 Pouch	TBSP	400	21	0	158	0.24	0.05	2.5	79	51	1.1	0.18	4.89	0.04	0.00	0.00
COND_Mustard, Yellow	TBSP	150	10	0	166	0.40	0.24	8.7	18	4	0.15	0.64	0.64	0.58	0.12	0.00
COND PC Drsg Ranch 12g Heinz	Each	400	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00
COND PC Mayonnaise 12g Heinz	Each	75	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
COND PC Margarine 5g	1 each	75	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00
COND PC Sauce, Taco 9g Heinz	Each	100	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			818	80	1257	6.90	5.99	466.8	3587	511	13.33	34.16	114.09	24.94	8.86	*0.07
% of Calories												16.7%	55.8%	27.5%	9.8%	*0.1%

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

Page 17

Mar 15, 2012

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Fri - 04/13/2012																	
BRENTWOOD MS/HS																	
	Total	1000															
	SOUP, Beef Chili SS W 2.0	6ozv	50	127	19	505	3.72	1.98	49.2	4028	796	14.47	11.19	9.84	5.69	1.87	*0.00
	BRD: CORNBREAD, SS	1/72 cut	50	118	0	493	0.98	1.06	0.5	0	0	0.0	1.97	21.66	2.46	0.98	*0.00
	SDW BN, Fish SS WH 2.0	1 Each	50	399	30	1013	2.94	3.61	109.8	100	20	2.4	19.39	43.47	16.21	2.76	0.00
	BURG, Beef AP WH 2.0	1 Each	20	289	35	443	2.94	3.61	109.8	100	20	0.0	17.39	24.47	13.22	5.26	0.00
	BURG, Beef w/AM AP WH 2.5	1 Each	30	340	45	671	2.94	3.61	206.0	252	50	0.0	19.92	24.98	17.77	7.79	0.00
	CHIX Nugget, WG (5) 2.0	5 Each	100	180	20	450	2.00	1.80	40.0	0	0	0.0	13.0	14.0	8.0	1.50	0.00
	BRD: BRDSTK DG, Plain WG	Breadstick	100	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
	SDW BN, ChixPtyPln WG/WH 2.0	Each	100	373	20	671	4.99	3.64	130.4	0	0	0.0	17.59	38.71	16.42	2.80	0.00
	PIZZA 16" Ham Hawaiian B 2.0	1/8 slice	50	404	32	1023	2.34	3.83	302.3	409	82	3.98	25.47	53.52	11.31	5.44	0.00
	PIZZA 16" Pepperoni B 2.0	1/8 Slice	150	457	39	1114	2.23	3.69	400.0	497	99	2.98	26.95	51.67	17.87	8.77	0.00
	PIZZA 16" Chz B 2.0	1/8 cut slic	100	413	30	966	2.23	3.48	400.0	497	99	2.98	25.18	51.37	13.74	7.00	0.00
	TACO Beef Soft SM SS 2.5	2 Each	100	326	35	849	1.95	3.36	232.9	4283	849	0.03	18.48	29.42	15.36	6.11	*0.18
	RICE, Mex Spiced WG 1c	1 Cup	100	248	0	108	4.56	1.61	41.4	291	36	0.07	5.92	50.92	2.19	0.42	*0.00
	WRAP, Chix Dcd Buff B 2.0	1 Each	50	408	53	874	1.49	2.41	144.7	348	25	4.17	21.46	36.34	18.91	4.48	*0.22
	SALAD Ham Pizza AP W 2.0	1 serving	30	150	40	582	0.89	1.86	135.9	2101	153	18.68	17.44	4.54	7.83	3.67	0.00
	SALAD Egg Chef AP W 2.0	1 Each	20	149	128	223	1.26	0.75	231.1	5363	440	7.46	11.48	3.6	10.46	5.18	*0.00
	BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
	HD: FEATURED DELI BAR	Each	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
	Bar: BRD: BREAD, White	Loaf	3	1862	0	3577	16.80	26.18	1057.0	0	0	0.0	53.48	354.27	23.03	5.02	*N/A*
	Bar: BRD: BREAD, Wheat	Loaf	3	1862	0	3647	25.20	24.22	994.0	0	0	1.4	76.37	332.57	25.48	5.62	*N/A*
	Bar: BRD: TORTILLA Flour 10"	1 Each	20	209	0	554	0.86	1.98	127.1	0	0	0.0	5.63	33.03	5.59	1.86	0.22
	Bar: BRD: BUN, Hoagie B	1 Each	8	158	4	323	1.10	1.75	11.1	8	2	0.0	6.16	28.65	2.13	0.60	*0.03
	Bar: PORK: HAM, Speedy Cut	LB	4	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
	Bar: TKY, Bologna	LB	3	1138	364	3942	0.00	7.48	78.8	2	0	97.16	68.04	40.82	72.57	22.59	0.00
	Bar: FISH: TUNA Salad SC W 2.0	LB	4	561	168	1791	1.49	4.31	40.1	344	10	3.58	71.46	9.52	24.76	3.85	*0.35
	Bar: CHEESE, American Yellow	LB	3	1620	324	7290	0.00	0.00	3077.9	4860	972	0.0	81.0	16.2	145.8	81.00	0.00
	Bar: CHEESE, American White	LB	3	1620	405	7614	0.00	0.00	2430.0	4860	972	0.0	81.0	32.4	129.6	81.00	0.00
	Bar: VEG: LETTUCE Iceberg Shrd	LB	2	64	0	45	5.44	1.86	81.6	2277	150	12.7	4.08	13.47	0.64	0.08	*N/A*
	Bar: VEG: ONIONS, Red	LB	2	160	0	16	6.79	0.84	91.8	8	2	29.54	4.39	37.28	0.4	0.17	*N/A*
	Bar: VEG: TOMATO, Sliced	LB	3	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
	COND_Pickle, Dill Slice 1ea	1 slice	30	1	0	61	0.08	0.03	2.9	13	2	0.06	0.04	0.18	0.01	0.00	*N/A*
	Bar: VEG: PEPPERS, Jalapeno	LB	1	76	0	4385	0.00	0.00	0.0	0	0	0.0	0.0	15.12	0.0	0.00	0.00
	HD: FEATURED SALAD ENTREE	1 Each	50	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
	BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
	Bar: VEG: LETTUCE MIX Romaine	Lb	3	80	0	27	5.33	5.77	213.5	12007	800	112.06	5.33	10.67	0.0	0.00	0.00
	Bar: VEG: LETTUCE MIX Iceberg	Lb	3	82	0	0	5.10	1.83	101.9	3822	764	24.46	5.1	15.29	0.0	0.00	0.00
	Bar: VEG: TOMATOES, Diced	Lb	7	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
	Bar: VEG: CUCUMBER, Fresh	Lb	4	67	0	9	2.22	1.24	71.1	467	93	12.45	2.89	16.14	0.49	0.16	*N/A*
	Bar: VEG: CARROTS, Fresh Baby	Lb	5	159	0	354	13.15	4.04	145.1	62550	6808	11.79	2.9	37.38	0.59	0.10	*N/A*
	Bar: CHEESE, Cheddar Shred	LB	1	1782	486	2916	0.00	0.00	3239.9	4860	972	0.0	113.4	0.0	145.8	81.00	0.00

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

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

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AFFTON SCHOOL DISTRICT

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BRENTWOOD MS/HS

	Portion Size	Plan Qty	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)
Bar: CHIX Dcd SS	LB	2	864	405	405	0.00	1.95	0.0	0	0	0.0	118.8	0.0	37.8	10.80	0.00
Bar: CHEESE, Parmesan Shreds	LB	1	1882	327	7693	0.00	3.95	5683.5	3924	785	0.0	171.73	15.47	124.01	78.79	*N/A*
Bar: EGG, Hard Boiled Whole	Lb	1	726	1905	635	0.00	4.99	181.4	2268	454	0.0	58.97	4.54	49.9	15.88	0.00
Bar: PORK: HAM, Speedy Cut	LB	2	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
VEG: POTATO, Tater Tots	1 Cup	800	229	0	473	2.87	1.03	0.0	0	0	3.44	2.87	27.25	11.48	2.87	0.00
VEG: BEANS, Green Fz 1/2c	1/2 Cup	50	20	0	1	2.12	0.47	29.7	394	28	2.9	1.05	4.56	0.12	0.03	*N/A*
VEG: CUCUMBER, Fresh 1/2c	1/2 Cup	150	13	0	2	0.43	0.24	13.8	90	18	2.41	0.56	3.12	0.09	0.03	*N/A*
FRUIT: APPLESAUCE, AP 1/2c	1/2 cup	250	92	0	10	2.04	0.00	0.0	0	0	0.0	0.0	22.48	0.0	0.00	0.00
FRUIT: BANANA (100-120ct) Whl	Each	250	94	0	1	2.74	0.27	5.3	68	8	9.18	1.15	24.11	0.35	0.12	*N/A*
JUICE, Orange 100% 4oz Cart	1 Each	400	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
DESRT: PUDDING, Vanilla	1/2 Cup	850	130	0	200	0.00	0.00	20.0	0	0	0.0	0.0	25.03	3.0	0.00	0.00
MILK, Skim, Chocolate	Carton	550	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	80	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	20	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
COND_Ketchup #10 Pouch	TBSP	400	21	0	158	0.24	0.05	2.5	79	51	1.1	0.18	4.89	0.04	0.00	0.00
COND_Mustard, Yellow	TBSP	150	10	0	166	0.40	0.24	8.7	18	4	0.15	0.64	0.64	0.58	0.12	0.00
COND PC Mayonnaise 12g Heinz	Each	75	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
COND PC Drsg Ranch 12g Heinz	Each	400	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00
COND PC Sauce, Taco 9g Heinz	Each	80	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
COND PC Margarine 5g	1 Each	75	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00
Weighted Daily Average			868	44	1697	7.13	4.56	451.2	1878	324	27.65	29.59	120.12	30.16	8.36	*0.04
% of Calories												13.6%	55.4%	31.3%	8.7%	*0.0%

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

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/16/2012																
BRENTWOOD MS/HS	Total	1000														
CHIX Thigh, Jerk SC B 2.0	1 Each	50	153	55	245	0.00	0.00	0.0	65	13	0.0	9.74	1.0	11.04	3.24	*0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
SDW BN, ChixPtyBuff WG/WH2	sandwich	50	378	20	1051	4.99	3.64	130.4	0	0	0.0	17.59	39.71	16.42	2.80	0.00
BURG, Beef AP WH 2.0	1 Each	20	289	35	443	2.94	3.61	109.8	100	20	0.0	17.39	24.47	13.22	5.26	0.00
BURG, Beef w/AM AP WH 2.5	1 Each	30	340	45	671	2.94	3.61	206.0	252	50	0.0	19.92	24.98	17.77	7.79	0.00
CHIX Nugget, WG (5) 2.0	5 Each	100	180	20	450	2.00	1.80	40.0	0	0	0.0	13.0	14.0	8.0	1.50	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	100	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
SDW BN, ChixPtyPln WG/WH 2.0	Each	100	373	20	671	4.99	3.64	130.4	0	0	0.0	17.59	38.71	16.42	2.80	0.00
PIZZA 16" Chix BBQ B 2.0	1/8 slice	50	435	48	1097	3.86	3.25	201.2	252	50	0.64	23.66	56.97	11.66	4.96	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	150	457	39	1114	2.23	3.69	400.0	497	99	2.98	26.95	51.67	17.87	8.77	0.00
PIZZA 16" Chz B 2.0	1/8 cut slic	100	413	30	966	2.23	3.48	400.0	497	99	2.98	25.18	51.37	13.74	7.00	0.00
NACHOS Beef SM SS B 2.0	1 Each	100	299	35	718	2.82	1.50	57.2	2754	546	0.02	14.66	22.18	17.66	6.73	*0.00
RICE, Mex Spiced WG 1c	1 Cup	100	248	0	108	4.56	1.61	41.4	291	36	0.07	5.92	50.92	2.19	0.42	*0.00
SUB HD, Ham w/AM WH 2.0	1 Each	50	251	35	850	1.94	2.54	186.3	152	30	0.0	18.06	26.0	9.29	3.80	0.00
SALAD Chix Brd Ceas SC WG 2.0	1 serving	30	302	31	905	2.34	2.26	388.3	3613	150	1.55	19.84	19.98	16.49	5.96	*0.00
COND_Dressing, Caesar Crmy	1 TBSP	30	75	0	150	0.00	0.00	10.0	50	10	0.0	0.5	0.5	8.0	1.25	0.00
SALAD Egg Chef AP W 2.0	1 Each	20	149	128	223	1.26	0.75	231.1	5363	440	7.46	11.48	3.6	10.46	5.18	*0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
HD: FEATURED DELI BAR	Each	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Bar: BRD: BREAD, White	Loaf	3	1862	0	3577	16.80	26.18	1057.0	0	0	0.0	53.48	354.27	23.03	5.02	*N/A*
Bar: BRD: BREAD, Wheat	Loaf	3	1862	0	3647	25.20	24.22	994.0	0	0	1.4	76.37	332.57	25.48	5.62	*N/A*
Bar: BRD: TORTILLA Flour 10"	1 Each	20	209	0	554	0.86	1.98	127.1	0	0	0.0	5.63	33.03	5.59	1.86	0.22
Bar: BRD: BUN, Hoagie B	1 Each	8	158	4	323	1.10	1.75	11.1	8	2	0.0	6.16	28.65	2.13	0.60	*0.03
Bar: PORK: HAM, Speedy Cut	LB	4	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
Bar: TKY, Bologna	LB	3	1138	364	3942	0.00	7.48	78.8	2	0	97.16	68.04	40.82	72.57	22.59	0.00
Bar: FISH: TUNA Salad SC W 2.0	LB	4	561	168	1791	1.49	4.31	40.1	344	10	3.58	71.46	9.52	24.76	3.85	*0.35
Bar: CHEESE, American Yellow	LB	3	1620	324	7290	0.00	0.00	3077.9	4860	972	0.0	81.0	16.2	145.8	81.00	0.00
Bar: CHEESE, American White	LB	3	1620	405	7614	0.00	0.00	2430.0	4860	972	0.0	81.0	32.4	129.6	81.00	0.00
Bar: VEG: LETTUCE Iceberg Shrd	LB	2	64	0	45	5.44	1.86	81.6	2277	150	12.7	4.08	13.47	0.64	0.08	*N/A*
Bar: VEG: ONIONS, Red	LB	2	160	0	16	6.79	0.84	91.8	8	2	29.54	4.39	37.28	0.4	0.17	*N/A*
Bar: VEG: TOMATO, Sliced	LB	3	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
COND_Pickle, Dill Slice 1ea	1 slice	30	1	0	61	0.08	0.03	2.9	13	2	0.06	0.04	0.18	0.01	0.00	*N/A*
Bar: VEG: PEPPERS, Jalapeno	LB	1	76	0	4385	0.00	0.00	0.0	0	0	0.0	0.0	15.12	0.0	0.00	0.00
HD: FEATURED SALAD ENTREE	1 Each	50	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
Bar: VEG: LETTUCE MIX Romaine	Lb	3	80	0	27	5.33	5.77	213.5	12007	800	112.06	5.33	10.67	0.0	0.00	0.00
Bar: VEG: LETTUCE MIX Iceberg	Lb	3	82	0	0	5.10	1.83	101.9	3822	764	24.46	5.1	15.29	0.0	0.00	0.00
Bar: VEG: TOMATOES, Diced	Lb	7	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
Bar: VEG: CUCUMBER, Fresh	Lb	4	67	0	9	2.22	1.24	71.1	467	93	12.45	2.89	16.14	0.49	0.16	*N/A*
Bar: VEG: CARROTS, Fresh Baby	Lb	5	159	0	354	13.15	4.04	145.1	62550	6808	11.79	2.9	37.38	0.59	0.10	*N/A*

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

	Portion Size	Plan Qty	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)
Bar: CHEESE, Cheddar Shred	LB	1	1782	486	2916	0.00	0.00	3239.9	4860	972	0.0	113.4	0.0	145.8	81.00	0.00
Bar: CHIX Dcd SS	LB	2	864	405	405	0.00	1.95	0.0	0	0	0.0	118.8	0.0	37.8	10.80	0.00
Bar: CHEESE, Parmesan Shreds	LB	1	1882	327	7693	0.00	3.95	5683.5	3924	785	0.0	171.73	15.47	124.01	78.79	*N/A*
Bar: EGG, Hard Boiled Whole	Lb	1	726	1905	635	0.00	4.99	181.4	2268	454	0.0	58.97	4.54	49.9	15.88	0.00
Bar: PORK: HAM, Speedy Cut	LB	2	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
VEG: POTATO, Mashed 1/2c	1/2 cup	850	86	0	29	1.73	0.31	3.3	0	0	25.9	1.73	18.13	0.0	0.00	*0.00
COND_Gravy, Brown LS SS	1/4 Cup	850	25	0	143	0.00	0.00	1.7	0	0	0.0	1.01	5.06	0.51	0.00	*0.00
VEG: SPINACH, Fz 1/2c	1/2 Cup	50	55	0	158	6.03	3.19	249.4	19661	1268	3.59	6.54	7.82	1.42	0.26	*N/A*
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	150	26	0	59	2.19	0.67	24.2	10425	1135	1.97	0.48	6.23	0.1	0.02	*N/A*
FRUIT: PEACHES Slcd w/Syr 1/2c	1/2 Cup	250	66	0	9	0.00	0.00	0.0	284	57	1.14	0.0	16.1	0.0	0.00	0.00
FRUIT: APPLE, 138ct 1/8wg 1/2c	4 wedges	150	31	0	2	1.44	0.07	4.9	32	3	3.07	0.16	8.34	0.11	0.02	*0.00
JUICE, Orange 100% 4oz Cart	1 Each	500	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
BRD: PRETZEL, Soft 1oz Rod WG	Each	650	70	0	65	1.00	0.72	0.0	0	0	0.0	2.0	14.0	0.5	0.00	0.00
MILK, Skim, Chocolate	Carton	550	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	80	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	20	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
COND_Ketchup #10 Pouch	TBSP	400	21	0	158	0.24	0.05	2.5	79	51	1.1	0.18	4.89	0.04	0.00	0.00
COND_Mustard, Yellow	TBSP	150	10	0	166	0.40	0.24	8.7	18	4	0.15	0.64	0.64	0.58	0.12	0.00
COND_PC Mayonnaise 12g Heinz	Each	75	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
COND_PC Drsg Ranch 12g Heinz	Each	400	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00
COND_PC Sauce, Taco 9g Heinz	Each	80	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
COND_PC Margarine 5g	1 Each	75	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00
Weighted Daily Average			693	45	1329	6.60	4.29	436.7	4124	495	47.79	30.36	99.78	19.65	6.18	*0.01
% of Calories												17.5%	57.6%	25.5%	8.0%	*0.0%

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BRENTWOOD MS/HS

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/17/2012																
BRENTWOOD MS/HS	Total	1000														
BRD: PANCAKES, AP B 2ea	2 Pancake	150	147	17	313	1.33	1.20	26.7	0	0	0.0	4.0	26.0	2.67	0.33	0.00
CHIX, Sausage Patty 1oz 2.0	2 Patty	150	180	70	480	0.00	1.44	0.0	0	0	0.0	20.0	2.0	10.0	3.00	0.00
COND PC Syrup 1.4oz Smuckers	Each	150	120	0	25	0.00	0.00	0.0	0	0	0.0	0.0	30.0	0.0	0.00	0.00
COND PC Margarine 5g	1 each	150	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00
SDW BN, PorkRibBBQ SS WH 2.0	1 Each	50	342	30	1029	5.06	2.89	129.8	100	20	1.2	16.39	41.0	13.22	4.26	0.00
BURG, Beef AP WH 2.0	1 Each	20	289	35	443	2.94	3.61	109.8	100	20	0.0	17.39	24.47	13.22	5.26	0.00
BURG, Beef w/AM AP WH 2.5	1 Each	30	340	45	671	2.94	3.61	206.0	252	50	0.0	19.92	24.98	17.77	7.79	0.00
CHIX Nugget, WG (5) 2.0	5 Each	100	180	20	450	2.00	1.80	40.0	0	0	0.0	13.0	14.0	8.0	1.50	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	100	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
SDW BN, ChixPtyPln WG/WH 2.0	Each	100	373	20	671	4.99	3.64	130.4	0	0	0.0	17.59	38.71	16.42	2.80	0.00
PIZZA 16" Sausage B 2.0	1/8 cut slic	50	466	39	1262	2.98	3.89	415.2	497	99	2.98	28.6	52.89	17.54	8.14	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	50	457	39	1114	2.23	3.69	400.0	497	99	2.98	26.95	51.67	17.87	8.77	0.00
PIZZA 16" Chz B 2.0	1/8 cut slic	100	413	30	966	2.23	3.48	400.0	497	99	2.98	25.18	51.37	13.74	7.00	0.00
BURR 10" Chix Pop SM B 2.25	1 Each	100	580	45	1193	1.39	4.72	240.9	283	50	0.02	22.58	61.82	27.02	6.95	*0.22
RICE, Mex Spiced WG 1c	1 Cup	100	248	0	108	4.56	1.61	41.4	291	36	0.07	5.92	50.92	2.19	0.42	*0.00
SDW BD, Bologna w/AM WH 2.0	sandwich	50	290	44	858	1.80	2.43	174.6	152	30	9.21	14.36	28.09	13.18	5.05	*0.00
SALAD Ham Chef AP W 2.0	1 Each	30	133	83	393	1.33	2.13	159.2	3190	238	28.02	15.08	4.56	6.29	2.96	0.00
SALAD Egg Chef AP W 2.0	1 Each	20	149	128	223	1.26	0.75	231.1	5363	440	7.46	11.48	3.6	10.46	5.18	*0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
HD: FEATURED DELI BAR	Each	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Bar: BRD: BREAD, White	Loaf	3	1862	0	3577	16.80	26.18	1057.0	0	0	0.0	53.48	354.27	23.03	5.02	*N/A*
Bar: BRD: BREAD, Wheat	Loaf	3	1862	0	3647	25.20	24.22	994.0	0	0	1.4	76.37	332.57	25.48	5.62	*N/A*
Bar: BRD: TORTILLA Flour 10"	1 Each	20	209	0	554	0.86	1.98	127.1	0	0	0.0	5.63	33.03	5.59	1.86	0.22
Bar: BRD: BUN, Hoagie B	1 Each	8	158	4	323	1.10	1.75	11.1	8	2	0.0	6.16	28.65	2.13	0.60	*0.03
Bar: PORK: HAM, Speedy Cut	LB	4	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
Bar: TKY, Bologna	LB	3	1138	364	3942	0.00	7.48	78.8	2	0	97.16	68.04	40.82	72.57	22.59	0.00
Bar: FISH: TUNA Salad SC W 2.0	LB	4	561	168	1791	1.49	4.31	40.1	344	10	3.58	71.46	9.52	24.76	3.85	*0.35
Bar: CHEESE, American Yellow	LB	3	1620	324	7290	0.00	0.00	3077.9	4860	972	0.0	81.0	16.2	145.8	81.00	0.00
Bar: CHEESE, American White	LB	3	1620	405	7614	0.00	0.00	2430.0	4860	972	0.0	81.0	32.4	129.6	81.00	0.00
Bar: VEG: LETTUCE Iceberg Shrd	LB	2	64	0	45	5.44	1.86	81.6	2277	150	12.7	4.08	13.47	0.64	0.08	*N/A*
Bar: VEG: ONIONS, Red	LB	2	160	0	16	6.79	0.84	91.8	8	2	29.54	4.39	37.28	0.4	0.17	*N/A*
Bar: VEG: TOMATO, Sliced	LB	3	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
COND_Pickle, Dill Slice 1ea	1 slice	30	1	0	61	0.08	0.03	2.9	13	2	0.06	0.04	0.18	0.01	0.00	*N/A*
Bar: VEG: PEPPERS, Jalapeno	LB	1	76	0	4385	0.00	0.00	0.0	0	0	0.0	0.0	15.12	0.0	0.00	0.00
HD: FEATURED SALAD ENTREE	1 Each	50	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
Bar: VEG: LETTUCE MIX Romaine	Lb	3	80	0	27	5.33	5.77	213.5	12007	800	112.06	5.33	10.67	0.0	0.00	0.00
Bar: VEG: LETTUCE MIX Iceberg	Lb	3	82	0	0	5.10	1.83	101.9	3822	764	24.46	5.1	15.29	0.0	0.00	0.00
Bar: VEG: TOMATOES, Diced	Lb	7	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
Bar: VEG: CUCUMBER, Fresh	Lb	4	67	0	9	2.22	1.24	71.1	467	93	12.45	2.89	16.14	0.49	0.16	*N/A*

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

	Portion Size	Plan Qty	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)
Bar: VEG: CARROTS, Fresh Baby	Lb	5	159	0	354	13.15	4.04	145.1	62550	6808	11.79	2.9	37.38	0.59	0.10	*N/A*
Bar: CHEESE, Cheddar Shred	LB	1	1782	486	2916	0.00	0.00	3239.9	4860	972	0.0	113.4	0.0	145.8	81.00	0.00
Bar: CHIX Dcd SS	LB	2	864	405	405	0.00	1.95	0.0	0	0	0.0	118.8	0.0	37.8	10.80	0.00
Bar: CHEESE, Parmesan Shreds	LB	1	1882	327	7693	0.00	3.95	5683.5	3924	785	0.0	171.73	15.47	124.01	78.79	*N/A*
Bar: EGG, Hard Boiled Whole	Lb	1	726	1905	635	0.00	4.99	181.4	2268	454	0.0	58.97	4.54	49.9	15.88	0.00
Bar: PORK: HAM, Speedy Cut	LB	2	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
VEG: POTATO Sweet, Tater Tots	1/2 Cup	850	104	0	184	1.60	0.29	16.0	2405	481	2.89	0.8	18.44	2.4	0.00	0.00
VEG: BLEND, 5 Way Mix Fz 1/2c	1/2 Cup	100	69	0	37	4.69	0.87	26.7	4560	456	3.41	3.05	13.95	0.16	0.03	*N/A*
VEG: LETTUCE MIX, Romaine 1/2c	1/2 Cup	100	6	0	2	0.42	0.45	16.7	938	63	8.76	0.42	0.83	0.0	0.00	0.00
FRUIT: PEARS, Dice w/Syr 1/2c	1/2 cup	250	78	0	10	1.94	0.00	0.0	0	0	0.0	0.0	18.47	0.0	0.00	0.00
FRUIT: ORANGE 138ct Whole 1/2c	1 ea (138ct)	150	29	0	0	1.50	0.06	24.9	140	13	33.18	0.59	7.33	0.07	0.01	*N/A*
JUICE, Apple 100% 4oz Cart	1 Each	400	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
BRD: PRETZEL, Soft 1oz Rod WG	Each	650	70	0	65	1.00	0.72	0.0	0	0	0.0	2.0	14.0	0.5	0.00	0.00
MILK, Skim, Chocolate	Carton	550	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	80	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	20	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
COND_Ketchup #10 Pouch	TBSP	400	21	0	158	0.24	0.05	2.5	79	51	1.1	0.18	4.89	0.04	0.00	0.00
COND_Mustard, Yellow	TBSP	150	10	0	166	0.40	0.24	8.7	18	4	0.15	0.64	0.64	0.58	0.12	0.00
COND_PC Mayonnaise 12g Heinz	Each	75	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
COND_PC Drsg Ranch 12g Heinz	Each	500	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00
COND_PC Sauce, Taco 9g Heinz	Each	80	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
COND_PC Margarine 5g	1 Each	75	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00
Weighted Daily Average			734	55	1366	6.56	4.44	422.1	3864	661	13.34	29.13	101.80	22.56	6.06	*0.03
% of Calories												15.9%	55.5%	27.7%	7.4%	*0.0%

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

	Portion Size	Plan Qty	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)
Wed - 04/18/2012																
BRENTWOOD MS/HS	Total	1000														
SDW BN, ChixPtyParm WG/WH 2.	1 Each	50	455	33	921	5.98	3.87	309.7	204	41	0.59	24.49	42.19	21.58	5.63	*0.00
FRANK Tky, 8-1 WH 2.0	1 Each	50	289	50	987	1.94	2.89	169.8	300	60	0.0	11.39	25.47	15.22	4.76	0.00
BURG, Beef AP WH 2.0	1 Each	20	289	35	443	2.94	3.61	109.8	100	20	0.0	17.39	24.47	13.22	5.26	0.00
BURG, Beef w/AM AP WH 2.5	1 Each	30	340	45	671	2.94	3.61	206.0	252	50	0.0	19.92	24.98	17.77	7.79	0.00
CHIX Nugget, WG (5) 2.0	5 Each	100	180	20	450	2.00	1.80	40.0	0	0	0.0	13.0	14.0	8.0	1.50	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	100	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
SDW BN, ChixPtyPln WG/WH 2.0	Each	100	373	20	671	4.99	3.64	130.4	0	0	0.0	17.59	38.71	16.42	2.80	0.00
PIZZA 16" Vegetable B 2.0	1/8 Slice	50	424	30	1001	2.76	3.67	400.8	605	121	6.22	25.31	53.53	13.76	7.00	*0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	150	457	39	1114	2.23	3.69	400.0	497	99	2.98	26.95	51.67	17.87	8.77	0.00
PIZZA 16" Chz B 2.0	1/8 cut slic	100	413	30	966	2.23	3.48	400.0	497	99	2.98	25.18	51.37	13.74	7.00	0.00
QUESADILLA Chix SS B 2.5	1 Each	100	430	66	879	1.32	3.04	267.5	251	43	0.03	25.61	42.23	16.38	6.23	*0.27
RICE, Mex Spiced WG 1c	1 Cup	100	248	0	108	4.56	1.61	41.4	291	36	0.07	5.92	50.92	2.19	0.42	*0.00
WRAP, ChixPty Ranch B/WG 2.5	sandwich	50	587	38	1220	4.50	3.98	285.9	1148	69	4.2	23.28	51.11	31.93	7.69	*0.22
SALAD Ham Pizza AP W 2.0	1 serving	30	150	40	582	0.89	1.86	135.9	2101	153	18.68	17.44	4.54	7.83	3.67	0.00
SALAD Egg Chef AP W 2.0	1 Each	20	149	128	223	1.26	0.75	231.1	5363	440	7.46	11.48	3.6	10.46	5.18	*0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
HD: FEATURED DELI BAR	Each	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00	0.00
Bar: BRD: BREAD, White	Loaf	3	1862	0	3577	16.80	26.18	1057.0	0	0	0.0	53.48	354.27	23.03	5.02	*N/A*
Bar: BRD: BREAD, Wheat	Loaf	3	1862	0	3647	25.20	24.22	994.0	0	0	1.4	76.37	332.57	25.48	5.62	*N/A*
Bar: BRD: TORTILLA Flour 10"	1 Each	20	209	0	554	0.86	1.98	127.1	0	0	0.0	5.63	33.03	5.59	1.86	0.22
Bar: BRD: BUN, Hoagie B	1 Each	8	158	4	323	1.10	1.75	11.1	8	2	0.0	6.16	28.65	2.13	0.60	*0.03
Bar: PORK: HAM, Speedy Cut	LB	4	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
Bar: TKY, Bologna	LB	3	1138	364	3942	0.00	7.48	78.8	2	0	97.16	68.04	40.82	72.57	22.59	0.00
Bar: FISH: TUNA Salad SC W 2.0	LB	4	561	168	1791	1.49	4.31	40.1	344	10	3.58	71.46	9.52	24.76	3.85	*0.35
Bar: CHEESE, American Yellow	LB	3	1620	324	7290	0.00	0.00	3077.9	4860	972	0.0	81.0	16.2	145.8	81.00	0.00
Bar: CHEESE, American White	LB	3	1620	405	7614	0.00	0.00	2430.0	4860	972	0.0	81.0	32.4	129.6	81.00	0.00
Bar: VEG: LETTUCE Iceberg Shrd	LB	2	64	0	45	5.44	1.86	81.6	2277	150	12.7	4.08	13.47	0.64	0.08	*N/A*
Bar: VEG: ONIONS, Red	LB	2	160	0	16	6.79	0.84	91.8	8	2	29.54	4.39	37.28	0.4	0.17	*N/A*
Bar: VEG: TOMATO, Sliced	LB	3	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
COND_Pickle, Dill Slice 1ea	1 slice	30	1	0	61	0.08	0.03	2.9	13	2	0.06	0.04	0.18	0.01	0.00	*N/A*
Bar: VEG: PEPPERS, Jalapeno	LB	1	76	0	4385	0.00	0.00	0.0	0	0	0.0	0.0	15.12	0.0	0.00	0.00
HD: FEATURED SALAD ENTREE	1 Each	50	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
Bar: VEG: LETTUCE MIX Romaine	Lb	3	80	0	27	5.33	5.77	213.5	12007	800	112.06	5.33	10.67	0.0	0.00	0.00
Bar: VEG: LETTUCE MIX Iceberg	Lb	3	82	0	0	5.10	1.83	101.9	3822	764	24.46	5.1	15.29	0.0	0.00	0.00
Bar: VEG: TOMATOES, Diced	Lb	7	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
Bar: VEG: CUCUMBER, Fresh	Lb	4	67	0	9	2.22	1.24	71.1	467	93	12.45	2.89	16.14	0.49	0.16	*N/A*
Bar: VEG: CARROTS, Fresh Baby	Lb	5	159	0	354	13.15	4.04	145.1	62550	6808	11.79	2.9	37.38	0.59	0.10	*N/A*
Bar: CHEESE, Cheddar Shred	LB	1	1782	486	2916	0.00	0.00	3239.9	4860	972	0.0	113.4	0.0	145.8	81.00	0.00
Bar: CHIX Dcd SS	LB	2	864	405	405	0.00	1.95	0.0	0	0	0.0	118.8	0.0	37.8	10.80	0.00

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

Mar 15, 2012

Page 24

	Portion Size	Plan Qty	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)
Bar: CHEESE, Parmesan Shreds	LB	1	1882	327	7693	0.00	3.95	5683.5	3924	785	0.0	171.73	15.47	124.01	78.79	*N/A*
Bar: EGG, Hard Boiled Whole	Lb	1	726	1905	635	0.00	4.99	181.4	2268	454	0.0	58.97	4.54	49.9	15.88	0.00
Bar: PORK: HAM, Speedy Cut	LB	2	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
VEG: POTATO, HB Starz 1c	1 Cup	750	258	0	473	2.87	1.03	0.0	0	0	3.44	2.87	28.69	14.34	1.43	0.00
VEG: BEANS, Green Fz 1/2c	1/2 Cup	100	20	0	1	2.12	0.47	29.7	394	28	2.9	1.05	4.56	0.12	0.03	*N/A*
VEG: BROCCOLI, Fresh 1/2c	1/2 cup	100	12	0	12	0.92	0.26	16.7	221	55	31.61	1.0	2.35	0.13	0.01	*N/A*
FRUIT: BANANA (100-120ct) Whl	Each	250	94	0	1	2.74	0.27	5.3	68	8	9.18	1.15	24.11	0.35	0.12	*N/A*
FRUIT: APPLESAUCE, Rosy 1/2c	1/2 cup	250	100	0	21	2.04	0.00	0.0	0	0	1.32	0.11	24.34	0.0	0.00	0.00
JUICE, Orange 100% 4oz Cart	1 Each	500	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
DESRT: PUDDING, Vanilla	1/2 Cup	850	130	0	200	0.00	0.00	20.0	0	0	0.0	0.0	25.03	3.0	0.00	0.00
MILK, Skim, Chocolate	Carton	550	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	80	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	20	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
COND_Ketchup #10 Pouch	TBSP	400	21	0	158	0.24	0.05	2.5	79	51	1.1	0.18	4.89	0.04	0.00	0.00
COND_Mustard, Yellow	TBSP	150	10	0	166	0.40	0.24	8.7	18	4	0.15	0.64	0.64	0.58	0.12	0.00
COND PC Mayonnaise 12g Heinz	Each	75	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
COND PC Drsg Ranch 12g Heinz	Each	550	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00
COND PC Sauce, Taco 9g Heinz	Each	80	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
COND PC Margarine 5g	1 Each	75	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00
Weighted Daily Average			921	49	1706	7.24	4.56	483.7	1371	216	34.25	30.61	123.40	34.29	7.78	*0.04
% of Calories												13.3%	53.6%	33.5%	7.6%	*0.0%

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/19/2012																
BRENTWOOD MS/HS	Total	1000														
PP Beef Gd Lasag SS B 2.0	serving	100	475	41	879	5.84	5.03	292.7	4843	968	14.33	31.28	57.58	15.32	6.73	*0.00
BRD: BRDSTK DG, Plain WG	Breadstick	100	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
BURG, Beef Taco AP WH 2.5	1 Each	50	354	50	833	3.94	3.61	211.1	352	70	0.0	20.93	26.71	17.77	7.79	0.00
BURG, Beef AP WH 2.0	1 Each	20	289	35	443	2.94	3.61	109.8	100	20	0.0	17.39	24.47	13.22	5.26	0.00
BURG, Beef w/AM AP WH 2.5	1 Each	30	340	45	671	2.94	3.61	206.0	252	50	0.0	19.92	24.98	17.77	7.79	0.00
CHIX Nugget, WG (5) 2.0	5 Each	100	180	20	450	2.00	1.80	40.0	0	0	0.0	13.0	14.0	8.0	1.50	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	100	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
SDW BN, ChixPtyPln WG/WH 2.0	Each	100	373	20	671	4.99	3.64	130.4	0	0	0.0	17.59	38.71	16.42	2.80	0.00
PIZZA 16" Sausage B 2.0	1/8 cut slic	50	466	39	1262	2.98	3.89	415.2	497	99	2.98	28.6	52.89	17.54	8.14	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	100	457	39	1114	2.23	3.69	400.0	497	99	2.98	26.95	51.67	17.87	8.77	0.00
PIZZA 16" Chz B 2.0	1/8 cut slic	100	413	30	966	2.23	3.48	400.0	497	99	2.98	25.18	51.37	13.74	7.00	0.00
BURR 10" Bean CH SM B 2.0	1 burrito	100	519	46	1079	7.41	3.98	443.6	536	101	0.92	22.07	56.93	21.36	9.50	*0.22
RICE, Mex Spiced WG 1c	1 Cup	100	248	0	108	4.56	1.61	41.4	291	36	0.07	5.92	50.92	2.19	0.42	*0.00
SDW BD, Tuna Salad WH 2.0	sandwich	50	232	30	575	2.06	2.49	78.1	61	2	0.73	18.02	25.43	6.17	1.08	*0.06
SALAD Chix Dcd Chef AP W 2.0	1 serving	30	135	89	135	0.89	1.22	141.2	2190	171	18.68	13.71	2.15	7.52	3.25	0.00
SALAD Egg Chef AP W 2.0	1 Each	20	149	128	223	1.26	0.75	231.1	5363	440	7.46	11.48	3.6	10.46	5.18	*0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
HD: FEATURED DELI BAR	Each	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Bar: BRD: BREAD, White	Loaf	3	1862	0	3577	16.80	26.18	1057.0	0	0	0.0	53.48	354.27	23.03	5.02	*N/A*
Bar: BRD: BREAD, Wheat	Loaf	3	1862	0	3647	25.20	24.22	994.0	0	0	1.4	76.37	332.57	25.48	5.62	*N/A*
Bar: BRD: TORTILLA Flour 10"	1 Each	20	209	0	554	0.86	1.98	127.1	0	0	0.0	5.63	33.03	5.59	1.86	0.22
Bar: BRD: BUN, Hoagie B	1 Each	8	158	4	323	1.10	1.75	11.1	8	2	0.0	6.16	28.65	2.13	0.60	*0.03
Bar: PORK: HAM, Speedy Cut	LB	4	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
Bar: TKY, Bologna	LB	3	1138	364	3942	0.00	7.48	78.8	2	0	97.16	68.04	40.82	72.57	22.59	0.00
Bar: FISH: TUNA Salad SC W 2.0	LB	4	561	168	1791	1.49	4.31	40.1	344	10	3.58	71.46	9.52	24.76	3.85	*0.35
Bar: CHEESE, American Yellow	LB	3	1620	324	7290	0.00	0.00	3077.9	4860	972	0.0	81.0	16.2	145.8	81.00	0.00
Bar: CHEESE, American White	LB	3	1620	405	7614	0.00	0.00	2430.0	4860	972	0.0	81.0	32.4	129.6	81.00	0.00
Bar: VEG: LETTUCE Iceberg Shrd	LB	2	64	0	45	5.44	1.86	81.6	2277	150	12.7	4.08	13.47	0.64	0.08	*N/A*
Bar: VEG: ONIONS, Red	LB	2	160	0	16	6.79	0.84	91.8	8	2	29.54	4.39	37.28	0.4	0.17	*N/A*
Bar: VEG: TOMATO, Sliced	LB	3	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
COND_Pickle, Dill Slice 1ea	1 slice	30	1	0	61	0.08	0.03	2.9	13	2	0.06	0.04	0.18	0.01	0.00	*N/A*
Bar: VEG: PEPPERS, Jalapeno	LB	1	76	0	4385	0.00	0.00	0.0	0	0	0.0	0.0	15.12	0.0	0.00	0.00
HD: FEATURED SALAD ENTREE	1 Each	50	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
Bar: VEG: LETTUCE MIX Romaine	Lb	3	80	0	27	5.33	5.77	213.5	12007	800	112.06	5.33	10.67	0.0	0.00	0.00
Bar: VEG: LETTUCE MIX Iceberg	Lb	3	82	0	0	5.10	1.83	101.9	3822	764	24.46	5.1	15.29	0.0	0.00	0.00
Bar: VEG: TOMATOES, Diced	Lb	7	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
Bar: VEG: CUCUMBER, Fresh	Lb	4	67	0	9	2.22	1.24	71.1	467	93	12.45	2.89	16.14	0.49	0.16	*N/A*
Bar: VEG: CARROTS, Fresh Baby	Lb	5	159	0	354	13.15	4.04	145.1	62550	6808	11.79	2.9	37.38	0.59	0.10	*N/A*
Bar: CHEESE, Cheddar Shred	LB	1	1782	486	2916	0.00	0.00	3239.9	4860	972	0.0	113.4	0.0	145.8	81.00	0.00

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

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

	Portion Size	Plan Qty	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)
Bar: CHIX Dcd SS	LB	2	864	405	405	0.00	1.95	0.0	0	0	0.0	118.8	0.0	37.8	10.80	0.00
Bar: CHEESE, Parmesan Shreds	LB	1	1882	327	7693	0.00	3.95	5683.5	3924	785	0.0	171.73	15.47	124.01	78.79	*N/A*
Bar: EGG, Hard Boiled Whole	Lb	1	726	1905	635	0.00	4.99	181.4	2268	454	0.0	58.97	4.54	49.9	15.88	0.00
Bar: PORK: HAM, Speedy Cut	LB	2	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
VEG: POTATO, FF 1/4" Gen7 1c	1 Cup	800	178	0	198	2.97	0.36	0.0	0	0	5.94	1.98	25.73	7.92	0.49	0.00
VEG: CARROTS, Sliced Fz 1/2c	1/2 Cup	100	36	0	57	3.20	0.51	33.9	16397	1714	2.23	0.56	7.49	0.66	0.12	*N/A*
VEG: CELERY, Sticks 1/2c	1/2 Cup	100	9	0	43	0.86	0.11	21.6	242	7	1.67	0.37	1.6	0.09	0.02	*N/A*
FRUIT: APRICOTS, w/ Juice 1/2c	1/2 Cup	150	61	0	35	0.00	0.00	0.0	1767	353	1.21	0.0	14.14	0.0	0.00	0.00
FRUIT: ORANGE 138ct Whole 1/2c	1 ea (138ct)	200	29	0	0	1.50	0.06	24.9	140	13	33.18	0.59	7.33	0.07	0.01	*N/A*
JUICE, Apple 100% 4oz Cart	1 Each	500	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
DESRT: COOKIE Choc Chip 1.0oz	Cookie	850	130	5	95	1.00	0.72	0.0	100	20	0.0	1.0	17.0	6.0	3.00	0.00
MILK, Skim, Chocolate	Carton	550	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	80	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	20	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
COND_Ketchup #10 Pouch	TBSP	400	21	0	158	0.24	0.05	2.5	79	51	1.1	0.18	4.89	0.04	0.00	0.00
COND_Mustard, Yellow	TBSP	150	10	0	166	0.40	0.24	8.7	18	4	0.15	0.64	0.64	0.58	0.12	0.00
COND PC Mayonnaise 12g Heinz	Each	75	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
COND PC Drsg Ranch 12g Heinz	Each	500	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00
COND PC Sauce, Taco 9g Heinz	Each	80	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
COND PC Margarine 5g	1 Each	75	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00
Weighted Daily Average			844	52	1402	8.44	4.86	476.2	3758	543	17.56	30.85	110.34	31.22	9.72	*0.03
% of Calories												14.6%	52.3%	33.3%	10.4%	*0.0%

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/20/2012																
BRENTWOOD MS/HS																
	Total	1000														
MELT BD, Chz AM WH 2.0	1 Each	50	335	40	1172	1.80	1.73	455.7	607	121	0.1	15.58	25.78	20.04	10.53	*0.00
SOUP, Cream of Tomato	8 fl oz	50	80	1	805	4.24	2.41	64.9	844	175	24.3	4.61	17.02	0.13	0.05	*0.00
SDW BN, Fish SS WH 2.0	1 Each	50	399	30	1013	2.94	3.61	109.8	100	20	2.4	19.39	43.47	16.21	2.76	0.00
BURG, Beef AP WH 2.0	1 Each	20	289	35	443	2.94	3.61	109.8	100	20	0.0	17.39	24.47	13.22	5.26	0.00
BURG, Beef w/AM AP WH 2.5	1 Each	30	340	45	671	2.94	3.61	206.0	252	50	0.0	19.92	24.98	17.77	7.79	0.00
CHIX Nugget, WG (5) 2.0	5 Each	100	180	20	450	2.00	1.80	40.0	0	0	0.0	13.0	14.0	8.0	1.50	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	100	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
SDW BN, ChixPtyPln WG/WH 2.0	Each	100	373	20	671	4.99	3.64	130.4	0	0	0.0	17.59	38.71	16.42	2.80	0.00
PIZZA 16" Ham Hawaiian B 2.0	1/8 slice	50	404	32	1023	2.34	3.83	302.3	409	82	3.98	25.47	53.52	11.31	5.44	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	150	457	39	1114	2.23	3.69	400.0	497	99	2.98	26.95	51.67	17.87	8.77	0.00
PIZZA 16" Chz B 2.0	1/8 cut slic	100	413	30	966	2.23	3.48	400.0	497	99	2.98	25.18	51.37	13.74	7.00	0.00
QUESADILLA Chix SS B 2.5	1 Each	100	430	66	879	1.32	3.04	267.5	251	43	0.03	25.61	42.23	16.38	6.23	*0.27
RICE, Mex Spiced WG 1c	1 Cup	100	248	0	108	4.56	1.61	41.4	291	36	0.07	5.92	50.92	2.19	0.42	*0.00
WRAP, Chix Dcd Buff B 2.0	1 Each	50	408	53	874	1.49	2.41	144.7	348	25	4.17	21.46	36.34	18.91	4.48	*0.22
SALAD Ham Pizza AP W 2.0	1 serving	30	150	40	582	0.89	1.86	135.9	2101	153	18.68	17.44	4.54	7.83	3.67	0.00
SALAD Egg Chef AP W 2.0	1 Each	20	149	128	223	1.26	0.75	231.1	5363	440	7.46	11.48	3.6	10.46	5.18	*0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
HD: FEATURED DELI BAR	Each	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Bar: BRD: BREAD, White	Loaf	3	1862	0	3577	16.80	26.18	1057.0	0	0	0.0	53.48	354.27	23.03	5.02	*N/A*
Bar: BRD: BREAD, Wheat	Loaf	3	1862	0	3647	25.20	24.22	994.0	0	0	1.4	76.37	332.57	25.48	5.62	*N/A*
Bar: BRD: TORTILLA Flour 10"	1 Each	20	209	0	554	0.86	1.98	127.1	0	0	0.0	5.63	33.03	5.59	1.86	0.22
Bar: BRD: BUN, Hoagie B	1 Each	8	158	4	323	1.10	1.75	11.1	8	2	0.0	6.16	28.65	2.13	0.60	*0.03
Bar: PORK: HAM, Speedy Cut	LB	4	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
Bar: TKY, Bologna	LB	3	1138	364	3942	0.00	7.48	78.8	2	0	97.16	68.04	40.82	72.57	22.59	0.00
Bar: FISH: TUNA Salad SC W 2.0	LB	4	561	168	1791	1.49	4.31	40.1	344	10	3.58	71.46	9.52	24.76	3.85	*0.35
Bar: CHEESE, American Yellow	LB	3	1620	324	7290	0.00	0.00	3077.9	4860	972	0.0	81.0	16.2	145.8	81.00	0.00
Bar: CHEESE, American White	LB	3	1620	405	7614	0.00	0.00	2430.0	4860	972	0.0	81.0	32.4	129.6	81.00	0.00
Bar: VEG: LETTUCE Iceberg Shrd	LB	2	64	0	45	5.44	1.86	81.6	2277	150	12.7	4.08	13.47	0.64	0.08	*N/A*
Bar: VEG: ONIONS, Red	LB	2	160	0	16	6.79	0.84	91.8	8	2	29.54	4.39	37.28	0.4	0.17	*N/A*
Bar: VEG: TOMATO, Sliced	LB	3	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
COND_Pickle, Dill Slice 1ea	1 slice	30	1	0	61	0.08	0.03	2.9	13	2	0.06	0.04	0.18	0.01	0.00	*N/A*
Bar: VEG: PEPPERS, Jalapeno	LB	1	76	0	4385	0.00	0.00	0.0	0	0	0.0	0.0	15.12	0.0	0.00	0.00
HD: FEATURED SALAD ENTREE	1 Each	50	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
Bar: VEG: LETTUCE MIX Romaine	Lb	3	80	0	27	5.33	5.77	213.5	12007	800	112.06	5.33	10.67	0.0	0.00	0.00
Bar: VEG: LETTUCE MIX Iceberg	Lb	3	82	0	0	5.10	1.83	101.9	3822	764	24.46	5.1	15.29	0.0	0.00	0.00
Bar: VEG: TOMATOES, Diced	Lb	7	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
Bar: VEG: CUCUMBER, Fresh	Lb	4	67	0	9	2.22	1.24	71.1	467	93	12.45	2.89	16.14	0.49	0.16	*N/A*
Bar: VEG: CARROTS, Fresh Baby	Lb	5	159	0	354	13.15	4.04	145.1	62550	6808	11.79	2.9	37.38	0.59	0.10	*N/A*
Bar: CHEESE, Cheddar Shred	LB	1	1782	486	2916	0.00	0.00	3239.9	4860	972	0.0	113.4	0.0	145.8	81.00	0.00

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BRENTWOOD MS/HS

	Portion Size	Plan Qty	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)
Bar: CHIX Dcd SS	LB	2	864	405	405	0.00	1.95	0.0	0	0	0.0	118.8	0.0	37.8	10.80	0.00
Bar: CHEESE, Parmesan Shreds	LB	1	1882	327	7693	0.00	3.95	5683.5	3924	785	0.0	171.73	15.47	124.01	78.79	*N/A*
Bar: EGG, Hard Boiled Whole	Lb	1	726	1905	635	0.00	4.99	181.4	2268	454	0.0	58.97	4.54	49.9	15.88	0.00
Bar: PORK: HAM, Speedy Cut	LB	2	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
VEG: POTATO, HB Starz 1c	1 Cup	700	258	0	473	2.87	1.03	0.0	0	0	3.44	2.87	28.69	14.34	1.43	0.00
VEG: BEANS, Green Fz 1/2c	1/2 Cup	100	20	0	1	2.12	0.47	29.7	394	28	2.9	1.05	4.56	0.12	0.03	*N/A*
VEG: CUCUMBER, Fresh 1/2c	1/2 Cup	150	13	0	2	0.43	0.24	13.8	90	18	2.41	0.56	3.12	0.09	0.03	*N/A*
FRUIT: APPLESAUCE, AP 1/2c	1/2 cup	250	92	0	10	2.04	0.00	0.0	0	0	0.0	0.0	22.48	0.0	0.00	0.00
FRUIT: BANANA (100-120ct) Whl	Each	250	94	0	1	2.74	0.27	5.3	68	8	9.18	1.15	24.11	0.35	0.12	*N/A*
JUICE, Orange 100% 4oz Cart	1 Each	450	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
DESRT: PUDDING, Chocolate	1/2 Cup	850	130	0	190	0.00	0.00	20.0	0	0	0.0	1.0	22.03	5.01	0.50	1.50
MILK, Skim, Chocolate	Carton	550	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	80	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	20	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
COND_Ketchup #10 Pouch	TBSP	400	21	0	158	0.24	0.05	2.5	79	51	1.1	0.18	4.89	0.04	0.00	0.00
COND_Mustard, Yellow	TBSP	150	10	0	166	0.40	0.24	8.7	18	4	0.15	0.64	0.64	0.58	0.12	0.00
COND PC Mayonnaise 12g Heinz	Each	75	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
COND PC Drsg Ranch 12g Heinz	Each	500	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00
COND PC Sauce, Taco 9g Heinz	Each	80	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
COND PC Margarine 5g	1 Each	75	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00
Weighted Daily Average			895	49	1703	6.96	4.50	479.6	1365	220	30.05	31.32	118.67	34.13	7.99	*1.32
% of Calories												14.0%	53.1%	34.3%	8.0%	*1.3%

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values

Mar 15, 2012

BRENTWOOD MS/HS

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/23/2012																
BRENTWOOD MS/HS	Total	1000														
SUB HD, BeefMtbl Pizza SS WH 2	1 Each	50	312	34	903	4.25	4.31	229.8	295	59	4.68	20.03	32.18	12.21	4.51	0.00
SDW BN, ChixPtyBuff WG/WH2	sandwich	50	378	20	1051	4.99	3.64	130.4	0	0	0.0	17.59	39.71	16.42	2.80	0.00
BURG, Beef AP WH 2.0	1 Each	20	289	35	443	2.94	3.61	109.8	100	20	0.0	17.39	24.47	13.22	5.26	0.00
BURG, Beef w/AM AP WH 2.5	1 Each	30	340	45	671	2.94	3.61	206.0	252	50	0.0	19.92	24.98	17.77	7.79	0.00
CHIX Nugget, WG (5) 2.0	5 Each	100	180	20	450	2.00	1.80	40.0	0	0	0.0	13.0	14.0	8.0	1.50	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	100	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
SDW BN, ChixPtyPln WG/WH 2.0	Each	100	373	20	671	4.99	3.64	130.4	0	0	0.0	17.59	38.71	16.42	2.80	0.00
PIZZA 16" Chix BBQ B 2.0	1/8 slice	100	435	48	1097	3.86	3.25	201.2	252	50	0.64	23.66	56.97	11.66	4.96	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	100	457	39	1114	2.23	3.69	400.0	497	99	2.98	26.95	51.67	17.87	8.77	0.00
PIZZA 16" Chz B 2.0	1/8 cut slic	100	413	30	966	2.23	3.48	400.0	497	99	2.98	25.18	51.37	13.74	7.00	0.00
NACHOS Beef SM SS B 2.0	1 Each	100	299	35	718	2.82	1.50	57.2	2754	546	0.02	14.66	22.18	17.66	6.73	*0.00
RICE, Mex Spiced WG 1c	1 Cup	100	248	0	108	4.56	1.61	41.4	291	36	0.07	5.92	50.92	2.19	0.42	*0.00
SUB HD, Ham w/AM WH 2.0	1 Each	50	251	35	850	1.94	2.54	186.3	152	30	0.0	18.06	26.0	9.29	3.80	0.00
SALAD Egg Chef AP W 2.0	Each	20	149	128	223	1.26	0.75	231.1	5363	440	7.46	11.48	3.6	10.46	5.18	*0.00
SALAD Chix Brd Ceas SC WG 2.0	1 serving	30	302	31	905	2.34	2.26	388.3	3613	150	1.55	19.84	19.98	16.49	5.96	*0.00
COND_Dressing, Caesar Crmy	1 TBSP	30	75	0	150	0.00	0.00	10.0	50	10	0.0	0.5	0.5	8.0	1.25	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
HD: FEATURED DELI BAR	Each	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Bar: BRD: BREAD, White	Loaf	3	1862	0	3577	16.80	26.18	1057.0	0	0	0.0	53.48	354.27	23.03	5.02	*N/A*
Bar: BRD: BREAD, Wheat	Loaf	3	1862	0	3647	25.20	24.22	994.0	0	0	1.4	76.37	332.57	25.48	5.62	*N/A*
Bar: BRD: TORTILLA Flour 10"	1 Each	20	209	0	554	0.86	1.98	127.1	0	0	0.0	5.63	33.03	5.59	1.86	0.22
Bar: BRD: BUN, Hoagie B	1 Each	8	158	4	323	1.10	1.75	11.1	8	2	0.0	6.16	28.65	2.13	0.60	*0.03
Bar: PORK: HAM, Speedy Cut	LB	4	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
Bar: TKY, Bologna	LB	3	1138	364	3942	0.00	7.48	78.8	2	0	97.16	68.04	40.82	72.57	22.59	0.00
Bar: FISH: TUNA Salad SC W 2.0	LB	4	561	168	1791	1.49	4.31	40.1	344	10	3.58	71.46	9.52	24.76	3.85	*0.35
Bar: CHEESE, American Yellow	LB	3	1620	324	7290	0.00	0.00	3077.9	4860	972	0.0	81.0	16.2	145.8	81.00	0.00
Bar: CHEESE, American White	LB	3	1620	405	7614	0.00	0.00	2430.0	4860	972	0.0	81.0	32.4	129.6	81.00	0.00
Bar: VEG: LETTUCE Iceberg Shrd	LB	2	64	0	45	5.44	1.86	81.6	2277	150	12.7	4.08	13.47	0.64	0.08	*N/A*
Bar: VEG: ONIONS, Red	LB	2	160	0	16	6.79	0.84	91.8	8	2	29.54	4.39	37.28	0.4	0.17	*N/A*
Bar: VEG: TOMATO, Sliced	LB	3	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
COND_Pickle, Dill Slice 1ea	1 slice	30	1	0	61	0.08	0.03	2.9	13	2	0.06	0.04	0.18	0.01	0.00	*N/A*
Bar: VEG: PEPPERS, Jalapeno	LB	1	76	0	4385	0.00	0.00	0.0	0	0	0.0	0.0	15.12	0.0	0.00	0.00
HD: FEATURED SALAD ENTREE	1 Each	50	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
Bar: VEG: LETTUCE MIX Romaine	Lb	3	80	0	27	5.33	5.77	213.5	12007	800	112.06	5.33	10.67	0.0	0.00	0.00
Bar: VEG: LETTUCE MIX Iceberg	Lb	3	82	0	0	5.10	1.83	101.9	3822	764	24.46	5.1	15.29	0.0	0.00	0.00
Bar: VEG: TOMATOES, Diced	Lb	7	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
Bar: VEG: CUCUMBER, Fresh	Lb	4	67	0	9	2.22	1.24	71.1	467	93	12.45	2.89	16.14	0.49	0.16	*N/A*
Bar: VEG: CARROTS, Fresh Baby	Lb	5	159	0	354	13.15	4.04	145.1	62550	6808	11.79	2.9	37.38	0.59	0.10	*N/A*
Bar: CHEESE, Cheddar Shred	LB	1	1782	486	2916	0.00	0.00	3239.9	4860	972	0.0	113.4	0.0	145.8	81.00	0.00

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

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

¹ - denotes optional nutrient values

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

	Portion Size	Plan Qty	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)
Bar: CHEESE, Parmesan Shreds	LB	2	1882	327	7693	0.00	3.95	5683.5	3924	785	0.0	171.73	15.47	124.01	78.79	*N/A*
Bar: CHIX Dcd SS	LB	1	864	405	405	0.00	1.95	0.0	0	0	0.0	118.8	0.0	37.8	10.80	0.00
Bar: EGG, Hard Boiled Whole	Lb	1	726	1905	635	0.00	4.99	181.4	2268	454	0.0	58.97	4.54	49.9	15.88	0.00
Bar: PORK: HAM, Speedy Cut	LB	2	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
VEG: SPINACH, Fz 1/2c	1/2 Cup	50	55	0	158	6.03	3.19	249.4	19661	1268	3.59	6.54	7.82	1.42	0.26	*N/A*
PASTA, Noodles Egg Parsley	1 cup	750	276	49	75	2.02	2.47	32.6	286	61	0.08	7.61	42.11	8.47	3.20	*0.05
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	50	26	0	59	2.19	0.67	24.2	10425	1135	1.97	0.48	6.23	0.1	0.02	*N/A*
FRUIT: APPLE, 138ct 1/8wg 1/2c	4 wedges	250	31	0	2	1.44	0.07	4.9	32	3	3.07	0.16	8.34	0.11	0.02	*0.00
FRUIT: PEACHES Slcd w/Syr 1/2c	1/2 Cup	200	66	0	9	0.00	0.00	0.0	284	57	1.14	0.0	16.1	0.0	0.00	0.00
JUICE, Orange 100% 4oz Cart	1 Each	500	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
BRD: PRETZEL, Soft 1oz Rod WG	Each	650	70	0	65	1.00	0.72	0.0	0	0	0.0	2.0	14.0	0.5	0.00	0.00
MILK, Skim, Chocolate	Carton	550	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	80	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	20	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
COND_Ketchup #10 Pouch	TBSP	400	21	0	158	0.24	0.05	2.5	79	51	1.1	0.18	4.89	0.04	0.00	0.00
COND_Mustard, Yellow	TBSP	150	10	0	166	0.40	0.24	8.7	18	4	0.15	0.64	0.64	0.58	0.12	0.00
COND PC Mayonnaise 12g Heinz	Each	75	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
COND PC Drsg Ranch 12g Heinz	Each	300	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00
COND PC Sauce, Taco 9g Heinz	Each	80	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
COND PC Margarine 5g	1 Each	75	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00
Weighted Daily Average			800	80	1256	6.80	5.98	461.8	3288	426	26.01	33.96	112.13	24.65	8.42	*0.04
% of Calories												17.0%	56.1%	27.7%	9.5%	*0.0%

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/24/2012																
BRENTWOOD MS/HS	Total	1000														
ORI CHIX Brd GenTsao WG 2.0	1 Each	50	382	20	475	6.57	2.87	91.6	870	163	47.01	18.7	58.53	9.08	1.71	*0.00
SDW BN, PorkRibBBQ SS WH 2.0	1 Each	50	342	30	1029	5.06	2.89	129.8	100	20	1.2	16.39	41.0	13.22	4.26	0.00
BURG, Beef AP WH 2.0	1 Each	20	289	35	443	2.94	3.61	109.8	100	20	0.0	17.39	24.47	13.22	5.26	0.00
BURG, Beef w/AM AP WH 2.5	1 Each	30	340	45	671	2.94	3.61	206.0	252	50	0.0	19.92	24.98	17.77	7.79	0.00
CHIX Nugget, WG (5) 2.0	5 Each	100	180	20	450	2.00	1.80	40.0	0	0	0.0	13.0	14.0	8.0	1.50	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	100	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
SDW BN, ChixPtyPln WG/WH 2.0	Each	100	373	20	671	4.99	3.64	130.4	0	0	0.0	17.59	38.71	16.42	2.80	0.00
PIZZA 16" Sausage B 2.0	1/8 cut slic	100	466	39	1262	2.98	3.89	415.2	497	99	2.98	28.6	52.89	17.54	8.14	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	100	457	39	1114	2.23	3.69	400.0	497	99	2.98	26.95	51.67	17.87	8.77	0.00
PIZZA 16" Chz B 2.0	1/8 cut slic	100	413	30	966	2.23	3.48	400.0	497	99	2.98	25.18	51.37	13.74	7.00	0.00
BURR 10" Chix SS SM B 2.0	Each	100	350	53	716	1.05	2.41	233.9	226	40	0.02	20.44	33.74	13.78	5.42	*0.22
RICE, Mex Spiced WG 1c	Cup	100	248	0	108	4.56	1.61	41.4	291	36	0.07	5.92	50.92	2.19	0.42	*0.00
SDW BD, Bologna w/AM WH 2.0	sandwich	50	290	44	858	1.80	2.43	174.6	152	30	9.21	14.36	28.09	13.18	5.05	*0.00
SALAD Ham Chef AP W 2.0	1 Each	30	133	83	393	1.33	2.13	159.2	3190	238	28.02	15.08	4.56	6.29	2.96	0.00
SALAD Egg Chef AP W 2.0	1 Each	20	149	128	223	1.26	0.75	231.1	5363	440	7.46	11.48	3.6	10.46	5.18	*0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
HD: FEATURED DELI BAR	Each	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.00	0.00	0.00
Bar: BRD: BREAD, White	Loaf	3	1862	0	3577	16.80	26.18	1057.0	0	0	0.0	53.48	354.27	23.03	5.02	*N/A*
Bar: BRD: BREAD, Wheat	Loaf	3	1862	0	3647	25.20	24.22	994.0	0	0	1.4	76.37	332.57	25.48	5.62	*N/A*
Bar: BRD: TORTILLA Flour 10"	1 Each	20	209	0	554	0.86	1.98	127.1	0	0	0.0	5.63	33.03	5.59	1.86	0.22
Bar: BRD: BUN, Hoagie B	1 Each	8	158	4	323	1.10	1.75	11.1	8	2	0.0	6.16	28.65	2.13	0.60	*0.03
Bar: PORK: HAM, Speedy Cut	LB	4	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
Bar: TKY, Bologna	LB	3	1138	364	3942	0.00	7.48	78.8	2	0	97.16	68.04	40.82	72.57	22.59	0.00
Bar: FISH: TUNA Salad SC W 2.0	LB	4	561	168	1791	1.49	4.31	40.1	344	10	3.58	71.46	9.52	24.76	3.85	*0.35
Bar: CHEESE, American Yellow	LB	3	1620	324	7290	0.00	0.00	3077.9	4860	972	0.0	81.0	16.2	145.8	81.00	0.00
Bar: CHEESE, American White	LB	3	1620	405	7614	0.00	0.00	2430.0	4860	972	0.0	81.0	32.4	129.6	81.00	0.00
Bar: VEG: LETTUCE Iceberg Shrd	LB	2	64	0	45	5.44	1.86	81.6	2277	150	12.7	4.08	13.47	0.64	0.08	*N/A*
Bar: VEG: ONIONS, Red	LB	2	160	0	16	6.79	0.84	91.8	8	2	29.54	4.39	37.28	0.4	0.17	*N/A*
Bar: VEG: TOMATO, Sliced	LB	3	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
COND_Pickle, Dill Slice 1ea	1 slice	30	1	0	61	0.08	0.03	2.9	13	2	0.06	0.04	0.18	0.01	0.00	*N/A*
Bar: VEG: PEPPERS, Jalapeno	LB	1	76	0	4385	0.00	0.00	0.0	0	0	0.0	0.0	15.12	0.0	0.00	0.00
HD: FEATURED SALAD ENTREE	1 Each	50	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
Bar: VEG: LETTUCE MIX Romaine	Lb	3	80	0	27	5.33	5.77	213.5	12007	800	112.06	5.33	10.67	0.0	0.00	0.00
Bar: VEG: LETTUCE MIX Iceberg	Lb	3	82	0	0	5.10	1.83	101.9	3822	764	24.46	5.1	15.29	0.0	0.00	0.00
Bar: VEG: TOMATOES, Diced	Lb	7	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
Bar: VEG: CUCUMBER, Fresh	Lb	4	67	0	9	2.22	1.24	71.1	467	93	12.45	2.89	16.14	0.49	0.16	*N/A*
Bar: VEG: CARROTS, Fresh Baby	Lb	5	159	0	354	13.15	4.04	145.1	62550	6808	11.79	2.9	37.38	0.59	0.10	*N/A*
Bar: CHEESE, Cheddar Shred	LB	1	1782	486	2916	0.00	0.00	3239.9	4860	972	0.0	113.4	0.0	145.8	81.00	0.00
Bar: CHEESE, Parmesan Shreds	LB	1	1882	327	7693	0.00	3.95	5683.5	3924	785	0.0	171.73	15.47	124.01	78.79	*N/A*

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

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

Mar 15, 2012

Page 32

	Portion Size	Plan Qty	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)
Bar: CHIX Dcd SS	LB	2	864	405	405	0.00	1.95	0.0	0	0	0.0	118.8	0.0	37.8	10.80	0.00
Bar: EGG, Hard Boiled Whole	Lb	1	726	1905	635	0.00	4.99	181.4	2268	454	0.0	58.97	4.54	49.9	15.88	0.00
Bar: PORK: HAM, Speedy Cut	LB	2	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
VEG: BLEND, 5 Way Mix Fz 1/2c	1/2 Cup	50	69	0	37	4.69	0.87	26.7	4560	456	3.41	3.05	13.95	0.16	0.03	*N/A*
VEG: POTATO, Tater Tots	1 Cup	850	229	0	473	2.87	1.03	0.0	0	0	3.44	2.87	27.25	11.48	2.87	0.00
VEG: LETTUCE MIX, Romaine 1/2c	1/2 Cup	250	6	0	2	0.42	0.45	16.7	938	63	8.76	0.42	0.83	0.0	0.00	0.00
FRUIT: PEARS, Dice w/Syr 1/2c	1/2 cup	150	78	0	10	1.94	0.00	0.0	0	0	0.0	0.0	18.47	0.0	0.00	0.00
FRUIT: ORANGE 138ct Whole 1/2c	1 ea (138ct)	150	29	0	0	1.50	0.06	24.9	140	13	33.18	0.59	7.33	0.07	0.01	*N/A*
JUICE, Apple 100% 4oz Cart	Each	400	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
BRD: PRETZEL, Soft 1oz Rod WG	1 Each	650	70	0	65	1.00	0.72	0.0	0	0	0.0	2.0	14.0	0.5	0.00	0.00
MILK, Skim, Chocolate	Carton	550	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	80	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	20	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
COND_Ketchup #10 Pouch	TBSP	400	21	0	158	0.24	0.05	2.5	79	51	1.1	0.18	4.89	0.04	0.00	0.00
COND_Mustard, Yellow	TBSP	150	10	0	166	0.40	0.24	8.7	18	4	0.15	0.64	0.64	0.58	0.12	0.00
COND PC Mayonnaise 12g Heinz	Each	75	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
COND PC Drsg Ranch 12g Heinz	Each	300	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00
COND PC Sauce, Taco 9g Heinz	Each	80	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
COND PC Margarine 5g	1 Each	75	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00
Weighted Daily Average			787	46	1558	7.62	4.99	450.3	1775	250	17.61	30.69	103.32	27.42	8.43	*0.03
% of Calories												15.6%	52.5%	31.4%	9.6%	*0.0%

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

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

¹ - denotes optional nutrient values

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

	Portion Size	Plan Qty	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)
Wed - 04/25/2012																
BRENTWOOD MS/HS	Total	1000														
BOWL, ChixNgt Country WG 2.0	1 Each	70	456	31	685	6.54	2.35	162.5	276	44	53.97	19.94	65.22	11.85	3.79	*0.00
BRD: BRDSTK DG, Plain WG	Breadstick	70	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
FRANK Tky, 8-1 WH 2.0	1 Each	50	289	50	987	1.94	2.89	169.8	300	60	0.0	11.39	25.47	15.22	4.76	0.00
BURG, Beef AP WH 2.0	1 Each	20	289	35	443	2.94	3.61	109.8	100	20	0.0	17.39	24.47	13.22	5.26	0.00
BURG, Beef w/AM AP WH 2.5	1 Each	30	340	45	671	2.94	3.61	206.0	252	50	0.0	19.92	24.98	17.77	7.79	0.00
CHIX Nugget, WG (5) 2.0	5 Each	100	180	20	450	2.00	1.80	40.0	0	0	0.0	13.0	14.0	8.0	1.50	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	100	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
SDW BN, ChixPtyPln WG/WH 2.0	Each	100	373	20	671	4.99	3.64	130.4	0	0	0.0	17.59	38.71	16.42	2.80	0.00
PIZZA 16" Vegetable B 2.0	1/8 Slice	50	424	30	1001	2.76	3.67	400.8	605	121	6.22	25.31	53.53	13.76	7.00	*0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	150	457	39	1114	2.23	3.69	400.0	497	99	2.98	26.95	51.67	17.87	8.77	0.00
PIZZA 16" Chz B 2.0	1/8 cut slic	100	413	30	966	2.23	3.48	400.0	497	99	2.98	25.18	51.37	13.74	7.00	0.00
ENCHILADA, Chz SC B 2.0	2 Each	100	325	61	430	4.76	1.48	457.2	1288	247	3.5	18.0	22.03	19.31	10.30	*0.00
RICE, Mex Spiced WG 1c	Cup	100	248	0	108	4.56	1.61	41.4	291	36	0.07	5.92	50.92	2.19	0.42	*0.00
WRAP, ChixPty Ranch B/WG 2.5	sandwich	30	587	38	1220	4.50	3.98	285.9	1148	69	4.2	23.28	51.11	31.93	7.69	*0.22
SALAD Chix Brd Baja AP WG 2.0	1 Each	30	242	10	259	8.77	3.75	93.4	3334	225	34.32	14.1	30.82	7.19	1.14	*0.00
SALAD Egg Chef AP W 2.0	1 Each	20	149	128	223	1.26	0.75	231.1	5363	440	7.46	11.48	3.6	10.46	5.18	*0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
HD: FEATURED DELI BAR	Each	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Bar: BRD: BREAD, White	Loaf	3	1862	0	3577	16.80	26.18	1057.0	0	0	0.0	53.48	354.27	23.03	5.02	*N/A*
Bar: BRD: BREAD, Wheat	Loaf	3	1862	0	3647	25.20	24.22	994.0	0	0	1.4	76.37	332.57	25.48	5.62	*N/A*
Bar: BRD: TORTILLA Flour 10"	1 Each	20	209	0	554	0.86	1.98	127.1	0	0	0.0	5.63	33.03	5.59	1.86	0.22
Bar: BRD: BUN, Hoagie B	1 Each	8	158	4	323	1.10	1.75	11.1	8	2	0.0	6.16	28.65	2.13	0.60	*0.03
Bar: PORK: HAM, Speedy Cut	LB	4	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
Bar: TKY, Bologna	LB	3	1138	364	3942	0.00	7.48	78.8	2	0	97.16	68.04	40.82	72.57	22.59	0.00
Bar: FISH: TUNA Salad SC W 2.0	LB	4	561	168	1791	1.49	4.31	40.1	344	10	3.58	71.46	9.52	24.76	3.85	*0.35
Bar: CHEESE, American Yellow	LB	3	1620	324	7290	0.00	0.00	3077.9	4860	972	0.0	81.0	16.2	145.8	81.00	0.00
Bar: CHEESE, American White	LB	3	1620	405	7614	0.00	0.00	2430.0	4860	972	0.0	81.0	32.4	129.6	81.00	0.00
Bar: VEG: LETTUCE Iceberg Shrd	LB	2	64	0	45	5.44	1.86	81.6	2277	150	12.7	4.08	13.47	0.64	0.08	*N/A*
Bar: VEG: ONIONS, Red	LB	2	160	0	16	6.79	0.84	91.8	8	2	29.54	4.39	37.28	0.4	0.17	*N/A*
Bar: VEG: TOMATO, Sliced	LB	3	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
COND_Pickle, Dill Slice 1ea	1 slice	30	1	0	61	0.08	0.03	2.9	13	2	0.06	0.04	0.18	0.01	0.00	*N/A*
Bar: VEG: PEPPERS, Jalapeno	LB	1	76	0	4385	0.00	0.00	0.0	0	0	0.0	0.0	15.12	0.0	0.00	0.00
HD: FEATURED SALAD ENTREE	1 Each	50	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
Bar: VEG: LETTUCE MIX Romaine	Lb	3	80	0	27	5.33	5.77	213.5	12007	800	112.06	5.33	10.67	0.0	0.00	0.00
Bar: VEG: LETTUCE MIX Iceberg	Lb	3	82	0	0	5.10	1.83	101.9	3822	764	24.46	5.1	15.29	0.0	0.00	0.00
Bar: VEG: TOMATOES, Diced	Lb	7	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
Bar: VEG: CUCUMBER, Fresh	Lb	4	67	0	9	2.22	1.24	71.1	467	93	12.45	2.89	16.14	0.49	0.16	*N/A*
Bar: VEG: CARROTS, Fresh Baby	Lb	5	159	0	354	13.15	4.04	145.1	62550	6808	11.79	2.9	37.38	0.59	0.10	*N/A*
Bar: CHEESE, Cheddar Shred	LB	1	1782	486	2916	0.00	0.00	3239.9	4860	972	0.0	113.4	0.0	145.8	81.00	0.00

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

Mar 15, 2012

Page 34

	Portion Size	Plan Qty	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)
Bar: CHIX Dcd SS	LB	2	864	405	405	0.00	1.95	0.0	0	0	0.0	118.8	0.0	37.8	10.80	0.00
Bar: CHEESE, Parmesan Shreds	LB	1	1882	327	7693	0.00	3.95	5683.5	3924	785	0.0	171.73	15.47	124.01	78.79	*N/A*
Bar: EGG, Hard Boiled Whole	Lb	1	726	1905	635	0.00	4.99	181.4	2268	454	0.0	58.97	4.54	49.9	15.88	0.00
Bar: PORK: HAM, Speedy Cut	LB	2	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
VEG: POTATO, FF 1/4" Gen7 1c	1 Cup	700	178	0	198	2.97	0.36	0.0	0	0	5.94	1.98	25.73	7.92	0.49	0.00
RICE, Mex Spiced WG 1c	1 Cup	300	248	0	108	4.56	1.61	41.4	291	36	0.07	5.92	50.92	2.19	0.42	*0.00
VEG: BROCCOLI, Fresh 1/2c	1/2 cup	100	12	0	12	0.92	0.26	16.7	221	55	31.61	1.0	2.35	0.13	0.01	*N/A*
FRUIT: APPLESAUCE, Rosy 1/2c	1/2 cup	250	100	0	21	2.04	0.00	0.0	0	0	1.32	0.11	24.34	0.0	0.00	0.00
FRUIT: BANANA (100-120ct) Whl	Each	200	94	0	1	2.74	0.27	5.3	68	8	9.18	1.15	24.11	0.35	0.12	*N/A*
JUICE, Orange 100% 4oz Cart	1 Each	400	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
DESRT: PUDDING, Vanilla	1/2 Cup	850	130	0	200	0.00	0.00	20.0	0	0	0.0	0.0	25.03	3.0	0.00	0.00
MILK, Skim, Chocolate	Carton	550	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	80	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	20	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
COND_Ketchup #10 Pouch	TBSP	400	21	0	158	0.24	0.05	2.5	79	51	1.1	0.18	4.89	0.04	0.00	0.00
COND_Mustard, Yellow	TBSP	150	10	0	166	0.40	0.24	8.7	18	4	0.15	0.64	0.64	0.58	0.12	0.00
COND PC Mayonnaise 12g Heinz	Each	75	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
COND PC Drsg Ranch 12g Heinz	Each	300	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00
COND PC Sauce, Taco 9g Heinz	Each	80	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
COND PC Margarine 5g	1 Each	75	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00
Weighted Daily Average			892	46	1428	8.94	4.30	501.4	1543	246	35.38	30.41	133.11	27.41	7.08	*0.01
% of Calories												13.6%	59.7%	27.7%	7.1%	*0.0%

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/26/2012																
BRENTWOOD MS/HS	Total	1000														
PASTA, Penne	1 Cup	50	221	0	14	2.11	1.90	14.2	0	0	0.0	7.38	43.24	1.05	0.00	*0.00
SAUCE, Tom AP Beef SS 2.0	3/4 Cup	50	162	21	864	4.53	2.74	43.9	4460	892	7.0	12.61	15.03	6.16	2.05	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
BURG, Beef Taco AP WH 2.5	1 Each	50	354	50	833	3.94	3.61	211.1	352	70	0.0	20.93	26.71	17.77	7.79	0.00
BURG, Beef AP WH 2.0	1 Each	20	289	35	443	2.94	3.61	109.8	100	20	0.0	17.39	24.47	13.22	5.26	0.00
BURG, Beef w/AM AP WH 2.5	1 Each	30	340	45	671	2.94	3.61	206.0	252	50	0.0	19.92	24.98	17.77	7.79	0.00
CHIX Nugget, WG (5) 2.0	5 Each	100	180	20	450	2.00	1.80	40.0	0	0	0.0	13.0	14.0	8.0	1.50	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	100	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
SDW BN, ChixPtyPln WG/WH 2.0	Each	100	373	20	671	4.99	3.64	130.4	0	0	0.0	17.59	38.71	16.42	2.80	0.00
PIZZA 16" Sausage B 2.0	1/8 cut slic	100	466	39	1262	2.98	3.89	415.2	497	99	2.98	28.6	52.89	17.54	8.14	0.00
PIZZA 16" Chz B 2.0	1/8 cut slic	200	413	30	966	2.23	3.48	400.0	497	99	2.98	25.18	51.37	13.74	7.00	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	100	457	39	1114	2.23	3.69	400.0	497	99	2.98	26.95	51.67	17.87	8.77	0.00
BURR 10" Bean CH SM B 2.0	1 burrito	120	519	46	1079	7.41	3.98	443.6	536	101	0.92	22.07	56.93	21.36	9.50	*0.22
RICE, Mex Spiced WG 1c	Cup	120	248	0	108	4.56	1.61	41.4	291	36	0.07	5.92	50.92	2.19	0.42	*0.00
SDW BD, Tuna Salad WH 2.0	sandwich	30	232	30	575	2.06	2.49	78.1	61	2	0.73	18.02	25.43	6.17	1.08	*0.06
SALAD Chix Dcd Chef AP W 2.0	1 serving	20	135	89	135	0.89	1.22	141.2	2190	171	18.68	13.71	2.15	7.52	3.25	0.00
SALAD Egg Chef AP W 2.0	1 Each	30	149	128	223	1.26	0.75	231.1	5363	440	7.46	11.48	3.6	10.46	5.18	*0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
HD: FEATURED DELI BAR	Each	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Bar: BRD: BREAD, White	Loaf	3	1862	0	3577	16.80	26.18	1057.0	0	0	0.0	53.48	354.27	23.03	5.02	*N/A*
Bar: BRD: BREAD, Wheat	Loaf	3	1862	0	3647	25.20	24.22	994.0	0	0	1.4	76.37	332.57	25.48	5.62	*N/A*
Bar: BRD: TORTILLA Flour 10"	1 Each	20	209	0	554	0.86	1.98	127.1	0	0	0.0	5.63	33.03	5.59	1.86	0.22
Bar: BRD: BUN, Hoagie B	1 Each	8	158	4	323	1.10	1.75	11.1	8	2	0.0	6.16	28.65	2.13	0.60	*0.03
Bar: PORK: HAM, Speedy Cut	LB	4	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
Bar: TKY, Bologna	LB	3	1138	364	3942	0.00	7.48	78.8	2	0	97.16	68.04	40.82	72.57	22.59	0.00
Bar: FISH: TUNA Salad SC W 2.0	LB	4	561	168	1791	1.49	4.31	40.1	344	10	3.58	71.46	9.52	24.76	3.85	*0.35
Bar: CHEESE, American Yellow	LB	3	1620	324	7290	0.00	0.00	3077.9	4860	972	0.0	81.0	16.2	145.8	81.00	0.00
Bar: CHEESE, American White	LB	3	1620	405	7614	0.00	0.00	2430.0	4860	972	0.0	81.0	32.4	129.6	81.00	0.00
Bar: VEG: LETTUCE Iceberg Shrd	LB	2	64	0	45	5.44	1.86	81.6	2277	150	12.7	4.08	13.47	0.64	0.08	*N/A*
Bar: VEG: ONIONS, Red	LB	2	160	0	16	6.79	0.84	91.8	8	2	29.54	4.39	37.28	0.4	0.17	*N/A*
Bar: VEG: TOMATO, Sliced	LB	3	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
COND_Pickle, Dill Slice 1ea	1 slice	30	1	0	61	0.08	0.03	2.9	13	2	0.06	0.04	0.18	0.01	0.00	*N/A*
Bar: VEG: PEPPERS, Jalapeno	LB	1	76	0	4385	0.00	0.00	0.0	0	0	0.0	0.0	15.12	0.0	0.00	0.00
HD: FEATURED SALAD ENTREE	1 Each	50	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
Bar: VEG: LETTUCE MIX Romaine	Lb	3	80	0	27	5.33	5.77	213.5	12007	800	112.06	5.33	10.67	0.0	0.00	0.00
Bar: VEG: LETTUCE MIX Iceberg	Lb	3	82	0	0	5.10	1.83	101.9	3822	764	24.46	5.1	15.29	0.0	0.00	0.00
Bar: VEG: TOMATOES, Diced	Lb	7	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
Bar: VEG: CUCUMBER, Fresh	Lb	4	67	0	9	2.22	1.24	71.1	467	93	12.45	2.89	16.14	0.49	0.16	*N/A*
Bar: VEG: CARROTS, Fresh Baby	Lb	5	159	0	354	13.15	4.04	145.1	62550	6808	11.79	2.9	37.38	0.59	0.10	*N/A*

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

	Portion Size	Plan Qty	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)
Bar: CHEESE, Cheddar Shred	LB	1	1782	486	2916	0.00	0.00	3239.9	4860	972	0.0	113.4	0.0	145.8	81.00	0.00
Bar: CHEESE, Parmesan Shreds	LB	1	1882	327	7693	0.00	3.95	5683.5	3924	785	0.0	171.73	15.47	124.01	78.79	*N/A*
Bar: CHIX Dcd SS	LB	2	864	405	405	0.00	1.95	0.0	0	0	0.0	118.8	0.0	37.8	10.80	0.00
Bar: EGG, Hard Boiled Whole	Lb	1	726	1905	635	0.00	4.99	181.4	2268	454	0.0	58.97	4.54	49.9	15.88	0.00
Bar: PORK: HAM, Speedy Cut	LB	2	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
VEG: CARROTS, Sliced Fz 1/2c	1/2 Cup	150	36	0	57	3.20	0.51	33.9	16397	1714	2.23	0.56	7.49	0.66	0.12	*N/A*
VEG: POTATO, HB Starz 1c	1 Cup	750	258	0	473	2.87	1.03	0.0	0	0	3.44	2.87	28.69	14.34	1.43	0.00
VEG: CELERY, Sticks 1/2c	1/2 Cup	100	9	0	43	0.86	0.11	21.6	242	7	1.67	0.37	1.6	0.09	0.02	*N/A*
FRUIT: APRICOTS, w/ Juice 1/2c	1/2 Cup	250	61	0	35	0.00	0.00	0.0	1767	353	1.21	0.0	14.14	0.0	0.00	0.00
FRUIT: ORANGE 138ct Whole 1/2c	1 ea (138ct)	150	29	0	0	1.50	0.06	24.9	140	13	33.18	0.59	7.33	0.07	0.01	*N/A*
JUICE, Apple 100% 4oz Cart	1 Each	400	60	0	15	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
DESRT: COOKIE Choc Chip 1.0oz	Cookie	850	130	5	95	1.00	0.72	0.0	100	20	0.0	1.0	17.0	6.0	3.00	0.00
MILK, Skim, Chocolate	Carton	550	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	80	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	20	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
COND_Ketchup #10 Pouch	TBSP	400	21	0	158	0.24	0.05	2.5	79	51	1.1	0.18	4.89	0.04	0.00	0.00
COND_Mustard, Yellow	TBSP	150	10	0	166	0.40	0.24	8.7	18	4	0.15	0.64	0.64	0.58	0.12	0.00
COND_PC Mayonnaise 12g Heinz	Each	75	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
COND_PC Drsg Ranch 12g Heinz	Each	300	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00
COND_PC Sauce, Taco 9g Heinz	Each	80	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
COND_PC Margarine 5g	1 Each	75	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00
Weighted Daily Average			925	54	1707	8.55	5.67	519.6	4608	631	13.22	33.26	117.02	35.67	10.94	*0.03
% of Calories												14.4%	50.6%	34.7%	10.6%	*0.0%

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/30/2012																
BRENTWOOD MS/HS	Total	1000														
CHIX Thigh, BBQ SC B 2.0	1 Each	50	161	55	209	0.88	0.00	0.0	65	13	0.0	9.74	3.97	11.04	3.24	*0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
SDW BN, ChixPtyBuff WG/WH2	sandwich	50	378	20	1051	4.99	3.64	130.4	0	0	0.0	17.59	39.71	16.42	2.80	0.00
BURG, Beef AP WH 2.0	1 Each	20	289	35	443	2.94	3.61	109.8	100	20	0.0	17.39	24.47	13.22	5.26	0.00
BURG, Beef w/AM AP WH 2.5	1 Each	30	340	45	671	2.94	3.61	206.0	252	50	0.0	19.92	24.98	17.77	7.79	0.00
CHIX Nugget, WG (5) 2.0	5 Each	100	180	20	450	2.00	1.80	40.0	0	0	0.0	13.0	14.0	8.0	1.50	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	100	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
SDW BN, ChixPtyPln WG/WH 2.0	Each	100	373	20	671	4.99	3.64	130.4	0	0	0.0	17.59	38.71	16.42	2.80	0.00
PIZZA 16" Chix BBQ B 2.0	1/8 slice	50	435	48	1097	3.86	3.25	201.2	252	50	0.64	23.66	56.97	11.66	4.96	0.00
PIZZA 16" Pepperoni B 2.0	1/8 Slice	150	457	39	1114	2.23	3.69	400.0	497	99	2.98	26.95	51.67	17.87	8.77	0.00
PIZZA 16" Chz B 2.0	1/8 cut slic	100	413	30	966	2.23	3.48	400.0	497	99	2.98	25.18	51.37	13.74	7.00	0.00
NACHOS Chix Dcd SM SS B 2.0	1 Each	100	311	56	584	2.17	0.74	44.9	66	8	0.02	17.85	21.55	16.79	6.29	*0.00
RICE, Mex Spiced WG 1c	Cup	100	248	0	108	4.56	1.61	41.4	291	36	0.07	5.92	50.92	2.19	0.42	*0.00
SUB HD, Ham w/AM WH 2.0	1 Each	50	251	35	850	1.94	2.54	186.3	152	30	0.0	18.06	26.0	9.29	3.80	0.00
SALAD Egg Chef AP W 2.0	1 Each	20	149	128	223	1.26	0.75	231.1	5363	440	7.46	11.48	3.6	10.46	5.18	*0.00
SALAD Chix Brd Ceas SC WG 2.0	1 serving	30	302	31	905	2.34	2.26	388.3	3613	150	1.55	19.84	19.98	16.49	5.96	*0.00
COND_Dressing, Caesar Crmy	1 TBSP	30	75	0	150	0.00	0.00	10.0	50	10	0.0	0.5	0.5	8.0	1.25	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
HD: FEATURED DELI BAR	Each	100	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Bar: BRD: BREAD, White	Loaf	3	1862	0	3577	16.80	26.18	1057.0	0	0	0.0	53.48	354.27	23.03	5.02	*N/A*
Bar: BRD: BREAD, Wheat	Loaf	3	1862	0	3647	25.20	24.22	994.0	0	0	1.4	76.37	332.57	25.48	5.62	*N/A*
Bar: BRD: TORTILLA Flour 10"	1 Each	20	209	0	554	0.86	1.98	127.1	0	0	0.0	5.63	33.03	5.59	1.86	0.22
Bar: BRD: BUN, Hoagie B	1 Each	8	158	4	323	1.10	1.75	11.1	8	2	0.0	6.16	28.65	2.13	0.60	*0.03
Bar: PORK: HAM, Speedy Cut	LB	4	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
Bar: TKY, Bologna	LB	3	1138	364	3942	0.00	7.48	78.8	2	0	97.16	68.04	40.82	72.57	22.59	0.00
Bar: FISH: TUNA Salad SC W 2.0	LB	4	561	168	1791	1.49	4.31	40.1	344	10	3.58	71.46	9.52	24.76	3.85	*0.35
Bar: CHEESE, American Yellow	LB	3	1620	324	7290	0.00	0.00	3077.9	4860	972	0.0	81.0	16.2	145.8	81.00	0.00
Bar: CHEESE, American White	LB	3	1620	405	7614	0.00	0.00	2430.0	4860	972	0.0	81.0	32.4	129.6	81.00	0.00
Bar: VEG: LETTUCE Iceberg Shrd	LB	2	64	0	45	5.44	1.86	81.6	2277	150	12.7	4.08	13.47	0.64	0.08	*N/A*
Bar: VEG: ONIONS, Red	LB	2	160	0	16	6.79	0.84	91.8	8	2	29.54	4.39	37.28	0.4	0.17	*N/A*
Bar: VEG: TOMATO, Sliced	LB	3	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
COND_Pickle, Dill Slice 1ea	1 slice	30	1	0	61	0.08	0.03	2.9	13	2	0.06	0.04	0.18	0.01	0.00	*N/A*
Bar: VEG: PEPPERS, Jalapeno	LB	1	76	0	4385	0.00	0.00	0.0	0	0	0.0	0.0	15.12	0.0	0.00	0.00
HD: FEATURED SALAD ENTREE	1 Each	50	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
BRD: BRDSTK DG, Plain WG	Breadstick	50	70	0	124	1.49	0.72	9.9	0	0	0.0	2.98	13.43	0.99	0.00	0.00
Bar: VEG: LETTUCE MIX Romaine	Lb	3	80	0	27	5.33	5.77	213.5	12007	800	112.06	5.33	10.67	0.0	0.00	0.00
Bar: VEG: LETTUCE MIX Iceberg	Lb	3	82	0	0	5.10	1.83	101.9	3822	764	24.46	5.1	15.29	0.0	0.00	0.00
Bar: VEG: TOMATOES, Diced	Lb	7	71	0	20	4.74	1.07	39.5	3287	245	54.06	3.47	15.35	0.79	0.12	*N/A*
Bar: VEG: CUCUMBER, Fresh	Lb	4	67	0	9	2.22	1.24	71.1	467	93	12.45	2.89	16.14	0.49	0.16	*N/A*
Bar: VEG: CARROTS, Fresh Baby	Lb	5	159	0	354	13.15	4.04	145.1	62550	6808	11.79	2.9	37.38	0.59	0.10	*N/A*

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AFFTON SCHOOL DISTRICT

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BRENTWOOD MS/HS

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Bar: CHEESE, Cheddar Shred	LB	1	1782	486	2916	0.00	0.00	3239.9	4860	972	0.0	113.4	0.0	145.8	81.00	0.00
Bar: CHIX Dcd SS	LB	2	864	405	405	0.00	1.95	0.0	0	0	0.0	118.8	0.0	37.8	10.80	0.00
Bar: CHEESE, Parmesan Shreds	LB	1	1882	327	7693	0.00	3.95	5683.5	3924	785	0.0	171.73	15.47	124.01	78.79	*N/A*
Bar: EGG, Hard Boiled Whole	Lb	1	726	1905	635	0.00	4.99	181.4	2268	454	0.0	58.97	4.54	49.9	15.88	0.00
Bar: PORK: HAM, Speedy Cut	LB	2	486	202	2997	0.00	5.85	2.4	0	0	0.0	89.09	16.19	12.16	4.04	0.00
PASTA, Noodles Egg Parsley	1 cup	750	276	49	75	2.02	2.47	32.6	286	61	0.08	7.61	42.11	8.47	3.20	*0.05
VEG: SPINACH, Fz 1/2c	1/2 Cup	50	55	0	158	6.03	3.19	249.4	19661	1268	3.59	6.54	7.82	1.42	0.26	*N/A*
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	50	26	0	59	2.19	0.67	24.2	10425	1135	1.97	0.48	6.23	0.1	0.02	*N/A*
FRUIT: PEACHES Slcd w/Syr 1/2c	1/2 Cup	200	66	0	9	0.00	0.00	0.0	284	57	1.14	0.0	16.1	0.0	0.00	0.00
FRUIT: APPLE, 138ct 1/8wg 1/2c	4 wedges	250	31	0	2	1.44	0.07	4.9	32	3	3.07	0.16	8.34	0.11	0.02	*0.00
JUICE, Orange 100% 4oz Cart	1 Each	500	50	0	15	0.00	0.00	0.0	0	0	42.0	1.0	13.0	0.0	0.00	0.00
BRD: PRETZEL, Soft 1oz Rod WG	Each	650	70	0	65	1.00	0.72	0.0	0	0	0.0	2.0	14.0	0.5	0.00	0.00
MILK, Skim, Chocolate	Carton	550	130	5	200	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00	0.00
MILK, 1% White 8oz	Carton	80	103	12	108	0.00	0.07	306.2	480	145	0.0	8.26	12.23	2.38	1.55	*N/A*
MILK, Skim 8oz	Carton	20	83	5	103	0.00	0.07	299.1	500	150	0.0	8.26	12.16	0.2	0.14	*N/A*
COND_Ketchup #10 Pouch	TBSP	400	21	0	158	0.24	0.05	2.5	79	51	1.1	0.18	4.89	0.04	0.00	0.00
COND_Mustard, Yellow	TBSP	150	10	0	166	0.40	0.24	8.7	18	4	0.15	0.64	0.64	0.58	0.12	0.00
COND_PC Mayonnaise 12g Heinz	Each	100	80	5	65	0.00	0.00	0.0	0	0	0.0	0.0	0.0	9.0	1.50	0.00
COND_PC Drsg Ranch 12g Heinz	Each	300	70	5	95	0.00	0.00	0.0	0	0	0.0	0.0	1.0	7.0	1.00	0.00
COND_PC Sauce, Taco 9g Heinz	Each	80	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
COND_PC Margarine 5g	1 Each	75	30	0	30	0.00	0.00	0.0	300	40	0.0	0.0	0.0	3.0	1.00	0.00
Weighted Daily Average			799	83	1209	6.56	5.75	453.8	3016	371	25.89	34.03	111.05	25.00	8.47	*0.04
% of Calories												17.0%	55.6%	28.2%	9.5%	*0.0%
Weighted Average			818	53	1456	7.44	4.83	465.3	2873	406	26.76	31.04	112.69	27.32	7.81	*0.10
												15.2%	55.1%	30.1%	8.6%	*0.1%

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AFFTON SCHOOL DISTRICT

Apr 2, 2012 thru Apr 30, 2012 Spreadsheet - Portion Values
BRENTWOOD MS/HS

Mar 15, 2012

Page 39

Nutrient	Menu AVG	Portion Size	Plan Qty	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)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	818		819	100%				1	Correction Required - Calories are Low								
Cholesterol (mg)	53		100	53%													
Sodium (mg)	1456		1350	108%					Correction Required - Sodium too High								
Fiber (g)	7.44		7.00	106%													
Iron (mg)	4.83		4.50	107%													
Calcium (mg)	465.3		400.00	116%													
Vitamin A (IU)	2873		1500	192%													
Vitamin A (RE)	406		300	135%													
Vitamin C (mg)	26.76		18.11	148%													
Protein (g)	31.04	15.18%	16.06	193%													
Carbohydrate (g)	112.69	55.09%	44.00														
Total Fat (g)	27.32	30.05%	<=30.00%						Correction Required - Total Fat too High								
Saturated Fat (g)	7.81	8.59%	<10.00%														
Trans Fat (g)	0.10	0.11%			Missing												

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