

kentucky Department of Education

Oct 12, 2009 thru Oct 16, 2009 Spreadsheet - Weighted Values

Mar 8, 2011

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Fairview Ind.

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/12/2009																
Fairview Ind.	Total	270														
MILK, FAIRVIEW IND	8 OZ	219	115	5	99	0.00	0.24	243.3	999	81	1.79	6.49	20.32	0.66	0.40	0.00
PIZZA, SFS TNY SMART 4X6 THK	IND PIZZA	242	338	19	939	2.06	2.95	246.8	322	64	0.5	17.3	37.0	13.74	4.78	*N/A*
SALAD, TOSSED: no dressing	1/2 CUP	67	5	0	4	0.28	0.09	4.3	406	57	2.2	0.32	0.89	0.11	0.02	*0.00
SALAD DRSG, RANCH DRSG, RED FA	1 TSP	75	3	0	13	0.02	0.01	0.6	1	0	0.01	0.02	0.3	0.17	0.02	0.00
PEAS: frozen, boiled	.5 CUP	42	10	0	9	0.68	0.19	3.0	261	8	1.23	0.64	1.77	0.03	0.01	*N/A*
PEACHES: canned, light syrup	.5 CUP	68	17	0	2	0.41	0.11	0.9	112	11	0.76	0.14	4.6	0.01	0.00	*N/A*
YOGURT PARFAIT W/ GM CKRS	6 OZ	20	20	0	17	0.09	0.10	21.5	114	11	1.26	0.53	3.55	0.39	0.13	*0.02
FRUIT CUP, SB & BB W/ TOPPIN	1/2 CUP	56	21	0	1	0.50	0.11	*2.4	7	1	7.1	0.12	5.29	0.2	0.14	*0.00
TUNA SALAD SANDWICH	SERVINGS	20	23	2	60	0.15	0.22	5.6	6	1	0.14	1.77	2.55	0.53	0.09	*N/A*
PB&J, GRAPE, WHEAT/WHITE	1 EACH	20	24	0	24	0.22	0.11	1.5	0	0	0.0	0.74	2.44	1.19	0.30	0.00
Weighted Daily Average			575	28	1166	4.41	4.14	*529.9	2229	237	14.98	28.06	78.71	17.03	5.88	*0.02
% of Calories												19.5%	54.8%	26.7%	9.2%	*0.0%

Tue - 10/13/2009																
Fairview Ind.	Total	247														
TACO, BEEF	1 EACH	179	108	17	92	1.09	0.88	72.5	217	43	2.97	6.61	7.38	5.93	2.10	*N/A*
MILK, FAIRVIEW IND	8 OZ	193	111	5	96	0.00	0.24	234.4	962	78	1.72	6.25	19.57	0.63	0.38	0.00
PIZZA, SFS TNY SMART 4X6 THK	IND PIZZA	43	66	4	182	0.40	0.57	47.9	63	13	0.1	3.36	7.19	2.67	0.93	*N/A*
SAUCE, TACO, MILD	1 ounce	250	15	0	228	0.37	0.30	4.3	154	31	6.74	0.33	3.75	0.09	0.01	*N/A*
SOUR CREAM, FAT FREE	1 OZ	220	19	2	36	0.00	0.00	31.6	64	13	0.0	0.78	3.94	0.0	0.00	*N/A*
REFRIED BEANS	1/2 CUP	34	23	1	79	0.58	0.33	23.3	43	9	0.14	1.42	2.52	0.85	0.27	*N/A*
CORN: canned, yellow	.5 CUP	60	16	0	59	0.38	0.14	1.0	9	3	0.14	0.53	3.74	0.19	0.03	*N/A*
APPLES, Fresh	1 EACH	140	41	0	1	1.88	0.09	4.7	42	4	3.6	0.2	10.8	0.13	0.02	*N/A*
YOGURT PARFAIT W/ GM CKRS	6 OZ	20	21	0	19	0.10	0.11	23.5	124	13	1.38	0.57	3.88	0.43	0.14	*0.02
Blueberry Muffin Squares	PEICE	112	91	0	67	0.82	0.51	10.0	84	17	0.36	1.35	17.21	2.0	0.39	*N/A*
TORTILLA, WHEAT SOFT 6"	1 EACH	179	68	0	138	0.67	0.73	28.0	0	0	0.0	1.8	11.16	1.68	0.41	*N/A*
PB&J, GRAPE, WHEAT/WHITE	1 EACH	20	26	0	26	0.24	0.12	1.6	0	0	0.0	0.81	2.67	1.3	0.32	0.00
Weighted Daily Average			604	29	1022	6.52	4.01	482.8	1763	223	17.16	24.03	93.82	15.90	5.02	*0.02
% of Calories												15.9%	62.1%	23.7%	7.5%	*0.0%

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¹ - denotes optional nutrient values

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Wed - 10/14/2009																
Fairview Ind.	Total	269														
MILK, FAIRVIEW IND	8 OZ	225	118	6	102	0.00	0.25	250.9	1030	84	1.84	6.69	20.95	0.68	0.41	0.00
CN FC HMST WH DWE .68	3.4 OZ	187	159	51	328	0.66	0.80	33.5	0	0	0.0	8.42	7.99	10.32	2.78	0.00
BARBECUE SAUCE	2 TBSP	187	33	0	215	0.28	0.21	7.0	181	36	2.78	0.31	8.67	0.07	0.01	*N/A*
KETCHUP: individual	Pkt 6g	267	6	0	66	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.02	0.00	*N/A*
POTATOES,MASHED,W/VIT C,"T RIO	1/2 CUP	320	370	0	142	7.08	1.92	62.7	0	0	175.03	9.36	78.16	2.24	0.63	*N/A*
GREEN BEANS: canned,cooked	.5 CUP	76	4	0	48	0.36	0.17	5.0	67	13	0.82	0.23	0.86	0.02	0.00	*N/A*
STRAWBERRIES,FRESH	.5 CUP	39	3	0	0	0.21	0.04	1.7	1	0	6.14	0.07	0.8	0.03	0.00	*N/A*
YOGURT PARFAIT W/ GM CKRS	6 OZ	6	6	0	5	0.03	0.03	6.5	34	3	0.38	0.16	1.07	0.12	0.04	*0.00
PUMPKIN CAKE ROLL FAIRVIEW	3 OZ	125	34	0	97	0.20	0.07	18.2	0	0	0.0	0.77	7.52	0.1	0.02	*N/A*
CORN: frozen, yellow	.5 CUP	20	5	0	0	0.15	0.03	0.2	12	1	0.21	0.16	1.18	0.04	0.01	*N/A*
APPLES,Fresh	1 EACH	92	25	0	0	1.13	0.06	2.8	25	2	2.17	0.12	6.52	0.08	0.01	*N/A*
ROLLS (YEAST)	1 EACH	297	194	0	321	1.32	1.93	32.0	49	10	0.11	5.0	32.9	4.65	0.66	*N/A*
Weighted Daily Average			957	57	1326	11.43	5.54	421.5	1455	157	190.38	31.38	168.12	18.36	4.57	*0.00
% of Calories												13.1%	70.3%	17.3%	4.3%	*0.0%

Thu - 10/15/2009																
Fairview Ind.	Total	270														
MILK, FAIRVIEW IND	8 OZ	225	118	6	102	0.00	0.25	250.0	1026	83	1.84	6.67	20.88	0.68	0.41	0.00
CORN DOG, CHICKEN CN	1 EACH	276	286	46	848	1.02	3.68	61.3	0	0	0.0	10.22	26.58	15.33	4.60	0.00
PUMPKIN CAKE	SERVING	155	97	15	109	0.56	0.62	23.7	2314	256	0.39	1.65	17.05	2.65	0.62	*N/A*
MUSTARD: individual PC	Pkt 5g	212	3	0	45	0.13	0.06	2.3	3	0	0.06	0.17	0.21	0.16	0.01	0.00
KETCHUP: individual	Pkt 6g	280	6	0	69	0.02	0.03	1.1	58	6	0.94	0.11	1.56	0.02	0.00	*N/A*
BAKED BEANS (VEGETARIAN)	SERVINGS	33	19	0	65	0.85	0.10	10.5	44	9	0.95	0.83	4.4	0.08	0.02	*N/A*
CARROT STICKS	1/2 CUP	36	3	0	6	0.23	0.02	2.7	1367	229	0.48	0.08	0.78	0.02	0.00	0.00
SALAD DRSNG,RANCH DRSNG, RED FA	1 TSP	36	1	0	6	0.01	0.00	0.3	0	0	0.0	0.01	0.14	0.08	0.01	0.00
APPLES,Fresh	1 EACH	50	13	0	0	0.61	0.03	1.5	14	1	1.18	0.07	3.53	0.04	0.01	*N/A*
YOGURT PARFAIT W/ GM CKRS	6 OZ	11	11	0	9	0.05	0.05	11.8	63	6	0.69	0.29	1.95	0.21	0.07	*0.01
MACARONI AND CHEESE	1/2 CUP	175	144	15	436	0.43	0.49	234.3	332	66	0.19	9.54	13.34	5.92	3.32	*N/A*
STRAWBERRIES,FRESH	.5 CUP	45	4	0	0	0.24	0.05	1.9	1	0	7.06	0.08	0.92	0.04	0.00	*N/A*
Weighted Daily Average			706	82	1696	4.16	5.40	601.5	5223	658	13.78	29.71	91.33	25.24	9.07	*0.01
% of Calories												16.8%	51.7%	32.2%	11.6%	*0.0%

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Fri - 10/16/2009																
Fairview Ind.	Total	253														
MILK, FAIRVIEW IND	8 OZ	191	107	5	92	0.00	0.23	226.5	930	75	1.66	6.04	18.91	0.61	0.37	0.00
FISH, SANDWICH WITH CHEESE	SANDWIC	48	67	6	178	0.34	0.38	55.9	154	32	0.0	3.28	7.98	2.48	0.87	0.09
POTATO PUFFS: frozen,cooked	.5 CUP	265	127	0	322	1.68	0.43	9.4	3	1	4.22	1.37	18.6	5.78	1.22	*N/A*
KETCHUP: individual	Pkt 6g	350	8	0	92	0.02	0.04	1.5	77	8	1.25	0.14	2.09	0.03	0.00	*N/A*
COLESLAW,HOME-PREPARED	1/2 CUP	13	2	0	1	0.05	0.02	1.4	11	3	1.01	0.04	0.38	0.08	0.01	*N/A*
APPLE CRISP	SERVINGS	44	35	0	20	0.40	0.17	3.5	61	12	0.09	0.34	5.52	1.39	0.28	*N/A*
YOGURT PARFAIT W/ GM CKRS	6 OZ	20	21	0	18	0.10	0.10	22.9	122	12	1.35	0.56	3.79	0.42	0.14	*0.02
CORN DOG, CHICKEN CN	1 EACH	27	30	5	89	0.11	0.38	6.4	0	0	0.0	1.07	2.77	1.6	0.48	0.00
MACARONI AND CHEESE	1/2 CUP	25	22	2	66	0.07	0.08	35.7	51	10	0.03	1.46	2.03	0.9	0.51	*N/A*
BAKED BEANS (VEGETARIAN)	SERVINGS	14	9	0	29	0.39	0.05	4.8	20	4	0.43	0.37	1.99	0.04	0.01	*N/A*
GREEN BEANS: canned,cooked	.5 CUP	20	1	0	13	0.10	0.05	1.4	19	4	0.23	0.06	0.24	0.01	0.00	*N/A*
SANDWICH, HAM AND CHEESE	1 EACH	153	163	25	771	2.30	1.07	159.2	455	91	0.0	15.08	15.45	4.44	2.29	0.29
Weighted Daily Average			592	44	1693	5.55	3.00	528.6	1902	253	10.27	29.82	79.76	17.76	6.18	*0.40
% of Calories												20.2%	53.9%	27.0%	9.4%	*0.6%

Weighted Average			687	48	1380	6.41	4.42	*512.9	2514	305	49.31	28.60	102.35	18.86	6.14	*0.09
												16.7%	59.6%	24.7%	8.1%	*0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	687		664	103%			
Cholesterol (mg)	48		200	24%			
Sodium (mg)	1380						
Fiber (g)	6.41						
Iron (mg)	4.42		3.50	126%			
Calcium (mg)	512.9		286.00	179%	Missing		
Vitamin A (IU)	2514		1120	225%			
Vitamin A (RE)	305		224	136%			
Vitamin C (mg)	49.31		15.00	329%			
Protein (g)	28.60	16.66%	10.00	286%			
Carbohydrate (g)	102.35	59.61%					
Total Fat (g)	18.86	24.72%	<=30.00%				
Saturated Fat (g)	6.14	8.05%	<10.00%				
Trans Fat (g)	0.09	0.12%			Missing		

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