

Northfield Public Schools
Jan 30, 2012 thru Mar 2, 2012 Spreadsheet - Portion Values
NORTHFIELD ELEMENTARY LUNCH

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/30/2012														
NORTHFIELD ELEMENTAR	Total													
PIZZA 4X6 CHEESE 50/50 WG SCH	SLICE 4.6	310	15	570	4.00	2.70	300.0	400	4150	0.0	16.0	35.0	12.0	3.50
Assorted Veggie Toppings	Serving	13	0	2	0.94	0.18	6.7	170	29	37.65	0.49	2.98	0.09	0.03
Salad,Lettuce,CROUTONS,DRESSIN	serving 1/2 cup	132	10	484	*1.20	0.63	21.4	2051	63	0.94	1.82	15.99	6.66	1.20
Fruit Choice	1/2 cup	62	0	4	1.80	0.16	8.2	120	20	7.5	0.36	15.56	0.12	0.02
Milk	1 CUP	117	7	166	0.00	0.00	280.9	511	102	2.45	8.17	18.89	0.9	0.64
Weighted Daily Average		634	32	1226	*7.93	3.66	617.2	3253	4363	48.54	26.85	88.41	19.75	5.39
% of Calories											16.9%	55.8%	28.0%	7.7%

Tue - 01/31/2012														
NORTHFIELD ELEMENTAR	Total													
Hamburger/Cheeseburger/Veggie	sandwich	335	67	694	3.15	4.03	130.2	162	32	0.0	24.2	30.55	14.22	5.12
Potatoes Lambs Seasoned Twiste	Serving 3 o	160	0	430	2.00	1.08	0.0	0	0	6.0	2.0	20.0	8.0	2.00
Ketchup/Mustard/Pickles	serving	36	0	884	0.14	*0.28	*11.9	*500	*100	*0.0	0.67	8.58	0.62	0.03
Fruit Choice	1/2 cup	62	0	4	1.80	0.16	8.2	120	20	7.5	0.36	15.56	0.12	0.02
Milk	1 CUP	117	7	166	0.00	0.00	280.9	511	102	2.45	8.17	18.89	0.9	0.64
Weighted Daily Average		710	74	2179	7.09	*5.55	*431.3	*1294	*254	*15.95	35.40	93.57	23.86	7.82
% of Calories											19.9%	52.7%	30.2%	9.9%

Wed - 02/01/2012														
NORTHFIELD ELEMENTAR	Total													
Chicken Popcorn Breast Fritter	Serving 3 o	130	30	490	0.00	1.44	40.0	50	10	1.2	13.0	13.0	3.5	1.00
Rice,brown	Servings	128	0	1	1.50	0.54	0.6	0	0	0.0	3.0	26.25	1.12	0.00
Vegetable Choice	.5 cup	44	0	26	2.70	0.61	18.9	3644	348	3.81	1.91	9.31	0.34	0.06
Mini Veggie Egg Roll w/Sauce	serving (1pc	74	2	624	1.34	*0.00	*0.0	*250	*50	*1.2	1.59	30.03	*2.0	*0.50
Fruit Choice	1/2 cup	62	0	4	1.80	0.16	8.2	120	20	7.5	0.36	15.56	0.12	0.02
Milk	1 CUP	117	7	166	0.00	0.00	280.9	511	102	2.45	8.17	18.89	0.9	0.64
Weighted Daily Average		555	40	1311	7.34	*2.75	*348.6	*4575	*530	*16.16	28.04	113.03	*7.98	*2.22
% of Calories											20.2%	81.5%	*12.9%	*3.6%

Thu - 02/02/2012														
NORTHFIELD ELEMENTAR	Total													
Hot Dog on a Bun	sandwich	270	30	770	2.00	1.80	80.0	0	0	0.0	10.0	23.0	15.0	6.00
Veggies w/dip	1/2 cup	184	5	319	2.75	0.78	34.2	7955	816	34.02	1.49	8.41	16.22	2.54
Pretzel,soft,baked 1 oz	Pretzel 1oz	80	0	65	1.00	1.44	0.0	0	0	0.0	3.0	17.0	0.0	0.00
Fruit Choice	1/2 cup	62	0	4	1.80	0.16	8.2	120	20	7.5	0.36	15.56	0.12	0.02
Milk	1 CUP	117	7	166	0.00	0.00	280.9	511	102	2.45	8.17	18.89	0.9	0.64

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

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		713	42	1325	7.54	4.18	403.4	8586	938	43.97	23.03	82.86	32.24	9.20
% of Calories											12.9%	46.5%	40.7%	11.6%

Fri - 02/03/2012														
NORTHFIELD ELEMENTAR	Total													
Taco Hard/Soft Elementary	serving	254	*40	905	*2.89	2.53	*46.3	324	65	*0.0	*17.31	18.08	*12.05	*4.76
Assorted Taco Toppings	serving	138	*20	355	*1.12	*0.82	*153.4	*709	*91	*6.02	*6.47	7.21	9.54	*4.52
Black Bean & Corn Salsa	1/4 cup	78	*0	121	2.96	1.01	18.8	262	23	5.8	2.71	11.6	3.02	0.25
Rice Mexican Infusion	1/4 Cup	50	0	208	0.00	0.45	5.0	0	0	0.0	1.0	10.75	0.47	0.02
Fruit Choice	1/2 cup	62	0	4	1.80	0.16	8.2	120	20	7.5	0.36	15.56	0.12	0.02
Milk	1 CUP	117	7	166	0.00	0.00	280.9	511	102	2.45	8.17	18.89	0.9	0.64
Weighted Daily Average		700	*68	1760	*8.77	*4.97	*512.6	*1927	*301	*21.78	*36.02	82.09	*26.10	*10.21
% of Calories											*20.6%	46.9%	*33.6%	*13.1%

Mon - 02/06/2012														
NORTHFIELD ELEMENTAR	Total													
Cheese Bosco Stick	2 sticks	380	20	560	4.00	3.60	500.0	200	40	30.0	26.0	52.0	8.0	4.00
Marinara Sauce	2 oz	22	0	216	0.90	0.49	18.0	135	27	4.05	0.9	4.5	0.45	0.00
Broccoli	1/2 cup	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11	0.02
Fruit Choice	1/2 cup	62	0	4	1.80	0.16	8.2	120	20	7.5	0.36	15.56	0.12	0.02
Milk	1 CUP	117	7	166	0.00	0.00	280.9	511	102	2.45	8.17	18.89	0.9	0.64
Weighted Daily Average		607	27	956	9.46	4.81	837.5	1896	363	80.89	38.29	95.87	9.57	4.68
% of Calories											25.2%	63.1%	14.2%	6.9%

Tue - 02/07/2012														
NORTHFIELD ELEMENTAR	Total													
Pasta Lasagna Cheese or Beef	Servings	307	*38	1018	*2.69	2.72	195.1	1029	190	*8.13	19.1	35.14	9.93	4.67
Salad, Small Caesar	Serving	130	4	342	1.77	0.92	76.9	4128	130	1.92	3.57	11.44	7.97	2.04
Breadsticks Whole Wheat 1.5oz	stick 1.5oz	110	0	220	1.00	1.08	20.0	0	0	3.6	4.0	21.0	1.0	0.00
Fruit Choice	1/2 cup	62	0	4	1.80	0.16	8.2	120	20	7.5	0.36	15.56	0.12	0.02
Milk	1 CUP	117	7	166	0.00	0.00	280.9	511	102	2.45	8.17	18.89	0.9	0.64
Weighted Daily Average		726	*49	1750	*7.26	4.88	581.1	5788	442	*23.60	35.20	102.02	19.91	7.38
% of Calories											19.4%	56.2%	24.7%	9.1%

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Wed - 02/08/2012														
NORTHFIELD ELEMENTAR	Total													
Cinnamon Glaz French Toast St	serving(3)	210	110	310	1.00	1.80	20.0	200	40	0.0	7.0	28.0	8.0	2.00
Omlet Colby Cheese Skillete 2.	Serving	110	195	215	0.00	0.60	35.0	405	81	2.0	8.0	1.0	8.0	3.50
Potatoes OR Rosemary Garlic R	Serving 3 o	100	0	330	2.00	0.36	0.0	0	0	2.4	2.0	15.0	3.0	0.00
Ketchup	serving	25	0	317	0.00	0.00	0.0	500	100	0.0	0.0	6.67	0.0	0.00
Fruit Choice	1/2 cup	62	0	4	1.80	0.16	8.2	120	20	7.5	0.36	15.56	0.12	0.02
Milk	1 CUP	117	7	166	0.00	0.00	280.9	511	102	2.45	8.17	18.89	0.9	0.64
Weighted Daily Average		624	312	1342	4.80	2.92	344.2	1736	343	14.35	25.54	85.12	20.01	6.16
% of Calories											16.4%	54.6%	28.9%	8.9%

Thu - 02/09/2012														
NORTHFIELD ELEMENTAR	Total													
Chicken Fajita	Serving	261	64	907	3.00	0.77	68.3	143	29	2.4	20.99	20.0	10.78	3.85
Assorted Taco Toppings	serving	138	*20	355	*1.12	*0.82	*153.4	*709	*91	*6.02	*6.47	7.21	9.54	*4.52
Corn	1/2 cup	67	0	1	1.98	0.39	2.5	164	18	2.89	2.1	15.92	0.55	0.08
Fruit Choice	1/2 cup	62	0	4	1.80	0.16	8.2	120	20	7.5	0.36	15.56	0.12	0.02
Milk	1 CUP	117	7	166	0.00	0.00	280.9	511	102	2.45	8.17	18.89	0.9	0.64
Weighted Daily Average		645	*92	1433	*7.90	*2.13	*513.4	*1647	*259	*21.26	*38.10	77.58	21.88	*9.11
% of Calories											*23.6%	48.1%	30.5%	*12.7%

Fri - 02/10/2012														
NORTHFIELD ELEMENTAR	Total													
Corn Dogs	6 Corn Dog	298	37	671	4.48	1.61	119.4	0	0	0.0	10.45	32.83	13.43	3.73
Ketchup/Mustard	serving	36	0	494	0.14	0.28	11.9	500	100	0.0	0.67	7.58	0.62	0.03
Potato Crinkle Sweet Potato	Serving	150	0	170	3.00	1.98	0.0	100	20	16.2	1.0	22.0	6.0	1.00
Beans Vegetarian Refried,Allen	1/4 Cup	65	0	185	4.50	0.72	20.0	0	0	0.0	3.0	11.0	1.0	0.00
Fruit Choice	1/2 cup	62	0	4	1.80	0.16	8.2	120	20	7.5	0.36	15.56	0.12	0.02
Milk	1 CUP	117	7	166	0.00	0.00	280.9	511	102	2.45	8.17	18.89	0.9	0.64
Weighted Daily Average		728	45	1691	13.91	4.75	440.4	1231	242	26.15	23.65	107.85	22.06	5.42
% of Calories											13.0%	59.2%	27.3%	6.7%

Mon - 02/13/2012														
NORTHFIELD ELEMENTAR	Total													
Pizza Big Daddys Harvest Chees	slice	323	28	613	2.42	2.90	282.3	16130	3226	0.0	18.55	37.91	10.48	3.63
Veggies w/dip	1/2 cup	184	5	319	2.75	0.78	34.2	7955	816	34.02	1.49	8.41	16.22	2.54
Fruit Choice	1/2 cup	62	0	4	1.80	0.16	8.2	120	20	7.5	0.36	15.56	0.12	0.02
Milk	1 CUP	117	7	166	0.00	0.00	280.9	511	102	2.45	8.17	18.89	0.9	0.64
Weighted Daily Average		686	41	1103	6.96	3.84	605.7	24716	4164	43.97	28.58	80.76	27.72	6.83
% of Calories											16.7%	47.1%	36.4%	9.0%

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Tue - 02/14/2012														
NORTHFIELD ELEMENTAR	Total													
Sandwich Grilled Chicken	sandwich	240	50	770	3.00	1.44	80.0	0	0	0.0	18.0	31.0	6.0	2.00
Assorted Veggie Toppings	Serving	13	0	2	0.94	0.18	6.7	170	29	37.65	0.49	2.98	0.09	0.03
Potato Mini Sweet Potato Puffs	3 oz serving	130	0	230	2.00	0.36	20.0	3500	700	3.6	1.0	23.0	3.5	0.00
Fruit Choice	1/2 cup	62	0	4	1.80	0.16	8.2	120	20	7.5	0.36	15.56	0.12	0.02
Cookie Holiday	cookie 1 oz	100	15	0	0.00	1.44	0.0	0	0	0.0	2.0	13.0	3.0	1.50
Milk	1 CUP	117	7	166	0.00	0.00	280.9	511	102	2.45	8.17	18.89	0.9	0.64
Weighted Daily Average		662	72	1172	7.73	3.57	395.8	4301	851	51.20	30.03	104.42	13.60	4.19
% of Calories											18.1%	63.1%	18.5%	5.7%
Wed - 02/15/2012														
NORTHFIELD ELEMENTAR	Total													
Pasta w/Meatballs Elem	Serving	300	*40	859	*2.50	3.98	72.5	210	11	2.45	20.25	30.44	10.06	3.10
Broccoli	1/2 cup	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11	0.02
Bread Mini Garlic Toast Elem	Serving 1 p	110	0	160	0.00	0.72	20.0	200	40	0.0	2.0	12.0	6.0	1.00
Fruit Choice	1/2 cup	62	0	4	1.80	0.16	8.2	120	20	7.5	0.36	15.56	0.12	0.02
Milk	1 CUP	117	7	166	0.00	0.00	280.9	511	102	2.45	8.17	18.89	0.9	0.64
Weighted Daily Average		615	*47	1199	*7.06	5.42	412.0	1971	346	49.29	33.64	81.81	17.18	4.78
% of Calories											21.9%	53.2%	25.1%	7.0%
Thu - 02/16/2012														
NORTHFIELD ELEMENTAR	Total													
Chicken tenderloins, Tyson	2 each	280	50	580	1.00	1.80	0.0	0	0	0.0	20.0	17.0	14.0	2.50
Sauces Assorted	1 oz	23	0	336	0.14	0.28	11.9	250	50	0.0	0.67	4.24	0.62	0.03
Rice,brown	Servings	128	0	1	1.50	0.54	0.6	0	0	0.0	3.0	26.25	1.12	0.00
Vegetable Choice	.5 cup	44	0	26	2.70	0.61	18.9	3644	348	3.81	1.91	9.31	0.34	0.06
Fruit Choice	1/2 cup	62	0	4	1.80	0.16	8.2	120	20	7.5	0.36	15.56	0.12	0.02
Milk	1 CUP	117	7	166	0.00	0.00	280.9	511	102	2.45	8.17	18.89	0.9	0.64
Weighted Daily Average		653	57	1113	7.14	3.39	320.5	4525	520	13.76	34.11	91.25	17.10	3.25
% of Calories											20.9%	55.9%	23.6%	4.5%

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Fri - 02/17/2012														
NORTHFIELD ELEMENTAR	Total													
Beef Nachos w/Tostitos	Serving	307	*43	1087	*3.22	2.89	*72.7	373	75	*0.6	*17.93	26.72	*13.6	*4.24
Assorted Taco Toppings	serving	138	*20	355	*1.12	*0.82	*153.4	*709	*91	*6.02	*6.47	7.21	9.54	*4.52
Fiesta beans & rice	1/4 cup	81	0	48	2.05	0.83	17.4	67	13	0.68	2.68	16.07	0.66	0.13
Fruit Choice	1/2 cup	62	0	4	1.80	0.16	8.2	120	20	7.5	0.36	15.56	0.12	0.02
Milk	1 CUP	117	7	166	0.00	0.00	280.9	511	102	2.45	8.17	18.89	0.9	0.64
Weighted Daily Average		705	*70	1661	*8.19	*4.69	*532.6	*1781	*300	*17.25	*35.61	84.45	*24.81	*9.56
% of Calories											*20.2%	47.9%	*31.7%	*12.2%

Mon - 02/20/2012														
NORTHFIELD ELEMENTAR	Total													
Pasta Tortellini Cheese Elem	Serving	274	*32	346	*2.43	2.47	208.7	348	54	1.23	13.34	44.03	5.14	2.88
Vegetables Squash	Serving	109	0	46	3.41	0.59	35.9	5947	408	10.9	1.04	18.5	4.41	1.25
Breadsticks Whole Wheat 1.5oz	stick 1.5oz	110	0	220	1.00	1.08	20.0	0	0	3.6	4.0	21.0	1.0	0.00
Fruit Choice	1/2 cup	62	0	4	1.80	0.16	8.2	120	20	7.5	0.36	15.56	0.12	0.02
Milk	1 CUP	117	7	166	0.00	0.00	280.9	511	102	2.45	8.17	18.89	0.9	0.64
Weighted Daily Average		672	*40	783	*8.63	4.30	553.8	6926	584	25.68	26.91	117.98	11.57	4.80
% of Calories											16.0%	70.2%	15.5%	6.4%

Tue - 02/21/2012														
NORTHFIELD ELEMENTAR	Total													
Turkey & Gravy, White, Jennieo	serving	120	0	600	0.00	0.36	0.0	100	20	0.0	14.0	0.0	5.0	2.00
Potatoes Mashed	1/2 cup	79	0	222	1.45	0.26	16.1	33	7	21.86	1.88	14.46	1.06	0.30
Vegetable Choice	.5 cup	44	0	26	2.70	0.61	18.9	3644	348	3.81	1.91	9.31	0.34	0.06
Biscuit Petite	serving	120	0	310	0.00	0.72	0.0	0	0	0.0	2.0	13.0	6.0	1.50
HONEY,STR/EXTRACTED	Serving	43	0	1	0.03	0.06	0.8	0	0	0.07	0.04	11.54	0.0	0.00
Fruit Choice	1/2 cup	62	0	4	1.80	0.16	8.2	120	20	7.5	0.36	15.56	0.12	0.02
Milk	1 CUP	117	7	166	0.00	0.00	280.9	511	102	2.45	8.17	18.89	0.9	0.64
Weighted Daily Average		584	8	1328	5.97	2.17	325.0	4408	496	35.69	28.36	82.75	13.41	4.53
% of Calories											19.4%	56.6%	20.7%	7.0%

Wed - 02/22/2012														
NORTHFIELD ELEMENTAR	Total													
Macaroni & Cheese RF Land O La	servicing 4oz	193	20	654	0.67	0.96	400.2	534	107	0.0	10.67	21.35	7.34	4.00
POLLOCK NUGGETS,POTATO CRI	4 EACH	250	20	240	*N/A*	1.08	*N/A*	*N/A*	*N/A*	*N/A*	10.0	16.0	16.0	1.50
Vegetable Choice	.5 cup	44	0	26	2.70	0.61	18.9	3644	348	3.81	1.91	9.31	0.34	0.06
Fruit Choice	1/2 cup	62	0	4	1.80	0.16	8.2	120	20	7.5	0.36	15.56	0.12	0.02
Milk	1 CUP	117	7	166	0.00	0.00	280.9	511	102	2.45	8.17	18.89	0.9	0.64

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Northfield Public Schools

Jan 30, 2012 thru Mar 2, 2012 Spreadsheet - Portion Values

Jan 5, 2012

NORTHFIELD ELEMENTARY LUNCH

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		666	47	1090	*5.16	2.81	*708.3	*4809	*576	*13.76	31.12	81.10	24.69	6.22
% of Calories											18.7%	48.7%	33.4%	8.4%

Thu - 02/23/2012														
NORTHFIELD ELEMENTAR	Total													
Chicken Popcorn Teriyaki	Serving	147	30	725	0.18	1.62	43.5	152	30	2.75	13.32	17.24	3.55	1.01
Rice,brown	Servings	128	0	1	1.50	0.54	0.6	0	0	0.0	3.0	26.25	1.12	0.00
Vegetable Choice	.5 cup	44	0	26	2.70	0.61	18.9	3644	348	3.81	1.91	9.31	0.34	0.06
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01
Yogurt Cup Rasp Frozen 4 oz Ce	Serving 4oz	100	0	75	0.00	0.00	300.0	0	0	1.2	3.0	22.0	0.0	0.00
Milk	1 CUP	117	7	166	0.00	0.00	280.9	511	102	2.45	8.17	18.89	0.9	0.64
Weighted Daily Average		601	37	994	5.39	3.26	661.6	4355	482	19.66	29.86	110.64	6.07	1.72
% of Calories											19.9%	73.6%	9.1%	2.6%

Fri - 02/24/2012														
NORTHFIELD ELEMENTAR	Total													
Cheesebread, Garlic, Tony's	serving	330	20	580	2.00	2.70	350.0	400	80	0.0	19.0	33.0	13.0	4.00
Marinara Sauce	2 oz	22	0	216	0.90	0.49	18.0	135	27	4.05	0.9	4.5	0.45	0.00
Salad,Small Caesar	Serving	130	4	342	1.77	0.92	76.9	4128	130	1.92	3.57	11.44	7.97	2.04
Fruit Choice	1/2 cup	62	0	4	1.80	0.16	8.2	120	20	7.5	0.36	15.56	0.12	0.02
Milk	1 CUP	117	7	166	0.00	0.00	280.9	511	102	2.45	8.17	18.89	0.9	0.64
Weighted Daily Average		662	31	1308	6.47	4.26	734.0	5294	358	15.92	32.00	83.38	22.43	6.71
% of Calories											19.3%	50.4%	30.5%	9.1%

Mon - 02/27/2012														
NORTHFIELD ELEMENTAR	Total													
Sandwich Beef Mini Chrbroil	2 mini sand wich	300	30	480	2.00	2.88	40.0	0	0	*N/A*	14.0	32.0	14.0	5.00
Assorted Veggie Toppings	Serving	13	0	2	0.94	0.18	6.7	170	29	37.65	0.49	2.98	0.09	0.03
Ketchup/Mustard/Pickles	serving	36	0	884	0.14	*0.28	*11.9	*500	*100	*0.0	0.67	8.58	0.62	0.03
Potatoes,OR,SeasonedRussetRegC	serving (3oz)	110	0	330	2.00	0.72	0.0	0	0	9.0	2.0	22.0	1.5	0.00
Fruit Choice	1/2 cup	62	0	4	1.80	0.16	8.2	120	20	7.5	0.36	15.56	0.12	0.02
Milk	1 CUP	117	7	166	0.00	0.00	280.9	511	102	2.45	8.17	18.89	0.9	0.64
Weighted Daily Average		638	37	1866	6.87	*4.22	*347.7	*1302	*251	*56.60	25.70	100.00	17.22	5.72
% of Calories											16.1%	62.7%	24.3%	8.1%

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Northfield Public Schools
Jan 30, 2012 thru Mar 2, 2012 Spreadsheet - Portion Values
NORTHFIELD ELEMENTARY LUNCH

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/28/2012														
NORTHFIELD ELEMENTAR	Total													
Sandwich Grilled Chicken	sandwich	240	50	770	3.00	1.44	80.0	0	0	0.0	18.0	31.0	6.0	2.00
Assorted Veggie Toppings	Serving	13	0	2	0.94	0.18	6.7	170	29	37.65	0.49	2.98	0.09	0.03
Chips Baked Original Barrel O	bag	140	0	210	2.00	0.00	40.0	0	0	2.4	2.0	26.0	2.5	0.00
Vegetable Choice	.5 cup	44	0	26	2.70	0.61	18.9	3644	348	3.81	1.91	9.31	0.34	0.06
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00
Milk	1 CUP	117	7	166	0.00	0.00	280.9	511	102	2.45	8.17	18.89	0.9	0.64
Weighted Daily Average		625	57	1180	10.64	2.57	432.8	4325	479	47.19	30.81	107.21	9.86	2.73
% of Calories											19.7%	68.6%	14.2%	3.9%

Wed - 02/29/2012														
NORTHFIELD ELEMENTAR	Total													
Cece's Spicy Chicken	1 cup	465	107	1375	6.18	2.08	465.2	780	149	11.43	38.17	46.81	13.37	6.59
Black Bean & Corn Salsa	1/4 cup	78	*0	121	2.96	1.01	18.8	262	23	5.8	2.71	11.6	3.02	0.25
Fruit Choice	1/2 cup	62	0	4	1.80	0.16	8.2	120	20	7.5	0.36	15.56	0.12	0.02
Milk	1 CUP	117	7	166	0.00	0.00	280.9	511	102	2.45	8.17	18.89	0.9	0.64
Weighted Daily Average		723	*114	1667	10.93	3.25	773.1	1673	294	27.19	49.41	92.86	17.40	7.51
% of Calories											27.3%	51.4%	21.7%	9.4%

Thu - 03/01/2012														
NORTHFIELD ELEMENTAR	Total													
Beef,Rib Nibblers,Flame Broile	4 pieces	152	*N/A*	395	*N/A*	25.20	*N/A*	104	21	*N/A*	14.4	3.2	9.2	3.20
Potato Pancake Mini Babycake	Serving	150	0	440	2.00	0.36	0.0	0	0	4.8	1.0	17.0	9.0	1.50
Applesauce	1/2 cup	26	0	1	0.67	0.14	2.4	18	2	0.61	0.1	6.87	0.06	0.00
Carrot Coins	1/2 cup	27	0	43	2.41	0.39	25.6	12357	1292	1.68	0.42	5.64	0.5	0.09
Fruit Choice	1/2 cup	62	0	4	1.80	0.16	8.2	120	20	7.5	0.36	15.56	0.12	0.02
Milk	1 CUP	117	7	166	0.00	0.00	280.9	511	102	2.45	8.17	18.89	0.9	0.64
Bread Wheat Roll	roll	90	0	130	3.00	1.08	0.0	0	0	0.0	4.0	16.0	1.5	0.00
Weighted Daily Average		624	*7	1179	*9.88	27.33	*317.1	13111	1437	*17.04	28.46	83.16	21.27	5.46
% of Calories											18.3%	53.3%	30.7%	7.9%

Fri - 03/02/2012														
NORTHFIELD ELEMENTAR	Total													
Quesadilla Cheese	5 oz	340	5	910	3.00	0.36	300.0	750	150	0.0	15.0	41.0	13.0	4.00
Assorted Taco Toppings	serving	138	*20	355	*1.12	*0.82	*153.4	*709	*91	*6.02	*6.47	7.21	9.54	*4.52
Beans Vegetarian Refried,Allen	1/4 Cup	65	0	185	4.50	0.72	20.0	0	0	0.0	3.0	11.0	1.0	0.00
Fruit Choice	1/2 cup	62	0	4	1.80	0.16	8.2	120	20	7.5	0.36	15.56	0.12	0.02
Milk	1 CUP	117	7	166	0.00	0.00	280.9	511	102	2.45	8.17	18.89	0.9	0.64

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Northfield Public Schools

Jan 30, 2012 thru Mar 2, 2012 Spreadsheet - Portion Values

Jan 5, 2012

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NORTHFIELD ELEMENTARY LUNCH

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		722	*32	1621	*10.42	*2.05	*762.5	*2091	*362	*15.98	*33.01	93.66	24.55	*9.18
% of Calories											*18.3%	51.9%	30.6%	*11.4%

Weighted Average		659	*59	1369	*7.98	*4.71	*516.5	*4701	*781	*30.52	*31.51	92.95	*18.89	*6.03
											*19.1%	56.4%	*25.8%	*8.2%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	659		645	102%			
Cholesterol (mg)	59		200	30%	Missing		
Sodium (mg)	1369						
Fiber (g)	7.98				Missing		
Iron (mg)	4.71		3.30	143%	Missing		
Calcium (mg)	516.5		267.00	193%	Missing		
Vitamin A (IU)	4701		1055	446%	Missing		
Vitamin A (RE)	781		211	370%	Missing		
Vitamin C (mg)	30.52		15.00	203%	Missing		
Protein (g)	31.51	19.12%	8.87	355%	Missing		
Carbohydrate (g)	92.95	56.40%					
Total Fat (g)	18.89	25.79%	<=30.00%		Missing		
Saturated Fat (g)	6.03	8.23%	<10.00%		Missing		

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