

Northfield Public Schools

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

Jan 5, 2012

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NORTHFIELD SECONDARY 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 SECONDAR	Total													
Pizza Personal Pan Variety	Servings	398	*20	950	*2.18	*2.81	*201.6	*402	*78	*6.43	*13.64	47.19	17.83	*7.48
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		722	*37	1607	*6.11	*3.77	*518.8	*3255	*292	*54.98	*24.49	100.60	25.58	*9.38
% of Calories											*13.6%	55.7%	31.9%	*11.7%

Tue - 01/31/2012														
NORTHFIELD SECONDAR	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
Baked Beans	1/4 Cup	70	0	275	2.50	0.90	20.0	0	0	0.0	3.0	14.5	0.5	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		780	74	2454	9.59	*6.45	*451.3	*1294	*254	*15.95	38.40	108.08	24.36	7.82
% of Calories											19.7%	55.4%	28.1%	9.0%

Wed - 02/01/2012														
NORTHFIELD SECONDAR	Total													
Chicken Orange Stir FryCN 6943	Serving 4oz	240	15	390	0.00	0.18	0.0	*N/A*	*N/A*	3.0	*N/A*	40.0	6.0	1.50
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		665	25	1211	7.34	*1.49	*308.6	*4525	*520	*17.96	*15.04	140.03	*10.48	*2.72
% of Calories											*9.0%	84.3%	*14.2%	*3.7%

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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Northfield Public Schools

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NORTHFIELD SECONDARY 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)
Thu - 02/02/2012														
NORTHFIELD SECONDAR	Total													
Sandwich Philly Beef	sandwich	345	56	731	2.00	3.09	172.1	118	36	0.6	28.82	35.76	9.44	4.02
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
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
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
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		664	63	1276	9.14	4.17	493.5	13277	1479	52.28	40.27	93.83	14.04	4.80
% of Calories											24.3%	56.5%	19.0%	6.5%

Fri - 02/03/2012														
NORTHFIELD SECONDAR	Total													
TACO,BEEF:Soft Shell	2 EACH	389	50	578	3.15	3.77	213.7	662	109	7.1	19.77	39.82	16.46	6.80
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		835	*77	1433	*9.03	*6.21	*680.0	*2264	*344	*28.88	*38.48	103.83	30.50	*12.26
% of Calories											*18.4%	49.8%	32.9%	*13.2%

Mon - 02/06/2012														
NORTHFIELD SECONDAR	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 SECONDAR	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

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NORTHFIELD SECONDARY 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		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%

Wed - 02/08/2012														
NORTHFIELD SECONDAR	Total													
Cinnamon Glaz French Toast St	serv(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	serv(ing)	25	0	317	0.00	0.00	0.0	500	100	0.0	0.0	6.67	0.0	0.00
Yogurt	4 oz	100	0	75	0.00	0.00	300.0	0	0	1.2	3.0	22.0	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
Weighted Daily Average		724	312	1417	4.80	2.92	644.2	1736	343	15.55	28.54	107.12	20.01	6.16
% of Calories											15.8%	59.2%	24.9%	7.7%

Thu - 02/09/2012														
NORTHFIELD SECONDAR	Total													
CHICKEN FAJITAS	1 FAJITA	353	54	407	2.09	2.49	65.3	297	43	6.7	23.78	32.26	14.02	2.51
Assorted Taco Toppings	serv(ing)	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		736	*81	933	*6.99	*3.85	*510.3	*1802	*273	*25.56	*40.89	89.84	25.12	*7.77
% of Calories											*22.2%	48.8%	30.7%	*9.5%

Fri - 02/10/2012														
NORTHFIELD SECONDAR	Total													
Sloppy Joes (Gils)	1 Sandwich	272	32	826	4.08	3.17	108.0	294	59	*0.53	16.56	34.75	8.85	3.51
Ketchup/Mustard	serv(ing)	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
Cookie	cookie	132	5	96	1.01	0.73	0.0	101	20	0.0	1.01	17.21	6.08	3.04
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		834	45	1942	14.53	7.04	429.1	1627	321	*26.68	30.78	126.99	23.56	8.24
% of Calories											14.8%	60.9%	25.4%	8.9%

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NORTHFIELD SECONDARY 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 - 02/13/2012														
NORTHFIELD SECONDAR														
Pizza Big Daddys Harvest Chees	Total 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%

Tue - 02/14/2012														
NORTHFIELD SECONDAR														
Sandwich Grilled Chicken	Total 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 SECONDAR														
Pasta w/Meatballs Sec	Total Serving	350	*40	859	*2.75	4.34	72.5	210	11	2.45	22.0	40.44	10.31	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
Garlic Breadstick, Sec	1 stick	150	0	240	1.00	0.72	0.0	0	0	0.0	4.0	22.0	5.0	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		705	*47	1279	*8.31	5.78	392.0	1771	306	49.29	37.39	101.81	16.43	4.78
% of Calories											21.2%	57.8%	21.0%	6.1%

Thu - 02/16/2012														
NORTHFIELD SECONDAR														
Chicken tenderloins, Tyson	Total 3 each	420	75	870	1.50	2.70	0.0	0	0	0.0	30.0	25.5	21.0	3.75
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		793	82	1403	7.64	4.29	320.5	4525	520	13.76	44.11	99.75	24.10	4.50
% of Calories											22.2%	50.3%	27.3%	5.1%

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Fri - 02/17/2012														
NORTHFIELD SECONDAR	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	1/2 cup	162	0	97	4.10	1.65	34.7	135	27	1.36	5.35	32.15	1.32	0.27
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		786	*70	1709	*10.24	*5.51	*550.0	*1848	*314	*17.93	*38.29	100.52	*25.47	*9.69
% of Calories										*19.5%	51.2%	*29.2%	*11.1%	
Mon - 02/20/2012														
NORTHFIELD SECONDAR	Total													
Pasta Tortellini Cheese Sec	Serving	443	*49	912	*3.65	4.30	326.4	745	92	4.45	20.8	71.83	8.31	4.43
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		841	*56	1349	*9.85	6.13	671.5	7322	622	28.90	34.38	145.78	14.73	6.34
% of Calories										16.3%	69.3%	15.8%	6.8%	
Tue - 02/21/2012														
NORTHFIELD SECONDAR	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
Whole grain biscuit	serving	170	0	380	3.00	1.08	40.0	0	0	0.0	4.0	23.0	7.0	4.50
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		634	8	1398	8.97	2.53	365.0	4408	496	35.69	30.36	92.75	14.41	7.53
% of Calories										19.1%	58.5%	20.4%	10.7%	

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Northfield Public Schools

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

Jan 5, 2012

NORTHFIELD SECONDARY 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)
Wed - 02/22/2012														
NORTHFIELD SECONDAR	Total													
Macaroni & Cheese RF Land O La	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
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 SECONDAR	Total													
Spicy Chicken, AFS	2.85 oz	110	53	379	0.00	1.08	0.0	0	0	0.0	15.05	5.02	2.51	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
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		565	61	648	5.21	2.73	618.0	4203	451	16.91	31.59	98.41	5.02	1.71
% of Calories											22.4%	69.7%	8.0%	2.7%

Fri - 02/24/2012														
NORTHFIELD SECONDAR	Total													
Breadstick Cheese Filled	Serving 2sticks	360	20	580	6.00	1.44	600.0	600	120	4.0	22.0	58.0	5.0	3.00
Marinara Sauce	4 oz	45	0	432	1.80	0.97	36.0	270	54	8.1	1.8	9.0	0.9	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		715	31	1524	11.37	3.49	1002.0	5629	425	23.97	35.90	112.88	14.88	5.71
% of Calories											20.1%	63.2%	18.7%	7.2%

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Northfield Public Schools
Jan 30, 2012 thru Mar 2, 2012 Spreadsheet - Portion Values
NORTHFIELD SECONDARY 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 - 02/27/2012														
NORTHFIELD SECONDAR	Total													
Sandwich Beef Mini Chrbroil	2 mini sand w/ich	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
Cookie,CC,1 oz,BestMaid	1 oz	110	10	90	0.00	1.08	0.0	0	0	0.0	1.0	17.0	3.5	2.00
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		748	47	1956	6.87	*5.30	*347.7	*1302	*251	*56.60	26.70	117.00	20.72	7.72
% of Calories											14.3%	62.6%	24.9%	9.3%

Tue - 02/28/2012														
NORTHFIELD SECONDAR	Total													
Quiche Lorraine	Serving	217	297	227	0.06	1.44	118.0	530	181	0.0	16.3	6.52	14.06	6.00
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
Bread Dinner Roll,12 Grain,16o	Roll	100	0	190	1.00	0.72	20.0	0	0	0.0	3.0	20.0	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		628	314	1071	*4.06	2.95	448.5	3212	365	10.89	29.66	76.95	23.22	7.86
% of Calories											18.9%	49.0%	33.3%	11.3%

Wed - 02/29/2012														
NORTHFIELD SECONDAR	Total													
Chicken FC Sweet&Sour Lings	Serving 3.9 2oz	270	55	320	0.00	0.36	0.0	0	0	0.0	19.0	37.0	5.0	0.00
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
Fortune Cookie	cookie	27	0	2	0.00	0.00	0.0	0	0	0.0	0.5	6.5	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		722	65	1143	7.34	*1.67	*308.6	*4525	*520	*14.96	34.54	143.53	*9.48	*1.22
% of Calories											19.1%	79.5%	*11.8%	*1.5%

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Northfield Public Schools

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

NORTHFIELD SECONDARY 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)
Thu - 03/01/2012														
NORTHFIELD SECONDAR	Total													
Bratwurst or Hotdog	Sandwiches	302	36	880	2.00	1.62	85.0	0	0	0.0	11.5	23.0	18.0	6.75
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
SAUERKRAUT,CANNED	1/4 cup	7	0	235	1.03	0.52	10.7	6	1	5.22	0.32	1.52	0.05	0.01
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
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		665	44	2649	8.25	*3.31	*416.5	*13393	*1497	*14.76	22.19	81.51	29.13	9.02
% of Calories											13.3%	49.0%	39.4%	12.2%
Fri - 03/02/2012														
NORTHFIELD SECONDAR	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
Churros Pastry Stix	Serving 1/2 stk	80	7	57	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	11.0	3.5	0.75
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		802	*40	1678	*10.42	*2.05	*762.5	*2091	*362	*15.98	*34.01	104.66	28.05	*9.93
% of Calories											*17.0%	52.2%	31.5%	*11.1%
Weighted Average		716	*73	1446	*8.10	*4.06	*534.7	*5021	*654	*30.04	*32.77	104.40	*19.79	*6.58
											*18.3%	58.3%	*24.9%	*8.3%

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Northfield Public Schools

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

NORTHFIELD SECONDARY LUNCH

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Error Messages (if any)
Calories	716		819	87%			103									Correction Required - Calories are Low
Cholesterol (mg)	73		200	36%	Missing											
Sodium (mg)	1446				Missing											
Fiber (g)	8.10				Missing											
Iron (mg)	4.06		4.50	90%	Missing		0.44									Correction Required - Iron is Low
Calcium (mg)	534.7		400.00	134%	Missing											
Vitamin A (IU)	5021		1500	335%	Missing											
Vitamin A (RE)	654		300	218%	Missing											
Vitamin C (mg)	30.04		18.11	166%	Missing											
Protein (g)	32.77	18.29%	16.06	204%	Missing											
Carbohydrate (g)	104.40	58.29%														
Total Fat (g)	19.79	24.86%	<=30.00%		Missing											
Saturated Fat (g)	6.58	8.26%	<10.00%		Missing											

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