

Northfield Public Schools

Mar 5, 2012 thru Mar 30, 2012 Spreadsheet - Portion Values

NORTHFIELD ELEMENTARY LUNCH

Feb 20, 2012

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/05/2012														
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
Lettuce, Tomato	1 oz each	9	0	4	0.68	0.19	7.9	378	27	4.68	0.5	1.94	0.1	0.01
Potatoes Lams 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
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		729	74	2185	7.98	*5.94	*437.3	*1552	*262	*14.01	35.78	99.00	23.88	7.81
% of Calories											19.6%	54.3%	29.5%	9.6%

Tue - 03/06/2012														
NORTHFIELD ELEMENTAR	Total													
Pizza Fiestada Beef Pizza 5.3o	1 Each	340	30	780	3.00	2.70	250.0	500	100	0.0	9.0	42.0	12.0	5.00
Lettuce, Tomato	1 oz each	9	0	4	0.68	0.19	7.9	378	27	4.68	0.5	1.94	0.1	0.01
Black Bean & Corn Salsa	1/2 cup	157	*0	243	5.92	2.02	37.6	525	47	11.6	5.41	23.21	6.04	0.51
Apples Slices	1/2 CUP	58	0	2	2.80	0.14	6.0	62	0	5.21	0.29	15.66	0.2	0.05
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		681	*37	1195	12.40	5.05	582.4	1976	276	23.94	23.38	101.70	19.24	6.21
% of Calories											13.7%	59.7%	25.4%	8.2%

Wed - 03/07/2012														
NORTHFIELD ELEMENTAR	Total													
Breadstick Cheese Filled	Serving 2st icks	360	20	580	6.00	1.44	600.0	600	120	4.0	22.0	58.0	5.0	3.00
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
BANANAS	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11
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		720	31	1305	11.30	3.11	980.8	5438	387	21.21	35.74	115.89	14.65	5.80
% of Calories											19.8%	64.4%	18.3%	7.2%

Thu - 03/08/2012														
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
Potato Sweet Harvest Splendor	Serving 3oz	140	0	150	4.00	0.72	40.0	5503	1101	4.8	2.0	21.01	6.0	1.00
PEACHES: canned, light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	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

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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		628	57	1238	6.78	3.26	336.6	6708	1297	10.27	31.40	79.41	21.56	4.17
% of Calories											20.0%	50.5%	30.9%	6.0%

Fri - 03/09/2012														
NORTHFIELD ELEMENTAR	Total													
Macaroni & Cheese RF Land O La	4oz serving	193	20	654	0.67	0.96	400.2	534	107	0.0	10.67	21.35	7.34	4.00
Fish nuggets, Trident	4 pc serving	226	13	386	1.30	0.90	250.0	0	0	0.0	13.0	18.6	10.6	0.65
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
MIXED FRUIT: frozen,sweetened	1/2 CUP	123	0	4	2.38	0.35	8.8	403	40	93.75	1.78	30.29	0.23	0.03
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	40	1252	6.75	2.60	965.5	13804	1541	97.88	34.04	94.77	19.56	5.41
% of Calories											19.8%	55.2%	25.6%	7.1%

Mon - 03/12/2012														
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
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
Cheese Sauce,Mild Cheddar,Code	2oz serving	60	5	428	0.00	0.36	39.8	99	20	1.19	0.99	4.97	3.98	0.99
Veg Green Beans	1/2 cup	19	0	1	2.03	0.45	28.4	376	27	2.77	1.01	4.35	0.11	0.03
ORANGES HALVES	1/2 EACH	23	0	0	1.15	0.05	19.2	108	10	25.54	0.45	5.64	0.06	0.01
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		633	50	1825	8.79	4.19	499.5	1594	259	31.95	24.73	91.26	19.10	5.43
% of Calories											15.6%	57.7%	27.2%	7.7%

Tue - 03/13/2012														
NORTHFIELD ELEMENTAR	Total													
Pasta w/Meatsauce Elem	serving	303	*45	855	*1.87	3.64	49.5	255	20	*2.45	21.66	28.16	11.33	4.33
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
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
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	5	1.84	0.29	7.89	0.16	0.05
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		692	*56	1583	*5.06	5.77	433.8	4939	256	*12.26	37.69	87.37	21.36	7.06
% of Calories											21.8%	50.5%	27.8%	9.2%

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Wed - 03/14/2012														
NORTHFIELD ELEMENTAR	Total													
Pizza Brkfst Sausage 3x4 w/o E	Serving 3.2 oz	230	15	680	1.00	1.80	150.0	200	40	0.0	9.0	26.0	11.0	5.00
Potato,Hashbrown Stix,4.5oz Mc	1 stick	110	0	320	1.50	0.00	0.0	0	0	1.2	1.5	16.51	4.0	0.50
Ketchup	serving	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
BANANAS	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11
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	22	1559	5.13	2.06	736.0	1276	250	13.64	22.77	113.14	16.23	6.25
% of Calories										13.5%	67.3%	21.7%	8.4%	

Thu - 03/15/2012														
NORTHFIELD ELEMENTAR	Total													
Chicken, Tyson drumstick	serving	220	55	490	0.00	1.08	0.0	0	0	0.0	19.0	8.0	13.0	3.00
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
Vegetables Squash	Serving	109	0	46	3.41	0.59	35.9	5947	408	10.9	1.04	18.5	4.41	1.25
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
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
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		785	62	1454	6.11	2.95	320.1	6475	512	18.84	31.36	93.80	33.37	7.89
% of Calories										16.0%	47.8%	38.3%	9.1%	

Fri - 03/16/2012														
NORTHFIELD ELEMENTAR	Total													
Sandwich Grilled Cheese	Sandwich	320	30	1165	2.00	1.64	442.0	1340	268	0.0	18.0	30.0	18.0	8.00
Tomato Soup, Crackers Elem	1/2 Cup	103	0	567	1.09	0.51	4.2	500	100	6.0	2.29	22.23	0.27	0.06
Fresh Veggies and Dip	serving	75	9	347	*0.95	0.16	13.1	3660	618	12.86	0.57	9.14	4.09	0.46
Apples Slices	1/2 CUP	58	0	2	2.80	0.14	6.0	62	0	5.21	0.29	15.66	0.2	0.05
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		673	46	2247	*6.84	2.45	746.2	6073	1089	26.52	29.33	95.92	23.45	9.20
% of Calories										17.4%	57.0%	31.3%	12.3%	

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Mon - 03/26/2012														
NORTHFIELD ELEMENTAR	Total													
Pasta w/Alfredo & Chicken Elem	1/2 cup	353	71	981	5.50	*1.33	*6.1	*36	*7	*0.4	18.03	26.61	18.52	8.81
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 Wheat Roll	roll	90	0	130	3.00	1.08	0.0	0	0	0.0	4.0	16.0	1.5	0.00
ORANGES HALVES	1/2 EACH	23	0	0	1.15	0.05	19.2	108	10	25.54	0.45	5.64	0.06	0.01
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		609	78	1287	12.41	*3.02	*336.6	*1585	*293	*65.29	33.50	72.06	21.08	9.48
% of Calories											22.0%	47.4%	31.2%	14.0%

Tue - 03/27/2012														
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
Brown Rice	1/2 cup	109	0	1	1.76	0.52	9.8	0	0	0.0	2.26	22.92	0.81	0.16
Veg ORIENTAL VEGETABLES	1/2 Cup	17	0	10	1.33	0.17	11.3	155	31	8.33	0.67	2.67	0.0	0.00
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
Apples Slices	1/2 CUP	58	0	2	2.80	0.14	6.0	62	0	5.21	0.29	15.66	0.2	0.05
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		523	40	1528	7.40	*2.44	*351.5	*1130	*214	*19.94	26.31	107.41	*7.46	*2.35
% of Calories											20.1%	82.1%	*12.8%	*4.0%

Wed - 03/28/2012														
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
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 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
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
BANANAS	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11
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		708	37	1846	11.27	3.43	417.9	4576	910	14.84	23.94	106.54	21.35	6.78
% of Calories											13.5%	60.2%	27.1%	8.6%

Thu - 03/29/2012														
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
Veg Green Beans	1/2 cup	19	0	1	2.03	0.45	28.4	376	27	2.77	1.01	4.35	0.11	0.03
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
PEACHES: canned,light syrup	1/2 CUP	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	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

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Weighted Daily Average		493	8	1125	8.11	2.60	329.2	1464	200	30.09	29.62	71.96	8.61	2.97
% of Calories											24.0%	58.4%	15.7%	5.4%

Fri - 03/30/2012														
NORTHFIELD ELEMENTAR														
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
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
Carrots and dip	Serving	55	4	198	1.79	0.27	50.2	10277	1720	4.03	1.47	8.85	1.76	0.47
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		592	40	993	8.98	4.08	650.0	27848	5222	44.25	31.28	89.61	13.29	4.75
% of Calories											21.1%	60.5%	20.2%	7.2%

Weighted Average		655	*45	1508	*8.35	*3.53	*541.6	*5763	*864	*29.66	30.06	94.66	*18.95	*6.10
											18.4%	57.8%	*26.0%	*8.4%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	655		645	102%			
Cholesterol (mg)	45		200	23%	Missing		
Sodium (mg)	1508						
Fiber (g)	8.35				Missing		
Iron (mg)	3.53		3.30	107%	Missing		
Calcium (mg)	541.6		267.00	203%	Missing		
Vitamin A (IU)	5763		1055	546%	Missing		
Vitamin A (RE)	864		211	410%	Missing		
Vitamin C (mg)	29.66		15.00	198%	Missing		
Protein (g)	30.06	18.35%	8.87	339%			
Carbohydrate (g)	94.66	57.80%					
Total Fat (g)	18.95	26.03%	<=30.00%		Missing		
Saturated Fat (g)	6.10	8.39%	<10.00%		Missing		

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