

Northfield Public Schools
Mar 5, 2012 thru Mar 30, 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 - 03/05/2012														
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
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 SECONDAR	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 SECONDAR	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 SECONDAR	Total													
Chicken tenderloins, Tyson	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
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 SECONDARY LUNCH

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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		768	82	1528	7.28	4.16	336.6	6708	1297	10.27	41.40	87.91	28.56	5.42
% of Calories											21.6%	45.8%	33.4%	6.3%

Fri - 03/09/2012														
NORTHFIELD SECONDAR														
	Total													
Macaroni & Cheese	serving 6 oz	350	65	901	1.00	1.80	*N/A*	*N/A*	*N/A*	*N/A*	16.01	22.01	22.01	13.01
Fish nuggets, Trident	serving(4 pc	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		843	85	1499	7.08	3.44	*565.2	*13271	*1434	*97.88	39.38	95.43	34.23	14.42
% of Calories											18.7%	45.3%	36.5%	15.4%

Mon - 03/12/2012														
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
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
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	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		620	63	1229	7.24	3.72	498.1	1015	187	94.17	40.39	83.91	13.54	4.71
% of Calories											26.0%	54.1%	19.6%	6.8%

Tue - 03/13/2012														
NORTHFIELD SECONDAR														
	Total													
Pasta w/Meatballs Sec	Serving	350	*40	859	*2.75	4.34	72.5	210	11	2.45	22.0	40.44	10.31	3.10
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		739	*51	1587	*5.94	6.47	456.7	4894	247	12.26	38.03	99.65	20.34	5.84
% of Calories											20.6%	54.0%	24.8%	7.1%

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Wed - 03/14/2012														
NORTHFIELD SECONDAR	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 Parfait	serving	178	6	78	2.55	0.68	206.1	77	20	3.18	7.44	32.51	2.72	1.08
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		751	28	1562	7.68	2.75	642.1	1353	270	15.62	27.21	123.64	18.96	7.33
% of Calories										14.5%	65.9%	22.7%	8.8%	

Thu - 03/15/2012														
NORTHFIELD SECONDAR	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
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
Vegetables Squash	Serving	109	0	46	3.41	0.59	35.9	5947	408	10.9	1.04	18.5	4.41	1.25
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
Sherbert	1/2 cup	120	5	35	0.00	0.36	20.0	0	0	60.0	0.0	27.0	1.5	1.00
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		621	62	1022	7.76	2.73	427.2	6854	539	78.64	27.82	104.21	12.97	4.91
% of Calories										17.9%	67.1%	18.8%	7.1%	

Fri - 03/16/2012														
NORTHFIELD SECONDAR	Total													
Pizza,Flatbread,UltimateCheese	Portion 5.9 5oz	370	15	500	5.00	0.54	350.0	500	100	0.0	21.0	50.0	10.0	4.00
Tomato Soup and Crackers Sec	Serving 6 o	148	0	834	1.59	0.69	5.7	750	150	9.0	3.29	32.23	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		768	31	1849	*10.34	1.53	655.7	5483	971	29.52	33.33	125.92	15.45	5.20
% of Calories										17.3%	65.5%	18.1%	6.1%	

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Mon - 03/26/2012														
NORTHFIELD SECONDAR	Total													
Pasta w/Alfredo & Chicken Sec	1 serving	403	71	981	5.75	*1.69	*6.1	*36	*7	*0.4	19.78	36.61	18.77	8.81
Broccoli	1 cup	52	0	20	5.52	1.12	60.7	1860	348	73.78	5.7	9.84	0.22	0.03
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
PEACHES: canned,light syrup	1 CUP	136	0	13	3.26	0.90	7.5	889	88	6.02	1.13	36.52	0.08	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		817	78	1400	15.53	*4.79	*375.3	*3296	*545	*86.27	38.78	122.86	20.96	9.48
% of Calories											19.0%	60.1%	23.1%	10.4%

Tue - 03/27/2012														
NORTHFIELD SECONDAR	Total													
Orange Chicken, Tyson	1 serving(2.8 5oz)	220	50	490	0.00	1.08	20.0	100	20	4.8	19.0	21.0	6.0	2.00
Brown Rice	1 cup	218	0	2	3.51	1.03	19.5	0	0	0.0	4.52	45.84	1.62	0.32
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	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		705	60	1294	8.98	*2.42	*337.7	*1078	*203	*21.99	34.25	134.09	*10.72	*3.51
% of Calories											19.4%	76.1%	*13.7%	*4.5%

Wed - 03/28/2012														
NORTHFIELD SECONDAR	Total													
Beef Nachos w/Tostitos	1 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	1 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	1/2 Cup	130	0	370	9.00	1.44	40.0	0	0	0.0	6.0	22.0	2.0	0.00
ORANGES	1 EACH	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	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		738	*70	1978	*15.64	*5.24	*585.4	*1809	*287	*60.15	*39.47	86.10	*26.15	*9.42
% of Calories											*21.4%	46.7%	*31.9%	*11.5%

Thu - 03/29/2012														
NORTHFIELD SECONDAR	Total													
Turkey & Gravy, White, Jennieo	1 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 cup	158	0	443	2.90	0.52	32.2	65	13	43.73	3.75	28.92	2.12	0.60
Veg Green Beans	1 cup	38	0	1	4.05	0.89	56.7	752	54	5.54	2.01	8.71	0.23	0.05
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 CUP	136	0	13	3.26	0.90	7.5	889	88	6.02	1.13	36.52	0.08	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 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		659	8	1353	13.21	3.76	377.4	2317	277	57.74	33.06	109.04	9.82	3.30
% of Calories											20.1%	66.2%	13.4%	4.5%

Fri - 03/30/2012														
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
Broccoli	1 cup	52	0	20	5.52	1.12	60.7	1860	348	73.78	5.7	9.84	0.22	0.03
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
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
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		749	44	1345	13.51	5.56	757.3	32906	5526	83.06	37.70	105.96	21.37	6.81
% of Calories											20.1%	56.6%	25.7%	8.2%

Weighted Average		727	*54	1489	*10.12	*4.04	*534.4	*5997	*847	*47.11	*35.05	106.36	*19.39	*6.68
											*19.3%	58.5%	*24.0%	*8.3%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	727		819	89%		92	Correction Required - Calories are Low
Cholesterol (mg)	54		200	27%	Missing		
Sodium (mg)	1489						
Fiber (g)	10.12				Missing		
Iron (mg)	4.04		4.50	90%	Missing	0.46	
Calcium (mg)	534.4		400.00	134%	Missing		
Vitamin A (IU)	5997		1500	400%	Missing		
Vitamin A (RE)	847		300	282%	Missing		
Vitamin C (mg)	47.11		18.11	260%	Missing		
Protein (g)	35.05	19.28%	16.06	218%	Missing		
Carbohydrate (g)	106.36	58.49%					
Total Fat (g)	19.39	23.99%	<=30.00%		Missing		
Saturated Fat (g)	6.68	8.26%	<10.00%		Missing		

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