

ES-Fall Nutrient Profile

Dec 5, 2011 thru Jan 6, 2012 Spreadsheet - Portion Values

Oct 21, 2012

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Ohio Department of Education

	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)	Tr-Fat ¹ (g)
Mon - 12/05/2011															
Ohio Department of Education	Total														
Hamburger on W/G Bun	1 EACH	295	41	511	2.73	2.65	58.4	76	9	0.26	21.58	30.07	10.51	3.60	*0.00
APPLE SLICES FRESH: ODE	PACKAGE	30	0	0	1.00	0.00	20.0	0	0	21.0	0.0	7.0	0.0	0.00	0.00
LETTUCE & TOMATO: 1 leaf, 1 slice	1 lf, 1 slc	6	0	3	0.42	0.12	4.7	242	17	3.16	0.31	1.22	0.06	0.01	*N/A*
Potato Rounds, Frzn, Ohio Comm	.5 CUP	120	0	260	2.00	0.36	0.0	0	0	1.2	2.0	14.0	6.0	1.00	0.00
Baked Beans, Low Sodium USDA	.25 CUP	59	0	70	2.60	0.76	21.5	68	14	0.0	3.02	13.42	0.23	0.04	0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
ketchup, packets	2 each	20	0	210	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average		648	43	1214	8.75	*3.88	*363.5	*877	*138	*26.08	34.91	92.94	17.18	4.88	*0.00
% of Calories											21.5%	57.3%	23.8%	6.8%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	43%		175%										
Shortfall			57												

Tue - 12/06/2011															
Ohio Department of Education	Total														
SweetSesameChicStirFry, -ES**	3/4 Cup	142	53	236	2.10	2.59	22.9	9051	1357	3.23	18.59	11.55	2.64	0.70	*0.00
Asian Brown Rice ODE	1/2 cup	172	0	144	1.41	0.70	12.2	0	0	0.0	3.8	36.02	1.19	0.24	*0.00
APRICOTS: canned, light syrup	.5 CUP	80	0	5	2.02	0.49	13.9	1672	167	3.42	0.67	20.86	0.06	0.00	*N/A*
California Casserole, ODE***	3/4 cup	101	0	256	3.02	0.35	23.3	966	192	17.89	2.31	13.42	4.0	0.72	*0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
FORTUNE COOKIE	Piece	27	0	2	0.00	0.00	0.0	0	0	0.0	0.5	6.5	0.0	0.00	*N/A*
Weighted Daily Average		639	55	804	8.55	*4.13	*331.1	*12180	*1814	*24.99	33.87	109.57	8.26	1.89	*0.00
% of Calories											21.2%	68.5%	11.6%	2.7%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	55%		171%										
Shortfall			45												

Wed - 12/07/2011															
Ohio Department of Education	Total														
Breadstick, Cheese-Pepp ODE Co	2 Each	260	20	440	2.00	1.80	150.0	200	40	0.0	12.0	36.0	8.0	3.50	0.00
Marinara Sauce, Ohio Processed	.5 CUP	70	0	550	2.00	1.08	40.0	750	150	12.0	2.0	11.0	2.5	0.00	0.00
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	*N/A*
Spinach Strawberry Salad-ODE	1.5 Cup	85	0	62	3.39	2.50	87.7	7681	663	60.81	2.76	17.45	1.62	0.23	*0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00

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)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		604	22	1219	9.39	*5.73	*542.9	*9123	*951	*74.15	25.00	104.72	12.53	3.95	*0.00
% of Calories											16.6%	69.3%	18.7%	5.9%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	22%		188%										
Shortfall			78												

Thu - 12/08/2011															
Ohio Department of Education	Total														
Walking Taco Mixture ODE*	1 EACH	218	53	527	3.23	2.44	342.8	1405	216	13.94	22.72	8.61	10.7	5.41	0.00
Peaches in Tropical Gelatin	SERVING	70	0	20	1.00	0.00	0.0	200	40	60.0	0.0	16.0	0.0	0.00	0.00
SALSA, COWBOY	3/4 CUP	90	0	81	5.32	1.67	36.9	270	34	7.72	4.67	17.22	0.95	0.13	*0.00
Tortilla Chip, Scoop, Tostitid	1 EACH	110	0	110	0.00	0.78	100.0	0	0	0.0	2.0	19.0	2.5	0.00	0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		606	55	898	9.55	*4.89	*738.5	*2367	*388	*82.11	37.39	82.06	14.53	5.76	*0.00
% of Calories											24.7%	54.2%	21.6%	8.6%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	55%		191%										
Shortfall			45												

Fri - 12/09/2011															
Ohio Department of Education	Total														
Chicken Nuggets, ODE	SERVING	170	44	405	0.00	1.00	14.0	74	15	1.0	15.0	10.0	8.0	1.00	0.00
Sweet Potato Fries, ODE**	SERVING	130	0	200	3.00	0.36	20.0	5000	1000	9.6	0.0	24.0	3.5	0.50	0.00
Green Beans and Carrots	.5 Cup	32	0	34	2.20	0.49	30.3	6299	1261	2.26	0.74	5.0	1.26	0.21	*0.00
PINEAPPLE CHUNKS:canned,ltsyr	.5 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
BBQ Sauce, Dip Cup, 1 oz	1 EACH	50	0	239	1.00	0.18	0.0	200	40	0.6	0.0	11.0	1.0	0.00	0.00
ROLLS DINNER WHOLE GRAIN	1 EACH	74	0	112	2.10	0.68	29.7	0	0	0.0	2.44	14.31	1.32	0.23	*N/A*
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		640	46	1152	9.31	*3.20	*370.5	*12112	*2415	*23.36	26.63	102.48	15.59	2.18	*0.00
% of Calories											16.7%	64.1%	21.9%	3.1%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	46%		186%										
Shortfall			54												

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Mon - 12/12/2011															
Ohio Department of Education	Total														
Chicken Patty, Grilled on Bun	1 each	300	45	640	2.00	1.82	60.0	100	20	0.0	18.0	30.0	12.6	3.00	0.00
PEARS: canned,light syrup	.5 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
Baked Beans, Low Sodium USDA	.5 CUP	119	0	140	5.19	1.51	43.0	137	27	0.0	6.03	26.85	0.47	0.09	0.00
LETTUCE & TOMATO:1 leaf,1 slice	1 lf,1 slc	6	0	3	0.42	0.12	4.7	242	17	3.16	0.31	1.22	0.06	0.01	*N/A*
MAYONNAISE,LoFat,No Cholester	.5 TBSP	23	0	65	0.00	0.00	0.0	0	0	0.0	0.0	1.0	2.0	0.25	0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		637	47	1014	9.62	*3.80	*372.9	*970	*163	*4.49	32.58	99.33	15.54	3.57	*0.00
% of Calories											20.5%	62.4%	22.0%	5.0%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	47%		192%										
Shortfall			53												

Tue - 12/13/2011															
Ohio Department of Education	Total														
Hatton Chicken Crunch, HS**	Serving	274	28	1174	2.77	3.09	72.6	7068	860	47.7	15.04	29.18	11.65	3.23	*0.00
PEACHES, Single serve, frozen	1/2 cup	118	0	8	2.20	0.46	4.0	354	71	117.55	0.79	29.9	0.16	0.01	0.00
Brown Rice ODE	1/2 cup	128	0	12	1.13	0.48	10.3	36	7	0.0	2.59	25.17	1.76	0.34	*0.15
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		638	31	1355	6.09	*4.03	*345.8	*7949	*1036	*165.71	26.41	105.46	13.93	3.80	*0.15
% of Calories											16.6%	66.2%	19.7%	5.4%	*0.2%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	31%		122%										
Shortfall			69												

Wed - 12/14/2011															
Ohio Department of Education	Total														
ROTINI AND MEAT SAUCE ODE-ES**	1 CUP	254	55	306	4.69	2.99	68.7	651	157	19.0	19.0	29.53	9.38	3.37	*0.50
Cheese, Parmesan, grated	3 TSP	38	8	150	0.00	0.06	93.0	47	9	0.0	3.0	0.0	2.25	1.50	*N/A*
Apricots, Froz, Slice,SS 4.5oz	1 EACH	118	0	5	2.70	1.09	12.0	2033	407	10.9	0.85	30.37	0.12	0.01	0.00
Salad, Tossed, Side - *ODE	1-1/4 Cup	16	0	20	1.37	0.78	30.7	4936	612	19.48	1.25	3.42	0.1	0.02	*0.00
Ranch Dressing, Red Fat	2 TBSP	59	5	336	0.33	0.21	12.0	20	4	0.18	0.38	6.4	3.73	0.38	0.02
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00

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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)	Tr-Fat ¹ (g)
Weighted Daily Average		602	70	978	9.09	*5.13	*475.3	*8178	*1287	*50.02	32.48	90.94	15.95	5.50	*0.52
% of Calories											21.6%	60.5%	23.9%	8.2%	*0.8%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	70%		182%										
Shortfall			30												

Thu - 12/15/2011															
Ohio Department of Education	Total														
Beef and Refried Bean Burrito	1 Burrito	392	59	892	10.40	4.95	417.8	964	128	11.48	28.15	40.22	13.55	5.57	0.00
TANGERINES, FRESH	1 EACH	47	0	2	1.58	0.13	32.6	599	81	23.5	0.71	11.74	0.27	0.03	*N/A*
CORN, YLW, WHL KRNL, FRZ, C OMM	.5 CUP	66	0	1	2.00	0.39	2.0	163	33	2.9	2.09	15.83	0.55	0.08	0.00
Salsa, Low Na, Canned ODE	.25 CUP	23	0	70	0.85	1.40	7.5	343	69	2.5	0.94	4.37	0.13	0.02	0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		645	61	1125	14.84	*6.87	*718.8	*2561	*408	*40.84	39.89	93.38	14.87	5.93	*0.00
% of Calories											24.7%	57.9%	20.8%	8.3%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	61%		297%										
Shortfall			39												

Fri - 12/16/2011															
Ohio Department of Education	Total														
Grilled Cheese, ODE	Sandwich	244	23	856	3.85	1.30	357.3	456	91	0.05	17.58	25.57	8.27	4.25	0.00
GRAPES, FRESH: ODE	.5 Cup	60	0	10	0.67	0.00	13.3	67	13	0.8	0.0	15.33	0.0	0.00	0.00
CARROTS, COOKED FROM FROZEN, S	.5 CUP	27	0	43	2.40	0.39	26.0	12137	2427	1.7	0.42	5.64	0.5	0.09	0.00
Fries waffle cut seasoned	.5 cup	170	0	490	2.00	0.72	0.0	0	0	1.2	2.0	21.0	9.0	1.00	0.00
ketchup, packets	1 each	10	0	105	0.00	0.00	0.0	0	0	0.0	0.0	3.0	0.0	0.00	0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		629	25	1665	8.92	*2.41	*655.5	*13151	*2630	*4.21	28.00	91.78	18.14	5.56	0.00
% of Calories											17.8%	58.4%	26.0%	8.0%	0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	25%		178%										
Shortfall			75												

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Mon - 12/19/2011															
Ohio Department of Education	Total														
Macaroni and Cheese-RF	6 oz	274	37	771	0.00	1.70	375.9	502	340	1.7	15.31	28.92	11.91	6.46	0.00
FRUIT SALAD: canned,lt syrup	1/2 CUP	73	0	8	1.26	0.37	8.8	541	54	3.15	0.43	19.08	0.09	0.01	*N/A*
Carrots, Baby with Hummus**	1 Each	132	0	299	6.16	2.26	50.6	11747	1278	2.21	5.4	15.8	6.01	0.90	*N/A*
GREENBEANS:ODE	1/2 CUP	19	0	6	2.00	0.59	33.0	376	75	2.8	1.01	4.36	0.11	0.03	*0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		616	40	1244	9.42	*4.92	*727.2	*13656	*1846	*10.32	30.15	89.37	18.49	7.63	*0.00
% of Calories											19.6%	58.1%	27.0%	11.1%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	40%		188%										
Shortfall			60											OVER	
Tue - 12/20/2011															
Ohio Department of Education	Total														
Chicken Broccoli Bowl, ODE	SERVING	400	28	1065	6.98	3.73	62.4	989	186	37.38	21.3	57.06	11.62	3.25	*0.00
APPLESAUCE CUP:ODE	1 Each	70	0	15	1.99	0.00	0.0	0	0	59.79	0.0	15.94	0.0	0.00	0.00
VEGETABLE BLEND-California	1/2 CUP	44	5	23	1.84	0.02	19.3	738	154	18.55	1.87	4.67	1.85	1.17	*0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		632	35	1264	10.82	*3.75	*340.6	*2219	*438	*116.17	31.17	98.90	13.83	4.64	*0.00
% of Calories											19.7%	62.6%	19.7%	6.6%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	35%		216%										
Shortfall			65												
Wed - 12/21/2011															
Ohio Department of Education	Total														
PIZZA, W/GRAIN:ODE**2 oz crust	1 each	350	35	540	4.00	1.80	350.0	400	7	0.0	18.0	36.0	15.0	7.00	0.00
Pear and Cherry Jello	1 Each	80	0	50	1.00	0.00	0.0	200	40	18.0	0.0	21.0	0.0	0.00	0.00
Salad, Tossed, Side - *ODE	1-1/4 Cup	16	0	20	1.37	0.78	30.7	4936	612	19.48	1.25	3.42	0.1	0.02	*0.00
RANCH DRSNG,RED FA	2 TBSP	59	5	336	0.33	0.21	12.0	20	4	0.18	0.38	6.4	3.73	0.38	0.02
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		622	42	1107	6.70	*2.79	*651.6	*6048	*761	*38.12	27.63	88.04	19.20	7.62	*0.02
% of Calories											17.8%	56.6%	27.8%	11.0%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	42%		134%										
Shortfall			58											OVER	

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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)	Tr-Fat ¹ (g)
Thu - 12/22/2011															
Ohio Department of Education	Total														
Quirky Quesadillas, ODE	1 Quesadill	378	44	837	10.95	4.21	423.3	504	68	10.39	25.43	42.84	11.87	5.32	*0.00
ORANGES	1 EACH	62	0	0	3.14	0.13	52.4	295	28	69.69	1.23	15.39	0.16	0.03	*N/A*
MEXICALI CORN-Low Sodium Milk Variety, ODE	1/2 CUP	79	0	145	1.78	0.79	8.1	322	51	16.73	2.1	14.51	2.6	0.50	*0.00
	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		637	46	1143	15.88	*5.13	*742.7	*1613	*245	*97.26	36.76	93.97	15.00	6.06	*0.00
% of Calories											23.1%	59.0%	21.2%	8.6%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	46%		318%										
Shortfall			54												

Fri - 12/23/2011															
Ohio Department of Education	Total														
Hamburger on W/G Bun	1 EACH	295	41	511	2.73	2.65	58.4	76	9	0.26	21.58	30.07	10.51	3.60	*0.00
ketchup, packets	2 each	20	0	210	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
PEACHES, CND, LGHT SYP, Com mod	.5 CUP	68	0	6	1.60	0.45	4.0	23	5	3.0	0.55	18.26	0.04	0.00	0.00
SWEET POTATOES PUFFS:ODE	3 OZ	130	0	230	2.00	0.36	20.0	3500	70	3.6	1.0	23.0	4.0	0.00	0.00
LETTUCE & TOMATO: 1leaf, 1 slice	1 lf, 1slc	8	0	3	0.83	0.33	11.2	2605	85	3.86	0.52	1.7	0.12	0.02	*N/A*
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		640	43	1120	7.16	*3.79	*352.5	*6695	*267	*11.18	31.66	100.25	15.05	3.84	*0.00
% of Calories											19.8%	62.7%	21.2%	5.4%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	43%		143%										
Shortfall			57												

Mon - 12/26/2011															
Ohio Department of Education	Total														
Chicken BBQ Sandwich*	1 EACH	281	43	715	2.97	3.03	76.0	554	111	3.89	19.6	44.54	4.42	0.88	0.00
GRAPEFRUIT SECTIONS:cnd,juic	1/2 CUP	46	0	9	0.50	0.26	18.7	0	0	42.21	0.87	11.47	0.11	0.01	*N/A*
Broccoli Florets, Lemon	1/2 CUP	44	0	28	3.12	0.56	32.9	1143	79	40.1	3.17	5.51	1.84	0.30	*0.00
POTATO WEDGES 8 Cut Ohio Pro	.5 CUP	100	0	20	2.00	0.36	0.0	0	0	2.4	2.0	14.0	4.0	1.00	0.00
ketchup, packets	2 each	20	0	210	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00

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ES-Fall Nutrient Profile

Dec 5, 2011 thru Jan 6, 2012 Spreadsheet - Portion Values

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Ohio Department of Education

	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)	Tr-Fat ¹ (g)
Weighted Daily Average		610	45	1143	8.59	*4.21	*386.4	*2188	*288	*89.06	33.64	102.75	10.75	2.41	*0.00
% of Calories											22.1%	67.4%	15.9%	3.6%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	45%		172%										
Shortfall			55												

Tue - 12/27/2011															
Ohio Department of Education	Total														
CHICKEN, TERIYAKI	SERVING	150	45	410	0.00	1.08	0.0	0	0	0.0	14.98	13.98	4.0	1.00	0.00
Veggies G/R and Hummus	Serving	125	0	268	5.19	2.08	45.0	657	15	19.92	6.06	13.59	6.0	0.91	*0.00
RICE, BROWN, QUICK: ODE	1/2 cup	109	0	13	0.99	0.42	9.2	32	7	0.0	2.27	22.02	1.18	0.26	*0.00
APPLE SLICES FRESH: ODE	PACKAGE	30	0	0	1.00	0.00	20.0	0	0	21.0	0.0	7.0	0.0	0.00	0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
COOKIE CHOC CHIP W/G OTIS: DCS	1 Each	110	5	70	1.00	0.72	0.0	0	0	0.0	1.0	19.0	3.5	1.00	0.00
Weighted Daily Average		641	52	921	8.18	*4.30	*333.0	*1181	*120	*41.38	32.31	96.81	15.05	3.39	*0.00
% of Calories											20.1%	60.4%	21.1%	4.8%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	52%		164%										
Shortfall			48												

Wed - 12/28/2011															
Ohio Department of Education	Total														
Meatball Sub- Mini	1 EACH	290	26	848	3.50	2.62	178.5	477	95	6.5	15.5	37.0	9.75	3.55	0.30
BANANA, FRESH	.5 EACH	45	0	1	1.31	0.13	2.5	32	4	4.39	0.55	11.53	0.17	0.06	*N/A*
Marinara Sauce, Ohio Processed	1/4 CUP	35	0	275	1.00	0.54	20.0	375	75	6.0	1.0	5.5	1.25	0.00	0.00
Bean and Corn Salad**	1/2 Cup	153	0	74	3.30	0.99	28.0	453	78	17.5	3.44	24.02	4.92	0.72	*0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		642	28	1358	9.12	*4.28	*487.9	*1828	*350	*34.85	28.49	99.28	16.45	4.54	*0.30
% of Calories											17.8%	61.9%	23.1%	6.4%	*0.4%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	28%		182%										
Shortfall			72												

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ES-Fall Nutrient Profile

Dec 5, 2011 thru Jan 6, 2012 Spreadsheet - Portion Values

Oct 21, 2012

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Ohio Department of Education

	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)	Tr-Fat ¹ (g)
Thu - 12/29/2011															
Ohio Department of Education	Total														
Taco Salad, ES*	Serving	166	34	359	2.85	1.70	297.3	3605	125	18.55	15.72	9.15	8.0	4.24	0.00
MANDARIN ORANGES, CND, LT S	.5 CUP	75	0	7	1.42	0.44	9.5	1533	307	23.23	0.64	19.03	0.17	0.01	*N/A*
YRUP,															
Salsa, Low Na, Canned ODE	1/4 CUP	23	0	70	0.85	1.40	7.5	343	69	2.5	0.94	4.37	0.13	0.02	0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
RANCH DRSNG, RED FA	2 TBSP	59	5	336	0.33	0.21	12.0	20	4	0.18	0.38	6.4	3.73	0.38	0.02
Tortilla Chips - BOF	bag	200	0	160	2.00	0.72	60.0	100	20	0.0	3.0	29.0	11.0	1.00	0.00
Weighted Daily Average		640	41	1092	7.45	*4.46	*645.2	*6093	*623	*44.91	28.67	89.17	23.39	5.87	*0.02
% of Calories											17.9%	55.8%	32.9%	8.3%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	41%		149%										
Shortfall			59										OVER		

Fri - 12/30/2011															
Ohio Department of Education	Total														
TURKEY W/ GRAVY- JTM	SERVING	153	52	796	0.00	1.00	12.0	200	40	0.0	21.0	5.0	5.0	1.00	0.00
Strawberry Cups	SERVING	122	0	4	2.39	0.75	14.0	31	6	52.62	0.68	32.94	0.17	0.01	0.00
Mashed Potatoes-Lo NA, Ohio Co	1/2 CUP	64	0	24	1.20	0.72	0.0	401	80	7.22	1.4	13.17	0.74	0.00	0.00
GREENBEANS:ODE	1/2 CUP	52	0	6	2.00	0.60	33.2	543	109	2.81	1.02	4.39	3.88	0.74	*0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
ROLLS DINNER WHOLE GRAIN	1 EACH	74	0	112	2.10	0.68	29.7	0	0	0.0	2.44	14.31	1.32	0.23	*N/A*
BUTTER: individual	PAT	36	11	36	0.00	0.00	1.2	125	38	0.0	0.04	0.0	4.06	2.57	*N/A*
Weighted Daily Average		620	65	1139	7.70	*3.74	*348.9	*1791	*371	*63.11	34.58	91.04	15.53	4.77	*0.00
% of Calories											22.3%	58.8%	22.6%	6.9%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	65%		154%										
Shortfall			35												

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Ohio Department of Education

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Mon - 01/02/2012															
Ohio Department of Education	Total														
Sock Rockin Chili*	1-1/4 CUP	269	41	380	7.21	3.90	70.6	1037	196	16.39	16.52	18.83	14.4	4.86	*0.00
APPLESAUCE:cnnd,unswtnd,+vit C	.5 CUP	51	0	2	1.34	0.28	4.9	35	4	25.86	0.21	13.75	0.12	0.01	*N/A*
Fresh cucumber and tom w/ Dip*	Serving	119	5	180	1.26	0.51	8.3	1005	93	20.06	1.34	13.89	7.06	1.02	*0.00
ROLLS DINNER WHOLE GRAIN	1 EACH	74	0	112	2.10	0.68	29.7	0	0	0.0	2.44	14.31	1.32	0.23	*N/A*
BUTTER: individual	PAT	36	11	36	0.00	0.00	1.2	125	38	0.0	0.04	0.0	4.06	2.57	*N/A*
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		667	59	871	11.91	*5.37	*373.6	*2693	*428	*62.76	28.55	82.00	27.32	8.92	*0.00
% of Calories											17.1%	49.2%	36.9%	12.0%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		103%	59%		238%										
Shortfall		OVER	41										OVER	OVER	

Tue - 01/03/2012															
Ohio Department of Education	Total														
Sweet and Sour Chicken Nuggets	SERVINGS	228	44	511	0.00	1.00	14.0	74	15	1.0	15.0	23.44	8.0	1.00	0.00
GRAPES, FRESH: ODE	1/2 Cup	60	0	10	0.67	0.00	13.3	67	13	0.8	0.0	15.33	0.0	0.00	0.00
CARROTS, COOKED FROM FROZEN, S	1/2 CUP	27	0	43	2.40	0.39	26.0	12137	2427	1.7	0.42	5.64	0.5	0.09	0.00
CORN: canned, yellow	1/2 CUP	65	0	153	1.56	0.45	3.3	37	13	1.31	2.02	14.57	0.91	0.13	*N/A*
Brown Rice ODE	1/2 cup	128	0	12	1.13	0.48	10.3	36	7	0.0	2.59	25.17	1.76	0.34	*0.15
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		625	46	889	5.75	*2.32	*325.8	*12842	*2574	*5.27	28.03	105.38	11.54	1.78	*0.15
% of Calories											17.9%	67.4%	16.6%	2.6%	*0.2%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	46%		115%										
Shortfall			54												

Wed - 01/04/2012															
Ohio Department of Education	Total														
Chicken Alfredo with a Twist	1 Cup	370	79	215	4.44	2.38	143.2	352	91	0.54	27.08	37.1	13.46	6.36	*0.00
Pear and Cherry Jello	1 Each	80	0	50	1.00	0.00	0.0	200	40	18.0	0.0	21.0	0.0	0.00	0.00
Broccoli Florets, Garlic	3/4 CUP	67	0	42	4.71	0.85	49.2	1714	118	57.41	4.81	8.13	2.75	0.45	*0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00

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ES-Fall Nutrient Profile

Dec 5, 2011 thru Jan 6, 2012 Spreadsheet - Portion Values

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Ohio Department of Education

	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)	Tr-Fat ¹ (g)
Weighted Daily Average		635	81	467	10.15	*3.24	*451.3	*2757	*347	*76.41	39.89	87.45	16.58	7.04	*0.00
% of Calories											25.1%	55.1%	23.5%	10.0%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	81%		203%										
Shortfall			19												

Thu - 01/05/2012															
Ohio Department of Education	Total														
Pizza Beef Fiestada	1 EACH	340	30	780	3.00	2.70	250.0	500	100	0.0	17.0	42.0	12.0	5.00	0.00
PEACHES, Single serve, frozen	1/2 cup	118	0	8	2.20	0.46	4.0	354	71	117.55	0.79	29.9	0.16	0.01	0.00
Salad, Tossed, Side - *ODE	1-1/4 Cup	16	0	20	1.37	0.78	30.7	4936	612	19.48	1.25	3.42	0.1	0.02	*0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
RANCH DRSNG, RED FA	2 TBSP	59	5	336	0.33	0.21	12.0	20	4	0.18	0.38	6.4	3.73	0.38	0.02
Weighted Daily Average		650	37	1305	6.90	*4.15	*555.6	*6302	*885	*137.67	27.41	102.94	16.36	5.63	*0.02
% of Calories											16.9%	63.3%	22.6%	7.8%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	37%		138%										
Shortfall		OVER	63												

Fri - 01/06/2012															
Ohio Department of Education	Total														
Deli Sub, turkey & ham**HS	1 EACH	240	28	836	4.00	3.00	135.0	134	27	0.0	17.09	31.26	5.14	1.63	*0.00
LETTUCE & TOMATO:1 leaf,1 slice	1 lf,1 slc	6	0	3	0.42	0.12	4.7	242	17	3.16	0.31	1.22	0.06	0.01	*N/A*
MAYONNAISE,LoFat,No Cholester	1 TBSP	45	0	130	0.00	0.00	0.0	0	0	0.0	0.0	2.0	4.0	0.50	0.00
BANANA, FRESH	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
Carrots, Baby with Hummus**	1 Each	132	0	299	6.16	2.26	50.6	11747	1278	2.21	5.4	15.8	6.01	0.90	*N/A*
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		630	30	1429	13.20	*5.64	*454.2	*12678	*1429	*14.61	31.90	94.57	15.92	3.38	*0.00
% of Calories											20.3%	60.0%	22.7%	4.8%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	30%		264%										
Shortfall			70												

Weighted Average		632	46	1117	9.32	*4.25	*483.7	*6002	*888	*53.56	31.52	95.78	15.88	4.82	*0.05
											20.0%	60.6%	22.6%	6.9%	*0.1%

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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)	Tr-Fat ¹ (g)
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	632		600 - 650	100%				
Cholesterol (mg)	46		100	46%				
Sodium (mg)	1117		1230					
Fiber (g)	9.32		5.00	186%				
Iron (mg)	4.25				Missing			
Calcium (mg)	483.7				Missing			
Vitamin A (IU)	6002				Missing			
Vitamin A (RE)	888				Missing			
Vitamin C (mg)	53.56				Missing			
Protein (g)	31.52	19.96%						
Carbohydrate (g)	95.78	60.65%						
Total Fat (g)	15.88	22.62%	<=30.00%					
Saturated Fat (g)	4.82	6.87%	<10.00%					
Trans Fat (g)	0.05	0.07%			Missing			

**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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.