

HS-Winter Nutrient Profile

Ohio Department of Education

	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)
Mon - 11/07/2011															
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
MANDARIN ORANGES, CND, LT S YRUP,	1/2 CUP	75	0	7	1.42	0.44	9.5	1533	307	23.23	0.64	19.03	0.17	0.01	*N/A*
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*
Broccoli Salad, ODE**	1/2 Cup	49	0	78	1.85	0.47	18.1	427	81	27.75	1.97	7.66	1.11	0.16	*0.00
Fries waffle cut seasoned	1/2 cup	170	0	490	2.00	0.72	0.0	0	0	1.2	2.0	21.0	9.0	1.00	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*
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		804	43	1465	10.43	*4.74	*355.8	*2769	*512	*56.93	34.74	125.24	21.26	5.01	*0.00
% of Calories											17.3%	62.3%	23.8%	5.6%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	43%		209%										
Shortfall			57												

Tue - 11/08/2011															
Ohio Department of Education	Total														
SweetSesameChickenStirFry, ODE	1-1/4 Cup	166	53	247	3.81	2.86	36.7	7034	1083	41.14	20.76	14.97	2.56	0.69	*0.00
Brown Rice ODE	1 cup	255	0	24	2.25	0.96	20.6	72	14	0.0	5.17	50.33	3.52	0.68	*0.30
PINEAPPLE CHUNKS: canned, ltsyr	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
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
VEGETABLE BLEND-California	1/2 CUP	43	5	32	2.16	0.02	22.5	1122	231	19.19	1.12	5.46	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
Chocolate Chip Cookie, W/G, RF	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		826	65	542	11.83	*5.50	*360.3	*8789	*1432	*73.24	37.06	146.19	11.98	3.78	*0.30
% of Calories											17.9%	70.8%	13.1%	4.1%	*0.3%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	65%		237%										
Shortfall			35												

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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)
Wed - 11/09/2011															
Ohio Department of Education	Total														
PIZZA TUR PEPP 4X6 W/GRAIN: ODE	1 Each	300	20	670	4.00	2.70	250.0	300	7	0.0	15.0	36.0	11.0	4.00	0.00
CHERRY CRISP	SERVINGS	201	0	118	1.64	1.83	23.4	909	192	3.63	2.38	31.57	7.82	1.57	*N/A*
PEARS, FRESH	1 EACH	103	0	2	5.52	0.30	16.0	41	4	7.48	0.68	27.52	0.21	0.02	*N/A*
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
ITALIAN VEGETABLES IQF	.5 CUP	23	0	23	1.51	0.18	11.9	890	178	5.06	0.76	3.79	0.0	0.00	*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		820	27	1329	14.37	*6.00	*602.9	*7588	*1095	*36.28	28.43	129.91	23.23	6.20	*0.02
% of Calories											13.9%	63.4%	25.5%	6.8%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	27%		287%										
Shortfall			73												

Thu - 11/10/2011															
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
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
APRICOTS: canned, light syrup	1/2 CUP	80	0	5	2.02	0.49	13.9	1672	167	3.42	0.67	20.86	0.06	0.00	*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
Breadstick, W/G Bosco Cheese F	2 EACH	220	5	300	5.00	1.80	200.0	200	40	0.0	12.0	30.0	6.0	2.00	0.00
Marinara Sauce	.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
Weighted Daily Average		787	49	1395	17.23	*7.28	*603.4	*4151	*651	*53.26	39.19	108.91	23.34	7.09	*0.00
% of Calories											19.9%	55.4%	26.7%	8.1%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	49%		345%										
Shortfall			51												

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Fri - 11/11/2011															
Ohio Department of Education	Total														
CHICKEN STRIPS, Spicy, Ohio Co RANCHDRSNG,RED FA	SERVING	190	55	450	0.00	1.40	20.0	0	0	0.0	14.0	11.0	10.0	2.50	0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	69	0	7	1.21	0.35	7.3	248	25	2.3	0.48	18.07	0.08	0.01	*N/A*
BANANA, Fresh	1/2 EACH	45	0	1	1.31	0.13	2.5	32	4	4.39	0.55	11.53	0.17	0.06	*N/A*
Sweet Potato Fries	1/2 CUP	160	0	180	4.00	0.36	20.0	5000	1000	9.6	1.0	25.0	7.0	1.00	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
ROLLS DINNER WHOLE GRAIN Milk Variety, ODE	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*
	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		839	60	1152	12.09	*4.01	*372.4	*6234	*1207	*34.33	30.10	128.35	25.72	4.93	*0.01
% of Calories											14.4%	61.2%	27.6%	5.3%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	60%		242%										
Shortfall			40												

Mon - 11/14/2011															
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
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*
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
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
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
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		830	50	1206	13.83	*6.14	*406.4	*2218	*336	*77.91	35.88	158.48	12.53	2.22	*0.00
% of Calories											17.3%	76.4%	13.6%	2.4%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	50%		277%										
Shortfall			50												

Tue - 11/15/2011															
Ohio Department of Education	Total														
Sweet&Sour Chicken w/ Honey HS	1-1/4 Cup	217	18	654	2.85	1.75	38.0	8179	1583	16.14	9.26	26.49	9.19	2.15	*0.01
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
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
GREEN BEANS: frozen,boiled	.5 CUP	19	0	1	2.03	0.45	28.4	376	27	2.77	1.01	4.35	0.11	0.03	*N/A*
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
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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Weighted Daily Average		762	20	972	11.17	*4.44	*353.5	*11433	*2186	*147.81	23.71	148.35	11.15	2.66	*0.01
% of Calories											12.4%	77.9%	13.2%	3.1%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	20%		223%										
Shortfall			80												

Wed - 11/16/2011															
Ohio Department of Education	Total														
ROTINI AND MEAT SAUCE ODE-	1.5 CUP	384	64	777	6.71	4.00	316.9	1011	229	24.76	29.55	43.94	13.24	5.80	*0.50
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
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*
Broccoli Florets, Garlic	.5 CUP	44	0	28	3.14	0.57	32.8	1142	79	38.28	3.21	5.42	1.83	0.30	*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		732	77	1114	14.27	*5.38	*662.0	*2802	*448	*88.88	43.78	103.43	20.98	9.18	*0.50
% of Calories											23.9%	56.5%	25.8%	11.3%	*0.6%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		98%	77%		285%										
Shortfall		18	23										OVER		

Thu - 11/17/2011															
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
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
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
Salsa, Low Na, Canned ODE	.5 CUP	45	0	140	1.70	2.79	15.0	686	137	5.0	1.87	8.73	0.25	0.04	0.00
FRUIT JUICE, ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	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		814	61	1369	15.77	*11.27	*892.6	*9882	*1033	*102.21	43.26	122.25	18.46	6.08	*0.00
% of Calories											21.3%	60.1%	20.4%	6.7%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	61%		315%										
Shortfall			39												

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Fri - 11/18/2011															
Ohio Department of Education	Total														
Italian Sub, HOT ODE	1 Sub	287	50	1019	4.00	3.55	200.4	*58	*12	1.08	19.43	30.9	9.53	3.02	0.00
SALADDRSNG,ITALIAN DRNG, RED	1 TBSP	11	1	161	0.00	0.10	1.4	2	0	0.0	0.07	0.69	0.96	0.07	*N/A*
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
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	69	0	7	1.21	0.35	7.3	248	25	2.3	0.48	18.07	0.08	0.01	*N/A*
ORANGE GLAZED CARROTS: OD	2/3 CUP	91	0	76	3.12	0.53	37.1	15197	3037	13.87	0.76	17.37	2.46	0.48	*0.00
Potato Rounds, Frzn, Ohio Comm	1/2 CUP	120	0	260	2.00	0.36	0.0	0	0	1.2	2.0	14.0	6.0	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
Weighted Daily Average		776	53	1903	10.99	*4.88	*518.4	*16063	*3186	*19.70	30.74	123.58	19.40	4.80	*0.00
% of Calories											15.8%	63.7%	22.5%	5.6%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	53%		220%										
Shortfall			47												
Mon - 11/21/2011															
Ohio Department of Education	Total														
Honey Mustard Chicken Wrap ODE	1 Wrap	300	51	658	4.30	2.19	148.8	969	194	38.54	21.66	30.97	9.67	1.93	*0.00
PINEAPPLE CHUNKS:canned,lt syr	.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*
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
GOLDEN CORN AND CARROTS	1/2 CUP	56	0	53	2.34	0.49	14.9	11039	1104	5.17	1.74	13.24	0.41	0.06	*N/A*
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
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		767	58	950	10.84	*4.35	*444.3	*12902	*1468	*171.16	33.65	131.28	14.25	3.23	*0.00
% of Calories											17.5%	68.4%	16.7%	3.8%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	58%		217%										
Shortfall			42												

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Tue - 11/22/2011															
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
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,															
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*
PEAS: frozen, boiled	1/2 CUP	62	0	58	4.40	1.22	19.2	1680	54	7.92	4.12	11.41	0.22	0.04	*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
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
Weighted Daily Average		791	31	1544	12.62	*5.71	*377.4	*10837	*1326	*88.09	32.70	139.93	13.92	3.85	*0.00
% of Calories											16.5%	70.8%	15.8%	4.4%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	31%		252%										
Shortfall			69												

Wed - 11/23/2011															
Ohio Department of Education	Total														
Pizza, Classic Wedge W/G	1 each	310	15	600	4.00	2.70	300.2	500	100	0.0	15.01	37.02	11.01	4.00	0.00
Northwest Apples ODE	1/2 cup serving	94	1	9	2.09	0.38	30.5	40	6	3.23	1.95	17.8	2.6	0.25	*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
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
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		834	18	1375	16.27	*5.68	*663.4	*13944	*1715	*41.79	32.67	126.26	23.99	6.10	*0.00
% of Calories											15.7%	60.5%	25.9%	6.6%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	18%		325%										
Shortfall			82												

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HS-Winter Nutrient Profile

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 - 11/24/2011															
Ohio Department of Education	Total														
Eagle Tostado- HS/ODE	Tostado	317	55	790	6.92	3.61	419.1	1323	229	13.84	25.24	28.45	12.52	5.65	*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*
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*
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
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
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
Weighted Daily Average		847	58	1211	14.68	*7.40	*860.0	*4881	*721	*61.20	41.00	129.66	20.77	6.65	*0.00
% of Calories											19.4%	61.2%	22.1%	7.1%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	58%		294%										
Shortfall			42												

Fri - 11/25/2011															
Ohio Department of Education	Total														
Meatball Sub HS*	1 EACH	421	44	1421	7.00	5.78	237.0	853	170	13.0	24.5	46.0	16.0	5.35	0.60
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*
FRUIT COCKTAIL:canned,lt syrup	.5 CUP	69	0	7	1.21	0.35	7.3	248	25	2.3	0.48	18.07	0.08	0.01	*N/A*
Salad, Tossed, Side	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		754	51	1951	11.92	*7.47	*552.1	*6549	*910	*36.29	34.85	114.14	20.32	5.98	*0.62
% of Calories											18.5%	60.6%	24.3%	7.1%	*0.7%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	51%		238%										
Shortfall			49												

Mon - 11/28/2011															
Ohio Department of Education	Total														
Chicken, Philly Sandwich HS	1 Each	386	105	1231	4.00	3.78	270.8	304	61	10.72	32.72	34.75	12.4	5.30	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*
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 Potato Fries	.5 CUP	160	0	180	4.00	0.36	20.0	5000	1000	9.6	1.0	25.0	7.0	1.00	0.00
GREEN BEANS: frozen,boiled	.5 CUP	19	0	1	2.03	0.45	28.4	376	27	2.77	1.01	4.35	0.11	0.03	*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

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HS-Winter Nutrient Profile

Ohio Department of Education

	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		797	107	1587	12.12	*5.30	*600.7	*6194	*1191	*68.75	44.15	115.05	20.04	6.57	*0.00
% of Calories											22.2%	57.7%	22.6%	7.4%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	107%		242%										
Shortfall															

Tue - 11/29/2011															
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
FRUIT SALAD: canned,lt syrup	.5 CUP	73	0	8	1.26	0.37	8.8	541	54	3.15	0.43	19.08	0.09	0.01	*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
Broccoli Florets, Garlic	1/2 CUP	44	0	28	3.14	0.57	32.8	1142	79	38.28	3.21	5.42	1.83	0.30	*0.00
VEGETABLE BLEND-California	.5 CUP	43	5	32	2.16	0.02	22.5	1122	231	19.19	1.12	5.46	1.85	1.17	*0.00
Brown Rice ODE	1 cup	255	0	24	2.25	0.96	20.6	72	14	0.0	5.17	50.33	3.52	0.68	*0.30
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		802	52	667	11.51	*4.08	*355.6	*5400	*883	*71.98	33.76	145.87	11.77	3.40	*0.30
% of Calories											16.8%	72.7%	13.2%	3.8%	*0.3%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	52%		230%										
Shortfall			48												

Wed - 11/30/2011															
Ohio Department of Education	Total														
VEGETABLE LASAGNA	SERVINGS	238	9	870	3.50	2.45	229.6	1430	286	23.3	18.24	31.15	4.85	2.21	*N/A*
PEARS,FRESH	1 EACH	103	0	2	5.52	0.30	16.0	41	4	7.48	0.68	27.52	0.21	0.02	*N/A*
MANDARIN ORANGES,CND,LT S YRUP,	.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*
BREADSTICK, PLAIN, Ohio Comm	1 EACH	145	0	280	1.00	2.00	24.0	0	0	0.0	4.0	28.0	2.0	0.40	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
Marinara Sauce, Ohio Processed	1/2 CUP	70	0	550	2.00	1.08	40.0	750	150	12.0	2.0	11.0	2.5	0.00	0.00
Salad, Tossed, Side - *ODE **	1-1/4 Cup	15	0	20	1.35	0.76	29.9	4859	606	19.25	1.23	3.39	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
Weighted Daily Average		823	17	2225	15.12	*7.24	*619.8	*9125	*1455	*85.89	35.16	147.71	13.92	3.26	*0.02
% of Calories											17.1%	71.8%	15.2%	3.6%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	17%		302%										
Shortfall			83												

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HS-Winter Nutrient Profile

Ohio Department of Education

	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)
Thu - 12/01/2011															
Ohio Department of Education	Total														
Spicy Nachos 2- ODE	servings	461	55	766	9.12	4.25	433.8	1074	149	12.98	27.42	45.83	22.3	6.38	*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
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*
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
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
SPANISH RICE	.5 CUP	103	0	201	1.04	1.16	21.0	399	80	10.05	2.36	20.53	1.25	0.22	*N/A*
Weighted Daily Average		847	58	1209	17.80	*7.21	*773.0	*2267	*365	*56.60	43.01	123.33	25.04	7.00	*0.00
% of Calories											20.3%	58.3%	26.6%	7.4%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	58%		356%										
Shortfall			42												

	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)
Fri - 12/02/2011															
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
FRUIT JUICE, ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
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
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
GREEN BEANS:B-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
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
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*
COOKIE CHOC CHIP W/G OTIS: ODE	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		790	70	1217	8.78	*4.42	*352.1	*2173	*442	*152.50	36.16	122.62	19.19	5.79	*0.00
% of Calories											18.3%	62.1%	21.9%	6.6%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	70%		176%										
Shortfall			30												

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HS-Winter Nutrient Profile

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														
BBQ Pork Sandwich	SERVINGS	408	68	1337	3.30	2.38	81.0	99	20	0.5	26.39	46.3	14.7	4.32	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*
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*
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
VEGETABLE BLEND-California	1/2 CUP	43	5	32	2.16	0.02	22.5	1122	231	19.19	1.12	5.46	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		811	75	1679	14.00	*4.54	*416.5	*1884	*380	*46.89	41.99	132.62	17.55	5.81	*0.00
% of Calories											20.7%	65.4%	19.5%	6.4%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	75%		280%										
Shortfall			25												

Tue - 12/06/2011															
Ohio Department of Education	Total														
Wokin Orange Chicken	1 CUP	288	28	1020	2.68	2.61	70.8	12419	1843	9.1	13.75	33.94	10.54	3.07	*0.00
MANDARIN ORANGES,CND,LTS YRUP,	1/2 CUP	75	0	7	1.42	0.44	9.5	1533	307	23.23	0.64	19.03	0.17	0.01	*N/A*
PINEAPPLE CHUNKS:canned,ltsyr	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
GREEN BEANS: frozen,boiled	.5 CUP	19	0	1	2.03	0.45	28.4	376	27	2.77	1.01	4.35	0.11	0.03	*N/A*
Brown Rice ODE	1 cup	255	0	24	2.25	0.96	20.6	72	14	0.0	5.17	50.33	3.52	0.68	*0.30
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		821	30	1214	9.38	*4.95	*405.8	*14939	*2291	*45.01	29.02	145.83	14.86	4.03	*0.30
% of Calories											14.1%	71.1%	16.3%	4.4%	*0.3%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	30%		188%										
Shortfall			70												

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HS-Winter Nutrient Profile

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)
Wed - 12/07/2011															
Ohio Department of Education	Total														
Chicken Alfredo with a Twist	Servings	362	79	209	4.21	2.30	136.6	352	91	0.54	26.75	35.39	13.43	6.36	*0.00
Broccoli Florets, Garlic	1/2 CUP	44	0	28	3.14	0.57	32.8	1142	79	38.28	3.21	5.42	1.83	0.30	*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
RANCHDRSNG,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
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*
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	69	0	7	1.21	0.35	7.3	248	25	2.3	0.48	18.07	0.08	0.01	*N/A*
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		823	97	910	13.68	*5.02	*511.7	*7348	*951	*65.63	43.09	115.76	25.08	10.15	*0.02
% of Calories											20.9%	56.3%	27.4%	11.1%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	97%		274%										
Shortfall			3											OVER	

	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 - 12/08/2011															
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
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
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
PEACHES, CND, LGHT SYP, Com mod	1/2 CUP	68	0	6	1.60	0.45	4.0	23	5	3.0	0.55	18.26	0.04	0.00	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
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		823	46	1195	16.07	*7.23	*809.0	*1591	*285	*20.04	39.01	136.84	15.45	5.64	*0.00
% of Calories											19.0%	66.5%	16.9%	6.2%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	46%		321%										
Shortfall			54												

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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HS-Winter Nutrient Profile

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)
Fri - 12/09/2011															
Ohio Department of Education	Total														
Grill Chicken on a Bun ODE	sandwich	249	70	777	2.99	1.38	79.8	0	0	0.0	16.93	29.99	7.46	1.99	0.00
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
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*
SWEET POTATO SOUFFLE-ODE	.5 CUP	173	29	53	2.02	0.85	37.4	6228	505	8.5	1.87	33.72	3.65	2.08	*0.00
Fresh Veggies/Broccoli and Car	1 EACH	96	5	305	1.40	0.42	40.7	3089	355	21.13	1.9	6.76	6.93	0.99	*0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
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
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		831	106	1482	8.12	*3.00	*434.5	*10309	*1021	*75.70	29.48	131.54	22.65	5.81	*0.00
% of Calories											14.2%	63.3%	24.5%	6.3%	*0.0%
Nutrient Guideline		750-850	100	1420	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	106%		162%										
Shortfall															

Weighted Average		806	55	1315	13.00	*5.73	*532.1	*7291	*1100	*71.12	35.86	130.13	18.67	5.41	*0.08
											17.8%	64.6%	20.9%	6.0%	*0.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	806		750 - 850	100%				
Cholesterol (mg)	55		100	55%				
Sodium (mg)	1315		1420					
Fiber (g)	13.00		5.00	260%				
Iron (mg)	5.73				Missing			
Calcium (mg)	532.1				Missing			
Vitamin A (IU)	7291				Missing			
Vitamin A (RE)	1100				Missing			
Vitamin C (mg)	71.12				Missing			
Protein (g)	35.86	17.80%						
Carbohydrate (g)	130.13	64.58%						
Total Fat (g)	18.67	20.85%	<=30.00%					
Saturated Fat (g)	5.41	6.04%	<10.00%					
Trans Fat (g)	0.08	0.09%			Missing			

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