

# Three Village School District

Mar 1, 2010 thru Mar 26, 2010 Spreadsheet - Portion Values - ACTUAL ANALYSIS

Mar 1, 2010

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Elementary Lunch  
All Sites

	Portion Size	Actual Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 03/01/2010																
Elementary Lunch	Total	0														
Chicken Patty Breaded Tys 3857	1 each	0	210	45	650	0.00	1.80	20.0	100	20	0.00	14.0	12.0	12.0	2.50	0.00
BUN, WHOLE WHEAT	1 EACH	0	142	0	273	3.27	1.57	43.6	0	0	0.00	5.5	24.0	2.2	0.00	*0.00
Barbecue Sauce, Ward Melville	1 oz	0	55	0	413	0.15	0.23	11.0	324	35	5.3	0.7	14.0	0.1	0.02	*0.00
CORN	1/2 CUP	0	92	0	365	1.54	0.49	3.8	95	13	5.9	2.2	23.2	0.5	0.08	*0.00
PEACHES: canned,light syrup	1/2 CUP	0	68	0	6	1.63	0.45	3.8	444	44	3.0	0.6	18.3	0.0	0.00	*0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

Tue - 03/02/2010																
Elementary Lunch	Total	0														
Pancakes plain, Mrs. Butterwor	3 each	0	220	25	590	2.00	1.80	40.0	0	0	0.00	6.0	42.0	3.5	0.50	0.00
SYRUP,PANCAKE	2 TBSP	0	92	0	32	0.00	0.01	1.2	0	0	0.00	0.00	24.1	0.00	0.00	*0.00
STRAWBERRIES: frozen	1/2 CUP	0	122	0	4	2.42	0.75	14.0	31	3	52.8	0.7	33.0	0.2	0.01	*0.00
Mozzarella String Cheese	1 oz	0	90	20	95	0.00	2.70	250.0	400	80	0.00	7.0	0.00	7.0	5.00	*0.00
CARROT baby RAW	4 oz	0	40	0	88	3.29	1.01	36.3	15638	1702	2.9	0.7	9.3	0.1	0.03	*0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

Wed - 03/03/2010																
Elementary Lunch	Total	0														
Mozzarella Sticks,Giorgio 1420	6 sticks	0	340	25	910	1.00	1.08	300.0	500	100	0.00	12.0	32.0	18.0	8.00	0.00
Marinara Sauce, Government	4 oz	0	54	0	726	0.91	0.65	0.0	272	54	0.00	0.9	10.0	0.9	0.00	0.00
GREEN BEANS: canned,cooked	1/2 CUP	0	14	0	169	1.28	0.61	17.6	236	47	2.9	0.81	3.0	0.1	0.01	*0.00
TANGERINES,FRESH	1 EACH	0	45	0	2	1.51	0.13	31.1	572	77	22.4	0.7	11.2	0.3	0.03	*0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

Thu - 03/04/2010																
Elementary Lunch	Total	0														
CHICKEN, POPCORN Tyson 2940	3.85 OZ	0	276	38	301	1.25	19.87	25.1	125	25	0.00	12.5	18.8	16.3	3.76	0.00
SALAD, TOSSED	.5 cup	0	13	0	9	1.16	0.40	15.9	4069	301	10.9	0.7	2.9	0.2	0.02	*0.00
RANCH DRESSING LF CAINS	2 TBSP	0	85	5	274	0.00	0.00	18.9	0	0	0.00	0.00	5.7	6.6	0.94	0.00
APPLESAUCE UNSWEETND GO VT 2010	1/2 CUP	0	50	0	15	2.00	0.00	0.0	0	0	0.00	0.00	12.0	0.00	0.00	0.00
KETCHUP: individual	PC packet	0	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00	*0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

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# Three Village School District

## Elementary Lunch All Sites

	Portion Size	Actual Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 03/05/2010																
Elementary Lunch	Total	0														
Pizza, Round Nardone 6" round	1 each	0	401	30	691	1.00	3.61	450.7	401	80	12.0	23.0	45.1	15.0	7.01	*0.00
CUCUMBER,RAW	4 OZ	0	14	0	2	0.79	0.25	15.9	82	8	3.6	0.7	2.4	0.2	0.01	*0.00
Italian Dressing, Low Fat	1 oz	0	13	0	496	0.00	0.00	17.7	0	0	1.1	0.00	1.8	0.9	0.00	*0.00
PEARS: canned,light syrup	1/2 cup	0	53	0	2	1.81	0.23	7.9	0	0	2.3	0.3	13.8	0.1	0.01	*0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

Mon - 03/08/2010																
Elementary Lunch	Total	0														
Chicken Nuggets/ Fingers-3858	5 ea	0	220	45	650	1.00	1.80	20.0	100	20	0.00	14.0	15.0	12.0	2.50	0.00
RICE,Cooked Brown	1/2 CUP	0	86	0	97	0.81	0.43	9.4	0	0	0.00	1.8	18.1	0.6	0.13	*0.00
Gravy, Chicken	2 tbsp	0	40	3	231	0.45	0.17	15.9	128	26	0.00	1.2	3.6	2.3	0.51	*0.00
GREEN BEANS: canned,cooked	1/2 CUP	0	14	0	169	1.28	0.61	17.6	236	47	2.9	0.81	3.0	0.1	0.01	*0.00
PEARS: canned,light syrup	1/2 cup	0	53	0	2	1.81	0.23	7.9	0	0	2.3	0.3	13.8	0.1	0.01	*0.00
KETCHUP: individual	PC packet	0	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00	*0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

Tue - 03/09/2010																
Elementary Lunch	Total	0														
Taco Filling JTM	3.17 oz	0	109	18	453	1.81	1.81	39.9	4030	806	5.4	11.8	4.5	4.5	1.81	0.00
TACO SHELLS, TYSON	11.33 gram	0	53	0	0	0.67	0.12	6.7	0	0	0.4	0.7	7.3	2.3	0.33	0.00
TACO SHELLS, TYSON	11.33 gram	0	53	0	0	0.67	0.12	6.7	0	0	0.4	0.7	7.3	2.3	0.33	0.00
AMERICAN CHEESE	1/2 OZ	0	53	13	211	0.00	0.03	78.2	136	41	0.00	3.1	0.2	4.4	2.79	*0.00
LETTUCE AND TOMATO	1/2 CUP	0	10	0	4	0.69	0.18	6.9	436	32	6.0	0.5	2.1	0.1	0.02	*0.00
CORN	1/2 CUP	0	92	0	365	1.54	0.49	3.8	95	13	5.9	2.2	23.2	0.5	0.08	*0.00
PINEAPPLE	1/2 CUP	0	75	0	1	1.00	0.35	17.4	47	5	11.8	0.5	19.5	0.1	0.01	*0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

Thu - 03/11/2010																
Elementary Lunch	Total	0														
Soup, Tomato Campbell condense	2/3 CUP	0	23	0	120	0.25	0.01	1.5	100	20	1.5	0.5	4.2	0.4	0.12	*0.00
Grilled American Cheese 2009	1 Sandwich	0	364	57	1100	2.00	1.44	380.8	1085	143	0.00	18.0	28.0	21.8	13.75	*0.00
CARROT baby RAW	4 oz	0	40	0	88	3.29	1.01	36.3	15638	1702	2.9	0.7	9.3	0.1	0.03	*0.00
FRENCH DRESSING, LOW FAT	2 TBSP	0	71	0	252	0.48	0.23	3.5	173	42	1.5	0.2	10.0	3.7	0.27	*0.00
APPLESAUCE UNSWEETND GO VT 2010	1/2 CUP	0	50	0	15	2.00	0.00	0.0	0	0	0.00	0.00	12.0	0.00	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

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Mar 1, 2010

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Elementary Lunch  
All Sites

	Portion Size	Actual Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 03/12/2010																
Elementary Lunch	Total	0														
Pizza, Uno, Whole Grain	1 Each	0	300	25	790	4.00	2.70	300.0	750	150	2.4	16.0	36.00	10.0	5.00	0.00
BROCCOLI,raw: fresh	1/8 CUP	0	0	0	0	0.02	0.01	0.4	6	1	0.8	0.0	0.1	0.0	0.00	*0.00
CARROT baby RAW	1 oz	0	10	0	22	0.82	0.25	9.1	3909	426	0.7	0.2	2.3	0.0	0.01	*0.00
Peppers, Crispy	1/8 cup	0	4	0	1	0.28	0.06	1.3	214	39	14.8	0.1	0.8	0.0	0.01	*0.00
Tomatoes, Grape	1 oz	0	11	0	0	0.00	0.16	0.0	178	36	10.7	0.00	2.7	0.00	0.00	0.00
RANCH DRESSING LF CAINS	2 TBSP	0	85	5	274	0.00	0.00	18.9	0	0	0.00	0.00	5.7	6.6	0.94	0.00
PEACHES: canned,light syrup	1/2 CUP	0	68	0	6	1.63	0.45	3.8	444	44	3.0	0.6	18.3	0.0	0.00	*0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

Mon - 03/15/2010																
Elementary Lunch	Total	0														
Chicken Rings Tyson 14904-328	3.25 oz	0	223	46	628	3.04	1.82	20.2	101	20	0.00	19.2	13.2	10.1	2.03	0.00
FRENCH FRIES: oven heat	4 OZ	0	160	0	60	2.67	0.00	0.0	0	0	6.4	5.4	28.0	4.0	0.67	0.00
PEAS & CARROTS: frozen,boiled	1/2 CUP	0	38	0	54	2.48	0.75	18.4	7611	621	6.48	2.5	8.1	0.3	0.06	*0.00
PEARS,FRESH	1 EACH	0	96	0	2	5.15	0.28	14.9	38	3	7.0	0.6	25.7	0.2	0.02	*0.00
KETCHUP: individual	PC packet	0	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00	*0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

Tue - 03/16/2010																
Elementary Lunch	Total	0														
HAMBURGER	SERVING	0	173	49	45	0.00	1.42	6.5	0	0	0.00	13.5	0.00	12.8	5.17	*0.00
AMERICAN CHEESE	1/2 OZ	0	53	13	211	0.00	0.03	78.2	136	41	0.00	3.1	0.2	4.4	2.79	*0.00
Veggie Burger Dr.Praeger Calif	113 g	0	150	0	250	8.00	*0.00	60.0	3500	700	4.8	8.0	19.0	6.0	5.00	0.00
BUN, WHOLE WHEAT	1 EACH	0	142	0	273	3.27	1.57	43.6	0	0	0.00	5.5	24.0	2.2	0.00	*0.00
LETTUCE AND TOMATO	1/2 CUP	0	10	0	4	0.69	0.18	6.9	436	32	6.0	0.5	2.1	0.1	0.02	*0.00
CORN	1/2 CUP	0	92	0	365	1.54	0.49	3.8	95	13	5.9	2.2	23.2	0.5	0.08	*0.00
PEACHES: canned,light syrup	1/2 CUP	0	68	0	6	1.63	0.45	3.8	444	44	3.0	0.6	18.3	0.0	0.00	*0.00
KETCHUP: individual	PC packet	0	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00	*0.00
Weighted Daily Average			0	0	0	0.00	*0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

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# Three Village School District

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Mar 1, 2010

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Elementary Lunch  
All Sites

	Portion Size	Actual Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 03/17/2010																
Elementary Lunch	Total	0														
Chicken Patty Breaded Tys 3857	1 each	0	210	45	650	0.00	1.80	20.0	100	20	0.00	14.0	12.0	12.0	2.50	0.00
BUN, WHOLE WHEAT	1 EACH	0	142	0	273	3.27	1.57	43.6	0	0	0.00	5.5	24.0	2.2	0.00	*0.00
Lettuce	.25 cup	0	8	0	6	0.68	0.23	10.2	285	19	1.6	0.5	1.7	0.1	0.01	*0.00
GREEN BEANS: canned,cooked	1/2 CUP	0	14	0	169	1.28	0.61	17.6	236	47	2.9	0.81	3.0	0.1	0.01	*0.00
APPLES,Fresh	1 EACH	0	72	0	1	3.31	0.17	8.3	75	7	6.3	0.4	19.1	0.2	0.04	*0.00
cookies, bear w/blu sprinkles	.9 oz	0	133	0	82	0.00	0.73	0.0	102	20	0.00	1.0	16.3	6.1	4.08	0.00
KETCHUP: individual	PC packet	0	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00	*0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

Thu - 03/18/2010																
Elementary Lunch	Total	0														
Meatballs TA Morris	3	0	170	35	550	1.00	1.80	20.0	0	0	0.00	14.0	5.0	10.0	4.50	*0.00
FRENCH BREAD modern 2 oz	1 EACH	0	120	0	280	0.00	1.44	0.0	0	0	0.00	4.0	24.0	0.00	0.00	0.00
TOMATO SAUCE (MEATLESS)	4 TBSP	0	32	0	74	1.40	0.71	22.0	694	139	16.2	1.12	6.02	0.8	0.10	*0.00
MOZZARELLA CHEESE	1/2 OZ	0	43	8	75	0.00	0.04	103.6	73	27	0.00	3.7	0.5	2.8	1.80	*0.00
SALAD, TOSSED	.5 cup	0	13	0	9	1.16	0.40	15.9	4069	301	10.9	0.7	2.9	0.2	0.02	*0.00
Italian Dressing, Low Fat	1 oz	0	13	0	496	0.00	0.00	17.7	0	0	1.1	0.00	1.8	0.9	0.00	*0.00
ORANGE	1/2 EACH	0	31	0	0	1.57	0.07	26.2	147	14	34.8	0.6	7.7	0.1	0.01	*0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

Fri - 03/19/2010																
Elementary Lunch	Total	0														
Pizza, Round Nardone 6" round	1 each	0	401	30	691	1.00	3.61	450.7	401	80	12.0	23.0	45.1	15.0	7.01	*0.00
CORN	1/2 CUP	0	92	0	365	1.54	0.49	3.8	95	13	5.9	2.2	23.2	0.5	0.08	*0.00
APPLES,Fresh	1 EACH	0	72	0	1	3.31	0.17	8.3	75	7	6.3	0.4	19.1	0.2	0.04	*0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

Mon - 03/22/2010																
Elementary Lunch	Total	0														
Chicken Nuggets/ Fingers-3858	5 ea	0	220	45	650	1.00	1.80	20.0	100	20	0.00	14.0	15.0	12.0	2.50	0.00
CORN	1/2 CUP	0	92	0	365	1.54	0.49	3.8	95	13	5.9	2.2	23.2	0.5	0.08	*0.00
Frito Lay Muncho Kids Mix	1 ea	0	130	*0	160	1.00	1.80	0.0	500	100	6.0	2.0	20.0	4.0	1.00	*0.00
ORANGES	1/2 EACH	0	23	0	0	1.15	0.05	19.2	108	10	25.5	0.5	5.6	0.1	0.01	*0.00
KETCHUP: individual	PC packet	0	6	0	67	0.02	0.03	1.1	56	6	0.9	0.1	1.5	0.0	0.00	*0.00
Weighted Daily Average			0	*0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%

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Mar 1, 2010

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## Elementary Lunch All Sites

	Portion Size	Actual Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
<b>Tue - 03/23/2010</b>																
Elementary Lunch	Total	0														
Pizza Stick	3.86	0	300	30	740	4.00	2.16	300.0	200	40	0.00	14.0	34.0	12.0	6.00	0.00
SALAD, TOSSED	.5 cup	0	13	0	9	1.16	0.40	15.9	4069	301	10.9	0.7	2.9	0.2	0.02	*0.00
FRENCH DRESSING, LOW FAT	2 TBSP	0	71	0	252	0.48	0.23	3.5	173	42	1.5	0.2	10.0	3.7	0.27	*0.00
APPLES,Fresh	1 EACH	0	72	0	1	3.31	0.17	8.3	75	7	6.3	0.4	19.1	0.2	0.04	*0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
<b>Wed - 03/24/2010</b>																
Elementary Lunch	Total	0														
Chicken Dipper Tyson 13018-328	85 grams	0	160	55	420	0.00	1.44	20.0	100	20	2.4	16.0	6.0	8.0	2.50	0.00
RICE,Cooked Brown	1/2 CUP	0	86	0	97	0.81	0.43	9.4	0	0	0.00	1.8	18.1	0.6	0.13	*0.00
Vegetables, Asian Blend	1/2 c	0	107	0	0	1.33	0.96	0.0	0	0	4.8	2.7	22.7	0.7	0.00	0.00
PINEAPPLE	1/2 CUP	0	75	0	1	1.00	0.35	17.4	47	5	11.8	0.5	19.5	0.1	0.01	*0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
<b>Fri - 03/26/2010</b>																
Elementary Lunch	Total	0														
Pizza, Uno, Whole Grain	1 Each	0	300	25	790	4.00	2.70	300.0	750	150	2.4	16.0	36.00	10.0	5.00	0.00
CUCUMBER,RAW	2 OZ	0	7	0	1	0.40	0.12	7.9	41	4	1.8	0.3	1.2	0.1	0.01	*0.00
Tomatoes, raw chopped	2 OZ	0	10	0	3	0.68	0.15	5.7	472	35	7.2	0.5	2.2	0.1	0.02	*0.00
RANCH DRESSING LF CAINS	2 TBSP	0	85	5	274	0.00	0.00	18.9	0	0	0.00	0.00	5.7	6.6	0.94	0.00
APPLES,Fresh	1 EACH	0	72	0	1	3.31	0.17	8.3	75	7	6.3	0.4	19.1	0.2	0.04	*0.00
ORANGES	1/2 EACH	0	23	0	0	1.15	0.05	19.2	108	10	25.5	0.5	5.6	0.1	0.01	*0.00
PEARS,FRESH	1 EACH	0	96	0	2	5.15	0.28	14.9	38	3	7.0	0.6	25.7	0.2	0.02	*0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Weighted Average			0	*0	0	0.00	*0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	*0.00
											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

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# Three Village School District

Mar 1, 2010 thru Mar 26, 2010 Spreadsheet - Portion Values - ACTUAL ANALYSIS

Mar 1, 2010

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Elementary Lunch  
All Sites

Nutrient	Menu AVG	Portion	Actual		mg	mg	g	mg	mg	IU	RE	mg	g	g	g	g
		Size	Qty	Cals	Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat
Calories	0		0													
Cholesterol (mg)	0		0			Missing										
Sodium (mg)	0		0													
Fiber (g)	0.00		0.00													
Iron (mg)	0.00		0.00			Missing										
Calcium (mg)	0.0		0.00													
Vitamin A (IU)	0		0													
Vitamin A (RE)	0		0													
Vitamin C (mg)	0.00		0.00													
Protein (g)	0.00		0.00													
Carbohydrate (g)	0.00		0.00													
Total Fat (g)	0.00		<30.00													
Saturated Fat (g)	0.00		<10.00													
Trans Fat (g)	0.00															

Note: \* - asterisk denotes nutrients with either missing or incomplete nutrient data.

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