

# Plano ISD

	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 <sup>1</sup> (g)
Wed - 09/01/2010															
Secondary Lunch-High Sch.	Total														
MINI BURGERS/RANCH BEANS	2 EACH/BEANS	470	50	1060	6.00	4.32	340.0	500	100	0.0	24.0	50.0	19.0	7.00	*0.00
CHICKEN NUGGETS W/ROLL-SE	SIX PIECES/ROLL	435	66	920	2.21	3.06	36.6	164	33	4.47	24.29	42.05	19.5	3.74	*0.26
GRILLED CHEESE SANDWICH	ONE EAC	229	14	597	1.00	1.08	187.1	837	160	0.05	6.86	14.85	14.74	4.03	*0.00
TUNA CHEF SALAD-SECONDARY	UNIT	438	84	1096	7.93	5.01	221.0	11963	1190	67.35	38.46	45.38	12.33	3.19	*0.11
CALIFORNIA BLEND	1/2 CUP	25	0	30	2.00	0.00	20.0	1251	250	24.01	2.0	4.0	0.0	0.00	*N/A*
VEGETABLE SOUP	SERVING	61	0	1149	3.13	0.75	39.9	2362	274	11.18	2.85	10.36	1.02	0.43	*N/A*
PEARS	1/2 CUP	73	0	6	2.06	0.36	6.4	0	0	0.9	0.24	19.54	0.04	0.00	*N/A*
WACKY CAKE/CHOC ICING	ONE EAC	334	0	404	1.63	1.39	20.8	484	109	0.05	3.02	57.38	11.45	2.08	*0.00
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
KETCHUP	1 PC TUB	31	0	331	0.00	0.00	0.0	0	0	0.0	0.0	9.45	0.0	0.00	0.00
MUSTARD: INDIVIDUAL PC	2 PC PAC KET	7	0	113	0.09	0.18	7.6	0	0	0.0	0.42	0.58	0.4	0.02	*N/A*
BARBEQUE SAUCE-KEN'S	1 PC TUB	46	0	31	0.00	0.00	0.0	100	20	1.2	0.0	11.0	0.0	0.00	0.00
RANCH DRESSING (LITE)	# 24 SCOO	175	18	455	0.00	0.00	35.0	0	0	0.0	1.75	1.75	17.5	2.62	*N/A*
LEFTOVER ONE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER TWO	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER THREE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		2745	256	6648	26.04	16.52	1714.5	19161	2436	114.02	126.90	335.33	100.97	26.13	*0.36
% of Calories										18.5%	48.9%	33.1%	8.6%	*0.1%	

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

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# Plano ISD

	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 <sup>1</sup> (g)
Thu - 09/02/2010															
Secondary Lunch-High Sch.	Total														
HAMBURGER ON BUN	1 EACH	303	39	339	1.00	3.12	104.7	0	0	0.0	22.35	22.11	13.56	5.23	0.00
CHEESEBURGER ON BUN	1 EACH	338	47	537	1.00	3.12	180.6	202	30	0.0	24.88	23.12	15.58	6.50	0.00
LASAGNA W/WHEAT ROLL	ONE SERVING	417	32	1001	3.95	3.53	243.4	908	182	18.93	21.28	53.95	13.45	5.33	*0.26
GRILLED CHICKEN SANDWICH	ONE EAC	280	40	400	1.00	2.44	113.0	43	130	1.0	18.0	23.0	14.0	4.00	0.00
VEGETARIAN CHEF - SECONDAR	UNIT	294	223	783	4.17	2.96	295.7	9862	1089	30.82	17.0	30.73	12.04	4.81	*0.11
SALAD, SPRING MIX -1.5 OZ	1.5 OZ	8	0	11	0.69	0.37	15.0	2000	173	5.29	0.53	1.56	0.09	0.01	*0.00
ITALIAN GREEN BEANS	SERVING	20	0	390	1.00	0.78	37.0	260	52	1.0	1.0	3.0	1.99	0.00	*N/A*
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	*N/A*
PEACHY GELATIN	1/3 CUP	108	0	69	1.40	0.41	5.1	380	38	2.58	1.52	27.61	0.03	0.00	*0.00
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
KETCHUP	1 PC TUB	31	0	331	0.00	0.00	0.0	0	0	0.0	0.0	9.45	0.0	0.00	0.00
MUSTARD: INDIVIDUAL PC	2 PC PAC KET	7	0	113	0.09	0.18	7.6	0	0	0.0	0.42	0.58	0.4	0.02	*N/A*
MAYONNAISE (REDUCED FAT)	1 PC PAC KET	36	0	104	0.00	0.00	0.0	0	0	0.0	0.0	1.6	3.2	0.40	*N/A*
RANCH DRESSING (LITE)	# 24 SCOO	175	18	455	0.00	0.00	35.0	0	0	0.0	1.75	1.75	17.5	2.62	*N/A*
LEFTOVER ONE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER TWO	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER THREE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		2468	423	4989	14.70	17.40	1843.5	15201	1998	66.25	132.02	275.35	97.00	31.97	*0.36
% of Calories											21.4%	44.6%	35.4%	11.7%	*0.1%

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# Plano ISD

## Sep 1, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values Secondary Lunch-High Sch.

	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 <sup>1</sup> (g)
Fri - 09/03/2010															
Secondary Lunch-High Sch.															
	Total														
CHEESE PIZZA/PASTA/MARINAR	ONE EAC	444	60	773	6.05	3.25	343.8	557	287	4.45	24.32	60.64	11.94	5.10	*0.00
PEPPERONI PIZZA/PASTA/MARINARA	ONE EAC	446	44	1051	3.96	4.41	329.5	635	183	4.45	23.86	58.76	13.7	4.99	*0.00
BAJA FISH TACO	1 EACH	314	36	1058	1.50	1.80	321.6	367	73	0.6	16.85	32.67	13.23	4.40	0.50
BAKED POTATO WITH CHEESE	ONE EAC	268	11	467	3.81	1.87	237.6	501	100	16.61	10.67	39.76	8.12	3.38	1.00
SALAD, GARDEN-1.5 OZ	1.5 OZ	8	0	8	0.71	0.22	10.3	2240	234	4.36	0.41	1.76	0.08	0.01	*0.00
CORN, YELLOW - SECONDARY	1/2 CUP	80	0	3	1.91	0.38	3.6	177	12	5.81	2.74	18.79	0.71	0.11	*N/A*
COLE SLAW	1/2 CUP	61	0	114	2.01	0.35	31.7	2159	359	24.58	1.03	8.03	2.97	0.39	*0.00
ORANGES	ONE EAC	48	0	0	2.45	0.10	40.8	230	21	54.27	0.96	11.99	0.12	0.02	*N/A*
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
RANCH DRESSING (LITE)	# 24 SCOO	175	18	455	0.00	0.00	35.0	0	0	0.0	1.75	1.75	17.5	2.62	*N/A*
TARTAR SAUCE	1 PC PAC	28	2	113	0.02	0.00	90.0	0	0	0.0	0.06	1.26	2.5	0.38	*N/A*
	KET														
LEFTOVER ONE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER TWO	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER THREE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		2292	195	4496	22.40	12.74	2243.9	8366	1570	119.91	105.64	304.42	75.88	24.39	*1.50
% of Calories											18.4%	53.1%	29.8%	9.6%	*0.6%

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## Sep 1, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values Secondary Lunch-High Sch.

	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 <sup>1</sup> (g)
Mon - 09/06/2010															
Secondary Lunch-High Sch.	Total														
HAMBURGER ON BUN	1 EACH	303	39	339	1.00	3.12	104.7	0	0	0.0	22.35	22.11	13.56	5.23	0.00
CHEESEBURGER ON BUN	1 EACH	338	47	537	1.00	3.12	180.6	202	30	0.0	24.88	23.12	15.58	6.50	0.00
SHRIMP POPPERS/CORN MUFFI	21PCS/ B READ	430	71	1121	2.00	3.14	51.5	0	0	0.0	13.15	51.55	19.35	3.58	*2.10
HOT DOG ON BUN/BAKED BEAN	ONE EAC	456	40	1395	6.57	3.43	176.8	185	27	5.81	16.62	59.46	18.5	6.60	*0.00
VEGETARIAN CHEF - SECONDAR	UNIT	294	223	783	4.17	2.96	295.7	9862	1089	30.82	17.0	30.73	12.04	4.81	*0.11
MACARONI AND CHEESE-FROZE	# 8 SCOO	227	24	808	0.78	0.85	313.7	588	275	0.94	12.55	25.88	8.63	5.49	0.00
CALIFORNIA BLEND	1/2 CUP	25	0	30	2.00	0.00	20.0	1251	250	24.01	2.0	4.0	0.0	0.00	*N/A*
BLUEBERRY PARFAIT	SERVING	97	5	58	1.25	0.29	152.7	69	15	1.22	4.51	18.19	1.34	0.82	*N/A*
APRICOTS: canned,light syrup	1/2 CUP	79	0	5	2.00	0.49	13.8	1655	165	3.38	0.66	20.65	0.06	0.00	*N/A*
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
KETCHUP	1 PC TUB	31	0	331	0.00	0.00	0.0	0	0	0.0	0.0	9.45	0.0	0.00	0.00
MUSTARD: INDIVIDUAL PC	2 PC PAC KET	7	0	113	0.09	0.18	7.6	0	0	0.0	0.42	0.58	0.4	0.02	*N/A*
MAYONNAISE (REDUCED FAT)	1 PC PAC KET	36	0	104	0.00	0.00	0.0	0	0	0.0	0.0	1.6	3.2	0.40	*N/A*
RANCH DRESSING (LITE)	# 24 SCOO	175	18	455	0.00	0.00	35.0	0	0	0.0	1.75	1.75	17.5	2.62	*N/A*
LEFTOVER ONE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER TWO	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER THREE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		882	93	2124	5.99	4.45	740.3	2429	500	11.41	37.65	124.46	27.72	10.21	*1.35
% of Calories											17.1%	56.4%	28.3%	10.4%	*1.4%

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Tue - 09/07/2010															
Secondary Lunch-High Sch.	Total														
HAMBURGER ON BUN	1 EACH	303	39	339	1.00	3.12	104.7	0	0	0.0	22.35	22.11	13.56	5.23	0.00
CHEESEBURGER ON BUN	1 EACH	338	47	537	1.00	3.12	180.6	202	30	0.0	24.88	23.12	15.58	6.50	0.00
CHEESE NACHOS	UNIT	310	20	570	3.00	0.54	280.0	300	90	0.0	9.0	31.5	16.0	5.25	0.00
NACHO GRANDE	UNIT	434	72	982	3.00	2.34	301.6	300	90	0.8	26.53	33.77	20.95	6.81	0.09
CHICKEN STRIPS/BISCUIT	3 PIECES/ BISC	385	20	1115	3.00	3.08	40.0	110	22	1.0	17.0	36.0	19.0	4.50	4.00
DELI WRAP	UNIT	437	35	1665	0.60	1.02	224.8	2113	109	7.55	25.35	50.23	14.21	2.84	*0.00
BROCCOLI, FROZEN	1/2 CUP	28	0	17	2.92	0.70	39.9	1106	139	66.39	2.97	5.2	0.33	0.05	*N/A*
CHARRO BEANS: COOKED	1/2 CUP	151	0	576	8.22	2.64	77.0	309	40	2.47	8.43	26.84	1.55	0.32	*N/A*
TORTILLA SOUP	10 OUNCE	265	52	1778	2.69	2.46	262.7	1658	261	16.42	22.75	19.38	10.58	3.65	*0.00
PEARS	1/2 CUP	73	0	6	2.06	0.36	6.4	0	0	0.9	0.24	19.54	0.04	0.00	*N/A*
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
KETCHUP	1 PC TUB	31	0	331	0.00	0.00	0.0	0	0	0.0	0.0	9.45	0.0	0.00	0.00
MUSTARD: INDIVIDUAL PC	2 PC PAC	7	0	113	0.09	0.18	7.6	0	0	0.0	0.42	0.58	0.4	0.02	*N/A*
MAYONNAISE (REDUCED FAT)	1 PC PAC	36	0	104	0.00	0.00	0.0	0	0	0.0	0.0	1.6	3.2	0.40	*N/A*
	KET														
RANCH DRESSING (LITE)	# 24 SCOO	175	18	455	0.00	0.00	35.0	0	0	0.0	1.75	1.75	17.5	2.62	*N/A*
PICANTE SAUCE	# 24 SCOO	10	0	240	0.00	0.00	0.0	200	40	4.8	0.0	2.0	0.0	0.00	*N/A*
JALAPENOS	# 24 SCOO	10	0	630	0.98	0.71	8.7	641	64	3.77	0.35	1.79	0.35	0.04	*N/A*
LEFTOVER ONE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER TWO	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER THREE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		794	77	2226	11.12	5.41	641.5	1992	343	38.13	44.44	97.58	25.60	8.11	*1.19
% of Calories										22.4%	49.2%	29.0%	9.2%	*1.4%	

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Wed - 09/08/2010															
Secondary Lunch-High Sch.	Total														
MINI BURGERS/RANCH BEANS	2 EACH/BEANS	470	50	1060	6.00	4.32	340.0	500	100	0.0	24.0	50.0	19.0	7.00	*0.00
CHICKEN,OVEN FRIED/ROLL	3 OZ MEAT/ROLL	384	65	719	1.06	2.63	49.1	257	55	0.13	21.32	36.57	16.95	4.53	*0.70
STEAK FINGERS W/ROLL-SEC	4 EACH/ROLL	474	40	1079	3.06	4.25	69.1	257	149	4.93	20.32	47.57	21.95	7.53	*0.70
TUNA CHEF SALAD-SECONDARY SALAD, GARDEN-1.5 OZ	UNIT	438	84	1096	7.93	5.01	221.0	11963	1190	67.35	38.46	45.38	12.33	3.19	*0.11
MASHED POTATOES	1.5 OZ	8	0	8	0.71	0.22	10.3	2240	234	4.36	0.41	1.76	0.08	0.01	*0.00
MIXED VEGETABLES	1/2 CUP	119	0	329	1.48	0.08	10.3	226	45	6.48	2.27	15.6	5.26	1.12	1.30
PEACHES	1/2 CUP	73	0	53	4.54	1.08	28.3	5758	576	11.79	3.78	15.26	0.59	0.11	*N/A*
MILK, 1% LOWFAT	1/2 CUP	66	0	6	1.58	0.44	3.7	431	43	2.92	0.55	17.73	0.04	0.00	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
KETCHUP	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
MUSTARD: INDIVIDUAL PC	1 PC TUB	31	0	331	0.00	0.00	0.0	0	0	0.0	0.0	9.45	0.0	0.00	0.00
RANCH DRESSING (LITE)	2 PC PACKET	7	0	113	0.09	0.18	7.6	0	0	0.0	0.42	0.58	0.4	0.02	*N/A*
PEPPER GRAVY	KET														
LEFTOVER ONE	# 24 SCOOP	175	18	455	0.00	0.00	35.0	0	0	0.0	1.75	1.75	17.5	2.62	*N/A*
LEFTOVER TWO	2 OZ LADLE	45	0	270	0.00	0.00	1.5	0	0	0.0	0.0	4.97	1.99	0.00	0.00
LEFTOVER THREE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		793	63	1641	7.67	4.56	471.6	3686	498	15.25	34.14	105.40	26.78	8.17	*1.51
% of Calories											17.2%	53.1%	30.4%	9.3%	*1.7%

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<sup>1</sup> - denotes optional nutrient values

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# Plano ISD

## Sep 1, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values Secondary Lunch-High Sch.

	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 <sup>1</sup> (g)
Thu - 09/09/2010															
Secondary Lunch-High Sch.	Total														
HAMBURGER ON BUN	1 EACH	303	39	339	1.00	3.12	104.7	0	0	0.0	22.35	22.11	13.56	5.23	0.00
CHEESEBURGER ON BUN	1 EACH	338	47	537	1.00	3.12	180.6	202	30	0.0	24.88	23.12	15.58	6.50	0.00
SPAGHETTI/MEAT SC/GARLIC T OAST	UNIT	606	32	1331	5.82	6.32	163.5	580	123	9.5	26.02	83.77	17.16	4.13	*0.00
HOT & SPICY CHICKEN SANDWI	ONE EAC	360	55	680	3.00	2.88	120.0	750	150	0.0	17.0	34.0	17.0	4.00	*0.00
VEGETARIAN CHEF - SECONDAR	UNIT	294	223	783	4.17	2.96	295.7	9862	1089	30.82	17.0	30.73	12.04	4.81	*0.11
CAESAR SALAD	1.5 OZ	17	0	26	1.00	0.50	20.6	3709	111	10.21	0.91	2.75	0.41	0.13	*N/A*
ITALIAN GREEN BEANS	SERVING	20	0	390	1.00	0.78	37.0	260	52	1.0	1.0	3.0	1.99	0.00	*N/A*
WARM CINNAMON APPLES	3/4 CUP	163	0	141	2.69	0.56	23.7	74	7	0.58	0.47	41.04	0.72	0.12	*0.00
ORANGES	ONE EAC	48	0	0	2.45	0.10	40.8	230	21	54.27	0.96	11.99	0.12	0.02	*N/A*
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
KETCHUP	1 PC TUB	31	0	331	0.00	0.00	0.0	0	0	0.0	0.0	9.45	0.0	0.00	0.00
MUSTARD: INDIVIDUAL PC	2 PC PAC	7	0	113	0.09	0.18	7.6	0	0	0.0	0.42	0.58	0.4	0.02	*N/A*
	KET														
MAYONNAISE (REDUCED FAT)	1 PC PAC	36	0	104	0.00	0.00	0.0	0	0	0.0	0.0	1.6	3.2	0.40	*N/A*
	KET														
RANCH DRESSING (LITE)	# 24 SCOO	175	18	455	0.00	0.00	35.0	0	0	0.0	1.75	1.75	17.5	2.62	*N/A*
CAESAR DR. (FAT FREE)	# 24 SCOO	53	0	683	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	*N/A*
LEFTOVER ONE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER TWO	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER THREE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		790	51	1643	7.99	5.39	481.9	2692	285	48.43	32.60	123.77	19.16	5.52	*0.00
% of Calories											16.5%	62.6%	21.8%	6.3%	*0.0%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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<sup>1</sup> - denotes optional nutrient values

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# Plano ISD

## Sep 1, 2010 thru Sep 30, 2010 Spreadsheet - Portion Values Secondary Lunch-High Sch.

	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 <sup>1</sup> (g)
Fri - 09/10/2010															
Secondary Lunch-High Sch.	Total														
CHEESE PIZZA/PASTA/MARINAR	ONE EAC	444	60	773	6.05	3.25	343.8	557	287	4.45	24.32	60.64	11.94	5.10	*0.00
PEPPERONI PIZZA/PASTA/MARINAR	ONE EAC	446	44	1051	3.96	4.41	329.5	635	183	4.45	23.86	58.76	13.7	4.99	*0.00
NARA															
FISH, CRISPY/CORN MUFFIN	3 EACH/MUFFIN	440	81	781	1.00	1.86	21.5	100	20	0.0	17.15	57.55	15.35	3.08	*2.10
BAKED POTATO WITH CHEESE	ONE EAC	268	11	467	3.81	1.87	237.6	501	100	16.61	10.67	39.76	8.12	3.38	1.00
CARROTS, FRESH	2.2 OZ	37	0	63	2.54	0.27	29.9	15251	2552	5.35	0.84	8.69	0.22	0.04	0.00
SALAD, GARDEN-1.5 OZ	1.5 OZ	8	0	8	0.71	0.22	10.3	2240	234	4.36	0.41	1.76	0.08	0.01	*0.00
CORN, YELLOW - SECONDARY	1/2 CUP	80	0	3	1.91	0.38	3.6	177	12	5.81	2.74	18.79	0.71	0.11	*N/A*
WATERMELON CUBES	1/2 CUP	23	0	1	0.30	0.18	5.3	432	28	6.16	0.46	5.74	0.11	0.01	*N/A*
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
KETCHUP	1 PC TUB	31	0	331	0.00	0.00	0.0	0	0	0.0	0.0	9.45	0.0	0.00	0.00
TARTAR SAUCE	1 PC PAC	28	2	113	0.02	0.00	90.0	0	0	0.0	0.06	1.26	2.5	0.38	*N/A*
	KET														
RANCH DRESSING (LITE)	# 24 SCOO	175	18	455	0.00	0.00	35.0	0	0	0.0	1.75	1.75	17.5	2.62	*N/A*
LEFTOVER ONE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER TWO	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER THREE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		709	70	1194	6.95	4.00	545.3	12742	2163	17.02	32.62	104.10	19.27	5.86	*0.61
% of Calories											18.4%	58.7%	24.5%	7.4%	*0.8%

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# Plano ISD

	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 <sup>1</sup> (g)
Mon - 09/13/2010															
Secondary Lunch-High Sch.	Total														
HAMBURGER ON BUN	1 EACH	303	39	339	1.00	3.12	104.7	0	0	0.0	22.35	22.11	13.56	5.23	0.00
CHEESEBURGER ON BUN	1 EACH	338	47	537	1.00	3.12	180.6	202	30	0.0	24.88	23.12	15.58	6.50	0.00
ORANGE CHICKEN/RICE	SERVING	325	33	1338	1.24	1.50	33.1	109	18	1.84	15.31	35.02	13.43	3.36	*0.00
VEGETARIAN EGG ROLL/RICE	SERVING	190	5	667	1.12	0.38	4.5	0	0	0.0	3.83	28.71	7.09	1.52	*0.00
COBB SALAD	UNIT	271	258	1034	4.44	2.52	234.5	7530	760	42.83	23.79	17.84	11.58	4.69	*0.00
STIR FRY VEGETABLES	1/2 CUP	72	0	216	2.37	0.64	34.2	4472	894	32.74	1.77	7.21	4.62	0.69	*N/A*
SALAD, SPINACH -1.5 OZ	1.5 OZ	10	0	31	0.90	0.98	36.7	3931	338	10.79	1.06	1.71	0.15	0.02	*0.00
FRUIT COCKTAIL	1/2 CUP	59	0	5	1.29	0.27	10.3	393	40	3.48	0.59	15.27	0.01	0.00	*N/A*
APPLE WEDGES	2 OZ	29	0	1	1.36	0.07	3.4	31	3	2.61	0.15	7.83	0.1	0.02	*N/A*
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
KETCHUP	1 PC TUB	31	0	331	0.00	0.00	0.0	0	0	0.0	0.0	9.45	0.0	0.00	0.00
MUSTARD: INDIVIDUAL PC	2 PC PAC	7	0	113	0.09	0.18	7.6	0	0	0.0	0.42	0.58	0.4	0.02	*N/A*
MAYONNAISE (REDUCED FAT)	KET 1 PC PAC	36	0	104	0.00	0.00	0.0	0	0	0.0	0.0	1.6	3.2	0.40	*N/A*
RANCH DRESSING (LITE)	KET # 24 SCOO	175	18	455	0.00	0.00	35.0	0	0	0.0	1.75	1.75	17.5	2.62	*N/A*
LEFTOVER ONE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER TWO	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER THREE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		500	45	1231	3.02	2.59	318.3	2510	362	13.37	25.74	64.00	15.57	4.87	*0.00
% of Calories											20.6%	51.2%	28.0%	8.8%	*0.0%

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# Plano ISD

	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 <sup>1</sup> (g)
Tue - 09/14/2010															
Secondary Lunch-High Sch.	Total														
HAMBURGER ON BUN	1 EACH	303	39	339	1.00	3.12	104.7	0	0	0.0	22.35	22.11	13.56	5.23	0.00
CHEESEBURGER ON BUN	1 EACH	338	47	537	1.00	3.12	180.6	202	30	0.0	24.88	23.12	15.58	6.50	0.00
CHEESE NACHOS	UNIT	310	20	570	3.00	0.54	280.0	300	90	0.0	9.0	31.5	16.0	5.25	0.00
NACHO GRANDE	UNIT	434	72	982	3.00	2.34	301.6	300	90	0.8	26.53	33.77	20.95	6.81	0.09
DELI WRAP	UNIT	437	35	1665	0.60	1.02	224.8	2113	109	7.55	25.35	50.23	14.21	2.84	*0.00
BROCCOLI, FROZEN	1/2 CUP	28	0	17	2.92	0.70	39.9	1106	139	66.39	2.97	5.2	0.33	0.05	*N/A*
SPANISH RICE-UNCLE BEN'S	1/2 CUP	109	0	425	0.50	1.35	20.9	50	10	0.0	1.99	21.39	1.1	0.20	*0.30
REFRIED BEANS/DEHYDRATED	1/2 CUP	152	2	623	8.05	3.11	111.8	61	12	0.0	9.27	24.75	6.57	1.66	*0.00
BLUEBERRY DELIGHT	1/3 CUP	79	0	65	1.51	0.13	6.4	26	4	1.4	1.27	18.81	0.36	0.03	*N/A*
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
KETCHUP	1 PC TUB	31	0	331	0.00	0.00	0.0	0	0	0.0	0.0	9.45	0.0	0.00	0.00
MUSTARD: INDIVIDUAL PC	2 PC PAC	7	0	113	0.09	0.18	7.6	0	0	0.0	0.42	0.58	0.4	0.02	*N/A*
MAYONNAISE (REDUCED FAT)	1 PC PAC	36	0	104	0.00	0.00	0.0	0	0	0.0	0.0	1.6	3.2	0.40	*N/A*
RANCH DRESSING (LITE)	# 24 SCOO	175	18	455	0.00	0.00	35.0	0	0	0.0	1.75	1.75	17.5	2.62	*N/A*
PICANTE SAUCE	# 24 SCOO	10	0	240	0.00	0.00	0.0	200	40	4.8	0.0	2.0	0.0	0.00	*N/A*
JALAPENOS	# 24 SCOO	10	0	630	0.98	0.71	8.7	641	64	3.77	0.35	1.79	0.35	0.04	*N/A*
LEFTOVER ONE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER TWO	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER THREE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		701	66	1691	6.54	4.37	546.7	931	199	9.88	35.07	89.57	23.06	7.56	*0.30
% of Calories											20.0%	51.1%	29.6%	9.7%	*0.4%

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# Plano ISD

	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 <sup>1</sup> (g)
Wed - 09/15/2010															
Secondary Lunch-High Sch.	Total														
MINI BURGERS/RANCH BEANS	2 EACH/BEANS	470	50	1060	6.00	4.32	340.0	500	100	0.0	24.0	50.0	19.0	7.00	*0.00
CHICKEN FRIED STEAK/WW ROL	ONE EAC	419	35	1002	4.21	4.03	52.6	144	24	5.67	19.89	46.65	17.9	5.24	*0.26
BBQ SANDWICH	ONE EAC	350	35	1020	3.00	3.24	140.0	200	80	1.2	19.0	43.0	12.0	5.00	0.00
TUNA CHEF SALAD-SECONDARY	UNIT	438	84	1096	7.93	5.01	221.0	11963	1190	67.35	38.46	45.38	12.33	3.19	*0.11
MASHED POTATOES	1/2 CUP	119	0	329	1.48	0.08	10.3	226	45	6.48	2.27	15.6	5.26	1.12	1.30
PEAS & CARROTS:FROZEN	1/2 CUP	45	0	67	2.89	0.93	23.0	8077	808	9.53	2.89	9.48	0.4	0.07	0.00
SALAD, SPRING MIX -1.5 OZ	1.5 OZ	8	0	11	0.69	0.37	15.0	2000	173	5.29	0.53	1.56	0.09	0.01	*0.00
WATERMELON CUBES	1/2 CUP	23	0	1	0.30	0.18	5.3	432	28	6.16	0.46	5.74	0.11	0.01	*N/A*
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
KETCHUP	1 PC TUB	31	0	331	0.00	0.00	0.0	0	0	0.0	0.0	9.45	0.0	0.00	0.00
MUSTARD: INDIVIDUAL PC	2 PC PAC	7	0	113	0.09	0.18	7.6	0	0	0.0	0.42	0.58	0.4	0.02	*N/A*
RANCH DRESSING (LITE)	# 24 SCOO	175	18	455	0.00	0.00	35.0	0	0	0.0	1.75	1.75	17.5	2.62	*N/A*
LEFTOVER ONE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER TWO	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER THREE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		725	55	1734	7.07	4.53	417.4	3290	406	20.15	32.41	89.57	26.81	7.76	*1.34
% of Calories											17.9%	49.4%	33.3%	9.6%	*1.7%

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# Plano ISD

	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 <sup>1</sup> (g)
Thu - 09/16/2010															
Secondary Lunch-High Sch.	Total														
GRILLED CHICKEN SANDWICH	ONE EAC	280	40	400	1.00	2.44	113.0	43	130	1.0	18.0	23.0	14.0	4.00	0.00
CALZONE	ONE EAC	441	36	1115	2.38	3.31	2610.6	365	116	3.22	19.27	52.59	17.35	7.02	*0.50
CORN DOG, TURKEY	1 EACH	290	50	860	1.00	1.08	0.0	0	0	2.4	10.0	30.0	15.0	3.50	0.00
VEGETARIAN CHEF - SECONDAR	UNIT	294	223	783	4.17	2.96	295.7	9862	1089	30.82	17.0	30.73	12.04	4.81	*0.11
CAESAR SALAD	1.5 OZ	17	0	26	1.00	0.50	20.6	3709	111	10.21	0.91	2.75	0.41	0.13	*N/A*
CUCUMBER AND TOMATO SALA	2 OZ	13	0	1	0.68	0.26	6.5	62	9	4.11	0.46	2.68	0.32	0.05	*N/A*
GREEN BEANS	1/2 CUP	15	0	188	1.43	0.68	19.5	262	52	3.23	0.9	3.38	0.08	0.02	*N/A*
PEACHY GELATIN	1/3 CUP	108	0	69	1.40	0.41	5.1	380	38	2.58	1.52	27.61	0.03	0.00	*0.00
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
KETCHUP	1 PC TUB	31	0	331	0.00	0.00	0.0	0	0	0.0	0.0	9.45	0.0	0.00	0.00
MUSTARD: INDIVIDUAL PC	2 PC PAC	7	0	113	0.09	0.18	7.6	0	0	0.0	0.42	0.58	0.4	0.02	*N/A*
	KET														
MARINARA SAUCE	2 OZ LADL	24	0	234	0.98	0.53	19.5	146	122	4.39	0.98	4.88	0.49	0.24	0.00
RANCH DRESSING (LITE)	# 24 SCOO	175	18	455	0.00	0.00	35.0	0	0	0.0	1.75	1.75	17.5	2.62	*N/A*
LEFTOVER ONE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER TWO	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER THREE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		593	55	1415	4.01	3.45	1750.7	2185	359	13.07	25.19	85.54	17.63	6.29	*0.28
% of Calories											17.0%	57.7%	26.7%	9.5%	*0.4%

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# Plano ISD

	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 <sup>1</sup> (g)
Fri - 09/17/2010															
Secondary Lunch-High Sch.	Total														
CHEESE PIZZA/PASTA/MARINAR	ONE EAC	444	60	773	6.05	3.25	343.8	557	287	4.45	24.32	60.64	11.94	5.10	*0.00
PEPPERONI PIZZA/PASTA/MARINARA	ONE EAC	446	44	1051	3.96	4.41	329.5	635	183	4.45	23.86	58.76	13.7	4.99	*0.00
FILET OF FISH ON BUN	ONE EAC	340	50	500	1.00	2.52	100.0	0	0	0.0	18.01	38.01	12.01	1.50	0.00
BAKED POTATO WITH CHEESE	ONE EAC	268	11	467	3.81	1.87	237.6	501	100	16.61	10.67	39.76	8.12	3.38	1.00
TURKEY NOODLE SOUP	SERVING	141	30	896	0.68	0.85	21.2	228	41	0.6	7.91	11.72	6.43	1.24	*1.22
CORN, YELLOW - SECONDARY	1/2 CUP	80	0	3	1.91	0.38	3.6	177	12	5.81	2.74	18.79	0.71	0.11	*N/A*
COLE SLAW	1/2 CUP	61	0	114	2.01	0.35	31.7	2159	359	24.58	1.03	8.03	2.97	0.39	*0.00
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	*N/A*
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
TARTAR SAUCE	1 PC PAC	28	2	113	0.02	0.00	90.0	0	0	0.0	0.06	1.26	2.5	0.38	*N/A*
	KET														
LEFTOVER ONE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER TWO	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER THREE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		643	66	1408	5.01	4.21	498.1	1483	321	13.35	32.80	89.82	17.41	5.13	*0.71
% of Calories											20.4%	55.9%	24.4%	7.2%	*1.0%

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# Plano ISD

	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 <sup>1</sup> (g)
Mon - 09/20/2010															
Secondary Lunch-High Sch.	Total														
HAMBURGER ON BUN	1 EACH	303	39	339	1.00	3.12	104.7	0	0	0.0	22.35	22.11	13.56	5.23	0.00
CHEESEBURGER ON BUN	1 EACH	338	47	537	1.00	3.12	180.6	202	30	0.0	24.88	23.12	15.58	6.50	0.00
BROCCOLI BEEF	SERVING	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
VEGETARIAN CHEF - SECONDAR	UNIT	294	223	783	4.17	2.96	295.7	9862	1089	30.82	17.0	30.73	12.04	4.81	*0.11
STIR FRY RICE	ONE EAC	210	123	467	1.60	2.08	33.1	2138	428	1.7	7.67	33.53	4.51	1.16	*N/A*
STIR FRY VEGETABLES	1/2 CUP	72	0	216	2.37	0.64	34.2	4472	894	32.74	1.77	7.21	4.62	0.69	*N/A*
CARROTS AND CUCUMBER	SERVING	25	0	32	1.50	0.26	22.2	7673	1285	3.95	0.72	5.99	0.16	0.03	*0.00
PINEAPPLE TIDBITS	1/2 CUP	63	0	1	0.97	0.48	17.1	46	1	9.14	0.44	16.39	0.15	0.01	*N/A*
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
KETCHUP	1 PC TUB	31	0	331	0.00	0.00	0.0	0	0	0.0	0.0	9.45	0.0	0.00	0.00
MUSTARD: INDIVIDUAL PC	2 PC PAC KET	7	0	113	0.09	0.18	7.6	0	0	0.0	0.42	0.58	0.4	0.02	*N/A*
MAYONNAISE (REDUCED FAT)	1 PC PAC KET	36	0	104	0.00	0.00	0.0	0	0	0.0	0.0	1.6	3.2	0.40	*N/A*
RANCH DRESSING (LITE)	# 24 SCOO	175	18	455	0.00	0.00	35.0	0	0	0.0	1.75	1.75	17.5	2.62	*N/A*
LEFTOVER ONE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER TWO	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER THREE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		1975	474	3833	12.70	13.19	1530.2	25894	4028	83.14	100.00	221.45	76.71	24.47	*0.11
% of Calories											20.3%	44.8%	35.0%	11.2%	*0.0%

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# Plano ISD

	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 <sup>1</sup> (g)
Tue - 09/21/2010															
Secondary Lunch-High Sch.	Total														
HAMBURGER ON BUN	1 EACH	303	39	339	1.00	3.12	104.7	0	0	0.0	22.35	22.11	13.56	5.23	0.00
CHEESEBURGER ON BUN	1 EACH	338	47	537	1.00	3.12	180.6	202	30	0.0	24.88	23.12	15.58	6.50	0.00
BREADED CHICKEN ON BUN	1 EACH	350	55	810	1.00	2.88	120.0	100	20	0.0	21.0	34.0	15.0	3.00	0.00
PIZZA STICK-THREE	THREE S	480	30	1110	0.00	4.32	600.0	600	112	0.0	24.0	51.0	21.0	7.50	0.00
	TICKS														
DELI WRAP	UNIT	437	35	1665	0.60	1.02	224.8	2113	109	7.55	25.35	50.23	14.21	2.84	*0.00
HEARTY BEAN SOUP	4 OUNCES	137	0	489	5.93	1.88	139.2	339	69	4.81	6.5	24.33	2.23	0.50	*0.00
CAESAR SALAD	1.5 OZ	17	0	26	1.00	0.50	20.6	3709	111	10.21	0.91	2.75	0.41	0.13	*N/A*
BROCCOLI, FROZEN	1/2 CUP	28	0	17	2.92	0.70	39.9	1106	139	66.39	2.97	5.2	0.33	0.05	*N/A*
FRUIT COCKTAIL	1/2 CUP	59	0	5	1.29	0.27	10.3	393	40	3.48	0.59	15.27	0.01	0.00	*N/A*
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
KETCHUP	1 PC TUB	31	0	331	0.00	0.00	0.0	0	0	0.0	0.0	9.45	0.0	0.00	0.00
MUSTARD: INDIVIDUAL PC	2 PC PAC	7	0	113	0.09	0.18	7.6	0	0	0.0	0.42	0.58	0.4	0.02	*N/A*
	KET														
MAYONNAISE (REDUCED FAT)	1 PC PAC	36	0	104	0.00	0.00	0.0	0	0	0.0	0.0	1.6	3.2	0.40	*N/A*
	KET														
CAESAR DR. (FAT FREE)	# 24 SCOO	53	0	683	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	*N/A*
MARINARA SAUCE	2 OZ LADL	24	0	234	0.98	0.53	19.5	146	122	4.39	0.98	4.88	0.49	0.24	0.00
LEFTOVER ONE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER TWO	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER THREE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		2720	231	6917	15.79	18.89	2267.2	10210	1053	101.62	152.96	327.53	91.43	29.40	*0.00
% of Calories											22.5%	48.2%	30.3%	9.7%	*0.0%

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# Plano ISD

	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 <sup>1</sup> (g)
Wed - 09/22/2010															
Secondary Lunch-High Sch.	Total														
MINI BURGERS/RANCH BEANS	2 EACH/BEANS	470	50	1060	6.00	4.32	340.0	500	100	0.0	24.0	50.0	19.0	7.00	*0.00
CHICKEN NUGGETS/WWROLL-E LEM.	5 PIECES/ROLL	389	55	802	2.21	2.77	32.6	144	29	4.47	20.89	39.65	16.9	3.24	*0.26
GRILLED CHEESE SANDWICH	ONE EAC	229	14	597	1.00	1.08	187.1	837	160	0.05	6.86	14.85	14.74	4.03	*0.00
TUNA CHEF SALAD-SECONDARY	UNIT	438	84	1096	7.93	5.01	221.0	11963	1190	67.35	38.46	45.38	12.33	3.19	*0.11
CALIFORNIA BLEND	1/2 CUP	25	0	30	2.00	0.00	20.0	1251	250	24.01	2.0	4.0	0.0	0.00	*N/A*
VEGETABLE SOUP	SERVING	61	0	1149	3.13	0.75	39.9	2362	274	11.18	2.85	10.36	1.02	0.43	*N/A*
PEARS	1/2 CUP	73	0	6	2.06	0.36	6.4	0	0	0.9	0.24	19.54	0.04	0.00	*N/A*
WACKY CAKE/CHOC ICING	ONE EAC	334	0	404	1.63	1.39	20.8	484	109	0.05	3.02	57.38	11.45	2.08	*0.00
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
KETCHUP	1 PC TUB	31	0	331	0.00	0.00	0.0	0	0	0.0	0.0	9.45	0.0	0.00	0.00
MUSTARD: INDIVIDUAL PC	2 PC PAC KET	7	0	113	0.09	0.18	7.6	0	0	0.0	0.42	0.58	0.4	0.02	*N/A*
BARBEQUE SAUCE-KEN'S	1 PC TUB	46	0	31	0.00	0.00	0.0	100	20	1.2	0.0	11.0	0.0	0.00	0.00
RANCH DRESSING (LITE)	# 24 SCOO	175	18	455	0.00	0.00	35.0	0	0	0.0	1.75	1.75	17.5	2.62	*N/A*
LEFTOVER ONE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER TWO	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER THREE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		2699	245	6530	26.04	16.23	1710.5	19141	2432	114.02	123.50	332.93	98.37	25.63	*0.36
% of Calories										18.3%	49.3%	32.8%	8.5%	*0.1%	

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# Plano ISD

	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 <sup>1</sup> (g)
Thu - 09/23/2010															
Secondary Lunch-High Sch.	Total														
HAMBURGER ON BUN	1 EACH	303	39	339	1.00	3.12	104.7	0	0	0.0	22.35	22.11	13.56	5.23	0.00
CHEESEBURGER ON BUN	1 EACH	338	47	537	1.00	3.12	180.6	202	30	0.0	24.88	23.12	15.58	6.50	0.00
LASAGNA W/WHEAT ROLL	ONE SERVING	417	32	1001	3.95	3.53	243.4	908	182	18.93	21.28	53.95	13.45	5.33	*0.26
GRILLED CHICKEN SANDWICH	ONE EAC	280	40	400	1.00	2.44	113.0	43	130	1.0	18.0	23.0	14.0	4.00	0.00
VEGETARIAN CHEF - SECONDAR	UNIT	294	223	783	4.17	2.96	295.7	9862	1089	30.82	17.0	30.73	12.04	4.81	*0.11
SALAD, SPRING MIX -1.5 OZ	1.5 OZ	8	0	11	0.69	0.37	15.0	2000	173	5.29	0.53	1.56	0.09	0.01	*0.00
ITALIAN GREEN BEANS	SERVING	20	0	390	1.00	0.78	37.0	260	52	1.0	1.0	3.0	1.99	0.00	*N/A*
CANTALOUPE	1/2 CUP	27	0	13	0.72	0.17	7.2	2706	258	29.36	0.67	6.53	0.15	0.04	*N/A*
PEACHY GELATIN	1/3 CUP	108	0	69	1.40	0.41	5.1	380	38	2.58	1.52	27.61	0.03	0.00	*0.00
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
KETCHUP	1 PC TUB	31	0	331	0.00	0.00	0.0	0	0	0.0	0.0	9.45	0.0	0.00	0.00
MUSTARD: INDIVIDUAL PC	2 PC PAC KET	7	0	113	0.09	0.18	7.6	0	0	0.0	0.42	0.58	0.4	0.02	*N/A*
MAYONNAISE (REDUCED FAT)	1 PC PAC KET	36	0	104	0.00	0.00	0.0	0	0	0.0	0.0	1.6	3.2	0.40	*N/A*
RANCH DRESSING (LITE)	# 24 SCOO	175	18	455	0.00	0.00	35.0	0	0	0.0	1.75	1.75	17.5	2.62	*N/A*
LEFTOVER ONE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER TWO	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER THREE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		2465	423	5001	15.01	17.43	1844.2	17861	2251	93.77	132.41	273.99	97.00	31.96	*0.36
% of Calories										21.5%	44.5%	35.4%	11.7%		*0.1%

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<sup>1</sup> - denotes optional nutrient values

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# Plano ISD

	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 <sup>1</sup> (g)
Fri - 09/24/2010															
Secondary Lunch-High Sch.	Total														
CHEESE PIZZA/PASTA/MARINAR	ONE EAC	444	60	773	6.05	3.25	343.8	557	287	4.45	24.32	60.64	11.94	5.10	*0.00
PEPPERONI PIZZA/PASTA/MARINARA	ONE EAC	446	44	1051	3.96	4.41	329.5	635	183	4.45	23.86	58.76	13.7	4.99	*0.00
BAJA FISH TACO	1 EACH	314	36	1058	1.50	1.80	321.6	367	73	0.6	16.85	32.67	13.23	4.40	0.50
BAKED POTATO WITH CHEESE	ONE EAC	268	11	467	3.81	1.87	237.6	501	100	16.61	10.67	39.76	8.12	3.38	1.00
SALAD, GARDEN-1.5 OZ	1.5 OZ	8	0	8	0.71	0.22	10.3	2240	234	4.36	0.41	1.76	0.08	0.01	*0.00
CORN, YELLOW - SECONDARY	1/2 CUP	80	0	3	1.91	0.38	3.6	177	12	5.81	2.74	18.79	0.71	0.11	*N/A*
COLE SLAW	1/2 CUP	63	0	115	1.85	0.32	28.0	2368	394	22.19	0.88	8.74	3.01	0.39	*0.00
ORANGES	ONE EAC	48	0	0	2.45	0.10	40.8	230	21	54.27	0.96	11.99	0.12	0.02	*N/A*
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
RANCH DRESSING (LITE)	# 24 SCOO	175	18	455	0.00	0.00	35.0	0	0	0.0	1.75	1.75	17.5	2.62	*N/A*
TARTAR SAUCE	1 PC PAC	28	2	113	0.02	0.00	90.0	0	0	0.0	0.06	1.26	2.5	0.38	*N/A*
	KET														
LEFTOVER ONE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER TWO	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER THREE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		2294	195	4498	22.24	12.71	2240.3	8575	1605	117.53	105.49	305.13	75.92	24.39	*1.50
% of Calories											18.4%	53.2%	29.8%	9.6%	*0.6%

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# Plano ISD

	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 <sup>1</sup> (g)
Mon - 09/27/2010															
Secondary Lunch-High Sch.	Total														
HAMBURGER ON BUN	1 EACH	303	39	339	1.00	3.12	104.7	0	0	0.0	22.35	22.11	13.56	5.23	0.00
CHEESEBURGER ON BUN	1 EACH	338	47	537	1.00	3.12	180.6	202	30	0.0	24.88	23.12	15.58	6.50	0.00
SHRIMP POPPERS/CORN MUFFI	21PCS/ B READ	430	71	1121	2.00	3.14	51.5	0	0	0.0	13.15	51.55	19.35	3.58	*2.10
HOT DOG ON BUN/BAKED BEAN	ONE EAC	456	40	1395	6.57	3.43	176.8	185	27	5.81	16.62	59.46	18.5	6.60	*0.00
VEGETARIAN CHEF - SECONDAR	UNIT	294	223	783	4.17	2.96	295.7	9862	1089	30.82	17.0	30.73	12.04	4.81	*0.11
MACARONI AND CHEESE-FROZE	# 8 SCOO	227	24	808	0.78	0.85	313.7	588	275	0.94	12.55	25.88	8.63	5.49	0.00
CALIFORNIA BLEND	1/2 CUP	25	0	30	2.00	0.00	20.0	1251	250	24.01	2.0	4.0	0.0	0.00	*N/A*
BLUEBERRY PARFAIT	SERVING	97	5	58	1.25	0.29	152.7	69	15	1.22	4.51	18.19	1.34	0.82	*N/A*
APRICOTS: canned,light syrup	1/2 CUP	79	0	5	2.00	0.49	13.8	1655	165	3.38	0.66	20.65	0.06	0.00	*N/A*
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
KETCHUP	1 PC TUB	31	0	331	0.00	0.00	0.0	0	0	0.0	0.0	9.45	0.0	0.00	0.00
MUSTARD: INDIVIDUAL PC	2 PC PAC KET	7	0	113	0.09	0.18	7.6	0	0	0.0	0.42	0.58	0.4	0.02	*N/A*
MAYONNAISE (REDUCED FAT)	1 PC PAC KET	36	0	104	0.00	0.00	0.0	0	0	0.0	0.0	1.6	3.2	0.40	*N/A*
RANCH DRESSING (LITE)	# 24 SCOO	175	18	455	0.00	0.00	35.0	0	0	0.0	1.75	1.75	17.5	2.62	*N/A*
LEFTOVER ONE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER TWO	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER THREE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		750	86	2011	4.33	4.05	567.5	1257	345	5.98	32.17	98.81	26.29	9.49	*1.33
% of Calories											17.1%	52.7%	31.5%	11.4%	*1.6%

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# Plano ISD

	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 <sup>1</sup> (g)
Tue - 09/28/2010															
Secondary Lunch-High Sch.															
	Total														
HAMBURGER ON BUN	1 EACH	303	39	339	1.00	3.12	104.7	0	0	0.0	22.35	22.11	13.56	5.23	0.00
CHEESEBURGER ON BUN	1 EACH	338	47	537	1.00	3.12	180.6	202	30	0.0	24.88	23.12	15.58	6.50	0.00
CHEESE NACHOS	UNIT	310	20	570	3.00	0.54	280.0	300	90	0.0	9.0	31.5	16.0	5.25	0.00
NACHO GRANDE	UNIT	434	72	982	3.00	2.34	301.6	300	90	0.8	26.53	33.77	20.95	6.81	0.09
CHICKEN STICKS/W. G. BISCUIT	EIGHT EA CH	360	65	770	2.00	2.16	100.0	100	20	0.0	18.0	32.0	18.0	9.00	0.00
DELI WRAP	UNIT	437	35	1665	0.60	1.02	224.8	2113	109	7.55	25.35	50.23	14.21	2.84	*0.00
BROCCOLI, FROZEN	1/2 CUP	28	0	17	2.92	0.70	39.9	1106	139	66.39	2.97	5.2	0.33	0.05	*N/A*
CHARRO BEANS: COOKED	1/2 CUP	151	0	576	8.22	2.64	77.0	309	40	2.47	8.43	26.84	1.55	0.32	*N/A*
TORTILLA SOUP	10 OUNCE	265	52	1778	2.69	2.46	262.7	1658	261	16.42	22.75	19.38	10.58	3.65	*0.00
PEAR GELATIN	1/3 CUP	112	0	69	1.72	0.33	7.3	0	0	0.75	1.24	28.28	0.03	0.00	*N/A*
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
KETCHUP	1 PC TUB	31	0	331	0.00	0.00	0.0	0	0	0.0	0.0	9.45	0.0	0.00	0.00
MUSTARD: INDIVIDUAL PC	2 PC PAC	7	0	113	0.09	0.18	7.6	0	0	0.0	0.42	0.58	0.4	0.02	*N/A*
	KET														
MAYONNAISE (REDUCED FAT)	1 PC PAC	36	0	104	0.00	0.00	0.0	0	0	0.0	0.0	1.6	3.2	0.40	*N/A*
	KET														
RANCH DRESSING (LITE)	# 24 SCOO	175	18	455	0.00	0.00	35.0	0	0	0.0	1.75	1.75	17.5	2.62	*N/A*
PICANTE SAUCE	# 24 SCOO	10	0	240	0.00	0.00	0.0	200	40	4.8	0.0	2.0	0.0	0.00	*N/A*
JALAPENOS	# 24 SCOO	10	0	630	0.98	0.71	8.7	641	64	3.77	0.35	1.79	0.35	0.04	*N/A*
LEFTOVER ONE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER TWO	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER THREE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		630	80	1606	5.64	3.47	505.3	1175	222	13.02	35.51	70.86	22.71	8.61	*0.05
% of Calories											22.5%	45.0%	32.4%	12.3%	*0.1%

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# Plano ISD

	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 <sup>1</sup> (g)
Wed - 09/29/2010															
Secondary Lunch-High Sch.	Total														
MINI BURGERS/RANCH BEANS	2 EACH/BEANS	470	50	1060	6.00	4.32	340.0	500	100	0.0	24.0	50.0	19.0	7.00	*0.00
CHICKEN,OVEN FRIED/ROLL	3 OZ MEAT/ROLL	384	65	719	1.06	2.63	49.1	257	55	0.13	21.32	36.57	16.95	4.53	*0.70
STEAK FINGERS W/ROLL-SEC	4 EACH/ROLL	474	40	1079	3.06	4.25	69.1	257	149	4.93	20.32	47.57	21.95	7.53	*0.70
TUNA CHEF SALAD-SECONDARY SALAD, GARDEN-1.5 OZ	UNIT 1.5 OZ	438 8	84 0	1096 8	7.93 0.71	5.01 0.22	221.0 10.3	11963 2240	1190 234	67.35 4.36	38.46 0.41	45.38 1.76	12.33 0.08	3.19 0.01	*0.11 *0.00
MASHED POTATOES	1/2 CUP	119	0	329	1.48	0.08	10.3	226	45	6.48	2.27	15.6	5.26	1.12	1.30
MIXED VEGETABLES	1/2 CUP	73	0	53	4.54	1.08	28.3	5758	576	11.79	3.78	15.26	0.59	0.11	*N/A*
PEACHES	1/2 CUP	66	0	6	1.58	0.44	3.7	431	43	2.92	0.55	17.73	0.04	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
KETCHUP	1 PC TUB	31	0	331	0.00	0.00	0.0	0	0	0.0	0.0	9.45	0.0	0.00	0.00
MUSTARD: INDIVIDUAL PC	2 PC PAC KET	7	0	113	0.09	0.18	7.6	0	0	0.0	0.42	0.58	0.4	0.02	*N/A*
RANCH DRESSING (LITE)	# 24 SCOOP	175	18	455	0.00	0.00	35.0	0	0	0.0	1.75	1.75	17.5	2.62	*N/A*
PEPPER GRAVY	2 OZ LADL	45	0	270	0.00	0.00	1.5	0	0	0.0	0.0	4.97	1.99	0.00	0.00
Weighted Daily Average		759	60	1614	5.78	4.24	315.8	2220	362	14.25	30.51	95.89	28.40	8.30	*1.90
% of Calories											16.1%	50.6%	33.7%	9.8%	*2.3%

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# Plano ISD

	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 <sup>1</sup> (g)
Thu - 09/30/2010															
Secondary Lunch-High Sch.	Total														
HAMBURGER ON BUN	1 EACH	303	39	339	1.00	3.12	104.7	0	0	0.0	22.35	22.11	13.56	5.23	0.00
CHEESEBURGER ON BUN	1 EACH	338	47	537	1.00	3.12	180.6	202	30	0.0	24.88	23.12	15.58	6.50	0.00
SPAGHETTI/MEAT SC/GARLIC T OAST	UNIT	606	32	1331	5.82	6.32	163.5	580	123	9.5	26.02	83.77	17.16	4.13	*0.00
HOT & SPICY CHICKEN SANDWI	ONE EAC	360	55	680	3.00	2.88	120.0	750	150	0.0	17.0	34.0	17.0	4.00	*0.00
VEGETARIAN CHEF - SECONDAR	UNIT	294	223	783	4.17	2.96	295.7	9862	1089	30.82	17.0	30.73	12.04	4.81	*0.11
CAESAR SALAD	1.5 OZ	17	0	26	1.00	0.50	20.6	3709	111	10.21	0.91	2.75	0.41	0.13	*N/A*
ITALIAN GREEN BEANS	SERVING	20	0	390	1.00	0.78	37.0	260	52	1.0	1.0	3.0	1.99	0.00	*N/A*
WARM CINNAMON APPLES	1/2 CUP	109	0	94	1.80	0.37	15.8	49	5	0.39	0.32	27.36	0.48	0.08	*0.00
ORANGES	ONE EAC	48	0	0	2.45	0.10	40.8	230	21	54.27	0.96	11.99	0.12	0.02	*N/A*
MILK, 1% LOWFAT	HALF PINT	100	10	125	0.00	0.00	300.0	500	100	2.4	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY, FAT FREE	HALF PINT	170	10	150	0.00	0.36	250.0	500	100	2.4	7.0	29.0	2.5	1.50	0.00
MILK, CHOCOLATE, FAT FREE	HALF PINT	150	5	180	0.00	0.00	250.0	500	100	0.0	8.0	28.0	0.0	0.00	0.00
KETCHUP	1 PC TUB	31	0	331	0.00	0.00	0.0	0	0	0.0	0.0	9.45	0.0	0.00	0.00
MUSTARD: INDIVIDUAL PC	2 PC PAC	7	0	113	0.09	0.18	7.6	0	0	0.0	0.42	0.58	0.4	0.02	*N/A*
MAYONNAISE (REDUCED FAT)	1 PC PAC	36	0	104	0.00	0.00	0.0	0	0	0.0	0.0	1.6	3.2	0.40	*N/A*
	KET														
RANCH DRESSING (LITE)	# 24 SCOO	175	18	455	0.00	0.00	35.0	0	0	0.0	1.75	1.75	17.5	2.62	*N/A*
CAESAR DR. (FAT FREE)	# 24 SCOO	53	0	683	0.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	*N/A*
LEFTOVER ONE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER TWO	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
LEFTOVER THREE	0	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		608	54	1155	5.75	4.25	381.4	2131	245	41.60	28.12	84.11	17.90	5.08	*0.00
% of Calories											18.5%	55.4%	26.5%	7.5%	*0.0%
Weighted Average		1343	153	2982	10.99	8.37	1071.6	7506	1090	49.33	65.36 19.5%	168.16 50.1%	46.71 31.3%	14.51 9.7%	*0.69 *0.5%

\*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  
<sup>1</sup> - 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.**