

Idaho State Department of Education

Jan 26, 2009 thru Jan 30, 2009 Spreadsheet - Portion Values

Jan 12, 2009

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ID Nutrient Standards Lunch

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Mon - 01/26/2009													
ID Nutrient Standards Lunch	Total												
BEEF STIR-FRY	3/4 CUP	236	55	280	2.90	2.73	38.99	11916	29.20	23.80	11.11	10.68	2.33
rice, whole grain brown parboi	3/4 cup	128	0	0	0.75	0.54	0.00	0	0.00	3.00	26.25	0.75	0.00
PEACHES: can,light syrup jail	.5 cup	68	0	6	1.63	0.45	3.77	444	3.01	0.56	18.26	0.04	0.00
CARROT STICKS	1/2 CUP	36	0	61	2.46	0.26	29.00	14774	5.19	0.82	8.42	0.21	0.03
Ranch Dressing Lowfat,council	1/2 oz	33	3	97	0.00	0.00	8.91	3	0.08	0.25	0.87	3.57	0.54
milk,lunch rec. id stands	1 cup	139	7	140	0.94	0.47	292.19	492	1.69	8.14	22.61	1.92	1.21
Weighted Daily Average		639	65	584	8.68	4.45	372.86	27629	39.16	36.58	87.52	17.17	4.11
% of Calories										22.9%	54.8%	24.2%	5.8%

Tue - 01/27/2009													
ID Nutrient Standards Lunch	Total												
Spaghetti ww meat ,ID stands	1 CUP	343	51	72	6.14	3.80	35.41	609	12.26	20.70	37.54	12.75	4.48
whole wheat rolls,gooding	.5 each	99	0	143	1.67	0.95	11.63	1	0.03	2.86	16.78	2.53	0.36
SALAD,TOSSED: no dressing	1 CUP	40	0	28	2.25	0.74	34.74	3266	17.56	2.55	7.15	0.87	0.12
Ranch Dressing Lowfat,council	1/2 oz	33	3	97	0.00	0.00	8.91	3	0.08	0.25	0.87	3.57	0.54
PEARS: canned,light syrup	1/2 CUP	72	0	6	2.01	0.35	6.28	0	0.88	0.24	19.04	0.04	0.00
milk,lunch rec. id stands	1 cup	139	7	140	0.94	0.47	292.19	492	1.69	8.14	22.61	1.92	1.21
Weighted Daily Average		725	61	487	13.00	6.32	389.15	4371	32.49	34.74	103.98	21.68	6.72
% of Calories										19.2%	57.4%	26.9%	8.3%

Wed - 01/28/2009													
ID Nutrient Standards Lunch	Total												
chicken fajitas,id stands	1 each	263	66	290	4.00	1.77	149.75	183	0.00	23.86	22.00	9.89	3.72
REFRIED BEANS	1/4 CUP	83	3	286	2.09	1.21	84.75	156	0.52	5.15	9.14	3.09	0.99
Spanish rice, gooding	.5 cup	60	0	169	0.55	0.37	3.97	87	2.96	1.58	12.32	0.37	0.01
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.44	46	1.84	0.29	7.89	0.16	0.05
lettuce	1/4 c	2	0	1	0.17	0.06	2.48	69	0.39	0.12	0.41	0.02	0.00
CORN: canned, yellow	1/2 CUP	66	0	175	1.64	0.71	4.10	66	6.97	2.15	15.24	0.82	0.12
Salsa Com.	2 oz	20	0	244	0.79	1.27	6.80	312	2.27	0.85	3.97	0.11	0.02
milk,lunch rec. id stands	1 cup	139	7	140	0.94	0.47	292.19	492	1.69	8.14	22.61	1.92	1.21
Weighted Daily Average		665	76	1306	10.60	5.98	550.47	1411	16.64	42.14	93.59	16.38	6.12
% of Calories										25.3%	56.3%	22.2%	8.3%

Thu - 01/29/2009													
ID Nutrient Standards Lunch	Total												
pizza, whole grain crust	1 each	270	36	588	3.06	1.93	467.78	679	8.17	18.64	27.76	10.21	5.85
SALAD,TOSSED: no dressing	1/2 CUP	20	0	14	1.12	0.37	17.37	1633	8.78	1.28	3.57	0.43	0.06
Ranch Dressing Lowfat	1 oz	59	5	169	0.00	0.05	27.97	27	0.23	0.84	1.29	5.66	0.72
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	66	0	1	1.01	0.49	17.64	48	9.45	0.45	16.95	0.15	0.01
Whole grain rocket bar	2.5 oz	142	12	100	2.14	1.02	15.74	14	0.12	3.27	24.27	3.92	1.06
milk,lunch rec. id stands	1 cup	139	7	140	0.94	0.47	292.19	492	1.69	8.14	22.61	1.92	1.21
Weighted Daily Average		695	60	1013	8.27	4.32	838.68	2893	28.44	32.62	96.45	22.31	8.91
% of Calories										18.8%	55.5%	28.9%	11.5%

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	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Fri - 01/30/2009													
ID Nutrient Standards Lunch	Total												
turkey sandwich, ID stands	1 each	329	43	1038	3.61	2.78	249.50	157	3.29	22.27	36.74	10.51	3.87
mayo, reduced calorie	1 tbsp	60	5	95	0.00	0.00	0.00	0	0.00	0.00	1.00	7.00	1.00
BROCCOLI, raw: fresh	1/4 CUP	7	0	7	0.57	0.16	10.34	137	19.62	0.62	1.46	0.08	0.01
CAULIFLOWER, raw: fresh	1/4 CUP	6	0	8	0.63	0.11	5.50	3	11.60	0.50	1.33	0.03	0.01
Ranch Dressing Lowfat	1 oz	59	5	169	0.00	0.05	27.97	27	0.23	0.84	1.29	5.66	0.72
BANANAS	1/2 EACH	51	0	1	1.48	0.15	2.85	36	4.96	0.62	13.02	0.19	0.06
pudding, choc, inst, nw mead	1/2 c	80	0	130	0.00	0.00	60.00	0	0.00	0.00	21.00	0.00	0.00
milk, lunch rec. id stands	1 cup	139	7	140	0.94	0.47	292.19	492	1.69	8.14	22.61	1.92	1.21
Weighted Daily Average		731	59	1588	7.23	3.72	648.35	853	41.39	32.98	98.44	25.39	6.87
% of Calories										18.0%	53.8%	31.2%	8.5%

Weighted Average		691	64	996	9.55	4.96	559.90	7432	31.62	35.81	96.00	20.59	6.55
										20.7%	55.6%	26.8%	8.5%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	691		664	104%			
Cholesterol (mg)	64		100	64%			
Sodium (mg)	996		1328	75%			
Fiber (g)	9.55		6.64	144%			
Iron (mg)	4.96		3.47	143%			
Calcium (mg)	559.90		286.00	196%			
Vitamin A (IU)	7432		1119	664%			
Vitamin C (mg)	31.62		15.24	207%			
Protein (g)	35.81	20.72%	9.77	367%			
Carbohydrate (g)	96.00	55.55%	0.00				
Total Fat (g)	20.59	26.80%	<30.00				
Saturated Fat (g)	6.55	8.52%	<10.00				