

# Ss. Peter & Paul Grade School

Page 1

Sep 1, 2012 thru Sep 30, 2012 Spreadsheet - Portion Values

	Portion Size	Plan Qty	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 - 09/03/2012																
Arch Elementary	Total	1														
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												0.00%	0.00%	0.00%	0.00%	0.00%
Tue - 09/04/2012																
Arch Elementary	Total	1														
NO SCHOOL TODAY	SERVING	1	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			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												0.00%	0.00%	0.00%	0.00%	0.00%
Wed - 09/05/2012																
Arch Elementary	Total	1														
NO LUNCH	SERVING	1	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			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												0.00%	0.00%	0.00%	0.00%	0.00%
Thu - 09/06/2012																
Arch Elementary	Total	1														
NO LUNCH	SERVING	1	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			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												0.00%	0.00%	0.00%	0.00%	0.00%
Fri - 09/07/2012																
Arch Elementary	Total	1														
CHICKEN Tenders, CN	4 each	1	323	54	754	1.35	2.42	53.9	0	0	0.0	18.85	17.51	20.2	4.04	0.00
MAX SNAX Pizza w Sce AP WG 2.	3 Each	1	502	16	1494	8.80	3.10	501.1	430	86	1.49	22.4	57.71	21.81	7.65	0.00
BEANS, Green Frozen 1/2c	1/2 Cup	1	31	0	2	2.03	0.66	32.8	428	86	10.09	1.41	5.9	0.16	0.04	0.00
FRUIT: APPLE, 138ct 1/8wg 1/2c	4 Wedges	1	31	0	2	1.44	0.07	4.9	32	3	3.07	0.16	8.34	0.11	0.02	*0.00
Baked Lays Chips	1 each	1	111	0	152	2.03	0.36	40.5	0	0	1.22	2.03	23.29	1.52	0.00	*N/A*
MILK,1% Lowfat	HALF PIN	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			1101	82	2511	15.65	6.70	938.2	1369	319	15.86	53.07	124.92	46.16	13.29	*0.00
% of Calories												19.30%	45.40%	37.70%	10.90%	*0.0%

Ss. Peter & Paul Grade School

Sep 1, 2012 thru Sep 30, 2012 Spreadsheet - Portion Values

	Portion Size	Plan Qty	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 - 09/10/2012																
Arch Elementary	Total	1														
CHICKEN, Cheesesteak	1 Each	1	341	20	864	2.40	1.53	192.4	304	61	0.0	12.27	37.01	17.52	5.06	0.00
S & S Meatballs over Pasta	1 each	1	530	31	1184	2.99	3.92	34.0	7	1	1.78	20.44	53.55	24.4	5.47	0.89
VEG: BROCCOLI, Frz Chpd 1/2c	1/2 Cup	1	24	0	9	2.59	0.53	28.5	872	163	34.58	2.67	4.61	0.1	0.02	*N/A*
FRUIT: PEACHES Slcd w/Jc 1/2c	1/2 Cup	1	49	0	10	0.00	0.00	0.0	293	59	1.17	0.0	11.73	0.0	0.00	0.00
YOGURT Bulk, Vanilla 1/2c	1/2 Cup	1	139	10	102	0.69	0.11	250.7	72	14	0.05	6.83	46.97	2.31	1.15	0.00
MILK,1% Lowfat	HALF PIN'	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			1185	73	2277	8.67	6.16	810.5	2025	442	37.58	50.42	166.06	46.70	13.25	*0.89
% of Calories												17.00%	56.10%	35.50%	10.10%	*0.7%
Tue - 09/11/2012																
Arch Elementary	Total	1														
BRD: PANCAKES, AP B 2ea	2 Pancake	1	147	17	313	1.33	1.20	26.7	0	0	0.0	4.0	26.0	2.67	0.33	0.00
Turkey Sausage Pty Ckd Sage	1 each	1	80	20	270	0.00	0.00	0.0	0	0	0.0	7.0	1.0	6.0	1.50	*N/A*
COND PC Syrup 1.4oz Smuckers	1 Each	1	120	0	25	0.00	0.00	0.0	0	0	0.0	0.0	30.0	0.0	0.00	0.00
SDW BGL, Ham AM 2.0	Sandwich	1	392	51	1240	2.00	0.73	152.2	304	61	0.0	24.2	48.05	11.62	5.57	0.00
VEG: BROCCOLI, Frz Chpd 1/2c	1/2 Cup	1	24	0	9	2.59	0.53	28.5	872	163	34.58	2.67	4.61	0.1	0.02	*N/A*
YOGURT Bulk, Vanilla 1/2c	1/2 Cup	1	139	10	102	0.69	0.11	250.7	72	14	0.05	6.83	46.97	2.31	1.15	0.00
FRUIT: PEACHES Slcd w/Jc 1/2c	1/2 Cup	1	49	0	10	0.00	0.00	0.0	293	59	1.17	0.0	11.73	0.0	0.00	0.00
MILK,1% Lowfat	HALF PIN'	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			1053	110	2078	6.61	2.64	763.0	2019	440	35.80	52.92	180.55	25.07	10.11	*0.00
% of Calories												20.10%	68.60%	21.40%	8.60%	*0.0%
Wed - 09/12/2012																
Arch Elementary	Total	1														
pizza bagel	1 each	1	424	40	884	2.46	0.16	445.5	496	99	9.6	22.63	48.31	14.15	8.10	0.00
SALAD HamTky Chef AP W 2.0	1 Each	1	389	133	1587	2.90	2.83	215.7	2747	549	14.5	49.73	14.49	17.27	7.42	0.00
VEG: BROCCOLI, Frz Chpd 1/2c	1/2 Cup	1	24	0	9	2.59	0.53	28.5	872	163	34.58	2.67	4.61	0.1	0.02	*N/A*
FRUIT: PEACHES Slcd w/Jc 1/2c	1/2 Cup	1	49	0	10	0.00	0.00	0.0	293	59	1.17	0.0	11.73	0.0	0.00	0.00
YOGURT Bulk, Vanilla 1/2c	1/2 Cup	1	139	10	102	0.69	0.11	250.7	72	14	0.05	6.83	46.97	2.31	1.15	0.00

MILK,1% Lowfat	HALF PIN'	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			1127	196	2699	8.64	3.70	1245	4958	1028	59.90	90.08	138.30	36.21	18.24	*0.00
% of Calories												32.00%	49.10%	28.90%	14.60%	*0.0%

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	Portion Size	Plan Qty	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 - 09/13/2012																
Arch Elementary	Total	1														
MELT SUB FZ, Chix SC Parm WH	Sandwich	1	192	32	419	1.62	0.76	222.8	421	95	2.8	12.85	10.21	10.95	4.17	*0.00
WW Pasta w/Garl Butter & Brocc	6 oz	1	591	0	460	5.41	2.03	38.4	2223	445	27.06	9.71	48.26	41.42	20.42	*0.00
VEG: BROCCOLI, Frz Chpd 1/2c	1/2 Cup	1	24	0	9	2.59	0.53	28.5	872	163	34.58	2.67	4.61	0.1	0.02	*N/A*
FRUIT: PEACHES Slcd w/Jc 1/2c	1/2 Cup	1	49	0	10	0.00	0.00	0.0	293	59	1.17	0.0	11.73	0.0	0.00	0.00
YOGURT Bulk, Vanilla 1/2c	1/2 Cup	1	139	10	102	0.69	0.11	250.7	72	14	0.05	6.83	46.97	2.31	1.15	0.00
MILK,1% Lowfat	HALF PIN'	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			1097	54	1108	10.30	3.50	845.4	4359	919	65.67	40.28	133.97	57.15	27.30	*0.00
% of Calories												14.70%	48.80%	46.90%	22.40%	*0.0%
Fri - 09/14/2012																
Arch Elementary	Total	1														
Cheese Burger	1 Each	1	359	45	769	2.19	3.68	194.4	252	50	0.0	20.92	29.54	17.01	7.65	0.00
TACO ChixDcd Soft SM WG 2.0	2 Each	1	308	49	390	4.04	2.11	282.3	226	49	0.19	18.78	29.41	12.22	5.10	*0.05
VEG: BROCCOLI, Frz Chpd 1/2c	1/2 Cup	1	24	0	9	2.59	0.53	28.5	872	163	34.58	2.67	4.61	0.1	0.02	*N/A*
FRUIT: PEACHES Slcd w/Jc 1/2c	1/2 Cup	1	49	0	10	0.00	0.00	0.0	293	59	1.17	0.0	11.73	0.0	0.00	0.00
YOGURT Bulk, Vanilla 1/2c	1/2 Cup	1	139	10	102	0.69	0.11	250.7	72	14	0.05	6.83	46.97	2.31	1.15	0.00
MILK,1% Lowfat	HALF PIN'	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			981	116	1388	9.51	6.50	1061	2193	479	35.99	57.42	134.45	34.01	15.46	*0.05
% of Calories												23.40%	54.80%	31.20%	14.20%	*0.0%
Mon - 09/17/2012																
Arch Elementary	Total	1														
ORI CHIX Brd SwtSour WG 2.0	1 Each	1	389	20	467	4.56	2.60	67.8	367	70	24.97	16.22	61.38	9.04	1.71	*0.00
SDW BGL, Ham AM 2.0	Sandwich	1	392	51	1240	2.00	0.73	152.2	304	61	0.0	24.2	48.05	11.62	5.57	0.00
BEANS, Green Frozen 1/2c	1/2 Cup	1	31	0	2	2.03	0.66	32.8	428	86	10.09	1.41	5.9	0.16	0.04	0.00
FRUIT: APPLE, 125ct 1/8wg 1/2c	4 Wedges	1	35	0	2	1.59	0.08	5.3	36	3	3.35	0.18	9.2	0.12	0.02	*N/A*
Baked Lays Chips	1 each	1	111	0	152	2.03	0.36	40.5	0	0	1.22	2.03	23.29	1.52	0.00	*N/A*
MILK,1% Lowfat	HALF PIN'	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			1060	83	1971	12.21	4.52	603.6	1613	364	39.62	52.26	159.99	24.83	8.88	*0.00
% of Calories												19.70%	60.40%	21.10%	7.50%	*0.0%

Ss. Peter & Paul Grade School

Page 4

Sep 1, 2012 thru Sep 30, 2012 Spreadsheet - Portion Values

	Portion Size	Plan Qty	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 - 09/18/2012																
Arch Elementary	Total	1														
FRENCH TOAST STICKS	1 SERVIN	1	377	145	876	1.95	3.91	189.4	331	96	0.53	13.1	56.82	10.8	2.71	*N/A*
Turkey Sausage Pty Ckd Sage	1 each	1	80	20	270	0.00	0.00	0.0	0	0	0.0	7.0	1.0	6.0	1.50	*N/A*
COND PC Syrup 1.4oz Smuckers	1 Each	1	120	0	25	0.00	0.00	0.0	0	0	0.0	0.0	30.0	0.0	0.00	0.00
MELT BN, ChixPty AM WG/WG 2.5	Sandwich	1	414	33	1012	5.36	3.26	151.5	152	30	0.0	20.75	41.73	18.94	4.96	0.16
BEANS, Green Frozen 1/2c	1/2 Cup	1	31	0	2	2.03	0.66	32.8	428	86	10.09	1.41	5.9	0.16	0.04	0.00
FRUIT: APPLE, 125ct 1/8wg 1/2c	4 Wedges	1	35	0	2	1.59	0.08	5.3	36	3	3.35	0.18	9.2	0.12	0.02	*N/A*
Baked Lays Chips	1 each	1	111	0	152	2.03	0.36	40.5	0	0	1.22	2.03	23.29	1.52	0.00	*N/A*
MILK,1% Lowfat	HALF PIN	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			1270	210	2446	12.96	8.36	724.5	1425	359	15.19	52.68	180.11	39.91	10.78	*0.16
% of Calories												16.60%	56.70%	28.30%	7.60%	*0.1%
Wed - 09/19/2012																
Arch Elementary	Total	1														
BBQ GRILLED CHICKEN SAND	1 Each	1	362	28	796	5.27	2.66	112.3	100	20	1.53	14.74	43.41	14.37	3.15	*0.03
PIZZA 14" Pepperoni WG 2.0	1/8 Cut Sli	1	337	38	526	3.02	1.15	431.7	529	128	2.14	20.86	26.69	16.13	7.68	0.07
FRUIT: APPLE, 125ct 1/8wg 1/2c	4 Wedges	1	35	0	2	1.59	0.08	5.3	36	3	3.35	0.18	9.2	0.12	0.02	*N/A*
BEANS, Green Frozen 1/2c	1/2 Cup	1	31	0	2	2.03	0.66	32.8	428	86	10.09	1.41	5.9	0.16	0.04	0.00
Baked Lays Chips	1 each	1	111	0	152	2.03	0.36	40.5	0	0	1.22	2.03	23.29	1.52	0.00	*N/A*
MILK,1% Lowfat	HALF PIN	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			978	78	1586	13.95	4.99	927.7	1572	381	18.32	47.42	120.67	34.67	12.43	*0.10
% of Calories												19.40%	49.30%	31.90%	11.40%	*0.1%
Thu - 09/20/2012																
Arch Elementary	Total	1														
Baked Cheese Ravioli w/sauce	1 each	1	915	161	1441	5.28	5.27	686.1	1771	354	0.68	43.69	117.43	30.42	18.10	*0.00
SLOPPY JOE ON A ROLL	SERVING:	1	345	52	540	2.40	3.73	98.0	560	112	11.89	20.95	35.93	12.76	4.95	*N/A*
FRUIT: APPLE, 125ct 1/8wg 1/2c	4 Wedges	1	35	0	2	1.59	0.08	5.3	36	3	3.35	0.18	9.2	0.12	0.02	*N/A*
BEANS, Green Frozen 1/2c	1/2 Cup	1	31	0	2	2.03	0.66	32.8	428	86	10.09	1.41	5.9	0.16	0.04	0.00
Baked Lays Chips	1 each	1	111	0	152	2.03	0.36	40.5	0	0	1.22	2.03	23.29	1.52	0.00	*N/A*
MILK,1% Lowfat	HALF PIN	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*

Weighted Daily Average	1539	225	2244	13.32	10.19	1168	3273	699	27.23	76.47	203.92	47.34	24.66	*0.00
% of Calories										19.90%	53.00%	27.70%	14.40%	*0.0%

# Ss. Peter & Paul Grade School

Page 5

Sep 1, 2012 thru Sep 30, 2012 Spreadsheet - Portion Values

	Portion Size	Plan Qty	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 - 09/21/2012																
Arch Elementary	Total	1														
CHICKEN Tenders, CN	4 each	1	242	40	566	1.01	1.82	40.4	0	0	0.0	14.14	13.13	15.15	3.03	0.00
MAX SNAX Pizza w Sce AP WG 2.	3 Each	1	502	16	1494	8.80	3.10	501.1	430	86	1.49	22.4	57.71	21.81	7.65	0.00
FRUIT: APPLE, 125ct 1/8wg 1/2c	4 Wedges	1	35	0	2	1.59	0.08	5.3	36	3	3.35	0.18	9.2	0.12	0.02	*N/A*
BEANS, Green Frozen 1/2c	1/2 Cup	1	31	0	2	2.03	0.66	32.8	428	86	10.09	1.41	5.9	0.16	0.04	0.00
Baked Lays Chips	1 each	1	111	0	152	2.03	0.36	40.5	0	0	1.22	2.03	23.29	1.52	0.00	*N/A*
MILK,1% Lowfat	HALF PIN	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			1023	69	2323	15.46	6.10	925.1	1372	319	16.14	48.37	121.40	41.12	12.28	*0.00
% of Calories												18.90%	47.40%	36.20%	10.80%	*0.0%
Mon - 09/24/2012																
Arch Elementary	Total	1														
S & S Meatballs over Pasta	1 each	1	530	31	1184	2.99	3.92	34.0	7	1	1.78	20.44	53.55	24.4	5.47	0.89
CHICKEN, Cheesesteak	1 Each	1	328	*68	897	4.00	1.94	220.5	339	68	1.42	24.53	26.8	14.16	*6.05	*0.00
VEG: BROCCOLI, Frz Chpd 1/2c	1/2 Cup	1	24	0	9	2.59	0.53	28.5	872	163	34.58	2.67	4.61	0.1	0.02	*N/A*
FRUIT: PEACHES Slcd w/Jc 1/2c	1/2 Cup	1	49	0	10	0.00	0.00	0.0	293	59	1.17	0.0	11.73	0.0	0.00	0.00
YOGURT Bulk, Vanilla 1/2c	1/2 Cup	1	139	10	102	0.69	0.11	250.7	72	14	0.05	6.83	46.97	2.31	1.15	0.00
MILK,1% Lowfat	HALF PIN	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			1172	*121	2311	10.27	6.56	838.6	2061	449	39.00	62.69	155.84	43.34	*14.24	*0.89
% of Calories												21.40%	53.20%	33.30%	*10.9%	*0.7%
Tue - 09/25/2012																
Arch Elementary	Total	1														
BRD: PANCAKES, AP B 2ea	2 Pancake	1	147	17	313	1.33	1.20	26.7	0	0	0.0	4.0	26.0	2.67	0.33	0.00
Turkey Sausage Pty Ckd Sage	1 each	1	80	20	270	0.00	0.00	0.0	0	0	0.0	7.0	1.0	6.0	1.50	*N/A*
COND PC Syrup 1.4oz Smuckers	1 Each	1	120	0	25	0.00	0.00	0.0	0	0	0.0	0.0	30.0	0.0	0.00	0.00
SDW BGL, Ham AM 2.0	Sandwich	1	392	51	1240	2.00	0.73	152.2	304	61	0.0	24.2	48.05	11.62	5.57	0.00
VEG: BROCCOLI, Frz Chpd 1/2c	1/2 Cup	1	24	0	9	2.59	0.53	28.5	872	163	34.58	2.67	4.61	0.1	0.02	*N/A*
FRUIT: PEACHES Slcd w/Jc 1/2c	1/2 Cup	1	49	0	10	0.00	0.00	0.0	293	59	1.17	0.0	11.73	0.0	0.00	0.00
YOGURT Bulk, Vanilla 1/2c	1/2 Cup	1	139	10	102	0.69	0.11	250.7	72	14	0.05	6.83	46.97	2.31	1.15	0.00
MILK,1% Lowfat	HALF PIN	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*

Weighted Daily Average	1053	110	2078	6.61	2.64	763.0	2019	440	35.80	52.92	180.55	25.07	10.11	*0.00
% of Calories										20.10%	68.60%	21.40%	8.60%	*0.0%



Ss. Peter & Paul Grade School

Page 6

Sep 1, 2012 thru Sep 30, 2012 Spreadsheet - Portion Values

	Portion Size	Plan Qty	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)
Wed - 09/26/2012																
Arch Elementary	Total	1														
pizza bagel	1 each	1	424	40	884	2.46	0.16	445.5	496	99	9.6	22.63	48.31	14.15	8.10	0.00
SALAD HamTky Chef AP W 2.0	1 Each	1	389	133	1587	2.90	2.83	215.7	2747	549	14.5	49.73	14.49	17.27	7.42	0.00
VEG: BROCCOLI, Frz Chpd 1/2c	1/2 Cup	1	24	0	9	2.59	0.53	28.5	872	163	34.58	2.67	4.61	0.1	0.02	*N/A*
FRUIT: PEACHES Slcd w/Jc 1/2c	1/2 Cup	1	49	0	10	0.00	0.00	0.0	293	59	1.17	0.0	11.73	0.0	0.00	0.00
YOGURT Bulk, Vanilla 1/2c	1/2 Cup	1	139	10	102	0.69	0.11	250.7	72	14	0.05	6.83	46.97	2.31	1.15	0.00
MILK,1% Lowfat	HALF PIN	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			1127	196	2699	8.64	3.70	1245	4958	1028	59.90	90.08	138.30	36.21	18.24	*0.00
% of Calories												32.00%	49.10%	28.90%	14.60%	*0.0%
Thu - 09/27/2012																
Arch Elementary	Total	1														
MELT SUB FZ, Chix SC Parm WH	Sandwich	1	192	32	419	1.62	0.76	222.8	421	95	2.8	12.85	10.21	10.95	4.17	*0.00
WW Pasta w/Garl Butter & Brocc	6 oz	1	591	0	460	5.41	2.03	38.4	2223	445	27.06	9.71	48.26	41.42	20.42	*0.00
VEG: BROCCOLI, Frz Chpd 1/2c	1/2 Cup	1	24	0	9	2.59	0.53	28.5	872	163	34.58	2.67	4.61	0.1	0.02	*N/A*
FRUIT: PEACHES Slcd w/Jc 1/2c	1/2 Cup	1	49	0	10	0.00	0.00	0.0	293	59	1.17	0.0	11.73	0.0	0.00	0.00
YOGURT Bulk, Vanilla 1/2c	1/2 Cup	1	139	10	102	0.69	0.11	250.7	72	14	0.05	6.83	46.97	2.31	1.15	0.00
MILK,1% Lowfat	HALF PIN	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			1097	54	1108	10.30	3.50	845.4	4359	919	65.67	40.28	133.97	57.15	27.30	*0.00
% of Calories												14.70%	48.80%	46.90%	22.40%	*0.0%
Fri - 09/28/2012																
Arch Elementary	Total	1														
Cheese Burger	1 Each	1	359	45	769	2.19	3.68	194.4	252	50	0.0	20.92	29.54	17.01	7.65	0.00
TACO ChixDcd Soft SM WG 2.0	2 Each	1	308	49	390	4.04	2.11	282.3	226	49	0.19	18.78	29.41	12.22	5.10	*0.05
VEG: BROCCOLI, Frz Chpd 1/2c	1/2 Cup	1	24	0	9	2.59	0.53	28.5	872	163	34.58	2.67	4.61	0.1	0.02	*N/A*
FRUIT: PEACHES Slcd w/Jc 1/2c	1/2 Cup	1	49	0	10	0.00	0.00	0.0	293	59	1.17	0.0	11.73	0.0	0.00	0.00
YOGURT Bulk, Vanilla 1/2c	1/2 Cup	1	139	10	102	0.69	0.11	250.7	72	14	0.05	6.83	46.97	2.31	1.15	0.00
MILK,1% Lowfat	HALF PIN	1	102	12	107	0.00	0.07	305.0	478	144	0.0	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average			981	116	1388	9.51	6.50	1061	2193	479	35.99	57.42	134.45	34.01	15.46	*0.05
% of Calories												23.40%	54.80%	31.20%	14.20%	*0.0%

Weighted Average	1115	*118	2014	10.79	5.39	922.8	2610	566	37.73	57.80	150.47	39.31	*15.75	*0.13
										20.70%	54.00%	31.70%	*12.7%	*0.1%