

Appleton Area School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
ES Lunch Wellness

Jan 11, 2012

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	Portion Size	Plan 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
Wed - 02/01/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
FRANK Turkey, 8-1 WH 2.0	1 Each	80	289	50	987	1.94	2.89	169.8	300	60	0.00	11.4	25.5	15.2	4.76	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Ham w/AM WH2.0	1 Each	5	214	28	718	1.80	2.40	119.4	76	15	0.10	16.9	25.9	5.5	2.13	*0.00
SDW BD, PB&J WH 2.0	1 Each	10	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
BEANS, Baked 3/8c	1/2 Cup	75	154	0	604	5.49	1.98	43.9	0	0	0.00	6.6	31.8	1.1	0.00	0.00
FRUIT MIX, w/Juice 3/8c	3/8 Cup	25	33	0	3	0.54	0.00	0.0	109	22	0.7	0.5	7.1	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
CUCUMBER, Fresh 3/8c	3/8 Cup	25	6	0	1	0.19	0.11	6.2	41	8	1.1	0.3	1.4	0.0	0.01	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
SALAD, Potato 1/4c	1/4 Cup	75	89	35	101	1.32	0.76	14.9	72	8	5.4	2.5	12.8	3.0	0.61	*0.03
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	35	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	20	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	0	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	20	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	20	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	0	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			666	75	1787	8.50	5.32	507.7	2057	289	12.24	27.72	95.30	19.68	5.50	*-0.98
% of Calories												16.6%	57.2%	26.6%	7.4%	-1.3%

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Appleton Area School District

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ES Lunch Wellness

Jan 11, 2012

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	Portion Size	Plan 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
Thu - 02/02/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Italian Chicken Breast	1 each	70	143	50	792	0.33	0.72	0.0	0	0	0.00	15.0	5.3	7.0	2.00	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Ham w/AM WH2.0	1 Each	5	214	28	718	1.80	2.40	119.4	76	15	0.10	16.9	25.9	5.5	2.13	*0.00
SDW BD, PB&J WH 2.0	1 Each	20	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
VEGETABLE BLEND, Capri 3/8c	3/8 Cup	75	20	0	12	0.81	0.29	16.2	2021	404	2.9	0.8	4.0	0.00	0.00	0.00
APPLESAUCE, Canned 3/8c	3/8 Cup	25	65	0	7	1.45	0.00	0.0	0	0	0.00	0.00	16.0	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
BROCCOLI, Fresh 3/8c	3/8 Cup	25	9	0	9	0.69	0.19	12.5	166	41	23.7	0.8	1.8	0.1	0.01	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
ROLL, DINNER AP WH	1 Each	100	77	0	137	1.08	1.01	49.9	0	0	0.00	2.4	13.0	1.8	0.42	*-1.00
COND PC Margarine 5g	1 each	100	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	35	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	20	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	1	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	2	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	10	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	0	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	45	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			560	44	1341	5.10	2.93	401.8	3623	588	15.85	27.06	73.32	17.54	4.81	*-2.00
% of Calories												19.3%	52.4%	28.2%	7.7%	-3.2%

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ES Lunch Wellness

Jan 11, 2012

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	Portion Size	Plan 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 - 02/03/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Pizza, Flatbread Pepperoni	1 each	75	390	20	590	5.00	*0.00	300.0	500	100	1.2	21.0	50.0	12.0	4.50	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Ham w/AM WH2.0	1 Each	5	214	28	718	1.80	2.40	119.4	76	15	0.10	16.9	25.9	5.5	2.13	*0.00
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
BROCCOLI, Frz Chopped 3/8c	3/8 Cup	75	20	0	8	2.13	0.43	23.4	717	134	28.4	2.2	3.8	0.1	0.01	*-1.00
PINEAPPLE, Tidbits w/Juice3/8c	3/8 Cup	25	45	0	6	0.65	0.32	11.7	31	6	6.1	0.6	11.0	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
BANANA, Fresh Petite (150ct)	banana (1 50 ct)	25	69	0	1	2.01	0.20	3.9	50	6	6.7	0.8	17.7	0.3	0.09	0.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CRACKER, GFish Ranch .75oz	Package	100	100	4	190	1.00	1.08	20.0	0	0	0.00	3.0	14.0	3.0	1.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	5	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	10	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	4	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	4	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	4	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	0	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			711	28	1030	8.91	*2.56	594.5	2651	403	33.12	33.22	103.62	18.54	6.06	*-1.50
% of Calories												18.7%	58.3%	23.5%	7.7%	-1.9%

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ES Lunch Wellness

	Portion Size	Plan 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
Mon - 02/06/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
BEEF Chick Fried Stk AP B 2.0	1 Each	75	290	40	730	2.00	2.70	40.0	100	20	4.8	15.0	18.0	18.0	6.00	0.00
BREAD WH	Slice	75	67	0	130	0.90	0.87	35.5	0	0	0.05	2.7	11.9	0.91	0.20	*-1.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Turkey w/AM WH 2.0	sandwich	5	305	10	1420	1.80	2.46	207.7	152	30	0.10	22.2	28.3	11.4	3.95	*0.00
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
POTATO, Mashed 3/8c	1/2 Cup	75	85	0	29	1.70	0.31	3.0	0	0	25.6	1.7	17.9	0.00	0.00	*0.00
GRAVY, Brown Low Sodium	2 oz	75	202	0	1148	0.00	0.00	13.9	0	0	0.00	8.1	40.5	4.1	0.00	*0.00
PEACHES, Sliced w/Juice 3/8c	3/8 Cup	25	37	0	7	0.00	0.00	0.0	220	44	0.9	0.00	8.8	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	15	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
GRAPES, Fresh 3/8c	3/8 Cup	25	43	0	1	0.58	0.19	9.0	64	6	2.6	0.4	11.0	0.2	0.07	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	20	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	15	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	2	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	2	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	30	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	30	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			786	38	2063	5.38	3.98	405.4	1906	263	31.23	33.47	114.77	23.79	6.38	*-1.60
% of Calories												17.0%	58.4%	27.2%	7.3%	-1.8%

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Appleton Area School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 11, 2012

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ES Lunch Wellness

	Portion Size	Plan 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
Tue - 02/07/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Mini Taco Triangles	1 each	75	290	10	690	4.00	1.80	200.0	100	20	0.00	14.0	30.0	10.0	3.00	0.00
RICE, Sante Fe WG 1c	.5 Cup	75	120	0	84	2.29	0.45	13.2	33	7	0.00	2.7	25.0	1.0	0.19	*0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Turkey w/AM WH 2.0	sandwich	5	305	10	1420	1.80	2.46	207.7	152	30	0.10	22.2	28.3	11.4	3.95	*0.00
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PEAS, Green Frozen 3/8c	1/2 Cup	75	76	0	70	5.37	1.48	23.4	2048	65	9.7	5.0	13.9	0.3	0.05	*-1.33
PEARS, Sliced w/Juice 3/8c	3/8 cup	25	43	0	4	1.44	0.26	0.0	0	0	0.9	0.00	10.1	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	15	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
PEPPERS BELL, Green 3/8c	3/8 Cup	25	11	0	2	0.95	0.19	5.6	207	35	44.9	0.5	2.6	0.1	0.03	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	35	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	20	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	22	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	21	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	20	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	0	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	.25 Cup	75	16	0	461	2.00	0.00	0.0	200	40	0.00	0.00	4.0	0.00	0.00	0.00
Weighted Daily Average			688	16	1526	12.65	3.95	514.6	3564	336	26.19	29.18	101.05	16.79	4.45	*-1.85
% of Calories												17.0%	58.7%	21.9%	5.8%	-2.4%

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Appleton Area School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 11, 2012

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ES Lunch Wellness

	Portion Size	Plan 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
Wed - 02/08/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PP Spg AP TomBeef SS WG 2.0	Serving	75	419	21	891	13.66	4.92	95.1	4465	893	7.00	23.5	69.8	7.3	2.26	*0.00
Breadstick WG - Alpha	.5	75	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Turkey w/AM WH 2.0	sandwich	5	305	10	1420	1.80	2.46	207.7	152	30	0.10	22.2	28.3	11.4	3.95	*0.00
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
CORN, Frozen 3/8c	1/2 Cup	75	67	0	1	1.99	0.39	2.5	165	18	2.9	2.1	16.0	0.6	0.08	*-1.33
FRUIT MIX, w/Juice 3/8c	3/8 Cup	25	33	0	3	0.54	0.00	0.0	109	22	0.7	0.5	7.1	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
CUCUMBER, Fresh 3/8c	3/8 Cup	25	6	0	1	0.19	0.11	6.2	41	8	1.1	0.3	1.4	0.0	0.01	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	35	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	20	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	0	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	10	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	10	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	0	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			697	23	1271	14.59	5.46	425.5	5235	917	15.59	33.64	118.83	12.66	3.45	*-2.00
% of Calories												19.3%	68.1%	16.3%	4.4%	-2.6%

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Appleton Area School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 11, 2012

ES Lunch Wellness

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	Portion Size	Plan 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
Thu - 02/09/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	75	335	45	732	2.94	3.82	164.7	252	50	0.00	20.4	24.3	17.6	7.74	*0.00
TORT Veg Garnish: Default	1 Each	75	9	0	3	0.79	0.29	10.1	2202	75	4.4	0.5	1.8	0.1	0.02	*-1.00
PICKLES, Dill Slice 2 Each	2 each	75	2	0	123	0.15	0.05	5.9	26	5	0.1	0.1	0.4	0.0	0.01	*-1.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Turkey w/AM WH 2.0	sandwich	5	305	10	1420	1.80	2.46	207.7	152	30	0.10	22.2	28.3	11.4	3.95	*0.00
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
POTATO, Wedges 1/2c	1/2 Cup	75	110	0	25	2.00	0.72	0.0	0	0	6.0	2.0	20.0	3.0	1.00	0.00
APPLESAUCE, Canned 3/8c	3/8 Cup	25	65	0	7	1.45	0.00	0.0	0	0	0.00	0.00	16.0	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
BROCCOLI, Fresh 3/8c	3/8 Cup	25	9	0	9	0.69	0.19	12.5	166	41	23.7	0.8	1.8	0.1	0.01	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	35	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	20	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	0	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	0	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	10	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	10	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	45	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			646	42	1292	7.30	4.74	474.1	3680	345	21.57	30.17	84.14	21.93	8.26	*-2.50
% of Calories												18.7%	52.1%	30.5%	11.5%	-3.5%

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Appleton Area School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 11, 2012

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ES Lunch Wellness

	Portion Size	Plan 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 - 02/10/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
CHIX DICED BBQched BnSS WH 2	1 Each	75	309	53	593	3.53	2.09	191.8	142	28	0.00	19.1	30.8	11.5	4.77	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Turkey w/AM WH 2.0	sandwich	5	305	10	1420	1.80	2.46	207.7	152	30	0.10	22.2	28.3	11.4	3.95	*0.00
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
VEGETABLES MIX, Frozen 3/8c	1/2 Cup	50	74	0	40	5.02	0.94	28.5	4881	488	3.7	3.3	14.9	0.2	0.04	*-1.33
POTATO, Sweet Tater Tots	1/2 Cup	75	104	0	184	1.60	0.29	16.0	2405	481	2.9	0.8	18.4	2.4	0.00	0.00
PINEAPPLE, Tidbits w/Juice3/8c	3/8 Cup	50	45	0	6	0.65	0.32	11.7	31	6	6.1	0.6	11.0	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
BANANA, Fresh Petite (150ct)	banana (1 50 ct)	25	69	0	1	2.01	0.20	3.9	50	6	6.7	0.8	17.7	0.3	0.09	0.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	20	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	15	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	0	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	0	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	0	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	0	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			665	48	1064	9.07	3.49	510.8	6098	856	16.39	29.76	97.11	16.88	5.30	*-1.42
% of Calories												17.9%	58.4%	22.8%	7.2%	-1.9%

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Appleton Area School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 11, 2012

ES Lunch Wellness

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	Portion Size	Plan 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
Mon - 02/13/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
MEATBALLS AP W 5ea 1.5	5 Each	75	142	33	408	1.67	2.25	50.0	0	0	0.00	13.3	4.2	7.5	2.50	0.00
ROLL, DINNER WG AP	1 each	75	77	0	137	1.08	1.01	49.9	0	0	0.00	2.4	13.0	1.8	0.42	*-1.00
GRAVY, Brown Low Sodium	2 oz	75	202	0	1148	0.00	0.00	13.9	0	0	0.00	8.1	40.5	4.1	0.00	*0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Ham w/AM WG 2.0	1 Each	5	219	28	722	3.81	2.03	108.3	78	15	0.00	18.7	25.2	5.5	2.15	0.46
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
POTATO, Mashed 1/2c	1/2 cup	75	86	0	29	1.73	0.31	3.3	0	0	25.9	1.7	18.1	0.00	0.00	*0.00
PEACHES, Sliced w/Juice 3/8c	3/8 Cup	25	37	0	7	0.00	0.00	0.0	220	44	0.9	0.00	8.8	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
GRAPES, Fresh 3/8c	3/8 Cup	25	43	0	1	0.58	0.19	9.0	64	6	2.6	0.4	11.0	0.2	0.07	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	20	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	15	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	2	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	1	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	30	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	30	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			683	34	1792	5.53	3.74	419.3	1830	248	28.13	31.86	106.14	16.29	3.84	*-1.73
% of Calories												18.7%	62.2%	21.5%	5.1%	-2.3%

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Appleton Area School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 11, 2012

ES Lunch Wellness

Page 10

	Portion Size	Plan 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
Tue - 02/14/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
mini pancake, strawberry	3.17	75	200	10	369	2.00	1.08	39.9	0	0	0.00	4.0	34.0	6.0	1.00	0.00
strawberry cup	4 oz	75	109	0	3	2.15	0.67	12.5	27	2	46.9	0.6	29.4	0.1	0.01	*0.00
SAUSAGE Patty, Pork (2oz) 1.0	Patty	75	192	51	506	0.00	1.09	20.2	101	20	0.00	15.2	0.00	14.2	6.07	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Ham w/AM WH2.0	1 Each	5	214	28	718	1.80	2.40	119.4	76	15	0.10	16.9	25.9	5.5	2.13	*0.00
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
POTATO, HB Starz 1/2c	1/2 Cup	75	125	0	229	1.39	0.50	0.0	0	0	1.7	1.4	13.9	6.9	0.69	0.00
PEARS, Diced w/Juice 3/8c	3/8 cup	25	39	0	4	1.58	0.28	0.0	0	0	0.9	0.00	10.2	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	15	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
PEPPERS BELL, Green 3/8c	3/8 Cup	25	11	0	2	0.95	0.19	5.6	207	35	44.9	0.5	2.6	0.1	0.03	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
COOKIE, Sugar 1.0oz	Cookie	100	120	5	105	0.00	0.36	0.0	300	40	0.00	1.0	18.0	5.0	2.50	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	35	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	20	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	15	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	15	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	15	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	0	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			889	60	1434	6.58	4.02	387.0	2168	292	55.40	29.46	122.06	32.87	10.16	*-0.85
% of Calories												13.3%	54.9%	33.3%	10.3%	-0.9%

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Appleton Area School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 11, 2012

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ES Lunch Wellness

	Portion Size	Plan 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 - 02/15/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
CHIX Nugget, WG (5) 2.0	5 Each	90	180	20	450	2.00	1.80	40.0	0	0	0.00	13.0	14.0	8.0	1.50	0.00
PRETZEL, Soft Baked Rod WG	1 Each	90	70	0	65	1.00	0.72	0.0	0	0	0.00	2.0	14.0	0.5	0.00	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Ham w/AM WH2.0	1 Each	2	214	28	718	1.80	2.40	119.4	76	15	0.10	16.9	25.9	5.5	2.13	*0.00
SDW BD, PB&J WH 2.0	1 Each	5	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	3	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	3	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Potato, Sweet Crinkle Cut 3/8"	3 oz	75	130	0	110	3.00	0.36	20.0	3500	700	6.0	1.0	22.0	5.0	0.00	0.00
BEANS, Green Frozen 3/8c	3/8 Cup	75	16	0	1	1.76	0.39	24.6	327	23	2.4	0.9	3.8	0.1	0.02	*-1.00
FRUIT MIX, w/Juice 3/8c	3/8 Cup	25	33	0	3	0.54	0.00	0.0	109	22	0.7	0.5	7.1	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
CUCUMBER, Fresh 3/8c	3/8 Cup	25	6	0	1	0.19	0.11	6.2	41	8	1.1	0.3	1.4	0.0	0.01	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	35	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	20	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	0	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	15	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	30	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	0	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			541	25	960	7.73	3.53	383.9	4571	774	14.02	25.04	80.54	13.86	2.08	*-1.75
% of Calories												18.5%	59.6%	23.1%	3.5%	-2.9%

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Appleton Area School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 11, 2012

ES Lunch Wellness

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	Portion Size	Plan 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
Thu - 02/16/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
TACO Beef Soft WG SS 2.5	2 Each	75	324	33	670	5.14	2.75	145.8	3893	771	0.0	17.8	31.0	15.3	6.33	*0.00
LETTUCE, Romaine 1/4c	1/4 cup	75	2	0	1	0.25	0.11	3.9	1023	31	0.5	0.1	0.4	0.0	0.00	*-1.00
BEANS, Refried AP 3/8c	3/8 cup	75	104	0	261	6.96	1.25	0.0	0	0	1.0	5.2	14.8	2.2	0.00	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Ham w/AM WH2.0	1 Each	5	214	28	718	1.80	2.40	119.4	76	15	0.10	16.9	25.9	5.5	2.13	*0.00
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PEAS & CARROTS, Frozen 3/8c	1/2 Cup	75	41	0	58	2.64	0.80	19.6	8104	661	6.9	2.6	8.6	0.4	0.07	*-1.33
APPLESAUCE, Canned 3/8c	3/8 Cup	25	65	0	7	1.45	0.00	0.0	0	0	0.00	0.00	16.0	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
BROCCOLI, Fresh 3/8c	3/8 Cup	25	9	0	9	0.69	0.19	12.5	166	41	23.7	0.8	1.8	0.1	0.01	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	35	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	20	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	2	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	0	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	25	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	25	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	20	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			657	34	1318	13.90	4.77	461.3	11578	1344	20.08	32.02	90.66	19.63	6.43	*-2.75
% of Calories												19.5%	55.2%	26.9%	8.8%	-3.8%

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Appleton Area School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
ES Lunch Wellness

	Portion Size	Plan 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
Tue - 02/21/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Sandwich, Chix HMust Cajun	1 each	75	410	50	735	2.36	3.77	116.2	1346	57	1.1	20.6	38.6	19.8	3.77	*0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Turkey w/AM WH 2.0	sandwich	5	305	10	1420	1.80	2.46	207.7	152	30	0.10	22.2	28.3	11.4	3.95	*0.00
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
CORN, Frozen 3/8c	3/8 Cup	75	50	0	1	1.49	0.29	1.9	124	14	2.2	1.6	12.0	0.4	0.06	*-1.00
PEARS, Diced w/Juice 3/8c	3/8 cup	25	39	0	4	1.58	0.28	0.0	0	0	0.9	0.00	10.2	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
PEPPERS BELL, Green 3/8c	3/8 Cup	25	11	0	2	0.95	0.19	5.6	207	35	44.9	0.5	2.6	0.1	0.03	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	20	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	10	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	10	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	20	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	0	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			648	46	1073	5.45	4.20	425.3	2883	290	21.71	29.53	84.98	22.42	4.72	*-1.75
% of Calories												18.2%	52.4%	31.1%	6.6%	-2.4%

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Appleton Area School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 11, 2012

ES Lunch Wellness

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	Portion Size	Plan 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
Wed - 02/22/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Etoufee, Chicken Saus	6 fl oz	75	169	55	402	1.67	1.22	34.4	560	81	13.8	18.2	8.9	6.4	1.88	*0.00
RICE, Brown WG 1/2c	1/2 Cup	75	117	0	8	1.96	0.45	13.2	0	0	0.00	2.7	24.3	1.0	0.19	*0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Turkey w/AM WH 2.0	sandwich	5	305	10	1420	1.80	2.46	207.7	152	30	0.10	22.2	28.3	11.4	3.95	*0.00
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
CARROTS, Sliced Frozen 3/8c	3/8 Cup	75	26	0	41	2.30	0.37	24.4	11813	1235	1.6	0.4	5.4	0.5	0.08	*-1.00
FRUIT MIX, w/Juice 3/8c	3/8 Cup	25	33	0	3	0.54	0.00	0.0	109	22	0.7	0.5	7.1	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
CUCUMBER, Fresh 3/8c	3/8 Cup	25	6	0	1	0.19	0.11	6.2	41	8	1.1	0.3	1.4	0.0	0.01	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CRACKER, GFish Graham .9oz	Package	100	120	0	110	1.00	0.72	100.0	0	0	0.00	1.0	19.0	4.0	1.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	35	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	20	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	0	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	20	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	15	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	0	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			647	49	975	7.58	3.32	491.6	11044	1222	19.78	29.92	93.99	16.26	4.31	*-1.75
% of Calories												18.5%	58.1%	22.6%	6.0%	-2.4%

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Appleton Area School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 11, 2012

ES Lunch Wellness

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	Portion Size	Plan 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
Thu - 02/23/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
TURKEY IN GRAVY AASD	SERVING	75	193	46	946	1.29	1.58	15.9	0	0	0.00	19.4	11.9	7.1	2.18	*0.00
Mashed Potato, from frozen	3 oz	75	103	6	346	1.21	0.18	19.9	99	20	1.2	1.8	14.0	4.2	1.49	0.00
Breadstick WG - Alpha	.5	75	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Turkey w/AM WH 2.0	sandwich	5	305	10	1420	1.80	2.46	207.7	152	30	0.10	22.2	28.3	11.4	3.95	*0.00
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PEAS, Green Frozen 3/8c	3/8 Cup	75	57	0	53	4.02	1.11	17.6	1536	49	7.2	3.8	10.4	0.2	0.04	*-1.00
APPLESAUCE, Canned 3/8c	3/8 Cup	25	65	0	7	1.45	0.00	0.0	0	0	0.00	0.00	16.0	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
BROCCOLI, Fresh 3/8c	3/8 Cup	25	9	0	9	0.69	0.19	12.5	166	41	23.7	0.8	1.8	0.1	0.01	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	30	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	20	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	1	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	2	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	5	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	25	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	20	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			611	47	1680	8.28	3.64	393.1	3036	296	19.96	33.13	84.80	15.48	4.48	*-1.75
% of Calories												21.7%	55.5%	22.8%	6.6%	-2.6%

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Appleton Area School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
ES Lunch Wellness

	Portion Size	Plan 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 - 02/24/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Po Boy Fish Slaw	1 sandwich	75	396	52	542	3.44	3.31	114.0	1397	64	16.6	19.2	43.7	16.1	2.56	*0.02
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Turkey w/AM WH 2.0	sandwich	5	305	10	1420	1.80	2.46	207.7	152	30	0.10	22.2	28.3	11.4	3.95	*0.00
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
VEGETABLE BLEND, Calif 3/8c	3/8 Cup	75	22	0	25	1.44	0.00	14.4	720	144	15.1	0.7	3.6	0.00	0.00	0.00
PINEAPPLE, Tidbits w/Juice3/8c	3/8 Cup	25	45	0	6	0.65	0.32	11.7	31	6	6.1	0.6	11.0	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	15	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
BANANA, Fresh Petite (150ct)	banana (1 50 ct)	25	69	0	1	2.01	0.20	3.9	50	6	6.7	0.8	17.7	0.3	0.09	0.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CAKE, Yellow - Chocolate SC	1/48 Cut	100	301	7	375	0.47	0.53	0.0	0	0	0.00	2.6	51.9	9.4	4.12	1.62
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	20	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	10	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	10	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	0	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	15	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	0	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			927	54	1266	6.55	4.17	433.8	3331	386	34.49	30.69	136.80	28.73	7.89	*1.04
% of Calories												13.2%	59.0%	27.9%	7.7%	1.0%

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Appleton Area School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
ES Lunch Wellness

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	Portion Size	Plan 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
Mon - 02/27/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SLOPPY JOE, SS WG 2.0	1 Each	75	255	19	568	4.86	3.85	84.2	4125	810	6.7	15.3	31.4	8.8	2.58	*0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Ham w/AM WH2.0	1 Each	5	214	28	718	1.80	2.40	119.4	76	15	0.10	16.9	25.9	5.5	2.13	*0.00
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
CORN, Frozen 3/8c	3/8 Cup	75	50	0	1	1.49	0.29	1.9	124	14	2.2	1.6	12.0	0.4	0.06	*-1.00
PEACHES, Sliced w/Juice 3/8c	3/8 Cup	25	37	0	7	0.00	0.00	0.0	220	44	0.9	0.00	8.8	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
GRAPES, Fresh 3/8c	3/8 Cup	25	43	0	1	0.58	0.19	9.0	64	6	2.6	0.4	11.0	0.2	0.07	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
Baked Doritos	bag	100	120	0	220	2.00	0.28	16.0	114	23	0.1	2.0	21.0	3.5	0.50	*0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	20	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	15	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	1	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	2	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	65	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	30	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			653	23	1176	8.88	4.48	413.1	5146	894	15.74	27.29	103.76	16.65	4.11	*-1.75
% of Calories												16.7%	63.5%	22.9%	5.7%	-2.4%

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Appleton Area School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 11, 2012

ES Lunch Wellness

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	Portion Size	Plan 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
Tue - 02/28/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Chicken sliders, breaded patty	2 each	80	340	*0	740	*0.00	*2.16	*40.0	*0	*0	*0.00	20.0	44.0	11.0	2.00	*0.00
DEL: Garnish Veg SS W 0	1 Each	80	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.3	1.2	0.1	0.01	*-1.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Ham w/AM WH2.0	1 Each	5	214	28	718	1.80	2.40	119.4	76	15	0.10	16.9	25.9	5.5	2.13	*0.00
SDW BD, PB&J WH 2.0	1 Each	10	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PEAS, Green Frozen 3/8c	1/2 Cup	75	76	0	70	5.37	1.48	23.4	2048	65	9.7	5.0	13.9	0.3	0.05	*-1.33
PEARS, Sliced w/Juice 3/8c	3/8 cup	25	43	0	4	1.44	0.26	0.0	0	0	0.9	0.00	10.1	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
PEPPERS BELL, Green 3/8c	3/8 Cup	25	11	0	2	0.95	0.19	5.6	207	35	44.9	0.5	2.6	0.1	0.03	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CRACKER, Graham 3pk	Package	100	90	0	130	1.00	1.08	20.0	0	0	0.00	1.0	16.0	2.0	0.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	35	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	20	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	10	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	20	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	25	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	0	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			688	*9	1256	*7.68	*5.09	*401.9	*4268	*320	*29.07	32.77	105.20	16.37	3.03	*-2.80
% of Calories												19.0%	61.1%	21.4%	4.0%	-3.7%

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Appleton Area School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 11, 2012

ES Lunch Wellness

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	Portion Size	Plan 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 - 02/29/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PP Lasagna SS B 2.0	1 serving	75	489	48	936	5.84	5.03	323.0	4846	969	14.3	30.1	57.6	15.4	7.46	*0.00
PRETZEL, Soft Baked Rod WG	1 Each	75	70	0	65	1.00	0.72	0.0	0	0	0.00	2.0	14.0	0.5	0.00	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Ham w/AM WH2.0	1 Each	5	214	28	718	1.80	2.40	119.4	76	15	0.10	16.9	25.9	5.5	2.13	*0.00
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
BEANS, Green Frozen 3/8c	3/8 Cup	75	16	0	1	1.76	0.39	24.6	327	23	2.4	0.9	3.8	0.1	0.02	*-1.00
FRUIT MIX, w/Juice 3/8c	3/8 Cup	25	33	0	3	0.54	0.00	0.0	109	22	0.7	0.5	7.1	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
CUCUMBER, Fresh 3/8c	3/8 Cup	25	6	0	1	0.19	0.11	6.2	41	8	1.1	0.3	1.4	0.0	0.01	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	35	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	25	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	0	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	30	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	30	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	0	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			723	44	1276	8.63	5.69	594.4	5647	981	20.83	37.42	102.99	18.13	7.21	*-1.75
% of Calories												20.7%	57.0%	22.6%	9.0%	-2.2%

Weighted Average			689	*39	1346	*8.33	*4.16	*454.7	*4438	*581	*23.76	30.70	100.00	19.18	5.39	*-1.65
												17.8%	58.1%	25.1%	7.0%	-2.2%

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Appleton Area School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
ES Lunch Wellness

Jan 11, 2012

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Nutrient	Menu AVG	Portion	Plan		mg	mg	g	mg	mg	IU	RE	mg	g	g	g	g	g
		Size	Qty	Cals	Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat	Tr-Fat
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	689		645	107%													
Cholesterol (mg)	39		0		Missing												
Sodium (mg)	1346		0														
Fiber (g)	8.33		0.00		Missing												
Iron (mg)	4.16		3.30	126%	Missing												
Calcium (mg)	454.7		267.00	170%	Missing												
Vitamin A (IU)	4438		1055	421%	Missing												
Vitamin A (RE)	581		211	275%	Missing												
Vitamin C (mg)	23.76		15.00	158%	Missing												
Protein (g)	30.70	17.83%	8.87	346%													
Carbohydrate (g)	100.00	58.07%	0.00														
Total Fat (g)	19.18	25.06%	<30.00														
Saturated Fat (g)	5.39	7.04%	<10.00														
Trans Fat (g)	-1.65	-2.16%															

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

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