

Appleton Area School District

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

Jan 11, 2012

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HS 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 - 02/01/2012																
HS Lunch Wellness	Total	1000														
FEATURED ENTREE	1 Each	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
BOWL Beef BBQ Potato SC B 2.0	1 Each	300	420	53	632	8.13	2.74	136.8	7988	668	58.5	21.3	54.3	11.6	5.53	*0.46
Fritos	package	300	159	0	169	0.99	0.00	19.8	0	0	0.00	2.0	14.9	9.9	1.49	0.00
FEATURE GRILL	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
GRILL	1 EACH	300	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 AP WG 2.0	1 Each	50	284	35	504	2.94	3.82	68.5	100	20	0.00	17.9	23.8	13.1	5.21	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	115	335	45	732	2.94	3.82	164.7	252	50	0.00	20.4	24.3	17.6	7.74	*0.00
CHIX Patty, Plain WG 2.0	1 Each	100	368	20	731	4.99	3.84	89.1	0	0	0.00	18.1	38.0	16.3	2.74	*0.00
VEG Burg Cheese AM AP WG 0.5	1 Each	5	335	20	1094	4.95	3.10	245.1	152	30	0.00	15.5	44.4	12.1	5.25	*0.00
FISH, Fillet Plain SS WH 2.0	1 Each	5	399	30	1013	2.94	3.61	109.8	100	20	2.4	19.4	43.5	16.2	2.76	0.00
DELI: Garnish Veg SS W 0	1 Each	25	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.3	1.2	0.1	0.01	*-1.00
COND PC Burger/Sandwich	1 Each	100	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
COND PC Ketchup 9g Heinz	Packet	160	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 Mayonnaise 12g Heinz	packet	70	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	95	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 Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
FEATURED PIZZA	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA	1 EACH	300	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA 16" Pepperoni WH 2.0	1/8 Slice	150	480	49	1181	3.96	3.07	445.5	502	100	2.3	26.9	49.9	18.0	9.87	0.00
PIZZA 16" Vegetable WH 2.0	1/8 Slice	75	446	40	1069	4.49	3.04	446.3	610	122	5.6	25.2	51.8	13.9	8.10	*0.00
PIZZA 16" Chz WH 2.0	1/8 Slice	100	435	40	1034	3.96	2.85	445.5	502	100	2.3	25.1	49.7	13.9	8.10	0.00
FEATURED TORTILLA	1 EACH	50	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
TORTILLA BAR: Food-Based	1 Each	200	357	63	867	3.17	1.93	64.7	306	36	1.1	21.0	29.8	16.9	7.59	*0.33
RICE, Brown WG 1/2c	1/2 Cup	200	117	0	8	1.96	0.45	13.2	0	0	0.00	2.7	24.3	1.0	0.19	*0.00
BEANS, Refried SC 1/2 Cup	1/2 Cup	50	124	4	453	7.97	1.60	54.1	0	0	0.00	7.1	21.3	3.5	1.33	0.00
SALSA, AP 1/8c	1/8 Cup	100	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
FEATURED DELI ENTREE	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
WRAP, Beef SWest WG 2.0	1 Each	80	379	44	1046	4.88	2.09	206.4	2219	103	4.2	19.1	39.1	17.3	6.45	*0.04
DELI BAR: B 2.0	1 Each	80	337	40	936	2.82	2.55	147.6	422	46	3.6	18.4	32.7	14.6	4.82	*0.04
COND PC Burger/Sandwich	1 Each	100	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
FEATURED SALAD ENTREE	Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Chix Brd Cesar SC WG 2.0	1 Each	20	302	31	905	2.34	2.26	388.3	3613	150	1.5	19.8	20.0	16.5	5.96	*0.00
BREADSTICK W, AP	Each	20	111	0	131	0.71	0.33	20.5	1	0	1.1	2.6	19.0	2.8	0.10	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	150	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	65	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
SIDES	1 EACH	2000	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 1/2c	1/2 Cup	750	69	0	37	4.69	0.87	26.7	4560	456	3.4	3.0	14.0	0.2	0.03	*-1.00
BEANS, Green Frozen 1/2c	1/2 Cup	250	20	0	1	2.12	0.47	29.7	394	28	2.9	1.1	4.6	0.1	0.03	*-1.00
FRUIT CND, Asst w/ Juice 1/2c	1/2 Cup	250	59	0	7	1.35	0.40	8.8	293	59	9.1	0.5	14.5	0.00	0.00	0.00
FRUIT FRESH, Asst 1/2c	1/2 Cup	250	61	0	1	2.43	0.16	20.7	133	24	27.5	0.8	15.7	0.2	0.05	0.00
VEGETABLE FRESH, Asst 1/2c W	1/2 Cup	250	15	0	37	1.25	0.48	24.5	3893	701	5.5	0.5	3.0	0.1	0.01	0.00
GRAPES, Fresh 1/2c	1/2 cup	250	51	0	2	0.68	0.22	10.6	75	8	3.0	0.5	12.9	0.3	0.09	*-1.00
BREAD, Basket Assorted W	1 Each	0	73	0	135	1.49	0.84	39.9	0	0	0.00	3.0	12.3	1.4	0.32	*0.12
COND PC Margarine 5g	1 each	1000	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00
CHOICE OF MILK	1 Each	1000	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00

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.

Appleton Area School District

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HS Lunch Wellness

Jan 11, 2012

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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
Milk, AASD	1 each	1000	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
Weighted Daily Average			867	67	1563	12.84	5.23	610.6	8422	959	35.58	40.37	111.17	28.12	10.64	*-1.06
% of Calories												18.6%	51.3%	29.2%	11.1%	-1.1%

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

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Thu - 02/02/2012																
HS Lunch Wellness	Total	1000														
FEATURED ENTREE	1 Each	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PP Pen AP TomMball AP WG 2.0	servings	300	640	37	1072	17.68	6.35	217.4	2730	237	7.4	31.5	101.8	12.2	4.05	*0.00
BREADSTICK W, AP	Each	300	111	0	131	0.71	0.33	20.5	1	0	1.1	2.6	19.0	2.8	0.10	0.00
FEATURE GRILL	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
CHIX Patty, Crazy Club WG 2.5	1 Each	100	451	35	932	4.99	3.94	191.3	142	39	0.00	23.0	38.2	23.3	6.72	*0.00
GRILL	1 EACH	300	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 AP WG 2.0	1 Each	50	284	35	504	2.94	3.82	68.5	100	20	0.00	17.9	23.8	13.1	5.21	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	115	335	45	732	2.94	3.82	164.7	252	50	0.00	20.4	24.3	17.6	7.74	*0.00
CHIX Patty, Plain WG 2.0	1 Each	100	368	20	731	4.99	3.84	89.1	0	0	0.00	18.1	38.0	16.3	2.74	*0.00
VEG Burg Cheese AM AP WG 0.5	1 Each	5	335	20	1094	4.95	3.10	245.1	152	30	0.00	15.5	44.4	12.1	5.25	*0.00
FISH, Fillet Plain SS WH 2.0	1 Each	5	399	30	1013	2.94	3.61	109.8	100	20	2.4	19.4	43.5	16.2	2.76	0.00
DELI: Garnish Veg SS W 0	1 Each	25	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.3	1.2	0.1	0.01	*-1.00
COND PC Burger/Sandwich	1 Each	100	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
COND PC Ketchup 9g Heinz	Packet	160	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 Mayonnaise 12g Heinz	packet	70	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	95	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 Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
FEATURED PIZZA	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA	1 EACH	300	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA 16" Pepperoni WH 2.0	1/8 Slice	150	480	49	1181	3.96	3.07	445.5	502	100	2.3	26.9	49.9	18.0	9.87	0.00
PIZZA 16" Vegetable WH 2.0	1/8 Slice	50	446	40	1069	4.49	3.04	446.3	610	122	5.6	25.2	51.8	13.9	8.10	*0.00
PIZZA 16" Chz WH 2.0	1/8 Slice	100	435	40	1034	3.96	2.85	445.5	502	100	2.3	25.1	49.7	13.9	8.10	0.00
FEATURED TORTILLA	1 EACH	50	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
TORTILLA BAR: Food-Based	1 Each	200	357	63	867	3.17	1.93	64.7	306	36	1.1	21.0	29.8	16.9	7.59	*0.33
RICE, Brown WG 1/2c	1/2 Cup	200	117	0	8	1.96	0.45	13.2	0	0	0.00	2.7	24.3	1.0	0.19	*0.00
BEANS, Refried SC 1/2 Cup	1/2 Cup	50	124	4	453	7.97	1.60	54.1	0	0	0.00	7.1	21.3	3.5	1.33	0.00
SALSA, AP 1/8c	1/8 Cup	100	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
FEATURED DELI ENTREE	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DELI BAR: B 2.0	1 Each	80	337	40	936	2.82	2.55	147.6	422	46	3.6	18.4	32.7	14.6	4.82	*0.04
COND PC Burger/Sandwich	1 Each	50	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
FEATURED SALAD ENTREE	Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Chix Ndl SesTwist BP 2.0	16 ozw	20	620	25	148	12.81	7.20	110.6	5854	892	20.9	32.8	105.1	7.9	0.83	*0.00
BREADSTICK W, AP	Each	20	111	0	131	0.71	0.33	20.5	1	0	1.1	2.6	19.0	2.8	0.10	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	250	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	150	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
SIDES	1 EACH	2000	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Mashed Potato, from frozen	4 oz	750	138	8	461	1.62	0.24	26.5	133	27	1.6	2.4	18.6	5.7	1.99	0.00
VEGETABLE BLEND, Italian 1/2c	1/2 cup	250	36	0	30	2.03	0.37	20.3	2032	406	9.1	2.0	7.1	0.00	0.00	0.00
FRUIT CND, Asst w/ Juice 1/2c	1/2 Cup	250	59	0	7	1.35	0.40	8.8	293	59	9.1	0.5	14.5	0.00	0.00	0.00
FRUIT FRESH, Asst 1/2c	1/2 Cup	250	61	0	1	2.43	0.16	20.7	133	24	27.5	0.8	15.7	0.2	0.05	0.00
VEGETABLE FRESH, Asst 1/2c W	1/2 Cup	250	15	0	37	1.25	0.48	24.5	3893	701	5.5	0.5	3.0	0.1	0.01	0.00
BROCCOLI, Fresh 1/2c	1/2 cup	250	12	0	12	0.92	0.26	16.7	221	55	31.6	1.0	2.4	0.1	0.01	*-1.00
BREAD, Basket Assorted W	1 Each	0	73	0	135	1.49	0.84	39.9	0	0	0.00	3.0	12.3	1.4	0.32	*0.12
COND PC Margarine 5g	1 each	1000	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00
CHOICE OF MILK	1 Each	1000	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00

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Milk, AASD	1 each	1000	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
Weighted Daily Average			973	66	2013	13.55	6.17	620.9	3836	621	27.84	43.90	129.68	30.37	11.02	*-0.20
% of Calories												18.1%	53.3%	28.1%	10.2%	-0.2%

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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																
HS Lunch Wellness	Total	1000														
FEATURED ENTREE	1 Each	200	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
STEW Chili Beefy SS W 2.0	6ozv	200	127	19	505	3.72	1.98	49.2	4028	796	14.5	11.2	9.8	5.7	1.87	*0.00
CHEESE, Cheddar Shred TBSP	1 TBSP	200	28	7	44	0.00	0.05	50.8	71	14	0.00	1.8	0.1	2.3	1.49	0.00
PEPPERS, Jalapeno TBSP	1 TBSP	200	2	0	101	0.35	0.00	0.0	70	21	0.00	0.00	0.3	0.00	0.00	0.00
ONIONS, Yellow TBSP	1 TBSP	200	1	0	0	0.05	0.01	0.7	0	0	0.2	0.0	0.0	0.0	0.00	0.00
CORNBREAD, SS	1/72 cut	200	118	0	493	0.98	1.06	0.5	0	0	0.00	2.0	21.7	2.5	0.98	*0.00
FEATURE GRILL	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
GRILL	1 EACH	300	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 AP WG 2.0	1 Each	50	284	35	504	2.94	3.82	68.5	100	20	0.00	17.9	23.8	13.1	5.21	*0.00
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CHIX Patty, Plain WG 2.0	1 Each	100	368	20	731	4.99	3.84	89.1	0	0	0.00	18.1	38.0	16.3	2.74	*0.00
VEG Burg Cheese AM AP WG 0.5	1 Each	5	335	20	1094	4.95	3.10	245.1	152	30	0.00	15.5	44.4	12.1	5.25	*0.00
FISH, Fillet Plain SS WH 2.0	1 Each	5	399	30	1013	2.94	3.61	109.8	100	20	2.4	19.4	43.5	16.2	2.76	0.00
DELI: Garnish Veg SS W 0	1 Each	25	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.3	1.2	0.1	0.01	*-1.00
COND PC Burger/Sandwich	1 Each	100	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
COND PC Ketchup 9g Heinz	Packet	160	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 Mayonnaise 12g Heinz	packet	70	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	95	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 Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
FEATURED PIZZA	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA 16" Meat Lover SS WH 2.0	1/8 slice	100	459	44	1206	4.57	3.49	346.3	1314	263	2.3	26.4	50.3	16.2	7.99	0.00
PIZZA	1 EACH	200	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA 16" Pepperoni WH 2.0	1/8 Slice	100	480	49	1181	3.96	3.07	445.5	502	100	2.3	26.9	49.9	18.0	9.87	0.00
PIZZA 16" Vegetable WH 2.0	1/8 Slice	25	446	40	1069	4.49	3.04	446.3	610	122	5.6	25.2	51.8	13.9	8.10	*0.00
PIZZA 16" Chz WH 2.0	1/8 Slice	75	435	40	1034	3.96	2.85	445.5	502	100	2.3	25.1	49.7	13.9	8.10	0.00
FEATURED TORTILLA	1 EACH	50	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
TORTILLA BAR: Food-Based	1 Each	200	357	63	867	3.17	1.93	64.7	306	36	1.1	21.0	29.8	16.9	7.59	*0.33
RICE, Brown WG 1/2c	1/2 Cup	200	117	0	8	1.96	0.45	13.2	0	0	0.00	2.7	24.3	1.0	0.19	*0.00
BEANS, Refried SC 1/2 Cup	1/2 Cup	150	124	4	453	7.97	1.60	54.1	0	0	0.00	7.1	21.3	3.5	1.33	0.00
SALSA, AP 1/8c	1/8 Cup	100	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
FEATURED DELI ENTREE	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
WRAP, Chix Asian SS B 2.0	1 Each	80	409	51	510	3.97	2.13	55.1	1663	278	28.2	21.9	54.4	11.3	2.88	*0.00
DELI BAR: B 2.0	1 Each	60	337	40	936	2.82	2.55	147.6	422	46	3.6	18.4	32.7	14.6	4.82	*0.04
COND PC Burger/Sandwich	1 Each	50	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
FEATURED SALAD ENTREE	Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Fruit & Ch Plt SC W 2.0	1 each	20	328	61	375	3.59	1.11	473.3	4880	294	8.7	16.1	24.6	19.5	12.23	*0.00
BREADSTICK W, AP	Each	20	111	0	131	0.71	0.33	20.5	1	0	1.1	2.6	19.0	2.8	0.10	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	250	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	150	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
SIDES	1 EACH	2000	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 1/2c	1/2 Cup	250	65	0	60	4.58	1.27	20.0	1750	56	8.3	4.3	11.9	0.2	0.04	*-1.00
CORN, Frozen 1/2c	1/2 Cup	250	66	0	1	1.96	0.38	2.5	163	18	2.9	2.1	15.8	0.5	0.08	*-1.00
FRUIT CND, Asst w/ Juice 1/2c	1/2 Cup	750	59	0	7	1.35	0.40	8.8	293	59	9.1	0.5	14.5	0.00	0.00	0.00
FRUIT FRESH, Asst 1/2c	1/2 Cup	250	61	0	1	2.43	0.16	20.7	133	24	27.5	0.8	15.7	0.2	0.05	0.00
VEGETABLE FRESH, Asst 1/2c W	1/2 Cup	250	15	0	37	1.25	0.48	24.5	3893	701	5.5	0.5	3.0	0.1	0.01	0.00

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Appleton Area School District

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

Jan 11, 2012

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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
CUCUMBER, Fresh 1/2c	1/2 Cup	250	13	0	2	0.43	0.24	13.8	90	18	2.4	0.6	3.1	0.1	0.03	*-1.00
BREAD, Basket Assorted W	1 Each	0	73	0	135	1.49	0.84	39.9	0	0	0.00	3.0	12.3	1.4	0.32	*0.12
COND PC Margarine 5g	1 each	1000	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00
CRACKER, GFish Ranch .75oz	Package	300	100	4	190	1.00	1.08	20.0	0	0	0.00	3.0	14.0	3.0	1.00	0.00
CHOICE OF MILK	1 Each	1000	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	1000	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
Weighted Daily Average			770	56	1588	10.25	5.26	545.1	4005	654	26.64	36.46	103.07	23.69	9.21	*-0.71
% of Calories												18.9%	53.5%	27.7%	10.8%	-0.8%

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Appleton Area School District

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

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HS 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																
HS Lunch Wellness	Total	1000														
FEATURED ENTREE	1 Each	300	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	300	410	50	735	2.36	3.77	116.2	1346	57	1.1	20.6	38.6	19.8	3.77	*0.00
FEATURE GRILL	1 EACH	100	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 Pepper AP WG 2.0	1 Each	100	303	35	631	3.80	4.30	68.5	310	62	5.7	18.4	28.1	13.1	5.21	*0.00
GRILL	1 EACH	200	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 AP WG 2.0	1 Each	50	284	35	504	2.94	3.82	68.5	100	20	0.00	17.9	23.8	13.1	5.21	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	65	335	45	732	2.94	3.82	164.7	252	50	0.00	20.4	24.3	17.6	7.74	*0.00
CHIX Patty, Plain WG 2.0	1 Each	75	368	20	731	4.99	3.84	89.1	0	0	0.00	18.1	38.0	16.3	2.74	*0.00
VEG Burg Cheese AM AP WG 0.5	1 Each	5	335	20	1094	4.95	3.10	245.1	152	30	0.00	15.5	44.4	12.1	5.25	*0.00
FISH, Fillet Plain SS WH 2.0	1 Each	5	399	30	1013	2.94	3.61	109.8	100	20	2.4	19.4	43.5	16.2	2.76	0.00
DELI: Garnish Veg SS W 0	1 Each	25	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.3	1.2	0.1	0.01	*-1.00
COND PC Burger/Sandwich	1 Each	100	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
COND PC Ketchup 9g Heinz	Packet	560	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 Mayonnaise 12g Heinz	packet	70	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	95	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 Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
FEATURED PIZZA	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA	1 EACH	200	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA 16" Pepperoni WH 2.0	1/8 Slice	150	480	49	1181	3.96	3.07	445.5	502	100	2.3	26.9	49.9	18.0	9.87	0.00
PIZZA 16" Vegetable WH 2.0	1/8 Slice	50	446	40	1069	4.49	3.04	446.3	610	122	5.6	25.2	51.8	13.9	8.10	*0.00
PIZZA 16" Chz WH 2.0	1/8 Slice	100	435	40	1034	3.96	2.85	445.5	502	100	2.3	25.1	49.7	13.9	8.10	0.00
FEATURED TORTILLA	1 EACH	50	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
TORTILLA BAR: Food-Based	1 Each	200	357	63	867	3.17	1.93	64.7	306	36	1.1	21.0	29.8	16.9	7.59	*0.33
RICE, Brown WG 1/2c	1/2 Cup	200	117	0	8	1.96	0.45	13.2	0	0	0.00	2.7	24.3	1.0	0.19	*0.00
BEANS, Refried SC 1/2 Cup	1/2 Cup	50	124	4	453	7.97	1.60	54.1	0	0	0.00	7.1	21.3	3.5	1.33	0.00
SALSA, AP 1/8c	1/8 Cup	100	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
FEATURED DELI ENTREE	1 Each	1	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DELI BAR: B 2.0	1 Each	60	337	40	936	2.82	2.55	147.6	422	46	3.6	18.4	32.7	14.6	4.82	*0.04
COND PC Burger/Sandwich	1 Each	50	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
FEATURED SALAD ENTREE	Each	20	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 SC W 2.0	1 Each	20	126	82	379	1.29	1.12	132.4	5252	476	9.2	13.3	5.0	6.4	3.30	*0.00
BREADSTICK W, AP	Each	20	111	0	131	0.71	0.33	20.5	1	0	1.1	2.6	19.0	2.8	0.10	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	150	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	65	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
SIDES	1 EACH	2000	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
POTATO, FF 5/16" Gen7 1/2c	1/2 Cup	750	116	0	136	1.36	0.25	0.0	0	0	4.1	1.4	18.4	4.1	0.00	0.00
BEANS, Green Frozen 1/2c	1/2 Cup	250	20	0	1	2.12	0.47	29.7	394	28	2.9	1.1	4.6	0.1	0.03	*-1.00
FRUIT CND, Asst w/ Juice 1/2c	1/2 Cup	750	59	0	7	1.35	0.40	8.8	293	59	9.1	0.5	14.5	0.00	0.00	0.00
FRUIT FRESH, Asst 1/2c	1/2 Cup	250	61	0	1	2.43	0.16	20.7	133	24	27.5	0.8	15.7	0.2	0.05	0.00
VEGETABLE FRESH, Asst 1/2c W	1/2 Cup	250	15	0	37	1.25	0.48	24.5	3893	701	5.5	0.5	3.0	0.1	0.01	0.00
WATERMELON, Fresh 1/2c	1/2 cup	250	23	0	1	0.30	0.18	5.3	432	28	6.2	0.5	5.7	0.1	0.01	*-1.00
BREAD, Basket Assorted W	1 Each	1000	73	0	135	1.49	0.84	39.9	0	0	0.00	3.0	12.3	1.4	0.32	*0.12
COND PC Margarine 5g	1 each	1000	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00
Cheetos, baked	1	300	110	0	210	0.00	0.36	0.0	0	0	0.00	2.0	17.0	4.5	0.50	*0.00
CHOICE OF MILK	1 Each	1000	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00

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Appleton Area School District

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

Jan 11, 2012

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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
Milk, AASD	1 each	1000	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
Weighted Daily Average			934	62	1715	9.96	6.05	582.6	3112	472	24.63	39.91	124.44	30.73	9.24	*-0.34
% of Calories												17.1%	53.3%	29.6%	8.9%	-0.3%

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Appleton Area School District

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

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HS 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 - 02/07/2012																
HS Lunch Wellness	Total	1000														
FEATURED ENTREE	1 Each	300	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
MEATBALL SUB, Pizza SS WH 2.0	1 Each	300	318	37	924	4.25	4.31	241.2	296	59	4.7	19.6	32.2	12.3	4.79	0.00
Breadstick WG - Alpha	.5	300	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURE GRILL	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
GRILL	1 EACH	200	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 AP WG 2.0	1 Each	100	284	35	504	2.94	3.82	68.5	100	20	0.00	17.9	23.8	13.1	5.21	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	115	335	45	732	2.94	3.82	164.7	252	50	0.00	20.4	24.3	17.6	7.74	*0.00
CHIX Patty, Plain WG 2.0	1 Each	75	368	20	731	4.99	3.84	89.1	0	0	0.00	18.1	38.0	16.3	2.74	*0.00
VEG Burg Cheese AM AP WG 0.5	1 Each	5	335	20	1094	4.95	3.10	245.1	152	30	0.00	15.5	44.4	12.1	5.25	*0.00
FISH, Fillet Plain SS WH 2.0	1 Each	5	399	30	1013	2.94	3.61	109.8	100	20	2.4	19.4	43.5	16.2	2.76	0.00
DELI: Garnish Veg SS W 0	1 Each	25	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.3	1.2	0.1	0.01	*-1.00
COND PC Burger/Sandwich	1 Each	100	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
COND PC Ketchup 9g Heinz	Packet	160	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 Mayonnaise 12g Heinz	packet	70	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	95	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 Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
FEATURED PIZZA	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA 16" Sausage WH 2.0	1/8 slice	110	488	50	1330	4.72	3.26	460.7	502	100	2.3	28.5	51.2	17.7	9.24	0.00
PIZZA	1 EACH	200	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA 16" Pepperoni WH 2.0	1/8 Slice	100	480	49	1181	3.96	3.07	445.5	502	100	2.3	26.9	49.9	18.0	9.87	0.00
PIZZA 16" Vegetable WH 2.0	1/8 Slice	25	446	40	1069	4.49	3.04	446.3	610	122	5.6	25.2	51.8	13.9	8.10	*0.00
PIZZA 16" Chz WH 2.0	1/8 Slice	75	435	40	1034	3.96	2.85	445.5	502	100	2.3	25.1	49.7	13.9	8.10	0.00
FEATURED TORTILLA	1 EACH	50	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
TORTILLA BAR: Food-Based	1 Each	200	357	63	867	3.17	1.93	64.7	306	36	1.1	21.0	29.8	16.9	7.59	*0.33
RICE, Brown WG 1/2c	1/2 Cup	200	117	0	8	1.96	0.45	13.2	0	0	0.00	2.7	24.3	1.0	0.19	*0.00
BEANS, Refried SC 1/2 Cup	1/2 Cup	50	124	4	453	7.97	1.60	54.1	0	0	0.00	7.1	21.3	3.5	1.33	0.00
SALSA, AP 1/8c	1/8 Cup	100	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
FEATURED DELI ENTREE	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DELI BAR: B 2.0	1 Each	80	337	40	936	2.82	2.55	147.6	422	46	3.6	18.4	32.7	14.6	4.82	*0.04
COND PC Burger/Sandwich	1 Each	50	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
FEATURED SALAD ENTREE	Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Turkey Caesar SS W 2.0	1 Each	20	215	10	1004	2.38	2.41	240.3	10000	319	4.5	17.6	16.9	9.4	3.14	*0.00
BREADSTICK W, AP	Each	20	111	0	131	0.71	0.33	20.5	1	0	1.1	2.6	19.0	2.8	0.10	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	250	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	165	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
SIDES	1 EACH	2000	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 1/2c	1/2 cup	300	21	0	13	0.84	0.30	16.8	2103	421	3.0	0.8	4.2	0.00	0.00	0.00
CORN, Frozen 1/2c	1/2 Cup	300	66	0	1	1.96	0.38	2.5	163	18	2.9	2.1	15.8	0.5	0.08	*-1.00
FRUIT CND, Asst w/ Juice 1/2c	1/2 Cup	700	59	0	7	1.35	0.40	8.8	293	59	9.1	0.5	14.5	0.00	0.00	0.00
FRUIT FRESH, Asst 1/2c	1/2 Cup	250	61	0	1	2.43	0.16	20.7	133	24	27.5	0.8	15.7	0.2	0.05	0.00
VEGETABLE FRESH, Asst 1/2c W	1/2 Cup	250	15	0	37	1.25	0.48	24.5	3893	701	5.5	0.5	3.0	0.1	0.01	0.00
PEPPERS BELL, Green 1/2c	1/2 Cup	250	10	0	2	0.89	0.18	5.2	194	33	42.2	0.5	2.4	0.1	0.03	*-1.00
COND PC Margarine 5g	1 each	1000	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00
CHOICE OF MILK	1 Each	1000	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	1000	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00

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Appleton Area School District

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

Jan 11, 2012

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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
Weighted Daily Average % of Calories			759	59	1585	8.75	5.38	600.5	3379	585	31.34	37.15 19.6%	98.65 52.0%	23.89 28.3%	9.44 11.2%	*-0.50 -0.6%

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Appleton Area School District

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

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HS 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																
HS Lunch Wellness	Total	1000														
FEATURED ENTREE	1 Each	100	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 Italia Bn SS WH 2.0	1 Each	300	273	48	409	2.30	2.26	201.2	174	35	1.8	19.4	25.8	9.8	3.80	0.00
Breadstick WG - Alpha	.5	1000	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURE GRILL	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
CHIX Patty, CordnBlu WG 3.25	1 Each	100	479	46	1313	5.13	4.32	220.3	124	37	0.1	27.7	46.3	21.2	5.55	*0.00
GRILL	1 EACH	200	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 AP WG 2.0	1 Each	75	284	35	504	2.94	3.82	68.5	100	20	0.00	17.9	23.8	13.1	5.21	*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
CHIX Patty, Plain WG 2.0	1 Each	75	368	20	731	4.99	3.84	89.1	0	0	0.00	18.1	38.0	16.3	2.74	*0.00
VEG Burg Cheese AM AP WG 0.5	1 Each	5	335	20	1094	4.95	3.10	245.1	152	30	0.00	15.5	44.4	12.1	5.25	*0.00
FISH, Fillet Plain SS WH 2.0	1 Each	5	399	30	1013	2.94	3.61	109.8	100	20	2.4	19.4	43.5	16.2	2.76	0.00
DELI: Garnish Veg SS W 0	1 Each	25	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.3	1.2	0.1	0.01	*-1.00
COND PC Burger/Sandwich	1 Each	100	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
COND PC Ketchup 9g Heinz	Packet	160	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 Mayonnaise 12g Heinz	packet	70	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	95	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 Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
FEATURED PIZZA	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA	1 EACH	200	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA 16" Pepperoni WH 2.0	1/8 Slice	200	480	49	1181	3.96	3.07	445.5	502	100	2.3	26.9	49.9	18.0	9.87	0.00
PIZZA 16" Vegetable WH 2.0	1/8 Slice	25	446	40	1069	4.49	3.04	446.3	610	122	5.6	25.2	51.8	13.9	8.10	*0.00
PIZZA 16" Chz WH 2.0	1/8 Slice	75	435	40	1034	3.96	2.85	445.5	502	100	2.3	25.1	49.7	13.9	8.10	0.00
FEATURED TORTILLA	1 EACH	50	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
TORTILLA BAR: Food-Based	1 Each	200	357	63	867	3.17	1.93	64.7	306	36	1.1	21.0	29.8	16.9	7.59	*0.33
RICE, Brown WG 1/2c	1/2 Cup	200	117	0	8	1.96	0.45	13.2	0	0	0.00	2.7	24.3	1.0	0.19	*0.00
BEANS, Refried SC 1/2 Cup	1/2 Cup	50	124	4	453	7.97	1.60	54.1	0	0	0.00	7.1	21.3	3.5	1.33	0.00
SALSA, AP 1/8c	1/8 Cup	100	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
FEATURED DELI ENTREE	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DELI BAR: B 2.0	1 Each	80	337	40	936	2.82	2.55	147.6	422	46	3.6	18.4	32.7	14.6	4.82	*0.04
COND PC Burger/Sandwich	1 Each	50	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
FEATURED SALAD ENTREE	Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Cobb SC W 2.0	1 Each	20	145	32	564	1.29	1.16	129.4	5210	467	9.2	14.7	5.4	7.9	4.01	*0.00
Breadstick WG - Alpha	.5	20	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	150	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	65	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
SIDES	1 EACH	2000	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 1/2c	1/2 Cup	250	69	0	37	4.69	0.87	26.7	4560	456	3.4	3.0	14.0	0.2	0.03	*-1.00
Mashed Potato, from frozen	3 oz	250	103	6	346	1.21	0.18	19.9	99	20	1.2	1.8	14.0	4.2	1.49	0.00
FRUIT CND, Asst w/ Juice 1/2c	1/2 Cup	750	59	0	7	1.35	0.40	8.8	293	59	9.1	0.5	14.5	0.00	0.00	0.00
FRUIT FRESH, Asst 1/2c	1/2 Cup	250	61	0	1	2.43	0.16	20.7	133	24	27.5	0.8	15.7	0.2	0.05	0.00
VEGETABLE FRESH, Asst 1/2c W	1/2 Cup	250	15	0	37	1.25	0.48	24.5	3893	701	5.5	0.5	3.0	0.1	0.01	0.00
GRAPES, Fresh 1/2c	1/2 cup	250	51	0	2	0.68	0.22	10.6	75	8	3.0	0.5	12.9	0.3	0.09	*-1.00
BREAD, Basket Assorted W	1 Each	0	73	0	135	1.49	0.84	39.9	0	0	0.00	3.0	12.3	1.4	0.32	*0.12
COND PC Margarine 5g	1 each	1000	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00
CHOICE OF MILK	1 Each	1000	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00

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Appleton Area School District

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

Jan 11, 2012

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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
Milk, AASD	1 each	1000	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
Weighted Daily Average			831	65	1611	9.70	5.34	614.5	3712	565	20.57	39.86	110.62	25.35	9.61	*-0.45
% of Calories												19.2%	53.2%	27.5%	10.4%	-0.5%

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

Jan 11, 2012

HS 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 - 02/09/2012																
HS Lunch Wellness	Total	1000														
FEATURED ENTREE	1 Each	100	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	300	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	300	117	0	8	1.96	0.45	13.2	0	0	0.00	2.7	24.3	1.0	0.19	*0.00
FEATURE GRILL	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
GRILL	1 EACH	200	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 AP WG 2.0	1 Each	100	284	35	504	2.94	3.82	68.5	100	20	0.00	17.9	23.8	13.1	5.21	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	115	335	45	732	2.94	3.82	164.7	252	50	0.00	20.4	24.3	17.6	7.74	*0.00
CHIX Patty, Plain WG 2.0	1 Each	75	368	20	731	4.99	3.84	89.1	0	0	0.00	18.1	38.0	16.3	2.74	*0.00
VEG Burg Cheese AM AP WG 0.5	1 Each	5	335	20	1094	4.95	3.10	245.1	152	30	0.00	15.5	44.4	12.1	5.25	*0.00
FISH, Fillet Plain SS WH 2.0	1 Each	5	399	30	1013	2.94	3.61	109.8	100	20	2.4	19.4	43.5	16.2	2.76	0.00
DELI: Garnish Veg SS W 0	1 Each	25	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.3	1.2	0.1	0.01	*-1.00
COND PC Burger/Sandwich	1 Each	100	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
COND PC Ketchup 9g Heinz	Packet	160	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 Mayonnaise 12g Heinz	packet	70	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	95	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 Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
FEATURED PIZZA	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA	1 EACH	200	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA 16" Pepperoni WH 2.0	1/8 Slice	200	480	49	1181	3.96	3.07	445.5	502	100	2.3	26.9	49.9	18.0	9.87	0.00
PIZZA 16" Vegetable WH 2.0	1/8 Slice	25	446	40	1069	4.49	3.04	446.3	610	122	5.6	25.2	51.8	13.9	8.10	*0.00
PIZZA 16" Chz WH 2.0	1/8 Slice	75	435	40	1034	3.96	2.85	445.5	502	100	2.3	25.1	49.7	13.9	8.10	0.00
FEATURED TORTILLA	1 EACH	50	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
QUESADILLA Beef TFM SC WG 2.	1 Each	100	420	68	597	4.88	2.93	246.0	761	102	6.3	24.5	32.9	21.1	9.99	*0.46
TORTILLA BAR: Food-Based	1 Each	150	357	63	867	3.17	1.93	64.7	306	36	1.1	21.0	29.8	16.9	7.59	*0.33
RICE, Brown WG 1/2c	1/2 Cup	200	117	0	8	1.96	0.45	13.2	0	0	0.00	2.7	24.3	1.0	0.19	*0.00
BEANS, Refried SC 1/2 Cup	1/2 Cup	50	124	4	453	7.97	1.60	54.1	0	0	0.00	7.1	21.3	3.5	1.33	0.00
SALSA, AP 1/8c	1/8 Cup	100	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
FEATURED DELI ENTREE	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DELI BAR: B 2.0	1 Each	80	337	40	936	2.82	2.55	147.6	422	46	3.6	18.4	32.7	14.6	4.82	*0.04
COND PC Burger/Sandwich	1 Each	50	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
FEATURED SALAD ENTREE	Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD HamTurk Chef SC W 2.0	1 Each	20	167	84	437	1.29	0.96	244.0	5374	500	9.2	13.9	5.0	10.3	5.72	*0.00
Breadstick WG - Alpha	.5	20	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	250	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	165	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
SIDES	1 EACH	2000	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 1/2c	1/2 Cup	250	27	0	11	2.87	0.58	31.6	967	181	38.4	3.0	5.1	0.1	0.02	*-1.00
BEANS, Green Frozen 1/2c	1/2 Cup	250	20	0	1	2.12	0.47	29.7	394	28	2.9	1.1	4.6	0.1	0.03	*-1.00
FRUIT CND, Asst w/ Juice 1/2c	1/2 Cup	750	59	0	7	1.35	0.40	8.8	293	59	9.1	0.5	14.5	0.00	0.00	0.00
FRUIT FRESH, Asst 1/2c	1/2 Cup	250	61	0	1	2.43	0.16	20.7	133	24	27.5	0.8	15.7	0.2	0.05	0.00
VEGETABLE FRESH, Asst 1/2c W	1/2 Cup	250	15	0	37	1.25	0.48	24.5	3893	701	5.5	0.5	3.0	0.1	0.01	0.00
BROCCOLI, Fresh 1/2c	1/2 cup	250	12	0	12	0.92	0.26	16.7	221	55	31.6	1.0	2.4	0.1	0.01	*-1.00
BREAD, Basket Assorted W	1 Each	0	73	0	135	1.49	0.84	39.9	0	0	0.00	3.0	12.3	1.4	0.32	*0.12
COND PC Margarine 5g	1 each	1000	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00
PRETZEL, Soft Baked Rod WG	1 Each	1000	70	0	65	1.00	0.72	0.0	0	0	0.00	2.0	14.0	0.5	0.00	0.00

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Appleton Area School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
 HS 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
CHOICE OF MILK	1 Each	1000	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	1000	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
Weighted Daily Average			808	69	1439	9.94	5.36	564.6	3104	531	41.07	40.09	107.40	23.77	9.24	*-0.68
% of Calories												19.8%	53.2%	26.5%	10.3%	-0.8%

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HS 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
Fri - 02/10/2012																
HS Lunch Wellness	Total	1000														
FEATURED ENTREE	1 Each	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Soup, Tomato Campbells	6 oz	300	67	0	362	0.75	0.55	1.7	300	60	4.5	1.5	15.0	0.00	0.00	0.00
MELT, Chz AM WH 2.0	1 Each	300	335	40	1172	1.80	1.73	455.7	607	121	0.10	15.6	25.8	20.0	10.53	*0.00
FEATURE GRILL	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
GRILL	1 EACH	200	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 AP WG 2.0	1 Each	100	284	35	504	2.94	3.82	68.5	100	20	0.00	17.9	23.8	13.1	5.21	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	115	335	45	732	2.94	3.82	164.7	252	50	0.00	20.4	24.3	17.6	7.74	*0.00
CHIX Patty, Plain WG 2.0	1 Each	75	368	20	731	4.99	3.84	89.1	0	0	0.00	18.1	38.0	16.3	2.74	*0.00
VEG Burg Cheese AM AP WG 0.5	1 Each	5	335	20	1094	4.95	3.10	245.1	152	30	0.00	15.5	44.4	12.1	5.25	*0.00
FISH, Fillet Plain SS WH 2.0	1 Each	5	399	30	1013	2.94	3.61	109.8	100	20	2.4	19.4	43.5	16.2	2.76	0.00
DELI: Garnish Veg SS W 0	1 Each	25	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.3	1.2	0.1	0.01	*-1.00
COND PC Burger/Sandwich	1 Each	100	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
COND PC Ketchup 9g Heinz	Packet	160	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 Mayonnaise 12g Heinz	packet	70	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	95	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 Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
FEATURED PIZZA	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA	1 EACH	200	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA 16" Pepperoni WH 2.0	1/8 Slice	200	480	49	1181	3.96	3.07	445.5	502	100	2.3	26.9	49.9	18.0	9.87	0.00
PIZZA 16" Vegetable WH 2.0	1/8 Slice	25	446	40	1069	4.49	3.04	446.3	610	122	5.6	25.2	51.8	13.9	8.10	*0.00
PIZZA 16" Chz WH 2.0	1/8 Slice	75	435	40	1034	3.96	2.85	445.5	502	100	2.3	25.1	49.7	13.9	8.10	0.00
FEATURED TORTILLA	1 EACH	50	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
TORTILLA BAR: Food-Based	1 Each	150	357	63	867	3.17	1.93	64.7	306	36	1.1	21.0	29.8	16.9	7.59	*0.33
RICE, Brown WG 1/2c	1/2 Cup	200	117	0	8	1.96	0.45	13.2	0	0	0.00	2.7	24.3	1.0	0.19	*0.00
BEANS, Refried SC 1/2 Cup	1/2 Cup	50	124	4	453	7.97	1.60	54.1	0	0	0.00	7.1	21.3	3.5	1.33	0.00
SALSA, AP 1/8c	1/8 Cup	100	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
FEATURED DELI ENTREE	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
WRAP, Chix Chipotle SS WG 2.25	sandwich	80	409	64	834	5.10	2.35	210.4	2089	108	0.9	22.9	38.1	18.4	6.22	*0.05
DELI BAR: B 2.0	1 Each	60	337	40	936	2.82	2.55	147.6	422	46	3.6	18.4	32.7	14.6	4.82	*0.04
COND PC Burger/Sandwich	1 Each	50	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
FEATURED SALAD ENTREE	Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
YOGURT PARFAIT, Peach	1 Each	100	164	11	118	0.18	0.11	253.2	154	31	0.2	7.4	28.9	2.3	1.50	0.00
Breadstick WG - Alpha	.5	20	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	250	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	150	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
SIDES	1 EACH	2000	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 1/2c	1/2 Cup	750	65	0	60	4.58	1.27	20.0	1750	56	8.3	4.3	11.9	0.2	0.04	*-1.00
CARROTS, Sliced Frozen 1/2c	1/2 Cup	250	36	0	57	3.20	0.51	33.9	16397	1714	2.2	0.6	7.5	0.7	0.12	*-1.00
FRUIT CND, Asst w/ Juice 1/2c	1/2 Cup	750	59	0	7	1.35	0.40	8.8	293	59	9.1	0.5	14.5	0.00	0.00	0.00
FRUIT FRESH, Asst 1/2c	1/2 Cup	250	61	0	1	2.43	0.16	20.7	133	24	27.5	0.8	15.7	0.2	0.05	0.00
VEGETABLE FRESH, Asst 1/2c W	1/2 Cup	250	15	0	37	1.25	0.48	24.5	3893	701	5.5	0.5	3.0	0.1	0.01	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	250	13	0	2	0.43	0.24	13.8	90	18	2.4	0.6	3.1	0.1	0.03	*-1.00
BREAD, Basket Assorted W	1 Each	0	73	0	135	1.49	0.84	39.9	0	0	0.00	3.0	12.3	1.4	0.32	*0.12
COND PC Margarine 5g	1 each	1000	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00
CHOICE OF MILK	1 Each	1000	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00

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Appleton Area School District

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

Jan 11, 2012

Page 16

	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
Milk, AASD	1 each	1000	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
Weighted Daily Average			816	61	1753	11.34	5.47	704.7	8237	961	26.64	38.67	106.11	26.44	11.27	*-1.22
% of Calories												19.0%	52.0%	29.1%	12.4%	-1.3%

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Appleton Area School District

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

Jan 11, 2012

HS Lunch Wellness

Page 17

	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																
HS Lunch Wellness	Total	1000														
FEATURED ENTREE	1 Each	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
ORI CHIX Dcd Teriyaki SEC W	Plate	300	401	51	251	2.90	1.82	12.1	0	1	5.8	21.6	51.8	11.0	2.96	0.00
FEATURE GRILL	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
GRILL	1 EACH	200	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 AP WG 2.0	1 Each	150	284	35	504	2.94	3.82	68.5	100	20	0.00	17.9	23.8	13.1	5.21	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	165	335	45	732	2.94	3.82	164.7	252	50	0.00	20.4	24.3	17.6	7.74	*0.00
CHIX Patty, Plain WG 2.0	1 Each	75	368	20	731	4.99	3.84	89.1	0	0	0.00	18.1	38.0	16.3	2.74	*0.00
VEG Burg Cheese AM AP WG 0.5	1 Each	5	335	20	1094	4.95	3.10	245.1	152	30	0.00	15.5	44.4	12.1	5.25	*0.00
FISH, Fillet Plain SS WH 2.0	1 Each	5	399	30	1013	2.94	3.61	109.8	100	20	2.4	19.4	43.5	16.2	2.76	0.00
DELI: Garnish Veg SS W 0	1 Each	25	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.3	1.2	0.1	0.01	*-1.00
COND PC Burger/Sandwich	1 Each	100	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
COND PC Ketchup 9g Heinz	Packet	560	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 Mayonnaise 12g Heinz	packet	70	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	95	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 Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
FEATURED PIZZA	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA	1 EACH	200	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA 16" Pepperoni WH 2.0	1/8 Slice	100	480	49	1181	3.96	3.07	445.5	502	100	2.3	26.9	49.9	18.0	9.87	0.00
PIZZA 16" Vegetable WH 2.0	1/8 Slice	25	446	40	1069	4.49	3.04	446.3	610	122	5.6	25.2	51.8	13.9	8.10	*0.00
PIZZA 16" Chz WH 2.0	1/8 Slice	75	435	40	1034	3.96	2.85	445.5	502	100	2.3	25.1	49.7	13.9	8.10	0.00
FEATURED TORTILLA	1 EACH	50	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
FAJITA, Beef TFM SS WG 2.0	2 each	100	494	75	501	5.49	3.28	141.9	740	92	22.0	27.4	36.2	27.0	10.99	*0.00
TORTILLA BAR: Food-Based	1 Each	150	357	63	867	3.17	1.93	64.7	306	36	1.1	21.0	29.8	16.9	7.59	*0.33
RICE, Brown WG 1/2c	1/2 Cup	200	117	0	8	1.96	0.45	13.2	0	0	0.00	2.7	24.3	1.0	0.19	*0.00
BEANS, Refried SC 1/2 Cup	1/2 Cup	50	124	4	453	7.97	1.60	54.1	0	0	0.00	7.1	21.3	3.5	1.33	0.00
SALSA, AP 1/8c	1/8 Cup	100	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
FEATURED DELI ENTREE	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DELI BAR: B 2.0	1 Each	60	337	40	936	2.82	2.55	147.6	422	46	3.6	18.4	32.7	14.6	4.82	*0.04
COND PC Burger/Sandwich	1 Each	50	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
FEATURED SALAD ENTREE	Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Chix Brd Ranch AP WG 2.0	servings	20	392	50	858	2.41	2.06	279.9	2285	190	18.7	17.4	10.8	29.3	9.90	0.00
Breadstick WG - Alpha	.5	20	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	125	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	75	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
SIDES	1 EACH	2000	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
POTATO, FF 5/16" Gen7 1/2c	1.6 ozw	300	232	0	273	2.73	0.49	0.0	0	0	8.2	2.7	36.8	8.2	0.00	0.00
BEANS, Green Frozen 1/2c	1/2 Cup	750	20	0	1	2.12	0.47	29.7	394	28	2.9	1.1	4.6	0.1	0.03	*-1.00
FRUIT CND, Asst w/ Juice 1/2c	1/2 Cup	750	59	0	7	1.35	0.40	8.8	293	59	9.1	0.5	14.5	0.00	0.00	0.00
FRUIT FRESH, Asst 1/2c	1/2 Cup	250	61	0	1	2.43	0.16	20.7	133	24	27.5	0.8	15.7	0.2	0.05	0.00
VEGETABLE FRESH, Asst 1/2c W	1/2 Cup	250	15	0	37	1.25	0.48	24.5	3893	701	5.5	0.5	3.0	0.1	0.01	0.00
WATERMELON, Fresh 1/2c	1/2 cup	250	23	0	1	0.30	0.18	5.3	432	28	6.2	0.5	5.7	0.1	0.01	*-1.00
BREAD, Basket Assorted W	1 Each	0	73	0	135	1.49	0.84	39.9	0	0	0.00	3.0	12.3	1.4	0.32	*0.12
COND PC Margarine 5g	1 each	1000	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00
CHOICE OF MILK	1 Each	1000	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	1000	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00

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HS Lunch Wellness

Jan 11, 2012

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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
Weighted Daily Average % of Calories			838	66	1314	9.70	4.99	511.8	2856	462	28.30	38.04 18.2%	109.50 52.3%	27.26 29.3%	9.27 9.9%	*-0.97 -1.0%

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

Jan 11, 2012

HS Lunch Wellness

Page 19

	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 - 02/14/2012																
HS Lunch Wellness	Total	1000														
FEATURED ENTREE	1 Each	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
QUESADILLA Cheese CG AP	1 Each	100	320	45	490	4.00	2.50	308.0	331	60	0.00	18.0	35.0	13.0	5.00	0.00
RICE, Sante Fe WG 3/4 c	1 Cup	100	163	0	215	3.50	0.60	17.6	89	18	0.00	3.6	34.2	1.3	0.26	*0.00
FEATURE GRILL	1 EACH	100	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 Taco AP WG 2.5	1 Each	200	350	50	890	3.94	3.91	170.5	342	68	0.00	21.4	26.2	17.8	8.20	*0.00
GRILL	1 EACH	200	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 AP WG 2.0	1 Each	50	284	35	504	2.94	3.82	68.5	100	20	0.00	17.9	23.8	13.1	5.21	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	65	335	45	732	2.94	3.82	164.7	252	50	0.00	20.4	24.3	17.6	7.74	*0.00
CHIX Patty, Plain WG 2.0	1 Each	25	368	20	731	4.99	3.84	89.1	0	0	0.00	18.1	38.0	16.3	2.74	*0.00
VEG Burg Cheese AM AP WG 0.5	1 Each	5	335	20	1094	4.95	3.10	245.1	152	30	0.00	15.5	44.4	12.1	5.25	*0.00
FISH, Fillet Plain SS WH 2.0	1 Each	5	399	30	1013	2.94	3.61	109.8	100	20	2.4	19.4	43.5	16.2	2.76	0.00
DELI: Garnish Veg SS W 0	1 Each	25	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.3	1.2	0.1	0.01	*-1.00
COND PC Burger/Sandwich	1 Each	100	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
COND PC Ketchup 9g Heinz	Packet	160	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 Mayonnaise 12g Heinz	packet	70	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	95	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 Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
FEATURED PIZZA	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA	1 EACH	200	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA 16" Pepperoni WH 2.0	1/8 Slice	200	480	49	1181	3.96	3.07	445.5	502	100	2.3	26.9	49.9	18.0	9.87	0.00
PIZZA 16" Vegetable WH 2.0	1/8 Slice	25	446	40	1069	4.49	3.04	446.3	610	122	5.6	25.2	51.8	13.9	8.10	*0.00
PIZZA 16" Chz WH 2.0	1/8 Slice	75	435	40	1034	3.96	2.85	445.5	502	100	2.3	25.1	49.7	13.9	8.10	0.00
FEATURED TORTILLA	1 EACH	50	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
TORTILLA BAR: Food-Based	1 Each	200	357	63	867	3.17	1.93	64.7	306	36	1.1	21.0	29.8	16.9	7.59	*0.33
RICE, Brown WG 1/2c	1/2 Cup	200	117	0	8	1.96	0.45	13.2	0	0	0.00	2.7	24.3	1.0	0.19	*0.00
BEANS, Refried SC 1/2 Cup	1/2 Cup	100	124	4	453	7.97	1.60	54.1	0	0	0.00	7.1	21.3	3.5	1.33	0.00
SALSA, AP 1/8c	1/8 Cup	100	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
FEATURED DELI ENTREE	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DELI BAR: B 2.0	1 Each	80	337	40	936	2.82	2.55	147.6	422	46	3.6	18.4	32.7	14.6	4.82	*0.04
COND PC Burger/Sandwich	1 Each	50	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
FEATURED SALAD ENTREE	Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Turkey Chef SC W 2.0	1 Each	20	167	78	459	1.29	0.87	249.0	5374	500	9.2	12.9	5.0	10.5	5.73	*0.00
Breadstick WG - Alpha	.5	20	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	250	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	165	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
SIDES	1 EACH	2000	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 1/2c	1/2 Cup	750	66	0	1	1.96	0.38	2.5	163	18	2.9	2.1	15.8	0.5	0.08	*-1.00
VEGETABLE BLEND, Calif 1/2c	1/2 cup	250	25	0	29	1.68	0.00	16.8	839	168	17.6	0.8	4.2	0.00	0.00	0.00
FRUIT CND, Asst w/ Juice 1/2c	1/2 Cup	750	59	0	7	1.35	0.40	8.8	293	59	9.1	0.5	14.5	0.00	0.00	0.00
FRUIT FRESH, Asst 1/2c	1/2 Cup	250	61	0	1	2.43	0.16	20.7	133	24	27.5	0.8	15.7	0.2	0.05	0.00
VEGETABLE FRESH, Asst 1/2c W	1/2 Cup	250	15	0	37	1.25	0.48	24.5	3893	701	5.5	0.5	3.0	0.1	0.01	0.00
PEPPERS BELL, Green 1/2c	1/2 Cup	250	10	0	2	0.89	0.18	5.2	194	33	42.2	0.5	2.4	0.1	0.03	*-1.00
COOKIE, Sugar 1.0oz	Cookie	1000	120	5	105	0.00	0.36	0.0	300	40	0.00	1.0	18.0	5.0	2.50	0.00
COND PC Margarine 5g	1 each	1000	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00
CHOICE OF MILK	1 Each	1000	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00

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Appleton Area School District

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

Jan 11, 2012

Page 20

	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
Milk, AASD	1 each	1000	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
Weighted Daily Average			867	63	1516	9.55	4.91	570.2	3253	554	35.22	36.02	119.06	27.95	12.00	*-0.95
% of Calories												16.6%	54.9%	29.0%	12.5%	-1.0%

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Appleton Area School District

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

Jan 11, 2012

HS Lunch Wellness

Page 21

	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																
HS Lunch Wellness	Total	1000														
FEATURED ENTREE	1 Each	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
POTATO Bkd Broc w/CH B 1.5	1 Each	300	305	30	564	4.99	1.77	27.2	5	1	44.7	12.6	43.6	9.2	6.07	*0.00
FEATURE GRILL	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
GRILL	1 EACH	200	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 AP WG 2.0	1 Each	100	284	35	504	2.94	3.82	68.5	100	20	0.00	17.9	23.8	13.1	5.21	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	115	335	45	732	2.94	3.82	164.7	252	50	0.00	20.4	24.3	17.6	7.74	*0.00
CHIX Patty, Plain WG 2.0	1 Each	75	368	20	731	4.99	3.84	89.1	0	0	0.00	18.1	38.0	16.3	2.74	*0.00
VEG Burg Cheese AM AP WG 0.5	1 Each	5	335	20	1094	4.95	3.10	245.1	152	30	0.00	15.5	44.4	12.1	5.25	*0.00
FISH, Fillet Plain SS WH 2.0	1 Each	5	399	30	1013	2.94	3.61	109.8	100	20	2.4	19.4	43.5	16.2	2.76	0.00
DELI: Garnish Veg SS W 0	1 Each	25	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.3	1.2	0.1	0.01	*-1.00
COND PC Burger/Sandwich	1 Each	100	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
COND PC Ketchup 9g Heinz	Packet	160	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 Mayonnaise 12g Heinz	packet	70	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	95	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 Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
FEATURED PIZZA	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA 16" Taco SS W 2.0	1/8 Slice	200	372	28	738	7.88	3.75	123.0	669	134	2.5	19.7	49.4	10.1	3.92	0.16
PIZZA	1 EACH	200	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA 16" Pepperoni WH 2.0	1/8 Slice	100	480	49	1181	3.96	3.07	445.5	502	100	2.3	26.9	49.9	18.0	9.87	0.00
PIZZA 16" Vegetable WH 2.0	1/8 Slice	25	446	40	1069	4.49	3.04	446.3	610	122	5.6	25.2	51.8	13.9	8.10	*0.00
PIZZA 16" Chz WH 2.0	1/8 Slice	75	435	40	1034	3.96	2.85	445.5	502	100	2.3	25.1	49.7	13.9	8.10	0.00
FEATURED TORTILLA	1 EACH	50	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
TORTILLA BAR: Food-Based	1 Each	200	357	63	867	3.17	1.93	64.7	306	36	1.1	21.0	29.8	16.9	7.59	*0.33
RICE, Brown WG 1/2c	1/2 Cup	200	117	0	8	1.96	0.45	13.2	0	0	0.00	2.7	24.3	1.0	0.19	*0.00
BEANS, Refried SC 1/2 Cup	1/2 Cup	50	124	4	453	7.97	1.60	54.1	0	0	0.00	7.1	21.3	3.5	1.33	0.00
SALSA, AP 1/8c	1/8 Cup	100	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
FEATURED DELI ENTREE	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DELI BAR: B 2.0	1 Each	80	337	40	936	2.82	2.55	147.6	422	46	3.6	18.4	32.7	14.6	4.82	*0.04
COND PC Burger/Sandwich	1 Each	50	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
FEATURED SALAD ENTREE	Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Chix Brd Cesar SC WG 2.0	1 Each	20	302	31	905	2.34	2.26	388.3	3613	150	1.5	19.8	20.0	16.5	5.96	*0.00
BREADSTICK W, AP	Each	20	111	0	131	0.71	0.33	20.5	1	0	1.1	2.6	19.0	2.8	0.10	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	150	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	65	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
SIDES	1 EACH	2000	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 1/2c	1/2 Cup	1000	20	0	1	2.12	0.47	29.7	394	28	2.9	1.1	4.6	0.1	0.03	*-1.00
FRUIT CND, Asst w/ Juice 1/2c	1/2 Cup	250	59	0	7	1.35	0.40	8.8	293	59	9.1	0.5	14.5	0.00	0.00	0.00
FRUIT FRESH, Asst 1/2c	1/2 Cup	250	61	0	1	2.43	0.16	20.7	133	24	27.5	0.8	15.7	0.2	0.05	0.00
VEGETABLE FRESH, Asst 1/2c W	1/2 Cup	250	15	0	37	1.25	0.48	24.5	3893	701	5.5	0.5	3.0	0.1	0.01	0.00
GRAPES, Fresh 1/2c	1/2 cup	250	51	0	2	0.68	0.22	10.6	75	8	3.0	0.5	12.9	0.3	0.09	*-1.00
BREAD, Basket Assorted W	1 Each	0	73	0	135	1.49	0.84	39.9	0	0	0.00	3.0	12.3	1.4	0.32	*0.12
COND PC Margarine 5g	1 each	1000	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00
CRACKER, GFish Ranch .75oz	Package	1000	100	4	190	1.00	1.08	20.0	0	0	0.00	3.0	14.0	3.0	1.00	0.00
CHOICE OF MILK	1 Each	1000	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	1000	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00

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Appleton Area School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
HS 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
Weighted Daily Average % of Calories			836	61	1581	11.35	6.02	547.5	2795	443	30.78	38.29 18.3%	111.04 53.1%	26.04 28.0%	10.66 11.5%	*-1.17 -1.3%

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Appleton Area School District

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

Jan 11, 2012

HS Lunch Wellness

Page 23

	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																
HS Lunch Wellness	Total	1000														
FEATURED ENTREE	1 Each	100	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	300	396	52	542	3.44	3.31	114.0	1397	64	16.6	19.2	43.7	16.1	2.56	*0.02
FEATURE GRILL	1 EACH	100	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, Pizza SC WG 2.0	1 Each	100	308	48	621	2.91	3.96	169.2	296	59	4.7	21.2	28.1	12.6	5.21	*0.46
GRILL	1 EACH	200	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 AP WG 2.0	1 Each	50	284	35	504	2.94	3.82	68.5	100	20	0.00	17.9	23.8	13.1	5.21	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	65	335	45	732	2.94	3.82	164.7	252	50	0.00	20.4	24.3	17.6	7.74	*0.00
CHIX Patty, Plain WG 2.0	1 Each	75	368	20	731	4.99	3.84	89.1	0	0	0.00	18.1	38.0	16.3	2.74	*0.00
VEG Burg Cheese AM AP WG 0.5	1 Each	5	335	20	1094	4.95	3.10	245.1	152	30	0.00	15.5	44.4	12.1	5.25	*0.00
FISH, Fillet Plain SS WH 2.0	1 Each	5	399	30	1013	2.94	3.61	109.8	100	20	2.4	19.4	43.5	16.2	2.76	0.00
DELI: Garnish Veg SS W 0	1 Each	25	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.3	1.2	0.1	0.01	*-1.00
COND PC Burger/Sandwich	1 Each	100	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
COND PC Ketchup 9g Heinz	Packet	160	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 Mayonnaise 12g Heinz	packet	70	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	95	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 Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
FEATURED PIZZA	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA	1 EACH	200	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA 16" Pepperoni WH 2.0	1/8 Slice	200	480	49	1181	3.96	3.07	445.5	502	100	2.3	26.9	49.9	18.0	9.87	0.00
PIZZA 16" Vegetable WH 2.0	1/8 Slice	25	446	40	1069	4.49	3.04	446.3	610	122	5.6	25.2	51.8	13.9	8.10	*0.00
PIZZA 16" Chz WH 2.0	1/8 Slice	75	435	40	1034	3.96	2.85	445.5	502	100	2.3	25.1	49.7	13.9	8.10	0.00
FEATURED TORTILLA	1 EACH	50	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
TORTILLA BAR: Food-Based	1 Each	200	357	63	867	3.17	1.93	64.7	306	36	1.1	21.0	29.8	16.9	7.59	*0.33
RICE, Brown WG 1/2c	1/2 Cup	200	117	0	8	1.96	0.45	13.2	0	0	0.00	2.7	24.3	1.0	0.19	*0.00
BEANS, Refried SC 1/2 Cup	1/2 Cup	50	124	4	453	7.97	1.60	54.1	0	0	0.00	7.1	21.3	3.5	1.33	0.00
SALSA, AP 1/8c	1/8 Cup	100	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
FEATURED DELI ENTREE	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DELI BAR: B 2.0	1 Each	80	337	40	936	2.82	2.55	147.6	422	46	3.6	18.4	32.7	14.6	4.82	*0.04
COND PC Burger/Sandwich	1 Each	50	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
FEATURED SALAD ENTREE	Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Chix Ndl SesTwist BP 2.0	16 ozw	20	620	25	148	12.81	7.20	110.6	5854	892	20.9	32.8	105.1	7.9	0.83	*0.00
Breadstick WG - Alpha	.5	20	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	250	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	150	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
SIDES	1 EACH	2000	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Mashed Potato, from frozen	4 oz	750	138	8	461	1.62	0.24	26.5	133	27	1.6	2.4	18.6	5.7	1.99	0.00
POTATO, Sweet Tater Tots	1/2 Cup	250	104	0	184	1.60	0.29	16.0	2405	481	2.9	0.8	18.4	2.4	0.00	0.00
FRUIT CND, Asst w/ Juice 1/2c	1/2 Cup	750	59	0	7	1.35	0.40	8.8	293	59	9.1	0.5	14.5	0.00	0.00	0.00
FRUIT FRESH, Asst 1/2c	1/2 Cup	250	61	0	1	2.43	0.16	20.7	133	24	27.5	0.8	15.7	0.2	0.05	0.00
VEGETABLE FRESH, Asst 1/2c W	1/2 Cup	250	15	0	37	1.25	0.48	24.5	3893	701	5.5	0.5	3.0	0.1	0.01	0.00
BROCCOLI, Fresh 1/2c	1/2 cup	250	12	0	12	0.92	0.26	16.7	221	55	31.6	1.0	2.4	0.1	0.01	*-1.00
BREAD, Basket Assorted W	1 Each	0	73	0	135	1.49	0.84	39.9	0	0	0.00	3.0	12.3	1.4	0.32	*0.12
COND PC Margarine 5g	1 each	1000	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00
CHOICE OF MILK	1 Each	1000	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	1000	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00

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Appleton Area School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
HS 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
Weighted Daily Average			873	70	1777	9.15	5.06	574.3	3676	616	33.63	37.80	113.30	29.08	10.03	*-0.15
% of Calories												17.3%	51.9%	30.0%	10.3%	-0.2%

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Appleton Area School District

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

Jan 11, 2012

HS Lunch Wellness

Page 25

	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																
HS Lunch Wellness	Total	1000														
FEATURED ENTREE	1 Each	100	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	serving	300	489	48	936	5.84	5.03	323.0	4846	969	14.3	30.1	57.6	15.4	7.46	*0.00
Breadstick WG - Alpha	.5	300	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURE GRILL	1 EACH	100	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	100	309	53	593	3.53	2.09	191.8	142	28	0.00	19.1	30.8	11.5	4.77	0.00
GRILL	1 EACH	200	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 AP WG 2.0	1 Each	50	284	35	504	2.94	3.82	68.5	100	20	0.00	17.9	23.8	13.1	5.21	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	65	335	45	732	2.94	3.82	164.7	252	50	0.00	20.4	24.3	17.6	7.74	*0.00
CHIX Patty, Plain WG 2.0	1 Each	75	368	20	731	4.99	3.84	89.1	0	0	0.00	18.1	38.0	16.3	2.74	*0.00
VEG Burg Cheese AM AP WG 0.5	1 Each	5	335	20	1094	4.95	3.10	245.1	152	30	0.00	15.5	44.4	12.1	5.25	*0.00
FISH, Fillet Plain SS WH 2.0	1 Each	5	399	30	1013	2.94	3.61	109.8	100	20	2.4	19.4	43.5	16.2	2.76	0.00
DELI: Garnish Veg SS W 0	1 Each	25	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.3	1.2	0.1	0.01	*-1.00
COND PC Burger/Sandwich	1 Each	100	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
COND PC Ketchup 9g Heinz	Packet	160	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 Mayonnaise 12g Heinz	packet	80	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	95	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 Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
FEATURED PIZZA	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA	1 EACH	200	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA 16" Pepperoni WH 2.0	1/8 Slice	200	480	49	1181	3.96	3.07	445.5	502	100	2.3	26.9	49.9	18.0	9.87	0.00
PIZZA 16" Vegetable WH 2.0	1/8 Slice	75	446	40	1069	4.49	3.04	446.3	610	122	5.6	25.2	51.8	13.9	8.10	*0.00
PIZZA 16" Chz WH 2.0	1/8 Slice	75	435	40	1034	3.96	2.85	445.5	502	100	2.3	25.1	49.7	13.9	8.10	0.00
FEATURED TORTILLA	1 EACH	50	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
TORTILLA BAR: Food-Based	1 Each	200	357	63	867	3.17	1.93	64.7	306	36	1.1	21.0	29.8	16.9	7.59	*0.33
RICE, Brown WG 1/2c	1/2 Cup	200	117	0	8	1.96	0.45	13.2	0	0	0.00	2.7	24.3	1.0	0.19	*0.00
BEANS, Refried SC 1/2 Cup	1/2 Cup	50	124	4	453	7.97	1.60	54.1	0	0	0.00	7.1	21.3	3.5	1.33	0.00
SALSA, AP 1/8c	1/8 Cup	100	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
FEATURED DELI ENTREE	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DELI BAR: B 2.0	1 Each	80	337	40	936	2.82	2.55	147.6	422	46	3.6	18.4	32.7	14.6	4.82	*0.04
COND PC Burger/Sandwich	1 Each	50	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
FEATURED SALAD ENTREE	Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Turkey Chef SC W 2.0	1 Each	20	167	78	459	1.29	0.87	249.0	5374	500	9.2	12.9	5.0	10.5	5.73	*0.00
Breadstick WG - Alpha	.5	20	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	250	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	165	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
SIDES	1 EACH	2000	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, Italian 1/2c	1/2 cup	300	36	0	30	2.03	0.37	20.3	2032	406	9.1	2.0	7.1	0.00	0.00	0.00
Mashed Potato, from frozen	4 oz	700	138	8	461	1.62	0.24	26.5	133	27	1.6	2.4	18.6	5.7	1.99	0.00
FRUIT CND, Asst w/ Juice 1/2c	1/2 Cup	250	59	0	7	1.35	0.40	8.8	293	59	9.1	0.5	14.5	0.00	0.00	0.00
FRUIT FRESH, Asst 1/2c	1/2 Cup	250	61	0	1	2.43	0.16	20.7	133	24	27.5	0.8	15.7	0.2	0.05	0.00
VEGETABLE FRESH, Asst 1/2c W	1/2 Cup	250	15	0	37	1.25	0.48	24.5	3893	701	5.5	0.5	3.0	0.1	0.01	0.00
PEPPERS BELL, Green 1/2c	1/2 Cup	250	10	0	2	0.89	0.18	5.2	194	33	42.2	0.5	2.4	0.1	0.03	*-1.00
BREAD, Basket Assorted W	1 Each	0	73	0	135	1.49	0.84	39.9	0	0	0.00	3.0	12.3	1.4	0.32	*0.12
COND PC Margarine 5g	1 each	1000	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00
CHOICE OF MILK	1 Each	1000	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00

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Appleton Area School District

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

Jan 11, 2012

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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
Milk, AASD	1 each	1000	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
Weighted Daily Average			880	72	1925	9.67	5.39	663.9	4565	848	32.56	42.22	111.15	28.87	11.87	*-0.20
% of Calories												19.2%	50.5%	29.5%	12.1%	-0.2%

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Appleton Area School District

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

Jan 11, 2012

HS 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																
HS Lunch Wellness	Total	1000														
FEATURED ENTREE	1 Each	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
BOWL Chicken Country W 2.0	1 Each	300	458	31	682	6.54	2.45	163.2	266	42	54.0	19.9	65.4	12.0	4.25	*0.00
FEATURE GRILL	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
GRILL	1 EACH	200	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 AP WG 2.0	1 Each	100	284	35	504	2.94	3.82	68.5	100	20	0.00	17.9	23.8	13.1	5.21	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	115	335	45	732	2.94	3.82	164.7	252	50	0.00	20.4	24.3	17.6	7.74	*0.00
CHIX Patty, Plain WG 2.0	1 Each	75	368	20	731	4.99	3.84	89.1	0	0	0.00	18.1	38.0	16.3	2.74	*0.00
VEG Burg Cheese AM AP WG 0.5	1 Each	5	335	20	1094	4.95	3.10	245.1	152	30	0.00	15.5	44.4	12.1	5.25	*0.00
FISH, Fillet Plain SS WH 2.0	1 Each	5	399	30	1013	2.94	3.61	109.8	100	20	2.4	19.4	43.5	16.2	2.76	0.00
DELI: Garnish Veg SS W 0	1 Each	25	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.3	1.2	0.1	0.01	*-1.00
COND PC Burger/Sandwich	1 Each	100	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
COND PC Ketchup 9g Heinz	Packet	160	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 Mayonnaise 12g Heinz	packet	70	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	95	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 Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
FEATURED PIZZA	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA	1 EACH	200	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA 16" Pepperoni WH 2.0	1/8 Slice	200	480	49	1181	3.96	3.07	445.5	502	100	2.3	26.9	49.9	18.0	9.87	0.00
PIZZA 16" Vegetable WH 2.0	1/8 Slice	25	446	40	1069	4.49	3.04	446.3	610	122	5.6	25.2	51.8	13.9	8.10	*0.00
PIZZA 16" Chz WH 2.0	1/8 Slice	75	435	40	1034	3.96	2.85	445.5	502	100	2.3	25.1	49.7	13.9	8.10	0.00
FEATURED TORTILLA	1 EACH	50	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
FAJITA, Chix TFM SC WG 2.0	2 each	50	321	41	479	5.37	1.94	144.6	656	82	22.0	19.3	36.0	11.7	5.02	*0.00
TORTILLA BAR: Food-Based	1 Each	150	357	63	867	3.17	1.93	64.7	306	36	1.1	21.0	29.8	16.9	7.59	*0.33
RICE, Brown WG 1/2c	1/2 Cup	200	117	0	8	1.96	0.45	13.2	0	0	0.00	2.7	24.3	1.0	0.19	*0.00
BEANS, Refried SC 1/2 Cup	1/2 Cup	50	124	4	453	7.97	1.60	54.1	0	0	0.00	7.1	21.3	3.5	1.33	0.00
SALSA, AP 1/8c	1/8 Cup	100	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
FEATURED DELI ENTREE	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DELI BAR: B 2.0	1 Each	80	337	40	936	2.82	2.55	147.6	422	46	3.6	18.4	32.7	14.6	4.82	*0.04
COND PC Burger/Sandwich	1 Each	50	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
FEATURED SALAD ENTREE	Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Chix Brd Cesar SC WG 2.0	1 Each	20	302	31	905	2.34	2.26	388.3	3613	150	1.5	19.8	20.0	16.5	5.96	*0.00
BREADSTICK W, AP	Each	20	111	0	131	0.71	0.33	20.5	1	0	1.1	2.6	19.0	2.8	0.10	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	150	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	65	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
SIDES	1 EACH	2000	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 1/2c	1/2 Cup	750	20	0	1	2.12	0.47	29.7	394	28	2.9	1.1	4.6	0.1	0.03	*-1.00
FRUIT CND, Asst w/ Juice 1/2c	1/2 Cup	250	59	0	7	1.35	0.40	8.8	293	59	9.1	0.5	14.5	0.00	0.00	0.00
FRUIT FRESH, Asst 1/2c	1/2 Cup	250	61	0	1	2.43	0.16	20.7	133	24	27.5	0.8	15.7	0.2	0.05	0.00
VEGETABLE FRESH, Asst 1/2c W	1/2 Cup	250	15	0	37	1.25	0.48	24.5	3893	701	5.5	0.5	3.0	0.1	0.01	0.00
GRAPES, Fresh 1/2c	1/2 cup	250	51	0	2	0.68	0.22	10.6	75	8	3.0	0.5	12.9	0.3	0.09	*-1.00
BREAD, Basket Assorted W	1 Each	0	73	0	135	1.49	0.84	39.9	0	0	0.00	3.0	12.3	1.4	0.32	*0.12
COND PC Margarine 5g	1 each	1000	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00
CHOICE OF MILK	1 Each	1000	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	1000	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00

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Appleton Area School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
HS 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
Weighted Daily Average			749	56	1377	9.22	4.58	584.8	2709	434	33.61	35.88	97.87	23.37	9.18	*-0.97
% of Calories												19.2%	52.3%	28.1%	11.0%	-1.2%

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Appleton Area School District

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

Jan 11, 2012

HS Lunch Wellness

Page 29

	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																
HS Lunch Wellness	Total	1000														
FEATURED ENTREE	1 Each	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
BEEF Chx Fr Stk AM Sdw B 2.5	1 Each	100	483	50	1202	3.07	4.39	206.6	252	50	4.8	22.4	43.7	24.8	9.09	*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
FEATURE GRILL	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
GRILL	1 EACH	200	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 AP WG 2.0	1 Each	50	284	35	504	2.94	3.82	68.5	100	20	0.00	17.9	23.8	13.1	5.21	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	115	335	45	732	2.94	3.82	164.7	252	50	0.00	20.4	24.3	17.6	7.74	*0.00
CHIX Patty, Plain WG 2.0	1 Each	125	368	20	731	4.99	3.84	89.1	0	0	0.00	18.1	38.0	16.3	2.74	*0.00
VEG Burg Deluxe AP WG 0.5	1 Each	5	375	20	1351	5.79	3.44	279.2	316	63	6.3	16.7	54.4	10.8	4.78	*0.00
FISH, Fillet Plain SS WH 2.0	1 Each	5	399	30	1013	2.94	3.61	109.8	100	20	2.4	19.4	43.5	16.2	2.76	0.00
DELI: Garnish Veg SS W 0	1 Each	25	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.3	1.2	0.1	0.01	*-1.00
COND PC Burger/Sandwich	1 Each	100	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
COND PC Ketchup 9g Heinz	Packet	160	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 Mayonnaise 12g Heinz	packet	80	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	95	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 Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
FEATURED PIZZA	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA	1 EACH	200	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA 16" Pepperoni WH 2.0	1/8 Slice	200	480	49	1181	3.96	3.07	445.5	502	100	2.3	26.9	49.9	18.0	9.87	0.00
PIZZA 16" Vegetable WH 2.0	1/8 Slice	25	446	40	1069	4.49	3.04	446.3	610	122	5.6	25.2	51.8	13.9	8.10	*0.00
PIZZA 16" Chz WH 2.0	1/8 Slice	75	435	40	1034	3.96	2.85	445.5	502	100	2.3	25.1	49.7	13.9	8.10	0.00
FEATURED TORTILLA	1 EACH	50	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
TORTILLA BAR: Food-Based	1 Each	200	357	63	867	3.17	1.93	64.7	306	36	1.1	21.0	29.8	16.9	7.59	*0.33
RICE, Brown WG 1/2c	1/2 Cup	200	117	0	8	1.96	0.45	13.2	0	0	0.00	2.7	24.3	1.0	0.19	*0.00
BEANS, Refried SC 1/2 Cup	1/2 Cup	50	124	4	453	7.97	1.60	54.1	0	0	0.00	7.1	21.3	3.5	1.33	0.00
SALSA, AP 1/8c	1/8 Cup	100	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
FEATURED DELI ENTREE	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
WRAP HOT, Roman Empire WG 2.	1 Each	100	426	53	1746	4.00	2.94	207.4	125	37	0.00	22.6	41.0	20.8	8.38	*0.00
DELI BAR: B 2.0	1 Each	60	337	40	936	2.82	2.55	147.6	422	46	3.6	18.4	32.7	14.6	4.82	*0.04
COND PC Burger/Sandwich	1 Each	50	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
FEATURED SALAD ENTREE	Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Turkey Chef SC W 2.0	1 serving	20	167	78	459	1.29	0.87	249.0	5374	500	9.2	12.9	5.0	10.5	5.73	*0.00
BREADSTICK W, AP	Each	20	111	0	131	0.71	0.33	20.5	1	0	1.1	2.6	19.0	2.8	0.10	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	250	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	150	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
SIDES	1 EACH	2000	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 1/2c	1/2 Cup	500	66	0	1	1.96	0.38	2.5	163	18	2.9	2.1	15.8	0.5	0.08	*-1.00
CAULIFLOWER, Frozen 1/2c	1/2 Cup	500	19	0	18	2.65	0.40	16.7	10	2	30.7	1.6	3.7	0.2	0.03	*-1.00
FRUIT CND, Asst w/ Juice 1/2c	1/2 Cup	250	59	0	7	1.35	0.40	8.8	293	59	9.1	0.5	14.5	0.00	0.00	0.00
FRUIT FRESH, Asst 1/2c	1/2 Cup	250	61	0	1	2.43	0.16	20.7	133	24	27.5	0.8	15.7	0.2	0.05	0.00
VEGETABLE FRESH, Asst 1/2c W	1/2 Cup	250	15	0	37	1.25	0.48	24.5	3893	701	5.5	0.5	3.0	0.1	0.01	0.00
BROCCOLI, Fresh 1/2c	1/2 cup	250	12	0	12	0.92	0.26	16.7	221	55	31.6	1.0	2.4	0.1	0.01	*-1.00
BREAD, Basket Assorted W	1 Each	0	73	0	135	1.49	0.84	39.9	0	0	0.00	3.0	12.3	1.4	0.32	*0.12
COND PC Margarine 5g	1 each	1000	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00
CHOICE OF MILK	1 Each	1000	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00

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Appleton Area School District

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

HS 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
Milk, AASD	1 each	1000	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
Weighted Daily Average			732	57	1546	8.86	4.58	560.2	2511	436	38.76	35.37	92.53	25.03	9.64	*-1.21
% of Calories												19.3%	50.6%	30.8%	11.9%	-1.5%

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Appleton Area School District

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

Jan 11, 2012

HS 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
Fri - 02/24/2012																
HS Lunch Wellness	Total	1000														
FEATURED ENTREE	1 Each	100	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	200	340	*0	740	*0.00	*2.16	*40.0	*0	*0	*0.00	20.0	44.0	11.0	2.00	*0.00
dBar: LETTUCE, Romaine	LB	100	49	0	23	6.10	2.82	95.8	25285	755	11.6	3.6	9.6	0.9	0.11	*-1.00
TOMATO, Fresh Bulk 1/4c	1/4 Cup	100	11	0	3	0.72	0.16	6.0	497	37	8.2	0.5	2.3	0.1	0.02	*-1.00
FEATURE GRILL	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
GRILL	1 EACH	200	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 AP WG 2.0	1 Each	200	284	35	504	2.94	3.82	68.5	100	20	0.00	17.9	23.8	13.1	5.21	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	165	335	45	732	2.94	3.82	164.7	252	50	0.00	20.4	24.3	17.6	7.74	*0.00
CHIX Patty, Plain WG 2.0	1 Each	75	368	20	731	4.99	3.84	89.1	0	0	0.00	18.1	38.0	16.3	2.74	*0.00
VEG Burg Cheese AM AP WG 0.5	1 Each	5	335	20	1094	4.95	3.10	245.1	152	30	0.00	15.5	44.4	12.1	5.25	*0.00
FISH, Fillet Plain SS WH 2.0	1 Each	5	399	30	1013	2.94	3.61	109.8	100	20	2.4	19.4	43.5	16.2	2.76	0.00
DELI: Garnish Veg SS W 0	1 Each	25	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.3	1.2	0.1	0.01	*-1.00
COND PC Burger/Sandwich	1 Each	100	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
COND PC Ketchup 9g Heinz	Packet	160	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 Mayonnaise 12g Heinz	packet	70	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	95	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 Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
FEATURED PIZZA	1 EACH	150	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
STROMBOLI ChixParm WH 2.0	1/8 slice	150	445	51	935	4.47	2.79	374.2	374	75	0.6	28.0	49.5	13.6	6.99	*0.00
PIZZA	1 EACH	200	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA 16" Pepperoni WH 2.0	1/8 Slice	100	480	49	1181	3.96	3.07	445.5	502	100	2.3	26.9	49.9	18.0	9.87	0.00
PIZZA 16" Vegetable WH 2.0	1/8 Slice	25	446	40	1069	4.49	3.04	446.3	610	122	5.6	25.2	51.8	13.9	8.10	*0.00
PIZZA 16" Chz WH 2.0	1/8 Slice	75	435	40	1034	3.96	2.85	445.5	502	100	2.3	25.1	49.7	13.9	8.10	0.00
FEATURED TORTILLA	1 EACH	50	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
TORTILLA BAR: Food-Based	1 Each	200	357	63	867	3.17	1.93	64.7	306	36	1.1	21.0	29.8	16.9	7.59	*0.33
RICE, Brown WG 1/2c	1/2 Cup	200	117	0	8	1.96	0.45	13.2	0	0	0.00	2.7	24.3	1.0	0.19	*0.00
BEANS, Refried SC 1/2 Cup	1/2 Cup	50	124	4	453	7.97	1.60	54.1	0	0	0.00	7.1	21.3	3.5	1.33	0.00
SALSA, AP 1/8c	1/8 Cup	100	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
FEATURED DELI ENTREE	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DELI BAR: B 2.0	1 Each	80	337	40	936	2.82	2.55	147.6	422	46	3.6	18.4	32.7	14.6	4.82	*0.04
COND PC Burger/Sandwich	1 Each	50	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
FEATURED SALAD ENTREE	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Turkey Chef SC W 2.0	1 serving	20	167	78	459	1.29	0.87	249.0	5374	500	9.2	12.9	5.0	10.5	5.73	*0.00
BREADSTICK, Richs 1oz B	1 Each	20	65	3	130	0.50	0.72	0.0	0	0	0.00	2.0	12.5	0.75	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	250	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	150	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
SIDES	1 EACH	2000	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	300	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 1/2c	1/2 Cup	700	20	0	1	2.12	0.47	29.7	394	28	2.9	1.1	4.6	0.1	0.03	*-1.00
FRUIT CND, Asst w/ Juice 1/2c	1/2 Cup	250	59	0	7	1.35	0.40	8.8	293	59	9.1	0.5	14.5	0.00	0.00	0.00
FRUIT FRESH, Asst 1/2c	1/2 Cup	250	61	0	1	2.43	0.16	20.7	133	24	27.5	0.8	15.7	0.2	0.05	0.00
VEGETABLE FRESH, Asst 1/2c W	1/2 Cup	250	15	0	37	1.25	0.48	24.5	3893	701	5.5	0.5	3.0	0.1	0.01	0.00
CUCUMBER, Fresh 1/2c	1/2 Cup	250	13	0	2	0.43	0.24	13.8	90	18	2.4	0.6	3.1	0.1	0.03	*-1.00
BREAD, Basket Assorted W	1 Each	0	73	0	135	1.49	0.84	39.9	0	0	0.00	3.0	12.3	1.4	0.32	*0.12
COND PC Margarine 5g	1 each	1000	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00

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Appleton Area School District

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

Jan 11, 2012

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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
CAKE, Yellow - Chocolate SC	1/48 Cut	1000	301	7	375	0.47	0.53	0.0	0	0	0.00	2.6	51.9	9.4	4.12	1.62
CHOICE OF MILK	1 Each	1000	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	1000	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
Weighted Daily Average			1079	*64	1891	*9.72	*5.86	*579.8	*6288	*723	*19.84	41.49	149.83	35.44	13.52	*0.51
% of Calories												15.4%	55.6%	29.6%	11.3%	0.4%

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Appleton Area School District

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

Jan 11, 2012

HS 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																
HS Lunch Wellness	Total	1000														
FEATURED ENTREE	1 Each	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
FRENCH TOAST STICK, AP WG 4	4Sticks	300	300	0	400	3.00	1.44	60.0	0	0	0.00	6.00	43.0	13.0	3.00	0.00
COND PC Syrup 1.4oz Smuckers	packet	300	120	0	25	0.00	0.00	0.0	0	0	0.00	0.00	30.0	0.00	0.00	0.00
SAUSAGE Patty, Pork (2oz) 1.0	Patty	100	192	51	506	0.00	1.09	20.2	101	20	0.00	15.2	0.00	14.2	6.07	0.00
FEATURE GRILL	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
GRILL	1 EACH	300	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 AP WG 2.0	1 Each	100	284	35	504	2.94	3.82	68.5	100	20	0.00	17.9	23.8	13.1	5.21	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	65	335	45	732	2.94	3.82	164.7	252	50	0.00	20.4	24.3	17.6	7.74	*0.00
CHIX Patty, Plain WG 2.0	1 Each	75	368	20	731	4.99	3.84	89.1	0	0	0.00	18.1	38.0	16.3	2.74	*0.00
VEG Burg Cheese AM AP WG 0.5	1 Each	5	335	20	1094	4.95	3.10	245.1	152	30	0.00	15.5	44.4	12.1	5.25	*0.00
FISH, Fillet Plain SS WH 2.0	1 Each	5	399	30	1013	2.94	3.61	109.8	100	20	2.4	19.4	43.5	16.2	2.76	0.00
DELI: Garnish Veg SS W 0	1 Each	25	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.3	1.2	0.1	0.01	*-1.00
COND PC Burger/Sandwich	1 Each	100	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
COND PC Ketchup 9g Heinz	Packet	560	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 Mayonnaise 12g Heinz	packet	70	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	95	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 Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
FEATURED PIZZA	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
STROMBOLI ChzburgBac SS WH	1/8 slice	100	460	47	1051	4.19	3.32	379.0	1425	285	2.3	26.0	49.1	17.1	9.33	0.00
PIZZA	1 EACH	200	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA 16" Pepperoni WH 2.0	1/8 Slice	100	480	49	1181	3.96	3.07	445.5	502	100	2.3	26.9	49.9	18.0	9.87	0.00
PIZZA 16" Vegetable WH 2.0	1/8 Slice	125	446	40	1069	4.49	3.04	446.3	610	122	5.6	25.2	51.8	13.9	8.10	*0.00
PIZZA 16" Chz WH 2.0	1/8 Slice	75	435	40	1034	3.96	2.85	445.5	502	100	2.3	25.1	49.7	13.9	8.10	0.00
FEATURED TORTILLA	1 EACH	50	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
TORTILLA BAR: Food-Based	1 Each	200	357	63	867	3.17	1.93	64.7	306	36	1.1	21.0	29.8	16.9	7.59	*0.33
RICE, Brown WG 1/2c	1/2 Cup	300	117	0	8	1.96	0.45	13.2	0	0	0.00	2.7	24.3	1.0	0.19	*0.00
BEANS, Refried SC 1/2 Cup	1/2 Cup	50	124	4	453	7.97	1.60	54.1	0	0	0.00	7.1	21.3	3.5	1.33	0.00
SALSA, AP 1/8c	1/8 Cup	100	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
FEATURED DELI ENTREE	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DELI BAR: B 2.0	1 Each	110	337	40	936	2.82	2.55	147.6	422	46	3.6	18.4	32.7	14.6	4.82	*0.04
COND PC Burger/Sandwich	1 Each	50	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
FEATURED SALAD ENTREE	Each	20	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 SC W 2.0	Each	20	126	82	379	1.29	1.12	132.4	5252	476	9.2	13.3	5.0	6.4	3.30	*0.00
BREADSTICK W, AP	0	111	0	0	131	0.71	0.33	20.5	1	0	1.1	2.6	19.0	2.8	0.10	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	150	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	65	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
SIDES	1 EACH	2000	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 Patty	patty	350	110	0	212	2.55	0.31	0.0	0	0	2.0	0.8	11.9	6.8	1.70	0.00
CORN, Frozen 1/2c	1/2 Cup	750	66	0	1	1.96	0.38	2.5	163	18	2.9	2.1	15.8	0.5	0.08	*-1.00
FRUIT CND, Asst w/ Juice 1/2c	1/2 Cup	250	59	0	7	1.35	0.40	8.8	293	59	9.1	0.5	14.5	0.00	0.00	0.00
FRUIT FRESH, Asst 1/2c	1/2 Cup	250	61	0	1	2.43	0.16	20.7	133	24	27.5	0.8	15.7	0.2	0.05	0.00
VEGETABLE FRESH, Asst 1/2c W	1/2 Cup	250	15	0	37	1.25	0.48	24.5	3893	701	5.5	0.5	3.0	0.1	0.01	0.00
WATERMELON, Fresh 1/2c	1/2 cup	250	23	0	1	0.30	0.18	5.3	432	28	6.2	0.5	5.7	0.1	0.01	*-1.00
BREAD, Basket Assorted W	1 Each	0	73	0	135	1.49	0.84	39.9	0	0	0.00	3.0	12.3	1.4	0.32	*0.12
COND PC Margarine 5g	1 each	1000	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00

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Appleton Area School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
HS 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
CHOICE OF MILK	1 Each	1000	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	1000	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
Weighted Daily Average			871	56	1551	9.35	4.66	560.7	2741	462	18.88	36.47	118.29	28.71	10.64	*-0.95
% of Calories												16.7%	54.3%	29.7%	11.0%	-1.0%

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Appleton Area School District

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

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HS Lunch Wellness

Page 35

	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 - 02/28/2012																
HS Lunch Wellness	Total	1000														
FEATURED ENTREE	1 Each	150	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
CHIX Brst BBQ SS W 2.0	2 oz	300	321	90	936	3.06	2.16	40.0	200	40	0.00	26.0	6.8	20.0	6.00	0.00
Potato, Sweet Mini Puff	4 oz	300	173	0	307	2.67	0.48	26.7	4667	933	4.8	1.3	30.7	4.7	0.00	0.00
FEATURE GRILL	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
GRILL	1 EACH	300	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 AP WG 2.0	1 Each	80	284	35	504	2.94	3.82	68.5	100	20	0.00	17.9	23.8	13.1	5.21	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	100	335	45	732	2.94	3.82	164.7	252	50	0.00	20.4	24.3	17.6	7.74	*0.00
CHIX Patty, Plain WG 2.0	1 Each	100	368	20	731	4.99	3.84	89.1	0	0	0.00	18.1	38.0	16.3	2.74	*0.00
VEG Burg Cheese AM AP WG 0.5	1 Each	5	335	20	1094	4.95	3.10	245.1	152	30	0.00	15.5	44.4	12.1	5.25	*0.00
FISH, Fillet Plain SS WH 2.0	1 Each	5	399	30	1013	2.94	3.61	109.8	100	20	2.4	19.4	43.5	16.2	2.76	0.00
DELI: Garnish Veg SS W 0	1 Each	75	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.3	1.2	0.1	0.01	*-1.00
COND PC Burger/Sandwich	1 Each	100	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
COND PC Ketchup 9g Heinz	Packet	200	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 Mayonnaise 12g Heinz	packet	100	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	100	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 Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
FEATURED PIZZA	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA	1 EACH	300	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA 16" Pepperoni WH 2.0	1/8 Slice	100	480	49	1181	3.96	3.07	445.5	502	100	2.3	26.9	49.9	18.0	9.87	0.00
PIZZA 16" Vegetable WH 2.0	1/8 Slice	100	446	40	1069	4.49	3.04	446.3	610	122	5.6	25.2	51.8	13.9	8.10	*0.00
PIZZA 16" Chz WH 2.0	1/8 Slice	100	435	40	1034	3.96	2.85	445.5	502	100	2.3	25.1	49.7	13.9	8.10	0.00
FEATURED TORTILLA	1 EACH	300	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
TORTILLA BAR: Food-Based	1 Each	300	357	63	867	3.17	1.93	64.7	306	36	1.1	21.0	29.8	16.9	7.59	*0.33
RICE, Brown WG 1/2c	1/2 Cup	250	117	0	8	1.96	0.45	13.2	0	0	0.00	2.7	24.3	1.0	0.19	*0.00
BEANS, Refried SC 1/2 Cup	1/2 Cup	200	124	4	453	7.97	1.60	54.1	0	0	0.00	7.1	21.3	3.5	1.33	0.00
SALSA, AP 1/8c	1/8 Cup	100	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
FEATURED DELI ENTREE	1 Each	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
WRAP, All-American WG 2.0	1 Each	100	346	29	1194	4.70	2.75	215.2	1603	83	4.4	20.9	40.0	13.1	4.68	*0.00
DELI BAR: B 2.0	1 Each	60	337	40	936	2.82	2.55	147.6	422	46	3.6	18.4	32.7	14.6	4.82	*0.04
COND PC Burger/Sandwich	1 Each	50	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
FEATURED SALAD ENTREE	Each	50	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Turkey Caesar SS W 2.0	1 Each	50	215	10	1004	2.38	2.41	240.3	10000	319	4.5	17.6	16.9	9.4	3.14	*0.00
Breadstick WG - Alpha	.5	50	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	250	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	165	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
SIDES	1 EACH	2000	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Mashed Potato, from frozen	4 oz	750	138	8	461	1.62	0.24	26.5	133	27	1.6	2.4	18.6	5.7	1.99	0.00
FRUIT CND, Asst w/ Juice 1/2c	1/2 Cup	250	59	0	7	1.35	0.40	8.8	293	59	9.1	0.5	14.5	0.00	0.00	0.00
FRUIT FRESH, Asst 1/2c	1/2 Cup	250	61	0	1	2.43	0.16	20.7	133	24	27.5	0.8	15.7	0.2	0.05	0.00
VEGETABLE FRESH, Asst 1/2c W	1/2 Cup	250	15	0	37	1.25	0.48	24.5	3893	701	5.5	0.5	3.0	0.1	0.01	0.00
PEPPERS BELL, Green 1/2c	1/2 Cup	250	10	0	2	0.89	0.18	5.2	194	33	42.2	0.5	2.4	0.1	0.03	*-1.00
BREAD, Basket Assorted W	1 Each	0	73	0	135	1.49	0.84	39.9	0	0	0.00	3.0	12.3	1.4	0.32	*0.12
COND PC Margarine 5g	1 each	1000	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00
CHOICE OF MILK	1 Each	1000	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	1000	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00

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Appleton Area School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values
HS 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
Weighted Daily Average % of Calories			933	88	2236	10.76	5.20	586.6	4579	744	27.70	44.41 19.0%	109.41 46.9%	34.69 33.5%	12.39 11.9%	*-0.22 -0.2%

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Appleton Area School District

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

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HS 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 - 02/29/2012																
HS Lunch Wellness	Total	1000														
FEATURED ENTREE	1 Each	150	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	300	193	46	946	1.29	1.58	15.9	0	0	0.00	19.4	11.9	7.1	2.18	*0.00
Breadstick WG - Alpha	.5	300	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURE GRILL	1 EACH	200	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
BEEF Rst, BBQ SS WH 2.0	1 Each	200	282	38	878	4.06	1.81	89.8	0	0	0.00	16.9	34.3	8.2	3.26	0.00
GRILL	1 EACH	200	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 AP WG 2.0	1 Each	50	284	35	504	2.94	3.82	68.5	100	20	0.00	17.9	23.8	13.1	5.21	*0.00
BEEF Burg CHZAM AP WG 2.5	1 Each	65	335	45	732	2.94	3.82	164.7	252	50	0.00	20.4	24.3	17.6	7.74	*0.00
CHIX Patty, Plain WG 2.0	1 Each	75	368	20	731	4.99	3.84	89.1	0	0	0.00	18.1	38.0	16.3	2.74	*0.00
VEG Burg Cheese AM AP WG 0.5	1 Each	5	335	20	1094	4.95	3.10	245.1	152	30	0.00	15.5	44.4	12.1	5.25	*0.00
FISH, Fillet Plain SS WH 2.0	1 Each	5	399	30	1013	2.94	3.61	109.8	100	20	2.4	19.4	43.5	16.2	2.76	0.00
DELI: Garnish Veg SS W 0	1 Each	25	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.3	1.2	0.1	0.01	*-1.00
COND PC Burger/Sandwich	1 Each	0	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
COND PC Ketchup 9g Heinz	Packet	160	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 Mayonnaise 12g Heinz	packet	70	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	95	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 Sauce, BBQ 12g	packet	100	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
FEATURED PIZZA	1 EACH	100	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA	1 EACH	300	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA 16" Pepperoni WH 2.0	1/8 Slice	150	480	49	1181	3.96	3.07	445.5	502	100	2.3	26.9	49.9	18.0	9.87	0.00
PIZZA 16" Vegetable WH 2.0	1/8 Slice	50	446	40	1069	4.49	3.04	446.3	610	122	5.6	25.2	51.8	13.9	8.10	*0.00
PIZZA 16" Chz WH 2.0	1/8 Slice	100	435	40	1034	3.96	2.85	445.5	502	100	2.3	25.1	49.7	13.9	8.10	0.00
FEATURED TORTILLA	1 EACH	50	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
TORTILLA BAR: Food-Based	1 Each	150	357	63	867	3.17	1.93	64.7	306	36	1.1	21.0	29.8	16.9	7.59	*0.33
RICE, Brown WG 1/2c	1/2 Cup	200	117	0	8	1.96	0.45	13.2	0	0	0.00	2.7	24.3	1.0	0.19	*0.00
BEANS, Refried SC 1/2 Cup	1/2 Cup	50	124	4	453	7.97	1.60	54.1	0	0	0.00	7.1	21.3	3.5	1.33	0.00
SALSA, AP 1/8c	1/8 Cup	50	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
FEATURED DELI ENTREE	1 Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DELI BAR: B 2.0	1 Each	80	337	40	936	2.82	2.55	147.6	422	46	3.6	18.4	32.7	14.6	4.82	*0.04
COND PC Burger/Sandwich	1 Each	0	62	5	117	0.10	0.03	1.3	1	0	0.0	0.1	1.2	6.1	1.01	0.00
FEATURED SALAD ENTREE	Each	20	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Cobb SC W 2.0	1 serving	1	145	32	564	1.29	1.16	129.4	5210	467	9.2	14.7	5.4	7.9	4.01	*0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	150	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	65	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
SIDES	1 EACH	2000	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Mashed Potato, from frozen	4 oz	1000	138	8	461	1.62	0.24	26.5	133	27	1.6	2.4	18.6	5.7	1.99	0.00
CORN, Frozen 1/2c	1/2 Cup	250	66	0	1	1.96	0.38	2.5	163	18	2.9	2.1	15.8	0.5	0.08	*-1.00
FRUIT CND, Asst w/ Juice 1/2c	1/2 Cup	750	59	0	7	1.35	0.40	8.8	293	59	9.1	0.5	14.5	0.00	0.00	0.00
FRUIT FRESH, Asst 1/2c	1/2 Cup	250	61	0	1	2.43	0.16	20.7	133	24	27.5	0.8	15.7	0.2	0.05	0.00
VEGETABLE FRESH, Asst 1/2c W	1/2 Cup	250	15	0	37	1.25	0.48	24.5	3893	701	5.5	0.5	3.0	0.1	0.01	0.00
GRAPES, Fresh 1/2c	1/2 cup	250	51	0	2	0.68	0.22	10.6	75	8	3.0	0.5	12.9	0.3	0.09	*-1.00
BREAD, Basket Assorted W	1 Each	1000	73	0	135	1.49	0.84	39.9	0	0	0.00	3.0	12.3	1.4	0.32	*0.12
COND PC Margarine 5g	1 each	1000	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00
CHOICE OF MILK	1 Each	1000	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	1000	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00

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Appleton Area School District

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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
Weighted Daily Average			918	68	2124	10.76	5.33	586.7	2534	450	21.04	41.70	125.58	27.14	10.27	*-0.36
% of Calories												18.2%	54.7%	26.6%	10.1%	-0.3%

Weighted Average			860	*64	1690	*10.23	*5.31	*587.9	*4016	*606	*29.19	39.16	113.09	27.68	10.48	*-0.62
												18.2%	52.6%	29.0%	11.0%	-0.7%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	860		846	102%			
Cholesterol (mg)	64		0		Missing		
Sodium (mg)	1690		0				
Fiber (g)	10.23		0.00		Missing		
Iron (mg)	5.31		4.50	118%	Missing		
Calcium (mg)	587.9		400.00	147%	Missing		
Vitamin A (IU)	4016		1500	268%	Missing		
Vitamin A (RE)	606		300	202%	Missing		
Vitamin C (mg)	29.19		19.18	152%	Missing		
Protein (g)	39.16	18.22%	16.70	235%			
Carbohydrate (g)	113.09	52.62%	0.00				
Total Fat (g)	27.68	28.98%	<30.00				
Saturated Fat (g)	10.48	10.97%	<10.00				Correction Required - Sat. Fat too High
Trans Fat (g)	-0.62	-0.65%					

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

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.