

# Appleton Area School District

**Mar 1, 2012 thru Mar 30, 2012 Spreadsheet - Portion Values**  
**ES Lunch Wellness**

**Feb 8, 2012**

**Page 1**

	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
<b>Thu - 03/01/2012</b>																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Soup, Tomato Campbells	6 oz	90	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	90	335	40	1172	1.80	1.73	455.7	607	121	0.10	15.6	25.8	20.0	10.53	*0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Ham w/AM WG 2.0	1 Each	5	219	28	722	3.81	2.03	108.3	78	15	0.00	18.7	25.2	5.5	2.15	0.46
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
VEGETABLES MIX, Frozen 3/8c	3/8 Cup	100	56	0	30	3.77	0.70	21.4	3660	366	2.7	2.4	11.2	0.1	0.03	*-1.00
APPLESAUCE, Canned 3/8c	3/8 Cup	100	65	0	7	1.45	0.00	0.0	0	0	0.00	0.00	16.0	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
BROCCOLI, Fresh 3/8c	3/8 Cup	25	9	0	9	0.69	0.19	12.5	166	41	23.7	0.8	1.8	0.1	0.01	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	35	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	20	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	0	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	2	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	0	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	0	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			652	45	1801	8.81	3.44	750.0	6235	764	20.46	27.92	93.81	19.17	9.99	*-1.98
% of Calories												17.1%	57.5%	26.4%	13.8%	-2.7%

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# Appleton Area School District

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

Feb 8, 2012

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## ES Lunch Wellness

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 03/02/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
CHIX Patty, Plain WH 2.0	1 Each	90	339	45	623	1.94	3.61	109.8	100	20	0.00	20.4	35.5	13.2	2.76	0.00
POTATO, FF Cncrtina, Gen7 1/2c	1/2 Cup	90	115	0	128	1.91	0.46	0.0	0	0	3.1	1.9	16.6	4.5	0.32	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Ham w/AM WG 2.0	1 Each	5	219	28	722	3.81	2.03	108.3	78	15	0.00	18.7	25.2	5.5	2.15	0.46
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
CORN, Frozen 3/8c	1/2 Cup	100	67	0	1	1.99	0.39	2.5	165	18	2.9	2.1	16.0	0.6	0.08	*-1.33
PINEAPPLE, Tidbits w/Juice3/8c	3/8 Cup	100	45	0	6	0.65	0.32	11.7	31	6	6.1	0.6	11.0	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
BANANA, Fresh Petite (150ct)	banana (1 50 ct)	25	69	0	1	2.01	0.20	3.9	50	6	6.7	0.8	17.7	0.3	0.09	0.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	20	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	15	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	0	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	0	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	0	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	0	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			702	49	1022	7.73	5.06	426.2	2015	268	21.09	32.96	107.10	17.50	3.36	*-2.06
% of Calories												18.8%	61.0%	22.4%	4.3%	-2.6%

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# Appleton Area School District

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

Feb 8, 2012

## ES Lunch Wellness

Page 3

	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 - 03/05/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
RIBLET, Pork BBQ SS WH 2.0	1 Each	90	342	30	1029	5.06	2.89	129.8	100	20	1.2	16.4	41.0	13.2	4.26	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Turkey w/AM WH 2.0	sandwich	5	305	10	1420	1.80	2.46	207.7	152	30	0.10	22.2	28.3	11.4	3.95	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
POTATO, Wedges 1/2c	1/2 Cup	100	110	0	25	2.00	0.72	0.0	0	0	6.0	2.0	20.0	3.0	1.00	0.00
PEACHES, Sliced w/Juice 3/8c	3/8 Cup	100	37	0	7	0.00	0.00	0.0	220	44	0.9	0.00	8.8	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
GRAPES, Fresh 3/8c	3/8 Cup	25	43	0	1	0.58	0.19	9.0	64	6	2.6	0.4	11.0	0.2	0.07	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	20	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	15	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	1	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	2	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	25	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	25	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			639	35	1395	7.75	4.04	436.6	2082	297	16.40	26.96	98.83	16.31	5.44	*-1.00
% of Calories											16.9%	61.8%	23.0%	7.7%	-1.4%	

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# Appleton Area School District

Mar 1, 2012 thru Mar 30, 2012 Spreadsheet - Portion Values  
ES Lunch Wellness

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 03/06/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
BKS MUFFIN Ham AP Egg	1 Each	90	236	129	611	1.00	2.86	121.5	142	7	0.00	16.5	26.6	7.8	1.62	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Turkey w/AM WH 2.0	sandwich	5	305	10	1420	1.80	2.46	207.7	152	30	0.10	22.2	28.3	11.4	3.95	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
BEANS, Green Frozen 3/8c	3/8 Cup	100	16	0	1	1.76	0.39	24.6	327	23	2.4	0.9	3.8	0.1	0.02	*-1.00
PEARS, Diced w/Juice 3/8c	3/8 cup	100	39	0	4	1.58	0.28	0.0	0	0	0.9	0.00	10.2	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
PEPPERS BELL, Green 3/8c	3/8 Cup	25	11	0	2	0.95	0.19	5.6	207	35	44.9	0.5	2.6	0.1	0.03	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CRACKER, GFish PHY Lemon .9oz	Package	100	120	0	105	1.00	3.60	*0.0	100	20	2.4	2.0	19.0	4.0	1.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	35	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	20	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	7	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	9	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	37	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	0	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			572	124	1117	6.56	7.57	*454.8	2342	290	24.85	28.02	88.25	13.07	3.17	*-2.00
% of Calories												19.6%	61.7%	20.6%	5.0%	-3.1%

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

Feb 8, 2012

## ES Lunch Wellness

Page 5

	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 - 03/07/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
FRANK Turkey, 8-1 WH 2.0	1 Each	80	289	50	987	1.94	2.89	169.8	300	60	0.00	11.4	25.5	15.2	4.76	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Turkey w/AM WH 2.0	sandwich	5	305	10	1420	1.80	2.46	207.7	152	30	0.10	22.2	28.3	11.4	3.95	*0.00
SDW BD, PB&J WH 2.0	1 Each	10	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
BEANS, Baked 3/8c	1/2 Cup	75	154	0	604	5.49	1.98	43.9	0	0	0.00	6.6	31.8	1.1	0.00	0.00
FRUIT MIX, w/Juice 3/8c	3/8 Cup	25	33	0	3	0.54	0.00	0.0	109	22	0.7	0.5	7.1	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
CUCUMBER, Fresh 3/8c	3/8 Cup	25	6	0	1	0.19	0.11	6.2	41	8	1.1	0.3	1.4	0.0	0.01	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
SALAD, Potato 1/4c	1/4 Cup	75	89	35	101	1.32	0.76	14.9	72	8	5.4	2.5	12.8	3.0	0.61	*0.03
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	35	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	20	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	0	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	20	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	20	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	0	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			670	74	1822	8.50	5.32	512.1	2061	290	12.24	27.98	95.42	19.98	5.59	*-0.98
% of Calories												16.7%	56.9%	26.8%	7.5%	-1.3%

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# Appleton Area School District

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

Feb 8, 2012

## ES Lunch Wellness

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 03/08/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Italian Chicken Breast	1 each	70	143	50	792	0.33	0.72	0.0	0	0	0.00	15.0	5.3	7.0	2.00	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Turkey w/AM WH 2.0	sandwich	5	305	10	1420	1.80	2.46	207.7	152	30	0.10	22.2	28.3	11.4	3.95	*0.00
SDW BD, PB&J WH 2.0	1 Each	20	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
VEGETABLE BLEND, Capri 3/8c	3/8 Cup	75	20	0	12	0.81	0.29	16.2	2021	404	2.9	0.8	4.0	0.00	0.00	0.00
APPLESAUCE, Canned 3/8c	3/8 Cup	25	65	0	7	1.45	0.00	0.0	0	0	0.00	0.00	16.0	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
BROCCOLI, Fresh 3/8c	3/8 Cup	25	9	0	9	0.69	0.19	12.5	166	41	23.7	0.8	1.8	0.1	0.01	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
ROLL, DINNER AP WH	1 Each	100	77	0	137	1.08	1.01	49.9	0	0	0.00	2.4	13.0	1.8	0.42	*-1.00
COND PC Margarine 5g	1 each	100	30	0	30	0.00	0.00	0.0	300	40	0.00	0.00	0.00	3.00	1.00	0.00
CRISP, Peach SC	Servings	100	186	0	102	0.83	0.65	13.0	467	93	0.9	1.6	29.7	6.8	3.27	*0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	35	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	20	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	1	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	2	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	10	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	0	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	45	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			750	43	1478	5.92	3.58	419.2	4094	682	16.75	28.89	103.10	24.61	8.17	*-2.00
% of Calories												15.4%	55.0%	29.5%	9.8%	-2.4%

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# Appleton Area School District

**Mar 1, 2012 thru Mar 30, 2012 Spreadsheet - Portion Values**  
**ES Lunch Wellness**

**Feb 8, 2012**

**Page 7**

	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
<b>Fri - 03/09/2012</b>																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Pizza, Flatbread, Cheese, Tony	1 each	75	370	15	500	5.00	2.70	350.0	500	100	0.00	21.0	50.0	10.0	4.00	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Turkey w/AM WH 2.0	sandwich	5	305	10	1420	1.80	2.46	207.7	152	30	0.10	22.2	28.3	11.4	3.95	*0.00
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
BROCCOLI, Frz Chopped 3/8c	3/8 Cup	75	20	0	8	2.13	0.43	23.4	717	134	28.4	2.2	3.8	0.1	0.01	*-1.00
PINEAPPLE, Tidbits w/Juice3/8c	3/8 Cup	25	45	0	6	0.65	0.32	11.7	31	6	6.1	0.6	11.0	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
BANANA, Fresh Petite (150ct)	banana (1 50 ct)	25	69	0	1	2.01	0.20	3.9	50	6	6.7	0.8	17.7	0.3	0.09	0.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CRACKER, GFish Ranch .75oz	Package	100	100	4	190	1.00	1.08	20.0	0	0	0.00	3.0	14.0	3.0	1.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	5	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	10	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	4	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	4	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	4	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	0	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			701	23	997	8.91	4.59	636.4	2655	404	32.22	33.48	103.75	17.33	5.78	*-1.50
% of Calories												19.1%	59.2%	22.3%	7.4%	-1.9%

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## Appleton Area School District

### Mar 1, 2012 thru Mar 30, 2012 Spreadsheet - Portion Values

#### ES Lunch Wellness

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 03/12/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
NACHOS Beef LG SS W 2.5	1 Each	90	295	39	790	3.04	1.80	41.9	3438	681	0.0	16.4	26.6	14.7	6.56	*0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Ham w/AM WG 2.0	1 Each	5	219	28	722	3.81	2.03	108.3	78	15	0.00	18.7	25.2	5.5	2.15	0.46
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
BEANS, Green Frozen 3/8c	3/8 Cup	75	16	0	1	1.76	0.39	24.6	327	23	2.4	0.9	3.8	0.1	0.02	*-1.00
PEACHES, Sliced w/Juice 3/8c	3/8 Cup	25	37	0	7	0.00	0.00	0.0	220	44	0.9	0.00	8.8	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	15	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
GRAPES, Fresh 3/8c	3/8 Cup	25	43	0	1	0.58	0.19	9.0	64	6	2.6	0.4	11.0	0.2	0.07	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	20	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	15	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	2	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	2	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	30	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	30	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			577	44	1212	6.09	2.97	387.3	5166	878	10.25	28.02	75.17	19.56	7.57	*-1.58
% of Calories												19.4%	52.1%	30.5%	11.8%	-2.5%

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# Appleton Area School District

Mar 1, 2012 thru Mar 30, 2012 Spreadsheet - Portion Values  
ES Lunch Wellness

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 03/13/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PP Spg AP TomBeef SS WG 2.0	Serving	75	419	21	891	13.66	4.92	95.1	4465	893	7.00	23.5	69.8	7.3	2.26	*0.00
Breadstick WG - Alpha	.5	75	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Ham w/AM WG 2.0	1 Each	5	219	28	722	3.81	2.03	108.3	78	15	0.00	18.7	25.2	5.5	2.15	0.46
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PEAS, Green Frozen 3/8c	1/2 Cup	75	76	0	70	5.37	1.48	23.4	2048	65	9.7	5.0	13.9	0.3	0.05	*-1.33
PEARS, Sliced w/Juice 3/8c	3/8 cup	25	43	0	4	1.44	0.26	0.0	0	0	0.9	0.00	10.1	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	15	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
PEPPERS BELL, Green 3/8c	3/8 Cup	25	11	0	2	0.95	0.19	5.6	207	35	44.9	0.5	2.6	0.1	0.03	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	35	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	20	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	22	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	21	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	20	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	0	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	.25 Cup	75	16	0	461	2.00	0.00	0.0	200	40	0.00	0.00	4.0	0.00	0.00	0.00
Weighted Daily Average			732	25	1665	19.03	6.34	436.1	6810	985	31.44	35.58	120.63	14.16	3.67	*-1.83
% of Calories												19.4%	65.9%	17.4%	4.5%	-2.2%

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# Appleton Area School District

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

Feb 8, 2012

## ES Lunch Wellness

Page 10

	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 - 03/14/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Mini Taco Triangles	1 each	75	290	10	690	4.00	1.80	200.0	100	20	0.00	14.0	30.0	10.0	3.00	0.00
RICE, Sante Fe WG 1c	.5 Cup	75	120	0	84	2.29	0.45	13.2	33	7	0.00	2.7	25.0	1.0	0.19	*0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Ham w/AM WG 2.0	1 Each	5	219	28	722	3.81	2.03	108.3	78	15	0.00	18.7	25.2	5.5	2.15	0.46
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
CORN, Frozen 3/8c	1/2 Cup	75	67	0	1	1.99	0.39	2.5	165	18	2.9	2.1	16.0	0.6	0.08	*-1.33
FRUIT MIX, w/Juice 3/8c	3/8 Cup	25	33	0	3	0.54	0.00	0.0	109	22	0.7	0.5	7.1	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
CUCUMBER, Fresh 3/8c	3/8 Cup	25	6	0	1	0.19	0.11	6.2	41	8	1.1	0.3	1.4	0.0	0.01	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	35	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	20	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	0	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	10	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	10	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	0	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			645	16	1062	8.41	3.02	494.1	1982	267	10.34	26.89	98.94	14.71	4.05	*-1.98
% of Calories												16.7%	61.3%	20.5%	5.7%	-2.8%

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# Appleton Area School District

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

Feb 8, 2012

## ES Lunch Wellness

Page 11

	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 - 03/15/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
beef burger, mini slider	2 each	75	316	36	742	2.00	2.52	380.0	0	0	0.00	18.0	36.0	11.0	3.40	0.00
SALSA, AP 1/4c	1/4 Cup	75	16	0	461	2.00	0.00	0.0	200	40	0.00	0.00	4.0	0.00	0.00	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Ham w/AM WG 2.0	1 Each	5	219	28	722	3.81	2.03	108.3	78	15	0.00	18.7	25.2	5.5	2.15	0.46
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
POTATO, Wedges 1/2c	1/2 Cup	75	110	0	25	2.00	0.72	0.0	0	0	6.0	2.0	20.0	3.0	1.00	0.00
APPLESAUCE, Canned 3/8c	3/8 Cup	25	65	0	7	1.45	0.00	0.0	0	0	0.00	0.00	16.0	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
BROCCOLI, Fresh 3/8c	3/8 Cup	25	9	0	9	0.69	0.19	12.5	166	41	23.7	0.8	1.8	0.1	0.01	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	35	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	20	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	0	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	0	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	10	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	10	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	45	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			632	36	1517	7.49	3.49	618.6	1968	277	18.16	27.73	94.20	16.57	4.90	*-0.98
% of Calories												17.5%	59.6%	23.6%	7.0%	-1.4%

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# Appleton Area School District

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

Feb 8, 2012

## ES Lunch Wellness

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 03/19/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
MEATBALLS AP W 5ea 1.5	5 Each	75	142	33	408	1.67	2.25	50.0	0	0	0.00	13.3	4.2	7.5	2.50	0.00
ROLL, DINNER WG AP	1 each	75	77	0	137	1.08	1.01	49.9	0	0	0.00	2.4	13.0	1.8	0.42	*-1.00
GRAVY, Brown Low Sodium	2 oz	75	202	0	1148	0.00	0.00	13.9	0	0	0.00	8.1	40.5	4.1	0.00	*0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Turkey w/AM WH 2.0	sandwich	5	305	10	1420	1.80	2.46	207.7	152	30	0.10	22.2	28.3	11.4	3.95	*0.00
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
POTATO, Mashed 1/2c	1/2 cup	75	86	0	29	1.73	0.31	3.3	0	0	25.9	1.7	18.1	0.00	0.00	*0.00
PEACHES, Sliced w/Juice 3/8c	3/8 Cup	25	37	0	7	0.00	0.00	0.0	220	44	0.9	0.00	8.8	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
GRAPES, Fresh 3/8c	3/8 Cup	25	43	0	1	0.58	0.19	9.0	64	6	2.6	0.4	11.0	0.2	0.07	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	20	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	15	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	2	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	1	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	30	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	30	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			687	33	1827	5.43	3.76	424.3	1834	248	28.13	32.03	106.29	16.58	3.93	*-1.75
% of Calories												18.6%	61.9%	21.7%	5.1%	-2.3%

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# Appleton Area School District

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

Feb 8, 2012

## ES Lunch Wellness

Page 13

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 03/20/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Teryaki Chicken over brwn rice	9 oz	75	303	0	622	1.21	0.44	1.2	0	0	0.00	22.4	38.1	6.9	2.00	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Turkey w/AM WH 2.0	sandwich	5	305	10	1420	1.80	2.46	207.7	152	30	0.10	22.2	28.3	11.4	3.95	*0.00
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
VEGETABLE BLEND, Oriental 3/8c	3/8 Cup	75	24	0	12	1.62	0.29	16.2	323	65	24.3	1.6	4.9	0.00	0.00	0.00
PEARS, Diced w/Juice 3/8c	3/8 cup	25	39	0	4	1.58	0.28	0.0	0	0	0.9	0.00	10.2	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	15	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
PEPPERS BELL, Green 3/8c	3/8 Cup	25	11	0	2	0.95	0.19	5.6	207	35	44.9	0.5	2.6	0.1	0.03	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	35	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	20	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	15	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	15	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	15	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	0	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			550	9	1009	4.54	1.70	350.0	2018	284	37.13	30.87	78.50	12.91	3.42	*-0.85
% of Calories												22.5%	57.1%	21.1%	5.6%	-1.4%

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# Appleton Area School District

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

Feb 8, 2012

## ES Lunch Wellness

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 03/21/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
CHIX Nugget, WG (5) 2.0	5 Each	90	180	20	450	2.00	1.80	40.0	0	0	0.00	13.0	14.0	8.0	1.50	0.00
PRETZEL, Soft Baked Rod WG	1 Each	90	70	0	65	1.00	0.72	0.0	0	0	0.00	2.0	14.0	0.5	0.00	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Turkey w/AM WH 2.0	sandwich	2	305	10	1420	1.80	2.46	207.7	152	30	0.10	22.2	28.3	11.4	3.95	*0.00
SDW BD, PB&J WH 2.0	1 Each	5	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	3	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	3	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Potato, Sweet Crinkle Cut 3/8"	3 oz	75	130	0	110	3.00	0.36	20.0	3500	700	6.0	1.0	22.0	5.0	0.00	0.00
FRUIT MIX, w/Juice 3/8c	3/8 Cup	25	33	0	3	0.54	0.00	0.0	109	22	0.7	0.5	7.1	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
CUCUMBER, Fresh 3/8c	3/8 Cup	25	6	0	1	0.19	0.11	6.2	41	8	1.1	0.3	1.4	0.0	0.01	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	35	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	20	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	0	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	15	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	30	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	0	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			530	25	974	6.41	3.24	367.1	4327	757	12.21	24.48	77.75	13.90	2.10	*-1.00
% of Calories												18.5%	58.6%	23.6%	3.6%	-1.7%

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# Appleton Area School District

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

Feb 8, 2012

## ES Lunch Wellness

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 03/22/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Fajitas, Chicken	1 ea	75	268	72	605	1.23	1.05	149.9	126	23	4.5	19.6	23.2	11.5	3.56	0.00
BEANS, Refried AP 3/8c	3/8 cup	75	104	0	261	6.96	1.25	0.0	0	0	1.0	5.2	14.8	2.2	0.00	0.00
SALSA, AP 1/4c	1/4 Cup	75	16	0	461	2.00	0.00	0.0	200	40	0.00	0.00	4.0	0.00	0.00	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Turkey w/AM WH 2.0	sandwich	5	305	10	1420	1.80	2.46	207.7	152	30	0.10	22.2	28.3	11.4	3.95	*0.00
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLESAUCE, Canned 3/8c	3/8 Cup	25	65	0	7	1.45	0.00	0.0	0	0	0.00	0.00	16.0	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
BROCCOLI, Fresh 3/8c	3/8 Cup	25	9	0	9	0.69	0.19	12.5	166	41	23.7	0.8	1.8	0.1	0.01	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	35	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	20	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	2	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	0	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	25	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	25	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	20	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			599	62	1606	10.30	2.81	451.2	2062	296	17.94	31.55	81.17	16.77	4.39	*-1.00
% of Calories												21.1%	54.2%	25.2%	6.6%	-1.5%

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# Appleton Area School District

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

Feb 8, 2012

## ES Lunch Wellness

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
Fri - 03/23/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Chicken DK Strips BBQ	1 Each	75	239	15	653	4.06	1.91	191.8	142	28	0.00	7.9	33.2	7.9	3.75	0.00
Fritos	package	75	159	0	169	0.99	0.00	19.8	0	0	0.00	2.0	14.9	9.9	1.49	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Turkey w/AM WH 2.0	sandwich	5	305	10	1420	1.80	2.46	207.7	152	30	0.10	22.2	28.3	11.4	3.95	*0.00
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
VEGETABLES MIX, Frozen 3/8c	1/2 Cup	50	74	0	40	5.02	0.94	28.5	4881	488	3.7	3.3	14.9	0.2	0.04	*-1.33
PINEAPPLE, Tidbits w/Juice3/8c	3/8 Cup	50	45	0	6	0.65	0.32	11.7	31	6	6.1	0.6	11.0	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
BANANA, Fresh Petite (150ct)	banana (1 50 ct)	25	69	0	1	2.01	0.20	3.9	50	6	6.7	0.8	17.7	0.3	0.09	0.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CAKE, Yellow - Chocolate SC	1/48 Cut	100	301	7	375	0.47	0.53	0.0	0	0	0.00	2.6	51.9	9.4	4.12	1.62
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	20	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	15	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	0	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	0	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	0	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	0	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			954	26	1472	9.48	3.67	513.6	4295	495	14.23	24.94	148.10	29.26	9.78	*0.20
% of Calories												10.5%	62.1%	27.6%	9.2%	0.2%

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# Appleton Area School District

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

Feb 8, 2012

## ES 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 - 03/26/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SLOPPY JOE, SS WG 2.0	1 Each	75	255	19	568	4.86	3.85	84.2	4125	810	6.7	15.3	31.4	8.8	2.58	*0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Ham w/AM WG 2.0	1 Each	5	219	28	722	3.81	2.03	108.3	78	15	0.00	18.7	25.2	5.5	2.15	0.46
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
CORN, Frozen 3/8c	3/8 Cup	75	50	0	1	1.49	0.29	1.9	124	14	2.2	1.6	12.0	0.4	0.06	*-1.00
PEACHES, Sliced w/Juice 3/8c	3/8 Cup	25	37	0	7	0.00	0.00	0.0	220	44	0.9	0.00	8.8	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
GRAPES, Fresh 3/8c	3/8 Cup	25	43	0	1	0.58	0.19	9.0	64	6	2.6	0.4	11.0	0.2	0.07	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
Baked Doritos	bag	100	120	0	220	2.00	0.28	16.0	114	23	0.1	2.0	21.0	3.5	0.50	*0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	20	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	15	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	1	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	2	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	65	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	30	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			654	23	1176	8.98	4.46	412.6	5146	894	15.74	27.38	103.73	16.65	4.11	*-1.73
% of Calories												16.8%	63.5%	22.9%	5.7%	-2.4%

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# Appleton Area School District

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

Feb 8, 2012

## ES Lunch Wellness

Page 18

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 03/27/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PP Lasagna SS B 2.0	serving	80	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	80	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Ham w/AM WG 2.0	1 Each	5	219	28	722	3.81	2.03	108.3	78	15	0.00	18.7	25.2	5.5	2.15	0.46
SDW BD, PB&J WH 2.0	1 Each	10	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
PEAS, Green Frozen 3/8c	1/2 Cup	75	76	0	70	5.37	1.48	23.4	2048	65	9.7	5.0	13.9	0.3	0.05	*-1.33
PEARS, Sliced w/Juice 3/8c	3/8 cup	25	43	0	4	1.44	0.26	0.0	0	0	0.9	0.00	10.1	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
PEPPERS BELL, Green 3/8c	3/8 Cup	25	11	0	2	0.95	0.19	5.6	207	35	44.9	0.5	2.6	0.1	0.03	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	35	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	20	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	10	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	20	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	25	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	0	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			758	47	1373	11.87	6.59	619.0	7193	1061	37.96	41.26	108.32	18.25	7.39	*-1.98
% of Calories												21.8%	57.2%	21.7%	8.8%	-2.3%

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# Appleton Area School District

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

Feb 8, 2012

## ES Lunch Wellness

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 03/28/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
FRENCH TOAST STICK, AP WG 4	4Sticks	90	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 1oz PPI/Sysco	packet	90	80	0	20	0.00	0.00	0.0	0	0	0.00	0.00	20.0	0.00	0.00	0.00
SAUSAGE Patty, Pork (2oz) 1.0	Patty	90	192	51	506	0.00	1.09	20.2	101	20	0.00	15.2	0.00	14.2	6.07	0.00
JUICE, Orange 100% 4oz Cup	1 Each	90	60	0	15	0.00	0.00	0.0	0	0	30.0	1.0	13.0	0.00	0.00	0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Ham w/AM WG 2.0	1 Each	5	219	28	722	3.81	2.03	108.3	78	15	0.00	18.7	25.2	5.5	2.15	0.46
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
FRUIT MIX, w/Juice 3/8c	3/8 Cup	25	33	0	3	0.54	0.00	0.0	109	22	0.7	0.5	7.1	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
CUCUMBER, Fresh 3/8c	3/8 Cup	25	6	0	1	0.19	0.11	6.2	41	8	1.1	0.3	1.4	0.0	0.01	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	35	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	25	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	0	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	30	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	30	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	0	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	0	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			860	54	1372	4.97	3.34	405.3	1858	255	35.28	32.77	114.82	30.57	9.77	*-0.98
% of Calories												15.2%	53.4%	32.0%	10.2%	-1.0%

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# Appleton Area School District

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

Feb 8, 2012

## ES Lunch Wellness

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
Thu - 03/29/2012																
ES Lunch Wellness	Total	100														
FEATURED ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
POTATO Bkd Broc w/CH B 1.5	1 Each	75	217	30	557	2.49	0.88	13.6	2	0	22.3	10.3	23.8	9.1	6.04	*0.00
FEATURED DELI ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SDW BD, Ham w/AM WG 2.0	1 Each	5	219	28	722	3.81	2.03	108.3	78	15	0.00	18.7	25.2	5.5	2.15	0.46
SDW BD, PB&J WH 2.0	1 Each	15	734	0	561	5.80	2.45	111.0	0	0	0.10	17.5	92.1	33.82	7.40	*0.00
FEATURED SALAD ENTREE	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
SALAD Ham Chef AP W 2.0	1 Each	5	136	37	374	1.33	2.06	189.6	3191	238	28.0	13.5	4.3	7.3	4.32	0.00
Breadstick WG - Alpha	.5	5	55	0	115	1.00	0.54	20.0	0	0	0.00	2.0	11.5	0.5	0.00	0.00
FEATURED SIDE ITEMS	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLESAUCE, Canned 3/8c	3/8 Cup	25	65	0	7	1.45	0.00	0.0	0	0	0.00	0.00	16.0	0.00	0.00	0.00
FRUIT AND VEGETABLE CART	1 EACH	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
APPLES, Fresh Sliced 3/8c	3/8 Cup	30	21	0	0	0.98	0.05	2.5	22	2	1.9	0.1	5.6	0.1	0.01	*-1.00
ORANGES, Slices 138ct 3/8c	3/8 Cup	15	23	0	0	1.16	0.05	19.3	109	10	25.7	0.5	5.7	0.1	0.01	*-1.00
CARROTS, Fresh Baby 3/8c	3/8 Cup	15	17	0	37	1.39	0.43	15.4	6617	720	1.2	0.3	4.0	0.1	0.01	*-1.00
CELERY, Fresh Sticks 3/8c	3/8 Cup	15	9	0	45	0.90	0.11	22.4	251	7	1.7	0.4	1.7	0.1	0.02	*-1.00
BROCCOLI, Fresh 3/8c	3/8 Cup	25	9	0	9	0.69	0.19	12.5	166	41	23.7	0.8	1.8	0.1	0.01	*-1.00
CHOICE OF MILK	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, AASD	1 each	100	126	6	190	0.00	0.31	285.0	500	100	1.4	8.0	22.3	0.2	0.15	0.00
CRACKER, GFish Ranch .75oz	Package	100	100	4	190	1.00	1.08	20.0	0	0	0.00	3.0	14.0	3.0	1.00	0.00
CONDIMENT CHOICES	1 Each	0	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
DRES_Ranch, FF 1oz Souffle	1 ozv	35	15	0	195	0.00	0.00	10.0	0	0	0.00	0.00	4.0	0.00	0.00	0.00
DRES_Italian, FF 1oz Souffle	1 ozv	20	5	0	245	0.00	0.00	0.0	0	0	0.00	0.00	1.50	0.00	0.00	0.00
COND PC Mayonnaise 12g Heinz	packet	0	80	5	65	0.00	0.00	0.0	0	0	0.00	0.00	0.00	9.00	1.50	0.00
COND PC Mustard 6g Heinz	Packet	0	4	0	75	0.21	0.06	2.6	2	0	0.0	0.2	0.5	0.2	0.01	0.00
COND PC Ketchup 9g Heinz	Packet	10	11	0	85	0.13	0.03	1.4	42	17	0.6	0.1	2.6	0.0	0.00	0.00
COND PC Sauce, BBQ 12g	packet	10	10	0	160	0.00	0.00	0.0	100	20	0.00	0.00	3.00	0.00	0.00	0.00
SALSA, AP 1/8c	1/8 Cup	45	8	0	230	1.00	0.00	0.0	100	20	0.00	0.00	2.0	0.00	0.00	0.00
Weighted Daily Average			564	35	1204	5.86	2.80	363.8	1819	247	30.41	23.45	81.06	15.90	7.12	*-0.98
% of Calories												16.6%	57.5%	25.4%	11.4%	-1.6%
Weighted Average			671	41	1355	8.15	4.09	*473.9	3398	497	22.16	29.66	98.95	18.19	5.68	*-1.40
												17.7%	58.9%	24.4%	7.6%	-1.9%

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# Appleton Area School District

Mar 1, 2012 thru Mar 30, 2012 Spreadsheet - Portion Values  
ES Lunch Wellness

Feb 8, 2012

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Nutrient	Menu AVG	Portion	Plan		mg	mg	g	mg	mg	IU	RE	mg	g	g	g	g	g
		Size	Qty	Cals	Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat	Tr-Fat
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	671		645	104%													
Cholesterol (mg)	41		0														
Sodium (mg)	1355		0														
Fiber (g)	8.15		0.00														
Iron (mg)	4.09		3.30	124%													
Calcium (mg)	473.9		267.00	177%	Missing												
Vitamin A (IU)	3398		1055	322%													
Vitamin A (RE)	497		211	235%													
Vitamin C (mg)	22.16		15.00	148%													
Protein (g)	29.66	17.67%	8.87	334%													
Carbohydrate (g)	98.95	58.94%	0.00														
Total Fat (g)	18.19	24.38%	<30.00														
Saturated Fat (g)	5.68	7.62%	<10.00														
Trans Fat (g)	-1.40	-1.87%															

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

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