

Appleton Area School District

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

Feb 8, 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 - 03/01/2012																
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
PP Mac Chili SC WG 2.0	servings	100	408	52	438	8.59	4.25	94.5	800	155	12.2	26.7	55.4	9.8	3.51	*0.61
CHEESE, Cheddar Shred TBSP	1 TBSP	100	28	7	44	0.00	0.05	50.8	71	14	0.00	1.8	0.1	2.3	1.49	0.00
Breadstick WG - Alpha	.5	100	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	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
ENCHILADA Chicken B SS 2.0	2 Each	50	269	54	193	4.98	1.46	127.0	738	132	3.5	18.3	26.4	9.2	4.06	*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	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 Egg Chef SC W 2.0	1 Each	20	157	130	244	1.29	0.82	243.8	5436	512	9.2	11.0	4.1	10.6	5.91	*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
POTATO, Wedges 1/2c	3ozw	750	220	0	50	4.00	1.44	0.0	0	0	12.0	4.0	40.0	6.0	2.00	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	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	850	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

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

Feb 8, 2012

Page 2

	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
Baked Doritos	bag	1000	120	0	220	2.00	0.28	16.0	114	23	0.1	2.0	21.0	3.5	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
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			947	55	1509	12.83	5.59	554.3	3221	587	38.81	37.78	138.46	27.87	10.12	*-0.16
% of Calories												16.0%	58.5%	26.5%	9.6%	-0.2%

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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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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
Fri - 03/02/2012																
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
beef burger, mini slider	2 each	100	316	36	742	2.00	2.52	380.0	0	0	0.00	18.0	36.0	11.0	3.40	0.00
DEL: Garnish Veg SS W 0	1 Each	100	6	0	2	0.49	0.17	5.9	1190	43	3.21	0.3	1.2	0.1	0.01	*-1.00
PRETZEL, Soft Baked Rod WG	1 Each	100	70	0	65	1.00	0.72	0.0	0	0	0.00	2.0	14.0	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
DEL: 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
Mediterranean Flatbread	1 each	100	388	54	762	3.56	2.40	279.3	274	51	4.7	26.0	35.3	14.7	5.76	*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	0	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
YOGURT PARFAIT, Peach	1 Each	20	164	11	118	0.18	0.11	253.2	154	31	0.2	7.4	28.9	2.3	1.50	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
Potato, Sweet Crinkle Cut 3/8"	3 oz	500	130	0	110	3.00	0.36	20.0	3500	700	6.0	1.0	22.0	5.0	0.00	0.00
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	850	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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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
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			713	51	1295	8.63	4.24	553.5	8288	1198	22.68	31.78	96.29	22.35	7.67	*-0.55
% of Calories												17.8%	54.0%	28.2%	9.7%	-0.7%

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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 - 03/05/2012																
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
Egg Rolls	serving	300	380	20	760	4.00	3.60	80.0	800	120	7.2	12.0	38.0	22.0	6.00	0.00
RICE, Brown WG 1 C	1 Cup	300	234	0	16	3.91	0.89	26.4	0	0	0.00	5.5	48.6	1.9	0.38	*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	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	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	0	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	20	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	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	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 Chix Brd Baja SC WG 2.0	1 Each	30	244	10	274	9.38	2.99	70.7	7934	683	20.1	13.8	32.9	7.4	1.17	*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
POTATO, FF 5/16" Gen7 1/2c	1.6 ozw	750	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	500	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	1000	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
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

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

Feb 8, 2012

Page 6

	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			998	55	1655	12.41	5.93	580.0	3001	487	32.64	38.66	143.42	30.58	9.23	*-0.70
% of Calories												15.5%	57.5%	27.6%	8.3%	-0.6%

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Appleton Area School District

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

Feb 8, 2012

HS Lunch Wellness

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
Tue - 03/06/2012																
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 Spg AP TomBeef SS WG 2.0	Serving	200	419	21	891	13.66	4.92	95.1	4465	893	7.00	23.5	69.8	7.3	2.26	*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
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	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	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	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	350	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Nacho Grande	1 each	200	839	81	1666	3.66	11.64	1225.6	1320	257	12.2	50.4	48.7	48.6	14.16	*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	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 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	500	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	1000	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
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

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

Feb 8, 2012

Page 8

	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			864	61	1608	12.02	7.01	760.7	3960	736	45.72	43.22 20.0%	116.32 53.9%	25.92 27.0%	9.15 9.5%	*-0.97 -1.0%

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Appleton Area School District

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

Feb 8, 2012

HS Lunch Wellness

Page 9

	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																
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
RIB-B-QUE ON BUN AASD	1 each	300	427	0	947	3.00	*2.52	*90.0	550	110	*51.0	17.0	43.0	21.0	1.00	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	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
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	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
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
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

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

Feb 8, 2012

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
Weighted Daily Average			806	52	1598	11.03	*5.33	*612.0	5855	772	*33.24	39.56	105.10	25.30	8.25	*-1.20
% of Calories												19.6%	52.1%	28.2%	9.2%	-1.3%

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Appleton Area School District

Mar 1, 2012 thru Mar 30, 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	
Thu - 03/08/2012																
HS Lunch Wellness	Total	1000														
FEATURED ENTREE	1 Each	100	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
CRISP, Peach SC	Servings	1000	186	0	102	0.83	0.65	13.0	467	93	0.9	1.6	29.7	6.8	3.27	*0.00
COND PC Margarine 5g	1 each	850	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

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

Feb 8, 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 % of Calories			1154	66	2111	14.38	6.82	633.9	4259	708	28.74	45.47 15.8%	159.34 55.2%	36.70 28.6%	14.15 11.0%	*-0.20 -0.2%

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Appleton Area School District

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

Feb 8, 2012

HS Lunch Wellness

Page 13

	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 - 03/09/2012																
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
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 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

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

Feb 8, 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	850	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			766	56	1584	10.25	5.26	545.1	3960	648	26.64	36.46	103.07	23.24	9.06	*-0.71
% of Calories												19.0%	53.8%	27.3%	10.7%	-0.8%

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Appleton Area School District

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

Feb 8, 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 - 03/12/2012																
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
CHIX Brst BBQ SS W 2.0	1 each	300	161	45	468	1.53	1.08	20.0	100	20	0.00	13.0	3.4	10.0	3.00	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
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
PRETZEL, Soft Baked Rod WG	1 Each	100	70	0	65	1.00	0.72	0.0	0	0	0.00	2.0	14.0	0.5	0.00	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

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

Feb 8, 2012

Page 16

	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			803	60	1549	9.81	5.20	553.7	2438	421	24.30	37.21 18.5%	110.18 54.9%	23.50 26.3%	7.86 8.8%	*-0.34 -0.4%

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Appleton Area School District

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

Feb 8, 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
Tue - 03/13/2012																
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
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
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

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

Feb 8, 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			802	59	1689	10.25	6.22	640.5	3080	545	31.34	40.18 20.0%	110.95 55.3%	22.25 25.0%	8.75 9.8%	*-0.39 -0.4%

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Appleton Area School District

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

Feb 8, 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
Wed - 03/14/2012																
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
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
Cheetos, baked	1	1000	110	0	210	0.00	0.36	0.0	0	0	0.00	2.0	17.0	4.5	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
CHIX Patty, CordonBlu 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	750	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
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

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

Feb 8, 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
Weighted Daily Average % of Calories			908	68	1849	9.31	5.25	604.5	3462	535	21.16	40.77 18.0%	123.10 54.2%	28.47 28.2%	9.86 9.8%	*-0.45 -0.5%

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Appleton Area School District

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

Feb 8, 2012

HS Lunch Wellness

Page 21

	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																
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
BURRITO AP BF/BN B 2.0	1 Each	300	465	41	620	3.35	3.79	216.2	571	114	1.0	18.4	44.0	23.6	9.18	0.50
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
BEANS, Refried AP 3/8c	3/8 cup	250	104	0	261	6.96	1.25	0.0	0	0	1.0	5.2	14.8	2.2	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
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	1000	73	0	135	1.49	0.84	39.9	0	0	0.00	3.0	12.3	1.4	0.32	*0.12
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

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

Feb 8, 2012

Page 22

	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			889	64	1607	11.96	6.42	651.2	2565	456	27.89	41.75 18.8%	118.65 53.4%	27.31 27.6%	10.74 10.9%	*-0.16 -0.2%

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Appleton Area School District

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

Feb 8, 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
Fri - 03/16/2012																
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
Soup, Tomato Campbells	8 oz	400	90	0	483	1.00	0.73	2.3	400	80	6.0	2.0	20.0	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
CRACKER, Saltines 4pk	Package	1000	50	0	180	0.00	0.72	20.0	0	0	0.00	1.0	9.00	1.0	0.00	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

Mar 1, 2012 thru Mar 30, 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			852	61	1988	11.51	6.32	725.1	8007	935	27.69	40.02	118.61	24.44	10.27	*-1.22
% of Calories												18.8%	55.7%	25.8%	10.8%	-1.3%

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Appleton Area School District

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

Feb 8, 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 - 03/19/2012																
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
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

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

Feb 8, 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			808	66	1284	9.70	4.99	511.8	2556	422	28.30	38.04 18.8%	109.50 54.2%	24.26 27.0%	8.27 9.2%	*-0.97 -1.1%

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Appleton Area School District

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

Feb 8, 2012

HS Lunch Wellness

Page 27

	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 - 03/20/2012																
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
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

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

Feb 8, 2012

Page 28

	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			717	58	1381	9.55	4.55	570.2	2653	474	35.22	35.02 19.5%	101.06 56.4%	19.95 25.0%	8.50 10.7%	*-0.95 -1.2%

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Appleton Area School District

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

Feb 8, 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
Wed - 03/21/2012																
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
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" Hawaiian WH 2.0	1/8 slice	200	420	40	1069	4.07	3.21	336.5	412	82	3.3	25.8	51.8	11.4	6.26	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 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
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
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

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

Feb 8, 2012

Page 30

	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			786	60	1492	10.59	5.55	570.2	2444	393	30.94	38.51 19.6%	111.53 56.8%	20.81 23.8%	9.13 10.5%	*-1.20 -1.4%

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Appleton Area School District

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

Feb 8, 2012

HS Lunch Wellness

Page 31

	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																
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
FISH, Nugget (4) AP B 2.0	4 Each	300	253	53	347	0.00	0.96	0.0	0	0	0.00	14.7	21.3	12.0	2.00	0.00
Dinner Roll AASD	1 EACH	1000	90	0	180	0.00	1.08	20.0	0	0	0.00	3.0	17.0	1.5	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
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
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

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

Feb 8, 2012

Page 32

	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			891	70	1869	8.12	5.44	560.1	2957	557	28.65	39.43 17.7%	123.58 55.5%	26.36 26.6%	8.86 9.0%	*-0.16 -0.2%

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Appleton Area School District

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

Feb 8, 2012

HS Lunch Wellness

Page 33

	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																
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
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

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Appleton Area School District

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

Feb 8, 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			1049	*64	1861	*9.72	*5.86	*579.8	*5988	*683	*19.84	41.49	149.83	32.44	12.52	*0.51
% of Calories												15.8%	57.1%	27.8%	10.7%	0.4%

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Appleton Area School District

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

Feb 8, 2012

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
Mon - 03/26/2012																
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	300	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
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
WRAP, Chix Rumba SS WG 2.0	1 Each	20	372	51	967	7.41	2.53	113.3	2440	209	5.5	22.4	47.7	11.1	2.90	*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
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

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

Feb 8, 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			841	63	1537	9.07	4.60	529.1	2367	401	18.76	37.36	114.33	27.06	9.98	*-0.95
% of Calories												17.8%	54.4%	28.9%	10.7%	-1.0%

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Appleton Area School District

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

Feb 8, 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
Tue - 03/27/2012																
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
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	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 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
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

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

Feb 8, 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			888	72	1976	10.37	5.77	677.9	4265	808	32.56	43.62 19.6%	119.20 53.7%	26.22 26.6%	10.87 11.0%	*-0.20 -0.2%

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Appleton Area School District

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

Feb 8, 2012

HS Lunch Wellness

Page 39

	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 - 03/28/2012																
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	1000	73	0	135	1.49	0.84	39.9	0	0	0.00	3.0	12.3	1.4	0.32	*0.12
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			792	56	1482	10.71	5.42	624.8	2409	394	33.61	38.91	110.17	21.73	8.50	*-0.86
% of Calories												19.7%	55.7%	24.7%	9.7%	-1.0%

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Appleton Area School District
Mar 1, 2012 thru Mar 30, 2012 Spreadsheet - Portion Values
HS 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
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Appleton Area School District

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

Feb 8, 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 - 03/29/2012																
HS Lunch Wellness	Total	1000														
FEATURED ENTREE	1 Each	100	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
SDW BD, Ham B 2.0	1 Each	400	209	32	724	1.20	2.78	75.9	0	0	0.00	17.7	27.8	3.5	0.99	*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	750	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	250	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
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

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

Feb 8, 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
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			797	70	1802	9.17	5.69	587.0	2249	400	31.79	42.59	106.69	23.53	9.05	*-1.21
% of Calories												21.4%	53.5%	26.6%	10.2%	-1.4%

Weighted Average			861	*61	1654	*10.54	*5.59	*601.2	*3809	*598	*29.55	39.42	118.54	25.73	9.56	*-0.62
												18.3%	55.1%	26.9%	10.0%	-0.7%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	861		846	102%			
Cholesterol (mg)	61		0		Missing		
Sodium (mg)	1654		0				
Fiber (g)	10.54		0.00		Missing		
Iron (mg)	5.59		4.50	124%	Missing		
Calcium (mg)	601.2		400.00	150%	Missing		
Vitamin A (IU)	3809		1500	254%	Missing		
Vitamin A (RE)	598		300	199%	Missing		
Vitamin C (mg)	29.55		19.18	154%	Missing		
Protein (g)	39.42	18.32%	16.70	236%			
Carbohydrate (g)	118.54	55.10%	0.00				
Total Fat (g)	25.73	26.91%	<30.00				
Saturated Fat (g)	9.56	10.00%	<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.

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