

An Apple a Day, LLC

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

Auburn SD - Elem Lunch

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Jan 8, 2012

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/01/2012														
Auburn SD - Elem Lunch	Total													
Sandwich, egg salad	1 sandwich	301	144	581	6.06	2.58	53.8	213	35	0.05	12.44	44.46	9.09	1.53
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Corndog, whole grain	1 corndog	270	40	780	5.00	1.44	80.0	0	0	0.0	10.0	27.0	14.0	3.50
Salad, Wild Cherry Broccoli	Servings	63	2	80	0.71	0.95	11.3	125	30	14.11	1.0	6.92	3.53	0.55
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined svg	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Weighted Daily Average		701	62	1195	9.96	4.12	402.4	1761	267	30.34	22.91	113.24	19.61	4.17
% of Calories											13.1%	64.6%	25.2%	5.4%

Thu - 02/02/2012														
Auburn SD - Elem Lunch	Total													
Sandwich, roast turkey	1 sandwich	332	33	1048	6.13	3.68	117.9	500	46	1.44	22.75	42.7	8.59	3.04
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Egg Roll, Turkey & Vegetable	1 eggroll	250	110	680	3.00	3.60	60.0	500	100	4.8	15.0	27.0	9.0	2.50
Sweet & sour sauce (portion)	Portion	45	0	150	0.00	0.00	20.0	0	0	0.0	0.0	11.0	0.0	0.00
Fried Rice	1/2 cup	95	0	280	0.50	0.90	0.0	0	0	0.0	2.0	21.5	0.25	0.00
Pineapple, fresh	1/2 cup	37	0	1	1.09	0.22	10.1	43	2	28.06	0.42	9.79	0.09	0.01
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined svg	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Weighted Daily Average		755	80	1409	9.29	5.73	410.5	2070	313	41.86	28.82	131.91	14.60	3.55
% of Calories											15.3%	69.9%	17.4%	4.2%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes optional nutrient values

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An Apple a Day, LLC

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

Auburn SD - Elem Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/03/2012														
Auburn SD - Elem Lunch	Total													
White Bean Dip & Pita Bread	Serving	411	0	261	16.34	4.42	161.2	7887	854	8.96	15.95	53.92	14.64	1.63
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Pizza, Cheese (BigD'sH) - elem	1 slice	312	20	512	2.40	2.88	240.0	400	80	0.0	18.4	35.2	10.4	4.00
Pizza, Pepperoni(BigD'sH)-elem	1 slice	312	20	584	2.40	2.88	240.0	400	80	0.0	18.4	34.4	11.2	4.00
Salad, Moroccan Carrot	1/4 cup	66	0	70	0.71	0.36	13.2	3911	426	3.42	0.2	6.83	4.42	0.74
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined svg	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Weighted Daily Average		747	22	1022	9.13	4.88	530.2	5450	682	25.15	28.44	118.53	19.40	4.92
% of Calories											15.2%	63.5%	23.4%	5.9%

Mon - 02/06/2012														
Auburn SD - Elem Lunch	Total													
Sandwich, turkey ham	1 sandwich	342	48	1133	6.13	2.82	127.9	519	50	4.69	21.6	42.7	10.57	4.04
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Soft taco	1 ea - 2 mt	249	14	718	6.27	4.99	142.0	454	91	2.61	16.53	26.76	9.37	4.77
Soft taco - condiments (elem)	1/4 cup	50	6	326	2.09	0.69	75.9	534	373	2.49	2.31	7.86	0.61	0.36
Salsa, corn & bean	2 oz	106	0	651	5.60	1.60	111.3	411	370	3.93	4.22	20.36	0.39	0.00
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined svg	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Weighted Daily Average		752	29	1807	14.92	7.10	559.9	2587	753	28.22	31.98	125.53	15.61	5.32
% of Calories											17.0%	66.7%	18.7%	6.4%

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Auburn SD - Elem Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/07/2012														
Auburn SD - Elem Lunch	Total													
Sandwich, tuna salad	1 sandwich	292	13	668	6.16	2.81	46.9	93	8	0.25	17.88	44.31	5.68	0.43
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Soup, tomato	4 oz.	40	0	209	0.45	0.17	1.1	180	36	10.8	0.45	8.1	0.67	0.23
Grilled Cheese Sandwich	Sandwich	480	72	820	6.00	2.54	448.0	730	146	0.0	22.0	44.0	25.45	13.24
Kiwi	1/2 EACH	23	0	1	1.14	0.12	12.9	33	7	35.23	0.43	5.57	0.2	0.01
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined svg	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Weighted Daily Average		826	54	1315	11.10	4.42	623.4	2228	357	49.52	31.13	127.46	24.21	9.60
% of Calories											15.1%	61.7%	26.4%	10.5%

Wed - 02/08/2012														
Auburn SD - Elem Lunch	Total													
Sandwich, egg salad	1 sandwich	301	144	581	6.06	2.58	53.8	213	35	0.05	12.44	44.46	9.09	1.53
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Cheeseburger (elem)	Burger	401	73	873	4.00	3.24	155.9	152	30	0.0	23.53	30.51	21.56	9.54
Gardenburger	1 Each	270	0	590	8.00	1.44	80.0	0	0	0.0	20.0	36.0	5.5	0.50
Apple, Fresh 175 ct	1 each	55	0	1	2.54	0.13	6.4	57	5	4.88	0.28	14.64	0.18	0.02
Corn	1/4 Cup	33	0	2	1.00	0.10	0.0	50	10	1.0	1.0	8.0	0.3	0.00
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined svg	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Weighted Daily Average		768	66	1148	11.86	4.41	429.8	1811	271	25.39	30.49	125.88	19.11	5.67
% of Calories											15.9%	65.5%	22.4%	6.6%

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Auburn SD - Elem Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/09/2012														
Auburn SD - Elem Lunch	Total													
Sandwich, roast turkey	1 sandwich	332	33	1048	6.13	3.68	117.9	500	46	1.44	22.75	42.7	8.59	3.04
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Chicken, Honey Dijon	Portion	609	193	444	0.30	3.62	38.2	540	105	2.5	55.38	20.41	30.15	8.49
Mashed Potatoes	1/2 cup	74	0	343	1.20	0.18	10.0	0	0	3.6	1.4	14.6	1.1	0.10
Salad, Spinach	1 Salad	267	0	681	1.32	3.08	59.4	5626	403	16.86	5.77	33.43	14.28	1.54
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined svg	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Weighted Daily Average		971	130	1382	7.71	5.80	401.2	3193	395	29.18	53.59	120.23	30.60	7.51
% of Calories										22.1%	49.6%	28.4%	7.0%	

Fri - 02/10/2012														
Auburn SD - Elem Lunch	Total													
White Bean Dip & Pita Bread	Serving	411	0	261	16.34	4.42	161.2	7887	854	8.96	15.95	53.92	14.64	1.63
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Spaghetti w/Meat Sauce	Serving	384	38	556	5.03	4.15	200.0	207	50	3.08	24.82	44.54	11.56	4.74
Garlic Toast	1 medallion	45	0	75	0.00	0.36	0.0	0	0	0.0	1.0	5.0	2.5	0.50
Salad, Caesar (elem)	1/2 CUP	59	3	131	1.07	0.61	18.3	3035	142	12.29	1.19	3.38	4.75	0.80
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined svg	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Weighted Daily Average		824	37	1123	11.22	6.19	505.8	4701	462	33.51	34.32	126.43	21.91	5.82
% of Calories										16.7%	61.4%	23.9%	6.4%	

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Mon - 02/13/2012														
Auburn SD - Elem Lunch	Total													
Sandwich, turkey ham	1 sandwich	342	48	1133	6.13	2.82	127.9	519	50	4.69	21.6	42.7	10.57	4.04
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Teriyaki Chicken	2.35 oz	145	63	526	0.00	0.86	0.0	0	0	0.0	13.48	10.59	4.97	1.19
Rice, brown only	1/2 cup	124	0	97	0.77	0.56	1.6	0	0	0.0	3.09	27.02	1.16	0.00
Mandarin Oranges	1/2 cup	71	0	7	1.36	0.42	9.1	1467	146	22.23	0.61	18.21	0.16	0.01
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined svg	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Weighted Daily Average		713	55	1168	7.82	3.84	368.8	2628	340	36.13	28.45	126.03	13.16	2.96
% of Calories											16.0%	70.7%	16.6%	3.7%

Tue - 02/14/2012														
Auburn SD - Elem Lunch	Total													
Sandwich, tuna salad	1 sandwich	292	13	668	6.16	2.81	46.9	93	8	0.25	17.88	44.31	5.68	0.43
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Stuffed Breadsticks w/Marinara	2 breadstick	370	35	1110	3.00	2.88	350.0	600	120	6.0	19.0	42.0	14.0	7.00
Apple, Fresh 175 ct	1 each	55	0	1	2.54	0.13	6.4	57	5	4.88	0.28	14.64	0.18	0.02
Juice bar, frozen	juice bar	60	0	10	0.00	0.00	0.0	0	0	60.0	0.0	15.0	0.0	0.00
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined svg	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Weighted Daily Average		815	31	1374	9.88	4.54	560.0	2056	319	88.43	28.96	141.85	16.92	5.73
% of Calories											14.2%	69.7%	18.7%	6.3%

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An Apple a Day, LLC

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

Auburn SD - Elem Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/15/2012														
Auburn SD - Elem Lunch	Total													
Sandwich, egg salad	1 sandwich	301	144	581	6.06	2.58	53.8	213	35	0.05	12.44	44.46	9.09	1.53
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Fish, pollack wedge	2 pc	220	10	400	2.00	2.70	0.0	0	0	0.0	14.0	24.0	7.0	1.00
Potatoes, roasted (fresh)	1/2 cup	118	0	5	1.65	0.59	9.0	2	0	14.78	1.52	13.1	6.88	1.17
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Tartar Sauce	svg													
Tartar Sauce	Serving	35	5	150	0.00	0.00	0.0	0	0	0.0	0.0	2.0	3.5	0.50
Weighted Daily Average		718	44	982	8.72	4.66	353.0	1687	250	30.73	25.62	115.95	18.82	3.24
% of Calories										14.3%	64.6%	23.6%	4.1%	

Thu - 02/16/2012														
Auburn SD - Elem Lunch	Total													
Sandwich, roast turkey	1 sandwich	332	33	1048	6.13	3.68	117.9	500	46	1.44	22.75	42.7	8.59	3.04
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Beef Stew	1 cup	374	86	390	1.56	3.61	39.7	1939	206	10.94	36.2	13.88	15.64	7.22
Cornbread	1.5 oz squar	150	5	290	0.00	0.00	0.0	0	0	0.0	3.0	26.0	3.5	1.00
Pears, Canned, LS	1/2 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
	svg													
Weighted Daily Average		681	47	908	7.06	3.98	363.0	2469	330	26.73	30.77	108.44	14.30	4.68
% of Calories										18.1%	63.7%	18.9%	6.2%	

Fri - 02/17/2012														
Auburn SD - Elem Lunch	Total													
No School Today	SERVING	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	

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An Apple a Day, LLC

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

Auburn SD - Elem Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/20/2012														
Auburn SD - Elem Lunch	Total													
No School Today	SERVING	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%

Tue - 02/21/2012														
Auburn SD - Elem Lunch	Total													
Sandwich, tuna salad	1 sandwich	292	13	668	6.16	2.81	46.9	93	8	0.25	17.88	44.31	5.68	0.43
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Stuffed shells	Serving	259	44	748	1.96	1.92	381.4	1007	203	3.89	19.87	25.9	7.14	4.42
Corn	1/2 Cup	66	0	4	2.00	0.20	0.0	100	20	2.0	2.0	16.0	0.6	0.00
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Weighted Daily Average		694	37	1148	8.92	4.00	575.1	2327	378	25.44	30.52	118.00	13.05	4.17
% of Calories										17.6%	68.0%	16.9%	5.4%	

Wed - 02/22/2012														
Auburn SD - Elem Lunch	Total													
Sandwich, egg salad	1 sandwich	301	144	581	6.06	2.58	53.8	213	35	0.05	12.44	44.46	9.09	1.53
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Chili, Texas	1 cup	416	86	913	5.23	4.60	142.8	574	268	2.5	38.07	19.86	16.92	8.09
Chips, tri-color tortilla	10 chips	140	0	150	1.00	0.36	20.0	0	0	0.0	2.0	17.0	7.0	2.00
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Weighted Daily Average		835	88	1317	10.27	5.66	445.3	2030	410	23.37	40.35	115.01	23.45	7.80
% of Calories										19.3%	55.1%	25.3%	8.4%	

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An Apple a Day, LLC

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

Auburn SD - Elem Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/23/2012														
Auburn SD - Elem Lunch	Total													
Sandwich, roast turkey	1 sandwich	332	33	1048	6.13	3.68	117.9	500	46	1.44	22.75	42.7	8.59	3.04
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Pizza, Cheese (BigD'sH) - elem	1 slice	312	20	512	2.40	2.88	240.0	400	80	0.0	18.4	35.2	10.4	4.00
Pizza, Pepperoni(BigD'sH)-elem	1 slice	312	20	584	2.40	2.88	240.0	400	80	0.0	18.4	34.4	11.2	4.00
Green beans (frozen)	1/2 CUP	34	0	0	2.24	0.40	44.8	112	22	4.03	1.12	5.6	0.0	0.00
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined svg	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Weighted Daily Average		715	26	1102	9.33	4.87	531.3	2051	313	24.57	30.08	116.78	15.47	4.44
% of Calories											16.8%	65.3%	19.5%	5.6%

Fri - 02/24/2012														
Auburn SD - Elem Lunch	Total													
White Bean Dip & Pita Bread	Serving	411	0	261	16.34	4.42	161.2	7887	854	8.96	15.95	53.92	14.64	1.63
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Macaroni & Cheese w/Smokies	1 cup	559	74	1401	4.03	2.93	550.3	0	0	0.02	28.44	46.6	28.46	14.12
Grapes, fresh	1/2 cup	90	0	0	1.00	0.36	20.0	100	20	15.0	1.0	24.0	1.0	0.00
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined svg	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Weighted Daily Average		937	59	1570	10.47	4.91	752.2	2502	342	33.27	36.02	138.81	29.36	11.48
% of Calories											15.4%	59.3%	28.2%	11.0%

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An Apple a Day, LLC

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

Auburn SD - Elem Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/27/2012														
Auburn SD - Elem Lunch	Total													
Sandwich, turkey ham	1 sandwich	342	48	1133	6.13	2.82	127.9	519	50	4.69	21.6	42.7	10.57	4.04
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Nachos - elem	Serving	574	28	1347	3.13	3.19	212.0	1177	343	52.76	18.25	57.57	29.44	8.29
Salsa, corn & bean	2 oz	106	0	651	5.60	1.60	111.3	411	370	3.93	4.22	20.36	0.39	0.00
Peaches, Canned, LS	1/4 cup	27	0	2	0.81	0.17	3.7	236	24	2.23	0.39	7.17	0.02	0.00
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined svg	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Weighted Daily Average		934	34	1990	12.27	5.71	558.6	2842	694	58.15	31.86	143.60	27.30	7.22
% of Calories											13.6%	61.5%	26.3%	7.0%

Tue - 02/28/2012														
Auburn SD - Elem Lunch	Total													
Sandwich, tuna salad	1 sandwich	292	13	668	6.16	2.81	46.9	93	8	0.25	17.88	44.31	5.68	0.43
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Turkey, roast	3 oz.	184	52	75	0.00	3.11	0.0	0	0	0.0	20.7	3.45	9.2	2.30
Mashed potatoes	1/2 Cup	110	0	440	2.00	0.36	40.0	0	0	6.0	3.0	18.0	3.0	1.00
Gravy, Poultry (RS)	1/4 CUP	15	0	80	0.00	0.00	0.0	0	0	0.0	0.0	2.0	0.5	0.00
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined svg	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Weighted Daily Average		685	41	1054	7.75	4.81	370.2	1662	244	25.51	31.62	106.93	16.03	3.50
% of Calories											18.5%	62.4%	21.1%	4.6%

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An Apple a Day, LLC

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

Auburn SD - Elem Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/29/2012														
Auburn SD - Elem Lunch	Total													
Sandwich, egg salad	1 sandwich	301	144	581	6.06	2.58	53.8	213	35	0.05	12.44	44.46	9.09	1.53
Uncrustable (PB&J)	Serving	310	0	350	3.00	1.44	40.0	0	0	0.0	11.0	34.0	15.0	3.50
Yogurt (4 oz)	4 oz	120	8	70	0.00	0.00	150.0	150	30	1.2	4.5	20.5	2.0	1.25
Chicken Nuggets	5 nuggets	220	25	500	2.00	1.44	80.0	0	0	0.0	11.0	14.0	13.0	3.00
Fries, Sweet Potato	1/2 cup	85	0	96	2.13	0.19	10.7	2667	853	5.12	0.53	13.33	3.73	0.53
Salad bar	Serving	227	0	178	4.86	1.64	37.3	1120	138	20.6	3.84	53.7	1.29	0.01
Milk - 1%	8 ounce	100	15	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	2.5	1.50
Milk, chocolate (RS)	8 oz	130	0	210	0.00	0.36	300.0	500	100	1.2	8.0	24.0	0.0	0.00
Milk, non-fat	8 oz	80	4	110	0.00	0.00	250.0	500	100	1.2	8.0	11.0	0.0	0.00
Condiments, elem (basic)	Combined svg	41	3	150	0.00	0.06	1.0	16	3	0.0	0.11	4.08	2.99	0.45
Weighted Daily Average		684	51	1037	9.01	3.66	402.0	3286	761	24.94	23.23	109.29	19.13	3.86
% of Calories											13.6%	63.9%	25.2%	5.1%

Weighted Average		777	52	1266	9.83	4.91	481.2	2597	415	34.76	31.53	122.63	19.58	5.56
											16.2%	63.2%	22.7%	6.4%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	777		664	117%			
Cholesterol (mg)	52		100	52%			
Sodium (mg)	1266		664	191%			Correction Required - Sodium too High
Fiber (g)	9.83		9.00	109%			
Iron (mg)	4.91		3.50	140%			
Calcium (mg)	481.2		286.00	168%			
Vitamin A (IU)	2597		1120	232%			
Vitamin A (RE)	415		224	185%			
Vitamin C (mg)	34.76		15.00	232%			
Protein (g)	31.53	16.24%	10.00	315%			
Carbohydrate (g)	122.63	63.16%					
Total Fat (g)	19.58	22.69%	<=30.00%				
Saturated Fat (g)	5.56	6.44%	<10.00%				

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.