

Carson City School District

**Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values
Elem Lunch**

| | Portion Size | Plan Qty | 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) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 12/05/2011 | | | | | | | | | | | | | | | | |
| Elem Lunch | Total | 350 | | | | | | | | | | | | | | |
| FEATURE ENTREE | 1 EACH | 225 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MEATBALL SUB, Italin SS WH 2.0 | 1 Each | 225 | 214 | 24 | 630 | 2.75 | 2.69 | 182.7 | 180 | 36 | 1.93 | 13.76 | 20.85 | 8.48 | 3.30 | *0.00 |
| CHIX Nugget, Savory (5) B 2.0 | 5 Each | 100 | 57 | 13 | 126 | 0.00 | 0.51 | 5.7 | 29 | 6 | 0.0 | 4.57 | 3.14 | 2.86 | 0.57 | 0.00 |
| FEATURED SALAD ENTREE | 1 Each | 25 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SALAD HamTurk Chef Elementary | 1 Each | 25 | 12 | 6 | 29 | 0.10 | 0.15 | 18.5 | 233 | 19 | 2.02 | 1.02 | 0.28 | 0.7 | 0.38 | 0.00 |
| SIDES | 1 EACH | 300 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COM_POTATO, Tater Tots | 10 each | 300 | 144 | 0 | 229 | 2.14 | 0.34 | 0.0 | 0 | 0 | 1.14 | 2.14 | 19.29 | 6.43 | 2.14 | 2.14 |
| FRUIT AND VEGETABLE CART | 1 EACH | 300 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CELERY, Fresh Sticks 1/2c AP | 1/2 Cup | 150 | 3 | 0 | 17 | 0.35 | 0.04 | 8.7 | 97 | 3 | 0.67 | 0.15 | 0.64 | 0.04 | 0.01 | 0.00 |
| CARROTS, Fresh Baby 1/2c | 1/2 Cup | 200 | 15 | 0 | 34 | 1.25 | 0.38 | 13.8 | 5957 | 648 | 1.12 | 0.28 | 3.56 | 0.06 | 0.01 | *N/A* |
| COM_PEACHES, Diced w/syrup1/2 | 1/2 Cup | 200 | 29 | 0 | 3 | 0.68 | 0.19 | 1.7 | 10 | 188 | 1.27 | 0.24 | 7.73 | 0.02 | 0.00 | 0.00 |
| ORANGES, Slices 113ct 1/2c | 1/2 Cup | 200 | 24 | 0 | 0 | 1.23 | 0.05 | 20.6 | 116 | 23 | 27.35 | 0.48 | 6.04 | 0.06 | 0.01 | 0.00 |
| CHOICE OF MILK | 1 Each | 350 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MILK, Skim, Chocolate | Each | 300 | 77 | 4 | 107 | 0.00 | 0.00 | 214.3 | 429 | 86 | 1.03 | 7.71 | 11.14 | 0.0 | 0.00 | 0.00 |
| MILK, 1% White 8oz | Each | 50 | 15 | 1 | 18 | 0.00 | 0.00 | 43.7 | 73 | 15 | 0.35 | 1.17 | 1.75 | 0.36 | 0.22 | 0.00 |
| CONDIMENT CHOICES | 1 Each | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND PC Ketchup 9g Heinz | Packet | 300 | 9 | 0 | 73 | 0.11 | 0.02 | 1.2 | 36 | 14 | 0.51 | 0.08 | 2.24 | 0.02 | 0.00 | 0.00 |
| COND-BBQ Sauce 1oz. Souffle | 1 ozv | 150 | 18 | 0 | 168 | 0.91 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 4.08 | 0.0 | 0.00 | 0.00 |
| DRES_Ranch, Lite 1oz Souffle | 1 ozv | 50 | 16 | 1 | 39 | 0.00 | 0.00 | 2.9 | 0 | 0 | 0.0 | 0.14 | 0.14 | 1.43 | 0.21 | 0.00 |
| Weighted Daily Average | | | 633 | 50 | 1472 | 9.51 | 4.39 | 513.8 | 7160 | 1038 | 37.39 | 31.74 | 80.89 | 20.44 | 6.86 | *2.14 |
| % of Calories | | | | | | | | | | | | 20.1% | 51.1% | 29.1% | 9.7% | *3.0% |

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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Carson City School District

**Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values
Elem Lunch**

| | Portion Size | Plan Qty | 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) | Tr-Fat ¹ (g) |
|-----------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 12/06/2011 | | | | | | | | | | | | | | | | |
| Elem Lunch | Total | 350 | | | | | | | | | | | | | | |
| FEATURE ENTREE | 1 EACH | 200 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| ORI CHIX Brd Swt&Sour B 2.0 | 1 Each | 200 | 161 | 26 | 262 | 0.45 | 1.25 | 15.1 | 152 | 30 | 10.19 | 9.48 | 17.52 | 5.72 | 1.14 | 0.00 |
| RICE, Brown WG 1/2c | 1/2 Cup | 200 | 67 | 0 | 4 | 1.12 | 0.26 | 7.5 | 0 | 0 | 0.0 | 1.56 | 13.88 | 0.55 | 0.11 | *0.00 |
| Hot Ham & Cheese Sub | 1 Each | 50 | 56 | 9 | 192 | 0.16 | 0.38 | 31.6 | 50 | 10 | 0.19 | 3.05 | 6.47 | 2.17 | 0.92 | 0.00 |
| FEATURED DELI ENTREE | 1 Each | 100 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| WRAP, Chix Honey SS B 2.0 | 1 Each | 100 | 110 | 29 | 445 | 0.69 | 0.41 | 11.1 | 1555 | 240 | 2.21 | 10.16 | 8.79 | 3.45 | 0.92 | *0.00 |
| SIDES | 1 EACH | 300 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| PEAS, Green Frozen 1/2c | 1/2 Cup | 200 | 37 | 0 | 34 | 2.62 | 0.72 | 11.4 | 1000 | 32 | 4.72 | 2.45 | 6.79 | 0.13 | 0.02 | *N/A* |
| FRUIT AND VEGETABLE CART | 1 EACH | 300 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| PEPPERS BELL, Green 1/2c | 1/2 Cup | 100 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | *N/A* |
| BROCCOLI, Fresh 1/2c | 1/2 cup | 200 | 6 | 0 | 6 | 0.47 | 0.13 | 8.6 | 114 | 28 | 16.26 | 0.51 | 1.21 | 0.07 | 0.01 | *N/A* |
| COM_APPLESAUCE, Canned 1/2c | 1/2 cup | 200 | 31 | 0 | 1 | 0.90 | 0.21 | 2.4 | 21 | 1 | 0.9 | 0.13 | 8.23 | 0.04 | 0.01 | 0.00 |
| BANANA, Fresh Whole 1/2c | 1/2 cup | 350 | 96 | 0 | 1 | 2.80 | 0.28 | 5.4 | 69 | 9 | 9.36 | 1.17 | 24.56 | 0.35 | 0.12 | *N/A* |
| CHOICE OF MILK | 1 Each | 350 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MILK, Skim, Chocolate | Each | 300 | 77 | 4 | 107 | 0.00 | 0.00 | 214.3 | 429 | 86 | 1.03 | 7.71 | 11.14 | 0.0 | 0.00 | 0.00 |
| MILK, 1% White 8oz | Each | 50 | 15 | 1 | 18 | 0.00 | 0.00 | 43.7 | 73 | 15 | 0.35 | 1.17 | 1.75 | 0.36 | 0.22 | 0.00 |
| CONDIMENT CHOICES | 1 Each | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND PC Sauce, Taco 9g PPI | Packet | 150 | 2 | 0 | 41 | 0.00 | 0.00 | 0.0 | 43 | 9 | 0.0 | 0.0 | 0.43 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 658 | 69 | 1112 | 9.20 | 3.63 | 351.1 | 3505 | 458 | 45.20 | 37.39 | 100.77 | 12.84 | 3.46 | *0.00 |
| % of Calories | | | | | | | | | | | 22.7% | 61.3% | 17.6% | 4.7% | *0.0% | |

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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Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values Elem Lunch

| | Portion Size | Plan Qty | 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) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 12/08/2011 | | | | | | | | | | | | | | | | |
| Elem Lunch | Total | 350 | | | | | | | | | | | | | | |
| FEATURE ENTREE | 1 EACH | 225 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COM_PIZZA, Pepperoni 3.2 x 5 | 1 Each | 225 | 232 | 24 | 369 | 2.56 | 1.86 | 322.1 | 275 | 51 | 2.56 | 13.31 | 28.49 | 7.93 | 3.95 | 0.00 |
| FRANK Turkey, 8-1 WH 2.0 | 1 Each | 100 | 83 | 14 | 282 | 0.55 | 0.83 | 48.5 | 86 | 17 | 0.0 | 3.25 | 7.28 | 4.35 | 1.36 | 0.00 |
| FEATURED SALAD ENTREE | 1 Each | 25 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SALAD Chix Brd Med AP WG 1.5 | 1 Each | 25 | 21 | 1 | 48 | 0.28 | 0.26 | 19.4 | 223 | 16 | 2.0 | 1.16 | 1.98 | 0.86 | 0.26 | *0.00 |
| SIDES | 1 EACH | 300 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COM_POTATO, Wedges 1/2c | 3ozw | 300 | 67 | 0 | 8 | 1.48 | 0.79 | 13.8 | 0 | 0 | 9.64 | 2.24 | 15.7 | 0.0 | 0.00 | 0.00 |
| FRUIT AND VEGETABLE CART | 1 EACH | 300 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CELERY, Fresh Sticks 1/2c AP | 1/2 Cup | 100 | 2 | 0 | 12 | 0.23 | 0.03 | 5.8 | 65 | 2 | 0.45 | 0.1 | 0.43 | 0.02 | 0.01 | 0.00 |
| ORANGE, Mandarin w/Juice 1/2c | 1/2 Cup | 200 | 30 | 0 | 9 | 1.19 | 0.21 | 23.8 | 298 | 60 | 7.15 | 0.0 | 7.75 | 0.0 | 0.00 | 0.00 |
| APPLES, Fresh Sliced 1/2c | 1/2 Cup | 100 | 8 | 0 | 0 | 0.37 | 0.02 | 0.9 | 8 | 1 | 0.72 | 0.04 | 2.15 | 0.03 | 0.00 | *N/A* |
| COOKIE, Chocolate Chip 1.0oz | Cookie | 350 | 130 | 5 | 95 | 1.00 | 0.72 | 0.0 | 100 | 20 | 0.0 | 1.0 | 17.0 | 6.0 | 3.00 | 0.00 |
| CHOICE OF MILK | 1 Each | 350 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MILK, Skim, Chocolate | Each | 300 | 77 | 4 | 107 | 0.00 | 0.00 | 214.3 | 429 | 86 | 1.03 | 7.71 | 11.14 | 0.0 | 0.00 | 0.00 |
| MILK, 1% White 8oz | Each | 50 | 15 | 1 | 18 | 0.00 | 0.00 | 43.7 | 73 | 15 | 0.35 | 1.17 | 1.75 | 0.36 | 0.22 | 0.00 |
| CONDIMENT CHOICES | 1 Each | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND PC Ketchup 9g Heinz | Packet | 300 | 9 | 0 | 73 | 0.11 | 0.02 | 1.2 | 36 | 14 | 0.51 | 0.08 | 2.24 | 0.02 | 0.00 | 0.00 |
| COND PC Mustard 6g Heinz | Packet | 50 | 1 | 0 | 11 | 0.03 | 0.01 | 0.4 | 0 | 0 | 0.0 | 0.02 | 0.07 | 0.03 | 0.00 | 0.00 |
| DRES Ranch, Lite 1oz Souffle | 1 ozv | 50 | 16 | 1 | 39 | 0.00 | 0.00 | 2.9 | 0 | 0 | 0.0 | 0.14 | 0.14 | 1.43 | 0.21 | 0.00 |
| Weighted Daily Average | | | 690 | 52 | 1070 | 7.81 | 4.75 | 696.8 | 1593 | 282 | 24.41 | 30.24 | 96.12 | 21.03 | 9.02 | *0.00 |
| % of Calories | | | | | | | | | | | | 17.5% | 55.7% | 27.4% | 11.8% | *0.0% |

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
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Elem Lunch

| | Portion Size | Plan Qty | 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) | Tr-Fat ¹ (g) |
|------------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 12/09/2011 | | | | | | | | | | | | | | | | |
| Elem Lunch | Total | 350 | | | | | | | | | | | | | | |
| FEATURE ENTREE | 1 EACH | 150 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| TACO Beef Hard Shell 1 Taco | 1 Each | 150 | 68 | 14 | 42 | 0.25 | 0.60 | 28.8 | 39 | 10 | 0.0 | 4.47 | 3.11 | 3.87 | 1.79 | *0.13 |
| BEANS, Refried AP 1/2c | 1/2 cup | 150 | 63 | 0 | 188 | 4.03 | 0.81 | 17.9 | 0 | 0 | 1.07 | 3.58 | 10.3 | 0.9 | 0.00 | 0.00 |
| CHIX Patty, Plain WH 2.0 | 1 Each | 180 | 175 | 23 | 321 | 1.00 | 1.86 | 56.5 | 51 | 10 | 0.0 | 10.49 | 18.24 | 6.8 | 1.42 | 0.00 |
| FEATURED DELI ENTREE | 1 Each | 20 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SDW BD, Tuna Salad WH 1.5 | sandwich | 20 | 12 | 1 | 29 | 0.11 | 0.13 | 4.1 | 0 | 0 | 0.02 | 0.88 | 1.42 | 0.3 | 0.05 | *0.00 |
| SIDES | 1 EACH | 300 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CORN, Frozen 1/2c | 1/2 Cup | 300 | 57 | 0 | 1 | 1.68 | 0.33 | 2.1 | 140 | 15 | 2.46 | 1.79 | 13.54 | 0.47 | 0.07 | *N/A* |
| FRUIT AND VEGETABLE CART | 1 EACH | 300 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CARROTS, Fresh Baby 1/2c | 1/2 Cup | 300 | 23 | 0 | 51 | 1.88 | 0.58 | 20.7 | 8936 | 973 | 1.68 | 0.41 | 5.34 | 0.08 | 0.01 | *N/A* |
| TOMATO, Fresh Cherry 1/2c | 1/2 Cup | 100 | 4 | 0 | 1 | 0.26 | 0.06 | 2.2 | 180 | 36 | 2.74 | 0.19 | 0.85 | 0.04 | 0.01 | 0.00 |
| COM_FRUIT MIX, w/Lt Syr 1/2c | 1/2 cup | 150 | 19 | 0 | 2 | 0.42 | 0.10 | 1.7 | 3 | 69 | 1.08 | 0.14 | 4.96 | 0.03 | 0.00 | 0.00 |
| CANTALOUPE, Fresh 1/2c | 1/2 cup | 200 | 53 | 0 | 25 | 1.41 | 0.33 | 14.1 | 5282 | 503 | 57.31 | 1.31 | 12.74 | 0.3 | 0.08 | *N/A* |
| CHOICE OF MILK | 1 Each | 350 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MILK, Skim, Chocolate | Each | 300 | 77 | 4 | 107 | 0.00 | 0.00 | 214.3 | 429 | 86 | 1.03 | 7.71 | 11.14 | 0.0 | 0.00 | 0.00 |
| MILK, 1% White 8oz | Each | 50 | 15 | 1 | 18 | 0.00 | 0.00 | 43.7 | 73 | 15 | 0.35 | 1.17 | 1.75 | 0.36 | 0.22 | 0.00 |
| CONDIMENT CHOICES | 1 Each | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND PC Ketchup 9g Heinz | Packet | 60 | 2 | 0 | 15 | 0.02 | 0.00 | 0.2 | 7 | 3 | 0.1 | 0.02 | 0.45 | 0.0 | 0.00 | 0.00 |
| COND PC Mayonnaise 12g Heinz | packet | 150 | 33 | 2 | 29 | 0.00 | 0.01 | 0.4 | 3 | 1 | 0.02 | 0.05 | 0.08 | 3.7 | 0.56 | 0.06 |
| COND PC Sauce, Taco 9g PPI | Packet | 150 | 2 | 0 | 41 | 0.00 | 0.00 | 0.0 | 43 | 9 | 0.0 | 0.0 | 0.43 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 602 | 46 | 868 | 11.05 | 4.80 | 406.7 | 15185 | 1728 | 67.88 | 32.21 | 84.35 | 16.86 | 4.22 | *0.19 |
| % of Calories | | | | | | | | | | | | 21.4% | 56.1% | 25.2% | 6.3% | *0.3% |

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

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|-------------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 12/12/2011 | | | | | | | | | | | | | | | | |
| Elem Lunch | Total | 350 | | | | | | | | | | | | | | |
| FEATURE ENTREE | 1 EACH | 150 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CHIX Thigh BBQ SC B 2.0 | 1 Each | 150 | 69 | 24 | 89 | 0.38 | 0.00 | 0.0 | 28 | 6 | 0.0 | 4.18 | 1.7 | 4.73 | 1.39 | *0.00 |
| BEANS, BBQ 1/2c | 1/2 Cup | 150 | 83 | 0 | 60 | 4.34 | 0.96 | 14.6 | 3 | 0 | 0.61 | 4.11 | 16.34 | 0.26 | 0.07 | *0.00 |
| CORN DOG, Chix AP WG 2.0 | 4 oz corn d | 150 | 103 | 9 | 253 | 2.14 | 1.16 | 64.3 | 0 | 0 | 0.0 | 3.86 | 14.14 | 3.43 | 0.86 | 0.00 |
| FEATURED DELI ENTREE | 1 Each | 50 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SUB HD, Italian WH 2.0 | sandwich | 50 | 49 | 7 | 248 | 0.28 | 0.37 | 28.1 | 18 | 5 | 0.0 | 3.0 | 4.04 | 2.38 | 1.00 | *0.00 |
| DELI: Garnish Veg SS W 0 | 1 Each | 50 | 1 | 0 | 0 | 0.07 | 0.02 | 0.8 | 170 | 6 | 0.46 | 0.05 | 0.17 | 0.01 | 0.00 | *N/A* |
| SIDES | 1 EACH | 400 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| POTATO, FF 1/4" Gen7 1/2c | 1/2 Cup | 400 | 102 | 0 | 113 | 1.70 | 0.20 | 0.0 | 0 | 0 | 3.39 | 1.13 | 14.71 | 4.52 | 0.28 | 0.00 |
| FRUIT AND VEGETABLE CART | 1 EACH | 750 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CARROTS, Fresh Baby 1/2c | 1/2 Cup | 200 | 15 | 0 | 34 | 1.25 | 0.38 | 13.8 | 5957 | 648 | 1.12 | 0.28 | 3.56 | 0.06 | 0.01 | *N/A* |
| CELERY, Fresh Sticks 1/2c | 1/2 Cup | 50 | 1 | 0 | 6 | 0.12 | 0.01 | 2.9 | 33 | 1 | 0.23 | 0.05 | 0.22 | 0.01 | 0.00 | *N/A* |
| COM_PEACHES, Diced w/syrup1/2 | 1/2 Cup | 200 | 29 | 0 | 3 | 0.68 | 0.19 | 1.7 | 10 | 188 | 1.27 | 0.24 | 7.73 | 0.02 | 0.00 | 0.00 |
| GRAPES, Fresh 1/2c | 1/2 cup | 200 | 29 | 0 | 1 | 0.39 | 0.13 | 6.0 | 43 | 4 | 1.73 | 0.27 | 7.4 | 0.15 | 0.05 | *N/A* |
| CHOICE OF MILK | 1 Each | 350 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MILK, Skim, Chocolate | 1 Each | 300 | 77 | 4 | 107 | 0.00 | 0.00 | 214.3 | 429 | 86 | 1.03 | 7.71 | 11.14 | 0.0 | 0.00 | 0.00 |
| MILK, 1% White 8oz | Each | 50 | 15 | 1 | 18 | 0.00 | 0.00 | 43.7 | 73 | 15 | 0.35 | 1.17 | 1.75 | 0.36 | 0.22 | 0.00 |
| CONDIMENT CHOICES | 1 Each | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND PC Ketchup 9g Heinz | Packet | 450 | 14 | 0 | 109 | 0.16 | 0.03 | 1.7 | 54 | 22 | 0.76 | 0.12 | 3.36 | 0.02 | 0.00 | 0.00 |
| COND PC Mustard 6g Heinz | Packet | 50 | 1 | 0 | 11 | 0.03 | 0.01 | 0.4 | 0 | 0 | 0.0 | 0.02 | 0.07 | 0.03 | 0.00 | 0.00 |
| COND PC Mayonnaise 12g Heinz | packet | 50 | 11 | 1 | 10 | 0.00 | 0.00 | 0.1 | 1 | 0 | 0.01 | 0.02 | 0.03 | 1.23 | 0.19 | 0.02 |
| Weighted Daily Average | | | 598 | 46 | 1061 | 11.53 | 3.48 | 392.6 | 6818 | 981 | 10.96 | 26.19 | 86.34 | 17.22 | 4.07 | *0.02 |
| % of Calories | | | | | | | | | | | | 17.5% | 57.8% | 25.9% | 6.1% | *0.0% |

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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Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values Elem Lunch

| | Portion Size | Plan Qty | 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) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 12/13/2011 | | | | | | | | | | | | | | | | |
| Elem Lunch | Total | 350 | | | | | | | | | | | | | | |
| FEATURE ENTREE | 1 EACH | 310 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| PP RAVIOLI, Beef AP | 6 Ravioli | 190 | 196 | 32 | 479 | 2.96 | 2.31 | 191.8 | 559 | 112 | 5.93 | 9.48 | 22.72 | 7.05 | 3.24 | 0.00 |
| BREADSTICK, Frz Garlic B | 1 Each | 190 | 76 | 2 | 175 | 0.70 | 1.00 | 32.9 | 21 | 4 | 0.01 | 3.65 | 12.77 | 0.93 | 0.41 | *0.00 |
| BURRITO BN/CHZ SM B 2.0 | 1 Each | 120 | 121 | 5 | 222 | 2.07 | 0.95 | 52.4 | 59 | 12 | 0.3 | 4.38 | 17.4 | 3.67 | 1.38 | *0.00 |
| FEATURED SALAD ENTREE | 1 Each | 40 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SALAD Chix Brd Ranch AP WG 2.0 | 1 serving | 40 | 44 | 6 | 92 | 0.27 | 0.23 | 31.9 | 261 | 22 | 2.13 | 1.97 | 1.21 | 3.31 | 1.10 | 0.00 |
| SIDES | 1 EACH | 250 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CARROTS, Sliced Frozen 1/2c | 1/2 Cup | 250 | 26 | 0 | 41 | 2.28 | 0.37 | 24.2 | 11712 | 1225 | 1.59 | 0.4 | 5.35 | 0.47 | 0.08 | *N/A* |
| FRUIT AND VEGETABLE CART | 1 EACH | 800 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| BROCCOLI, Fresh 1/2c | 1/2 cup | 100 | 3 | 0 | 3 | 0.24 | 0.07 | 4.3 | 57 | 14 | 8.13 | 0.26 | 0.61 | 0.03 | 0.00 | *N/A* |
| PEPPERS BELL, Green 1/2c | 1/2 Cup | 100 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | *N/A* |
| COM_APPLESAUCE, Canned 1/2c | 1/2 cup | 350 | 54 | 0 | 2 | 1.57 | 0.37 | 4.2 | 37 | 1 | 1.57 | 0.22 | 14.4 | 0.06 | 0.01 | 0.00 |
| BANANA, Fresh Whole 1/2c | 1/2 cup | 250 | 68 | 0 | 1 | 2.00 | 0.20 | 3.8 | 49 | 6 | 6.68 | 0.84 | 17.54 | 0.25 | 0.09 | *N/A* |
| CHOICE OF MILK | 1 Each | 350 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MILK, Skim, Chocolate | Each | 300 | 77 | 4 | 107 | 0.00 | 0.00 | 214.3 | 429 | 86 | 1.03 | 7.71 | 11.14 | 0.0 | 0.00 | 0.00 |
| MILK, 1% White 8oz | Each | 50 | 15 | 1 | 18 | 0.00 | 0.00 | 43.7 | 73 | 15 | 0.35 | 1.17 | 1.75 | 0.36 | 0.22 | 0.00 |
| CONDIMENT CHOICES | 1 Each | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| DRES_Ranch, Lite 1oz Souffle | 1 ozv | 40 | 13 | 1 | 31 | 0.00 | 0.00 | 2.3 | 0 | 0 | 0.0 | 0.11 | 0.11 | 1.14 | 0.17 | 0.00 |
| COND_PC Sauce, Taco 9g PPI | Packet | 100 | 1 | 0 | 27 | 0.00 | 0.00 | 0.0 | 29 | 6 | 0.0 | 0.0 | 0.29 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 694 | 52 | 1197 | 12.08 | 5.50 | 605.9 | 13284 | 1501 | 27.72 | 30.19 | 105.29 | 17.29 | 6.70 | *0.00 |
| % of Calories | | | | | | | | | | | | 17.4% | 60.7% | 22.4% | 8.7% | *0.0% |

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Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values
Elem Lunch

| | Portion Size | Plan Qty | 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) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 12/14/2011 | | | | | | | | | | | | | | | | |
| Elem Lunch | Total | 350 | | | | | | | | | | | | | | |
| FEATURE ENTREE | 1 EACH | 175 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COM_PIZZA, Cheese 3.2 x 5 | 1 Each | 175 | 176 | 18 | 264 | 1.93 | 1.46 | 261.6 | 221 | 40 | 2.0 | 10.27 | 22.08 | 5.9 | 2.97 | 0.00 |
| RIBLET, Pork BBQ SS WH 2.0 | 1 Each | 75 | 39 | 0 | 137 | 0.87 | 0.39 | 19.2 | 0 | 0 | 0.0 | 0.94 | 7.07 | 0.69 | 0.16 | 0.00 |
| FEATURED DELI ENTREE | 1 Each | 100 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| WRAP, All-American | 1 Each | 100 | 143 | 23 | 475 | 0.88 | 0.58 | 58.1 | 855 | 171 | 3.05 | 7.41 | 10.82 | 7.83 | 2.43 | 0.00 |
| SIDES | 1 EACH | 150 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| LETTUCE, Toss-Up SC 1c | 1 Cup | 150 | 7 | 0 | 6 | 0.53 | 0.17 | 8.0 | 1929 | 185 | 3.18 | 0.3 | 1.48 | 0.07 | 0.01 | *0.00 |
| FRUIT AND VEGETABLE CART | 1 EACH | 750 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CUCUMBER, Fresh 1/2c | 1/2 Cup | 200 | 7 | 0 | 1 | 0.25 | 0.14 | 7.9 | 52 | 10 | 1.38 | 0.32 | 1.78 | 0.05 | 0.02 | *N/A* |
| CARROTS, Fresh Baby 1/2c | 1/2 Cup | 300 | 23 | 0 | 51 | 1.88 | 0.58 | 20.7 | 8936 | 973 | 1.68 | 0.41 | 5.34 | 0.08 | 0.01 | *N/A* |
| PINEAPPLE, Chunks w/Juice 1/2c | 1/2 cup | 200 | 35 | 0 | 5 | 0.50 | 0.36 | 9.9 | 50 | 10 | 4.47 | 0.5 | 8.44 | 0.0 | 0.00 | 0.00 |
| HONEYDEW, Melon Fresh 1/2c | 1/2 cup | 200 | 9 | 0 | 4 | 0.20 | 0.04 | 1.5 | 12 | 1 | 4.42 | 0.13 | 2.23 | 0.03 | 0.01 | *N/A* |
| CHOICE OF MILK | 1 Each | 350 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MILK, Skim, Chocolate | Each | 300 | 77 | 4 | 107 | 0.00 | 0.00 | 214.3 | 429 | 86 | 1.03 | 7.71 | 11.14 | 0.0 | 0.00 | 0.00 |
| MILK, 1% White 8oz | Each | 50 | 15 | 1 | 18 | 0.00 | 0.00 | 43.7 | 73 | 15 | 0.35 | 1.17 | 1.75 | 0.36 | 0.22 | 0.00 |
| CONDIMENT CHOICES | 1 Each | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND-BBQ Sauce 1oz. Souffle | 1 ozv | 100 | 12 | 0 | 112 | 0.61 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 2.72 | 0.0 | 0.00 | 0.00 |
| COND PC Mayonnaise 12g Heinz | packet | 100 | 22 | 1 | 19 | 0.00 | 0.01 | 0.3 | 2 | 0 | 0.02 | 0.03 | 0.06 | 2.47 | 0.37 | 0.04 |
| DRES Ranch, Lite 1oz Souffle | 1 ozv | 300 | 94 | 9 | 231 | 0.00 | 0.00 | 17.1 | 0 | 0 | 0.0 | 0.86 | 0.86 | 8.57 | 1.29 | 0.00 |
| Weighted Daily Average | | | 659 | 56 | 1430 | 7.63 | 3.71 | 662.4 | 12557 | 1490 | 21.57 | 30.06 | 75.77 | 26.07 | 7.49 | *0.04 |
| % of Calories | | | | | | | | | | | | 18.2% | 46.0% | 35.6% | 10.2% | *0.1% |

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values
Elem Lunch

| | Portion Size | Plan Qty | 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) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 12/15/2011 | | | | | | | | | | | | | | | | |
| Elem Lunch | Total | 350 | | | | | | | | | | | | | | |
| FEATURE ENTREE | 1 EACH | 150 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| BREADSTICK, Frz B | 2 Each | 150 | 102 | 0 | 212 | 0.85 | 1.22 | 0.0 | 0 | 0 | 0.0 | 4.24 | 19.5 | 0.42 | 0.00 | 0.00 |
| SAUCE, Tom AP Beef SC 2.0 | 3/4 Cup | 150 | 87 | 22 | 282 | 1.00 | 1.25 | 15.3 | 150 | 30 | 3.0 | 7.74 | 5.0 | 3.72 | 1.41 | 0.26 |
| BEEF Burg CHZAM AP WG 2.5 | 1 Each | 160 | 139 | 23 | 403 | 1.80 | 1.74 | 75.3 | 115 | 23 | 0.0 | 10.71 | 11.55 | 5.77 | 2.40 | *0.00 |
| GRILL, Sandwich Veg SS W | 1 Each | 100 | 3 | 0 | 1 | 0.36 | 0.17 | 5.6 | 1483 | 44 | 0.68 | 0.21 | 0.56 | 0.05 | 0.01 | *N/A* |
| FEATURED SALAD ENTREE | 1 Each | 40 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SALAD Chix Brd Cesar SC WG 2.0 | 1 serving | 40 | 34 | 3 | 103 | 0.26 | 0.26 | 44.3 | 413 | 17 | 0.18 | 2.25 | 2.27 | 1.87 | 0.68 | *0.00 |
| SIDES | 1 EACH | 300 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COM_POTATO, Tater Tots | 10 each | 300 | 144 | 0 | 229 | 2.14 | 0.34 | 0.0 | 0 | 0 | 1.14 | 2.14 | 19.29 | 6.43 | 2.14 | 2.14 |
| FRUIT AND VEGETABLE CART | 1 EACH | 750 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CELERY, Fresh Sticks 1/2c AP | 1/2 Cup | 150 | 3 | 0 | 17 | 0.35 | 0.04 | 8.7 | 97 | 3 | 0.67 | 0.15 | 0.64 | 0.04 | 0.01 | 0.00 |
| SPINACH, Fresh 1/2c | 1/2 cup | 180 | 4 | 0 | 12 | 0.35 | 0.43 | 15.6 | 1481 | 106 | 4.44 | 0.45 | 0.57 | 0.06 | 0.01 | *N/A* |
| ORANGE, Mandarin w/Juice 1/2c | 1/2 Cup | 220 | 33 | 0 | 10 | 1.31 | 0.24 | 26.2 | 328 | 66 | 7.87 | 0.0 | 8.53 | 0.0 | 0.00 | 0.00 |
| APPLES, Fresh Sliced 1/2c | 1/2 Cup | 200 | 16 | 0 | 0 | 0.75 | 0.04 | 1.9 | 17 | 2 | 1.43 | 0.08 | 4.3 | 0.05 | 0.01 | *N/A* |
| CHOICE OF MILK | 1 Each | 350 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MILK, Skim, Chocolate | Each | 300 | 77 | 4 | 107 | 0.00 | 0.00 | 214.3 | 429 | 86 | 1.03 | 7.71 | 11.14 | 0.0 | 0.00 | 0.00 |
| MILK, 1% White 8oz | Each | 50 | 15 | 1 | 18 | 0.00 | 0.00 | 43.7 | 73 | 15 | 0.35 | 1.17 | 1.75 | 0.36 | 0.22 | 0.00 |
| CONDIMENT CHOICES | 1 Each | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND PC Ketchup 9g Heinz | Packet | 500 | 16 | 0 | 121 | 0.18 | 0.04 | 1.9 | 60 | 24 | 0.84 | 0.14 | 3.73 | 0.03 | 0.00 | 0.00 |
| COND PC Mustard 6g Heinz | Packet | 50 | 1 | 0 | 11 | 0.03 | 0.01 | 0.4 | 0 | 0 | 0.0 | 0.02 | 0.07 | 0.03 | 0.00 | 0.00 |
| DRES_Ranch, Lite 1oz Souffle | 1 ozv | 40 | 13 | 1 | 31 | 0.00 | 0.00 | 2.3 | 0 | 0 | 0.0 | 0.11 | 0.11 | 1.14 | 0.17 | 0.00 |
| DRES_Caesar, 1oz Souffle | 1 ozv | 40 | 17 | 0 | 34 | 0.00 | 0.00 | 2.3 | 11 | 2 | 0.0 | 0.11 | 0.11 | 1.83 | 0.29 | 0.00 |
| Weighted Daily Average | | | 703 | 55 | 1592 | 9.38 | 5.77 | 457.9 | 4657 | 417 | 21.63 | 37.24 | 89.12 | 21.80 | 7.35 | *2.40 |
| % of Calories | | | | | | | | | | | | 21.2% | 50.7% | 27.9% | 9.4% | *3.1% |

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Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values
Elem Lunch

| | Portion Size | Plan Qty | 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) | Tr-Fat ¹ (g) |
|------------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 12/16/2011 | | | | | | | | | | | | | | | | |
| Elem Lunch | Total | 350 | | | | | | | | | | | | | | |
| FEATURE ENTREE | 1 EACH | 310 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| STEW Chili Beefy SC W 2.0 | 6ozv | 190 | 102 | 28 | 181 | 1.53 | 1.23 | 22.6 | 186 | 35 | 8.14 | 9.62 | 4.4 | 4.85 | 1.81 | *0.33 |
| BISCUIT, AP BTMK GOLD 2.25oz | 1 Each | 190 | 124 | 0 | 417 | 0.54 | 0.78 | 10.8 | 0 | 0 | 0.0 | 2.71 | 16.77 | 4.87 | 1.35 | 1.89 |
| Hot Ham & Cheese Sub | 1 Each | 130 | 96 | 18 | 354 | 0.00 | 0.76 | 59.0 | 74 | 15 | 0.51 | 5.99 | 10.5 | 3.47 | 1.24 | 0.00 |
| FEATURED DELI ENTREE | 1 Each | 30 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| PITA PK, Turkey w/PV WG 1.25 | 1 Each | 30 | 15 | 1 | 46 | 0.09 | 0.11 | 11.8 | 11 | 3 | 0.0 | 0.87 | 1.57 | 0.47 | 0.23 | *0.00 |
| DELI: Garnish Veg SS W 0 | 1 Each | 30 | 0 | 0 | 0 | 0.04 | 0.01 | 0.5 | 102 | 4 | 0.28 | 0.03 | 0.1 | 0.01 | 0.00 | *N/A* |
| SIDES | 1 EACH | 250 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CORN, Frozen 1/2c | 1/2 Cup | 200 | 38 | 0 | 0 | 1.12 | 0.22 | 1.4 | 93 | 10 | 1.64 | 1.19 | 9.03 | 0.31 | 0.05 | *N/A* |
| FRUIT AND VEGETABLE CART | 1 EACH | 750 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CARROTS, Fresh Baby 1/2c | 1/2 Cup | 150 | 11 | 0 | 25 | 0.94 | 0.29 | 10.4 | 4468 | 486 | 0.84 | 0.21 | 2.67 | 0.04 | 0.01 | *N/A* |
| TOMATO, Fresh Cherry 1/2c | 1/2 Cup | 100 | 4 | 0 | 1 | 0.26 | 0.06 | 2.2 | 180 | 36 | 2.74 | 0.19 | 0.85 | 0.04 | 0.01 | 0.00 |
| COM_FRUIT MIX, w/Lt Syr 1/2c | 1/2 cup | 100 | 13 | 0 | 1 | 0.28 | 0.07 | 1.1 | 2 | 46 | 0.72 | 0.09 | 3.3 | 0.02 | 0.00 | 0.00 |
| CANTALOUPE, Fresh 1/2c | 1/2 cup | 200 | 53 | 0 | 25 | 1.41 | 0.33 | 14.1 | 5282 | 503 | 57.31 | 1.31 | 12.74 | 0.3 | 0.08 | *N/A* |
| PUDDING, Chocolate | 1/2 Cup | 300 | 115 | 0 | 168 | 0.00 | 0.00 | 17.7 | 0 | 0 | 0.0 | 0.89 | 19.49 | 4.43 | 0.44 | 1.33 |
| CHOICE OF MILK | 1 Each | 350 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MILK, Skim, Chocolate | Each | 300 | 77 | 4 | 107 | 0.00 | 0.00 | 214.3 | 429 | 86 | 1.03 | 7.71 | 11.14 | 0.0 | 0.00 | 0.00 |
| MILK, 1% White 8oz | Each | 50 | 15 | 1 | 18 | 0.00 | 0.00 | 43.7 | 73 | 15 | 0.35 | 1.17 | 1.75 | 0.36 | 0.22 | 0.00 |
| CONDIMENT CHOICES | 1 Each | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND PC Mustard 6g Heinz | Packet | 40 | 0 | 0 | 9 | 0.02 | 0.01 | 0.3 | 0 | 0 | 0.0 | 0.02 | 0.05 | 0.02 | 0.00 | 0.00 |
| COND PC Mayonnaise 12g Heinz | packet | 40 | 9 | 0 | 8 | 0.00 | 0.00 | 0.1 | 1 | 0 | 0.01 | 0.01 | 0.02 | 0.99 | 0.15 | 0.01 |
| Weighted Daily Average | | | 672 | 53 | 1362 | 6.23 | 3.87 | 410.0 | 10900 | 1238 | 73.57 | 32.01 | 94.39 | 20.19 | 5.59 | *3.57 |
| % of Calories | | | | | | | | | | | | 19.0% | 56.1% | 27.0% | 7.5% | *4.8% |

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values
Elem Lunch

| | Portion Size | Plan Qty | 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) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 12/19/2011 | | | | | | | | | | | | | | | | |
| Elem Lunch | Total | 400 | | | | | | | | | | | | | | |
| FEATURE ENTREE | 1 EACH | 360 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Beefy Gravy w/Mashed Potatoes | 1 Cup | 120 | 74 | 15 | 149 | 0.55 | 0.54 | 4.4 | 0 | 0 | 2.07 | 5.38 | 5.79 | 3.02 | 1.00 | *0.18 |
| ROLL, DINNER AP WH | 1 each | 120 | 23 | 0 | 41 | 0.32 | 0.30 | 15.0 | 0 | 0 | 0.0 | 0.73 | 3.91 | 0.54 | 0.13 | *N/A* |
| CHIX Nugget, Savory (5) B 2.0 | 5 Each | 240 | 120 | 27 | 264 | 0.00 | 1.08 | 12.0 | 60 | 12 | 0.0 | 9.6 | 6.6 | 6.0 | 1.20 | 0.00 |
| FEATURED DELI ENTREE | 1 Each | 40 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SUB HD, Ham w/AM WG 1.5 | 1 Each | 40 | 24 | 3 | 94 | 0.19 | 0.23 | 14.5 | 15 | 3 | 0.0 | 1.5 | 2.4 | 0.99 | 0.40 | 0.00 |
| DELI: Garnish Veg SS W 0 | 1 Each | 40 | 1 | 0 | 0 | 0.05 | 0.02 | 0.6 | 119 | 4 | 0.32 | 0.03 | 0.12 | 0.01 | 0.00 | *N/A* |
| SIDES | 1 EACH | 400 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| POTATO, Mashed 1/2c | 1/2 cup | 400 | 78 | 0 | 345 | 1.73 | 0.00 | 0.0 | 0 | 0 | 3.11 | 1.73 | 15.53 | 0.86 | 0.00 | 0.00 |
| GRAVY, Brown Low Sodium | 2 oz | 400 | 202 | 0 | 1148 | 0.00 | 0.00 | 13.9 | 0 | 0 | 0.0 | 8.1 | 40.5 | 4.05 | 0.00 | *0.00 |
| FRUIT AND VEGETABLE CART | 1 EACH | 800 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CARROTS, Fresh Baby 1/2c | 1/2 Cup | 200 | 13 | 0 | 29 | 1.10 | 0.34 | 12.1 | 5213 | 567 | 0.98 | 0.24 | 3.11 | 0.05 | 0.01 | *N/A* |
| CELERY, Fresh Sticks 1/2c AP | 1/2 Cup | 100 | 2 | 0 | 10 | 0.20 | 0.03 | 5.0 | 57 | 2 | 0.39 | 0.09 | 0.37 | 0.02 | 0.01 | 0.00 |
| COM_PEACHES, Diced w/syrup1/2 | 1/2 Cup | 300 | 38 | 0 | 3 | 0.89 | 0.25 | 2.2 | 13 | 247 | 1.67 | 0.31 | 10.14 | 0.02 | 0.00 | 0.00 |
| ORANGES, Slices 113ct 1/2c | 1/2 Cup | 200 | 21 | 0 | 0 | 1.08 | 0.04 | 18.0 | 101 | 20 | 23.93 | 0.42 | 5.29 | 0.05 | 0.01 | 0.00 |
| CHOICE OF MILK | 1 Each | 400 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MILK, Skim, Chocolate | Each | 350 | 79 | 4 | 109 | 0.00 | 0.00 | 218.7 | 438 | 87 | 1.05 | 7.87 | 11.37 | 0.0 | 0.00 | 0.00 |
| MILK, 1% White 8oz | Each | 50 | 13 | 1 | 16 | 0.00 | 0.00 | 38.3 | 64 | 13 | 0.31 | 1.02 | 1.53 | 0.32 | 0.19 | 0.00 |
| CONDIMENT CHOICES | 1 Each | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND PC Ketchup 9g Heinz | Packet | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND PC Mustard 6g Heinz | Packet | 40 | 0 | 0 | 7 | 0.02 | 0.01 | 0.3 | 0 | 0 | 0.0 | 0.02 | 0.05 | 0.02 | 0.00 | 0.00 |
| COND-BBQ Sauce 1oz. Souffle | 1 ozv | 100 | 11 | 0 | 98 | 0.53 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 2.38 | 0.0 | 0.00 | 0.00 |
| COND PC Mayonnaise 12g Heinz | packet | 40 | 8 | 0 | 7 | 0.00 | 0.00 | 0.1 | 1 | 0 | 0.01 | 0.01 | 0.02 | 0.86 | 0.13 | 0.01 |
| DRES_Italian, FF 1oz Souffle | 1 ozv | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| DRES_Ranch, Lite 1oz Souffle | 1 ozv | 100 | 28 | 2 | 68 | 0.00 | 0.00 | 5.0 | 0 | 0 | 0.0 | 0.25 | 0.25 | 2.5 | 0.38 | 0.00 |
| COND-Sweet & Sour Sauce 1oz. S | 1 ozv | 100 | 11 | 0 | 80 | 0.00 | 0.00 | 0.9 | 1 | 0 | 0.14 | 0.14 | 2.83 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 746 | 54 | 2469 | 6.66 | 2.84 | 360.9 | 6081 | 956 | 33.97 | 37.45 | 112.21 | 19.32 | 3.45 | *0.20 |
| % of Calories | | | | | | | | | | | | 20.1% | 60.2% | 23.3% | 4.2% | *0.2% |

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Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values Elem Lunch

| | Portion Size | Plan Qty | 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) | Tr-Fat ¹ (g) |
|------------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 12/20/2011 | | | | | | | | | | | | | | | | |
| Elem Lunch | Total | 400 | | | | | | | | | | | | | | |
| FEATURE ENTREE | 1 EACH | 200 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| PP MAC & CHZ 3/4 Cup | .75 cup | 200 | 154 | 5 | 357 | 1.18 | 0.84 | 70.5 | 0 | 0 | 0.0 | 5.82 | 25.3 | 3.11 | 1.62 | *0.00 |
| BURRITO BN/CHZ SM B 2.0 | 1 Each | 160 | 141 | 6 | 259 | 2.41 | 1.11 | 61.2 | 69 | 13 | 0.35 | 5.11 | 20.29 | 4.28 | 1.61 | *0.00 |
| FEATURED SALAD ENTREE | 1 Each | 40 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SALAD Cobb Elementary | 1 Each | 40 | 14 | 5 | 61 | 0.13 | 0.20 | 15.5 | 315 | 24 | 2.87 | 1.42 | 0.4 | 0.75 | 0.38 | 0.00 |
| SIDES | 1 EACH | 250 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| BEANS, Green Frozen 1/2c | 1/2 Cup | 250 | 12 | 0 | 0 | 1.33 | 0.29 | 18.6 | 246 | 18 | 1.81 | 0.66 | 2.85 | 0.08 | 0.02 | *N/A* |
| FRUIT AND VEGETABLE CART | 1 EACH | 100 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| BROCCOLI, Fresh 1/2c | 1/2 cup | 200 | 5 | 0 | 5 | 0.41 | 0.12 | 7.5 | 99 | 25 | 14.22 | 0.45 | 1.06 | 0.06 | 0.01 | *N/A* |
| PEPPERS BELL, Green 1/2c | 1/2 Cup | 100 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | *N/A* |
| COM_APPLESAUCE, Canned 1/2c | 1/2 cup | 350 | 48 | 0 | 2 | 1.37 | 0.32 | 3.7 | 32 | 1 | 1.37 | 0.19 | 12.6 | 0.05 | 0.01 | 0.00 |
| BANANA, Fresh Whole 1/2c | 1/2 cup | 300 | 72 | 0 | 1 | 2.10 | 0.21 | 4.0 | 52 | 6 | 7.02 | 0.88 | 18.42 | 0.27 | 0.09 | *N/A* |
| CHOICE OF MILK | 1 Each | 400 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MILK, Skim, Chocolate | Each | 350 | 79 | 4 | 109 | 0.00 | 0.00 | 218.7 | 438 | 87 | 1.05 | 7.87 | 11.37 | 0.0 | 0.00 | 0.00 |
| MILK, 1% White 8oz | Each | 50 | 13 | 1 | 16 | 0.00 | 0.00 | 38.3 | 64 | 13 | 0.31 | 1.02 | 1.53 | 0.32 | 0.19 | 0.00 |
| CONDIMENT CHOICES | 1 Each | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| DRES_Italian, FF 1oz Souffle | 1 ozv | 10 | 0 | 0 | 6 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.04 | 0.0 | 0.00 | 0.00 |
| DRES_Ranch, Lite 1oz Souffle | 1 ozv | 40 | 11 | 1 | 27 | 0.00 | 0.00 | 2.0 | 0 | 0 | 0.0 | 0.1 | 0.1 | 1.0 | 0.15 | 0.00 |
| COND_PC Sauce, Taco 9g PPI | Packet | 100 | 1 | 0 | 24 | 0.00 | 0.00 | 0.0 | 25 | 5 | 0.0 | 0.0 | 0.25 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 551 | 22 | 867 | 8.94 | 3.09 | 439.9 | 1340 | 192 | 29.00 | 23.52 | 94.22 | 9.92 | 4.08 | *0.00 |
| % of Calories | | | | | | | | | | | | 17.1% | 68.4% | 16.2% | 6.7% | *0.0% |

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Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values
Elem Lunch

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Dec 2, 2011

| | Portion Size | Plan Qty | 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) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 12/21/2011 | | | | | | | | | | | | | | | | |
| Elem Lunch | Total | 400 | | | | | | | | | | | | | | |
| FEATURE ENTREE | 1 EACH | 200 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| NACHOS Chicken | 1 Each | 200 | 226 | 35 | 603 | 1.00 | 0.84 | 148.0 | 168 | 34 | 0.2 | 10.2 | 19.8 | 12.99 | 3.65 | 0.00 |
| BEANS, Refried AP 1/2c | 1/2 cup | 200 | 73 | 0 | 219 | 4.70 | 0.94 | 20.9 | 0 | 0 | 1.25 | 4.18 | 12.02 | 1.04 | 0.00 | 0.00 |
| BEEF Burg CHZAM AP WG 2.5 | 1 Each | 90 | 69 | 11 | 198 | 0.89 | 0.86 | 37.0 | 57 | 11 | 0.0 | 5.27 | 5.68 | 2.84 | 1.18 | *0.00 |
| FEATURED SALAD ENTREE | 1 Each | 110 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SALAD Chix Platter W/Fruit | 1 Each | 110 | 89 | 10 | 100 | 0.69 | 0.60 | 19.9 | 849 | 56 | 8.07 | 2.8 | 4.5 | 6.54 | 1.10 | *0.00 |
| SIDES | 1 EACH | 380 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COM_POTATO, Wedges 1/2c | 3ozw | 400 | 78 | 0 | 9 | 1.72 | 0.92 | 16.1 | 0 | 0 | 11.25 | 2.62 | 18.32 | 0.0 | 0.00 | 0.00 |
| FRUIT AND VEGETABLE CART | 1 EACH | 820 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CUCUMBER, Fresh 1/2c | 1/2 Cup | 200 | 6 | 0 | 1 | 0.22 | 0.12 | 6.9 | 45 | 9 | 1.2 | 0.28 | 1.56 | 0.05 | 0.02 | *N/A* |
| CARROTS, Fresh Baby 1/2c | 1/2 Cup | 300 | 20 | 0 | 44 | 1.64 | 0.50 | 18.1 | 7819 | 851 | 1.47 | 0.36 | 4.67 | 0.07 | 0.01 | *N/A* |
| COM_PEARs, Diced w/syrup 1/2c | 1/2 cup | 200 | 22 | 0 | 2 | 0.61 | 0.11 | 1.8 | 0 | 0 | 0.27 | 0.07 | 5.77 | 0.01 | 0.00 | 0.00 |
| HONEYDEW, Melon Fresh 1/2c | 1/2 cup | 100 | 4 | 0 | 2 | 0.09 | 0.02 | 0.6 | 5 | 0 | 1.93 | 0.06 | 0.98 | 0.02 | 0.00 | *N/A* |
| CHOICE OF MILK | 1 Each | 400 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MILK, Skim, Chocolate | Each | 350 | 79 | 4 | 109 | 0.00 | 0.00 | 218.7 | 438 | 87 | 1.05 | 7.87 | 11.37 | 0.0 | 0.00 | 0.00 |
| MILK, 1% White 8oz | Each | 50 | 13 | 1 | 16 | 0.00 | 0.00 | 38.3 | 64 | 13 | 0.31 | 1.02 | 1.53 | 0.32 | 0.19 | 0.00 |
| CONDIMENT CHOICES | 1 Each | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND PC Ketchup 9g Heinz | Packet | 500 | 14 | 0 | 106 | 0.16 | 0.03 | 1.7 | 53 | 21 | 0.74 | 0.12 | 3.27 | 0.02 | 0.00 | 0.00 |
| COND PC Mustard 6g Heinz | Packet | 50 | 1 | 0 | 9 | 0.03 | 0.01 | 0.3 | 0 | 0 | 0.0 | 0.02 | 0.06 | 0.02 | 0.00 | 0.00 |
| DRES Ranch, Lite 1oz Souffle | 1 ozv | 200 | 55 | 5 | 135 | 0.00 | 0.00 | 10.0 | 0 | 0 | 0.0 | 0.5 | 0.5 | 5.0 | 0.75 | 0.00 |
| Weighted Daily Average | | | 748 | 67 | 1554 | 11.73 | 4.94 | 538.4 | 9497 | 1083 | 27.75 | 35.38 | 90.03 | 28.93 | 6.91 | *0.00 |
| % of Calories | | | | | | | | | | | | 18.9% | 48.1% | 34.8% | 8.3% | *0.0% |

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¹ - denotes optional nutrient values

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Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values
Elem Lunch

| | Portion Size | Plan Qty | 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) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 12/22/2011 | | | | | | | | | | | | | | | | |
| Elem Lunch | Total | 400 | | | | | | | | | | | | | | |
| FEATURE ENTREE | 1 EACH | 360 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COM_PIZZA, Pepperoni 3.2 x 5 | 1 Each | 150 | 135 | 14 | 215 | 1.50 | 1.09 | 187.9 | 160 | 30 | 1.5 | 7.77 | 16.62 | 4.63 | 2.31 | 0.00 |
| FRANK Turkey, 8-1 WH 2.0 | 1 Each | 210 | 152 | 26 | 518 | 1.02 | 1.52 | 89.2 | 158 | 31 | 0.0 | 5.98 | 13.37 | 7.99 | 2.50 | 0.00 |
| FEATURED DELI ENTREE | 1 Each | 40 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| WRAP, Chix Buffalo SS WG 2.0 | 1 Each | 40 | 46 | 2 | 134 | 0.48 | 0.26 | 7.7 | 271 | 54 | 1.04 | 1.47 | 4.44 | 2.32 | 0.38 | 0.00 |
| SIDES | 1 EACH | 300 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| LETTUCE, Salad Romaine 1/2c | 1/2 Cup | 300 | 5 | 0 | 2 | 0.31 | 0.34 | 12.5 | 704 | 47 | 6.57 | 0.31 | 0.63 | 0.0 | 0.00 | 0.00 |
| DRES_Ranch, Lite, Gal | 1 TBSP | 300 | 41 | 4 | 101 | 0.00 | 0.00 | 7.5 | 0 | 0 | 0.0 | 0.37 | 0.37 | 3.75 | 0.56 | 0.00 |
| FRUIT AND VEGETABLE CART | 1 EACH | 950 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CELERY, Fresh Sticks 1/2c AP | 1/2 Cup | 200 | 4 | 0 | 20 | 0.40 | 0.05 | 10.1 | 113 | 3 | 0.78 | 0.17 | 0.75 | 0.04 | 0.01 | 0.00 |
| SPINACH, Fresh 1/2c | 1/2 cup | 250 | 4 | 0 | 15 | 0.42 | 0.52 | 19.0 | 1800 | 129 | 5.39 | 0.55 | 0.7 | 0.07 | 0.01 | *N/A* |
| ORANGE, Mandarin w/Juice 1/2c | 1/2 Cup | 200 | 26 | 0 | 8 | 1.04 | 0.19 | 20.9 | 261 | 52 | 6.26 | 0.0 | 6.78 | 0.0 | 0.00 | 0.00 |
| CANTALOUPE, Fresh 1/2c | 1/2 Cup | 250 | 58 | 0 | 27 | 1.54 | 0.36 | 15.4 | 5777 | 550 | 62.69 | 1.43 | 13.94 | 0.32 | 0.09 | *N/A* |
| PUDDING, Chocolate | 1/2 Cup | 300 | 101 | 0 | 147 | 0.00 | 0.00 | 15.5 | 0 | 0 | 0.0 | 0.77 | 17.05 | 3.88 | 0.39 | 1.16 |
| CHOICE OF MILK | 1 Each | 400 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MILK, Skim, Chocolate | Each | 350 | 79 | 4 | 109 | 0.00 | 0.00 | 218.7 | 438 | 87 | 1.05 | 7.87 | 11.37 | 0.0 | 0.00 | 0.00 |
| MILK, 1% White 8oz | Each | 50 | 13 | 1 | 16 | 0.00 | 0.00 | 38.3 | 64 | 13 | 0.31 | 1.02 | 1.53 | 0.32 | 0.19 | 0.00 |
| CONDIMENT CHOICES | 1 Each | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| COND PC Ketchup 9g Heinz | Packet | 200 | 6 | 0 | 42 | 0.06 | 0.01 | 0.7 | 21 | 8 | 0.3 | 0.05 | 1.31 | 0.01 | 0.00 | 0.00 |
| COND PC Mustard 6g Heinz | Packet | 100 | 1 | 0 | 19 | 0.05 | 0.02 | 0.7 | 1 | 0 | 0.0 | 0.04 | 0.12 | 0.05 | 0.00 | 0.00 |
| DRES_Ranch, Lite 1oz Souffle | 1 ozv | 20 | 6 | 0 | 14 | 0.00 | 0.00 | 1.0 | 0 | 0 | 0.0 | 0.05 | 0.05 | 0.5 | 0.08 | 0.00 |
| Weighted Daily Average | | | 676 | 52 | 1388 | 6.83 | 4.35 | 645.0 | 9766 | 1006 | 85.88 | 27.87 | 89.03 | 23.88 | 6.51 | *1.16 |
| % of Calories | | | | | | | | | | | | 16.5% | 52.7% | 31.8% | 8.7% | *1.5% |
| Weighted Average | | | 664 | 52 | 1342 | 9.12 | 4.24 | 498.6 | 7873 | 951 | 38.99 | 31.65 | 92.19 | 19.68 | 5.82 | *0.75 |
| | | | | | | | | | | | | 19.1% | 55.6% | 26.7% | 7.9% | *1.0% |

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Carson City School District

Dec 5, 2011 thru Dec 22, 2011 Spreadsheet - Weighted Values
Elem Lunch

Dec 2, 2011

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| Nutrient | Menu AVG | Portion Size | Plan Qty | 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) | Tr-Fat ¹ (g) |
|-------------------|----------|--------------|----------|-------------|-------------|-----------|-------------------------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| | | % of Cals | Target | % of Target | Miss Data | Shortfall | Error Messages (if any) | | | | | | | | | | |
| Calories | 664 | | 664 | 100% | | | | | | | | | | | | | |
| Cholesterol (mg) | 52 | | 100 | 52% | | | | | | | | | | | | | |
| Sodium (mg) | 1342 | | | | | | | | | | | | | | | | |
| Fiber (g) | 9.12 | | 5.60 | 163% | | | | | | | | | | | | | |
| Iron (mg) | 4.24 | | 3.50 | 121% | | | | | | | | | | | | | |
| Calcium (mg) | 498.6 | | 286.00 | 174% | | | | | | | | | | | | | |
| Vitamin A (IU) | 7873 | | 1120 | 703% | | | | | | | | | | | | | |
| Vitamin A (RE) | 951 | | 224 | 425% | | | | | | | | | | | | | |
| Vitamin C (mg) | 38.99 | | 15.00 | 260% | | | | | | | | | | | | | |
| Protein (g) | 31.65 | 19.07% | 10.00 | 317% | | | | | | | | | | | | | |
| Carbohydrate (g) | 92.19 | 55.55% | | | | | | | | | | | | | | | |
| Total Fat (g) | 19.68 | 26.67% | <=30.00% | | | | | | | | | | | | | | |
| Saturated Fat (g) | 5.82 | 7.90% | <10.00% | | | | | | | | | | | | | | |
| Trans Fat (g) | 0.75 | 1.01% | | | | Missing | | | | | | | | | | | |

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