

# ES-Winter Nutrient Standard

Feb 6, 2012 thru Mar 9, 2012 Spreadsheet - Portion Values

Oct 21, 2012

Page 1

Ohio Department of Education

	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)	Tr-Fat <sup>1</sup> (g)
Mon - 02/06/2012															
Ohio Department of Education	Total														
Hamburger on W/G Bun	1 EACH	295	41	511	2.73	2.65	58.4	76	9	0.26	21.58	30.07	10.51	3.60	*0.00
PEARS, BLUSHING:ODE	1/2 CUP	76	0	9	2.00	0.35	6.0	0	0	0.89	0.8	19.6	0.04	0.00	0.00
Broccoli Florets, Garlic	1/2 CUP	44	0	28	3.14	0.57	32.8	1142	79	38.28	3.21	5.42	1.83	0.30	*0.00
LETTUCE & TOMATO:1 leaf,1 slice	1 lf,1 slc	6	0	3	0.42	0.12	4.7	242	17	3.16	0.31	1.22	0.06	0.01	*N/A*
ketchup, packets	2 each	20	0	210	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Baked Beans, Low Sodium USDA	.25 CUP	59	0	70	2.60	0.76	21.5	68	14	0.0	3.02	13.42	0.23	0.04	0.00
Weighted Daily Average		619	43	991	10.89	*4.44	*382.3	*2020	*217	*43.05	36.92	96.96	13.05	4.18	*0.00
% of Calories											23.9%	62.7%	19.0%	6.1%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	43%		218%										
Shortfall			57												

Tue - 02/07/2012															
Ohio Department of Education	Total														
Sweet&Sour Chickw/ Honey ES**	1 cup servings	204	18	644	1.35	1.48	22.7	4613	693	3.33	8.24	23.99	9.02	2.11	*0.01
PINEAPPLE CHUNKS:canned,Itsyr	.5 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
California Casserole, ODE***	3/4 cup	101	0	256	3.02	0.35	23.3	966	192	17.89	2.31	13.42	4.0	0.72	*0.00
Asian Brown Rice ODE	1/2 cup	172	0	144	1.41	0.70	12.2	0	0	0.0	3.8	36.02	1.19	0.24	*0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		660	20	1205	6.78	*3.02	*334.7	*6118	*985	*31.13	22.81	111.60	14.73	3.31	*0.01
% of Calories											13.8%	67.6%	20.1%	4.5%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		102%	20%		136%										
Shortfall		OVER	80												

Wed - 02/08/2012															
Ohio Department of Education	Total														
Breadstick, Cheese-Pepp ODE Co	2 Each	260	20	440	2.00	1.80	150.0	200	40	0.0	12.0	36.0	8.0	3.50	0.00
BANANA, Fresh	1 EACH	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
Spinach Strawberry Salad-ODE	1.5 Cup	85	0	62	3.39	2.50	87.7	7681	663	60.81	2.76	17.45	1.62	0.23	*0.00
Marinara Sauce, Ohio Processed	1/2 CUP	70	0	550	2.00	1.08	40.0	750	150	12.0	2.0	11.0	2.5	0.00	0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00

\*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

<sup>1</sup> - 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.

# ES-Winter Nutrient Standard

Feb 6, 2012 thru Mar 9, 2012 Spreadsheet - Portion Values

Oct 21, 2012

Page 2

Ohio Department of Education

	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)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		623	22	1213	10.01	*5.64	*541.7	*9187	*960	*82.06	25.87	108.75	12.82	4.06	*0.00
% of Calories											16.6%	69.9%	18.5%	5.9%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	22%		200%										
Shortfall			78												

Thu - 02/09/2012															
Ohio Department of Education	Total														
Walking Taco Mixture ODE*	1 EACH	218	53	527	3.23	2.44	342.8	1405	216	13.94	22.72	8.61	10.7	5.41	0.00
APPLE SLICES FRESH: ODE	PACKAGE	30	0	0	1.00	0.00	20.0	0	0	21.0	0.0	7.0	0.0	0.00	0.00
REFRIED BEANS: canned	1/4 CUP	54	0	267	3.03	0.99	19.6	0	0	3.57	3.22	9.08	0.7	0.23	*N/A*
Tortilla Chips - BOF	bag	200	0	160	2.00	0.72	60.0	100	20	0.0	3.0	29.0	11.0	1.00	0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		620	55	1114	9.27	*4.15	*701.3	*1997	*334	*38.97	36.93	74.92	22.77	6.87	*0.00
% of Calories											23.8%	48.3%	33.0%	10.0%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	55%		185%										
Shortfall			45										OVER		

Fri - 02/10/2012															
Ohio Department of Education	Total														
Chicken Nuggets, ODE	SERVING	170	44	405	0.00	1.00	14.0	74	15	1.0	15.0	10.0	8.0	1.00	0.00
BBQ Sauce, Dip Cup, 1 oz	1 EACH	50	0	239	1.00	0.18	0.0	200	40	0.6	0.0	11.0	1.0	0.00	0.00
PEACHES, CND, LGHT SYP, Com mod	1/2 CUP	68	0	6	1.60	0.45	4.0	23	5	3.0	0.55	18.26	0.04	0.00	0.00
PEAS&CARROTS,FRZ,CKD,BLD, DRND,	.5 CUP	38	0	54	2.48	0.75	18.4	7611	621	6.48	2.47	8.1	0.34	0.06	*N/A*
Potato Rounds, Frzn, Ohio Comm	.5 CUP	120	0	260	2.00	0.36	0.0	0	0	1.2	2.0	14.0	6.0	1.00	0.00
ROLLS DINNER WHOLE GRAIN	1 EACH	74	0	112	2.10	0.68	29.7	0	0	0.0	2.44	14.31	1.32	0.23	*N/A*
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		639	46	1237	9.18	*3.42	*325.0	*8400	*778	*12.73	30.46	96.89	17.06	2.52	*0.00
% of Calories											19.1%	60.7%	24.0%	3.5%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	46%		184%										
Shortfall			54												

\*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

<sup>1</sup> - 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.

# ES-Winter Nutrient Standard

Feb 6, 2012 thru Mar 9, 2012 Spreadsheet - Portion Values

Oct 21, 2012

Page 3

Ohio Department of Education

	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)	Tr-Fat <sup>1</sup> (g)
Mon - 02/13/2012															
Ohio Department of Education	Total														
Grilled Cheese, ODE	Sandwich	244	23	856	3.85	1.30	357.3	456	91	0.05	17.58	25.57	8.27	4.25	0.00
PEARS: canned,light syrup	.5 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
Soup, Tomato Low Sodium, Campb	1 CUP	130	5	50	3.00	0.36	20.0	500	100	1.2	2.0	23.0	3.0	1.50	0.00
VEGETABLE BLEND-California	.5 CUP	43	5	32	2.16	0.02	22.5	1122	231	19.19	1.12	5.46	1.85	1.17	*0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		607	35	1105	11.02	*2.03	*664.9	*2568	*520	*21.78	28.93	94.29	13.53	7.14	*0.00
% of Calories											19.1%	62.1%	20.1%	10.6%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	35%		220%										
Shortfall			65											OVER	

Tue - 02/14/2012															
Ohio Department of Education	Total														
Hatton Chicken Crunch, HS	Serving	274	28	1174	2.77	3.09	72.6	7068	860	47.7	15.04	29.18	11.65	3.23	*0.00
APRICOTS: canned,light syrup	.5 CUP	80	0	5	2.02	0.49	13.9	1672	167	3.42	0.67	20.86	0.06	0.00	*N/A*
BroccoliFlorets:DCS	.5 CUP	60	0	47	3.00	0.54	33.1	1194	96	36.92	3.09	5.0	3.81	0.62	*0.00
RICE, BROWN, QUICK: ODE	1/2 cup	109	0	13	0.99	0.42	9.2	32	7	0.0	2.27	22.02	1.18	0.26	*0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		641	31	1399	8.78	*4.54	*387.6	*10458	*1228	*88.50	29.06	98.28	17.07	4.34	*0.00
% of Calories											18.1%	61.4%	24.0%	6.1%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	31%		176%										
Shortfall			69												

Wed - 02/15/2012															
Ohio Department of Education	Total														
ROTINI AND MEAT SAUCE ODE-ES**	1 CUP	254	55	306	4.69	2.99	68.7	651	157	19.0	19.0	29.53	9.38	3.37	*0.50
Pudding, Choc w/ Banana Slices	1 Each	201	5	132	2.45	5.20	91.8	76	12	7.42	3.3	39.45	4.02	1.18	*0.00
GREEN BEANS:B-ODE	1/2 CUP	52	0	6	2.00	0.60	33.2	543	109	2.81	1.02	4.39	3.88	0.74	*0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00

\*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

<sup>1</sup> - 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.

# ES-Winter Nutrient Standard

Feb 6, 2012 thru Mar 9, 2012 Spreadsheet - Portion Values

Oct 21, 2012

Page 4

Ohio Department of Education

	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)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		625	62	604	9.14	*8.78	*452.5	*1761	*376	*29.69	31.32	94.59	17.65	5.51	*0.50
% of Calories											20.0%	60.5%	25.4%	7.9%	*0.7%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	62%		183%										
Shortfall			38												

Thu - 02/16/2012															
Ohio Department of Education	Total														
Beef and Refried Bean Burrito	1 Burrito	392	59	892	10.40	4.95	417.8	964	128	11.48	28.15	40.22	13.55	5.57	0.00
TANGERINES,FRESH	1 EACH	47	0	2	1.58	0.13	32.6	599	81	23.5	0.71	11.74	0.27	0.03	*N/A*
CORN, YLW, WHL KRNL, FRZ, C OMM	.5 CUP	66	0	1	2.00	0.39	2.0	163	33	2.9	2.09	15.83	0.55	0.08	0.00
Salsa, Low Na, Canned ODE	.25 CUP	23	0	70	0.85	1.40	7.5	343	69	2.5	0.94	4.37	0.13	0.02	0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		645	61	1125	14.84	*6.87	*718.8	*2561	*408	*40.84	39.89	93.38	14.87	5.93	*0.00
% of Calories											24.7%	57.9%	20.8%	8.3%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	61%		297%										
Shortfall			39												

Fri - 02/17/2012															
Ohio Department of Education	Total														
Chicken BBQ Sandwich	1 EACH	281	43	715	2.97	3.03	76.0	554	111	3.89	19.6	44.54	4.42	0.88	0.00
Peaches in Tropical gel-ode	1/2 cup	70	0	20	1.00	0.00	0.0	200	40	60.0	0.0	16.0	0.0	0.00	0.00
PEAS & CARROTS: frozen,boiled	.5 CUP	38	0	54	2.48	0.75	18.4	7611	621	6.48	2.47	8.1	0.34	0.06	*N/A*
Baked Beans, Low Sodium USDA	.5 CUP	119	0	140	5.19	1.51	43.0	137	27	0.0	6.03	26.85	0.47	0.09	0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		627	45	1090	11.65	*5.29	*396.3	*8993	*897	*70.83	36.10	116.71	5.60	1.25	*0.00
% of Calories											23.1%	74.5%	8.0%	1.8%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	45%		233%										
Shortfall			55												

\*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

<sup>1</sup> - 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.

# ES-Winter Nutrient Standard

Feb 6, 2012 thru Mar 9, 2012 Spreadsheet - Portion Values

Oct 21, 2012

Page 5

Ohio Department of Education

	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)	Tr-Fat <sup>1</sup> (g)
Mon - 02/20/2012															
Ohio Department of Education	Total SERVING														
Chicken Nuggets, ODE		170	44	405	0.00	1.00	14.0	74	15	1.0	15.0	10.0	8.0	1.00	0.00
PINEAPPLE CHUNKS:canned,Itsyr	1/2 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
GREENBEANS:ODE	1/2 CUP	19	0	6	2.00	0.59	33.0	376	75	2.8	1.01	4.36	0.11	0.03	*0.00
SWEET POTATO SOUFFLE-ODE	2/3 CUP	231	39	70	2.70	1.13	49.8	8304	673	11.33	2.5	44.96	4.87	2.77	*0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		603	85	643	5.71	*3.22	*373.4	*9294	*863	*25.04	26.96	97.49	13.50	4.04	*0.00
% of Calories											17.9%	64.6%	20.1%	6.0%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	85%		114%										
Shortfall			15												

Tue - 02/21/2012															
Ohio Department of Education	Total SERVING														
Chicken Broccoli Bowl, ODE		400	28	1065	6.98	3.73	62.4	989	186	37.38	21.3	57.06	11.62	3.25	*0.00
PEACHES, CND, LGHT SYP, Com mod	1/2 CUP	68	0	6	1.60	0.45	4.0	23	5	3.0	0.55	18.26	0.04	0.00	0.00
VEGETABLE BLEND-Califronia	1/2 CUP	43	5	32	2.16	0.02	22.5	1122	231	19.19	1.12	5.46	1.85	1.17	*0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		630	35	1264	10.74	*4.20	*347.8	*2625	*519	*60.02	30.97	102.00	13.87	4.64	*0.00
% of Calories											19.7%	64.8%	19.8%	6.6%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	35%		215%										
Shortfall			65												

Wed - 02/22/2012															
Ohio Department of Education	Total														
Pizza, Classic Wedge W/G	1 each	310	15	600	4.00	2.70	300.2	500	100	0.0	15.01	37.02	11.01	4.00	0.00
Pear and Cherry Jello	1 Each	80	0	50	1.00	0.00	0.0	200	40	18.0	0.0	21.0	0.0	0.00	0.00
Carrots, Baby with Hummus**	1 Each	132	0	299	6.16	2.26	50.6	11747	1278	2.21	5.4	15.8	6.01	0.90	*N/A*
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		640	17	1110	11.16	*4.96	*609.6	*12938	*1517	*20.67	28.41	95.04	17.39	5.13	*0.00
% of Calories											17.8%	59.4%	24.5%	7.2%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	17%		223%										
Shortfall			83												

\*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

<sup>1</sup> - 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.

# ES-Winter Nutrient Standard

Feb 6, 2012 thru Mar 9, 2012 Spreadsheet - Portion Values

Oct 21, 2012

Page 6

Ohio Department of Education

	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)	Tr-Fat <sup>1</sup> (g)
<b>Thu - 02/23/2012</b>															
Ohio Department of Education	Total														
Quirky Quesadillas, ODE	1 Quesadill	378	44	837	10.95	4.21	423.3	504	68	10.39	25.43	42.84	11.87	5.32	*0.00
ORANGES	1 EACH	62	0	0	3.14	0.13	52.4	295	28	69.69	1.23	15.39	0.16	0.03	*N/A*
CORN: frozen, yellow	1/2 CUP	67	0	1	1.98	0.39	2.5	164	18	2.89	2.1	15.92	0.55	0.08	*N/A*
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		624	46	999	16.07	*4.73	*737.1	*1455	*212	*83.42	36.77	95.38	12.95	5.65	*0.00
% of Calories											23.5%	61.1%	18.7%	8.1%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	46%		321%										
Shortfall			54												
<b>Fri - 02/24/2012</b>															
Ohio Department of Education	Total														
MAC & CHEESE REDUCED FAT: DCS	6 OZ	290	30	981	1.00	1.08	400.2	800	1001	0.0	16.01	32.02	11.01	6.00	0.00
GRAPES, FRESH: ODE	.5 Cup	60	0	10	0.67	0.00	13.3	67	13	0.8	0.0	15.33	0.0	0.00	0.00
Salad, Tossed, Side - *ODE	1-1/4 Cup	16	0	20	1.37	0.78	30.7	4936	612	19.48	1.25	3.42	0.1	0.02	*0.00
DRESSING - RANCH LIGHT	1 TBSP	45	3	85	0.00	0.00	0.0	175	35	0.0	0.0	3.5	3.5	0.50	0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
COOKIE CHOC CHIP W/G OTIS: ODE	1 Each	110	5	70	1.00	0.72	0.0	0	0	0.0	1.0	19.0	3.5	1.00	0.00
Weighted Daily Average		639	40	1326	4.04	*2.58	*703.1	*6470	*1759	*20.74	26.26	94.49	18.48	7.75	*0.00
% of Calories											16.4%	59.2%	26.0%	10.9%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	40%		81%										
Shortfall			60		0.96									OVER	

\*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

<sup>1</sup> - 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.

# ES-Winter Nutrient Standard

Feb 6, 2012 thru Mar 9, 2012 Spreadsheet - Portion Values

Oct 21, 2012

Page 7

Ohio Department of Education

	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)	Tr-Fat <sup>1</sup> (g)
Mon - 02/27/2012															
Ohio Department of Education	Total														
Breaded Chicken Patty on Bun	1 each	371	52	756	2.00	2.08	57.0	92	18	1.0	22.0	40.0	13.5	2.00	0.00
APPLESAUCE, CANNED, UNSW	.5 cup	52	0	2	1.50	0.15	4.0	35	7	1.5	0.21	13.77	0.06	0.01	0.00
EETENE															
Broccoli Florets, Lemon	1/2 CUP	44	0	28	3.12	0.56	32.9	1143	79	40.1	3.17	5.51	1.84	0.30	*0.00
LETTUCE & TOMATO:1 leaf,1 slice	1 lf,1 slc	6	0	3	0.42	0.12	4.7	242	17	3.16	0.31	1.22	0.06	0.01	*N/A*
MAYONNAISE,LoFat,No Cholester	1 TBSP	45	0	130	0.00	0.00	0.0	0	0	0.0	0.0	2.0	4.0	0.50	0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		636	54	1079	7.04	*2.90	*357.4	*2003	*220	*46.22	33.68	83.74	19.84	3.05	*0.00
% of Calories											21.2%	52.7%	28.1%	4.3%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	54%		141%										
Shortfall			46												

Tue - 02/28/2012															
Ohio Department of Education	Total														
CHICKEN, TERIYAKI	SERVING	150	45	410	0.00	1.08	0.0	0	0	0.0	14.98	13.98	4.0	1.00	0.00
PEACHES, CND, LGHT SYP, Com mod	1/2 CUP	68	0	6	1.60	0.45	4.0	23	5	3.0	0.55	18.26	0.04	0.00	0.00
Spinach Strawberry Salad-ODE	1.5 Cup	85	0	62	3.39	2.50	87.7	7681	663	60.81	2.76	17.45	1.62	0.23	*0.00
Baby Carrots with Ranch	1 each	59	2	184	1.64	0.51	27.7	7818	1564	1.5	0.84	6.07	3.46	0.49	0.00
Brown Rice ODE	1/2 cup	128	0	12	1.13	0.48	10.3	36	7	0.0	2.59	25.17	1.76	0.34	*0.15
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		607	50	834	7.75	*5.02	*388.6	*16050	*2337	*65.77	29.73	102.16	11.24	2.29	*0.15
% of Calories											19.6%	67.3%	16.7%	3.4%	*0.2%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	50%		155%										
Shortfall			50												

Wed - 02/29/2012															
Ohio Department of Education	Total														
Meatball Sub- Mini **	1 EACH	290	26	848	3.50	2.62	178.5	477	95	6.5	15.5	37.0	9.75	3.55	0.30
Pear and Cherry Jello	1 Each	80	0	50	1.00	0.00	0.0	200	40	18.0	0.0	21.0	0.0	0.00	0.00
California Casserole, ODE***	3/4 cup	101	0	256	3.02	0.35	23.3	966	192	17.89	2.31	13.42	4.0	0.72	*0.00
Marinara Sauce	.25 CUP	35	0	275	1.00	0.54	20.0	375	75	6.0	1.0	5.5	1.25	0.00	0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00

\*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

<sup>1</sup> - 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.

## ES-Winter Nutrient Standard

Feb 6, 2012 thru Mar 9, 2012 Spreadsheet - Portion Values  
Ohio Department of Education

	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)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		624	28	1589	8.52	*3.51	*480.6	*2508	*500	*48.85	26.81	98.14	15.37	4.50	*0.30
% of Calories											17.2%	62.9%	22.2%	6.5%	*0.4%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	28%		170%										
Shortfall			72												

Thu - 03/01/2012															
Ohio Department of Education	Total														
Mexican Pasta	3/4 CUP	219	42	681	3.52	3.22	40.4	619	114	3.01	14.65	14.39	12.26	4.54	*0.70
TANGERINES,FRESH	1 EACH	47	0	2	1.58	0.13	32.6	599	81	23.5	0.71	11.74	0.27	0.03	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
GOLDEN CORN AND CARROTS	1/2 CUP	56	0	53	2.34	0.49	14.9	11039	1104	5.17	1.74	13.24	0.41	0.06	*N/A*
BEANS, REFRIED, LOW-SO**	.5 CUP	118	10	140	6.70	2.09	44.0	0	0	7.6	6.92	19.57	1.6	0.60	0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		623	54	1040	14.43	*6.18	*403.9	*12808	*1403	*64.19	32.49	95.79	15.07	5.48	*0.70
% of Calories											20.9%	61.5%	21.8%	7.9%	*1.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	54%		289%										
Shortfall			46												

Fri - 03/02/2012															
Ohio Department of Education	Total														
CORN DOGS MINI:ODE	4 Each	210	45	490	1.00	1.80	40.0	0	0	0.0	7.0	18.0	12.0	3.00	0.00
Strawberry Cups	SERVING	122	0	4	2.39	0.75	14.0	31	6	52.62	0.68	32.94	0.17	0.01	0.00
POTATO WEDGES 8 Cut Ohio Pro	3/4 CUP	150	0	30	3.00	0.54	0.0	0	0	3.6	3.0	21.0	6.0	1.50	0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
ketchup, packets	2 each	20	0	210	0.00	0.00	0.0	0	0	0.0	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average		620	47	894	6.39	*3.09	*312.8	*522	*104	*56.68	18.68	99.16	18.54	4.73	0.00
% of Calories											12.1%	64.0%	26.9%	6.9%	0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	47%		128%										
Shortfall			53												

\*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

<sup>1</sup> - 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.



# ES-Winter Nutrient Standard

Feb 6, 2012 thru Mar 9, 2012 Spreadsheet - Portion Values

Oct 21, 2012

Page 9

Ohio Department of Education

	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)	Tr-Fat <sup>1</sup> (g)
Mon - 03/05/2012															
Ohio Department of Education	Total														
Sock Rockin Chili*	1-1/4 CUP	269	41	380	7.21	3.90	70.6	1037	196	16.39	16.52	18.83	14.4	4.86	*0.00
PEACHES, Single serve, frozen	1/2 cup	118	0	8	2.20	0.46	4.0	354	71	117.55	0.79	29.9	0.16	0.01	0.00
GREEN BEANS: frozen,boiled	.5 CUP	19	0	1	2.03	0.45	28.4	376	27	2.77	1.01	4.35	0.11	0.03	*N/A*
ROLLS DINNER WHOLE GRAIN	1 EACH	74	0	112	2.10	0.68	29.7	0	0	0.0	2.44	14.31	1.32	0.23	*N/A*
BUTTER: individual	PAT	36	11	36	0.00	0.00	1.2	125	38	0.0	0.04	0.0	4.06	2.57	*N/A*
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		634	54	697	13.53	*5.49	*392.7	*2384	*430	*137.16	28.80	88.62	20.42	7.93	*0.00
% of Calories											18.2%	55.9%	29.0%	11.3%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	54%		271%										
Shortfall			46											OVER	

Tue - 03/06/2012															
Ohio Department of Education	Total														
Sweet and Sour Chicken Nuggets	SERVINGS	228	44	511	0.00	1.00	14.0	74	15	1.0	15.0	23.44	8.0	1.00	0.00
APPLE SLICES FRESH: ODE	PACKAGE	30	0	0	1.00	0.00	20.0	0	0	21.0	0.0	7.0	0.0	0.00	0.00
VEGETABLE BLEND-California	.5 CUP	43	5	32	2.16	0.02	22.5	1122	231	19.19	1.12	5.46	1.85	1.17	*0.00
CORN, YLW, WHL KRNL, FRZ, C OMM	.5 CUP	66	0	1	2.00	0.39	2.0	163	33	2.9	2.09	15.83	0.55	0.08	0.00
Brown Rice ODE	1/2 cup	128	0	12	1.13	0.48	10.3	36	7	0.0	2.59	25.17	1.76	0.34	*0.15
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		613	51	717	6.29	*1.89	*327.7	*1886	*383	*44.55	28.80	98.11	12.52	2.81	*0.15
% of Calories											18.8%	64.1%	18.4%	4.1%	*0.2%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	51%		126%										
Shortfall			49												

Wed - 03/07/2012															
Ohio Department of Education	Total														
Chicken Alfredo with a Twist*	1 Cup	370	79	215	4.44	2.38	143.2	352	91	0.54	27.08	37.1	13.46	6.36	*0.00
BANANAS, fresh raw**	1 EACH	72	0	1	2.11	0.21	4.1	52	6	7.05	0.88	18.5	0.27	0.09	*N/A*
Broccoli Florets, Garlic	3/4 CUP	67	0	42	4.71	0.85	49.2	1714	118	57.41	4.81	8.13	2.75	0.45	*0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00

\*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

<sup>1</sup> - 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.

# ES-Winter Nutrient Standard

Feb 6, 2012 thru Mar 9, 2012 Spreadsheet - Portion Values

Oct 21, 2012

Page 10

Ohio Department of Education

	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)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		627	81	418	11.25	*3.45	*455.4	*2609	*314	*65.46	40.77	84.96	16.84	7.13	*0.00
% of Calories											26.0%	54.2%	24.2%	10.2%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	81%		225%										
Shortfall			19										OVER		

Thu - 03/08/2012															
Ohio Department of Education	Total														
Eagle Tostado- ES/ODE	1 Tostado	261	38	643	5.91	2.60	397.9	998	197	11.31	18.68	26.43	10.0	4.74	*0.00
PINEAPPLE CHUNKS:canned,Itsyr	.5 CUP	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
Salad, Tossed, Side - *ODE	1-1/4 Cup	16	0	20	1.37	0.78	30.7	4936	612	19.48	1.25	3.42	0.1	0.02	*0.00
RANCH DRSNG,RED FA	2 TBSP	59	5	336	0.33	0.21	12.0	20	4	0.18	0.38	6.4	3.73	0.38	0.02
COOKIE CHOC CHIP W/G OTIS: DCS	1 Each	110	5	70	1.00	0.72	0.0	0	0	0.0	1.0	19.0	3.5	1.00	0.00
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		629	50	1231	9.62	*4.80	*717.1	*6494	*912	*40.88	29.75	93.42	17.85	6.38	*0.02
% of Calories											18.9%	59.4%	25.6%	9.1%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	50%		192%										
Shortfall			50										OVER		

Fri - 03/09/2012															
Ohio Department of Education	Total														
CHICKEN POT PIE	1 CUP	344	52	261	1.90	2.22	32.0	3708	742	2.81	20.44	22.97	18.73	4.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
CARROTS,FROZEN,UNPREPARE	.5 CUP	23	0	44	2.11	0.28	23.0	9094	1362	1.6	0.5	5.06	0.29	0.03	*N/A*
ROLLS DINNER WHOLE GRAIN	1 EACH	74	0	112	2.10	0.68	29.7	0	0	0.0	2.44	14.31	1.32	0.23	*N/A*
Milk Variety, ODE	1 Cup	118	2	160	0.00	*0.00	*258.9	*491	*98	*0.46	8.0	21.22	0.37	0.22	0.00
Weighted Daily Average		624	54	582	6.39	*3.43	*356.7	*13353	*2208	*29.32	31.85	79.18	20.87	5.10	*0.00
% of Calories											20.4%	50.8%	30.1%	7.4%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	54%		128%										
Shortfall			46										OVER		

Weighted Average		627	47	1020	9.62	*4.31	*474.8	*5898	*815	*50.74	30.76	95.76	15.76	4.87	*0.07
											19.6%	61.1%	22.6%	7.0%	*0.1%

\*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

<sup>1</sup> - 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.

## ES-Winter Nutrient Standard

Feb 6, 2012 thru Mar 9, 2012 Spreadsheet - Portion Values  
Ohio Department of Education

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)	Tr-Fat <sup>1</sup> (g)
-----------------	----------------	----------------	--------------	--------------	--------------	---------------	---------------	---------------	---------------	--------------	-------------	--------------	--------------	----------------------------

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	627		600 - 650	100%				
Cholesterol (mg)	47		100	47%				
Sodium (mg)	1020		1230					
Fiber (g)	9.62		5.00	192%				
Iron (mg)	4.31				Missing			
Calcium (mg)	474.8				Missing			
Vitamin A (IU)	5898				Missing			
Vitamin A (RE)	815				Missing			
Vitamin C (mg)	50.74				Missing			
Protein (g)	30.76	19.62%						
Carbohydrate (g)	95.76	61.09%						
Total Fat (g)	15.76	22.62%	<=30.00%					
Saturated Fat (g)	4.87	6.99%	<10.00%					
Trans Fat (g)	0.07	0.10%			Missing			

*\*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*

*<sup>1</sup> - 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.