

Taher Inc.

May 1, 2009 thru May 29, 2009 Spreadsheet - Portion Values Elkhorn Secondary School

	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Fri - 05/01/2009													
Elkhorn Secondary School	Total												
Sandwich, BBQ Pulled Pork	2.5 oz	301	57	532	2.17	2.96	67.26	88	2.02	25.88	26.02	10.27	3.36
Potato Wedge (FFL)	1/2 cup	94	0	38	1.60	54.00	12.00	0	8.60	2.06	19.38	1.68	0.42
Cake, Birthday (new 1)	piece	256	15	322	1.64	2.96	26.40	47	0.00	3.46	55.68	8.31	0.62
Fruit & Vegetable Bar1 (Fruit)	1/2 Cup	55	0	2	1.95	0.21	17.08	206	20.81	0.75	14.20	0.12	0.03
Fruit & Vegetable Bar (veg)	1/2 cup	17	0	46	1.35	0.15	22.47	5267	2.76	0.50	3.84	0.13	0.02
Milk, Variety (new)	half pint	158	5	163	0.00	0.07	456.25	750	1.20	12.26	26.65	0.20	0.12
Condiment, Variety 2	serving	41	0	9	0.15	0.07	2.67	21	1.17	0.05	9.18	0.47	0.08
Weighted Daily Average		923	77	1112	8.86	60.43	604.12	6378	36.56	44.95	154.95	21.16	4.65
% of Calories										19.5%	67.2%	20.6%	4.5%

Mon - 05/04/2009													
Elkhorn Secondary School	Total												
Chicken Nuggets (Brakebush)	5 Pieces	240	35	500	0.00	0.00	0.00	0	0.00	15.00	17.00	12.00	2.50
Potato, Mashed (dehyd)	1/2 cup	122	2	180	1.37	0.21	35.70	212	6.83	2.30	16.88	5.03	1.27
Gravy, Poultry	1 oz	41	1	172	0.10	0.19	3.49	128	0.43	0.54	3.00	3.03	0.55
Carrots, Glazed	1/2 cup	117	10	78	3.89	0.57	46.51	12900	15.10	1.15	19.53	4.41	2.51
Dinner Roll, Wheat	1 each	90	0	170	1.00	0.83	0.33	0	0.00	2.00	14.00	1.50	0.50
Fruit & Vegetable Bar1 (Fruit)	1/2 Cup	55	0	2	1.95	0.21	17.08	206	20.81	0.75	14.20	0.12	0.03
Fruit & Vegetable Bar (veg)	1/2 cup	17	0	46	1.35	0.15	22.47	5267	2.76	0.50	3.84	0.13	0.02
Milk, Variety (new)	half pint	158	5	163	0.00	0.07	456.25	750	1.20	12.26	26.65	0.20	0.12
Condiment, Variety 4	serving	156	5	294	0.15	0.07	2.67	21	1.17	0.05	31.68	2.72	0.33
Weighted Daily Average		997	58	1605	9.81	2.31	584.49	19484	48.30	34.54	146.79	29.13	7.84
% of Calories										13.9%	58.9%	26.3%	7.1%

Tue - 05/05/2009													
Elkhorn Secondary School	Total												
Quesadilla, Chicken & Cheese	Servings	213	18	483	1.86	1.63	308.03	448	2.11	12.10	23.13	8.27	4.02
Salad, Southwestern	salad	67	3	450	0.66	0.49	46.54	256	2.23	2.41	7.99	2.76	1.05
Churro	1 each	130	10	115	1.00	1.80	0.00	0	0.00	2.00	13.00	8.00	2.00
Fruit & Vegetable Bar1 (Fruit)	1/2 Cup	55	0	2	1.95	0.21	17.08	206	20.81	0.75	14.20	0.12	0.03
Fruit & Vegetable Bar (veg)	1/2 cup	17	0	46	1.35	0.15	22.47	5267	2.76	0.50	3.84	0.13	0.02
Milk, Variety (new)	half pint	158	5	163	0.00	0.07	456.25	750	1.20	12.26	26.65	0.20	0.12
Condiment, Variety 2	serving	41	0	9	0.15	0.07	2.67	21	1.17	0.05	9.18	0.47	0.08
Weighted Daily Average		682	36	1268	6.97	4.43	853.03	6947	30.29	30.06	97.99	19.94	7.34
% of Calories										17.6%	57.5%	26.3%	9.7%

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	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
Wed - 05/06/2009													
Elkhorn Secondary School	Total												
Bread Cheese	2 EACH	421	31	984	2.28	0.90	322.39	1148	8.04	19.47	41.79	21.08	7.22
Sauce, Marinara	1/2 cup	54	0	245	1.57	1.27	45.27	1022	15.33	2.62	9.97	1.33	0.14
Salad, Caesar	1 cup	177	23	326	0.65	0.34	64.53	1484	6.07	2.75	3.51	17.16	3.13
Fruit & Vegetable Bar1 (Fruit)	1/2 Cup	55	0	2	1.95	0.21	17.08	206	20.81	0.75	14.20	0.12	0.03
Fruit & Vegetable Bar (veg)	1/2 cup	17	0	46	1.35	0.15	22.47	5267	2.76	0.50	3.84	0.13	0.02
Milk, Variety (new)	half pint	158	5	163	0.00	0.07	456.25	750	1.20	12.26	26.65	0.20	0.12
Condiment, Variety 2	serving	41	0	9	0.15	0.07	2.67	21	1.17	0.05	9.18	0.47	0.08
Weighted Daily Average		924	59	1774	7.94	3.02	930.65	9897	55.39	38.39	109.14	40.47	10.76
% of Calories										16.6%	47.2%	39.4%	10.5%

Thu - 05/07/2009													
Elkhorn Secondary School	Total												
FRENCH TOAST STICKS	1 SERVIN	377	145	876	1.95	3.91	189.39	331	0.53	13.10	56.82	10.80	2.71
SYRUP,PANCAKE	2 TBSP	92	0	32	0.27	0.01	1.18	0	0.00	0.00	24.13	0.00	0.00
Sausage, Patty	1 each	170	30	300	1.00	0.30	19.30	0	0.00	5.00	0.30	17.00	2.90
Potato, Tri Tater	1 each	90	0	150	2.00	0.00	0.00	0	0.00	2.00	9.00	5.00	0.50
Salad, Wheat Berry Waldorf	1/4 cup	47	0	13	1.32	0.41	9.12	79	1.72	1.25	9.85	0.49	0.09
Fruit & Vegetable Bar (fruit)	1/2 cup	48	0	4	1.87	0.27	3.83	232	1.32	0.33	12.57	0.03	0.00
Fruit & Vegetable Bar (veg)	1/2 cup	17	0	46	1.35	0.15	22.47	5267	2.76	0.50	3.84	0.13	0.02
Milk, Variety (new)	half pint	158	5	163	0.00	0.07	456.25	750	1.20	12.26	26.65	0.20	0.12
Condiment, Variety 2	serving	41	0	9	0.15	0.07	2.67	21	1.17	0.05	9.18	0.47	0.08
Weighted Daily Average		1041	180	1593	9.91	5.20	704.20	6679	8.71	34.48	152.34	34.11	6.43
% of Calories										13.3%	58.6%	29.5%	5.6%

Fri - 05/08/2009													
Elkhorn Secondary School	Total												
Chicken Grilled on Bun	1 each	397	146	324	1.63	3.49	66.65	34	0.00	57.48	19.18	8.72	2.33
Sweet Potato Fries	4 oz	160	0	240	2.67	0.48	26.68	6670	12.81	0.00	29.35	4.00	0.67
Fruit & Vegetable Bar1 (Fruit)	1/2 Cup	55	0	2	1.95	0.21	17.08	206	20.81	0.75	14.20	0.12	0.03
Fruit & Vegetable Bar (veg)	1/2 cup	17	0	46	1.35	0.15	22.47	5267	2.76	0.50	3.84	0.13	0.02
Milk, Variety (new)	half pint	158	5	163	0.00	0.07	456.25	750	1.20	12.26	26.65	0.20	0.12
Condiment, Variety 4	serving	156	5	294	0.15	0.07	2.67	21	1.17	0.05	31.68	2.72	0.33
Weighted Daily Average		944	156	1069	7.75	4.47	591.79	12948	38.75	71.03	124.90	15.88	3.51
% of Calories										30.1%	52.9%	15.1%	3.3%

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	Portion Size													
		Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat	
Mon - 05/11/2009														
Elkhorn Secondary School	Total													
COUNTRY FRIED STEAK	SERVING	216	54	239	0.40	2.11	25.00	85	1.20	17.39	7.36	12.51	4.94	
Potato, Mashed (dehyd)	1/2 cup	122	2	180	1.37	0.21	35.70	212	6.83	2.30	16.88	5.03	1.27	
Gravy, Beef	1 oz	24	0	159	0.06	0.10	1.68	75	0.00	0.33	1.84	1.74	0.30	
ASPARAGUS: fresh,boiled	1/2 CUP	20	0	13	1.80	0.82	20.70	905	6.93	2.16	3.70	0.20	0.05	
Dinner Roll, Wheat	1 each	90	0	170	1.00	0.83	0.33	0	0.00	2.00	14.00	1.50	0.50	
Fruit & Vegetable Bar1 (Fruit)	1/2 Cup	55	0	2	1.95	0.21	17.08	206	20.81	0.75	14.20	0.12	0.03	
Fruit & Vegetable Bar (veg)	1/2 cup	17	0	46	1.35	0.15	22.47	5267	2.76	0.50	3.84	0.13	0.02	
Condiment, Variety 2	serving	41	0	9	0.15	0.07	2.67	21	1.17	0.05	9.18	0.47	0.08	
Milk, Variety (new)	half pint	158	5	163	0.00	0.07	456.25	750	1.20	12.26	26.65	0.20	0.12	
Weighted Daily Average		744	61	980	8.07	4.57	581.86	7521	40.90	37.74	97.65	21.88	7.31	
% of Calories										20.3%	52.5%	26.5%	8.8%	

Tue - 05/12/2009													
Elkhorn Secondary School	Total												
Hot Dog (FFL), Turkey (no bun)	1 each	130	50	570	0.00	7.92	10.00	0	0.00	6.00	2.00	11.00	3.50
ROLLS,HAMBURGER/HOTDOG,P	1 each	120	0	206	0.90	1.43	59.34	0	0.00	4.09	21.26	1.86	0.47
FRENCH FRIES: oven heat	4 OZ	227	0	302	3.63	1.41	9.07	0	11.45	3.59	35.37	8.57	1.43
BAKED BEANS (VEGETARIAN)	SERVING	159	0	532	6.99	0.85	86.00	360	7.79	6.77	35.98	0.64	0.16
Fruit & Vegetable Bar1 (Fruit)	1/2 Cup	55	0	2	1.95	0.21	17.08	206	20.81	0.75	14.20	0.12	0.03
Fruit & Vegetable Bar (veg)	1/2 cup	17	0	46	1.35	0.15	22.47	5267	2.76	0.50	3.84	0.13	0.02
Milk, Variety (new)	half pint	158	5	163	0.00	0.07	456.25	750	1.20	12.26	26.65	0.20	0.12
Condiment, Variety 2	serving	41	0	9	0.15	0.07	2.67	21	1.17	0.05	9.18	0.47	0.08
Weighted Daily Average		908	55	1830	14.97	12.10	662.87	6603	45.19	34.00	148.49	22.98	5.82
% of Calories										15.0%	65.4%	22.8%	5.8%

Wed - 05/13/2009													
Elkhorn Secondary School	Total												
Chicken Strips	1 each	80	13	217	0.33	1.68	6.67	33	0.00	4.67	5.00	4.67	1.00
French Fries: Seasoned	4 OZ	230	0	302	3.70	1.43	10.85	0	11.59	3.71	36.02	8.58	1.43
Rhubarb Crisp	SERVING	204	0	114	1.83	1.04	142.61	395	3.54	2.24	32.68	7.75	1.56
Fruit & Vegetable Bar1 (Fruit)	1/2 Cup	55	0	2	1.95	0.21	17.08	206	20.81	0.75	14.20	0.12	0.03
Fruit & Vegetable Bar (veg)	1/2 cup	17	0	46	1.35	0.15	22.47	5267	2.76	0.50	3.84	0.13	0.02
Milk, Variety (new)	half pint	158	5	163	0.00	0.07	456.25	750	1.20	12.26	26.65	0.20	0.12
Condiment, Variety 4	serving	156	5	294	0.15	0.07	2.67	21	1.17	0.05	31.68	2.72	0.33
Weighted Daily Average		901	23	1138	9.31	4.66	658.59	6672	41.08	24.17	150.07	24.15	4.50
% of Calories										10.7%	66.6%	24.1%	4.5%

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Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat	
Thu - 05/14/2009													
Elkhorn Secondary School	Total												
Lasagna (FFL)	Servings	306	43	437	3.14	2.76	253.27	1225	18.93	19.17	31.37	11.71	6.01
Garlic Toast	1 slice	118	8	191	0.63	0.97	27.69	85	0.06	3.64	14.82	4.96	2.15
Salad, Ceasar	1 cup	140	12	228	6.16	2.26	182.71	13215	54.43	7.01	12.84	8.15	2.16
Fruit & Vegetable Bar1 (Fruit)	1/2 Cup	55	0	2	1.95	0.21	17.08	206	20.81	0.75	14.20	0.12	0.03
Fruit & Vegetable Bar (veg)	1/2 cup	17	0	46	1.35	0.15	22.47	5267	2.76	0.50	3.84	0.13	0.02
Milk, Variety (new)	half pint	158	5	163	0.00	0.07	456.25	750	1.20	12.26	26.65	0.20	0.12
Condiment, Variety 2	serving	41	0	9	0.15	0.07	2.67	21	1.17	0.05	9.18	0.47	0.08
Weighted Daily Average		836	68	1076	13.38	6.49	962.13	20768	99.36	43.37	112.91	25.73	10.57
% of Calories										20.8%	54.1%	27.7%	11.4%

Fri - 05/15/2009													
Elkhorn Secondary School	Total												
Sandwich, Meatball Sub (Elk 2)	Sandwich	257	8	661	2.22	2.81	183.62	146	0.00	12.29	36.10	7.35	1.73
Green Beans, Fresh (FFL)	1/2 cup	39	4	1	2.34	0.48	32.63	558	7.10	1.40	5.77	1.69	0.98
Fruit & Vegetable Bar1 (Fruit)	1/2 Cup	55	0	2	1.95	0.21	17.08	206	20.81	0.75	14.20	0.12	0.03
Fruit & Vegetable Bar (veg)	1/2 cup	17	0	46	1.35	0.15	22.47	5267	2.76	0.50	3.84	0.13	0.02
Milk, Variety (new)	half pint	158	5	163	0.00	0.07	456.25	750	1.20	12.26	26.65	0.20	0.12
Condiment, Variety 2	serving	41	0	9	0.15	0.07	2.67	21	1.17	0.05	9.18	0.47	0.08
Weighted Daily Average		568	17	882	8.01	3.79	714.71	6947	33.04	27.24	95.74	9.94	2.98
% of Calories										19.2%	67.4%	15.8%	4.7%

Mon - 05/18/2009													
Elkhorn Secondary School	Total												
Chef Choice	SERVING	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%

Tue - 05/19/2009													
Elkhorn Secondary School	Total												
Chef Choice	SERVING	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%

Weighted Average		861	72	1302	9.54	10.13	713.50	10077	43.42	38.18	126.45	24.12	6.52
										17.7%	58.8%	25.2%	6.8%

Taher Inc.

Nutrient	Menu AVG	Portion		Mg	Mg	G	Mg	Mg	IU	Mg	G	G	G	G
		Size	Cals	Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)							
Calories	861		819	105%										
Cholesterol (Mg)	72		100	72%										
Sodium (Mg)	1302		1500	87%										
Fiber (G)	9.54		2.00	477%										
Iron (Mg)	10.13		4.50	225%										
Calcium (Mg)	713.50		400.00	178%										
Vitamin A (IU)	10077		1500	672%										
Vitamin C (Mg)	43.42		18.11	240%										
Protein (G)	38.18	17.74%	16.06	238%										
Carbohydrate (G)	126.45	58.77%	97.90											
Total Fat (G)	24.12	25.23%	<30.00											
Saturated Fat (G)	6.52	6.82%	<10.00											