EPCHS CAFE

Dec 1, 2011 thru Dec 30, 2011 Spreadsheet - Portion Values

Nov 22, 2011

EPCHS 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)
Thu - 12/01/2011															
EPCHS LUNCH	Total	450													
CHICKEN NUGGETS,WG,tyson	6 EACH	450	240	30	288	3.60	2.16	48.0	0	0	0.0	20.39	17.99	9.6	1.80
FRENCH FRIES: oven heat	1 EACH	550	227	0	302	3.63	1.41	9.1	0	0	11.45	3.59	35.37	8.57	1.43
SALAD & DRESSING	SERVING	150	146	0	5164	0.86	0.30	393.0	497	51	2.02	0.65	29.28	0.1	0.01
GREEN BEANS	1 CUP	150	77	0	755	5.67	0.00	0.0	0	0	6.8	0.0	15.34	0.95	0.00
PEACHES,diced, golbon	1 CUP	150	126	0	18	0.00	0.00	108.0	360	72	6.48	0.0	30.6	0.0	0.00
Wonder wheat bread slice	slice	500	60	0	135	0.00	0.72	40.0	0	0	0.0	3.0	9.0	1.0	0.00
MILK,VARIETY,PRAIRIE FARMS	carton	430	142	11	154	0.00	0.00	297.0	495	99	1.19	7.92	22.45	2.07	1.59
Weighted Daily Average			835	40	2933	10.21	4.78	554.3	759	136	20.23	35.90	117.75	23.52	5.06
% of Calories												17.2%	56.4%	25.3%	5.5%

Fri - 12/02/2011															
EPCHS LUNCH	Total	480													
PIZZA,GODFATHER'S VARIETY	1 EACH	500	450	40	970	2.75	3.15	337.5	1125	225	3.9	23.0	46.5	16.75	7.25
SALAD & DRESSING	SERVING	150	146	0	5164	0.86	0.30	393.0	497	51	2.02	0.65	29.28	0.1	0.01
MANDARIN ORANGES, roland	1 CUP	200	113	0	16	1.62	1.17	32.4	486	97	34.02	1.62	27.54	0.0	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	300	63	0	8	0.26	0.18	12.5	66	8	23.63	0.45	15.36	0.13	0.02
NO-BAKE OATMEAL COOKIES	1 EACH	500	139	0	13	2.10	0.92	18.3	0	0	0.04	3.56	21.69	4.82	1.12
MILK,VARIETY,PRAIRIE FARMS	carton	440	142	11	154	0.00	0.00	297.0	495	99	1.19	7.92	22.45	2.07	1.59
Weighted Daily Average			876	52	2791	6.16	4.93	786.9	2025	386	34.77	36.08	121.84	24.48	10.19
% of Calories												16.5%	55.7%	25.2%	10.5%

Mon - 12/05/2011															
EPCHS LUNCH	Total	450													
BOSCO STICKS	2 EACH	450	760	40	1120	8.00	7.20	1000.0	400	80	0.0	52.0	104.0	16.0	8.00
MARINARA SAUCE,vanee	2 OZ	400	35	0	230	0.00	0.36	0.0	0	0	0.0	1.0	5.0	1.0	0.00
SALAD & DRESSING	SERVING	150	146	0	5164	0.86	0.30	393.0	497	51	2.02	0.65	29.28	0.1	0.01
CORN,CANNED, golbon	1 CUP	200	167	0	810	3.70	0.33	18.5	0	0	6.66	3.7	35.3	1.85	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	200	63	0	8	0.26	0.18	12.5	66	8	23.63	0.45	15.36	0.13	0.02
TROPICAL FRUIT,empress	1/2 CUP	225	88	0	9	1.77	0.00	61.9	221	44	1.06	0.0	20.32	0.0	0.00
MILK,VARIETY,PRAIRIE FARMS	carton	400	142	11	154	0.00	0.00	297.0	495	99	1.19	7.92	22.45	2.07	1.59
Weighted Daily Average			1112	50	3551	10.93	7.85	1439.7	1145	210	15.72	61.99	170.84	19.65	9.42
% of Calories												22.3%	61.4%	15.9%	7.6%

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[1] - denotes optional nutrient values

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EPCHS CAFE

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EPCHS 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)
Tue - 12/06/2011															
EPCHS LUNCH	Total	480													
QUESIDILLA CHICKEN/MARINARA	1 EACH	480	363	36	1109	2.36	2.24	277.4	608	122	0.92	19.07	38.85	14.67	3.17
DORITOS,nacho cheese	bag	480	150	0	180	1.00	0.00	20.0	0	0	0.0	2.0	17.0	8.0	1.50
SALAD & DRESSING	SERVING	150	146	0	5164	0.86	0.30	393.0	497	51	2.02	0.65	29.28	0.1	0.01
BAKED BEANS	3 OZ.	130	85	0	283	3.72	0.45	45.7	191	38	4.14	3.6	19.13	0.34	0.09
MANDARIN ORANGES, roland	1 CUP	200	113	0	16	1.62	1.17	32.4	486	97	34.02	1.62	27.54	0.0	0.00
MILK,VARIETY,PRAIRIE FARMS	carton	440	142	11	154	0.00	0.00	297.0	495	99	1.19	7.92	22.45	2.07	1.59
Weighted Daily Average			759	46	3127	5.31	2.94	718.3	1471	279	17.93	30.18	102.23	24.69	6.15
% of Calories												15.9%	53.9%	29.3%	7.3%
Wed - 12/07/2011															
EPCHS LUNCH	Total	450													
PORK RIB PATTY,advance	1 EACH	500	310	28	817	2.30	2.31	112.2	186	37	2.28	18.0	39.0	11.5	2.50
MUSTARD & KETCHUP PKT.	2 EACH	500	20	0	340	0.00	0.00	0.0	200	40	0.0	0.0	6.0	0.0	0.00
SWEET POTATO FRIES, TRIMMED	3 OZ.	500	180	0	200	3.00	0.35	20.0	7938	1588	6.0	2.0	25.0	8.0	2.00
SALAD & DRESSING	SERVING	150	146	0	5164	0.86	0.30	393.0	497	51	2.02	0.65	29.28	0.1	0.01
PEAS GREEN,CANNED,DRAINED	1 CUP	200	117	0	372	6.97	1.62	34.0	1306	261	15.47	7.48	21.42	0.68	0.10
ORANGES, FRESH	1 EACH	300	62	0	0	3.16	0.13	52.6	296	28	69.95	1.24	15.45	0.16	0.01
FRUIT JUICE,ASSORTED	4 fl.oz.	300	63	0	8	0.26	0.18	12.5	66	8	23.63	0.45	15.36	0.13	0.02
MILK,VARIETY,PRAIRIE FARMS	carton	400	142	11	154	0.00	0.00	297.0	495	99	1.19	7.92	22.45	2.07	1.59
Weighted Daily Average			877	41	3537	11.55	3.98	600.4	10676	2094	80.18	33.93	137.55	24.04	6.48
% of Calories												15.5%	62.8%	24.7%	6.7%
Thu - 12/08/2011															
EPCHS LUNCH	Total	450													
HAMBURGER ON A BUN	SERVING	575	293	49	251	0.90	2.85	65.8	0	0	0.0	17.61	21.26	14.67	5.64
MUSTARD & KETCHUP PKT.	2 EACH	575	20	0	340	0.00	0.00	0.0	200	40	0.0	0.0	6.0	0.0	0.00
LETTUCE &TOMATO	1 lf,2 slc	300	5	0	2	0.36	0.09	3.4	230	17	3.51	0.26	1.11	0.06	0.01
FRENCH FRIES: oven heat	1 EACH	575	227	0	302	3.63	1.41	9.1	0	0	11.45	3.59	35.37	8.57	1.43
SALAD & DRESSING	SERVING	120	146	0	5164	0.86	0.30	393.0	497	51	2.02	0.65	29.28	0.1	0.01
CARROTS: canned, cooked	1/2 CUP	50	18	0	177	1.09	0.47	18.2	8154	1005	1.97	0.47	4.04	0.14	0.03
FRUIT JUICE,ASSORTED	4 fl.oz.	300	63	0	8	0.26	0.18	12.5	66	8	23.63	0.45	15.36	0.13	0.02
MILK,VARIETY,PRAIRIE FARMS	carton	430	142	11	154	0.00	0.00	297.0	495	99	1.19	7.92	22.45	2.07	1.59
Weighted Daily Average			912	73	2691	6.55	5.75	496.8	1964	287	34.62	35.37	120.72	31.85	10.57
% of Calories												15.5%	53.0%	31.4%	10.4%

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EPCHS CAFE

Dec 1, 2011 thru Dec 30, 2011 Spreadsheet - Portion Values

Nov 22, 2011

EPCHS 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)
Fri - 12/09/2011															
EPCHS LUNCH	Total	530													
PIZZA,SMART,tony's,variety	1 EACH	550	312	19	997	1.88	3.04	284.0	492	98	0.4	17.16	32.65	12.53	4.21
SALAD & DRESSING	SERVING	150	146	0	5164	0.86	0.30	393.0	497	51	2.02	0.65	29.28	0.1	0.01
FRUIT COCKTAIL,canned,golbon	1 CUP	200	144	0	18	3.60	0.00	0.0	180	36	2.16	0.0	34.2	0.0	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	300	63	0	8	0.26	0.18	12.5	66	8	23.63	0.45	15.36	0.13	0.02
BROWNIES	SERVINGS	600	151	29	108	1.40	1.00	25.0	44	9	0.0	2.4	23.22	6.33	1.77
MILK,VARIETY,PRAIRIE FARMS	carton	500	142	11	154	0.00	0.00	297.0	495	99	1.19	7.92	22.45	2.07	1.59
Weighted Daily Average			760	63	2775	5.29	4.47	721.5	1273	238	16.30	28.43	111.23	22.22	7.89
% of Calories												15.0%	58.5%	26.3%	9.3%
Mon - 12/12/2011															
EPCHS LUNCH	Total	400													
CHICKEN STRIPS, WLGR,brakebush	3 EACH	500	220	35	370	2.00	1.80	20.0	0	0	0.0	16.0	11.0	13.0	3.00
POTATO PUFFS: frozen,cooked	1 CUP	500	243	0	614	3.20	0.82	17.9	6	3	8.06	2.62	35.52	11.03	2.33
SALAD & DRESSING	SERVING	150	146	0	5164	0.86	0.30	393.0	497	51	2.02	0.65	29.28	0.1	0.01
APPLESAUCE, golbon	1/2 CUP	300	64	0	32	2.13	0.38	0.0	0	0	0.0	0.0	16.0	0.0	0.00
Wonder wheat bread slice	slice	200	60	0	135	0.00	0.72	40.0	0	0	0.0	3.0	9.0	1.0	0.00
MARGARINE: PAT	1 EACH	200	25	0	50	0.00	0.00	0.0	200	40	0.0	0.0	0.0	2.5	0.00
MILK,VARIETY,PRAIRIE FARMS	carton	380	142	11	154	0.00	0.00	297.0	495	99	1.19	7.92	22.45	2.07	1.59
Weighted Daily Average			859	54	3430	8.42	4.03	496.9	765	136	11.96	32.55	106.96	33.80	8.17
% of Calories												15.2%	49.8%	35.4%	8.6%
Tue - 12/13/2011															
EPCHS LUNCH	Total	450													
TACO, SOFT SHELL	SERVING	450	586	60	1078	3.99	5.13	178.7	0	0	0.0	28.28	80.57	16.44	3.49
TACO TOPPINGS	SERVING	400	137	26	487	1.19	0.21	308.5	421	69	1.92	8.84	6.15	8.22	5.16
MEXICAN RICE, uncle bens	1/2 CUP	200	122	0	477	0.28	1.51	23.8	56	13	0.0	2.24	23.9	1.82	0.24
SALAD & DRESSING	SERVING	100	146	0	5164	0.86	0.30	393.0	497	51	2.02	0.65	29.28	0.1	0.01
PEACHES,diced, golbon	1/2 CUP	200	63	0	9	0.00	0.00	54.0	180	36	3.24	0.0	15.3	0.0	0.00
MILK,VARIETY,PRAIRIE FARMS	carton	400	142	11	154	0.00	0.00	297.0	495	99	1.19	7.92	22.45	2.07	1.59
Weighted Daily Average			948	93	3011	5.36	6.06	838.8	1029	183	4.65	44.32	129.92	26.42	9.59
% of Calories												18.7%	54.8%	25.1%	9.1%

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EPCHS LUNCH

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Wed - 12/14/2011															
EPCHS LUNCH	Total	425													
PORK ROAST & GRAVY	SERVING	425	451	53	4047	2.04	3.89	99.5	99	20	1.19	22.83	55.04	15.7	7.07
POTATOES,MASHED (Pearls)	1/3 CUP	425	96	0	877	1.89	0.41	17.0	2	0	3.94	2.13	19.11	1.3	0.33
Wonder wheat bread slice	slice	400	60	0	135	0.00	0.72	40.0	0	0	0.0	3.0	9.0	1.0	0.00
GREEN BEANS	1/2 CUP	100	38	0	377	2.83	0.00	0.0	0	0	3.4	0.0	7.67	0.47	0.00
SALAD & DRESSING	SERVING	225	146	0	5164	0.86	0.30	393.0	497	51	2.02	0.65	29.28	0.1	0.01
FRUIT FLUFF	1/2 CUP S ERVING	250	130	0	19	2.49	0.68	24.1	540	54	6.83	1.21	33.25	0.16	0.02
MILK,VARIETY,PRAIRIE FARMS	carton	400	142	11	154	0.00	0.00	297.0	495	99	1.19	7.92	22.45	2.07	1.59
Weighted Daily Average			900	64	8030	6.52	5.54	655.9	1148	172	12.14	36.29	140.61	20.15	8.91
% of Calories												16.1%	62.5%	20.2%	8.9%

Thu - 12/15/2011															
EPCHS LUNCH	Total	450													
BBQ CHICKEN ON BUN	1 EACH	550	263	51	539	1.35	2.45	77.5	344	45	4.96	21.24	29.45	6.3	1.68
MUSTARD & KETCHUP PKT.	1 EACH	500	10	0	170	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00
PICKLES,DILL	1 EACH	500	3	0	245	0.31	0.10	11.8	51	9	0.22	0.17	0.73	0.04	0.01
FRENCH FRIES: oven heat	1 EACH	500	227	0	302	3.63	1.41	9.1	0	0	11.45	3.59	35.37	8.57	1.43
BROCCOLI SALAD	1/2 CUP	200	154	7	172	1.99	0.82	29.0	503	101	30.3	1.76	31.05	3.67	0.61
VEGGIE OR LETTUCE SALAD	1 CUP	150	133	2	372	4.63	1.56	78.9	3448	419	17.78	5.43	20.21	4.58	0.80
FRUIT COCKTAIL,canned,golbon	1/2 CUP	330	72	0	9	1.80	0.00	0.0	90	18	1.08	0.0	17.1	0.0	0.00
MILK,VARIETY,PRAIRIE FARMS	carton	300	142	11	154	0.00	0.00	297.0	495	99	1.19	7.92	22.45	2.07	1.59
Weighted Daily Average			848	73	1764	9.77	5.56	355.1	2357	351	40.01	38.02	127.48	21.81	5.25
% of Calories												17.9%	60.1%	23.2%	5.6%

Fri - 12/16/2011															
EPCHS LUNCH	Total	500													
PIZZA,CHEESE,SMART,tony's	1 EACH	500	293	16	892	1.95	2.59	307.8	511	102	0.56	16.92	32.14	11.17	4.06
VEGGIE OR LETTUCE SALAD	.75 CUP	400	100	2	279	3.47	1.17	59.1	2586	314	13.34	4.07	15.16	3.44	0.60
FRUIT,ASSORTED FRESH	1 EACH	200	64	0	1	2.55	0.20	13.6	124	15	13.61	0.7	16.53	0.22	0.05
FRUIT JUICE,ASSORTED	4 fl.oz.	300	63	0	8	0.26	0.18	12.5	66	8	23.63	0.45	15.36	0.13	0.02
CHOCOLATE CHIP COOKIES	2 EACH	500	256	26	172	1.00	1.32	18.0	242	48	0.0	2.86	32.2	13.54	4.06
MILK,VARIETY,PRAIRIE FARMS	carton	480	142	11	154	0.00	0.00	297.0	495	99	1.19	7.92	22.45	2.07	1.59
Weighted Daily Average			828	54	1440	6.91	5.03	671.2	3386	508	31.99	31.20	113.84	29.62	10.15
% of Calories												15.1%	55.0%	32.2%	11.0%

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Mon - 12/19/2011															
EPCHS LUNCH	Total	350													
CORN DOG MINI BRAKEBUSH	1 EACH	450	280	35	690	2.00	0.00	0.0	0	0	0.0	15.0	21.0	14.0	3.00
MUSTARD & KETCHUP PKT.	1 EACH	450	10	0	170	0.00	0.00	0.0	100	20	0.0	0.0	3.0	0.0	0.00
POTATO PUFFS: frozen,cooked	1/2 CUP	450	122	0	307	1.60	0.41	9.0	3	1	4.03	1.31	17.76	5.52	1.16
SALAD & DRESSING	SERVING	150	146	0	5164	0.86	0.30	393.0	497	51	2.02	0.65	29.28	0.1	0.01
SPINACH: frozen,boiled	1 CUP	100	65	0	184	7.03	3.72	290.7	22916	1478	4.18	7.62	9.12	1.65	0.30
PEACHES, diced, golbon	1/2 CUP	200	63	0	9	0.00	0.00	54.0	180	36	3.24	0.0	15.3	0.0	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	300	63	0	8	0.26	0.18	12.5	66	8	23.63	0.45	15.36	0.13	0.02
MILK,VARIETY,PRAIRIE FARMS	carton	320	142	11	154	0.00	0.00	297.0	495	99	1.19	7.92	22.45	2.07	1.59
Weighted Daily Average			830	55	3919	7.23	1.87	576.1	7505	589	30.43	31.06	111.28	27.62	6.91
% of Calories												15.0%	53.6%	29.9%	7.5%
Tue - 12/20/2011															
EPCHS LUNCH	Total	440													
NACHOS WITH GROUND BEEF	SERVINGS	500	281	42	590	2.10	1.67	277.0	410	82	0.4	17.8	19.28	15.13	6.10
NACHO CHEESE SAUCE	3 TBSP	400	149	24	714	0.15	0.28	358.5	768	154	0.59	12.31	4.95	9.39	5.45
SALSA:COMMODITY	2 OZ	400	20	0	244	0.79	1.27	6.8	312	31	2.27	0.85	3.97	0.11	0.02
SOUR CREAM	2 OZ	100	113	28	28	0.00	0.00	37.7	377	75	0.0	1.88	3.77	11.32	6.60
BROCCOLI,raw: fresh	1 CUP	200	31	0	30	2.37	0.66	42.8	567	140	81.17	2.57	6.04	0.34	0.04
SALAD & DRESSING	SERVING	150	146	0	5164	0.86	0.30	393.0	497	51	2.02	0.65	29.28	0.1	0.01
ROSY APPLESAUCE	1 CUP	320	161	0	100	4.27	0.77	0.0	0	0	5.73	0.0	40.11	0.0	0.00
MILK,VARIETY,PRAIRIE FARMS	carton	400	142	11	154	0.00	0.00	297.0	495	99	1.19	7.92	22.45	2.07	1.59
Weighted Daily Average			808	86	3534	7.71	4.27	1078.8	2411	449	45.89	41.20	93.18	30.47	14.86
% of Calories												20.4%	46.1%	33.9%	16.5%
Wed - 12/21/2011															
EPCHS LUNCH	Total	440													
BARBECUED CHICKEN	SERVINGS	440	295	86	476	0.49	1.60	27.0	492	98	5.09	27.25	15.82	13.43	3.73
POTATOES AU GRATIN	1/2 CUP	440	144	10	595	0.49	1.51	228.0	138	28	6.2	8.72	22.47	2.39	1.66
SALAD & DRESSING	SERVING	150	146	0	5164	0.86	0.30	393.0	497	51	2.02	0.65	29.28	0.1	0.01
CARROT STICKS	6 EACH	100	24	0	41	1.65	0.18	19.5	9913	1659	3.48	0.55	5.65	0.14	0.02
DRESSING,RNCH,CUP,hiddenvalley	1 EACH	100	60	7	373	0.00	0.00	13.3	0	0	0.0	0.67	7.33	3.33	0.67
JELL-O/BANANAS	1 CUP	380	136	0	107	1.19	0.13	5.2	29	4	20.35	0.5	33.63	0.15	0.05
RAISINS	1 CUP	200	434	0	16	5.36	2.73	72.5	0	1	3.33	4.45	114.81	0.67	0.09
MILK,VARIETY,PRAIRIE FARMS	carton	400	142	11	154	0.00	0.00	297.0	495	99	1.19	7.92	22.45	2.07	1.59
Weighted Daily Average			951	107	3165	5.12	4.60	703.9	3528	614	32.94	46.12	152.86	18.96	7.07
% of Calories												19.4%	64.3%	17.9%	6.7%

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EPCHS CAFE

Dec 1, 2011 thru Dec 30, 2011 Spreadsheet - Portion Values

EPCHS 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)
Thu - 12/22/2011															
EPCHS LUNCH	Total	450													
NO LUNCH	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%
Fri - 12/23/2011															
EPCHS LUNCH	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%
Mon - 12/26/2011															
EPCHS LUNCH	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%
Tue - 12/27/2011															
EPCHS LUNCH	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%
Wed - 12/28/2011															
EPCHS LUNCH	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%
Thu - 12/29/2011															
EPCHS LUNCH	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%

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EPCHS CAFE

Dec 1, 2011 thru Dec 30, 2011 Spreadsheet - Portion Values

EPCHS 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)
Fri - 12/30/2011															
EPCHS LUNCH	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%
Weighted Average			874	63	3313	7.54	4.78	713.0	2763	442	28.65	37.51	123.89	25.29	8.45
												17.2%	56.7%	26.1%	8.7%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	874		846	103%			
Cholesterol (mg)	63						
Sodium (mg)	3313						
Fiber (g)	7.54						
Iron (mg)	4.78		4.50	106%			
Calcium (mg)	713.0		400.00	178%			
Vitamin A (IU)	2763		1500	184%			
Vitamin A (RE)	442		300	147%			
Vitamin C (mg)	28.65		19.20	149%			
Protein (g)	37.51	17.18%	16.70	225%			
Carbohydrate (g)	123.89	56.73%					
Total Fat (g)	25.29	26.05%	<=30.00%				
Saturated Fat (g)	8.45	8.70%	<10.00%				

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