

Upper Perkiomen School District
Dec 1, 2011 thru Dec 31, 2011 Spreadsheet - Portion Values
ST PHILIP NERI LUNCH K-8

	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 - 12/01/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Cheeseburger (3oz)/ Bun, WW	1 each	1	403	52	545	1.00	2.40	100.6	152	30	0.0	25.88	24.12	18.07	7.26	*0.00
UP Hot Dog (LF) on Bun, WW	1 each	1	265	25	693	1.00	2.16	60.0	300	60	0.0	12.0	26.0	8.95	1.00	*0.00
UP Tator Tot, McCain	4 oz	2	140	0	310	2.00	0.36	0.0	0	0	1.2	2.0	17.0	7.0	1.50	*N/A*
Corn: frozen, yellow	1/2 CUP	2	67	0	1	1.98	0.39	2.5	164	18	2.89	2.1	15.92	0.55	0.08	*N/A*
UP Salad,Tossed/Crispy Chicken	Serving	1	420	61	1546	5.70	2.88	70.9	16052	1457	13.57	22.99	40.17	19.62	3.30	*N/A*
UP Roll, Whole Wheat	Roll	1	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
Pears, canned,light syrup	1/2 CUP	3	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			745	56	1382	7.56	3.82	394.0	6111	628	9.99	32.26	100.04	23.19	6.35	*0.00
% of Calories												17.3%	53.7%	28.0%	7.7%	*0.0%

Fri - 12/02/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Mac & Cheese, w/breadcrumb	1 cup	1	373	34	1770	1.56	1.79	400.7	664	148	0.16	16.61	45.09	14.25	6.84	*0.51
UP Roll, Whole Wheat	Roll	2	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
UP Pizza, Assorted, Elem	1 each	1	365	27	800	2.83	3.93	350.0	475	97	0.0	19.33	42.67	13.5	5.83	*0.17
Peas: frozen,boiled	1/2 CUP	2	62	0	58	4.40	1.22	19.2	1680	54	7.92	4.12	11.41	0.22	0.04	*N/A*
UP Salad, Tossed/Tuna Salad	Serving	1	176	18	660	4.25	1.59	57.3	15962	1437	12.17	9.16	15.94	8.74	0.97	*N/A*
Pineapple Chunks:canned,lt syr	1/2 CUP	3	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			611	36	1407	7.49	4.47	615.3	7368	698	20.70	28.23	93.07	15.19	6.03	*0.22
% of Calories												18.5%	60.9%	22.4%	8.9%	*0.3%

Mon - 12/05/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Chic NugetsWinter Wonderlde	Serving	1	157	46	460	1.34	1.73	29.6	74	15	0.4	14.27	13.47	5.45	1.31	0.00
UP Roll	Serving	2	100	0	185	1.00	1.08	20.0	0	0	0.0	3.5	18.5	0.75	0.00	*0.00
UP Cheese-filled Breadstick	1 each	1	389	30	1292	4.56	2.89	432.7	1370	274	11.64	21.23	45.9	12.91	6.00	*0.00
Broccoli: frozen, boiled	1/2 CUP	2	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11	0.02	*N/A*
UP French Fries, Waffle,O'Ida	3 oz	2	170	0	490	2.00	0.72	0.0	0	0	1.2	2.0	21.01	9.0	1.00	0.00
UP Salad, Chef	Serving	1	283	181	1003	2.18	1.67	226.6	6628	473	9.72	24.85	10.14	16.1	6.22	*0.50
Pineapple Chunks:canned,lt syr	1/2 CUP	3	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			685	96	1567	7.54	4.41	583.1	3859	471	43.96	34.14	93.69	20.61	6.64	*0.17
% of Calories												19.9%	54.7%	27.1%	8.7%	*0.2%

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

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

1 - denotes optional nutrient values

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.

Upper Perkiomen School District

Dec 1, 2011 thru Dec 31, 2011 Spreadsheet - Portion Values

ST PHILIP NERI LUNCH K-8

	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 - 12/06/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Steak Sand, MS	Sandwich	1	411	80	861	1.00	3.24	151.9	304	61	0.0	25.06	33.01	20.11	9.56	0.51
UP Chicken Grilled Patty/Bun	Patty	1	355	20	783	1.00	8.72	22.0	2	0	0.0	31.0	36.0	11.95	1.50	*0.00
UP Chips Variety, Baked	1 each	2	108	0	146	1.55	0.38	17.7	20	4	0.85	1.61	17.66	3.11	0.41	*0.00
Carrots: frozen, boiled	1/2 cup	2	27	0	236	2.34	0.27	23.4	13286	1915	2.81	0.59	6.41	0.14	0.03	*N/A*
UP Salad, Tossed/Egg Salad	Serving	1	268	374	615	4.28	2.66	110.3	16478	1604	12.15	14.78	16.64	16.05	3.85	*N/A*
UP Roll, Whole Wheat	Roll	1	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
UP Cake a la Peaches	1 each	3	72	0	12	1.63	0.47	7.3	444	44	3.01	0.62	18.94	0.12	0.03	*N/A*
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			679	169	1260	6.65	6.26	438.3	15409	1978	11.36	34.70	92.49	20.90	6.73	*0.17
% of Calories												20.4%	54.5%	27.7%	8.9%	*0.2%

Wed - 12/07/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Nacho/Taco Meat/Cheese2.5oz	1 each	1	528	36	1349	3.09	1.94	135.7	114	23	0.64	16.92	44.71	33.38	8.27	*0.96
UP Lettuce and Tomato	1/4 cup	1	11	0	4	0.76	0.20	7.8	469	34	6.28	0.56	2.32	0.12	0.00	*0.00
UP Chicken Grilled Patty/Bun	Sandwich	1	355	20	783	1.00	8.72	22.0	2	0	0.0	31.0	36.0	11.95	1.50	*0.00
CORN: canned, yellow	1/2 CUP	2	66	0	244	1.56	0.59	4.1	37	13	0.57	2.16	15.42	0.76	0.14	*N/A*
UP Salad, Tossed/Chicken Salad	Serving	1	232	59	612	4.34	2.10	58.8	15965	1437	12.43	18.7	14.29	12.41	1.91	*N/A*
UP Roll, Whole Wheat	Roll	1	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
Pears, canned,light syrup	1/2 CUP	3	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			664	49	1326	6.44	5.55	392.6	6041	607	9.57	33.07	90.70	22.40	5.42	*0.32
% of Calories												19.9%	54.6%	30.4%	7.4%	*0.4%

Thu - 12/08/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Tosco's Cheese Pizza	SERVINGS	1	391	31	506	3.03	3.15	436.8	1081	266	18.29	20.94	45.56	14.02	7.57	*N/A*
UP Hot Dog (LF) on Bun, WW	1 each	1	265	25	693	1.00	2.16	60.0	300	60	0.0	12.0	26.0	8.95	1.00	*0.00
UP Tossed Salad, Line, Elem.	1 each	2	8	0	4	0.61	0.18	8.0	386	37	3.21	0.45	1.72	0.09	0.01	*0.00
UP Salad,Tossed/Crispy Chicken	Serving	1	420	61	1546	5.70	2.88	70.9	16052	1457	13.57	22.99	40.17	19.62	3.30	*N/A*
UP Roll, Whole Wheat	Roll	1	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
UP Apple Cake, (Cnd Apples)	Serving	3	261	30	93	3.01	1.25	83.8	89	24	0.34	3.57	44.14	8.73	2.19	*0.00
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			798	79	1251	7.00	4.59	587.2	6657	743	14.96	31.52	111.48	25.55	7.59	*0.00
% of Calories												15.8%	55.9%	28.8%	8.6%	*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

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.

Upper Perkiomen School District

Dec 1, 2011 thru Dec 31, 2011 Spreadsheet - Portion Values

ST PHILIP NERI LUNCH K-8

	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 - 12/13/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Italian Hoagie, MS	1 each	1	414	47	1064	2.08	3.79	167.7	754	82	7.87	18.88	47.49	16.38	5.91	*0.00
UP Chips Variety, Baked	1 each	2	108	0	146	1.55	0.38	17.7	20	4	0.85	1.61	17.66	3.11	0.41	*0.00
UP Yogurt w/ 1oz. Cheese/Roll	1 each	1	276	23	415	1.00	0.72	422.5	452	90	0.0	14.59	37.01	8.33	4.04	*0.00
UP Carrot Sticks	0.25 CUP	2	20	0	44	1.64	0.50	18.1	7819	851	1.47	0.36	4.67	0.07	0.01	*N/A*
UP Ranch Dressing LT SS	1 each	2	60	5	370	0.00	0.00	0.0	0	0	0.0	1.0	7.0	3.5	0.50	0.00
UP Salad, Caesar	Serving	1	284	92	884	4.28	2.81	212.9	19211	1514	5.61	31.5	13.45	12.74	3.95	*0.00
UP Roll, Whole Wheat	Roll	1	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
UP Juice, Assorted Suncup	1 each	3	72	0	0	0.00	0.37	12.2	94	19	71.27	0.27	18.37	0.1	0.00	*N/A*
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			695	68	1402	4.92	3.88	612.6	12625	1251	79.17	32.90	99.52	19.61	6.69	*0.00
% of Calories												18.9%	57.3%	25.4%	8.7%	*0.0%

Wed - 12/14/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Soft Shell Tacos, 2oz	1 each	1	381	45	1257	3.42	3.77	217.7	1330	136	14.43	18.49	32.46	20.2	8.63	*0.77
UP Chick Grilled Patty&Chs/Bun	Sandwich	1	411	33	985	1.00	8.72	97.9	154	31	0.0	33.53	37.01	16.5	4.03	*0.00
Corn: frozen, yellow	1/2 CUP	2	67	0	1	1.98	0.39	2.5	164	18	2.89	2.1	15.92	0.55	0.08	*N/A*
UP Salad, Tossed/Egg Salad	Serving	1	268	374	615	4.28	2.66	110.3	16478	1604	12.15	14.78	16.64	16.05	3.85	*N/A*
UP Roll, Whole Wheat	Roll	1	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
UP Jello Cake,mix with Fruit	Serving	3	748	5	961	0.62	1.32	211.4	4	1	99.75	14.59	159.54	5.19	1.53	*0.00
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			1319	166	2155	5.18	7.12	663.9	6601	703	112.39	47.26	227.81	25.70	8.53	*0.26
% of Calories												14.3%	69.1%	17.5%	5.8%	*0.2%

Thu - 12/15/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Ham (Carving/Holiday), MS	1 each	1	113	38	588	0.00	0.45	0.0	0	0	0.0	11.25	1.25	6.25	1.88	1.25
UP Roll, Whole Wheat	Roll	1	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
UP Hot Dog (LF) on Bun, WW	1 each	1	265	25	693	1.00	2.16	60.0	300	60	0.0	12.0	26.0	8.95	1.00	*0.00
Sweet Potato,Cnd,Syrup Pk,Drnd	1/2 cup	2	145	0	52	4.03	1.27	22.8	12304	961	14.49	1.72	34.03	0.43	0.09	*N/A*
Green Beans: frozen,boiled	1/2 CUP	2	19	0	1	2.03	0.45	28.4	376	27	2.77	1.01	4.35	0.11	0.03	*N/A*
UP Salad,Tossed/Crispy Chicken	Serving	1	420	61	1546	5.70	2.88	70.9	16052	1457	13.57	22.99	40.17	19.62	3.30	*N/A*
UP Apple Crisp	1/2 cup	3	193	0	86	3.18	0.85	20.3	355	78	0.22	2.01	30.56	7.83	1.55	*0.00
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			741	52	1304	9.78	4.32	406.9	14759	1343	18.11	28.23	107.57	22.36	5.13	*0.42
% of Calories												15.3%	58.1%	27.2%	6.2%	*0.5%

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

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

1 - denotes optional nutrient values

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

Upper Perkiomen School District

Dec 1, 2011 thru Dec 31, 2011 Spreadsheet - Portion Values

ST PHILIP NERI LUNCH K-8

	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 - 12/16/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Mozzarella Sticks, SmartElm	5 Sticks	1	440	30	740	4.00	2.20	407.0	404	81	0.4	19.0	33.0	21.0	8.00	0.00
UP Sauce, Marinara, Contadina	1 oz	1	17	0	135	0.25	0.18	10.0	125	25	1.5	0.25	2.75	0.38	0.00	0.00
UP Roll, Whole Wheat	Roll	2	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
UP Pizza, Assorted, Elem	1 each	1	365	27	800	2.83	3.93	350.0	475	97	0.0	19.33	42.67	13.5	5.83	*0.17
UP Tator Tot, McCain	4 oz	2	140	0	310	2.00	0.36	0.0	0	0	1.2	2.0	17.0	7.0	1.50	*N/A*
Broccoli: frozen, boiled	1/2 CUP	2	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11	0.02	*N/A*
UP Salad, Tossed/Tuna Salad	Serving	1	176	18	660	4.25	1.59	57.3	15962	1437	12.17	9.16	15.94	8.74	0.97	*N/A*
Peaches: canned, light syrup	1/2 CUP	3	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.0	0.00	0.00
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			711	35	1289	9.25	4.43	614.3	7220	806	34.96	29.71	98.28	22.01	7.39	*0.06
% of Calories												16.7%	55.3%	27.9%	9.4%	*0.1%

Mon - 12/19/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Popcorn Chicken, MS	2.5 oz	1	167	25	417	0.00	1.20	16.7	0	0	0.0	10.83	10.83	8.33	1.67	0.00
UP Roll, Whole Wheat	Roll	2	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
UP Cheese-filled Breadstick	1 each	1	389	30	1292	4.56	2.89	432.7	1370	274	11.64	21.23	45.9	12.91	6.00	*0.00
UP Pierogies, Potato/Cheese,	3 Pierogies	2	240	30	710	2.00	1.80	100.0	100	20	6.0	10.0	39.0	8.0	4.00	0.00
Carrots: frozen, boiled	1/2 cup	2	27	0	236	2.34	0.27	23.4	13286	1915	2.81	0.59	6.41	0.14	0.03	*N/A*
UP Salad, Chef	Serving	1	283	181	1003	2.18	1.67	226.6	6628	473	9.72	24.85	10.14	16.1	6.22	*0.50
Pears, canned, light syrup	1/2 CUP	3	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			729	109	1831	7.81	4.38	629.4	12090	1639	15.73	36.27	105.55	20.64	8.75	*0.17
% of Calories												19.9%	57.9%	25.5%	10.8%	*0.2%

Tue - 12/20/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP French Toast, Cinnamon Glaz	Piece	1	230	130	330	1.00	2.24	17.3	215	45	0.0	8.0	31.0	7.0	2.00	0.00
UP Sausage, Patty, 2oz., Pierre	Patty	1	160	50	530	0.00	0.72	20.0	0	0	0.0	14.0	1.0	11.0	3.50	0.00
UP Ham & Cheese Wrap, 2oz.	1 each	1	243	39	1237	0.72	1.59	156.5	152	30	0.0	15.51	22.74	10.11	3.96	*0.25
UP Hashbrown, Ore-ida	1 each	2	140	0	130	2.00	0.00	0.0	0	0	2.4	1.0	15.0	8.0	1.50	*N/A*
UP Celery Sticks	4 oz	1	18	0	91	1.81	0.23	45.4	509	15	3.52	0.78	3.37	0.19	0.05	0.00
UP Salad, Caesar	Serving	1	284	92	884	4.28	2.81	212.9	19211	1514	5.61	31.5	13.45	12.74	3.95	*0.00
UP Roll, Whole Wheat	Roll	1	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
UP Juice, Assorted Suncup	1 each	3	72	0	0	0.00	0.37	12.2	94	19	71.27	0.27	18.37	0.1	0.00	*N/A*
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			651	114	1352	4.27	3.39	471.7	7289	653	77.77	33.19	81.17	21.68	6.93	*0.08
% of Calories												20.4%	49.9%	30.0%	9.6%	*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

1 - denotes optional nutrient values

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

Upper Perkiomen School District

Dec 1, 2011 thru Dec 31, 2011 Spreadsheet - Portion Values

ST PHILIP NERI LUNCH K-8

	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)
Wed - 12/21/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Cheeseburger Sliders, Tyson	2 Sliders	1	463	62	965	2.84	2.92	212.9	342	68	0.44	22.26	33.62	25.71	11.26	0.00
UP Chicken Spicy Patty Sand MS	Sandwich	1	385	30	743	2.00	0.72	20.0	0	0	0.0	18.99	44.0	10.95	1.49	*0.00
UP Potato Wedges	4 oz	2	187	0	533	2.67	0.48	26.7	0	0	3.2	2.67	28.0	6.67	1.33	*N/A*
Green Beans: frozen,boiled	1/2 CUP	2	19	0	1	2.03	0.45	28.4	376	27	2.77	1.01	4.35	0.11	0.03	*N/A*
UP Salad, Tossed/Chicken Salad	Serving	1	232	59	612	4.34	2.10	58.8	15965	1437	12.43	18.7	14.29	12.41	1.91	*N/A*
UP Roll, Whole Wheat	Roll	1	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
UP Applesauce Cake	4 oz	3	275	26	312	1.62	1.25	18.4	54	9	0.85	3.22	46.61	9.24	1.96	*0.00
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			945	86	1682	8.14	4.27	461.1	6241	629	10.98	34.66	127.76	32.69	9.20	*0.00
% of Calories												14.7%	54.1%	31.1%	8.8%	*0.0%
Thu - 12/22/2011																
ST PHILIP NERI LUNCH K-8	Total	3														
UP Spagh with Meatsauce	2/3 cup	1	267	27	379	2.84	2.48	22.0	249	50	2.54	13.4	26.45	11.71	4.43	*0.74
UP Garlic Bread	servings	1	89	0	181	1.07	0.77	21.0	84	19	0.01	3.15	13.6	2.89	0.35	*0.00
UP Hot Dog (LF) on Bun, WW	1 each	1	265	25	693	1.00	2.16	60.0	300	60	0.0	12.0	26.0	8.95	1.00	*0.00
UP Chips Variety, Baked	1 each	1	108	0	146	1.55	0.38	17.7	20	4	0.85	1.61	17.66	3.11	0.41	*0.00
UP Tossed Salad, Line, Elem.	1 each	2	8	0	4	0.61	0.18	8.0	386	37	3.21	0.45	1.72	0.09	0.01	*0.00
UP Salad,Tossed/Crispy Chicken	Serving	1	420	61	1546	5.70	2.88	70.9	16052	1457	13.57	22.99	40.17	19.62	3.30	*N/A*
UP Roll, Whole Wheat	Roll	1	80	0	150	1.00	0.72	20.0	0	0	0.0	3.0	15.0	0.5	0.00	0.00
UP Orange Slices	4 Quarters	3	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
Milk - Variety, Cream O Land	HALF PINT	3	146	10	191	0.00	0.25	302.2	500	100	1.86	8.0	23.95	2.4	1.44	0.00
Weighted Daily Average			607	48	1225	7.10	3.60	416.5	6542	674	60.73	27.92	82.67	18.17	4.63	*0.25
% of Calories												18.4%	54.5%	27.0%	6.9%	*0.4%
Weighted Average			756	83	1460	7.08	4.61	520.5	8487	916	37.17	33.15	107.98	22.19	6.86	*0.15
												17.5%	57.2%	26.4%	8.2%	*0.2%

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

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

¹ - denotes optional nutrient values

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.

Upper Perkiomen School District

Dec 1, 2011 thru Dec 31, 2011 Spreadsheet - Portion Values

ST PHILIP NERI LUNCH K-8

Nutrient	Menu AVG	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)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	756		691	109%													
Cholesterol (mg)	83		100	83%													
Sodium (mg)	1460		1000	146%													
Fiber (g)	7.08																
Iron (mg)	4.61		3.70	125%													
Calcium (mg)	520.5		311.33	167%													
Vitamin A (IU)	8487		1203	705%													
Vitamin A (RE)	916		241	381%													
Vitamin C (mg)	37.17		15.57	239%													
Protein (g)	33.15	17.55%	10.98	302%													
Carbohydrate (g)	107.98	57.16%	86.00														
Total Fat (g)	22.19	26.43%	<=30.00%														
Saturated Fat (g)	6.86	8.17%	<10.00%														
Trans Fat (g)	0.15	0.18%															

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

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

¹ - denotes optional nutrient values

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