

ES-Summer Nutrient Profile

Jun 4, 2012 thru Jul 6, 2012 Spreadsheet - Portion Values

Oct 21, 2012

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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 ¹ (g)
Mon - 06/04/2012															
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
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
COLESLAW, HOME-PREPARED	1/2 CUP	50	5	15	0.96	0.38	28.8	235	52	20.93	0.83	7.94	1.67	0.25	*N/A*
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*
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		610	49	902	6.50	*3.89	*364.8	*1075	*183	*77.43	31.39	99.40	12.79	4.09	*0.00
% of Calories											20.6%	65.1%	18.8%	6.0%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	49%		130%										
Shortfall			51												

Tue - 06/05/2012															
Ohio Department of Education	Total														
Chicken Stir Fry, ODE ES**	1/2 Cup	222	28	1180	1.11	2.65	31.1	2019	139	19.8	13.52	19.56	10.17	3.02	*0.00
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*
ORANGE GLAZED CARROTS: OD	2/3 CUP	91	0	76	3.12	0.53	37.1	15197	3037	13.87	0.76	17.37	2.46	0.48	*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		624	31	1433	5.63	*3.90	*350.5	*17802	*3288	*58.58	25.34	98.95	14.92	4.09	*0.15
% of Calories											16.3%	63.5%	21.5%	5.9%	*0.2%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	31%		113%										
Shortfall			69												

Wed - 06/06/2012															
Ohio Department of Education	Total														
PIZZA TUR PEPP 4X6 W/GRAIN: ODE	1 Each	300	20	670	4.00	2.70	250.0	300	7	0.0	15.0	36.0	11.0	4.00	0.00
Spring/Summer Fruit Salad ODE	servings	122	0	2	4.54	0.61	17.5	85	13	51.2	1.7	30.87	0.62	0.12	*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
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
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

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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 ¹ (g)
Weighted Daily Average		679	22	1098	12.54	*4.26	*559.4	*1252	*193	*55.66	27.71	106.46	18.10	5.37	*0.00
% of Calories											16.3%	62.7%	24.0%	7.1%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		104%	22%		251%										
Shortfall		OVER	78												

Thu - 06/07/2012															
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
PEACHES, CND, LGHT SYP, Com mod	.5 CUP	68	0	6	1.60	0.45	4.0	23	5	3.0	0.55	18.26	0.04	0.00	0.00
REFRIED BEANS: canned	.5 CUP	108	0	534	6.07	1.99	39.3	0	0	7.14	6.44	18.16	1.39	0.47	*N/A*
Tortilla Chip, Scoop, Tostitid	1 EACH	110	0	110	0.00	0.78	100.0	0	0	0.0	2.0	19.0	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
Weighted Daily Average		622	55	1337	10.90	*5.66	*744.9	*1920	*319	*24.54	39.71	85.25	15.01	6.10	*0.00
% of Calories											25.5%	54.8%	21.7%	8.8%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	55%		218%										
Shortfall			45												

Fri - 06/08/2012															
Ohio Department of Education	Total														
Macaroni and Cheese-RF	6 oz	274	37	771	0.00	1.70	375.9	502	340	1.7	15.31	28.92	11.91	6.46	0.00
APRICOTS: canned, light syrup	1/2 CUP	80	0	5	2.02	0.49	13.9	1672	167	3.42	0.67	20.86	0.06	0.00	*N/A*
SWEET POTATOES PUFFS: ODE	3 OZ	130	0	230	2.00	0.36	20.0	3500	70	3.6	1.0	23.0	4.0	0.00	0.00
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
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		646	40	1194	7.15	*3.12	*701.6	*7308	*754	*49.28	28.15	99.51	18.18	6.99	*0.00
% of Calories											17.4%	61.6%	25.3%	9.7%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	40%		143%										
Shortfall			60												

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Mon - 06/11/2012															
Ohio Department of Education	Total														
Chicken Patty, Grilled on Bun	1 each	300	45	640	2.00	1.82	60.0	100	20	0.0	18.0	30.0	12.6	3.00	0.00
MANDARIN ORANGES,CND,LT S YRUP,	.5 CUP	75	0	7	1.42	0.44	9.5	1533	307	23.23	0.64	19.03	0.17	0.01	*N/A*
LETTUCE & TOMATO: 1leaf,1 slice	1 lf, 1slc	8	0	3	0.83	0.33	11.2	2605	85	3.86	0.52	1.7	0.12	0.02	*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
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
Weighted Daily Average		641	47	1281	6.25	*2.94	*339.6	*4730	*510	*28.74	29.16	91.95	19.26	4.25	*0.00
% of Calories										18.2%	57.4%	27.0%	6.0%	*0.0%	
Nutrient Guideline		600-650	100	1230	5.00							<=30.0	<10.00		
% of Guideline Satisfied		100%	47%		125%										
Shortfall			53												

Tue - 06/12/2012															
Ohio Department of Education	Total														
Hatton Chicken Crunch	1 CUP	271	28	1074	1.66	2.13	33.2	4762	735	20.43	13.55	24.83	13.44	3.31	*0.02
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*
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
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		641	31	1280	7.95	*3.67	*349.2	*8104	*1086	*62.57	28.01	97.50	17.47	4.18	*0.17
% of Calories										17.5%	60.9%	24.5%	5.9%	*0.2%	
Nutrient Guideline		600-650	100	1230	5.00							<=30.0	<10.00		
% of Guideline Satisfied		100%	31%		159%										
Shortfall			69												

Wed - 06/13/2012															
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
BANANA, FRESH	.5 EACH	45	0	1	1.31	0.13	2.5	32	4	4.39	0.55	11.53	0.17	0.06	*N/A*
CARROTS,FROZEN,UNPREPARE	.75 CUP	35	0	65	3.17	0.42	34.6	13642	2043	2.4	0.75	7.58	0.44	0.05	*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

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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 ¹ (g)
Weighted Daily Average		642	81	553	11.02	*3.62	*468.8	*14517	*2237	*7.79	38.82	91.75	15.75	6.92	*0.00
% of Calories											24.2%	57.2%	22.1%	9.7%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	81%		220%										
Shortfall			19												

Thu - 06/14/2012															
Ohio Department of Education	Total servings														
Eagle Tostado ES	.5 CUP	261	38	643	5.91	2.60	397.9	998	197	11.31	18.68	26.43	10.0	4.74	*0.00
PEACHES, CND, LGHT SYP, Com mod		68	0	6	1.60	0.45	4.0	23	5	3.0	0.55	18.26	0.04	0.00	0.00
Bean and Corn Salad**	1/2 Cup	153	0	74	3.30	0.99	28.0	453	78	17.5	3.44	24.02	4.92	0.72	*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		600	40	883	10.81	*4.04	*688.8	*1965	*377	*32.26	30.67	89.93	15.32	5.68	*0.00
% of Calories											20.4%	60.0%	23.0%	8.5%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	40%		216%										
Shortfall		0	60												

Fri - 06/15/2012															
Ohio Department of Education	Total SERVING														
TURKEY W/ GRAVY- JTM	1 EACH	153	52	796	0.00	1.00	12.0	200	40	0.0	21.0	5.0	5.0	1.00	0.00
PEARS,FRESH	1 EACH	103	0	2	5.52	0.30	16.0	41	4	7.48	0.68	27.52	0.21	0.02	*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 Dressing, Red Fat	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
Mashed Potatoes-Lo NA, Ohio Co	.5 CUP	64	0	24	1.20	0.72	0.0	401	80	7.22	1.4	13.17	0.74	0.00	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*
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		623	70	1487	10.52	*3.69	*360.5	*6215	*876	*34.81	35.18	91.04	15.52	4.44	*0.02
% of Calories											22.6%	58.4%	22.4%	6.4%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	70%		210%										
Shortfall			30												

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Mon - 06/18/2012															
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
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
Sweet Potato Fries	.75 CUP	240	0	270	6.00	0.54	30.0	7500	1500	14.4	1.5	37.5	10.5	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
Weighted Daily Average		632	25	1287	10.85	*1.84	*666.2	*8447	*1689	*35.91	27.08	91.30	19.15	5.97	0.00
% of Calories											17.1%	57.8%	27.3%	8.5%	0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	25%		217%										
Shortfall			75												

Tue - 06/19/2012															
Ohio Department of Education	Total														
SweetSesameChicStirFry, -ES**	3/4 Cup	142	53	236	2.10	2.59	22.9	9051	1357	3.23	18.59	11.55	2.64	0.70	*0.00
PEACHES, CND, LGHT SYP, Com mod	.5 CUP	68	0	6	1.60	0.45	4.0	23	5	3.0	0.55	18.26	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
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
Rice Krispies Treat, Mini,DCS	1 Each	90	0	105	0.00	0.36	0.0	200	40	0.0	0.0	17.0	3.0	1.00	0.00
Weighted Daily Average		634	55	680	8.24	*4.67	*330.8	*10908	*1578	*44.96	34.15	109.47	9.07	2.46	*0.00
% of Calories											21.5%	69.1%	12.9%	3.5%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	55%		165%										
Shortfall			45												

Wed - 06/20/2012															
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
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
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
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

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Weighted Daily Average		611	68	630	10.79	*4.62	*397.6	*1810	*402	*23.16	31.31	89.06	19.04	7.13	*0.50
% of Calories											20.5%	58.3%	28.1%	10.5%	*0.7%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	68%		216%										
Shortfall			32											OVER	

Thu - 06/21/2012															
Ohio Department of Education	Total														
Taco Salad, ES*	Serving	166	34	359	2.85	1.70	297.3	3605	125	18.55	15.72	9.15	8.0	4.24	0.00
Ranch Dressing, Red Fat	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
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*
Tortilla Chip, Scoop, Tostitid	1 EACH	110	0	110	0.00	0.78	100.0	0	0	0.0	2.0	19.0	2.5	0.00	0.00
SALSA, COWBOY	3/4 CUP	90	0	81	5.32	1.67	36.9	270	34	7.72	4.67	17.22	0.95	0.13	*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		632	41	1047	11.13	*4.62	*710.1	*4452	*270	*35.69	31.87	96.06	15.88	5.07	*0.02
% of Calories											20.2%	60.8%	22.6%	7.2%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	41%		223%										
Shortfall			59												

Fri - 06/22/2012															
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
Apricots, Froz, Slice,SS 4.5oz	1 EACH	118	0	5	2.70	1.09	12.0	2033	407	10.9	0.85	30.37	0.12	0.01	0.00
PEAS GREEN,CANNED,DRAINED	.5 CUP	59	0	186	3.49	0.81	17.0	653	131	7.74	3.74	10.71	0.34	0.05	*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		634	46	1136	12.38	*4.59	*344.9	*3588	*718	*20.69	33.62	110.15	10.30	1.37	*0.00
% of Calories											21.2%	69.5%	14.6%	2.0%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	46%		248%										
Shortfall			54												

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ES-Summer Nutrient Profile

Jun 4, 2012 thru Jul 6, 2012 Spreadsheet - Portion Values

Oct 21, 2012

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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 ¹ (g)
Mon - 06/25/2012															
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
LETTUCE & TOMATO: 1leaf, 1 slice	1 lf, 1slc	8	0	3	0.83	0.33	11.2	2605	85	3.86	0.52	1.7	0.12	0.02	*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
PEAS: frozen, boiled	.75 CUP	94	0	86	6.60	1.82	28.8	2520	80	11.88	6.18	17.11	0.32	0.06	*N/A*
PINEAPPLE CHUNKS: canned, lt syr	.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*
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		601	43	972	11.16	*5.29	*375.0	*5740	*274	*25.91	36.73	93.05	11.48	3.91	*0.00
% of Calories											24.5%	62.0%	17.2%	5.9%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	43%		223%										
Shortfall			57												

Tue - 06/26/2012															
Ohio Department of Education	Total														
Teriyaki Chicken, Asian Style	2.85 Servin	150	45	410	0.00	1.08	0.0	0	0	0.0	15.0	14.0	4.0	1.00	0.00
Broccoli Florets: DCS	.75 CUP	90	0	70	4.50	0.81	49.7	1791	144	55.38	4.63	7.5	5.72	0.94	*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
WATERMELON, CHUNKS	.5 CUP	23	0	1	0.30	0.18	5.3	432	28	6.16	0.46	5.74	0.11	0.01	*N/A*
Juice, Sidekicks	1 EACH	80	0	45	0.00	0.36	80.0	1000	200	60.0	0.0	20.0	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
Weighted Daily Average		633	47	831	6.21	*3.13	*406.1	*3715	*471	*121.99	31.90	104.48	11.39	2.41	*0.00
% of Calories											20.2%	66.1%	16.2%	3.4%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	47%		124%										
Shortfall			53												

Wed - 06/27/2012															
Ohio Department of Education	Total														
PIZZA, W/GRAIN: ODE**2 oz crust	1 each	350	35	540	4.00	1.80	350.0	400	7	0.0	18.0	36.0	15.0	7.00	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
ORANGE GLAZED CARROTS	2/3 CUP	96	0	268	1.60	0.66	28.0	12992	2598	13.6	0.84	15.29	3.84	0.77	*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

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ES-Summer Nutrient Profile

Jun 4, 2012 thru Jul 6, 2012 Spreadsheet - Portion Values

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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 ¹ (g)
Weighted Daily Average		649	37	1030	8.98	*4.96	*724.6	*21565	*3367	*74.87	29.60	89.97	20.83	8.22	*0.00
% of Calories											18.3%	55.5%	28.9%	11.4%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	37%		180%										
Shortfall			63											OVER	

Thu - 06/28/2012															
Ohio Department of Education	Total														
Santa Fe Wrap- ODE ES	1/2 wrap	213	52	298	2.68	1.63	87.7	1074	68	7.11	20.6	16.52	7.14	1.81	*0.00
REFRIED BEANS: canned	.5 CUP	108	0	534	6.07	1.99	39.3	0	0	7.14	6.44	18.16	1.39	0.47	*N/A*
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*
Tortilla Chip, Scoop, Tostitid	1 EACH	110	0	110	0.00	0.78	100.0	0	0	0.0	2.0	19.0	2.5	0.00	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		638	55	1174	10.60	*6.28	*511.0	*1957	*236	*26.66	38.43	96.22	11.68	2.53	*0.00
% of Calories											24.1%	60.4%	16.5%	3.6%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	55%		212%										
Shortfall			45												

Fri - 06/29/2012															
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
SWEET POTATOES PUFFS:ODE	3 OZ	130	0	230	2.00	0.36	20.0	3500	70	3.6	1.0	23.0	4.0	0.00	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
GREEN BEANS: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
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
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		619	47	1100	7.39	*3.50	*365.9	*4398	*250	*59.48	17.69	105.52	16.65	3.26	*0.00
% of Calories											11.4%	68.2%	24.2%	4.7%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	47%		148%										
Shortfall			53												

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ES-Summer Nutrient Profile

Jun 4, 2012 thru Jul 6, 2012 Spreadsheet - Portion Values

Oct 21, 2012

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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 ¹ (g)
Mon - 07/02/2012															
Ohio Department of Education	Total														
Deli Sub, turkey & ham: ES*	1 EACH	220	28	756	2.00	1.38	115.0	134	27	0.0	15.09	30.26	4.64	1.63	*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,LO NA,LO CALOR DIE	1 TBSP	32	3	15	0.00	0.00	0.0	0	0	0.0	0.04	2.24	2.69	0.46	*N/A*
Fresh cucumber and tom w/ Dip*	Serving	119	5	180	1.26	0.51	8.3	1005	93	20.06	1.34	13.89	7.06	1.02	*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*
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
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		670	43	1185	5.69	*3.21	*404.5	*1920	*237	*33.12	26.23	104.78	18.47	4.36	*0.00
% of Calories											15.7%	62.6%	24.8%	5.9%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		103%	43%		114%										
Shortfall		OVER	57												

Tue - 07/03/2012															
Ohio Department of Education	Total														
Wokin Orange Chicken	1 CUP	288	28	1020	2.68	2.61	70.8	12419	1843	9.1	13.75	33.94	10.54	3.07	*0.00
BANANA, Fresh	1/2 EACH	45	0	1	1.31	0.13	2.5	32	4	4.39	0.55	11.53	0.17	0.06	*N/A*
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
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		631	30	1200	7.12	*3.82	*375.7	*13521	*2061	*16.76	25.90	96.26	16.71	4.43	*0.15
% of Calories											16.4%	61.0%	23.8%	6.3%	*0.2%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	30%		142%										
Shortfall			70												

Wed - 07/04/2012															
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
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
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	2 TBSP	90	5	170	0.00	0.00	0.0	350	70	0.0	0.0	7.0	7.0	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

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ES-Summer Nutrient Profile

Jun 4, 2012 thru Jul 6, 2012 Spreadsheet - Portion Values

Oct 21, 2012

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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 ¹ (g)
Weighted Daily Average		636	33	1203	7.26	*4.15	*482.0	*6285	*881	*79.06	25.43	101.58	17.39	4.80	*0.30
% of Calories											16.0%	63.9%	24.6%	6.8%	*0.4%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	33%		145%										
Shortfall			67												

Thu - 07/05/2012															
Ohio Department of Education	Total														
Chicken, Spicy mexican, ODE	.5 cup	185	34	447	4.81	2.44	142.5	276	61	3.72	20.12	16.57	4.82	1.82	*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
Caramel, Low Fat, Dip, 1 oz	1 EACH	108	1	56	0.00	0.00	30.0	0	0	0.0	1.0	26.0	0.0	0.00	0.00
SALSA, COWBOY	3/4 CUP	90	0	81	5.32	1.67	36.9	270	34	7.72	4.67	17.22	0.95	0.13	*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
Tortilla Chip, Scoop, Tostitid	1 EACH	110	0	110	0.00	0.78	100.0	0	0	0.0	2.0	19.0	2.5	0.00	0.00
Weighted Daily Average		641	38	854	11.13	*4.89	*588.2	*1038	*194	*32.89	35.79	107.02	8.65	2.17	*0.00
% of Calories											22.3%	66.8%	12.2%	3.0%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	38%		223%										
Shortfall			62												

Fri - 07/06/2012															
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
Peaches in Tropical Gelatin	SERVING	70	0	20	1.00	0.00	0.0	200	40	60.0	0.0	16.0	0.0	0.00	0.00
Broccoli Salad, ODE**	1/2 Cup	49	0	78	1.85	0.47	18.1	427	81	27.75	1.97	7.66	1.11	0.16	*0.00
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
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
Weighted Daily Average		604	46	1239	4.85	*1.83	*291.0	*1192	*234	*90.41	26.97	88.32	15.49	2.39	*0.00
% of Calories											17.9%	58.5%	23.1%	3.6%	*0.0%
Nutrient Guideline		600-650	100	1230	5.00								<=30.0	<10.00	
% of Guideline Satisfied		100%	46%		97%										
Shortfall			54		0.15										

Weighted Average		632	45	1081	8.92	*4.01	*476.1	*6217	*907	*46.13	30.67	97.40	15.38	4.50	*0.05
											19.4%	61.7%	21.9%	6.4%	*0.1%

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Jun 4, 2012 thru Jul 6, 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 ¹ (g)
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	632		600 - 650	100%				
Cholesterol (mg)	45		100	45%				
Sodium (mg)	1081		1230					
Fiber (g)	8.92		5.00	178%				
Iron (mg)	4.01				Missing			
Calcium (mg)	476.1				Missing			
Vitamin A (IU)	6217				Missing			
Vitamin A (RE)	907				Missing			
Vitamin C (mg)	46.13				Missing			
Protein (g)	30.67	19.43%						
Carbohydrate (g)	97.40	61.68%						
Total Fat (g)	15.38	21.92%	<=30.00%					
Saturated Fat (g)	4.50	6.42%	<10.00%					
Trans Fat (g)	0.05	0.07%			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

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.