

Hastings ISD 200

Cycle No. 1 thru Cycle No. 35 Cycle Spreadsheet - Portion Values Hastings Middle/Elem Schools

Jun 5, 2013

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	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)
Popcorn Chicken																
Hastings Middle/Elem School	Total	1														
Chicken, Popcorn w/dipping sau	1 Serving	1	242	30	306	1.05	1.46	20.9	118	27	0.05	12.0	16.83	14.02	2.50	0.00
Broccoli w/Cheese Sauce	1/2 cup	1	48	2	89	2.39	0.47	72.0	448	90	46.72	3.44	5.87	1.22	0.50	*0.00
Salad, Caesar	serving (1 c	1	103	0	242	0.78	0.80	16.7	2050	62	34.96	1.44	6.9	8.09	0.97	*0.00
Rice, black pearl medley	1/2 cup	1	117	0	30	1.78	0.85	13.1	79	16	0.0	2.97	20.35	2.65	0.80	*0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			713	38	846	7.85	4.31	396.8	3308	324	110.18	28.34	91.94	27.09	5.48	*0.00
% of Calories												15.9%	51.6%	34.2%	6.9%	*0.0%

Grilled Cheese w/tomat soup/cowbo																
Hastings Middle/Elem School	Total	1														
Sandwich, Grilled Cheese	1 Each	1	289	23	860	3.00	1.80	305.0	1293	259	0.0	14.5	30.5	11.69	5.93	0.00
Tomato soup or Cowboy Chili	3/4 cup se	1	150	0	644	5.32	1.93	36.0	1006	179	14.07	5.05	29.82	1.64	0.23	*0.00
Cracker, saltine	pkt of 2	1	26	0	78	0.18	0.32	7.1	0	0	0.0	0.55	4.29	0.71	0.13	0.00
Carrots and Celery Sticks	.5 cup	1	13	0	15	0.96	0.17	10.1	7983	1597	3.07	0.33	3.1	0.06	0.01	0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			681	28	1776	11.31	4.95	632.3	10894	2164	45.59	28.92	109.70	15.22	6.99	*0.00
% of Calories												17.0%	64.5%	20.1%	9.2%	*0.0%

Hamburger on a Bun																
Hastings Middle/Elem School	Total	1														
Hamburger on a Bun w/lett,tom	SERVING	1	325	40	912	3.58	3.59	228.8	252	50	*3.05	18.62	37.03	11.32	3.53	0.50
Potato,Oven baked french fries	1 Serving	1	145	0	561	4.81	0.59	10.2	117	23	2.48	1.69	21.4	6.18	1.38	0.14
Salad, Caesar	serving (1 c	1	103	0	242	0.78	0.80	16.7	2050	62	34.96	1.44	6.9	8.09	0.97	*0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			776	46	1893	11.02	5.71	529.8	3032	266	*68.94	30.24	107.31	26.70	6.58	*0.64
% of Calories												15.6%	55.3%	31.0%	7.6%	*0.7%

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¹ - denotes optional nutrient values

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Cycle No. 1 thru Cycle No. 35 Cycle Spreadsheet - Portion Values Hastings Middle/Elem Schools

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	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)
Chicken n' Gravy																
Hastings Middle/Elem School	Total	1														
Chicken n' gravy	portion	1	148	51	549	0.00	0.69	8.5	31	6	0.0	16.32	8.0	5.33	2.19	*0.00
Potatoes, Mashed	1/2 cup	1	64	0	242	1.13	0.21	13.4	0	0	2.4	1.45	13.58	0.7	0.13	0.06
Corn, canned	1/2 cup	1	66	0	175	1.64	0.70	4.1	128	26	6.96	2.15	15.23	0.82	0.13	*N/A*
Roll, country wheat	roll	1	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	23.0	1.5	0.50	0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			601	56	1345	6.63	3.42	310.1	771	162	37.81	32.40	101.80	9.47	3.64	*0.06
% of Calories												21.6%	67.7%	14.2%	5.5%	*0.1%

Maxstix Stuffed Sticks																
Hastings Middle/Elem School	Total	1														
Pizza, MaxStix (2) w/marinara	2 sticks	1	367	10	1140	6.00	2.64	313.3	533	107	1.6	17.33	40.67	15.0	5.33	0.00
Veggies, fresh & dip	1/2 cup	1	50	7	100	1.22	0.27	18.3	5174	1035	11.91	0.67	3.3	3.61	0.02	0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
Juice Bar, asst. MM	1 each	1	60	0	10	0.00	0.00	0.0	0	0	77.89	0.0	15.0	0.0	0.00	0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			679	23	1428	9.07	3.65	605.7	6319	1272	119.85	26.49	100.96	19.72	6.05	*0.00
% of Calories												15.6%	59.4%	26.1%	8.0%	*0.0%

Chicken Smackers																
Hastings Middle/Elem School	Total	1														
Chicken Smackers w/sauces	10 piece	1	306	58	1120	0.01	1.03	16.4	159	32	1.03	18.02	25.82	14.0	3.00	*0.00
Pasta Bake	1/2 cup	1	168	12	425	3.49	0.93	178.3	411	56	1.59	8.68	19.41	6.04	3.13	0.00
Beans, Green: canned,cooked	1/2 cup	1	14	0	169	1.28	0.61	17.6	236	47	2.9	0.81	3.04	0.07	0.01	0.00
Salad, Tossed/Dressing	1 c =1/2 ve	1	57	4	85	0.78	0.79	12.3	2047	61	34.96	0.29	3.34	4.32	0.51	*0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			748	79	1978	7.42	4.09	498.6	3465	326	68.93	36.29	93.60	25.55	7.35	*0.00
% of Calories												19.4%	50.1%	30.8%	8.9%	*0.0%

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Cycle No. 1 thru Cycle No. 35 Cycle Spreadsheet - Portion Values

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Hastings Middle/Elem Schools

	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)
Mini Pancakes																
Hastings Middle/Elem School	Total	1														
Pancakes, Eggo mini maple,blue	pouch	1	200	10	290	3.00	2.70	60.0	500	100	0.0	4.0	34.0	5.0	1.00	0.00
Sausage Links	Serving	1	210	45	450	0.00	0.00	0.0	148	30	0.0	9.0	0.0	21.0	7.50	0.00
Potato, Tater Tots	serving	1	170	0	495	1.97	0.75	1.6	113	23	2.39	1.96	23.63	8.22	1.83	0.00
Veggies, fresh & dip	1/2 cup	1	50	7	100	1.22	0.27	18.3	5174	1035	11.91	0.67	3.3	3.61	0.02	0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			833	68	1513	8.05	4.46	354.0	6547	1317	42.75	24.12	102.92	38.94	11.05	*0.00
% of Calories												11.6%	49.4%	42.1%	11.9%	*0.0%

Submarine Sandwich-Elementary																
Hastings Middle/Elem School	Total	1														
Submarine Sandwich-Elementary	serving	1	248	41	885	2.41	2.05	209.2	365	67	3.9	12.79	27.25	10.57	3.38	0.00
COLE SLAW	1/2 CUP	1	75	7	166	2.03	0.43	34.6	2159	359	24.61	1.06	10.7	4.11	1.35	*0.00
Salad, black bean	1/4 cup	1	89	0	237	2.70	1.02	22.1	188	33	10.36	2.95	14.74	2.98	0.37	*0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			615	54	1466	9.00	4.23	540.0	3324	589	67.32	25.29	94.67	18.77	5.81	*0.00
% of Calories												16.5%	61.6%	27.5%	8.5%	*0.0%

Submarine Sandwich-Middle School																
Hastings Middle/Elem School	Total	1														
Submarine Sandwich-Middle Sch.	sandwich	1	440	60	1435	4.80	3.74	398.7	680	128	7.31	21.57	53.56	16.64	5.52	*0.00
COLE SLAW	1/2 CUP	1	75	7	166	2.03	0.43	34.6	2159	359	24.61	1.06	10.7	4.11	1.35	*0.00
Salsa, black bean & corn	1/2 cup	1	63	0	313	3.07	1.29	29.4	97	19	4.65	3.59	13.74	0.49	0.05	*0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			781	72	2093	11.76	6.19	736.8	3548	637	65.02	34.71	119.99	22.35	7.62	*0.00
% of Calories												17.8%	61.4%	25.7%	8.8%	*0.0%

Chicken or Fish Nuggets																
Hastings Middle/Elem School	Total	1														
Chicken or Fish Nuggets w/sauc	servings	1	239	40	463	0.12	1.96	26.2	155	31	0.96	15.74	24.27	10.65	1.91	*0.00
Salad, Oriental cabbage	3 oz (1/2 c)	1	99	0	141	1.63	0.82	48.2	67	7	17.03	1.65	9.88	6.27	1.14	*0.00
Vegetables, Prince Edward	1/2 cup	1	18	0	8	1.00	0.00	20.0	375	75	1.2	0.0	2.5	0.0	0.00	0.00
Roll, country wheat	roll	1	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	23.0	1.5	0.50	0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00

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Weighted Daily Average			678	46	990	6.61	4.59	378.4	1209	243	47.64	29.88	101.64	19.53	4.24	*0.00
% of Calories												17.6%	59.9%	25.9%	5.6%	*0.0%

Stuffed Crust Chs or Pepp Pizza																
Hastings Middle/Elem School	Total	1														
Pizza, WG stf crst chs or pepp	1 slice	1	355	12	610	5.00	2.70	175.0	350	70	0.0	18.5	46.0	11.0	3.50	0.00
Vegetables, Caribbean blend	1/2 cup	1	18	0	15	1.00	0.36	10.0	50	10	9.0	0.5	3.0	0.0	0.00	0.00
Veggies, fresh & dip	1/2 cup	1	50	7	100	1.22	0.27	18.3	5174	1035	11.91	0.67	3.3	3.61	0.02	0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			625	26	903	9.07	4.07	477.4	6186	1245	49.36	28.16	94.29	15.72	4.22	*0.00
% of Calories												18.0%	60.3%	22.6%	6.1%	*0.0%

Chicken Patty on a Bun																
Hastings Middle/Elem School	Total	1														
Chicken Patty on a bun	Sandwich	1	385	44	672	4.40	3.94	231.4	262	52	2.11	21.29	45.09	14.55	2.51	0.00
Carrots, glazed fresh	1/2 cup	1	90	0	238	2.49	0.31	34.2	14937	2505	5.62	0.83	13.89	3.78	1.66	*0.00
Veggies, fresh & dip	1/2 cup	1	50	7	100	1.22	0.27	18.3	5174	1035	11.91	0.67	3.3	3.61	0.02	0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			728	57	1188	9.97	5.26	557.9	20985	3722	48.08	31.28	104.27	23.05	4.88	*0.00
% of Calories												17.2%	57.3%	28.5%	6.0%	*0.0%

Corn Dog																
Hastings Middle/Elem School	Total	1														
Corn Dog	Serving	1	245	20	679	5.07	2.84	156.0	0	0	0.0	9.33	33.45	8.31	2.01	0.00
Beans, Bushes Baked	1/2 cup	1	150	0	550	7.00	0.00	0.0	0	0	0.0	7.0	29.0	1.0	0.00	0.00
Veg, Rsted broccoli cauliflower	1/2 cup serving	1	81	5	217	2.89	0.68	91.8	219	44	59.83	4.45	5.75	4.61	1.39	*0.00
Salad, Caesar	serving (1 c	1	103	0	242	0.78	0.80	16.7	2050	62	34.96	1.44	6.9	8.09	0.97	*0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			783	31	1866	17.59	5.05	538.6	2881	236	123.23	30.71	117.09	23.12	5.08	*0.00
% of Calories												15.7%	59.8%	26.6%	5.8%	*0.0%

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Italian Dunkers																
Hastings Middle/Elem School	Total	1														
Italian Dunkers	1/2 cup	1	338	29	983	4.42	4.30	412.4	870	176	13.37	21.47	38.92	11.02	4.64	*0.00
Peas	1/2 cup	1	71	0	221	4.40	1.22	19.3	1722	62	7.92	4.12	11.41	1.14	0.46	*0.00
Salad, Tossed/Dressing	1 c =1/2 ve	1	57	4	85	0.78	0.79	12.3	2047	61	34.96	0.29	3.34	4.32	0.51	*0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			668	38	1468	11.45	7.05	718.0	5251	430	84.69	34.37	95.65	17.60	6.30	*0.00
% of Calories												20.6%	57.3%	23.7%	8.5%	*0.0%

Orange Chicken																
Hastings Middle/Elem School	Total	1														
Chicken, Diane's Orange (elem)	10 piece	1	350	58	1146	0.06	1.10	19.0	83	14	9.82	18.32	37.14	14.02	3.00	*0.00
Rice, Uncle Ben's Brown	1/2 cup	1	134	0	305	1.47	0.53	2.0	42	8	0.0	2.94	25.76	2.03	0.42	*0.00
BROCCOLI: frozen, boiled	.5 CUP	1	13	0	5	1.38	0.28	15.2	465	87	18.45	1.43	2.46	0.06	0.01	*N/A*
Salad,S.E. Asian,Chef Marshall	3 oz servin	1	69	0	54	1.12	0.82	27.9	3852	282	13.03	0.97	6.05	5.05	0.67	*0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			769	64	1689	5.89	3.47	338.1	5055	522	69.75	32.15	113.39	22.27	4.80	*0.00
% of Calories												16.7%	59.0%	26.1%	5.6%	*0.0%

Colby Cheese Omelet																
Hastings Middle/Elem School	Total	1														
Omelet, colby cheese	1 each	1	130	165	300	0.00	0.74	88.0	308	62	0.0	7.0	1.0	10.0	3.50	0.00
Potato, Tri tator (2)	2 patties	1	215	0	634	2.15	0.81	1.6	113	23	2.6	2.13	28.5	10.02	3.00	0.00
Veggies, fresh & dip	1/2 cup	1	50	7	100	1.22	0.27	18.3	5174	1035	11.91	0.67	3.3	3.61	0.02	0.00
Roll, WG 1.15 oz Cinnamon	serving	1	92	0	40	1.66	0.78	10.7	183	43	0.18	1.99	19.87	0.96	0.08	0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			690	178	1252	6.89	3.34	392.6	6391	1293	43.14	20.29	94.65	25.70	7.31	*0.00
% of Calories												11.8%	54.9%	33.5%	9.5%	*0.0%

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Hastings ISD 200

Cycle No. 1 thru Cycle No. 35 Cycle Spreadsheet - Portion Values Hastings Middle/Elem Schools

	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)
Soft shell chicken taco or salad																
Hastings Middle/Elem School	Total	1														
Soft shell chick taco w/fixing	serving	1	269	52	770	3.87	1.42	144.2	534	109	23.7	18.94	23.37	10.92	4.65	*0.00
Beans, Chef Marshall refried	1/2 cup	1	149	14	412	7.43	2.53	121.8	220	27	8.25	10.23	22.13	2.66	1.47	*0.00
Corn, canned	1/2 cup	1	66	0	175	1.64	0.70	4.1	128	26	6.96	2.15	15.23	0.82	0.13	*N/A*
Salad, Tossed/Dressing	1 c =1/2 ve	1	57	4	85	0.78	0.79	12.3	2047	61	34.96	0.29	3.34	4.32	0.51	*0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			745	75	1620	15.58	6.19	556.5	3541	353	102.33	40.09	106.06	19.84	7.45	*0.00
% of Calories												21.5%	57.0%	24.0%	9.0%	*0.0%

Italian Spaghetti																
Hastings Middle/Elem School	Total	1														
Italian Spaghetti	portion	1	353	10	904	9.69	3.71	84.4	927	156	12.03	15.6	60.56	6.06	2.08	*0.02
Salad, Caesar	serving (1 c	1	103	0	242	0.78	0.80	16.7	2050	62	34.96	1.44	6.9	8.09	0.97	*0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			659	16	1325	12.32	5.24	375.2	3589	348	75.44	25.53	109.45	15.26	3.75	*0.02
% of Calories												15.5%	66.4%	20.8%	5.1%	*0.0%

Super Nacho Supreme																
Hastings Middle/Elem School	Total	1														
Super nacho supreme	portions	1	523	42	1143	4.62	2.07	304.5	798	159	4.36	17.66	41.83	31.3	11.29	*0.00
Salad, Tossed/Dressing	1 c =1/2 ve	1	57	4	85	0.78	0.79	12.3	2047	61	34.96	0.29	3.34	4.32	0.51	*0.00
Veggies, fresh & dip	1/2 cup	1	50	7	100	1.22	0.27	18.3	5174	1035	11.91	0.67	3.3	3.61	0.02	0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			832	59	1506	8.47	3.88	609.1	8631	1385	79.67	27.11	90.45	40.34	12.52	*0.00
% of Calories												13.0%	43.5%	43.6%	13.5%	*0.0%

Chicken Tenders																
Hastings Middle/Elem School	Total	1														
Chicken Tenders w/dipping sauc	1 Serving	1	255	45	780	1.01	1.83	20.4	200	40	0.04	1.02	23.82	12.0	2.50	*0.00
Broccoli w/Cheese Sauce	1/2 cup	1	48	2	89	2.39	0.47	72.0	448	90	46.72	3.44	5.87	1.22	0.50	*0.00
Biscuit, mini honey buttered	serving	1	94	0	279	0.00	0.73	100.1	42	8	0.01	2.01	13.45	3.92	1.92	*0.00
Potato, baked half	1/2 cup se	1	106	0	23	1.49	0.97	14.9	85	17	6.42	2.42	20.42	1.94	0.87	0.00
	rving															
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00

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Cycle No. 1 thru Cycle No. 35 Cycle Spreadsheet - Portion Values

Jun 5, 2013

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Hastings Middle/Elem Schools

	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)
Weighted Daily Average			706	53	1349	6.75	4.73	481.5	1387	285	81.63	17.37	105.56	20.19	6.49	*0.00
% of Calories												9.8%	59.8%	25.8%	8.3%	*0.0%

Pepp or Cheese Wedge Pizza																
Hastings Middle/Elem School	Total	1														
Pizza, WG Pepp. or Cheese Wedge	piece	1	270	12	830	4.00	3.60	250.0	500	80	0.0	15.5	32.0	10.0	3.25	0.00
Veggies, fresh & dip	1/2 cup	1	50	7	100	1.22	0.27	18.3	5174	1035	11.91	0.67	3.3	3.61	0.02	0.00
Salad, Caesar	serving (1 c	1	103	0	242	0.78	0.80	16.7	2050	62	34.96	1.44	6.9	8.09	0.97	*0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
Juice Bar, asst. MM	1 each	1	60	0	10	0.00	0.00	0.0	0	0	77.89	0.0	15.0	0.0	0.00	0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			686	26	1360	7.85	5.41	559.1	8336	1307	153.21	26.10	99.19	22.81	4.94	*0.00
% of Calories												15.2%	57.8%	29.9%	6.5%	*0.0%

Sandwich line- Turkey 6-8																
Hastings Middle/Elem School	Total	1														
Sandwich, turkey	serving	1	178	29	1224	4.00	1.36	205.0	0	0	0.0	21.95	18.0	2.12	0.34	0.00
Veggies, fresh & dip	1/2 cup	1	50	7	100	1.22	0.27	18.3	5174	1035	11.91	0.67	3.3	3.61	0.02	0.00
Salad, Tossed/Dressing	1 c = 1/2 ve	1	57	4	85	0.78	0.79	12.3	2047	61	34.96	0.29	3.34	4.32	0.51	*0.00
Salad, black bean	1/4 cup	1	89	0	237	2.70	1.02	22.1	188	33	10.36	2.95	14.74	2.98	0.37	*0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
Fruit Snack, Florida Natural	serving	1	43	0	12	0.33	1.80	33.3	500	100	20.0	0.0	11.0	0.0	0.00	0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			620	46	1836	10.89	5.98	565.0	8521	1359	105.67	34.35	92.37	14.14	1.94	*0.00
% of Calories												22.2%	59.6%	20.5%	2.8%	*0.0%

Sandwich line - Ham 6-8																
Hastings Middle/Elem School	Total	1														
Sandwich, Ham	1 Sandwich	1	175	37	1143	4.00	1.08	200.0	0	0	0.0	18.43	20.49	2.87	0.62	0.00
Veggies, fresh & dip	1/2 cup	1	50	7	100	1.22	0.27	18.3	5174	1035	11.91	0.67	3.3	3.61	0.02	0.00
Salad, Tossed/Dressing	1 c = 1/2 ve	1	57	4	85	0.78	0.79	12.3	2047	61	34.96	0.29	3.34	4.32	0.51	*0.00
Salad, black bean	1/4 cup	1	89	0	237	2.70	1.02	22.1	188	33	10.36	2.95	14.74	2.98	0.37	*0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
Fruit Snack, Florida Natural	serving	1	43	0	12	0.33	1.80	33.3	500	100	20.0	0.0	11.0	0.0	0.00	0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			616	54	1754	10.89	5.70	560.0	8521	1359	105.67	30.84	94.85	14.89	2.22	*0.00
% of Calories												20.0%	61.5%	21.7%	3.2%	*0.0%

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Hastings ISD 200

Cycle No. 1 thru Cycle No. 35 Cycle Spreadsheet - Portion Values

Jun 5, 2013

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Hastings Middle/Elem Schools

	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)
Sandwich line - PB & jelly 6-8																
Hastings Middle/Elem School	Total	1														
Sandwich, PB & jelly	sandwich	1	315	0	367	5.99	1.64	211.7	2	0	0.08	13.94	31.34	17.11	3.10	0.00
Veggies, fresh & dip	1/2 cup	1	50	7	100	1.22	0.27	18.3	5174	1035	11.91	0.67	3.3	3.61	0.02	0.00
Salad, Tossed/Dressing	1 c =1/2 ve	1	57	4	85	0.78	0.79	12.3	2047	61	34.96	0.29	3.34	4.32	0.51	*0.00
Salsa, black bean & corn	1/4 cup	1	31	0	157	1.54	0.64	14.7	48	10	2.33	1.79	6.87	0.24	0.02	*0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
Fruit Snack, Florida Natural	serving	1	43	0	12	0.33	1.80	33.3	500	100	20.0	0.0	11.0	0.0	0.00	0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			700	17	899	11.71	5.89	564.4	8383	1336	97.73	25.18	97.84	26.39	4.35	*0.00
% of Calories												14.4%	55.9%	34.0%	5.6%	*0.0%

Sandwich line - Turkey & cheese 6-																
Hastings Middle/Elem School	Total	1														
Sandwich, turkey & chs	1 each	1	182	25	1004	4.00	1.25	278.0	375	75	0.0	18.07	19.5	3.67	1.45	0.00
Veggies, fresh & dip	1/2 cup	1	50	7	100	1.22	0.27	18.3	5174	1035	11.91	0.67	3.3	3.61	0.02	0.00
Salad, Tossed/Dressing	1 c =1/2 ve	1	57	4	85	0.78	0.79	12.3	2047	61	34.96	0.29	3.34	4.32	0.51	*0.00
Salad, black bean	1/4 cup	1	89	0	237	2.70	1.02	22.1	188	33	10.36	2.95	14.74	2.98	0.37	*0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
Fruit Snack, Florida Natural	serving	1	43	0	12	0.33	1.80	33.3	500	100	20.0	0.0	11.0	0.0	0.00	0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			624	42	1615	10.89	5.87	638.0	8896	1434	105.67	30.47	93.87	15.69	3.06	*0.00
% of Calories												19.5%	60.2%	22.6%	4.4%	*0.0%

Sandwich line - Ham & cheese 6-8																
Hastings Middle/Elem School	Total	1														
Sandwich, Ham & Cheese	sandwich	1	180	30	955	4.00	1.08	275.0	375	75	0.0	15.96	20.99	4.12	1.62	0.00
Veggies, fresh & dip	1/2 cup	1	50	7	100	1.22	0.27	18.3	5174	1035	11.91	0.67	3.3	3.61	0.02	0.00
Salad, Tossed/Dressing	1 c =1/2 ve	1	57	4	85	0.78	0.79	12.3	2047	61	34.96	0.29	3.34	4.32	0.51	*0.00
Salad, black bean	1/4 cup	1	89	0	237	2.70	1.02	22.1	188	33	10.36	2.95	14.74	2.98	0.37	*0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
Fruit Snack, Florida Natural	serving	1	43	0	12	0.33	1.80	33.3	500	100	20.0	0.0	11.0	0.0	0.00	0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			622	47	1566	10.89	5.70	635.0	8896	1434	105.67	28.36	95.36	16.14	3.22	*0.00
% of Calories												18.3%	61.4%	23.4%	4.7%	*0.0%

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Hastings ISD 200

Cycle No. 1 thru Cycle No. 35 Cycle Spreadsheet - Portion Values

Jun 5, 2013

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Hastings Middle/Elem Schools

	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)
Sandwich line - Salad (6-8)																
Hastings Middle/Elem School	Total	1														
Salad, Ham & Cheese (entree)	Serving	1	203	131	768	2.69	2.24	125.6	10785	1335	88.05	11.87	9.37	12.69	2.35	*0.00
Croutons, .25 oz pkg.	package	1	30	0	105	0.00	0.00	0.0	0	0	0.0	1.0	5.0	1.0	0.00	0.00
Roll, country wheat	roll	1	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	23.0	1.5	0.50	0.00
Salad, black bean	1/4 cup	1	89	0	237	2.70	1.02	22.1	188	33	10.36	2.95	14.74	2.98	0.37	*0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
Fruit Snack, Florida Natural	serving	1	43	0	12	0.33	1.80	33.3	500	100	20.0	0.0	11.0	0.0	0.00	0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			688	136	1500	9.58	6.87	465.1	12085	1599	146.86	28.32	105.10	19.28	3.92	*0.00
% of Calories												16.5%	61.1%	25.2%	5.1%	*0.0%

Sandwich line - Turkey K-5																
Hastings Middle/Elem School	Total	1														
Sandwich, turkey	serving	1	178	29	1224	4.00	1.36	205.0	0	0	0.0	21.95	18.0	2.12	0.34	0.00
Veggies, fresh & dip	1/2 cup	1	50	7	100	1.22	0.27	18.3	5174	1035	11.91	0.67	3.3	3.61	0.02	0.00
Salad, Tossed/Dressing	1 c =1/2 ve	1	57	4	85	0.78	0.79	12.3	2047	61	34.96	0.29	3.34	4.32	0.51	*0.00
Salad, black bean	1/4 cup	1	89	0	237	2.70	1.02	22.1	188	33	10.36	2.95	14.74	2.98	0.37	*0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			576	46	1824	10.55	4.18	531.7	8021	1259	85.67	34.35	81.37	14.14	1.94	*0.00
% of Calories												23.8%	56.5%	22.1%	3.0%	*0.0%

Sandwich line - Ham K-5																
Hastings Middle/Elem School	Total	1														
Sandwich, Ham	1 Sandwich	1	175	37	1143	4.00	1.08	200.0	0	0	0.0	18.43	20.49	2.87	0.62	0.00
Veggies, fresh & dip	1/2 cup	1	50	7	100	1.22	0.27	18.3	5174	1035	11.91	0.67	3.3	3.61	0.02	0.00
Salad, Tossed/Dressing	1 c =1/2 ve	1	57	4	85	0.78	0.79	12.3	2047	61	34.96	0.29	3.34	4.32	0.51	*0.00
Salad, black bean	1/4 cup	1	89	0	237	2.70	1.02	22.1	188	33	10.36	2.95	14.74	2.98	0.37	*0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			573	54	1743	10.55	3.90	526.7	8021	1259	85.67	30.84	83.85	14.89	2.22	*0.00
% of Calories												21.5%	58.5%	23.4%	3.5%	*0.0%

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Cycle No. 1 thru Cycle No. 35 Cycle Spreadsheet - Portion Values Hastings Middle/Elem Schools

	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)
Sandwich line - PB & J K-5																
Hastings Middle/Elem School	Total	1														
Sandwich, PB & jelly	sandwich	1	315	0	367	5.99	1.64	211.7	2	0	0.08	13.94	31.34	17.11	3.10	0.00
Veggies, fresh & dip	1/2 cup	1	50	7	100	1.22	0.27	18.3	5174	1035	11.91	0.67	3.3	3.61	0.02	0.00
Salad, Tossed/Dressing	1 c =1/2 ve	1	57	4	85	0.78	0.79	12.3	2047	61	34.96	0.29	3.34	4.32	0.51	*0.00
Salad, black bean	1/4 cup	1	89	0	237	2.70	1.02	22.1	188	33	10.36	2.95	14.74	2.98	0.37	*0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			714	17	968	12.55	4.46	538.5	8022	1260	85.76	26.34	94.70	29.13	4.70	*0.00
% of Calories												14.8%	53.1%	36.7%	5.9%	*0.0%

Sandwich line- Turkey & cheese K-5																
Hastings Middle/Elem School	Total	1														
Sandwich, turkey & chs	1 each	1	182	25	1004	4.00	1.25	278.0	375	75	0.0	18.07	19.5	3.67	1.45	0.00
Salad, Tossed/Dressing	1 c =1/2 ve	1	57	4	85	0.78	0.79	12.3	2047	61	34.96	0.29	3.34	4.32	0.51	*0.00
Veggies, fresh & dip	1/2 cup	1	50	7	100	1.22	0.27	18.3	5174	1035	11.91	0.67	3.3	3.61	0.02	0.00
Salsa, black bean & corn	1/4 cup	1	31	0	157	1.54	0.64	14.7	48	10	2.33	1.79	6.87	0.24	0.02	*0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			523	42	1524	9.39	3.70	597.3	8256	1311	77.64	29.31	75.00	12.96	2.71	*0.00
% of Calories												22.4%	57.4%	22.3%	4.7%	*0.0%

Sandwich line - Ham & Cheese K-5																
Hastings Middle/Elem School	Total	1														
Sandwich, Ham & Cheese	sandwich	1	180	30	955	4.00	1.08	275.0	375	75	0.0	15.96	20.99	4.12	1.62	0.00
Veggies, fresh & dip	1/2 cup	1	50	7	100	1.22	0.27	18.3	5174	1035	11.91	0.67	3.3	3.61	0.02	0.00
Salad, Tossed/Dressing	1 c =1/2 ve	1	57	4	85	0.78	0.79	12.3	2047	61	34.96	0.29	3.34	4.32	0.51	*0.00
Salad, black bean	1/4 cup	1	89	0	237	2.70	1.02	22.1	188	33	10.36	2.95	14.74	2.98	0.37	*0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			578	47	1555	10.55	3.90	601.7	8396	1334	85.67	28.36	84.36	16.14	3.22	*0.00
% of Calories												19.6%	58.3%	25.1%	5.0%	*0.0%

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Cycle No. 1 thru Cycle No. 35 Cycle Spreadsheet - Portion Values Hastings Middle/Elem Schools

	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)
Sandwich line - Salad (K-5)																
Hastings Middle/Elem School	Total	1														
Salad, Ham & Cheese (entree)	Serving	1	203	131	768	2.69	2.24	125.6	10785	1335	88.05	11.87	9.37	12.69	2.35	*0.00
Roll, country wheat	roll	1	120	0	200	2.00	1.08	10.0	0	0	0.0	4.0	23.0	1.5	0.50	0.00
Salad, black bean	1/4 cup	1	89	0	237	2.70	1.02	22.1	188	33	10.36	2.95	14.74	2.98	0.37	*0.00
Fruit Choices (Variety)	1/2 cup	1	81	0	4	1.86	0.71	12.4	112	20	26.05	0.46	20.81	0.29	0.04	*0.00
Croutons, .25 oz pkg.	package	1	30	0	105	0.00	0.00	0.0	0	0	0.0	1.0	5.0	1.0	0.00	0.00
MILK - Variety	Serving	1	122	6	175	0.00	0.03	261.7	500	110	2.39	8.03	21.18	0.83	0.66	0.00
Weighted Daily Average			645	136	1488	9.25	5.07	431.7	11585	1499	126.86	28.32	94.10	19.28	3.92	*0.00
% of Calories												17.6%	58.4%	26.9%	5.5%	*0.0%

Weighted Average			681	55	1489	9.95	4.86	522.5	6735	1057	*84.82	29.24	98.40	20.68	5.15	*0.02
												17.2%	57.8%	27.3%	6.8%	*0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	681		600	113%			
Cholesterol (mg)	55						
Sodium (mg)	1489		1360	109%			Correction Required - Sodium too High
Fiber (g)	9.95						
Iron (mg)	4.86		3.30	147%			
Calcium (mg)	522.5		267.00	196%			
Vitamin A (IU)	6735		835	807%			
Vitamin A (RE)	1057		167	633%			
Vitamin C (mg)	84.82		15.00	565%	Missing		
Protein (g)	29.24	17.17%	8.00	365%			
Carbohydrate (g)	98.40	57.80%					
Total Fat (g)	20.68	27.33%	<=30.00%				
Saturated Fat (g)	5.15	6.81%	<10.00%				
Trans Fat (g)	0.02	0.03%			Missing		

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