

Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 13, 2014 thru Oct 31, 2014

Elementary Lunch

005 - Donna L Loflin

Generated on: 12/15/2014 11:12:29 AM

Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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**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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Elementary Lunch

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/13/2014														
Elementary Lunch	Total	340												
NC WG Chicken Patty Sandwich	SANDWIC	225	370	20	790	5.00	3.24	80.0	0.0	18.0	42.0	15.0	2.00	0.00
NC Pork Rib Sandwich - ES	1 EACH	20	270	40	740	3.00	2.52	60.0	0.0	18.0	30.0	9.0	2.50	0.00
NC PB & J Sandwich	Sanwiches	20	505	0	507	7.24	2.68	151.6	0.0	20.54	50.89	30.11	5.39	0.00
NC Whole Kernal Corn	1/2 CUP	20	66	0	1	2.01	0.40	2.0	2.92	2.1	15.92	0.55	0.08	0.00
NC Peas Green,Canned	1/2 Cup	80	74	0	306	4.41	1.02	21.5	10.33	4.73	13.47	0.37	0.06	0.00
NC Applesauce:cnnd,unswtnd	1/2 CUP	175	57	0	2	1.53	0.15	4.4	1.53	0.21	15.04	0.07	0.03	0.00
NC Apple, Fresh Red Del, 125ct	1 Each	50	95	0	2	4.40	0.22	11.0	8.41	0.47	25.13	0.31	0.05	0.00
NC Apple - Golden,125 ct	1 EACH	25	96	0	3	4.06	0.22	10.1	0.0	0.47	22.98	0.25	0.00	0.00
NC Bananas,150ct.	1 EACH	25	90	0	1	2.63	0.26	5.1	8.79	1.1	23.07	0.33	0.11	0.00
NC Fresh Blueberries	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 CUP	25	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Carrots, 2.6 oz bagged	bag	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Baby Carrots, Raw	4 oz	22	40	0	88	3.29	1.01	36.3	2.95	0.73	9.34	0.15	0.02	0.00
NC Cauliflower, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Celery Sticks	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cherry Tomatoes	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	45	11	0	1	0.37	0.21	12.0	2.1	0.49	2.72	0.08	0.02	0.00
NC Fresh Grapes	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Melon, Cantaloupe	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Nectarines	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Peaches	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Pears	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Shredded Lettuce	0.63 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Onions	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tomatoes, Sliced	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Watermelon Slices	Wedge	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Yellow Squash	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Squash, Raw	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, French	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Italian	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Ranch	1 EACH	165	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing - 1000 Isle	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Honey Mustard Cup	1 EACH	145	40	0	157	0.39	0.31	10.6	0.36	0.51	8.83	0.47	0.03	0.00
NC Sweet & Sour Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC BBQ Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	325	10	0	85	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	25	0	0	70	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Mayonnaise, Fat Free,12 gr	1 EACH	225	10	5	100	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00

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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Portion Values - Detailed

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Elementary Lunch

005 - Donna L Loflin

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/13/2014														
NC Dill Pickle Slices	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Jalapeno Peppers	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Banana Peppers	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Black Olives	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Imitation Bacon Bits	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Chinese Noodles	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Hot Sauce, 7G	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salsa	1 OZ	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Marinara Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Taco Sauce, 9g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tartar Sauce, 12g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC FF Chocolate Milk	1/2 PINT	240	120	5	180	0.00	0.00	300.0	1.2	8.0	20.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	45	110	5	125	0.00	0.00	300.0	1.2	8.0	19.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	45	110	10	130	0.00	0.00	300.0	2.4	8.0	13.0	2.5	1.50	0.00
NC Skim Milk	1/2 PINT	10	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			528	25	1104	7.48	3.10	385.1	9.37	24.10	80.93	13.03	2.05	0.00
% of Calories										18.3%	61.3%	22.2%	3.5%	0.0%
Nutrient Guideline			550-650		1230								<10.00	

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Elementary Lunch

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/14/2014														
Elementary Lunch	Total	340												
NC Spaghetti & Meatballs	1 CUP	225	329	2	604	3.46	3.65	43.1	5.4	11.69	58.64	4.72	1.01	0.00
NC Cheeseburger	1 EACH	20	286	43	783	3.01	3.26	160.2	0.0	22.67	29.01	9.06	3.27	0.00
NC PB & J Sandwich	Sanwiches	35	505	0	507	7.24	2.68	151.6	0.0	20.54	50.89	30.11	5.39	0.00
NC Black-eyed Peas	1/2 Cup	18	92	0	149	4.00	1.16	24.0	3.2	5.69	16.36	0.66	0.17	0.00
NC Steamed Carrots	1/2 Cup	40	25	0	173	1.55	0.66	25.3	2.81	0.66	5.66	0.19	0.04	0.00
NC Mandarin Oranges,CND,LS	1/2 CUP	125	144	0	14	2.75	0.85	18.3	44.88	1.24	36.77	0.32	0.02	0.00
NC Apple, Fresh Red Del, 125ct	1 Each	50	95	0	2	4.40	0.22	11.0	8.41	0.47	25.13	0.31	0.05	0.00
NC Apple - Golden,125 ct	1 EACH	75	96	0	3	4.06	0.22	10.1	0.0	0.47	22.98	0.25	0.00	0.00
NC Bananas,150ct.	1 EACH	75	90	0	1	2.63	0.26	5.1	8.79	1.1	23.07	0.33	0.11	0.00
NC Fresh Blueberries	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 CUP	50	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Carrots, 2.6 oz bagged	bag	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Baby Carrots, Raw	4 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cauliflower, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Celery Sticks	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cherry Tomatoes	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Grapes	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Melon, Cantaloupe	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Nectarines	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Peaches	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Pears	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	145	45	0	0	2.30	0.10	38.4	51.07	0.9	11.28	0.12	0.02	0.00
NC Shredded Lettuce	0.63 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Onions	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tomatoes, Sliced	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Watermelon Slices	Wedge	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Yellow Squash	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Squash, Raw	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, French	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Italian	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Ranch	1 EACH	45	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing - 1000 Isle	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Honey Mustard Cup	1 EACH	20	40	0	157	0.39	0.31	10.6	0.36	0.51	8.83	0.47	0.03	0.00
NC Sweet & Sour Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC BBQ Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	395	10	0	85	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	45	0	0	70	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Mayonnaise, Fat Free,12 gr	1 EACH	25	10	5	100	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00

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Tue - 10/14/2014														
NC Dill Pickle Slices	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Jalapeno Peppers	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Banana Peppers	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Black Olives	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Imitation Bacon Bits	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Chinese Noodles	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Hot Sauce, 7G	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salsa	1 OZ	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Marinara Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Taco Sauce, 9g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tartar Sauce, 12g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC FF Chocolate Milk	1/2 PINT	240	120	5	180	0.00	0.00	300.0	1.2	8.0	20.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	45	110	5	125	0.00	0.00	300.0	1.2	8.0	19.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	45	110	10	130	0.00	0.00	300.0	2.4	8.0	13.0	2.5	1.50	0.00
NC Skim Milk	1/2 PINT	10	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			555	10	835	7.87	3.56	388.7	51.11	20.98	103.00	7.53	1.68	0.00
% of Calories										15.1%	74.2%	12.2%	2.7%	0.0%
Nutrient Guideline			550-650		1230								<10.00	

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Elementary Lunch

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/15/2014														
Elementary Lunch	Total	340												
NC WG 4x6 Pepperoni Pizza	1 EACH	225	300	25	660	4.00	2.70	200.0	0.0	16.0	35.0	12.0	5.00	0.00
NC Salad, Chef	1 Each	20	403	138	1172	6.48	2.65	158.5	31.91	24.27	48.94	11.99	3.77	0.00
NC PB & J Sandwich	Sanwiches	35	505	0	507	7.24	2.68	151.6	0.0	20.54	50.89	30.11	5.39	0.00
NC Potato Tots	SERVINGS	218	134	0	214	2.00	0.32	0.0	1.06	2.0	18.0	6.0	2.00	2.00
NC Cauliflower, Fresh	1/2 Cup	40	12	0	15	1.00	0.21	11.0	24.05	0.96	2.48	0.14	0.03	0.00
NC Pears: canned,light syrup	1/2 CUP	175	56	0	2	1.94	0.25	7.8	2.2	0.37	14.71	0.12	0.00	0.00
NC Apple, Fresh Red Del, 125ct	1 Each	75	95	0	2	4.40	0.22	11.0	8.41	0.47	25.13	0.31	0.05	0.00
NC Apple - Golden,125 ct	1 EACH	75	96	0	3	4.06	0.22	10.1	0.0	0.47	22.98	0.25	0.00	0.00
NC Bananas,150ct.	1 EACH	75	90	0	1	2.63	0.26	5.1	8.79	1.1	23.07	0.33	0.11	0.00
NC Fresh Blueberries	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 CUP	105	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Carrots, 2.6 oz bagged	bag	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Baby Carrots, Raw	4 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cauliflower, Fresh	1/2 Cup	10	12	0	15	1.00	0.21	11.0	24.05	0.96	2.48	0.14	0.03	0.00
NC Celery Sticks	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cherry Tomatoes	1/2 Cup	10	14	0	4	1.03	0.19	5.2	9.94	0.52	3.11	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Grapes	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Melon, Cantaloupe	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Nectarines	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Peaches	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Pears	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	45	45	0	0	2.30	0.10	38.4	51.07	0.9	11.28	0.12	0.02	0.00
NC Shredded Lettuce	0.63 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Onions	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tomatoes, Sliced	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Watermelon Slices	Wedge	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Yellow Squash	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Squash, Raw	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, French	1 EACH	25	10	0	140	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Salad Dressing, Italian	1 EACH	25	10	0	170	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing, Ranch	1 EACH	70	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing - 1000 Isle	1 EACH	25	25	5	65	0.00	0.00	0.0	0.0	0.0	2.0	2.0	0.00	0.00
NC Honey Mustard Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sweet & Sour Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC BBQ Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	300	10	0	85	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	15	0	0	70	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Mayonnaise, Fat Free,12 gr	1 EACH	25	10	5	100	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

Page 7

Oct 13, 2014 thru Oct 31, 2014

Elementary Lunch

005 - Donna L Loflin

Generated on: 12/15/2014 11:12:29 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/15/2014														
NC Dill Pickle Slices	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Jalapeno Peppers	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Banana Peppers	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Black Olives	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Imitation Bacon Bits	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Chinese Noodles	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Hot Sauce, 7G	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salsa	1 OZ	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Marinara Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Taco Sauce, 9g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tartar Sauce, 12g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC FF Chocolate Milk	1/2 PINT	240	120	5	180	0.00	0.00	300.0	1.2	8.0	20.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	45	110	5	125	0.00	0.00	300.0	1.2	8.0	19.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	45	110	10	130	0.00	0.00	300.0	2.4	8.0	13.0	2.5	1.50	0.00
NC Skim Milk	1/2 PINT	10	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			594	31	999	9.24	2.83	478.5	28.21	24.61	91.22	16.40	5.61	1.28
% of Calories										16.6%	61.4%	24.8%	8.5%	1.9%
Nutrient Guideline			550-650		1230								<10.00	

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

Page 8

Oct 13, 2014 thru Oct 31, 2014

Elementary Lunch

005 - Donna L Loflin

Generated on: 12/15/2014 11:12:29 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/16/2014														
Elementary Lunch	Total	340												
NC Chicken Salad w/WG Crackers	Servings	225	248	60	624	2.79	2.00	22.6	2.78	18.76	22.99	8.89	2.55	0.00
NC WG Corn Dog Nuggets	6 EACH	20	250	15	630	1.00	3.60	0.0	0.0	11.0	30.99	10.0	1.50	0.00
NC PB & J Sandwich	Sanwiches	35	505	0	507	7.24	2.68	151.6	0.0	20.54	50.89	30.11	5.39	0.00
NC Broccoli & Cheese Sauce	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Green Beans	1/2 Cup	40	16	0	265	1.48	0.70	20.5	3.64	0.89	3.46	0.08	0.02	0.00
NC Sliced Strawberries, Frozen	1/2 CUP	175	122	0	4	2.41	0.76	14.0	52.95	0.68	33.15	0.17	0.01	0.00
NC Apple, Fresh Red Del, 125ct	1 Each	50	95	0	2	4.40	0.22	11.0	8.41	0.47	25.13	0.31	0.05	0.00
NC Apple - Golden,125 ct	1 EACH	75	96	0	3	4.06	0.22	10.1	0.0	0.47	22.98	0.25	0.00	0.00
NC Bananas,150ct.	1 EACH	75	90	0	1	2.63	0.26	5.1	8.79	1.1	23.07	0.33	0.11	0.00
NC Fresh Blueberries	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 CUP	40	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Carrots, 2.6 oz bagged	bag	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Baby Carrots, Raw	4 oz	75	40	0	88	3.29	1.01	36.3	2.95	0.73	9.34	0.15	0.02	0.00
NC Cauliflower, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Celery Sticks	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cherry Tomatoes	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Grapes	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Melon, Cantaloupe	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Nectarines	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Peaches	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Pears	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	145	45	0	0	2.30	0.10	38.4	51.07	0.9	11.28	0.12	0.02	0.00
NC Shredded Lettuce	0.63 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Onions	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tomatoes, Sliced	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Watermelon Slices	Wedge	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Yellow Squash	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Squash, Raw	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, French	1 EACH	20	10	0	140	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Salad Dressing, Italian	1 EACH	20	10	0	170	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing, Ranch	1 EACH	40	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing - 1000 Isle	1 EACH	20	25	5	65	0.00	0.00	0.0	0.0	0.0	2.0	2.0	0.00	0.00
NC Honey Mustard Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sweet & Sour Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC BBQ Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	300	10	0	85	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	70	0	0	70	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Mayonnaise, Fat Free,12 gr	1 EACH	25	10	5	100	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

Page 9

Oct 13, 2014 thru Oct 31, 2014

Elementary Lunch

005 - Donna L Loflin

Generated on: 12/15/2014 11:12:29 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/16/2014														
NC Dill Pickle Slices	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Jalapeno Peppers	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Banana Peppers	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Black Olives	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Imitation Bacon Bits	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Chinese Noodles	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Hot Sauce, 7G	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salsa	1 OZ	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Marinara Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Taco Sauce, 9g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tartar Sauce, 12g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC FF Chocolate Milk	1/2 PINT	240	120	5	180	0.00	0.00	300.0	1.2	8.0	20.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	45	110	5	125	0.00	0.00	300.0	1.2	8.0	19.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	45	110	10	130	0.00	0.00	300.0	2.4	8.0	13.0	2.5	1.50	0.00
NC Skim Milk	1/2 PINT	10	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			510	47	852	7.99	2.71	371.3	59.85	24.70	82.96	10.38	2.59	0.00
% of Calories										19.4%	65.1%	18.3%	4.6%	0.0%
Nutrient Guideline			550-650		1230								<10.00	

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Portion Values - Detailed

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Elementary Lunch

005 - Donna L Loflin

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Fri - 10/17/2014														
Elementary Lunch	Total	340												
NC WG Fish Nuggets w/Roll	Serving	225	340	35	570	5.00	1.44	40.0	3.6	16.0	48.0	8.5	1.50	0.00
NC Chicken, Roasted W/ Roll	Servings	20	300	100	285	2.00	1.08	20.0	3.6	23.0	26.0	10.5	3.50	0.00
NC PB & J Sandwich	Sanwiches	35	505	0	507	7.24	2.68	151.6	0.0	20.54	50.89	30.11	5.39	0.00
NC Lima Beans	1/2 Cup	40	105	0	197	5.33	2.37	42.2	10.85	6.01	19.7	0.46	0.10	0.00
NC Fruit Cocktail:canned,LS	1/2 CUP	175	56	0	7	1.31	0.30	4.9	3.12	0.42	14.67	0.08	0.02	0.00
NC Apple, Fresh Red Del, 125ct	1 Each	50	95	0	2	4.40	0.22	11.0	8.41	0.47	25.13	0.31	0.05	0.00
NC Apple - Golden,125 ct	1 EACH	75	96	0	3	4.06	0.22	10.1	0.0	0.47	22.98	0.25	0.00	0.00
NC Bananas,150ct.	1 EACH	75	90	0	1	2.63	0.26	5.1	8.79	1.1	23.07	0.33	0.11	0.00
NC Fresh Blueberries	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 CUP	75	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Carrots, 2.6 oz bagged	bag	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Baby Carrots, Raw	4 oz	115	40	0	88	3.29	1.01	36.3	2.95	0.73	9.34	0.15	0.02	0.00
NC Cauliflower, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Celery Sticks	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cherry Tomatoes	1/2 Cup	28	14	0	4	1.03	0.19	5.2	9.94	0.52	3.11	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Grapes	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Melon, Cantaloupe	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Nectarines	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Peaches	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Pears	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Shredded Lettuce	0.63 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Onions	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tomatoes, Sliced	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Watermelon Slices	Wedge	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Yellow Squash	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Squash, Raw	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, French	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Italian	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Ranch	1 EACH	45	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing - 1000 Isle	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Honey Mustard Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sweet & Sour Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC BBQ Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	300	10	0	85	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	45	0	0	70	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Mayonnaise, Fat Free,12 gr	1 EACH	25	10	5	100	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Dill Pickle Slices	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00

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

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

Page 11

Oct 13, 2014 thru Oct 31, 2014

Elementary Lunch

005 - Donna L Loflin

Generated on: 12/15/2014 11:12:29 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/17/2014														
NC Sliced Jalapeno Peppers	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Banana Peppers	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Black Olives	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Imitation Bacon Bits	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Chinese Noodles	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Hot Sauce, 7G	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salsa	1 OZ	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Marinara Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Taco Sauce, 9g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tartar Sauce, 12g	1 EACH	45	50	5	95	0.00	0.00	0.0	0.0	0.0	1.0	5.0	0.50	0.00
NC FF Chocolate Milk	1/2 PINT	240	120	5	180	0.00	0.00	300.0	1.2	8.0	20.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	45	110	5	125	0.00	0.00	300.0	1.2	8.0	19.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	45	110	10	130	0.00	0.00	300.0	2.4	8.0	13.0	2.5	1.50	0.00
NC Skim Milk	1/2 PINT	10	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			542	36	787	8.98	2.27	371.7	18.11	23.88	88.14	10.68	2.08	0.00
% of Calories										17.6%	65.1%	17.7%	3.5%	0.0%
Nutrient Guideline			550-650		1230								<10.00	

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

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 13, 2014 thru Oct 31, 2014

Elementary Lunch

005 - Donna L Loflin

Generated on: 12/15/2014 11:12:29 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/20/2014														
Elementary Lunch	Total	340												
NC WG Chicken Nuggets w/ Roll	Servings	225	397	50	648	3.25	3.24	25.0	3.6	27.5	40.75	13.5	2.38	0.00
NC Cheeseburger	1 EACH	80	286	43	783	3.01	3.26	160.2	0.0	22.67	29.01	9.06	3.27	0.00
NC PB & J Sandwich	Sanwiches	35	505	0	507	7.24	2.68	151.6	0.0	20.54	50.89	30.11	5.39	0.00
NC Lima Beans	1/2 Cup	18	105	0	197	5.33	2.37	42.2	10.85	6.01	19.7	0.46	0.10	0.00
NC Green Beans	1/2 Cup	40	16	0	265	1.48	0.70	20.5	3.64	0.89	3.46	0.08	0.02	0.00
NC Applesauce:cnnd,unswtnd	1/2 CUP	175	57	0	2	1.53	0.15	4.4	1.53	0.21	15.04	0.07	0.03	0.00
NC Apple, Fresh Red Del, 125ct	1 Each	50	95	0	2	4.40	0.22	11.0	8.41	0.47	25.13	0.31	0.05	0.00
NC Apple - Golden,125 ct	1 EACH	75	96	0	3	4.06	0.22	10.1	0.0	0.47	22.98	0.25	0.00	0.00
NC Bananas,150ct.	1 EACH	75	90	0	1	2.63	0.26	5.1	8.79	1.1	23.07	0.33	0.11	0.00
NC Fresh Blueberries	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 CUP	75	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Carrots, 2.6 oz bagged	bag	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Baby Carrots, Raw	4 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cauliflower, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Celery Sticks	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cherry Tomatoes	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Grapes	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Melon, Cantaloupe	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Nectarines	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Peaches	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Pears	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Shredded Lettuce	0.63 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Onions	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tomatoes, Sliced	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Watermelon Slices	Wedge	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Yellow Squash	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Squash, Raw	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, French	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Italian	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Ranch	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing - 1000 Isle	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Honey Mustard Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sweet & Sour Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC BBQ Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	300	10	0	85	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Mayonnaise, Fat Free,12 gr	1 EACH	25	10	5	100	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

Page 13

Oct 13, 2014 thru Oct 31, 2014

Elementary Lunch

005 - Donna L Loflin

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/20/2014														
NC Dill Pickle Slices	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Jalapeno Peppers	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Banana Peppers	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Black Olives	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Imitation Bacon Bits	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Chinese Noodles	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Hot Sauce, 7G	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salsa	1 OZ	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Marinara Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Taco Sauce, 9g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tartar Sauce, 12g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC FF Chocolate Milk	1/2 PINT	240	120	5	180	0.00	0.00	300.0	1.2	8.0	20.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	45	110	5	125	0.00	0.00	300.0	1.2	8.0	19.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	45	110	10	130	0.00	0.00	300.0	2.4	8.0	13.0	2.5	1.50	0.00
NC Skim Milk	1/2 PINT	10	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			602	49	958	7.15	3.66	385.0	14.99	34.79	84.15	14.77	3.15	0.00
% of Calories										23.1%	55.9%	22.1%	4.7%	0.0%
Nutrient Guideline			550-650		1230								<10.00	

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

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Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

Elementary Lunch

005 - Donna L Loflin

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/21/2014														
Elementary Lunch	Total	340												
NC WG 4x6 Pepperoni Pizza	1 EACH	225	300	25	660	4.00	2.70	200.0	0.0	16.0	35.0	12.0	5.00	0.00
NC Salad,Crispy Chicken	1 EACH	80	474	30	718	6.28	3.15	71.4	6.73	19.27	59.09	18.21	3.54	0.00
NC PB & J Sandwich	Sanwiches	35	505	0	507	7.24	2.68	151.6	0.0	20.54	50.89	30.11	5.39	0.00
NC Peas Green,Canned	1/2 Cup	18	74	0	306	4.41	1.02	21.5	10.33	4.73	13.47	0.37	0.06	0.00
NC Baby Carrots, Raw	4 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Peaches: canned,light syrup	1/2 CUP	175	48	0	5	1.17	0.34	5.4	3.42	0.45	12.05	0.11	0.00	0.00
NC Apple, Fresh Red Del, 125ct	1 Each	50	95	0	2	4.40	0.22	11.0	8.41	0.47	25.13	0.31	0.05	0.00
NC Apple - Golden,125 ct	1 EACH	75	96	0	3	4.06	0.22	10.1	0.0	0.47	22.98	0.25	0.00	0.00
NC Bananas,150ct.	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Blueberries	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 CUP	75	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Carrots, 2.6 oz bagged	bag	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Baby Carrots, Raw	4 oz	40	40	0	88	3.29	1.01	36.3	2.95	0.73	9.34	0.15	0.02	0.00
NC Cauliflower, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Celery Sticks	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cherry Tomatoes	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Grapes	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Melon, Cantaloupe	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Nectarines	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Peaches	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Pears	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Shredded Lettuce	0.63 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Onions	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tomatoes, Sliced	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Watermelon Slices	Wedge	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Yellow Squash	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Squash, Raw	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, French	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Italian	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Ranch	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing - 1000 Isle	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Honey Mustard Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sweet & Sour Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC BBQ Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	300	10	0	85	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Mayonnaise, Fat Free,12 gr	1 EACH	25	10	5	100	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00

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

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

Page 15

Oct 13, 2014 thru Oct 31, 2014

Elementary Lunch

005 - Donna L Loflin

Generated on: 12/15/2014 11:12:29 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/21/2014														
NC Dill Pickle Slices	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Jalapeno Peppers	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Banana Peppers	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Black Olives	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Imitation Bacon Bits	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Chinese Noodles	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Hot Sauce, 7G	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salsa	1 OZ	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Marinara Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Taco Sauce, 9g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tartar Sauce, 12g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC FF Chocolate Milk	1/2 PINT	240	120	5	180	0.00	0.00	300.0	1.2	8.0	20.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	45	110	5	125	0.00	0.00	300.0	1.2	8.0	19.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	45	110	10	130	0.00	0.00	300.0	2.4	8.0	13.0	2.5	1.50	0.00
NC Skim Milk	1/2 PINT	10	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			559	30	938	7.82	3.28	480.1	13.12	26.18	81.15	15.88	4.91	0.00
% of Calories										18.7%	58.1%	25.6%	7.9%	0.0%
Nutrient Guideline			550-650		1230								<10.00	

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Asheboro City Schools

Oct 13, 2014 thru Oct 31, 2014

Planned Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

005 - Donna L Loflin

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/22/2014														
Elementary Lunch	Total	340												
NC Chicken, Roasted W/ Roll	Servings	225	300	100	285	2.00	1.08	20.0	3.6	23.0	26.0	10.5	3.50	0.00
NC Meat Loaf w/ Roll	1 Each	80	282	35	747	3.01	2.18	60.5	6.03	17.16	34.1	7.59	3.04	0.00
NC PB & J Sandwich	Sanwiches	35	505	0	507	7.24	2.68	151.6	0.0	20.54	50.89	30.11	5.39	0.00
NC Mashed Potatoes w/ Gravy	1/2 Cup	18	74	0	350	1.47	0.26	2.9	6.61	1.48	14.76	1.11	0.00	0.00
NC Tossed Salad	1 EACH	40	21	0	15	1.80	0.62	27.0	4.21	1.35	4.46	0.21	0.02	0.00
NC Pineapple Tibets	1/2 Cup	175	59	0	10	0.99	0.35	0.0	14.78	0.0	14.78	0.0	0.00	0.00
NC Apple, Fresh Red Del, 125ct	1 Each	50	95	0	2	4.40	0.22	11.0	8.41	0.47	25.13	0.31	0.05	0.00
NC Apple - Golden,125 ct	1 EACH	75	96	0	3	4.06	0.22	10.1	0.0	0.47	22.98	0.25	0.00	0.00
NC Bananas,150ct.	1 EACH	75	90	0	1	2.63	0.26	5.1	8.79	1.1	23.07	0.33	0.11	0.00
NC Fresh Blueberries	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 CUP	75	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Carrots, 2.6 oz bagged	bag	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Baby Carrots, Raw	4 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cauliflower, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Celery Sticks	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cherry Tomatoes	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Grapes	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Melon, Cantaloupe	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Nectarines	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Peaches	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Pears	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Shredded Lettuce	0.63 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Onions	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tomatoes, Sliced	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Watermelon Slices	Wedge	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Yellow Squash	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Squash, Raw	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Ranch	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Italian	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, French	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing - 1000 Isle	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Honey Mustard Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sweet & Sour Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC BBQ Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	300	10	0	85	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Mayonnaise, Fat Free,12 gr	1 EACH	25	10	5	100	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

Page 17

Oct 13, 2014 thru Oct 31, 2014

Elementary Lunch

005 - Donna L Loflin

Generated on: 12/15/2014 11:12:29 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/22/2014														
NC Dill Pickle Slices	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Jalapeno Peppers	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Banana Peppers	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Black Olives	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Imitation Bacon Bits	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Chinese Noodles	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Hot Sauce, 7G	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salsa	1 OZ	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Marinara Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Taco Sauce, 9g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tartar Sauce, 12g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC FF Chocolate Milk	1/2 PINT	240	120	5	180	0.00	0.00	300.0	1.2	8.0	20.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	45	110	5	125	0.00	0.00	300.0	1.2	8.0	19.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	45	110	10	130	0.00	0.00	300.0	2.4	8.0	13.0	2.5	1.50	0.00
NC Skim Milk	1/2 PINT	10	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			537	81	692	5.88	1.96	354.7	23.07	30.22	75.30	12.45	3.82	0.00
% of Calories										22.5%	56.1%	20.9%	6.4%	0.0%
Nutrient Guideline			550-650		1230								<10.00	

Thu - 10/23/2014														
Elementary Lunch	Total	0												
NC Nachos	Servings	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salsa	1 OZ	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Turkey & Cheese Sandwich	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC PB & J Sandwich	Sanwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Refried Beans	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cherry Tomatoes	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fruit Cocktail:canned,LS	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Apple - Golden,125 ct	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Bananas,150ct.	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Mayonnaise, Fat Free,12 gr	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC FF Chocolate Milk	1/2 PINT	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Skim Milk	1/2 PINT	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

Page 18

Oct 13, 2014 thru Oct 31, 2014

Elementary Lunch

005 - Donna L Loflin

Generated on: 12/15/2014 11:12:30 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230								<10.00	

Fri - 10/24/2014														
Elementary Lunch	Total	0												
NC WG Chicken Patty Sandwich	SANDWIC	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tuna Salad w/ Crackers	Servings	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC PB & J Sandwich	Sanwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Baked Fries	2.5 oz Servings	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Spinach: Frozen	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cinnamon Baked Apple Slices	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Apple - Golden, 125 ct	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Bananas, 150ct.	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Mayonnaise, Fat Free, 12 gr	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC FF Chocolate Milk	1/2 PINT	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Skim Milk	1/2 PINT	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230								<10.00	

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

Elementary Lunch

005 - Donna L Loflin

Generated on: 12/15/2014 11:12:30 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/27/2014														
Elementary Lunch	Total	0												
NC WG Chicken Tenders w/ Roll	Servings	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC BBQ Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sweet & Sour Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Honey Mustard Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC BBQ Pork w/ WG Roll	Sandwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Hot Sauce, 7G	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC PB & J Sandwich	Sanwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cole Slaw	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Potato Tots	SERVINGS	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fruit Cocktail:canned,LS	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Apple - Golden,125 ct	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Bananas,150ct.	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC FF Chocolate Milk	1/2 PINT	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Skim Milk	1/2 PINT	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230								<10.00	

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Asheboro City Schools

Oct 13, 2014 thru Oct 31, 2014

Planned Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

005 - Donna L Loflin

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/28/2014														
Elementary Lunch	Total	0												
NC Beef Lasagna W/G Toast	1 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Hamburger	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC PB & J Sandwich	Sanwiches	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad - Side Salad	1 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, French	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Italian	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Ranch	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing - 1000 Isle	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Lima Beans	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Mandarin Oranges,CND,LS	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Apple - Golden,125 ct	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Bananas,150ct.	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Mayonnaise, Fat Free,12 gr	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC FF Chocolate Milk	1/2 PINT	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Skim Milk	1/2 PINT	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230								<10.00	

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 13, 2014 thru Oct 31, 2014

Elementary Lunch

005 - Donna L Loflin

Generated on: 12/15/2014 11:12:30 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/29/2014														
Elementary Lunch	Total	350												
NC WG Cheese Sticks	Serving	280	335	40	810	4.00	1.80	400.0	1.2	19.0	35.5	13.5	7.50	0.00
NC Marinara Sauce Cup	1 EACH	280	25	0	229	0.99	0.72	19.9	2.98	0.99	5.97	0.0	0.00	0.00
NC Salad, Chef	1 Each	30	403	138	1172	6.48	2.65	158.5	31.91	24.27	48.94	11.99	3.77	0.00
NC PB & J Sandwich	Sanwiches	40	505	0	507	7.24	2.68	151.6	0.0	20.54	50.89	30.11	5.39	0.00
NC Whole Kernal Corn	1/2 CUP	100	66	0	1	2.01	0.40	2.0	2.92	2.1	15.92	0.55	0.08	0.00
NC Carrots, 2.6 oz bagged	bag	48	20	0	44	1.64	0.51	18.0	1.5	0.36	4.62	0.07	0.01	0.00
NC Pears: canned,light syrup	1/2 CUP	110	56	0	2	1.94	0.25	7.8	2.2	0.37	14.71	0.12	0.00	0.00
NC Apple - Golden,125 ct	1 EACH	95	96	0	3	4.06	0.22	10.1	0.0	0.47	22.98	0.25	0.00	0.00
NC Bananas,150ct.	1 EACH	25	90	0	1	2.63	0.26	5.1	8.79	1.1	23.07	0.33	0.11	0.00
NC Oranges, 113 ct	1 EACH	20	45	0	0	2.30	0.10	38.4	51.07	0.9	11.28	0.12	0.02	0.00
NC Salad Dressing, French	1 EACH	25	10	0	140	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Salad Dressing, Italian	1 EACH	25	10	0	170	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing, Ranch	1 EACH	25	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing - 1000 Isle	1 EACH	25	25	5	65	0.00	0.00	0.0	0.0	0.0	2.0	2.0	0.00	0.00
NC FF Chocolate Milk	1/2 PINT	245	120	5	180	0.00	0.00	300.0	1.2	8.0	20.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	50	110	5	125	0.00	0.00	300.0	1.2	8.0	19.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	35	110	10	130	0.00	0.00	300.0	2.4	8.0	13.0	2.5	1.50	0.00
NC Skim Milk	1/2 PINT	8	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			571	50	1190	8.21	2.89	667.3	12.66	29.17	80.48	15.97	7.12	0.00
% of Calories										20.4%	56.3%	25.1%	11.2%	0.0%
Nutrient Guideline			550-650		1230								<10.00	

Thu - 10/30/2014														
Elementary Lunch	Total	340												
NC Chicken Pie	1 Each	70	322	55	778	2.41	2.19	118.8	2.27	21.4	32.06	12.33	5.53	0.00
NC WG Corn Dog Nuggets	6 EACH	250	250	15	630	1.00	3.60	0.0	0.0	11.0	30.99	10.0	1.50	0.00
NC PB & J Sandwich	Sanwiches	20	505	0	507	7.24	2.68	151.6	0.0	20.54	50.89	30.11	5.39	0.00
NC Cinnamon Sweet Potatoes	4 oz	20	1059	0	1468	25.28	7.78	180.6	85.01	10.33	202.11	25.2	4.79	0.00
NC Broccoli Florets, Fresh	1/2 CUP	40	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Sliced Strawberries, Frozen	1/2 CUP	150	122	0	4	2.41	0.76	14.0	52.95	0.68	33.15	0.17	0.01	0.00
NC Apple - Golden,125 ct	1 EACH	95	96	0	3	4.06	0.22	10.1	0.0	0.47	22.98	0.25	0.00	0.00
NC Bananas,150ct.	1 EACH	15	90	0	1	2.63	0.26	5.1	8.79	1.1	23.07	0.33	0.11	0.00
NC Oranges, 113 ct	1 EACH	20	45	0	0	2.30	0.10	38.4	51.07	0.9	11.28	0.12	0.02	0.00
NC FF Chocolate Milk	1/2 PINT	235	120	5	180	0.00	0.00	300.0	1.2	8.0	20.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	60	110	5	125	0.00	0.00	300.0	1.2	8.0	19.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	40	110	10	130	0.00	0.00	300.0	2.4	8.0	13.0	2.5	1.50	0.00
NC Skim Milk	1/2 PINT	8	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

Elementary Lunch

005 - Donna L Loflin

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			548	28	908	5.69	4.15	359.9	36.93	23.02	86.26	13.62	3.03	0.00
% of Calories										16.8%	62.9%	22.4%	5.0%	0.0%
Nutrient Guideline			550-650		1230								<10.00	

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Asheboro City Schools

Oct 13, 2014 thru Oct 31, 2014

Planned Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

005 - Donna L Loflin

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/31/2014														
Elementary Lunch	Total	340												
NC WG Fish Nuggets w/Roll	Serving	225	340	35	570	5.00	1.44	40.0	3.6	16.0	48.0	8.5	1.50	0.00
NC Chicken, Roasted W/ Roll	Servings	20	300	100	285	2.00	1.08	20.0	3.6	23.0	26.0	10.5	3.50	0.00
NC PB & J Sandwich	Sanwiches	35	505	0	507	7.24	2.68	151.6	0.0	20.54	50.89	30.11	5.39	0.00
NC Lima Beans	1/2 Cup	40	105	0	197	5.33	2.37	42.2	10.85	6.01	19.7	0.46	0.10	0.00
NC Fruit Cocktail:canned,LS	1/2 CUP	175	56	0	7	1.31	0.30	4.9	3.12	0.42	14.67	0.08	0.02	0.00
NC Apple, Fresh Red Del, 125ct	1 Each	50	95	0	2	4.40	0.22	11.0	8.41	0.47	25.13	0.31	0.05	0.00
NC Apple - Golden,125 ct	1 EACH	75	96	0	3	4.06	0.22	10.1	0.0	0.47	22.98	0.25	0.00	0.00
NC Bananas,150ct.	1 EACH	75	90	0	1	2.63	0.26	5.1	8.79	1.1	23.07	0.33	0.11	0.00
NC Fresh Blueberries	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 CUP	75	11	0	10	0.83	0.23	14.9	28.32	0.9	2.11	0.12	0.01	0.00
NC Carrots, 2.6 oz bagged	bag	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Baby Carrots, Raw	4 oz	115	40	0	88	3.29	1.01	36.3	2.95	0.73	9.34	0.15	0.02	0.00
NC Cauliflower, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Celery Sticks	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Cherry Tomatoes	1/2 Cup	28	14	0	4	1.03	0.19	5.2	9.94	0.52	3.11	0.0	0.00	0.00
NC Cucumber Slices, Fresh	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Grapes	2 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Melon, Cantaloupe	1/2 CUP	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Nectarines	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Peaches	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Fresh Pears	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Oranges, 113 ct	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Shredded Lettuce	0.63 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sliced Onions	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tomatoes, Sliced	Slice	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Watermelon Slices	Wedge	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Yellow Squash	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Squash, Raw	1/2 Cup	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, French	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Italian	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salad Dressing, Ranch	1 EACH	45	10	0	90	0.00	0.00	0.0	0.0	0.0	2.0	0.0	0.00	0.00
NC Salad Dressing - 1000 Isle	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Honey Mustard Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Sweet & Sour Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC BBQ Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Catsup, Tomato, 9 gram	1 EACH	300	10	0	85	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Mustard, Yellow PC	1 EACH	45	0	0	70	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Mayonnaise, Fat Free,12 gr	1 EACH	25	10	5	100	0.00	0.00	0.0	0.0	0.0	3.0	0.0	0.00	0.00
NC Dill Pickle Slices	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00

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Asheboro City Schools

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 13, 2014 thru Oct 31, 2014

Elementary Lunch

005 - Donna L Loflin

Generated on: 12/15/2014 11:12:30 AM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/31/2014														
NC Sliced Jalapeno Peppers	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Banana Peppers	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Black Olives	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Imitation Bacon Bits	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Chinese Noodles	1 oz	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Hot Sauce, 7G	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Salsa	1 OZ	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Marinara Sauce Cup	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Taco Sauce, 9g	1 EACH	0	0	0	0	0.00	0.00	0.0	0.0	0.0	0.0	0.0	0.00	0.00
NC Tartar Sauce, 12g	1 EACH	45	50	5	95	0.00	0.00	0.0	0.0	0.0	1.0	5.0	0.50	0.00
NC FF Chocolate Milk	1/2 PINT	240	120	5	180	0.00	0.00	300.0	1.2	8.0	20.0	0.0	0.00	0.00
NC FF Strawberry Milk	1/2 Pint	45	110	5	125	0.00	0.00	300.0	1.2	8.0	19.0	0.0	0.00	0.00
NC 1% Low Fat Milk	1/2 PINT	45	110	10	130	0.00	0.00	300.0	2.4	8.0	13.0	2.5	1.50	0.00
NC Skim Milk	1/2 PINT	10	90	5	130	0.00	0.00	300.0	2.4	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			542	36	787	8.98	2.27	371.7	18.11	23.88	88.14	10.68	2.08	0.00
% of Calories										17.6%	65.1%	17.7%	3.5%	0.0%
Nutrient Guideline			550-650		1230								<10.00	

Weighted Average			554	38	914	7.75	2.97	419.5	25.96	25.96	85.61	12.85	3.47	0.12
										18.8%	61.9%	20.9%	5.6%	0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	554		550 - 650	100%				
Cholesterol (mg)	38							
Sodium (mg)	914		1230					
Fiber (g)	7.75							
Iron (mg)	2.97							
Calcium (mg)	419.5							
Vitamin C (mg)	25.96							
Protein (g)	25.96	18.76%						
Carbohydrate (g)	85.61	61.86%						
Total Fat (g)	12.85	20.90%						
Saturated Fat (g)	3.47	5.64%	<10.00%					
Trans Fat ¹ (g)	0.12	0.19%						

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