

# San Marcos Unified School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

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High Tech High - Traditional

	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 <sup>1</sup> (g)
<b>Wed - 02/01/2012</b>															
High Tech High - Traditional	Total														
CHICKEN, ALFREDO & BREADS TICK	1 EACH	431	55	725	4.12	3.28	84.1	95	19	0.0	19.92	54.9	14.37	3.07	*0.00
HAMBURGER W/ CHEESE & JAL EPEÑO	1 EACH	441	55	2241	5.08	*5.61	*591.9	*772	*133	*7.05	27.7	41.34	18.04	6.81	*0.00
PEANUT BUTTER & JELLY SANDWICH, SPICY CHICKEN	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
SALAD, CHICKEN CAESAR & CR MILK, VARIETY HOLLANDIA	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
BANANA, FRESH	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
EDAMAME, SHELLLED	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
JUICE, APPLE 4 OZ	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*
PINEAPPLE TIDBITS, CANNED	1 EACH	80	0	10	2.67	1.80	100.0	133	27	16.0	7.33	6.0	4.0	0.33	0.00
SALAD, SIDE	1 EACH	55	0	0	0.00	0.72	0.0	0	0	0.0	0.0	14.0	0.0	0.00	*N/A*
	.5 CUP	59	0	2	0.90	0.45	16.2	43	9	8.46	0.41	15.25	0.14	0.02	0.00
	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		866	*52	1272	11.48	*8.33	*656.0	*6667	*427	*42.02	41.78	122.21	26.67	6.01	*0.00
% of Calories											19.3%	56.4%	27.7%	6.2%	*0.0%
Nutrient Guideline		833				4.50	400.00	1500		18.68	16.40		<=30.0	<10.00	
% of Guideline Satisfied		104%				185%	164%	444%		225%	255%				

<b>Thu - 02/02/2012</b>															
High Tech High - Traditional	Total														
CHICKEN, TERIYAKI BOWL & RICE-BOSCO STICKS, CHEESE	1 EACH	410	85	1346	2.81	3.71	60.4	4445	533	24.15	27.05	62.67	4.58	1.15	*0.00
PEANUT BUTTER & JELLY SANDWICH, SPICY CHICKEN	1 EACH	480	20	912	4.90	5.99	591.5	347	69	7.2	30.68	65.26	10.57	4.83	*0.00
SALAD, ORIENTAL CHICKEN	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
MILK, VARIETY HOLLANDIA	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
APPLES, FRESH	1 EACH	413	71	1216	4.13	1.19	50.5	10215	1246	57.51	27.01	29.3	20.74	3.88	*0.00
TRAIL MIX, SUNFLOWER/RAISIN	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
SHAPE-UPS, FROZEN JUICE	1 EACH	72	0	1	3.33	0.17	8.3	75	7	6.39	0.36	19.18	0.24	0.04	*N/A*
FRUIT COCKTAIL, CANNED	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
SALAD, SIDE	1 EACH	83	0	14	0.00	0.00	0.0	0	0	82.67	0.0	20.67	0.0	0.00	0.00
	.5 CUP	65	0	7	1.13	0.33	6.8	232	24	2.15	0.45	16.93	0.08	0.01	*N/A*
	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		923	*49	1221	11.14	5.48	554.1	8074	639	115.87	39.46	142.12	25.21	5.38	*0.00
% of Calories											17.1%	61.6%	24.6%	5.3%	*0.0%
Nutrient Guideline		833				4.50	400.00	1500		18.68	16.40		<=30.0	<10.00	
% of Guideline Satisfied		111%				122%	139%	538%		620%	241%				

\*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

<sup>1</sup> - denotes optional nutrient values

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### Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

#### High Tech High - Traditional

	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 <sup>1</sup> (g)
Fri - 02/03/2012															
High Tech High - Traditional	Total														
PORK CARNITAS BOWL	1 EACH	559	107	1511	6.31	4.51	258.1	69	14	2.86	45.19	57.76	15.63	3.81	*1.00
SANDWICH, HOT CHICKEN-S	1 EACH	354	41	704	4.00	3.80	106.0	168	34	1.0	23.0	44.0	13.0	2.50	0.00
PEANUT BUTTER & JELLY	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
ORANGES	.5 CUP	42	0	0	2.16	0.09	36.0	202	19	47.88	0.85	10.57	0.11	0.02	*N/A*
RAISINS	.25 CUP	123	0	5	1.53	0.78	20.6	0	0	0.95	1.27	32.66	0.19	0.02	*N/A*
CARROTS, BABY	.25 CUP	20	0	44	1.64	0.50	18.1	7819	851	1.47	0.36	4.67	0.07	0.01	*N/A*
PEARS, CANNED	.5 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		786	*60	1162	12.08	6.32	543.1	*14321	*1233	58.84	39.13	115.61	21.75	4.87	*0.20
% of Calories											19.9%	58.9%	24.9%	5.6%	*0.2%
Nutrient Guideline		833				4.50	400.00	1500		18.68	16.40		<=30.0	<10.00	
% of Guideline Satisfied		94%				140%	136%	95%		315%	239%				
Shortfall		48													

Mon - 02/06/2012															
High Tech High - Traditional	Total														
CHICKEN PARMESAN W SPAGH ETTI	1 EACH	558	97	1133	3.24	4.76	346.8	1228	229	11.81	38.53	42.86	26.96	8.98	*0.00
BURRITO, GRILLED BEAN & CHE ESE	1 EACH	400	15	590	8.00	5.40	150.0	300	60	0.0	14.0	51.0	16.0	4.50	0.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
PEANUT BUTTER & JELLY	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
ORANGES	.5 CUP	42	0	0	2.16	0.09	36.0	202	19	47.88	0.85	10.57	0.11	0.02	*N/A*
TRAIL MIX, SUNFLOWER/RAISIN	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
SHAPE-UPS, FROZEN JUICE	1 EACH	83	0	14	0.00	0.00	0.0	0	0	82.67	0.0	20.67	0.0	0.00	0.00
PINEAPPLE TIDBITS, CANNED	.5 CUP	59	0	2	0.90	0.45	16.2	43	9	8.46	0.41	15.25	0.14	0.02	0.00
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*

\*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

<sup>1</sup> - denotes optional nutrient values

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Jan 30, 2012

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High Tech High - Traditional

	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 <sup>1</sup> (g)
Weighted Daily Average % of Calories		914	*53	1026	10.25	7.16	566.1	*6803	*438	149.33	38.67 16.9%	123.40 54.0%	32.55 32.1%	7.30 7.2%	*0.00 *0.0%
Nutrient Guideline % of Guideline Satisfied Shortfall		833 110%				4.50 159%	400.00 142%	1500 454%		18.68 799%	16.40 236%		<=30.0 OVER	<10.00	

Tue - 02/07/2012															
High Tech High - Traditional	Total														
CHICKEN, TERIYAKI BWL & RICE-	1 EACH	410	85	1346	2.81	3.71	60.4	4445	533	24.15	27.05	62.67	4.58	1.15	*0.00
BOSCO STICKS, CHEESE	1 EACH	480	20	912	4.90	5.99	591.5	347	69	7.2	30.68	65.26	10.57	4.83	*0.00
PEANUT BUTTER & JELLY	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
SALAD, ORIENTAL CHICKEN	1 EACH	413	71	1216	4.13	1.19	50.5	10215	1246	57.51	27.01	29.3	20.74	3.88	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
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*
JUICE, ORANGE 4 OZ	1 EACH	60	0	0	0.00	0.00	0.0	0	0	30.0	1.0	14.0	0.0	0.00	*N/A*
CUCUMBER	.25 CUP	4	0	1	0.21	0.07	4.2	21	2	0.95	0.18	0.64	0.05	0.00	*N/A*
PEARS, CANNED	.5 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average % of Calories		798	*49	1207	10.02	4.40	539.4	7853	619	64.67	37.66 18.9%	128.59 64.4%	17.32 19.5%	4.45 5.0%	*0.00 *0.0%
Nutrient Guideline % of Guideline Satisfied Shortfall		833 96%				4.50 98%	400.00 135%	1500 524%		18.68 346%	16.40 230%		<=30.0	<10.00	

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Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

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High Tech High - Traditional

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 <sup>1</sup> (g)	
Wed - 02/08/2012															
High Tech High - Traditional	Total														
CHICKEN, KUNG PAO & RICE	1 EACH	401	34	1171	1.61	2.60	35.4	978	20	52.8	15.98	68.95	5.33	1.10	*0.00
HAMBURGER W/ CHEESE	1 EACH	360	55	908	4.10	3.63	146.6	134	41	0.0	24.04	27.83	16.93	6.79	*0.00
PEANUT BUTTER & JELLY	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
GRAPES, FRESH	1 CUP	62	0	2	0.83	0.27	12.9	92	9	3.68	0.58	15.78	0.32	0.10	*N/A*
TRAIL MIX, SUNFLOWER/RAISIN	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
CARROTS, BABY	.5 CUP	20	0	44	1.64	0.50	18.1	7819	851	1.47	0.36	4.67	0.07	0.01	*N/A*
PEACHES, CANNED	.5 CUP	64	0	6	1.93	0.41	3.4	618	124	2.72	0.61	16.37	0.05	0.00	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		835	*48	1134	10.49	7.01	485.3	*15003	*1349	26.40	36.47	114.32	28.60	6.26	*0.00
% of Calories										17.5%	54.8%	30.8%	6.8%	*0.0%	
Nutrient Guideline		833				4.50	400.00	1500		18.68	16.40		<=30.0	<10.00	
% of Guideline Satisfied		100%				156%	121%	1000%		141%	222%				
Shortfall													OVER		

Thu - 02/09/2012															
High Tech High - Traditional	Total														
CHICKEN, ORANGE & RICE-S	1 EACH	464	62	950	2.49	3.11	34.0	4270	498	17.72	20.06	71.36	9.46	1.26	*0.00
BOSCO STICKS, CHEESE	1 EACH	480	20	912	4.90	5.99	591.5	347	69	7.2	30.68	65.26	10.57	4.83	*0.00
PEANUT BUTTER & JELLY	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
SALAD, ORIENTAL CHICKEN	1 EACH	413	71	1216	4.13	1.19	50.5	10215	1246	57.51	27.01	29.3	20.74	3.88	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
ORANGES	.5 CUP	42	0	0	2.16	0.09	36.0	202	19	47.88	0.85	10.57	0.11	0.02	*N/A*
EDAMAME, SHELLED	1 EACH	80	0	10	2.67	1.80	100.0	133	27	16.0	7.33	6.0	4.0	0.33	0.00
SHAPE-UPS, FROZEN JUICE	1 EACH	83	0	14	0.00	0.00	0.0	0	0	82.67	0.0	20.67	0.0	0.00	0.00
ORANGES, MANDARIN	1 EACH	90	0	0	1.00	0.36	0.0	0	0	6.0	1.0	21.0	0.0	0.00	0.00
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		879	*45	1144	10.94	5.86	654.6	8067	647	175.31	42.93	131.82	21.98	4.70	*0.00
% of Calories										19.5%	60.0%	22.5%	4.8%	*0.0%	
Nutrient Guideline		833				4.50	400.00	1500		18.68	16.40		<=30.0	<10.00	
% of Guideline Satisfied		105%				130%	164%	538%		939%	262%				

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

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Jan 30, 2012

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High Tech High - Traditional

	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 <sup>1</sup> (g)
<b>Fri - 02/10/2012</b>															
High Tech High - Traditional	Total														
CHICKEN, SOUTHWEST BWL & RICE	1 EACH	514	35	1934	9.60	7.04	710.2	440	88	12.4	25.84	79.85	9.86	1.47	*1.00
SANDWICH, TURKEY & CHEESE	1 EACH	387	49	1751	3.65	3.49	199.8	429	62	4.72	28.19	42.5	14.09	4.03	*0.00
PEANUT BUTTER & JELLY	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
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*
TRAIL MIX, SUNFLOWER/RAISIN	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
CARROTS, BABY	.25 CUP	20	0	44	1.64	0.50	18.1	7819	851	1.47	0.36	4.67	0.07	0.01	*N/A*
FRUIT COCKTAIL, CANNED	.5 CUP	65	0	7	1.13	0.33	6.8	232	24	2.15	0.45	16.93	0.08	0.01	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		892	*47	1455	13.00	7.78	626.5	*14542	*1266	23.80	39.63	127.29	28.98	5.80	*0.20
% of Calories											17.8%	57.1%	29.2%	5.9%	*0.2%
Nutrient Guideline		833				4.50	400.00	1500		18.68	16.40		<=30.0	<10.00	
% of Guideline Satisfied		107%				173%	157%	969%		127%	242%				
<b>Mon - 02/13/2012</b>															
High Tech High - Traditional	Total														
CHICKEN, ORANGE & RICE-S	1 EACH	464	62	950	2.49	3.11	34.0	4270	498	17.72	20.06	71.36	9.46	1.26	*0.00
BOSCO STICKS, CHEESE	1 EACH	480	20	912	4.90	5.99	591.5	347	69	7.2	30.68	65.26	10.57	4.83	*0.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
PEANUT BUTTER & JELLY	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
APPLES, FRESH	1 EACH	72	0	1	3.33	0.17	8.3	75	7	6.39	0.36	19.18	0.24	0.04	*N/A*
RAISINS	.25 CUP	123	0	5	1.53	0.78	20.6	0	0	0.95	1.27	32.66	0.19	0.02	*N/A*
JICAMA, FRESH	1 EACH	12	0	1	1.59	0.20	3.9	7	1	6.57	0.23	2.87	0.0	0.00	0.00
PEACHES, CANNED	.5 CUP	64	0	6	1.93	0.41	3.4	618	124	2.72	0.61	16.37	0.05	0.00	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		705	*42	902	11.68	5.28	510.3	*7486	*567	27.83	30.65	116.53	15.55	3.69	*0.00
% of Calories											17.4%	66.1%	19.8%	4.7%	*0.0%
Nutrient Guideline		833				4.50	400.00	1500		18.68	16.40		<=30.0	<10.00	
% of Guideline Satisfied		85%				117%	128%	499%		149%	187%				
Shortfall		128													

\*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

<sup>1</sup> - denotes optional nutrient values

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## San Marcos Unified School District

### Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

#### High Tech High - Traditional

	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 <sup>1</sup> (g)
<b>Tue - 02/14/2012</b>															
High Tech High - Traditional	Total														
TACO PASTA	1 EACH	269	74	411	*0.65	*1.57	*17.3	*135	*17	*2.15	21.51	9.38	15.68	*4.24	*0.00
PIZZATAS, PEPPERONI	1 EACH	360	35	920	0.00	1.22	340.0	459	92	1.63	19.0	28.0	19.0	8.00	*N/A*
PEANUT BUTTER & JELLY	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
SALAD, ORIENTAL CHICKEN	1 EACH	413	71	1216	4.13	1.19	50.5	10215	1246	57.51	27.01	29.3	20.74	3.88	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
ORANGES	.5 CUP	42	0	0	2.16	0.09	36.0	202	19	47.88	0.85	10.57	0.11	0.02	*N/A*
TRAIL MIX, SUNFLOWER/RAISIN	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
CARROTS, BABY	.25 CUP	20	0	44	1.64	0.50	18.1	7819	851	1.47	0.36	4.67	0.07	0.01	*N/A*
ORANGES, MANDARIN	1 EACH	90	0	0	1.00	0.36	0.0	0	0	6.0	1.0	21.0	0.0	0.00	0.00
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		933	*50	1058	*11.57	*5.82	*549.1	*14948	*1380	*75.10	40.91	116.98	36.99	*7.62	*0.00
% of Calories											17.5%	50.1%	35.7%	*7.3%	*0.0%
Nutrient Guideline		833				4.50	400.00	1500		18.68	16.40		<=30.0	<10.00	
% of Guideline Satisfied		112%				129%	137%	997%		402%	249%		OVER		
Shortfall															
<b>Wed - 02/15/2012</b>															
High Tech High - Traditional	Total														
CHICKEN, ALFREDO & BREADS	1 EACH	431	55	725	4.12	3.28	84.1	95	19	0.0	19.92	54.9	14.37	3.07	*0.00
TICK															
SANDWICH, ITALIAN SUB	1 EACH	529	75	1585	4.06	3.86	527.6	404	79	2.28	37.13	46.13	24.27	9.25	*0.00
PEANUT BUTTER & JELLY	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
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*
EDAMAME, SHELLED	1 EACH	80	0	10	2.67	1.80	100.0	133	27	16.0	7.33	6.0	4.0	0.33	0.00
JUICE, APPLE 4 OZ	1 EACH	55	0	0	0.00	0.72	0.0	0	0	0.0	0.0	14.0	0.0	0.00	*N/A*
PINEAPPLE TIDBITS, CANNED	.5 CUP	59	0	2	0.90	0.45	16.2	43	9	8.46	0.41	15.25	0.14	0.02	0.00
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		884	*56	1141	11.27	7.98	643.1	*6593	*416	41.06	43.67	123.16	27.91	6.49	*0.00
% of Calories											19.8%	55.7%	28.4%	6.6%	*0.0%
Nutrient Guideline		833				4.50	400.00	1500		18.68	16.40		<=30.0	<10.00	
% of Guideline Satisfied		106%				177%	161%	440%		220%	266%				

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - denotes optional nutrient values

# San Marcos Unified School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

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High Tech High - Traditional

	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 <sup>1</sup> (g)
<b>Thu - 02/16/2012</b>															
High Tech High - Traditional	Total														
CHICKEN, SWEET & SOUR W/ RI CE	1 EACH	458	50	876	2.49	3.03	34.0	4157	475	17.72	17.47	75.92	8.48	1.13	*0.00
QUESADILLA, CHICKEN PIZZA	1 EACH	320	15	880	1.00	2.70	200.0	300	60	0.0	15.0	35.0	14.0	3.00	*N/A*
PEANUT BUTTER & JELLY	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
SALAD, ORIENTAL CHICKEN	1 EACH	413	71	1216	4.13	1.19	50.5	10215	1246	57.51	27.01	29.3	20.74	3.88	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
APPLES, FRESH	1 EACH	72	0	1	3.33	0.17	8.3	75	7	6.39	0.36	19.18	0.24	0.04	*N/A*
TRAIL MIX, SUNFLOWER/RAISIN	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
SHAPE-UPS, FROZEN JUICE	1 EACH	83	0	14	0.00	0.00	0.0	0	0	82.67	0.0	20.67	0.0	0.00	0.00
FRUIT COCKTAIL, CANNED	.5 CUP	65	0	7	1.13	0.33	6.8	232	24	2.15	0.45	16.93	0.08	0.01	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		901	*41	1121	10.30	4.69	470.5	8007	626	113.14	34.41	138.72	26.68	5.02	*0.00
% of Calories											15.3%	61.6%	26.7%	5.0%	*0.0%
Nutrient Guideline		833				4.50	400.00	1500		18.68	16.40		<=30.0	<10.00	
% of Guideline Satisfied		108%				104%	118%	534%		606%	210%				

<b>Fri - 02/17/2012</b>															
High Tech High - Traditional	Total														
SANDWICH, HOT CHICKEN-S	1 EACH	354	41	704	4.00	3.80	106.0	168	34	1.0	23.0	44.0	13.0	2.50	0.00
BOSCO STICKS, CHEESE	1 EACH	480	20	912	4.90	5.99	591.5	347	69	7.2	30.68	65.26	10.57	4.83	*0.00
PEANUT BUTTER & JELLY	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
ORANGES	.5 CUP	42	0	0	2.16	0.09	36.0	202	19	47.88	0.85	10.57	0.11	0.02	*N/A*
RAISINS	.25 CUP	123	0	5	1.53	0.78	20.6	0	0	0.95	1.27	32.66	0.19	0.02	*N/A*
CARROTS, BABY	.25 CUP	20	0	44	1.64	0.50	18.1	7819	851	1.47	0.36	4.67	0.07	0.01	*N/A*
PEARS, CANNED	.5 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*

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# San Marcos Unified School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

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High Tech High - Traditional

	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 <sup>1</sup> (g)
Weighted Daily Average		770	*43	1042	11.80	6.61	609.7	*14376	*1244	59.71	36.23	117.11	20.73	5.08	*0.00
% of Calories										18.8%	18.8%	60.9%	24.2%	5.9%	*0.0%
Nutrient Guideline		833				4.50	400.00	1500		18.68	16.40		<=30.0	<10.00	
% of Guideline Satisfied		92%				147%	152%	958%		320%	221%				
Shortfall		64													

Mon - 02/20/2012															
High Tech High - Traditional HOLIDAY	Total 1 EACH	0	0	0	0.00	0.00	0.0	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	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%	0.0%
Nutrient Guideline		833				4.50	400.00	1500		18.68	16.40		<=30.0	<10.00	
% of Guideline Satisfied		0%				0%	0%	0%		0%	0%				
Shortfall		833				4.50	400.00	1500		18.68	16.40		OVER	OVER	

Tue - 02/21/2012															
High Tech High - Traditional	Total														
CHICKEN, TERIYAKI BWL & RICE-	1 EACH	410	85	1346	2.81	3.71	60.4	4445	533	24.15	27.05	62.67	4.58	1.15	*0.00
BOSCO STICKS, CHEESE	1 EACH	480	20	912	4.90	5.99	591.5	347	69	7.2	30.68	65.26	10.57	4.83	*0.00
PEANUT BUTTER & JELLY	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
SALAD, ORIENTAL CHICKEN	1 EACH	413	71	1216	4.13	1.19	50.5	10215	1246	57.51	27.01	29.3	20.74	3.88	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
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*
JUICE, ORANGE 4 OZ	1 EACH	60	0	0	0.00	0.00	0.0	0	0	30.0	1.0	14.0	0.0	0.00	*N/A*
CUCUMBER	.25 CUP	4	0	1	0.21	0.07	4.2	21	2	0.95	0.18	0.64	0.05	0.00	*N/A*
PEARS, CANNED	.5 CUP	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		798	*49	1207	10.02	4.40	539.4	7853	619	64.67	37.66	128.59	17.32	4.45	*0.00
% of Calories										18.9%	18.9%	64.4%	19.5%	5.0%	*0.0%
Nutrient Guideline		833				4.50	400.00	1500		18.68	16.40		<=30.0	<10.00	
% of Guideline Satisfied		96%				98%	135%	524%		346%	230%				
Shortfall		35				0.10									

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<sup>1</sup> - denotes optional nutrient values

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# San Marcos Unified School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

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High Tech High - Traditional

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 <sup>1</sup> (g)	
<b>Wed - 02/22/2012</b>															
High Tech High - Traditional	Total														
CHICKEN, KUNG PAO & RICE	1 EACH	401	34	1171	1.61	2.60	35.4	978	20	52.8	15.98	68.95	5.33	1.10	*0.00
HAMBURGER W/ CHEESE	1 EACH	360	55	908	4.10	3.63	146.6	134	41	0.0	24.04	27.83	16.93	6.79	*0.00
PEANUT BUTTER & JELLY	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
GRAPES, FRESH	1 CUP	62	0	2	0.83	0.27	12.9	92	9	3.68	0.58	15.78	0.32	0.10	*N/A*
TRAIL MIX, SUNFLOWER/RAISIN	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
CARROTS, BABY	.5 CUP	20	0	44	1.64	0.50	18.1	7819	851	1.47	0.36	4.67	0.07	0.01	*N/A*
PEACHES, CANNED	.5 CUP	64	0	6	1.93	0.41	3.4	618	124	2.72	0.61	16.37	0.05	0.00	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		835	*48	1134	10.49	7.01	485.3	*15003	*1349	26.40	36.47	114.32	28.60	6.26	*0.00
% of Calories										17.5%	54.8%	30.8%	6.8%	*0.0%	
Nutrient Guideline		833				4.50	400.00	1500		18.68	16.40		<=30.0	<10.00	
% of Guideline Satisfied		100%				156%	121%	1000%		141%	222%				
Shortfall													OVER		

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 <sup>1</sup> (g)	
<b>Thu - 02/23/2012</b>															
High Tech High - Traditional	Total														
CHICKEN, ORANGE & RICE-S	1 EACH	464	62	950	2.49	3.11	34.0	4270	498	17.72	20.06	71.36	9.46	1.26	*0.00
BOSCO STICKS, CHEESE	1 EACH	480	20	912	4.90	5.99	591.5	347	69	7.2	30.68	65.26	10.57	4.83	*0.00
PEANUT BUTTER & JELLY	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
SALAD, ORIENTAL CHICKEN	1 EACH	413	71	1216	4.13	1.19	50.5	10215	1246	57.51	27.01	29.3	20.74	3.88	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
ORANGES	.5 CUP	42	0	0	2.16	0.09	36.0	202	19	47.88	0.85	10.57	0.11	0.02	*N/A*
EDAMAME, SHELLED	1 EACH	80	0	10	2.67	1.80	100.0	133	27	16.0	7.33	6.0	4.0	0.33	0.00
SHAPE-UPS, FROZEN JUICE	1 EACH	83	0	14	0.00	0.00	0.0	0	0	82.67	0.0	20.67	0.0	0.00	0.00
ORANGES, MANDARIN	1 EACH	90	0	0	1.00	0.36	0.0	0	0	6.0	1.0	21.0	0.0	0.00	0.00
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		879	*45	1144	10.94	5.86	654.6	8067	647	175.31	42.93	131.82	21.98	4.70	*0.00
% of Calories										19.5%	60.0%	22.5%	4.8%	*0.0%	
Nutrient Guideline		833				4.50	400.00	1500		18.68	16.40		<=30.0	<10.00	
% of Guideline Satisfied		105%				130%	164%	538%		939%	262%				

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

<sup>1</sup> - denotes optional nutrient values

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# San Marcos Unified School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

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High Tech High - Traditional

	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 <sup>1</sup> (g)
<b>Fri - 02/24/2012</b>															
High Tech High - Traditional	Total														
CHICKEN, SOUTHWEST BWL & RICE	1 EACH	514	35	1934	9.60	7.04	710.2	440	88	12.4	25.84	79.85	9.86	1.47	*1.00
SANDWICH, TURKEY & CHEESE	1 EACH	387	49	1751	3.65	3.49	199.8	429	62	4.72	28.19	42.5	14.09	4.03	*0.00
PEANUT BUTTER & JELLY	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
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*
TRAIL MIX, SUNFLOWER/RAISIN	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
CARROTS, BABY	.25 CUP	20	0	44	1.64	0.50	18.1	7819	851	1.47	0.36	4.67	0.07	0.01	*N/A*
FRUIT COCKTAIL, CANNED	.5 CUP	65	0	7	1.13	0.33	6.8	232	24	2.15	0.45	16.93	0.08	0.01	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		892	*47	1455	13.00	7.78	626.5	*14542	*1266	23.80	39.63	127.29	28.98	5.80	*0.20
% of Calories											17.8%	57.1%	29.2%	5.9%	*0.2%
Nutrient Guideline		833				4.50	400.00	1500		18.68	16.40		<=30.0	<10.00	
% of Guideline Satisfied		107%				173%	157%	969%		127%	242%				
<b>Mon - 02/27/2012</b>															
High Tech High - Traditional	Total														
CHICKEN, ORANGE & RICE-S	1 EACH	464	62	950	2.49	3.11	34.0	4270	498	17.72	20.06	71.36	9.46	1.26	*0.00
BOSCO STICKS, CHEESE	1 EACH	480	20	912	4.90	5.99	591.5	347	69	7.2	30.68	65.26	10.57	4.83	*0.00
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
PEANUT BUTTER & JELLY	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
APPLES, FRESH	1 EACH	72	0	1	3.33	0.17	8.3	75	7	6.39	0.36	19.18	0.24	0.04	*N/A*
RAISINS	.25 CUP	123	0	5	1.53	0.78	20.6	0	0	0.95	1.27	32.66	0.19	0.02	*N/A*
JICAMA, FRESH	1 EACH	12	0	1	1.59	0.20	3.9	7	1	6.57	0.23	2.87	0.0	0.00	0.00
PEACHES, CANNED	.5 CUP	64	0	6	1.93	0.41	3.4	618	124	2.72	0.61	16.37	0.05	0.00	*N/A*
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		705	*42	902	11.68	5.28	510.3	*7486	*567	27.83	30.65	116.53	15.55	3.69	*0.00
% of Calories											17.4%	66.1%	19.8%	4.7%	*0.0%
Nutrient Guideline		833				4.50	400.00	1500		18.68	16.40		<=30.0	<10.00	
% of Guideline Satisfied		85%				117%	128%	499%		149%	187%				
Shortfall		128													

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## San Marcos Unified School District

### Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

#### High Tech High - Traditional

	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 <sup>1</sup> (g)
<b>Tue - 02/28/2012</b>															
High Tech High - Traditional	Total														
TACO PASTA	1 EACH	269	74	411	*0.65	*1.57	*17.3	*135	*17	*2.15	21.51	9.38	15.68	*4.24	*0.00
PIZZATAS, PEPPERONI	1 EACH	360	35	920	0.00	1.22	340.0	459	92	1.63	19.0	28.0	19.0	8.00	*N/A*
PEANUT BUTTER & JELLY	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
SALAD, ORIENTAL CHICKEN	1 EACH	413	71	1216	4.13	1.19	50.5	10215	1246	57.51	27.01	29.3	20.74	3.88	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
ORANGES	.5 CUP	42	0	0	2.16	0.09	36.0	202	19	47.88	0.85	10.57	0.11	0.02	*N/A*
TRAIL MIX, SUNFLOWER/RAISIN	1 EACH	260	0	0	3.00	2.52	30.0	0	0	1.2	7.0	27.0	16.0	2.00	0.00
CARROTS, BABY	.25 CUP	20	0	44	1.64	0.50	18.1	7819	851	1.47	0.36	4.67	0.07	0.01	*N/A*
ORANGES, MANDARIN	1 EACH	90	0	0	1.00	0.36	0.0	0	0	6.0	1.0	21.0	0.0	0.00	0.00
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		933	*50	1058	*11.57	*5.82	*549.1	*14948	*1380	*75.10	40.91	116.98	36.99	*7.62	*0.00
% of Calories											17.5%	50.1%	35.7%	*7.3%	*0.0%
Nutrient Guideline		833				4.50	400.00	1500		18.68	16.40		<=30.0	<10.00	
% of Guideline Satisfied		112%				129%	137%	997%		402%	249%		OVER		
Shortfall															
<b>Wed - 02/29/2012</b>															
High Tech High - Traditional	Total														
CHICKEN, ALFREDO & BREADS	1 EACH	431	55	725	4.12	3.28	84.1	95	19	0.0	19.92	54.9	14.37	3.07	*0.00
TICK															
SANDWICH, ITALIAN SUB	1 EACH	529	75	1585	4.06	3.86	527.6	404	79	2.28	37.13	46.13	24.27	9.25	*0.00
PEANUT BUTTER & JELLY	1 EACH	531	*N/A*	608	4.53	2.74	67.0	1	0	0.39	19.06	58.71	25.11	6.00	*N/A*
SANDWICH, SPICY CHICKEN	1 EACH	290	32	751	3.54	2.43	238.8	145	29	0.54	20.74	37.23	9.42	2.51	*0.00
SALAD, CHICKEN CAESAR & CR	1 EACH	474	82	810	3.18	8.88	80.4	*7434	*571	5.39	26.06	21.24	29.92	6.03	*0.00
MILK, VARIETY HOLLANDIA	PINT	110	7	141	0.00	0.00	287.5	500	100	1.8	9.0	17.25	0.62	0.37	0.00
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*
EDAMAME, SHELLED	1 EACH	80	0	10	2.67	1.80	100.0	133	27	16.0	7.33	6.0	4.0	0.33	0.00
JUICE, APPLE 4 OZ	1 EACH	55	0	0	0.00	0.72	0.0	0	0	0.0	0.0	14.0	0.0	0.00	*N/A*
PINEAPPLE TIDBITS, CANNED	.5 CUP	59	0	2	0.90	0.45	16.2	43	9	8.46	0.41	15.25	0.14	0.02	0.00
SALAD, SIDE	1 EACH	39	0	91	1.20	0.51	34.8	4236	133	4.3	1.24	3.96	2.19	0.28	*N/A*
Weighted Daily Average		884	*56	1141	11.27	7.98	643.1	*6593	*416	41.06	43.67	123.16	27.91	6.49	*0.00
% of Calories											19.8%	55.7%	28.4%	6.6%	*0.0%
Nutrient Guideline		833				4.50	400.00	1500		18.68	16.40		<=30.0	<10.00	
% of Guideline Satisfied		106%				177%	161%	440%		220%	266%				

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - denotes optional nutrient values

# San Marcos Unified School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet - Portion Values

Jan 30, 2012

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High Tech High - Traditional

	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 <sup>1</sup> (g)
Weighted Average		851	*49	1146	*11.25	*6.34	*570.8	*10362	*855	*70.36	38.68 18.2%	123.83 58.2%	25.41 26.9%	*5.59 *5.9%	*0.03 *0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	851		833	102%			
Cholesterol (mg)	49				Missing		
Sodium (mg)	1146						
Fiber (g)	11.25				Missing		
Iron (mg)	6.34		4.50	141%	Missing		
Calcium (mg)	570.8		400.00	143%	Missing		
Vitamin A (IU)	10362		1500	691%	Missing		
Vitamin A (RE)	855		300	285%	Missing		
Vitamin C (mg)	70.36		18.68	377%	Missing		
Protein (g)	38.68	18.18%	16.40	236%			
Carbohydrate (g)	123.83	58.22%					
Total Fat (g)	25.41	26.89%	<=30.00%				
Saturated Fat (g)	5.59	5.91%	<10.00%		Missing		
Trans Fat (g)	0.03	0.03%			Missing		

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