



Federal Way Public Schools Elementary (K through 5th) Menu September 2009

Menu subject to change due to availability and food preference. Federal Way Public Schools WEB site address <http://www/fwps/org>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>WELCOME!</p>	<p>2</p> 	<p>3</p> <p>Picnic Lunch</p>	<p>4</p> <p>Pepperoni Pizza*</p> <p>Carrots</p> <p>Cutie Pie</p> <p>Milk</p> <p>Chicken Caesar Salad with Caesar Dressing</p>	
<p>7</p> <p>No School</p> 	<p>8</p> <p>Chicken Nuggets</p> <p>Fries</p> <p>Apple</p> <p>Chocolate Chip Cookie</p> <p>Milk</p> <p>Cottage Cheese and Fruit Salad with Ranch Dressing</p>	<p>9</p> <p>Grilled Cheese Sandwich</p> <p>Veggie Sticks</p> <p>Strawberries</p> <p>Sugar Cookie</p> <p>Milk</p> <p>Fajita Chicken Pasta Salad with Ranch Dressing</p>	<p>10</p> <p>Corn Dog</p> <p>Fries</p> <p>Peaches</p> <p>Fruit Snack</p> <p>Milk</p> <p>Taco Salad with 1,000 Island Dressing</p>	<p>11</p> <p>Spaghetti with Meatsauce</p> <p>Peaches</p> <p>Roll</p> <p>Brownie</p> <p>Milk</p> <p>Southwest Chicken Salad with Southwest Ranch Dressing</p>

Federal Way Public Schools Elementary (K through 5th) Menu September 2009

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• We are pleased to announce **CHOICE!** - Starts September 14th!

Starting September 14th your student will be offered **CHOICE!** with three entrées and a multiple of fruit and vegetables each day. Our goal is to assure all students have choices and we will work diligently toward this end. Your patience is appreciated during this transition. We hope your children will enjoy the new look of our meals. If you would like to contact us, please email us at: nutrserv@fwps.org

After September 14th Fruit & Vegetable Combinations Offered Daily:

- Apples, Pears, Bananas or Oranges
- Applesauce, Peaches, Cherries, Strawberries, Mixed Fruit and more
- Carrots, Broccoli, Cauliflower, Cucumbers or Fresh Greens
- Corn, Corn Cobettes, Green Beans, Refried Beans or Mixed Vegetables.
- Breads Available may include: WW Rolls, Cornbread, Breadsticks
- Beverage: Milk is offered daily
- Variety of Desserts



Monday	Tuesday	Wednesday	Thursday	Friday
14 Chicken Fries or Spaghetti with Meatsauce or Entree Salad Fruit and Vegetable	15 Pepperoni Pizza* or Chicken Nuggets or Entree Salad Fruit and Vegetable	16 Hamburger on a Bun or Pepperoni Pizza* or Entree Salad Fruit and Vegetable	17 Chicken Nuggets or Hot dog or Entree Salad Fruit and Vegetable	18 Chicken Fried Steak or Grilled Cheese Sandwich or Entree Salad Fruit and Vegetable
21 Burrito or Hamburger on a Bun or Entree Salad Fruit and Vegetable	22 Chicken Patty on a Bun Or Chicken Fried Steak or Entree Salad Fruit and Vegetable	23 Grilled Cheese Sandwich or Chicken Patty on a bun or Entree Salad Fruit and Vegetable	24 Pepperoni Pizza* or Chicken Nuggets or Entree Salad Fruit and Vegetable	25 Turkey and Gravy Or Grilled Cheese Sandwich or Entree Salad Fruit and Vegetable
28 Chicken Nuggets or Hot dog or Entree Salad Fruit and Vegetable	29 Hot Dog on a Bun or Burrito or Entree Salad Fruit and Vegetable	30 Cheese Pizza or Chicken Patty on a Bun or Entree Salad Fruit and Vegetable	<p>ELEMENTARY Breakfast \$1.50/20 for \$30 Lunch \$2.50/20 for \$50</p> <p>ADULTS Breakfast \$2.50 with or w/o Milk Lunch \$3.75 with or w/o Milk</p>	

Federal Way Public Schools Nutrition Services is an equal opportunity provider.

*Denotes Pork as an ingredient

YOU MAY NOW CHARGE BREAKFAST AND/OR LUNCH ON A CREDIT CARD ONLINE. Go to WWW.FWPS.ORG, PROGRAMS & SERVICES, NUTRITION SERVICES. Click on **GREAT NEWS! LUNCH MONEY NOW IS AVAILABLE FOR ONLINE PAYMENTS!** Here you can also monitor activity on student's account, check balance, ect... YOU MAY ALSO CALL (253) 945-5555 TO CHARGE IT TO YOUR VISA OR MASTER CARD.



FEDERAL WAY SCHOOLS

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Sep 3, 2009 thru Sep 3, 2009 Spreadsheet - Portion Values
Elementary Lunch

Aug 19, 2009

	Portion Size	Plan Qty	Cals	g Carb
Thu - 09/03/2009				
Elementary Lunch	Total	1		
Picnic Lunch Beef and Cheese	1 each	1	515	58.5
Picnic Lunch Pepperoni Stick	1 each	1	512	63.0
Picnic Lunch Tuna Salad	1 each	1	454	85.0
Picnic lunch Turkey Stick	1 each	1	500	68.0
Picnic Lunch Cheese Sticks	1 ea	1	584	78.0
Weighted Daily Average			2565	352.55
% of Calories				55.0%

Weighted Average			2565	352.55 55.0%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	2565		785	327%			
Carbohydrate (g)	352.55	54.99%	0.00				

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

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

FEDERAL WAY SCHOOLS

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Sep 4, 2009 thru Sep 4, 2009 Spreadsheet - Portion Values
Elementary Lunch

Aug 18, 2009

	Portion Size	Plan Qty	Cals	g Carb
Fri - 09/04/2009				
Elementary Lunch	Total	1		
Pizza, Pepperoni	1 each	1	340	32.0
carrots, baby 1 svg	1.6 ounces	1	16	3.7
Pie, Cutie Pie Apple	1 each	1	220	38.7
MILK, 1% Lowfat	HALF PINT	1	110	13.0
MILK, Chocolate skim	HALF PINT	1	130	25.0
SALAD, CHICKEN CAESAR	1 each	1	550	57.0
Weighted Daily Average			1365	169.43
% of Calories				49.6%

Weighted Average			1365	169.43 49.6%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	1365		739	185%			
Carbohydrate (g)	169.43	49.64%	0.00				

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

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FEDERAL WAY SCHOOLS

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Sep 8, 2009 thru Sep 8, 2009 Spreadsheet - Portion Values
Elementary Lunch

Aug 18, 2009

	Portion Size	Plan Qty	Cals	g Carb
Tue - 09/08/2009				
Elementary Lunch	Total	1		
Chicken Nuggets CN Ele	5 each	1	180	13.0
French Fries Bakable	3 oz	1	114	23.6
APPLE, whole	3 per #	1	72	19.1
Cookie, Chocolate Chip FC	31 Grams	1	130	19.0
MILK, 1% Lowfat	HALF PINT	1	110	13.0
MILK, Chocolate skim	HALF PINT	1	130	25.0
SALAD, COTTAGE CHEESE/FRUIT	1 each	1	572	90.5
Weighted Daily Average			1308	203.11
% of Calories				62.1%

Weighted Average			1308	203.11 62.1%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	1308		739	177%			
Carbohydrate (g)	203.11	62.12%	0.00				

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

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FEDERAL WAY SCHOOLS

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Sep 9, 2009 thru Sep 9, 2009 Spreadsheet - Portion Values
Elementary Lunch

Aug 18, 2009

	Portion Size	Plan Qty	Cals	g Carb
Wed - 09/09/2009				
Elementary Lunch	Total	1		
Grilled Cheese Sandwich	1 each	1	260	25.0
carrots, baby 1 svg	1.6 ounces	1	16	3.7
STRAWBERRIES, frz swtnd	.5 CUP	1	122	33.0
Cookies, Sugar FC	1 each	1	120	16.0
MILK, 1% Lowfat	HALF PINT	1	110	13.0
MILK, Chocolate skim	HALF PINT	1	130	25.0
SALAD, Fajita Chix Pasta	1 each	1	634	72.8
Weighted Daily Average			1392	188.59
% of Calories				54.2%

Weighted Average			1392	188.59 54.2%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	1392		739	188%			
Carbohydrate (g)	188.59	54.19%	0.00				

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

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FEDERAL WAY SCHOOLS

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Sep 10, 2009 thru Sep 10, 2009 Spreadsheet - Portion Values Aug 18, 2009
Elementary Lunch

	Portion Size	Plan Qty	Cals	g Carb
Thu - 09/10/2009				
Elementary Lunch	Total	1		
Corn Dog	1 each	1	280	26.0
French Fries Bakable	3 oz	1	114	23.6
Peach Cup	1 each	1	118	29.9
Fruit, Leather 20g	1 each	1	68	16.0
MILK, 1% Lowfat	HALF PINT	1	110	13.0
MILK, Chocolate skim	HALF PINT	1	130	25.0
SALAD, TACO/1000 ISLE	SALAD	1	672	66.3
Weighted Daily Average			1492	199.82
% of Calories				53.6%

Weighted Average			1492	199.82 53.6%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	1492		739	202%			
Carbohydrate (g)	199.82	53.58%	0.00				

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FEDERAL WAY SCHOOLS

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Sep 11, 2009 thru Sep 11, 2009 Spreadsheet - Portion Values Aug 18, 2009
Elementary Lunch

	Portion Size	Plan Qty	Cals	g Carb
Fri - 09/11/2009				
Elementary Lunch	Total	1		
SPAGHETTI #1 - beef crumbles	2/3 cup	1	175	11.8
APPLE, whole	3 per #	1	72	19.1
Rolls, Crown Wheat	54 gram	1	133	25.0
Brownies, FC	61 grams	1	210	38.0
MILK, 1% Lowfat	HALF PINT	1	110	13.0
MILK, Chocolate skim	HALF PINT	1	130	25.0
SALAD, SOUTHWESTERN	1 each	1	668	70.7
Weighted Daily Average			1498	202.57
% of Calories				54.1%

Weighted Average			1498	202.57 54.1%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	1498		739	203%			
Carbohydrate (g)	202.57	54.10%	0.00				

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FEDERAL WAY SCHOOLS

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Sep 14, 2009 thru Sep 14, 2009 Spreadsheet - Portion Values
Elementary Lunch

Aug 18, 2009

	Portion Size	Plan Qty	Cals	g Carb
Mon - 09/14/2009				
Elementary Lunch	Total	1		
Chicken Fries	2.8 oz	1	181	8.6
SPAGHETTI w/spag.s.&crumbles S	2/3 cup	1	520	67.1
APPLE, whole	3 per #	1	72	19.1
PEARS, FRESH 2.5per#	1 EACH	1	96	25.7
Banana	1 EACH	1	90	23.1
Orange, Wedges 3 of 4 wedges	3/4 ORANGE	1	34	8.5
Pears, canned lit syrup 1svg	1/2 CUP	1	72	19.0
Applesauce, swtn	1/2 CUP	1	84	21.5
PEACHES, canned litsyrup 1 svg	1/2 CUP	1	68	18.3
Mixed Fruit-commodity	4 oz	1	72	18.0
Cherries	.5 cup	1	115	29.0
STRAWBERRIES, frz swtnd	.5 CUP	1	122	33.0
Peach Cup	1 each	1	118	29.9
carrots, baby 1 svg	1.6 ounces	1	16	3.7
BROCCOLI, raw fresh 1 svg	.25 CUP	1	8	1.5
CAULIFLOWER, raw, fresh 1 svg	.25 CUP	1	6	1.3
CUCUMBER SLICES 1/2 cup	.25 CUP	1	3	0.8
CORN, frozen, yellow	1/2 CUP	1	33	7.9
Corn, Cobbettes	5 oz	1	35	8.0
French Fries Bakable	3 oz	1	114	23.6
TOTS 3oz	3 OZ.	1	150	20.1
BEANS, GREEN 1 SVG	1/2 CUP	1	14	3.0
Beans, Refried comm 50svg	1/2 cup	1	121	18.9
Beans, Baked 48 svg	1/2 cup	1	145	29.9
Corn, Canned 1 svg	1/2 CUP	1	66	15.3
MIXED VEGETABLES,frz .5 cup	1/2 cup	1	59	11.9
Rolls, Crown Wheat	54 gram	1	133	25.0
Rolls, White Crown	53 grams	1	138	24.0
Hamburger Buns White	1 each	1	190	32.0
Hamburger Bun WW	1 each	1	150	30.0
Hot Dog Bun, Whole Wheat	1 each	1	130	27.0
Hot Dog Buns, White	1 each	1	170	28.0
Cornbread, Elem frzeg	1 EACH	1	125	20.4
Bread, Sticks	1.5 OZ	1	120	22.5
MUSTARD, PC #499242 500/	PC packet	1	3	0.3
CATSUP, comm PC1000/9g	1 PACKET	1	6	1.6
SALAD, Burrito /Ranch	1 each	1	594	47.2
SALAD, CHEF/RANCH	1 each	1	557	58.6
SALAD, CHICKEN CAESAR	1 each	1	550	57.0
SALAD, COTTAGE CHEESE/FRUIT	1 each	1	572	90.5
SALAD, Fajita Chix Pasta	1 each	1	634	72.8
SALAD, GOOD FORTUNE/CELERY DSG	1 each	1	765	75.4
SALAD, HAM	1 each	1	632	65.5
SALAD, Italian /Ranch Dressing	1 each	1	585	56.5
Pizza Salad / Ranch	1 each	1	502	55.0
SALAD, SOUTHWESTERN	1 each	1	668	70.7
SALAD, TACO/1000 ISLE	SALAD	1	672	66.3
SALAD, TURKEY/Ranch Dressing	1 each	1	501	59.1
SALAD, Vegetarian/Ranch	1 each	1	541	58.2
MILK, Chocolate skim	HALF PINT	1	130	25.0
MILK,1% Lowfat	HALF PINT	1	110	13.0
Cupcake, Happy Birthday	1 each	1	180	28.0
Cookie, Lemon FC	27 grams	1	120	16.00
Cookies, Krackle Sugar	1 each	1	110	17.0
Cookies, Oatmeal FC	1 each	1	100	19.0
Cookies, Sugar FC	1 each	1	120	16.0
Bar, Crispy RiceBar LDebbi 24g	24 grams	1	100	18.0
Weighted Daily Average			12321	1662.4
% of Calories				54.0%

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FEDERAL WAY SCHOOLS

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Sep 14, 2009 thru Sep 14, 2009 Spreadsheet - Portion Values Aug 18, 2009
Elementary Lunch

	Portion Size	Plan Qty	Cals	g Carb
Weighted Average			12321	1662.4 54.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	12321		739	1668%			
Carbohydrate (g)	1662.47	53.97%	0.00				
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FEDERAL WAY SCHOOLS

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Sep 15, 2009 thru Sep 15, 2009 Spreadsheet - Portion Values
Elementary Lunch

Aug 18, 2009

	Portion Size	Plan Qty	Cals	g Carb
Tue - 09/15/2009				
Elementary Lunch	Total	1		
Pizza, Pepperoni	1 each	1	340	32.0
Chicken Nuggets CN Ele	5 each	1	180	13.0
APPLE, whole	3 per #	1	72	19.1
PEARS, FRESH 2.5per#	1 EACH	1	96	25.7
Banana	1 EACH	1	90	23.1
Orange, Wedges 3 of 4 wedges	3/4 ORANGE	1	34	8.5
Pears, canned lit syrup 1svg	1/2 CUP	1	72	19.0
Applesauce, swtn	1/2 CUP	1	84	21.5
PEACHES, canned litsyrup 1 svg	1/2 CUP	1	68	18.3
Mixed Fruit-commodity	4 oz	1	72	18.0
Cherries	.5 cup	1	115	29.0
STRAWBERRIES, frz swtnd	.5 CUP	1	122	33.0
Peach Cup	1 each	1	118	29.9
carrots, baby 1 svg	1.6 ounces	1	16	3.7
BROCCOLI, raw fresh 1 svg	.25 CUP	1	8	1.5
CAULIFLOWER, raw, fresh 1 svg	.25 CUP	1	6	1.3
CUCUMBER SLICES 1/2 cup	.25 CUP	1	3	0.8
CORN, frozen, yellow	1/2 CUP	1	33	7.9
Corn, Cobbettes	5 oz	1	35	8.0
French Fries Bakable	3 oz	1	114	23.6
TOTS 3oz	3 OZ.	1	150	20.1
BEANS, GREEN 1 SVG	1/2 CUP	1	14	3.0
Beans, Refried comm 50svg	1/2 cup	1	121	18.9
Beans, Baked 48 svg	1/2 cup	1	145	29.9
Corn, Canned 1 svg	1/2 CUP	1	66	15.3
MIXED VEGETABLES,frz .5 cup	1/2 cup	1	59	11.9
Rolls, Crown Wheat	54 gram	1	133	25.0
Rolls, White Crown	53 grams	1	138	24.0
Hamburger Buns White	1 each	1	190	32.0
Hamburger Bun WW	1 each	1	150	30.0
Hot Dog Bun, Whole Wheat	1 each	1	130	27.0
Hot Dog Buns, White	1 each	1	170	28.0
Bread, Sticks	1.5 OZ	1	120	22.5
Cornbread, Elem frzegg	1 EACH	1	125	20.4
MUSTARD, PC #499242 500/	PC packet	1	3	0.3
CATSUP, comm PC1000/9g	1 PACKET	1	6	1.6
SALAD, Burrito /Ranch	1 each	1	594	47.2
SALAD, CHEF/RANCH	1 each	1	557	58.6
SALAD, CHICKEN CAESAR	1 each	1	550	57.0
SALAD, COTTAGE CHEESE/FRUIT	1 each	1	572	90.5
SALAD, Fajita Chix Pasta	1 each	1	634	72.8
SALAD, GOOD FORTUNE/CELERY DSG	1 each	1	765	75.4
SALAD, HAM	1 each	1	632	65.5
SALAD, Italian /Ranch Dressing	1 each	1	585	56.5
Pizza Salad / Ranch	1 each	1	502	55.0
SALAD, SOUTHWESTERN	1 each	1	668	70.7
SALAD, TACO/1000 ISLE	SALAD	1	672	66.3
SALAD, TURKEY/Ranch Dressing	1 each	1	501	59.1
SALAD, Vegetarian/Ranch	1 each	1	541	58.2
MILK, Chocolate skim	HALF PINT	1	130	25.0
MILK, 1% Lowfat	HALF PINT	1	110	13.0
Cupcake, Happy Birthday	1 each	1	180	28.0
Cookie, Lemon FC	27 grams	1	120	16.00
Cookies, Krackle Sugar	1 each	1	110	17.0
Cookies, Oatmeal FC	1 each	1	100	19.0
Cookies, Sugar FC	1 each	1	120	16.0
Bar, Crispy RiceBar LDebbi 24g	24 grams	1	100	18.0
Weighted Daily Average			12141	1631.6
% of Calories				53.8%

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FEDERAL WAY SCHOOLS

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Sep 15, 2009 thru Sep 15, 2009 Spreadsheet - Portion Values Aug 18, 2009
Elementary Lunch

	Portion Size	Plan Qty	Cals	g Carb
Weighted Average			12141	1631.6 53.8%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	12141		739	1644%			
Carbohydrate (g)	1631.69	53.76%	0.00				
Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.							

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FEDERAL WAY SCHOOLS

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Sep 16, 2009 thru Sep 16, 2009 Spreadsheet - Portion Values
Elementary Lunch

Aug 18, 2009

	Portion Size	Plan Qty	Cals	g Carb
Wed - 09/16/2009				
Elementary Lunch	Total	1		
Hamburger	2.4 oz	1	160	0.00
Pizza, Pepperoni	1 each	1	340	32.0
APPLE, whole	3 per #	1	72	19.1
PEARS, FRESH 2.5per#	1 EACH	1	96	25.7
Banana	1 EACH	1	90	23.1
Orange, Wedges 3 of 4 wedges	3/4 ORANGE	1	34	8.5
Pears, canned lit syrup 1svg	1/2 CUP	1	72	19.0
Applesauce, swtn	1/2 CUP	1	84	21.5
PEACHES, canned litsyrup 1 svg	1/2 CUP	1	68	18.3
Mixed Fruit-commodity	4 oz	1	72	18.0
Cherries	.5 cup	1	115	29.0
STRAWBERRIES, frz swtnd	.5 CUP	1	122	33.0
Peach Cup	1 each	1	118	29.9
carrots, baby 1 svg	1.6 ounces	1	16	3.7
BROCCOLI, raw fresh 1 svg	.25 CUP	1	8	1.5
CAULIFLOWER, raw, fresh 1 svg	.25 CUP	1	6	1.3
CUCUMBER SLICES 1/2 cup	.25 CUP	1	3	0.8
Corn, Canned 1 svg	1/2 CUP	1	66	15.3
Corn, Cobbettes	5 oz	1	35	8.0
French Fries Bakable	3 oz	1	114	23.6
TOTS 3oz	3 OZ.	1	150	20.1
BEANS, GREEN 1 SVG	1/2 CUP	1	14	3.0
Beans, Refried comm 50svg	1/2 cup	1	121	18.9
Beans, Baked 48 svg	1/2 cup	1	145	29.9
CORN, frozen, yellow	1/2 CUP	1	33	7.9
Corn, Cobbettes	5 oz	1	35	8.0
MIXED VEGETABLES,frz .5 cup	1/2 cup	1	59	11.9
Rolls, Crown Wheat	54 gram	1	133	25.0
Rolls, White Crown	53 grams	1	138	24.0
Hamburger Buns White	1 each	1	190	32.0
Hamburger Bun WW	1 each	1	150	30.0
Hot Dog Bun, Whole Wheat	1 each	1	130	27.0
Hot Dog Buns, White	1 each	1	170	28.0
Bread, Sticks	1.5 OZ	1	120	22.5
Cornbread, Elem frzegg	1 EACH	1	125	20.4
MUSTARD, PC #499242 500/	PC packet	1	3	0.3
CATSUP, comm PC1000/9g	1 PACKET	1	6	1.6
SALAD, Burrito /Ranch	1 each	1	594	47.2
SALAD, CHEF/RANCH	1 each	1	557	58.6
SALAD, CHICKEN CAESAR	1 each	1	550	57.0
SALAD, COTTAGE CHEESE/FRUIT	1 each	1	572	90.5
SALAD, Fajita Chix Pasta	1 each	1	634	72.8
SALAD, GOOD FORTUNE/CELERY DSG	1 each	1	765	75.4
SALAD, HAM	1 each	1	632	65.5
SALAD, Italian /Ranch Dressing	1 each	1	585	56.5
Pizza Salad / Ranch	1 each	1	502	55.0
SALAD, SOUTHWESTERN	1 each	1	668	70.7
SALAD, TACO/1000 ISLE	SALAD	1	672	66.3
SALAD, TURKEY/Ranch Dressing	1 each	1	501	59.1
SALAD, Vegetarian/Ranch	1 each	1	541	58.2
MILK, Chocolate skim	HALF PINT	1	130	25.0
MILK, 1% Lowfat	HALF PINT	1	110	13.0
Cupcake, Happy Birthday	1 each	1	180	28.0
Cookie, Lemon FC	27 grams	1	120	16.00
Cookies, Krackle Sugar	1 each	1	110	17.0
Cookies, Oatmeal FC	1 each	1	100	19.0
Cookies, Sugar FC	1 each	1	120	16.0
Bar, Crispy RiceBar LDebbi 24g	24 grams	1	100	18.0
Weighted Daily Average			12156	1626.6
% of Calories				53.5%

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FEDERAL WAY SCHOOLS

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Sep 16, 2009 thru Sep 16, 2009 Spreadsheet - Portion Values Aug 18, 2009
Elementary Lunch

	Portion Size	Plan Qty	Cals	g Carb
Weighted Average			12156	1626.6 53.5%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	12156		739	1646%			
Carbohydrate (g)	1626.69	53.53%	0.00				
Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.							

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FEDERAL WAY SCHOOLS

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Sep 17, 2009 thru Sep 17, 2009 Spreadsheet - Portion Values
Elementary Lunch

Aug 18, 2009

	Portion Size	Plan Qty	Cals	g Carb
Thu - 09/17/2009				
Elementary Lunch	Total	1		
Chicken Nuggets CN Ele	5 each	1	180	13.0
Hot Dog	1 each	1	142	1.0
APPLE, whole	3 per #	1	72	19.1
PEARS, FRESH 2.5per#	1 EACH	1	96	25.7
Banana	1 EACH	1	90	23.1
Orange, Wedges 3 of 4 wedges	3/4 ORANGE	1	34	8.5
Pears, canned lit syrup 1svg	1/2 CUP	1	72	19.0
Applesauce, swtn	1/2 CUP	1	84	21.5
PEACHES, canned litsyrup 1 svg	1/2 CUP	1	68	18.3
Mixed Fruit-commodity	4 oz	1	72	18.0
Cherries	.5 cup	1	115	29.0
STRAWBERRIES, frz swtnd	.5 CUP	1	122	33.0
Peach Cup	1 each	1	118	29.9
carrots, baby 1 svg	1.6 ounces	1	16	3.7
BROCCOLI, raw fresh 1 svg	.25 CUP	1	8	1.5
CAULIFLOWER, raw, fresh 1 svg	.25 CUP	1	6	1.3
CUCUMBER SLICES 1/2 cup	.25 CUP	1	3	0.8
CORN, frozen, yellow	1/2 CUP	1	33	7.9
Corn, Cobbettes	5 oz	1	35	8.0
French Fries Bakable	3 oz	1	114	23.6
TOTS 3oz	3 OZ.	1	150	20.1
BEANS, GREEN 1 SVG	1/2 CUP	1	14	3.0
Beans, Refried comm 50svg	1/2 cup	1	121	18.9
Beans, Baked 48 svg	1/2 cup	1	145	29.9
Corn, Canned 1 svg	1/2 CUP	1	66	15.3
MIXED VEGETABLES,frz .5 cup	1/2 cup	1	59	11.9
Rolls, Crown Wheat	54 gram	1	133	25.0
Rolls, White Crown	53 grams	1	138	24.0
Hamburger Buns White	1 each	1	190	32.0
Hamburger Bun WW	1 each	1	150	30.0
Hot Dog Bun, Whole Wheat	1 each	1	130	27.0
Hot Dog Buns, White	1 each	1	170	28.0
Bread, Sticks	1.5 OZ	1	120	22.5
Cornbread, Elem frzegg	1 EACH	1	125	20.4
MUSTARD, PC #499242 500/	PC packet	1	3	0.3
CATSUP, comm PC1000/9g	1 PACKET	1	6	1.6
SALAD, Burrito /Ranch	1 each	1	594	47.2
SALAD, CHEF/RANCH	1 each	1	557	58.6
SALAD, CHICKEN CAESAR	1 each	1	550	57.0
SALAD, COTTAGE CHEESE/FRUIT	1 each	1	572	90.5
SALAD, Fajita Chix Pasta	1 each	1	634	72.8
SALAD, GOOD FORTUNE/CELERY DSG	1 each	1	765	75.4
SALAD, HAM	1 each	1	632	65.5
SALAD, Italian /Ranch Dressing	1 each	1	585	56.5
Pizza Salad / Ranch	1 each	1	502	55.0
SALAD, SOUTHWESTERN	1 each	1	668	70.7
SALAD, TACO/1000 ISLE	SALAD	1	672	66.3
SALAD, TURKEY/Ranch Dressing	1 each	1	501	59.1
SALAD, Vegetarian/Ranch	1 each	1	541	58.2
MILK, Chocolate skim	HALF PINT	1	130	25.0
MILK,1% Lowfat	HALF PINT	1	110	13.0
Cupcake, Happy Birthday	1 each	1	180	28.0
Cookie, Lemon FC	27 grams	1	120	16.00
Cookies, Krackle Sugar	1 each	1	110	17.0
Cookies, Oatmeal FC	1 each	1	100	19.0
Cookies, Sugar FC	1 each	1	120	16.0
Bar, Crispy RiceBar LDebbi 24g	24 grams	1	100	18.0
Weighted Daily Average			11943	1600.7
% of Calories				53.6%

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FEDERAL WAY SCHOOLS

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Sep 17, 2009 thru Sep 17, 2009 Spreadsheet - Portion Values Aug 18, 2009
Elementary Lunch

	Portion Size	Plan Qty	Cals	g Carb
Weighted Average			11943	1600.7 53.6%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	11943		739	1617%			
Carbohydrate (g)	1600.70	53.61%	0.00				
Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.							

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FEDERAL WAY SCHOOLS

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Sep 18, 2009 thru Sep 18, 2009 Spreadsheet - Portion Values
Elementary Lunch

Aug 18, 2009

	Portion Size	Plan Qty	Cals	g Carb
Fri - 09/18/2009				
Elementary Lunch	Total	1		
Chicken Fried Steak	1 EACH	1	320	18.0
Grilled Cheese Sandwich	1 each	1	260	25.0
APPLE, whole	3 per #	1	72	19.1
PEARS, FRESH 2.5per#	1 EACH	1	96	25.7
Banana	1 EACH	1	90	23.1
Orange, Wedges 3 of 4 wedges	3/4 ORANGE	1	34	8.5
Pears, canned lit syrup 1svg	1/2 CUP	1	72	19.0
Applesauce, swtn	1/2 CUP	1	84	21.5
PEACHES, canned litsyrup 1 svg	1/2 CUP	1	68	18.3
Mixed Fruit-commodity	4 oz	1	72	18.0
Cherries	.5 cup	1	115	29.0
STRAWBERRIES, frz swtnd	.5 CUP	1	122	33.0
Peach Cup	1 each	1	118	29.9
carrots, baby 1 svg	1.6 ounces	1	16	3.7
BROCCOLI, raw fresh 1 svg	.25 CUP	1	8	1.5
CAULIFLOWER, raw, fresh 1 svg	.25 CUP	1	6	1.3
CUCUMBER SLICES 1/2 cup	.25 CUP	1	3	0.8
CORN, frozen, yellow	1/2 CUP	1	33	7.9
Corn, Cobbettes	5 oz	1	35	8.0
French Fries Bakable	3 oz	1	114	23.6
TOTS 3oz	3 OZ.	1	150	20.1
BEANS, GREEN 1 SVG	1/2 CUP	1	14	3.0
Beans, Refried comm 50svg	1/2 cup	1	121	18.9
Beans, Baked 48 svg	1/2 cup	1	145	29.9
Corn, Canned 1 svg	1/2 CUP	1	66	15.3
MIXED VEGETABLES,frz .5 cup	1/2 cup	1	59	11.9
Rolls, Crown Wheat	54 gram	1	133	25.0
Rolls, White Crown	53 grams	1	138	24.0
Hamburger Buns White	1 each	1	190	32.0
Hamburger Bun WW	1 each	1	150	30.0
Hot Dog Bun, Whole Wheat	1 each	1	130	27.0
Hot Dog Buns, White	1 each	1	170	28.0
Bread, Sticks	1.5 OZ	1	120	22.5
Cornbread, Elem frzegg	1 EACH	1	125	20.4
MUSTARD, PC #499242 500/	PC packet	1	3	0.3
CATSUP, comm PC1000/9g	1 PACKET	1	6	1.6
SALAD, Burrito /Ranch	1 each	1	594	47.2
SALAD, CHEF/RANCH	1 each	1	557	58.6
SALAD, CHICKEN CAESAR	1 each	1	550	57.0
SALAD, COTTAGE CHEESE/FRUIT	1 each	1	572	90.5
SALAD, Fajita Chix Pasta	1 each	1	634	72.8
SALAD, GOOD FORTUNE/CELERY DSG	1 each	1	765	75.4
SALAD, HAM	1 each	1	632	65.5
SALAD, Italian /Ranch Dressing	1 each	1	585	56.5
Pizza Salad / Ranch	1 each	1	502	55.0
SALAD, SOUTHWESTERN	1 each	1	668	70.7
SALAD, TACO/1000 ISLE	SALAD	1	672	66.3
SALAD, TURKEY/Ranch Dressing	1 each	1	501	59.1
SALAD, Vegetarian/Ranch	1 each	1	541	58.2
MILK, Chocolate skim	HALF PINT	1	130	25.0
MILK,1% Lowfat	HALF PINT	1	110	13.0
Cupcake, Happy Birthday	1 each	1	180	28.0
Cookie, Lemon FC	27 grams	1	120	16.00
Cookies, Krackle Sugar	1 each	1	110	17.0
Cookies, Oatmeal FC	1 each	1	100	19.0
Cookies, Sugar FC	1 each	1	120	16.0
Bar, Crispy RiceBar LDebbi 24g	24 grams	1	100	18.0
Weighted Daily Average			12201	1629.6
% of Calories				53.4%

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FEDERAL WAY SCHOOLS

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Sep 18, 2009 thru Sep 18, 2009 Spreadsheet - Portion Values Aug 18, 2009
Elementary Lunch

	Portion Size	Plan Qty	Cals	g Carb
Weighted Average			12201	1629.6 53.4%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	12201		739	1652%			
Carbohydrate (g)	1629.69	53.43%	0.00				
Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.							

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FEDERAL WAY SCHOOLS

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Sep 21, 2009 thru Sep 21, 2009 Spreadsheet - Portion Values
Elementary Lunch

Aug 18, 2009

	Portion Size	Plan Qty	Cals	g Carb
Mon - 09/21/2009				
Elementary Lunch	Total	1		
BURRITO, JOSE OLE CN 0607SY	1 EACH	1	450	60.0
Hamburger	2.4 oz	1	160	0.00
APPLE, whole	3 per #	1	72	19.1
PEARS, FRESH 2.5per#	1 EACH	1	96	25.7
Banana	1 EACH	1	90	23.1
Orange, Wedges 3 of 4 wedges	3/4 ORANGE	1	34	8.5
Pears, canned lit syrup 1svg	1/2 CUP	1	72	19.0
Applesauce, swtn	1/2 CUP	1	84	21.5
PEACHES, canned litsyrup 1 svg	1/2 CUP	1	68	18.3
Mixed Fruit-commodity	4 oz	1	72	18.0
Cherries	.5 cup	1	115	29.0
STRAWBERRIES, frz swtnd	.5 CUP	1	122	33.0
Peach Cup	1 each	1	118	29.9
carrots, baby 1 svg	1.6 ounces	1	16	3.7
BROCCOLI, raw fresh 1 svg	.25 CUP	1	8	1.5
CAULIFLOWER, raw, fresh 1 svg	.25 CUP	1	6	1.3
CUCUMBER SLICES 1/2 cup	.25 CUP	1	3	0.8
CORN, frozen, yellow	1/2 CUP	1	33	7.9
Corn, Cobbettes	5 oz	1	35	8.0
French Fries Bakable	3 oz	1	114	23.6
TOTS 3oz	3 OZ.	1	150	20.1
BEANS, GREEN 1 SVG	1/2 CUP	1	14	3.0
Beans, Refried comm 50svg	1/2 cup	1	121	18.9
Beans, Baked 48 svg	1/2 cup	1	145	29.9
Corn, Canned 1 svg	1/2 CUP	1	66	15.3
MIXED VEGETABLES,frz .5 cup	1/2 cup	1	59	11.9
Rolls, Crown Wheat	54 gram	1	133	25.0
Rolls, White Crown	53 grams	1	138	24.0
Hamburger Buns White	1 each	1	190	32.0
Hamburger Bun WW	1 each	1	150	30.0
Hot Dog Bun, Whole Wheat	1 each	1	130	27.0
Hot Dog Buns, White	1 each	1	170	28.0
Bread, Sticks	1.5 OZ	1	120	22.5
Cornbread, Elem frzegg	1 EACH	1	125	20.4
MUSTARD, PC #499242 500/	PC packet	1	3	0.3
CATSUP, comm PC1000/9g	1 PACKET	1	6	1.6
SALAD, Burrito /Ranch	1 each	1	594	47.2
SALAD, CHEF/RANCH	1 each	1	557	58.6
SALAD, CHICKEN CAESAR	1 each	1	550	57.0
SALAD, COTTAGE CHEESE/FRUIT	1 each	1	572	90.5
SALAD, Fajita Chix Pasta	1 each	1	634	72.8
SALAD, GOOD FORTUNE/CELERY DSG	1 each	1	765	75.4
SALAD, HAM	1 each	1	632	65.5
SALAD, Italian /Ranch Dressing	1 each	1	585	56.5
Pizza Salad / Ranch	1 each	1	502	55.0
SALAD, SOUTHWESTERN	1 each	1	668	70.7
SALAD, TACO/1000 ISLE	SALAD	1	672	66.3
SALAD, TURKEY/Ranch Dressing	1 each	1	501	59.1
SALAD, Vegetarian/Ranch	1 each	1	541	58.2
MILK, Chocolate skim	HALF PINT	1	130	25.0
MILK, 1% Lowfat	HALF PINT	1	110	13.0
Cupcake, Happy Birthday	1 each	1	180	28.0
Cookie, Lemon FC	27 grams	1	120	16.00
Cookies, Krackle Sugar	1 each	1	110	17.0
Cookies, Oatmeal FC	1 each	1	100	19.0
Cookies, Sugar FC	1 each	1	120	16.0
Bar, Crispy RiceBar LDebbi 24g	24 grams	1	100	18.0
Weighted Daily Average			12231	1646.6
% of Calories				53.9%

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FEDERAL WAY SCHOOLS

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Sep 21, 2009 thru Sep 21, 2009 Spreadsheet - Portion Values Aug 18, 2009
Elementary Lunch

	Portion Size	Plan Qty	Cals	g Carb
Weighted Average			12231	1646.6 53.9%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	12231		739	1656%			
Carbohydrate (g)	1646.69	53.85%	0.00				
Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.							

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FEDERAL WAY SCHOOLS

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Sep 22, 2009 thru Sep 22, 2009 Spreadsheet - Portion Values
Elementary Lunch

Aug 18, 2009

	Portion Size	Plan Qty	Cals	g Carb
Tue - 09/22/2009				
Elementary Lunch	Total	1		
Chicken Patty, Breaded	3.05 oz	1	193	13.0
Chicken Fried Steak	1 EACH	1	320	18.0
APPLE, whole	3 per #	1	72	19.1
PEARS, FRESH 2.5per#	1 EACH	1	96	25.7
Banana	1 EACH	1	90	23.1
Orange, Wedges 3 of 4 wedges	3/4 ORANGE	1	34	8.5
Pears, canned lit syrup 1svg	1/2 CUP	1	72	19.0
Applesauce, swtn	1/2 CUP	1	84	21.5
PEACHES, canned litsyrup 1 svg	1/2 CUP	1	68	18.3
Mixed Fruit-commodity	4 oz	1	72	18.0
Cherries	.5 cup	1	115	29.0
STRAWBERRIES, frz swtnd	.5 CUP	1	122	33.0
Peach Cup	1 each	1	118	29.9
carrots, baby 1 svg	1.6 ounces	1	16	3.7
BROCCOLI, raw fresh 1 svg	.25 CUP	1	8	1.5
CAULIFLOWER, raw, fresh 1 svg	.25 CUP	1	6	1.3
CUCUMBER SLICES 1/2 cup	.25 CUP	1	3	0.8
CORN, frozen, yellow	1/2 CUP	1	33	7.9
Corn, Cobbettes	5 oz	1	35	8.0
French Fries Bakable	3 oz	1	114	23.6
TOTS 3oz	3 OZ.	1	150	20.1
BEANS, GREEN 1 SVG	1/2 CUP	1	14	3.0
Beans, Refried comm 50svg	1/2 cup	1	121	18.9
Beans, Baked 48 svg	1/2 cup	1	145	29.9
Corn, Canned 1 svg	1/2 CUP	1	66	15.3
MIXED VEGETABLES,frz .5 cup	1/2 cup	1	59	11.9
Rolls, Crown Wheat	54 gram	1	133	25.0
Rolls, White Crown	53 grams	1	138	24.0
Hamburger Buns White	1 each	1	190	32.0
Hamburger Bun WW	1 each	1	150	30.0
Hot Dog Bun, Whole Wheat	1 each	1	130	27.0
Hot Dog Buns, White	1 each	1	170	28.0
Bread, Sticks	1.5 OZ	1	120	22.5
Cornbread, Elem frzegg	1 EACH	1	125	20.4
MUSTARD, PC #499242 500/	PC packet	1	3	0.3
CATSUP, comm PC1000/9g	1 PACKET	1	6	1.6
SALAD, Burrito /Ranch	1 each	1	594	47.2
SALAD, CHEF/RANCH	1 each	1	557	58.6
SALAD, CHICKEN CAESAR	1 each	1	550	57.0
SALAD, COTTAGE CHEESE/FRUIT	1 each	1	572	90.5
SALAD, Fajita Chix Pasta	1 each	1	634	72.8
SALAD, GOOD FORTUNE/CELERY DSG	1 each	1	765	75.4
SALAD, HAM	1 each	1	632	65.5
SALAD, Italian /Ranch Dressing	1 each	1	585	56.5
Pizza Salad / Ranch	1 each	1	502	55.0
SALAD, SOUTHWESTERN	1 each	1	668	70.7
SALAD, TACO/1000 ISLE	SALAD	1	672	66.3
SALAD, TURKEY/Ranch Dressing	1 each	1	501	59.1
SALAD, Vegetarian/Ranch	1 each	1	541	58.2
MILK, Chocolate skim	HALF PINT	1	130	25.0
MILK,1% Lowfat	HALF PINT	1	110	13.0
Cupcake, Happy Birthday	1 each	1	180	28.0
Cookie, Lemon FC	27 grams	1	120	16.00
Cookies, Krackle Sugar	1 each	1	110	17.0
Cookies, Oatmeal FC	1 each	1	100	19.0
Cookies, Sugar FC	1 each	1	120	16.0
Bar, Crispy RiceBar LDebbi 24g	24 grams	1	100	18.0
Weighted Daily Average			12134	1617.6
% of Calories				53.3%

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FEDERAL WAY SCHOOLS

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Sep 22, 2009 thru Sep 22, 2009 Spreadsheet - Portion Values Aug 18, 2009
Elementary Lunch

	Portion Size	Plan Qty	Cals	g Carb
Weighted Average			12134	1617.6 53.3%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	12134		739	1643%			
Carbohydrate (g)	1617.69	53.33%	0.00				
Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.							

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FEDERAL WAY SCHOOLS

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Sep 23, 2009 thru Sep 23, 2009 Spreadsheet - Portion Values
Elementary Lunch

Aug 18, 2009

	Portion Size	Plan Qty	Cals	g Carb
Wed - 09/23/2009				
Elementary Lunch	Total	1		
Grilled Cheese Sandwich	1 each	1	260	25.0
Chicken Patty, Breaded	3.05 oz	1	193	13.0
APPLE, whole	3 per #	1	72	19.1
PEARS, FRESH 2.5per#	1 EACH	1	96	25.7
Banana	1 EACH	1	90	23.1
Orange, Wedges 3 of 4 wedges	3/4 ORANGE	1	34	8.5
Pears, canned lit syrup 1svg	1/2 CUP	1	72	19.0
Applesauce, swtn	1/2 CUP	1	84	21.5
PEACHES, canned litsyrup 1 svg	1/2 CUP	1	68	18.3
Mixed Fruit-commodity	4 oz	1	72	18.0
Cherries	.5 cup	1	115	29.0
STRAWBERRIES, frz swtnd	.5 CUP	1	122	33.0
Peach Cup	1 each	1	118	29.9
carrots, baby 1 svg	1.6 ounces	1	16	3.7
BROCCOLI, raw fresh 1 svg	.25 CUP	1	8	1.5
CAULIFLOWER, raw, fresh 1 svg	.25 CUP	1	6	1.3
CUCUMBER SLICES 1/2 cup	.25 CUP	1	3	0.8
CORN, frozen, yellow	1/2 CUP	1	33	7.9
Corn, Cobbettes	5 oz	1	35	8.0
French Fries Bakable	3 oz	1	114	23.6
TOTS 3oz	3 OZ.	1	150	20.1
BEANS, GREEN 1 SVG	1/2 CUP	1	14	3.0
Beans, Refried comm 50svg	1/2 cup	1	121	18.9
Beans, Baked 48 svg	1/2 cup	1	145	29.9
Corn, Canned 1 svg	1/2 CUP	1	66	15.3
MIXED VEGETABLES,frz .5 cup	1/2 cup	1	59	11.9
Rolls, Crown Wheat	54 gram	1	133	25.0
Rolls, White Crown	53 grams	1	138	24.0
Hamburger Buns White	1 each	1	190	32.0
Hamburger Bun WW	1 each	1	150	30.0
Hot Dog Bun, Whole Wheat	1 each	1	130	27.0
Hot Dog Buns, White	1 each	1	170	28.0
Bread, Sticks	1.5 OZ	1	120	22.5
Cornbread, Elem frzegg	1 EACH	1	125	20.4
MUSTARD, PC #499242 500/	PC packet	1	3	0.3
CATSUP, comm PC1000/9g	1 PACKET	1	6	1.6
SALAD, Burrito /Ranch	1 each	1	594	47.2
SALAD, CHEF/RANCH	1 each	1	557	58.6
SALAD, CHICKEN CAESAR	1 each	1	550	57.0
SALAD, COTTAGE CHEESE/FRUIT	1 each	1	572	90.5
SALAD, Fajita Chix Pasta	1 each	1	634	72.8
SALAD, GOOD FORTUNE/CELERY DSG	1 each	1	765	75.4
SALAD, HAM	1 each	1	632	65.5
SALAD, Italian /Ranch Dressing	1 each	1	585	56.5
Pizza Salad / Ranch	1 each	1	502	55.0
SALAD, SOUTHWESTERN	1 each	1	668	70.7
SALAD, TACO/1000 ISLE	SALAD	1	672	66.3
SALAD, TURKEY/Ranch Dressing	1 each	1	501	59.1
SALAD, Vegetarian/Ranch	1 each	1	541	58.2
MILK, Chocolate skim	HALF PINT	1	130	25.0
MILK,1% Lowfat	HALF PINT	1	110	13.0
Cupcake, Happy Birthday	1 each	1	180	28.0
Cookie, Lemon FC	27 grams	1	120	16.00
Cookies, Krackle Sugar	1 each	1	110	17.0
Cookies, Oatmeal FC	1 each	1	100	19.0
Cookies, Sugar FC	1 each	1	120	16.0
Bar, Crispy RiceBar LDebbi 24g	24 grams	1	100	18.0
Weighted Daily Average			12074	1624.6
% of Calories				53.8%

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FEDERAL WAY SCHOOLS

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Sep 23, 2009 thru Sep 23, 2009 Spreadsheet - Portion Values Aug 18, 2009
Elementary Lunch

	Portion Size	Plan Qty	Cals	g Carb
Weighted Average			12074	1624.6 53.8%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	12074		739	1635%			
Carbohydrate (g)	1624.69	53.83%	0.00				
Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.							

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FEDERAL WAY SCHOOLS

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Sep 24, 2009 thru Sep 24, 2009 Spreadsheet - Portion Values
Elementary Lunch

Aug 18, 2009

	Portion Size	Plan Qty	Cals	g Carb
Thu - 09/24/2009				
Elementary Lunch	Total	1		
Pizza, Pepperoni	1 each	1	340	32.0
Chicken Nuggets CN Ele	5 each	1	180	13.0
APPLE, whole	3 per #	1	72	19.1
PEARS, FRESH 2.5per#	1 EACH	1	96	25.7
Banana	1 EACH	1	90	23.1
Orange, Wedges 3 of 4 wedges	3/4 ORANGE	1	34	8.5
Pears, canned lit syrup 1svg	1/2 CUP	1	72	19.0
Applesauce, swtn	1/2 CUP	1	84	21.5
PEACHES, canned litsyrup 1 svg	1/2 CUP	1	68	18.3
Mixed Fruit-commodity	4 oz	1	72	18.0
Cherries	.5 cup	1	115	29.0
STRAWBERRIES, frz swtnd	.5 CUP	1	122	33.0
Peach Cup	1 each	1	118	29.9
carrots, baby 1 svg	1.6 ounces	1	16	3.7
BROCCOLI, raw fresh 1 svg	.25 CUP	1	8	1.5
CAULIFLOWER, raw, fresh 1 svg	.25 CUP	1	6	1.3
CUCUMBER SLICES 1/2 cup	.25 CUP	1	3	0.8
CORN, frozen, yellow	1/2 CUP	1	33	7.9
Corn, Cobbettes	5 oz	1	35	8.0
French Fries Bakable	3 oz	1	114	23.6
TOTS 3oz	3 OZ.	1	150	20.1
BEANS, GREEN 1 SVG	1/2 CUP	1	14	3.0
Beans, Refried comm 50svg	1/2 cup	1	121	18.9
Beans, Baked 48 svg	1/2 cup	1	145	29.9
Corn, Canned 1 svg	1/2 CUP	1	66	15.3
MIXED VEGETABLES,frz .5 cup	1/2 cup	1	59	11.9
Rolls, Crown Wheat	54 gram	1	133	25.0
Rolls, White Crown	53 grams	1	138	24.0
Hamburger Buns White	1 each	1	190	32.0
Hamburger Bun WW	1 each	1	150	30.0
Hot Dog Bun, Whole Wheat	1 each	1	130	27.0
Hot Dog Buns, White	1 each	1	170	28.0
Bread, Sticks	1.5 OZ	1	120	22.5
Cornbread, Elem frzegg	1 EACH	1	125	20.4
MUSTARD, PC #499242 500/	PC packet	1	3	0.3
CATSUP, comm PC1000/9g	1 PACKET	1	6	1.6
SALAD, Burrito /Ranch	1 each	1	594	47.2
SALAD, CHEF/RANCH	1 each	1	557	58.6
SALAD, CHICKEN CAESAR	1 each	1	550	57.0
SALAD, COTTAGE CHEESE/FRUIT	1 each	1	572	90.5
SALAD, Fajita Chix Pasta	1 each	1	634	72.8
SALAD, GOOD FORTUNE/CELERY DSG	1 each	1	765	75.4
SALAD, HAM	1 each	1	632	65.5
SALAD, Italian /Ranch Dressing	1 each	1	585	56.5
Pizza Salad / Ranch	1 each	1	502	55.0
SALAD, SOUTHWESTERN	1 each	1	668	70.7
SALAD, TACO/1000 ISLE	SALAD	1	672	66.3
SALAD, TURKEY/Ranch Dressing	1 each	1	501	59.1
SALAD, Vegetarian/Ranch	1 each	1	541	58.2
MILK, Chocolate skim	HALF PINT	1	130	25.0
MILK,1% Lowfat	HALF PINT	1	110	13.0
Cupcake, Happy Birthday	1 each	1	180	28.0
Cookie, Lemon FC	27 grams	1	120	16.00
Cookies, Krackle Sugar	1 each	1	110	17.0
Cookies, Oatmeal FC	1 each	1	100	19.0
Cookies, Sugar FC	1 each	1	120	16.0
Bar, Crispy RiceBar LDebbi 24g	24 grams	1	100	18.0
Weighted Daily Average			12141	1631.6
% of Calories				53.8%

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FEDERAL WAY SCHOOLS

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Sep 24, 2009 thru Sep 24, 2009 Spreadsheet - Portion Values Aug 18, 2009
Elementary Lunch

	Portion Size	Plan Qty	Cals	g Carb
Weighted Average			12141	1631.6 53.8%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	12141		739	1644%			
Carbohydrate (g)	1631.69	53.76%	0.00				
Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.							

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FEDERAL WAY SCHOOLS

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Sep 25, 2009 thru Sep 25, 2009 Spreadsheet - Portion Values
Elementary Lunch

Aug 18, 2009

	Portion Size	Plan Qty	Cals	g Carb
Fri - 09/25/2009				
Elementary Lunch	Total	1		
Turkey Meat Gravy	2/3 CUP	1	146	8.0
Potato, Mashed Simplot 1160svg	1/2 cup	1	62	13.4
Grilled Cheese Sandwich	1 each	1	260	25.0
APPLE, whole	3 per #	1	72	19.1
PEARS, FRESH 2.5per#	1 EACH	1	96	25.7
Banana	1 EACH	1	90	23.1
Orange, Wedges 3 of 4 wedges	3/4 ORANGE	1	34	8.5
Pears, canned lit syrup 1svg	1/2 CUP	1	72	19.0
Applesauce, swtn	1/2 CUP	1	84	21.5
PEACHES, canned litsyrup 1 svg	1/2 CUP	1	68	18.3
Mixed Fruit-commodity	4 oz	1	72	18.0
Cherries	.5 cup	1	115	29.0
STRAWBERRIES, frz swtnd	.5 CUP	1	122	33.0
Peach Cup	1 each	1	118	29.9
carrots, baby 1 svg	1.6 ounces	1	16	3.7
BROCCOLI, raw fresh 1 svg	.25 CUP	1	8	1.5
CAULIFLOWER, raw, fresh 1 svg	.25 CUP	1	6	1.3
CUCUMBER SLICES 1/2 cup	.25 CUP	1	3	0.8
CORN, frozen, yellow	1/2 CUP	1	33	7.9
Corn, Cobbettes	5 oz	1	35	8.0
French Fries Bakable	3 oz	1	114	23.6
TOTS 3oz	3 OZ.	1	150	20.1
BEANS, GREEN 1 SVG	1/2 CUP	1	14	3.0
Beans, Refried comm 50svg	1/2 cup	1	121	18.9
Beans, Baked 48 svg	1/2 cup	1	145	29.9
Corn, Canned 1 svg	1/2 CUP	1	66	15.3
MIXED VEGETABLES,frz .5 cup	1/2 cup	1	59	11.9
Rolls, Crown Wheat	54 gram	1	133	25.0
Rolls, White Crown	53 grams	1	138	24.0
Hamburger Buns White	1 each	1	190	32.0
Hamburger Bun WW	1 each	1	150	30.0
Hot Dog Bun, Whole Wheat	1 each	1	130	27.0
Hot Dog Buns, White	1 each	1	170	28.0
Bread, Sticks	1.5 OZ	1	120	22.5
Cornbread, Elem frzegg	1 EACH	1	125	20.4
MUSTARD, PC #499242 500/	PC packet	1	3	0.3
CATSUP, comm PC1000/9g	1 PACKET	1	6	1.6
SALAD, Burrito /Ranch	1 each	1	594	47.2
SALAD, CHEF/RANCH	1 each	1	557	58.6
SALAD, CHICKEN CAESAR	1 each	1	550	57.0
SALAD, COTTAGE CHEESE/FRUIT	1 each	1	572	90.5
SALAD, Fajita Chix Pasta	1 each	1	634	72.8
SALAD, GOOD FORTUNE/CELERY DSG	1 each	1	765	75.4
SALAD, HAM	1 each	1	632	65.5
SALAD, Italian /Ranch Dressing	1 each	1	585	56.5
Pizza Salad / Ranch	1 each	1	502	55.0
SALAD, SOUTHWESTERN	1 each	1	668	70.7
SALAD, TACO/1000 ISLE	SALAD	1	672	66.3
SALAD, TURKEY/Ranch Dressing	1 each	1	501	59.1
SALAD, Vegetarian/Ranch	1 each	1	541	58.2
MILK, Chocolate skim	HALF PINT	1	130	25.0
MILK, 1% Lowfat	HALF PINT	1	110	13.0
Cupcake, Happy Birthday	1 each	1	180	28.0
Cookie, Lemon FC	27 grams	1	120	16.00
Cookies, Krackle Sugar	1 each	1	110	17.0
Cookies, Oatmeal FC	1 each	1	100	19.0
Cookies, Sugar FC	1 each	1	120	16.0
Bar, Crispy RiceBar LDebbi 24g	24 grams	1	100	18.0
Weighted Daily Average			12090	1633.0
% of Calories				54.0%

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FEDERAL WAY SCHOOLS

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Sep 25, 2009 thru Sep 25, 2009 Spreadsheet - Portion Values Aug 18, 2009
Elementary Lunch

	Portion Size	Plan Qty	Cals	g Carb
Weighted Average			12090	1633.0 54.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	12090		739	1637%			
Carbohydrate (g)	1633.09	54.03%	0.00				

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

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FEDERAL WAY SCHOOLS

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Sep 28, 2009 thru Sep 28, 2009 Spreadsheet - Portion Values
Elementary Lunch

Aug 18, 2009

	Portion Size	Plan Qty	Cals	g Carb
Mon - 09/28/2009				
Elementary Lunch	Total	1		
Chicken Nuggets CN Ele	5 each	1	180	13.0
Hot Dog	1 each	1	142	1.0
APPLE, whole	3 per #	1	72	19.1
PEARS, FRESH 2.5per#	1 EACH	1	96	25.7
Banana	1 EACH	1	90	23.1
Orange, Wedges 3 of 4 wedges	3/4 ORANGE	1	34	8.5
Pears, canned lit syrup 1svg	1/2 CUP	1	72	19.0
Applesauce, swtn	1/2 CUP	1	84	21.5
PEACHES, canned litsyrup 1 svg	1/2 CUP	1	68	18.3
Mixed Fruit-commodity	4 oz	1	72	18.0
Cherries	.5 cup	1	115	29.0
STRAWBERRIES, frz swtnd	.5 CUP	1	122	33.0
Peach Cup	1 each	1	118	29.9
carrots, baby 1 svg	1.6 ounces	1	16	3.7
BROCCOLI, raw fresh 1 svg	.25 CUP	1	8	1.5
CAULIFLOWER, raw, fresh 1 svg	.25 CUP	1	6	1.3
CUCUMBER SLICES 1/2 cup	.25 CUP	1	3	0.8
CORN, frozen, yellow	1/2 CUP	1	33	7.9
Corn, Cobbettes	5 oz	1	35	8.0
French Fries Bakable	3 oz	1	114	23.6
TOTS 3oz	3 OZ.	1	150	20.1
BEANS, GREEN 1 SVG	1/2 CUP	1	14	3.0
Beans, Refried comm 50svg	1/2 cup	1	121	18.9
Beans, Baked 48 svg	1/2 cup	1	145	29.9
Corn, Canned 1 svg	1/2 CUP	1	66	15.3
MIXED VEGETABLES,frz .5 cup	1/2 cup	1	59	11.9
Rolls, Crown Wheat	54 gram	1	133	25.0
Rolls, White Crown	53 grams	1	138	24.0
Hamburger Buns White	1 each	1	190	32.0
Hamburger Bun WW	1 each	1	150	30.0
Hot Dog Bun, Whole Wheat	1 each	1	130	27.0
Hot Dog Buns, White	1 each	1	170	28.0
Bread, Sticks	1.5 OZ	1	120	22.5
Cornbread, Elem frzegg	1 EACH	1	125	20.4
MUSTARD, PC #499242 500/	PC packet	1	3	0.3
CATSUP, comm PC1000/9g	1 PACKET	1	6	1.6
SALAD, Burrito /Ranch	1 each	1	594	47.2
SALAD, CHEF/RANCH	1 each	1	557	58.6
SALAD, CHICKEN CAESAR	1 each	1	550	57.0
SALAD, COTTAGE CHEESE/FRUIT	1 each	1	572	90.5
SALAD, Fajita Chix Pasta	1 each	1	634	72.8
SALAD, GOOD FORTUNE/CELERY DSG	1 each	1	765	75.4
SALAD, HAM	1 each	1	632	65.5
SALAD, Italian /Ranch Dressing	1 each	1	585	56.5
Pizza Salad / Ranch	1 each	1	502	55.0
SALAD, SOUTHWESTERN	1 each	1	668	70.7
SALAD, TACO/1000 ISLE	SALAD	1	672	66.3
SALAD, TURKEY/Ranch Dressing	1 each	1	501	59.1
SALAD, Vegetarian/Ranch	1 each	1	541	58.2
MILK, Chocolate skim	HALF PINT	1	130	25.0
MILK,1% Lowfat	HALF PINT	1	110	13.0
Cupcake, Happy Birthday	1 each	1	180	28.0
Cookie, Lemon FC	27 grams	1	120	16.00
Cookies, Krackle Sugar	1 each	1	110	17.0
Cookies, Oatmeal FC	1 each	1	100	19.0
Cookies, Sugar FC	1 each	1	120	16.0
Bar, Crispy Rice 1 svg	1 each	1	80	18.0
Weighted Daily Average			11923	1600.7
% of Calories				53.7%

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FEDERAL WAY SCHOOLS

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Sep 28, 2009 thru Sep 28, 2009 Spreadsheet - Portion Values Aug 18, 2009
Elementary Lunch

	Portion Size	Plan Qty	Cals	g Carb
Weighted Average			11923	1600.7 53.7%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	11923		739	1614%			
Carbohydrate (g)	1600.70	53.70%	0.00				
Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.							

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FEDERAL WAY SCHOOLS

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Sep 29, 2009 thru Sep 29, 2009 Spreadsheet - Portion Values
Elementary Lunch

Aug 18, 2009

	Portion Size	Plan Qty	Cals	g Carb
Tue - 09/29/2009				
Elementary Lunch	Total	1		
Hot Dog	1 each	1	142	1.0
Burrito, Chicken & Mozz USDA	1 EACH	1	303	34.8
APPLE, whole	3 per #	1	72	19.1
PEARS, FRESH 2.5per#	1 EACH	1	96	25.7
Banana	1 EACH	1	90	23.1
Orange, Wedges 3 of 4 wedges	3/4 ORANGE	1	34	8.5
Pears, canned lit syrup 1svg	1/2 CUP	1	72	19.0
Applesauce, swtn	1/2 CUP	1	84	21.5
PEACHES, canned litsyrup 1 svg	1/2 CUP	1	68	18.3
Mixed Fruit-commodity	4 oz	1	72	18.0
Cherries	.5 cup	1	115	29.0
STRAWBERRIES, frz swtnd	.5 CUP	1	122	33.0
Peach Cup	1 each	1	118	29.9
carrots, baby 1 svg	1.6 ounces	1	16	3.7
BROCCOLI, raw fresh 1 svg	.25 CUP	1	8	1.5
CAULIFLOWER, raw, fresh 1 svg	.25 CUP	1	6	1.3
CUCUMBER SLICES 1/2 cup	.25 CUP	1	3	0.8
CORN, frozen, yellow	1/2 CUP	1	33	7.9
Corn, Cobbettes	5 oz	1	35	8.0
French Fries Bakable	3 oz	1	114	23.6
TOTS 3oz	3 OZ.	1	150	20.1
BEANS, GREEN 1 SVG	1/2 CUP	1	14	3.0
Beans, Refried comm 50svg	1/2 cup	1	121	18.9
Beans, Baked 48 svg	1/2 cup	1	145	29.9
Corn, Canned 1 svg	1/2 CUP	1	66	15.3
MIXED VEGETABLES,frz .5 cup	1/2 cup	1	59	11.9
Rolls, Crown Wheat	54 gram	1	133	25.0
Rolls, White Crown	53 grams	1	138	24.0
Hamburger Buns White	1 each	1	190	32.0
Hamburger Bun WW	1 each	1	150	30.0
Hot Dog Bun, Whole Wheat	1 each	1	130	27.0
Hot Dog Buns, White	1 each	1	170	28.0
Bread, Sticks	1.5 OZ	1	120	22.5
Cornbread, Elem frzegg	1 EACH	1	125	20.4
MUSTARD, PC #499242 500/	PC packet	1	3	0.3
CATSUP, comm PC1000/9g	1 PACKET	1	6	1.6
SALAD, Burrito /Ranch	1 each	1	594	47.2
SALAD, CHEF/RANCH	1 each	1	557	58.6
SALAD, CHICKEN CAESAR	1 each	1	550	57.0
SALAD, COTTAGE CHEESE/FRUIT	1 each	1	572	90.5
SALAD, Fajita Chix Pasta	1 each	1	634	72.8
SALAD, GOOD FORTUNE/CELERY DSG	1 each	1	765	75.4
SALAD, HAM	1 each	1	632	65.5
SALAD, Italian /Ranch Dressing	1 each	1	585	56.5
Pizza Salad / Ranch	1 each	1	502	55.0
SALAD, SOUTHWESTERN	1 each	1	668	70.7
SALAD, TACO/1000 ISLE	SALAD	1	672	66.3
SALAD, TURKEY/Ranch Dressing	1 each	1	501	59.1
SALAD, Vegetarian/Ranch	1 each	1	541	58.2
MILK, Chocolate skim	HALF PINT	1	130	25.0
MILK,1% Lowfat	HALF PINT	1	110	13.0
Cupcake, Happy Birthday	1 each	1	180	28.0
Cookie, Lemon FC	27 grams	1	120	16.00
Cookies, Krackle Sugar	1 each	1	110	17.0
Cookies, Oatmeal FC	1 each	1	100	19.0
Cookies, Sugar FC	1 each	1	120	16.0
Bar, Crispy RiceBar LDebbi 24g	24 grams	1	100	18.0
Weighted Daily Average			12066	1622.5
% of Calories				53.8%

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FEDERAL WAY SCHOOLS

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Sep 29, 2009 thru Sep 29, 2009 Spreadsheet - Portion Values Aug 18, 2009
Elementary Lunch

	Portion Size	Plan Qty	Cals	g Carb
Weighted Average			12066	1622.5 53.8%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	12066		739	1634%			
Carbohydrate (g)	1622.52	53.79%	0.00				
Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.							

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FEDERAL WAY SCHOOLS

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Sep 30, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values
Elementary Lunch

Aug 18, 2009

	Portion Size	Plan Qty	Cals	g Carb
Wed - 09/30/2009				
Elementary Lunch	Total	1		
Pizza, Cheese Smart	1 each	1	300	35.0
Chicken Patty, Breaded	3.05 oz	1	193	13.0
APPLE, whole	3 per #	1	72	19.1
PEARS, FRESH 2.5per#	1 EACH	1	96	25.7
Banana	1 EACH	1	90	23.1
Orange, Wedges 3 of 4 wedges	3/4 ORANGE	1	34	8.5
Pears, canned lit syrup 1svg	1/2 CUP	1	72	19.0
Applesauce, swtn	1/2 CUP	1	84	21.5
PEACHES, canned litsyrup 1 svg	1/2 CUP	1	68	18.3
Mixed Fruit-commodity	4 oz	1	72	18.0
Cherries	.5 cup	1	115	29.0
STRAWBERRIES, frz swtnd	.5 CUP	1	122	33.0
Peach Cup	1 each	1	118	29.9
carrots, baby 1 svg	1.6 ounces	1	16	3.7
BROCCOLI, raw fresh 1 svg	.25 CUP	1	8	1.5
CAULIFLOWER, raw, fresh 1 svg	.25 CUP	1	6	1.3
CUCUMBER SLICES 1/2 cup	.25 CUP	1	3	0.8
CORN, frozen, yellow	1/2 CUP	1	33	7.9
Corn, Cobbettes	5 oz	1	35	8.0
French Fries Bakable	3 oz	1	114	23.6
TOTS 3oz	3 OZ.	1	150	20.1
BEANS, GREEN 1 SVG	1/2 CUP	1	14	3.0
Beans, Refried comm 50svg	1/2 cup	1	121	18.9
Beans, Baked 48 svg	1/2 cup	1	145	29.9
Corn, Canned 1 svg	1/2 CUP	1	66	15.3
MIXED VEGETABLES,frz .5 cup	1/2 cup	1	59	11.9
Rolls, Crown Wheat	54 gram	1	133	25.0
Rolls, White Crown	53 grams	1	138	24.0
Hamburger Buns White	1 each	1	190	32.0
Hamburger Bun WW	1 each	1	150	30.0
Hot Dog Bun, Whole Wheat	1 each	1	130	27.0
Hot Dog Buns, White	1 each	1	170	28.0
Bread, Sticks	1.5 OZ	1	120	22.5
Cornbread, Elem frzegg	1 EACH	1	125	20.4
MUSTARD, PC #499242 500/	PC packet	1	3	0.3
CATSUP, comm PC1000/9g	1 PACKET	1	6	1.6
SALAD, Burrito /Ranch	1 each	1	594	47.2
SALAD, CHEF/RANCH	1 each	1	557	58.6
SALAD, CHICKEN CAESAR	1 each	1	550	57.0
SALAD, COTTAGE CHEESE/FRUIT	1 each	1	572	90.5
SALAD, Fajita Chix Pasta	1 each	1	634	72.8
SALAD, GOOD FORTUNE/CELERY DSG	1 each	1	765	75.4
SALAD, HAM	1 each	1	632	65.5
SALAD, Italian /Ranch Dressing	1 each	1	585	56.5
Pizza Salad / Ranch	1 each	1	502	55.0
SALAD, SOUTHWESTERN	1 each	1	668	70.7
SALAD, TACO/1000 ISLE	SALAD	1	672	66.3
SALAD, TURKEY/Ranch Dressing	1 each	1	501	59.1
SALAD, Vegetarian/Ranch	1 each	1	541	58.2
MILK, Chocolate skim	HALF PINT	1	130	25.0
MILK,1% Lowfat	HALF PINT	1	110	13.0
Cupcake, Happy Birthday	1 each	1	180	28.0
Cookie, Lemon FC	27 grams	1	120	16.00
Cookies, Krackle Sugar	1 each	1	110	17.0
Cookies, Oatmeal FC	1 each	1	100	19.0
Cookies, Sugar FC	1 each	1	120	16.0
Bar, Crispy RiceBar LDebbi 24g	24 grams	1	100	18.0
Weighted Daily Average			12114	1634.6
% of Calories				54.0%

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FEDERAL WAY SCHOOLS

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Sep 30, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values Aug 18, 2009
Elementary Lunch

	Portion Size	Plan Qty	Cals	g Carb
Weighted Average			12114	1634.6 54.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	12114		739	1640%			
Carbohydrate (g)	1634.69	53.98%	0.00				
Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.							

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