

# Merced City School District

Oct 1, 2008 thru Oct 31, 2008 Spreadsheet - Portion Values

Sep 27, 2008

Page 1

## PS BRUNCH

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 10/01/2008																
PS BRUNCH	Total	1														
PEANUT BUTTER CUP w/CRACK PS	SERVING	1	253	0	269	1.98	1.22	50.6	0	0	0.00	9.63	14.44	18.56	2.97	0.00
CELERY STICKS W RANCH	1/4 CUP	1	8	0	77	0.30	0.04	7.4	83	83	0.58	0.13	1.55	0.03	0.01	*0.00
Peaches FZN SLD 20# 1-26	1/4 CUP	1	59	0	4	1.13	0.23	1.9	178	178	58.88	0.39	14.99	0.08	0.01	*0.00
Milk 1%, PS	Serving	1	130	15	160	0.00	0.00	400.0	500	100	2.40	11.00	16.00	2.50	1.50	0.00
Weighted Daily Average			450	15	510	3.40	1.48	459.9	761	361	61.85	21.15	46.98	21.17	4.49	*0.00
% of Calories												18.8%	41.8%	42.3%	9.0%	0.0%

Thu - 10/02/2008																
PS BRUNCH	Total	1														
Sand Egg Salad PS	1 EACH	1	187	213	267	2.03	1.64	46.7	244	96	0.00	8.32	18.92	8.41	2.21	*0.00
Lettuce & Pickle	1/4 cup	1	2	0	123	0.19	1.48	402.7	26	26	0.19	0.12	0.44	0.02	0.01	*0.00
GRAPES FSH SEEDLESS	BUNCH	1	61	0	10	0.68	0.00	13.5	0	0	0.81	0.00	15.52	0.00	0.00	0.00
Milk 1%, PS	Serving	1	130	15	160	0.00	0.00	400.0	500	100	2.40	11.00	16.00	2.50	1.50	0.00
Weighted Daily Average			380	228	560	2.89	3.12	863.0	770	222	3.40	19.44	50.89	10.93	3.72	*0.00
% of Calories												20.5%	53.6%	25.9%	8.8%	0.0%

Fri - 10/03/2008																
PS BRUNCH	Total	1														
Cheese Square & Crax PS	SERVING	1	211	27	586	0.00	1.18	235.0	410	410	0.00	9.00	12.00	13.40	5.60	0.00
PEARS CND DCD 2-36	1/2 CUP	1	72	0	6	2.00	0.36	6.0	0	0	0.80	0.02	19.04	0.04	0.00	0.00
Milk 1%, PS	Serving	1	130	15	160	0.00	0.00	400.0	500	100	2.40	11.00	16.00	2.50	1.50	0.00
Weighted Daily Average			413	42	752	2.00	1.54	641.0	910	510	3.20	20.02	47.04	15.94	7.10	0.00
% of Calories												19.4%	45.6%	34.7%	15.5%	0.0%

Mon - 10/06/2008																
PS BRUNCH	Total	1														
CEREAL PS	BOWLPK	1	73	0	167	0.89	5.01	11.7	431	113	5.17	1.33	16.16	0.37	0.07	0.00
CRACKER, GRAHAM 2-144	.50 OZ	1	60	0	65	0.00	0.36	60.0	0	0	0.00	1.00	10.00	1.50	0.00	0.00
APPLES CND 2-19	1/4 CUP	1	45	0	1	1.79	0.19	13.5	25	25	0.14	0.19	11.77	0.22	0.03	*0.00
Milk 1%, PS	Serving	1	130	15	160	0.00	0.00	400.0	500	100	2.40	11.00	16.00	2.50	1.50	0.00
Weighted Daily Average			308	15	392	2.68	5.56	485.1	956	238	7.71	13.52	53.93	4.59	1.61	*0.00
% of Calories												17.6%	70.0%	13.4%	4.7%	0.0%

Tue - 10/07/2008																
PS BRUNCH	Total	1														
Sand Turk Ham PS	SERVING	1	149	20	454	2.10	3.87	815.9	89	19	6.67	6.64	19.55	4.58	1.03	0.00
CUCUMBER W PEEL 6-24	1/4 CUP	1	14	0	126	0.13	0.07	4.2	27	27	0.73	0.17	2.94	0.03	0.01	*0.00
KIWI FRUIT,(CHINESE GOOSEBERRI	1 EACH	1	46	0	2	2.28	0.24	25.8	66	66	70.45	0.87	11.14	0.40	0.02	*0.00
Milk 1%, PS	Serving	1	130	15	160	0.00	0.00	400.0	500	100	2.40	11.00	16.00	2.50	1.50	0.00

# Merced City School District

Oct 1, 2008 thru Oct 31, 2008 Spreadsheet - Portion Values

Sep 27, 2008

## PS BRUNCH

Page 2

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average			339	35	742	4.51	4.18	1245.9	683	212	80.25	18.67	49.63	7.50	2.56	*0.00
% of Calories												22.0%	58.6%	19.9%	6.8%	0.0%

Wed - 10/08/2008																
PS BRUNCH	Total	1														
BAGEL MINI 1-124 CCHEESE	SERVING	1	175	30	195	0.74	0.91	24.0	300	300	0.00	4.75	18.29	10.37	6.12	0.00
SUNFLOWER NUTS,"LIGHTLY S	serving	1	162	0	55	1.12	1.81	31.1	11	2	0.31	6.09	5.15	14.38	1.55	*0.00
ALTED																
ORANGES 6-39	1/2 EACH	1	31	0	0	1.60	0.07	26.6	150	14	35.44	0.63	7.83	0.08	0.01	*0.00
Milk 1%, PS	Serving	1	130	15	160	0.00	0.00	400.0	500	100	2.40	11.00	16.00	2.50	1.50	0.00
Weighted Daily Average			499	45	410	3.46	2.79	481.7	961	416	38.15	22.47	47.27	27.32	9.18	*0.00
% of Calories												18.0%	37.9%	49.3%	16.6%	0.0%

Thu - 10/09/2008																
PS BRUNCH	Total	1														
Sand Tuna PS	SERVING	1	170	14	357	2.10	4.20	818.3	24	8	0.16	12.35	19.36	4.24	0.81	*0.00
Salad Mix W DRG	1/4 CUP	1	8	0	67	0.32	0.23	12.7	476	476	2.86	0.32	1.63	0.00	0.00	*0.00
Apple Raw Whole	1/2 Each	1	36	0	1	1.66	0.08	4.1	37	3	3.17	0.18	9.53	0.12	0.02	*0.00
Milk 1%, PS	Serving	1	130	15	160	0.00	0.00	400.0	500	100	2.40	11.00	16.00	2.50	1.50	0.00
Weighted Daily Average			344	29	585	4.08	4.51	1235.2	1038	588	8.59	23.85	46.52	6.86	2.33	*0.00
% of Calories												27.7%	54.1%	18.0%	6.1%	0.0%

Fri - 10/10/2008																
PS BRUNCH	Total	1														
Muffin CC	1 each	1	267	29	230	0.93	2.32	83.0	34	7	1.00	3.43	42.84	9.60	2.09	*0.00
APRICOTS FZN 1-123	1/4 CUP	1	62	0	3	1.39	0.57	6.3	1058	1058	5.67	0.44	15.81	0.06	0.00	*0.00
Milk 1%, PS	Serving	1	130	15	160	0.00	0.00	400.0	500	100	2.40	11.00	16.00	2.50	1.50	0.00
Weighted Daily Average			459	44	393	2.32	2.89	489.3	1592	1165	9.07	14.87	74.65	12.16	3.59	*0.00
% of Calories												13.0%	65.1%	23.9%	7.1%	0.0%

Mon - 10/13/2008																
PS BRUNCH	Total	1														
Yogurt & Gra Crax	SERVING	1	170	0	140	0.00	0.36	210.0	0	0	1.20	4.00	32.00	1.50	0.00	0.00
Strawberries FRZ WH UNSTD 1-98	1 EACH	1	122	0	4	2.42	0.75	14.0	31	31	52.82	0.68	33.07	0.17	0.01	*0.00
Milk 1%, PS	Serving	1	130	15	160	0.00	0.00	400.0	500	100	2.40	11.00	16.00	2.50	1.50	0.00
Weighted Daily Average			422	15	304	2.42	1.11	624.0	531	131	56.41	15.68	81.07	4.17	1.51	*0.00
% of Calories												14.8%	76.8%	8.9%	3.2%	0.0%

# Merced City School District

Oct 1, 2008 thru Oct 31, 2008 Spreadsheet - Portion Values

Sep 27, 2008

Page 3

## PS BRUNCH

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 10/14/2008																
PS BRUNCH	Total	1														
SAND PB&J STRBRY 1-109 MS	2.4 OZ	1	285	0	300	2.50	1.35	20.0	0	0	1.20	8.50	27.00	16.00	3.00	0.00
Salad Mix W DRG	1/4 CUP	1	8	0	67	0.32	0.23	12.7	476	476	2.86	0.32	1.63	0.00	0.00	*0.00
BANANAS, Raw 6-07	1/2 EACH	1	45	0	1	1.31	0.13	2.5	32	32	4.39	0.55	11.53	0.17	0.06	*0.00
Milk 1%, PS	Serving	1	130	15	160	0.00	0.00	400.0	500	100	2.40	11.00	16.00	2.50	1.50	0.00
Weighted Daily Average			468	15	528	4.13	1.71	435.2	1009	609	10.85	20.37	56.17	18.67	4.56	*0.00
% of Calories												17.4%	48.0%	35.9%	8.8%	0.0%

Wed - 10/15/2008																
PS BRUNCH	Total	1														
Bagel Mini W Str CCh	SERVING	1	145	20	165	0.74	0.91	4.0	200	200	0.00	3.75	21.29	6.37	4.12	0.00
DRIED FRUIT & NUT MIX	1/8 CUP	1	67	0	0	1.49	0.35	19.4	*0	*0	0.00	1.14	11.44	1.89	0.10	0.00
Peaches FZN SLD 20# 1-26	1/4 CUP	1	59	0	4	1.13	0.23	1.9	178	178	58.88	0.39	14.99	0.08	0.01	*0.00
Milk 1%, PS	Serving	1	130	15	160	0.00	0.00	400.0	500	100	2.40	11.00	16.00	2.50	1.50	0.00
Weighted Daily Average			401	35	329	3.36	1.49	425.3	*877	*477	61.27	16.29	63.72	10.84	5.72	*0.00
% of Calories												16.3%	63.6%	24.3%	12.9%	0.0%

Thu - 10/16/2008																
PS BRUNCH	Total	1														
Sand Cheese PS	SERVING	1	195	22	501	2.03	0.80	151.5	308	62	0.00	6.52	18.54	10.12	4.86	0.00
Jicama Chili & Lemon	1/4 Cup	1	15	0	3	1.97	0.22	4.4	45	6	6.93	0.31	3.59	0.06	0.00	*0.00
FRUIT MIXED 2-027	1/4 Cup	1	33	0	4	0.78	0.18	2.9	6	122	1.86	0.26	8.77	0.05	0.01	0.00
Milk 1%, PS	Serving	1	130	15	160	0.00	0.00	400.0	500	100	2.40	11.00	16.00	2.50	1.50	0.00
Weighted Daily Average			374	37	668	4.78	1.20	558.8	859	289	11.19	18.09	46.90	12.72	6.38	*0.00
% of Calories												19.4%	50.2%	30.6%	15.4%	0.0%

Fri - 10/17/2008																
PS BRUNCH	Total	1														
CEREAL PS	BOWLPK	1	73	0	167	0.89	5.01	11.7	431	113	5.17	1.33	16.16	0.37	0.07	0.00
PEARS CND DCD 2-36	1/4 CUP	1	36	0	3	1.00	0.18	3.0	0	0	0.40	0.01	9.52	0.02	0.00	0.00
Milk 1%, PS	Serving	1	130	15	160	0.00	0.00	400.0	500	100	2.40	11.00	16.00	2.50	1.50	0.00
Weighted Daily Average			239	15	330	1.89	5.19	414.7	931	213	7.97	12.34	41.68	2.89	1.57	0.00
% of Calories												20.6%	69.7%	10.9%	5.9%	0.0%

Mon - 10/20/2008																
PS BRUNCH	Total	1														
Trail Mix Honey W Frt	1 EACH	1	130	0	50	2.00	1.08	20.0	0	0	0.00	4.00	16.00	6.00	1.00	0.00
Cheese String	1 EACH	1	80	15	210	0.00	0.00	200.0	200	40	0.00	7.00	0.00	6.00	3.50	0.00
APPLES CND 2-19	1/4 CUP	1	45	0	1	1.79	0.19	13.5	25	25	0.14	0.19	11.77	0.22	0.03	*0.00
Milk 1%, PS	Serving	1	130	15	160	0.00	0.00	400.0	500	100	2.40	11.00	16.00	2.50	1.50	0.00
Weighted Daily Average			385	30	421	3.79	1.27	633.5	725	165	2.54	22.19	43.77	14.71	6.03	*0.00
% of Calories												23.1%	45.5%	34.4%	14.1%	0.0%

# Merced City School District

Oct 1, 2008 thru Oct 31, 2008 Spreadsheet - Portion Values

Sep 27, 2008

## PS BRUNCH

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Prot	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 10/21/2008																
PS BRUNCH	Total	1														
Sand Tuna PS	SERVING	1	170	14	357	2.10	4.20	818.3	24	8	0.16	12.35	19.36	4.24	0.81	*0.00
CUCUMBER W PEEL 6-24	1/4 CUP	1	14	0	126	0.13	0.07	4.2	27	27	0.73	0.17	2.94	0.03	0.01	*0.00
PEARS, RAW 6-44	1/2 EACH	1	32	0	1	1.71	0.09	5.0	13	1	2.32	0.21	8.55	0.07	0.01	*0.00
Milk 1%, PS	Serving	1	130	15	160	0.00	0.00	400.0	500	100	2.40	11.00	16.00	2.50	1.50	0.00
Weighted Daily Average			346	29	643	3.95	4.37	1227.5	564	137	5.61	23.73	46.85	6.84	2.32	*0.00
% of Calories												27.5%	54.2%	17.8%	6.0%	0.0%
Wed - 10/22/2008																
PS BRUNCH	Total	1														
EGG, HARD-BOILED 3-06	1 EACH	1	70	190	55	0.00	0.36	20.0	300	60	0.00	6.00	1.00	5.00	1.50	0.00
BISCUIT W JELLY	1ozBIS&.5 ozJELL	1	126	1	312	0.44	0.73	11.4	2	2	0.13	2.12	21.99	3.50	0.90	*1.40
ORANGES 6-39	1/2 EACH	1	31	0	0	1.60	0.07	26.6	150	14	35.44	0.63	7.83	0.08	0.01	*0.00
Milk 1%, PS	Serving	1	130	15	160	0.00	0.00	400.0	500	100	2.40	11.00	16.00	2.50	1.50	0.00
Weighted Daily Average			357	206	527	2.04	1.15	458.0	952	176	37.97	19.75	46.82	11.08	3.91	*1.40
% of Calories												22.1%	52.5%	27.9%	9.9%	3.5%
Thu - 10/23/2008																
PS BRUNCH	Total	1														
SAND CHIX PS	SERVING	1	219	25	338	2.03	1.26	25.9	72	72	0.00	12.27	20.56	9.19	1.85	*0.00
Broccoli W Ranch	1/4 Cup	1	16	0	131	0.46	0.13	8.3	111	111	15.83	0.50	3.18	0.07	0.01	*0.00
Apple Raw Whole	1/2 Each	1	36	0	1	1.66	0.08	4.1	37	3	3.17	0.18	9.53	0.12	0.02	*0.00
Milk 1%, PS	Serving	1	130	15	160	0.00	0.00	400.0	500	100	2.40	11.00	16.00	2.50	1.50	0.00
Weighted Daily Average			401	40	630	4.14	1.47	438.4	720	286	21.41	23.95	49.26	11.88	3.38	*0.00
% of Calories												23.9%	49.1%	26.6%	7.6%	0.0%
Fri - 10/24/2008																
PS BRUNCH	Total	1														
Muffin BB	1 Each	1	233	29	229	0.66	2.09	81.0	38	8	0.20	3.13	38.82	7.28	0.70	0.00
CARROTS, Sticks, Raw 6-14	1/4 CUP	1	3	0	3	0.17	0.00	0.2	116	116	0.86	0.09	0.69	0.00	0.00	0.00
APRICOTS FZN 1-123	1/2 CUP	1	123	0	5	2.77	1.13	12.6	2117	2117	11.34	0.88	31.63	0.13	0.01	*0.00
Milk 1%, PS	Serving	1	130	15	160	0.00	0.00	400.0	500	100	2.40	11.00	16.00	2.50	1.50	0.00
Weighted Daily Average			489	44	397	3.60	3.22	493.8	2771	2340	14.80	15.10	87.13	9.91	2.21	*0.00
% of Calories												12.3%	71.2%	18.2%	4.1%	0.0%
Mon - 10/27/2008																
PS BRUNCH	Total	1														
YOGURT, STRAW 3-064	1 EACH	1	110	0	75	0.00	0.00	150.0	0	0	1.20	3.00	22.00	0.00	0.00	0.00
DRIED FRUIT & NUT MIX	1/8 CUP	1	67	0	0	1.49	0.35	19.4	*0	*0	0.00	1.14	11.44	1.89	0.10	0.00
Strawberries FRZ WH UNSTD 1-98	1 EACH	1	122	0	4	2.42	0.75	14.0	31	31	52.82	0.68	33.07	0.17	0.01	*0.00
Milk 1%, PS	Serving	1	130	15	160	0.00	0.00	400.0	500	100	2.40	11.00	16.00	2.50	1.50	0.00

# Merced City School District

## Oct 1, 2008 thru Oct 31, 2008 Spreadsheet - Portion Values PS BRUNCH

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average			430	15	239	3.92	1.10	583.4	*531	*131	56.41	15.82	82.51	4.56	1.61	*0.00
% of Calories												14.7%	76.8%	9.5%	3.4%	0.0%

Tue - 10/28/2008																
PS BRUNCH	Total	1														
Sand Turkey PS	1 Each	1	142	14	537	2.03	1.13	24.2	0	0	0.00	8.02	18.54	3.74	0.76	0.00
TOMATOES, Cherry 6-51	1/4 CUP	1	1	0	2	0.05	0.01	0.3	33	33	0.51	0.03	0.20	0.00	0.00	0.00
BANANAS, Raw 6-07	1/2 EACH	1	45	0	1	1.31	0.13	2.5	32	32	4.39	0.55	11.53	0.17	0.06	*0.00
Milk 1%, PS	Serving	1	130	15	160	0.00	0.00	400.0	500	100	2.40	11.00	16.00	2.50	1.50	0.00
Weighted Daily Average			318	29	700	3.39	1.27	427.0	566	166	7.31	19.60	46.27	6.41	2.32	*0.00
% of Calories												24.6%	58.2%	18.1%	6.6%	0.0%

Wed - 10/29/2008																
PS BRUNCH	Total	1														
PEANUT BUTTER CUP w/CRACK PS	SERVING	1	253	0	269	1.98	1.22	50.6	0	0	0.00	9.63	14.44	18.56	2.97	0.00
CELERY STICKS W RANCH	1/4 CUP	1	8	0	77	0.30	0.04	7.4	83	83	0.58	0.13	1.55	0.03	0.01	*0.00
Peaches FZN SLD 20# 1-26	1/4 CUP	1	59	0	4	1.13	0.23	1.9	178	178	58.88	0.39	14.99	0.08	0.01	*0.00
Milk 1%, PS	Serving	1	130	15	160	0.00	0.00	400.0	500	100	2.40	11.00	16.00	2.50	1.50	0.00
Weighted Daily Average			450	15	510	3.40	1.48	459.9	761	361	61.85	21.15	46.98	21.17	4.49	*0.00
% of Calories												18.8%	41.8%	42.3%	9.0%	0.0%

Thu - 10/30/2008																
PS BRUNCH	Total	1														
Sand Egg Salad PS	1 EACH	1	187	213	267	2.03	1.64	46.7	244	96	0.00	8.32	18.92	8.41	2.21	*0.00
Lettuce & Pickle	1/4 cup	1	2	0	123	0.19	1.48	402.7	26	26	0.19	0.12	0.44	0.02	0.01	*0.00
GRAPES FSH SEEDLESS	BUNCH	1	61	0	10	0.68	0.00	13.5	0	0	0.81	0.00	15.52	0.00	0.00	0.00
Milk 1%, PS	Serving	1	130	15	160	0.00	0.00	400.0	500	100	2.40	11.00	16.00	2.50	1.50	0.00
Weighted Daily Average			380	228	560	2.89	3.12	863.0	770	222	3.40	19.44	50.89	10.93	3.72	*0.00
% of Calories												20.5%	53.6%	25.9%	8.8%	0.0%

Fri - 10/31/2008																
PS BRUNCH	Total	1														
Cheese Square & Crax PS	SERVING	1	211	27	586	0.00	1.18	235.0	410	410	0.00	9.00	12.00	13.40	5.60	0.00
PEARS CND DCD 2-36	1/4 CUP	1	36	0	3	1.00	0.18	3.0	0	0	0.40	0.01	9.52	0.02	0.00	0.00
Milk 1%, PS	Serving	1	130	15	160	0.00	0.00	400.0	500	100	2.40	11.00	16.00	2.50	1.50	0.00
Weighted Daily Average			377	42	749	1.00	1.36	638.0	910	510	2.80	20.01	37.52	15.92	7.10	0.00
% of Calories												21.2%	39.8%	38.0%	16.9%	0.0%

Weighted Average			393	54	516	3.22	2.46	634.0	*919	*431	24.96	19.02	54.11	11.70	3.97	*0.06
												19.4%	55.1%	26.8%	9.1%	0.1%

