

USD 265 ACADEMY

Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Prot	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Mon - 02/01/2010															
Goddard Academy - Lunch	Total	85													
CHICKEN STRIPS w/TeriyakiSauce	5 EACH	65	181	52	329	1.47	2.00	40.3	94	27.5	23.6	10.3	5.0	1.37	0.00
PIZZA- Whl Grn Pepperoni 4x6	1 EACH	20	270	15	810	4.00	5.40	200.0	500	0.00	15.0	33.0	9.0	3.00	0.00
CORN, WHL KERNEL-Cut,Ckd,Bld,D	2/3 CUP	70	84	0	0	0.84	0.00	0.0	0	3.0	2.5	17.6	0.8	0.00	0.00
ORIENTAL RICE	2/3 CUP	70	146	37	319	1.02	1.20	31.2	713	1.0	3.4	24.7	3.9	2.04	0.00
PINEAPPLE&MANDARIN ORANGES	2/3 CUP	65	86	0	19	1.31	0.47	7.9	118	21.6	0.4	20.8	0.00	0.00	0.00
LITTLE DEBBIE - BROWNIE,COSMI	1 EACH	75	300	10	170	1.00	0.72	20.0	0	0.00	3.0	43.0	13.0	4.00	0.00
SOY SAUCE - PPI PKG	1 EACH	40	0	0	270	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	75	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00
Weighted Daily Average			841	90	1150	5.48	4.78	391.9	1308	41.90	36.45	124.90	21.98	7.39	0.00
% of Calories											17.3%	59.4%	23.5%	7.9%	0.0%

Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Prot	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Tue - 02/02/2010															
Goddard Academy - Lunch	Total	85													
CORN CHIPS, 1oz. - FRITO LAY	1 EACH	65	158	0	0	1.40	0.00	0.0	150	0.00	1.9	16.1	9.5	1.30	0.00
CHILI - DRY MIX & BEEF CRUMBLE	2/3 CUP	82	175	8	689	4.03	2.92	70.3	1287	8.7	8.6	21.2	5.5	2.04	0.00
CHEESE-FANCY SHRED CHED.	1/2 OZ	75	55	15	90	0.00	0.00	100.0	150	0.00	3.5	0.5	4.5	2.50	0.00
POTATO BAKED,FLESH & SKIN	1 EACH	20	161	0	17	3.81	1.87	26.0	17	16.6	4.3	36.6	0.2	0.05	0.00
CARROTS - RAW, BABY	1/2 CUP	50	31	0	58	1.78	0.32	17.8	5333	5.3	0.9	7.1	0.00	0.00	0.00
SALAD,TOSSSED: no dressing	3/4 CUP	30	6	0	4	0.45	0.15	7.3	245	3.5	0.3	1.2	0.0	0.00	0.00
CINNAMON ROLLS w/ Icing-2.25oz	1 EACH	75	255	5	244	1.00	1.44	12.1	400	0.00	4.0	46.4	5.6	1.80	0.00
JUICE BAR, STRAW. BANANA FRE	1 EACH	65	80	0	10	0.00	0.00	0.0	0	15.00	0.00	21.0	0.00	0.00	0.00
SALAD DRESS. HV-RanchLight 1oz	EACH 1oz.	65	60	5	370	0.00	0.00	0.0	0	0.00	0.00	7.0	3.0	0.50	0.00
SALAD DRSNG, LIGHT ITALIAN	2 TBSP	8	40	0	270	0.00	0.00	0.0	0	0.00	0.00	3.00	3.00	0.50	0.00
SALAD DRESSING, HONEY MUST	2 TBSP	2	130	10	190	0.00	0.00	0.0	0	0.00	0.00	8.0	11.0	1.50	0.00
ARD															
MARGARINE, PROMISE, INDIVID.	1 EACH	8	25	0	35	0.00	0.00	0.0	0	0.00	0.00	0.00	2.50	0.50	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	75	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00
Weighted Daily Average			856	37	1477	7.94	4.77	450.6	5510	29.20	25.07	129.73	25.38	7.70	0.00
% of Calories											11.7%	60.7%	26.7%	8.1%	0.0%

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USD 265 ACADEMY

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 02/03/2010															
Goddard Academy - Lunch	Total	85													
HAMBURGER / BUN	1 EACH	75	270	30	420	1.00	2.88	140.0	100	0.00	19.0	24.0	10.5	5.00	0.00
CORN DOG, CHICKEN LowFat	1 EACH	10	240	20	590	5.00	2.70	150.0	0	0.00	9.0	33.0	8.0	2.00	0.00
STRING CHEESE-LowMoisSkimMoz	1 EACH	60	80	15	170	0.00	0.00	200.0	200	0.00	8.0	0.9	5.0	3.00	0.00
FRENCH FRIES-INFINITY THIN #47	3/4 CUP	80	201	0	273	2.37	0.85	0.0	119	7.1	2.4	29.6	8.3	0.59	0.00
PEACHES, CND, SLCD, LT SYRUP	2/3 CUP	70	93	0	13	1.33	0.00	0.0	397	1.6	1.3	22.5	0.00	0.00	0.00
ICE CREAM, ORANGE CREAM BAR	1 EACH	75	100	0	15	0.00	0.00	20.0	0	15.0	0.9	19.0	2.0	2.00	0.00
LETTUCE, SHREDDED	1/2 OZ	50	2	0	1	0.17	0.06	2.6	71	0.4	0.1	0.4	0.0	0.00	0.00
Pickles,Dill Slices,Heinz #657	4-SLICES	50	3	0	247	0.00	0.00	0.0	0	0.00	0.00	0.7	0.00	0.00	0.00
MAYO - LIGHT, PACKET KRAFT	PACKET	30	40	5	85	0.00	0.00	0.0	0	0.00	0.00	0.9	4.0	0.50	0.00
KETCHUP, #10 Can - Golbon	3 TBSP	80	45	0	569	0.00	0.00	0.0	899	0.00	0.00	12.0	0.00	0.00	0.00
MUSTARD, YELLOW PREPARED	1 TSP	30	4	0	63	0.05	0.10	4.2	0	0.00	0.2	0.3	0.2	0.01	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	75	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00
Weighted Daily Average			856	48	1729	4.91	3.73	567.7	1997	22.53	34.80	121.83	25.50	9.68	0.00
% of Calories											16.3%	56.9%	26.8%	10.2%	0.0%

Thu - 02/04/2010															
Goddard Academy - Lunch	Total	85													
WRAP - CHICKEN STRIP,MakeOwn	1 EACH	65	370	45	780	1.00	2.52	120.0	0	1.2	19.0	41.0	15.0	4.00	0.00
PORK, SUPER RIB ON BUN	1 EACH	20	335	45	810	2.90	3.06	140.0	100	1.2	18.0	42.5	11.7	3.00	0.00
LETTUCE, SHREDDED & CHEESE	2/3 CUP	65	41	10	63	0.34	0.12	71.7	242	0.8	2.6	1.1	3.0	1.67	0.00
CRACKERS, GOLDFISH - .5 oz.pkg	1 EACH	75	71	2	141	0.30	0.72	20.0	0	0.00	1.4	8.3	3.6	1.30	0.00
FRESH FRUIT VARIETY	1 EACH	65	89	0	1	3.54	0.22	29.0	187	38.3	1.2	22.7	0.3	0.06	0.00
PUDDING - CHOCOLATE OREO	2/3 CUP	75	131	0	237	1.24	0.70	20.2	0	0.00	1.2	21.6	5.2	0.35	0.00
SALAD DRNG, RANCH, Light-Krft	2 TBSP	60	70	10	370	0.00	0.00	0.0	0	0.00	0.00	7.0	4.5	0.50	0.00
SALSA PICANTE - El Pasado	2 TBSP	40	10	0	151	0.00	0.00	0.0	100	0.00	0.00	2.0	0.00	0.00	0.00
BARBECUE SAUCE - CURLEY'S	2 TBSP	35	50	0	220	0.00	0.36	0.0	0	0.00	0.00	13.00	0.00	0.00	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	75	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00
Weighted Daily Average			832	68	1746	5.78	4.31	501.9	840	32.15	31.03	117.79	28.41	7.31	0.00
% of Calories											14.9%	56.6%	30.7%	7.9%	0.0%

Fri - 02/05/2010															
Goddard Academy - Lunch	Total	85													
HOT DOG, BrdWrpdTurk&Cheesel/W	1 EACH	55	280	60	880	2.00	1.80	150.0	0	2.4	13.0	26.0	14.0	6.00	0.00
PIZZA - WhiGrn CHEESE & BEEF	1 EACH	30	310	15	815	4.50	4.86	259.9	500	0.6	17.5	33.7	12.0	4.24	0.00
BAKED BEANS	2/3 CUP	55	233	0	902	5.14	2.55	56.1	0	0.70	7.7	47.9	1.3	0.00	0.00
CHIPS, LAY'S BBQ - 1oz. Pkg	1 EACH	70	150	0	200	1.00	0.36	0.0	0	0.00	2.0	15.00	10.00	1.00	0.00
APPLESAUCE: Rosie (Jello)	2/3 CUP	65	93	0	35	1.96	0.20	4.9	47	38.4	0.6	23.8	0.1	0.01	0.00
YOGURT - Strawberry/Banana 4oz	1 EACH	65	120	5	55	0.00	0.00	100.4	502	0.00	4.0	23.1	1.5	1.00	0.00
KETCHUP, #10 Can - Golbon	2 TBSP	50	30	0	380	0.00	0.00	0.0	599	0.00	0.00	8.0	0.00	0.00	0.00
MUSTARD, YELLOW PREPARED	1 TSP	15	4	0	63	0.05	0.10	4.2	0	0.00	0.2	0.3	0.2	0.01	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	75	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00
Weighted Daily Average			865	55	2063	8.54	4.99	571.0	1390	32.67	31.82	133.33	24.29	7.40	0.00
% of Calories											14.7%	61.7%	25.3%	7.7%	0.0%

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 02/08/2010															
Goddard Academy - Lunch	Total	85													
CHEESEBURGER MACARONI	1 1/4 CUP	60	355	30	1254	3.85	1.58	180.1	2836	0.0	17.6	31.0	17.7	6.89	0.00
HOT POCKETS, PEPPERONI - BUL	1 EACH	25	320	10	600	4.00	3.60	350.0	500	0.00	16.0	42.0	10.0	3.00	0.00
GREEN BEANS-Canned,Cookedw/H am	2/3 CUP	65	29	2	340	2.07	1.01	29.0	377	6.1	2.2	5.1	0.3	0.10	0.00
BREADSTICK, GARLIC 6" T Marzet	1 EACH	80	115	0	170	0.50	0.36	0.0	0	1.2	3.0	16.0	4.5	0.75	0.00
PEARS, SLCD, CND, LT SYR, DRND	2/3 CUP	65	114	0	7	2.86	0.52	0.0	0	1.7	0.00	28.6	0.00	0.00	0.00
LITTLE DEBBIE - KRISPIE BAR	1 EACH	70	195	0	226	1.03	0.00	0.0	0	0.00	2.1	35.9	4.6	1.54	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	75	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00
Weighted Daily Average			841	33	1827	8.99	3.68	517.0	2878	8.14	30.42	125.23	24.46	8.21	0.00
% of Calories											14.5%	59.5%	26.2%	8.8%	0.0%

Tue - 02/09/2010															
Goddard Academy - Lunch	Total	85													
CHICKEN, POPCORN - Brd, Ckd	1 CUP	65	255	52	840	0.00	1.62	0.0	0	0.00	18.0	18.0	12.0	2.25	0.00
PIZZA- Whl Grn CHEESE 4x6	1 EACH	20	270	10	750	4.00	4.50	250.0	500	0.00	15.0	33.0	9.0	3.00	0.00
VEGETABLES, MIXED 4-WAY	2/3 CUP	50	53	0	41	2.55	0.74	26.5	654	5.7	2.5	11.7	0.4	0.03	0.00
RICE, INFUSED PILAF -UncleBens	2/3 CUP	70	146	4	639	0.60	1.80	27.8	54	0.00	3.3	29.2	1.8	0.94	0.00
MUFFIN, CHOC.CHIP 2.25 oz.Otis	1 EACH	75	230	45	190	1.00	0.72	40.0	100	0.00	4.0	29.0	12.0	2.50	0.00
SHERBET CUP, RAINBOW 3oz.	1 EACH	70	90	0	25	0.00	0.00	40.0	0	15.00	1.0	21.0	0.5	0.50	0.00
BARBECUE SAUCE - CURLEY'S	2 TBSP	40	50	0	220	0.00	0.36	0.0	0	0.00	0.00	13.00	0.00	0.00	0.00
SALAD DRESS. HV-RanchLight 1oz	EACH 1oz.	15	60	5	370	0.00	0.00	0.0	0	0.00	0.00	7.0	3.0	0.50	0.00
MUSTARD, HONEY - 1oz. Cup	1 EACH	10	70	10	200	0.00	0.00	0.0	0	0.00	0.00	6.0	5.0	1.50	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	75	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00
Weighted Daily Average			848	95	1903	3.82	5.02	430.3	1076	16.77	32.88	123.94	25.87	6.52	0.00
% of Calories											15.5%	58.5%	27.5%	6.9%	0.0%

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 02/10/2010															
Goddard Academy - Lunch	Total	85													
PORK, SUPER RIB ON BUN	1 EACH	65	335	45	810	2.90	3.06	140.0	100	1.2	18.0	42.5	11.7	3.00	0.00
CORN DOG, CHICKEN LowFat	1 EACH	20	240	20	590	5.00	2.70	150.0	0	0.00	9.0	33.0	8.0	2.00	0.00
SALAD, TOSSED: no dressing	3/4 CUP	65	6	0	4	0.45	0.15	7.3	245	3.5	0.3	1.2	0.0	0.00	0.00
POTATOES - JO JO SEASONED	2/3 CUP	75	119	1	273	2.37	0.85	0.0	0	10.7	2.4	17.8	4.7	2.37	0.00
COTTAGE CHEESE, 4oz. LOW FAT	1/2 CUP	45	90	15	450	0.00	0.00	80.0	200	0.00	13.0	5.0	2.5	1.50	0.00
PEACHES, CND, SLCD, LT SYRUP	2/3 CUP	65	93	0	13	1.33	0.00	0.0	397	1.6	1.3	22.5	0.00	0.00	0.00
OREO COOKIES, .78oz. pkg	PKG	75	100	0	105	0.90	1.08	0.0	0	0.00	1.0	16.0	4.5	1.00	0.00
BARBECUE SAUCE - CURLEY'S	2 TBSP	50	50	0	220	0.00	0.36	0.0	0	0.00	0.00	13.00	0.00	0.00	0.00
SALAD DRESS. HV-RanchLight 1oz	EACH 1oz.	55	60	5	370	0.00	0.00	0.0	0	0.00	0.00	7.0	3.0	0.50	0.00
SALAD DRNG, LIGHT ITALIAN	2 TBSP	8	40	0	270	0.00	0.00	0.0	0	0.00	0.00	3.00	3.00	0.50	0.00
SALAD DRESSING, HONEY MUSTARD	2 TBSP	2	130	10	190	0.00	0.00	0.0	0	0.00	0.00	8.0	11.0	1.50	0.00
KETCHUP, #10 Can - Golbon	2 TBSP	55	30	0	380	0.00	0.00	0.0	599	0.00	0.00	8.0	0.00	0.00	0.00
MUSTARD, YELLOW PREPARED	1 TSP	6	4	0	63	0.05	0.10	4.2	0	0.00	0.2	0.3	0.2	0.01	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	75	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00
Weighted Daily Average			841	59	2146	7.64	5.02	455.3	1502	15.28	34.08	129.29	23.54	7.36	0.00
% of Calories											16.2%	61.5%	25.2%	7.9%	0.0%

Thu - 02/11/2010															
Goddard Academy - Lunch	Total	85													
CHICKEN BRD. BREAST PATTIE	1 EACH	70	232	76	495	1.01	1.09	40.4	0	0.00	12.1	12.1	15.2	4.04	0.00
HAMBURGER / BUN	1 EACH	15	270	30	420	1.00	2.88	140.0	100	0.00	19.0	24.0	10.5	5.00	0.00
BROCCOLI W/ CHEESE SAUCE	2/3 CUP	65	34	0	109	2.27	0.46	29.1	1147	30.3	2.4	6.0	0.4	0.14	0.00
POTATOES, MASHED PEARLS-EXCEL	3/4 CUP	80	140	0	626	3.11	0.58	3.5	0	5.6	3.1	26.4	1.6	0.00	0.00
GRAVY, COUNTRY STYLE - Chef's	1/4 CUP	65	48	0	282	0.00	0.01	1.2	0	0.00	0.00	5.8	2.4	1.45	0.00
BISCUITS, 2.5oz.SPLIT, ParBaked	1 EACH	75	220	0	720	0.90	1.80	40.0	100	0.00	4.0	30.0	10.0	5.00	0.00
FRESH FRUIT VARIETY	1 EACH	70	89	0	1	3.54	0.22	29.0	187	38.3	1.2	22.7	0.3	0.06	0.00
MARGARINE, PROMISE, INDIVID.	1 EACH	35	25	0	35	0.00	0.00	0.0	0	0.00	0.00	0.00	2.50	0.50	0.00
JELLY, GRAPE - Portion Cup	1 EACH	55	35	0	10	0.00	0.00	0.0	0	0.00	0.00	9.0	0.00	0.00	0.00
BARBECUE SAUCE - CURLEY'S	2 TBSP	20	50	0	220	0.00	0.36	0.0	0	0.00	0.00	13.00	0.00	0.00	0.00
KETCHUP, #10 Can - Golbon	2 TBSP	13	30	0	380	0.00	0.00	0.0	599	0.00	0.00	8.0	0.00	0.00	0.00
MUSTARD: individual PC	1 EACH	4	3	0	56	0.05	0.09	3.8	0	0.00	0.2	0.3	0.2	0.01	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	75	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00
Weighted Daily Average			868	75	2294	9.38	4.17	408.5	1670	61.04	29.70	123.97	28.75	10.51	0.00
% of Calories											13.7%	57.1%	29.8%	10.9%	0.0%

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Prot	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 02/12/2010															
Goddard Academy - Lunch	Total	85													
PIZZA, PIZZA HUT-VARIETY 11/09	PIECE	85	382	49	1024	2.00	3.14	328.3	570	3.0	17.7	39.0	17.2	8.58	0.00
CHICKEN, GRILLED PATTIE/BUN	1 EACH	0	230	45	630	2.00	2.52	120.0	100	0.00	18.0	26.0	6.0	2.00	0.00
CARROTS - RAW, BABY	1/2 CUP	65	31	0	58	1.78	0.32	17.8	5333	5.3	0.9	7.1	0.00	0.00	0.00
CUCUMBER, with PEEL, RAW	1/8 CUP	45	2	0	0	0.08	0.05	2.6	17	0.5	0.1	0.6	0.0	0.00	0.00
BROCCOLI, raw: fresh	1/8 CUP	40	6	0	5	0.43	0.12	7.8	103	14.7	0.5	1.1	0.1	0.00	0.00
SALAD DRESS. HV-RanchLight 1oz	EACH 1oz.	55	60	5	370	0.00	0.00	0.0	0	0.00	0.00	7.0	3.0	0.50	0.00
CORN, WHL KERNEL-Cut,Ckd,Bld,D	2/3 CUP	70	84	0	0	0.84	0.00	0.0	0	3.0	2.5	17.6	0.8	0.00	0.00
PINEAPPLE CHUNKS,cnd,lt syr,dr	2/3 CUP	65	87	0	2	1.34	0.65	23.4	63	12.5	0.6	22.5	0.2	0.02	0.00
LITTLE DEBBIE - CHOC.DSSRT BA	1 EACH	75	170	10	180	1.00	0.72	0.0	0	0.00	1.0	28.0	6.0	2.00	0.00
MAYO - LIGHT, PACKET KRAFT	PACKET	0	40	5	85	0.00	0.00	0.0	0	0.00	0.00	0.9	4.0	0.50	0.00
MUSTARD, YELLOW PREPARED	1 TSP	0	4	0	63	0.05	0.10	4.2	0	0.00	0.2	0.3	0.2	0.01	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	75	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00
Weighted Daily Average			852	68	1625	6.20	4.60	629.5	5195	27.37	29.15	126.78	25.98	11.10	0.00
% of Calories											13.7%	59.5%	27.4%	11.7%	0.0%

Mon - 02/15/2010															
Goddard Academy - Lunch	Total	85													
CHICKEN NUGGET- CKD,BREAST, BRD	6 EACH	60	276	90	564	1.20	1.30	48.0	0	0.00	14.4	13.2	18.0	4.80	0.00
HAMBURGER / BUN	1 EACH	25	270	30	420	1.00	2.88	140.0	100	0.00	19.0	24.0	10.5	5.00	0.00
GREEN BEANS-Canned,Cookedw/H am	2/3 CUP	55	29	2	340	2.07	1.01	29.0	377	6.1	2.2	5.1	0.3	0.10	0.00
PRETZEL, SOFT w/SALT - 2.5 oz.	1 EACH	70	190	0	160	2.00	1.80	20.0	0	0.00	6.0	40.0	1.0	0.00	0.00
CHEDDAR CHEESE SAUCE	1 1/2 OZ	65	38	0	309	0.00	0.00	12.9	929	0.00	0.3	6.0	0.9	0.40	0.00
JUICE BAR, CHERRY FREEZE - 2oz	1 EACH	65	70	0	10	0.00	0.00	0.0	0	15.0	0.00	16.0	0.00	0.00	0.00
LITTLE DEBBIE-ValentineBrownie	1 EACH	70	210	10	125	0.00	0.72	0.0	0	0.00	2.0	30.0	9.00	2.50	0.00
BARBECUE SAUCE - CURLEY'S	2 TBSP	30	50	0	220	0.00	0.36	0.0	0	0.00	0.00	13.00	0.00	0.00	0.00
MUSTARD, HONEY - 1oz. Cup	1 EACH	10	70	10	200	0.00	0.00	0.0	0	0.00	0.00	6.0	5.0	1.50	0.00
SALAD DRESS. HV-RanchLight 1oz	EACH 1oz.	10	60	5	370	0.00	0.00	0.0	0	0.00	0.00	7.0	3.0	0.50	0.00
SWEET & SOUR SAUCE - 1 oz. Cup	1 EACH	5	50	0	75	0.00	0.00	0.0	0	1.2	0.00	12.0	0.00	0.00	0.00
KETCHUP, #10 Can - Golbon	2 TBSP	27	30	0	380	0.00	0.00	0.0	599	0.00	0.00	8.0	0.00	0.00	0.00
MUSTARD, YELLOW PREPARED	1 TSP	8	4	0	63	0.05	0.10	4.2	0	0.00	0.2	0.3	0.2	0.01	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	75	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00
Weighted Daily Average			869	91	1650	4.13	4.63	385.2	1615	16.52	31.11	124.15	26.64	7.94	0.00
% of Calories											14.3%	57.1%	27.6%	8.2%	0.0%

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USD 265 ACADEMY

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Prot	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 02/16/2010															
Goddard Academy - Lunch	Total	85													
ROTINI PASTA w/MEAT SAUCE	1 1/2 CUP	70	341	12	793	4.43	3.29	47.7	363	8.0	13.7	47.6	10.1	3.15	0.00
CORN DOG, CHICKEN LowFat	1 EACH	15	240	20	590	5.00	2.70	150.0	0	0.00	9.0	33.0	8.0	2.00	0.00
SALAD, TOSSED: no dressing	3/4 CUP	65	6	0	4	0.45	0.15	7.3	245	3.5	0.3	1.2	0.0	0.00	0.00
BREADSTICK, CHEESE FILLED-The Ma	1 EACH	75	164	11	377	0.60	0.90	150.0	187	0.00	8.3	15.9	7.5	2.80	0.00
PEACHES, CND, SLCD, LT SYRUP	2/3 CUP	65	93	0	13	1.33	0.00	0.0	397	1.6	1.3	22.5	0.00	0.00	0.00
LITTLE DEBBIE - CHOC. ZEBRA	1 EACH	65	190	5	150	0.90	1.44	20.0	0	0.00	2.0	26.0	9.00	4.50	0.00
SALAD DRESS. HV-RanchLight 1oz	EACH 1oz.	55	60	5	370	0.00	0.00	0.0	0	0.00	0.00	7.0	3.0	0.50	0.00
SALAD DRNG, LIGHT ITALIAN	2 TBSP	7	40	0	270	0.00	0.00	0.0	0	0.00	0.00	3.00	3.00	0.50	0.00
SALAD DRESSING, HONEY MUSTARD	2 TBSP	3	130	10	190	0.00	0.00	0.0	0	0.00	0.00	8.0	11.0	1.50	0.00
KETCHUP, #10 Can - Golbon	1 TBSP	13	15	0	190	0.00	0.00	0.0	300	0.00	0.00	4.0	0.00	0.00	0.00
MUSTARD, YELLOW PREPARED	1 TSP	4	4	0	63	0.05	0.10	4.2	0	0.00	0.2	0.3	0.2	0.01	0.00
CHEESE, PARMESAN - GRATED	1 TSP	4	15	3	59	0.00	0.00	35.4	0	0.00	1.2	0.00	0.9	0.59	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	75	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00
Weighted Daily Average			863	39	1700	7.11	5.21	500.6	1442	11.53	30.61	123.40	26.97	9.98	0.00
% of Calories											14.2%	57.2%	28.1%	10.4%	0.0%

Wed - 02/17/2010															
Goddard Academy - Lunch	Total	85													
BEEF SOFT TACO	1 EACH	75	295	25	670	2.25	4.05	125.0	125	1.5	15.0	32.7	12.8	4.63	0.00
PIZZA- Whl Grn CHEESE 4x6	1 EACH	10	270	10	750	4.00	4.50	250.0	500	0.00	15.0	33.0	9.0	3.00	0.00
SOUTHWEST SALAD MIX	2/3 CUP	65	41	10	63	0.34	0.12	71.7	242	0.8	2.6	1.2	3.0	1.67	0.00
REFRIED BEANS, DIP	1/2 CUP	55	183	10	566	6.03	1.82	80.1	75	2.4	8.4	24.6	5.2	2.46	0.00
RICE - SPANISH: Uncle Ben's	2/3 CUP	70	176	10	536	0.72	1.31	16.5	274	6.5	3.6	31.0	3.9	2.27	0.00
APPLE BOSCO STICKS - 7"	1 EACH	60	170	0	35	2.00	1.44	0.0	0	0.00	5.0	40.0	2.0	0.00	0.00
TOMATOES - FRESH DICED	1 OZ	40	6	0	3	0.32	0.13	1.4	177	5.3	0.2	1.3	0.1	0.02	0.00
SALSA PICANTE - El Pasado	2 TBSP	60	10	0	151	0.00	0.00	0.0	100	0.00	0.00	2.0	0.00	0.00	0.00
SALAD DRESS. HV-RanchLight 1oz	EACH 1oz.	30	60	5	370	0.00	0.00	0.0	0	0.00	0.00	7.0	3.0	0.50	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	75	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00
Weighted Daily Average			857	54	1952	8.77	7.52	525.3	1223	12.38	36.05	128.44	24.46	9.77	0.00
% of Calories											16.8%	60.0%	25.7%	10.3%	0.0%

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Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Thu - 02/18/2010															
Goddard Academy - Lunch	Total	80													
CHICKEN, GRILLED/BUN w/CHEES	EACH	60	277	55	823	2.00	2.52	186.7	233	0.00	20.7	26.7	10.0	3.33	0.00
PORK, SUPER RIB ON BUN	1 EACH	20	335	45	810	2.90	3.06	140.0	100	1.2	18.0	42.5	11.7	3.00	0.00
CARROTS - RAW, BABY	2/3 CUP	60	41	0	77	2.37	0.43	23.7	7111	7.1	1.2	9.5	0.00	0.00	0.00
RANCH DIPPING CUP	1 EACH	50	160	15	240	0.00	0.00	0.0	0	0.00	0.00	2.0	17.0	2.50	0.00
DORITOS - COOL RANCH	PKG - 1oz.	75	140	0	170	1.00	0.36	20.0	0	0.00	2.0	18.0	7.0	1.00	0.00
FRESH FRUIT VARIETY	1 EACH	65	89	0	1	3.54	0.22	29.0	187	38.3	1.2	22.7	0.3	0.06	0.00
YOGURT CUP, FROZEN CHOC. 3oz	1 EACH	75	90	4	60	0.90	0.72	100.0	0	0.00	3.0	17.0	1.0	0.50	0.00
LETTUCE, SHREDDED	1/3 OZ	30	1	0	1	0.11	0.04	1.7	47	0.3	0.1	0.3	0.0	0.00	0.00
MAYO - LIGHT, PACKET KRAFT	1 EACH	30	40	5	85	0.00	0.00	0.0	0	0.00	0.00	0.9	4.0	0.50	0.00
MUSTARD, YELLOW PREPARED	1 TSP	20	4	0	63	0.05	0.10	4.2	0	0.00	0.2	0.3	0.2	0.01	0.00
BARBECUE SAUCE - CURLEY'S	1 TBSP	20	25	0	110	0.00	0.18	0.0	0	0.00	0.00	6.50	0.00	0.00	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	70	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00
Weighted Daily Average			850	75	1472	8.72	4.25	593.0	6141	37.89	33.62	112.80	31.03	6.87	0.00
% of Calories											15.8%	53.1%	32.9%	7.3%	0.0%

Fri - 02/19/2010															
Goddard Academy - Lunch	Total	85													
PIZZA, PAPA JOHN'S VAR. NOV'09	SLICE	85	318	29	825	2.00	2.43	172.3	200	3.6	12.40	37.0	12.8	5.55	0.00
CHICKEN, GRILLED PATTIE/BUN	1 EACH	0	230	45	630	2.00	2.52	120.0	100	0.00	18.0	26.0	6.0	2.00	0.00
CORN, WHL KERNEL-Cut,Ckd,Bld,D	2/3 CUP	60	84	0	0	0.84	0.00	0.0	0	3.0	2.5	17.6	0.8	0.00	0.00
BREAD, GARLIC TOAST SLICE	1 EACH	70	150	0	260	1.00	0.36	0.0	0	0.00	3.00	15.00	9.00	2.00	0.00
APPLESAUCE: Rosie (Jello)	2/3 CUP	70	93	0	35	1.96	0.20	4.9	47	38.4	0.6	23.8	0.1	0.01	0.00
COOKIE DOUGH,Carnival-Otis1.33	1 EACH	75	160	10	140	0.90	0.72	0.0	300	0.00	2.0	24.0	7.0	3.50	0.00
MAYO - LIGHT, PACKET KRAFT	1 EACH	0	40	5	85	0.00	0.00	0.0	0	0.00	0.00	0.9	4.0	0.50	0.00
MUSTARD, YELLOW PREPARED	1 TSP	0	4	0	63	0.05	0.10	4.2	0	0.00	0.2	0.3	0.2	0.01	0.00
MILK, VARIETY GHS - 12/31/09	1/2 PINT	75	134	8	175	0.00	0.00	300.0	500	1.2	8.0	23.3	0.8	0.47	0.00
Weighted Daily Average			837	45	1346	5.82	3.52	441.0	945	38.45	25.96	123.20	27.74	10.71	0.00
% of Calories											12.4%	58.9%	29.8%	11.5%	0.0%

Mon - 02/22/2010															
Goddard Academy - Lunch	Total	1													
COOK'S CHOICE	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	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%

Tue - 02/23/2010															
Goddard Academy - Lunch	Total	1													
COOK'S CHOICE	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	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%

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 02/24/2010															
Goddard Academy - Lunch	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	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%

Thu - 02/25/2010															
Goddard Academy - Lunch	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	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%

Fri - 02/26/2010															
Goddard Academy - Lunch	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	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%

Weighted Average			852	62	1739	6.88	4.68	491.3	2316	26.92	31.52	124.59	26.07	8.56	0.00
											14.8%	58.5%	27.5%	9.1%	0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	852		846	101%			
Cholesterol (mg)	62		100	62%			
Sodium (mg)	1739		2000	87%			
Fiber (g)	6.88		5.67	121%			
Iron (mg)	4.68		4.50	104%			
Calcium (mg)	491.3		400.00	123%			
Vitamin A (IU)	2316		1500	154%			
Vitamin C (mg)	26.92		19.18	140%			
Protein (g)	31.52	14.80%	16.70	189%			
Carbohydrate (g)	124.59	58.51%	0.00				
Total Fat (g)	26.07	27.54%	<30.00				
Saturated Fat (g)	8.56	9.05%	<10.00				
Trans Fat (g)	0.00	0.00%					

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