

USD 265 ACADEMY

Goddard Academy - Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 03/01/2010															
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,COSMIC	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%

Tue - 03/02/2010															
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,TOSSED: no dressing	3/4 CUP	55	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
APPLE WEDGES, RAW w/SKIN 2oz.	1 EACH	75	35	0	0	2.00	0.18	0.0	50	1.8	0.00	9.0	0.00	0.00	0.00
SALAD DRESS. HV-RanchLight 1oz	EACH 1oz.	75	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 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
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			834	37	1514	9.84	4.97	452.7	5626	20.35	25.16	122.80	25.74	7.76	0.00
% of Calories											12.1%	58.9%	27.8%	8.4%	0.0%

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USD 265 ACADEMY

Goddard Academy - Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 03/03/2010															
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-LowMoisSkimMozz	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
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	70	120	5	55	0.00	0.00	100.4	502	0.00	4.0	23.1	1.5	1.00	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			861	53	1777	5.32	3.88	636.4	2119	37.38	36.68	123.76	25.04	8.76	0.00
% of Calories											17.0%	57.5%	26.2%	9.1%	0.0%

Thu - 03/04/2010															
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 - WhlGm 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	75	150	0	200	1.00	0.36	0.0	0	0.00	2.0	15.00	10.00	1.00	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
ICE CREAM, ORANGE CREAM BAR	1 EACH	70	100	0	15	0.00	0.00	20.0	0	15.0	0.9	19.0	2.0	2.00	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			864	51	2028	8.11	4.86	507.0	1274	16.84	30.16	131.20	25.31	8.33	0.00
% of Calories											14.0%	60.7%	26.4%	8.7%	0.0%

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USD 265 ACADEMY

Goddard Academy - Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 03/05/2010															
Goddard Academy - Lunch	Total	85													
GR. CHEESE SAND - Uncr. 2 oz	1 EACH	60	180	25	550	0.90	1.08	200.0	300	0.00	9.0	16.0	9.0	5.00	0.00
SOUP, TOMATO w/Milk & Water	6 OZ	60	89	3	586	1.56	0.29	57.1	406	4.0	3.1	16.9	1.25	0.67	0.00
PORK, SUPER RIB ON BUN	1 EACH	25	335	45	810	2.90	3.06	140.0	100	1.2	18.0	42.5	11.7	3.00	0.00
SALAD, TossedW/Rom&Spin,NoDres	3/4 CUP	60	6	0	9	0.52	0.33	13.3	905	4.9	0.5	1.2	0.1	0.01	0.00
DORITOS - COOL RANCH	PKG - 1oz.	80	140	0	170	1.00	0.36	20.0	0	0.00	2.0	18.0	7.0	1.00	0.00
TROPICAL FRUIT	2/3 CUP	65	107	0	13	1.34	0.48	0.0	267	40.1	0.00	28.1	0.00	0.00	0.00
LITTLE DEBBIE - CHOC. CUPCAKE	1 EACH	70	190	5	150	0.90	1.44	20.0	0	0.00	2.0	26.0	9.00	4.50	0.00
BARBECUE SAUCE - CURLEY'S	2 TBSP	15	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.	50	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
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	47	1781	5.67	4.05	532.1	1812	38.38	24.73	123.90	27.73	10.33	0.00
% of Calories											11.9%	59.6%	30.0%	11.2%	0.0%

Mon - 03/08/2010															
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 - BULK	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/Ham	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%

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USD 265 ACADEMY

Goddard Academy - Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 03/09/2010															
Goddard Academy - Lunch	Total	85													
WRAP - CHICKEN STRIP,MakeOwn	1 EACH	70	370	45	780	1.00	2.52	120.0	0	1.2	19.0	41.0	15.0	4.00	0.00
PIZZA- Whl Grn CHEESE 4x6	1 EACH	15	270	10	750	4.00	4.50	250.0	500	0.00	15.0	33.0	9.0	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
BEANS, BLACK, CND, DRND,	1/3 CUP	35	78	0	220	2.72	1.25	27.2	4	1.4	4.6	9.5	0.3	0.07	0.00
PRETZELS, TINY TWISTS - 1oz.	1 EACH	75	110	0	450	1.00	1.08	0.0	0	0.00	2.0	23.0	1.0	0.00	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
ICE CREAM SUNDAE,COOKIES/CREAM	EACH	75	90	5	60	0.00	0.72	60.0	300	0.00	2.0	17.0	2.0	1.00	0.00
SALAD DRSNG, 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	35	10	0	151	0.00	0.00	0.0	100	0.00	0.00	2.0	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			837	65	1841	6.71	5.25	550.5	1176	34.77	33.71	124.72	23.12	6.83	0.00
% of Calories											16.1%	59.6%	24.9%	7.3%	0.0%

Wed - 03/10/2010															
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,TOSSD: 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	50	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 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 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	60	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			848	60	2195	7.64	5.02	460.0	1549	15.28	34.84	130.06	23.68	7.45	0.00
% of Calories											16.4%	61.3%	25.1%	7.9%	0.0%

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 03/11/2010															
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	70	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
JUICE BAR, STRAW. BANANA FREEZ	1 EACH	70	80	0	10	0.00	0.00	0.0	0	15.00	0.00	21.0	0.00	0.00	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	45	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	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: 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			858	75	2288	6.46	3.99	384.7	1470	41.86	28.73	121.24	28.65	10.55	0.00
% of Calories											13.4%	56.5%	30.1%	11.1%	0.0%

Fri - 03/12/2010															
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	55	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	65	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	70	87	0	2	1.34	0.65	23.4	63	12.5	0.6	22.5	0.2	0.02	0.00
COOKIE DOUGH, SUGAR-Otis1.33oz	1 EACH	70	171	15	140	0.00	0.72	0.0	400	0.00	2.0	26.0	7.0	4.00	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			844	71	1581	5.36	4.60	631.2	5531	27.98	29.82	123.84	26.42	12.63	0.00
% of Calories											14.1%	58.7%	28.2%	13.5%	0.0%

Mon - 03/15/2010															
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%

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USD 265 ACADEMY

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values

Feb 4, 2010

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Goddard Academy - Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 03/16/2010															
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%
Wed - 03/17/2010															
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 - 03/18/2010															
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 - 03/19/2010															
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%

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USD 265 ACADEMY

Goddard Academy - Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 03/22/2010															
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
HAMBURGER / BUN	1 EACH	20	270	30	420	1.00	2.88	140.0	100	0.00	19.0	24.0	10.5	5.00	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
JUICE BAR, CHERRY FREEZE - 2oz	1 EACH	70	70	0	10	0.00	0.00	0.0	0	15.0	0.00	16.0	0.00	0.00	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	8	70	10	200	0.00	0.00	0.0	0	0.00	0.00	6.0	5.0	1.50	0.00
KETCHUP, #10 Can - Golbon	2 TBSP	18	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	10	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			836	99	1896	3.11	4.65	371.9	1109	16.77	33.02	119.29	25.71	6.55	0.00
% of Calories											15.8%	57.1%	27.7%	7.0%	0.0%

Tue - 03/23/2010															
Goddard Academy - Lunch	Total	85													
ROTINI PASTA w/MEAT SAUCE	1 1/2 CUP	75	333	12	577	4.43	3.29	47.5	363	8.0	13.7	47.6	9.2	3.03	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
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-TheMa	1 EACH	80	164	11	377	0.60	0.90	150.0	187	0.00	8.3	15.9	7.5	2.80	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
YOGURT CUP, FROZEN CHOC. 3oz.	1 EACH	80	90	4	60	0.90	0.72	100.0	0	0.00	3.0	17.0	1.0	0.50	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 DRNGNG, 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	2 TBSP	8	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	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	40	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			828	40	1488	8.44	5.26	582.1	1181	12.10	31.66	126.12	20.84	7.13	0.00
% of Calories											15.3%	60.9%	22.6%	7.7%	0.0%

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USD 265 ACADEMY

Goddard Academy - Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 03/24/2010															
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 Grm 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
LETTUCE, SHREDDED & CHEESE	1/2 CUP	65	30	7	47	0.26	0.09	53.8	182	0.6	1.9	0.9	2.3	1.25	0.00
black bean salsa	1/3 CUP	60	32	0	168	0.91	0.42	9.2	71	0.6	1.5	4.5	0.1	0.02	0.00
CHIPS, BAKED! TOSTITOS SCOOPS	PKG	75	110	0	110	2.00	0.36	20.0	0	0.00	2.0	19.0	2.5	0.00	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	65	170	0	35	2.00	1.44	0.0	0	0.00	5.0	40.0	2.0	0.00	0.00
SALSA PICANTE - El Pasado	2 TBSP	35	10	0	151	0.00	0.00	0.0	100	0.00	0.00	2.0	0.00	0.00	0.00
SALAD DRNG, RANCH, Light-Krft	2 TBSP	20	70	10	370	0.00	0.00	0.0	0	0.00	0.00	7.0	4.5	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			850	47	1702	7.18	6.96	483.3	1066	8.61	33.18	132.50	22.83	7.81	0.00
% of Calories											15.6%	62.4%	24.2%	8.3%	0.0%

Thu - 03/25/2010															
Goddard Academy - Lunch	Total	80													
CHICKEN, GRILLED PATTIE/BUN	1 EACH	60	230	45	630	2.00	2.52	120.0	100	0.00	18.0	26.0	6.0	2.00	0.00
CHEESE, SWISS-Sliced,WrPd-Krog	SLICE	40	71	15	294	0.00	0.00	101.2	202	0.00	4.1	1.0	6.1	2.03	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
SALAD DRESS. HV-RanchLight 1oz	EACH 1oz.	50	60	5	370	0.00	0.00	0.0	0	0.00	0.00	7.0	3.0	0.50	0.00
CHIPS, CHEDDAR SUN CHIP 1oz.	PKG - 1oz.	75	140	0	160	2.00	0.36	0.0	0	0.00	2.0	19.0	6.0	1.00	0.00
ORANGES	1 EACH	70	86	0	0	4.42	0.18	73.6	414	97.9	1.7	21.62	0.2	0.02	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
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	15	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			856	74	1614	10.64	4.22	522.0	6633	92.43	33.27	123.50	26.97	8.41	0.00
% of Calories											15.5%	57.7%	28.4%	8.8%	0.0%

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USD 265 ACADEMY

Goddard Academy - Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 03/26/2010															
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	65	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	75	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	65	93	0	35	1.96	0.20	4.9	47	38.4	0.6	23.8	0.1	0.01	0.00
LITTLE DEBBIE - CHOC. ZEBRA	1 EACH	70	190	5	150	0.90	1.44	20.0	0	0.00	2.0	26.0	9.00	4.50	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			860	40	1359	5.76	4.08	457.2	677	36.37	26.13	123.96	29.55	11.45	0.00
% of Calories											12.2%	57.6%	30.9%	12.0%	0.0%

Mon - 03/29/2010															
Goddard Academy - Lunch	Total	85													
CHICKEN BREAST STRIP-Brakebush	3 EACH	70	240	35	590	2.00	1.80	0.0	0	0.00	14.0	13.0	18.0	4.00	0.00
PIZZA- Whl Grn Pepperoni 4x6	1 EACH	15	270	15	810	4.00	5.40	200.0	500	0.00	15.0	33.0	9.0	3.00	0.00
GREEN BEANS-Canned,Cookedw/Ham	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
PRETZEL, SOFT w/SALT - 2.5 oz.	1 EACH	75	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	70	38	0	309	0.00	0.00	12.9	929	0.00	0.3	6.0	0.9	0.40	0.00
PINEAPPLE CHUNKS,cnd,lt syr,dr	2/3 CUP	80	87	0	2	1.34	0.65	23.4	63	12.5	0.6	22.5	0.2	0.02	0.00
COOKIE DOUGH,ChChip-Otis1.33oz	1 EACH	75	160	10	120	0.90	0.72	0.0	300	0.00	2.0	23.0	8.0	4.00	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
KETCHUP, #10 Can - Golbon	2 TBSP	15	30	0	380	0.00	0.00	0.0	599	0.00	0.00	8.0	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			842	49	1743	7.75	6.26	372.4	2013	17.48	30.83	131.76	26.28	8.19	0.00
% of Calories											14.6%	62.6%	28.1%	8.7%	0.0%

Tue - 03/30/2010															
Goddard Academy - Lunch	Total	85													
MEATBALL SUB SANDWICH	1 Sandwich	65	330	57	547	1.67	2.33	264.9	164	0.8	19.6	25.4	17.3	7.56	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	65	41	0	77	2.37	0.43	23.7	7111	7.1	1.2	9.5	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
CHIPS, RUFFLES ORIGINAL 1oz.	1 EACH	75	160	0	160	1.00	0.00	0.0	0	6.0	2.0	14.0	10.00	1.00	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
PUDDING - CHOCOLATE W/SPLENDA	2/3 CUP	70	135	0	269	1.35	0.48	26.9	0	0.00	1.3	22.9	5.4	0.00	0.00
BARBECUE SAUCE - CURLEY'S	2 TBSP	15	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

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Goddard Academy - Lunch

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average			854	65	1463	8.68	3.47	564.4	6182	44.22	31.01	113.97	32.10	8.16	0.00
% of Calories											14.5%	53.4%	33.8%	8.6%	0.0%

Wed - 03/31/2010															
Goddard Academy - Lunch	Total	85													
TURKEY STICKS BRD - ADVANCE	4 EACH	75	284	29	767	0.76	1.76	22.5	37	0.1	16.1	20.6	14.6	3.60	0.00
HAMBURGER / BUN	1 EACH	10	270	30	420	1.00	2.88	140.0	100	0.00	19.0	24.0	10.5	5.00	0.00
CALIF. VEGGIES W/CHEESE SAUCE	2/3 CUP	65	35	0	127	1.78	0.00	4.2	1414	21.3	1.9	5.5	0.3	0.13	0.00
POTATOES, MASHED BABY REDS-Ida	3/4 CUP	80	124	0	455	2.25	0.42	25.2	0	4.1	2.3	23.7	3.4	1.13	0.00
GRAVY, COUNTRY STYLE - Chef's	1/4 CUP	70	48	0	282	0.00	0.01	1.2	0	0.00	0.00	5.8	2.4	1.45	0.00
ROLLS, Butter & Egg 1.5oz Rich	1 EACH	80	100	20	180	1.00	1.08	0.0	0	0.00	3.0	17.0	2.0	1.00	0.00
LITTLE DEBBIE - CHOC.DSSRT BAR	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
MARGARINE, PROMISE, INDIVID.	1 EACH	65	25	0	35	0.00	0.00	0.0	0	0.00	0.00	0.00	2.50	0.50	0.00
KETCHUP, #10 Can - Golbon	1 TBSP	8	15	0	190	0.00	0.00	0.0	300	0.00	0.00	4.0	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			849	64	2014	6.10	3.95	329.2	1595	21.31	30.76	113.92	29.35	9.62	0.00
% of Calories											14.5%	53.7%	31.1%	10.2%	0.0%

Weighted Average			846	59	1737	7.07	4.66	485.9	2511	29.56	31.14	124.26	25.88	8.64	0.00
											14.7%	58.7%	27.5%	9.2%	0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	846		846	100%			
Cholesterol (mg)	59		100	59%			
Sodium (mg)	1737		2000	87%			
Fiber (g)	7.07		5.67	125%			
Iron (mg)	4.66		4.50	104%			
Calcium (mg)	485.9		400.00	121%			
Vitamin A (IU)	2511		1500	167%			
Vitamin C (mg)	29.56		19.18	154%			
Protein (g)	31.14	14.72%	16.70	186%			
Carbohydrate (g)	124.26	58.72%	0.00				
Total Fat (g)	25.88	27.51%	<30.00				
Saturated Fat (g)	8.64	9.19%	<10.00				
Trans Fat (g)	0.00	0.00%					

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.