

Iowa Department of Education

Oct 7, 2013 thru Oct 11, 2013 Spreadsheet - Portion Values

Sep 9, 2013

Page 1

Lunch K-8

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|------------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Mon - 10/07/2013 | | | | | | | | | | | | | | | |
| Lunch K-8 | Total | 2 | | | | | | | | | | | | | |
| SPAGHETTI AND MEAT SAUCE W | 1 CUP | 2 | 289 | 45 | 352 | 5.32 | 3.98 | 54.9 | 253 | 64 | 5.12 | 20.17 | 38.09 | 7.94 | 2.97 |
| SAUTEED SUMMER SQUASH/ZUC | 1/2 CUP | 2 | 52 | 0 | 3 | 0.90 | 0.33 | 16.2 | 1005 | 22 | 11.61 | 1.03 | 2.42 | 4.68 | 0.73 |
| CHINI | | | | | | | | | | | | | | | |
| GREEN BEANS: frozen,boiled | 1/2 CUP | 2 | 19 | 0 | 1 | 2.03 | 0.45 | 28.4 | 376 | 27 | 2.77 | 1.01 | 4.35 | 0.11 | 0.03 |
| APPLE SLICES CUT 8 | 4 EACH | 1 | 72 | 0 | 1 | 3.31 | 0.17 | 8.3 | 75 | 7 | 6.35 | 0.36 | 19.06 | 0.23 | 0.04 |
| STRAWBERRIES,FRZ,SWTND,SLI | 1/2 CUP | 1 | 122 | 0 | 4 | 2.42 | 0.75 | 14.0 | 31 | 3 | 52.79 | 0.68 | 33.05 | 0.17 | 0.01 |
| CED | | | | | | | | | | | | | | | |
| WHOLE WHEAT BREADSTICK garli | 1 EACH | 2 | 103 | 3 | 110 | 1.37 | 0.72 | 16.5 | 33 | 7 | 0.06 | 2.51 | 14.67 | 4.06 | 1.04 |
| MILK, CHOC SKIM | HALF PINT | 1 | 130 | 5 | 180 | 0.00 | 0.36 | 300.0 | 500 | 100 | 2.4 | 8.0 | 25.0 | 0.0 | 0.00 |
| MILK SKIM | HALF PINT | 1 | 83 | 5 | 103 | 0.00 | 0.07 | 298.9 | 500 | 149 | 0.0 | 8.26 | 12.15 | 0.2 | 0.14 |
| Weighted Daily Average | | | 666 | 53 | 609 | 12.47 | 6.16 | 426.6 | 2220 | 249 | 50.32 | 33.35 | 104.17 | 17.09 | 4.85 |
| % of Calories | | | | | | | | | | | | 20.0% | 62.5% | 23.1% | 6.6% |

| | | | | | | | | | | | | | | | |
|-----------------------------|-----------|---|-----|----|-----|------|------|-------|------|-----|-------|-------|-------|-------|------|
| Tue - 10/08/2013 | | | | | | | | | | | | | | | |
| Lunch K-8 | Total | 2 | | | | | | | | | | | | | |
| BEEF TIPS WITH MASHED POTAT | 1 EACH | 2 | 306 | 66 | 452 | 1.27 | 2.20 | 26.3 | 2 | 0 | 31.32 | 17.47 | 20.25 | 16.63 | 6.21 |
| OES | | | | | | | | | | | | | | | |
| PEAS,SNAP,BLD,DRND,WO SALT | 1/2 CUP | 2 | 34 | 0 | 3 | 2.24 | 1.58 | 33.6 | 824 | 10 | 38.32 | 2.62 | 5.64 | 0.18 | 0.04 |
| ORANGE FRESH WEDGES | 8 EACH | 1 | 45 | 0 | 0 | 2.30 | 0.10 | 38.4 | 216 | 20 | 51.07 | 0.9 | 11.28 | 0.12 | 0.02 |
| BLUEBERRIES,FRZ | 1/2 CUP | 1 | 40 | 0 | 1 | 2.09 | 0.14 | 6.2 | 36 | 6 | 1.94 | 0.33 | 9.43 | 0.5 | 0.04 |
| WG ROLL/BREADSTICK 2 OZ | 1 EACH | 2 | 170 | 0 | 202 | 2.73 | 1.43 | 33.7 | 2 | 0 | 0.11 | 5.01 | 29.1 | 4.19 | 0.65 |
| MILK, CHOC SKIM | HALF PINT | 1 | 130 | 5 | 180 | 0.00 | 0.36 | 300.0 | 500 | 100 | 2.4 | 8.0 | 25.0 | 0.0 | 0.00 |
| MILK SKIM | HALF PINT | 1 | 83 | 5 | 103 | 0.00 | 0.07 | 298.9 | 500 | 149 | 0.0 | 8.26 | 12.15 | 0.2 | 0.14 |
| Weighted Daily Average | | | 658 | 71 | 799 | 8.44 | 5.53 | 415.4 | 1454 | 149 | 97.46 | 33.84 | 83.92 | 21.40 | 7.00 |
| % of Calories | | | | | | | | | | | | 20.6% | 51.0% | 29.3% | 9.6% |

| | | | | | | | | | | | | | | | |
|----------------------------|-----------|---|-----|----|-----|------|------|-------|------|-----|-------|-------|-------|-------|------|
| Wed - 10/09/2013 | | | | | | | | | | | | | | | |
| Lunch K-8 | Total | 2 | | | | | | | | | | | | | |
| CREAMY CHICKEN W/VEGGIES | 3/4 CUP | 2 | 204 | 62 | 130 | 3.16 | 3.49 | 61.5 | 1299 | 270 | 6.51 | 23.24 | 14.31 | 7.42 | 3.08 |
| ANGEL BISCUIT WHOLE WHEAT | 1 EACH | 2 | 135 | 1 | 174 | 1.66 | 1.11 | 41.8 | 9 | 1 | 0.18 | 3.49 | 18.52 | 4.75 | 1.18 |
| MIXED GREENS SALAD | 1 CUP | 2 | 74 | 0 | 27 | 1.12 | 0.85 | 33.6 | 4484 | 287 | 9.71 | 1.21 | 3.24 | 6.67 | 0.94 |
| PEARS,FRESH | 1 EACH | 1 | 96 | 0 | 2 | 5.15 | 0.28 | 14.9 | 38 | 3 | 6.97 | 0.63 | 25.66 | 0.2 | 0.02 |
| PEACHES,CANNED,LIGHT SYRUP | 1/2 CUP | 1 | 68 | 0 | 6 | 1.63 | 0.45 | 3.8 | 444 | 44 | 3.01 | 0.56 | 18.26 | 0.04 | 0.00 |
| MILK, CHOC SKIM | HALF PINT | 1 | 130 | 5 | 180 | 0.00 | 0.36 | 300.0 | 500 | 100 | 2.4 | 8.0 | 25.0 | 0.0 | 0.00 |
| MILK SKIM | HALF PINT | 1 | 83 | 5 | 103 | 0.00 | 0.07 | 298.9 | 500 | 149 | 0.0 | 8.26 | 12.15 | 0.2 | 0.14 |
| Weighted Daily Average | | | 601 | 68 | 477 | 9.33 | 6.04 | 445.7 | 6533 | 707 | 22.60 | 36.67 | 76.61 | 19.05 | 5.27 |
| % of Calories | | | | | | | | | | | | 24.4% | 51.0% | 28.5% | 7.9% |

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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

Iowa Department of Education

Oct 7, 2013 thru Oct 11, 2013 Spreadsheet - Portion Values

Sep 9, 2013

Lunch K-8

Page 2

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Thu - 10/10/2013 | | | | | | | | | | | | | | | |
| Lunch K-8 | Total | 2 | | | | | | | | | | | | | |
| BEEF TACO SALAD | SERVINGS | 2 | 284 | 37 | 242 | 3.19 | 2.01 | 100.2 | 578 | 69 | 6.2 | 16.32 | 22.23 | 13.65 | 3.80 |
| CYCLONE SALAD OHIO MTM | 1/2 CUP | 2 | 164 | 0 | 75 | 3.74 | 0.98 | 35.9 | 462 | 74 | 17.94 | 4.41 | 25.7 | 4.97 | 0.72 |
| MELONS,CANTALOUPE,RAW | 1/2 CUP | 1 | 27 | 0 | 12 | 0.70 | 0.16 | 7.0 | 2638 | 251 | 28.63 | 0.66 | 6.36 | 0.15 | 0.04 |
| SPICED APPLES | 1/2 CUP | 1 | 120 | 0 | 10 | 1.37 | 1.72 | 22.1 | 2 | 0 | 1.11 | 0.56 | 30.28 | 0.06 | 0.01 |
| MILK, CHOC SKIM | HALF PINT | 1 | 130 | 5 | 180 | 0.00 | 0.36 | 300.0 | 500 | 100 | 2.4 | 8.0 | 25.0 | 0.0 | 0.00 |
| MILK SKIM | HALF PINT | 1 | 83 | 5 | 103 | 0.00 | 0.07 | 298.9 | 500 | 149 | 0.0 | 8.26 | 12.15 | 0.2 | 0.14 |
| Weighted Daily Average | | | 628 | 42 | 469 | 7.96 | 4.15 | 450.1 | 2860 | 394 | 40.21 | 29.47 | 84.83 | 18.82 | 4.60 |
| % of Calories | | | | | | | | | | | | 18.8% | 54.0% | 27.0% | 6.6% |
| Fri - 10/11/2013 | | | | | | | | | | | | | | | |
| Lunch K-8 | Total | 2 | | | | | | | | | | | | | |
| GRILLED CHEESE SANDWICH 1 O | 1 EACH | 2 | 276 | 31 | 563 | 3.00 | 1.62 | 835.7 | 339 | 90 | 0.0 | 11.62 | 29.3 | 12.9 | 7.46 |
| SOUP,TOMATO,W WATER,CAMP BELLS | 1/2 CUP | 2 | 50 | 0 | 367 | 1.00 | 0.36 | 11.8 | 250 | 50 | 9.01 | 1.0 | 9.01 | 1.0 | 0.00 |
| CARROT,BABY | 1/2 CUP | 2 | 27 | 0 | 60 | 2.22 | 0.68 | 24.5 | 10555 | 1149 | 1.99 | 0.49 | 6.31 | 0.1 | 0.02 |
| CALICO BEANS BONDURANT-FA RRAR | 1/2 CUP | 2 | 149 | 0 | 216 | 4.36 | 1.44 | 53.5 | 105 | 14 | 1.49 | 6.32 | 32.55 | 1.01 | 0.12 |
| GRAPES,FRESH | 1/2 CUP | 1 | 31 | 0 | 1 | 0.41 | 0.13 | 6.4 | 46 | 5 | 1.84 | 0.29 | 7.89 | 0.16 | 0.05 |
| APRICOTS,CANNED,LIGHT SYRUP | 1/2 CUP | 1 | 80 | 0 | 5 | 2.02 | 0.49 | 13.9 | 1672 | 167 | 3.42 | 0.67 | 20.86 | 0.06 | 0.00 |
| MILK, CHOC SKIM | HALF PINT | 1 | 130 | 5 | 180 | 0.00 | 0.36 | 300.0 | 500 | 100 | 2.4 | 8.0 | 25.0 | 0.0 | 0.00 |
| MILK SKIM | HALF PINT | 1 | 83 | 5 | 103 | 0.00 | 0.07 | 298.9 | 500 | 149 | 0.0 | 8.26 | 12.15 | 0.2 | 0.14 |
| Weighted Daily Average | | | 664 | 36 | 1350 | 11.80 | 4.63 | 1235.1 | 12608 | 1514 | 16.32 | 28.05 | 110.12 | 15.22 | 7.70 |
| % of Calories | | | | | | | | | | | | 16.9% | 66.4% | 20.6% | 10.4% |
| Weighted Average | | | 644 | 54 | 741 | 10.00 | 5.30 | 594.6 | 5135 | 602 | 45.38 | 32.28 | 91.93 | 18.32 | 5.88 |
| | | | | | | | | | | | | 20.1% | 57.1% | 25.6% | 8.2% |

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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

Iowa Department of Education

Oct 7, 2013 thru Oct 11, 2013 Spreadsheet - Portion Values
Lunch K-8

Sep 9, 2013

Page 3

| Nutrient | Menu AVG | Portion | Plan | Cals | Cholst | Sodm | Fiber | Iron | Calc | Vit-A | Vit-A | Vit-C | Protn | Carb | T-Fat | S-Fat |
|-------------------|-------------|-----------|-----------|----------------|-----------|-----------|---------|-------------------------|------|-------|-------|-------|-------|------|-------|-------|
| | | Size | Qty | (kcal) | (mg) | (mg) | (g) | (mg) | (mg) | (IU) | (RE) | (mg) | (g) | (g) | (g) | (g) |
| | | % of Cals | Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) | | | | | | | | |
| Calories | 644 | | 600 - 650 | 100% | | | | | | | | | | | | |
| Cholesterol (mg) | 54 | | 100 | 54% | | | | | | | | | | | | |
| Sodium (mg) | 741 | | 1230 | | | | | | | | | | | | | |
| Fiber (g) | 10.00 | | | | | | | | | | | | | | | |
| Iron (mg) | 5.30 | | | | | | | | | | | | | | | |
| Calcium (mg) | 594.6 | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 5135 | | | | | | | | | | | | | | | |
| Vitamin A (RE) | 602 | | | | | | | | | | | | | | | |
| Vitamin C (mg) | 45.38 | | | | | | | | | | | | | | | |
| Protein (g) | 32.28 | 20.06% | | | | | | | | | | | | | | |
| Carbohydrate (g) | 91.93 | 57.15% | | | | | | | | | | | | | | |
| Total Fat (g) | 18.32 | 25.62% | <=30.00% | | | | | | | | | | | | | |
| Saturated Fat (g) | 5.88 | 8.23% | <10.00% | | | | | | | | | | | | | |

*Target effective with 2014-2015 School Year!

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
***** - denotes combined nutrient totals with either missing or incomplete nutrient data
1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

Iowa Department of Education

Weekly Certification Worksheet

Week of 10/7/2013

Page 1

G - Lunch K-8

| | Mon. | Tues. | Wed. | Thurs. | Fri. | Weekly Total | Weekly Requirement | Weekly Requirement Check | Weekly Fruit Juice Limit Check (<= half of total fruit) | Total Weekly Fruit | Total Weekly Fruit Juice | % of total weekly fruit that is juice | Weekly Requirement Check |
|---|---------------------|-------|-------------------------------|--------|-----------------------|--------------|-------------------------------|--------------------------|---|--------------------|--------------------------|---------------------------------------|--------------------------|
| Fruit: Minimum (cups) | 1 | 1 | 1 | 1 | 1 | 5 | 2.5 | Yes | | 5 | 0 | 0.00% | Yes |
| Vegetables: Minimum (cups) | 1.25 | 1 | 0.75 | 0.875 | 1.375 | 5.25 | 3.75 | Yes | Weekly Vegetable Juice Limit Check (<= half of total Veg) | Total Weekly Veg. | Total Weekly Veg. Juice | % of Total Weekly Veg. that is Juice | Weekly Requirement Check |
| -Dark Green | 0 | 0 | 0.5 | 0 | 0 | 0.5 | 0.5 | Yes | | | | | |
| -Red/Orange | 0.25 | 0 | 0 | 0.125 | 0.875 | 1.25 | 0.75 | Yes | | | | | |
| -Legumes | 0 | 0 | 0 | 0.25 | 0.5 | 0.75 | 0.5 | Yes | | | | | |
| -Starchy | 0 | 1 | 0.25 | 0.125 | 0 | 1.375 | 0.5 | Yes | | | | | |
| -Other | 1 | 0 | 0 | 0.375 | 0 | 1.375 | 0.5 | Yes | | | | | |
| Meat/Meat Alt: Minimum (oz eq) | 2 | 2 | 2 | 2 | 1 | 9 | 9 | Yes | | | | | |
| Meat/Meat Alt: Maximum (oz eq) | 2 | 2 | 2 | 2 | 1 | 9 | 10 | Yes | | | | | |
| Grain: Minimum (oz eq) | 2.5 | 2 | 1.25 | 1 | 2 | 8.75 | 8 | Yes | | | | | |
| Grain: Maximum (oz eq) | 2.5 | 2 | 1.25 | 1 | 2 | 8.75 | 9 | Yes | | | | | |
| Grain Based Dessert Total for all weekly meals | | | | | | 0 | No more than 2 oz | Yes | | | | | |
| Whole Grain Rich Weekly Amount | Weekly Grains Total | 8.75 | Weekly Whole Grain Rich Total | 8.75 | % of Whole Grain Rich | 100% | At least 1/2 whole grain rich | Yes | | | | | |
| | Mon. | Tues. | Wed. | Thurs. | Fri. | Weekly Total | Weekly Requirement | Weekly Requirement Check | | | | | |
| Milk: Minimum (cups) | 2 | 2 | 2 | 2 | 2 | 10 | 5 | Yes | | | | | |
| Variety: Skim/Fat-free unflavored, Skim/fat-free flavored, Low-fat(1% or less) unflavored | Yes | Yes | Yes | Yes | Yes | | | | | | | | |
| Low-fat(1% or less), flavored | | | | | | | | | | | | | |
| Reduced fat(2%) or whole, unflavored and flavored | | | | | | | | | | | | | |

**Cells with this background color signify Requirements not being met!

Iowa Department of Education

Menu Contribution Report

G - Lunch K-8

Page 1

Aug 21, 2013

| No. | Name | Portion Size | Reimb ursable | NSMP Category | Meat Alt OZ | Grains OZ | Fruit Cup | Veg Cup | Milk Cup | Whole Grain OZ | Veg Drk Grn CUP | Veg Red/Org CUP | Veg Starchy CUP | Veg Other CUP | Veg Legume CUP |
|--------------|-----------------------------------|--------------|------------------|------------------|-------------------|--------------|--------------|-------------|-------------|----------------------|-----------------------|-----------------------|-----------------------|---------------------|----------------------|
| Mon | 10/7/2013 | Total | 2 | | | | | | | | | | | | |
| 001895 | SPAGHETTI AND MEAT SAUCE WG | 1 CUP | 2 | | 2.000 | 1.500 | | 0.250 | | 1.500 | | 0.250 | | | |
| 001794 | SAUTEED SUMMER SQUASH/ZUCCHINI | 1/2 CUP | 2 | | | | | 0.500 | | | | | | 0.500 | |
| 000426 | GREEN BEANS: frozen,boiled | 1/2 CUP | 2 | | | | | 0.500 | | | | | | 0.500 | |
| 001910 | APPLE SLICES CUT 8 | 4 EACH | 1 | | | | 0.500 | | | | | | | | |
| 001238 | STRAWBERRIES,FRZ,SWTND,SLIC ED | 1/2 CUP | 1 | | | | 0.500 | | | | | | | | |
| 001905 | WHOLE WHEAT BREADSTICK garlic | 1 EACH | 2 | | | 1.000 | | | | 1.000 | | | | | |
| 001412 | MILK, CHOC SKIM | HALF PINT | 1 | | | | | | 1.000 | | | | | | |
| 000665 | MILK SKIM | HALF PINT | 1 | | | | | | 1.000 | | | | | | |
| Total | | | | | 2 | 2.5 | 1 | 1.25 | 2 | 2.5 | | 0.25 | | 1 | |

| | | | | | | | | | | | | | | | |
|--------------|-----------------------------------|--------------|----------|--|----------|----------|----------|----------|----------|----------|--|--|----------|--|--|
| Tue | 10/8/2013 | Total | 2 | | | | | | | | | | | | |
| 001751 | BEEF TIPS WITH MASHED POTATOES | 1 EACH | 2 | | 2.000 | | | 0.500 | | | | | 0.500 | | |
| 001894 | PEAS,SNAP,BLD,DRND,WO SALT | 1/2 CUP | 2 | | | | | 0.500 | | | | | 0.500 | | |
| 000086 | ORANGE FRESH WEDGES | 8 EACH | 1 | | | | 0.500 | | | | | | | | |
| 005286 | BLUEBERRIES,FRZ | 1/2 CUP | 1 | | | | 0.500 | | | | | | | | |
| 000777 | WG ROLL/BREADSTICK 2 OZ | 1 EACH | 2 | | | 2.000 | | | | 2.000 | | | | | |
| 001412 | MILK, CHOC SKIM | HALF PINT | 1 | | | | | | 1.000 | | | | | | |
| 000665 | MILK SKIM | HALF PINT | 1 | | | | | | 1.000 | | | | | | |
| Total | | | | | 2 | 2 | 1 | 1 | 2 | 2 | | | 1 | | |

| | | | | | | | | | | | | | | | |
|--------------|----------------------------|--------------|----------|--|----------|-------------|----------|-------------|----------|-------------|------------|--|-------------|--|--|
| Wed | 10/9/2013 | Total | 2 | | | | | | | | | | | | |
| 001900 | CREAMY CHICKEN W/VEGGIES | 3/4 CUP | 2 | | 2.000 | | | 0.250 | | | | | 0.250 | | |
| 001229 | ANGEL BISCUIT WHOLE WHEAT | 1 EACH | 2 | | | 1.250 | | | | 1.250 | | | | | |
| 001725 | MIXED GREENS SALAD | 1 CUP | 2 | | | | | 0.500 | | | 0.500 | | | | |
| 000090 | PEARS,FRESH | 1 EACH | 1 | | | | 0.500 | | | | | | | | |
| 000437 | PEACHES,CANNED,LIGHT SYRUP | 1/2 CUP | 1 | | | | 0.500 | | | | | | | | |
| 001412 | MILK, CHOC SKIM | HALF PINT | 1 | | | | | | 1.000 | | | | | | |
| 000665 | MILK SKIM | HALF PINT | 1 | | | | | | 1.000 | | | | | | |
| Total | | | | | 2 | 1.25 | 1 | 0.75 | 2 | 1.25 | 0.5 | | 0.25 | | |

| | | | | | | | | | | | | | | | |
|------------|------------------------|--------------|----------|--|-------|-------|-------|-------|-------|-------|--|-------|-------|-------|-------|
| Thu | 10/10/2013 | Total | 2 | | | | | | | | | | | | |
| 001855 | BEEF TACO SALAD | SERVINGS | 2 | | 2.000 | 1.000 | | 0.375 | | 1.000 | | 0.125 | | 0.250 | |
| 001648 | CYCLONE SALAD OHIO MTM | 1/2 CUP | 2 | | | | | 0.500 | | | | | 0.125 | 0.125 | 0.250 |
| 000081 | MELONS,CANTALOUPE,RAW | 1/2 CUP | 1 | | | | 0.500 | | | | | | | | |
| 000762 | SPICED APPLES | 1/2 CUP | 1 | | | | 0.500 | | | | | | | | |
| 001412 | MILK, CHOC SKIM | HALF PINT | 1 | | | | | | 1.000 | | | | | | |

Iowa Department of Education

Page 2

Menu Contribution Report

Aug 21, 2013

G - Lunch K-8

| No. | Name | Portion Size | Reimb ursable | NSMP Category | Meat Alt OZ | Grains OZ | Fruit Cup | Veg Cup | Milk Cup | Whole Grain OZ | Veg Drk Grn CUP | Veg Red/Org CUP | Veg Starchy CUP | Veg Other CUP | Veg Legume CUP |
|--------|-----------|--------------|------------------|------------------|-------------------|--------------|--------------|------------|-------------|----------------------|-----------------------|-----------------------|-----------------------|---------------------|----------------------|
| 000665 | MILK SKIM | HALF PINT | 1 | | | | | | 1.000 | | | | | | |
| Total | | | | | 2 | 1 | 1 | 0.875 | 2 | 1 | | 0.125 | 0.125 | 0.375 | 0.25 |

| Fri | 10/11/2013 | Total | | | | | | | | | | | | | |
|--------|-----------------------------------|-----------|---|--|-------|-------|-------|-------|-------|-------|--|-------|--|--|-------|
| 001901 | GRILLED CHEESE SANDWICH 1 OZ | 1 EACH | 2 | | 1.000 | 2.000 | | | | 2.000 | | | | | |
| 990064 | SOUP,TOMATO,W WATER,CAMPBELLS | 1/2 CUP | 2 | | | | | 0.375 | | | | 0.375 | | | |
| 000908 | CARROT,BABY | 1/2 CUP | 2 | | | | | 0.500 | | | | 0.500 | | | |
| 000654 | CALICO BEANS BONDURANT- FARRAR | 1/2 CUP | 2 | | | | | 0.500 | | | | | | | 0.500 |
| 000732 | GRAPES,FRESH | 1/2 CUP | 1 | | | | 0.500 | | | | | | | | |
| 000248 | APRICOTS,CANNED,LIGHT SYRUP | 1/2 CUP | 1 | | | | 0.500 | | | | | | | | |
| 001412 | MILK, CHOC SKIM | HALF PINT | 1 | | | | | | 1.000 | | | | | | |
| 000665 | MILK SKIM | HALF PINT | 1 | | | | | | 1.000 | | | | | | |
| Total | | | | | 1 | 2 | 1 | 1.375 | 2 | 2 | | 0.875 | | | 0.5 |

| | | | | | | | | | | | | | | | |
|-------|--|--|--|--|-------|-------|-------|-------|--------|-------|-------|-------|-------|-------|-------|
| Total | | | | | 9.000 | 8.750 | 5.000 | 5.250 | 10.000 | 8.750 | 0.500 | 1.250 | 1.375 | 1.375 | 0.750 |
|-------|--|--|--|--|-------|-------|-------|-------|--------|-------|-------|-------|-------|-------|-------|