

# Edina Public School 273

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Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values  
OLG Elem and Sec. Menu

Feb 5, 2010

|                                | Portion<br>Size | g<br>Carb |
|--------------------------------|-----------------|-----------|
| Mon - 03/01/2010               |                 |           |
| OLG Elem and Sec. Menu         | Total           |           |
| BURRITO,BEAN&CHEESE,SCRATCH    | 1 EACH          | 44.4      |
| SALSA,COMMERCIAL               | 1 FL OZ         | 2.1       |
| EGG ROLL,MINI,SPICY CHICKEN    | 4 EACH          | 26.7      |
| RICE,ORIENTAL FRIED            | 1/2 CUP         | 21.2      |
| CHICKEN PATTY SAND ON WHEAT    | 1 EACH          | 32.0      |
| SUB,TURKEY ESFS                | 1 EACH          | 23.4      |
| SALAD,CHICKEN CAESAR           | 1 EACH          | 14.7      |
| VEGETABLE,MIXED,FRZ,BOILED     | 1/2 CUP         | 11.9      |
| FRUIT MIX,LT SYRUP,CND         | .5 CUP          | 18.1      |
| VB-FRUIT:FRESH,FRZN,CND;#1 MON | SERVING         | 7.0       |
| VB-VEG:FRESH,FRZN,CND;#1       | SERVING         | 10.0      |
| SALAD MIX,TOSSED               | 2 OZ            | 1.9       |
| VB-BREAD BASKET:#1 MONDAY      | SERVING         | 13.6      |
| MILK,WHITE,SKIM                | HALF PINT       | 12.1      |
| MILK,WHITE 1% LOWFAT           | HALF PINT       | 12.2      |
| MILK,CHOCOLATE,FAT FREE        | HALF PINT       | 28.0      |
| JUICE-VARIETY BAR              | 1 each          | 14.8      |
| MARGARINE                      | .5 OZ           | 0.1       |
| JELLY,STRAWBERRY               | 1 TBSP          | 13.3      |
| KETCHUP                        | 2 OZ            | 14.3      |
| MUSTARD                        | .5 OZ           | 0.8       |
| MAYONNAISE,LoFat,No Cholester  | 1 OZ            | 1.9       |
| DRESSING,SALAD,FF RANCH        | 2 TBSP          | 8.6       |
| DRESSING,SALAD,FF/CA/FRENCH    | 2 TBSP          | 8.6       |
| PICKLES,HAMBURGER              | 3 SLICE         | 0.9       |
| Weighted Daily Average         |                 | 100.57    |
| % of Calories                  |                 | 58.5%     |

|                                | Portion<br>Size | g<br>Carb |
|--------------------------------|-----------------|-----------|
| Tue - 03/02/2010               |                 |           |
| OLG Elem and Sec. Menu         | Total           |           |
| PIZZA,CHEESE 4x6 SMART PIZZA   | EACH            | 37.0      |
| PIZZA,PEPP 4X6 SMART           | 1 EACH          | 36.0      |
| VB- PIZZA BAR                  | 1 each          | 48.9      |
| HAMBURGER IN BROTH             | 1 EACH          | 22.8      |
| SUB,TURKEY ESFS                | 1 EACH          | 23.4      |
| SALAD,CHICKEN CAESAR           | 1 EACH          | 14.7      |
| Mandarin Oranges               | 4oz.            | 8.9       |
| VB-FRUIT:FRESH,FRZN,CND;#2 TUE | SERVING         | 21.1      |
| VB-VEG:FRESH,FRZN,CND;#2       | SERVING         | 9.2       |
| SALAD, CAESAR                  | 3oz.            | 12.4      |
| BREAD,WHOLE-WHEAT              | 1 EACH          | 11.6      |
| MILK,WHITE,SKIM                | HALF PINT       | 12.1      |
| MILK,WHITE 1% LOWFAT           | HALF PINT       | 12.2      |
| MILK,CHOCOLATE,FAT FREE        | HALF PINT       | 28.0      |
| JUICE-VARIETY BAR              | 1 each          | 14.8      |
| MARGARINE                      | .5 OZ           | 0.1       |
| JELLY,STRAWBERRY               | 1 TBSP          | 13.3      |
| KETCHUP                        | 2 OZ            | 14.3      |
| MUSTARD                        | .5 OZ           | 0.8       |
| DRESNG,SALAD,MAYO TYPE,REG     | 1 OZ            | 4.0       |
| DRESSING,SALAD,FF RANCH        | 2 TBSP          | 8.6       |
| DRESSING,SALAD,FF/CA/FRENCH    | 2 TBSP          | 8.6       |
| SAUCE,BARBECUE:Commercial      | 1 OZ            | 10.3      |
| PICKLES,HAMBURGER              | 3 SLICE         | 0.9       |
| Weighted Daily Average         |                 | 98.28     |
| % of Calories                  |                 | 57.3%     |

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Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values  
OLG Elem and Sec. Menu

Feb 5, 2010

|                                | Portion<br>Size | g<br>Carb |
|--------------------------------|-----------------|-----------|
| Wed - 03/03/2010               |                 |           |
| OLG Elem and Sec. Menu         | Total           |           |
| SWEET AND SOUR CHICKEN w/SAUCE | #8 SCOOP        | 47.7      |
| CORN DOG,MINI TURKEY 20042CN   | 6 EACH          | 52.7      |
| CHICKEN PATTY SAND ON WHEAT    | 1 EACH          | 32.0      |
| SUB,TURKEY ESFS                | 1 EACH          | 23.4      |
| SALAD,CHICKEN CAESAR           | 1 EACH          | 14.7      |
| BROWN RICE PILAF               | 1/2 CUP         | 30.4      |
| PEACHES,CND,LT SYRUP           | 1/2 CUP         | 18.3      |
| ORANGES,FRESH,WHOLE            | 1 EACH          | 11.3      |
| KIWIFRUIT,FRESH,SLICED         | 1 EACH          | 11.1      |
| VB- Vegetables Wednesday       | 4 oz.           | 8.1       |
| SALAD MIX,TOSSED               | 2 OZ            | 1.9       |
| ROLL,DINNER,WHEAT              | 1 EACH          | 21.0      |
| MILK,WHITE,SKIM                | HALF PINT       | 12.1      |
| MILK,WHITE 1% LOWFAT           | HALF PINT       | 12.2      |
| MILK,CHOCOLATE,FAT FREE        | HALF PINT       | 28.0      |
| JUICE-VARIETY BAR              | 1 each          | 14.8      |
| MAYONNAISE,LoFat,No Cholester  | 1 OZ            | 1.9       |
| MARGARINE                      | .5 OZ           | 0.1       |
| JELLY,STRAWBERRY               | 1 TBSP          | 13.3      |
| KETCHUP                        | 2 OZ            | 14.3      |
| MUSTARD                        | .5 OZ           | 0.8       |
| DRESSING,SALAD,FF/CA/FRENCH    | 2 TBSP          | 8.6       |
| DRESSING,SALAD,FF RANCH        | 2 TBSP          | 8.6       |
| SAUCE,BARBECUE:Commercial      | 1 OZ            | 10.3      |
| Weighted Daily Average         |                 | 138.86    |
| % of Calories                  |                 | 66.2%     |

|                                | Portion<br>Size | g<br>Carb |
|--------------------------------|-----------------|-----------|
| Thu - 03/04/2010               |                 |           |
| OLG Elem and Sec. Menu         | Total           |           |
| Hot Dog, Beef                  | 2 oz.           | 22.0      |
| CHICKEN SAND,BUFFALO DELI      | 1 EACH          | 39.4      |
| CHEESEBURGER IN BROTH          | 1 EACH          | 23.8      |
| SUB,TURKEY ESFS                | 1 EACH          | 23.4      |
| SALAD,CHICKEN CAESAR           | 1 EACH          | 14.7      |
| BEANS,BAKED                    | 1/2 CUP         | 36.1      |
| PEARS,CND,LT SYRUP             | 1/2 CUP         | 19.0      |
| VB-FRUIT:FRESH,FRZN,CND:#4 THU | SERVING         | 10.6      |
| VB-VEG:FRESH,FRZN,CND:#4       | SERVING         | 9.0       |
| SALAD, CAESAR                  | 3oz.            | 12.4      |
| BREAD,WHOLE-WHEAT              | 1 EACH          | 11.6      |
| MILK,WHITE,SKIM                | HALF PINT       | 12.1      |
| MILK,WHITE 1% LOWFAT           | HALF PINT       | 12.2      |
| MILK,CHOCOLATE,FAT FREE        | HALF PINT       | 28.0      |
| JUICE-VARIETY BAR              | 1 each          | 14.8      |
| MARGARINE                      | .5 OZ           | 0.1       |
| JELLY,STRAWBERRY               | 1 TBSP          | 13.3      |
| KETCHUP                        | 2 OZ            | 14.3      |
| MUSTARD                        | .5 OZ           | 0.8       |
| MAYONNAISE,LoFat,No Cholester  | 1 OZ            | 1.9       |
| DRESSING,SALAD,FF RANCH        | 2 TBSP          | 8.6       |
| DRESSING,SALAD,FF/CA/FRENCH    | 2 TBSP          | 8.6       |
| SAUCE,BARBECUE:Commercial      | 1 OZ            | 10.3      |
| PICKLES,HAMBURGER              | 3 SLICE         | 0.9       |
| Weighted Daily Average         |                 | 88.03     |
| % of Calories                  |                 | 51.8%     |

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Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values  
OLG Elem and Sec. Menu

Feb 5, 2010

|                                | Portion<br>Size | g<br>Carb |
|--------------------------------|-----------------|-----------|
| Mon - 03/08/2010               |                 |           |
| OLG Elem and Sec. Menu         | Total           |           |
| Sandwich, Grilled Cheese       | 1 each          | 26.0      |
| Chicken Strips                 | 1 each          | 4.0       |
| CHICKEN PATTY SAND ON WHEAT    | 1 EACH          | 32.0      |
| TURKEY HAM ESFS                | SERVING         | 21.4      |
| SALAD, CHEF EFS                | SERVING         | 10.6      |
| CARROTS,FROZEN,BOILED          | 1/2 CUP         | 5.6       |
| APPLESAUCE,ROSY                | 1/2 CUP         | 24.0      |
| VB-FRUIT:FRESH,FRZN,CND;#1 MON | SERVING         | 7.0       |
| VB-VEG;FRESH,FRZN,CND:#1       | SERVING         | 10.0      |
| SALAD MIX,TOSSED               | 2 OZ            | 1.9       |
| ROLL,DINNER,WHEAT              | 1 EACH          | 21.0      |
| MILK,WHITE,SKIM                | HALF PINT       | 12.1      |
| MILK,WHITE 1% LOWFAT           | HALF PINT       | 12.2      |
| MILK,CHOCOLATE,FAT FREE        | HALF PINT       | 28.0      |
| JUICE-VARIETY BAR              | 1 each          | 14.8      |
| MARGARINE                      | .5 OZ           | 0.1       |
| JELLY,STRAWBERRY               | TBSP            | 13.3      |
| KETCHUP                        | 2 OZ            | 14.3      |
| MUSTARD                        | .5 OZ           | 0.8       |
| MAYONNAISE,LoFat,No Cholester  | 1 OZ            | 1.9       |
| DRESSING,SALAD,FF RANCH        | 2 TBSP          | 8.6       |
| DRESSING,SALAD,FF/CA/FRENCH    | 2 TBSP          | 8.6       |
| SAUCE,BARBECUE:Commercial      | 1 OZ            | 10.3      |
| Weighted Daily Average         |                 | 89.36     |
| % of Calories                  |                 | 63.0%     |

|                                |           |        |
|--------------------------------|-----------|--------|
| Tue - 03/09/2010               |           |        |
| OLG Elem and Sec. Menu         | Total     |        |
| PIZZA,CHEESE 4x6 SMART PIZZA   | EACH      | 37.0   |
| PIZZA,PEPP 4X6 SMART           | 1 EACH    | 36.0   |
| VB- PIZZA BAR                  | 1 each    | 48.9   |
| HAMBURGER IN BROTH             | 1 EACH    | 22.8   |
| TURKEY HAM ESFS                | SERVING   | 21.4   |
| SALAD, CHEF EFS                | SERVING   | 10.6   |
| FRUIT MIX,LT SYRUP,CND         | .5 CUP    | 18.1   |
| VB-FRUIT:FRESH,FRZN,CND;#2 TUE | SERVING   | 21.1   |
| VB-VEG;FRESH,FRZN,CND:#2       | SERVING   | 9.2    |
| SALAD, CAESAR                  | 3oz.      | 12.4   |
| BREAD,WHOLE-WHEAT              | 1 EACH    | 11.6   |
| MILK,WHITE,SKIM                | HALF PINT | 12.1   |
| MILK,WHITE 1% LOWFAT           | HALF PINT | 12.2   |
| MILK,CHOCOLATE,FAT FREE        | HALF PINT | 28.0   |
| JUICE-VARIETY BAR              | 1 each    | 14.8   |
| MARGARINE                      | .5 OZ     | 0.1    |
| JELLY,STRAWBERRY               | 1 TBSP    | 13.3   |
| KETCHUP                        | 2 OZ      | 14.3   |
| MUSTARD                        | .5 OZ     | 0.8    |
| DRESNG,SALAD,MAYO TYPE,REG     | 1 OZ      | 4.0    |
| DRESSING,SALAD,FF RANCH        | 2 TBSP    | 8.6    |
| DRESSING,SALAD,FF/CA/FRENCH    | 2 TBSP    | 8.6    |
| SAUCE,BARBECUE:Commercial      | 1 OZ      | 10.3   |
| PICKLES,HAMBURGER              | 3 SLICE   | 0.9    |
| Weighted Daily Average         |           | 106.98 |
| % of Calories                  |           | 59.1%  |

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Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values  
OLG Elem and Sec. Menu

Feb 5, 2010

|                               | Portion<br>Size | g<br>Carb |
|-------------------------------|-----------------|-----------|
| Wed - 03/10/2010              |                 |           |
| OLG Elem and Sec. Menu        | Total           |           |
| Sloppy Joes on Bun , Edina    | 2oz.            | 34.7      |
| PASTA,RIGATONI,CHEESE Stuffed | 6 EACH          | 35.4      |
| CHICKEN PATTY SAND ON WHEAT   | 1 EACH          | 32.0      |
| TURKEY HAM ESFS               | SERVING         | 21.4      |
| SALAD, CHEF EFS               | SERVING         | 10.6      |
| POTATO,TATER TOTS: OREDA      | 4 OZ            | 27.2      |
| GELATIN WITH APPLE JUICE      | 4 OZ.           | 14.8      |
| ORANGES,FRESH,WHOLE           | 1 EACH          | 11.3      |
| KIWIFRUIT,FRESH,SLICED        | 1 EACH          | 11.1      |
| VB- Vegetables Wednesday      | 4 oz.           | 8.1       |
| SALAD MIX,TOSSED              | 2 OZ            | 1.9       |
| ROLL,DINNER,WHEAT             | 1 EACH          | 21.0      |
| MILK,WHITE,SKIM               | HALF PINT       | 12.1      |
| MILK,WHITE 1% LOWFAT          | HALF PINT       | 12.2      |
| MILK,CHOCOLATE,FAT FREE       | HALF PINT       | 28.0      |
| JUICE-VARIETY BAR             | 1 each          | 14.8      |
| MARGARINE                     | .5 OZ           | 0.1       |
| JELLY,STRAWBERRY              | 1 TBSP          | 13.3      |
| KETCHUP                       | 2 OZ            | 14.3      |
| MUSTARD                       | .5 OZ           | 0.8       |
| MAYONNAISE,LoFat,No Cholester | 1 OZ            | 1.9       |
| DRESSING,SALAD,FF RANCH       | 2 TBSP          | 8.6       |
| DRESSING,SALAD,FF/CA/FRENCH   | 2 TBSP          | 8.6       |
| SAUCE,BARBECUE:Commercial     | 1 OZ            | 10.3      |
| Weighted Daily Average        |                 | 116.84    |
| % of Calories                 |                 | 63.2%     |

|                                | Portion<br>Size | g<br>Carb |
|--------------------------------|-----------------|-----------|
| Thu - 03/11/2010               |                 |           |
| OLG Elem and Sec. Menu         | Total           |           |
| CHICKEN NUGGETS                | 5 EACH          | 11.0      |
| LT09,BURGER,RAGIN' CAJUN       | 1 EACH          | 30.7      |
| CHEESEBURGER IN BROTH          | 1 EACH          | 23.8      |
| TURKEY HAM ESFS                | SERVING         | 21.4      |
| SALAD, CHEF EFS                | SERVING         | 10.6      |
| BEANS,GREEN,FROZEN,BOILED,NO S | 1/2 CUP         | 4.4       |
| PEACHES,CND,LT SYRUP           | 1/2 CUP         | 18.3      |
| VB-FRUIT:FRESH,FRZN,CND:#4 THU | SERVING         | 10.6      |
| VB-VEG:FRESH,FRZN,CND:#4       | SERVING         | 9.0       |
| SALAD, CAESAR                  | 3oz.            | 12.4      |
| BREAD,WHOLE-WHEAT              | 1 EACH          | 11.6      |
| MILK,WHITE,SKIM                | HALF PINT       | 12.1      |
| MILK,WHITE 1% LOWFAT           | HALF PINT       | 12.2      |
| MILK,CHOCOLATE,FAT FREE        | HALF PINT       | 28.0      |
| JUICE-VARIETY BAR              | 1 each          | 14.8      |
| MARGARINE                      | .5 OZ           | 0.1       |
| JELLY,STRAWBERRY               | 1 TBSP          | 13.3      |
| KETCHUP                        | 2 OZ            | 14.3      |
| MUSTARD                        | .5 OZ           | 0.8       |
| DRESSING,SALAD,FF/CA/FRENCH    | 2 TBSP          | 8.6       |
| DRESSING,SALAD,FF RANCH        | 2 TBSP          | 8.6       |
| MAYONNAISE,LoFat,No Cholester  | 1 OZ            | 1.9       |
| SAUCE,BARBECUE:Commercial      | 1 OZ            | 10.3      |
| PICKLES,HAMBURGER              | 3 SLICE         | 0.9       |
| Weighted Daily Average         |                 | 90.78     |
| % of Calories                  |                 | 54.5%     |

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Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values  
OLG Elem and Sec. Menu

Feb 5, 2010

|                                | Portion<br>Size | g<br>Carb |
|--------------------------------|-----------------|-----------|
| Fri - 03/12/2010               |                 |           |
| OLG Elem and Sec. Menu         | Total           |           |
| MACARONI & CHEESE              | 6 OZ            | 23.0      |
| Popcorn Shrimp                 | 14 pieces       | 12.7      |
| FISHWICH                       | 1 EACH          | 37.2      |
| WRAP,THREE CHEESE              | 1 EACH          | 35.6      |
| SALAD,GARDEN                   | SERVING         | 9.7       |
| Broccoli, Fresh Steamed        | 1 Each          | 5.8       |
| Strawberries                   | 4 oz.           | 10.4      |
| VB-FRUIT:FRESH,FRZN,CND:#5FRID | SERVING         | 11.3      |
| VB-COND;SALAD DRESSING:#1      | SERVING         | 0.00      |
| SALAD MIX,TOSSED               | 2 OZ            | 1.9       |
| GRAHAMS,CRACKER,PLN/HONEY/CINN | 3 EACH          | 16.1      |
| MILK,WHITE,SKIM                | HALF PINT       | 12.1      |
| MILK,WHITE 1% LOWFAT           | HALF PINT       | 12.2      |
| MILK,CHOCOLATE,FAT FREE        | HALF PINT       | 28.0      |
| JUICE-VARIETY BAR              | 1 each          | 14.8      |
| MARGARINE                      | .5 OZ           | 0.1       |
| JELLY,STRAWBERRY               | 1 TBSP          | 13.3      |
| KETCHUP                        | 2 OZ            | 14.3      |
| MUSTARD                        | 1/2 OZ          | 0.8       |
| MAYONNAISE,LoFat,No Cholester  | 1 OZ            | 1.9       |
| DRESSING,SALAD,FF RANCH        | 2 TBSP          | 8.6       |
| DRESSING,SALAD,FF/CA/FRENCH    | 2 TBSP          | 8.6       |
| SAUCE,BARBECUE:Commercial      | 1 OZ            | 10.3      |
| Weighted Daily Average         |                 | 87.84     |
| % of Calories                  |                 | 56.0%     |

|                                |           |        |
|--------------------------------|-----------|--------|
| Mon - 03/15/2010               |           |        |
| OLG Elem and Sec. Menu         | Total     |        |
| QUESADILLA,CHEESE 90/10        | EACH      | 34.0   |
| SALSA                          | .5 OZ     | 0.4    |
| CHEESEBURGER IN BROTH          | 1 EACH    | 23.8   |
| POTATO,FRIES,5/16 inch,BKD     | 3 OZ      | 0.00   |
| CHICKEN PATTY SAND ON WHEAT    | 1 EACH    | 32.0   |
| SAND, SUNFLOWER BUTTER & JELLY | 1 each    | 51.6   |
| SALAD,FUN POPEYE SPINACH       | SERVING   | 5.1    |
| SPANISH RICE                   | 1/2 CUP   | 21.4   |
| APPLESAUCE,CND,UNSWTND         | 1/2 CUP   | 13.8   |
| VB-FRUIT:FRESH,FRZN,CND:#1 MON | SERVING   | 7.0    |
| VB-VEG:FRESH,FRZN,CND:#1       | SERVING   | 10.0   |
| SALAD MIX,TOSSED               | 2 OZ      | 1.9    |
| ROLL,DINNER,WHEAT              | 1 EACH    | 21.0   |
| MILK,WHITE,SKIM                | HALF PINT | 12.1   |
| MILK,WHITE 1% LOWFAT           | HALF PINT | 12.2   |
| MILK,CHOCOLATE,FAT FREE        | HALF PINT | 28.0   |
| JUICE-VARIETY BAR              | 1 each    | 14.8   |
| MARGARINE                      | .5 OZ     | 0.1    |
| JELLY,STRAWBERRY               | 1 TBSP    | 13.3   |
| KETCHUP                        | 2 OZ      | 14.3   |
| MUSTARD                        | 1/2 OZ    | 0.8    |
| MAYONNAISE,LoFat,No Cholester  | 1 OZ      | 1.9    |
| DRESSING,SALAD,FF RANCH        | 2 TBSP    | 8.6    |
| DRESSING,SALAD,FF/CA/FRENCH    | 2 TBSP    | 8.6    |
| SAUCE,BARBECUE:Commercial      | 1 OZ      | 10.3   |
| Weighted Daily Average         |           | 118.70 |
| % of Calories                  |           | 58.3%  |

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OLG Elem and Sec. Menu

Feb 5, 2010

|                                | Portion<br>Size | g<br>Carb |
|--------------------------------|-----------------|-----------|
| Tue - 03/16/2010               |                 |           |
| OLG Elem and Sec. Menu         | Total           |           |
| PIZZA,CHEESE,SMART 50/50       | 1 EACH          | 34.0      |
| PIZZA,PEPP 4X6 SMART           | 1 EACH          | 36.0      |
| VB- PIZZA BAR                  | 1 each          | 48.9      |
| HAMBURGER IN BROTH             | 1 EACH          | 22.8      |
| SAND, SUNFLOWER BUTTER & JELLY | 1 each          | 51.6      |
| SALAD,FUN POPEYE SPINACH       | SERVING         | 5.1       |
| Mandarin Oranges               | 4oz.            | 8.9       |
| VB-FRUIT:FRESH,FRZN,CND;#2 TUE | SERVING         | 21.1      |
| VB-VEG:FRESH,FRZN,CND:#2       | SERVING         | 9.2       |
| SALAD, CAESAR                  | 3oz.            | 12.4      |
| BREAD,WHOLE-WHEAT              | 1 EACH          | 11.6      |
| MILK,WHITE,SKIM                | HALF PINT       | 12.1      |
| MILK,WHITE 1% LOWFAT           | HALF PINT       | 12.2      |
| MILK,CHOCOLATE,FAT FREE        | HALF PINT       | 28.0      |
| JUICE-VARIETY BAR              | 1 each          | 14.8      |
| MARGARINE                      | .5 OZ           | 0.1       |
| JELLY,STRAWBERRY               | 1 TBSP          | 13.3      |
| KETCHUP                        | 2 OZ            | 14.3      |
| MUSTARD                        | .5 OZ           | 0.8       |
| DRESNG,SALAD,MAYO TYPE,REG     | 1 OZ            | 4.0       |
| DRESSING,SALAD,FF RANCH        | 2 TBSP          | 8.6       |
| DRESSING,SALAD,FF/CA/FRENCH    | 2 TBSP          | 8.6       |
| SAUCE,BARBECUE:Commercial      | 1 OZ            | 10.3      |
| PICKLES,HAMBURGER              | 3 SLICE         | 0.9       |
| Weighted Daily Average         |                 | 108.74    |
| % of Calories                  |                 | 55.4%     |

|                                |           |        |
|--------------------------------|-----------|--------|
| Wed - 03/17/2010               |           |        |
| OLG Elem and Sec. Menu         | Total     |        |
| NACHOS,BEEF*CH SUPR:MIX LOL SC | SERVING   | 30.6   |
| LETTUCE & TOMATO TOPPING       | 2 OZ      | 1.9    |
| SALSA,COMMERCIAL               | 1/2 FL OZ | 1.0    |
| CORN DOG,TURKEY,MINI           | 6 EACH    | 33.0   |
| CHICKEN PATTY SAND ON WHEAT    | 1 EACH    | 32.0   |
| SAND, SUNFLOWER BUTTER & JELLY | 1 each    | 51.6   |
| SALAD,FUN POPEYE SPINACH       | SERVING   | 5.1    |
| VEGETABLE,MIXED,FRZ,BOILED     | 1/2 CUP   | 11.9   |
| PEACHES,CND,LT SYRUP           | 1/2 CUP   | 18.3   |
| ORANGES,FRESH,WHOLE            | 1 EACH    | 11.3   |
| KIWIFRUIT,FRESH,SLICED         | 1 EACH    | 11.1   |
| VB- Vegetables Wednesday       | 4 oz.     | 8.1    |
| ROLL,DINNER,WHEAT              | 1 EACH    | 21.0   |
| MILK,WHITE,SKIM                | HALF PINT | 12.1   |
| MILK,WHITE 1% LOWFAT           | HALF PINT | 12.2   |
| MILK,CHOCOLATE,FAT FREE        | HALF PINT | 28.0   |
| JUICE-VARIETY BAR              | 1 each    | 14.8   |
| MARGARINE                      | .5 OZ     | 0.1    |
| JELLY,STRAWBERRY               | 1 TBSP    | 13.3   |
| KETCHUP                        | 2 OZ      | 14.3   |
| MUSTARD                        | .5 OZ     | 0.8    |
| MAYONNAISE,LoFat,No Cholestero | 1 OZ      | 1.9    |
| DRESSING,SALAD,FF/CA/FRENCH    | 2 TBSP    | 8.6    |
| DRESSING,SALAD,FF RANCH        | 2 TBSP    | 8.6    |
| SAUCE,BARBECUE:Commercial      | 1 OZ      | 10.3   |
| Weighted Daily Average         |           | 124.13 |
| % of Calories                  |           | 63.4%  |

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Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values  
OLG Elem and Sec. Menu

Feb 5, 2010

|                                | Portion<br>Size | g<br>Carb |
|--------------------------------|-----------------|-----------|
| Thu - 03/18/2010               |                 |           |
| OLG Elem and Sec. Menu         | Total           |           |
| Lasagna Roll-ups               | 1 Each          | 24.8      |
| CHICKEN,POPCORN                | 6 OZ            | 30.6      |
| POTATO,1/2",CRINKLE CUT,BKD    | 3 OZ            | 21.3      |
| CHEESEBURGER IN BROTH          | 1 EACH          | 23.8      |
| SAND, SUNFLOWER BUTTER & JELLY | 1 each          | 51.6      |
| SALAD,FUN POPEYE SPINACH       | SERVING         | 5.1       |
| CORN,SWEET YELLOW,Frozen       | 1/2 CUP         | 15.8      |
| FRUIT MIX,LT SYRUP,CND         | .5 CUP          | 18.1      |
| VB-FRUIT:FRESH,FRZN,CND:#4 THU | SERVING         | 10.6      |
| VB-VEG:FRESH,FRZN,CND:#4       | SERVING         | 9.0       |
| SALAD, CAESAR                  | 3oz.            | 12.4      |
| BREAD,WHOLE-WHEAT              | 1 EACH          | 11.6      |
| MILK,WHITE,SKIM                | HALF PINT       | 12.1      |
| MILK,WHITE 1% LOWFAT           | HALF PINT       | 12.2      |
| MILK,CHOCOLATE,FAT FREE        | HALF PINT       | 28.0      |
| JUICE-VARIETY BAR              | 1 each          | 14.8      |
| MARGARINE                      | .5 OZ           | 0.1       |
| JELLY,STRAWBERRY               | 1 TBSP          | 13.3      |
| KETCHUP                        | 2 OZ            | 14.3      |
| MUSTARD                        | .5 OZ           | 0.8       |
| MAYONNAISE,LoFat,No Cholester  | 1 OZ            | 1.9       |
| DRESSING,SALAD,FF/CA/FRENCH    | 2 TBSP          | 8.6       |
| DRESSING,SALAD,FF RANCH        | 2 TBSP          | 8.6       |
| SAUCE,BARBECUE:Commercial      | 1 OZ            | 10.3      |
| PICKLES,HAMBURGER              | 3 SLICE         | 0.9       |
| Weighted Daily Average         |                 | 102.26    |
| % of Calories                  |                 | 52.6%     |

|                                | Portion<br>Size | g<br>Carb |
|--------------------------------|-----------------|-----------|
| Fri - 03/19/2010               |                 |           |
| OLG Elem and Sec. Menu         | Total           |           |
| CHILI,VEGETARIAN               | 7 OZ            | 16.1      |
| PASTA,FETTUCCHINI,ALFREDO      | 12 OZ           | 72.2      |
| TARTAR SAUCE                   | 2 TBSP          | 7.9       |
| FISH PORTIONS,AK POLL,RED FAT  | 1 EACH          | 12.0      |
| SAND, SUNFLOWER BUTTER & JELLY | 1 each          | 51.6      |
| SALAD,FUN POPEYE SPINACH       | SERVING         | 5.1       |
| CARROTS,FROZEN,BOILED          | 1/2 CUP         | 5.6       |
| PINEAPPLE,CND,LIGHT SYRUP      | .5 CUP          | 16.9      |
| VB-FRUIT:FRESH,FRZN,CND:#5FRID | SERVING         | 11.3      |
| VB-VEG:FRESH,FRZN,CND:#5       | SERVING         | 6.6       |
| SALAD MIX,TOSSED               | 2 OZ            | 1.9       |
| MUFFIN,CORN,MINI               | 1 EACH          | 29.0      |
| MILK,WHITE,SKIM                | HALF PINT       | 12.1      |
| MILK,WHITE 1% LOWFAT           | HALF PINT       | 12.2      |
| MILK,CHOCOLATE,FAT FREE        | HALF PINT       | 28.0      |
| JUICE-VARIETY BAR              | 1 each          | 14.8      |
| MARGARINE                      | .5 OZ           | 0.1       |
| JELLY,STRAWBERRY               | 1 TBSP          | 13.3      |
| KETCHUP                        | 2 OZ            | 14.3      |
| MUSTARD                        | 1/2 OZ          | 0.8       |
| MAYONNAISE,LoFat,No Cholester  | 1 OZ            | 1.9       |
| DRESSING,SALAD,FF RANCH        | 2 TBSP          | 8.6       |
| DRESSING,SALAD,FF/CA/FRENCH    | 2 TBSP          | 8.6       |
| SAUCE,BARBECUE:Commercial      | 1 OZ            | 10.3      |
| Weighted Daily Average         |                 | 122.97    |
| % of Calories                  |                 | 70.6%     |

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Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values  
OLG Elem and Sec. Menu

Feb 5, 2010

|                                | Portion<br>Size | g<br>Carb |
|--------------------------------|-----------------|-----------|
| Mon - 03/22/2010               |                 |           |
| OLG Elem and Sec. Menu         | Total           |           |
| TURKEY DICED w/GRAVY           | SERVING(S)      | 8.5       |
| CHICKEN BITES W/TERIYAKI SC    | 4 EACH          | 8.2       |
| CHICKEN PATTY SAND ON WHEAT    | 1 EACH          | 32.0      |
| WRAP,TURKEY & CHEESE           | 1 EACH          | 19.7      |
| SALAD,CHICKEN CAESAR           | EACH            | 14.7      |
| Potatoes, Fresh Mashed         | 4oz.            | 17.4      |
| PEACHES,CND,LT SYRUP           | 1/2 CUP         | 18.3      |
| VB-FRUIT:FRESH,FRZN,CND;#1 MON | SERVING         | 7.0       |
| VB-VEG:FRESH,FRZN,CND:#1       | SERVING         | 10.0      |
| SALAD MIX,TOSSED               | 2 OZ            | 1.9       |
| ROLL,DINNER,WHEAT              | 1 EACH          | 21.0      |
| MILK,WHITE,SKIM                | HALF PINT       | 12.1      |
| MILK,WHITE 1% LOWFAT           | HALF PINT       | 12.2      |
| MILK,CHOCOLATE,FAT FREE        | HALF PINT       | 28.0      |
| JUICE-VARIETY BAR              | 1 each          | 14.8      |
| MARGARINE                      | .5 OZ           | 0.1       |
| JELLY,STRAWBERRY               | 1 TBSP          | 13.3      |
| KETCHUP                        | 2 OZ            | 14.3      |
| MUSTARD                        | .5 OZ           | 0.8       |
| MAYONNAISE,LoFat,No Cholester  | 1 OZ            | 1.9       |
| DRESSING,SALAD,FF RANCH        | 2 TBSP          | 8.6       |
| DRESSING,SALAD,FF/CA/FRENCH    | 2 TBSP          | 8.6       |
| SAUCE,BARBECUE:Commercial      | 1 OZ            | 10.3      |
| Weighted Daily Average         |                 | 91.57     |
| % of Calories                  |                 | 56.9%     |

|                                |           |        |
|--------------------------------|-----------|--------|
| Tue - 03/23/2010               |           |        |
| OLG Elem and Sec. Menu         | Total     |        |
| PIZZA,CHEESE 4x6 SMART PIZZA   | EACH      | 37.0   |
| PIZZA,PEPP 4X6 SMART           | 1 EACH    | 36.0   |
| VB- PIZZA BAR                  | 1 each    | 48.9   |
| HAMBURGER IN BROTH             | 1 EACH    | 22.8   |
| WRAP,TURKEY & CHEESE           | 1 EACH    | 19.7   |
| SALAD,CHICKEN CAESAR           | 1 EACH    | 14.7   |
| Mandarin Oranges               | 4oz.      | 8.9    |
| VB-FRUIT:FRESH,FRZN,CND;#2 TUE | SERVING   | 21.1   |
| VB-VEG:FRESH,FRZN,CND:#2       | SERVING   | 9.2    |
| SALAD, CAESAR                  | 3oz.      | 12.4   |
| BREAD,WHOLE-WHEAT              | 1 EACH    | 11.6   |
| MILK,WHITE,SKIM                | HALF PINT | 12.1   |
| MILK,WHITE 1% LOWFAT           | HALF PINT | 12.2   |
| MILK,CHOCOLATE,FAT FREE        | HALF PINT | 28.0   |
| JUICE-VARIETY BAR              | 1 each    | 14.8   |
| MARGARINE                      | .5 OZ     | 0.1    |
| JELLY,STRAWBERRY               | 1 TBSP    | 13.3   |
| KETCHUP                        | 2 OZ      | 14.3   |
| MUSTARD                        | .5 OZ     | 0.8    |
| DRESNG,SALAD,MAYO TYPE,REG     | 1 OZ      | 4.0    |
| DRESSING,SALAD,FF RANCH        | 2 TBSP    | 8.6    |
| DRESSING,SALAD,FF/CA/FRENCH    | 2 TBSP    | 8.6    |
| SAUCE,BARBECUE:Commercial      | 1 OZ      | 10.3   |
| PICKLES,HAMBURGER              | 3 SLICE   | 0.9    |
| Weighted Daily Average         |           | 103.24 |
| % of Calories                  |           | 57.4%  |

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Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values  
OLG Elem and Sec. Menu

Feb 5, 2010

|                                | Portion<br>Size | g<br>Carb |
|--------------------------------|-----------------|-----------|
| Wed - 03/24/2010               |                 |           |
| OLG Elem and Sec. Menu         | Total           |           |
| Taco, Beef Crumbles,Soft Shell | Tortilla 8"     | 23.3      |
| LETTUCE & TOMATO TOPPING       | 2 OZ            | 1.9       |
| SALSA,COMMERCIAL               | 1/2 FL OZ       | 1.0       |
| CHICKEN PATTY SAND ON WHEAT    | 1 EACH          | 32.0      |
| TACO IN A BAG                  | 1 EACH          | 29.5      |
| WRAP,TURKEY & CHEESE           | 1 EACH          | 19.7      |
| SALAD,CHICKEN CAESAR           | 1 EACH          | 14.7      |
| BEANS,GREEN,FROZEN,BOILED,NO S | 1/2 CUP         | 4.4       |
| PEARS,CND,LT SYRUP             | 1/2 CUP         | 19.0      |
| ORANGES,FRESH,WHOLE            | 1 EACH          | 11.3      |
| KIWIFRUIT,FRESH,SLICED         | 1 EACH          | 11.1      |
| VB- Vegetables Wednesday       | 4 oz.           | 8.1       |
| SALAD MIX,TOSSED               | 2 OZ            | 1.9       |
| ROLL,DINNER,WHEAT              | 1 EACH          | 21.0      |
| MILK,WHITE,SKIM                | HALF PINT       | 12.1      |
| MILK,WHITE 1% LOWFAT           | HALF PINT       | 12.2      |
| MILK,CHOCOLATE,FAT FREE        | HALF PINT       | 28.0      |
| JUICE-VARIETY BAR              | 1 each          | 14.8      |
| MARGARINE                      | .5 OZ           | 0.1       |
| JELLY,STRAWBERRY               | 1 TBSP          | 13.3      |
| KETCHUP                        | 2 OZ            | 14.3      |
| MUSTARD                        | .5 OZ           | 0.8       |
| MAYONNAISE,LoFat,No Cholester  | 1 OZ            | 1.9       |
| DRESSING,SALAD,FF RANCH        | 2 TBSP          | 8.6       |
| DRESSING,SALAD,FF/CA/FRENCH    | 2 TBSP          | 8.6       |
| SAUCE,BARBECUE:Commercial      | 1 OZ            | 10.3      |
| Weighted Daily Average         |                 | 104.29    |
| % of Calories                  |                 | 56.9%     |

|                                |           |      |
|--------------------------------|-----------|------|
| Thu - 03/25/2010               |           |      |
| OLG Elem and Sec. Menu         | Total     |      |
| FRENCH TOAST STICKS #67400     | 4 EACH    | 42.0 |
| SAUSAGE LINKS,TURKEY           | 2 EACH    | 0.00 |
| SYRUP,PANCAKE                  | 1 FL OZ   | 24.6 |
| BARBECUED BEEF ON A ROLL:SAUCE | 1 EACH    | 26.9 |
| POTATO,TATER TOTS: OREDA       | 3 OZ      | 20.4 |
| CHEESEBURGER IN BROTH          | 1 EACH    | 23.8 |
| WRAP,TURKEY & CHEESE           | 1 EACH    | 19.7 |
| SALAD,CHICKEN CAESAR           | 1 EACH    | 14.7 |
| CARROTS,FROZEN,BOILED          | 1/2 CUP   | 5.6  |
| PINEAPPLE,CND,LIGHT SYRUP      | 1/2 CUP   | 16.9 |
| VB-FRUIT:FRESH,FRZN,CND:#4 THU | SERVING   | 10.6 |
| VB-VEG:FRESH,FRZN,CND:#4       | SERVING   | 9.0  |
| SALAD, CAESAR                  | 3oz.      | 12.4 |
| BREAD,WHOLE-WHEAT              | 1 EACH    | 11.6 |
| MILK,WHITE,SKIM                | HALF PINT | 12.1 |
| MILK,WHITE 1% LOWFAT           | HALF PINT | 12.2 |
| MILK,CHOCOLATE,FAT FREE        | HALF PINT | 28.0 |
| JUICE-VARIETY BAR              | 1 each    | 14.8 |
| MARGARINE                      | .5 OZ     | 0.1  |
| JELLY,STRAWBERRY               | 1 TBSP    | 13.3 |
| KETCHUP                        | 2 OZ      | 14.3 |
| MUSTARD                        | .5 OZ     | 0.8  |
| MAYONNAISE,LoFat,No Cholester  | 1 OZ      | 1.9  |
| DRESSING,SALAD,FF RANCH        | 2 TBSP    | 8.6  |
| DRESSING,SALAD,FF/CA/FRENCH    | 2 TBSP    | 8.6  |
| SAUCE,BARBECUE:Commercial      | 1 OZ      | 10.3 |
| PICKLES,HAMBURGER              | 3 SLICE   | 0.9  |

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Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Portion Values  
OLG Elem and Sec. Menu

Feb 5, 2010

|                        | Portion<br>Size | g<br>Carb |
|------------------------|-----------------|-----------|
| Weighted Daily Average |                 | 115.83    |
| % of Calories          |                 | 53.6%     |

| Fri - 03/26/2010               |           |       |
|--------------------------------|-----------|-------|
| OLG Elem and Sec. Menu         | Total     |       |
| RAVIOLI,CHEESE                 | 5 EACH    | 36.4  |
| Popcorn Shrimp                 | 14 pieces | 12.7  |
| FISHWICH                       | 1 EACH    | 37.2  |
| WRAP,THREE CHEESE              | 1 EACH    | 35.6  |
| SALAD,GARDEN                   | SERVING   | 9.7   |
| Broccoli, Fresh Steamed        | 1 Each    | 5.8   |
| APPLESAUCE,CND,UNSWTND         | 1/2 CUP   | 13.8  |
| VB-FRUIT:FRESH,FRZN,CND:#5FRID | SERVING   | 11.3  |
| VB-VEG:FRESH,FRZN,CND:#5       | SERVING   | 6.6   |
| SALAD MIX,TOSSED               | 2 OZ      | 1.9   |
| GRAHAMS,CRACKER,PLN/HONEY/CINN | 3 EACH    | 16.1  |
| MILK,WHITE,SKIM                | HALF PINT | 12.1  |
| MILK,WHITE 1% LOWFAT           | HALF PINT | 12.2  |
| MILK,CHOCOLATE,FAT FREE        | HALF PINT | 28.0  |
| JUICE-VARIETY BAR              | 1 each    | 14.8  |
| MARGARINE                      | .5 OZ     | 0.1   |
| JELLY,STRAWBERRY               | 1 TBSP    | 13.3  |
| KETCHUP                        | 2 OZ      | 14.3  |
| MUSTARD                        | 1/2 OZ    | 0.8   |
| MAYONNAISE,LoFat,No Cholester  | 1 OZ      | 1.9   |
| DRESSING,SALAD,FF RANCH        | 2 TBSP    | 8.6   |
| DRESSING,SALAD,FF/CA/FRENCH    | 2 TBSP    | 8.6   |
| SAUCE,BARBECUE:Commercial      | 1 OZ      | 10.3  |
| Weighted Daily Average         |           | 72.72 |
| % of Calories                  |           | 57.1% |

|                  |  |        |
|------------------|--|--------|
| Weighted Average |  | 104.32 |
|                  |  | 58.5%  |

| Nutrient         | Menu AVG | % of Cals | Target | % of Target | Miss Data | Shortfall | Error Messages (if any) |
|------------------|----------|-----------|--------|-------------|-----------|-----------|-------------------------|
| Carbohydrate (g) | 104.32   | 58.53%    | 0.00   |             |           |           |                         |

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

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