

FULL PAY \$13.75 A WEEK
 REDUCED \$2.00 A WEEK
 ADULT \$2.75 - BREAKFAST, MILK INCLUDED
 ADULT LUNCH - \$3.75, MILK INCLUDED
 A LA CARTE MILK \$.40

WE SERVE BEEF, PORK AND POULTRY
 PRODUCTS. MENU SUBJECT TO CHANGE
 WITHOUT NOTICE.



JUNE

HIGH SCHOOL BRUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 WAFFLES SYRUP SAUSAGE PATTIE PEACHES GRAHAM CRACKERS MILK - Variety	2 WARM SOFT PRETZEL CHEESE SAUCE PINEAPPLE MILK - Variety	3 ASSORTED CEREAL WHITE TOAST JELLY PK. ORANGE JUICE MILK - Variety	4 NO BREAKFAST

CARSON CITY SCHOOL DISTRICT & THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

Allergen Notice: Some menu items may contain ingredients like, soy, eggs, wheat, fish and peanut oils.

GO TO: WWW.Cafeprepay.com
To pay for breakfast and lunch.
It's the fastest way to pay for meals.

CHARGED MEAL POLICY:
One meal can be charged with payment to be made the next day. If payment is not received, a replacement meal of a cheese sandwich will be given up to 3 days. After 3 days, only crackers and milk will be given out, until payment has been made.

THE NUTRITION STAFF WISHES YOU A SAFE AND FUN FILLED SUMMER!!!

Carson City School District

Jun 1, 2010 thru Jun 11, 2010 Spreadsheet - Weighted Values

Jun 2, 2010

HIGH SCHOOL BRUNCH

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 06/01/2010																
HIGH SCHOOL BRUNCH	Total	60														
WAFFLES,PLN,FRZ,RTH	2 EACH	60	200	10	447	1.54	3.93	215.6	890	269	0.00	4.5	30.1	6.8	1.07	*0.00
SYRUP, PANCAKE	PK.	60	25	0	27	0.00	0.00	1.5	0	0	0.00	0.00	6.7	0.00	0.00	*0.00
SAUSAGE PATTIE - JONES 1.5 O	1 EACH	57	171	29	266	0.00	0.00	0.0	0	0	0.00	5.7	1.0	16.1	0.00	0.00
PEACHES: canned,light syrup	1/2 CUP	55	62	0	6	1.50	0.41	3.5	407	40	2.8	0.5	16.7	0.0	0.00	*0.00
CRACKERS, GRAHAM 1 oz. pkg.	1each pkg.	35	70	0	100	0.46	0.62	4.0	0	0	0.00	1.1	12.7	1.7	0.25	*0.00
MILK - Variety	HALF PINT	57	142	8	138	1.01	0.49	273.5	464	140	1.8	7.7	22.8	2.4	1.46	*0.00
Weighted Daily Average			669	46	984	4.51	5.46	498.1	1761	449	4.58	19.60	89.97	27.00	2.79	*0.00
% of Calories												11.7%	53.8%	36.3%	3.7%	0.0%

Wed - 06/02/2010																
HIGH SCHOOL BRUNCH	Total	60														
Pretzel Buns,Soft:J&J Snackfoo	5 OZ.	60	367	0	330	2.67	0.00	0.0	0	0	0.00	11.7	80.0	8.3	2.17	*0.00
CHEESE SAUCE MUCHO QUES	2 OZ.	60	87	20	553	0.00	0.24	200.0	200	40	0.00	5.3	2.7	6.0	4.00	0.00
O JALAP																
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	55	60	0	1	0.92	0.45	16.2	44	1	8.7	0.4	15.5	0.1	0.01	*0.00
MILK - Variety	HALF PINT	56	139	8	136	0.99	0.49	268.7	456	137	1.8	7.6	22.4	2.3	1.44	*0.00
Weighted Daily Average			653	28	1020	4.58	1.18	484.9	700	178	10.45	24.99	120.61	16.79	7.62	*0.00
% of Calories												15.3%	73.9%	23.1%	10.5%	0.0%

Thu - 06/03/2010																
HIGH SCHOOL BRUNCH	Total	60														
ASSORTED CEREAL - 1 oz. bowl	1 BOWL	60	107	0	117	0.90	5.44	6.8	504	183	9.2	1.5	24.8	0.5	0.20	*0.04
BREAD WHITE, TOASTED	2 EACH	57	253	1	423	1.35	1.79	64.1	0	0	0.00	4.8	29.3	14.5	6.01	*0.00
JELLY PK.	1 each	55	35	0	4	0.13	0.02	0.9	1	0	0.1	0.0	9.1	0.0	0.00	*0.00
ORANGE JUICE	4 OZ.	55	46	0	1	0.21	0.18	10.4	81	8	34.2	0.8	10.6	0.1	0.01	*0.00
MILK - Variety	HALF PINT	58	144	8	141	1.03	0.50	278.3	472	142	1.8	7.8	23.2	2.4	1.49	*0.00
Weighted Daily Average			584	8	686	3.61	7.94	360.5	1057	334	45.33	15.08	97.03	17.55	7.72	*0.04
% of Calories												10.3%	66.4%	27.0%	11.9%	0.1%

Fri - 06/04/2010																
HIGH SCHOOL BRUNCH	Total	1														
NO BREAKFAST	SERVING	1	0	0	0	0.00	0.00	0.0	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	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			635	27	897	4.23	4.86	447.8	1173	320	20.12	19.89	102.54	20.45	6.04	*0.01
												12.5%	64.6%	29.0%	8.6%	0.0%

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.

Carson City School District

Jun 1, 2010 thru Jun 11, 2010 Spreadsheet - Weighted Values
HIGH SCHOOL BRUNCH

Jun 2, 2010

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Nutrient	Menu AVG	Portion	Plan		mg	mg	g	mg	mg	IU	RE	mg	g	g	g	g	g
		Size	Qty	Cals	Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat	Tr-Fat
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	635		635	100%													
Cholesterol (mg)	27		0														
Sodium (mg)	897		0														
Fiber (g)	4.23		0.00														
Iron (mg)	4.86		3.40	143%													
Calcium (mg)	447.8		300.00	149%													
Vitamin A (IU)	1173		1125	104%													
Vitamin A (RE)	320		225	142%													
Vitamin C (mg)	20.12		14.38	140%													
Protein (g)	19.89	12.52%	12.60	158%													
Carbohydrate (g)	102.54	64.56%	0.00														
Total Fat (g)	20.45	28.96%	<30.00														
Saturated Fat (g)	6.04	8.56%	<10.00														
Trans Fat (g)	0.01	0.02%															

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

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