

FULL PAY \$12.50 A WEEK
 REDUCED \$2.00 A WEEK
 ADULT \$3.75 MILK INCLUDED



WE SERVE BEEF, PORK AND
 POULTRY
 PRODUCTS. MEALS MAY INCLUDE
 WHOLE
 GRAIN CHICKEN CORN DOGS &
 TURKEY FRANKS. MENU SUBJECT
 TO CHANGE



JUNE



MIDDLE SCHOOL LUNCH MENU 2010

Monday	Tuesday	Wednesday	Thursday	Friday
	1 GRILLED CHEESE SANDWICH POTATO WEDGES CATS UP FRUIT COCKTAIL CHOCOLATE CHIP COOKIE MILK - Variety	2 BEAN & CHEESE BURRITO TACO SAUCE PK. CORN APRICOTS CHOCOLATE BEAR GRAHAMS MILK - Variety	3 NO LUNCH SERVED	4 NO LUNCH SERVED
 THE NUTRITION STAFF WISHES YOU A SAFE AND FUN FILLED SUMMER!!! 				

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.

Carson City School District

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

Jun 2, 2010

MIDDLE SCHOOL LUNCH

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	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																
MIDDLE SCHOOL LUNCH	Total	890														
GRILLED CHEESE SAND. WHOLE GRA	4.65 OZ.	890	335	23	931	3.98	1.85	310.6	459	92	0.0	17.7	47.9	9.4	5.31	0.00
POTATO WEDGES	1/2 CUP	850	174	0	56	2.71	2.26	17.3	0	0	25.5	5.3	39.2	0.4	0.09	*0.00
CATSUP	2 each	850	11	0	128	0.03	0.06	2.1	107	12	1.7	0.2	2.9	0.0	0.00	*0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	825	64	0	7	1.12	0.33	6.7	230	24	2.1	0.4	16.7	0.1	0.01	*0.00
CHOCOLATE CHIP COOKIE - SYSCO	1 EACH	800	117	4	58	0.90	0.65	0.0	0	0	0.00	0.9	15.3	5.4	1.80	1.35
MILK - Variety	HALF PINT	876	147	8	143	1.05	0.51	283.4	481	145	1.9	8.0	23.6	2.4	1.52	*0.00
Weighted Daily Average			848	35	1324	9.79	5.66	620.1	1277	272	31.21	32.55	145.61	17.75	8.73	*1.35
% of Calories												15.3%	68.7%	18.8%	9.3%	1.4%

Wed - 06/02/2010																
MIDDLE SCHOOL LUNCH	Total	890														
BEAN & CHEESE BURRITO LOS CABO	1 EACH	890	355	18	587	6.13	4.19	172.0	350	2	1.8	16.3	53.6	8.0	4.02	0.14
TACO SAUCE	2 EA	890	10	0	143	0.23	0.19	2.7	97	10	4.2	0.2	2.4	0.1	0.01	*0.00
CORN: canned, yellow	1/2 CUP	800	60	0	220	1.40	0.53	3.7	33	12	0.5	1.9	13.9	0.7	0.13	*0.00
APRICOTS: canned,light syrup	1/2 CUP	825	74	0	5	1.88	0.46	12.9	1550	155	3.2	0.6	19.3	0.1	0.00	*0.00
GRAHAMS, CHOCOLATE BEAR	2 COOKIE	800	92	0	81	0.90	1.80	10.4	246	49	2.8	1.4	16.4	2.5	0.63	0.67
MILK - Variety	HALF PINT	868	146	8	142	1.04	0.51	280.8	476	143	1.9	7.9	23.4	2.4	1.50	*0.00
Weighted Daily Average			736	26	1178	11.58	7.67	482.6	2753	371	14.41	28.44	129.04	13.70	6.29	*0.81
% of Calories												15.5%	70.2%	16.8%	7.7%	1.0%

Thu - 06/03/2010																
MIDDLE SCHOOL LUNCH	Total	1														
NO LUNCH SERVED	1 EA	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%

Fri - 06/04/2010																
MIDDLE SCHOOL LUNCH	Total	1														
NO LUNCH SERVED	1 EA	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			792	31	1251	10.68	6.66	551.3	2015	321	22.81	30.50	137.33	15.72	7.51	*1.08
												15.4%	69.4%	17.9%	8.5%	1.2%

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

Jun 2, 2010

MIDDLE SCHOOL LUNCH

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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	792		783	101%													
Cholesterol (mg)	31		0														
Sodium (mg)	1251		0														
Fiber (g)	10.68		0.00														
Iron (mg)	6.66		4.50	148%													
Calcium (mg)	551.3		400.00	138%													
Vitamin A (IU)	2015		1500	134%													
Vitamin A (RE)	321		300	107%													
Vitamin C (mg)	22.81		16.70	137%													
Protein (g)	30.50	15.40%	15.20	201%													
Carbohydrate (g)	137.33	69.36%	0.00														
Total Fat (g)	15.72	17.87%	<30.00														
Saturated Fat (g)	7.51	8.53%	<10.00														
Trans Fat (g)	1.08	1.22%															

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

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