

Menus Sample Reports



Date: 1/24/2006
 Time: 3:20:28PM

Adams County Schools
 Menu Type Listing

Adams High Lunch , Lunch - 1/3 RDA,Standard RDA's Grade 9 to 12

	Calories	Chol	Sodium	Fiber	Iron	Calc	VitA	VitC	Protein	Carb	TFat	SFat
	cals	mg	mg	gm	mg	mg	RE	mg	gm	gm	gm	gm
Day: 1	Feeding Figure:		11									
APPLE HONEY CRISP	173.251	17.731	72.936	1.931	0.896	17.856	64.094	0.537	1.742	26.866	7.272	4.330
1.00 / SERVINGS												
Proj. Servings: 10							% of Calories:		4.021	62.029	37.775	22.493
OATMEAL RAISIN COOKIES (NEW)	171.305	17.620	112.553	1.616	1.025	17.288	42.227	0.269	3.230	30.408	4.601	0.845
1.00 / EACH												
Proj. Servings: 10							% of Calories:		7.542	71.003	24.172	4.437
CARROT CAKE	40.430	6.204	34.387	0.160	0.201	14.584	69.504	0.168	0.619	5.625	1.770	0.261
1.00 / SERVINGS												
Proj. Servings: 2							% of Calories:		6.122	55.651	39.402	5.804
BREAD,BROWN:with raisins	101.168	0.356	124.332	1.272	1.103	45.683	12.282	0.444	2.237	22.009	0.820	0.130
1.00 / EACH												
Proj. Servings: 10							% of Calories:		8.846	87.020	7.295	1.156
TOFU BURGERS	309.832	0.000	289.922	6.441	4.588	203.091	25.009	6.619	17.890	36.428	12.666	1.975
1.00 / 6 1/3OZ PATTY												
Proj. Servings: 10							% of Calories:		23.096	47.030	36.793	5.738
HEARTY MACARONI DINNER	336.929	0.000	1,040.201	9.479	3.623	86.811	181.802	38.664	12.724	57.689	8.433	1.123
1.00 / 2 1/2 CUPS												
Proj. Servings: 11							% of Calories:		15.106	68.488	22.526	3.000
BAKED BANANAS	95.554	0.000	4.015	1.327	0.312	9.776	4.040	4.427	0.571	24.867	0.167	0.056
1.00 / 1 PIECE												
Proj. Servings: 11							% of Calories:		2.390	104.096	1.573	0.527
COLLARDS: frozen	61.200	0.000	85.000	4.760	1.904	357.000	1,016.600	44.880	5.049	12.087	0.697	0.102
1.00 / CUP												
Proj. Servings: 11							% of Calories:		33.000	79.000	10.250	1.500
Total:	1,289.669	41.911	1,763.346	26.986	13.652	752.089	1,415.558	96.008	44.062	215.979	36.426	8.822
							% of Calories:		13.666	66.987	25.420	6.156
Day: 2	Feeding Figure:		11									

Date: 1/24/2006
 Time: 3:31:20PM

Adams County Schools
 USDA RDA List

Group	Calories cals	Protein gm	TotalFat % of Cal	Saturated Fat % of Cal	Iron mg	Calcium mg	Vitamina IU	VitaminC mg
<u>Breakfast Modified RDA</u>								
Breakfast: Ages 3-6 (25% of RDA)	419.00	5.50	30.00	10.00	2.50	200.00	119.00	11.00
Breakfast: Ages 7-10 (25% of RDA)	500.00	7.00	30.00	10.00	2.50	200.00	175.00	11.25
Breakfast: Ages 11-13 (25% of RDA)	588.00	11.25	30.00	10.00	3.40	300.00	225.00	12.50
Breakfast: Ages 14-17 (25% of RDA)	625.00	12.50	30.00	10.00	3.40	300.00	225.00	14.40
Breakfast: Grades K-12 (25% of RDA)	554.00	10.00	30.00	10.00	3.00	257.00	197.00	13.00
Breakfast: Grades 7-12 (25% of RDA)	618.00	12.00	30.00	10.00	3.40	300.00	225.00	14.00
Breakfast: Ages 51+ (25% of RDA)	484.00	14.00	30.00	10.00	2.50	200.00	225.00	15.00
<u>Breakfast Standard RDA</u>								
Breakfast: Grade PK (25% of RDA)	387.50	5.00	30.00	10.00	2.50	200.00	112.50	10.63
Breakfast: Age 3 (25% of RDA)	325.00	4.00	30.00	10.00	2.50	200.00	100.00	10.00
Breakfast: Age 4 (25% of RDA)	450.00	6.00	30.00	10.00	2.50	200.00	125.00	11.25
Breakfast: Age 5 (25% of RDA)	450.00	6.00	30.00	10.00	2.50	200.00	125.00	11.25
Breakfast: Age 6 (25% of RDA)	450.00	6.00	30.00	10.00	2.50	200.00	125.00	11.25
Breakfast: Age 7 (25% of RDA)	500.00	7.00	30.00	10.00	2.50	200.00	175.00	11.25
Breakfast: Age 8 (25% of RDA)	500.00	7.00	30.00	10.00	2.50	200.00	175.00	11.25
Breakfast: Age 9 (25% of RDA)	500.00	7.00	30.00	10.00	2.50	200.00	175.00	11.25
Breakfast: Age 10 (25% of RDA)	500.00	7.00	30.00	10.00	2.50	200.00	175.00	11.25
Breakfast: Age 11 (25% of RDA)	588.00	11.40	30.00	10.00	3.40	300.00	225.00	12.50
Breakfast: Age 12 (25% of RDA)	588.00	11.40	30.00	10.00	3.40	300.00	225.00	12.50
Breakfast: Age 13 (25% of RDA)	588.00	11.40	30.00	10.00	3.40	300.00	225.00	12.50
Breakfast: Age 14 (25% of RDA)	588.00	11.40	30.00	10.00	3.40	300.00	225.00	12.50
Breakfast: Age 15 (25% of RDA)	650.00	13.00	30.00	10.00	3.40	300.00	225.00	15.00
Breakfast: Age 16 (25% of RDA)	650.00	13.00	30.00	10.00	3.40	300.00	225.00	15.00
Breakfast: Age 17 (25% of RDA)	650.00	13.00	30.00	10.00	3.40	300.00	225.00	15.00
<u>Lunch Modified RDA</u>								
Lunch: Ages 3-6 (33% of RDA)	558.00	7.30	30.00	10.00	3.30	267.00	158.00	14.60
Lunch: Ages 7-10 (33% of RDA)	667.00	9.30	30.00	10.00	3.30	267.00	233.00	15.00
Lunch: Ages 11-13 (33% of RDA)	783.00	15.00	30.00	10.00	4.50	400.00	300.00	16.70
Lunch: Ages 14-17 (33% of RDA)	846.00	16.70	30.00	10.00	4.50	400.00	300.00	19.20
Lunch: Grades K-6 (33% of RDA)	664.00	10.00	30.00	10.00	3.50	286.00	224.00	15.00
Lunch: Grades 7-12 (33% of RDA)	825.00	16.00	30.00	10.00	4.50	400.00	300.00	18.00
Lunch: Grades K-3 (33% of RDA)	633.00	9.00	30.00	10.00	3.30	267.00	200.00	15.00
Lunch: Ages 51+ (33% of RDA)	644.00	19.00	30.00	10.00	3.30	266.00	266.00	20.00
<u>Lunch Standard RDA</u>								
Lunch: Grade PK (33% of RDA)	516.50	6.65	30.00	10.00	3.30	267.00	150.00	14.15
Lunch: Age 3 (33% of RDA)	433.00	5.30	30.00	10.00	3.30	267.00	133.00	13.30
Lunch: Age 4 (33% of RDA)	600.00	8.00	30.00	10.00	3.30	267.00	167.00	15.00
Lunch: Age 5 (33% of RDA)	600.00	8.00	30.00	10.00	3.30	267.00	167.00	15.00
Lunch: Age 6 (33% of RDA)	600.00	8.00	30.00	10.00	3.30	267.00	167.00	15.00
Lunch: Age 7 (33% of RDA)	667.00	9.30	30.00	10.00	3.30	267.00	233.00	15.00
Lunch: Age 8 (33% of RDA)	667.00	9.30	30.00	10.00	3.30	267.00	233.00	15.00
Lunch: Age 9 (33% of RDA)	667.00	9.30	30.00	10.00	3.30	267.00	233.00	15.00
Lunch: Age 10 (33% of RDA)	667.00	9.30	30.00	10.00	3.30	267.00	233.00	15.00
Lunch: Age 11 (33% of RDA)	783.00	15.20	30.00	10.00	4.50	400.00	300.00	16.70
Lunch: Age 12 (33% of RDA)	783.00	15.20	30.00	10.00	4.50	400.00	300.00	16.70
Lunch: Age 13 (33% of RDA)	783.00	15.20	30.00	10.00	4.50	400.00	300.00	16.70
Lunch: Age 14 (33% of RDA)	783.00	15.20	30.00	10.00	4.50	400.00	300.00	16.70
Lunch: Age 15 (33% of RDA)	867.00	17.20	30.00	10.00	4.50	400.00	300.00	20.00
Lunch: Age 16 (33% of RDA)	867.00	17.20	30.00	10.00	4.50	400.00	300.00	20.00
Lunch: Age 17 (33% of RDA)	867.00	17.20	30.00	10.00	4.50	400.00	300.00	20.00

Recipe by Description - Summarized

		Calories	Chol	Sodium	Fiber	Iron	Calc	VitA	VitC	Protein	Carb	TFat	SFat
		cals	mg	mg	gm	mg	mg	RE	mg	gm	gm	gm	gm
060004	1.5-OZ BREADED STUFFED SHRIMP	0.916	0.247	3.397	0.008	0.005	0.283	0.000	0.016	0.058	0.135	0.018	0.003
	Weight/Serving: 0.56		Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:		25.328	58.952	17.686	2.948
000202	APPLE CRISP	194.485	19.504	79.993	2.112	0.962	19.343	70.503	0.562	1.898	30.334	7.999	4.763
	Weight/Serving: 88.04		Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:		3.904	62.388	37.016	22.041
000039	APPLE HONEY CRISP	190.576	19.504	80.230	2.124	0.986	19.642	70.503	0.591	1.916	29.553	7.999	4.763
	Weight/Serving: 88.30		Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:		4.021	62.029	37.775	22.493
000063	APPLE JUICE:cnnd,unswtn,+vit C	53.297	0.000	3.402	0.113	0.420	7.938	0.000	47.174	0.068	13.245	0.125	0.011
	Weight/Serving: 113.40		Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:		0.510	99.405	2.111	0.186
000292	APPLE/CARROT/RAISIN/SALAD	276.632	0.000	83.535	9.431	1.358	69.333	3,072.963	21.491	2.797	71.861	0.817	0.096
	Weight/Serving: 371.20		Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:		4.044	103.908	2.658	0.312
000064	APPLES,Fresh	71.760	0.000	1.380	3.312	0.166	8.280	6.900	6.348	0.359	19.058	0.235	0.028
	Weight/Serving: 138.00		Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:		2.001	106.232	2.947	0.351
000356	APPLESAUCE,SWEETENED	193.800	0.000	7.650	3.060	0.892	10.200	2.550	4.335	0.459	50.771	0.459	0.076
	Weight/Serving: 255.00		Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:		0.947	104.791	2.132	0.353
000247	APPLESAUCE:cnnd,unswtnd,+vit C	104.920	0.000	4.880	2.928	0.293	7.320	7.320	51.728	0.415	27.548	0.122	0.020
	Weight/Serving: 244.00		Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:		1.582	105.025	1.047	0.172
000248	APRICOTS: canned,light syrup	159.390	0.000	10.120	4.048	0.987	27.830	333.960	6.831	1.341	41.720	0.126	0.008
	Weight/Serving: 253.00		Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:		3.365	104.699	0.711	0.045
000250	ASPARAGUS: fresh,boiled	39.600	0.000	25.200	3.600	1.638	41.400	97.200	13.860	4.320	7.398	0.396	0.126
	Weight/Serving: 180.00		Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:		43.636	74.727	9.000	2.864
000321	BAGELS,CINNAMON-RAISIN	194.540	0.000	228.620	1.633	2.698	13.490	0.000	0.497	6.958	39.192	1.207	0.192
	Weight/Serving: 71.00		Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:		14.307	80.584	5.584	0.888
000347	BAGELS,PLAIN,ENRICHED	195.250	0.000	379.140	1.633	2.528	52.540	0.000	0.000	7.455	37.914	1.136	0.156
	Weight/Serving: 71.00		Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:		15.273	77.673	5.236	0.719
005015	BAKED BANANAS	95.554	0.000	4.015	1.327	0.312	9.776	4.040	4.427	0.571	24.867	0.167	0.056
	Weight/Serving: 69.98		Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:		2.390	104.096	1.573	0.527
000044	BAKED POTATO	160.890	0.000	17.300	3.806	1.868	25.950	0.000	16.608	4.325	36.590	0.225	0.052
	Weight/Serving: 173.00		Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:		10.753	90.969	1.259	0.291

Recipe : 005015 / BAKED BANANAS USDA C-34
 # of Portions: 100.00 Size of Portion: 1 PIECE
 Weight/Serving: 69.98 Fat Change %: 0.00 Moisture Change %: 0.00

Ingredients

	Qty / Measure
19296 Honey	1 LB 8 OZ
19334 Sugars, brown	1 LB 12 OZ
14429 Water, municipal	2 CUP
9040 Bananas,raw	50 SMALL (6" TO 6-7/8" LONG)

Nutritional Facts: (per 1 PIECE)

						%
Calories (cals)	95.554	Iron (mg)	0.312	Protein (gm)	0.571	2.390
Chol (mg)	0.000	Calc (mg)	9.776	Carb (gm)	24.867	104.096
Sodium (mg)	4.015	*RE* VitA	4.040	TFat (gm)	0.167	1.573
Fiber (gm)	1.327	VitC (mg)	4.427	SFat (gm)	0.056	0.527

Note: * means nutrient data is missing or not available.

Directions:

1. Heat brown sugar, water and honey in a saucepan over low heat until sugar is dissolved, about 5 minutes.
 2. Cut bananas in half crosswise. Place 25 halves, flat side down, into each 12"x20"x2 1/2" steamtable pan. Pour 3/4 cup syrup over each pan of bananas.
 3. To Bake:
 Conventional Oven 375 F, 12 minutes
 Convection Oven 350 F, 10 minutes
- Bake until slightly browned.
4. Serve warm, with sauce.

1 piece (1/2 banana) provides 1/4 cup fruit.

Note: Use bananas that are slightly green so they will not fall apart.