

Menu Nutrient Analysis Report

Report Run: Jan 24, 2012

Cycle day(s) Included:

Date(s) Included: **February 1, 2012 - February 29, 2012**

Menu(s) Included: **ECC February Lunch Menu**

Nutrient Analysis by: **Main Items**

List: **All Items**

ECC February Lunch Menu

Lunch

Wednesday - February 01, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Sandwich, Wrap, Chicken Snack, 6"... (40332)	2 ea	218	54.1	506.7	
*CK12 Salad, Side, Coleslaw, Buttermilk (43142)	1/2 cup	125	8.6	113.1	
*CK12 Peaches, Canned, Juice Packed (33761.10)	1/2 cup	163	18.9	71.8	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 23 g sugar,... (44570)	1 ea	236	23.0	130.0	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
Lunch Totals			122.0	963.1	
Daily Totals for 2/1/2012			122.0	963.1	
Daily Value			300.0	2000.0	
% Daily Value			41%	48%	

ECC February Lunch Menu

Lunch

Thursday - February 02, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Hot Dog, Turkey 8/lb, on Whole Wh... (37908.7)	1 ea	111	21.9	248.9	
*CK12 Potato, Tater Tots (34680)	1/2 cup	67	18.7	127.9	
*CK12 Orange, Wedges (34123.1)	4 wedge	96	11.2	44.9	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 23 g sugar,... (44570)	1 ea	236	23.0	130.0	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
Lunch Totals			97.1	718.9	
Daily Totals for 2/2/2012			97.1	718.9	
Daily Value			300.0	2000.0	
% Daily Value			32%	36%	

ECC February Lunch Menu

Lunch

Friday - February 03, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238)	1 slice	178	40.2	398.9	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

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ECC February Lunch Menu

Lunch

Friday - February 03, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Beans, Green, Seasoned, Canned, C... (39060.2)	1/2 cup	76	3.4	34.7	
*CK12 Pineapple, Tidbits, Canned, Juice... (39259)	1/2 cup	137	21.3	82.3	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 23 g sugar,... (44570)	1 ea	236	23.0	130.0	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
Lunch Totals			105.4	787.4	
Daily Totals for 2/3/2012			105.4	787.4	
Daily Value			300.0	2000.0	
% Daily Value			35%	39%	
Daily Average for Week (2/1/2012 - 2/3/2012)					
% Daily Value Average for Week (2/1/2012 - 2/3/2012)					

ECC February Lunch Menu

Lunch

Monday - February 06, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Burger, Beef (2.5 oz precooked), ... (34925.23)	1 ea	128	16.5	272.0	
*CK12 Peas, Green, Seasoned, Canned, Co... (39060.3)	1/2 cup	95	11.7	83.8	
*CK12 Fruit Crisp (37814)	1/2 cup	147	31.0	138.3	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 23 g sugar,... (44570)	1 ea	236	23.0	130.0	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	
Lunch Totals			98.3	726.9	
Daily Totals for 2/6/2012			98.3	726.9	
Daily Value			300.0	2000.0	
% Daily Value			33%	36%	

ECC February Lunch Menu

Lunch

Tuesday - February 07, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Corn Dogs, Chicken, Mini, Whole G... (40107)	6 ea	114	33.1	296.4	
*CK12 Potatoes, Sweet, Canned, Glazed (35151)	1/2 cup	96	21.7	110.7	
*CK12 Banana, Petite, Fresh (1318.3)	1 ea	74	16.8	65.5	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 23 g sugar,... (44570)	1 ea	236	23.0	130.0	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

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ECC February Lunch Menu**Lunch****Tuesday - February 07, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
Lunch Totals			116.8	769.7	
Daily Totals for 2/7/2012			116.8	769.7	
Daily Value			300.0	2000.0	
% Daily Value			39%	38%	

ECC February Lunch Menu**Lunch****Wednesday - February 08, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Nuggets, Fish, Breaded, FC, 4 eac... (38955)	4 ea	113	22.0	242.3	
*CK12 Potatoes, Fries, Criss-Cut, Seaso... (45690)	3 oz	85	18.7	153.9	
*CK12 Apple, Red Delicious, Whole (34124)	1 ea	118	16.3	61.5	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 23 g sugar,... (44570)	1 ea	236	23.0	130.0	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
Lunch Totals			97.6	729.3	
Daily Totals for 2/8/2012			97.6	729.3	
Daily Value			300.0	2000.0	
% Daily Value			33%	36%	

ECC February Lunch Menu**Lunch****Thursday - February 09, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Chicken, Nuggets, WG, Tyson, 6 ea... (35365.1)	6 ea	101	16.6	205.6	
*CK12 Biscuit, Southern Style, Frozen D... (34538.2)	1 ea	64	30.6	226.8	
*CK12 Broccoli, Frozen, Seasoned (1/2 c... (34655.2)	1/2 cup	86	5.6	47.7	
*CK12 Pears, Canned, Light Syrup (33761.2)	1/2 cup	157	23.8	89.3	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 23 g sugar,... (44570)	1 ea	236	23.0	130.0	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	
Lunch Totals			121.8	866.6	

* Indicates main item

(+/-) Indicates partial nutritional values. (-) Indicates no nutritional value available.

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Daily Totals for 2/9/2012	121.8	866.6	
Daily Value	300.0	2000.0	
% Daily Value	41%	43%	

ECC February Lunch Menu

Lunch

Friday - February 10, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Parfait, Breakfast, Yogurt, Peach... (40852.5)	1 ea	208	42.5	220.1	
*CK12 Corn, Canned, Commodity, Low Sodi... (34655.9)	1/2 cup	99	18.4	85.6	
*CK12 Orange, Wedges (34123.1)	4 wedge	96	11.2	44.9	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 23 g sugar,... (44570)	1 ea	236	23.0	130.0	
Lunch Totals			106.4	557.7	
Daily Totals for 2/10/2012			106.4	557.7	
Daily Value			300.0	2000.0	
% Daily Value			35%	28%	
Daily Average for Week (2/4/2012 - 2/10/2012)					
% Daily Value Average for Week (2/4/2012 - 2/10/2012)					

ECC February Lunch Menu

Lunch

Monday - February 13, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Salisbury Steak, Homemade (80/20 ... (39908)	1 ea	91	6.6	238.1	
*CK12 Potatoes, Mashed, Instant, 26 oz ... (35038)	1/2 cup	108	13.3	62.4	
*CK12 Peaches, Canned, Light Syrup (33761)	1/2 cup	152	22.1	82.2	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 23 g sugar,... (44570)	1 ea	236	23.0	130.0	
Lunch Totals			76.3	589.8	
Daily Totals for 2/13/2012			76.3	589.8	
Daily Value			300.0	2000.0	
% Daily Value			25%	29%	

ECC February Lunch Menu

Lunch

Tuesday - February 14, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Sandwich, Wrap, Turkey and Cheese... (37782.9)	1 ea	156	34.6	332.7	
*CK12 Peas, Green, Seasoned, Canned, Co... (39060.3)	1/2 cup	95	11.7	83.8	
*CK12 Applesauce, Canned, Sweetened (33761.8)	1/2 cup	128	22.3	86.7	

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ECC February Lunch Menu**Lunch****Tuesday - February 14, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 23 g sugar,... (44570)	1 ea	236	23.0	130.0	
Lunch Totals			102.9	710.4	
Daily Totals for 2/14/2012			102.9	710.4	
Daily Value			300.0	2000.0	
% Daily Value			34%	36%	

ECC February Lunch Menu**Lunch****Wednesday - February 15, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Pasta, Spaghetti, w/ Italian Meat... (35978)	1 serving	259	52.0	429.7	
*CK12 Beans, Green, Seasoned, Canned, C... (39060.2)	1/2 cup	76	3.4	34.7	
*CK12 Banana, Petite, Fresh (1318.3)	1 ea	74	16.8	65.5	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 23 g sugar,... (44570)	1 ea	236	23.0	130.0	
Lunch Totals			106.4	737.0	
Daily Totals for 2/15/2012			106.4	737.0	
Daily Value			300.0	2000.0	
% Daily Value			35%	37%	

ECC February Lunch Menu**Lunch****Thursday - February 16, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 French Toast, Sticks, Whole Grain... (34512.1)	4 ea	96	41.4	298.8	
*CK12 Potato, Tater Tots (34680)	1/2 cup	67	18.7	127.9	
*CK12 Orange, Wedges (34123.1)	4 wedge	96	11.2	44.9	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 23 g sugar,... (44570)	1 ea	236	23.0	130.0	
*CK12 Syrup, 1 oz, Bulk (34503.1)	1 floz	39	24.1	91.8	
Lunch Totals			129.8	770.6	
Daily Totals for 2/16/2012			129.8	770.6	
Daily Value			300.0	2000.0	
% Daily Value			43%	39%	

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ECC February Lunch Menu

Lunch

Friday - February 17, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238)	1 slice	178	40.2	398.9	
*CK12 Vegetables, Mixed, Capri, Frozen,... (34672.1)	1/2 cup	111	14.3	90.1	
*CK12 Fruit Cocktail, Canned, Juice Pac... (39262)	1/2 cup	160	19.0	73.7	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 23 g sugar,... (44570)	1 ea	236	23.0	130.0	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
Lunch Totals			113.9	834.2	
Daily Totals for 2/17/2012			113.9	834.2	
Daily Value			300.0	2000.0	
% Daily Value			38%	42%	
Daily Average for Week (2/11/2012 - 2/17/2012)					
% Daily Value Average for Week (2/11/2012 - 2/17/2012)					

ECC February Lunch Menu

Lunch

Monday - February 20, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Chicken, Sweet and Sour (36914)	3/4 cup	183	12.0	200.1	
*CK12 Rice, Brown (2.7)	1/2 cup	105	21.9	104.9	
*CK12 Carrots, Frozen, Seasoned (1/2 cu... (34672)	1/2 cup	94	7.1	53.4	
*CK12 Pears, Canned, Light Syrup (33761.2)	1/2 cup	157	23.8	89.3	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 23 g sugar,... (44570)	1 ea	236	23.0	130.0	
Lunch Totals			99.1	654.8	
Daily Totals for 2/20/2012			99.1	654.8	
Daily Value			300.0	2000.0	
% Daily Value			33%	33%	

ECC February Lunch Menu

Lunch

Tuesday - February 21, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Burger, Beef (2.5 oz precooked), ... (34925.23)	1 ea	128	16.5	272.0	
*CK12 Beans, Green, Seasoned, Canned, C... (39060.2)	1/2 cup	76	3.4	34.7	
*CK12 Peaches, Canned, Light Syrup (33761)	1/2 cup	152	22.1	82.2	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 23 g sugar,... (44570)	1 ea	236	23.0	130.0	

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ECC February Lunch Menu

Lunch

Tuesday - February 21, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	
Lunch Totals			81.1	621.7	
Daily Totals for 2/21/2012			81.1	621.7	
Daily Value			300.0	2000.0	
% Daily Value			27%	31%	

ECC February Lunch Menu

Lunch

Wednesday - February 22, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Pasta, Macaroni and Cheese (36236)	2/3 cup	191	26.0	389.7	
*CK12 Peas, Green, Seasoned, Canned, Co... (39060.3)	1/2 cup	95	11.7	83.8	
*CK12 Apple, Red Delicious, Whole (34124)	1 ea	118	16.3	61.5	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 23 g sugar,... (44570)	1 ea	236	23.0	130.0	
Lunch Totals			88.3	742.2	
Daily Totals for 2/22/2012			88.3	742.2	
Daily Value			300.0	2000.0	
% Daily Value			29%	37%	

ECC February Lunch Menu

Lunch

Thursday - February 23, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Corn Dogs, Chicken, Mini, Whole G... (40107)	6 ea	114	33.1	296.4	
*CK12 Broccoli, Frozen, Seasoned (1/2 c... (34655.2)	1/2 cup	86	5.6	47.7	
*CK12 Orange, Wedges (34123.1)	4 wedge	96	11.2	44.9	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 23 g sugar,... (44570)	1 ea	236	23.0	130.0	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
Lunch Totals			95.1	686.2	
Daily Totals for 2/23/2012			95.1	686.2	
Daily Value			300.0	2000.0	
% Daily Value			32%	34%	

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ECC February Lunch Menu

Lunch

Friday - February 24, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238)	1 slice	178	40.2	398.9	
*CK12 Celery Sticks, Fresh (37458.1)	1/2 cup	74	2.2	11.9	
*CK12 Pineapple, Tidbits, Canned, Juice... (39259)	1/2 cup	137	21.3	82.3	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 23 g sugar,... (44570)	1 ea	236	23.0	130.0	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
Lunch Totals			104.2	764.5	
Daily Totals for 2/24/2012			104.2	764.5	
Daily Value			300.0	2000.0	
% Daily Value			35%	38%	
Daily Average for Week (2/18/2012 - 2/24/2012)					
% Daily Value Average for Week (2/18/2012 - 2/24/2012)					

ECC February Lunch Menu

Lunch

Monday - February 27, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Chicken, Nuggets, WG, Tyson, 6 ea... (35365.1)	6 ea	101	16.6	205.6	
*CK12 Broccoli, Frozen, Seasoned (1/2 c... (34655.2)	1/2 cup	86	5.6	47.7	
*CK12 Applesauce, Canned, Sweetened (33761.8)	1/2 cup	128	22.3	86.7	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 23 g sugar,... (44570)	1 ea	236	23.0	130.0	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	64.4	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	15.2	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	10.5	
Lunch Totals			89.7	637.2	
Daily Totals for 2/27/2012			89.7	637.2	
Daily Value			300.0	2000.0	
% Daily Value			30%	32%	

ECC February Lunch Menu

Lunch

Tuesday - February 28, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Sandwich, Cheese, Toasted (Wheat ... (34873.3)	1 ea	107	23.4	367.7	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	30.8	
*CK12 Fruit Crisp (37814)	1/2 cup	147	31.0	138.3	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	

* Indicates main item

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ECC February Lunch Menu

Lunch

Tuesday - February 28, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*Milk, Chocolate, Fat Free, 23 g sugar,... (44570)	1 ea	236	23.0	130.0	
Lunch Totals			95.9	743.8	
Daily Totals for 2/28/2012			95.9	743.8	
Daily Value			300.0	2000.0	
% Daily Value			32%	37%	

ECC February Lunch Menu

Lunch

Wednesday - February 29, 2012

Menu Item Name	Portion Size	Weight (g)	CHO (g)	KCAL	
*CK12 Pasta, Baked Ziti or Rigatoni, wi... (40720)	1 cup	309	36.4	324.2	
*CK12 Beans, Green, Seasoned, Canned, C... (39060.2)	1/2 cup	76	3.4	34.7	
*CK12 Pears, Canned, Light Syrup (33761.2)	1/2 cup	157	23.8	89.3	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	77.1	
*Milk, Chocolate, Fat Free, 23 g sugar,... (44570)	1 ea	236	23.0	130.0	
Lunch Totals			97.8	655.4	
Daily Totals for 2/29/2012			97.8	655.4	
Daily Value			300.0	2000.0	
% Daily Value			33%	33%	
Daily Average for Week (2/23/2012 - 2/29/2012)			2145.7	15267.4	
% Daily Value Average for Week (2/23/2012 - 2/29/2012)			715%	763%	
Daily Average for Date Range (2/1/2012 - 2/29/2012)			102.2	727.0	
% Daily Value Average for Date Range (2/1/2012 - 2/29/2012)			34%	36%	

* Indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

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