

NMSVH

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

LUNCH K-12

Portion Values - Detailed

Page 1

Generated on: 1/23/2017 7:40:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/01/2017																
LUNCH K-12	Total	10														
ORANGE CHICKEN	3 oz.	5	283	25	720	2.03	1.09	20.8	*4	*2.06	*8	16.03	24.41	13.0	2.00	*0.00
CHICKEN STIR-FRY	3/4 CUP	5	199	46	197	2.90	1.24	44.0	11928	29.29	*N/A*	19.29	11.12	8.63	1.47	*N/A*
RICE,BROWN,UNCLE BEN'S, 1/3 C	1/3 CUP	10	74	0	2	*0.00	0.64	1.1	0	0.0	*N/A*	1.75	16.18	0.0	0.00	*0.00
BROCCOLI: Seasoned	1/3 CUP	10	17	0	7	1.84	0.37	20.2	619	24.57	1	1.9	3.28	0.07	0.01	0.00
EGG ROLL, 1/2 Pork&Veg	ROLL 1/2	10	61	5	154	0.68	0.37	6.8	171	0.41	*N/A*	2.39	6.48	3.07	0.68	0.00
FORTUNE COOKIE	1 EACH	10	30	0	2	0.13	0.12	1.0	0	0.0	4	0.34	6.72	0.22	0.05	*N/A*
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVit A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			533	43	715	*6.65	2.94	224.6	*7127	*57.59	*13	28.53	72.57	14.31	2.52	*0.00
% of Calories											*9.8%	21.4%	54.5%	24.2%	4.3%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/02/2017																
LUNCH K-12	Total	10														
BURRITO,BEEF/BEAN/GR CHILE	BURRITO	5	300	15	630	2.00	2.70	40.0	100	9.0	*N/A*	8.0	36.0	13.0	6.00	*N/A*
NACHOS, SUPER	SERVINGS	5	438	18	1098	3.67	1.85	270.5	777	7.46	*1	18.7	38.05	22.37	4.29	*0.03
Guacamole, Southwestern,.125oz	.125 oz	5	24	0	57	0.47	0.00	0.0	0	1.13	*N/A*	0.47	1.42	2.13	0.24	0.00
SOUR CREAM, GRADE A, 18%, PAST/	PACKET-1 OZ	5	60	20	50	0.00	0.00	40.0	200	0.0	*N/A*	1.0	2.0	5.0	3.00	0.00
PINTO BEANS, 1/3 cup	.33	10	89	0	10	3.99	1.33	33.6	0	1.62	*1	5.51	16.1	0.32	0.06	*0.00
LETTUCE & TOMATO,SHRED/D ICE,.25	.25 CUP	10	6	0	2	0.52	0.17	6.1	1211	3.55	1	0.34	1.26	0.08	0.01	0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVit A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			615	29	1021	9.11	4.06	378.0	2120	30.91	*6	24.44	78.24	21.78	6.87	*0.01
% of Calories											*4.0%	15.9%	50.9%	31.9%	10.1%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/03/2017																
LUNCH K-12	Total	10														
PIZZA, Pork & Gr. Chili (4ch)	SLICE	5	417	33	1178	2.50	*0.18	*12.0	*1625	*71.99	*0	20.5	52.48	13.5	6.50	0.00
PIZZA, 4-CHEESE, SLICE	SLICE	5	350	25	830	2.00	*N/A*	*N/A*	*N/A*	0.0	*N/A*	17.0	44.0	12.0	6.00	0.00
CARROTS, GLAZED 1/4 CUP	.25 CUP	10	44	0	163	1.19	0.15	14.4	6743	1.68	*4	0.3	5.95	2.27	0.41	*0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM, CHOCOLATE Vit A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			537	31	1259	4.98	*0.53	*183.5	*7926	*54.61	*8	23.55	76.34	15.15	6.70	*0.00
% of Calories											*6.3%	17.6%	56.9%	25.4%	11.2%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Mon - 02/06/2017																
LUNCH K-12	Total	10														
TACO SALAD, BEEF	SERVINGS	5	148	40	328	1.23	*1.81	77.7	586	5.0	*1	16.84	4.65	7.71	2.73	*0.00
TACO SALAD, CHICKEN	SERVINGS	5	89	31	316	0.91	*0.78	74.8	466	4.3	*1	12.79	3.16	2.84	1.11	*0.00
REFRIED BEANS	1/3 CUP	10	111	4	381	2.79	1.61	113.0	208	0.7	*N/A*	6.87	12.19	4.12	1.31	*N/A*
Guacamole, Southwestern, .125oz	.125 oz	10	24	0	57	0.47	0.00	0.0	0	1.13	*N/A*	0.47	1.42	2.13	0.24	0.00
SOUR CREAM	1 TBSP	10	58	15	59	0.00	0.16	38.5	231	0.24	*0	1.83	2.05	4.98	3.02	*0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM, CHOCOLATE Vit A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			419	57	911	5.88	*3.34	390.9	1335	23.65	*6	28.49	41.70	16.63	6.53	*0.00
% of Calories											*5.5%	27.2%	39.8%	35.7%	14.0%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/07/2017																
LUNCH K-12	Total	10														
MEAT LOAF, 90-10-1" Slice-2ozM	SLICE-1in	5	181	66	118	1.36	2.10	32.6	158	2.88	*1	18.63	7.97	9.02	2.91	*0.00
ROAST PORK-2OZ	2 Oz.	5	201	63	50	0.06	0.87	20.1	12	0.67	*0	19.7	0.09	12.97	4.41	*0.00
POTATOES AU GRATIN MIX	1/2 CUP	10	110	0	581	2.00	0.36	40.6	0	6.0	*N/A*	3.0	22.0	1.5	0.00	*0.00
PEAS, SEASONED 1/3 CUP	1/3 CUP	10	116	0	109	8.23	2.37	35.6	3143	14.79	*N/A*	7.71	21.35	0.42	0.07	0.00
ROLL, HONEY WHEAT, 2 OZ./5 7g/S	ROLL	10	139	0	239	2.98	1.43	19.9	0	0.0	*N/A*	4.97	26.86	1.99	0.00	0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK, FF SKIM,CHOCOLATEVIT A/D	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			665	67	1104	15.46	5.93	285.5	3599	39.50	*5	39.34	96.38	15.03	3.77	*0.00
% of Calories											*3.0%	23.7%	58.0%	20.3%	5.1%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/08/2017																
LUNCH K-12	Total	10														
CHICKEN RICE BOWL	1 CUP	5	366	21	647	3.85	2.89	50.8	477	21.47	*2	15.12	58.31	8.29	0.85	*0.00
LEMON BKD CHICKEN-LoSodium	3 OZ	5	11	0	0	0.01	0.01	0.6	0	0.62	*0	0.02	0.2	1.11	0.17	*0.00
RICE PILAF	.50 CUP	10	155	0	196	1.77	0.61	8.0	1399	1.15	*1	3.23	29.65	2.55	0.53	0.30
ZUCCHINI SQUASH: steamed 1/3 C	.33 CUP	10	8	0	8	0.50	0.04	5.0	0	0.0	0	0.5	1.01	0.0	0.00	0.00
BREADSTICKS, CHEESY GARL IC-1 S	1 STICK	10	80	5	180	0.50	0.72	50.0	50	0.0	*N/A*	2.5	10.0	3.0	1.00	0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK, FF SKIM,CHOCOLATEVIT A/D	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			539	18	800	6.24	3.10	251.8	2058	29.13	*6	18.30	92.06	10.38	2.08	*0.30
% of Calories											*4.8%	13.6%	68.3%	17.3%	3.5%	*0.5%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

NMSVH

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

LUNCH K-12

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/09/2017																
LUNCH K-12	Total	10														
TAMALE, PORK	TAMALE	5	360	50	910	3.00	1.80	80.0	1750	6.0	*N/A*	12.0	27.0	23.0	8.00	0.00
Chimichanga, BeefChiliCheese,	1 EACH	5	461	55	747	2.52	3.06	310.1	1695	8.35	*1	19.34	42.26	23.58	10.51	0.00
PINTO BEANS, .5-cup	.5 CUP	10	134	0	15	5.98	1.99	50.3	0	2.43	*1	8.27	24.14	0.47	0.09	*0.00
CUCUMBER TOMATO SALAD 1	1/3 Cup	10	81	9	84	0.57	0.28	96.1	304	4.85	*1	2.85	1.8	6.66	2.49	*0.00
/3 CUP																
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK, FF SKIM,CHOCOLATEVit	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
A/D																
Weighted Daily Average			734	64	1020	10.85	4.99	504.6	2396	31.39	*7	31.29	82.72	30.56	11.87	*0.00
% of Calories											*3.7%	17.1%	45.1%	37.5%	14.6%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Fri - 02/10/2017																
LUNCH K-12	Total	10														
CHICKEN CHUNKS, WG, 5 PIECE	SERVING	10	180	20	450	2.00	1.80	40.0	0	0.0	*N/A*	13.0	14.0	8.0	1.50	0.00
	-5 piece															
FRENCH FRIES: oven 1/2 C	1/2 CUP	10	50	0	67	0.80	0.31	2.0	0	2.53	*N/A*	0.79	7.8	1.89	0.32	*N/A*
BROCCOLI: Seasoned 1/3 CUP	1/3 CUP	10	17	0	7	1.84	0.37	20.2	619	24.57	1	1.9	3.28	0.07	0.01	0.00
ROLL, HONEY WHEAT, 2 OZ./5	ROLL	10	139	0	239	2.98	1.43	19.9	0	0.0	*N/A*	4.97	26.86	1.99	0.00	0.00
7g/S																
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK, FF SKIM,CHOCOLATEVit	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
A/D																
Weighted Daily Average			495	23	854	9.16	4.20	245.2	990	44.03	*5	25.16	74.08	12.08	1.86	*0.00
% of Calories											*4.3%	20.3%	59.9%	22.0%	3.4%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/13/2017																
LUNCH K-12	Total	10														
TACO,BEEF,2ea,3M, 2Grain 90-10	2 EACH	5	176	14	157	1.45	0.77	73.6	1107	2.22	*1	11.44	10.44	9.7	2.73	*0.09
CHICKEN TACO	2 EACH	5	264	47	252	2.99	1.77	195.0	623	8.2	*N/A*	19.09	20.35	12.21	3.51	*N/A*
REFRIED BEANS	1/3 CUP	10	111	4	381	2.79	1.61	113.0	208	0.7	*N/A*	6.87	12.19	4.12	1.31	*N/A*
SPANISH RICE-BrownRice, 1/4 cup	.25 CUP	10	126	0	119	1.68	0.93	*22.9	329	11.8	*1	2.76	23.76	1.91	0.30	*0.00
Guacamole, Southwestern,.125oz	.125 oz	10	24	0	57	0.47	0.00	0.0	0	1.13	*N/A*	0.47	1.42	2.13	0.24	0.00
SOUR CREAM	1 TBSP	10	58	15	59	0.00	0.16	38.5	231	0.24	*0	1.83	2.05	4.98	3.02	*0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVit A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			647	52	913	8.70	4.25	*471.8	2004	36.01	*6	31.70	76.96	24.22	8.03	*0.05
% of Calories											*3.4%	19.6%	47.6%	33.7%	11.2%	*0.1%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Tue - 02/14/2017																
LUNCH K-12	Total	10														
CHICKEN STRIPS, BRD-2 PIECES	2 PIECE	5	260	40	1210	0.00	2.88	60.0	100	2.4	*N/A*	15.25	28.0	8.0	1.00	*N/A*
STEAKFINGERS	4 Pieces	5	359	56	801	0.64	2.23	10.2	65	0.03	*N/A*	17.31	16.27	26.28	9.80	*N/A*
MASHED POTATOES,IDAHO, 1 /3 CUP	.33 cup	10	28	0	112	0.36	0.13	8.0	37	1.28	*N/A*	0.71	6.05	0.36	0.00	*0.00
GRAVY MIX, COUNTRY,.125 CUP	.125 CUP	5	21	0	138	0.00	0.17	0.5	0	0.0	*N/A*	0.0	2.83	0.94	0.47	*0.00
GRAVY, BROWN,CONESTOGA .125cup	.125 CUP	5	8	0	169	0.00	0.00	0.6	0	0.0	*0	0.0	1.63	0.0	0.00	*0.00
CAL VEGETABLE BLEND, 1/3 Cup	1/3 CUP	10	53	*N/A*	44	3.52	0.63	35.2	5276	52.76	*N/A*	3.52	8.79	*N/A*	*N/A*	*N/A*
ROLL, HONEY WHEAT, 2 OZ,/5 7g/S	ROLL	10	139	0	239	2.98	1.43	19.9	0	0.0	*N/A*	4.97	26.86	1.99	0.00	0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVit A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			653	*51	1646	8.72	5.13	261.8	5766	72.19	*4	29.98	88.22	*20.09	*5.67	*0.00
% of Calories											*2.7%	18.4%	54.0%	*27.7%	*7.8%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/15/2017																
LUNCH K-12	Total	10														
HAM WRAP ON WHEAT TORTI LLA	1/2 WRAP	5	281	37	1522	3.52	2.11	221.6	1536	3.55	*1	18.84	28.76	6.83	4.26	0.00
FISH NUGGETS	4 Pcs.	5	260	40	910	1.00	1.80	20.0	*N/A*	2.4	*N/A*	16.0	21.0	13.0	2.00	*N/A*
TATER TOTS, ROUNDS: 1/2 CUP	1/2 CUP	10	122	0	251	1.52	0.55	0.0	8	2.74	*N/A*	1.52	15.24	6.1	1.52	0.00
GREEN BEANS: Seasoned 1/3 CUP	1/3 CUP	10	11	0	5	0.89	0.16	9.0	89	0.53	*0	0.44	1.78	0.0	0.00	0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM, CHOCOLATE Vit A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			512	41	1564	6.21	2.95	292.9	*1235	23.19	*5	23.89	64.04	16.14	4.69	*0.00
% of Calories											*3.8%	18.7%	50.0%	28.4%	8.2%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Thu - 02/16/2017																
LUNCH K-12	Total	1														
BEEF FAJITAS w/ONION/PEPPER	4 OZ	1	198	*83	84	*0.49	*2.30	*42.4	234	*14.54	*1	*30.11	*2.04	6.91	2.44	*0.06
CHICKEN FAJITAS w/.5 Veg, 2 M	serving	1	51	1	15	2.73	0.46	24.0	1344	*85.18	*6	1.75	11.1	0.32	0.08	0.00
PINTO BEANS, .5-cup	.5 CUP	1	134	0	15	5.98	1.99	50.3	0	2.43	*1	8.27	24.14	0.47	0.09	*0.00
VEGGIES: RAW 1/3 CUP	1/3 CUP	1	52	0	55	3.01	0.24	32.1	13586	22.38	*1	2.07	10.8	0.07	0.01	0.00
FRUIT, CHOICE	1/2 CUP	1	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM, CHOCOLATE Vit A/D	HALF-PINT	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	1	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			604	*89	351	*13.75	*5.46	*461.9	15784	*142.07	*13	*50.69	*80.23	7.91	2.65	*0.06
% of Calories											*8.3%	*33.6%	*53.2%	11.8%	4.0%	*0.1%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

NMSVH

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

LUNCH K-12

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/17/2017																
LUNCH K-12	Total	10														
CHICKEN, BAKED	SERVINGS	5	17	4	2	0.00	0.01	0.2	7	0.0	0	0.36	0.03	1.67	0.46	0.01
BBQ CHICKEN	4 OZ	5	440	*140	426	*0.13	*2.41	*33.4	*536	*1.47	*14	39.57	15.79	21.87	*6.17	*0.00
CARROTS, SPICY MAPLE RST	1/3 CUP	10	60	0	246	2.14	0.25	28.8	12740	4.52	*2	0.71	9.53	2.44	0.34	*0.00
1/3 C																
MASHED POTATOES,IDAHO, 1	.33 cup	10	28	0	112	0.36	0.13	8.0	37	1.28	*N/A*	0.71	6.05	0.36	0.00	*0.00
3/4 CUP																
GRAVY MIX, COUNTRY,,125 CUP	.125 CUP	1	21	0	138	0.00	0.17	0.5	0	0.0	*N/A*	0.0	2.83	0.94	0.47	*0.00
ROLL, HONEY WHEAT, 2 OZ,/5	ROLL	10	139	0	239	2.98	1.43	19.9	0	0.0	*N/A*	4.97	26.86	1.99	0.00	0.00
7g/S																
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK, FF SKIM,CHOCOLATEVit	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
A/D																
Weighted Daily Average			567	*74	917	*7.08	*3.33	*236.6	*13419	*23.47	*13	30.86	72.78	16.79	*3.74	*0.00
% of Calories											*9.4%	21.8%	51.3%	26.6%	*5.9%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Tue - 02/21/2017																
LUNCH K-12	Total	10														
MEAT BALL SUB, RTH, w/SWISS	1 SAND WICH	5	506	*74	1720	2.11	3.80	287.4	675	21.19	*N/A*	20.43	37.05	30.76	11.90	*0.00
DELI SUB	1 SAND WICH	5	301	19	997	*1.02	2.07	112.1	233	0.31	*2	17.45	42.24	7.03	2.98	*0.00
TATER TOTS,ROUNDS: 1/2 CU	1/2 CUP	10	122	0	251	1.52	0.55	0.0	8	2.74	*N/A*	1.52	15.24	6.1	1.52	0.00
P/8ea																
CARROTS, STEAMED 1/3 CUP	.33 CUP	10	77	0	121	*4.23	0.46	50.1	25342	*8.92	*7	1.41	14.52	2.0	0.37	0.35
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK, FF SKIM,CHOCOLATEVit	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
A/D																
Weighted Daily Average			711	*49	1823	*8.86	4.23	412.9	26174	*39.35	*12	26.37	91.55	27.12	9.37	*0.35
% of Calories											*7.0%	14.8%	51.5%	34.3%	11.9%	*0.4%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/22/2017																
LUNCH K-12	Total	10														
SALMON W/BROWN SUGAR G LAZE	PORTION	5	146	39	130	0.05	0.60	17.9	99	0.0	*0	17.66	9.24	3.96	0.70	*0.03
MACARONI & CHEDDAR BUDS	2/3 CUP	5	83	6	753	0.43	0.31	58.1	0	0.0	0	1.38	16.31	0.22	0.04	0.00
SWEET POTATOES, ROASTED	1/2 CUP	10	275	0	645	6.80	1.43	68.1	32176	5.44	*0	3.56	45.63	9.11	1.28	*0.00
RICE PILAF	.50 CUP	10	155	0	196	1.77	0.61	8.0	1399	1.15	*1	3.23	29.65	2.55	0.53	0.30
ROLL, HONEY WHEAT, 2 OZ./5 7g/S	ROLL	10	139	0	239	2.98	1.43	19.9	0	0.0	*N/A*	4.97	26.86	1.99	0.00	0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVit A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			791	25	1614	13.34	4.22	297.2	33994	23.53	*5	25.78	137.06	15.88	2.22	*0.32
% of Calories											*2.7%	13.0%	69.3%	18.1%	2.5%	*0.4%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Thu - 02/23/2017																
LUNCH K-12	Total	10														
LASAGNA WITH 90-10 GROUND BEEF	SERVINGS	5	542	134	516	2.69	5.40	298.6	1073	15.4	*1	51.94	27.6	26.09	10.66	*0.00
SPAGHETTI & MeatSauce	1 CUP	5	317	12	221	2.56	2.98	43.7	253	5.46	*2	21.96	37.37	8.48	0.83	*0.00
BROCCOLI: Seasoned	1/3 CUP	10	17	0	7	1.84	0.37	20.2	619	24.57	1	1.9	3.28	0.07	0.01	0.00
GARLIC BREAD	SERVINGS	10	156	7	236	2.61	1.49	269.7	31	0.47	*1	5.33	13.05	9.27	2.32	*0.01
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVit A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			711	83	704	8.61	6.33	624.2	1683	52.40	*9	48.68	70.96	26.76	8.12	*0.01
% of Calories											*4.8%	27.4%	39.9%	33.9%	10.3%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

NMSVH

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Feb 1, 2017 thru Feb 28, 2017

LUNCH K-12

Generated on: 1/23/2017 7:40:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/24/2017																
LUNCH K-12	Total	10														
TACO,BEEF,80-20	2 EACH	5	522	130	359	2.73	3.83	158.0	632	4.2	*2	38.06	20.83	31.03	12.61	*0.18
CHICKEN TACO	2 EACH	5	264	47	252	2.99	1.77	195.0	623	8.2	*N/A*	19.09	20.35	12.21	3.51	*N/A*
LETTUCE & TOMATO,SHRED/D ICE,.25	.25 CUP	10	6	0	2	0.52	0.17	6.1	1211	3.55	1	0.34	1.26	0.08	0.01	0.00
PINTO BEANS, 1/3 cup	.33	10	89	0	10	3.99	1.33	33.6	0	1.62	*1	5.51	16.1	0.32	0.06	*0.00
Guacamole, Southwestern,.25cup	.25 cup	10	24	0	57	0.47	0.00	0.0	0	1.13	*N/A*	0.47	1.42	2.13	0.24	0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEvit A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			620	91	466	9.37	4.59	379.3	2208	29.44	*7 *4.4%	39.40 25.4%	61.51 39.7%	24.28 35.2%	8.40 12.2%	*0.09 *0.1%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/27/2017																
LUNCH K-12	Total	10														
GREEN CHILE CHICK ENCH,M-2,1GN	SERVING	5	339	66	951	2.66	0.80	*213.7	805	14.11	*0	18.93	24.38	18.09	7.04	*0.00
BEEF BURRITO	1 EACH	5	273	43	351	2.00	2.62	264.0	800	9.69	*N/A*	18.82	21.33	12.46	5.75	*N/A*
REFRIED BEANS	1/3 CUP	10	111	4	381	2.79	1.61	113.0	208	0.7	*N/A*	6.87	12.19	4.12	1.31	*N/A*
SPANISH RICE-BrownRice,1/3cup	1/3 Cup	10	83	0	69	1.07	0.58	*14.3	195	7.26	*0	1.79	15.64	1.27	0.20	*0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEvit A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			609	61	1193	7.73	4.19	*529.2	1576	36.80	*5 *3.2%	32.03 21.1%	72.83 47.9%	20.80 30.8%	7.95 11.8%	*0.00 *0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/28/2017																
LUNCH K-12	Total serving-1.25 C	10														
BEEF POT ROAST-2 oz W/VEG	5	5	239	55	278	1.97	2.10	20.1	3477	6.48	*2	18.43	15.5	11.15	4.04	*0.00
TURKEY ROAST-2 OZ	2 OZ.	5	109	47	304	0.00	0.56	0.0	0	0.0	*N/A*	17.94	0.78	3.9	1.17	0.00
VEGETABLES f/POT ROAST, .5 cup	.50 cup	5	56	0	36	2.41	0.46	30.7	3565	11.59	*4	1.51	12.67	0.16	0.05	*0.00
ROLL, HONEY WHEAT, 2 OZ./5 7g/S	ROLL	10	139	0	239	2.98	1.43	19.9	0	0.0	*N/A*	4.97	26.86	1.99	0.00	0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVit A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			450	53	640	6.71	3.28	208.4	3891	25.97	*7	28.41	63.48	9.73	2.66	*0.00
% of Calories											*6.7%	25.3%	56.5%	19.5%	5.3%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Weighted Average			601	*53	1027	*8.81	*4.05	*349.5	*7120	*42.91	*8	*30.89	*78.62	*18.19	*5.56	*0.06
											*11.3%	*20.6%	*52.4%	*27.3%	*8.3%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	601		739	81%		138		Correction Required - Calories are Low
Cholesterol (mg)	53				Missing			
Sodium (mg)	1027					1027		
Fiber (g)	8.81				Missing			
Iron (mg)	4.05		3.95	103%	Missing			
Calcium (mg)	349.5		338.62	103%	Missing			
Vitamin A (IU)	7120		1295	550%	Missing			
Sugars (g)	8	5.02%			Missing			
Vitamin C (mg)	42.91		16.68	257%	Missing			
Protein (g)	30.89	20.57%	12.74	242%	Missing			
Carbohydrate (g)	78.62	52.36%			Missing			
Total Fat (g)	18.19	27.26%	<=30.00%		Missing			
Saturated Fat (g)	5.56	8.34%	<10.00%		Missing			
Trans Fat ¹ (g)	0.06	0.09%			Missing			

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.