

# NMSVH

Mar 1, 2017 thru Mar 31, 2017

## Base Menu Spreadsheet

DINNER K-12

### Portion Values - Detailed

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Generated on: 2/24/2017 9:19:53 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 <sup>1</sup> (g)
Wed - 03/01/2017																
DINNER K-12	Total	10														
BEEF FAJITAS w/ONION/PEPPER	4 OZ	5	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-NMSBVI	1 EACH	5	345	*68	157	*2.68	*2.07	*58.8	*153	*12.03	*8	28.88	22.8	14.98	*2.72	*0.50
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
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
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
QUELITES, 1/3 CUP	1/3 CUP	10	85	*0	263	*5.59	*2.93	*198.6	14395	*3.23	*1	*6.72	*10.89	3.02	0.54	*0.19
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			635	*93	602	*13.18	*6.89	*484.4	*15191	*36.44	*10 *6.4%	*48.53 *30.6%	*65.02 *40.9%	21.52 30.5%	*6.47 *9.2%	*0.47 *0.7%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Thu - 03/02/2017																
DINNER K-12	Total	10														
CHICKEN & DUMPLINGS	1 CUP	5	393	69	422	*2.65	3.30	183.4	1436	*2.67	*6	26.63	46.26	10.45	4.87	*0.03
VEGGIES: RAW 1/3 CUP	1/3 CUP	5	52	0	55	3.01	0.24	32.1	13586	22.38	*1	2.07	10.8	0.07	0.01	0.00
DRESSING, ASSORTED, SALAD	PACKET	10	50	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	5.5	0.50	*0.00
PEAS & CARROTS, 1/3 Cup	1/3 CUP	1	58	0	92	3.47	0.42	23.1	2888	6.93	*N/A*	3.47	10.4	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,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			387	37	465	*4.72	*2.09	*273.1	*8170	*30.15	*8 *8.2%	19.19 19.8%	51.72 53.4%	10.89 25.3%	2.97 6.9%	*0.01 *0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Fri - 03/03/2017																
DINNER K-12	Total	1														
BLANK	1 EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

\*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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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	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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Mon - 03/06/2017																
DINNER K-12	Total	10														
BARBECUED BEEF ON A ROLL	SERVINGS	10	332	77	886	1.21	4.52	81.9	289	3.37	*10	27.59	30.44	10.41	3.70	*0.01
BEANS, BAKED 1/3 CUP	1/3 CUP	10	93	0	366	3.33	1.20	26.6	67	0.0	*N/A*	4.0	19.31	0.67	0.00	0.00
TATER TOTS, ROUNDS: 1/2 CU P/8ea	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
PICKLES, DILL	1 EACH	10	8	0	526	0.65	0.17	37.0	81	1.49	1	0.32	1.57	0.19	0.05	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 % of Calories			663	80	2122	8.25	6.72	308.7	815	24.55	*15 *9.2%	37.93 22.9%	88.71 53.5%	17.50 23.7%	5.31 7.2%	*0.01 *0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Tue - 03/07/2017																
DINNER K-12	Total	10														
PIZZA CASSEROLE	1 CUP	10	572	123	1240	*2.65	4.47	404.0	797	37.17	*2	33.14	47.1	26.46	11.52	*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
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, 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 % of Calories			848	132	1573	*7.69	6.41	845.8	1286	55.10	*8 *3.7%	43.42 20.5%	84.07 39.7%	35.87 38.1%	13.88 14.7%	*0.01 *0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

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	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 <sup>1</sup> (g)
Wed - 03/08/2017																
DINNER K-12	Total	10														
TOSTADA, BEEF	SERVING	5	337	47	1082	2.27	1.09	459.5	2583	37.99	*1	20.94	22.69	19.29	7.31	*0.00
TOSTADA, CHICKEN	SERVING	5	333	78	1064	2.27	0.82	459.5	2583	37.99	*1	20.14	22.69	19.64	8.56	*0.00
CALABASITAS, 1/3 CUP	1/3 Cup	10	74	6	106	1.78	0.49	62.0	191	12.64	*2	3.1	9.72	3.04	1.38	*0.06
BROCCOLI & CARROTS, CKD, .5CUP	.5 CUP	10	30	0	48	2.60	0.28	28.0	9318	9.09	*3	1.0	6.04	0.29	0.03	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			499	71	1317	6.66	1.90	699.5	12342	60.33	*6 *4.9%	28.63 22.9%	48.44 38.8%	22.80 41.1%	9.35 16.9%	*0.06 *0.1%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Thu - 03/09/2017																
DINNER 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
CAULIFLOWER:fresh boiled	1/4 CUP	10	7	0	5	0.71	0.10	5.0	4	13.73	1	0.57	1.27	0.14	0.02	0.00
BREADSTICKS, CHEESY GARLIC-1 S	1 STICK	1	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 & 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			395	70	373	3.65	3.16	322.4	915	38.37	*6 *5.8%	31.29 31.7%	38.22 38.7%	13.62 31.1%	5.49 12.5%	*0.00 *0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Fri - 03/10/2017																
DINNER K-12	Total	1														
BLANK	1 EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

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# NMSVH

Mar 1, 2017 thru Mar 31, 2017

## Base Menu Spreadsheet

DINNER 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 <sup>1</sup> (g)
<b>Mon - 03/13/2017</b>																
DINNER K-12	Total	10														
CORN DOG ON STICK	1 EACH	5	280	50	570	1.00	1.80	80.0	0	1.2	*N/A*	10.0	32.0	14.0	4.50	0.00
HOT DOG ON A BUN:turkey hot	SERVING	5	258	61	979	*0.00	2.48	80.1	0	0.0	*N/A*	13.1	25.84	12.04	3.34	*N/A*
COLESLAW - BASIC, .5 CUP	.5 CUP	10	75	5	111	1.94	0.34	29.5	2146	23.98	*3	0.93	6.69	5.54	0.93	0.00
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*
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			503	62	1044	*4.78	3.07	274.7	2516	44.04	*7 *5.6%	17.77 14.1%	65.56 52.1%	20.58 36.8%	5.20 9.3%	*0.00 *0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

<b>Tue - 03/14/2017</b>																
DINNER K-12	Total	10														
BAKED POTATO, LOADED	1 EACH	10	313	35	208	4.73	2.47	173.3	442	19.66	*2	10.07	45.84	10.52	6.32	*0.00
CHILI CON CARNE W/ BEANS-1/4 C	1/4 CUP	10	98	22	114	1.73	1.73	28.5	503	6.26	*1	7.54	6.2	5.09	1.87	*0.27
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 & 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			600	64	594	8.50	5.20	414.9	1365	42.85	*8 *5.1%	24.61 16.4%	84.18 56.1%	18.74 28.1%	9.23 13.8%	*0.27 *0.4%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

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Wed - 03/15/2017																
DINNER K-12	Total	10														
FISH SANDWICH ON BUN	1 EACH	10	407	20	661	*1.00	3.56	0.0	0	2.4	*N/A*	20.27	51.93	13.57	2.39	*N/A*
TATER TOTS, ROUNDS: 1/2 CU P/8ea	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
CUCUMBER, RAW .25CUP	.25 CUP	10	4	0	1	0.21	0.07	4.2	21	0.95	0	0.18	0.64	0.05	0.00	0.00
PICKLE SPEARS, KOSHER DILL	SPEAR	10	0	0	220	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	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			642	23	1226	*4.27	4.45	167.3	399	23.03	*5	26.46	90.96	19.84	3.96	*0.00
% of Calories											*3.0%	16.5%	56.7%	27.8%	5.5%	*0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Thu - 03/16/2017																
DINNER K-12	Total	10														
PIZZA, 4-CHEESE, SLICE	SLICE	10	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
SUCCOTASH, 1/3 CUP	1/3 CUP	10	70	0	84	2.09	0.48	13.3	28	4.01	*N/A*	3.26	14.65	0.42	0.00	0.00
SALAD, TOSSED GARDEN	1 CUP	10	85	0	56	9.02	3.77	140.0	36122	30.9	7	5.21	17.55	1.23	0.17	0.00
DRESSING, ASSORTED, SALAD	PACKET	10	50	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	5.5	0.50	*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			664	28	1188	14.65	*4.53	*316.5	*36521	*51.84	*12	29.97	98.34	19.28	6.70	*0.00
% of Calories											*7.1%	18.0%	59.2%	26.1%	9.1%	*0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Fri - 03/17/2017																
DINNER K-12	Total	1														
BLANK	1 EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
% of Calories												*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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	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 <sup>1</sup> (g)
<b>Mon - 03/20/2017</b>																
DINNER K-12	Total	10														
STEAKFINGERS	4 Pieces	10	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
CORN: frozen, yellow, 1/3 CUP	1/3 CUP	10	45	0	1	1.32	0.26	1.7	109	1.93	2	1.4	10.62	0.37	0.06	0.00
GRAVY MIX, COUNTRY, .125 CUP	.125 CUP	10	21	0	138	0.00	0.17	0.5	0	0.0	*N/A*	0.0	2.83	0.94	0.47	*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			561	59	1143	3.85	3.08	183.4	582	20.17	*6	23.92	57.92	28.08	10.36	*0.00
% of Calories											*4.4%	17.0%	41.3%	45.0%	16.6%	*0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

<b>Tue - 03/21/2017</b>																
DINNER K-12	Total	10														
BEEF STROGANOFF	4 OZ	10	309	121	335	1.16	4.09	57.1	268	1.9	*1	45.51	7.74	9.56	3.79	*0.00
BU. EGG NOODLES, 1/3 CUP	1/3 CUP	10	75	19	10	0.35	0.63	1.9	1	0.06	*0	2.71	13.6	1.02	0.34	*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
Brownie, Fudge	EACH (2")	10	140	0	141	1.00	1.08	0.2	100	0.0	*N/A*	2.0	25.06	3.01	1.00	*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 & 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			724	147	762	5.44	6.96	281.3	878	19.43	*6	57.67	80.33	16.71	6.17	*0.00
% of Calories											*3.2%	31.9%	44.4%	20.8%	7.7%	*0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

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**NMSVH**

**Mar 1, 2017 thru Mar 31, 2017**

Base Menu Spreadsheet

DINNER K-12

Portion Values - Detailed

Generated on: 2/24/2017 9:19:54 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 <sup>1</sup> (g)
<b>Wed - 03/22/2017</b>																
DINNER K-12	Total	10														
CHICKEN STRIPS, BRD-2 PIECES	2 PIECE	10	260	40	1210	0.00	2.88	60.0	100	2.4	*N/A*	15.25	28.0	8.0	1.00	*N/A*
GRAVY MIX, COUNTRY,,125 CUP	.125 CUP	10	21	0	138	0.00	0.17	0.5	0	0.0	*N/A*	0.0	2.83	0.94	0.47	*0.00
FRENCH FRIES: oven 1/2 C	1/2 CUP	1	50	0	67	0.80	0.31	2.0	0	2.53	*N/A*	0.79	7.8	1.89	0.32	*N/A*
TOAST,WW, 1.4 oz,SLICE	SLICE	10	90	0	170	2.00	0.72	0.0	0	0.0	*N/A*	5.0	15.0	2.0	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,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			485	43	1617	3.62	4.09	223.8	470	19.59	*4	24.82	68.76	11.27	1.54	*0.00
% of Calories											*3.7%	20.5%	56.7%	20.9%	2.9%	*0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

<b>Thu - 03/23/2017</b>																
DINNER K-12	Total	10														
ROAST BEEF SANDWICH, OPE N FACE	1 SERVIN	10	322	25	1190	5.00	*2.16	*0.0	*0	*3.6	*N/A*	21.0	50.0	6.5	0.50	*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			431	28	1282	6.54	*2.45	*163.1	*370	*20.53	*4	25.50	72.15	6.63	0.54	*0.00
% of Calories											*4.1%	23.7%	67.0%	13.9%	1.1%	*0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

<b>Fri - 03/24/2017</b>																
DINNER K-12	Total	1														
BLANK	1 EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
% of Calories												*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

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# NMSVH

Mar 1, 2017 thru Mar 31, 2017

## Base Menu Spreadsheet

DINNER 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 <sup>1</sup> (g)
Mon - 03/27/2017																
DINNER K-12	Total	10														
GREEN CHILE CHICK ENCH, M-2, 1GN	SERVING	10	339	66	951	2.66	0.80	*213.7	805	14.11	*0	18.93	24.38	18.09	7.04	*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*
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, 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			641	72	1493	8.06	3.28	*504.1	1578	39.01	*5	32.09	74.36	23.61	8.59	*0.00
% of Calories											*3.0%	20.0%	46.4%	33.1%	12.1%	*0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Tue - 03/28/2017																
DINNER K-12	Total	10														
TURKEY ROAST	3 OZ	10	114	46	387	0.00	0.55	0.0	0	0.0	*N/A*	15.95	0.76	5.32	1.90	*N/A*
DRESSING, CORNBREAD, .25 cup	.25	10	88	0	369	0.50	0.54	10.2	161	0.6	*0	1.51	9.54	4.57	0.65	*0.00
PEAS & CARROTS, 1/3 Cup	1/3 CUP	10	58	0	92	3.47	0.42	23.1	2888	6.93	*N/A*	3.47	10.4	0.0	0.00	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, FF SKIM, CHOCOLATE Vit 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
MILK, FF SKIM, CHOCOLATE Vit 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			567	51	1270	8.49	3.40	366.3	3670	25.07	*4	34.39	79.70	12.01	2.58	*0.00
% of Calories											*3.1%	24.3%	56.2%	19.1%	4.1%	*0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

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

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	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 <sup>1</sup> (g)
Wed - 03/29/2017																
DINNER K-12	Total	10														
PIZZA, 4-CHEESE, SLICE	SLICE	10	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
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
GELATIN,CHERRY,PLAIN	.5 CUP	10	72	*0	95	*0.00	*0.01	*2.2	*0	15.35	*N/A*	1.02	17.39	*0.0	*0.00	*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			547	*28	1024	*5.38	*0.67	*185.5	*990	56.85	*5	24.42	86.82	*12.21	*6.05	*0.00
% of Calories											*3.9%	17.8%	63.4%	*20.1%	*9.9%	*0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Thu - 03/30/2017																
DINNER K-12	Total	10														
CLUB SAND,WHEAT, 3oz M/MA SANDWIC	SANDWIC	10	320	33	1096	*4.36	*1.92	155.2	666	3.49	*1	25.07	33.26	11.04	3.20	0.00
CHIPS, BBQ, BAKED, LAY'S, 1-1/2 BAG	BAG	10	140	0	240	2.00	0.00	20.0	0	2.4	*N/A*	2.0	24.0	3.5	0.50	0.00
SALAD,TOSSED GARDEN	1 CUP	10	85	0	56	9.02	3.77	140.0	36122	30.9	7	5.21	17.55	1.23	0.17	0.00
DRESSING, ASSORTED, SALAD	PACKET	10	50	0	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	5.5	0.50	*0.00
PICKLE SPEARS, KOSHER DILL	SPEAR	10	0	0	220	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	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,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			704	35	1829	*16.92	*5.97	*478.3	*37159	*53.72	*12	36.78	97.96	21.40	4.40	*0.00
% of Calories											*7.1%	20.9%	55.6%	27.4%	5.6%	*0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Fri - 03/31/2017																
DINNER K-12	Total	1														
BLANK	1 EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
% of Calories												*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

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	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 <sup>1</sup> (g)
Weighted Average			456	*49	909	*5.64	*3.01	*282.1	*5444	*28.53	*6 *10.9%	*24.45 *21.4%	*57.75 *50.6%	*14.24 *28.1%	*4.51 *8.9%	*N/A*

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	456		785	58%		329		Correction Required - Calories are Low
Cholesterol (mg)	49				Missing			
Sodium (mg)	909		1000					
Fiber (g)	5.64		8.67	65%	Missing	3.03		Correction Required - Fiber is Low
Iron (mg)	3.01		4.23	71%	Missing	1.22		Correction Required - Iron is Low
Calcium (mg)	282.1		370.45	76%	Missing	88.36		Correction Required - Calcium is Low
Vitamin A (IU)	5444		1426	382%	Missing			
Sugars (g)	6	4.86%			Missing			
Vitamin C (mg)	28.53		17.42	164%	Missing			
Protein (g)	24.45	21.44%	14.56	168%	Missing			
Carbohydrate (g)	57.75	50.64%			Missing			
Total Fat (g)	14.24	28.09%	<=30.00%		Missing			
Saturated Fat (g)	4.51	8.90%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	*N/A*				Missing			

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