

# NMSVH

Mar 1, 2017 thru Mar 31, 2017

## Base Menu Spreadsheet

LUNCH K-12

### Portion Values - Detailed

Page 1

Generated on: 2/24/2017 9:18:31 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																
LUNCH K-12	Total	10														
Chicken Penne Pasta	2/3 Cup	5	374	81	404	*2.96	*2.70	*415.8	*1319	*35.84	*1	33.11	21.19	15.76	7.00	*0.00
CHICKEN MANICOTTI	2 EA	5	382	*105	972	1.61	1.93	228.4	1068	13.9	*N/A*	22.37	36.65	16.58	7.90	*N/A*
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*
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 &	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			695	*103	1060	*9.95	*4.72	*790.1	*6870	*95.03	*7	41.09	72.91	*25.57	*9.81	*0.01
% of Calories											*3.8%	23.6%	41.9%	*33.1%	*12.7%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Thu - 03/02/2017																
LUNCH K-12	Total	10														
BEAR BURGER, 80/10, 2 OZ	1 EACH	5	306	64	226	*0.00	2.98	27.6	0	0.0	*N/A*	22.75	25.0	13.1	4.36	*N/A*
TURKEY FRANK ON BUN	FRANK	5	263	25	801	1.16	2.08	139.8	*0	*0.0	*N/A*	10.66	22.63	14.19	*0.51	*0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	10	5	0	1	0.36	0.10	3.5	466	3.49	1	0.25	1.06	0.06	0.01	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*
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
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			541	47	1040	*6.61	4.42	278.8	*903	*22.95	*5	26.24	74.13	16.39	*2.80	*0.00
% of Calories											*3.8%	19.4%	54.8%	27.3%	*4.6%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Fri - 03/03/2017																
LUNCH 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
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																

\*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.

**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 <sup>1</sup> (g)
Weighted Daily Average			476	28	929	5.38	*0.66	*183.3	*990	41.50	*5	23.40	69.43	12.21	6.05	0.00
% of Calories											*4.5%	19.7%	58.4%	23.1%	11.4%	0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Mon - 03/06/2017																
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, .5 CUP	.5 cup	10	64	0	251	0.80	0.30	17.9	84	2.88	*N/A*	1.6	13.62	0.8	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
BROWN GRAVY	2 TBSP	5	23	0	35	0.10	0.12	2.0	66	0.0	*N/A*	0.36	1.97	1.54	0.33	*N/A*
SQUASH,SUMMER 1/3 CuP	1/3 Cup	10	12	0	1	0.83	0.21	16.0	126	3.27	2	0.54	2.56	0.18	0.04	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			655	51	1675	6.52	4.93	253.3	696	24.30	*6	28.07	89.72	21.49	5.87	*0.00
% of Calories											*3.7%	17.1%	54.8%	29.5%	8.1%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Tue - 03/07/2017																
LUNCH K-12	Total	10														
BEEF TIPS	1/3 CUP	5	315	74	767	0.58	2.64	18.9	23	2.14	*1	23.09	4.85	22.26	7.00	*0.00
CHICKEN CHUNKS, WG, 5 PIECE	SERVING-	5	180	20	450	2.00	1.80	40.0	0	0.0	*N/A*	13.0	14.0	8.0	1.50	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
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*
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

\*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.

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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			644	*54	1121	8.62	4.47	285.7	7106	71.91	*6 *3.7%	31.78 19.8%	80.01 49.7%	*20.82 *29.1%	*5.82 *8.1%	*0.30 *0.4%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Wed - 03/08/2017																
LUNCH K-12	Total	10														
CHICKEN, SPICY MEXICAN	1/2 CUP	5	495	49	512	6.88	2.44	398.6	413	4.42	*1	26.76	51.03	20.71	5.79	*0.04
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
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 & 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			652	36	1018	*11.05	2.88	547.7	26308	*31.80	*13 *7.7%	28.64 17.6%	81.21 49.8%	23.67 32.7%	5.45 7.5%	*0.38 *0.5%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Thu - 03/09/2017																
LUNCH K-12	Total	10														
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*
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
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
COLESLAW - BASIC, .25 CUP	.25 CUP	10	40	2	55	0.97	0.17	14.8	1073	11.99	*2	0.46	3.85	2.77	0.47	*0.00
TARTAR SAUCE: scratch	2 TBSP	5	125	9	170	0.19	0.21	6.0	170	0.58	*3	0.29	4.34	12.21	1.32	*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			602	54	1224	5.13	2.91	230.9	*1536	33.76	*8 *5.2%	19.63 13.0%	69.91 46.4%	28.60 42.7%	5.94 8.9%	*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  
<sup>1</sup> - 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 <sup>1</sup> (g)
Fri - 03/10/2017																
LUNCH K-12	Total	10														
GRILLED CHEESE, HOMEMADE	1 SAND WICH	10	417	33	682	2.05	2.81	265.6	303	0.18	*7	15.07	50.8	17.2	7.45	*0.00
SOUP, HARVEST TOMATO BASIL	.5 CUP	10	80	0	480	1.00	0.72	40.0	500	6.0	*N/A*	2.0	17.0	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
COOKIE DOUGH, PEANUT BUTTER, 1	COOKIE	10	135	5	125	1.00	0.54	10.0	150	0.0	*N/A*	3.0	14.5	8.0	2.00	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			741	40	1380	5.59	4.35	478.6	1324	23.11	*12	24.56	104.45	25.33	9.49	*0.00
% of Calories											*6.3%	13.3%	56.4%	30.8%	11.5%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Mon - 03/13/2017																
LUNCH K-12	Total	10														
Chile Rellano	1 Each	5	310	15	270	1.00	1.80	150.0	300	48.0	*N/A*	7.0	20.0	23.0	5.00	*N/A*
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
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
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
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			666	38	679	8.36	4.63	*441.0	1562	54.00	*6	24.97	85.02	25.01	8.05	*0.00
% of Calories											*3.4%	15.0%	51.0%	33.8%	10.9%	*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  
<sup>1</sup> - 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**

**Mar 1, 2017 thru Mar 31, 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 <sup>1</sup> (g)
Tue - 03/14/2017																
LUNCH K-12	Total	10														
STROMBOLI	SERVINGS	5	221	40	636	0.80	1.79	216.0	43	0.0	*N/A*	18.33	21.31	6.34	2.72	*N/A*
CLUB SAND,WHEAT, 3oz M/MA	SANDWIC	5	320	33	1096	*4.36	*1.92	155.2	666	3.49	*1	25.07	33.26	11.04	3.20	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*
TOMATO:4 slice, .25	4 slc.	10	9	0	2	0.59	0.13	4.9	410	6.74	1	0.43	1.91	0.1	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 &	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			438	39	1027	*5.51	*2.58	355.6	1135	27.95	*6	27.42	59.15	10.81	3.32	*0.00
% of Calories											*5.6%	25.0%	54.0%	22.2%	6.8%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Wed - 03/15/2017																
LUNCH K-12	Total	10														
CLUBHOUSE CHICKEN	4 OZ SERVING	5	254	*80	275	*1.04	*0.49	*13.7	*239	*8.91	*0	21.82	5.15	16.61	*4.16	*0.65
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
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
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
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			782	*112	1383	*11.34	*3.99	*297.2	*26100	*37.04	*19	44.58	95.99	24.86	*5.57	*0.67
% of Calories											*9.5%	22.8%	49.1%	28.6%	*6.4%	*0.8%
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  
<sup>1</sup> - 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

Mar 1, 2017 thru Mar 31, 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 <sup>1</sup> (g)
Thu - 03/16/2017																
LUNCH K-12	Total	10														
BEEF & BROCCOLI STIR-FRY	1 CUP	5	212	*64	571	*2.59	*2.38	*28.6	*627	*42.56	*0	23.28	*7.66	9.59	*2.11	*0.24
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
STIR FRY VEGETABLES, 1/2 CUP	1/2 Cup	10	33	0	27	2.67	2.67	2.7	*N/A*	*N/A*	*N/A*	1.34	6.67	0.0	0.00	*N/A*
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*
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
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			481	*52	921	*7.33	*5.17	*198.3	*857	*39.66	*12	28.21	*58.05	14.71	*2.82	*0.12
% of Calories											*10.1%	23.5%	*48.3%	27.5%	*5.3%	*0.2%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Fri - 03/17/2017																
LUNCH K-12	Total	10														
MEATBALLS	3 OZ.	5	280	55	600	0.00	1.80	60.0	0	0.0	*N/A*	14.0	7.0	22.0	9.00	1.00
MASHED POTATOES,IDAHO, .25 CUP	.25 cup	5	32	0	126	0.40	0.15	9.0	42	1.44	*N/A*	0.8	6.81	0.4	0.00	*0.00
GRAVY, BROWN, CONESTOG A .25cup	.25 CUP	10	16	0	338	0.00	0.00	1.3	0	0.0	*0	0.0	3.25	0.0	0.00	*0.00
ASPARAGUS SPEARS, ROASTED	4 spears	10	83	0	16	1.68	1.74	29.0	573	4.4	*1	2.32	4.11	6.91	1.00	*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, 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			503	30	1048	6.40	4.44	247.7	965	22.06	*6	19.19	63.27	20.23	5.54	*0.50
% of Calories											*4.7%	15.3%	50.4%	36.2%	9.9%	*0.9%
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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

# NMSVH

Mar 1, 2017 thru Mar 31, 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 <sup>1</sup> (g)
Mon - 03/20/2017																
LUNCH K-12	Total	10														
BEAR BURGER, 80/10, 2 OZ	1 EACH	5	306	64	226	*0.00	2.98	27.6	0	0.0	*N/A*	22.75	25.0	13.1	4.36	*N/A*
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*
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*
GREEN BEANS:Seasoned 1/3 C UP	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
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	5	5	0	1	0.36	0.10	3.5	466	3.49	1	0.25	1.06	0.06	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 % of Calories			454	65	766	*3.41	3.54	229.7	692	21.74	*5 *4.2%	23.78 20.9%	57.67 50.8%	14.62 29.0%	4.21 8.3%	*0.00 *0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Tue - 03/21/2017																
LUNCH K-12	Total	10														
SANTA FE BEEF WRAP	WRAP	5	130	17	222	2.98	0.81	282.6	1416	3.55	*1	10.86	10.03	5.42	3.34	*0.00
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
BAKED SWEET POTATOES & APPLES	1/4 CUP	10	78	0	29	1.90	0.39	11.0	2637	3.5	*N/A*	0.56	16.56	1.38	0.28	*N/A*
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
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			396	30	994	6.89	2.20	430.4	4504	24.94	*6 *5.7%	20.08 20.3%	58.74 59.4%	7.69 17.5%	4.12 9.4%	*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

<sup>1</sup> - 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 <sup>1</sup> (g)
Wed - 03/22/2017																
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
Enchiladas, Rolled Cheese, Bue	SERVING-	5	330	50	290	2.00	1.08	450.0	500	0.0	*N/A*	15.0	29.0	17.0	10.00	*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
REFRIED BEANS, .5 CUP	.5 CUP	10	130	0	360	6.00	1.80	40.0	0	0.0	*N/A*	6.0	24.0	2.0	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 &	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			656	60	1141	10.94	3.61	*549.2	1218	31.26	*5	29.25	88.48	20.95	9.26	*0.00
% of Calories											*2.9%	17.8%	53.9%	28.7%	12.7%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Thu - 03/23/2017																
LUNCH K-12	Total	10														
PIZZA, Pepperoni (4ch)	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
VEGGIES: RAW .50 CUP	.50 CUP	10	35	0	40	2.02	0.10	19.4	10166	15.72	*0	1.36	7.38	0.0	0.00	0.00
RANCH DRESSING	2 TBSP	10	35	5	181	0.10	0.10	35.0	26	0.5	*N/A*	1.05	3.5	1.88	0.52	*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 &	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			354	20	729	4.66	*0.49	*217.5	*10562	33.15	*4	15.40	55.03	8.01	3.55	*0.00
% of Calories											*5.0%	17.4%	62.2%	20.4%	9.0%	*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

<sup>1</sup> - 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 <sup>1</sup> (g)
Fri - 03/24/2017																
LUNCH K-12	Total	10														
SALISBURY STEAK	3.2 oz.	5	180	40	380	0.00	1.80	60.0	0	*N/A*	*N/A*	18.0	2.0	11.0	5.00	*N/A*
MASHED POTATOES, IDAHO, .5 CUP	.5 cup	5	64	0	251	0.80	0.30	17.9	84	2.88	*N/A*	1.6	13.62	0.8	0.00	*0.00
GRAVY, BROWN, CONESTOG A .25cup	.25 CUP	10	16	0	338	0.00	0.00	1.3	0	0.0	*0	0.0	3.25	0.0	0.00	*0.00
CORN, YELLOW, .25 CUP	.25 CUP	10	50	0	6	0.63	0.00	0.1	0	1.51	*N/A*	1.89	11.97	0.63	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, 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			437	23	991	5.55	2.77	223.3	412	*19.89	*4 *4.1%	21.16 19.4%	72.04 66.0%	8.65 17.8%	2.54 5.2%	*0.00 *0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Mon - 03/27/2017																
LUNCH K-12	Total	10														
BBQ CHICKEN FLAT BREAD PIZZA	SERVING	5	167	53	470	0.56	0.91	110.5	373	13.08	*0	17.84	13.01	5.16	2.67	*0.00
CHICKEN SALAD ON PITA BREAD	1/2 CUP	5	244	58	389	1.50	1.66	30.6	158	0.97	*4	21.05	24.51	8.51	1.17	*0.02
CUCUMBER TOMATO SALAD 1/3 CUP	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
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			395	67	606	3.13	1.85	329.7	939	28.81	*8 *7.7%	26.79 27.1%	42.71 43.2%	13.63 31.1%	4.44 10.1%	*0.01 *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  
<sup>1</sup> - 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**

**Mar 1, 2017 thru Mar 31, 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 <sup>1</sup> (g)
Tue - 03/28/2017																
LUNCH K-12	Total	10														
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
SLOPPY JOE ON A BUN	SERVINGS	5	227	68	249	0.78	2.01	17.7	678	9.5	*2	19.65	9.37	11.89	4.66	*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*
COLESLAW - BASIC, .25 CUP	.25 CUP	10	40	2	55	0.97	0.17	14.8	1073	11.99	*2	0.46	3.85	2.77	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 &	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			353	41	715	3.91	1.92	217.7	1782	36.20	*7	16.27	46.63	10.85	3.17	*0.00
% of Calories											*8.2%	18.4%	52.9%	27.7%	8.1%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Wed - 03/29/2017																
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	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 &	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			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	

\*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 <sup>1</sup> (g)
Thu - 03/30/2017																
LUNCH K-12	Total	10														
SPAGHETTI & Meat Sauce	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
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
GREEN BEANS: Seasoned	1/3 CUP	5	11	0	5	0.89	0.16	9.0	89	0.53	*0	0.44	1.78	0.0	0.00	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, 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			552	76	481	4.66	4.63	343.8	1083	27.63	*6	41.92	56.52	17.72	5.88	*0.00
% of Calories											*4.5%	30.4%	41.0%	28.9%	9.6%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Fri - 03/31/2017																
LUNCH K-12	Total	10														
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
CARROTS, STEAMED	1/3 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 & 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			404	12	762	*7.61	1.66	348.4	26101	*29.59	*12	15.26	55.69	13.32	2.55	*0.36
% of Calories											*11.9%	15.1%	55.1%	29.6%	5.7%	*0.8%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Weighted Average			540	*49	974	*6.75	*3.29	*334.9	*5686	*36.34	*8	26.36	*69.97	*17.37	*5.16	*0.10
											*13.1%	19.5%	*51.9%	*29.0%	*8.6%	*0.2%

\*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.

**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.**

Nutrient	Menu AVG	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)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	540		739	73%		199												Correction Required - Calories are Low
Cholesterol (mg)	49				Missing													
Sodium (mg)	974								974									
Fiber (g)	6.75				Missing													
Iron (mg)	3.29		3.95	83%	Missing	0.65												Correction Required - Iron is Low
Calcium (mg)	334.9		338.62	99%	Missing	3.72												Correction Required - Calcium is Low
Vitamin A (IU)	5686		1295	439%	Missing													
Sugars (g)	8	5.80%			Missing													
Vitamin C (mg)	36.34		16.68	218%	Missing													
Protein (g)	26.36	19.54%	12.74	207%														
Carbohydrate (g)	69.97	51.88%			Missing													
Total Fat (g)	17.37	28.97%	<=30.00%		Missing													
Saturated Fat (g)	5.16	8.61%	<10.00%		Missing													
Trans Fat <sup>1</sup> (g)	0.10	0.17%			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

<sup>1</sup> - 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.