

NMSVH

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

DINNER K-12

Portion Values - Detailed

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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 ¹ (g)
Mon - 05/01/2017																
DINNER K-12	Total	10														
CHICKEN ALFREDO -3 OZ	SERVING	10	307	118	244	0.13	0.85	179.3	727	14.53	*0	20.98	3.07	18.87	10.79	*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
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 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			654	128	589	5.95	4.37	641.0	1702	36.33	*7	33.13	42.37	35.18	14.15	*0.01
% of Calories											*4.5%	20.3%	25.9%	48.4%	19.5%	*0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Tue - 05/02/2017																
DINNER K-12	Total	10														
SLOPPY JOE ON A BUN	SERVINGS	10	227	68	249	0.78	2.01	17.7	678	9.5	*2	19.65	9.37	11.89	4.66	*0.00
CHIPS, BBQ, BAKED, LAY'S, 1-1/	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
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
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			486	70	586	5.21	2.46	209.8	1137	29.36	*6	26.59	57.29	15.53	5.20	*0.00
% of Calories											*5.1%	21.9%	47.1%	28.7%	9.6%	*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

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

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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 ¹ (g)
Wed - 05/03/2017																
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
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,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			627	*93	460	*11.82	*4.41	*335.8	*26138	*42.13	*17	*43.22	*68.65	20.50	*6.31	*0.63
% of Calories											*10.5%	*27.6%	*43.8%	29.4%	*9.1%	*0.9%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=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 - 05/04/2017																
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
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
ROLL, HONEY WHEAT, 2 OZ./5 7g/S	ROLL	1	139	0	239	2.98	1.43	19.9	0	0.0	*N/A*	4.97	26.86	1.99	0.00	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			325	37	336	*3.51	2.12	259.1	1377	*18.96	*8	18.65	49.00	5.56	2.47	*0.01
% of Calories											*9.4%	23.0%	60.3%	15.4%	6.8%	*0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=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)
Fri - 05/05/2017																
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*

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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 ¹ (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 - 05/08/2017																
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 - 05/09/2017																
DINNER K-12	Total	10														
LASAGNA WITH 90-10 GROUND BEEF	SERVINGS	10	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	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			818	144	849	7.72	7.33	740.5	1563	33.33	*7 *3.5%	62.22 30.4%	64.57 31.6%	35.49 39.1%	13.02 14.3%	*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 ¹ (g)
Fri - 05/12/2017																
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	

Mon - 05/15/2017																
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 &	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 % 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	

Tue - 05/16/2017																
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 &	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 % 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 - 05/17/2017																
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 % of Calories			642	23	1226	*4.27	4.45	167.3	399	23.03	*5 *3.0%	26.46 16.5%	90.96 56.7%	19.84 27.8%	3.96 5.5%	*0.00 *0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Thu - 05/18/2017																
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
VEGGIES: RAW 1/3 CUP	1/3 CUP	10	52	0	55	3.01	0.24	32.1	13586	22.38	*1	2.07	10.8	0.07	0.01	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 % of Calories			646	28	1158	15.57	*4.29	*335.2	*50078	*70.21	*12 *7.7%	28.78 17.8%	94.49 58.5%	18.93 26.4%	6.71 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	

Fri - 05/19/2017																
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
 1 - 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 ¹ (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	

Weighted Average			459	*56	689	*5.58	*3.19	*283.4	*6699	*27.83	*7 *13.4%	*24.33 *21.2%	*54.06 *47.2%	15.76 30.9%	*5.27 *10.3%	*N/A*
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	459		785	58%		327		Correction Required - Calories are Low
Cholesterol (mg)	56				Missing			
Sodium (mg)	689		1000					
Fiber (g)	5.58		8.67	64%	Missing	3.08		Correction Required - Fiber is Low
Iron (mg)	3.19		4.23	75%	Missing	1.05		Correction Required - Iron is Low
Calcium (mg)	283.4		370.45	76%	Missing	87.07		Correction Required - Calcium is Low
Vitamin A (IU)	6699		1426	470%	Missing			
Sugars (g)	7	5.97%			Missing			
Vitamin C (mg)	27.83		17.42	160%	Missing			
Protein (g)	24.33	21.23%	14.56	167%	Missing			
Carbohydrate (g)	54.06	47.15%			Missing			
Total Fat (g)	15.76	30.92%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	5.27	10.35%	<10.00%		Missing			Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	*N/A*				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

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