

NMSVH

Base Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2018 thru Feb 28, 2018

Combined: LUNCH K-12/DINNER K-12

Generated on: 1/26/2018 1:02:38 PM

	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 - 02/01/2018																
LUNCH K-12	Total	10														
CHICKEN SALAD ON LETTUCE LEAF	1/2 CUP	5	154	58	229	0.50	0.94	10.6	165	0.98	*4	18.05	5.51	7.51	1.17	*0.02
CHICKEN FLATBREAD SANDWICH	SANDWICHES	5	592	*31	846	2.06	2.18	66.3	101	1.25	*2	19.03	30.54	43.87	*4.11	*0.03
CHIPS, BBQ, BAKED, LAY'S, 1-1/2 CUP	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 BAR STANDARD	1 CUP	1	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*0.00
PICKLE SPEARS, KOSHER DILL	SPEAR	1	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
DINNER K-12																
NACHOS, SUPER	Total	10														
PINTO BEANS, 1/3 cup	SERVINGS	10	452	35	1444	3.67	*2.36	176.7	658	*7.46	*2	15.97	41.55	23.99	5.03	*0.03
SALAD BAR STANDARD	.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 CUP	10	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVIT A/D	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
	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			706	*43	1334	*9.69	*3.77	*323.4	*2731	*33.58	*8	*28.17	83.01	28.92	*4.45	*0.03
% of Calories											*4.5%	*16.0%	47.0%	36.9%	*5.7%	*0.0%
Nutrient Guideline			762		494	4.28	4.09	354.33	1359	17.04		13.64		<=30.0	<10.00	

Mon - 02/05/2018																
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
HAM WRAP ON WHEAT TORTILLA	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 BEANS (VEGETARIAN)	SERVINGS	10	160	0	453	5.85	2.09	66.5	223	2.2	*18	6.68	36.7	0.66	0.11	*0.00
FRIES, WAFFLE FRIES, SWEET POT	3 OZ.	10	140	0	80	3.00	0.72	0.0	0	3.6	0	2.0	22.0	5.0	1.00	0.00
SALAD BAR STANDARD	1 CUP	10	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*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

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Base Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2018 thru Feb 28, 2018

Combined: LUNCH K-12/DINNER K-12

Generated on: 1/26/2018 1:02:39 PM

	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)
DINNER K-12	Total	10														
PIZZA, VARIETY	1 SLICE	10	454	42	1145	2.94	*0.99	*19.2	*487	*25.29	*0	23.18	60.39	13.37	6.37	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
SALAD BAR STANDARD	1 CUP	10	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*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			816	*52	1953	*14.16	*5.31	*384.9	*4895	*57.74	*15 *7.6%	*35.33 *17.3%	118.99 58.3%	22.76 25.1%	8.37 9.2%	*0.00 *0.0%
Nutrient Guideline			762		494	4.28	4.09	354.33	1359	17.04		13.64		<=30.0	<10.00	

Tue - 02/06/2018																
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	228	43	249	2.70	1.61	100.0	499	4.28	*2	19.11	19.87	8.53	2.98	*0.04
REFRIED BEANS, .25 CUP	.25 CUP	10	65	0	180	3.00	0.90	20.0	0	0.0	*N/A*	3.0	12.0	1.0	0.25	0.00
SALAD BAR STANDARD	1 CUP	10	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*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
DINNER K-12	Total	10														
GRILLED HAM/CHEESE 2 oz m /ma	sandwich	10	322	*46	1209	*2.82	*2.47	*241.2	309	*1.6	*3	*17.74	*30.58	14.17	6.98	*0.05
COLESLAW - BASIC, 1/3 CUP	1 CUP	10	50	3	74	1.29	0.22	19.7	1431	15.99	*2	0.62	4.46	3.69	0.62	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
SALAD BAR STANDARD	1 CUP	10	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*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			626	*42	1254	*12.01	*4.24	*404.1	*5214	*47.36	*10 *6.1%	*28.67 *18.3%	*85.20 *54.4%	19.58 28.1%	6.19 8.9%	*0.06 *0.1%
Nutrient Guideline			762		494	4.28	4.09	354.33	1359	17.04		13.64		<=30.0	<10.00	

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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)
Wed - 02/07/2018																
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
Teriyaki Chicken	3 OZ	5	140	49	470	0.12	1.01	7.6	115	1.01	*7	19.43	8.75	3.04	1.12	*0.00
STIR FRY VEGETABLES, 1/3 CUP	1/3 CUP	10	22	0	18	1.78	1.78	1.8	*N/A*	*N/A*	*N/A*	0.89	4.45	0.0	0.00	*N/A*
FRIED RICE-1/3 Cup	1/3 CUP	10	303	64	186	1.54	3.58	35.6	1201	1.62	*1	8.08	59.21	2.92	0.79	*0.01
SALAD BAR STANDARD	1 CUP	1	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*0.00
FORTUNE COOKIE	1 EACH	1	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
DINNER K-12																
RAVIOLI IN TOMATO & MEAT (BEEF	1 CUP	5	270	20	760	4.00	1.80	20.0	100	0.0	*N/A*	8.0	40.0	9.0	3.50	0.00
CARROTS, GLAZED 1/4 CUP	.25 CUP	5	44	0	163	1.19	0.15	14.4	6743	1.68	*4	0.3	5.95	2.27	0.41	*0.00
SALAD BAR STANDARD	1 CUP	10	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*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			527	*59	837	*7.72	*4.85	*223.4	*4676	*29.28	*11	*22.61	85.07	10.47	2.49	*0.00
% of Calories											*8.2%	*17.1%	64.5%	17.9%	4.3%	*0.0%
Nutrient Guideline			762		494	4.28	4.09	354.33	1359	17.04		13.64		<=30.0	<10.00	

Thu - 02/08/2018																
LUNCH K-12	Total	1														
FISH SANDWICH ON BUN	1 EACH	1	407	20	661	*1.00	3.56	0.0	0	2.4	*N/A*	20.27	51.93	13.57	2.39	*N/A*
SLOPPY JOE ON A BUN	SERVINGS	1	227	68	249	0.78	2.01	17.7	678	9.5	*2	19.65	9.37	11.89	4.66	*0.00
PEAS, SEASONED 1/3 CUP	1/3 CUP	1	116	0	109	8.23	2.37	35.6	3143	14.79	*N/A*	7.71	21.35	0.42	0.07	0.00
FRIES, STEAK .25 CUP (5 FRIES)	.25 CUP	1	67	0	240	1.33	0.24	0.0	0	4.0	1	1.33	12.01	2.0	0.00	0.00
SALAD BAR STANDARD	1 CUP	1	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*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 &	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
MILK, FF SKIM,CHOCOLATEVIT A/D	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

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Combined: LUNCH K-12/DINNER K-12

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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)
DINNER K-12	Total	15														
CHICKEN STRIPS	2 PIECES	5	190	35	410	0.00	1.08	20.0	0	0.0	0	13.0	13.0	9.0	2.50	*N/A*
MASHED POTATOES,IDAHO, 1/3 CUP	.33 cup	5	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,.25 CUP	.25 CUP	10	43	0	276	0.00	0.35	1.1	0	0.0	*N/A*	0.0	5.67	1.89	0.94	*0.00
GREEN BEANS:Seasoned 1/3 CUP	1/3 CUP	1	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	1	156	7	236	2.61	1.49	269.7	31	0.47	*1	5.33	13.05	9.27	2.32	*0.01
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
SALAD DRESSING,Assorted	1 TBSP	10	56	1	145	0.04	0.12	2.8	38	0.21	2	0.12	2.21	5.29	0.72	*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			331	*20	637	*8.07	*3.94	*243.9	*23352	*34.68	*9 *11.3%	*14.68 *17.7%	45.78 55.3%	10.83 29.4%	2.57 7.0%	*0.00 *0.0%
Nutrient Guideline			762		494	4.28	4.09	354.33	1359	17.04		13.64		<=30.0	<10.00	

Fri - 02/09/2018																
LUNCH K-12	Total	10														
CLUBHOUSE CHICKEN	4 OZ SE R Ving	5	254	*80	275	*1.04	*0.49	*13.7	*239	*8.91	*0	21.82	5.15	16.61	*4.16	*0.65
POTATOES, AU GRATIN MIX, 1/3 C	1/3 CUP	10	340	0	1815	5.67	1.02	114.0	0	25.51	*6	5.67	70.87	4.25	1.42	*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
SALAD BAR STANDARD	1 CUP	10	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*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
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			807	*39	2414	*15.25	*4.28	*332.2	*9823	*61.26	*15 *7.2%	*28.37 *14.1%	134.87 66.9%	18.79 21.0%	*4.09 *4.6%	*0.29 *0.3%
Nutrient Guideline			762		494	4.28	4.09	354.33	1359	17.04		13.64		<=30.0	<10.00	

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NMSVH

Base Menu Spreadsheet

Portion Values - Detailed

Page 5

Feb 1, 2018 thru Feb 28, 2018

Combined: LUNCH K-12/DINNER K-12

Generated on: 1/26/2018 1:02:39 PM

	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 - 02/12/2018																
LUNCH K-12	Total	10														
HAMBURGER ON A BUN	SERVING	5	411	76	521	0.76	3.26	60.5	45	0.55	3	26.38	21.05	23.92	9.47	0.01
HOT DOG, BEEF ON BUN	frank	5	160	35	590	*N/A*	0.36	0.0	*N/A*	*N/A*	*N/A*	6.0	1.0	15.0	7.00	*N/A*
FRIES, STEAK .25 CUP (5 FRIES)	.25 CUP	10	67	0	240	1.33	0.24	0.0	0	4.0	1	1.33	12.01	2.0	0.00	0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	1	5	0	1	0.36	0.10	3.5	466	3.49	1	0.25	1.06	0.06	0.01	0.00
SALAD BAR STANDARD	1 CUP	1	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*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
DINNER K-12																
TOSTADA, BEEF	Total	10														
TOSTADA, CHICKEN	SERVING	10	337	47	1082	2.27	1.09	459.5	2583	37.99	*1	20.94	22.69	19.29	7.31	*0.00
SALAD GREENS, 1 CUP	SERVING	10	333	78	1064	2.27	0.82	459.5	2583	37.99	*1	20.14	22.69	19.64	8.56	*0.00
DRESSING, ASSORTED, SALAD	1 CUP	10	16	0	8	1.97	0.91	31.0	8187	3.76	1	1.16	3.09	0.28	0.04	0.00
REFRIED BEANS, .25 CUP	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	.25 CUP	10	65	0	180	3.00	0.90	20.0	0	0.0	*N/A*	3.0	12.0	1.0	0.25	0.00
MILK, FAT FREE SKIM, w/VIT A &	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,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			692	*92	1730	*7.42	*3.25	*665.7	*7260	*60.06	*7	*36.13	64.95	33.91	12.51	*0.00
% of Calories											*4.1%	*20.9%	37.6%	44.1%	16.3%	*0.0%
Nutrient Guideline			762		494	4.28	4.09	354.33	1359	17.04		13.64		<=30.0	<10.00	

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NMSVH

Base Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2018 thru Feb 28, 2018

Combined: LUNCH K-12/DINNER K-12

Generated on: 1/26/2018 1:02:39 PM

	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 - 02/13/2018																
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
RED CHILI CHEESE ENCHILADAS	2 ENCHILADAS	5	305	36	763	2.47	1.23	285.6	4227	21.61	*1	11.64	25.89	17.54	8.12	*0.33
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	1/3 CUP	10	160	2	482	7.07	2.30	105.2	16	1.08	*2	9.09	23.49	3.62	0.86	*0.00
SALAD BAR STANDARD	1 CUP	1	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*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
DINNER K-12																
MEAT BALL SUB, RTH, w/SWISS	Total	10														
	1 SAND WICH	10	506	*74	1720	2.11	3.80	287.4	675	21.19	*N/A*	20.43	37.05	30.76	11.90	*0.00
FRIES, WAFFLE FRIES	3 OZ.	10	140	0	80	3.00	0.72	0.0	0	3.6	0	2.0	22.0	5.0	1.00	0.00
CORN ON THE COB: frozen,boiled	1 EACH	1	59	0	151	1.76	0.38	1.9	146	3.02	2	1.96	14.07	0.47	0.07	0.00
SALAD BAR STANDARD	1 CUP	10	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*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			787	*66	1819	*12.21	*5.38	*517.4	*4044	*52.93	*7	*31.56	95.48	31.43	11.11	*0.08
% of Calories											*3.5%	*16.0%	48.5%	35.9%	12.7%	*0.1%
Nutrient Guideline			762		494	4.28	4.09	354.33	1359	17.04		13.64		<=30.0	<10.00	

Wed - 02/14/2018																
LUNCH K-12	Total	1														
CHICKEN BREAST FILLET, 4OZ	4-OZ	1	200	35	600	1.00	1.08	0.0	0	0.0	*N/A*	17.0	15.0	8.0	1.00	0.00
SPAGHETTI NOODLES, .5 CUP	.5 CUP	1	54	0	43	1.99	0.46	13.1	1	0.0	*0	2.32	11.56	0.24	0.04	0.00
MARINARA SAUCE, SCRATCH, 2-oz	2-OZ	1	48	0	170	0.58	0.62	12.5	406	9.65	*0	1.51	4.95	2.97	0.41	*0.00
GREEN BEANS:Seasoned 1/3 C UP	1/3 CUP	1	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	1	156	7	236	2.61	1.49	269.7	31	0.47	*1	5.33	13.05	9.27	2.32	*0.01
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVIT 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

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Base Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2018 thru Feb 28, 2018

Combined: LUNCH K-12/DINNER K-12

Generated on: 1/26/2018 1:02:39 PM

	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)
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*
CHIPS, BAKED, ORIGINAL, LAY'S,	BAG, 1-1/8 oz	10	130	0	200	2.00	0.36	20.0	0	2.4	*N/A*	2.0	26.0	2.0	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
CUCUMBER TOMATO SALAD 1	1/3 Cup	1	81	9	84	0.57	0.28	96.1	304	4.85	*1	2.85	1.8	6.66	2.49	*0.00
SALAD BAR STANDARD	1 CUP	1	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*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			660	*26	1206	*5.26	*4.37	*234.4	*782	*22.99	*4	*28.18	99.90	17.08	2.83	*0.00
% of Calories											*2.7%	*17.1%	60.6%	23.3%	3.9%	*0.0%
Nutrient Guideline			762		494	4.28	4.09	354.33	1359	17.04		13.64		<=30.0	<10.00	

Thu - 02/15/2018																
LUNCH K-12	Total	10														
MEAT LOAF	3/4" SLICE	5	206	67	121	1.35	2.23	44.0	136	1.68	*1	16.28	7.96	11.83	4.36	*0.62
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
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
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
SALAD BAR STANDARD	1 CUP	1	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*0.00
ROLL, HONEY WHEAT, 2 OZ./5	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
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 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

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NMSVH

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Feb 1, 2018 thru Feb 28, 2018

Combined: LUNCH K-12/DINNER K-12

Generated on: 1/26/2018 1:02:39 PM

	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)
DINNER K-12	Total	10														
Chimichanga, BeefChiliCheese, CHEESE SAUCE	1 EACH	10	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, 1/3 cup	SERV/ 2 O .33	10	50	5	323	0.00	0.00	61.3	101	*0.0	*N/A*	2.01	5.03	2.55	1.51	*0.00
SALAD,TOSSED GARDEN DRESSING, ASSORTED, SALAD	1 CUP	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	PACKET	10	85	0	56	9.02	3.77	140.0	36122	30.9	7	5.21	17.55	1.23	0.17	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVIT A/D	1/2 CUP	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
	HALF-PINT	5	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
	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
		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			617	*65	913	*10.22	*5.44	*459.2	*19563	*39.54	*9	*30.38	71.41	23.86	8.87	*0.15
Nutrient Guideline			762		494	4.28	4.09	354.33	1359	17.04	*6.0%	*19.7%	46.3%	34.8%	12.9%	*0.2%

Fri - 02/16/2018																
LUNCH K-12	Total	10														
GRILLED CHEESE, HOMEMADE	1 SAND WICH	5	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	5	80	0	480	1.00	0.72	40.0	500	6.0	*N/A*	2.0	17.0	0.0	0.00	0.00
SALAD BAR STANDARD	1 CUP	1	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*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
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			336	*17	631	*3.23	*2.01	*291.4	*1027	*19.91	*7	*12.29	52.77	8.28	3.47	*0.00
Nutrient Guideline			762		494	4.28	4.09	354.33	1359	17.04	*8.9%	*14.6%	62.8%	22.2%	9.3%	*0.0%

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Base Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2018 thru Feb 28, 2018

Combined: LUNCH K-12/DINNER K-12

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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)
Tue - 02/20/2018																
LUNCH K-12	Total	10														
SALMON, GRILLED	Portion	5	120	65	280	0.00	0.72	20.0	100	0.0	0	21.0	1.0	3.5	0.50	0.00
MACARONI AND CHEESE	2/3 CUP	5	321	33	961	0.80	0.86	615.3	1665	0.93	*9	22.95	30.52	12.2	6.89	*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
SALAD BAR STANDARD	1 CUP	10	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*0.00
ROLLS, WHEAT, DOUGH, 1 EA	roll	1	80	0	130	1.00	0.72	0.0	0	0.0	*N/A*	3.0	15.0	1.0	0.00	0.00
WG																
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																
DINNER K-12	Total	10														
CHICKEN, SOUR CREAM AND	SERVING	10	545	72	989	*3.97	2.95	104.9	534	*4.87	*1	29.92	51.25	24.96	6.05	*0.00
ONION																
RICE,BROWN,UNCLE BEN'S, 1/	1/3 CUP	1	74	0	2	*0.00	0.64	1.1	0	0.0	*N/A*	1.75	16.18	0.0	0.00	*0.00
3 C																
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
SALAD BAR STANDARD	1 CUP	10	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*0.00
BREADSTICKS, PARBAKED	1 STICK	10	120	0	220	1.00	*N/A*	20.0	0	0.0	1	5.0	25.0	0.5	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			757	*64	1276	*11.72	*4.87	*457.6	*6382	*44.08	*10	*40.93	96.92	24.01	5.96	*0.00
% of Calories											*5.4%	*21.6%	51.2%	28.5%	7.1%	*0.0%
Nutrient Guideline			762		494	4.28	4.09	354.33	1359	17.04		13.64		<=30.0	<10.00	

Wed - 02/21/2018																
LUNCH K-12	Total	10														
TACO, BEEF, BLACK BEAN, &	SERVING	10	633	64	1302	9.75	7.48	*301.4	797	11.83	*4	32.21	*73.13	23.75	8.70	*0.05
CORN																
CHICKEN TACO	2 EACH	10	228	43	249	2.70	1.61	100.0	499	4.28	*2	19.11	19.87	8.53	2.98	*0.04
PINTO BEANS, 1/3 cup	.33	1	89	0	10	3.99	1.33	33.6	0	1.62	*1	5.51	16.1	0.32	0.06	*0.00
SALAD BAR STANDARD	1 CUP	10	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*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																

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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)
DINNER K-12	Total	10														
HAMBURGER ON A BUN	SERVING	5	411	76	521	0.76	3.26	60.5	45	0.55	3	26.38	21.05	23.92	9.47	0.01
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
HOT DOG, BEEF	frank	5	160	35	590	*N/A*	0.36	0.0	*N/A*	*N/A*	*N/A*	6.0	1.0	15.0	7.00	*N/A*
POTATO SALAD-.25 CUP	.25 CUP	10	80	3	150	1.23	0.46	9.5	44	10.43	*1	1.15	11.14	3.73	0.62	*0.00
BAKED BEANS (VEGETARIAN)	SERVINGS	10	160	0	453	5.85	2.09	66.5	223	2.2	*18	6.68	36.7	0.66	0.11	*0.00
SALAD BAR STANDARD	1 CUP	10	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*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			936	*86	1657	*16.66	*8.67	*466.5	*4852	*51.21	*20	*47.36	*119.10	31.94	10.91	*0.05
% of Calories											*8.6%	*20.2%	*50.9%	30.7%	10.5%	*0.0%
Nutrient Guideline			762		494	4.28	4.09	354.33	1359	17.04		13.64		<=30.0	<10.00	

Thu - 02/22/2018																
LUNCH K-12	Total	10														
CHICKEN, BREADED OVEN FR IED	SERVING	5	350	141	786	1.70	10.22	151.5	6122	0.3	*1	22.34	27.41	16.79	2.72	*0.00
CHICKEN, BAKED	SERVINGS	5	4	2	1	0.00	0.03	0.4	1	0.0	*N/A*	0.66	0.0	0.11	0.04	*N/A*
PASTA WITH FRESH TOMATO SAUCE	SERVING	10	454	7	291	5.76	3.21	129.6	1172	18.36	*0	14.04	44.32	14.63	2.85	*0.00
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
SALAD BAR STANDARD	1 CUP	10	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*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

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Base Menu Spreadsheet

Portion Values - Detailed

Page 11

Feb 1, 2018 thru Feb 28, 2018

Combined: LUNCH K-12/DINNER K-12

Generated on: 1/26/2018 1:02:39 PM

	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)
DINNER K-12	Total	10														
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	5	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, BROWN,PIONEER .12 5cup	.125 CUP	10	7	0	142	0.00	0.00	0.6	0	0.0	*0	0.47	1.41	0.0	0.00	*0.00
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
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,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			738	*56	1049	*14.36	*8.64	*390.3	*22486	*54.64	*11 *5.8%	*30.07 *16.3%	92.19 50.0%	24.73 30.2%	5.25 6.4%	*0.00 *0.0%
Nutrient Guideline			762		494	4.28	4.09	354.33	1359	17.04		13.64		<=30.0	<10.00	

Fri - 02/23/2018																
LUNCH K-12	Total	10														
PIZZA, VARIETY	1 SLICE	5	454	42	1145	2.94	*0.99	*19.2	*487	*25.29	*0	23.18	60.39	13.37	6.37	0.00
CARROTS, STEAMED 1/3 CUP	.33 CUP	5	77	0	121	*4.23	0.46	50.1	25342	*8.92	*7	1.41	14.52	2.0	0.37	0.35
SALAD BAR STANDARD	1 CUP	10	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*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
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			456	*22	849	*9.09	*2.34	*222.6	*15325	*48.05	*9 *7.8%	*19.68 *17.3%	72.32 63.5%	10.49 20.7%	3.60 7.1%	*0.16 *0.3%
Nutrient Guideline			762		494	4.28	4.09	354.33	1359	17.04		13.64		<=30.0	<10.00	

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NMSVH

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Feb 1, 2018 thru Feb 28, 2018

Combined: LUNCH K-12/DINNER K-12

Generated on: 1/26/2018 1:02:39 PM

	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 - 02/26/2018																
LUNCH 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
CHICKEN CHUNKS, WG, 5 PIECE	SERVING-	5	200	35	520	*N/A*	0.72	20.0	100	1.2	0	14.0	14.0	10.0	2.00	0.00
FRIES, STEAK .25 CUP (5 FRIES)	.25 CUP	10	67	0	240	1.33	0.24	0.0	0	4.0	1	1.33	12.01	2.0	0.00	0.00
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
SALAD BAR STANDARD	1 CUP	10	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*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
DINNER K-12																
POTATO, BAKED LOADED	Total	10														
SALAD BAR STANDARD	SERVING	10	381	43	1020	4.46	3.29	167.1	620	18.49	*3	*10.4	59.09	12.01	4.67	*0.00
BREADSTICKS, PARBAKED	1 CUP	1	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*0.00
FRUIT, CHOICE	1 STICK	10	120	0	220	1.00	*N/A*	20.0	0	0.0	1	5.0	25.0	0.5	0.00	0.00
MILK, FAT FREE SKIM, w/VIT A &	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,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			629	*45	1403	*9.53	*4.14	*320.9	*2703	*39.13	*8	*23.53	102.33	15.77	4.30	*0.00
% of Calories											*4.9%	*15.0%	65.0%	22.5%	6.1%	*0.0%
Nutrient Guideline			762		494	4.28	4.09	354.33	1359	17.04		13.64		<=30.0	<10.00	

Tue - 02/27/2018																
LUNCH K-12	Total	10														
ORANGE CHICKEN	3 oz.	1	283	25	720	2.03	1.09	20.8	*4	*2.06	*8	16.03	24.41	13.0	2.00	*0.00
CHICKEN, TERIYAKI RICE BO	SERVINGS	5	277	35	1834	1.33	*1.49	*16.6	0	*0.38	*0	18.63	*33.22	8.11	1.01	*0.00
WLS																
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
STIR FRY VEGETABLES, 1/3 CUP	1/3 CUP	10	22	0	18	1.78	1.78	1.8	*N/A*	*N/A*	*N/A*	0.89	4.45	0.0	0.00	*N/A*
SALAD BAR STANDARD	1 CUP	1	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*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

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NMSVH

Base Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2018 thru Feb 28, 2018

Combined: LUNCH K-12/DINNER K-12

Generated on: 1/26/2018 1:02:39 PM

	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)
DINNER K-12	Total	10														
TURKEY ROAST-2 OZ	2 OZ.	10	109	47	304	0.00	0.56	0.0	0	0.0	*N/A*	17.94	0.78	3.9	1.17	0.00
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, TURKEY, .125CUP	SERVING - .125 C	1	13	0	158	0.00	0.00	0.5	0	0.0	*N/A*	0.0	2.02	0.25	0.00	*0.00
SALAD BAR STANDARD	1 CUP	1	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*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 % of Calories			407	*36	954	*5.08	*3.20	*188.9	*747	*19.65	*7 *6.8%	*23.74 *23.3%	*64.29 *63.1%	6.43 14.2%	1.06 2.3%	*0.00 *0.0%
Nutrient Guideline			762		494	4.28	4.09	354.33	1359	17.04		13.64		<=30.0	<10.00	

Wed - 02/28/2018																
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 & CHICKEN MEAT SAUCE	1 CUP	5	235	66	69	1.93	2.77	52.1	274	5.41	*3	28.61	18.46	5.12	1.71	*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
SALAD BAR STANDARD	1 CUP	10	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*0.00
BREADSTICKS, PARBAKED	1 STICK	10	120	0	220	1.00	*N/A*	20.0	0	0.0	1	5.0	25.0	0.5	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
DINNER K-12	Total	10														
FRITO PIE WITH GROUND BEEF	SERVINGS	5	334	51	615	1.21	1.80	246.9	928	0.2	*0	19.73	20.01	20.5	7.30	*0.00
MEXICALI CORN, 1/3 Cup	1/3 Cup	5	51	0	142	1.48	0.24	3.6	121	6.6	*3	1.6	9.96	1.38	0.28	*0.00
SALAD BAR STANDARD	1 CUP	10	128	*1	209	*4.87	*1.57	*47.2	*3573	*18.81	*2	*4.86	19.95	3.72	0.55	*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,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

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

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NMSVH

Base Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2018 thru Feb 28, 2018

Combined: LUNCH K-12/DINNER K-12

Generated on: 1/26/2018 1:02:39 PM

	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			571	*66	748	*8.49	*4.44	*369.2	*4532	*35.56	*6 *4.5%	*37.32 *26.2%	69.03 48.4%	17.31 27.3%	5.56 8.8%	*0.00 *0.0%
Nutrient Guideline			762		494	4.28	4.09	354.33	1359	17.04		13.64		<=30.0	<10.00	

Weighted Average			633	*50	1259	*10.01	*4.62	*360.9	*7800	*41.76	*10 *13.7%	*28.83 *18.2%	*86.31 *54.5%	19.81 28.2%	*5.76 *8.2%	*0.05 *0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	633		762	83%		128		Correction Required - Calories are Low
Cholesterol (mg)	50				Missing			
Sodium 1 (mg)	1259		494				765	Correction Required - Sodium too High
Sodium 2 (mg)	1259						1259	
Fiber (g)	10.01		4.28	234%	Missing			
Iron (mg)	4.62		4.09	113%	Missing			
Calcium (mg)	360.9		354.33	102%	Missing			
Vitamin A (IU)	7800		1359	574%	Missing			
Sugars (g)	10	6.09%			Missing			
Vitamin C (mg)	41.76		17.04	245%	Missing			
Protein (g)	28.83	18.21%	13.64	211%	Missing			
Carbohydrate (g)	86.31	54.52%			Missing			
Total Fat (g)	19.81	28.15%	<=30.00%					
Saturated Fat (g)	5.76	8.18%	<10.00%		Missing			
Trans Fat ¹ (g)	0.05	0.07%			Missing			

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