

	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 - 11/01/2017																
LUNCH K-12	Total	10														
CHICKEN, MARINATED RANCH BAKED	5 SERVINGS	5	347	35	2741	2.79	*1.42	*15.1	89	*2.14	*0	17.63	*20.41	21.68	2.88	*0.00
TURKEY ROAST-2 OZ	2 OZ.	5	109	47	304	0.00	0.56	0.0	0	0.0	*N/A*	17.94	0.78	3.9	1.17	0.00
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
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
CAL VEGETABLE BLEND, 1/3 Cup	1/3 CUP	10	53	*N/A*	44	3.52	0.63	35.2	5276	52.76	*N/A*	3.52	8.79	*N/A*	*N/A*	*N/A*
ROLL, HONEY WHEAT, 2 OZ./5 7g/S	ROLL	10	139	0	239	2.98	1.43	19.9	0	0.0	*N/A*	4.97	26.86	1.99	0.00	0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM, CHOCOLATE	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
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			570	*43	2030	*10.28	*3.63	*238.4	*6085	*73.92	*5	*31.97	*76.44	*15.64	*2.12	*0.00
% of Calories											*3.2%	*22.4%	*53.7%	*24.7%	*3.3%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Thu - 11/02/2017																
LUNCH K-12	Total	10														
CLUB SAND, WHEAT, 3oz M/MA STROMBOLI	5 SANDWIC SERVINGS	5	320	33	1096	*4.36	*1.92	155.2	666	3.49	*1	25.07	33.26	11.04	3.20	0.00
TATER TOTS, ROUNDS: 1/2 CUP	1/2 CUP	10	122	0	251	1.52	0.55	0.0	8	2.74	*N/A*	1.52	15.24	6.1	1.52	0.00
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, CHOCOLATE	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
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			629	*39	1418	*10.52	*4.25	*395.8	*4305	*40.23	*6	*32.58	84.63	18.63	5.07	*0.00
% of Calories											*4.1%	*20.7%	53.8%	26.7%	7.3%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=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)
Fri - 11/03/2017																
LUNCH K-12	Total	10														
NACHOS, SUPER	SERVINGS	5	453	17	1445	3.67	*1.82	176.7	658	*7.46	*2	15.5	41.55	23.76	4.03	*0.03
REFRIED BEANS, .25 CUP	.25 CUP	5	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
Weighted Daily Average			495	*12	1113	*9.75	*3.21	*308.6	*4272	*39.48	*7	*18.60	68.88	16.23	2.73	*0.01
% of Calories											*5.7%	*15.0%	55.6%	29.5%	5.0%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Mon - 11/06/2017																
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*
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
TATER TOTS,ROUNDS: 1 CUP-16 ea	1 CUP	10	244	0	503	3.05	1.10	0.0	15	5.49	*N/A*	3.05	30.48	12.19	3.05	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			765	*65	1407	*9.64	*5.73	*265.8	*4191	*42.98	*6	*30.45	98.53	28.64	7.49	*0.00
% of Calories											*3.4%	*15.9%	51.5%	33.7%	8.8%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

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NMSVH

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

LUNCH K-12

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/07/2017																
LUNCH K-12	Total	10														
OVEN FRIED CHICKEN	SERVINGS	5	343	87	104	0.30	1.76	75.0	201	0.39	*N/A*	29.35	9.66	19.98	4.65	*N/A*
CHICKEN, PINEAPPLE BARBE CUE	SERVING	5	326	35	813	2.01	2.18	20.3	202	11.54	*0	18.01	42.34	9.69	1.23	*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 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
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			506	*64	821	*3.54	*2.72	*223.9	*967	*26.07	*5	*29.37	59.03	16.64	3.51	*0.00
% of Calories											*3.7%	*23.2%	46.7%	29.6%	6.2%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Wed - 11/08/2017																
LUNCH K-12	Total	10														
SPAGHETTI & MEAT BALLS Lo Sodi	1 CUP	5	505	52	1073	*1.51	3.38	124.0	761	12.69	*1	19.96	49.42	24.77	8.78	1.16
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
GARLIC BREAD	SERVINGS	10	156	7	236	2.61	1.49	269.7	31	0.47	*1	5.33	13.05	9.27	2.32	*0.01
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVIT A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			703	*37	1166	*13.24	*5.45	*565.1	*7242	*49.49	*8	*28.13	90.26	25.50	7.30	*0.59
% of Calories											*4.7%	*16.0%	51.4%	32.7%	9.3%	*0.8%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

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NMSVH

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

LUNCH K-12

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/09/2017																
LUNCH K-12	Total	10														
PANINI, HAM AND CHEESE	1 SERVING	5	302	*25	651	*0.54	*11.00	*154.5	*575	*8.11	*0	12.65	31.35	14.42	4.31	*0.00
PANINI, TURKEY AND CHEESE	1 SERVING	5	346	*42	1005	*0.54	*11.28	*154.5	*575	*8.11	*0	20.56	33.51	13.59	3.89	*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*
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																
Weighted Daily Average			611	*37	1196	*7.75	*13.30	*366.8	*4518	*46.39	*6	*26.75	82.33	19.75	5.00	*0.00
% of Calories											*4.2%	*17.5%	53.9%	29.1%	7.4%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Fri - 11/10/2017																
LUNCH K-12	Total	10														
CHICKEN ALFREDO -3 OZ	SERVING	5	278	93	362	0.13	0.86	179.3	727	12.13	*0	18.19	3.07	16.88	10.80	*0.00
ASPARAGUS SPEARS, ROASTED	4 spears	5	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
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			537	*50	710	*8.32	*3.15	*334.4	*4593	*44.01	*8	*24.61	70.69	16.24	6.49	*0.00
% of Calories											*5.9%	*18.3%	52.7%	27.2%	10.9%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

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Mon - 11/13/2017																
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*
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
FRIES, WAFFLE FRIES, SWEE T 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	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
Weighted Daily Average			481	*33	873	*6.53	*2.96	*197.8	*728	*23.62	*5	*21.48	63.64	16.00	2.84	*0.00
% of Calories											*3.8%	*17.9%	52.9%	29.9%	5.3%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Tue - 11/14/2017																
LUNCH K-12	Total	10														
Chimichanga, BeefChiliCheese, Chile Rellano	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
	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*
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
CHEESE SAUCE	SERV/ 2 O	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 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
Weighted Daily Average			646	*43	955	*7.77	*4.21	*492.7	*1826	*48.61	*6	*25.68	76.40	26.66	9.42	*0.00
% of Calories											*3.4%	*15.9%	47.3%	37.1%	13.1%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

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NMSVH

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

LUNCH K-12

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/15/2017																
LUNCH K-12	Total	10														
TURKEY ROAST	3 OZ	5	114	46	387	0.00	0.55	0.0	0	0.0	*N/A*	15.95	0.76	5.32	1.90	*N/A*
HAM,PINEAPPLE & BRN SUG,2 oz	SERVING	5	97	32	910	0.21	0.64	5.4	21	1.93	*0	10.58	8.61	2.59	1.30	*0.00
	-2 OZ															
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
SWEET POTATOES-YAMS-Mar	1/2 CUP	10	215	0	106	1.40	0.08	3.5	8348	3.36	*0	0.0	38.96	6.6	1.20	*0.00
shmallo																
MASHED POTATOES,IDAHO, .	.25 cup	10	32	0	126	0.40	0.15	9.0	42	1.44	*N/A*	0.8	6.81	0.4	0.00	*0.00
25 CUP																
GRAVY, TURKEY, .25CUP	SERVING	1	25	0	315	0.00	0.00	0.9	0	0.0	*N/A*	0.0	4.05	0.51	0.00	*0.00
	-.25 CUP															
GREEN BEANS:Seasoned 1/3 C	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
UP																
ROLL, HONEY WHEAT, 2 OZ,/5	ROLL	10	139	0	239	2.98	1.43	19.9	0	0.0	*N/A*	4.97	26.86	1.99	0.00	0.00
7g/S																
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
PIE, PUMPKIN	SLICE	1	290	40	340	2.00	1.08	60.0	4500	0.0	*N/A*	4.0	42.0	12.0	3.00	2.50
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			721	45	1646	7.22	3.21	215.4	9391	23.36	*4	25.49	113.79	18.89	3.78	*0.25
% of Calories											*2.5%	14.1%	63.1%	23.6%	4.7%	*0.3%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Thu - 11/16/2017																
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
JICAMA, SLICES, .33 CUP	.33 CUP	5	15	0	2	1.32	0.24	0.0	0	7.92	*N/A*	0.33	3.63	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 &	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			356	*23	686	*4.15	*1.06	*177.4	*971	*35.42	*5	*16.74	56.15	7.19	3.28	*0.00
% of Calories											*5.2%	*18.8%	63.2%	18.2%	8.3%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

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NMSVH

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Base Menu Spreadsheet

LUNCH K-12

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/17/2017																
LUNCH K-12	Total	10														
CHICKEN STRIPS	4.23 OZ.	5	190	35	410	0.00	1.08	20.0	0	0.0	0	13.0	13.0	9.0	2.50	*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
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
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
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			631	*28	1131	*10.54	*4.60	*490.5	*3981	*38.96	*8 *4.8%	*22.71 *14.4%	79.72 50.6%	24.66 35.2%	6.16 8.8%	*0.01 *0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Mon - 11/27/2017																
LUNCH K-12	Total	10														
MEAT BALL SUB, RTH, w/SWISS	1 SAND WICH	5	506	*74	1720	2.11	3.80	287.4	675	21.19	*N/A*	20.43	37.05	30.76	11.90	*0.00
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	159	0	532	6.99	0.85	86.0	360	7.79	*N/A*	6.77	35.98	0.64	0.16	*N/A*
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, 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			929	*59	2534	*19.22	*6.38	*550.8	*5408	*59.51	*7 *2.8%	*37.76 *16.3%	132.99 57.3%	28.28 27.4%	9.83 9.5%	*0.00 *0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

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Base Menu Spreadsheet

LUNCH K-12

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/28/2017																
LUNCH K-12	Total	10														
TACO,BEEF,2ea,3M, 2Grain 90-10	2 EACH	5	176	14	157	1.45	0.77	73.6	1107	2.22	*1	11.44	10.44	9.7	2.73	*0.09
CHICKEN TACO	2 EACH	5	264	47	252	2.99	1.77	195.0	623	8.2	*N/A*	19.09	20.35	12.21	3.51	*N/A*
REFRIED BEANS, .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 &	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			521	*34	685	*11.63	*4.02	*364.6	*4808	*40.96	*7	*27.62	69.50	15.81	3.95	*0.05
% of Calories											*5.1%	*21.2%	53.3%	27.3%	6.8%	*0.1%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Wed - 11/29/2017																
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
Teriyaki Chicken	3 OZ	5	144	49	561	0.40	1.21	8.0	231	3.5	*0	19.48	9.58	3.12	1.13	*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	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			663	*104	957	*6.57	*6.96	*219.6	*2046	*23.21	*10	*31.74	105.47	11.50	2.45	*0.01
% of Calories											*6.1%	*19.1%	63.6%	15.6%	3.3%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=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)
Thu - 11/30/2017																
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 & 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
Weighted Daily Average			1113	*93	1650	*17.76	*10.21	*413.5	*8014	*67.03	*9	*62.31	146.75	31.73	7.72	*0.00
% of Calories											*3.1%	*22.4%	52.7%	25.6%	6.2%	*0.0%
Nutrient Guideline			739				3.95	338.62	1295	16.68		12.74		<=30.0	<10.00	

Weighted Average			640	*48	1234	*9.67	*5.00	*342.4	*4314	*42.54	*6	*29.06	*86.78	*19.88	*5.24	*0.05
											*9.1%	*18.2%	*54.3%	*28.0%	*7.4%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	640		739	87%		99		Correction Required - Calories are Low
Cholesterol (mg)	48				Missing			
Sodium (mg)	1234						1234	
Fiber (g)	9.67				Missing			
Iron (mg)	5.00		3.95	127%	Missing			
Calcium (mg)	342.4		338.62	101%	Missing			
Vitamin A (IU)	4314		1295	333%	Missing			
Sugars (g)	6	4.06%			Missing			
Vitamin C (mg)	42.54		16.68	255%	Missing			
Protein (g)	29.06	18.17%	12.74	228%	Missing			
Carbohydrate (g)	86.78	54.25%			Missing			
Total Fat (g)	19.88	27.97%	<=30.00%		Missing			
Saturated Fat (g)	5.24	7.37%	<10.00%		Missing			
Trans Fat ¹ (g)	0.05	0.08%			Missing			

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