

NMSVH

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

DINNER K-12

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/02/2017																
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 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
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			701	*45	1451	*10.24	*3.00	*238.5	*4519	*61.57	*6	*32.98	104.27	17.22	6.96	*0.00
% of Calories											*3.5%	*18.8%	59.5%	22.1%	8.9%	*0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Tue - 10/03/2017																
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, 1-1/2	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			749	*52	1824	*12.52	*4.54	*491.1	*5683	*55.73	*11	*29.71	*101.15	25.20	8.69	*0.05
% of Calories											*6.0%	*15.9%	*54.0%	30.3%	10.4%	*0.1%
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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Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

DINNER K-12

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/04/2017																
DINNER K-12	Total	10														
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	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			394	*13	762	*9.01	*2.83	*227.5	*7364	*36.58	*8	*13.51	65.08	9.48	2.54	*0.00
% of Calories											*8.3%	*13.7%	66.1%	21.7%	5.8%	*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)
Thu - 10/05/2017																
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	.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
/3 CUP																
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
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																
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
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	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			264	14	477	7.45	3.41	215.6	24372	32.49	*9	11.48	38.08	8.32	1.76	*0.00
% of Calories											*14.1%	17.4%	57.7%	28.4%	6.0%	*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)	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 - 10/06/2017																
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	

Tue - 10/10/2017																
DINNER K-12	Total	10														
MEAT BALL SUB, RTH, w/SWISS	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 % of Calories			889	*77	2116	*11.70	*6.41	*497.9	*4633	*60.84	*6 *2.9%	*31.98 *14.4%	102.56 46.2%	39.65 40.2%	13.49 13.7%	*0.00 *0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Wed - 10/11/2017																
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*
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 1/3 CUP	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 & 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

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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			667	*23	1203	*5.08	*4.39	*197.4	*758	*24.10	*5 *2.8%	*27.53 *16.5%	103.26 61.9%	16.74 22.6%	2.73 3.7%	*0.00 *0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Thu - 10/12/2017																
DINNER K-12	Total	10														
TOSTADA, BEEF	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
TOSTADA, CHICKEN	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
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 GREENS, 1 CUP	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
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
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			909	127	2550	11.06	*4.01	*1133.1	*13724	*96.68	*7 *3.2%	49.73 21.9%	82.61 36.3%	45.85 45.4%	16.69 16.5%	*0.00 *0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Fri - 10/13/2017																
DINNER K-12	Total	1														
BLANK	1 EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

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Mon - 10/16/2017																
DINNER K-12	Total	10														
PULLED PORK SANDWICH NO BBQ	SANDWIC	10	340	40	1150	*4.00	3.60	20.0	100	2.4	*N/A*	18.0	40.0	12.0	4.00	*0.00
RANCH BEANS, .25 CUP	1/2 CUP	10	74	0	14	3.35	1.21	26.7	165	3.11	*1	4.43	13.65	0.3	0.06	*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
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			602	*43	1518	*10.71	*5.50	*214.5	*993	*28.33	*6	*28.75	89.80	14.80	4.15	*0.00
% of Calories											*3.9%	*19.1%	59.7%	22.1%	6.2%	*0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Tue - 10/17/2017																
DINNER K-12	Total	10														
CHICKEN, SOUR CREAM AND ONION	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
RICE,BROWN,UNCLE BEN'S, 1/3 C	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
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 & 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			967	*75	1602	*14.85	*5.28	*358.4	*7365	*47.54	*8	*47.91	130.37	29.30	6.64	*0.00
% of Calories											*3.4%	*19.8%	53.9%	27.3%	6.2%	*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)
Wed - 10/18/2017																
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	159	0	532	6.99	0.85	86.0	360	7.79	*N/A*	6.77	35.98	0.64	0.16	*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			763	*62	1540	*15.20	*5.02	*337.7	*4602	*55.99	*9	*33.58	100.78	27.70	9.61	*0.01
% of Calories											*4.7%	*17.6%	52.8%	32.7%	11.3%	*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)	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 - 10/19/2017																
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	.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
/3 CUP																
GRAVY, BROWN,PIONEER .12	.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
5cup																
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 &	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			457	31	873	11.89	*5.45	*328.9	*36670	*51.75	*13	19.73	54.83	20.36	5.64	*0.00
% of Calories											*11.7%	17.3%	48.0%	40.1%	11.1%	*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 - 10/20/2017																
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 - 10/23/2017																
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 &	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 % of Calories			385	*29	677	*6.37	*2.78	*323.7	*4359	*24.44	*4	*19.57	46.15	14.67	4.35	*0.00
											*3.9%	*20.3%	47.9%	34.2%	10.1%	*0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Tue - 10/24/2017																
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	.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
/3 CUP																
GRAVY, TURKEY, .125CUP	SERVING	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
	-.125 C															
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	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
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)	Calc (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			400	*49	783	*5.37	*2.57	*195.7	*765	*20.10	*5 *4.6%	*28.61 *28.6%	58.04 58.1%	6.77 15.3%	1.26 2.8%	*0.00 *0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Wed - 10/25/2017																
DINNER K-12	Total	10														
POTATO, BAKED LOADED	SERVING	5	381	43	1020	4.46	3.29	167.1	620	18.49	*3	*10.4	59.09	12.01	4.67	*0.00
SALAD BAR STANDARD	1 CUP	5	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	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	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			439	*24	924	*5.82	*2.62	*278.4	*2358	*20.89	*4 *3.4%	*16.68 *15.2%	75.74 69.0%	8.38 17.2%	2.61 5.4%	*0.00 *0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Thu - 10/26/2017																
DINNER 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*
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
TOMATO:2 slice, .125 cup	2 slc	10	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	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
SALAD GREENS, 1 CUP	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
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
Tartar Sauce, Ss, Shelf Stable	PACKET	10	35	5	110	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	2.0	3.5	0.50	*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			414	28	1032	5.85	*2.47	*210.7	*8784	*30.22	*7 *7.1%	15.38 14.8%	51.35 49.6%	18.01 39.1%	2.08 4.5%	*0.00 *0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

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NMSVH

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

DINNER K-12

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/27/2017																
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 - 10/30/2017																
DINNER K-12	Total	10														
Chimichanga, BeefChiliCheese,	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
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
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
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 % of Calories			837	*63	1381	*12.92	*6.25	*615.2	*5738	*45.72	*7	*36.22	105.49	30.30	12.67	*0.00
											*3.5%	*17.3%	50.4%	32.6%	13.6%	*0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Tue - 10/31/2017																
DINNER K-12	Total	10														
CHICKEN CHUNKS, WG, 5 PIECE	SERVING-	10	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	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
T POT																
BROCCOLI w/ CHEESE SAUCE.25	1 CUP	10	132	10	687	5.52	1.13	143.1	1860	73.78	*3	*5.7	25.94	2.23	0.03	*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 % of Calories			573	*33	1330	*12.55	*4.09	*350.9	*2588	*96.20	*7	*25.69	86.08	15.74	2.62	*0.00
											*5.1%	*17.9%	60.1%	24.7%	4.1%	*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)
Weighted Average			496	*37	1050	*7.84	*3.17	*295.8	*6441	*37.39	*6 *10.4%	*22.14 *17.9%	*66.27 *53.5%	16.40 29.8%	4.79 8.7%	*N/A*

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	496		785	63%		290		Correction Required - Calories are Low
Cholesterol (mg)	37				Missing			
Sodium (mg)	1050		1000				50	Correction Required - Sodium too High
Fiber (g)	7.84		8.67	90%	Missing	0.83		Correction Required - Fiber is Low
Iron (mg)	3.17		4.23	75%	Missing	1.06		Correction Required - Iron is Low
Calcium (mg)	295.8		370.45	80%	Missing	74.68		Correction Required - Calcium is Low
Vitamin A (IU)	6441		1426	452%	Missing			
Sugars (g)	6	4.62%			Missing			
Vitamin C (mg)	37.39		17.42	215%	Missing			
Protein (g)	22.14	17.88%	14.56	152%	Missing			
Carbohydrate (g)	66.27	53.49%			Missing			
Total Fat (g)	16.40	29.80%	<=30.00%					
Saturated Fat (g)	4.79	8.69%	<10.00%					
Trans Fat ¹ (g)	*N/A*				Missing			

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* - 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.