

NMSVH

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 1, 2017 thru Sep 29, 2017

DINNER K-12

Generated on: 8/25/2017 10:17:32 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/01/2017																
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 - 09/05/2017																
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	

Wed - 09/06/2017																
DINNER K-12	Total	10														
BEEF TACO-2 EA,90/10,2-m/ma/1g	2 EACH	10	263	40	263	2.92	2.21	102.7	2388	7.31	*1	18.29	20.04	12.91	4.52	*0.04
CHICKEN TACO	2 EACH	1	264	47	252	2.99	1.77	195.0	623	8.2	*N/A*	19.09	20.35	12.21	3.51	*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
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			615	*48	599	*13.62	*5.57	*366.0	*6393	*45.50	*8	*35.06	80.27	18.29	5.51	*0.04
											*5.1%	*22.8%	52.2%	26.8%	8.1%	*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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	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 - 09/07/2017																
DINNER K-12	Total	10														
CHICKEN FRIED STEAK	1 - 4oz. S TEAK	10	357	98	637	0.40	3.01	34.6	73	0.04	*1	25.99	11.45	22.21	7.17	*0.05
MASHED POTATOES,IDAHO, .25 CUP	.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
GRAVY MIX, COUNTRY,.125 CUP	.125 CUP	1	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,TOSSED GARDEN DRESSING, ASSORTED, SALAD	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
FRUIT, CHOICE	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
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 % of Calories			635	100	1050	11.36	*7.22	*346.8	*36608	*49.31	*13 *8.1%	36.50 23.0%	58.24 36.7%	29.56 41.9%	7.91 11.2%	*0.05 *0.1%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Fri - 09/08/2017																
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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NMSVH

Sep 1, 2017 thru Sep 29, 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 - 09/11/2017																
DINNER K-12	Total	10														
CHICKEN BACON RANCH FLA TBREAD	SERVING	10	601	77	1094	4.06	4.44	473.7	426	1.7	*1	35.9	30.77	36.22	12.35	*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 % of Calories			849	*80	1400	*11.37	*6.45	*693.0	*4458	*37.98	*7 *3.3%	*45.70 *21.5%	74.65 35.2%	40.07 42.5%	12.93 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	

Tue - 09/12/2017																
DINNER K-12	Total	10														
BURRITO,90-10,PO,HB,CHIL,CHEE	burrito	10	305	76	180	2.22	2.69	115.5	276	25.5	*1	26.09	19.16	14.88	5.97	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 & 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			631	*80	491	*12.63	*5.87	*359.3	*4219	*62.87	*8 *4.8%	*40.95 *26.0%	77.36 49.1%	19.05 27.2%	6.62 9.4%	*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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	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 - 09/13/2017																
DINNER K-12	Total	10														
SALISBURY STEAK	2.7oz.	10	179	94	268	0.99	1.43	19.9	99	1.19	1	12.92	3.98	12.92	4.97	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	1	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 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			470	*97	746	*6.36	*3.46	*215.6	*864	*21.29	*6	*23.59	61.31	15.87	5.11	*0.00
% of Calories											*4.8%	*20.1%	52.2%	30.4%	9.8%	*0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Thu - 09/14/2017																
DINNER K-12	Total	10														
ENCHILADA, CHEESE ROLLED	SERVING-	10	330	50	290	2.00	1.08	450.0	500	0.0	*N/A*	15.0	29.0	17.0	10.00	*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,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			639	53	743	15.56	*6.03	*773.1	*36992	*47.83	*12	27.71	80.69	24.86	10.95	*0.00
% of Calories											*7.4%	17.3%	50.5%	35.0%	15.4%	*0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Fri - 09/15/2017																
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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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 - 09/18/2017																
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
BROCCOLI: Seasoned	1/3 CUP	10	17	0	7	1.84	0.37	20.2	619	24.57	1	1.9	3.28	0.07	0.01	0.00
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 & 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			707	*45	1453	*11.19	*3.22	*249.7	*5050	*85.60	*7	*34.44	105.77	17.30	6.97	*0.00
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Tue - 09/19/2017																
DINNER K-12	Total	10														
ORANGE CHICKEN	3 oz.	10	283	25	720	2.03	1.09	20.8	*4	*2.06	*8	16.03	24.41	13.0	2.00	*0.00
STIR FRY VEGETABLES, 1/3 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	10	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, 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
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			632	*31	1131	*10.35	*5.02	*383.8	*4197	*38.41	*18	*30.61	87.68	17.07	2.64	*0.00
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

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Wed - 09/20/2017																
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
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			945	*145	1058	*12.60	*8.90	*787.6	*5135	*52.14	*9	*67.07	84.52	39.21	13.57	*0.01
% of Calories											*3.7%	*28.4%	35.8%	37.3%	12.9%	*0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Thu - 09/21/2017																
DINNER K-12	Total	10														
CORN DOG ON STICK	1 EACH	10	280	50	570	1.00	1.80	80.0	0	1.2	*N/A*	10.0	32.0	14.0	4.50	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,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			591	53	1084	12.89	*6.09	*383.1	*36492	*53.03	*12	21.04	83.70	22.86	5.20	*0.00
% of Calories											*8.4%	14.2%	56.7%	34.8%	7.9%	*0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Fri - 09/22/2017																
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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NMSVH

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

DINNER K-12

Portion Values - Detailed

Generated on: 8/25/2017 10:17:32 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat 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 - 09/25/2017																
DINNER K-12	Total	10														
CHICKEN QUESADILLA	SERVING	10	433	53	1050	4.15	*2.03	*519.5	*1185	*50.06	*2	*23.54	38.01	20.36	8.64	*0.00
SOUR CREAM, GRADE A, 18%, PAST/	PACKET-1 OZ	10	60	20	50	0.00	0.00	40.0	200	0.0	*N/A*	1.0	2.0	5.0	3.00	0.00
Guacamole, Southwestern,,.25cup	.25 cup	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
SALSA-TERI'S	1 OZ	10	5	0	174	0.31	0.35	10.0	126	8.58	*0	0.14	1.24	0.02	0.00	*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	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 % of Calories			687	*75	1606	*8.15	*2.98	*751.7	*8982	*80.27	*11	*30.43	72.76	30.28	12.38	*0.00
											*6.2%	*17.7%	42.4%	39.7%	16.2%	*0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Tue - 09/26/2017																
DINNER K-12	Total	10														
MEAT LOAF-3/4 in slice-1oz M	3/4" SLICE	10	178	30	123	1.36	1.07	33.3	126	1.68	*1	17.24	7.96	8.23	0.91	*0.00
POTATOES, PARSLEY BUTTE RED	4 oz.	10	114	0	298	2.29	0.40	12.9	135	9.2	*1	1.98	22.75	1.94	0.33	*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
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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NMSVH

Sep 1, 2017 thru Sep 29, 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)
Weighted Daily Average % of Calories			675	*33	1103	*13.05	*4.76	*277.0	*4203	*46.63	*8 *4.9%	*34.02 *20.2%	101.08 59.9%	16.02 21.4%	1.83 2.4%	*0.00 *0.0%
Nutrient Guideline			785		1000	8.67	4.23	370.45	1426	17.42		14.56		<=30.0	<10.00	

Wed - 09/27/2017																
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*
TARTAR SAUCE: scratch	2 TBSP	10	125	9	170	0.19	0.21	6.0	170	0.58	*3	0.29	4.34	12.21	1.32	*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
PEAS, SEASONED 1/3 CUP	1/3 CUP	10	116	0	109	8.23	2.37	35.6	3143	14.79	*N/A*	7.71	21.35	0.42	0.07	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, 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
MILK, FF SKIM, CHOCOLATE 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 % of Calories			891	*32	1305	*12.97	*7.12	*209.4	*4048	*39.32	*8 *3.5%	*34.78 *15.6%	117.00 52.5%	32.79 33.1%	5.41 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 - 09/28/2017																
DINNER K-12	Total	10														
NACHOS, SUPER	SERVINGS	10	438	18	1098	3.67	1.85	270.5	777	7.46	*1	18.7	38.05	22.37	4.29	*0.03
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, 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	1	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
MILK, FF SKIM, CHOCOLATE 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 % of Calories			727	21	1269	18.22	*7.22	*607.2	*37270	*56.91	*13 *7.3%	33.92 18.7%	93.84 51.7%	24.60 30.5%	4.60 5.7%	*0.03 *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 - 09/29/2017																
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	

Weighted Average			513	*46	818	*8.89	*3.95	*337.5	*9875	*40.42	*7 *12.4%	*25.83 *20.1%	63.00 49.1%	17.93 31.4%	4.96 8.7%	*N/A*
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	513		785	65%		272		Correction Required - Calories are Low
Cholesterol (mg)	46				Missing			
Sodium (mg)	818		1000					
Fiber (g)	8.89		8.67	103%	Missing			
Iron (mg)	3.95		4.23	93%	Missing	0.28		Correction Required - Iron is Low
Calcium (mg)	337.5		370.45	91%	Missing	32.98		Correction Required - Calcium is Low
Vitamin A (IU)	9875		1426	693%	Missing			
Sugars (g)	7	5.50%			Missing			
Vitamin C (mg)	40.42		17.42	232%	Missing			
Protein (g)	25.83	20.13%	14.56	177%	Missing			
Carbohydrate (g)	63.00	49.11%						
Total Fat (g)	17.93	31.44%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	4.96	8.70%	<10.00%					
Trans Fat ¹ (g)	*N/A*				Missing			

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