

NMSVH

May 1, 2015 thru May 22, 2015

Base Menu Spreadsheet

Menu K - Dinner K-12

Portion Values - Detailed

Page 1

Generated on: 4/27/2015 8:38:08 AM

	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 - 05/04/2015																
Menu K - Dinner K-12	Total	1														
TORTELLINI: CHEESE & CHIC KEN	.75 CUP	1	373	77	1026	1.60	3.27	*63.7	712	*4.9	*N/A*	27.71	40.72	10.29	3.92	*0.00
GREEN BEANS:Seasoned	1/2 CUP	1	17	0	7	1.33	0.24	13.8	133	0.8	*0	0.67	2.67	0.0	0.00	*0.00
FRUIT, VARIETY, FRESH	EACH	1	326	0	5	13.77	0.91	34.5	243	28.72	55	2.63	85.62	1.04	0.25	*N/A*
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVit A/D	HALF-PINT	1	80	4	125	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	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			915	86	1343	16.71	4.77	*711.9	2088	*38.02	*55	48.01	161.01	11.34	4.17	*0.00
% of Calories											*24.0%	21.0%	70.4%	11.1%	4.1%	*0.0%
Nutrient Guideline			750		1420									<=30.0	<10.00	

Tue - 05/05/2015																
Menu K - Dinner K-12	Total	1														
GRILLED HAM/CHEESE 2 oz m/ma	sandwich	1	324	*46	1215	*2.94	*2.48	*244.1	309	*1.6	*4	*17.53	*31.03	14.28	6.99	*0.03
SOUP, POTATO w/BACON	CUP	1	260	20	1760	4.00	1.44	40.0	800	36.0	*N/A*	6.0	34.0	10.0	4.00	0.00
CRACKER, WHEAT, 7 GRAM	PACK (2)	1	70	0	120	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	10.0	2.0	0.00	*N/A*
BLUEBERRIES,FRZ,UNSWTND ,1/2CUP	.5-CUP	1	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	*N/A*
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVit A/D	HALF-PINT	1	80	4	125	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	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			894	*75	3401	*9.03	*4.42	*890.3	*2145	*43.13	*10	*40.86	*116.47	26.78	11.03	*0.03
% of Calories											*4.5%	*18.3%	*52.1%	27.0%	11.1%	*0.0%
Nutrient Guideline			750		1420									<=30.0	<10.00	

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NMSVH

May 1, 2015 thru May 22, 2015

Base Menu Spreadsheet

Menu K - 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)
Wed - 05/06/2015																
Menu K - Dinner K-12	Total	1														
CHICKEN CHUNKS, WG, 5 PIECE	SERVING-	1	180	20	450	2.00	1.80	40.0	0	0.0	*N/A*	13.0	14.0	8.0	1.50	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
FRENCH FRIES: oven 1/2 C	1/2 CUP	1	50	0	67	0.80	0.31	2.0	0	2.53	*N/A*	0.79	7.8	1.89	0.32	*N/A*
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 COCKTAIL, .5 cup	.5 CUP	1	55	0	9	0.91	0.00	0.0	183	1.1	*N/A*	0.0	12.8	0.0	0.00	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVit A/D	HALF-PINT	1	80	4	125	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	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			506	29	1188	3.71	2.64	642.5	1183	7.22	*N/A*	30.79	70.43	10.84	2.29	*0.00
% of Calories											*N/A%*	24.3%	55.7%	19.3%	4.1%	*0.0%
Nutrient Guideline			750		1420									<=30.0	<10.00	

Thu - 05/07/2015																
Menu K - Dinner K-12	Total	1														
Ribs, Pork, BBQ, 2 oz.	2 OZ	1	378	80	612	*N/A*	3.20	*0.0	*0	*0.0	*N/A*	24.27	21.93	22.57	8.39	*N/A*
MASHED POTATOES,IDAHO, .5 CUP	.5 cup	1	64	0	251	0.80	0.30	17.9	84	2.88	*N/A*	1.6	13.62	0.8	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
PEAS & CARROTS, FZ BLEND 1/2 C	2/3 CUP	1	54	0	89	3.22	0.40	23.4	2682	6.44	*N/A*	3.22	9.66	0.0	0.00	*0.00
ROLLS, WHEAT, DOUGH, 1 EA WG	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
CAKE, ANGEL FOOD	SLICE	1	139	0	319	0.00	0.00	40.3	0	0.0	*N/A*	2.98	31.83	0.0	0.00	*0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVit A/D	HALF-PINT	1	80	4	125	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	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			936	89	1843	*5.02	5.15	*682.2	*3766	*12.92	*N/A*	52.07	126.87	25.31	8.86	*0.00
% of Calories											*N/A%*	22.3%	54.2%	24.3%	8.5%	*0.0%
Nutrient Guideline			750		1420									<=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)
Mon - 05/11/2015																
Menu K - Dinner K-12	Total	1														
GROUND BEEF AND SPANISH RICE	2/3 CUP	1	282	51	288	1.19	3.09	41.0	519	11.79	*N/A*	18.55	27.04	10.53	4.42	*N/A*
BROCCOLI: Seasoned	.5 CUP	1	26	0	10	2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.01	*N/A*
KIWI-.5 CUP	.5 CUP	1	55	0	3	2.70	0.28	30.6	78	83.43	8	1.03	13.19	0.47	0.02	*N/A*
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																
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATE	HALF-PINT	1	80	4	125	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
Vit 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
Weighted Daily Average			643	60	736	7.65	5.01	701.9	2527	135.71	*9	42.43	92.16	12.11	4.45	*0.00
% of Calories											*5.9%	26.4%	57.4%	17.0%	6.2%	*0.0%
Nutrient Guideline			750		1420									<=30.0	<10.00	

Tue - 05/12/2015																
Menu K - Dinner K-12	Total	1														
PIZZA, 4-CHEESE, SLICE	SLICE	1	350	25	830	2.00	*N/A*	*N/A*	*N/A*	0.0	*N/A*	17.0	44.0	12.0	6.00	0.00
GREEN BEANS:Seasoned	.5 CUP	1	17	0	7	1.33	0.24	13.8	133	0.8	*0	0.67	2.67	0.0	0.00	*0.00
GRAPES,Fresh, .5 cup	.5 CUP	1	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	*N/A*
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATE	HALF-PINT	1	80	4	125	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
Vit 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
Weighted Daily Average			597	34	1143	3.75	*0.73	*620.2	*1179	6.24	*7	34.95	86.55	12.16	6.05	*0.00
% of Calories											*5.0%	23.4%	57.9%	18.3%	9.1%	*0.0%
Nutrient Guideline			750		1420									<=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 - 05/13/2015																
Menu K - Dinner K-12	Total	1														
CHILAQUILES	CUP	1	469	102	878	2.02	2.98	253.2	4347	22.17	*1	33.66	21.32	29.31	10.57	*0.00
VEGGIES: RAW .50 CUP	.50 CUP	1	35	0	40	2.02	0.10	19.4	10166	15.72	*N/A*	1.36	7.38	0.0	0.00	*0.00
DRESSING,BUTTERMILK RAN CH,FF,	Piece	1	10	0	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
PINEAPPLE CHUNKS, CND,.5 C UP	.5 CUP	1	70	0	10	1.00	0.72	20.0	100	9.0	*N/A*	1.0	17.0	0.0	0.00	0.00
CRACKER, WHEAT, 7 GRAM	PACK (2)	1	70	0	120	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	10.0	2.0	0.00	*N/A*
MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	4	125	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	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
Weighted Daily Average			854	111	1479	*5.04	*4.16	*892.6	*15613	*50.49	*1	*53.01	89.70	31.31	10.57	*0.00
% of Calories											*0.6%	*24.8%	42.0%	33.0%	11.1%	*0.0%
Nutrient Guideline			750		1420									<=30.0	<10.00	

Thu - 05/14/2015																
Menu K - Dinner K-12	Total	1														
BBQ CHICKEN	4 OZ	1	444	*140	426	*0.13	*2.43	*33.7	*531	*1.47	*14	39.64	15.4	21.9	*6.18	*N/A*
MASHED POTATOES,IDAHO, .5 CUP	.5 cup	1	64	0	251	0.80	0.30	17.9	84	2.88	*N/A*	1.6	13.62	0.8	0.00	*0.00
GRAVY, BROWN, CONESTOGA .25cup	.25 CUP	1	16	0	338	0.00	0.00	1.3	0	0.0	*0	0.0	3.25	0.0	0.00	*0.00
Caribbean Vegetable Blend	.5 cup	1	44	0	38	2.52	0.91	25.2	126	18.9	*N/A*	1.26	7.56	0.0	0.00	0.00
COOKIE DOUGH, PEANUT BUT TER, 1	COOKIE	1	135	5	125	1.00	0.54	10.0	150	0.0	*N/A*	3.0	14.5	8.0	2.00	0.00
ROLLS, WHEAT, DOUGH, 1 EA WG	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
MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	4	125	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	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
Weighted Daily Average			983	*154	1613	*5.45	*5.26	*688.1	*1891	*26.85	*14	65.50	101.34	31.70	*8.18	*0.00
% of Calories											*5.6%	26.6%	41.2%	29.0%	*7.5%	*0.0%
Nutrient Guideline			750		1420									<=30.0	<10.00	

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Mon - 05/18/2015																
Menu K - Dinner K-12	Total	1														
CHICKEN FRIED STEAK	1 - 4oz. S TEAK	1	357	98	637	0.40	3.00	34.6	73	0.04	*1	25.99	11.45	22.21	7.08	*N/A*
MASHED POTATOES,IDAHO, .5 CUP	.5 cup	1	64	0	251	0.80	0.30	17.9	84	2.88	*N/A*	1.6	13.62	0.8	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
COLLARD GREENS: frozen	.5 Cup	1	31	0	43	2.38	0.95	178.5	9769	22.44	0	2.52	6.04	0.35	0.05	*N/A*
PEARS,SLICED,PEAR JUICE, .5 cup	.5 cup	1	60	0	5	2.00	0.36	0.0	0	1.2	*N/A*	*N/A*	14.0	0.0	0.00	0.00
ROLLS, WHEAT, DOUGH, 1 EA WG	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
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVit A/D	HALF-PINT	1	80	4	125	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	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			813	107	1509	6.58	5.87	831.6	10927	30.16	*2	*50.12	94.94	25.30	7.61	*0.00
% of Calories											*0.8%	*24.7%	46.7%	28.0%	8.4%	*0.0%
Nutrient Guideline			750		1420									<=30.0	<10.00	

Tue - 05/19/2015																
Menu K - Dinner K-12	Total	1														
STROMBOLI	4 SERVINGS	1	221	40	636	0.80	1.79	216.0	43	0.0	*N/A*	18.33	21.31	6.34	2.72	*N/A*
TOMATO:4 slice, .25	4 slc.	1	9	0	2	0.59	0.13	4.9	410	6.74	1	0.43	1.91	0.1	0.01	*N/A*
CUCUMBER,RAW .25CUP	.25 CUP	1	4	0	1	0.21	0.07	4.2	21	0.95	0	0.18	0.64	0.05	0.00	*N/A*
STRAWBERRIES, SWEET, 1/2 CUP	HALF CUP	1	122	0	4	2.42	0.75	14.0	31	52.79	31	0.68	33.05	0.17	0.01	*N/A*
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVit A/D	HALF-PINT	1	80	4	125	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	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			556	49	948	4.02	3.10	839.1	1505	64.08	*32	36.61	88.92	6.65	2.75	*0.00
% of Calories											*23.3%	26.3%	64.0%	10.8%	4.4%	*0.0%
Nutrient Guideline			750		1420									<=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 - 05/20/2015																
Menu K - Dinner K-12	Total	1														
SAUSAGE RED BEANS AND RICE	1 CUP	1	268	45	1000	3.66	1.61	59.9	511	14.37	*1	12.05	27.37	12.1	3.79	*0.00
WATERMELON,CHUNKS, .25 CUP	.25 CUP	1	0	0	0	0.00	0.00	0.0	2	0.03	0	0.0	0.03	0.0	0.00	*N/A*
ROLL, HONEY WHEAT, 2 OZ./5 7g/S	ROLL	1	139	0	239	2.98	1.43	19.9	0	0.0	*N/A*	4.97	26.86	1.99	0.00	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVit A/D	HALF-PINT	1	80	4	125	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	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			607	54	1544	6.64	3.40	679.8	1513	18.00	*1	34.02	86.26	14.09	3.79	*0.00
% of Calories											*0.6%	22.4%	56.8%	20.9%	5.6%	*0.0%
Nutrient Guideline			750		1420									<=30.0	<10.00	

Thu - 05/21/2015																
Menu K - Dinner K-12	Total	1														
SPAGHETTI & CHICKEN MEAT SAUCE	CUP	1	235	66	69	1.93	2.77	52.1	274	5.41	*3	28.61	18.46	5.12	1.71	*0.00
SUCCOTASH, GRILLED, .5 CUP	.5 CUP	1	95	0	118	*2.85	*0.55	*24.8	62	*9.56	*0	3.03	*11.12	4.95	0.72	*0.00
CAKE, ANGEL FOOD	SLICE	1	139	0	319	0.00	0.00	40.3	0	0.0	*N/A*	2.98	31.83	0.0	0.00	*0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVit A/D	HALF-PINT	1	80	4	125	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	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			669	75	811	*4.78	*3.68	*717.2	1336	*18.57	*3	51.62	*93.41	10.07	2.42	*0.00
% of Calories											*1.6%	30.9%	*55.9%	13.6%	3.3%	*0.0%
Nutrient Guideline			750		1420									<=30.0	<10.00	

Weighted Average			748	*77	1463	*6.53	*4.02	*741.5	*3806	*37.62	*11	*45.00	*100.67	18.14	*6.01	*0.00
											*13.3%	*24.1%	*53.8%	21.8%	*7.2%	*0.0%

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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Nutrient	Menu AVG	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)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	748		750	100%			2											Correction Required - Calories are Low
Cholesterol (mg)	77				Missing													
Sodium (mg)	1463		1420						43									Correction Required - Sodium too High
Fiber (g)	6.53				Missing													
Iron (mg)	4.02				Missing													
Calcium (mg)	741.5				Missing													
Vitamin A (IU)	3806				Missing													
Sugars (g)	11	5.89%			Missing													
Vitamin C (mg)	37.62				Missing													
Protein (g)	45.00	24.07%			Missing													
Carbohydrate (g)	100.67	53.85%			Missing													
Total Fat (g)	18.14	21.83%		<=30.00%														
Saturated Fat (g)	6.01	7.24%		<10.00%	Missing													
Trans Fat ¹ (g)	0.00	0.00%			Missing													

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