

NUTRITION SERVICES

Aug 1, 2016 thru Aug 31, 2016

Base Menu Spreadsheet

LUNCH MENU, GRADES K-8

Portion Values - Detailed

Page 1

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	Portion Size	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 - 08/08/2016															
LUNCH MENU, GRADES K-															
BEEF CHILI W/ CORN MUFFIN															
	Total														
	1 EACH	484	76	893	8.40	4.80	81.3	1159	11.93	*25	21.23	60.61	17.93	4.24	*0.00
HAMBURGER															
	1 EACH	291	49	352	3.00	2.82	73.4	30	0.0	5	19.38	29.0	11.93	3.78	0.43
ELBOW PASTA W/ MARINARA&C HZ															
	1 EACH	408	32	822	6.40	4.17	78.2	735	13.1	*N/A*	21.59	58.58	8.81	1.29	*0.00
TURKEY AND CHEDDAR SAND WICH															
	1 EACH	331	60	830	6.13	1.59	223.0	663	0.24	*0	35.57	32.45	8.02	4.50	0.00
-- SIDES: SERVE ALL --															
	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT: _____															
	EACH	*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*
CARROTS, BABY, 1/2 CUP PACK AGE															
	1 EACH	25	0	42	1.71	0.18	20.1	10191	3.6	3	0.57	5.84	0.15	0.02	0.00
SOYBEANS															
	1/2 CUP	149	0	1	5.16	4.42	87.7	8	1.46	*N/A*	14.31	8.54	7.71	1.12	*N/A*
SNACK: _____															
	1 EACH	*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*
-- CHOICE OF MILK --															
	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE NF 8 OZ															
	1 EACH	150	5	180	0.00	0.36	300.0	500	0.0	*N/A*	9.0	27.0	0.0	0.00	0.00
MILK NONFAT WHITE 8 OZ															
	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
MILK 1% WHITE 8 OZ															
	1 EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
-- CONDIMENTS: FILL IN HERE --															
	--	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
RANCH DRESSING (12 GM PC)															
	1 EACH	13	2	66	0.04	0.04	12.7	9	0.18	*N/A*	0.38	1.27	0.68	0.19	*N/A*
TACO SAUCE (9 GM PC)															
	EACH	5	0	95	0.06	0.08	1.0	31	0.06	*N/A*	0.08	1.03	0.04	0.01	*N/A*
KETCHUP (7 GM PC)															
	1 EACH	8	0	74	0.00	0.00	0.0	0	0.99	*N/A*	0.0	2.06	0.0	0.00	*N/A*
MUSTARD (5.5 GM PC)															
	1 EACH	3	0	61	0.22	0.09	3.5	6	0.02	0	0.21	0.32	0.18	0.01	0.00
MAYONNAISE (9 GM PC)															
	1 EACH	65	5	51	0.00	0.05	1.6	25	0.0	0	0.1	0.24	7.15	0.77	*N/A*
SOY SAUCE PACKET 500 ML KIK KOM															
	1 EACH	10	0	575	0.00	0.00	0.0	0	0.0	0	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average															
	% of Calories	2171	249	4393	31.12	18.59	1732.5	14607	35.17	*46	146.42	262.95	65.11	17.43	*0.43
										*8.4%	27.0%	48.5%	27.0%	7.2%	*0.2%
Nutrient Guideline															
		600-650		1230											<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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NUTRITION SERVICES

Aug 1, 2016 thru Aug 31, 2016

Base Menu Spreadsheet

LUNCH MENU, GRADES K-8

Portion Values - Detailed

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	Portion Size	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 - 08/09/2016																
LUNCH MENU, GRADES K-																
	Total															
	CHEESE QUESADILLA ROLL-UP	1 EACH	441	46	618	12.00	3.14	387.7	701	0.34	*N/A*	25.23	36.0	16.5	7.27	*0.00
	CHICKEN FAJITA BOWL	1 EACH	439	48	418	4.81	2.16	35.0	1044	7.26	*3	24.17	59.4	11.73	1.88	*0.01
	CHICKEN NUGGETS (5) W/B.PE NNE	1 EACH	392	67	729	4.07	1.97	45.4	106	0.06	*0	21.02	34.06	18.94	3.17	*0.01
	CHICKEN CAESAR SALAD, ROLL	1 EACH	413	55	1225	2.35	3.08	88.5	3885	4.26	*7	26.81	40.53	16.34	3.34	*0.00
	-- SIDES: SERVE ALL --	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	FRUIT: _____	EACH	*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*
	JICAMA & LIME	1/2 CUP	23	0	3	2.95	0.36	7.0	12	12.1	*N/A*	0.43	5.29	0.06	0.01	0.00
	CHERRY TOMATOES	1/2 CUP	13	0	4	0.89	0.20	7.5	621	10.21	2	0.66	2.9	0.15	0.02	0.00
	SNACK: _____	1 EACH	*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*
	-- CHOICE OF MILK --	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.00	0.00	0.00
	MILK CHOCOLATE NF 8 OZ	1 EACH	150	5	180	0.00	0.36	300.0	500	0.0	*N/A*	9.0	27.0	0.0	0.00	0.00
	MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
	MILK 1% WHITE 8 OZ	1 EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
	-- CONDIMENTS: FILL IN HERE --	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.00	0.00	0.00
	RANCH DRESSING (12 GM PC)	1 EACH	13	2	66	0.04	0.04	12.7	9	0.18	*N/A*	0.38	1.27	0.68	0.19	*N/A*
	TACO SAUCE (9 GM PC)	EACH	5	0	95	0.06	0.08	1.0	31	0.06	*N/A*	0.08	1.03	0.04	0.01	*N/A*
	KETCHUP (7 GM PC)	1 EACH	8	0	74	0.00	0.00	0.0	0	0.99	*N/A*	0.0	2.06	0.0	0.00	*N/A*
	MUSTARD (5.5 GM PC)	1 EACH	3	0	61	0.22	0.09	3.5	6	0.02	0	0.21	0.32	0.18	0.01	0.00
	MAYONNAISE (9 GM PC)	1 EACH	65	5	51	0.00	0.05	1.6	25	0.0	0	0.1	0.24	7.15	0.77	*N/A*
	SOY SAUCE PACKET 500 ML KIK KOM	1 EACH	10	0	575	0.00	0.00	0.0	0	0.0	0	1.0	1.0	0.0	0.00	0.00
	Weighted Daily Average		2204	249	4449	27.38	11.53	1739.9	8190	39.07	*26	132.08	246.10	74.28	18.18	*0.03
	% of Calories										*4.6%	24.0%	44.7%	30.3%	7.4%	*0.0%
	Nutrient Guideline		600-650		1230									<10.00		

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Base Menu Spreadsheet

LUNCH MENU, GRADES K-8

Portion Values - Detailed

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	Portion Size	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 - 08/10/2016															
LUNCH MENU, GRADES K-CHICKEN HOT DOG & EMOJI POTAT															
	Total														
	1 EACH	303	59	773	4.17	6.72	132.0	209	22.2	*5	13.0	40.0	11.25	3.65	0.00
BREAKFAST PLATTER (V)															
	1 EACH	370	180	508	3.00	2.43	81.5	403	0.0	*10	10.59	60.12	9.95	2.53	*0.38
BREADED CHICKEN ON A BUN															
	1 EACH	434	68	681	6.47	2.60	77.4	96	0.0	5	24.67	46.36	18.2	3.47	0.00
SUNBUTTER & JELLY SANDWICH															
	1 EACH	651	0	488	10.09	4.31	168.6	35	3.52	*19	19.38	68.7	37.9	3.05	*0.00
-- SIDES: SERVE ALL --															
	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT: _____															
	EACH	*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*
CARROTS, BABY, 1/2 CUP PACK															
	1 EACH	25	0	42	1.71	0.18	20.1	10191	3.6	3	0.57	5.84	0.15	0.02	0.00
AGE															
	1/2 CUP	17	0	44	1.40	0.36	22.3	4262	2.18	2	0.48	3.63	0.11	0.02	0.00
SNACK: _____															
	1 EACH	*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*
-- CHOICE OF MILK --															
	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE NF 8 OZ															
	1 EACH	150	5	180	0.00	0.36	300.0	500	0.0	*N/A*	9.0	27.0	0.0	0.00	0.00
MILK NONFAT WHITE 8 OZ															
	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
MILK 1% WHITE 8 OZ															
	1 EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
-- CONDIMENTS: FILL IN HERE --															
	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
RANCH DRESSING (12 GM PC)															
	1 EACH	13	2	66	0.04	0.04	12.7	9	0.18	*N/A*	0.38	1.27	0.68	0.19	*N/A*
TACO SAUCE (9 GM PC)															
	EACH	5	0	95	0.06	0.08	1.0	31	0.06	*N/A*	0.08	1.03	0.04	0.01	*N/A*
KETCHUP (7 GM PC)															
	1 EACH	8	0	74	0.00	0.00	0.0	0	0.99	*N/A*	0.0	2.06	0.0	0.00	*N/A*
MUSTARD (5.5 GM PC)															
	1 EACH	3	0	61	0.22	0.09	3.5	6	0.02	0	0.21	0.32	0.18	0.01	0.00
MAYONNAISE (9 GM PC)															
	1 EACH	65	5	51	0.00	0.05	1.6	25	0.0	0	0.1	0.24	7.15	0.77	*N/A*
SOY SAUCE PACKET 500 ML KIK															
	1 EACH	10	0	575	0.00	0.00	0.0	0	0.0	0	1.0	1.0	0.0	0.00	0.00
KOM															
Weighted Daily Average		2284	339	3989	27.16	17.22	1670.8	17016	36.34	*57	102.45	292.58	88.12	15.23	*0.38
% of Calories										*10.0%	17.9%	51.2%	34.7%	6.0%	*0.2%
Nutrient Guideline		600-650		1230										<10.00	

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LUNCH MENU, GRADES K-8

Portion Values - Detailed

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	Portion Size	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 - 08/11/2016															
LUNCH MENU, GRADES K-															
	Total														
	GREEK CHICKEN & RICE PILAF	449	53	660	4.07	2.28	28.9	116	2.52	*1	28.84	62.18	7.84	1.47	*0.00
	OH MY GOSH BURGER	395	70	576	2.00	2.81	112.8	170	0.0	*4	24.23	27.48	21.14	9.58	0.32
	PASTA X-PLOSION!	418	32	884	6.72	4.47	85.7	769	13.27	*0	21.8	59.25	9.73	1.41	*0.00
	BAGEL & HARD BOILED EGG	433	215	385	4.51	3.16	73.3	595	1.23	12	15.89	56.37	15.9	7.46	*0.00
	-- SIDES: SERVE ALL --	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	FRUIT: _____	*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*
	CELERY STICKS	12	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	0.00
	SWEET PEAS, IN POD, CHILLED	13	0	1	0.82	0.66	13.5	342	18.9	1	0.88	2.38	0.06	0.01	0.00
	SNACK: _____	*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*
	-- CHOICE OF MILK --	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	MILK CHOCOLATE NF 8 OZ	150	5	180	0.00	0.36	300.0	500	0.0	*N/A*	9.0	27.0	0.0	0.00	0.00
	MILK NONFAT WHITE 8 OZ	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
	MILK 1% WHITE 8 OZ	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
	-- CONDIMENTS: FILL IN HERE --	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	RANCH DRESSING (12 GM PC)	13	2	66	0.04	0.04	12.7	9	0.18	*N/A*	0.38	1.27	0.68	0.19	*N/A*
	TACO SAUCE (9 GM PC)	5	0	95	0.06	0.08	1.0	31	0.06	*N/A*	0.08	1.03	0.04	0.01	*N/A*
	KETCHUP (7 GM PC)	8	0	74	0.00	0.00	0.0	0	0.99	*N/A*	0.0	2.06	0.0	0.00	*N/A*
	MUSTARD (5.5 GM PC)	3	0	61	0.22	0.09	3.5	6	0.02	0	0.21	0.32	0.18	0.01	0.00
	MAYONNAISE (9 GM PC)	65	5	51	0.00	0.05	1.6	25	0.0	0	0.1	0.24	7.15	0.77	*N/A*
	SOY SAUCE PACKET 500 ML KIK KOM	10	0	575	0.00	0.00	0.0	0	0.0	0	1.0	1.0	0.0	0.00	0.00
	Weighted Daily Average	2203	402	4019	19.62	14.13	1512.8	4147	43.07	*32	125.91	277.79	65.36	22.44	*0.32
	% of Calories									*5.9%	22.9%	50.4%	26.7%	9.2%	*0.1%
	Nutrient Guideline	600-650		1230										<10.00	

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	Portion Size	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 - 08/12/2016															
LUNCH MENU, GRADES K-															
PEPPERONI PIZZA, 2 SLICES	Total														
CHEESE PIZZA, 2 SLICES	2 SLICES	648	94	1286	6.30	3.28	365.0	906	7.17	*5	37.94	61.75	27.68	12.29	*0.00
PASTA PRIMAVERA	2 SLICES	599	83	1096	6.30	3.14	365.0	906	7.17	*5	36.04	61.75	23.12	10.39	*0.00
TURKEY AND CHEDDAR SAND WICH	1 EACH	378	5	302	6.02	3.56	233.4	7181	7.54	*3	18.64	49.0	12.57	2.29	*0.05
-- SIDES: SERVE ALL --	1 EACH	331	60	830	6.13	1.59	223.0	663	0.24	*0	35.57	32.45	8.02	4.50	0.00
FRUIT: _____	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BROCCOLI FLORETS	EACH	*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*
CUCUMBER, SLICED	1/2 CUP	12	0	12	0.92	0.26	16.7	221	31.67	1	1.0	2.36	0.13	0.01	0.00
SNACK: _____	1/2 CUP	7	0	1	0.42	0.13	8.3	43	1.9	1	0.35	1.29	0.1	0.01	0.00
	1 EACH	*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*
-- CHOICE OF MILK --	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE NF 8 OZ	1 EACH	150	5	180	0.00	0.36	300.0	500	0.0	*N/A*	9.0	27.0	0.0	0.00	0.00
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
MILK 1% WHITE 8 OZ	1 EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
-- CONDIMENTS: FILL IN HERE --	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
RANCH DRESSING (12 GM PC)	1 EACH	13	2	66	0.04	0.04	12.7	9	0.18	*N/A*	0.38	1.27	0.68	0.19	*N/A*
TACO SAUCE (9 GM PC)	EACH	5	0	95	0.06	0.08	1.0	31	0.06	*N/A*	0.08	1.03	0.04	0.01	*N/A*
KETCHUP (7 GM PC)	1 EACH	8	0	74	0.00	0.00	0.0	0	0.99	*N/A*	0.0	2.06	0.0	0.00	*N/A*
MUSTARD (5.5 GM PC)	1 EACH	3	0	61	0.22	0.09	3.5	6	0.02	0	0.21	0.32	0.18	0.01	0.00
MAYONNAISE (9 GM PC)	1 EACH	65	5	51	0.00	0.05	1.6	25	0.0	0	0.1	0.24	7.15	0.77	*N/A*
SOY SAUCE PACKET 500 ML KIK KOM	1 EACH	10	0	575	0.00	0.00	0.0	0	0.0	0	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average		2459	274	4980	26.40	12.58	2380.3	11743	60.53	*27	163.30	276.51	82.17	31.97	*0.06
% of Calories										*4.4%	26.6%	45.0%	30.1%	11.7%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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NUTRITION SERVICES

Aug 1, 2016 thru Aug 31, 2016

Base Menu Spreadsheet

LUNCH MENU, GRADES K-8

Portion Values - Detailed

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	Portion Size	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 - 08/15/2016															
LUNCH MENU, GRADES K-TANGY BBQ CHICKEN, RICE, CORN															
	Total														
	1 EACH	520	48	588	5.72	2.34	23.3	214	2.99	*9	29.26	83.44	7.12	1.33	*0.00
	WESTERN CHEESEBURGER														
	1 EACH	407	71	717	3.15	3.11	180.7	211	0.1	*11	25.19	36.27	18.98	9.09	0.43
	PENNE PASTA MARINARA & CHEESE														
	1 EACH	408	32	822	6.40	4.17	78.2	735	13.1	*N/A*	21.59	58.58	8.81	1.29	*0.00
	SUNBUTTER & JELLY SANDWICH														
	1 EACH	651	0	488	10.09	4.31	168.6	35	3.52	*19	19.38	68.7	37.9	3.05	*0.00
	-- SIDES: SERVE ALL --														
	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	FRUIT: _____														
	EACH	*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*
	CARROTS, BABY, 1/2 CUP PACKAGE														
	1 EACH	25	0	42	1.71	0.18	20.1	10191	3.6	3	0.57	5.84	0.15	0.02	0.00
	SOYBEANS														
	1/2 CUP	149	0	1	5.16	4.42	87.7	8	1.46	*N/A*	14.31	8.54	7.71	1.12	*N/A*
	SNACK: _____														
	1 EACH	*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*
	-- CHOICE OF MILK --														
	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	MILK CHOCOLATE NF 8 OZ														
	1 EACH	150	5	180	0.00	0.36	300.0	500	0.0	*N/A*	9.0	27.0	0.0	0.00	0.00
	MILK NONFAT WHITE 8 OZ														
	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
	MILK 1% WHITE 8 OZ														
	1 EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
	-- CONDIMENTS: FILL IN HERE --														
	--	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	RANCH DRESSING (12 GM PC)														
	1 EACH	13	2	66	0.04	0.04	12.7	9	0.18	*N/A*	0.38	1.27	0.68	0.19	*N/A*
	TACO SAUCE (9 GM PC)														
	EACH	5	0	95	0.06	0.08	1.0	31	0.06	*N/A*	0.08	1.03	0.04	0.01	*N/A*
	KETCHUP (7 GM PC)														
	1 EACH	8	0	74	0.00	0.00	0.0	0	0.99	*N/A*	0.0	2.06	0.0	0.00	*N/A*
	MUSTARD (5.5 GM PC)														
	1 EACH	3	0	61	0.22	0.09	3.5	6	0.02	0	0.21	0.32	0.18	0.01	0.00
	MAYONNAISE (9 GM PC)														
	1 EACH	65	5	51	0.00	0.05	1.6	25	0.0	0	0.1	0.24	7.15	0.77	*N/A*
	SOY SAUCE PACKET 500 ML KIKKOM														
	1 EACH	10	0	575	0.00	0.00	0.0	0	0.0	0	1.0	1.0	0.0	0.00	0.00
	Weighted Daily Average														
	% of Calories	2643	183	4111	32.55	19.15	1727.4	13214	29.61	*54 *8.2%	144.06 21.8%	329.30 49.8%	91.23 31.1%	18.38 6.3%	*0.43 *0.1%
	Nutrient Guideline														
		600-650		1230											<10.00

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NUTRITION SERVICES

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 1, 2016 thru Aug 31, 2016

LUNCH MENU, GRADES K-8

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	Portion Size	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 - 08/16/2016															
LUNCH MENU, GRADES K-CHEESE ENCHILADAS (2)															
	Total														
	1 EACH	424	45	965	5.33	2.97	302.0	2474	2.4	*N/A*	13.5	43.16	17.42	11.00	*0.00
	1 EACH	449	0	501	4.65	2.99	27.3	947	7.14	*3	24.62	59.0	12.78	2.37	*0.01
	1 EACH	360	60	620	6.00	1.82	524.0	562	0.0	*0	22.0	27.0	20.0	18.00	0.00
	1 EACH	529	25	507	13.77	4.69	166.7	542	13.42	*1	14.58	65.84	23.57	6.09	0.10
	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	EACH	*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*
	1/2 CUP	23	0	3	2.95	0.36	7.0	12	12.1	*N/A*	0.43	5.29	0.06	0.01	0.00
	1/2 CUP	13	0	4	0.89	0.20	7.5	621	10.21	2	0.66	2.9	0.15	0.02	0.00
	1 EACH	*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*
	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	1 EACH	150	5	180	0.00	0.36	300.0	500	0.0	*N/A*	9.0	27.0	0.0	0.00	0.00
	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
	1 EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	1 EACH	13	2	66	0.04	0.04	12.7	9	0.18	*N/A*	0.38	1.27	0.68	0.19	*N/A*
	EACH	5	0	95	0.06	0.08	1.0	31	0.06	*N/A*	0.08	1.03	0.04	0.01	*N/A*
	1 EACH	8	0	74	0.00	0.00	0.0	0	0.99	*N/A*	0.0	2.06	0.0	0.00	*N/A*
	1 EACH	3	0	61	0.22	0.09	3.5	6	0.02	0	0.21	0.32	0.18	0.01	0.00
	1 EACH	65	5	51	0.00	0.05	1.6	25	0.0	0	0.1	0.24	7.15	0.77	*N/A*
	1 EACH	10	0	575	0.00	0.00	0.0	0	0.0	0	1.0	1.0	0.0	0.00	0.00
	KOM														
	Weighted Daily Average	2282	162	4052	33.91	13.65	2203.2	6979	50.11	*19	109.54	271.12	84.52	39.97	*0.11
	% of Calories									*3.3%	19.2%	47.5%	33.3%	15.8%	*0.0%
	Nutrient Guideline	600-650		1230										<10.00	

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NUTRITION SERVICES

Aug 1, 2016 thru Aug 31, 2016

Base Menu Spreadsheet

LUNCH MENU, GRADES K-8

Portion Values - Detailed

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	Portion Size	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 - 08/17/2016															
LUNCH MENU, GRADES K-															
	Total														
	1 EACH	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
	CORN DOG CHICKEN	391	167	484	2.00	2.53	77.4	317	0.0	*10	11.47	62.01	10.52	2.33	*0.34
	1 EACH														
	FRENCH TOAST STICKS, SYRP, EGG														
	1 EACH	366	32	563	5.60	3.54	61.2	501	8.96	*N/A*	20.88	52.72	7.05	1.04	*0.00
	SPAGHETTI W/ MARINARA&CHZ	433	215	385	4.51	3.16	73.3	595	1.23	12	15.89	56.37	15.9	7.46	*0.00
	1 EACH														
	BAGEL & HARD BOILED EGG	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	-- SIDES: SERVE ALL --														
	FRUIT: _____	*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*
	EACH														
	1 EACH	25	0	42	1.71	0.18	20.1	10191	3.6	3	0.57	5.84	0.15	0.02	0.00
	CARROTS, BABY, 1/2 CUP PACK														
	AGE														
	1/2 CUP	17	0	44	1.40	0.36	22.3	4262	2.18	2	0.48	3.63	0.11	0.02	0.00
	VEGGIE STIX MIXED (C,C,C)	*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*
	1 EACH														
	SNACK: _____														
	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	-- CHOICE OF MILK --														
	1 EACH	150	5	180	0.00	0.36	300.0	500	0.0	*N/A*	9.0	27.0	0.0	0.00	0.00
	MILK CHOCOLATE NF 8 OZ														
	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
	MILK NONFAT WHITE 8 OZ														
	1 EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
	MILK 1% WHITE 8 OZ														
	--	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	-- CONDIMENTS: FILL IN HERE --														
	1 EACH	13	2	66	0.04	0.04	12.7	9	0.18	*N/A*	0.38	1.27	0.68	0.19	*N/A*
	RANCH DRESSING (12 GM PC)														
	EACH	5	0	95	0.06	0.08	1.0	31	0.06	*N/A*	0.08	1.03	0.04	0.01	*N/A*
	TACO SAUCE (9 GM PC)														
	1 EACH	8	0	74	0.00	0.00	0.0	0	0.99	*N/A*	0.0	2.06	0.0	0.00	*N/A*
	KETCHUP (7 GM PC)														
	1 EACH	3	0	61	0.22	0.09	3.5	6	0.02	0	0.21	0.32	0.18	0.01	0.00
	MUSTARD (5.5 GM PC)														
	1 EACH	65	5	51	0.00	0.05	1.6	25	0.0	0	0.1	0.24	7.15	0.77	*N/A*
	MAYONNAISE (9 GM PC)														
	1 EACH	10	0	575	0.00	0.00	0.0	0	0.0	0	1.0	1.0	0.0	0.00	0.00
	SOY SAUCE PACKET 500 ML KIK														
	1 EACH														
	KOM														
	Weighted Daily Average	1955	486	3361	20.54	12.19	1503.2	17712	20.81	*45	92.05	278.50	52.28	15.84	*0.34
	% of Calories									*9.2%	18.8%	57.0%	24.1%	7.3%	*0.2%
	Nutrient Guideline	600-650		1230										<10.00	

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NUTRITION SERVICES

Aug 1, 2016 thru Aug 31, 2016

Base Menu Spreadsheet

LUNCH MENU, GRADES K-8

Portion Values - Detailed

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	Portion Size	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 - 08/18/2016															
LUNCH MENU, GRADES K-															
PINEAPPLE T.CHICKEN RICE BO WL	Total 1 EACH	399	48	690	3.82	1.85	21.8	35	4.25	7	25.35	64.71	4.03	1.10	*0.00
FRIED RICE (VEGETARIAN)	1 EACH	346	186	312	4.04	2.28	44.0	529	1.96	2	13.06	54.94	7.9	2.19	0.02
PIZZA PASTA	1 EACH	468	48	752	7.73	5.17	237.7	1496	17.5	*1	23.76	59.91	15.77	6.70	*0.00
TURKEY BACON CHEDDAR SANDWICH	1 EACH	429	84	1058	6.13	1.80	324.9	807	0.24	*0	42.04	32.81	15.86	10.10	0.00
-- SIDES: SERVE ALL --	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT: _____	EACH	*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*
CELERY STICKS	1/2 CUP	12	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	0.00
SWEET PEAS, IN POD, CHILLED	1/2 CUP	13	0	1	0.82	0.66	13.5	342	18.9	1	0.88	2.38	0.06	0.01	0.00
SNACK: _____	1 EACH	*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*

-- CHOICE OF MILK --	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE NF 8 OZ	1 EACH	150	5	180	0.00	0.36	300.0	500	0.0	*N/A*	9.0	27.0	0.0	0.00	0.00
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
MILK 1% WHITE 8 OZ	1 EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
-- CONDIMENTS: FILL IN HERE --	--	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
RANCH DRESSING (12 GM PC)	1 EACH	13	2	66	0.04	0.04	12.7	9	0.18	*N/A*	0.38	1.27	0.68	0.19	*N/A*
TACO SAUCE (9 GM PC)	EACH	5	0	95	0.06	0.08	1.0	31	0.06	*N/A*	0.08	1.03	0.04	0.01	*N/A*
KETCHUP (7 GM PC)	1 EACH	8	0	74	0.00	0.00	0.0	0	0.99	*N/A*	0.0	2.06	0.0	0.00	*N/A*
MUSTARD (5.5 GM PC)	1 EACH	3	0	61	0.22	0.09	3.5	6	0.02	0	0.21	0.32	0.18	0.01	0.00
MAYONNAISE (9 GM PC)	1 EACH	65	5	51	0.00	0.05	1.6	25	0.0	0	0.1	0.24	7.15	0.77	*N/A*
SOY SAUCE PACKET 500 ML KIKKOM	1 EACH	10	0	575	0.00	0.00	0.0	0	0.0	0	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average		2151	398	4326	24.03	12.51	1840.4	5363	50.00	*24	139.36	284.88	54.31	22.61	*0.02
% of Calories										*4.5%	25.9%	53.0%	22.7%	9.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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NUTRITION SERVICES

Base Menu Spreadsheet

Portion Values - Detailed

Page 10

Aug 1, 2016 thru Aug 31, 2016

LUNCH MENU, GRADES K-8

Generated on: 8/1/2016 2:32:51 PM

	Portion Size	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 - 08/19/2016															
LUNCH MENU, GRADES K-															
PEPPERONI PIZZA, 2 SLICES	Total														
CHEESE PIZZA, 2 SLICES	2 SLICES	648	94	1286	6.30	3.28	365.0	906	7.17	*5	37.94	61.75	27.68	12.29	*0.00
PENNE W/ BUTTER & CHEESE	2 SLICES	599	83	1096	6.30	3.14	365.0	906	7.17	*5	36.04	61.75	23.12	10.39	*0.00
TURKEY AND CHEDDAR SAND WICH	1 EACH	424	65	521	4.00	2.30	206.6	503	0.51	*0	21.83	41.49	18.4	10.16	*0.47
-- SIDES: SERVE ALL --	1 EACH	331	60	830	6.13	1.59	223.0	663	0.24	*0	35.57	32.45	8.02	4.50	0.00
FRUIT: _____	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BROCCOLI FLORETS	EACH	*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*
CUCUMBER, SLICED	1/2 CUP	12	0	12	0.92	0.26	16.7	221	31.67	1	1.0	2.36	0.13	0.01	0.00
SNACK: _____	1/2 CUP	7	0	1	0.42	0.13	8.3	43	1.9	1	0.35	1.29	0.1	0.01	0.00
	1 EACH	*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*
	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE NF 8 OZ	1 EACH	150	5	180	0.00	0.36	300.0	500	0.0	*N/A*	9.0	27.0	0.0	0.00	0.00
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
MILK 1% WHITE 8 OZ	1 EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
-- CONDIMENTS: FILL IN HERE --	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
RANCH DRESSING (12 GM PC)	1 EACH	13	2	66	0.04	0.04	12.7	9	0.18	*N/A*	0.38	1.27	0.68	0.19	*N/A*
TACO SAUCE (9 GM PC)	EACH	5	0	95	0.06	0.08	1.0	31	0.06	*N/A*	0.08	1.03	0.04	0.01	*N/A*
KETCHUP (7 GM PC)	1 EACH	8	0	74	0.00	0.00	0.0	0	0.99	*N/A*	0.0	2.06	0.0	0.00	*N/A*
MUSTARD (5.5 GM PC)	1 EACH	3	0	61	0.22	0.09	3.5	6	0.02	0	0.21	0.32	0.18	0.01	0.00
MAYONNAISE (9 GM PC)	1 EACH	65	5	51	0.00	0.05	1.6	25	0.0	0	0.1	0.24	7.15	0.77	*N/A*
SOY SAUCE PACKET 500 ML KIK KOM	1 EACH	10	0	575	0.00	0.00	0.0	0	0.0	0	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average		2505	334	5200	24.38	11.32	2353.6	5064	53.50	*24	166.49	269.00	88.00	39.84	*0.47
% of Calories										*3.8%	26.6%	43.0%	31.6%	14.3%	*0.2%
Nutrient Guideline		600-650		1230										<10.00	

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NUTRITION SERVICES

Base Menu Spreadsheet

Portion Values - Detailed

Page 11

Aug 1, 2016 thru Aug 31, 2016

LUNCH MENU, GRADES K-8

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	Portion Size	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 - 08/22/2016															
LUNCH MENU, GRADES K-MR. MIKE'S BBQ CHICKEN ON ROLL															
	Total														
	1 EACH	407	63	781	2.81	2.70	120.7	229	0.2	*11	25.37	53.11	9.74	6.09	*0.00
HAMBURGER															
	1 EACH	291	49	352	3.00	2.82	73.4	30	0.0	5	19.38	29.0	11.93	3.78	0.43
HOMEMADE MAC AND CHEESE															
	1 EACH	472	62	770	3.83	2.19	476.5	688	0.18	*5	21.8	49.28	20.81	12.26	*0.11
BAGEL & HARD BOILED EGG															
	1 EACH	433	215	385	4.51	3.16	73.3	595	1.23	12	15.89	56.37	15.9	7.46	*0.00
FRUIT: _____															
	EACH	*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*
CARROTS, BABY, 1/2 CUP PACKAGE															
	1 EACH	25	0	42	1.71	0.18	20.1	10191	3.6	3	0.57	5.84	0.15	0.02	0.00
SOYBEANS															
	1/2 CUP	149	0	1	5.16	4.42	87.7	8	1.46	*N/A*	14.31	8.54	7.71	1.12	*N/A*
SNACK: _____															
	1 EACH	*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*
-- CHOICE OF MILK --															
	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE NF 8 OZ															
	1 EACH	150	5	180	0.00	0.36	300.0	500	0.0	*N/A*	9.0	27.0	0.0	0.00	0.00
MILK NONFAT WHITE 8 OZ															
	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
MILK 1% WHITE 8 OZ															
	1 EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
-- CONDIMENTS: FILL IN HERE --															
	--	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
RANCH DRESSING (12 GM PC)															
	1 EACH	13	2	66	0.04	0.04	12.7	9	0.18	*N/A*	0.38	1.27	0.68	0.19	*N/A*
TACO SAUCE (9 GM PC)															
	EACH	5	0	95	0.06	0.08	1.0	31	0.06	*N/A*	0.08	1.03	0.04	0.01	*N/A*
KETCHUP (7 GM PC)															
	1 EACH	8	0	74	0.00	0.00	0.0	0	0.99	*N/A*	0.0	2.06	0.0	0.00	*N/A*
MUSTARD (5.5 GM PC)															
	1 EACH	3	0	61	0.22	0.09	3.5	6	0.02	0	0.21	0.32	0.18	0.01	0.00
MAYONNAISE (9 GM PC)															
	1 EACH	65	5	51	0.00	0.05	1.6	25	0.0	0	0.1	0.24	7.15	0.77	*N/A*
SOY SAUCE PACKET 500 ML KIK KOM															
	1 EACH	10	0	575	0.00	0.00	0.0	0	0.0	0	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average		2259	422	3783	21.34	16.09	2020.6	13562	11.52	*49	131.08	270.07	76.79	33.20	*0.55
% of Calories										*8.7%	23.2%	47.8%	30.6%	13.2%	*0.2%
Nutrient Guideline		600-650		1230										<10.00	

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NUTRITION SERVICES

Aug 1, 2016 thru Aug 31, 2016

Base Menu Spreadsheet

LUNCH MENU, GRADES K-8

Portion Values - Detailed

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	Portion Size	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 - 08/23/2016															
LUNCH MENU, GRADES K-PEPPERONI MOZZARELLA ROLL UP															
	Total														
	1 EACH	474	54	745	12.00	3.23	387.7	701	0.34	*N/A*	26.49	36.0	19.54	8.53	*0.00
CHICKEN NUGGETS (5) W/B.PE NNE															
	1 EACH	392	67	729	4.07	1.97	45.4	106	0.06	*0	21.02	34.06	18.94	3.17	*0.01
PENNE W/ BUTTER & CHEESE															
	1 EACH	424	65	521	4.00	2.30	206.6	503	0.51	*0	21.83	41.49	18.4	10.16	*0.47
CHICKEN CAESAR SALAD, ROLL															
	1 EACH	413	55	1225	2.35	3.08	88.5	3885	4.26	*7	26.81	40.53	16.34	3.34	*0.00
-- SIDES: SERVE ALL --															
	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT: _____															
	EACH	*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*
JICAMA & LIME															
	1/2 CUP	23	0	3	2.95	0.36	7.0	12	12.1	*N/A*	0.43	5.29	0.06	0.01	0.00
CHERRY TOMATOES															
	1/2 CUP	13	0	4	0.89	0.20	7.5	621	10.21	2	0.66	2.9	0.15	0.02	0.00
SNACK: _____															
	1 EACH	*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*
-- CHOICE OF MILK --															
	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE NF 8 OZ															
	1 EACH	150	5	180	0.00	0.36	300.0	500	0.0	*N/A*	9.0	27.0	0.0	0.00	0.00
MILK NONFAT WHITE 8 OZ															
	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
MILK 1% WHITE 8 OZ															
	1 EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
-- CONDIMENTS: FILL IN HERE --															
	--	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
RANCH DRESSING (12 GM PC)															
	1 EACH	13	2	66	0.04	0.04	12.7	9	0.18	*N/A*	0.38	1.27	0.68	0.19	*N/A*
TACO SAUCE (9 GM PC)															
	EACH	5	0	95	0.06	0.08	1.0	31	0.06	*N/A*	0.08	1.03	0.04	0.01	*N/A*
KETCHUP (7 GM PC)															
	1 EACH	8	0	74	0.00	0.00	0.0	0	0.99	*N/A*	0.0	2.06	0.0	0.00	*N/A*
MUSTARD (5.5 GM PC)															
	1 EACH	3	0	61	0.22	0.09	3.5	6	0.02	0	0.21	0.32	0.18	0.01	0.00
MAYONNAISE (9 GM PC)															
	1 EACH	65	5	51	0.00	0.05	1.6	25	0.0	0	0.1	0.24	7.15	0.77	*N/A*
SOY SAUCE PACKET 500 ML KIK KOM															
	1 EACH	10	0	575	0.00	0.00	0.0	0	0.0	0	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average															
	% of Calories	2223	274	4678	26.58	11.76	1911.5	7649	32.32	*22 *4.0%	131.00 23.6%	228.19 41.1%	83.99 34.0%	27.72 11.2%	*0.48 *0.2%
Nutrient Guideline															
		600-650		1230										<10.00	

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NUTRITION SERVICES

Aug 1, 2016 thru Aug 31, 2016

Base Menu Spreadsheet

LUNCH MENU, GRADES K-8

Portion Values - Detailed

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	Portion Size	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 - 08/24/2016															
LUNCH MENU, GRADES K-															
	Total														
	1 EACH	364	58	1067	3.31	2.60	88.5	150	5.0	*16	22.21	52.86	8.65	1.67	*0.08
	6 PIECES	271	38	422	4.52	2.17	150.6	30	0.0	6	10.54	30.11	12.04	3.76	0.00
	1 EACH	455	61	927	5.66	4.04	110.9	561	8.33	*0	26.67	53.52	14.51	3.12	*0.12
	1 EACH	307	194	435	6.05	2.12	147.8	342	0.5	*1	14.45	27.08	17.13	2.69	*0.00
	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	EACH	*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*
	1 EACH	25	0	42	1.71	0.18	20.1	10191	3.6	3	0.57	5.84	0.15	0.02	0.00
	1/2 CUP	17	0	44	1.40	0.36	22.3	4262	2.18	2	0.48	3.63	0.11	0.02	0.00
	1 EACH	*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*
	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	1 EACH	150	5	180	0.00	0.36	300.0	500	0.0	*N/A*	9.0	27.0	0.0	0.00	0.00
	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
	1 EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	1 EACH	13	2	66	0.04	0.04	12.7	9	0.18	*N/A*	0.38	1.27	0.68	0.19	*N/A*
	EACH	5	0	95	0.06	0.08	1.0	31	0.06	*N/A*	0.08	1.03	0.04	0.01	*N/A*
	1 EACH	8	0	74	0.00	0.00	0.0	0	0.99	*N/A*	0.0	2.06	0.0	0.00	*N/A*
	1 EACH	3	0	61	0.22	0.09	3.5	6	0.02	0	0.21	0.32	0.18	0.01	0.00
	1 EACH	65	5	51	0.00	0.05	1.6	25	0.0	0	0.1	0.24	7.15	0.77	*N/A*
	1 EACH	10	0	575	0.00	0.00	0.0	0	0.0	0	1.0	1.0	0.0	0.00	0.00
	Weighted Daily Average	1923	382	4389	22.96	12.08	1709.0	17358	24.45	*41	108.68	240.97	63.15	13.77	*0.21
	% of Calories									*8.5%	22.6%	50.1%	29.6%	6.4%	*0.1%
	Nutrient Guideline	600-650		1230									<10.00		

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NUTRITION SERVICES

Aug 1, 2016 thru Aug 31, 2016

Base Menu Spreadsheet

LUNCH MENU, GRADES K-8

Portion Values - Detailed

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	Portion Size	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 - 08/25/2016															
LUNCH MENU, GRADES K-															
	Total														
	CHICKEN BROCCOLI STIR FRY	441	48	287	6.71	3.04	68.1	1220	51.66	*1	27.47	48.59	14.92	1.54	*0.04
	INDIAN CHICKPEAS W/ RICE	453	15	140	6.91	2.50	52.3	511	9.84	*1	9.42	70.05	15.31	5.13	*0.00
	SPAGHETTI W/BEEF MEATSAUC	456	48	922	5.66	4.55	104.1	512	8.33	*0	23.4	53.52	15.61	4.34	*0.04
	SUNBUTTER & JELLY SANDWICH	651	0	488	10.09	4.31	168.6	35	3.52	*19	19.38	68.7	37.9	3.05	*0.00
	-- SIDES: SERVE ALL --	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	FRUIT: _____	*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*
	CELERY STICKS	12	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	0.00
	SWEET PEAS, IN POD, CHILLED	13	0	1	0.82	0.66	13.5	342	18.9	1	0.88	2.38	0.06	0.01	0.00
	SNACK: _____	*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*
	-- CHOICE OF MILK --	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	MILK CHOCOLATE NF 8 OZ	150	5	180	0.00	0.36	300.0	500	0.0	*N/A*	9.0	27.0	0.0	0.00	0.00
	MILK NONFAT WHITE 8 OZ	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
	MILK 1% WHITE 8 OZ	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
	-- CONDIMENTS: FILL IN HERE --	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	RANCH DRESSING (12 GM PC)	13	2	66	0.04	0.04	12.7	9	0.18	*N/A*	0.38	1.27	0.68	0.19	*N/A*
	TACO SAUCE (9 GM PC)	5	0	95	0.06	0.08	1.0	31	0.06	*N/A*	0.08	1.03	0.04	0.01	*N/A*
	KETCHUP (7 GM PC)	8	0	74	0.00	0.00	0.0	0	0.99	*N/A*	0.0	2.06	0.0	0.00	*N/A*
	MUSTARD (5.5 GM PC)	3	0	61	0.22	0.09	3.5	6	0.02	0	0.21	0.32	0.18	0.01	0.00
	MAYONNAISE (9 GM PC)	65	5	51	0.00	0.05	1.6	25	0.0	0	0.1	0.24	7.15	0.77	*N/A*
	SOY SAUCE PACKET 500 ML KIK KOM	10	0	575	0.00	0.00	0.0	0	0.0	0	1.0	1.0	0.0	0.00	0.00
	Weighted Daily Average	2510	144	3351	31.70	15.81	1605.2	4775	99.39	*37	114.83	313.36	94.49	16.59	*0.08
	% of Calories									*5.8%	18.3%	49.9%	33.9%	5.9%	*0.0%
	Nutrient Guideline	600-650		1230										<10.00	

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NUTRITION SERVICES

Aug 1, 2016 thru Aug 31, 2016

Base Menu Spreadsheet

LUNCH MENU, GRADES K-8

Portion Values - Detailed

	Portion Size	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 - 08/26/2016															
LUNCH MENU, GRADES K-															
PEPPERONI PIZZA, 2 SLICES	Total														
CHEESE PIZZA, 2 SLICES	2 SLICES	648	94	1286	6.30	3.28	365.0	906	7.17	*5	37.94	61.75	27.68	12.29	*0.00
MELTED CHEDDAR ON A BAGEL	2 SLICES	599	83	1096	6.30	3.14	365.0	906	7.17	*5	36.04	61.75	23.12	10.39	*0.00
TURKEY AND CHEDDAR SAND WICH	1 EACH	437	60	590	4.36	2.85	422.0	582	0.0	*4	21.8	45.6	18.82	18.09	0.00
-- SIDES: SERVE ALL --	1 EACH	331	60	830	6.13	1.59	223.0	663	0.24	*0	35.57	32.45	8.02	4.50	0.00
FRUIT: _____	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BROCCOLI FLORETS	EACH	*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*
CUCUMBER, SLICED	1/2 CUP	12	0	12	0.92	0.26	16.7	221	31.67	1	1.0	2.36	0.13	0.01	0.00
SNACK: _____	1/2 CUP	7	0	1	0.42	0.13	8.3	43	1.9	1	0.35	1.29	0.1	0.01	0.00
	1 EACH	*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*
-- CHOICE OF MILK --	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE NF 8 OZ	1 EACH	150	5	180	0.00	0.36	300.0	500	0.0	*N/A*	9.0	27.0	0.0	0.00	0.00
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
MILK 1% WHITE 8 OZ	1 EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
-- CONDIMENTS: FILL IN HERE --	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
RANCH DRESSING (12 GM PC)	1 EACH	13	2	66	0.04	0.04	12.7	9	0.18	*N/A*	0.38	1.27	0.68	0.19	*N/A*
TACO SAUCE (9 GM PC)	EACH	5	0	95	0.06	0.08	1.0	31	0.06	*N/A*	0.08	1.03	0.04	0.01	*N/A*
KETCHUP (7 GM PC)	1 EACH	8	0	74	0.00	0.00	0.0	0	0.99	*N/A*	0.0	2.06	0.0	0.00	*N/A*
MUSTARD (5.5 GM PC)	1 EACH	3	0	61	0.22	0.09	3.5	6	0.02	0	0.21	0.32	0.18	0.01	0.00
MAYONNAISE (9 GM PC)	1 EACH	65	5	51	0.00	0.05	1.6	25	0.0	0	0.1	0.24	7.15	0.77	*N/A*
SOY SAUCE PACKET 500 ML KIK KOM	1 EACH	10	0	575	0.00	0.00	0.0	0	0.0	0	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average		2518	329	5268	24.74	11.87	2568.9	5143	52.99	*27	166.46	273.11	88.42	47.77	*0.00
% of Calories										*4.4%	26.4%	43.4%	31.6%	17.1%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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NUTRITION SERVICES

Aug 1, 2016 thru Aug 31, 2016

Base Menu Spreadsheet

LUNCH MENU, GRADES K-8

Portion Values - Detailed

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	Portion Size	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 - 08/29/2016															
LUNCH MENU, GRADES K-TANGY BBQ CHICKEN, RICE, CORN	Total														
	1 EACH	520	48	588	5.72	2.34	23.3	214	2.99	*9	29.26	83.44	7.12	1.33	*0.00
BBQ CHICKEN PASTA	1 EACH	434	54	440	4.69	2.59	159.5	263	1.99	*11	24.06	56.52	11.86	4.75	*0.07
PENNE PASTA MARINARA & CHEESE	1 EACH	408	32	822	6.40	4.17	78.2	735	13.1	*N/A*	21.59	58.58	8.81	1.29	*0.00
BBQ CHICKEN WRAP	1 EACH	552	67	1039	12.58	3.64	321.9	1950	0.77	*5	31.38	43.17	22.66	8.59	*0.00
-- SIDES: SERVE ALL --	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT: _____	EACH	*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*
CARROTS, BABY, 1/2 CUP PACK	1 EACH	25	0	42	1.71	0.18	20.1	10191	3.6	3	0.57	5.84	0.15	0.02	0.00
AGE															
SOYBEANS	1/2 CUP	149	0	1	5.16	4.42	87.7	8	1.46	*N/A*	14.31	8.54	7.71	1.12	*N/A*
SNACK: _____	1 EACH	*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*
-- CHOICE OF MILK --	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE NF 8 OZ	1 EACH	150	5	180	0.00	0.36	300.0	500	0.0	*N/A*	9.0	27.0	0.0	0.00	0.00
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
MILK 1% WHITE 8 OZ	1 EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
-- CONDIMENTS: FILL IN HERE --	--	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
RANCH DRESSING (12 GM PC)	1 EACH	13	2	66	0.04	0.04	12.7	9	0.18	*N/A*	0.38	1.27	0.68	0.19	*N/A*
TACO SAUCE (9 GM PC)	EACH	5	0	95	0.06	0.08	1.0	31	0.06	*N/A*	0.08	1.03	0.04	0.01	*N/A*
KETCHUP (7 GM PC)	1 EACH	8	0	74	0.00	0.00	0.0	0	0.99	*N/A*	0.0	2.06	0.0	0.00	*N/A*
MUSTARD (5.5 GM PC)	1 EACH	3	0	61	0.22	0.09	3.5	6	0.02	0	0.21	0.32	0.18	0.01	0.00
MAYONNAISE (9 GM PC)	1 EACH	65	5	51	0.00	0.05	1.6	25	0.0	0	0.1	0.24	7.15	0.77	*N/A*
SOY SAUCE PACKET 500 ML KIKKOM	1 EACH	10	0	575	0.00	0.00	0.0	0	0.0	0	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average		2571	234	4386	36.57	17.95	1859.6	15182	28.76	*41	154.94	324.03	68.87	19.58	*0.07
% of Calories										*6.3%	24.1%	50.4%	24.1%	6.9%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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NUTRITION SERVICES

Aug 1, 2016 thru Aug 31, 2016

Base Menu Spreadsheet

LUNCH MENU, GRADES K-8

Portion Values - Detailed

	Portion Size	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 - 08/30/2016															
LUNCH MENU, GRADES K-CHICKEN & CHEESE QUESADIL LA RO															
	Total														
	1 EACH	407	43	536	12.00	3.19	287.8	562	0.34	*0	26.12	35.5	12.26	4.41	*0.00
	NACHO BURGER	381	64	456	3.50	3.01	179.4	171	0.0	*5	23.38	34.0	17.93	8.53	0.43
	RED BEANS & RICE BOWL	447	0	558	15.07	3.93	69.0	743	24.72	*2	15.35	89.82	3.06	0.75	*0.00
	HAM AND SWISS ON A ROLL	328	64	711	2.13	1.63	254.3	819	0.24	*0	24.37	28.87	12.7	6.30	0.28
	-- SIDES: SERVE ALL --	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	FRUIT: _____	*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*
	JICAMA & LIME	23	0	3	2.95	0.36	7.0	12	12.1	*N/A*	0.43	5.29	0.06	0.01	0.00
	CHERRY TOMATOES	13	0	4	0.89	0.20	7.5	621	10.21	2	0.66	2.9	0.15	0.02	0.00
	SNACK: _____	*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*
	-- CHOICE OF MILK --	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	MILK CHOCOLATE NF 8 OZ	150	5	180	0.00	0.36	300.0	500	0.0	*N/A*	9.0	27.0	0.0	0.00	0.00
	MILK NONFAT WHITE 8 OZ	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
	MILK 1% WHITE 8 OZ	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
	-- CONDIMENTS: FILL IN HERE --	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	RANCH DRESSING (12 GM PC)	13	2	66	0.04	0.04	12.7	9	0.18	*N/A*	0.38	1.27	0.68	0.19	*N/A*
	TACO SAUCE (9 GM PC)	5	0	95	0.06	0.08	1.0	31	0.06	*N/A*	0.08	1.03	0.04	0.01	*N/A*
	KETCHUP (7 GM PC)	8	0	74	0.00	0.00	0.0	0	0.99	*N/A*	0.0	2.06	0.0	0.00	*N/A*
	MUSTARD (5.5 GM PC)	3	0	61	0.22	0.09	3.5	6	0.02	0	0.21	0.32	0.18	0.01	0.00
	MAYONNAISE (9 GM PC)	65	5	51	0.00	0.05	1.6	25	0.0	0	0.1	0.24	7.15	0.77	*N/A*
	SOY SAUCE PACKET 500 ML KIK KOM	10	0	575	0.00	0.00	0.0	0	0.0	0	1.0	1.0	0.0	0.00	0.00
	Weighted Daily Average	2083	204	3720	36.86	12.93	1973.8	4749	52.45	*22	124.08	264.31	56.71	22.51	*0.71
	% of Calories									*4.2%	23.8%	50.8%	24.5%	9.7%	*0.3%
	Nutrient Guideline	600-650		1230										<10.00	

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NUTRITION SERVICES

Aug 1, 2016 thru Aug 31, 2016

Base Menu Spreadsheet

LUNCH MENU, GRADES K-8

Portion Values - Detailed

	Portion Size	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 - 08/31/2016															
LUNCH MENU, GRADES K- WAFFLE STICKS & TURKEY SAUSAGE															
	Total														
	1 EACH	446	87	568	5.33	3.13	94.6	40	0.0	*17	17.33	63.46	14.67	3.33	*0.00
SPAGHETTI & MEATBALLS															
	1 EACH	452	62	529	8.80	5.62	181.3	1273	17.99	*2	23.33	63.65	12.15	3.52	*0.00
BREADED CHICKEN ON A BUN															
	1 EACH	434	68	681	6.47	2.60	77.4	96	0.0	5	24.67	46.36	18.2	3.47	0.00
CALI PASTA															
	12 OZ PORTION	397	25	738	7.68	4.58	106.4	6133	36.57	*6	20.02	60.66	7.84	1.09	*0.00
-- SIDES: SERVE ALL --															
	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT: _____															
	EACH	*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*
CARROTS, BABY, 1/2 CUP PACKAGE															
	1 EACH	25	0	42	1.71	0.18	20.1	10191	3.6	3	0.57	5.84	0.15	0.02	0.00
VEGGIE STIX MIXED (C,C,C)															
	1/2 CUP	17	0	44	1.40	0.36	22.3	4262	2.18	2	0.48	3.63	0.11	0.02	0.00
SNACK: _____															
	1 EACH	*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*
-- CHOICE OF MILK --															
	---	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK CHOCOLATE NF 8 OZ															
	1 EACH	150	5	180	0.00	0.36	300.0	500	0.0	*N/A*	9.0	27.0	0.0	0.00	0.00
MILK NONFAT WHITE 8 OZ															
	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
MILK 1% WHITE 8 OZ															
	1 EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
-- CONDIMENTS: FILL IN HERE --															
	--	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
RANCH DRESSING (12 GM PC)															
	1 EACH	13	2	66	0.04	0.04	12.7	9	0.18	*N/A*	0.38	1.27	0.68	0.19	*N/A*
TACO SAUCE (9 GM PC)															
	EACH	5	0	95	0.06	0.08	1.0	31	0.06	*N/A*	0.08	1.03	0.04	0.01	*N/A*
KETCHUP (7 GM PC)															
	1 EACH	8	0	74	0.00	0.00	0.0	0	0.99	*N/A*	0.0	2.06	0.0	0.00	*N/A*
MUSTARD (5.5 GM PC)															
	1 EACH	3	0	61	0.22	0.09	3.5	6	0.02	0	0.21	0.32	0.18	0.01	0.00
MAYONNAISE (9 GM PC)															
	1 EACH	65	5	51	0.00	0.05	1.6	25	0.0	0	0.1	0.24	7.15	0.77	*N/A*
SOY SAUCE PACKET 500 ML KIKKOM															
	1 EACH	10	0	575	0.00	0.00	0.0	0	0.0	0	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average															
	% of Calories	2254	275	4054	31.71	17.09	1670.9	23816	65.18	*48	120.16	311.53	63.67	13.94	*0.00
										*8.5%	21.3%	55.3%	25.4%	5.6%	*0.0%
Nutrient Guideline															
		600-650		1230											<10.00

Weighted Average		2289	297	4250	27.75	14.36	1888.0	10904	43.63	*36	131.83	278.57	74.53	24.28	*0.26
										*14.0%	23.0%	48.7%	29.3%	9.5%	*0.1%

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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NUTRITION SERVICES

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 1, 2016 thru Aug 31, 2016

LUNCH MENU, GRADES K-8

Generated on: 8/1/2016 2:32:51 PM

Nutrient	Menu AVG	Portion Size	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)	Error Messages (if any)
Calories	2289		600 - 650		352%				1639								Correction Required - Calories too High
Cholesterol (mg)	297																
Sodium (mg)	4250		1230						3020								Correction Required - Sodium too High
Fiber (g)	27.75																
Iron (mg)	14.36																
Calcium (mg)	1888.0																
Vitamin A (IU)	10904																
Sugars (g)	36	6.22%				Missing											
Vitamin C (mg)	43.63																
Protein (g)	131.83	23.04%															
Carbohydrate (g)	278.57	48.68%															
Total Fat (g)	74.53	29.30%															
Saturated Fat (g)	24.28	9.55%	<10.00%														
Trans Fat ¹ (g)	0.26	0.10%				Missing											

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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