

NLMUSD

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elem Lunch K-5

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)
Mon - 04/09/2018															
Elem Lunch K-5	Total														
Tamale, Chicken w/ Red Sauce	1 each	310	35	700	3.00	1.08	60.0	1750	1.2	1	10.0	28.0	18.0	1.50	0.00
Garlic Cheese Bread (BULK)	slice	356	38	447	2.00	1.86	420.0	124	0.0	3	20.25	31.0	16.78	8.32	8.32
Greek Yogurt & Granola	1 each	215	5	110	2.00	0.72	120.0	0	1.2	19	13.0	34.0	3.5	0.00	0.00
Cheese, Light Mozz String	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Crackers, Graham, Annie's	each (pkg)	160	0	110	3.00	1.08	250.0	0	0.0	9	3.0	25.0	6.0	0.50	0.00
Apple Chips, Tree Top	1 each	40	0	0	2.00	0.00	0.0	0	1.2	6	0.0	10.0	0.0	0.00	0.00
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Jicama Sticks	1/2 cup	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	0.0	0.00	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Ranch Dressing - CK recipe	1 oz	47	5	201	0.00	0.01	18.0	3	0.15	*N/A*	0.51	2.59	3.76	0.52	0.00
Salsa, Molcajete Roja	svrg (2T)	10	0	180	1.00	0.00	0.0	400	21.0	1	0.0	2.0	0.0	0.00	0.00
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Greek w/ Hummus& Pretzl	1 each	610	43	2093	10.02	*3.60	*258.9	*8935	*31.55	*9	17.43	48.78	39.29	10.91	*0.00
Weighted Daily Average		2328	155	4684	29.02	*10.87	*2606.9	*19415	*79.71	*109	108.19	257.37	97.84	25.75	*8.32
% of Calories										*18.8%	18.6%	44.2%	37.8%	10.0%	*3.2%
Nutrient Guideline		550-650		1230										<10.00	

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

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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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/10/2018															
Elem Lunch K-5	Total														
Chicken, Orange	svg (1/2c)	150	40	280	0.00	0.72	0.0	0	1.2	10	11.0	19.0	3.0	0.50	0.00
Rice, Brown	svrg (1/2c)	130	0	10	1.00	0.00	0.0	0	0.0	0	3.0	27.0	1.0	0.00	0.00
Grilled Cheese Sandw, WG, Intg	1 each	280	32	581	3.00	1.64	465.9	524	0.0	6	18.55	31.0	9.91	5.56	0.00
Chef Tky Salad & Roll (no chz)	1 each	208	20	505	3.88	2.19	69.1	6126	18.79	5	13.94	33.44	2.5	0.25	0.00
Cheese, Cheddar Stick	1 each	110	25	200	0.00	0.00	200.0	200	0.0	0	7.0	0.0	9.0	6.00	0.00
Crackers, Whole Wheat	each (pkg)	90	0	180	1.00	3.60	20.0	0	0.0	2	2.0	14.0	2.5	0.00	0.00
Grapes, Red, Seedless	svrg(bag)	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.0	0.0	0.00	0.00
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Cucumber Slices, Fresh	1/2 cup	9	0	2	0.53	0.17	10.6	54	2.41	1	0.44	1.63	0.12	0.01	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Turkey Chef & Roll	1 each	282	243	945	2.67	2.02	129.9	8945	30.35	*1	23.12	13.95	15.62	3.83	*0.00
Weighted Daily Average		1909	389	3754	16.08	12.52	2211.4	23859	64.46	*97	117.08	229.20	58.67	19.19	*0.00
% of Calories										*20.3%	24.5%	48.0%	27.7%	9.0%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 04/11/2018															
Elem Lunch K-5	Total														
Pizza, Pepperoni-Turk, 3x5, WG	1 each	344	36	649	3.38	1.40	472.9	455	9.99	4	20.01	30.57	17.28	7.68	0.00
Pizza, Cheese, 3x5, WG	1 each	334	30	584	3.38	1.32	471.4	455	9.63	4	18.66	30.3	16.74	7.48	0.00
Greek Yogurt & Granola	1 each	215	5	110	2.00	0.72	120.0	0	1.2	19	13.0	34.0	3.5	0.00	0.00
Sunflower Seeds	1 each	170	0	88	2.50	1.08	20.0	10	0.0	2	5.0	6.5	14.75	1.55	0.00
Peaches, Diced	1/2 cup	68	0	6	1.60	0.46	4.0	22	3.0	*N/A*	0.56	18.26	0.04	0.00	0.00
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Jicama Sticks	1/2 cup	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	0.0	0.00	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sandwich, Tuna	1 each	293	55	804	2.36	2.18	79.6	143	11.08	*3	24.07	31.2	7.6	0.93	0.00

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Base Menu Spreadsheet

Elem Lunch K-5

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)
Weighted Daily Average		1968	147	2976	20.85	10.27	2465.6	7970	54.26	*87	118.54	223.96	70.18	20.02	0.00
% of Calories										*17.8%	24.1%	45.5%	32.1%	9.2%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 04/12/2018															
Elem Lunch K-5															
	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)
Total															
Chicken Drumstick, Breaded, Ty	1 each	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	2.50	0.00
Potatoes, Tater Tots	svg (8ea)	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00
Roll, Dinner WG 2 oz	1 ea	180	0	260	5.00	1.80	80.0	0	9.0	*N/A*	5.0	37.0	2.5	0.00	0.00
Sunflowers & Nature Valley Bar	1 each	360	0	268	4.50	1.80	20.0	10	0.0	13	8.0	35.5	21.75	2.55	0.00
Salad, Asian Chx & Chw Mein N	1 each	455	48	1209	5.78	3.06	62.7	13497	38.39	*0	21.89	53.14	18.34	3.27	*0.00
Cheese, Cheddar Stick	1 each	110	25	200	0.00	0.00	200.0	200	0.0	0	7.0	0.0	9.0	6.00	0.00
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Orange, Fresh	1 each	62	0	0	3.15	0.13	52.5	295	69.83	*N/A*	1.23	15.42	0.16	0.03	*N/A*
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat White	cup (8oz)	90	4	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Asian Chx & Chw Mein N	1 each	455	48	1209	5.78	3.06	62.7	13497	38.39	*0	21.89	53.14	18.34	3.27	*0.00
Weighted Daily Average		2742	204	5281	31.21	13.83	2104.0	36210	172.12	*96	131.04	323.38	105.61	22.66	*0.00
% of Calories										*14.0%	19.1%	47.2%	34.7%	7.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Fri - 04/13/2018															
Elem Lunch K-5	Total														
Cheeseburger on WG Bun (DL)	1 each	311	50	755	2.40	2.84	131.0	164	9.0	4	20.1	30.5	12.8	5.50	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
Black Bean Veggie Patty	1 each	180	0	390	6.00	1.44	40.0	0	0.0	2	14.0	14.0	7.0	1.00	0.00
Salad, Chic Caesar w/ Roll	1 each	329	74	1161	1.97	1.86	194.1	8274	22.56	*2	24.83	9.61	21.05	5.81	*0.00
Cheese, Light Mozz String	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Orange, Fresh	1 each	62	0	0	3.15	0.13	52.5	295	69.83	*N/A*	1.23	15.42	0.16	0.03	*N/A*
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Beans, Refried Salsa, 2018	1/2 cup	108	0	177	5.29	1.58	19.0	138	0.9	*1	5.37	18.01	1.78	0.44	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat White	cup (8oz)	90	4	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chic Caesar w/ Roll	1 each	329	74	1161	1.97	1.86	194.1	8274	22.56	*2	24.83	9.61	21.05	5.81	*0.00
Weighted Daily Average		2151	234	5122	25.42	13.90	2458.3	24831	142.41	*83	148.62	209.29	79.10	23.46	*0.00
% of Calories										*15.4%	27.6%	38.9%	33.1%	9.8%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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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 - 04/16/2018															
Elem Lunch K-5	Total														
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
Garlic Cheese Bread (BULK)	slice	356	38	447	2.00	1.86	420.0	124	0.0	3	20.25	31.0	16.78	8.32	8.32
Greek Yogurt & Granola	1 each	215	5	110	2.00	0.72	120.0	0	1.2	19	13.0	34.0	3.5	0.00	0.00
Cheese, Light Mozz String	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Crackers, Graham, Annie's	each (pkg)	160	0	110	3.00	1.08	250.0	0	0.0	9	3.0	25.0	6.0	0.50	0.00
Apple Chips, Tree Top	1 each	40	0	0	2.00	0.00	0.0	0	1.2	6	0.0	10.0	0.0	0.00	0.00
Carrots, Baby	srvg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Jicama Sticks	1/2 cup	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	0.0	0.00	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Ranch Dressing - CK recipe	1 oz	47	5	201	0.00	0.01	18.0	3	0.15	*N/A*	0.51	2.59	3.76	0.52	0.00
Salsa, Molcajete Roja	srvg (2T)	10	0	180	1.00	0.00	0.0	400	21.0	1	0.0	2.0	0.0	0.00	0.00
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Greek w/ Hummus& Pretzl	1 each	610	43	2093	10.02	*3.60	*258.9	*8935	*31.55	*9	17.43	48.78	39.29	10.91	*0.00
Weighted Daily Average		2328	150	4404	31.02	*13.39	*2626.9	*17865	*79.71	*109	116.20	269.37	89.84	26.75	*8.32
% of Calories										*18.8%	20.0%	46.3%	34.7%	10.3%	*3.2%
Nutrient Guideline		550-650		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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/17/2018															
Elem Lunch K-5	Total														
Chicken Double Dogs	svrg (2 ct)	260	30	449	2.00	5.00	132.0	55	0.0	3	15.0	31.5	8.0	2.00	0.00
Grilled Cheese Sandw, WG, Intg	1 each	280	32	581	3.00	1.64	465.9	524	0.0	6	18.55	31.0	9.91	5.56	0.00
Chef Tky Salad & Roll (no chz)	1 each	208	20	505	3.88	2.19	69.1	6126	18.79	5	13.94	33.44	2.5	0.25	0.00
Cheese, Cheddar Stick	1 each	110	25	200	0.00	0.00	200.0	200	0.0	0	7.0	0.0	9.0	6.00	0.00
Crackers, Whole Wheat	each (pkg)	90	0	180	1.00	3.60	20.0	0	0.0	2	2.0	14.0	2.5	0.00	0.00
Grapes, Red, Seedless	svrg(bag)	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.0	0.0	0.00	0.00
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Cucumber Slices, Fresh	1/2 cup	9	0	2	0.53	0.17	10.6	54	2.41	1	0.44	1.63	0.12	0.01	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
BBQ Sauce packet	packet (1t bsp)	15	0	85	0.00	0.00	0.0	0	0.0	2	0.0	4.0	0.0	0.00	0.00
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Turkey Chef & Roll	1 each	282	243	945	2.67	2.02	129.9	8945	30.35	*1	23.12	13.95	15.62	3.83	*0.00
Weighted Daily Average		1914	379	4098	17.08	16.80	2343.4	24014	63.26	*94	118.08	221.70	62.67	20.69	*0.00
% of Calories										*19.6%	24.7%	46.3%	29.5%	9.7%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 04/18/2018															
Elem Lunch K-5	Total														
Pizza Stick, Pepperoni WG	1 each	240	25	500	3.00	1.80	150.0	400	3.6	3	11.0	29.0	9.0	4.50	0.00
Pizza, Cheese, 3x5, WG	1 each	334	30	584	3.38	1.32	471.4	455	9.63	4	18.66	30.3	16.74	7.48	0.00
Greek Yogurt & Granola	1 each	215	5	110	2.00	0.72	120.0	0	1.2	19	13.0	34.0	3.5	0.00	0.00
Sunflower Seeds	1 each	170	0	88	2.50	1.08	20.0	10	0.0	2	5.0	6.5	14.75	1.55	0.00
Peaches, Diced	1/2 cup	68	0	6	1.60	0.46	4.0	22	3.0	*N/A*	0.56	18.26	0.04	0.00	0.00
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Jicama Sticks	1/2 cup	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	0.0	0.00	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sandwich, Tuna	1 each	293	55	804	2.36	2.18	79.6	143	11.08	*3	24.07	31.2	7.6	0.93	0.00

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NLMUSD

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elem Lunch K-5

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)
Weighted Daily Average		1863	137	2827	20.47	10.67	2142.7	7915	47.86	*86	109.53	222.39	61.90	16.84	0.00
% of Calories										*18.6%	23.5%	47.7%	29.9%	8.1%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 04/19/2018															
Elem Lunch K-5	Total														
Turkey and Gravy, WD	svg (4oz)	120	55	460	0.00	0.72	20.0	0	0.0	0	15.0	2.0	6.0	2.00	0.00
Potatoes, Mashed	srvgs (1/2c)	70	0	15	1.00	0.20	7.3	2	31.57	1	1.0	16.0	0.5	0.00	0.00
Roll, Dinner WG 2 oz	1 ea	180	0	260	5.00	1.80	80.0	0	9.0	*N/A*	5.0	37.0	2.5	0.00	0.00
Sunflowers & Nature Valley Bar	1 each	360	0	268	4.50	1.80	20.0	10	0.0	13	8.0	35.5	21.75	2.55	0.00
Salad, Asian Chx & Chw Mein N	1 each	455	48	1209	5.78	3.06	62.7	13497	38.39	*0	21.89	53.14	18.34	3.27	*0.00
Cheese, Cheddar Stick	1 each	110	25	200	0.00	0.00	200.0	200	0.0	0	7.0	0.0	9.0	6.00	0.00
Orange, Fresh	1 each	62	0	0	3.15	0.13	52.5	295	69.83	*N/A*	1.23	15.42	0.16	0.03	*N/A*
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat White	cup (8oz)	90	4	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Asian Chx & Chw Mein N	1 each	455	48	1209	5.78	3.06	62.7	13497	38.39	*0	21.89	53.14	18.34	3.27	*0.00
Weighted Daily Average		2612	209	4996	29.21	13.67	2111.3	36112	200.09	*96	129.04	320.38	95.12	21.16	*0.00
% of Calories										*14.8%	19.8%	49.1%	32.8%	7.3%	*0.0%
Nutrient Guideline		550-650		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 - 04/20/2018															
Elem Lunch K-5	Total														
Chicken Breast Filet, Breaded	1 each	180	50	390	1.00	1.08	40.0	0	0.0	2	19.0	13.0	5.0	1.00	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
Black Bean Veggie Patty	1 each	180	0	390	6.00	1.44	40.0	0	0.0	2	14.0	14.0	7.0	1.00	0.00
Salad, Chic Caesar w/ Roll	1 each	329	74	1161	1.97	1.86	194.1	8274	22.56	*2	24.83	9.61	21.05	5.81	*0.00
Cheese, Light Mozz String	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Orange, Fresh	1 each	62	0	0	3.15	0.13	52.5	295	69.83	*N/A*	1.23	15.42	0.16	0.03	*N/A*
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Beans, Refried Salsa, 2018	1/2 cup	108	0	177	5.29	1.58	19.0	138	0.9	*1	5.37	18.01	1.78	0.44	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat White	cup (8oz)	90	4	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chic Caesar w/ Roll	1 each	329	74	1161	1.97	1.86	194.1	8274	22.56	*2	24.83	9.61	21.05	5.81	*0.00
Weighted Daily Average		2020	234	4757	24.02	12.14	2367.3	24667	133.41	*81	147.52	191.79	71.30	18.96	*0.00
% of Calories										*16.1%	29.2%	38.0%	31.8%	8.4%	*0.0%
Nutrient Guideline		550-650		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)
Mon - 04/23/2018															
Elem Lunch K-5	Total														
Pork Carnitas, Rose & Shore	srvg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Tortilla, Corn, 4.5" WG	4 tortillas	32	0	10	1.00	0.18	10.0	0	0.0	0	1.0	7.0	0.0	0.00	0.00
Garlic Cheese Bread (BULK)	slice	356	38	447	2.00	1.86	420.0	124	0.0	3	20.25	31.0	16.78	8.32	8.32
Greek Yogurt & Granola	1 each	215	5	110	2.00	0.72	120.0	0	1.2	19	13.0	34.0	3.5	0.00	0.00
Cheese, Light Mozz String	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Crackers, Graham, Annie's	each (pkg)	160	0	110	3.00	1.08	250.0	0	0.0	9	3.0	25.0	6.0	0.50	0.00
Apple Chips, Tree Top	1 each	40	0	0	2.00	0.00	0.0	0	1.2	6	0.0	10.0	0.0	0.00	0.00
Carrots, Baby	srvg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Jicama Sticks	1/2 cup	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	0.0	0.00	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Ranch Dressing - CK recipe	1 oz	47	5	201	0.00	0.01	18.0	3	0.15	*N/A*	0.51	2.59	3.76	0.52	0.00
Salsa, Molcajete Roja	srvg (2T)	10	0	180	1.00	0.00	0.0	400	21.0	1	0.0	2.0	0.0	0.00	0.00
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Greek w/ Hummus& Pretzl	1 each	610	43	2093	10.02	*3.60	*258.9	*8935	*31.55	*9	17.43	48.78	39.29	10.91	*0.00
Weighted Daily Average		2272	204	4476	27.03	*11.38	*2556.9	*17665	*78.51	*110	125.28	237.68	91.58	28.16	*8.32
% of Calories										*19.3%	22.1%	41.8%	36.3%	11.2%	*3.3%
Nutrient Guideline		550-650		1230										<10.00	

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Tue - 04/24/2018															
Elem Lunch K-5	Total														
Chicken Chunks, Tyson, (5pc)	Serving (5p)	230	55	480	0.00	1.44	20.0	100	0.0	0	17.0	12.0	13.0	2.50	0.00
Grilled Cheese Sandw, WG, Intg	1 each	280	32	581	3.00	1.64	465.9	524	0.0	6	18.55	31.0	9.91	5.56	0.00
Chef Tky Salad & Roll (no chz)	1 each	208	20	505	3.88	2.19	69.1	6126	18.79	5	13.94	33.44	2.5	0.25	0.00
Cheese, Cheddar Stick	1 each	110	25	200	0.00	0.00	200.0	200	0.0	0	7.0	0.0	9.0	6.00	0.00
Crackers, Whole Wheat	each (pkg)	90	0	180	1.00	3.60	20.0	0	0.0	2	2.0	14.0	2.5	0.00	0.00
Grapes, Red, Seedless	srvg(bag)	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.0	0.0	0.00	0.00
Carrots, Baby	srvg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Cucumber Slices, Fresh	1/2 cup	9	0	2	0.53	0.17	10.6	54	2.41	1	0.44	1.63	0.12	0.01	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
BBQ Sauce packet	packet (1t bsp)	15	0	85	0.00	0.00	0.0	0	0.0	2	0.0	4.0	0.0	0.00	0.00
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Turkey Chef & Roll	1 each	282	243	945	2.67	2.02	129.9	8945	30.35	*1	23.12	13.95	15.62	3.83	*0.00
Weighted Daily Average		1884	404	4129	15.08	13.24	2231.4	24059	63.26	*91	120.08	202.20	67.67	21.18	*0.00
% of Calories										*19.3%	25.5%	42.9%	32.3%	10.1%	*0.0%
Nutrient Guideline		550-650		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)
Wed - 04/25/2018															
Elem Lunch K-5	Total														
Cheese Stuffed Bread Stick 2pc	2 each	600	50	980	6.00	3.60	800.0	400	0.0	8	40.0	60.0	22.0	12.00	0.00
Sauce, Marinara Dipping 2.5oz	ea (2.5oz)	40	0	200	1.00	0.72	20.0	300	6.0	4	1.0	7.0	1.0	0.00	0.00
Pizza, Cheese, 3x5, WG	1 each	334	30	584	3.38	1.32	471.4	455	9.63	4	18.66	30.3	16.74	7.48	0.00
Greek Yogurt & Granola	1 each	215	5	110	2.00	0.72	120.0	0	1.2	19	13.0	34.0	3.5	0.00	0.00
Sunflower Seeds	1 each	170	0	88	2.50	1.08	20.0	10	0.0	2	5.0	6.5	14.75	1.55	0.00
Peaches, Diced	1/2 cup	68	0	6	1.60	0.46	4.0	22	3.0	*N/A*	0.56	18.26	0.04	0.00	0.00
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Jicama Sticks	1/2 cup	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	0.0	0.00	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sandwich, Tuna	1 each	293	55	804	2.36	2.18	79.6	143	11.08	*3	24.07	31.2	7.6	0.93	0.00
Weighted Daily Average		2263	162	3507	24.47	13.19	2812.7	8215	50.26	*95	139.53	260.40	75.90	24.34	0.00
% of Calories										*16.9%	24.7%	46.0%	30.2%	9.7%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 04/26/2018															
Elem Lunch K-5	Total														
Chicken Drumstick, Breaded, Ty	1 each	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	2.50	0.00
Potatoes, Fr Fries Seasoned	1/2 cup	130	0	340	2.00	0.72	0.0	0	2.4	0	2.0	17.0	6.0	1.00	0.00
Roll, Dinner WG 2 oz	1 ea	180	0	260	5.00	1.80	80.0	0	9.0	*N/A*	5.0	37.0	2.5	0.00	0.00
Sunflowers & Nature Valley Bar	1 each	360	0	268	4.50	1.80	20.0	10	0.0	13	8.0	35.5	21.75	2.55	0.00
Salad, Asian Chx & Chw Mein N	1 each	455	48	1209	5.78	3.06	62.7	13497	38.39	*0	21.89	53.14	18.34	3.27	*0.00
Cheese, Cheddar Stick	1 each	110	25	200	0.00	0.00	200.0	200	0.0	0	7.0	0.0	9.0	6.00	0.00
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Orange, Fresh	1 each	62	0	0	3.15	0.13	52.5	295	69.83	*N/A*	1.23	15.42	0.16	0.03	*N/A*
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat White	cup (8oz)	90	4	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Asian Chx & Chw Mein N	1 each	455	48	1209	5.78	3.06	62.7	13497	38.39	*0	21.89	53.14	18.34	3.27	*0.00

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NLMUSD

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elem Lunch K-5

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)
Weighted Daily Average		2732	204	5211	31.21	14.55	2104.0	36110	170.92	*94	131.04	321.38	105.61	22.66	*0.00
% of Calories										*13.7%	19.2%	47.1%	34.8%	7.5%	*0.0%
Nutrient Guideline		550-650		1230											<10.00

Fri - 04/27/2018															
Elem Lunch K-5	Total														
Burger, Cheesy Patty Melt	1 each	190	40	390	1.00	1.44	60.0	200	9.0	5	11.0	8.0	12.0	6.00	0.50
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
Black Bean Veggie Patty	1 each	180	0	390	6.00	1.44	40.0	0	0.0	2	14.0	14.0	7.0	1.00	0.00
Salad, Chic Caesar w/ Roll	1 each	329	74	1161	1.97	1.86	194.1	8274	22.56	*2	24.83	9.61	21.05	5.81	*0.00
Cheese, Light Mozz String	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Orange, Fresh	1 each	62	0	0	3.15	0.13	52.5	295	69.83	*N/A*	1.23	15.42	0.16	0.03	*N/A*
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Beans, Refried Salsa, 2018	1/2 cup	108	0	177	5.29	1.58	19.0	138	0.9	*1	5.37	18.01	1.78	0.44	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat White	cup (8oz)	90	4	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chic Caesar w/ Roll	1 each	329	74	1161	1.97	1.86	194.1	8274	22.56	*2	24.83	9.61	21.05	5.81	*0.00
Weighted Daily Average		2030	224	4757	24.02	12.50	2387.3	24867	142.41	*84	139.52	186.79	78.30	23.96	*0.50
% of Calories										*16.6%	27.5%	36.8%	34.7%	10.6%	*0.2%
Nutrient Guideline		550-650		1230											<10.00

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NLMUSD

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elem Lunch K-5

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)
Mon - 04/30/2018															
Elem Lunch K-5	Total														
Beef Taco Meat, JTM Tex	3 oz	181	42	415	0.00	2.48	29.8	482	1.24	0	14.88	1.24	12.4	4.59	0.74
Cheese, Cheddar, Shredded .5oz	svg (.5oz)	55	15	105	0.00	0.18	100.0	200	0.0	0	3.5	0.5	4.5	3.00	0.00
Taco Shell	1 ea	70	0	160	2.00	0.00	0.0	0	0.0	0	1.0	9.0	3.0	0.00	0.00
Garlic Cheese Bread (BULK)	slice	356	38	447	2.00	1.86	420.0	124	0.0	3	20.25	31.0	16.78	8.32	8.32
Greek Yogurt & Granola	1 each	215	5	110	2.00	0.72	120.0	0	1.2	19	13.0	34.0	3.5	0.00	0.00
Cheese, Light Mozz String	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Crackers, Graham, Annie's	each (pkg)	160	0	110	3.00	1.08	250.0	0	0.0	9	3.0	25.0	6.0	0.50	0.00
Apple Chips, Tree Top	1 each	40	0	0	2.00	0.00	0.0	0	1.2	6	0.0	10.0	0.0	0.00	0.00
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Jicama Sticks	1/2 cup	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	0.0	0.00	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Ranch Dressing - CK recipe	1 oz	47	5	201	0.00	0.01	18.0	3	0.15	*N/A*	0.51	2.59	3.76	0.52	0.00
Salsa, Molcajete Roja	svrg (2T)	10	0	180	1.00	0.00	0.0	400	21.0	1	0.0	2.0	0.0	0.00	0.00
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Greek w/ Hummus& Pretzl	1 each	610	43	2093	10.02	*3.60	*258.9	*8935	*31.55	*9	17.43	48.78	39.29	10.91	*0.00
Weighted Daily Average		2324	177	4664	28.03	*12.45	*2676.7	*18348	*79.75	*108	117.57	240.11	99.73	31.84	*9.06
% of Calories										*18.6%	20.2%	41.3%	38.6%	12.3%	*3.5%
Nutrient Guideline		550-650		1230										<10.00	

Weighted Average		2209	226	4353	24.64	*12.84	*2387.9	*22008	*101.40	*95	126.06	244.84	81.94	22.97	*2.16
										*38.7%	22.8%	44.3%	33.4%	9.4%	*0.9%

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NLMUSD

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elem Lunch K-5

Portion Values - Detailed

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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	2209		550 - 650	340%			1559	Correction Required - Calories too High									
Cholesterol (mg)	226																
Sodium (mg)	4353		1230					3123	Correction Required - Sodium too High								
Fiber (g)	24.64																
Iron (mg)	12.84				Missing												
Calcium (mg)	2387.9				Missing												
Vitamin A (IU)	22008				Missing												
Sugars (g)	95	17.22%			Missing												
Vitamin C (mg)	101.40				Missing												
Protein (g)	126.06	22.83%															
Carbohydrate (g)	244.84	44.34%															
Total Fat (g)	81.94	33.39%															
Saturated Fat (g)	22.97	9.36%	<10.00%														
Trans Fat ¹ (g)	2.16	0.88%			Missing												

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