

NLMUSD

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

HS Food Court-Deli Stop

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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/09/2018															
HS Food Court-Deli Stop	Total														
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
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, TrkyPeprjack Wedge	1 each	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
Sandwich, TkyHamChz Wedge	1 each	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
Sandwich, Italian Combo Sub	1 each	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Sandwich, PBJ Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Salad, Garden (HS)	1 cup	62	6	218	0.69	0.44	40.0	1581	5.73	*0	1.3	4.52	4.19	0.57	*0.00
Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*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
Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Canned, Variety	1/2 cup svq	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	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
Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average		4223	278	8347	52.36	*31.88	*2565.6	*21812	*234.06	*221	164.72	540.92	164.13	38.92	*0.00
% of Calories										*20.9%	15.6%	51.2%	35.0%	8.3%	*0.0%
Nutrient Guideline		750-850		1420										<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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NLMUSD

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

HS Food Court-Deli Stop

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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Tue - 04/10/2018																
HS Food Court-Deli Stop																
	Total															
	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
	Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
	Sandwich, TrkyPeprjack Wedge	1 each	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
	Sandwich, TkyHamChz Wedge	1 each	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
	Sandwich, Italian Combo Sub	1 each	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
	Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
	Sandwich, PBJ Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	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
	Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*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 w/Lemon Juice & Tajin	1/2 cup	35	0	261	3.73	0.45	12.4	0	27.33	1	0.0	7.45	0.0	0.00	0.00
	Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
	Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Canned, Variety	1/2 cup svg	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
	Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
	Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
	Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	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
	Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
	Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
	Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
	Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
	Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
	Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
	Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
	Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
	Weighted Daily Average		3927	475	7400	49.67	31.26	2446.7	25126	256.41	*215	170.36	515.15	139.03	31.64	*0.00
	% of Calories										*21.9%	17.4%	52.5%	31.9%	7.3%	*0.0%
	Nutrient Guideline		750-850		1420										<10.00	

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

HS Food Court-Deli Stop

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 - 04/11/2018															
HS Food Court-Deli Stop	Total														
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
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, TrkyPeprjack Wedge	1 each	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
Sandwich, TkyHamChz Wedge	1 each	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
Sandwich, Italian Combo Sub	1 each	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Sandwich, PBJ Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Salad, Garden (HS)	1 cup	62	6	218	0.69	0.44	40.0	1581	5.73	*0	1.3	4.52	4.19	0.57	*0.00
Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*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
Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Canned, Variety	1/2 cup svq	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	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
Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average		3941	310	7414	44.31	30.15	2500.8	21151	225.07	*214	172.12	501.75	145.88	33.81	*0.00
% of Calories										*21.7%	17.5%	50.9%	33.3%	7.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Base Menu Spreadsheet

HS Food Court-Deli Stop

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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Thu - 04/12/2018																
HS Food Court-Deli Stop																
	Total															
	Salad, Asian Chx & Chw Mein N	455	48	1209	5.78	3.06	62.7	13497	38.39	*0	21.89	53.14	18.34	3.27	*0.00	
	Yogurt Parfait, Berry&Gran. HS	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00	
	Sandwich, TrkyPepjrjack Wedge	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00	
	Sandwich, TkyHamChz Wedge	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00	
	Sandwich, Italian Combo Sub	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00	
	Chips, Doritos RF, Nacho Chz	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00	
	Sandwich, PBj Uncrustable, Lg	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00	
	Salad, Caesar w/Crouton, small	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00	
	Frijoles de la Olla	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00	
	Carrots, Baby	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00	
	Jicama w/Lemon Juice & Tajin	35	0	261	3.73	0.45	12.4	0	27.33	1	0.0	7.45	0.0	0.00	0.00	
	Corn, Canned	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00	
	Fruit, Fresh, Variety	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00	
	Fruit, Fresh, Variety	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00	
	Fruit, Canned, Variety	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00	
	Fruit Cup, Orange, NuHealth	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00	
	Fruit Cup, Pineapple, NuHealth	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00	
	Juice, Juicy, Variety 6.75 oz	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	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
	Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00	
	Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00	
	Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00	
	Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
	Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
	Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
	Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
	Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average		4100	281	7664	52.78	32.30	2379.5	29679	264.45	*214	169.13	554.35	141.75	31.08	*0.00	
% of Calories										*20.8%	16.5%	54.1%	31.1%	6.8%	*0.0%	
Nutrient Guideline		750-850		1420										<10.00		

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 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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NLMUSD

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

HS Food Court-Deli Stop

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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/13/2018															
HS Food Court-Deli Stop	Total														
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
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, TrkyPeprjack Wedge	1 each	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
Sandwich, TkyHamChz Wedge	1 each	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
Sandwich, Italian Combo Sub	1 each	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Sandwich, PBJ Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Salad, Garden (HS)	1 cup	62	6	218	0.69	0.44	40.0	1581	5.73	*0	1.3	4.52	4.19	0.57	*0.00
Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*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
Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Canned, Variety	1/2 cup svq	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	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
Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average		3941	310	7414	44.31	30.15	2500.8	21151	225.07	*214	172.12	501.75	145.88	33.81	*0.00
% of Calories										*21.7%	17.5%	50.9%	33.3%	7.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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NLMUSD

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

HS Food Court-Deli Stop

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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/16/2018															
HS Food Court-Deli Stop															
	Total														
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
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, TrkyPeprjack Wedge	1 each	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
Sandwich, TkyHamChz Wedge	1 each	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
Sandwich, Italian Combo Sub	1 each	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Sandwich, PBJ Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Salad, Garden (HS)	1 cup	62	6	218	0.69	0.44	40.0	1581	5.73	*0	1.3	4.52	4.19	0.57	*0.00
Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*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
Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Canned, Variety	1/2 cup svq	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	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
Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average		4223	278	8347	52.36	*31.88	*2565.6	*21812	*234.06	*221	164.72	540.92	164.13	38.92	*0.00
% of Calories										*20.9%	15.6%	51.2%	35.0%	8.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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NLMUSD

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

HS Food Court-Deli Stop

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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Tue - 04/17/2018																
HS Food Court-Deli Stop																
	Total															
	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
	Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
	Sandwich, TrkyPepjrjack Wedge	1 each	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
	Sandwich, TkyHamChz Wedge	1 each	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
	Sandwich, Italian Combo Sub	1 each	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
	Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
	Sandwich, PBJ Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	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
	Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*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 w/Lemon Juice & Tajin	1/2 cup	35	0	261	3.73	0.45	12.4	0	27.33	1	0.0	7.45	0.0	0.00	0.00
	Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
	Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Canned, Variety	1/2 cup svg	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
	Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
	Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
	Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	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
	Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
	Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
	Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
	Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
	Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
	Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
	Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
	Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average			3927	475	7400	49.67	31.26	2446.7	25126	256.41	*215	170.36	515.15	139.03	31.64	*0.00
% of Calories											*21.9%	17.4%	52.5%	31.9%	7.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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NLMUSD

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

HS Food Court-Deli Stop

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 - 04/18/2018															
HS Food Court-Deli Stop	Total														
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
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, TrkyPeprjack Wedge	1 each	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
Sandwich, TkyHamChz Wedge	1 each	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
Sandwich, Italian Combo Sub	1 each	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Sandwich, PBJ Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Salad, Garden (HS)	1 cup	62	6	218	0.69	0.44	40.0	1581	5.73	*0	1.3	4.52	4.19	0.57	*0.00
Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*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
Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Canned, Variety	1/2 cup svq	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	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
Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average		3941	310	7414	44.31	30.15	2500.8	21151	225.07	*214	172.12	501.75	145.88	33.81	*0.00
% of Calories										*21.7%	17.5%	50.9%	33.3%	7.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

HS Food Court-Deli Stop

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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Thu - 04/19/2018																
HS Food Court-Deli Stop																
	Total															
	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
	Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
	Sandwich, TrkyPeprjack Wedge	1 each	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
	Sandwich, TkyHamChz Wedge	1 each	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
	Sandwich, Italian Combo Sub	1 each	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
	Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
	Sandwich, PBj Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	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
	Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*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 w/Lemon Juice & Tajin	1/2 cup	35	0	261	3.73	0.45	12.4	0	27.33	1	0.0	7.45	0.0	0.00	0.00
	Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
	Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Canned, Variety	1/2 cup svg	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
	Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
	Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
	Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	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
	Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
	Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
	Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
	Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
	Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
	Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
	Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
	Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average			4100	281	7664	52.78	32.30	2379.5	29679	264.45	*214	169.13	554.35	141.75	31.08	*0.00
% of Calories											*20.8%	16.5%	54.1%	31.1%	6.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

HS Food Court-Deli Stop

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 - 04/20/2018															
HS Food Court-Deli Stop	Total														
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
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, TrkyPeprjack Wedge	1 each	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
Sandwich, TkyHamChz Wedge	1 each	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
Sandwich, Italian Combo Sub	1 each	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Sandwich, PBJ Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Salad, Garden (HS)	1 cup	62	6	218	0.69	0.44	40.0	1581	5.73	*0	1.3	4.52	4.19	0.57	*0.00
Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*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
Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Canned, Variety	1/2 cup svq	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	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
Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average		3941	310	7414	44.31	30.15	2500.8	21151	225.07	*214	172.12	501.75	145.88	33.81	*0.00
% of Calories										*21.7%	17.5%	50.9%	33.3%	7.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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NLMUSD

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

HS Food Court-Deli Stop

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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/23/2018															
HS Food Court-Deli Stop															
	Total														
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
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, TrkyPeprjack Wedge	1 each	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
Sandwich, TkyHamChz Wedge	1 each	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
Sandwich, Italian Combo Sub	1 each	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Sandwich, PBJ Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Salad, Garden (HS)	1 cup	62	6	218	0.69	0.44	40.0	1581	5.73	*0	1.3	4.52	4.19	0.57	*0.00
Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*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
Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Canned, Variety	1/2 cup svq	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	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
Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average		4223	278	8347	52.36	*31.88	*2565.6	*21812	*234.06	*221	164.72	540.92	164.13	38.92	*0.00
% of Calories										*20.9%	15.6%	51.2%	35.0%	8.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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NLMUSD

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

HS Food Court-Deli Stop

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 - 04/24/2018																
HS Food Court-Deli Stop																
	Total															
	Salad, Turkey Chef & Roll	282	243	945	2.67	2.02	129.9	8945	30.35	*1	23.12	13.95	15.62	3.83	*0.00	
	Yogurt Parfait, Berry&Gran. HS	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00	
	Sandwich, TrkyPeprjack Wedge	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00	
	Sandwich, TkyHamChz Wedge	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00	
	Sandwich, Italian Combo Sub	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00	
	Chips, Doritos RF, Nacho Chz	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00	
	Sandwich, PBJ Uncrustable, Lg	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	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
	Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*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 w/Lemon Juice & Tajin	1/2 cup	35	0	261	3.73	0.45	12.4	0	27.33	1	0.0	7.45	0.0	0.00	0.00
	Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
	Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Canned, Variety	1/2 cup svg	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
	Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
	Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
	Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	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
	Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
	Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
	Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
	Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
	Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
	Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
	Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
	Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average		3927	475	7400	49.67	31.26	2446.7	25126	256.41	*215	170.36	515.15	139.03	31.64	*0.00	
% of Calories										*21.9%	17.4%	52.5%	31.9%	7.3%	*0.0%	
Nutrient Guideline		750-850		1420										<10.00		

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NLMUSD

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

HS Food Court-Deli Stop

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 - 04/25/2018															
HS Food Court-Deli Stop	Total														
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
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, TrkyPeprjack Wedge	1 each	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
Sandwich, TkyHamChz Wedge	1 each	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
Sandwich, Italian Combo Sub	1 each	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Sandwich, PBJ Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Salad, Garden (HS)	1 cup	62	6	218	0.69	0.44	40.0	1581	5.73	*0	1.3	4.52	4.19	0.57	*0.00
Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*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
Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Canned, Variety	1/2 cup svq	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	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
Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average		3941	310	7414	44.31	30.15	2500.8	21151	225.07	*214	172.12	501.75	145.88	33.81	*0.00
% of Calories										*21.7%	17.5%	50.9%	33.3%	7.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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NLMUSD

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

HS Food Court-Deli Stop

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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Thu - 04/26/2018																
HS Food Court-Deli Stop																
	Total															
	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
	Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
	Sandwich, TrkyPeprjack Wedge	1 each	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
	Sandwich, TkyHamChz Wedge	1 each	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
	Sandwich, Italian Combo Sub	1 each	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
	Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
	Sandwich, PBJ Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	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
	Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*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 w/Lemon Juice & Tajin	1/2 cup	35	0	261	3.73	0.45	12.4	0	27.33	1	0.0	7.45	0.0	0.00	0.00
	Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
	Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Canned, Variety	1/2 cup svg	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
	Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
	Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
	Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	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
	Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
	Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
	Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
	Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
	Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
	Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
	Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
	Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average			4100	281	7664	52.78	32.30	2379.5	29679	264.45	*214	169.13	554.35	141.75	31.08	*0.00
% of Calories											*20.8%	16.5%	54.1%	31.1%	6.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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NLMUSD

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

HS Food Court-Deli Stop

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)
Fri - 04/27/2018															
HS Food Court-Deli Stop	Total														
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
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, TrkyPeprjack Wedge	1 each	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
Sandwich, TkyHamChz Wedge	1 each	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
Sandwich, Italian Combo Sub	1 each	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Sandwich, PBJ Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Salad, Garden (HS)	1 cup	62	6	218	0.69	0.44	40.0	1581	5.73	*0	1.3	4.52	4.19	0.57	*0.00
Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*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
Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Canned, Variety	1/2 cup svq	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	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
Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average		3941	310	7414	44.31	30.15	2500.8	21151	225.07	*214	172.12	501.75	145.88	33.81	*0.00
% of Calories										*21.7%	17.5%	50.9%	33.3%	7.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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NLMUSD

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

HS Food Court-Deli Stop

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																
HS Food Court-Deli Stop																
	Total															
	Salad, Greek w/ Hummus& Pretzl	610	43	2093	10.02	*3.60	*258.9	*8935	*31.55	*9	17.43	48.78	39.29	10.91	*0.00	
	Yogurt Parfait, Berry&Gran. HS	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00	
	Sandwich, TrkyPeprjack Wedge	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00	
	Sandwich, TkyHamChz Wedge	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00	
	Sandwich, Italian Combo Sub	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00	
	Chips, Doritos RF, Nacho Chz	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00	
	Sandwich, PBJ Uncrustable, Lg	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00	
	Salad, Garden (HS)	62	6	218	0.69	0.44	40.0	1581	5.73	*0	1.3	4.52	4.19	0.57	*0.00	
	Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00
	Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.00	0.00	
	Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
	Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Canned, Variety	1/2 cup svq	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
	Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
	Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
	Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	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
	Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00	
	Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00	
	Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00	
	Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
	Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
	Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
	Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
	Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
	Weighted Daily Average		4223	278	8347	52.36	*31.88	*2565.6	*21812	*234.06	*221	164.72	540.92	164.13	38.92	*0.00
	% of Calories									*20.9%	15.6%	51.2%	35.0%	8.3%	*0.0%	
	Nutrient Guideline		750-850		1420									<10.00		

Weighted Average		4039	328	7692	48.91	*31.19	*2484.1	*23660	*240.58	*216	169.38	523.92	148.38	34.17	*0.00
										*48.1%	16.8%	51.9%	33.1%	7.6%	*0.0%

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Base Menu Spreadsheet

Portion Values - Detailed

Page 17

Apr 1, 2018 thru Apr 30, 2018

HS Food Court-Deli Stop

Generated on: 3/27/2018 7:58:22 AM

	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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)							
Calories	4039		750 - 850	475%			3189	Correction Required - Calories too High							
Cholesterol (mg)	328														
Sodium (mg)	7692		1420				6272	Correction Required - Sodium too High							
Fiber (g)	48.91														
Iron (mg)	31.19				Missing										
Calcium (mg)	2484.1				Missing										
Vitamin A (IU)	23660				Missing										
Sugars (g)	216	21.36%			Missing										
Vitamin C (mg)	240.58				Missing										
Protein (g)	169.38	16.78%													
Carbohydrate (g)	523.92	51.89%													
Total Fat (g)	148.38	33.07%													
Saturated Fat (g)	34.17	7.61%	<10.00%												
Trans Fat ¹ (g)	0.00	0.00%			Missing										

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