

NLMUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

HS Food Court-Pickin' Chicken

Generated on: 3/27/2018 7:57:42 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)
Mon - 04/09/2018															
HS Food Court-Pickin' Chick	Total														
Chicken Tenders, WG, Tyson	svg (3pc)	250	60	410	2.00	1.44	20.0	0	0.0	1	25.0	15.0	10.0	1.50	0.00
Chicken Wings, Buffalo	srvg (4pc)	248	117	657	0.00	0.00	0.0	0	0.0	0	16.06	4.38	17.52	4.38	0.00
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
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	srvg (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 svrg	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
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
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
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
BBQ Sauce	1 TBSP	19	0	69	0.00	0.00	0.0	53	0.0	*N/A*	0.0	3.17	0.0	0.00	0.00
Ketchup, Bulk	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Weighted Daily Average		2288	263	3788	25.89	10.46	1552.1	10415	165.86	*121	112.41	293.33	73.55	13.95	*0.00
% of Calories										*21.1%	19.6%	51.3%	28.9%	5.5%	*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

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HS Food Court-Pickin' Chicken

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 - 04/10/2018															
HS Food Court-Pickin' Chick	Total														
Chicken Tenders, WG, Tyson	svg (3pc)	250	60	410	2.00	1.44	20.0	0	0.0	1	25.0	15.0	10.0	1.50	0.00
Chicken Wings, Honey BBQ	svrg (4pc)	245	115	562	0.00	0.00	0.0	0	0.0	6	17.3	8.65	15.86	4.33	0.00
Chicken, Breaded, GK (bone-in)	svg	215	41	591	1.00	1.00	12.0	78	1.0	0	12.0	11.0	13.0	3.00	0.00
Potatoes, Wedge Fr, Season	1/2 cup	120	0	140	2.00	0.36	0.0	100	3.6	0	2.0	20.0	4.0	0.50	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
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
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
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
BBQ Sauce	1 TBSP	19	0	69	0.00	0.00	0.0	53	0.0	*N/A*	0.0	3.17	0.0	0.00	0.00
Ketchup, Bulk	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Weighted Daily Average		2332	249	3836	30.55	10.98	1554.2	13797	191.61	*128	109.60	315.68	70.46	13.70	*0.00
% of Calories										*21.9%	18.8%	54.2%	27.2%	5.3%	*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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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HS Food Court-Pickin' Chicken

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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)
Wed - 04/11/2018															
HS Food Court-Pickin' Chick	Total														
Chicken Tenders, WG, Tyson	svg (3pc)	250	60	410	2.00	1.44	20.0	0	0.0	1	25.0	15.0	10.0	1.50	0.00
Chicken Asian Bites, Orange	svrg (4pc)	270	45	370	1.00	1.44	20.0	100	1.2	4	19.0	18.0	15.0	1.50	0.00
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
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 svrg	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
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
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
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
BBQ Sauce	1 TBSP	19	0	69	0.00	0.00	0.0	53	0.0	*N/A*	0.0	3.17	0.0	0.00	0.00
Ketchup, Bulk	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Weighted Daily Average		2310	191	3501	26.89	11.90	1572.1	10515	167.06	*125	115.35	306.96	71.03	11.07	*0.00
% of Calories										*21.6%	20.0%	53.1%	27.7%	4.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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HS Food Court-Pickin' Chicken

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)
Thu - 04/12/2018															
HS Food Court-Pickin' Chick	Total														
Chicken Tenders, WG, Tyson	svg (3pc)	250	60	410	2.00	1.44	20.0	0	0.0	1	25.0	15.0	10.0	1.50	0.00
Chicken Wings, Buffalo	svrg (4pc)	248	117	657	0.00	0.00	0.0	0	0.0	0	16.06	4.38	17.52	4.38	0.00
Chicken, Breaded, GK (bone-in)	svg	215	41	591	1.00	1.00	12.0	78	1.0	0	12.0	11.0	13.0	3.00	0.00
Potatoes, Wedge Fr, Season	1/2 cup	120	0	140	2.00	0.36	0.0	100	3.6	0	2.0	20.0	4.0	0.50	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
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
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
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
BBQ Sauce	1 TBSP	19	0	69	0.00	0.00	0.0	53	0.0	*N/A*	0.0	3.17	0.0	0.00	0.00
Ketchup, Bulk	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Weighted Daily Average		2335	251	3930	30.55	10.98	1554.2	13797	191.61	*122	108.36	311.40	72.12	13.75	*0.00
% of Calories										*20.9%	18.6%	53.3%	27.8%	5.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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HS Food Court-Pickin' Chicken

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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)
Fri - 04/13/2018															
HS Food Court-Pickin' Chick	Total														
Chicken Tenders, WG, Tyson	svg (3pc)	250	60	410	2.00	1.44	20.0	0	0.0	1	25.0	15.0	10.0	1.50	0.00
Chicken Asian Bites, GenTso	svrg (4pc)	290	45	400	1.00	1.44	20.0	100	1.2	3	20.0	17.0	16.0	1.50	0.00
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
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 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
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
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
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
BBQ Sauce	1 TBSP	19	0	69	0.00	0.00	0.0	53	0.0	*N/A*	0.0	3.17	0.0	0.00	0.00
Ketchup, Bulk	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Weighted Daily Average		2330	191	3531	26.89	11.90	1572.1	10515	167.06	*124	116.35	305.95	72.03	11.07	*0.00
% of Calories										*21.2%	20.0%	52.5%	27.8%	4.3%	*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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NLMUSD

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

HS Food Court-Pickin' Chicken

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 - 04/16/2018															
HS Food Court-Pickin' Chick	Total														
Chicken Tenders, WG, Tyson	svg (3pc)	250	60	410	2.00	1.44	20.0	0	0.0	1	25.0	15.0	10.0	1.50	0.00
Chicken Wings, Buffalo	svrg (4pc)	248	117	657	0.00	0.00	0.0	0	0.0	0	16.06	4.38	17.52	4.38	0.00
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
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 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
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
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
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
BBQ Sauce	1 TBSP	19	0	69	0.00	0.00	0.0	53	0.0	*N/A*	0.0	3.17	0.0	0.00	0.00
Ketchup, Bulk	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Weighted Daily Average		2288	263	3788	25.89	10.46	1552.1	10415	165.86	*121	112.41	293.33	73.55	13.95	*0.00
% of Calories										*21.1%	19.6%	51.3%	28.9%	5.5%	*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-Pickin' Chicken

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 - 04/17/2018															
HS Food Court-Pickin' Chick	Total														
Chicken Tenders, WG, Tyson	svg (3pc)	250	60	410	2.00	1.44	20.0	0	0.0	1	25.0	15.0	10.0	1.50	0.00
Chicken Wings, Honey BBQ	svrg (4pc)	245	115	562	0.00	0.00	0.0	0	0.0	6	17.3	8.65	15.86	4.33	0.00
Chicken, Breaded, GK (bone-in)	svg	215	41	591	1.00	1.00	12.0	78	1.0	0	12.0	11.0	13.0	3.00	0.00
Potatoes, Wedge Fr, Season	1/2 cup	120	0	140	2.00	0.36	0.0	100	3.6	0	2.0	20.0	4.0	0.50	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
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
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
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
BBQ Sauce	1 TBSP	19	0	69	0.00	0.00	0.0	53	0.0	*N/A*	0.0	3.17	0.0	0.00	0.00
Ketchup, Bulk	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Weighted Daily Average		2332	249	3836	30.55	10.98	1554.2	13797	191.61	*128	109.60	315.68	70.46	13.70	*0.00
% of Calories										*21.9%	18.8%	54.2%	27.2%	5.3%	*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-Pickin' Chicken

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)
Wed - 04/18/2018															
HS Food Court-Pickin' Chick	Total														
Chicken Tenders, WG, Tyson	svg (3pc)	250	60	410	2.00	1.44	20.0	0	0.0	1	25.0	15.0	10.0	1.50	0.00
Chicken Asian Bites, Orange	svrg (4pc)	270	45	370	1.00	1.44	20.0	100	1.2	4	19.0	18.0	15.0	1.50	0.00
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
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 svrg	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
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
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
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
BBQ Sauce	1 TBSP	19	0	69	0.00	0.00	0.0	53	0.0	*N/A*	0.0	3.17	0.0	0.00	0.00
Ketchup, Bulk	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Weighted Daily Average		2310	191	3501	26.89	11.90	1572.1	10515	167.06	*125	115.35	306.96	71.03	11.07	*0.00
% of Calories										*21.6%	20.0%	53.1%	27.7%	4.3%	*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-Pickin' Chicken

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)
Thu - 04/19/2018															
HS Food Court-Pickin' Chick	Total														
Chicken Tenders, WG, Tyson	svg (3pc)	250	60	410	2.00	1.44	20.0	0	0.0	1	25.0	15.0	10.0	1.50	0.00
Chicken Wings, Buffalo	svrg (4pc)	248	117	657	0.00	0.00	0.0	0	0.0	0	16.06	4.38	17.52	4.38	0.00
Chicken, Breaded, GK (bone-in)	svg	215	41	591	1.00	1.00	12.0	78	1.0	0	12.0	11.0	13.0	3.00	0.00
Potatoes, Wedge Fr, Season	1/2 cup	120	0	140	2.00	0.36	0.0	100	3.6	0	2.0	20.0	4.0	0.50	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
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
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
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
BBQ Sauce	1 TBSP	19	0	69	0.00	0.00	0.0	53	0.0	*N/A*	0.0	3.17	0.0	0.00	0.00
Ketchup, Bulk	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Weighted Daily Average		2335	251	3930	30.55	10.98	1554.2	13797	191.61	*122	108.36	311.40	72.12	13.75	*0.00
% of Calories										*20.9%	18.6%	53.3%	27.8%	5.3%	*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-Pickin' Chicken

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 - 04/20/2018															
HS Food Court-Pickin' Chick	Total														
Chicken Tenders, WG, Tyson	svg (3pc)	250	60	410	2.00	1.44	20.0	0	0.0	1	25.0	15.0	10.0	1.50	0.00
Chicken Asian Bites, GenTso	svrg (4pc)	290	45	400	1.00	1.44	20.0	100	1.2	3	20.0	17.0	16.0	1.50	0.00
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
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 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
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
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
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
BBQ Sauce	1 TBSP	19	0	69	0.00	0.00	0.0	53	0.0	*N/A*	0.0	3.17	0.0	0.00	0.00
Ketchup, Bulk	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Weighted Daily Average		2330	191	3531	26.89	11.90	1572.1	10515	167.06	*124	116.35	305.95	72.03	11.07	*0.00
% of Calories										*21.2%	20.0%	52.5%	27.8%	4.3%	*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-Pickin' Chicken

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-Pickin' Chick	Total														
Chicken Tenders, WG, Tyson	svg (3pc)	250	60	410	2.00	1.44	20.0	0	0.0	1	25.0	15.0	10.0	1.50	0.00
Chicken Wings, Buffalo	srvg (4pc)	248	117	657	0.00	0.00	0.0	0	0.0	0	16.06	4.38	17.52	4.38	0.00
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
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	srvg (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 svrg	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
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
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
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
BBQ Sauce	1 TBSP	19	0	69	0.00	0.00	0.0	53	0.0	*N/A*	0.0	3.17	0.0	0.00	0.00
Ketchup, Bulk	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Weighted Daily Average		2288	263	3788	25.89	10.46	1552.1	10415	165.86	*121	112.41	293.33	73.55	13.95	*0.00
% of Calories										*21.1%	19.6%	51.3%	28.9%	5.5%	*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-Pickin' Chicken

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-Pickin' Chick	Total														
Chicken Tenders, WG, Tyson	svg (3pc)	250	60	410	2.00	1.44	20.0	0	0.0	1	25.0	15.0	10.0	1.50	0.00
Chicken Wings, Honey BBQ	svrg (4pc)	245	115	562	0.00	0.00	0.0	0	0.0	6	17.3	8.65	15.86	4.33	0.00
Chicken, Breaded, GK (bone-in)	svg	215	41	591	1.00	1.00	12.0	78	1.0	0	12.0	11.0	13.0	3.00	0.00
Potatoes, Wedge Fr, Season	1/2 cup	120	0	140	2.00	0.36	0.0	100	3.6	0	2.0	20.0	4.0	0.50	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
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
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
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
BBQ Sauce	1 TBSP	19	0	69	0.00	0.00	0.0	53	0.0	*N/A*	0.0	3.17	0.0	0.00	0.00
Ketchup, Bulk	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Weighted Daily Average		2332	249	3836	30.55	10.98	1554.2	13797	191.61	*128	109.60	315.68	70.46	13.70	*0.00
% of Calories										*21.9%	18.8%	54.2%	27.2%	5.3%	*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-Pickin' Chicken

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)
Wed - 04/25/2018															
HS Food Court-Pickin' Chick	Total														
Chicken Tenders, WG, Tyson	svg (3pc)	250	60	410	2.00	1.44	20.0	0	0.0	1	25.0	15.0	10.0	1.50	0.00
Chicken Asian Bites, Orange	svrg (4pc)	270	45	370	1.00	1.44	20.0	100	1.2	4	19.0	18.0	15.0	1.50	0.00
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
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 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
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
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
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
BBQ Sauce	1 TBSP	19	0	69	0.00	0.00	0.0	53	0.0	*N/A*	0.0	3.17	0.0	0.00	0.00
Ketchup, Bulk	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Weighted Daily Average		2310	191	3501	26.89	11.90	1572.1	10515	167.06	*125	115.35	306.96	71.03	11.07	*0.00
% of Calories										*21.6%	20.0%	53.1%	27.7%	4.3%	*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-Pickin' Chicken

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)
Thu - 04/26/2018															
HS Food Court-Pickin' Chick	Total														
Chicken Tenders, WG, Tyson	svg (3pc)	250	60	410	2.00	1.44	20.0	0	0.0	1	25.0	15.0	10.0	1.50	0.00
Chicken Wings, Buffalo	svrg (4pc)	248	117	657	0.00	0.00	0.0	0	0.0	0	16.06	4.38	17.52	4.38	0.00
Chicken, Breaded, GK (bone-in)	svg	215	41	591	1.00	1.00	12.0	78	1.0	0	12.0	11.0	13.0	3.00	0.00
Potatoes, Wedge Fr, Season	1/2 cup	120	0	140	2.00	0.36	0.0	100	3.6	0	2.0	20.0	4.0	0.50	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
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
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
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
BBQ Sauce	1 TBSP	19	0	69	0.00	0.00	0.0	53	0.0	*N/A*	0.0	3.17	0.0	0.00	0.00
Ketchup, Bulk	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Weighted Daily Average		2335	251	3930	30.55	10.98	1554.2	13797	191.61	*122	108.36	311.40	72.12	13.75	*0.00
% of Calories										*20.9%	18.6%	53.3%	27.8%	5.3%	*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-Pickin' Chicken

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 - 04/27/2018															
HS Food Court-Pickin' Chick	Total														
Chicken Tenders, WG, Tyson	svg (3pc)	250	60	410	2.00	1.44	20.0	0	0.0	1	25.0	15.0	10.0	1.50	0.00
Chicken Asian Bites, GenTso	svrg (4pc)	290	45	400	1.00	1.44	20.0	100	1.2	3	20.0	17.0	16.0	1.50	0.00
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
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 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
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
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
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
BBQ Sauce	1 TBSP	19	0	69	0.00	0.00	0.0	53	0.0	*N/A*	0.0	3.17	0.0	0.00	0.00
Ketchup, Bulk	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Weighted Daily Average		2330	191	3531	26.89	11.90	1572.1	10515	167.06	*124	116.35	305.95	72.03	11.07	*0.00
% of Calories										*21.2%	20.0%	52.5%	27.8%	4.3%	*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-Pickin' Chicken

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 - 04/30/2018															
HS Food Court-Pickin' Chick	Total														
Chicken Tenders, WG, Tyson	svg (3pc)	250	60	410	2.00	1.44	20.0	0	0.0	1	25.0	15.0	10.0	1.50	0.00
Chicken Wings, Buffalo	svrg (4pc)	248	117	657	0.00	0.00	0.0	0	0.0	0	16.06	4.38	17.52	4.38	0.00
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
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 svrg	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
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
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
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
BBQ Sauce	1 TBSP	19	0	69	0.00	0.00	0.0	53	0.0	*N/A*	0.0	3.17	0.0	0.00	0.00
Ketchup, Bulk	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
Weighted Daily Average		2288	263	3788	25.89	10.46	1552.1	10415	165.86	*121	112.41	293.33	73.55	13.95	*0.00
% of Calories										*21.1%	19.6%	51.3%	28.9%	5.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Weighted Average		2317	231	3722	28.01	11.20	1560.4	11721	175.97	*123	112.41	305.83	71.94	12.79	*0.00
										*47.9%	19.4%	52.8%	27.9%	5.0%	*0.0%

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NLMUSD

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

HS Food Court-Pickin' Chicken

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)
Calories	2317		750 - 850		273%				1467								Correction Required - Calories too High
Cholesterol (mg)	231																
Sodium (mg)	3722		1420						2302								Correction Required - Sodium too High
Fiber (g)	28.01																
Iron (mg)	11.20																
Calcium (mg)	1560.4																
Vitamin A (IU)	11721																
Sugars (g)	123	21.31%				Missing											
Vitamin C (mg)	175.97																
Protein (g)	112.41	19.41%															
Carbohydrate (g)	305.83	52.79%															
Total Fat (g)	71.94	27.94%															
Saturated Fat (g)	12.79	4.97%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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