

	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 <sup>1</sup> (g)
Mon - 04/09/2018															
HS-Speed Line	Total														
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
Rice Bowl, Gen Tso Spicy	1 each	430	40	381	2.00	0.72	0.0	0	1.2	*0	17.0	77.0	5.0	0.50	0.00
Salad, Greek w/ Hummus& Pretzl	1 each	610	43	2093	10.02	*3.60	*258.9	*8935	*31.55	*9	17.43	48.78	39.29	10.91	*0.00
Chicken Sandwich, Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, PepperoniSmart Slice WG	slice	280	20	520	3.00	1.80	450.0	750	6.0	3	20.0	31.0	9.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	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, 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
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
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		6014	402	11124	70.06	*31.24	*3536.2	*23316	*259.03	*236	263.04	775.00	214.54	52.24	*0.00
% of Calories										*15.7%	17.5%	51.5%	32.1%	7.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

	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 <sup>1</sup> (g)
Tue - 04/10/2018															
HS-Speed Line	Total														
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
Rice Bowl, Orange Chicken	srvg	410	40	300	2.00	0.72	0.0	0	1.2	10	17.0	73.0	5.0	0.50	0.00
Salad, Turkey Chef & Roll	1 each	282	243	945	2.67	2.02	129.9	8945	30.35	*1	23.12	13.95	15.62	3.83	*0.00
Chicken Sandwich, Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, Hawaiian Hot LavaDomino	slice	300	30	970	4.00	1.80	450.0	750	211.2	4	22.0	33.0	10.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	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, 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
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
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	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	srvg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Jicama 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

\*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.

	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 <sup>1</sup> (g)
Weighted Daily Average		5730	626	10886	66.39	43.47	3362.4	26806	488.02	*242	268.61	748.80	191.67	44.13	*0.00
% of Calories										*16.9%	18.8%	52.3%	30.1%	6.9%	*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 <sup>1</sup> (g)
Wed - 04/11/2018															
HS-Speed Line	Total														
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
Rice Bowl, Gen Tso Spicy	1 each	430	40	381	2.00	0.72	0.0	0	1.2	*0	17.0	77.0	5.0	0.50	0.00
Salad, ChicCaesar,crouton,roll	1 each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Chicken Sandwich,Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, Zesty Italian, Dominos	slice	290	25	710	4.00	1.80	450.0	750	21.0	3	20.0	33.0	9.0	2.50	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	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, 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
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
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
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		5806	438	10537	63.11	30.26	3473.0	22655	265.22	*228	272.53	746.57	198.34	45.64	*0.00
% of Calories										*15.7%	18.8%	51.4%	30.7%	7.1%	*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.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

	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 <sup>1</sup> (g)
Thu - 04/12/2018															
HS-Speed Line	Total														
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
Rice Bowl, Orange Chicken	srvg	410	40	300	2.00	0.72	0.0	0	1.2	10	17.0	73.0	5.0	0.50	0.00
Salad, Asian Chx & Chw Mein N	1 each	455	48	1209	5.78	3.06	62.7	13497	38.39	*0	21.89	53.14	18.34	3.27	*0.00
Chicken Sandwich, Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, PepperoniSmart Slice WG	slice	280	20	520	3.00	1.80	450.0	750	6.0	3	20.0	31.0	9.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	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, 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
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
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	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	srvg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Jicama 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

\*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.

	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 <sup>1</sup> (g)
Weighted Daily Average		5857	419	10630	70.49	32.26	3335.1	31183	289.42	*239	266.11	784.93	192.58	43.91	*0.00
% of Calories										*16.3%	18.2%	53.6%	29.6%	6.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 <sup>1</sup> (g)
Fri - 04/13/2018															
HS-Speed Line	Total														
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
Rice Bowl, Gen Tso Spicy	1 each	430	40	381	2.00	0.72	0.0	0	1.2	*0	17.0	77.0	5.0	0.50	0.00
Salad, ChicCaesar,crouton,roll	1 each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Chicken Sandwich,Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, PepperoniSmart Slice WG	slice	280	20	520	3.00	1.80	450.0	750	6.0	3	20.0	31.0	9.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	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, 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
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
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
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		5796	433	10347	62.11	30.26	3473.0	22655	250.21	*228	272.53	744.58	198.34	47.14	*0.00
% of Calories										*15.8%	18.8%	51.4%	30.8%	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  
 \* - 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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 <sup>1</sup> (g)
Mon - 04/16/2018															
HS-Speed Line	Total														
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
Rice Bowl, Gen Tso Spicy	1 each	430	40	381	2.00	0.72	0.0	0	1.2	*0	17.0	77.0	5.0	0.50	0.00
Salad, Greek w/ Hummus& Pretzl	1 each	610	43	2093	10.02	*3.60	*258.9	*8935	*31.55	*9	17.43	48.78	39.29	10.91	*0.00
Chicken Sandwich, Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, PepperoniSmart Slice WG	slice	280	20	520	3.00	1.80	450.0	750	6.0	3	20.0	31.0	9.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	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, 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
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
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
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

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



	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 <sup>1</sup> (g)
Weighted Daily Average		6014	402	11124	70.06	*31.24	*3536.2	*23316	*259.03	*236	263.04	775.00	214.54	52.24	*0.00
% of Calories										*15.7%	17.5%	51.5%	32.1%	7.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 <sup>1</sup> (g)
Tue - 04/17/2018															
HS-Speed Line	Total														
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
Rice Bowl, Orange Chicken	srvg	410	40	300	2.00	0.72	0.0	0	1.2	10	17.0	73.0	5.0	0.50	0.00
Salad, Turkey Chef & Roll	1 each	282	243	945	2.67	2.02	129.9	8945	30.35	*1	23.12	13.95	15.62	3.83	*0.00
Chicken Sandwich, Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, Hawaiian Hot LavaDomino	slice	300	30	970	4.00	1.80	450.0	750	211.2	4	22.0	33.0	10.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	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, 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
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
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	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	srvg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Jicama 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	1 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	4 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	1 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	1 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

\*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.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

	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 <sup>1</sup> (g)
Weighted Daily Average		5730	626	10886	66.39	43.47	3362.4	26806	488.02	*242	268.61	748.80	191.67	44.13	*0.00
% of Calories										*16.9%	18.8%	52.3%	30.1%	6.9%	*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

**NLMUSD**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

HS-Speed Line

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 <sup>1</sup> (g)
Wed - 04/18/2018															
HS-Speed Line	Total														
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
Rice Bowl, Gen Tso Spicy	1 each	430	40	381	2.00	0.72	0.0	0	1.2	*0	17.0	77.0	5.0	0.50	0.00
Salad, ChicCaesar,crouton,roll	1 each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Chicken Sandwich,Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, Zesty Italian, Dominos	slice	290	25	710	4.00	1.80	450.0	750	21.0	3	20.0	33.0	9.0	2.50	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	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, 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
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
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		5806	438	10537	63.11	30.26	3473.0	22655	265.22	*228	272.53	746.57	198.34	45.64	*0.00
% of Calories										*15.7%	18.8%	51.4%	30.7%	7.1%	*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.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

	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 <sup>1</sup> (g)
Thu - 04/19/2018															
HS-Speed Line	Total														
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
Rice Bowl, Orange Chicken	srvg	410	40	300	2.00	0.72	0.0	0	1.2	10	17.0	73.0	5.0	0.50	0.00
Salad, Asian Chx & Chw Mein N	1 each	455	48	1209	5.78	3.06	62.7	13497	38.39	*0	21.89	53.14	18.34	3.27	*0.00
Chicken Sandwich, Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, PepperoniSmart Slice WG	slice	280	20	520	3.00	1.80	450.0	750	6.0	3	20.0	31.0	9.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	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, 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
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
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	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	srvg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Jicama 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

\*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.

	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 <sup>1</sup> (g)
Weighted Daily Average		5857	419	10630	70.49	32.26	3335.1	31183	289.42	*239	266.11	784.93	192.58	43.91	*0.00
% of Calories										*16.3%	18.2%	53.6%	29.6%	6.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 <sup>1</sup> (g)
Fri - 04/20/2018															
HS-Speed Line	Total														
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
Rice Bowl, Gen Tso Spicy	1 each	430	40	381	2.00	0.72	0.0	0	1.2	*0	17.0	77.0	5.0	0.50	0.00
Salad, ChicCaesar,crouton,roll	1 each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Chicken Sandwich,Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, PepperoniSmart Slice WG	slice	280	20	520	3.00	1.80	450.0	750	6.0	3	20.0	31.0	9.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	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, 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
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
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
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		5796	433	10347	62.11	30.26	3473.0	22655	250.21	*228	272.53	744.58	198.34	47.14	*0.00
% of Calories										*15.8%	18.8%	51.4%	30.8%	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  
 \* - 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.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

	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 <sup>1</sup> (g)
Mon - 04/23/2018															
HS-Speed Line	Total														
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
Rice Bowl, Gen Tso Spicy	1 each	430	40	381	2.00	0.72	0.0	0	1.2	*0	17.0	77.0	5.0	0.50	0.00
Salad, Greek w/ Hummus& Pretzl	1 each	610	43	2093	10.02	*3.60	*258.9	*8935	*31.55	*9	17.43	48.78	39.29	10.91	*0.00
Chicken Sandwich, Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, PepperoniSmart Slice WG	slice	280	20	520	3.00	1.80	450.0	750	6.0	3	20.0	31.0	9.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	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, 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
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
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
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

\*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.



	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 <sup>1</sup> (g)
Weighted Daily Average		6014	402	11124	70.06	*31.24	*3536.2	*23316	*259.03	*236	263.04	775.00	214.54	52.24	*0.00
% of Calories										*15.7%	17.5%	51.5%	32.1%	7.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 <sup>1</sup> (g)
Tue - 04/24/2018															
HS-Speed Line	Total														
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
Rice Bowl, Orange Chicken	1 ea	410	40	300	2.00	0.72	0.0	0	1.2	10	17.0	73.0	5.0	0.50	0.00
Salad, Turkey Chef & Roll	1 each	282	243	945	2.67	2.02	129.9	8945	30.35	*1	23.12	13.95	15.62	3.83	*0.00
Chicken Sandwich, Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, Hawaiian Hot LavaDomino	slice	300	30	970	4.00	1.80	450.0	750	211.2	4	22.0	33.0	10.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	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, 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
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
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

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 <sup>1</sup> (g)
Weighted Daily Average		5730	626	10886	66.39	43.47	3362.4	26806	488.02	*242	268.61	748.80	191.67	44.13	*0.00
% of Calories										*16.9%	18.8%	52.3%	30.1%	6.9%	*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 <sup>1</sup> (g)
Wed - 04/25/2018															
HS-Speed Line	Total														
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
Rice Bowl, Gen Tso Spicy	1 each	430	40	381	2.00	0.72	0.0	0	1.2	*0	17.0	77.0	5.0	0.50	0.00
Salad, ChicCaesar,crouton,roll	1 each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Chicken Sandwich,Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, Zesty Italian, Dominos	slice	290	25	710	4.00	1.80	450.0	750	21.0	3	20.0	33.0	9.0	2.50	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	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, 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
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
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
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		5806	438	10537	63.11	30.26	3473.0	22655	265.22	*228	272.53	746.57	198.34	45.64	*0.00
% of Calories										*15.7%	18.8%	51.4%	30.7%	7.1%	*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.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

	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 <sup>1</sup> (g)
Thu - 04/26/2018															
HS-Speed Line	Total														
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
Rice Bowl, Orange Chicken	srvg	410	40	300	2.00	0.72	0.0	0	1.2	10	17.0	73.0	5.0	0.50	0.00
Salad, Asian Chx & Chw Mein N	1 each	455	48	1209	5.78	3.06	62.7	13497	38.39	*0	21.89	53.14	18.34	3.27	*0.00
Chicken Sandwich, Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, PepperoniSmart Slice WG	slice	280	20	520	3.00	1.80	450.0	750	6.0	3	20.0	31.0	9.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	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, 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
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
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	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	srvg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Jicama 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

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 <sup>1</sup> (g)
Weighted Daily Average		5857	419	10630	70.49	32.26	3335.1	31183	289.42	*239	266.11	784.93	192.58	43.91	*0.00
% of Calories										*16.3%	18.2%	53.6%	29.6%	6.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 <sup>1</sup> (g)
Fri - 04/27/2018															
HS-Speed Line	Total														
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
Rice Bowl, Gen Tso Spicy	1 each	430	40	381	2.00	0.72	0.0	0	1.2	*0	17.0	77.0	5.0	0.50	0.00
Salad, ChicCaesar,crouton,roll	1 each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Chicken Sandwich,Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, PepperoniSmart Slice WG	slice	280	20	520	3.00	1.80	450.0	750	6.0	3	20.0	31.0	9.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	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, 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
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
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
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		5796	433	10347	62.11	30.26	3473.0	22655	250.21	*228	272.53	744.58	198.34	47.14	*0.00
% of Calories										*15.8%	18.8%	51.4%	30.8%	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  
 \* - 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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 <sup>1</sup> (g)
Mon - 04/30/2018															
HS-Speed Line	Total														
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
Rice Bowl, Gen Tso Spicy	1 each	430	40	381	2.00	0.72	0.0	0	1.2	*0	17.0	77.0	5.0	0.50	0.00
Salad, Greek w/ Hummus& Pretzl	1 each	610	43	2093	10.02	*3.60	*258.9	*8935	*31.55	*9	17.43	48.78	39.29	10.91	*0.00
Chicken Sandwich, Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, PepperoniSmart Slice WG	slice	280	20	520	3.00	1.80	450.0	750	6.0	3	20.0	31.0	9.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	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, 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
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
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
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

\*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.



# NLMUSD

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

HS-Speed Line

Portion Values - Detailed

Page 25

Generated on: 3/27/2018 7:58:40 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 <sup>1</sup> (g)
Weighted Daily Average		6014	402	11124	70.06	*31.24	*3536.2	*23316	*259.03	*236	263.04	775.00	214.54	52.24	*0.00
% of Calories										*15.7%	17.5%	51.5%	32.1%	7.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Weighted Average		5851	460	10731	66.66	*33.36	*3442.2	*25198	*307.17	*235	268.22	760.92	200.06	46.96	*0.00
										*36.1%	18.3%	52.0%	30.8%	7.2%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	5851		750 - 850	688%			5001	Correction Required - Calories too High
Cholesterol (mg)	460							
Sodium (mg)	10731		1420				9311	Correction Required - Sodium too High
Fiber (g)	66.66							
Iron (mg)	33.36				Missing			
Calcium (mg)	3442.2				Missing			
Vitamin A (IU)	25198				Missing			
Sugars (g)	235	16.04%			Missing			
Vitamin C (mg)	307.17				Missing			
Protein (g)	268.22	18.34%						
Carbohydrate (g)	760.92	52.02%						
Total Fat (g)	200.06	30.77%						
Saturated Fat (g)	46.96	7.22%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.