

**NLMUSD**

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

Base Menu Spreadsheet

MS Speed Line

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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)
Mon - 04/09/2018															
MS Speed Line	Total														
Cheeseburger, Double,w/Bun (l)	1 each	454	75	865	2.84	4.86	154.6	152	9.0	4	36.4	31.86	20.28	8.32	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
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
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
Salad, Greek w/ Hummus& Pretzl	1 each	610	43	2093	10.02	*3.60	*258.9	*8935	*31.55	*9	17.43	48.78	39.29	10.91	*0.00
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Veg #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Veg #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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 - CK recipe	1 oz	47	5	201	0.00	0.01	18.0	3	0.15	*N/A*	0.51	2.59	3.76	0.52	0.00
Weighted Daily Average		3259	277	6083	32.48	*21.43	*3083.2	*14398	*134.96	*146	179.20	381.54	115.34	35.75	*0.00
% of Calories										*17.9%	22.0%	46.8%	31.8%	9.9%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/10/2018															
MS Speed Line	Total														
Cheeseburger, Pepperjack (l)	1 each	332	41	545	2.42	3.15	152.3	151	9.0	3	22.45	30.18	13.39	6.16	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
Pizza, Pepperoni Smart 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
Pizza, Hawaiian Hot Lava Domino	slice	300	30	970	4.00	1.80	450.0	750	211.2	4	22.0	33.0	10.0	4.00	0.00
Salad, Turkey Chef & Roll	1 each	282	243	945	2.67	2.02	129.9	8945	30.35	*1	23.12	13.95	15.62	3.83	*0.00
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
Yogurt Parfait, Berry & Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Veg #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Veg #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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 - CK recipe	1 oz	47	5	201	0.00	0.01	18.0	3	0.15	*N/A*	0.51	2.59	3.76	0.52	0.00
Weighted Daily Average		3092	508	6365	26.06	31.05	3467.1	15025	356.59	*146	195.46	370.27	95.87	30.92	*0.00
% of Calories										*18.9%	25.3%	47.9%	27.9%	9.0%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/11/2018															
MS Speed Line	Total														
Cheeseburger on WG Bun (I)	1 each	327	44	665	2.42	3.15	137.3	151	9.0	4	21.95	30.68	13.39	5.66	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
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
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
Sandwich, Tuna	1 each	293	55	804	2.36	2.18	79.6	143	11.08	*3	24.07	31.2	7.6	0.93	0.00
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
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Veg #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Veg #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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 - CK recipe	1 oz	47	5	201	0.00	0.01	18.0	3	0.15	*N/A*	0.51	2.59	3.76	0.52	0.00
Weighted Daily Average		3086	300	5503	27.74	18.36	3436.6	6447	145.68	*144	195.97	385.45	85.63	27.36	0.00
% of Calories										*18.7%	25.4%	50.0%	25.0%	8.0%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/12/2018															
MS Speed Line	Total														
Burger, Western Turkey Bacon	1 each	397	41	710	3.62	3.58	97.3	1	9.96	5	24.65	41.38	15.09	3.76	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
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
Salad, Asian Chx & Chw Mein N	each	455	48	1209	5.78	3.06	62.7	13497	38.39	*0	21.89	53.14	18.34	3.27	*0.00
Sandwich, Italian Combo Sub	1 each	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Veg #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Veg #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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 - CK recipe	1 oz	47	5	201	0.00	0.01	18.0	3	0.15	*N/A*	0.51	2.59	3.76	0.52	0.00
Weighted Daily Average		3040	283	5583	26.37	30.71	2875.0	19077	154.39	*142	174.43	386.66	90.30	24.47	*0.00
% of Calories										*18.7%	22.9%	50.9%	26.7%	7.2%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Fri - 04/13/2018															
MS Speed Line	Total														
Beef Patty, 2.25 oz, DL	1 each	111	38	290	0.40	1.40	11.0	14	0.0	0	12.6	1.0	6.3	2.50	0.00
Cheese Slice, American, 0.5 oz	1 each	50	13	225	0.00	0.00	80.0	150	0.0	0	2.5	0.5	4.5	2.50	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
Salad, Chic Caesar w/ Roll	1 each	329	74	1161	1.97	1.86	194.1	8274	22.56	*2	24.83	9.61	21.05	5.81	*0.00
Black Bean Veggie Patty	1 each	180	0	390	6.00	1.44	40.0	0	0.0	2	14.0	14.0	7.0	1.00	0.00
Chicken Asian Bites, GenTso	srvg (4pc)	290	45	400	1.00	1.44	20.0	100	1.2	3	20.0	17.0	16.0	1.50	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
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
Veg #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Veg #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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 - CK recipe	1 oz	47	5	201	0.00	0.01	18.0	3	0.15	*N/A*	0.51	2.59	3.76	0.52	0.00
Weighted Daily Average		2647	289	5476	24.37	16.60	2703.1	12141	118.11	*94	175.44	270.70	97.61	25.82	*0.00
% of Calories										*14.2%	26.5%	40.9%	33.2%	8.8%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/16/2018															
MS Speed Line	Total														
Cheeseburger, Double,w/Bun (l)	1 each	454	75	865	2.84	4.86	154.6	152	9.0	4	36.4	31.86	20.28	8.32	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
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
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
Salad, Greek w/ Hummus& Pretzl	1 each	610	43	2093	10.02	*3.60	*258.9	*8935	*31.55	*9	17.43	48.78	39.29	10.91	*0.00
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Veg #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Veg #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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 - CK recipe	1 oz	47	5	201	0.00	0.01	18.0	3	0.15	*N/A*	0.51	2.59	3.76	0.52	0.00
Weighted Daily Average		3259	277	6083	32.48	*21.43	*3083.2	*14398	*134.96	*146	179.20	381.54	115.34	35.75	*0.00
% of Calories										*17.9%	22.0%	46.8%	31.8%	9.9%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/17/2018															
MS Speed Line	Total														
Cheeseburger, Pepperjack (l)	1 each	332	41	545	2.42	3.15	152.3	151	9.0	3	22.45	30.18	13.39	6.16	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
Pizza, Pepperoni Smart 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
Pizza, Hawaiian Hot Lava Domino	slice	300	30	970	4.00	1.80	450.0	750	211.2	4	22.0	33.0	10.0	4.00	0.00
Salad, Turkey Chef & Roll	1 each	282	243	945	2.67	2.02	129.9	8945	30.35	*1	23.12	13.95	15.62	3.83	*0.00
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
Yogurt Parfait, Berry & Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Veg #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Veg #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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 - CK recipe	1 oz	47	5	201	0.00	0.01	18.0	3	0.15	*N/A*	0.51	2.59	3.76	0.52	0.00
Weighted Daily Average		3092	508	6365	26.06	31.05	3467.1	15025	356.59	*146	195.46	370.27	95.87	30.92	*0.00
% of Calories										*18.9%	25.3%	47.9%	27.9%	9.0%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/18/2018															
MS Speed Line	Total														
Cheeseburger on WG Bun (I)	1 each	327	44	665	2.42	3.15	137.3	151	9.0	4	21.95	30.68	13.39	5.66	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
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
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
Sandwich, Tuna	1 each	293	55	804	2.36	2.18	79.6	143	11.08	*3	24.07	31.2	7.6	0.93	0.00
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
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Veg #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Veg #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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 - CK recipe	1 oz	47	5	201	0.00	0.01	18.0	3	0.15	*N/A*	0.51	2.59	3.76	0.52	0.00
Weighted Daily Average		3086	300	5503	27.74	18.36	3436.6	6447	145.68	*144	195.97	385.45	85.63	27.36	0.00
% of Calories										*18.7%	25.4%	50.0%	25.0%	8.0%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/19/2018															
MS Speed Line	Total														
Burger, Western Turkey Bacon	1 each	397	41	710	3.62	3.58	97.3	1	9.96	5	24.65	41.38	15.09	3.76	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
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
Salad, Asian Chx & Chw Mein N	each	455	48	1209	5.78	3.06	62.7	13497	38.39	*0	21.89	53.14	18.34	3.27	*0.00
Sandwich, Italian Combo Sub	1 each	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Veg #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Veg #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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 - CK recipe	1 oz	47	5	201	0.00	0.01	18.0	3	0.15	*N/A*	0.51	2.59	3.76	0.52	0.00
Weighted Daily Average		3040	283	5583	26.37	30.71	2875.0	19077	154.39	*142	174.43	386.66	90.30	24.47	*0.00
% of Calories										*18.7%	22.9%	50.9%	26.7%	7.2%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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**NLMUSD**

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

Base Menu Spreadsheet

MS 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/20/2018															
MS Speed Line	Total														
Beef Patty, 2.25 oz, DL	1 each	111	38	290	0.40	1.40	11.0	14	0.0	0	12.6	1.0	6.3	2.50	0.00
Cheese Slice, American, 0.5 oz	1 each	50	13	225	0.00	0.00	80.0	150	0.0	0	2.5	0.5	4.5	2.50	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
Salad, Chic Caesar w/ Roll	1 each	329	74	1161	1.97	1.86	194.1	8274	22.56	*2	24.83	9.61	21.05	5.81	*0.00
Black Bean Veggie Patty	1 each	180	0	390	6.00	1.44	40.0	0	0.0	2	14.0	14.0	7.0	1.00	0.00
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
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
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
Veg #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Veg #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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 - CK recipe	1 oz	47	5	201	0.00	0.01	18.0	3	0.15	*N/A*	0.51	2.59	3.76	0.52	0.00
Weighted Daily Average		2647	289	5476	24.37	16.60	2703.1	12141	118.11	*94	175.44	270.70	97.61	25.82	*0.00
% of Calories										*14.2%	26.5%	40.9%	33.2%	8.8%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/23/2018															
MS Speed Line	Total														
Cheeseburger, Double,w/Bun (l)	1 each	454	75	865	2.84	4.86	154.6	152	9.0	4	36.4	31.86	20.28	8.32	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
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
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
Salad, Greek w/ Hummus& Pretzl	1 each	610	43	2093	10.02	*3.60	*258.9	*8935	*31.55	*9	17.43	48.78	39.29	10.91	*0.00
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Veg #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Veg #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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 - CK recipe	1 oz	47	5	201	0.00	0.01	18.0	3	0.15	*N/A*	0.51	2.59	3.76	0.52	0.00
Weighted Daily Average		3259	277	6083	32.48	*21.43	*3083.2	*14398	*134.96	*146	179.20	381.54	115.34	35.75	*0.00
% of Calories										*17.9%	22.0%	46.8%	31.8%	9.9%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/24/2018															
MS Speed Line	Total														
Cheeseburger, Pepperjack (l)	1 each	332	41	545	2.42	3.15	152.3	151	9.0	3	22.45	30.18	13.39	6.16	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
Pizza, Pepperoni Smart 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
Pizza, Hawaiian Hot Lava Domino	slice	300	30	970	4.00	1.80	450.0	750	211.2	4	22.0	33.0	10.0	4.00	0.00
Salad, Turkey Chef & Roll	1 each	282	243	945	2.67	2.02	129.9	8945	30.35	*1	23.12	13.95	15.62	3.83	*0.00
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
Yogurt Parfait, Berry & Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Veg #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Veg #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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 - CK recipe	1 oz	47	5	201	0.00	0.01	18.0	3	0.15	*N/A*	0.51	2.59	3.76	0.52	0.00
Weighted Daily Average		3092	508	6365	26.06	31.05	3467.1	15025	356.59	*146	195.46	370.27	95.87	30.92	*0.00
% of Calories										*18.9%	25.3%	47.9%	27.9%	9.0%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/25/2018															
MS Speed Line	Total														
Cheeseburger on WG Bun (I)	1 each	327	44	665	2.42	3.15	137.3	151	9.0	4	21.95	30.68	13.39	5.66	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
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
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
Sandwich, Tuna	1 each	293	55	804	2.36	2.18	79.6	143	11.08	*3	24.07	31.2	7.6	0.93	0.00
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
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Veg #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Veg #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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 - CK recipe	1 oz	47	5	201	0.00	0.01	18.0	3	0.15	*N/A*	0.51	2.59	3.76	0.52	0.00
Weighted Daily Average		3086	300	5503	27.74	18.36	3436.6	6447	145.68	*144	195.97	385.45	85.63	27.36	0.00
% of Calories										*18.7%	25.4%	50.0%	25.0%	8.0%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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**NLMUSD**

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

Base Menu Spreadsheet

MS 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/26/2018															
MS Speed Line	Total														
Burger, Western Turkey Bacon	1 each	397	41	710	3.62	3.58	97.3	1	9.96	5	24.65	41.38	15.09	3.76	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
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
Salad, Asian Chx & Chw Mein N	each	455	48	1209	5.78	3.06	62.7	13497	38.39	*0	21.89	53.14	18.34	3.27	*0.00
Sandwich, Italian Combo Sub	1 each	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Veg #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Veg #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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 - CK recipe	1 oz	47	5	201	0.00	0.01	18.0	3	0.15	*N/A*	0.51	2.59	3.76	0.52	0.00
Weighted Daily Average		3040	283	5583	26.37	30.71	2875.0	19077	154.39	*142	174.43	386.66	90.30	24.47	*0.00
% of Calories										*18.7%	22.9%	50.9%	26.7%	7.2%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/27/2018															
MS Speed Line	Total														
Beef Patty, 2.25 oz, DL	1 each	111	38	290	0.40	1.40	11.0	14	0.0	0	12.6	1.0	6.3	2.50	0.00
Cheese Slice, American, 0.5 oz	1 each	50	13	225	0.00	0.00	80.0	150	0.0	0	2.5	0.5	4.5	2.50	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
Salad, Chic Caesar w/ Roll	1 each	329	74	1161	1.97	1.86	194.1	8274	22.56	*2	24.83	9.61	21.05	5.81	*0.00
Black Bean Veggie Patty	1 each	180	0	390	6.00	1.44	40.0	0	0.0	2	14.0	14.0	7.0	1.00	0.00
Chicken Asian Bites, GenTso	srvg (4pc)	290	45	400	1.00	1.44	20.0	100	1.2	3	20.0	17.0	16.0	1.50	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
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
Veg #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Veg #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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 - CK recipe	1 oz	47	5	201	0.00	0.01	18.0	3	0.15	*N/A*	0.51	2.59	3.76	0.52	0.00
Weighted Daily Average		2647	289	5476	24.37	16.60	2703.1	12141	118.11	*94	175.44	270.70	97.61	25.82	*0.00
% of Calories										*14.2%	26.5%	40.9%	33.2%	8.8%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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**NLMUSD**

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

Base Menu Spreadsheet

MS 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/30/2018															
MS Speed Line	Total														
Cheeseburger, Double,w/Bun (l)	1 each	454	75	865	2.84	4.86	154.6	152	9.0	4	36.4	31.86	20.28	8.32	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
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
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
Salad, Greek w/ Hummus& Pretzl	1 each	610	43	2093	10.02	*3.60	*258.9	*8935	*31.55	*9	17.43	48.78	39.29	10.91	*0.00
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Veg #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Veg #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #1	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit #2	1 ea	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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 - CK recipe	1 oz	47	5	201	0.00	0.01	18.0	3	0.15	*N/A*	0.51	2.59	3.76	0.52	0.00
Weighted Daily Average		3259	277	6083	32.48	*21.43	*3083.2	*14398	*134.96	*146	179.20	381.54	115.34	35.75	*0.00
% of Calories										*17.9%	22.0%	46.8%	31.8%	9.9%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Weighted Average		3040	328	5820	27.72	*23.49	*3111.1	*13479	*179.01	*135	183.79	360.34	98.10	29.29	*0.00
										*40.0%	24.2%	47.4%	29.0%	8.7%	*0.0%

\*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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Base Menu Spreadsheet

MS Speed Line

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 <sup>1</sup> (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	3040		600 - 700	434%			2340	Correction Required - Calories too High									
Cholesterol (mg)	328																
Sodium (mg)	5820		1360				4460	Correction Required - Sodium too High									
Fiber (g)	27.72																
Iron (mg)	23.49				Missing												
Calcium (mg)	3111.1				Missing												
Vitamin A (IU)	13479				Missing												
Sugars (g)	135	17.80%			Missing												
Vitamin C (mg)	179.01				Missing												
Protein (g)	183.79	24.19%															
Carbohydrate (g)	360.34	47.42%															
Total Fat (g)	98.10	29.05%															
Saturated Fat (g)	29.29	8.67%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing												

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