

NLMUSD

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

PK Lunch

Portion Values - Detailed

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Generated on: 3/27/2018 7:55:50 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/09/2018															
PK Lunch	Total														
Tamale, Chicken w/ Red Sauce	1 each	310	35	700	3.00	1.08	60.0	1750	1.2	1	10.0	28.0	18.0	1.50	0.00
Peaches, Diced (PK)	1/4 cup	34	0	3	0.80	0.23	2.0	11	1.5	*N/A*	0.28	9.13	0.02	0.00	0.00
Jicama Sticks (PK)	1/4 cup	12	0	2	1.50	0.18	5.0	0	6.6	1	0.0	3.0	0.0	0.00	0.00
Milk, Lowfat White (PK)	6 oz	90	7	113	0.00	0.00	262.5	375	1.8	11	7.5	10.5	1.87	1.12	0.00
Milk, Nonfat White (PK)	6 oz	67	3	90	0.00	0.00	225.0	375	1.8	9	6.75	9.0	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
Weighted Daily Average		734	50	1182	6.30	3.29	1154.5	3511	12.90	*41	42.53	84.63	24.90	3.12	0.00
% of Calories										*22.3%	23.2%	46.1%	30.5%	3.8%	0.0%
Nutrient Guideline		517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

Tue - 04/10/2018															
PK Lunch	Total														
Chicken, Orange	svg (1/2c)	150	40	280	0.00	0.72	0.0	0	1.2	10	11.0	19.0	3.0	0.50	0.00
Rice, Brown	svrg (1/2c)	130	0	10	1.00	0.00	0.0	0	0.0	0	3.0	27.0	1.0	0.00	0.00
Apple Slices, Red 2oz, Prize	1/2c. (bag)	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
Bell Pepper Strips, Sweet (PK)	1/4 cup	7	0	1	0.48	0.10	1.6	720	29.37	1	0.23	1.39	0.07	0.01	0.00
Milk, Lowfat White (PK)	6 oz	90	7	113	0.00	0.00	262.5	375	1.8	11	7.5	10.5	1.87	1.12	0.00
Milk, Nonfat White (PK)	6 oz	67	3	90	0.00	0.00	225.0	375	1.8	9	6.75	9.0	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		746	60	969	4.48	2.81	1117.1	2523	157.92	*56	46.99	102.47	14.71	2.65	0.00
% of Calories										*30.3%	25.2%	55.0%	17.8%	3.2%	0.0%
Nutrient Guideline		517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

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

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

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/11/2018															
PK Lunch	Total														
Pizza, Pepperoni-Turk, 3x5, WG	1 each	344	36	649	3.38	1.40	472.9	455	9.99	4	20.01	30.57	17.28	7.68	0.00
Peaches, Diced (PK)	1/4 cup	34	0	3	0.80	0.23	2.0	11	1.5	*N/A*	0.28	9.13	0.02	0.00	0.00
Salad, Caesar w/Crouton, (PK)	svg (1/2c)	29	1	79	0.81	0.47	18.8	2443	0.98	0	0.63	3.07	1.38	0.19	0.00
Milk, Lowfat White (PK)	6 oz	90	7	113	0.00	0.00	262.5	375	1.8	11	7.5	10.5	1.87	1.12	0.00
Milk, Nonfat White (PK)	6 oz	67	3	90	0.00	0.00	225.0	375	1.8	9	6.75	9.0	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
Weighted Daily Average		785	51	1208	5.99	3.91	1581.2	4659	16.07	*44	53.16	87.27	25.56	9.49	0.00
% of Calories										*22.2%	27.1%	44.5%	29.3%	10.9%	0.0%
Nutrient Guideline		517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

Thu - 04/12/2018															
PK Lunch	Total														
Chicken Drumstick, Breaded, Ty	1 each	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	2.50	0.00
Potatoes, Tater Tots (PK)	svg (4ea)	65	0	155	1.00	0.00	0.0	0	1.8	0	1.0	8.0	3.0	0.50	0.00
Orange, Fresh GS (PK)	3 wedges	23	0	0	1.15	0.05	19.2	108	25.54	*N/A*	0.45	5.64	0.06	0.01	*N/A*
Milk, Lowfat White (PK)	6 oz	90	7	113	0.00	0.00	262.5	375	1.8	11	7.5	10.5	1.87	1.12	0.00
Milk, Nonfat White (PK)	6 oz	67	3	90	0.00	0.00	225.0	375	1.8	9	6.75	9.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		665	65	1183	4.15	2.93	1126.7	2058	30.94	*41	49.70	66.14	20.93	4.63	*0.00
% of Calories										*25.0%	29.9%	39.8%	28.3%	6.3%	*0.0%
Nutrient Guideline		517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

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

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

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/13/2018															
PK Lunch	Total														
Cheeseburger on WG Bun (l)	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
Orange, Fresh GS (PK)	3 wedges	23	0	0	1.15	0.05	19.2	108	25.54	*N/A*	0.45	5.64	0.06	0.01	*N/A*
Beans, Refried Salsa, PK 2018	1/4 cup	54	0	89	2.65	0.79	9.5	69	0.45	*0	2.69	9.0	0.89	0.22	0.00
Milk, Lowfat White (PK)	6 oz	90	7	113	0.00	0.00	262.5	375	1.8	11	7.5	10.5	1.87	1.12	0.00
Milk, Nonfat White (PK)	6 oz	67	3	90	0.00	0.00	225.0	375	1.8	9	6.75	9.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		796	58	1416	7.22	5.79	1253.5	2178	38.59	*46	57.34	92.82	21.21	7.51	*0.00
% of Calories										*23.0%	28.8%	46.6%	24.0%	8.5%	*0.0%
Nutrient Guideline		517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

Mon - 04/16/2018															
PK Lunch	Total														
Garlic Cheese Bread (BULK)	slice	356	38	447	2.00	1.86	420.0	124	0.0	3	20.25	31.0	16.78	8.32	8.32
Peaches, Diced (PK)	1/4 cup	34	0	3	0.80	0.23	2.0	11	1.5	*N/A*	0.28	9.13	0.02	0.00	0.00
Jicama Sticks (PK)	1/4 cup	12	0	2	1.50	0.18	5.0	0	6.6	1	0.0	3.0	0.0	0.00	0.00
Milk, Lowfat White (PK)	6 oz	90	7	113	0.00	0.00	262.5	375	1.8	11	7.5	10.5	1.87	1.12	0.00
Milk, Nonfat White (PK)	6 oz	67	3	90	0.00	0.00	225.0	375	1.8	9	6.75	9.0	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
Weighted Daily Average		780	52	929	5.30	4.07	1514.5	1885	11.70	*43	52.78	87.63	23.68	9.94	8.32
% of Calories										*22.1%	27.1%	44.9%	27.3%	11.5%	9.6%
Nutrient Guideline		517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/17/2018															
PK Lunch	Total														
Mac & Cheese WG	svg(6oz spoon)	283	30	985	1.35	1.21	404.8	675	0.0	6	16.19	31.03	10.79	6.07	0.34
Apple Slices, Red 2oz, Prize	1/2c. (bag)	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
Bell Pepper Strips, Sweet (PK)	1/4 cup	7	0	1	0.48	0.10	1.6	720	29.37	1	0.23	1.39	0.07	0.01	0.00
Milk, Lowfat White (PK)	6 oz	90	7	113	0.00	0.00	262.5	375	1.8	11	7.5	10.5	1.87	1.12	0.00
Milk, Nonfat White (PK)	6 oz	67	3	90	0.00	0.00	225.0	375	1.8	9	6.75	9.0	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		749	50	1664	4.83	3.30	1521.9	3198	156.72	*53	49.18	87.51	21.50	8.22	0.34
% of Calories										*28.1%	26.3%	46.7%	25.8%	9.9%	0.4%
Nutrient Guideline		517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

Wed - 04/18/2018															
PK Lunch	Total														
Pizza, Cheese, 3x5, WG	1 each	334	30	584	3.38	1.32	471.4	455	9.63	4	18.66	30.3	16.74	7.48	0.00
Peaches, Diced (PK)	1/4 cup	34	0	3	0.80	0.23	2.0	11	1.5	*N/A*	0.28	9.13	0.02	0.00	0.00
Salad, Caesar w/Crouton, (PK)	svg (1/2c)	29	1	79	0.81	0.47	18.8	2443	0.98	0	0.63	3.07	1.38	0.19	0.00
Milk, Lowfat White (PK)	6 oz	90	7	113	0.00	0.00	262.5	375	1.8	11	7.5	10.5	1.87	1.12	0.00
Milk, Nonfat White (PK)	6 oz	67	3	90	0.00	0.00	225.0	375	1.8	9	6.75	9.0	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
Weighted Daily Average		774	46	1144	5.99	3.82	1579.7	4659	15.71	*43	51.81	87.00	25.02	9.29	0.00
% of Calories										*22.4%	26.8%	44.9%	29.1%	10.8%	0.0%
Nutrient Guideline		517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/19/2018															
PK Lunch	Total														
Turkey and Gravy, WD	svg (4oz)	120	55	460	0.00	0.72	20.0	0	0.0	0	15.0	2.0	6.0	2.00	0.00
Potatoes, Mashed (PK)	srvgs (1/4c)	35	0	8	0.50	0.10	3.7	1	15.78	0	0.5	8.0	0.25	0.00	0.00
Roll, Dinner WG 2 oz	1 ea	180	0	260	5.00	1.80	80.0	0	9.0	*N/A*	5.0	37.0	2.5	0.00	0.00
Orange, Fresh GS (PK)	3 wedges	23	0	0	1.15	0.05	19.2	108	25.54	*N/A*	0.45	5.64	0.06	0.01	*N/A*
Milk, Lowfat White (PK)	6 oz	90	7	113	0.00	0.00	262.5	375	1.8	11	7.5	10.5	1.87	1.12	0.00
Milk, Nonfat White (PK)	6 oz	67	3	90	0.00	0.00	225.0	375	1.8	9	6.75	9.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		745	70	1305	7.65	4.47	1210.4	1959	53.92	*42	53.20	100.14	15.68	3.63	*0.00
% of Calories										*22.5%	28.6%	53.8%	18.9%	4.4%	*0.0%
Nutrient Guideline		517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/20/2018															
PK Lunch	Total														
Chicken Patty, Breaded, Tyson	1 each	200	45	290	3.00	1.08	0.0	0	0.0	0	19.0	9.0	9.0	1.50	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
Beans, Refried Salsa, PK 2018	1/4 cup	54	0	89	2.65	0.79	9.5	69	0.45	*0	2.69	9.0	0.89	0.22	0.00
Orange, Fresh GS (PK)	3 wedges	23	0	0	1.15	0.05	19.2	108	25.54	*N/A*	0.45	5.64	0.06	0.01	*N/A*
Milk, Lowfat White (PK)	6 oz	90	7	113	0.00	0.00	262.5	375	1.8	11	7.5	10.5	1.87	1.12	0.00
Milk, Nonfat White (PK)	6 oz	67	3	90	0.00	0.00	225.0	375	1.8	9	6.75	9.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		819	60	1281	9.80	5.16	1156.2	2027	38.59	*45	59.39	100.14	18.82	3.85	*0.00
% of Calories										*21.9%	29.0%	48.9%	20.7%	4.2%	*0.0%
Nutrient Guideline		517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

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Mon - 04/23/2018															
PK Lunch	Total														
Pizza, Cheese, 3x5, WG	1 each	334	30	584	3.38	1.32	471.4	455	9.63	4	18.66	30.3	16.74	7.48	0.00
Peaches, Diced (PK)	1/4 cup	34	0	3	0.80	0.23	2.0	11	1.5	*N/A*	0.28	9.13	0.02	0.00	0.00
Jicama Sticks (PK)	1/4 cup	12	0	2	1.50	0.18	5.0	0	6.6	1	0.0	3.0	0.0	0.00	0.00
Milk, Lowfat White (PK)	6 oz	90	7	113	0.00	0.00	262.5	375	1.8	11	7.5	10.5	1.87	1.12	0.00
Milk, Nonfat White (PK)	6 oz	67	3	90	0.00	0.00	225.0	375	1.8	9	6.75	9.0	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
Weighted Daily Average		758	45	1066	6.68	3.53	1565.9	2216	21.33	*44	51.19	86.93	23.64	9.10	0.00
% of Calories										*23.1%	27.0%	45.9%	28.1%	10.8%	0.0%
Nutrient Guideline		517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

Tue - 04/24/2018															
PK Lunch	Total														
Chicken Nuggets, WG, Tyson, PS	Serving (4p)	184	44	384	0.00	1.15	16.0	80	0.0	0	13.6	9.6	10.4	2.00	0.00
Apple Slices, Red 2oz, Prize	1/2c. (bag)	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
Bell Pepper Strips, Sweet (PK)	1/4 cup	7	0	1	0.48	0.10	1.6	720	29.37	1	0.23	1.39	0.07	0.01	0.00
Milk, Lowfat White (PK)	6 oz	90	7	113	0.00	0.00	262.5	375	1.8	11	7.5	10.5	1.87	1.12	0.00
Milk, Nonfat White (PK)	6 oz	67	3	90	0.00	0.00	225.0	375	1.8	9	6.75	9.0	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
BBQ Sauce packet	packet (1t bsp)	15	0	85	0.00	0.00	0.0	0	0.0	2	0.0	4.0	0.0	0.00	0.00
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
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		675	64	1248	3.48	3.24	1133.1	2703	156.72	*50	46.59	73.08	21.11	4.15	0.00
% of Calories										*29.9%	27.6%	43.3%	28.2%	5.5%	0.0%
Nutrient Guideline		517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/25/2018															
PK Lunch	Total														
Cheese Stuffed Bread Stick 2pc	2 each	600	50	980	6.00	3.60	800.0	400	0.0	8	40.0	60.0	22.0	12.00	0.00
Sauce, Marinara Dipping 2.5oz	ea (2.5oz)	40	0	200	1.00	0.72	20.0	300	6.0	4	1.0	7.0	1.0	0.00	0.00
Peaches, Diced (PK)	1/4 cup	34	0	3	0.80	0.23	2.0	11	1.5	*N/A*	0.28	9.13	0.02	0.00	0.00
Salad, Caesar w/Crouton, (PK)	svg (1/2c)	29	1	79	0.81	0.47	18.8	2443	0.98	0	0.63	3.07	1.38	0.19	0.00
Milk, Lowfat White (PK)	6 oz	90	7	113	0.00	0.00	262.5	375	1.8	11	7.5	10.5	1.87	1.12	0.00
Milk, Nonfat White (PK)	6 oz	67	3	90	0.00	0.00	225.0	375	1.8	9	6.75	9.0	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
Weighted Daily Average		1081	66	1740	9.62	6.82	1928.3	4904	12.08	*52	74.15	123.70	31.28	13.81	0.00
% of Calories										*19.1%	27.4%	45.8%	26.0%	11.5%	0.0%
Nutrient Guideline		517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

Thu - 04/26/2018															
PK Lunch	Total														
Chicken Drumstick, Breaded, Ty	1 each	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	2.50	0.00
Potatoes, Fr Fries Seasoned	1/2 cup	130	0	340	2.00	0.72	0.0	0	2.4	0	2.0	17.0	6.0	1.00	0.00
Roll, Dinner WG 2 oz	1 ea	180	0	260	5.00	1.80	80.0	0	9.0	*N/A*	5.0	37.0	2.5	0.00	0.00
Orange, Fresh GS (PK)	3 wedges	23	0	0	1.15	0.05	19.2	108	25.54	*N/A*	0.45	5.64	0.06	0.01	*N/A*
Milk, Lowfat White (PK)	6 oz	90	7	113	0.00	0.00	262.5	375	1.8	11	7.5	10.5	1.87	1.12	0.00
Milk, Nonfat White (PK)	6 oz	67	3	90	0.00	0.00	225.0	375	1.8	9	6.75	9.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		910	65	1628	10.15	5.45	1206.7	2058	40.53	*41	55.70	112.14	26.43	5.13	*0.00
% of Calories										*18.2%	24.5%	49.3%	26.1%	5.1%	*0.0%
Nutrient Guideline		517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

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NLMUSD

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

PK Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/27/2018															
PK Lunch	Total														
Burger, Cheesy Patty Melt	1 each	190	40	390	1.00	1.44	60.0	200	9.0	5	11.0	8.0	12.0	6.00	0.50
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
Orange, Fresh GS (PK)	3 wedges	23	0	0	1.15	0.05	19.2	108	25.54	*N/A*	0.45	5.64	0.06	0.01	*N/A*
Beans, Refried Salsa, PK 2018	1/4 cup	54	0	89	2.65	0.79	9.5	69	0.45	*0	2.69	9.0	0.89	0.22	0.00
Milk, Lowfat White (PK)	6 oz	90	7	113	0.00	0.00	262.5	375	1.8	11	7.5	10.5	1.87	1.12	0.00
Milk, Nonfat White (PK)	6 oz	67	3	90	0.00	0.00	225.0	375	1.8	9	6.75	9.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		809	55	1381	7.80	5.52	1216.2	2227	47.59	*50	51.39	99.14	21.82	8.35	*0.50
% of Calories										*24.7%	25.4%	49.0%	24.3%	9.3%	*0.6%
Nutrient Guideline		517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

Mon - 04/30/2018															
PK Lunch	Total														
Beef Taco Meat, JTM Tex	3 oz	181	42	415	0.00	2.48	29.8	482	1.24	0	14.88	1.24	12.4	4.59	0.74
Cheese, Cheddar, Shredded .5oz	svg (.5oz)	55	15	105	0.00	0.18	100.0	200	0.0	0	3.5	0.5	4.5	3.00	0.00
Taco Shell	1 ea	70	0	160	2.00	0.00	0.0	0	0.0	0	1.0	9.0	3.0	0.00	0.00
Peaches, Diced (PK)	1/4 cup	34	0	3	0.80	0.23	2.0	11	1.5	*N/A*	0.28	9.13	0.02	0.00	0.00
Jicama Sticks (PK)	1/4 cup	12	0	2	1.50	0.18	5.0	0	6.6	1	0.0	3.0	0.0	0.00	0.00
Milk, Lowfat White (PK)	6 oz	90	7	113	0.00	0.00	262.5	375	1.8	11	7.5	10.5	1.87	1.12	0.00
Milk, Nonfat White (PK)	6 oz	67	3	90	0.00	0.00	225.0	375	1.8	9	6.75	9.0	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
Weighted Daily Average		730	72	1162	5.30	4.87	1224.3	2443	12.94	*40	51.90	67.37	26.79	9.21	0.74
% of Calories										*21.9%	28.4%	36.9%	33.0%	11.4%	0.9%
Nutrient Guideline		517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

Weighted Average		785	58	1282	6.55	4.31	1343.1	2826	51.52	*46	52.94	91.13	22.69	7.01	*0.62
										*52.4%	27.0%	46.5%	26.0%	8.0%	*0.7%

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	785		517	152%													
Cholesterol (mg)	58																
Sodium (mg)	1282								1282								
Fiber (g)	6.55																
Iron (mg)	4.31		3.30	131%													
Calcium (mg)	1343.1		267.00	503%													
Vitamin A (IU)	2826		750	377%													
Sugars (g)	46	23.30%			Missing												
Vitamin C (mg)	51.52		15.00	343%													
Protein (g)	52.94	26.98%	6.65	796%													
Carbohydrate (g)	91.13	46.45%															
Total Fat (g)	22.69	26.03%	<=30.00%														
Saturated Fat (g)	7.01	8.04%	<10.00%														
Trans Fat ¹ (g)	0.62	0.71%			Missing												

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