

**NLMUSD**

**May 1, 2018 thru Jun 5, 2018**

Base Menu Spreadsheet

Elem Lunch K-5

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)
Tue - 05/01/2018															
Elem Lunch K-5	Total														
Corn Dog, Chic, WG LF	1 each	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	0.00
Grilled Cheese Sandw, WG, Intg	each	280	32	581	3.00	1.64	465.9	524	0.0	6	18.55	31.0	9.91	5.56	0.00
Chef Tky Salad & Roll (no chz)	1 each	208	20	505	3.88	2.19	69.1	6126	18.79	5	13.94	33.44	2.5	0.25	0.00
Cheese, Cheddar Stick	1 each	110	25	200	0.00	0.00	200.0	200	0.0	0	7.0	0.0	9.0	6.00	0.00
Crackers, Whole Wheat	each (pkg)	90	0	180	1.00	3.60	20.0	0	0.0	2	2.0	14.0	2.5	0.00	0.00
Grapes, Red, Seedless	svrg(bag)	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.0	0.0	0.00	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
Cucumber Slices, Fresh	1/2 cup	9	0	2	0.53	0.17	10.6	54	2.41	1	0.44	1.63	0.12	0.01	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	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	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
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
Weighted Daily Average		1884	389	4039	20.08	13.60	2291.4	23959	63.26	*94	112.08	216.20	62.67	21.19	*0.00
% of Calories										*20.0%	23.8%	45.9%	29.9%	10.1%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 05/02/2018															
Elem Lunch K-5	Total														
Pizza Stick, Pepperoni WG	1 each	240	25	500	3.00	1.80	150.0	400	3.6	3	11.0	29.0	9.0	4.50	0.00
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
Greek Yogurt & Granola	1 each	215	5	110	2.00	0.72	120.0	0	1.2	19	13.0	34.0	3.5	0.00	0.00
Sunflower Seeds	1 each	170	0	88	2.50	1.08	20.0	10	0.0	2	5.0	6.5	14.75	1.55	0.00
Peaches, Diced	1/2 cup	68	0	6	1.60	0.46	4.0	22	3.0	*N/A*	0.56	18.26	0.04	0.00	0.00
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Jicama Sticks	1/2 cup	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	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
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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

\*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**

**May 1, 2018 thru Jun 5, 2018**

Base Menu Spreadsheet

Elem Lunch K-5

Portion Values - Detailed

Page 2

Generated on: 4/16/2018 11:29:08 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		1863	137	2827	20.47	10.67	2142.7	7915	47.86	*86	109.53	222.39	61.90	16.84	0.00
% of Calories										*18.6%	23.5%	47.7%	29.9%	8.1%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 05/03/2018															
Elem Lunch K-5															
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	svg (8ea)	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	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
Sunflowers & Nature Valley Bar	1 each	360	0	268	4.50	1.80	20.0	10	0.0	13	8.0	35.5	21.75	2.55	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
Cheese, Cheddar Stick	1 each	110	25	200	0.00	0.00	200.0	200	0.0	0	7.0	0.0	9.0	6.00	0.00
Strawberries, Fresh	1/2 cup	29	0	1	1.81	0.37	14.5	11	53.34	*N/A*	0.61	6.97	0.27	0.01	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
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	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 White	cup (8oz)	90	4	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	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	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	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
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
Weighted Daily Average		2709	204	5282	29.88	14.07	2066.0	35925	155.63	*96	130.42	314.93	105.73	22.65	*0.00
% of Calories										*14.1%	19.3%	46.5%	35.1%	7.5%	*0.0%
Nutrient Guideline		550-650		1230										<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 - 05/04/2018															
Elem Lunch K-5	Total														
Cheeseburger Sliders, DL2	pkg	272	45	355	2.60	5.04	820.0	100	0.0	3	19.7	31.3	7.8	2.90	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
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
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
Cheese, Light Mozz String	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Fruit, Mixed	1/2 cup	59	0	5	0.98	0.35	0.0	98	3.54	12	0.0	14.75	0.0	0.00	0.00
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Beans, Refried Salsa, 2018	1/2 cup	108	0	177	5.29	1.58	19.0	138	0.9	*1	5.37	18.01	1.78	0.44	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 White	cup (8oz)	90	4	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	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
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
Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00	0.00
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
Weighted Daily Average		2169	233	4779	23.45	16.33	3094.8	24570	67.12	*94	146.98	210.41	80.69	20.83	*0.00
% of Calories										*17.4%	27.1%	38.8%	33.5%	8.6%	*0.0%
Nutrient Guideline		550-650		1230										<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 - 05/07/2018															
Elem Lunch K-5	Total														
Burrito, Bean & Chz, WG	1 each	380	25	550	7.00	3.60	300.0	200	3.6	3	17.0	45.0	15.0	6.00	0.00
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
Greek Yogurt & Granola	1 each	215	5	110	2.00	0.72	120.0	0	1.2	19	13.0	34.0	3.5	0.00	0.00
Cheese, Light Mozz String	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Crackers, Graham, Annie's	each (pkg)	160	0	110	3.00	1.08	250.0	0	0.0	9	3.0	25.0	6.0	0.50	0.00
Apple Chips, Tree Top	1 each	40	0	0	2.00	0.00	0.0	0	1.2	6	0.0	10.0	0.0	0.00	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 Sticks	1/2 cup	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	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
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
Weighted Daily Average		2388	145	4354	32.02	*13.39	*2846.9	*17465	*61.11	*110	115.19	272.37	94.84	30.25	*8.32
% of Calories										*18.5%	19.3%	45.6%	35.7%	11.4%	*3.1%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 05/08/2018															
Elem Lunch K-5	Total														
Chicken Tenders, WG, Tyson	svg (3pc)	250	60	410	2.00	1.44	20.0	0	0.0	1	25.0	15.0	10.0	1.50	0.00
Grilled Cheese Sandw, WG, Intg	each	280	32	581	3.00	1.64	465.9	524	0.0	6	18.55	31.0	9.91	5.56	0.00
Chef Tky Salad & Roll (no chz)	1 each	208	20	505	3.88	2.19	69.1	6126	18.79	5	13.94	33.44	2.5	0.25	0.00
Cheese, Cheddar Stick	1 each	110	25	200	0.00	0.00	200.0	200	0.0	0	7.0	0.0	9.0	6.00	0.00
Crackers, Whole Wheat	each (pkg)	90	0	180	1.00	3.60	20.0	0	0.0	2	2.0	14.0	2.5	0.00	0.00
Grapes, Red, Seedless	svrg(bag)	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.0	0.0	0.00	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
Cucumber Slices, Fresh	1/2 cup	9	0	2	0.53	0.17	10.6	54	2.41	1	0.44	1.63	0.12	0.01	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	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
Ketchup, Bulk	1 TBSP	20	0	160	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	0.0	0.00	0.00
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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

\*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.

**NLMUSD**

**May 1, 2018 thru Jun 5, 2018**

Base Menu Spreadsheet

Elem Lunch K-5

Portion Values - Detailed

Page 5

Generated on: 4/16/2018 11:29:08 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		1899	409	4034	17.08	13.24	2231.4	23959	64.46	*88	128.08	203.20	64.67	20.19	*0.00
% of Calories										*18.6%	27.0%	42.8%	30.7%	9.6%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 05/09/2018															
	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)
Elem Lunch K-5	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
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
Greek Yogurt & Granola	1 each	215	5	110	2.00	0.72	120.0	0	1.2	19	13.0	34.0	3.5	0.00	0.00
Sunflower Seeds	1 each	170	0	88	2.50	1.08	20.0	10	0.0	2	5.0	6.5	14.75	1.55	0.00
Peaches, Diced	1/2 cup	68	0	6	1.60	0.46	4.0	22	3.0	*N/A*	0.56	18.26	0.04	0.00	0.00
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Jicama Sticks	1/2 cup	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	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
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
Weighted Daily Average		1968	147	2976	20.85	10.27	2465.6	7970	54.26	*87	118.54	223.96	70.18	20.02	0.00
% of Calories										*17.8%	24.1%	45.5%	32.1%	9.2%	0.0%
Nutrient Guideline		550-650		1230										<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.

**NLMUSD**

**May 1, 2018 thru Jun 5, 2018**

Base Menu Spreadsheet

Elem Lunch K-5

Portion Values - Detailed

Page 6

Generated on: 4/16/2018 11:29:08 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 <sup>1</sup> (g)
Thu - 05/10/2018															
Elem Lunch K-5	Total														
Chili Cheese Cross Trax Fries	1 Serving	277	62	572	2.00	1.53	89.4	199	6.0	2	20.73	24.25	10.72	3.48	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
Sunflowers & Nature Valley Bar	1 each	360	0	268	4.50	1.80	20.0	10	0.0	13	8.0	35.5	21.75	2.55	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
Cheese, Cheddar Stick	1 each	110	25	200	0.00	0.00	200.0	200	0.0	0	7.0	0.0	9.0	6.00	0.00
Strawberries, Fresh	1/2 cup	29	0	1	1.81	0.37	14.5	11	53.34	*N/A*	0.61	6.97	0.27	0.01	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
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	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 White	cup (8oz)	90	4	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	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	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
Weighted Daily Average		2656	217	4994	28.88	14.52	2135.4	35924	158.03	*96	133.15	315.17	99.45	22.63	*0.00
% of Calories										*14.4%	20.0%	47.5%	33.7%	7.7%	*0.0%
Nutrient Guideline		550-650		1230										<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 - 05/11/2018															
Elem Lunch K-5	Total														
Sandwich, Pork Rib BQ (Recipe)	1 each	336	45	703	3.00	2.04	57.0	303	9.0	*5	17.0	38.28	12.0	3.80	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
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
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
Cheese, Light Mozz String	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Fruit, Mixed	1/2 cup	59	0	5	0.98	0.35	0.0	98	3.54	12	0.0	14.75	0.0	0.00	0.00
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Beans, Refried Salsa, 2018	1/2 cup	108	0	177	5.29	1.58	19.0	138	0.9	*1	5.37	18.01	1.78	0.44	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 White	cup (8oz)	90	4	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	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
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
Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00	0.00
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
Weighted Daily Average		2233	233	5127	23.85	13.33	2331.8	24773	76.11	*96	144.28	217.40	84.89	21.73	*0.00
% of Calories										*17.2%	25.8%	38.9%	34.2%	8.8%	*0.0%
Nutrient Guideline		550-650		1230										<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**

**May 1, 2018 thru Jun 5, 2018**

Base Menu Spreadsheet

Elem Lunch K-5

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 - 05/14/2018															
Elem Lunch K-5	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
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
Greek Yogurt & Granola	1 each	215	5	110	2.00	0.72	120.0	0	1.2	19	13.0	34.0	3.5	0.00	0.00
Cheese, Light Mozz String	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Crackers, Graham, Annie's	each (pkg)	160	0	110	3.00	1.08	250.0	0	0.0	9	3.0	25.0	6.0	0.50	0.00
Apple Chips, Tree Top	1 each	40	0	0	2.00	0.00	0.0	0	1.2	6	0.0	10.0	0.0	0.00	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 Sticks	1/2 cup	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	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
Salsa, Molcajete Roja	svrg (2T)	10	0	180	1.00	0.00	0.0	400	21.0	1	0.0	2.0	0.0	0.00	0.00
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
Weighted Daily Average		2328	155	4684	29.02	*10.87	*2606.9	*19415	*79.71	*109	108.19	257.37	97.84	25.75	*8.32
% of Calories										*18.8%	18.6%	44.2%	37.8%	10.0%	*3.2%
Nutrient Guideline		550-650		1230										<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 - 05/15/2018															
Elem Lunch K-5	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
Grilled Cheese Sandw, WG, Intg	1 each	280	32	581	3.00	1.64	465.9	524	0.0	6	18.55	31.0	9.91	5.56	0.00
Chef Tky Salad & Roll (no chz)	1 each	208	20	505	3.88	2.19	69.1	6126	18.79	5	13.94	33.44	2.5	0.25	0.00
Cheese, Cheddar Stick	1 each	110	25	200	0.00	0.00	200.0	200	0.0	0	7.0	0.0	9.0	6.00	0.00
Crackers, Whole Wheat	each (pkg)	90	0	180	1.00	3.60	20.0	0	0.0	2	2.0	14.0	2.5	0.00	0.00
Grapes, Red, Seedless	svrg(bag)	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.0	0.0	0.00	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
Cucumber Slices, Fresh	1/2 cup	9	0	2	0.53	0.17	10.6	54	2.41	1	0.44	1.63	0.12	0.01	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	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
Weighted Daily Average		1909	389	3754	16.08	12.52	2211.4	23859	64.46	*97	117.08	229.20	58.67	19.19	*0.00
% of Calories										*20.3%	24.5%	48.0%	27.7%	9.0%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 05/16/2018															
Elem Lunch K-5	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
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
Greek Yogurt & Granola	1 each	215	5	110	2.00	0.72	120.0	0	1.2	19	13.0	34.0	3.5	0.00	0.00
Sunflower Seeds	1 each	170	0	88	2.50	1.08	20.0	10	0.0	2	5.0	6.5	14.75	1.55	0.00
Peaches, Diced	1/2 cup	68	0	6	1.60	0.46	4.0	22	3.0	*N/A*	0.56	18.26	0.04	0.00	0.00
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Jicama Sticks	1/2 cup	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	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
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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

\*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.

NLMUSD

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

Elem Lunch K-5

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)
Weighted Daily Average		1968	147	2976	20.85	10.27	2465.6	7970	54.26	*87	118.54	223.96	70.18	20.02	0.00
% of Calories										*17.8%	24.1%	45.5%	32.1%	9.2%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 05/17/2018															
	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)
Elem Lunch K-5	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	svg (8ea)	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	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
Sunflowers & Nature Valley Bar	1 each	360	0	268	4.50	1.80	20.0	10	0.0	13	8.0	35.5	21.75	2.55	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
Cheese, Cheddar Stick	1 each	110	25	200	0.00	0.00	200.0	200	0.0	0	7.0	0.0	9.0	6.00	0.00
Strawberries, Fresh	1/2 cup	29	0	1	1.81	0.37	14.5	11	53.34	*N/A*	0.61	6.97	0.27	0.01	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
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	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 White	cup (8oz)	90	4	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	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	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	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
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
Weighted Daily Average		2709	204	5282	29.88	14.07	2066.0	35925	155.63	*96	130.42	314.93	105.73	22.65	*0.00
% of Calories										*14.1%	19.3%	46.5%	35.1%	7.5%	*0.0%
Nutrient Guideline		550-650		1230										<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 - 05/18/2018															
Elem Lunch K-5	Total														
Cheeseburger on WG Bun (DL)	1 each	311	50	755	2.40	2.84	131.0	164	9.0	4	20.1	30.5	12.8	5.50	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
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
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
Cheese, Light Mozz String	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Fruit, Mixed	1/2 cup	59	0	5	0.98	0.35	0.0	98	3.54	12	0.0	14.75	0.0	0.00	0.00
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Beans, Refried Salsa, 2018	1/2 cup	108	0	177	5.29	1.58	19.0	138	0.9	*1	5.37	18.01	1.78	0.44	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 White	cup (8oz)	90	4	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	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
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
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
Weighted Daily Average		2148	234	5127	23.25	14.13	2405.8	24634	76.12	*95	147.38	208.62	78.94	23.43	*0.00
% of Calories										*17.6%	27.4%	38.8%	33.1%	9.8%	*0.0%
Nutrient Guideline		550-650		1230										<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.

**NLMUSD**

**May 1, 2018 thru Jun 5, 2018**

Base Menu Spreadsheet

Elem Lunch K-5

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 - 05/21/2018															
Elem Lunch K-5	Total														
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
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
Greek Yogurt & Granola	1 each	215	5	110	2.00	0.72	120.0	0	1.2	19	13.0	34.0	3.5	0.00	0.00
Cheese, Light Mozz String	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Crackers, Graham, Annie's	each (pkg)	160	0	110	3.00	1.08	250.0	0	0.0	9	3.0	25.0	6.0	0.50	0.00
Apple Chips, Tree Top	1 each	40	0	0	2.00	0.00	0.0	0	1.2	6	0.0	10.0	0.0	0.00	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 Sticks	1/2 cup	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	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
Salsa, Molcajete Roja	svrg (2T)	10	0	180	1.00	0.00	0.0	400	21.0	1	0.0	2.0	0.0	0.00	0.00
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
Weighted Daily Average		2328	150	4404	31.02	*13.39	*2626.9	*17865	*79.71	*109	116.20	269.37	89.84	26.75	*8.32
% of Calories										*18.8%	20.0%	46.3%	34.7%	10.3%	*3.2%
Nutrient Guideline		550-650		1230										<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 - 05/22/2018															
Elem Lunch K-5	Total														
Chicken Double Dogs	svrg (2 ct)	260	30	449	2.00	5.00	132.0	55	0.0	3	15.0	31.5	8.0	2.00	0.00
Grilled Cheese Sandw, WG, Intg	1 each	280	32	581	3.00	1.64	465.9	524	0.0	6	18.55	31.0	9.91	5.56	0.00
Chef Tky Salad & Roll (no chz)	1 each	208	20	505	3.88	2.19	69.1	6126	18.79	5	13.94	33.44	2.5	0.25	0.00
Cheese, Cheddar Stick	1 each	110	25	200	0.00	0.00	200.0	200	0.0	0	7.0	0.0	9.0	6.00	0.00
Crackers, Whole Wheat	each (pkg)	90	0	180	1.00	3.60	20.0	0	0.0	2	2.0	14.0	2.5	0.00	0.00
Grapes, Red, Seedless	svrg(bag)	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.0	0.0	0.00	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
Cucumber Slices, Fresh	1/2 cup	9	0	2	0.53	0.17	10.6	54	2.41	1	0.44	1.63	0.12	0.01	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	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	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
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
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
Weighted Daily Average		1914	379	4098	17.08	16.80	2343.4	24014	63.26	*94	118.08	221.70	62.67	20.69	*0.00
% of Calories										*19.6%	24.7%	46.3%	29.5%	9.7%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 05/23/2018															
Elem Lunch K-5	Total														
Pizza Stick, Pepperoni WG	1 each	240	25	500	3.00	1.80	150.0	400	3.6	3	11.0	29.0	9.0	4.50	0.00
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
Greek Yogurt & Granola	1 each	215	5	110	2.00	0.72	120.0	0	1.2	19	13.0	34.0	3.5	0.00	0.00
Sunflower Seeds	1 each	170	0	88	2.50	1.08	20.0	10	0.0	2	5.0	6.5	14.75	1.55	0.00
Peaches, Diced	1/2 cup	68	0	6	1.60	0.46	4.0	22	3.0	*N/A*	0.56	18.26	0.04	0.00	0.00
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Jicama Sticks	1/2 cup	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	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
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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

\*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.

NLMUSD

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

Elem Lunch K-5

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)
Weighted Daily Average		1863	137	2827	20.47	10.67	2142.7	7915	47.86	*86	109.53	222.39	61.90	16.84	0.00
% of Calories										*18.6%	23.5%	47.7%	29.9%	8.1%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 05/24/2018															
	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)
Elem Lunch K-5	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	srvgs (1/2c)	70	0	15	1.00	0.20	7.3	2	31.57	1	1.0	16.0	0.5	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
Sunflowers & Nature Valley Bar	1 each	360	0	268	4.50	1.80	20.0	10	0.0	13	8.0	35.5	21.75	2.55	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
Cheese, Cheddar Stick	1 each	110	25	200	0.00	0.00	200.0	200	0.0	0	7.0	0.0	9.0	6.00	0.00
Strawberries, Fresh	1/2 cup	29	0	1	1.81	0.37	14.5	11	53.34	*N/A*	0.61	6.97	0.27	0.01	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
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	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 White	cup (8oz)	90	4	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	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	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	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
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
Weighted Daily Average		2579	209	4997	27.88	13.91	2073.3	35827	183.60	*96	128.42	311.93	95.23	21.15	*0.00
% of Calories										*15.0%	19.9%	48.4%	33.2%	7.4%	*0.0%
Nutrient Guideline		550-650		1230										<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 - 05/25/2018															
Elem Lunch K-5	Total														
Chicken Breast Filet, Breaded	1 each	180	50	390	1.00	1.08	40.0	0	0.0	2	19.0	13.0	5.0	1.00	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
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
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
Cheese, Light Mozz String	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Fruit, Mixed	1/2 cup	59	0	5	0.98	0.35	0.0	98	3.54	12	0.0	14.75	0.0	0.00	0.00
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Beans, Refried Salsa, 2018	1/2 cup	108	0	177	5.29	1.58	19.0	138	0.9	*1	5.37	18.01	1.78	0.44	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 White	cup (8oz)	90	4	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	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
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
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
Weighted Daily Average		2017	234	4762	21.85	12.37	2314.8	24470	67.12	*93	146.28	191.12	71.14	18.93	*0.00
% of Calories										*18.4%	29.0%	37.9%	31.7%	8.4%	*0.0%
Nutrient Guideline		550-650		1230										<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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/29/2018															
Elem Lunch K-5	Total														
Chicken Chunks, Tyson, (5pc)	Serving (5p)	230	55	480	0.00	1.44	20.0	100	0.0	0	17.0	12.0	13.0	2.50	0.00
Grilled Cheese Sandw, WG, Intg	1 each	280	32	581	3.00	1.64	465.9	524	0.0	6	18.55	31.0	9.91	5.56	0.00
Chef Tky Salad & Roll (no chz)	1 each	208	20	505	3.88	2.19	69.1	6126	18.79	5	13.94	33.44	2.5	0.25	0.00
Cheese, Cheddar Stick	1 each	110	25	200	0.00	0.00	200.0	200	0.0	0	7.0	0.0	9.0	6.00	0.00
Crackers, Whole Wheat	each (pkg)	90	0	180	1.00	3.60	20.0	0	0.0	2	2.0	14.0	2.5	0.00	0.00
Grapes, Red, Seedless	srvg(bag)	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.0	0.0	0.00	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
Cucumber Slices, Fresh	1/2 cup	9	0	2	0.53	0.17	10.6	54	2.41	1	0.44	1.63	0.12	0.01	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	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	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
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
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
Weighted Daily Average		1884	404	4129	15.08	13.24	2231.4	24059	63.26	*91	120.08	202.20	67.67	21.18	*0.00
% of Calories										*19.3%	25.5%	42.9%	32.3%	10.1%	*0.0%
Nutrient Guideline		550-650		1230										<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)
Wed - 05/30/2018															
Elem Lunch K-5	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
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
Greek Yogurt & Granola	1 each	215	5	110	2.00	0.72	120.0	0	1.2	19	13.0	34.0	3.5	0.00	0.00
Sunflower Seeds	1 each	170	0	88	2.50	1.08	20.0	10	0.0	2	5.0	6.5	14.75	1.55	0.00
Peaches, Diced	1/2 cup	68	0	6	1.60	0.46	4.0	22	3.0	*N/A*	0.56	18.26	0.04	0.00	0.00
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Jicama Sticks	1/2 cup	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	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
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
Weighted Daily Average		2263	162	3507	24.47	13.19	2812.7	8215	50.26	*95	139.53	260.40	75.90	24.34	0.00
% of Calories										*16.9%	24.7%	46.0%	30.2%	9.7%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 05/31/2018															
Elem Lunch K-5	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
Sunflowers & Nature Valley Bar	1 each	360	0	268	4.50	1.80	20.0	10	0.0	13	8.0	35.5	21.75	2.55	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
Cheese, Cheddar Stick	1 each	110	25	200	0.00	0.00	200.0	200	0.0	0	7.0	0.0	9.0	6.00	0.00
Strawberries, Fresh	1/2 cup	29	0	1	1.81	0.37	14.5	11	53.34	*N/A*	0.61	6.97	0.27	0.01	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
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	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 White	cup (8oz)	90	4	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	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	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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

\*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**

**May 1, 2018 thru Jun 5, 2018**

Base Menu Spreadsheet

Elem Lunch K-5

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)
Weighted Daily Average		2699	204	5212	29.88	14.79	2066.0	35825	154.43	*94	130.42	312.93	105.73	22.65	*0.00
% of Calories										*13.9%	19.3%	46.4%	35.3%	7.6%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 06/01/2018															
Elem Lunch K-5	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
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
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
Cheese, Light Mozz String	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Fruit, Mixed	1/2 cup	59	0	5	0.98	0.35	0.0	98	3.54	12	0.0	14.75	0.0	0.00	0.00
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Beans, Refried Salsa, 2018	1/2 cup	108	0	177	5.29	1.58	19.0	138	0.9	*1	5.37	18.01	1.78	0.44	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 White	cup (8oz)	90	4	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	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
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
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
Weighted Daily Average		2027	224	4762	21.85	12.73	2334.8	24670	76.12	*96	138.29	186.12	78.14	23.93	*0.50
% of Calories										*18.9%	27.3%	36.7%	34.7%	10.6%	*0.2%
Nutrient Guideline		550-650		1230										<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)
Mon - 06/04/2018															
Elem Lunch K-5	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
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
Greek Yogurt & Granola	1 each	215	5	110	2.00	0.72	120.0	0	1.2	19	13.0	34.0	3.5	0.00	0.00
Cheese, Light Mozz String	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Crackers, Graham, Annie's	each (pkg)	160	0	110	3.00	1.08	250.0	0	0.0	9	3.0	25.0	6.0	0.50	0.00
Apple Chips, Tree Top	1 each	40	0	0	2.00	0.00	0.0	0	1.2	6	0.0	10.0	0.0	0.00	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 Sticks	1/2 cup	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	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
Salsa, Molcajete Roja	svrg (2T)	10	0	180	1.00	0.00	0.0	400	21.0	1	0.0	2.0	0.0	0.00	0.00
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
Weighted Daily Average		2324	177	4664	28.03	*12.45	*2676.7	*18348	*79.75	*108	117.57	240.11	99.73	31.84	*9.06
% of Calories										*18.6%	20.2%	41.3%	38.6%	12.3%	*3.5%
Nutrient Guideline		550-650		1230										<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.

**NLMUSD**

**May 1, 2018 thru Jun 5, 2018**

Base Menu Spreadsheet

Elem Lunch K-5

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)
Tue - 06/05/2018															
Elem Lunch K-5	Total														
Corn Dog, Chic, WG LF	1 each	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	0.00
Grilled Cheese Sandw, WG, Intg	each	280	32	581	3.00	1.64	465.9	524	0.0	6	18.55	31.0	9.91	5.56	0.00
Chef Tky Salad & Roll (no chz)	1 each	208	20	505	3.88	2.19	69.1	6126	18.79	5	13.94	33.44	2.5	0.25	0.00
Cheese, Cheddar Stick	1 each	110	25	200	0.00	0.00	200.0	200	0.0	0	7.0	0.0	9.0	6.00	0.00
Crackers, Whole Wheat	each (pkg)	90	0	180	1.00	3.60	20.0	0	0.0	2	2.0	14.0	2.5	0.00	0.00
Grapes, Red, Seedless	srvg(bag)	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.0	0.0	0.00	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
Cucumber Slices, Fresh	1/2 cup	9	0	2	0.53	0.17	10.6	54	2.41	1	0.44	1.63	0.12	0.01	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	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	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
-- Teacher's Salads --	.	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
Weighted Daily Average		1884	389	4039	20.08	13.60	2291.4	23959	63.26	*94	112.08	216.20	62.67	21.19	*0.00
% of Calories										*20.0%	23.8%	45.9%	29.9%	10.1%	*0.0%
Nutrient Guideline		550-650		1230											<10.00

Weighted Average		2185	236	4305	23.73	*13.14	*2371.0	*22377	*84.27	*96	125.45	242.58	80.28	22.27	*1.38
										*39.4%	23.0%	44.4%	33.1%	9.2%	*0.6%

\*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.

**NLMUSD**

**May 1, 2018 thru Jun 5, 2018**

Base Menu Spreadsheet

Elem Lunch K-5

Portion Values - Detailed

Page 21

Generated on: 4/16/2018 11:29:09 AM

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	2185		550 - 650	336%				1535	Correction Required - Calories too High								
Cholesterol (mg)	236																
Sodium (mg)	4305		1230					3075	Correction Required - Sodium too High								
Fiber (g)	23.73																
Iron (mg)	13.14				Missing												
Calcium (mg)	2371.0				Missing												
Vitamin A (IU)	22377				Missing												
Sugars (g)	96	17.50%			Missing												
Vitamin C (mg)	84.27				Missing												
Protein (g)	125.45	22.97%															
Carbohydrate (g)	242.58	44.42%															
Total Fat (g)	80.28	33.07%															
Saturated Fat (g)	22.27	9.18%	<10.00%														
Trans Fat <sup>1</sup> (g)	1.38	0.57%			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  
 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.