

**NLMUSD**

**May 1, 2018 thru Jun 12, 2018**

Base Menu Spreadsheet

HS Food Court-Deli Stop

Portion Values - Detailed

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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 <sup>1</sup> (g)	
Tue - 05/01/2018																
HS Food Court-Deli Stop																
	Total															
	Salad, Turkey Chef & Roll	282	243	945	2.67	2.02	129.9	8945	30.35	*1	23.12	13.95	15.62	3.83	*0.00	
	Yogurt Parfait, Berry&Gran. HS	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00	
	Sandwich, TrkyPepjrjack Wedge	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00	
	Sandwich, TkyHamChz Wedge	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00	
	Sandwich, Italian Combo Sub	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00	
	Chips, Doritos RF, Nacho Chz	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00	
	Sandwich, PBj Uncrustable, Lg	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	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
	Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00
	Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
	Jicama w/Lemon Juice & Tajin	1/2 cup	35	0	261	3.73	0.45	12.4	0	27.33	1	0.0	7.45	0.0	0.00	0.00
	Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
	Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Canned, Variety	1/2 cup svg	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
	Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
	Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
	Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00
	Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
	Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
	Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
	Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
	Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
	Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
	Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
	Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
	Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
	Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
	Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
	Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
	Weighted Daily Average	3927	475	7400	49.67	31.26	2446.7	25126	256.41	*215	170.36	515.15	139.03	31.64	*0.00	
	% of Calories									*21.9%	17.4%	52.5%	31.9%	7.3%	*0.0%	
	Nutrient Guideline	750-850		1420										<10.00		

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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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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 <sup>1</sup> (g)
Wed - 05/02/2018															
HS Food Court-Deli Stop	Total														
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
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, 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
Sandwich, TkyHamChz Wedge	1 each	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
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
Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Sandwich, PBJ Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Salad, Garden (HS)	1 cup	62	6	218	0.69	0.44	40.0	1581	5.73	*0	1.3	4.52	4.19	0.57	*0.00
Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Canned, Variety	1/2 cup svq	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average		3941	310	7414	44.31	30.15	2500.8	21151	225.07	*214	172.12	501.75	145.88	33.81	*0.00
% of Calories										*21.7%	17.5%	50.9%	33.3%	7.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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**May 1, 2018 thru Jun 12, 2018**

Base Menu Spreadsheet

HS Food Court-Deli Stop

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)
Thu - 05/03/2018															
HS Food Court-Deli Stop															
	Total														
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
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, 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
Sandwich, TkyHamChz Wedge	1 each	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
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
Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Sandwich, PBj Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Jicama w/Lemon Juice & Tajin	1/2 cup	35	0	261	3.73	0.45	12.4	0	27.33	1	0.0	7.45	0.0	0.00	0.00
Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Canned, Variety	1/2 cup svg	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average		4100	281	7664	52.78	32.30	2379.5	29679	264.45	*214	169.13	554.35	141.75	31.08	*0.00
% of Calories										*20.8%	16.5%	54.1%	31.1%	6.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Fri - 05/04/2018															
HS Food Court-Deli Stop	Total														
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
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, 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
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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
Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Sandwich, PBJ Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Salad, Garden (HS)	1 cup	62	6	218	0.69	0.44	40.0	1581	5.73	*0	1.3	4.52	4.19	0.57	*0.00
Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Canned, Variety	1/2 cup svq	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average		3941	310	7414	44.31	30.15	2500.8	21151	225.07	*214	172.12	501.75	145.88	33.81	*0.00
% of Calories										*21.7%	17.5%	50.9%	33.3%	7.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**NLMUSD**

**May 1, 2018 thru Jun 12, 2018**

Base Menu Spreadsheet

HS Food Court-Deli Stop

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)
Mon - 05/07/2018															
HS Food Court-Deli Stop															
	Total														
	Salad, Greek w/ Hummus& Pretzl	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. HS	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
	Sandwich, TrkyPeprjack Wedge	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
	Sandwich, TkyHamChz Wedge	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
	Sandwich, Italian Combo Sub	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
	Chips, Doritos RF, Nacho Chz	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
	Sandwich, PBJ Uncrustable, Lg	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
	Salad, Garden (HS)	62	6	218	0.69	0.44	40.0	1581	5.73	*0	1.3	4.52	4.19	0.57	*0.00
	Frijoles de la Olla	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00
	Carrots, Baby	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
	Corn, Canned	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
	Fruit, Fresh, Variety	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Fresh, Variety	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Canned, Variety	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
	Fruit Cup, Orange, NuHealth	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
	Fruit Cup, Pineapple, NuHealth	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
	Juice, Juicy, Variety 6.75 oz	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	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	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	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	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
	Mayonnaise	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
	Mustard, Prepared, Bulk	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
	Pickle Chips, Dill	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
	Tomato, Fresh Sliced	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
	Lettuce, Shredded 1/2c	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
	Ranch Dressing - HS recipe	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
	Dressing, Italian	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
	Dressing, Thousand Island	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
	Weighted Daily Average	4223	278	8347	52.36	*31.88	*2565.6	*21812	*234.06	*221	164.72	540.92	164.13	38.92	*0.00
	% of Calories									*20.9%	15.6%	51.2%	35.0%	8.3%	*0.0%
	Nutrient Guideline	750-850		1420										<10.00	

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**NLMUSD**

**May 1, 2018 thru Jun 12, 2018**

Base Menu Spreadsheet

HS Food Court-Deli Stop

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 - 05/08/2018															
HS Food Court-Deli Stop															
	Total														
	Salad, Turkey Chef & Roll	282	243	945	2.67	2.02	129.9	8945	30.35	*1	23.12	13.95	15.62	3.83	*0.00
	Yogurt Parfait, Berry&Gran. HS	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
	Sandwich, TrkyPeprjack Wedge	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
	Sandwich, TkyHamChz Wedge	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
	Sandwich, Italian Combo Sub	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
	Chips, Doritos RF, Nacho Chz	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
	Sandwich, PBJ Uncrustable, Lg	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
	Salad, Caesar w/Crouton, small	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
	Frijoles de la Olla	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00
	Carrots, Baby	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
	Jicama w/Lemon Juice & Tajin	35	0	261	3.73	0.45	12.4	0	27.33	1	0.0	7.45	0.0	0.00	0.00
	Corn, Canned	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
	Fruit, Fresh, Variety	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Fresh, Variety	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Canned, Variety	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
	Fruit Cup, Orange, NuHealth	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
	Fruit Cup, Pineapple, NuHealth	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
	Juice, Juicy, Variety 6.75 oz	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	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	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	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	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
	Mayonnaise	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
	Mustard, Prepared, Bulk	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
	Pickle Chips, Dill	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
	Tomato, Fresh Sliced	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
	Lettuce, Shredded 1/2c	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
	Ranch Dressing - HS recipe	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
	Dressing, Italian	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
	Dressing, Thousand Island	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
	Weighted Daily Average	3927	475	7400	49.67	31.26	2446.7	25126	256.41	*215	170.36	515.15	139.03	31.64	*0.00
	% of Calories									*21.9%	17.4%	52.5%	31.9%	7.3%	*0.0%
	Nutrient Guideline	750-850		1420										<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 - 05/09/2018															
HS Food Court-Deli Stop	Total														
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
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, 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
Sandwich, TkyHamChz Wedge	1 each	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
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
Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Sandwich, PBJ Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Salad, Garden (HS)	1 cup	62	6	218	0.69	0.44	40.0	1581	5.73	*0	1.3	4.52	4.19	0.57	*0.00
Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Canned, Variety	1/2 cup svq	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average		3941	310	7414	44.31	30.15	2500.8	21151	225.07	*214	172.12	501.75	145.88	33.81	*0.00
% of Calories										*21.7%	17.5%	50.9%	33.3%	7.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**NLMUSD**

**May 1, 2018 thru Jun 12, 2018**

Base Menu Spreadsheet

HS Food Court-Deli Stop

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 - 05/10/2018															
HS Food Court-Deli Stop															
	Total														
	Salad, Asian Chx & Chw Mein N	455	48	1209	5.78	3.06	62.7	13497	38.39	*0	21.89	53.14	18.34	3.27	*0.00
	Yogurt Parfait, Berry&Gran. HS	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
	Sandwich, TrkyPepjrjack Wedge	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
	Sandwich, TkyHamChz Wedge	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
	Sandwich, Italian Combo Sub	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
	Chips, Doritos RF, Nacho Chz	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
	Sandwich, PBJ Uncrustable, Lg	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
	Salad, Caesar w/Crouton, small	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
	Frijoles de la Olla	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00
	Carrots, Baby	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
	Jicama w/Lemon Juice & Tajin	35	0	261	3.73	0.45	12.4	0	27.33	1	0.0	7.45	0.0	0.00	0.00
	Corn, Canned	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
	Fruit, Fresh, Variety	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Fresh, Variety	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Canned, Variety	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
	Fruit Cup, Orange, NuHealth	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
	Fruit Cup, Pineapple, NuHealth	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
	Juice, Juicy, Variety 6.75 oz	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	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	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	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	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
	Mayonnaise	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
	Mustard, Prepared, Bulk	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
	Pickle Chips, Dill	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
	Tomato, Fresh Sliced	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
	Lettuce, Shredded 1/2c	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
	Ranch Dressing - HS recipe	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
	Dressing, Italian	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
	Dressing, Thousand Island	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
	Weighted Daily Average	4100	281	7664	52.78	32.30	2379.5	29679	264.45	*214	169.13	554.35	141.75	31.08	*0.00
	% of Calories									*20.8%	16.5%	54.1%	31.1%	6.8%	*0.0%
	Nutrient Guideline	750-850		1420										<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 - 05/11/2018															
HS Food Court-Deli Stop	Total														
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
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, 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
Sandwich, TkyHamChz Wedge	1 each	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
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
Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Sandwich, PBJ Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Salad, Garden (HS)	1 cup	62	6	218	0.69	0.44	40.0	1581	5.73	*0	1.3	4.52	4.19	0.57	*0.00
Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Canned, Variety	1/2 cup svq	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average		3941	310	7414	44.31	30.15	2500.8	21151	225.07	*214	172.12	501.75	145.88	33.81	*0.00
% of Calories										*21.7%	17.5%	50.9%	33.3%	7.7%	*0.0%
Nutrient Guideline		750-850		1420										<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 <sup>1</sup> (g)
Mon - 05/14/2018															
HS Food Court-Deli Stop															
	Total														
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. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, 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
Sandwich, TkyHamChz Wedge	1 each	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
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
Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Sandwich, PBJ Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Salad, Garden (HS)	1 cup	62	6	218	0.69	0.44	40.0	1581	5.73	*0	1.3	4.52	4.19	0.57	*0.00
Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Canned, Variety	1/2 cup svq	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average		4223	278	8347	52.36	*31.88	*2565.6	*21812	*234.06	*221	164.72	540.92	164.13	38.92	*0.00
% of Calories										*20.9%	15.6%	51.2%	35.0%	8.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**NLMUSD**

**May 1, 2018 thru Jun 12, 2018**

Base Menu Spreadsheet

HS Food Court-Deli Stop

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 - 05/15/2018																
HS Food Court-Deli Stop																
	Total															
	Salad, Turkey Chef & Roll	282	243	945	2.67	2.02	129.9	8945	30.35	*1	23.12	13.95	15.62	3.83	*0.00	
	Yogurt Parfait, Berry&Gran. HS	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00	
	Sandwich, TrkyPeprjack Wedge	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00	
	Sandwich, TkyHamChz Wedge	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00	
	Sandwich, Italian Combo Sub	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00	
	Chips, Doritos RF, Nacho Chz	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00	
	Sandwich, PBJ Uncrustable, Lg	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	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
	Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00
	Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
	Jicama w/Lemon Juice & Tajin	1/2 cup	35	0	261	3.73	0.45	12.4	0	27.33	1	0.0	7.45	0.0	0.00	0.00
	Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
	Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Canned, Variety	1/2 cup svg	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
	Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
	Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
	Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00
	Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
	Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
	Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
	Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
	Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
	Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
	Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
	Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
	Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
	Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
	Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
	Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average		3927	475	7400	49.67	31.26	2446.7	25126	256.41	*215	170.36	515.15	139.03	31.64	*0.00	
% of Calories										*21.9%	17.4%	52.5%	31.9%	7.3%	*0.0%	
Nutrient Guideline		750-850		1420										<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 <sup>1</sup> (g)
Wed - 05/16/2018															
HS Food Court-Deli Stop	Total														
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
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, 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
Sandwich, TkyHamChz Wedge	1 each	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
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
Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Sandwich, PBJ Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Salad, Garden (HS)	1 cup	62	6	218	0.69	0.44	40.0	1581	5.73	*0	1.3	4.52	4.19	0.57	*0.00
Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Canned, Variety	1/2 cup svq	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average		3941	310	7414	44.31	30.15	2500.8	21151	225.07	*214	172.12	501.75	145.88	33.81	*0.00
% of Calories										*21.7%	17.5%	50.9%	33.3%	7.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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**NLMUSD**

**May 1, 2018 thru Jun 12, 2018**

Base Menu Spreadsheet

HS Food Court-Deli Stop

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)
Thu - 05/17/2018															
HS Food Court-Deli Stop															
	Total														
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
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, TrkyPepjrjack 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
Sandwich, TkyHamChz Wedge	1 each	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
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
Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Sandwich, PBJ Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Jicama w/Lemon Juice & Tajin	1/2 cup	35	0	261	3.73	0.45	12.4	0	27.33	1	0.0	7.45	0.0	0.00	0.00
Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Canned, Variety	1/2 cup svg	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average		4100	281	7664	52.78	32.30	2379.5	29679	264.45	*214	169.13	554.35	141.75	31.08	*0.00
% of Calories										*20.8%	16.5%	54.1%	31.1%	6.8%	*0.0%
Nutrient Guideline		750-850		1420										<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 - 05/18/2018															
HS Food Court-Deli Stop	Total														
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
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, 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
Sandwich, TkyHamChz Wedge	1 each	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
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
Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Sandwich, PBJ Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Salad, Garden (HS)	1 cup	62	6	218	0.69	0.44	40.0	1581	5.73	*0	1.3	4.52	4.19	0.57	*0.00
Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Canned, Variety	1/2 cup svq	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average		3941	310	7414	44.31	30.15	2500.8	21151	225.07	*214	172.12	501.75	145.88	33.81	*0.00
% of Calories										*21.7%	17.5%	50.9%	33.3%	7.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**NLMUSD**

**May 1, 2018 thru Jun 12, 2018**

Base Menu Spreadsheet

HS Food Court-Deli Stop

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)
Mon - 05/21/2018															
HS Food Court-Deli Stop															
	Total														
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. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, 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
Sandwich, TkyHamChz Wedge	1 each	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
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
Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Sandwich, PBJ Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Salad, Garden (HS)	1 cup	62	6	218	0.69	0.44	40.0	1581	5.73	*0	1.3	4.52	4.19	0.57	*0.00
Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Canned, Variety	1/2 cup svq	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average		4223	278	8347	52.36	*31.88	*2565.6	*21812	*234.06	*221	164.72	540.92	164.13	38.92	*0.00
% of Calories										*20.9%	15.6%	51.2%	35.0%	8.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**NLMUSD**

**May 1, 2018 thru Jun 12, 2018**

Base Menu Spreadsheet

HS Food Court-Deli Stop

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 - 05/22/2018																
HS Food Court-Deli Stop																
	Total															
	Salad, Turkey Chef & Roll	282	243	945	2.67	2.02	129.9	8945	30.35	*1	23.12	13.95	15.62	3.83	*0.00	
	Yogurt Parfait, Berry&Gran. HS	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00	
	Sandwich, TrkyPeprjack Wedge	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00	
	Sandwich, TkyHamChz Wedge	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00	
	Sandwich, Italian Combo Sub	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00	
	Chips, Doritos RF, Nacho Chz	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00	
	Sandwich, PBJ Uncrustable, Lg	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	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
	Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00
	Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
	Jicama w/Lemon Juice & Tajin	1/2 cup	35	0	261	3.73	0.45	12.4	0	27.33	1	0.0	7.45	0.0	0.00	0.00
	Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
	Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Canned, Variety	1/2 cup svg	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
	Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
	Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
	Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00
	Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
	Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
	Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
	Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
	Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
	Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
	Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
	Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
	Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
	Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
	Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
	Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
	Weighted Daily Average	3927	475	7400	49.67	31.26	2446.7	25126	256.41	*215	170.36	515.15	139.03	31.64	*0.00	
	% of Calories									*21.9%	17.4%	52.5%	31.9%	7.3%	*0.0%	
	Nutrient Guideline	750-850		1420										<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 - 05/23/2018															
HS Food Court-Deli Stop	Total														
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
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, 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
Sandwich, TkyHamChz Wedge	1 each	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
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
Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Sandwich, PBJ Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Salad, Garden (HS)	1 cup	62	6	218	0.69	0.44	40.0	1581	5.73	*0	1.3	4.52	4.19	0.57	*0.00
Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Canned, Variety	1/2 cup svq	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average		3941	310	7414	44.31	30.15	2500.8	21151	225.07	*214	172.12	501.75	145.88	33.81	*0.00
% of Calories										*21.7%	17.5%	50.9%	33.3%	7.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**NLMUSD**

**May 1, 2018 thru Jun 12, 2018**

Base Menu Spreadsheet

HS Food Court-Deli Stop

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)	
Thu - 05/24/2018																
HS Food Court-Deli Stop																
	Total															
	Salad, Asian Chx & Chw Mein N	455	48	1209	5.78	3.06	62.7	13497	38.39	*0	21.89	53.14	18.34	3.27	*0.00	
	Yogurt Parfait, Berry&Gran. HS	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00	
	Sandwich, TrkyPeprjack Wedge	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00	
	Sandwich, TkyHamChz Wedge	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00	
	Sandwich, Italian Combo Sub	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00	
	Chips, Doritos RF, Nacho Chz	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00	
	Sandwich, PBJ Uncrustable, Lg	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	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
	Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00
	Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	8.0	0.0	0.00	0.00	
	Jicama w/Lemon Juice & Tajin	1/2 cup	35	0	261	3.73	0.45	12.4	0	27.33	1	0.0	7.45	0.0	0.00	0.00
	Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
	Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Canned, Variety	1/2 cup svg	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
	Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
	Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
	Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00
	Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
	Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
	Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
	Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
	Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
	Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
	Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
	Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
	Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
	Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
	Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
	Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
	Weighted Daily Average		4100	281	7664	52.78	32.30	2379.5	29679	264.45	*214	169.13	554.35	141.75	31.08	*0.00
	% of Calories										*20.8%	16.5%	54.1%	31.1%	6.8%	*0.0%
	Nutrient Guideline		750-850		1420										<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 - 05/25/2018															
HS Food Court-Deli Stop	Total														
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
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, 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
Sandwich, TkyHamChz Wedge	1 each	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
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
Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Sandwich, PBJ Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Salad, Garden (HS)	1 cup	62	6	218	0.69	0.44	40.0	1581	5.73	*0	1.3	4.52	4.19	0.57	*0.00
Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Canned, Variety	1/2 cup svq	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average		3941	310	7414	44.31	30.15	2500.8	21151	225.07	*214	172.12	501.75	145.88	33.81	*0.00
% of Calories										*21.7%	17.5%	50.9%	33.3%	7.7%	*0.0%
Nutrient Guideline		750-850		1420										<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 <sup>1</sup> (g)	
Tue - 05/29/2018																
HS Food Court-Deli Stop																
	Total															
	Salad, Turkey Chef & Roll	282	243	945	2.67	2.02	129.9	8945	30.35	*1	23.12	13.95	15.62	3.83	*0.00	
	Yogurt Parfait, Berry&Gran. HS	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00	
	Sandwich, TrkyPeprjack Wedge	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00	
	Sandwich, TkyHamChz Wedge	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00	
	Sandwich, Italian Combo Sub	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00	
	Chips, Doritos RF, Nacho Chz	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00	
	Sandwich, PBJ Uncrustable, Lg	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	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
	Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00
	Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
	Jicama w/Lemon Juice & Tajin	1/2 cup	35	0	261	3.73	0.45	12.4	0	27.33	1	0.0	7.45	0.0	0.00	0.00
	Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
	Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Canned, Variety	1/2 cup svg	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
	Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
	Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
	Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00
	Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
	Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
	Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
	Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
	Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
	Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
	Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
	Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
	Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
	Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
	Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
	Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
	Weighted Daily Average	3927	475	7400	49.67	31.26	2446.7	25126	256.41	*215	170.36	515.15	139.03	31.64	*0.00	
	% of Calories									*21.9%	17.4%	52.5%	31.9%	7.3%	*0.0%	
	Nutrient Guideline	750-850		1420										<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 - 05/30/2018															
HS Food Court-Deli Stop	Total														
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
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, 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
Sandwich, TkyHamChz Wedge	1 each	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
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
Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Sandwich, PBJ Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Salad, Garden (HS)	1 cup	62	6	218	0.69	0.44	40.0	1581	5.73	*0	1.3	4.52	4.19	0.57	*0.00
Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Canned, Variety	1/2 cup svq	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average		3941	310	7414	44.31	30.15	2500.8	21151	225.07	*214	172.12	501.75	145.88	33.81	*0.00
% of Calories										*21.7%	17.5%	50.9%	33.3%	7.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**NLMUSD**

**May 1, 2018 thru Jun 12, 2018**

Base Menu Spreadsheet

HS Food Court-Deli Stop

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)
Thu - 05/31/2018															
HS Food Court-Deli Stop															
	Total														
	Salad, Asian Chx & Chw Mein N	455	48	1209	5.78	3.06	62.7	13497	38.39	*0	21.89	53.14	18.34	3.27	*0.00
	Yogurt Parfait, Berry&Gran. HS	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
	Sandwich, TrkyPeprjack Wedge	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
	Sandwich, TkyHamChz Wedge	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
	Sandwich, Italian Combo Sub	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
	Chips, Doritos RF, Nacho Chz	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
	Sandwich, PBJ Uncrustable, Lg	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
	Salad, Caesar w/Crouton, small	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
	Frijoles de la Olla	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00
	Carrots, Baby	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
	Jicama w/Lemon Juice & Tajin	35	0	261	3.73	0.45	12.4	0	27.33	1	0.0	7.45	0.0	0.00	0.00
	Corn, Canned	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
	Fruit, Fresh, Variety	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Fresh, Variety	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Canned, Variety	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
	Fruit Cup, Orange, NuHealth	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
	Fruit Cup, Pineapple, NuHealth	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
	Juice, Juicy, Variety 6.75 oz	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	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	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	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	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
	Mayonnaise	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
	Mustard, Prepared, Bulk	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
	Pickle Chips, Dill	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
	Tomato, Fresh Sliced	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
	Lettuce, Shredded 1/2c	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
	Ranch Dressing - HS recipe	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
	Dressing, Italian	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
	Dressing, Thousand Island	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
	Weighted Daily Average	4100	281	7664	52.78	32.30	2379.5	29679	264.45	*214	169.13	554.35	141.75	31.08	*0.00
	% of Calories									*20.8%	16.5%	54.1%	31.1%	6.8%	*0.0%
	Nutrient Guideline	750-850		1420										<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 - 06/01/2018															
HS Food Court-Deli Stop	Total														
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
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, 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
Sandwich, TkyHamChz Wedge	1 each	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
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
Chips, Doritos RF, Nacho Chz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Sandwich, PBJ Uncrustable, Lg	1 each	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Salad, Garden (HS)	1 cup	62	6	218	0.69	0.44	40.0	1581	5.73	*0	1.3	4.52	4.19	0.57	*0.00
Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
Fruit, Canned, Variety	1/2 cup svq	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00
Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Pickle Chips, Dill	serving (1	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
Tomato, Fresh Sliced	serving (2 s	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
Dressing, Italian	serving (2T	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
Dressing, Thousand Island	serving (2T	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
Weighted Daily Average		3941	310	7414	44.31	30.15	2500.8	21151	225.07	*214	172.12	501.75	145.88	33.81	*0.00
% of Calories										*21.7%	17.5%	50.9%	33.3%	7.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**NLMUSD**

**May 1, 2018 thru Jun 12, 2018**

Base Menu Spreadsheet

HS Food Court-Deli Stop

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 - 06/04/2018															
HS Food Court-Deli Stop															
	Total														
	Salad, Greek w/ Hummus& Pretzl	610	43	2093	10.02	*3.60	*258.9	*8935	*31.55	*9	17.43	48.78	39.29	10.91	*0.00
	1 each														
	Yogurt Parfait, Berry&Gran. HS	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
	1 each														
	Sandwich, TrkyPeprjack Wedge	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
	1 each														
	Sandwich, TkyHamChz Wedge	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00
	1 each														
	Sandwich, Italian Combo Sub	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
	1 each														
	Chips, Doritos RF, Nacho Chz	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
	1 each														
	Sandwich, PBJ Uncrustable, Lg	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
	1 each														
	Salad, Garden (HS)	62	6	218	0.69	0.44	40.0	1581	5.73	*0	1.3	4.52	4.19	0.57	*0.00
	1 cup														
	Frijoles de la Olla	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00
	svrg (1/2 c)														
	Carrots, Baby	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
	svrg														
	Corn, Canned	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
	1/2 cup														
	Fruit, Fresh, Variety	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	svgs														
	Fruit, Fresh, Variety	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	svgs														
	Fruit, Canned, Variety	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
	1/2 cup svq														
	Fruit Cup, Orange, NuHealth	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
	1 Each														
	Fruit Cup, Pineapple, NuHealth	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
	1 Each														
	Juice, Juicy, Variety 6.75 oz	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00
	1 ea														
	Milk, Lowfat White	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
	cup (8 oz)														
	Milk, Nonfat Chocolate	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
	cup (8 oz)														
	Milk, Lactaid, FF	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
	cup (8oz)														
	Milk, Soy	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
	cup (8 oz)														
	Mayonnaise	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
	1 fl oz														
	Mustard, Prepared, Bulk	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
	1 TBSP														
	Pickle Chips, Dill	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
	serving (1														
	Tomato, Fresh Sliced	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
	serving (2 s														
	Lettuce, Shredded 1/2c	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
	1/4 cup														
	Ranch Dressing - HS recipe	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
	2 fl oz														
	Dressing, Italian	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
	serving (2T														
	Dressing, Thousand Island	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
	serving (2T														
Weighted Daily Average		4223	278	8347	52.36	*31.88	*2565.6	*21812	*234.06	*221	164.72	540.92	164.13	38.92	*0.00
% of Calories										*20.9%	15.6%	51.2%	35.0%	8.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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**NLMUSD**

**May 1, 2018 thru Jun 12, 2018**

Base Menu Spreadsheet

HS Food Court-Deli Stop

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 - 06/05/2018																
HS Food Court-Deli Stop																
	Total															
	Salad, Turkey Chef & Roll	282	243	945	2.67	2.02	129.9	8945	30.35	*1	23.12	13.95	15.62	3.83	*0.00	
	Yogurt Parfait, Berry&Gran. HS	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00	
	Sandwich, TrkyPeprjack Wedge	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00	
	Sandwich, TkyHamChz Wedge	277	63	890	4.34	2.46	165.1	292	11.39	3	21.25	30.18	10.29	3.76	0.00	
	Sandwich, Italian Combo Sub	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00	
	Chips, Doritos RF, Nacho Chz	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00	
	Sandwich, PBJ Uncrustable, Lg	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	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
	Frijoles de la Olla	svrg (1/2 c)	150	0	143	5.87	1.88	61.6	471	10.4	*1	6.1	20.39	5.36	0.81	*0.00
	Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
	Jicama w/Lemon Juice & Tajin	1/2 cup	35	0	261	3.73	0.45	12.4	0	27.33	1	0.0	7.45	0.0	0.00	0.00
	Corn, Canned	1/2 cup	65	0	15	1.99	0.35	0.0	0	3.6	3	1.99	15.0	0.99	0.00	0.00
	Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Fresh, Variety	svgs	29	0	1	1.47	0.08	4.0	21	2.36	*0	0.17	7.83	0.08	0.01	*0.00
	Fruit, Canned, Variety	1/2 cup svg	67	0	5	1.40	0.41	7.0	42	4.22	*3	0.31	17.32	0.06	0.00	0.00
	Fruit Cup, Orange, NuHealth	1 Each	70	0	0	0.00	0.00	0.0	0	27.0	14	0.0	17.0	0.0	0.00	0.00
	Fruit Cup, Pineapple, NuHealth	1 Each	80	0	0	0.00	0.00	0.0	0	27.0	17	0.0	18.0	0.0	0.00	0.00
	Juice, Juicy, Variety 6.75 oz	1 ea	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00
	Milk, Lowfat White	cup (8 oz)	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
	Milk, Nonfat Chocolate	cup (8 oz)	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
	Milk, Lactaid, FF	cup (8oz)	80	4	125	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
	Milk, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
	Mayonnaise	1 fl oz	88	10	170	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	8.0	1.00	0.00
	Mustard, Prepared, Bulk	1 TBSP	0	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
	Pickle Chips, Dill	1 serving (1)	5	0	390	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	1.0	0.00	0.00
	Tomato, Fresh Sliced	1 serving (2 s)	4	0	1	0.30	0.07	2.5	205	3.37	1	0.22	0.96	0.05	0.01	0.00
	Lettuce, Shredded 1/2c	1/4 cup	5	0	2	0.50	0.18	10.0	150	0.6	0	0.5	1.0	0.0	0.00	0.00
	Ranch Dressing - HS recipe	2 fl oz	105	11	406	0.00	0.02	45.6	22	0.37	*0	1.3	5.89	8.26	1.16	0.00
	Dressing, Italian	1 serving (2T)	20	0	200	0.00	0.00	0.0	0	0.6	*N/A*	0.0	3.0	1.0	0.00	0.00
	Dressing, Thousand Island	1 serving (2T)	110	5	280	0.00	0.00	0.0	100	1.2	*N/A*	0.0	5.0	10.0	1.50	0.00
	Weighted Daily Average	3927	475	7400	49.67	31.26	2446.7	25126	256.41	*215	170.36	515.15	139.03	31.64	*0.00	
	% of Calories									*21.9%	17.4%	52.5%	31.9%	7.3%	*0.0%	
	Nutrient Guideline	750-850		1420										<10.00		

Weighted Average		4015	339	7610	48.58	*31.12	*2473.9	*23916	*241.91	*215	169.91	521.75	146.33	33.56	*0.00
										*48.2%	16.9%	52.0%	32.8%	7.5%	*0.0%

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**NLMUSD**

**May 1, 2018 thru Jun 12, 2018**

Base Menu Spreadsheet

HS Food Court-Deli Stop

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)
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	4015		750 - 850	472%			3165	Correction Required - Calories too High
Cholesterol (mg)	339							
Sodium (mg)	7610		1420				6190	Correction Required - Sodium too High
Fiber (g)	48.58							
Iron (mg)	31.12				Missing			
Calcium (mg)	2473.9				Missing			
Vitamin A (IU)	23916				Missing			
Sugars (g)	215	21.42%			Missing			
Vitamin C (mg)	241.91				Missing			
Protein (g)	169.91	16.93%						
Carbohydrate (g)	521.75	51.99%						
Total Fat (g)	146.33	32.80%						
Saturated Fat (g)	33.56	7.52%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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

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