

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/01/2018															
HS Food Court-Salsa, Salsa	Total														
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Beef Taco Meat, JTM (HS)	svg (2oz)	70	22	184	1.26	1.26	25.9	407	3.15	1	8.2	3.15	3.15	1.14	0.00
Pork Carnitas, R&S, HS	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
Beans, Refried, LS	1/2 cup	120	0	140	6.00	1.80	20.0	100	0.0	1	6.0	20.0	2.0	0.50	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
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
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
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
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 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
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
Olives	1/2 tbsp	5	0	31	0.13	0.14	3.7	17	0.04	*N/A*	0.04	0.26	0.45	0.06	*N/A*
Cilantro	Bunch (25 svr)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce, Shredded 1oz	1 oz	5	0	2	0.46	0.16	9.1	137	0.55	0	0.46	0.91	0.0	0.00	0.00
Tomato, Fresh, Chopped	svrg (1/4c)	15	0	0	1.00	0.36	0.0	750	12.0	*N/A*	1.0	4.0	0.0	0.00	0.00
Onion, Fresh, Chopped	svrg (1/4c)	22	0	0	0.50	0.18	10.0	0	3.0	*N/A*	0.5	5.5	0.0	0.00	0.00
Jalapeno Peppers, Nacho Sliced	svrg (1 TB SP)	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	svrg (1TBS)	30	10	10	0.00	0.00	20.0	100	0.0	*N/A*	0.0	0.5	3.0	1.50	0.00
Weighted Daily Average		2179	172	3327	37.24	15.51	2335.3	16456	219.38	*138	110.28	302.92	58.18	18.32	*0.00
% of Calories										*25.2%	20.2%	55.6%	24.0%	7.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Food Court-Salsa, Salsa

Portion Values - Detailed

Page 2

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/02/2018															
HS Food Court-Salsa, Salsa	Total														
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Beef Taco Meat, JTM (HS)	svg (2oz)	70	22	184	1.26	1.26	25.9	407	3.15	1	8.2	3.15	3.15	1.14	0.00
Pork Carnitas, R&S, HS	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
Beans, Refried, LS	1/2 cup	120	0	140	6.00	1.80	20.0	100	0.0	1	6.0	20.0	2.0	0.50	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
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
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
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
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 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
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
Olives	1/2 tbsp	5	0	31	0.13	0.14	3.7	17	0.04	*N/A*	0.04	0.26	0.45	0.06	*N/A*
Cilantro	Bunch (25 svr)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce, Shredded 1oz	1 oz	5	0	2	0.46	0.16	9.1	137	0.55	0	0.46	0.91	0.0	0.00	0.00
Tomato, Fresh, Chopped	svrg (1/4c)	15	0	0	1.00	0.36	0.0	750	12.0	*N/A*	1.0	4.0	0.0	0.00	0.00
Onion, Fresh, Chopped	svrg (1/4c)	22	0	0	0.50	0.18	10.0	0	3.0	*N/A*	0.5	5.5	0.0	0.00	0.00
Jalapeno Peppers, Nacho Sliced	svrg (1 TB SP)	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	svrg (1TBS)	30	10	10	0.00	0.00	20.0	100	0.0	*N/A*	0.0	0.5	3.0	1.50	0.00
Weighted Daily Average		2147	175	3126	32.57	14.55	2325.2	13151	195.83	*136	110.32	293.86	59.61	18.52	*0.00
% of Calories										*25.4%	20.6%	54.7%	25.0%	7.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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NLMUSD

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Food Court-Salsa, Salsa

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 ¹ (g)
Thu - 05/03/2018															
HS Food Court-Salsa, Salsa	Total														
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Beef Taco Meat, JTM (HS)	svg (2oz)	70	22	184	1.26	1.26	25.9	407	3.15	1	8.2	3.15	3.15	1.14	0.00
Pork Carnitas, R&S, HS	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
Beans, Refried, LS	1/2 cup	120	0	140	6.00	1.80	20.0	100	0.0	1	6.0	20.0	2.0	0.50	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
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
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
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
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 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
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
Olives	1/2 tbsp	5	0	31	0.13	0.14	3.7	17	0.04	*N/A*	0.04	0.26	0.45	0.06	*N/A*
Cilantro	Bunch (25 sv)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce, Shredded 1oz	1 oz	5	0	2	0.46	0.16	9.1	137	0.55	0	0.46	0.91	0.0	0.00	0.00
Tomato, Fresh, Chopped	svrg (1/4c)	15	0	0	1.00	0.36	0.0	750	12.0	*N/A*	1.0	4.0	0.0	0.00	0.00
Onion, Fresh, Chopped	svrg (1/4c)	22	0	0	0.50	0.18	10.0	0	3.0	*N/A*	0.5	5.5	0.0	0.00	0.00
Jalapeno Peppers, Nacho Sliced	svrg (1 TB SP)	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	svrg (1TBS)	30	10	10	0.00	0.00	20.0	100	0.0	*N/A*	0.0	0.5	3.0	1.50	0.00
Weighted Daily Average		2179	172	3327	37.24	15.51	2335.3	16456	219.38	*138	110.28	302.92	58.18	18.32	*0.00
% of Calories										*25.2%	20.2%	55.6%	24.0%	7.6%	*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 ¹ (g)
Fri - 05/04/2018															
HS Food Court-Salsa, Salsa	Total														
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Beef Taco Meat, JTM (HS)	svg (2oz)	70	22	184	1.26	1.26	25.9	407	3.15	1	8.2	3.15	3.15	1.14	0.00
Pork Carnitas, R&S, HS	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
Beans, Refried, LS	1/2 cup	120	0	140	6.00	1.80	20.0	100	0.0	1	6.0	20.0	2.0	0.50	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
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
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
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
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 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
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
Olives	1/2 tbsp	5	0	31	0.13	0.14	3.7	17	0.04	*N/A*	0.04	0.26	0.45	0.06	*N/A*
Cilantro	Bunch (25 svr)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce, Shredded 1oz	1 oz	5	0	2	0.46	0.16	9.1	137	0.55	0	0.46	0.91	0.0	0.00	0.00
Tomato, Fresh, Chopped	svrg (1/4c)	15	0	0	1.00	0.36	0.0	750	12.0	*N/A*	1.0	4.0	0.0	0.00	0.00
Onion, Fresh, Chopped	svrg (1/4c)	22	0	0	0.50	0.18	10.0	0	3.0	*N/A*	0.5	5.5	0.0	0.00	0.00
Jalapeno Peppers, Nacho Sliced	svrg (1 TB SP)	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	svrg (1TBS)	30	10	10	0.00	0.00	20.0	100	0.0	*N/A*	0.0	0.5	3.0	1.50	0.00
Weighted Daily Average		2147	175	3126	32.57	14.55	2325.2	13151	195.83	*136	110.32	293.86	59.61	18.52	*0.00
% of Calories										*25.4%	20.6%	54.7%	25.0%	7.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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NLMUSD

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Food Court-Salsa, Salsa

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/07/2018															
HS Food Court-Salsa, Salsa	Total														
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Beef Taco Meat, JTM (HS)	svg (2oz)	70	22	184	1.26	1.26	25.9	407	3.15	1	8.2	3.15	3.15	1.14	0.00
Pork Carnitas, R&S, HS	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
Beans, Refried, LS	1/2 cup	120	0	140	6.00	1.80	20.0	100	0.0	1	6.0	20.0	2.0	0.50	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
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
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
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
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 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
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
Olives	1/2 tbsp	5	0	31	0.13	0.14	3.7	17	0.04	*N/A*	0.04	0.26	0.45	0.06	*N/A*
Cilantro	Bunch (25 svr)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce, Shredded 1oz	1 oz	5	0	2	0.46	0.16	9.1	137	0.55	0	0.46	0.91	0.0	0.00	0.00
Tomato, Fresh, Chopped	svrg (1/4c)	15	0	0	1.00	0.36	0.0	750	12.0	*N/A*	1.0	4.0	0.0	0.00	0.00
Onion, Fresh, Chopped	svrg (1/4c)	22	0	0	0.50	0.18	10.0	0	3.0	*N/A*	0.5	5.5	0.0	0.00	0.00
Jalapeno Peppers, Nacho Sliced	svrg (1 TB SP)	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	svrg (1TBS)	30	10	10	0.00	0.00	20.0	100	0.0	*N/A*	0.0	0.5	3.0	1.50	0.00
Weighted Daily Average		2147	175	3126	32.57	14.55	2325.2	13151	195.83	*136	110.32	293.86	59.61	18.52	*0.00
% of Calories										*25.4%	20.6%	54.7%	25.0%	7.8%	*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 ¹ (g)
Tue - 05/08/2018															
HS Food Court-Salsa, Salsa	Total														
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Beef Taco Meat, JTM (HS)	svg (2oz)	70	22	184	1.26	1.26	25.9	407	3.15	1	8.2	3.15	3.15	1.14	0.00
Pork Carnitas, R&S, HS	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
Beans, Refried, LS	1/2 cup	120	0	140	6.00	1.80	20.0	100	0.0	1	6.0	20.0	2.0	0.50	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
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
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
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
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 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
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
Olives	1/2 tbsp	5	0	31	0.13	0.14	3.7	17	0.04	*N/A*	0.04	0.26	0.45	0.06	*N/A*
Cilantro	Bunch (25 sv)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce, Shredded 1oz	1 oz	5	0	2	0.46	0.16	9.1	137	0.55	0	0.46	0.91	0.0	0.00	0.00
Tomato, Fresh, Chopped	svrg (1/4c)	15	0	0	1.00	0.36	0.0	750	12.0	*N/A*	1.0	4.0	0.0	0.00	0.00
Onion, Fresh, Chopped	svrg (1/4c)	22	0	0	0.50	0.18	10.0	0	3.0	*N/A*	0.5	5.5	0.0	0.00	0.00
Jalapeno Peppers, Nacho Sliced	svrg (1 TB SP)	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	svrg (1TBS)	30	10	10	0.00	0.00	20.0	100	0.0	*N/A*	0.0	0.5	3.0	1.50	0.00
Weighted Daily Average		2179	172	3327	37.24	15.51	2335.3	16456	219.38	*138	110.28	302.92	58.18	18.32	*0.00
% of Calories										*25.2%	20.2%	55.6%	24.0%	7.6%	*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 ¹ (g)
Wed - 05/09/2018															
HS Food Court-Salsa, Salsa	Total														
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Beef Taco Meat, JTM (HS)	svg (2oz)	70	22	184	1.26	1.26	25.9	407	3.15	1	8.2	3.15	3.15	1.14	0.00
Pork Carnitas, R&S, HS	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
Beans, Refried, LS	1/2 cup	120	0	140	6.00	1.80	20.0	100	0.0	1	6.0	20.0	2.0	0.50	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
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
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
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
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 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
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
Olives	1/2 tbsp	5	0	31	0.13	0.14	3.7	17	0.04	*N/A*	0.04	0.26	0.45	0.06	*N/A*
Cilantro	Bunch (25 svr)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce, Shredded 1oz	1 oz	5	0	2	0.46	0.16	9.1	137	0.55	0	0.46	0.91	0.0	0.00	0.00
Tomato, Fresh, Chopped	svrg (1/4c)	15	0	0	1.00	0.36	0.0	750	12.0	*N/A*	1.0	4.0	0.0	0.00	0.00
Onion, Fresh, Chopped	svrg (1/4c)	22	0	0	0.50	0.18	10.0	0	3.0	*N/A*	0.5	5.5	0.0	0.00	0.00
Jalapeno Peppers, Nacho Sliced	svrg (1 TB SP)	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	svrg (1TBS)	30	10	10	0.00	0.00	20.0	100	0.0	*N/A*	0.0	0.5	3.0	1.50	0.00
Weighted Daily Average		2147	175	3126	32.57	14.55	2325.2	13151	195.83	*136	110.32	293.86	59.61	18.52	*0.00
% of Calories										*25.4%	20.6%	54.7%	25.0%	7.8%	*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 ¹ (g)
Thu - 05/10/2018															
HS Food Court-Salsa, Salsa	Total														
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Beef Taco Meat, JTM (HS)	svg (2oz)	70	22	184	1.26	1.26	25.9	407	3.15	1	8.2	3.15	3.15	1.14	0.00
Pork Carnitas, R&S, HS	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
Beans, Refried, LS	1/2 cup	120	0	140	6.00	1.80	20.0	100	0.0	1	6.0	20.0	2.0	0.50	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
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
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
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
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 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
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
Olives	1/2 tbsp	5	0	31	0.13	0.14	3.7	17	0.04	*N/A*	0.04	0.26	0.45	0.06	*N/A*
Cilantro	Bunch (25 sv)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce, Shredded 1oz	1 oz	5	0	2	0.46	0.16	9.1	137	0.55	0	0.46	0.91	0.0	0.00	0.00
Tomato, Fresh, Chopped	svrg (1/4c)	15	0	0	1.00	0.36	0.0	750	12.0	*N/A*	1.0	4.0	0.0	0.00	0.00
Onion, Fresh, Chopped	svrg (1/4c)	22	0	0	0.50	0.18	10.0	0	3.0	*N/A*	0.5	5.5	0.0	0.00	0.00
Jalapeno Peppers, Nacho Sliced	svrg (1 TB SP)	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	svrg (1TBS)	30	10	10	0.00	0.00	20.0	100	0.0	*N/A*	0.0	0.5	3.0	1.50	0.00
Weighted Daily Average		2179	172	3327	37.24	15.51	2335.3	16456	219.38	*138	110.28	302.92	58.18	18.32	*0.00
% of Calories										*25.2%	20.2%	55.6%	24.0%	7.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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NLMUSD

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Food Court-Salsa, Salsa

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 ¹ (g)
Fri - 05/11/2018															
HS Food Court-Salsa, Salsa	Total														
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Beef Taco Meat, JTM (HS)	svg (2oz)	70	22	184	1.26	1.26	25.9	407	3.15	1	8.2	3.15	3.15	1.14	0.00
Pork Carnitas, R&S, HS	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
Beans, Refried, LS	1/2 cup	120	0	140	6.00	1.80	20.0	100	0.0	1	6.0	20.0	2.0	0.50	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
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
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
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
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 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
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
Olives	1/2 tbsp	5	0	31	0.13	0.14	3.7	17	0.04	*N/A*	0.04	0.26	0.45	0.06	*N/A*
Cilantro	Bunch (25 svr)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce, Shredded 1oz	1 oz	5	0	2	0.46	0.16	9.1	137	0.55	0	0.46	0.91	0.0	0.00	0.00
Tomato, Fresh, Chopped	svrg (1/4c)	15	0	0	1.00	0.36	0.0	750	12.0	*N/A*	1.0	4.0	0.0	0.00	0.00
Onion, Fresh, Chopped	svrg (1/4c)	22	0	0	0.50	0.18	10.0	0	3.0	*N/A*	0.5	5.5	0.0	0.00	0.00
Jalapeno Peppers, Nacho Sliced	svrg (1 TB SP)	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	svrg (1TBS)	30	10	10	0.00	0.00	20.0	100	0.0	*N/A*	0.0	0.5	3.0	1.50	0.00
Weighted Daily Average		2147	175	3126	32.57	14.55	2325.2	13151	195.83	*136	110.32	293.86	59.61	18.52	*0.00
% of Calories										*25.4%	20.6%	54.7%	25.0%	7.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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NLMUSD

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Food Court-Salsa, Salsa

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/14/2018															
HS Food Court-Salsa, Salsa	Total														
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Beef Taco Meat, JTM (HS)	svg (2oz)	70	22	184	1.26	1.26	25.9	407	3.15	1	8.2	3.15	3.15	1.14	0.00
Pork Carnitas, R&S, HS	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
Beans, Refried, LS	1/2 cup	120	0	140	6.00	1.80	20.0	100	0.0	1	6.0	20.0	2.0	0.50	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
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
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
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
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 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
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
Olives	1/2 tbsp	5	0	31	0.13	0.14	3.7	17	0.04	*N/A*	0.04	0.26	0.45	0.06	*N/A*
Cilantro	Bunch (25 svr)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce, Shredded 1oz	1 oz	5	0	2	0.46	0.16	9.1	137	0.55	0	0.46	0.91	0.0	0.00	0.00
Tomato, Fresh, Chopped	svrg (1/4c)	15	0	0	1.00	0.36	0.0	750	12.0	*N/A*	1.0	4.0	0.0	0.00	0.00
Onion, Fresh, Chopped	svrg (1/4c)	22	0	0	0.50	0.18	10.0	0	3.0	*N/A*	0.5	5.5	0.0	0.00	0.00
Jalapeno Peppers, Nacho Sliced	svrg (1 TB SP)	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	svrg (1TBS)	30	10	10	0.00	0.00	20.0	100	0.0	*N/A*	0.0	0.5	3.0	1.50	0.00
Weighted Daily Average		2147	175	3126	32.57	14.55	2325.2	13151	195.83	*136	110.32	293.86	59.61	18.52	*0.00
% of Calories										*25.4%	20.6%	54.7%	25.0%	7.8%	*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 ¹ (g)
Tue - 05/15/2018															
HS Food Court-Salsa, Salsa	Total														
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Beef Taco Meat, JTM (HS)	svg (2oz)	70	22	184	1.26	1.26	25.9	407	3.15	1	8.2	3.15	3.15	1.14	0.00
Pork Carnitas, R&S, HS	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
Beans, Refried, LS	1/2 cup	120	0	140	6.00	1.80	20.0	100	0.0	1	6.0	20.0	2.0	0.50	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
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
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
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
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 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
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
Olives	1/2 tbsp	5	0	31	0.13	0.14	3.7	17	0.04	*N/A*	0.04	0.26	0.45	0.06	*N/A*
Cilantro	Bunch (25 sv)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce, Shredded 1oz	1 oz	5	0	2	0.46	0.16	9.1	137	0.55	0	0.46	0.91	0.0	0.00	0.00
Tomato, Fresh, Chopped	svrg (1/4c)	15	0	0	1.00	0.36	0.0	750	12.0	*N/A*	1.0	4.0	0.0	0.00	0.00
Onion, Fresh, Chopped	svrg (1/4c)	22	0	0	0.50	0.18	10.0	0	3.0	*N/A*	0.5	5.5	0.0	0.00	0.00
Jalapeno Peppers, Nacho Sliced	svrg (1 TB SP)	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	svrg (1TBS)	30	10	10	0.00	0.00	20.0	100	0.0	*N/A*	0.0	0.5	3.0	1.50	0.00
Weighted Daily Average		2179	172	3327	37.24	15.51	2335.3	16456	219.38	*138	110.28	302.92	58.18	18.32	*0.00
% of Calories										*25.2%	20.2%	55.6%	24.0%	7.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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NLMUSD

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Food Court-Salsa, Salsa

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/16/2018															
HS Food Court-Salsa, Salsa	Total														
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Beef Taco Meat, JTM (HS)	svg (2oz)	70	22	184	1.26	1.26	25.9	407	3.15	1	8.2	3.15	3.15	1.14	0.00
Pork Carnitas, R&S, HS	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
Beans, Refried, LS	1/2 cup	120	0	140	6.00	1.80	20.0	100	0.0	1	6.0	20.0	2.0	0.50	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
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
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
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
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 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
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
Olives	1/2 tbsp	5	0	31	0.13	0.14	3.7	17	0.04	*N/A*	0.04	0.26	0.45	0.06	*N/A*
Cilantro	Bunch (25 svr)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce, Shredded 1oz	1 oz	5	0	2	0.46	0.16	9.1	137	0.55	0	0.46	0.91	0.0	0.00	0.00
Tomato, Fresh, Chopped	svrg (1/4c)	15	0	0	1.00	0.36	0.0	750	12.0	*N/A*	1.0	4.0	0.0	0.00	0.00
Onion, Fresh, Chopped	svrg (1/4c)	22	0	0	0.50	0.18	10.0	0	3.0	*N/A*	0.5	5.5	0.0	0.00	0.00
Jalapeno Peppers, Nacho Sliced	svrg (1 TB SP)	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	svrg (1TBS)	30	10	10	0.00	0.00	20.0	100	0.0	*N/A*	0.0	0.5	3.0	1.50	0.00
Weighted Daily Average		2147	175	3126	32.57	14.55	2325.2	13151	195.83	*136	110.32	293.86	59.61	18.52	*0.00
% of Calories										*25.4%	20.6%	54.7%	25.0%	7.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Food Court-Salsa, Salsa

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 ¹ (g)
Thu - 05/17/2018															
HS Food Court-Salsa, Salsa	Total														
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Beef Taco Meat, JTM (HS)	svg (2oz)	70	22	184	1.26	1.26	25.9	407	3.15	1	8.2	3.15	3.15	1.14	0.00
Pork Carnitas, R&S, HS	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
Beans, Refried, LS	1/2 cup	120	0	140	6.00	1.80	20.0	100	0.0	1	6.0	20.0	2.0	0.50	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
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
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
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
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 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
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
Olives	1/2 tbsp	5	0	31	0.13	0.14	3.7	17	0.04	*N/A*	0.04	0.26	0.45	0.06	*N/A*
Cilantro	Bunch (25 sv)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce, Shredded 1oz	1 oz	5	0	2	0.46	0.16	9.1	137	0.55	0	0.46	0.91	0.0	0.00	0.00
Tomato, Fresh, Chopped	svrg (1/4c)	15	0	0	1.00	0.36	0.0	750	12.0	*N/A*	1.0	4.0	0.0	0.00	0.00
Onion, Fresh, Chopped	svrg (1/4c)	22	0	0	0.50	0.18	10.0	0	3.0	*N/A*	0.5	5.5	0.0	0.00	0.00
Jalapeno Peppers, Nacho Sliced	svrg (1 TB SP)	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	svrg (1TBS)	30	10	10	0.00	0.00	20.0	100	0.0	*N/A*	0.0	0.5	3.0	1.50	0.00
Weighted Daily Average		2179	172	3327	37.24	15.51	2335.3	16456	219.38	*138	110.28	302.92	58.18	18.32	*0.00
% of Calories										*25.2%	20.2%	55.6%	24.0%	7.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Food Court-Salsa, Salsa

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/18/2018															
HS Food Court-Salsa, Salsa	Total														
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Beef Taco Meat, JTM (HS)	svg (2oz)	70	22	184	1.26	1.26	25.9	407	3.15	1	8.2	3.15	3.15	1.14	0.00
Pork Carnitas, R&S, HS	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
Beans, Refried, LS	1/2 cup	120	0	140	6.00	1.80	20.0	100	0.0	1	6.0	20.0	2.0	0.50	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
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
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
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
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 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
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
Olives	1/2 tbsp	5	0	31	0.13	0.14	3.7	17	0.04	*N/A*	0.04	0.26	0.45	0.06	*N/A*
Cilantro	Bunch (25 svr)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce, Shredded 1oz	1 oz	5	0	2	0.46	0.16	9.1	137	0.55	0	0.46	0.91	0.0	0.00	0.00
Tomato, Fresh, Chopped	svrg (1/4c)	15	0	0	1.00	0.36	0.0	750	12.0	*N/A*	1.0	4.0	0.0	0.00	0.00
Onion, Fresh, Chopped	svrg (1/4c)	22	0	0	0.50	0.18	10.0	0	3.0	*N/A*	0.5	5.5	0.0	0.00	0.00
Jalapeno Peppers, Nacho Sliced	svrg (1 TB SP)	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	svrg (1TBS)	30	10	10	0.00	0.00	20.0	100	0.0	*N/A*	0.0	0.5	3.0	1.50	0.00
Weighted Daily Average		2147	175	3126	32.57	14.55	2325.2	13151	195.83	*136	110.32	293.86	59.61	18.52	*0.00
% of Calories										*25.4%	20.6%	54.7%	25.0%	7.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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NLMUSD

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Food Court-Salsa, Salsa

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/21/2018															
HS Food Court-Salsa, Salsa	Total														
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Beef Taco Meat, JTM (HS)	svg (2oz)	70	22	184	1.26	1.26	25.9	407	3.15	1	8.2	3.15	3.15	1.14	0.00
Pork Carnitas, R&S, HS	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
Beans, Refried, LS	1/2 cup	120	0	140	6.00	1.80	20.0	100	0.0	1	6.0	20.0	2.0	0.50	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
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
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
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
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 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
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
Olives	1/2 tbsp	5	0	31	0.13	0.14	3.7	17	0.04	*N/A*	0.04	0.26	0.45	0.06	*N/A*
Cilantro	Bunch (25 svr)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce, Shredded 1oz	1 oz	5	0	2	0.46	0.16	9.1	137	0.55	0	0.46	0.91	0.0	0.00	0.00
Tomato, Fresh, Chopped	svrg (1/4c)	15	0	0	1.00	0.36	0.0	750	12.0	*N/A*	1.0	4.0	0.0	0.00	0.00
Onion, Fresh, Chopped	svrg (1/4c)	22	0	0	0.50	0.18	10.0	0	3.0	*N/A*	0.5	5.5	0.0	0.00	0.00
Jalapeno Peppers, Nacho Sliced	svrg (1 TB SP)	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	svrg (1TBS)	30	10	10	0.00	0.00	20.0	100	0.0	*N/A*	0.0	0.5	3.0	1.50	0.00
Weighted Daily Average		2147	175	3126	32.57	14.55	2325.2	13151	195.83	*136	110.32	293.86	59.61	18.52	*0.00
% of Calories										*25.4%	20.6%	54.7%	25.0%	7.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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NLMUSD

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Food Court-Salsa, Salsa

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 ¹ (g)
Tue - 05/22/2018															
HS Food Court-Salsa, Salsa	Total														
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Beef Taco Meat, JTM (HS)	svg (2oz)	70	22	184	1.26	1.26	25.9	407	3.15	1	8.2	3.15	3.15	1.14	0.00
Pork Carnitas, R&S, HS	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
Beans, Refried, LS	1/2 cup	120	0	140	6.00	1.80	20.0	100	0.0	1	6.0	20.0	2.0	0.50	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
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
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
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
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 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
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
Olives	1/2 tbsp	5	0	31	0.13	0.14	3.7	17	0.04	*N/A*	0.04	0.26	0.45	0.06	*N/A*
Cilantro	Bunch (25 sv)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce, Shredded 1oz	1 oz	5	0	2	0.46	0.16	9.1	137	0.55	0	0.46	0.91	0.0	0.00	0.00
Tomato, Fresh, Chopped	svrg (1/4c)	15	0	0	1.00	0.36	0.0	750	12.0	*N/A*	1.0	4.0	0.0	0.00	0.00
Onion, Fresh, Chopped	svrg (1/4c)	22	0	0	0.50	0.18	10.0	0	3.0	*N/A*	0.5	5.5	0.0	0.00	0.00
Jalapeno Peppers, Nacho Sliced	svrg (1 TB SP)	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	svrg (1TBS)	30	10	10	0.00	0.00	20.0	100	0.0	*N/A*	0.0	0.5	3.0	1.50	0.00
Weighted Daily Average		2179	172	3327	37.24	15.51	2335.3	16456	219.38	*138	110.28	302.92	58.18	18.32	*0.00
% of Calories										*25.2%	20.2%	55.6%	24.0%	7.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Food Court-Salsa, Salsa

Portion Values - Detailed

Page 17

Generated on: 4/16/2018 11:31:33 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 ¹ (g)
Wed - 05/23/2018															
HS Food Court-Salsa, Salsa	Total														
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Beef Taco Meat, JTM (HS)	svg (2oz)	70	22	184	1.26	1.26	25.9	407	3.15	1	8.2	3.15	3.15	1.14	0.00
Pork Carnitas, R&S, HS	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
Beans, Refried, LS	1/2 cup	120	0	140	6.00	1.80	20.0	100	0.0	1	6.0	20.0	2.0	0.50	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
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
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
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
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 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
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
Olives	1/2 tbsp	5	0	31	0.13	0.14	3.7	17	0.04	*N/A*	0.04	0.26	0.45	0.06	*N/A*
Cilantro	Bunch (25 svr)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce, Shredded 1oz	1 oz	5	0	2	0.46	0.16	9.1	137	0.55	0	0.46	0.91	0.0	0.00	0.00
Tomato, Fresh, Chopped	svrg (1/4c)	15	0	0	1.00	0.36	0.0	750	12.0	*N/A*	1.0	4.0	0.0	0.00	0.00
Onion, Fresh, Chopped	svrg (1/4c)	22	0	0	0.50	0.18	10.0	0	3.0	*N/A*	0.5	5.5	0.0	0.00	0.00
Jalapeno Peppers, Nacho Sliced	svrg (1 TB SP)	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	svrg (1TBS)	30	10	10	0.00	0.00	20.0	100	0.0	*N/A*	0.0	0.5	3.0	1.50	0.00
Weighted Daily Average		2147	175	3126	32.57	14.55	2325.2	13151	195.83	*136	110.32	293.86	59.61	18.52	*0.00
% of Calories										*25.4%	20.6%	54.7%	25.0%	7.8%	*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 ¹ (g)
Thu - 05/24/2018															
HS Food Court-Salsa, Salsa	Total														
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Beef Taco Meat, JTM (HS)	svg (2oz)	70	22	184	1.26	1.26	25.9	407	3.15	1	8.2	3.15	3.15	1.14	0.00
Pork Carnitas, R&S, HS	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
Beans, Refried, LS	1/2 cup	120	0	140	6.00	1.80	20.0	100	0.0	1	6.0	20.0	2.0	0.50	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
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
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
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
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 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
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
Olives	1/2 tbsp	5	0	31	0.13	0.14	3.7	17	0.04	*N/A*	0.04	0.26	0.45	0.06	*N/A*
Cilantro	Bunch (25 sv)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce, Shredded 1oz	1 oz	5	0	2	0.46	0.16	9.1	137	0.55	0	0.46	0.91	0.0	0.00	0.00
Tomato, Fresh, Chopped	svrg (1/4c)	15	0	0	1.00	0.36	0.0	750	12.0	*N/A*	1.0	4.0	0.0	0.00	0.00
Onion, Fresh, Chopped	svrg (1/4c)	22	0	0	0.50	0.18	10.0	0	3.0	*N/A*	0.5	5.5	0.0	0.00	0.00
Jalapeno Peppers, Nacho Sliced	svrg (1 TB SP)	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	svrg (1TBS)	30	10	10	0.00	0.00	20.0	100	0.0	*N/A*	0.0	0.5	3.0	1.50	0.00
Weighted Daily Average		2179	172	3327	37.24	15.51	2335.3	16456	219.38	*138	110.28	302.92	58.18	18.32	*0.00
% of Calories										*25.2%	20.2%	55.6%	24.0%	7.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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NLMUSD

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Food Court-Salsa, Salsa

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 ¹ (g)
Fri - 05/25/2018															
HS Food Court-Salsa, Salsa	Total														
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Beef Taco Meat, JTM (HS)	svg (2oz)	70	22	184	1.26	1.26	25.9	407	3.15	1	8.2	3.15	3.15	1.14	0.00
Pork Carnitas, R&S, HS	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
Beans, Refried, LS	1/2 cup	120	0	140	6.00	1.80	20.0	100	0.0	1	6.0	20.0	2.0	0.50	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
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
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
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
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 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
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
Olives	1/2 tbsp	5	0	31	0.13	0.14	3.7	17	0.04	*N/A*	0.04	0.26	0.45	0.06	*N/A*
Cilantro	Bunch (25 svr)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce, Shredded 1oz	1 oz	5	0	2	0.46	0.16	9.1	137	0.55	0	0.46	0.91	0.0	0.00	0.00
Tomato, Fresh, Chopped	svrg (1/4c)	15	0	0	1.00	0.36	0.0	750	12.0	*N/A*	1.0	4.0	0.0	0.00	0.00
Onion, Fresh, Chopped	svrg (1/4c)	22	0	0	0.50	0.18	10.0	0	3.0	*N/A*	0.5	5.5	0.0	0.00	0.00
Jalapeno Peppers, Nacho Sliced	svrg (1 TB SP)	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	svrg (1TBS)	30	10	10	0.00	0.00	20.0	100	0.0	*N/A*	0.0	0.5	3.0	1.50	0.00
Weighted Daily Average		2147	175	3126	32.57	14.55	2325.2	13151	195.83	*136	110.32	293.86	59.61	18.52	*0.00
% of Calories										*25.4%	20.6%	54.7%	25.0%	7.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/29/2018															
HS Food Court-Salsa, Salsa	Total														
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Beef Taco Meat, JTM (HS)	svg (2oz)	70	22	184	1.26	1.26	25.9	407	3.15	1	8.2	3.15	3.15	1.14	0.00
Pork Carnitas, R&S, HS	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
Beans, Refried, LS	1/2 cup	120	0	140	6.00	1.80	20.0	100	0.0	1	6.0	20.0	2.0	0.50	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
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
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
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
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 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
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
Olives	1/2 tbsp	5	0	31	0.13	0.14	3.7	17	0.04	*N/A*	0.04	0.26	0.45	0.06	*N/A*
Cilantro	Bunch (25 sv)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce, Shredded 1oz	1 oz	5	0	2	0.46	0.16	9.1	137	0.55	0	0.46	0.91	0.0	0.00	0.00
Tomato, Fresh, Chopped	svrg (1/4c)	15	0	0	1.00	0.36	0.0	750	12.0	*N/A*	1.0	4.0	0.0	0.00	0.00
Onion, Fresh, Chopped	svrg (1/4c)	22	0	0	0.50	0.18	10.0	0	3.0	*N/A*	0.5	5.5	0.0	0.00	0.00
Jalapeno Peppers, Nacho Sliced	svrg (1 TB SP)	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	svrg (1TBS)	30	10	10	0.00	0.00	20.0	100	0.0	*N/A*	0.0	0.5	3.0	1.50	0.00
Weighted Daily Average		2179	172	3327	37.24	15.51	2335.3	16456	219.38	*138	110.28	302.92	58.18	18.32	*0.00
% of Calories										*25.2%	20.2%	55.6%	24.0%	7.6%	*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 ¹ (g)
Wed - 05/30/2018															
HS Food Court-Salsa, Salsa	Total														
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Beef Taco Meat, JTM (HS)	svg (2oz)	70	22	184	1.26	1.26	25.9	407	3.15	1	8.2	3.15	3.15	1.14	0.00
Pork Carnitas, R&S, HS	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
Beans, Refried, LS	1/2 cup	120	0	140	6.00	1.80	20.0	100	0.0	1	6.0	20.0	2.0	0.50	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
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
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
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
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 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
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
Olives	1/2 tbsp	5	0	31	0.13	0.14	3.7	17	0.04	*N/A*	0.04	0.26	0.45	0.06	*N/A*
Cilantro	Bunch (25 svr)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce, Shredded 1oz	1 oz	5	0	2	0.46	0.16	9.1	137	0.55	0	0.46	0.91	0.0	0.00	0.00
Tomato, Fresh, Chopped	svrg (1/4c)	15	0	0	1.00	0.36	0.0	750	12.0	*N/A*	1.0	4.0	0.0	0.00	0.00
Onion, Fresh, Chopped	svrg (1/4c)	22	0	0	0.50	0.18	10.0	0	3.0	*N/A*	0.5	5.5	0.0	0.00	0.00
Jalapeno Peppers, Nacho Sliced	svrg (1 TB SP)	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	svrg (1TBS)	30	10	10	0.00	0.00	20.0	100	0.0	*N/A*	0.0	0.5	3.0	1.50	0.00
Weighted Daily Average		2147	175	3126	32.57	14.55	2325.2	13151	195.83	*136	110.32	293.86	59.61	18.52	*0.00
% of Calories										*25.4%	20.6%	54.7%	25.0%	7.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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NLMUSD

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Food Court-Salsa, Salsa

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 ¹ (g)
Thu - 05/31/2018															
HS Food Court-Salsa, Salsa	Total														
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Beef Taco Meat, JTM (HS)	svg (2oz)	70	22	184	1.26	1.26	25.9	407	3.15	1	8.2	3.15	3.15	1.14	0.00
Pork Carnitas, R&S, HS	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
Beans, Refried, LS	1/2 cup	120	0	140	6.00	1.80	20.0	100	0.0	1	6.0	20.0	2.0	0.50	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
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
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
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
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 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
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
Olives	1/2 tbsp	5	0	31	0.13	0.14	3.7	17	0.04	*N/A*	0.04	0.26	0.45	0.06	*N/A*
Cilantro	Bunch (25 sv)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce, Shredded 1oz	1 oz	5	0	2	0.46	0.16	9.1	137	0.55	0	0.46	0.91	0.0	0.00	0.00
Tomato, Fresh, Chopped	svrg (1/4c)	15	0	0	1.00	0.36	0.0	750	12.0	*N/A*	1.0	4.0	0.0	0.00	0.00
Onion, Fresh, Chopped	svrg (1/4c)	22	0	0	0.50	0.18	10.0	0	3.0	*N/A*	0.5	5.5	0.0	0.00	0.00
Jalapeno Peppers, Nacho Sliced	svrg (1 TB SP)	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	svrg (1TBS)	30	10	10	0.00	0.00	20.0	100	0.0	*N/A*	0.0	0.5	3.0	1.50	0.00
Weighted Daily Average		2179	172	3327	37.24	15.51	2335.3	16456	219.38	*138	110.28	302.92	58.18	18.32	*0.00
% of Calories										*25.2%	20.2%	55.6%	24.0%	7.6%	*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 ¹ (g)
Fri - 06/01/2018															
HS Food Court-Salsa, Salsa	Total														
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Beef Taco Meat, JTM (HS)	svg (2oz)	70	22	184	1.26	1.26	25.9	407	3.15	1	8.2	3.15	3.15	1.14	0.00
Pork Carnitas, R&S, HS	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
Beans, Refried, LS	1/2 cup	120	0	140	6.00	1.80	20.0	100	0.0	1	6.0	20.0	2.0	0.50	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
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
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
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
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 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
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
Olives	1/2 tbsp	5	0	31	0.13	0.14	3.7	17	0.04	*N/A*	0.04	0.26	0.45	0.06	*N/A*
Cilantro	Bunch (25 svr)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce, Shredded 1oz	1 oz	5	0	2	0.46	0.16	9.1	137	0.55	0	0.46	0.91	0.0	0.00	0.00
Tomato, Fresh, Chopped	svrg (1/4c)	15	0	0	1.00	0.36	0.0	750	12.0	*N/A*	1.0	4.0	0.0	0.00	0.00
Onion, Fresh, Chopped	svrg (1/4c)	22	0	0	0.50	0.18	10.0	0	3.0	*N/A*	0.5	5.5	0.0	0.00	0.00
Jalapeno Peppers, Nacho Sliced	svrg (1 TB SP)	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	svrg (1TBS)	30	10	10	0.00	0.00	20.0	100	0.0	*N/A*	0.0	0.5	3.0	1.50	0.00
Weighted Daily Average		2147	175	3126	32.57	14.55	2325.2	13151	195.83	*136	110.32	293.86	59.61	18.52	*0.00
% of Calories										*25.4%	20.6%	54.7%	25.0%	7.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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NLMUSD

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Food Court-Salsa, Salsa

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 06/04/2018															
HS Food Court-Salsa, Salsa	Total														
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Beef Taco Meat, JTM (HS)	svg (2oz)	70	22	184	1.26	1.26	25.9	407	3.15	1	8.2	3.15	3.15	1.14	0.00
Pork Carnitas, R&S, HS	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
Beans, Refried, LS	1/2 cup	120	0	140	6.00	1.80	20.0	100	0.0	1	6.0	20.0	2.0	0.50	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
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
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
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
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 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
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
Olives	1/2 tbsp	5	0	31	0.13	0.14	3.7	17	0.04	*N/A*	0.04	0.26	0.45	0.06	*N/A*
Cilantro	Bunch (25 svr)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce, Shredded 1oz	1 oz	5	0	2	0.46	0.16	9.1	137	0.55	0	0.46	0.91	0.0	0.00	0.00
Tomato, Fresh, Chopped	svrg (1/4c)	15	0	0	1.00	0.36	0.0	750	12.0	*N/A*	1.0	4.0	0.0	0.00	0.00
Onion, Fresh, Chopped	svrg (1/4c)	22	0	0	0.50	0.18	10.0	0	3.0	*N/A*	0.5	5.5	0.0	0.00	0.00
Jalapeno Peppers, Nacho Sliced	svrg (1 TB SP)	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	svrg (1TBS)	30	10	10	0.00	0.00	20.0	100	0.0	*N/A*	0.0	0.5	3.0	1.50	0.00
Weighted Daily Average		2147	175	3126	32.57	14.55	2325.2	13151	195.83	*136	110.32	293.86	59.61	18.52	*0.00
% of Calories										*25.4%	20.6%	54.7%	25.0%	7.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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NLMUSD

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Food Court-Salsa, Salsa

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 ¹ (g)
Tue - 06/05/2018															
HS Food Court-Salsa, Salsa	Total														
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Beef Taco Meat, JTM (HS)	svg (2oz)	70	22	184	1.26	1.26	25.9	407	3.15	1	8.2	3.15	3.15	1.14	0.00
Pork Carnitas, R&S, HS	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
Beans, Refried, LS	1/2 cup	120	0	140	6.00	1.80	20.0	100	0.0	1	6.0	20.0	2.0	0.50	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
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
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
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
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 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
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
Olives	1/2 tbsp	5	0	31	0.13	0.14	3.7	17	0.04	*N/A*	0.04	0.26	0.45	0.06	*N/A*
Cilantro	Bunch (25 sv)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Lettuce, Shredded 1oz	1 oz	5	0	2	0.46	0.16	9.1	137	0.55	0	0.46	0.91	0.0	0.00	0.00
Tomato, Fresh, Chopped	svrg (1/4c)	15	0	0	1.00	0.36	0.0	750	12.0	*N/A*	1.0	4.0	0.0	0.00	0.00
Onion, Fresh, Chopped	svrg (1/4c)	22	0	0	0.50	0.18	10.0	0	3.0	*N/A*	0.5	5.5	0.0	0.00	0.00
Jalapeno Peppers, Nacho Sliced	svrg (1 TB SP)	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	svrg (1TBS)	30	10	10	0.00	0.00	20.0	100	0.0	*N/A*	0.0	0.5	3.0	1.50	0.00
Weighted Daily Average		2179	172	3327	37.24	15.51	2335.3	16456	219.38	*138	110.28	302.92	58.18	18.32	*0.00
% of Calories										*25.2%	20.2%	55.6%	24.0%	7.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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NLMUSD

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS Food Court-Salsa, Salsa

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 ¹ (g)
Weighted Average		2161	174	3215	34.62	14.98	2329.7	14605	206.19	*137 *56.9%	110.30 20.4%	297.85 55.1%	58.98 24.6%	18.43 7.7%	*0.00 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	2161		750 - 850	254%			1311	Correction Required - Calories too High
Cholesterol (mg)	174							
Sodium (mg)	3215		1420				1795	Correction Required - Sodium too High
Fiber (g)	34.62							
Iron (mg)	14.98							
Calcium (mg)	2329.7							
Vitamin A (IU)	14605							
Sugars (g)	137	25.31%			Missing			
Vitamin C (mg)	206.19							
Protein (g)	110.30	20.42%						
Carbohydrate (g)	297.85	55.13%						
Total Fat (g)	58.98	24.56%						
Saturated Fat (g)	18.43	7.67%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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