

	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-Speed Line	Total														
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
Rice Bowl, Orange Chicken	srvg	410	40	300	2.00	0.72	0.0	0	1.2	10	17.0	73.0	5.0	0.50	0.00
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
Salad, Turkey Chef & Roll	1 each	282	243	945	2.67	2.02	129.9	8945	30.35	*1	23.12	13.95	15.62	3.83	*0.00
Chicken Sandwich, Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, Hawaiian Hot LavaDomino	slice	300	30	970	4.00	1.80	450.0	750	211.2	4	22.0	33.0	10.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	0.00
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, 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
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
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	srvg (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	srvg	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

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NLMUSD

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS-Speed Line

Portion Values - Detailed

Page 2

Generated on: 4/16/2018 11:32:14 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)
Weighted Daily Average		6040	656	11306	71.39	47.07	3442.4	27006	489.22	*243	286.61	788.80	201.67	46.63	*0.00
% of Calories										*16.1%	19.0%	52.2%	30.1%	6.9%	*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 - 05/02/2018															
HS-Speed Line	Total														
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
Rice Bowl, Gen Tso Spicy	1 each	430	40	381	2.00	0.72	0.0	0	1.2	*0	17.0	77.0	5.0	0.50	0.00
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
Salad, ChicCaesar,crouton,roll	1 each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Chicken Sandwich,Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, Zesty Italian, Dominos	slice	290	25	710	4.00	1.80	450.0	750	21.0	3	20.0	33.0	9.0	2.50	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	0.00
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, 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
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
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 svrg	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

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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)
Weighted Daily Average		6116	468	10957	68.11	33.87	3553.0	22855	266.42	*229	290.53	786.57	208.34	48.14	*0.00
% of Calories										*15.0%	19.0%	51.4%	30.7%	7.1%	*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)
Thu - 05/03/2018															
HS-Speed Line	Total														
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
Rice Bowl, Orange Chicken	srvg	410	40	300	2.00	0.72	0.0	0	1.2	10	17.0	73.0	5.0	0.50	0.00
Salad, Asian Chx & Chw Mein N	1 each	455	48	1209	5.78	3.06	62.7	13497	38.39	*0	21.89	53.14	18.34	3.27	*0.00
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
Chicken Sandwich, Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, PepperoniSmart Slice WG	slice	280	20	520	3.00	1.80	450.0	750	6.0	3	20.0	31.0	9.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	0.00
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, 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
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
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	srvg (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	srvg	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

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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)
Weighted Daily Average		6167	449	11050	75.48	35.86	3415.1	31383	290.62	*240	284.11	824.93	202.58	46.41	*0.00
% of Calories										*15.5%	18.4%	53.5%	29.6%	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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/04/2018															
HS-Speed Line	Total														
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
Rice Bowl, Gen Tso Spicy	1 each	430	40	381	2.00	0.72	0.0	0	1.2	*0	17.0	77.0	5.0	0.50	0.00
Salad, ChicCaesar,crouton,roll	1 each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
Chicken Sandwich,Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, PepperoniSmart Slice WG	slice	280	20	520	3.00	1.80	450.0	750	6.0	3	20.0	31.0	9.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	0.00
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, 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
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
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 svrg	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

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NLMUSD

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS-Speed Line

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		6106	463	10767	67.11	33.86	3553.0	22855	251.41	*229	290.53	784.57	208.34	49.64	*0.00
% of Calories										*15.0%	19.0%	51.4%	30.7%	7.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Sat - 05/05/2018															
HS-Speed Line															
Pizza, Pepperoni Slice Big D's	ea (slice)	370	45	550	3.00	2.70	350.0	400	0.0	9	21.0	35.0	17.0	7.00	0.00
Yogurt, Greek, Variety	1 each	95	5	35	0.00	0.00	100.0	0	1.2	13	10.0	14.0	0.0	0.00	0.00
Granola	each (pkg)	120	0	75	2.00	0.72	20.0	0	0.0	6	3.0	20.0	3.5	0.00	0.00
Cheese, Mozz String	1 each	80	15	210	0.00	0.00	200.0	100	0.0	0	7.0	1.0	6.0	3.50	0.00
Apple Slices, Red 2oz, Prize	1/2c. (bag)	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
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
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, 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, 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, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Weighted Daily Average		1294	84	1525	10.00	5.76	1950.0	8553	195.00	115	78.00	171.00	34.00	12.50	0.00
% of Calories										35.7%	24.1%	52.9%	23.6%	8.7%	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 ¹ (g)
Mon - 05/07/2018															
HS-Speed Line	Total														
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
Rice Bowl, Gen Tso Spicy	1 each	430	40	381	2.00	0.72	0.0	0	1.2	*0	17.0	77.0	5.0	0.50	0.00
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
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
Chicken Sandwich,Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, PepperoniSmart Slice WG	slice	280	20	520	3.00	1.80	450.0	750	6.0	3	20.0	31.0	9.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	0.00
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, 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
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
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 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	4 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

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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)
Weighted Daily Average		6324	432	11544	75.06	*34.84	*3616.2	*23516	*260.23	*237	281.04	815.00	224.54	54.74	*0.00
% of Calories										*15.0%	17.8%	51.6%	32.0%	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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/08/2018															
HS-Speed Line	Total														
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
Rice Bowl, Orange Chicken	srvg	410	40	300	2.00	0.72	0.0	0	1.2	10	17.0	73.0	5.0	0.50	0.00
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
Salad, Turkey Chef & Roll	1 each	282	243	945	2.67	2.02	129.9	8945	30.35	*1	23.12	13.95	15.62	3.83	*0.00
Chicken Sandwich, Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, Hawaiian Hot LavaDomino	slice	300	30	970	4.00	1.80	450.0	750	211.2	4	22.0	33.0	10.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	0.00
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, 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
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
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	srvg (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	srvg	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

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NLMUSD

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS-Speed Line

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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		6040	656	11306	71.39	47.07	3442.4	27006	489.22	*243	286.61	788.80	201.67	46.63	*0.00
% of Calories										*16.1%	19.0%	52.2%	30.1%	6.9%	*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-Speed Line	Total														
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
Rice Bowl, Gen Tso Spicy	1 each	430	40	381	2.00	0.72	0.0	0	1.2	*0	17.0	77.0	5.0	0.50	0.00
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
Salad, ChicCaesar,crouton,roll	1 each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Chicken Sandwich,Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, Zesty Italian, Dominos	slice	290	25	710	4.00	1.80	450.0	750	21.0	3	20.0	33.0	9.0	2.50	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	0.00
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, 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
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
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 svrg	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

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NLMUSD

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS-Speed Line

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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		6116	468	10957	68.11	33.87	3553.0	22855	266.42	*229	290.53	786.57	208.34	48.14	*0.00
% of Calories										*15.0%	19.0%	51.4%	30.7%	7.1%	*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-Speed Line	Total														
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
Rice Bowl, Orange Chicken	srvg	410	40	300	2.00	0.72	0.0	0	1.2	10	17.0	73.0	5.0	0.50	0.00
Salad, Asian Chx & Chw Mein N	1 each	455	48	1209	5.78	3.06	62.7	13497	38.39	*0	21.89	53.14	18.34	3.27	*0.00
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
Chicken Sandwich, Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, PepperoniSmart Slice WG	slice	280	20	520	3.00	1.80	450.0	750	6.0	3	20.0	31.0	9.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	0.00
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, 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
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
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	srvg (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	srvg	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

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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)
Weighted Daily Average		6167	449	11050	75.48	35.86	3415.1	31383	290.62	*240	284.11	824.93	202.58	46.41	*0.00
% of Calories										*15.5%	18.4%	53.5%	29.6%	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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/11/2018															
HS-Speed Line	Total														
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
Rice Bowl, Gen Tso Spicy	1 each	430	40	381	2.00	0.72	0.0	0	1.2	*0	17.0	77.0	5.0	0.50	0.00
Salad, ChicCaesar,crouton,roll	1 each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
Chicken Sandwich,Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, PepperoniSmart Slice WG	slice	280	20	520	3.00	1.80	450.0	750	6.0	3	20.0	31.0	9.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	0.00
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, 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
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
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 svrg	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

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-Speed Line

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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		6106	463	10767	67.11	33.86	3553.0	22855	251.41	*229	290.53	784.57	208.34	49.64	*0.00
% of Calories										*15.0%	19.0%	51.4%	30.7%	7.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Sat - 05/12/2018															
	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
HS-Speed Line	Total														
Pizza, Pepperoni Slice Big D's	ea (slice)	370	45	550	3.00	2.70	350.0	400	0.0	9	21.0	35.0	17.0	7.00	0.00
Nacho Cheese & Chips Meal (HS)	1 each	632	60	1300	5.40	3.24	672.0	780	0.0	*0	23.6	64.2	30.8	13.80	0.00
Apple Slices, Red 2oz, Prize	1/2c. (bag)	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
Carrots, Baby	srvg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
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, 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, 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, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Weighted Daily Average		1631	124	2505	13.40	8.28	2302.0	9233	193.80	*96	81.60	200.20	55.30	22.80	0.00
% of Calories										*23.6%	20.0%	49.1%	30.5%	12.6%	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)
Mon - 05/14/2018															
HS-Speed Line	Total														
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
Rice Bowl, Gen Tso Spicy	1 each	430	40	381	2.00	0.72	0.0	0	1.2	*0	17.0	77.0	5.0	0.50	0.00
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
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
Chicken Sandwich,Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, PepperoniSmart Slice WG	slice	280	20	520	3.00	1.80	450.0	750	6.0	3	20.0	31.0	9.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	0.00
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, 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
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
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 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	4 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

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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)
Weighted Daily Average		6324	432	11544	75.06	*34.84	*3616.2	*23516	*260.23	*237	281.04	815.00	224.54	54.74	*0.00
% of Calories										*15.0%	17.8%	51.6%	32.0%	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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/15/2018															
HS-Speed Line	Total														
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
Rice Bowl, Orange Chicken	1 each	410	40	300	2.00	0.72	0.0	0	1.2	10	17.0	73.0	5.0	0.50	0.00
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
Salad, Turkey Chef & Roll	1 each	282	243	945	2.67	2.02	129.9	8945	30.35	*1	23.12	13.95	15.62	3.83	*0.00
Chicken Sandwich, Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, Hawaiian Hot LavaDomino	slice	300	30	970	4.00	1.80	450.0	750	211.2	4	22.0	33.0	10.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	0.00
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, 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
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
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

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NLMUSD

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS-Speed Line

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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		6040	656	11306	71.39	47.07	3442.4	27006	489.22	*243	286.61	788.80	201.67	46.63	*0.00
% of Calories										*16.1%	19.0%	52.2%	30.1%	6.9%	*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 - 05/16/2018															
HS-Speed Line	Total														
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
Rice Bowl, Gen Tso Spicy	1 each	430	40	381	2.00	0.72	0.0	0	1.2	*0	17.0	77.0	5.0	0.50	0.00
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
Salad, ChicCaesar,crouton,roll	1 each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Chicken Sandwich,Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, Zesty Italian, Dominos	slice	290	25	710	4.00	1.80	450.0	750	21.0	3	20.0	33.0	9.0	2.50	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	0.00
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, 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
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
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 svrg	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

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NLMUSD

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS-Speed Line

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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		6116	468	10957	68.11	33.87	3553.0	22855	266.42	*229	290.53	786.57	208.34	48.14	*0.00
% of Calories										*15.0%	19.0%	51.4%	30.7%	7.1%	*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 - 05/17/2018															
HS-Speed Line	Total														
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
Rice Bowl, Orange Chicken	srvg	410	40	300	2.00	0.72	0.0	0	1.2	10	17.0	73.0	5.0	0.50	0.00
Salad, Asian Chx & Chw Mein N	1 each	455	48	1209	5.78	3.06	62.7	13497	38.39	*0	21.89	53.14	18.34	3.27	*0.00
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
Chicken Sandwich, Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, PepperoniSmart Slice WG	slice	280	20	520	3.00	1.80	450.0	750	6.0	3	20.0	31.0	9.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	0.00
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, 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
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
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	srvg (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	srvg	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

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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)
Weighted Daily Average		6167	449	11050	75.48	35.86	3415.1	31383	290.62	*240	284.11	824.93	202.58	46.41	*0.00
% of Calories										*15.5%	18.4%	53.5%	29.6%	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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/18/2018															
HS-Speed Line	Total														
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
Rice Bowl, Gen Tso Spicy	1 each	430	40	381	2.00	0.72	0.0	0	1.2	*0	17.0	77.0	5.0	0.50	0.00
Salad, ChicCaesar,crouton,roll	1 each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
Chicken Sandwich,Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, PepperoniSmart Slice WG	slice	280	20	520	3.00	1.80	450.0	750	6.0	3	20.0	31.0	9.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	0.00
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, 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
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
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 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

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NLMUSD

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS-Speed Line

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		6106	463	10767	67.11	33.86	3553.0	22855	251.41	*229	290.53	784.57	208.34	49.64	*0.00
% of Calories										*15.0%	19.0%	51.4%	30.7%	7.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Sat - 05/19/2018															
HS-Speed Line															
Pizza, Pepperoni Slice Big D's	ea (slice)	370	45	550	3.00	2.70	350.0	400	0.0	9	21.0	35.0	17.0	7.00	0.00
Yogurt, Greek, Variety	1 each	95	5	35	0.00	0.00	100.0	0	1.2	13	10.0	14.0	0.0	0.00	0.00
Granola	each (pkg)	120	0	75	2.00	0.72	20.0	0	0.0	6	3.0	20.0	3.5	0.00	0.00
Cheese, Mozz String	1 each	80	15	210	0.00	0.00	200.0	100	0.0	0	7.0	1.0	6.0	3.50	0.00
Apple Slices, Red 2oz, Prize	1/2c. (bag)	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
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
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, 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, 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, Soy	cup (8 oz)	140	0	150	1.00	1.80	300.0	500	0.0	8	10.0	12.0	5.0	0.50	0.00
Weighted Daily Average		1294	84	1525	10.00	5.76	1950.0	8553	195.00	115	78.00	171.00	34.00	12.50	0.00
% of Calories										35.7%	24.1%	52.9%	23.6%	8.7%	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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	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-Speed Line	Total														
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
Rice Bowl, Gen Tso Spicy	1 each	430	40	381	2.00	0.72	0.0	0	1.2	*0	17.0	77.0	5.0	0.50	0.00
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
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
Chicken Sandwich,Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, PepperoniSmart Slice WG	slice	280	20	520	3.00	1.80	450.0	750	6.0	3	20.0	31.0	9.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	0.00
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, 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
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
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 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	4 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

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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)
Weighted Daily Average		6324	432	11544	75.06	*34.84	*3616.2	*23516	*260.23	*237	281.04	815.00	224.54	54.74	*0.00
% of Calories										*15.0%	17.8%	51.6%	32.0%	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 - 05/22/2018															
HS-Speed Line	Total														
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
Rice Bowl, Orange Chicken	srvg	410	40	300	2.00	0.72	0.0	0	1.2	10	17.0	73.0	5.0	0.50	0.00
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
Salad, Turkey Chef & Roll	1 each	282	243	945	2.67	2.02	129.9	8945	30.35	*1	23.12	13.95	15.62	3.83	*0.00
Chicken Sandwich, Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, Hawaiian Hot LavaDomino	slice	300	30	970	4.00	1.80	450.0	750	211.2	4	22.0	33.0	10.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	0.00
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, 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
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
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	srvg (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	srvg	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

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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)
Weighted Daily Average		6040	656	11306	71.39	47.07	3442.4	27006	489.22	*243	286.61	788.80	201.67	46.63	*0.00
% of Calories										*16.1%	19.0%	52.2%	30.1%	6.9%	*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 - 05/23/2018															
HS-Speed Line	Total														
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
Rice Bowl, Gen Tso Spicy	1 each	430	40	381	2.00	0.72	0.0	0	1.2	*0	17.0	77.0	5.0	0.50	0.00
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
Salad, ChicCaesar,crouton,roll	1 each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Chicken Sandwich,Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, Zesty Italian, Dominos	slice	290	25	710	4.00	1.80	450.0	750	21.0	3	20.0	33.0	9.0	2.50	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	0.00
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, 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
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
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 svrg	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

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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)
Weighted Daily Average		6116	468	10957	68.11	33.87	3553.0	22855	266.42	*229	290.53	786.57	208.34	48.14	*0.00
% of Calories										*15.0%	19.0%	51.4%	30.7%	7.1%	*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-Speed Line	Total														
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
Rice Bowl, Orange Chicken	srvg	410	40	300	2.00	0.72	0.0	0	1.2	10	17.0	73.0	5.0	0.50	0.00
Salad, Asian Chx & Chw Mein N	1 each	455	48	1209	5.78	3.06	62.7	13497	38.39	*0	21.89	53.14	18.34	3.27	*0.00
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
Chicken Sandwich, Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, PepperoniSmart Slice WG	slice	280	20	520	3.00	1.80	450.0	750	6.0	3	20.0	31.0	9.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	0.00
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, 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
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
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	srvg (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	srvg	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

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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)
Weighted Daily Average		6167	449	11050	75.48	35.86	3415.1	31383	290.62	*240	284.11	824.93	202.58	46.41	*0.00
% of Calories										*15.5%	18.4%	53.5%	29.6%	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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/25/2018															
HS-Speed Line	Total														
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
Rice Bowl, Gen Tso Spicy	1 each	430	40	381	2.00	0.72	0.0	0	1.2	*0	17.0	77.0	5.0	0.50	0.00
Salad, ChicCaesar,crouton,roll	1 each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
Chicken Sandwich,Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, PepperoniSmart Slice WG	slice	280	20	520	3.00	1.80	450.0	750	6.0	3	20.0	31.0	9.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	0.00
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, 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
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
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 svrg	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

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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)
Weighted Daily Average		6106	463	10767	67.11	33.86	3553.0	22855	251.41	*229	290.53	784.57	208.34	49.64	*0.00
% of Calories										*15.0%	19.0%	51.4%	30.7%	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 ¹ (g)
Tue - 05/29/2018															
HS-Speed Line	Total														
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
Rice Bowl, Orange Chicken	1 each	410	40	300	2.00	0.72	0.0	0	1.2	10	17.0	73.0	5.0	0.50	0.00
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
Salad, Turkey Chef & Roll	1 each	282	243	945	2.67	2.02	129.9	8945	30.35	*1	23.12	13.95	15.62	3.83	*0.00
Chicken Sandwich, Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, Hawaiian Hot LavaDomino	slice	300	30	970	4.00	1.80	450.0	750	211.2	4	22.0	33.0	10.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	0.00
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, 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
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
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	srvg (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	srvg	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

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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)
Weighted Daily Average		6040	656	11306	71.39	47.07	3442.4	27006	489.22	*243	286.61	788.80	201.67	46.63	*0.00
% of Calories										*16.1%	19.0%	52.2%	30.1%	6.9%	*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-Speed Line	Total														
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
Rice Bowl, Gen Tso Spicy	1 each	430	40	381	2.00	0.72	0.0	0	1.2	*0	17.0	77.0	5.0	0.50	0.00
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
Salad, ChicCaesar,crouton,roll	1 each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Chicken Sandwich,Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, Zesty Italian, Dominos	slice	290	25	710	4.00	1.80	450.0	750	21.0	3	20.0	33.0	9.0	2.50	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	0.00
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, 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
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
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 svrg	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

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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)
Weighted Daily Average		6116	468	10957	68.11	33.87	3553.0	22855	266.42	*229	290.53	786.57	208.34	48.14	*0.00
% of Calories										*15.0%	19.0%	51.4%	30.7%	7.1%	*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 - 05/31/2018															
HS-Speed Line	Total														
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
Rice Bowl, Orange Chicken	srvg	410	40	300	2.00	0.72	0.0	0	1.2	10	17.0	73.0	5.0	0.50	0.00
Salad, Asian Chx & Chw Mein N	1 each	455	48	1209	5.78	3.06	62.7	13497	38.39	*0	21.89	53.14	18.34	3.27	*0.00
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
Chicken Sandwich, Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, PepperoniSmart Slice WG	slice	280	20	520	3.00	1.80	450.0	750	6.0	3	20.0	31.0	9.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	0.00
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, 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
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
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	srvg (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	srvg	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

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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)
Weighted Daily Average		6167	449	11050	75.48	35.86	3415.1	31383	290.62	*240	284.11	824.93	202.58	46.41	*0.00
% of Calories										*15.5%	18.4%	53.5%	29.6%	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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 06/01/2018															
HS-Speed Line	Total														
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
Rice Bowl, Gen Tso Spicy	1 each	430	40	381	2.00	0.72	0.0	0	1.2	*0	17.0	77.0	5.0	0.50	0.00
Salad, ChicCaesar,crouton,roll	1 each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
Chicken Sandwich,Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, PepperoniSmart Slice WG	slice	280	20	520	3.00	1.80	450.0	750	6.0	3	20.0	31.0	9.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	0.00
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, 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
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
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 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

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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)
Weighted Daily Average		6106	463	10767	67.11	33.86	3553.0	22855	251.41	*229	290.53	784.57	208.34	49.64	*0.00
% of Calories										*15.0%	19.0%	51.4%	30.7%	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 ¹ (g)
Mon - 06/04/2018															
HS-Speed Line	Total														
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
Rice Bowl, Gen Tso Spicy	1 each	430	40	381	2.00	0.72	0.0	0	1.2	*0	17.0	77.0	5.0	0.50	0.00
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
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
Chicken Sandwich,Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, PepperoniSmart Slice WG	slice	280	20	520	3.00	1.80	450.0	750	6.0	3	20.0	31.0	9.0	4.00	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	0.00
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, 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
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
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 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	4 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

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NLMUSD

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS-Speed Line

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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		6324	432	11544	75.06	*34.84	*3616.2	*23516	*260.23	*237	281.04	815.00	224.54	54.74	*0.00
% of Calories										*15.0%	17.8%	51.6%	32.0%	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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 06/05/2018															
HS-Speed Line	Total														
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
Rice Bowl, Gen Tso Spicy	1 each	430	40	381	2.00	0.72	0.0	0	1.2	*0	17.0	77.0	5.0	0.50	0.00
Taco Nada, Turkey WG	1 each	310	30	420	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
Salad, ChicCaesar,crouton,roll	1 each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Chicken Sandwich,Tyson	1 each	350	55	950	3.00	3.24	60.0	100	9.0	4	20.0	42.0	13.0	2.50	0.00
Chicken Sandwich, Spicy, Tyson	1 each	360	55	710	3.00	3.24	40.0	500	9.0	3	20.0	41.0	13.0	3.00	0.00
Cheeseburger, Bacon	1 each	351	60	945	2.40	2.84	131.0	164	9.0	4	24.1	30.5	15.8	5.50	0.00
Burger, Spicy BlkBean (recipe)	1 ea	330	0	630	8.00	2.88	80.0	0	9.0	5	19.0	43.0	9.0	1.50	0.00
Pizza, Zesty Italian, Dominos	slice	290	25	710	4.00	1.80	450.0	750	21.0	3	20.0	33.0	9.0	2.50	0.00
Pizza, Cheese, Smart Slice, WG	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	0.00
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, 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
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
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 svrg	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

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NLMUSD

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

HS-Speed Line

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		6116	468	10957	68.11	33.87	3553.0	22855	266.42	*229	290.53	786.57	208.34	48.14	*0.00
% of Calories										*15.0%	19.0%	51.4%	30.7%	7.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Weighted Average		5635	452	10110	64.72	*33.80	*3358.5	*23706	*299.27	*222	264.69	732.61	190.52	45.32	*0.00
										*35.4%	18.8%	52.0%	30.4%	7.2%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	5635		750 - 850	663%			4785	Correction Required - Calories too High
Cholesterol (mg)	452							
Sodium (mg)	10110		1420				8690	Correction Required - Sodium too High
Fiber (g)	64.72							
Iron (mg)	33.80				Missing			
Calcium (mg)	3358.5				Missing			
Vitamin A (IU)	23706				Missing			
Sugars (g)	222	15.74%			Missing			
Vitamin C (mg)	299.27				Missing			
Protein (g)	264.69	18.79%						
Carbohydrate (g)	732.61	52.01%						
Total Fat (g)	190.52	30.43%						
Saturated Fat (g)	45.32	7.24%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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