

NLMUSD

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

MS Lunch 6-8

Portion Values - Detailed

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Generated on: 4/18/2018 8:27:17 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/01/2018															
MS Lunch 6-8															
	Total														
Beef Patty, 2.25 oz, Integr	1 each	127	31	200	0.42	1.71	17.3	1	0.0	0	14.45	1.18	6.89	2.66	0.00
Cheese, Pepperjack .5oz slice	1 each	55	10	105	0.00	0.00	95.0	150	0.0	0	3.0	0.0	4.5	3.00	0.00
Chicken Patty, Breaded, Tyson	1 ea	200	45	290	3.00	1.08	0.0	0	0.0	0	19.0	9.0	9.0	1.50	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
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
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Sandwich, Italian Combo Sub	1 each	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
Chicken, Orange	svg (1/2c)	150	40	280	0.00	0.72	0.0	0	1.2	10	11.0	19.0	3.0	0.50	0.00
Rice, Brown (MS/HS)	srvg (1c)	260	0	20	2.00	0.00	0.0	0	0.0	0	6.0	54.0	2.0	0.00	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
--- SIDES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Carrots, Baby	srvg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Cucumber Slices, Fresh	1/2 cup	9	0	2	0.53	0.17	10.6	54	2.41	1	0.44	1.63	0.12	0.01	0.00
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
Grapes, Red, Seedless	srvg(bag)	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.0	0.0	0.00	0.00
--- CHOICE OF MILK ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
--- CONDIMENTS ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
--- FOR CK ORDERING ONLY ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Cucumber Slice Packs	Each (Pack	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit Cup, Fresh (MS/HS)	ea (11oz)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		3333	523	5877	29.59	29.07	3015.7	20236	352.56	*177	194.42	425.49	95.26	27.95	*0.00
% of Calories										*21.2%	23.3%	51.1%	25.7%	7.5%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/02/2018															
MS Lunch 6-8	Total														
Beef Patty, 2.25 oz, Integr	1 each	127	31	200	0.42	1.71	17.3	1	0.0	0	14.45	1.18	6.89	2.66	0.00
Cheese Slice, American, 0.5 oz	2 each	100	25	450	0.00	0.00	160.0	300	0.0	1	5.0	1.0	9.0	5.00	0.00
Chicken Patty, Spicy, Tyson	1 each	210	55	470	1.00	1.80	0.0	500	0.0	0	15.0	12.0	11.0	2.50	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
Sandwich, Tuna	1 each	293	55	804	2.36	2.18	79.6	143	11.08	*3	24.07	31.2	7.6	0.93	0.00
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Sandwich, TrkyPeprjack Wedge	1 each	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
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
--- SIDES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Jicama Sticks	1/2 cup	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	0.0	0.00	0.00
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
Peaches, Canned, Lt Syrup USDA	1/2 cup	68	0	6	1.60	0.46	4.0	22	3.0	*N/A*	0.56	18.26	0.04	0.00	0.00
--- CHOICE OF MILK ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
--- CONDIMENTS ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
--- FOR CK ORDERING ONLY ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Cucumber Slice Packs	Each (Pack	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit Cup, Fresh (MS/HS)	ea (11oz)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		3015	300	5451	29.97	17.62	3096.2	10758	148.99	*149	176.79	377.94	89.20	27.26	0.00
% of Calories										*19.8%	23.5%	50.1%	26.6%	8.1%	0.0%
Nutrient Guideline		600-700		1360										<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 - 05/03/2018															
MS Lunch 6-8															
	Total														
Beef Patty, 2.25 oz, Integr	1 each	127	31	200	0.42	1.71	17.3	1	0.0	0	14.45	1.18	6.89	2.66	0.00
Turkey Bacon	srvg (2ea)	40	10	190	0.00	0.00	0.0	0	0.0	0	4.0	0.0	3.0	0.00	0.00
Onion Rings (2 rings)	srvg (2ea)	80	0	80	1.20	0.43	40.0	0	0.96	2	1.2	11.2	3.2	0.60	0.00
Chicken Patty, Spicy, Tyson	each	210	55	470	1.00	1.80	0.0	500	0.0	0	15.0	12.0	11.0	2.50	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
Salad, Asian Chx & Chw Mein N	1 each	455	48	1209	5.78	3.06	62.7	13497	38.39	*0	21.89	53.14	18.34	3.27	*0.00
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Sandwich, Italian Combo Sub	1 each	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
Chicken Drumstick, Breaded, Ty	1 each	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	2.50	0.00
Potatoes, Fr Fries Seasoned	1/2 cup	130	0	340	2.00	0.72	0.0	0	2.4	0	2.0	17.0	6.0	1.00	0.00
Roll, Dinner WG 2 oz	1 ea	180	0	260	5.00	1.80	80.0	0	9.0	*N/A*	5.0	37.0	2.5	0.00	0.00
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
--- SIDES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Carrots, Baby	srvg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Cucumber Slices, Fresh	1/2 cup	9	0	2	0.53	0.17	10.6	54	2.41	1	0.44	1.63	0.12	0.01	0.00
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
Strawberries, Fresh	1/2 cup	29	0	1	1.81	0.37	14.5	11	53.34	*N/A*	0.61	6.97	0.27	0.01	0.00
--- CHOICE OF MILK ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
--- CONDIMENTES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
--- FOR CK ORDERING ONLY ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Cucumber Slice Packs	Each (Pack	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit Cup, Fresh (MS/HS)	ea (11oz)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		3621	338	6776	37.72	34.51	2998.0	25249	218.71	*154	196.00	454.85	115.45	29.01	*0.00
% of Calories										*17.0%	21.7%	50.3%	28.7%	7.2%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/04/2018															
MS Lunch 6-8															
	Total														
Beef Patty, 2.25 oz, DL	1 each	111	38	290	0.40	1.40	11.0	14	0.0	0	12.6	1.0	6.3	2.50	0.00
Cheese Slice, American, 0.5 oz	1 each	50	13	225	0.00	0.00	80.0	150	0.0	0	2.5	0.5	4.5	2.50	0.00
Chicken Patty, Breaded, Tyson	1 ea	200	45	290	3.00	1.08	0.0	0	0.0	0	19.0	9.0	9.0	1.50	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
Salad, Chic Caesar w/ Roll	1 each	329	74	1161	1.97	1.86	194.1	8274	22.56	*2	24.83	9.61	21.05	5.81	*0.00
Black Bean Veggie Patty	1 each	180	0	390	6.00	1.44	40.0	0	0.0	2	14.0	14.0	7.0	1.00	0.00
Chicken Asian Bites, Orange	svrg (4pc)	270	45	370	1.00	1.44	20.0	100	1.2	4	19.0	18.0	15.0	1.50	0.00
Roll, Dinner WG 2 oz	1 ea	180	0	260	5.00	1.80	80.0	0	9.0	*N/A*	5.0	37.0	2.5	0.00	0.00
Pork Carnitas, Rose & Shore	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Tortilla, Corn, 4.5" WG	4 tortillas	32	0	10	1.00	0.18	10.0	0	0.0	0	1.0	7.0	0.0	0.00	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
--- SIDES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Beans, Refried Salsa, 2018	1/2 cup	108	0	177	5.29	1.58	19.0	138	0.9	*1	5.37	18.01	1.78	0.44	0.00
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
Fruit, Mixed	1/2 cup	59	0	5	0.98	0.35	0.0	98	3.54	12	0.0	14.75	0.0	0.00	0.00
--- CHOICE OF MILK ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
--- CONDIMENTS ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
--- FOR CK ORDERING ONLY ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Cucumber Slice Packs	Each (Pack	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit Cup, Fresh (MS/HS)	ea (11oz)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		3263	371	6175	36.28	21.07	2767.7	17167	124.66	*117	213.67	336.49	118.16	31.57	*0.00
% of Calories										*14.4%	26.2%	41.3%	32.6%	8.7%	*0.0%
Nutrient Guideline		600-700		1360										<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)
Mon - 05/07/2018															
MS Lunch 6-8	Total														
Beef Patty, 2.25 oz, Integr	2 each	254	62	400	0.84	3.42	34.6	2	0.0	1	28.9	2.36	13.78	5.32	0.00
Cheese Slice, American, 0.5 oz	1 each	50	13	225	0.00	0.00	80.0	150	0.0	0	2.5	0.5	4.5	2.50	0.00
Chicken Patty, Spicy, Tyson	each	210	55	470	1.00	1.80	0.0	500	0.0	0	15.0	12.0	11.0	2.50	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
Salad, Greek w/ Hummus& Pretzl	1 each	610	43	2093	10.02	*3.60	*258.9	*8935	*31.55	*9	17.43	48.78	39.29	10.91	*0.00
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	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
Beef Taco Meat, JTM	svg (3oz)	105	33	276	1.89	1.89	38.8	610	4.73	2	12.3	4.73	4.73	1.70	0.00
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
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
--- SIDES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Jicama Sticks	1/2 cup	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	0.0	0.00	0.00
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
--- CHOICE OF MILK ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
--- CONDIMENTS ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
--- FOR CK ORDERING ONLY ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Cucumber Slice Packs	Each (Pack	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit Cup, Fresh (MS/HS)	ea (11oz)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		3992	345	7273	44.38	*26.93	*3539.9	*21515	*204.05	*191	201.01	470.86	146.33	46.47	*0.00
% of Calories										*19.1%	20.1%	47.2%	33.0%	10.5%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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NLMUSD

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

MS Lunch 6-8

Portion Values - Detailed

Page 6

Generated on: 4/18/2018 8:27:17 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/08/2018															
MS Lunch 6-8															
	Total														
	1 each	127	31	200	0.42	1.71	17.3	1	0.0	0	14.45	1.18	6.89	2.66	0.00
	1 each	55	10	105	0.00	0.00	95.0	150	0.0	0	3.0	0.0	4.5	3.00	0.00
	1 ea	200	45	290	3.00	1.08	0.0	0	0.0	0	19.0	9.0	9.0	1.50	0.00
	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
	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
	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
	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
	svg (1/2c)	150	40	280	0.00	0.72	0.0	0	1.2	10	11.0	19.0	3.0	0.50	0.00
	svrg (1c)	260	0	20	2.00	0.00	0.0	0	0.0	0	6.0	54.0	2.0	0.00	0.00
	slice	300	30	970	4.00	1.80	450.0	750	211.2	4	22.0	33.0	10.0	4.00	0.00
	slice	270	20	490	3.00	1.80	500.0	750	6.0	3	20.0	31.0	7.0	3.50	0.00
	---	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
	1/2 cup	9	0	2	0.53	0.17	10.6	54	2.41	1	0.44	1.63	0.12	0.01	0.00
	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
	svrg(bag)	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.0	0.0	0.00	0.00
	---	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
	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
	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
	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
	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
	---	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
	---	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
	Each (Pack	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
	ea (11oz)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
	Weighted Daily Average	3333	523	5877	29.59	29.07	3015.7	20236	352.56	*177	194.42	425.49	95.26	27.95	*0.00
	% of Calories									*21.2%	23.3%	51.1%	25.7%	7.5%	*0.0%
	Nutrient Guideline	600-700		1360										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/09/2018															
MS Lunch 6-8															
	Total														
Beef Patty, 2.25 oz, Integr	1 each	127	31	200	0.42	1.71	17.3	1	0.0	0	14.45	1.18	6.89	2.66	0.00
Cheese Slice, American, 0.5 oz	2 each	100	25	450	0.00	0.00	160.0	300	0.0	1	5.0	1.0	9.0	5.00	0.00
Chicken Patty, Spicy, Tyson	1 each	210	55	470	1.00	1.80	0.0	500	0.0	0	15.0	12.0	11.0	2.50	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
Sandwich, Tuna	1 each	293	55	804	2.36	2.18	79.6	143	11.08	*3	24.07	31.2	7.6	0.93	0.00
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Sandwich, TrkyPeprjack Wedge	1 each	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
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
--- SIDES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Jicama Sticks	1/2 cup	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	0.0	0.00	0.00
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
Peaches, Canned, Lt Syrup USDA	1/2 cup	68	0	6	1.60	0.46	4.0	22	3.0	*N/A*	0.56	18.26	0.04	0.00	0.00
--- CHOICE OF MILK ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
--- CONDIMENTS ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
--- FOR CK ORDERING ONLY ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Cucumber Slice Packs	Each (Pack	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit Cup, Fresh (MS/HS)	ea (11oz)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		3015	300	5451	29.97	17.62	3096.2	10758	148.99	*149	176.79	377.94	89.20	27.26	0.00
% of Calories										*19.8%	23.5%	50.1%	26.6%	8.1%	0.0%
Nutrient Guideline		600-700		1360										<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															
MS Lunch 6-8															
	Total														
Beef Patty, 2.25 oz, Integr	1 each	127	31	200	0.42	1.71	17.3	1	0.0	0	14.45	1.18	6.89	2.66	0.00
Turkey Bacon	srvg (2ea)	40	10	190	0.00	0.00	0.0	0	0.0	0	4.0	0.0	3.0	0.00	0.00
Onion Rings (2 rings)	srvg (2ea)	80	0	80	1.20	0.43	40.0	0	0.96	2	1.2	11.2	3.2	0.60	0.00
Chicken Patty, Spicy, Tyson	each	210	55	470	1.00	1.80	0.0	500	0.0	0	15.0	12.0	11.0	2.50	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
Salad, Asian Chx & Chw Mein N	1 each	455	48	1209	5.78	3.06	62.7	13497	38.39	*0	21.89	53.14	18.34	3.27	*0.00
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Sandwich, Italian Combo Sub	1 each	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
Chicken Drumstick, Breaded, Ty	1 each	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	2.50	0.00
Potatoes, Fr Fries Seasoned	1/2 cup	130	0	340	2.00	0.72	0.0	0	2.4	0	2.0	17.0	6.0	1.00	0.00
Roll, Dinner WG 2 oz	1 ea	180	0	260	5.00	1.80	80.0	0	9.0	*N/A*	5.0	37.0	2.5	0.00	0.00
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
--- SIDES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Carrots, Baby	srvg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Cucumber Slices, Fresh	1/2 cup	9	0	2	0.53	0.17	10.6	54	2.41	1	0.44	1.63	0.12	0.01	0.00
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
Strawberries, Fresh	1/2 cup	29	0	1	1.81	0.37	14.5	11	53.34	*N/A*	0.61	6.97	0.27	0.01	0.00
--- CHOICE OF MILK ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
--- CONDIMENTES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
--- FOR CK ORDERING ONLY ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Cucumber Slice Packs	Each (Pack	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit Cup, Fresh (MS/HS)	ea (11oz)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		3621	338	6776	37.72	34.51	2998.0	25249	218.71	*154	196.00	454.85	115.45	29.01	*0.00
% of Calories										*17.0%	21.7%	50.3%	28.7%	7.2%	*0.0%
Nutrient Guideline		600-700		1360										<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															
MS Lunch 6-8															
	Total														
Beef Patty, 2.25 oz, DL	1 each	111	38	290	0.40	1.40	11.0	14	0.0	0	12.6	1.0	6.3	2.50	0.00
Cheese Slice, American, 0.5 oz	1 each	50	13	225	0.00	0.00	80.0	150	0.0	0	2.5	0.5	4.5	2.50	0.00
Chicken Patty, Breaded, Tyson	1 ea	200	45	290	3.00	1.08	0.0	0	0.0	0	19.0	9.0	9.0	1.50	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
Salad, Chic Caesar w/ Roll	1 each	329	74	1161	1.97	1.86	194.1	8274	22.56	*2	24.83	9.61	21.05	5.81	*0.00
Black Bean Veggie Patty	1 each	180	0	390	6.00	1.44	40.0	0	0.0	2	14.0	14.0	7.0	1.00	0.00
Chicken Asian Bites, Orange	svrg (4pc)	270	45	370	1.00	1.44	20.0	100	1.2	4	19.0	18.0	15.0	1.50	0.00
Roll, Dinner WG 2 oz	1 ea	180	0	260	5.00	1.80	80.0	0	9.0	*N/A*	5.0	37.0	2.5	0.00	0.00
Pork Carnitas, Rose & Shore	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Tortilla, Corn, 4.5" WG	4 tortillas	32	0	10	1.00	0.18	10.0	0	0.0	0	1.0	7.0	0.0	0.00	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
--- SIDES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Beans, Refried Salsa, 2018	1/2 cup	108	0	177	5.29	1.58	19.0	138	0.9	*1	5.37	18.01	1.78	0.44	0.00
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
Fruit, Mixed	1/2 cup	59	0	5	0.98	0.35	0.0	98	3.54	12	0.0	14.75	0.0	0.00	0.00
--- CHOICE OF MILK ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
--- CONDIMENTS ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
--- FOR CK ORDERING ONLY ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Cucumber Slice Packs	Each (Pack	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit Cup, Fresh (MS/HS)	ea (11oz)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		3263	371	6175	36.28	21.07	2767.7	17167	124.66	*117	213.67	336.49	118.16	31.57	*0.00
% of Calories										*14.4%	26.2%	41.3%	32.6%	8.7%	*0.0%
Nutrient Guideline		600-700		1360										<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															
MS Lunch 6-8															
	Total														
Beef Patty, 2.25 oz, Integr	2 each	254	62	400	0.84	3.42	34.6	2	0.0	1	28.9	2.36	13.78	5.32	0.00
Cheese Slice, American, 0.5 oz	1 each	50	13	225	0.00	0.00	80.0	150	0.0	0	2.5	0.5	4.5	2.50	0.00
Chicken Patty, Spicy, Tyson	each	210	55	470	1.00	1.80	0.0	500	0.0	0	15.0	12.0	11.0	2.50	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
Salad, Greek w/ Hummus& Pretzl	1 each	610	43	2093	10.02	*3.60	*258.9	*8935	*31.55	*9	17.43	48.78	39.29	10.91	*0.00
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	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
Beef Taco Meat, JTM	svg (3oz)	105	33	276	1.89	1.89	38.8	610	4.73	2	12.3	4.73	4.73	1.70	0.00
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
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
--- SIDES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Jicama Sticks	1/2 cup	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	0.0	0.00	0.00
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
--- CHOICE OF MILK ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
--- CONDIMENTS ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
--- FOR CK ORDERING ONLY ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Cucumber Slice Packs	Each (Pack	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit Cup, Fresh (MS/HS)	ea (11oz)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		3992	345	7273	44.38	*26.93	*3539.9	*21515	*204.05	*191	201.01	470.86	146.33	46.47	*0.00
% of Calories										*19.1%	20.1%	47.2%	33.0%	10.5%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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NLMUSD

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

MS Lunch 6-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/15/2018															
MS Lunch 6-8															
	Total														
Beef Patty, 2.25 oz, Integr	1 each	127	31	200	0.42	1.71	17.3	1	0.0	0	14.45	1.18	6.89	2.66	0.00
Cheese, Pepperjack .5oz slice	1 each	55	10	105	0.00	0.00	95.0	150	0.0	0	3.0	0.0	4.5	3.00	0.00
Chicken Patty, Breaded, Tyson	1 ea	200	45	290	3.00	1.08	0.0	0	0.0	0	19.0	9.0	9.0	1.50	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
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
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Sandwich, Italian Combo Sub	1 each	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
Chicken, Orange	svg (1/2c)	150	40	280	0.00	0.72	0.0	0	1.2	10	11.0	19.0	3.0	0.50	0.00
Rice, Brown (MS/HS)	svrg (1c)	260	0	20	2.00	0.00	0.0	0	0.0	0	6.0	54.0	2.0	0.00	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
--- SIDES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Cucumber Slices, Fresh	1/2 cup	9	0	2	0.53	0.17	10.6	54	2.41	1	0.44	1.63	0.12	0.01	0.00
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
Grapes, Red, Seedless	svrg(bag)	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.0	0.0	0.00	0.00
--- CHOICE OF MILK ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
--- CONDIMENTS ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
--- FOR CK ORDERING ONLY ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Cucumber Slice Packs	Each (Pack	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit Cup, Fresh (MS/HS)	ea (11oz)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		3333	523	5877	29.59	29.07	3015.7	20236	352.56	*177	194.42	425.49	95.26	27.95	*0.00
% of Calories										*21.2%	23.3%	51.1%	25.7%	7.5%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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NLMUSD

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

MS Lunch 6-8

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)
Wed - 05/16/2018															
MS Lunch 6-8	Total														
Beef Patty, 2.25 oz, Integr	1 each	127	31	200	0.42	1.71	17.3	1	0.0	0	14.45	1.18	6.89	2.66	0.00
Cheese Slice, American, 0.5 oz	2 each	100	25	450	0.00	0.00	160.0	300	0.0	1	5.0	1.0	9.0	5.00	0.00
Chicken Patty, Spicy, Tyson	1 each	210	55	470	1.00	1.80	0.0	500	0.0	0	15.0	12.0	11.0	2.50	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
Sandwich, Tuna	1 each	293	55	804	2.36	2.18	79.6	143	11.08	*3	24.07	31.2	7.6	0.93	0.00
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Sandwich, TrkyPeprjack Wedge	1 each	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
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
--- SIDES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Jicama Sticks	1/2 cup	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	0.0	0.00	0.00
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
Peaches, Canned, Lt Syrup USDA	1/2 cup	68	0	6	1.60	0.46	4.0	22	3.0	*N/A*	0.56	18.26	0.04	0.00	0.00
--- CHOICE OF MILK ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
--- CONDIMENTS ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
--- FOR CK ORDERING ONLY ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Cucumber Slice Packs	Each (Pack	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit Cup, Fresh (MS/HS)	ea (11oz)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		3015	300	5451	29.97	17.62	3096.2	10758	148.99	*149	176.79	377.94	89.20	27.26	0.00
% of Calories										*19.8%	23.5%	50.1%	26.6%	8.1%	0.0%
Nutrient Guideline		600-700		1360										<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															
MS Lunch 6-8	Total														
Beef Patty, 2.25 oz, Integr	1 each	127	31	200	0.42	1.71	17.3	1	0.0	0	14.45	1.18	6.89	2.66	0.00
Turkey Bacon	srvg (2ea)	40	10	190	0.00	0.00	0.0	0	0.0	0	4.0	0.0	3.0	0.00	0.00
Onion Rings (2 rings)	srvg (2ea)	80	0	80	1.20	0.43	40.0	0	0.96	2	1.2	11.2	3.2	0.60	0.00
Chicken Patty, Spicy, Tyson	each	210	55	470	1.00	1.80	0.0	500	0.0	0	15.0	12.0	11.0	2.50	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
Salad, Asian Chx & Chw Mein N	1 each	455	48	1209	5.78	3.06	62.7	13497	38.39	*0	21.89	53.14	18.34	3.27	*0.00
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Sandwich, Italian Combo Sub	1 each	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
Chicken Drumstick, Breaded, Ty	1 each	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	2.50	0.00
Potatoes, Fr Fries Seasoned	1/2 cup	130	0	340	2.00	0.72	0.0	0	2.4	0	2.0	17.0	6.0	1.00	0.00
Roll, Dinner WG 2 oz	1 ea	180	0	260	5.00	1.80	80.0	0	9.0	*N/A*	5.0	37.0	2.5	0.00	0.00
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
--- SIDES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Carrots, Baby	srvg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Cucumber Slices, Fresh	1/2 cup	9	0	2	0.53	0.17	10.6	54	2.41	1	0.44	1.63	0.12	0.01	0.00
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
Strawberries, Fresh	1/2 cup	29	0	1	1.81	0.37	14.5	11	53.34	*N/A*	0.61	6.97	0.27	0.01	0.00
--- CHOICE OF MILK ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
--- CONDIMENTES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
--- FOR CK ORDERING ONLY ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Cucumber Slice Packs	Each (Pack	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit Cup, Fresh (MS/HS)	ea (11oz)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		3621	338	6776	37.72	34.51	2998.0	25249	218.71	*154	196.00	454.85	115.45	29.01	*0.00
% of Calories										*17.0%	21.7%	50.3%	28.7%	7.2%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/18/2018															
MS Lunch 6-8															
	Total														
Beef Patty, 2.25 oz, DL	1 each	111	38	290	0.40	1.40	11.0	14	0.0	0	12.6	1.0	6.3	2.50	0.00
Cheese Slice, American, 0.5 oz	1 each	50	13	225	0.00	0.00	80.0	150	0.0	0	2.5	0.5	4.5	2.50	0.00
Chicken Patty, Breaded, Tyson	1 ea	200	45	290	3.00	1.08	0.0	0	0.0	0	19.0	9.0	9.0	1.50	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
Salad, Chic Caesar w/ Roll	1 each	329	74	1161	1.97	1.86	194.1	8274	22.56	*2	24.83	9.61	21.05	5.81	*0.00
Black Bean Veggie Patty	1 each	180	0	390	6.00	1.44	40.0	0	0.0	2	14.0	14.0	7.0	1.00	0.00
Chicken Asian Bites, Orange	svrg (4pc)	270	45	370	1.00	1.44	20.0	100	1.2	4	19.0	18.0	15.0	1.50	0.00
Roll, Dinner WG 2 oz	1 ea	180	0	260	5.00	1.80	80.0	0	9.0	*N/A*	5.0	37.0	2.5	0.00	0.00
Pork Carnitas, Rose & Shore	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Tortilla, Corn, 4.5" WG	4 tortillas	32	0	10	1.00	0.18	10.0	0	0.0	0	1.0	7.0	0.0	0.00	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
--- SIDES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Beans, Refried Salsa, 2018	1/2 cup	108	0	177	5.29	1.58	19.0	138	0.9	*1	5.37	18.01	1.78	0.44	0.00
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
Fruit, Mixed	1/2 cup	59	0	5	0.98	0.35	0.0	98	3.54	12	0.0	14.75	0.0	0.00	0.00
--- CHOICE OF MILK ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
--- CONDIMENTS ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
--- FOR CK ORDERING ONLY ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Cucumber Slice Packs	Each (Pack	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit Cup, Fresh (MS/HS)	ea (11oz)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		3263	371	6175	36.28	21.07	2767.7	17167	124.66	*117	213.67	336.49	118.16	31.57	*0.00
% of Calories										*14.4%	26.2%	41.3%	32.6%	8.7%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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NLMUSD

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

MS Lunch 6-8

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)
Mon - 05/21/2018															
MS Lunch 6-8															
	Total														
Beef Patty, 2.25 oz, Integr	2 each	254	62	400	0.84	3.42	34.6	2	0.0	1	28.9	2.36	13.78	5.32	0.00
Cheese Slice, American, 0.5 oz	1 each	50	13	225	0.00	0.00	80.0	150	0.0	0	2.5	0.5	4.5	2.50	0.00
Chicken Patty, Spicy, Tyson	each	210	55	470	1.00	1.80	0.0	500	0.0	0	15.0	12.0	11.0	2.50	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
Salad, Greek w/ Hummus& Pretzl	1 each	610	43	2093	10.02	*3.60	*258.9	*8935	*31.55	*9	17.43	48.78	39.29	10.91	*0.00
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	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
Beef Taco Meat, JTM	svg (3oz)	105	33	276	1.89	1.89	38.8	610	4.73	2	12.3	4.73	4.73	1.70	0.00
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
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
--- SIDES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Jicama Sticks	1/2 cup	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	0.0	0.00	0.00
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
--- CHOICE OF MILK ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
--- CONDIMENTS ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
--- FOR CK ORDERING ONLY ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Cucumber Slice Packs	Each (Pack	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit Cup, Fresh (MS/HS)	ea (11oz)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		3992	345	7273	44.38	*26.93	*3539.9	*21515	*204.05	*191	201.01	470.86	146.33	46.47	*0.00
% of Calories										*19.1%	20.1%	47.2%	33.0%	10.5%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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NLMUSD

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

MS Lunch 6-8

Portion Values - Detailed

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Generated on: 4/18/2018 8:27:18 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/22/2018															
MS Lunch 6-8															
	Total														
Beef Patty, 2.25 oz, Integr	1 each	127	31	200	0.42	1.71	17.3	1	0.0	0	14.45	1.18	6.89	2.66	0.00
Cheese, Pepperjack .5oz slice	1 each	55	10	105	0.00	0.00	95.0	150	0.0	0	3.0	0.0	4.5	3.00	0.00
Chicken Patty, Breaded, Tyson	1 ea	200	45	290	3.00	1.08	0.0	0	0.0	0	19.0	9.0	9.0	1.50	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
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
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Sandwich, Italian Combo Sub	1 each	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
Chicken, Orange	svg (1/2c)	150	40	280	0.00	0.72	0.0	0	1.2	10	11.0	19.0	3.0	0.50	0.00
Rice, Brown (MS/HS)	svrg (1c)	260	0	20	2.00	0.00	0.0	0	0.0	0	6.0	54.0	2.0	0.00	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
--- SIDES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Cucumber Slices, Fresh	1/2 cup	9	0	2	0.53	0.17	10.6	54	2.41	1	0.44	1.63	0.12	0.01	0.00
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
Grapes, Red, Seedless	svrg(bag)	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.0	0.0	0.00	0.00
--- CHOICE OF MILK ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
--- CONDIMENTS ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
--- FOR CK ORDERING ONLY ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Cucumber Slice Packs	Each (Pack	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit Cup, Fresh (MS/HS)	ea (11oz)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		3333	523	5877	29.59	29.07	3015.7	20236	352.56	*177	194.42	425.49	95.26	27.95	*0.00
% of Calories										*21.2%	23.3%	51.1%	25.7%	7.5%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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NLMUSD

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

MS Lunch 6-8

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)
Wed - 05/23/2018															
MS Lunch 6-8	Total														
Beef Patty, 2.25 oz, Integr	1 each	127	31	200	0.42	1.71	17.3	1	0.0	0	14.45	1.18	6.89	2.66	0.00
Cheese Slice, American, 0.5 oz	2 each	100	25	450	0.00	0.00	160.0	300	0.0	1	5.0	1.0	9.0	5.00	0.00
Chicken Patty, Spicy, Tyson	1 each	210	55	470	1.00	1.80	0.0	500	0.0	0	15.0	12.0	11.0	2.50	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
Sandwich, Tuna	1 each	293	55	804	2.36	2.18	79.6	143	11.08	*3	24.07	31.2	7.6	0.93	0.00
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Sandwich, TrkyPeprjack Wedge	1 each	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
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
--- SIDES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Jicama Sticks	1/2 cup	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	0.0	0.00	0.00
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
Peaches, Canned, Lt Syrup USDA	1/2 cup	68	0	6	1.60	0.46	4.0	22	3.0	*N/A*	0.56	18.26	0.04	0.00	0.00
--- CHOICE OF MILK ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
--- CONDIMENTS ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
--- FOR CK ORDERING ONLY ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Cucumber Slice Packs	Each (Pack	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit Cup, Fresh (MS/HS)	ea (11oz)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		3015	300	5451	29.97	17.62	3096.2	10758	148.99	*149	176.79	377.94	89.20	27.26	0.00
% of Calories										*19.8%	23.5%	50.1%	26.6%	8.1%	0.0%
Nutrient Guideline		600-700		1360										<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															
MS Lunch 6-8	Total														
Beef Patty, 2.25 oz, Integr	1 each	127	31	200	0.42	1.71	17.3	1	0.0	0	14.45	1.18	6.89	2.66	0.00
Turkey Bacon	srvg (2ea)	40	10	190	0.00	0.00	0.0	0	0.0	0	4.0	0.0	3.0	0.00	0.00
Onion Rings (2 rings)	srvg (2ea)	80	0	80	1.20	0.43	40.0	0	0.96	2	1.2	11.2	3.2	0.60	0.00
Chicken Patty, Spicy, Tyson	each	210	55	470	1.00	1.80	0.0	500	0.0	0	15.0	12.0	11.0	2.50	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
Salad, Asian Chx & Chw Mein N	1 each	455	48	1209	5.78	3.06	62.7	13497	38.39	*0	21.89	53.14	18.34	3.27	*0.00
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Sandwich, Italian Combo Sub	1 each	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
Chicken Drumstick, Breaded, Ty	1 each	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	2.50	0.00
Potatoes, Fr Fries Seasoned	1/2 cup	130	0	340	2.00	0.72	0.0	0	2.4	0	2.0	17.0	6.0	1.00	0.00
Roll, Dinner WG 2 oz	1 ea	180	0	260	5.00	1.80	80.0	0	9.0	*N/A*	5.0	37.0	2.5	0.00	0.00
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
--- SIDES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Carrots, Baby	srvg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Cucumber Slices, Fresh	1/2 cup	9	0	2	0.53	0.17	10.6	54	2.41	1	0.44	1.63	0.12	0.01	0.00
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
Strawberries, Fresh	1/2 cup	29	0	1	1.81	0.37	14.5	11	53.34	*N/A*	0.61	6.97	0.27	0.01	0.00
--- CHOICE OF MILK ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
--- CONDIMENTS ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
--- FOR CK ORDERING ONLY ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Cucumber Slice Packs	Each (Pack	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit Cup, Fresh (MS/HS)	ea (11oz)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		3621	338	6776	37.72	34.51	2998.0	25249	218.71	*154	196.00	454.85	115.45	29.01	*0.00
% of Calories										*17.0%	21.7%	50.3%	28.7%	7.2%	*0.0%
Nutrient Guideline		600-700		1360										<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															
MS Lunch 6-8															
	Total														
Beef Patty, 2.25 oz, DL	1 each	111	38	290	0.40	1.40	11.0	14	0.0	0	12.6	1.0	6.3	2.50	0.00
Cheese Slice, American, 0.5 oz	1 each	50	13	225	0.00	0.00	80.0	150	0.0	0	2.5	0.5	4.5	2.50	0.00
Chicken Patty, Breaded, Tyson	1 ea	200	45	290	3.00	1.08	0.0	0	0.0	0	19.0	9.0	9.0	1.50	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
Salad, Chic Caesar w/ Roll	1 each	329	74	1161	1.97	1.86	194.1	8274	22.56	*2	24.83	9.61	21.05	5.81	*0.00
Black Bean Veggie Patty	1 each	180	0	390	6.00	1.44	40.0	0	0.0	2	14.0	14.0	7.0	1.00	0.00
Chicken Asian Bites, Orange	svrg (4pc)	270	45	370	1.00	1.44	20.0	100	1.2	4	19.0	18.0	15.0	1.50	0.00
Roll, Dinner WG 2 oz	1 ea	180	0	260	5.00	1.80	80.0	0	9.0	*N/A*	5.0	37.0	2.5	0.00	0.00
Pork Carnitas, Rose & Shore	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Tortilla, Corn, 4.5" WG	4 tortillas	32	0	10	1.00	0.18	10.0	0	0.0	0	1.0	7.0	0.0	0.00	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
--- SIDES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Beans, Refried Salsa, 2018	1/2 cup	108	0	177	5.29	1.58	19.0	138	0.9	*1	5.37	18.01	1.78	0.44	0.00
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
Fruit, Mixed	1/2 cup	59	0	5	0.98	0.35	0.0	98	3.54	12	0.0	14.75	0.0	0.00	0.00
--- CHOICE OF MILK ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
--- CONDIMENTS ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
--- FOR CK ORDERING ONLY ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Cucumber Slice Packs	Each (Pack	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit Cup, Fresh (MS/HS)	ea (11oz)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		3263	371	6175	36.28	21.07	2767.7	17167	124.66	*117	213.67	336.49	118.16	31.57	*0.00
% of Calories										*14.4%	26.2%	41.3%	32.6%	8.7%	*0.0%
Nutrient Guideline		600-700		1360										<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															
MS Lunch 6-8															
	Total														
Beef Patty, 2.25 oz, Integr	1 each	127	31	200	0.42	1.71	17.3	1	0.0	0	14.45	1.18	6.89	2.66	0.00
Cheese, Pepperjack .5oz slice	1 each	55	10	105	0.00	0.00	95.0	150	0.0	0	3.0	0.0	4.5	3.00	0.00
Chicken Patty, Breaded, Tyson	1 ea	200	45	290	3.00	1.08	0.0	0	0.0	0	19.0	9.0	9.0	1.50	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
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
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Sandwich, Italian Combo Sub	1 each	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
Chicken, Orange	svg (1/2c)	150	40	280	0.00	0.72	0.0	0	1.2	10	11.0	19.0	3.0	0.50	0.00
Rice, Brown (MS/HS)	svrg (1c)	260	0	20	2.00	0.00	0.0	0	0.0	0	6.0	54.0	2.0	0.00	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
--- SIDES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Cucumber Slices, Fresh	1/2 cup	9	0	2	0.53	0.17	10.6	54	2.41	1	0.44	1.63	0.12	0.01	0.00
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
Grapes, Red, Seedless	svrg(bag)	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.0	0.0	0.00	0.00
--- CHOICE OF MILK ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
--- CONDIMENTS ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
--- FOR CK ORDERING ONLY ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Cucumber Slice Packs	Each (Pack	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit Cup, Fresh (MS/HS)	ea (11oz)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		3333	523	5877	29.59	29.07	3015.7	20236	352.56	*177	194.42	425.49	95.26	27.95	*0.00
% of Calories										*21.2%	23.3%	51.1%	25.7%	7.5%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/30/2018															
MS Lunch 6-8	Total														
Beef Patty, 2.25 oz, Integr	1 each	127	31	200	0.42	1.71	17.3	1	0.0	0	14.45	1.18	6.89	2.66	0.00
Cheese Slice, American, 0.5 oz	2 each	100	25	450	0.00	0.00	160.0	300	0.0	1	5.0	1.0	9.0	5.00	0.00
Chicken Patty, Spicy, Tyson	1 each	210	55	470	1.00	1.80	0.0	500	0.0	0	15.0	12.0	11.0	2.50	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
Sandwich, Tuna	1 each	293	55	804	2.36	2.18	79.6	143	11.08	*3	24.07	31.2	7.6	0.93	0.00
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Sandwich, TrkyPeprjack Wedge	1 each	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
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
--- SIDES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Jicama Sticks	1/2 cup	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	0.0	0.00	0.00
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
Peaches, Canned, Lt Syrup USDA	1/2 cup	68	0	6	1.60	0.46	4.0	22	3.0	*N/A*	0.56	18.26	0.04	0.00	0.00
--- CHOICE OF MILK ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
--- CONDIMENTS ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
--- FOR CK ORDERING ONLY ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Cucumber Slice Packs	Each (Pack	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit Cup, Fresh (MS/HS)	ea (11oz)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		3015	300	5451	29.97	17.62	3096.2	10758	148.99	*149	176.79	377.94	89.20	27.26	0.00
% of Calories										*19.8%	23.5%	50.1%	26.6%	8.1%	0.0%
Nutrient Guideline		600-700		1360										<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															
MS Lunch 6-8	Total														
Beef Patty, 2.25 oz, Integr	1 each	127	31	200	0.42	1.71	17.3	1	0.0	0	14.45	1.18	6.89	2.66	0.00
Turkey Bacon	srvg (2ea)	40	10	190	0.00	0.00	0.0	0	0.0	0	4.0	0.0	3.0	0.00	0.00
Onion Rings (2 rings)	srvg (2ea)	80	0	80	1.20	0.43	40.0	0	0.96	2	1.2	11.2	3.2	0.60	0.00
Chicken Patty, Spicy, Tyson	each	210	55	470	1.00	1.80	0.0	500	0.0	0	15.0	12.0	11.0	2.50	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
Salad, Asian Chx & Chw Mein N	1 each	455	48	1209	5.78	3.06	62.7	13497	38.39	*0	21.89	53.14	18.34	3.27	*0.00
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Sandwich, Italian Combo Sub	1 each	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
Chicken Drumstick, Breaded, Ty	1 each	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	2.50	0.00
Potatoes, Fr Fries Seasoned	1/2 cup	130	0	340	2.00	0.72	0.0	0	2.4	0	2.0	17.0	6.0	1.00	0.00
Roll, Dinner WG 2 oz	1 ea	180	0	260	5.00	1.80	80.0	0	9.0	*N/A*	5.0	37.0	2.5	0.00	0.00
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
--- SIDES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Carrots, Baby	srvg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Cucumber Slices, Fresh	1/2 cup	9	0	2	0.53	0.17	10.6	54	2.41	1	0.44	1.63	0.12	0.01	0.00
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
Strawberries, Fresh	1/2 cup	29	0	1	1.81	0.37	14.5	11	53.34	*N/A*	0.61	6.97	0.27	0.01	0.00
--- CHOICE OF MILK ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
--- CONDIMENTES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
--- FOR CK ORDERING ONLY ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Cucumber Slice Packs	Each (Pack	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit Cup, Fresh (MS/HS)	ea (11oz)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		3621	338	6776	37.72	34.51	2998.0	25249	218.71	*154	196.00	454.85	115.45	29.01	*0.00
% of Calories										*17.0%	21.7%	50.3%	28.7%	7.2%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 06/01/2018															
MS Lunch 6-8															
	Total														
Beef Patty, 2.25 oz, DL	1 each	111	38	290	0.40	1.40	11.0	14	0.0	0	12.6	1.0	6.3	2.50	0.00
Cheese Slice, American, 0.5 oz	1 each	50	13	225	0.00	0.00	80.0	150	0.0	0	2.5	0.5	4.5	2.50	0.00
Chicken Patty, Breaded, Tyson	1 ea	200	45	290	3.00	1.08	0.0	0	0.0	0	19.0	9.0	9.0	1.50	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
Salad, Chic Caesar w/ Roll	1 each	329	74	1161	1.97	1.86	194.1	8274	22.56	*2	24.83	9.61	21.05	5.81	*0.00
Black Bean Veggie Patty	1 each	180	0	390	6.00	1.44	40.0	0	0.0	2	14.0	14.0	7.0	1.00	0.00
Chicken Asian Bites, Orange	svrg (4pc)	270	45	370	1.00	1.44	20.0	100	1.2	4	19.0	18.0	15.0	1.50	0.00
Roll, Dinner WG 2 oz	1 ea	180	0	260	5.00	1.80	80.0	0	9.0	*N/A*	5.0	37.0	2.5	0.00	0.00
Pork Carnitas, Rose & Shore	svrg (3oz)	222	85	483	0.00	1.41	0.0	0	0.0	1	26.09	1.3	11.74	3.91	0.00
Tortilla, Corn, 4.5" WG	4 tortillas	32	0	10	1.00	0.18	10.0	0	0.0	0	1.0	7.0	0.0	0.00	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
--- SIDES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Salad, Caesar w/Crouton, small	svg (1c)	58	3	158	1.63	0.95	37.6	4885	1.95	0	1.25	6.13	2.76	0.38	0.00
Beans, Refried Salsa, 2018	1/2 cup	108	0	177	5.29	1.58	19.0	138	0.9	*1	5.37	18.01	1.78	0.44	0.00
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
Fruit, Mixed	1/2 cup	59	0	5	0.98	0.35	0.0	98	3.54	12	0.0	14.75	0.0	0.00	0.00
--- CHOICE OF MILK ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
--- CONDIMENTS ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
--- FOR CK ORDERING ONLY ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Cucumber Slice Packs	Each (Pack	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit Cup, Fresh (MS/HS)	ea (11oz)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		3263	371	6175	36.28	21.07	2767.7	17167	124.66	*117	213.67	336.49	118.16	31.57	*0.00
% of Calories										*14.4%	26.2%	41.3%	32.6%	8.7%	*0.0%
Nutrient Guideline		600-700		1360										<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)
Mon - 06/04/2018															
MS Lunch 6-8	Total														
Beef Patty, 2.25 oz, Integr	2 each	254	62	400	0.84	3.42	34.6	2	0.0	1	28.9	2.36	13.78	5.32	0.00
Cheese Slice, American, 0.5 oz	1 each	50	13	225	0.00	0.00	80.0	150	0.0	0	2.5	0.5	4.5	2.50	0.00
Chicken Patty, Spicy, Tyson	each	210	55	470	1.00	1.80	0.0	500	0.0	0	15.0	12.0	11.0	2.50	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
Salad, Greek w/ Hummus& Pretzl	1 each	610	43	2093	10.02	*3.60	*258.9	*8935	*31.55	*9	17.43	48.78	39.29	10.91	*0.00
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	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
Beef Taco Meat, JTM	svg (3oz)	105	33	276	1.89	1.89	38.8	610	4.73	2	12.3	4.73	4.73	1.70	0.00
Chips, Corn Tortilla, Bulk	svg (2 oz)	280	0	200	6.00	3.60	80.0	200	0.0	0	4.0	38.0	12.0	2.00	0.00
Cheese Sauce, Jalapeno	3 oz	130	30	570	0.00	0.00	330.0	300	0.0	0	8.0	5.0	9.0	6.00	0.00
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
--- SIDES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Jicama Sticks	1/2 cup	25	0	3	3.00	0.36	10.0	0	13.2	1	0.0	6.0	0.0	0.00	0.00
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
--- CHOICE OF MILK ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
--- CONDIMENTES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
--- FOR CK ORDERING ONLY ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Cucumber Slice Packs	Each (Pack	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit Cup, Fresh (MS/HS)	ea (11oz)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		3992	345	7273	44.38	*26.93	*3539.9	*21515	*204.05	*191	201.01	470.86	146.33	46.47	*0.00
% of Calories										*19.1%	20.1%	47.2%	33.0%	10.5%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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NLMUSD

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

MS Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 06/05/2018															
MS Lunch 6-8	Total														
Beef Patty, 2.25 oz, Integr	1 each	127	31	200	0.42	1.71	17.3	1	0.0	0	14.45	1.18	6.89	2.66	0.00
Cheese, Pepperjack .5oz slice	1 each	55	10	105	0.00	0.00	95.0	150	0.0	0	3.0	0.0	4.5	3.00	0.00
Chicken Patty, Breaded, Tyson	1 ea	200	45	290	3.00	1.08	0.0	0	0.0	0	19.0	9.0	9.0	1.50	0.00
Bun, Hamburger, Wheat WG	1 each	150	0	240	2.00	1.44	40.0	0	9.0	3	5.0	29.0	2.0	0.50	0.00
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
Yogurt Parfait, Berry&Gran. K8	1 each	368	10	194	4.62	0.72	331.6	1108	7.85	46	10.85	70.31	5.5	1.00	0.00
Sandwich, Italian Combo Sub	1 each	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
Chicken, Orange	svg (1/2c)	150	40	280	0.00	0.72	0.0	0	1.2	10	11.0	19.0	3.0	0.50	0.00
Rice, Brown (MS/HS)	svrg (1c)	260	0	20	2.00	0.00	0.0	0	0.0	0	6.0	54.0	2.0	0.00	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
--- SIDES ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
Cucumber Slices, Fresh	1/2 cup	9	0	2	0.53	0.17	10.6	54	2.41	1	0.44	1.63	0.12	0.01	0.00
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
Grapes, Red, Seedless	svrg(bag)	60	0	10	1.00	0.00	10.0	0	1.2	13	0.0	15.0	0.0	0.00	0.00
--- CHOICE OF MILK ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
--- CONDIMENTS ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Ranch Dressing - CK recipe	2 oz	94	10	401	0.00	0.02	36.0	6	0.31	*N/A*	1.03	5.18	7.53	1.04	0.00
--- FOR CK ORDERING ONLY ---	.	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Cucumber Slice Packs	Each (Pack	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Fruit Cup, Fresh (MS/HS)	ea (11oz)	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		3333	523	5877	29.59	29.07	3015.7	20236	352.56	*177	194.42	425.49	95.26	27.95	*0.00
% of Calories										*21.2%	23.3%	51.1%	25.7%	7.5%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Weighted Average		3418	383	6255	34.99	*25.92	*3062.6	*18933	*215.73	*157	196.11	411.31	110.84	31.71	*0.00
										*41.4%	22.9%	48.1%	29.2%	8.3%	*0.0%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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NLMUSD

May 1, 2018 thru Jun 8, 2018

Base Menu Spreadsheet

MS Lunch 6-8

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	3418		600 - 700	488%			2718	Correction Required - Calories too High									
Cholesterol (mg)	383																
Sodium (mg)	6255		1360				4894	Correction Required - Sodium too High									
Fiber (g)	34.99																
Iron (mg)	25.92				Missing												
Calcium (mg)	3062.6				Missing												
Vitamin A (IU)	18933				Missing												
Sugars (g)	157	18.39%			Missing												
Vitamin C (mg)	215.73				Missing												
Protein (g)	196.11	22.95%															
Carbohydrate (g)	411.31	48.13%															
Total Fat (g)	110.84	29.18%															
Saturated Fat (g)	31.71	8.35%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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