

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/01/2018															
Small HS Lunch															
	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. 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, 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, 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
Pizza, Cheese Slice, Big D's	ea (slice)	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	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
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00	0.00
Weighted Daily Average		3678	567	6404	35.59	33.75	2965.7	19736	145.56	*178	201.42	425.49	132.50	37.45	*0.00
% of Calories										*19.4%	21.9%	46.3%	32.4%	9.2%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/02/2018															
Small HS Lunch	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	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, ChicCaesar,crouton,roll	each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, TrkyPeprjack Wedge	1 each	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
Nacho Supreme (MS recipe m/ch)	srvg	515	63	1046	7.89	5.49	448.8	1110	4.73	2	24.3	47.73	25.73	9.70	0.00
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
Pizza, Cheese Slice, Big D's	ea (slice)	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	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
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00	0.00
Weighted Daily Average		3893	422	7047	37.58	25.35	3511.1	19399	138.38	*162	206.96	426.82	154.17	49.84	*0.00
% of Calories										*16.6%	21.3%	43.8%	35.6%	11.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/03/2018															
Small HS Lunch	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. 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, Italian Hoagie PepJk	1 each	333	68	952	2.35	14.70	180.3	542	12.84	4	22.28	30.99	13.35	5.17	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, 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
Pizza, Cheese Slice, Big D's	ea (slice)	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	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
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00	0.00
Weighted Daily Average		3926	386	6996	38.72	36.31	2903.0	24724	206.71	*166	200.75	470.60	141.45	37.26	*0.00
% of Calories										*16.9%	20.5%	48.0%	32.4%	8.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/04/2018															
Small HS Lunch	Total														
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
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
Chicken Asian Bites, GenTso	srvg (4pc)	290	45	400	1.00	1.44	20.0	100	1.2	3	20.0	17.0	16.0	1.50	0.00
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Salad, ChicCaesar,crouton,roll	each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Nacho Supreme (MS recipe m/ch)	srvg	515	63	1046	7.89	5.49	448.8	1110	4.73	2	24.3	47.73	25.73	9.70	0.00
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
Pizza, Cheese Slice, Big D's	ea (slice)	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	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
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00	0.00
Weighted Daily Average		4049	408	6755	39.49	26.14	3178.7	19121	116.43	*182	209.73	448.46	158.65	42.36	*0.00
% of Calories										*17.9%	20.7%	44.3%	35.3%	9.4%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/07/2018															
Small HS Lunch	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
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
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
Pizza, Cheese Slice, Big D's	ea (slice)	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	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
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 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
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
--- 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
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00	0.00
Weighted Daily Average		2643	273	4071	20.84	18.21	2350.6	9761	147.91	*138	149.43	298.04	96.06	30.36	0.00
% of Calories										*21.0%	22.6%	45.1%	32.7%	10.3%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/08/2018															
Small HS Lunch															
	Total														
	Beef Patty, 2.25 oz, Integr	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	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	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	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	282	243	945	2.67	2.02	129.9	8945	30.35	*1	23.12	13.95	15.62	3.83	*0.00
	Yogurt Parfait, Berry&Gran. HS	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
	Sandwich, Italian Combo Sub	303	65	960	2.35	14.70	125.3	467	12.84	5	20.53	31.24	11.1	3.42	0.00
	Chicken Drumstick, Breaded, Ty	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	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	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, Pepperoni Slice Big D's	370	45	550	3.00	2.70	350.0	400	0.0	9	21.0	35.0	17.0	7.00	0.00
	Pizza, Cheese Slice, Big D's	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	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*
	Carrots, Baby	svrg	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	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
	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
	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
	--- 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*
	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
	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
	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
	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
	--- 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*
	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
	Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00
	Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.00	0.00
	Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00
	Weighted Daily Average		3678	567	6404	35.59	33.75	2965.7	19736	145.56	*178	201.42	425.49	132.50	37.45
	% of Calories									*19.4%	21.9%	46.3%	32.4%	9.2%	*0.0%
	Nutrient Guideline		750-850		1420									<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/09/2018															
Small HS Lunch															
	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	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, ChicCaesar,crouton,roll	each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, TrkyPeprjack Wedge	1 each	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
Nacho Supreme (MS recipe m/ch)	srvg	515	63	1046	7.89	5.49	448.8	1110	4.73	2	24.3	47.73	25.73	9.70	0.00
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
Pizza, Cheese Slice, Big D's	ea (slice)	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	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
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00	0.00
Weighted Daily Average		3893	422	7047	37.58	25.35	3511.1	19399	138.38	*162	206.96	426.82	154.17	49.84	*0.00
% of Calories										*16.6%	21.3%	43.8%	35.6%	11.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/10/2018															
Small HS Lunch	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. 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, Italian Hoagie PepJk	1 each	333	68	952	2.35	14.70	180.3	542	12.84	4	22.28	30.99	13.35	5.17	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, 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
Pizza, Cheese Slice, Big D's	ea (slice)	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	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
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00	0.00
Weighted Daily Average		3926	386	6996	38.72	36.31	2903.0	24724	206.71	*166	200.75	470.60	141.45	37.26	*0.00
% of Calories										*16.9%	20.5%	48.0%	32.4%	8.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/11/2018															
Small HS Lunch	Total														
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
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
Chicken Asian Bites, GenTso	srvg (4pc)	290	45	400	1.00	1.44	20.0	100	1.2	3	20.0	17.0	16.0	1.50	0.00
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Salad, ChicCaesar,crouton,roll	each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Nacho Supreme (MS recipe m/ch)	srvg	515	63	1046	7.89	5.49	448.8	1110	4.73	2	24.3	47.73	25.73	9.70	0.00
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
Pizza, Cheese Slice, Big D's	ea (slice)	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	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
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00	0.00
Weighted Daily Average		4049	408	6755	39.49	26.14	3178.7	19121	116.43	*182	209.73	448.46	158.65	42.36	*0.00
% of Calories										*17.9%	20.7%	44.3%	35.3%	9.4%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/14/2018															
Small HS Lunch															
	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
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
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
Pizza, Cheese Slice, Big D's	ea (slice)	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	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
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 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
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
--- 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
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00	0.00
Weighted Daily Average		2643	273	4071	20.84	18.21	2350.6	9761	147.91	*138	149.43	298.04	96.06	30.36	0.00
% of Calories										*21.0%	22.6%	45.1%	32.7%	10.3%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/15/2018															
Small HS Lunch															
	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. 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, 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, 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
Pizza, Cheese Slice, Big D's	ea (slice)	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	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
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00	0.00
Weighted Daily Average		3678	567	6404	35.59	33.75	2965.7	19736	145.56	*178	201.42	425.49	132.50	37.45	*0.00
% of Calories										*19.4%	21.9%	46.3%	32.4%	9.2%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/16/2018															
Small HS Lunch															
	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	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, ChicCaesar,crouton,roll	each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, TrkyPeprjack Wedge	1 each	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
Nacho Supreme (MS recipe m/ch)	srvg	515	63	1046	7.89	5.49	448.8	1110	4.73	2	24.3	47.73	25.73	9.70	0.00
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
Pizza, Cheese Slice, Big D's	ea (slice)	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	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
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00	0.00
Weighted Daily Average		3893	422	7047	37.58	25.35	3511.1	19399	138.38	*162	206.96	426.82	154.17	49.84	*0.00
% of Calories										*16.6%	21.3%	43.8%	35.6%	11.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/17/2018															
Small HS Lunch	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. 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, Italian Hoagie PepJk	1 each	333	68	952	2.35	14.70	180.3	542	12.84	4	22.28	30.99	13.35	5.17	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, 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
Pizza, Cheese Slice, Big D's	ea (slice)	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	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
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00	0.00
Weighted Daily Average		3926	386	6996	38.72	36.31	2903.0	24724	206.71	*166	200.75	470.60	141.45	37.26	*0.00
% of Calories										*16.9%	20.5%	48.0%	32.4%	8.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/18/2018															
Small HS Lunch	Total														
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
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
Chicken Asian Bites, GenTso	srvg (4pc)	290	45	400	1.00	1.44	20.0	100	1.2	3	20.0	17.0	16.0	1.50	0.00
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Salad, ChicCaesar,crouton,roll	each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Nacho Supreme (MS recipe m/ch)	srvg	515	63	1046	7.89	5.49	448.8	1110	4.73	2	24.3	47.73	25.73	9.70	0.00
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
Pizza, Cheese Slice, Big D's	ea (slice)	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	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
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00	0.00
Weighted Daily Average		4049	408	6755	39.49	26.14	3178.7	19121	116.43	*182	209.73	448.46	158.65	42.36	*0.00
% of Calories										*17.9%	20.7%	44.3%	35.3%	9.4%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/21/2018															
Small HS Lunch															
	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
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
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
Pizza, Cheese Slice, Big D's	ea (slice)	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	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
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 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
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
--- 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
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00	0.00
Weighted Daily Average		2643	273	4071	20.84	18.21	2350.6	9761	147.91	*138	149.43	298.04	96.06	30.36	0.00
% of Calories										*21.0%	22.6%	45.1%	32.7%	10.3%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/22/2018															
Small HS Lunch															
	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. 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, 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, 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
Pizza, Cheese Slice, Big D's	ea (slice)	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	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
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00	0.00
Weighted Daily Average		3678	567	6404	35.59	33.75	2965.7	19736	145.56	*178	201.42	425.49	132.50	37.45	*0.00
% of Calories										*19.4%	21.9%	46.3%	32.4%	9.2%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/23/2018															
Small HS Lunch															
	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	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, ChicCaesar,crouton,roll	each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, TrkyPeprjack Wedge	1 each	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
Nacho Supreme (MS recipe m/ch)	srvg	515	63	1046	7.89	5.49	448.8	1110	4.73	2	24.3	47.73	25.73	9.70	0.00
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
Pizza, Cheese Slice, Big D's	ea (slice)	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	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
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00	0.00
Weighted Daily Average		3893	422	7047	37.58	25.35	3511.1	19399	138.38	*162	206.96	426.82	154.17	49.84	*0.00
% of Calories										*16.6%	21.3%	43.8%	35.6%	11.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/24/2018															
Small HS Lunch	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. 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, Italian Hoagie PepJk	1 each	333	68	952	2.35	14.70	180.3	542	12.84	4	22.28	30.99	13.35	5.17	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, 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
Pizza, Cheese Slice, Big D's	ea (slice)	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	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
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00	0.00
Weighted Daily Average		3926	386	6996	38.72	36.31	2903.0	24724	206.71	*166	200.75	470.60	141.45	37.26	*0.00
% of Calories										*16.9%	20.5%	48.0%	32.4%	8.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/25/2018															
Small HS Lunch	Total														
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
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
Chicken Asian Bites, GenTso	srvg (4pc)	290	45	400	1.00	1.44	20.0	100	1.2	3	20.0	17.0	16.0	1.50	0.00
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Salad, ChicCaesar,crouton,roll	each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Nacho Supreme (MS recipe m/ch)	srvg	515	63	1046	7.89	5.49	448.8	1110	4.73	2	24.3	47.73	25.73	9.70	0.00
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
Pizza, Cheese Slice, Big D's	ea (slice)	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	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
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00	0.00
Weighted Daily Average		4049	408	6755	39.49	26.14	3178.7	19121	116.43	*182	209.73	448.46	158.65	42.36	*0.00
% of Calories										*17.9%	20.7%	44.3%	35.3%	9.4%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/29/2018															
Small HS Lunch															
	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. 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, 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, 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
Pizza, Cheese Slice, Big D's	ea (slice)	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	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
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00	0.00
Weighted Daily Average		3678	567	6404	35.59	33.75	2965.7	19736	145.56	*178	201.42	425.49	132.50	37.45	*0.00
% of Calories										*19.4%	21.9%	46.3%	32.4%	9.2%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/30/2018															
Small HS Lunch															
	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	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, ChicCaesar,crouton,roll	each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Sandwich, TrkyPeprjack Wedge	1 each	291	48	620	4.34	1.86	180.1	292	11.39	2	22.59	29.68	9.87	4.26	0.00
Nacho Supreme (MS recipe m/ch)	srvg	515	63	1046	7.89	5.49	448.8	1110	4.73	2	24.3	47.73	25.73	9.70	0.00
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
Pizza, Cheese Slice, Big D's	ea (slice)	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	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
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00	0.00
Weighted Daily Average		3893	422	7047	37.58	25.35	3511.1	19399	138.38	*162	206.96	426.82	154.17	49.84	*0.00
% of Calories										*16.6%	21.3%	43.8%	35.6%	11.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/31/2018															
Small HS Lunch	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. 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, Italian Hoagie PepJk	1 each	333	68	952	2.35	14.70	180.3	542	12.84	4	22.28	30.99	13.35	5.17	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, 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
Pizza, Cheese Slice, Big D's	ea (slice)	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	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
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00	0.00
Weighted Daily Average		3926	386	6996	38.72	36.31	2903.0	24724	206.71	*166	200.75	470.60	141.45	37.26	*0.00
% of Calories										*16.9%	20.5%	48.0%	32.4%	8.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 06/01/2018															
Small HS Lunch															
	Total														
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
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
Chicken Asian Bites, GenTso	srvg (4pc)	290	45	400	1.00	1.44	20.0	100	1.2	3	20.0	17.0	16.0	1.50	0.00
Cookie, Choc Chip WGRF, BV	1 each	110	0	115	1.00	0.72	0.0	0	0.0	9	1.0	19.0	3.5	1.00	0.00
Salad, ChicCaesar,crouton,roll	each	392	74	1316	2.07	2.62	195.7	8274	22.74	*2	26.93	18.35	23.1	5.81	*0.00
Yogurt Parfait, Berry&Gran. HS	1 each	498	10	289	6.62	1.44	331.6	1108	7.85	53	12.85	92.31	9.0	2.00	0.00
Nacho Supreme (MS recipe m/ch)	srvg	515	63	1046	7.89	5.49	448.8	1110	4.73	2	24.3	47.73	25.73	9.70	0.00
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
Pizza, Cheese Slice, Big D's	ea (slice)	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	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
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00	0.00
Weighted Daily Average		4049	408	6755	39.49	26.14	3178.7	19121	116.43	*182	209.73	448.46	158.65	42.36	*0.00
% of Calories										*17.9%	20.7%	44.3%	35.3%	9.4%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 06/04/2018															
Small HS Lunch															
	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
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
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
Pizza, Cheese Slice, Big D's	ea (slice)	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	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
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 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
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
--- 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
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00	0.00
Weighted Daily Average		2643	273	4071	20.84	18.21	2350.6	9761	147.91	*138	149.43	298.04	96.06	30.36	0.00
% of Calories										*21.0%	22.6%	45.1%	32.7%	10.3%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

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

Base Menu Spreadsheet

Small HS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 06/05/2018															
Small HS Lunch	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. 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, 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, 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
Pizza, Cheese Slice, Big D's	ea (slice)	360	35	470	3.00	2.70	450.0	400	0.0	9	21.0	36.0	16.0	7.00	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
Ketchup Packet	packet	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard Packet	packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayonnaise Pkt, 9gm	packet	60	4	52	0.00	0.00	0.0	0	0.0	0	0.0	1.0	6.75	0.00	0.00
Weighted Daily Average		3678	567	6404	35.59	33.75	2965.7	19736	145.56	*178	201.42	425.49	132.50	37.45	*0.00
% of Calories										*19.4%	21.9%	46.3%	32.4%	9.2%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Weighted Average		3679	423	6348	35.03	28.57	3006.4	18947	150.90	*167	195.74	418.98	138.02	39.74	*0.00
										*40.8%	21.3%	45.5%	33.8%	9.7%	*0.0%

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# NLMUSD

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

Small HS Lunch

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)	
Calories	3679		750 - 850		433%				2829								Correction Required - Calories too High	
Cholesterol (mg)	423																	
Sodium (mg)	6348		1420						4928								Correction Required - Sodium too High	
Fiber (g)	35.03																	
Iron (mg)	28.57																	
Calcium (mg)	3006.4																	
Vitamin A (IU)	18947																	
Sugars (g)	167	18.12%				Missing												
Vitamin C (mg)	150.90																	
Protein (g)	195.74	21.28%																
Carbohydrate (g)	418.98	45.55%																
Total Fat (g)	138.02	33.76%																
Saturated Fat (g)	39.74	9.72%	<10.00%															
Trans Fat <sup>1</sup> (g)	0.00	0.00%				Missing												

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