

Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Feb 1, 2019 thru Feb 28, 2019

ELEMENTARY SCHOOL LUNCH

Generated on: 2/1/2019 8:28:29 AM

	Portion Size	Reimb Qty	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 - 02/01/2019																
ELEMENTARY SCHOOL LU	Total	275														
Pizza 10 cut BD	SLICE=2	170	312	28	584	3.20	2.16	280.1	400	0.0	*N/A*	15.21	34.42	13.61	5.60	0.00
	MA/2B															
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Yogurt Upstate 4 OZ	4 OZ	40	90	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	0.00
Cheese, String 1MA	1 oz	40	90	20	190	0.00	0.00	150.0	200	0.0	*N/A*	7.0	1.0	6.0	3.50	0.00
Deli Bar Elementary	SANDWIC	10	263	30	745	2.67	1.38	276.7	300	0.0	*N/A*	18.83	30.67	7.5	3.50	0.00
Deli Bar Elementary Variety	SANDWI	20	230	37	760	1.50	1.04	247.5	300	0.0	*N/A*	17.21	24.14	7.34	3.63	0.00
	CHES															
Salad Bar Elementary	1 EACH	15	742	89	1838	14.36	5.28	414.8	11246	34.56	*4	44.31	81.03	28.64	8.84	0.00
Sandwich Grilled Cheese	1 EACH	20	311	50	812	3.48	2.71	809.6	536	0.0	*N/A*	15.55	28.71	19.38	10.44	0.00
Condiments Elementary	PORTION	8	13	1	108	0.06	0.12	5.0	0	0.0	*N/A*	0.28	0.63	1.14	0.14	*0.00
Beans, Baked/Black/Chick	1/2 CUP	5	165	0	347	5.61	1.68	56.8	59	2.09	*N/A*	6.85	20.56	1.09	0.11	*0.00
Veg Red/Green/Other	1/2 CUP	60	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Dressing RF Italian or Ranch	1.5 OZ	30	95	5	425	0.00	0.00	10.0	0	0.0	*N/A*	0.5	7.0	7.5	1.25	0.00
Fruit Canned Variety	.5 CUP	30	60	0	5	1.36	0.26	3.1	138	2.18	*5	0.34	16.13	0.04	0.01	0.00
Fruit Apples, Orange, Pear	PORTION	30	168	0	2	8.37	0.42	54.7	313	61.25	32	1.58	43.89	0.47	0.07	0.00
Juice Fruit 4oz	4 oz.	75	60	0	8	0.00	0.07	4.0	0	15.72	*N/A*	0.0	14.4	0.0	0.00	0.00
Milk Variety 8 oz	1 EACH	150	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			465	38	839	4.95	3.17	533.3	2075	19.39	*8	21.93	61.88	15.44	6.26	*0.04
% of Calories											*6.7%	18.9%	53.3%	29.9%	12.1%	*0.1%
Nutrient Guideline			550-650		1230											<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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Region 16

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Portion Values - Detailed

Feb 1, 2019 thru Feb 28, 2019

ELEMENTARY SCHOOL LUNCH

Generated on: 2/1/2019 8:28:29 AM

	Portion Size	Reimb Qty	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 - 02/04/2019																
ELEMENTARY SCHOOL LU	Total	230														
HAMBURGER ADV PIER 16/17	2.4 OZ	120	150	55	190	0.00	1.44	0.0	0	0.0	*N/A*	14.0	0.0	10.0	4.00	0.50
Bun WW Hamburger 1.75Z	1 EACH	150	108	0	227	1.97	0.71	690.2	0	0.0	2	4.93	20.71	1.97	0.00	0.00
Potato Fries Mccains	2.54 OZ (8)	180	110	0	25	2.00	0.36	0.0	0	4.8	*N/A*	2.0	17.0	4.0	0.00	0.00
Baked Beans 1/2C	1/2 cup	100	160	0	540	7.00	5.40	60.0	100	0.0	*N/A*	7.0	32.0	0.0	0.00	0.00
Condiment Heinz Ketchup	2 TBLS	150	10	0	80	0.00	0.00	0.0	50	0.6	*N/A*	0.0	2.5	0.0	0.00	0.00
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Yogurt Upstate 4 OZ	4 OZ	40	90	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	0.00
Cheese String	1 oz	40	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Sandwich Grilled Cheese	1 EACH	20	266	38	666	3.48	2.62	661.6	402	0.0	*N/A*	12.75	28.06	15.08	7.94	0.00
Deli Bar Elementary Variety	SANDWI CHES	20	230	37	760	1.50	1.04	247.5	300	0.0	*N/A*	17.21	24.14	7.34	3.63	0.00
Deli Bar Elementary	SANDWI CHES	10	263	30	745	2.67	1.38	276.7	300	0.0	*N/A*	18.83	30.67	7.5	3.50	0.00
Salad Bar Elementary	1 EACH	15	742	89	1838	14.36	5.28	414.8	11246	34.56	*4	44.31	81.03	28.64	8.84	0.00
Roll Swirl WG	ROLL	5	100	0	120	2.00	0.72	0.0	0	0.0	*N/A*	3.0	17.0	2.0	0.00	0.00
Condiments Elementary	PORTION	8	13	1	108	0.06	0.12	5.0	0	0.0	*N/A*	0.28	0.63	1.14	0.14	*0.00
Veg Red/Green/Other	1/2 CUP	60	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Fruit Canned Variety	.5 CUP	50	60	0	5	1.36	0.26	3.1	138	2.18	*5	0.34	16.13	0.04	0.01	0.00
Fruit Apples, Orange, Pear	PORTION	50	168	0	2	8.37	0.42	54.7	313	61.25	32	1.58	43.89	0.47	0.07	0.00
Milk Variety 8 oz	1 EACH	150	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			618	51	1042	10.21	6.05	905.0	2278	27.67	*14	29.95	90.40	16.69	5.07	*0.30
% of Calories											*9.0%	19.4%	58.5%	24.3%	7.4%	*0.4%
Nutrient Guideline			550-650		1230										<10.00	

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Feb 1, 2019 thru Feb 28, 2019

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/05/2019																
ELEMENTARY SCHOOL LU	Total	220														
Taco Beef JTM 2.71 Z=2M	2.71 OZ	110	125	49	286	0.00	2.00	12.0	413	1.0	*N/A*	14.0	2.0	7.0	2.70	0.00
Nacho Chips 16 chips	16 chips	110	260	0	179	3.06	1.38	30.6	0	0.61	*N/A*	3.06	31.62	14.28	1.02	0.00
Lettuce ,Tomato, Cheese	1 EACH	50	122	30	188	0.51	0.32	209.3	589	4.27	*1	7.37	2.51	9.58	6.01	0.00
Rice Brown	1/2 CUP	110	118	0	4	1.07	0.38	4.9	0	0.0	*0	2.23	22.57	2.04	0.33	0.00
Veg Corn : frozen, yellow	1/2 CUP	75	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	0.00
Salsa	2 OZ	25	41	0	127	1.54	2.53	13.6	622	4.54	*N/A*	1.7	7.92	0.23	0.03	0.00
Sour Cream Low Fat	1 OZ.	100	60	20	35	0.00	0.00	0.0	0	0.0	*N/A*	1.0	2.0	5.0	3.50	0.00
Sandwich Grilled Cheese	1 EACH	20	266	38	666	3.48	2.62	661.6	402	0.0	*N/A*	12.75	28.06	15.08	7.94	0.00
Deli Bar Elementary Variety	SANDWI CHES	20	230	37	760	1.50	1.04	247.5	300	0.0	*N/A*	17.21	24.14	7.34	3.63	0.00
Deli Bar Elementary	SANDWI CHES	10	263	30	745	2.67	1.38	276.7	300	0.0	*N/A*	18.83	30.67	7.5	3.50	0.00
Salad Bar Elementary	1 EACH	15	742	89	1838	14.36	5.28	414.8	11246	34.56	*4	44.31	81.03	28.64	8.84	0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Parfait w/Fruit	1 EACH	5	336	5	200	3.66	1.38	630.3	11	51.5	*4	6.45	69.22	2.74	0.40	*0.00
GRANOLA	1/4 CUP	5	107	0	49	1.40	0.66	13.8	1	2.08	*13	1.93	21.17	2.1	0.33	*0.00
Roll Swirl WG	ROLL	5	100	0	120	2.00	0.72	0.0	0	0.0	*N/A*	3.0	17.0	2.0	0.00	0.00
Condiments Elementary	PORTION	10	13	1	108	0.06	0.12	5.0	0	0.0	*N/A*	0.28	0.63	1.14	0.14	*0.00
Veg Red/Green/Other	1/2 CUP	40	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Fruit Canned Variety	.5 CUP	30	60	0	5	1.36	0.26	3.1	138	2.18	*5	0.34	16.13	0.04	0.01	0.00
Fruit Apples, Orange, Pear	PORTION	30	168	0	2	8.37	0.42	54.7	313	61.25	32	1.58	43.89	0.47	0.07	0.00
Milk Variety 8 oz	1 EACH	150	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			611	61	781	6.68	4.64	437.8	2479	21.33	*11	26.27	78.81	22.73	7.49	*0.05
% of Calories											*7.3%	17.2%	51.6%	33.5%	11.0%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

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	Portion Size	Reimb Qty	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 - 02/06/2019																
ELEMENTARY SCHOOL LU	Total	220														
Pizza Crunchers	4 EACH	110	400	30	800	4.00	1.70	428.0	498	2.38	*N/A*	20.0	40.0	18.0	8.00	0.00
Sauce Spaghetti Don Pepino	1/2 CUP	100	80	0	530	3.00	1.44	20.0	1500	9.0	*N/A*	2.0	8.0	4.0	0.50	0.00
Pasta, Penne	1/2 CUP	110	100	0	5	3.00	0.90	0.0	0	0.0	*N/A*	3.5	20.5	0.75	0.00	0.00
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Yogurt Upstate 4 OZ	4 OZ	40	90	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	0.00
Cheese, String 1MA	1 oz	40	90	20	190	0.00	0.00	150.0	200	0.0	*N/A*	7.0	1.0	6.0	3.50	0.00
Deli Bar Elementary Variety	SANDWI CHES	20	230	37	760	1.50	1.04	247.5	300	0.0	*N/A*	17.21	24.14	7.34	3.63	0.00
Deli Bar Elementary	SANDWI CHES	10	263	30	745	2.67	1.38	276.7	300	0.0	*N/A*	18.83	30.67	7.5	3.50	0.00
Condiments Elementary	PORTION	8	13	1	108	0.06	0.12	5.0	0	0.0	*N/A*	0.28	0.63	1.14	0.14	*0.00
Salad Bar Elementary	1 EACH	15	742	89	1838	14.36	5.28	414.8	11246	34.56	*4	44.31	81.03	28.64	8.84	0.00
Sandwich Grilled Cheese	1 EACH	20	266	38	666	3.48	2.62	661.6	402	0.0	*N/A*	12.75	28.06	15.08	7.94	0.00
Roll Swirl WG	ROLL	5	100	0	120	2.00	0.72	0.0	0	0.0	*N/A*	3.0	17.0	2.0	0.00	0.00
Bean Chicken Pea 1/2 cup	1/4 CUP	5	72	0	70	2.65	0.81	19.0	15	2.3	*N/A*	2.97	13.57	0.68	0.07	0.00
Fruit Apple, Orange, Pear	1 EACH	1	235	0	3	11.93	0.62	76.3	414	83.71	*32	2.23	61.56	0.64	0.10	0.00
Fruit Canned	1/2 CUP	100	68	0	14	1.40	0.39	5.9	233	2.78	*5	0.4	17.79	0.11	0.02	*0.00
Veg Red/Green/Other	1/2 CUP	50	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Milk Variety 8 oz	1 EACH	150	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			589	39	1167	7.87	4.29	650.6	3138	16.27	*7	27.89	79.00	18.58	7.32	*0.05
% of Calories											*4.8%	18.9%	53.7%	28.4%	11.2%	*0.1%
Nutrient Guideline			550-650		1230											<10.00

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Thu - 02/07/2019																
ELEMENTARY SCHOOL LU	Total	215														
Chicken Nuggets Tyson 2M/1B	5 EACH	100	237	50	310	1.25	1.80	250.0	0	0.0	*N/A*	22.5	13.75	10.0	1.87	0.00
Rice Brown	1/2 CUP	100	118	0	4	1.07	0.38	4.9	0	0.0	*0	2.23	22.57	2.04	0.33	0.00
GREEN BEANS FRZ & STEAMED	4 OZ.	1	32	0	10	3.33	0.99	55.0	627	4.67	*N/A*	1.69	7.26	0.18	0.05	0.00
Roll Dinner	ROLL	100	90	0	210	1.00	0.72	40.0	0	0.0	*N/A*	3.0	16.0	1.0	0.00	0.00
Sandwich Grilled Cheese	1 EACH	20	266	38	666	3.48	2.62	661.6	402	0.0	*N/A*	12.75	28.06	15.08	7.94	0.00
Deli Bar Elementary Variety	SANDWI CHES	20	230	37	760	1.50	1.04	247.5	300	0.0	*N/A*	17.21	24.14	7.34	3.63	0.00
Deli Bar Elementary	SANDWI CHES	10	263	30	745	2.67	1.38	276.7	300	0.0	*N/A*	18.83	30.67	7.5	3.50	0.00
Salad Bar Elementary	1 EACH	15	742	89	1838	14.36	5.28	414.8	11246	34.56	*4	44.31	81.03	28.64	8.84	0.00
Roll Swirl WG	ROLL	5	100	0	120	2.00	0.72	0.0	0	0.0	*N/A*	3.0	17.0	2.0	0.00	0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Yogurt Upstate 4 OZ	4 OZ	40	90	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	0.00
Cheese, String 1MA	1 oz	40	90	20	190	0.00	0.00	150.0	200	0.0	*N/A*	7.0	1.0	6.0	3.50	0.00
Condiments Elementary	PORTION	75	13	1	108	0.06	0.12	5.0	0	0.0	*N/A*	0.28	0.63	1.14	0.14	*0.00
Juice Fruit 4oz	4 oz.	100	60	0	8	0.00	0.07	4.0	0	15.72	*N/A*	0.0	14.4	0.0	0.00	0.00
Fruit Canned Variety	.5 CUP	50	60	0	5	1.36	0.26	3.1	138	2.18	*5	0.34	16.13	0.04	0.01	0.00
Fruit Apples, Orange, Pear	PORTION	25	168	0	2	8.37	0.42	54.7	313	61.25	32	1.58	43.89	0.47	0.07	0.00
Veg Red/Green/Other	1/2 CUP	40	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Milk Variety 8 oz	1 EACH	150	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			547	48	809	5.13	3.71	581.1	2105	23.56	*10	28.55	77.26	13.97	4.23	*0.05
% of Calories											*7.1%	20.9%	56.4%	23.0%	7.0%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Feb 1, 2019 thru Feb 28, 2019

ELEMENTARY SCHOOL LUNCH

Generated on: 2/1/2019 8:28:29 AM

	Portion Size	Reimb Qty	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 - 02/08/2019																
ELEMENTARY SCHOOL LU	Total	275														
Pizza 10 cut BD	SLICE=2	170	312	28	584	3.20	2.16	280.1	400	0.0	*N/A*	15.21	34.42	13.61	5.60	0.00
GARDEN SALAD	MA/2B															
	1/2 CUP	1	18	0	24	1.36	0.56	25.6	4021	7.58	2	0.97	3.77	0.18	0.02	0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Yogurt Upstate 4 OZ	4 OZ	40	90	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	0.00
Cheese, String 1MA	1 oz	40	90	20	190	0.00	0.00	150.0	200	0.0	*N/A*	7.0	1.0	6.0	3.50	0.00
Deli Bar Elementary	SANDWIC	10	263	30	745	2.67	1.38	276.7	300	0.0	*N/A*	18.83	30.67	7.5	3.50	0.00
Deli Bar Elementary Variety	SANDWI	20	230	37	760	1.50	1.04	247.5	300	0.0	*N/A*	17.21	24.14	7.34	3.63	0.00
	CHES															
Salad Bar Elementary	1 EACH	15	742	89	1838	14.36	5.28	414.8	11246	34.56	*4	44.31	81.03	28.64	8.84	0.00
Sandwich Grilled Cheese	1 EACH	20	311	50	812	3.48	2.71	809.6	536	0.0	*N/A*	15.55	28.71	19.38	10.44	0.00
Condiments Elementary	PORTION	8	13	1	108	0.06	0.12	5.0	0	0.0	*N/A*	0.28	0.63	1.14	0.14	*0.00
Beans, Baked/Black/Chick	1/2 CUP	5	165	0	347	5.61	1.68	56.8	59	2.09	*N/A*	6.85	20.56	1.09	0.11	*0.00
Veg Red/Green/Other	1/2 CUP	60	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Dressing RF Italian or Ranch	1.5 OZ	30	95	5	425	0.00	0.00	10.0	0	0.0	*N/A*	0.5	7.0	7.5	1.25	0.00
Fruit Canned Variety	.5 CUP	30	60	0	5	1.36	0.26	3.1	138	2.18	*5	0.34	16.13	0.04	0.01	0.00
Fruit Apples, Orange, Pear	PORTION	30	168	0	2	8.37	0.42	54.7	313	61.25	32	1.58	43.89	0.47	0.07	0.00
Juice Fruit 4oz	4 oz.	75	60	0	8	0.00	0.07	4.0	0	15.72	*N/A*	0.0	14.4	0.0	0.00	0.00
Milk Variety 8 oz	1 EACH	150	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			465	38	839	4.95	3.17	533.3	2090	19.42	*8	21.94	61.90	15.44	6.26	*0.04
% of Calories											*6.7%	18.9%	53.3%	29.9%	12.1%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

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

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Feb 1, 2019 thru Feb 28, 2019

ELEMENTARY SCHOOL LUNCH

Generated on: 2/1/2019 8:28:29 AM

	Portion Size	Reimb Qty	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 - 02/11/2019																
ELEMENTARY SCHOOL LU	Total	210														
French Toast WG - AJ	3 EACH	100	206	9	223	1.71	0.62	34.3	0	0.0	9	5.14	32.57	6.0	0.86	0.00
Sausage, Turkey Patty	EACH	100	43	14	113	0.00	0.00	7.9	*N/A*	0.0	0	3.4	0.28	2.83	0.85	0.00
Potato Tater Tots	9 EACH	100	150	0	360	2.00	0.36	0.0	0	3.6	*N/A*	2.0	19.0	7.0	1.00	0.00
Condiment Heinz Ketchup	TBLS	50	10	0	80	0.00	0.00	0.0	50	0.6	*N/A*	0.0	2.5	0.0	0.00	0.00
Pancake Syrup PC	1.50 OZ	100	120	0	25	0.00	0.00	0.0	0	0.0	*N/A*	0.0	31.0	0.0	0.00	0.00
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Yogurt Upstate 4 OZ	4 OZ	40	90	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	0.00
Cheese String	1 oz	40	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Deli Bar Elementary Variety	SANDWI CHES	20	230	37	760	1.50	1.04	247.5	300	0.0	*N/A*	17.21	24.14	7.34	3.63	0.00
Deli Bar Elementary	SANDWI CHES	10	263	30	745	2.67	1.38	276.7	300	0.0	*N/A*	18.83	30.67	7.5	3.50	0.00
Salad Bar Elementary	1 EACH	15	742	89	1838	14.36	5.28	414.8	11246	34.56	*4	44.31	81.03	28.64	8.84	0.00
Condiments Elementary	PORTION	8	13	1	108	0.06	0.12	5.0	0	0.0	*N/A*	0.28	0.63	1.14	0.14	*0.00
Sandwich Grilled Cheese	1 EACH	20	266	38	666	3.48	2.62	661.6	402	0.0	*N/A*	12.75	28.06	15.08	7.94	0.00
Roll Swirl WG	ROLL	5	100	0	120	2.00	0.72	0.0	0	0.0	*N/A*	3.0	17.0	2.0	0.00	0.00
Juice Vegetable	CONTAINERS	75	50	0	32	0.00	0.00	0.0	500	30.0	*N/A*	0.0	13.0	0.0	0.00	0.00
Veg Red/Green/Other	1/2 CUP	50	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Fruit Apples, Orange, Pear	PORTION	50	168	0	2	8.37	0.42	54.7	313	61.25	32	1.58	43.89	0.47	0.07	0.00
Fruit Canned Variety	.5 CUP	50	60	0	5	1.36	0.26	3.1	138	2.18	*5	0.34	16.13	0.04	0.01	0.00
Milk Variety 8 oz	1 EACH	150	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			602	35	908	6.45	2.88	489.0	*2486	37.40	*18	21.23	97.17	15.27	4.56	*0.05
% of Calories											*11.9%	14.1%	64.5%	22.8%	6.8%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Feb 1, 2019 thru Feb 28, 2019

ELEMENTARY SCHOOL LUNCH

Generated on: 2/1/2019 8:28:29 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/12/2019																
ELEMENTARY SCHOOL LU	Total	220														
Taco Beef JTM 2.71 Z=2M	2.71 OZ	110	125	49	286	0.00	2.00	12.0	413	1.0	*N/A*	14.0	2.0	7.0	2.70	0.00
Nacho Chips 16 chips	16 chips	110	260	0	179	3.06	1.38	30.6	0	0.61	*N/A*	3.06	31.62	14.28	1.02	0.00
Lettuce ,Tomato, Cheese	1 EACH	50	122	30	188	0.51	0.32	209.3	589	4.27	*1	7.37	2.51	9.58	6.01	0.00
Rice Brown	1/2 CUP	110	118	0	4	1.07	0.38	4.9	0	0.0	*0	2.23	22.57	2.04	0.33	0.00
Veg Corn : frozen, yellow	1/2 CUP	75	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	0.00
Salsa	2 OZ	25	41	0	127	1.54	2.53	13.6	622	4.54	*N/A*	1.7	7.92	0.23	0.03	0.00
Sour Cream Low Fat	1 OZ.	100	60	20	35	0.00	0.00	0.0	0	0.0	*N/A*	1.0	2.0	5.0	3.50	0.00
Sandwich Grilled Cheese	1 EACH	20	266	38	666	3.48	2.62	661.6	402	0.0	*N/A*	12.75	28.06	15.08	7.94	0.00
Deli Bar Elementary Variety	SANDWI CHES	20	230	37	760	1.50	1.04	247.5	300	0.0	*N/A*	17.21	24.14	7.34	3.63	0.00
Deli Bar Elementary	SANDWI CHES	10	263	30	745	2.67	1.38	276.7	300	0.0	*N/A*	18.83	30.67	7.5	3.50	0.00
Salad Bar Elementary	1 EACH	15	742	89	1838	14.36	5.28	414.8	11246	34.56	*4	44.31	81.03	28.64	8.84	0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Roll Swirl WG	ROLL	5	100	0	120	2.00	0.72	0.0	0	0.0	*N/A*	3.0	17.0	2.0	0.00	0.00
Condiments Elementary	PORTION	10	13	1	108	0.06	0.12	5.0	0	0.0	*N/A*	0.28	0.63	1.14	0.14	*0.00
Veg Red/Green/Other	1/2 CUP	40	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Fruit Canned Variety	.5 CUP	30	60	0	5	1.36	0.26	3.1	138	2.18	*5	0.34	16.13	0.04	0.01	0.00
Fruit Apples, Orange, Pear	PORTION	30	168	0	2	8.37	0.42	54.7	313	61.25	32	1.58	43.89	0.47	0.07	0.00
Milk Variety 8 oz	1 EACH	150	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			601	61	776	6.56	4.59	423.2	2479	20.11	*11	26.08	76.75	22.62	7.48	*0.05
% of Calories											*7.2%	17.4%	51.1%	33.9%	11.2%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Feb 1, 2019 thru Feb 28, 2019

ELEMENTARY SCHOOL LUNCH

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	Portion Size	Reimb Qty	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 - 02/13/2019																
ELEMENTARY SCHOOL LU	Total	210														
Pizza Bagels	EACH	152	300	35	690	4.00	2.70	300.0	750	12.0	*N/A*	14.0	33.0	10.0	5.00	0.00
GARDEN SALAD	1/2 CUP	152	18	0	24	1.36	0.56	25.6	4021	7.58	2	0.97	3.77	0.18	0.02	0.00
GREEN BEANS FRZ & STEAMED	4 OZ.	100	32	0	10	3.33	0.99	55.0	627	4.67	*N/A*	1.69	7.26	0.18	0.05	0.00
Cereal WG Variety .75Z	BOWL P ACK	20	87	0	122	1.41	3.63	53.7	314	3.82	*N/A*	1.79	18.38	1.07	0.00	0.00
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Yogurt Upstate 4 OZ	4 OZ	40	90	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	0.00
Cheese, String 1MA	1 oz	40	90	20	190	0.00	0.00	150.0	200	0.0	*N/A*	7.0	1.0	6.0	3.50	0.00
Sandwich Grilled Cheese	1 EACH	20	266	38	666	3.48	2.62	661.6	402	0.0	*N/A*	12.75	28.06	15.08	7.94	0.00
Deli Bar Elementary Variety	SANDWI CHES	20	230	37	760	1.50	1.04	247.5	300	0.0	*N/A*	17.21	24.14	7.34	3.63	0.00
Deli Bar Elementary	SANDWI CHES	10	263	30	745	2.67	1.38	276.7	300	0.0	*N/A*	18.83	30.67	7.5	3.50	0.00
Salad Bar Elementary	1 EACH	15	742	89	1838	14.36	5.28	414.8	11246	34.56	*4	44.31	81.03	28.64	8.84	0.00
Roll Swirl WG	ROLL	5	100	0	120	2.00	0.72	0.0	0	0.0	*N/A*	3.0	17.0	2.0	0.00	0.00
Juice Fruit 4oz	4 oz.	75	60	0	8	0.00	0.07	4.0	0	15.72	*N/A*	0.0	14.4	0.0	0.00	0.00
Veg Red/Green/Other	1/2 CUP	50	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Fruit Canned Variety	.5 CUP	50	60	0	5	1.36	0.26	3.1	138	2.18	*5	0.34	16.13	0.04	0.01	0.00
Fruit Apples, Orange, Pear	PORTION	50	168	0	2	8.37	0.42	54.7	313	61.25	32	1.58	43.89	0.47	0.07	0.00
Milk Variety 8 oz	1 EACH	150	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			588	51	1039	10.12	4.31	715.1	5611	45.69	*15	27.72	84.83	14.89	6.86	*0.00
% of Calories											*10.3%	18.9%	57.7%	22.8%	10.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Feb 1, 2019 thru Feb 28, 2019

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	Portion Size	Reimb Qty	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 - 02/14/2019																
ELEMENTARY SCHOOL LU	Total	215														
Chicken Brake Heart 3 EACH	3 EACH	100	250	35	350	2.00	1.44	20.0	0	0.0	*N/A*	14.0	15.0	14.0	3.50	0.00
Mashed Potatoes	1 CUP	100	204	29	344	1.68	0.34	67.2	361	20.37	3	3.72	22.83	10.77	6.70	0.37
GREEN BEANS FRZ & STEAMED	4 OZ.	1	32	0	10	3.33	0.99	55.0	627	4.67	*N/A*	1.69	7.26	0.18	0.05	0.00
Roll Dinner	ROLL	100	90	0	210	1.00	0.72	40.0	0	0.0	*N/A*	3.0	16.0	1.0	0.00	0.00
Sandwich Grilled Cheese	1 EACH	20	266	38	666	3.48	2.62	661.6	402	0.0	*N/A*	12.75	28.06	15.08	7.94	0.00
Deli Bar Elementary Variety	SANDWI CHES	20	230	37	760	1.50	1.04	247.5	300	0.0	*N/A*	17.21	24.14	7.34	3.63	0.00
Deli Bar Elementary	SANDWI CHES	10	263	30	745	2.67	1.38	276.7	300	0.0	*N/A*	18.83	30.67	7.5	3.50	0.00
Salad Bar Elementary	1 EACH	15	742	89	1838	14.36	5.28	414.8	11246	34.56	*4	44.31	81.03	28.64	8.84	0.00
Roll Swirl WG	5	100	100	0	120	2.00	0.72	0.0	0	0.0	*N/A*	3.0	17.0	2.0	0.00	0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Yogurt Upstate 4 OZ	4 OZ	40	90	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	0.00
Cheese, String 1MA	1 oz	40	90	20	190	0.00	0.00	150.0	200	0.0	*N/A*	7.0	1.0	6.0	3.50	0.00
Condiments Elementary	PORTION	75	13	1	108	0.06	0.12	5.0	0	0.0	*N/A*	0.28	0.63	1.14	0.14	*0.00
Juice Fruit 4oz	4 oz.	100	60	0	8	0.00	0.07	4.0	0	15.72	*N/A*	0.0	14.4	0.0	0.00	0.00
Fruit Canned Variety	.5 CUP	50	60	0	5	1.36	0.26	3.1	138	2.18	*5	0.34	16.13	0.04	0.01	0.00
Fruit Apples, Orange, Pear	PORTION	25	168	0	2	8.37	0.42	54.7	313	61.25	32	1.58	43.89	0.47	0.07	0.00
Veg Red/Green/Other	1/2 CUP	40	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Milk Variety 8 oz	1 EACH	150	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			593	55	986	5.76	3.52	503.1	2273	33.03	*11	25.29	77.96	19.89	7.95	*0.22
% of Calories											*7.5%	17.1%	52.6%	30.2%	12.1%	*0.3%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 02/15/2019																
ELEMENTARY SCHOOL LU	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 02/18/2019																
ELEMENTARY SCHOOL LU	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2019 thru Feb 28, 2019

ELEMENTARY SCHOOL LUNCH

Generated on: 2/1/2019 8:28:29 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			550-650		1230											<10.00

Tue - 02/19/2019																
ELEMENTARY SCHOOL LU NO SCHOOL TODAY	Total SERVING	1														
Weighted Daily Average % of Calories		1	0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			550-650		1230											<10.00

Wed - 02/20/2019																
ELEMENTARY SCHOOL LU	Total	220														
Pizza Crunchers	4 EACH	110	400	30	800	4.00	1.70	428.0	498	2.38	*N/A*	20.0	40.0	18.0	8.00	0.00
Sauce Spaghetti Don Pepino	1/2 CUP	100	80	0	530	3.00	1.44	20.0	1500	9.0	*N/A*	2.0	8.0	4.0	0.50	0.00
Pasta, Penne	1/2 CUP	110	100	0	5	3.00	0.90	0.0	0	0.0	*N/A*	3.5	20.5	0.75	0.00	0.00
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Yogurt Upstate 4 OZ	4 OZ	40	90	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	0.00
Cheese, String 1MA	1 oz	40	90	20	190	0.00	0.00	150.0	200	0.0	*N/A*	7.0	1.0	6.0	3.50	0.00
Deli Bar Elementary Variety	SANDWI CHES	20	230	37	760	1.50	1.04	247.5	300	0.0	*N/A*	17.21	24.14	7.34	3.63	0.00
Deli Bar Elementary	SANDWI CHES	10	263	30	745	2.67	1.38	276.7	300	0.0	*N/A*	18.83	30.67	7.5	3.50	0.00
Condiments Elementary	PORTION	8	13	1	108	0.06	0.12	5.0	0	0.0	*N/A*	0.28	0.63	1.14	0.14	*0.00
Salad Bar Elementary	1 EACH	15	742	89	1838	14.36	5.28	414.8	11246	34.56	*4	44.31	81.03	28.64	8.84	0.00
Sandwich Grilled Cheese	1 EACH	20	266	38	666	3.48	2.62	661.6	402	0.0	*N/A*	12.75	28.06	15.08	7.94	0.00
Roll Swirl WG	ROLL	5	100	0	120	2.00	0.72	0.0	0	0.0	*N/A*	3.0	17.0	2.0	0.00	0.00
Bean Chicken Pea 1/2 cup	1/4 CUP	5	72	0	70	2.65	0.81	19.0	15	2.3	*N/A*	2.97	13.57	0.68	0.07	0.00
Fruit Apple, Orange, Pear	1 EACH	1	235	0	3	11.93	0.62	76.3	414	83.71	*32	2.23	61.56	0.64	0.10	0.00
Fruit Canned	1/2 CUP	100	68	0	14	1.40	0.39	5.9	233	2.78	*5	0.4	17.79	0.11	0.02	*0.00
Lettuce Romaine	1 CUP	35	39	0	18	4.76	2.20	74.8	19754	9.07	3	2.79	7.46	0.68	0.09	0.00
Veg Red/Green/Other	1/2 CUP	50	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Milk Variety 8 oz	1 EACH	150	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00

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

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Feb 1, 2019 thru Feb 28, 2019

ELEMENTARY SCHOOL LUNCH

Generated on: 2/1/2019 8:28:29 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			595	39	1170	8.63	4.64	662.5	6280	17.71	*8 *5.0%	28.33 19.1%	80.18 53.9%	18.69 28.3%	7.34 11.1%	*0.05 *0.1%
Nutrient Guideline			550-650		1230											<10.00

Thu - 02/21/2019																
ELEMENTARY SCHOOL LU	Total	200														
Chicken Popcorn Tyson	12 EACH	160	251	22	371	2.20	1.98	40.0	100	0.0	*N/A*	15.2	15.2	14.1	2.72	0.00
Rice Brown WG	1 CUP	160	236	0	8	2.13	0.76	9.9	0	0.0	*0	4.46	45.14	4.07	0.67	0.00
GREEN BEANS FRZ & STEAMED	4 OZ.	50	32	0	10	3.33	0.99	55.0	627	4.67	*N/A*	1.69	7.26	0.18	0.05	0.00
Dinner Roll Richs	1 each	1	90	0	210	1.00	0.72	40.0	0	0.0	*N/A*	3.0	16.0	1.0	0.00	0.00
Sandwich Grilled Cheese	1 EACH	10	266	38	666	3.48	2.62	661.6	402	0.0	*N/A*	12.75	28.06	15.08	7.94	0.00
Sandwich Tur/Ch	1 EACH	10	255	35	698	3.00	1.44	356.0	268	0.0	*N/A*	17.1	24.3	10.6	5.00	0.00
Condiments Elementary	PORTION	8	13	1	108	0.06	0.12	5.0	0	0.0	*N/A*	0.28	0.63	1.14	0.14	*0.00
Cereal Bowl Variety 2oz	BOWLS	10	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Pancakes Mini Maple	pack	10	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Yogurt Upstate 4 OZ	4 OZ	30	90	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	0.00
Cheese String	1 oz	30	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Salad Chef	1 EACH	5	210	40	463	5.24	2.54	307.7	26568	28.18	*5	17.63	15.11	10.62	6.09	0.00
Croutons	.25 CUP	5	31	0	52	0.38	0.31	5.7	0	0.0	*N/A*	0.89	5.51	0.5	0.11	0.00
Dressing RF Ranch or Italian	1.5 OZ	5	78	3	413	0.00	0.00	6.7	0	0.0	*N/A*	0.33	8.67	5.0	0.83	0.00
Dinner Roll Richs	1 each	5	90	0	210	1.00	0.72	40.0	0	0.0	*N/A*	3.0	16.0	1.0	0.00	0.00
Bean Chicken Pea 1/2 cup	1/4 CUP	5	72	0	70	2.65	0.81	19.0	15	2.3	*N/A*	2.97	13.57	0.68	0.07	0.00
Veg Red/Green/Other	1/2 CUP	35	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Fruit Apples, Orange, Pear	PORTION	50	168	0	2	8.37	0.42	54.7	313	61.25	32	1.58	43.89	0.47	0.07	0.00
Fruit Canned Variety	.5 CUP	50	60	0	5	1.36	0.26	3.1	138	2.18	*5	0.34	16.13	0.04	0.01	0.00
Milk 1% White 1 CUP	1 CUP	30	110	10	130	0.00	0.00	300.0	500	1.2	*N/A*	9.0	13.0	2.5	1.50	0.00
Milk Chocolate FF	8 OZ	150	140	4	220	0.00	0.00	300.0	500	2.4	*N/A*	9.0	24.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			668	30	665	7.71	3.69	486.5	2198	24.17	*10 *6.0%	28.89 17.3%	97.18 58.2%	18.31 24.7%	4.42 6.0%	*0.03 *0.0%
Nutrient Guideline			550-650		1230											<10.00

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Feb 1, 2019 thru Feb 28, 2019

ELEMENTARY SCHOOL LUNCH

Generated on: 2/1/2019 8:28:29 AM

	Portion Size	Reimb Qty	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 - 02/22/2019																
ELEMENTARY SCHOOL LU	Total	275														
Pizza 10 cut BD	SLICE=2	170	312	28	584	3.20	2.16	280.1	400	0.0	*N/A*	15.21	34.42	13.61	5.60	0.00
	MA/2B															
GARDEN SALAD	1/2 CUP	1	18	0	24	1.36	0.56	25.6	4021	7.58	2	0.97	3.77	0.18	0.02	0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Yogurt Upstate 4 OZ	4 OZ	40	90	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	0.00
Cheese, String 1MA	1 oz	40	90	20	190	0.00	0.00	150.0	200	0.0	*N/A*	7.0	1.0	6.0	3.50	0.00
Deli Bar Elementary	SANDWIC	10	263	30	745	2.67	1.38	276.7	300	0.0	*N/A*	18.83	30.67	7.5	3.50	0.00
Deli Bar Elementary Variety	SANDWI	20	230	37	760	1.50	1.04	247.5	300	0.0	*N/A*	17.21	24.14	7.34	3.63	0.00
	CHES															
Salad Bar Elementary	1 EACH	15	742	89	1838	14.36	5.28	414.8	11246	34.56	*4	44.31	81.03	28.64	8.84	0.00
Sandwich Grilled Cheese	1 EACH	20	311	50	812	3.48	2.71	809.6	536	0.0	*N/A*	15.55	28.71	19.38	10.44	0.00
Condiments Elementary	PORTION	8	13	1	108	0.06	0.12	5.0	0	0.0	*N/A*	0.28	0.63	1.14	0.14	*0.00
Beans, Baked/Black/Chick	1/2 CUP	5	165	0	347	5.61	1.68	56.8	59	2.09	*N/A*	6.85	20.56	1.09	0.11	*0.00
Veg Red/Green/Other	1/2 CUP	60	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Dressing RF Italian or Ranch	1.5 OZ	30	95	5	425	0.00	0.00	10.0	0	0.0	*N/A*	0.5	7.0	7.5	1.25	0.00
Fruit Canned Variety	.5 CUP	30	60	0	5	1.36	0.26	3.1	138	2.18	*5	0.34	16.13	0.04	0.01	0.00
Fruit Apples, Orange, Pear	PORTION	30	168	0	2	8.37	0.42	54.7	313	61.25	32	1.58	43.89	0.47	0.07	0.00
Juice Fruit 4oz	4 oz.	75	60	0	8	0.00	0.07	4.0	0	15.72	*N/A*	0.0	14.4	0.0	0.00	0.00
Milk Variety 8 oz	1 EACH	150	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			465	38	839	4.95	3.17	533.3	2090	19.42	*8	21.94	61.90	15.44	6.26	*0.04
% of Calories											*6.7%	18.9%	53.3%	29.9%	12.1%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Feb 1, 2019 thru Feb 28, 2019

ELEMENTARY SCHOOL LUNCH

Generated on: 2/1/2019 8:28:29 AM

	Portion Size	Reimb Qty	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 - 02/25/2019																
ELEMENTARY SCHOOL LU	Total	220														
Taco Beef JTM 2.71 Z=2M	2.71 OZ	110	125	49	286	0.00	2.00	12.0	413	1.0	*N/A*	14.0	2.0	7.0	2.70	0.00
Nacho Chips 16 chips	16 chips	110	260	0	179	3.06	1.38	30.6	0	0.61	*N/A*	3.06	31.62	14.28	1.02	0.00
Lettuce ,Tomato, Cheese	1 EACH	50	122	30	188	0.51	0.32	209.3	589	4.27	*1	7.37	2.51	9.58	6.01	0.00
Rice Brown	1/2 CUP	110	118	0	4	1.07	0.38	4.9	0	0.0	*0	2.23	22.57	2.04	0.33	0.00
Veg Corn : frozen, yellow	1/2 CUP	75	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	0.00
Salsa	2 OZ	25	41	0	127	1.54	2.53	13.6	622	4.54	*N/A*	1.7	7.92	0.23	0.03	0.00
Sour Cream Low Fat	1 OZ.	100	60	20	35	0.00	0.00	0.0	0	0.0	*N/A*	1.0	2.0	5.0	3.50	0.00
Sandwich Grilled Cheese	1 EACH	20	266	38	666	3.48	2.62	661.6	402	0.0	*N/A*	12.75	28.06	15.08	7.94	0.00
Deli Bar Elementary Variety	SANDWI CHES	20	230	37	760	1.50	1.04	247.5	300	0.0	*N/A*	17.21	24.14	7.34	3.63	0.00
Deli Bar Elementary	SANDWI CHES	10	263	30	745	2.67	1.38	276.7	300	0.0	*N/A*	18.83	30.67	7.5	3.50	0.00
Salad Bar Elementary	1 EACH	15	742	89	1838	14.36	5.28	414.8	11246	34.56	*4	44.31	81.03	28.64	8.84	0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Roll Swirl WG	ROLL	5	100	0	120	2.00	0.72	0.0	0	0.0	*N/A*	3.0	17.0	2.0	0.00	0.00
Condiments Elementary	PORTION	10	13	1	108	0.06	0.12	5.0	0	0.0	*N/A*	0.28	0.63	1.14	0.14	*0.00
Veg Red/Green/Other	1/2 CUP	40	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Fruit Canned Variety	.5 CUP	30	60	0	5	1.36	0.26	3.1	138	2.18	*5	0.34	16.13	0.04	0.01	0.00
Fruit Apples, Orange, Pear	PORTION	30	168	0	2	8.37	0.42	54.7	313	61.25	32	1.58	43.89	0.47	0.07	0.00
Milk Variety 8 oz	1 EACH	150	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			601	61	776	6.56	4.59	423.2	2479	20.11	*11	26.08	76.75	22.62	7.48	*0.05
% of Calories											*7.2%	17.4%	51.1%	33.9%	11.2%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Feb 1, 2019 thru Feb 28, 2019

ELEMENTARY SCHOOL LUNCH

Generated on: 2/1/2019 8:28:29 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/26/2019																
ELEMENTARY SCHOOL LU	Total	215														
Chicken Tenders Tyson	3 EACH	100	240	53	375	1.50	1.62	0.0	0	0.0	*N/A*	22.5	13.5	10.5	2.25	0.00
Potato Sweet Potato Bites	6 EACH	100	120	0	100	3.00	0.00	20.0	3500	1.2	*N/A*	1.0	19.0	4.0	0.50	0.00
Roll Dinner	ROLL	100	90	0	210	1.00	0.72	40.0	0	0.0	*N/A*	3.0	16.0	1.0	0.00	0.00
Sandwich Grilled Cheese	1 EACH	20	266	38	666	3.48	2.62	661.6	402	0.0	*N/A*	12.75	28.06	15.08	7.94	0.00
Deli Bar Elementary Variety	SANDWI CHES	20	230	37	760	1.50	1.04	247.5	300	0.0	*N/A*	17.21	24.14	7.34	3.63	0.00
Deli Bar Elementary	SANDWI CHES	10	263	30	745	2.67	1.38	276.7	300	0.0	*N/A*	18.83	30.67	7.5	3.50	0.00
Salad Bar Elementary	1 EACH	15	742	89	1838	14.36	5.28	414.8	11246	34.56	*4	44.31	81.03	28.64	8.84	0.00
Roll Swirl WG	ROLL	5	100	0	120	2.00	0.72	0.0	0	0.0	*N/A*	3.0	17.0	2.0	0.00	0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Yogurt Upstate 4 OZ	4 OZ	40	90	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	0.00
Cheese, String 1MA	1 oz	40	90	20	190	0.00	0.00	150.0	200	0.0	*N/A*	7.0	1.0	6.0	3.50	0.00
Condiments Elementary	PORTION	75	13	1	108	0.06	0.12	5.0	0	0.0	*N/A*	0.28	0.63	1.14	0.14	*0.00
Juice Fruit 4oz	4 oz.	100	60	0	8	0.00	0.07	4.0	0	15.72	*N/A*	0.0	14.4	0.0	0.00	0.00
Fruit Canned Variety	.5 CUP	50	60	0	5	1.36	0.26	3.1	138	2.18	*5	0.34	16.13	0.04	0.01	0.00
Fruit Apples, Orange, Pear	PORTION	25	168	0	2	8.37	0.42	54.7	313	61.25	32	1.58	43.89	0.47	0.07	0.00
Veg Red/Green/Other	1/2 CUP	40	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Milk Variety 8 oz	1 EACH	150	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			549	50	884	6.13	3.44	471.6	3730	24.09	*10	27.97	75.45	15.11	4.49	*0.05
% of Calories											*7.0%	20.4%	54.9%	24.8%	7.4%	*0.1%
Nutrient Guideline			550-650		1230											<10.00

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2019 thru Feb 28, 2019

ELEMENTARY SCHOOL LUNCH

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	Portion Size	Reimb Qty	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 - 02/27/2019																
ELEMENTARY SCHOOL LU	Total	284														
GRILL CHEESE 2SL=1MA/2B	SANDWIC	144	254	20	614	4.00	2.70	451.4	468	0.01	*N/A*	12.04	32.04	10.28	4.16	*0.00
Potato Tater Tots	9 EACH	144	150	0	360	2.00	0.36	0.0	0	3.6	*N/A*	2.0	19.0	7.0	1.00	0.00
Salad Bar	1 EACH	19	209	46	447	3.75	2.37	154.5	6891	30.29	*2	16.06	16.58	9.12	3.77	0.00
Croutons	.5 CUP	19	61	0	105	0.77	0.61	11.4	0	0.0	*N/A*	1.79	11.03	0.99	0.23	0.00
Bread Stick Wenner 31529 15/16	1 EACH	19	90	0	150	2.00	0.72	80.0	0	4.8	*N/A*	3.0	19.0	0.0	0.00	0.00
Deli Bar Elementary Variety	SANDWI CHES	121	230	37	760	1.50	1.04	247.5	300	0.0	*N/A*	17.21	24.14	7.34	3.63	0.00
Deli Bar Breads	1 EACH	121	157	1	288	2.21	1.27	46.1	0	0.0	*N/A*	4.62	25.71	3.62	0.60	0.00
Condiments Salad Bar MS/HS	SERVINGS	50	136	15	153	0.22	0.65	60.2	4398	0.96	*0	1.39	8.44	10.87	2.71	*0.00
Fruit Apple, Orange, Pear	1 EACH	168	235	0	3	11.93	0.62	76.3	414	83.71	*32	2.23	61.56	0.64	0.10	0.00
Fruit Canned Variety	.5 CUP	1	60	0	5	1.36	0.26	3.1	138	2.18	*5	0.34	16.13	0.04	0.01	0.00
Veg Red/Green/Other	1/2 CUP	60	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Milk Variety 8 oz	1 EACH	186	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			637	37	1126	12.38	3.32	620.5	2562	58.79	*23	24.95	100.40	17.15	5.70	*0.00
% of Calories											*14.5%	15.7%	63.0%	24.2%	8.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2019 thru Feb 28, 2019

ELEMENTARY SCHOOL LUNCH

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	Portion Size	Reimb Qty	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 - 02/28/2019																
ELEMENTARY SCHOOL LU	Total	215														
Chicken Nuggets Tyson 2M/1B	5 EACH	100	237	50	310	1.25	1.80	250.0	0	0.0	*N/A*	22.5	13.75	10.0	1.87	0.00
Potato Fries Oven Baked	1/2 CUP	100	130	0	30	2.00	0.36	0.0	0	6.0	*N/A*	2.0	20.0	3.0	0.00	0.00
GREEN BEANS FRZ & STEAMED	4 OZ.	1	32	0	10	3.33	0.99	55.0	627	4.67	*N/A*	1.69	7.26	0.18	0.05	0.00
Dinner Roll Richs	1 each	100	90	0	210	1.00	0.72	40.0	0	0.0	*N/A*	3.0	16.0	1.0	0.00	0.00
Sandwich Grilled Cheese	1 EACH	20	266	38	666	3.48	2.62	661.6	402	0.0	*N/A*	12.75	28.06	15.08	7.94	0.00
Deli Bar Elementary Variety	SANDWI CHES	20	230	37	760	1.50	1.04	247.5	300	0.0	*N/A*	17.21	24.14	7.34	3.63	0.00
Deli Bar Elementary	SANDWI CHES	10	263	30	745	2.67	1.38	276.7	300	0.0	*N/A*	18.83	30.67	7.5	3.50	0.00
Salad Bar Elementary	1 EACH	15	742	89	1838	14.36	5.28	414.8	11246	34.56	*4	44.31	81.03	28.64	8.84	0.00
Roll Swirl WG	ROLL	5	100	0	120	2.00	0.72	0.0	0	0.0	*N/A*	3.0	17.0	2.0	0.00	0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	16.0	*N/A*	2.33	48.0	4.33	0.50	0.50
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0.0	*N/A*	5.0	40.0	7.0	1.00	0.00
Yogurt Upstate 4 OZ	4 OZ	40	90	0	75	0.00	0.00	300.0	0	1.2	*N/A*	3.0	19.0	0.0	0.00	0.00
Cheese, String 1MA	1 oz	40	90	20	190	0.00	0.00	150.0	200	0.0	*N/A*	7.0	1.0	6.0	3.50	0.00
Condiments Elementary	PORTION	75	13	1	108	0.06	0.12	5.0	0	0.0	*N/A*	0.28	0.63	1.14	0.14	*0.00
Juice Fruit 4oz	4 oz.	100	60	0	8	0.00	0.07	4.0	0	15.72	*N/A*	0.0	14.4	0.0	0.00	0.00
Fruit Canned Variety	.5 CUP	50	60	0	5	1.36	0.26	3.1	138	2.18	*5	0.34	16.13	0.04	0.01	0.00
Fruit Apples, Orange, Pear	PORTION	25	168	0	2	8.37	0.42	54.7	313	61.25	32	1.58	43.89	0.47	0.07	0.00
Veg Red/Green/Other	1/2 CUP	40	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Milk Variety 8 oz	1 EACH	150	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			553	48	821	5.56	3.70	578.8	2105	26.35	*10	28.44	76.06	14.41	4.08	*0.05
% of Calories											*6.9%	20.6%	55.0%	23.5%	6.6%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			573	46	910	7.09	3.93	561.6	*2850	26.73	*11	26.08	79.64	17.48	6.07	*0.06
											*17.6%	18.2%	55.6%	27.5%	9.5%	*0.1%

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Base Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2019 thru Feb 28, 2019

ELEMENTARY SCHOOL LUNCH

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Nutrient	Menu AVG	Portion Size	Reimb Qty	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	573		550 - 650	100%													
Cholesterol (mg)	46																
Sodium 1 (mg)	910		1230														
Sodium 2 (mg)	910		935														
Fiber (g)	7.09																
Iron (mg)	3.93																
Calcium (mg)	561.6																
Vitamin A (IU)	2850					Missing											
Sugars (g)	11	7.83%				Missing											
Vitamin C (mg)	26.73																
Protein (g)	26.08	18.20%															
Carbohydrate (g)	79.64	55.57%															
Total Fat (g)	17.48	27.45%															
Saturated Fat (g)	6.07	9.53%	<10.00%														
Trans Fat ¹ (g)	0.06	0.10%				Missing											

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