

Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Feb 1, 2019 thru Feb 28, 2019

WOODLAND REGIONAL HIGH SCHOOL

Generated on: 2/1/2019 8:31:56 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 - 02/01/2019																
WOODLAND REGIONAL HI	Total	234														
Pizza Variety Day	1 EACH	104	307	29	541	3.40	1.62	243.4	267	3.0	*N/A*	17.74	33.14	12.2	5.87	0.00
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
Salad Bar	1 EACH	15	209	46	447	3.75	2.37	154.5	6891	30.29	*2	16.06	16.58	9.12	3.77	0.00
Dressing/Condiments WRHS	VARIETIE	15	88	3	252	0.00	*0.01	*3.4	*0	0.2	*0	*0.17	6.7	6.04	0.80	*0.00
Condiments Salad Bar MS/HS	SERVINGS	115	136	15	153	0.22	0.65	60.2	4398	0.96	*0	1.39	8.44	10.87	2.71	*0.00
Croutons	.25 CUP	15	31	0	52	0.38	0.31	5.7	0	0.0	*N/A*	0.89	5.51	0.5	0.11	0.00
Bread Stick Wenner 31529 15/16	1 EACH	15	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 HS / MS	SANDWIC	115	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
Deli Bar Breads	1 EACH	115	157	1	288	2.21	1.27	46.1	0	0.0	*N/A*	4.62	25.71	3.62	0.60	0.00
Veg Red/Green/Other	1/2 CUP	13	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Lettuce Romaine	1 CUP	176	39	0	18	4.76	2.20	74.8	19754	9.07	3	2.79	7.46	0.68	0.09	0.00
Bean Chicken Pea 1/2 cup	1/2 CUP	24	143	0	140	5.30	1.62	38.0	29	4.6	*N/A*	5.94	27.14	1.37	0.14	0.00
Fruit Apples, Orange, Pear	PORTION	1	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	204	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	100	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			528	56	983	8.51	*4.26	*430.5	*18084	15.15	*9	*29.51	65.73	17.64	6.14	*0.00
% of Calories											*7.1%	*22.4%	49.8%	30.1%	10.5%	*0.0%
Nutrient Guideline			600-650		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

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Feb 1, 2019 thru Feb 28, 2019

WOODLAND REGIONAL HIGH SCHOOL

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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)
Mon - 02/04/2019																
WOODLAND REGIONAL HI	Total	418														
Bread Stick Wenner 31529 15/16	1 EACH	56	90	0	150	2.00	0.72	80.0	0	4.8	*N/A*	3.0	19.0	0.0	0.00	0.00
Mozzarella Sticks	5 EACH	170	308	13	433	2.50	1.21	469.2	528	0.8	*N/A*	16.67	22.5	16.67	4.17	0.00
Marinara Sauce DP	4 OZ.	170	80	0	530	3.00	1.44	20.0	1500	9.0	*N/A*	2.0	8.0	4.0	0.50	0.00
carrots	1/2 CUP	350	220	55	15	5.00	1.80	0.0	0	0.0	*N/A*	8.0	40.0	3.0	1.00	0.00
Veg Mixed : frozen,boiled	.5 CUP	100	59	0	32	4.00	0.75	22.8	3892	2.91	3	2.6	11.91	0.14	0.03	0.00
Chicken Tenders Tyson	3 EACH	125	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 Fries Oven Baked	1/2 CUP	125	130	0	30	2.00	0.36	0.0	0	6.0	*N/A*	2.0	20.0	3.0	0.00	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
Dressing/Condiments WRHS	2 TBS	300	88	3	252	0.00	*0.01	*3.4	*0	0.2	*0	*0.17	6.7	6.04	0.80	*0.00
Deli Bar HS / MS	SANDWI	67	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
	CHES															
Deli Bar Breads MS / HS	1 EACH	67	183	1	267	2.87	1.57	66.2	0	1.8	*0	6.31	31.67	3.12	0.50	0.00
Salad Bar	EACH	2	209	46	447	3.75	2.37	154.5	6891	30.29	*2	16.06	16.58	9.12	3.77	0.00
Salad Romaine	1 CUP	100	9	0	6	0.78	0.27	11.6	325	1.81	1	0.58	1.92	0.09	0.01	0.00
Dressing RF Ranch or Italian	1.5 OZ.	2	78	3	413	0.00	0.00	6.7	0	0.0	*N/A*	0.33	8.67	5.0	0.83	0.00
CROUTONS	8 each	2	977	0	1675	12.24	9.79	182.4	0	0.0	*N/A*	28.56	176.4	15.84	3.62	0.00
Bread Stick Wenner 31529 15/16	1 EACH	2	90	0	150	2.00	0.72	80.0	0	4.8	*N/A*	3.0	19.0	0.0	0.00	0.00
Veg Red/Green/Other	1 CUP	90	28	0	46	2.02	0.37	31.2	4896	39.11	3	1.15	6.03	0.24	0.04	0.00
Fruit Canned Variety	1 CUP	200	120	0	10	2.72	0.52	6.3	276	4.35	*10	0.68	32.25	0.09	0.02	0.00
Fruit Canned Variety	1 CUP	1	120	0	10	2.72	0.52	6.3	276	4.35	*10	0.68	32.25	0.09	0.02	0.00
Milk Variety 8 oz	1 EACH	250	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			760	83	1071	11.41	*4.46	*448.1	*3266	19.38	*10	*33.93	104.16	21.93	4.95	*0.00
% of Calories											*5.3%	*17.9%	54.9%	26.0%	5.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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WOODLAND REGIONAL HIGH SCHOOL

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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																
WOODLAND REGIONAL HI	Total	341														
Meatballs Advanced Piere	5 EACH	100	180	45	270	0.00	1.08	20.0	0	1.2	*N/A*	13.0	3.0	12.0	5.00	0.00
Roll Kaiser WG	ROLL	100	150	0	280	3.00	1.44	80.0	0	0.0	*N/A*	6.0	27.0	1.5	0.00	0.00
Potato Wedges	7 EACH	285	90	1	350	2.00	0.72	0.0	0	3.6	*N/A*	2.0	15.0	2.5	1.00	1.00
Pizza 8 slice Schwans	SLICE=2 MA/3B	76	390	35	730	4.00	2.70	350.0	500	0.0	*N/A*	19.0	43.0	17.0	7.00	0.00
Dressing RF Italian or Ranch	1.5 OZ	150	95	5	425	0.00	0.00	10.0	0	0.0	*N/A*	0.5	7.0	7.5	1.25	0.00
Chicken Nuggets Tyson 2M/1B	5 EACH	70	237	50	310	1.25	1.80	250.0	0	0.0	*N/A*	22.5	13.75	10.0	1.87	0.00
Deli Bar HS / MS	SANDWIC	70	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
Deli Bar Breads MS / HS	1 EACH	70	183	1	267	2.87	1.57	66.2	0	1.8	*0	6.31	31.67	3.12	0.50	0.00
Salad Bar	EACH	5	209	46	447	3.75	2.37	154.5	6891	30.29	*2	16.06	16.58	9.12	3.77	0.00
Salad Romaine	1 CUP	150	9	0	6	0.78	0.27	11.6	325	1.81	1	0.58	1.92	0.09	0.01	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
Dressing/Condiments WRHS	2 TBS	100	88	3	252	0.00	*0.01	*3.4	*0	0.2	*0	*0.17	6.7	6.04	0.80	*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
Bread Stick Wenner 31529 15/16	1 EACH	5	90	0	150	2.00	0.72	80.0	0	4.8	*N/A*	3.0	19.0	0.0	0.00	0.00
Bean Chicken Pea 1/2 cup	1/2 CUP	25	143	0	140	5.30	1.62	38.0	29	4.6	*N/A*	5.94	27.14	1.37	0.14	0.00
Veg Red/Green/Other	1 CUP	90	28	0	46	2.02	0.37	31.2	4896	39.11	3	1.15	6.03	0.24	0.04	0.00
Fruit Apple, Orange, Pear	EACH	200	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	1 CUP	1	120	0	10	2.72	0.52	6.3	276	4.35	*10	0.68	32.25	0.09	0.02	0.00
Milk Variety 8 oz	1 EACH	225	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			687	53	1297	12.65	*3.54	*462.1	*2134	65.66	*24	*30.26	98.62	20.34	6.27	*0.84
% of Calories											*14.0%	*17.6%	57.4%	26.7%	8.2%	*1.1%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 02/06/2019																
WOODLAND REGIONAL HI	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			600-650		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)
Thu - 02/07/2019																
WOODLAND REGIONAL HI	Total	484														
Quesadilla Cheese	1 EACH	145	342	10	859	4.14	2.80	362.3	311	0.0	*N/A*	16.56	41.41	12.42	3.62	0.00
Chicken Fajita	SERVING	1	426	46	331	5.37	1.96	117.5	420	93.1	*4	19.26	37.69	22.72	4.44	*0.00
Veg Pepper Strips Green/Red	1/4 CUP	1	6	0	1	0.45	0.09	2.0	419	24.89	1	0.22	1.28	0.06	0.01	0.00
Onions Carmilized	ONIONS	1	83	15	49	1.36	0.17	20.1	179	5.92	3	0.94	7.48	5.84	3.68	0.23
Rice Brown	1/2 CUP	262	118	0	4	1.07	0.38	4.9	0	0.0	*0	2.23	22.57	2.04	0.33	0.00
Veg Mixed : frozen,boiled	1/2 CUP	169	59	0	32	4.00	0.75	22.8	3892	2.91	3	2.6	11.91	0.14	0.03	0.00
Salsa	4 OZ	120	82	0	254	3.08	5.06	27.2	1245	9.07	*N/A*	3.4	15.83	0.45	0.07	0.00
Sour Cream Low Fat	.5 OZ.	65	60	20	35	0.00	0.00	0.0	0	0.0	*N/A*	1.0	2.0	5.0	3.50	0.00
Chicken Nuggets Tyson 2M/1B	5 EACH	175	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	50	130	0	30	2.00	0.36	0.0	0	6.0	*N/A*	2.0	20.0	3.0	0.00	0.00
Roll Dinner	ROLL	175	90	0	210	1.00	0.72	40.0	0	0.0	*N/A*	3.0	16.0	1.0	0.00	0.00
Deli Bar HS / MS	SANDWI CHES	62	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
Deli Bar Breads MS / HS	1 EACH	62	183	1	267	2.87	1.57	66.2	0	1.8	*0	6.31	31.67	3.12	0.50	0.00
Dressing/Condiments WRHS	2 TBS	100	88	3	252	0.00	*0.01	*3.4	*0	0.2	*0	*0.17	6.7	6.04	0.80	*0.00
Salad Romaine	1 CUP	200	9	0	6	0.78	0.27	11.6	325	1.81	1	0.58	1.92	0.09	0.01	0.00
Salad Chef	1 EACH	2	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	2	31	0	52	0.38	0.31	5.7	0	0.0	*N/A*	0.89	5.51	0.5	0.11	0.00
Veg Red/Green/Other	1 CUP	110	28	0	46	2.02	0.37	31.2	4896	39.11	3	1.15	6.03	0.24	0.04	0.00
Fruit Apples, Orange, Pear	PORTION	200	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	1	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			526	35	778	9.65	*4.19	*383.6	*3368	39.85	*17	*24.99	77.43	13.09	3.29	*0.00
% of Calories											*13.3%	*19.0%	58.9%	22.4%	5.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Fri - 02/08/2019																
WOODLAND REGIONAL HI	Total	222														
Rib Q Sandwich	SANDWIC	112	267	45	503	1.22	1.62	41.5	298	3.64	*N/A*	11.55	4.59	22.7	7.80	*N/A*
Roll Kaiser WG	ROLL	1	150	0	280	3.00	1.44	80.0	0	0.0	*N/A*	6.0	27.0	1.5	0.00	0.00
Potato Fries Smiley	4 EACH	112	130	0	180	2.00	0.36	0.0	0	2.4	*N/A*	2.0	20.0	4.5	0.50	0.00
Carrots : frozen, boiled	.75 CUP	40	41	0	65	3.61	0.58	38.3	18536	2.52	4	0.64	8.46	0.74	0.13	0.00
Roll Dinner	ROLL	110	90	0	210	1.00	0.72	40.0	0	0.0	*N/A*	3.0	16.0	1.0	0.00	0.00
Condiments MS	SERVINGS	75	57	1	64	0.02	0.06	1.3	0	0.0	*0	0.07	1.43	5.73	0.79	*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	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
Croutons	.5 cup	20	61	0	105	0.77	0.61	11.4	0	0.0	*N/A*	1.79	11.03	0.99	0.23	0.00
Deli Bar HS / MS	SANDWI CHES	10	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
Deli Bar Breads MS / HS	1 EACH	1	183	1	267	2.87	1.57	66.2	0	1.8	*0	6.31	31.67	3.12	0.50	0.00
Salad Bar	1 EACH	15	209	46	447	3.75	2.37	154.5	6891	30.29	*2	16.06	16.58	9.12	3.77	0.00
Condiments MS	SERVINGS	8	57	1	64	0.02	0.06	1.3	0	0.0	*0	0.07	1.43	5.73	0.79	*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
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			565	42	843	6.44	3.57	462.7	5336	33.23	*14	20.87	72.33	21.93	6.92	*0.05
% of Calories											*9.9%	14.8%	51.2%	34.9%	11.0%	*0.1%
Nutrient Guideline			600-650		1230										<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Page 6

Feb 1, 2019 thru Feb 28, 2019

WOODLAND REGIONAL HIGH SCHOOL

Generated on: 2/1/2019 8:31:56 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																
WOODLAND REGIONAL HI	Total	420														
Sandwich Steakum Sub Roll	SANDWIC	150	483	48	879	2.00	2.70	300.0	750	0.0	*N/A*	28.7	44.0	21.0	9.80	*N/A*
Potato Sweet Wedges	8 EACH	100	120	0	140	2.00	1.08	20.0	3500	1.2	*N/A*	1.0	19.0	4.0	1.00	0.00
GARDEN SALAD	1/2 CUP	100	18	0	24	1.36	0.56	25.6	4021	7.58	2	0.97	3.77	0.18	0.02	0.00
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
Deli Bar HS / MS	SANDWIC	75	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
Deli Bar Breads MS / HS	1 EACH	100	183	1	267	2.87	1.57	66.2	0	1.8	*0	6.31	31.67	3.12	0.50	0.00
Salad Bar	EACH	1	209	46	447	3.75	2.37	154.5	6891	30.29	*2	16.06	16.58	9.12	3.77	0.00
Dressing RF Ranch or Italian	1.5 OZ	100	78	3	413	0.00	0.00	6.7	0	0.0	*N/A*	0.33	8.67	5.0	0.83	0.00
Veg Red/Green/Other	1 CUP	100	28	0	46	2.02	0.37	31.2	4896	39.11	3	1.15	6.03	0.24	0.04	0.00
Fruit Apple, Orange, Pear	EACH	200	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	1 CUP	1	120	0	10	2.72	0.52	6.3	276	4.35	*10	0.68	32.25	0.09	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			513	44	808	8.73	2.63	307.5	3582	52.20	*19	25.92	71.41	14.77	5.36	*0.00
% of Calories											*14.4%	20.2%	55.7%	25.9%	9.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Feb 1, 2019 thru Feb 28, 2019

WOODLAND REGIONAL HIGH SCHOOL

Generated on: 2/1/2019 8:31:56 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																
WOODLAND REGIONAL HI	Total	464														
HAMBURG 3 OZ TYSON 6285 MS/HS	1 EACH	125	294	98	673	0.00	1.98	295.7	320	0.0	*1	27.13	1.35	20.69	10.11	0.32
Cheese, American -Comm 100019	SLICE	1	53	13	147	0.00	0.09	148.0	134	0.0	*N/A*	2.8	0.65	4.3	2.50	0.00
Bun WW Hamburger 1.75Z	1 EACH	125	108	0	227	1.97	0.71	690.2	0	0.0	2	4.93	20.71	1.97	0.00	0.00
Potato Wedges	7 EACH	425	90	1	350	2.00	0.72	0.0	0	3.6	*N/A*	2.0	15.0	2.5	1.00	1.00
Baked Beans	1/2 CUP	1	72	0	211	2.53	0.83	26.6	66	0.15	8	2.93	16.53	0.23	0.04	*0.00
Salad Romaine	1 CUP	60	9	0	6	0.78	0.27	11.6	325	1.81	1	0.58	1.92	0.09	0.01	0.00
Condiments HS	SERVINGS	110	19	2	93	0.02	0.05	1.9	0	0.0	*N/A*	0.11	0.64	1.85	0.25	*0.00
Dressing/Condiments WRHS	2 TBS	100	88	3	252	0.00	*0.01	*3.4	*0	0.2	*0	*0.17	6.7	6.04	0.80	*0.00
Pizza 8 slice Schwans	SLICE=2 MA/3B	75	390	35	730	4.00	2.70	350.0	500	0.0	*N/A*	19.0	43.0	17.0	7.00	0.00
Chicken Popcorn Tyson	12 EACH	127	251	22	371	2.20	1.98	40.0	100	0.0	*N/A*	15.2	15.2	14.1	2.72	0.00
Roll Dinner	ROLL	127	90	0	210	1.00	0.72	40.0	0	0.0	*N/A*	3.0	16.0	1.0	0.00	0.00
Deli Bar HS	SANDWI CHES	60	192	65	865	0.00	0.64	203.6	294	0.0	*N/A*	24.71	1.99	9.4	4.66	0.00
Deli Bar Breads MS / HS	1 EACH	60	183	1	267	2.87	1.57	66.2	0	1.8	*0	6.31	31.67	3.12	0.50	0.00
Salad Bar	EACH	2	209	46	447	3.75	2.37	154.5	6891	30.29	*2	16.06	16.58	9.12	3.77	0.00
Dressing RF Ranch or Italian	1.5 OZ	2	78	3	413	0.00	0.00	6.7	0	0.0	*N/A*	0.33	8.67	5.0	0.83	0.00
Croutons	.25 CUP	2	31	0	52	0.38	0.31	5.7	0	0.0	*N/A*	0.89	5.51	0.5	0.11	0.00
Bread Stick Wenner 31529 15/16	1 EACH	2	90	0	150	2.00	0.72	80.0	0	4.8	*N/A*	3.0	19.0	0.0	0.00	0.00
Veg Red/Green/Other	1 CUP	150	28	0	46	2.02	0.37	31.2	4896	39.11	3	1.15	6.03	0.24	0.04	0.00
Fruit Canned Variety	1 CUP	200	120	0	10	2.72	0.52	6.3	276	4.35	*10	0.68	32.25	0.09	0.02	0.00
Milk Variety 8 oz	1 EACH	250	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Fruit Fresh Asst	EACH	1	51	0	1	1.86	0.15	7.4	60	4.09	11	0.32	13.47	0.2	0.05	0.00
Weighted Daily Average % of Calories			547	53	1174	6.22	*3.27	*553.1	*2170	19.13	*9	*27.92	67.01	19.43	6.85	*1.00
Nutrient Guideline			600-650		1230						*6.9%	*20.4%	49.0%	32.0%	11.3%	<10.00

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Feb 1, 2019 thru Feb 28, 2019

WOODLAND REGIONAL HIGH SCHOOL

Generated on: 2/1/2019 8:31:56 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)
Wed - 02/13/2019																
WOODLAND REGIONAL HI	Total	222														
Chicken Patty Tyson	EACH=2	112	130	50	330	0.00	0.72	0.0	0	0.0	*N/A*	15.0	2.0	7.0	2.00	0.00
	M/OB															
Marinara Sauce Dom Pepino	2 OZ.	1	40	0	265	1.50	0.72	10.0	750	4.5	*N/A*	1.0	4.0	2.0	0.25	0.00
carrots	1/2 CUP	112	220	55	15	5.00	1.80	0.0	0	0.0	*N/A*	8.0	40.0	3.0	1.00	0.00
Veg Mixed : frozen,boiled	1/2 CUP	40	59	0	32	4.00	0.75	22.8	3892	2.91	3	2.6	11.91	0.14	0.03	0.00
Roll Dinner	ROLL	110	90	0	210	1.00	0.72	40.0	0	0.0	*N/A*	3.0	16.0	1.0	0.00	0.00
Condiments HS	SERVINGS	75	19	2	93	0.02	0.05	1.9	0	0.0	*N/A*	0.11	0.64	1.85	0.25	*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	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 Breads MS / HS	EACH	20	183	1	267	2.87	1.57	66.2	0	1.8	*0	6.31	31.67	3.12	0.50	0.00
Deli Bar HS / MS	SANDWI CHES	10	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
Salad Bar	EACH	15	665	67	1952	12.02	*6.80	*677.3	*21721	146.11	*27	*33.07	89.9	21.73	8.56	*0.00
Condiments Salad Bar MS/HS	SERVINGS	8	136	15	153	0.22	0.65	60.2	4398	0.96	*0	1.39	8.44	10.87	2.71	*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
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			575	74	795	8.15	*4.27	*481.0	*3711	38.29	*15	*27.56	88.29	13.05	4.46	*0.05
% of Calories											*10.7%	*19.2%	61.4%	20.4%	7.0%	*0.1%
Nutrient Guideline			600-650		1230										<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Feb 1, 2019 thru Feb 28, 2019

WOODLAND REGIONAL HIGH SCHOOL

	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																
WOODLAND REGIONAL HI	Total	464														
Pizza Crunchers	4 EACH	50	400	30	800	4.00	1.70	428.0	498	2.38	*N/A*	20.0	40.0	18.0	8.00	0.00
Marinara Sauce	OZ	50	12	*N/A*	127	0.34	0.33	6.0	90	5.03	*N/A*	0.76	2.6	0.09	0.01	*N/A*
Pasta, Penne	1/2 CUP	1	100	0	5	3.00	0.90	0.0	0	0.0	*N/A*	3.5	20.5	0.75	0.00	0.00
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
Salad Romaine	1 CUP	60	9	0	6	0.78	0.27	11.6	325	1.81	1	0.58	1.92	0.09	0.01	0.00
Condiments HS	SERVINGS	110	19	2	93	0.02	0.05	1.9	0	0.0	*N/A*	0.11	0.64	1.85	0.25	*0.00
Dressing/Condiments WRHS	2 TBS	100	88	3	252	0.00	*0.01	*3.4	*0	0.2	*0	*0.17	6.7	6.04	0.80	*0.00
Chicken Popcorn Proview	10 EACH	127	178	0	383	1.09	2.08	55.2	94	0.04	*N/A*	13.43	13.84	7.23	0.40	0.00
Roll Dinner	ROLL	127	90	0	210	1.00	0.72	40.0	0	0.0	*N/A*	3.0	16.0	1.0	0.00	0.00
Deli Bar HS	SANDWI	60	192	65	865	0.00	0.64	203.6	294	0.0	*N/A*	24.71	1.99	9.4	4.66	0.00
	CHES															
Deli Bar Breads MS / HS	1 EACH	60	183	1	267	2.87	1.57	66.2	0	1.8	*0	6.31	31.67	3.12	0.50	0.00
Salad Chef	1 EACH	2	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	2	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	2	78	3	413	0.00	0.00	6.7	0	0.0	*N/A*	0.33	8.67	5.0	0.83	0.00
Bread Stick Wenner 31529 15/16	1 EACH	2	90	0	150	2.00	0.72	80.0	0	4.8	*N/A*	3.0	19.0	0.0	0.00	0.00
Veg Red/Green/Other	1/2 CUP	150	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Juice can WRHS	PORTION	200	49	0	5	0.89	0.14	5.5	36	4.12	*2	0.32	12.82	0.12	0.04	*0.00
Milk Variety 8 oz	1 EACH	250	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			282	*17	586	2.27	*1.48	*276.8	*1262	10.22	*5	*15.79	35.23	8.33	2.31	*0.00
% of Calories											*6.8%	*22.4%	49.9%	26.6%	7.4%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

Fri - 02/15/2019																
WOODLAND REGIONAL HI	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			600-650		1230											<10.00

Mon - 02/18/2019																
WOODLAND REGIONAL HI	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

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Feb 1, 2019 thru Feb 28, 2019

WOODLAND REGIONAL HIGH SCHOOL

Generated on: 2/1/2019 8:31:56 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			600-650		1230											<10.00

Tue - 02/19/2019																
WOODLAND REGIONAL HI 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			600-650		1230											<10.00

Wed - 02/20/2019																
WOODLAND REGIONAL HI	Total	310														
Chicken Popcorn Orange Glaze	SERVING	120	348	0	383	1.09	2.13	60.4	115	10.86	*N/A*	13.63	57.5	7.28	0.40	*0.00
Rice Brown WG	1 CUP	120	236	0	8	2.13	0.76	9.9	0	0.0	*0	4.46	45.14	4.07	0.67	0.00
Broccoli : fresh, boiled	CUP	1	55	0	64	5.15	1.05	62.4	2415	101.24	2	3.71	11.2	0.64	0.12	0.00
GARDEN SALAD	1 CUP	1	36	0	48	2.72	1.12	51.1	8042	15.16	4	1.95	7.54	0.36	0.05	0.00
Salad Bar	1 EACH	20	209	46	447	3.75	2.37	154.5	6891	30.29	*2	16.06	16.58	9.12	3.77	0.00
Dressing Salad Bar LRMS	SERVINGS	20	95	5	425	0.00	0.00	10.0	0	0.0	*N/A*	0.5	7.0	7.5	1.25	0.00
Croutons	.25 CUP	20	31	0	52	0.38	0.31	5.7	0	0.0	*N/A*	0.89	5.51	0.5	0.11	0.00
Bread Stick Wenner 31529 15/16	1 EACH	20	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 Breads	1 EACH	170	157	1	288	2.21	1.27	46.1	0	0.0	*N/A*	4.62	25.71	3.62	0.60	0.00
Deli Bar HS / MS	SANDWI CHES	170	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
Condiments Salad Bar MS/HS	SERVINGS	125	136	15	153	0.22	0.65	60.2	4398	0.96	*0	1.39	8.44	10.87	2.71	*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
Lettuce Romaine	1 CUP	25	39	0	18	4.76	2.20	74.8	19754	9.07	3	2.79	7.46	0.68	0.09	0.00
Bean Chicken Pea 1/2 cup	1/2 CUP	10	143	0	140	5.30	1.62	38.0	29	4.6	*N/A*	5.94	27.14	1.37	0.14	0.00
Fruit Fresh Asst	1 EACH	144	51	0	1	1.86	0.15	7.4	60	4.09	11	0.32	13.47	0.2	0.05	0.00
Fruit canned or fresh	1 EACH	50	50	0	8	1.79	0.20	13.8	145	18.57	*8	0.6	13.06	0.17	0.04	0.00
Milk Variety 8 oz	1 EACH	100	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 % of Calories			556	44	912	4.84	3.02	276.1	4543	16.55	*9	26.91	77.29	15.73	3.79	*0.00
Nutrient Guideline			600-650		1230						*6.5%	19.4%	55.7%	25.5%	6.1%	*0.0%

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

WOODLAND REGIONAL HIGH SCHOOL

Generated on: 2/1/2019 8:31:56 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)
Thu - 02/21/2019																
WOODLAND REGIONAL HI	Total	300														
Tortilla WW 6.25"	EACH	120	100	0	150	4.00	1.08	40.0	0	0.0	*N/A*	4.0	22.0	1.0	0.00	*N/A*
Taco Beef JTM 2.71 Z=2M	2.71 OZ	120	125	49	286	0.00	2.00	12.0	413	1.0	*N/A*	14.0	2.0	7.0	2.70	0.00
Cheese Sauce Low Sodium MS/HS	SERVING	120	13	3	50	0.00	0.04	25.0	25	0.0	*N/A*	0.62	0.38	0.88	0.56	0.00
Veg Corn : frozen, yellow	1/2 CUP	120	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	0.00
Salsa Low Sodium	1/2 CUP	120	45	0	140	1.80	5.04	150.0	34400	3.0	*N/A*	1.88	8.75	0.25	0.04	0.00
Sour Cream Low Fat	1 OZ.	80	60	20	35	0.00	0.00	0.0	0	0.0	*N/A*	1.0	2.0	5.0	3.50	0.00
Rice Brown	1/2 CUP	170	118	0	4	1.07	0.38	4.9	0	0.0	*0	2.23	22.57	2.04	0.33	0.00
Salad Romaine	1 CUP	136	9	0	6	0.78	0.27	11.6	325	1.81	1	0.58	1.92	0.09	0.01	0.00
Chicken Popcorn Tyson	12 EACH	120	251	22	371	2.20	1.98	40.0	100	0.0	*N/A*	15.2	15.2	14.1	2.72	0.00
Potato Fries Oven Baked	1/2 CUP	1	130	0	30	2.00	0.36	0.0	0	6.0	*N/A*	2.0	20.0	3.0	0.00	0.00
Roll Dinner	ROLL	120	90	0	210	1.00	0.72	40.0	0	0.0	*N/A*	3.0	16.0	1.0	0.00	0.00
Deli Bar HS / MS	SANDWIC	73	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
Deli Bar Breads MS / HS	1 EACH	73	183	1	267	2.87	1.57	66.2	0	1.8	*0	6.31	31.67	3.12	0.50	0.00
Dressing RF Italian or Ranch	1.5 OZ	5	95	5	425	0.00	0.00	10.0	0	0.0	*N/A*	0.5	7.0	7.5	1.25	0.00
Bread Stick 7593 WG FREIH=1.5B	1 EACH	5	130	0	230	2.00	1.08	80.0	0	0.0	*N/A*	5.0	24.0	1.5	0.00	0.00
Condiment Heinz Ketchup	2 TBLS	100	10	0	80	0.00	0.00	0.0	50	0.6	*N/A*	0.0	2.5	0.0	0.00	0.00
Veg Red/Green/Other	1/2 CUP	100	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Fruit Apple, Orange, Pear	EACH	200	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
Milk Variety 8 oz	1 EACH	200	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			691	54	898	14.38	5.89	432.6	15548	67.36	*27	32.32	109.67	16.01	4.87	*0.00
% of Calories											*15.8%	18.7%	63.5%	20.8%	6.3%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Feb 1, 2019 thru Feb 28, 2019

WOODLAND REGIONAL HIGH SCHOOL

Generated on: 2/1/2019 8:31:56 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																
WOODLAND REGIONAL HI	Total	234														
Pizza Variety Day	1 EACH	104	307	29	541	3.40	1.62	243.4	267	3.0	*N/A*	17.74	33.14	12.2	5.87	0.00
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
Salad Bar	1 EACH	15	209	46	447	3.75	2.37	154.5	6891	30.29	*2	16.06	16.58	9.12	3.77	0.00
Dressing/Condiments WRHS	VARIETIE	15	88	3	252	0.00	*0.01	*3.4	*0	0.2	*0	*0.17	6.7	6.04	0.80	*0.00
Condiments Salad Bar MS/HS	SERVINGS	115	136	15	153	0.22	0.65	60.2	4398	0.96	*0	1.39	8.44	10.87	2.71	*0.00
Croutons	.25 CUP	15	31	0	52	0.38	0.31	5.7	0	0.0	*N/A*	0.89	5.51	0.5	0.11	0.00
Bread Stick Wenner 31529 15/16	1 EACH	15	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 HS / MS	SANDWIC	115	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
Deli Bar Breads	1 EACH	115	157	1	288	2.21	1.27	46.1	0	0.0	*N/A*	4.62	25.71	3.62	0.60	0.00
Veg Red/Green/Other	1/2 CUP	13	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Lettuce Romaine	1 CUP	176	39	0	18	4.76	2.20	74.8	19754	9.07	3	2.79	7.46	0.68	0.09	0.00
Bean Chicken Pea 1/2 cup	1/2 CUP	24	143	0	140	5.30	1.62	38.0	29	4.6	*N/A*	5.94	27.14	1.37	0.14	0.00
Fruit Apples, Orange, Pear	PORTION	1	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	204	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	100	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			528	56	983	8.51	*4.26	*430.5	*18084	15.15	*9	*29.51	65.73	17.64	6.14	*0.00
% of Calories											*7.1%	*22.4%	49.8%	30.1%	10.5%	*0.0%
Nutrient Guideline			600-650		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

WOODLAND REGIONAL HIGH SCHOOL

Generated on: 2/1/2019 8:31:56 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																
WOODLAND REGIONAL HI	Total	464														
HAMBURG 3 OZ TYSON 6285 MS/HS	1 EACH	125	294	98	673	0.00	1.98	295.7	320	0.0	*1	27.13	1.35	20.69	10.11	0.32
Cheese, American -Comm 100019	SLICE	1	53	13	147	0.00	0.09	148.0	134	0.0	*N/A*	2.8	0.65	4.3	2.50	0.00
Bun WW Hamburger 1.75Z	1 EACH	125	108	0	227	1.97	0.71	690.2	0	0.0	2	4.93	20.71	1.97	0.00	0.00
Potato Wedges	7 EACH	425	90	1	350	2.00	0.72	0.0	0	3.6	*N/A*	2.0	15.0	2.5	1.00	1.00
Baked Beans	1/2 CUP	1	72	0	211	2.53	0.83	26.6	66	0.15	8	2.93	16.53	0.23	0.04	*0.00
Salad Romaine	1 CUP	60	9	0	6	0.78	0.27	11.6	325	1.81	1	0.58	1.92	0.09	0.01	0.00
Condiments HS	SERVINGS	110	19	2	93	0.02	0.05	1.9	0	0.0	*N/A*	0.11	0.64	1.85	0.25	*0.00
Dressing/Condiments WRHS	2 TBS	100	88	3	252	0.00	*0.01	*3.4	*0	0.2	*0	*0.17	6.7	6.04	0.80	*0.00
Pizza 8 slice Schwans	SLICE=2 MA/3B	75	390	35	730	4.00	2.70	350.0	500	0.0	*N/A*	19.0	43.0	17.0	7.00	0.00
Chicken Popcorn Tyson	12 EACH	127	251	22	371	2.20	1.98	40.0	100	0.0	*N/A*	15.2	15.2	14.1	2.72	0.00
Roll Dinner	ROLL	127	90	0	210	1.00	0.72	40.0	0	0.0	*N/A*	3.0	16.0	1.0	0.00	0.00
Deli Bar HS	SANDWI CHES	60	192	65	865	0.00	0.64	203.6	294	0.0	*N/A*	24.71	1.99	9.4	4.66	0.00
Deli Bar Breads MS / HS	1 EACH	60	183	1	267	2.87	1.57	66.2	0	1.8	*0	6.31	31.67	3.12	0.50	0.00
Salad Bar	EACH	2	209	46	447	3.75	2.37	154.5	6891	30.29	*2	16.06	16.58	9.12	3.77	0.00
Dressing RF Ranch or Italian	1.5 OZ	2	78	3	413	0.00	0.00	6.7	0	0.0	*N/A*	0.33	8.67	5.0	0.83	0.00
Croutons	.25 CUP	2	31	0	52	0.38	0.31	5.7	0	0.0	*N/A*	0.89	5.51	0.5	0.11	0.00
Bread Stick Wenner 31529 15/16	1 EACH	2	90	0	150	2.00	0.72	80.0	0	4.8	*N/A*	3.0	19.0	0.0	0.00	0.00
Veg Red/Green/Other	1 CUP	150	28	0	46	2.02	0.37	31.2	4896	39.11	3	1.15	6.03	0.24	0.04	0.00
Fruit Canned Variety	1 CUP	200	120	0	10	2.72	0.52	6.3	276	4.35	*10	0.68	32.25	0.09	0.02	0.00
Milk Variety 8 oz	1 EACH	250	118	8	160	0.00	0.03	291.7	303	1.2	*6	8.32	17.66	1.1	0.72	*0.00
Fruit Fresh Asst	EACH	1	51	0	1	1.86	0.15	7.4	60	4.09	11	0.32	13.47	0.2	0.05	0.00
Weighted Daily Average % of Calories			547	53	1174	6.22	*3.27	*553.1	*2170	19.13	*9	*27.92	67.01	19.43	6.85	*1.00
Nutrient Guideline			600-650		1230						*6.9%	*20.4%	49.0%	32.0%	11.3%	<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

WOODLAND REGIONAL HIGH SCHOOL

Generated on: 2/1/2019 8:31:56 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																
WOODLAND REGIONAL HI	Total	402														
Mac & Cheese	SERVINGS	1	460	56	354	5.36	2.69	365.9	683	0.34	*0	20.64	55.02	19.6	11.97	0.26
Chicken Fajita	SERVING	1	426	46	331	5.37	1.96	117.5	420	93.1	*4	19.26	37.69	22.72	4.44	*0.00
Broccoli : fresh, boiled	CUP	1	55	0	64	5.15	1.05	62.4	2415	101.24	2	3.71	11.2	0.64	0.12	0.00
Roll Dinner	ROLL	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
Chicken Nuggets Tyson 2M/1B	5 EACH	103	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	1	130	0	30	2.00	0.36	0.0	0	6.0	*N/A*	2.0	20.0	3.0	0.00	0.00
Dressing/Condiments WRHS	2 TBS	100	88	3	252	0.00	*0.01	*3.4	*0	0.2	*0	*0.17	6.7	6.04	0.80	*0.00
Deli Bar HS / MS	SANDWIC	66	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
Deli Bar Breads MS / HS	1 EACH	66	183	1	267	2.87	1.57	66.2	0	1.8	*0	6.31	31.67	3.12	0.50	0.00
Salad Bar	1 EACH	2	665	67	1952	12.02	*6.80	*677.3	*21721	146.11	*27	*33.07	89.9	21.73	8.56	*0.00
Dressing RF Ranch or Italian	1.5 OZ	2	78	3	413	0.00	0.00	6.7	0	0.0	*N/A*	0.33	8.67	5.0	0.83	0.00
Croutons	.25 CUP	2	31	0	52	0.38	0.31	5.7	0	0.0	*N/A*	0.89	5.51	0.5	0.11	0.00
Bread Stick 7593 WG FREIH=1.5B	1 EACH	2	130	0	230	2.00	1.08	80.0	0	0.0	*N/A*	5.0	24.0	1.5	0.00	0.00
Veg Red/Green/Other	1 CUP	150	28	0	46	2.02	0.37	31.2	4896	39.11	3	1.15	6.03	0.24	0.04	0.00
Fruit Apple, Orange, Pear	EACH	100	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 or fresh	1 EACH	100	50	0	8	1.79	0.20	13.8	145	18.57	*8	0.6	13.06	0.17	0.04	0.00
Milk Variety 8 oz	1 EACH	300	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			314	30	463	5.08	*1.25	*354.8	*2342	42.50	*16	*18.10	45.62	6.93	1.84	*0.00
% of Calories											*19.8%	*23.1%	58.2%	19.9%	5.3%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Feb 1, 2019 thru Feb 28, 2019

WOODLAND REGIONAL HIGH SCHOOL

Generated on: 2/1/2019 8:31:56 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)
Wed - 02/27/2019																
WOODLAND REGIONAL HI	Total	402														
GRILL CHEESE 3SL=1.5MA/2B	SANDWIC	166	289	30	769	4.00	2.70	551.4	618	0.01	*N/A*	15.54	33.04	12.28	5.66	*0.00
Potato Fries Mccains	2.54 OZ (8)	435	110	0	25	2.00	0.36	0.0	0	4.8	*N/A*	2.0	17.0	4.0	0.00	0.00
THREE BEAN SALAD	1/4 CUP	1	56	0	64	1.87	0.53	25.4	257	4.64	*3	1.41	6.51	3.08	0.47	*0.00
Dressing/Condiments WRHS	2 TBS	100	88	3	252	0.00	*0.01	*3.4	*0	0.2	*0	*0.17	6.7	6.04	0.80	*0.00
Chicken Nuggets Tyson 2M/1B	5 EACH	103	237	50	310	1.25	1.80	250.0	0	0.0	*N/A*	22.5	13.75	10.0	1.87	0.00
Roll Dinner	ROLL	103	90	0	210	1.00	0.72	40.0	0	0.0	*N/A*	3.0	16.0	1.0	0.00	0.00
Deli Bar HS / MS	SANDWIC	66	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
Deli Bar Breads MS / HS	1 EACH	66	183	1	267	2.87	1.57	66.2	0	1.8	*0	6.31	31.67	3.12	0.50	0.00
Salad Bar	EACH	2	209	46	447	3.75	2.37	154.5	6891	30.29	*2	16.06	16.58	9.12	3.77	0.00
Dressing RF Ranch or Italian	1.5 OZ	2	78	3	413	0.00	0.00	6.7	0	0.0	*N/A*	0.33	8.67	5.0	0.83	0.00
CROUTONS	.25 CUP	2	31	0	52	0.38	0.31	5.7	0	0.0	*N/A*	0.89	5.51	0.5	0.11	0.00
Bread Stick 7593 WG FREIH=1.5B	1 EACH	2	130	0	230	2.00	1.08	80.0	0	0.0	*N/A*	5.0	24.0	1.5	0.00	0.00
Veg Red/Green/Other	1 CUP	150	28	0	46	2.02	0.37	31.2	4896	39.11	3	1.15	6.03	0.24	0.04	0.00
Fruit Apple, Orange, Pear	EACH	100	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	1 CUP	100	120	0	10	2.72	0.52	6.3	276	4.35	*10	0.68	32.25	0.09	0.02	0.00
Milk Variety 8 oz	1 EACH	300	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			587	42	853	9.30	*2.98	*586.8	*2547	43.10	*16	*27.27	85.84	16.39	4.11	*0.00
% of Calories											*10.9%	*18.6%	58.4%	25.1%	6.3%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

Thu - 02/28/2019																
WOODLAND REGIONAL HI	Total	234														
Pizza Variety Day	1 EACH	104	307	29	541	3.40	1.62	243.4	267	3.0	*N/A*	17.74	33.14	12.2	5.87	0.00
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
Salad Bar	1 EACH	15	209	46	447	3.75	2.37	154.5	6891	30.29	*2	16.06	16.58	9.12	3.77	0.00
Dressing/Condiments WRHS	VARIETIE	15	88	3	252	0.00	*0.01	*3.4	*0	0.2	*0	*0.17	6.7	6.04	0.80	*0.00
Condiments Salad Bar MS/HS	SERVINGS	115	136	15	153	0.22	0.65	60.2	4398	0.96	*0	1.39	8.44	10.87	2.71	*0.00
CROUTONS	.25 CUP	15	31	0	52	0.38	0.31	5.7	0	0.0	*N/A*	0.89	5.51	0.5	0.11	0.00
Bread Stick Wenner 31529 15/16	1 EACH	15	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 HS / MS	SANDWIC	115	148	57	745	0.00	0.62	133.6	199	0.0	*N/A*	21.93	1.59	5.96	2.46	0.00
Deli Bar Breads	1 EACH	115	157	1	288	2.21	1.27	46.1	0	0.0	*N/A*	4.62	25.71	3.62	0.60	0.00
Veg Red/Green/Other	1/2 CUP	13	14	0	23	1.01	0.19	15.6	2448	19.55	1	0.57	3.01	0.12	0.02	0.00
Lettuce Romaine	1 CUP	176	39	0	18	4.76	2.20	74.8	19754	9.07	3	2.79	7.46	0.68	0.09	0.00
Bean Chicken Pea 1/2 cup	1/2 CUP	24	143	0	140	5.30	1.62	38.0	29	4.6	*N/A*	5.94	27.14	1.37	0.14	0.00
Fruit Apples, Orange, Pear	PORTION	1	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	204	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	100	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
 * - 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

Feb 1, 2019 thru Feb 28, 2019

WOODLAND REGIONAL HIGH SCHOOL

Generated on: 2/1/2019 8:31:56 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			528	56	983	8.51	*4.26	*430.5	*18084	15.15	*9 *7.1%	*29.51 *22.4%	65.73 49.8%	17.64 30.1%	6.14 10.5%	*0.00 *0.0%
Nutrient Guideline			600-650		1230											<10.00

Weighted Average			546	*49	913	8.18	*3.54	*429.4	*6640	32.00	*14 *22.5%	*26.77 *19.6%	74.82 54.8%	16.27 26.8%	5.02 8.3%	*0.18 *0.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	546		600 - 650	91%		54		Correction Required - Calories are Low
Cholesterol (mg)	49				Missing			
Sodium 1 (mg)	913		1230					
Sodium 2 (mg)	913		935					
Fiber (g)	8.18							
Iron (mg)	3.54				Missing			
Calcium (mg)	429.4				Missing			
Vitamin A (IU)	6640				Missing			
Sugars (g)	14	10.02%			Missing			
Vitamin C (mg)	32.00							
Protein (g)	26.77	19.62%			Missing			
Carbohydrate (g)	74.82	54.83%						
Total Fat (g)	16.27	26.83%						
Saturated Fat (g)	5.02	8.28%	<10.00%					
Trans Fat ¹ (g)	0.18	0.30%			Missing			

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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