

Region 16

Base Menu Spreadsheet

Portion Values - Detailed

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Nov 1, 2018 thru Nov 30, 2018

WOODLAND REGIONAL HIGH SCHOOL

Generated on: 10/29/2018 10:27:40 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/01/2018																
WOODLAND REGIONAL HI	Total	484														
Quesadilla Cheese	1 EACH	145	342	10	859	4.14	2.80	362.3	311	62	0.0	16.56	41.41	12.42	3.62	0.00
Chicken Fajita	SERVING	1	426	46	331	5.37	1.96	117.5	420	71	93.1	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	76	24.89	0.22	1.28	0.06	0.01	*N/A*
Onions Carmilized	ONIONS	1	83	15	54	1.36	0.17	20.1	179	53	5.92	0.94	7.48	5.83	3.68	*N/A*
Rice Brown	1/2 CUP	262	119	0	4	1.04	0.44	9.1	0	0	0.0	2.35	22.86	1.95	0.33	*0.00
Veg Mixed : frozen,boiled	1/2 CUP	169	59	0	32	4.00	0.75	22.8	3892	389	2.91	2.6	11.91	0.14	0.03	*N/A*
Salsa	4 OZ	120	82	0	254	3.08	5.06	27.2	1245	249	9.07	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	0.0	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	0.0	22.5	13.75	10.0	1.87	0.00
Potato Fries Oven Baked	1/2 CUP	50	130	0	160	1.00	0.36	0.0	0	0	3.6	2.0	21.0	4.5	0.50	0.00
Roll Dinner	ROLL	175	90	0	210	1.00	0.72	40.0	0	0	0.0	3.0	16.0	1.0	0.00	0.00
Deli Bar HS / MS	SANDWI CHES	62	160	61	817	0.00	0.70	133.6	199	46	0.0	24.61	1.59	6.16	2.46	0.00
Deli Bar Breads MS / HS	1 EACH	62	180	1	250	2.40	1.55	48.0	0	0	1.8	6.2	31.6	3.3	0.50	0.00
Dressing/Condiments WRHS	2 TBS	100	88	3	252	0.00	*0.01	*3.4	*0	*0	0.2	*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	21	1.81	0.58	1.92	0.09	0.01	*N/A*
Salad Chef	1 EACH	2	231	47	586	5.24	2.67	307.7	26627	2103	28.18	22.18	15.11	10.97	6.09	*0.00
Croutons	.25 CUP	2	31	0	52	0.38	0.31	5.7	0	0	0.0	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	4922	821	39.11	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	29	61.25	1.58	43.89	0.47	0.08	*N/A*
Fruit Canned Variety	.5 CUP	1	60	0	5	1.36	0.26	3.1	138	13	2.18	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	61	1.2	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			528	35	799	9.47	*4.22	*383.5	*3375	*457	39.60	*25.40	77.68	13.25	3.35	*0.00
% of Calories												*19.3%	58.9%	22.6%	5.7%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=30.0	<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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WOODLAND REGIONAL HIGH SCHOOL

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/02/2018																
WOODLAND REGIONAL HI	Total	300														
Tortilla WW 6.25"	EACH	120	100	0	150	4.00	1.08	40.0	0	0	0.0	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	83	1.0	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	8	0.0	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	18	2.89	2.1	15.92	0.55	0.08	*N/A*
Salsa Low Sodium	1/2 CUP	120	45	0	140	1.80	5.04	150.0	34400	35	3.0	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	0.0	1.0	2.0	5.0	3.50	0.00
Rice Brown	1/2 CUP	170	119	0	4	1.04	0.44	9.1	0	0	0.0	2.35	22.86	1.95	0.33	*0.00
Salad Romaine	1 CUP	136	9	0	6	0.78	0.27	11.6	325	21	1.81	0.58	1.92	0.09	0.01	*N/A*
Chicken Popcorn Tyson	12 EACH	120	251	22	371	2.20	1.98	40.0	100	20	0.0	15.2	15.2	14.1	2.72	0.00
Potato Fries Oven Baked	1/2 CUP	1	130	0	160	1.00	0.36	0.0	0	0	3.6	2.0	21.0	4.5	0.50	0.00
Roll Dinner	ROLL	120	90	0	210	1.00	0.72	40.0	0	0	0.0	3.0	16.0	1.0	0.00	0.00
Deli Bar HS / MS	SANDWIC	73	160	61	817	0.00	0.70	133.6	199	46	0.0	24.61	1.59	6.16	2.46	0.00
Deli Bar Breads MS / HS	1 EACH	73	180	1	250	2.40	1.55	48.0	0	0	1.8	6.2	31.6	3.3	0.50	0.00
Dressing RF Italian or Ranch	1.5 OZ	5	95	5	425	0.00	0.00	10.0	0	0	0.0	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	0.0	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	10	0.6	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	2461	411	19.55	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	69	83.71	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	13	2.18	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	61	1.2	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			694	55	912	14.25	5.93	430.5	15552	313	67.36	33.01	109.83	16.06	4.87	*0.00
% of Calories												19.0%	63.3%	20.8%	6.3%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

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

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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-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/05/2018																
WOODLAND REGIONAL HI	Total	293														
Mozzarella Sticks	SERVING	156	62	3	87	0.50	0.24	93.8	106	14	0.16	3.33	4.5	3.33	0.83	0.00
Sauce Spaghetti Don Pepino	1/2 CUP	156	80	0	530	3.00	1.44	20.0	1500	300	9.0	2.0	8.0	4.0	0.50	0.00
Pasta Penne WG	3/4C=1.5B	1	240	0	0	7.20	1.73	0.0	0	0	0.0	8.4	49.2	2.4	0.00	0.00
Carrots : frozen, boiled	1 CUP	1	54	0	86	4.82	0.77	51.1	24715	2584	3.36	0.85	11.29	0.99	0.18	*N/A*
Salad Bar	1 EACH	13	209	46	447	3.75	2.37	154.5	6891	568	30.29	16.06	16.58	9.12	3.77	*0.00
Dressing/Condiments WRHS	VARIETIE	13	88	3	252	0.00	*0.01	*3.4	*0	*0	0.2	*0.17	6.7	6.04	0.80	*0.00
Croutons	.25 CUP	13	31	0	52	0.38	0.31	5.7	0	0	0.0	0.89	5.51	0.5	0.11	0.00
Bread Stick Wenner 31529 15/16	1 EACH	13	90	0	150	2.00	0.72	80.0	0	0	4.8	3.0	19.0	0.0	0.00	0.00
Deli Bar Breads	1 EACH	124	157	1	288	2.21	1.27	46.1	0	0	0.0	4.62	25.71	3.62	0.60	0.00
Deli Bar HS / MS	SANDWI	124	160	61	817	0.00	0.70	133.6	199	46	0.0	24.61	1.59	6.16	2.46	0.00
	CHES															
Condiments Salad Bar MS/HS	SERVINGS	124	136	15	149	0.22	0.65	60.2	4398	24	0.96	1.39	8.44	10.87	2.71	*0.00
Bean Chicken Pea 1/2 cup	1/2 CUP	34	143	0	140	5.30	1.62	38.0	29	6	4.6	5.94	27.14	1.37	0.14	0.00
Veg Red/Green/Other	1/2 CUP	47	14	0	23	1.01	0.19	15.6	2461	411	19.55	0.57	3.01	0.12	0.02	*0.00
Fruit Apples, Orange, Pear	PORTION	195	168	0	2	8.37	0.42	54.7	313	29	61.25	1.58	43.89	0.47	0.08	*N/A*
Fruit Canned Variety	.5 CUP	1	60	0	5	1.36	0.26	3.1	138	13	2.18	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	61	1.2	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			478	40	1003	9.56	*2.68	*365.8	*3952	*348	51.92	*22.82	66.05	14.41	3.80	*0.00
% of Calories												*19.1%	55.3%	27.1%	7.2%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

Tue - 11/06/2018																
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	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

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Wed - 11/07/2018																
WOODLAND REGIONAL HI	Total	220														
Turkey Oven Roasted Dinner	2 OZ. SE R Ving	110	88	30	386	0.00	0.92	2.8	0	0	0.0	12.09	1.74	3.28	1.08	*N/A*
Mashed Potatoes	1 CUP	110	204	29	344	1.68	0.34	67.2	361	44	20.37	3.72	22.83	10.77	6.70	0.37
BREAD STUFFING	SERVINGS	20	165	1	327	1.20	1.40	56.0	226	45	1.0	3.96	22.64	6.45	1.22	*N/A*
Veg Mixed : frozen,boiled	1/2 CUP	20	59	0	32	4.00	0.75	22.8	3892	389	2.91	2.6	11.91	0.14	0.03	*N/A*
Gravy, Canned	2 OZ	1	30	2	318	0.23	0.40	3.4	2	0	0.0	2.13	2.73	1.34	0.65	*N/A*
Deli Bar HS / MS	SANDWI CHES	10	160	61	817	0.00	0.70	133.6	199	46	0.0	24.61	1.59	6.16	2.46	0.00
Condiments HS	SERVINGS	8	19	2	93	0.02	0.05	1.9	0	0	0.0	0.11	0.64	1.85	0.25	*0.00
Salad Bar	EACH	15	209	46	447	3.75	2.37	154.5	6891	568	30.29	16.06	16.58	9.12	3.77	*0.00
Yogurt Upstate 4 OZ	4 OZ	40	90	0	75	0.00	0.00	300.0	0	0	1.2	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	54	0.0	7.36	1.09	5.68	3.59	*N/A*
Parfait w/Fruit	1 EACH	5	336	5	200	3.66	1.38	630.3	11	3	51.5	6.45	69.22	2.74	0.40	*0.00
GRANOLA	1/4 CUP	5	129	0	49	2.00	1.04	17.0	1	0	0.3	2.89	24.85	2.49	0.39	*N/A*
Roll Swirl WG	ROLL	5	100	0	120	2.00	0.72	0.0	0	0	0.0	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	3	2.3	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	2461	411	19.55	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	29	61.25	1.58	43.89	0.47	0.08	*N/A*
Fruit Canned Variety	.5 CUP	50	60	0	5	1.36	0.26	3.1	138	13	2.18	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	61	1.2	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			369	44	635	4.18	1.33	380.8	1762	229	32.40	19.16	49.31	10.70	5.57	*0.18
% of Calories												20.8%	53.4%	26.1%	13.6%	*0.4%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

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Thu - 11/08/2018																
WOODLAND REGIONAL HI	Total	484														
Quesadilla Cheese	1 EACH	145	342	10	859	4.14	2.80	362.3	311	62	0.0	16.56	41.41	12.42	3.62	0.00
Chicken Fajita	SERVING	1	426	46	331	5.37	1.96	117.5	420	71	93.1	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	76	24.89	0.22	1.28	0.06	0.01	*N/A*
Onions Carmilized	ONIONS	1	83	15	54	1.36	0.17	20.1	179	53	5.92	0.94	7.48	5.83	3.68	*N/A*
Rice Brown	1/2 CUP	262	119	0	4	1.04	0.44	9.1	0	0	0.0	2.35	22.86	1.95	0.33	*0.00
Veg Mixed : frozen,boiled	1/2 CUP	169	59	0	32	4.00	0.75	22.8	3892	389	2.91	2.6	11.91	0.14	0.03	*N/A*
Salsa	4 OZ	120	82	0	254	3.08	5.06	27.2	1245	249	9.07	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	0.0	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	0.0	22.5	13.75	10.0	1.87	0.00
Potato Fries Oven Baked	1/2 CUP	50	130	0	160	1.00	0.36	0.0	0	0	3.6	2.0	21.0	4.5	0.50	0.00
Roll Dinner	ROLL	175	90	0	210	1.00	0.72	40.0	0	0	0.0	3.0	16.0	1.0	0.00	0.00
Deli Bar HS / MS	SANDWI CHES	62	160	61	817	0.00	0.70	133.6	199	46	0.0	24.61	1.59	6.16	2.46	0.00
Deli Bar Breads MS / HS	1 EACH	62	180	1	250	2.40	1.55	48.0	0	0	1.8	6.2	31.6	3.3	0.50	0.00
Dressing/Condiments WRHS	2 TBS	100	88	3	252	0.00	*0.01	*3.4	*0	*0	0.2	*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	21	1.81	0.58	1.92	0.09	0.01	*N/A*
Salad Chef	1 EACH	2	231	47	586	5.24	2.67	307.7	26627	2103	28.18	22.18	15.11	10.97	6.09	*0.00
Croutons	.25 CUP	2	31	0	52	0.38	0.31	5.7	0	0	0.0	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	4922	821	39.11	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	29	61.25	1.58	43.89	0.47	0.08	*N/A*
Fruit Canned Variety	.5 CUP	1	60	0	5	1.36	0.26	3.1	138	13	2.18	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	61	1.2	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			528	35	799	9.47	*4.22	*383.5	*3375	*457	39.60	*25.40	77.68	13.25	3.35	*0.00
% of Calories												*19.3%	58.9%	22.6%	5.7%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=30.0	<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

Page 6

Nov 1, 2018 thru Nov 30, 2018

WOODLAND REGIONAL HIGH SCHOOL

Generated on: 10/29/2018 10:27:40 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/09/2018																
WOODLAND REGIONAL HI	Total	420														
Sandwich Steakum Sub Roll	SANDWIC	150	483	48	879	2.00	2.70	300.0	750	150	0.0	28.7	44.0	21.0	9.80	*N/A*
Potato Fries Oven Baked	1/2 CUP	100	130	0	160	1.00	0.36	0.0	0	0	3.6	2.0	21.0	4.5	0.50	0.00
GARDEN SALAD	1/2 CUP	100	19	0	19	1.54	0.73	26.8	5795	579	12.55	1.11	3.74	0.2	0.03	*N/A*
Chicken Tenders Tyson	3 EACH	100	240	53	375	1.50	1.62	0.0	0	0	0.0	22.5	13.5	10.5	2.25	0.00
Deli Bar HS / MS	SANDWIC	75	160	61	817	0.00	0.70	133.6	199	46	0.0	24.61	1.59	6.16	2.46	0.00
Deli Bar Breads MS / HS	1 EACH	100	180	1	250	2.40	1.55	48.0	0	0	1.8	6.2	31.6	3.3	0.50	0.00
Salad Bar	EACH	1	209	46	447	3.75	2.37	154.5	6891	568	30.29	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	0.0	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	4922	821	39.11	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	69	83.71	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	26	4.35	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	61	1.2	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			517	45	820	8.43	2.50	298.7	3178	451	53.96	26.65	71.86	14.97	5.24	*0.00
% of Calories												20.6%	55.6%	26.1%	9.1%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

Mon - 11/12/2018																
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	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2018 thru Nov 30, 2018

WOODLAND REGIONAL HIGH SCHOOL

Generated on: 10/29/2018 10:27:40 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/13/2018																
WOODLAND REGIONAL HI	Total	418														
Bread Stick Wenner 31529 15/16	1 EACH	56	90	0	150	2.00	0.72	80.0	0	0	4.8	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	71	0.8	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	300	9.0	2.0	8.0	4.0	0.50	0.00
Noodles WG Dakota	1/2 CUP	350	220	55	15	5.00	1.80	0.0	0	0	0.0	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	389	2.91	2.6	11.91	0.14	0.03	*N/A*
Chicken Tenders Tyson	3 EACH	125	240	53	375	1.50	1.62	0.0	0	0	0.0	22.5	13.5	10.5	2.25	0.00
Potato Fries Oven Baked	1/2 CUP	125	130	0	160	1.00	0.36	0.0	0	0	3.6	2.0	21.0	4.5	0.50	0.00
Roll Dinner	ROLL	100	90	0	210	1.00	0.72	40.0	0	0	0.0	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	0.2	*0.17	6.7	6.04	0.80	*0.00
Deli Bar HS / MS	SANDWI	67	160	61	817	0.00	0.70	133.6	199	46	0.0	24.61	1.59	6.16	2.46	0.00
	CHES															
Deli Bar Breads MS / HS	1 EACH	67	180	1	250	2.40	1.55	48.0	0	0	1.8	6.2	31.6	3.3	0.50	0.00
Salad Bar	EACH	2	209	46	447	3.75	2.37	154.5	6891	568	30.29	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	21	1.81	0.58	1.92	0.09	0.01	*N/A*
Dressing RF Ranch or Italian	1.5 OZ	2	78	3	413	0.00	0.00	6.7	0	0	0.0	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	0.0	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	0	4.8	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	4922	821	39.11	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	26	4.35	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	26	4.35	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	61	1.2	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			761	84	1119	11.03	*4.47	*445.2	*3272	*485	18.67	*34.34	104.45	22.45	5.10	*0.00
% of Calories												*18.0%	54.9%	26.5%	6.0%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2018 thru Nov 30, 2018

WOODLAND REGIONAL HIGH SCHOOL

Generated on: 10/29/2018 10:27:40 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/14/2018																
WOODLAND REGIONAL HI	Total	418														
Chicken Fajita	SERVING	56	426	46	331	5.37	1.96	117.5	420	71	93.1	19.26	37.69	22.72	4.44	*0.00
Tortilla 10"	TORTILLA	1	180	0	150	2.00	1.80	100.0	0	0	0.0	5.0	30.0	4.5	0.50	0.00
Beans , Black	4 OZ.	1	269	0	440	5.44	2.49	54.4	8	1	2.83	9.16	19.05	0.51	0.14	*N/A*
Mozzarella Sticks	5 EACH	170	308	13	433	2.50	1.21	469.2	528	71	0.8	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	300	9.0	2.0	8.0	4.0	0.50	0.00
Noodles WG Dakota	1/2 CUP	350	220	55	15	5.00	1.80	0.0	0	0	0.0	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	389	2.91	2.6	11.91	0.14	0.03	*N/A*
Roll Kaiser WG	ROLL	125	150	0	280	3.00	1.44	80.0	0	0	0.0	6.0	27.0	1.5	0.00	0.00
Dressing/Condiments WRHS	2 TBS	300	88	3	252	0.00	*0.01	*3.4	*0	*0	0.2	*0.17	6.7	6.04	0.80	*0.00
Salad Romaine	1 CUP	100	9	0	6	0.78	0.27	11.6	325	21	1.81	0.58	1.92	0.09	0.01	*N/A*
Condiments HS	SERVINGS	100	19	2	93	0.02	0.05	1.9	0	0	0.0	0.11	0.64	1.85	0.25	*0.00
Deli Bar HS / MS	SANDWI	67	160	61	817	0.00	0.70	133.6	199	46	0.0	24.61	1.59	6.16	2.46	0.00
	CHES															
Deli Bar Breads MS / HS	1 EACH	67	180	1	250	2.40	1.55	48.0	0	0	1.8	6.2	31.6	3.3	0.50	0.00
Potato Chips Frito Lay .5 OZ	BAG	67	80	0	80	0.50	0.00	0.0	0	0	2.4	0.5	8.0	5.0	0.50	0.00
Salad Chef	1 EACH	2	231	47	586	5.24	2.67	307.7	26627	2103	28.18	22.18	15.11	10.97	6.09	*0.00
Croutons	8 each	2	977	0	1675	12.24	9.79	182.4	0	0	0.0	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	0	4.8	3.0	19.0	0.0	0.00	0.00
Dressing RF Ranch or Italian	1.5 OZ	2	78	3	413	0.00	0.00	6.7	0	0	0.0	0.33	8.67	5.0	0.83	0.00
Veg Red/Green/Other	1/2 CUP	90	14	0	23	1.01	0.19	15.6	2461	411	19.55	0.57	3.01	0.12	0.02	*0.00
Dressing RF Ranch or Italian	1.5 OZ	90	78	3	413	0.00	0.00	6.7	0	0	0.0	0.33	8.67	5.0	0.83	0.00
Juice can WRHS	PORTION	200	49	0	5	0.89	0.14	5.5	36	4	4.12	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	61	1.2	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			717	76	1135	10.41	*4.10	*463.8	*2777	*403	25.47	*30.21	94.27	23.54	5.21	*0.00
% of Calories												*16.8%	52.6%	29.5%	6.5%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2018 thru Nov 30, 2018

WOODLAND REGIONAL HIGH SCHOOL

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/15/2018																
WOODLAND REGIONAL HI	Total	484														
Quesadilla Cheese	1 EACH	145	342	10	859	4.14	2.80	362.3	311	62	0.0	16.56	41.41	12.42	3.62	0.00
Chicken Fajita	SERVING	1	426	46	331	5.37	1.96	117.5	420	71	93.1	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	76	24.89	0.22	1.28	0.06	0.01	*N/A*
Onions Carmilized	ONIONS	1	83	15	54	1.36	0.17	20.1	179	53	5.92	0.94	7.48	5.83	3.68	*N/A*
Rice Brown	1/2 CUP	262	119	0	4	1.04	0.44	9.1	0	0	0.0	2.35	22.86	1.95	0.33	*0.00
Veg Mixed : frozen,boiled	1/2 CUP	169	59	0	32	4.00	0.75	22.8	3892	389	2.91	2.6	11.91	0.14	0.03	*N/A*
Salsa	4 OZ	120	82	0	254	3.08	5.06	27.2	1245	249	9.07	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	0.0	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	0.0	22.5	13.75	10.0	1.87	0.00
Potato Fries Oven Baked	1/2 CUP	50	130	0	160	1.00	0.36	0.0	0	0	3.6	2.0	21.0	4.5	0.50	0.00
Roll Dinner	ROLL	175	90	0	210	1.00	0.72	40.0	0	0	0.0	3.0	16.0	1.0	0.00	0.00
Deli Bar HS / MS	SANDWI CHES	62	160	61	817	0.00	0.70	133.6	199	46	0.0	24.61	1.59	6.16	2.46	0.00
Deli Bar Breads MS / HS	1 EACH	62	180	1	250	2.40	1.55	48.0	0	0	1.8	6.2	31.6	3.3	0.50	0.00
Dressing/Condiments WRHS	2 TBS	100	88	3	252	0.00	*0.01	*3.4	*0	*0	0.2	*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	21	1.81	0.58	1.92	0.09	0.01	*N/A*
Salad Chef	1 EACH	2	231	47	586	5.24	2.67	307.7	26627	2103	28.18	22.18	15.11	10.97	6.09	*0.00
Croutons	.25 CUP	2	31	0	52	0.38	0.31	5.7	0	0	0.0	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	4922	821	39.11	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	29	61.25	1.58	43.89	0.47	0.08	*N/A*
Fruit Canned Variety	.5 CUP	1	60	0	5	1.36	0.26	3.1	138	13	2.18	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	61	1.2	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			528	35	799	9.47	*4.22	*383.5	*3375	*457	39.60	*25.40	77.68	13.25	3.35	*0.00
% of Calories												*19.3%	58.9%	22.6%	5.7%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2018 thru Nov 30, 2018

WOODLAND REGIONAL HIGH SCHOOL

Generated on: 10/29/2018 10:27:41 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/16/2018																
WOODLAND REGIONAL HI	Total	300														
Nacho Chips18 CHIPS	18 chips	120	296	0	203	3.48	1.57	34.8	0	0	0.7	3.48	35.96	16.24	1.16	0.00
Taco Beef JTM 2.71 Z=2M	2.71 OZ	120	125	49	286	0.00	2.00	12.0	413	83	1.0	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	8	0.0	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	18	2.89	2.1	15.92	0.55	0.08	*N/A*
Salsa Low Sodium	1/2 CUP	120	45	0	140	1.80	5.04	150.0	34400	35	3.0	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	0.0	1.0	2.0	5.0	3.50	0.00
Rice Brown	1/2 CUP	170	119	0	4	1.04	0.44	9.1	0	0	0.0	2.35	22.86	1.95	0.33	*0.00
Salad Romaine	1 CUP	136	9	0	6	0.78	0.27	11.6	325	21	1.81	0.58	1.92	0.09	0.01	*N/A*
Chicken Popcorn Tyson	12 EACH	120	251	22	371	2.20	1.98	40.0	100	20	0.0	15.2	15.2	14.1	2.72	0.00
Potato Fries Oven Baked	1/2 CUP	1	130	0	160	1.00	0.36	0.0	0	0	3.6	2.0	21.0	4.5	0.50	0.00
Roll Dinner	ROLL	120	90	0	210	1.00	0.72	40.0	0	0	0.0	3.0	16.0	1.0	0.00	0.00
Deli Bar HS / MS	SANDWIC	73	160	61	817	0.00	0.70	133.6	199	46	0.0	24.61	1.59	6.16	2.46	0.00
Deli Bar Breads MS / HS	1 EACH	73	180	1	250	2.40	1.55	48.0	0	0	1.8	6.2	31.6	3.3	0.50	0.00
Dressing RF Italian or Ranch	1.5 OZ	5	95	5	425	0.00	0.00	10.0	0	0	0.0	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	0.0	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	10	0.6	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	2461	411	19.55	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	69	83.71	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	13	2.18	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	61	1.2	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			773	55	933	14.04	6.13	428.4	15552	313	67.63	32.80	115.41	22.16	5.33	*0.00
% of Calories												17.0%	59.8%	25.8%	6.2%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=30.0	<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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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2018 thru Nov 30, 2018

WOODLAND REGIONAL HIGH SCHOOL

Generated on: 10/29/2018 10:27:41 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/19/2018																
WOODLAND REGIONAL HI	Total	402														
Ravioli w/Meatballs	5 EACH	1	584	170	379	8.22	6.52	230.6	566	113	*5.31	43.2	50.54	24.58	10.23	*N/A*
Marinara Sauce	OZ	1	12	*N/A*	127	0.34	0.33	6.0	90	18	5.03	0.76	2.6	0.09	0.01	*N/A*
Bread, Garlic WW Bread	SLICE	103	68	0	126	1.50	0.54	30.4	42	9	0.0	2.51	11.51	1.7	0.16	*0.00
Bread Stick 7593 WG FREIH=1.5B	1 EACH	2	130	0	230	2.00	1.08	80.0	0	0	0.0	5.0	24.0	1.5	0.00	0.00
Dressing/Condiments WRHS	2 TBS	100	88	3	252	0.00	*0.01	*3.4	*0	*0	0.2	*0.17	6.7	6.04	0.80	*0.00
Deli Bar HS / MS	SANDWIC	66	160	61	817	0.00	0.70	133.6	199	46	0.0	24.61	1.59	6.16	2.46	0.00
Deli Bar Breads MS / HS	1 EACH	66	180	1	250	2.40	1.55	48.0	0	0	1.8	6.2	31.6	3.3	0.50	0.00
Salad Bar	EACH	2	209	46	447	3.75	2.37	154.5	6891	568	30.29	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	0.0	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	0.0	0.89	5.51	0.5	0.11	0.00
Veg Red/Green/Other	1 CUP	150	28	0	46	2.02	0.37	31.2	4922	821	39.11	1.15	6.03	0.24	0.04	*0.00
Fruit Fresh Asst	1 EACH	100	51	0	1	1.86	0.15	7.4	60	6	4.09	0.32	13.47	0.2	0.05	*N/A*
Fruit Canned Variety	1 CUP	100	120	0	10	2.72	0.52	6.3	276	26	4.35	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	61	1.2	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			240	*18	417	2.72	*0.88	*273.0	*2226	*373	*18.11	*12.85	37.27	4.61	1.34	*0.00
% of Calories												*21.4%	62.1%	17.3%	5.0%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

Tue - 11/20/2018																
WOODLAND REGIONAL HI	Total	402														
GRILL CHEESE 3SL=1.5MA/2B	SANDWIC	166	289	30	769	4.00	2.70	551.4	618	128	0.01	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	0	4.8	2.0	17.0	4.0	0.00	0.00
THREE BEAN SALAD	1/4 CUP	1	47	0	110	1.00	0.45	13.0	92	18	1.6	0.93	4.56	2.99	0.42	*N/A*
Dressing/Condiments WRHS	2 TBS	100	88	3	252	0.00	*0.01	*3.4	*0	*0	0.2	*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	0.0	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	0.0	3.0	16.0	1.0	0.00	0.00
Deli Bar HS / MS	SANDWIC	66	160	61	817	0.00	0.70	133.6	199	46	0.0	24.61	1.59	6.16	2.46	0.00
Deli Bar Breads MS / HS	1 EACH	66	180	1	250	2.40	1.55	48.0	0	0	1.8	6.2	31.6	3.3	0.50	0.00
Salad Bar	EACH	2	209	46	447	3.75	2.37	154.5	6891	568	30.29	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	0.0	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	0.0	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	0.0	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	4922	821	39.11	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	69	83.71	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	26	4.35	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	61	1.2	8.32	17.66	1.1	0.72	*0.00

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Nov 1, 2018 thru Nov 30, 2018

WOODLAND REGIONAL HIGH SCHOOL

Generated on: 10/29/2018 10:27:41 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			589	42	862	9.22	*2.99	*583.8	*2557	*439	43.09	*27.69 *18.8%	85.83 58.3%	16.46 25.1%	4.11 6.3%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

Wed - 11/21/2018																
WOODLAND REGIONAL HI NO SCHOOL TODAY	Total SERVING	1														
		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 % of Calories			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

Thu - 11/22/2018																
WOODLAND REGIONAL HI NO SCHOOL TODAY	Total SERVING	1														
		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 % of Calories			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

Fri - 11/23/2018																
WOODLAND REGIONAL HI NO SCHOOL TODAY	Total SERVING	1														
		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 % of Calories			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2018 thru Nov 30, 2018

WOODLAND REGIONAL HIGH SCHOOL

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/26/2018																
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	82	0.0	27.13	1.35	20.69	10.11	*0.00
Cheese, American -Comm 100019	SLICE	1	53	13	147	0.00	0.09	148.0	134	35	0.0	2.8	0.65	4.3	2.50	0.00
Bun WW Hamburger 1.75Z	1 EACH	125	140	0	310	3.00	1.08	60.0	0	0	0.0	7.0	23.0	2.0	0.00	0.00
Onion Rings	5 EACH	425	200	0	230	3.00	1.08	100.0	0	0	2.4	3.0	28.0	8.0	1.50	0.00
Baked Beans	1/2 CUP	1	72	0	211	2.53	0.83	26.6	66	10	0.15	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	21	1.81	0.58	1.92	0.09	0.01	*N/A*
Condiments HS	SERVINGS	110	19	2	93	0.02	0.05	1.9	0	0	0.0	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	0.2	*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	80	0.0	19.0	43.0	17.0	7.00	0.00
Pizza Buffalo Chicken Nardones	SLICE	25	280	30	610	3.00	2.70	350.0	300	60	1.2	19.0	27.0	11.0	5.00	0.00
Chicken Popcorn Tyson	12 EACH	127	251	22	371	2.20	1.98	40.0	100	20	0.0	15.2	15.2	14.1	2.72	0.00
Potato Fries Oven Baked	1/2 CUP	1	130	0	160	1.00	0.36	0.0	0	0	3.6	2.0	21.0	4.5	0.50	0.00
Roll Dinner	ROLL	127	90	0	210	1.00	0.72	40.0	0	0	0.0	3.0	16.0	1.0	0.00	0.00
Deli Bar HS	SANDWI CHES	60	217	73	1009	0.00	0.79	203.6	294	65	0.0	30.06	1.99	9.81	4.66	0.00
Deli Bar Breads MS / HS	1 EACH	60	180	1	250	2.40	1.55	48.0	0	0	1.8	6.2	31.6	3.3	0.50	0.00
Salad Bar	EACH	2	685	62	1943	12.93	*6.89	*647.8	*21771	*986	147.24	*32.57	96.11	21.73	8.64	*0.00
Dressing RF Ranch or Italian	1.5 OZ	2	78	3	413	0.00	0.00	6.7	0	0	0.0	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	0.0	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	0	4.8	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	4922	821	39.11	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	29	61.25	1.58	43.89	0.47	0.08	*N/A*
Fruit Canned Variety	.5 CUP	1	60	0	5	1.36	0.26	3.1	138	13	2.18	0.34	16.13	0.04	0.01	*0.00
Milk Variety 8 oz	1 EACH	250	118	8	160	0.00	0.03	291.7	303	61	1.2	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			697	55	1140	10.00	*3.84	*514.4	*2274	*370	43.13	*31.56	86.40	25.37	7.63	*0.00
% of Calories												*18.1%	49.6%	32.8%	9.8%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2018 thru Nov 30, 2018

WOODLAND REGIONAL HIGH SCHOOL

Generated on: 10/29/2018 10:27:41 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/27/2018																
WOODLAND REGIONAL HI	Total	402														
Pasta Ziti with Meat Sauce	3/4 cup	1	239	20	592	3.92	2.66	37.1	827	107	14.39	12.09	36.53	5.63	1.40	*0.00
Roll Dinner	ROLL	1	90	0	210	1.00	0.72	40.0	0	0	0.0	3.0	16.0	1.0	0.00	0.00
Salad Garden	1/2 CUP	1	11	0	9	0.87	0.26	12.5	1059	145	3.32	0.61	2.4	0.11	0.01	*0.00
Dressing/Condiments WRHS	2 TBS	100	88	3	252	0.00	*0.01	*3.4	*0	*0	0.2	*0.17	6.7	6.04	0.80	*0.00
Pizza 8 slice Schwans	SLICE=2 MA/3B	68	390	35	730	4.00	2.70	350.0	500	80	0.0	19.0	43.0	17.0	7.00	0.00
Pizza Buffalo Chicken Nardones	SLICE	32	280	30	610	3.00	2.70	350.0	300	60	1.2	19.0	27.0	11.0	5.00	0.00
Chicken Popcorn Proview	10 EACH	103	178	0	383	1.09	2.08	55.2	94	19	0.04	13.43	13.84	7.23	0.40	0.00
Roll Dinner	ROLL	103	90	0	210	1.00	0.72	40.0	0	0	0.0	3.0	16.0	1.0	0.00	0.00
Deli Bar HS / MS	SANDWIC	66	160	61	817	0.00	0.70	133.6	199	46	0.0	24.61	1.59	6.16	2.46	0.00
Deli Bar Breads MS / HS	1 EACH	66	180	1	250	2.40	1.55	48.0	0	0	1.8	6.2	31.6	3.3	0.50	0.00
Potato Chips Frito Lay .5 OZ	BAG	66	80	0	80	0.50	0.00	0.0	0	0	2.4	0.5	8.0	5.0	0.50	0.00
Salad Chef	1 EACH	2	231	47	586	5.24	2.67	307.7	26627	2103	28.18	22.18	15.11	10.97	6.09	*0.00
Croutons	.25 CUP	2	31	0	52	0.38	0.31	5.7	0	0	0.0	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	0.0	0.33	8.67	5.0	0.83	0.00
Bread Stick 7593 WG FREIH=1.5B	1 EACH	2	130	0	230	2.00	1.08	80.0	0	0	0.0	5.0	24.0	1.5	0.00	0.00
Veg Red/Green/Other	1/2 CUP	150	14	0	23	1.01	0.19	15.6	2461	411	19.55	0.57	3.01	0.12	0.02	*0.00
Fruit canned or fresh	1 EACH	100	50	0	8	1.79	0.20	13.8	145	12	18.57	0.6	13.06	0.17	0.04	*0.00
Juice Fruit 4oz	4 oz.	100	60	0	8	0.00	0.07	4.0	0	0	15.72	0.0	14.4	0.0	0.00	0.00
Milk Variety 8 oz	1 EACH	300	118	8	160	0.00	0.03	291.7	303	61	1.2	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			371	25	715	2.80	*1.95	*372.3	*1483	*243	17.75	*20.87	47.03	10.75	3.04	*0.00
% of Calories												*22.5%	50.6%	26.0%	7.4%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

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Nov 1, 2018 thru Nov 30, 2018

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-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/28/2018																
WOODLAND REGIONAL HI	Total	418														
Bread Stick Wenner 31529 15/16	1 EACH	56	90	0	150	2.00	0.72	80.0	0	0	4.8	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	71	0.8	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	300	9.0	2.0	8.0	4.0	0.50	0.00
Noodles WG Dakota	1/2 CUP	350	220	55	15	5.00	1.80	0.0	0	0	0.0	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	389	2.91	2.6	11.91	0.14	0.03	*N/A*
Chicken Tenders Tyson	3 EACH	125	240	53	375	1.50	1.62	0.0	0	0	0.0	22.5	13.5	10.5	2.25	0.00
Potato Fries Oven Baked	1/2 CUP	125	130	0	160	1.00	0.36	0.0	0	0	3.6	2.0	21.0	4.5	0.50	0.00
Roll Dinner	ROLL	100	90	0	210	1.00	0.72	40.0	0	0	0.0	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	0.2	*0.17	6.7	6.04	0.80	*0.00
Deli Bar HS / MS	SANDWI	67	160	61	817	0.00	0.70	133.6	199	46	0.0	24.61	1.59	6.16	2.46	0.00
	CHES															
Deli Bar Breads MS / HS	1 EACH	67	180	1	250	2.40	1.55	48.0	0	0	1.8	6.2	31.6	3.3	0.50	0.00
Salad Bar	EACH	2	209	46	447	3.75	2.37	154.5	6891	568	30.29	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	21	1.81	0.58	1.92	0.09	0.01	*N/A*
Dressing RF Ranch or Italian	1.5 OZ	2	78	3	413	0.00	0.00	6.7	0	0	0.0	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	0.0	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	0	4.8	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	4922	821	39.11	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	26	4.35	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	26	4.35	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	61	1.2	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			761	84	1119	11.03	*4.47	*445.2	*3272	*485	18.67	*34.34	104.45	22.45	5.10	*0.00
% of Calories												*18.0%	54.9%	26.5%	6.0%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Page 16

Nov 1, 2018 thru Nov 30, 2018

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-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/29/2018																
WOODLAND REGIONAL HI	Total	435														
Potato Baked Bar	POTATO	75	418	61	365	5.66	3.44	269.1	1148	181	43.53	21.68	49.64	16.67	8.92	*0.00
Chicken Fajita	SERVING	1	426	46	331	5.37	1.96	117.5	420	71	93.1	19.26	37.69	22.72	4.44	*0.00
Sour Cream Low Fat	.5 OZ.	1	60	20	35	0.00	0.00	0.0	0	0	0.0	1.0	2.0	5.0	3.50	0.00
Broccoli : fresh, boiled	CUP	1	55	0	64	5.15	1.05	62.4	2415	217	101.24	3.71	11.2	0.64	0.12	*N/A*
Veg Zucchini : boiled	CUP	250	36	0	7	2.40	0.89	43.2	2681	58	30.96	2.74	6.46	0.86	0.17	*N/A*
Pizza 8 slice Schwans	SLICE=2 MA/3B	75	390	35	730	4.00	2.70	350.0	500	80	0.0	19.0	43.0	17.0	7.00	0.00
Pizza Buffalo Chicken Nardones	SLICE	20	280	30	610	3.00	2.70	350.0	300	60	1.2	19.0	27.0	11.0	5.00	0.00
Chicken Nuggets Tyson 2M/1B	5 EACH	1	237	50	310	1.25	1.80	250.0	0	0	0.0	22.5	13.75	10.0	1.87	0.00
Potato Fries Oven Baked	1/2 CUP	1	130	0	160	1.00	0.36	0.0	0	0	3.6	2.0	21.0	4.5	0.50	0.00
Salad Romaine	1 CUP	175	9	0	6	0.78	0.27	11.6	325	21	1.81	0.58	1.92	0.09	0.01	*N/A*
Condiment Heinz Ketchup	TBLS	50	10	0	80	0.00	0.00	0.0	50	10	0.6	0.0	2.5	0.0	0.00	0.00
Deli Bar HS / MS	SANDWIC	85	160	61	817	0.00	0.70	133.6	199	46	0.0	24.61	1.59	6.16	2.46	0.00
Deli Bar Breads MS / HS	1 EACH	85	180	1	250	2.40	1.55	48.0	0	0	1.8	6.2	31.6	3.3	0.50	0.00
Dressing/Condiments WRHS	2 TBS	100	88	3	252	0.00	*0.01	*3.4	*0	*0	0.2	*0.17	6.7	6.04	0.80	*0.00
Condiments HS	SERVINGS	150	19	2	93	0.02	0.05	1.9	0	0	0.0	0.11	0.64	1.85	0.25	*0.00
Salad Bar	EACH	5	685	62	1943	12.93	*6.89	*647.8	*21771	*986	147.24	*32.57	96.11	21.73	8.64	*0.00
Croutons	.25 CUP	5	31	0	52	0.38	0.31	5.7	0	0	0.0	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	0.0	0.33	8.67	5.0	0.83	0.00
Bread Stick Wenner 31529 15/16	1 EACH	5	90	0	150	2.00	0.72	80.0	0	0	4.8	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	6	4.6	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	4922	821	39.11	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	29	61.25	1.58	43.89	0.47	0.08	*N/A*
Fruit Canned Variety	.5 CUP	1	60	0	5	1.36	0.26	3.1	138	13	2.18	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	61	1.2	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			429	36	655	8.75	*2.74	*366.7	*3574	*323	65.82	*21.46	63.06	11.98	4.45	*0.00
% of Calories												*20.0%	58.8%	25.2%	9.3%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2018 thru Nov 30, 2018

WOODLAND REGIONAL HIGH SCHOOL

Generated on: 10/29/2018 10:27:41 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/30/2018																
WOODLAND REGIONAL HI	Total	300														
Tortilla WW 6.25"	EACH	120	100	0	150	4.00	1.08	40.0	0	0	0.0	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	83	1.0	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	8	0.0	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	18	2.89	2.1	15.92	0.55	0.08	*N/A*
Salsa Low Sodium	1/2 CUP	120	45	0	140	1.80	5.04	150.0	34400	35	3.0	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	0.0	1.0	2.0	5.0	3.50	0.00
Rice Brown	1/2 CUP	170	119	0	4	1.04	0.44	9.1	0	0	0.0	2.35	22.86	1.95	0.33	*0.00
Pizza 8 cut BD	SLICE=2 MA/MA 3B	75	393	35	735	4.03	2.72	352.5	504	81	0.0	19.14	43.31	17.12	7.05	0.00
Salad Romaine	1 CUP	136	9	0	6	0.78	0.27	11.6	325	21	1.81	0.58	1.92	0.09	0.01	*N/A*
Roll Dinner	ROLL	120	90	0	210	1.00	0.72	40.0	0	0	0.0	3.0	16.0	1.0	0.00	0.00
Deli Bar HS / MS	SANDWIC	73	160	61	817	0.00	0.70	133.6	199	46	0.0	24.61	1.59	6.16	2.46	0.00
Deli Bar Breads MS / HS	1 EACH	73	180	1	250	2.40	1.55	48.0	0	0	1.8	6.2	31.6	3.3	0.50	0.00
Potato Chips .5 OZ.	BAG	73	78	0	74	0.62	0.23	3.4	0	0	2.64	0.93	7.05	5.31	1.55	*N/A*
Salad Chef	1 EACH	5	231	47	586	5.24	2.67	307.7	26627	2103	28.18	22.18	15.11	10.97	6.09	*0.00
Dressing RF Italian or Ranch	1.5 OZ	5	95	5	425	0.00	0.00	10.0	0	0	0.0	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	0.0	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	10	0.6	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	2461	411	19.55	0.57	3.01	0.12	0.02	*0.00
Dressing RF Ranch or Italian	1.5 OZ	100	78	3	413	0.00	0.00	6.7	0	0	0.0	0.33	8.67	5.0	0.83	0.00
Juice can WRHS	PORTION	200	49	0	5	0.89	0.14	5.5	36	4	4.12	0.32	12.82	0.12	0.04	*0.00
Milk Variety 8 oz	1 EACH	200	118	8	160	0.00	0.03	291.7	303	61	1.2	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			616	57	1114	7.24	5.60	463.6	15829	316	15.39	31.14	86.81	17.48	6.25	*0.00
% of Calories												20.2%	56.3%	25.5%	9.1%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

Weighted Average			564	*48	881	8.95	*3.66	*410.7	*5140	*380	*38.72	*26.77 *19.0%	79.71 56.5%	16.07 25.6%	4.53 7.2%	*0.01 *0.0%
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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

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Nov 1, 2018 thru Nov 30, 2018

WOODLAND REGIONAL HIGH SCHOOL

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	564		846	67%		282		Correction Required - Calories are Low									
Cholesterol (mg)	48				Missing												
Sodium (mg)	881																
Fiber (g)	8.95																
Iron (mg)	3.66		4.50	81%	Missing	0.84		Correction Required - Iron is Low									
Calcium (mg)	410.7		400.00	103%	Missing												
Vitamin A (IU)	5140		1500	343%	Missing												
Vitamin A (RE)	380		300	127%	Missing												
Vitamin C (mg)	38.72		19.20	202%	Missing												
Protein (g)	26.77	18.97%	16.70	160%	Missing												
Carbohydrate (g)	79.71	56.49%															
Total Fat (g)	16.07	25.62%	<=30.00%														
Saturated Fat (g)	4.53	7.23%	<10.00%														
Trans Fat ¹ (g)	0.01	0.02%			Missing												

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