

Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2018 thru Nov 30, 2018

ELEMENTARY SCHOOL LUNCH

Generated on: 10/29/2018 10:22:14 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)
Thu - 11/01/2018																
ELEMENTARY SCHOOL LU	Total	215														
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
Potato Sweet Potato Bites	6 EACH	100	120	0	100	3.00	0.00	20.0	3500	700	1.2	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	0.0	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	106	0.0	12.75	28.06	15.08	7.94	0.00
Deli Bar Elementary Variety	SANDWI CHES	20	235	39	791	1.50	1.07	247.5	300	60	0.0	18.35	24.14	7.43	3.63	0.00
Deli Bar Elementary	SANDWI CHES	10	284	37	868	2.67	1.51	276.7	300	60	0.0	23.38	30.67	7.85	3.50	0.00
Salad Bar Elementary	1 EACH	15	779	101	2054	14.36	5.51	414.8	11246	1050	34.56	52.34	81.03	29.26	8.84	*0.00
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
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	1000	16.0	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	0.0	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	0	1.2	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	40	0.0	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	0.0	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	0	15.72	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	13	2.18	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	29	61.25	1.58	43.89	0.47	0.08	*N/A*
Veg Red/Green/Other	1/2 CUP	40	14	0	23	1.01	0.19	15.6	2461	411	19.55	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	61	1.2	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			564	51	913	6.26	3.52	486.6	3732	643	25.30	29.06	77.64	15.30	4.51	*0.05
% of Calories												20.6%	55.0%	24.4%	7.2%	*0.1%
Nutrient Guideline			558				3.30	267.00	790		14.60	7.30		<=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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

ELEMENTARY SCHOOL LUNCH

Portion Values - Detailed

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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																
ELEMENTARY SCHOOL LU	Total	275														
Pizza 10 cut BD	SLICE=2	170	312	28	584	3.20	2.16	280.1	400	64	0.0	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	1000	16.0	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	0.0	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	0	1.2	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	40	0.0	7.0	1.0	6.0	3.50	0.00
Deli Bar Elementary	SANDWIC	10	284	37	868	2.67	1.51	276.7	300	60	0.0	23.38	30.67	7.85	3.50	0.00
Deli Bar Elementary Variety	SANDWI	20	235	39	791	1.50	1.07	247.5	300	60	0.0	18.35	24.14	7.43	3.63	0.00
	CHES															
Salad Bar Elementary	1 EACH	15	779	101	2054	14.36	5.51	414.8	11246	1050	34.56	52.34	81.03	29.26	8.84	*0.00
Sandwich Grilled Cheese	1 EACH	20	311	50	812	3.48	2.71	809.6	536	142	0.0	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	0.0	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	12	2.09	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	2461	411	19.55	0.57	3.01	0.12	0.02	*0.00
Lettuce Romaine	1 CUP	50	39	0	18	4.76	2.20	74.8	19754	590	9.07	2.79	7.46	0.68	0.09	*N/A*
Dressing RF Italian or Ranch	1.5 OZ	30	95	5	425	0.00	0.00	10.0	0	0	0.0	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	13	2.18	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	29	61.25	1.58	43.89	0.47	0.08	*N/A*
Juice Fruit 4oz	4 oz.	75	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	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			475	39	860	5.81	3.59	546.9	5669	427	21.04	23.13	63.24	15.62	6.28	*0.04
% of Calories												19.5%	53.3%	29.6%	11.9%	*0.1%
Nutrient Guideline			558				3.30	267.00	790		14.60	7.30		<=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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Portion Values - Detailed

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ELEMENTARY SCHOOL LUNCH

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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)
Mon - 11/05/2018																
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	0.0	14.0	0.0	10.0	4.00	0.50
Bun WW Hamburger 1.75Z	1 EACH	150	140	0	310	3.00	1.08	60.0	0	0	0.0	7.0	23.0	2.0	0.00	0.00
Potato Fries Mccains	2.54 OZ (8)	180	110	0	25	2.00	0.36	0.0	0	0	4.8	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	20	0.0	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	10	0.6	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	0.0	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	1000	16.0	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	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*
Sandwich Grilled Cheese	1 EACH	20	266	38	666	3.48	2.62	661.6	402	106	0.0	12.75	28.06	15.08	7.94	0.00
Deli Bar Elementary Variety	SANDWI CHES	20	235	39	791	1.50	1.07	247.5	300	60	0.0	18.35	24.14	7.43	3.63	0.00
Deli Bar Elementary	SANDWI CHES	10	284	37	868	2.67	1.51	276.7	300	60	0.0	23.38	30.67	7.85	3.50	0.00
Salad Bar Elementary	1 EACH	15	779	101	2054	14.36	5.51	414.8	11246	1050	34.56	52.34	81.03	29.26	8.84	*0.00
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
Condiments Elementary	PORTION	8	13	1	108	0.06	0.12	5.0	0	0	0.0	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	2461	411	19.55	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	13	2.18	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	29	61.25	1.58	43.89	0.47	0.08	*N/A*
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			652	52	1124	11.00	6.37	508.1	2282	353	28.80	32.32	93.94	16.89	5.09	*0.30
% of Calories												19.8%	57.6%	23.3%	7.0%	*0.4%
Nutrient Guideline			558				3.30	267.00	790		14.60	7.30		<=30.0	<10.00	

Tue - 11/06/2018																
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	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			558				3.30	267.00	790		14.60	7.30		<=30.0	<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-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/07/2018																
ELEMENTARY SCHOOL LU	Total	220														
Pizza Crunchers	4 EACH	110	400	30	800	4.00	1.70	428.0	498	100	2.38	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	300	9.0	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	0.0	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	0.0	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	1000	16.0	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	0	1.2	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	40	0.0	7.0	1.0	6.0	3.50	0.00
Deli Bar Elementary Variety	SANDWI CHES	20	235	39	791	1.50	1.07	247.5	300	60	0.0	18.35	24.14	7.43	3.63	0.00
Deli Bar Elementary	SANDWI CHES	10	284	37	868	2.67	1.51	276.7	300	60	0.0	23.38	30.67	7.85	3.50	0.00
Condiments Elementary	PORTION	8	13	1	108	0.06	0.12	5.0	0	0	0.0	0.28	0.63	1.14	0.14	*0.00
Salad Bar Elementary	1 EACH	15	779	101	2054	14.36	5.51	414.8	11246	1050	34.56	52.34	81.03	29.26	8.84	*0.00
Sandwich Grilled Cheese	1 EACH	20	266	38	666	3.48	2.62	661.6	402	106	0.0	12.75	28.06	15.08	7.94	0.00
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
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
Lettuce Romaine	1 CUP	35	39	0	18	4.76	2.20	74.8	19754	590	9.07	2.79	7.46	0.68	0.09	*N/A*
Veg Red/Green/Other	1/2 CUP	50	14	0	23	1.01	0.19	15.6	2461	411	19.55	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	61	1.2	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			600	41	1196	8.88	4.63	680.4	6241	608	25.68	29.48	79.89	18.89	7.36	*0.05
% of Calories												19.6%	53.2%	28.3%	11.0%	*0.1%
Nutrient Guideline			558				3.30	267.00	790		14.60	7.30		<=30.0	<10.00	

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Thu - 11/08/2018																
ELEMENTARY SCHOOL LU	Total	215														
Chicken Nuggets Tyson 2M/1B	5 EACH	100	237	50	310	1.25	1.80	250.0	0	0	0.0	22.5	13.75	10.0	1.87	0.00
Rice Brown	1/2 CUP	100	119	0	4	1.04	0.44	9.1	0	0	0.0	2.35	22.86	1.95	0.33	*0.00
GREEN BEANS FRZ & STEAMED	4 OZ.	1	32	0	10	3.33	0.99	55.0	627	125	4.67	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	0.0	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	106	0.0	12.75	28.06	15.08	7.94	0.00
Deli Bar Elementary Variety	SANDWI	20	235	39	791	1.50	1.07	247.5	300	60	0.0	18.35	24.14	7.43	3.63	0.00
	CHES															
Deli Bar Elementary	SANDWI	10	284	37	868	2.67	1.51	276.7	300	60	0.0	23.38	30.67	7.85	3.50	0.00
	CHES															
Potato Chips Frito Lay .5 OZ	BAG	50	80	0	80	0.50	0.00	0.0	0	0	2.4	0.5	8.0	5.0	0.50	0.00
Salad Bar Elementary	1 EACH	15	779	101	2054	14.36	5.51	414.8	11246	1050	34.56	52.34	81.03	29.26	8.84	*0.00
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
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	1000	16.0	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	0.0	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	0	1.2	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	40	0.0	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	0.0	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	0	15.72	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	13	2.18	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	29	61.25	1.58	43.89	0.47	0.08	*N/A*
Veg Red/Green/Other	1/2 CUP	40	14	0	23	1.01	0.19	15.6	2461	411	19.55	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	61	1.2	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			581	50	857	5.36	3.81	598.1	2107	318	25.32	29.81	81.44	15.28	4.37	*0.05
% of Calories												20.5%	56.0%	23.7%	6.8%	*0.1%
Nutrient Guideline			558				3.30	267.00	790		14.60	7.30		<=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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

ELEMENTARY SCHOOL LUNCH

Portion Values - Detailed

Page 6

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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)
Fri - 11/09/2018																
ELEMENTARY SCHOOL LU	Total	275														
Pizza 10 cut BD	SLICE=2	170	312	28	584	3.20	2.16	280.1	400	64	0.0	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	1000	16.0	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	0.0	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	0	1.2	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	40	0.0	7.0	1.0	6.0	3.50	0.00
Deli Bar Elementary	SANDWIC	10	284	37	868	2.67	1.51	276.7	300	60	0.0	23.38	30.67	7.85	3.50	0.00
Deli Bar Elementary Variety	SANDWI	20	235	39	791	1.50	1.07	247.5	300	60	0.0	18.35	24.14	7.43	3.63	0.00
	CHES															
Salad Bar Elementary	1 EACH	15	779	101	2054	14.36	5.51	414.8	11246	1050	34.56	52.34	81.03	29.26	8.84	*0.00
Sandwich Grilled Cheese	1 EACH	20	311	50	812	3.48	2.71	809.6	536	142	0.0	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	0.0	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	12	2.09	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	2461	411	19.55	0.57	3.01	0.12	0.02	*0.00
Lettuce Romaine	1 CUP	50	39	0	18	4.76	2.20	74.8	19754	590	9.07	2.79	7.46	0.68	0.09	*N/A*
Dressing RF Italian or Ranch	1.5 OZ	30	95	5	425	0.00	0.00	10.0	0	0	0.0	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	13	2.18	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	29	61.25	1.58	43.89	0.47	0.08	*N/A*
Juice Fruit 4oz	4 oz.	75	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	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			475	39	860	5.81	3.59	546.9	5669	427	21.04	23.13	63.24	15.62	6.28	*0.04
% of Calories												19.5%	53.3%	29.6%	11.9%	*0.1%
Nutrient Guideline			558				3.30	267.00	790		14.60	7.30		<=30.0	<10.00	

Mon - 11/12/2018																
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	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			558				3.30	267.00	790		14.60	7.30		<=30.0	<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2018 thru Nov 30, 2018

ELEMENTARY SCHOOL LUNCH

Generated on: 10/29/2018 10:22:15 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																
ELEMENTARY SCHOOL LU	Total	210														
Taco Tub	1 EACH	40	110	0	0	2.00	0.36	20.0	0	0	0.0	2.0	13.0	6.0	0.00	0.00
Tortilla 9" WW	WRAP	40	180	0	140	4.00	1.80	80.0	0	0	0.0	6.0	29.0	4.0	0.50	0.00
Taco Beef JTM 2.71 Z=2M	2.71 OZ	80	125	49	286	0.00	2.00	12.0	413	83	1.0	14.0	2.0	7.0	2.70	0.00
Lettuce ,Tomato, Cheese	1 EACH	80	122	30	188	0.51	0.32	209.3	589	78	4.27	7.37	2.51	9.58	6.01	*0.00
Rice Brown	1/2 CUP	185	119	0	4	1.04	0.44	9.1	0	0	0.0	2.35	22.86	1.95	0.33	*0.00
Veg Corn : frozen, yellow	1/2 CUP	75	67	0	1	1.98	0.39	2.5	164	18	2.89	2.1	15.92	0.55	0.08	*N/A*
Salsa	2 OZ	75	41	0	127	1.54	2.53	13.6	622	124	4.54	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	0.0	1.0	2.0	5.0	3.50	0.00
Sandwich Grilled Cheese	1 EACH	10	266	38	666	3.48	2.62	661.6	402	106	0.0	12.75	28.06	15.08	7.94	0.00
Condiments Elementary	PORTION	8	13	1	108	0.06	0.12	5.0	0	0	0.0	0.28	0.63	1.14	0.14	*0.00
Sandwich Tur/Ch	1 EACH	10	276	42	821	3.00	1.57	356.0	268	70	0.0	21.65	24.3	10.95	5.00	0.00
Potato Chips Frito Lay .5 OZ	BAG	20	80	0	80	0.50	0.00	0.0	0	0	2.4	0.5	8.0	5.0	0.50	0.00
Cereal Bowl Variety 2oz	BOWLS	10	237	0	363	1.67	13.50	116.7	5000	1000	16.0	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	0.0	5.0	40.0	7.0	1.00	0.00
Bagel WG 1.75B M&R 12547	1.75 Z	10	140	0	160	4.00	1.44	0.0	0	0	0.0	5.0	30.0	0.5	0.00	0.00
Cheese Cream	1 OZ	10	90	25	140	0.00	0.00	20.0	300	60	0.0	1.0	2.0	8.0	5.00	0.00
Yogurt Upstate 4 OZ	4 OZ	30	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	0.00
Salad Bar	1 EACH	5	209	46	447	3.75	2.37	154.5	6891	568	30.29	16.06	16.58	9.12	3.77	*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 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
Veg Red/Green/Other	1/2 CUP	40	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 Variety	.5 CUP	30	60	0	5	1.36	0.26	3.1	138	13	2.18	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	29	61.25	1.58	43.89	0.47	0.08	*N/A*
Juice Fruit 4oz	4 oz.	60	60	0	8	0.00	0.07	4.0	0	0	15.72	0.0	14.4	0.0	0.00	0.00
Milk 1% White 1 CUP	1 CUP	30	110	10	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
Milk Chocolate FF	8 OZ	145	140	4	220	0.00	0.00	300.0	500	100	2.4	9.0	24.0	0.0	0.00	0.00
Weighted Daily Average			577	51	616	6.01	3.91	486.2	2061	352	25.65	24.75	84.03	16.14	6.74	*0.02
% of Calories												17.2%	58.3%	25.2%	10.5%	*0.0%
Nutrient Guideline			558				3.30	267.00	790		14.60	7.30		<=30.0	<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2018 thru Nov 30, 2018

ELEMENTARY SCHOOL LUNCH

Generated on: 10/29/2018 10:22:15 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																
ELEMENTARY SCHOOL LU	Total	220														
Bread, Crazy Cheesy 6432	1 EACH	110	280	25	460	2.00	1.80	350.0	300	60	0.0	16.0	30.0	11.0	6.00	0.00
Marinara Sauce Dom Pepino	2 OZ.	110	40	0	265	1.50	0.72	10.0	750	150	4.5	1.0	4.0	2.0	0.25	0.00
Sandwich Grilled Cheese	1 EACH	20	266	38	666	3.48	2.62	661.6	402	106	0.0	12.75	28.06	15.08	7.94	0.00
Deli Bar Elementary Variety	SANDWI CHES	20	235	39	791	1.50	1.07	247.5	300	60	0.0	18.35	24.14	7.43	3.63	0.00
Deli Bar Elementary	SANDWI CHES	10	284	37	868	2.67	1.51	276.7	300	60	0.0	23.38	30.67	7.85	3.50	0.00
Condiments Elementary	PORTION	8	13	1	108	0.06	0.12	5.0	0	0	0.0	0.28	0.63	1.14	0.14	*0.00
Salad Bar Elementary	1 EACH	15	779	101	2054	14.36	5.51	414.8	11246	1050	34.56	52.34	81.03	29.26	8.84	*0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	1000	16.0	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	0.0	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	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
Potato Chips Frito Lay .5 OZ	BAG	50	80	0	80	0.50	0.00	0.0	0	0	2.4	0.5	8.0	5.0	0.50	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			513	37	919	6.45	3.65	641.7	2552	412	26.40	25.18	71.15	15.20	6.38	*0.05
% of Calories												19.6%	55.5%	26.7%	11.2%	*0.1%
Nutrient Guideline			558				3.30	267.00	790		14.60	7.30		<=30.0	<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Nov 1, 2018 thru Nov 30, 2018

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-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/15/2018																
ELEMENTARY SCHOOL LU	Total	210														
Turkey Roast Dinner HS	3 OZ. SE R Ving	100	132	45	578	0.00	1.39	4.3	0	0	0.0	18.13	2.61	4.92	1.62	*N/A*
Potato Whipped Idaho	1/2 CUP	100	45	3	112	0.47	0.10	80.3	27	5	0.57	2.38	7.08	0.79	0.36	*0.00
Veg Mixed : frozen,boiled	1/2 CUP	50	59	0	32	4.00	0.75	22.8	3892	389	2.91	2.6	11.91	0.14	0.03	*N/A*
Roll Dinner	ROLL	95	90	0	210	1.00	0.72	40.0	0	0	0.0	3.0	16.0	1.0	0.00	0.00
Cranberry Sauce: canned,swtnd	.25 CUP	25	105	0	20	0.69	0.15	2.8	29	1	1.39	0.14	26.94	0.1	0.01	*N/A*
Sandwich Grilled Cheese	1 EACH	20	266	38	666	3.48	2.62	661.6	402	106	0.0	12.75	28.06	15.08	7.94	0.00
Deli Bar Elementary Variety	SANDWI CHES	20	235	39	791	1.50	1.07	247.5	300	60	0.0	18.35	24.14	7.43	3.63	0.00
Deli Bar Elementary	SANDWI CHES	20	284	37	868	2.67	1.51	276.7	300	60	0.0	23.38	30.67	7.85	3.50	0.00
Salad Bar Elementary	1 EACH	15	779	101	2054	14.36	5.51	414.8	11246	1050	34.56	52.34	81.03	29.26	8.84	*0.00
Condiments Elementary	PORTION	8	13	1	108	0.06	0.12	5.0	0	0	0.0	0.28	0.63	1.14	0.14	*0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	1000	16.0	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	0.0	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	0	1.2	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	40	0.0	7.0	1.0	6.0	3.50	0.00
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
Potato Chips Frito Lay .5 OZ	BAG	50	80	0	80	0.50	0.00	0.0	0	0	2.4	0.5	8.0	5.0	0.50	0.00
Juice Fruit 4oz	4 oz.	60	60	0	8	0.00	0.07	4.0	0	0	15.72	0.0	14.4	0.0	0.00	0.00
Fruit Canned Variety	.5 CUP	75	60	0	5	1.36	0.26	3.1	138	13	2.18	0.34	16.13	0.04	0.01	*0.00
Fruit Apples, Orange, Pear	PORTION	75	168	0	2	8.37	0.42	54.7	313	29	61.25	1.58	43.89	0.47	0.08	*N/A*
Veg Red/Green/Other	1/2 CUP	40	14	0	23	1.01	0.19	15.6	2461	411	19.55	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	61	1.2	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average			579	51	1068	7.88	3.87	558.0	3202	431	38.88	30.46	87.08	12.82	4.51	*0.05
% of Calories												21.0%	60.2%	19.9%	7.0%	*0.1%
Nutrient Guideline			558				3.30	267.00	790		14.60	7.30		<=30.0	<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2018 thru Nov 30, 2018

ELEMENTARY SCHOOL LUNCH

Generated on: 10/29/2018 10:22:15 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 - 11/16/2018																
ELEMENTARY SCHOOL LU	Total	275														
Pizza Stuffed Crust	1 EACH	170	220	25	450	2.00	0.00	0.0	0	0	0.0	12.0	24.0	9.0	5.00	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
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	1000	16.0	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	0.0	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	0	1.2	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	40	0.0	7.0	1.0	6.0	3.50	0.00
Deli Bar Elementary	SANDWIC	10	284	37	868	2.67	1.51	276.7	300	60	0.0	23.38	30.67	7.85	3.50	0.00
Deli Bar Elementary Variety	SANDWI	20	235	39	791	1.50	1.07	247.5	300	60	0.0	18.35	24.14	7.43	3.63	0.00
	CHES															
Salad Bar Elementary	1 EACH	15	779	101	2054	14.36	5.51	414.8	11246	1050	34.56	52.34	81.03	29.26	8.84	*0.00
Sandwich Grilled Cheese	1 EACH	20	311	50	812	3.48	2.71	809.6	536	142	0.0	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	0.0	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	12	2.09	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	2461	411	19.55	0.57	3.01	0.12	0.02	*0.00
Lettuce Romaine	1 CUP	50	39	0	18	4.76	2.20	74.8	19754	590	9.07	2.79	7.46	0.68	0.09	*N/A*
Dressing RF Italian or Ranch	1.5 OZ	30	95	5	425	0.00	0.00	10.0	0	0	0.0	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	13	2.18	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	29	61.25	1.58	43.89	0.47	0.08	*N/A*
Juice Fruit 4oz	4 oz.	75	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	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			418	37	777	5.07	2.25	373.7	5426	388	21.05	21.15	56.81	12.77	5.91	*0.04
% of Calories												20.2%	54.4%	27.5%	12.7%	*0.1%
Nutrient Guideline			558				3.30	267.00	790		14.60	7.30		<=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

ELEMENTARY SCHOOL LUNCH

Generated on: 10/29/2018 10:22:15 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																
ELEMENTARY SCHOOL LU	Total	200														
Chicken Popcorn Tyson	12 EACH	160	251	22	371	2.20	1.98	40.0	100	20	0.0	15.2	15.2	14.1	2.72	0.00
Noodles WG Barilla	4 OZ	160	160	0	0	4.80	6.40	0.0	0	0	0.0	5.6	32.8	1.2	0.00	0.00
Veg Mixed : frozen,boiled	1/2 CUP	50	59	0	32	4.00	0.75	22.8	3892	389	2.91	2.6	11.91	0.14	0.03	*N/A*
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
Sandwich Grilled Cheese	1 EACH	10	266	38	666	3.48	2.62	661.6	402	106	0.0	12.75	28.06	15.08	7.94	0.00
Sandwich Tur/Ch	1 EACH	10	276	42	821	3.00	1.57	356.0	268	70	0.0	21.65	24.3	10.95	5.00	0.00
Condiments Elementary	PORTION	8	13	1	108	0.06	0.12	5.0	0	0	0.0	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	1000	16.0	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	0.0	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	0	1.2	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	54	0.0	7.36	1.09	5.68	3.59	*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
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 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
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 1% White 1 CUP	1 CUP	30	110	10	130	0.00	0.00	300.0	500	100	1.2	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	100	2.4	9.0	24.0	0.0	0.00	0.00
Weighted Daily Average			616	30	674	10.03	8.15	471.6	3018	405	23.73	30.42	88.67	16.04	3.88	*0.03
% of Calories												19.8%	57.6%	23.4%	5.7%	*0.0%
Nutrient Guideline			558				3.30	267.00	790		14.60	7.30		<=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 12

Nov 1, 2018 thru Nov 30, 2018

ELEMENTARY SCHOOL LUNCH

Generated on: 10/29/2018 10:22:15 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)
Tue - 11/20/2018																
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	83	1.0	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	0.61	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	78	4.27	7.37	2.51	9.58	6.01	*0.00
Rice Brown	1/2 CUP	110	119	0	4	1.04	0.44	9.1	0	0	0.0	2.35	22.86	1.95	0.33	*0.00
Veg Corn : frozen, yellow	1/2 CUP	75	67	0	1	1.98	0.39	2.5	164	18	2.89	2.1	15.92	0.55	0.08	*N/A*
Salsa	2 OZ	25	41	0	127	1.54	2.53	13.6	622	124	4.54	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	0.0	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	106	0.0	12.75	28.06	15.08	7.94	0.00
Deli Bar Elementary Variety	SANDWI CHES	20	235	39	791	1.50	1.07	247.5	300	60	0.0	18.35	24.14	7.43	3.63	0.00
Deli Bar Elementary	SANDWI CHES	10	284	37	868	2.67	1.51	276.7	300	60	0.0	23.38	30.67	7.85	3.50	0.00
Salad Bar Elementary	1 EACH	15	779	101	2054	14.36	5.51	414.8	11246	1050	34.56	52.34	81.03	29.26	8.84	*0.00
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	1000	16.0	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	0.0	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	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
Condiments Elementary	PORTION	10	13	1	108	0.06	0.12	5.0	0	0	0.0	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	2461	411	19.55	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	13	2.18	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	29	61.25	1.58	43.89	0.47	0.08	*N/A*
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			616	62	805	6.68	4.70	439.9	2482	382	21.29	27.21	79.04	22.77	7.49	*0.05
% of Calories												17.7%	51.3%	33.3%	11.0%	*0.1%
Nutrient Guideline			558				3.30	267.00	790		14.60	7.30		<=30.0	<10.00	

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Region 16

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

ELEMENTARY SCHOOL LUNCH

Portion Values - Detailed

	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 - 11/21/2018																
ELEMENTARY SCHOOL LU	Total	215														
Chicken Nuggets Tyson 2M/1B	5 EACH	100	237	50	310	1.25	1.80	250.0	0	0	0.0	22.5	13.75	10.0	1.87	0.00
Potato Fries Smiley	4 EACH	100	130	0	180	2.00	0.36	0.0	0	0	2.4	2.0	20.0	4.5	0.50	0.00
Veg Corn : frozen, yellow	CUP	1	134	0	2	3.96	0.78	5.0	328	36	5.78	4.21	31.85	1.11	0.17	*N/A*
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
Sandwich Grilled Cheese	1 EACH	20	266	38	666	3.48	2.62	661.6	402	106	0.0	12.75	28.06	15.08	7.94	0.00
Deli Bar Elementary Variety	SANDWI CHES	20	235	39	791	1.50	1.07	247.5	300	60	0.0	18.35	24.14	7.43	3.63	0.00
Deli Bar Elementary	SANDWI CHES	10	284	37	868	2.67	1.51	276.7	300	60	0.0	23.38	30.67	7.85	3.50	0.00
Potato Chips Frito Lay .5 OZ	BAG	50	80	0	80	0.50	0.00	0.0	0	0	2.4	0.5	8.0	5.0	0.50	0.00
Salad Bar Elementary	1 EACH	15	779	101	2054	14.36	5.51	414.8	11246	1050	34.56	52.34	81.03	29.26	8.84	*0.00
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
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	1000	16.0	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	0.0	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	0	1.2	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	40	0.0	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	0.0	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	0	15.72	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	13	2.18	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	29	61.25	1.58	43.89	0.47	0.08	*N/A*
Veg Red/Green/Other	1/2 CUP	40	14	0	23	1.01	0.19	15.6	2461	411	19.55	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	61	1.2	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average % of Calories			587	50	939	5.81	3.78	593.6	2106	317	26.44	29.66	80.23	16.47	4.45	*0.05
Nutrient Guideline			558				3.30	267.00	790		14.60	7.30		<=30.0	<10.00	*0.1%

Thu - 11/22/2018																
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 % 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			558				3.30	267.00	790		14.60	7.30		<=30.0	<10.00	

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Region 16

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

ELEMENTARY SCHOOL LUNCH

Portion Values - Detailed

	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 - 11/23/2018																
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 % 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			558				3.30	267.00	790		14.60	7.30		<=30.0	<10.00	

	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)
Mon - 11/26/2018																
ELEMENTARY SCHOOL LU	Total	220														
Chicken Patty Filet Tyson	PATTY	110	230	50	380	1.00	1.44	20.0	0	0	0.0	22.0	14.0	10.0	2.00	0.00
Bun Hamburg. Freihoffers	EACH 2 oz	1	176	0	295	1.14	1.56	29.1	0	0	0.13	4.44	29.69	4.21	0.62	*N/A*
Potato Sweet Potato Bites	6 EACH	110	120	0	100	3.00	0.00	20.0	3500	700	1.2	1.0	19.0	4.0	0.50	0.00
Veg Mixed : frozen,boiled	1/2 CUP	50	59	0	32	4.00	0.75	22.8	3892	389	2.91	2.6	11.91	0.14	0.03	*N/A*
Sandwich Grilled Cheese	1 EACH	20	266	38	666	3.48	2.62	661.6	402	106	0.0	12.75	28.06	15.08	7.94	0.00
Deli Bar Elementary Variety	SANDWI CHES	20	235	39	791	1.50	1.07	247.5	300	60	0.0	18.35	24.14	7.43	3.63	0.00
Deli Bar Elementary	SANDWI CHES	10	284	37	868	2.67	1.51	276.7	300	60	0.0	23.38	30.67	7.85	3.50	0.00
Salad Bar Elementary	1 EACH	15	779	101	2054	14.36	5.51	414.8	11246	1050	34.56	52.34	81.03	29.26	8.84	*0.00
Condiments Elementary	PORTION	8	13	1	108	0.06	0.12	5.0	0	0	0.0	0.28	0.63	1.14	0.14	*0.00
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 Home Made	1/4 CUP	5	53	0	24	0.89	0.41	6.9	0	0	0.04	1.36	9.86	1.1	0.17	*0.00
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
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	1000	16.0	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	0.0	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	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*
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 % of Calories			523	50	787	7.48	3.27	486.7	4661	745	24.86	28.65	71.33	14.59	4.39	*0.05
												21.9%	54.6%	25.1%	7.6%	*0.1%
Nutrient Guideline			558				3.30	267.00	790		14.60	7.30		<=30.0	<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Page 15

Nov 1, 2018 thru Nov 30, 2018

ELEMENTARY SCHOOL LUNCH

Generated on: 10/29/2018 10:22:15 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																
ELEMENTARY SCHOOL LU	Total	210														
Mac & Cheese	1 CUP PORTION	1	358	22	568	2.27	1.76	361.4	690	138	0.39	18.63	42.46	12.33	5.43	*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
Chicken Fajita	SERVING	40	426	46	331	5.37	1.96	117.5	420	71	93.1	19.26	37.69	22.72	4.44	*0.00
Broccoli : frozen, boiled	1/2 CUP	75	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11	0.02	*N/A*
Sandwich Grilled Cheese	1 EACH	10	266	38	666	3.48	2.62	661.6	402	106	0.0	12.75	28.06	15.08	7.94	0.00
Condiments Elementary	PORTION	8	13	1	108	0.06	0.12	5.0	0	0	0.0	0.28	0.63	1.14	0.14	*0.00
Sandwich Tur/Ch	1 EACH	10	276	42	821	3.00	1.57	356.0	268	70	0.0	21.65	24.3	10.95	5.00	0.00
Potato Chips Frito Lay .5 OZ	BAG	20	80	0	80	0.50	0.00	0.0	0	0	2.4	0.5	8.0	5.0	0.50	0.00
Cereal Bowl Variety 2oz	BOWLS	10	237	0	363	1.67	13.50	116.7	5000	1000	16.0	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	0.0	5.0	40.0	7.0	1.00	0.00
Bagel WG 1.75B M&R 12547	1.75 Z	10	140	0	160	4.00	1.44	0.0	0	0	0.0	5.0	30.0	0.5	0.00	0.00
Cheese Cream	1 OZ	10	90	25	140	0.00	0.00	20.0	300	60	0.0	1.0	2.0	8.0	5.00	0.00
Yogurt Upstate 4 OZ	4 OZ	30	90	0	75	0.00	0.00	300.0	0	0	1.2	3.0	19.0	0.0	0.00	0.00
Salad Bar	1 EACH	5	209	46	447	3.75	2.37	154.5	6891	568	30.29	16.06	16.58	9.12	3.77	*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 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
Veg Red/Green/Other	1/2 CUP	40	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 Variety	.5 CUP	30	60	0	5	1.36	0.26	3.1	138	13	2.18	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	29	61.25	1.58	43.89	0.47	0.08	*N/A*
Juice Fruit 4oz	4 oz.	60	60	0	8	0.00	0.07	4.0	0	0	15.72	0.0	14.4	0.0	0.00	0.00
Milk 1% White 1 CUP	1 CUP	30	110	10	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
Milk Chocolate FF	8 OZ	145	140	4	220	0.00	0.00	300.0	500	100	2.4	9.0	24.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			348	20	413	4.52	1.78	404.3	1814	316	51.90	15.96	53.92	7.97	2.20	*0.02
												18.4%	62.0%	20.6%	5.7%	*0.1%
Nutrient Guideline			558				3.30	267.00	790		14.60	7.30		<=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

ELEMENTARY SCHOOL LUNCH

Generated on: 10/29/2018 10:22:15 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 - 11/28/2018																
ELEMENTARY SCHOOL LU	Total	220														
Pizza Dippers	2E=2M/M A+1.5B	110	150	10	350	1.00	0.00	0.0	0	0	0.0	9.0	14.0	7.0	3.00	0.00
Sauce Spaghetti Don Pepino	1/2 CUP	100	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	1/2 CUP	110	100	0	5	3.00	0.90	0.0	0	0	0.0	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	0.0	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	1000	16.0	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	0	1.2	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	40	0.0	7.0	1.0	6.0	3.50	0.00
Deli Bar Elementary Variety	SANDWI CHES	20	235	39	791	1.50	1.07	247.5	300	60	0.0	18.35	24.14	7.43	3.63	0.00
Deli Bar Elementary	SANDWI CHES	10	284	37	868	2.67	1.51	276.7	300	60	0.0	23.38	30.67	7.85	3.50	0.00
Condiments Elementary	PORTION	8	13	1	108	0.06	0.12	5.0	0	0	0.0	0.28	0.63	1.14	0.14	*0.00
Salad Bar Elementary	1 EACH	15	779	101	2054	14.36	5.51	414.8	11246	1050	34.56	52.34	81.03	29.26	8.84	*0.00
Sandwich Grilled Cheese	1 EACH	20	266	38	666	3.48	2.62	661.6	402	106	0.0	12.75	28.06	15.08	7.94	0.00
Potato Chips Frito Lay .5 OZ	BAG	50	80	0	80	0.50	0.00	0.0	0	0	2.4	0.5	8.0	5.0	0.50	0.00
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
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
Lettuce Romaine	1 CUP	35	39	0	18	4.76	2.20	74.8	19754	590	9.07	2.79	7.46	0.68	0.09	*N/A*
Veg Red/Green/Other	1/2 CUP	50	14	0	23	1.01	0.19	15.6	2461	411	19.55	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	61	1.2	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average % of Calories			494	31	989	7.49	3.78	466.4	5992	558	25.04	24.09	68.71	14.53	4.98	*0.05
Nutrient Guideline			558				3.30	267.00	790		14.60	7.30		<=30.0	<10.00	*0.1%

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

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Nov 1, 2018 thru Nov 30, 2018

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-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/29/2018																
ELEMENTARY SCHOOL LU	Total	215														
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
Potato Baked Half	1/2 POTA TO	100	73	0	17	2.56	0.55	9.6	9	2	20.98	1.79	16.73	0.11	0.02	*N/A*
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
Sandwich Grilled Cheese	1 EACH	20	266	38	666	3.48	2.62	661.6	402	106	0.0	12.75	28.06	15.08	7.94	0.00
Deli Bar Elementary Variety	SANDWI CHES	20	235	39	791	1.50	1.07	247.5	300	60	0.0	18.35	24.14	7.43	3.63	0.00
Deli Bar Elementary	SANDWI CHES	10	284	37	868	2.67	1.51	276.7	300	60	0.0	23.38	30.67	7.85	3.50	0.00
Potato Chips Frito Lay .5 OZ	BAG	50	80	0	80	0.50	0.00	0.0	0	0	2.4	0.5	8.0	5.0	0.50	0.00
Salad Bar Elementary	1 EACH	15	779	101	2054	14.36	5.51	414.8	11246	1050	34.56	52.34	81.03	29.26	8.84	*0.00
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
Cereal Bowl Variety 2oz	BOWLS	20	237	0	363	1.67	13.50	116.7	5000	1000	16.0	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	0.0	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	0	1.2	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	40	0.0	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	0.0	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	0	15.72	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	13	2.18	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	29	61.25	1.58	43.89	0.47	0.08	*N/A*
Veg Red/Green/Other	1/2 CUP	40	14	0	23	1.01	0.19	15.6	2461	411	19.55	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	61	1.2	8.32	17.66	1.1	0.72	*0.00
Weighted Daily Average % of Calories			561	51	893	6.17	3.78	481.8	2108	318	35.06	29.55 21.1%	78.44 55.9%	14.65 23.5%	4.40 7.1%	*0.05 *0.1%
Nutrient Guideline			558				3.30	267.00	790		14.60	7.30		<=30.0	<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Page 18

Nov 1, 2018 thru Nov 30, 2018

ELEMENTARY SCHOOL LUNCH

Generated on: 10/29/2018 10:22:15 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																
ELEMENTARY SCHOOL LU	Total	275														
Pizza 10 cut BD	SLICE=2	170	312	28	584	3.20	2.16	280.1	400	64	0.0	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	1000	16.0	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	0.0	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	0	1.2	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	40	0.0	7.0	1.0	6.0	3.50	0.00
Deli Bar Elementary	SANDWIC	10	284	37	868	2.67	1.51	276.7	300	60	0.0	23.38	30.67	7.85	3.50	0.00
Deli Bar Elementary Variety	SANDWI	20	235	39	791	1.50	1.07	247.5	300	60	0.0	18.35	24.14	7.43	3.63	0.00
	CHES															
Salad Bar Elementary	1 EACH	15	779	101	2054	14.36	5.51	414.8	11246	1050	34.56	52.34	81.03	29.26	8.84	*0.00
Sandwich Grilled Cheese	1 EACH	20	311	50	812	3.48	2.71	809.6	536	142	0.0	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	0.0	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	12	2.09	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	2461	411	19.55	0.57	3.01	0.12	0.02	*0.00
Lettuce Romaine	1 CUP	50	39	0	18	4.76	2.20	74.8	19754	590	9.07	2.79	7.46	0.68	0.09	*N/A*
Dressing RF Italian or Ranch	1.5 OZ	30	95	5	425	0.00	0.00	10.0	0	0	0.0	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	13	2.18	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	29	61.25	1.58	43.89	0.47	0.08	*N/A*
Juice Fruit 4oz	4 oz.	75	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	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			475	39	860	5.81	3.59	546.9	5669	427	21.04	23.13	63.24	15.62	6.28	*0.04
% of Calories												19.5%	53.3%	29.6%	11.9%	*0.1%
Nutrient Guideline			558				3.30	267.00	790		14.60	7.30		<=30.0	<10.00	

Weighted Average			536	43	864	6.81	4.00	517.7	3711	435	27.14	26.51	74.56	15.40	5.30	*0.05
												19.8%	55.6%	25.8%	8.9%	*0.1%

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

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Nov 1, 2018 thru Nov 30, 2018

ELEMENTARY SCHOOL LUNCH

Generated on: 10/29/2018 10:22:15 AM

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	536		558	96%				22		Correction Required - Calories are Low							
Cholesterol (mg)	43																
Sodium (mg)	864																
Fiber (g)	6.81																
Iron (mg)	4.00		3.30	121%													
Calcium (mg)	517.7		267.00	194%													
Vitamin A (IU)	3711		790	470%													
Vitamin A (RE)	435		158	275%													
Vitamin C (mg)	27.14		14.60	186%													
Protein (g)	26.51	19.77%	7.30	363%													
Carbohydrate (g)	74.56	55.61%															
Total Fat (g)	15.40	25.84%	<=30.00%														
Saturated Fat (g)	5.30	8.90%	<10.00%														
Trans Fat ¹ (g)	0.05	0.09%			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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.