

Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Nov 1, 2018 thru Nov 30, 2018

LONG RIVER MIDDLE SCHOOL

Generated on: 10/29/2018 10:24:19 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																
LONG RIVER MIDDLE SCH	Total	300														
Chicken Tenders Tyson Commod	3 EACH	147	205	45	320	1.28	1.38	0.0	0	0	0.0	19.19	11.51	8.95	1.92	0.00
Potato Sweet Potato Bites	6 EACH	147	120	0	100	3.00	0.00	20.0	3500	700	1.2	1.0	19.0	4.0	0.50	0.00
GARDEN SALAD	1/2 CUP	75	19	0	19	1.54	0.73	26.8	5795	579	12.55	1.11	3.74	0.2	0.03	*N/A*
Roll Dinner	ROLL	147	90	0	210	1.00	0.72	40.0	0	0	0.0	3.0	16.0	1.0	0.00	0.00
Condiment Heinz Ketchup	2 TBLS	147	10	0	80	0.00	0.00	0.0	50	10	0.6	0.0	2.5	0.0	0.00	0.00
Salad Bar	1 EACH	34	209	46	447	3.75	2.37	154.5	6891	568	30.29	16.06	16.58	9.12	3.77	*0.00
Croutons	.5 CUP	34	61	0	105	0.77	0.61	11.4	0	0	0.0	1.79	11.03	0.99	0.23	0.00
Dressing Salad Bar LRMS	SERVINGS	34	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 Wenner 31529 15/16	1 EACH	34	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	158	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 CHES	158	160	61	817	0.00	0.70	133.6	199	46	0.0	24.61	1.59	6.16	2.46	0.00
Potato Chips Frito Lay .5 OZ	BAG	60	80	0	80	0.50	0.00	0.0	0	0	2.4	0.5	8.0	5.0	0.50	0.00
CONDIMENTS DELI BAR MS/H S 2012	SERVINGS	110	120	11	213	0.22	0.64	38.7	4346	14	0.5	0.73	8.1	9.53	1.94	*0.00
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
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
Milk Variety 8 oz	1 EACH	125	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			559	68	1229	5.82	3.01	302.7	6252	684	18.61	33.58	62.19	19.06	4.53	*0.00
% of Calories												24.0%	44.5%	30.7%	7.3%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500		16.70	15.00		<=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

Nov 1, 2018 thru Nov 30, 2018

LONG RIVER MIDDLE 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																
LONG RIVER MIDDLE SCH	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			783				4.50	400.00	1500		16.70	15.00		<=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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

LONG RIVER MIDDLE SCHOOL

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)
Mon - 11/05/2018																
LONG RIVER MIDDLE SCH	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
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
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 % of Calories			634	62	823	6.79	4.70	439.9	2482	382	21.83	27.32	80.86	23.90	7.61	*0.05
Nutrient Guideline			783				4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	*0.1%

Tue - 11/06/2018																
LONG RIVER MIDDLE SCH	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			783				4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	

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Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

LONG RIVER MIDDLE SCHOOL

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)
Wed - 11/07/2018																
LONG RIVER MIDDLE SCH	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 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			474	48	823	5.56	2.88	421.2	2518	353	34.69	22.36	64.84	14.29	6.21	*0.23
% of Calories												18.9%	54.7%	27.1%	11.8%	*0.4%
Nutrient Guideline			783				4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	

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Thu - 11/08/2018																
LONG RIVER MIDDLE SCH	Total	222														
Chicken Patty Tyson	EACH=2	112	130	50	330	0.00	0.72	0.0	0	0	0.0	15.0	2.0	7.0	2.00	0.00
	M/OB															
Noodles WG Dakota	1/2 CUP	112	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	1/2 CUP	40	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	110	90	0	210	1.00	0.72	40.0	0	0	0.0	3.0	16.0	1.0	0.00	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
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*
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															
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
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
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
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
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			606	78	875	8.43	4.19	485.1	2876	402	31.03	30.16	89.90	14.57	4.79	*0.05
% of Calories												19.9%	59.3%	21.6%	7.1%	*0.1%
Nutrient Guideline			783				4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2018 thru Nov 30, 2018

LONG RIVER MIDDLE SCHOOL

Generated on: 10/29/2018 10:24:19 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 - 11/09/2018																
LONG RIVER MIDDLE SCH	Total	210														
French Toast WG - AJ	3 EACH	100	225	0	300	2.25	1.08	45.0	0	0	0.0	4.5	32.22	9.74	2.25	0.00
Sausage, Turkey Provieu	PATTY=2 M/MA	100	70	25	270	0.00	0.00	3.0	12	2	0.0	5.0	0.0	6.0	1.00	0.00
Potato Tater Tots	9 EACH	100	150	0	360	2.00	0.36	0.0	0	0	3.6	2.0	19.0	7.0	1.00	0.00
Condiment Heinz Ketchup	TBLS	50	10	0	80	0.00	0.00	0.0	50	10	0.6	0.0	2.5	0.0	0.00	0.00
Pancake Syrup PC	1.50 OZ	100	120	0	25	0.00	0.00	0.0	0	0	0.0	0.0	31.0	0.0	0.00	0.00
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0	0.0	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*
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
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
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
Juice Vegetable	CONTAINERS	75	50	0	32	0.00	0.00	0.0	500	100	30.0	0.0	13.0	0.0	0.00	0.00
Veg Red/Green/Other	1/2 CUP	50	14	0	23	1.01	0.19	15.6	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			659	38	1069	6.96	3.18	507.1	2495	390	39.21	22.92	101.01	19.94	5.43	*0.05
% of Calories												13.9%	61.4%	27.3%	7.4%	*0.1%
Nutrient Guideline			783				4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	

Mon - 11/12/2018																
LONG RIVER MIDDLE SCH	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00

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Region 16

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

LONG RIVER MIDDLE SCHOOL

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)
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			783				4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	

Tue - 11/13/2018																
LONG RIVER MIDDLE SCH	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
Taco Tub	1 EACH	55	110	0	0	2.00	0.36	20.0	0	0	0.0	2.0	13.0	6.0	0.00	0.00
Tortilla WW 6.25"	1 EACH	55	100	0	150	4.00	1.08	40.0	0	0	0.0	4.0	22.0	1.0	0.00	*N/A*
Lettuce ,Tomato, Cheese	1 EACH	25	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	100	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.	25	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
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
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															
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
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
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
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	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	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 % of Calories			555	56	777	6.88	4.33	483.5	2482	383	20.61	27.92	77.21	16.70	5.85	*0.05
												20.1%	55.7%	27.1%	9.5%	*0.1%
Nutrient Guideline			783				4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2018 thru Nov 30, 2018

LONG RIVER MIDDLE SCHOOL

Generated on: 10/29/2018 10:24:19 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																
LONG RIVER MIDDLE SCH	Total	220														
Quesadilla Cheese/Chicken	1 EACH	110	313	*75	698	1.00	1.46	345.9	*156	*44	0.0	36.2	14.08	11.38	*3.95	*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	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															
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
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			492	*63	895	5.09	3.10	624.2	*2115	*326	23.60	34.61	59.36	13.32	*5.10	*0.05
% of Calories												28.1%	48.2%	24.4%	*9.3%	*0.1%
Nutrient Guideline			783				4.50	400.00	1500		16.70	15.00		<=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

LONG RIVER MIDDLE SCHOOL

Generated on: 10/29/2018 10:24:19 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 - 11/15/2018																
LONG RIVER MIDDLE SCH	Total	268														
Chicken Bites Tyson 3 EACH	3 EACH	220	150	26	315	0.00	1.08	0.0	75	15	0.0	11.25	9.75	7.5	1.12	0.00
Potato Fries Oven Baked	1/2 CUP	34	130	0	160	1.00	0.36	0.0	0	0	3.6	2.0	21.0	4.5	0.50	0.00
Veg Mixed : frozen,boiled	1/2 CUP	34	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
Dressing Salad Bar LRMS	SERVINGS	34	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 Wenner 31529 15/16	1 EACH	34	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 HS / MS	SANDWIC	134	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	1 EACH	134	157	1	288	2.21	1.27	46.1	0	0	0.0	4.62	25.71	3.62	0.60	0.00
Condiments Salad Bar MS/HS	SERVINGS	100	136	15	149	0.22	0.65	60.2	4398	24	0.96	1.39	8.44	10.87	2.71	*0.00
Potato Chips Frito Lay .5 OZ	BAG	134	80	0	80	0.50	0.00	0.0	0	0	2.4	0.5	8.0	5.0	0.50	0.00
Veg Red/Green/Other	1/2 CUP	25	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	25	39	0	18	4.76	2.20	74.8	19754	590	9.07	2.79	7.46	0.68	0.09	*N/A*
Bean Chicken Pea 1/2 cup	1/2 CUP	10	143	0	140	5.30	1.62	38.0	29	6	4.6	5.94	27.14	1.37	0.14	0.00
Juice, fruit 100%	1 EACH	117	61	0	4	1.96	0.17	11.5	132	12	14.56	0.58	15.7	0.16	0.04	*0.00
Milk Variety 8 oz	1 EACH	125	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			512	63	1090	3.92	2.72	277.7	4568	220	12.75	30.33	53.42	19.85	4.31	*0.00
% of Calories												23.7%	41.7%	34.9%	7.6%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2018 thru Nov 30, 2018

LONG RIVER MIDDLE SCHOOL

Generated on: 10/29/2018 10:24:19 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																
LONG RIVER MIDDLE SCH	Total	280														
Pizza Round Nardones	1 EACH	170	310	30	440	3.00	2.70	450.0	400	80	9.0	22.0	30.0	12.0	6.00	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*
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 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
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
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
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.	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	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			480	39	759	5.72	3.92	660.3	5561	431	28.45	27.11	62.71	14.45	6.43	*0.04
% of Calories												22.6%	52.3%	27.1%	12.1%	*0.1%
Nutrient Guideline			783				4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2018 thru Nov 30, 2018

LONG RIVER MIDDLE SCHOOL

Generated on: 10/29/2018 10:24:19 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																
LONG RIVER MIDDLE SCH	Total	210														
Ravioli Cheese Jumbo w/Meatbal	3 EACH	100	200	50	380	2.00	1.44	200.0	300	20	6.0	14.0	24.0	6.0	3.00	0.00
Marinara Sauce	1 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*
Salad Garden	1/2 CUP	100	11	0	9	0.87	0.26	12.5	1059	145	3.32	0.61	2.4	0.11	0.01	*0.00
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
Pancake Syrup PC	1.50 OZ	10	120	0	25	0.00	0.00	0.0	0	0	0.0	0.0	31.0	0.0	0.00	0.00
Pancakes Mini Maple	pack	20	230	10	270	3.00	0.72	60.0	0	0	0.0	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
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
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
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
Juice Vegetable	CONTAINERS	75	50	0	32	0.00	0.00	0.0	500	100	30.0	0.0	13.0	0.0	0.00	0.00
Veg Red/Green/Other	1/2 CUP	50	14	0	23	1.01	0.19	15.6	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
Bread, Garlic	SLICE	1	91	0	195	0.85	0.90	24.1	42	9	0.01	2.72	15.3	2.0	0.42	*N/A*
Weighted Daily Average			484	*51	801	6.12	3.22	559.3	3147	464	40.72	24.06	73.33	11.92	4.81	*0.05
% of Calories											19.9%	60.6%	22.2%	8.9%	*0.1%	
Nutrient Guideline			783				4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Nov 1, 2018 thru Nov 30, 2018

LONG RIVER MIDDLE SCHOOL

Generated on: 10/29/2018 10:24:19 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 - 11/20/2018																
LONG RIVER MIDDLE SCH	Total	284														
GRILL CHEESE 2SL=1MA/2B	SANDWIC	144	254	20	614	4.00	2.70	451.4	468	98	0.01	12.04	32.04	10.28	4.16	*0.00
Potato Wedges	7 EACH	144	90	1	350	2.00	0.72	0.0	0	0	3.6	2.0	15.0	2.5	1.00	1.00
Salad Bar	1 EACH	19	209	46	447	3.75	2.37	154.5	6891	568	30.29	16.06	16.58	9.12	3.77	*0.00
Croutons	.5 CUP	19	61	0	105	0.77	0.61	11.4	0	0	0.0	1.79	11.03	0.99	0.23	0.00
Bread Stick Wenner 31529 15/16	1 EACH	19	90	0	150	2.00	0.72	80.0	0	0	4.8	3.0	19.0	0.0	0.00	0.00
Deli Bar HS / MS	SANDWI CHES	121	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	1 EACH	121	157	1	288	2.21	1.27	46.1	0	0	0.0	4.62	25.71	3.62	0.60	0.00
Condiments Salad Bar MS/HS	SERVINGS	50	136	15	149	0.22	0.65	60.2	4398	24	0.96	1.39	8.44	10.87	2.71	*0.00
Fruit canned or fresh	1 EACH	168	50	0	8	1.79	0.20	13.8	145	12	18.57	0.6	13.06	0.17	0.04	*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
Milk Variety 8 oz	1 EACH	186	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			467	48	1147	5.73	3.11	535.0	2362	245	20.25	27.14	60.01	14.08	5.16	*0.51
% of Calories												23.2%	51.4%	27.1%	9.9%	*1.0%
Nutrient Guideline			783				4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2018 thru Nov 30, 2018

LONG RIVER MIDDLE SCHOOL

Generated on: 10/29/2018 10:24:19 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)
Wed - 11/21/2018																
LONG RIVER MIDDLE SCH	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			783				4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	

Thu - 11/22/2018																
LONG RIVER MIDDLE SCH	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			783				4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	

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Portion Values - Detailed

Nov 1, 2018 thru Nov 30, 2018

LONG RIVER MIDDLE SCHOOL

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Fri - 11/23/2018																
LONG RIVER MIDDLE SCH	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			783				4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	

Mon - 11/26/2018																
LONG RIVER MIDDLE SCH	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 Salad Bar LRMS	SERVINGS	13	95	5	425	0.00	0.00	10.0	0	0	0.0	0.5	7.0	7.5	1.25	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 CHES	124	160	61	817	0.00	0.70	133.6	199	46	0.0	24.61	1.59	6.16	2.46	0.00
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 % of Calories			478	40	1010	9.56	2.68	366.1	3952	348	51.91	22.83	66.06	14.47	3.82	*0.00
Nutrient Guideline			783				4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	

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Portion Values - Detailed

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Nov 1, 2018 thru Nov 30, 2018

LONG RIVER MIDDLE SCHOOL

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Tue - 11/27/2018																
LONG RIVER MIDDLE SCH	Total	300														
Chicken Nuggets Tyson 2M/1B	5 EACH	147	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	147	130	0	180	2.00	0.36	0.0	0	0	2.4	2.0	20.0	4.5	0.50	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*
Roll Dinner	ROLL	147	90	0	210	1.00	0.72	40.0	0	0	0.0	3.0	16.0	1.0	0.00	0.00
Condiment Heinz Ketchup	2 TBLS	147	10	0	80	0.00	0.00	0.0	50	10	0.6	0.0	2.5	0.0	0.00	0.00
Salad Bar	1 EACH	34	209	46	447	3.75	2.37	154.5	6891	568	30.29	16.06	16.58	9.12	3.77	*0.00
Croutons	.5 CUP	34	61	0	105	0.77	0.61	11.4	0	0	0.0	1.79	11.03	0.99	0.23	0.00
Dressing Salad Bar LRMS	SERVINGS	34	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 Wenner 31529 15/16	1 EACH	34	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	158	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 CHES	158	160	61	817	0.00	0.70	133.6	199	46	0.0	24.61	1.59	6.16	2.46	0.00
CONDIMENTS DELI BAR MS/H S 2012	SERVINGS	110	120	11	213	0.22	0.64	38.7	4346	14	0.5	0.73	8.1	9.53	1.94	*0.00
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
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
Milk Variety 8 oz	1 EACH	125	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			566	71	1245	5.52	3.35	416.3	3321	240	24.80	36.03	62.47	18.80	4.40	*0.00
% of Calories												25.5%	44.1%	29.9%	7.0%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2018 thru Nov 30, 2018

LONG RIVER MIDDLE SCHOOL

Generated on: 10/29/2018 10:24:19 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																
LONG RIVER MIDDLE SCH	Total	210														
HAMBURGER1.5Z/ wCHEESE1/2Z	1.7 Z	100	99	35	29	0.00	1.00	3.6	0	0	0.0	9.5	0.0	6.7	2.70	0.00
Bun WW Hamburger 1.75Z	1 EACH	1	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	100	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
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
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
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
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	1/2 CUP	30	68	0	14	1.40	0.39	5.9	233	23	2.78	0.4	17.79	0.11	0.02	*N/A*
Fruit Apple, Orange, Pear	1 EACH	30	235	0	3	11.93	0.62	76.3	414	69	83.71	2.23	61.56	0.64	0.10	*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	125	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			482	44	699	6.71	3.85	513.5	5564	446	25.89	22.99	64.80	15.40	5.44	*0.05
Nutrient Guideline			783				4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	*0.1%

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2018 thru Nov 30, 2018

LONG RIVER MIDDLE SCHOOL

Generated on: 10/29/2018 10:24:19 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 - 11/29/2018																
LONG RIVER MIDDLE SCH	Total	215														
Bread, Crazy Cheesy 6432	1 EACH	100	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	1 OZ	100	12	*N/A*	127	0.34	0.33	6.0	90	18	5.03	0.76	2.6	0.09	0.01	*N/A*
GREEN BEANS FRZ & STEAMED	4 OZ.	100	32	0	10	3.33	0.99	55.0	627	125	4.67	1.69	7.26	0.18	0.05	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			524	*38	891	6.46	3.89	649.9	2577	412	29.81	25.43	75.48	14.50	6.16	*0.05
% of Calories												19.4%	57.6%	24.9%	10.6%	*0.1%
Nutrient Guideline			783				4.50	400.00	1500		16.70	15.00		<=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

LONG RIVER MIDDLE SCHOOL

Generated on: 10/29/2018 10:24:19 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 - 11/30/2018																
LONG RIVER MIDDLE SCH	Total	210														
Pasta, Penne	1 CUP	100	200	0	10	6.00	1.80	0.0	0	0	0.0	7.0	41.0	1.5	0.00	0.00
Meatballs Advanced Piere	5 EACH	75	180	45	270	0.00	1.08	20.0	0	0	1.2	13.0	3.0	12.0	5.00	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
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
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
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
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
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	1/2 CUP	30	68	0	14	1.40	0.39	5.9	233	23	2.78	0.4	17.79	0.11	0.02	*N/A*
Fruit Apple, Orange, Pear	1 EACH	30	235	0	3	11.93	0.62	76.3	414	69	83.71	2.23	61.56	0.64	0.10	*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	125	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			555	43	946	9.66	4.78	480.4	6278	588	30.03	26.04	77.59	16.48	5.58	*0.05
												18.8%	55.9%	26.7%	9.0%	*0.1%
Nutrient Guideline			783				4.50	400.00	1500		16.70	15.00		<=30.0	<10.00	

Weighted Average			533	*52	952	6.65	3.62	497.2	*3914	*408	27.83	27.41	70.80	16.46	*5.51	*0.07
												20.6%	53.1%	27.8%	*9.3%	*0.1%

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Region 16

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2018 thru Nov 30, 2018

LONG RIVER MIDDLE SCHOOL

Generated on: 10/29/2018 10:24:19 AM

Nutrient	Menu AVG	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)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	533		783	68%		250		Correction Required - Calories are Low									
Cholesterol (mg)	52				Missing												
Sodium (mg)	952																
Fiber (g)	6.65																
Iron (mg)	3.62		4.50	80%		0.88		Correction Required - Iron is Low									
Calcium (mg)	497.2		400.00	124%													
Vitamin A (IU)	3914		1500	261%	Missing												
Vitamin A (RE)	408		300	136%	Missing												
Vitamin C (mg)	27.83		16.70	167%													
Protein (g)	27.41	20.55%	15.00	183%													
Carbohydrate (g)	70.80	53.08%															
Total Fat (g)	16.46	27.76%	<=30.00%														
Saturated Fat (g)	5.51	9.30%	<10.00%		Missing												
Trans Fat ¹ (g)	0.07	0.12%			Missing												

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