

David Douglas

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Arthur Academy

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/01/2019																
Arthur Academy	Total	100														
Peanut Butter & Jelly sandwich	1 each	100	300	0	280	4.00	1.00	26.0	70	0.0	14	9.0	32.0	17.0	3.00	0.00
Cheese Stick 1	1 each	1	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Cheez-it	1 each	1	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Carrot Sticks 3/4 cup	3/4 cup	100	55	0	102	3.14	0.57	31.4	9417	9.42	8	1.57	12.56	0.0	0.00	0.00
Peaches 1/2 cup	1/2 cup	100	68	0	6	1.59	0.45	4.0	23	2.98	16	0.56	18.15	0.04	0.00	0.00
Tarter Sauce	1 Tbs	90	91	11	105	0.02	0.02	0.2	21	0.02	0	0.01	0.61	10.02	1.67	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average			610	23	616	8.76	2.08	414.5	10198	13.92	50	19.98	76.15	27.99	5.65	0.00
% of Calories											32.9%	13.1%	49.9%	41.3%	8.3%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Mon - 02/04/2019																
Arthur Academy	Total	100														
Chicken Strips	3 each	100	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
Baked Beans 3/4 cup	3/4 cup	100	225	0	660	9.00	1.62	60.0	75	0.0	15	9.0	45.0	1.5	0.00	0.00
Pears 1/2 cup	1/2 cup	100	62	0	5	2.00	0.36	11.0	50	2.0	10	0.42	16.05	0.09	0.00	0.00
Ketchup	1 Tbs	50	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average			657	37	1259	14.00	3.82	461.0	896	3.50	40	33.17	91.47	18.46	3.62	0.00
% of Calories											24.1%	20.2%	55.7%	25.3%	5.0%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 02/05/2019																
Arthur Academy	Total	100														
Hot Dog	1 each	100	310	35	755	4.00	2.16	80.0	30	0.0	6	12.0	29.0	18.0	7.50	0.00
Carrot Sticks 3/4 cup	3/4 cup	100	55	0	102	3.14	0.57	31.4	9417	9.42	8	1.57	12.56	0.0	0.00	0.00
Ranch Dressing	1 Tbs	50	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Apple	1 each	100	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Ketchup	1 Tbs	50	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00

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

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

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David Douglas

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Arthur Academy

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			573	51	1125	9.90	3.02	479.0	10189	17.58	41	22.41	75.45	22.72	9.12	0.00
% of Calories											28.9%	15.6%	52.7%	35.7%	14.3%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 02/06/2019																
Arthur Academy	Total	100														
Pizza 4x6 Pepperoni	1 each	100	305	28	660	4.00	3.60	300.0	400	0.0	4	19.0	37.5	9.25	3.50	0.00
Salad Mix 1 1/2 cup	1 1/2 cup	100	17	0	33	1.33	1.14	46.7	3469	11.41	1	1.67	3.34	0.0	0.00	0.00
Ranch Dressing	1 Tbs	60	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Pineapple 1/2 cup	1/2 cup	100	59	0	10	0.99	0.36	0.0	64	14.81	13	0.0	14.81	0.0	0.00	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average			517	44	907	6.32	5.14	701.3	4597	27.77	30	29.53	68.59	14.54	5.22	0.00
% of Calories											23.5%	22.9%	53.1%	25.3%	9.1%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 02/07/2019																
Arthur Academy	Total	100														
Teriyaki Chicken	1/2 cup	100	134	82	385	0.00	0.84	0.0	53	0.0	7	17.5	7.0	4.08	1.17	0.00
Rice	Cups	100	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Broccoli 3/4cup	3/4 cup	100	18	0	18	1.60	0.38	26.6	320	47.61	1	1.6	3.73	0.0	0.00	0.00
Ranch Dressing	1 Tbs	50	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Banana	1 each	100	90	0	1	3.03	0.18	10.1	51	9.09	12	1.01	23.23	0.0	0.00	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average			590	97	712	7.36	2.45	391.9	1088	58.48	32	34.33	91.44	10.81	2.79	0.00
% of Calories											21.7%	23.3%	62.0%	16.5%	4.3%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/08/2019																
Arthur Academy	Total	100														
Fish Wedge Potato	1 each	100	220	50	290	0.60	0.72	0.0	0	3.6	0	14.0	13.0	13.0	2.00	0.00
Potato Wedge 5	5 each	100	108	0	216	1.54	0.43	3.7	0	1.98	0	1.54	13.89	5.4	1.54	0.00
Peaches 1/2 cup	1/2 cup	100	68	0	6	1.59	0.45	4.0	23	2.98	16	0.56	18.15	0.04	0.00	0.00
Tarter Sauce	1 Tbs	50	91	11	105	0.02	0.02	0.2	21	0.02	0	0.01	0.61	10.02	1.67	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average			545	68	694	3.75	1.65	357.7	696	10.07	28	24.86	58.09	25.33	5.50	0.00
% of Calories											20.6%	18.2%	42.6%	41.8%	9.1%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Mon - 02/11/2019																
Arthur Academy	Total	100														
Chicken Nugget	5 each	100	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Baked Beans 3/4 cup	3/4 cup	100	225	0	660	9.00	1.62	60.0	75	0.0	15	9.0	45.0	1.5	0.00	0.00
Pears 1/2 cup	1/2 cup	100	62	0	5	2.00	0.36	11.0	50	2.0	10	0.42	16.05	0.09	0.00	0.00
Ketchup	1 Tbs	50	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average			657	38	1270	14.00	3.83	421.0	896	3.50	40	34.17	91.47	18.46	3.62	0.00
% of Calories											24.1%	20.8%	55.7%	25.3%	5.0%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 02/12/2019																
Arthur Academy	Total	100														
Rib A Que	1 each	100	310	40	655	5.00	3.44	130.0	130	0.0	11	20.0	34.0	12.0	4.50	0.00
Carrot Sticks 3/4 cup	3/4 cup	100	55	0	102	3.14	0.57	31.4	9417	9.42	8	1.57	12.56	0.0	0.00	0.00
Ranch Dressing	1 Tbs	60	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Apple	1 each	100	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average			572	56	963	10.90	4.30	529.8	10281	17.59	45	30.43	78.82	17.29	6.22	0.00
% of Calories											31.3%	21.3%	55.1%	27.2%	9.8%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Arthur Academy

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/13/2019																
Arthur Academy	Total	100														
Pizza 4x6 Turkey Sausage	1 each	100	310	28	643	4.00	3.81	305.9	400	0.0	4	19.86	37.0	9.49	3.45	0.00
Salad Mix 1 1/2 cup	1 1/2 cup	100	17	0	33	1.33	1.14	46.7	3469	11.41	1	1.67	3.34	0.0	0.00	0.00
Ranch Dressing	1 Tbs	60	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Pineapple 1/2 cup	1/2 cup	100	59	0	10	0.99	0.36	0.0	64	14.81	13	0.0	14.81	0.0	0.00	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average			522	45	891	6.32	5.35	707.2	4597	27.77	30	30.40	68.09	14.77	5.17	0.00
% of Calories											23.3%	23.3%	52.2%	25.5%	8.9%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 02/14/2019																
Arthur Academy	Total	100														
Chicken Burger	1 Each	100	410	25	635	7.00	3.24	120.0	130	0.0	7	22.0	44.0	17.0	3.00	0.00
Broccoli 3/4cup	3/4 cup	100	18	0	18	1.60	0.38	26.6	320	47.61	1	1.6	3.73	0.0	0.00	0.00
Ranch Dressing	1 Tbs	50	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Oranges Mandarin 1/2 cup	1/2 cup	100	82	0	10	0.00	0.00	0.0	92	21.52	18	0.0	19.47	0.0	0.00	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average			640	41	855	8.60	3.67	500.4	1206	70.66	38	32.44	80.10	21.72	4.62	0.00
% of Calories											23.8%	20.3%	50.0%	30.5%	6.5%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 02/15/2019																
Arthur Academy	Total	100														
Fish Sticks Potato	4 each	100	230	40	310	2.00	0.72	20.0	0	2.4	0	14.0	19.0	12.0	1.50	0.00
Tatertot 9	9 each	100	150	0	360	2.00	0.36	0.0	0	3.6	0	2.0	19.0	7.0	1.00	0.00
Tarter Sauce	1 Tbs	60	91	11	105	0.02	0.02	0.2	21	0.02	0	0.01	0.61	10.02	1.67	0.00
Peaches 1/2 cup	1/2 cup	100	68	0	6	1.59	0.45	4.0	23	2.98	16	0.56	18.15	0.04	0.00	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average			606	59	868	5.61	1.58	374.1	698	10.49	28	25.31	69.26	26.92	4.63	0.00
% of Calories											18.6%	16.7%	45.7%	40.0%	6.9%	0.0%
Nutrient Guideline			550-650		1230									<=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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/19/2019																
Arthur Academy	Total	100														
Cheese Burger	1 each	100	292	37	532	5.00	2.44	201.0	130	1.0	6	17.5	31.0	12.5	5.30	0.00
Carrot Sticks 3/4 cup	3/4 cup	100	55	0	102	3.14	0.57	31.4	9417	9.42	8	1.57	12.56	0.0	0.00	0.00
Ranch Dressing	1 Tbs	50	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Apple	1 each	100	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Ketchup	1 Tbs	50	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average			555	52	902	10.90	3.30	600.0	10289	18.58	42	27.91	77.45	17.22	6.92	0.00
% of Calories											30.2%	20.1%	55.8%	27.9%	11.2%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 02/20/2019																
Arthur Academy	Total	100														
Pizza 4x6 Cheese	1 each	100	280	15	560	4.00	3.60	300.0	400	0.0	4	16.0	37.0	8.0	3.00	0.00
Salad Mix 1 1/2 cup	1 1/2 cup	100	17	0	33	1.33	1.14	46.7	3469	11.41	1	1.67	3.34	0.0	0.00	0.00
Ranch Dressing	1 Tbs	50	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Pineapple 1/2 cup	1/2 cup	100	59	0	10	0.99	0.36	0.0	64	14.81	13	0.0	14.81	0.0	0.00	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average			487	31	795	6.32	5.14	700.5	4597	27.76	30	26.51	68.06	12.72	4.62	0.00
% of Calories											24.9%	21.8%	56.0%	23.5%	8.6%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 02/21/2019																
Arthur Academy	Total	100														
Grilled Cheese Sandwich	1 each	100	284	32	655	2.27	1.23	467.6	524	0.0	7	18.54	30.54	10.15	5.75	0.00
Broccoli 3/4cup	3/4 cup	100	18	0	18	1.60	0.38	26.6	320	47.61	1	1.6	3.73	0.0	0.00	0.00
Ranch Dressing	1 Tbs	50	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Kiwi	1 each	100	46	0	4	2.28	0.27	22.8	152	57.0	12	0.76	11.4	0.0	0.00	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00

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David Douglas

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Arthur Academy

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			479	48	869	6.15	1.93	870.8	1659	106.14	32	29.74	58.58	14.87	7.38	0.00
% of Calories											26.5%	24.8%	48.9%	27.9%	13.9%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 02/22/2019																
Arthur Academy	Total	100														
Fish Wedge Potato	1 each	100	220	50	290	0.60	0.72	0.0	0	3.6	0	14.0	13.0	13.0	2.00	0.00
Corn 3/4 cup	3/4 cup	100	65	0	15	2.00	0.36	0.0	20	1.2	3	2.0	15.0	1.0	0.00	0.00
Peaches 1/2 cup	1/2 cup	100	68	0	6	1.59	0.45	4.0	23	2.98	16	0.56	18.15	0.04	0.00	0.00
Tarter Sauce	1 Tbs	90	91	11	105	0.02	0.02	0.2	21	0.02	0	0.01	0.61	10.02	1.67	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average			539	73	535	4.21	1.59	354.1	724	9.30	31	25.32	59.44	24.93	4.63	0.00
% of Calories											23.3%	18.8%	44.1%	41.7%	7.7%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Mon - 02/25/2019																
Arthur Academy	Total	100														
Bean & Cheese Burrito	1 each	100	291	15	479	7.96	3.60	150.0	300	1.2	4	15.6	40.95	8.29	3.62	0.00
Baked Beans 3/4 cup	3/4 cup	100	225	0	660	9.00	1.62	60.0	75	0.0	15	9.0	45.0	1.5	0.00	0.00
Pears 1/2 cup	1/2 cup	100	62	0	5	2.00	0.36	11.0	50	2.0	10	0.42	16.05	0.09	0.00	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average			682	28	1273	18.96	5.62	571.0	1088	4.70	41	33.77	114.75	11.75	4.74	0.00
% of Calories											24.0%	19.8%	67.3%	15.5%	6.3%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 02/27/2019																
Arthur Academy	Total	100														
Pizza 4x6 Hawaiian	1 each	100	309	24	643	4.15	3.73	304.4	410	2.3	6	19.3	39.52	8.66	3.22	0.00
Salad Mix 1 1/2 cup	1 1/2 cup	100	17	0	33	1.33	1.14	46.7	3469	11.41	1	1.67	3.34	0.0	0.00	0.00
Ranch Dressing	1 Tbs	50	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Pineapple 1/2 cup	1/2 cup	100	59	0	10	0.99	0.36	0.0	64	14.81	13	0.0	14.81	0.0	0.00	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00

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David Douglas

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Arthur Academy

Portion Values - Detailed

Page 7

Generated on: 11/20/2018 9:23:34 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			516	40	878	6.48	5.27	704.9	4607	30.06	32	29.81	70.58	13.38	4.84	0.00
% of Calories											25.1%	23.1%	54.8%	23.4%	8.5%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 02/28/2019																
Arthur Academy	Total	100														
Mandarin Orange Chicken	2/3 cup	100	150	40	280	0.00	0.72	0.0	50	1.2	10	11.01	19.01	3.0	0.50	0.00
Rice	Cups	100	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Broccoli 3/4cup	3/4 cup	100	18	0	18	1.60	0.38	26.6	320	47.61	1	1.6	3.73	0.0	0.00	0.00
Ranch Dressing	1 Tbs	50	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Apple	1 each	100	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average			587	56	608	7.09	2.40	395.6	1104	57.22	37	26.82	99.54	9.72	2.13	0.00
% of Calories											24.9%	18.3%	67.8%	14.9%	3.3%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			574	49	890	8.65	3.45	529.7	3856	28.62	36	28.72	77.63	17.98	5.08	0.00
											56.5%	20.0%	54.1%	28.2%	8.0%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	574		550 - 650	100%				
Cholesterol (mg)	49							
Sodium 1 (mg)	890		1230					
Sodium 2 (mg)	890		935					
Fiber (g)	8.65							
Iron (mg)	3.45							
Calcium (mg)	529.7							
Vitamin A (IU)	3856							
Sugars (g)	36	25.09%						
Vitamin C (mg)	28.62							
Protein (g)	28.72	20.01%						
Carbohydrate (g)	77.63	54.08%						
Total Fat (g)	17.98	28.18%	<=30.00%					
Saturated Fat (g)	5.08	7.96%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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