

	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 <sup>1</sup> (g)
Mon - 02/04/2019																
Elementary Lunch	Total	100														
Taco Chicken Elem	1 taco	55	154	27	359	1.00	5.00	63.5	15	0.0	1	10.0	18.0	4.25	1.25	0.00
Chicken Strips	3 each	25	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
Yogurt 4oz	1 each	20	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	20	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	20	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Southwest Mixed Vegetables	1/2 Cup	90	62	0	54	4.65	0.00	0.0	155	9.3	3	3.1	11.63	0.78	0.00	0.00
Baked Beans 1/2 cup	1/2 cup	10	150	0	440	6.00	1.08	40.0	50	0.0	10	6.0	30.0	1.0	0.00	0.00
Salsa	1 Tbs	80	2	0	16	0.00	0.00	0.0	44	1.59	0	0.0	0.44	0.0	0.00	0.00
Pears 1/2 cup	1/2 cup	60	62	0	5	2.00	0.36	11.0	50	2.0	10	0.42	16.05	0.09	0.00	0.00
Apricots 1/2 cup	1/2 cup	40	79	0	10	0.00	0.00	0.0	1739	2.39	20	0.0	18.88	0.0	0.00	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Cheese Shredded	1 oz	15	81	20	202	0.00	0.00	202.5	304	0.0	0	7.09	1.01	6.08	4.05	0.00
Shredded Lettuce	1 each	20	2	0	1	0.14	0.05	2.8	69	0.41	0	0.14	0.41	0.0	0.00	0.00
Sour Cream	1 each	25	22	4	44	0.00	0.00	53.2	177	0.0	0	1.77	3.54	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			469	40	660	7.56	3.72	529.8	1867	13.64	35	25.78	66.20	11.33	3.84	0.00
% of Calories											30.0%	22.0%	56.5%	21.7%	7.4%	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 <sup>1</sup> (g)
Tue - 02/05/2019																
Elementary Lunch	Total	100														
Cheese Burger	1 each	50	292	37	532	5.00	2.44	201.0	130	1.0	6	17.5	31.0	12.5	5.30	0.00
Hot Dog	1 each	30	310	35	755	4.00	2.16	80.0	30	0.0	6	12.0	29.0	18.0	7.50	0.00
Tatertot 9	9 each	80	150	0	360	2.00	0.36	0.0	0	3.6	0	2.0	19.0	7.0	1.00	0.00
Yogurt 4oz	1 each	20	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Sunflower Seeds 1 oz	each	20	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Bagel-ful	1 each	20	190	15	180	3.00	1.80	20.0	200	2.4	6	6.0	30.0	5.0	3.00	0.00
Spinach Canned	1/4 Cup	100	11	0	23	1.13	0.54	37.8	0	0.45	0	1.13	1.13	0.0	0.00	0.00
Corn 1/2 cup	1/2 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
Applesauce 1/2 cup	1/2 cup	60	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Fruit Mix 1/2 cup	1/2 cup	40	69	0	8	1.49	0.36	6.0	12	3.88	15	0.51	17.77	0.1	0.01	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ketchup	1 Tbs	30	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			697	45	1061	11.02	3.92	545.3	854	9.76	41	29.17	97.05	24.30	7.83	0.00
% of Calories											23.3%	16.7%	55.7%	31.4%	10.1%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 02/06/2019																
Elementary Lunch	Total	100														
Pizza 4x6 Pepperoni	1 each	80	305	28	660	4.00	3.60	300.0	400	0.0	4	19.0	37.5	9.25	3.50	0.00
Lasagna Roll Up	1 each	10	316	25	731	3.45	1.43	354.7	831	7.16	11	17.54	37.95	9.29	4.40	0.00
Yogurt 4oz	1 each	10	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	10	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Crackers State	1 each	10	100	0	75	2.00	8.10	100.0	400	4.8	5	2.0	18.0	3.0	0.00	0.00
Salad Mix 1 cup	1 cup	100	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	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
Beets	1/4 cup	100	20	0	60	0.00	0.00	0.0	20	0.0	4	0.0	5.0	0.0	0.00	0.00
Orange	1 each	20	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Pineapple 1/2 cup	1/2 cup	80	59	0	10	0.99	0.36	0.0	64	14.81	13	0.0	14.81	0.0	0.00	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Olives	1 each	80	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	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
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

Elementary Lunch

### 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 <sup>1</sup> (g)
Weighted Daily Average			597	42	1107	8.98	5.51	738.9	12943	43.00	44	29.95	85.91	15.80	5.16	0.00
% of Calories											29.3%	20.1%	57.5%	23.8%	7.8%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 02/07/2019																
Elementary Lunch	Total	100														
Teriyaki Chicken	1/2 cup	45	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	45	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Grilled Cheese Sandwich	1 each	30	284	32	655	2.27	1.23	467.6	524	0.0	7	18.54	30.54	10.15	5.75	0.00
Yogurt 4oz	1 each	25	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	25	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Oatmeal Circle	1 each	25	304	23	165	1.61	2.93	15.1	285	5.44	28	4.45	50.22	9.94	2.42	0.00
Broccoli 1/2 cup	1/2 cup	100	12	0	12	1.07	0.26	17.8	213	31.74	0	1.07	2.49	0.0	0.00	0.00
Cauliflower 1/2 cup	1/2 cup	100	13	0	15	1.50	0.18	10.0	5	23.1	1	1.0	2.5	0.0	0.00	0.00
Banana	1 each	40	90	0	1	3.03	0.18	10.1	51	9.09	12	1.01	23.23	0.0	0.00	0.00
Oranges Mandarin 1/2 cup	1/2 cup	60	82	0	10	0.00	0.00	0.0	92	21.52	18	0.0	19.47	0.0	0.00	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	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
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			604	71	754	6.13	2.49	605.3	1287	74.71	47	31.03	89.47	14.11	5.23	0.00
% of Calories											30.9%	20.6%	59.3%	21.0%	7.8%	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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 02/08/2019																
Elementary Lunch	Total	100														
Turkey Gravy	3/8 cup	40	122	49	439	0.00	0.70	0.0	0	0.0	0	15.6	1.95	5.85	1.95	0.00
Mashed Potato	1/2 cup	40	84	0	201	1.43	0.27	1.9	66	21.38	1	1.43	14.96	1.37	0.62	0.00
Rolls	1 each	40	193	8	247	0.90	1.59	42.0	41	7.51	5	6.32	32.16	3.83	0.53	0.00
Fish Wedge Potato	1 each	40	220	50	290	0.60	0.72	0.0	0	3.6	0	14.0	13.0	13.0	2.00	0.00
Cheez-it	1 each	40	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Peanut Butter & Jelly sandwich	1 each	20	300	0	280	4.00	1.00	26.0	70	0.0	14	9.0	32.0	17.0	3.00	0.00
Sunflower Seeds 1 oz	1 each	20	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Cheez-it	1 each	20	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Green Beans 1/2 cup	1/2 cup	100	20	0	138	1.97	0.71	19.7	296	2.37	2	0.99	3.94	0.0	0.00	0.00
Coleslaw 1/4 cup	1/4 cup	100	130	17	116	2.13	0.38	28.5	86	25.94	5	0.71	7.25	11.25	1.88	0.00
Peaches 1/2 cup	1/2 cup	80	68	0	6	1.59	0.45	4.0	23	2.98	16	0.56	18.15	0.04	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	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
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 % of Calories			762	79	1079	8.37	3.66	488.3	1436	45.21	38	29.84	80.20	37.09	7.44	0.00
											19.9%	15.7%	42.1%	43.8%	8.8%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Mon - 02/11/2019																
Elementary Lunch	Total	100														
Bean & Cheese Burrito	1 each	55	291	15	479	7.96	3.60	150.0	300	1.2	4	15.6	40.95	8.29	3.62	0.00
Chicken Nugget	5 each	25	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Yogurt 4oz	1 each	20	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	20	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	20	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Capri Mixed Vegetables	1/2 Cup	75	17	0	14	0.69	0.00	13.8	688	0.83	1	0.0	2.75	0.0	0.00	0.00
Baked Beans 1/2 cup	1/2 cup	75	150	0	440	6.00	1.08	40.0	50	0.0	10	6.0	30.0	1.0	0.00	0.00
Salsa	1 Tbs	80	2	0	16	0.00	0.00	0.0	44	1.59	0	0.0	0.44	0.0	0.00	0.00
Pears 1/2 cup	1/2 cup	60	62	0	5	2.00	0.36	11.0	50	2.0	10	0.42	16.05	0.09	0.00	0.00
Apricots 1/2 cup	1/2 cup	40	79	0	10	0.00	0.00	0.0	1739	2.39	20	0.0	18.88	0.0	0.00	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	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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Weighted Daily Average			581	30	935	11.59	3.65	559.5	2329	6.47	41	28.68	88.80	12.59	4.54	0.00
% of Calories											28.5%	19.8%	61.1%	19.5%	7.0%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 02/12/2019																
Elementary Lunch	Total	100														
Rib A Que	1 each	40	310	40	655	5.00	3.44	130.0	130	0.0	11	20.0	34.0	12.0	4.50	0.00
Corn Dog	1 each	40	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
Potato Wedge 5	5 each	80	108	0	216	1.54	0.43	3.7	0	1.98	0	1.54	13.89	5.4	1.54	0.00
Yogurt 4oz	1 each	20	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Sunflower Seeds 1 oz	each	20	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Bagel-ful	1 each	20	190	15	180	3.00	1.80	20.0	200	2.4	6	6.0	30.0	5.0	3.00	0.00
Corn 1/2 cup	1/2 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
Peas	1/4 cup	100	26	0	75	1.50	0.40	0.0	150	2.25	1	1.87	4.5	0.0	0.00	0.00
Applesauce 1/2 cup	1/2 cup	60	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Fruit Mix 1/2 cup	1/2 cup	40	69	0	8	1.49	0.36	6.0	12	3.88	15	0.51	17.77	0.1	0.01	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ketchup	1 Tbs	40	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	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%	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			660	49	939	11.32	4.07	469.9	993	9.76	44	28.79	98.07	19.38	6.17	0.00
% of Calories											26.5%	17.4%	59.4%	26.4%	8.4%	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 <sup>1</sup> (g)
Wed - 02/13/2019																
Elementary Lunch	Total	100														
Pizza 4x6 Turkey Sausage	1 each	80	310	28	643	4.00	3.81	305.9	400	0.0	4	19.86	37.0	9.49	3.45	0.00
Chili Turkey 3/8 cup	3/8 cup	10	130	55	390	0.00	1.08	40.0	10	2.4	2	17.0	5.0	4.5	1.50	0.00
Crackers State	1 each	10	100	0	75	2.00	8.10	100.0	400	4.8	5	2.0	18.0	3.0	0.00	0.00
Yogurt 4oz	1 each	10	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	10	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Crackers State	1 each	10	100	0	75	2.00	8.10	100.0	400	4.8	5	2.0	18.0	3.0	0.00	0.00
Salad Mix 1 cup	1 cup	100	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	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
Beets	1/4 cup	100	20	0	60	0.00	0.00	0.0	20	0.0	4	0.0	5.0	0.0	0.00	0.00
Orange	1 each	20	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Pineapple 1/2 cup	1/2 cup	80	59	0	10	0.99	0.36	0.0	64	14.81	13	0.0	14.81	0.0	0.00	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Olives	1 each	80	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	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
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			593	45	1067	8.83	6.46	722.2	12901	43.00	43	30.79	84.02	15.81	4.83	0.00
% of Calories											29.3%	20.8%	56.7%	24.0%	7.3%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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# David Douglas

Feb 1, 2019 thru Feb 28, 2019

## Base Menu Spreadsheet

Elementary Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 02/14/2019																
Elementary Lunch	Total	100														
Mandarin Orange Chicken	2/3 cup	35	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	35	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Chicken Burger	1 Each	40	410	25	635	7.00	3.24	120.0	130	0.0	7	22.0	44.0	17.0	3.00	0.00
Yogurt 4oz	1 each	25	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	25	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Oatmeal Circle	1 each	25	304	23	165	1.61	2.93	15.1	285	5.44	28	4.45	50.22	9.94	2.42	0.00
Broccoli 1/2 cup	1/2 cup	100	12	0	12	1.07	0.26	17.8	213	31.74	0	1.07	2.49	0.0	0.00	0.00
Cauliflower 1/2 cup	1/2 cup	100	13	0	15	1.50	0.18	10.0	5	23.1	1	1.0	2.5	0.0	0.00	0.00
Apple	1 each	50	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Oranges Mandarin 1/2 cup	1/2 cup	50	82	0	10	0.00	0.00	0.0	92	21.52	18	0.0	19.47	0.0	0.00	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ranch Dressing	1 Tbs	100	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	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			671	52	786	8.15	3.24	519.5	1182	72.67	48	29.40	95.53	19.73	4.86	0.00
% of Calories											28.7%	17.5%	57.0%	26.5%	6.5%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 02/15/2019																
Elementary Lunch	Total	100														
Alfredo Chicken	3/4 cup	30	304	60	760	2.53	1.42	344.9	126	0.0	2	20.54	25.09	13.08	6.88	0.00
Bread Stick Garlic	1 each	30	136	6	160	0.70	1.16	31.7	63	6.35	3	4.33	22.0	3.04	0.57	0.00
Fish Sticks Potato	4 each	50	230	40	310	2.00	0.72	20.0	0	2.4	0	14.0	19.0	12.0	1.50	0.00
Cheez-it	1 each	50	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Peanut Butter & Jelly sandwich	1 each	20	300	0	280	4.00	1.00	26.0	70	0.0	14	9.0	32.0	17.0	3.00	0.00
Sunflower Seeds 1 oz	1 each	20	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Cheez-it	1 each	20	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Green Beans 1/2 cup	1/2 cup	50	20	0	138	1.97	0.71	19.7	296	2.37	2	0.99	3.94	0.0	0.00	0.00
Celery 1/4 cup	1/4 cup	100	6	0	30	0.74	0.07	14.9	167	1.11	1	0.37	1.11	0.0	0.00	0.00
Peaches 1/2 cup	1/2 cup	80	68	0	6	1.59	0.45	4.0	23	2.98	16	0.56	18.15	0.04	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ranch Dressing	1 Tbs	40	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	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

Elementary Lunch

### 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 <sup>1</sup> (g)
Weighted Daily Average			604	55	886	6.89	2.88	583.2	1422	9.33	32	28.80	72.05	23.67	6.01	0.00
% of Calories											21.1%	19.1%	47.7%	35.2%	8.9%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 02/19/2019																
Elementary Lunch	Total	100														
Cheese Burger	1 each	50	292	37	532	5.00	2.44	201.0	130	1.0	6	17.5	31.0	12.5	5.30	0.00
Hot Dog	1 each	30	310	35	755	4.00	2.16	80.0	30	0.0	6	12.0	29.0	18.0	7.50	0.00
Tatertot 9	9 each	80	150	0	360	2.00	0.36	0.0	0	3.6	0	2.0	19.0	7.0	1.00	0.00
Yogurt 4oz	1 each	20	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Sunflower Seeds 1 oz	each	20	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Bagel-ful	1 each	20	190	15	180	3.00	1.80	20.0	200	2.4	6	6.0	30.0	5.0	3.00	0.00
Spinach Canned	1/4 Cup	100	11	0	23	1.13	0.54	37.8	0	0.45	0	1.13	1.13	0.0	0.00	0.00
Corn 1/2 cup	1/2 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
Applesauce 1/2 cup	1/2 cup	60	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Fruit Mix 1/2 cup	1/2 cup	40	69	0	8	1.49	0.36	6.0	12	3.88	15	0.51	17.77	0.1	0.01	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ketchup	1 Tbs	30	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			697	45	1061	11.02	3.92	545.3	854	9.76	41	29.17	97.05	24.30	7.83	0.00
% of Calories											23.3%	16.7%	55.7%	31.4%	10.1%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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# David Douglas

Feb 1, 2019 thru Feb 28, 2019

## Base Menu Spreadsheet

Elementary Lunch

### 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 <sup>1</sup> (g)
Wed - 02/20/2019																
Elementary Lunch	Total	100														
Pizza 4x6 Cheese	1 each	80	280	15	560	4.00	3.60	300.0	400	0.0	4	16.0	37.0	8.0	3.00	0.00
Lasagna Roll Up	1 each	10	316	25	731	3.45	1.43	354.7	831	7.16	11	17.54	37.95	9.29	4.40	0.00
Yogurt 4oz	1 each	10	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	10	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Crackers State	1 each	10	100	0	75	2.00	8.10	100.0	400	4.8	5	2.0	18.0	3.0	0.00	0.00
Salad Mix 1 cup	1 cup	100	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	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
Beets	1/4 cup	100	20	0	60	0.00	0.00	0.0	20	0.0	4	0.0	5.0	0.0	0.00	0.00
Orange	1 each	20	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Pineapple 1/2 cup	1/2 cup	80	59	0	10	0.99	0.36	0.0	64	14.81	13	0.0	14.81	0.0	0.00	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Olives	1 each	80	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	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
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			577	32	1027	8.98	5.51	738.9	12943	43.00	44	27.55	85.51	14.80	4.76	0.00
% of Calories											30.3%	19.1%	59.2%	23.1%	7.4%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 02/21/2019																
Elementary Lunch	Total	100														
Teriyaki Chicken	1/2 cup	45	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	45	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Grilled Cheese Sandwich	1 each	30	284	32	655	2.27	1.23	467.6	524	0.0	7	18.54	30.54	10.15	5.75	0.00
Yogurt 4oz	1 each	25	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	25	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Oatmeal Circle	1 each	25	304	23	165	1.61	2.93	15.1	285	5.44	28	4.45	50.22	9.94	2.42	0.00
Broccoli 1/2 cup	0.5 cup	100	12	0	12	1.07	0.26	17.8	213	31.74	0	1.07	2.49	0.0	0.00	0.00
Cauliflower 1/2 cup	0.5 cup	100	13	0	15	1.50	0.18	10.0	5	23.1	1	1.0	2.5	0.0	0.00	0.00
Kiwi	1 each	50	46	0	4	2.28	0.27	22.8	152	57.0	12	0.76	11.4	0.0	0.00	0.00
Oranges Mandarin 1/2 cup	1/2 cup	50	82	0	10	0.00	0.00	0.0	92	21.52	18	0.0	19.47	0.0	0.00	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	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
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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	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 <sup>1</sup> (g)
Weighted Daily Average			583	71	754	6.06	2.55	612.7	1333	97.42	46	31.01	83.93	14.11	5.23	0.00
% of Calories											31.6%	21.3%	57.6%	21.8%	8.1%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 02/22/2019																
Elementary Lunch	Total	100														
Spaghetti 3/4 cup	3/4 cup	50	284	44	498	6.39	3.03	158.0	731	14.3	6	17.54	31.81	10.03	5.09	0.00
French Bread	1 each	50	94	0	81	0.47	0.96	5.8	6	3.26	1	3.06	17.35	0.96	0.11	0.00
Fish Wedge Potato	1 each	30	220	50	290	0.60	0.72	0.0	0	3.6	0	14.0	13.0	13.0	2.00	0.00
Cheez-it	1 each	30	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Peanut Butter & Jelly sandwich	1 each	20	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	20	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	20	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Green Beans 1/2 cup	1/2 cup	100	20	0	138	1.97	0.71	19.7	296	2.37	2	0.99	3.94	0.0	0.00	0.00
Coleslaw 1/4 cup	1/4 cup	100	130	17	116	2.13	0.38	28.5	86	25.94	5	0.71	7.25	11.25	1.88	0.00
Peaches 1/2 cup	1/2 cup	80	68	0	6	1.59	0.45	4.0	23	2.98	16	0.56	18.15	0.04	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	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
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			740	75	999	10.31	4.28	578.7	1747	42.08	38	29.60	81.05	34.31	8.70	0.00
% of Calories											20.8%	16.0%	43.8%	41.7%	10.6%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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# David Douglas

Feb 1, 2019 thru Feb 28, 2019

## Base Menu Spreadsheet

Elementary Lunch

### 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 <sup>1</sup> (g)
Mon - 02/25/2019																
Elementary Lunch	Total	100														
Bean & Cheese Burrito	1 each	55	291	15	479	7.96	3.60	150.0	300	1.2	4	15.6	40.95	8.29	3.62	0.00
Chicken Nugget	5 each	25	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Yogurt 4oz	1 each	20	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	20	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	20	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Capri Mixed Vegetables	1/2 Cup	75	17	0	14	0.69	0.00	13.8	688	0.83	1	0.0	2.75	0.0	0.00	0.00
Baked Beans 1/2 cup	1/2 cup	75	150	0	440	6.00	1.08	40.0	50	0.0	10	6.0	30.0	1.0	0.00	0.00
Salsa	1 Tbs	80	2	0	16	0.00	0.00	0.0	44	1.59	0	0.0	0.44	0.0	0.00	0.00
Pears 1/2 cup	1/2 cup	60	62	0	5	2.00	0.36	11.0	50	2.0	10	0.42	16.05	0.09	0.00	0.00
Apricots 1/2 cup	1/2 cup	40	79	0	10	0.00	0.00	0.0	1739	2.39	20	0.0	18.88	0.0	0.00	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	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			581	30	935	11.59	3.65	559.5	2329	6.47	41	28.68	88.80	12.59	4.54	0.00
% of Calories											28.5%	19.8%	61.1%	19.5%	7.0%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 02/26/2019																
Elementary Lunch	Total	100														
Corn Dog	1 each	60	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
Rib A Que	1 each	30	310	40	655	5.00	3.44	130.0	130	0.0	11	20.0	34.0	12.0	4.50	0.00
French Fries Baked 10	10 each	90	43	0	13	0.71	0.26	0.0	2	1.71	0	0.71	7.14	1.43	0.00	0.00
Yogurt 4oz	1 each	10	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Sunflower Seeds 1 oz	each	10	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Bagel-ful	1 each	10	190	15	180	3.00	1.80	20.0	200	2.4	6	6.0	30.0	5.0	3.00	0.00
Corn 1/2 cup	1/2 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
Peas	1/4 cup	100	26	0	75	1.50	0.40	0.0	150	2.25	1	1.87	4.5	0.0	0.00	0.00
Applesauce 1/2 cup	1/2 cup	60	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Fruit Mix 1/2 cup	1/2 cup	40	69	0	8	1.49	0.36	6.0	12	3.88	15	0.51	17.77	0.1	0.01	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ketchup	1 Tbs	30	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

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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 <sup>1</sup> (g)
Weighted Daily Average			582	51	745	10.72	3.68	455.9	953	9.36	41	26.50	89.85	14.69	4.48	0.00
% of Calories											28.0%	18.2%	61.7%	22.7%	6.9%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 02/27/2019																
Elementary Lunch	Total	100														
Pizza 4x6 Hawaiian	1 each	80	309	24	643	4.15	3.73	304.4	410	2.3	6	19.3	39.52	8.66	3.22	0.00
Chili Turkey 3/8 cup	3/8 cup	10	130	55	390	0.00	1.08	40.0	10	2.4	2	17.0	5.0	4.5	1.50	0.00
Crackers State	1 each	10	100	0	75	2.00	8.10	100.0	400	4.8	5	2.0	18.0	3.0	0.00	0.00
Yogurt 4oz	1 each	10	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	10	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Crackers State	1 each	10	100	0	75	2.00	8.10	100.0	400	4.8	5	2.0	18.0	3.0	0.00	0.00
Salad Mix 1 cup	1 cup	100	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	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
Beets	1/4 cup	100	20	0	60	0.00	0.00	0.0	20	0.0	4	0.0	5.0	0.0	0.00	0.00
Orange	1 each	20	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Pineapple 1/2 cup	1/2 cup	80	59	0	10	0.99	0.36	0.0	64	14.81	13	0.0	14.81	0.0	0.00	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Olives	1 each	80	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	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
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			592	42	1066	8.95	6.39	721.0	12909	44.84	45	30.34	86.04	15.15	4.65	0.00
% of Calories											30.4%	20.5%	58.1%	23.0%	7.1%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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# David Douglas

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 02/28/2019																
Elementary Lunch	Total	100														
Mandarin Orange Chicken	2/3 cup	40	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	40	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Chicken Burger	1 Each	30	410	25	635	7.00	3.24	120.0	130	0.0	7	22.0	44.0	17.0	3.00	0.00
Yogurt 4oz	1 each	20	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	20	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Oatmeal Circle	1 each	20	304	23	165	1.61	2.93	15.1	285	5.44	28	4.45	50.22	9.94	2.42	0.00
Broccoli 1/2 cup	1/2 cup	100	12	0	12	1.07	0.26	17.8	213	31.74	0	1.07	2.49	0.0	0.00	0.00
Cauliflower 1/2 cup	1/2 cup	100	13	0	15	1.50	0.18	10.0	5	23.1	1	1.0	2.5	0.0	0.00	0.00
Apple	1 each	40	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Oranges Mandarin 1/2 cup	1/2 cup	60	82	0	10	0.00	0.00	0.0	92	21.52	18	0.0	19.47	0.0	0.00	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ranch Dressing	1 Tbs	80	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	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			615	49	697	7.23	2.83	489.0	1144	73.88	46	27.21	90.70	16.42	4.11	0.00
% of Calories											29.9%	17.7%	59.0%	24.0%	6.0%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Weighted Average			623	50	920	9.09	4.02	581.3	3968	36.35	42	29.02	86.68	18.90	5.57	0.00
											60.6%	18.6%	55.7%	27.3%	8.1%	0.0%

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Nutrient	Menu AVG	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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	623		550 - 650	100%													
Cholesterol (mg)	50																
Sodium 1 (mg)	920		1230														
Sodium 2 (mg)	920		935														
Fiber (g)	9.09																
Iron (mg)	4.02																
Calcium (mg)	581.3																
Vitamin A (IU)	3968																
Sugars (g)	42	26.94%															
Vitamin C (mg)	36.35																
Protein (g)	29.02	18.65%															
Carbohydrate (g)	86.68	55.70%															
Total Fat (g)	18.90	27.32%	<=30.00%														
Saturated Fat (g)	5.57	8.05%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.00	0.00%															

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