

David Douglas

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

CTP 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 ¹ (g)
Mon - 01/07/2019																
CTP Lunch	Total	100														
Yogurt 4oz	1 each	100	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	100	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Bagel Mini Pillsbury	1 each	100	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Baked Beans 1 cup	1 cup	100	300	0	880	12.00	2.16	80.0	100	0.0	20	12.0	60.0	2.0	0.00	0.00
Applesauce 1 cup	1 cup	100	109	0	21	3.14	0.31	8.4	73	3.14	25	0.44	28.8	0.13	0.02	0.00
Milk White 1%	1 each	25	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			944	33	1531	17.14	4.18	708.4	1073	5.54	97	37.69	172.05	13.25	5.90	0.00
% of Calories											40.9%	16.0%	72.9%	12.6%	5.6%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Tue - 01/08/2019																
CTP Lunch	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
Corn 1cup	1 cup	100	130	0	30	4.00	0.72	0.0	40	2.4	6	4.0	30.0	2.0	0.00	0.00
Pears 1 cup	1 cup	100	124	0	10	4.00	0.72	22.0	100	4.0	20	0.84	32.11	0.18	0.00	0.00
Milk White 1%	1 each	25	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			670	23	709	15.96	5.31	472.0	940	8.80	50	28.69	124.31	11.10	4.00	0.00
% of Calories											29.5%	17.1%	74.2%	14.9%	5.4%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Wed - 01/09/2019																
CTP Lunch	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
Salad Mix 2 cup	2 cup	100	22	0	43	1.74	1.49	61.1	4536	14.92	2	2.18	4.36	0.0	0.00	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
Pineapple 1 cup	1 cup	100	119	0	20	1.98	0.71	0.0	128	29.63	26	0.0	29.63	0.0	0.00	0.00
Milk White 1%	1 each	25	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			603	46	1033	5.99	3.70	836.3	5691	45.82	54	29.16	86.10	16.46	7.13	0.00
% of Calories											35.9%	19.4%	57.1%	24.6%	10.6%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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

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

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

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

David Douglas

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

CTP 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 ¹ (g)
Thu - 01/10/2019																
CTP Lunch	Total	100														
Turkey & Cheese Sandwich	1 each	100	330	52	797	4.00	1.68	253.3	220	0.0	5	21.0	30.67	13.0	5.67	0.00
Broccoli 1 cup	1 cup	100	24	0	23	2.13	0.51	35.5	426	63.48	1	2.13	4.97	0.0	0.00	0.00
Peaches 1 cup	1 cup	100	135	0	12	3.18	0.89	8.0	46	5.96	32	1.11	36.29	0.08	0.00	0.00
Ranch Dressing	1 Tbs	1	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk White 1%	1 each	25	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			615	59	1023	9.31	3.36	596.9	1192	70.64	57	32.49	93.18	13.76	6.05	0.00
% of Calories											37.1%	21.1%	60.6%	20.1%	8.9%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Fri - 01/11/2019																
CTP Lunch	Total	100														
Peanut Butter & Jelly 2 each	2 each	100	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Carrot Sticks 1 1/4 cup	1 1/4 cup	100	93	0	173	5.34	0.96	53.4	16009	16.01	13	2.67	21.35	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
Fruit Mix 1 cup	1 cup	100	137	0	16	2.98	0.72	11.9	24	7.75	30	1.01	35.53	0.2	0.02	0.00
Milk White 1%	1 each	25	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			982	11	1002	16.32	3.95	421.1	16675	25.00	91	30.03	142.29	37.67	6.89	0.00
% of Calories											37.0%	12.2%	58.0%	34.5%	6.3%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Mon - 01/14/2019																
CTP Lunch	Total	100														
Yogurt 4oz	1 each	100	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	100	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Bagel Mini Pillsbury	1 each	100	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Baked Beans 1 cup	1 cup	100	300	0	880	12.00	2.16	80.0	100	0.0	20	12.0	60.0	2.0	0.00	0.00
Applesauce 1 cup	1 cup	100	109	0	21	3.14	0.31	8.4	73	3.14	25	0.44	28.8	0.13	0.02	0.00
Milk White 1%	1 each	25	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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

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

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

David Douglas

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

CTP 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 ¹ (g)
Weighted Daily Average			944	33	1531	17.14	4.18	708.4	1073	5.54	97	37.69	172.05	13.25	5.90	0.00
% of Calories											40.9%	16.0%	72.9%	12.6%	5.6%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Tue - 01/15/2019																
CTP Lunch	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
Corn 1cup	1 cup	100	130	0	30	4.00	0.72	0.0	40	2.4	6	4.0	30.0	2.0	0.00	0.00
Pears 1 cup	1 cup	100	124	0	10	4.00	0.72	22.0	100	4.0	20	0.84	32.11	0.18	0.00	0.00
Milk White 1%	1 each	25	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			670	23	709	15.96	5.31	472.0	940	8.80	50	28.69	124.31	11.10	4.00	0.00
% of Calories											29.5%	17.1%	74.2%	14.9%	5.4%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Wed - 01/16/2019																
CTP Lunch	Total	100														
Parfait w/ granola	1 each	100	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Salad Mix 2 cup	2 cup	100	22	0	43	1.74	1.49	61.1	4536	14.92	2	2.18	4.36	0.0	0.00	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
Pineapple 1 cup	1 cup	100	119	0	20	1.98	0.71	0.0	128	29.63	26	0.0	29.63	0.0	0.00	0.00
Milk White 1%	1 each	25	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			843	19	706	9.41	4.25	599.7	6317	70.41	108	23.16	153.75	17.53	3.41	0.00
% of Calories											51.1%	11.0%	72.9%	18.7%	3.6%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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

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

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

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

David Douglas

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

CTP 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 ¹ (g)
Thu - 01/17/2019																
CTP Lunch	Total	100														
Alfredo Chicken	3/4 cup	100	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	1 each	100	112	7	158	0.48	0.82	52.5	67	4.61	2	4.36	16.74	2.9	0.89	0.00
Broccoli 1 cup	1 cup	100	24	0	23	2.13	0.51	35.5	426	63.48	1	2.13	4.97	0.0	0.00	0.00
Peaches 1 cup	1 cup	100	135	0	12	3.18	0.89	8.0	46	5.96	32	1.11	36.29	0.08	0.00	0.00
Ranch Dressing	1 Tbs	1	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk White 1%	1 each	25	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			701	75	1145	8.32	3.91	741.0	1165	75.24	57	36.40	104.34	16.74	8.16	0.00
% of Calories											32.3%	20.8%	59.5%	21.5%	10.5%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Fri - 01/18/2019																
CTP Lunch	Total	100														
Peanut Butter & Jelly 2 each	2 each	100	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Carrot Sticks 1 1/4 cup	1 1/4 cup	100	93	0	173	5.34	0.96	53.4	16009	16.01	13	2.67	21.35	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
Fruit Mix 1 cup	1 cup	100	137	0	16	2.98	0.72	11.9	24	7.75	30	1.01	35.53	0.2	0.02	0.00
Milk White 1%	1 each	25	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			982	11	1002	16.32	3.95	421.1	16675	25.00	91	30.03	142.29	37.67	6.89	0.00
% of Calories											37.0%	12.2%	58.0%	34.5%	6.3%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Tue - 01/22/2019																
CTP Lunch	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
Corn 1cup	1 cup	100	130	0	30	4.00	0.72	0.0	40	2.4	6	4.0	30.0	2.0	0.00	0.00
Pears 1 cup	1 cup	100	124	0	10	4.00	0.72	22.0	100	4.0	20	0.84	32.11	0.18	0.00	0.00
Milk White 1%	1 each	25	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			670	23	709	15.96	5.31	472.0	940	8.80	50	28.69	124.31	11.10	4.00	0.00
% of Calories											29.5%	17.1%	74.2%	14.9%	5.4%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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

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

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

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

David Douglas

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

CTP 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 ¹ (g)
Wed - 01/23/2019																
CTP Lunch	Total	100														
Lasagna Roll Up	1 each	100	316	25	731	3.45	1.43	354.7	831	7.16	11	17.54	37.95	9.29	4.40	0.00
Rolls	1 each	1	193	8	247	0.90	1.59	42.0	41	7.51	5	6.32	32.16	3.83	0.53	0.00
Salad Mix 2 cup	2 cup	100	22	0	43	1.74	1.49	61.1	4536	14.92	2	2.18	4.36	0.0	0.00	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
Pineapple 1 cup	1 cup	100	119	0	20	1.98	0.71	0.0	128	29.63	26	0.0	29.63	0.0	0.00	0.00
Milk White 1%	1 each	25	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			636	39	1111	7.18	3.92	723.8	5999	53.06	59	28.23	93.83	15.64	5.78	0.00
% of Calories											36.8%	17.7%	59.0%	22.1%	8.2%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Thu - 01/24/2019																
CTP Lunch	Total	100														
Peanut Butter & Jelly 2 each	2 each	100	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Carrot Sticks 1 1/4 cup	1 1/4 cup	100	93	0	173	5.34	0.96	53.4	16009	16.01	13	2.67	21.35	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
Fruit Mix 1 cup	1 cup	100	137	0	16	2.98	0.72	11.9	24	7.75	30	1.01	35.53	0.2	0.02	0.00
Milk White 1%	1 each	25	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			982	11	1002	16.32	3.95	421.1	16675	25.00	91	30.03	142.29	37.67	6.89	0.00
% of Calories											37.0%	12.2%	58.0%	34.5%	6.3%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Mon - 01/28/2019																
CTP Lunch	Total	100														
Yogurt 4oz	1 each	100	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	100	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Bagel Mini Pillsbury	1 each	100	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Baked Beans 1 cup	1 cup	100	300	0	880	12.00	2.16	80.0	100	0.0	20	12.0	60.0	2.0	0.00	0.00
Applesauce 1 cup	1 cup	100	109	0	21	3.14	0.31	8.4	73	3.14	25	0.44	28.8	0.13	0.02	0.00
Milk White 1%	1 each	25	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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

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

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

David Douglas

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

CTP 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 ¹ (g)
Weighted Daily Average			944	33	1531	17.14	4.18	708.4	1073	5.54	97	37.69	172.05	13.25	5.90	0.00
% of Calories											40.9%	16.0%	72.9%	12.6%	5.6%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Tue - 01/29/2019																
CTP Lunch	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
Corn 1cup	1 cup	100	130	0	30	4.00	0.72	0.0	40	2.4	6	4.0	30.0	2.0	0.00	0.00
Pears 1 cup	1 cup	100	124	0	10	4.00	0.72	22.0	100	4.0	20	0.84	32.11	0.18	0.00	0.00
Milk White 1%	1 each	25	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			670	23	709	15.96	5.31	472.0	940	8.80	50	28.69	124.31	11.10	4.00	0.00
% of Calories											29.5%	17.1%	74.2%	14.9%	5.4%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Wed - 01/30/2019																
CTP Lunch	Total	100														
Parfait w/ granola	1 each	100	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Salad Mix 2 cup	2 cup	100	22	0	43	1.74	1.49	61.1	4536	14.92	2	2.18	4.36	0.0	0.00	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
Pineapple 1 cup	1 cup	100	119	0	20	1.98	0.71	0.0	128	29.63	26	0.0	29.63	0.0	0.00	0.00
Milk White 1%	1 each	25	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			843	19	706	9.41	4.25	599.7	6317	70.41	108	23.16	153.75	17.53	3.41	0.00
% of Calories											51.1%	11.0%	72.9%	18.7%	3.6%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

David Douglas

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

CTP Lunch

Portion Values - Detailed

Page 7

Generated on: 11/20/2018 9:25:55 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)
Thu - 01/31/2019																
CTP Lunch	Total	100														
Spaghetti 3/4 cup	3/4 cup	100	284	44	498	6.39	3.03	158.0	731	14.3	6	17.54	31.81	10.03	5.09	0.00
Sun Chip Original	1 each	100	140	0	120	3.00	0.36	0.0	10	0.0	2	2.0	19.0	6.0	1.00	0.00
Broccoli 1 cup	1 cup	100	24	0	23	2.13	0.51	35.5	426	63.48	1	2.13	4.97	0.0	0.00	0.00
Peaches 1 cup	1 cup	100	135	0	12	3.18	0.89	8.0	46	5.96	32	1.11	36.29	0.08	0.00	0.00
Ranch Dressing	1 Tbs	1	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk White 1%	1 each	25	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			709	51	845	14.70	5.07	501.5	1712	84.93	60	31.04	113.32	16.79	6.48	0.00
% of Calories											33.8%	17.5%	63.9%	21.3%	8.2%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Weighted Average			789	31	1000	13.44	4.36	580.9	5023	35.14	74	30.68	131.68	18.33	5.57	0.00
											84.7%	15.6%	66.8%	20.9%	6.4%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	789		750 - 850	100%				
Cholesterol (mg)	31							
Sodium 1 (mg)	1000		1420					
Sodium 2 (mg)	1000		1080					
Fiber (g)	13.44							
Iron (mg)	4.36							
Calcium (mg)	580.9							
Vitamin A (IU)	5023							
Sugars (g)	74	37.65%						
Vitamin C (mg)	35.14							
Protein (g)	30.68	15.56%						
Carbohydrate (g)	131.68	66.78%						
Total Fat (g)	18.33	20.91%	<=30.00%					
Saturated Fat (g)	5.57	6.36%	<10.00%					
Trans Fat ¹ (g)	0.00	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

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

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