

David Douglas

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Fir Ridge Campus 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)
Mon - 01/07/2019																
Fir Ridge Campus Lunch	Total	100														
Chicken Strips	3 each	50	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
Dorito 1 oz	1 each	50	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Parfait w/ granola	1 each	15	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Peanut Butter & Jelly 2 each	2 each	30	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Wrap Chicken	1 each	5	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Baked Beans 1/2 cup	1/2 cup	50	150	0	440	6.00	1.08	40.0	50	0.0	10	6.0	30.0	1.0	0.00	0.00
Celery 1/2 cup	1/2 cup	50	12	0	59	1.49	0.13	29.7	334	2.23	1	0.74	2.23	0.0	0.00	0.00
Apricots 1/2 cup	1/2 cup	50	79	0	10	0.00	0.00	0.0	1739	2.39	20	0.0	18.88	0.0	0.00	0.00
Pears 1/2 cup	1/2 cup	50	62	0	5	2.00	0.36	11.0	50	2.0	10	0.42	16.05	0.09	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
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 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			781	27	1071	10.78	3.43	432.1	1915	8.23	59	28.81	109.90	26.86	4.92	0.00
% of Calories											30.0%	14.7%	56.3%	30.9%	5.7%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Tue - 01/08/2019																
Fir Ridge Campus Lunch	Total	100														
Teriyaki Chicken	1/2 cup	50	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	50	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Parfait w/ granola	1 each	15	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Peanut Butter & Jelly 2 each	2 each	30	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Wrap Chicken	1 each	5	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Southwest Mixed Vegetables	1/2 cup	25	62	0	54	4.65	0.00	0.0	155	9.3	3	3.1	11.63	0.78	0.00	0.00
Broccoli 1/2 cup	1/2 cup	50	12	0	12	1.07	0.26	17.8	213	31.74	0	1.07	2.49	0.0	0.00	0.00
Oranges Mandarin 1 cup	1 cup	100	171	0	21	0.00	0.00	0.0	192	44.83	38	0.0	40.56	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
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 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			803	55	810	6.59	2.62	381.3	1092	68.07	80	29.47	128.81	19.55	4.00	0.00
% of Calories											40.1%	14.7%	64.2%	21.9%	4.5%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Fir Ridge Campus 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 - 01/09/2019																
Fir Ridge Campus Lunch	Total	100														
Pizza Hawaiian	1 each	50	309	39	523	3.15	1.93	254.4	310	2.3	11	18.3	31.52	12.66	6.22	0.00
Parfait w/ granola	1 each	15	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Peanut Butter & Jelly 2 each	2 each	30	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Wrap Chicken	1 each	5	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Pineapple 1/2 cup	1/2 cup	50	59	0	10	0.99	0.36	0.0	64	14.81	13	0.0	14.81	0.0	0.00	0.00
Orange	1 each	50	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	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
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
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 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			691	37	891	8.31	4.29	583.0	5573	56.95	55	28.63	92.25	25.49	7.03	0.00
% of Calories											31.9%	16.6%	53.4%	33.2%	9.2%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

	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																
Fir Ridge Campus Lunch	Total	100														
Chicken Burger	1 Each	50	410	25	635	7.00	3.24	120.0	130	0.0	7	22.0	44.0	17.0	3.00	0.00
French Fries Baked 10	10 each	50	43	0	13	0.71	0.26	0.0	2	1.71	0	0.71	7.14	1.43	0.00	0.00
Parfait w/ granola	1 each	15	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Peanut Butter & Jelly 2 each	2 each	30	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Wrap Chicken	1 each	5	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Applesauce 1/2 cup	1/2 cup	50	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Banana	1 each	50	90	0	1	3.03	0.18	10.1	51	9.09	12	1.01	23.23	0.0	0.00	0.00
Corn 1/2 cup	1/2 cup	50	65	0	15	2.00	0.36	0.0	20	1.2	3	2.0	15.0	1.0	0.00	0.00
Carrot Sticks 1 1/4 cup	1 1/4 cup	50	93	0	173	5.34	0.96	53.4	16009	16.01	13	2.67	21.35	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
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 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			839	30	1005	13.36	4.15	469.4	8854	19.76	62	31.13	121.04	28.90	5.42	0.00
% of Calories											29.5%	14.8%	57.7%	31.0%	5.8%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Fri - 01/11/2019																
Fir Ridge Campus Lunch	Total	100														
Turkey Gravy	3/8 cup	50	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	50	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	50	193	8	247	0.90	1.59	42.0	41	7.51	5	6.32	32.16	3.83	0.53	0.00
Parfait w/ granola	1 each	15	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Peanut Butter & Jelly 2 each	2 each	30	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Wrap Chicken	1 each	5	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	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
Coleslaw 1/2 cup	1/2 cup	50	260	34	232	4.25	0.77	57.1	172	51.88	10	1.42	14.5	22.5	3.75	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
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
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			883	56	1096	10.99	4.48	436.2	1059	52.42	78	30.62	128.21	30.32	6.35	0.00
% of Calories											35.3%	13.9%	58.1%	30.9%	6.5%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Mon - 01/14/2019																
Fir Ridge Campus Lunch	Total	100														
Nacho Chicken HS	1 serving	50	343	57	842	1.33	1.34	330.1	210	0.0	0	18.66	24.64	18.24	6.25	0.00
Parfait w/ granola	1 each	15	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Peanut Butter & Jelly 2 each	2 each	30	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Wrap Chicken	1 each	5	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Refried Beans 1/2 cup	1/2 cup	50	120	0	360	5.00	1.80	40.0	5	2.4	1	7.0	19.99	0.0	0.00	0.00
Salsa	1 Tbs	50	2	0	16	0.00	0.00	0.0	44	1.59	0	0.0	0.44	0.0	0.00	0.00
Sour Cream	1 each	50	22	4	44	0.00	0.00	53.2	177	0.0	0	1.77	3.54	0.0	0.00	0.00
Celery 1/2 cup	1/2 cup	50	12	0	59	1.49	0.13	29.7	334	2.23	1	0.74	2.23	0.0	0.00	0.00
Apricots 1/2 cup	1/2 cup	50	79	0	10	0.00	0.00	0.0	1739	2.39	20	0.0	18.88	0.0	0.00	0.00
Pears 1/2 cup	1/2 cup	50	62	0	5	2.00	0.36	11.0	50	2.0	10	0.42	16.05	0.09	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
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			729	41	1124	8.44	3.38	599.9	2006	10.19	54	30.93	101.05	22.63	6.04	0.00
% of Calories											29.5%	17.0%	55.4%	27.9%	7.5%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Tue - 01/15/2019																
Fir Ridge Campus Lunch	Total	100														
Mandarin Orange Chicken	2/3 cup	50	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	50	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Parfait w/ granola	1 each	15	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Peanut Butter & Jelly 2 each	2 each	30	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Wrap Chicken	1 each	5	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Corn 1/2 cup	1/2 cup	25	65	0	15	2.00	0.36	0.0	20	1.2	3	2.0	15.0	1.0	0.00	0.00
Broccoli 1/2 cup	1/2 cup	50	12	0	12	1.07	0.26	17.8	213	31.74	0	1.07	2.49	0.0	0.00	0.00
Oranges Mandarin 1 cup	1 cup	100	171	0	21	0.00	0.00	0.0	192	44.83	38	0.0	40.56	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
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 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			811	34	748	5.93	2.65	381.3	1057	66.64	82	25.95	135.66	19.07	3.67	0.00
% of Calories											40.4%	12.8%	66.9%	21.1%	4.1%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Wed - 01/16/2019																
Fir Ridge Campus Lunch	Total	100														
Pizza Cheese	1 each	50	280	30	440	3.00	1.80	250.0	300	0.0	9	15.0	29.0	12.0	6.00	0.00
Parfait w/ granola	1 each	15	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Peanut Butter & Jelly 2 each	2 each	30	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Wrap Chicken	1 each	5	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Pineapple 1/2 cup	1/2 cup	50	59	0	10	0.99	0.36	0.0	64	14.81	13	0.0	14.81	0.0	0.00	0.00
Orange	1 each	50	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	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
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
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 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			676	32	850	8.23	4.22	580.8	5568	55.80	54	26.98	90.98	25.16	6.92	0.00
% of Calories											32.0%	16.0%	53.8%	33.5%	9.2%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Fir Ridge Campus 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																
Fir Ridge Campus 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
Tatertot 9	9 each	50	150	0	360	2.00	0.36	0.0	0	3.6	0	2.0	19.0	7.0	1.00	0.00
Parfait w/ granola	1 each	15	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Peanut Butter & Jelly 2 each	2 each	30	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Wrap Chicken	1 each	5	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Applesauce 1/2 cup	1/2 cup	50	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	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
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
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
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
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 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			845	36	1282	14.53	4.13	538.4	16865	27.37	69	29.35	123.35	28.94	7.07	0.00
% of Calories											32.7%	13.9%	58.4%	30.8%	7.5%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Fri - 01/18/2019																
Fir Ridge Campus Lunch	Total	100														
Alfredo Chicken	3/4 cup	50	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	50	112	7	158	0.48	0.82	52.5	67	4.61	2	4.36	16.74	2.9	0.89	0.00
Parfait w/ granola	1 each	15	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Peanut Butter & Jelly 2 each	2 each	30	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Wrap Chicken	1 each	5	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	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
Coleslaw 1/2 cup	1/2 cup	50	260	34	232	4.25	0.77	57.1	172	51.88	10	1.42	14.5	22.5	3.75	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
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
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			892	61	1112	11.33	4.32	613.0	1103	40.28	78	31.39	124.59	32.79	8.68	0.00
% of Calories											34.8%	14.1%	55.9%	33.1%	8.8%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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David Douglas

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Fir Ridge Campus 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)
Tue - 01/22/2019																
Fir Ridge Campus Lunch	Total	100														
Teriyaki Chicken	1/2 cup	50	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	50	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Parfait w/ granola	1 each	15	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Peanut Butter & Jelly 2 each	2 each	30	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Wrap Chicken	1 each	5	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Capri Mixed Vegetables	1/2 Cup	25	17	0	14	0.69	0.00	13.8	688	0.83	1	0.0	2.75	0.0	0.00	0.00
Broccoli 1/2 cup	1/2 cup	50	12	0	12	1.07	0.26	17.8	213	31.74	0	1.07	2.49	0.0	0.00	0.00
Oranges Mandarin 1 cup	1 cup	100	171	0	21	0.00	0.00	0.0	192	44.83	38	0.0	40.56	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
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 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			792	55	800	5.60	2.62	384.7	1226	65.95	80	28.70	126.59	19.36	4.00	0.00
% of Calories											40.4%	14.5%	64.0%	22.0%	4.5%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	
Wed - 01/23/2019																
Fir Ridge Campus Lunch	Total	100														
Lasagna Roll Up	1 each	50	316	25	731	3.45	1.43	354.7	831	7.16	11	17.54	37.95	9.29	4.40	0.00
Dorito 1 oz	1 each	1	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Parfait w/ granola	1 each	15	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Peanut Butter & Jelly 2 each	2 each	30	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Wrap Chicken	1 each	5	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Pineapple 1/2 cup	1/2 cup	50	59	0	10	0.99	0.36	0.0	64	14.81	13	0.0	14.81	0.0	0.00	0.00
Orange	1 each	50	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	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
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
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 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			696	30	997	8.48	4.04	633.2	5834	59.38	55	28.27	95.66	23.85	6.12	0.00
% of Calories											31.8%	16.3%	55.0%	30.9%	7.9%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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David Douglas

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Fir Ridge Campus 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 - 01/24/2019																
Fir Ridge Campus Lunch	Total	100														
Chicken Burger	1 Each	50	410	25	635	7.00	3.24	120.0	130	0.0	7	22.0	44.0	17.0	3.00	0.00
French Fries Baked 10	10 each	50	43	0	13	0.71	0.26	0.0	2	1.71	0	0.71	7.14	1.43	0.00	0.00
Parfait w/ granola	1 each	15	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Peanut Butter & Jelly 2 each	2 each	30	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Wrap Chicken	1 each	5	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Applesauce 1/2 cup	1/2 cup	50	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	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
Corn 1/2 cup	1/2 cup	50	65	0	15	2.00	0.36	0.0	20	1.2	3	2.0	15.0	1.0	0.00	0.00
Carrot Sticks 1 1/4 cup	1 1/4 cup	50	93	0	173	5.34	0.96	53.4	16009	16.01	13	2.67	21.35	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
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 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			817	30	1006	12.98	4.19	475.7	8905	43.71	62	31.00	115.12	28.90	5.42	0.00
% of Calories											30.3%	15.2%	56.4%	31.8%	6.0%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Mon - 01/28/2019																
Fir Ridge Campus Lunch	Total	100														
Nacho Turkey Chili HS	1 serving	50	295	32	699	1.33	0.88	328.2	200	0.09	0	11.33	23.83	17.16	6.06	0.00
Parfait w/ granola	1 each	15	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Peanut Butter & Jelly 2 each	2 each	30	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Wrap Chicken	1 each	5	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Baked Beans 1/2 cup	1/2 cup	50	150	0	440	6.00	1.08	40.0	50	0.0	10	6.0	30.0	1.0	0.00	0.00
Celery 1/2 cup	1/2 cup	50	12	0	59	1.49	0.13	29.7	334	2.23	1	0.74	2.23	0.0	0.00	0.00
Apricots 1/2 cup	1/2 cup	50	79	0	10	0.00	0.00	0.0	1739	2.39	20	0.0	18.88	0.0	0.00	0.00
Pears 1/2 cup	1/2 cup	50	62	0	5	2.00	0.36	11.0	50	2.0	10	0.42	16.05	0.09	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
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			708	27	1063	8.94	2.80	572.4	1913	8.24	58	25.88	103.66	22.60	5.95	0.00
% of Calories											32.8%	14.6%	58.6%	28.7%	7.6%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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David Douglas

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Fir Ridge Campus 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)
Tue - 01/29/2019																
Fir Ridge Campus Lunch	Total	100														
Mandarin Orange Chicken	2/3 cup	50	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	50	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Parfait w/ granola	1 each	15	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Peanut Butter & Jelly 2 each	2 each	30	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Wrap Chicken	1 each	5	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Corn 1/2 cup	1/2 cup	25	65	0	15	2.00	0.36	0.0	20	1.2	3	2.0	15.0	1.0	0.00	0.00
Broccoli 1/2 cup	1/2 cup	50	12	0	12	1.07	0.26	17.8	213	31.74	0	1.07	2.49	0.0	0.00	0.00
Oranges Mandarin 1 cup	1 cup	100	171	0	21	0.00	0.00	0.0	192	44.83	38	0.0	40.56	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
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 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			811	34	748	5.93	2.65	381.3	1057	66.64	82	25.95	135.66	19.07	3.67	0.00
% of Calories											40.4%	12.8%	66.9%	21.1%	4.1%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Wed - 01/30/2019																
Fir Ridge Campus Lunch	Total	100														
Pizza Combo	1 each	50	316	43	533	3.53	2.02	256.0	567	16.47	10	18.89	30.99	13.6	6.47	0.00
Parfait w/ granola	1 each	15	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Peanut Butter & Jelly 2 each	2 each	30	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Wrap Chicken	1 each	5	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Pineapple 1/2 cup	1/2 cup	50	59	0	10	0.99	0.36	0.0	64	14.81	13	0.0	14.81	0.0	0.00	0.00
Orange	1 each	50	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	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
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
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 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			694	39	896	8.50	4.33	583.8	5701	64.03	55	28.92	91.98	25.96	7.15	0.00
% of Calories											31.5%	16.7%	53.0%	33.6%	9.3%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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David Douglas

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Fir Ridge Campus 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 - 01/31/2019																
Fir Ridge Campus Lunch	Total	100														
Taco Chicken High	2 tacos	50	307	53	717	2.00	10.00	127.0	30	0.0	2	20.0	36.0	8.5	2.50	0.00
Parfait w/ granola	1 each	15	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Peanut Butter & Jelly 2 each	2 each	30	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Wrap Chicken	1 each	5	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Applesauce 1/2 cup	1/2 cup	50	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	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
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
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
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
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 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			777	44	1194	12.03	7.73	501.4	16815	25.07	67	29.60	116.35	23.44	5.17	0.00
% of Calories											34.4%	15.2%	59.9%	27.1%	6.0%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Weighted Average			779	39	982	9.47	3.88	502.8	5091	43.45	66	28.92	114.17	24.88	5.74	0.00
											76.7%	14.8%	58.6%	28.7%	6.6%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	779		750 - 850	100%				
Cholesterol (mg)	39							
Sodium 1 (mg)	982		1420					
Sodium 2 (mg)	982		1080					
Fiber (g)	9.47							
Iron (mg)	3.88							
Calcium (mg)	502.8							
Vitamin A (IU)	5091							
Sugars (g)	66	34.11%						
Vitamin C (mg)	43.45							
Protein (g)	28.92	14.85%						
Carbohydrate (g)	114.17	58.61%						
Total Fat (g)	24.88	28.73%	<=30.00%					
Saturated Fat (g)	5.74	6.63%	<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.