

# David Douglas

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

High School Lunch

Generated on: 11/20/2018 9:09:02 AM

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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)
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*\*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*

*<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

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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)
Mon - 01/07/2019																
High School Lunch	Total	2000														
Chicken Nugget	5 each	190	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Dorito 1 oz	1 each	190	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Mandarin Orange Chicken	2/3 cup	75	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	75	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Teriyaki Chicken	1/2 cup	25	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	25	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Pizza Veggie	1 each	21	288	30	441	3.53	1.91	253.0	567	16.47	10	15.45	30.74	12.23	6.00	0.00
Pizza Combo	1 each	16	316	43	533	3.53	2.02	256.0	567	16.47	10	18.89	30.99	13.6	6.47	0.00
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
Pizza Cheese	1 each	53	280	30	440	3.00	1.80	250.0	300	0.0	9	15.0	29.0	12.0	6.00	0.00
Pizza Pepperoni	1 each	232	305	43	540	3.00	1.80	250.0	300	0.0	9	18.0	29.5	13.25	6.50	0.00
Pizza Turkey Sausage	1 each	30	310	43	523	3.00	2.01	255.9	300	0.0	9	18.87	29.0	13.49	6.45	0.00
Nacho Chicken HS	1 serving	350	343	57	842	1.33	1.34	330.1	210	0.0	0	18.66	24.64	18.24	6.25	0.00
Nacho Turkey Chili HS	1 serving	267	295	32	699	1.33	0.88	328.2	200	0.09	0	11.33	23.83	17.16	6.06	0.00
Turkey & Cheese Sandwich	1 each	42	330	52	797	4.00	1.68	253.3	220	0.0	5	21.0	30.67	13.0	5.67	0.00
Wrap Turkey	1 each	40	352	52	848	4.14	2.99	316.1	274	0.41	2	20.14	32.08	16.0	9.17	0.00
Wrap Chicken	1 each	115	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Peanut Butter & Jelly 2 each	2 each	154	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Chicken Caesar Salad HS	1 each	30	404	82	856	5.65	3.29	201.4	16501	67.8	3	17.86	11.48	30.42	7.41	0.00
Rolls	1 each	30	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	200	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Hummus	1 each	10	90	5	240	4.00	1.08	60.0	300	0.0	1	3.0	11.0	3.0	0.50	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
Flat Bread	each	10	170	0	290	2.53	0.77	21.5	0	0.07	2	5.0	26.0	5.0	1.00	0.00
Bagel 2oz WW	1 each	100	140	0	180	4.00	1.80	40.0	25	0.0	5	6.0	29.0	1.0	0.00	0.00
Cheese Stick 2	2 each	100	120	20	400	0.00	0.00	400.0	400	0.0	2	14.0	2.0	6.0	4.00	0.00
Southwest Mixed Vegetables	1/2 Cup	1000	62	0	54	4.65	0.00	0.0	155	9.3	3	3.1	11.63	0.78	0.00	0.00
Carrot Sticks 3/4 cup	3/4 cup	1000	55	0	102	3.14	0.57	31.4	9417	9.42	8	1.57	12.56	0.0	0.00	0.00
Pears 1 cup	1 cup	1000	124	0	10	4.00	0.72	22.0	100	4.0	20	0.84	32.11	0.18	0.00	0.00
Apricots 1 cup	1 cup	1000	159	0	20	0.00	0.00	0.0	3478	4.77	40	0.0	37.76	0.0	0.00	0.00
Apple	1 each	200	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Orange	1 each	200	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Craisins	1 Each	500	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
Refried Beans 1/2 cup	1/2 cup	100	120	0	360	5.00	1.80	40.0	5	2.4	1	7.0	19.99	0.0	0.00	0.00
Salad Mix 1 cup	1 cup	1000	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Ranch Dressing	1 Tbs	2000	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	200	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Salsa	1 Tbs	1000	2	0	16	0.00	0.00	0.0	44	1.59	0	0.0	0.44	0.0	0.00	0.00

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# David Douglas

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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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)
Mon - 01/07/2019																
Milk White 1%	1 each	500	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	1500	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 % of Calories			810	49	1098	11.41	3.53	595.1	8868	30.06	76 37.5%	29.30 14.5%	122.89 60.7%	23.41 26.0%	6.68 7.4%	0.00 0.0%
Nutrient Guideline			750-850		1420									<=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 - 01/08/2019																
High School Lunch	Total	2000														
Hot Dog	1 each	190	310	35	755	4.00	2.16	80.0	30	0.0	6	12.0	29.0	18.0	7.50	0.00
Potato Salad 1/2 cup	1/2 cup	190	230	10	540	3.00	1.08	0.0	40	0.0	8	3.0	28.0	13.0	2.50	0.00
Mandarin Orange Chicken	2/3 cup	75	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	75	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Teriyaki Chicken	1/2 cup	25	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	25	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Pizza Veggie	1 each	21	288	30	441	3.53	1.91	253.0	567	16.47	10	15.45	30.74	12.23	6.00	0.00
Pizza Combo	1 each	16	316	43	533	3.53	2.02	256.0	567	16.47	10	18.89	30.99	13.6	6.47	0.00
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
Pizza Cheese	1 each	53	280	30	440	3.00	1.80	250.0	300	0.0	9	15.0	29.0	12.0	6.00	0.00
Pizza Pepperoni	1 each	232	305	43	540	3.00	1.80	250.0	300	0.0	9	18.0	29.5	13.25	6.50	0.00
Pizza Turkey Sausage	1 each	30	310	43	523	3.00	2.01	255.9	300	0.0	9	18.87	29.0	13.49	6.45	0.00
Nacho Chicken HS	1 serving	350	343	57	842	1.33	1.34	330.1	210	0.0	0	18.66	24.64	18.24	6.25	0.00
Nacho Turkey Chili HS	1 serving	267	295	32	699	1.33	0.88	328.2	200	0.09	0	11.33	23.83	17.16	6.06	0.00
Turkey & Cheese Sandwich	1 each	42	330	52	797	4.00	1.68	253.3	220	0.0	5	21.0	30.67	13.0	5.67	0.00
Wrap Turkey	1 each	40	352	52	848	4.14	2.99	316.1	274	0.41	2	20.14	32.08	16.0	9.17	0.00
Wrap Chicken	1 each	115	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Peanut Butter & Jelly 2 each	2 each	154	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Chicken Caesar Salad HS	1 each	30	404	82	856	5.65	3.29	201.4	16501	67.8	3	17.86	11.48	30.42	7.41	0.00
Rolls	1 each	30	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	200	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Hummus	1 each	10	90	5	240	4.00	1.08	60.0	300	0.0	1	3.0	11.0	3.0	0.50	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
Flat Bread	each	10	170	0	290	2.53	0.77	21.5	0	0.07	2	5.0	26.0	5.0	1.00	0.00
Bagel 2oz WW	1 each	100	140	0	180	4.00	1.80	40.0	25	0.0	5	6.0	29.0	1.0	0.00	0.00
Cheese Stick 2	2 each	100	120	20	400	0.00	0.00	400.0	400	0.0	2	14.0	2.0	6.0	4.00	0.00
Cauliflower 1/2 cup	1/2 cup	1000	13	0	15	1.50	0.18	10.0	5	23.1	1	1.0	2.5	0.0	0.00	0.00
Broccoli 1/2 cup	1/2 cup	1000	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	1000	171	0	21	0.00	0.00	0.0	192	44.83	38	0.0	40.56	0.0	0.00	0.00
Fruit Mix 1 cup	1 cup	1000	137	0	16	2.98	0.72	11.9	24	7.75	30	1.01	35.53	0.2	0.02	0.00
Apple	1 each	200	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Orange	1 each	200	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Craisins	1 Each	500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Refried Beans 1/2 cup	1/2 cup	100	120	0	360	5.00	1.80	40.0	5	2.4	1	7.0	19.99	0.0	0.00	0.00
Salad Mix 1 cup	1 cup	1000	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Ranch Dressing	1 Tbs	2000	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	200	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Salsa	1 Tbs	1000	2	0	16	0.00	0.00	0.0	44	1.59	0	0.0	0.44	0.0	0.00	0.00
Milk White 1%	1 each	500	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 Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

High School Lunch

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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 - 01/08/2019																
Milk Chocolate Fat Free	1 each	1500	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 % of Calories			790	51	1103	8.48	3.56	595.9	2498	70.02	77 38.7%	27.80 14.1%	118.39 59.9%	24.07 27.4%	7.36 8.4%	0.00 0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Wed - 01/09/2019																
High School Lunch	Total	2000														
Rib A Que	1 each	190	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	190	43	0	13	0.71	0.26	0.0	2	1.71	0	0.71	7.14	1.43	0.00	0.00
Mandarin Orange Chicken	2/3 cup	75	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	75	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Teriyaki Chicken	1/2 cup	25	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	25	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Pizza Veggie	1 each	21	288	30	441	3.53	1.91	253.0	567	16.47	10	15.45	30.74	12.23	6.00	0.00
Pizza Combo	1 each	16	316	43	533	3.53	2.02	256.0	567	16.47	10	18.89	30.99	13.6	6.47	0.00
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
Pizza Cheese	1 each	53	280	30	440	3.00	1.80	250.0	300	0.0	9	15.0	29.0	12.0	6.00	0.00
Pizza Pepperoni	1 each	232	305	43	540	3.00	1.80	250.0	300	0.0	9	18.0	29.5	13.25	6.50	0.00
Pizza Turkey Sausage	1 each	30	310	43	523	3.00	2.01	255.9	300	0.0	9	18.87	29.0	13.49	6.45	0.00
Nacho Chicken HS	1 serving	200	343	57	842	1.33	1.34	330.1	210	0.0	0	18.66	24.64	18.24	6.25	0.00
Nacho Turkey Chili HS	1 serving	270	295	32	699	1.33	0.88	328.2	200	0.09	0	11.33	23.83	17.16	6.06	0.00
Turkey & Cheese Sandwich	1 each	42	330	52	797	4.00	1.68	253.3	220	0.0	5	21.0	30.67	13.0	5.67	0.00
Wrap Turkey	1 each	40	352	52	848	4.14	2.99	316.1	274	0.41	2	20.14	32.08	16.0	9.17	0.00
Wrap Chicken	1 each	115	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Peanut Butter & Jelly 2 each	2 each	154	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Chicken Caesar Salad HS	1 each	30	404	82	856	5.65	3.29	201.4	16501	67.8	3	17.86	11.48	30.42	7.41	0.00
Rolls	1 each	30	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	200	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Hummus	1 each	10	90	5	240	4.00	1.08	60.0	300	0.0	1	3.0	11.0	3.0	0.50	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
Flat Bread	each	10	170	0	290	2.53	0.77	21.5	0	0.07	2	5.0	26.0	5.0	1.00	0.00
Bagel 2oz WW	1 each	100	140	0	180	4.00	1.80	40.0	25	0.0	5	6.0	29.0	1.0	0.00	0.00
Cheese Stick 2	2 each	100	120	20	400	0.00	0.00	400.0	400	0.0	2	14.0	2.0	6.0	4.00	0.00
Celery 1/2 cup	1/2 cup	100	12	0	59	1.49	0.13	29.7	334	2.23	1	0.74	2.23	0.0	0.00	0.00
Applesauce 1 cup	1 cup	1000	109	0	21	3.14	0.31	8.4	73	3.14	25	0.44	28.8	0.13	0.02	0.00
Kiwi	1 each	1000	46	0	4	2.28	0.27	22.8	152	57.0	12	0.76	11.4	0.0	0.00	0.00
Baked Beans 1/2 cup	1/2 cup	200	150	0	440	6.00	1.08	40.0	50	0.0	10	6.0	30.0	1.0	0.00	0.00
Apple	1 each	200	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Orange	1 each	200	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Craisins	1 Each	500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Refried Beans 1/2 cup	1/2 cup	100	120	0	360	5.00	1.80	40.0	5	2.4	1	7.0	19.99	0.0	0.00	0.00
Salad Mix 1 cup	1 cup	1000	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Ranch Dressing	1 Tbs	2000	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	200	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	500	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	1500	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00

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

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# David Douglas

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 11/20/2018 9:09:03 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			673	46	1001	8.87	3.34	577.6	2383	45.86	61 36.2%	26.66 15.8%	97.52 58.0%	21.13 28.3%	6.38 8.5%	0.00 0.0%
Nutrient Guideline			750-850		1420									<=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)
Thu - 01/10/2019																
High School Lunch	Total	2000														
Chicken Burger	1 Each	190	410	25	635	7.00	3.24	120.0	130	0.0	7	22.0	44.0	17.0	3.00	0.00
Coleslaw 1/2 cup	1/2 cup	190	260	34	232	4.25	0.77	57.1	172	51.88	10	1.42	14.5	22.5	3.75	0.00
Mandarin Orange Chicken	2/3 cup	75	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	75	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Teriyaki Chicken	1/2 cup	25	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	25	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Pizza Veggie	1 each	21	288	30	441	3.53	1.91	253.0	567	16.47	10	15.45	30.74	12.23	6.00	0.00
Pizza Combo	1 each	16	316	43	533	3.53	2.02	256.0	567	16.47	10	18.89	30.99	13.6	6.47	0.00
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
Pizza Cheese	1 each	53	280	30	440	3.00	1.80	250.0	300	0.0	9	15.0	29.0	12.0	6.00	0.00
Pizza Pepperoni	1 each	232	305	43	540	3.00	1.80	250.0	300	0.0	9	18.0	29.5	13.25	6.50	0.00
Pizza Turkey Sausage	1 each	30	310	43	523	3.00	2.01	255.9	300	0.0	9	18.87	29.0	13.49	6.45	0.00
Nacho Chicken HS	1 serving	350	343	57	842	1.33	1.34	330.1	210	0.0	0	18.66	24.64	18.24	6.25	0.00
Nacho Turkey Chili HS	1 serving	267	295	32	699	1.33	0.88	328.2	200	0.09	0	11.33	23.83	17.16	6.06	0.00
Turkey & Cheese Sandwich	1 each	42	330	52	797	4.00	1.68	253.3	220	0.0	5	21.0	30.67	13.0	5.67	0.00
Wrap Turkey	1 each	40	352	52	848	4.14	2.99	316.1	274	0.41	2	20.14	32.08	16.0	9.17	0.00
Wrap Chicken	1 each	115	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Peanut Butter & Jelly 2 each	2 each	154	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Chicken Caesar Salad HS	1 each	30	404	82	856	5.65	3.29	201.4	16501	67.8	3	17.86	11.48	30.42	7.41	0.00
Rolls	1 each	30	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	200	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Hummus	1 each	10	90	5	240	4.00	1.08	60.0	300	0.0	1	3.0	11.0	3.0	0.50	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
Flat Bread	each	10	170	0	290	2.53	0.77	21.5	0	0.07	2	5.0	26.0	5.0	1.00	0.00
Bagel 2oz WW	1 each	100	140	0	180	4.00	1.80	40.0	25	0.0	5	6.0	29.0	1.0	0.00	0.00
Cheese Stick 2	2 each	100	120	20	400	0.00	0.00	400.0	400	0.0	2	14.0	2.0	6.0	4.00	0.00
Capri Mixed Vegetables	1/2 Cup	1000	17	0	14	0.69	0.00	13.8	688	0.83	1	0.0	2.75	0.0	0.00	0.00
Coleslaw 1/2 cup	1/2 cup	1000	260	34	232	4.25	0.77	57.1	172	51.88	10	1.42	14.5	22.5	3.75	0.00
Pineapple 1 cup	1 cup	1000	119	0	20	1.98	0.71	0.0	128	29.63	26	0.0	29.63	0.0	0.00	0.00
Banana	1 each	1000	90	0	1	3.03	0.18	10.1	51	9.09	12	1.01	23.23	0.0	0.00	0.00
Apple	1 each	200	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Orange	1 each	200	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Craisins	1 Each	500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Refried Beans 1/2 cup	1/2 cup	100	120	0	360	5.00	1.80	40.0	5	2.4	1	7.0	19.99	0.0	0.00	0.00
Salad Mix 1 cup	1 cup	1000	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Ranch Dressing	1 Tbs	2000	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Salsa	1 Tbs	2000	2	0	16	0.00	0.00	0.0	44	1.59	0	0.0	0.44	0.0	0.00	0.00
Milk White 1%	1 each	500	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	1500	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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 % of Calories			879	69	1156	11.08	3.89	625.7	2843	67.75	67 30.3%	28.27 12.9%	112.94 51.4%	36.03 36.9%	8.92 9.1%	0.00 0.0%
Nutrient Guideline			750-850		1420									<=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)
Fri - 01/11/2019																
High School Lunch	Total	2000														
Turkey Gravy	3/8 cup	190	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	190	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	190	193	8	247	0.90	1.59	42.0	41	7.51	5	6.32	32.16	3.83	0.53	0.00
Mandarin Orange Chicken	2/3 cup	75	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	75	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Teriyaki Chicken	1/2 cup	25	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	25	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Pizza Veggie	1 each	21	288	30	441	3.53	1.91	253.0	567	16.47	10	15.45	30.74	12.23	6.00	0.00
Pizza Combo	1 each	16	316	43	533	3.53	2.02	256.0	567	16.47	10	18.89	30.99	13.6	6.47	0.00
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
Pizza Cheese	1 each	53	280	30	440	3.00	1.80	250.0	300	0.0	9	15.0	29.0	12.0	6.00	0.00
Pizza Pepperoni	1 each	232	305	43	540	3.00	1.80	250.0	300	0.0	9	18.0	29.5	13.25	6.50	0.00
Pizza Turkey Sausage	1 each	30	310	43	523	3.00	2.01	255.9	300	0.0	9	18.87	29.0	13.49	6.45	0.00
Nacho Chicken HS	1 serving	350	343	57	842	1.33	1.34	330.1	210	0.0	0	18.66	24.64	18.24	6.25	0.00
Nacho Turkey Chili HS	1 serving	267	295	32	699	1.33	0.88	328.2	200	0.09	0	11.33	23.83	17.16	6.06	0.00
Turkey & Cheese Sandwich	1 each	42	330	52	797	4.00	1.68	253.3	220	0.0	5	21.0	30.67	13.0	5.67	0.00
Wrap Turkey	1 each	40	352	52	848	4.14	2.99	316.1	274	0.41	2	20.14	32.08	16.0	9.17	0.00
Wrap Chicken	1 each	115	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Peanut Butter & Jelly 2 each	2 each	154	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Chicken Caesar Salad HS	1 each	30	404	82	856	5.65	3.29	201.4	16501	67.8	3	17.86	11.48	30.42	7.41	0.00
Rolls	1 each	30	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	200	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Hummus	1 each	10	90	5	240	4.00	1.08	60.0	300	0.0	1	3.0	11.0	3.0	0.50	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
Flat Bread	each	10	170	0	290	2.53	0.77	21.5	0	0.07	2	5.0	26.0	5.0	1.00	0.00
Bagel 2oz WW	1 each	100	140	0	180	4.00	1.80	40.0	25	0.0	5	6.0	29.0	1.0	0.00	0.00
Cheese Stick 2	2 each	100	120	20	400	0.00	0.00	400.0	400	0.0	2	14.0	2.0	6.0	4.00	0.00
Green Beans 1/2 cup	1/2 cup	500	20	0	138	1.97	0.71	19.7	296	2.37	2	0.99	3.94	0.0	0.00	0.00
Corn 1/2 cup	1/2 cup	1000	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 cup	1 cup	1000	135	0	12	3.18	0.89	8.0	46	5.96	32	1.11	36.29	0.08	0.00	0.00
Apple	1 each	200	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Orange	1 each	200	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Refried Beans 1/2 cup	1/2 cup	100	120	0	360	5.00	1.80	40.0	5	2.4	1	7.0	19.99	0.0	0.00	0.00
Salad Mix 1 cup	1 cup	1000	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Ranch Dressing	1 Tbs	2000	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Salsa	1 Tbs	1000	2	0	16	0.00	0.00	0.0	44	1.59	0	0.0	0.44	0.0	0.00	0.00
Milk White 1%	1 each	500	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	1500	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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 % of Calories			687	52	1065	7.59	3.73	581.5	2359	23.23	52 30.6%	28.86 16.8%	96.39 56.1%	22.62 29.6%	6.69 8.8%	0.00 0.0%
Nutrient Guideline			750-850		1420									<=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)
Mon - 01/14/2019																
High School Lunch	Total	2000														
Chicken Strips	3 each	190	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
Sun Chip Original	1 each	190	140	0	120	3.00	0.36	0.0	10	0.0	2	2.0	19.0	6.0	1.00	0.00
Mandarin Orange Chicken	2/3 cup	75	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	75	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Teriyaki Chicken	1/2 cup	25	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	25	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Pizza Veggie	1 each	21	288	30	441	3.53	1.91	253.0	567	16.47	10	15.45	30.74	12.23	6.00	0.00
Pizza Combo	1 each	16	316	43	533	3.53	2.02	256.0	567	16.47	10	18.89	30.99	13.6	6.47	0.00
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
Pizza Cheese	1 each	53	280	30	440	3.00	1.80	250.0	300	0.0	9	15.0	29.0	12.0	6.00	0.00
Pizza Pepperoni	1 each	232	305	43	540	3.00	1.80	250.0	300	0.0	9	18.0	29.5	13.25	6.50	0.00
Pizza Turkey Sausage	1 each	30	310	43	523	3.00	2.01	255.9	300	0.0	9	18.87	29.0	13.49	6.45	0.00
Nacho Chicken HS	1 serving	350	343	57	842	1.33	1.34	330.1	210	0.0	0	18.66	24.64	18.24	6.25	0.00
Nacho Turkey Chili HS	1 serving	267	295	32	699	1.33	0.88	328.2	200	0.09	0	11.33	23.83	17.16	6.06	0.00
Turkey & Cheese Sandwich	1 each	42	330	52	797	4.00	1.68	253.3	220	0.0	5	21.0	30.67	13.0	5.67	0.00
Wrap Turkey	1 each	40	352	52	848	4.14	2.99	316.1	274	0.41	2	20.14	32.08	16.0	9.17	0.00
Wrap Chicken	1 each	115	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Peanut Butter & Jelly 2 each	2 each	154	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Chicken Caesar Salad HS	1 each	30	404	82	856	5.65	3.29	201.4	16501	67.8	3	17.86	11.48	30.42	7.41	0.00
Rolls	1 each	30	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	200	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Hummus	1 each	10	90	5	240	4.00	1.08	60.0	300	0.0	1	3.0	11.0	3.0	0.50	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
Flat Bread	each	10	170	0	290	2.53	0.77	21.5	0	0.07	2	5.0	26.0	5.0	1.00	0.00
Bagel 2oz WW	1 each	100	140	0	180	4.00	1.80	40.0	25	0.0	5	6.0	29.0	1.0	0.00	0.00
Cheese Stick 2	2 each	100	120	20	400	0.00	0.00	400.0	400	0.0	2	14.0	2.0	6.0	4.00	0.00
Southwest Mixed Vegetables	1/2 Cup	1000	62	0	54	4.65	0.00	0.0	155	9.3	3	3.1	11.63	0.78	0.00	0.00
Carrot Sticks 3/4 cup	3/4 cup	1000	55	0	102	3.14	0.57	31.4	9417	9.42	8	1.57	12.56	0.0	0.00	0.00
Pears 1 cup	1 cup	1000	124	0	10	4.00	0.72	22.0	100	4.0	20	0.84	32.11	0.18	0.00	0.00
Apricots 1 cup	1 cup	1000	159	0	20	0.00	0.00	0.0	3478	4.77	40	0.0	37.76	0.0	0.00	0.00
Apple	1 each	200	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Orange	1 each	200	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Craisins	1 Each	500	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
Refried Beans 1/2 cup	1/2 cup	90	120	0	360	5.00	1.80	40.0	5	2.4	1	7.0	19.99	0.0	0.00	0.00
Salad Mix 1 cup	1 cup	1000	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Ranch Dressing	1 Tbs	2000	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	200	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Salsa	1 Tbs	1000	2	0	16	0.00	0.00	0.0	44	1.59	0	0.0	0.44	0.0	0.00	0.00

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# David Douglas

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

High School Lunch

Generated on: 11/20/2018 9:09:03 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 <sup>1</sup> (g)
Mon - 01/14/2019																
Milk White 1%	1 each	500	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	1500	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 % of Calories			810	49	1087	11.48	3.52	598.7	8860	30.05	76 37.5%	29.17 14.4%	122.69 60.6%	23.50 26.1%	6.73 7.5%	0.00 0.0%
Nutrient Guideline			750-850		1420									<=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 - 01/15/2019																
High School Lunch	Total	2000														
Corn Dog	1 each	190	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
Potato Salad 1/2 cup	1/2 cup	190	230	10	540	3.00	1.08	0.0	40	0.0	8	3.0	28.0	13.0	2.50	0.00
Mandarin Orange Chicken	2/3 cup	75	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	75	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Teriyaki Chicken	1/2 cup	25	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	25	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Pizza Veggie	1 each	21	288	30	441	3.53	1.91	253.0	567	16.47	10	15.45	30.74	12.23	6.00	0.00
Pizza Combo	1 each	16	316	43	533	3.53	2.02	256.0	567	16.47	10	18.89	30.99	13.6	6.47	0.00
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
Pizza Cheese	1 each	53	280	30	440	3.00	1.80	250.0	300	0.0	9	15.0	29.0	12.0	6.00	0.00
Pizza Pepperoni	1 each	232	305	43	540	3.00	1.80	250.0	300	0.0	9	18.0	29.5	13.25	6.50	0.00
Pizza Turkey Sausage	1 each	30	310	43	523	3.00	2.01	255.9	300	0.0	9	18.87	29.0	13.49	6.45	0.00
Nacho Chicken HS	1 serving	350	343	57	842	1.33	1.34	330.1	210	0.0	0	18.66	24.64	18.24	6.25	0.00
Nacho Turkey Chili HS	1 serving	267	295	32	699	1.33	0.88	328.2	200	0.09	0	11.33	23.83	17.16	6.06	0.00
Turkey & Cheese Sandwich	1 each	42	330	52	797	4.00	1.68	253.3	220	0.0	5	21.0	30.67	13.0	5.67	0.00
Wrap Turkey	1 each	40	352	52	848	4.14	2.99	316.1	274	0.41	2	20.14	32.08	16.0	9.17	0.00
Wrap Chicken	1 each	115	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Peanut Butter & Jelly 2 each	2 each	154	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Chicken Caesar Salad HS	1 each	30	404	82	856	5.65	3.29	201.4	16501	67.8	3	17.86	11.48	30.42	7.41	0.00
Rolls	1 each	30	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	200	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Hummus	1 each	10	90	5	240	4.00	1.08	60.0	300	0.0	1	3.0	11.0	3.0	0.50	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
Flat Bread	each	10	170	0	290	2.53	0.77	21.5	0	0.07	2	5.0	26.0	5.0	1.00	0.00
Bagel 2oz WW	1 each	100	140	0	180	4.00	1.80	40.0	25	0.0	5	6.0	29.0	1.0	0.00	0.00
Cheese Stick 2	2 each	100	120	20	400	0.00	0.00	400.0	400	0.0	2	14.0	2.0	6.0	4.00	0.00
Cauliflower 1/2 cup	1/2 cup	1000	13	0	15	1.50	0.18	10.0	5	23.1	1	1.0	2.5	0.0	0.00	0.00
Broccoli 1/2 cup	1/2 cup	1000	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	1000	171	0	21	0.00	0.00	0.0	192	44.83	38	0.0	40.56	0.0	0.00	0.00
Fruit Mix 1 cup	1 cup	1000	137	0	16	2.98	0.72	11.9	24	7.75	30	1.01	35.53	0.2	0.02	0.00
Apple	1 each	200	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Orange	1 each	200	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Craisins	1 Each	500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Refried Beans 1/2 cup	1/2 cup	90	120	0	360	5.00	1.80	40.0	5	2.4	1	7.0	19.99	0.0	0.00	0.00
Salad Mix 1 cup	1 cup	1000	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Ranch Dressing	1 Tbs	2000	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	200	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Salsa	1 Tbs	1000	2	0	16	0.00	0.00	0.0	44	1.59	0	0.0	0.44	0.0	0.00	0.00
Milk White 1%	1 each	500	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

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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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 - 01/15/2019																
Milk Chocolate Fat Free	1 each	1500	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 % of Calories			783	51	1066	8.55	3.52	595.7	2497	70.01	76 39.0%	27.48 14.0%	118.38 60.5%	23.12 26.6%	6.88 7.9%	0.00 0.0%
Nutrient Guideline			750-850		1420									<=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 - 01/16/2019																
High School Lunch	Total	2000														
Cheese Burger	1 each	190	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	190	150	0	360	2.00	0.36	0.0	0	3.6	0	2.0	19.0	7.0	1.00	0.00
Mandarin Orange Chicken	2/3 cup	75	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	75	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Teriyaki Chicken	1/2 cup	25	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	25	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Pizza Veggie	1 each	21	288	30	441	3.53	1.91	253.0	567	16.47	10	15.45	30.74	12.23	6.00	0.00
Pizza Combo	1 each	16	316	43	533	3.53	2.02	256.0	567	16.47	10	18.89	30.99	13.6	6.47	0.00
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
Pizza Cheese	1 each	53	280	30	440	3.00	1.80	250.0	300	0.0	9	15.0	29.0	12.0	6.00	0.00
Pizza Pepperoni	1 each	232	305	43	540	3.00	1.80	250.0	300	0.0	9	18.0	29.5	13.25	6.50	0.00
Pizza Turkey Sausage	1 each	30	310	43	523	3.00	2.01	255.9	300	0.0	9	18.87	29.0	13.49	6.45	0.00
Nacho Chicken HS	1 serving	200	343	57	842	1.33	1.34	330.1	210	0.0	0	18.66	24.64	18.24	6.25	0.00
Nacho Turkey Chili HS	1 serving	270	295	32	699	1.33	0.88	328.2	200	0.09	0	11.33	23.83	17.16	6.06	0.00
Turkey & Cheese Sandwich	1 each	42	330	52	797	4.00	1.68	253.3	220	0.0	5	21.0	30.67	13.0	5.67	0.00
Wrap Turkey	1 each	40	352	52	848	4.14	2.99	316.1	274	0.41	2	20.14	32.08	16.0	9.17	0.00
Wrap Chicken	1 each	115	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Peanut Butter & Jelly 2 each	2 each	154	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Chicken Caesar Salad HS	1 each	30	404	82	856	5.65	3.29	201.4	16501	67.8	3	17.86	11.48	30.42	7.41	0.00
Rolls	1 each	30	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	200	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Hummus	1 each	10	90	5	240	4.00	1.08	60.0	300	0.0	1	3.0	11.0	3.0	0.50	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
Flat Bread	each	10	170	0	290	2.53	0.77	21.5	0	0.07	2	5.0	26.0	5.0	1.00	0.00
Bagel 2oz WW	1 each	100	140	0	180	4.00	1.80	40.0	25	0.0	5	6.0	29.0	1.0	0.00	0.00
Cheese Stick 2	2 each	100	120	20	400	0.00	0.00	400.0	400	0.0	2	14.0	2.0	6.0	4.00	0.00
Celery 1/2 cup	1/2 cup	100	12	0	59	1.49	0.13	29.7	334	2.23	1	0.74	2.23	0.0	0.00	0.00
Applesauce 1 cup	1 cup	1000	109	0	21	3.14	0.31	8.4	73	3.14	25	0.44	28.8	0.13	0.02	0.00
Kiwi	1 each	1000	46	0	4	2.28	0.27	22.8	152	57.0	12	0.76	11.4	0.0	0.00	0.00
Baked Beans 1/2 cup	1/2 cup	150	150	0	440	6.00	1.08	40.0	50	0.0	10	6.0	30.0	1.0	0.00	0.00
Apple	1 each	200	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Orange	1 each	200	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Craisins	1 Each	500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Refried Beans 1/2 cup	1/2 cup	100	120	0	360	5.00	1.80	40.0	5	2.4	1	7.0	19.99	0.0	0.00	0.00
Salad Mix 1 cup	1 cup	1000	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Ranch Dressing	1 Tbs	2000	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	200	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	500	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	1500	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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 % of Calories			678	46	1011	8.84	3.23	583.3	2382	46.14	60 35.6%	26.39 15.6%	97.61 57.6%	21.68 28.8%	6.55 8.7%	0.00 0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Thu - 01/17/2019																
High School Lunch	Total	2000														
Chicken Burger	1 Each	190	410	25	635	7.00	3.24	120.0	130	0.0	7	22.0	44.0	17.0	3.00	0.00
Coleslaw 1/2 cup	1/2 cup	190	260	34	232	4.25	0.77	57.1	172	51.88	10	1.42	14.5	22.5	3.75	0.00
Mandarin Orange Chicken	2/3 cup	75	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	75	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Teriyaki Chicken	1/2 cup	25	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	25	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Pizza Veggie	1 each	21	288	30	441	3.53	1.91	253.0	567	16.47	10	15.45	30.74	12.23	6.00	0.00
Pizza Combo	1 each	16	316	43	533	3.53	2.02	256.0	567	16.47	10	18.89	30.99	13.6	6.47	0.00
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
Pizza Cheese	1 each	53	280	30	440	3.00	1.80	250.0	300	0.0	9	15.0	29.0	12.0	6.00	0.00
Pizza Pepperoni	1 each	232	305	43	540	3.00	1.80	250.0	300	0.0	9	18.0	29.5	13.25	6.50	0.00
Pizza Turkey Sausage	1 each	30	310	43	523	3.00	2.01	255.9	300	0.0	9	18.87	29.0	13.49	6.45	0.00
Nacho Chicken HS	1 serving	350	343	57	842	1.33	1.34	330.1	210	0.0	0	18.66	24.64	18.24	6.25	0.00
Nacho Turkey Chili HS	1 serving	267	295	32	699	1.33	0.88	328.2	200	0.09	0	11.33	23.83	17.16	6.06	0.00
Turkey & Cheese Sandwich	1 each	42	330	52	797	4.00	1.68	253.3	220	0.0	5	21.0	30.67	13.0	5.67	0.00
Wrap Turkey	1 each	40	352	52	848	4.14	2.99	316.1	274	0.41	2	20.14	32.08	16.0	9.17	0.00
Wrap Chicken	1 each	115	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Peanut Butter & Jelly 2 each	2 each	154	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Chicken Caesar Salad HS	1 each	30	404	82	856	5.65	3.29	201.4	16501	67.8	3	17.86	11.48	30.42	7.41	0.00
Rolls	1 each	30	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	200	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Hummus	1 each	10	90	5	240	4.00	1.08	60.0	300	0.0	1	3.0	11.0	3.0	0.50	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
Flat Bread	each	10	170	0	290	2.53	0.77	21.5	0	0.07	2	5.0	26.0	5.0	1.00	0.00
Bagel 2oz WW	1 each	100	140	0	180	4.00	1.80	40.0	25	0.0	5	6.0	29.0	1.0	0.00	0.00
Cheese Stick 2	2 each	100	120	20	400	0.00	0.00	400.0	400	0.0	2	14.0	2.0	6.0	4.00	0.00
Capri Mixed Vegetables	1/2 Cup	1000	17	0	14	0.69	0.00	13.8	688	0.83	1	0.0	2.75	0.0	0.00	0.00
Coleslaw 1/2 cup	1/2 cup	1000	260	34	232	4.25	0.77	57.1	172	51.88	10	1.42	14.5	22.5	3.75	0.00
Pineapple 1 cup	1 cup	1000	119	0	20	1.98	0.71	0.0	128	29.63	26	0.0	29.63	0.0	0.00	0.00
Banana	1 each	1000	90	0	1	3.03	0.18	10.1	51	9.09	12	1.01	23.23	0.0	0.00	0.00
Apple	1 each	200	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Orange	1 each	200	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Craisins	1 Each	500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Refried Beans 1/2 cup	1/2 cup	100	120	0	360	5.00	1.80	40.0	5	2.4	1	7.0	19.99	0.0	0.00	0.00
Salad Mix 1 cup	1 cup	1000	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Ranch Dressing	1 Tbs	2000	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Salsa	1 Tbs	2000	2	0	16	0.00	0.00	0.0	44	1.59	0	0.0	0.44	0.0	0.00	0.00
Milk White 1%	1 each	500	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	1500	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00

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

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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 % of Calories			879	69	1156	11.08	3.89	625.7	2843	67.75	67 30.3%	28.27 12.9%	112.94 51.4%	36.03 36.9%	8.92 9.1%	0.00 0.0%
Nutrient Guideline			750-850		1420									<=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)
Fri - 01/18/2019																
High School Lunch	Total	2000														
Alfredo Chicken	3/4 cup	190	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	190	136	6	160	0.70	1.16	31.7	63	6.35	3	4.33	22.0	3.04	0.57	0.00
Mandarin Orange Chicken	2/3 cup	75	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	75	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Teriyaki Chicken	1/2 cup	25	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	25	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Pizza Veggie	1 each	21	288	30	441	3.53	1.91	253.0	567	16.47	10	15.45	30.74	12.23	6.00	0.00
Pizza Combo	1 each	16	316	43	533	3.53	2.02	256.0	567	16.47	10	18.89	30.99	13.6	6.47	0.00
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
Pizza Cheese	1 each	53	280	30	440	3.00	1.80	250.0	300	0.0	9	15.0	29.0	12.0	6.00	0.00
Pizza Pepperoni	1 each	232	305	43	540	3.00	1.80	250.0	300	0.0	9	18.0	29.5	13.25	6.50	0.00
Pizza Turkey Sausage	1 each	30	310	43	523	3.00	2.01	255.9	300	0.0	9	18.87	29.0	13.49	6.45	0.00
Nacho Chicken HS	1 serving	350	343	57	842	1.33	1.34	330.1	210	0.0	0	18.66	24.64	18.24	6.25	0.00
Nacho Turkey Chili HS	1 serving	267	295	32	699	1.33	0.88	328.2	200	0.09	0	11.33	23.83	17.16	6.06	0.00
Turkey & Cheese Sandwich	1 each	42	330	52	797	4.00	1.68	253.3	220	0.0	5	21.0	30.67	13.0	5.67	0.00
Wrap Turkey	1 each	40	352	52	848	4.14	2.99	316.1	274	0.41	2	20.14	32.08	16.0	9.17	0.00
Wrap Chicken	1 each	115	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Peanut Butter & Jelly 2 each	2 each	154	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Chicken Caesar Salad HS	1 each	30	404	82	856	5.65	3.29	201.4	16501	67.8	3	17.86	11.48	30.42	7.41	0.00
Rolls	1 each	30	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	200	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Hummus	1 each	10	90	5	240	4.00	1.08	60.0	300	0.0	1	3.0	11.0	3.0	0.50	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
Flat Bread	each	10	170	0	290	2.53	0.77	21.5	0	0.07	2	5.0	26.0	5.0	1.00	0.00
Bagel 2oz WW	1 each	100	140	0	180	4.00	1.80	40.0	25	0.0	5	6.0	29.0	1.0	0.00	0.00
Cheese Stick 2	2 each	100	120	20	400	0.00	0.00	400.0	400	0.0	2	14.0	2.0	6.0	4.00	0.00
Green Beans 1/2 cup	1/2 cup	500	20	0	138	1.97	0.71	19.7	296	2.37	2	0.99	3.94	0.0	0.00	0.00
Corn 1/2 cup	1/2 cup	1000	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 cup	1 cup	1000	135	0	12	3.18	0.89	8.0	46	5.96	32	1.11	36.29	0.08	0.00	0.00
Apple	1 each	200	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Orange	1 each	200	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Craisins	1 Each	500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Refried Beans 1/2 cup	1/2 cup	100	120	0	360	5.00	1.80	40.0	5	2.4	1	7.0	19.99	0.0	0.00	0.00
Salad Mix 1 cup	1 cup	1000	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Ranch Dressing	1 Tbs	2000	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Salsa	1 Tbs	1000	2	0	16	0.00	0.00	0.0	44	1.59	0	0.0	0.44	0.0	0.00	0.00
Milk White 1%	1 each	500	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	1500	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00

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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)
Weighted Daily Average % of Calories			718	53	1068	8.43	3.73	613.1	2397	21.09	58 32.6%	29.00 16.2%	103.20 57.5%	23.10 29.0%	7.11 8.9%	0.00 0.0%
Nutrient Guideline			750-850		1420									<=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 - 01/22/2019																
High School Lunch	Total	2000														
Hot Dog	1 each	190	310	35	755	4.00	2.16	80.0	30	0.0	6	12.0	29.0	18.0	7.50	0.00
Potato Salad 1/2 cup	1/2 cup	190	230	10	540	3.00	1.08	0.0	40	0.0	8	3.0	28.0	13.0	2.50	0.00
Mandarin Orange Chicken	2/3 cup	75	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	75	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Teriyaki Chicken	1/2 cup	25	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	25	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Pizza Veggie	1 each	21	288	30	441	3.53	1.91	253.0	567	16.47	10	15.45	30.74	12.23	6.00	0.00
Pizza Combo	1 each	16	316	43	533	3.53	2.02	256.0	567	16.47	10	18.89	30.99	13.6	6.47	0.00
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
Pizza Cheese	1 each	53	280	30	440	3.00	1.80	250.0	300	0.0	9	15.0	29.0	12.0	6.00	0.00
Pizza Pepperoni	1 each	232	305	43	540	3.00	1.80	250.0	300	0.0	9	18.0	29.5	13.25	6.50	0.00
Pizza Turkey Sausage	1 each	30	310	43	523	3.00	2.01	255.9	300	0.0	9	18.87	29.0	13.49	6.45	0.00
Nacho Chicken HS	1 serving	350	343	57	842	1.33	1.34	330.1	210	0.0	0	18.66	24.64	18.24	6.25	0.00
Nacho Turkey Chili HS	1 serving	267	295	32	699	1.33	0.88	328.2	200	0.09	0	11.33	23.83	17.16	6.06	0.00
Turkey & Cheese Sandwich	1 each	42	330	52	797	4.00	1.68	253.3	220	0.0	5	21.0	30.67	13.0	5.67	0.00
Wrap Turkey	1 each	40	352	52	848	4.14	2.99	316.1	274	0.41	2	20.14	32.08	16.0	9.17	0.00
Wrap Chicken	1 each	115	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Peanut Butter & Jelly 2 each	2 each	154	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Chicken Caesar Salad HS	1 each	30	404	82	856	5.65	3.29	201.4	16501	67.8	3	17.86	11.48	30.42	7.41	0.00
Rolls	1 each	30	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	200	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Hummus	1 each	10	90	5	240	4.00	1.08	60.0	300	0.0	1	3.0	11.0	3.0	0.50	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
Flat Bread	each	10	170	0	290	2.53	0.77	21.5	0	0.07	2	5.0	26.0	5.0	1.00	0.00
Bagel 2oz WW	1 each	100	140	0	180	4.00	1.80	40.0	25	0.0	5	6.0	29.0	1.0	0.00	0.00
Cheese Stick 2	2 each	100	120	20	400	0.00	0.00	400.0	400	0.0	2	14.0	2.0	6.0	4.00	0.00
Cauliflower 1/2 cup	1/2 cup	1000	13	0	15	1.50	0.18	10.0	5	23.1	1	1.0	2.5	0.0	0.00	0.00
Broccoli 1/2 cup	1/2 cup	1000	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	1000	171	0	21	0.00	0.00	0.0	192	44.83	38	0.0	40.56	0.0	0.00	0.00
Fruit Mix 1 cup	1 cup	1000	137	0	16	2.98	0.72	11.9	24	7.75	30	1.01	35.53	0.2	0.02	0.00
Apple	1 each	200	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Orange	1 each	200	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Craisins	1 Each	500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Refried Beans 1/2 cup	1/2 cup	100	120	0	360	5.00	1.80	40.0	5	2.4	1	7.0	19.99	0.0	0.00	0.00
Salad Mix 1 cup	1 cup	1000	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Ranch Dressing	1 Tbs	2000	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	200	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Salsa	1 Tbs	1000	2	0	16	0.00	0.00	0.0	44	1.59	0	0.0	0.44	0.0	0.00	0.00
Milk White 1%	1 each	500	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

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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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 - 01/22/2019																
Milk Chocolate Fat Free	1 each	1500	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 % of Calories			790	51	1103	8.48	3.56	595.9	2498	70.02	77 38.7%	27.80 14.1%	118.39 59.9%	24.07 27.4%	7.36 8.4%	0.00 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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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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 - 01/23/2019																
High School Lunch	Total	2000														
Rib A Que	1 each	190	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	190	43	0	13	0.71	0.26	0.0	2	1.71	0	0.71	7.14	1.43	0.00	0.00
Mandarin Orange Chicken	2/3 cup	75	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	75	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Teriyaki Chicken	1/2 cup	25	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	25	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Pizza Veggie	1 each	21	288	30	441	3.53	1.91	253.0	567	16.47	10	15.45	30.74	12.23	6.00	0.00
Pizza Combo	1 each	16	316	43	533	3.53	2.02	256.0	567	16.47	10	18.89	30.99	13.6	6.47	0.00
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
Pizza Cheese	1 each	53	280	30	440	3.00	1.80	250.0	300	0.0	9	15.0	29.0	12.0	6.00	0.00
Pizza Pepperoni	1 each	232	305	43	540	3.00	1.80	250.0	300	0.0	9	18.0	29.5	13.25	6.50	0.00
Pizza Turkey Sausage	1 each	30	310	43	523	3.00	2.01	255.9	300	0.0	9	18.87	29.0	13.49	6.45	0.00
Nacho Chicken HS	1 serving	200	343	57	842	1.33	1.34	330.1	210	0.0	0	18.66	24.64	18.24	6.25	0.00
Nacho Turkey Chili HS	1 serving	270	295	32	699	1.33	0.88	328.2	200	0.09	0	11.33	23.83	17.16	6.06	0.00
Turkey & Cheese Sandwich	1 each	42	330	52	797	4.00	1.68	253.3	220	0.0	5	21.0	30.67	13.0	5.67	0.00
Wrap Turkey	1 each	40	352	52	848	4.14	2.99	316.1	274	0.41	2	20.14	32.08	16.0	9.17	0.00
Wrap Chicken	1 each	115	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Peanut Butter & Jelly 2 each	2 each	154	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Chicken Caesar Salad HS	1 each	30	404	82	856	5.65	3.29	201.4	16501	67.8	3	17.86	11.48	30.42	7.41	0.00
Rolls	1 each	30	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	200	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Hummus	1 each	10	90	5	240	4.00	1.08	60.0	300	0.0	1	3.0	11.0	3.0	0.50	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
Flat Bread	each	10	170	0	290	2.53	0.77	21.5	0	0.07	2	5.0	26.0	5.0	1.00	0.00
Bagel 2oz WW	1 each	100	140	0	180	4.00	1.80	40.0	25	0.0	5	6.0	29.0	1.0	0.00	0.00
Cheese Stick 2	2 each	100	120	20	400	0.00	0.00	400.0	400	0.0	2	14.0	2.0	6.0	4.00	0.00
Celery 1/2 cup	1/2 cup	100	12	0	59	1.49	0.13	29.7	334	2.23	1	0.74	2.23	0.0	0.00	0.00
Applesauce 1 cup	1 cup	1000	109	0	21	3.14	0.31	8.4	73	3.14	25	0.44	28.8	0.13	0.02	0.00
Kiwi	1 each	1000	46	0	4	2.28	0.27	22.8	152	57.0	12	0.76	11.4	0.0	0.00	0.00
Baked Beans 1/2 cup	1/2 cup	200	150	0	440	6.00	1.08	40.0	50	0.0	10	6.0	30.0	1.0	0.00	0.00
Apple	1 each	200	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Orange	1 each	200	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Craisins	1 Each	500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Refried Beans 1/2 cup	1/2 cup	100	120	0	360	5.00	1.80	40.0	5	2.4	1	7.0	19.99	0.0	0.00	0.00
Salad Mix 1 cup	1 cup	1000	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Ranch Dressing	1 Tbs	2000	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	200	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	500	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	1500	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

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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 % of Calories			673	46	1001	8.87	3.34	577.6	2383	45.86	61 36.2%	26.66 15.8%	97.52 58.0%	21.13 28.3%	6.38 8.5%	0.00 0.0%
Nutrient Guideline			750-850		1420									<=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)
Mon - 01/28/2019																
High School Lunch	Total	2000														
Chicken Strips	3 each	190	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
Sun Chip Original	1 each	190	140	0	120	3.00	0.36	0.0	10	0.0	2	2.0	19.0	6.0	1.00	0.00
Mandarin Orange Chicken	2/3 cup	75	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	75	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Teriyaki Chicken	1/2 cup	25	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	25	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Pizza Veggie	1 each	21	288	30	441	3.53	1.91	253.0	567	16.47	10	15.45	30.74	12.23	6.00	0.00
Pizza Combo	1 each	16	316	43	533	3.53	2.02	256.0	567	16.47	10	18.89	30.99	13.6	6.47	0.00
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
Pizza Cheese	1 each	53	280	30	440	3.00	1.80	250.0	300	0.0	9	15.0	29.0	12.0	6.00	0.00
Pizza Pepperoni	1 each	232	305	43	540	3.00	1.80	250.0	300	0.0	9	18.0	29.5	13.25	6.50	0.00
Pizza Turkey Sausage	1 each	30	310	43	523	3.00	2.01	255.9	300	0.0	9	18.87	29.0	13.49	6.45	0.00
Nacho Chicken HS	1 serving	350	343	57	842	1.33	1.34	330.1	210	0.0	0	18.66	24.64	18.24	6.25	0.00
Nacho Turkey Chili HS	1 serving	267	295	32	699	1.33	0.88	328.2	200	0.09	0	11.33	23.83	17.16	6.06	0.00
Turkey & Cheese Sandwich	1 each	42	330	52	797	4.00	1.68	253.3	220	0.0	5	21.0	30.67	13.0	5.67	0.00
Wrap Turkey	1 each	40	352	52	848	4.14	2.99	316.1	274	0.41	2	20.14	32.08	16.0	9.17	0.00
Wrap Chicken	1 each	115	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Peanut Butter & Jelly 2 each	2 each	154	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Chicken Caesar Salad HS	1 each	30	404	82	856	5.65	3.29	201.4	16501	67.8	3	17.86	11.48	30.42	7.41	0.00
Rolls	1 each	30	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	200	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Hummus	1 each	10	90	5	240	4.00	1.08	60.0	300	0.0	1	3.0	11.0	3.0	0.50	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
Flat Bread	each	10	170	0	290	2.53	0.77	21.5	0	0.07	2	5.0	26.0	5.0	1.00	0.00
Bagel 2oz WW	1 each	100	140	0	180	4.00	1.80	40.0	25	0.0	5	6.0	29.0	1.0	0.00	0.00
Cheese Stick 2	2 each	100	120	20	400	0.00	0.00	400.0	400	0.0	2	14.0	2.0	6.0	4.00	0.00
Southwest Mixed Vegetables	1/2 Cup	1000	62	0	54	4.65	0.00	0.0	155	9.3	3	3.1	11.63	0.78	0.00	0.00
Carrot Sticks 3/4 cup	3/4 cup	1000	55	0	102	3.14	0.57	31.4	9417	9.42	8	1.57	12.56	0.0	0.00	0.00
Pears 1 cup	1 cup	1000	124	0	10	4.00	0.72	22.0	100	4.0	20	0.84	32.11	0.18	0.00	0.00
Apricots 1 cup	1 cup	1000	159	0	20	0.00	0.00	0.0	3478	4.77	40	0.0	37.76	0.0	0.00	0.00
Apple	1 each	200	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Orange	1 each	200	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Craisins	1 Each	500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Refried Beans 1/2 cup	1/2 cup	100	120	0	360	5.00	1.80	40.0	5	2.4	1	7.0	19.99	0.0	0.00	0.00
Salad Mix 1 cup	1 cup	1000	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Ranch Dressing	1 Tbs	2000	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	200	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Salsa	1 Tbs	1000	2	0	16	0.00	0.00	0.0	44	1.59	0	0.0	0.44	0.0	0.00	0.00
Milk White 1%	1 each	500	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

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

High School Lunch

Generated on: 11/20/2018 9:09:03 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 <sup>1</sup> (g)
Mon - 01/28/2019																
Milk Chocolate Fat Free	1 each	1500	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 % of Calories			811	49	1089	11.50	3.53	598.9	8860	30.06	76 37.5%	29.21 14.4%	122.78 60.6%	23.50 26.1%	6.73 7.5%	0.00 0.0%
Nutrient Guideline			750-850		1420									<=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 - 01/29/2019																
High School Lunch	Total	2000														
Corn Dog	1 each	190	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
Potato Salad 1/2 cup	1/2 cup	190	230	10	540	3.00	1.08	0.0	40	0.0	8	3.0	28.0	13.0	2.50	0.00
Mandarin Orange Chicken	2/3 cup	75	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	75	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Teriyaki Chicken	1/2 cup	25	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	25	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Pizza Veggie	1 each	21	288	30	441	3.53	1.91	253.0	567	16.47	10	15.45	30.74	12.23	6.00	0.00
Pizza Combo	1 each	16	316	43	533	3.53	2.02	256.0	567	16.47	10	18.89	30.99	13.6	6.47	0.00
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
Pizza Cheese	1 each	53	280	30	440	3.00	1.80	250.0	300	0.0	9	15.0	29.0	12.0	6.00	0.00
Pizza Pepperoni	1 each	232	305	43	540	3.00	1.80	250.0	300	0.0	9	18.0	29.5	13.25	6.50	0.00
Pizza Turkey Sausage	1 each	30	310	43	523	3.00	2.01	255.9	300	0.0	9	18.87	29.0	13.49	6.45	0.00
Nacho Chicken HS	1 serving	350	343	57	842	1.33	1.34	330.1	210	0.0	0	18.66	24.64	18.24	6.25	0.00
Nacho Turkey Chili HS	1 serving	267	295	32	699	1.33	0.88	328.2	200	0.09	0	11.33	23.83	17.16	6.06	0.00
Turkey & Cheese Sandwich	1 each	42	330	52	797	4.00	1.68	253.3	220	0.0	5	21.0	30.67	13.0	5.67	0.00
Wrap Turkey	1 each	40	352	52	848	4.14	2.99	316.1	274	0.41	2	20.14	32.08	16.0	9.17	0.00
Wrap Chicken	1 each	115	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Peanut Butter & Jelly 2 each	2 each	154	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Chicken Caesar Salad HS	1 each	30	404	82	856	5.65	3.29	201.4	16501	67.8	3	17.86	11.48	30.42	7.41	0.00
Rolls	1 each	30	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	200	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Hummus	1 each	10	90	5	240	4.00	1.08	60.0	300	0.0	1	3.0	11.0	3.0	0.50	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
Flat Bread	each	10	170	0	290	2.53	0.77	21.5	0	0.07	2	5.0	26.0	5.0	1.00	0.00
Bagel 2oz WW	1 each	100	140	0	180	4.00	1.80	40.0	25	0.0	5	6.0	29.0	1.0	0.00	0.00
Cheese Stick 2	2 each	100	120	20	400	0.00	0.00	400.0	400	0.0	2	14.0	2.0	6.0	4.00	0.00
Cauliflower 1/2 cup	1/2 cup	1000	13	0	15	1.50	0.18	10.0	5	23.1	1	1.0	2.5	0.0	0.00	0.00
Broccoli 1/2 cup	1/2 cup	1000	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	1000	171	0	21	0.00	0.00	0.0	192	44.83	38	0.0	40.56	0.0	0.00	0.00
Fruit Mix 1 cup	1 cup	1000	137	0	16	2.98	0.72	11.9	24	7.75	30	1.01	35.53	0.2	0.02	0.00
Apple	1 each	200	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Orange	1 each	200	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Craisins	1 Each	500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Refried Beans 1/2 cup	1/2 cup	100	120	0	360	5.00	1.80	40.0	5	2.4	1	7.0	19.99	0.0	0.00	0.00
Salad Mix 1 cup	1 cup	1000	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Ranch Dressing	1 Tbs	2000	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	200	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Salsa	1 Tbs	1000	2	0	16	0.00	0.00	0.0	44	1.59	0	0.0	0.44	0.0	0.00	0.00
Milk White 1%	1 each	500	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

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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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 - 01/29/2019																
Milk Chocolate Fat Free	1 each	1500	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 % of Calories			783	51	1068	8.57	3.53	595.9	2497	70.02	76 39.0%	27.52 14.0%	118.48 60.5%	23.12 26.6%	6.88 7.9%	0.00 0.0%
Nutrient Guideline			750-850		1420									<=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 - 01/30/2019																
High School Lunch	Total	2000														
Cheese Burger	1 each	190	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	190	150	0	360	2.00	0.36	0.0	0	3.6	0	2.0	19.0	7.0	1.00	0.00
Mandarin Orange Chicken	2/3 cup	75	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	75	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Teriyaki Chicken	1/2 cup	25	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	25	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Pizza Veggie	1 each	21	288	30	441	3.53	1.91	253.0	567	16.47	10	15.45	30.74	12.23	6.00	0.00
Pizza Combo	1 each	16	316	43	533	3.53	2.02	256.0	567	16.47	10	18.89	30.99	13.6	6.47	0.00
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
Pizza Cheese	1 each	53	280	30	440	3.00	1.80	250.0	300	0.0	9	15.0	29.0	12.0	6.00	0.00
Pizza Pepperoni	1 each	232	305	43	540	3.00	1.80	250.0	300	0.0	9	18.0	29.5	13.25	6.50	0.00
Pizza Turkey Sausage	1 each	30	310	43	523	3.00	2.01	255.9	300	0.0	9	18.87	29.0	13.49	6.45	0.00
Nacho Chicken HS	1 serving	200	343	57	842	1.33	1.34	330.1	210	0.0	0	18.66	24.64	18.24	6.25	0.00
Nacho Turkey Chili HS	1 serving	270	295	32	699	1.33	0.88	328.2	200	0.09	0	11.33	23.83	17.16	6.06	0.00
Turkey & Cheese Sandwich	1 each	42	330	52	797	4.00	1.68	253.3	220	0.0	5	21.0	30.67	13.0	5.67	0.00
Wrap Turkey	1 each	40	352	52	848	4.14	2.99	316.1	274	0.41	2	20.14	32.08	16.0	9.17	0.00
Wrap Chicken	1 each	115	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Peanut Butter & Jelly 2 each	2 each	154	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Chicken Caesar Salad HS	1 each	30	404	82	856	5.65	3.29	201.4	16501	67.8	3	17.86	11.48	30.42	7.41	0.00
Rolls	1 each	30	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	200	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Hummus	1 each	10	90	5	240	4.00	1.08	60.0	300	0.0	1	3.0	11.0	3.0	0.50	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
Flat Bread	each	10	170	0	290	2.53	0.77	21.5	0	0.07	2	5.0	26.0	5.0	1.00	0.00
Bagel 2oz WW	1 each	100	140	0	180	4.00	1.80	40.0	25	0.0	5	6.0	29.0	1.0	0.00	0.00
Cheese Stick 2	2 each	100	120	20	400	0.00	0.00	400.0	400	0.0	2	14.0	2.0	6.0	4.00	0.00
Celery 1/2 cup	1/2 cup	100	12	0	59	1.49	0.13	29.7	334	2.23	1	0.74	2.23	0.0	0.00	0.00
Applesauce 1 cup	1 cup	1000	109	0	21	3.14	0.31	8.4	73	3.14	25	0.44	28.8	0.13	0.02	0.00
Kiwi	1 each	1000	46	0	4	2.28	0.27	22.8	152	57.0	12	0.76	11.4	0.0	0.00	0.00
Baked Beans 1/2 cup	1/2 cup	200	150	0	440	6.00	1.08	40.0	50	0.0	10	6.0	30.0	1.0	0.00	0.00
Apple	1 each	200	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Orange	1 each	200	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Craisins	1 Each	500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Refried Beans 1/2 cup	1/2 cup	100	120	0	360	5.00	1.80	40.0	5	2.4	1	7.0	19.99	0.0	0.00	0.00
Salad Mix 1 cup	1 cup	1000	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Ranch Dressing	1 Tbs	2000	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	200	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	500	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	1500	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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 % of Calories			681	46	1022	8.99	3.26	584.3	2383	46.14	60 35.5%	26.54 15.6%	98.36 57.7%	21.70 28.7%	6.55 8.7%	0.00 0.0%
Nutrient Guideline			750-850		1420									<=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)
Thu - 01/31/2019																
High School Lunch	Total	2000														
Chicken Burger	1 Each	190	410	25	635	7.00	3.24	120.0	130	0.0	7	22.0	44.0	17.0	3.00	0.00
Coleslaw 1/2 cup	1/2 cup	190	260	34	232	4.25	0.77	57.1	172	51.88	10	1.42	14.5	22.5	3.75	0.00
Mandarin Orange Chicken	2/3 cup	75	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	75	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Teriyaki Chicken	1/2 cup	25	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	25	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Pizza Veggie	1 each	21	288	30	441	3.53	1.91	253.0	567	16.47	10	15.45	30.74	12.23	6.00	0.00
Pizza Combo	1 each	16	316	43	533	3.53	2.02	256.0	567	16.47	10	18.89	30.99	13.6	6.47	0.00
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
Pizza Cheese	1 each	53	280	30	440	3.00	1.80	250.0	300	0.0	9	15.0	29.0	12.0	6.00	0.00
Pizza Pepperoni	1 each	232	305	43	540	3.00	1.80	250.0	300	0.0	9	18.0	29.5	13.25	6.50	0.00
Pizza Turkey Sausage	1 each	30	310	43	523	3.00	2.01	255.9	300	0.0	9	18.87	29.0	13.49	6.45	0.00
Nacho Chicken HS	1 serving	350	343	57	842	1.33	1.34	330.1	210	0.0	0	18.66	24.64	18.24	6.25	0.00
Nacho Turkey Chili HS	1 serving	267	295	32	699	1.33	0.88	328.2	200	0.09	0	11.33	23.83	17.16	6.06	0.00
Turkey & Cheese Sandwich	1 each	42	330	52	797	4.00	1.68	253.3	220	0.0	5	21.0	30.67	13.0	5.67	0.00
Wrap Turkey	1 each	40	352	52	848	4.14	2.99	316.1	274	0.41	2	20.14	32.08	16.0	9.17	0.00
Wrap Chicken	1 each	115	473	52	979	5.00	8.60	353.5	220	0.0	3	22.0	54.0	19.25	8.75	0.00
Peanut Butter & Jelly 2 each	2 each	154	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Chicken Caesar Salad HS	1 each	30	404	82	856	5.65	3.29	201.4	16501	67.8	3	17.86	11.48	30.42	7.41	0.00
Rolls	1 each	30	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	200	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Hummus	1 each	10	90	5	240	4.00	1.08	60.0	300	0.0	1	3.0	11.0	3.0	0.50	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
Flat Bread	each	10	170	0	290	2.53	0.77	21.5	0	0.07	2	5.0	26.0	5.0	1.00	0.00
Bagel 2oz WW	1 each	100	140	0	180	4.00	1.80	40.0	25	0.0	5	6.0	29.0	1.0	0.00	0.00
Cheese Stick 2	2 each	100	120	20	400	0.00	0.00	400.0	400	0.0	2	14.0	2.0	6.0	4.00	0.00
Capri Mixed Vegetables	1/2 Cup	1000	17	0	14	0.69	0.00	13.8	688	0.83	1	0.0	2.75	0.0	0.00	0.00
Coleslaw 1/2 cup	1/2 cup	1000	260	34	232	4.25	0.77	57.1	172	51.88	10	1.42	14.5	22.5	3.75	0.00
Pineapple 1 cup	1 cup	1000	119	0	20	1.98	0.71	0.0	128	29.63	26	0.0	29.63	0.0	0.00	0.00
Banana	1 each	1000	90	0	1	3.03	0.18	10.1	51	9.09	12	1.01	23.23	0.0	0.00	0.00
Apple	1 each	200	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Orange	1 each	200	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Craisins	1 Each	500	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Refried Beans 1/2 cup	1/2 cup	100	120	0	360	5.00	1.80	40.0	5	2.4	1	7.0	19.99	0.0	0.00	0.00
Salad Mix 1 cup	1 cup	1000	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Ranch Dressing	1 Tbs	2000	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Salsa	1 Tbs	2000	2	0	16	0.00	0.00	0.0	44	1.59	0	0.0	0.44	0.0	0.00	0.00
Milk White 1%	1 each	500	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	1500	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00

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# David Douglas

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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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			879	69	1156	11.08	3.89	625.7	2843	67.75	67	28.27	112.94	36.03	8.92	0.00
% of Calories											30.3%	12.9%	51.4%	36.9%	9.1%	0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Weighted Average			770	53	1078	9.58	3.57	598.2	3712	50.11	68	27.95	110.71	25.27	7.19	0.00
											79.4%	14.5%	57.5%	29.5%	8.4%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	770		750 - 850	100%				
Cholesterol (mg)	53							
Sodium 1 (mg)	1078		1420					
Sodium 2 (mg)	1078		1080					
Fiber (g)	9.58							
Iron (mg)	3.57							
Calcium (mg)	598.2							
Vitamin A (IU)	3712							
Sugars (g)	68	35.28%						
Vitamin C (mg)	50.11							
Protein (g)	27.95	14.52%						
Carbohydrate (g)	110.71	57.50%						
Total Fat (g)	25.27	29.52%	<=30.00%					
Saturated Fat (g)	7.19	8.40%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%						

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