

David Douglas

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Middle Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/07/2019																
Middle Lunch	Total	100														
Taco Chicken Middle	1 taco	55	207	53	517	1.00	5.50	67.0	25	0.0	1	18.0	19.0	5.5	1.50	0.00
Chicken Strips	3 each	25	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
Yogurt 4oz	1 each	20	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	20	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Cheez-it	1 each	20	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Southwest Mixed Vegetables	1/2 Cup	75	62	0	54	4.65	0.00	0.0	155	9.3	3	3.1	11.63	0.78	0.00	0.00
Baked Beans 1/2 cup	1/2 cup	25	150	0	440	6.00	1.08	40.0	50	0.0	10	6.0	30.0	1.0	0.00	0.00
Salsa	1 Tbs	80	2	0	16	0.00	0.00	0.0	44	1.59	0	0.0	0.44	0.0	0.00	0.00
Pears 1/2 cup	1/2 cup	60	62	0	5	2.00	0.36	11.0	50	2.0	10	0.42	16.05	0.09	0.00	0.00
Apricots 1/2 cup	1/2 cup	40	79	0	10	0.00	0.00	0.0	1739	2.39	20	0.0	18.88	0.0	0.00	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Olives	1 each	80	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	0.00	0.00
Sour Cream	1 each	25	22	4	44	0.00	0.00	53.2	177	0.0	0	1.77	3.54	0.0	0.00	0.00
Milk 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			540	47	923	7.74	4.38	456.8	1634	11.86	44	29.02	78.57	11.89	2.62	0.00
% of Calories											32.3%	21.5%	58.2%	19.8%	4.4%	0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Tue - 01/08/2019																
Middle Lunch	Total	100														
Hot Dog	1 each	50	310	35	755	4.00	2.16	80.0	30	0.0	6	12.0	29.0	18.0	7.50	0.00
Cheese Burger	1 each	30	292	37	532	5.00	2.44	201.0	130	1.0	6	17.5	31.0	12.5	5.30	0.00
Tatertot 5	5 each	80	83	0	200	1.11	0.20	0.0	0	2.0	0	1.11	10.55	3.89	0.56	0.00
Yogurt 4oz	1 each	20	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Sunflower Seeds 1 oz	1 each	20	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Bagel-ful	1 each	20	190	15	180	3.00	1.80	20.0	200	2.4	6	6.0	30.0	5.0	3.00	0.00
Spinach Canned	1/4 Cup	100	11	0	23	1.13	0.54	37.8	0	0.45	0	1.13	1.13	0.0	0.00	0.00
Corn 1/2 cup	1/2 cup	100	65	0	15	2.00	0.36	0.0	20	1.2	3	2.0	15.0	1.0	0.00	0.00
Applesauce 1/2 cup	1/2 cup	60	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Fruit Mix 1/2 cup	1/2 cup	40	69	0	8	1.49	0.36	6.0	12	3.88	15	0.51	17.77	0.1	0.01	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ketchup	1 Tbs	30	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk White 1%	1 each	25	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00

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

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David Douglas

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Middle 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)
Weighted Daily Average			668	40	1038	10.11	3.96	471.1	671	7.98	48	26.86	98.40	21.66	7.17	0.00
% of Calories											28.7%	16.1%	58.9%	29.2%	9.7%	0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Wed - 01/09/2019																
	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)
Middle Lunch	Total	100														
Pizza Pepperoni	1 each	80	305	43	540	3.00	1.80	250.0	300	0.0	9	18.0	29.5	13.25	6.50	0.00
Lasagna Roll Up	1 each	10	316	25	731	3.45	1.43	354.7	831	7.16	11	17.54	37.95	9.29	4.40	0.00
Yogurt 4oz	1 each	10	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	10	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Dorito 1 oz	1 each	10	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Salad Mix 1 cup	1 cup	100	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Carrot Sticks 3/4 cup	3/4 cup	100	55	0	102	3.14	0.57	31.4	9417	9.42	8	1.57	12.56	0.0	0.00	0.00
Beets	1/4 cup	100	20	0	60	0.00	0.00	0.0	20	0.0	4	0.0	5.0	0.0	0.00	0.00
Orange	1 each	20	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Pineapple 1/2 cup	1/2 cup	80	59	0	10	0.99	0.36	0.0	64	14.81	13	0.0	14.81	0.0	0.00	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Olives	1 each	80	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	0.00	0.00
Ranch Dressing	1 Tbs	50	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk 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			621	49	1084	8.18	3.52	638.9	12671	42.22	55	28.65	88.21	17.95	6.87	0.00
% of Calories											35.3%	18.4%	56.8%	26.0%	9.9%	0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Middle Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/10/2019																
Middle Lunch	Total	100														
Teriyaki Chicken	1/2 cup	35	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	35	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Grilled Cheese Sandwich	1 each	40	284	32	655	2.27	1.23	467.6	524	0.0	7	18.54	30.54	10.15	5.75	0.00
Yogurt 4oz	1 each	20	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	20	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Oatmeal Circle	1 each	20	304	23	165	1.61	2.93	15.1	285	5.44	28	4.45	50.22	9.94	2.42	0.00
Broccoli 1/2 cup	1/2 cup	100	12	0	12	1.07	0.26	17.8	213	31.74	0	1.07	2.49	0.0	0.00	0.00
Cauliflower 1/2 cup	1/2 cup	100	13	0	15	1.50	0.18	10.0	5	23.1	1	1.0	2.5	0.0	0.00	0.00
Banana	1 each	40	90	0	1	3.03	0.18	10.1	51	9.09	12	1.01	23.23	0.0	0.00	0.00
Oranges Mandarin 1/2 cup	1/2 cup	60	82	0	10	0.00	0.00	0.0	92	21.52	18	0.0	19.47	0.0	0.00	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ranch Dressing	1 Tbs	50	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk 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 % of Calories			594	60	808	6.01	2.50	586.2	1142	74.05	52 34.9%	29.33 19.7%	92.30 62.1%	12.55 19.0%	4.67 7.1%	0.00 0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Fri - 01/11/2019																
Middle Lunch	Total	100														
Turkey Gravy	3/8 cup	60	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	60	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	60	193	8	247	0.90	1.59	42.0	41	7.51	5	6.32	32.16	3.83	0.53	0.00
Fish Wedge Potato	1 each	20	220	50	290	0.60	0.72	0.0	0	3.6	0	14.0	13.0	13.0	2.00	0.00
Cheez-it	1 each	80	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Peanut Butter & Jelly sandwich	1 each	20	300	0	280	4.00	1.00	26.0	70	0.0	14	9.0	32.0	17.0	3.00	0.00
Sunflower Seeds 1 oz	1 each	20	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Cheez-it	1 each	20	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Green Beans 1/2 cup	1/2 cup	100	20	0	138	1.97	0.71	19.7	296	2.37	2	0.99	3.94	0.0	0.00	0.00
Coleslaw 1/4 cup	1/4 cup	100	130	17	116	2.13	0.38	28.5	86	25.94	5	0.71	7.25	11.25	1.88	0.00
Peaches 1/2 cup	1/2 cup	80	68	0	6	1.59	0.45	4.0	23	2.98	16	0.56	18.15	0.04	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Tarter Sauce	1 Tbs	60	91	11	105	0.02	0.02	0.2	21	0.02	0	0.01	0.61	10.02	1.67	0.00
Milk 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

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Base Menu Spreadsheet

Middle 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)
Weighted Daily Average			859	75	1319	9.12	4.55	487.1	1495	49.97	47	32.01	101.52	36.85	7.31	0.00
% of Calories											21.7%	14.9%	47.3%	38.6%	7.7%	0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Mon - 01/14/2019																
	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)
Middle Lunch	Total	100														
Bean & Cheese Burrito	1 each	55	291	15	479	7.96	3.60	150.0	300	1.2	4	15.6	40.95	8.29	3.62	0.00
Chicken Nugget	5 each	25	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Yogurt 4oz	1 each	20	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	20	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Cheez-it	1 each	20	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Capri Mixed Vegetables	1/2 Cup	75	17	0	14	0.69	0.00	13.8	688	0.83	1	0.0	2.75	0.0	0.00	0.00
Baked Beans 1/2 cup	1/2 cup	75	150	0	440	6.00	1.08	40.0	50	0.0	10	6.0	30.0	1.0	0.00	0.00
Salsa	1 Tbs	80	2	0	16	0.00	0.00	0.0	44	1.59	0	0.0	0.44	0.0	0.00	0.00
Pears 1/2 cup	1/2 cup	60	62	0	5	2.00	0.36	11.0	50	2.0	10	0.42	16.05	0.09	0.00	0.00
Apricots 1/2 cup	1/2 cup	40	79	0	10	0.00	0.00	0.0	1739	2.39	20	0.0	18.88	0.0	0.00	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Cheese Shredded	1 oz	25	81	20	202	0.00	0.00	202.5	304	0.0	0	7.09	1.01	6.08	4.05	0.00
Olives	1 each	80	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	0.00	0.00
Sour Cream	1 each	15	22	4	44	0.00	0.00	53.2	177	0.0	0	1.77	3.54	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			646	31	1141	11.59	3.87	568.1	2269	6.17	49	30.22	98.89	14.86	4.80	0.00
% of Calories											30.3%	18.7%	61.3%	20.7%	6.7%	0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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Tue - 01/15/2019																
Middle Lunch	Total	100														
Rib A Que	1 each	40	310	40	655	5.00	3.44	130.0	130	0.0	11	20.0	34.0	12.0	4.50	0.00
Corn Dog	1 each	40	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
Potato Wedge 3	3 each	80	65	0	130	0.93	0.26	2.2	0	1.19	0	0.93	8.34	3.24	0.93	0.00
Yogurt 4oz	1 each	20	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Sunflower Seeds 1 oz	1 each	20	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Bagel-ful	1 each	20	190	15	180	3.00	1.80	20.0	200	2.4	6	6.0	30.0	5.0	3.00	0.00
Corn 1/2 cup	1/2 cup	100	65	0	15	2.00	0.36	0.0	20	1.2	3	2.0	15.0	1.0	0.00	0.00
Peas	1/4 cup	100	26	0	75	1.50	0.40	0.0	150	2.25	1	1.87	4.5	0.0	0.00	0.00
Applesauce 1/2 cup	1/2 cup	60	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Fruit Mix 1/2 cup	1/2 cup	40	69	0	8	1.49	0.36	6.0	12	3.88	15	0.51	17.77	0.1	0.01	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ketchup	1 Tbs	40	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk 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			647	44	930	10.82	4.15	418.7	831	8.82	51	27.80	102.12	16.40	4.93	0.00
% of Calories											31.7%	17.2%	63.2%	22.8%	6.9%	0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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David Douglas

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Middle 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 ¹ (g)
Wed - 01/16/2019																
Middle Lunch	Total	100														
Pizza Turkey Sausage	1 each	80	310	43	523	3.00	2.01	255.9	300	0.0	9	18.87	29.0	13.49	6.45	0.00
Chili Turkey 3/8 cup	3/8 cup	10	130	55	390	0.00	1.08	40.0	10	2.4	2	17.0	5.0	4.5	1.50	0.00
Dorito 1 oz	1 each	10	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Yogurt 4oz	1 each	10	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	10	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Dorito 1 oz	1 each	10	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Salad Mix 1 cup	1 cup	100	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Carrot Sticks 3/4 cup	3/4 cup	100	55	0	102	3.14	0.57	31.4	9417	9.42	8	1.57	12.56	0.0	0.00	0.00
Beets	1/4 cup	100	20	0	60	0.00	0.00	0.0	20	0.0	4	0.0	5.0	0.0	0.00	0.00
Orange	1 each	20	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Pineapple 1/2 cup	1/2 cup	80	59	0	10	0.99	0.36	0.0	64	14.81	13	0.0	14.81	0.0	0.00	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Olives	1 each	80	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	0.00	0.00
Ranch Dressing	1 Tbs	50	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk 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			620	52	1056	8.03	3.69	612.2	12599	41.74	54	29.49	86.52	18.16	6.58	0.00
% of Calories											34.8%	19.0%	55.9%	26.4%	9.6%	0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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David Douglas

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Middle 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)
Thu - 01/17/2019																
Middle Lunch	Total	100														
Mandarin Orange Chicken	2/3 cup	35	150	40	280	0.00	0.72	0.0	50	1.2	10	11.01	19.01	3.0	0.50	0.00
Rice	Cups	35	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Chicken Burger	1 Each	40	410	25	635	7.00	3.24	120.0	130	0.0	7	22.0	44.0	17.0	3.00	0.00
Yogurt 4oz	1 each	25	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	25	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Oatmeal Circle	1 each	25	304	23	165	1.61	2.93	15.1	285	5.44	28	4.45	50.22	9.94	2.42	0.00
Broccoli 1/2 cup	1/2 cup	100	12	0	12	1.07	0.26	17.8	213	31.74	0	1.07	2.49	0.0	0.00	0.00
Cauliflower 1/2 cup	1/2 cup	100	13	0	15	1.50	0.18	10.0	5	23.1	1	1.0	2.5	0.0	0.00	0.00
Apple	1 each	50	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Oranges Mandarin 1/2 cup	1/2 cup	50	82	0	10	0.00	0.00	0.0	92	21.52	18	0.0	19.47	0.0	0.00	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ranch Dressing	1 Tbs	100	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk 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 % of Calories			692	47	847	8.15	3.46	469.5	1020	72.37	56 32.2%	28.90 16.7%	104.03 60.2%	18.48 24.0%	4.11 5.3%	0.00 0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Fri - 01/18/2019																
Middle Lunch	Total	100														
Alfredo Chicken	3/4 cup	30	304	60	760	2.53	1.42	344.9	126	0.0	2	20.54	25.09	13.08	6.88	0.00
Bread Stick	1 each	30	112	7	158	0.48	0.82	52.5	67	4.61	2	4.36	16.74	2.9	0.89	0.00
Fish Sticks Potato	4 each	50	230	40	310	2.00	0.72	20.0	0	2.4	0	14.0	19.0	12.0	1.50	0.00
Cheez-it	1 each	50	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Peanut Butter & Jelly sandwich	1 each	20	300	0	280	4.00	1.00	26.0	70	0.0	14	9.0	32.0	17.0	3.00	0.00
Sunflower Seeds 1 oz	1 each	20	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Cheez-it	1 each	20	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Green Beans 1/2 cup	1/2 cup	50	20	0	138	1.97	0.71	19.7	296	2.37	2	0.99	3.94	0.0	0.00	0.00
Celery 1/4 cup	1/4 cup	100	6	0	30	0.74	0.07	14.9	167	1.11	1	0.37	1.11	0.0	0.00	0.00
Peaches 1/2 cup	1/2 cup	80	68	0	6	1.59	0.45	4.0	23	2.98	16	0.56	18.15	0.04	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ranch Dressing	1 Tbs	40	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk 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

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David Douglas

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Middle 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)
Weighted Daily Average			618	50	946	6.82	3.00	539.4	1261	8.51	39	28.31	78.97	22.38	5.36	0.00
% of Calories											25.3%	18.3%	51.1%	32.6%	7.8%	0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Tue - 01/22/2019																
Middle Lunch	Total	100														
Hot Dog	1 each	50	310	35	755	4.00	2.16	80.0	30	0.0	6	12.0	29.0	18.0	7.50	0.00
Cheese Burger	1 each	30	292	37	532	5.00	2.44	201.0	130	1.0	6	17.5	31.0	12.5	5.30	0.00
Tatertot 5	5 each	80	83	0	200	1.11	0.20	0.0	0	2.0	0	1.11	10.55	3.89	0.56	0.00
Yogurt 4oz	1 each	20	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Sunflower Seeds 1 oz	1 each	20	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Bagel-ful	1 each	20	190	15	180	3.00	1.80	20.0	200	2.4	6	6.0	30.0	5.0	3.00	0.00
Spinach Canned	1/4 Cup	100	11	0	23	1.13	0.54	37.8	0	0.45	0	1.13	1.13	0.0	0.00	0.00
Corn 1/2 cup	1/2 cup	100	65	0	15	2.00	0.36	0.0	20	1.2	3	2.0	15.0	1.0	0.00	0.00
Applesauce 1/2 cup	1/2 cup	60	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Fruit Mix 1/2 cup	1/2 cup	40	69	0	8	1.49	0.36	6.0	12	3.88	15	0.51	17.77	0.1	0.01	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ketchup	1 Tbs	30	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk 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			668	40	1038	10.11	3.96	471.1	671	7.98	48	26.86	98.40	21.66	7.17	0.00
% of Calories											28.7%	16.1%	58.9%	29.2%	9.7%	0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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David Douglas

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Middle Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/23/2019																
Middle Lunch	Total	100														
Pizza Cheese	1 each	80	280	30	440	3.00	1.80	250.0	300	0.0	9	15.0	29.0	12.0	6.00	0.00
Lasagna Roll Up	1 each	10	316	25	731	3.45	1.43	354.7	831	7.16	11	17.54	37.95	9.29	4.40	0.00
Yogurt 4oz	1 each	10	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	10	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Dorito 1 oz	1 each	10	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Salad Mix 1 cup	1 cup	100	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Carrot Sticks 3/4 cup	3/4 cup	100	55	0	102	3.14	0.57	31.4	9417	9.42	8	1.57	12.56	0.0	0.00	0.00
Beets	1/4 cup	100	20	0	60	0.00	0.00	0.0	20	0.0	4	0.0	5.0	0.0	0.00	0.00
Orange	1 each	20	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Pineapple 1/2 cup	1/2 cup	80	59	0	10	0.99	0.36	0.0	64	14.81	13	0.0	14.81	0.0	0.00	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Olives	1 each	80	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	0.00	0.00
Ranch Dressing	1 Tbs	50	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk 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			601	39	1004	8.18	3.52	638.9	12671	42.22	55	26.25	87.81	16.95	6.47	0.00
% of Calories											36.4%	17.5%	58.4%	25.4%	9.7%	0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Thu - 01/24/2019																
Middle 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
Grilled Cheese Sandwich	1 each	35	284	32	655	2.27	1.23	467.6	524	0.0	7	18.54	30.54	10.15	5.75	0.00
Yogurt 4oz	1 each	15	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	15	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Oatmeal Circle	1 each	15	304	23	165	1.61	2.93	15.1	285	5.44	28	4.45	50.22	9.94	2.42	0.00
Broccoli 1/2 cup	0.5 cup	100	12	0	12	1.07	0.26	17.8	213	31.74	0	1.07	2.49	0.0	0.00	0.00
Cauliflower 1/2 cup	0.5 cup	100	13	0	15	1.50	0.18	10.0	5	23.1	1	1.0	2.5	0.0	0.00	0.00
Kiwi	1 each	50	46	0	4	2.28	0.27	22.8	152	57.0	12	0.76	11.4	0.0	0.00	0.00
Oranges Mandarin 1/2 cup	1/2 cup	50	82	0	10	0.00	0.00	0.0	92	21.52	18	0.0	19.47	0.0	0.00	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ranch Dressing	1 Tbs	50	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk 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

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David Douglas

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Middle 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)
Weighted Daily Average			588	68	830	6.15	2.64	554.6	1141	96.47	50	31.04	89.41	12.23	4.29	0.00
% of Calories											33.8%	21.1%	60.8%	18.7%	6.6%	0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Mon - 01/28/2019																
	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)
Middle Lunch	Total	100														
Bean & Cheese Burrito	1 each	55	291	15	479	7.96	3.60	150.0	300	1.2	4	15.6	40.95	8.29	3.62	0.00
Chicken Nugget	5 each	25	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Yogurt 4oz	1 each	20	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	20	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Cheez-it	1 each	20	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Capri Mixed Vegetables	1/2 Cup	75	17	0	14	0.69	0.00	13.8	688	0.83	1	0.0	2.75	0.0	0.00	0.00
Baked Beans 1/2 cup	1/2 cup	75	150	0	440	6.00	1.08	40.0	50	0.0	10	6.0	30.0	1.0	0.00	0.00
Salsa	1 Tbs	80	2	0	16	0.00	0.00	0.0	44	1.59	0	0.0	0.44	0.0	0.00	0.00
Pears 1/2 cup	1/2 cup	60	62	0	5	2.00	0.36	11.0	50	2.0	10	0.42	16.05	0.09	0.00	0.00
Apricots 1/2 cup	1/2 cup	40	79	0	10	0.00	0.00	0.0	1739	2.39	20	0.0	18.88	0.0	0.00	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Cheese Shredded	1 oz	25	81	20	202	0.00	0.00	202.5	304	0.0	0	7.09	1.01	6.08	4.05	0.00
Olives	1 each	80	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	0.00	0.00
Sour Cream	1 each	15	22	4	44	0.00	0.00	53.2	177	0.0	0	1.77	3.54	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			646	31	1141	11.59	3.87	568.1	2269	6.17	49	30.22	98.89	14.86	4.80	0.00
% of Calories											30.3%	18.7%	61.3%	20.7%	6.7%	0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/29/2019																
Middle Lunch	Total	100														
Rib A Que	1 each	40	310	40	655	5.00	3.44	130.0	130	0.0	11	20.0	34.0	12.0	4.50	0.00
Corn Dog	1 each	40	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
French Fries Baked 6	6 each	80	26	0	8	0.43	0.15	0.0	1	1.03	0	0.43	4.29	0.86	0.00	0.00
Yogurt 4oz	1 each	20	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Sunflower Seeds 1 oz	1 each	20	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Bagel-ful	1 each	20	190	15	180	3.00	1.80	20.0	200	2.4	6	6.0	30.0	5.0	3.00	0.00
Corn 1/2 cup	1/2 cup	100	65	0	15	2.00	0.36	0.0	20	1.2	3	2.0	15.0	1.0	0.00	0.00
Three Bean Salad 1/2 cup	1/2 cup	100	76	0	397	2.83	1.02	37.8	52	3.4	10	0.94	17.01	0.0	0.00	0.00
Applesauce 1/2 cup	1/2 cup	60	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Fruit Mix 1/2 cup	1/2 cup	40	69	0	8	1.49	0.36	6.0	12	3.88	15	0.51	17.77	0.1	0.01	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ketchup	1 Tbs	40	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk 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			665	44	1154	11.76	4.69	454.7	734	9.85	60	26.47	111.39	14.49	4.18	0.00
% of Calories											36.3%	15.9%	67.0%	19.6%	5.7%	0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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David Douglas

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Middle 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 - 01/30/2019																
Middle Lunch	Total	100														
Pizza Hawaiian	1 each	80	309	39	523	3.15	1.93	254.4	310	2.3	11	18.3	31.52	12.66	6.22	0.00
Chili Turkey 3/8 cup	3/8 cup	10	130	55	390	0.00	1.08	40.0	10	2.4	2	17.0	5.0	4.5	1.50	0.00
Dorito 1 oz	1 each	10	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Yogurt 4oz	1 each	10	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	10	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Dorito 1 oz	1 each	10	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Salad Mix 1 cup	1 cup	100	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Carrot Sticks 3/4 cup	3/4 cup	100	55	0	102	3.14	0.57	31.4	9417	9.42	8	1.57	12.56	0.0	0.00	0.00
Beets	1/4 cup	100	20	0	60	0.00	0.00	0.0	20	0.0	4	0.0	5.0	0.0	0.00	0.00
Orange	1 each	20	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Pineapple 1/2 cup	1/2 cup	80	59	0	10	0.99	0.36	0.0	64	14.81	13	0.0	14.81	0.0	0.00	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Olives	1 each	80	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	0.00	0.00
Ranch Dressing	1 Tbs	50	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk 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			619	49	1056	8.15	3.63	611.0	12607	43.58	55	29.04	88.54	17.50	6.40	0.00
% of Calories											35.8%	18.8%	57.2%	25.4%	9.3%	0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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David Douglas

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Middle 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)
Thu - 01/31/2019																
Middle Lunch	Total	100														
Mandarin Orange Chicken	2/3 cup	40	150	40	280	0.00	0.72	0.0	50	1.2	10	11.01	19.01	3.0	0.50	0.00
Rice	Cups	40	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Chicken Burger	1 Each	30	410	25	635	7.00	3.24	120.0	130	0.0	7	22.0	44.0	17.0	3.00	0.00
Yogurt 4oz	1 each	20	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	20	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Oatmeal Circle	1 each	20	304	23	165	1.61	2.93	15.1	285	5.44	28	4.45	50.22	9.94	2.42	0.00
Broccoli 1/2 cup	1/2 cup	100	12	0	12	1.07	0.26	17.8	213	31.74	0	1.07	2.49	0.0	0.00	0.00
Cauliflower 1/2 cup	1/2 cup	100	13	0	15	1.50	0.18	10.0	5	23.1	1	1.0	2.5	0.0	0.00	0.00
Apple	1 each	40	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Oranges Mandarin 1/2 cup	1/2 cup	60	82	0	10	0.00	0.00	0.0	92	21.52	18	0.0	19.47	0.0	0.00	0.00
Craisins	1 Each	1	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	1	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ranch Dressing	1 Tbs	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			646	45	783	7.23	3.05	440.5	982	73.60	54	26.75	99.26	16.30	3.56	0.00
% of Calories											33.1%	16.6%	61.4%	22.7%	5.0%	0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	
Weighted Average			643	48	1006	8.81	3.67	528.6	3922	35.50	51	28.66	94.31	17.95	5.37	0.00
											71.1%	17.8%	58.6%	25.1%	7.5%	0.0%

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	643		600 - 700	100%														
Cholesterol (mg)	48																	
Sodium 1 (mg)	1006		1360															
Sodium 2 (mg)	1006		1035															
Fiber (g)	8.81																	
Iron (mg)	3.67																	
Calcium (mg)	528.6																	
Vitamin A (IU)	3922																	
Sugars (g)	51	31.60%																
Vitamin C (mg)	35.50																	
Protein (g)	28.66	17.82%																
Carbohydrate (g)	94.31	58.63%																
Total Fat (g)	17.95	25.11%	<=30.00%															
Saturated Fat (g)	5.37	7.51%	<10.00%															
Trans Fat ¹ (g)	0.00	0.00%																

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