

# David Douglas

Oct 1, 2019 thru Oct 31, 2019

## Base Menu Spreadsheet

CTP Lunch

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/01/2019															
CTP Lunch	Total														
Bean & Cheese Burrito	1 each	291	15	479	7.96	3.60	150.0	300	1.2	4	15.6	40.95	8.29	3.62	0.00
Corn 1cup	1 cup	130	0	30	4.00	0.72	0.0	40	2.4	6	4.0	30.0	2.0	0.00	0.00
Pears 1 cup	1 cup	124	0	10	4.00	0.72	22.0	100	4.0	20	0.84	32.11	0.18	0.00	0.00
Milk White 1%	1 each	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	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		670	23	709	15.96	5.31	472.0	940	8.80	50	28.69	124.31	11.10	4.00	0.00
% of Calories										29.5%	17.1%	74.2%	14.9%	5.4%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Wed - 10/02/2019															
CTP Lunch	Total														
Grilled Cheese Sandwich	1 each	284	32	655	2.27	1.23	467.6	524	0.0	7	18.54	30.54	10.15	5.75	0.00
Salad Mix 2 cup	2 cup	22	0	43	1.74	1.49	61.1	4536	14.92	2	2.18	4.36	0.0	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Pineapple 1 cup	1 cup	119	0	20	1.98	0.71	0.0	128	29.63	26	0.0	29.63	0.0	0.00	0.00
Milk White 1%	1 each	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	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		603	46	1033	5.99	3.70	836.3	5691	45.82	54	29.16	86.10	16.46	7.13	0.00
% of Calories										35.9%	19.4%	57.1%	24.6%	10.6%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Thu - 10/03/2019															
CTP Lunch	Total														
Turkey & Cheese Sandwich	1 each	330	52	797	4.00	1.68	253.3	220	0.0	5	21.0	30.67	13.0	5.67	0.00
Broccoli 1 cup	1 cup	24	0	23	2.13	0.51	35.5	426	63.48	1	2.13	4.97	0.0	0.00	0.00
Peaches 1 cup	1 cup	135	0	12	3.18	0.89	8.0	46	5.96	32	1.11	36.29	0.08	0.00	0.00
Ranch Dressing	1 Tbs	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	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	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		615	59	1023	9.31	3.36	596.9	1192	70.64	57	32.49	93.18	13.76	6.05	0.00
% of Calories										37.1%	21.1%	60.6%	20.1%	8.9%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

\*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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# David Douglas

Oct 1, 2019 thru Oct 31, 2019

## Base Menu Spreadsheet

CTP Lunch

### Portion Values - Detailed

	Portion Size	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 - 10/04/2019															
CTP Lunch	Total														
Peanut Butter & Jelly 2 each	2 each	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Carrot Sticks 1 1/4 cup	1 1/4 cup	93	0	173	5.34	0.96	53.4	16009	16.01	13	2.67	21.35	0.0	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Fruit Mix 1 cup	1 cup	137	0	16	2.98	0.72	11.9	24	7.75	30	1.01	35.53	0.2	0.02	0.00
Milk White 1%	1 each	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	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		982	11	1002	16.32	3.95	421.1	16675	25.00	91	30.03	142.29	37.67	6.89	0.00
% of Calories										37.0%	12.2%	58.0%	34.5%	6.3%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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

Tue - 10/08/2019															
CTP Lunch	Total														
Bean & Cheese Burrito	1 each	291	15	479	7.96	3.60	150.0	300	1.2	4	15.6	40.95	8.29	3.62	0.00
Corn 1cup	1 cup	130	0	30	4.00	0.72	0.0	40	2.4	6	4.0	30.0	2.0	0.00	0.00
Pears 1 cup	1 cup	124	0	10	4.00	0.72	22.0	100	4.0	20	0.84	32.11	0.18	0.00	0.00
Milk White 1%	1 each	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	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		670	23	709	15.96	5.31	472.0	940	8.80	50	28.69	124.31	11.10	4.00	0.00
% of Calories										29.5%	17.1%	74.2%	14.9%	5.4%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

CTP Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/09/2019															
CTP Lunch	Total														
Parfait w/ granola	1 each	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Salad Mix 2 cup	2 cup	22	0	43	1.74	1.49	61.1	4536	14.92	2	2.18	4.36	0.0	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Pineapple 1 cup	1 cup	119	0	20	1.98	0.71	0.0	128	29.63	26	0.0	29.63	0.0	0.00	0.00
Milk White 1%	1 each	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	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		843	19	706	9.41	4.25	599.7	6317	70.41	108	23.16	153.75	17.53	3.41	0.00
% of Calories										51.1%	11.0%	72.9%	18.7%	3.6%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Thu - 10/10/2019															
CTP Lunch	Total														
Peanut Butter & Jelly 2 each	2 each	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Carrot Sticks 1 1/4 cup	1 1/4 cup	93	0	173	5.34	0.96	53.4	16009	16.01	13	2.67	21.35	0.0	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Fruit Mix 1 cup	1 cup	137	0	16	2.98	0.72	11.9	24	7.75	30	1.01	35.53	0.2	0.02	0.00
Milk White 1%	1 each	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	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		982	11	1002	16.32	3.95	421.1	16675	25.00	91	30.03	142.29	37.67	6.89	0.00
% of Calories										37.0%	12.2%	58.0%	34.5%	6.3%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Mon - 10/14/2019															
CTP Lunch	Total														
Yogurt 4oz	1 each	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	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Bagel Mini Pillsbury	1 each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Baked Beans 1 cup	1 cup	300	0	880	12.00	2.16	80.0	100	0.0	20	12.0	60.0	2.0	0.00	0.00
Applesauce 1 cup	1 cup	109	0	21	3.14	0.31	8.4	73	3.14	25	0.44	28.8	0.13	0.02	0.00
Milk White 1%	1 each	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	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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Oct 1, 2019 thru Oct 31, 2019

## Base Menu Spreadsheet

CTP Lunch

### Portion Values - Detailed

	Portion Size	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		944	33	1531	17.14	4.18	708.4	1073	5.54	97	37.69	172.05	13.25	5.90	0.00
% of Calories										40.9%	16.0%	72.9%	12.6%	5.6%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Tue - 10/15/2019															
CTP Lunch															
Bean & Cheese Burrito	Total														
1 each	1 each	291	15	479	7.96	3.60	150.0	300	1.2	4	15.6	40.95	8.29	3.62	0.00
Corn 1cup	1 cup	130	0	30	4.00	0.72	0.0	40	2.4	6	4.0	30.0	2.0	0.00	0.00
Pears 1 cup	1 cup	124	0	10	4.00	0.72	22.0	100	4.0	20	0.84	32.11	0.18	0.00	0.00
Milk White 1%	1 each	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	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		670	23	709	15.96	5.31	472.0	940	8.80	50	28.69	124.31	11.10	4.00	0.00
% of Calories										29.5%	17.1%	74.2%	14.9%	5.4%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Wed - 10/16/2019															
CTP Lunch															
Lasagna Roll Up	Total														
1 each	1 each	316	25	731	3.45	1.43	354.7	831	7.16	11	17.54	37.95	9.29	4.40	0.00
Rolls	1 each	193	8	247	0.90	1.59	42.0	41	7.51	5	6.32	32.16	3.83	0.53	0.00
Salad Mix 2 cup	2 cup	22	0	43	1.74	1.49	61.1	4536	14.92	2	2.18	4.36	0.0	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Pineapple 1 cup	1 cup	119	0	20	1.98	0.71	0.0	128	29.63	26	0.0	29.63	0.0	0.00	0.00
Milk White 1%	1 each	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	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		636	39	1111	7.18	3.92	723.8	5999	53.06	59	28.23	93.83	15.64	5.78	0.00
% of Calories										36.8%	17.7%	59.0%	22.1%	8.2%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Base Menu Spreadsheet

CTP Lunch

Portion Values - Detailed

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	Portion Size	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 - 10/17/2019															
CTP Lunch	Total														
Dunker Sauce	3/4 cup	192	61	758	3.50	1.33	41.4	773	23.18	9	19.48	11.95	6.9	2.05	0.00
Dunker Bread	2 each	224	15	316	0.96	1.64	105.1	135	9.21	5	8.72	33.47	5.8	1.79	0.00
Broccoli 1 cup	1 cup	24	0	23	2.13	0.51	35.5	426	63.48	1	2.13	4.97	0.0	0.00	0.00
Peaches 1 cup	1 cup	135	0	12	3.18	0.89	8.0	46	5.96	32	1.11	36.29	0.08	0.00	0.00
Ranch Dressing	1 Tbs	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	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	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		700	83	1301	9.77	4.64	490.0	1880	103.03	66	39.69	107.93	13.45	4.22	0.00
% of Calories										37.5%	22.7%	61.7%	17.3%	5.4%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Fri - 10/18/2019															
CTP Lunch	Total														
Peanut Butter & Jelly 2 each	2 each	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Carrot Sticks 1 1/4 cup	1 1/4 cup	93	0	173	5.34	0.96	53.4	16009	16.01	13	2.67	21.35	0.0	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Fruit Mix 1 cup	1 cup	137	0	16	2.98	0.72	11.9	24	7.75	30	1.01	35.53	0.2	0.02	0.00
Milk White 1%	1 each	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	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		982	11	1002	16.32	3.95	421.1	16675	25.00	91	30.03	142.29	37.67	6.89	0.00
% of Calories										37.0%	12.2%	58.0%	34.5%	6.3%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Mon - 10/21/2019															
CTP Lunch	Total														
Yogurt 4oz	1 each	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	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Bagel Mini Pillsbury	1 each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Baked Beans 1 cup	1 cup	300	0	880	12.00	2.16	80.0	100	0.0	20	12.0	60.0	2.0	0.00	0.00
Applesauce 1 cup	1 cup	109	0	21	3.14	0.31	8.4	73	3.14	25	0.44	28.8	0.13	0.02	0.00
Milk White 1%	1 each	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	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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Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

CTP Lunch

Portion Values - Detailed

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	Portion Size	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		944	33	1531	17.14	4.18	708.4	1073	5.54	97	37.69	172.05	13.25	5.90	0.00
% of Calories										40.9%	16.0%	72.9%	12.6%	5.6%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Tue - 10/22/2019															
	Total														
CTP Lunch															
Bean & Cheese Burrito	1 each	291	15	479	7.96	3.60	150.0	300	1.2	4	15.6	40.95	8.29	3.62	0.00
Corn 1cup	1 cup	130	0	30	4.00	0.72	0.0	40	2.4	6	4.0	30.0	2.0	0.00	0.00
Pears 1 cup	1 cup	124	0	10	4.00	0.72	22.0	100	4.0	20	0.84	32.11	0.18	0.00	0.00
Milk White 1%	1 each	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	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		670	23	709	15.96	5.31	472.0	940	8.80	50	28.69	124.31	11.10	4.00	0.00
% of Calories										29.5%	17.1%	74.2%	14.9%	5.4%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Wed - 10/23/2019															
	Total														
CTP Lunch															
Parfait w/ granola	1 each	525	5	329	5.69	1.78	231.0	1149	24.59	60	12.54	98.2	11.21	2.04	0.00
Salad Mix 2 cup	2 cup	22	0	43	1.74	1.49	61.1	4536	14.92	2	2.18	4.36	0.0	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Pineapple 1 cup	1 cup	119	0	20	1.98	0.71	0.0	128	29.63	26	0.0	29.63	0.0	0.00	0.00
Milk White 1%	1 each	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	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		843	19	706	9.41	4.25	599.7	6317	70.41	108	23.16	153.75	17.53	3.41	0.00
% of Calories										51.1%	11.0%	72.9%	18.7%	3.6%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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# David Douglas

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

CTP Lunch

Portion Values - Detailed

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	Portion Size	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 - 10/24/2019															
CTP Lunch	Total														
Spaghetti 3/4 cup	3/4 cup	284	44	498	6.39	3.03	158.0	731	14.3	6	17.54	31.81	10.03	5.09	0.00
Sun Chip Original	1 each	140	0	120	3.00	0.36	0.0	10	0.0	2	2.0	19.0	6.0	1.00	0.00
Broccoli 1 cup	1 cup	24	0	23	2.13	0.51	35.5	426	63.48	1	2.13	4.97	0.0	0.00	0.00
Peaches 1 cup	1 cup	135	0	12	3.18	0.89	8.0	46	5.96	32	1.11	36.29	0.08	0.00	0.00
Ranch Dressing	1 Tbs	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	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	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		709	51	845	14.70	5.07	501.5	1712	84.93	60	31.04	113.32	16.79	6.48	0.00
% of Calories										33.8%	17.5%	63.9%	21.3%	8.2%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Fri - 10/25/2019															
CTP Lunch	Total														
Peanut Butter & Jelly 2 each	2 each	600	0	560	8.00	2.00	52.0	140	0.0	28	18.0	64.0	34.0	6.00	0.00
Carrot Sticks 1 1/4 cup	1 1/4 cup	93	0	173	5.34	0.96	53.4	16009	16.01	13	2.67	21.35	0.0	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Fruit Mix 1 cup	1 cup	137	0	16	2.98	0.72	11.9	24	7.75	30	1.01	35.53	0.2	0.02	0.00
Milk White 1%	1 each	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	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		982	11	1002	16.32	3.95	421.1	16675	25.00	91	30.03	142.29	37.67	6.89	0.00
% of Calories										37.0%	12.2%	58.0%	34.5%	6.3%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Mon - 10/28/2019															
CTP Lunch	Total														
Yogurt 4oz	1 each	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	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Bagel Mini Pillsbury	1 each	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Baked Beans 1 cup	1 cup	300	0	880	12.00	2.16	80.0	100	0.0	20	12.0	60.0	2.0	0.00	0.00
Applesauce 1 cup	1 cup	109	0	21	3.14	0.31	8.4	73	3.14	25	0.44	28.8	0.13	0.02	0.00
Milk White 1%	1 each	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	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

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

CTP Lunch

Portion Values - Detailed

	Portion Size	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		944	33	1531	17.14	4.18	708.4	1073	5.54	97	37.69	172.05	13.25	5.90	0.00
% of Calories										40.9%	16.0%	72.9%	12.6%	5.6%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Tue - 10/29/2019															
CTP Lunch	Total														
Bean & Cheese Burrito	1 each	291	15	479	7.96	3.60	150.0	300	1.2	4	15.6	40.95	8.29	3.62	0.00
Corn 1cup	1 cup	130	0	30	4.00	0.72	0.0	40	2.4	6	4.0	30.0	2.0	0.00	0.00
Pears 1 cup	1 cup	124	0	10	4.00	0.72	22.0	100	4.0	20	0.84	32.11	0.18	0.00	0.00
Milk White 1%	1 each	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	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		670	23	709	15.96	5.31	472.0	940	8.80	50	28.69	124.31	11.10	4.00	0.00
% of Calories										29.5%	17.1%	74.2%	14.9%	5.4%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Wed - 10/30/2019															
CTP Lunch	Total														
Grilled Cheese Sandwich	1 each	284	32	655	2.27	1.23	467.6	524	0.0	7	18.54	30.54	10.15	5.75	0.00
Salad Mix 2 cup	2 cup	22	0	43	1.74	1.49	61.1	4536	14.92	2	2.18	4.36	0.0	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Pineapple 1 cup	1 cup	119	0	20	1.98	0.71	0.0	128	29.63	26	0.0	29.63	0.0	0.00	0.00
Milk White 1%	1 each	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	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		603	46	1033	5.99	3.70	836.3	5691	45.82	54	29.16	86.10	16.46	7.13	0.00
% of Calories										35.9%	19.4%	57.1%	24.6%	10.6%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Thu - 10/31/2019															
CTP Lunch	Total														
Turkey & Cheese Sandwich	1 each	330	52	797	4.00	1.68	253.3	220	0.0	5	21.0	30.67	13.0	5.67	0.00
Broccoli 1 cup	1 cup	24	0	23	2.13	0.51	35.5	426	63.48	1	2.13	4.97	0.0	0.00	0.00
Peaches 1 cup	1 cup	135	0	12	3.18	0.89	8.0	46	5.96	32	1.11	36.29	0.08	0.00	0.00
Ranch Dressing	1 Tbs	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	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	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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Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

CTP Lunch

Portion Values - Detailed

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	Portion Size	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		615	59	1023	9.31	3.36	596.9	1192	70.64	57	32.49	93.18	13.76	6.05	0.00
% of Calories										37.1%	21.1%	60.6%	20.1%	8.9%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Weighted Average		783	32	1021	13.40	4.33	575.4	5076	35.50	74	31.04	130.00	18.21	5.49	0.00
										84.6%	15.9%	66.4%	20.9%	6.3%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	783		750 - 850	100%				
Cholesterol (mg)	32							
Sodium 1 (mg)	1021		1420					
Sodium 2 (mg)	1021		1080					
Fiber (g)	13.40							
Iron (mg)	4.33							
Calcium (mg)	575.4							
Vitamin A (IU)	5076							
Sugars (g)	74	37.61%						
Vitamin C (mg)	35.50							
Protein (g)	31.04	15.86%						
Carbohydrate (g)	130.00	66.44%						
Total Fat (g)	18.21	20.93%	<=30.00%					
Saturated Fat (g)	5.49	6.31%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%						

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