

David Douglas

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Elementary 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 ¹ (g)
Tue - 10/01/2019															
Elementary Lunch	Total														
Cheese Burger Tyson	1 each	335	37	550	5.00	2.88	200.0	230	0.0	6	18.5	30.0	16.5	7.50	0.00
Hot Dog	1 each	310	35	755	4.00	2.16	80.0	30	0.0	6	12.0	29.0	18.0	7.50	0.00
Tatertot 9	9 each	150	0	360	2.00	0.36	0.0	0	3.6	0	2.0	19.0	7.0	1.00	0.00
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
Sunflower Seeds 1 oz	each	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	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	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	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	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	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	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	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	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	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
Weighted Daily Average		721	46	1050	11.12	4.21	556.8	924	9.26	41	30.32	96.65	26.15	8.93	0.00
% of Calories										22.5%	16.8%	53.6%	32.7%	11.2%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Wed - 10/02/2019															
Elementary Lunch	Total														
Pizza 4x6 Pepperoni	1 each	312	28	667	4.00	3.79	300.0	400	0.0	4	19.22	37.54	9.34	3.54	0.00
Lasagna Roll Up	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
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
Crackers State	1 each	100	0	75	2.00	8.10	100.0	400	4.8	5	2.0	18.0	3.0	0.00	0.00
Salad Mix 1 cup	1 cup	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	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	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	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	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	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	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	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	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	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

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

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David Douglas

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Elementary 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 ¹ (g)
Weighted Daily Average		603	42	1112	8.98	5.66	738.9	12943	43.00	44	30.13	85.94	15.88	5.19	0.00
% of Calories										29.0%	20.0%	57.0%	23.7%	7.7%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Thu - 10/03/2019															
Elementary Lunch															
	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 ¹ (g)
Total															
Teriyaki Chicken	1/2 cup	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	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	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	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
Oatmeal Circle	1 each	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	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	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	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	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	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	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	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	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
Weighted Daily Average		604	71	754	6.13	2.49	605.3	1287	74.71	47	31.03	89.47	14.11	5.23	0.00
% of Calories										30.9%	20.6%	59.3%	21.0%	7.8%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

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Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Elementary 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 ¹ (g)
Fri - 10/04/2019															
Elementary Lunch	Total														
Turkey Gravy	3/8 cup	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	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	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	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	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	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	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	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	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	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	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	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	91	11	105	0.02	0.02	0.2	21	0.02	0	0.01	0.61	10.02	1.67	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	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
Weighted Daily Average		762	79	1079	8.37	3.66	488.3	1436	45.21	38	29.84	80.20	37.09	7.44	0.00
% of Calories										19.9%	15.7%	42.1%	43.8%	8.8%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Mon - 10/07/2019															
Elementary 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
Chicken Nugget	5 each	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	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
Cheez-it	1 each	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	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	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	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	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	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	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	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	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

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Base Menu Spreadsheet

Elementary 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 ¹ (g)
Weighted Daily Average		572	33	911	10.10	3.11	514.5	2269	6.11	41	28.80	81.32	14.60	4.20	0.00
% of Calories										28.4%	20.2%	56.9%	23.0%	6.6%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Tue - 10/08/2019															
Elementary Lunch															
	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 ¹ (g)
Total															
Chicken Burger	1 Each	410	25	635	7.00	3.24	120.0	130	0.0	7	22.0	44.0	17.0	3.00	0.00
Corn Dog	1 each	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 5	5 each	108	0	216	1.54	0.43	3.7	0	1.98	0	1.54	13.89	5.4	1.54	0.00
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
Sunflower Seeds 1 oz	each	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	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	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	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	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	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	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	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	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk Nonfat	each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 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
Weighted Daily Average		666	46	882	11.72	3.70	457.9	972	9.76	42	26.99	99.27	19.58	5.47	0.00
% of Calories										25.0%	16.2%	59.6%	26.4%	7.4%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

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Wed - 10/09/2019															
Elementary Lunch	Total														
Pizza 4x6 Turkey Sausage	1 each	310	28	643	4.00	3.81	305.9	400	0.0	4	19.86	37.0	9.49	3.45	0.00
Chili Turkey 3/8 cup	3/8 cup	130	55	390	0.00	1.08	40.0	10	2.4	2	17.0	5.0	4.5	1.50	0.00
Crackers State	1 each	100	0	75	2.00	8.10	100.0	400	4.8	5	2.0	18.0	3.0	0.00	0.00
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
Crackers State	1 each	100	0	75	2.00	8.10	100.0	400	4.8	5	2.0	18.0	3.0	0.00	0.00
Salad Mix 1 cup	1 cup	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	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	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	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	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	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	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	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	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	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
Weighted Daily Average		577	51	1031	8.43	7.53	689.0	12903	44.44	44	30.62	81.22	15.42	4.44	0.00
% of Calories										30.5%	21.2%	56.3%	24.1%	6.9%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

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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 ¹ (g)
Thu - 10/10/2019															
Elementary Lunch	Total														
Mandarin Orange Chicken	2/3 cup	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	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Egg Roll	2 Each	320	60	780	6.00	0.00	0.0	0	0.0	4	18.0	40.0	10.0	3.00	0.00
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
Oatmeal Circle	1 each	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	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	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	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	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	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	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	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	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
Weighted Daily Average		644	62	767	7.09	2.29	471.8	1140	72.96	48	27.48	98.65	15.93	4.36	0.00
% of Calories										29.9%	17.1%	61.3%	22.3%	6.1%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

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David Douglas

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Elementary 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 ¹ (g)
Mon - 10/14/2019															
Elementary Lunch	Total														
Taco Turkey Elem	1 taco	107	4	223	1.00	4.58	62.2	11	0.07	1	2.72	17.17	3.39	1.11	0.00
Chicken Strips	3 each	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	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
Cheez-it	1 each	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	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	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	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	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	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	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	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	81	20	202	0.00	0.00	202.5	304	0.0	0	7.09	1.01	6.08	4.05	0.00
Shredded Lettuce	1 each	2	0	1	0.14	0.05	2.8	69	0.41	0	0.14	0.41	0.0	0.00	0.00
Sour Cream	1 each	22	4	44	0.00	0.00	53.2	177	0.0	0	1.77	3.54	0.0	0.00	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	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
Weighted Daily Average		443	28	586	7.56	3.49	529.1	1864	13.68	35	21.77	65.74	10.85	3.77	0.00
% of Calories										31.7%	19.6%	59.3%	22.0%	7.7%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

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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 ¹ (g)
Tue - 10/15/2019															
Elementary Lunch	Total														
Cheese Burger Tyson	1 each	335	37	550	5.00	2.88	200.0	230	0.0	6	18.5	30.0	16.5	7.50	0.00
Hot Dog	1 each	310	35	755	4.00	2.16	80.0	30	0.0	6	12.0	29.0	18.0	7.50	0.00
Tatertot 9	9 each	150	0	360	2.00	0.36	0.0	0	3.6	0	2.0	19.0	7.0	1.00	0.00
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
Sunflower Seeds 1 oz	each	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	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	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	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	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	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	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	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	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	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
Weighted Daily Average		721	46	1050	11.12	4.21	556.8	924	9.26	41	30.32	96.65	26.15	8.93	0.00
% of Calories										22.5%	16.8%	53.6%	32.7%	11.2%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

	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 ¹ (g)
Wed - 10/16/2019															
Elementary Lunch	Total														
Pizza 4x6 Cheese	1 each	280	15	560	4.00	3.60	300.0	400	0.0	4	16.0	37.0	8.0	3.00	0.00
Lasagna Roll Up	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
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
Crackers State	1 each	100	0	75	2.00	8.10	100.0	400	4.8	5	2.0	18.0	3.0	0.00	0.00
Salad Mix 1 cup	1 cup	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	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	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	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	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	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	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	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	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	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

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		577	32	1027	8.98	5.51	738.9	12943	43.00	44	27.55	85.51	14.80	4.76	0.00
% of Calories										30.3%	19.1%	59.2%	23.1%	7.4%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Thu - 10/17/2019															
	Portion Size	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)
Elementary Lunch	Total														
Teriyaki Chicken	1/2 cup	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	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	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	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
Oatmeal Circle	1 each	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	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	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	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	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	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	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	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	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
Weighted Daily Average		583	71	754	6.06	2.55	612.7	1333	97.42	46	31.01	83.93	14.11	5.23	0.00
% of Calories										31.6%	21.3%	57.6%	21.8%	8.1%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

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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 ¹ (g)
Fri - 10/18/2019															
Elementary 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
Fish Wedge Potato	1 each	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	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	300	0	280	4.00	1.00	26.0	70	0.0	14	9.0	32.0	17.0	3.00	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
Cheez-it	1 each	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	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	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	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	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	91	11	105	0.02	0.02	0.2	21	0.02	0	0.01	0.61	10.02	1.67	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	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
Weighted Daily Average		759	91	1246	9.11	3.76	570.0	1833	49.50	42	33.40	79.18	35.16	8.02	0.00
% of Calories										22.1%	17.6%	41.7%	41.7%	9.5%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Mon - 10/21/2019															
Elementary 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
Chicken Nugget	5 each	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	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
Cheez-it	1 each	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	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	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	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	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	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	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	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	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

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David Douglas

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 11

Generated on: 7/3/2019 11:51:22 AM

	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 ¹ (g)
Weighted Daily Average		581	30	935	11.59	3.65	559.5	2329	6.47	41	28.68	88.80	12.59	4.54	0.00
% of Calories										28.5%	19.8%	61.1%	19.5%	7.0%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Tue - 10/22/2019															
Elementary Lunch															
	Total														
Corn Dog	1 each	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
Chicken Burger	1 Each	410	25	635	7.00	3.24	120.0	130	0.0	7	22.0	44.0	17.0	3.00	0.00
French Fries Baked 10	10 each	43	0	13	0.71	0.26	0.0	2	1.71	0	0.71	7.14	1.43	0.00	0.00
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
Sunflower Seeds 1 oz	each	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	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	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	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	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	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	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	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	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	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
Weighted Daily Average		612	46	739	11.32	3.62	452.9	953	9.36	40	27.10	92.85	16.19	4.03	0.00
% of Calories										25.9%	17.7%	60.7%	23.8%	5.9%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

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	Portion Size	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)
Wed - 10/23/2019															
Elementary Lunch	Total														
Pizza 4x6 Hawaiian	1 each	309	24	643	4.15	3.73	304.4	410	2.3	6	19.3	39.52	8.66	3.22	0.00
Chili Turkey 3/8 cup	3/8 cup	130	55	390	0.00	1.08	40.0	10	2.4	2	17.0	5.0	4.5	1.50	0.00
Crackers State	1 each	100	0	75	2.00	8.10	100.0	400	4.8	5	2.0	18.0	3.0	0.00	0.00
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
Crackers State	1 each	100	0	75	2.00	8.10	100.0	400	4.8	5	2.0	18.0	3.0	0.00	0.00
Salad Mix 1 cup	1 cup	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	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	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	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	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	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	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	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	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	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
Weighted Daily Average		592	42	1066	8.95	6.39	721.0	12909	44.84	45	30.34	86.04	15.15	4.65	0.00
% of Calories										30.4%	20.5%	58.1%	23.0%	7.1%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

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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 ¹ (g)
Thu - 10/24/2019															
Elementary Lunch	Total														
Mandarin Orange Chicken	2/3 cup	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	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Egg Roll	2 Each	320	60	780	6.00	0.00	0.0	0	0.0	4	18.0	40.0	10.0	3.00	0.00
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
Oatmeal Circle	1 each	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	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	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	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	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	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	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	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	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
Weighted Daily Average		593	57	702	6.60	2.03	453.1	1110	74.03	46	25.85	91.86	13.82	3.86	0.00
% of Calories										30.9%	17.4%	62.0%	21.0%	5.9%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Fri - 10/25/2019															
Elementary 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
French Bread	1 each	94	0	81	0.47	0.96	5.8	6	3.26	1	3.06	17.35	0.96	0.11	0.00
Fish Sticks Potato	4 each	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	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	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	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	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	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	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	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	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	91	11	105	0.02	0.02	0.2	21	0.02	0	0.01	0.61	10.02	1.67	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	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

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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 ¹ (g)
Weighted Daily Average		767	70	974	10.75	4.24	544.3	1690	40.20	38	28.74	82.69	37.66	8.25	0.00
% of Calories										20.1%	15.0%	43.1%	44.2%	9.7%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Mon - 10/28/2019															
	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 ¹ (g)
Elementary Lunch	Total														
Taco Chicken Elem	1 taco	154	27	359	1.00	5.00	63.5	15	0.0	1	10.0	18.0	4.25	1.25	0.00
Chicken Strips	3 each	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	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
Cheez-it	1 each	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	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	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	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	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	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	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	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	81	20	202	0.00	0.00	202.5	304	0.0	0	7.09	1.01	6.08	4.05	0.00
Shredded Lettuce	1 each	2	0	1	0.14	0.05	2.8	69	0.41	0	0.14	0.41	0.0	0.00	0.00
Sour Cream	1 each	22	4	44	0.00	0.00	53.2	177	0.0	0	1.77	3.54	0.0	0.00	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	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
Weighted Daily Average		469	40	660	7.56	3.72	529.8	1867	13.64	35	25.78	66.20	11.33	3.84	0.00
% of Calories										30.0%	22.0%	56.5%	21.7%	7.4%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

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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 ¹ (g)
Tue - 10/29/2019															
Elementary Lunch	Total														
Cheese Burger Tyson	1 each	335	37	550	5.00	2.88	200.0	230	0.0	6	18.5	30.0	16.5	7.50	0.00
Hot Dog	1 each	310	35	755	4.00	2.16	80.0	30	0.0	6	12.0	29.0	18.0	7.50	0.00
Tatertot 9	9 each	150	0	360	2.00	0.36	0.0	0	3.6	0	2.0	19.0	7.0	1.00	0.00
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
Sunflower Seeds 1 oz	each	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	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	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	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	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	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	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	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	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	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
Weighted Daily Average		721	46	1050	11.12	4.21	556.8	924	9.26	41	30.32	96.65	26.15	8.93	0.00
% of Calories										22.5%	16.8%	53.6%	32.7%	11.2%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Wed - 10/30/2019															
Elementary Lunch	Total														
Pizza 4x6 Pepperoni	1 each	312	28	667	4.00	3.79	300.0	400	0.0	4	19.22	37.54	9.34	3.54	0.00
Lasagna Roll Up	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
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
Crackers State	1 each	100	0	75	2.00	8.10	100.0	400	4.8	5	2.0	18.0	3.0	0.00	0.00
Salad Mix 1 cup	1 cup	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	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	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	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	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	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	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	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	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	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

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David Douglas

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		603	42	1112	8.98	5.66	738.9	12943	43.00	44	30.13	85.94	15.88	5.19	0.00
% of Calories										29.0%	20.0%	57.0%	23.7%	7.7%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Thu - 10/31/2019															
Elementary Lunch															
Total															
Teriyaki Chicken	1/2 cup	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	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	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	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
Oatmeal Circle	1 each	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	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	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	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	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	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	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	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	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
Weighted Daily Average		604	71	754	6.13	2.49	605.3	1287	74.71	47	31.03	89.47	14.11	5.23	0.00
% of Calories										30.9%	20.6%	59.3%	21.0%	7.8%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Weighted Average		626	52	920	8.99	4.01	576.9	4036	37.90	42	28.97	86.56	19.21	5.66	0.00
										60.6%	18.5%	55.3%	27.6%	8.1%	0.0%

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David Douglas

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Nutrient	Menu AVG	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 ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	626		550 - 650	100%													
Cholesterol (mg)	52																
Sodium 1 (mg)	920		1230														
Sodium 2 (mg)	920		935														
Fiber (g)	8.99																
Iron (mg)	4.01																
Calcium (mg)	576.9																
Vitamin A (IU)	4036																
Sugars (g)	42	26.93%															
Vitamin C (mg)	37.90																
Protein (g)	28.97	18.51%															
Carbohydrate (g)	86.56	55.30%															
Total Fat (g)	19.21	27.62%	<=30.00%														
Saturated Fat (g)	5.66	8.14%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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