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| Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*  
*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*  
*<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

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|                              | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 10/01/2019             |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| High School Lunch            | Total        |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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                    |
| Potato Salad 1/2 cup         | 1/2 cup      | 230         | 10          | 540       | 3.00      | 1.08      | 0.0        | 40         | 0.0        | 8          | 3.0       | 28.0     | 13.0      | 2.50      | 0.00                    |
| Mandarin Orange Chicken      | 2/3 cup      | 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                    |
| 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                    |
| Pizza Veggie                 | 1 each       | 288         | 30          | 441       | 3.53      | 1.91      | 253.0      | 567        | 16.47      | 10         | 15.45     | 30.74    | 12.23     | 6.00      | 0.00                    |
| Pizza Combo                  | 1 each       | 319         | 43          | 536       | 3.53      | 2.11      | 256.0      | 567        | 16.47      | 10         | 19.0      | 31.01    | 13.64     | 6.49      | 0.00                    |
| Pizza Hawaiian               | 1 each       | 309         | 39          | 523       | 3.15      | 1.93      | 254.4      | 310        | 2.3        | 11         | 18.3      | 31.52    | 12.66     | 6.22      | 0.00                    |
| Pizza Cheese                 | 1 each       | 280         | 30          | 440       | 3.00      | 1.80      | 250.0      | 300        | 0.0        | 9          | 15.0      | 29.0     | 12.0      | 6.00      | 0.00                    |
| Pizza Pepperoni              | 1 each       | 312         | 43          | 547       | 3.00      | 1.99      | 250.0      | 300        | 0.0        | 9          | 18.22     | 29.54    | 13.34     | 6.54      | 0.00                    |
| Pizza Turkey Sausage         | 1 each       | 310         | 43          | 523       | 3.00      | 2.01      | 255.9      | 300        | 0.0        | 9          | 18.87     | 29.0     | 13.49     | 6.45      | 0.00                    |
| Nacho Chicken HS             | 1 serving    | 343         | 57          | 842       | 1.33      | 1.34      | 330.1      | 210        | 0.0        | 0          | 18.66     | 24.64    | 18.24     | 6.25      | 0.00                    |
| Nacho Turkey Chili HS        | 1 serving    | 295         | 32          | 699       | 1.33      | 0.88      | 328.2      | 200        | 0.09       | 0          | 11.33     | 23.83    | 17.16     | 6.06      | 0.00                    |
| Turkey & Cheese Sandwich     | 1 each       | 330         | 52          | 797       | 4.00      | 1.68      | 253.3      | 220        | 0.0        | 5          | 21.0      | 30.67    | 13.0      | 5.67      | 0.00                    |
| Wrap Turkey                  | 1 each       | 352         | 52          | 848       | 4.14      | 2.99      | 316.1      | 274        | 0.41       | 2          | 20.14     | 32.08    | 16.0      | 9.17      | 0.00                    |
| Wrap Chicken                 | 1 each       | 473         | 52          | 979       | 5.00      | 8.60      | 353.5      | 220        | 0.0        | 3          | 22.0      | 54.0     | 19.25     | 8.75      | 0.00                    |
| Peanut Butter & Jelly 2 each | 2 each       | 600         | 0           | 560       | 8.00      | 2.00      | 52.0       | 140        | 0.0        | 28         | 18.0      | 64.0     | 34.0      | 6.00      | 0.00                    |
| Chicken Caesar Salad HS      | 1 each       | 404         | 82          | 856       | 5.65      | 3.29      | 201.4      | 16501      | 67.8       | 3          | 17.86     | 11.48    | 30.42     | 7.41      | 0.00                    |
| Rolls                        | 1 each       | 193         | 8           | 247       | 0.90      | 1.59      | 42.0       | 41         | 7.51       | 5          | 6.32      | 32.16    | 3.83      | 0.53      | 0.00                    |
| Parfait w/ granola           | 1 each       | 525         | 5           | 329       | 5.69      | 1.78      | 231.0      | 1149       | 24.59      | 60         | 12.54     | 98.2     | 11.21     | 2.04      | 0.00                    |
| Hummus                       | 1 each       | 90          | 5           | 240       | 4.00      | 1.08      | 60.0       | 300        | 0.0        | 1          | 3.0       | 11.0     | 3.0       | 0.50      | 0.00                    |
| Cheese Stick 1               | 1 each       | 60          | 10          | 200       | 0.00      | 0.00      | 200.0      | 200        | 0.0        | 1          | 7.0       | 1.0      | 3.0       | 2.00      | 0.00                    |
| Flat Bread                   | each         | 170         | 0           | 290       | 2.53      | 0.77      | 21.5       | 0          | 0.07       | 2          | 5.0       | 26.0     | 5.0       | 1.00      | 0.00                    |
| Bagel 2oz WW                 | 1 each       | 140         | 0           | 180       | 4.00      | 1.80      | 40.0       | 25         | 0.0        | 5          | 6.0       | 29.0     | 1.0       | 0.00      | 0.00                    |
| Cheese Stick 2               | 2 each       | 120         | 20          | 400       | 0.00      | 0.00      | 400.0      | 400        | 0.0        | 2          | 14.0      | 2.0      | 6.0       | 4.00      | 0.00                    |
| Cauliflower 1/2 cup          | 1/2 cup      | 13          | 0           | 15        | 1.50      | 0.18      | 10.0       | 5          | 23.1       | 1          | 1.0       | 2.5      | 0.0       | 0.00      | 0.00                    |
| Broccoli 1/2 cup             | 1/2 cup      | 12          | 0           | 12        | 1.07      | 0.26      | 17.8       | 213        | 31.74      | 0          | 1.07      | 2.49     | 0.0       | 0.00      | 0.00                    |
| Oranges Mandarin 1 cup       | 1 cup        | 171         | 0           | 21        | 0.00      | 0.00      | 0.0        | 192        | 44.83      | 38         | 0.0       | 40.56    | 0.0       | 0.00      | 0.00                    |
| Fruit Mix 1 cup              | 1 cup        | 137         | 0           | 16        | 2.98      | 0.72      | 11.9       | 24         | 7.75       | 30         | 1.01      | 35.53    | 0.2       | 0.02      | 0.00                    |
| Apple                        | 1 each       | 72          | 0           | 1         | 2.76      | 0.25      | 13.8       | 69         | 6.62       | 14         | 0.0       | 19.32    | 0.0       | 0.00      | 0.00                    |
| Orange                       | 1 each       | 47          | 0           | 1         | 1.92      | 0.17      | 38.4       | 240        | 57.02      | 8          | 0.96      | 12.48    | 0.0       | 0.00      | 0.00                    |
| Craisins                     | 1 Each       | 110         | 0           | 0         | 3.00      | 0.00      | 0.0        | 120        | 0.0        | 24         | 0.0       | 28.0     | 0.0       | 0.00      | 0.00                    |
| Refried Beans 1/2 cup        | 1/2 cup      | 120         | 0           | 360       | 5.00      | 1.80      | 40.0       | 5          | 2.4        | 1          | 7.0       | 19.99    | 0.0       | 0.00      | 0.00                    |
| Salad Mix 1 cup              | 1 cup        | 11          | 0           | 22        | 0.87      | 0.75      | 30.5       | 2268       | 7.46       | 1          | 1.09      | 2.18     | 0.0       | 0.00      | 0.00                    |
| Ranch Dressing               | 1 Tbs        | 53          | 7           | 125       | 0.00      | 0.00      | 7.6        | 3          | 0.08       | 0          | 0.19      | 0.32     | 5.69      | 1.00      | 0.00                    |
| Ketchup                      | 1 Tbs        | 13          | 0           | 150       | 0.00      | 0.00      | 0.0        | 17         | 0.0        | 3          | 0.0       | 3.34     | 0.0       | 0.00      | 0.00                    |
| Salsa                        | 1 Tbs        | 2           | 0           | 16        | 0.00      | 0.00      | 0.0        | 44         | 1.59       | 0          | 0.0       | 0.44     | 0.0       | 0.00      | 0.00                    |
| Milk White 1%                | 1 each       | 110         | 15          | 130       | 0.00      | 0.00      | 300.0      | 500        | 1.2        | 12         | 9.0       | 13.0     | 2.5       | 1.50      | 0.00                    |

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# David Douglas

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Oct 1, 2019 thru Oct 31, 2019

High School Lunch

Generated on: 7/3/2019 11:59:57 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 <sup>1</sup> (g) |
|-------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 10/01/2019        |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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  |              | 791         | 51          | 1104      | 8.48      | 3.59      | 595.9      | 2498       | 70.02      | 77         | 27.83     | 118.39   | 24.08     | 7.36      | 0.00                    |
| % of Calories           |              |             |             |           |           |           |            |            |            | 38.7%      | 14.1%     | 59.9%    | 27.4%     | 8.4%      | 0.0%                    |
| Nutrient Guideline      |              | 750-850     |             | 1420      |           |           |            |            |            |            |           |          | <=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 <sup>1</sup> (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 10/02/2019             |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| High School Lunch            | Total        |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Rib A Que                    | 1 each       | 310         | 40          | 655       | 5.00      | 3.44      | 130.0      | 130        | 0.0        | 11         | 20.0      | 34.0     | 12.0      | 4.50      | 0.00                    |
| French Fries Baked 10        | 10 each      | 43          | 0           | 13        | 0.71      | 0.26      | 0.0        | 2          | 1.71       | 0          | 0.71      | 7.14     | 1.43      | 0.00      | 0.00                    |
| Mandarin Orange Chicken      | 2/3 cup      | 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                    |
| 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                    |
| Pizza Veggie                 | 1 each       | 288         | 30          | 441       | 3.53      | 1.91      | 253.0      | 567        | 16.47      | 10         | 15.45     | 30.74    | 12.23     | 6.00      | 0.00                    |
| Pizza Combo                  | 1 each       | 319         | 43          | 536       | 3.53      | 2.11      | 256.0      | 567        | 16.47      | 10         | 19.0      | 31.01    | 13.64     | 6.49      | 0.00                    |
| Pizza Hawaiian               | 1 each       | 309         | 39          | 523       | 3.15      | 1.93      | 254.4      | 310        | 2.3        | 11         | 18.3      | 31.52    | 12.66     | 6.22      | 0.00                    |
| Pizza Cheese                 | 1 each       | 280         | 30          | 440       | 3.00      | 1.80      | 250.0      | 300        | 0.0        | 9          | 15.0      | 29.0     | 12.0      | 6.00      | 0.00                    |
| Pizza Pepperoni              | 1 each       | 312         | 43          | 547       | 3.00      | 1.99      | 250.0      | 300        | 0.0        | 9          | 18.22     | 29.54    | 13.34     | 6.54      | 0.00                    |
| Pizza Turkey Sausage         | 1 each       | 310         | 43          | 523       | 3.00      | 2.01      | 255.9      | 300        | 0.0        | 9          | 18.87     | 29.0     | 13.49     | 6.45      | 0.00                    |
| Nacho Chicken HS             | 1 serving    | 343         | 57          | 842       | 1.33      | 1.34      | 330.1      | 210        | 0.0        | 0          | 18.66     | 24.64    | 18.24     | 6.25      | 0.00                    |
| Nacho Turkey Chili HS        | 1 serving    | 295         | 32          | 699       | 1.33      | 0.88      | 328.2      | 200        | 0.09       | 0          | 11.33     | 23.83    | 17.16     | 6.06      | 0.00                    |
| Turkey & Cheese Sandwich     | 1 each       | 330         | 52          | 797       | 4.00      | 1.68      | 253.3      | 220        | 0.0        | 5          | 21.0      | 30.67    | 13.0      | 5.67      | 0.00                    |
| Wrap Turkey                  | 1 each       | 352         | 52          | 848       | 4.14      | 2.99      | 316.1      | 274        | 0.41       | 2          | 20.14     | 32.08    | 16.0      | 9.17      | 0.00                    |
| Wrap Chicken                 | 1 each       | 473         | 52          | 979       | 5.00      | 8.60      | 353.5      | 220        | 0.0        | 3          | 22.0      | 54.0     | 19.25     | 8.75      | 0.00                    |
| Peanut Butter & Jelly 2 each | 2 each       | 600         | 0           | 560       | 8.00      | 2.00      | 52.0       | 140        | 0.0        | 28         | 18.0      | 64.0     | 34.0      | 6.00      | 0.00                    |
| Chicken Caesar Salad HS      | 1 each       | 404         | 82          | 856       | 5.65      | 3.29      | 201.4      | 16501      | 67.8       | 3          | 17.86     | 11.48    | 30.42     | 7.41      | 0.00                    |
| Rolls                        | 1 each       | 193         | 8           | 247       | 0.90      | 1.59      | 42.0       | 41         | 7.51       | 5          | 6.32      | 32.16    | 3.83      | 0.53      | 0.00                    |
| Parfait w/ granola           | 1 each       | 525         | 5           | 329       | 5.69      | 1.78      | 231.0      | 1149       | 24.59      | 60         | 12.54     | 98.2     | 11.21     | 2.04      | 0.00                    |
| Hummus                       | 1 each       | 90          | 5           | 240       | 4.00      | 1.08      | 60.0       | 300        | 0.0        | 1          | 3.0       | 11.0     | 3.0       | 0.50      | 0.00                    |
| Cheese Stick 1               | 1 each       | 60          | 10          | 200       | 0.00      | 0.00      | 200.0      | 200        | 0.0        | 1          | 7.0       | 1.0      | 3.0       | 2.00      | 0.00                    |
| Flat Bread                   | each         | 170         | 0           | 290       | 2.53      | 0.77      | 21.5       | 0          | 0.07       | 2          | 5.0       | 26.0     | 5.0       | 1.00      | 0.00                    |
| Bagel 2oz WW                 | 1 each       | 140         | 0           | 180       | 4.00      | 1.80      | 40.0       | 25         | 0.0        | 5          | 6.0       | 29.0     | 1.0       | 0.00      | 0.00                    |
| Cheese Stick 2               | 2 each       | 120         | 20          | 400       | 0.00      | 0.00      | 400.0      | 400        | 0.0        | 2          | 14.0      | 2.0      | 6.0       | 4.00      | 0.00                    |
| Celery 1/2 cup               | 1/2 cup      | 12          | 0           | 59        | 1.49      | 0.13      | 29.7       | 334        | 2.23       | 1          | 0.74      | 2.23     | 0.0       | 0.00      | 0.00                    |
| Applesauce 1 cup             | 1 cup        | 109         | 0           | 21        | 3.14      | 0.31      | 8.4        | 73         | 3.14       | 25         | 0.44      | 28.8     | 0.13      | 0.02      | 0.00                    |
| Kiwi                         | 1 each       | 46          | 0           | 4         | 2.28      | 0.27      | 22.8       | 152        | 57.0       | 12         | 0.76      | 11.4     | 0.0       | 0.00      | 0.00                    |
| Baked Beans 1/2 cup          | 1/2 cup      | 150         | 0           | 440       | 6.00      | 1.08      | 40.0       | 50         | 0.0        | 10         | 6.0       | 30.0     | 1.0       | 0.00      | 0.00                    |
| Apple                        | 1 each       | 72          | 0           | 1         | 2.76      | 0.25      | 13.8       | 69         | 6.62       | 14         | 0.0       | 19.32    | 0.0       | 0.00      | 0.00                    |
| Orange                       | 1 each       | 47          | 0           | 1         | 1.92      | 0.17      | 38.4       | 240        | 57.02      | 8          | 0.96      | 12.48    | 0.0       | 0.00      | 0.00                    |
| Craisins                     | 1 Each       | 110         | 0           | 0         | 3.00      | 0.00      | 0.0        | 120        | 0.0        | 24         | 0.0       | 28.0     | 0.0       | 0.00      | 0.00                    |
| Refried Beans 1/2 cup        | 1/2 cup      | 120         | 0           | 360       | 5.00      | 1.80      | 40.0       | 5          | 2.4        | 1          | 7.0       | 19.99    | 0.0       | 0.00      | 0.00                    |
| Salad Mix 1 cup              | 1 cup        | 11          | 0           | 22        | 0.87      | 0.75      | 30.5       | 2268       | 7.46       | 1          | 1.09      | 2.18     | 0.0       | 0.00      | 0.00                    |
| Ranch Dressing               | 1 Tbs        | 53          | 7           | 125       | 0.00      | 0.00      | 7.6        | 3          | 0.08       | 0          | 0.19      | 0.32     | 5.69      | 1.00      | 0.00                    |
| Ketchup                      | 1 Tbs        | 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       | 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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|                        | 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 |              | 674         | 46          | 1002      | 8.87      | 3.36      | 577.6      | 2383       | 45.86      | 61         | 26.68     | 97.52    | 21.14     | 6.38      | 0.00                    |
| % of Calories          |              |             |             |           |           |           |            |            |            | 36.2%      | 15.8%     | 57.9%    | 28.2%     | 8.5%      | 0.0%                    |
| Nutrient Guideline     |              | 750-850     |             | 1420      |           |           |            |            |            |            |           |          | <=30.0    | <10.00    |                         |

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|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 10/03/2019             |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| High School Lunch            | 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                    |
| Coleslaw 1/2 cup             | 1/2 cup      | 260         | 34          | 232       | 4.25      | 0.77      | 57.1       | 172        | 51.88      | 10         | 1.42      | 14.5     | 22.5      | 3.75      | 0.00                    |
| Mandarin Orange Chicken      | 2/3 cup      | 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                    |
| 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                    |
| Pizza Veggie                 | 1 each       | 288         | 30          | 441       | 3.53      | 1.91      | 253.0      | 567        | 16.47      | 10         | 15.45     | 30.74    | 12.23     | 6.00      | 0.00                    |
| Pizza Combo                  | 1 each       | 319         | 43          | 536       | 3.53      | 2.11      | 256.0      | 567        | 16.47      | 10         | 19.0      | 31.01    | 13.64     | 6.49      | 0.00                    |
| Pizza Hawaiian               | 1 each       | 309         | 39          | 523       | 3.15      | 1.93      | 254.4      | 310        | 2.3        | 11         | 18.3      | 31.52    | 12.66     | 6.22      | 0.00                    |
| Pizza Cheese                 | 1 each       | 280         | 30          | 440       | 3.00      | 1.80      | 250.0      | 300        | 0.0        | 9          | 15.0      | 29.0     | 12.0      | 6.00      | 0.00                    |
| Pizza Pepperoni              | 1 each       | 312         | 43          | 547       | 3.00      | 1.99      | 250.0      | 300        | 0.0        | 9          | 18.22     | 29.54    | 13.34     | 6.54      | 0.00                    |
| Pizza Turkey Sausage         | 1 each       | 310         | 43          | 523       | 3.00      | 2.01      | 255.9      | 300        | 0.0        | 9          | 18.87     | 29.0     | 13.49     | 6.45      | 0.00                    |
| Nacho Chicken HS             | 1 serving    | 343         | 57          | 842       | 1.33      | 1.34      | 330.1      | 210        | 0.0        | 0          | 18.66     | 24.64    | 18.24     | 6.25      | 0.00                    |
| Nacho Turkey Chili HS        | 1 serving    | 295         | 32          | 699       | 1.33      | 0.88      | 328.2      | 200        | 0.09       | 0          | 11.33     | 23.83    | 17.16     | 6.06      | 0.00                    |
| Turkey & Cheese Sandwich     | 1 each       | 330         | 52          | 797       | 4.00      | 1.68      | 253.3      | 220        | 0.0        | 5          | 21.0      | 30.67    | 13.0      | 5.67      | 0.00                    |
| Wrap Turkey                  | 1 each       | 352         | 52          | 848       | 4.14      | 2.99      | 316.1      | 274        | 0.41       | 2          | 20.14     | 32.08    | 16.0      | 9.17      | 0.00                    |
| Wrap Chicken                 | 1 each       | 473         | 52          | 979       | 5.00      | 8.60      | 353.5      | 220        | 0.0        | 3          | 22.0      | 54.0     | 19.25     | 8.75      | 0.00                    |
| Peanut Butter & Jelly 2 each | 2 each       | 600         | 0           | 560       | 8.00      | 2.00      | 52.0       | 140        | 0.0        | 28         | 18.0      | 64.0     | 34.0      | 6.00      | 0.00                    |
| Chicken Caesar Salad HS      | 1 each       | 404         | 82          | 856       | 5.65      | 3.29      | 201.4      | 16501      | 67.8       | 3          | 17.86     | 11.48    | 30.42     | 7.41      | 0.00                    |
| Rolls                        | 1 each       | 193         | 8           | 247       | 0.90      | 1.59      | 42.0       | 41         | 7.51       | 5          | 6.32      | 32.16    | 3.83      | 0.53      | 0.00                    |
| Parfait w/ granola           | 1 each       | 525         | 5           | 329       | 5.69      | 1.78      | 231.0      | 1149       | 24.59      | 60         | 12.54     | 98.2     | 11.21     | 2.04      | 0.00                    |
| Hummus                       | 1 each       | 90          | 5           | 240       | 4.00      | 1.08      | 60.0       | 300        | 0.0        | 1          | 3.0       | 11.0     | 3.0       | 0.50      | 0.00                    |
| Cheese Stick 1               | 1 each       | 60          | 10          | 200       | 0.00      | 0.00      | 200.0      | 200        | 0.0        | 1          | 7.0       | 1.0      | 3.0       | 2.00      | 0.00                    |
| Flat Bread                   | each         | 170         | 0           | 290       | 2.53      | 0.77      | 21.5       | 0          | 0.07       | 2          | 5.0       | 26.0     | 5.0       | 1.00      | 0.00                    |
| Bagel 2oz WW                 | 1 each       | 140         | 0           | 180       | 4.00      | 1.80      | 40.0       | 25         | 0.0        | 5          | 6.0       | 29.0     | 1.0       | 0.00      | 0.00                    |
| Cheese Stick 2               | 2 each       | 120         | 20          | 400       | 0.00      | 0.00      | 400.0      | 400        | 0.0        | 2          | 14.0      | 2.0      | 6.0       | 4.00      | 0.00                    |
| Capri Mixed Vegetables       | 1/2 Cup      | 17          | 0           | 14        | 0.69      | 0.00      | 13.8       | 688        | 0.83       | 1          | 0.0       | 2.75     | 0.0       | 0.00      | 0.00                    |
| Coleslaw 1/2 cup             | 1/2 cup      | 260         | 34          | 232       | 4.25      | 0.77      | 57.1       | 172        | 51.88      | 10         | 1.42      | 14.5     | 22.5      | 3.75      | 0.00                    |
| Pineapple 1 cup              | 1 cup        | 119         | 0           | 20        | 1.98      | 0.71      | 0.0        | 128        | 29.63      | 26         | 0.0       | 29.63    | 0.0       | 0.00      | 0.00                    |
| Banana                       | 1 each       | 90          | 0           | 1         | 3.03      | 0.18      | 10.1       | 51         | 9.09       | 12         | 1.01      | 23.23    | 0.0       | 0.00      | 0.00                    |
| Apple                        | 1 each       | 72          | 0           | 1         | 2.76      | 0.25      | 13.8       | 69         | 6.62       | 14         | 0.0       | 19.32    | 0.0       | 0.00      | 0.00                    |
| Orange                       | 1 each       | 47          | 0           | 1         | 1.92      | 0.17      | 38.4       | 240        | 57.02      | 8          | 0.96      | 12.48    | 0.0       | 0.00      | 0.00                    |
| Craisins                     | 1 Each       | 110         | 0           | 0         | 3.00      | 0.00      | 0.0        | 120        | 0.0        | 24         | 0.0       | 28.0     | 0.0       | 0.00      | 0.00                    |
| Refried Beans 1/2 cup        | 1/2 cup      | 120         | 0           | 360       | 5.00      | 1.80      | 40.0       | 5          | 2.4        | 1          | 7.0       | 19.99    | 0.0       | 0.00      | 0.00                    |
| Salad Mix 1 cup              | 1 cup        | 11          | 0           | 22        | 0.87      | 0.75      | 30.5       | 2268       | 7.46       | 1          | 1.09      | 2.18     | 0.0       | 0.00      | 0.00                    |
| Ranch Dressing               | 1 Tbs        | 53          | 7           | 125       | 0.00      | 0.00      | 7.6        | 3          | 0.08       | 0          | 0.19      | 0.32     | 5.69      | 1.00      | 0.00                    |
| Salsa                        | 1 Tbs        | 2           | 0           | 16        | 0.00      | 0.00      | 0.0        | 44         | 1.59       | 0          | 0.0       | 0.44     | 0.0       | 0.00      | 0.00                    |
| Milk White 1%                | 1 each       | 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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|                        | 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 |              | 880         | 69          | 1157      | 11.08     | 3.91      | 625.7      | 2843       | 67.75      | 67         | 28.30     | 112.94   | 36.04     | 8.92      | 0.00                    |
| % of Calories          |              |             |             |           |           |           |            |            |            | 30.3%      | 12.9%     | 51.3%    | 36.9%     | 9.1%      | 0.0%                    |
| Nutrient Guideline     |              | 750-850     |             | 1420      |           |           |            |            |            |            |           |          | <=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 <sup>1</sup> (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 10/04/2019             |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| High School 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                    |
| 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                    |
| 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                    |
| Pizza Veggie                 | 1 each       | 288         | 30          | 441       | 3.53      | 1.91      | 253.0      | 567        | 16.47      | 10         | 15.45     | 30.74    | 12.23     | 6.00      | 0.00                    |
| Pizza Combo                  | 1 each       | 319         | 43          | 536       | 3.53      | 2.11      | 256.0      | 567        | 16.47      | 10         | 19.0      | 31.01    | 13.64     | 6.49      | 0.00                    |
| Pizza Hawaiian               | 1 each       | 309         | 39          | 523       | 3.15      | 1.93      | 254.4      | 310        | 2.3        | 11         | 18.3      | 31.52    | 12.66     | 6.22      | 0.00                    |
| Pizza Cheese                 | 1 each       | 280         | 30          | 440       | 3.00      | 1.80      | 250.0      | 300        | 0.0        | 9          | 15.0      | 29.0     | 12.0      | 6.00      | 0.00                    |
| Pizza Pepperoni              | 1 each       | 312         | 43          | 547       | 3.00      | 1.99      | 250.0      | 300        | 0.0        | 9          | 18.22     | 29.54    | 13.34     | 6.54      | 0.00                    |
| Pizza Turkey Sausage         | 1 each       | 310         | 43          | 523       | 3.00      | 2.01      | 255.9      | 300        | 0.0        | 9          | 18.87     | 29.0     | 13.49     | 6.45      | 0.00                    |
| Nacho Chicken HS             | 1 serving    | 343         | 57          | 842       | 1.33      | 1.34      | 330.1      | 210        | 0.0        | 0          | 18.66     | 24.64    | 18.24     | 6.25      | 0.00                    |
| Nacho Turkey Chili HS        | 1 serving    | 295         | 32          | 699       | 1.33      | 0.88      | 328.2      | 200        | 0.09       | 0          | 11.33     | 23.83    | 17.16     | 6.06      | 0.00                    |
| Turkey & Cheese Sandwich     | 1 each       | 330         | 52          | 797       | 4.00      | 1.68      | 253.3      | 220        | 0.0        | 5          | 21.0      | 30.67    | 13.0      | 5.67      | 0.00                    |
| Wrap Turkey                  | 1 each       | 352         | 52          | 848       | 4.14      | 2.99      | 316.1      | 274        | 0.41       | 2          | 20.14     | 32.08    | 16.0      | 9.17      | 0.00                    |
| Wrap Chicken                 | 1 each       | 473         | 52          | 979       | 5.00      | 8.60      | 353.5      | 220        | 0.0        | 3          | 22.0      | 54.0     | 19.25     | 8.75      | 0.00                    |
| Peanut Butter & Jelly 2 each | 2 each       | 600         | 0           | 560       | 8.00      | 2.00      | 52.0       | 140        | 0.0        | 28         | 18.0      | 64.0     | 34.0      | 6.00      | 0.00                    |
| Chicken Caesar Salad HS      | 1 each       | 404         | 82          | 856       | 5.65      | 3.29      | 201.4      | 16501      | 67.8       | 3          | 17.86     | 11.48    | 30.42     | 7.41      | 0.00                    |
| Rolls                        | 1 each       | 193         | 8           | 247       | 0.90      | 1.59      | 42.0       | 41         | 7.51       | 5          | 6.32      | 32.16    | 3.83      | 0.53      | 0.00                    |
| Parfait w/ granola           | 1 each       | 525         | 5           | 329       | 5.69      | 1.78      | 231.0      | 1149       | 24.59      | 60         | 12.54     | 98.2     | 11.21     | 2.04      | 0.00                    |
| Hummus                       | 1 each       | 90          | 5           | 240       | 4.00      | 1.08      | 60.0       | 300        | 0.0        | 1          | 3.0       | 11.0     | 3.0       | 0.50      | 0.00                    |
| Cheese Stick 1               | 1 each       | 60          | 10          | 200       | 0.00      | 0.00      | 200.0      | 200        | 0.0        | 1          | 7.0       | 1.0      | 3.0       | 2.00      | 0.00                    |
| Flat Bread                   | each         | 170         | 0           | 290       | 2.53      | 0.77      | 21.5       | 0          | 0.07       | 2          | 5.0       | 26.0     | 5.0       | 1.00      | 0.00                    |
| Bagel 2oz WW                 | 1 each       | 140         | 0           | 180       | 4.00      | 1.80      | 40.0       | 25         | 0.0        | 5          | 6.0       | 29.0     | 1.0       | 0.00      | 0.00                    |
| Cheese Stick 2               | 2 each       | 120         | 20          | 400       | 0.00      | 0.00      | 400.0      | 400        | 0.0        | 2          | 14.0      | 2.0      | 6.0       | 4.00      | 0.00                    |
| Green Beans 1/2 cup          | 1/2 cup      | 20          | 0           | 138       | 1.97      | 0.71      | 19.7       | 296        | 2.37       | 2          | 0.99      | 3.94     | 0.0       | 0.00      | 0.00                    |
| Corn 1/2 cup                 | 1/2 cup      | 65          | 0           | 15        | 2.00      | 0.36      | 0.0        | 20         | 1.2        | 3          | 2.0       | 15.0     | 1.0       | 0.00      | 0.00                    |
| Peaches 1 cup                | 1 cup        | 135         | 0           | 12        | 3.18      | 0.89      | 8.0        | 46         | 5.96       | 32         | 1.11      | 36.29    | 0.08      | 0.00      | 0.00                    |
| Apple                        | 1 each       | 72          | 0           | 1         | 2.76      | 0.25      | 13.8       | 69         | 6.62       | 14         | 0.0       | 19.32    | 0.0       | 0.00      | 0.00                    |
| Orange                       | 1 each       | 47          | 0           | 1         | 1.92      | 0.17      | 38.4       | 240        | 57.02      | 8          | 0.96      | 12.48    | 0.0       | 0.00      | 0.00                    |
| Refried Beans 1/2 cup        | 1/2 cup      | 120         | 0           | 360       | 5.00      | 1.80      | 40.0       | 5          | 2.4        | 1          | 7.0       | 19.99    | 0.0       | 0.00      | 0.00                    |
| Salad Mix 1 cup              | 1 cup        | 11          | 0           | 22        | 0.87      | 0.75      | 30.5       | 2268       | 7.46       | 1          | 1.09      | 2.18     | 0.0       | 0.00      | 0.00                    |
| Ranch Dressing               | 1 Tbs        | 53          | 7           | 125       | 0.00      | 0.00      | 7.6        | 3          | 0.08       | 0          | 0.19      | 0.32     | 5.69      | 1.00      | 0.00                    |
| Salsa                        | 1 Tbs        | 2           | 0           | 16        | 0.00      | 0.00      | 0.0        | 44         | 1.59       | 0          | 0.0       | 0.44     | 0.0       | 0.00      | 0.00                    |
| Milk White 1%                | 1 each       | 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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|                        | 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 |              | 688         | 52          | 1066      | 7.59      | 3.75      | 581.5      | 2359       | 23.23      | 52         | 28.88     | 96.40    | 22.63     | 6.70      | 0.00                    |
| % of Calories          |              |             |             |           |           |           |            |            |            | 30.5%      | 16.8%     | 56.1%    | 29.6%     | 8.8%      | 0.0%                    |
| Nutrient Guideline     |              | 750-850     |             | 1420      |           |           |            |            |            |            |           |          | <=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 <sup>1</sup> (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Mon - 10/07/2019             |              |             |             |           |           |           |            |            |            |            |            |          |           |           |                         |
| High School Lunch            | Total        |             |             |           |           |           |            |            |            |            |            |          |           |           |                         |
| 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                    |
| 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                    |
| 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                    |
| 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                    |
| Pizza Veggie                 | 1 each       | 288         | 30          | 441       | 3.53      | 1.91      | 253.0      | 567        | 16.47      | 10         | 15.45      | 30.74    | 12.23     | 6.00      | 0.00                    |
| Pizza Combo                  | 1 each       | 319         | 43          | 536       | 3.53      | 2.11      | 256.0      | 567        | 16.47      | 10         | 19.0       | 31.01    | 13.64     | 6.49      | 0.00                    |
| Pizza Hawaiian               | 1 each       | 309         | 39          | 523       | 3.15      | 1.93      | 254.4      | 310        | 2.3        | 11         | 18.3       | 31.52    | 12.66     | 6.22      | 0.00                    |
| Pizza Cheese                 | 1 each       | 280         | 30          | 440       | 3.00      | 1.80      | 250.0      | 300        | 0.0        | 9          | 15.0       | 29.0     | 12.0      | 6.00      | 0.00                    |
| Pizza Pepperoni              | 1 each       | 312         | 43          | 547       | 3.00      | 1.99      | 250.0      | 300        | 0.0        | 9          | 18.22      | 29.54    | 13.34     | 6.54      | 0.00                    |
| Pizza Turkey Sausage         | 1 each       | 310         | 43          | 523       | 3.00      | 2.01      | 255.9      | 300        | 0.0        | 9          | 18.87      | 29.0     | 13.49     | 6.45      | 0.00                    |
| Nacho Chicken HS             | 1 serving    | 343         | 57          | 842       | 1.33      | 1.34      | 330.1      | 210        | 0.0        | 0          | 18.66      | 24.64    | 18.24     | 6.25      | 0.00                    |
| Nacho Turkey Chili HS        | 1 serving    | 295         | 32          | 699       | 1.33      | 0.88      | 328.2      | 200        | 0.09       | 0          | 11.33      | 23.83    | 17.16     | 6.06      | 0.00                    |
| Turkey & Cheese Sandwich     | 1 each       | 330         | 52          | 797       | 4.00      | 1.68      | 253.3      | 220        | 0.0        | 5          | 21.0       | 30.67    | 13.0      | 5.67      | 0.00                    |
| Wrap Turkey                  | 1 each       | 352         | 52          | 848       | 4.14      | 2.99      | 316.1      | 274        | 0.41       | 2          | 20.14      | 32.08    | 16.0      | 9.17      | 0.00                    |
| Wrap Chicken                 | 1 each       | 473         | 52          | 979       | 5.00      | 8.60      | 353.5      | 220        | 0.0        | 3          | 22.0       | 54.0     | 19.25     | 8.75      | 0.00                    |
| Peanut Butter & Jelly 2 each | 2 each       | 600         | 0           | 560       | 8.00      | 2.00      | 52.0       | 140        | 0.0        | 28         | 18.0       | 64.0     | 34.0      | 6.00      | 0.00                    |
| Chicken Caesar Salad HS      | 1 each       | 404         | 82          | 856       | 5.65      | 3.29      | 201.4      | 16501      | 67.8       | 3          | 17.86      | 11.48    | 30.42     | 7.41      | 0.00                    |
| Rolls                        | 1 each       | 193         | 8           | 247       | 0.90      | 1.59      | 42.0       | 41         | 7.51       | 5          | 6.32       | 32.16    | 3.83      | 0.53      | 0.00                    |
| Parfait w/ granola           | 1 each       | 525         | 5           | 329       | 5.69      | 1.78      | 231.0      | 1149       | 24.59      | 60         | 12.54      | 98.2     | 11.21     | 2.04      | 0.00                    |
| Hummus                       | 1 each       | 90          | 5           | 240       | 4.00      | 1.08      | 60.0       | 300        | 0.0        | 1          | 3.0        | 11.0     | 3.0       | 0.50      | 0.00                    |
| Cheese Stick 1               | 1 each       | 60          | 10          | 200       | 0.00      | 0.00      | 200.0      | 200        | 0.0        | 1          | 7.0        | 1.0      | 3.0       | 2.00      | 0.00                    |
| Flat Bread                   | each         | 170         | 0           | 290       | 2.53      | 0.77      | 21.5       | 0          | 0.07       | 2          | 5.0        | 26.0     | 5.0       | 1.00      | 0.00                    |
| Bagel 2oz WW                 | 1 each       | 140         | 0           | 180       | 4.00      | 1.80      | 40.0       | 25         | 0.0        | 5          | 6.0        | 29.0     | 1.0       | 0.00      | 0.00                    |
| Cheese Stick 2               | 2 each       | 120         | 20          | 400       | 0.00      | 0.00      | 400.0      | 400        | 0.0        | 2          | 14.0       | 2.0      | 6.0       | 4.00      | 0.00                    |
| Southwest Mixed Vegetables   | 1/2 Cup      | 62          | 0           | 54        | 4.65      | 0.00      | 0.0        | 155        | 9.3        | 3          | 3.1        | 11.63    | 0.78      | 0.00      | 0.00                    |
| Carrot Sticks 3/4 cup        | 3/4 cup      | 55          | 0           | 102       | 3.14      | 0.57      | 31.4       | 9417       | 9.42       | 8          | 1.57       | 12.56    | 0.0       | 0.00      | 0.00                    |
| Pears 1 cup                  | 1 cup        | 124         | 0           | 10        | 4.00      | 0.72      | 22.0       | 100        | 4.0        | 20         | 0.84       | 32.11    | 0.18      | 0.00      | 0.00                    |
| Apricots 1 cup               | 1 cup        | 159         | 0           | 20        | 0.00      | 0.00      | 0.0        | 3478       | 4.77       | 40         | 0.0        | 37.76    | 0.0       | 0.00      | 0.00                    |
| Apple                        | 1 each       | 72          | 0           | 1         | 2.76      | 0.25      | 13.8       | 69         | 6.62       | 14         | 0.0        | 19.32    | 0.0       | 0.00      | 0.00                    |
| Orange                       | 1 each       | 47          | 0           | 1         | 1.92      | 0.17      | 38.4       | 240        | 57.02      | 8          | 0.96       | 12.48    | 0.0       | 0.00      | 0.00                    |
| Craisins                     | 1 Each       | 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                    |
| Refried Beans 1/2 cup        | 1/2 cup      | 120         | 0           | 360       | 5.00      | 1.80      | 40.0       | 5          | 2.4        | 1          | 7.0        | 19.99    | 0.0       | 0.00      | 0.00                    |
| Salad Mix 1 cup              | 1 cup        | 11          | 0           | 22        | 0.87      | 0.75      | 30.5       | 2268       | 7.46       | 1          | 1.09       | 2.18     | 0.0       | 0.00      | 0.00                    |
| Ranch Dressing               | 1 Tbs        | 53          | 7           | 125       | 0.00      | 0.00      | 7.6        | 3          | 0.08       | 0          | 0.19       | 0.32     | 5.69      | 1.00      | 0.00                    |
| Ketchup                      | 1 Tbs        | 13          | 0           | 150       | 0.00      | 0.00      | 0.0        | 17         | 0.0        | 3          | 0.0        | 3.34     | 0.0       | 0.00      | 0.00                    |
| Salsa                        | 1 Tbs        | 2           | 0           | 16        | 0.00      | 0.00      | 0.0        | 44         | 1.59       | 0          | 0.0        | 0.44     | 0.0       | 0.00      | 0.00                    |

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# David Douglas

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2019 thru Oct 31, 2019

High School Lunch

Generated on: 7/3/2019 11:59:58 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 <sup>1</sup> (g) |
|--------------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-------------|----------------|-----------------|----------------|--------------|-------------------------|
| Mon - 10/07/2019                     |              |             |             |           |           |           |            |            |            |             |                |                 |                |              |                         |
| 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 % of Calories |              | 811         | 49          | 1088      | 11.48     | 3.54      | 598.7      | 8860       | 30.05      | 76<br>37.5% | 29.20<br>14.4% | 122.70<br>60.5% | 23.51<br>26.1% | 6.74<br>7.5% | 0.00<br>0.0%            |
| Nutrient Guideline                   |              | 750-850     |             | 1420      |           |           |            |            |            |             |                |                 | <=30.0         | <10.00       |                         |

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

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

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

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|                              | Portion Size | 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 - 10/08/2019             |              |             |             |           |           |           |            |            |            |            |            |          |           |           |                         |
| High School 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                    |
| Potato Salad 1/2 cup         | 1/2 cup      | 230         | 10          | 540       | 3.00      | 1.08      | 0.0        | 40         | 0.0        | 8          | 3.0        | 28.0     | 13.0      | 2.50      | 0.00                    |
| Mandarin Orange Chicken      | 2/3 cup      | 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                    |
| 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                    |
| Pizza Veggie                 | 1 each       | 288         | 30          | 441       | 3.53      | 1.91      | 253.0      | 567        | 16.47      | 10         | 15.45      | 30.74    | 12.23     | 6.00      | 0.00                    |
| Pizza Combo                  | 1 each       | 319         | 43          | 536       | 3.53      | 2.11      | 256.0      | 567        | 16.47      | 10         | 19.0       | 31.01    | 13.64     | 6.49      | 0.00                    |
| Pizza Hawaiian               | 1 each       | 309         | 39          | 523       | 3.15      | 1.93      | 254.4      | 310        | 2.3        | 11         | 18.3       | 31.52    | 12.66     | 6.22      | 0.00                    |
| Pizza Cheese                 | 1 each       | 280         | 30          | 440       | 3.00      | 1.80      | 250.0      | 300        | 0.0        | 9          | 15.0       | 29.0     | 12.0      | 6.00      | 0.00                    |
| Pizza Pepperoni              | 1 each       | 312         | 43          | 547       | 3.00      | 1.99      | 250.0      | 300        | 0.0        | 9          | 18.22      | 29.54    | 13.34     | 6.54      | 0.00                    |
| Pizza Turkey Sausage         | 1 each       | 310         | 43          | 523       | 3.00      | 2.01      | 255.9      | 300        | 0.0        | 9          | 18.87      | 29.0     | 13.49     | 6.45      | 0.00                    |
| Nacho Chicken HS             | 1 serving    | 343         | 57          | 842       | 1.33      | 1.34      | 330.1      | 210        | 0.0        | 0          | 18.66      | 24.64    | 18.24     | 6.25      | 0.00                    |
| Nacho Turkey Chili HS        | 1 serving    | 295         | 32          | 699       | 1.33      | 0.88      | 328.2      | 200        | 0.09       | 0          | 11.33      | 23.83    | 17.16     | 6.06      | 0.00                    |
| Turkey & Cheese Sandwich     | 1 each       | 330         | 52          | 797       | 4.00      | 1.68      | 253.3      | 220        | 0.0        | 5          | 21.0       | 30.67    | 13.0      | 5.67      | 0.00                    |
| Wrap Turkey                  | 1 each       | 352         | 52          | 848       | 4.14      | 2.99      | 316.1      | 274        | 0.41       | 2          | 20.14      | 32.08    | 16.0      | 9.17      | 0.00                    |
| Wrap Chicken                 | 1 each       | 473         | 52          | 979       | 5.00      | 8.60      | 353.5      | 220        | 0.0        | 3          | 22.0       | 54.0     | 19.25     | 8.75      | 0.00                    |
| Peanut Butter & Jelly 2 each | 2 each       | 600         | 0           | 560       | 8.00      | 2.00      | 52.0       | 140        | 0.0        | 28         | 18.0       | 64.0     | 34.0      | 6.00      | 0.00                    |
| Chicken Caesar Salad HS      | 1 each       | 404         | 82          | 856       | 5.65      | 3.29      | 201.4      | 16501      | 67.8       | 3          | 17.86      | 11.48    | 30.42     | 7.41      | 0.00                    |
| Rolls                        | 1 each       | 193         | 8           | 247       | 0.90      | 1.59      | 42.0       | 41         | 7.51       | 5          | 6.32       | 32.16    | 3.83      | 0.53      | 0.00                    |
| Parfait w/ granola           | 1 each       | 525         | 5           | 329       | 5.69      | 1.78      | 231.0      | 1149       | 24.59      | 60         | 12.54      | 98.2     | 11.21     | 2.04      | 0.00                    |
| Hummus                       | 1 each       | 90          | 5           | 240       | 4.00      | 1.08      | 60.0       | 300        | 0.0        | 1          | 3.0        | 11.0     | 3.0       | 0.50      | 0.00                    |
| Cheese Stick 1               | 1 each       | 60          | 10          | 200       | 0.00      | 0.00      | 200.0      | 200        | 0.0        | 1          | 7.0        | 1.0      | 3.0       | 2.00      | 0.00                    |
| Flat Bread                   | each         | 170         | 0           | 290       | 2.53      | 0.77      | 21.5       | 0          | 0.07       | 2          | 5.0        | 26.0     | 5.0       | 1.00      | 0.00                    |
| Bagel 2oz WW                 | 1 each       | 140         | 0           | 180       | 4.00      | 1.80      | 40.0       | 25         | 0.0        | 5          | 6.0        | 29.0     | 1.0       | 0.00      | 0.00                    |
| Cheese Stick 2               | 2 each       | 120         | 20          | 400       | 0.00      | 0.00      | 400.0      | 400        | 0.0        | 2          | 14.0       | 2.0      | 6.0       | 4.00      | 0.00                    |
| Cauliflower 1/2 cup          | 1/2 cup      | 13          | 0           | 15        | 1.50      | 0.18      | 10.0       | 5          | 23.1       | 1          | 1.0        | 2.5      | 0.0       | 0.00      | 0.00                    |
| Broccoli 1/2 cup             | 1/2 cup      | 12          | 0           | 12        | 1.07      | 0.26      | 17.8       | 213        | 31.74      | 0          | 1.07       | 2.49     | 0.0       | 0.00      | 0.00                    |
| Oranges Mandarin 1 cup       | 1 cup        | 171         | 0           | 21        | 0.00      | 0.00      | 0.0        | 192        | 44.83      | 38         | 0.0        | 40.56    | 0.0       | 0.00      | 0.00                    |
| Fruit Mix 1 cup              | 1 cup        | 137         | 0           | 16        | 2.98      | 0.72      | 11.9       | 24         | 7.75       | 30         | 1.01       | 35.53    | 0.2       | 0.02      | 0.00                    |
| Apple                        | 1 each       | 72          | 0           | 1         | 2.76      | 0.25      | 13.8       | 69         | 6.62       | 14         | 0.0        | 19.32    | 0.0       | 0.00      | 0.00                    |
| Orange                       | 1 each       | 47          | 0           | 1         | 1.92      | 0.17      | 38.4       | 240        | 57.02      | 8          | 0.96       | 12.48    | 0.0       | 0.00      | 0.00                    |
| Craisins                     | 1 Each       | 110         | 0           | 0         | 3.00      | 0.00      | 0.0        | 120        | 0.0        | 24         | 0.0        | 28.0     | 0.0       | 0.00      | 0.00                    |
| Refried Beans 1/2 cup        | 1/2 cup      | 120         | 0           | 360       | 5.00      | 1.80      | 40.0       | 5          | 2.4        | 1          | 7.0        | 19.99    | 0.0       | 0.00      | 0.00                    |
| Salad Mix 1 cup              | 1 cup        | 11          | 0           | 22        | 0.87      | 0.75      | 30.5       | 2268       | 7.46       | 1          | 1.09       | 2.18     | 0.0       | 0.00      | 0.00                    |
| Ranch Dressing               | 1 Tbs        | 53          | 7           | 125       | 0.00      | 0.00      | 7.6        | 3          | 0.08       | 0          | 0.19       | 0.32     | 5.69      | 1.00      | 0.00                    |
| Ketchup                      | 1 Tbs        | 13          | 0           | 150       | 0.00      | 0.00      | 0.0        | 17         | 0.0        | 3          | 0.0        | 3.34     | 0.0       | 0.00      | 0.00                    |
| Salsa                        | 1 Tbs        | 2           | 0           | 16        | 0.00      | 0.00      | 0.0        | 44         | 1.59       | 0          | 0.0        | 0.44     | 0.0       | 0.00      | 0.00                    |
| Milk White 1%                | 1 each       | 110         | 15          | 130       | 0.00      | 0.00      | 300.0      | 500        | 1.2        | 12         | 9.0        | 13.0     | 2.5       | 1.50      | 0.00                    |

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# David Douglas

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2019 thru Oct 31, 2019

High School Lunch

Generated on: 7/3/2019 11:59:58 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 <sup>1</sup> (g) |
|-------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 10/08/2019        |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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  |              | 784         | 52          | 1067      | 8.55      | 3.54      | 595.7      | 2497       | 70.01      | 76         | 27.51     | 118.39   | 23.13     | 6.89      | 0.00                    |
| % of Calories           |              |             |             |           |           |           |            |            |            | 39.0%      | 14.0%     | 60.4%    | 26.6%     | 7.9%      | 0.0%                    |
| Nutrient Guideline      |              | 750-850     |             | 1420      |           |           |            |            |            |            |           |          | <=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 <sup>1</sup> (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Wed - 10/09/2019             |              |             |             |           |           |           |            |            |            |            |            |          |           |           |                         |
| High School Lunch            | Total        |             |             |           |           |           |            |            |            |            |            |          |           |           |                         |
| Cheese Burger                | 1 each       | 292         | 37          | 532       | 5.00      | 2.44      | 201.0      | 130        | 1.0        | 6          | 17.5       | 31.0     | 12.5      | 5.30      | 0.00                    |
| Tatertot 9                   | 9 each       | 150         | 0           | 360       | 2.00      | 0.36      | 0.0        | 0          | 3.6        | 0          | 2.0        | 19.0     | 7.0       | 1.00      | 0.00                    |
| Mandarin Orange Chicken      | 2/3 cup      | 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                    |
| 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                    |
| Pizza Veggie                 | 1 each       | 288         | 30          | 441       | 3.53      | 1.91      | 253.0      | 567        | 16.47      | 10         | 15.45      | 30.74    | 12.23     | 6.00      | 0.00                    |
| Pizza Combo                  | 1 each       | 319         | 43          | 536       | 3.53      | 2.11      | 256.0      | 567        | 16.47      | 10         | 19.0       | 31.01    | 13.64     | 6.49      | 0.00                    |
| Pizza Hawaiian               | 1 each       | 309         | 39          | 523       | 3.15      | 1.93      | 254.4      | 310        | 2.3        | 11         | 18.3       | 31.52    | 12.66     | 6.22      | 0.00                    |
| Pizza Cheese                 | 1 each       | 280         | 30          | 440       | 3.00      | 1.80      | 250.0      | 300        | 0.0        | 9          | 15.0       | 29.0     | 12.0      | 6.00      | 0.00                    |
| Pizza Pepperoni              | 1 each       | 312         | 43          | 547       | 3.00      | 1.99      | 250.0      | 300        | 0.0        | 9          | 18.22      | 29.54    | 13.34     | 6.54      | 0.00                    |
| Pizza Turkey Sausage         | 1 each       | 310         | 43          | 523       | 3.00      | 2.01      | 255.9      | 300        | 0.0        | 9          | 18.87      | 29.0     | 13.49     | 6.45      | 0.00                    |
| Nacho Chicken HS             | 1 serving    | 343         | 57          | 842       | 1.33      | 1.34      | 330.1      | 210        | 0.0        | 0          | 18.66      | 24.64    | 18.24     | 6.25      | 0.00                    |
| Nacho Turkey Chili HS        | 1 serving    | 295         | 32          | 699       | 1.33      | 0.88      | 328.2      | 200        | 0.09       | 0          | 11.33      | 23.83    | 17.16     | 6.06      | 0.00                    |
| Turkey & Cheese Sandwich     | 1 each       | 330         | 52          | 797       | 4.00      | 1.68      | 253.3      | 220        | 0.0        | 5          | 21.0       | 30.67    | 13.0      | 5.67      | 0.00                    |
| Wrap Turkey                  | 1 each       | 352         | 52          | 848       | 4.14      | 2.99      | 316.1      | 274        | 0.41       | 2          | 20.14      | 32.08    | 16.0      | 9.17      | 0.00                    |
| Wrap Chicken                 | 1 each       | 473         | 52          | 979       | 5.00      | 8.60      | 353.5      | 220        | 0.0        | 3          | 22.0       | 54.0     | 19.25     | 8.75      | 0.00                    |
| Peanut Butter & Jelly 2 each | 2 each       | 600         | 0           | 560       | 8.00      | 2.00      | 52.0       | 140        | 0.0        | 28         | 18.0       | 64.0     | 34.0      | 6.00      | 0.00                    |
| Chicken Caesar Salad HS      | 1 each       | 404         | 82          | 856       | 5.65      | 3.29      | 201.4      | 16501      | 67.8       | 3          | 17.86      | 11.48    | 30.42     | 7.41      | 0.00                    |
| Rolls                        | 1 each       | 193         | 8           | 247       | 0.90      | 1.59      | 42.0       | 41         | 7.51       | 5          | 6.32       | 32.16    | 3.83      | 0.53      | 0.00                    |
| Parfait w/ granola           | 1 each       | 525         | 5           | 329       | 5.69      | 1.78      | 231.0      | 1149       | 24.59      | 60         | 12.54      | 98.2     | 11.21     | 2.04      | 0.00                    |
| Hummus                       | 1 each       | 90          | 5           | 240       | 4.00      | 1.08      | 60.0       | 300        | 0.0        | 1          | 3.0        | 11.0     | 3.0       | 0.50      | 0.00                    |
| Cheese Stick 1               | 1 each       | 60          | 10          | 200       | 0.00      | 0.00      | 200.0      | 200        | 0.0        | 1          | 7.0        | 1.0      | 3.0       | 2.00      | 0.00                    |
| Flat Bread                   | each         | 170         | 0           | 290       | 2.53      | 0.77      | 21.5       | 0          | 0.07       | 2          | 5.0        | 26.0     | 5.0       | 1.00      | 0.00                    |
| Bagel 2oz WW                 | 1 each       | 140         | 0           | 180       | 4.00      | 1.80      | 40.0       | 25         | 0.0        | 5          | 6.0        | 29.0     | 1.0       | 0.00      | 0.00                    |
| Cheese Stick 2               | 2 each       | 120         | 20          | 400       | 0.00      | 0.00      | 400.0      | 400        | 0.0        | 2          | 14.0       | 2.0      | 6.0       | 4.00      | 0.00                    |
| Celery 1/2 cup               | 1/2 cup      | 12          | 0           | 59        | 1.49      | 0.13      | 29.7       | 334        | 2.23       | 1          | 0.74       | 2.23     | 0.0       | 0.00      | 0.00                    |
| Applesauce 1 cup             | 1 cup        | 109         | 0           | 21        | 3.14      | 0.31      | 8.4        | 73         | 3.14       | 25         | 0.44       | 28.8     | 0.13      | 0.02      | 0.00                    |
| Kiwi                         | 1 each       | 46          | 0           | 4         | 2.28      | 0.27      | 22.8       | 152        | 57.0       | 12         | 0.76       | 11.4     | 0.0       | 0.00      | 0.00                    |
| Baked Beans 1/2 cup          | 1/2 cup      | 150         | 0           | 440       | 6.00      | 1.08      | 40.0       | 50         | 0.0        | 10         | 6.0        | 30.0     | 1.0       | 0.00      | 0.00                    |
| Apple                        | 1 each       | 72          | 0           | 1         | 2.76      | 0.25      | 13.8       | 69         | 6.62       | 14         | 0.0        | 19.32    | 0.0       | 0.00      | 0.00                    |
| Orange                       | 1 each       | 47          | 0           | 1         | 1.92      | 0.17      | 38.4       | 240        | 57.02      | 8          | 0.96       | 12.48    | 0.0       | 0.00      | 0.00                    |
| Craisins                     | 1 Each       | 110         | 0           | 0         | 3.00      | 0.00      | 0.0        | 120        | 0.0        | 24         | 0.0        | 28.0     | 0.0       | 0.00      | 0.00                    |
| Refried Beans 1/2 cup        | 1/2 cup      | 120         | 0           | 360       | 5.00      | 1.80      | 40.0       | 5          | 2.4        | 1          | 7.0        | 19.99    | 0.0       | 0.00      | 0.00                    |
| Salad Mix 1 cup              | 1 cup        | 11          | 0           | 22        | 0.87      | 0.75      | 30.5       | 2268       | 7.46       | 1          | 1.09       | 2.18     | 0.0       | 0.00      | 0.00                    |
| Ranch Dressing               | 1 Tbs        | 53          | 7           | 125       | 0.00      | 0.00      | 7.6        | 3          | 0.08       | 0          | 0.19       | 0.32     | 5.69      | 1.00      | 0.00                    |
| Ketchup                      | 1 Tbs        | 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       | 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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|                        | 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 |              | 678         | 46          | 1012      | 8.84      | 3.25      | 583.3      | 2382       | 46.14      | 60         | 26.42     | 97.61    | 21.69     | 6.55      | 0.00                    |
| % of Calories          |              |             |             |           |           |           |            |            |            | 35.5%      | 15.6%     | 57.6%    | 28.8%     | 8.7%      | 0.0%                    |
| Nutrient Guideline     |              | 750-850     |             | 1420      |           |           |            |            |            |            |           |          | <=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 <sup>1</sup> (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 10/10/2019             |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| High School Lunch            | 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                    |
| Coleslaw 1/2 cup             | 1/2 cup      | 260         | 34          | 232       | 4.25      | 0.77      | 57.1       | 172        | 51.88      | 10         | 1.42      | 14.5     | 22.5      | 3.75      | 0.00                    |
| Mandarin Orange Chicken      | 2/3 cup      | 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                    |
| 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                    |
| Pizza Veggie                 | 1 each       | 288         | 30          | 441       | 3.53      | 1.91      | 253.0      | 567        | 16.47      | 10         | 15.45     | 30.74    | 12.23     | 6.00      | 0.00                    |
| Pizza Combo                  | 1 each       | 319         | 43          | 536       | 3.53      | 2.11      | 256.0      | 567        | 16.47      | 10         | 19.0      | 31.01    | 13.64     | 6.49      | 0.00                    |
| Pizza Hawaiian               | 1 each       | 309         | 39          | 523       | 3.15      | 1.93      | 254.4      | 310        | 2.3        | 11         | 18.3      | 31.52    | 12.66     | 6.22      | 0.00                    |
| Pizza Cheese                 | 1 each       | 280         | 30          | 440       | 3.00      | 1.80      | 250.0      | 300        | 0.0        | 9          | 15.0      | 29.0     | 12.0      | 6.00      | 0.00                    |
| Pizza Pepperoni              | 1 each       | 312         | 43          | 547       | 3.00      | 1.99      | 250.0      | 300        | 0.0        | 9          | 18.22     | 29.54    | 13.34     | 6.54      | 0.00                    |
| Pizza Turkey Sausage         | 1 each       | 310         | 43          | 523       | 3.00      | 2.01      | 255.9      | 300        | 0.0        | 9          | 18.87     | 29.0     | 13.49     | 6.45      | 0.00                    |
| Nacho Chicken HS             | 1 serving    | 343         | 57          | 842       | 1.33      | 1.34      | 330.1      | 210        | 0.0        | 0          | 18.66     | 24.64    | 18.24     | 6.25      | 0.00                    |
| Nacho Turkey Chili HS        | 1 serving    | 295         | 32          | 699       | 1.33      | 0.88      | 328.2      | 200        | 0.09       | 0          | 11.33     | 23.83    | 17.16     | 6.06      | 0.00                    |
| Turkey & Cheese Sandwich     | 1 each       | 330         | 52          | 797       | 4.00      | 1.68      | 253.3      | 220        | 0.0        | 5          | 21.0      | 30.67    | 13.0      | 5.67      | 0.00                    |
| Wrap Turkey                  | 1 each       | 352         | 52          | 848       | 4.14      | 2.99      | 316.1      | 274        | 0.41       | 2          | 20.14     | 32.08    | 16.0      | 9.17      | 0.00                    |
| Wrap Chicken                 | 1 each       | 473         | 52          | 979       | 5.00      | 8.60      | 353.5      | 220        | 0.0        | 3          | 22.0      | 54.0     | 19.25     | 8.75      | 0.00                    |
| Peanut Butter & Jelly 2 each | 2 each       | 600         | 0           | 560       | 8.00      | 2.00      | 52.0       | 140        | 0.0        | 28         | 18.0      | 64.0     | 34.0      | 6.00      | 0.00                    |
| Chicken Caesar Salad HS      | 1 each       | 404         | 82          | 856       | 5.65      | 3.29      | 201.4      | 16501      | 67.8       | 3          | 17.86     | 11.48    | 30.42     | 7.41      | 0.00                    |
| Rolls                        | 1 each       | 193         | 8           | 247       | 0.90      | 1.59      | 42.0       | 41         | 7.51       | 5          | 6.32      | 32.16    | 3.83      | 0.53      | 0.00                    |
| Parfait w/ granola           | 1 each       | 525         | 5           | 329       | 5.69      | 1.78      | 231.0      | 1149       | 24.59      | 60         | 12.54     | 98.2     | 11.21     | 2.04      | 0.00                    |
| Hummus                       | 1 each       | 90          | 5           | 240       | 4.00      | 1.08      | 60.0       | 300        | 0.0        | 1          | 3.0       | 11.0     | 3.0       | 0.50      | 0.00                    |
| Cheese Stick 1               | 1 each       | 60          | 10          | 200       | 0.00      | 0.00      | 200.0      | 200        | 0.0        | 1          | 7.0       | 1.0      | 3.0       | 2.00      | 0.00                    |
| Flat Bread                   | each         | 170         | 0           | 290       | 2.53      | 0.77      | 21.5       | 0          | 0.07       | 2          | 5.0       | 26.0     | 5.0       | 1.00      | 0.00                    |
| Bagel 2oz WW                 | 1 each       | 140         | 0           | 180       | 4.00      | 1.80      | 40.0       | 25         | 0.0        | 5          | 6.0       | 29.0     | 1.0       | 0.00      | 0.00                    |
| Cheese Stick 2               | 2 each       | 120         | 20          | 400       | 0.00      | 0.00      | 400.0      | 400        | 0.0        | 2          | 14.0      | 2.0      | 6.0       | 4.00      | 0.00                    |
| Capri Mixed Vegetables       | 1/2 Cup      | 17          | 0           | 14        | 0.69      | 0.00      | 13.8       | 688        | 0.83       | 1          | 0.0       | 2.75     | 0.0       | 0.00      | 0.00                    |
| Coleslaw 1/2 cup             | 1/2 cup      | 260         | 34          | 232       | 4.25      | 0.77      | 57.1       | 172        | 51.88      | 10         | 1.42      | 14.5     | 22.5      | 3.75      | 0.00                    |
| Pineapple 1 cup              | 1 cup        | 119         | 0           | 20        | 1.98      | 0.71      | 0.0        | 128        | 29.63      | 26         | 0.0       | 29.63    | 0.0       | 0.00      | 0.00                    |
| Banana                       | 1 each       | 90          | 0           | 1         | 3.03      | 0.18      | 10.1       | 51         | 9.09       | 12         | 1.01      | 23.23    | 0.0       | 0.00      | 0.00                    |
| Apple                        | 1 each       | 72          | 0           | 1         | 2.76      | 0.25      | 13.8       | 69         | 6.62       | 14         | 0.0       | 19.32    | 0.0       | 0.00      | 0.00                    |
| Orange                       | 1 each       | 47          | 0           | 1         | 1.92      | 0.17      | 38.4       | 240        | 57.02      | 8          | 0.96      | 12.48    | 0.0       | 0.00      | 0.00                    |
| Craisins                     | 1 Each       | 110         | 0           | 0         | 3.00      | 0.00      | 0.0        | 120        | 0.0        | 24         | 0.0       | 28.0     | 0.0       | 0.00      | 0.00                    |
| Refried Beans 1/2 cup        | 1/2 cup      | 120         | 0           | 360       | 5.00      | 1.80      | 40.0       | 5          | 2.4        | 1          | 7.0       | 19.99    | 0.0       | 0.00      | 0.00                    |
| Salad Mix 1 cup              | 1 cup        | 11          | 0           | 22        | 0.87      | 0.75      | 30.5       | 2268       | 7.46       | 1          | 1.09      | 2.18     | 0.0       | 0.00      | 0.00                    |
| Ranch Dressing               | 1 Tbs        | 53          | 7           | 125       | 0.00      | 0.00      | 7.6        | 3          | 0.08       | 0          | 0.19      | 0.32     | 5.69      | 1.00      | 0.00                    |
| Salsa                        | 1 Tbs        | 2           | 0           | 16        | 0.00      | 0.00      | 0.0        | 44         | 1.59       | 0          | 0.0       | 0.44     | 0.0       | 0.00      | 0.00                    |
| Milk White 1%                | 1 each       | 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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|                        | 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 |              | 880         | 69          | 1157      | 11.08     | 3.91      | 625.7      | 2843       | 67.75      | 67         | 28.30     | 112.94   | 36.04     | 8.92      | 0.00                    |
| % of Calories          |              |             |             |           |           |           |            |            |            | 30.3%      | 12.9%     | 51.3%    | 36.9%     | 9.1%      | 0.0%                    |
| Nutrient Guideline     |              | 750-850     |             | 1420      |           |           |            |            |            |            |           |          | <=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 <sup>1</sup> (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 10/14/2019             |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| High School Lunch            | Total        |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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                    |
| Dorito 1 oz                  | 1 each       | 130         | 0           | 200       | 2.00      | 0.36      | 0.0        | 100        | 0.0        | 0          | 2.0       | 20.0     | 5.0       | 0.50      | 0.00                    |
| Mandarin Orange Chicken      | 2/3 cup      | 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                    |
| 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                    |
| Pizza Veggie                 | 1 each       | 288         | 30          | 441       | 3.53      | 1.91      | 253.0      | 567        | 16.47      | 10         | 15.45     | 30.74    | 12.23     | 6.00      | 0.00                    |
| Pizza Combo                  | 1 each       | 319         | 43          | 536       | 3.53      | 2.11      | 256.0      | 567        | 16.47      | 10         | 19.0      | 31.01    | 13.64     | 6.49      | 0.00                    |
| Pizza Hawaiian               | 1 each       | 309         | 39          | 523       | 3.15      | 1.93      | 254.4      | 310        | 2.3        | 11         | 18.3      | 31.52    | 12.66     | 6.22      | 0.00                    |
| Pizza Cheese                 | 1 each       | 280         | 30          | 440       | 3.00      | 1.80      | 250.0      | 300        | 0.0        | 9          | 15.0      | 29.0     | 12.0      | 6.00      | 0.00                    |
| Pizza Pepperoni              | 1 each       | 312         | 43          | 547       | 3.00      | 1.99      | 250.0      | 300        | 0.0        | 9          | 18.22     | 29.54    | 13.34     | 6.54      | 0.00                    |
| Pizza Turkey Sausage         | 1 each       | 310         | 43          | 523       | 3.00      | 2.01      | 255.9      | 300        | 0.0        | 9          | 18.87     | 29.0     | 13.49     | 6.45      | 0.00                    |
| Nacho Chicken HS             | 1 serving    | 343         | 57          | 842       | 1.33      | 1.34      | 330.1      | 210        | 0.0        | 0          | 18.66     | 24.64    | 18.24     | 6.25      | 0.00                    |
| Nacho Turkey Chili HS        | 1 serving    | 295         | 32          | 699       | 1.33      | 0.88      | 328.2      | 200        | 0.09       | 0          | 11.33     | 23.83    | 17.16     | 6.06      | 0.00                    |
| Turkey & Cheese Sandwich     | 1 each       | 330         | 52          | 797       | 4.00      | 1.68      | 253.3      | 220        | 0.0        | 5          | 21.0      | 30.67    | 13.0      | 5.67      | 0.00                    |
| Wrap Turkey                  | 1 each       | 352         | 52          | 848       | 4.14      | 2.99      | 316.1      | 274        | 0.41       | 2          | 20.14     | 32.08    | 16.0      | 9.17      | 0.00                    |
| Wrap Chicken                 | 1 each       | 473         | 52          | 979       | 5.00      | 8.60      | 353.5      | 220        | 0.0        | 3          | 22.0      | 54.0     | 19.25     | 8.75      | 0.00                    |
| Peanut Butter & Jelly 2 each | 2 each       | 600         | 0           | 560       | 8.00      | 2.00      | 52.0       | 140        | 0.0        | 28         | 18.0      | 64.0     | 34.0      | 6.00      | 0.00                    |
| Chicken Caesar Salad HS      | 1 each       | 404         | 82          | 856       | 5.65      | 3.29      | 201.4      | 16501      | 67.8       | 3          | 17.86     | 11.48    | 30.42     | 7.41      | 0.00                    |
| Rolls                        | 1 each       | 193         | 8           | 247       | 0.90      | 1.59      | 42.0       | 41         | 7.51       | 5          | 6.32      | 32.16    | 3.83      | 0.53      | 0.00                    |
| Parfait w/ granola           | 1 each       | 525         | 5           | 329       | 5.69      | 1.78      | 231.0      | 1149       | 24.59      | 60         | 12.54     | 98.2     | 11.21     | 2.04      | 0.00                    |
| Hummus                       | 1 each       | 90          | 5           | 240       | 4.00      | 1.08      | 60.0       | 300        | 0.0        | 1          | 3.0       | 11.0     | 3.0       | 0.50      | 0.00                    |
| Cheese Stick 1               | 1 each       | 60          | 10          | 200       | 0.00      | 0.00      | 200.0      | 200        | 0.0        | 1          | 7.0       | 1.0      | 3.0       | 2.00      | 0.00                    |
| Flat Bread                   | each         | 170         | 0           | 290       | 2.53      | 0.77      | 21.5       | 0          | 0.07       | 2          | 5.0       | 26.0     | 5.0       | 1.00      | 0.00                    |
| Bagel 2oz WW                 | 1 each       | 140         | 0           | 180       | 4.00      | 1.80      | 40.0       | 25         | 0.0        | 5          | 6.0       | 29.0     | 1.0       | 0.00      | 0.00                    |
| Cheese Stick 2               | 2 each       | 120         | 20          | 400       | 0.00      | 0.00      | 400.0      | 400        | 0.0        | 2          | 14.0      | 2.0      | 6.0       | 4.00      | 0.00                    |
| Southwest Mixed Vegetables   | 1/2 Cup      | 62          | 0           | 54        | 4.65      | 0.00      | 0.0        | 155        | 9.3        | 3          | 3.1       | 11.63    | 0.78      | 0.00      | 0.00                    |
| Carrot Sticks 3/4 cup        | 3/4 cup      | 55          | 0           | 102       | 3.14      | 0.57      | 31.4       | 9417       | 9.42       | 8          | 1.57      | 12.56    | 0.0       | 0.00      | 0.00                    |
| Pears 1 cup                  | 1 cup        | 124         | 0           | 10        | 4.00      | 0.72      | 22.0       | 100        | 4.0        | 20         | 0.84      | 32.11    | 0.18      | 0.00      | 0.00                    |
| Apricots 1 cup               | 1 cup        | 159         | 0           | 20        | 0.00      | 0.00      | 0.0        | 3478       | 4.77       | 40         | 0.0       | 37.76    | 0.0       | 0.00      | 0.00                    |
| Apple                        | 1 each       | 72          | 0           | 1         | 2.76      | 0.25      | 13.8       | 69         | 6.62       | 14         | 0.0       | 19.32    | 0.0       | 0.00      | 0.00                    |
| Orange                       | 1 each       | 47          | 0           | 1         | 1.92      | 0.17      | 38.4       | 240        | 57.02      | 8          | 0.96      | 12.48    | 0.0       | 0.00      | 0.00                    |
| Craisins                     | 1 Each       | 110         | 0           | 0         | 3.00      | 0.00      | 0.0        | 120        | 0.0        | 24         | 0.0       | 28.0     | 0.0       | 0.00      | 0.00                    |
| Refried Beans 1/2 cup        | 1/2 cup      | 120         | 0           | 360       | 5.00      | 1.80      | 40.0       | 5          | 2.4        | 1          | 7.0       | 19.99    | 0.0       | 0.00      | 0.00                    |
| Salad Mix 1 cup              | 1 cup        | 11          | 0           | 22        | 0.87      | 0.75      | 30.5       | 2268       | 7.46       | 1          | 1.09      | 2.18     | 0.0       | 0.00      | 0.00                    |
| Ranch Dressing               | 1 Tbs        | 53          | 7           | 125       | 0.00      | 0.00      | 7.6        | 3          | 0.08       | 0          | 0.19      | 0.32     | 5.69      | 1.00      | 0.00                    |
| Ketchup                      | 1 Tbs        | 13          | 0           | 150       | 0.00      | 0.00      | 0.0        | 17         | 0.0        | 3          | 0.0       | 3.34     | 0.0       | 0.00      | 0.00                    |
| Salsa                        | 1 Tbs        | 2           | 0           | 16        | 0.00      | 0.00      | 0.0        | 44         | 1.59       | 0          | 0.0       | 0.44     | 0.0       | 0.00      | 0.00                    |
| Milk White 1%                | 1 each       | 110         | 15          | 130       | 0.00      | 0.00      | 300.0      | 500        | 1.2        | 12         | 9.0       | 13.0     | 2.5       | 1.50      | 0.00                    |

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# David Douglas

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2019 thru Oct 31, 2019

High School Lunch

Generated on: 7/3/2019 11:59:58 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 <sup>1</sup> (g) |
|-------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 10/14/2019        |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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  |              | 811         | 49          | 1099      | 11.41     | 3.55      | 595.1      | 8868       | 30.06      | 76         | 29.33     | 122.88   | 23.42     | 6.69      | 0.00                    |
| % of Calories           |              |             |             |           |           |           |            |            |            | 37.4%      | 14.5%     | 60.6%    | 26.0%     | 7.4%      | 0.0%                    |
| Nutrient Guideline      |              | 750-850     |             | 1420      |           |           |            |            |            |            |           |          | <=30.0    | <10.00    |                         |

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

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

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

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|                              | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 10/15/2019             |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| High School Lunch            | Total        |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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                    |
| Potato Salad 1/2 cup         | 1/2 cup      | 230         | 10          | 540       | 3.00      | 1.08      | 0.0        | 40         | 0.0        | 8          | 3.0       | 28.0     | 13.0      | 2.50      | 0.00                    |
| Mandarin Orange Chicken      | 2/3 cup      | 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                    |
| 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                    |
| Pizza Veggie                 | 1 each       | 288         | 30          | 441       | 3.53      | 1.91      | 253.0      | 567        | 16.47      | 10         | 15.45     | 30.74    | 12.23     | 6.00      | 0.00                    |
| Pizza Combo                  | 1 each       | 319         | 43          | 536       | 3.53      | 2.11      | 256.0      | 567        | 16.47      | 10         | 19.0      | 31.01    | 13.64     | 6.49      | 0.00                    |
| Pizza Hawaiian               | 1 each       | 309         | 39          | 523       | 3.15      | 1.93      | 254.4      | 310        | 2.3        | 11         | 18.3      | 31.52    | 12.66     | 6.22      | 0.00                    |
| Pizza Cheese                 | 1 each       | 280         | 30          | 440       | 3.00      | 1.80      | 250.0      | 300        | 0.0        | 9          | 15.0      | 29.0     | 12.0      | 6.00      | 0.00                    |
| Pizza Pepperoni              | 1 each       | 312         | 43          | 547       | 3.00      | 1.99      | 250.0      | 300        | 0.0        | 9          | 18.22     | 29.54    | 13.34     | 6.54      | 0.00                    |
| Pizza Turkey Sausage         | 1 each       | 310         | 43          | 523       | 3.00      | 2.01      | 255.9      | 300        | 0.0        | 9          | 18.87     | 29.0     | 13.49     | 6.45      | 0.00                    |
| Nacho Chicken HS             | 1 serving    | 343         | 57          | 842       | 1.33      | 1.34      | 330.1      | 210        | 0.0        | 0          | 18.66     | 24.64    | 18.24     | 6.25      | 0.00                    |
| Nacho Turkey Chili HS        | 1 serving    | 295         | 32          | 699       | 1.33      | 0.88      | 328.2      | 200        | 0.09       | 0          | 11.33     | 23.83    | 17.16     | 6.06      | 0.00                    |
| Turkey & Cheese Sandwich     | 1 each       | 330         | 52          | 797       | 4.00      | 1.68      | 253.3      | 220        | 0.0        | 5          | 21.0      | 30.67    | 13.0      | 5.67      | 0.00                    |
| Wrap Turkey                  | 1 each       | 352         | 52          | 848       | 4.14      | 2.99      | 316.1      | 274        | 0.41       | 2          | 20.14     | 32.08    | 16.0      | 9.17      | 0.00                    |
| Wrap Chicken                 | 1 each       | 473         | 52          | 979       | 5.00      | 8.60      | 353.5      | 220        | 0.0        | 3          | 22.0      | 54.0     | 19.25     | 8.75      | 0.00                    |
| Peanut Butter & Jelly 2 each | 2 each       | 600         | 0           | 560       | 8.00      | 2.00      | 52.0       | 140        | 0.0        | 28         | 18.0      | 64.0     | 34.0      | 6.00      | 0.00                    |
| Chicken Caesar Salad HS      | 1 each       | 404         | 82          | 856       | 5.65      | 3.29      | 201.4      | 16501      | 67.8       | 3          | 17.86     | 11.48    | 30.42     | 7.41      | 0.00                    |
| Rolls                        | 1 each       | 193         | 8           | 247       | 0.90      | 1.59      | 42.0       | 41         | 7.51       | 5          | 6.32      | 32.16    | 3.83      | 0.53      | 0.00                    |
| Parfait w/ granola           | 1 each       | 525         | 5           | 329       | 5.69      | 1.78      | 231.0      | 1149       | 24.59      | 60         | 12.54     | 98.2     | 11.21     | 2.04      | 0.00                    |
| Hummus                       | 1 each       | 90          | 5           | 240       | 4.00      | 1.08      | 60.0       | 300        | 0.0        | 1          | 3.0       | 11.0     | 3.0       | 0.50      | 0.00                    |
| Cheese Stick 1               | 1 each       | 60          | 10          | 200       | 0.00      | 0.00      | 200.0      | 200        | 0.0        | 1          | 7.0       | 1.0      | 3.0       | 2.00      | 0.00                    |
| Flat Bread                   | each         | 170         | 0           | 290       | 2.53      | 0.77      | 21.5       | 0          | 0.07       | 2          | 5.0       | 26.0     | 5.0       | 1.00      | 0.00                    |
| Bagel 2oz WW                 | 1 each       | 140         | 0           | 180       | 4.00      | 1.80      | 40.0       | 25         | 0.0        | 5          | 6.0       | 29.0     | 1.0       | 0.00      | 0.00                    |
| Cheese Stick 2               | 2 each       | 120         | 20          | 400       | 0.00      | 0.00      | 400.0      | 400        | 0.0        | 2          | 14.0      | 2.0      | 6.0       | 4.00      | 0.00                    |
| Cauliflower 1/2 cup          | 1/2 cup      | 13          | 0           | 15        | 1.50      | 0.18      | 10.0       | 5          | 23.1       | 1          | 1.0       | 2.5      | 0.0       | 0.00      | 0.00                    |
| Broccoli 1/2 cup             | 1/2 cup      | 12          | 0           | 12        | 1.07      | 0.26      | 17.8       | 213        | 31.74      | 0          | 1.07      | 2.49     | 0.0       | 0.00      | 0.00                    |
| Oranges Mandarin 1 cup       | 1 cup        | 171         | 0           | 21        | 0.00      | 0.00      | 0.0        | 192        | 44.83      | 38         | 0.0       | 40.56    | 0.0       | 0.00      | 0.00                    |
| Fruit Mix 1 cup              | 1 cup        | 137         | 0           | 16        | 2.98      | 0.72      | 11.9       | 24         | 7.75       | 30         | 1.01      | 35.53    | 0.2       | 0.02      | 0.00                    |
| Apple                        | 1 each       | 72          | 0           | 1         | 2.76      | 0.25      | 13.8       | 69         | 6.62       | 14         | 0.0       | 19.32    | 0.0       | 0.00      | 0.00                    |
| Orange                       | 1 each       | 47          | 0           | 1         | 1.92      | 0.17      | 38.4       | 240        | 57.02      | 8          | 0.96      | 12.48    | 0.0       | 0.00      | 0.00                    |
| Craisins                     | 1 Each       | 110         | 0           | 0         | 3.00      | 0.00      | 0.0        | 120        | 0.0        | 24         | 0.0       | 28.0     | 0.0       | 0.00      | 0.00                    |
| Refried Beans 1/2 cup        | 1/2 cup      | 120         | 0           | 360       | 5.00      | 1.80      | 40.0       | 5          | 2.4        | 1          | 7.0       | 19.99    | 0.0       | 0.00      | 0.00                    |
| Salad Mix 1 cup              | 1 cup        | 11          | 0           | 22        | 0.87      | 0.75      | 30.5       | 2268       | 7.46       | 1          | 1.09      | 2.18     | 0.0       | 0.00      | 0.00                    |
| Ranch Dressing               | 1 Tbs        | 53          | 7           | 125       | 0.00      | 0.00      | 7.6        | 3          | 0.08       | 0          | 0.19      | 0.32     | 5.69      | 1.00      | 0.00                    |
| Ketchup                      | 1 Tbs        | 13          | 0           | 150       | 0.00      | 0.00      | 0.0        | 17         | 0.0        | 3          | 0.0       | 3.34     | 0.0       | 0.00      | 0.00                    |
| Salsa                        | 1 Tbs        | 2           | 0           | 16        | 0.00      | 0.00      | 0.0        | 44         | 1.59       | 0          | 0.0       | 0.44     | 0.0       | 0.00      | 0.00                    |
| Milk White 1%                | 1 each       | 110         | 15          | 130       | 0.00      | 0.00      | 300.0      | 500        | 1.2        | 12         | 9.0       | 13.0     | 2.5       | 1.50      | 0.00                    |

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# David Douglas

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2019 thru Oct 31, 2019

High School Lunch

Generated on: 7/3/2019 11:59:58 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 <sup>1</sup> (g) |
|-------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 10/15/2019        |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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  |              | 791         | 51          | 1104      | 8.48      | 3.59      | 595.9      | 2498       | 70.02      | 77         | 27.83     | 118.39   | 24.08     | 7.36      | 0.00                    |
| % of Calories           |              |             |             |           |           |           |            |            |            | 38.7%      | 14.1%     | 59.9%    | 27.4%     | 8.4%      | 0.0%                    |
| Nutrient Guideline      |              | 750-850     |             | 1420      |           |           |            |            |            |            |           |          | <=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 <sup>1</sup> (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 10/16/2019             |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| High School Lunch            | Total        |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Rib A Que                    | 1 each       | 310         | 40          | 655       | 5.00      | 3.44      | 130.0      | 130        | 0.0        | 11         | 20.0      | 34.0     | 12.0      | 4.50      | 0.00                    |
| French Fries Baked 10        | 10 each      | 43          | 0           | 13        | 0.71      | 0.26      | 0.0        | 2          | 1.71       | 0          | 0.71      | 7.14     | 1.43      | 0.00      | 0.00                    |
| Mandarin Orange Chicken      | 2/3 cup      | 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                    |
| 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                    |
| Pizza Veggie                 | 1 each       | 288         | 30          | 441       | 3.53      | 1.91      | 253.0      | 567        | 16.47      | 10         | 15.45     | 30.74    | 12.23     | 6.00      | 0.00                    |
| Pizza Combo                  | 1 each       | 319         | 43          | 536       | 3.53      | 2.11      | 256.0      | 567        | 16.47      | 10         | 19.0      | 31.01    | 13.64     | 6.49      | 0.00                    |
| Pizza Hawaiian               | 1 each       | 309         | 39          | 523       | 3.15      | 1.93      | 254.4      | 310        | 2.3        | 11         | 18.3      | 31.52    | 12.66     | 6.22      | 0.00                    |
| Pizza Cheese                 | 1 each       | 280         | 30          | 440       | 3.00      | 1.80      | 250.0      | 300        | 0.0        | 9          | 15.0      | 29.0     | 12.0      | 6.00      | 0.00                    |
| Pizza Pepperoni              | 1 each       | 312         | 43          | 547       | 3.00      | 1.99      | 250.0      | 300        | 0.0        | 9          | 18.22     | 29.54    | 13.34     | 6.54      | 0.00                    |
| Pizza Turkey Sausage         | 1 each       | 310         | 43          | 523       | 3.00      | 2.01      | 255.9      | 300        | 0.0        | 9          | 18.87     | 29.0     | 13.49     | 6.45      | 0.00                    |
| Nacho Chicken HS             | 1 serving    | 343         | 57          | 842       | 1.33      | 1.34      | 330.1      | 210        | 0.0        | 0          | 18.66     | 24.64    | 18.24     | 6.25      | 0.00                    |
| Nacho Turkey Chili HS        | 1 serving    | 295         | 32          | 699       | 1.33      | 0.88      | 328.2      | 200        | 0.09       | 0          | 11.33     | 23.83    | 17.16     | 6.06      | 0.00                    |
| Turkey & Cheese Sandwich     | 1 each       | 330         | 52          | 797       | 4.00      | 1.68      | 253.3      | 220        | 0.0        | 5          | 21.0      | 30.67    | 13.0      | 5.67      | 0.00                    |
| Wrap Turkey                  | 1 each       | 352         | 52          | 848       | 4.14      | 2.99      | 316.1      | 274        | 0.41       | 2          | 20.14     | 32.08    | 16.0      | 9.17      | 0.00                    |
| Wrap Chicken                 | 1 each       | 473         | 52          | 979       | 5.00      | 8.60      | 353.5      | 220        | 0.0        | 3          | 22.0      | 54.0     | 19.25     | 8.75      | 0.00                    |
| Peanut Butter & Jelly 2 each | 2 each       | 600         | 0           | 560       | 8.00      | 2.00      | 52.0       | 140        | 0.0        | 28         | 18.0      | 64.0     | 34.0      | 6.00      | 0.00                    |
| Chicken Caesar Salad HS      | 1 each       | 404         | 82          | 856       | 5.65      | 3.29      | 201.4      | 16501      | 67.8       | 3          | 17.86     | 11.48    | 30.42     | 7.41      | 0.00                    |
| Rolls                        | 1 each       | 193         | 8           | 247       | 0.90      | 1.59      | 42.0       | 41         | 7.51       | 5          | 6.32      | 32.16    | 3.83      | 0.53      | 0.00                    |
| Parfait w/ granola           | 1 each       | 525         | 5           | 329       | 5.69      | 1.78      | 231.0      | 1149       | 24.59      | 60         | 12.54     | 98.2     | 11.21     | 2.04      | 0.00                    |
| Hummus                       | 1 each       | 90          | 5           | 240       | 4.00      | 1.08      | 60.0       | 300        | 0.0        | 1          | 3.0       | 11.0     | 3.0       | 0.50      | 0.00                    |
| Cheese Stick 1               | 1 each       | 60          | 10          | 200       | 0.00      | 0.00      | 200.0      | 200        | 0.0        | 1          | 7.0       | 1.0      | 3.0       | 2.00      | 0.00                    |
| Flat Bread                   | each         | 170         | 0           | 290       | 2.53      | 0.77      | 21.5       | 0          | 0.07       | 2          | 5.0       | 26.0     | 5.0       | 1.00      | 0.00                    |
| Bagel 2oz WW                 | 1 each       | 140         | 0           | 180       | 4.00      | 1.80      | 40.0       | 25         | 0.0        | 5          | 6.0       | 29.0     | 1.0       | 0.00      | 0.00                    |
| Cheese Stick 2               | 2 each       | 120         | 20          | 400       | 0.00      | 0.00      | 400.0      | 400        | 0.0        | 2          | 14.0      | 2.0      | 6.0       | 4.00      | 0.00                    |
| Celery 1/2 cup               | 1/2 cup      | 12          | 0           | 59        | 1.49      | 0.13      | 29.7       | 334        | 2.23       | 1          | 0.74      | 2.23     | 0.0       | 0.00      | 0.00                    |
| Applesauce 1 cup             | 1 cup        | 109         | 0           | 21        | 3.14      | 0.31      | 8.4        | 73         | 3.14       | 25         | 0.44      | 28.8     | 0.13      | 0.02      | 0.00                    |
| Kiwi                         | 1 each       | 46          | 0           | 4         | 2.28      | 0.27      | 22.8       | 152        | 57.0       | 12         | 0.76      | 11.4     | 0.0       | 0.00      | 0.00                    |
| Baked Beans 1/2 cup          | 1/2 cup      | 150         | 0           | 440       | 6.00      | 1.08      | 40.0       | 50         | 0.0        | 10         | 6.0       | 30.0     | 1.0       | 0.00      | 0.00                    |
| Apple                        | 1 each       | 72          | 0           | 1         | 2.76      | 0.25      | 13.8       | 69         | 6.62       | 14         | 0.0       | 19.32    | 0.0       | 0.00      | 0.00                    |
| Orange                       | 1 each       | 47          | 0           | 1         | 1.92      | 0.17      | 38.4       | 240        | 57.02      | 8          | 0.96      | 12.48    | 0.0       | 0.00      | 0.00                    |
| Craisins                     | 1 Each       | 110         | 0           | 0         | 3.00      | 0.00      | 0.0        | 120        | 0.0        | 24         | 0.0       | 28.0     | 0.0       | 0.00      | 0.00                    |
| Refried Beans 1/2 cup        | 1/2 cup      | 120         | 0           | 360       | 5.00      | 1.80      | 40.0       | 5          | 2.4        | 1          | 7.0       | 19.99    | 0.0       | 0.00      | 0.00                    |
| Salad Mix 1 cup              | 1 cup        | 11          | 0           | 22        | 0.87      | 0.75      | 30.5       | 2268       | 7.46       | 1          | 1.09      | 2.18     | 0.0       | 0.00      | 0.00                    |
| Ranch Dressing               | 1 Tbs        | 53          | 7           | 125       | 0.00      | 0.00      | 7.6        | 3          | 0.08       | 0          | 0.19      | 0.32     | 5.69      | 1.00      | 0.00                    |
| Ketchup                      | 1 Tbs        | 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       | 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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|                        | 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 |              | 674         | 46          | 1002      | 8.87      | 3.36      | 577.6      | 2383       | 45.86      | 61         | 26.68     | 97.52    | 21.14     | 6.38      | 0.00                    |
| % of Calories          |              |             |             |           |           |           |            |            |            | 36.2%      | 15.8%     | 57.9%    | 28.2%     | 8.5%      | 0.0%                    |
| Nutrient Guideline     |              | 750-850     |             | 1420      |           |           |            |            |            |            |           |          | <=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 <sup>1</sup> (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 10/17/2019             |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| High School Lunch            | 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                    |
| Coleslaw 1/2 cup             | 1/2 cup      | 260         | 34          | 232       | 4.25      | 0.77      | 57.1       | 172        | 51.88      | 10         | 1.42      | 14.5     | 22.5      | 3.75      | 0.00                    |
| Mandarin Orange Chicken      | 2/3 cup      | 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                    |
| 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                    |
| Pizza Veggie                 | 1 each       | 288         | 30          | 441       | 3.53      | 1.91      | 253.0      | 567        | 16.47      | 10         | 15.45     | 30.74    | 12.23     | 6.00      | 0.00                    |
| Pizza Combo                  | 1 each       | 319         | 43          | 536       | 3.53      | 2.11      | 256.0      | 567        | 16.47      | 10         | 19.0      | 31.01    | 13.64     | 6.49      | 0.00                    |
| Pizza Hawaiian               | 1 each       | 309         | 39          | 523       | 3.15      | 1.93      | 254.4      | 310        | 2.3        | 11         | 18.3      | 31.52    | 12.66     | 6.22      | 0.00                    |
| Pizza Cheese                 | 1 each       | 280         | 30          | 440       | 3.00      | 1.80      | 250.0      | 300        | 0.0        | 9          | 15.0      | 29.0     | 12.0      | 6.00      | 0.00                    |
| Pizza Pepperoni              | 1 each       | 312         | 43          | 547       | 3.00      | 1.99      | 250.0      | 300        | 0.0        | 9          | 18.22     | 29.54    | 13.34     | 6.54      | 0.00                    |
| Pizza Turkey Sausage         | 1 each       | 310         | 43          | 523       | 3.00      | 2.01      | 255.9      | 300        | 0.0        | 9          | 18.87     | 29.0     | 13.49     | 6.45      | 0.00                    |
| Nacho Chicken HS             | 1 serving    | 343         | 57          | 842       | 1.33      | 1.34      | 330.1      | 210        | 0.0        | 0          | 18.66     | 24.64    | 18.24     | 6.25      | 0.00                    |
| Nacho Turkey Chili HS        | 1 serving    | 295         | 32          | 699       | 1.33      | 0.88      | 328.2      | 200        | 0.09       | 0          | 11.33     | 23.83    | 17.16     | 6.06      | 0.00                    |
| Turkey & Cheese Sandwich     | 1 each       | 330         | 52          | 797       | 4.00      | 1.68      | 253.3      | 220        | 0.0        | 5          | 21.0      | 30.67    | 13.0      | 5.67      | 0.00                    |
| Wrap Turkey                  | 1 each       | 352         | 52          | 848       | 4.14      | 2.99      | 316.1      | 274        | 0.41       | 2          | 20.14     | 32.08    | 16.0      | 9.17      | 0.00                    |
| Wrap Chicken                 | 1 each       | 473         | 52          | 979       | 5.00      | 8.60      | 353.5      | 220        | 0.0        | 3          | 22.0      | 54.0     | 19.25     | 8.75      | 0.00                    |
| Peanut Butter & Jelly 2 each | 2 each       | 600         | 0           | 560       | 8.00      | 2.00      | 52.0       | 140        | 0.0        | 28         | 18.0      | 64.0     | 34.0      | 6.00      | 0.00                    |
| Chicken Caesar Salad HS      | 1 each       | 404         | 82          | 856       | 5.65      | 3.29      | 201.4      | 16501      | 67.8       | 3          | 17.86     | 11.48    | 30.42     | 7.41      | 0.00                    |
| Rolls                        | 1 each       | 193         | 8           | 247       | 0.90      | 1.59      | 42.0       | 41         | 7.51       | 5          | 6.32      | 32.16    | 3.83      | 0.53      | 0.00                    |
| Parfait w/ granola           | 1 each       | 525         | 5           | 329       | 5.69      | 1.78      | 231.0      | 1149       | 24.59      | 60         | 12.54     | 98.2     | 11.21     | 2.04      | 0.00                    |
| Hummus                       | 1 each       | 90          | 5           | 240       | 4.00      | 1.08      | 60.0       | 300        | 0.0        | 1          | 3.0       | 11.0     | 3.0       | 0.50      | 0.00                    |
| Cheese Stick 1               | 1 each       | 60          | 10          | 200       | 0.00      | 0.00      | 200.0      | 200        | 0.0        | 1          | 7.0       | 1.0      | 3.0       | 2.00      | 0.00                    |
| Flat Bread                   | each         | 170         | 0           | 290       | 2.53      | 0.77      | 21.5       | 0          | 0.07       | 2          | 5.0       | 26.0     | 5.0       | 1.00      | 0.00                    |
| Bagel 2oz WW                 | 1 each       | 140         | 0           | 180       | 4.00      | 1.80      | 40.0       | 25         | 0.0        | 5          | 6.0       | 29.0     | 1.0       | 0.00      | 0.00                    |
| Cheese Stick 2               | 2 each       | 120         | 20          | 400       | 0.00      | 0.00      | 400.0      | 400        | 0.0        | 2          | 14.0      | 2.0      | 6.0       | 4.00      | 0.00                    |
| Capri Mixed Vegetables       | 1/2 Cup      | 17          | 0           | 14        | 0.69      | 0.00      | 13.8       | 688        | 0.83       | 1          | 0.0       | 2.75     | 0.0       | 0.00      | 0.00                    |
| Coleslaw 1/2 cup             | 1/2 cup      | 260         | 34          | 232       | 4.25      | 0.77      | 57.1       | 172        | 51.88      | 10         | 1.42      | 14.5     | 22.5      | 3.75      | 0.00                    |
| Pineapple 1 cup              | 1 cup        | 119         | 0           | 20        | 1.98      | 0.71      | 0.0        | 128        | 29.63      | 26         | 0.0       | 29.63    | 0.0       | 0.00      | 0.00                    |
| Banana                       | 1 each       | 90          | 0           | 1         | 3.03      | 0.18      | 10.1       | 51         | 9.09       | 12         | 1.01      | 23.23    | 0.0       | 0.00      | 0.00                    |
| Apple                        | 1 each       | 72          | 0           | 1         | 2.76      | 0.25      | 13.8       | 69         | 6.62       | 14         | 0.0       | 19.32    | 0.0       | 0.00      | 0.00                    |
| Orange                       | 1 each       | 47          | 0           | 1         | 1.92      | 0.17      | 38.4       | 240        | 57.02      | 8          | 0.96      | 12.48    | 0.0       | 0.00      | 0.00                    |
| Craisins                     | 1 Each       | 110         | 0           | 0         | 3.00      | 0.00      | 0.0        | 120        | 0.0        | 24         | 0.0       | 28.0     | 0.0       | 0.00      | 0.00                    |
| Refried Beans 1/2 cup        | 1/2 cup      | 120         | 0           | 360       | 5.00      | 1.80      | 40.0       | 5          | 2.4        | 1          | 7.0       | 19.99    | 0.0       | 0.00      | 0.00                    |
| Salad Mix 1 cup              | 1 cup        | 11          | 0           | 22        | 0.87      | 0.75      | 30.5       | 2268       | 7.46       | 1          | 1.09      | 2.18     | 0.0       | 0.00      | 0.00                    |
| Ranch Dressing               | 1 Tbs        | 53          | 7           | 125       | 0.00      | 0.00      | 7.6        | 3          | 0.08       | 0          | 0.19      | 0.32     | 5.69      | 1.00      | 0.00                    |
| Salsa                        | 1 Tbs        | 2           | 0           | 16        | 0.00      | 0.00      | 0.0        | 44         | 1.59       | 0          | 0.0       | 0.44     | 0.0       | 0.00      | 0.00                    |
| Milk White 1%                | 1 each       | 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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|                        | 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 |              | 840         | 64          | 1063      | 11.08     | 3.91      | 620.0      | 2840       | 67.70      | 66         | 28.16     | 112.70   | 31.78     | 8.17      | 0.00                    |
| % of Calories          |              |             |             |           |           |           |            |            |            | 31.6%      | 13.4%     | 53.6%    | 34.0%     | 8.7%      | 0.0%                    |
| Nutrient Guideline     |              | 750-850     |             | 1420      |           |           |            |            |            |            |           |          | <=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 <sup>1</sup> (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Mon - 10/21/2019             |              |             |             |           |           |           |            |            |            |            |            |          |           |           |                         |
| High School Lunch            | Total        |             |             |           |           |           |            |            |            |            |            |          |           |           |                         |
| 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                    |
| 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                    |
| 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                    |
| 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                    |
| Pizza Veggie                 | 1 each       | 288         | 30          | 441       | 3.53      | 1.91      | 253.0      | 567        | 16.47      | 10         | 15.45      | 30.74    | 12.23     | 6.00      | 0.00                    |
| Pizza Combo                  | 1 each       | 319         | 43          | 536       | 3.53      | 2.11      | 256.0      | 567        | 16.47      | 10         | 19.0       | 31.01    | 13.64     | 6.49      | 0.00                    |
| Pizza Hawaiian               | 1 each       | 309         | 39          | 523       | 3.15      | 1.93      | 254.4      | 310        | 2.3        | 11         | 18.3       | 31.52    | 12.66     | 6.22      | 0.00                    |
| Pizza Cheese                 | 1 each       | 280         | 30          | 440       | 3.00      | 1.80      | 250.0      | 300        | 0.0        | 9          | 15.0       | 29.0     | 12.0      | 6.00      | 0.00                    |
| Pizza Pepperoni              | 1 each       | 312         | 43          | 547       | 3.00      | 1.99      | 250.0      | 300        | 0.0        | 9          | 18.22      | 29.54    | 13.34     | 6.54      | 0.00                    |
| Pizza Turkey Sausage         | 1 each       | 310         | 43          | 523       | 3.00      | 2.01      | 255.9      | 300        | 0.0        | 9          | 18.87      | 29.0     | 13.49     | 6.45      | 0.00                    |
| Nacho Chicken HS             | 1 serving    | 343         | 57          | 842       | 1.33      | 1.34      | 330.1      | 210        | 0.0        | 0          | 18.66      | 24.64    | 18.24     | 6.25      | 0.00                    |
| Nacho Turkey Chili HS        | 1 serving    | 295         | 32          | 699       | 1.33      | 0.88      | 328.2      | 200        | 0.09       | 0          | 11.33      | 23.83    | 17.16     | 6.06      | 0.00                    |
| Turkey & Cheese Sandwich     | 1 each       | 330         | 52          | 797       | 4.00      | 1.68      | 253.3      | 220        | 0.0        | 5          | 21.0       | 30.67    | 13.0      | 5.67      | 0.00                    |
| Wrap Turkey                  | 1 each       | 352         | 52          | 848       | 4.14      | 2.99      | 316.1      | 274        | 0.41       | 2          | 20.14      | 32.08    | 16.0      | 9.17      | 0.00                    |
| Wrap Chicken                 | 1 each       | 473         | 52          | 979       | 5.00      | 8.60      | 353.5      | 220        | 0.0        | 3          | 22.0       | 54.0     | 19.25     | 8.75      | 0.00                    |
| Peanut Butter & Jelly 2 each | 2 each       | 600         | 0           | 560       | 8.00      | 2.00      | 52.0       | 140        | 0.0        | 28         | 18.0       | 64.0     | 34.0      | 6.00      | 0.00                    |
| Chicken Caesar Salad HS      | 1 each       | 404         | 82          | 856       | 5.65      | 3.29      | 201.4      | 16501      | 67.8       | 3          | 17.86      | 11.48    | 30.42     | 7.41      | 0.00                    |
| Rolls                        | 1 each       | 193         | 8           | 247       | 0.90      | 1.59      | 42.0       | 41         | 7.51       | 5          | 6.32       | 32.16    | 3.83      | 0.53      | 0.00                    |
| Parfait w/ granola           | 1 each       | 525         | 5           | 329       | 5.69      | 1.78      | 231.0      | 1149       | 24.59      | 60         | 12.54      | 98.2     | 11.21     | 2.04      | 0.00                    |
| Hummus                       | 1 each       | 90          | 5           | 240       | 4.00      | 1.08      | 60.0       | 300        | 0.0        | 1          | 3.0        | 11.0     | 3.0       | 0.50      | 0.00                    |
| Cheese Stick 1               | 1 each       | 60          | 10          | 200       | 0.00      | 0.00      | 200.0      | 200        | 0.0        | 1          | 7.0        | 1.0      | 3.0       | 2.00      | 0.00                    |
| Flat Bread                   | each         | 170         | 0           | 290       | 2.53      | 0.77      | 21.5       | 0          | 0.07       | 2          | 5.0        | 26.0     | 5.0       | 1.00      | 0.00                    |
| Bagel 2oz WW                 | 1 each       | 140         | 0           | 180       | 4.00      | 1.80      | 40.0       | 25         | 0.0        | 5          | 6.0        | 29.0     | 1.0       | 0.00      | 0.00                    |
| Cheese Stick 2               | 2 each       | 120         | 20          | 400       | 0.00      | 0.00      | 400.0      | 400        | 0.0        | 2          | 14.0       | 2.0      | 6.0       | 4.00      | 0.00                    |
| Southwest Mixed Vegetables   | 1/2 Cup      | 62          | 0           | 54        | 4.65      | 0.00      | 0.0        | 155        | 9.3        | 3          | 3.1        | 11.63    | 0.78      | 0.00      | 0.00                    |
| Carrot Sticks 3/4 cup        | 3/4 cup      | 55          | 0           | 102       | 3.14      | 0.57      | 31.4       | 9417       | 9.42       | 8          | 1.57       | 12.56    | 0.0       | 0.00      | 0.00                    |
| Pears 1 cup                  | 1 cup        | 124         | 0           | 10        | 4.00      | 0.72      | 22.0       | 100        | 4.0        | 20         | 0.84       | 32.11    | 0.18      | 0.00      | 0.00                    |
| Apricots 1 cup               | 1 cup        | 159         | 0           | 20        | 0.00      | 0.00      | 0.0        | 3478       | 4.77       | 40         | 0.0        | 37.76    | 0.0       | 0.00      | 0.00                    |
| Apple                        | 1 each       | 72          | 0           | 1         | 2.76      | 0.25      | 13.8       | 69         | 6.62       | 14         | 0.0        | 19.32    | 0.0       | 0.00      | 0.00                    |
| Orange                       | 1 each       | 47          | 0           | 1         | 1.92      | 0.17      | 38.4       | 240        | 57.02      | 8          | 0.96       | 12.48    | 0.0       | 0.00      | 0.00                    |
| Craisins                     | 1 Each       | 110         | 0           | 0         | 3.00      | 0.00      | 0.0        | 120        | 0.0        | 24         | 0.0        | 28.0     | 0.0       | 0.00      | 0.00                    |
| Refried Beans 1/2 cup        | 1/2 cup      | 120         | 0           | 360       | 5.00      | 1.80      | 40.0       | 5          | 2.4        | 1          | 7.0        | 19.99    | 0.0       | 0.00      | 0.00                    |
| Salad Mix 1 cup              | 1 cup        | 11          | 0           | 22        | 0.87      | 0.75      | 30.5       | 2268       | 7.46       | 1          | 1.09       | 2.18     | 0.0       | 0.00      | 0.00                    |
| Ranch Dressing               | 1 Tbs        | 53          | 7           | 125       | 0.00      | 0.00      | 7.6        | 3          | 0.08       | 0          | 0.19       | 0.32     | 5.69      | 1.00      | 0.00                    |
| Ketchup                      | 1 Tbs        | 13          | 0           | 150       | 0.00      | 0.00      | 0.0        | 17         | 0.0        | 3          | 0.0        | 3.34     | 0.0       | 0.00      | 0.00                    |
| Salsa                        | 1 Tbs        | 2           | 0           | 16        | 0.00      | 0.00      | 0.0        | 44         | 1.59       | 0          | 0.0        | 0.44     | 0.0       | 0.00      | 0.00                    |
| Milk White 1%                | 1 each       | 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

Base Menu Spreadsheet  
 Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

High School 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 <sup>1</sup> (g) |
|-------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 10/21/2019        |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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  |              | 811         | 49          | 1090      | 11.50     | 3.55      | 598.9      | 8860       | 30.06      | 76         | 29.23     | 122.79   | 23.51     | 6.74      | 0.00                    |
| % of Calories           |              |             |             |           |           |           |            |            |            | 37.5%      | 14.4%     | 60.5%    | 26.1%     | 7.5%      | 0.0%                    |
| Nutrient Guideline      |              | 750-850     |             | 1420      |           |           |            |            |            |            |           |          | <=30.0    | <10.00    |                         |

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*  
*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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|                              | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 10/22/2019             |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| High School 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                    |
| Potato Salad 1/2 cup         | 1/2 cup      | 230         | 10          | 540       | 3.00      | 1.08      | 0.0        | 40         | 0.0        | 8          | 3.0       | 28.0     | 13.0      | 2.50      | 0.00                    |
| Mandarin Orange Chicken      | 2/3 cup      | 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                    |
| 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                    |
| Pizza Veggie                 | 1 each       | 288         | 30          | 441       | 3.53      | 1.91      | 253.0      | 567        | 16.47      | 10         | 15.45     | 30.74    | 12.23     | 6.00      | 0.00                    |
| Pizza Combo                  | 1 each       | 319         | 43          | 536       | 3.53      | 2.11      | 256.0      | 567        | 16.47      | 10         | 19.0      | 31.01    | 13.64     | 6.49      | 0.00                    |
| Pizza Hawaiian               | 1 each       | 309         | 39          | 523       | 3.15      | 1.93      | 254.4      | 310        | 2.3        | 11         | 18.3      | 31.52    | 12.66     | 6.22      | 0.00                    |
| Pizza Cheese                 | 1 each       | 280         | 30          | 440       | 3.00      | 1.80      | 250.0      | 300        | 0.0        | 9          | 15.0      | 29.0     | 12.0      | 6.00      | 0.00                    |
| Pizza Pepperoni              | 1 each       | 312         | 43          | 547       | 3.00      | 1.99      | 250.0      | 300        | 0.0        | 9          | 18.22     | 29.54    | 13.34     | 6.54      | 0.00                    |
| Pizza Turkey Sausage         | 1 each       | 310         | 43          | 523       | 3.00      | 2.01      | 255.9      | 300        | 0.0        | 9          | 18.87     | 29.0     | 13.49     | 6.45      | 0.00                    |
| Nacho Chicken HS             | 1 serving    | 343         | 57          | 842       | 1.33      | 1.34      | 330.1      | 210        | 0.0        | 0          | 18.66     | 24.64    | 18.24     | 6.25      | 0.00                    |
| Nacho Turkey Chili HS        | 1 serving    | 295         | 32          | 699       | 1.33      | 0.88      | 328.2      | 200        | 0.09       | 0          | 11.33     | 23.83    | 17.16     | 6.06      | 0.00                    |
| Turkey & Cheese Sandwich     | 1 each       | 330         | 52          | 797       | 4.00      | 1.68      | 253.3      | 220        | 0.0        | 5          | 21.0      | 30.67    | 13.0      | 5.67      | 0.00                    |
| Wrap Turkey                  | 1 each       | 352         | 52          | 848       | 4.14      | 2.99      | 316.1      | 274        | 0.41       | 2          | 20.14     | 32.08    | 16.0      | 9.17      | 0.00                    |
| Wrap Chicken                 | 1 each       | 473         | 52          | 979       | 5.00      | 8.60      | 353.5      | 220        | 0.0        | 3          | 22.0      | 54.0     | 19.25     | 8.75      | 0.00                    |
| Peanut Butter & Jelly 2 each | 2 each       | 600         | 0           | 560       | 8.00      | 2.00      | 52.0       | 140        | 0.0        | 28         | 18.0      | 64.0     | 34.0      | 6.00      | 0.00                    |
| Chicken Caesar Salad HS      | 1 each       | 404         | 82          | 856       | 5.65      | 3.29      | 201.4      | 16501      | 67.8       | 3          | 17.86     | 11.48    | 30.42     | 7.41      | 0.00                    |
| Rolls                        | 1 each       | 193         | 8           | 247       | 0.90      | 1.59      | 42.0       | 41         | 7.51       | 5          | 6.32      | 32.16    | 3.83      | 0.53      | 0.00                    |
| Parfait w/ granola           | 1 each       | 525         | 5           | 329       | 5.69      | 1.78      | 231.0      | 1149       | 24.59      | 60         | 12.54     | 98.2     | 11.21     | 2.04      | 0.00                    |
| Hummus                       | 1 each       | 90          | 5           | 240       | 4.00      | 1.08      | 60.0       | 300        | 0.0        | 1          | 3.0       | 11.0     | 3.0       | 0.50      | 0.00                    |
| Cheese Stick 1               | 1 each       | 60          | 10          | 200       | 0.00      | 0.00      | 200.0      | 200        | 0.0        | 1          | 7.0       | 1.0      | 3.0       | 2.00      | 0.00                    |
| Flat Bread                   | each         | 170         | 0           | 290       | 2.53      | 0.77      | 21.5       | 0          | 0.07       | 2          | 5.0       | 26.0     | 5.0       | 1.00      | 0.00                    |
| Bagel 2oz WW                 | 1 each       | 140         | 0           | 180       | 4.00      | 1.80      | 40.0       | 25         | 0.0        | 5          | 6.0       | 29.0     | 1.0       | 0.00      | 0.00                    |
| Cheese Stick 2               | 2 each       | 120         | 20          | 400       | 0.00      | 0.00      | 400.0      | 400        | 0.0        | 2          | 14.0      | 2.0      | 6.0       | 4.00      | 0.00                    |
| Cauliflower 1/2 cup          | 1/2 cup      | 13          | 0           | 15        | 1.50      | 0.18      | 10.0       | 5          | 23.1       | 1          | 1.0       | 2.5      | 0.0       | 0.00      | 0.00                    |
| Broccoli 1/2 cup             | 1/2 cup      | 12          | 0           | 12        | 1.07      | 0.26      | 17.8       | 213        | 31.74      | 0          | 1.07      | 2.49     | 0.0       | 0.00      | 0.00                    |
| Oranges Mandarin 1 cup       | 1 cup        | 171         | 0           | 21        | 0.00      | 0.00      | 0.0        | 192        | 44.83      | 38         | 0.0       | 40.56    | 0.0       | 0.00      | 0.00                    |
| Fruit Mix 1 cup              | 1 cup        | 137         | 0           | 16        | 2.98      | 0.72      | 11.9       | 24         | 7.75       | 30         | 1.01      | 35.53    | 0.2       | 0.02      | 0.00                    |
| Apple                        | 1 each       | 72          | 0           | 1         | 2.76      | 0.25      | 13.8       | 69         | 6.62       | 14         | 0.0       | 19.32    | 0.0       | 0.00      | 0.00                    |
| Orange                       | 1 each       | 47          | 0           | 1         | 1.92      | 0.17      | 38.4       | 240        | 57.02      | 8          | 0.96      | 12.48    | 0.0       | 0.00      | 0.00                    |
| Craisins                     | 1 Each       | 110         | 0           | 0         | 3.00      | 0.00      | 0.0        | 120        | 0.0        | 24         | 0.0       | 28.0     | 0.0       | 0.00      | 0.00                    |
| Refried Beans 1/2 cup        | 1/2 cup      | 120         | 0           | 360       | 5.00      | 1.80      | 40.0       | 5          | 2.4        | 1          | 7.0       | 19.99    | 0.0       | 0.00      | 0.00                    |
| Salad Mix 1 cup              | 1 cup        | 11          | 0           | 22        | 0.87      | 0.75      | 30.5       | 2268       | 7.46       | 1          | 1.09      | 2.18     | 0.0       | 0.00      | 0.00                    |
| Ranch Dressing               | 1 Tbs        | 53          | 7           | 125       | 0.00      | 0.00      | 7.6        | 3          | 0.08       | 0          | 0.19      | 0.32     | 5.69      | 1.00      | 0.00                    |
| Ketchup                      | 1 Tbs        | 13          | 0           | 150       | 0.00      | 0.00      | 0.0        | 17         | 0.0        | 3          | 0.0       | 3.34     | 0.0       | 0.00      | 0.00                    |
| Salsa                        | 1 Tbs        | 2           | 0           | 16        | 0.00      | 0.00      | 0.0        | 44         | 1.59       | 0          | 0.0       | 0.44     | 0.0       | 0.00      | 0.00                    |
| Milk White 1%                | 1 each       | 110         | 15          | 130       | 0.00      | 0.00      | 300.0      | 500        | 1.2        | 12         | 9.0       | 13.0     | 2.5       | 1.50      | 0.00                    |

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# David Douglas

Base Menu Spreadsheet

Portion Values - Detailed

Page 29

Oct 1, 2019 thru Oct 31, 2019

High School Lunch

Generated on: 7/3/2019 11:59:58 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 <sup>1</sup> (g) |
|-------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 10/22/2019        |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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  |              | 784         | 52          | 1069      | 8.57      | 3.55      | 595.9      | 2497       | 70.02      | 76         | 27.54     | 118.48   | 23.13     | 6.89      | 0.00                    |
| % of Calories           |              |             |             |           |           |           |            |            |            | 39.0%      | 14.0%     | 60.4%    | 26.5%     | 7.9%      | 0.0%                    |
| Nutrient Guideline      |              | 750-850     |             | 1420      |           |           |            |            |            |            |           |          | <=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 <sup>1</sup> (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 10/23/2019             |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| High School Lunch            | Total        |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Cheese Burger                | 1 each       | 292         | 37          | 532       | 5.00      | 2.44      | 201.0      | 130        | 1.0        | 6          | 17.5      | 31.0     | 12.5      | 5.30      | 0.00                    |
| Tatertot 9                   | 9 each       | 150         | 0           | 360       | 2.00      | 0.36      | 0.0        | 0          | 3.6        | 0          | 2.0       | 19.0     | 7.0       | 1.00      | 0.00                    |
| Mandarin Orange Chicken      | 2/3 cup      | 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                    |
| 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                    |
| Pizza Veggie                 | 1 each       | 288         | 30          | 441       | 3.53      | 1.91      | 253.0      | 567        | 16.47      | 10         | 15.45     | 30.74    | 12.23     | 6.00      | 0.00                    |
| Pizza Combo                  | 1 each       | 319         | 43          | 536       | 3.53      | 2.11      | 256.0      | 567        | 16.47      | 10         | 19.0      | 31.01    | 13.64     | 6.49      | 0.00                    |
| Pizza Hawaiian               | 1 each       | 309         | 39          | 523       | 3.15      | 1.93      | 254.4      | 310        | 2.3        | 11         | 18.3      | 31.52    | 12.66     | 6.22      | 0.00                    |
| Pizza Cheese                 | 1 each       | 280         | 30          | 440       | 3.00      | 1.80      | 250.0      | 300        | 0.0        | 9          | 15.0      | 29.0     | 12.0      | 6.00      | 0.00                    |
| Pizza Pepperoni              | 1 each       | 312         | 43          | 547       | 3.00      | 1.99      | 250.0      | 300        | 0.0        | 9          | 18.22     | 29.54    | 13.34     | 6.54      | 0.00                    |
| Pizza Turkey Sausage         | 1 each       | 310         | 43          | 523       | 3.00      | 2.01      | 255.9      | 300        | 0.0        | 9          | 18.87     | 29.0     | 13.49     | 6.45      | 0.00                    |
| Nacho Chicken HS             | 1 serving    | 343         | 57          | 842       | 1.33      | 1.34      | 330.1      | 210        | 0.0        | 0          | 18.66     | 24.64    | 18.24     | 6.25      | 0.00                    |
| Nacho Turkey Chili HS        | 1 serving    | 295         | 32          | 699       | 1.33      | 0.88      | 328.2      | 200        | 0.09       | 0          | 11.33     | 23.83    | 17.16     | 6.06      | 0.00                    |
| Turkey & Cheese Sandwich     | 1 each       | 330         | 52          | 797       | 4.00      | 1.68      | 253.3      | 220        | 0.0        | 5          | 21.0      | 30.67    | 13.0      | 5.67      | 0.00                    |
| Wrap Turkey                  | 1 each       | 352         | 52          | 848       | 4.14      | 2.99      | 316.1      | 274        | 0.41       | 2          | 20.14     | 32.08    | 16.0      | 9.17      | 0.00                    |
| Wrap Chicken                 | 1 each       | 473         | 52          | 979       | 5.00      | 8.60      | 353.5      | 220        | 0.0        | 3          | 22.0      | 54.0     | 19.25     | 8.75      | 0.00                    |
| Peanut Butter & Jelly 2 each | 2 each       | 600         | 0           | 560       | 8.00      | 2.00      | 52.0       | 140        | 0.0        | 28         | 18.0      | 64.0     | 34.0      | 6.00      | 0.00                    |
| Chicken Caesar Salad HS      | 1 each       | 404         | 82          | 856       | 5.65      | 3.29      | 201.4      | 16501      | 67.8       | 3          | 17.86     | 11.48    | 30.42     | 7.41      | 0.00                    |
| Rolls                        | 1 each       | 193         | 8           | 247       | 0.90      | 1.59      | 42.0       | 41         | 7.51       | 5          | 6.32      | 32.16    | 3.83      | 0.53      | 0.00                    |
| Parfait w/ granola           | 1 each       | 525         | 5           | 329       | 5.69      | 1.78      | 231.0      | 1149       | 24.59      | 60         | 12.54     | 98.2     | 11.21     | 2.04      | 0.00                    |
| Hummus                       | 1 each       | 90          | 5           | 240       | 4.00      | 1.08      | 60.0       | 300        | 0.0        | 1          | 3.0       | 11.0     | 3.0       | 0.50      | 0.00                    |
| Cheese Stick 1               | 1 each       | 60          | 10          | 200       | 0.00      | 0.00      | 200.0      | 200        | 0.0        | 1          | 7.0       | 1.0      | 3.0       | 2.00      | 0.00                    |
| Flat Bread                   | each         | 170         | 0           | 290       | 2.53      | 0.77      | 21.5       | 0          | 0.07       | 2          | 5.0       | 26.0     | 5.0       | 1.00      | 0.00                    |
| Bagel 2oz WW                 | 1 each       | 140         | 0           | 180       | 4.00      | 1.80      | 40.0       | 25         | 0.0        | 5          | 6.0       | 29.0     | 1.0       | 0.00      | 0.00                    |
| Cheese Stick 2               | 2 each       | 120         | 20          | 400       | 0.00      | 0.00      | 400.0      | 400        | 0.0        | 2          | 14.0      | 2.0      | 6.0       | 4.00      | 0.00                    |
| Celery 1/2 cup               | 1/2 cup      | 12          | 0           | 59        | 1.49      | 0.13      | 29.7       | 334        | 2.23       | 1          | 0.74      | 2.23     | 0.0       | 0.00      | 0.00                    |
| Applesauce 1 cup             | 1 cup        | 109         | 0           | 21        | 3.14      | 0.31      | 8.4        | 73         | 3.14       | 25         | 0.44      | 28.8     | 0.13      | 0.02      | 0.00                    |
| Kiwi                         | 1 each       | 46          | 0           | 4         | 2.28      | 0.27      | 22.8       | 152        | 57.0       | 12         | 0.76      | 11.4     | 0.0       | 0.00      | 0.00                    |
| Baked Beans 1/2 cup          | 1/2 cup      | 150         | 0           | 440       | 6.00      | 1.08      | 40.0       | 50         | 0.0        | 10         | 6.0       | 30.0     | 1.0       | 0.00      | 0.00                    |
| Apple                        | 1 each       | 72          | 0           | 1         | 2.76      | 0.25      | 13.8       | 69         | 6.62       | 14         | 0.0       | 19.32    | 0.0       | 0.00      | 0.00                    |
| Orange                       | 1 each       | 47          | 0           | 1         | 1.92      | 0.17      | 38.4       | 240        | 57.02      | 8          | 0.96      | 12.48    | 0.0       | 0.00      | 0.00                    |
| Craisins                     | 1 Each       | 110         | 0           | 0         | 3.00      | 0.00      | 0.0        | 120        | 0.0        | 24         | 0.0       | 28.0     | 0.0       | 0.00      | 0.00                    |
| Refried Beans 1/2 cup        | 1/2 cup      | 120         | 0           | 360       | 5.00      | 1.80      | 40.0       | 5          | 2.4        | 1          | 7.0       | 19.99    | 0.0       | 0.00      | 0.00                    |
| Salad Mix 1 cup              | 1 cup        | 11          | 0           | 22        | 0.87      | 0.75      | 30.5       | 2268       | 7.46       | 1          | 1.09      | 2.18     | 0.0       | 0.00      | 0.00                    |
| Ranch Dressing               | 1 Tbs        | 53          | 7           | 125       | 0.00      | 0.00      | 7.6        | 3          | 0.08       | 0          | 0.19      | 0.32     | 5.69      | 1.00      | 0.00                    |
| Ketchup                      | 1 Tbs        | 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       | 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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|                        | 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 |              | 682         | 46          | 1023      | 8.99      | 3.28      | 584.3      | 2383       | 46.14      | 60         | 26.57     | 98.36    | 21.71     | 6.55      | 0.00                    |
| % of Calories          |              |             |             |           |           |           |            |            |            | 35.5%      | 15.6%     | 57.7%    | 28.6%     | 8.6%      | 0.0%                    |
| Nutrient Guideline     |              | 750-850     |             | 1420      |           |           |            |            |            |            |           |          | <=30.0    | <10.00    |                         |

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

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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) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Thu - 10/24/2019             |              |             |             |           |           |           |            |            |            |            |            |          |           |           |                         |
| High School Lunch            | 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                    |
| Coleslaw 1/2 cup             | 1/2 cup      | 260         | 34          | 232       | 4.25      | 0.77      | 57.1       | 172        | 51.88      | 10         | 1.42       | 14.5     | 22.5      | 3.75      | 0.00                    |
| Mandarin Orange Chicken      | 2/3 cup      | 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                    |
| 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                    |
| Pizza Veggie                 | 1 each       | 288         | 30          | 441       | 3.53      | 1.91      | 253.0      | 567        | 16.47      | 10         | 15.45      | 30.74    | 12.23     | 6.00      | 0.00                    |
| Pizza Combo                  | 1 each       | 319         | 43          | 536       | 3.53      | 2.11      | 256.0      | 567        | 16.47      | 10         | 19.0       | 31.01    | 13.64     | 6.49      | 0.00                    |
| Pizza Hawaiian               | 1 each       | 309         | 39          | 523       | 3.15      | 1.93      | 254.4      | 310        | 2.3        | 11         | 18.3       | 31.52    | 12.66     | 6.22      | 0.00                    |
| Pizza Cheese                 | 1 each       | 280         | 30          | 440       | 3.00      | 1.80      | 250.0      | 300        | 0.0        | 9          | 15.0       | 29.0     | 12.0      | 6.00      | 0.00                    |
| Pizza Pepperoni              | 1 each       | 312         | 43          | 547       | 3.00      | 1.99      | 250.0      | 300        | 0.0        | 9          | 18.22      | 29.54    | 13.34     | 6.54      | 0.00                    |
| Pizza Turkey Sausage         | 1 each       | 310         | 43          | 523       | 3.00      | 2.01      | 255.9      | 300        | 0.0        | 9          | 18.87      | 29.0     | 13.49     | 6.45      | 0.00                    |
| Nacho Chicken HS             | 1 serving    | 343         | 57          | 842       | 1.33      | 1.34      | 330.1      | 210        | 0.0        | 0          | 18.66      | 24.64    | 18.24     | 6.25      | 0.00                    |
| Nacho Turkey Chili HS        | 1 serving    | 295         | 32          | 699       | 1.33      | 0.88      | 328.2      | 200        | 0.09       | 0          | 11.33      | 23.83    | 17.16     | 6.06      | 0.00                    |
| Turkey & Cheese Sandwich     | 1 each       | 330         | 52          | 797       | 4.00      | 1.68      | 253.3      | 220        | 0.0        | 5          | 21.0       | 30.67    | 13.0      | 5.67      | 0.00                    |
| Wrap Turkey                  | 1 each       | 352         | 52          | 848       | 4.14      | 2.99      | 316.1      | 274        | 0.41       | 2          | 20.14      | 32.08    | 16.0      | 9.17      | 0.00                    |
| Wrap Chicken                 | 1 each       | 473         | 52          | 979       | 5.00      | 8.60      | 353.5      | 220        | 0.0        | 3          | 22.0       | 54.0     | 19.25     | 8.75      | 0.00                    |
| Peanut Butter & Jelly 2 each | 2 each       | 600         | 0           | 560       | 8.00      | 2.00      | 52.0       | 140        | 0.0        | 28         | 18.0       | 64.0     | 34.0      | 6.00      | 0.00                    |
| Chicken Caesar Salad HS      | 1 each       | 404         | 82          | 856       | 5.65      | 3.29      | 201.4      | 16501      | 67.8       | 3          | 17.86      | 11.48    | 30.42     | 7.41      | 0.00                    |
| Rolls                        | 1 each       | 193         | 8           | 247       | 0.90      | 1.59      | 42.0       | 41         | 7.51       | 5          | 6.32       | 32.16    | 3.83      | 0.53      | 0.00                    |
| Parfait w/ granola           | 1 each       | 525         | 5           | 329       | 5.69      | 1.78      | 231.0      | 1149       | 24.59      | 60         | 12.54      | 98.2     | 11.21     | 2.04      | 0.00                    |
| Hummus                       | 1 each       | 90          | 5           | 240       | 4.00      | 1.08      | 60.0       | 300        | 0.0        | 1          | 3.0        | 11.0     | 3.0       | 0.50      | 0.00                    |
| Cheese Stick 1               | 1 each       | 60          | 10          | 200       | 0.00      | 0.00      | 200.0      | 200        | 0.0        | 1          | 7.0        | 1.0      | 3.0       | 2.00      | 0.00                    |
| Flat Bread                   | each         | 170         | 0           | 290       | 2.53      | 0.77      | 21.5       | 0          | 0.07       | 2          | 5.0        | 26.0     | 5.0       | 1.00      | 0.00                    |
| Bagel 2oz WW                 | 1 each       | 140         | 0           | 180       | 4.00      | 1.80      | 40.0       | 25         | 0.0        | 5          | 6.0        | 29.0     | 1.0       | 0.00      | 0.00                    |
| Cheese Stick 2               | 2 each       | 120         | 20          | 400       | 0.00      | 0.00      | 400.0      | 400        | 0.0        | 2          | 14.0       | 2.0      | 6.0       | 4.00      | 0.00                    |
| Capri Mixed Vegetables       | 1/2 Cup      | 17          | 0           | 14        | 0.69      | 0.00      | 13.8       | 688        | 0.83       | 1          | 0.0        | 2.75     | 0.0       | 0.00      | 0.00                    |
| Coleslaw 1/2 cup             | 1/2 cup      | 260         | 34          | 232       | 4.25      | 0.77      | 57.1       | 172        | 51.88      | 10         | 1.42       | 14.5     | 22.5      | 3.75      | 0.00                    |
| Pineapple 1 cup              | 1 cup        | 119         | 0           | 20        | 1.98      | 0.71      | 0.0        | 128        | 29.63      | 26         | 0.0        | 29.63    | 0.0       | 0.00      | 0.00                    |
| Banana                       | 1 each       | 90          | 0           | 1         | 3.03      | 0.18      | 10.1       | 51         | 9.09       | 12         | 1.01       | 23.23    | 0.0       | 0.00      | 0.00                    |
| Apple                        | 1 each       | 72          | 0           | 1         | 2.76      | 0.25      | 13.8       | 69         | 6.62       | 14         | 0.0        | 19.32    | 0.0       | 0.00      | 0.00                    |
| Orange                       | 1 each       | 47          | 0           | 1         | 1.92      | 0.17      | 38.4       | 240        | 57.02      | 8          | 0.96       | 12.48    | 0.0       | 0.00      | 0.00                    |
| Craisins                     | 1 Each       | 110         | 0           | 0         | 3.00      | 0.00      | 0.0        | 120        | 0.0        | 24         | 0.0        | 28.0     | 0.0       | 0.00      | 0.00                    |
| Refried Beans 1/2 cup        | 1/2 cup      | 120         | 0           | 360       | 5.00      | 1.80      | 40.0       | 5          | 2.4        | 1          | 7.0        | 19.99    | 0.0       | 0.00      | 0.00                    |
| Salad Mix 1 cup              | 1 cup        | 11          | 0           | 22        | 0.87      | 0.75      | 30.5       | 2268       | 7.46       | 1          | 1.09       | 2.18     | 0.0       | 0.00      | 0.00                    |
| Ranch Dressing               | 1 Tbs        | 53          | 7           | 125       | 0.00      | 0.00      | 7.6        | 3          | 0.08       | 0          | 0.19       | 0.32     | 5.69      | 1.00      | 0.00                    |
| Salsa                        | 1 Tbs        | 2           | 0           | 16        | 0.00      | 0.00      | 0.0        | 44         | 1.59       | 0          | 0.0        | 0.44     | 0.0       | 0.00      | 0.00                    |
| Milk White 1%                | 1 each       | 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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|                        | 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 |              | 880         | 69          | 1157      | 11.08     | 3.91      | 625.7      | 2843       | 67.75      | 67         | 28.30     | 112.94   | 36.04     | 8.92      | 0.00                    |
| % of Calories          |              |             |             |           |           |           |            |            |            | 30.3%      | 12.9%     | 51.3%    | 36.9%     | 9.1%      | 0.0%                    |
| Nutrient Guideline     |              | 750-850     |             | 1420      |           |           |            |            |            |            |           |          | <=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 <sup>1</sup> (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Mon - 10/28/2019             |              |             |             |           |           |           |            |            |            |            |            |          |           |           |                         |
| High School Lunch            | Total        |             |             |           |           |           |            |            |            |            |            |          |           |           |                         |
| 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                    |
| Dorito 1 oz                  | 1 each       | 130         | 0           | 200       | 2.00      | 0.36      | 0.0        | 100        | 0.0        | 0          | 2.0        | 20.0     | 5.0       | 0.50      | 0.00                    |
| Mandarin Orange Chicken      | 2/3 cup      | 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                    |
| 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                    |
| Pizza Veggie                 | 1 each       | 288         | 30          | 441       | 3.53      | 1.91      | 253.0      | 567        | 16.47      | 10         | 15.45      | 30.74    | 12.23     | 6.00      | 0.00                    |
| Pizza Combo                  | 1 each       | 319         | 43          | 536       | 3.53      | 2.11      | 256.0      | 567        | 16.47      | 10         | 19.0       | 31.01    | 13.64     | 6.49      | 0.00                    |
| Pizza Hawaiian               | 1 each       | 309         | 39          | 523       | 3.15      | 1.93      | 254.4      | 310        | 2.3        | 11         | 18.3       | 31.52    | 12.66     | 6.22      | 0.00                    |
| Pizza Cheese                 | 1 each       | 280         | 30          | 440       | 3.00      | 1.80      | 250.0      | 300        | 0.0        | 9          | 15.0       | 29.0     | 12.0      | 6.00      | 0.00                    |
| Pizza Pepperoni              | 1 each       | 312         | 43          | 547       | 3.00      | 1.99      | 250.0      | 300        | 0.0        | 9          | 18.22      | 29.54    | 13.34     | 6.54      | 0.00                    |
| Pizza Turkey Sausage         | 1 each       | 310         | 43          | 523       | 3.00      | 2.01      | 255.9      | 300        | 0.0        | 9          | 18.87      | 29.0     | 13.49     | 6.45      | 0.00                    |
| Nacho Chicken HS             | 1 serving    | 343         | 57          | 842       | 1.33      | 1.34      | 330.1      | 210        | 0.0        | 0          | 18.66      | 24.64    | 18.24     | 6.25      | 0.00                    |
| Nacho Turkey Chili HS        | 1 serving    | 295         | 32          | 699       | 1.33      | 0.88      | 328.2      | 200        | 0.09       | 0          | 11.33      | 23.83    | 17.16     | 6.06      | 0.00                    |
| Turkey & Cheese Sandwich     | 1 each       | 330         | 52          | 797       | 4.00      | 1.68      | 253.3      | 220        | 0.0        | 5          | 21.0       | 30.67    | 13.0      | 5.67      | 0.00                    |
| Wrap Turkey                  | 1 each       | 352         | 52          | 848       | 4.14      | 2.99      | 316.1      | 274        | 0.41       | 2          | 20.14      | 32.08    | 16.0      | 9.17      | 0.00                    |
| Wrap Chicken                 | 1 each       | 473         | 52          | 979       | 5.00      | 8.60      | 353.5      | 220        | 0.0        | 3          | 22.0       | 54.0     | 19.25     | 8.75      | 0.00                    |
| Peanut Butter & Jelly 2 each | 2 each       | 600         | 0           | 560       | 8.00      | 2.00      | 52.0       | 140        | 0.0        | 28         | 18.0       | 64.0     | 34.0      | 6.00      | 0.00                    |
| Chicken Caesar Salad HS      | 1 each       | 404         | 82          | 856       | 5.65      | 3.29      | 201.4      | 16501      | 67.8       | 3          | 17.86      | 11.48    | 30.42     | 7.41      | 0.00                    |
| Rolls                        | 1 each       | 193         | 8           | 247       | 0.90      | 1.59      | 42.0       | 41         | 7.51       | 5          | 6.32       | 32.16    | 3.83      | 0.53      | 0.00                    |
| Parfait w/ granola           | 1 each       | 525         | 5           | 329       | 5.69      | 1.78      | 231.0      | 1149       | 24.59      | 60         | 12.54      | 98.2     | 11.21     | 2.04      | 0.00                    |
| Hummus                       | 1 each       | 90          | 5           | 240       | 4.00      | 1.08      | 60.0       | 300        | 0.0        | 1          | 3.0        | 11.0     | 3.0       | 0.50      | 0.00                    |
| Cheese Stick 1               | 1 each       | 60          | 10          | 200       | 0.00      | 0.00      | 200.0      | 200        | 0.0        | 1          | 7.0        | 1.0      | 3.0       | 2.00      | 0.00                    |
| Flat Bread                   | each         | 170         | 0           | 290       | 2.53      | 0.77      | 21.5       | 0          | 0.07       | 2          | 5.0        | 26.0     | 5.0       | 1.00      | 0.00                    |
| Bagel 2oz WW                 | 1 each       | 140         | 0           | 180       | 4.00      | 1.80      | 40.0       | 25         | 0.0        | 5          | 6.0        | 29.0     | 1.0       | 0.00      | 0.00                    |
| Cheese Stick 2               | 2 each       | 120         | 20          | 400       | 0.00      | 0.00      | 400.0      | 400        | 0.0        | 2          | 14.0       | 2.0      | 6.0       | 4.00      | 0.00                    |
| Southwest Mixed Vegetables   | 1/2 Cup      | 62          | 0           | 54        | 4.65      | 0.00      | 0.0        | 155        | 9.3        | 3          | 3.1        | 11.63    | 0.78      | 0.00      | 0.00                    |
| Carrot Sticks 3/4 cup        | 3/4 cup      | 55          | 0           | 102       | 3.14      | 0.57      | 31.4       | 9417       | 9.42       | 8          | 1.57       | 12.56    | 0.0       | 0.00      | 0.00                    |
| Pears 1 cup                  | 1 cup        | 124         | 0           | 10        | 4.00      | 0.72      | 22.0       | 100        | 4.0        | 20         | 0.84       | 32.11    | 0.18      | 0.00      | 0.00                    |
| Apricots 1 cup               | 1 cup        | 159         | 0           | 20        | 0.00      | 0.00      | 0.0        | 3478       | 4.77       | 40         | 0.0        | 37.76    | 0.0       | 0.00      | 0.00                    |
| Apple                        | 1 each       | 72          | 0           | 1         | 2.76      | 0.25      | 13.8       | 69         | 6.62       | 14         | 0.0        | 19.32    | 0.0       | 0.00      | 0.00                    |
| Orange                       | 1 each       | 47          | 0           | 1         | 1.92      | 0.17      | 38.4       | 240        | 57.02      | 8          | 0.96       | 12.48    | 0.0       | 0.00      | 0.00                    |
| Craisins                     | 1 Each       | 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                    |
| Refried Beans 1/2 cup        | 1/2 cup      | 120         | 0           | 360       | 5.00      | 1.80      | 40.0       | 5          | 2.4        | 1          | 7.0        | 19.99    | 0.0       | 0.00      | 0.00                    |
| Salad Mix 1 cup              | 1 cup        | 11          | 0           | 22        | 0.87      | 0.75      | 30.5       | 2268       | 7.46       | 1          | 1.09       | 2.18     | 0.0       | 0.00      | 0.00                    |
| Ranch Dressing               | 1 Tbs        | 53          | 7           | 125       | 0.00      | 0.00      | 7.6        | 3          | 0.08       | 0          | 0.19       | 0.32     | 5.69      | 1.00      | 0.00                    |
| Ketchup                      | 1 Tbs        | 13          | 0           | 150       | 0.00      | 0.00      | 0.0        | 17         | 0.0        | 3          | 0.0        | 3.34     | 0.0       | 0.00      | 0.00                    |
| Salsa                        | 1 Tbs        | 2           | 0           | 16        | 0.00      | 0.00      | 0.0        | 44         | 1.59       | 0          | 0.0        | 0.44     | 0.0       | 0.00      | 0.00                    |

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# David Douglas

Base Menu Spreadsheet  
 Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

High School 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 <sup>1</sup> (g) |
|--------------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-------------|----------------|-----------------|----------------|--------------|-------------------------|
| Mon - 10/28/2019                     |              |             |             |           |           |           |            |            |            |             |                |                 |                |              |                         |
| 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 % of Calories |              | 811         | 49          | 1099      | 11.41     | 3.55      | 595.1      | 8868       | 30.06      | 76<br>37.4% | 29.33<br>14.5% | 122.89<br>60.6% | 23.42<br>26.0% | 6.69<br>7.4% | 0.00<br>0.0%            |
| Nutrient Guideline                   |              | 750-850     |             | 1420      |           |           |            |            |            |             |                |                 | <=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 <sup>1</sup> (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 10/29/2019             |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| High School Lunch            | Total        |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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                    |
| Potato Salad 1/2 cup         | 1/2 cup      | 230         | 10          | 540       | 3.00      | 1.08      | 0.0        | 40         | 0.0        | 8          | 3.0       | 28.0     | 13.0      | 2.50      | 0.00                    |
| Mandarin Orange Chicken      | 2/3 cup      | 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                    |
| 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                    |
| Pizza Veggie                 | 1 each       | 288         | 30          | 441       | 3.53      | 1.91      | 253.0      | 567        | 16.47      | 10         | 15.45     | 30.74    | 12.23     | 6.00      | 0.00                    |
| Pizza Combo                  | 1 each       | 319         | 43          | 536       | 3.53      | 2.11      | 256.0      | 567        | 16.47      | 10         | 19.0      | 31.01    | 13.64     | 6.49      | 0.00                    |
| Pizza Hawaiian               | 1 each       | 309         | 39          | 523       | 3.15      | 1.93      | 254.4      | 310        | 2.3        | 11         | 18.3      | 31.52    | 12.66     | 6.22      | 0.00                    |
| Pizza Cheese                 | 1 each       | 280         | 30          | 440       | 3.00      | 1.80      | 250.0      | 300        | 0.0        | 9          | 15.0      | 29.0     | 12.0      | 6.00      | 0.00                    |
| Pizza Pepperoni              | 1 each       | 312         | 43          | 547       | 3.00      | 1.99      | 250.0      | 300        | 0.0        | 9          | 18.22     | 29.54    | 13.34     | 6.54      | 0.00                    |
| Pizza Turkey Sausage         | 1 each       | 310         | 43          | 523       | 3.00      | 2.01      | 255.9      | 300        | 0.0        | 9          | 18.87     | 29.0     | 13.49     | 6.45      | 0.00                    |
| Nacho Chicken HS             | 1 serving    | 343         | 57          | 842       | 1.33      | 1.34      | 330.1      | 210        | 0.0        | 0          | 18.66     | 24.64    | 18.24     | 6.25      | 0.00                    |
| Nacho Turkey Chili HS        | 1 serving    | 295         | 32          | 699       | 1.33      | 0.88      | 328.2      | 200        | 0.09       | 0          | 11.33     | 23.83    | 17.16     | 6.06      | 0.00                    |
| Turkey & Cheese Sandwich     | 1 each       | 330         | 52          | 797       | 4.00      | 1.68      | 253.3      | 220        | 0.0        | 5          | 21.0      | 30.67    | 13.0      | 5.67      | 0.00                    |
| Wrap Turkey                  | 1 each       | 352         | 52          | 848       | 4.14      | 2.99      | 316.1      | 274        | 0.41       | 2          | 20.14     | 32.08    | 16.0      | 9.17      | 0.00                    |
| Wrap Chicken                 | 1 each       | 473         | 52          | 979       | 5.00      | 8.60      | 353.5      | 220        | 0.0        | 3          | 22.0      | 54.0     | 19.25     | 8.75      | 0.00                    |
| Peanut Butter & Jelly 2 each | 2 each       | 600         | 0           | 560       | 8.00      | 2.00      | 52.0       | 140        | 0.0        | 28         | 18.0      | 64.0     | 34.0      | 6.00      | 0.00                    |
| Chicken Caesar Salad HS      | 1 each       | 404         | 82          | 856       | 5.65      | 3.29      | 201.4      | 16501      | 67.8       | 3          | 17.86     | 11.48    | 30.42     | 7.41      | 0.00                    |
| Rolls                        | 1 each       | 193         | 8           | 247       | 0.90      | 1.59      | 42.0       | 41         | 7.51       | 5          | 6.32      | 32.16    | 3.83      | 0.53      | 0.00                    |
| Parfait w/ granola           | 1 each       | 525         | 5           | 329       | 5.69      | 1.78      | 231.0      | 1149       | 24.59      | 60         | 12.54     | 98.2     | 11.21     | 2.04      | 0.00                    |
| Hummus                       | 1 each       | 90          | 5           | 240       | 4.00      | 1.08      | 60.0       | 300        | 0.0        | 1          | 3.0       | 11.0     | 3.0       | 0.50      | 0.00                    |
| Cheese Stick 1               | 1 each       | 60          | 10          | 200       | 0.00      | 0.00      | 200.0      | 200        | 0.0        | 1          | 7.0       | 1.0      | 3.0       | 2.00      | 0.00                    |
| Flat Bread                   | each         | 170         | 0           | 290       | 2.53      | 0.77      | 21.5       | 0          | 0.07       | 2          | 5.0       | 26.0     | 5.0       | 1.00      | 0.00                    |
| Bagel 2oz WW                 | 1 each       | 140         | 0           | 180       | 4.00      | 1.80      | 40.0       | 25         | 0.0        | 5          | 6.0       | 29.0     | 1.0       | 0.00      | 0.00                    |
| Cheese Stick 2               | 2 each       | 120         | 20          | 400       | 0.00      | 0.00      | 400.0      | 400        | 0.0        | 2          | 14.0      | 2.0      | 6.0       | 4.00      | 0.00                    |
| Cauliflower 1/2 cup          | 1/2 cup      | 13          | 0           | 15        | 1.50      | 0.18      | 10.0       | 5          | 23.1       | 1          | 1.0       | 2.5      | 0.0       | 0.00      | 0.00                    |
| Broccoli 1/2 cup             | 1/2 cup      | 12          | 0           | 12        | 1.07      | 0.26      | 17.8       | 213        | 31.74      | 0          | 1.07      | 2.49     | 0.0       | 0.00      | 0.00                    |
| Oranges Mandarin 1 cup       | 1 cup        | 171         | 0           | 21        | 0.00      | 0.00      | 0.0        | 192        | 44.83      | 38         | 0.0       | 40.56    | 0.0       | 0.00      | 0.00                    |
| Fruit Mix 1 cup              | 1 cup        | 137         | 0           | 16        | 2.98      | 0.72      | 11.9       | 24         | 7.75       | 30         | 1.01      | 35.53    | 0.2       | 0.02      | 0.00                    |
| Apple                        | 1 each       | 72          | 0           | 1         | 2.76      | 0.25      | 13.8       | 69         | 6.62       | 14         | 0.0       | 19.32    | 0.0       | 0.00      | 0.00                    |
| Orange                       | 1 each       | 47          | 0           | 1         | 1.92      | 0.17      | 38.4       | 240        | 57.02      | 8          | 0.96      | 12.48    | 0.0       | 0.00      | 0.00                    |
| Craisins                     | 1 Each       | 110         | 0           | 0         | 3.00      | 0.00      | 0.0        | 120        | 0.0        | 24         | 0.0       | 28.0     | 0.0       | 0.00      | 0.00                    |
| Refried Beans 1/2 cup        | 1/2 cup      | 120         | 0           | 360       | 5.00      | 1.80      | 40.0       | 5          | 2.4        | 1          | 7.0       | 19.99    | 0.0       | 0.00      | 0.00                    |
| Salad Mix 1 cup              | 1 cup        | 11          | 0           | 22        | 0.87      | 0.75      | 30.5       | 2268       | 7.46       | 1          | 1.09      | 2.18     | 0.0       | 0.00      | 0.00                    |
| Ranch Dressing               | 1 Tbs        | 53          | 7           | 125       | 0.00      | 0.00      | 7.6        | 3          | 0.08       | 0          | 0.19      | 0.32     | 5.69      | 1.00      | 0.00                    |
| Ketchup                      | 1 Tbs        | 13          | 0           | 150       | 0.00      | 0.00      | 0.0        | 17         | 0.0        | 3          | 0.0       | 3.34     | 0.0       | 0.00      | 0.00                    |
| Salsa                        | 1 Tbs        | 2           | 0           | 16        | 0.00      | 0.00      | 0.0        | 44         | 1.59       | 0          | 0.0       | 0.44     | 0.0       | 0.00      | 0.00                    |
| Milk White 1%                | 1 each       | 110         | 15          | 130       | 0.00      | 0.00      | 300.0      | 500        | 1.2        | 12         | 9.0       | 13.0     | 2.5       | 1.50      | 0.00                    |

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# David Douglas

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2019 thru Oct 31, 2019

High School Lunch

Generated on: 7/3/2019 11:59:59 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 <sup>1</sup> (g) |
|-------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 10/29/2019        |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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  |              | 791         | 51          | 1104      | 8.48      | 3.59      | 595.9      | 2498       | 70.02      | 77         | 27.83     | 118.39   | 24.08     | 7.36      | 0.00                    |
| % of Calories           |              |             |             |           |           |           |            |            |            | 38.7%      | 14.1%     | 59.9%    | 27.4%     | 8.4%      | 0.0%                    |
| Nutrient Guideline      |              | 750-850     |             | 1420      |           |           |            |            |            |            |           |          | <=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 <sup>1</sup> (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Wed - 10/30/2019             |              |             |             |           |           |           |            |            |            |            |            |          |           |           |                         |
| High School Lunch            | Total        |             |             |           |           |           |            |            |            |            |            |          |           |           |                         |
| Rib A Que                    | 1 each       | 310         | 40          | 655       | 5.00      | 3.44      | 130.0      | 130        | 0.0        | 11         | 20.0       | 34.0     | 12.0      | 4.50      | 0.00                    |
| French Fries Baked 10        | 10 each      | 43          | 0           | 13        | 0.71      | 0.26      | 0.0        | 2          | 1.71       | 0          | 0.71       | 7.14     | 1.43      | 0.00      | 0.00                    |
| Mandarin Orange Chicken      | 2/3 cup      | 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                    |
| 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                    |
| Pizza Veggie                 | 1 each       | 288         | 30          | 441       | 3.53      | 1.91      | 253.0      | 567        | 16.47      | 10         | 15.45      | 30.74    | 12.23     | 6.00      | 0.00                    |
| Pizza Combo                  | 1 each       | 319         | 43          | 536       | 3.53      | 2.11      | 256.0      | 567        | 16.47      | 10         | 19.0       | 31.01    | 13.64     | 6.49      | 0.00                    |
| Pizza Hawaiian               | 1 each       | 309         | 39          | 523       | 3.15      | 1.93      | 254.4      | 310        | 2.3        | 11         | 18.3       | 31.52    | 12.66     | 6.22      | 0.00                    |
| Pizza Cheese                 | 1 each       | 280         | 30          | 440       | 3.00      | 1.80      | 250.0      | 300        | 0.0        | 9          | 15.0       | 29.0     | 12.0      | 6.00      | 0.00                    |
| Pizza Pepperoni              | 1 each       | 312         | 43          | 547       | 3.00      | 1.99      | 250.0      | 300        | 0.0        | 9          | 18.22      | 29.54    | 13.34     | 6.54      | 0.00                    |
| Pizza Turkey Sausage         | 1 each       | 310         | 43          | 523       | 3.00      | 2.01      | 255.9      | 300        | 0.0        | 9          | 18.87      | 29.0     | 13.49     | 6.45      | 0.00                    |
| Nacho Chicken HS             | 1 serving    | 343         | 57          | 842       | 1.33      | 1.34      | 330.1      | 210        | 0.0        | 0          | 18.66      | 24.64    | 18.24     | 6.25      | 0.00                    |
| Nacho Turkey Chili HS        | 1 serving    | 295         | 32          | 699       | 1.33      | 0.88      | 328.2      | 200        | 0.09       | 0          | 11.33      | 23.83    | 17.16     | 6.06      | 0.00                    |
| Turkey & Cheese Sandwich     | 1 each       | 330         | 52          | 797       | 4.00      | 1.68      | 253.3      | 220        | 0.0        | 5          | 21.0       | 30.67    | 13.0      | 5.67      | 0.00                    |
| Wrap Turkey                  | 1 each       | 352         | 52          | 848       | 4.14      | 2.99      | 316.1      | 274        | 0.41       | 2          | 20.14      | 32.08    | 16.0      | 9.17      | 0.00                    |
| Wrap Chicken                 | 1 each       | 473         | 52          | 979       | 5.00      | 8.60      | 353.5      | 220        | 0.0        | 3          | 22.0       | 54.0     | 19.25     | 8.75      | 0.00                    |
| Peanut Butter & Jelly 2 each | 2 each       | 600         | 0           | 560       | 8.00      | 2.00      | 52.0       | 140        | 0.0        | 28         | 18.0       | 64.0     | 34.0      | 6.00      | 0.00                    |
| Chicken Caesar Salad HS      | 1 each       | 404         | 82          | 856       | 5.65      | 3.29      | 201.4      | 16501      | 67.8       | 3          | 17.86      | 11.48    | 30.42     | 7.41      | 0.00                    |
| Rolls                        | 1 each       | 193         | 8           | 247       | 0.90      | 1.59      | 42.0       | 41         | 7.51       | 5          | 6.32       | 32.16    | 3.83      | 0.53      | 0.00                    |
| Parfait w/ granola           | 1 each       | 525         | 5           | 329       | 5.69      | 1.78      | 231.0      | 1149       | 24.59      | 60         | 12.54      | 98.2     | 11.21     | 2.04      | 0.00                    |
| Hummus                       | 1 each       | 90          | 5           | 240       | 4.00      | 1.08      | 60.0       | 300        | 0.0        | 1          | 3.0        | 11.0     | 3.0       | 0.50      | 0.00                    |
| Cheese Stick 1               | 1 each       | 60          | 10          | 200       | 0.00      | 0.00      | 200.0      | 200        | 0.0        | 1          | 7.0        | 1.0      | 3.0       | 2.00      | 0.00                    |
| Flat Bread                   | each         | 170         | 0           | 290       | 2.53      | 0.77      | 21.5       | 0          | 0.07       | 2          | 5.0        | 26.0     | 5.0       | 1.00      | 0.00                    |
| Bagel 2oz WW                 | 1 each       | 140         | 0           | 180       | 4.00      | 1.80      | 40.0       | 25         | 0.0        | 5          | 6.0        | 29.0     | 1.0       | 0.00      | 0.00                    |
| Cheese Stick 2               | 2 each       | 120         | 20          | 400       | 0.00      | 0.00      | 400.0      | 400        | 0.0        | 2          | 14.0       | 2.0      | 6.0       | 4.00      | 0.00                    |
| Celery 1/2 cup               | 1/2 cup      | 12          | 0           | 59        | 1.49      | 0.13      | 29.7       | 334        | 2.23       | 1          | 0.74       | 2.23     | 0.0       | 0.00      | 0.00                    |
| Applesauce 1 cup             | 1 cup        | 109         | 0           | 21        | 3.14      | 0.31      | 8.4        | 73         | 3.14       | 25         | 0.44       | 28.8     | 0.13      | 0.02      | 0.00                    |
| Kiwi                         | 1 each       | 46          | 0           | 4         | 2.28      | 0.27      | 22.8       | 152        | 57.0       | 12         | 0.76       | 11.4     | 0.0       | 0.00      | 0.00                    |
| Baked Beans 1/2 cup          | 1/2 cup      | 150         | 0           | 440       | 6.00      | 1.08      | 40.0       | 50         | 0.0        | 10         | 6.0        | 30.0     | 1.0       | 0.00      | 0.00                    |
| Apple                        | 1 each       | 72          | 0           | 1         | 2.76      | 0.25      | 13.8       | 69         | 6.62       | 14         | 0.0        | 19.32    | 0.0       | 0.00      | 0.00                    |
| Orange                       | 1 each       | 47          | 0           | 1         | 1.92      | 0.17      | 38.4       | 240        | 57.02      | 8          | 0.96       | 12.48    | 0.0       | 0.00      | 0.00                    |
| Craisins                     | 1 Each       | 110         | 0           | 0         | 3.00      | 0.00      | 0.0        | 120        | 0.0        | 24         | 0.0        | 28.0     | 0.0       | 0.00      | 0.00                    |
| Refried Beans 1/2 cup        | 1/2 cup      | 120         | 0           | 360       | 5.00      | 1.80      | 40.0       | 5          | 2.4        | 1          | 7.0        | 19.99    | 0.0       | 0.00      | 0.00                    |
| Salad Mix 1 cup              | 1 cup        | 11          | 0           | 22        | 0.87      | 0.75      | 30.5       | 2268       | 7.46       | 1          | 1.09       | 2.18     | 0.0       | 0.00      | 0.00                    |
| Ranch Dressing               | 1 Tbs        | 53          | 7           | 125       | 0.00      | 0.00      | 7.6        | 3          | 0.08       | 0          | 0.19       | 0.32     | 5.69      | 1.00      | 0.00                    |
| Ketchup                      | 1 Tbs        | 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       | 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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|                        | 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 |              | 674         | 46          | 1002      | 8.87      | 3.36      | 577.6      | 2383       | 45.86      | 61         | 26.68     | 97.52    | 21.14     | 6.38      | 0.00                    |
| % of Calories          |              |             |             |           |           |           |            |            |            | 36.2%      | 15.8%     | 57.9%    | 28.2%     | 8.5%      | 0.0%                    |
| Nutrient Guideline     |              | 750-850     |             | 1420      |           |           |            |            |            |            |           |          | <=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 <sup>1</sup> (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 10/31/2019             |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| High School Lunch            | 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                    |
| Coleslaw 1/2 cup             | 1/2 cup      | 260         | 34          | 232       | 4.25      | 0.77      | 57.1       | 172        | 51.88      | 10         | 1.42      | 14.5     | 22.5      | 3.75      | 0.00                    |
| Mandarin Orange Chicken      | 2/3 cup      | 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                    |
| 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                    |
| Pizza Veggie                 | 1 each       | 288         | 30          | 441       | 3.53      | 1.91      | 253.0      | 567        | 16.47      | 10         | 15.45     | 30.74    | 12.23     | 6.00      | 0.00                    |
| Pizza Combo                  | 1 each       | 319         | 43          | 536       | 3.53      | 2.11      | 256.0      | 567        | 16.47      | 10         | 19.0      | 31.01    | 13.64     | 6.49      | 0.00                    |
| Pizza Hawaiian               | 1 each       | 309         | 39          | 523       | 3.15      | 1.93      | 254.4      | 310        | 2.3        | 11         | 18.3      | 31.52    | 12.66     | 6.22      | 0.00                    |
| Pizza Cheese                 | 1 each       | 280         | 30          | 440       | 3.00      | 1.80      | 250.0      | 300        | 0.0        | 9          | 15.0      | 29.0     | 12.0      | 6.00      | 0.00                    |
| Pizza Pepperoni              | 1 each       | 312         | 43          | 547       | 3.00      | 1.99      | 250.0      | 300        | 0.0        | 9          | 18.22     | 29.54    | 13.34     | 6.54      | 0.00                    |
| Pizza Turkey Sausage         | 1 each       | 310         | 43          | 523       | 3.00      | 2.01      | 255.9      | 300        | 0.0        | 9          | 18.87     | 29.0     | 13.49     | 6.45      | 0.00                    |
| Nacho Chicken HS             | 1 serving    | 343         | 57          | 842       | 1.33      | 1.34      | 330.1      | 210        | 0.0        | 0          | 18.66     | 24.64    | 18.24     | 6.25      | 0.00                    |
| Nacho Turkey Chili HS        | 1 serving    | 295         | 32          | 699       | 1.33      | 0.88      | 328.2      | 200        | 0.09       | 0          | 11.33     | 23.83    | 17.16     | 6.06      | 0.00                    |
| Turkey & Cheese Sandwich     | 1 each       | 330         | 52          | 797       | 4.00      | 1.68      | 253.3      | 220        | 0.0        | 5          | 21.0      | 30.67    | 13.0      | 5.67      | 0.00                    |
| Wrap Turkey                  | 1 each       | 352         | 52          | 848       | 4.14      | 2.99      | 316.1      | 274        | 0.41       | 2          | 20.14     | 32.08    | 16.0      | 9.17      | 0.00                    |
| Wrap Chicken                 | 1 each       | 473         | 52          | 979       | 5.00      | 8.60      | 353.5      | 220        | 0.0        | 3          | 22.0      | 54.0     | 19.25     | 8.75      | 0.00                    |
| Peanut Butter & Jelly 2 each | 2 each       | 600         | 0           | 560       | 8.00      | 2.00      | 52.0       | 140        | 0.0        | 28         | 18.0      | 64.0     | 34.0      | 6.00      | 0.00                    |
| Chicken Caesar Salad HS      | 1 each       | 404         | 82          | 856       | 5.65      | 3.29      | 201.4      | 16501      | 67.8       | 3          | 17.86     | 11.48    | 30.42     | 7.41      | 0.00                    |
| Rolls                        | 1 each       | 193         | 8           | 247       | 0.90      | 1.59      | 42.0       | 41         | 7.51       | 5          | 6.32      | 32.16    | 3.83      | 0.53      | 0.00                    |
| Parfait w/ granola           | 1 each       | 525         | 5           | 329       | 5.69      | 1.78      | 231.0      | 1149       | 24.59      | 60         | 12.54     | 98.2     | 11.21     | 2.04      | 0.00                    |
| Hummus                       | 1 each       | 90          | 5           | 240       | 4.00      | 1.08      | 60.0       | 300        | 0.0        | 1          | 3.0       | 11.0     | 3.0       | 0.50      | 0.00                    |
| Cheese Stick 1               | 1 each       | 60          | 10          | 200       | 0.00      | 0.00      | 200.0      | 200        | 0.0        | 1          | 7.0       | 1.0      | 3.0       | 2.00      | 0.00                    |
| Flat Bread                   | each         | 170         | 0           | 290       | 2.53      | 0.77      | 21.5       | 0          | 0.07       | 2          | 5.0       | 26.0     | 5.0       | 1.00      | 0.00                    |
| Bagel 2oz WW                 | 1 each       | 140         | 0           | 180       | 4.00      | 1.80      | 40.0       | 25         | 0.0        | 5          | 6.0       | 29.0     | 1.0       | 0.00      | 0.00                    |
| Cheese Stick 2               | 2 each       | 120         | 20          | 400       | 0.00      | 0.00      | 400.0      | 400        | 0.0        | 2          | 14.0      | 2.0      | 6.0       | 4.00      | 0.00                    |
| Capri Mixed Vegetables       | 1/2 Cup      | 17          | 0           | 14        | 0.69      | 0.00      | 13.8       | 688        | 0.83       | 1          | 0.0       | 2.75     | 0.0       | 0.00      | 0.00                    |
| Coleslaw 1/2 cup             | 1/2 cup      | 260         | 34          | 232       | 4.25      | 0.77      | 57.1       | 172        | 51.88      | 10         | 1.42      | 14.5     | 22.5      | 3.75      | 0.00                    |
| Pineapple 1 cup              | 1 cup        | 119         | 0           | 20        | 1.98      | 0.71      | 0.0        | 128        | 29.63      | 26         | 0.0       | 29.63    | 0.0       | 0.00      | 0.00                    |
| Banana                       | 1 each       | 90          | 0           | 1         | 3.03      | 0.18      | 10.1       | 51         | 9.09       | 12         | 1.01      | 23.23    | 0.0       | 0.00      | 0.00                    |
| Apple                        | 1 each       | 72          | 0           | 1         | 2.76      | 0.25      | 13.8       | 69         | 6.62       | 14         | 0.0       | 19.32    | 0.0       | 0.00      | 0.00                    |
| Orange                       | 1 each       | 47          | 0           | 1         | 1.92      | 0.17      | 38.4       | 240        | 57.02      | 8          | 0.96      | 12.48    | 0.0       | 0.00      | 0.00                    |
| Craisins                     | 1 Each       | 110         | 0           | 0         | 3.00      | 0.00      | 0.0        | 120        | 0.0        | 24         | 0.0       | 28.0     | 0.0       | 0.00      | 0.00                    |
| Refried Beans 1/2 cup        | 1/2 cup      | 120         | 0           | 360       | 5.00      | 1.80      | 40.0       | 5          | 2.4        | 1          | 7.0       | 19.99    | 0.0       | 0.00      | 0.00                    |
| Salad Mix 1 cup              | 1 cup        | 11          | 0           | 22        | 0.87      | 0.75      | 30.5       | 2268       | 7.46       | 1          | 1.09      | 2.18     | 0.0       | 0.00      | 0.00                    |
| Ranch Dressing               | 1 Tbs        | 53          | 7           | 125       | 0.00      | 0.00      | 7.6        | 3          | 0.08       | 0          | 0.19      | 0.32     | 5.69      | 1.00      | 0.00                    |
| Salsa                        | 1 Tbs        | 2           | 0           | 16        | 0.00      | 0.00      | 0.0        | 44         | 1.59       | 0          | 0.0       | 0.44     | 0.0       | 0.00      | 0.00                    |
| Milk White 1%                | 1 each       | 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                    |

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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# David Douglas

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School 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 |              | 880         | 69          | 1157      | 11.08     | 3.91      | 625.7      | 2843       | 67.75      | 67         | 28.30     | 112.94   | 36.04     | 8.92      | 0.00                    |
| % of Calories          |              |             |             |           |           |           |            |            |            | 30.3%      | 12.9%     | 51.3%    | 36.9%     | 9.1%      | 0.0%                    |
| Nutrient Guideline     |              | 750-850     |             | 1420      |           |           |            |            |            |            |           |          | <=30.0    | <10.00    |                         |

|                  |  |     |    |      |      |      |       |      |       |       |       |        |       |      |      |
|------------------|--|-----|----|------|------|------|-------|------|-------|-------|-------|--------|-------|------|------|
| Weighted Average |  | 781 | 54 | 1081 | 9.79 | 3.60 | 598.6 | 3821 | 53.11 | 69    | 27.94 | 111.64 | 25.89 | 7.28 | 0.00 |
|                  |  |     |    |      |      |      |       |      |       | 79.2% | 14.3% | 57.2%  | 29.8% | 8.4% | 0.0% |

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any)               |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|---------------------------------------|
| Calories                   | 781      |           | 750 - 850     | 100%        |           |           |         |                                       |
| Cholesterol (mg)           | 54       |           |               |             |           |           |         |                                       |
| Sodium 1 (mg)              | 1081     |           | 1420          |             |           |           |         |                                       |
| Sodium 2 (mg)              | 1081     |           | 1080          |             |           |           | 1       | Correction Required - Sodium too High |
| Fiber (g)                  | 9.79     |           |               |             |           |           |         |                                       |
| Iron (mg)                  | 3.60     |           |               |             |           |           |         |                                       |
| Calcium (mg)               | 598.6    |           |               |             |           |           |         |                                       |
| Vitamin A (IU)             | 3821     |           |               |             |           |           |         |                                       |
| Sugars (g)                 | 69       | 35.22%    |               |             |           |           |         |                                       |
| Vitamin C (mg)             | 53.11    |           |               |             |           |           |         |                                       |
| Protein (g)                | 27.94    | 14.32%    |               |             |           |           |         |                                       |
| Carbohydrate (g)           | 111.64   | 57.20%    |               |             |           |           |         |                                       |
| Total Fat (g)              | 25.89    | 29.85%    | <=30.00%      |             |           |           |         |                                       |
| Saturated Fat (g)          | 7.28     | 8.39%     | <10.00%       |             |           |           |         |                                       |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%     |               |             |           |           |         |                                       |

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

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

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