

David Douglas

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/01/2019															
Middle 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
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 5	5 each	83	0	200	1.11	0.20	0.0	0	2.0	0	1.11	10.55	3.89	0.56	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Sunflower Seeds 1 oz	1 each	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Bagel-ful	1 each	190	15	180	3.00	1.80	20.0	200	2.4	6	6.0	30.0	5.0	3.00	0.00
Spinach Canned	1/4 Cup	11	0	23	1.13	0.54	37.8	0	0.45	0	1.13	1.13	0.0	0.00	0.00
Corn 1/2 cup	1/2 cup	65	0	15	2.00	0.36	0.0	20	1.2	3	2.0	15.0	1.0	0.00	0.00
Applesauce 1/2 cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Fruit Mix 1/2 cup	1/2 cup	69	0	8	1.49	0.36	6.0	12	3.88	15	0.51	17.77	0.1	0.01	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ketchup	1 Tbs	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk 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		664	40	994	10.31	4.02	495.3	691	8.18	48	27.96	98.80	20.56	6.73	0.00
% of Calories										28.9%	16.8%	59.5%	27.9%	9.1%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

Wed - 10/02/2019															
Middle Lunch	Total														
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
Lasagna Roll Up	1 each	316	25	731	3.45	1.43	354.7	831	7.16	11	17.54	37.95	9.29	4.40	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
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
Salad Mix 1 cup	1 cup	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Carrot Sticks 3/4 cup	3/4 cup	55	0	102	3.14	0.57	31.4	9417	9.42	8	1.57	12.56	0.0	0.00	0.00
Beets	1/4 cup	20	0	60	0.00	0.00	0.0	20	0.0	4	0.0	5.0	0.0	0.00	0.00
Orange	1 each	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Pineapple 1/2 cup	1/2 cup	59	0	10	0.99	0.36	0.0	64	14.81	13	0.0	14.81	0.0	0.00	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Olives	1 each	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk 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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Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		627	49	1089	8.18	3.68	638.9	12671	42.22	55	28.83	88.24	18.03	6.89	0.00
% of Calories										34.9%	18.4%	56.3%	25.9%	9.9%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

Thu - 10/03/2019															
	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
Teriyaki Chicken	1/2 cup	134	82	385	0.00	0.84	0.0	53	0.0	7	17.5	7.0	4.08	1.17	0.00
Rice	Cups	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Grilled Cheese Sandwich	1 each	284	32	655	2.27	1.23	467.6	524	0.0	7	18.54	30.54	10.15	5.75	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Oatmeal Circle	1 each	304	23	165	1.61	2.93	15.1	285	5.44	28	4.45	50.22	9.94	2.42	0.00
Broccoli 1/2 cup	1/2 cup	12	0	12	1.07	0.26	17.8	213	31.74	0	1.07	2.49	0.0	0.00	0.00
Cauliflower 1/2 cup	1/2 cup	13	0	15	1.50	0.18	10.0	5	23.1	1	1.0	2.5	0.0	0.00	0.00
Banana	1 each	90	0	1	3.03	0.18	10.1	51	9.09	12	1.01	23.23	0.0	0.00	0.00
Oranges Mandarin 1/2 cup	1/2 cup	82	0	10	0.00	0.00	0.0	92	21.52	18	0.0	19.47	0.0	0.00	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk 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		594	60	808	6.01	2.50	586.2	1142	74.05	52	29.33	92.30	12.55	4.67	0.00
% of Calories										34.9%	19.7%	62.1%	19.0%	7.1%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

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

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/04/2019															
Middle Lunch	Total														
Turkey Gravy	3/8 cup	122	49	439	0.00	0.70	0.0	0	0.0	0	15.6	1.95	5.85	1.95	0.00
Mashed Potato	1/2 cup	84	0	201	1.43	0.27	1.9	66	21.38	1	1.43	14.96	1.37	0.62	0.00
Rolls	1 each	193	8	247	0.90	1.59	42.0	41	7.51	5	6.32	32.16	3.83	0.53	0.00
Fish Wedge Potato	1 each	220	50	290	0.60	0.72	0.0	0	3.6	0	14.0	13.0	13.0	2.00	0.00
Cheez-it	1 each	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Peanut Butter & Jelly sandwich	1 each	300	0	280	4.00	1.00	26.0	70	0.0	14	9.0	32.0	17.0	3.00	0.00
Sunflower Seeds 1 oz	1 each	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Cheez-it	1 each	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Green Beans 1/2 cup	1/2 cup	20	0	138	1.97	0.71	19.7	296	2.37	2	0.99	3.94	0.0	0.00	0.00
Coleslaw 1/4 cup	1/4 cup	130	17	116	2.13	0.38	28.5	86	25.94	5	0.71	7.25	11.25	1.88	0.00
Peaches 1/2 cup	1/2 cup	68	0	6	1.59	0.45	4.0	23	2.98	16	0.56	18.15	0.04	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Tarter Sauce	1 Tbs	91	11	105	0.02	0.02	0.2	21	0.02	0	0.01	0.61	10.02	1.67	0.00
Milk 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		859	75	1319	9.12	4.55	487.1	1495	49.97	47	32.01	101.52	36.85	7.31	0.00
% of Calories										21.7%	14.9%	47.3%	38.6%	7.7%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

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Mon - 10/07/2019															
Middle Lunch	Total														
Bean & Cheese Burrito	1 each	291	15	479	7.96	3.60	150.0	300	1.2	4	15.6	40.95	8.29	3.62	0.00
Chicken Nugget	5 each	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Cheez-it	1 each	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Capri Mixed Vegetables	1/2 Cup	17	0	14	0.69	0.00	13.8	688	0.83	1	0.0	2.75	0.0	0.00	0.00
Baked Beans 1/2 cup	1/2 cup	150	0	440	6.00	1.08	40.0	50	0.0	10	6.0	30.0	1.0	0.00	0.00
Salsa	1 Tbs	2	0	16	0.00	0.00	0.0	44	1.59	0	0.0	0.44	0.0	0.00	0.00
Pears 1/2 cup	1/2 cup	62	0	5	2.00	0.36	11.0	50	2.0	10	0.42	16.05	0.09	0.00	0.00
Apricots 1/2 cup	1/2 cup	79	0	10	0.00	0.00	0.0	1739	2.39	20	0.0	18.88	0.0	0.00	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Cheese Shredded	1 oz	81	20	202	0.00	0.00	202.5	304	0.0	0	7.09	1.01	6.08	4.05	0.00
Olives	1 each	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	0.00	0.00
Sour Cream	1 each	22	4	44	0.00	0.00	53.2	177	0.0	0	1.77	3.54	0.0	0.00	0.00
Milk 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		646	31	1141	11.59	3.87	568.1	2269	6.17	49	30.22	98.89	14.86	4.80	0.00
% of Calories										30.3%	18.7%	61.3%	20.7%	6.7%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

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Tue - 10/08/2019															
Middle 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
Corn Dog	1 each	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
Potato Wedge 3	3 each	65	0	130	0.93	0.26	2.2	0	1.19	0	0.93	8.34	3.24	0.93	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Sunflower Seeds 1 oz	1 each	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Bagel-ful	1 each	190	15	180	3.00	1.80	20.0	200	2.4	6	6.0	30.0	5.0	3.00	0.00
Corn 1/2 cup	1/2 cup	65	0	15	2.00	0.36	0.0	20	1.2	3	2.0	15.0	1.0	0.00	0.00
Peas	1/4 cup	26	0	75	1.50	0.40	0.0	150	2.25	1	1.87	4.5	0.0	0.00	0.00
Applesauce 1/2 cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Fruit Mix 1/2 cup	1/2 cup	69	0	8	1.49	0.36	6.0	12	3.88	15	0.51	17.77	0.1	0.01	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ketchup	1 Tbs	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk 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		687	38	922	11.62	4.07	414.7	831	8.82	50	28.60	106.12	18.40	4.33	0.00
% of Calories										28.9%	16.7%	61.8%	24.1%	5.7%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/09/2019															
Middle Lunch	Total														
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
Chili Turkey 3/8 cup	3/8 cup	130	55	390	0.00	1.08	40.0	10	2.4	2	17.0	5.0	4.5	1.50	0.00
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
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
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
Salad Mix 1 cup	1 cup	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Carrot Sticks 3/4 cup	3/4 cup	55	0	102	3.14	0.57	31.4	9417	9.42	8	1.57	12.56	0.0	0.00	0.00
Beets	1/4 cup	20	0	60	0.00	0.00	0.0	20	0.0	4	0.0	5.0	0.0	0.00	0.00
Orange	1 each	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Pineapple 1/2 cup	1/2 cup	59	0	10	0.99	0.36	0.0	64	14.81	13	0.0	14.81	0.0	0.00	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Olives	1 each	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk 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		620	52	1056	8.03	3.69	612.2	12599	41.74	54	29.49	86.52	18.16	6.58	0.00
% of Calories										34.8%	19.0%	55.9%	26.4%	9.6%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

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David Douglas

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/14/2019															
Middle Lunch	Total														
TacoTurkey Middle	1 taco	230	65	620	1.00	5.94	100.0	105	1.2	1	15.0	20.0	10.0	3.00	0.00
Chicken Strips	3 each	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Cheez-it	1 each	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Southwest Mixed Vegetables	1/2 Cup	62	0	54	4.65	0.00	0.0	155	9.3	3	3.1	11.63	0.78	0.00	0.00
Baked Beans 1/2 cup	1/2 cup	150	0	440	6.00	1.08	40.0	50	0.0	10	6.0	30.0	1.0	0.00	0.00
Salsa	1 Tbs	2	0	16	0.00	0.00	0.0	44	1.59	0	0.0	0.44	0.0	0.00	0.00
Pears 1/2 cup	1/2 cup	62	0	5	2.00	0.36	11.0	50	2.0	10	0.42	16.05	0.09	0.00	0.00
Apricots 1/2 cup	1/2 cup	79	0	10	0.00	0.00	0.0	1739	2.39	20	0.0	18.88	0.0	0.00	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Olives	1 each	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	0.00	0.00
Sour Cream	1 each	22	4	44	0.00	0.00	53.2	177	0.0	0	1.77	3.54	0.0	0.00	0.00
Milk 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		553	54	980	7.74	4.62	474.9	1678	12.52	44	27.37	79.12	14.37	3.45	0.00
% of Calories										31.6%	19.8%	57.3%	23.4%	5.6%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

Tue - 10/15/2019															
Middle 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
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 5	5 each	83	0	200	1.11	0.20	0.0	0	2.0	0	1.11	10.55	3.89	0.56	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Sunflower Seeds 1 oz	1 each	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Bagel-ful	1 each	190	15	180	3.00	1.80	20.0	200	2.4	6	6.0	30.0	5.0	3.00	0.00
Spinach Canned	1/4 Cup	11	0	23	1.13	0.54	37.8	0	0.45	0	1.13	1.13	0.0	0.00	0.00
Corn 1/2 cup	1/2 cup	65	0	15	2.00	0.36	0.0	20	1.2	3	2.0	15.0	1.0	0.00	0.00
Applesauce 1/2 cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Fruit Mix 1/2 cup	1/2 cup	69	0	8	1.49	0.36	6.0	12	3.88	15	0.51	17.77	0.1	0.01	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ketchup	1 Tbs	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00

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David Douglas

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Middle Lunch

Portion Values - Detailed

Page 8

Generated on: 7/3/2019 11:59:02 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		664	40	994	10.31	4.02	495.3	691	8.18	48	27.96	98.80	20.56	6.73	0.00
% of Calories										28.9%	16.8%	59.5%	27.9%	9.1%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

Wed - 10/16/2019															
	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
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
Lasagna Roll Up	1 each	316	25	731	3.45	1.43	354.7	831	7.16	11	17.54	37.95	9.29	4.40	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
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
Salad Mix 1 cup	1 cup	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Carrot Sticks 3/4 cup	3/4 cup	55	0	102	3.14	0.57	31.4	9417	9.42	8	1.57	12.56	0.0	0.00	0.00
Beets	1/4 cup	20	0	60	0.00	0.00	0.0	20	0.0	4	0.0	5.0	0.0	0.00	0.00
Orange	1 each	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Pineapple 1/2 cup	1/2 cup	59	0	10	0.99	0.36	0.0	64	14.81	13	0.0	14.81	0.0	0.00	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Olives	1 each	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk 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		601	39	1004	8.18	3.52	638.9	12671	42.22	55	26.25	87.81	16.95	6.47	0.00
% of Calories										36.4%	17.5%	58.4%	25.4%	9.7%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

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David Douglas

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/17/2019															
Middle Lunch	Total														
Teriyaki Chicken	1/2 cup	134	82	385	0.00	0.84	0.0	53	0.0	7	17.5	7.0	4.08	1.17	0.00
Rice	Cups	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Grilled Cheese Sandwich	1 each	284	32	655	2.27	1.23	467.6	524	0.0	7	18.54	30.54	10.15	5.75	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Oatmeal Circle	1 each	304	23	165	1.61	2.93	15.1	285	5.44	28	4.45	50.22	9.94	2.42	0.00
Broccoli 1/2 cup	0.5 cup	12	0	12	1.07	0.26	17.8	213	31.74	0	1.07	2.49	0.0	0.00	0.00
Cauliflower 1/2 cup	0.5 cup	13	0	15	1.50	0.18	10.0	5	23.1	1	1.0	2.5	0.0	0.00	0.00
Kiwi	1 each	46	0	4	2.28	0.27	22.8	152	57.0	12	0.76	11.4	0.0	0.00	0.00
Oranges Mandarin 1/2 cup	1/2 cup	82	0	10	0.00	0.00	0.0	92	21.52	18	0.0	19.47	0.0	0.00	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk 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		588	68	830	6.15	2.64	554.6	1141	96.47	50 33.8%	31.04 21.1%	89.41 60.8%	12.23 18.7%	4.29 6.6%	0.00 0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

Fri - 10/18/2019															
Middle Lunch	Total														
Dunker Sauce	3/4 cup	192	61	758	3.50	1.33	41.4	773	23.18	9	19.48	11.95	6.9	2.05	0.00
Dunker Bread	2 each	224	15	316	0.96	1.64	105.1	135	9.21	5	8.72	33.47	5.8	1.79	0.00
Fish Wedge Potato	1 each	220	50	290	0.60	0.72	0.0	0	3.6	0	14.0	13.0	13.0	2.00	0.00
Cheez-it	1 each	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Peanut Butter & Jelly sandwich	1 each	300	0	280	4.00	1.00	26.0	70	0.0	14	9.0	32.0	17.0	3.00	0.00
Sunflower Seeds 1 oz	1 each	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Cheez-it	1 each	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Green Beans 1/2 cup	1/2 cup	20	0	138	1.97	0.71	19.7	296	2.37	2	0.99	3.94	0.0	0.00	0.00
Coleslaw 1/4 cup	1/4 cup	130	17	116	2.13	0.38	28.5	86	25.94	5	0.71	7.25	11.25	1.88	0.00
Peaches 1/2 cup	1/2 cup	68	0	6	1.59	0.45	4.0	23	2.98	16	0.56	18.15	0.04	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Tarter Sauce	1 Tbs	91	11	105	0.02	0.02	0.2	21	0.02	0	0.01	0.61	10.02	1.67	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00

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David Douglas

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		809	86	1341	9.80	4.36	488.6	1676	52.07	51	33.72	90.92	35.73	7.15	0.00
% of Calories										25.4%	16.7%	44.9%	39.7%	8.0%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

Mon - 10/21/2019															
	Total														
Middle Lunch															
Bean & Cheese Burrito	1 each	291	15	479	7.96	3.60	150.0	300	1.2	4	15.6	40.95	8.29	3.62	0.00
Chicken Nugget	5 each	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Cheez-it	1 each	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Capri Mixed Vegetables	1/2 Cup	17	0	14	0.69	0.00	13.8	688	0.83	1	0.0	2.75	0.0	0.00	0.00
Baked Beans 1/2 cup	1/2 cup	150	0	440	6.00	1.08	40.0	50	0.0	10	6.0	30.0	1.0	0.00	0.00
Salsa	1 Tbs	2	0	16	0.00	0.00	0.0	44	1.59	0	0.0	0.44	0.0	0.00	0.00
Pears 1/2 cup	1/2 cup	62	0	5	2.00	0.36	11.0	50	2.0	10	0.42	16.05	0.09	0.00	0.00
Apricots 1/2 cup	1/2 cup	79	0	10	0.00	0.00	0.0	1739	2.39	20	0.0	18.88	0.0	0.00	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Cheese Shredded	1 oz	81	20	202	0.00	0.00	202.5	304	0.0	0	7.09	1.01	6.08	4.05	0.00
Olives	1 each	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	0.00	0.00
Sour Cream	1 each	22	4	44	0.00	0.00	53.2	177	0.0	0	1.77	3.54	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		636	34	1117	10.10	3.33	523.1	2209	5.81	48	30.34	91.40	16.88	4.47	0.00
% of Calories										30.2%	19.1%	57.5%	23.9%	6.3%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

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Tue - 10/22/2019															
Middle 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
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
French Fries Baked 6	6 each	26	0	8	0.43	0.15	0.0	1	1.03	0	0.43	4.29	0.86	0.00	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Sunflower Seeds 1 oz	1 each	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Bagel-ful	1 each	190	15	180	3.00	1.80	20.0	200	2.4	6	6.0	30.0	5.0	3.00	0.00
Corn 1/2 cup	1/2 cup	65	0	15	2.00	0.36	0.0	20	1.2	3	2.0	15.0	1.0	0.00	0.00
Three Bean Salad 1/2 cup	1/2 cup	76	0	397	2.83	1.02	37.8	52	3.4	10	0.94	17.01	0.0	0.00	0.00
Applesauce 1/2 cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Fruit Mix 1/2 cup	1/2 cup	69	0	8	1.49	0.36	6.0	12	3.88	15	0.51	17.77	0.1	0.01	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ketchup	1 Tbs	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk 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		688	39	1122	12.36	4.46	446.7	723	9.85	58	25.97	113.99	15.59	3.53	0.00
% of Calories										34.0%	15.1%	66.3%	20.4%	4.6%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

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David Douglas

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/23/2019															
Middle Lunch	Total														
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
Chili Turkey 3/8 cup	3/8 cup	130	55	390	0.00	1.08	40.0	10	2.4	2	17.0	5.0	4.5	1.50	0.00
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
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
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
Salad Mix 1 cup	1 cup	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Carrot Sticks 3/4 cup	3/4 cup	55	0	102	3.14	0.57	31.4	9417	9.42	8	1.57	12.56	0.0	0.00	0.00
Beets	1/4 cup	20	0	60	0.00	0.00	0.0	20	0.0	4	0.0	5.0	0.0	0.00	0.00
Orange	1 each	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Pineapple 1/2 cup	1/2 cup	59	0	10	0.99	0.36	0.0	64	14.81	13	0.0	14.81	0.0	0.00	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Olives	1 each	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk 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		618	45	1046	7.98	3.39	617.8	12620	43.42	57	28.24	89.96	17.03	5.99	0.00
% of Calories										36.7%	18.3%	58.3%	24.8%	8.7%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/24/2019															
Middle Lunch	Total														
Mandarin Orange Chicken	2/3 cup	150	40	280	0.00	0.72	0.0	50	1.2	10	11.01	19.01	3.0	0.50	0.00
Rice	Cups	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Egg Roll	2 Each	320	60	780	6.00	0.00	0.0	0	0.0	4	18.0	40.0	10.0	3.00	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Oatmeal Circle	1 each	304	23	165	1.61	2.93	15.1	285	5.44	28	4.45	50.22	9.94	2.42	0.00
Broccoli 1/2 cup	1/2 cup	12	0	12	1.07	0.26	17.8	213	31.74	0	1.07	2.49	0.0	0.00	0.00
Cauliflower 1/2 cup	1/2 cup	13	0	15	1.50	0.18	10.0	5	23.1	1	1.0	2.5	0.0	0.00	0.00
Apple	1 each	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Oranges Mandarin 1/2 cup	1/2 cup	82	0	10	0.00	0.00	0.0	92	21.52	18	0.0	19.47	0.0	0.00	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk 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		669	56	810	6.65	2.57	420.5	983	74.22	56 33.8%	26.90 16.1%	108.34 64.8%	14.43 19.4%	3.48 4.7%	0.00 0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

Fri - 10/25/2019															
Middle Lunch	Total														
Spaghetti 3/4 cup	3/4 cup	284	44	498	6.39	3.03	158.0	731	14.3	6	17.54	31.81	10.03	5.09	0.00
French Bread	1 each	94	0	81	0.47	0.96	5.8	6	3.26	1	3.06	17.35	0.96	0.11	0.00
Fish Sticks Potato	4 each	230	40	310	2.00	0.72	20.0	0	2.4	0	14.0	19.0	12.0	1.50	0.00
Cheez-it	1 each	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Peanut Butter & Jelly sandwich	1 each	300	0	280	4.00	1.00	26.0	70	0.0	14	9.0	32.0	17.0	3.00	0.00
Sunflower Seeds 1 oz	1 each	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Cheez-it	1 each	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Green Beans 1/2 cup	1/2 cup	20	0	138	1.97	0.71	19.7	296	2.37	2	0.99	3.94	0.0	0.00	0.00
Coleslaw 1/4 cup	1/4 cup	130	17	116	2.13	0.38	28.5	86	25.94	5	0.71	7.25	11.25	1.88	0.00
Peaches 1/2 cup	1/2 cup	68	0	6	1.59	0.45	4.0	23	2.98	16	0.56	18.15	0.04	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Tarter Sauce	1 Tbs	91	11	105	0.02	0.02	0.2	21	0.02	0	0.01	0.61	10.02	1.67	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00

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David Douglas

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		804	64	1035	10.56	4.28	491.3	1510	38.27	46	27.78	90.69	38.82	7.52	0.00
% of Calories										23.0%	13.8%	45.1%	43.4%	8.4%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

Mon - 10/28/2019															
	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
Taco Chicken Middle	1 taco	207	53	517	1.00	5.50	67.0	25	0.0	1	18.0	19.0	5.5	1.50	0.00
Chicken Strips	3 each	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Cheez-it	1 each	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Southwest Mixed Vegetables	1/2 Cup	62	0	54	4.65	0.00	0.0	155	9.3	3	3.1	11.63	0.78	0.00	0.00
Baked Beans 1/2 cup	1/2 cup	150	0	440	6.00	1.08	40.0	50	0.0	10	6.0	30.0	1.0	0.00	0.00
Salsa	1 Tbs	2	0	16	0.00	0.00	0.0	44	1.59	0	0.0	0.44	0.0	0.00	0.00
Pears 1/2 cup	1/2 cup	62	0	5	2.00	0.36	11.0	50	2.0	10	0.42	16.05	0.09	0.00	0.00
Apricots 1/2 cup	1/2 cup	79	0	10	0.00	0.00	0.0	1739	2.39	20	0.0	18.88	0.0	0.00	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Olives	1 each	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	0.00	0.00
Sour Cream	1 each	22	4	44	0.00	0.00	53.2	177	0.0	0	1.77	3.54	0.0	0.00	0.00
Milk 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		540	47	923	7.74	4.38	456.8	1634	11.86	44	29.02	78.57	11.89	2.62	0.00
% of Calories										32.3%	21.5%	58.2%	19.8%	4.4%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

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David Douglas

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/29/2019															
Middle 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
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 5	5 each	83	0	200	1.11	0.20	0.0	0	2.0	0	1.11	10.55	3.89	0.56	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Sunflower Seeds 1 oz	1 each	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Bagel-ful	1 each	190	15	180	3.00	1.80	20.0	200	2.4	6	6.0	30.0	5.0	3.00	0.00
Spinach Canned	1/4 Cup	11	0	23	1.13	0.54	37.8	0	0.45	0	1.13	1.13	0.0	0.00	0.00
Corn 1/2 cup	1/2 cup	65	0	15	2.00	0.36	0.0	20	1.2	3	2.0	15.0	1.0	0.00	0.00
Applesauce 1/2 cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Fruit Mix 1/2 cup	1/2 cup	69	0	8	1.49	0.36	6.0	12	3.88	15	0.51	17.77	0.1	0.01	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ketchup	1 Tbs	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk 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		664	40	994	10.31	4.02	495.3	691	8.18	48	27.96	98.80	20.56	6.73	0.00
% of Calories										28.9%	16.8%	59.5%	27.9%	9.1%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

Wed - 10/30/2019															
Middle Lunch	Total														
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
Lasagna Roll Up	1 each	316	25	731	3.45	1.43	354.7	831	7.16	11	17.54	37.95	9.29	4.40	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
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
Salad Mix 1 cup	1 cup	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Carrot Sticks 3/4 cup	3/4 cup	55	0	102	3.14	0.57	31.4	9417	9.42	8	1.57	12.56	0.0	0.00	0.00
Beets	1/4 cup	20	0	60	0.00	0.00	0.0	20	0.0	4	0.0	5.0	0.0	0.00	0.00
Orange	1 each	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Pineapple 1/2 cup	1/2 cup	59	0	10	0.99	0.36	0.0	64	14.81	13	0.0	14.81	0.0	0.00	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Olives	1 each	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00

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David Douglas

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		627	49	1089	8.18	3.68	638.9	12671	42.22	55	28.83	88.24	18.03	6.89	0.00
% of Calories										34.9%	18.4%	56.3%	25.9%	9.9%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

Thu - 10/31/2019															
	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
Teriyaki Chicken	1/2 cup	134	82	385	0.00	0.84	0.0	53	0.0	7	17.5	7.0	4.08	1.17	0.00
Rice	Cups	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Grilled Cheese Sandwich	1 each	284	32	655	2.27	1.23	467.6	524	0.0	7	18.54	30.54	10.15	5.75	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Oatmeal Circle	1 each	304	23	165	1.61	2.93	15.1	285	5.44	28	4.45	50.22	9.94	2.42	0.00
Broccoli 1/2 cup	1/2 cup	12	0	12	1.07	0.26	17.8	213	31.74	0	1.07	2.49	0.0	0.00	0.00
Cauliflower 1/2 cup	1/2 cup	13	0	15	1.50	0.18	10.0	5	23.1	1	1.0	2.5	0.0	0.00	0.00
Banana	1 each	90	0	1	3.03	0.18	10.1	51	9.09	12	1.01	23.23	0.0	0.00	0.00
Oranges Mandarin 1/2 cup	1/2 cup	82	0	10	0.00	0.00	0.0	92	21.52	18	0.0	19.47	0.0	0.00	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk 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		594	60	808	6.01	2.50	586.2	1142	74.05	52	29.33	92.30	12.55	4.67	0.00
% of Calories										34.9%	19.7%	62.1%	19.0%	7.1%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

Weighted Average		655	51	1020	8.90	3.72	530.1	3988	35.74	51	28.91	93.85	19.29	5.49	0.00
										69.7%	17.7%	57.3%	26.5%	7.5%	0.0%

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

David Douglas

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Middle Lunch

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	655		600 - 700	100%													
Cholesterol (mg)	51																
Sodium 1 (mg)	1020		1360														
Sodium 2 (mg)	1020		1035														
Fiber (g)	8.90																
Iron (mg)	3.72																
Calcium (mg)	530.1																
Vitamin A (IU)	3988																
Sugars (g)	51	30.98%															
Vitamin C (mg)	35.74																
Protein (g)	28.91	17.66%															
Carbohydrate (g)	93.85	57.32%															
Total Fat (g)	19.29	26.51%	<=30.00%														
Saturated Fat (g)	5.49	7.55%	<10.00%														
Trans Fat ¹ (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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