

David Douglas

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Arthur Academy

Portion Values - Detailed

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Generated on: 7/3/2019 12:01:29 PM

	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 - 09/03/2019															
Arthur Academy	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
Baked Beans 3/4 cup	3/4 cup	225	0	660	9.00	1.62	60.0	75	0.0	15	9.0	45.0	1.5	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
Ketchup	1 Tbs	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average		657	37	1259	14.00	3.82	461.0	896	3.50	40	33.17	91.47	18.46	3.62	0.00
% of Calories										24.1%	20.2%	55.7%	25.3%	5.0%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Wed - 09/04/2019															
Arthur Academy	Total														
Pizza 4x6 Pepperoni	1 each	312	28	667	4.00	3.79	300.0	400	0.0	4	19.22	37.54	9.34	3.54	0.00
Salad Mix 1 1/2 cup	1 1/2 cup	17	0	33	1.33	1.14	46.7	3469	11.41	1	1.67	3.34	0.0	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Pineapple 1/2 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
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average		524	45	915	6.32	5.33	701.3	4597	27.77	30	29.75	68.63	14.63	5.26	0.00
% of Calories										23.2%	22.7%	52.4%	25.1%	9.0%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Thu - 09/05/2019															
Arthur Academy	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
Broccoli 3/4cup	3/4 cup	18	0	18	1.60	0.38	26.6	320	47.61	1	1.6	3.73	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
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
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average		590	97	712	7.36	2.45	391.9	1088	58.48	32	34.33	91.44	10.81	2.79	0.00
% of Calories										21.7%	23.3%	62.0%	16.5%	4.3%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

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

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David Douglas

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Arthur Academy

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/06/2019															
Arthur Academy	Total														
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
Potato Wedge 5	5 each	108	0	216	1.54	0.43	3.7	0	1.98	0	1.54	13.89	5.4	1.54	0.00
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
Tarter Sauce	1 Tbs	91	11	105	0.02	0.02	0.2	21	0.02	0	0.01	0.61	10.02	1.67	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average		545	68	694	3.75	1.65	357.7	696	10.07	28	24.86	58.09	25.33	5.50	0.00
% of Calories										20.6%	18.2%	42.6%	41.8%	9.1%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Mon - 09/09/2019															
Arthur Academy	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
Baked Beans 3/4 cup	3/4 cup	225	0	660	9.00	1.62	60.0	75	0.0	15	9.0	45.0	1.5	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
Ketchup	1 Tbs	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average		657	38	1270	14.00	3.83	421.0	896	3.50	40	34.17	91.47	18.46	3.62	0.00
% of Calories										24.1%	20.8%	55.7%	25.3%	5.0%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Tue - 09/10/2019															
Arthur Academy	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
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
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
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
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		672	41	943	12.90	4.10	519.8	10281	17.59	41	32.43	88.82	22.29	4.73	0.00
% of Calories										24.3%	19.3%	52.9%	29.8%	6.3%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Wed - 09/11/2019															
Arthur Academy	Total														
Pizza 4x6 Turkey Sausage	1 each	310	28	643	4.00	3.81	305.9	400	0.0	4	19.86	37.0	9.49	3.45	0.00
Salad Mix 1 1/2 cup	1 1/2 cup	17	0	33	1.33	1.14	46.7	3469	11.41	1	1.67	3.34	0.0	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Pineapple 1/2 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
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average		522	45	891	6.32	5.35	707.2	4597	27.77	30	30.40	68.09	14.77	5.17	0.00
% of Calories										23.3%	23.3%	52.2%	25.5%	8.9%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Thu - 09/12/2019															
Arthur Academy	Total														
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
Broccoli 3/4cup	3/4 cup	18	0	18	1.60	0.38	26.6	320	47.61	1	1.6	3.73	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
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
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average		550	76	1000	7.60	0.43	380.4	1076	70.66	35	28.44	76.10	14.72	4.63	0.00
% of Calories										25.5%	20.7%	55.3%	24.1%	7.6%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/13/2019															
Arthur Academy	Total														
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
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
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
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
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average		606	59	868	5.61	1.58	374.1	698	10.49	28	25.31	69.26	26.92	4.63	0.00
% of Calories										18.6%	16.7%	45.7%	40.0%	6.9%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Mon - 09/16/2019															
Arthur Academy	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
Baked Beans 3/4 cup	3/4 cup	225	0	660	9.00	1.62	60.0	75	0.0	15	9.0	45.0	1.5	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
Ketchup	1 Tbs	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average		657	37	1259	14.00	3.82	461.0	896	3.50	40	33.17	91.47	18.46	3.62	0.00
% of Calories										24.1%	20.2%	55.7%	25.3%	5.0%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Tue - 09/17/2019															
Arthur Academy	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
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
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
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
Ketchup	1 Tbs	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average		555	52	902	10.90	3.30	600.0	10289	18.58	42	27.91	77.45	17.22	6.92	0.00
% of Calories										30.2%	20.1%	55.8%	27.9%	11.2%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

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Wed - 09/18/2019															
Arthur Academy	Total														
Pizza 4x6 Cheese	1 each	280	15	560	4.00	3.60	300.0	400	0.0	4	16.0	37.0	8.0	3.00	0.00
Salad Mix 1 1/2 cup	1 1/2 cup	17	0	33	1.33	1.14	46.7	3469	11.41	1	1.67	3.34	0.0	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Pineapple 1/2 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
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average		487	31	795	6.32	5.14	700.5	4597	27.76	30	26.51	68.06	12.72	4.62	0.00
% of Calories										24.9%	21.8%	56.0%	23.5%	8.6%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Thu - 09/19/2019															
Arthur Academy	Total														
Grilled Cheese Sandwich	1 each	284	32	655	2.27	1.23	467.6	524	0.0	7	18.54	30.54	10.15	5.75	0.00
Broccoli 3/4cup	3/4 cup	18	0	18	1.60	0.38	26.6	320	47.61	1	1.6	3.73	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
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
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average		479	48	869	6.15	1.93	870.8	1659	106.14	32	29.74	58.58	14.87	7.38	0.00
% of Calories										26.5%	24.8%	48.9%	27.9%	13.9%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Fri - 09/20/2019															
Arthur Academy	Total														
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
Corn 3/4 cup	3/4 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 1/2 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
Tarter Sauce	1 Tbs	91	11	105	0.02	0.02	0.2	21	0.02	0	0.01	0.61	10.02	1.67	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00

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Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Arthur Academy

Portion Values - Detailed

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Generated on: 7/3/2019 12:01:29 PM

	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		539	73	535	4.21	1.59	354.1	724	9.30	31	25.32	59.44	24.93	4.63	0.00
% of Calories										23.3%	18.8%	44.1%	41.7%	7.7%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Mon - 09/23/2019															
Arthur Academy	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
Baked Beans 3/4 cup	3/4 cup	225	0	660	9.00	1.62	60.0	75	0.0	15	9.0	45.0	1.5	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
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average		682	28	1273	18.96	5.62	571.0	1088	4.70	41	33.77	114.75	11.75	4.74	0.00
% of Calories										24.0%	19.8%	67.3%	15.5%	6.3%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Tue - 09/24/2019															
Arthur Academy	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
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
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
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
Ketchup	1 Tbs	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average		503	56	760	10.90	2.66	479.0	10184	17.58	40	19.41	76.45	12.72	4.12	0.00
% of Calories										32.2%	15.4%	60.8%	22.7%	7.4%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

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David Douglas

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Arthur Academy

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)
Wed - 09/25/2019															
Arthur Academy	Total														
Pizza 4x6 Hawaiian	1 each	309	24	643	4.15	3.73	304.4	410	2.3	6	19.3	39.52	8.66	3.22	0.00
Salad Mix 1 1/2 cup	1 1/2 cup	17	0	33	1.33	1.14	46.7	3469	11.41	1	1.67	3.34	0.0	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Pineapple 1/2 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
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average		516	40	878	6.48	5.27	704.9	4607	30.06	32	29.81	70.58	13.38	4.84	0.00
% of Calories										25.1%	23.1%	54.8%	23.4%	8.5%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Thu - 09/26/2019															
Arthur Academy	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
Broccoli 3/4cup	3/4 cup	18	0	18	1.60	0.38	26.6	320	47.61	1	1.6	3.73	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
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
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average		587	56	608	7.09	2.40	395.6	1104	57.22	37	26.82	99.54	9.72	2.13	0.00
% of Calories										24.9%	18.3%	67.8%	14.9%	3.3%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Fri - 09/27/2019															
Arthur Academy	Total														
Peanut Butter & Jelly sandwich	1 each	300	0	280	4.00	1.00	26.0	70	0.0	14	9.0	32.0	17.0	3.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Cheez-it	1 each	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
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
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
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00

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Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Arthur Academy

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		533	23	618	5.63	1.50	581.3	1055	4.58	43	25.34	64.16	21.95	6.13	0.00
% of Calories										32.2%	19.0%	48.1%	37.1%	10.4%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Mon - 09/30/2019															
Arthur Academy	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
Baked Beans 3/4 cup	3/4 cup	225	0	660	9.00	1.62	60.0	75	0.0	15	9.0	45.0	1.5	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
Ketchup	1 Tbs	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk Nonfat	1 each	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Weighted Daily Average		657	37	1259	14.00	3.82	461.0	896	3.50	40	33.17	91.47	18.46	3.62	0.00
% of Calories										24.1%	20.2%	55.7%	25.3%	5.0%	0.0%
Nutrient Guideline		550-650		1230									<=30.0	<10.00	

Weighted Average		576	49	915	9.12	3.28	524.7	3096	25.64	36	29.19	78.77	17.13	4.64	0.00
										55.7%	20.3%	54.7%	26.8%	7.2%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	576		550 - 650	100%				
Cholesterol (mg)	49							
Sodium 1 (mg)	915		1230					
Sodium 2 (mg)	915		935					
Fiber (g)	9.12							
Iron (mg)	3.28							
Calcium (mg)	524.7							
Vitamin A (IU)	3096							
Sugars (g)	36	24.74%						
Vitamin C (mg)	25.64							
Protein (g)	29.19	20.27%						
Carbohydrate (g)	78.77	54.70%						
Total Fat (g)	17.13	26.77%	<=30.00%					
Saturated Fat (g)	4.64	7.24%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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