

# David Douglas

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Fir Ridge Campus Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/03/2019															
Fir Ridge Campus 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
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
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
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
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
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
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
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		803	55	810	6.59	2.62	381.3	1092	68.07	80	29.47	128.81	19.55	4.00	0.00
% of Calories										40.1%	14.7%	64.2%	21.9%	4.5%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Wed - 09/04/2019															
Fir Ridge Campus 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
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
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
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
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
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
Salad Mix 2 cup	2 cup	22	0	43	1.74	1.49	61.1	4536	14.92	2	2.18	4.36	0.0	0.00	0.00
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
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		691	37	891	8.31	4.29	583.0	5573	56.95	55	28.63	92.25	25.49	7.03	0.00
% of Calories										31.9%	16.6%	53.4%	33.2%	9.2%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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# David Douglas

## Base Menu Spreadsheet

### Portion Values - Detailed

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Sep 1, 2019 thru Sep 30, 2019

Fir Ridge Campus Lunch

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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 - 09/05/2019															
Fir Ridge Campus 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
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
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
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
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
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
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
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
Carrot Sticks 1 1/4 cup	1 1/4 cup	93	0	173	5.34	0.96	53.4	16009	16.01	13	2.67	21.35	0.0	0.00	0.00
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
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		839	30	1005	13.36	4.15	469.4	8854	19.76	62	31.13	121.04	28.90	5.42	0.00
% of Calories										29.5%	14.8%	57.7%	31.0%	5.8%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Fri - 09/06/2019															
Fir Ridge Campus 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
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
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
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
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
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
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
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
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		883	56	1096	10.99	4.48	436.2	1059	52.42	78	30.62	128.21	30.32	6.35	0.00
% of Calories										35.3%	13.9%	58.1%	30.9%	6.5%	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)
Mon - 09/09/2019															
Fir Ridge Campus Lunch	Total														
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
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
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
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
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
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
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
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
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
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
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
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		729	41	1124	8.44	3.38	599.9	2006	10.19	54	30.93	101.05	22.63	6.04	0.00
% of Calories										29.5%	17.0%	55.4%	27.9%	7.5%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Tue - 09/10/2019															
Fir Ridge Campus 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
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
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
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
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
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
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
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		811	34	748	5.93	2.65	381.3	1057	66.64	82	25.95	135.66	19.07	3.67	0.00
% of Calories										40.4%	12.8%	66.9%	21.1%	4.1%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Fir Ridge Campus 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)
Wed - 09/11/2019															
Fir Ridge Campus 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
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
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
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
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
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
Salad Mix 2 cup	2 cup	22	0	43	1.74	1.49	61.1	4536	14.92	2	2.18	4.36	0.0	0.00	0.00
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
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		676	32	850	8.23	4.22	580.8	5568	55.80	54	26.98	90.98	25.16	6.92	0.00
% of Calories										32.0%	16.0%	53.8%	33.5%	9.2%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/12/2019															
Fir Ridge Campus 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
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
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
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
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
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
Carrot Sticks 1 1/4 cup	1 1/4 cup	93	0	173	5.34	0.96	53.4	16009	16.01	13	2.67	21.35	0.0	0.00	0.00
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
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
Weighted Daily Average		845	36	1282	14.53	4.13	538.4	16865	27.37	69	29.35	123.35	28.94	7.07	0.00
% of Calories										32.7%	13.9%	58.4%	30.8%	7.5%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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## Base Menu Spreadsheet

### Portion Values - Detailed

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Sep 1, 2019 thru Sep 30, 2019

Fir Ridge Campus Lunch

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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 - 09/13/2019															
Fir Ridge Campus Lunch	Total														
Alfredo Chicken	3/4 cup	304	60	760	2.53	1.42	344.9	126	0.0	2	20.54	25.09	13.08	6.88	0.00
Bread Stick	1 each	112	7	158	0.48	0.82	52.5	67	4.61	2	4.36	16.74	2.9	0.89	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
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
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
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
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
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
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
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		892	61	1112	11.33	4.32	613.0	1103	40.28	78	31.39	124.59	32.79	8.68	0.00
% of Calories										34.8%	14.1%	55.9%	33.1%	8.8%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Mon - 09/16/2019															
Fir Ridge Campus 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
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
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
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
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
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
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
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
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
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		782	27	1076	10.78	3.43	412.1	1915	8.23	59	29.31	109.90	26.86	4.92	0.00
% of Calories										30.0%	15.0%	56.3%	30.9%	5.7%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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# David Douglas

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Fir Ridge Campus Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/17/2019															
Fir Ridge Campus 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
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
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
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
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
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
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
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		792	55	800	5.60	2.62	384.7	1226	65.95	80	28.70	126.59	19.36	4.00	0.00
% of Calories										40.4%	14.5%	64.0%	22.0%	4.5%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Wed - 09/18/2019															
Fir Ridge Campus Lunch	Total														
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
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
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
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
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
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
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
Salad Mix 2 cup	2 cup	22	0	43	1.74	1.49	61.1	4536	14.92	2	2.18	4.36	0.0	0.00	0.00
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
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		696	30	997	8.48	4.04	633.2	5834	59.38	55	28.27	95.66	23.85	6.12	0.00
% of Calories										31.8%	16.3%	55.0%	30.9%	7.9%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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# David Douglas

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Fir Ridge Campus 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)
Thu - 09/19/2019															
Fir Ridge Campus Lunch	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
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
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
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
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
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
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
Carrot Sticks 1 1/4 cup	1 1/4 cup	93	0	173	5.34	0.96	53.4	16009	16.01	13	2.67	21.35	0.0	0.00	0.00
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
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		751	47	1073	12.13	2.44	415.7	8839	42.85	60	28.64	109.55	24.69	5.42	0.00
% of Calories										32.1%	15.3%	58.4%	29.6%	6.5%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Fri - 09/20/2019															
Fir Ridge Campus 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
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
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
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
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
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
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
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
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		873	49	943	13.26	5.19	496.2	1374	46.75	79	29.24	128.25	30.29	7.39	0.00
% of Calories										36.0%	13.4%	58.8%	31.2%	7.6%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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# David Douglas

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Fir Ridge Campus 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)
Mon - 09/23/2019															
Fir Ridge Campus Lunch	Total														
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
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
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
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
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
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
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
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
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
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		708	27	1063	8.94	2.80	572.4	1913	8.24	58	25.88	103.66	22.60	5.95	0.00
% of Calories										32.8%	14.6%	58.6%	28.7%	7.6%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Tue - 09/24/2019															
Fir Ridge Campus 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
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
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
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
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
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
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
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		811	34	748	5.93	2.65	381.3	1057	66.64	82	25.95	135.66	19.07	3.67	0.00
% of Calories										40.4%	12.8%	66.9%	21.1%	4.1%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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# David Douglas

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Fir Ridge Campus 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)
Wed - 09/25/2019															
Fir Ridge Campus Lunch	Total														
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
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
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
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
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
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
Salad Mix 2 cup	2 cup	22	0	43	1.74	1.49	61.1	4536	14.92	2	2.18	4.36	0.0	0.00	0.00
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
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		696	39	898	8.50	4.38	583.8	5701	64.03	55	28.98	91.99	25.98	7.16	0.00
% of Calories										31.4%	16.7%	52.9%	33.6%	9.3%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/26/2019															
Fir Ridge Campus Lunch	Total														
Taco Chicken High	2 tacos	307	53	717	2.00	10.00	127.0	30	0.0	2	20.0	36.0	8.5	2.50	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
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
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
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
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
Carrot Sticks 1 1/4 cup	1 1/4 cup	93	0	173	5.34	0.96	53.4	16009	16.01	13	2.67	21.35	0.0	0.00	0.00
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
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
Weighted Daily Average		777	44	1194	12.03	7.73	501.4	16815	25.07	67	29.60	116.35	23.44	5.17	0.00
% of Calories										34.4%	15.2%	59.9%	27.1%	6.0%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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# David Douglas

Base Menu Spreadsheet  
Portion Values - Detailed

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Sep 1, 2019 thru Sep 30, 2019

Fir Ridge Campus Lunch

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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 - 09/27/2019															
Fir Ridge Campus Lunch	Total														
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
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
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
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
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
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
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
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		975	64	1127	13.01	5.33	534.7	7738	70.55	85	29.87	130.95	39.62	8.17	0.00
% of Calories										34.7%	12.3%	53.7%	36.6%	7.5%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Mon - 09/30/2019															
Fir Ridge Campus 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
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
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
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
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
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
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
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
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
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
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		781	27	1071	10.78	3.43	432.1	1915	8.23	59	28.81	109.90	26.86	4.92	0.00
% of Calories										30.0%	14.7%	56.3%	30.9%	5.7%	0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

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Base Menu Spreadsheet  
Portion Values - Detailed

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Sep 1, 2019 thru Sep 30, 2019

Fir Ridge Campus Lunch

Generated on: 7/3/2019 12:00:41 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 <sup>1</sup> (g)
Weighted Average		790	41	995	9.86	3.91	496.5	4875	43.17	67 76.8%	28.88 14.6%	115.22 58.3%	25.77 29.3%	5.90 6.7%	0.00 0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	790		750 - 850	100%				
Cholesterol (mg)	41							
Sodium 1 (mg)	995		1420					
Sodium 2 (mg)	995		1080					
Fiber (g)	9.86							
Iron (mg)	3.91							
Calcium (mg)	496.5							
Vitamin A (IU)	4875							
Sugars (g)	67	34.14%						
Vitamin C (mg)	43.17							
Protein (g)	28.88	14.62%						
Carbohydrate (g)	115.22	58.30%						
Total Fat (g)	25.77	29.34%	<=30.00%					
Saturated Fat (g)	5.90	6.72%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%						

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