

# David Douglas

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2019 thru Sep 30, 2019

High School Lunch

Generated on: 7/3/2019 11:59:27 AM

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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)
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*\*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 - 09/03/2019															
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

\*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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Page 3

Sep 1, 2019 thru Sep 30, 2019

High School 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)
Tue - 09/03/2019															
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 - 09/04/2019															
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 - 09/05/2019															
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

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# David Douglas

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

Sep 1, 2019 thru Sep 30, 2019

High School Lunch

Generated on: 7/3/2019 11:59:27 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)
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 - 09/06/2019															
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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/09/2019															
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

Sep 1, 2019 thru Sep 30, 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 - 09/09/2019															
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 37.5%	29.20 14.4%	122.70 60.5%	23.51 26.1%	6.74 7.5%	0.00 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 - 09/10/2019															
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

Sep 1, 2019 thru Sep 30, 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)
Tue - 09/10/2019															
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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/11/2019															
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 - 09/12/2019															
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 - 09/13/2019															
High School 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 Garlic	1 each	136	6	160	0.70	1.16	31.7	63	6.35	3	4.33	22.0	3.04	0.57	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
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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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# David Douglas

Base Menu Spreadsheet

Portion Values - Detailed

Page 19

Sep 1, 2019 thru Sep 30, 2019

High School Lunch

Generated on: 7/3/2019 11:59:28 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)
Weighted Daily Average		719	53	1069	8.43	3.75	613.1	2397	21.09	58	29.03	103.21	23.11	7.11	0.00
% of Calories										32.5%	16.1%	57.4%	28.9%	8.9%	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)
Mon - 09/16/2019															
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

Page 21

Sep 1, 2019 thru Sep 30, 2019

High School Lunch

Generated on: 7/3/2019 11:59:28 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 - 09/16/2019															
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	

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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															
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

Sep 1, 2019 thru Sep 30, 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)
Tue - 09/17/2019															
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 - 09/18/2019															
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 - 09/19/2019															
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)
Fri - 09/20/2019															
High School 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
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
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		720	49	1070	8.64	3.68	611.0	2468	21.17	59	28.52	104.24	22.94	6.87	0.00
% of Calories										32.8%	15.9%	57.9%	28.7%	8.6%	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 - 09/23/2019															
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

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# David Douglas

Base Menu Spreadsheet  
Portion Values - Detailed

Sep 1, 2019 thru Sep 30, 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 - 09/23/2019															
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	

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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 - 09/24/2019															
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 33

Sep 1, 2019 thru Sep 30, 2019

High School Lunch

Generated on: 7/3/2019 11:59:28 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 - 09/24/2019															
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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/25/2019															
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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	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															
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 - 09/27/2019															
High School Lunch	Total														
Cheeseburger Macaroni	3/4 cup	323	57	750	3.62	2.48	363.1	262	0.0	1	18.9	28.45	15.04	8.80	0.00
Bread Stick Garlic	1 each	136	6	160	0.70	1.16	31.7	63	6.35	3	4.33	22.0	3.04	0.57	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
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		721	53	1068	8.53	3.85	614.8	2410	21.09	58	28.87	103.53	23.30	7.29	0.00
% of Calories										32.4%	16.0%	57.5%	29.1%	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 - 09/30/2019															
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

\*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

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2019 thru Sep 30, 2019

High School Lunch

Generated on: 7/3/2019 11:59:29 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 - 09/30/2019															
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 37.4%	29.33 14.5%	122.89 60.6%	23.42 26.0%	6.69 7.4%	0.00 0.0%
Nutrient Guideline		750-850		1420									<=30.0	<10.00	

Weighted Average		771	53	1078	9.65	3.62	600.6	3799	47.09	67 78.5%	28.12 14.6%	110.74 57.4%	25.29 29.5%	7.21 8.4%	0.00 0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	771		750 - 850	100%				
Cholesterol (mg)	53							
Sodium 1 (mg)	1078		1420					
Sodium 2 (mg)	1078		1080					
Fiber (g)	9.65							
Iron (mg)	3.62							
Calcium (mg)	600.6							
Vitamin A (IU)	3799							
Sugars (g)	67	34.91%						
Vitamin C (mg)	47.09							
Protein (g)	28.12	14.58%						
Carbohydrate (g)	110.74	57.42%						
Total Fat (g)	25.29	29.51%	<=30.00%					
Saturated Fat (g)	7.21	8.41%	<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

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

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