

David Douglas

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/03/2019															
Middle Lunch	Total														
Hot Dog	1 each	310	35	755	4.00	2.16	80.0	30	0.0	6	12.0	29.0	18.0	7.50	0.00
Cheese Burger	1 each	292	37	532	5.00	2.44	201.0	130	1.0	6	17.5	31.0	12.5	5.30	0.00
Tatertot 5	5 each	83	0	200	1.11	0.20	0.0	0	2.0	0	1.11	10.55	3.89	0.56	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Sunflower Seeds 1 oz	1 each	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Bagel-ful	1 each	190	15	180	3.00	1.80	20.0	200	2.4	6	6.0	30.0	5.0	3.00	0.00
Spinach Canned	1/4 Cup	11	0	23	1.13	0.54	37.8	0	0.45	0	1.13	1.13	0.0	0.00	0.00
Corn 1/2 cup	1/2 cup	65	0	15	2.00	0.36	0.0	20	1.2	3	2.0	15.0	1.0	0.00	0.00
Applesauce 1/2 cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Fruit Mix 1/2 cup	1/2 cup	69	0	8	1.49	0.36	6.0	12	3.88	15	0.51	17.77	0.1	0.01	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ketchup	1 Tbs	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		664	40	994	10.31	4.02	495.3	691	8.18	48	27.96	98.80	20.56	6.73	0.00
% of Calories										28.9%	16.8%	59.5%	27.9%	9.1%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

Wed - 09/04/2019															
Middle Lunch	Total														
Pizza Pepperoni	1 each	312	43	547	3.00	1.99	250.0	300	0.0	9	18.22	29.54	13.34	6.54	0.00
Lasagna Roll Up	1 each	316	25	731	3.45	1.43	354.7	831	7.16	11	17.54	37.95	9.29	4.40	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Dorito 1 oz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Salad Mix 1 cup	1 cup	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Carrot Sticks 3/4 cup	3/4 cup	55	0	102	3.14	0.57	31.4	9417	9.42	8	1.57	12.56	0.0	0.00	0.00
Beets	1/4 cup	20	0	60	0.00	0.00	0.0	20	0.0	4	0.0	5.0	0.0	0.00	0.00
Orange	1 each	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Pineapple 1/2 cup	1/2 cup	59	0	10	0.99	0.36	0.0	64	14.81	13	0.0	14.81	0.0	0.00	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Olives	1 each	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00

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

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David Douglas

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Middle Lunch

Portion Values - Detailed

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

Thu - 09/05/2019															
	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
Teriyaki Chicken	1/2 cup	134	82	385	0.00	0.84	0.0	53	0.0	7	17.5	7.0	4.08	1.17	0.00
Rice	Cups	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Grilled Cheese Sandwich	1 each	284	32	655	2.27	1.23	467.6	524	0.0	7	18.54	30.54	10.15	5.75	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Oatmeal Circle	1 each	304	23	165	1.61	2.93	15.1	285	5.44	28	4.45	50.22	9.94	2.42	0.00
Broccoli 1/2 cup	1/2 cup	12	0	12	1.07	0.26	17.8	213	31.74	0	1.07	2.49	0.0	0.00	0.00
Cauliflower 1/2 cup	1/2 cup	13	0	15	1.50	0.18	10.0	5	23.1	1	1.0	2.5	0.0	0.00	0.00
Banana	1 each	90	0	1	3.03	0.18	10.1	51	9.09	12	1.01	23.23	0.0	0.00	0.00
Oranges Mandarin 1/2 cup	1/2 cup	82	0	10	0.00	0.00	0.0	92	21.52	18	0.0	19.47	0.0	0.00	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		594	60	808	6.01	2.50	586.2	1142	74.05	52	29.33	92.30	12.55	4.67	0.00
% of Calories										34.9%	19.7%	62.1%	19.0%	7.1%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

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David Douglas

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2019 thru Sep 30, 2019

Middle 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 ¹ (g)
Fri - 09/06/2019															
Middle Lunch	Total														
Turkey Gravy	3/8 cup	122	49	439	0.00	0.70	0.0	0	0.0	0	15.6	1.95	5.85	1.95	0.00
Mashed Potato	1/2 cup	84	0	201	1.43	0.27	1.9	66	21.38	1	1.43	14.96	1.37	0.62	0.00
Rolls	1 each	193	8	247	0.90	1.59	42.0	41	7.51	5	6.32	32.16	3.83	0.53	0.00
Fish Wedge Potato	1 each	220	50	290	0.60	0.72	0.0	0	3.6	0	14.0	13.0	13.0	2.00	0.00
Cheez-it	1 each	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Peanut Butter & Jelly sandwich	1 each	300	0	280	4.00	1.00	26.0	70	0.0	14	9.0	32.0	17.0	3.00	0.00
Sunflower Seeds 1 oz	1 each	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Cheez-it	1 each	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Green Beans 1/2 cup	1/2 cup	20	0	138	1.97	0.71	19.7	296	2.37	2	0.99	3.94	0.0	0.00	0.00
Coleslaw 1/4 cup	1/4 cup	130	17	116	2.13	0.38	28.5	86	25.94	5	0.71	7.25	11.25	1.88	0.00
Peaches 1/2 cup	1/2 cup	68	0	6	1.59	0.45	4.0	23	2.98	16	0.56	18.15	0.04	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Tarter Sauce	1 Tbs	91	11	105	0.02	0.02	0.2	21	0.02	0	0.01	0.61	10.02	1.67	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		859	75	1319	9.12	4.55	487.1	1495	49.97	47	32.01	101.52	36.85	7.31	0.00
% of Calories										21.7%	14.9%	47.3%	38.6%	7.7%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

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Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/09/2019															
Middle Lunch	Total														
Bean & Cheese Burrito	1 each	291	15	479	7.96	3.60	150.0	300	1.2	4	15.6	40.95	8.29	3.62	0.00
Chicken Nugget	5 each	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Cheez-it	1 each	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Capri Mixed Vegetables	1/2 Cup	17	0	14	0.69	0.00	13.8	688	0.83	1	0.0	2.75	0.0	0.00	0.00
Baked Beans 1/2 cup	1/2 cup	150	0	440	6.00	1.08	40.0	50	0.0	10	6.0	30.0	1.0	0.00	0.00
Salsa	1 Tbs	2	0	16	0.00	0.00	0.0	44	1.59	0	0.0	0.44	0.0	0.00	0.00
Pears 1/2 cup	1/2 cup	62	0	5	2.00	0.36	11.0	50	2.0	10	0.42	16.05	0.09	0.00	0.00
Apricots 1/2 cup	1/2 cup	79	0	10	0.00	0.00	0.0	1739	2.39	20	0.0	18.88	0.0	0.00	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Cheese Shredded	1 oz	81	20	202	0.00	0.00	202.5	304	0.0	0	7.09	1.01	6.08	4.05	0.00
Olives	1 each	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	0.00	0.00
Sour Cream	1 each	22	4	44	0.00	0.00	53.2	177	0.0	0	1.77	3.54	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		646	31	1141	11.59	3.87	568.1	2269	6.17	49	30.22	98.89	14.86	4.80	0.00
% of Calories										30.3%	18.7%	61.3%	20.7%	6.7%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

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Portion Values - Detailed

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Sep 1, 2019 thru Sep 30, 2019

Middle 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 ¹ (g)
Tue - 09/10/2019															
Middle Lunch	Total														
Chicken Burger	1 Each	410	25	635	7.00	3.24	120.0	130	0.0	7	22.0	44.0	17.0	3.00	0.00
Corn Dog	1 each	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
Potato Wedge 3	3 each	65	0	130	0.93	0.26	2.2	0	1.19	0	0.93	8.34	3.24	0.93	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Sunflower Seeds 1 oz	1 each	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Bagel-ful	1 each	190	15	180	3.00	1.80	20.0	200	2.4	6	6.0	30.0	5.0	3.00	0.00
Corn 1/2 cup	1/2 cup	65	0	15	2.00	0.36	0.0	20	1.2	3	2.0	15.0	1.0	0.00	0.00
Peas	1/4 cup	26	0	75	1.50	0.40	0.0	150	2.25	1	1.87	4.5	0.0	0.00	0.00
Applesauce 1/2 cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Fruit Mix 1/2 cup	1/2 cup	69	0	8	1.49	0.36	6.0	12	3.88	15	0.51	17.77	0.1	0.01	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ketchup	1 Tbs	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		687	38	922	11.62	4.07	414.7	831	8.82	50	28.60	106.12	18.40	4.33	0.00
% of Calories										28.9%	16.7%	61.8%	24.1%	5.7%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

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Wed - 09/11/2019															
Middle Lunch	Total														
Pizza Turkey Sausage	1 each	310	43	523	3.00	2.01	255.9	300	0.0	9	18.87	29.0	13.49	6.45	0.00
Chili Turkey 3/8 cup	3/8 cup	130	55	390	0.00	1.08	40.0	10	2.4	2	17.0	5.0	4.5	1.50	0.00
Dorito 1 oz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Dorito 1 oz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Salad Mix 1 cup	1 cup	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Carrot Sticks 3/4 cup	3/4 cup	55	0	102	3.14	0.57	31.4	9417	9.42	8	1.57	12.56	0.0	0.00	0.00
Beets	1/4 cup	20	0	60	0.00	0.00	0.0	20	0.0	4	0.0	5.0	0.0	0.00	0.00
Orange	1 each	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Pineapple 1/2 cup	1/2 cup	59	0	10	0.99	0.36	0.0	64	14.81	13	0.0	14.81	0.0	0.00	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Olives	1 each	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		620	52	1056	8.03	3.69	612.2	12599	41.74	54	29.49	86.52	18.16	6.58	0.00
% of Calories										34.8%	19.0%	55.9%	26.4%	9.6%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

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David Douglas

Base Menu Spreadsheet

Portion Values - Detailed

Sep 1, 2019 thru Sep 30, 2019

Middle Lunch

Generated on: 7/3/2019 11:58:42 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/12/2019															
Middle Lunch	Total														
Mandarin Orange Chicken	2/3 cup	150	40	280	0.00	0.72	0.0	50	1.2	10	11.01	19.01	3.0	0.50	0.00
Rice	Cups	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Egg Roll	2 Each	320	60	780	6.00	0.00	0.0	0	0.0	4	18.0	40.0	10.0	3.00	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Oatmeal Circle	1 each	304	23	165	1.61	2.93	15.1	285	5.44	28	4.45	50.22	9.94	2.42	0.00
Broccoli 1/2 cup	1/2 cup	12	0	12	1.07	0.26	17.8	213	31.74	0	1.07	2.49	0.0	0.00	0.00
Cauliflower 1/2 cup	1/2 cup	13	0	15	1.50	0.18	10.0	5	23.1	1	1.0	2.5	0.0	0.00	0.00
Apple	1 each	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Oranges Mandarin 1/2 cup	1/2 cup	82	0	10	0.00	0.00	0.0	92	21.52	18	0.0	19.47	0.0	0.00	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		665	57	828	7.09	2.51	421.8	978	72.66	56 33.5%	26.98 16.2%	107.15 64.4%	14.68 19.9%	3.61 4.9%	0.00 0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

Fri - 09/13/2019															
Middle 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
Fish Sticks Potato	4 each	230	40	310	2.00	0.72	20.0	0	2.4	0	14.0	19.0	12.0	1.50	0.00
Cheez-it	1 each	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Peanut Butter & Jelly sandwich	1 each	300	0	280	4.00	1.00	26.0	70	0.0	14	9.0	32.0	17.0	3.00	0.00
Sunflower Seeds 1 oz	1 each	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Cheez-it	1 each	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Green Beans 1/2 cup	1/2 cup	20	0	138	1.97	0.71	19.7	296	2.37	2	0.99	3.94	0.0	0.00	0.00
Celery 1/4 cup	1/4 cup	6	0	30	0.74	0.07	14.9	167	1.11	1	0.37	1.11	0.0	0.00	0.00
Peaches 1/2 cup	1/2 cup	68	0	6	1.59	0.45	4.0	23	2.98	16	0.56	18.15	0.04	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00

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David Douglas

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Middle Lunch

Portion Values - Detailed

Page 8

Generated on: 7/3/2019 11:58:42 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		618	50	946	6.82	3.00	539.4	1261	8.51	39	28.31	78.97	22.38	5.36	0.00
% of Calories										25.3%	18.3%	51.1%	32.6%	7.8%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

Mon - 09/16/2019															
	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
Taco	1 taco	230	65	620	1.00	5.94	100.0	105	1.2	1	15.0	20.0	10.0	3.00	0.00
Turkey Middle	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
Chicken Strips	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Yogurt 4oz	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
Cheese Stick 1	1 each	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Cheez-it	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
Southwest Mixed Vegetables	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
Baked Beans 1/2 cup	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
Salsa	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
Pears 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
Apricots 1/2 cup	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
Craisins	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
Applesauce Cup	1 each	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	0.00	0.00
Olives	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
Sour Cream	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 White 1%	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
Milk Chocolate Fat Free		553	54	980	7.74	4.62	474.9	1678	12.52	44	27.37	79.12	14.37	3.45	0.00
Weighted Daily Average										31.6%	19.8%	57.3%	23.4%	5.6%	0.0%
% of Calories															
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

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David Douglas

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/17/2019															
Middle Lunch	Total														
Hot Dog	1 each	310	35	755	4.00	2.16	80.0	30	0.0	6	12.0	29.0	18.0	7.50	0.00
Cheese Burger	1 each	292	37	532	5.00	2.44	201.0	130	1.0	6	17.5	31.0	12.5	5.30	0.00
Tatertot 5	5 each	83	0	200	1.11	0.20	0.0	0	2.0	0	1.11	10.55	3.89	0.56	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Sunflower Seeds 1 oz	1 each	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Bagel-ful	1 each	190	15	180	3.00	1.80	20.0	200	2.4	6	6.0	30.0	5.0	3.00	0.00
Spinach Canned	1/4 Cup	11	0	23	1.13	0.54	37.8	0	0.45	0	1.13	1.13	0.0	0.00	0.00
Corn 1/2 cup	1/2 cup	65	0	15	2.00	0.36	0.0	20	1.2	3	2.0	15.0	1.0	0.00	0.00
Applesauce 1/2 cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Fruit Mix 1/2 cup	1/2 cup	69	0	8	1.49	0.36	6.0	12	3.88	15	0.51	17.77	0.1	0.01	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ketchup	1 Tbs	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		664	40	994	10.31	4.02	495.3	691	8.18	48	27.96	98.80	20.56	6.73	0.00
% of Calories										28.9%	16.8%	59.5%	27.9%	9.1%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

Wed - 09/18/2019															
Middle Lunch	Total														
Pizza Cheese	1 each	280	30	440	3.00	1.80	250.0	300	0.0	9	15.0	29.0	12.0	6.00	0.00
Lasagna Roll Up	1 each	316	25	731	3.45	1.43	354.7	831	7.16	11	17.54	37.95	9.29	4.40	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Dorito 1 oz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Salad Mix 1 cup	1 cup	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Carrot Sticks 3/4 cup	3/4 cup	55	0	102	3.14	0.57	31.4	9417	9.42	8	1.57	12.56	0.0	0.00	0.00
Beets	1/4 cup	20	0	60	0.00	0.00	0.0	20	0.0	4	0.0	5.0	0.0	0.00	0.00
Orange	1 each	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Pineapple 1/2 cup	1/2 cup	59	0	10	0.99	0.36	0.0	64	14.81	13	0.0	14.81	0.0	0.00	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Olives	1 each	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00

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David Douglas

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Middle Lunch

Portion Values - Detailed

Page 10

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		601	39	1004	8.18	3.52	638.9	12671	42.22	55	26.25	87.81	16.95	6.47	0.00
% of Calories										36.4%	17.5%	58.4%	25.4%	9.7%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

Thu - 09/19/2019															
Middle Lunch	Total														
Teriyaki Chicken	1/2 cup	134	82	385	0.00	0.84	0.0	53	0.0	7	17.5	7.0	4.08	1.17	0.00
Rice	Cups	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Grilled Cheese Sandwich	1 each	284	32	655	2.27	1.23	467.6	524	0.0	7	18.54	30.54	10.15	5.75	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Oatmeal Circle	1 each	304	23	165	1.61	2.93	15.1	285	5.44	28	4.45	50.22	9.94	2.42	0.00
Broccoli 1/2 cup	0.5 cup	12	0	12	1.07	0.26	17.8	213	31.74	0	1.07	2.49	0.0	0.00	0.00
Cauliflower 1/2 cup	0.5 cup	13	0	15	1.50	0.18	10.0	5	23.1	1	1.0	2.5	0.0	0.00	0.00
Kiwi	1 each	46	0	4	2.28	0.27	22.8	152	57.0	12	0.76	11.4	0.0	0.00	0.00
Oranges Mandarin 1/2 cup	1/2 cup	82	0	10	0.00	0.00	0.0	92	21.52	18	0.0	19.47	0.0	0.00	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		588	68	830	6.15	2.64	554.6	1141	96.47	50	31.04	89.41	12.23	4.29	0.00
% of Calories										33.8%	21.1%	60.8%	18.7%	6.6%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

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David Douglas

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/20/2019															
Middle Lunch	Total														
Spaghetti 3/4 cup	3/4 cup	284	44	498	6.39	3.03	158.0	731	14.3	6	17.54	31.81	10.03	5.09	0.00
French Bread	1 each	94	0	81	0.47	0.96	5.8	6	3.26	1	3.06	17.35	0.96	0.11	0.00
Fish Wedge Potato	1 each	220	50	290	0.60	0.72	0.0	0	3.6	0	14.0	13.0	13.0	2.00	0.00
Cheez-it	1 each	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Peanut Butter & Jelly sandwich	1 each	300	0	280	4.00	1.00	26.0	70	0.0	14	9.0	32.0	17.0	3.00	0.00
Sunflower Seeds 1 oz	1 each	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Cheez-it	1 each	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Green Beans 1/2 cup	1/2 cup	20	0	138	1.97	0.71	19.7	296	2.37	2	0.99	3.94	0.0	0.00	0.00
Coleslaw 1/4 cup	1/4 cup	130	17	116	2.13	0.38	28.5	86	25.94	5	0.71	7.25	11.25	1.88	0.00
Peaches 1/2 cup	1/2 cup	68	0	6	1.59	0.45	4.0	23	2.98	16	0.56	18.15	0.04	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Tarter Sauce	1 Tbs	91	11	105	0.02	0.02	0.2	21	0.02	0	0.01	0.61	10.02	1.67	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		787	67	1044	11.24	4.97	499.1	1573	43.17	47	29.16	93.16	34.71	7.97	0.00
% of Calories										24.0%	14.8%	47.4%	39.7%	9.1%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

Mon - 09/23/2019															
Middle Lunch	Total														
Bean & Cheese Burrito	1 each	291	15	479	7.96	3.60	150.0	300	1.2	4	15.6	40.95	8.29	3.62	0.00
Chicken Nugget	5 each	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Cheez-it	1 each	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Capri Mixed Vegetables	1/2 Cup	17	0	14	0.69	0.00	13.8	688	0.83	1	0.0	2.75	0.0	0.00	0.00
Baked Beans 1/2 cup	1/2 cup	150	0	440	6.00	1.08	40.0	50	0.0	10	6.0	30.0	1.0	0.00	0.00
Salsa	1 Tbs	2	0	16	0.00	0.00	0.0	44	1.59	0	0.0	0.44	0.0	0.00	0.00
Pears 1/2 cup	1/2 cup	62	0	5	2.00	0.36	11.0	50	2.0	10	0.42	16.05	0.09	0.00	0.00
Apricots 1/2 cup	1/2 cup	79	0	10	0.00	0.00	0.0	1739	2.39	20	0.0	18.88	0.0	0.00	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Cheese Shredded	1 oz	81	20	202	0.00	0.00	202.5	304	0.0	0	7.09	1.01	6.08	4.05	0.00
Olives	1 each	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	0.00	0.00
Sour Cream	1 each	22	4	44	0.00	0.00	53.2	177	0.0	0	1.77	3.54	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00

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David Douglas

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		636	34	1117	10.10	3.33	523.1	2209	5.81	48	30.34	91.40	16.88	4.47	0.00
% of Calories										30.2%	19.1%	57.5%	23.9%	6.3%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

Tue - 09/24/2019															
	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
Chicken Burger	1 Each	410	25	635	7.00	3.24	120.0	130	0.0	7	22.0	44.0	17.0	3.00	0.00
Corn Dog	1 each	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
French Fries Baked 6	6 each	26	0	8	0.43	0.15	0.0	1	1.03	0	0.43	4.29	0.86	0.00	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Sunflower Seeds 1 oz	1 each	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Bagel-ful	1 each	190	15	180	3.00	1.80	20.0	200	2.4	6	6.0	30.0	5.0	3.00	0.00
Corn 1/2 cup	1/2 cup	65	0	15	2.00	0.36	0.0	20	1.2	3	2.0	15.0	1.0	0.00	0.00
Three Bean Salad 1/2 cup	1/2 cup	76	0	397	2.83	1.02	37.8	52	3.4	10	0.94	17.01	0.0	0.00	0.00
Applesauce 1/2 cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Fruit Mix 1/2 cup	1/2 cup	69	0	8	1.49	0.36	6.0	12	3.88	15	0.51	17.77	0.1	0.01	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ketchup	1 Tbs	13	0	150	0.00	0.00	0.0	17	0.0	3	0.0	3.34	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		688	39	1122	12.36	4.46	446.7	723	9.85	58	25.97	113.99	15.59	3.53	0.00
% of Calories										34.0%	15.1%	66.3%	20.4%	4.6%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

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David Douglas

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/25/2019															
Middle Lunch	Total														
Pizza Hawaiian	1 each	309	39	523	3.15	1.93	254.4	310	2.3	11	18.3	31.52	12.66	6.22	0.00
Chili Turkey 3/8 cup	3/8 cup	130	55	390	0.00	1.08	40.0	10	2.4	2	17.0	5.0	4.5	1.50	0.00
Dorito 1 oz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Dorito 1 oz	1 each	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Salad Mix 1 cup	1 cup	11	0	22	0.87	0.75	30.5	2268	7.46	1	1.09	2.18	0.0	0.00	0.00
Carrot Sticks 3/4 cup	3/4 cup	55	0	102	3.14	0.57	31.4	9417	9.42	8	1.57	12.56	0.0	0.00	0.00
Beets	1/4 cup	20	0	60	0.00	0.00	0.0	20	0.0	4	0.0	5.0	0.0	0.00	0.00
Orange	1 each	47	0	1	1.92	0.17	38.4	240	57.02	8	0.96	12.48	0.0	0.00	0.00
Pineapple 1/2 cup	1/2 cup	59	0	10	0.99	0.36	0.0	64	14.81	13	0.0	14.81	0.0	0.00	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Olives	1 each	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	0.00	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		618	45	1046	7.98	3.39	617.8	12620	43.42	57	28.24	89.96	17.03	5.99	0.00
% of Calories										36.7%	18.3%	58.3%	24.8%	8.7%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/26/2019															
Middle Lunch	Total														
Mandarin Orange Chicken	2/3 cup	150	40	280	0.00	0.72	0.0	50	1.2	10	11.01	19.01	3.0	0.50	0.00
Rice	Cups	217	0	116	2.73	1.00	1.3	1	0.25	0	5.37	44.58	2.0	0.00	0.00
Egg Roll	2 Each	320	60	780	6.00	0.00	0.0	0	0.0	4	18.0	40.0	10.0	3.00	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Oatmeal Circle	1 each	304	23	165	1.61	2.93	15.1	285	5.44	28	4.45	50.22	9.94	2.42	0.00
Broccoli 1/2 cup	1/2 cup	12	0	12	1.07	0.26	17.8	213	31.74	0	1.07	2.49	0.0	0.00	0.00
Cauliflower 1/2 cup	1/2 cup	13	0	15	1.50	0.18	10.0	5	23.1	1	1.0	2.5	0.0	0.00	0.00
Apple	1 each	72	0	1	2.76	0.25	13.8	69	6.62	14	0.0	19.32	0.0	0.00	0.00
Oranges Mandarin 1/2 cup	1/2 cup	82	0	10	0.00	0.00	0.0	92	21.52	18	0.0	19.47	0.0	0.00	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Ranch Dressing	1 Tbs	53	7	125	0.00	0.00	7.6	3	0.08	0	0.19	0.32	5.69	1.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		669	56	810	6.65	2.57	420.5	983	74.22	56 33.8%	26.90 16.1%	108.34 64.8%	14.43 19.4%	3.48 4.7%	0.00 0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

Fri - 09/27/2019															
Middle 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
Fish Sticks Potato	4 each	230	40	310	2.00	0.72	20.0	0	2.4	0	14.0	19.0	12.0	1.50	0.00
Cheez-it	1 each	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Peanut Butter & Jelly sandwich	1 each	300	0	280	4.00	1.00	26.0	70	0.0	14	9.0	32.0	17.0	3.00	0.00
Sunflower Seeds 1 oz	1 each	160	0	55	2.00	1.08	20.0	20	0.0	4	5.0	8.0	14.0	1.00	0.00
Cheez-it	1 each	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Green Beans 1/2 cup	1/2 cup	20	0	138	1.97	0.71	19.7	296	2.37	2	0.99	3.94	0.0	0.00	0.00
Coleslaw 1/4 cup	1/4 cup	130	17	116	2.13	0.38	28.5	86	25.94	5	0.71	7.25	11.25	1.88	0.00
Peaches 1/2 cup	1/2 cup	68	0	6	1.59	0.45	4.0	23	2.98	16	0.56	18.15	0.04	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Tarter Sauce	1 Tbs	91	11	105	0.02	0.02	0.2	21	0.02	0	0.01	0.61	10.02	1.67	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00

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David Douglas

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		828	70	1134	9.80	4.18	560.6	1387	34.91	46	28.57	91.08	40.95	8.77	0.00
% of Calories										22.0%	13.8%	44.0%	44.5%	9.5%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

Mon - 09/30/2019															
	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
Taco Chicken Middle	1 taco	207	53	517	1.00	5.50	67.0	25	0.0	1	18.0	19.0	5.5	1.50	0.00
Chicken Strips	3 each	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
Yogurt 4oz	1 each	110	5	60	0.00	0.00	100.0	100	1.2	18	4.0	20.0	1.5	1.00	0.00
Cheese Stick 1	1 each	60	10	200	0.00	0.00	200.0	200	0.0	1	7.0	1.0	3.0	2.00	0.00
Cheez-it	1 each	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Southwest Mixed Vegetables	1/2 Cup	62	0	54	4.65	0.00	0.0	155	9.3	3	3.1	11.63	0.78	0.00	0.00
Baked Beans 1/2 cup	1/2 cup	150	0	440	6.00	1.08	40.0	50	0.0	10	6.0	30.0	1.0	0.00	0.00
Salsa	1 Tbs	2	0	16	0.00	0.00	0.0	44	1.59	0	0.0	0.44	0.0	0.00	0.00
Pears 1/2 cup	1/2 cup	62	0	5	2.00	0.36	11.0	50	2.0	10	0.42	16.05	0.09	0.00	0.00
Apricots 1/2 cup	1/2 cup	79	0	10	0.00	0.00	0.0	1739	2.39	20	0.0	18.88	0.0	0.00	0.00
Craisins	1 Each	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Applesauce Cup	1/2 cup	54	0	10	1.57	0.16	4.2	37	1.57	13	0.22	14.4	0.06	0.01	0.00
Olives	1 each	25	0	110	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.51	0.00	0.00
Sour Cream	1 each	22	4	44	0.00	0.00	53.2	177	0.0	0	1.77	3.54	0.0	0.00	0.00
Milk White 1%	1 each	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Chocolate Fat Free	1 each	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average		540	47	923	7.74	4.38	456.8	1634	11.86	44	29.02	78.57	11.89	2.62	0.00
% of Calories										32.3%	21.5%	58.2%	19.8%	4.4%	0.0%
Nutrient Guideline		600-700		1360									<=30.0	<10.00	

Weighted Average		658	51	1005	8.85	3.70	522.6	3562	34.75	50	28.63	94.01	19.60	5.40	0.00
										68.5%	17.4%	57.2%	26.8%	7.4%	0.0%

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

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

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

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David Douglas

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2019 thru Sep 30, 2019

Middle Lunch

Generated on: 7/3/2019 11:58:43 AM

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	658		600 - 700	100%													
Cholesterol (mg)	51																
Sodium 1 (mg)	1005		1360														
Sodium 2 (mg)	1005		1035														
Fiber (g)	8.85																
Iron (mg)	3.70																
Calcium (mg)	522.6																
Vitamin A (IU)	3562																
Sugars (g)	50	30.43%															
Vitamin C (mg)	34.75																
Protein (g)	28.63	17.41%															
Carbohydrate (g)	94.01	57.18%															
Total Fat (g)	19.60	26.83%	<=30.00%														
Saturated Fat (g)	5.40	7.39%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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

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

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