

# Richardson I.S.D.

## Planned Menu Spreadsheet

### Portion Values - Detailed

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Aug 21, 2017 thru Sep 1, 2017

Elem Lunch Grades K-6/17-18

001 - Central Office

Generated on: 5/22/2017 11:37:11 AM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 08/21/2017										
Elem Lunch Grades K-6/17-1	Total	100								
Pizza, 8-cut 16", Wild Mike Ch	Slice	25	360	510	3.00	4	20.0	34.0	17.0	8.00
Pizza, 8-cut 16", Wild MikePep	Slice	25	370	580	3.00	4	20.0	33.0	17.0	9.00
Sandwich, Turkey&Cheese, STAR	sandwich	25	265	770	3.00	4	21.5	30.0	7.25	3.25
Box, Protein Power Pack	1 EACH	15	320	752	3.03	*5	16.55	29.76	13.89	6.26
Pasta Salad, WG Rotini, Mozz	1/2 cup	50	191	325	3.24	*1	6.76	22.28	8.72	1.76
Broccoli, Steamed, Seasoned	1/2 cup	60	57	156	2.24	*0	3.36	4.48	3.2	1.60
Corn, Seasoned, from Frozen	1/2 cup	60	96	59	2.00	3	2.11	15.97	3.76	1.69
Orange Wedges, w/Cherries	Servings	60	72	0	3.21	14	1.24	17.45	0.16	0.02
Milk, FatFree Chocolate	1/2 pint	60	120	180	0.00	18	8.0	20.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	20	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	20	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	0	0	0	0.00	*N/A*	0.0	0.0	0.0	0.00
Mayonnaise, P.C. Packet, Light	PC pkt	20	5	130	0.00	0	0.0	1.0	0.0	0.00
Mustard/p.c. packet	PC pkt	20	4	69	0.06	0	0.26	0.35	0.24	0.01
Weighted Daily Average			639	1068	8.80	*30	33.52	79.88	21.58	9.17
% of Calories						*18.8%	21.0%	50.0%	30.4%	12.9%
Nutrient Guideline			600-650	1230						<10.00

Tue - 08/22/2017										
Elem Lunch Grades K-6/17-1	Total	100								
Hamburger/All Beef/WhlGrnAdvnc	sandwich	25	320	275	4.00	3	23.0	28.0	15.0	5.00
Cheeseburger/AllBeef/WhlGrnAdv	sandwich	25	355	430	4.00	3	26.5	29.0	17.0	6.25
Hot Dog on WG Bun, Trky,2M1.5G	1 each	25	240	840	2.00	5	12.0	25.0	10.5	3.00
Yogurt, StrngCh,Chzlt/Entree	yo/stk/pkg	20	266	427	0.71	15	12.13	33.05	9.17	3.92
Macaroni & Cheese/LndOLakes	1/2 cup	50	178	331	1.01	*1	8.25	23.62	5.81	3.53
Green Beans w/Bacon Crumbles	1/2 Cup	60	62	203	2.23	1	1.32	4.64	3.62	1.64
Garden Salad w/ Spinach	1 Cup	60	17	26	1.48	*1	1.19	3.53	0.21	0.03
Grapes, Fresh, Red Seedless	1/2 cup	60	61	2	0.82	15	0.57	15.56	0.32	0.10
Milk, FatFree Chocolate	1/2 pint	60	120	180	0.00	18	8.0	20.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	20	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	20	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	0	0	0	0.00	*N/A*	0.0	0.0	0.0	0.00
Ketchup/p.c. packet	PC pkt	20	10	25	0.00	2	0.0	2.0	0.0	0.00
Mustard/p.c. packet	PC pkt	20	4	69	0.06	0	0.26	0.35	0.24	0.01
Mayonnaise, P.C. Packet, Light	PC pkt	20	5	130	0.00	0	0.0	1.0	0.0	0.00
RELISH: individual PC	PC pkt	20	10	50	0.00	3	0.0	3.0	0.0	0.00
Ranch Dressing, Mix/Buttermilk	# 40 dipper	20	42	168	0.00	1	0.5	0.7	4.12	0.47

\*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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### Portion Values - Detailed

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Aug 21, 2017 thru Sep 1, 2017

Elem Lunch Grades K-6/17-18

001 - Central Office

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			579	1024	5.88	*33	32.14	71.58	19.23	7.57
% of Calories						*23.1%	22.2%	49.4%	29.9%	11.8%
Nutrient Guideline			600-650	1230						<10.00

Wed - 08/23/2017										
Elem Lunch Grades K-6/17-1	Total	100								
Nachos, WhlGrn, RFCheese1M1.5G	#10Chs	20	345	555	1.53	0	11.13	33.06	19.78	7.58
Nachos/WG/JTMTTrkyChili&C2M1.5G	#12Mt#10Chs	20	435	913	2.70	2	20.28	38.44	23.08	8.78
Nachos/JTMTTrkyChili/NoChs1M1.5G	#12Mt	20	298	334	2.70	2	11.85	34.23	13.6	2.46
Crispito/ChickenChili/72cs2M2G	2 crispitos	30	540	740	6.00	2	24.0	46.0	28.0	6.00
Box, Pizza Kit	1 EACH	20	294	711	3.03	*5	17.33	30.65	9.96	3.70
Baked Beans, Canned, Bush's,Vg	1/2 cup	60	140	371	6.02	12	5.02	30.09	0.5	0.00
Broccoli Florets & GrapeTomato	1/2 cup	60	14	8	0.96	*0	0.87	2.79	0.15	0.02
Apple Wedges, Red & Green	serving	60	79	2	3.63	*0	0.4	21.01	0.26	0.05
Milk, FatFree Chocolate	1/2 pint	60	120	180	0.00	18	8.0	20.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	20	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	20	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	0	0	0	0.00	*N/A*	0.0	0.0	0.0	0.00
Salsa, Mild, Pace Chunky4/138	# 40 dipper	20	8	89	0.00	1	0.0	1.69	0.0	0.00
Jalepeno Peppers, Condiment	# 40 dipper	20	2	152	0.46	0	0.0	0.46	0.0	0.00
Ranch Dressing, Mix/Buttermilk	# 40 dipper	20	42	168	0.00	1	0.5	0.7	4.12	0.47
Cheese Sauce/RSodRFLandO'Lakes	#30	20	44	185	0.00	*0	2.69	1.35	3.03	2.02
Weighted Daily Average			706	1231	10.25	*26	31.93	91.26	24.16	7.15
% of Calories						*14.5%	18.1%	51.7%	30.8%	9.1%
Nutrient Guideline			600-650	1230						<10.00

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Thu - 08/24/2017										
Elem Lunch Grades K-6/17-1	Total	100								
Chicken Nuggets/Tyson/WG	5 pieces	30	263	400	2.50	1	16.25	16.25	15.0	2.50
Chicken Nuggets/Tyson/HOT	5 pieces	30	263	400	2.50	1	16.25	16.25	15.0	2.50
Steak Fingers/Advance/125s=2Mt	4 Pcs	30	323	333	4.04	1	16.15	19.17	20.18	5.05
Rolls/Rich's/WGRich/2.5oz/160	Roll, 2.5 oz	90	185	153	3.40	3	7.0	28.0	4.67	1.33
Chef Salad, Boileg Egg&Chs&Rol	1 salad	10	339	351	5.63	*5	18.17	33.98	14.26	5.98
Mashed Potatoes: Idahoan	1/2 Cup	60	70	254	1.00	*1	2.0	14.02	0.5	0.00
Peas, Green, Seasoned, Frozen	1/2 cup	60	94	279	4.29	4	4.91	13.58	2.5	1.17
Bananas	1 EACH	60	90	1	2.63	12	1.1	23.07	0.33	0.11
Milk, FatFree Chocolate	1/2 pint	60	120	180	0.00	18	8.0	20.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	20	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	20	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	0	0	0	0.00	*N/A*	0.0	0.0	0.0	0.00
Ketchup/p.c. packet	PC pkt	20	10	25	0.00	2	0.0	2.0	0.0	0.00
Ranch Dressing, Mix/Buttermilk	# 40 dipper	20	42	168	0.00	1	0.5	0.7	4.12	0.47
Gravy, LowSodiumPepper,Pioneer	1 Fl. Oz	20	17	70	0.00	*0	0.0	2.47	0.99	0.49
Weighted Daily Average			731	1045	11.08	*31	35.82	92.55	24.20	6.07
% of Calories						*17.0%	19.6%	50.6%	29.8%	7.5%
Nutrient Guideline			600-650	1230						<10.00

Fri - 08/25/2017										
Elem Lunch Grades K-6/17-1	Total	100								
Chicken, Popcorn, WG, Tyson,	12 pcs	35	251	371	2.18	1	15.27	15.27	14.18	2.73
Chicken, Popcorn, Hot N Spicy,	12 pieces	25	251	371	2.18	1	14.18	16.36	14.18	2.73
Toasted Cheese/WholeWht/RedFat	sandwich	15	322	927	2.00	6	20.0	34.0	12.43	6.21
Yogurt, StrngCh,WhtCrkr/Entree	yo/stk/pkg	15	250	410	2.00	17	12.0	35.0	6.0	2.50
Oatmeal Muffin Squares, 1WG	SERVINGS	60	241	161	2.31	*24	4.31	42.05	6.68	2.44
Cabbage, Seasoned, Green	1/2 cup	60	45	275	2.28	3	1.18	5.35	2.49	1.23
Baby Carrots	1/2 Cup	60	25	56	2.07	3	0.46	5.89	0.09	0.02
Watermelon, Whole, 10#=30srv.	1/2 cup	60	45	2	0.60	9	0.92	11.42	0.23	0.02
Milk, FatFree Chocolate	1/2 pint	60	120	180	0.00	18	8.0	20.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	20	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	20	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	0	0	0	0.00	*N/A*	0.0	0.0	0.0	0.00
Ketchup/p.c. packet	PC pkt	20	10	25	0.00	2	0.0	2.0	0.0	0.00
Ranch Dressing, Mix/Buttermilk	# 40 dipper	20	42	168	0.00	1	0.5	0.7	4.12	0.47

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Portion Values - Detailed

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Elem Lunch Grades K-6/17-18

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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			570	917	6.27	*44	26.12	76.16	18.30	5.57
% of Calories						*30.8%	18.3%	53.4%	28.9%	8.8%
Nutrient Guideline			600-650	1230						<10.00

Mon - 08/28/2017										
Elem Lunch Grades K-6/17-1	Total	100								
Tacos/Crispy/JTM/1.5M/S.W.Trky	2tacos	55	282	434	3.19	2	14.47	23.33	13.57	4.52
Enchiladas,Cheese/RFChed/RedSc	2 each	20	374	726	2.32	*0	18.53	29.38	18.48	10.31
Box, Protein Power Pack	1 EACH	20	320	752	3.03	*5	16.55	29.76	13.89	6.26
Mexican Rice, WhlGrain,Lawrys	1/2 Cup	50	139	202	1.32	*0	2.34	20.66	5.36	0.65
Refried Beans, Santiago, 17/bg	1/2 cup	60	200	664	10.00	*0	10.0	28.01	5.0	2.00
Salad, Romaine	1 cup	60	8	4	0.95	1	0.56	1.49	0.14	0.02
Apple Wedges, Red & Green	serving	60	79	2	3.63	*0	0.4	21.01	0.26	0.05
Milk, FatFree Chocolate	1/2 pint	60	120	180	0.00	18	8.0	20.0	0.0	0.00
Milk,1% Unflavored	1/2 pint	20	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	20	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	0	0	0	0.00	*N/A*	0.0	0.0	0.0	0.00
Salsa, Mild, Pace Chunky4/138	# 40 dipper	20	8	89	0.00	1	0.0	1.69	0.0	0.00
Jalepeno Peppers, Condiment	# 40 dipper	20	2	152	0.46	0	0.0	0.46	0.0	0.00
Ranch Dressing, Mix/Buttermilk	# 40 dipper	20	42	168	0.00	1	0.5	0.7	4.12	0.47
Weighted Daily Average			656	1277	12.33	*18	31.03	82.88	21.18	7.76
% of Calories						*11.1%	18.9%	50.5%	29.1%	10.7%
Nutrient Guideline			600-650	1230						<10.00

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Tue - 08/29/2017										
Elem Lunch Grades K-6/17-1	Total	100								
Mini CornDogs/FosterFarms/2M2G	6 mini dogs	35	270	410	5.00	5	10.0	30.0	12.0	3.50
Meatball Sandwich/Hoagie	sandwich	35	466	718	6.41	*7	25.71	51.49	18.92	4.70
Yogurt, StrngCh,Chzlt/Entree	yo/stk/pkg	25	266	427	0.71	15	12.13	33.05	9.17	3.92
Bread, Applesauce & Oatmeal	piece	50	254	252	2.52	22	4.9	36.97	10.24	4.66
Tater Tots, Baked Veg., RSod	#8 Disher	60	93	165	1.03	0	1.03	14.43	3.61	0.00
CucumberSlices&CherryTomatoes	1/2 Cup	60	12	3	0.64	*1	0.57	2.82	0.12	0.03
Peaches, Canned w/Cherries	1/2 cup	60	77	7	2.74	15	0.0	18.16	0.0	0.00
Milk, FatFree Chocolate	1/2 pint	60	120	180	0.00	18	8.0	20.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	20	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	20	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	0	0	0	0.00	*N/A*	0.0	0.0	0.0	0.00
Salsa, Mild, Pace Chunky4/138	# 40 dipper	20	8	89	0.00	1	0.0	1.69	0.0	0.00
Jalepeno Peppers, Condiment	# 40 dipper	20	2	152	0.46	0	0.0	0.46	0.0	0.00
Ketchup/p.c. packet	PC pkt	20	10	25	0.00	2	0.0	2.0	0.0	0.00
Mustard/p.c. packet	PC pkt	20	4	69	0.06	0	0.26	0.35	0.24	0.01
Ranch Dressing, Mix/Buttermilk	# 40 dipper	20	42	168	0.00	1	0.5	0.7	4.12	0.47
Weighted Daily Average			684	992	8.18	*45	27.30	94.56	21.84	6.59
% of Calories						*26.4%	16.0%	55.3%	28.7%	8.7%
Nutrient Guideline			600-650	1230						<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 08/30/2017										
Elem Lunch Grades K-6/17-1	Total	100								
Spaghetti, Jennie-O MtSce2M2G	1 Cup#8	50	334	404	2.02	6	23.26	48.59	5.06	1.52
Breadstick, CheesyGarlicDough	1 Each	50	130	177	1.00	2	3.01	13.04	6.34	2.17
Cheese Bites, Wild Mike's,	4 Bites	25	292	552	3.95	0	15.8	27.66	13.52	4.78
Box, Pizza Kit	1 EACH	15	294	711	3.03	*5	17.33	30.65	9.96	3.70
Green Beans w/Bacon Crumbles	1/2 Cup	60	62	203	2.23	1	1.32	4.64	3.62	1.64
Peas & Carrots: Seasoned	1/2 Cup	60	68	287	2.88	5	2.88	8.63	2.24	1.12
Orange Wedges, w/Cherries	Servings	60	72	0	3.21	14	1.24	17.45	0.16	0.02
Milk, FatFree Chocolate	1/2 pint	60	120	180	0.00	18	8.0	20.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	20	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	20	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	0	0	0	0.00	*N/A*	0.0	0.0	0.0	0.00
Salsa, Mild, Pace Chunky4/138	# 40 dipper	20	8	89	0.00	1	0.0	1.69	0.0	0.00
Marinara Sauce, Dip Cup, 1oz	1 Each	20	15	120	0.50	2	0.0	3.0	0.0	0.00

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Weighted Daily Average			585	1031	8.04	*33	31.15	78.71	14.68	5.56
% of Calories						*22.6%	21.3%	53.8%	22.6%	8.6%
Nutrient Guideline			600-650	1230						<10.00

Thu - 08/31/2017										
Elem Lunch Grades K-6/17-1	Total	100								
Chicken Tenders,WG,Tyson,70334	3pcs	20	260	390	3.00	1	15.0	16.0	15.0	2.50
Chicken Tenders, WG HOT Tyson	3 pieces	20	260	390	3.00	1	15.0	16.0	15.0	2.50
Rolls/Rich's/WGRich/2.5oz/160	Roll, 2.5 oz	40	185	153	3.40	3	7.0	28.0	4.67	1.33
Cheese Quesadillas, Mixed,2M2G	1 quesadilla	25	391	913	2.00	*2	19.15	26.91	21.29	11.11
Yogurt, Colby, WCracker/Entree	yo/stk/pkg	25	280	410	2.00	16	12.0	34.0	9.0	4.50
Sweet Potatoes, Whipped, Veg	1/2 cup	50	174	138	2.98	19	0.76	34.72	3.95	1.60
Broccoli, Steamed, Seasoned	1/2 cup	60	57	156	2.24	*0	3.36	4.48	3.2	1.60
Watermelon, Whole, 10#=30srv.	1/2 cup	60	45	2	0.60	9	0.92	11.42	0.23	0.02
Milk, FatFree Chocolate	1/2 pint	60	120	180	0.00	18	8.0	20.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	20	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	20	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	0	0	0	0.00	*N/A*	0.0	0.0	0.0	0.00
Cheese Sauce/RSodRFLandO'Lakes	#30	20	44	185	0.00	*0	2.69	1.35	3.03	2.02
Salsa, Mild, Pace Chunky4/138	# 40 dipper	20	8	89	0.00	1	0.0	1.69	0.0	0.00
Ketchup/p.c. packet	PC pkt	20	10	25	0.00	2	0.0	2.0	0.0	0.00
Ranch Dressing, Mix/Buttermilk	# 40 dipper	20	42	168	0.00	1	0.5	0.7	4.12	0.47
Weighted Daily Average			625	964	6.75	*38	28.38	77.88	21.40	8.01
% of Calories						*24.0%	18.2%	49.8%	30.8%	11.5%
Nutrient Guideline			600-650	1230						<10.00

\*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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**Richardson I.S.D.**

Planned Menu Spreadsheet

Portion Values - Detailed

**Aug 21, 2017 thru Sep 1, 2017**

Elem Lunch Grades K-6/17-18

001 - Central Office

Generated on: 5/22/2017 11:37:12 AM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 09/01/2017										
Elem Lunch Grades K-6/17-1	Total	100								
Chicken Sand, WhlGHot & Spicy	sandwich	25	410	560	7.00	4	22.0	45.0	17.0	3.00
Chicken Patty/WG/Tyson/2GrBun	sandwich	25	400	560	7.00	4	23.0	44.0	17.0	2.50
Fish Sticks/Trident:160/1oz/cs	4 sticks	25	220	310	1.00	*N/A*	14.0	19.0	9.0	1.00
Sun Butter Cup2M & WhtCrackers	Each/Pkg	20	480	390	10.00	8	16.0	28.0	33.5	4.00
Macaroni & Cheese/LndOLakes	1/2 cup	70	178	331	1.01	*1	8.25	23.62	5.81	3.53
Greens, TurnipwDicedTurnipsVeg	1/2 Cup	50	56	105	2.37	1	1.21	4.12	2.79	1.39
Mixed Spring Cut Vegetable Bln	1/2 cup	60	56	108	2.01	*0	1.01	4.03	4.0	2.00
GRAPES,Fresh	1/2C.	60	33	1	0.44	8	0.31	8.43	0.17	0.06
Milk, FatFree Chocolate	1/2 pint	60	120	180	0.00	18	8.0	20.0	0.0	0.00
Milk,1% Unflavored	1/2 pint	20	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	20	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	0	0	0	0.00	*N/A*	0.0	0.0	0.0	0.00
Ketchup/p.c. packet	PC pkt	20	10	25	0.00	2	0.0	2.0	0.0	0.00
Mustard/p.c. packet	PC pkt	20	4	69	0.06	0	0.26	0.35	0.24	0.01
Mayonnaise, P.C. Packet, Light	PC pkt	20	5	130	0.00	0	0.0	1.0	0.0	0.00
Tartar Sauce, P.C., 200/9 gm	PC pkt	20	20	85	0.00	1	0.0	1.0	1.5	0.00
Weighted Daily Average			677	1006	9.13	*26	33.38	76.55	26.26	7.13
% of Calories						*15.4%	19.7%	45.2%	34.9%	9.5%
Nutrient Guideline			600-650	1230						<10.00

Weighted Average			645	1055	8.67	*32	31.08	82.20	21.28	7.06
						*45.2%	19.3%	51.0%	29.7%	9.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	645		600 - 650	100%				
Sodium (mg)	1055		1230					
Fiber (g)	8.67				Missing			
Sugars (g)	32	20.09%						
Protein (g)	31.08	19.27%						
Carbohydrate (g)	82.20	50.96%						
Total Fat (g)	21.28	29.69%						
Saturated Fat (g)	7.06	9.85%	<10.00%					

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