

Richardson I.S.D.

Planned Menu Spreadsheet

Portion Values - Detailed

Aug 21, 2017 thru Sep 1, 2017

HS Lunch Grade9-12/17-18

001 - Central Office

Generated on: 5/22/2017 3:13:01 PM

	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										
HS Lunch Grade9-12/17-18	Total	100								
Nachos, WG, BAG, RFCheese2M2G	6FOzChs	15	452	1271	3.00	*0	19.15	36.08	25.17	13.11
Nachos/BAG/JTM:TrkyChili&C2M2G	#12Mt/#10Chs	10	407	1055	4.19	*2	20.0	37.39	19.09	8.03
Nachos/BAGJTMTrkChli/NoChs2M2G	#6Mt	15	361	833	5.37	4	20.78	38.67	12.93	2.90
Nachos, Doritos,Bag,Cheese2M2G	6FOzChs	15	452	1391	2.00	*0	19.15	35.08	25.17	13.11
Nachos,DoritsJTM:TrkyChili2M2G	#12Mt/#10Chs	10	407	1175	3.19	*2	20.0	36.39	19.09	8.03
Nachos,DoritoJTMChli/NoChs2M2G	#6Mt	15	361	953	4.37	4	20.78	37.67	12.93	2.90
Crispito/ChickenChili/72cs2M2G	2 crispitos	15	540	740	6.00	2	24.0	46.0	28.0	6.00
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
Roasted Vegetables	servng	60	43	145	1.61	*1	1.2	5.41	2.27	0.78
Orange Wedges, 8 wedges	8 wedges	60	62	0	3.16	12	1.24	15.45	0.16	0.02
Juice, Apple, 4 fl oz	Each	60	60	15	0.00	13	0.0	14.0	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
Cheese Sauce/RSodRFLandO'Lakes	#30	20	44	185	0.00	*0	2.69	1.35	3.03	2.02
Sour Cream, Light, Condiment	# 40 dipper	20	34	21	0.00	2	1.72	1.72	2.15	1.72
Pico de Gallo, Salt Free	#30	20	6	1	0.30	*0	0.21	1.39	0.03	0.01
Weighted Daily Average			824	1845	13.52	*34	37.34	102.78	28.13	10.37
% of Calories						*16.5%	18.1%	49.9%	30.7%	11.3%
Nutrient Guideline			750-850	1420						<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Tue - 08/22/2017										
HS Lunch Grade9-12/17-18	Total	100								
Cheeseburger/AllBeef/WhlGrnAdv	sandwich	20	355	430	4.00	3	26.5	29.0	17.0	6.25
Hamburger/All Beef/WhlGrnAdvnc	sandwich	20	320	275	4.00	3	23.0	28.0	15.0	5.00
Chicken Filet, SandSpicy, mwWM	Sandwich	25	380	540	6.00	4	29.0	42.0	12.0	2.00
Chicken Filet, SandWWholeMuscl	Sandwich	25	370	540	5.00	4	29.0	42.0	12.0	2.00
Baked Beans, Canned, Bush's,Vg	1/2 cup	60	140	371	6.02	12	5.02	30.09	0.5	0.00
Lettuce &SlicedTomato Salad	Serving	60	16	7	1.18	*1	0.87	3.4	0.17	0.02
Tater Tots, Baked Veg., RSod	#8 Disher	60	93	165	1.03	0	1.03	14.43	3.61	0.00
Apple Wedges, Red & Green	serving	60	79	2	3.63	*0	0.4	21.01	0.26	0.05
Mandarin Fruit Salad	1/2 Cup	60	65	1	1.18	*13	0.2	16.93	0.11	0.03
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
Ranch Dressing, Mix/Buttermilk	# 40 dipper	20	42	168	0.00	1	0.5	0.7	4.12	0.47
Dressing, Honey Mustard, PC Cu	1 Each	20	80	125	0.00	5	0.0	7.0	6.0	1.00
Dressing, Caesar, P.C. Chelton	1 Each	20	45	190	0.00	1	0.5	2.0	3.5	1.00
Weighted Daily Average			706	1039	12.18	*36	37.36	103.54	18.47	4.11
% of Calories						*20.7%	21.2%	58.7%	23.6%	5.2%
Nutrient Guideline			750-850	1420						<10.00

Wed - 08/23/2017										
HS Lunch Grade9-12/17-18	Total	100								
Chicken Parmesan	patty/spag	30	516	628	6.48	*8	27.73	58.54	19.74	3.72
Pizza, 8-cut 16", Wild Mike Ch	Slice	30	360	510	3.00	4	20.0	34.0	17.0	8.00
Pizza, 8-cut 16", Wild MikePep	Slice	35	370	580	3.00	4	20.0	33.0	17.0	9.00
Corn, Seasoned, from Frozen	1/2 cup	60	96	59	2.00	3	2.11	15.97	3.76	1.69
Cabbage, Seasoned, Green	1/2 cup	60	45	275	2.28	3	1.18	5.35	2.49	1.23
Grapes, Fresh, Red Seedless	1/2 cup	60	61	2	0.82	15	0.57	15.56	0.32	0.10
Juice, Blue Razz, Ardmore Farm	1 Each	60	60	15	0.00	13	0.0	14.0	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

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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			659	914	6.95	*41	31.85	86.85	21.41	8.78
% of Calories						*24.7%	19.3%	52.7%	29.2%	12.0%
Nutrient Guideline			750-850	1420						<10.00

Thu - 08/24/2017										
HS Lunch Grade9-12/17-18	Total	100								
Rice Bowl, OrangChix, OrienRic	1CRice,#8	50	667	1119	5.34	*28	21.79	88.39	23.18	6.12
Cheese Bites, Wild Mike's,	4 Bites	40	292	552	3.95	0	15.8	27.66	13.52	4.78
Oatmeal Muffin Squares, 1WG	SERVINGS	50	241	161	2.31	*24	4.31	42.05	6.68	2.44
Broccoli, Steamed, Seasoned	1/2 cup	60	57	156	2.24	*0	3.36	4.48	3.2	1.60
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
Peachy Pear Salad	1/2 cup	60	73	8	2.30	*11	0.09	17.78	0.06	0.01
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
Marinara Sauce, Condiment	2 fl.oz	20	45	70	1.45	4	1.45	7.27	1.45	0.00
Ranch Dressing, Mix/Buttermilk	# 40 dipper	20	42	168	0.00	1	0.5	0.7	4.12	0.47
Dressing, Honey Mustard, PC Cu	1 Each	20	80	125	0.00	5	0.0	7.0	6.0	1.00
Weighted Daily Average			834	1225	10.03	*58	30.87	120.02	25.30	7.78
% of Calories						*27.7%	14.8%	57.5%	27.3%	8.4%
Nutrient Guideline			750-850	1420						<10.00

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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)
Fri - 08/25/2017										
HS Lunch Grade9-12/17-18	Total	100								
Chicken Tenders, WG, Tyson, 70334	3pcs	30	260	390	3.00	1	15.0	16.0	15.0	2.50
Chicken Tenders, WG HOT Tyson	3 pieces	30	260	390	3.00	1	15.0	16.0	15.0	2.50
Breadstick, CheesyGarlicDough	1 Each	60	130	177	1.00	2	3.01	13.04	6.34	2.17
Chicken Quesadillas, 2M2G	1 quesadilla	30	421	1055	3.31	*2	21.81	31.79	22.87	11.31
Macaroni & Cheese/LndOLakes	1/2 cup	50	178	331	1.01	*1	8.25	23.62	5.81	3.53
Sweet Potato Fries, DeepCrinkle	3oz.	60	121	181	3.02	5	2.02	17.14	4.54	0.50
Squash, Baked Italian	1/2 cup	60	62	235	1.31	*3	1.84	4.08	4.14	1.92
Bananas	1 EACH	60	90	1	2.63	12	1.1	23.07	0.33	0.11
Juice, Merry Cherry, Ardmore F	1 Each	60	60	15	0.00	13	0.0	14.0	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
Ketchup/p.c. packet	PC pkt	20	10	25	0.00	2	0.0	2.0	0.0	0.00
Parmesan Cheese	# 40 dipper	20	50	299	0.00	0	2.49	0.0	2.49	1.25
Pico de Gallo, Salt Free	#30	20	6	1	0.30	*0	0.21	1.39	0.03	0.01
Weighted Daily Average			772	1306	8.14	*39	33.19	91.43	28.98	10.04
% of Calories						*20.0%	17.2%	47.4%	33.8%	11.7%
Nutrient Guideline			750-850	1420						<10.00

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Mon - 08/28/2017										
HS Lunch Grade9-12/17-18	Total	100								
Chicken Filet, SandWWholeMuscl	Sandwich	25	370	540	5.00	4	29.0	42.0	12.0	2.00
Chicken Filet, SandSpicy, mwWM	Sandwich	25	380	540	6.00	4	29.0	42.0	12.0	2.00
Wrap, ChickenTenders, Cold, 9"	wrap	45	519	1185	6.17	3	23.98	46.85	25.65	6.84
Applesauce Oatmeal Bread	Slice	50	311	173	1.95	18	3.43	32.14	19.97	3.02
Corn, Seasoned, from Frozen	1/2 cup	60	96	59	2.00	3	2.11	15.97	3.76	1.69
Salad, Spinach, dressed	1 Cup	60	244	24	0.92	*19	0.87	20.45	18.8	2.69
Grapes, Fresh, Red Seedless	1/2 cup	60	61	2	0.82	15	0.57	15.56	0.32	0.10
Juice, Purplelicious, Ardmore	1 Each	60	60	15	0.00	13	0.0	14.0	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
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
Ranch Dressing, Mix/Buttermilk	# 40 dipper	20	42	168	0.00	1	0.5	0.7	4.12	0.47
Dressing, Honey Mustard, PC Cu	1 Each	20	80	125	0.00	5	0.0	7.0	6.0	1.00
Weighted Daily Average			991	1212	8.75	*59	37.50	116.96	43.83	8.87
% of Calories						*23.9%	15.1%	47.2%	39.8%	8.1%
Nutrient Guideline			750-850	1420						<10.00

Tue - 08/29/2017										
HS Lunch Grade9-12/17-18	Total	100								
Spaghetti & Meatballs, SceChx	1Cup/3Ea	30	563	353	6.25	12	28.32	85.67	13.65	2.51
Breadstick, CheesyGarlicDough	1 Each	30	130	177	1.00	2	3.01	13.04	6.34	2.17
Pizza, Alpha, Cheese, Sgt.Pep.	Slice	20	430	500	3.00	8	25.0	47.0	17.0	8.00
Pizza, Alpha, Pepperoni ,Sgt.P	Slice	20	450	650	4.00	8	25.0	47.0	19.0	9.00
Pizza, Alpha, ItalianSau ,Sg.P	Slice	20	440	690	4.00	8	25.0	46.0	18.0	7.00
Green Beans w/Bacon Crumbles	1/2 Cup	60	62	203	2.23	1	1.32	4.64	3.62	1.64
Sweet Potatoes, Whipped, Veg	1/2 cup	60	174	138	2.98	19	0.76	34.72	3.95	1.60
Apple Wedges, Red & Green	serving	60	79	2	3.63	*0	0.4	21.01	0.26	0.05
Mandarin/Pineapple/Pear	1/2 cup	60	75	4	1.46	18	0.13	19.1	0.03	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

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Weighted Daily Average			816	894	10.55	*47	34.17	122.31	22.01	8.47
% of Calories						*23.2%	16.7%	59.9%	24.3%	9.3%
Nutrient Guideline			750-850	1420						<10.00

Wed - 08/30/2017										
HS Lunch Grade9-12/17-18	Total	100								
Chili Cheese Fries JTM:Trky2M	#12Mt/#10Chs	40	361	1182	3.24	*2	19.05	31.94	17.21	8.57
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
BBQ Pork Sandwich, Brookwood	Sandwich	50	350	497	4.00	23	16.03	51.53	10.53	3.01
Baked Beans, Canned, Bush's,Vg	1/2 cup	60	140	371	6.02	12	5.02	30.09	0.5	0.00
Greens, TurnipwDicedTurnipsBcn	1/2 Cup	60	90	150	2.43	1	1.79	4.24	6.23	2.63
Salad, Tossed, Lettu/Toma/Carr	1 cup	60	13	11	1.17	*1	0.69	2.81	0.15	0.02
Orange Wedges, w/Cherries	Servings	60	72	0	3.21	14	1.24	17.45	0.16	0.02
Juice, Sour Apple, Ardmore Far	1 Each	60	60	15	0.00	13	0.0	14.0	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
Ranch Dressing, Mix/Buttermilk	# 40 dipper	20	42	168	0.00	1	0.5	0.7	4.12	0.47
Dressing, Caesar, P.C, Chelton	1 Each	20	45	190	0.00	1	0.5	2.0	3.5	1.00
Dressing, Honey Mustard, PC Cu	1 Each	20	80	125	0.00	5	0.0	7.0	6.0	1.00
Weighted Daily Average			764	1415	12.44	*56	32.08	110.28	21.47	7.86
% of Calories						*29.2%	16.8%	57.7%	25.3%	9.3%
Nutrient Guideline			750-850	1420						<10.00

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Richardson I.S.D.

Planned Menu Spreadsheet

Portion Values - Detailed

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Aug 21, 2017 thru Sep 1, 2017

HS Lunch Grade9-12/17-18

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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)
Thu - 08/31/2017										
HS Lunch Grade9-12/17-18	Total	100								
Chicken, Popcorn, WG, Tyson,	12 pcs	25	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
Biscuit/Pillsbury/Dough/FrznEZ	biscuit	50	225	358	2.00	3	5.0	27.0	10.67	2.33
Mini CornDogs/FosterFarms/2M2G	6 mini dogs	40	270	410	5.00	5	10.0	30.0	12.0	3.50
Macaroni & Cheese/LndOLakes	1/2 cup	50	178	331	1.01	*1	8.25	23.62	5.81	3.53
Salad Base for Salad Bar	1 Cup	60	13	28	1.24	*1	1.06	2.51	0.18	0.03
Broccoli Florets & GrapeTomato	1/2 cup	60	14	8	0.96	*0	0.87	2.79	0.15	0.02
Peaches, Canned w/Cherries	1/2 cup	60	77	7	2.74	15	0.0	18.16	0.0	0.00
Fruit Cup, apples & grapes	1/2 cup	60	56	1	2.03	*4	0.35	14.61	0.21	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
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
Dressing, Caesar, P.C, Chelton	1 Each	20	45	190	0.00	1	0.5	2.0	3.5	1.00
Dressing, Honey Mustard, PC Cu	1 Each	20	80	125	0.00	5	0.0	7.0	6.0	1.00
Cucumber, Sliced, SaladTopping	1/4C.	20	7	1	0.22	1	0.28	1.58	0.05	0.02
Cheese, Shredded, Light 1/2 oz	#30	20	56	96	0.00	0	3.54	0.0	4.56	3.04
Croutons, Condiment.#30souffle	#30	20	23	54	0.25	0	0.54	3.18	0.92	0.26
Weighted Daily Average			694	1025	8.89	*34	28.69	88.43	24.83	7.22
% of Calories						*19.9%	16.5%	51.0%	32.2%	9.4%
Nutrient Guideline			750-850	1420						<10.00

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Richardson I.S.D.

Planned Menu Spreadsheet

Portion Values - Detailed

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Aug 21, 2017 thru Sep 1, 2017

HS Lunch Grade9-12/17-18

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)
Fri - 09/01/2017										
HS Lunch Grade9-12/17-18	Total	100								
Chicken Nuggets/Tyson/WG	5 pieces	25	263	400	2.50	1	16.25	16.25	15.0	2.50
Chicken Nuggets/Tyson/HOT	5 pieces	25	263	400	2.50	1	16.25	16.25	15.0	2.50
Rolls/Rich's/WGRich/2.5oz/160	Roll, 2.5 oz	50	185	153	3.40	3	7.0	28.0	4.67	1.33
Chicken Fried Steak, WhlGrnBun	sandwich	40	435	465	6.95	5	21.76	46.7	20.7	4.43
Mashed Potatoes: Idahoan	1/2 Cup	60	70	254	1.00	*1	2.0	14.02	0.5	0.00
Carrot Coins, Glazed, canned	1/2 cup	60	61	223	1.15	5	0.49	7.2	3.48	1.69
Watermelon, Whole, 10#=30srv.	1/2 cup	60	45	2	0.60	9	0.92	11.42	0.23	0.02
Juice, Citrus Blast, Ardmore F	1 Each	60	60	15	0.00	13	0.0	14.0	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
Ketchup/p.c. packet	PC pkt	20	10	25	0.00	2	0.0	2.0	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
Gravy, LowSodiumPepper,Pioneer	1 Fl. Oz	20	17	70	0.00	*0	0.0	2.47	0.99	0.49
Weighted Daily Average			657	977	7.40	*37	30.64	86.96	21.38	5.12
% of Calories						*22.6%	18.7%	53.0%	29.3%	7.0%
Nutrient Guideline			750-850	1420						<10.00

Weighted Average			772	1185	9.89	*44	33.37	102.96	25.58	7.86
						*51.4%	17.3%	53.4%	29.8%	9.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	772		750 - 850	100%				
Sodium (mg)	1185		1420					
Fiber (g)	9.89				Missing			
Sugars (g)	44	22.86%						
Protein (g)	33.37	17.29%						
Carbohydrate (g)	102.96	53.36%						
Total Fat (g)	25.58	29.83%						
Saturated Fat (g)	7.86	9.17%	<10.00%					

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