

Richardson I.S.D.

Planned Menu Spreadsheet

Portion Values - Detailed

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Feb 5, 2018 thru Feb 16, 2018

HS Lunch Grades 9-12

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)
Mon - 02/05/2018										
HS Lunch Grades 9-12	Total	100								
Chicken Filet, SandWWholeMuscl	Sandwich	20	370	540	5.00	4	29.0	42.0	12.0	2.00
Chicken Filet, SandSpicy, mwWM	Sandwich	30	380	540	6.00	4	29.0	42.0	12.0	2.00
Wrap, ChickenTenders, Cold, 9"	wrap	15	519	1185	6.17	3	23.98	46.85	25.65	6.84
Bread, Applesauce & Oatmeal	piece	45	254	252	2.57	22	4.91	37.05	10.25	4.67
Corn, Seasoned, from Frozen	1/2 cup	55	96	59	2.00	3	2.11	15.97	3.76	1.69
Salad, Spinach, Romaine, Orng	Cup	40	244	273	2.08	*26	1.78	29.74	14.21	2.03
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	40	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	5	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	1	90	130	0.00	*N/A*	9.0	12.0	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			718	955	7.31	*54	29.62	97.86	24.98	6.53
% of Calories						*30.0%	16.5%	54.5%	31.3%	8.2%
Nutrient Guideline			600-700	1360						<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

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Tue - 02/06/2018										
HS Lunch Grades 9-12	Total	100								
Spaghetti & Meatballs, SceChx	1Cup/3Ea	20	444	353	5.06	11	24.16	60.74	13.06	2.51
Breadstick, CheesyGarlicDough	1 Each	20	130	177	1.00	2	3.01	13.04	6.34	2.17
Pizza, Alpha, Cheese, Sgt.Pep.	Slice	10	430	500	3.00	8	25.0	47.0	17.0	8.00
Pizza, Alpha, Pepperoni ,Sgt.P	Slice	30	450	650	4.00	8	25.0	47.0	19.0	9.00
Pizza, Alpha, ItalianSau ,Sg.P	Slice	15	440	690	4.00	8	25.0	46.0	18.0	7.00
Pizza, Alpha, MexicanSty ,Sg.P	Slice	10	480	770	4.00	8	27.0	47.0	20.0	8.00
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	30	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	50	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	5	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	1	90	130	0.00	*N/A*	9.0	12.0	0.0	0.00
Weighted Daily Average			680	840	8.85	*37	30.16	95.85	20.00	8.08
% of Calories						*21.6%	17.7%	56.3%	26.5%	10.7%
Nutrient Guideline			600-700	1360						<10.00

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

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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)
Wed - 02/07/2018										
HS Lunch Grades 9-12	Total	100								
Chili Cheese Fries JTM:Trky2M	#12Mt/#10Chs	50	361	1182	3.24	*2	19.05	31.94	17.21	8.57
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
BBQ Pork Sandwich, Brookwood	Sandwich	30	388	526	4.00	25	18.29	53.66	12.66	3.76
Baked Beans, Canned, Bush's,Vg	1/2 cup	50	140	371	6.02	12	5.02	30.09	0.5	0.00
Greens, TurnipwDicedTurnipsBcn	1/2 Cup	40	90	150	2.43	1	1.79	4.24	6.23	2.63
Salad, Tossed, Lettu/Toma/Carr	1 cup	40	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	5	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	1	90	130	0.00	*N/A*	9.0	12.0	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
Thousand Island Dressing	2 TBSP	20	72	215	0.05	2	0.09	2.61	6.89	0.69
Weighted Daily Average			729	1414	10.99	*49	29.91	101.03	22.24	8.09
% of Calories						*26.9%	16.4%	55.5%	27.5%	10.0%
Nutrient Guideline			600-700	1360						<10.00

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Thu - 02/08/2018										
HS Lunch Grades 9-12	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
Chili / JTM, S.W, Turkey, 1C	1 Cup	20	253	999	3.52	5	26.37	15.82	8.79	2.81
Biscuit/Pillsbury/Dough/FrznEZ	biscuit	70	225	358	2.00	3	5.0	27.0	10.67	2.33
Salad Tray,CowboySalsaCheseVEG	SALAD	5	545	1095	7.18	*3	25.32	46.19	28.62	9.53
Macaroni & Cheese/LndOLakes	1/2 cup	60	178	331	1.01	*1	8.25	23.62	5.81	3.53
Salad Base for Salad Bar	1 Cup	40	13	28	1.24	*1	1.06	2.51	0.18	0.03
Broccoli Florets & GrapeTomato	1/2 cup	40	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	5	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	1	90	130	0.00	*N/A*	9.0	12.0	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			735	1233	8.23	*32	32.94	88.45	27.28	7.94
% of Calories						*17.6%	17.9%	48.1%	33.4%	9.7%
Nutrient Guideline			600-700	1360						<10.00

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Fri - 02/09/2018										
HS Lunch Grades 9-12	Total	100								
Chicken Nuggets/Tyson/WG	5 pieces	20	263	400	2.50	1	16.25	16.25	15.0	2.50
Chicken Nuggets/Tyson/HOT	5 pieces	35	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	30	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	40	61	223	1.15	5	0.49	7.2	3.48	1.69
Pears, Fresh, Wedged	1 EACH	60	102	2	5.52	*17	0.64	27.24	0.25	0.04
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	5	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	1	90	130	0.00	*N/A*	9.0	12.0	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			637	888	9.55	*39	27.75	89.47	19.38	4.47
% of Calories						*24.3%	17.4%	56.2%	27.4%	6.3%
Nutrient Guideline			600-700	1360						<10.00

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Mon - 02/12/2018										
HS Lunch Grades 9-12	Total	100								
Nachos, WG, BAG, WhtCheese2M2G	6FIozChs	10	473	1371	3.64	*0	19.75	34.96	26.43	13.46
Nachos/BAG/JTM:TChili&WhtC2M2G	#12Mt/#10Chs	20	418	1103	4.50	*2	20.3	36.81	19.72	8.21
Nachos/BAGJTMTrkChli/NoChs2M2G	#6Mt	5	361	833	5.37	4	20.78	38.67	12.93	2.90
Nachos, Doritos,Bag,Cheese2M2G	6FIozChs	5	452	1391	2.00	*0	19.15	35.08	25.17	13.11
Nachos,DoritsJTM:TrkyChili2M2G	#12Mt/#10Chs	15	407	1175	3.19	*2	20.0	36.39	19.09	8.03
Nachos,DoritoJTMChli/NoChs2M2G	#6Mt	5	361	953	4.37	4	20.78	37.67	12.93	2.90
Crispito/ChickenChili/2cs2M2G	2 crispitos	25	540	740	6.00	2	24.0	46.0	28.0	6.00
Mexican Rice, WhlGrain,Lawrys	1/2 Cup	60	139	202	0.79	*0	2.34	21.19	5.36	0.65
Refried Beans, Santiago, 17/bg	1/2 cup	50	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	5	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	1	90	130	0.00	*N/A*	9.0	12.0	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			786	1658	12.32	*32	33.81	97.67	27.72	9.56
% of Calories						*16.3%	17.2%	49.7%	31.7%	11.0%
Nutrient Guideline			600-700	1360						<10.00

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Tue - 02/13/2018										
HS Lunch Grades 9-12	Total	100								
Cheeseburger/AllBeef/WhlGrnAdv	sandwich	35	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	15	380	540	6.00	4	29.0	42.0	12.0	2.00
Chicken Filet, SandWWholeMuscl	Sandwich	15	370	540	5.00	4	29.0	42.0	12.0	2.00
Baked Beans, Canned, Bush's,Vg	1/2 cup	50	140	371	6.02	12	5.02	30.09	0.5	0.00
Lettuce &SlicedTomato Salad	Serving	60	16	7	1.18	2	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
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	5	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	1	90	130	0.00	*N/A*	9.0	12.0	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			664	945	11.75	*32	33.72	95.31	18.53	4.63
% of Calories						*19.6%	20.3%	57.4%	25.1%	6.3%
Nutrient Guideline			600-700	1360						<10.00

Wed - 02/14/2018										
HS Lunch Grades 9-12	Total	100								
Chicken Parmesan	patty/spag	25	516	628	6.48	*8	27.73	58.54	19.74	3.72
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	40	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	40	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	5	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	1	90	130	0.00	*N/A*	9.0	12.0	0.0	0.00

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Richardson I.S.D.

Planned Menu Spreadsheet

Portion Values - Detailed

Feb 5, 2018 thru Feb 16, 2018

HS Lunch Grades 9-12

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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			614	814	6.17	*38	28.96	81.12	19.93	8.40
% of Calories						*24.6%	18.9%	52.9%	29.2%	12.3%
Nutrient Guideline			600-700	1360						<10.00

Thu - 02/15/2018										
HS Lunch Grades 9-12	Total	100								
Rice Bowl, OrangChix, OrienRic	1CRice,#8	30	667	1119	5.34	*28	21.79	88.39	23.18	6.12
Cheese Bites, Wild Mike's,2M2G	4 Bites	40	292	552	3.95	0	15.8	27.66	13.52	4.78
Salad Tray,CowboySalsaCheseVEG	SALAD	10	545	1095	7.18	*3	25.32	46.19	28.62	9.53
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
Pears, Fresh, Wedged	1 EACH	60	102	2	5.52	*17	0.64	27.24	0.25	0.04
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	30	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	5	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	1	90	130	0.00	*N/A*	9.0	12.0	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			737	1035	11.95	*52	25.28	108.27	23.58	7.53
% of Calories						*28.0%	13.7%	58.7%	28.8%	9.2%
Nutrient Guideline			600-700	1360						<10.00

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Richardson I.S.D.

Planned Menu Spreadsheet

Portion Values - Detailed

Feb 5, 2018 thru Feb 16, 2018

HS Lunch Grades 9-12

001 - Central Office

Generated on: 1/24/2018 3:28:29 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/16/2018										
HS Lunch Grades 9-12	Total	100								
Chicken Tenders, WG, Tyson, 70334	3pcs	25	260	390	3.00	1	15.0	16.0	15.0	2.50
Chicken Tenders, WG HOT Tyson	3 pieces	25	260	390	3.00	1	15.0	16.0	15.0	2.50
Breadstick, CheesyGarlicDough	1 Each	40	130	177	1.00	2	3.01	13.04	6.34	2.17
Chicken Quesadillas, 2M2G	1 quesadilla	30	420	1055	3.28	2	21.77	31.69	22.82	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, Mixed	1/2 cup	50	141	197	3.54	4	2.53	20.21	6.07	0.25
Squash, Baked Italian	1/2 cup	40	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	5	80	125	0.00	12	9.0	12.0	0.0	0.00
Milk, Lactose Free (OPTIONAL)	1/2 pint	1	90	130	0.00	*N/A*	9.0	12.0	0.0	0.00
Ketchup/p.c. packet	PC pkt	20	10	25	0.00	2	0.0	2.0	0.0	0.00
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
Pico de Gallo, Salt Free	#30	20	6	1	0.30	*0	0.21	1.39	0.03	0.01
Weighted Daily Average			687	1145	7.41	*35	29.01	84.95	25.19	8.54
% of Calories						*20.3%	16.9%	49.5%	33.0%	11.2%
Nutrient Guideline			600-700	1360						<10.00

Weighted Average			699	1093	9.45	*40	30.11	94.00	22.88	7.38
						*51.5%	17.2%	53.8%	29.5%	9.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	699		600 - 700	100%				
Sodium 1 (mg)	1093		1360					
Sodium 2 (mg)	1093		1035				58	Correction Required - Sodium too High
Fiber (g)	9.45				Missing			
Sugars (g)	40	22.87%						
Protein (g)	30.11	17.24%						
Carbohydrate (g)	94.00	53.81%						
Total Fat (g)	22.88	29.48%						
Saturated Fat (g)	7.38	9.50%	<10.00%					

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