

Richardson I.S.D.

Planned Menu Spreadsheet

Portion Values - Detailed

Aug 21, 2017 thru Aug 25, 2017

ExpressLunch/3rd Line, Jr High

010 - Forest Meadow Junior High 047

Generated on: 5/22/2017 3:23:38 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										
ExpressLunch/3rd Line, Jr Hi	Total	125								
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
Chicken Filet, SandWWholeMuscl	Sandwich	50	370	540	5.00	4	29.0	42.0	12.0	2.00
Chicken Filet, SandSpicy, mwWMM	Sandwich	25	380	540	6.00	4	29.0	42.0	12.0	2.00
Lettuce & Sliced Tomato Salad	Serving	100	16	7	1.18	*1	0.87	3.4	0.17	0.02
Baby Carrots	1/2 Cup	100	25	56	2.07	3	0.46	5.89	0.09	0.02
Orange Wedges, w/Cherries	Servings	125	72	0	3.21	14	1.24	17.45	0.16	0.02
Milk, FatFree Chocolate	1/2 pint	100	120	180	0.00	18	8.0	20.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	15	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	10	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
Ranch Dressing, Mix/Buttermilk	# 40 dipper	10	42	168	0.00	1	0.5	0.7	4.12	0.47
Ketchup/p.c. packet	PC pkt	100	10	25	0.00	2	0.0	2.0	0.0	0.00
Mustard/p.c. packet	PC pkt	50	4	69	0.06	0	0.26	0.35	0.24	0.01
Mayonnaise, P.C. Packet, Light	PC pkt	50	5	130	0.00	0	0.0	1.0	0.0	0.00
Weighted Daily Average			605	875	10.23	*40	35.93	84.20	15.10	4.88
% of Calories						*26.6%	23.7%	55.7%	22.5%	7.3%
Nutrient Guideline			600-700	1360						<10.00

Tue - 08/22/2017										
ExpressLunch/3rd Line, Jr Hi	Total	150								
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
Chicken Tenders, WG, Tyson, 70334	3pcs	50	260	390	3.00	1	15.0	16.0	15.0	2.50
Chicken Tenders, WG HOT Tyson	3 pieces	50	260	390	3.00	1	15.0	16.0	15.0	2.50
Tomatoes, Cherry, Red, Ripe, Raw,	1/2 cup	50	16	4	1.03	*0	0.76	3.35	0.17	0.03
Tater Tots, Baked Veg., RSod	#8 Disher	100	93	165	1.03	0	1.03	14.43	3.61	0.00
Grapes, Fresh, Red Seedless	1/2 cup	150	61	2	0.82	15	0.57	15.56	0.32	0.10
Milk, FatFree Chocolate	1/2 pint	100	120	180	0.00	18	8.0	20.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	25	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	25	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
Ranch Dressing, Mix/Buttermilk	# 40 dipper	50	42	168	0.00	1	0.5	0.7	4.12	0.47
Ketchup/p.c. packet	PC pkt	150	10	25	0.00	2	0.0	2.0	0.0	0.00
Mustard/p.c. packet	PC pkt	50	4	69	0.06	0	0.26	0.35	0.24	0.01
Mayonnaise, P.C. Packet, Light	PC pkt	50	5	130	0.00	0	0.0	1.0	0.0	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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	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			562	865	4.87	*35	26.60	68.32	20.32	5.03
% of Calories						*24.9%	18.9%	48.7%	32.6%	8.1%
Nutrient Guideline			600-700	1360						<10.00

Wed - 08/23/2017										
ExpressLunch/3rd Line, Jr Hi	Total	150								
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	30	370	580	3.00	4	20.0	33.0	17.0	9.00
Chicken Filet, SandWWholeMuscl	Sandwich	40	370	540	5.00	4	29.0	42.0	12.0	2.00
Chicken Filet, SandSpicy, mwWMM	Sandwich	50	380	540	6.00	4	29.0	42.0	12.0	2.00
Lettuce & Sliced Tomato Salad	Serving	100	16	7	1.18	*1	0.87	3.4	0.17	0.02
Broccoli Florets, Raw, Fresh	1/2 cup	100	12	12	0.92	1	1.0	2.36	0.13	0.01
Apple Wedges, Red & Green	serving	100	79	2	3.63	*0	0.4	21.01	0.26	0.05
Milk, FatFree Chocolate	1/2 pint	100	120	180	0.00	18	8.0	20.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	25	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	25	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
Ranch Dressing, Mix/Buttermilk	# 40 dipper	50	42	168	0.00	1	0.5	0.7	4.12	0.47
Ketchup/p.c. packet	PC pkt	100	10	25	0.00	2	0.0	2.0	0.0	0.00
Mustard/p.c. packet	PC pkt	50	4	69	0.06	0	0.26	0.35	0.24	0.01
Mayonnaise, P.C. Packet, Light	PC pkt	25	5	130	0.00	0	0.0	1.0	0.0	0.00
Weighted Daily Average			577	835	8.37	*23	35.34	75.80	16.25	5.07
% of Calories						*15.6%	24.5%	52.5%	25.3%	7.9%
Nutrient Guideline			600-700	1360						<10.00

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Thu - 08/24/2017										
ExpressLunch/3rd Line, Jr Hi	Total	150								
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
Hamburger/All Beef/WhlGrnAdvnc	sandwich	50	320	275	4.00	3	23.0	28.0	15.0	5.00
Cheeseburger/AllBeef/WhlGrnAdv	sandwich	50	355	430	4.00	3	26.5	29.0	17.0	6.25
Lettuce & Sliced Tomato Salad	Serving	100	16	7	1.18	*1	0.87	3.4	0.17	0.02
Tater Tots, Baked Veg., RSod	#8 Dish	100	93	165	1.03	0	1.03	14.43	3.61	0.00
Baked Beans, Canned, Bush's, Vg	1/2 cup	150	140	371	6.02	12	5.02	30.09	0.5	0.00
Bananas	1 EACH	150	90	1	2.63	12	1.1	23.07	0.33	0.11
Milk, FatFree Chocolate	1/2 pint	100	120	180	0.00	18	8.0	20.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	25	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 cup	25	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
Ranch Dressing, Mix/Buttermilk	# 40 dipper	100	42	168	0.00	1	0.5	0.7	4.12	0.47
Ketchup/p.c. packet	PC pkt	100	10	25	0.00	2	0.0	2.0	0.0	0.00
Mustard/p.c. packet	PC pkt	50	4	69	0.06	0	0.26	0.35	0.24	0.01
Mayonnaise, P.C. Packet, Light	PC pkt	25	5	130	0.00	0	0.0	1.0	0.0	0.00
Weighted Daily Average			798	1239	13.80	*46	39.14	114.81	22.94	7.28
% of Calories						*23.2%	19.6%	57.5%	25.9%	8.2%
Nutrient Guideline			600-700	1360						<10.00

Fri - 08/25/2017										
ExpressLunch/3rd Line, Jr Hi	Total	150								
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
Chicken Filet, SandWWholeMuscl	Sandwich	50	370	540	5.00	4	29.0	42.0	12.0	2.00
Chicken Filet, SandSpicy, mwWM	Sandwich	50	380	540	6.00	4	29.0	42.0	12.0	2.00
Lettuce & Sliced Tomato Salad	Serving	100	16	7	1.18	*1	0.87	3.4	0.17	0.02
Cucumber, slices, veg.	1/2 C	50	11	2	0.38	1	0.49	2.74	0.08	0.03
Plums, Fresh	1 EACH	100	30	0	0.92	7	0.46	7.54	0.18	0.01
Milk, FatFree Chocolate	1/2 pint	100	120	180	0.00	18	8.0	20.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	25	110	131	0.00	12	8.03	13.05	2.51	1.51
Milk, Skim, Unflavored	1/2 pint	25	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
Ranch Dressing, Mix/Buttermilk	# 40 dipper	100	42	168	0.00	1	0.5	0.7	4.12	0.47
Ketchup/p.c. packet	PC pkt	50	10	25	0.00	2	0.0	2.0	0.0	0.00
Mustard/p.c. packet	PC pkt	50	4	69	0.06	0	0.26	0.35	0.24	0.01
Mayonnaise, P.C. Packet, Light	PC pkt	50	5	130	0.00	0	0.0	1.0	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			552	896	6.21	*27	35.64	66.47	17.18	4.77
% of Calories						*19.2%	25.8%	48.1%	28.0%	7.8%
Nutrient Guideline			600-700	1360						<10.00

Weighted Average			619	942	8.69	*34 *49.6%	34.53 22.3%	81.92 52.9%	18.36 26.7%	5.40 7.9%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	619		600 - 700	100%				
Sodium (mg)	942		1360					
Fiber (g)	8.69				Missing			
Sugars (g)	34	22.04%						
Protein (g)	34.53	22.32%						
Carbohydrate (g)	81.92	52.95%						
Total Fat (g)	18.36	26.69%						
Saturated Fat (g)	5.40	7.86%	<10.00%					

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