

# Richardson I.S.D.

## Planned Menu Spreadsheet

### Portion Values - Detailed

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Feb 5, 2018 thru Feb 16, 2018

Jr High Lunch Grades 7-8

001 - Central Office

Generated on: 1/24/2018 3:03:26 PM

	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										
Jr High Lunch Grades 7-8	Total	100								
Chicken Quesadillas, 2M2G	1 quesadilla	40	420	1055	3.28	2	21.77	31.69	22.82	11.31
Chalupa/JTM/2M/S.W.Turkey	2CornShell#12	40	436	886	10.09	*2	22.75	44.49	17.74	6.07
Box, Protein Power Pack	1 EACH	10	320	752	3.03	*5	16.55	29.76	13.89	6.26
Mexican Rice, WhlGrain, Lawrys	1/2 Cup	50	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
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	70	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	40	8	89	0.00	1	0.0	1.69	0.0	0.00
Jalepeno Peppers, Condiment	# 40 dipper	40	2	152	0.46	0	0.0	0.46	0.0	0.00
Lettuce, shredded, condiment	1/4 cup	40	3	2	0.24	0	0.18	0.59	0.03	0.00
Tomatoes, Chopped, Condiment	#30	40	4	1	0.27	1	0.2	0.88	0.05	0.01
Sour Cream, Light, Condiment	# 40 dipper	40	34	21	0.00	2	1.72	1.72	2.15	1.72
Ranch Dressing, Mix/Buttermilk	# 40 dipper	40	42	168	0.00	1	0.5	0.7	4.12	0.47
Dressing, Caesar, P.C, Chelton	1 Each	40	45	190	0.00	1	0.5	2.0	3.5	1.00
Weighted Daily Average			763	1696	14.19	*20	35.19	92.09	27.47	10.53
% of Calories						*10.4%	18.5%	48.3%	32.4%	12.4%
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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Jr High Lunch Grades 7-8

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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)
Tue - 02/06/2018										
Jr High Lunch Grades 7-8	Total	100								
Mini CornDogs/FosterFarms/2M2G	6 mini dogs	55	270	410	5.00	5	10.0	30.0	12.0	3.50
Meatball Sandwich/Hoagie	30	30	466	718	6.41	*7	25.71	51.49	18.92	4.70
Yogurt, StrngCh,Chzlt/Entree	yo/stk/pkg	10	246	442	0.71	10	13.13	28.05	9.17	3.42
Banana Bread Muffins, WholeGr	muffin	40	163	186	1.77	*14	3.12	29.54	3.94	1.78
Tater Tots, Baked Veg., RSod	#8 Disher	50	93	165	1.03	0	1.03	14.43	3.61	0.00
Cucumber Slices& Tiny Tomatoes	1/2 Cup	50	12	3	0.64	*1	0.57	2.82	0.12	0.03
Fruit Juice, 4 oz	4 fl.oz.	60	60	10	0.00	13	0.0	14.0	0.0	0.00
Milk, FatFree Chocolate	1/2 pint	70	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	40	10	25	0.00	2	0.0	2.0	0.0	0.00
Mustard/p.c. packet	PC pkt	40	4	69	0.06	0	0.26	0.35	0.24	0.01
Ranch Dressing, Mix/Buttermilk	# 40 dipper	40	42	168	0.00	1	0.5	0.7	4.12	0.47
Dressing, Honey Mustard, PC Cu	1 Each	40	80	125	0.00	5	0.0	7.0	6.0	1.00
Weighted Daily Average			632	964	6.31	*38	24.62	84.94	21.28	5.30
% of Calories						*24.2%	15.6%	53.8%	30.3%	7.5%
Nutrient Guideline			600-700	1360						<10.00

Wed - 02/07/2018										
Jr High Lunch Grades 7-8	Total	100								
Spaghetti & Meatballs, SceChx	1Cup/3Ea	50	444	353	5.06	11	24.16	60.74	13.06	2.51
Breadstick, CheesyGarlicDough	1 Each	40	130	177	1.00	2	3.01	13.04	6.34	2.17
Enchiladas,Cheese/RFChed/RedSc	2 each	35	360	1028	2.32	*0	18.53	26.62	18.48	10.31
Box, Pizza Kit	1 EACH	5	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	50	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	70	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

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Jr High Lunch Grades 7-8

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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			642	1116	8.69	*34	31.36	81.77	19.92	7.77
% of Calories						*21.2%	19.5%	50.9%	27.9%	10.9%
Nutrient Guideline			600-700	1360						<10.00

Thu - 02/08/2018										
Jr High Lunch Grades 7-8	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	20	263	400	2.50	1	16.25	16.25	15.0	2.50
Chili / JTM, S.W, Turkey, 1C	1 Cup	40	253	999	3.52	5	26.37	15.82	8.79	2.81
Rolls/Rich's/WGRich/2.5oz/160	Roll, 2.5 oz	80	185	153	3.40	3	7.0	28.0	4.67	1.33
Yogurt, Colby, WCracker/2M1G	yo/stk/pkg	10	260	425	2.00	11	13.0	29.0	9.0	4.00
Sweet Potatoes, Whipped, Veg	1/2 cup	40	174	138	2.98	19	0.76	34.72	3.95	1.60
Broccoli, Steamed, Seasoned	1/2 cup	50	57	156	2.24	*0	3.36	4.48	3.2	1.60
Pears, Fresh, Wedged	1 EACH	60	102	2	5.52	*17	0.64	27.24	0.25	0.04
Milk, FatFree Chocolate	1/2 pint	70	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
Weighted Daily Average			681	1112	11.29	*40	35.69	90.39	19.48	5.61
% of Calories						*23.7%	21.0%	53.1%	25.7%	7.4%
Nutrient Guideline			600-700	1360						<10.00

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Jr High Lunch Grades 7-8

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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 - 02/09/2018										
Jr High Lunch Grades 7-8	Total	100								
Chicken Filet, SandWWholeMuscl	Sandwich	30	370	540	5.00	4	29.0	42.0	12.0	2.00
Chicken Filet, SandSpicy, mwWM	Sandwich	20	380	540	6.00	4	29.0	42.0	12.0	2.00
Fish on a WG Bun/Trident,3.6	1 piece	40	320	419	5.00	*3	17.98	42.97	9.98	1.00
SunFlower Butter & GrapeJeSand	1 Each	10	610	590	7.00	18	20.0	56.0	34.0	4.00
Macaroni & Cheese/LndOLakes	1/2 cup	40	178	331	1.01	*1	8.25	23.62	5.81	3.53
Greens, TurnipwDicedTurnipsVeg	1/2 Cup	40	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	70	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
Tartar Sauce, P.C., 200/9 gm	PC pkt	20	27	113	0.00	1	0.0	1.33	2.0	0.00
Weighted Daily Average			643	964	8.24	*27	36.06	80.63	20.28	5.31
% of Calories						*16.8%	22.4%	50.2%	28.4%	7.4%
Nutrient Guideline			600-700	1360						<10.00

Mon - 02/12/2018										
Jr High Lunch Grades 7-8	Total	100								
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	40	370	580	3.00	4	20.0	33.0	17.0	9.00
Sandwich, Turkey&Cheese, Deli	sandwich	10	295	740	3.00	*1	19.5	35.0	9.75	4.25
Box, Protein Power Pack	1 EACH	10	320	752	3.03	*5	16.55	29.76	13.89	6.26
Corn, Seasoned, from Frozen	1/2 cup	60	96	59	2.00	3	2.11	15.97	3.76	1.69
Broccoli, Steamed, Seasoned	1/2 cup	40	57	156	2.24	*0	3.36	4.48	3.2	1.60
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	70	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
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

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Weighted Daily Average			554	832	6.73	*29	28.76	69.32	18.44	9.02
% of Calories						*21.0%	20.8%	50.1%	30.0%	14.7%
Nutrient Guideline			600-700	1360						<10.00

Tue - 02/13/2018										
Jr High Lunch Grades 7-8	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	35	355	430	4.00	3	26.5	29.0	17.0	6.25
Hot Dog on WG Bun, Trky,2M1.5G	1 each	20	240	840	2.00	5	12.0	25.0	10.5	3.00
Yogurt, StrngCh,GldFshCrckrs	yo/stk/pkg	10	240	435	1.00	10	14.0	30.0	7.0	3.00
Macaroni & Cheese/LndOLakes	1/2 cup	60	178	331	1.01	*1	8.25	23.62	5.81	3.53
Cabbage, Seasoned, Green	1/2 cup	40	45	275	2.28	3	1.18	5.35	2.49	1.23
Garden Salad w/ Spinach	1 Cup	40	17	26	1.48	*1	1.19	3.53	0.21	0.03
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	70	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
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
Dressing, Honey Mustard, PC Cu	1 Each	20	80	125	0.00	5	0.0	7.0	6.0	1.00
Weighted Daily Average			596	1024	7.20	*24	32.86	75.62	19.80	7.59
% of Calories						*16.1%	22.0%	50.7%	29.9%	11.5%
Nutrient Guideline			600-700	1360						<10.00

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Wed - 02/14/2018										
Jr High Lunch Grades 7-8	Total	100								
Nachos, WG, BAG, RFCheese1M2G	#10Chs	10	321	715	3.00	0	11.08	32.04	16.09	7.06
Nachos/BAG/JTM:TrkyChili&C2M2G	#12Mt/#10Chs	15	407	1055	4.19	*2	20.0	37.39	19.09	8.03
Nachos/BAGJTMTrkyChli/NoChs1M2G	#12Mt	10	275	494	4.17	2	11.81	33.28	9.94	1.94
Nachos, Dorito, BagRFCheese1M2G	#10Chs	10	321	835	2.00	0	11.08	31.04	16.09	7.06
Nachos, DoritsJTM:TrkyChili2M2G	#12Mt/#10Chs	15	407	1175	3.19	*2	20.0	36.39	19.09	8.03
Nachos, DoritoJTMChli/NoChs1M2G	#12Mt	10	275	614	3.17	2	11.81	32.28	9.94	1.94
Crispito/ChickenChili/72cs2M2G	2 crispitos	10	540	740	6.00	2	24.0	46.0	28.0	6.00
Box, Pizza Kit	1 EACH	10	294	711	3.03	*5	17.33	30.65	9.96	3.70
Oatmeal Muffins, 1WG	muffin	60	235	157	2.25	*23	4.22	41.02	6.53	2.38
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
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	70	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
Sour Cream, Light, Condiment	# 40 dipper	20	34	21	0.00	2	1.72	1.72	2.15	1.72
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			732	1351	9.37	*48	29.84	103.79	21.59	7.82
% of Calories						*26.2%	16.3%	56.7%	26.6%	9.6%
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**

Jr High Lunch Grades 7-8

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)
<b>Thu - 02/15/2018</b>										
Jr High Lunch Grades 7-8	Total	100								
Chicken Tenders, WG, Tyson, 70334	3pcs	40	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
Rolls/Rich's/WGRich/2.5oz/160	Roll, 2.5 oz	60	185	153	3.40	3	7.0	28.0	4.67	1.33
Chicken Fried Steak, WhlGrnBun	sandwich	20	435	465	6.95	5	21.76	46.7	20.7	4.43
Chef Salad, Boileg Egg&Chs1Crk	1 salad	5	244	357	4.39	*4	13.21	19.93	12.12	4.65
Mashed Potatoes: Idahoan	1/2 Cup	60	70	254	1.00	*1	2.0	14.02	0.5	0.00
Peas, Green, Season/18serv/can	1/2 cup	60	95	456	4.47	*0	4.79	13.73	2.66	1.18
Bananas	1 EACH	60	90	1	2.63	12	1.1	23.07	0.33	0.11
Milk, FatFree Chocolate	1/2 pint	70	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
Gravy, LowSodiumPepper, Pioneer	1 Fl. Oz	50	17	70	0.00	*0	0.0	2.47	0.99	0.49
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
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			692	1187	10.61	*29	32.29	89.53	23.16	5.29
% of Calories						*16.8%	18.7%	51.7%	30.1%	6.9%
Nutrient Guideline			600-700	1360						<10.00

<b>Fri - 02/16/2018</b>										
Jr High Lunch Grades 7-8	Total	100								
Rice Bowl, OraChix, WGORieRic2G	#8Rice, 12p	30	527	850	3.72	*27	18.24	67.54	18.45	4.39
Cheese Bites, Wild Mike's, 2M2G	4 Bites	50	292	552	3.95	0	15.8	27.66	13.52	4.78
Yogurt, Colby, WCracker/2M1G	yo/stk/pkg	10	260	425	2.00	11	13.0	29.0	9.0	4.00
Peas, Green, Seasoned, Frozen	1/2 cup	40	94	279	4.29	4	4.91	13.58	2.5	1.17
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
Milk, FatFree Chocolate	1/2 pint	70	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, Dip Cup, 1oz	1 Each	20	15	120	0.50	2	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
Dressing, Honey Mustard, PC Cu	1 Each	20	80	125	0.00	5	0.0	7.0	6.0	1.00

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# Richardson I.S.D.

Planned Menu Spreadsheet

Portion Values - Detailed

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Feb 5, 2018 thru Feb 16, 2018

Jr High Lunch Grades 7-8

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			582	962	9.66	*41	25.14	81.77	16.93	5.21
% of Calories						*27.9%	17.3%	56.2%	26.2%	8.0%
Nutrient Guideline			600-700	1360						<10.00

Weighted Average			652	1121	9.23	*33	31.18	84.98	20.84	6.94
						*45.6%	19.1%	52.2%	28.8%	9.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	652		600 - 700	100%				
Sodium 1 (mg)	1121		1360					
Sodium 2 (mg)	1121		1035				86	Correction Required - Sodium too High
Fiber (g)	9.23				Missing			
Sugars (g)	33	20.28%						
Protein (g)	31.18	19.14%						
Carbohydrate (g)	84.98	52.16%						
Total Fat (g)	20.84	28.77%						
Saturated Fat (g)	6.94	9.59%	<10.00%					

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