

# Richardson I.S.D.

## Planned Menu Spreadsheet

### Portion Values - Detailed

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Apr 9, 2018 thru Apr 13, 2018

Sack Lunch Menu HS

005 - Berkner High School 065

Generated on: 4/12/2018 12:54:45 PM

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/09/2018										
Sack Lunch Menu HS	Total	500								
Sandwich, Turkey&Cheese, HBbun	sandwich	500	265	640	4.00	4	22.5	30.0	8.25	3.25
Mustard/p.c. packet	PC pkt	500	4	69	0.06	0	0.26	0.35	0.24	0.01
Mayonnaise, P.C. Packet, Light	PC pkt	500	5	130	0.00	0	0.0	1.0	0.0	0.00
Carroteenies, 2 oz pkg	pkg	500	20	44	1.64	3	0.36	4.67	0.07	0.01
Cucumber, slices, veg.	1/2 C	500	11	2	0.38	1	0.49	2.74	0.08	0.03
Applesauce Cup, Unsweet/AnyFlv	1 each	500	50	15	1.00	12	0.0	14.0	0.0	0.00
Craisins, Cherry, SweetDried	pack	500	110	0	3.00	24	0.0	28.0	0.0	0.00
Milk, FatFree Chocolate	1/2 pint	400	120	180	0.00	18	8.0	20.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	100	110	131	0.00	12	8.03	13.05	2.51	1.51
Ranch, Hidden Valley Light,cup	pc cup	500	60	370	0.00	*N/A*	0.0	7.0	3.5	0.50
Weighted Daily Average			643	1440	10.08	*61	31.62	106.38	12.65	4.10
% of Calories						*37.8%	19.7%	66.1%	17.7%	5.7%
Nutrient Guideline			750-850	1420						<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/10/2018										
Sack Lunch Menu HS	Total	500								
Sandwich, TrkeyHam&Chse, HBbun	sandwich	500	260	735	4.00	4	21.5	30.5	8.25	3.25
Mustard/p.c. packet	PC pkt	500	4	69	0.06	0	0.26	0.35	0.24	0.01
Mayonnaise, P.C. Packet, Light	PC pkt	500	5	130	0.00	0	0.0	1.0	0.0	0.00
Juice, Veggie, Dragon Punch	Box	500	55	35	0.00	13	0.0	14.0	0.0	0.00
Tomatoes, Cherry,Red,Ripe,Raw,	1/2 cup	500	16	4	1.03	*0	0.76	3.35	0.17	0.03
Apples, Fresh, Whole	1 EACH	500	79	2	3.63	*0	0.39	20.88	0.26	0.05
Juice, Fruit Blend, 4 fl oz	1 Each	500	60	10	0.00	13	0.0	14.0	0.0	0.00
Milk, FatFree Chocolate	1/2 pint	450	120	180	0.00	18	8.0	20.0	0.0	0.00
Milk, 1% Unflavored	1/2 pint	50	110	131	0.00	12	8.03	13.05	2.51	1.51
Ranch, Hidden Valley Light,cup	pc cup	500	60	370	0.00	*N/A*	0.0	7.0	3.5	0.50
Weighted Daily Average			657	1530	8.72	*47	30.91	110.39	12.67	3.98
% of Calories						*28.8%	18.8%	67.2%	17.4%	5.5%
Nutrient Guideline			750-850	1420						<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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	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/11/2018										
Sack Lunch Menu HS	Total	500								
SunFlower Butter & GrapeJeSand	1 Each	500	610	590	7.00	18	20.0	56.0	34.0	4.00
BROCCOLI,raw: fresh	1/2 CUP	500	12	12	0.92	1	1.0	2.36	0.13	0.01
Corn, Seasoned, from Frozen	1/2 cup	500	96	59	2.00	3	2.11	15.97	3.76	1.69
Craisins, Cherry, SweetDried	pack	500	110	0	3.00	24	0.0	28.0	0.0	0.00
Apples, Fresh, Whole	1 EACH	500	79	2	3.63	*0	0.39	20.88	0.26	0.05
Milk, FatFree Chocolate	1/2 pint	400	120	180	0.00	18	8.0	20.0	0.0	0.00
Milk,1% Unflavored	1/2 pint	100	110	131	0.00	12	8.03	13.05	2.51	1.51
Ranch, Hidden Valley Light,cup	pc cup	500	60	370	0.00	*N/A*	0.0	7.0	3.5	0.50
Weighted Daily Average			1085	1203	16.55	*62	31.51	148.82	42.15	6.55
% of Calories						*22.8%	11.6%	54.9%	35.0%	5.4%
Nutrient Guideline			750-850	1420						<10.00

	Portion Size	Plan Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/12/2018										
Sack Lunch Menu HS	Total	500								
Sandwich, TrkeyHam&Chse, HBbun	sandwich	500	260	735	4.00	4	21.5	30.5	8.25	3.25
Mustard/p.c. packet	PC pkt	500	4	69	0.06	0	0.26	0.35	0.24	0.01
Mayonnaise, P.C. Packet, Light	PC pkt	500	5	130	0.00	0	0.0	1.0	0.0	0.00
Carrot and Celery Sticks	1/2 cup	500	18	54	1.55	*2	0.45	3.89	0.1	0.02
Green Beans, Seasoned	1/2 cup	500	43	225	2.45	1	1.23	4.96	1.36	0.68
Juice, Fruit Blend, 4 fl oz	1 Each	500	60	10	0.00	13	0.0	14.0	0.0	0.00
Apples, Fresh, Whole	1 EACH	500	79	2	3.63	*0	0.39	20.88	0.26	0.05
Milk, FatFree Chocolate	1/2 pint	400	120	180	0.00	18	8.0	20.0	0.0	0.00
Milk,1% Unflavored	1/2 pint	100	110	131	0.00	12	8.03	13.05	2.51	1.51
Ranch, Hidden Valley Light,cup	pc cup	500	60	370	0.00	*N/A*	0.0	7.0	3.5	0.50
Weighted Daily Average			647	1765	11.69	*37	31.84	101.20	14.21	4.81
% of Calories						*22.7%	19.7%	62.6%	19.8%	6.7%
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 - 04/13/2018										
Sack Lunch Menu HS	Total	500								
Sandwich, Turkey&Cheese, HBbun	sandwich	500	265	640	4.00	4	22.5	30.0	8.25	3.25
Mustard/p.c. packet	PC pkt	500	4	69	0.06	0	0.26	0.35	0.24	0.01
Mayonnaise, P.C. Packet, Light	PC pkt	500	5	130	0.00	0	0.0	1.0	0.0	0.00
Juice, Veggie Mango Swirl, 6	1 Each	500	88	24	0.00	21	0.0	22.34	0.0	0.00
Baked Beans, Canned, Bush's,Vg	1/2 cup	500	140	371	6.02	12	5.02	30.09	0.5	0.00
Apples, Fresh, Whole	1 EACH	500	79	2	3.63	*0	0.39	20.88	0.26	0.05
Bananas	1 EACH	500	90	1	2.63	12	1.1	23.07	0.33	0.11
Milk, FatFree Chocolate	1/2 pint	400	120	180	0.00	18	8.0	20.0	0.0	0.00
Milk,1% Unflavored	1/2 pint	100	110	131	0.00	12	8.03	13.05	2.51	1.51
Weighted Daily Average			789	1407	16.33	*66	37.27	146.35	10.09	3.72
% of Calories						*33.4%	18.9%	74.2%	11.5%	4.2%
Nutrient Guideline			750-850	1420						<10.00

Weighted Average			764	1469	12.67	*55	32.63	122.63	18.35	4.63
						*64.3%	17.1%	64.2%	21.6%	5.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	764		750 - 850	100%				
Sodium 1 (mg)	1469		1420				49	Correction Required - Sodium too High
Sodium 2 (mg)	1469		1080				389	Correction Required - Sodium too High
Fiber (g)	12.67							
Sugars (g)	55	28.56%			Missing			
Protein (g)	32.63	17.08%						
Carbohydrate (g)	122.63	64.19%						
Total Fat (g)	18.35	21.62%						
Saturated Fat (g)	4.63	5.46%	<10.00%					

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