

Jenison Hudsonville School Food Service

Dec 3, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

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Generated on: 11/13/2018 11:59:26 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 12/03/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| TURKEY W/CHEESE ON WG BUN | 1 EACH | 1 | 220 | 24 | 502 | 2.00 | 1.98 | 77.5 | 75 | 0.0 | 4 | 15.25 | 28.25 | 4.75 | 2.25 | *0.00 |
| Celery Sticks | 4 STICKS | 1 | 6 | 0 | 33 | 0.66 | 0.06 | 16.5 | 182 | 1.19 | 0 | 0.33 | 1.32 | 0.0 | 0.00 | 0.00 |
| GRAPE JUICE | 1 EACH | 1 | 80 | 0 | 0 | 0.00 | 0.36 | 0.0 | 0 | 60.0 | 18 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| APPLE FRESH | 3" | 1 | 95 | 0 | 2 | 4.37 | 0.22 | 10.9 | 98 | 8.37 | 19 | 0.47 | 25.13 | 0.31 | 0.05 | 0.00 |
| CARROTS,RAW,BABY | 6 carrots | 1 | 21 | 0 | 47 | 1.74 | 0.53 | 19.2 | 8274 | 1.56 | 3 | 0.38 | 4.94 | 0.08 | 0.01 | 0.00 |
| Ranch Dressing | 2 tbls | 1 | 79 | 6 | 268 | 0.00 | 0.01 | 23.2 | 23 | 0.09 | 2 | 0.58 | 3.28 | 6.76 | 1.07 | 0.00 |
| milk, chocolate fat free | 8 oz | 1 | 100 | 15 | 120 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 11 | 8.0 | 11.0 | 3.0 | 2.00 | 0.00 |
| Weighted Daily Average | | | 600 | 45 | 972 | 8.77 | 3.16 | 347.3 | 9403 | 71.22 | 57 | 25.01 | 92.93 | 14.90 | 5.39 | *0.00 |
| % of Calories | | | | | | | | | | | 38.3% | 16.7% | 62.0% | 22.4% | 8.1% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|------------------------------|-----------|---|---------|----|------|------|------|-------|------|-------|-------|-------|-------|-------|------|--------|
| Tue - 12/04/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| TURKEY W/CHEESE ON WG BUN | 1 EACH | 1 | 220 | 24 | 502 | 2.00 | 1.98 | 77.5 | 75 | 0.0 | 4 | 15.25 | 28.25 | 4.75 | 2.25 | *0.00 |
| Fresh Cucumbers | 6 OZ | 1 | 9 | 0 | 0 | 0.90 | 0.32 | 18.0 | 0 | 0.0 | 1 | 0.9 | 1.8 | 0.0 | 0.00 | 0.00 |
| Pineapple Tidbits | 1/2 cup | 1 | 70 | 0 | 0 | 1.00 | 0.36 | 0.0 | 75 | 9.0 | 15 | 0.0 | 18.0 | 0.0 | 0.00 | 0.00 |
| GRAPES,FRESH | 1/2 cup | 1 | 60 | 0 | 10 | 0.67 | 0.00 | 13.3 | 67 | 0.8 | 13 | 0.0 | 15.33 | 0.0 | 0.00 | 0.00 |
| CARROTS,RAW,BABY | 6 carrots | 1 | 21 | 0 | 47 | 1.74 | 0.53 | 19.2 | 8274 | 1.56 | 3 | 0.38 | 4.94 | 0.08 | 0.01 | 0.00 |
| Ranch Dressing | 2 tbls | 1 | 79 | 6 | 268 | 0.00 | 0.01 | 23.2 | 23 | 0.09 | 2 | 0.58 | 3.28 | 6.76 | 1.07 | 0.00 |
| milk, chocolate fat free | 8 oz | 1 | 100 | 15 | 120 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 11 | 8.0 | 11.0 | 3.0 | 2.00 | 0.00 |
| Weighted Daily Average | | | 559 | 45 | 948 | 6.31 | 3.21 | 351.2 | 9264 | 11.45 | 50 | 25.11 | 82.61 | 14.59 | 5.34 | *0.00 |
| % of Calories | | | | | | | | | | | 35.6% | 18.0% | 59.1% | 23.5% | 8.6% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|------------------------------|-----------|---|-----|----|-----|------|------|-------|------|------|----|-------|-------|------|------|-------|
| Wed - 12/05/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| TURKEY W/CHEESE ON WG BUN | 1 EACH | 1 | 220 | 24 | 502 | 2.00 | 1.98 | 77.5 | 75 | 0.0 | 4 | 15.25 | 28.25 | 4.75 | 2.25 | *0.00 |
| Lettuce, Romaine Ribbons | 1 cup | 1 | 10 | 0 | 0 | 1.00 | 0.72 | 20.0 | 5000 | 30.0 | 0 | 0.0 | 2.0 | 0.0 | 0.00 | 0.00 |
| DICED PEACHES | 1/2 cup | 1 | 50 | 0 | 5 | 0.00 | 0.00 | 0.0 | 300 | 1.2 | 10 | 0.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| BANANA | 6-7 inch | 1 | 90 | 0 | 1 | 2.63 | 0.26 | 5.1 | 65 | 8.79 | 12 | 1.1 | 23.07 | 0.33 | 0.11 | 0.00 |
| CARROTS,RAW,BABY | 6 carrots | 1 | 21 | 0 | 47 | 1.74 | 0.53 | 19.2 | 8274 | 1.56 | 3 | 0.38 | 4.94 | 0.08 | 0.01 | 0.00 |
| Ranch Dressing | 2 tbls | 1 | 79 | 6 | 268 | 0.00 | 0.01 | 23.2 | 23 | 0.09 | 2 | 0.58 | 3.28 | 6.76 | 1.07 | 0.00 |
| milk, chocolate fat free | 8 oz | 1 | 100 | 15 | 120 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 11 | 8.0 | 11.0 | 3.0 | 2.00 | 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Jenison Hudsonville School Food Service

Dec 3, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 570 | 45 | 944 | 7.37 | 3.51 | 344.9 | 14487 | 41.64 | 43 | 25.31 | 84.55 | 14.92 | 5.45 | *0.00 |
| % of Calories | | | | | | | | | | | 30.1% | 17.8% | 59.4% | 23.6% | 8.6% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| Thu - 12/06/2018 | | | | | | | | | | | | | | | | |
|------------------------------|-----------|---|---------|----|------|------|------|-------|------|-------|-------|-------|-------|-------|------|--------|
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| TURKEY W/CHEESE ON WG BUN | 1 EACH | 1 | 220 | 24 | 502 | 2.00 | 1.98 | 77.5 | 75 | 0.0 | 4 | 15.25 | 28.25 | 4.75 | 2.25 | *0.00 |
| APPLESAUCE,CANNED,UNSW | 1/2 cup | 1 | 50 | 0 | 15 | 2.00 | 0.36 | 0.0 | 55 | 0.0 | 11 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| TND | | | | | | | | | | | | | | | | |
| ORANGES WEDGES | 1 ORANGE | 1 | 45 | 0 | 0 | 2.30 | 0.10 | 38.4 | 216 | 51.07 | 9 | 0.9 | 11.28 | 0.12 | 0.01 | 0.00 |
| CARROTS,RAW,BABY | 6 carrots | 1 | 21 | 0 | 47 | 1.74 | 0.53 | 19.2 | 8274 | 1.56 | 3 | 0.38 | 4.94 | 0.08 | 0.01 | 0.00 |
| Ranch Dressing | 2 tbls | 1 | 79 | 6 | 268 | 0.00 | 0.01 | 23.2 | 23 | 0.09 | 2 | 0.58 | 3.28 | 6.76 | 1.07 | 0.00 |
| Milk, White Fat Free | carton | 1 | 80 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 11 | 8.0 | 11.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 495 | 35 | 953 | 8.04 | 2.98 | 458.3 | 9143 | 53.93 | 40 | 25.11 | 71.76 | 11.71 | 3.35 | *0.00 |
| % of Calories | | | | | | | | | | | 32.7% | 20.3% | 58.0% | 21.3% | 6.1% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| Fri - 12/07/2018 | | | | | | | | | | | | | | | | |
|------------------------------|-----------|---|---------|----|------|-------|------|-------|------|-------|-------|-------|--------|-------|------|--------|
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| TURKEY W/CHEESE ON WG BUN | 1 EACH | 1 | 220 | 24 | 502 | 2.00 | 1.98 | 77.5 | 75 | 0.0 | 4 | 15.25 | 28.25 | 4.75 | 2.25 | *0.00 |
| Baked Beans | 4 OZ | 1 | 140 | 0 | 550 | 5.00 | 1.80 | 40.0 | 60 | 0.0 | 12 | 6.0 | 29.0 | 1.0 | 0.00 | 0.00 |
| TROPICAL MIXED FRUIT | 1/2 cup | 1 | 80 | 0 | 0 | 1.00 | 0.36 | 0.0 | 0 | 18.0 | 19 | 0.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| PEARS,FRESH | 1 EACH | 1 | 95 | 0 | 2 | 5.15 | 0.30 | 14.9 | 42 | 7.14 | 16 | 0.6 | 25.28 | 0.23 | 0.04 | 0.00 |
| CARROTS,RAW,BABY | 6 carrots | 1 | 21 | 0 | 47 | 1.74 | 0.53 | 19.2 | 8274 | 1.56 | 3 | 0.38 | 4.94 | 0.08 | 0.01 | 0.00 |
| Ranch Dressing | 2 tbls | 1 | 79 | 6 | 268 | 0.00 | 0.01 | 23.2 | 23 | 0.09 | 2 | 0.58 | 3.28 | 6.76 | 1.07 | 0.00 |
| milk, chocolate fat free | 8 oz | 1 | 100 | 15 | 120 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 11 | 8.0 | 11.0 | 3.0 | 2.00 | 0.00 |
| Weighted Daily Average | | | 734 | 45 | 1489 | 14.89 | 4.98 | 374.8 | 9224 | 26.79 | 68 | 30.81 | 121.76 | 15.82 | 5.37 | *0.00 |
| % of Calories | | | | | | | | | | | 36.9% | 16.8% | 66.3% | 19.4% | 6.6% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <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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Dec 3, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 12/10/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| CHICKEN NUGGETS | 5 nuggets | 1 | 240 | 20 | 470 | 3.00 | 1.80 | 40.0 | 100 | 0.0 | 1 | 13.0 | 16.0 | 14.0 | 2.50 | 0.00 |
| Breadstick, Whole Grain | breadstick | 1 | 70 | 0 | 95 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 2.0 | 14.0 | 1.0 | 0.00 | 0.00 |
| Fiesta Black Beans | 1/2 cup | 1 | 120 | 0 | 460 | 5.00 | 1.80 | 40.0 | 0 | 0.0 | 1 | 7.0 | 22.0 | 0.5 | 0.00 | 0.00 |
| Fruit Cocktail | .5 cup | 1 | 69 | *N/A* | 8 | 1.21 | 0.35 | 7.2 | 26 | 2.3 | *N/A* | 0.48 | 18.07 | 0.08 | 0.01 | *N/A* |
| APPLE FRESH | 3" | 1 | 95 | 0 | 2 | 4.37 | 0.22 | 10.9 | 98 | 8.37 | 19 | 0.47 | 25.13 | 0.31 | 0.05 | 0.00 |
| CARROTS,RAW,BABY | 6 carrots | 1 | 21 | 0 | 47 | 1.74 | 0.53 | 19.2 | 8274 | 1.56 | 3 | 0.38 | 4.94 | 0.08 | 0.01 | 0.00 |
| Ranch Dressing | 2 tbls | 1 | 79 | 6 | 268 | 0.00 | 0.01 | 23.2 | 23 | 0.09 | 2 | 0.58 | 3.28 | 6.76 | 1.07 | 0.00 |
| milk, chocolate fat free | 8 oz | 1 | 100 | 15 | 120 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 11 | 8.0 | 11.0 | 3.0 | 2.00 | 0.00 |
| Honey Mustard Dressing | 2 TBSP | 1 | 51 | 0 | 301 | 0.36 | 0.11 | 7.2 | 5 | 0.63 | 5 | 0.32 | 11.53 | 0.44 | 0.10 | 0.00 |
| Honey Packet | packet | 1 | 25 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 7 | 0.0 | 7.0 | 0.0 | 0.00 | 0.00 |
| Barbecue Sauce - JHFS | 2 tbsp | 1 | 50 | 0 | 440 | 0.00 | 0.00 | 0.0 | 45 | 0.0 | 9 | 0.0 | 11.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 919 | *41 | 2211 | 16.68 | 4.82 | 347.8 | 9322 | 12.96 | *60 | 32.24 | 143.96 | 26.18 | 5.75 | *0.00 |
| % of Calories | | | | | | | | | | | *26.3% | 14.0% | 62.7% | 25.6% | 5.6% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 12/11/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| CHICKEN NUGGETS | 5 nuggets | 1 | 240 | 20 | 470 | 3.00 | 1.80 | 40.0 | 100 | 0.0 | 1 | 13.0 | 16.0 | 14.0 | 2.50 | 0.00 |
| Breadstick, Whole Grain | breadstick | 1 | 70 | 0 | 95 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 2.0 | 14.0 | 1.0 | 0.00 | 0.00 |
| Lettuce, Romaine Ribbons | 1 cup | 1 | 10 | 0 | 0 | 1.00 | 0.72 | 20.0 | 5000 | 30.0 | 0 | 0.0 | 2.0 | 0.0 | 0.00 | 0.00 |
| Jenison Spirit Applesauce | 4 oz servin | 1 | 77 | 0 | 55 | 2.05 | 0.37 | 0.0 | 56 | 5.6 | 18 | 0.37 | 19.68 | 0.0 | 0.00 | 0.00 |
| Hudsonville Spirit Applesauce | 4 oz. servin | 1 | 77 | 0 | 45 | 2.05 | 0.37 | 0.0 | 56 | 5.6 | 18 | 0.37 | 19.68 | 0.0 | 0.00 | 0.00 |
| GRAPES,FRESH | 1/2 cup | 1 | 60 | 0 | 10 | 0.67 | 0.00 | 13.3 | 67 | 0.8 | 13 | 0.0 | 15.33 | 0.0 | 0.00 | 0.00 |
| CARROTS,RAW,BABY | 6 carrots | 1 | 21 | 0 | 47 | 1.74 | 0.53 | 19.2 | 8274 | 1.56 | 3 | 0.38 | 4.94 | 0.08 | 0.01 | 0.00 |
| Ranch Dressing | 2 tbls | 1 | 79 | 6 | 268 | 0.00 | 0.01 | 23.2 | 23 | 0.09 | 2 | 0.58 | 3.28 | 6.76 | 1.07 | 0.00 |
| milk, chocolate fat free | 8 oz | 1 | 100 | 15 | 120 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 11 | 8.0 | 11.0 | 3.0 | 2.00 | 0.00 |
| Honey Mustard Dressing | 2 TBSP | 1 | 51 | 0 | 301 | 0.36 | 0.11 | 7.2 | 5 | 0.63 | 5 | 0.32 | 11.53 | 0.44 | 0.10 | 0.00 |
| Honey Packet | packet | 1 | 25 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 7 | 0.0 | 7.0 | 0.0 | 0.00 | 0.00 |
| Barbecue Sauce - JHFS | 2 tbsp | 1 | 50 | 0 | 440 | 0.00 | 0.00 | 0.0 | 45 | 0.0 | 9 | 0.0 | 11.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 860 | 41 | 1851 | 11.87 | 3.91 | 322.9 | 14377 | 44.27 | 89 | 25.03 | 135.46 | 25.28 | 5.69 | 0.00 |
| % of Calories | | | | | | | | | | | 41.5% | 11.6% | 63.0% | 26.4% | 6.0% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <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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Jenison Hudsonville School Food Service

Dec 3, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 12/12/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| CHICKEN NUGGETS | 5 nuggets | 1 | 240 | 20 | 470 | 3.00 | 1.80 | 40.0 | 100 | 0.0 | 1 | 13.0 | 16.0 | 14.0 | 2.50 | 0.00 |
| Breadstick, Whole Grain | breadstick | 1 | 70 | 0 | 95 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 2.0 | 14.0 | 1.0 | 0.00 | 0.00 |
| Sweet Potato Cubes | 1/2 cup | 1 | 147 | 0 | 467 | 4.00 | 0.96 | 26.7 | 4000 | 1.6 | 9 | 1.33 | 25.33 | 4.67 | 0.00 | 0.00 |
| DICED PEACHES | 1/2 cup | 1 | 50 | 0 | 5 | 0.00 | 0.00 | 0.0 | 300 | 1.2 | 10 | 0.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| BANANA | 6-7 inch | 1 | 90 | 0 | 1 | 2.63 | 0.26 | 5.1 | 65 | 8.79 | 12 | 1.1 | 23.07 | 0.33 | 0.11 | 0.00 |
| CARROTS,RAW,BABY | 6 carrots | 1 | 21 | 0 | 47 | 1.74 | 0.53 | 19.2 | 8274 | 1.56 | 3 | 0.38 | 4.94 | 0.08 | 0.01 | 0.00 |
| Ranch Dressing | 2 tbls | 1 | 79 | 6 | 268 | 0.00 | 0.01 | 23.2 | 23 | 0.09 | 2 | 0.58 | 3.28 | 6.76 | 1.07 | 0.00 |
| milk, chocolate fat free | 8 oz | 1 | 100 | 15 | 120 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 11 | 8.0 | 11.0 | 3.0 | 2.00 | 0.00 |
| Honey Mustard Dressing | 2 TBSP | 1 | 51 | 0 | 301 | 0.36 | 0.11 | 7.2 | 5 | 0.63 | 5 | 0.32 | 11.53 | 0.44 | 0.10 | 0.00 |
| Honey Packet | packet | 1 | 25 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 7 | 0.0 | 7.0 | 0.0 | 0.00 | 0.00 |
| Barbecue Sauce - JHFS | 2 tbps | 1 | 50 | 0 | 440 | 0.00 | 0.00 | 0.0 | 45 | 0.0 | 9 | 0.0 | 11.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 922 | 41 | 2214 | 12.73 | 3.67 | 321.3 | 13563 | 13.87 | 72 | 26.72 | 139.16 | 30.28 | 5.80 | 0.00 |
| % of Calories | | | | | | | | | | | 31.3% | 11.6% | 60.4% | 29.6% | 5.7% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|------------------------------|------------|---|---------|----|------|-------|------|-------|-------|--------|--------|-------|--------|-------|------|--------|
| Thu - 12/13/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| CHICKEN NUGGETS | 5 nuggets | 1 | 240 | 20 | 470 | 3.00 | 1.80 | 40.0 | 100 | 0.0 | 1 | 13.0 | 16.0 | 14.0 | 2.50 | 0.00 |
| Breadstick, Whole Grain | breadstick | 1 | 70 | 0 | 95 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 2.0 | 14.0 | 1.0 | 0.00 | 0.00 |
| Lettuce, Romaine Ribbons | 1 cup | 1 | 10 | 0 | 0 | 1.00 | 0.72 | 20.0 | 5000 | 30.0 | 0 | 0.0 | 2.0 | 0.0 | 0.00 | 0.00 |
| DICED PEARS | 1/2 cup | 1 | 80 | 0 | 5 | 2.00 | 0.36 | 0.0 | 70 | 1.2 | 14 | 0.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| PEACH CUP FROZEN | 1 EACH | 1 | 80 | 0 | 0 | 1.00 | 0.36 | 0.0 | 300 | 162.0 | *N/A* | 1.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| CARROTS,RAW,BABY | 6 carrots | 1 | 21 | 0 | 47 | 1.74 | 0.53 | 19.2 | 8274 | 1.56 | 3 | 0.38 | 4.94 | 0.08 | 0.01 | 0.00 |
| Ranch Dressing | 2 tbls | 1 | 79 | 6 | 268 | 0.00 | 0.01 | 23.2 | 23 | 0.09 | 2 | 0.58 | 3.28 | 6.76 | 1.07 | 0.00 |
| milk, chocolate fat free | 8 oz | 1 | 100 | 15 | 120 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 11 | 8.0 | 11.0 | 3.0 | 2.00 | 0.00 |
| Honey Mustard Dressing | 2 TBSP | 1 | 51 | 0 | 301 | 0.36 | 0.11 | 7.2 | 5 | 0.63 | 5 | 0.32 | 11.53 | 0.44 | 0.10 | 0.00 |
| Honey Packet | packet | 1 | 25 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 7 | 0.0 | 7.0 | 0.0 | 0.00 | 0.00 |
| Barbecue Sauce - JHFS | 2 tbps | 1 | 50 | 0 | 440 | 0.00 | 0.00 | 0.0 | 45 | 0.0 | 9 | 0.0 | 11.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 805 | 41 | 1746 | 10.10 | 3.89 | 309.6 | 14568 | 195.48 | *55 | 25.28 | 119.76 | 25.28 | 5.69 | 0.00 |
| % of Calories | | | | | | | | | | | *27.1% | 12.6% | 59.5% | 28.3% | 6.4% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Jenison Hudsonville School Food Service

Dec 3, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 12/14/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| CHICKEN NUGGETS | 5 nuggets | 1 | 240 | 20 | 470 | 3.00 | 1.80 | 40.0 | 100 | 0.0 | 1 | 13.0 | 16.0 | 14.0 | 2.50 | 0.00 |
| Breadstick, Whole Grain | breadstick | 1 | 70 | 0 | 95 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 2.0 | 14.0 | 1.0 | 0.00 | 0.00 |
| GREEN BEANS - from frozen | 4 OZ | 1 | 24 | 0 | 0 | 1.60 | 0.58 | 32.0 | 160 | 1.92 | 2 | 0.8 | 4.8 | 0.0 | 0.00 | 0.00 |
| MANDARIN ORANGES,CND,LT SYRUP, | 1/2 cup | 1 | 90 | 0 | 10 | 0.00 | 0.36 | 20.0 | 400 | 18.0 | 19 | 1.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Craisins, Cherry | package | 1 | 110 | 0 | 0 | 3.00 | 0.00 | 0.0 | 0 | 0.0 | 24 | 0.0 | 28.0 | 0.0 | 0.00 | 0.00 |
| CARROTS,RAW,BABY | 6 carrots | 1 | 21 | 0 | 47 | 1.74 | 0.53 | 19.2 | 8274 | 1.56 | 3 | 0.38 | 4.94 | 0.08 | 0.01 | 0.00 |
| Ranch Dressing | 2 tbls | 1 | 79 | 6 | 268 | 0.00 | 0.01 | 23.2 | 23 | 0.09 | 2 | 0.58 | 3.28 | 6.76 | 1.07 | 0.00 |
| Barbecue Sauce - JHFS | 2 tbsp | 1 | 50 | 0 | 440 | 0.00 | 0.00 | 0.0 | 45 | 0.0 | 9 | 0.0 | 11.0 | 0.0 | 0.00 | 0.00 |
| milk, chocolate fat free | 8 oz | 1 | 100 | 15 | 120 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 11 | 8.0 | 11.0 | 3.0 | 2.00 | 0.00 |
| Honey Mustard Dressing | 2 TBSP | 1 | 51 | 0 | 301 | 0.36 | 0.11 | 7.2 | 5 | 0.63 | 5 | 0.32 | 11.53 | 0.44 | 0.10 | 0.00 |
| Honey Packet | packet | 1 | 25 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 7 | 0.0 | 7.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 859 | 41 | 1751 | 10.70 | 3.39 | 341.6 | 9758 | 22.20 | 85 | 26.08 | 131.56 | 25.28 | 5.69 | 0.00 |
| % of Calories | | | | | | | | | | | 39.6% | 12.1% | 61.2% | 26.5% | 6.0% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|------------|---|---------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|-------|--------|-------|
| Sat - 12/15/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| Hudsonville Sack Lunch | lunch | 1 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Turkey/Cheese Sandwich | 1 sandwich | 1 | 267 | 39 | 720 | 2.00 | 2.07 | 115.0 | 150 | 0.0 | 5 | 21.0 | 28.5 | 7.25 | 3.50 | 0.00 |
| APPLE FRESH | 3" | 1 | 95 | 0 | 2 | 4.37 | 0.22 | 10.9 | 98 | 8.37 | 19 | 0.47 | 25.13 | 0.31 | 0.05 | 0.00 |
| CARROTS,RAW,BABY | 6 carrots | 1 | 21 | 0 | 47 | 1.74 | 0.53 | 19.2 | 8274 | 1.56 | 3 | 0.38 | 4.94 | 0.08 | 0.01 | 0.00 |
| Mini Rice Krispie Treat (Elem) | Bar | 1 | 50 | 0 | 45 | 0.00 | 0.36 | 0.0 | 0 | 0.0 | 3 | 0.0 | 9.0 | 1.0 | 0.00 | 0.00 |
| Fruit by the Foot (MS/HS) | pouch | 1 | 80 | 0 | 40 | 0.00 | 0.00 | 0.0 | 0 | 15.0 | 7 | 0.0 | 16.0 | 1.5 | 0.50 | 0.00 |
| milk, chocolate fat free | 8 oz | 1 | 100 | 15 | 120 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 11 | 8.0 | 11.0 | 3.0 | 2.00 | 0.00 |
| Milk, Low Fat White | carton | 1 | 150 | 10 | 230 | 0.00 | 0.00 | 200.0 | 1000 | 0.0 | 22 | 8.0 | 24.0 | 3.0 | 2.00 | 0.00 |
| Weighted Daily Average | | | 763 | 64 | 1204 | 8.11 | 3.18 | 545.1 | 10272 | 24.93 | 69 | 37.86 | 118.58 | 16.14 | 8.07 | 0.00 |
| % of Calories | | | | | | | | | | | 36.3% | 19.8% | 62.2% | 19.0% | 9.5% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

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Jenison Hudsonville School Food Service

Dec 3, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 12/17/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| Garlic Cheese Bread | piece | 1 | 260 | 20 | 380 | 3.00 | 1.80 | 300.0 | 0 | 0.0 | 2 | 15.0 | 28.0 | 11.0 | 5.00 | 0.00 |
| Broccoli, cooked | .5 cup | 1 | 20 | 0 | 13 | 1.33 | 0.00 | 13.3 | 7 | 20.0 | 1 | 1.33 | 2.67 | 0.0 | 0.00 | 0.00 |
| DICED PEACHES | 1/2 cup | 1 | 50 | 0 | 5 | 0.00 | 0.00 | 0.0 | 300 | 1.2 | 10 | 0.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| APPLE FRESH | 3" | 1 | 95 | 0 | 2 | 4.37 | 0.22 | 10.9 | 98 | 8.37 | 19 | 0.47 | 25.13 | 0.31 | 0.05 | 0.00 |
| CARROTS,RAW,BABY | 6 carrots | 1 | 21 | 0 | 47 | 1.74 | 0.53 | 19.2 | 8274 | 1.56 | 3 | 0.38 | 4.94 | 0.08 | 0.01 | 0.00 |
| Ranch Dressing | 2 tbls | 1 | 79 | 6 | 268 | 0.00 | 0.01 | 23.2 | 23 | 0.09 | 2 | 0.58 | 3.28 | 6.76 | 1.07 | 0.00 |
| milk, chocolate fat free | 8 oz | 1 | 100 | 15 | 120 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 11 | 8.0 | 11.0 | 3.0 | 2.00 | 0.00 |
| Weighted Daily Average | | | 624 | 41 | 835 | 10.44 | 2.56 | 566.6 | 9452 | 31.23 | 48 | 25.77 | 87.03 | 21.15 | 8.14 | 0.00 |
| % of Calories | | | | | | | | | | | 31.1% | 16.5% | 55.8% | 30.5% | 11.7% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|------------------------------|-----------|---|---------|----|------|------|------|-------|------|------|-------|-------|-------|-------|-------|--------|
| Tue - 12/18/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| Garlic Cheese Bread | piece | 1 | 260 | 20 | 380 | 3.00 | 1.80 | 300.0 | 0 | 0.0 | 2 | 15.0 | 28.0 | 11.0 | 5.00 | 0.00 |
| Fresh Cucumbers | 6 OZ | 1 | 9 | 0 | 0 | 0.90 | 0.32 | 18.0 | 0 | 0.0 | 1 | 0.9 | 1.8 | 0.0 | 0.00 | 0.00 |
| DICED PEARS | 1/2 cup | 1 | 80 | 0 | 5 | 2.00 | 0.36 | 0.0 | 70 | 1.2 | 14 | 0.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| GRAPES,FRESH | 1/2 cup | 1 | 60 | 0 | 10 | 0.67 | 0.00 | 13.3 | 67 | 0.8 | 13 | 0.0 | 15.33 | 0.0 | 0.00 | 0.00 |
| CARROTS,RAW,BABY | 6 carrots | 1 | 21 | 0 | 47 | 1.74 | 0.53 | 19.2 | 8274 | 1.56 | 3 | 0.38 | 4.94 | 0.08 | 0.01 | 0.00 |
| Ranch Dressing | 2 tbls | 1 | 79 | 6 | 268 | 0.00 | 0.01 | 23.2 | 23 | 0.09 | 2 | 0.58 | 3.28 | 6.76 | 1.07 | 0.00 |
| milk, chocolate fat free | 8 oz | 1 | 100 | 15 | 120 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 11 | 8.0 | 11.0 | 3.0 | 2.00 | 0.00 |
| Weighted Daily Average | | | 609 | 41 | 830 | 8.31 | 3.03 | 573.7 | 9184 | 3.65 | 46 | 24.86 | 84.37 | 20.84 | 8.09 | 0.00 |
| % of Calories | | | | | | | | | | | 30.5% | 16.3% | 55.4% | 30.8% | 12.0% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------|-----------|---|-----|----|-----|------|------|-------|------|------|----|------|-------|------|------|------|
| Wed - 12/19/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| Garlic Cheese Bread | piece | 1 | 260 | 20 | 380 | 3.00 | 1.80 | 300.0 | 0 | 0.0 | 2 | 15.0 | 28.0 | 11.0 | 5.00 | 0.00 |
| Refried Beans | #8 scoop | 1 | 53 | 0 | 290 | 2.37 | 1.06 | 23.7 | 0 | 0.0 | 0 | 3.55 | 9.46 | 1.18 | 0.30 | 0.00 |
| MANDARIN ORANGES,CND,LT SYRUP, | 1/2 cup | 1 | 90 | 0 | 10 | 0.00 | 0.36 | 20.0 | 400 | 18.0 | 19 | 1.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| BANANA | 6-7 inch | 1 | 90 | 0 | 1 | 2.63 | 0.26 | 5.1 | 65 | 8.79 | 12 | 1.1 | 23.07 | 0.33 | 0.11 | 0.00 |
| CARROTS,RAW,BABY | 6 carrots | 1 | 21 | 0 | 47 | 1.74 | 0.53 | 19.2 | 8274 | 1.56 | 3 | 0.38 | 4.94 | 0.08 | 0.01 | 0.00 |
| Ranch Dressing | 2 tbls | 1 | 79 | 6 | 268 | 0.00 | 0.01 | 23.2 | 23 | 0.09 | 2 | 0.58 | 3.28 | 6.76 | 1.07 | 0.00 |
| milk, chocolate fat free | 8 oz | 1 | 100 | 15 | 120 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 11 | 8.0 | 11.0 | 3.0 | 2.00 | 0.00 |

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Jenison Hudsonville School Food Service

Dec 3, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | CalcM (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 693 | 41 | 1116 | 9.73 | 4.03 | 591.1 | 9512 | 28.44 | 50 | 29.61 | 99.76 | 22.36 | 8.50 | 0.00 |
| % of Calories | | | | | | | | | | | 28.6% | 17.1% | 57.6% | 29.0% | 11.0% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| Thu - 12/20/2018 | | | | | | | | | | | | | | | | |
|------------------------------|-----------|---|---------|----|------|-------|------|-------|------|-------|-------|-------|--------|-------|-------|--------|
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| Garlic Cheese Bread | piece | 1 | 260 | 20 | 380 | 3.00 | 1.80 | 300.0 | 0 | 0.0 | 2 | 15.0 | 28.0 | 11.0 | 5.00 | 0.00 |
| PEAS - FROZEN | 4 OZ | 1 | 63 | 0 | 90 | 3.60 | 0.97 | 0.0 | 360 | 5.39 | 4 | 4.49 | 10.79 | 0.0 | 0.00 | 0.00 |
| Pineapple Tidbits | 1/2 cup | 1 | 70 | 0 | 0 | 1.00 | 0.36 | 0.0 | 75 | 9.0 | 15 | 0.0 | 18.0 | 0.0 | 0.00 | 0.00 |
| ORANGES WEDGES | 1 ORANGE | 1 | 45 | 0 | 0 | 2.30 | 0.10 | 38.4 | 216 | 51.07 | 9 | 0.9 | 11.28 | 0.12 | 0.01 | 0.00 |
| CARROTS,RAW,BABY | 6 carrots | 1 | 21 | 0 | 47 | 1.74 | 0.53 | 19.2 | 8274 | 1.56 | 3 | 0.38 | 4.94 | 0.08 | 0.01 | 0.00 |
| Ranch Dressing | 2 tbls | 1 | 79 | 6 | 268 | 0.00 | 0.01 | 23.2 | 23 | 0.09 | 2 | 0.58 | 3.28 | 6.76 | 1.07 | 0.00 |
| Milk, Low Fat White | carton | 1 | 150 | 10 | 230 | 0.00 | 0.00 | 200.0 | 1000 | 0.0 | 22 | 8.0 | 24.0 | 3.0 | 2.00 | 0.00 |
| Weighted Daily Average | | | 688 | 36 | 1015 | 11.64 | 3.77 | 580.8 | 9948 | 67.12 | 57 | 29.36 | 100.29 | 20.96 | 8.10 | 0.00 |
| % of Calories | | | | | | | | | | | 33.0% | 17.1% | 58.3% | 27.4% | 10.6% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| Fri - 12/21/2018 | | | | | | | | | | | | | | | | |
|------------------------------|-----------|---|---------|----|------|-------|------|-------|------|-------|-------|-------|-------|-------|-------|--------|
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| Garlic Cheese Bread | piece | 1 | 260 | 20 | 380 | 3.00 | 1.80 | 300.0 | 0 | 0.0 | 2 | 15.0 | 28.0 | 11.0 | 5.00 | 0.00 |
| Celery Sticks | 4 STICKS | 1 | 6 | 0 | 33 | 0.66 | 0.06 | 16.5 | 182 | 1.19 | 0 | 0.33 | 1.32 | 0.0 | 0.00 | 0.00 |
| APPLE JUICE | 1 EACH | 1 | 50 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 12 | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| PEARS,FRESH | 1 EACH | 1 | 95 | 0 | 2 | 5.15 | 0.30 | 14.9 | 42 | 7.14 | 16 | 0.6 | 25.28 | 0.23 | 0.04 | 0.00 |
| CARROTS,RAW,BABY | 6 carrots | 1 | 21 | 0 | 47 | 1.74 | 0.53 | 19.2 | 8274 | 1.56 | 3 | 0.38 | 4.94 | 0.08 | 0.01 | 0.00 |
| Ranch Dressing | 2 tbls | 1 | 79 | 6 | 268 | 0.00 | 0.01 | 23.2 | 23 | 0.09 | 2 | 0.58 | 3.28 | 6.76 | 1.07 | 0.00 |
| milk, chocolate fat free | 8 oz | 1 | 100 | 15 | 120 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 11 | 8.0 | 11.0 | 3.0 | 2.00 | 0.00 |
| Weighted Daily Average | | | 610 | 41 | 850 | 10.55 | 2.70 | 573.9 | 9271 | 69.98 | 46 | 24.89 | 86.83 | 21.07 | 8.12 | 0.00 |
| % of Calories | | | | | | | | | | | 30.4% | 16.3% | 56.9% | 31.1% | 12.0% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|-----|-----|------|-------|------|-------|-------|-------|--------|-------|--------|-------|------|-------|
| Weighted Average | | | 707 | *43 | 1308 | 10.39 | 3.55 | 434.4 | 10672 | 44.95 | *59 | 27.44 | 106.27 | 20.42 | 6.41 | *0.00 |
| | | | | | | | | | | | *74.5% | 15.5% | 60.1% | 26.0% | 8.2% | *0.0% |

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Dec 3, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

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| Nutrient | Menu AVG | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|----------------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-------------------------|------------|---|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| | | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) | | | | | | | | | |
| Calories | 707 | | 550 - 650 | 109% | | | | | 57 | Correction Required - Calories too High | | | | | | | |
| Cholesterol (mg) | 43 | | | | Missing | | | | | | | | | | | | |
| Sodium 1 (mg) | 1308 | | 1230 | | | | | | 78 | Correction Required - Sodium too High | | | | | | | |
| Sodium 2 (mg) | 1308 | | 935 | | | | | | 373 | Correction Required - Sodium too High | | | | | | | |
| Fiber (g) | 10.39 | | | | | | | | | | | | | | | | |
| Iron (mg) | 3.55 | | | | | | | | | | | | | | | | |
| Calcium (mg) | 434.4 | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 10672 | | | | | | | | | | | | | | | | |
| Sugars (g) | 59 | 33.13% | | | Missing | | | | | | | | | | | | |
| Vitamin C (mg) | 44.95 | | | | | | | | | | | | | | | | |
| Protein (g) | 27.44 | 15.53% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 106.27 | 60.14% | | | | | | | | | | | | | | | |
| Total Fat (g) | 20.42 | 26.00% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 6.41 | 8.16% | <10.00% | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | Missing | | | | | | | | | | | | |

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