

Jenison Hudsonville School Food Service

Dec 3, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elementary Lunch Traditional W

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 - 12/03/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch Traditional | Total | 1 | | | | | | | | | | | | | | |
| Pancakes, 2 pieces | 2 pancakes | 1 | 210 | 10 | 300 | 3.00 | 0.00 | 0.0 | 55 | 0.0 | 10 | 4.0 | 36.0 | 6.0 | 1.00 | 0.00 |
| OMELET CHEESE | 1 EACH | 1 | 130 | 165 | 280 | 0.00 | 0.72 | 80.0 | 300 | 0.0 | 0 | 7.0 | 1.0 | 10.0 | 4.00 | 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 |
| 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 |
| Syrup, Pancake 1.5 oz. | 1.5 oz | 1 | 120 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 19 | 0.0 | 31.0 | 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 |
| Weighted Daily Average | | | 840 | 196 | 1050 | 9.77 | 1.90 | 349.8 | 9683 | 71.22 | 82 | 20.76 | 132.69 | 26.15 | 8.14 | 0.00 |
| % of Calories | | | | | | | | | | | 39.1% | 9.9% | 63.2% | 28.0% | 8.7% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------|---------------|---|---------|----|------|------|------|-------|------|-------|--------|-------|-------|-------|--------|-------|
| Tue - 12/04/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch Traditional | Total | 1 | | | | | | | | | | | | | | |
| CHICKEN NOODLE/RICE SOUP | 2 #12 sco ops | 1 | 107 | 42 | 492 | 0.56 | 0.80 | 9.2 | 511 | 0.85 | *1 | 14.91 | 6.9 | 2.6 | 0.62 | *0.00 |
| Mini Bosco (1) | 1 | 1 | 110 | 5 | 150 | 1.00 | 0.72 | 0.0 | 0 | 0.0 | 1 | 6.0 | 13.0 | 3.5 | 1.50 | 0.00 |
| Cheddar Goldfish Crackers | package | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 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 |
| 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 | | | 556 | 68 | 1087 | 5.87 | 2.74 | 283.0 | 9700 | 12.30 | *47 | 30.77 | 74.26 | 15.94 | 5.21 | *0.00 |
| % of Calories | | | | | | | | | | | *34.0% | 22.1% | 53.4% | 25.8% | 8.4% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

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

* - 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 W

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) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 12/05/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch Traditional | Total | 1 | | | | | | | | | | | | | | |
| Pepperoni Pizza Bites | 4 pcs | 1 | 270 | 15 | 570 | 4.00 | 1.80 | 80.0 | 300 | 4.8 | 3 | 16.0 | 29.0 | 10.0 | 2.50 | 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 |
| Weighted Daily Average | | | 620 | 36 | 1011 | 9.37 | 3.33 | 347.4 | 14712 | 46.44 | 42 | 26.06 | 85.30 | 20.17 | 5.70 | 0.00 |
| % of Calories | | | | | | | | | | | 26.9% | 16.8% | 55.1% | 29.3% | 8.3% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| | 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) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 12/06/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch Traditional | Total | 1 | | | | | | | | | | | | | | |
| TURKEY GRAVY | 1/2 cup | 1 | 138 | 20 | 1030 | 0.00 | 0.24 | 1.9 | 4 | 0.0 | *1 | 7.31 | 7.65 | 9.38 | 1.77 | 0.00 |
| DINNER ROLL | 1 | 1 | 100 | 0 | 125 | 2.00 | 1.08 | 20.0 | 0 | 0.0 | 3 | 4.0 | 19.0 | 1.5 | 0.00 | 0.00 |
| MASHED POTATOES | 1/2 cup | 1 | 90 | 0 | 414 | 1.00 | 0.36 | 3.8 | 0 | 9.0 | 0 | 2.0 | 17.0 | 1.5 | 0.00 | 0.00 |
| APPLESAUCE,CANNED,UNSW TND | 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 |
| 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 |
| Margarine Cup | 1 cup | 1 | 20 | 0 | 30 | 0.00 | 0.00 | 0.0 | 300 | 0.0 | 0 | 0.0 | 0.0 | 2.5 | 0.50 | 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 | | | 623 | 31 | 2049 | 9.04 | 2.68 | 406.4 | 9372 | 62.93 | *40 | 23.18 | 87.16 | 21.84 | 3.37 | 0.00 |
| % of Calories | | | | | | | | | | | *25.7% | 14.9% | 56.0% | 31.6% | 4.9% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

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Elementary Lunch Traditional W

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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) |
|------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 12/07/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch Traditional | Total | 1 | | | | | | | | | | | | | | |
| MINI CORN DOGS | 6 corn dog | 1 | 270 | 38 | 420 | 4.50 | 2.16 | 150.0 | 0 | 0.0 | 6 | 10.5 | 30.0 | 12.0 | 3.75 | 0.00 |
| Goldfish Grahams (2/pkg) | 2 crackers | 1 | 120 | 0 | 70 | 1.00 | 0.72 | 100.0 | 30 | 0.0 | 5 | 2.0 | 19.0 | 4.0 | 1.00 | 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 |
| 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 |
| Relish | 2 Tbls ser ving | 1 | 25 | 0 | 270 | 1.00 | 0.00 | 40.0 | 0 | 0.0 | *N/A* | 0.0 | 6.0 | 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 |
| Weighted Daily Average | | | 980 | 59 | 2048 | 19.75 | 5.99 | 594.5 | 9184 | 27.42 | *80 | 28.38 | 160.04 | 27.51 | 7.98 | 0.00 |
| % of Calories | | | | | | | | | | | *32.6% | 11.6% | 65.3% | 25.3% | 7.3% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|------------------------------|-----------|---|---------|-------|------|-------|------|-------|------|-------|--------|-------|--------|-------|------|--------|
| Mon - 12/10/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch Traditional | Total | 1 | | | | | | | | | | | | | | |
| Cheese Pizza Quesadilla | 1 EACH | 1 | 330 | 10 | 840 | 4.00 | 0.00 | 0.0 | 15 | 0.0 | 3 | 16.0 | 40.0 | 12.0 | 3.00 | 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 |
| Weighted Daily Average | | | 813 | *31 | 1744 | 16.32 | 2.91 | 300.6 | 9186 | 12.33 | *39 | 32.92 | 124.43 | 22.73 | 6.15 | *0.00 |
| % of Calories | | | | | | | | | | | *19.3% | 16.2% | 61.2% | 25.2% | 6.8% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

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Base Menu Spreadsheet

Elementary Lunch Traditional W

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) |
|-------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 12/11/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch Traditional | Total | 1 | | | | | | | | | | | | | | |
| Walking Taco | 1 serving | 1 | 466 | 85 | 978 | 2.22 | 1.58 | 401.1 | 904 | 2.14 | 1 | 25.31 | 25.42 | 29.9 | 15.46 | 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 |
| Salsa-JHFS | 2 tbsp ser ving | 1 | 9 | 0 | 33 | 0.94 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 1.88 | 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 |
| Weighted Daily Average | | | 900 | 106 | 1556 | 10.67 | 3.58 | 676.8 | 15131 | 45.78 | 67 | 35.02 | 103.23 | 39.75 | 18.55 | 0.00 |
| % of Calories | | | | | | | | | | | 29.7% | 15.6% | 45.9% | 39.8% | 18.6% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

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|------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 12/12/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch Traditional | Total | 1 | | | | | | | | | | | | | | |
| HAMBURGER ON A BUN | 1 SERVIN | 1 | 316 | 49 | 434 | 3.00 | 2.80 | 60.0 | 0 | 0.0 | 4 | 17.0 | 28.0 | 14.0 | 5.80 | 0.80 |
| CHEESE AMERICAN | SLICE | 1 | 50 | 13 | 225 | 0.00 | 0.00 | 75.0 | 150 | 0.0 | *N/A* | 2.5 | 0.5 | 4.5 | 2.50 | 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 |
| Relish | 2 Tbls ser ving | 1 | 25 | 0 | 270 | 1.00 | 0.00 | 40.0 | 0 | 0.0 | *N/A* | 0.0 | 6.0 | 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 |
| Weighted Daily Average | | | 877 | 82 | 1837 | 12.37 | 4.57 | 449.1 | 13562 | 13.24 | *52 | 30.89 | 114.13 | 33.34 | 11.50 | 0.80 |
| % of Calories | | | | | | | | | | | *23.7% | 14.1% | 52.0% | 34.2% | 11.8% | 0.8% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

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|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 12/13/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch Traditional | Total | 1 | | | | | | | | | | | | | | |
| Turkey Ham for Ham Chef | 1/3 cup | 1 | 89 | 53 | 470 | 0.00 | 0.96 | 17.7 | 0 | 1.06 | 0 | 12.42 | 0.89 | 3.99 | 1.33 | 0.00 |
| Cheese for Ham Chef (1oz) | 1 oz | 1 | 110 | 30 | 190 | 0.00 | 0.00 | 200.0 | 300 | 0.0 | 0 | 7.0 | 1.0 | 9.0 | 6.00 | 0.00 |
| HEART SHAPED PRETZELS | 1 oz bag | 1 | 80 | 0 | 200 | 2.00 | 0.72 | 0.0 | 0 | 0.0 | 0 | 2.0 | 15.0 | 1.5 | 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 |
| French Dressing-JHFS | tbls | 1 | 60 | 0 | 145 | 0.00 | 0.00 | 0.0 | 50 | 0.0 | 6 | 0.0 | 7.0 | 3.5 | 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 |
| Weighted Daily Average | | | 708 | 104 | 1445 | 7.74 | 3.66 | 480.1 | 14767 | 195.92 | *37 | 31.38 | 84.12 | 27.83 | 10.92 | 0.00 |
| % of Calories | | | | | | | | | | | *20.7% | 17.7% | 47.5% | 35.4% | 13.9% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------|-----------|---|---------|----|------|-------|------|-------|-------|-------|-------|-------|--------|-------|------|--------|
| Fri - 12/14/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch Traditional | Total | 1 | | | | | | | | | | | | | | |
| Honey BBQ Rib on Bun | serv | 1 | 350 | 40 | 850 | 4.00 | 3.60 | 80.0 | 400 | 1.2 | 14 | 19.0 | 41.0 | 12.0 | 5.00 | 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 tbsps | 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 |
| Weighted Daily Average | | | 824 | 61 | 1735 | 10.34 | 5.08 | 374.4 | 10052 | 22.78 | 84 | 29.76 | 124.03 | 21.84 | 8.09 | 0.00 |
| % of Calories | | | | | | | | | | | 40.7% | 14.5% | 60.2% | 23.9% | 8.8% | 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 W

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) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| 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 |

| | | | | | | | | | | | | | | | | |
|------------------------------|-----------|---|---------|----|------|------|------|-------|------|-------|--------|-------|-------|-------|------|--------|
| Mon - 12/17/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch Traditional | Total | 1 | | | | | | | | | | | | | | |
| FISH TREASURES | 4 pcs | 1 | 230 | 25 | 360 | 2.00 | 1.44 | 20.0 | 0 | 1.2 | 1 | 16.0 | 18.0 | 10.0 | 1.50 | 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 |
| TARTAR SAUCE | 2 TBSP | 1 | 76 | 6 | 237 | 0.22 | 0.19 | 5.7 | 124 | 0.5 | *4 | 0.4 | 5.48 | 6.35 | 0.61 | *0.03 |
| 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 | | | 670 | 52 | 1052 | 9.67 | 2.39 | 292.3 | 9576 | 32.93 | *51 | 27.17 | 82.50 | 26.51 | 5.25 | *0.03 |
| % of Calories | | | | | | | | | | | *30.7% | 16.2% | 49.3% | 35.6% | 7.1% | *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 W

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) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 12/18/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch Traditional | Total | 1 | | | | | | | | | | | | | | |
| CHICKEN NOODLE/RICE SOUP | 2 #12 scoops | 1 | 107 | 42 | 492 | 0.56 | 0.80 | 9.2 | 511 | 0.85 | *1 | 14.91 | 6.9 | 2.6 | 0.62 | *0.00 |
| Mini Bosco (1) | 1 | 1 | 110 | 5 | 150 | 1.00 | 0.72 | 0.0 | 0 | 0.0 | 1 | 6.0 | 13.0 | 3.5 | 1.50 | 0.00 |
| Cheddar Goldfish Crackers | package | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 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 | | | 566 | 68 | 1092 | 6.87 | 2.74 | 283.0 | 9695 | 4.50 | *46 | 30.77 | 76.26 | 15.94 | 5.21 | *0.00 |
| % of Calories | | | | | | | | | | | *32.7% | 21.8% | 53.9% | 25.4% | 8.3% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------|-----------|---|---------|----|------|-------|------|-------|------|-------|-------|-------|--------|-------|------|--------|
| Wed - 12/19/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch Traditional | Total | 1 | | | | | | | | | | | | | | |
| Mini BBQ Chicken Quesadillas | serving | 1 | 270 | 15 | 500 | 4.00 | 2.70 | 200.0 | 300 | 0.0 | 7 | 16.0 | 36.0 | 7.0 | 2.00 | 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 |
| Weighted Daily Average | | | 703 | 36 | 1236 | 10.73 | 4.93 | 491.1 | 9812 | 28.44 | 55 | 30.61 | 107.76 | 18.36 | 5.50 | 0.00 |
| % of Calories | | | | | | | | | | | 31.1% | 17.4% | 61.3% | 23.5% | 7.0% | 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 W

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) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 12/20/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch Traditional | Total | 1 | | | | | | | | | | | | | | |
| Chicken Alfredo - #SP3 JHFS | #8 scoop | 1 | 214 | 43 | 399 | 0.75 | 1.04 | 195.8 | 256 | 0.0 | 4 | 17.44 | 20.87 | 6.33 | 3.41 | 0.00 |
| Garlic Toast | slice | 1 | 80 | 0 | 150 | 1.00 | 1.08 | 0.0 | 0 | 0.0 | 0 | 2.0 | 10.0 | 3.5 | 0.00 | 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 | | | 722 | 59 | 1184 | 10.39 | 4.08 | 476.6 | 10204 | 67.12 | 59 | 33.80 | 103.17 | 19.79 | 6.51 | 0.00 |
| % of Calories | | | | | | | | | | | 32.7% | 18.7% | 57.2% | 24.7% | 8.1% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------|-----------|---|---------|-----|------|------|------|-------|------|-------|-------|-------|--------|-------|--------|------|
| Fri - 12/21/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch Traditional | Total | 1 | | | | | | | | | | | | | | |
| Apple Cinnamon Texas Toast | slice | 1 | 260 | 0 | 290 | 2.00 | 2.70 | 40.0 | 0 | 0.0 | 17 | 8.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| SCRAMBLED EGGS | 1/3 cup | 1 | 70 | 125 | 220 | 0.00 | 0.72 | 40.0 | 200 | 0.0 | 1 | 6.0 | 1.0 | 4.0 | 1.00 | 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 |
| Syrup, Pancake 1.5 oz. | 1.5 oz | 1 | 120 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 19 | 0.0 | 31.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 800 | 146 | 980 | 9.55 | 4.32 | 353.9 | 9471 | 69.98 | 81 | 23.89 | 135.83 | 20.07 | 5.12 | 0.00 |
| % of Calories | | | | | | | | | | | 40.7% | 11.9% | 67.9% | 22.6% | 5.8% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|-----|-----|------|-------|------|-------|-------|-------|---------------|----------------|-----------------|----------------|--------------|----------------|
| Weighted Average | | | 748 | *75 | 1394 | 10.41 | 3.63 | 419.0 | 10899 | 46.14 | *58 *70.1% | 29.58 15.8% | 107.09 57.3% | 23.37 28.1% | 7.58 9.1% | *0.05 *0.1% |
|------------------|--|--|-----|-----|------|-------|------|-------|-------|-------|---------------|----------------|-----------------|----------------|--------------|----------------|

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Jenison Hudsonville School Food Service

Dec 3, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elementary Lunch Traditional W

Weighted Values - Detailed

| 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 | 748 | | 550 - 650 | 115% | | | | | 98 | Correction Required - Calories too High | | | | | | | |
| Cholesterol (mg) | 75 | | | | Missing | | | | | | | | | | | | |
| Sodium 1 (mg) | 1394 | | 1230 | | | | | | 164 | Correction Required - Sodium too High | | | | | | | |
| Sodium 2 (mg) | 1394 | | 935 | | | | | | 459 | Correction Required - Sodium too High | | | | | | | |
| Fiber (g) | 10.41 | | | | | | | | | | | | | | | | |
| Iron (mg) | 3.63 | | | | | | | | | | | | | | | | |
| Calcium (mg) | 419.0 | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 10899 | | | | | | | | | | | | | | | | |
| Sugars (g) | 58 | 31.13% | | | Missing | | | | | | | | | | | | |
| Vitamin C (mg) | 46.14 | | | | | | | | | | | | | | | | |
| Protein (g) | 29.58 | 15.82% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 107.09 | 57.29% | | | | | | | | | | | | | | | |
| Total Fat (g) | 23.37 | 28.13% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 7.58 | 9.12% | <10.00% | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.05 | 0.06% | | | Missing | | | | | | | | | | | | |

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