

Jenison Hudsonville School Food Service

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

Page 1

Generated on: 6/19/2018 12:46:17 PM

| | 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 - 08/28/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| Garlic Cheese Bread | piece | 1 | 260 | 20 | 380 | 3.00 | 1.80 | 250.0 | 0 | 0.0 | 2 | 15.0 | 28.0 | 11.0 | 5.00 | 0.00 |
| Cucumber with Peel Raw | 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 | 110 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 619 | 31 | 890 | 8.31 | 3.03 | 623.7 | 8934 | 4.85 | 53 | 24.86 | 93.36 | 17.84 | 6.09 | 0.00 |
| % of Calories | | | | | | | | | | | 34.6% | 16.1% | 60.4% | 26.0% | 8.9% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|-----------|---|---------|----|------|------|------|-------|------|-------|-------|-------|--------|-------|--------|------|
| Wed - 08/29/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| Garlic Cheese Bread | piece | 1 | 260 | 20 | 380 | 3.00 | 1.80 | 250.0 | 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 | 110 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 703 | 31 | 1176 | 9.73 | 4.03 | 641.1 | 9262 | 29.64 | 57 | 29.61 | 108.76 | 19.36 | 6.49 | 0.00 |
| % of Calories | | | | | | | | | | | 32.2% | 16.9% | 61.9% | 24.8% | 8.3% | 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

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

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

Page 2

Generated on: 6/19/2018 12:46:17 PM

| | 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 - 08/30/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| Garlic Cheese Bread | 1 piece | 1 | 260 | 20 | 380 | 3.00 | 1.80 | 250.0 | 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,CANNED, JUICE PA CK | 1/2 cup | 1 | 75 | 0 | 1 | 1.00 | 0.35 | 17.4 | 47 | 11.83 | 18 | 0.52 | 19.55 | 0.1 | 0.01 | 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, chocolate fat free | 8 oz | 1 | 110 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 652 | 31 | 966 | 11.64 | 3.76 | 648.2 | 9420 | 71.15 | 56 | 29.88 | 97.84 | 18.05 | 6.11 | 0.00 |
| % of Calories | | | | | | | | | | | 34.2% | 18.3% | 60.0% | 24.9% | 8.4% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------|-----------------|---|---------|----|------|-------|------|-------|------|-------|--------|-------|--------|-------|--------|------|
| Tue - 09/04/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| CORN DOG | 1 EACH | 1 | 240 | 40 | 390 | 5.00 | 1.80 | 80.0 | 0 | 0.0 | 5 | 9.0 | 30.0 | 8.0 | 2.50 | 0.00 |
| Baked Potato mini | 1 each | 1 | 90 | 0 | 5 | 2.00 | 1.08 | 0.0 | 5 | 12.0 | 1 | 2.0 | 21.0 | 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 |
| 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 | 110 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 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 |
| 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 |
| Weighted Daily Average | | | 755 | 51 | 1476 | 12.77 | 3.89 | 482.9 | 8945 | 17.48 | *62 | 20.28 | 132.09 | 15.28 | 3.69 | 0.00 |
| % of Calories | | | | | | | | | | | *32.8% | 10.7% | 69.9% | 18.2% | 4.4% | 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
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Jenison Hudsonville School Food Service

Aug 28, 2018 thru Sep 28, 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) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 09/05/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| CORN DOG | 1 EACH | 1 | 240 | 40 | 390 | 5.00 | 1.80 | 80.0 | 0 | 0.0 | 5 | 9.0 | 30.0 | 8.0 | 2.50 | 0.00 |
| Black Beans-JHFS | #8 scoop | 1 | 120 | 0 | 360 | 8.00 | 2.70 | 150.0 | 0 | 0.0 | 1 | 6.0 | 20.0 | 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 | 110 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 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 |
| 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 |
| Weighted Daily Average | | | 785 | 51 | 1822 | 18.73 | 5.41 | 624.6 | 9168 | 13.47 | *57 | 25.38 | 130.83 | 15.61 | 3.80 | 0.00 |
| % of Calories | | | | | | | | | | | *29.0% | 12.9% | 66.6% | 17.9% | 4.4% | 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) |
|------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/06/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| CORN DOG | 1 EACH | 1 | 240 | 40 | 390 | 5.00 | 1.80 | 80.0 | 0 | 0.0 | 5 | 9.0 | 30.0 | 8.0 | 2.50 | 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 |
| 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* |
| Dragon Punch | carton | 1 | 50 | 0 | 35 | 0.00 | 0.00 | 0.0 | 500 | 30.0 | 12 | 0.0 | 13.0 | 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, Low Fat White | carton | 1 | 100 | 15 | 120 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 11 | 8.0 | 11.0 | 2.5 | 1.50 | 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 |
| Weighted Daily Average | | | 658 | *61 | 1439 | 10.91 | 3.38 | 508.8 | 9488 | 37.70 | *40 | 19.57 | 102.62 | 17.87 | 5.20 | *0.00 |
| % of Calories | | | | | | | | | | | *24.4% | 11.9% | 62.3% | 24.4% | 7.1% | *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

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

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

Page 4

Generated on: 6/19/2018 12:46:17 PM

| | 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 - 09/07/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| CORN DOG | 1 EACH | 1 | 240 | 40 | 390 | 5.00 | 1.80 | 80.0 | 0 | 0.0 | 5 | 9.0 | 30.0 | 8.0 | 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 |
| Pineapple Tidbits in Juice | 1/2 cup | 1 | 74 | 0 | 0 | 1.06 | 0.38 | 0.0 | 80 | 9.58 | 16 | 0.0 | 19.15 | 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 |
| milk, chocolate fat free | 8 oz | 1 | 110 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 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 |
| 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 |
| Weighted Daily Average | | | 720 | 51 | 1456 | 13.16 | 3.55 | 489.6 | 13883 | 43.06 | *74 | 18.28 | 124.91 | 15.28 | 3.69 | 0.00 |
| % of Calories | | | | | | | | | | | *40.9% | 10.2% | 69.4% | 19.1% | 4.6% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------|-----------|---|---------|----|------|-------|------|-------|------|-------|-------|-------|--------|-------|--------|------|
| Mon - 09/10/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| Cheese Pizza/WG crust Elem | Slice | 1 | 370 | 40 | 600 | 4.00 | 1.80 | 350.0 | 400 | 0.0 | 14 | 17.0 | 38.0 | 17.0 | 8.00 | 0.00 |
| Celery, raw | 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 |
| Pineapple Tidbits in Juice | 1/2 cup | 1 | 74 | 0 | 0 | 1.06 | 0.38 | 0.0 | 80 | 9.58 | 16 | 0.0 | 19.15 | 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 | 110 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 754 | 51 | 1130 | 11.83 | 3.00 | 719.8 | 9557 | 21.99 | 72 | 26.76 | 111.84 | 24.15 | 9.14 | 0.00 |
| % of Calories | | | | | | | | | | | 38.2% | 14.2% | 59.3% | 28.8% | 10.9% | 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

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

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

Page 5

Generated on: 6/19/2018 12:46:17 PM

| | 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 - 09/11/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional Cheese Pizza/WG crust Elem | Total Slice | 1 | | | | | | | | | | | | | | |
| APPLESAUCE,CANNED,UNSW TND | 1/2 cup | 1 | 370 | 40 | 600 | 4.00 | 1.80 | 350.0 | 400 | 0.0 | 14 | 17.0 | 38.0 | 17.0 | 8.00 | 0.00 |
| GRAPES,FRESH | 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 |
| CARROTS,RAW,BABY | 6 carrots | 1 | 60 | 0 | 10 | 0.67 | 0.00 | 13.3 | 67 | 0.8 | 13 | 0.0 | 15.33 | 0.0 | 0.00 | 0.00 |
| Ranch Dressing | 2 tbls | 1 | 21 | 0 | 47 | 1.74 | 0.53 | 19.2 | 8274 | 1.56 | 3 | 0.38 | 4.94 | 0.08 | 0.01 | 0.00 |
| milk, chocolate fat free | 8 oz | 1 | 79 | 6 | 268 | 0.00 | 0.01 | 23.2 | 23 | 0.09 | 2 | 0.58 | 3.28 | 6.76 | 1.07 | 0.00 |
| Weighted Daily Average | | | 110 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| % of Calories | | | 690 | 51 | 1120 | 8.41 | 2.70 | 705.7 | 9319 | 3.65 | 62 | 25.96 | 94.56 | 23.84 | 9.09 | 0.00 |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | 35.7% | 15.1% | 54.8% | 31.1% | 11.9% | <10.00 |

| | | | | | | | | | | | | | | | | |
|---|-------------|---|---------|----|------|------|------|-------|-------|-------|-------|-------|--------|-------|-------|--------|
| Wed - 09/12/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional Cheese Pizza/WG crust Elem | Total Slice | 1 | | | | | | | | | | | | | | |
| CALIFORNIA BLEND VEGGIES | 1/2 CUP | 1 | 370 | 40 | 600 | 4.00 | 1.80 | 350.0 | 400 | 0.0 | 14 | 17.0 | 38.0 | 17.0 | 8.00 | 0.00 |
| MANDARIN ORANGES,CND,LT SYRUP, | 1/2 cup | 1 | 17 | 0 | 20 | 1.33 | 0.00 | 13.3 | 667 | 12.0 | 1 | 0.67 | 3.33 | 0.0 | 0.00 | 0.00 |
| BANANA | 6-7 inch | 1 | 90 | 0 | 10 | 0.00 | 0.36 | 20.0 | 400 | 18.0 | 19 | 1.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| CARROTS,RAW,BABY | 6 carrots | 1 | 90 | 0 | 1 | 2.63 | 0.26 | 5.1 | 65 | 8.79 | 12 | 1.1 | 23.07 | 0.33 | 0.11 | 0.00 |
| Ranch Dressing | 2 tbls | 1 | 21 | 0 | 47 | 1.74 | 0.53 | 19.2 | 8274 | 1.56 | 3 | 0.38 | 4.94 | 0.08 | 0.01 | 0.00 |
| milk, chocolate fat free | 8 oz | 1 | 79 | 6 | 268 | 0.00 | 0.01 | 23.2 | 23 | 0.09 | 2 | 0.58 | 3.28 | 6.76 | 1.07 | 0.00 |
| Weighted Daily Average | | | 110 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| % of Calories | | | 776 | 51 | 1126 | 9.70 | 2.97 | 730.8 | 10329 | 41.64 | 70 | 28.73 | 112.63 | 24.17 | 9.20 | 0.00 |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | 36.0% | 14.8% | 58.0% | 28.0% | 10.7% | <10.00 |

| | | | | | | | | | | | | | | | | |
|---|-------------|---|-----|----|-----|------|------|-------|------|-------|----|------|-------|------|------|------|
| Thu - 09/13/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional Cheese Pizza/WG crust Elem | Total Slice | 1 | | | | | | | | | | | | | | |
| Lettuce, Romaine Ribbons | 1 cup | 1 | 370 | 40 | 600 | 4.00 | 1.80 | 350.0 | 400 | 0.0 | 14 | 17.0 | 38.0 | 17.0 | 8.00 | 0.00 |
| DICED PEARS | 1/2 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 |
| ORANGES WEDGES | 1 ORANGE | 1 | 80 | 0 | 5 | 2.00 | 0.36 | 0.0 | 70 | 1.2 | 14 | 0.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| CARROTS,RAW,BABY | 6 carrots | 1 | 45 | 0 | 0 | 2.30 | 0.10 | 38.4 | 216 | 51.07 | 9 | 0.9 | 11.28 | 0.12 | 0.01 | 0.00 |
| Ranch Dressing | 2 tbls | 1 | 21 | 0 | 47 | 1.74 | 0.53 | 19.2 | 8274 | 1.56 | 3 | 0.38 | 4.94 | 0.08 | 0.01 | 0.00 |
| milk, chocolate fat free | 8 oz | 1 | 79 | 6 | 268 | 0.00 | 0.01 | 23.2 | 23 | 0.09 | 2 | 0.58 | 3.28 | 6.76 | 1.07 | 0.00 |
| Weighted Daily Average | | | 110 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 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

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

Page 6

Generated on: 6/19/2018 12:46:17 PM

| | 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) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 715 | 51 | 1100 | 11.04 | 3.52 | 750.8 | 14483 | 85.13 | 60 | 26.86 | 99.51 | 23.96 | 9.10 | 0.00 |
| % of Calories | | | | | | | | | | | 33.7% | 15.0% | 55.7% | 30.2% | 11.5% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| Fri - 09/14/2018 | | | | | | | | | | | | | | | | |
|------------------------------|-----------|---|---------|----|------|-------|------|-------|------|-------|-------|-------|--------|-------|------|--------|
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| Cheese Pizza/WG crust Elem | Slice | 1 | 370 | 40 | 600 | 4.00 | 1.80 | 350.0 | 400 | 0.0 | 14 | 17.0 | 38.0 | 17.0 | 8.00 | 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 |
| 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 |
| 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 | 110 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 864 | 51 | 1652 | 15.89 | 4.44 | 747.3 | 9599 | 11.19 | 75 | 32.56 | 132.51 | 25.07 | 9.12 | 0.00 |
| % of Calories | | | | | | | | | | | 34.9% | 15.1% | 61.3% | 26.1% | 9.5% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| Mon - 09/17/2018 | | | | | | | | | | | | | | | | |
|------------------------------|------------|---|---------|----|------|-------|------|-------|------|-------|-------|-------|--------|-------|------|--------|
| 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 |
| Celery, raw | 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 |
| 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 |
| 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 | 110 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 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 |
| 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 | | | 801 | 31 | 1836 | 12.13 | 3.09 | 417.0 | 9228 | 31.05 | 78 | 25.08 | 127.21 | 22.59 | 3.74 | 0.00 |
| % of Calories | | | | | | | | | | | 39.2% | 12.5% | 63.6% | 25.4% | 4.2% | 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

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

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

Page 7

Generated on: 6/19/2018 12:46:17 PM

| | 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 - 09/18/2018 | | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| Pineapple Tidbits in Juice | 1/2 cup | 1 | 74 | 0 | 0 | 1.06 | 0.38 | 0.0 | 80 | 9.58 | 16 | 0.0 | 19.15 | 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 | 110 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 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 |
| 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 | | | 895 | 31 | 2361 | 12.83 | 4.63 | 442.9 | 9154 | 13.86 | 82 | 30.28 | 144.24 | 23.28 | 3.69 | 0.00 |
| % of Calories | | | | | | | | | | | 36.6% | 13.5% | 64.5% | 23.4% | 3.7% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------|------------|---|---------|-------|------|-------|------|-------|-------|-------|--------|-------|--------|-------|--------|-------|
| Wed - 09/19/2018 | | | | | | | | | | | | | | | | |
| 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 |
| 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* |
| 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 | 110 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 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 |
| 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 | | | 926 | *31 | 2277 | 13.94 | 4.02 | 428.5 | 13038 | 16.17 | *62 | 27.20 | 147.22 | 27.37 | 3.81 | *0.00 |
| % of Calories | | | | | | | | | | | *26.9% | 11.8% | 63.6% | 26.6% | 3.7% | *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

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

Aug 28, 2018 thru Sep 28, 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) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/20/2018 | | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| Dragon Punch | carton | 1 | 50 | 0 | 35 | 0.00 | 0.00 | 0.0 | 500 | 30.0 | 12 | 0.0 | 13.0 | 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, 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 |
| 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 |
| 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 | | | 744 | 31 | 1781 | 9.70 | 3.39 | 421.6 | 9678 | 36.60 | 61 | 25.08 | 109.56 | 22.28 | 3.69 | 0.00 |
| % of Calories | | | | | | | | | | | 32.9% | 13.5% | 58.9% | 26.9% | 4.5% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------|------------|---|---------|----|------|-------|------|-------|-------|-------|-------|-------|--------|-------|--------|------|
| Fri - 09/21/2018 | | | | | | | | | | | | | | | | |
| 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 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 |
| 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 |
| milk, chocolate fat free | 8 oz | 1 | 110 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 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 |
| 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 | | | 790 | 31 | 1806 | 10.10 | 3.17 | 409.6 | 14248 | 34.68 | 75 | 24.28 | 122.76 | 22.28 | 3.69 | 0.00 |
| % of Calories | | | | | | | | | | | 37.7% | 12.3% | 62.1% | 25.4% | 4.2% | 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

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

Aug 28, 2018 thru Sep 28, 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) | 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 - 09/24/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| Yogurt, Strawberry 4 oz. | 4 oz. servin | 1 | 70 | 0 | 60 | 0.00 | 0.00 | 150.0 | 0 | 0.0 | 10 | 4.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Cheesestick-JHFS | stick | 1 | 60 | 10 | 200 | 0.00 | 0.00 | 200.0 | 100 | 0.0 | 1 | 7.0 | 1.0 | 2.5 | 2.00 | 0.00 |
| Bagel, White WG-Lender's | Bagel | 1 | 140 | 0 | 160 | 4.00 | 1.80 | 40.0 | 0 | 0.0 | 4 | 6.0 | 28.0 | 1.0 | 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 |
| PEACHES,FRESH | 1 EACH | 1 | 34 | 0 | 0 | 1.30 | 0.22 | 5.2 | 284 | 5.74 | 7 | 0.79 | 8.3 | 0.22 | 0.02 | 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 | 110 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 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 |
| Weighted Daily Average | | | 691 | 21 | 1037 | 15.01 | 3.75 | 748.5 | 9939 | 22.36 | 68 | 31.72 | 115.45 | 13.37 | 3.65 | 0.00 |
| % of Calories | | | | | | | | | | | 39.4% | 18.4% | 66.8% | 17.4% | 4.8% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------|--------------|---|---------|----|------|-------|------|-------|------|------|-------|-------|--------|-------|--------|------|
| Tue - 09/25/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| Yogurt, Strawberry 4 oz. | 4 oz. servin | 1 | 70 | 0 | 60 | 0.00 | 0.00 | 150.0 | 0 | 0.0 | 10 | 4.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Cheesestick-JHFS | stick | 1 | 60 | 10 | 200 | 0.00 | 0.00 | 200.0 | 100 | 0.0 | 1 | 7.0 | 1.0 | 2.5 | 2.00 | 0.00 |
| Bagel, White WG-Lender's | Bagel | 1 | 140 | 0 | 160 | 4.00 | 1.80 | 40.0 | 0 | 0.0 | 4 | 6.0 | 28.0 | 1.0 | 0.00 | 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 |
| 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 | 110 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 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 |
| Weighted Daily Average | | | 780 | 21 | 1510 | 13.41 | 4.50 | 785.7 | 9394 | 4.85 | 78 | 31.96 | 135.56 | 13.84 | 3.59 | 0.00 |
| % of Calories | | | | | | | | | | | 39.8% | 16.4% | 69.5% | 16.0% | 4.1% | 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

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

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

Page 10

Generated on: 6/19/2018 12:46:18 PM

| | 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) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 09/26/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| Yogurt, Strawberry 4 oz. | 4 oz. servin | 1 | 70 | 0 | 60 | 0.00 | 0.00 | 150.0 | 0 | 0.0 | 10 | 4.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Cheesestick-JHFS | stick | 1 | 60 | 10 | 200 | 0.00 | 0.00 | 200.0 | 100 | 0.0 | 1 | 7.0 | 1.0 | 2.5 | 2.00 | 0.00 |
| Bagel, White WG-Lender's | Bagel | 1 | 140 | 0 | 160 | 4.00 | 1.80 | 40.0 | 0 | 0.0 | 4 | 6.0 | 28.0 | 1.0 | 0.00 | 0.00 |
| Celery, raw | 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 |
| 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 |
| 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 | 110 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 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 |
| Weighted Daily Average | | | 675 | 21 | 979 | 10.03 | 3.03 | 754.0 | 9444 | 30.83 | 70 | 27.39 | 115.62 | 13.17 | 3.70 | 0.00 |
| % of Calories | | | | | | | | | | | 41.2% | 16.2% | 68.5% | 17.6% | 4.9% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|--------------|---|---------|----|------|-------|------|-------|------|-------|-------|-------|-------|-------|--------|------|
| Thu - 09/27/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| Yogurt, Strawberry 4 oz. | 4 oz. servin | 1 | 70 | 0 | 60 | 0.00 | 0.00 | 150.0 | 0 | 0.0 | 10 | 4.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Cheesestick-JHFS | stick | 1 | 60 | 10 | 200 | 0.00 | 0.00 | 200.0 | 100 | 0.0 | 1 | 7.0 | 1.0 | 2.5 | 2.00 | 0.00 |
| Bagel, White WG-Lender's | Bagel | 1 | 140 | 0 | 160 | 4.00 | 1.80 | 40.0 | 0 | 0.0 | 4 | 6.0 | 28.0 | 1.0 | 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 |
| Butter-I Can't Believe It's No | serving | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| milk, chocolate fat free | 8 oz | 1 | 110 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 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 |
| Weighted Daily Average | | | 595 | 21 | 960 | 10.04 | 2.80 | 770.8 | 9468 | 53.93 | 58 | 26.86 | 95.51 | 12.96 | 3.60 | 0.00 |
| % of Calories | | | | | | | | | | | 39.1% | 18.1% | 64.2% | 19.6% | 5.4% | 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

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

Aug 28, 2018 thru Sep 28, 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) | 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 - 09/28/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| CHICKEN PATTY | 1 EACH | 1 | 240 | 25 | 460 | 3.00 | 1.80 | 40.0 | 0 | 0.0 | 1 | 14.0 | 15.0 | 13.0 | 2.50 | 0.00 |
| HAMBURGER BUN | 1 EACH | 1 | 160 | 0 | 190 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 4 | 6.0 | 29.0 | 2.0 | 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 |
| 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 |
| 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 |
| 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 | 110 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 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 |
| Weighted Daily Average | | | 925 | 36 | 1928 | 13.25 | 5.63 | 484.5 | 14589 | 58.62 | 78 | 30.88 | 142.04 | 25.01 | 4.23 | 0.00 |
| % of Calories | | | | | | | | | | | 33.6% | 13.4% | 61.4% | 24.3% | 4.1% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|-----|-----|------|-------|------|-------|-------|-------|--------|-------|--------|-------|------|-------|
| Weighted Average | | | 751 | *38 | 1447 | 11.93 | 3.71 | 606.2 | 10480 | 31.09 | *66 | 26.79 | 118.03 | 19.85 | 5.37 | *0.00 |
| | | | | | | | | | | | *78.9% | 14.3% | 62.9% | 23.8% | 6.4% | *0.0% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|---|
| Calories | 751 | | 550 - 650 | 115% | | | 101 | Correction Required - Calories too High |
| Cholesterol (mg) | 38 | | | | Missing | | | |
| Sodium 1 (mg) | 1447 | | 1230 | | | | 217 | Correction Required - Sodium too High |
| Sodium 2 (mg) | 1447 | | 935 | | | | 512 | Correction Required - Sodium too High |
| Fiber (g) | 11.93 | | | | | | | |
| Iron (mg) | 3.71 | | | | | | | |
| Calcium (mg) | 606.2 | | | | | | | |
| Vitamin A (IU) | 10480 | | | | | | | |
| Sugars (g) | 66 | 35.05% | | | Missing | | | |
| Vitamin C (mg) | 31.09 | | | | | | | |
| Protein (g) | 26.79 | 14.28% | | | | | | |
| Carbohydrate (g) | 118.03 | 62.89% | | | | | | |
| Total Fat (g) | 19.85 | 23.80% | | | | | | |
| Saturated Fat (g) | 5.37 | 6.44% | <10.00% | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | Missing | | | |

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.