

Jenison Hudsonville School Food Service

Aug 28, 2018 thru Sep 28, 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 - 08/28/2018																
Elementary Lunch Traditional	Total	1														
Bosco Sticks with Sauce (Elem)	2 each	1	333	30	718	5.33	2.16	400.0	533	1.59	5	21.32	39.96	10.99	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			692	41	1228	10.63	3.39	773.7	9467	6.44	57	31.19	105.33	17.83	6.09	0.00
% of Calories											32.8%	18.0%	60.9%	23.2%	7.9%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 08/29/2018																
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	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			713	26	1296	10.73	4.93	591.1	9562	29.64	62	30.61	116.76	15.36	3.50	0.00
% of Calories											34.6%	17.2%	65.5%	19.4%	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

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Jenison Hudsonville School Food Service

Aug 28, 2018 thru Sep 28, 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 - 08/30/2018																
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	0.72	0.0	0	0.0	0	2.0	11.0	3.5	1.00	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			687	54	1136	10.39	3.71	594.0	9676	71.15	58	34.32	101.71	16.89	5.52	0.00
% of Calories											33.8%	20.0%	59.2%	22.1%	7.2%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 09/04/2018																
Elementary Lunch Traditional	Total	1														
CHILI W/ MEAT - Sec.	#6 scoop	1	177	33	421	1.91	2.38	17.6	674	4.1	4	13.42	9.35	9.35	3.98	0.00
Baked Scoops	bag	1	110	0	125	2.00	0.36	20.0	0	0.0	0	2.0	19.0	2.5	0.00	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
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			747	44	1091	10.32	4.73	393.3	9913	20.95	56	26.38	112.91	21.19	5.56	0.00
% of Calories											29.8%	14.1%	60.5%	25.5%	6.7%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Aug 28, 2018 thru Sep 28, 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 - 09/05/2018																
Elementary Lunch Traditional	Total	1														
Crispito - Chicken & Cheese	piece	1	200	20	370	2.00	1.44	60.0	200	0.0	1	8.0	20.0	10.0	2.00	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
Weighted Daily Average			670	31	1231	14.37	4.95	557.4	9362	12.84	48	24.06	103.30	17.17	3.20	0.00
% of Calories											28.4%	14.4%	61.7%	23.1%	4.3%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 09/06/2018																
Elementary Lunch Traditional	Total	1														
MAC AND MEAT WITH REDPACK	1/2 cup ser	1	168	21	488	1.73	1.78	2.2	291	3.21	4	10.41	16.83	6.36	2.58	0.00
Garlic Toast	slice	1	80	0	150	1.00	0.72	0.0	0	0.0	0	2.0	11.0	3.5	1.00	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
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
Weighted Daily Average			590	*42	1116	7.28	3.97	383.8	9774	40.28	*34	22.66	82.93	19.28	6.18	*0.00
% of Calories											*22.8%	15.4%	56.2%	29.4%	9.4%	*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)	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														
Chicken Fajita meat Secondary	1/2 cup	1	174	109	451	0.00	0.52	0.0	0	0.0	0	21.81	2.91	8.72	2.91	0.00
TORTILLA SHELL (FLOUR) 6"	6" shell	1	90	0	75	2.00	0.72	20.0	5	0.0	1	2.0	15.0	3.0	2.00	0.00
Cheese, shredded (tacos-elem)	2 oz	1	220	60	380	0.00	0.00	400.0	600	0.0	0	14.0	2.0	18.0	12.00	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
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
Salsa-JHFS	2 tbs per 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	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			1018	180	1504	10.74	3.61	882.4	14512	42.43	70	48.77	118.16	40.56	18.99	0.00
% of Calories											27.6%	19.2%	46.4%	35.9%	16.8%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 09/10/2018																
Elementary Lunch Traditional	Total	1														
Bosco Sticks with Sauce (Elem)	2 each	1	333	30	718	5.33	2.16	400.0	533	1.59	5	21.32	39.96	10.99	5.00	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			718	41	1248	13.16	3.36	769.8	9690	23.58	63	31.09	113.80	18.14	6.14	0.00
% of Calories											35.4%	17.3%	63.4%	22.8%	7.7%	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)	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	Total	1														
Beef Shepherds Pie-JHFS	#8 scoop	1	167	29	361	1.20	1.56	2.7	0	0.0	1	12.93	8.26	8.43	3.45	0.00
DINNER ROLL	1	1	90	0	125	2.00	1.44	40.0	0	0.0	2	4.0	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
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			597	40	1036	7.61	3.90	398.4	9219	3.65	51	25.89	81.82	19.27	5.04	0.00
% of Calories											34.0%	17.4%	54.9%	29.1%	7.6%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 09/12/2018																
Elementary Lunch Traditional	Total	1														
MINI CORN DOGS	6 corn dogs	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
CALIFORNIA BLEND VEGGIES	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
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
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	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			872	49	1587	12.56	4.15	678.0	9964	42.27	*72	24.55	141.16	23.61	6.05	0.00
% of Calories											*33.1%	11.3%	64.8%	24.4%	6.2%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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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 - 09/13/2018																
Elementary Lunch Traditional	Total	1														
TORTILLA SHELL (FLOUR) 6"	6" shell	1	90	0	75	2.00	0.72	20.0	5	0.0	1	2.0	15.0	3.0	2.00	0.00
TACO MEAT ELEM	1/4 cup #16	1	116	25	398	0.22	1.22	1.1	204	2.14	1	9.31	3.42	6.9	2.96	0.00
Cheese, shredded (tacos-elem)	2 oz	1	220	60	380	0.00	0.00	400.0	600	0.0	0	14.0	2.0	18.0	12.00	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
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
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
Weighted Daily Average			780	96	1386	10.20	3.66	821.9	14893	87.27	49	35.18	83.81	34.86	18.06	0.00
% of Calories											25.2%	18.0%	43.0%	40.2%	20.8%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 09/14/2018																
Elementary Lunch Traditional	Total	1														
Breaded Chicken Drumstick	Drumstick	1	190	50	450	1.00	1.08	20.0	100	0.0	0	18.0	5.0	11.0	2.50	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
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			684	61	1502	12.89	3.72	417.3	9299	11.19	61	33.56	99.51	19.07	3.62	0.00
% of Calories											35.9%	19.6%	58.2%	25.1%	4.8%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Jenison Hudsonville School Food Service

Aug 28, 2018 thru Sep 28, 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 - 09/17/2018																
Elementary Lunch Traditional	Total	1														
GRILLED CHEESE ON W/GRAIN	1	1	280	30	280	3.00	1.44	450.0	500	0.0	6	19.0	31.0	10.0	6.00	0.00
TOMATO SOUP	1/2 cup	1	54	2	229	0.44	0.32	43.3	247	2.81	*7	2.02	10.36	0.36	0.21	*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
Weighted Daily Average			724	43	1039	11.21	2.94	863.2	9825	33.23	*74	30.78	116.05	17.51	7.35	*0.00
% of Calories											*40.9%	17.0%	64.1%	21.8%	9.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 09/18/2018																
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
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
Salsa-JHFS	2 tbs per 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
Weighted Daily Average			959	96	2066	11.63	4.31	796.8	9908	15.37	66	40.27	119.01	37.74	16.55	0.00
% of Calories											27.7%	16.8%	49.6%	35.4%	15.5%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Jenison Hudsonville School Food Service

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch Traditional W

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 - 09/19/2018																
Elementary Lunch Traditional	Total	1														
HAMBURGER	1 EACH	1	166	49	254	1.00	1.00	20.0	0	0.0	0	12.0	0.0	12.0	4.80	0.80
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
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
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
Relish	2 Tbls ser	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	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			916	*72	1909	13.58	4.92	556.3	13038	15.54	*49	32.38	130.19	30.42	8.51	*0.80
% of Calories											*21.4%	14.1%	56.8%	29.9%	8.4%	*0.8%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 09/20/2018																
Elementary Lunch Traditional	Total	1														
Calzone, Pepperoni Whole Grain	calzone	1	340	30	510	3.00	1.80	250.0	500	8.4	5	20.0	35.0	13.0	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
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
Weighted Daily Average			674	41	985	8.34	3.28	624.4	10027	44.37	49	29.76	92.03	19.84	6.09	0.00
% of Calories											29.0%	17.7%	54.6%	26.5%	8.1%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Jenison Hudsonville School Food Service

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch Traditional W

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 - 09/21/2018																
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 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
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
Bacon Bits	1 TBSP	1	21	0	105	*N/A*	0.36	20.0	0	0.0	*N/A*	2.0	2.0	1.0	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
Weighted Daily Average			739	94	1610	*7.74	3.30	600.1	14447	35.12	*64	32.38	96.11	25.83	8.92	0.00
% of Calories											*34.5%	17.5%	52.0%	31.4%	10.9%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 09/24/2018																
Elementary Lunch Traditional	Total	1														
Lasanga Rollup w/Redpack	Rollup	1	255	20	525	3.00	1.08	300.0	500	8.4	7	16.0	32.0	6.0	3.50	0.00
Garlic Toast	slice	1	80	0	150	1.00	0.72	0.0	0	0.0	0	2.0	11.0	3.5	1.00	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
Weighted Daily Average			736	31	1262	15.01	3.75	658.5	10039	30.76	60	32.72	115.45	16.87	5.65	0.00
% of Calories											32.6%	17.8%	62.7%	20.6%	6.9%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Jenison Hudsonville School Food Service

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch Traditional W

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)
Tue - 09/25/2018																
Elementary Lunch Traditional	Total	1														
SLOPPY JOE	1/3 serving	1	170	30	490	0.11	1.38	1.7	168	2.15	9	11.01	12.02	8.4	3.60	*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
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
Weighted Daily Average			820	41	1740	11.52	5.88	437.4	9162	7.01	76	31.97	133.58	18.24	4.69	*0.00
% of Calories											37.1%	15.6%	65.2%	20.0%	5.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 09/26/2018																
Elementary Lunch Traditional	Total	1														
Teriyaki Beef Nibblers	4 pcs	1	160	40	440	1.00	1.44	20.0	0	0.0	4	14.0	6.0	8.0	3.50	0.50
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
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
Weighted Daily Average			665	51	1039	8.03	3.38	484.0	9074	30.83	64	26.39	97.62	19.17	5.70	0.50
% of Calories											38.2%	15.9%	58.7%	25.9%	7.7%	0.7%
Nutrient Guideline			550-650		1230										<10.00	

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Jenison Hudsonville School Food Service

Aug 28, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch Traditional W

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 - 09/27/2018																
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
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
DINNER ROLL	1	1	90	0	125	2.00	1.44	40.0	0	0.0	2	4.0	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, 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			643	31	2109	9.04	3.04	426.4	9372	62.93	*46	23.18	94.16	21.84	3.37	0.00
% of Calories											*28.6%	14.4%	58.6%	30.6%	4.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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
Weighted Daily Average			905	36	1898	13.25	5.63	484.5	14289	58.62	78	30.88	142.04	22.51	3.73	0.00
% of Calories											34.4%	13.6%	62.8%	22.4%	3.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			752	*56	1410	*10.92	4.02	599.7	10660	32.98	*59	30.86	108.97	22.42	7.20	*0.06
											*71.0%	16.4%	58.0%	26.8%	8.6%	*0.1%

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Jenison Hudsonville School Food Service

Aug 28, 2018 thru Sep 28, 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)	
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	752		550 - 650	116%				102	Correction Required - Calories too High								
Cholesterol (mg)	56				Missing												
Sodium 1 (mg)	1410		1230					180	Correction Required - Sodium too High								
Sodium 2 (mg)	1410		935					475	Correction Required - Sodium too High								
Fiber (g)	10.92				Missing												
Iron (mg)	4.02																
Calcium (mg)	599.7																
Vitamin A (IU)	10660																
Sugars (g)	59	31.57%			Missing												
Vitamin C (mg)	32.98																
Protein (g)	30.86	16.41%															
Carbohydrate (g)	108.97	57.95%															
Total Fat (g)	22.42	26.83%															
Saturated Fat (g)	7.20	8.62%	<10.00%														
Trans Fat ¹ (g)	0.06	0.07%			Missing												

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

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