

Jenison Hudsonville School Food Service

Feb 5, 2018 thru Mar 2, 2018

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/05/2018																
Elementary Lunch-Traditional	Total	1														
Yogurt, Raspberry, 4 oz.	yogurt	1	100	4	50	0.00	0.00	100.0	500	0.0	13	3.0	20.0	0.5	0.50	0.00
String Cheese-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,CND LT SYRUP	1/2 cup	1	50	0	5	0.00	0.00	0.0	300	1.2	10	0.0	12.0	0.0	0.00	0.00
APPLE FRESH	3"	1	95	0	2	4.37	0.22	10.9	98	8.37	19	0.47	25.13	0.31	0.05	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
milk, chocolate fat free	8 oz	1	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	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
Weighted Daily Average			717	25	1002	13.70	3.53	693.3	10155	17.82	74	29.93	125.15	11.15	3.64	0.00
% of Calories											41.1%	16.7%	69.8%	14.0%	4.6%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 02/06/2018																
Elementary Lunch-Traditional	Total	1														
Yogurt, Raspberry, 4 oz.	yogurt	1	100	4	50	0.00	0.00	100.0	500	0.0	13	3.0	20.0	0.5	0.50	0.00
String Cheese-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
PEARS,CANNED,LIGHT SYRUP	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
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
Weighted Daily Average			655	25	953	9.07	2.76	712.2	9716	6.04	69	25.29	113.88	10.84	3.59	0.00
% of Calories											41.9%	15.4%	69.5%	14.9%	4.9%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Feb 5, 2018 thru Mar 2, 2018

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/07/2018																
Elementary Lunch-Traditional	Total	1														
Yogurt, Raspberry, 4 oz.	yogurt	1	100	4	50	0.00	0.00	100.0	500	0.0	13	3.0	20.0	0.5	0.50	0.00
CHEESE STRING	1 EACH	1	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	8.0	0.0	5.0	3.00	*N/A*
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
Bean Salad-elem	3/4 CUP SERV	1	217	0	542	5.50	1.66	37.9	238	3.95	*3	6.1	22.46	10.86	1.43	*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
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
Weighted Daily Average			917	30	1448	14.86	4.62	725.4	9800	33.59	*74	33.16	141.76	24.53	6.12	*0.00
% of Calories											*32.4%	14.5%	61.9%	24.1%	6.0%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 02/08/2018																
Elementary Lunch-Traditional	Total	1														
Yogurt, Raspberry, 4 oz.	yogurt	1	100	4	50	0.00	0.00	100.0	500	0.0	13	3.0	20.0	0.5	0.50	0.00
String Cheese-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 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
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
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
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
Weighted Daily Average			719	25	910	11.11	3.90	720.8	9698	75.50	67	27.86	128.66	10.96	3.60	0.00
% of Calories											37.4%	15.5%	71.5%	13.7%	4.5%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/09/2018																
Elementary Lunch-Traditional	Total	1														
Yogurt, Raspberry, 4 oz.	yogurt	1	100	4	50	0.00	0.00	100.0	500	0.0	13	3.0	20.0	0.5	0.50	0.00
String Cheese-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
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
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
Weighted Daily Average			704	25	917	11.89	3.72	737.3	14839	57.99	76	26.56	124.51	11.07	3.62	0.00
% of Calories											43.4%	15.1%	70.7%	14.1%	4.6%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 02/12/2018																
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
Grape Tomatoes	1/2 cup	1	15	0	0	1.00	0.00	20.0	750	4.2	2	0.0	3.0	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*
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
Salsa - 2 tbls	2 tbls.	1	10	0	250	1.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			728	*21	1594	13.32	1.11	380.6	9786	17.73	*49	25.92	117.43	19.23	4.15	*0.00
% of Calories											*27.0%	14.2%	64.5%	23.8%	5.1%	*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)
Tue - 02/13/2018																
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
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
Jenison Spirit Applesauce	4 oz servin	1	77	0	55	2.05	0.37	0.0	56	5.6	18	0.37	19.68	0.0	0.00	0.00
Hudsonville Spirit Applesauce	4 oz. servin	1	77	0	45	2.05	0.37	0.0	56	5.6	18	0.37	19.68	0.0	0.00	0.00
GRAPES,FRESH	1/2 cup	1	60	0	10	0.67	0.00	13.3	67	0.8	13	0.0	15.33	0.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
milk, chocolate fat free	8 oz	1	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Salsa - 2 tbls	2 tbls.	1	10	0	250	1.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			785	21	1708	12.84	1.28	369.1	9099	34.84	78	27.04	128.60	18.84	4.09	0.00
% of Calories											39.9%	13.8%	65.6%	21.6%	4.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 02/14/2018																
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
Corn, Frozen (1/2 cup)	1/2 cup	1	93	0	5	1.87	0.34	0.0	93	2.24	2	2.8	19.58	0.93	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
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 - 2 tbls	2 tbls.	1	10	0	250	1.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			823	21	1601	11.23	1.50	367.4	9470	31.88	61	29.86	133.88	20.11	4.20	0.00
% of Calories											29.9%	14.5%	65.1%	22.0%	4.6%	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)	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 - 02/15/2018																
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
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
PEARS,CANNED,LIGHT SYRUP	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
Salsa - 2 tbls	2 tbls.	1	10	0	250	1.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	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			810	31	2115	13.74	2.70	382.4	9542	34.05	59	30.96	124.23	22.34	5.59	0.00
% of Calories											29.3%	15.3%	61.4%	24.8%	6.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 02/16/2018																
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
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
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
RAISINS BOXED	1 EACH	1	112	0	4	0.99	0.00	0.0	109	0.0	22	0.99	29.77	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 - 2 tbls	2 tbls.	1	10	0	250	1.00	0.00	0.0	100	0.0	2	0.0	3.0	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			745	21	1589	9.70	1.25	360.4	9101	12.43	67	26.85	121.95	18.84	4.09	0.00
% of Calories											35.9%	14.4%	65.5%	22.8%	4.9%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 02/19/2018																
Elementary Lunch-Traditional	Total	1														
TURKEY W/CHEESE ON WG BUN	1 EACH	1	210	24	503	3.00	2.88	77.5	90	0.0	3	15.25	25.25	4.75	1.25	*0.00
Baked Beans	4 OZ	1	140	0	550	5.00	1.80	40.0	60	0.0	12	6.0	29.0	1.0	0.00	0.00
TROPICAL MIXED FRUIT	1/2 cup	1	80	0	0	1.00	0.36	0.0	0	18.0	19	0.0	20.0	0.0	0.00	0.00
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

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Jenison Hudsonville School Food Service

Feb 5, 2018 thru Mar 2, 2018

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			734	35	1549	15.11	5.80	470.8	9046	29.23	76	30.68	127.61	12.90	2.39	*0.00
% of Calories											41.6%	16.7%	69.5%	15.8%	2.9%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 02/20/2018																
Elementary Lunch-Traditional	Total	1														
TURKEY W/CHEESE ON WG BUN	1 EACH	1	210	24	503	3.00	2.88	77.5	90	0.0	3	15.25	25.25	4.75	1.25	*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
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
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
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			563	35	1008	7.37	4.13	451.2	9034	13.23	57	25.11	89.77	11.59	2.34	*0.00
% of Calories											40.3%	17.8%	63.8%	18.5%	3.7%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 02/21/2018																
Elementary Lunch-Traditional	Total	1														
TURKEY W/CHEESE ON WG BUN	1 EACH	1	210	24	503	3.00	2.88	77.5	90	0.0	3	15.25	25.25	4.75	1.25	*0.00
Lettuce, Romaine Ribbons	1 cup	1	10	0	0	1.00	0.72	20.0	5000	30.0	0	0.0	2.0	0.0	0.00	0.00
PEACHES,CND LT SYRUP	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			570	35	1004	8.37	4.41	444.9	14252	42.84	49	25.31	90.54	11.92	2.45	*0.00
% of Calories											34.3%	17.8%	63.6%	18.8%	3.9%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Feb 5, 2018 thru Mar 2, 2018

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/22/2018																
Elementary Lunch-Traditional	Total	1														
TURKEY W/CHEESE ON WG BUN	1 EACH	1	210	24	503	3.00	2.88	77.5	90	0.0	3	15.25	25.25	4.75	1.25	*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
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			515	35	1013	9.04	3.88	458.3	9158	53.93	46	25.11	77.76	11.71	2.35	*0.00
% of Calories											36.1%	19.5%	60.4%	20.5%	4.1%	*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)
Fri - 02/23/2018																
Elementary Lunch-Traditional	Total	1														
TURKEY W/CHEESE ON WG BUN	1 EACH	1	210	24	503	3.00	2.88	77.5	90	0.0	3	15.25	25.25	4.75	1.25	*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
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
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			600	35	1032	10.55	4.14	451.4	9111	71.18	61	25.14	99.08	11.82	2.37	*0.00
% of Calories											40.5%	16.8%	66.1%	17.7%	3.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Jenison Hudsonville School Food Service

Feb 5, 2018 thru Mar 2, 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)
Mon - 02/26/2018																
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
Whole Grain Honey White Bread	1 slice	1	90	0	160	2.00	1.80	20.0	15	0.0	3	3.0	17.0	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*
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
Honey Packet	packet	1	25	0	0	0.00	0.00	0.0	0	0.0	7	0.0	7.0	0.0	0.00	0.00
Barbecue Sauce - JHFS	2 tbsp	1	50	0	440	0.00	0.00	0.0	45	0.0	9	0.0	11.0	0.0	0.00	0.00
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
Weighted Daily Average			976	*31	2342	16.68	5.78	454.4	13087	15.76	*77	27.57	159.29	27.34	3.75	*0.00
% of Calories											*31.5%	11.3%	65.3%	25.2%	3.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 02/27/2018																
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
Whole Grain Honey White Bread	1 slice	1	90	0	160	2.00	1.80	20.0	15	0.0	3	3.0	17.0	1.0	0.00	0.00
Lettuce, Romaine Ribbons	1 cup	1	10	0	0	1.00	0.72	20.0	5000	30.0	0	0.0	2.0	0.0	0.00	0.00
Jenison Spirit Applesauce	4 oz servin	1	77	0	55	2.05	0.37	0.0	56	5.6	18	0.37	19.68	0.0	0.00	0.00
Hudsonville Spirit Applesauce	4 oz. servin	1	77	0	45	2.05	0.37	0.0	56	5.6	18	0.37	19.68	0.0	0.00	0.00
GRAPES,FRESH	1/2 cup	1	60	0	10	0.67	0.00	13.3	67	0.8	13	0.0	15.33	0.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
milk, chocolate fat free	8 oz	1	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
Honey Packet	packet	1	25	0	0	0.00	0.00	0.0	0	0.0	7	0.0	7.0	0.0	0.00	0.00
Barbecue Sauce - JHFS	2 tbsp	1	50	0	440	0.00	0.00	0.0	45	0.0	9	0.0	11.0	0.0	0.00	0.00
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
Weighted Daily Average			890	31	1976	12.87	5.71	442.9	14142	45.47	97	26.03	147.46	22.28	3.69	0.00
% of Calories											43.7%	11.7%	66.3%	22.5%	3.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Jenison Hudsonville School Food Service

Feb 5, 2018 thru Mar 2, 2018

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/28/2018																
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
Whole Grain Honey White Bread	1 slice	1	90	0	160	2.00	1.80	20.0	15	0.0	3	3.0	17.0	1.0	0.00	0.00
Garbanzo Beans	6 OZ	1	135	0	465	7.50	2.16	60.0	0	0.0	0	7.5	24.0	0.75	0.00	0.00
PEACHES,CND LT SYRUP	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
Honey Packet	packet	1	25	0	0	0.00	0.00	0.0	0	0.0	7	0.0	7.0	0.0	0.00	0.00
Barbecue Sauce - JHFS	2 tbsp	1	50	0	440	0.00	0.00	0.0	45	0.0	9	0.0	11.0	0.0	0.00	0.00
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
Weighted Daily Average			940	31	2337	17.23	6.67	474.6	9328	13.47	71	33.88	149.82	23.36	3.80	0.00
% of Calories											30.2%	14.4%	63.7%	22.4%	3.6%	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 - 03/01/2018																
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
Whole Grain Honey White Bread	1 slice	1	90	0	160	2.00	1.80	20.0	15	0.0	3	3.0	17.0	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
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
PEARS,CANNED,LIGHT SYRUP	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
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
Honey Packet	packet	1	25	0	0	0.00	0.00	0.0	0	0.0	7	0.0	7.0	0.0	0.00	0.00
Barbecue Sauce - JHFS	2 tbsp	1	50	0	440	0.00	0.00	0.0	45	0.0	9	0.0	11.0	0.0	0.00	0.00
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
Weighted Daily Average			775	31	1846	10.10	5.33	429.6	14533	64.68	68	25.28	116.76	22.28	3.69	0.00
% of Calories											34.9%	13.0%	60.2%	25.9%	4.3%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Jenison Hudsonville School Food Service

Feb 5, 2018 thru Mar 2, 2018

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/02/2018																
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
Whole Grain Honey White Bread	1 slice	1	90	0	160	2.00	1.80	20.0	15	0.0	3	3.0	17.0	1.0	0.00	0.00
GREEN BEANS - from frozen	4 OZ	1	24	0	0	1.60	0.58	32.0	160	1.92	2	0.8	4.8	0.0	0.00	0.00
MANDARIN ORANGES,CND,LT SYRUP,	1/2 cup	1	90	0	10	0.00	0.36	20.0	400	18.0	19	1.0	20.0	0.0	0.00	0.00
Craisins, Cherry	package	1	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
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
Honey Packet	packet	1	25	0	0	0.00	0.00	0.0	0	0.0	7	0.0	7.0	0.0	0.00	0.00
Barbecue Sauce - JHFS	2 tbsp	1	50	0	440	0.00	0.00	0.0	45	0.0	9	0.0	11.0	0.0	0.00	0.00
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
Weighted Daily Average			889	31	1876	11.70	5.19	461.6	9523	23.40	93	27.08	143.56	22.28	3.69	0.00
% of Calories											41.9%	12.2%	64.6%	22.5%	3.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			753	*29	1491	12.02	3.87	499.4	10621	34.75	*68	27.73	123.08	17.27	3.66	*0.00
											*81.9%	14.7%	65.4%	20.6%	4.4%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	753		550 - 650	116%			103	Correction Required - Calories too High
Cholesterol (mg)	29				Missing			
Sodium 1 (mg)	1491		1230				261	Correction Required - Sodium too High
Sodium 2 (mg)	1491		935				556	Correction Required - Sodium too High
Fiber (g)	12.02							
Iron (mg)	3.87							
Calcium (mg)	499.4							
Vitamin A (IU)	10621							
Sugars (g)	68	36.39%			Missing			
Vitamin C (mg)	34.75							
Protein (g)	27.73	14.73%						
Carbohydrate (g)	123.08	65.40%						
Total Fat (g)	17.27	20.65%						
Saturated Fat (g)	3.66	4.38%	<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

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