

# Jenison Hudsonville School Food Service

Feb 5, 2018 thru Mar 2, 2018

Base Menu Spreadsheet

Elementary Lunch Traditional W

Weighted Values - Detailed

Page 1

Generated on: 1/18/2018 8:39:12 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 02/05/2018</b>																
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,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
Weighted Daily Average			752	31	1267	13.70	3.53	653.3	10055	26.22	63	31.93	119.15	16.65	5.64	0.00
% of Calories											33.4%	17.0%	63.4%	19.9%	6.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Tue - 02/06/2018</b>																
Elementary Lunch Traditional	Total	1														
BBQ Chicken	1/3 cup	1	165	62	353	0.00	0.96	0.0	40	0.0	11	23.11	12.71	2.22	0.89	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
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
Weighted Daily Average			680	73	1086	7.07	3.72	412.2	9156	6.04	66	38.40	106.59	11.06	1.97	0.00
% of Calories											38.6%	22.6%	62.7%	14.6%	2.6%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

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Base Menu Spreadsheet

Elementary Lunch Traditional W

Weighted Values - Detailed

Page 2

Generated on: 1/18/2018 8:39:12 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 02/07/2018																
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
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
Weighted Daily Average			877	51	1548	12.86	4.98	505.4	9130	33.59	*66	32.16	118.76	30.03	7.12	*0.50
% of Calories											*30.2%	14.7%	54.2%	30.8%	7.3%	*0.5%
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 <sup>1</sup> (g)
Thu - 02/08/2018																
Elementary Lunch Traditional	Total	1														
SLOPPY JOE	1/3 serving	1	134	30	508	1.31	2.24	25.7	168	2.15	9	14.61	14.42	2.4	1.20	*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 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			714	41	1198	10.42	6.14	446.4	9266	77.66	63	32.47	123.08	11.36	2.30	*0.00
% of Calories											35.1%	18.2%	69.0%	14.3%	2.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Base Menu Spreadsheet

Elementary Lunch Traditional W

Weighted Values - Detailed

Page 3

Generated on: 1/18/2018 8:39:12 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Fri - 02/09/2018</b>																
Elementary Lunch Traditional	Total	1														
Breaded Chicken Patty on Bun	sandwich	1	400	25	650	5.00	3.60	80.0	0	0.0	5	20.0	44.0	15.0	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
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	

	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 <sup>1</sup> (g)
<b>Mon - 02/12/2018</b>																
Elementary Lunch Traditional	Total	1														
Bosco Sticks with Sauce (Elem)	2 each	1	338	30	743	5.89	2.16	400.0	779	4.54	6	21.89	39.68	11.89	5.00	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
Weighted Daily Average			726	*41	1247	14.21	3.27	780.6	10450	22.27	*50	31.81	114.11	19.13	6.15	*0.00
% of Calories											*27.5%	17.5%	62.9%	23.7%	7.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Base Menu Spreadsheet

Elementary Lunch Traditional W

Weighted Values - Detailed

Page 4

Generated on: 1/18/2018 8:39:12 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 02/13/2018																
Elementary Lunch Traditional	Total	1														
MACARONI AND CHEESE	1/2 cup	1	308	44	832	0.88	0.81	336.4	621	0.43	6	13.91	23.46	18.28	9.01	*0.64
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
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
Weighted Daily Average			833	55	1601	9.72	2.81	705.5	9605	35.28	79	26.95	120.06	28.62	11.10	*0.64
% of Calories											38.2%	12.9%	57.7%	30.9%	12.0%	*0.7%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 02/14/2018																
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
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
Weighted Daily Average			823	41	1021	9.23	3.30	617.4	9855	40.28	61	33.86	125.88	21.11	6.20	0.00
% of Calories											29.9%	16.5%	61.2%	23.1%	6.8%	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 <sup>1</sup> (g)
Thu - 02/15/2018																
Elementary Lunch Traditional	Total	1														
FISH TREASURES	4 pcs	1	230	25	360	2.00	1.44	20.0	0	1.2	1	16.0	18.0	10.0	1.50	0.00
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
Tartar Sauce Packets	packet	1	45	5	100	0.00	0.00	0.0	0	0.0	2	0.0	3.0	3.5	0.50	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			745	51	1485	10.74	4.14	402.4	9427	35.25	57	30.96	102.23	23.84	4.58	0.00
% of Calories											30.7%	16.6%	54.9%	28.8%	5.5%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 02/16/2018																
Elementary Lunch Traditional	Total	1														
Chicken Tenders	3 pieces	1	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
Waffle, Dutch Whole Grain 5"	waffle	1	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	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
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
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			1091	56	1980	11.06	4.96	447.6	9137	13.06	96	30.17	167.48	35.28	6.69	0.00
% of Calories											35.3%	11.1%	61.4%	29.1%	5.5%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Jenison Hudsonville School Food Service

Feb 5, 2018 thru Mar 2, 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 <sup>1</sup> (g)
Mon - 02/19/2018																
Elementary Lunch Traditional	Total	1														
MINI CORN DOGS	6 corn dog	1	270	38	420	4.50	2.16	150.0	0	0.0	6	10.5	30.0	12.0	3.75	0.00
Goldfish Grahams (2/pkg)	2 crackers	1	120	0	70	1.00	0.72	100.0	30	0.0	5	2.0	19.0	4.0	1.00	0.00
Baked Beans	4 OZ	1	140	0	550	5.00	1.80	40.0	60	0.0	12	6.0	29.0	1.0	0.00	0.00
TROPICAL MIXED FRUIT	1/2 cup	1	80	0	0	1.00	0.36	0.0	0	18.0	19	0.0	20.0	0.0	0.00	0.00
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
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			990	49	2108	18.97	5.91	690.5	8991	29.86	*89	28.25	168.89	24.59	5.99	0.00
% of Calories											*36.2%	11.4%	68.2%	22.4%	5.4%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 02/20/2018																
Elementary Lunch Traditional	Total	1														
CHICKEN NOODLE/RICE SOUP	2 #12 sco ops	1	107	42	492	0.56	0.80	9.2	511	0.85	*1	14.91	6.9	2.6	0.62	*0.00
Mini Bosco (1)	1	1	110	5	140	1.00	0.72	100.0	100	0.0	1	6.0	14.0	3.0	1.50	0.00
Cheddar Goldfish Crackers	package	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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			570	58	1137	5.94	2.77	483.0	9555	14.08	*55	30.77	85.41	12.44	3.21	*0.00
% of Calories											*38.8%	21.6%	59.9%	19.6%	5.1%	*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 W

Weighted Values - Detailed

Page 7

Generated on: 1/18/2018 8:39:12 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 02/21/2018																
Elementary Lunch Traditional	Total	1														
Pepperoni Pizza Bites	4 pcs	1	270	15	570	4.00	1.80	80.0	300	4.8	3	16.0	29.0	10.0	2.50	0.00
Lettuce, Romaine Ribbons	1 cup	1	10	0	0	1.00	0.72	20.0	5000	30.0	0	0.0	2.0	0.0	0.00	0.00
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			630	26	1071	9.37	3.33	447.4	14462	47.64	49	26.06	94.30	17.17	3.70	0.00
% of Calories											30.9%	16.6%	59.9%	24.6%	5.3%	0.0%
Nutrient Guideline			550-650		1230											<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 02/22/2018																
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
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			623	31	2079	9.04	3.04	426.4	9072	62.93	*46	23.18	94.16	19.34	2.87	0.00
% of Calories											*29.5%	14.9%	60.5%	27.9%	4.1%	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 W

Weighted Values - Detailed

Page 8

Generated on: 1/18/2018 8:39:12 AM

	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 <sup>1</sup> (g)
Fri - 02/23/2018																
Elementary Lunch Traditional	Total	1														
Pancakes, 2 pieces	2 pancakes	1	210	10	300	3.00	0.00	0.0	55	0.0	10	4.0	36.0	6.0	1.00	0.00
Eggs, Scrambled, GFS, #584584	1/3 cup #1	1	70	125	220	0.00	0.72	40.0	200	0.0	1	6.0	1.0	4.0	1.00	0.00
Celery, 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
Syrup, Pancake 1.5 oz.	1.5 oz	1	120	0	0	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
milk, chocolate fat free	8 oz	1	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			790	146	1050	10.55	1.98	413.9	9276	71.18	87	19.89	141.83	17.07	3.12	0.00
% of Calories											44.3%	10.1%	71.8%	19.5%	3.6%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 02/26/2018																
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*
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
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			921	*72	1910	15.32	4.87	562.2	13071	15.13	*55	31.75	132.26	30.40	8.45	*0.80
% of Calories											*24.1%	13.8%	57.4%	29.7%	8.3%	*0.8%
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 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 <sup>1</sup> (g)
Tue - 02/27/2018																
Elementary Lunch Traditional	Total	1														
TACO MEAT ELEM	1/4 cup #1	1	90	27	305	1.32	2.13	23.0	166	2.14	1	13.59	4.85	2.19	1.10	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
Lettuce, Romaine Ribbons	1 cup	1	10	0	0	1.00	0.72	20.0	5000	30.0	0	0.0	2.0	0.0	0.00	0.00
Jenison Spirit Applesauce	4 oz servin	1	77	0	55	2.05	0.37	0.0	56	5.6	18	0.37	19.68	0.0	0.00	0.00
Hudsonville Spirit Applesauce	4 oz. servin	1	77	0	45	2.05	0.37	0.0	56	5.6	18	0.37	19.68	0.0	0.00	0.00
GRAPES,FRESH	1/2 cup	1	60	0	10	0.67	0.00	13.3	67	0.8	13	0.0	15.33	0.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
Salsa - 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			845	98	1615	11.83	4.85	818.7	14848	46.98	76	39.30	109.78	30.03	16.18	0.00
% of Calories											35.9%	18.6%	52.0%	32.0%	17.2%	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 <sup>1</sup> (g)
Wed - 02/28/2018																
Elementary Lunch Traditional	Total	1														
HOT DOG/TURKEY	1 EACH	1	110	50	240	0.00	1.08	60.0	0	6.0	0	8.0	0.0	9.0	2.50	0.00
HOT DOG BUN/WHOLE GRAIN	1 BUN	1	110	0	200	3.00	1.80	60.0	0	0.0	2	4.0	20.0	1.5	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
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			730	61	1676	15.87	5.85	567.4	9162	18.84	*48	29.56	113.29	18.42	3.70	0.00
% of Calories											*26.1%	16.2%	62.1%	22.7%	4.6%	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 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 <sup>1</sup> (g)
Thu - 03/01/2018																
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
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
Heartzel 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
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
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
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			679	94	1585	*6.74	3.66	600.1	14717	65.12	*49	32.38	80.12	25.83	8.92	0.00
% of Calories											*28.7%	19.1%	47.2%	34.2%	11.8%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 03/02/2018																
Elementary Lunch Traditional	Total	1														
FISH TREASURES	4 pcs	1	230	25	360	2.00	1.44	20.0	0	1.2	1	16.0	18.0	10.0	1.50	0.00
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
Tartar Sauce Packets	packet	1	45	5	100	0.00	0.00	0.0	0	0.0	2	0.0	3.0	3.5	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			709	41	965	8.34	2.92	414.4	9357	23.97	71	26.76	102.03	20.34	3.09	0.00
% of Calories											40.0%	15.1%	57.6%	25.8%	3.9%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			782	*58	1476	*11.21	4.08	544.0	10644	37.20	*65	30.37	118.07	21.76	5.73	*0.10
											*75.1%	15.5%	60.4%	25.1%	6.6%	*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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Jenison Hudsonville School Food Service

Feb 5, 2018 thru Mar 2, 2018

Base Menu Spreadsheet

Elementary Lunch Traditional W

Weighted Values - Detailed

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	782		550 - 650	120%					132	Correction Required - Calories too High							
Cholesterol (mg)	58				Missing												
Sodium 1 (mg)	1476		1230						246	Correction Required - Sodium too High							
Sodium 2 (mg)	1476		935						541	Correction Required - Sodium too High							
Fiber (g)	11.21				Missing												
Iron (mg)	4.08																
Calcium (mg)	544.0																
Vitamin A (IU)	10644																
Sugars (g)	65	33.39%			Missing												
Vitamin C (mg)	37.20																
Protein (g)	30.37	15.55%															
Carbohydrate (g)	118.07	60.43%															
Total Fat (g)	21.76	25.06%															
Saturated Fat (g)	5.73	6.60%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.10	0.11%			Missing												

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

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