

# Jenison Hudsonville School Food Service

Feb 4, 2019 thru Mar 1, 2019

## 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 <sup>1</sup> (g)
Mon - 02/04/2019																
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	140	2.00	1.08	40.0	0	0.0	3	4.0	21.0	1.5	0.00	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	60	0	5	1.00	0.00	0.0	200	3.6	11	0.0	14.0	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 Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	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 % of Calories			664	66	1202	11.11	2.92	513.3	9846	25.03	*62 *37.4%	21.43 12.9%	101.36 61.0%	20.15 27.3%	5.14 7.0%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 02/05/2019																
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	140	2.00	1.08	40.0	0	0.0	3	4.0	21.0	1.5	0.00	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	49	1.03	0.00	5.1	0	5.6	18	0.37	18.66	0.0	0.00	0.00
Hudsonville Spirit Applesauce	4 oz. servin	1	77	0	44	1.03	0.00	5.1	0	5.6	18	0.37	18.66	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 Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	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 % of Calories			730	66	1312	8.79	2.70	519.3	8871	40.84	*80 *44.0%	23.04 12.6%	114.54 62.8%	19.84 24.5%	5.08 6.3%	0.00 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

Feb 4, 2019 thru Mar 1, 2019

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 <sup>1</sup> (g)
Wed - 02/06/2019																
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	140	2.00	1.08	40.0	0	0.0	3	4.0	21.0	1.5	0.00	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 Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	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			768	66	1211	9.23	3.66	507.4	9355	37.88	*63	25.86	121.88	21.11	5.20	0.00
% of Calories											*33.1%	13.5%	63.5%	24.7%	6.1%	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)
Thu - 02/07/2019																
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	140	2.00	1.08	40.0	0	0.0	3	4.0	21.0	1.5	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	60	0	5	2.00	0.00	0.0	0	1.2	12	0.0	16.0	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 Chocolate Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	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			745	66	1785	11.74	4.50	522.4	9357	40.05	*66	26.96	117.23	20.84	5.08	0.00
% of Calories											*35.6%	14.5%	63.0%	25.2%	6.1%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Feb 4, 2019 thru Mar 1, 2019

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 <sup>1</sup> (g)
Fri - 02/08/2019																
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	140	2.00	1.08	40.0	0	0.0	3	4.0	21.0	1.5	0.00	0.00
Cucumber with Raw Peel	6 oz servin	1	9	0	0	0.90	0.32	18.0	0	0.0	1	0.9	1.8	0.0	0.00	0.00
Pineapple Tidbits	1/2 cup	1	70	0	0	1.00	0.36	0.0	75	9.0	15	0.0	18.0	0.0	0.00	0.00
RAISINS BOXED	1 EACH	1	130	0	10	2.00	1.08	20.0	0	0.0	29	1.0	31.0	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 Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	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			704	66	1205	8.64	4.47	520.4	8872	17.85	*75	22.86	110.03	19.84	5.08	0.00
% of Calories											*42.7%	13.0%	62.5%	25.4%	6.5%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 02/11/2019																
Elementary Lunch-Traditional	Total	1														
TURKEY W/CHEESE ON WG BUN	1 EACH	1	220	24	502	2.00	1.98	77.5	75	0.0	4	15.25	28.25	4.75	2.25	*0.00
Celery Sticks	4 STICKS	1	6	0	33	0.66	0.06	16.5	182	1.19	0	0.33	1.32	0.0	0.00	0.00
GRAPE JUICE	1 EACH	1	80	0	10	0.00	0.36	0.0	0	60.0	18	0.0	19.0	0.0	0.00	0.00
APPLE FRESH	3"	1	95	0	2	4.37	0.22	10.9	98	8.37	19	0.47	25.13	0.31	0.05	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
Milk Chocolate Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average			650	40	1092	8.77	3.16	447.3	9153	72.42	68	25.01	105.93	14.40	4.89	*0.00
% of Calories											42.1%	15.4%	65.2%	19.9%	6.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Feb 4, 2019 thru Mar 1, 2019

## 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 <sup>1</sup> (g)
Tue - 02/12/2019																
Elementary Lunch-Traditional	Total	1														
TURKEY W/CHEESE ON WG BUN	1 EACH	1	220	24	502	2.00	1.98	77.5	75	0.0	4	15.25	28.25	4.75	2.25	*0.00
Cucumber with Raw Peel	6 oz servin	1	9	0	0	0.90	0.32	18.0	0	0.0	1	0.9	1.8	0.0	0.00	0.00
Pineapple Tidbits	1/2 cup	1	70	0	0	1.00	0.36	0.0	75	9.0	15	0.0	18.0	0.0	0.00	0.00
GRAPES,FRESH	1/2 cup	1	60	0	10	0.67	0.00	13.3	67	0.8	13	0.0	15.33	0.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
Milk Chocolate Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average			609	40	1058	6.31	3.21	451.2	9014	12.65	61	25.11	95.61	14.09	4.83	*0.00
% of Calories											39.9%	16.5%	62.8%	20.8%	7.1%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 02/13/2019																
Elementary Lunch-Traditional	Total	1														
TURKEY W/CHEESE ON WG BUN	1 EACH	1	220	24	502	2.00	1.98	77.5	75	0.0	4	15.25	28.25	4.75	2.25	*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
DICED PEACHES	1/2 cup	1	50	0	0	1.00	0.00	0.0	300	1.2	10	1.0	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 Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average			620	40	1049	8.37	3.51	444.9	14237	42.84	54	26.31	97.55	14.42	4.95	*0.00
% of Calories											34.8%	17.0%	63.0%	21.0%	7.2%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 02/14/2019																
Elementary Lunch-Traditional	Total	1														
TURKEY W/CHEESE ON WG BUN	1 EACH	1	220	24	502	2.00	1.98	77.5	75	0.0	4	15.25	28.25	4.75	2.25	*0.00
APPLESAUCE,CANNED,UNSW TND	1/2 cup	1	50	0	10	1.00	0.00	5.0	0	0.0	11	0.0	12.0	0.0	0.00	0.00
ORANGES WEDGES	1 ORANGE	1	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
Milk, Low Fat White 1%	carton	1	80	5	120	0.00	0.00	250.0	750	0.0	11	8.0	11.0	0.0	0.00	0.00

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### 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)
Weighted Daily Average			495	35	948	7.04	2.62	413.3	9338	52.73	40	25.11	70.76	11.71	3.35	*0.00
% of Calories											32.7%	20.3%	57.2%	21.3%	6.1%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 02/15/2019																
Elementary Lunch-Traditional	Total	1														
TURKEY W/CHEESE ON WG BUN	1 EACH	1	220	24	502	2.00	1.98	77.5	75	0.0	4	15.25	28.25	4.75	2.25	*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
Pears,fresh	pear	1	90	0	0	5.00	0.36	0.0	50	6.0	16	1.0	25.0	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 Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average			780	40	1598	14.74	5.05	459.9	8982	26.85	78	31.21	134.48	15.09	4.83	*0.00
% of Calories											40.3%	16.0%	69.0%	17.4%	5.6%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 02/18/2019																
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
Fiesta Black Beans	1/2 cup	1	120	0	460	5.00	1.80	40.0	0	0.0	1	7.0	22.0	0.5	0.00	0.00
Fruit Cocktail	.5 cup	1	60	0	5	1.00	0.00	0.0	200	3.6	11	0.0	14.0	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 Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Honey Mustard Dressing	2 TBSP	1	140	10	160	0.00	0.00	0.0	0	0.0	8	0.0	9.0	11.0	2.00	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-Open Pit-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			1049	46	2177	16.11	4.36	433.3	9241	14.83	85	31.43	150.36	36.15	7.14	0.00
% of Calories											32.5%	12.0%	57.3%	31.0%	6.1%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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

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# Jenison Hudsonville School Food Service

Feb 4, 2019 thru Mar 1, 2019

## 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 <sup>1</sup> (g)
Tue - 02/19/2019																
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
Jenison Spirit Applesauce	4 oz servin	1	77	0	49	1.03	0.00	5.1	0	5.6	18	0.37	18.66	0.0	0.00	0.00
Hudsonville Spirit Applesauce	4 oz. servin	1	77	0	44	1.03	0.00	5.1	0	5.6	18	0.37	18.66	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 Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Honey Mustard Dressing	2 TBSP	1	140	10	160	0.00	0.00	0.0	0	0.0	8	0.0	9.0	11.0	2.00	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-Open Pit-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			1000	46	1813	9.46	3.06	426.0	14009	44.84	103	24.71	143.88	35.34	7.08	0.00
% of Calories											41.2%	9.9%	57.6%	31.8%	6.4%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 02/20/2019																
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
DICED PEACHES	1/2 cup	1	50	0	0	1.00	0.00	0.0	300	1.2	10	1.0	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
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
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 Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Honey Mustard Dressing	2 TBSP	1	140	10	160	0.00	0.00	0.0	0	0.0	8	0.0	9.0	11.0	2.00	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-Open Pit-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			1086	46	2448	14.36	3.57	454.1	13307	14.44	*86	27.39	155.63	40.34	7.20	0.00
% of Calories											*31.6%	10.1%	57.3%	33.4%	6.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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# Jenison Hudsonville School Food Service

Feb 4, 2019 thru Mar 1, 2019

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 <sup>1</sup> (g)
Thu - 02/21/2019																
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
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
DICED PEARS	1/2 cup	1	60	0	5	2.00	0.00	0.0	0	1.2	12	0.0	16.0	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 Chocolate Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Honey Mustard Dressing	2 TBSP	1	140	10	160	0.00	0.00	0.0	0	0.0	8	0.0	9.0	11.0	2.00	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-Open Pit-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			975	46	1950	10.74	3.78	402.4	14442	64.05	78	25.96	135.23	36.84	7.08	0.00
% of Calories											32.1%	10.7%	55.5%	34.0%	6.5%	0.0%
Nutrient Guideline			550-650		1230											<10.00
Fri - 02/22/2019																
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
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, Strawberry	Pkg	1	110	0	0	2.00	0.00	0.0	120	0.0	24	0.0	27.0	0.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
Barbecue Sauce-Open Pit-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 Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Honey Mustard Dressing	2 TBSP	1	140	10	160	0.00	0.00	0.0	0	0.0	8	0.0	9.0	11.0	2.00	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
Weighted Daily Average			999	46	1720	9.34	3.28	434.4	9622	22.77	99	25.76	141.03	35.34	7.08	0.00
% of Calories											39.6%	10.3%	56.5%	31.8%	6.4%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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# Jenison Hudsonville School Food Service

Feb 4, 2019 thru Mar 1, 2019

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 <sup>1</sup> (g)
<b>Mon - 02/25/2019</b>																
Elementary Lunch-Traditional	Total	1														
Garlic Cheese Bread	piece	1	260	20	380	3.00	1.80	300.0	0	0.0	2	15.0	28.0	11.0	5.00	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
DICED PEACHES	1/2 cup	1	50	0	0	1.00	0.00	0.0	300	1.2	10	1.0	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 Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average			674	36	940	11.44	2.56	666.6	9202	32.43	59	26.77	100.03	20.65	7.64	0.00
% of Calories											35.3%	15.9%	59.3%	27.6%	10.2%	0.0%
Nutrient Guideline			550-650		1230											<10.00

<b>Tue - 02/26/2019</b>																
Elementary Lunch-Traditional	Total	1														
Garlic Cheese Bread	piece	1	260	20	380	3.00	1.80	300.0	0	0.0	2	15.0	28.0	11.0	5.00	0.00
Cucumber with Raw Peel	6 oz servin	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	60	0	5	2.00	0.00	0.0	0	1.2	12	0.0	16.0	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 Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average			639	36	940	8.31	2.67	673.7	8864	4.85	55	24.86	93.36	20.34	7.59	0.00
% of Calories											34.7%	15.6%	58.5%	28.7%	10.7%	0.0%
Nutrient Guideline			550-650		1230											<10.00

<b>Wed - 02/27/2019</b>																
Elementary Lunch-Traditional	Total	1														
Garlic Cheese Bread	piece	1	260	20	380	3.00	1.80	300.0	0	0.0	2	15.0	28.0	11.0	5.00	0.00
Refried Beans	#8 scoop	1	82	0	309	3.49	1.05	23.3	0	0.0	1	4.66	13.39	1.16	0.29	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 Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00

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# Jenison Hudsonville School Food Service

Feb 4, 2019 thru Mar 1, 2019

## 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 <sup>1</sup> (g)
Weighted Daily Average			771	36	1245	10.86	4.01	690.7	9262	29.64	61	30.72	116.69	21.84	7.99	0.00
% of Calories											31.7%	15.9%	60.5%	25.5%	9.3%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 02/28/2019																
Elementary Lunch-Traditional	Total	1														
Garlic Cheese Bread	piece	1	260	20	380	3.00	1.80	300.0	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 Tidbits	1/2 cup	1	70	0	0	1.00	0.36	0.0	75	9.0	15	0.0	18.0	0.0	0.00	0.00
ORANGES WEDGES	1 ORANGE	1	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
Milk, White Fat Free	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			638	41	905	11.64	3.77	680.8	9448	68.32	46	29.36	87.29	20.46	7.60	0.00
% of Calories											28.7%	18.4%	54.8%	28.9%	10.7%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 03/01/2019																
Elementary Lunch-Traditional	Total	1														
Garlic Cheese Bread	piece	1	260	20	380	3.00	1.80	300.0	0	0.0	2	15.0	28.0	11.0	5.00	0.00
Celery Sticks	4 STICKS	1	6	0	33	0.66	0.06	16.5	182	1.19	0	0.33	1.32	0.0	0.00	0.00
APPLE JUICE	1 EACH	1	50	0	10	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
Pears,fresh	pear	1	90	0	0	5.00	0.36	0.0	50	6.0	16	1.0	25.0	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 Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average			655	36	968	10.40	2.77	658.9	9029	70.04	57	25.29	99.56	20.34	7.59	0.00
% of Calories											34.9%	15.4%	60.8%	27.9%	10.4%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Weighted Average			762	47	1378	10.37	3.48	516.0	10173	36.77	*69	26.26	114.62	22.96	6.12	*0.00
											*81.4%	13.8%	60.1%	27.1%	7.2%	*0.0%

\*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 4, 2019 thru Mar 1, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

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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	762		550 - 650	117%					112	Correction Required - Calories too High							
Cholesterol (mg)	47																
Sodium 1 (mg)	1378		1230						148	Correction Required - Sodium too High							
Sodium 2 (mg)	1378		935						443	Correction Required - Sodium too High							
Fiber (g)	10.37																
Iron (mg)	3.48																
Calcium (mg)	516.0																
Vitamin A (IU)	10173																
Sugars (g)	69	36.18%				Missing											
Vitamin C (mg)	36.77																
Protein (g)	26.26	13.78%															
Carbohydrate (g)	114.62	60.14%															
Total Fat (g)	22.96	27.10%															
Saturated Fat (g)	6.12	7.23%	<10.00%														
Trans Fat <sup>1</sup> (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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