

Jenison Hudsonville School Food Service

Jan 7, 2019 thru Feb 1, 2019

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 - 01/07/2019																
Elementary Lunch Traditional	Total	1														
Wild Mike's Cheese Bites	4 pieces	1	280	20	540	4.00	1.44	80.0	4000	0.0	0	16.0	28.0	12.0	4.00	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
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	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	3.0	2.00	0.00
Weighted Daily Average			748	41	982	12.97	2.90	333.3	13239	30.27	56	28.23	111.95	23.08	7.14	0.00
% of Calories											30.0%	15.1%	59.9%	27.8%	8.6%	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)
Tue - 01/08/2019																
Elementary Lunch Traditional	Total	1														
CHILI W/ MEAT - Elem	1/2 CUP SERV	1	131	24	313	1.42	1.77	13.1	500	3.04	3	9.97	6.94	6.94	2.95	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
Mini Baked Potato	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	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 fat free	8 oz	1	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	3.0	2.00	0.00
Margarine Cup	serving	1	23	0	34	0.00	0.00	0.0	340	0.0	0	0.0	0.0	2.83	0.57	0.00
Weighted Daily Average			674	45	927	9.83	3.75	288.8	9960	18.70	46	22.93	97.51	22.12	6.61	0.00
% of Calories											27.1%	13.6%	57.9%	29.5%	8.8%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Jan 7, 2019 thru Feb 1, 2019

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 - 01/09/2019																
Elementary Lunch Traditional	Total	1														
Crispito-Chicken & Cheese (2)	2 pieces	1	360	30	560	2.00	2.16	160.0	0	0.0	8	18.0	44.0	14.0	5.00	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
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 fat free	8 oz	1	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	3.0	2.00	0.00
Weighted Daily Average			820	51	1456	12.37	4.77	447.4	9412	11.64	48	36.06	120.30	24.67	8.20	0.00
% of Calories											23.2%	17.6%	58.7%	27.1%	9.0%	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 - 01/10/2019																
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	1.08	0.0	0	0.0	0	2.0	10.0	3.5	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
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
Strawberry Cup	1 cup	1	80	0	0	2.00	0.36	20.0	0	48.0	16	0.0	21.0	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	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	3.0	2.00	0.00
Weighted Daily Average			611	42	1078	9.07	4.34	296.6	9698	58.38	49	22.17	85.86	19.70	5.67	0.00
% of Calories											31.8%	14.5%	56.2%	29.0%	8.3%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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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 - 01/11/2019																
Elementary Lunch Traditional	Total	1														
Chicken Fajita Meat Elementary	1/4 cup #1	1	87	55	225	0.00	0.26	0.0	0	0.0	0	10.9	1.45	4.36	1.45	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	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
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
Salsa-JHFS	2 tbspr 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
milk, chocolate fat free	8 oz	1	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	3.0	2.00	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
Weighted Daily Average			916	135	1218	9.68	3.32	782.4	14877	40.65	62	37.86	105.56	39.20	19.54	0.00
% of Calories											27.1%	16.5%	46.1%	38.5%	19.2%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Sat - 01/12/2019																
Elementary Lunch Traditional	Total	1														
Hudsonville Sack Lunch	lunch	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Turkey/Cheese Sandwich	1 sandwich	1	267	39	720	2.00	2.07	115.0	150	0.0	5	21.0	28.5	7.25	3.50	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
Mini Rice Krispie Treat (Elem)	Bar	1	50	0	45	0.00	0.36	0.0	0	0.0	3	0.0	9.0	1.0	0.00	0.00
Fruit by the Foot (MS/HS)	pouch	1	80	0	40	0.00	0.00	0.0	0	15.0	7	0.0	16.0	1.5	0.50	0.00
milk, chocolate fat free	8 oz	1	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	3.0	2.00	0.00
Milk, Low Fat White	carton	1	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	3.0	2.00	0.00
Weighted Daily Average			763	64	1204	8.11	3.18	545.1	10272	24.93	69	37.86	118.58	16.14	8.07	0.00
% of Calories											36.3%	19.8%	62.2%	19.0%	9.5%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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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)
Mon - 01/14/2019																
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 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
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
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	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	3.0	2.00	0.00
Weighted Daily Average			703	51	1188	13.09	3.34	669.8	9935	21.81	55	31.09	103.65	21.14	8.14	0.00
% of Calories											31.6%	17.7%	59.0%	27.1%	10.4%	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)
Tue - 01/15/2019																
Elementary Lunch Traditional	Total	1														
Beef Pot Roast in Gravy	#8 scoop	1	107	38	467	0.00	1.22	7.5	4	0.0	0	12.19	7.59	22.1	0.98	0.00
DINNER ROLL	1	1	100	0	125	2.00	1.08	20.0	0	0.0	3	4.0	19.0	1.5	0.00	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
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
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
Margarine Cup	1 cup	1	23	0	34	0.00	0.00	0.0	340	0.0	0	0.0	0.0	2.83	0.57	0.00
milk, chocolate fat free	8 oz	1	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	3.0	2.00	0.00
Weighted Daily Average			630	59	1495	6.41	3.20	292.0	9459	11.45	44	27.15	90.15	37.77	4.63	0.00
% of Calories											27.7%	17.2%	57.3%	54.0%	6.6%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Wed - 01/16/2019																
Elementary Lunch Traditional	Total	1														
MINI CORN DOGS	6 corn dog package	1	270	38	420	4.50	2.16	150.0	0	0.0	6	10.5	30.0	12.0	3.75	0.00
Cheddar Goldfish Crackers	1/2 CUP	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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,	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
BANANA	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
CARROTS,RAW,BABY	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
Ranch 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 Mustard Dressing	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
Relish	8 oz	1	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	3.0	2.00	0.00
milk, chocolate fat free																
Weighted Daily Average			831	68	1316	11.20	3.33	470.8	10179	40.44	*63	22.23	110.63	33.17	8.95	0.00
% of Calories											*30.3%	10.7%	53.2%	35.9%	9.7%	0.0%
Nutrient Guideline			550-650		1230											<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/17/2019																
Elementary Lunch Traditional	Total	1														
TACO MEAT ELEM	1/4 cup #1	1	116	25	398	0.22	1.22	1.1	204	2.14	1	9.31	3.42	6.9	2.96	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
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
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
Salsa-JHFS	2 tbps ser ving carton	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, White Fat Free																
Weighted Daily Average			730	96	1326	10.20	3.30	821.9	14823	87.27	40	35.18	70.81	34.86	18.06	0.00
% of Calories											22.0%	19.3%	38.8%	43.0%	22.3%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Jan 7, 2019 thru Feb 1, 2019

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 - 01/18/2019																
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
Biscuit	biscuit	1	200	0	440	2.00	1.08	150.0	0	0.0	2	4.0	27.0	9.0	7.00	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	0	1.00	0.00	0.0	300	1.2	10	1.0	12.0	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
Margarine Cup	1 cup	1	23	0	34	0.00	0.00	0.0	340	0.0	0	0.0	0.0	2.83	0.57	0.00
milk, chocolate fat free	8 oz	1	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	3.0	2.00	0.00
Weighted Daily Average			892	71	1909	15.74	4.87	452.4	9898	8.85	56	38.96	117.23	33.68	13.15	0.00
% of Calories											25.2%	17.5%	52.5%	34.0%	13.3%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 01/21/2019																
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	6 oz. servin	1	99	2	399	0.72	0.52	47.5	519	4.3	*14	3.29	19.91	0.7	0.46	*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
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	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	3.0	2.00	0.00
Weighted Daily Average			759	53	1149	11.49	3.14	767.3	10346	33.52	*74	32.05	116.60	20.85	9.60	*0.00
% of Calories											*38.9%	16.9%	61.4%	24.7%	11.4%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Jan 7, 2019 thru Feb 1, 2019

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 - 01/22/2019																
Elementary Lunch Traditional	Total	1														
TACO MEAT ELEM	1/4 cup #1	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
Red. Fat Doritos-Walking Tacos	bag	1	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Lettuce, Romaine Ribbons	1 cup	1	10	0	0	1.00	0.72	20.0	5000	30.0	0	0.0	2.0	0.0	0.00	0.00
Pineapple Tidbits	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
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
milk, chocolate fat free	8 oz	1	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	3.0	2.00	0.00
Weighted Daily Average			815	106	1456	7.56	3.21	676.8	15093	43.59	47	34.28	81.86	39.75	18.55	0.00
% of Calories											22.8%	16.8%	40.2%	43.9%	20.5%	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)
Wed - 01/23/2019																
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	150	0	180	2.00	1.80	40.0	0	0.0	4	5.0	28.0	2.0	1.00	0.00
AMERICAN CHEESE SLICE	1 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	60	0	5	1.00	0.00	0.0	200	3.6	11	0.0	14.0	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	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	3.0	2.00	0.00
Weighted Daily Average			887	82	1837	13.37	4.57	449.1	13462	15.64	*53	30.89	116.13	33.34	11.50	0.80
% of Calories											*23.9%	13.9%	52.4%	33.8%	11.7%	0.8%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Jan 7, 2019 thru Feb 1, 2019

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 - 01/24/2019																
Elementary Lunch Traditional	Total	1														
Calzone, Pepperoni Whole Grain	calzone	1	280	25	590	3.00	2.00	361.0	0	0.0	6	19.0	32.0	11.0	6.00	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
PEACH CUP FROZEN	1 EACH	1	80	0	0	1.00	0.00	0.0	0	0.0	16	1.0	19.0	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	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	3.0	2.00	0.00
Weighted Daily Average			760	46	1580	12.74	4.34	643.4	9107	2.86	62	34.96	115.23	21.84	9.09	0.00
% of Calories											32.8%	18.4%	60.7%	25.9%	10.8%	0.0%
Nutrient Guideline			550-650		1230											<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/25/2019																
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	0	1.00	0.00	0.0	300	1.2	10	1.0	12.0	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
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
milk, chocolate fat free	8 oz	1	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	3.0	2.00	0.00
Weighted Daily Average			708	104	1440	7.74	2.94	480.1	14817	33.92	57	31.38	84.11	27.83	10.92	0.00
% of Calories											32.0%	17.7%	47.5%	35.4%	13.9%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Jan 7, 2019 thru Feb 1, 2019

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 - 01/28/2019																
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	1.08	0.0	0	0.0	0	2.0	10.0	3.5	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
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 fat free	8 oz	1	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	3.0	2.00	0.00
Weighted Daily Average			742	41	1202	14.70	3.89	553.3	10305	25.02	56	32.93	109.15	19.65	6.64	0.00
% of Calories											30.0%	17.7%	58.8%	23.8%	8.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 01/29/2019																
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	150	0	180	2.00	1.80	40.0	0	0.0	4	5.0	28.0	2.0	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
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 fat free	8 oz	1	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	3.0	2.00	0.00
Weighted Daily Average			780	51	1670	11.52	5.52	337.4	9342	5.81	67	30.97	119.58	21.24	7.69	*0.00
% of Calories											34.4%	15.9%	61.3%	24.5%	8.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Jenison Hudsonville School Food Service

Jan 7, 2019 thru Feb 1, 2019

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 - 01/30/2019																
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 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
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	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	3.0	2.00	0.00
Weighted Daily Average			655	61	979	8.03	3.38	384.0	9324	29.63	57	26.39	88.62	22.17	7.70	0.50
% of Calories											34.5%	16.1%	54.1%	30.5%	10.6%	0.7%
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 - 01/31/2019																
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
DINNER ROLL	1	1	100	0	125	2.00	1.08	20.0	0	0.0	3	4.0	19.0	1.5	0.00	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
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
Margarine Cup	1 serving	1	23	0	34	0.00	0.00	0.0	340	0.0	0	0.0	0.0	2.83	0.57	0.00
Milk, Low Fat White	carton	1	150	10	230	0.00	0.00	200.0	1000	0.0	22	8.0	24.0	3.0	2.00	0.00
Weighted Daily Average			696	36	2158	8.04	2.32	311.4	9858	61.73	*51	23.18	99.16	25.18	5.43	0.00
% of Calories											*29.3%	13.3%	57.0%	32.6%	7.0%	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

Jan 7, 2019 thru Feb 1, 2019

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)
Fri - 02/01/2019																
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	150	0	180	2.00	1.80	40.0	0	0.0	4	5.0	28.0	2.0	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
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	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
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
Open Pit 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	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	3.0	2.00	0.00
Weighted Daily Average			970	56	1685	12.74	5.59	362.4	14542	55.65	73	29.96	129.23	35.84	8.59	0.00
% of Calories											30.2%	12.4%	53.3%	33.3%	8.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			766	65	1393	10.79	3.77	493.6	11331	31.51	*56 *66.2%	30.80 16.1%	104.38 54.5%	27.30 32.1%	9.71 11.4%	*0.06 *0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	766		550 - 650	118%			116	Correction Required - Calories too High
Cholesterol (mg)	65							
Sodium 1 (mg)	1393		1230				163	Correction Required - Sodium too High
Sodium 2 (mg)	1393		935				458	Correction Required - Sodium too High
Fiber (g)	10.79							
Iron (mg)	3.77							
Calcium (mg)	493.6							
Vitamin A (IU)	11331							
Sugars (g)	56	29.42%			Missing			
Vitamin C (mg)	31.51							
Protein (g)	30.80	16.08%						
Carbohydrate (g)	104.38	54.49%						
Total Fat (g)	27.30	32.06%						
Saturated Fat (g)	9.71	11.40%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.06	0.07%			Missing			

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