

# Jenison Hudsonville School Food Service

Mar 5, 2018 thru Mar 29, 2018

Base Menu Spreadsheet

Elementary Lunch Traditional W

Weighted Values - Detailed

Page 1

Generated on: 2/21/2018 10:40:04 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 - 03/05/2018</b>																
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
BROCCOLI,raw: fresh	6 oz.	1	58	0	58	3.87	1.39	77.3	1160	150.77	4	3.87	11.6	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			745	41	1278	15.30	4.31	830.6	10888	164.78	61	34.62	116.92	18.14	6.14	0.00
% of Calories											32.9%	18.6%	62.7%	21.9%	7.4%	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 <sup>1</sup> (g)
<b>Tue - 03/06/2018</b>																
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
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
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
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
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			576	58	1142	6.87	2.74	483.0	9545	5.70	*53	30.77	86.26	12.44	3.21	*0.00
% of Calories											*37.0%	21.4%	59.9%	19.4%	5.0%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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

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

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Mar 5, 2018 thru Mar 29, 2018

Base Menu Spreadsheet

Elementary Lunch Traditional W

Weighted Values - Detailed

Page 2

Generated on: 2/21/2018 10:40:04 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>Wed - 03/07/2018</b>																
Elementary Lunch Traditional	Total	1														
Mini BBQ Chicken Quesadillas	1 serving	1	270	15	500	4.00	2.70	200.0	300	0.0	7	16.0	36.0	7.0	2.00	0.00
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
MANDARIN ORANGES,CND,LT SYRUP, BANANA	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
CARROTS,RAW,BABY	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
Ranch Dressing	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
milk, chocolate fat free	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
	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			795	26	1471	15.87	6.03	627.4	9562	29.64	62	34.56	131.30	14.92	3.20	0.00
% of Calories											31.0%	17.4%	66.1%	16.9%	3.6%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Thu - 03/08/2018</b>																
Elementary Lunch Traditional	Total	1														
Chicken Alfredo - #SP3 JHFS	#8 scoop	1	214	43	399	0.75	1.04	195.8	256	0.0	4	17.44	20.87	6.33	3.41	0.00
Garlic Toast	slice	1	80	0	150	1.00	0.72	0.0	0	0.0	0	2.0	11.0	3.5	1.00	0.00
PEAS - FROZEN	4 OZ	1	63	0	90	3.60	0.97	0.0	360	5.39	4	4.49	10.79	0.0	0.00	0.00
Pineapple 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
Weighted Daily Average			686	54	1134	10.45	3.75	576.6	9709	68.90	56	33.80	101.32	16.79	5.51	0.00
% of Calories											32.6%	19.7%	59.0%	22.0%	7.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Elementary Lunch Traditional W

Weighted Values - Detailed

Page 3

Generated on: 2/21/2018 10:40:04 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)
Fri - 03/09/2018																
Elementary Lunch Traditional	Total	1														
TEXAS CINNAMON TOAST	1 EACH	1	190	0	220	3.00	3.60	60.0	0	0.0	9	5.0	33.0	5.0	0.50	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
APPLE JUICE	1 EACH	1	50	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	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			740	136	970	10.55	5.22	473.9	9221	71.18	80	20.89	132.83	16.07	2.62	0.00
% of Calories											43.5%	11.3%	71.8%	19.6%	3.2%	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)
Sat - 03/10/2018																
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	278	39	730	2.00	2.07	115.0	150	0.0	5	22.0	29.5	7.25	2.50	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	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	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			733	59	1164	8.11	3.18	745.1	9522	27.33	65	38.86	115.58	12.64	4.56	0.00
% of Calories											35.6%	21.2%	63.1%	15.5%	5.6%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Elementary Lunch Traditional W

Weighted Values - Detailed

Page 4

Generated on: 2/21/2018 10:40:04 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)
Mon - 03/12/2018																
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
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
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
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
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
Weighted Daily Average			832	125	1422	10.11	2.82	873.3	14626	59.23	68	36.34	100.81	33.51	15.59	0.00
% of Calories											32.8%	17.5%	48.5%	36.3%	16.9%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 03/13/2018																
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
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
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
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			681	35	953	9.83	4.11	388.8	9439	19.90	55	22.93	110.51	16.28	4.04	0.00
% of Calories											32.1%	13.5%	64.9%	21.5%	5.3%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Page 5

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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)
Wed - 03/14/2018																
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
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
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			830	41	1561	12.37	4.41	637.4	9722	21.24	63	36.06	127.30	21.17	6.20	0.00
% of Calories											30.2%	17.4%	61.4%	23.0%	6.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 03/15/2018																
Elementary Lunch Traditional	Total	1														
MAC AND MEAT WITH REDPACK	1/2 cup ser	1	168	21	488	1.73	1.78	2.2	291	3.21	4	10.41	16.83	6.36	2.58	0.00
Garlic Toast	slice	1	80	0	150	1.00	0.72	0.0	0	0.0	0	2.0	11.0	3.5	1.00	0.00
GREEN BEANS - from frozen	4 OZ	1	24	0	0	1.60	0.58	32.0	160	1.92	2	0.8	4.8	0.0	0.00	0.00
MIXED FRUIT	1/2 cup	1	80	0	5	1.00	0.00	0.0	200	1.2	15	1.0	18.0	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, 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			601	42	1113	7.07	3.62	376.6	9948	39.18	49	23.17	82.86	19.20	6.17	0.00
% of Calories											32.3%	15.4%	55.1%	28.7%	9.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 03/16/2018																
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
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
Pineapple Tidbits in Juice	1/2 cup	1	74	0	0	1.06	0.38	0.0	80	9.58	16	0.0	19.15	0.0	0.00	0.00
Craisins, Cherry	package	1	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
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

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

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# Jenison Hudsonville School Food Service

Mar 5, 2018 thru Mar 29, 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)
Weighted Daily Average			762	41	960	9.67	2.70	362.4	8971	15.87	68	27.76	115.96	21.27	3.09	0.00
% of Calories											35.7%	14.6%	60.8%	25.1%	3.6%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 03/19/2018																
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
Celery, raw	4 STICKS	1	6	0	33	0.66	0.06	16.5	182	1.19	0	0.33	1.32	0.0	0.00	0.00
Pineapple Tidbits in Juice	1/2 cup	1	74	0	0	1.06	0.38	0.0	80	9.58	16	0.0	19.15	0.0	0.00	0.00
APPLE FRESH	3"	1	95	0	2	4.37	0.22	10.9	98	8.37	19	0.47	25.13	0.31	0.05	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
ketchup (2 TBSP)	2 TBSP	1	40	0	320	0.00	0.00	0.0	200	2.4	8	0.0	10.0	0.0	0.00	0.00
Mustard, Yellow	2 TBSP	1	0	0	480	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Relish	2 Tbls serving	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			669	61	2040	11.83	4.08	529.8	9357	30.39	*68	21.76	109.84	17.65	3.64	0.00
% of Calories											*40.7%	13.0%	65.6%	23.7%	4.9%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 03/20/2018																
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
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
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	15	2.00	0.36	0.0	55	0.0	11	0.0	13.0	0.0	0.00	0.00
GRAPES,FRESH	1/2 cup	1	60	0	10	0.67	0.00	13.3	67	0.8	13	0.0	15.33	0.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
Butter-I Can't Believe It's No	1 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

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# Jenison Hudsonville School Food Service

Mar 5, 2018 thru Mar 29, 2018

Base Menu Spreadsheet

Elementary Lunch Traditional W

Weighted Values - Detailed

Page 7

Generated on: 2/21/2018 10:40:04 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)
Weighted Daily Average			638	31	2089	7.41	2.94	401.4	8923	12.65	*50	22.27	98.21	19.23	2.85	0.00
% of Calories											*31.6%	14.0%	61.6%	27.1%	4.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 03/21/2018																
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
CALIFORNIA BLEND VEGGIES	1/2 CUP	1	17	0	20	1.33	0.00	13.3	667	12.0	1	0.67	3.33	0.0	0.00	0.00
MANDARIN ORANGES,CND,LT SYRUP,	1/2 cup	1	90	0	10	0.00	0.36	20.0	400	18.0	19	1.0	20.0	0.0	0.00	0.00
BANANA	6-7 inch	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
Honey Mustard Dressing	2 TBSP	1	51	0	301	0.36	0.11	7.2	5	0.63	5	0.32	11.53	0.44	0.10	0.00
Relish	2 Tbls ser ving	1	25	0	270	1.00	0.00	40.0	0	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
milk, chocolate fat free	8 oz	1	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			872	49	1587	12.56	4.15	678.0	9964	42.27	*72	24.55	141.16	23.61	6.05	0.00
% of Calories											*33.1%	11.3%	64.8%	24.4%	6.2%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 03/22/2018																
Elementary Lunch Traditional	Total	1														
TACO MEAT ELEM	1/4 cup #1	1	123	27	288	0.22	1.34	1.1	166	2.14	1	10.3	2.66	7.67	3.29	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
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
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
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
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

Mar 5, 2018 thru Mar 29, 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)
Weighted Daily Average			788	98	1493	10.26	3.78	821.9	14954	87.27	50	36.16	84.17	35.63	18.39	0.00
% of Calories											25.5%	18.4%	42.7%	40.7%	21.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 03/23/2018																
Elementary Lunch Traditional	Total	1														
Breaded Chicken Drumstick	Drumstick	1	190	50	450	1.00	1.08	20.0	100	0.0	0	18.0	5.0	11.0	2.50	0.00
Cheddar Goldfish Crackers	package	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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
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
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			761	61	1493	13.38	3.58	415.3	9477	15.14	*52	33.65	92.97	28.93	5.05	*0.00
% of Calories											*27.3%	17.7%	48.8%	34.2%	6.0%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 03/26/2018																
Elementary Lunch Traditional	Total	1														
Honey BBQ Rib on Bun	serv	1	360	40	860	4.00	3.60	80.0	400	1.2	14	20.0	42.0	12.0	4.00	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
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
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			818	51	1797	12.71	5.30	465.3	9501	32.35	86	30.23	131.16	19.15	5.14	0.00
% of Calories											41.9%	14.8%	64.1%	21.1%	5.7%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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# Jenison Hudsonville School Food Service

Mar 5, 2018 thru Mar 29, 2018

Base Menu Spreadsheet

Elementary Lunch Traditional W

Weighted Values - Detailed

Page 9

Generated on: 2/21/2018 10:40:04 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)
Tue - 03/27/2018																
Elementary Lunch Traditional	Total	1														
GRILLED CHEESE ON W/GRAIN	1	1	280	30	280	3.00	1.44	450.0	500	0.0	6	19.0	31.0	10.0	6.00	0.00
TOMATO SOUP	1/2 cup	1	54	2	229	0.44	0.32	43.3	247	2.81	*7	2.02	10.36	0.36	0.21	*0.00
Celery, raw	4 STICKS	1	6	0	33	0.66	0.06	16.5	182	1.19	0	0.33	1.32	0.0	0.00	0.00
Pineapple Tidbits in Juice	1/2 cup	1	74	0	0	1.06	0.38	0.0	80	9.58	16	0.0	19.15	0.0	0.00	0.00
GRAPES,FRESH	1/2 cup	1	60	0	10	0.67	0.00	13.3	67	0.8	13	0.0	15.33	0.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
milk, chocolate fat free	8 oz	1	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			684	43	1047	7.57	2.75	865.6	9873	17.23	*65	30.31	105.40	17.20	7.30	*0.00
% of Calories											*38.3%	17.7%	61.7%	22.6%	9.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 03/28/2018																
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
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
MIXED FRUIT	1/2 cup	1	80	0	5	1.00	0.00	0.0	200	1.2	15	1.0	18.0	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			927	72	1907	13.37	4.57	549.1	13212	14.44	*64	32.89	130.13	30.34	8.50	0.80
% of Calories											*27.6%	14.2%	56.1%	29.4%	8.2%	0.8%
Nutrient Guideline			550-650		1230										<10.00	

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# Jenison Hudsonville School Food Service

Mar 5, 2018 thru Mar 29, 2018

Base Menu Spreadsheet

Elementary Lunch Traditional W

Weighted Values - Detailed

Page 10

Generated on: 2/21/2018 10:40:04 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)
Thu - 03/29/2018																
Elementary Lunch Traditional	Total	1														
Cheesy Meatloaf Sandwich	sandwich	1	350	40	580	3.00	3.24	100.0	200	9.0	9	17.0	37.0	14.0	6.00	0.50
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
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			800	51	1605	11.74	5.94	482.4	9627	43.05	63	31.96	118.23	21.84	7.09	0.50
% of Calories											31.6%	16.0%	59.1%	24.6%	8.0%	0.6%
Nutrient Guideline			550-650		1230											<10.00

Weighted Average			747	59	1411	10.85	4.00	579.2	10302	40.89	*63 *75.4%	30.18 16.2%	111.65 59.8%	20.80 25.1%	6.22 7.5%	*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	747		550 - 650	115%			97	Correction Required - Calories too High
Cholesterol (mg)	59							
Sodium 1 (mg)	1411		1230				181	Correction Required - Sodium too High
Sodium 2 (mg)	1411		935				476	Correction Required - Sodium too High
Fiber (g)	10.85							
Iron (mg)	4.00							
Calcium (mg)	579.2							
Vitamin A (IU)	10302							
Sugars (g)	63	33.50%			Missing			
Vitamin C (mg)	40.89							
Protein (g)	30.18	16.16%						
Carbohydrate (g)	111.65	59.79%						
Total Fat (g)	20.80	25.06%						
Saturated Fat (g)	6.22	7.49%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.06	0.08%			Missing			

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.