

Jenison Hudsonville School Food Service

Nov 1, 2018 thru Nov 30, 2018

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)
Thu - 11/01/2018																
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
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*
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			570	*32	1116	7.28	3.97	383.8	9774	40.28	*34	22.66	82.93	16.78	4.68	*0.00
% of Calories											*23.6%	15.9%	58.2%	26.5%	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 ¹ (g)
Fri - 11/02/2018																
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
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 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
Salsa-JHFS	2 tbsp ser	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			831	135	1143	8.74	2.63	762.4	14757	41.23	62	35.86	92.71	36.20	17.54	0.00
% of Calories											29.9%	17.3%	44.6%	39.2%	19.0%	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

Nov 1, 2018 thru Nov 30, 2018

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)
Sat - 11/03/2018																
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	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			773	64	1214	8.11	3.18	545.1	10272	24.93	69	38.86	119.58	16.14	7.07	0.00
% of Calories											35.8%	20.1%	61.9%	18.8%	8.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 11/05/2018																
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, 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
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	51	1188	13.16	3.36	669.8	9940	22.38	56	31.09	104.80	21.14	8.14	0.00
% of Calories											31.9%	17.6%	59.2%	26.9%	10.4%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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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)
Tue - 11/06/2018																
Elementary Lunch Traditional	Total	1														
Beef Shepherds Pie-JHFS	#8 scoop	1	167	29	360	1.20	1.56	2.7	0	0.0	1	12.93	8.26	8.43	3.45	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
Margarine Cup	1 cup	1	20	0	30	0.00	0.00	0.0	300	0.0	0	0.0	0.0	2.5	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 % of Calories			677	50	1389	8.61	4.26	302.2	9469	11.45	44 25.8%	27.89 16.5%	89.82 53.1%	23.77 31.6%	7.04 9.4%	0.00 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 - 11/07/2018																
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	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 % of Calories			862	59	1527	12.56	4.15	578.0	10214	41.07	*65 *30.3%	24.55 11.4%	132.16 61.3%	26.61 27.8%	8.05 8.4%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

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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)
Thu - 11/08/2018																
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	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-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, 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
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			820	101	1436	10.20	3.66	721.9	15393	86.07	53	35.18	87.81	37.86	20.06	0.00
% of Calories											25.9%	17.2%	42.8%	41.6%	22.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 11/09/2018																
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
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	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	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			674	71	1442	12.89	3.72	317.3	9549	9.99	54	33.56	90.51	22.07	5.62	0.00
% of Calories											32.3%	19.9%	53.7%	29.5%	7.5%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/12/2018																
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	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, 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
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	

Tue - 11/13/2018																
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
Doritos, Nacho Cheese	1 EACH	1	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.03	5.01	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 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
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			820	106	1457	7.63	3.23	676.8	15098	44.17	47	34.28	83.05	39.75	18.55	0.00
% of Calories											23.2%	16.7%	40.5%	43.7%	20.4%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Jenison Hudsonville School Food Service

Nov 1, 2018 thru Nov 30, 2018

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)
Wed - 11/14/2018																
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 SLICED AMERICAN	1 SLICE	1	50	13	225	0.00	0.00	75.0	150	0.0	0	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*
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			906	*82	1849	13.58	4.92	456.4	13288	14.34	*42	32.38	121.19	33.43	10.51	*0.80
% of Calories											*18.7%	14.3%	53.5%	33.2%	10.4%	*0.8%
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 - 11/15/2018																
Elementary Lunch Traditional	Total	1														
Calzone, Pepperoni Whole Grain	4 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
DICED PEARS	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, 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			810	51	1535	11.74	4.50	532.4	10177	41.25	59	34.96	116.23	23.84	8.09	0.00
% of Calories											29.3%	17.3%	57.4%	26.5%	9.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Nov 1, 2018 thru Nov 30, 2018

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 - 11/16/2018																
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
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	5	0.00	0.00	0.0	300	1.2	10	0.0	12.0	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
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
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			729	104	1550	*7.74	3.30	500.1	14697	33.92	*57	32.38	87.11	28.83	10.92	0.00
% of Calories											*31.1%	17.8%	47.8%	35.6%	13.5%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 11/19/2018																
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
DICED PEACHES	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	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	1207	13.70	3.53	553.3	10305	25.02	56	31.93	110.15	19.65	7.64	0.00
% of Calories											30.0%	17.2%	59.4%	23.8%	9.3%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Nov 1, 2018 thru Nov 30, 2018

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)
Tue - 11/20/2018																
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
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
Craisins, Cherry	package	1	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
milk, chocolate fat free	8 oz	1	100	15	120	0.00	0.00	200.0	750	0.0	11	8.0	11.0	3.0	2.00	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
Margarine Cup	1 cup	1	20	0	30	0.00	0.00	0.0	300	0.0	0	0.0	0.0	2.5	0.50	0.00
Weighted Daily Average			698	41	2049	9.74	2.94	288.0	9406	10.66	*54	22.27	101.88	24.73	5.35	0.00
% of Calories											*31.0%	12.8%	58.4%	31.9%	6.9%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 11/26/2018																
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
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	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			711	*51	1163	13.64	3.27	680.6	10454	18.12	*42	31.24	105.39	21.23	8.15	*0.00
% of Calories											*23.9%	17.6%	59.3%	26.9%	10.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Jenison Hudsonville School Food Service

Nov 1, 2018 thru Nov 30, 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 ¹ (g)
Tue - 11/27/2018																
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	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			823	65	1541	9.72	2.81	605.5	9855	34.08	72	26.95	111.06	31.62	13.10	*0.64
% of Calories											35.2%	13.1%	54.0%	34.6%	14.3%	*0.7%
Nutrient Guideline			550-650		1230											<10.00

Wed - 11/28/2018																
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	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			813	51	961	9.23	3.30	517.4	10105	39.08	54	33.86	116.88	24.11	8.20	0.00
% of Calories											26.8%	16.7%	57.5%	26.7%	9.1%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Nov 1, 2018 thru Nov 30, 2018

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 - 11/29/2018																
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
DICED PEARS	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	2 TBSP	1	76	6	237	0.22	0.19	5.7	124	0.5	*4	0.4	5.48	6.35	0.61	*0.03
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			775	52	1622	10.96	4.34	308.1	9801	34.55	*59	31.36	104.71	27.20	5.20	*0.03
% of Calories											*30.5%	16.2%	54.0%	31.6%	6.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 11/30/2018																
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 tbsps	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			1081	66	1920	11.06	4.96	347.6	9387	11.86	89	30.17	158.48	38.28	8.69	0.00
% of Calories											33.0%	11.2%	58.6%	31.9%	7.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			779	*66	1423	*10.59	3.66	525.7	11114	30.90	*57	31.17	106.65	26.70	9.61	*0.07
											*66.2%	16.0%	54.8%	30.8%	11.1%	*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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Jenison Hudsonville School Food Service

Nov 1, 2018 thru Nov 30, 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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	779		550 - 650	120%					129	Correction Required - Calories too High							
Cholesterol (mg)	66				Missing												
Sodium 1 (mg)	1423		1230						193	Correction Required - Sodium too High							
Sodium 2 (mg)	1423		935						488	Correction Required - Sodium too High							
Fiber (g)	10.59				Missing												
Iron (mg)	3.66																
Calcium (mg)	525.7																
Vitamin A (IU)	11114																
Sugars (g)	57	29.40%			Missing												
Vitamin C (mg)	30.90																
Protein (g)	31.17	16.01%															
Carbohydrate (g)	106.65	54.76%															
Total Fat (g)	26.70	30.85%															
Saturated Fat (g)	9.61	11.10%	<10.00%							Correction Required - Sat. Fat too High							
Trans Fat ¹ (g)	0.07	0.08%			Missing												

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