

Jenison Hudsonville School Food Service

Oct 2, 2017 thru Nov 3, 2017

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 ¹ (g)
Mon - 10/02/2017																
Elementary Lunch-Traditional	Total	1														
Rainbow Yogurt	4 oz	1	100	4	50	0.00	0.00	100.0	500	0.0	13	3.0	20.0	0.5	0.50	0.00
String Cheese-JHFS	stick	1	60	10	200	0.00	0.00	200.0	100	0.0	1	7.0	1.0	2.5	2.00	0.00
Bagel, White WG-Lender's	Bagel	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
PEAS - FROZEN	4 OZ	1	63	0	90	3.60	0.97	0.0	360	5.39	4	4.49	10.79	0.0	0.00	0.00
PEACHES,CND LT SYRUP	1/2 cup	1	50	0	5	0.00	0.00	0.0	300	1.2	10	0.0	12.0	0.0	0.00	0.00
APPLE FRESH	3"	1	95	0	2	4.37	0.22	10.9	98	8.37	19	0.47	25.13	0.31	0.05	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
milk, chocolate fat free	8 oz	1	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Butter-I Can't Believe It's No	serving	1	0	0	0	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			717	25	1022	13.70	*3.53	*693.3	*10155	*17.82	*75	29.93	126.15	11.15	3.64	0.00
% of Calories											*41.7%	16.7%	70.4%	14.0%	4.6%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 10/03/2017																
Elementary Lunch-Traditional	Total	1														
Rainbow Yogurt	4 oz	1	100	4	50	0.00	0.00	100.0	500	0.0	13	3.0	20.0	0.5	0.50	0.00
String Cheese-JHFS	stick	1	60	10	200	0.00	0.00	200.0	100	0.0	1	7.0	1.0	2.5	2.00	0.00
Bagel, White WG-Lender's	Bagel	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Celery, raw	4 STICKS	1	6	0	33	0.66	0.06	16.5	182	1.19	0	0.33	1.32	0.0	0.00	0.00
PEARS,CANNED,LIGHT SYRUP	1/2 cup	1	80	0	5	2.00	0.36	0.0	70	1.2	14	0.0	20.0	0.0	0.00	0.00
GRAPES,FRESH	1/2 cup	1	60	0	10	0.67	0.00	13.3	67	0.8	13	0.0	15.33	0.0	0.00	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
milk, chocolate fat free	8 oz	1	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Butter-I Can't Believe It's No	serving	1	0	0	0	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			655	25	973	9.07	*2.76	*712.2	*9716	*6.04	*70	25.29	114.88	10.84	3.59	0.00
% of Calories											*42.5%	15.4%	70.1%	14.9%	4.9%	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)	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 - 10/04/2017																
Elementary Lunch-Traditional	Total	1														
Rainbow Yogurt	4 oz	1	100	4	50	0.00	0.00	100.0	500	0.0	13	3.0	20.0	0.5	0.50	0.00
String Cheese-JHFS	stick	1	60	10	200	0.00	0.00	200.0	100	0.0	1	7.0	1.0	2.5	2.00	0.00
Bagel, White WG-Lender's	Bagel	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Bean Salad-elem	3/4 CUP	1	217	0	542	5.50	1.66	37.9	238	3.95	*3	6.1	22.46	10.86	1.43	*0.00
SERV																
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
milk, chocolate fat free	8 oz	1	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Butter-I Can't Believe It's No	serving	1	0	0	0	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			818	19	1199	14.86	*4.61	*702.2	*9676	*33.50	*74	31.58	140.47	15.27	4.05	*0.00
% of Calories											*36.1%	15.4%	68.7%	16.8%	4.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 10/05/2017																
Elementary Lunch-Traditional	Total	1														
Rainbow Yogurt	4 oz	1	100	4	50	0.00	0.00	100.0	500	0.0	13	3.0	20.0	0.5	0.50	0.00
String Cheese-JHFS	stick	1	60	10	200	0.00	0.00	200.0	100	0.0	1	7.0	1.0	2.5	2.00	0.00
Bagel, White WG-Lender's	Bagel	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Baked Potato mini	1 each	1	90	0	5	2.00	1.08	0.0	5	12.0	1	2.0	21.0	0.0	0.00	0.00
Pineapple Tidbits in Juice	1/2 cup	1	74	0	0	1.06	0.38	0.0	80	9.58	16	0.0	19.15	0.0	0.00	0.00
ORANGES WEDGES	1 ORANGE	1	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
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
Butter-I Can't Believe It's No	serving	1	0	0	0	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			689	25	870	11.11	*3.90	*720.8	*9698	*75.50	*61	27.86	120.66	10.96	3.60	0.00
% of Calories											*35.5%	16.2%	70.0%	14.3%	4.7%	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)
Fri - 10/06/2017																
Elementary Lunch-Traditional	Total	1														
Rainbow Yogurt	4 oz	1	100	4	50	0.00	0.00	100.0	500	0.0	13	3.0	20.0	0.5	0.50	0.00
String Cheese-JHFS	stick	1	60	10	200	0.00	0.00	200.0	100	0.0	1	7.0	1.0	2.5	2.00	0.00
Bagel, White WG-Lender's	Bagel	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Lettuce, Romaine Ribbons	1 cup	1	10	0	0	1.00	0.72	20.0	5000	30.0	0	0.0	2.0	0.0	0.00	0.00
MANDARIN ORANGES,CND,LT SYRUP,	1/2 cup	1	90	0	10	0.00	0.36	20.0	400	18.0	19	1.0	20.0	0.0	0.00	0.00
PEARS,FRESH	1 EACH	1	95	0	2	5.15	0.30	14.9	42	7.14	16	0.6	25.28	0.23	0.04	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
milk, chocolate fat free	8 oz	1	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Butter-I Can't Believe It's No	serving	1	0	0	0	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			704	25	937	11.89	*3.72	*737.3	*14839	*57.99	*77	26.56	125.51	11.07	3.62	0.00
% of Calories											*44.0%	15.1%	71.3%	14.1%	4.6%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 10/09/2017																
Elementary Lunch-Traditional	Total	1														
Cheese Pizza Quesadilla	1 EACH	1	330	10	840	4.00	0.00	0.0	15	0.0	3	16.0	40.0	12.0	3.00	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
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
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
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
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			729	21	1342	12.11	0.76	373.3	9861	16.63	62	26.43	114.36	19.15	4.14	0.00
% of Calories											34.1%	14.5%	62.7%	23.6%	5.1%	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)
Tue - 10/10/2017																
Elementary Lunch-Traditional	Total	1														
Cheese Pizza Quesadilla	1 EACH	1	330	10	840	4.00	0.00	0.0	15	0.0	3	16.0	40.0	12.0	3.00	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
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
Apricots	1/2 cup	1	80	0	10	0.00	0.00	0.0	1750	2.4	14	9.0	19.0	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
Weighted Daily Average			621	15	1100	7.74	0.53	345.9	10612	25.96	53	34.72	101.94	12.08	3.01	0.00
% of Calories											33.8%	22.4%	65.7%	17.5%	4.4%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 10/11/2017																
Elementary Lunch-Traditional	Total	1														
Cheese Pizza Quesadilla	1 EACH	1	330	10	840	4.00	0.00	0.0	15	0.0	3	16.0	40.0	12.0	3.00	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
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
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			813	21	1351	10.23	1.50	367.4	9370	31.88	59	29.86	130.88	20.11	4.20	0.00
% of Calories											29.3%	14.7%	64.4%	22.3%	4.6%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 10/12/2017																
Elementary Lunch-Traditional	Total	1														
Cheese Pizza Quesadilla	1 EACH	1	330	10	840	4.00	0.00	0.0	15	0.0	3	16.0	40.0	12.0	3.00	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
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
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
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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Weighted Daily Average			805	21	1890	15.04	2.80	420.8	9158	55.13	61	31.86	128.51	19.95	4.10	0.00
% of Calories											30.4%	15.8%	63.9%	22.3%	4.6%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 10/13/2017																
Elementary Lunch-Traditional	Total	1														
Cheese Pizza Quesadilla	1 EACH	1	330	10	840	4.00	0.00	0.0	15	0.0	3	16.0	40.0	12.0	3.00	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
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
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			735	21	1339	8.70	1.25	360.4	9001	12.43	65	26.85	118.95	18.84	4.09	0.00
% of Calories											35.3%	14.6%	64.7%	23.1%	5.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Sat - 10/14/2017																
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-Elem	1 sandwich	1	230	24	512	2.00	1.98	77.5	75	0.0	4	16.25	29.25	4.75	1.25	0.00
Turkey/Cheese Sandwich-MS	1 sandwich	1	253	32	618	2.00	2.07	77.5	75	0.0	4	20.75	29.25	5.0	1.25	0.00
Turkey/Cheese Sandwich-High	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
Fruit Snacks-Elem	pkg	1	90	0	10	0.00	0.00	0.0	45	60.0	9	0.0	20.0	0.5	0.00	0.00
Rice Krispie Treat (w/g) HS/MS	bar	1	160	0	140	0.00	1.80	0.0	300	0.0	11	2.0	30.0	4.0	1.00	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
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			1336	115	2359	12.11	8.67	900.1	10017	72.33	84	77.85	199.08	24.39	7.56	0.00
% of Calories											25.1%	23.3%	59.6%	16.4%	5.1%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Jenison Hudsonville School Food Service

Oct 2, 2017 thru Nov 3, 2017

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 ¹ (g)
Mon - 10/16/2017																
Elementary Lunch-Traditional	Total	1														
Turkey/Cheese Sandwich-Elem	1 sandwich	1	230	24	512	2.00	1.98	77.5	75	0.0	4	16.25	29.25	4.75	1.25	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
Celery, raw	4 STICKS	1	6	0	33	0.66	0.06	16.5	182	1.19	0	0.33	1.32	0.0	0.00	0.00
GRAPE JUICE	1 EACH	1	80	0	0	0.00	0.36	0.0	0	60.0	18	0.0	19.0	0.0	0.00	0.00
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
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			620	35	1042	8.77	3.16	447.3	9153	72.42	64	26.01	102.93	11.90	2.39	0.00
% of Calories											41.6%	16.8%	66.4%	17.3%	3.5%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 10/17/2017																
Elementary Lunch-Traditional	Total	1														
Turkey/Cheese Sandwich-Elem	1 sandwich	1	230	24	512	2.00	1.98	77.5	75	0.0	4	16.25	29.25	4.75	1.25	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
Pineapple Tidbits in Juice	1/2 cup	1	74	0	0	1.06	0.38	0.0	80	9.58	16	0.0	19.15	0.0	0.00	0.00
GRAPES,FRESH	1/2 cup	1	60	0	10	0.67	0.00	13.3	67	0.8	13	0.0	15.33	0.0	0.00	0.00
milk, chocolate fat free	8 oz	1	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			495	29	749	5.47	2.90	410.0	8995	13.14	54	24.63	88.68	4.83	1.26	0.00
% of Calories											43.9%	19.9%	71.6%	8.8%	2.3%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 10/18/2017																
Elementary Lunch-Traditional	Total	1														
Turkey/Cheese Sandwich-Elem	1 sandwich	1	230	24	512	2.00	1.98	77.5	75	0.0	4	16.25	29.25	4.75	1.25	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
Lettuce, Romaine Ribbons	1 cup	1	10	0	0	1.00	0.72	20.0	5000	30.0	0	0.0	2.0	0.0	0.00	0.00
PEACHES,CND LT SYRUP	1/2 cup	1	50	0	5	0.00	0.00	0.0	300	1.2	10	0.0	12.0	0.0	0.00	0.00
BANANA	6-7 inch	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
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			590	35	1014	7.37	3.51	444.9	14237	42.84	50	26.31	94.54	11.92	2.45	0.00
% of Calories											33.8%	17.9%	64.1%	18.2%	3.7%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Oct 2, 2017 thru Nov 3, 2017

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 ¹ (g)
Thu - 10/19/2017																
Elementary Lunch-Traditional	Total	1														
Turkey/Cheese Sandwich-Elem	1 sandwich	1	230	24	512	2.00	1.98	77.5	75	0.0	4	16.25	29.25	4.75	1.25	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
APPLESAUCE,CANNED,UNSW	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
TND																
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
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			535	35	1023	8.04	2.98	458.3	9143	53.93	47	26.11	81.76	11.71	2.35	0.00
% of Calories											35.5%	19.5%	61.2%	19.7%	4.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 10/20/2017																
Elementary Lunch-Traditional	Total	1														
Turkey/Cheese Sandwich-Elem	1 sandwich	1	230	24	512	2.00	1.98	77.5	75	0.0	4	16.25	29.25	4.75	1.25	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
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	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
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			754	35	1559	14.89	4.98	474.8	8974	27.99	75	31.81	131.76	12.82	2.37	0.00
% of Calories											39.6%	16.9%	69.9%	15.3%	2.8%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Oct 2, 2017 thru Nov 3, 2017

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 ¹ (g)
Mon - 10/23/2017																
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
Whole Grain Honey White Bread	1 slice	1	90	0	160	2.00	1.80	20.0	15	0.0	3	3.0	17.0	1.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
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
Kiwi Quarters	4 pieces	1	50	0	0	2.00	0.36	30.0	50	72.0	8	1.0	12.0	0.5	0.00	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
Honey Mustard Dressing	2 TBSP	1	51	0	301	0.36	0.11	7.2	5	0.63	5	0.32	11.53	0.44	0.10	0.00
Honey Packet	packet	1	25	0	0	0.00	0.00	0.0	0	0.0	7	0.0	7.0	0.0	0.00	0.00
Barbecue Sauce - JHFS	2 tbsp	1	50	0	440	0.00	0.00	0.0	45	0.0	9	0.0	11.0	0.0	0.00	0.00
milk, chocolate fat free	8 oz	1	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Butter-I Can't Believe It's No	serving	1	0	0	0	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			942	31	2338	14.10	*5.57	*466.3	*13213	*78.28	*81	28.61	146.09	27.45	3.69	0.00
% of Calories											*34.4%	12.2%	62.0%	26.2%	3.5%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 10/24/2017																
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
Whole Grain Honey White Bread	1 slice	1	90	0	160	2.00	1.80	20.0	15	0.0	3	3.0	17.0	1.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
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
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
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
Honey Mustard Dressing	2 TBSP	1	51	0	301	0.36	0.11	7.2	5	0.63	5	0.32	11.53	0.44	0.10	0.00
Honey Packet	packet	1	25	0	0	0.00	0.00	0.0	0	0.0	7	0.0	7.0	0.0	0.00	0.00
Barbecue Sauce - JHFS	2 tbsp	1	50	0	440	0.00	0.00	0.0	45	0.0	9	0.0	11.0	0.0	0.00	0.00
Butter-I Can't Believe It's No	serving	1	0	0	0	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	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
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
Weighted Daily Average			890	31	1976	12.87	*5.71	*442.9	*14142	*45.47	*97	26.03	147.46	22.28	3.69	0.00
% of Calories											*43.7%	11.7%	66.3%	22.5%	3.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Jenison Hudsonville School Food Service

Oct 2, 2017 thru Nov 3, 2017

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 ¹ (g)
Wed - 10/25/2017																
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
Whole Grain Honey White Bread	1 slice	1	90	0	160	2.00	1.80	20.0	15	0.0	3	3.0	17.0	1.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Garbanzo Beans	6 OZ	1	135	0	465	7.50	2.16	60.0	0	0.0	0	7.5	24.0	0.75	0.00	0.00
PEACHES,CND LT SYRUP	1/2 cup	1	50	0	5	0.00	0.00	0.0	300	1.2	10	0.0	12.0	0.0	0.00	0.00
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
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
Honey Mustard Dressing	2 TBSP	1	51	0	301	0.36	0.11	7.2	5	0.63	5	0.32	11.53	0.44	0.10	0.00
Honey Packet	packet	1	25	0	0	0.00	0.00	0.0	0	0.0	7	0.0	7.0	0.0	0.00	0.00
Barbecue Sauce - JHFS	2 tbsp	1	50	0	440	0.00	0.00	0.0	45	0.0	9	0.0	11.0	0.0	0.00	0.00
Butter-I Can't Believe It's No	serving	1	0	0	0	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			866	25	2070	18.97	*6.62	*457.3	*9338	*12.96	*75	32.68	148.60	16.58	2.67	0.00
% of Calories											*34.7%	15.1%	68.6%	17.2%	2.8%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 10/26/2017																
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
Whole Grain Honey White Bread	1 slice	1	90	0	160	2.00	1.80	20.0	15	0.0	3	3.0	17.0	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
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
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
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
Honey Mustard Dressing	2 TBSP	1	51	0	301	0.36	0.11	7.2	5	0.63	5	0.32	11.53	0.44	0.10	0.00
Honey Packet	packet	1	25	0	0	0.00	0.00	0.0	0	0.0	7	0.0	7.0	0.0	0.00	0.00
Barbecue Sauce - JHFS	2 tbsp	1	50	0	440	0.00	0.00	0.0	45	0.0	9	0.0	11.0	0.0	0.00	0.00
Butter-I Can't Believe It's No	serving	1	0	0	0	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			790	41	1811	12.40	*5.43	*468.0	*14249	*85.76	*65	26.18	115.04	24.90	5.20	0.00
% of Calories											*32.7%	13.2%	58.2%	28.3%	5.9%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Oct 2, 2017 thru Nov 3, 2017

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 ¹ (g)
Fri - 10/27/2017																
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
Whole Grain Honey White Bread	1 slice	1	90	0	160	2.00	1.80	20.0	15	0.0	3	3.0	17.0	1.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
GREEN BEANS - from frozen	4 OZ	1	24	0	0	1.60	0.58	32.0	160	1.92	2	0.8	4.8	0.0	0.00	0.00
MANDARIN ORANGES,CND,LT SYRUP,	1/2 cup	1	90	0	10	0.00	0.36	20.0	400	18.0	19	1.0	20.0	0.0	0.00	0.00
Craisins, Cherry	package	1	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
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
Honey Mustard Dressing	2 TBSP	1	51	0	301	0.36	0.11	7.2	5	0.63	5	0.32	11.53	0.44	0.10	0.00
Honey Packet	packet	1	25	0	0	0.00	0.00	0.0	0	0.0	7	0.0	7.0	0.0	0.00	0.00
Barbecue Sauce - JHFS	2 tbsp	1	50	0	440	0.00	0.00	0.0	45	0.0	9	0.0	11.0	0.0	0.00	0.00
Butter-I Can't Believe It's No	serving	1	0	0	0	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			889	31	1876	11.70	*5.19	*461.6	*9523	*23.40	*93	27.08	143.56	22.28	3.69	0.00
% of Calories											*41.9%	12.2%	64.6%	22.5%	3.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 10/30/2017																
Elementary Lunch-Traditional	Total	1														
Rainbow Yogurt	4 oz	1	100	4	50	0.00	0.00	100.0	500	0.0	13	3.0	20.0	0.5	0.50	0.00
String Cheese-JHFS	stick	1	60	10	200	0.00	0.00	200.0	100	0.0	1	7.0	1.0	2.5	2.00	0.00
Bagel, White WG-Lender's	Bagel	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	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
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
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
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
milk, chocolate fat free	8 oz	1	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Butter-I Can't Believe It's No	serving	1	0	0	0	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			712	25	990	13.97	*3.95	*770.6	*10956	*163.19	*75	29.30	126.96	11.15	3.64	0.00
% of Calories											*42.1%	16.5%	71.3%	14.1%	4.6%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Jenison Hudsonville School Food Service

Oct 2, 2017 thru Nov 3, 2017

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 ¹ (g)
Tue - 10/31/2017																
Elementary Lunch-Traditional	Total	1														
Rainbow Yogurt	4 oz	1	100	4	50	0.00	0.00	100.0	500	0.0	13	3.0	20.0	0.5	0.50	0.00
String Cheese-JHFS	stick	1	60	10	200	0.00	0.00	200.0	100	0.0	1	7.0	1.0	2.5	2.00	0.00
Bagel, White WG-Lender's	Bagel	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
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
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
milk, chocolate fat free	8 oz	1	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Butter-I Can't Believe It's No	serving	1	0	0	0	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			659	25	940	9.31	*3.03	*713.7	*9534	*4.85	*70	25.86	115.36	10.84	3.59	0.00
% of Calories											*42.8%	15.7%	70.1%	14.8%	4.9%	0.0%
Nutrient Guideline			550-650		1230										<10.00	
Wed - 11/01/2017																
Elementary Lunch-Traditional	Total	1														
Rainbow Yogurt	4 oz	1	100	4	50	0.00	0.00	100.0	500	0.0	13	3.0	20.0	0.5	0.50	0.00
String Cheese-JHFS	stick	1	60	10	200	0.00	0.00	200.0	100	0.0	1	7.0	1.0	2.5	2.00	0.00
Bagel, White WG-Lender's	Bagel	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
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,	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
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
milk, chocolate fat free	8 oz	1	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Butter-I Can't Believe It's No	serving	1	0	0	0	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			825	25	1401	15.87	*5.13	*767.4	*9862	*29.64	*74	34.56	145.30	11.92	3.70	0.00
% of Calories											*35.7%	16.8%	70.5%	13.0%	4.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Jenison Hudsonville School Food Service

Oct 2, 2017 thru Nov 3, 2017

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 ¹ (g)
Thu - 11/02/2017																
Elementary Lunch-Traditional	Total	1														
Rainbow Yogurt	4 oz	1	100	4	50	0.00	0.00	100.0	500	0.0	13	3.0	20.0	0.5	0.50	0.00
String Cheese-JHFS	stick	1	60	10	200	0.00	0.00	200.0	100	0.0	1	7.0	1.0	2.5	2.00	0.00
Bagel, White WG-Lender's	Bagel	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
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
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
milk, chocolate fat free	8 oz	1	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Butter-I Can't Believe It's No	serving	1	0	0	0	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			692	25	1015	12.70	*3.79	*720.8	*10053	*68.90	*71	30.36	119.45	10.96	3.60	0.00
% of Calories											*40.9%	17.5%	69.0%	14.2%	4.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 11/03/2017																
Elementary Lunch-Traditional	Total	1														
Rainbow Yogurt	4 oz	1	100	4	50	0.00	0.00	100.0	500	0.0	13	3.0	20.0	0.5	0.50	0.00
String Cheese-JHFS	stick	1	60	10	200	0.00	0.00	200.0	100	0.0	1	7.0	1.0	2.5	2.00	0.00
Bagel, White WG-Lender's	Bagel	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
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
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	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	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			660	25	960	11.55	*2.70	*713.9	*9621	*71.18	*70	25.89	117.83	11.07	3.62	0.00
% of Calories											*42.7%	15.7%	71.4%	15.1%	4.9%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			752	30	1352	11.71	*3.80	*559.7	*10504	*46.12	*69	30.39	124.87	15.25	3.60	*0.00
											*83.0%	16.2%	66.5%	18.3%	4.3%	*0.0%

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Jenison Hudsonville School Food Service

Oct 2, 2017 thru Nov 3, 2017

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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	752		550 - 650	116%					102	Correction Required - Calories too High							
Cholesterol (mg)	30																
Sodium (mg)	1352		1230						122	Correction Required - Sodium too High							
Fiber (g)	11.71																
Iron (mg)	3.80					Missing											
Calcium (mg)	559.7					Missing											
Vitamin A (IU)	10504					Missing											
Sugars (g)	69	36.90%				Missing											
Vitamin C (mg)	46.12					Missing											
Protein (g)	30.39	16.17%															
Carbohydrate (g)	124.87	66.45%															
Total Fat (g)	15.25	18.25%															
Saturated Fat (g)	3.60	4.31%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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