

Jenison Hudsonville School Food Service

Oct 2, 2017 thru Nov 3, 2017

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 - 10/02/2017																
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
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
Weighted Daily Average			752	31	1267	13.70	3.53	653.3	10055	26.22	63	31.93	119.15	16.65	5.64	0.00
% of Calories											33.4%	17.0%	63.4%	19.9%	6.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 10/03/2017																
Elementary Lunch Traditional	Total	1														
Diced Chicken BBQ	1/3 cup	1	165	62	353	0.00	0.96	0.0	59	0.0	11	23.11	12.71	2.22	0.89	0.00
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
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
Weighted Daily Average			680	73	1086	7.07	3.72	412.2	9175	6.04	66	38.40	106.59	11.06	1.97	0.00
% of Calories											38.6%	22.6%	62.7%	14.6%	2.6%	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

Oct 2, 2017 thru Nov 3, 2017

Base Menu Spreadsheet

Elementary Lunch Traditional W

Weighted Values - Detailed

Page 2

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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 - 10/04/2017																
Elementary Lunch Traditional	Total	1														
Beef Teriyaki Dippers	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
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 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
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
Weighted Daily Average			798	45	1279	12.86	4.97	482.2	9106	33.50	*64	31.58	115.47	23.27	6.05	*0.50
% of Calories											*32.0%	15.8%	57.9%	26.2%	6.8%	*0.6%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 10/05/2017																
Elementary Lunch Traditional	Total	1														
SLOPPY JOE	1/3 serving	1	161	53	527	0.72	1.72	44.7	203	2.74	10	13.42	13.48	5.32	1.85	*0.00
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
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
Weighted Daily Average			711	64	1157	9.83	5.62	465.5	9301	78.24	56	31.28	113.14	14.28	2.95	*0.00
% of Calories											31.4%	17.6%	63.7%	18.1%	3.7%	*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)
Fri - 10/06/2017																
Elementary Lunch Traditional	Total	1														
Chicken Patty on Bun	sandwich	1	400	25	650	5.00	3.60	80.0	0	0.0	5	20.0	44.0	15.0	2.50	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
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
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
Weighted Daily Average			905	36	1898	13.25	5.63	484.5	14289	58.62	78	30.88	142.04	22.51	3.73	0.00
% of Calories											34.4%	13.6%	62.8%	22.4%	3.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 10/09/2017																
Elementary Lunch Traditional	Total	1														
Bosco Sticks with Sauce (Elem)	2 each	1	338	30	743	5.89	2.16	400.0	779	4.54	6	21.89	39.68	11.89	5.00	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			737	41	1245	14.00	2.92	773.3	10624	21.17	65	32.33	114.04	19.04	6.14	0.00
% of Calories											35.2%	17.5%	61.9%	23.2%	7.5%	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)
Tue - 10/10/2017																
Elementary Lunch Traditional	Total	1														
MACARONI AND CHEESE	1/2 cup	1	308	44	832	1.76	0.81	345.2	621	0.43	6	13.91	23.02	18.5	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
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			679	49	1242	6.50	2.07	691.1	11218	26.39	55	34.63	95.96	22.08	10.03	*0.64
% of Calories											32.6%	20.4%	56.5%	29.3%	13.3%	*0.8%
Nutrient Guideline			550-650		1230											<10.00

Wed - 10/11/2017																
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
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			823	41	1021	9.23	3.30	617.4	9855	40.28	61	33.86	125.88	21.11	6.20	0.00
% of Calories											29.9%	16.5%	61.2%	23.1%	6.8%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 10/12/2017																
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
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
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

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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)
Weighted Daily Average			750	41	1510	13.04	4.24	440.8	9143	56.33	61	31.86	109.51	21.46	3.10	0.00
% of Calories											32.7%	17.0%	58.4%	25.8%	3.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 10/13/2017																
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
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
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
Weighted Daily Average			1091	56	1980	11.06	4.96	447.6	9137	13.06	96	30.17	167.48	35.28	6.69	0.00
% of Calories											35.3%	11.1%	61.4%	29.1%	5.5%	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 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 - 10/16/2017																
Elementary Lunch Traditional	Total	1														
Pancake Cinnamon Whole Grain	pancake	1	210	10	300	3.00	0.00	0.0	55	0.0	10	4.0	36.0	6.0	1.00	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
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
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			790	146	1050	9.77	1.90	409.8	9333	72.42	90	19.76	141.68	17.15	3.14	0.00
% of Calories											45.6%	10.0%	71.7%	19.5%	3.6%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 10/17/2017																
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
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			483	52	869	5.04	2.43	441.8	9532	13.98	*52	29.29	80.32	5.68	2.13	*0.00
% of Calories											*43.1%	24.3%	66.6%	10.6%	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 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 - 10/18/2017																
Elementary Lunch Traditional	Total	1														
Pepperoni Pizza Bites	4 pcs	1	270	15	570	4.00	1.80	80.0	300	4.8	3	16.0	29.0	10.0	2.50	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			630	26	1071	9.37	3.33	447.4	14462	47.64	49	26.06	94.30	17.17	3.70	0.00
% of Calories											30.9%	16.6%	59.9%	24.6%	5.3%	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 - 10/19/2017																
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
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 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
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
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			623	31	2079	9.04	*3.04	*426.4	*9072	*62.93	*46	23.18	94.16	19.34	2.87	0.00
% of Calories											*29.5%	14.9%	60.5%	27.9%	4.1%	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 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)
Fri - 10/20/2017																
Elementary Lunch Traditional	Total	1														
MINI CORN DOGS	5 corn dog	1	225	31	350	3.75	1.80	125.0	0	0.0	5	8.75	25.0	10.0	3.12	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
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
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			945	42	2038	19.00	5.63	669.5	8934	28.62	*86	26.63	164.04	22.51	5.35	0.00
% of Calories											*36.3%	11.3%	69.4%	21.4%	5.1%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 10/23/2017																
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
Cheese, American (elem)	1/2 slice	1	25	6	113	0.00	0.00	37.5	75	0.0	0	1.25	0.25	2.25	1.25	0.00
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
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
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 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			902	66	2593	12.74	4.66	536.5	13322	80.05	*68	31.54	128.81	28.26	7.14	0.80
% of Calories											*30.1%	14.0%	57.1%	28.2%	7.1%	0.8%
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 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 - 10/24/2017																
Elementary Lunch Traditional	Total	1														
Walking Taco (Elem)	1 serving	1	452	104	866	2.57	1.98	431.0	841	0.18	*0	28.62	24.91	27.38	14.16	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
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
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
Weighted Daily Average			897	115	1721	11.09	3.98	806.7	14918	45.03	*74	38.32	112.84	34.22	15.24	0.00
% of Calories											*33.0%	17.1%	50.3%	34.4%	15.3%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 10/25/2017																
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
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
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			656	55	1409	17.61	5.79	550.1	9172	18.33	*52	28.36	112.08	11.64	2.56	0.00
% of Calories											*31.6%	17.3%	68.4%	16.0%	3.5%	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 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 - 10/26/2017																
Elementary Lunch Traditional	Total	1														
Turkey Ham for Ham Chef	1/3 cup	1	89	53	470	0.00	0.96	0.0	0	1.06	0	11.53	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
Lettuce, Romaine Ribbons	1 cup	1	10	0	0	1.00	0.72	20.0	5000	30.0	0	0.0	2.0	0.0	0.00	0.00
Heart-Shaped Pretzels	1 oz bag	1	80	0	200	2.00	0.72	0.0	0	0.0	0	2.0	15.0	1.5	0.00	0.00
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
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
FRENCH DRESSING	2 TBSP	1	146	0	125	0.10	0.06	2.0	105	2.2	*N/A*	0.16	2.84	15.37	2.14	*N/A*
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			781	104	1530	*9.14	3.82	622.8	14488	88.39	*39	32.55	74.23	40.32	12.07	*0.00
% of Calories											*20.1%	16.7%	38.0%	46.5%	13.9%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 10/27/2017																
Elementary Lunch Traditional	Total	1														
SAUSAGE PIZZA	1 EACH	1	290	25	590	5.00	2.70	200.0	300	0.0	13	16.0	35.0	10.0	4.50	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
Weighted Daily Average			724	36	1095	11.34	4.18	594.4	9657	22.77	81	26.76	116.03	16.84	5.59	0.00
% of Calories											44.7%	14.8%	64.1%	20.9%	6.9%	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 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 - 10/30/2017																
Elementary Lunch Traditional	Total	1														
Bosco Sticks with Sauce (Elem)	2 each	1	338	30	743	5.89	2.16	400.0	779	4.54	6	21.89	39.68	11.89	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
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
Weighted Daily Average			750	41	1303	15.87	4.31	830.6	11134	167.74	62	35.19	116.64	19.04	6.14	0.00
% of Calories											33.0%	18.8%	62.2%	22.8%	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)
Tue - 10/31/2017																
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
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
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	

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Jenison Hudsonville School Food Service

Oct 2, 2017 thru Nov 3, 2017

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 - 11/01/2017																
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
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
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	

Thu - 11/02/2017																
Elementary Lunch Traditional	Total	1														
Chicken Alfredo - #SP3 JHFS	#8 scoop	1	214	43	399	1.50	1.04	203.3	256	0.0	4	17.44	20.5	6.52	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
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
Weighted Daily Average			686	54	1134	11.20	3.75	584.1	9709	68.90	56	33.80	100.94	16.97	5.51	0.00
% of Calories											32.4%	19.7%	58.8%	22.3%	7.2%	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 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 - 11/03/2017																
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
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
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

Weighted Average			778	61	1443	*11.43	*4.25	*572.0	*10538	*48.29	*65	32.40	119.03	20.14	5.40	*0.07
											*75.5%	16.7%	61.2%	23.3%	6.2%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	778		550 - 650	120%			128	Correction Required - Calories too High
Cholesterol (mg)	61							
Sodium (mg)	1443		1230				213	Correction Required - Sodium too High
Fiber (g)	11.43				Missing			
Iron (mg)	4.25				Missing			
Calcium (mg)	572.0				Missing			
Vitamin A (IU)	10538				Missing			
Sugars (g)	65	33.55%			Missing			
Vitamin C (mg)	48.29				Missing			
Protein (g)	32.40	16.65%						
Carbohydrate (g)	119.03	61.17%						
Total Fat (g)	20.14	23.29%						
Saturated Fat (g)	5.40	6.25%	<10.00%					
Trans Fat ¹ (g)	0.07	0.09%			Missing			

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