

# Jenison Hudsonville School Food Service

Oct 1, 2018 thru Nov 3, 2018

## 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 <sup>1</sup> (g)
Mon - 10/01/2018																
Elementary Lunch-Traditional	Total	1														
HOT DOG/TURKEY	1 EACH	1	110	50	240	0.00	1.08	60.0	0	6.0	0	8.0	0.0	9.0	2.50	0.00
HOT DOG BUN/WHOLE GRAIN	1 BUN	1	110	0	200	3.00	1.80	60.0	0	0.0	2	4.0	20.0	1.5	0.00	0.00
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	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Relish	2 Tbls serving	1	25	0	270	1.00	0.00	40.0	0	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			633	*61	1214	12.32	3.99	540.6	9671	23.73	*46 *29.1%	21.92 13.8%	100.43 63.4%	17.73 25.2%	3.65 5.2%	*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 <sup>1</sup> (g)
Tue - 10/02/2018																
Elementary Lunch-Traditional	Total	1														
HOT DOG/TURKEY	1 EACH	1	110	50	240	0.00	1.08	60.0	0	6.0	0	8.0	0.0	9.0	2.50	0.00
HOT DOG BUN/WHOLE GRAIN	1 BUN	1	110	0	200	3.00	1.80	60.0	0	0.0	2	4.0	20.0	1.5	0.00	0.00
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	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Relish	2 Tbls serving	1	25	0	270	1.00	0.00	40.0	0	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			690	61	1328	11.84	4.16	529.1	8984	40.84	*75 *43.6%	23.04 13.4%	111.60 64.7%	17.34 22.6%	3.59 4.7%	0.00 0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Oct 1, 2018 thru Nov 3, 2018

## 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 <sup>1</sup> (g)
Wed - 10/03/2018																
Elementary Lunch-Traditional	Total	1														
HOT DOG/TURKEY	1 EACH	1	110	50	240	0.00	1.08	60.0	0	6.0	0	8.0	0.0	9.0	2.50	0.00
HOT DOG BUN/WHOLE GRAIN	1 BUN	1	110	0	200	3.00	1.80	60.0	0	0.0	2	4.0	20.0	1.5	0.00	0.00
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	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	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
Weighted Daily Average			728	61	1221	10.23	4.38	527.4	9355	37.88	*58	25.86	116.88	18.61	3.70	0.00
% of Calories											*32.1%	14.2%	64.2%	23.0%	4.6%	0.0%
Nutrient Guideline			550-650		1230											<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/04/2018																
Elementary Lunch-Traditional	Total	1														
HOT DOG/TURKEY	1 EACH	1	110	50	240	0.00	1.08	60.0	0	6.0	0	8.0	0.0	9.0	2.50	0.00
HOT DOG BUN/WHOLE GRAIN	1 BUN	1	110	0	200	3.00	1.80	60.0	0	0.0	2	4.0	20.0	1.5	0.00	0.00
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
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			725	61	1795	12.74	5.58	542.4	9427	40.05	*63	26.96	116.23	18.34	3.59	0.00
% of Calories											*34.9%	14.9%	64.2%	22.8%	4.5%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/05/2018																
Elementary Lunch-Traditional	Total	1														
HOT DOG/TURKEY	1 EACH	1	110	50	240	0.00	1.08	60.0	0	6.0	0	8.0	0.0	9.0	2.50	0.00
HOT DOG BUN/WHOLE GRAIN	1 BUN	1	110	0	200	3.00	1.80	60.0	0	0.0	2	4.0	20.0	1.5	0.00	0.00
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
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			650	61	1209	8.70	4.13	520.4	8986	18.43	*64	22.85	104.95	17.34	3.59	0.00
% of Calories											*39.3%	14.1%	64.6%	24.0%	5.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 10/08/2018																
Elementary Lunch-Traditional	Total	1														
TURKEY W/CHEESE ON WG BUN	1 EACH	1	210	24	503	3.00	2.88	77.5	90	0.0	3	15.25	25.25	4.75	1.25	*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
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
milk, chocolate fat free	8 oz	1	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			600	35	1032	9.77	4.06	447.3	9168	72.42	63	25.01	98.93	11.90	2.39	*0.00
% of Calories											42.3%	16.7%	66.0%	17.9%	3.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Oct 1, 2018 thru Nov 3, 2018

## 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 <sup>1</sup> (g)
<b>Tue - 10/09/2018</b>																
Elementary Lunch-Traditional	Total	1														
TURKEY W/CHEESE ON WG BUN	1 EACH	1	210	24	503	3.00	2.88	77.5	90	0.0	3	15.25	25.25	4.75	1.25	*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
GRAPES,FRESH	1/2 cup	1	60	0	10	0.67	0.00	13.3	67	0.8	13	0.0	15.33	0.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
milk, chocolate fat free	8 oz	1	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			563	35	1008	7.37	4.13	451.2	9034	13.23	57	25.11	89.77	11.59	2.34	*0.00
% of Calories											40.3%	17.8%	63.8%	18.5%	3.7%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

<b>Wed - 10/10/2018</b>																
Elementary Lunch-Traditional	Total	1														
TURKEY W/CHEESE ON WG BUN	1 EACH	1	210	24	503	3.00	2.88	77.5	90	0.0	3	15.25	25.25	4.75	1.25	*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
BANANA	6-7 inch	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
milk, chocolate fat free	8 oz	1	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			570	35	1004	8.37	4.41	444.9	14252	42.84	49	25.31	90.54	11.92	2.45	*0.00
% of Calories											34.3%	17.8%	63.6%	18.8%	3.9%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

<b>Thu - 10/11/2018</b>																
Elementary Lunch-Traditional	Total	1														
TURKEY W/CHEESE ON WG BUN	1 EACH	1	210	24	503	3.00	2.88	77.5	90	0.0	3	15.25	25.25	4.75	1.25	*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
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
Milk, Low Fat White	carton	1	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			505	45	953	9.04	3.88	458.3	9158	53.93	39	25.11	68.76	14.20	3.85	*0.00
% of Calories											31.3%	19.9%	54.5%	25.3%	6.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 10/12/2018																
Elementary Lunch-Traditional	Total	1														
TURKEY W/CHEESE ON WG BUN	1 EACH	1	210	24	503	3.00	2.88	77.5	90	0.0	3	15.25	25.25	4.75	1.25	*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
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
milk, chocolate fat free	8 oz	1	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			734	35	1549	15.89	5.88	474.8	8989	27.99	74	30.81	127.76	12.82	2.37	*0.00
% of Calories											40.1%	16.8%	69.6%	15.7%	2.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Sat - 10/13/2018																
Elementary Lunch-Traditional	Total	1														
Hudsonville Sack Lunch	lunch	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Turkey/Cheese Sandwich	1 sandwich	1	278	39	730	2.00	2.07	115.0	150	0.0	5	22.0	29.5	7.25	2.50	0.00
APPLE FRESH	3"	1	95	0	2	4.37	0.22	10.9	98	8.37	19	0.47	25.13	0.31	0.05	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Mini Rice Krispie Treat (Elem)	Bar	1	50	0	45	0.00	0.36	0.0	0	0.0	3	0.0	9.0	1.0	0.00	0.00
Fruit by the Foot (MS/HS)	pouch	1	80	0	40	0.00	0.00	0.0	0	15.0	7	0.0	16.0	1.5	0.50	0.00
milk, chocolate fat free	8 oz	1	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk, Low Fat White	carton	1	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			733	59	1164	8.11	3.18	745.1	9522	27.33	65	38.86	115.58	12.64	4.56	0.00
% of Calories											35.6%	21.2%	63.1%	15.5%	5.6%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Jenison Hudsonville School Food Service

Oct 1, 2018 thru Nov 3, 2018

## 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 <sup>1</sup> (g)
Mon - 10/15/2018																
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
Garlic Breadstick	breadstick	1	90	0	150	2.00	0.72	20.0	0	0.0	2	3.0	17.0	1.0	0.00	0.00
Fiesta Black Beans	1/2 cup	1	120	0	460	5.00	1.80	40.0	0	0.0	1	7.0	22.0	0.5	0.00	0.00
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	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
Weighted Daily Average			949	*31	2326	17.68	5.54	467.8	9072	14.16	*67	33.24	155.96	23.18	3.75	*0.00
% of Calories											*28.4%	14.0%	65.7%	22.0%	3.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 10/16/2018																
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
Garlic Breadstick	breadstick	1	90	0	150	2.00	0.72	20.0	0	0.0	2	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
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	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
Weighted Daily Average			890	31	1966	12.87	4.63	442.9	14127	45.47	96	26.03	147.46	22.28	3.69	0.00
% of Calories											43.2%	11.7%	66.3%	22.5%	3.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Jenison Hudsonville School Food Service

Oct 1, 2018 thru Nov 3, 2018

## 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 <sup>1</sup> (g)
Wed - 10/17/2018																
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
Garlic Breadstick	breadstick	1	90	0	150	2.00	0.72	20.0	0	0.0	2	3.0	17.0	1.0	0.00	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
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
BANANA	6-7 inch	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
milk, chocolate fat free	8 oz	1	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
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
Weighted Daily Average			952	31	2329	13.73	4.39	441.3	13313	15.07	79	27.72	151.16	27.28	3.80	0.00
% of Calories											33.3%	11.6%	63.5%	25.8%	3.6%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/18/2018																
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
Garlic Breadstick	breadstick	1	90	0	150	2.00	0.72	20.0	0	0.0	2	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
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
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	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
Weighted Daily Average			885	31	2096	12.10	4.97	429.6	14518	64.68	74	27.28	140.76	23.78	3.69	0.00
% of Calories											33.2%	12.3%	63.6%	24.2%	3.8%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Jenison Hudsonville School Food Service

Oct 1, 2018 thru Nov 3, 2018

## 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 <sup>1</sup> (g)
Fri - 10/19/2018																
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
Garlic Breadstick	breadstick	1	90	0	150	2.00	0.72	20.0	0	0.0	2	3.0	17.0	1.0	0.00	0.00
GREEN BEANS - from frozen	4 OZ	1	24	0	0	1.60	0.58	32.0	160	1.92	2	0.8	4.8	0.0	0.00	0.00
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
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
Barbecue Sauce - JHFS	2 tbsp	1	50	0	440	0.00	0.00	0.0	45	0.0	9	0.0	11.0	0.0	0.00	0.00
milk, chocolate fat free	8 oz	1	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
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
Weighted Daily Average			889	31	1866	11.70	4.11	461.6	9508	23.40	92	27.08	143.56	22.28	3.69	0.00
% of Calories											41.5%	12.2%	64.6%	22.5%	3.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 10/22/2018																
Elementary Lunch-Traditional	Total	1														
Garlic Cheese Bread	piece	1	260	20	380	3.00	1.80	250.0	0	0.0	2	15.0	28.0	11.0	5.00	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
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	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			634	31	895	10.44	2.56	616.6	9202	32.43	55	25.77	96.03	18.15	6.14	0.00
% of Calories											35.0%	16.2%	60.6%	25.8%	8.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Jenison Hudsonville School Food Service

Oct 1, 2018 thru Nov 3, 2018

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 <sup>1</sup> (g)
Tue - 10/23/2018																
Elementary Lunch-Traditional	Total	1														
Garlic Cheese Bread	piece	1	260	20	380	3.00	1.80	250.0	0	0.0	2	15.0	28.0	11.0	5.00	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
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
GRAPES,FRESH	1/2 cup	1	60	0	10	0.67	0.00	13.3	67	0.8	13	0.0	15.33	0.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
milk, chocolate fat free	8 oz	1	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			619	31	890	8.31	3.03	623.7	8934	4.85	53	24.86	93.36	17.84	6.09	0.00
% of Calories											34.6%	16.1%	60.4%	26.0%	8.9%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 10/24/2018																
Elementary Lunch-Traditional	Total	1														
Garlic Cheese Bread	piece	1	260	20	380	3.00	1.80	250.0	0	0.0	2	15.0	28.0	11.0	5.00	0.00
Refried Beans	#8 scoop	1	53	0	290	2.37	1.06	23.7	0	0.0	0	3.55	9.46	1.18	0.30	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	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			703	31	1176	9.73	4.03	641.1	9262	29.64	57	29.61	108.76	19.36	6.49	0.00
% of Calories											32.2%	16.9%	61.9%	24.8%	8.3%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 10/25/2018																
Elementary Lunch-Traditional	Total	1														
Garlic Cheese Bread	piece	1	260	20	380	3.00	1.80	250.0	0	0.0	2	15.0	28.0	11.0	5.00	0.00
PEAS - FROZEN	4 OZ	1	63	0	90	3.60	0.97	0.0	360	5.39	4	4.49	10.79	0.0	0.00	0.00
Pineapple Tidbits in Juice	1/2 cup	1	74	0	0	1.06	0.38	0.0	80	9.58	16	0.0	19.15	0.0	0.00	0.00
ORANGES WEDGES	1 ORANGE	1	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
milk, chocolate fat free	8 oz	1	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00

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# Jenison Hudsonville School Food Service

Oct 1, 2018 thru Nov 3, 2018

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 <sup>1</sup> (g)
Weighted Daily Average			652	31	965	11.70	3.79	630.8	9453	68.90	54	29.36	97.45	17.96	6.10	0.00
% of Calories											33.0%	18.0%	59.8%	24.8%	8.4%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 10/26/2018																
Elementary Lunch-Traditional	Total	1														
Garlic Cheese Bread	1 piece	1	260	20	380	3.00	1.80	250.0	0	0.0	2	15.0	28.0	11.0	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
APPLE JUICE	1 EACH	1	50	0	0	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
PEARS,FRESH	1 EACH	1	95	0	2	5.15	0.30	14.9	42	7.14	16	0.6	25.28	0.23	0.04	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
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	31	910	10.55	2.70	623.9	9021	71.18	53	24.89	95.83	18.07	6.12	0.00
% of Calories											34.5%	16.1%	61.8%	26.2%	8.9%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 10/29/2018																
Elementary Lunch-Traditional	Total	1														
CORN DOG	1 EACH	1	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	0.00
Corn, Frozen (1/2 cup)	1/2 cup	1	93	0	5	1.87	0.34	0.0	93	2.24	2	2.8	19.58	0.93	0.00	0.00
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	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
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
Weighted Daily Average			793	51	1463	15.33	3.36	480.5	8994	32.09	*73	21.55	140.48	16.52	3.74	0.00
% of Calories											*37.0%	10.9%	70.8%	18.7%	4.2%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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# Jenison Hudsonville School Food Service

Oct 1, 2018 thru Nov 3, 2018

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 <sup>1</sup> (g)
Tue - 10/30/2018																
Elementary Lunch-Traditional	Total	1														
CORN DOG	1 EACH	1	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	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
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
GRAPES,FRESH	1/2 cup	1	60	0	10	0.67	0.00	13.3	67	0.8	13	0.0	15.33	0.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
milk, chocolate fat free	8 oz	1	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
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
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
Weighted Daily Average			775	51	1506	12.77	3.89	482.9	9245	17.48	*62	20.28	132.09	17.78	4.19	0.00
% of Calories											*31.9%	10.5%	68.1%	20.6%	4.9%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 10/31/2018																
Elementary Lunch-Traditional	Total	1														
CORN DOG	1 EACH	1	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	0.00
Fiesta Black Beans	1/2 cup	1	120	0	460	5.00	1.80	40.0	0	0.0	1	7.0	22.0	0.5	0.00	0.00
DICED PEACHES	1/2 cup	1	50	0	5	0.00	0.00	0.0	300	1.2	10	0.0	12.0	0.0	0.00	0.00
BANANA	6-7 inch	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	1.07	0.00
milk, chocolate fat free	8 oz	1	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
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
Weighted Daily Average			785	51	1922	15.73	4.51	514.6	9168	13.47	*57	26.38	132.82	16.12	3.80	0.00
% of Calories											*29.0%	13.4%	67.7%	18.5%	4.4%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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# Jenison Hudsonville School Food Service

Oct 1, 2018 thru Nov 3, 2018

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 <sup>1</sup> (g)
Thu - 11/01/2018																
Elementary Lunch-Traditional	Total	1														
CORN DOG	1 EACH	1	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	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
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
Weighted Daily Average % of Calories			638	*51	1439	10.91	3.38	508.8	9488	37.70	*40 *25.2%	19.57 12.3%	102.62 64.3%	15.37 21.7%	3.70 5.2%	*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 <sup>1</sup> (g)
Fri - 11/02/2018																
Elementary Lunch-Traditional	Total	1														
CORN DOG	1 EACH	1	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	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
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	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
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
Weighted Daily Average % of Calories			720	51	1456	13.16	3.55	489.6	13883	43.06	*74 *40.9%	18.28 10.2%	124.91 69.4%	15.28 19.1%	3.69 4.6%	0.00 0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Jenison Hudsonville School Food Service

Oct 1, 2018 thru Nov 3, 2018

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 <sup>1</sup> (g)
Sat - 11/03/2018																
Elementary Lunch-Traditional	Total lunch	1														
Hudsonville Sack Lunch	1 sandwich	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Turkey/Cheese Sandwich	1 sandwich	1	278	39	730	2.00	2.07	115.0	150	0.0	5	22.0	29.5	7.25	2.50	0.00
APPLE FRESH	3"	1	95	0	2	4.37	0.22	10.9	98	8.37	19	0.47	25.13	0.31	0.05	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Mini Rice Krispie Treat (Elem)	Bar	1	50	0	45	0.00	0.36	0.0	0	0.0	3	0.0	9.0	1.0	0.00	0.00
Fruit by the Foot (MS/HS)	pouch	1	80	0	40	0.00	0.00	0.0	0	15.0	7	0.0	16.0	1.5	0.50	0.00
milk, chocolate fat free	8 oz	1	110	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk, Low Fat White	carton	1	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			733	59	1164	8.11	3.18	745.1	9522	27.33	65	38.86	115.58	12.64	4.56	0.00
% of Calories											35.6%	21.2%	63.1%	15.5%	5.6%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			717	*43	1402	11.45	4.05	529.0	10121	34.80	*63 *79.3%	26.36 14.7%	115.56 64.4%	17.34 21.8%	4.05 5.1%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	717		550 - 650	110%			67	Correction Required - Calories too High
Cholesterol (mg)	43				Missing			
Sodium 1 (mg)	1402		1230				172	Correction Required - Sodium too High
Sodium 2 (mg)	1402		935				467	Correction Required - Sodium too High
Fiber (g)	11.45							
Iron (mg)	4.05							
Calcium (mg)	529.0							
Vitamin A (IU)	10121							
Sugars (g)	63	35.25%			Missing			
Vitamin C (mg)	34.80							
Protein (g)	26.36	14.69%						
Carbohydrate (g)	115.56	64.44%						
Total Fat (g)	17.34	21.76%						
Saturated Fat (g)	4.05	5.08%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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