

# Sylacauga City Schools

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

NL Lunch 6-8

Portion Values - Detailed

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Generated on: 1/2/2019 9:48:08 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 01/07/2019							
NL Lunch 6-8	Total						
Chicken Sandwich, Grilled	1 EACH	264	1068	28.86	7.99	2.00	0.00
Buns, Hamburger, WG, CASE	each	139	298	26.86	1.99	0.00	0.00
Potatoes, Sweet, Fries:1/2c	1/2c servings	101	80	16.15	3.52	0.00	0.00
Beans, Baked: 1/2cup	1/2 CUP	141	184	28.37	0.0	0.00	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Pickles, Dill (slices)	3pickle serving	0	243	0.0	0.0	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
CONDIMENT 2	1 EACH	30	145	10.0	0.0	0.00	0.00
Mayonaise: Individual Packet	PACKET	40	90	1.0	4.0	0.50	0.00
Weighted Daily Average		722	1712	115.14	15.67	2.33	*0.00
% of Calories				63.8%	19.5%	2.9%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 01/08/2019							
NL Lunch 6-8	Total						
Cheese Stix (2)	SERVING	300	740	34.0	12.0	4.00	0.00
Spaghetti Sauce 1/4 cup	1/4 CUP	35	269	7.02	0.27	0.00	0.00
Peas, Blackeyed: 1/2 Cup	1/2 CUP	159	471	27.84	1.33	0.66	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Pepperoncini 1/8 cup	1/8 cup	5	271	1.06	0.0	0.00	0.00
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		610	1495	89.35	15.08	4.78	*0.00
% of Calories				58.6%	22.3%	7.1%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

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

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Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

NL Lunch 6-8

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 01/09/2019							
NL Lunch 6-8	Total						
Teriyaki Chicken:Strips	2 OZ	101	361	1.95	4.57	1.31	0.00
Rice, Brown (BBuds) 1/2 cup	1/2 CUP	199	9	40.85	1.56	0.00	0.00
Broccoli, Seasoned: 1/2c	1/2 cup	11	15	2.94	0.0	*0.00	*0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Peppers, Red Strips	2 OZ	9	52	1.89	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Salsa: 1/4 cup	1/4 CUP	19	227	3.84	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Cheese Shredded: RF, 1oz	1 OZ	110	180	0.0	9.0	5.00	0.00
Weighted Daily Average		555	832	82.67	11.22	*3.30	*0.00
% of Calories				59.6%	18.2%	*5.3%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 01/10/2019							
NL Lunch 6-8	Total						
Pizza, Mexican Fiestada	Servings/pizzas	340	851	39.06	14.02	6.01	0.00
Corn, Canned, WK, 1/2 cup	1/2 CUP	116	181	23.26	1.29	*0.00	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes (fresh) Diced 1/8 c	1/8 CUP	5	1	1.1	0.06	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Cucumber, RAW: 1/4 cup	1/4 CUP	5	1	0.82	0.06	0.00	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Pepperoncini 1/8 cup	1/8 cup	5	271	1.06	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		618	1271	89.61	17.61	*6.35	*0.00
% of Calories				58.0%	25.6%	*9.2%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 01/11/2019							
NL Lunch 6-8	Total						
Beef Patty Breaded	SERVINGS	329	384	14.8	23.4	9.10	0.00
Gravy Mix, Country	1/2 cup	16	65	2.28	0.91	0.46	*0.00
Potatoes, Creamed: 1/2 cup	1/2 CUP	71	326	13.39	1.18	0.00	0.00
Peas, Green:Canned 1/2 C	1/2 CUP	117	181	20.9	0.65	*0.00	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Cucumber, RAW: 1/4 cup	1/4 CUP	5	1	0.82	0.06	0.00	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	91	18.29	1.96	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Weighted Daily Average		759	1176	90.95	29.87	*9.76	*0.00
% of Calories				47.9%	35.4%	*11.6%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

Mon - 01/14/2019							
NL Lunch 6-8	Total						
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Egg Scrambled Squares	1 EACH	45	125	1.0	3.0	1.00	0.00
Grits, Plain 1/2 cup	1/2 CUP	67	0	14.55	0.42	0.42	0.00
Toast w/Butter - WW, WG	1 SLICE	114	197	15.0	4.69	1.68	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Jelly, Assorted	1 Each	35	2	9.0	0.0	0.00	0.00
Weighted Daily Average		503	720	68.51	17.63	5.44	*0.00
% of Calories				54.5%	31.5%	9.7%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 01/15/2019							
NL Lunch 6-8	Total						
Hot Dog (frankfurter only)	1 EACH	91	263	0.51	8.1	3.54	0.25
Hotdog Bun: WG	1 each	140	300	27.0	2.0	0.00	0.00
Chili Sauce: 1/8 C	1/8 C	30	186	3.01	1.25	0.50	0.00
Potato Wedges: FZN 1/2c	serving	167	194	27.78	5.56	0.69	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ketchup: Individual Packet (1)	1 EACH	10	25	3.0	0.0	0.00	0.00
Mayonaise: Individual Packet	PACKET	40	90	1.0	4.0	0.50	0.00
Mustard: Individual Packet	PC packet	0	70	1.0	0.0	0.00	0.00
Cheese Sauce, Canned: 1/4 Cup	1/4 CUP	79	467	5.96	5.96	1.99	0.00
Weighted Daily Average		647	1417	91.00	23.81	6.48	*0.25
% of Calories				56.2%	33.1%	9.0%	*0.4%
Nutrient Guideline		600-700	1360			<10.00	

Wed - 01/16/2019							
NL Lunch 6-8	Total						
Red Beans & Rice w/ Sausage	servings	449	669	53.36	20.18	6.34	*0.00
Corn, Canned, WK, 1/2 cup	1/2 CUP	116	181	23.26	1.29	*0.00	*0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Peppers, Red Strips	2 OZ	9	52	1.89	0.0	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Biscuit, So.Style WG 2.51oz	2.51 oz	210	340	27.0	9.0	4.50	0.00
Weighted Daily Average		785	1164	108.45	28.07	*9.32	*0.00
% of Calories				55.2%	32.2%	*10.7%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

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Thu - 01/17/2019							
NL Lunch 6-8	Total						
Crispitos (2 EACH)	2 Crispitos	440	640	44.0	20.0	5.00	*N/A*
Beans, Lima, Canned: 1/2 cup	1/2 CUP	89	138	15.82	0.0	*0.00	*0.00
Cheese Sauce, Canned: 1/4 Cup	1/4 CUP	79	467	5.96	5.96	1.99	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Sour Cream, Fat Free, Single	1 oz pouch	25	30	4.0	0.0	0.00	0.00
Salsa: 1/8 cup	1/8 CUP	10	112	1.9	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		680	1154	81.62	25.21	*6.46	*0.00
% of Calories				48.0%	33.4%	*8.6%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

Fri - 01/18/2019							
NL Lunch 6-8	Total						
Chicken Fajita Wrap	1 EACH	203	540	0.0	13.57	6.31	0.00
Beans, Pinto:1/2c(w/ ham base)	1/2 CUP	130	235	23.2	0.0	0.00	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	0.00
Cucumber, RAW: 1/4 cup	1/4 CUP	5	1	0.82	0.06	0.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Peppers, Jalapeno Slices, 1/8c	ounce	5	445	1.01	0.0	0.00	0.00
Peppers, Red Strips	2 OZ	9	52	1.89	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Sour Cream, Fat Free, Single	1 oz pouch	25	30	4.0	0.0	0.00	0.00
Salsa: 1/8 cup	1/8 CUP	10	112	1.9	0.0	0.00	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	180	0.0	9.0	5.00	0.00
Weighted Daily Average		606	1376	60.44	21.03	9.45	*0.00
% of Calories				39.9%	31.2%	14.0%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

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NL Lunch 6-8

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 01/22/2019							
NL Lunch 6-8	Total						
Pizza, Cheese 4X6	servings	300	470	34.0	11.0	4.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Broccoli w/Cheese Seasoned 1/2c	1/2 CUP	65	446	8.59	3.52	*1.32	*0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Pepperoncini 1/8 cup	1/8 cup	5	271	1.06	0.0	0.00	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Pudding Cup, Chocolate 2016	1 each	80	140	20.0	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Weighted Daily Average		584	1182	87.36	16.19	*5.42	*0.00
% of Calories				59.8%	24.9%	*8.4%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 01/23/2019							
NL Lunch 6-8	Total						
Chicken Parmesan	servings	268	819	20.27	11.07	3.58	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Beans, Green: 1/2 cup- w/onions	1/2 CUP	22	230	4.39	0.36	0.00	*0.00
Potatoes, Sweet: 1/4 cup	1/4 c	67	26	14.86	0.58	0.22	0.00
Breadstick, Italian	EACH	83	100	15.72	1.02	*0.00	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Pepperoncini 1/8 cup	1/8 cup	5	271	1.06	0.0	0.00	0.00
Tomatoes (fresh) Diced 1/8 c	1/8 CUP	5	1	1.1	0.06	0.01	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		564	1283	75.15	14.98	*4.29	*0.00
% of Calories				53.3%	23.9%	*6.8%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

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NL Lunch 6-8

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 01/24/2019							
NL Lunch 6-8	Total						
Corn Dog WG	4 OZ	240	390	30.0	8.0	2.50	0.00
Cole Slaw: Low Fat, 1/2 cup	1/2 CUP	20	23	3.19	0.8	0.08	*0.00
Beans, Baked: 1/2cup	1/2 CUP	141	184	28.37	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
CONDIMENT 2	1 EACH	30	145	10.0	0.0	0.00	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes (fresh) 1/8 C, Sliced	1/8 CUP	5	1	1.1	0.06	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		597	894	98.31	10.93	3.00	*0.00
% of Calories				65.8%	16.5%	4.5%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

Fri - 01/25/2019							
NL Lunch 6-8	Total						
Chicken Wings, Precooked, 2018	svg	601	1541	3.76	41.34	9.39	0.00
French Fries: Oven Crinkle Cut	1/2 CUP	67	25	11.7	1.65	0.28	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Cucumber, RAW: 1/4 cup	1/4 CUP	5	1	0.82	0.06	0.00	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ketchup: Individual Packet (1)	1 EACH	10	25	3.0	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Animal Crackers WG	1 OZ BAG	130	95	20.0	4.0	0.00	0.00
Weighted Daily Average		855	1644	56.90	44.01	8.87	*0.00
% of Calories				26.6%	46.3%	9.3%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

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NL Lunch 6-8

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 01/28/2019							
NL Lunch 6-8	Total						
Hot Pocket, Pepperoni	4.46 oz	300	680	32.0	11.0	5.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Carrots, Glazed (BBuds): 1/2c	1/2 CUP	49	297	11.76	0.17	0.02	*0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Peppers, Red Strips	2 OZ	9	52	1.89	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Rice Krispie Treats, mini	1 each	50	45	8.93	0.99	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Weighted Daily Average		537	1138	77.08	14.03	5.25	*0.00
% of Calories				57.4%	23.5%	8.8%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

Tue - 01/29/2019							
NL Lunch 6-8	Total						
Beef Patty	2 OZ	159	50	0.0	10.0	3.93	0.67
Buns, Hamburger, WG, CASE	each	139	298	26.86	1.99	0.00	0.00
Cheese Slice	1 EACH	51	228	0.51	4.56	2.53	0.00
French Fries: Oven Crinkle Cut	1/2 CUP	67	25	11.7	1.65	0.28	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Pickles, Dill (slices)	SERVING	0	243	0.0	0.0	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ketchup: Individual Packet (1)	1 EACH	10	25	3.0	0.0	0.00	0.00
Mayonaise: Individual Packet	PACKET	40	90	1.0	4.0	0.50	0.00
Mustard: Individual Packet	PC packet	0	70	1.0	0.0	0.00	0.00
Weighted Daily Average		605	831	74.24	19.77	6.23	*0.67
% of Calories				49.1%	29.4%	9.3%	*1.0%
Nutrient Guideline		600-700	1360			<10.00	

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 01/30/2019							
NL Lunch 6-8	Total						
Chicken Alfredo with a Twist	1 CUP	349	717	39.85	9.47	*2.79	0.00
Vegetables, Mixed Canned	1/2 CUP	32	36	0.0	3.56	1.62	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	26	59	6.23	0.1	0.02	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Breadstick, Italian	1 EACH	83	100	15.72	1.02	*0.00	0.00
Weighted Daily Average		602	1039	77.07	16.37	*4.96	*0.00
% of Calories				51.2%	24.5%	*7.4%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

Thu - 01/31/2019							
NL Lunch 6-8	Total						
Spicy Chicken Patty	SERVING	279	509	15.76	15.76	3.03	0.00
Buns, Hamburger, WG, CASE	each	139	298	26.86	1.99	0.00	0.00
Chicken Patty, WG, Breaded	1 EACH	193	508	14.88	7.0	1.31	0.00
Potatoes, Parsley: 1/2 cup	1/2 c	93	287	18.66	0.9	0.41	0.00
Beans, Baked: 1/2cup	1/2 CUP	141	184	28.37	0.0	0.00	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Cucumber, RAW: 1/4 cup	1/4 CUP	5	1	0.82	0.06	0.00	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Pickles, Dill (slices)	3pickle serving	0	243	0.0	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
CONDIMENT 2	1 EACH	30	145	10.0	0.0	0.00	0.00
Mayonaise: Individual Packet	PACKET	40	90	1.0	4.0	0.50	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Weighted Daily Average		803	1697	109.46	22.71	3.92	*0.00
% of Calories				54.5%	25.5%	4.4%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

Weighted Average		646	1224	85.18 52.7%	20.23 28.2%	*5.87 *8.2%	*0.05 *0.1%
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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Cals (kcal) % of Target	Sodm (mg) Miss Data	Carb (g) Shortfall	T-Fat (g) Overage	S-Fat (g)	Tr-Fat <sup>1</sup> (g) Error Messages (if any)
Calories	646		600 - 700	100%					
Sodium (mg)	1224		1360						
Carbohydrate (g)	85.18	52.72%							
Total Fat (g)	20.23	28.17%							
Saturated Fat (g)	5.87	8.17%	<10.00%		Missing				
Trans Fat <sup>1</sup> (g)	0.05	0.07%			Missing				

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