ISD518

May 2, 2016 thru May 20, 2016 Spreadsheet - Portion Values

Apr 29, 2016

Middle School Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Mon - 05/02/2016																
Middle School Lunch	Total	1000														
Chili Crispitos	1crisp/1 cheese	850	292	29	426	3.00	1.80	240.0	950	190	0.0	14.24	23.28	15.4	3.84	0.00
Turkey Sandwich	2 oz meat 2 bre	100	191	24	839	4.67	2.39	48.4	19	0	3.23	16.26	28.69	2.04	0.19	0.00
Chef Salad (Students)	Serving	50	419	32	888	6.38	2.99	294.8	8273	1663	22.8	22.71	50.48	16.17	3.04	*0.00
Peas, Frozen	1/2 Cup	800	62	0	58	4.00	1.26	20.0	1700	340	7.8	4.0	11.0	0.0	0.00	0.00
Veggie Sticks	3/4 Cup	900	14	0	26	1.00	0.13	13.7	4617	769	4.45	0.41	3.16	0.09	0.02	*0.00
Applesauce, Unsweetened	1/2 cup	850	51	0	2	1.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
Jelly Sandwich	slice	900	95	0	120	2.00	0.72	40.0	0	0	0.0	3.0	21.0	1.0	0.00	0.00
Milk	HALF PINT	1000	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			594	39	805	*10.08	*3.69	600.1	7259	1313	14.20	29.46	81.15	17.69	5.01	*0.00
% of Calories												19.8%	54.6%	26.8%	7.6%	*0.0%

Tue - 05/03/2016																
Middle School Lunch	Total	1000														
Chicken Nuggets	4 Pieces	700	240	35	340	2.00	1.44	20.0	0	0	0.0	14.0	15.0	14.0	3.50	0.00
Pizza Burger	2 OZ.	200	365	51	947	3.56	2.99	*407.2	480	117	4.66	18.03	35.41	17.39	*6.95	*0.00
Chef Salad (Students)	Serving	100	419	32	888	6.38	2.99	294.8	8273	1663	22.8	22.71	50.48	16.17	3.04	*0.00
BROCCOLI: frozen, boiled	1/2 CUP	900	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11	0.02	*N/A*
Veggie Sticks	3/4 Cup	850	14	0	26	1.00	0.13	13.7	4617	769	4.45	0.41	3.16	0.09	0.02	*0.00
Pears Diced	1/2 cup	900	80	0	5	2.00	0.36	0.0	0	0	1.2	0.0	20.0	0.0	0.00	0.00
Bread & Butter	slice	900	70	*0	131	*2.00	*0.72	*40.0	*0	*0	*0.0	*3.0	*12.0	2.11	0.25	0.25
Milk	HALF PINT	1000	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			567	*48	805	*9.68	*3.49	*512.1	*6205	*1104	*43.77	*29.61	*72.07	19.58	*5.96	*0.23
% of Calories												*20.9%	*50.8%	31.0%	*9.5%	*0.4%

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**** - denotes combined nutrient totals with either missing or incomplete nutrient data***
[1] - denotes optional nutrient values

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Middle School Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wed - 05/04/2016																
Middle School Lunch	Total	1000														
CHEESEBURGER ON A BUN	1 EACH	800	317	42	741	3.71	3.31	323.7	134	41	0.0	18.5	32.94	13.6	5.11	*0.43
Baked Potato	1 Each	150	371	57	965	3.81	2.23	618.5	553	164	16.61	14.6	38.69	18.25	10.30	*N/A*
Chef Salad	1 Serving	50	319	54	561	*3.72	*2.47	359.7	*3565	*303	*10.45	22.65	17.33	17.93	*4.38	*0.00
Baked Beans	1/2 CUP	800	167	0	507	6.99	4.51	46.5	439	84	1.32	6.6	28.97	2.35	0.00	*N/A*
Veggie Sticks	1/2 Cup	850	9	0	17	0.66	0.09	9.1	3078	513	2.97	0.27	2.1	0.06	0.01	*0.00
Apple	1 APPLE	900	36	0	1	1.66	0.08	4.1	37	3	3.17	0.18	9.53	0.12	0.02	*N/A*
Peanut Butter Sandwich	Sandwich	950	163	0	208	2.85	0.95	35.4	1	0	0.0	7.54	14.88	8.92	1.75	*0.23
Milk	HALF PINT	1000	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			768	55	1520	*14.07	*7.76	764.2	*3890	*683	*11.95	39.28	94.23	27.62	*9.10	*0.56
% of Calories												20.5%	49.1%	32.4%	*10.7%	*0.7%
Thu - 05/05/2016																
Middle School Lunch	Total	1														
Chicken and Noodles	1 cup	1	170	58	501	0.33	0.69	10.9	86	18	0.01	16.33	8.04	7.32	1.88	*0.01
MEATLOAF	3/4" SLICE	1	189	62	155	1.39	2.08	37.0	167	31	2.6	15.28	8.42	10.27	3.88	*N/A*
Chef Salad	1 Serving	1	319	54	561	*3.72	*2.47	359.7	*3565	*303	*10.45	22.65	17.33	17.93	*4.38	*0.00
Mashed Potatoes, Idahoan	1/2 cup	1	80	0	113	1.00	0.37	21.9	0	0	30.0	2.0	17.0	1.0	0.00	*0.00
Veggie Sticks	3/4 Cup	1	14	0	26	1.00	0.13	13.7	4617	769	4.45	0.41	3.16	0.09	0.02	*0.00
Mandarin Oranges	1/2 cup	1	80	0	20	1.00	0.36	20.0	300	60	21.0	0.99	20.01	0.0	0.00	*N/A*
Dinner Roll	1 Roll	1	120	0	210	2.00	1.80	40.0	0	0	0.0	5.0	19.0	2.0	1.00	*N/A*
Milk	HALF PINT	1	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			1086	184	1721	*10.43	*7.90	815.4	*9255	*1285	*71.01	70.98	106.48	41.22	*12.71	*0.01
% of Calories												26.1%	39.2%	34.2%	*10.5%	*0.0%
Fri - 05/06/2016																
Middle School Lunch	Total	1														
Cheese Quesadilla	slice	1	330	10	830	4.00	2.70	200.0	300	60	0.0	16.0	40.0	12.0	3.50	0.00
Tater Tot Hot Dish	4 oz	1	339	79	651	*1.62	2.34	17.2	213	43	*7.27	21.43	19.54	18.69	7.78	*N/A*
Chef Salad	1 Serving	1	319	54	561	*3.72	*2.47	359.7	*3565	*303	*10.45	22.65	17.33	17.93	*4.38	*0.00
CARROTS:frozen, boiled	1/2 CUP	1	27	0	43	2.41	0.39	25.5	12357	1292	1.68	0.42	5.64	0.5	0.09	*N/A*
Veggie Sticks	1/2 Cup	1	9	0	17	0.66	0.09	9.1	3078	513	2.97	0.27	2.1	0.06	0.01	*0.00
Peaches	1/2 cup	1	46	*N/A*	9	*N/A*	*N/A*	*N/A*	274	55	*N/A*	*N/A*	10.97	*N/A*	*N/A*	*N/A*
Peanut Butter Sandwich	Sandwich	1	163	0	208	2.85	0.95	35.4	1	0	0.0	7.54	14.88	8.92	1.75	*0.23
Milk	HALF PINT	1	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*

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Middle School Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Weighted Daily Average			1347	*153	2455	*15.25	*8.93	*959.1	*20309	*2370	*24.86	*76.64	124.00	*60.69	*19.06	*0.23
% of Calories												*22.8%	36.8%	*40.6%	*12.7%	*0.2%
Mon - 05/09/2016																
Middle School Lunch	Total	1														
Pizza (Smart) Cheese	4x6	1	290	15	540	4.00	2.70	300.0	500	60	0.0	15.0	34.0	11.0	4.00	0.00
Sub Sandwich	Sandwich	1	221	38	823	2.00	2.43	249.0	134	41	0.0	13.77	24.12	7.51	*2.56	*0.00
Chef Salad	1 Serving	1	319	54	561	*3.72	*2.47	359.7	*3565	*303	*10.45	22.65	17.33	17.93	*4.38	*0.00
Peas, Frozen	1/2 Cup	1	62	0	58	4.00	1.26	20.0	1700	340	7.8	4.0	11.0	0.0	0.00	0.00
Veggie Sticks	3/4 Cup	1	14	0	26	1.00	0.13	13.7	4617	769	4.45	0.41	3.16	0.09	0.02	*0.00
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	1	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
PB & Jelly Sand.	1 SAND.	1	230	0	203	3.25	0.72	18.9	1	1	0.26	7.09	34.98	8.63	1.66	*0.00
Milk	HALF PINT	1	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			1315	117	2347	*18.97	*10.20	1291.1	*11086	*1620	*34.90	71.69	155.07	47.91	*14.18	*0.00
% of Calories												21.8%	47.2%	32.8%	*9.7%	*0.0%
Tue - 05/10/2016																
Middle School Lunch	Total	1000														
Popcorn Chicken	12 pc	850	240	35	340	2.00	1.44	20.0	0	0	0.0	14.0	15.0	14.0	3.50	0.00
BBQ Chicken Pizza	slice	100	309	*30	405	*2.16	*2.86	*37.9	*145	*29	*3.95	*16.59	47.25	*5.53	*1.08	*N/A*
Chef Salad	1 Serving	50	319	54	561	*3.72	*2.47	359.7	*3565	*303	*10.45	22.65	17.33	17.93	*4.38	*0.00
BROCCOLI: frozen, boiled	1/2 CUP	750	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11	0.02	*N/A*
Veggie Sticks	3/4 Cup	900	14	0	26	1.00	0.13	13.7	4617	769	4.45	0.41	3.16	0.09	0.02	*0.00
Mandarin Oranges	1/2 cup	850	80	0	20	1.00	0.36	20.0	300	60	21.0	0.99	20.01	0.0	0.00	*N/A*
Peanut Butter Sandwich	Sandwich	800	163	0	208	2.85	0.95	35.4	1	0	0.0	7.54	14.88	8.92	1.75	*0.23
Milk	HALF PINT	1000	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			596	*46	708	*8.19	*3.23	*431.4	*5822	*996	*52.94	*32.40	67.31	*23.25	*6.29	*0.19
% of Calories												*21.8%	45.2%	*35.1%	*9.5%	*0.3%

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Middle School Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wed - 05/11/2016																
Middle School Lunch	Total	1000														
Pork Pattie on Bun	3.75OZ.	850	440	35	620	6.00	3.60	190.0	0	40	0.0	21.0	50.0	18.0	4.50	0.00
Chicken Quesadilla	Serving	100	320	20	770	4.00	2.70	200.0	300	100	0.0	18.0	38.0	11.0	2.50	0.00
Chef Salad	1 Serving	50	319	54	561	*3.72	*2.47	359.7	*3565	*303	*10.45	22.65	17.33	17.93	*4.38	*0.00
Corn, Yellow Frozen	1/2 cup	750	66	0	1	2.00	0.39	2.0	163	33	1.4	2.09	15.83	0.55	0.08	0.00
Veggie Sticks	3/4 Cup	950	14	0	26	1.00	0.13	13.7	4617	769	4.45	0.41	3.16	0.09	0.02	*0.00
Apple	1 APPLE	900	36	0	1	1.66	0.08	4.1	37	3	3.17	0.18	9.53	0.12	0.02	*N/A*
Jelly Sandwich	slice	950	95	0	120	2.00	0.72	40.0	0	0	0.0	3.0	21.0	1.0	0.00	0.00
Milk	HALF PINT	1000	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			722	45	908	*11.52	*4.63	567.9	*5270	*921	*11.15	34.07	104.09	21.45	*5.95	*0.00
% of Calories												18.9%	57.7%	26.8%	*7.4%	*0.0%
Thu - 05/12/2016																
Middle School Lunch	Total	1000														
Nachos with Beef	4 oz	900	260	*25	354	2.62	*1.17	52.5	*165	*27	*1.23	9.71	22.04	13.72	3.64	*N/A*
Turkey Wrap	wrap	50	244	50	963	*3.00	1.82	240.5	112	26	3.9	21.06	*22.29	9.2	2.85	*N/A*
Chef Salad	1 Serving	50	319	54	561	*3.72	*2.47	359.7	*3565	*303	*10.45	22.65	17.33	17.93	*4.38	*0.00
Refried Beans	1/2 cup	750	140	0	320	8.00	1.80	40.0	0	0	1.2	8.0	24.0	0.5	0.00	0.00
Veggie Sticks	3/4 Cup	950	14	0	26	1.00	0.13	13.7	4617	769	4.45	0.41	3.16	0.09	0.02	*0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	850	69	0	7	1.21	0.35	7.3	248	25	2.3	0.48	18.07	0.08	0.01	*N/A*
Bread & Butter	slice	900	70	*0	131	*2.00	*0.72	*40.0	*0	*0	*0.0	*3.0	*12.0	2.11	0.25	0.25
Milk	HALF PINT	1000	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			617	*38	919	*12.46	*3.68	*474.6	*5450	*897	*11.40	*28.75	*82.50	18.74	*5.45	*0.23
% of Calories												*18.6%	*53.5%	27.4%	*8.0%	*0.3%
Fri - 05/13/2016																
Middle School Lunch	Total	1														
Corn Dog	1 Serv	1	280	50	570	1.00	1.80	880.0	0	0	1.2	10.0	32.0	14.0	4.50	*N/A*
Chicken Alfredo	3 oz	1	317	73	557	1.30	1.64	78.0	0	0	0.0	18.53	32.01	12.77	6.26	*0.00
Chef Salad	1 Serving	1	319	54	561	*3.72	*2.47	359.7	*3565	*303	*10.45	22.65	17.33	17.93	*4.38	*0.00
California Blend	.50 cup	1	21	0	17	0.75	13.50	1.3	469	94	1.35	0.75	3.75	0.2	0.00	*N/A*
Veggie Sticks	3/4 Cup	1	14	0	26	1.00	0.13	13.7	4617	769	4.45	0.41	3.16	0.09	0.02	*0.00
Applesauce	.50 CUP	1	84	0	2	1.48	0.15	3.7	7	1	2.09	0.2	21.51	0.21	0.04	*N/A*
Bread & Butter	slice	1	70	*0	131	*2.00	*0.72	*40.0	*0	*0	*0.0	*3.0	*12.0	2.11	0.25	0.25
Milk	HALF PINT	1	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*

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Weighted Daily Average			1218	*187	1999	*11.23	*20.41	*1688.6	*9178	*1272	*22.03	*63.85	*135.29	49.91	*17.00	*0.25
% of Calories												*21.0%	*44.4%	36.9%	*12.6%	*0.2%
Mon - 05/16/2016																
Middle School Lunch	Total	1000														
Hamburger on a Bun	Sandwich	850	280	35	480	4.00	3.60	170.0	100	20	1.2	20.0	33.0	9.0	2.50	*0.00
Corn, Yellow Frozen	1/2 cup	900	66	0	1	2.00	0.39	2.0	163	33	1.4	2.09	15.83	0.55	0.08	0.00
Veggie Sticks	3/4 Cup	800	14	0	26	1.00	0.13	13.7	4617	769	4.45	0.41	3.16	0.09	0.02	*0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	850	69	0	7	1.21	0.35	7.3	248	25	2.3	0.48	18.07	0.08	0.01	*N/A*
Peanut Butter Sandwich	Sandwich	900	163	0	208	2.85	0.95	35.4	1	0	0.0	7.54	14.88	8.92	1.75	*0.23
Milk	HALF PINT	1000	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			629	40	759	*9.59	*4.66	507.5	4657	787	10.29	34.73	87.10	18.92	5.35	*0.21
% of Calories												22.1%	55.4%	27.1%	7.7%	*0.3%
Tue - 05/17/2016																
Middle School Lunch	Total	1000														
Mini Corn Dogs	serving (6)	900	360	38	720	1.50	1.08	20.0	0	0	2.4	9.0	33.0	21.0	6.78	0.00
BROCCOLI: frozen, boiled	1/2 CUP	850	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11	0.02	*N/A*
Veggie Sticks	3/4 Cup	900	14	0	26	1.00	0.13	13.7	4617	769	4.45	0.41	3.16	0.09	0.02	*0.00
Peaches, Diced	1/2 cup	850	60	0	10	0.00	0.00	0.0	300	60	1.2	0.0	14.0	0.0	0.00	0.00
Peanut Butter Sandwich	Sandwich	900	163	0	208	2.85	0.95	35.4	1	0	0.0	7.54	14.88	8.92	1.75	*0.23
Milk	HALF PINT	1000	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			671	44	1012	*7.15	*2.42	400.2	5722	995	41.04	26.00	75.55	29.70	9.26	*0.21
% of Calories												15.5%	45.0%	39.8%	12.4%	*0.3%
Wed - 05/18/2016																
Middle School Lunch	Total	1000														
Chicken Sandwich	Sandwich	800	400	45	700	4.00	3.60	170.0	100	20	0.0	23.0	44.0	15.0	3.00	0.00
CARROTS:frozen, boiled	1/2 CUP	850	27	0	43	2.41	0.39	25.5	12357	1292	1.68	0.42	5.64	0.5	0.09	*N/A*
Veggie Sticks	3/4 Cup	900	14	0	26	1.00	0.13	13.7	4617	769	4.45	0.41	3.16	0.09	0.02	*0.00
Mandarin Oranges	1/2 cup	850	80	0	20	1.00	0.36	20.0	300	60	21.0	0.99	20.01	0.0	0.00	*N/A*
Peanut Butter Sandwich	Sandwich	900	163	0	208	2.85	0.95	35.4	1	0	0.0	7.54	14.88	8.92	1.75	*0.23
Milk	HALF PINT	1000	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			685	46	960	*9.55	*4.48	531.1	15515	1962	25.78	35.08	86.76	23.13	5.62	*0.21
% of Calories												20.5%	50.7%	30.4%	7.4%	*0.3%

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ISD518

May 2, 2016 thru May 20, 2016 Spreadsheet - Portion Values

Middle School Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Thu - 05/19/2016																
Middle School Lunch	Total	1000														
Pizza (Smart) Pepp	4x6 Servin	900	314	20	735	1.96	2.65	343.2	294	90	0.0	15.69	35.3	12.75	4.41	*N/A*
GREEN BEANS: frozen,boiled	1/2 CUP	800	19	0	1	2.03	0.45	28.4	376	27	2.77	1.01	4.35	0.11	0.03	*N/A*
Veggie Sticks	3/4 Cup	900	14	0	26	1.00	0.13	13.7	4617	769	4.45	0.41	3.16	0.09	0.02	*0.00
Pears Diced	1/2 cup	900	80	0	5	2.00	0.36	0.0	0	0	1.2	0.0	20.0	0.0	0.00	0.00
Jelly Sandwich	slice	950	95	0	120	2.00	0.72	40.0	0	0	0.0	3.0	21.0	1.0	0.00	0.00
Milk	HALF PINT	1000	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			587	28	940	*7.98	*3.86	694.1	5241	899	9.79	26.47	89.58	15.20	5.57	*0.00
% of Calories												18.0%	61.1%	23.3%	8.5%	*0.0%
Fri - 05/20/2016																
Middle School Lunch	Total	1000														
HOT DOG ON BUN	1 EACH	800	423	53	1344	*2.00	2.86	100.0	*0	*0	*17.14	15.84	*23.0	30.45	14.47	*N/A*
Baked Beans	1/2 CUP	800	167	0	507	6.99	4.51	46.5	439	84	1.32	6.6	28.97	2.35	0.00	*N/A*
Veggie Sticks	3/4 Cup	900	14	0	26	1.00	0.13	13.7	4617	769	4.45	0.41	3.16	0.09	0.02	*0.00
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	850	66	0	1	1.01	0.49	17.6	48	1	9.45	0.45	16.95	0.15	0.01	*N/A*
Jelly Sandwich	slice	900	95	0	120	2.00	0.72	40.0	0	0	0.0	3.0	21.0	1.0	0.00	0.00
Milk	HALF PINT	1000	114	10	135	*N/A*	*N/A*	312.2	520	104	2.5	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			740	53	1749	*10.74	*7.08	492.7	*5067	*864	*29.31	29.73	*91.25	29.95	13.17	*0.00
% of Calories												16.1%	*49.3%	36.4%	16.0%	*0.0%
Weighted Average			809	*75	1307	*11.13	*6.43	*715.3	*7995	*1198	*27.63	*41.92	*96.83	*29.66	*9.31	*0.15
												*20.7%	*47.9%	*33.0%	*10.4%	*0.2%

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May 2, 2016 thru May 20, 2016 Spreadsheet - Portion Values

Middle School Lunch

Nutrient	Menu AVG	Portion Size % of Cals	Plan Qty Target	Cals (kcal) % of Target	Cholst (mg) Miss Data	Sodm (mg) Shortfall	Fiber (g) Overage	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)	Error Messages (if any)
Calories	809		783	103%														
Cholesterol (mg)	75				Missing													
Sodium (mg)	1307																	
Fiber (g)	11.13				Missing													
Iron (mg)	6.43		4.50	143%	Missing													
Calcium (mg)	715.3		400.00	179%	Missing													
Vitamin A (IU)	7995		1500	533%	Missing													
Vitamin A (RE)	1198		300	399%	Missing													
Vitamin C (mg)	27.63		16.70	165%	Missing													
Protein (g)	41.92	20.71%	15.00	279%	Missing													
Carbohydrate (g)	96.83	47.85%			Missing													
Total Fat (g)	29.66	32.98%	<=30.00%		Missing													Correction Required - Total Fat too High
Saturated Fat (g)	9.31	10.35%	<10.00%		Missing													Correction Required - Sat. Fat too High
Trans Fat (g)	0.15	0.17%			Missing													

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