

SWEETWATER SCH. DIST. NO.1

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

002 - DESERTVIEW ELEMENTARY SCHOOL

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/03/2016																
Elementary Lunch	Total	200														
MACARONI & CHEESE JTM 2016	3 oz	200	149	24	374	1.00	0.00	177.5	329	0.0	2	8.0	13.0	7.5	4.25	0.30
HOTDOG, MEAT 8X1 LS 2016	1 EACH	200	180	35	340	0.00	0.72	0.0	5	0.0	1	6.0	1.0	17.0	7.00	0.50
BUN HOT DOG WHWT 6" ALPH A 2016	BUN	200	150	0	263	2.70	1.50	33.5	18	0.0	4	5.7	27.2	2.2	0.40	0.01
CELERY STICKS 1/2 cup 2016	1/2 cup	200	12	0	59	1.35	0.12	27.0	338	2.43	1	0.68	2.7	0.0	0.00	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	180	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
CARROTS,RAW,BABY 1/2cup 2016	6 each	200	70	0	130	4.00	0.72	40.0	12000	12.0	10	2.0	16.0	0.0	0.00	0.00
PEARS: canned 1/2 cup 2016	1/2 cup	200	60	0	5	2.00	0.00	0.0	0	1.2	12	0.0	16.0	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	150	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			766	65	1375	12.85	5.65	650.0	17240	23.61	46	33.97	97.75	27.32	12.02	0.81
% of Calories											24.0%	17.7%	51.1%	32.1%	14.1%	1.0%
Nutrient Guideline			550-650		1230		3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 10/04/2016																
Elementary Lunch	Total	200														
QUESADILLA CHIC & CHEESE 2016	1 EACH	200	340	85	910	2.70	1.08	200.0	310	0.0	1	29.0	24.0	14.0	6.00	0.00
REFRIED BEANS can 1/2 cup 2016	1/2 cup	100	280	0	960	12.00	5.40	40.0	0	4.8	0	16.0	46.0	3.0	0.00	0.00
TOMATOES CHERRY 1/4 cup 2016	1/4 cup	100	27	0	7	2.00	0.36	10.0	1250	19.2	4	1.0	6.0	0.0	0.00	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	180	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
SALSA: COMMERCIAL PICANTE 2016	2 TBLS	150	10	0	155	1.03	0.37	20.6	103	2.48	0	1.03	2.06	0.0	0.00	0.00
SOUR CREAM 1oz 2016	PACKET	125	60	20	50	0.00	0.00	40.0	200	0.0	1	1.0	2.0	5.0	3.50	0.00
JALAPENO PEP,SLC,CND 2016	2 Tbsp	100	5	0	290	1.00	0.00	0.0	200	0.0	0	0.0	1.0	0.0	0.00	0.00
OLIVES BLACK SLC 2TBLS 2016	2 TBLS	125	25	0	125	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.5	0.00	0.00
PEACHES can,lite sy 1/2c 2016	1/2 cup	185	61	0	10	0.00	0.00	0.0	304	1.21	11	0.0	14.17	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	150	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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

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	Portion Size	Plan 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)
Weighted Daily Average % of Calories			758	104	1977	12.77	6.83	637.5	6068	22.96	30 16.1%	50.50 26.7%	88.88 46.9%	20.81 24.7%	8.56 10.2%	0.00 0.0%
Nutrient Guideline			550-650		1230		3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 10/05/2016																
Elementary Lunch	Total	200														
CHICKEN POPCORN CRISPY WG 12ea	SERV 12 E	200	230	20	340	2.00	1.80	40.0	100	0.0	1	14.0	14.0	13.0	2.50	0.00
MASHED POTATO (Pearls)1/4c	1/4 cup	200	90	0	410	1.00	0.36	0.0	3	9.0	0	2.0	17.0	1.5	0.00	0.00
GRAVY,CHICKEN: scratch *2-2015	1/4 CUP	200	91	8	118	0.17	0.28	3.6	278	0.01	*0	0.63	5.06	7.6	2.94	*0.00
CORN,SWT,YEL,FRZ 2016 1/4cup	1/4 CUP	200	37	0	0	0.37	0.00	0.0	0	1.35	2	1.12	7.87	0.37	0.00	0.00
BREAD WHOLE WHEAT SLC A LPHA	SLICE	180	71	0	130	1.40	0.70	16.5	7	0.0	1	2.4	13.2	1.2	0.40	0.01
SALAD ROMAINE MIX 1 cup 2016	1 cup	150	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
TOMATOES CHERRY 1/4 cup 2016	1/4 cup	150	27	0	7	2.00	0.36	10.0	1250	19.2	4	1.0	6.0	0.0	0.00	0.00
MANDARIN ORANGES 1/2 CUP 2016	1/2 CUP	185	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	150	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			756	34	1196	8.73	5.84	444.5	6356	56.63	*45 *23.5%	32.59 17.2%	102.84 54.4%	24.18 28.8%	6.17 7.3%	*0.01 *0.0%
Nutrient Guideline			550-650		1230		3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/06/2016																
Elementary Lunch	Total	200														
PIZZA RIPPER PEPP 4 oz 2016	1 EACH	200	300	30	550	2.00	3.60	250.0	300	3.6	2	15.0	30.0	11.0	4.00	0.00
SAUCE MARINARA 1/2 CUP 2016	1/2 CUP	200	45	0	207	2.21	1.62	21.8	1154	9.34	*0	0.52	14.01	0.03	0.01	*0.00
BANANAS 1/2	HALF	150	45	0	1	1.31	0.13	2.5	32	4.39	6	0.55	11.53	0.17	0.06	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	150	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
CARROTS,RAW,BABY 1/2cup 2016	6 each	125	70	0	130	4.00	0.72	40.0	12000	12.0	10	2.0	16.0	0.0	0.00	0.00
MIXED FRUIT 1/2 cup 2016	1/2 CUP	185	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	150	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			626	36	1042	10.31	8.26	665.4	13086	32.76	*45 *28.8%	28.63 18.3%	100.63 64.3%	11.86 17.1%	4.44 6.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230		3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

	Portion Size	Plan 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 - 10/07/2016																
Elementary Lunch	Total	200														
CHICKEN PATTIES,GRILLED W HOLE	1 EACH	200	100	35	200	0.00	0.72	0.0	0	0.0	0	15.0	1.0	3.5	1.00	0.00
BUN HAMBURGER WH WT 4" ALPHA	BUN	200	144	0	243	2.60	1.40	31.3	17	0.0	3	6.1	25.9	1.9	0.30	0.01
POTATO WEDGES*	4 WEDGE	200	150	0	490	2.00	1.08	0.0	0	4.8	0	2.0	21.0	6.0	1.00	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	180	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
BROCCOLI,raw:1/4 cup 2016	1/4 cup	150	6	0	6	0.39	0.14	7.8	107	15.8	0	0.59	1.17	0.0	0.00	0.00
PICKLES,DILL 2016	3 chips	185	5	0	310	0.00	0.00	0.0	0	0.0	1	0.0	1.0	0.0	0.00	0.00
PINEAPPLE TIDBIT 1/2 cup 2016	1/2 cup	185	80	0	0	1.00	0.36	20.0	100	12.0	20	1.0	22.0	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	150	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			622	41	1427	7.62	6.23	427.7	4739	35.73	40 25.4%	36.06 23.2%	91.90 59.1%	12.02 17.4%	2.67 3.9%	0.01 0.0%
Nutrient Guideline			550-650		1230		3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/10/2016																
Elementary Lunch	Total	200														
PB & J UNCRUSTABLES 2.6oz 2016	SANDWIC	200	320	0	320	3.00	1.08	20.0	65	0.0	13	10.0	32.0	17.0	3.50	0.00
STRING CHEESE 1oz 2016	1 EACH	200	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
CARROTS,RAW,BABY 1/2cup 2016	6 each	200	70	0	130	4.00	0.72	40.0	12000	12.0	10	2.0	16.0	0.0	0.00	0.00
TORTILLA CHIP WH GRN 13ea 2016	13 chips	200	140	0	115	2.00	0.36	20.0	0	0.0	0	2.0	20.0	6.0	1.00	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	125	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
PEARS: canned 1/2 cup 2016	1/2 cup	185	60	0	5	2.00	0.00	0.0	0	1.2	12	0.0	16.0	0.0	0.00	0.00
CELERY STICKS 1/4 cup 2016	1/4 cup	125	6	0	30	0.68	0.06	13.5	169	1.22	1	0.34	1.35	0.0	0.00	0.00
CROUTONS SEASONED 2016	.25 OUNC	100	30	0	105	0.00	0.36	0.0	0	0.0	0	1.0	5.01	1.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	150	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			826	21	981	12.52	4.18	638.4	15633	19.87	51 24.8%	32.48 15.7%	107.97 52.3%	29.74 32.4%	8.42 9.2%	0.00 0.0%
Nutrient Guideline			550-650		1230		3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 10/11/2016																
Elementary Lunch	Total	200														
CORN DOGS MINI FOSTER FA RM2016	6 EACH	200	225	31	350	4.50	0.90	120.0	0	0.0	5	8.75	25.0	10.0	3.15	0.00
POTATO PUFFS FRZ BKD1/2cup 2016	1/2 cup	200	65	0	155	1.00	0.00	0.0	0	1.8	0	1.0	8.0	3.0	0.50	0.00
MANDARIN ORANGES 1/2 CUP 2016	1/2 CUP	200	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00	0.00
COOKIE WG CHOC TFS 2016	COOKIE	200	100	5	94	0.70	0.36	10.0	50	0.0	9	1.3	16.2	3.8	1.10	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	60	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
TOMATOES CHERRY 1/4 cup 2016	1/4 cup	100	27	0	7	2.00	0.36	10.0	1250	19.2	4	1.0	6.0	0.0	0.00	0.00
CUCUMBER,RAW 1/4c 2016	1/4 cup	190	4	0	0	0.00	0.09	5.0	25	0.6	0	0.0	1.0	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	150	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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Weighted Daily Average			624	42	793	8.80	2.75	483.7	3799	42.63	55	21.75	95.60	17.42	5.12	0.00
% of Calories											35.0%	13.9%	61.3%	25.1%	7.4%	0.0%
Nutrient Guideline			550-650		1230		3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 10/12/2016																
Elementary Lunch	Total	190														
HAMBURGER PATTY ONLY PI ERRE	1 PATTY	190	130	30	280	1.00	1.80	20.0	100	0.0	0	12.0	2.0	8.0	3.50	0.00
MASHED POTATO (Pearls)1/4c	1/4 cup	190	90	0	410	1.00	0.36	0.0	3	9.0	0	2.0	17.0	1.5	0.00	0.00
GRAVY,BROWN: scratch 2-2015	1/4 CUP	190	43	8	89	0.14	0.23	3.4	115	0.03	0	0.69	3.53	2.94	1.80	*0.00
PEAS & CARROTS: frozen,boiled	1/2 CUP	190	38	0	54	2.48	0.75	18.4	7611	6.48	3	2.47	8.1	0.34	0.06	0.00
ROLLS,DINNER,WHWH SFE 2015	ROLL	160	110	0	0	2.00	1.44	0.0	5	0.0	1	4.0	21.0	1.0	0.00	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	150	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
CUCUMBER,RAW 1/4c 2016	1/4 cup	125	4	0	0	0.00	0.09	5.0	25	0.6	0	0.0	1.0	0.0	0.00	0.00
PEACHES can,lite sy 1/2c 2016	1/2 cup	185	61	0	10	0.00	0.00	0.0	304	1.21	11	0.0	14.17	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	150	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	40	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			597	44	1045	7.89	6.68	408.2	12198	24.22	33	31.69	84.45	14.14	5.67	*0.00
% of Calories											21.9%	21.2%	56.5%	21.3%	8.5%	*0.0%
Nutrient Guideline			550-650		1230		3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 10/13/2016																
Elementary Lunch	Total	200														
PIZZA SMART CHEESE 4.6oz 2 016	SLICE	200	291	15	542	4.01	2.71	300.9	502	0.0	15	15.05	34.11	11.04	4.01	0.00
CELERY STICKS 1/2 cup 2016	1/2 cup	200	12	0	59	1.35	0.12	27.0	338	2.43	1	0.68	2.7	0.0	0.00	0.00
APPLESAUCE CUP 4.5oz	ZIP CUP	200	51	0	15	1.03	0.00	0.0	0	0.0	*N/A*	0.17	13.37	0.0	0.00	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	150	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
TOMATOES CHERRY 1/4 cup 2 016	1/4 cup	175	27	0	7	2.00	0.36	10.0	1250	19.2	4	1.0	6.0	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	150	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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SWEETWATER SCH. DIST. NO.1

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Planned Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Plan 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)
Weighted Daily Average % of Calories			518	21	820	9.64	5.31	696.7	5808	26.13	*36 *28.1%	27.77 21.4%	76.68 59.2%	11.66 20.3%	4.39 7.6%	0.00 0.0%
Nutrient Guideline			550-650		1230		3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 10/17/2016																
Elementary Lunch	Total	200														
BURRITO 4 OZ CORN BUTCHER BOY*	1 EACH	200	310	20	470	3.00	2.70	40.0	500	2.4	0	9.0	35.0	15.0	4.50	0.00
CHEESE SAUCE CHED AGED KATY 20	1/4 CUP	200	40	3	220	0.00	0.00	20.0	0	0.0	1	0.5	3.5	3.0	0.50	0.00
TORTILLA CHIP WH GRN 13ea 2016	13 chips	200	140	0	115	2.00	0.36	20.0	0	0.0	0	2.0	20.0	6.0	1.00	0.00
REFRIED BEANS can 1/2 cup 2016	1/2 cup	200	280	0	960	12.00	5.40	40.0	0	4.8	0	16.0	46.0	3.0	0.00	0.00
APPLESAUCE CUP 4.5oz	ZIP CUP	150	51	0	15	1.03	0.00	0.0	0	0.0	*N/A*	0.17	13.37	0.0	0.00	0.00
SALAD ROMAINE MIX 1/2 cup 2016	1/2 cup	180	15	0	20	1.00	1.44	40.0	2250	3.6	0	2.0	2.0	0.0	0.00	0.00
CARROT STICKS 1/2 cup	1/2 cup	150	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
SAUCE,SALSA,THICK,RTS 2016	2 Tbls	200	10	0	160	1.00	0.00	0.0	100	4.8	1	0.0	2.0	0.0	0.00	0.00
OLIVES BLACK SLC 2TBLS 2016	2 TBLS	150	25	0	125	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.5	0.00	0.00
JALAPENO PEP,S LC,CND 2016	2 Tbsp	100	5	0	290	1.00	0.00	0.0	200	0.0	0	0.0	1.0	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PINTS	150	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PINTS	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			998	29	2406	22.02	9.95	477.8	14236	20.63	*22 *8.7%	38.04 15.3%	144.14 57.8%	29.66 26.7%	6.40 5.8%	0.00 0.0%
Nutrient Guideline			550-650		1230		3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

Elementary Lunch

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	Portion Size	Plan 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)
Tue - 10/18/2016																
Elementary Lunch	Total	200														
CHICKEN TENDERS 2016	3 EACH	200	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
FRIES CURLY: BAKED 3oz	3 ounces	200	160	0	430	2.00	1.08	0.0	0	6.0	0	2.0	20.0	8.0	2.00	0.00
MIXED FRUIT 1/2 cup 2016	1/2 CUP	150	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	180	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
CUCUMBER,RAW 1/4c 2016	1/4 cup	150	4	0	0	0.00	0.09	5.0	25	0.6	0	0.0	1.0	0.0	0.00	0.00
CELERY STICKS 1/4 cup 2016	1/4 cup	175	6	0	30	0.68	0.06	13.5	169	1.22	1	0.34	1.35	0.0	0.00	0.00
PEACHES can,lite sy 1/2c 2016	1/2 cup	190	61	0	10	0.00	0.00	0.0	304	1.21	11	0.0	14.17	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	150	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			682	31	1065	8.30	5.86	433.0	5294	18.37	42 24.4%	29.26 17.2%	86.79 50.9%	23.69 31.2%	4.88 6.4%	0.00 0.0%
Nutrient Guideline			550-650		1230		3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/19/2016																
Elementary Lunch	Total	200														
SPAG MEAT SAUCE ONLY*new	#8scoop #4ladel	200	174	14	459	4.27	2.70	55.7	8335	99.59	7	9.47	25.22	6.54	1.42	0.00
SPAGHETTI NOODLES WG ON LY 2016	1/2 CUP	200	180	0	0	6.00	3.60	0.0	0	0.0	2	8.0	39.0	1.0	0.00	0.00
BREAD WHOLE WHEAT SLC A LPHA	SLICE	200	71	0	130	1.40	0.70	16.5	7	0.0	1	2.4	13.2	1.2	0.40	0.01
PEARS: canned 1/2 cup 2016	1/2 cup	150	60	0	5	2.00	0.00	0.0	0	1.2	12	0.0	16.0	0.0	0.00	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	150	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
BROCCOLI,raw:1/4 cup 2016	1/4 cup	175	6	0	6	0.39	0.14	7.8	107	15.8	0	0.59	1.17	0.0	0.00	0.00
ORANGE WEDGES (3) 2016	3 EACH	180	42	0	0	2.16	0.09	36.0	203	47.88	8	0.85	10.58	0.11	0.01	0.00
CHEESE PARMESAN 2016	1 TBLS	180	26	5	113	0.00	0.03	53.3	61	0.0	0	1.78	0.87	1.74	0.96	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	150	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			677	25	897	16.95	9.39	519.4	12548	164.31	43 25.7%	33.74 19.9%	121.99 72.1%	11.03 14.7%	3.07 4.1%	0.01 0.0%
Nutrient Guideline			550-650		1230		3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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SWEETWATER SCH. DIST. NO.1

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Planned Menu Spreadsheet

Elementary Lunch

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/20/2016																
Elementary Lunch	Total	200														
PIZZA RIPPER GARLIC 4 oz	1 EACH	200	280	25	460	2.00	1.80	350.0	300	0.0	1	15.0	30.0	11.0	6.00	0.00
SAUCE MARINARA 1/2 CUP 2016	1/2 CUP	200	45	0	207	2.21	1.62	21.8	1154	9.34	*0	0.52	14.01	0.03	0.01	*0.00
PINEAPPLE TIDBIT 1/2 cup 2016	1/2 cup	180	80	0	0	1.00	0.36	20.0	100	12.0	20	1.0	22.0	0.0	0.00	0.00
SALAD ROMAINE MIX 1/2 cup 2016	1/2 cup	180	15	0	20	1.00	1.44	40.0	2250	3.6	0	2.0	2.0	0.0	0.00	0.00
CROUTONS SEASONED 2016	.25 OUNC	175	30	0	105	0.00	0.36	0.0	0	0.0	0	1.0	5.01	1.0	0.00	0.00
CELERY STICKS 1/4 cup 2016	1/4 cup	180	6	0	30	0.68	0.06	13.5	169	1.22	1	0.34	1.35	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	150	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			560	31	971	6.62	5.41	737.9	4221	25.97	*36 *25.8%	27.40 19.6%	89.46 63.9%	12.54 20.2%	6.38 10.3%	*0.00 *0.0%
Nutrient Guideline			550-650		1230		3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 10/24/2016																
Elementary Lunch	Total	200														
CHICKEN PATTY CRSP WHLM US BUN	PATTY	200	374	50	623	3.60	2.84	51.3	22	0.0	4	28.1	39.9	11.9	2.30	0.01
BUN HAMBURGER WH WT 4" ALPHA	BUN	200	144	0	243	2.60	1.40	31.3	17	0.0	3	6.1	25.9	1.9	0.30	0.01
FRENCH FRIES: oven heat	1/2 CUP	200	120	0	246	1.52	0.43	9.1	4	6.54	0	2.09	19.42	4.16	0.64	0.00
APPLESAUCE ROSEY 2016	1/2 CUP	200	57	0	10	1.89	0.00	0.0	0	2.3	11	0.0	14.19	0.0	0.00	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	180	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
CARROTS,RAW,BABY 1/4cup 2016	3 each	180	35	0	65	2.00	0.36	20.0	6000	6.0	5	1.0	8.0	0.0	0.00	0.00
PICKLES,DILL 2016	3 chips	150	5	0	310	0.00	0.00	0.0	0	0.0	1	0.0	1.0	0.0	0.00	0.00
CELERY STICKS 1/4 cup 2016	1/4 cup	160	6	0	30	0.68	0.06	13.5	169	1.22	1	0.34	1.35	0.0	0.00	0.00
MIXED FRUIT 1/2 cup 2016	1/2 CUP	180	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	150	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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	Portion Size	Plan 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)
Weighted Daily Average % of Calories			942	56	1646	14.84	7.95	499.1	10353	25.26	57 24.1%	49.49 21.0%	146.55 62.3%	18.67 17.8%	3.63 3.5%	0.02 0.0%
Nutrient Guideline			550-650		1230		3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 10/25/2016																
Elementary Lunch	Total	200														
TURKEY BREAST MEAT 2016	2 oz	200	50	20	470	0.00	0.36	0.0	0	0.0	0	9.0	2.0	0.5	0.00	0.00
CHEESE AMERICAN 1SLICE U SDA*	1 SLICE	200	55	13	140	0.00	0.00	150.0	300	0.0	2	2.5	1.0	4.5	2.50	0.00
BUN HAMBURGER WH WT 4" ALPHA	BUN	200	144	0	243	2.60	1.40	31.3	17	0.0	3	6.1	25.9	1.9	0.30	0.01
CUCUMBER,RAW 1/2CUP 2016	1/2 CUP	150	7	0	1	0.42	0.13	8.3	43	1.9	1	0.35	1.29	0.1	0.01	0.00
PEARS: canned 1/2 cup 2016	1/2 cup	80	60	0	5	2.00	0.00	0.0	0	1.2	12	0.0	16.0	0.0	0.00	0.00
COOKIE WG CHOC TFS 2016	COOKIE	200	100	5	94	0.70	0.36	10.0	50	0.0	9	1.3	16.2	3.8	1.10	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	180	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
BROCCOLI,raw:1/4 cup 2016	1/4 cup	180	6	0	6	0.39	0.14	7.8	107	15.8	0	0.59	1.17	0.0	0.00	0.00
PICKLES,DILL 2016	3 chips	150	5	0	310	0.00	0.00	0.0	0	0.0	1	0.0	1.0	0.0	0.00	0.00
JALAPENO PEP,SLC,CND 2016	2 Tbsp	150	5	0	290	1.00	0.00	0.0	200	0.0	0	0.0	1.0	0.0	0.00	0.00
TOMATOES CHERRY 1/4 cup 2016	1/4 cup	175	27	0	7	2.00	0.36	10.0	1250	19.2	4	1.0	6.0	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PINTS	150	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PINTS	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			559	43	1615	9.06	5.25	585.3	6289	40.91	40 28.8%	32.16 23.0%	82.12 58.7%	11.40 18.3%	4.28 6.9%	0.01 0.0%
Nutrient Guideline			550-650		1230		3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/26/2016																
Elementary Lunch	Total	200														
MANDARIN CHICKEN W/SAUCE L	#8 SCOOP	200	147	53	415	0.00	1.08	0.0	0	0.0	14	15.05	14.05	2.51	1.00	0.00
RICE,Cooked Brown 2016	1/2 CUP	200	108	0	5	2.00	0.45	10.0	0	0.0	1	2.5	22.5	1.0	0.00	0.00
VEGETABLES,ORIENTAL MIXE	1/2 CUP	200	30	0	12	1.21	0.00	24.3	0	14.56	*N/A*	1.21	4.85	0.0	0.00	0.00
D FRZ																
MANDARIN ORANGES 1/2 CUP	1/2 CUP	100	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00	0.00
2016																
SALAD ROMAINE MIX 1 cup 2016	1 cup	150	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
BROCCOLI,raw:1/4 cup 2016	1/4 cup	175	6	0	6	0.39	0.14	7.8	107	15.8	0	0.59	1.17	0.0	0.00	0.00
APPLE Wedges 3 2016	3 WEDGE	180	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.01	0.06	0.01	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	150	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			492	59	641	6.34	4.04	413.1	4612	50.29	*46	30.86	79.69	4.19	1.39	0.00
% of Calories											*37.2%	25.1%	64.8%	7.7%	2.5%	0.0%
Nutrient Guideline			550-650		1230		3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/27/2016																
Elementary Lunch	Total	200														
PIZZA FRENCH BREAD PEP S	1 EACH	200	309	25	689	3.00	2.70	249.6	499	0.0	4	16.97	32.94	11.98	4.99	0.00
W 2016																
CARROT STICKS 1/2 cup	1/2 cup	200	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
APPLESAUCE:cnd,unswtnd 2016	1/2 CUP	100	60	0	10	2.00	0.00	0.0	0	2.4	12	0.0	15.0	0.0	0.00	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	180	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
CELERY STICKS 1/4 cup 2016	1/4 cup	175	6	0	30	0.68	0.06	13.5	169	1.22	1	0.34	1.35	0.0	0.00	0.00
PINEAPPLE TIDBIT 1/2 cup 2016	1/2 cup	180	80	0	0	1.00	0.36	20.0	100	12.0	20	1.0	22.0	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	150	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			597	31	984	9.75	5.93	680.4	19969	26.23	49	30.58	91.69	12.81	5.40	0.00
% of Calories											33.0%	20.5%	61.4%	19.3%	8.1%	0.0%
Nutrient Guideline			550-650		1230		3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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SWEETWATER SCH. DIST. NO.1

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Plan 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 - 10/28/2016																
Elementary Lunch	Total	200														
HOTDOG, MEAT 8X1 LS 2016	1 EACH	200	180	35	340	0.00	0.72	0.0	5	0.0	1	6.0	1.0	17.0	7.00	0.50
BUN HOT DOG WHWT 6" ALPH A 2016	BUN	200	150	0	263	2.70	1.50	33.5	18	0.0	4	5.7	27.2	2.2	0.40	0.01
POTATO PUFFS FRZ BKD1/2cu p2016	1/2 cup	200	65	0	155	1.00	0.00	0.0	0	1.8	0	1.0	8.0	3.0	0.50	0.00
PEACHES can,lite sy 1/2c 2016	1/2 cup	100	61	0	10	0.00	0.00	0.0	304	1.21	11	0.0	14.17	0.0	0.00	0.00
SALAD ROMAINE MIX 1/2 cup 2016	1/2 cup	180	15	0	20	1.00	1.44	40.0	2250	3.6	0	2.0	2.0	0.0	0.00	0.00
CARROT STICKS 1/4 cup	1/4 cup	150	18	0	30	1.23	0.13	14.5	7341	2.59	2	0.41	4.21	0.11	0.02	0.00
CELERY STICKS 1/4 cup 2016	1/4 cup	180	6	0	30	0.68	0.06	13.5	169	1.22	1	0.34	1.35	0.0	0.00	0.00
OLIVES BLACK SLC 2TBLS 2016	2 TBLS	80	25	0	125	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.5	0.00	0.00
PEARS: canned 1/2 cup 2016	1/2 cup	200	60	0	5	2.00	0.00	0.0	0	1.2	12	0.0	16.0	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	150	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			645	41	1053	8.13	3.67	392.5	8357	11.39	41 25.3%	23.11 14.3%	84.11 52.1%	23.90 33.3%	8.29 11.6%	0.51 0.7%
Nutrient Guideline			550-650		1230		3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 10/31/2016																
Elementary Lunch	Total	200														
PB & J UNCRUSTABLES 2.6oz 2016	SANDWIC	200	320	0	320	3.00	1.08	20.0	65	0.0	13	10.0	32.0	17.0	3.50	0.00
CHIP SUN CHIP HAR CHED 1oz 2016	BAG	200	140	0	210	2.00	0.36	0.0	0	0.0	2	2.0	18.0	6.0	1.00	0.00
CARROTS,RAW,BABY 1/2cup 2016	6 each	200	70	0	130	4.00	0.72	40.0	12000	12.0	10	2.0	16.0	0.0	0.00	0.00
APPLESAUCE CUP 4.5oz	ZIP CUP	150	51	0	15	1.03	0.00	0.0	0	0.0	*N/A*	0.17	13.37	0.0	0.00	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	180	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
CELERY STICKS 1/4 cup 2016	1/4 cup	150	6	0	30	0.68	0.06	13.5	169	1.22	1	0.34	1.35	0.0	0.00	0.00
CROUTONS SEASONED 2016	.25 OUNC	180	30	0	105	0.00	0.36	0.0	0	0.0	0	1.0	5.01	1.0	0.00	0.00
PEACHES can,lite sy 1/2c 2016	1/2 cup	190	61	0	10	0.00	0.00	0.0	304	1.21	11	0.0	14.17	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	150	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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SWEETWATER SCH. DIST. NO.1

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Planned Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Plan 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)
Weighted Daily Average % of Calories			802	6	1002	12.08	5.12	442.1	17030	22.05	*53 *26.2%	26.88 13.4%	116.86 58.3%	24.53 27.5%	4.87 5.5%	0.00 0.0%
Nutrient Guideline			550-650		1230		3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 11/01/2016																
Elementary Lunch	Total	200														
CHICKEN NUGGET CHNK WG ELE5ea*	5 EACH	200	180	55	221	1.00	1.08	0.0	0	0.0	0	17.04	6.01	10.02	2.00	0.00
POTATO PUFFS FRZ BKD1/2cu p2016	1/2 cup	200	65	0	155	1.00	0.00	0.0	0	1.8	0	1.0	8.0	3.0	0.50	0.00
MANDARIN ORANGES 1/2 CUP 2016	1/2 CUP	50	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00	0.00
SALAD ROMAINE MIX 1/2 cup 2 016	1/2 cup	180	15	0	20	1.00	1.44	40.0	2250	3.6	0	2.0	2.0	0.0	0.00	0.00
TOMATOES CHERRY 1/4 cup 2 016	1/4 cup	150	27	0	7	2.00	0.36	10.0	1250	19.2	4	1.0	6.0	0.0	0.00	0.00
CUCUMBER,RAW 1/4c 2016	1/4 cup	180	4	0	0	0.00	0.09	5.0	25	0.6	0	0.0	1.0	0.0	0.00	0.00
ORANGE WEDGES (3) 2016	3 EACH	180	42	0	0	2.16	0.09	36.0	203	47.88	8	0.85	10.58	0.11	0.01	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	150	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			461	61	569	6.60	2.90	385.4	3980	71.32	33 28.7%	29.60 25.7%	54.73 47.5%	13.75 26.8%	2.89 5.6%	0.00 0.0%
Nutrient Guideline			550-650		1230		3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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SWEETWATER SCH. DIST. NO.1

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Planned Menu Spreadsheet

Elementary Lunch

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	Portion Size	Plan 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 - 11/02/2016																
Elementary Lunch	Total	200														
TACO MEAT ONLY ELE + SEC 2016	1/3 CUP	200	150	30	384	0.98	1.94	23.0	303	4.5	*1	12.12	5.5	8.91	3.72	*0.00
TORTILLA CHIP WH GRN 13ea 2016	13 chips	200	140	0	115	2.00	0.36	20.0	0	0.0	0	2.0	20.0	6.0	1.00	0.00
CHEESE SAUCE CHED AGED KATY 20	1/8 CUP	180	20	1	110	0.00	0.00	10.0	0	0.0	1	0.25	1.75	1.5	0.25	0.00
LETTUCE ICEBERG SHRD 1/2 CUP	1/2 CUP	180	4	0	3	0.34	0.11	5.0	141	0.78	1	0.25	0.83	0.04	0.00	0.00
BEANS,BLACK,CND,DRND 1/2 C 2016	1/2 CUP	100	110	0	140	7.03	1.08	40.1	0	0.0	2	8.03	19.07	1.0	0.00	0.00
APPLESAUCE:cnd,unswtnd 2016	1/2 CUP	100	60	0	10	2.00	0.00	0.0	0	2.4	12	0.0	15.0	0.0	0.00	0.00
SALAD ROMAINE MIX 1/2 cup 2016	1/2 cup	180	15	0	20	1.00	1.44	40.0	2250	3.6	0	2.0	2.0	0.0	0.00	0.00
BROCCOLI,raw:1/4 cup 2016	1/4 cup	100	6	0	6	0.39	0.14	7.8	107	15.8	0	0.59	1.17	0.0	0.00	0.00
TOMATOES DICED 1/4 cup 2016	1/4 cup	150	32	0	9	2.16	0.49	18.0	1499	24.66	5	1.58	7.0	0.36	0.05	0.00
SAUCE,SALSA,THICK,RTS 2016	2 Tbls	125	10	0	160	1.00	0.00	0.0	100	4.8	1	0.0	2.0	0.0	0.00	0.00
SOUR CREAM 1oz 2016	PACKET	100	60	20	50	0.00	0.00	40.0	200	0.0	1	1.0	2.0	5.0	3.50	0.00
JALAPENO PEP,SLC,CND 2016	2 Tbsp	100	5	0	290	1.00	0.00	0.0	200	0.0	0	0.0	1.0	0.0	0.00	0.00
MIXED FRUIT 1/2 cup 2016	1/2 CUP	180	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	150	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			656	47	1148	12.72	5.00	456.6	4622	42.61	*46	30.80	89.75	20.26	7.13	*0.00
% of Calories											*27.8%	18.8%	54.7%	27.8%	9.8%	*0.0%
Nutrient Guideline			550-650		1230		3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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SWEETWATER SCH. DIST. NO.1

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

Elementary Lunch

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	Portion Size	Plan 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 - 11/03/2016																
Elementary Lunch	Total	200														
PIZZA RIPPER GARLIC 4 oz	1 EACH	200	280	25	460	2.00	1.80	350.0	300	0.0	1	15.0	30.0	11.0	6.00	0.00
SAUCE MARINARA 1/2 CUP 2016	1/2 CUP	200	45	0	207	2.21	1.62	21.8	1154	9.34	*0	0.52	14.01	0.03	0.01	*0.00
BROCCOLI,raw: fresh 1/2 cup	1/2 cup	175	12	0	12	0.92	0.26	16.7	221	31.67	1	1.0	2.36	0.13	0.01	0.00
APPLE Wedges 3 2016	3 WEDGE	150	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.01	0.06	0.01	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	180	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
CAULIFLOWER,fresh 1/4 cup 2016	1/4 cup	175	25	0	30	2.00	0.42	22.0	0	48.2	2	1.92	4.97	0.28	0.13	0.00
PEACHES can,lite sy 1/2c 2016	1/2 cup	200	61	0	10	0.00	0.00	0.0	304	1.21	11	0.0	14.17	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	150	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			577	31	917	9.22	6.64	779.3	6516	89.67	*34	29.74	90.20	12.07	6.51	*0.00
% of Calories											*23.4%	20.6%	62.6%	18.8%	10.2%	*0.0%
Nutrient Guideline			550-650		1230		3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 11/04/2016																
Elementary Lunch	Total	200														
HAMBURGER PATTY ONLY PI ERRE	1 PATTY	200	130	30	280	1.00	1.80	20.0	100	0.0	0	12.0	2.0	8.0	3.50	0.00
CHEESE AMERICAN 1SLICE U SDA*	1 SLICE	200	55	13	140	0.00	0.00	150.0	300	0.0	2	2.5	1.0	4.5	2.50	0.00
BUN HAMBURGER WH WT 4" ALPHA	BUN	200	144	0	243	2.60	1.40	31.3	17	0.0	3	6.1	25.9	1.9	0.30	0.01
FRIES CURLY: BAKED 3oz	3 ounces	200	160	0	430	2.00	1.08	0.0	0	6.0	0	2.0	20.0	8.0	2.00	0.00
APPLESAUCE:cn'd,unswtnd 2016	1/2 CUP	50	60	0	10	2.00	0.00	0.0	0	2.4	12	0.0	15.0	0.0	0.00	0.00
COOKIE WG ICED TFS 2016	COOKIE	200	172	6	78	1.00	0.72	10.0	50	0.0	15	1.7	26.9	6.7	1.80	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	180	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
PICKLES,DILL 2016	1/8 CUP	180	1	0	39	0.00	0.00	0.0	0	0.0	0	0.0	0.13	0.0	0.00	0.00
CARROTS,RAW,BABY 1/4cup 2016	3 each	150	35	0	65	2.00	0.36	20.0	6000	6.0	5	1.0	8.0	0.0	0.00	0.00
PEARS: canned 1/2 cup 2016	1/2 cup	180	60	0	5	2.00	0.00	0.0	0	1.2	12	0.0	16.0	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	150	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	50	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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SWEETWATER SCH. DIST. NO.1

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Planned Menu Spreadsheet

Elementary Lunch

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	Portion Size	Plan 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)
Weighted Daily Average % of Calories			901	55	1465	12.20	7.86	598.3	9517	20.16	54 24.1%	36.65 16.3%	121.91 54.1%	29.72 29.7%	10.47 10.5%	0.01 0.0%
Nutrient Guideline			550-650		1230		3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Weighted Average			680	42	1175	10.69	5.94	541.4	9238	39.73	*42 *56.1%	32.34 19.0%	97.68 57.5%	18.15 24.0%	5.79 7.7%	*0.06 *0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	680		550 - 650	105%			30	Correction Required - Calories too High
Cholesterol (mg)	42							
Sodium (mg)	1175		1230					
Fiber (g)	10.69							
Iron (mg)	5.94		3.50	170%				
Calcium (mg)	541.4		286.00	189%				
Vitamin A (IU)	9238		1120	825%				
Sugars (g)	42	24.94%			Missing			
Vitamin C (mg)	39.73		15.00	265%				
Protein (g)	32.34	19.02%	10.00	323%				
Carbohydrate (g)	97.68	57.45%						
Total Fat (g)	18.15	24.02%	<=30.00%					
Saturated Fat (g)	5.79	7.66%	<10.00%					
Trans Fat ¹ (g)	0.06	0.08%			Missing			

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.