

SWEETWATER SCH. DIST. NO.1

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

RSJR W/HEALTHBAR

Portion Values - Detailed

005 - ROCK SPRINGS JR. HIGH 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																
RSJR W/HEALTHBAR	Total	400														
MACARONI & CHEESE JTM 2016	3 oz	400	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
CHICKEN PATTY HOT 3.49oz T YSON	1 EACH	200	270	25	400	3.00	2.70	40.0	100	0.0	1	15.0	17.0	15.0	3.00	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
CELERY STICKS 1/2 cup 2016	1/2 cup	400	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	380	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 2 016	6 each	350	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	380	60	0	5	2.00	0.00	0.0	0	1.2	12	0.0	16.0	0.0	0.00	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	300	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	100	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			838	60	1381	15.34	6.75	679.5	16089	37.85	51	39.15	112.86	26.31	10.01	*0.56
% of Calories											24.2%	18.7%	53.9%	28.3%	10.8%	*0.6%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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)
Tue - 10/04/2016																
RSJR W/HEALTHBAR	Total	400														
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
BURRITO 4 OZ CORN BUTCHE R 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
REFRIED BEANS can 1/2 cup 2016	1/2 cup	400	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	375	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	325	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
SAUCE, SALSA, THICK, RTS 2016	2 Tbls	375	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	325	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	350	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	350	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	400	61	0	10	0.00	0.00	0.0	304	1.21	11	0.0	14.17	0.0	0.00	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	300	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	100	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			958	75	2421	21.70	10.07	578.4	6545	52.50	40 16.8%	48.53 20.3%	132.41 55.3%	24.51 23.0%	8.50 8.0%	*0.00 *0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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Planned Menu Spreadsheet

RSJR W/HEALTHBAR

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)
Wed - 10/05/2016																
RSJR W/HEALTHBAR	Total	400														
CHICKEN POPCORN CRISPY WG 12ea	SERV 12 E	300	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,Pearls1/2C 2016	1/2 CUP	300	180	0	820	2.00	0.72	0.0	0	18.0	1	4.0	34.0	3.0	0.00	0.00
GRAVY,CHICKEN: scratch *2-2015	1/4 CUP	300	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	300	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	275	71	0	130	1.40	0.70	16.5	7	0.0	1	2.4	13.2	1.2	0.40	0.01
PB & J UNCRUSTABLES 2.6oz 2016	SANDWIC	100	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	100	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
VEGGIE FRESH 1/2 CUP	1/2 CUP	100	29	0	90	2.55	0.62	40.8	8073	3.23	3	0.75	6.36	0.17	0.04	*0.00
MANDARIN ORANGES 1/2 CUP 2016	1/2 CUP	380	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 2016	1/2 cup	350	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 2016	1/4 cup	325	27	0	7	2.00	0.36	10.0	1250	19.2	4	1.0	6.0	0.0	0.00	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	300	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	100	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			840	31	1387	10.75	5.01	483.0	7109	76.66	*55	33.01	121.72	25.26	6.53	*0.01
% of Calories											*26.4%	15.7%	58.0%	27.1%	7.0%	*0.0%
Nutrient Guideline			600-700		1360									<=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																
RSJR W/HEALTHBAR	Total	400														
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
CORN DOG, Chicken FOSTER FARM	1 EACH	200	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	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
BANANAS WHOLE	1 EACH	400	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	375	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	380	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	380	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
FRUIT,FRESH ASSORTED	1 EACH	250	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	300	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	100	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			722	39	943	16.15	6.72	659.3	17240	44.72	*65	28.40	128.73	12.20	5.03	*0.00
% of Calories											*35.8%	15.7%	71.3%	15.2%	6.3%	*0.0%
Nutrient Guideline			600-700		1360									<=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)
Fri - 10/07/2016																
RSJR W/HEALTHBAR CHICKEN PATTY GRILLED PIE RRE*	Total	400														
BUN HAMBURGER WH WT 4" ALPHA	1 EACH	200	90	40	474	0.05	0.56	9.2	25	0.0	*N/A*	16.97	1.32	1.0	0.25	0.00
HAMBURGER PATTY ONLY PI ERRE	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
CHEESE AMERICAN 1SLICE U SDA*	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
BUN HAMBURGER WH WT 4" ALPHA	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
POTATO WEDGES*	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
SALAD ROMAINE MIX 1 cup 2016	4 WEDGE	400	150	0	490	2.00	1.08	0.0	0	4.8	0	2.0	21.0	6.0	1.00	0.00
BROCCOLI,raw:1/4 cup 2016	1 cup	380	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
PINEAPPLE TIDBIT 1/2 cup 2016	1/4 cup	300	6	0	6	0.39	0.14	7.8	107	15.8	0	0.59	1.17	0.0	0.00	0.00
FRUIT FRESH ASSORTED 1CUP	1/2 cup	375	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	1 CUP	200	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
	HALF PIN TS	100	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			684	48	1390	9.28	6.91	529.2	5229	46.53	*44 *25.8%	37.36 21.9%	99.52 58.2%	15.36 20.2%	4.82 6.3%	*0.01 *0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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Mon - 10/10/2016																
RSJR W/HEALTHBAR	Total	400														
PB & J UNCRUSTABLES 2.6oz 2016	SANDWIC	100	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	100	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
TORTILLA CHIP WH GRN 13ea 2016	13 chips	100	140	0	115	2.00	0.36	20.0	0	0.0	0	2.0	20.0	6.0	1.00	0.00
CHICKEN PATTY HOT 3.49oz T YSON	1 EACH	300	270	25	400	3.00	2.70	40.0	100	0.0	1	15.0	17.0	15.0	3.00	0.00
BUN HAMBURGER WH WT 4" ALPHA	BUN	300	144	0	243	2.60	1.40	31.3	17	0.0	3	6.1	25.9	1.9	0.30	0.01
CARROTS,RAW,BABY 1/2cup 2 016	6 each	400	70	0	130	4.00	0.72	40.0	12000	12.0	10	2.0	16.0	0.0	0.00	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	380	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	385	60	0	5	2.00	0.00	0.0	0	1.2	12	0.0	16.0	0.0	0.00	0.00
SAUCE,SALSA,THICK,RTS 2016	2 Tbls	300	10	0	160	1.00	0.00	0.0	100	4.8	1	0.0	2.0	0.0	0.00	0.00
CELERY STICKS 1/4 cup 2016	1/4 cup	325	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	300	30	0	105	0.00	0.36	0.0	0	0.0	0	1.0	5.01	1.0	0.00	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	380	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	300	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	100	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			807	29	1192	16.53	7.34	555.1	17226	45.63	54	36.14	118.37	21.37	4.91	*0.01
% of Calories											26.9%	17.9%	58.7%	23.8%	5.5%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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Tue - 10/11/2016																
RSJR W/HEALTHBAR	Total	400														
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
DELI SANDWICH - SEC SIZE	1 EACH	200	286	45	1088	2.74	2.12	326.5	343	1.62	5	17.35	28.43	11.3	5.52	*0.00
POTATO PUFFS FRZ BKD1/2cup2016	1/2 cup	400	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	380	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	400	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	350	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	275	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	300	4	0	0	0.00	0.09	5.0	25	0.6	0	0.0	1.0	0.0	0.00	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	350	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	300	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	100	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			718	49	1186	11.20	5.17	646.4	6814	67.72	62 34.5%	29.11 16.2%	111.48 62.1%	18.23 22.8%	6.35 8.0%	*0.00 *0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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SWEETWATER SCH. DIST. NO.1

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

RSJR W/HEALTHBAR

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)
Wed - 10/12/2016																
RSJR W/HEALTHBAR	Total	400														
HAMBURGER PATTY ONLY PI ERRE	1 PATTY	300	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,Pearls1/2C 2016	1/2 CUP	300	180	0	820	2.00	0.72	0.0	0	18.0	1	4.0	34.0	3.0	0.00	0.00
GRAVY,BROWN: scratch 2-2015	1/4 CUP	300	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	300	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 WHWT ALPHA 2016	1 EACH	300	80	0	140	1.00	0.72	0.0	0	0.0	1	3.0	13.0	1.5	0.00	0.00
PB & J UNCRUSTABLES 2.6oz 2016	SANDWIC	100	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	100	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
VEGGIE FRESH 1/2 CUP	1/2 CUP	100	29	0	90	2.55	0.62	40.8	8073	3.23	3	0.75	6.36	0.17	0.04	*0.00
PEACHES can,lite sy 1/2c 2016	1/2 cup	380	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	350	15	0	20	1.00	1.44	40.0	2250	3.6	0	2.0	2.0	0.0	0.00	0.00
CUCUMBER,RAW 1/4c 2016	1/4 cup	325	4	0	0	0.00	0.09	5.0	25	0.6	0	0.0	1.0	0.0	0.00	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	300	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	100	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			694	38	1372	8.77	5.03	447.2	10796	40.92	42	31.41	99.96	18.28	6.20	*0.00
% of Calories											24.5%	18.1%	57.6%	23.7%	8.0%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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SWEETWATER SCH. DIST. NO.1

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Planned Menu Spreadsheet

RSJR W/HEALTHBAR

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)
Thu - 10/13/2016																
RSJR W/HEALTHBAR	Total	400														
PIZZA FRENCH BREAD PEP S W 2016	1 EACH	300	309	25	689	3.00	2.70	249.6	499	0.0	4	16.97	32.94	11.98	4.99	0.00
HOTDOG, MEAT 8X1 LS 2016	1 EACH	100	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	100	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	400	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	350	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	375	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	375	27	0	7	2.00	0.36	10.0	1250	19.2	4	1.0	6.0	0.0	0.00	0.00
MIXED FRUIT 1/2 cup 2016	1/2 CUP	385	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	300	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	100	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			650	34	959	11.63	6.18	625.5	6927	46.33	*49 *30.0%	30.16 18.6%	101.54 62.5%	14.62 20.3%	6.01 8.3%	*0.13 *0.2%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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SWEETWATER SCH. DIST. NO.1

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

RSJR W/HEALTHBAR

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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 - 10/17/2016																
RSJR W/HEALTHBAR	Total	400														
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
CHICKEN PATTY HOT 3.49oz T YSON	1 EACH	200	270	25	400	3.00	2.70	40.0	100	0.0	1	15.0	17.0	15.0	3.00	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
REFRIED BEANS can 1/2 cup 2016	1/2 cup	400	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	325	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	325	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	250	6	0	6	0.39	0.14	7.8	107	15.8	0	0.59	1.17	0.0	0.00	0.00
OLIVES BLACK SLC 2TBLS 2016	2 TBLS	275	25	0	125	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.5	0.00	0.00
SAUCE,SALSA,THICK,RTS 2016	2 Tbls	325	10	0	160	1.00	0.00	0.0	100	4.8	1	0.0	2.0	0.0	0.00	0.00
JALAPENO PEP,SLC,CND 2016	2 Tbsp	350	5	0	290	1.00	0.00	0.0	200	0.0	0	0.0	1.0	0.0	0.00	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	275	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	300	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	100	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			986	30	2370	23.11	11.50	496.1	4858	41.27	*26 *10.7%	44.54 18.1%	142.48 57.8%	25.92 23.7%	5.06 4.6%	*0.01 *0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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SWEETWATER SCH. DIST. NO.1

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

RSJR W/HEALTHBAR

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)
Tue - 10/18/2016																
RSJR W/HEALTHBAR	Total	400														
CHICKEN TENDERS 2016	4 EACH	300	347	33	520	4.00	2.40	53.3	133	0.0	1	20.0	21.33	20.0	3.33	0.00
DELI SANDWICH - SEC SIZE	1 EACH	100	286	45	1088	2.74	2.12	326.5	343	1.62	5	17.35	28.43	11.3	5.52	*0.00
POTATO PUFFS FRZ BKD1/2cup2016	1/2 cup	400	65	0	155	1.00	0.00	0.0	0	1.8	0	1.0	8.0	3.0	0.50	0.00
MIXED FRUIT 1/2 cup 2016	1/2 CUP	350	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	325	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	225	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	375	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	375	61	0	10	0.00	0.00	0.0	304	1.21	11	0.0	14.17	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	250	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	300	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	100	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			703	42	1062	9.60	5.21	516.9	5097	22.71	52 29.7%	32.76 18.6%	93.82 53.4%	21.67 27.7%	4.79 6.1%	*0.00 *0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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Planned Menu Spreadsheet

RSJR W/HEALTHBAR

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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 - 10/19/2016																
RSJR W/HEALTHBAR	Total	400														
SPAG MEAT SAUCE ONLY*new	#8scoop	200	174	14	459	4.27	2.70	55.7	8335	99.59	7	9.47	25.22	6.54	1.42	0.00
	#4ladel															
SPAGHETTI NOODLES WG ON	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
LY 2016																
BREAD WHOLE WHEAT SLC A	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
LPHA																
PB & J UNCRUSTABLES 2.6oz	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
2016																
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
VEGGIE FRESH 1/2 CUP	1/2 CUP	200	29	0	90	2.55	0.62	40.8	8073	3.23	3	0.75	6.36	0.17	0.04	*0.00
PEARS: canned 1/2 cup 2016	1/2 cup	400	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	350	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	200	6	0	6	0.39	0.14	7.8	107	15.8	0	0.59	1.17	0.0	0.00	0.00
CHEESE PARMESAN 2016	1 TBLS	200	26	5	113	0.00	0.03	53.3	61	0.0	0	1.78	0.87	1.74	0.96	0.00
ORANGE WEDGES (3) 2016	3 EACH	400	42	0	0	2.16	0.09	36.0	203	47.88	8	0.85	10.58	0.11	0.01	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	100	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN	300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
	TS															
MILK* HP - WHITE 1% 2016	HALF PIN	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
	TS															
Weighted Daily Average			705	24	840	15.23	7.08	606.9	13065	121.34	53	32.65	111.22	17.41	5.33	*0.00
% of Calories											29.9%	18.5%	63.1%	22.2%	6.8%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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SWEETWATER SCH. DIST. NO.1

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Planned Menu Spreadsheet

RSJR W/HEALTHBAR

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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																
RSJR W/HEALTHBAR	Total	400														
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
CORN DOG, Chicken FOSTER FARM	1 EACH	200	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
VEGETARIAN BEANS	1/2 cup	200	120	0	460	6.38	1.81	56.1	170	3.44	*N/A*	6.38	25.63	0.77	0.20	*N/A*
PINEAPPLE TIDBIT 1/2 cup 2016	1/2 cup	275	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 cup 2016	1 cup	250	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
CROUTONS SEASONED 2016	.25 OUNC	325	30	0	105	0.00	0.36	0.0	0	0.0	0	1.0	5.01	1.0	0.00	0.00
CARROT STICKS 1/4 cup	1/4 cup	375	18	0	30	1.23	0.13	14.5	7341	2.59	2	0.41	4.21	0.11	0.02	0.00
PEACHES can,lite sy 1/2c 2016	1/2 cup	375	61	0	10	0.00	0.00	0.0	304	1.21	11	0.0	14.17	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	200	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	300	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	100	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			664	39	1075	12.16	6.08	638.1	11435	31.03	*52 *31.1%	28.18 17.0%	115.23 69.5%	11.55 15.7%	4.77 6.5%	*0.00 *0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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SWEETWATER SCH. DIST. NO.1

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

RSJR W/HEALTHBAR

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)
Mon - 10/24/2016																
RSJR W/HEALTHBAR	Total	400														
CHICKEN PATTY HOT 3.49oz T YSON	1 EACH	300	270	25	400	3.00	2.70	40.0	100	0.0	1	15.0	17.0	15.0	3.00	0.00
BUN HAMBURGER WH WT 4" ALPHA	BUN	300	144	0	243	2.60	1.40	31.3	17	0.0	3	6.1	25.9	1.9	0.30	0.01
TERIYAKI STEAKETTES SEC 5	sec 5 ea	100	188	44	525	1.25	2.25	25.0	125	0.0	*N/A*	15.0	7.5	10.0	4.37	0.00
FRENCH FRIES: oven heat	1/2 CUP	400	120	0	246	1.52	0.43	9.1	4	6.54	0	2.09	19.42	4.16	0.64	0.00
APPLESAUCE CUP 4.5oz	ZIP CUP	350	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	350	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	325	35	0	65	2.00	0.36	20.0	6000	6.0	5	1.0	8.0	0.0	0.00	0.00
CELERY STICKS 1/4 cup 2016	1/4 cup	325	6	0	30	0.68	0.06	13.5	169	1.22	1	0.34	1.35	0.0	0.00	0.00
PICKLES,DILL 2016	3 chips	300	5	0	310	0.00	0.00	0.0	0	0.0	1	0.0	1.0	0.0	0.00	0.00
MIXED FRUIT 1/2 cup 2016	1/2 CUP	380	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
FRUIT,FRESH ASSORTED	1 EACH	200	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	300	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	100	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			801	36	1392	13.28	7.37	479.8	9874	29.20	*47	35.21	120.66	20.16	4.62	*0.01
% of Calories											*23.6%	17.6%	60.3%	22.7%	5.2%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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SWEETWATER SCH. DIST. NO.1

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

RSJR W/HEALTHBAR

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)
Tue - 10/25/2016																
RSJR W/HEALTHBAR	Total	400														
DELI SANDWICH - SEC SIZE	1 EACH	100	286	45	1088	2.74	2.12	326.5	343	1.62	5	17.35	28.43	11.3	5.52	*0.00
BURRITO 4 OZ CORN BUTCHE R BOY*	1 EACH	300	310	20	470	3.00	2.70	40.0	500	2.4	0	9.0	35.0	15.0	4.50	0.00
CUCUMBER,RAW 1/2CUP 2016	1/2 CUP	400	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	350	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	400	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	385	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	300	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	300	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	380	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	385	27	0	7	2.00	0.36	10.0	1250	19.2	4	1.0	6.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	250	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	300	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	100	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			689	37	1450	12.49	6.40	530.9	6936	52.44	50 29.0%	26.43 15.3%	105.59 61.3%	18.74 24.5%	6.26 8.2%	*0.00 *0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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SWEETWATER SCH. DIST. NO.1

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

RSJR W/HEALTHBAR

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)
Wed - 10/26/2016																
RSJR W/HEALTHBAR	Total	400														
MANDARIN CHICKEN W/SAUCE L	#8 SCOOP	300	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	300	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 D FRZ	1/2 CUP	300	30	0	12	1.21	0.00	24.3	0	14.56	*N/A*	1.21	4.85	0.0	0.00	0.00
PB & J UNCRUSTABLES 2.6oz 2016	SANDWIC	100	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	100	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
VEGGIE FRESH 1/2 CUP	1/2 CUP	100	29	0	90	2.55	0.62	40.8	8073	3.23	3	0.75	6.36	0.17	0.04	*0.00
MANDARIN ORANGES 1/2 CUP 2016	1/2 CUP	400	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 cup 2016	1 cup	380	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	375	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	375	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.01	0.06	0.01	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	250	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	300	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	100	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			615	50	686	9.17	4.93	505.9	8280	76.31	*63 *41.0%	32.46 21.1%	100.39 65.3%	9.12 13.3%	2.94 4.3%	*0.00 *0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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SWEETWATER SCH. DIST. NO.1

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

RSJR W/HEALTHBAR

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)
Thu - 10/27/2016																
RSJR W/HEALTHBAR	Total	400														
PIZZA FRENCH BREAD PEP S W 2016	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
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
CARROT STICKS 1/2 cup	1/2 cup	400	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
APPLESAUCE ROSEY 2016	1/2 CUP	325	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	380	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	300	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	385	80	0	0	1.00	0.36	20.0	100	12.0	20	1.0	22.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	250	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	300	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	100	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			617	34	816	12.71	5.32	627.7	20007	36.38	61 39.9%	27.13 17.6%	103.45 67.1%	11.97 17.5%	4.51 6.6%	*0.00 *0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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Planned Menu Spreadsheet

RSJR W/HEALTHBAR

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																
RSJR W/HEALTHBAR	Total	400														
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
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
POTATO PUFFS FRZ BKD1/2cup2016	1/2 cup	400	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	325	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 cup 2016	1 cup	325	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
CARROT STICKS 1/4 cup	1/4 cup	250	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	200	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	375	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	380	60	0	5	2.00	0.00	0.0	0	1.2	12	0.0	16.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	200	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	300	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	100	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			712	45	1152	10.06	5.27	505.0	9358	20.33	49 27.7%	29.17 16.4%	97.24 54.6%	22.95 29.0%	7.76 9.8%	*0.26 *0.3%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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SWEETWATER SCH. DIST. NO.1

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Planned Menu Spreadsheet

RSJR W/HEALTHBAR

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)
Mon - 10/31/2016																
RSJR W/HEALTHBAR PB & J UNCRUSTABLES 2.6oz 2016	Total SANDWIC	400														
CHICKEN PATTY HOT 3.49oz T YSON	1 EACH	300	270	25	400	3.00	2.70	40.0	100	0.0	1	15.0	17.0	15.0	3.00	0.00
BUN HAMBURGER WH WT 4" ALPHA	BUN	300	144	0	243	2.60	1.40	31.3	17	0.0	3	6.1	25.9	1.9	0.30	0.01
CHIP SUN CHIP HAR CHED 1oz 2016	BAG	400	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	400	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	300	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	385	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	275	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	300	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	385	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	300	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	100	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			871	25	1229	14.11	7.51	484.8	17343	22.43	*46 *21.2%	35.29 16.2%	124.63 57.3%	24.30 25.1%	4.72 4.9%	0.01 0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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SWEETWATER SCH. DIST. NO.1

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

RSJR W/HEALTHBAR

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)
Tue - 11/01/2016																
RSJR W/HEALTHBAR	Total	400														
CHICKEN NUGGET CHNK WG	5 EACH	300	180	55	221	1.00	1.08	0.0	0	0.0	0	17.04	6.01	10.02	2.00	0.00
ELE5ea*																
DELI SANDWICH - SEC SIZE	1 EACH	100	286	45	1088	2.74	2.12	326.5	343	1.62	5	17.35	28.43	11.3	5.52	*0.00
POTATO PUFFS FRZ BKD1/2cu	1/2 cup	400	65	0	155	1.00	0.00	0.0	0	1.8	0	1.0	8.0	3.0	0.50	0.00
p2016																
PEACHES can,lite sy 1/2c 2016	1/2 cup	375	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 cup 2016	1 cup	350	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	1/4 cup	325	27	0	7	2.00	0.36	10.0	1250	19.2	4	1.0	6.0	0.0	0.00	0.00
016																
CUCUMBER,RAW 1/4c 2016	1/4 cup	325	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	375	42	0	0	2.16	0.09	36.0	203	47.88	8	0.85	10.58	0.11	0.01	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN	300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
	TS															
MILK* HP - WHITE 1% 2016	HALF PIN	100	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
	TS															
Weighted Daily Average			578	59	811	9.38	4.42	509.1	6110	87.55	46	31.75	80.62	14.20	3.80	*0.00
% of Calories											32.2%	22.0%	55.8%	22.1%	5.9%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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SWEETWATER SCH. DIST. NO.1

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Planned Menu Spreadsheet

RSJR W/HEALTHBAR

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)
Wed - 11/02/2016																
RSJR W/HEALTHBAR	Total	400														
TACO MEAT ONLY ELE + SEC 2016	1/3 CUP	300	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	300	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	300	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	300	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	300	110	0	140	7.03	1.08	40.1	0	0.0	2	8.03	19.07	1.0	0.00	0.00
PB & J UNCRUSTABLES 2.6oz 2016	SANDWIC	100	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	100	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
VEGGIE FRESH 1/2 CUP	1/2 CUP	100	29	0	90	2.55	0.62	40.8	8073	3.23	3	0.75	6.36	0.17	0.04	*0.00
PEARS: canned 1/2 cup 2016	1/2 cup	350	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	375	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	325	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	325	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	300	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	300	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	380	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	380	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	300	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	100	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			779	48	1365	17.69	6.59	571.7	9083	52.73	*56 *28.7%	36.22 18.6%	108.97 55.9%	23.53 27.2%	8.56 9.9%	*0.00 *0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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SWEETWATER SCH. DIST. NO.1

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

RSJR W/HEALTHBAR

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)
Thu - 11/03/2016																
RSJR W/HEALTHBAR	Total	400														
PIZZA RIPPER GARLIC 4 oz	1 EACH	300	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	300	45	0	207	2.21	1.62	21.8	1154	9.34	*0	0.52	14.01	0.03	0.01	*0.00
CHICKEN PATTY CRSP WHLM US BUN	PATTY	100	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	100	144	0	243	2.60	1.40	31.3	17	0.0	3	6.1	25.9	1.9	0.30	0.01
CARROTS,RAW,BABY 1/2cup 2016	6 each	100	70	0	130	4.00	0.72	40.0	12000	12.0	10	2.0	16.0	0.0	0.00	0.00
APPLES SWT,CND,H2O PK,SL C,DRN*	1/2 cup	300	61	0	1	1.74	0.14	3.9	32	0.15	*6	0.22	15.59	0.29	0.04	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	350	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	275	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	380	61	0	10	0.00	0.00	0.0	304	1.21	11	0.0	14.17	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	250	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	300	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	100	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			694	38	983	11.74	6.85	706.1	8928	60.73	*45 *26.0%	34.11 19.6%	114.07 65.7%	12.90 16.7%	5.68 7.4%	*0.01 *0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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SWEETWATER SCH. DIST. NO.1

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

RSJR W/HEALTHBAR

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 - 11/04/2016																
RSJR W/HEALTHBAR	Total	400														
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
CORN DOG, Chicken FOSTER FARM	1 EACH	200	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
FRIES CURLY: BAKED 3oz	3 ounces	400	160	0	430	2.00	1.08	0.0	0	6.0	0	2.0	20.0	8.0	2.00	0.00
APPLESAUCE ROSEY 2016	1/2 CUP	325	57	0	10	1.89	0.00	0.0	0	2.3	11	0.0	14.19	0.0	0.00	0.00
COOKIE WG ICED TFS 2016	COOKIE	400	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	380	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	375	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	325	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	380	60	0	5	2.00	0.00	0.0	0	1.2	12	0.0	16.0	0.0	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	250	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	300	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	100	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			934	54	1342	15.86	7.46	551.4	9999	30.75	69	31.55	142.04	26.67	8.60	*0.01
% of Calories											29.4%	13.5%	60.8%	25.7%	8.3%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Weighted Average			750	42	1252	13.39	6.57	562.3	10189	49.74	*51 *61.5%	33.51 17.9%	112.48 60.0%	19.01 22.8%	5.90 7.1%	*0.04 *0.1%
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SWEETWATER SCH. DIST. NO.1

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Planned Menu Spreadsheet

RSJR W/HEALTHBAR

Portion Values - Detailed

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Nutrient	Menu AVG	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)	
Calories	750		Weekly Target	600 - 700	107%	Miss Data	Shortfall		Overage									Error Messages (if any)
Cholesterol (mg)	42								50									Correction Required - Calories too High
Sodium (mg)	1252			1360														
Fiber (g)	13.39																	
Iron (mg)	6.57																	
Calcium (mg)	562.3																	
Vitamin A (IU)	10189																	
Sugars (g)	51	27.32%				Missing												
Vitamin C (mg)	49.74																	
Protein (g)	33.51	17.86%																
Carbohydrate (g)	112.48	59.96%																
Total Fat (g)	19.01	22.80%			<=30.00%													
Saturated Fat (g)	5.90	7.08%			<10.00%													
Trans Fat ¹ (g)	0.04	0.05%				Missing												

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