

Howard-Suamico

Oct 1, 2015 thru Oct 29, 2015 Spreadsheet - Portion Values

Oct 2, 2015

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Lunch

	Portion Size	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)
Thu - 10/01/2015													
Lunch	Total												
PIZZA SCHMIZZA @ SU & BH	1 EA	280	30	380	5.00	1.80	500.0	500	100	2.4	23.0	31.0	9.0
Chicken, Dcd w/LSGravy/Diamond	1/2 Cup Serving	144	65	382	0.00	0.00	1.8	0	0	1.04	20.58	3.47	5.01
Potato, Instant Mashed, L/S	.5 Cup	80	17	3	1.00	0.36	22.8	0	0	30.0	1.0	17.0	1.0
Bread, Dinner Roll, 1.25 Sara	Roll	110	0	170	2.00	1.08	150.0	0	0	0.0	4.0	20.0	1.0
Margarine	1 tsp	33	0	36	0.00	*N/A*	*N/A*	165	33	*N/A*	0.0	0.0	3.63
BROCCOLI: frozen, boiled	1/2 CUP	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11
PEARS: canned,light syrup	.25 CUP	36	0	3	1.00	0.18	3.1	0	0	0.44	0.12	9.52	0.02
PEACHES: canned,light syrup	.25 CUP	30	0	5	0.00	0.00	0.0	150	27	0.6	0.0	7.0	0.0
Salad Bar	1 1/8Cup no Drsg	76	0	192	4.21	1.36	39.2	1789	88	8.78	4.48	12.42	1.37
Dressing, Ranch, Light-Done-Ri	2 Tbsp	70	10	350	0.00	0.00	0.0	0	0	0.0	0.0	7.0	4.5
Dressing, French, R/F, 2 Tbl	1.15 oz	51	0	306	0.00	0.00	0.0	0	0	0.0	0.0	7.13	2.04
Milk, Chocolate FF, Carton	8 oz	120	5	180	*N/A*	0.00	300.0	500	100	1.2	8.0	20.0	0.0
Milk, Low Fat, Carton	8 oz	110	10	130	*N/A*	0.00	300.0	500	100	2.4	8.0	13.0	2.5
Weighted Daily Average		706	77	1181	*12.47	*3.90	*721.4	3701	455	*80.24	40.24	101.66	16.34
% of Calories											22.8%	57.6%	20.8%

Fri - 10/02/2015													
Lunch	Total												
Corn Dogs, Mini Chicken -6 pc	6 dogs	300	38	675	4.50	1.62	120.0	0	0	*N/A*	10.5	33.0	13.5
Mustard	.5 Tsp	2	0	31	0.03	0.05	2.1	0	0	0.0	0.12	0.16	0.11
Ketchup, Red Gold Bulk (1Tbs)	1 Tbs	33	0	267	0.00	0.00	0.0	167	100	2.0	0.0	8.33	0.0
PEAS & CARROTS: frozen,boiled	1/2 CUP	38	0	54	2.48	0.75	18.4	7611	621	6.48	2.47	8.1	0.34
Veggies, Asst. Fresh	1/2 cup	15	0	29	1.08	0.20	19.7	2729	451	11.65	0.66	3.21	0.12
Dip, Ranch, for Veggies	1 oz	65	5	233	0.00	*0.00	*27.7	*92	*18	*0.0	0.46	3.23	5.31
Applesauce, BULK, Swt+UnSwt	1/4 CUP	35	0	4	0.88	0.04	1.0	9	2	0.38	0.05	9.19	0.01
Banana, Petite	banana	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33
Fruit Juice Sorbet (bday)	1 each	60	0	5	3.00	0.25	55.7	299	60	59.77	0.0	16.0	0.0
Milk, Chocolate FF, Carton	8 oz	120	5	180	*N/A*	0.00	300.0	500	100	1.2	8.0	20.0	0.0
Milk, Strawberry Skim, TrueMoo	1 carton/8 oz	130	5	125	0.00	0.00	300.0	500	100	1.2	8.0	23.0	0.0
Weighted Daily Average		762	47	1437	*14.57	*3.15	*548.6	*11472	*1360	*90.26	23.31	125.72	19.67
% of Calories											12.2%	66.0%	23.2%

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Lunch

	Portion Size	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)
Mon - 10/05/2015													
Lunch	Total												
Hamburger on Bun, Adv/Pr 2M/2G	1 sandwich	318	34	438	3.62	3.33	216.8	31	6	*0.0	22.9	30.8	11.2
Cheese, Slice RS/RF, LOL, .5sl	1/2 slice	18	4	78	0.00	0.00	50.0	75	15	0.0	1.75	0.5	1.0
Ketchup, Red Gold Bulk (1Tbs)	.6 oz	20	0	160	0.00	0.00	0.0	100	60	1.2	0.0	5.0	0.0
Mustard	1 Tsp	4	0	63	0.05	0.10	4.2	0	0	0.0	0.24	0.32	0.22
Pickle Slices	1/2 oz	0	0	178	0.00	0.00	0.0	*N/A*	*0	0.0	0.0	0.0	0.0
Lettuce, Romaine Shredded	1/4 C	2	0	1	0.25	0.11	3.9	1023	31	0.47	0.14	0.39	0.04
Tomato, Sliced	Slice	4	*N/A*	1	0.27	0.77	1.3	168	34	0.16	0.13	0.81	0.0
Beans, Baked, .6USDA+.3Bush LS	.5 Cup	120	0	220	4.67	1.80	53.3	0	18	0.0	5.33	23.33	0.0
Veggies, Asst. Fresh	1/2 cup	15	0	29	1.08	0.20	19.7	2729	451	11.65	0.66	3.21	0.12
Dip, Ranch, for Veggies	1 oz	65	5	233	0.00	*0.00	*27.7	*92	*18	*0.0	0.46	3.23	5.31
PEARS: canned,light syrup	.25 CUP	36	0	3	1.00	0.18	3.1	0	0	0.44	0.12	9.52	0.02
Orange Wedges	1/4 C	21	0	0	1.08	0.05	18.0	101	9	23.94	0.42	5.29	0.05
Milk, Chocolate FF, Carton	8 oz	120	5	180	*N/A*	0.00	300.0	500	100	1.2	8.0	20.0	0.0
Milk, Low Fat, Carton	8 oz	110	10	130	*N/A*	0.00	300.0	500	100	2.4	8.0	13.0	2.5
Weighted Daily Average		662	*49	1247	*9.40	*5.14	*666.7	*4174	*671	*38.75	37.24	83.98	19.08
% of Calories											22.5%	50.8%	26.0%

Tue - 10/06/2015													
Lunch	Total												
Pizza, Real Slice Cheese	1 slice	270	10	800	4.00	5.40	250.0	500	110	0.0	15.0	32.0	10.0
BROCCOLI: frozen, boiled	1/2 CUP	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11
PEACHES: canned,light syrup	.25 CUP	30	0	5	0.00	0.00	0.0	150	27	0.6	0.0	7.0	0.0
FRUIT COCKTAIL:canned,lt syrup	.25 CUP	30	0	5	0.00	0.00	0.0	100	16	0.6	0.0	7.5	0.0
Salad Bar	1 1/8Cup no Drsg	76	0	192	4.21	1.36	39.2	1789	88	8.78	4.48	12.42	1.37
Dressing, French, R/F, 2 Tbl	1.15 oz	51	0	306	0.00	0.00	0.0	0	0	0.0	0.0	7.13	2.04
Dressing, Ranch, Light-Done-Ri	2 Tbsp	70	10	350	0.00	0.00	0.0	0	0	0.0	0.0	7.0	4.5
Milk, Chocolate FF, Carton	8 oz	120	5	180	*N/A*	0.00	300.0	500	100	1.2	8.0	20.0	0.0
Milk, Low Fat, Carton	8 oz	110	10	130	*N/A*	0.00	300.0	500	100	2.4	8.0	13.0	2.5
Weighted Daily Average		607	22	1495	*10.97	7.32	619.5	3969	514	48.68	30.33	87.41	16.00
% of Calories											20.0%	57.6%	23.7%

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Wed - 10/07/2015													
Lunch	Total												
Ham, Turkey for Brunch-JennieO	3.01 oz	100	60	530	0.00	1.08	0.0	0	62	1.2	15.0	1.0	4.5
French Toast Sticks, WG	3 sticks	255	0	300	3.00	2.70	225.0	0	127	7.2	6.0	36.0	9.0
Syrup: Pancake Maple Flavored	.75 oz	79	0	36	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	19.5	0.0
Potato, Tater Triangles, 3 pc	3 Taters	140	0	330	2.00	0.36	0.0	0	0	3.6	1.0	17.0	7.0
Jicama Sticks	1/4 Cup	11	0	1	1.50	0.18	2.5	13	2	6.0	0.25	2.75	0.0
Orange, Mandarin Segments	1/4 Cup	40	0	12	0.50	0.18	10.0	150	30	13.5	0.5	9.0	0.0
Grapes, Lunch Bunch	.25 cup	30	0	5	0.34	0.00	0.0	0	0	0.0	0.0	7.76	0.0
Milk, Chocolate FF, Carton	8 oz	120	5	180	*N/A*	0.00	300.0	500	100	1.2	8.0	20.0	0.0
Milk, Low Fat, Carton	8 oz	110	10	130	*N/A*	0.00	300.0	500	100	2.4	8.0	13.0	2.5
Weighted Daily Average		771	67	1369	*7.34	*4.50	*537.5	*662	*322	*33.30	30.75	109.51	21.75
% of Calories											16.0%	56.8%	25.4%

Thu - 10/08/2015													
Lunch	Total												
Tortilla, 6" Flour Catallia WW	2 tortillas	140	0	210	4.00	0.00	80.0	0	0	0.0	4.0	26.0	4.0
Taco Meat, Jennie-O	2.25 oz	91	42	288	0.00	1.09	30.3	152	15	0.0	11.36	2.27	4.55
Cheese, Cheddar, Red Fat/Shred	1/2 oz	40	8	103	0.00	0.36	128.5	89	18	0.0	3.85	0.0	2.6
Sour Cream, Light - Kemps 1Tb	1 Tbls	38	9	33	0.00	0.00	56.7	189	38	0.0	0.94	2.83	2.36
Salsa	1/8 Cup	10	0	135	0.00	0.00	20.0	100	20	1.2	0.0	2.0	0.0
Lettuce, Romaine Shredded	1/4 C	2	0	1	0.25	0.11	3.9	1023	31	0.47	0.14	0.39	0.04
Tomato, Diced	1/8 cup	4	0	1	0.27	0.06	2.2	187	14	3.08	0.2	0.88	0.04
Beans, Black	1/4 Cup	55	0	230	4.40	1.14	21.0	2	0	1.6	3.62	9.94	0.17
Rice/Brown/Long Gr/Quik Cook	1/3 Cup	72	0	3	1.20	0.27	6.7	0	0	0.0	1.68	14.93	0.59
CORN: frozen, yellow	1/2 CUP	67	0	1	1.98	0.39	2.5	164	18	2.89	2.1	15.92	0.55
FRUIT COCKTAIL:canned,lt syrup	.25 CUP	30	0	5	0.00	0.00	0.0	100	16	0.6	0.0	7.5	0.0
Pineapple Tidbits in Juice	.25 Cup	40	0	0	0.50	0.18	10.0	*N/A*	*N/A*	3.0	0.0	9.5	0.0
Milk, Chocolate FF, Carton	8 oz	120	5	180	*N/A*	0.00	300.0	500	100	1.2	8.0	20.0	0.0
Milk, Low Fat, Carton	8 oz	110	10	130	*N/A*	0.00	300.0	500	100	2.4	8.0	13.0	2.5
Weighted Daily Average		649	62	965	*10.14	2.95	609.9	*1756	*219	11.46	33.45	100.64	14.84
% of Calories											20.6%	62.0%	20.6%

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Lunch

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Fri - 10/09/2015													
Lunch	Total												
Chicken Nugget, Shape 3pc	3 nuggets	250	35	350	2.00	1.44	20.0	*N/A*	*N/A*	*N/A*	14.0	15.0	14.0
Ranch or BBQ Sauce	1 oz	48	4	322	0.00	*0.00	*0.0	*0	*0	*0.0	0.0	6.85	1.99
Pretzel, Soft Nuggets,.5oz=.5G	nugget	30	0	30	0.50	0.36	0.0	0	0	0.0	1.0	6.5	0.0
Pretzel, Soft Nuggets,.5oz=.5G	nugget	30	0	30	0.50	0.36	0.0	0	0	0.0	1.0	6.5	0.0
Cheese Sauce, Lite Cheddar	1 oz	22	0	200	0.00	0.00	20.0	50	300	0.0	0.5	3.5	0.75
CAULIFLOWER: frozen,boiled	1/2 CUP	17	0	16	2.43	0.37	15.3	9	2	28.17	1.45	3.38	0.2
Veggies, Asst. Fresh	1/2 cup	15	0	29	1.08	0.20	19.7	2729	451	11.65	0.66	3.21	0.12
Dip, Ranch, for Veggies	1 oz	65	5	233	0.00	*0.00	*27.7	*92	*18	*0.0	0.46	3.23	5.31
PEACHES: canned,light syrup	.25 CUP	30	0	5	0.00	0.00	0.0	150	27	0.6	0.0	7.0	0.0
Applesauce, BULK, Swt+UnSwt	1/4 CUP	35	0	4	0.88	0.04	1.0	9	2	0.38	0.05	9.19	0.01
Cookie, Sugar, 1oz, WG	Cookie	100	0	135	0.50	0.00	0.0	0	0	0.0	0.0	20.0	2.0
Milk, Chocolate FF, Carton	8 oz	120	5	180	*N/A*	0.00	300.0	500	100	1.2	8.0	20.0	0.0
Milk, Low Fat, Carton	8 oz	110	10	130	*N/A*	0.00	300.0	500	100	2.4	8.0	13.0	2.5
Weighted Daily Average		733	49	1349	*7.88	*2.77	*403.7	*3539	*900	*42.60	27.13	97.44	24.64
% of Calories											14.8%	53.2%	30.2%

Mon - 10/12/2015													
Lunch	Total												
Pizza, Portesi Chz Fries, W/W	1 svg	339	60	536	3.09	7.38	400.3	584	117	0.0	18.9	29.14	15.35
Marinara/Pizza Sauce Blend	.25 cup	40	0	70	1.50	0.36	15.0	1875	200	7.5	1.0	6.75	1.12
GREEN BEANS: frozen,boiled	1/2 CUP	19	0	1	2.03	0.45	28.4	376	27	2.77	1.01	4.35	0.11
Carrots, Baby Raw	1/4 Cup	13	0	21	0.85	0.09	10.1	5127	858	1.8	0.28	2.92	0.07
Dip, Ranch, for Veggies	.5 oz	32	2	117	0.00	*0.00	*13.9	*46	*9	*0.0	0.23	1.62	2.65
Pineapple Tidbits in Juice	.25 Cup	40	0	0	0.50	0.18	10.0	*N/A*	*N/A*	3.0	0.0	9.5	0.0
Orange, Mandarin Segments	1/4 Cup	40	0	12	0.50	0.18	10.0	150	30	13.5	0.5	9.0	0.0
Milk, Chocolate FF, Carton	8 oz	120	5	180	*N/A*	0.00	300.0	500	100	1.2	8.0	20.0	0.0
Milk, Low Fat, Carton	8 oz	110	10	130	*N/A*	0.00	300.0	500	100	2.4	8.0	13.0	2.5
Weighted Daily Average		638	70	912	*8.47	*8.64	*787.5	*8658	*1341	*30.37	29.92	79.78	20.57
% of Calories											18.8%	50.0%	29.0%

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Tue - 10/13/2015													
Lunch	Total												
Salisbury Stk w LS Gravy,Cnstg	1 serving	168	65	550	1.00	1.80	21.1	200	22	2.4	14.0	6.83	8.71
Potato, Instant Mashed, L/S	1/2 Cup	80	17	3	1.00	0.36	22.8	0	0	30.0	1.0	17.0	1.0
PEACHES: canned,light syrup	.25 CUP	30	0	5	0.00	0.00	0.0	150	27	0.6	0.0	7.0	0.0
Apple Slices	.25 Cup	32	0	8	0.55	0.25	7.7	0	0	0.0	0.25	7.4	0.15
Roll, Cinnamon, W/G 2.5oz	1 roll	326	15	311	3.00	1.44	28.7	192	38	0.06	5.24	61.64	6.78
Salad Bar	1 1/8Cup no Drsg	76	0	192	4.21	1.36	39.2	1789	88	8.78	4.48	12.42	1.37
Dressing, French, R/F, 2 Tbl	1.15 oz	51	0	306	0.00	0.00	0.0	0	0	0.0	0.0	7.13	2.04
Dressing, Ranch, Light-Done-Ri	2 Tbsp	70	10	350	0.00	0.00	0.0	0	0	0.0	0.0	7.0	4.5
Milk, Chocolate FF, Carton	8 oz	120	5	180	*N/A*	0.00	300.0	500	100	1.2	8.0	20.0	0.0
Milk, Low Fat, Carton	8 oz	110	10	130	*N/A*	0.00	300.0	500	100	2.4	8.0	13.0	2.5
Weighted Daily Average		724	102	1397	*8.25	4.48	405.2	2735	256	43.62	30.34	105.04	19.13
% of Calories											16.8%	58.0%	23.8%

Wed - 10/14/2015													
Lunch	Total												
Sandwich, Lunchmeat Combo Sub	1 sub	328	73	1047	3.00	2.46	183.3	200	46	1.8	22.33	29.5	13.83
Mayonnaise, 1 tsp	1 tsp	17	0	37	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	0.67	1.5
Mustard	1 Tsp	4	0	63	0.05	0.10	4.2	0	0	0.0	0.24	0.32	0.22
Hot Dog on 2G, turkey dog	SERVING	280	60	530	3.00	3.24	300.0	100	40	1.2	14.0	32.0	11.0
Ketchup, Red Gold Bulk (1Tbs)	.6 oz	20	0	160	0.00	0.00	0.0	100	60	1.2	0.0	5.0	0.0
Beans, Baked, .6USDA+.3Bush LS	.5 Cup	120	0	220	4.67	1.80	53.3	0	18	0.0	5.33	23.33	0.0
Carrots, Baby Raw	1/4 Cup	13	0	21	0.85	0.09	10.1	5127	858	1.8	0.28	2.92	0.07
Dip, Ranch, for Veggies	.5 oz	32	2	117	0.00	*0.00	*13.9	*46	*9	*0.0	0.23	1.62	2.65
PEARS: canned,light syrup	.25 CUP	36	0	3	1.00	0.18	3.1	0	0	0.44	0.12	9.52	0.02
Grapes, Lunch Bunch	.25 cup	30	0	5	0.34	0.00	0.0	0	0	0.0	0.0	7.76	0.0
Milk, Chocolate FF, Carton	8 oz	120	5	180	*N/A*	0.00	300.0	500	100	1.2	8.0	20.0	0.0
Milk, Low Fat, Carton	8 oz	110	10	130	*N/A*	0.00	300.0	500	100	2.4	8.0	13.0	2.5
Weighted Daily Average		610	76	1329	*7.55	*4.07	*597.5	*5874	*1049	*6.14	29.58	83.73	17.27
% of Calories											19.4%	54.9%	25.5%

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Howard-Suamico

Oct 1, 2015 thru Oct 29, 2015 Spreadsheet - Portion Values

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Lunch

	Portion Size	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)
Thu - 10/15/2015													
Lunch	Total												
PIZZA SCHMIZZA @ FOREST GLEN	1 EA	280	30	380	5.00	1.80	500.0	500	100	2.4	23.0	31.0	9.0
Meatballs, 5ea = 2 Meat	5 meatballs	150	35	250	1.00	1.80	40.0	100	1	1.2	14.0	4.0	9.0
Marinara Sauce	.25 cup	45	0	70	1.00	0.00	10.0	2500	150	0.0	1.0	7.5	1.75
Sauce, BBQ, 2 Tbl	1.29 oz	61	0	213	0.00	0.00	0.0	0	0	0.0	0.0	14.22	0.0
Pretzel, Soft Stick 1oz, 2=2G	2 Sticks	140	0	130	2.00	1.44	0.0	0	0	0.0	4.0	28.0	1.0
Cheese Sauce, Lite Cheddar	1 oz	22	0	200	0.00	0.00	20.0	50	300	0.0	0.5	3.5	0.75
CAULIFLOWER: frozen,boiled	1/2 CUP	17	0	16	2.43	0.37	15.3	9	2	28.17	1.45	3.38	0.2
Veggies, Asst. Fresh	1/2 cup	15	0	29	1.08	0.20	19.7	2729	451	11.65	0.66	3.21	0.12
Dip, Ranch, for Veggies	1 oz	65	5	233	0.00	*0.00	*27.7	*92	*18	*0.0	0.46	3.23	5.31
Pineapple Tidbits in Juice	.25 Cup	40	0	0	0.50	0.18	10.0	*N/A*	*N/A*	3.0	0.0	9.5	0.0
FRUIT COCKTAIL:canned,lt syrup	.25 CUP	30	0	5	0.00	0.00	0.0	100	16	0.6	0.0	7.5	0.0
Milk, Chocolate FF, Carton	8 oz	120	5	180	*N/A*	0.00	300.0	500	100	1.2	8.0	20.0	0.0
Milk, Low Fat, Carton	8 oz	110	10	130	*N/A*	0.00	300.0	500	100	2.4	8.0	13.0	2.5
Pudding, Chocolate ZTF	1/4 Cup	50	0	75	0.00	0.18	0.0	0	0	0.0	0.0	9.5	1.0
Weighted Daily Average		604	43	979	*7.86	*3.31	*640.9	*3650	*704	*43.21	31.29	83.26	16.58
% of Calories											20.7%	55.1%	24.7%

Fri - 10/16/2015													
Lunch	Total												
Chicken Nugget Giggles, 2pc	2 pieces	290	40	410	2.00	1.80	40.0	0	0	0.0	17.0	18.0	17.0
Ranch or BBQ Sauce	1 oz	48	4	322	0.00	*0.00	*0.0	*0	*0	*0.0	0.0	6.85	1.99
Bread, Dinner Roll, 1.25 Sara	Roll	110	0	170	2.00	1.08	150.0	0	0	0.0	4.0	20.0	1.0
Margarine	1 tsp	33	0	36	0.00	*N/A*	*N/A*	165	33	*N/A*	0.0	0.0	3.63
Potato, Sweet, Crosstrax Cut	1/4 cup	98	0	161	2.10	0.25	14.0	3498	420	0.84	0.7	16.09	3.5
Dip, Ranch, for Veggies	.5 oz	32	2	117	0.00	*0.00	*13.9	*46	*9	*0.0	0.23	1.62	2.65
BROCCOLI: frozen, boiled	1/2 CUP	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11
Fruit, Mixed, cnd, lt syrup	.25 CUP	30	0	2	0.50	0.00	0.0	100	16	0.6	0.0	7.5	0.0
APPLESAUCE: Swt Bulk	.25 CUP	45	0	8	1.00	0.00	0.0	0	1	0.0	0.0	11.5	0.0
Milk, Chocolate FF, Carton	8 oz	120	5	180	*N/A*	0.00	300.0	500	100	1.2	8.0	20.0	0.0
Milk, Low Fat, Carton	8 oz	110	10	130	*N/A*	0.00	300.0	500	100	2.4	8.0	13.0	2.5
Weighted Daily Average		786	52	1212	*10.36	*3.69	*548.2	*5157	*736	*40.13	32.78	99.56	28.32
% of Calories											16.7%	50.6%	32.4%

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Lunch

	Portion Size	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)
Mon - 10/19/2015													
Lunch	Total												
Cheese Sticks, Schwan's	2-count	310	40	590	3.00	1.80	400.0	200	40	0.0	18.0	31.0	13.0
Soup, Tomato, Katy's Kitchen	.75 Cup	60	0	295	2.25	1.08	17.7	375	75	0.0	1.5	11.25	1.12
Veggies, Asst. Fresh	1/2 cup	15	0	29	1.08	0.20	19.7	2729	451	11.65	0.66	3.21	0.12
Dip, Ranch, for Veggies	1 oz	65	5	233	0.00	*0.00	*27.7	*92	*18	*0.0	0.46	3.23	5.31
Orange, Mandarin Segments	1/4 Cup	40	0	12	0.50	0.18	10.0	150	30	13.5	0.5	9.0	0.0
PEARS: canned,light syrup	.25 CUP	36	0	3	1.00	0.18	3.1	0	0	0.44	0.12	9.52	0.02
Milk, Chocolate FF, Carton	8 oz	120	5	180	*N/A*	0.00	300.0	500	100	1.2	8.0	20.0	0.0
Milk, Low Fat, Carton	8 oz	110	10	130	*N/A*	0.00	300.0	500	100	2.4	8.0	13.0	2.5
Weighted Daily Average		640	52	1318	*7.83	*3.44	*778.2	*4047	*715	*27.39	29.24	83.72	20.83
% of Calories											18.3%	52.3%	29.3%

Tue - 10/20/2015													
Lunch	Total												
Chip: Corn,Bar O Fun 2oz	1 svg	100	0	70	1.33	0.24	13.3	67	13	0.8	1.33	11.99	4.66
Nacho Meat	3 oz	119	49	368	0.53	1.65	30.9	137	27	0.6	14.29	4.28	5.62
Cheese Sauce, Lite Cheddar	1 oz	22	0	200	0.00	0.00	20.0	50	300	0.0	0.5	3.5	0.75
Lettuce, Romaine Shredded	1/4 C	2	0	1	0.25	0.11	3.9	1023	31	0.47	0.14	0.39	0.04
Tomato, Diced	1/8 cup	4	0	1	0.27	0.06	2.2	187	14	3.08	0.2	0.88	0.04
Olives, Black	1 Tbs	15	0	58	0.00	0.00	0.0	50	10	0.0	0.0	0.0	1.25
Salsa	1/4 Cup	20	0	270	0.00	0.00	40.0	200	40	2.4	0.0	4.0	0.0
Sour Cream, Light - Kemps 1Tb	.5 oz	19	5	17	0.00	0.00	28.3	94	19	0.0	0.47	1.42	1.18
Rice/Brown/Long Gr/Quik Cook	.33 Cup	71	0	3	1.19	0.27	6.6	0	0	0.0	1.66	14.78	0.58
REFRIED BEANS: canned	.25 CUP	54	0	267	3.03	0.99	19.6	0	0	3.57	3.22	9.08	0.7
Jicama Sticks	1/4 Cup	11	0	1	1.50	0.18	2.5	13	2	6.0	0.25	2.75	0.0
Dip, Ranch, for Veggies	.5 oz	32	2	117	0.00	*0.00	*13.9	*46	*9	*0.0	0.23	1.62	2.65
PEACHES: canned,light syrup	.25 CUP	30	0	5	0.00	0.00	0.0	150	27	0.6	0.0	7.0	0.0
Pineapple Tidbits in Juice	.25 Cup	40	0	0	0.50	0.18	10.0	*N/A*	*N/A*	3.0	0.0	9.5	0.0
Milk, Chocolate FF, Carton	8 oz	120	5	180	*N/A*	0.00	300.0	500	100	1.2	8.0	20.0	0.0
Milk, Low Fat, Carton	8 oz	110	10	130	*N/A*	0.00	300.0	500	100	2.4	8.0	13.0	2.5
Weighted Daily Average		563	61	1224	*6.23	*2.97	*441.0	*1740	*536	*17.56	27.45	72.40	16.83
% of Calories											19.5%	51.4%	26.9%

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Lunch

	Portion Size	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)
Wed - 10/21/2015													
Lunch	Total												
Pizza, Pepperoni W/W, Portesi	1 piece	320	35	650	3.60	7.10	370.7	556	82	5.0	19.74	32.2	11.48
California Vegetable Blend	1/2 Cup	24	0	26	2.57	0.44	33.1	3789	566	26.19	1.94	4.91	0.14
Fruit, Mixed, cnd, lt syrup	.25 CUP	30	0	2	0.50	0.00	0.0	100	16	0.6	0.0	7.5	0.0
Banana, Petite	banana	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33
Salad Bar	1 1/8Cup no Drsg	76	0	192	4.21	1.36	39.2	1789	88	8.78	4.48	12.42	1.37
Dressing, French, R/F, 2 Tbl	1.15 oz	51	0	306	0.00	0.00	0.0	0	0	0.0	0.0	7.13	2.04
Dressing, Ranch, Light-Done-Ri	2 Tbsp	70	10	350	0.00	0.00	0.0	0	0	0.0	0.0	7.0	4.5
Milk, Chocolate FF, Carton	8 oz	120	5	180	*N/A*	0.00	300.0	500	100	1.2	8.0	20.0	0.0
Milk, Low Fat, Carton	8 oz	110	10	130	*N/A*	0.00	300.0	500	100	2.4	8.0	13.0	2.5
Weighted Daily Average		715	47	1355	*13.51	9.16	748.0	6798	860	51.16	35.25	103.67	17.84
% of Calories											19.7%	58.0%	22.4%

Thu - 10/22/2015													
Lunch	Total												
Chicken, Popcorn Smackers	10 pc	250	55	810	0.00	1.44	0.0	100	20	0.0	18.0	18.0	12.0
Bread, Mini Loaf, CORN Brd .5G	Mini Loaf	80	20	50	0.80	0.36	20.0	0	20	0.0	2.0	12.0	3.0
Potato, Instant Mashed, L/S	1/2 Cup	80	17	3	1.00	0.36	22.8	0	0	30.0	1.0	17.0	1.0
CORN: frozen, yellow	1/4 CUP	33	0	0	0.99	0.19	1.2	82	9	1.44	1.05	7.96	0.28
Gravy, Poultry - Conestoga	2 oz	25	0	140	0.00	0.00	0.0	0	0	0.0	0.0	3.0	1.0
STRAWBERRIES, Whole Frozen	.5 CUP	39	0	2	2.30	0.83	18.0	50	10	45.5	0.48	10.09	0.12
Apple Slices	1/4 Cup	32	0	8	0.55	0.25	7.7	0	0	0.0	0.25	7.4	0.15
Milk, Chocolate FF, Carton	8 oz	120	5	180	*N/A*	0.00	300.0	500	100	1.2	8.0	20.0	0.0
Milk, Low Fat, Carton	8 oz	110	10	130	*N/A*	0.00	300.0	500	100	2.4	8.0	13.0	2.5
Weighted Daily Average		654	100	1169	*5.63	3.42	369.8	732	159	78.74	30.78	91.95	18.79
% of Calories											18.8%	56.2%	25.8%

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Howard-Suamico

Lunch

	Portion Size	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)
Fri - 10/23/2015													
Lunch	Total												
Fish Burger NO Cheese-2M/3G	1 sandwich	350	50	470	5.00	2.88	200.0	100	20	0.0	20.0	46.0	10.0
Sauce, Tartar 1 Tbls, Reinhart	1Tbs	27	4	118	*0.00	*0.00	*0.0	*0	*0	*N/A*	*0.0	2.94	1.68
Sloppy Joe Meat + 4" Bun--2014	.4 cup (IVO RY)	270	24	592	4.22	3.41	216.3	304	59	2.16	16.22	33.59	7.77
Cheese, Slice RS/RF, LOL, .5sl	1/2 slice	18	4	78	0.00	0.00	50.0	75	15	0.0	1.75	0.5	1.0
Macaroni W/G w/ SQUASH	1/3 Cup	115	*0	94	3.42	0.99	*22.2	*892	*91	*1.07	3.87	25.24	1.12
PEAS & CARROTS: frozen,boiled	1/2 CUP	38	0	54	2.48	0.75	18.4	7611	621	6.48	2.47	8.1	0.34
CUCUMBER,RAW	1/4 cup	4	0	1	0.21	0.07	4.2	21	2	0.95	0.18	0.64	0.05
Dip, Ranch, for Veggies	.5 oz	32	2	117	0.00	*0.00	*13.9	*46	*9	*0.0	0.23	1.62	2.65
Orange, Mandarin Segments	1/4 Cup	40	0	12	0.50	0.18	10.0	150	30	13.5	0.5	9.0	0.0
Applesauce, BULK, Swt+UnSwt	.25 CUP	35	0	4	0.88	0.04	1.0	9	2	0.38	0.05	9.19	0.01
Milk, Chocolate FF, Carton	8 oz	120	5	180	*N/A*	0.00	300.0	500	100	1.2	8.0	20.0	0.0
Milk, Low Fat, Carton	8 oz	110	10	130	*N/A*	0.00	300.0	500	100	2.4	8.0	13.0	2.5
Weighted Daily Average		694	*50	1008	*11.99	*5.13	*593.8	*9435	*896	*24.78	*34.09	110.67	14.30
% of Calories											*19.7%	63.8%	18.5%

Mon - 10/26/2015													
Lunch	Total												
Yogurt, Trix	4 oz	100	1	50	0.00	0.00	100.0	500	100	0.0	3.0	20.0	0.5
Cheese, Light String - LOL	1 stick	60	10	210	0.00	0.00	200.0	100	20	0.0	8.0	1.0	2.5
Pretzel, Fun Shapes-W/G	2.2 oz	140	0	150	3.00	1.80	20.0	0	0	1.2	5.0	30.0	0.5
Cheese Sauce, Lite Cheddar	1 oz	22	0	200	0.00	0.00	20.0	50	300	0.0	0.5	3.5	0.75
Veggies, Asst. Fresh	1/2 cup	15	0	29	1.08	0.20	19.7	2729	451	11.65	0.66	3.21	0.12
Dip, Ranch, for Veggies	1 oz	65	5	233	0.00	*0.00	*27.7	*92	*18	*0.0	0.46	3.23	5.31
Pineapple Tidbits in Juice	.25 Cup	40	0	0	0.50	0.18	10.0	*N/A*	*N/A*	3.0	0.0	9.5	0.0
Apple Slices	.25 Cup	32	0	8	0.55	0.25	7.7	0	0	0.0	0.25	7.4	0.15
Juice, Tropical Twist, Veg Bld	1/2 Cup	60	0	15	0.00	0.00	*N/A*	500	100	60.0	0.0	14.0	0.0
Milk, Chocolate FF, Carton	8 oz	120	5	180	*N/A*	0.00	300.0	500	100	1.2	8.0	20.0	0.0
Milk, Low Fat, Carton	8 oz	110	10	130	*N/A*	0.00	300.0	500	100	2.4	8.0	13.0	2.5
Weighted Daily Average		649	23	1051	*5.12	*2.42	*705.1	*4472	*1090	*77.65	25.87	108.34	11.08
% of Calories											15.9%	66.8%	15.4%

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Lunch

	Portion Size	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)
Tue - 10/27/2015													
Lunch	Total												
PIZZA SCHMIZZA @ HO & MB	1 EA	280	30	380	5.00	1.80	500.0	500	100	2.4	23.0	31.0	9.0
Lasagna Bake-Homemade	Portion	260	38	411	3.57	2.59	289.1	3507	701	38.85	17.93	21.18	12.13
Bread, Garlic Toast, W/G	1 slice	70	0	140	1.00	0.72	0.0	0	20	0.0	2.0	12.0	2.5
BROCCOLI: frozen, boiled	1/2 CUP	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11
Salad Bar	1 1/8Cup no Drsg	76	0	192	4.21	1.36	39.2	1789	88	8.78	4.48	12.42	1.37
Dressing, French, R/F, 2 Tbl	1.15 oz	51	0	306	0.00	0.00	0.0	0	0	0.0	0.0	7.13	2.04
Dressing, Ranch, Light-Done-Ri	2 Tbsp	70	10	350	0.00	0.00	0.0	0	0	0.0	0.0	7.0	4.5
Orange, Mandarin Segments	1/4 Cup	40	0	12	0.50	0.18	10.0	150	30	13.5	0.5	9.0	0.0
PEARS: canned,light syrup	.25 CUP	36	0	3	1.00	0.18	3.1	0	0	0.44	0.12	9.52	0.02
Milk, Chocolate FF, Carton	8 oz	120	5	180	*N/A*	0.00	300.0	500	100	1.2	8.0	20.0	0.0
Milk, Low Fat, Carton	8 oz	110	10	130	*N/A*	0.00	300.0	500	100	2.4	8.0	13.0	2.5
Weighted Daily Average		693	47	1236	*13.76	5.19	777.2	5372	812	82.04	38.41	97.52	19.08
% of Calories											22.2%	56.3%	24.8%

Wed - 10/28/2015													
Lunch	Total												
Chicken Nugget, Shape 3pc	3 nuggets	250	35	350	2.00	1.44	20.0	*N/A*	*N/A*	*N/A*	14.0	15.0	14.0
Ranch or BBQ Sauce	1 oz	48	4	322	0.00	*0.00	*0.0	*0	*0	*0.0	0.0	6.85	1.99
Bread, Dinner Roll, 1.25 Sara	Roll	110	0	170	2.00	1.08	150.0	0	0	0.0	4.0	20.0	1.0
Margarine	1 tsp	33	0	36	0.00	*N/A*	*N/A*	165	33	*N/A*	0.0	0.0	3.63
Beans, Baked, .6USDA+.3Bush LS	.5 Cup	120	0	220	4.67	1.80	53.3	0	18	0.0	5.33	23.33	0.0
CUCUMBER,RAW	1/4 cup	4	0	1	0.21	0.07	4.2	21	2	0.95	0.18	0.64	0.05
Fruit, Mixed, cnd, lt syrup	.25 CUP	30	0	2	0.50	0.00	0.0	100	16	0.6	0.0	7.5	0.0
Applesauce, BULK, Swt+UnSwt	.25 CUP	35	0	4	0.88	0.04	1.0	9	2	0.38	0.05	9.19	0.01
Cookie, shaped, seasonal WG	Cookie	160	15	80	1.00	0.72	0.0	100	20	0.0	2.0	18.0	9.0
Milk, Chocolate FF, Carton	8 oz	120	5	180	*N/A*	0.00	300.0	500	100	1.2	8.0	20.0	0.0
Milk, Low Fat, Carton	8 oz	110	10	130	*N/A*	0.00	300.0	500	100	2.4	8.0	13.0	2.5
Weighted Daily Average		765	54	1190	*8.42	*3.88	*501.8	*845	*172	*3.73	29.89	96.35	26.44
% of Calories											15.6%	50.4%	31.1%

Thu - 10/29/2015													
Lunch	Total												
NO SCHOOL	SERVING	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Howard-Suamico

Oct 1, 2015 thru Oct 29, 2015 Spreadsheet - Portion Values Lunch

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Oct 2, 2015

Portion Size	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)
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Weighted Average		681	*58	1221	*9.39	*4.48	*600.1	*4439	*688	*43.59	*31.37 *18.4%	96.12 56.4%	18.97 25.1%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	681		640	106%				*Target effective with 2014-2015 School Year!
Cholesterol (mg)	58				Missing			
Sodium (mg)	1221		1300					
Fiber (g)	9.39				Missing			
Iron (mg)	4.48		3.30	136%	Missing			
Calcium (mg)	600.1		267.00	225%	Missing			
Vitamin A (IU)	4439		1033	430%	Missing			
Vitamin A (RE)	688		207	333%	Missing			
Vitamin C (mg)	43.59		15.00	291%	Missing			
Protein (g)	31.37	18.41%	8.78	357%	Missing			
Carbohydrate (g)	96.12	56.43%						
Total Fat (g)	18.97	25.06%	<=30.00%					

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