

Linn-Mar Community Schools

Feb 12, 2018 thru Feb 23, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 1

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	Portion Size	Reimb 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)
Mon - 02/12/2018															
High School Food Court Men	Total	320													
grilled cheese: 4 s ¹	1 EACH	300	396	54	1131	4.00	1.54	392.0	685	0.0	*4	20.56	32.9	22.39	12.37
soup tomato healthy request	1/2 cup	275	71	0	368	0.89	0.33	2.4	356	5.34	*9	0.89	14.23	0.89	0.00
salad, veg, daily line HS	1 EACH	100	109	0	214	10.97	8.62	313.6	42645	85.63	*2	10.13	19.5	1.67	0.25
fruit, canned, variety (hs)	1 CUP	100	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	100	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	20	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	170	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints ¹	1 each	275	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12
pb&j sandwich	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average			743	61	1771	9.74	5.13	816.1	15114	49.70	*41	33.46	100.33	26.37	13.00
% of Calories											*22.0%	18.0%	54.0%	31.9%	15.7%
Nutrient Guideline			750-850		1420										<10.00

	Portion Size	Reimb 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)
Tue - 02/13/2018															
High School Food Court Men	Total	320													
fish sw ¹	1 each	100	340	35	440	5.00	2.52	220.0	0	0.0	5	18.0	47.0	10.0	1.50
hamburger on a bun ¹	1 each	200	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
cheese american	1 slice	50	53	14	211	0.00	0.03	78.0	136	0.0	*N/A*	3.14	0.23	4.43	2.79
fry waffle.	4 oz	250	227	0	653	2.67	0.96	0.0	0	1.6	*N/A*	2.67	28.0	12.0	2.67
salad, veg, daily line HS	1 EACH	100	109	0	214	10.97	8.62	313.6	42645	85.63	*2	10.13	19.5	1.67	0.25
fruit, canned, variety (hs)	1 CUP	25	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	250	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	100	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup ¹	1 tbsp	50	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard ¹	1 tsp	30	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
tartar sauce ¹	2 tbsp	25	100	5	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00
pickle slices ¹	2 EACH	150	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	100	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints ¹	1 each	300	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12
pb&j sandwich	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00
yogurt parfaits,fruit&gran HS	serving	5	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average			810	43	1438	12.25	7.28	706.6	14230	61.51	*36	35.01	118.12	24.94	6.69
% of Calories											*17.7%	17.3%	58.3%	27.7%	7.4%
Nutrient Guideline			750-850		1420										<10.00

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

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Linn-Mar Community Schools

Feb 12, 2018 thru Feb 23, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 2

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	Portion Size	Reimb 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)
Wed - 02/14/2018															
High School Food Court Men	Total	320													
pasta variety HS2	1 CUP	300	243	17	235	2.99	1.79	133.5	99	0.0	2	9.92	43.23	3.71	1.73
sauce, alfredo HS	1/4 cup	120	150	25	330	0.00	0.00	50.0	50	0.0	2	2.5	3.5	14.0	6.50
spaghetti meat sauce	1/2 cup	180	205	37	142	0.96	1.05	13.3	0	0.85	6	9.82	9.48	13.85	4.87
breadstick^	1 oz	275	80	0	100	1.50	0.00	0.0	0	0.0	1	3.0	14.5	1.0	0.00
salad, veg, daily line HS	1 EACH	150	109	0	214	10.97	8.62	313.6	42645	85.63	*2	10.13	19.5	1.67	0.25
fruit, canned, variety (hs)	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	20	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	170	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
cheese parmesan grated	2 TSP	100	23	3	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00
milk vty half pints^	1 each	250	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12
pb&j sandwich	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00
yogurt parfaits.fruit&gran HS	serving	5	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average			816	57	947	12.19	7.05	638.4	21034	66.30	*41	33.21	124.88	22.62	8.45
% of Calories											*20.3%	16.3%	61.2%	25.0%	9.3%
Nutrient Guideline			750-850		1420										<10.00

Thu - 02/15/2018															
High School Food Court Men	Total	320													
pork, unsauced pulled	3 OZ	150	102	51	217	0.00	0.92	0.0	0	0.0	0	17.87	0.0	2.55	0.64
bbq pulled pork	3 OZ	100	264	102	782	0.00	1.16	0.0	192	5.76	*N/A*	33.25	8.64	9.65	2.68
bun,hamburger, whlgr	1 each	250	160	0	200	3.00	1.80	200.0	0	0.0	4	7.0	31.0	2.0	0.00
baked beans^	1/2 CUP	150	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
salad, veg, daily line HS	1 EACH	150	109	0	214	10.97	8.62	313.6	42645	85.63	*2	10.13	19.5	1.67	0.25
fruit, canned, variety (hs)	1 CUP	25	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	200	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	20	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
pickle slices^	2 EACH	225	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
mustard^	1 tsp	25	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	85	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	300	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12
pb&j sandwich	2 each	5	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00
yogurt parfaits,fruit&gran HS	serving	5	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
brownie HS (usda)	1 each	250	312	57	195	3.74	1.69	45.8	3592	0.0	*29	5.08	47.2	12.76	3.59

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Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 3

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	Portion Size	Reimb 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)
Weighted Daily Average			873	110	1333	14.95	9.20	733.8	23700	67.18	*58	46.96	135.94	19.67	5.31
% of Calories											*26.8%	21.5%	62.3%	20.3%	5.5%
Nutrient Guideline			750-850		1420										<10.00

Fri - 02/16/2018															
High School Food Court Men	Total	320													
pizza 5" cheese ^	1 each	150	320	10	610	5.00	2.70	250.0	300	0.0	5	15.0	40.0	11.0	3.50
pizza, personal pan pepp^	1 each	150	340	20	730	5.00	2.97	255.0	425	1.2	5	17.5	40.5	12.0	3.88
romaine lettuce^	1 cup	150	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09
salad, veg, daily line HS	1 EACH	150	109	0	214	10.97	8.62	313.6	42645	85.63	*2	10.13	19.5	1.67	0.25
fruit, canned, variety (hs)	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	20	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	85	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty 1/2 pint LM MS/HS	1 each	300	119	6	177	0.00	1.29	300.0	500	1.2	19	8.0	20.57	0.36	0.21
pb&j sandwich	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average			641	20	1014	14.56	9.35	731.9	30506	70.96	*48	30.71	103.75	14.12	4.11
% of Calories											*30.0%	19.2%	64.7%	19.8%	5.8%
Nutrient Guideline			750-850		1420										<10.00

Mon - 02/19/2018															
High School Food Court Men	Total	1													
NO LUNCH	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420										<10.00

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Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 4

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	Portion Size	Reimb 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)
Tue - 02/20/2018															
High School Food Court Men	Total	320													
chicken nuggets^	6 each	300	350	65	452	1.94	2.10	22.6	147	0.94	0	26.43	19.68	19.0	2.19
rolls, hot^	2 oz	200	205	12	234	2.30	1.92	67.9	452	3.48	*4	5.03	29.14	7.83	2.10
french fries^	1/2 cup	250	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37	0.00
salad, veg, daily line HS	1 EACH	75	109	0	214	10.97	8.62	313.6	42645	85.63	*2	10.13	19.5	1.67	0.25
fruit, canned, variety (hs)	1 CUP	25	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
dressing ranch light^	2 TBSP	85	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
margarine cup^	1 each	150	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
ketchup^	1 tbsp	100	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
BBQ sauce, PC cup^	1 EACH	150	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
milk vty half pints^	1 each	250	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12
pb&j sandwich	2 each	5	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00
yogurt parfaits.fruit&gran HS	serving	5	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average			869	79	1136	9.24	6.40	448.2	11184	49.07	*27	42.64	109.38	30.27	4.56
% of Calories											*12.2%	19.6%	50.3%	31.3%	4.7%
Nutrient Guideline			750-850		1420										<10.00

Wed - 02/21/2018															
High School Food Court Men	Total	320													
pasta variety HS1	1 CUP	300	210	0	75	4.00	9.99	120.0	0	0.0	2	7.0	43.0	1.5	0.00
sauce, alfredo HS	1/4 cup	120	150	25	330	0.00	0.00	50.0	50	0.0	2	2.5	3.5	14.0	6.50
sauce,marinara w/meatballs HS	serving	180	210	35	270	4.00	2.52	60.0	600	4.8	7	16.0	14.0	10.0	3.50
breadstick^	1 oz	275	80	0	100	1.50	0.00	0.0	0	0.0	1	3.0	14.5	1.0	0.00
salad, veg, daily line HS	1 EACH	150	109	0	214	10.97	8.62	313.6	42645	85.63	*2	10.13	19.5	1.67	0.25
fruit, canned, variety (hs)	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	20	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	170	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
cheese parmesan grated	2 TSP	150	23	3	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00
milk vty half pints^	1 each	250	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12
pb&j sandwich	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00
yogurt parfaits.fruit&gran HS	serving	5	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
WHOLE WHEAT SUGAR COOKIE	1 COOKIE	200	175	13	197	1.85	0.70	28.0	2249	0.01	*16	2.67	28.07	6.13	2.64

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Portion Values - Detailed

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	Portion Size	Reimb 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)
Weighted Daily Average			900	48	1003	16.00	16.00	679.9	22684	68.53	*52	35.92	144.75	22.47	7.86
% of Calories											*23.2%	16.0%	64.3%	22.5%	7.9%
Nutrient Guideline			750-850		1420										<10.00

Thu - 02/22/2018															
High School Food Court Men	Total	320													
taco meat w/ beef crumbles^	2 oz	350	90	20	140	0.44	1.45	16.5	311	1.73	*2	8.55	3.51	4.69	1.67
tortilla-2 or taco shells 2	serving	350	120	0	105	2.67	0.24	46.7	0	0.0	*0	2.67	19.67	4.0	1.17
cheese cheddar shredded^	1 oz	350	80	16	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19	3.29
lettuce,shredded^	1 cup	300	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01
tomato fresh diced^	1/8 cup	150	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01
jalapeno peppers.	1/16 cup	75	0	0	233	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
refried beans w/salsa	1/2 cup	200	138	0	325	5.09	2.77	72.5	1303	15.64	8	7.12	25.57	1.02	0.00
salad, veg, daily line HS	1 EACH	100	109	0	214	10.97	8.62	313.6	42645	85.63	*2	10.13	19.5	1.67	0.25
fruit, canned, variety (hs)	1 CUP	100	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	200	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	100	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	170	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
salsa cup^	2 oz	250	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
sour cream, pouch	1 each	250	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
milk vty half pints^	1 each	275	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12
pb&j sandwich	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average			790	49	1235	13.63	7.71	908.3	16240	75.29	*46	41.24	115.59	20.65	8.12
% of Calories											*23.1%	20.9%	58.5%	23.5%	9.3%
Nutrient Guideline			750-850		1420										<10.00

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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Linn-Mar Community Schools

Feb 12, 2018 thru Feb 23, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Reimb 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)
Fri - 02/23/2018															
High School Food Court Men	Total	320													
buffalo chix wrap w/ tortilla	1 EACH	200	510	36	948	7.84	2.33	190.1	356	0.5	*3	25.66	47.8	25.01	7.03
tator tots^	9 each	250	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11
salad, veg, daily line HS	1 EACH	100	109	0	214	10.97	8.62	313.6	42645	85.63	*2	10.13	19.5	1.67	0.25
fruit, canned, variety (hs)	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	200	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	100	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	170	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
ketchup^	1 tbsp	275	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
milk vty half pints^	1 each	200	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12
pb&j sandwich	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00
yogurt parfaits,fruit&gran HS	serving	5	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average			789	30	1399	12.92	5.18	480.5	14501	63.71	*43	29.12	114.94	25.90	6.39
% of Calories											*21.8%	14.8%	58.3%	29.5%	7.3%
Nutrient Guideline			750-850		1420										<10.00

Weighted Average			804	55	1253	12.83	8.14	682.6	18799	63.58	*44 *48.8%	36.47 18.2%	118.63 59.1%	23.00 25.8%	7.17 8.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	804		750 - 850	100%				
Cholesterol (mg)	55							
Sodium 1 (mg)	1253		1420					
Sodium 2 (mg)	1253		1080				173	Correction Required - Sodium too High
Fiber (g)	12.83							
Iron (mg)	8.14							
Calcium (mg)	682.6							
Vitamin A (IU)	18799							
Sugars (g)	44	21.68%			Missing			
Vitamin C (mg)	63.58							
Protein (g)	36.47	18.16%						
Carbohydrate (g)	118.63	59.06%						
Total Fat (g)	23.00	25.76%						
Saturated Fat (g)	7.17	8.03%	<10.00%					

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