

# KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet  
Portion Values - Detailed

LUNCH 6-8

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 03/01/2017					
LUNCH 6-8	Total	100			
EGG ROLL 2 EACH	ROLL	80	320	6	40.01
BEEF TERYAKI DIPPER 4 each **	2.8 OZ	20	150	4	6.0
RICE FRIED VEG.	SERVING (3/4C)	50	270	3	54.0
ROLL DINNER WG BAKER BOY	ROLL	20	110	*N/A*	19.0
BROCCOLI RAW 3/4 C	.75 C	60	15	*N/A*	2.79
PINEAPPLE CHUNKS 1/2 C	1/2 CUP	65	73	*N/A*	19.15
HUMMAS DIP TRADITIONAL .85 V	1 EACH	45	110	1	12.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0
Weighted Daily Average			663	*24	102.73
% of Calories				*14.5%	62.0%
Nutrient Guideline			600-700		

Thu - 03/02/2017					
LUNCH 6-8	Total	100			
Vegetarian Chili 1 c	1 CUP	25	89	*0	13.47
PRETZEL WG SOFT 2.2 OZ	1 EACH	85	123	1	26.4
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	25	80	0	0.57
CHICKEN, POPCORN	serv 3.36 oz	70	253	1	16.21
SALAD DRESSING, RANCH	1.5 OZ	55	101	*N/A*	2.73
SALAD, ROMAINE 2016	1.5 CUP	55	84	*2	19.02
BANANAS,RAW FRESH	1 EACH	75	90	12	23.07
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0
Weighted Daily Average			619	*29	87.56
% of Calories				*18.6%	56.5%
Nutrient Guideline			600-700		

Fri - 03/03/2017					
LUNCH 6-8	Total	100			
RAVIOLI, BEEF about 8	EA 1 cup	80	250	6	30.0
BREAD, TOAST GARLIC MINI	1 oz SLICE	80	70	*N/A*	12.0
CHICKEN NUGGETS, WHOLE GRAIN C	3.04 oz	20	203	0	12.0
CORN, CANNED, WHOLE-KERN: 3/4c	3/4 C	95	99	0	22.87
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	65	68	0	17.88
CARROTS, RAW BABY EL 4 oz	4 OZ	45	40	*N/A*	9.34
SALAD DRESSING, RANCH	1.5 OZ	45	101	*N/A*	2.73
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0
Weighted Daily Average			624	*22	95.78
% of Calories				*14.4%	61.4%
Nutrient Guideline			600-700		

\*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

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Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 03/06/2017					
LUNCH 6-8	Total	100			
CHICKEN NUGGETS,(5 EACH)	1 EACH	20	260	1	16.0
EGG ROLL 2 EACH	ROLL	80	320	6	40.01
RICE, BROWN LONG, 1/2 C	1/2 CUP	80	108	0	22.39
BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	65	39	0	7.4
APPLES,FRESH,W/SKIN	1 EACH	95	77	15	20.58
MILK 1% SMITH BROTHERS	HALF PINT	10	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	23.0
JUICE/FRUITABLES/TROPICAL	6.75 OZ	90	90	*N/A*	22.0
Weighted Daily Average			696	*38	118.12
% of Calories				*22.1%	67.9%
Nutrient Guideline			600-700		

Tue - 03/07/2017					
LUNCH 6-8	Total	100			
BBQ PORK HOAGIE	1 EACH	50	400	*3	39.0
CORN DOG CHICKEN	1 EACH	50	240	5	30.0
SWEET POTATO LATTICE FF 1 c	1 cup	90	333	18	43.06
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	80	68	0	17.88
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0
Weighted Daily Average			793	*36	107.41
% of Calories				*18.3%	54.2%
Nutrient Guideline			600-700		

Wed - 03/08/2017					
LUNCH 6-8	Total	100			
CHICKEN TAQUITOS 2 ea	2 EACH	60	220	*N/A*	26.0
CHICKEN FAJITA QUES W/BEAN K-8	1 EACH	40	356	*N/A*	46.47
REFRIED BEANS, TRADITIO :1/2 C	1/2 C	45	120	1	18.0
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	45	80	0	0.57
APPLESAUCE, UNSWEETENED	.5 CUP	75	52	0	13.79
CARROTS, RAW BABY EL 4 oz	4 OZ	60	40	*N/A*	9.34
SALAD DRESSING, RANCH	1.5 OZ	60	101	*N/A*	2.73
SALSA, GREEN CHILI TOMATO, CH	2 oz	60	13	*N/A*	2.77
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0
Weighted Daily Average			609	*17	80.99
% of Calories				*11.1%	53.2%
Nutrient Guideline			600-700		

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Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 03/09/2017					
LUNCH 6-8	Total	100			
BEEF FINGERS CNTRY FRD (4)	3.88	35	302	*N/A*	18.32
CHEESE, AMERICAN RF 1 slice	SLICE	65	35	*N/A*	1.0
HAMBURGER ELE	1 EACH	50	268	*0	31.0
POTATOES, MASHED INSTANT:3/4 c	3/4 c	80	135	0	25.5
GRAVY BROWN	2 OZ	80	25	*N/A*	0.0
PEACHES, DICED LIGHT S: 1/2 C	4 oz	90	53	0	13.39
ROLL DINNER WG BAKER BOY	ROLL	80	110	*N/A*	19.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0
Weighted Daily Average			640	*16	89.42
% of Calories				*10.3%	55.9%
Nutrient Guideline			600-700		

Fri - 03/10/2017					
LUNCH 6-8	Total	100			
PIZZA 4X6 TONY'S	SLICE	85	300	10	33.0
CHICKEN, POPCORN	serv 3.36 oz	15	253	1	16.21
PEARS, DICED LIGHT SYRUP 1 C	1 cup	75	116	0	30.23
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	35	21	0	4.56
COOKIE, CHOC CHIP / M&M WG (1	1 EACH	100	110	8	19.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	23.0
Weighted Daily Average			624	*35	95.25
% of Calories				*22.6%	61.0%
Nutrient Guideline			600-700		

Mon - 03/13/2017					
LUNCH 6-8	Total	100			
CORN DOG CHICKEN	1 EACH	80	240	5	30.0
BBQ PORK HOAGIE	1 EACH	20	400	*3	39.0
BEANS BAKED 1/2	1/2 CUP	35	140	*N/A*	25.0
APPLESAUCE, UNSWEETENED	.5 CUP	85	52	0	13.79
SWEET POTATO LATTICE CUT FRIES	1/2 CUP	65	85	5	11.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	23.0
Weighted Daily Average			547	*26	80.92
% of Calories				*19.2%	59.1%
Nutrient Guideline			600-700		

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Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 03/14/2017					
LUNCH 6-8	Total	100			
MANWICH SLOPPY JOE	SERVINGS	20	303	*3	35.68
CHICKEN, POPCORN	serv 3.36 oz	80	253	1	16.21
POTATO, CRINKLE CUT: 4 OZ	4 OZ	100	160	*N/A*	25.33
GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	75	21	0	4.56
BANANAS,RAW FRESH	1 EACH	80	90	12	23.07
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0
Weighted Daily Average			625	*27	86.51
% of Calories				*17.5%	55.4%
Nutrient Guideline			600-700		

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 03/15/2017					
LUNCH 6-8	Total	100			
Sweet N Sour Chicken	3.9 oz	80	190	13	25.0
BEEF FINGERS CNTRY FRD (4)	3.88	20	302	*N/A*	18.32
RICE, BROWN LONG, 3/4 C	3/4 CUP	100	162	0	33.59
BROCCOLI RAW 3/4 C	.75 C	65	15	*N/A*	2.79
MANDARIN ORANGE SEGMENTS: 1/2c	.5 CUP	80	90	*N/A*	21.0
SALAD DRESSING, RANCH	1.5 OZ	65	101	*N/A*	2.73
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0
Weighted Daily Average			635	*27	96.84
% of Calories				*16.9%	61.0%
Nutrient Guideline			600-700		

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 03/16/2017					
LUNCH 6-8	Total	100			
TACO BEEF & BEAN K-8 GRADE	2 each	20	127	*0	12.07
PIZZA STICK BOSCO 7 "	STICK	80	240	3	29.0
CORN, CANNED, WHOLE-KERN: 3/4c	3/4 C	100	99	0	22.87
PEARS,FRESH	1 EACH	100	101	17	27.11
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	100	6	*N/A*	1.32
SALSA , GREEN CHILI TOMATO, CH	2 oz	100	13	*N/A*	2.77
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	85	130	22	23.0
Weighted Daily Average			564	*38	101.18
% of Calories				*27.3%	71.8%
Nutrient Guideline			600-700		

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Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 03/17/2017					
LUNCH 6-8	Total	100			
CHICKEN BREAD K-6 san new BUN	PATTY	80	393	4	42.21
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	25	6	*N/A*	1.32
PIZZA 4X6 TONY'S	SLICE	20	300	10	33.0
SALAD, ROMAINE 2016	SRV	50	56	*1	12.68
SALAD DRESSING, RANCH	1.5 OZ	50	101	*N/A*	2.73
PEACHES, DICED LIGHT S: 1/2 C	4 oz	95	53	0	13.39
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0
Weighted Daily Average			619	*22	80.32
% of Calories				*14.4%	51.9%
Nutrient Guideline			600-700		

Mon - 03/20/2017					
LUNCH 6-8	Total	100			
BEEF TERYAKI DIPPER 4 each **	2.8 OZ	80	150	4	6.0
CHICKEN, POPCORN	serv 3.36 oz	20	253	1	16.21
RICE, BROWN LONG, 1/2 C	1/2 CUP	100	108	0	22.39
APPLES, FRESH, W/SKIN	1 EACH	100	77	15	20.58
GREEN BEANS, 9-12 LOW SODIUM	3/4 CUP	85	21	0	4.56
COOKIE, CHOC CHIP / M&M WG (1	1 EACH	90	110	8	19.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0
Weighted Daily Average			587	*43	91.19
% of Calories				*29.0%	62.1%
Nutrient Guideline			600-700		

Tue - 03/21/2017					
LUNCH 6-8	Total	100			
CHEESE, AMERICAN RF 1 slice	SLICE	50	35	*N/A*	1.0
HAMBURGER ELE	1 EACH	50	268	*0	31.0
ROLL DINNER WG BAKER BOY	ROLL	50	110	*N/A*	19.0
CHICKEN NUGGETS, (5 EACH)	SERVING	50	260	1	16.0
POTATO JO-JO 1/2 (5 EA)	1/2 C	75	100	0	15.0
PEARS, FRESH	1 EACH	75	101	17	27.11
BEANS BAKED 1/2	1/2 CUP	60	140	*N/A*	25.0
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	50	6	*N/A*	1.32
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0
Weighted Daily Average			689	*30	99.94
% of Calories				*17.4%	58.1%
Nutrient Guideline			600-700		

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Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 03/22/2017					
LUNCH 6-8	Total	100			
FRENCH TOAST STICKS, WG :3 EA	3 EA	80	208	*N/A*	25.64
SAUSAGE LINKS L SODIUM 1 ea	1 EA	80	100	0	1.0
HAM & CHEESE HOAGIE GRADE K-8	1 EA	20	225	*3	31.43
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	20	6	*N/A*	1.32
POTATO, TATER TOTS: 6-12 (15)	15 EACH	95	225	0	25.5
ORANGES, FRESH	1 EACH	75	45	9	11.28
SYRUP CUP, REDUCED CALORIE	1 EACH	80	50	*N/A*	13.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0
Weighted Daily Average			694	*24	90.15
% of Calories				*13.7%	52.0%
Nutrient Guideline			600-700		

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 03/23/2017					
LUNCH 6-8	Total	100			
SPAGHETTI AND MEAT SAUCE	1 CUP	50	266	*1	40.98
PIZZA STICK BOSCO 7 "	STICK	50	240	3	29.0
BREAD, TOAST GARLIC MINI	1 oz SLICE	50	70	*N/A*	12.0
SPINACH SALAD	1.5 CUP	75	159	*0	10.23
SALAD DRESSING, RANCH	1.5 OZ	75	101	*N/A*	2.73
JUICE APPLE JUICE CUP	1 EACH	80	60	13	14.0
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0
Weighted Daily Average			657	*30	82.90
% of Calories				*18.4%	50.5%
Nutrient Guideline			600-700		

	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 03/24/2017					
LUNCH 6-8	Total	100			
BAJA FISH WG STICKS, 4 ea	4 PIECES	25	220	0	18.0
CORN DOG CHICKEN	1 EACH	75	240	5	30.0
BROCCOLI RAW EL 1/2	1/2 C	100	39	*N/A*	7.53
CARROTS, RAW BABY EL 4 oz	4 OZ	100	40	*N/A*	9.34
HUMMAS DIP TRADITIONAL .85 V	1 EACH	100	110	1	12.0
PRETZEL GOLDFISH CRACKERS	BAG	50	90	*N/A*	16.0
PEACH CUBES 1/2 CUP	1/2 cup	100	35	7	8.5
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0
TARTAR SAUCE: scratch	1 OZ	25	77	*N/A*	6.52
Weighted Daily Average			648	*29	95.00
% of Calories				*17.8%	58.6%
Nutrient Guideline			600-700		

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LUNCH 6-8

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 03/27/2017					
LUNCH 6-8	Total	100			
CHICKEN, POPCORN	serv 3.36 oz	75	253	1	16.21
ROLL DINNER WG BAKER BOY	ROLL	75	110	*N/A*	19.0
HAM & CHEESE HOAGIE GRADE 9-12	1 EA	25	302	*1	32.34
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	25	6	*N/A*	1.32
GREEN BEANS, 9-12 LOW SODIUM	3/4 CUP	100	21	0	4.56
APPLES, FRESH, W/SKIN	1 EACH	100	77	15	20.58
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0
Weighted Daily Average			574	*34	80.96
% of Calories				*23.8%	56.4%
Nutrient Guideline			600-700		

Tue - 03/28/2017					
LUNCH 6-8	Total	100			
Cindys Fiesta Bowl each 3/4 ri	serving	40	387	*0	47.54
TORTILLA WHEAT 10" 1/2 tortilla	1/2	40	100	*N/A*	18.0
CHICKEN TAQUITOS 2 ea	2 EACH	60	220	*N/A*	26.0
SALSA , GREEN CHILI TOMATO, CH	2 oz	85	13	*N/A*	2.77
REFRIED BEANS, TRADITIO : 1/2 C	1/2 C	40	120	1	18.0
JUICE APPLE JUICE CUP	1 EACH	75	60	13	14.0
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	40	80	0	0.57
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0
Weighted Daily Average			583	*28	82.45
% of Calories				*19.0%	56.5%
Nutrient Guideline			600-700		

Wed - 03/29/2017					
LUNCH 6-8	Total	100			
EGG ROLL 2 EACH	ROLL	80	320	6	40.01
BEEF TERYAKI DIPPER 4 each **	2.8 OZ	20	150	4	6.0
RICE FRIED VEG.	SERVING (3/4C)	50	270	3	54.0
ROLL DINNER WG BAKER BOY	ROLL	20	110	*N/A*	19.0
BROCCOLI RAW 3/4 C	.75 C	60	15	*N/A*	2.79
PINEAPPLE CHUNKS 1/2 C	1/2 CUP	65	73	*N/A*	19.15
HUMMAS DIP TRADITIONAL .85 V	1 EACH	45	110	1	12.0
MILK 1% SMITH BROTHERS	HALF PINT	15	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	75	130	22	23.0
Weighted Daily Average			663	*24	102.73
% of Calories				*14.5%	62.0%
Nutrient Guideline			600-700		

\*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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# KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet  
Portion Values - Detailed

LUNCH 6-8

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	Portion Size	Reimb Qty	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 03/30/2017					
LUNCH 6-8	Total	100			
Vegetarian Chili 1 c	1 CUP	25	89	*0	13.47
PRETZEL WG SOFT 2.2 OZ	1 EACH	85	123	1	26.4
CHEESE, CHEDDAR REDUCED FAT M	1 OZ	25	80	0	0.57
CHICKEN, POPCORN	serv 3.36 oz	70	253	1	16.21
SALAD DRESSING, RANCH	1.5 OZ	55	101	*N/A*	2.73
SALAD, ROMAINE 2016	1.5 CUP	55	84	*2	19.02
BANANAS,RAW FRESH	1 EACH	75	90	12	23.07
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0
Weighted Daily Average			619	*29	87.56
% of Calories				*18.6%	56.5%
Nutrient Guideline			600-700		

Fri - 03/31/2017					
LUNCH 6-8	Total	100			
RAVIOLI, BEEF about 8	EA 1 cup	80	250	6	30.0
BREAD, TOAST GARLIC MINI	1 oz SLICE	80	70	*N/A*	12.0
CHICKEN NUGGETS, WHOLE GRAIN C	3.04 oz	20	203	0	12.0
CORN, CANNED, WHOLE-KERN: 3/4c	3/4 C	95	99	0	22.87
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	65	68	0	17.88
CARROTS, RAW BABY EL 4 oz	4 OZ	45	40	*N/A*	9.34
SALAD DRESSING, RANCH	1.5 OZ	45	101	*N/A*	2.73
MILK 1% SMITH BROTHERS	HALF PINT	20	110	*N/A*	13.0
MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	80	130	22	23.0
Weighted Daily Average			624	*22	95.78
% of Calories				*14.4%	61.4%
Nutrient Guideline			600-700		

Weighted Average			635	*28	92.68
				*40.2%	58.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	635		600 - 700	100%				
Sugars (g)	28	17.88%			Missing			
Carbohydrate (g)	92.68	58.40%						

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