

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 12/01/2022															
*Ele Lunch	Total														
*Chicken, Nuggets, ELE*	Serving (5 Ea)	160	20	270	2.00	1.80	0.0	100	0.0	0	14.0	10.0	7.0	1.50	0.00
*Tater Tots	1 Each	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00
*Sandwich, Grilled Cheese IW	1 Each	245	24	479	3.00	1.64	362.2	393	0.0	5	15.03	30.11	7.83	4.25	0.00
*Milk, Chocolate Non Fat*	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Salad Bar (ELE)	.5 cups	66	0	162	3.86	0.93	23.4	1037	5.22	*0	2.92	12.71	0.87	0.22	*0.00
*Chip, Variety*	1 Each	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00
*Salad Bar (ELE)	.5 cups	66	0	162	3.86	0.93	23.4	1037	5.22	*0	2.92	12.71	0.87	0.22	*0.00
Weighted Daily Average		599	30	1068	10.90	3.33	469.2	2258	13.14	*18	31.16	78.52	18.16	4.56	*0.00
% of Calories										*12.0%	20.8%	52.5%	27.3%	6.9%	*0.0%
Nutrient Guideline		550-650		1230									<=35.0	<10.00	

Fri - 12/02/2022															
*Ele Lunch	Total														
*Pizza, Cheese ES	1 Each	310	30	510	4.00	1.80	400.0	750	3.6	4	17.0	33.0	13.0	7.00	0.00
*Sandwich, PBJ (premade)*	Servings	300	0	280	4.00	1.44	260.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
*Cookie, Dick & Jane Capitals	1 Each	130	0	95	1.00	1.80	0.0	0	0.0	8	2.0	22.0	4.0	1.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Chocolate Non Fat*	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
*Salad Bar (ELE)	.5 cups	66	0	162	3.86	0.93	23.4	1037	5.22	*0	2.92	12.71	0.87	0.22	*0.00
Weighted Daily Average		574	29	796	7.64	3.76	695.1	1840	8.56	*31	27.19	78.78	18.28	7.29	*0.00
% of Calories										*21.6%	18.9%	54.9%	28.6%	11.4%	*0.0%
Nutrient Guideline		550-650		1230									<=35.0	<10.00	

Mon - 12/05/2022															
*Ele Lunch	Total														
*Chicken, Popcorn	1 Each	230	20	350	3.00	2.00	33.0	0	0.0	1	14.0	14.0	13.0	2.50	0.00
*Sandwich, Grilled Cheese IW	1 Each	245	24	479	3.00	1.64	362.2	393	0.0	5	15.03	30.11	7.83	4.25	0.00
*Chip, Variety*	1 Each	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Chocolate Non Fat*	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
*Salad Bar (ELE)	.5 cups	66	0	162	3.86	0.93	23.4	1037	5.22	*0	2.92	12.71	0.87	0.22	*0.00

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

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	Portion Size	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 <sup>1</sup> (g)
Weighted Daily Average		504	27	774	7.25	2.78	451.4	1406	6.22	*22	26.47	63.99	16.25	3.64	*0.00
% of Calories										*17.2%	21.0%	50.8%	29.0%	6.5%	*0.0%
Nutrient Guideline		550-650		1230									<=35.0	<10.00	

Tue - 12/06/2022															
*Ele Lunch	Total														
*Sandwich, Chicken(ele)*	Sandwich	390	25	760	4.00	2.88	80.0	0	9.0	3	21.0	44.0	15.0	2.00	0.00
*Burrito, Bean & Ch.(Ele)*	Burrito	340	5	569	8.99	3.60	199.8	0	0.0	1	13.99	53.95	7.99	3.50	0.00
*Salad Bar	Servings	43	0	72	1.86	1.72	26.0	3190	2.74	*2	2.04	9.69	0.28	0.04	*0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Chocolate Non Fat*	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
*Condiment Variety@\$\$%^+*	serving	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Weighted Daily Average		534	27	932	6.64	4.37	442.0	2899	10.76	*23	29.28	74.27	14.36	2.78	*0.00
% of Calories										*17.0%	21.9%	55.6%	24.2%	4.7%	*0.0%
Nutrient Guideline		550-650		1230									<=35.0	<10.00	

Wed - 12/07/2022															
*Ele Lunch	Total														
*Double Dogs*	1 Each	260	30	449	2.00	5.00	132.0	55	0.0	3	15.0	31.5	8.0	2.00	0.00
*Sandwich, PBJ (premade)*	Servings	300	0	280	4.00	1.44	260.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
*Chip, Variety*	1 Each	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Chocolate Non Fat*	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
*Salad Bar (ELE)	.5 cups	66	0	162	3.86	0.93	23.4	1037	5.22	*0	2.92	12.71	0.87	0.22	*0.00
Weighted Daily Average		541	29	798	6.75	4.98	500.1	1349	6.22	*25	25.71	77.59	14.80	2.95	*0.00
% of Calories										*18.6%	19.0%	57.4%	24.6%	4.9%	*0.0%
Nutrient Guideline		550-650		1230									<=35.0	<10.00	

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	Portion Size	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 <sup>1</sup> (g)
Thu - 12/08/2022															
*Ele Lunch	Total														
*Chicken, Mandarin Orange*	1 Each	163	44	305	0.00	0.78	0.0	0	1.31	11	11.98	20.69	3.27	0.54	0.00
*Rice,Brown(M.S&Ele)*	1/2 cup	125	0	14	2.09	0.50	16.9	0	0.0	*0	2.91	25.91	1.02	0.20	*0.00
*Burrito, WG Crispy B & C	1 Each	270	0	410	8.00	3.60	100.0	500	3.6	2	15.0	43.0	5.0	0.00	0.00
*Milk, Chocolate Non Fat*	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Salad Bar (ELE)	.5 cups	66	0	162	3.86	0.93	23.4	1037	5.22	*0	2.92	12.71	0.87	0.22	*0.00
*Chip, Variety*	1 Each	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00
Weighted Daily Average		554	41	733	7.82	2.73	398.8	1433	8.40	*25	28.13	87.66	10.26	2.01	*0.00
% of Calories										*18.3%	20.3%	63.3%	16.7%	3.3%	*0.0%
Nutrient Guideline		550-650		1230									<=35.0	<10.00	

Fri - 12/09/2022															
*Ele Lunch	Total														
*Pizza, Cheese ES	1 Each	310	30	510	4.00	1.80	400.0	750	3.6	4	17.0	33.0	13.0	7.00	0.00
*Sandwich, PBJ (premade)*	Servings	300	0	280	4.00	1.44	260.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
*Cookie, Choc Chip IW 1 Oz*	1 each	110	10	60	1.00	0.72	0.0	0	1.2	9	2.0	18.0	4.0	1.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Chocolate Non Fat*	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
*Salad Bar (ELE)	.5 cups	66	0	162	3.86	0.93	23.4	1037	5.22	*0	2.92	12.71	0.87	0.22	*0.00
Weighted Daily Average		559	36	769	7.64	2.95	695.1	1840	9.46	*32	27.19	75.78	18.28	7.29	*0.00
% of Calories										*22.7%	19.4%	54.2%	29.4%	11.7%	*0.0%
Nutrient Guideline		550-650		1230									<=35.0	<10.00	

Mon - 12/12/2022															
*Ele Lunch	Total														
*Cheeseburger Twins*	1 Each	272	31	475	2.39	3.09	114.2	79	10.3	3	18.65	29.82	9.0	3.00	0.00
*Sandwich, PBJ (premade)*	Servings	300	0	280	4.00	1.44	260.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
*Chip, Variety*	1 Each	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Chocolate Non Fat*	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
*Salad Bar (ELE)	.5 cups	66	0	162	3.86	0.93	23.4	1037	5.22	*0	2.92	12.71	0.87	0.22	*0.00
Weighted Daily Average		550	30	818	7.05	3.55	486.7	1366	13.95	*25	28.45	76.33	15.55	3.70	*0.00
% of Calories										*18.5%	20.7%	55.6%	25.5%	6.1%	*0.0%
Nutrient Guideline		550-650		1230									<=35.0	<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 12/13/2022</b>															
*Ele Lunch	Total														
*Brk Bowl Waffles ELE*	Serving	347	74	466	3.00	2.85	79.0	0	0.0	11	15.71	35.0	16.8	3.45	0.00
*Sandwich, Grilled Cheese IW	1 Each	245	24	479	3.00	1.64	362.2	393	0.0	5	15.03	30.11	7.83	4.25	0.00
*Salad Bar (ELE)	.5 cups	66	0	162	3.86	0.93	23.4	1037	5.22	*0	2.92	12.71	0.87	0.22	*0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Chocolate Non Fat*	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
*Condiment Variety@\$\$%^+*	serving	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
*Syrup, Maple*	1.5 oz	120	0	30	0.00	0.00	0.0	0	0.0	21	0.0	30.0	0.0	0.00	0.00
Weighted Daily Average		585	68	780	5.89	3.26	479.9	1382	5.86	*44	26.23	86.32	16.12	4.19	*0.00
% of Calories										*30.0%	17.9%	59.0%	24.8%	6.4%	*0.0%
Nutrient Guideline		550-650		1230									<=35.0	<10.00	

<b>Wed - 12/14/2022</b>															
*Ele Lunch	Total														
*Chicken, Nuggets, ELE*	Serving (5 Ea)	160	20	270	2.00	1.80	0.0	100	0.0	0	14.0	10.0	7.0	1.50	0.00
*Tater Tots	1 Each	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00
*Sandwich, PBJ (premade)*	Servings	300	0	280	4.00	1.44	260.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
*Chip, Variety*	1 Each	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Chocolate Non Fat*	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
*Salad Bar (ELE)	.5 cups	66	0	162	3.86	0.93	23.4	1037	5.22	*0	2.92	12.71	0.87	0.22	*0.00
Weighted Daily Average		563	21	896	8.25	2.58	401.1	1383	8.92	*23	26.46	73.46	18.55	3.33	*0.00
% of Calories										*16.5%	18.8%	52.2%	29.6%	5.3%	*0.0%
Nutrient Guideline		550-650		1230									<=35.0	<10.00	

<b>Thu - 12/15/2022</b>															
*Ele Lunch	Total														
*Nachos w/meat-POK*	servings	623	61	1246	7.42	4.34	105.9	364	4.3	1	22.54	55.59	35.16	8.47	*0.00
*Sandwich, Grilled Cheese IW	1 Each	245	24	479	3.00	1.64	362.2	393	0.0	5	15.03	30.11	7.83	4.25	0.00
*Milk, Chocolate Non Fat*	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Taco sauce	Packet	5	0	110	0.00	0.00	0.0	0	1.2	0	0.0	1.0	0.0	0.00	0.00
*Salad Bar (ELE)	.5 cups	66	0	162	3.86	0.93	23.4	1037	5.22	*0	2.92	12.71	0.87	0.22	*0.00

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	Portion Size	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 <sup>1</sup> (g)
Weighted Daily Average		699	61	1354	9.21	4.36	525.1	1649	9.69	*18	32.35	75.00	30.86	8.71	*0.00
% of Calories										*10.1%	18.5%	42.9%	39.7%	11.2%	*0.0%
Nutrient Guideline		550-650		1230									<=35.0	<10.00	

Fri - 12/16/2022															
*Ele Lunch	Total														
*Pizza, Cheese ES	1 Each	310	30	510	4.00	1.80	400.0	750	3.6	4	17.0	33.0	13.0	7.00	0.00
*Burrito, WG Crispy B & C	1 Each	270	0	410	8.00	3.60	100.0	500	3.6	2	15.0	43.0	5.0	0.00	0.00
*Cookie, Dick & Jane Capitals	1 Each	130	0	95	1.00	1.80	0.0	0	0.0	8	2.0	22.0	4.0	1.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Chocolate Non Fat*	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
*Salad Bar (ELE)	.5 cups	66	0	162	3.86	0.93	23.4	1037	5.22	*0	2.92	12.71	0.87	0.22	*0.00
Weighted Daily Average		567	29	828	8.64	4.30	655.1	1965	9.46	*28	28.69	81.53	15.28	6.54	*0.00
% of Calories										*19.8%	20.2%	57.5%	24.3%	10.4%	*0.0%
Nutrient Guideline		550-650		1230									<=35.0	<10.00	

Mon - 12/19/2022															
*Ele Lunch	Total														
*Lasagna Rollup, Cheese WG*	1 Each	230	35	400	2.00	1.08	300.0	500	6.0	5	14.0	27.0	7.0	4.00	0.00
*Burrito, Bean & Ch.(Ele)*	Burrito	340	5	569	8.99	3.60	199.8	0	0.0	1	13.99	53.95	7.99	3.50	0.00
*Salad Bar (ELE)	.5 cups	66	0	162	3.86	0.93	23.4	1037	5.22	*0	2.92	12.71	0.87	0.22	*0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Chocolate Non Fat*	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
*Cookie, Choc Chip IW 1 Oz*	1 each	110	10	60	1.00	0.72	0.0	0	1.2	9	2.0	18.0	4.0	1.00	0.00
Weighted Daily Average		509	41	759	7.39	2.95	605.0	1653	11.26	*29	26.19	76.77	11.53	5.17	*0.00
% of Calories										*23.0%	20.6%	60.3%	20.4%	9.1%	*0.0%
Nutrient Guideline		550-650		1230									<=35.0	<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 12/20/2022															
*Ele Lunch	Total														
*Hot Dog, Turkey-ELE*	2 oz	280	45	930	1.00	1.44	120.0	0	9.0	1	12.0	29.0	13.0	3.00	0.00
*Sandwich, Grilled Cheese IW	1 Each	245	24	479	3.00	1.64	362.2	393	0.0	5	15.03	30.11	7.83	4.25	0.00
*Salad Bar (ELE)	.5 cups	66	0	162	3.86	0.93	23.4	1037	5.22	*0	2.92	12.71	0.87	0.22	*0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Chocolate Non Fat*	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
*Condiment Variety@\$%^+*	serving	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
*Syrup, Maple*	1.5 oz	120	0	30	0.00	0.00	0.0	0	0.0	21	0.0	30.0	0.0	0.00	0.00
*Chip, Variety*	1 Each	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00
Weighted Daily Average		636	47	1247	5.75	2.38	516.6	1412	12.97	*38	24.97	98.25	16.54	4.02	*0.00
% of Calories										*23.7%	15.7%	61.8%	23.4%	5.7%	*0.0%
Nutrient Guideline		550-650		1230									<=35.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 12/21/2022															
*Ele Lunch	Total														
*Chicken, Popcorn	1 Each	230	20	350	3.00	2.00	33.0	0	0.0	1	14.0	14.0	13.0	2.50	0.00
*Sandwich, PBJ (premade)*	Servings	300	0	280	4.00	1.44	260.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
*Chip, Variety*	1 Each	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Chocolate Non Fat*	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
*Salad Bar (ELE)	.5 cups	66	0	162	3.86	0.93	23.4	1037	5.22	*0	2.92	12.71	0.87	0.22	*0.00
Weighted Daily Average		518	21	724	7.50	2.73	425.8	1308	6.22	*24	24.96	64.46	18.55	3.33	*0.00
% of Calories										*18.5%	19.3%	49.8%	32.2%	5.8%	*0.0%
Nutrient Guideline		550-650		1230									<=35.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 12/22/2022															
*Ele Lunch	Total														
*Hamburger, Ele*	Burger	300	37	479	2.00	3.48	60.6	1	9.0	3	22.14	30.41	10.18	0.00	0.00
*Burrito, Bean & Ch.(Ele)*	Burrito	340	5	569	8.99	3.60	199.8	0	0.0	1	13.99	53.95	7.99	3.50	0.00
*Milk, Chocolate Non Fat*	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Taco sauce	Packet	5	0	110	0.00	0.00	0.0	0	1.2	0	0.0	1.0	0.0	0.00	0.00
*Salad Bar (ELE)	.5 cups	66	0	162	3.86	0.93	23.4	1037	5.22	*0	2.92	12.71	0.87	0.22	*0.00

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	Portion Size	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 <sup>1</sup> (g)
Weighted Daily Average		481	38	801	6.64	4.20	450.4	1278	13.21	*18	31.79	62.08	12.16	2.17	*0.00
% of Calories										*15.0%	26.5%	51.6%	22.8%	4.1%	*0.0%
Nutrient Guideline		550-650		1230									<=35.0	<10.00	

Fri - 12/23/2022															
*Ele Lunch	Total														
*Pizza, Cheese ES	1 Each	310	30	510	4.00	1.80	400.0	750	3.6	4	17.0	33.0	13.0	7.00	0.00
*Sandwich, PBJ (premade)*	Servings	300	0	280	4.00	1.44	260.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
*Salad Bar (ELE)	.5 cups	66	0	162	3.86	0.93	23.4	1037	5.22	*0	2.92	12.71	0.87	0.22	*0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Chocolate Non Fat*	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
*Cookie, Dick and Jane Pres.	1 Each	130	0	95	1.00	1.80	0.0	0	0.0	8	2.0	22.0	4.0	1.00	0.00
Weighted Daily Average		574	29	796	7.64	3.76	695.1	1840	8.56	*31	27.19	78.78	18.28	7.29	*0.00
% of Calories										*21.6%	18.9%	54.9%	28.6%	11.4%	*0.0%
Nutrient Guideline		550-650		1230									<=35.0	<10.00	

Mon - 12/26/2022															
*Ele Lunch	Total														
*Cheeseburger Twins*	1 Each	272	31	475	2.39	3.09	114.2	79	10.3	3	18.65	29.82	9.0	3.00	0.00
*Burrito, WG Crispy B & C	1 Each	270	0	410	8.00	3.60	100.0	500	3.6	2	15.0	43.0	5.0	0.00	0.00
*Chip, Variety*	1 Each	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Chocolate Non Fat*	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
*Salad Bar (ELE)	.5 cups	66	0	162	3.86	0.93	23.4	1037	5.22	*0	2.92	12.71	0.87	0.22	*0.00
Weighted Daily Average		542	30	850	8.05	4.09	446.7	1491	14.85	*22	29.95	79.08	12.55	2.95	*0.00
% of Calories										*16.5%	22.1%	58.4%	20.8%	4.9%	*0.0%
Nutrient Guideline		550-650		1230									<=35.0	<10.00	

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	Portion Size	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 <sup>1</sup> (g)
Tue - 12/27/2022															
*Ele Lunch	Total														
*Hot Dog, Turkey-ELE*	2 oz	280	45	930	1.00	1.44	120.0	0	9.0	1	12.0	29.0	13.0	3.00	0.00
*Sandwich, Grilled Cheese IW	1 Each	245	24	479	3.00	1.64	362.2	393	0.0	5	15.03	30.11	7.83	4.25	0.00
*Salad Bar (ELE)	.5 cups	66	0	162	3.86	0.93	23.4	1037	5.22	*0	2.92	12.71	0.87	0.22	*0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Chocolate Non Fat*	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
*Condiment Variety@\$%^+*	serving	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
*Syrup, Maple*	1.5 oz	120	0	30	0.00	0.00	0.0	0	0.0	21	0.0	30.0	0.0	0.00	0.00
*Chip, Variety*	1 Each	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00
Weighted Daily Average		636	47	1247	5.75	2.38	516.6	1412	12.97	*38	24.97	98.25	16.54	4.02	*0.00
% of Calories										*23.7%	15.7%	61.8%	23.4%	5.7%	*0.0%
Nutrient Guideline		550-650		1230									<=35.0	<10.00	

	Portion Size	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 <sup>1</sup> (g)
Wed - 12/28/2022															
*Ele Lunch	Total														
*Chicken, Popcorn	1 Each	230	20	350	3.00	2.00	33.0	0	0.0	1	14.0	14.0	13.0	2.50	0.00
*Sandwich, PBJ (premade)*	Servings	300	0	280	4.00	1.44	260.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
*Chip, Variety*	1 Each	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Chocolate Non Fat*	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
*Salad Bar (ELE)	.5 cups	66	0	162	3.86	0.93	23.4	1037	5.22	*0	2.92	12.71	0.87	0.22	*0.00
Weighted Daily Average		518	21	724	7.50	2.73	425.8	1308	6.22	*24	24.96	64.46	18.55	3.33	*0.00
% of Calories										*18.5%	19.3%	49.8%	32.2%	5.8%	*0.0%
Nutrient Guideline		550-650		1230									<=35.0	<10.00	

	Portion Size	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 <sup>1</sup> (g)
Thu - 12/29/2022															
*Ele Lunch	Total														
*Chicken, Nuggets, ELE*	Serving (5 Ea)	160	20	270	2.00	1.80	0.0	100	0.0	0	14.0	10.0	7.0	1.50	0.00
*Tater Tots	1 Each	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00
*Sandwich, Grilled Cheese IW	1 Each	245	24	479	3.00	1.64	362.2	393	0.0	5	15.03	30.11	7.83	4.25	0.00
*Milk, Chocolate Non Fat*	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Salad Bar (ELE)	.5 cups	66	0	162	3.86	0.93	23.4	1037	5.22	*0	2.92	12.71	0.87	0.22	*0.00
*Chip, Variety*	1 Each	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00
*Salad Bar (ELE)	.5 cups	66	0	162	3.86	0.93	23.4	1037	5.22	*0	2.92	12.71	0.87	0.22	*0.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		599	30	1068	10.90	3.33	469.2	2258	13.14	*18	31.16	78.52	18.16	4.56	*0.00
% of Calories										*12.0%	20.8%	52.5%	27.3%	6.9%	*0.0%
Nutrient Guideline		550-650		1230									<=35.0	<10.00	

Fri - 12/30/2022															
*Ele Lunch	Total														
*Pizza, Cheese ES	1 Each	310	30	510	4.00	1.80	400.0	750	3.6	4	17.0	33.0	13.0	7.00	0.00
*Sandwich, PBJ (premade)*	Servings	300	0	280	4.00	1.44	260.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
*Cookie, Dick & Jane Capitals	1 Each	130	0	95	1.00	1.80	0.0	0	0.0	8	2.0	22.0	4.0	1.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Chocolate Non Fat*	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
*Salad Bar (ELE)	.5 cups	66	0	162	3.86	0.93	23.4	1037	5.22	*0	2.92	12.71	0.87	0.22	*0.00
Weighted Daily Average		574	29	796	7.64	3.76	695.1	1840	8.56	*31	27.19	78.78	18.28	7.29	*0.00
% of Calories										*21.6%	18.9%	54.9%	28.6%	11.4%	*0.0%
Nutrient Guideline		550-650		1230									<=35.0	<10.00	

Weighted Average		564	34	889	7.66	3.42	520.3	1662	9.94	*27	27.76	77.67	16.72	4.60	*0.00
										*42.6%	19.7%	55.0%	26.7%	7.3%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	564		550 - 650	100%				
Cholesterol (mg)	34							
Sodium (mg)	889		1230					
Fiber (g)	7.66							
Iron (mg)	3.42							
Calcium (mg)	520.3							
Vitamin A (IU)	1662							
Sugars (g)	27	18.92%			Missing			
Vitamin C (mg)	9.94							
Protein (g)	27.76	19.67%						
Carbohydrate (g)	77.67	55.04%						
Total Fat (g)	16.72	26.66%	<=35.00%					
Saturated Fat (g)	4.60	7.33%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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