

	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 ¹ (g)
Thu - 12/01/2022															
*CVHS Lunch	Total														
*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
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Carrot sticks - ele snack	3 Ounce Serving	35	0	59	2.38	0.26	28.1	14208	5.02	4	0.79	8.15	0.2	0.03	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, Variety	8 oz	115	5	145	0.00	0.00	308.3	500	2.0	18	8.5	19.0	0.42	0.25	0.00
Cookie, Choc Chip, 1.3 Oz IW	1 Each	140	0	100	2.00	1.08	20.0	0	0.0	12	2.0	26.0	4.0	1.50	0.00
Weighted Daily Average		717	29	943	11.07	3.38	745.2	15335	33.48	*46	29.03	117.18	17.02	6.28	*0.00
% of Calories										*25.8%	16.2%	65.4%	21.4%	7.9%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Fri - 12/02/2022															
*CVHS 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
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Carrots, Raw	servings	37	0	63	2.54	0.27	29.9	15155	5.35	4	0.84	8.69	0.22	0.03	0.00
Cookie, Choc Chip Dough 1 Oz	1 Each	110	0	60	1.00	0.72	0.0	0	0.0	9	1.0	18.0	4.0	1.00	0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	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
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
Weighted Daily Average		557	34	678	7.81	4.26	327.7	15928	72.60	*38	25.37	86.13	13.68	4.22	*0.00
% of Calories										*27.0%	18.2%	61.9%	22.1%	6.8%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Mon - 12/05/2022															
*CVHS Lunch	Total														
*Pizza, Domino's Ch & Pepp	1 Each	315	20	645	4.00	2.70	474.9	750	6.0	4	21.5	38.99	8.5	3.75	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Carrots, Raw	servings	37	0	63	2.54	0.27	29.9	15155	5.35	4	0.84	8.69	0.22	0.03	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
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	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
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

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.

	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 ¹ (g)
Weighted Daily Average		599	33	848	9.42	3.87	688.4	16599	69.50	*39	29.22	95.30	13.18	4.97	*0.00
% of Calories										*25.8%	19.5%	63.6%	19.8%	7.5%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Tue - 12/06/2022															
*CVHS Lunch	Total														
Burrito, Ultra Bean & Cheese	1 Each	363	16	528	4.40	2.97	110.0	0	0.0	1	16.5	46.2	12.1	4.40	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Tomato, Grape 1.25 c	.75 Cup	38	0	11	1.09	2.18	0.0	11	21.82	*N/A*	1.09	6.55	1.09	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, Variety	8 oz	115	5	145	0.00	0.00	308.3	500	2.0	18	8.5	19.0	0.42	0.25	0.00
Weighted Daily Average		698	22	844	9.18	5.55	444.8	745	50.28	*26	28.80	105.67	18.18	4.90	*0.00
% of Calories										*15.1%	16.5%	60.5%	23.4%	6.3%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Wed - 12/07/2022															
*CVHS Lunch	Total														
Cheeseburger With The Works!	Cheeseburger	340	38	551	4.44	3.40	165.3	554	15.02	*4	21.3	34.3	13.97	5.02	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Carrot sticks - ele snack	3 Ounce Serving	35	0	59	2.38	0.26	28.1	14208	5.02	4	0.79	8.15	0.2	0.03	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
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		797	53	1070	10.51	4.06	869.9	15997	50.70	*50	42.80	112.38	21.25	6.80	*0.00
% of Calories										*25.1%	21.5%	56.4%	24.0%	7.7%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Thu - 12/08/2022															
*CVHS Lunch	Total														
GRAB N GO #5 Chic Caesar Wrp	1 EACH	475	60	851	6.67	6.68	445.9	1248	44.21	*22	32.45	63.93	12.34	5.90	*0.00

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 ¹ (g)
Weighted Daily Average		475	60	851	6.67	6.68	445.9	1248	44.21	*22	32.45	63.93	12.34	5.90	*0.00
% of Calories										*18.6%	27.3%	53.9%	23.4%	11.2%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Fri - 12/09/2022															
*CVHS Lunch	Total														
Sandwich, Spicy Chic (SEC)	Sandwich	427	25	641	5.64	3.50	87.9	460	13.37	*5	21.35	46.49	17.07	3.05	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Carrots, Raw	servings	37	0	63	2.54	0.27	29.9	15155	5.35	4	0.84	8.69	0.22	0.03	0.00
Cookie, Choc Chip Dough 1 Oz	1 Each	110	0	60	1.00	0.72	0.0	0	0.0	9	1.0	18.0	4.0	1.00	0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	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
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
Weighted Daily Average		711	28	844	11.05	4.67	301.4	16309	75.66	*39	28.08	102.80	21.75	4.27	*0.00
% of Calories										*22.2%	15.8%	57.8%	27.5%	5.4%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Mon - 12/12/2022															
*CVHS Lunch	Total														
*Pizza, Domino's Ch & Pepp	1 Each	315	20	645	4.00	2.70	474.9	750	6.0	4	21.5	38.99	8.5	3.75	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Carrots, Raw	servings	37	0	63	2.54	0.27	29.9	15155	5.35	4	0.84	8.69	0.22	0.03	0.00
Cookie, Choc Chip Dough 1 Oz	1 Each	110	0	60	1.00	0.72	0.0	0	0.0	9	1.0	18.0	4.0	1.00	0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	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
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
Weighted Daily Average		599	23	848	9.42	3.87	688.4	16599	68.30	*39	28.22	95.30	13.18	4.97	*0.00
% of Calories										*25.8%	18.8%	63.6%	19.8%	7.5%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Tue - 12/13/2022															
*CVHS Lunch	Total														
G&GSandwich, Turkey Club	Sandwiche	292	45	693	3.16	*2.08	*40.7	*451	6.04	*4	24.74	32.79	7.85	2.57	*0.00

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 ¹ (g)
Weighted Daily Average		292	45	693	3.16	*2.08	*40.7	*451	6.04	*4	24.74	32.79	7.85	2.57	*0.00
% of Calories										*5.1%	33.9%	44.9%	24.2%	7.9%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Wed - 12/14/2022															
*CVHS Lunch	Total														
*Cheeseburger, Bacon Ranch	Cheeseburger	501	83	1467	3.50	3.40	165.3	554	13.32	*9	30.83	42.36	23.58	7.28	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Carrot sticks - ele snack	3 Ounce Serving	35	0	59	2.38	0.26	28.1	14208	5.02	4	0.79	8.15	0.2	0.03	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
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		958	98	1986	9.57	4.06	869.9	15997	49.00	*55	52.33	120.43	30.86	9.06	*0.00
% of Calories										*22.9%	21.8%	50.3%	29.0%	8.5%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Thu - 12/15/2022															
*CVHS Lunch	Total														
*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
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Carrot sticks - ele snack	3 Ounce Serving	35	0	59	2.38	0.26	28.1	14208	5.02	4	0.79	8.15	0.2	0.03	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, Variety	8 oz	115	5	145	0.00	0.00	308.3	500	2.0	18	8.5	19.0	0.42	0.25	0.00
Cookie, Choc Chip, 1.3 Oz IW	1 Each	140	0	100	2.00	1.08	20.0	0	0.0	12	2.0	26.0	4.0	1.50	0.00
Weighted Daily Average		717	29	943	11.07	3.38	745.2	15335	33.48	*46	29.03	117.18	17.02	6.28	*0.00
% of Calories										*25.8%	16.2%	65.4%	21.4%	7.9%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 ¹ (g)
Fri - 12/16/2022															
*CVHS 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
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Carrots, Raw	servings	37	0	63	2.54	0.27	29.9	15155	5.35	4	0.84	8.69	0.22	0.03	0.00
Cookie, Choc Chip Dough 1 Oz	1 Each	110	0	60	1.00	0.72	0.0	0	0.0	9	1.0	18.0	4.0	1.00	0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	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
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
Weighted Daily Average		557	34	678	7.81	4.26	327.7	15928	72.60	*38	25.37	86.13	13.68	4.22	*0.00
% of Calories										*27.0%	18.2%	61.9%	22.1%	6.8%	*0.0%
Nutrient Guideline		750-850		1420									<=35.0	<10.00	

Weighted Average		640	41	936	8.89	*4.18	*541.3	*12206	52.15	*37	31.28	94.60	16.66	5.37	*0.00
										*51.8%	19.6%	59.1%	23.4%	7.6%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	640		750 - 850	85%		110		Correction Required - Calories are Low
Cholesterol (mg)	41							
Sodium (mg)	936		1420					
Fiber (g)	8.89							
Iron (mg)	4.18				Missing			
Calcium (mg)	541.3				Missing			
Vitamin A (IU)	12206				Missing			
Sugars (g)	37	23.01%			Missing			
Vitamin C (mg)	52.15							
Protein (g)	31.28	19.56%						
Carbohydrate (g)	94.60	59.14%						
Total Fat (g)	16.66	23.44%	<=35.00%					
Saturated Fat (g)	5.37	7.56%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.