

Base Menu Spreadsheet

*Ele Lunch

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)	Tr-Fat ¹ (g)
Thu - 06/01/2023																
*Ele Lunch	Total	100														
Nachos w/meat-POK	servings	75	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	25	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	25	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	75	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	25	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	75	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			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 - 06/02/2023																
*Ele Lunch	Total	100														
*Pizza, Cheese ES	1 Each	75	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	25	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	75	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	25	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	75	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	75	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 - 06/05/2023																
*Ele Lunch	Total	100														
Enchiladas, Cheese (Ele)	2 ea	75	203	31	297	1.87	0.20	308.4	379	0.0	3	11.92	15.94	10.84	7.06	0.00
Burrito, Bean & Ch.(Ele)	Burrito	25	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	75	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	25	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	75	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	75	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			489	39	682	7.29	2.28	611.3	1562	6.76	*28	24.63	68.48	14.41	7.46	*0.00
% of Calories											*22.7%	20.1%	56.0%	26.5%	13.7%	*0.0%
Nutrient Guideline			550-650		1230									<=35.0	<10.00	

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

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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)	Tr-Fat ¹ (g)
Tue - 06/06/2023																
*Ele Lunch	Total	100														
Hot Dog, Turkey-ELE	2 oz	75	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	25	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	75	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	25	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	75	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	25	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	75	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	75	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	

Wed - 06/07/2023																
*Ele Lunch	Total	100														
*Chicken, Popcorn	1 Each	75	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	25	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	75	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	25	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	75	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	75	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	

Thu - 06/08/2023																
*Ele Lunch	Total	100														
Hamburger, Ele	Burger	75	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	25	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	75	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	25	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	75	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	75	110	10	60	1.00	0.72	0.0	0	1.2	9	2.0	18.0	4.0	1.00	0.00

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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)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			562	43	819	7.39	4.74	425.4	1278	13.51	*28 *19.8%	32.29 23.0%	79.33 56.5%	13.91 22.3%	2.17 3.5%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=35.0	<10.00	

Fri - 06/09/2023																
*Ele Lunch	Total	100														
*Pizza, Cheese ES	1 Each	75	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	25	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	75	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	25	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	75	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	75	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 % of Calories			574	29	796	7.64	3.76	695.1	1840	8.56	*31 *21.6%	27.19 18.9%	78.78 54.9%	18.28 28.6%	7.29 11.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=35.0	<10.00	

Mon - 06/12/2023																
*Ele Lunch	Total	100														
Cheeseburger Twins	1 Each	75	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	25	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	75	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	25	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	75	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	75	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 % of Calories			542	30	850	8.05	4.09	446.7	1491	14.85	*22 *16.5%	29.95 22.1%	79.08 58.4%	12.55 20.8%	2.95 4.9%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=35.0	<10.00	

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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)	Tr-Fat ¹ (g)
Tue - 06/13/2023																
*Ele Lunch	Total	100														
Brk Bowl Pancakes Elementary	Serving	75	330	70	500	4.00	3.78	100.0	500	0.0	11	16.0	35.0	14.0	3.00	0.00
*Sandwich, Grilled Cheese IW	1 Each	25	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	75	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	25	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	75	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	25	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	75	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			573	65	805	6.64	3.97	495.6	1757	5.86	*44	26.45	86.32	14.02	3.85	*0.00
% of Calories											*30.7%	18.5%	60.3%	22.0%	6.1%	*0.0%
Nutrient Guideline			550-650		1230									<=35.0	<10.00	

Wed - 06/14/2023																
*Ele Lunch	Total	100														
Mac & Cheese, POK, #2	# 6 Scoop	75	362	70	416	1.68	0.76	488.4	833	1.08	4	19.14	22.11	22.31	14.33	*0.00
Sandwich, PBJ (premade)	Servings	25	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	75	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	25	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	75	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	75	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			617	59	773	6.52	1.80	767.4	1933	7.03	*26	28.82	70.55	25.53	12.20	*0.00
% of Calories											*16.9%	18.7%	45.7%	37.2%	17.8%	*0.0%
Nutrient Guideline			550-650		1230									<=35.0	<10.00	

Thu - 06/15/2023																
*Ele Lunch	Total	100														
Chicken, Nuggets, ELE	Serving (5 Ea)	75	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	75	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	25	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	25	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	75	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	75	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	75	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	75	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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Weighted Daily Average % of Calories			599	30	1068	10.90	3.33	469.2	2258	13.14	*18 *12.0%	31.16 20.8%	78.52 52.5%	18.16 27.3%	4.56 6.9%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=35.0	<10.00	

Fri - 06/16/2023																
*Ele Lunch	Total	100														
*Pizza, Cheese ES	1 Each	75	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	25	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	75	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	25	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	75	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	75	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 % of Calories			574	29	796	7.64	3.76	695.1	1840	8.56	*31 *21.6%	27.19 18.9%	78.78 54.9%	18.28 28.6%	7.29 11.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=35.0	<10.00	

Weighted Average			579	40	895	7.77	3.46	560.7	1691	9.72	*28 *43.4%	28.22 19.5%	78.26 54.0%	18.03 28.0%	5.86 9.1%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	579		550 - 650	100%				
Cholesterol (mg)	40							
Sodium (mg)	895		1230					
Fiber (g)	7.77							
Iron (mg)	3.46							
Calcium (mg)	560.7							
Vitamin A (IU)	1691							
Sugars (g)	28	19.30%			Missing			
Vitamin C (mg)	9.72							
Protein (g)	28.22	19.49%						
Carbohydrate (g)	78.26	54.04%						
Total Fat (g)	18.03	28.01%	<=35.00%					
Saturated Fat (g)	5.86	9.11%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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