

	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															
Sycamore Lunch ES	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
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
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
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
*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		605	26	918	7.06	4.65	760.0	1302	26.54	*34	31.18	91.60	13.65	5.01	*0.00
% of Calories										*22.8%	20.6%	60.6%	20.3%	7.5%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 12/02/2022															
Sycamore Lunch ES	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
Sandwich, Grilled Cheese CC	Sandwich	314	38	674	1.49	1.88	68.5	4	0.0	*4	13.47	31.35	14.99	7.50	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
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
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
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		559	44	816	4.22	3.54	422.0	691	23.34	*26	32.40	72.82	15.59	1.75	*0.00
% of Calories										*18.4%	23.2%	52.1%	25.1%	2.8%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 12/05/2022															
Sycamore Lunch ES	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
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
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
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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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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 ¹ (g)
Weighted Daily Average		575	24	904	7.52	3.14	766.0	1313	26.90	*28	30.90	86.68	12.48	4.28	*0.00
% of Calories										*19.3%	21.5%	60.3%	19.5%	6.7%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 12/06/2022															
Sycamore Lunch ES	Total														
Sandwich, Chicken	Sandwich	283	42	591	3.77	2.94	70.5	479	13.06	*6	21.9	33.13	6.54	1.85	*0.00
Sandwich, Grilled Cheese CC	Sandwich	314	38	674	1.49	1.88	68.5	4	0.0	*4	13.47	31.35	14.99	7.50	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
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
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		522	56	803	5.74	3.61	321.6	941	33.17	*32	29.44	73.61	12.76	4.00	*0.00
% of Calories										*24.8%	22.6%	56.4%	22.0%	6.9%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 12/07/2022															
Sycamore Lunch ES	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
*Sandwich,Wowbutter/GrapeJelly	1 Each	280	0	200	4.00	1.80	100.0	0	0.0	12	9.0	28.0	14.0	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
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
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		567	44	608	5.41	1.72	363.0	686	22.98	*36	24.84	92.95	10.68	1.68	*0.00
% of Calories										*25.2%	17.5%	65.5%	16.9%	2.7%	*0.0%
Nutrient Guideline		550-650		1230										<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 ¹ (g)
Thu - 12/08/2022															
Sycamore Lunch ES	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
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
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
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
*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
Weighted Daily Average		605	26	918	7.06	4.65	760.0	1302	26.54	*34	31.18	91.60	13.65	5.01	*0.00
% of Calories										*22.8%	20.6%	60.6%	20.3%	7.5%	*0.0%
Nutrient Guideline		550-650		1230											<10.00

Fri - 12/09/2022															
Sycamore Lunch ES	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 CC	Sandwich	314	38	674	1.49	1.88	68.5	4	0.0	*4	13.47	31.35	14.99	7.50	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
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
Crackers, Animal 1 oz.	1 Each	110	0	40	1.00	0.72	0.0	0	0.0	7	2.0	18.0	3.5	0.00	0.00
Weighted Daily Average		557	51	1100	3.43	2.40	433.5	665	28.19	*32	23.17	76.35	18.28	4.53	*0.00
% of Calories										*22.9%	16.7%	54.9%	29.5%	7.3%	*0.0%
Nutrient Guideline		550-650		1230											<10.00

Mon - 12/12/2022															
Sycamore Lunch ES	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
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
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
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
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

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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 ¹ (g)
Weighted Daily Average		609	26	976	7.79	3.24	767.2	1338	26.97	*29	31.20	91.51	13.97	4.31	*0.00
% of Calories										*18.8%	20.5%	60.1%	20.6%	6.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 12/13/2022															
Sycamore Lunch ES	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
Sandwich, Grilled Cheese CC	Sandwich	314	38	674	1.49	1.88	68.5	4	0.0	*4	13.47	31.35	14.99	7.50	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
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
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		451	40	583	4.23	2.66	336.7	750	22.52	*32	24.73	59.96	13.43	3.70	*0.00
% of Calories										*28.8%	21.9%	53.2%	26.8%	7.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 12/14/2022															
Sycamore Lunch ES	Total														
*Chimichanga, Beef & Cheese	1 Each	380	42	472	6.00	3.20	253.0	700	5.0	2	24.0	43.0	12.5	4.00	0.00
*Sandwich,Wowbutter/GrapeJelly	1 Each	280	0	200	4.00	1.80	100.0	0	0.0	12	9.0	28.0	14.0	3.00	0.00
*Chips, Tortilla, Pkg	1 Each	210	0	225	2.25	0.30	25.0	3	0.0	0	2.0	23.0	12.0	1.70	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
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		682	42	763	8.80	3.36	575.2	1248	25.69	*27	32.26	87.42	22.73	5.53	*0.00
% of Calories										*15.7%	18.9%	51.3%	30.0%	7.3%	*0.0%
Nutrient Guideline		550-650		1230										<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 ¹ (g)
Thu - 12/15/2022															
Sycamore Lunch ES	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
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
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
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
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		609	26	976	7.79	3.24	767.2	1338	26.97	*29	31.20	91.51	13.97	4.31	*0.00
% of Calories										*18.8%	20.5%	60.1%	20.6%	6.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 12/16/2022															
Sycamore Lunch ES	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
*Potato, Simplot Tater Tot	1 Each	140	0	190	1.00	0.00	0.0	0	0.0	0	1.0	16.0	7.0	1.00	0.00
Sandwich, Grilled Cheese CC	Sandwich	314	38	674	1.49	1.88	68.5	4	0.0	*4	13.47	31.35	14.99	7.50	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
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
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
*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
Weighted Daily Average		646	30	834	5.93	3.78	397.2	709	21.83	*31	26.78	78.85	24.32	5.48	*0.00
% of Calories										*19.5%	16.6%	48.8%	33.9%	7.6%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 12/19/2022															
Sycamore Lunch ES	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
Sandwich, Turkey	Sandwich	275	56	832	1.81	1.86	67.7	82	0.4	*3	24.66	32.93	5.67	2.05	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
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

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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 ¹ (g)
Weighted Daily Average		564	41	878	5.98	3.35	740.2	1295	27.68	*35	32.78	83.29	12.46	4.80	*0.00
% of Calories										*24.9%	23.3%	59.1%	19.9%	7.7%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 12/20/2022															
Sycamore Lunch ES	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 CC	Sandwich	314	38	674	1.49	1.88	68.5	4	0.0	*4	13.47	31.35	14.99	7.50	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
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
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		478	29	663	5.54	2.33	295.7	564	21.35	*21	22.45	57.58	17.91	3.81	*0.00
% of Calories										*17.7%	18.8%	48.2%	33.7%	7.2%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 12/21/2022															
Sycamore Lunch ES	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
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
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
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		564	48	710	5.36	4.29	407.8	651	30.17	*34	31.73	79.57	14.46	1.83	*0.00
% of Calories										*24.1%	22.5%	56.4%	23.1%	2.9%	*0.0%
Nutrient Guideline		550-650		1230										<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 ¹ (g)
Thu - 12/22/2022															
Sycamore Lunch ES	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
*Sandwich,Wowbutter/GrapeJelly	1 Each	280	0	200	4.00	1.80	100.0	0	0.0	12	9.0	28.0	14.0	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
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		479	25	777	5.41	2.76	745.1	1302	26.54	*29	28.63	67.90	10.95	4.04	*0.00
% of Calories										*24.1%	23.9%	56.7%	20.6%	7.6%	*0.0%
Nutrient Guideline		550-650		1230											<10.00

Fri - 12/23/2022															
Sycamore Lunch ES	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
Sandwich, Grilled Cheese CC	Sandwich	314	38	674	1.49	1.88	68.5	4	0.0	*4	13.47	31.35	14.99	7.50	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
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
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		487	31	689	5.15	2.24	344.7	790	21.92	*26	24.96	65.67	14.19	3.02	*0.00
% of Calories										*21.3%	20.5%	53.9%	26.2%	5.6%	*0.0%
Nutrient Guideline		550-650		1230											<10.00

Mon - 12/26/2022															
Sycamore Lunch ES	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
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
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
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
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

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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 ¹ (g)
Weighted Daily Average		609	26	976	7.79	3.24	767.2	1338	26.97	*29	31.20	91.51	13.97	4.31	*0.00
% of Calories										*18.8%	20.5%	60.1%	20.6%	6.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 12/27/2022															
Sycamore Lunch ES	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 CC	Sandwich	314	38	674	1.49	1.88	68.5	4	0.0	*4	13.47	31.35	14.99	7.50	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
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
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		478	29	663	5.54	2.33	295.7	564	21.35	*21	22.45	57.58	17.91	3.81	*0.00
% of Calories										*17.7%	18.8%	48.2%	33.7%	7.2%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 12/28/2022															
Sycamore Lunch ES	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
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
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
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		564	48	710	5.36	4.29	407.8	651	30.17	*34	31.73	79.57	14.46	1.83	*0.00
% of Calories										*24.1%	22.5%	56.4%	23.1%	2.9%	*0.0%
Nutrient Guideline		550-650		1230										<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 ¹ (g)
Thu - 12/29/2022															
Sycamore Lunch ES	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
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
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
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
*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		605	26	918	7.06	4.65	760.0	1302	26.54	*34	31.18	91.60	13.65	5.01	*0.00
% of Calories										*22.8%	20.6%	60.6%	20.3%	7.5%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 12/30/2022															
Sycamore Lunch ES	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
Sandwich, Grilled Cheese CC	Sandwich	314	38	674	1.49	1.88	68.5	4	0.0	*4	13.47	31.35	14.99	7.50	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
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
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
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		559	44	816	4.22	3.54	422.0	691	23.34	*26	32.40	72.82	15.59	1.75	*0.00
% of Calories										*18.4%	23.2%	52.1%	25.1%	2.8%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Weighted Average		562	36	818	6.02	3.32	538.9	974	25.80	*30	29.04	79.18	15.05	3.81	*0.00
										*48.0%	20.6%	56.3%	24.1%	6.1%	*0.0%

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Nutrient	Menu AVG	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)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	562		550 - 650	100%													
Cholesterol (mg)	36																
Sodium (mg)	818		1230														
Fiber (g)	6.02																
Iron (mg)	3.32																
Calcium (mg)	538.9																
Vitamin A (IU)	974																
Sugars (g)	30	21.32%			Missing												
Vitamin C (mg)	25.80																
Protein (g)	29.04	20.65%															
Carbohydrate (g)	79.18	56.31%															
Total Fat (g)	15.05	24.08%															
Saturated Fat (g)	3.81	6.09%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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