

	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 MS	Total														
*Pizza, Domino's Cheese	1 Each	310	20	630	4.00	2.70	500.0	750	6.0	4	22.0	39.0	8.0	3.50	0.00
GRAB N GO LUNCH	1 EACH	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*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		604	39	975	7.07	*3.56	*836.8	*3867	*39.61	*36	35.52	89.23	13.17	4.56	*0.00
% of Calories										*24.0%	23.5%	59.1%	19.6%	6.8%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Fri - 12/02/2022															
Sycamore Lunch MS	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
GRAB N GO LUNCH	1 EACH	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*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
Weighted Daily Average		765	92	1677	6.64	*4.14	*584.8	*3744	*46.22	*40	44.23	90.37	26.26	7.85	*0.00
% of Calories										*20.8%	23.1%	47.3%	30.9%	9.2%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Mon - 12/05/2022															
Sycamore Lunch MS	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
GRAB N GO LUNCH	1 EACH	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*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, 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

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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		720	37	1030	8.87	*4.46	*833.5	*3848	*39.61	*46	36.89	111.08	16.35	6.13	*0.00
% of Calories										*25.8%	20.5%	61.7%	20.4%	7.7%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Tue - 12/06/2022															
Sycamore Lunch MS	Total														
*Chicken, Spicy Popcorn	1 Each	280	40	820	2.00	1.80	0.0	0	0.0	1	15.0	15.0	17.0	3.00	0.00
GRAB N GO LUNCH	1 EACH	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*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		544	54	1083	5.37	*2.77	*336.8	*3098	*34.06	*28	27.57	62.81	20.54	4.14	*0.00
% of Calories										*20.9%	20.3%	46.2%	34.0%	6.9%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Wed - 12/07/2022															
Sycamore Lunch MS	Total														
Chicken, Orange w/Rice(Sec)	4.2 oz	280	43	303	1.13	1.25	9.3	0	1.28	*11	14.32	45.43	4.15	0.72	*0.00
GRAB N GO LUNCH	1 EACH	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*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		569	57	662	4.63	*2.28	*419.7	*3216	*35.60	*41	28.99	93.56	9.28	2.21	*0.00
% of Calories										*29.1%	20.4%	65.8%	14.7%	3.5%	*0.0%
Nutrient Guideline		600-700		1360										<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 - 12/08/2022															
Sycamore Lunch MS	Total														
*Pizza, Domino's Cheese	1 Each	310	20	630	4.00	2.70	500.0	750	6.0	4	22.0	39.0	8.0	3.50	0.00
GRAB N GO LUNCH	1 EACH	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*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		604	39	975	7.07	*3.56	*836.8	*3867	*39.61	*36	35.52	89.23	13.17	4.56	*0.00
% of Calories										*24.0%	23.5%	59.1%	19.6%	6.8%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Fri - 12/09/2022															
Sycamore Lunch MS	Total														
Chicken, Nuggets (SEC)	Serving (7 Ea)	286	52	505	0.00	1.71	19.0	95	0.0	0	14.29	16.19	19.05	4.29	0.00
GRAB N GO LUNCH	1 EACH	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*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		583	67	869	3.67	*2.72	*428.0	*3310	*34.51	*33	28.96	69.84	22.56	5.23	*0.00
% of Calories										*22.5%	19.9%	47.9%	34.8%	8.1%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Mon - 12/12/2022															
Sycamore Lunch MS	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
GRAB N GO LUNCH	1 EACH	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*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, 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		711	37	1026	7.97	*5.11	*815.5	*3848	*39.61	*43	36.89	107.48	16.35	5.68	*0.00
% of Calories										*24.1%	20.7%	60.4%	20.7%	7.2%	*0.0%
Nutrient Guideline		600-700		1360										<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)
Tue - 12/13/2022															
Sycamore Lunch MS	Total														
Chicken, Nuggets (SEC)	Serving (7 Ea)	286	52	505	0.00	1.71	19.0	95	0.0	0	14.29	16.19	19.05	4.29	0.00
GRAB N GO LUNCH	1 EACH	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*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
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		698	67	1004	5.22	*2.91	*434.8	*3344	*34.92	*34	30.69	88.47	26.27	5.41	*0.00
% of Calories										*19.6%	17.6%	50.7%	33.9%	7.0%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Wed - 12/14/2022															
Sycamore Lunch MS	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
GRAB N GO LUNCH	1 EACH	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*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		752	66	860	9.67	*4.58	*626.8	*3811	*39.84	*42	39.02	107.70	19.98	5.89	*0.00
% of Calories										*22.4%	20.7%	57.3%	23.9%	7.0%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Thu - 12/15/2022															
Sycamore Lunch MS	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
GRAB N GO LUNCH	1 EACH	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*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

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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		608	39	988	7.07	*3.56	*815.5	*3867	*39.61	*36	35.09	89.22	13.60	4.78	*0.00
% of Calories										*23.8%	23.1%	58.7%	20.1%	7.1%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Fri - 12/16/2022															
Sycamore Lunch MS	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
GRAB N GO LUNCH	1 EACH	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*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
Weighted Daily Average		753	92	1676	6.18	*4.09	*580.1	*3696	*39.73	*38	44.06	87.37	26.21	7.84	*0.00
% of Calories										*20.3%	23.4%	46.4%	31.3%	9.4%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Weighted Average		659	57	1069	6.62	*3.65	*629.1	*3626	*38.58	*38	35.29	90.53	18.65	5.36	*0.00
										*51.8%	21.4%	54.9%	25.5%	7.3%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	659		600 - 700	100%				
Cholesterol (mg)	57							
Sodium (mg)	1069		1360					
Fiber (g)	6.62							
Iron (mg)	3.65				Missing			
Calcium (mg)	629.1				Missing			
Vitamin A (IU)	3626				Missing			
Sugars (g)	38	23.01%			Missing			
Vitamin C (mg)	38.58				Missing			
Protein (g)	35.29	21.41%						
Carbohydrate (g)	90.53	54.94%						
Total Fat (g)	18.65	25.46%						
Saturated Fat (g)	5.36	7.31%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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