

MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Lunch Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
MONDAY WEEK 1															
6-8 Lunch Menu	Total	1													
HAWAIIAN PINE CHICK W/RICE K	1 CUP	1	257	52	541	3.02	3.10	22.1	1201	23.07	20.41	31.39	5.46	0.90	0.00
TOSSED SALAD	1.25 CUP	1	18	0	9	2.47	0.72	21.6	8160	15.48	0.31	4.04	0.0	0.00	0.00
PEAS	1/2 cup	1	91	6	158	5.00	1.39	21.9	1985	8.98	4.69	13.03	2.44	1.44	*0.00
FRUIT,FRESH ASSORTED	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
PEANUT BUTTER AND JELLY K-1	SANDWIC HES	1	479	15	574	4.98	2.15	450.0	100	0.0	20.95	48.21	24.38	7.48	0.00
HAM SANDWICH ON WHEAT BR EAD	1 EACH	1	271	50	883	2.00	1.53	228.0	134	2.4	19.29	32.85	9.5	4.60	0.00
TURKEY SANDWICH ON WHEAT BREAD	1 EACH	1	287	49	861	3.00	2.39	398.0	134	0.0	24.2	27.85	8.0	3.50	0.00
TUNA SALAD SANDWICHES	1/2 C ON BREAD	1	369	44	536	3.41	*0.55	*22.2	*146	*1.68	24.03	32.58	17.02	3.48	*0.00
PIZZA, CHEESE, WG PIZZA HUT	1 SLICE	1	280	20	530	3.00	1.90	360.0	430	0.0	21.0	29.0	9.0	3.90	0.00
PIZZA,PEPPERONI, WG, PIZZA H UT	1 SLICE	1	290	25	570	3.00	2.00	300.0	410	0.0	21.0	29.0	11.0	4.40	0.00
PIZZA, VEGGIE, WG, PIZZA HUT	1 SLICE	1	280	20	530	4.00	2.00	360.0	530	0.0	21.0	30.0	9.0	3.90	0.00
PIZZA, HAWAIIAN BBQ, WG, PZA HT	1 SLICE	1	230	10	460	3.00	1.90	150.0	290	0.0	13.0	33.0	5.0	1.90	0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, FAT FREE CHOCOLATE RANCH, BUTTERMILK	HALF PINT	1	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0	0.00	0.00
ITALIAN DRESSING	1 OUNCE	1	112	12	123	0.09	0.05	19.9	27	0.29	0.6	2.24	11.52	2.29	*0.00
MAYONNAISE	1 OUNCE	1	142	0	96	0.12	*0.11	*3.1	*3	*0.04	0.12	0.83	15.62	1.74	0.00
MUSTARD	1 TSP	1	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
PICKLE SLICES	1 TSP	1	3	0	59	0.17	0.08	3.0	4	0.08	0.23	0.28	0.21	0.01	0.00
	3 SLICES	1	3	0	185	0.30	0.09	9.1	39	0.3	0.12	0.55	0.03	0.01	0.00
Weighted Daily Average			3535	328	6550	40.56	*20.73	*3289.5	*15246	*71.30	216.32	382.62	134.68	41.95	*0.00
% of Calories											24.5%	43.3%	34.3%	10.7%	*0.0%
Nutrient Guideline			600-700		1360									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Lunch Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
TUESDAY WEEK 1															
6-8 Lunch Menu	Total	1													
BEEF STREET TACO K-8	1 EACH	1	376	45	665	6.89	4.14	185.5	4110	41.27	19.73	38.37	16.4	8.53	0.00
TOSSED SALAD	1.25 CUP	1	18	0	9	2.47	0.72	21.6	8160	15.48	0.31	4.04	0.0	0.00	0.00
GREEN BEANS, ROASTED PAR MESAN	4 OZ. WEI GHT	1	171	1	173	4.40	1.49	92.0	942	21.87	3.73	13.22	11.69	1.57	0.00
FRUIT,FRESH ASSORTED	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
COOKIE, WHOLE GRAIN, BAKE& SERV	1 EACH	1	140	0	110	2.00	0.72	0.0	0	0.0	2.0	24.0	4.5	1.50	0.00
PEANUT BUTTER AND JELLY K-1	SANDWIC HES	1	479	15	574	4.98	2.15	450.0	100	0.0	20.95	48.21	24.38	7.48	0.00
TURKEY SANDWICH ON WHEAT BREAD	1 EACH	1	287	49	861	3.00	2.39	398.0	134	0.0	24.2	27.85	8.0	3.50	0.00
HAM SANDWICH ON WHEAT BR EAD	1 EACH	1	271	50	883	2.00	1.53	228.0	134	2.4	19.29	32.85	9.5	4.60	0.00
TUNA SALAD SANDWICHES	1/2 C ON BREAD	1	369	44	536	3.41	*0.55	*22.2	*146	*1.68	24.03	32.58	17.02	3.48	*0.00
BRONCO BURGER	1 EACH	1	316	46	624	4.90	3.25	174.0	61	1.0	21.63	27.23	12.56	4.91	0.18
CHICKEN BURGER, GRILLED	EACH	1	280	50	560	4.00	2.16	150.0	0	0.0	23.0	28.0	8.5	2.00	0.00
BRONCO CHEESEBURGER	1 EACH	1	341	53	784	3.90	3.25	159.0	211	4.6	22.63	28.23	14.81	6.16	0.18
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, FAT FREE CHOCOLATE RANCH, BUTTERMILK	HALF PINT	1	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0	0.00	0.00
ITALIAN DRESSING	1 OUNCE	1	112	12	123	0.09	0.05	19.9	27	0.29	0.6	2.24	11.52	2.29	*0.00
RANCH, CHIPOTLE BUTTERMILK	1 OUNCE	1	142	0	96	0.12	*0.11	*3.1	*3	*0.04	0.12	0.83	15.62	1.74	0.00
KETCHUP	1 TBSP	1	122	12	123	0.09	0.05	19.9	58	*0.29	0.6	1.3	12.52	2.29	*0.00
MUSTARD	1 TBSP	1	20	0	200	0.00	0.00	0.0	0	0.0	0.0	5.0	0.0	0.00	0.00
MAYONNAISE	1 TSP	1	3	0	59	0.17	0.08	3.0	4	0.08	0.23	0.28	0.21	0.01	0.00
PICKLE SLICES	3 SLICES	1	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
SALSA:COMMODITY	1 OZ	1	3	0	185	0.30	0.09	9.1	39	0.3	0.12	0.55	0.03	0.01	0.00
			10	0	122	0.40	0.64	3.4	156	1.13	0.43	1.98	0.06	0.01	*N/A*
Weighted Daily Average			3884	403	7121	46.11	*24.14	*2859.4	*15939	*109.42	208.96	384.52	173.82	52.48	*0.36
% of Calories											21.5%	39.6%	40.3%	12.2%	*0.1%
Nutrient Guideline			600-700		1360								<10.00		

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Lunch Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
WEDNESDAY WEEK 1															
6-8 Lunch Menu	Total	1													
HOT DIGGITY DOG	1 EACH	1	420	55	1110	4.00	2.88	150.0	0	0.0	19.0	27.0	25.5	10.00	0.00
BROCCOLI, OVEN ROASTED, FL ORET	1/2 CUP	1	57	0	119	2.15	0.01	21.4	0	32.01	1.09	4.36	2.91	0.42	0.00
BEANS, BAKED, SECRET INGRD	2/3 cup	1	222	0	415	6.17	2.24	76.8	0	*0.87	7.31	48.66	0.63	0.14	0.00
FRUIT,FRESH ASSORTED	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
PEANUT BUTTER AND JELLY K-1 HES	SANDWIC	1	479	15	574	4.98	2.15	450.0	100	0.0	20.95	48.21	24.38	7.48	0.00
TURKEY SANDWICH ON WHEAT BREAD	1 EACH	1	287	49	861	3.00	2.39	398.0	134	0.0	24.2	27.85	8.0	3.50	0.00
HAM SANDWICH ON WHEAT BR EAD	1 EACH	1	271	50	883	2.00	1.53	228.0	134	2.4	19.29	32.85	9.5	4.60	0.00
TUNA SALAD SANDWICHES	1/2 C ON BREAD	1	369	44	536	3.41	*0.55	*22.2	*146	*1.68	24.03	32.58	17.02	3.48	*0.00
PIZZA, CHEESE, WG PIZZA HUT	1 SLICE	1	280	20	530	3.00	1.90	360.0	430	0.0	21.0	29.0	9.0	3.90	0.00
PIZZA,PEPPERONI, WG, PIZZA HUT	1 SLICE	1	290	25	570	3.00	2.00	300.0	410	0.0	21.0	29.0	11.0	4.40	0.00
PIZZA, VEGGIE, WG, PIZZA HUT	1 SLICE	1	280	20	530	4.00	2.00	360.0	530	0.0	21.0	30.0	9.0	3.90	0.00
PIZZA, HAWAIIAN BBQ, WG, PZA HT	1 SLICE	1	230	10	460	3.00	1.90	150.0	290	0.0	13.0	33.0	5.0	1.90	0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, FAT FREE CHOCOLATE RANCH, BUTTERMILK	HALF PINT	1	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0	0.00	0.00
ITALIAN DRESSING	1 OUNCE	1	112	12	123	0.09	0.05	19.9	27	0.29	0.6	2.24	11.52	2.29	*0.00
KETCHUP	1 OUNCE	1	142	0	96	0.12	*0.11	*3.1	*3	*0.04	0.12	0.83	15.62	1.74	0.00
MUSTARD	1 TBSP	1	20	0	200	0.00	0.00	0.0	0	0.0	0.0	5.0	0.0	0.00	0.00
MAYONNAISE	1 TBSP	1	3	0	59	0.17	0.08	3.0	4	0.08	0.23	0.28	0.21	0.01	0.00
PICKLE SLICES	1 TSP	1	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
	3 SLICES	1	3	0	185	0.30	0.09	9.1	39	0.3	0.12	0.55	0.03	0.01	0.00
Weighted Daily Average			3889	325	7686	42.39	*20.65	*3472.2	*3901	*56.66	218.29	419.18	155.81	50.16	*0.00
% of Calories											22.5%	43.1%	36.1%	11.6%	*0.0%
Nutrient Guideline			600-700		1360									<10.00	

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Base Menu Spreadsheet

6-8 Lunch Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
THURSDAY WEEK 1															
6-8 Lunch Menu	Total	1													
CHICKEN SALAD WRAP SANDWICH	4 OZ	1	569	112	674	5.14	5.59	96.9	2885	10.62	32.95	45.53	29.98	9.37	*0.00
TOSSED SALAD	1.25 CUP	1	18	0	9	2.47	0.72	21.6	8160	15.48	0.31	4.04	0.0	0.00	0.00
CELERY AND BABY CARROTS	1/2 CUP	1	16	0	45	1.31	0.05	10.0	4383	2.6	0.36	3.25	0.07	0.02	0.00
FRUIT,FRESH ASSORTED	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
PEANUT BUTTER AND JELLY K-1	SANDWICHES	1	479	15	574	4.98	2.15	450.0	100	0.0	20.95	48.21	24.38	7.48	0.00
HAM SANDWICH ON WHEAT BREAD	1 EACH	1	271	50	883	2.00	1.53	228.0	134	2.4	19.29	32.85	9.5	4.60	0.00
TURKEY SANDWICH ON WHEAT BREAD	1 EACH	1	287	49	861	3.00	2.39	398.0	134	0.0	24.2	27.85	8.0	3.50	0.00
TUNA SALAD SANDWICHES	1/2 C ON BREAD	1	369	44	536	3.41	*0.55	*22.2	*146	*1.68	24.03	32.58	17.02	3.48	*0.00
BRONCO BURGER	1 EACH	1	316	46	624	4.90	3.25	174.0	61	1.0	21.63	27.23	12.56	4.91	0.18
CHICKEN BURGER, GRILLED	EACH	1	280	50	560	4.00	2.16	150.0	0	0.0	23.0	28.0	8.5	2.00	0.00
BRONCO CHEESEBURGER	1 EACH	1	341	53	784	3.90	3.25	159.0	211	4.6	22.63	28.23	14.81	6.16	0.18
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, FAT FREE CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0	0.00	0.00
ITALIAN DRESSING	1 OUNCE	1	142	0	96	0.12	*0.11	*3.1	*3	*0.04	0.12	0.83	15.62	1.74	0.00
RANCH, BUTTERMILK	1 OUNCE	1	112	12	123	0.09	0.05	19.9	27	0.29	0.6	2.24	11.52	2.29	*0.00
KETCHUP	1 TBSP	1	20	0	200	0.00	0.00	0.0	0	0.0	0.0	5.0	0.0	0.00	0.00
MUSTARD	1 TBSP	1	3	0	59	0.17	0.08	3.0	4	0.08	0.23	0.28	0.21	0.01	0.00
MAYONNAISE	1 TSP	1	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
PICKLE SLICES	3 SLICES	1	3	0	185	0.30	0.09	9.1	39	0.3	0.12	0.55	0.03	0.01	0.00
Weighted Daily Average % of Calories			3650	457	6647	38.79	*22.74	*2665.5	*17941	*58.08	215.78 23.6%	354.43 38.8%	158.70 39.1%	47.96 11.8%	*0.36 *0.1%
Nutrient Guideline			600-700		1360									<10.00	

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6-8 Lunch Menu

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
FRIDAY WEEK 1															
6-8 Lunch Menu	Total	1													
MARIO'S PEPPERONI PAN PIZZA	1 SLICE	1	485	52	1193	5.73	2.28	596.3	*545	2.76	30.6	35.74	24.46	11.67	0.00
BROCCOLI, STEAMED, FLORET	1/2 CUP	1	52	6	114	2.15	0.01	21.4	80	32.01	1.09	4.36	2.2	1.40	0.00
PEPPER STRIPS	1/2 CUP	1	19	0	2	1.40	0.29	6.2	1302	77.41	0.69	3.97	0.17	0.03	0.00
FRUIT,FRESH ASSORTED	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
PEANUT BUTTER AND JELLY K-1	SANDWICHES	1	479	15	574	4.98	2.15	450.0	100	0.0	20.95	48.21	24.38	7.48	0.00
TURKEY SANDWICH ON WHEAT BREAD	1 EACH	1	287	49	861	3.00	2.39	398.0	134	0.0	24.2	27.85	8.0	3.50	0.00
HAM SANDWICH ON WHEAT BREAD	1 EACH	1	271	50	883	2.00	1.53	228.0	134	2.4	19.29	32.85	9.5	4.60	0.00
TUNA SALAD SANDWICHES	1/2 C ON BREAD	1	369	44	536	3.41	*0.55	*22.2	*146	*1.68	24.03	32.58	17.02	3.48	*0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, FAT FREE CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0	0.00	0.00
RANCH, BUTTERMILK	1 OUNCE	1	112	12	123	0.09	0.05	19.9	27	0.29	0.6	2.24	11.52	2.29	*0.00
ITALIAN DRESSING	1 OUNCE	1	142	0	96	0.12	*0.11	*3.1	*3	*0.04	0.12	0.83	15.62	1.74	0.00
KETCHUP	1 TBSP	1	20	0	200	0.00	0.00	0.0	0	0.0	0.0	5.0	0.0	0.00	0.00
MUSTARD	1 TBSP	1	3	0	59	0.17	0.08	3.0	4	0.08	0.23	0.28	0.21	0.01	0.00
MAYONNAISE	1 TSP	1	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
PICKLE SLICES	3 SLICES	1	3	0	185	0.30	0.09	9.1	39	0.3	0.12	0.55	0.03	0.01	0.00
Weighted Daily Average			2666	253	5261	26.34	*10.30	*2678.0	*4168	*135.95	147.28	262.22	119.61	38.61	*0.00
% of Calories											22.1%	39.3%	40.4%	13.0%	*0.0%
Nutrient Guideline			600-700		1360									<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.

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Lunch Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
MONDAY WEEK 2															
6-8 Lunch Menu	Total	1													
CHICKEN,ROAST,HERB W/ROLL (RAW)	3 ounces	1	387	76	362	3.59	*1.50	*28.2	*344	*0.28	27.8	30.52	16.87	4.17	0.00
BROCCOLI, STEAMED, FLORET	1/2 CUP	1	52	6	114	2.15	0.01	21.4	80	32.01	1.09	4.36	2.2	1.40	0.00
POTATOES, OVEN ROASTED W EDGES	1/2 CUP	1	97	0	266	1.72	0.73	10.6	7	8.32	1.9	15.75	3.33	0.39	0.00
FRUIT,FRESH ASSORTED	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
PEANUT BUTTER AND JELLY K-1 SANDWICHES	1 EACH	1	479	15	574	4.98	2.15	450.0	100	0.0	20.95	48.21	24.38	7.48	0.00
TURKEY SANDWICH ON WHEAT BREAD	1 EACH	1	287	49	861	3.00	2.39	398.0	134	0.0	24.2	27.85	8.0	3.50	0.00
HAM SANDWICH ON WHEAT BREAD	1 EACH	1	271	50	883	2.00	1.53	228.0	134	2.4	19.29	32.85	9.5	4.60	0.00
TUNA SALAD SANDWICHES	1/2 C ON BREAD	1	369	44	536	3.41	*0.55	*22.2	*146	*1.68	24.03	32.58	17.02	3.48	*0.00
PIZZA, CHEESE, WG PIZZA HUT	1 SLICE	1	280	20	530	3.00	1.90	360.0	430	0.0	21.0	29.0	9.0	3.90	0.00
PIZZA,PEPPERONI, WG, PIZZA HUT	1 SLICE	1	290	25	570	3.00	2.00	300.0	410	0.0	21.0	29.0	11.0	4.40	0.00
PIZZA, VEGGIE, WG, PIZZA HUT	1 SLICE	1	280	20	530	4.00	2.00	360.0	530	0.0	21.0	30.0	9.0	3.90	0.00
PIZZA, HAWAIIAN BBQ, WG, PZAH T	1 SLICE	1	230	10	460	3.00	1.90	150.0	290	0.0	13.0	33.0	5.0	1.90	0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, FAT FREE CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0	0.00	0.00
ITALIAN DRESSING	1 OUNCE	1	142	0	96	0.12	*0.11	*3.1	*3	*0.04	0.12	0.83	15.62	1.74	0.00
RANCH, BUTTERMILK	1 OUNCE	1	112	12	123	0.09	0.05	19.9	27	0.29	0.6	2.24	11.52	2.29	*0.00
MAYONNAISE	1 TSP	1	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
KETCHUP	1 TBSP	1	20	0	200	0.00	0.00	0.0	0	0.0	0.0	5.0	0.0	0.00	0.00
MUSTARD	1 TBSP	1	3	0	59	0.17	0.08	3.0	4	0.08	0.23	0.28	0.21	0.01	0.00
PICKLE SLICES	3 SLICES	1	3	0	185	0.30	0.09	9.1	39	0.3	0.12	0.55	0.03	0.01	0.00
Weighted Daily Average			3726	352	6784	37.53	*17.77	*3284.3	*4331	*64.38	221.69	389.79	149.17	45.56	*0.00
% of Calories											23.8%	41.8%	36.0%	11.0%	*0.0%
Nutrient Guideline			600-700		1360									<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Lunch Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
TUESDAY WEEK 2															
6-8 Lunch Menu	Total	1													
CHICKEN STREET TACO K-8	1 EACH	1	352	67	481	5.89	5.21	165.5	4110	41.27	25.93	37.37	11.72	6.19	0.00
TOSSED SALAD	1.25 CUP	1	18	0	9	2.47	0.72	21.6	8160	15.48	0.31	4.04	0.0	0.00	0.00
THREE BEAN SALAD	2/3 CUP	1	118	0	388	6.68	*2.66	*68.8	937	*18.44	*7.13	21.28	0.81	0.18	*0.00
FRUIT,FRESH ASSORTED	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
PEANUT BUTTER AND JELLY K-1	SANDWICHES	1	479	15	574	4.98	2.15	450.0	100	0.0	20.95	48.21	24.38	7.48	0.00
HAM SANDWICH ON WHEAT BREAD	1 EACH	1	271	50	883	2.00	1.53	228.0	134	2.4	19.29	32.85	9.5	4.60	0.00
TURKEY SANDWICH ON WHEAT BREAD	1 EACH	1	287	49	861	3.00	2.39	398.0	134	0.0	24.2	27.85	8.0	3.50	0.00
TUNA SALAD SANDWICHES	1/2 C ON BREAD	1	369	44	536	3.41	*0.55	*22.2	*146	*1.68	24.03	32.58	17.02	3.48	*0.00
BRONCO BURGER	1 EACH	1	316	46	624	4.90	3.25	174.0	61	1.0	21.63	27.23	12.56	4.91	0.18
CHICKEN BURGER, GRILLED	EACH	1	280	50	560	4.00	2.16	150.0	0	0.0	23.0	28.0	8.5	2.00	0.00
BRONCO CHEESEBURGER	1 EACH	1	341	53	784	3.90	3.25	159.0	211	4.6	22.63	28.23	14.81	6.16	0.18
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, FAT FREE CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0	0.00	0.00
RANCH, BUTTERMILK	1 OUNCE	1	112	12	123	0.09	0.05	19.9	27	0.29	0.6	2.24	11.52	2.29	*0.00
RANCH, CHIPOTLE BUTTERMILK	1 OUNCE	1	122	12	123	0.09	0.05	19.9	58	*0.29	0.6	1.3	12.52	2.29	*0.00
ITALIAN DRESSING	1 OUNCE	1	142	0	96	0.12	*0.11	*3.1	*3	*0.04	0.12	0.83	15.62	1.74	0.00
KETCHUP	1 TBSP	1	20	0	200	0.00	0.00	0.0	0	0.0	0.0	5.0	0.0	0.00	0.00
MUSTARD	1 TBSP	1	3	0	59	0.17	0.08	3.0	4	0.08	0.23	0.28	0.21	0.01	0.00
MAYONNAISE	1 TSP	1	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
PICKLE SLICES	3 SLICES	1	3	0	185	0.30	0.09	9.1	39	0.3	0.12	0.55	0.03	0.01	0.00
SALSA:COMMODITY	1 OZ	1	10	0	122	0.40	0.64	3.4	156	1.13	0.43	1.98	0.06	0.01	*N/A*
Weighted Daily Average			3667	423	7043	45.39	*25.66	*2816.2	*15933	*105.98	*216.55	367.58	153.75	47.25	*0.36
% of Calories											*23.6%	40.1%	37.7%	11.6%	*0.1%
Nutrient Guideline			600-700		1360									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Lunch Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
WEDNESDAY WEEK 2															
6-8 Lunch Menu	Total	1													
NANA'S MAC & CHEESE K-8	1/2 c w/3 L INKS	1	340	48	908	1.71	1.27	247.6	502	0.54	16.1	25.1	19.57	8.82	0.00
TOSSED SALAD	1.25 CUP	1	18	0	9	2.47	0.72	21.6	8160	15.48	0.31	4.04	0.0	0.00	0.00
CELERY AND BABY CARROTS	1/2 CUP	1	16	0	45	1.31	0.05	10.0	4383	2.6	0.36	3.25	0.07	0.02	0.00
FRUIT,FRESH ASSORTED	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
PEANUT BUTTER AND JELLY K-1	SANDWIC HES	1	479	15	574	4.98	2.15	450.0	100	0.0	20.95	48.21	24.38	7.48	0.00
TURKEY SANDWICH ON WHEAT BREAD	1 EACH	1	287	49	861	3.00	2.39	398.0	134	0.0	24.2	27.85	8.0	3.50	0.00
HAM SANDWICH ON WHEAT BR EAD	1 EACH	1	271	50	883	2.00	1.53	228.0	134	2.4	19.29	32.85	9.5	4.60	0.00
TUNA SALAD SANDWICHES	1/2 C ON BREAD	1	369	44	536	3.41	*0.55	*22.2	*146	*1.68	24.03	32.58	17.02	3.48	*0.00
PIZZA, CHEESE, WG PIZZA HUT	1 SLICE	1	280	20	530	3.00	1.90	360.0	430	0.0	21.0	29.0	9.0	3.90	0.00
PIZZA,PEPPERONI, WG, PIZZA HUT	1 SLICE	1	290	25	570	3.00	2.00	300.0	410	0.0	21.0	29.0	11.0	4.40	0.00
PIZZA, VEGGIE, WG, PIZZA HUT	1 SLICE	1	280	20	530	4.00	2.00	360.0	530	0.0	21.0	30.0	9.0	3.90	0.00
PIZZA, HAWAIIAN BBQ, WG, PZA HT	1 SLICE	1	230	10	460	3.00	1.90	150.0	290	0.0	13.0	33.0	5.0	1.90	0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, FAT FREE CHOCOLATE RANCH, BUTTERMILK	HALF PINT	1	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0	0.00	0.00
ITALIAN DRESSING	1 OUNCE	1	112	12	123	0.09	0.05	19.9	27	0.29	0.6	2.24	11.52	2.29	*0.00
MAYONNAISE	1 OUNCE	1	142	0	96	0.12	*0.11	*3.1	*3	*0.04	0.12	0.83	15.62	1.74	0.00
MUSTARD	1 TSP	1	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
PICKLE SLICES	1 TBSP	1	3	0	59	0.17	0.08	3.0	4	0.08	0.23	0.28	0.21	0.01	0.00
	3 SLICES	1	3	0	185	0.30	0.09	9.1	39	0.3	0.12	0.55	0.03	0.01	0.00
Weighted Daily Average			3544	318	6803	35.56	*17.56	*3503.2	*16946	*42.40	207.67	366.54	146.42	48.45	*0.00
% of Calories											23.4%	41.4%	37.2%	12.3%	*0.0%
Nutrient Guideline			600-700		1360									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Lunch Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
THURSDAY WEEK 2															
6-8 Lunch Menu	Total	1													
FRITO CHILI PIE K-8	1/2 CUP W/FRITO	1	397	27	675	3.00	*1.33	*168.4	*1047	*13.07	13.13	34.87	23.55	6.46	0.00
BROCCOLI, OVEN ROASTED, FL ORET	1/2 CUP	1	57	0	119	2.15	0.01	21.4	0	32.01	1.09	4.36	2.91	0.42	0.00
GREEN BEANS, GARLIC	1/2 CUP	1	69	6	49	2.19	0.73	35.9	544	10.94	1.55	6.51	4.07	1.63	0.00
FRUIT,FRESH ASSORTED	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
COOKIE, WHOLE GRAIN, BAKE& SERV	1 EACH	1	140	0	110	2.00	0.72	0.0	0	0.0	2.0	24.0	4.5	1.50	0.00
PEANUT BUTTER AND JELLY K-1	SANDWICHES	1	479	15	574	4.98	2.15	450.0	100	0.0	20.95	48.21	24.38	7.48	0.00
HAM SANDWICH ON WHEAT BREAD	1 EACH	1	271	50	883	2.00	1.53	228.0	134	2.4	19.29	32.85	9.5	4.60	0.00
TURKEY SANDWICH ON WHEAT BREAD	1 EACH	1	287	49	861	3.00	2.39	398.0	134	0.0	24.2	27.85	8.0	3.50	0.00
TUNA SALAD SANDWICHES	1/2 C ON BREAD	1	369	44	536	3.41	*0.55	*22.2	*146	*1.68	24.03	32.58	17.02	3.48	*0.00
BRONCO BURGER	1 EACH	1	316	46	624	4.90	3.25	174.0	61	1.0	21.63	27.23	12.56	4.91	0.18
CHICKEN BURGER, GRILLED	EACH	1	280	50	560	4.00	2.16	150.0	0	0.0	23.0	28.0	8.5	2.00	0.00
BRONCO CHEESEBURGER	1 EACH	1	341	53	784	3.90	3.25	159.0	211	4.6	22.63	28.23	14.81	6.16	0.18
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, FAT FREE CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0	0.00	0.00
RANCH, BUTTERMILK	1 OUNCE	1	112	12	123	0.09	0.05	19.9	27	0.29	0.6	2.24	11.52	2.29	*0.00
RANCH, CHIPOTLE BUTTERMILK	1 OUNCE	1	122	12	123	0.09	0.05	19.9	58	*0.29	0.6	1.3	12.52	2.29	*0.00
ITALIAN DRESSING	1 OUNCE	1	142	0	96	0.12	*0.11	*3.1	*3	*0.04	0.12	0.83	15.62	1.74	0.00
MAYONNAISE	1 TSP	1	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
KETCHUP	1 TBSP	1	20	0	200	0.00	0.00	0.0	0	0.0	0.0	5.0	0.0	0.00	0.00
MUSTARD	1 TBSP	1	3	0	59	0.17	0.08	3.0	4	0.08	0.23	0.28	0.21	0.01	0.00
PICKLE SLICES	3 SLICES	1	3	0	185	0.30	0.09	9.1	39	0.3	0.12	0.55	0.03	0.01	0.00
SALSA:COMMODITY	1 OZ	1	10	0	122	0.40	0.64	3.4	156	1.13	0.43	1.98	0.06	0.01	*N/A*
Weighted Daily Average			3842	390	7118	39.69	*19.86	*2786.0	*4318	*86.82	200.95	374.64	176.26	50.89	*0.36
% of Calories											20.9%	39.0%	41.3%	11.9%	*0.1%
Nutrient Guideline			600-700		1360									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Lunch Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
FRIDAY WEEK 2															
6-8 Lunch Menu	Total	1													
BRONCO BURGER	1 EACH	1	316	46	624	4.90	3.25	174.0	61	1.0	21.63	27.23	12.56	4.91	0.18
TOSSED SALAD	1.25 CUP	1	18	0	9	2.47	0.72	21.6	8160	15.48	0.31	4.04	0.0	0.00	0.00
FRENCH FRIES	1/2 cup	1	110	0	300	1.00	0.36	0.0	0	3.6	1.0	15.01	5.0	0.50	0.00
FRUIT,FRESH ASSORTED	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
PEANUT BUTTER AND JELLY K-1 SANDWICHES	1 EACH	1	479	15	574	4.98	2.15	450.0	100	0.0	20.95	48.21	24.38	7.48	0.00
TURKEY SANDWICH ON WHEAT BREAD	1 EACH	1	287	49	861	3.00	2.39	398.0	134	0.0	24.2	27.85	8.0	3.50	0.00
HAM SANDWICH ON WHEAT BREAD	1 EACH	1	271	50	883	2.00	1.53	228.0	134	2.4	19.29	32.85	9.5	4.60	0.00
TUNA SALAD SANDWICHES	1/2 C ON BREAD	1	369	44	536	3.41	*0.55	*22.2	*146	*1.68	24.03	32.58	17.02	3.48	*0.00
PIZZA, CHEESE, WG PIZZA HUT	1 SLICE	1	280	20	530	3.00	1.90	360.0	430	0.0	21.0	29.0	9.0	3.90	0.00
PIZZA,PEPPERONI, WG, PIZZA HUT	1 SLICE	1	290	25	570	3.00	2.00	300.0	410	0.0	21.0	29.0	11.0	4.40	0.00
PIZZA, VEGGIE, WG, PIZZA HUT	1 SLICE	1	280	20	530	4.00	2.00	360.0	530	0.0	21.0	30.0	9.0	3.90	0.00
PIZZA, HAWAIIAN BBQ, WG, PZAH	1 SLICE	1	230	10	460	3.00	1.90	150.0	290	0.0	13.0	33.0	5.0	1.90	0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, FAT FREE CHOCOLATE RANCH, BUTTERMILK	HALF PINT	1	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0	0.00	0.00
ITALIAN DRESSING	1 OUNCE	1	112	12	123	0.09	0.05	19.9	27	0.29	0.6	2.24	11.52	2.29	*0.00
MAYONNAISE	1 TSP	1	142	0	96	0.12	*0.11	*3.1	*3	*0.04	0.12	0.83	15.62	1.74	0.00
KETCHUP	1 TBSP	1	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
MUSTARD	1 TBSP	1	20	0	200	0.00	0.00	0.0	0	0.0	0.0	5.0	0.0	0.00	0.00
PICKLE SLICES	1 TBSP	1	3	0	59	0.17	0.08	3.0	4	0.08	0.23	0.28	0.21	0.01	0.00
	3 SLICES	1	3	0	185	0.30	0.09	9.1	39	0.3	0.12	0.55	0.03	0.01	0.00
Weighted Daily Average			3634	316	6975	38.44	*19.85	*3419.6	*12121	*43.85	213.84	385.44	144.34	45.02	*0.18
% of Calories											23.5%	42.4%	35.8%	11.2%	*0.0%
Nutrient Guideline			600-700		1360									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Lunch Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
MONDAY WEEK 3															
6-8 Lunch Menu	Total	1													
FIESTA NACHOS K-8	1 EACH	1	348	45	485	5.65	*1.42	*163.9	*2365	*6.35	18.76	31.29	16.33	4.81	0.00
TOSSED SALAD	1.25 CUP	1	18	0	9	2.47	0.72	21.6	8160	15.48	0.31	4.04	0.0	0.00	0.00
CORN	1/2 CUP	1	80	5	95	1.55	0.30	2.7	205	4.64	2.19	15.03	2.32	1.20	0.00
FRUIT,FRESH ASSORTED	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
PEANUT BUTTER AND JELLY K-1	SANDWICHES	1	479	15	574	4.98	2.15	450.0	100	0.0	20.95	48.21	24.38	7.48	0.00
TURKEY SANDWICH ON WHEAT BREAD	1 EACH	1	287	49	861	3.00	2.39	398.0	134	0.0	24.2	27.85	8.0	3.50	0.00
HAM SANDWICH ON WHEAT BREAD	1 EACH	1	271	50	883	2.00	1.53	228.0	134	2.4	19.29	32.85	9.5	4.60	0.00
TUNA SALAD SANDWICHES	1/2 C ON BREAD	1	369	44	536	3.41	*0.55	*22.2	*146	*1.68	24.03	32.58	17.02	3.48	*0.00
PIZZA, CHEESE, WG PIZZA HUT	1 SLICE	1	280	20	530	3.00	1.90	360.0	430	0.0	21.0	29.0	9.0	3.90	0.00
PIZZA,PEPPERONI, WG, PIZZA HUT	1 SLICE	1	290	25	570	3.00	2.00	300.0	410	0.0	21.0	29.0	11.0	4.40	0.00
PIZZA, VEGGIE, WG, PIZZA HUT	1 SLICE	1	280	20	530	4.00	2.00	360.0	530	0.0	21.0	30.0	9.0	3.90	0.00
PIZZA, HAWAIIAN BBQ, WG, PZAH	1 SLICE	1	230	10	460	3.00	1.90	150.0	290	0.0	13.0	33.0	5.0	1.90	0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, FAT FREE CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0	0.00	0.00
RANCH, BUTTERMILK	1 OUNCE	1	112	12	123	0.09	0.05	19.9	27	0.29	0.6	2.24	11.52	2.29	*0.00
RANCH, CHIPOTLE BUTTERMILK	1 OUNCE	1	122	12	123	0.09	0.05	19.9	58	*0.29	0.6	1.3	12.52	2.29	*0.00
ITALIAN DRESSING	1 OUNCE	1	142	0	96	0.12	*0.11	*3.1	*3	*0.04	0.12	0.83	15.62	1.74	0.00
MAYONNAISE	1 TSP	1	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
MUSTARD	1 TBSP	1	3	0	59	0.17	0.08	3.0	4	0.08	0.23	0.28	0.21	0.01	0.00
PICKLE SLICES	3 SLICES	1	3	0	185	0.30	0.09	9.1	39	0.3	0.12	0.55	0.03	0.01	0.00
SALSA:COMMODITY	1 OZ	1	10	0	122	0.40	0.64	3.4	156	1.13	0.43	1.98	0.06	0.01	*N/A*
Weighted Daily Average			3747	331	6676	40.22	*18.66	*3435.4	*14845	*51.67	213.19	387.81	158.01	47.92	*0.00
% of Calories											22.8%	41.4%	37.9%	11.5%	*0.0%
Nutrient Guideline			600-700		1360									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Lunch Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
TUESDAY WEEK 3															
6-8 Lunch Menu	Total	1													
PORK STREET TACO K-8	2 OZ	1	383	70	441	4.08	*2.90	*160.0	*1937	*5.03	24.41	31.81	17.6	8.54	*0.00
BROCCOLI, STEAMED, FLORET	1/2 CUP	1	52	6	114	2.15	0.01	21.4	80	32.01	1.09	4.36	2.2	1.40	0.00
REFRIED BEANS, SMOOTH SAN TIAGO	1/2 CUP	1	166	5	562	8.24	2.13	45.6	79	3.4	8.25	24.2	4.59	1.51	0.00
FRUIT,FRESH ASSORTED	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
PEANUT BUTTER AND JELLY K-1	SANDWIC HES	1	479	15	574	4.98	2.15	450.0	100	0.0	20.95	48.21	24.38	7.48	0.00
HAM SANDWICH ON WHEAT BR EAD	1 EACH	1	271	50	883	2.00	1.53	228.0	134	2.4	19.29	32.85	9.5	4.60	0.00
TURKEY SANDWICH ON WHEAT BREAD	1 EACH	1	287	49	861	3.00	2.39	398.0	134	0.0	24.2	27.85	8.0	3.50	0.00
TUNA SALAD SANDWICHES	1/2 C ON BREAD	1	369	44	536	3.41	*0.55	*22.2	*146	*1.68	24.03	32.58	17.02	3.48	*0.00
BRONCO BURGER	1 EACH	1	316	46	624	4.90	3.25	174.0	61	1.0	21.63	27.23	12.56	4.91	0.18
CHICKEN BURGER, GRILLED	EACH	1	280	50	560	4.00	2.16	150.0	0	0.0	23.0	28.0	8.5	2.00	0.00
BRONCO CHEESEBURGER	1 EACH	1	341	53	784	3.90	3.25	159.0	211	4.6	22.63	28.23	14.81	6.16	0.18
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, FAT FREE CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0	0.00	0.00
RANCH, BUTTERMILK	1 OUNCE	1	112	12	123	0.09	0.05	19.9	27	0.29	0.6	2.24	11.52	2.29	*0.00
RANCH, CHIPOTLE BUTTERMILK	1 OUNCE	1	122	12	123	0.09	0.05	19.9	58	*0.29	0.6	1.3	12.52	2.29	*0.00
ITALIAN DRESSING	1 OUNCE	1	142	0	96	0.12	*0.11	*3.1	*3	*0.04	0.12	0.83	15.62	1.74	0.00
MAYONNAISE	1 TSP	1	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
KETCHUP	1 TBSP	1	20	0	200	0.00	0.00	0.0	0	0.0	0.0	5.0	0.0	0.00	0.00
MUSTARD	1 TBSP	1	3	0	59	0.17	0.08	3.0	4	0.08	0.23	0.28	0.21	0.01	0.00
PICKLE SLICES	3 SLICES	1	3	0	185	0.30	0.09	9.1	39	0.3	0.12	0.55	0.03	0.01	0.00
SALSA:COMMODITY	1 OZ	1	10	0	122	0.40	0.64	3.4	156	1.13	0.43	1.98	0.06	0.01	*N/A*
Weighted Daily Average			3781	437	7282	44.82	*22.12	*2787.3	*4823	*71.23	216.93	365.28	165.60	52.33	*0.36
% of Calories											23.0%	38.6%	39.4%	12.5%	*0.1%
Nutrient Guideline			600-700		1360									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Lunch Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
WEDNESDAY WEEK 3															
6-8 Lunch Menu	Total	1													
GOOEY GRILLED CHEESE	1 EACH	1	333	45	858	2.04	1.46	384.0	807	2.4	18.22	32.34	15.61	8.56	0.00
QUESADILLA, CHEESE K-12	1 EACH	1	352	41	545	4.05	1.74	474.3	*295	0.0	19.7	31.09	17.01	11.27	0.00
SOUP, CHICKEN NOODLE	4 OUNCES	1	126	33	149	1.34	1.69	9.5	1749	1.68	11.62	11.53	3.62	1.75	0.00
SOUP, TOMATO	1/2 CUP	1	66	9	107	0.68	*0.53	*31.5	*303	*3.18	1.86	7.63	3.12	1.93	0.00
TOSSED SALAD	1.25 CUP	1	18	0	9	2.47	0.72	21.6	8160	15.48	0.31	4.04	0.0	0.00	0.00
PEPPER STRIPS	1/2 CUP	1	19	0	2	1.40	0.29	6.2	1302	77.41	0.69	3.97	0.17	0.03	0.00
FRUIT,FRESH ASSORTED	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
COOKIE, WHOLE GRAIN, BAKE& SERV	1 EACH	1	140	0	110	2.00	0.72	0.0	0	0.0	2.0	24.0	4.5	1.50	0.00
PEANUT BUTTER AND JELLY K-1	SANDWICHES	1	479	15	574	4.98	2.15	450.0	100	0.0	20.95	48.21	24.38	7.48	0.00
TURKEY SANDWICH ON WHEAT BREAD	1 EACH	1	287	49	861	3.00	2.39	398.0	134	0.0	24.2	27.85	8.0	3.50	0.00
HAM SANDWICH ON WHEAT BREAD	1 EACH	1	271	50	883	2.00	1.53	228.0	134	2.4	19.29	32.85	9.5	4.60	0.00
TUNA SALAD SANDWICHES	1/2 C ON BREAD	1	369	44	536	3.41	*0.55	*22.2	*146	*1.68	24.03	32.58	17.02	3.48	*0.00
PIZZA, CHEESE, WG PIZZA HUT	1 SLICE	1	280	20	530	3.00	1.90	360.0	430	0.0	21.0	29.0	9.0	3.90	0.00
PIZZA,PEPPERONI, WG, PIZZA HUT	1 SLICE	1	290	25	570	3.00	2.00	300.0	410	0.0	21.0	29.0	11.0	4.40	0.00
PIZZA, VEGGIE, WG, PIZZA HUT	1 SLICE	1	280	20	530	4.00	2.00	360.0	530	0.0	21.0	30.0	9.0	3.90	0.00
PIZZA, HAWAIIAN BBQ, WG, PZAH T	1 SLICE	1	230	10	460	3.00	1.90	150.0	290	0.0	13.0	33.0	5.0	1.90	0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, FAT FREE CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0	0.00	0.00
RANCH, BUTTERMILK	1 OUNCE	1	112	12	123	0.09	0.05	19.9	27	0.29	0.6	2.24	11.52	2.29	*0.00
ITALIAN DRESSING	1 OUNCE	1	142	0	96	0.12	*0.11	*3.1	*3	*0.04	0.12	0.83	15.62	1.74	0.00
MAYONNAISE	1 TSP	1	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
MUSTARD	1 TBSP	1	3	0	59	0.17	0.08	3.0	4	0.08	0.23	0.28	0.21	0.01	0.00
PICKLE SLICES	3 SLICES	1	3	0	185	0.30	0.09	9.1	39	0.3	0.12	0.55	0.03	0.01	0.00
Weighted Daily Average			4223	398	7622	44.05	*22.68	*4151.2	*16516	*123.92	245.31	448.75	170.82	64.65	*0.00
% of Calories											23.2%	42.5%	36.4%	13.8%	*0.0%
Nutrient Guideline			600-700		1360									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Lunch Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
THURSDAY WEEK 4															
6-8 Lunch Menu	Total	1													
SAL'S SPAGHETTI W/ROLL K-8	1/2 CUP W/ SAUC	1	397	25	427	7.10	*2.56	*51.2	*3089	*17.05	19.79	57.48	10.29	3.28	0.00
BROCCOLI, OVEN ROASTED, FL ORET	1/2 CUP	1	57	0	119	2.15	0.01	21.4	0	32.01	1.09	4.36	2.91	0.42	0.00
CELERY AND BABY CARROTS	1/2 CUP	1	16	0	45	1.31	0.05	10.0	4383	2.6	0.36	3.25	0.07	0.02	0.00
FRUIT,FRESH ASSORTED	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
PEANUT BUTTER AND JELLY K-1	SANDWICHES	1	479	15	574	4.98	2.15	450.0	100	0.0	20.95	48.21	24.38	7.48	0.00
HAM SANDWICH ON WHEAT BREAD	1 EACH	1	271	50	883	2.00	1.53	228.0	134	2.4	19.29	32.85	9.5	4.60	0.00
TURKEY SANDWICH ON WHEAT BREAD	1 EACH	1	287	49	861	3.00	2.39	398.0	134	0.0	24.2	27.85	8.0	3.50	0.00
TUNA SALAD SANDWICHES	1/2 C ON BREAD	1	369	44	536	3.41	*0.55	*22.2	*146	*1.68	24.03	32.58	17.02	3.48	*0.00
BRONCO BURGER	1 EACH	1	316	46	624	4.90	3.25	174.0	61	1.0	21.63	27.23	12.56	4.91	0.18
CHICKEN BURGER, GRILLED	EACH	1	280	50	560	4.00	2.16	150.0	0	0.0	23.0	28.0	8.5	2.00	0.00
BRONCO CHEESEBURGER	1 EACH	1	341	53	784	3.90	3.25	159.0	211	4.6	22.63	28.23	14.81	6.16	0.18
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, FAT FREE CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0	0.00	0.00
RANCH, BUTTERMILK	1 OUNCE	1	112	12	123	0.09	0.05	19.9	27	0.29	0.6	2.24	11.52	2.29	*0.00
ITALIAN DRESSING	1 OUNCE	1	142	0	96	0.12	*0.11	*3.1	*3	*0.04	0.12	0.83	15.62	1.74	0.00
MAYONNAISE	1 TSP	1	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
KETCHUP	1 TBSP	1	20	0	200	0.00	0.00	0.0	0	0.0	0.0	5.0	0.0	0.00	0.00
MUSTARD	1 TBSP	1	3	0	59	0.17	0.08	3.0	4	0.08	0.23	0.28	0.21	0.01	0.00
PICKLE SLICES	3 SLICES	1	3	0	185	0.30	0.09	9.1	39	0.3	0.12	0.55	0.03	0.01	0.00
PARMESAN CHEESE CONDIMENT	1 TSP	1	9	1	29	0.00	0.00	26.0	0	0.0	0.78	0.0	0.65	0.39	0.00
Weighted Daily Average			3526	371	6539	40.43	*19.00	*2645.7	*9984	*81.03	204.18	366.71	142.57	42.68	*0.36
% of Calories											23.2%	41.6%	36.4%	10.9%	*0.1%
Nutrient Guideline			600-700		1360									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Lunch Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
FRIDAY WEEK 3															
6-8 Lunch Menu	Total	1													
CHEESY POCKETS K-8	2 BREAD STICKS	1	321	41	643	4.90	3.26	314.9	2110	9.44	16.62	39.67	12.63	7.21	0.00
TOSSED SALAD	1.25 CUP	1	18	0	9	2.47	0.72	21.6	8160	15.48	0.31	4.04	0.0	0.00	0.00
GREEN BEANS, ROASTED PAR MESAN	4 OZ. WEI GHT	1	171	1	173	4.40	1.49	92.0	942	21.87	3.73	13.22	11.69	1.57	0.00
FRUIT,FRESH ASSORTED	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
PEANUT BUTTER AND JELLY K-1	SANDWICHES	1	479	15	574	4.98	2.15	450.0	100	0.0	20.95	48.21	24.38	7.48	0.00
TURKEY SANDWICH ON WHEAT BREAD	1 EACH	1	287	49	861	3.00	2.39	398.0	134	0.0	24.2	27.85	8.0	3.50	0.00
HAM SANDWICH ON WHEAT BREAD	1 EACH	1	271	50	883	2.00	1.53	228.0	134	2.4	19.29	32.85	9.5	4.60	0.00
TUNA SALAD SANDWICHES	1/2 C ON BREAD	1	369	44	536	3.41	*0.55	*22.2	*146	*1.68	24.03	32.58	17.02	3.48	*0.00
PIZZA, CHEESE, WG PIZZA HUT	1 SLICE	1	280	20	530	3.00	1.90	360.0	430	0.0	21.0	29.0	9.0	3.90	0.00
PIZZA, VEGGIE, WG, PIZZA HUT	1 SLICE	1	280	20	530	4.00	2.00	360.0	530	0.0	21.0	30.0	9.0	3.90	0.00
PIZZA,PEPPERONI, WG, PIZZA HUT	1 SLICE	1	290	25	570	3.00	2.00	300.0	410	0.0	21.0	29.0	11.0	4.40	0.00
PIZZA, HAWAIIAN BBQ, WG, PZAH T	1 SLICE	1	230	10	460	3.00	1.90	150.0	290	0.0	13.0	33.0	5.0	1.90	0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, FAT FREE CHOCOLATE RANCH, BUTTERMILK	HALF PINT	1	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0	0.00	0.00
ITALIAN DRESSING	1 OUNCE	1	112	12	123	0.09	0.05	19.9	27	0.29	0.6	2.24	11.52	2.29	*0.00
MAYONNAISE	1 OUNCE	1	142	0	96	0.12	*0.11	*3.1	*3	*0.04	0.12	0.83	15.62	1.74	0.00
KETCHUP	1 TSP	1	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
MUSTARD	1 TBSP	1	20	0	200	0.00	0.00	0.0	0	0.0	0.0	5.0	0.0	0.00	0.00
PICKLE SLICES	1 TBSP	1	3	0	59	0.17	0.08	3.0	4	0.08	0.23	0.28	0.21	0.01	0.00
	3 SLICES	1	3	0	185	0.30	0.09	9.1	39	0.3	0.12	0.55	0.03	0.01	0.00
Weighted Daily Average			3700	312	6867	41.84	*20.99	*3652.5	*15112	*70.56	211.57	396.08	151.10	48.39	*0.00
% of Calories											22.9%	42.8%	36.8%	11.8%	*0.0%
Nutrient Guideline			600-700		1360									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Lunch Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
MONDAY WEEK 4															
6-8 Lunch Menu	Total	1													
MOM'S BEST BBQ CHIX W/ROLL K-8	SERVING	1	402	85	832	3.08	*2.14	*26.9	*401	*0.21	24.38	43.86	13.04	3.84	0.00
BROCCOLI, STEAMED, FLORET	1/2 CUP	1	52	6	114	2.15	0.01	21.4	80	32.01	1.09	4.36	2.2	1.40	0.00
PINEAPPLE CARROT SALAD	1/2 CUP	1	117	10	362	2.17	*0.33	*28.3	*16064	*7.42	0.99	12.31	7.52	2.00	*0.00
FRUIT,FRESH ASSORTED	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
PEANUT BUTTER AND JELLY K-1	SANDWIC HES	1	479	15	574	4.98	2.15	450.0	100	0.0	20.95	48.21	24.38	7.48	0.00
TURKEY SANDWICH ON WHEAT BREAD	1 EACH	1	287	49	861	3.00	2.39	398.0	134	0.0	24.2	27.85	8.0	3.50	0.00
HAM SANDWICH ON WHEAT BR EAD	1 EACH	1	271	50	883	2.00	1.53	228.0	134	2.4	19.29	32.85	9.5	4.60	0.00
TUNA SALAD SANDWICHES	1/2 C ON BREAD	1	369	44	536	3.41	*0.55	*22.2	*146	*1.68	24.03	32.58	17.02	3.48	*0.00
PIZZA, CHEESE, WG PIZZA HUT	1 SLICE	1	280	20	530	3.00	1.90	360.0	430	0.0	21.0	29.0	9.0	3.90	0.00
PIZZA,PEPPERONI, WG, PIZZA HUT	1 SLICE	1	290	25	570	3.00	2.00	300.0	410	0.0	21.0	29.0	11.0	4.40	0.00
PIZZA, VEGGIE, WG, PIZZA HUT	1 SLICE	1	280	20	530	4.00	2.00	360.0	530	0.0	21.0	30.0	9.0	3.90	0.00
PIZZA, HAWAIIAN BBQ, WG, PZA HT	1 SLICE	1	230	10	460	3.00	1.90	150.0	290	0.0	13.0	33.0	5.0	1.90	0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, FAT FREE CHOCOLATE RANCH, BUTTERMILK	HALF PINT	1	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0	0.00	0.00
ITALIAN DRESSING	1 OUNCE	1	112	12	123	0.09	0.05	19.9	27	0.29	0.6	2.24	11.52	2.29	*0.00
MAYONNAISE	1 OUNCE	1	142	0	96	0.12	*0.11	*3.1	*3	*0.04	0.12	0.83	15.62	1.74	0.00
MUSTARD	1 TSP	1	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
PICKLE SLICES	1 TBSP	1	3	0	59	0.17	0.08	3.0	4	0.08	0.23	0.28	0.21	0.01	0.00
	3 SLICES	1	3	0	185	0.30	0.09	9.1	39	0.3	0.12	0.55	0.03	0.01	0.00
Weighted Daily Average			3741	371	7150	37.47	*18.01	*3300.6	*20445	*63.42	217.36	394.68	149.53	46.85	*0.00
% of Calories											23.2%	42.2%	36.0%	11.3%	*0.0%
Nutrient Guideline			600-700		1360									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Lunch Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
TUESDAY WEEK 4															
6-8 Lunch Menu	Total	1													
BEEF STREET TACO K-8	1 EACH	1	376	45	665	6.89	4.14	185.5	4110	41.27	19.73	38.37	16.4	8.53	0.00
TOSSED SALAD	1.25 CUP	1	18	0	9	2.47	0.72	21.6	8160	15.48	0.31	4.04	0.0	0.00	0.00
SPANISH RICE	1/2 CUP	1	124	2	94	1.51	0.84	8.5	187	4.66	3.05	23.19	1.99	0.57	0.00
FRUIT,FRESH ASSORTED	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
PEANUT BUTTER AND JELLY K-1	SANDWICHES	1	479	15	574	4.98	2.15	450.0	100	0.0	20.95	48.21	24.38	7.48	0.00
HAM SANDWICH ON WHEAT BREAD	1 EACH	1	271	50	883	2.00	1.53	228.0	134	2.4	19.29	32.85	9.5	4.60	0.00
TURKEY SANDWICH ON WHEAT BREAD	1 EACH	1	287	49	861	3.00	2.39	398.0	134	0.0	24.2	27.85	8.0	3.50	0.00
TUNA SALAD SANDWICHES	1/2 C ON BREAD	1	369	44	536	3.41	*0.55	*22.2	*146	*1.68	24.03	32.58	17.02	3.48	*0.00
BRONCO BURGER	1 EACH	1	316	46	624	4.90	3.25	174.0	61	1.0	21.63	27.23	12.56	4.91	0.18
CHICKEN BURGER, GRILLED	EACH	1	280	50	560	4.00	2.16	150.0	0	0.0	23.0	28.0	8.5	2.00	0.00
BRONCO CHEESEBURGER	1 EACH	1	341	53	784	3.90	3.25	159.0	211	4.6	22.63	28.23	14.81	6.16	0.18
COOKIE, WHOLE GRAIN, BAKE& SERV	1 EACH	1	140	0	110	2.00	0.72	0.0	0	0.0	2.0	24.0	4.5	1.50	0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Chocolate	HALF PINT	1	178	8	153	1.25	0.68	290.0	490	2.25	8.1	31.5	2.5	1.54	*N/A*
MILK, FAT FREE CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0	0.00	0.00
RANCH, BUTTERMILK	1 OUNCE	1	112	12	123	0.09	0.05	19.9	27	0.29	0.6	2.24	11.52	2.29	*0.00
RANCH, CHIPOTLE BUTTERMILK	1 OUNCE	1	122	12	123	0.09	0.05	19.9	58	*0.29	0.6	1.3	12.52	2.29	*0.00
ITALIAN DRESSING	1 OUNCE	1	142	0	96	0.12	*0.11	*3.1	*3	*0.04	0.12	0.83	15.62	1.74	0.00
MAYONNAISE	1 TSP	1	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
KETCHUP	1 TBSP	1	20	0	200	0.00	0.00	0.0	0	0.0	0.0	5.0	0.0	0.00	0.00
MUSTARD	1 TBSP	1	3	0	59	0.17	0.08	3.0	4	0.08	0.23	0.28	0.21	0.01	0.00
PICKLE SLICES	3 SLICES	1	3	0	185	0.30	0.09	9.1	39	0.3	0.12	0.55	0.03	0.01	0.00
SALSA:COMMODITY	1 OZ	1	10	0	122	0.40	0.64	3.4	156	1.13	0.43	1.98	0.06	0.01	*N/A*
Weighted Daily Average			3912	399	7087	44.47	*24.09	*2760.9	*15196	*94.45	208.15	413.82	164.25	51.47	*0.36
% of Calories											21.3%	42.3%	37.8%	11.8%	*0.1%
Nutrient Guideline			600-700		1360								<10.00		

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Lunch Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
WEDNESDAY WEEK 4															
6-8 Lunch Menu	Total	1													
LUIGI'S CHEESY NOODLES W/R OLL	6 OZ	1	545	59	652	7.24	*5.06	*376.3	*3567	*17.76	31.32	58.65	20.44	9.84	0.00
TOSSED SALAD	1.25 CUP	1	18	0	9	2.47	0.72	21.6	8160	15.48	0.31	4.04	0.0	0.00	0.00
GREEN BEANS, GARLIC	1/2 CUP	1	69	6	49	2.19	0.73	35.9	544	10.94	1.55	6.51	4.07	1.63	0.00
FRUIT,FRESH ASSORTED	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
PEANUT BUTTER AND JELLY K-1 HES	SANDWIC	1	479	15	574	4.98	2.15	450.0	100	0.0	20.95	48.21	24.38	7.48	0.00
TURKEY SANDWICH ON WHEAT BREAD	1 EACH	1	287	49	861	3.00	2.39	398.0	134	0.0	24.2	27.85	8.0	3.50	0.00
HAM SANDWICH ON WHEAT BREAD	1 EACH	1	271	50	883	2.00	1.53	228.0	134	2.4	19.29	32.85	9.5	4.60	0.00
TUNA SALAD SANDWICHES	1/2 C ON BREAD	1	369	44	536	3.41	*0.55	*22.2	*146	*1.68	24.03	32.58	17.02	3.48	*0.00
PIZZA, CHEESE, WG PIZZA HUT	1 SLICE	1	280	20	530	3.00	1.90	360.0	430	0.0	21.0	29.0	9.0	3.90	0.00
PIZZA,PEPPERONI, WG, PIZZA HUT	1 SLICE	1	290	25	570	3.00	2.00	300.0	410	0.0	21.0	29.0	11.0	4.40	0.00
PIZZA, VEGGIE, WG, PIZZA HUT	1 SLICE	1	280	20	530	4.00	2.00	360.0	530	0.0	21.0	30.0	9.0	3.90	0.00
PIZZA, HAWAIIAN BBQ, WG, PZA HT	1 SLICE	1	230	10	460	3.00	1.90	150.0	290	0.0	13.0	33.0	5.0	1.90	0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, FAT FREE CHOCOLATE RANCH, BUTTERMILK	HALF PINT	1	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0	0.00	0.00
ITALIAN DRESSING	1 OUNCE	1	112	12	123	0.09	0.05	19.9	27	0.29	0.6	2.24	11.52	2.29	*0.00
MAYONNAISE	1 OUNCE	1	142	0	96	0.12	*0.11	*3.1	*3	*0.04	0.12	0.83	15.62	1.74	0.00
MUSTARD	1 TSP	1	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
PICKLE SLICES	1 TBSP	1	3	0	59	0.17	0.08	3.0	4	0.08	0.23	0.28	0.21	0.01	0.00
	3 SLICES	1	3	0	185	0.30	0.09	9.1	39	0.3	0.12	0.55	0.03	0.01	0.00
Weighted Daily Average			3801	335	6552	41.96	*22.04	*3657.7	*16171	*67.95	224.08	403.35	151.29	51.07	*0.00
% of Calories											23.6%	42.4%	35.8%	12.1%	*0.0%
Nutrient Guideline			600-700		1360									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Lunch Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
THURSDAY WEEK 4															
6-8 Lunch Menu	Total	1													
MANAGER'S CHOICE	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
POTATOES, OVEN ROASTED W EDGES	1/2 CUP	1	97	0	266	1.72	0.73	10.6	7	8.32	1.9	15.75	3.33	0.39	0.00
BEANS, BAKED, SECRET INGRD	2/3 cup	1	222	0	415	6.17	2.24	76.8	0	*0.87	7.31	48.66	0.63	0.14	0.00
FRUIT,FRESH ASSORTED	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
COOKIE, WHOLE GRAIN, BAKE& SERV	1 EACH	1	140	0	110	2.00	0.72	0.0	0	0.0	2.0	24.0	4.5	1.50	0.00
PEANUT BUTTER AND JELLY K-1	SANDWICHES	1	479	15	574	4.98	2.15	450.0	100	0.0	20.95	48.21	24.38	7.48	0.00
HAM SANDWICH ON WHEAT BREAD	1 EACH	1	271	50	883	2.00	1.53	228.0	134	2.4	19.29	32.85	9.5	4.60	0.00
TURKEY SANDWICH ON WHEAT BREAD	1 EACH	1	287	49	861	3.00	2.39	398.0	134	0.0	24.2	27.85	8.0	3.50	0.00
TUNA SALAD SANDWICHES	1/2 C ON BREAD	1	369	44	536	3.41	*0.55	*22.2	*146	*1.68	24.03	32.58	17.02	3.48	*0.00
BRONCO BURGER	1 EACH	1	316	46	624	4.90	3.25	174.0	61	1.0	21.63	27.23	12.56	4.91	0.18
CHICKEN BURGER, GRILLED	EACH	1	280	50	560	4.00	2.16	150.0	0	0.0	23.0	28.0	8.5	2.00	0.00
BRONCO CHEESEBURGER	1 EACH	1	341	53	784	3.90	3.25	159.0	211	4.6	22.63	28.23	14.81	6.16	0.18
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, FAT FREE CHOCOLATE RANCH, BUTTERMILK	HALF PINT	1	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0	0.00	0.00
ITALIAN DRESSING	1 OUNCE	1	112	12	123	0.09	0.05	19.9	27	0.29	0.6	2.24	11.52	2.29	*0.00
MAYONNAISE	1 OUNCE	1	142	0	96	0.12	*0.11	*3.1	*3	*0.04	0.12	0.83	15.62	1.74	0.00
KETCHUP	1 TSP	1	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
MUSTARD	1 TBSP	1	20	0	200	0.00	0.00	0.0	0	0.0	0.0	5.0	0.0	0.00	0.00
PICKLE SLICES	1 TBSP	1	3	0	59	0.17	0.08	3.0	4	0.08	0.23	0.28	0.21	0.01	0.00
	3 SLICES	1	3	0	185	0.30	0.09	9.1	39	0.3	0.12	0.55	0.03	0.01	0.00
Weighted Daily Average			3506	345	6710	39.77	*20.07	*2624.4	*2519	*38.56	193.37	390.02	137.10	40.61	*0.36
% of Calories											22.1%	44.5%	35.2%	10.4%	*0.1%
Nutrient Guideline			600-700		1360									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Lunch Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
FRIDAY WEEK 4															
6-8 Lunch Menu	Total	1													
GUIDO'S CHEESE PAN PIZZA	1 SLICE	1	419	39	1047	5.73	2.06	584.2	*545	2.76	26.96	35.14	19.0	9.85	0.00
BROCCOLI, OVEN ROASTED, FL ORET	1/2 CUP	1	57	0	119	2.15	0.01	21.4	0	32.01	1.09	4.36	2.91	0.42	0.00
PEPPER STRIPS	1/2 CUP	1	19	0	2	1.40	0.29	6.2	1302	77.41	0.69	3.97	0.17	0.03	0.00
FRUIT,FRESH ASSORTED	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
PEANUT BUTTER AND JELLY K-1	SANDWICHES	1	479	15	574	4.98	2.15	450.0	100	0.0	20.95	48.21	24.38	7.48	0.00
TURKEY SANDWICH ON WHEAT BREAD	1 EACH	1	287	49	861	3.00	2.39	398.0	134	0.0	24.2	27.85	8.0	3.50	0.00
HAM SANDWICH ON WHEAT BREAD	1 EACH	1	271	50	883	2.00	1.53	228.0	134	2.4	19.29	32.85	9.5	4.60	0.00
TUNA SALAD SANDWICHES	1/2 C ON BREAD	1	369	44	536	3.41	*0.55	*22.2	*146	*1.68	24.03	32.58	17.02	3.48	*0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, FAT FREE CHOCOLATE RANCH, BUTTERMILK	1 OUNCE	1	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0	0.00	0.00
ITALIAN DRESSING	1 OUNCE	1	112	12	123	0.09	0.05	19.9	27	0.29	0.6	2.24	11.52	2.29	*0.00
MAYONNAISE	1 TSP	1	142	0	96	0.12	*0.11	*3.1	*3	*0.04	0.12	0.83	15.62	1.74	0.00
MUSTARD	1 TBSP	1	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
PICKLE SLICES	1 TBSP	1	3	0	59	0.17	0.08	3.0	4	0.08	0.23	0.28	0.21	0.01	0.00
	3 SLICES	1	3	0	185	0.30	0.09	9.1	39	0.3	0.12	0.55	0.03	0.01	0.00
Weighted Daily Average			2584	235	4920	26.34	*10.08	*2665.9	*4088	*135.95	143.63	256.62	114.86	35.80	*0.00
% of Calories											22.2%	39.7%	40.0%	12.5%	*0.0%
Nutrient Guideline			600-700		1360									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Lunch Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
MONDAY WEEK 5															
6-8 Lunch Menu	Total	1													
GRILLED HAM & CHEESE SAND WICH	1 EACH	1	298	48	782	2.04	1.46	230.3	500	2.4	17.07	32.31	13.0	7.00	0.00
TOSSSED SALAD	1.25 CUP	1	18	0	9	2.47	0.72	21.6	8160	15.48	0.31	4.04	0.0	0.00	0.00
CELERY AND BABY CARROTS	1/2 CUP	1	16	0	45	1.31	0.05	10.0	4383	2.6	0.36	3.25	0.07	0.02	0.00
FRUIT,FRESH ASSORTED	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
TURKEY SANDWICH ON WHEAT BREAD	1 EACH	1	287	49	861	3.00	2.39	398.0	134	0.0	24.2	27.85	8.0	3.50	0.00
HAM SANDWICH ON WHEAT BREAD	1 EACH	1	271	50	883	2.00	1.53	228.0	134	2.4	19.29	32.85	9.5	4.60	0.00
TUNA SALAD SANDWICHES	1/2 C ON BREAD	1	369	44	536	3.41	*0.55	*22.2	*146	*1.68	24.03	32.58	17.02	3.48	*0.00
PEANUT BUTTER AND JELLY K-1 SANDWICHES	1	1	479	15	574	4.98	2.15	450.0	100	0.0	20.95	48.21	24.38	7.48	0.00
PIZZA, CHEESE, WG PIZZA HUT	1 SLICE	1	280	20	530	3.00	1.90	360.0	430	0.0	21.0	29.0	9.0	3.90	0.00
PIZZA, VEGGIE, WG, PIZZA HUT	1 SLICE	1	280	20	530	4.00	2.00	360.0	530	0.0	21.0	30.0	9.0	3.90	0.00
PIZZA,PEPPERONI, WG, PIZZA HUT	1 SLICE	1	290	25	570	3.00	2.00	300.0	410	0.0	21.0	29.0	11.0	4.40	0.00
PIZZA, HAWAIIAN BBQ, WG, PZAHUT	1 SLICE	1	230	10	460	3.00	1.90	150.0	290	0.0	13.0	33.0	5.0	1.90	0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, FAT FREE CHOCOLATE RANCH, BUTTERMILK	HALF PINT	1	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0	0.00	0.00
ITALIAN DRESSING	1 OUNCE	1	112	12	123	0.09	0.05	19.9	27	0.29	0.6	2.24	11.52	2.29	*0.00
MAYONNAISE	1 OUNCE	1	142	0	96	0.12	*0.11	*3.1	*3	*0.04	0.12	0.83	15.62	1.74	0.00
MUSTARD	1 TSP	1	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
PICKLE SLICES	1 TSP	1	3	0	59	0.17	0.08	3.0	4	0.08	0.23	0.28	0.21	0.01	0.00
	3 SLICES	1	3	0	185	0.30	0.09	9.1	39	0.3	0.12	0.55	0.03	0.01	0.00
Weighted Daily Average			3502	318	6678	35.89	*17.76	*3485.9	*16944	*44.25	208.64	373.75	139.85	46.63	*0.00
% of Calories											23.8%	42.7%	35.9%	12.0%	*0.0%
Nutrient Guideline			600-700		1360									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Lunch Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
TUESDAY WEEK 5															
6-8 Lunch Menu	Total	1													
BEAN BURRITO K-8	1/2 CUP	1	450	37	646	8.63	3.29	305.2	2269	6.81	17.58	55.64	18.2	10.12	0.00
BROCCOLI, STEAMED, FLORET	1/2 CUP	1	52	6	114	2.15	0.01	21.4	80	32.01	1.09	4.36	2.2	1.40	0.00
CARROTS, BABY, FRESH	1/2 CUP	1	24	0	49	1.83	0.00	0.0	8540	3.66	0.37	5.0	0.06	0.01	0.00
FRUIT,FRESH ASSORTED	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
PEANUT BUTTER AND JELLY K-1 SANDWICHES	1 EACH	1	479	15	574	4.98	2.15	450.0	100	0.0	20.95	48.21	24.38	7.48	0.00
HAM SANDWICH ON WHEAT BREAD	1 EACH	1	271	50	883	2.00	1.53	228.0	134	2.4	19.29	32.85	9.5	4.60	0.00
TUNA SALAD SANDWICHES	1/2 C ON BREAD	1	369	44	536	3.41	*0.55	*22.2	*146	*1.68	24.03	32.58	17.02	3.48	*0.00
TURKEY SANDWICH ON WHEAT BREAD	1 EACH	1	287	49	861	3.00	2.39	398.0	134	0.0	24.2	27.85	8.0	3.50	0.00
COOKIE, WHOLE GRAIN, BAKE&SERV	1 EACH	1	140	0	110	2.00	0.72	0.0	0	0.0	2.0	24.0	4.5	1.50	0.00
BRONCO BURGER	1 EACH	1	316	46	624	4.90	3.25	174.0	61	1.0	21.63	27.23	12.56	4.91	0.18
CHICKEN BURGER, GRILLED	1 EACH	1	280	50	560	4.00	2.16	150.0	0	0.0	23.0	28.0	8.5	2.00	0.00
BRONCO CHEESEBURGER	1 EACH	1	341	53	784	3.90	3.25	159.0	211	4.6	22.63	28.23	14.81	6.16	0.18
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Chocolate	HALF PINT	1	178	8	153	1.25	0.68	290.0	490	2.25	8.1	31.5	2.5	1.54	*N/A*
MILK, FAT FREE CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0	0.00	0.00
RANCH, BUTTERMILK	1 OUNCE	1	112	12	123	0.09	0.05	19.9	27	0.29	0.6	2.24	11.52	2.29	*0.00
ITALIAN DRESSING	1 OUNCE	1	142	0	96	0.12	*0.11	*3.1	*3	*0.04	0.12	0.83	15.62	1.74	0.00
MAYONNAISE	1 TSP	1	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
MUSTARD	1 TBSP	1	3	0	59	0.17	0.08	3.0	4	0.08	0.23	0.28	0.21	0.01	0.00
PICKLE SLICES	3 SLICES	1	3	0	185	0.30	0.09	9.1	39	0.3	0.12	0.55	0.03	0.01	0.00
SALSA:COMMODITY	1 OZ	1	10	0	122	0.40	0.64	3.4	156	1.13	0.43	1.98	0.06	0.01	*N/A*
RANCH, CHIPOTLE BUTTERMILK	1 OUNCE	1	122	12	123	0.09	0.05	19.9	58	*0.29	0.6	1.3	12.52	2.29	*0.00
Weighted Daily Average			3900	394	6929	46.21	*21.69	*2871.9	*13627	*75.53	204.09	408.23	166.31	53.90	*0.36
% of Calories											20.9%	41.9%	38.4%	12.4%	*0.1%
Nutrient Guideline			600-700		1360									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Lunch Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
WEDNESDAY WEEK 5															
6-8 Lunch Menu	Total	1													
KANSAS CITY BBQ PORK SAND WICH	1 Sandwich	1	388	74	573	4.09	2.67	169.9	224	0.49	30.63	36.15	12.71	4.11	*0.00
COLESLAW	1/2 CUP	1	144	11	203	1.09	*0.21	*17.2	*41	*15.35	*0.56	4.88	13.5	2.26	0.00
BEANS, BAKED, SECRET INGRD	2/3 cup	1	222	0	415	6.17	2.24	76.8	0	*0.87	7.31	48.66	0.63	0.14	0.00
FRUIT,FRESH ASSORTED	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
PEANUT BUTTER AND JELLY K-1	SANDWIC HES	1	479	15	574	4.98	2.15	450.0	100	0.0	20.95	48.21	24.38	7.48	0.00
HAM SANDWICH ON WHEAT BR EAD	1 EACH	1	271	50	883	2.00	1.53	228.0	134	2.4	19.29	32.85	9.5	4.60	0.00
TURKEY SANDWICH ON WHEAT BREAD	1 EACH	1	287	49	861	3.00	2.39	398.0	134	0.0	24.2	27.85	8.0	3.50	0.00
TUNA SALAD SANDWICHES	1/2 C ON BREAD	1	369	44	536	3.41	*0.55	*22.2	*146	*1.68	24.03	32.58	17.02	3.48	*0.00
PIZZA, CHEESE, WG PIZZA HUT	1 SLICE	1	280	20	530	3.00	1.90	360.0	430	0.0	21.0	29.0	9.0	3.90	0.00
PIZZA, VEGGIE, WG, PIZZA HUT	1 SLICE	1	280	20	530	4.00	2.00	360.0	530	0.0	21.0	30.0	9.0	3.90	0.00
PIZZA,PEPPERONI, WG, PIZZA HUT	1 SLICE	1	290	25	570	3.00	2.00	300.0	410	0.0	21.0	29.0	11.0	4.40	0.00
PIZZA, HAWAIIAN BBQ, WG, PZA HT	1 SLICE	1	230	10	460	3.00	1.90	150.0	290	0.0	13.0	33.0	5.0	1.90	0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, FAT FREE CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0	0.00	0.00
MUSTARD	1 TSP	1	3	0	59	0.17	0.08	3.0	4	0.08	0.23	0.28	0.21	0.01	0.00
MAYONNAISE	1 TSP	1	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
PICKLE SLICES	3 SLICES	1	3	0	185	0.30	0.09	9.1	39	0.3	0.12	0.55	0.03	0.01	0.00
Weighted Daily Average % of Calories			3670	344	6812	41.22	*20.47	*3464.9	*4136	*40.15	*228.67	420.77	126.48	42.08	*0.00
Nutrient Guideline			600-700		1360						*24.9%	45.9%	31.0%	10.3%	*0.0%

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Lunch Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
THURSDAY WEEK 5															
6-8 Lunch Menu	Total	1													
BREAKFAST FOR LUNCH	1/2C EGG , 2 PAN	1	314	217	510	3.00	0.78	100.6	598	0.0	13.61	31.23	14.6	6.33	0.00
BROCCOLI, OVEN ROASTED, FL ORET	1/2 CUP	1	57	0	119	2.15	0.01	21.4	0	32.01	1.09	4.36	2.91	0.42	0.00
POTATOES, OVEN ROASTED W EDGES	1/2 CUP	1	97	0	266	1.72	0.73	10.6	7	8.32	1.9	15.75	3.33	0.39	0.00
FRUIT,FRESH ASSORTED	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
PEANUT BUTTER AND JELLY K-1	SANDWIC HES	1	479	15	574	4.98	2.15	450.0	100	0.0	20.95	48.21	24.38	7.48	0.00
HAM SANDWICH ON WHEAT BR EAD	1 EACH	1	271	50	883	2.00	1.53	228.0	134	2.4	19.29	32.85	9.5	4.60	0.00
TUNA SALAD SANDWICHES	1/2 C ON BREAD	1	369	44	536	3.41	*0.55	*22.2	*146	*1.68	24.03	32.58	17.02	3.48	*0.00
TURKEY SANDWICH ON WHEAT BREAD	1 EACH	1	287	49	861	3.00	2.39	398.0	134	0.0	24.2	27.85	8.0	3.50	0.00
BRONCO BURGER	1 EACH	1	316	46	624	4.90	3.25	174.0	61	1.0	21.63	27.23	12.56	4.91	0.18
CHICKEN BURGER, GRILLED	1 EACH	1	280	50	560	4.00	2.16	150.0	0	0.0	23.0	28.0	8.5	2.00	0.00
BRONCO CHEESEBURGER	1 EACH	1	341	53	784	3.90	3.25	159.0	211	4.6	22.63	28.23	14.81	6.16	0.18
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, FAT FREE CHOCOLATE RANCH, BUTTERMILK	HALF PINT	1	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0	0.00	0.00
ITALIAN DRESSING	1 OUNCE	1	112	12	123	0.09	0.05	19.9	27	0.29	0.6	2.24	11.52	2.29	*0.00
MAYONNAISE	1 TSP	1	142	0	96	0.12	*0.11	*3.1	*3	*0.04	0.12	0.83	15.62	1.74	0.00
MUSTARD	1 TBSP	1	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
PICKLE SLICES	3 SLICES	1	3	0	59	0.17	0.08	3.0	4	0.08	0.23	0.28	0.21	0.01	0.00
KETCHUP	1 TBSP	1	3	0	185	0.30	0.09	9.1	39	0.3	0.12	0.55	0.03	0.01	0.00
SYRUP, PANCAKE AND WAFFLE	1 TBSP	1	20	0	200	0.00	0.00	0.0	0	0.0	0.0	5.0	0.0	0.00	0.00
	1 OZ	1	73	0	26	0.00	0.00	0.0	6	0.0	0.0	17.95	0.0	0.00	0.00
Weighted Daily Average			3587	562	6840	36.74	*17.90	*2669.6	*3122	*69.70	198.76	370.91	149.49	45.71	*0.36
% of Calories											22.2%	41.4%	37.5%	11.5%	*0.1%
Nutrient Guideline			600-700		1360									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Lunch Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
FRIDAY WEEK 5															
6-8 Lunch Menu	Total	1													
BRONCO CHEESEBURGER	1 EACH	1	341	53	784	3.90	3.25	159.0	211	4.6	22.63	28.23	14.81	6.16	0.18
TOSSED SALAD	1.25 CUP	1	18	0	9	2.47	0.72	21.6	8160	15.48	0.31	4.04	0.0	0.00	0.00
GREEN BEANS, GARLIC	1/2 CUP	1	69	6	49	2.19	0.73	35.9	544	10.94	1.55	6.51	4.07	1.63	0.00
FRUIT,FRESH ASSORTED	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
PEANUT BUTTER AND JELLY K-1	SANDWIC HES	1	479	15	574	4.98	2.15	450.0	100	0.0	20.95	48.21	24.38	7.48	0.00
HAM SANDWICH ON WHEAT BR EAD	1 EACH	1	271	50	883	2.00	1.53	228.0	134	2.4	19.29	32.85	9.5	4.60	0.00
TURKEY SANDWICH ON WHEAT BREAD	1 EACH	1	287	49	861	3.00	2.39	398.0	134	0.0	24.2	27.85	8.0	3.50	0.00
TUNA SALAD SANDWICHES	1/2 C ON BREAD	1	369	44	536	3.41	*0.55	*22.2	*146	*1.68	24.03	32.58	17.02	3.48	*0.00
PIZZA, CHEESE, WG PIZZA HUT	1 SLICE	1	280	20	530	3.00	1.90	360.0	430	0.0	21.0	29.0	9.0	3.90	0.00
PIZZA, VEGGIE, WG, PIZZA HUT	1 SLICE	1	280	20	530	4.00	2.00	360.0	530	0.0	21.0	30.0	9.0	3.90	0.00
PIZZA,PEPPERONI, WG, PIZZA H UT	1 SLICE	1	290	25	570	3.00	2.00	300.0	410	0.0	21.0	29.0	11.0	4.40	0.00
PIZZA, HAWAIIAN BBQ, WG, PZA HT	1 SLICE	1	230	10	460	3.00	1.90	150.0	290	0.0	13.0	33.0	5.0	1.90	0.00
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK, FAT FREE CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0	0.00	0.00
RANCH, BUTTERMILK	1 OUNCE	1	112	12	123	0.09	0.05	19.9	27	0.29	0.6	2.24	11.52	2.29	*0.00
ITALIAN DRESSING	1 OUNCE	1	142	0	96	0.12	*0.11	*3.1	*3	*0.04	0.12	0.83	15.62	1.74	0.00
MAYONNAISE	1 TSP	1	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
KETCHUP	1 TBSP	1	20	0	200	0.00	0.00	0.0	0	0.0	0.0	5.0	0.0	0.00	0.00
MUSTARD	1 TSP	1	3	0	59	0.17	0.08	3.0	4	0.08	0.23	0.28	0.21	0.01	0.00
PICKLE SLICES	3 SLICES	1	3	0	185	0.30	0.09	9.1	39	0.3	0.12	0.55	0.03	0.01	0.00
Weighted Daily Average			3617	330	6884	38.63	*20.22	*3440.4	*12815	*54.79	215.39	377.93	145.66	47.40	*0.18
% of Calories											23.8%	41.8%	36.2%	11.8%	*0.0%
Nutrient Guideline			600-700		1360									<10.00	

NO SCHOOL															
6-8 Lunch Menu	Total	1													
NO SCHOOL	NO SCHO	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Lunch Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Nutrient Guideline			600-700		1360										<10.00

HOLIDAY MEAL															
	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
6-8 Lunch Menu	Total	1													
HOMESTYLE TRKY GRVY W/RO LL K-8	6 OUNCES	1	313	45	542	3.23	*1.29	*5.9	*256	*0.13	15.7	37.07	11.14	5.33	*0.00
TOSSED SALAD	1.25 CUP	1	18	0	9	2.47	0.72	21.6	8160	15.48	0.31	4.04	0.0	0.00	0.00
POTATO, MASHED: Basic America	1/2 CUP	1	111	4	245	1.80	0.32	21.4	50	8.09	1.8	19.77	2.27	0.87	0.00
GREEN BEANS, ROASTED PAR MESAN	4 OZ. WEI GHT	1	171	1	173	4.40	1.49	92.0	942	21.87	3.73	13.22	11.69	1.57	0.00
BREAD STUFFING	1/4 CUP	1	164	13	203	2.50	1.15	195.0	205	0.99	5.71	21.29	6.5	3.69	*0.00
APPLESAUCE CAKE WITH FROS TING	1/50 OF P	1	356	78	229	1.40	*1.33	*60.0	*486	*0.24	3.64	52.79	14.44	7.97	*0.00
MILK, FAT FREE CHOCOLATE	HALF PINT	1	130	5	200	0.00	0.36	300.0	500	1.2	8.0	24.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
RANCH, BUTTERMILK	1 OUNCE	1	112	12	123	0.09	0.05	19.9	27	0.29	0.6	2.24	11.52	2.29	*0.00
ITALIAN DRESSING	1 OUNCE	1	142	0	96	0.12	*0.11	*3.1	*3	*0.04	0.12	0.83	15.62	1.74	0.00
MAYONNAISE	1 TSP	1	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
KETCHUP	1 TBSP	1	20	0	200	0.00	0.00	0.0	0	0.0	0.0	5.0	0.0	0.00	0.00
MUSTARD	1 TBSP	1	3	0	59	0.17	0.08	3.0	4	0.08	0.23	0.28	0.21	0.01	0.00
PICKLE SLICES	3 SLICES	1	3	0	185	0.30	0.09	9.1	39	0.3	0.12	0.55	0.03	0.01	0.00
Weighted Daily Average % of Calories			1764	178	2499	16.48	*7.15	*1334.8	*11649	*48.72	56.44	205.73	79.66	25.83	*0.00
Nutrient Guideline			600-700		1360						12.8%	46.7%	40.6%	13.2%	*0.0%

MANAGER'S CHOICE															
	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
6-8 Lunch Menu	Total	1													
MANAGER'S CHOICE	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Nutrient Guideline			600-700		1360										<10.00

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Lunch Menu

Weighted 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average			3307	329	6144	35.90	*17.86	*2847.2	*10458	*68.03	*187.68 *22.7%	345.19 41.8%	136.54 37.2%	43.20 11.8%	*0.07 *0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	3307		600 - 700	472%			2607	Correction Required - Calories too High
Cholesterol (mg)	329							
Sodium (mg)	6144		1360					*Target effective with 2014-2015 School Year!
Fiber (g)	35.90							
Iron (mg)	17.86				Missing			
Calcium (mg)	2847.2				Missing			
Vitamin A (IU)	10458				Missing			
Vitamin C (mg)	68.03				Missing			
Protein (g)	187.68	22.70%			Missing			
Carbohydrate (g)	345.19	41.75%						
Total Fat (g)	136.54	37.16%						
Saturated Fat (g)	43.20	11.76%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.07	0.02%			Missing			

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