

**MCVSD 51**

**Cycle No. 1 thru Cycle No. 28**

Base Menu Spreadsheet

9-12 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 <sup>1</sup> (g)
<b>MONDAY WEEK 1</b>															
9-12 Lunch Menu	Total	1													
HAWAIIAN PINE CHICK 9-12	2 CUP	1	513	104	1082	6.04	6.21	44.1	2401	46.13	40.83	62.79	10.93	1.80	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 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*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	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
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
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			4823	530	9260	59.37	*32.75	*3811.5	*16893	*117.73	304.88	521.58	176.29	55.98	*0.36
% of Calories											25.3%	43.3%	32.9%	10.4%	*0.1%
Nutrient Guideline			750-850		1420									<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**

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Base Menu Spreadsheet

9-12 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 <sup>1</sup> (g)
<b>TUESDAY WEEK 1</b>															
9-12 Lunch Menu	Total	1													
BEEF STREET TACO 9-12	1 EACH	1	509	75	1097	9.16	5.73	213.1	4780	72.88	31.64	44.34	23.51	11.55	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 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*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
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	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*
JALAPENOS, SLICED	1 TBSP	1	4	0	361	0.00	0.59	49.2	246	1.97	0.0	0.41	0.0	0.00	0.00
OLIVES, BLACK, SLICED	1/8 CUP	1	30	0	100	0.00	0.00	0.0	0	0.0	0.0	0.5	2.49	0.00	0.00

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Base Menu Spreadsheet

9-12 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 <sup>1</sup> (g)
Weighted Daily Average			5205	508	10105	64.37	*34.37	*4123.1	*18689	*160.77	297.75	531.51	217.69	69.66	*0.36
% of Calories											22.9%	40.8%	37.6%	12.0%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

WEDNESDAY WEEK 1															
9-12 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 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*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 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
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
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	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

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

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Base Menu Spreadsheet

9-12 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 <sup>1</sup> (g)
Weighted Daily Average			4900	475	9655	58.18	*29.56	*3972.1	*4347	*80.03	286.44	521.74	191.96	63.29	*0.36
% of Calories											23.4%	42.6%	35.3%	11.6%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

THURSDAY WEEK 1															
9-12 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 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*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
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
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

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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 <sup>1</sup> (g)
Weighted Daily Average			4804	532	8738	54.78	*30.79	*3852.3	*19776	*75.85	292.66	494.54	192.97	62.12	*0.36
% of Calories											24.4%	41.2%	36.2%	11.6%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

FRIDAY WEEK 1															
	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 <sup>1</sup> (g)
9-12 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 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*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
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
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			3677	402	7230	42.13	*19.21	*3177.9	*4614	*159.32	215.42	364.79	155.76	51.74	*0.36
% of Calories											23.4%	39.7%	38.1%	12.7%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

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**MCVSD 51**

**Cycle No. 1 thru Cycle No. 28**

Base Menu Spreadsheet

9-12 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 <sup>1</sup> (g)
<b>MONDAY WEEK 2</b>															
9-12 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 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*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
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
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			4737	502	8753	53.32	*26.68	*3784.2	*4777	*87.75	289.84	492.36	185.31	58.69	*0.36
% of Calories											24.5%	41.6%	35.2%	11.1%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

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**MCVSD 51**

**Cycle No. 1 thru Cycle No. 28**

Base Menu Spreadsheet

9-12 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 <sup>1</sup> (g)
<b>TUESDAY WEEK 2</b>															
9-12 Lunch Menu	Total	1													
CHICKEN STREET TACO 9-12	1 EACH	1	461	119	729	7.16	7.87	173.1	4780	72.88	44.04	42.34	14.15	6.87	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 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*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
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	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
JALAPENOS, SLICED	1 TBSP	1	4	0	361	0.00	0.59	49.2	246	1.97	0.0	0.41	0.0	0.00	0.00
OLIVES, BLACK, SLICED	1/8 CUP	1	30	0	100	0.00	0.00	0.0	0	0.0	0.0	0.5	2.49	0.00	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			4964	550	9842	62.65	*36.96	*4059.9	*18684	*157.33	*311.54	513.57	192.94	62.09	*0.36
% of Calories											*25.1%	41.4%	35.0%	11.3%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

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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 <sup>1</sup> (g)
<b>WEDNESDAY WEEK 2</b>															
9-12 Lunch Menu	Total	1													
NANA'S MAC&CHEESE 9-12	1 cup w/3 smkys	1	580	78	1472	3.41	2.35	495.2	1005	1.09	28.72	49.21	30.21	14.67	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
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
FRUIT,FRESH ASSORTED	1 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*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
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
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	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
Weighted Daily Average			4955	498	9647	55.05	*28.28	*4250.7	*17895	*66.31	290.43	522.22	197.71	68.92	*0.36
% of Calories											23.4%	42.2%	35.9%	12.5%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

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**MCVSD 51**

**Cycle No. 1 thru Cycle No. 28**

Base Menu Spreadsheet

9-12 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 <sup>1</sup> (g)
<b>THURSDAY WEEK 2</b>															
9-12 Lunch Menu	Total	1													
FRITO CHILI PIE 9-12	1 CUP W/ FRITOS	1	672	42	1152	11.38	*4.98	*241.4	*1830	*26.25	27.07	68.06	33.32	9.16	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 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*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
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
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
JALAPENOS, SLICED	1 TBSP	1	4	0	361	0.00	0.59	49.2	246	1.97	0.0	0.41	0.0	0.00	0.00
OLIVES, BLACK, SLICED	1/8 CUP	1	30	0	100	0.00	0.00	0.0	0	0.0	0.0	0.5	2.49	0.00	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*

\*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

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**MCVSD 51**

**Cycle No. 1 thru Cycle No. 28**

Base Menu Spreadsheet

9-12 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 <sup>1</sup> (g)
Weighted Daily Average			5164	479	10036	62.05	*31.43	*4095.1	*7181	*119.73	289.78	524.84	218.29	66.24	*0.36
% of Calories											22.4%	40.7%	38.0%	11.5%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

FRIDAY WEEK 2															
9-12 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 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*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
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
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, PIZZA HUT	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 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

\*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

<sup>1</sup> - 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

9-12 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 <sup>1</sup> (g)
Weighted Daily Average			4645	466	8944	54.22	*28.76	*3919.5	*12568	*67.22	281.99	488.00	180.49	58.15	*0.54
% of Calories											24.3%	42.0%	35.0%	11.3%	*0.1%
Nutrient Guideline			750-850		1420									<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

<sup>1</sup> - 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

9-12 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 <sup>1</sup> (g)
<b>MONDAY WEEK 3</b>															
9-12 Lunch Menu	Total	1													
FIESTA NACHOS 9-12	1 EACH	1	613	76	757	10.78	*2.04	*209.7	*4300	*11.56	32.71	55.89	28.59	7.26	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 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*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
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
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
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*
JALAPENOS, SLICED	1 TBSP	1	4	0	361	0.00	0.59	49.2	246	1.97	0.0	0.41	0.0	0.00	0.00
OLIVES, BLACK, SLICED	1/8 CUP	1	30	0	100	0.00	0.00	0.0	0	0.0	0.0	0.5	2.49	0.00	0.00
Weighted Daily Average			5078	512	9577	61.14	*28.78	*4030.3	*17473	*82.22	295.28	520.88	208.90	63.50	*0.36
% of Calories											23.3%	41.0%	37.0%	11.3%	*0.1%
Nutrient Guideline			750-850		1420									<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

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**MCVSD 51**

**Cycle No. 1 thru Cycle No. 28**

Base Menu Spreadsheet

9-12 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 <sup>1</sup> (g)
<b>TUESDAY WEEK 3</b>															
9-12 Lunch Menu	Total	1													
PORK STREET TACO 9-12	4 OZ	1	558	128	680	5.64	*4.55	*207.1	*4132	*10.09	42.34	35.53	27.22	12.30	*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 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*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	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
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
RANCH, CHIPOTLE 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	122	12	123	0.09	0.05	19.9	58	*0.29	0.6	1.3	12.52	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
JALAPENOS, SLICED	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
OLIVES, BLACK, SLICED	1 TBSP	1	4	0	361	0.00	0.59	49.2	246	1.97	0.0	0.41	0.0	0.00	0.00
SALSA:COMMODITY	1/8 CUP	1	30	0	100	0.00	0.00	0.0	0	0.0	0.0	0.5	2.49	0.00	0.00
	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*

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**MCVSD 51**

**Cycle No. 1 thru Cycle No. 28**

Base Menu Spreadsheet

9-12 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 <sup>1</sup> (g)
Weighted Daily Average			5144	570	10073	62.37	*32.40	*4070.5	*9098	*96.04	311.74	510.01	211.99	70.25	*0.36
% of Calories											24.2%	39.7%	37.1%	12.3%	*0.1%
Nutrient Guideline			750-850		1420									<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

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**MCVSD 51**

**Cycle No. 1 thru Cycle No. 28**

Base Menu Spreadsheet

9-12 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 <sup>1</sup> (g)
<b>WEDNESDAY WEEK 3</b>															
9-12 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 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*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
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
CHEESEBURGER WITH WG BUN	EACH	1	369	58	770	4.90	3.34	322.0	195	1.0	24.43	27.88	16.86	7.41	0.18
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
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			5282	553	9777	60.83	*31.68	*4814.0	*16947	*143.69	315.25	555.97	209.01	79.03	*0.36
% of Calories											23.9%	42.1%	35.6%	13.5%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

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**MCVSD 51**

**Cycle No. 1 thru Cycle No. 28**

Base Menu Spreadsheet

9-12 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 <sup>1</sup> (g)	
<b>THURSDAY WEEK 3</b>																
9-12 Lunch Menu	Total	1														
SAL'S SPAGHETTI W/ROLL 9-12	1 CUP W/ SAUCE	1	633	50	720	11.20	*5.13	*102.5	*6177	*34.09	33.58	86.97	17.57	6.05	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 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*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	
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	
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 CONDIMEN	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			4917	471	8923	60.51	*29.62	*3883.8	*14908	*115.85	294.85	536.30	184.13	59.61	*0.36	
% of Calories											24.0%	43.6%	33.7%	10.9%	*0.1%	
Nutrient Guideline			750-850		1420									<10.00		

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**MCVSD 51**

**Cycle No. 1 thru Cycle No. 28**

Base Menu Spreadsheet

9-12 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 <sup>1</sup> (g)
<b>FRIDAY WEEK 3</b>															
9-12 Lunch Menu	Total	1													
CHEESY POCKETS 9-12	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 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*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
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
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 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 % of Calories			4711	462	8835	57.62	*29.90	*4152.4	*15559	*93.93	279.71 23.7%	498.64 42.3%	187.24 35.8%	61.51 11.8%	*0.36 *0.1%
Nutrient Guideline			750-850		1420									<10.00	

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**MCVSD 51**

**Cycle No. 1 thru Cycle No. 28**

Base Menu Spreadsheet

9-12 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 <sup>1</sup> (g)
<b>MONDAY WEEK 4</b>															
9-12 Lunch Menu	Total	1													
MOM'S BEST BBQ CHIX W/ROLL	SERVING	1	402	85	832	3.08	*2.14	*26.9	*401	*0.21	24.38	43.86	13.04	3.84	0.00
9-12															
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 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*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
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
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			4772	521	9319	53.25	*26.92	*3800.5	*20891	*86.79	285.50	502.25	185.68	59.98	*0.36
% of Calories											23.9%	42.1%	35.0%	11.3%	*0.1%
Nutrient Guideline			750-850		1420									<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

9-12 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 <sup>1</sup> (g)
<b>TUESDAY WEEK 4</b>															
9-12 Lunch Menu	Total	1													
BEEF STREET TACO 9-12	1 EACH	1	509	75	1097	9.16	5.73	213.1	4780	72.88	31.64	44.34	23.51	11.55	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
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
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 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*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
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
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% 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*
JALAPENOS, SLICED	1 TBSP	1	4	0	361	0.00	0.59	49.2	246	1.97	0.0	0.41	0.0	0.00	0.00
OLIVES, BLACK, SLICED	1/8 CUP	1	30	0	100	0.00	0.00	0.0	0	0.0	0.0	0.5	2.49	0.00	0.00

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**MCVSD 51**

**Cycle No. 1 thru Cycle No. 28**

Base Menu Spreadsheet

9-12 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 <sup>1</sup> (g)
Weighted Daily Average			5258	504	10120	64.56	*34.32	*4024.6	*26486	*149.46	297.31	565.81	208.18	68.66	*0.36
% of Calories											22.6%	43.0%	35.6%	11.8%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

WEDNESDAY WEEK 4															
9-12 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 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*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
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
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 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

\*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  
<sup>1</sup> - 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

9-12 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 <sup>1</sup> (g)
Weighted Daily Average			4832	484	8721	57.75	*30.95	*4157.6	*16618	*91.32	292.23	510.91	187.43	64.20	*0.36
% of Calories											24.2%	42.3%	34.9%	12.0%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

THURSDAY WEEK 4																
9-12 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*	*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 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*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	
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	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	

\*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

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**MCVSD 51**

**Cycle No. 1 thru Cycle No. 28**

Base Menu Spreadsheet

9-12 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			4520	420	8691	53.75	*27.40	*3811.3	*4354	*56.33	268.25 23.7%	506.13 44.8%	166.88 33.2%	53.26 10.6%	*0.36 *0.1%
Nutrient Guideline			750-850		1420									<10.00	

FRIDAY WEEK 4															
	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 <sup>1</sup> (g)
9-12 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 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*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
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
Weighted Daily Average % of Calories			3615	384	7089	42.13	*18.99	*3165.8	*4534	*159.32	211.78 23.4%	364.19 40.3%	151.00 37.6%	48.93 12.2%	*0.36 *0.1%
Nutrient Guideline			750-850		1420									<10.00	

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**MCVSD 51**

**Cycle No. 1 thru Cycle No. 28**

Base Menu Spreadsheet

9-12 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 <sup>1</sup> (g)
<b>MONDAY WEEK 5</b>															
9-12 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
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 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*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			3576	318	6679	38.88	*18.01	*3502.7	*17118	*62.02	209.52	392.86	140.13	46.68	*0.00
% of Calories											23.4%	43.9%	35.3%	11.7%	*0.0%
Nutrient Guideline			750-850		1420									<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

9-12 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 <sup>1</sup> (g)
<b>TUESDAY WEEK 5</b>															
9-12 Lunch Menu	Total	1													
BEAN BURRITO 9-12	1 CUP	1	614	35	934	14.83	5.16	315.8	4172	13.62	22.92	86.53	20.54	10.49	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 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*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
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	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% 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
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*
JALAPENOS, SLICED	1 TBSP	1	4	0	361	0.00	0.59	49.2	246	1.97	0.0	0.41	0.0	0.00	0.00
OLIVES, BLACK, SLICED	1/8 CUP	1	30	0	100	0.00	0.00	0.0	0	0.0	0.0	0.5	2.49	0.00	0.00
Weighted Daily Average			5253	468	9768	68.40	*32.21	*4118.6	*17611	*102.08	286.31	580.13	205.42	68.44	*0.36
% of Calories											21.8%	44.2%	35.2%	11.7%	*0.1%
Nutrient Guideline			750-850		1420									<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

<sup>1</sup> - 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

9-12 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 <sup>1</sup> (g)
<b>WEDNESDAY WEEK 5</b>															
9-12 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 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*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
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	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			3744	344	6813	44.20	*20.72	*3481.8	*4311	*57.92	*229.56	439.88	126.75	42.14	*0.00
% of Calories											*24.5%	47.0%	30.5%	10.1%	*0.0%
Nutrient Guideline			750-850		1420									<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  
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**MCVSD 51**

**Cycle No. 1 thru Cycle No. 28**

Base Menu Spreadsheet

9-12 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 <sup>1</sup> (g)
<b>THURSDAY WEEK 5</b>															
9-12 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 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*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
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
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	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
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
SYRUP, PANCAKE AND WAFFLE	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			4741	637	8931	52.72	*25.95	*3856.5	*4957	*87.47	275.64	511.02	183.76	59.87	*0.36
% of Calories											23.3%	43.1%	34.9%	11.4%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

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**MCVSD 51**

**Cycle No. 1 thru Cycle No. 28**

Base Menu Spreadsheet

9-12 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 <sup>1</sup> (g)
<b>FRIDAY WEEK 5</b>															
9-12 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 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*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
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	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			3691	330	6885	41.61	*20.47	*3457.3	*12990	*72.56	216.27	397.04	145.94	47.45	*0.18
% of Calories											23.4%	43.0%	35.6%	11.6%	*0.0%
Nutrient Guideline			750-850		1420									<10.00	

<b>NO SCHOOL</b>															
9-12 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

9-12 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 <sup>1</sup> (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			750-850		1420										<10.00

HOLIDAY MEAL															
9-12 Lunch Menu	Total	1													
HOMESTYLE TRKY GRVY W/RO L9-12	8 OUNCES	1	328	51	623	3.23	*1.54	*6.0	*256	*0.13	17.81	37.84	11.41	5.42	*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
FRUIT,FRESH ASSORTED	1 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*N/A*
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			1927	184	2582	22.45	*7.90	*1368.7	*11998	*84.26	60.32	244.72	80.47	26.03	*0.00
Nutrient Guideline			750-850		1420						12.5%	50.8%	37.6%	12.2%	*0.0%

MANAGER'S CHOICE															
9-12 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			750-850		1420										<10.00

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**MCVSD 51**

**Cycle No. 1 thru Cycle No. 28**

Base Menu Spreadsheet

9-12 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 <sup>1</sup> (g)
Weighted Average			4248	432	8035	50.22	*25.46	*3526.5	*12188	*93.98	*249.58 *23.5%	450.35 42.4%	167.51 35.5%	54.80 11.6%	*0.22 *0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	4248		750 - 850	500%			3398	Correction Required - Calories too High
Cholesterol (mg)	432							
Sodium (mg)	8035		1420					*Target effective with 2014-2015 School Year!
Fiber (g)	50.22							
Iron (mg)	25.46				Missing			
Calcium (mg)	3526.5				Missing			
Vitamin A (IU)	12188				Missing			
Vitamin C (mg)	93.98				Missing			
Protein (g)	249.58	23.50%			Missing			
Carbohydrate (g)	450.35	42.41%						
Total Fat (g)	167.51	35.49%						
Saturated Fat (g)	54.80	11.61%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat <sup>1</sup> (g)	0.22	0.05%			Missing			

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