

MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

K-5 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															
K-5 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
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
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*
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
Weighted Daily Average			1010	92	1339	13.69	*6.14	*1009.2	*13028	*66.83	51.50	118.97	37.89	8.11	*0.00
% of Calories											20.4%	47.1%	33.8%	7.2%	*0.0%
Nutrient Guideline			550-650		1230									<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

K-5 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 1															
K-5 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*
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
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% 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
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
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			2927	253	4953	33.31	*15.48	*2376.4	*15667	*103.82	141.70	296.06	137.95	39.41	*0.00
% of Calories											19.4%	40.5%	42.4%	12.1%	*0.0%
Nutrient Guideline			550-650		1230									<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

K-5 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															
K-5 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*
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			1403	92	2742	15.99	*6.22	*1204.1	*1726	*52.57	53.83	156.69	62.92	17.01	*0.00
% of Calories											15.3%	44.7%	40.4%	10.9%	*0.0%
Nutrient Guideline			550-650		1230									<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

K-5 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)
THURSDAY WEEK 1															
K-5 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
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*
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
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
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			2693	307	4479	25.99	*14.08	*2182.5	*17669	*52.48	148.52	265.97	122.83	34.89	*0.00
% of Calories											22.1%	39.5%	41.1%	11.7%	*0.0%
Nutrient Guideline			550-650		1230									<10.00	

FRIDAY WEEK 1															
K-5 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*
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

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

K-5 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			1201	91	1940	12.47	*3.50	*1567.8	*3610	*131.48	58.46	114.58	56.81	18.87	*0.00
% of Calories											19.5%	38.2%	42.6%	14.1%	*0.0%
Nutrient Guideline			550-650		1230									<10.00	

MONDAY WEEK 2															
K-5 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*
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
Weighted Daily Average			1237	119	1655	10.83	*3.25	*1007.0	*2117	*60.00	57.10	126.76	56.24	12.40	*0.00
% of Calories											18.5%	41.0%	40.9%	9.0%	*0.0%
Nutrient Guideline			550-650		1230									<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

K-5 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 2															
K-5 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
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
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
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*
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			2710	274	4875	32.59	*17.00	*2333.2	*15661	*100.38	*149.29	279.12	117.88	34.18	*0.00
% of Calories											*22.0%	41.2%	39.2%	11.4%	*0.0%
Nutrient Guideline			550-650		1230									<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

K-5 Lunch Menu

Weighted Values - Detailed

Page 7

Generated on: 8/6/2015 2:21:43 PM

	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															
K-5 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
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
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	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
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
Weighted Daily Average			1158	82	1702	10.68	*3.68	*1222.9	*14728	*37.93	44.85	126.90	54.13	16.11	*0.00
% of Calories											15.5%	43.8%	42.1%	12.5%	*0.0%
Nutrient Guideline			550-650		1230									<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

K-5 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															
K-5 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*
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
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
RANCH, CHIPOTLE BUTTERMILK	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 OUNCE	1	122	12	123	0.09	0.05	19.9	58	*0.29	0.6	1.3	12.52	2.29	*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*
Weighted Daily Average			2745	240	4840	24.89	*10.48	*2303.0	*4046	*81.22	131.69	262.18	135.89	36.32	*0.00
% of Calories											19.2%	38.2%	44.6%	11.9%	*0.0%
Nutrient Guideline			550-650		1230								<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

K-5 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															
K-5 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*
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			1148	83	2032	12.04	*5.43	*1151.4	*9947	*39.77	49.38	122.95	51.45	11.87	*0.18
% of Calories											17.2%	42.8%	40.3%	9.3%	*0.1%
Nutrient Guideline			550-650		1230									<10.00	

MONDAY WEEK 3															
K-5 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*
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
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			1222	95	1465	13.34	*4.06	*1155.2	*12628	*47.20	48.37	124.16	61.21	14.09	*0.00
% of Calories											15.8%	40.6%	45.1%	10.4%	*0.0%
Nutrient Guideline			550-650		1230									<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

K-5 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															
K-5 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	SANDWICH	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
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
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
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			2824	288	5114	32.02	*13.46	*2304.3	*4551	*65.63	149.67	276.82	129.73	39.26	*0.00
% of Calories											21.2%	39.2%	41.4%	12.5%	*0.0%
Nutrient Guideline			550-650		1230									<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

K-5 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 3															
K-5 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
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
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
Weighted Daily Average			1697	162	2411	17.17	*8.08	*1870.9	*14299	*119.46	80.49	185.11	74.02	30.81	*0.00
% of Calories											19.0%	43.6%	39.2%	16.3%	*0.0%
Nutrient Guideline			550-650		1230									<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

K-5 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 3															
K-5 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
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
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
MUSTARD	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
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
MAYONNAISE	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	33	3	23	0.00	0.00	0.0	0	0.0	0.0	0.33	3.67	0.67	0.00
	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			2569	222	4371	27.63	*10.34	*2162.7	*9712	*75.43	136.92	278.25	106.70	29.61	*0.00
% of Calories											21.3%	43.3%	37.4%	10.4%	*0.0%
Nutrient Guideline			550-650		1230									<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

K-5 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															
K-5 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*
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
Weighted Daily Average % of Calories			1154	76	1456	14.96	*6.39	*1372.3	*12895	*66.09	46.75	127.43	54.30	14.55	*0.00
Nutrient Guideline			550-650		1230						16.2%	44.2%	42.3%	11.3%	*0.0%

	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															
K-5 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*
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
Weighted Daily Average % of Calories			1215	135	1939	10.59	*3.41	*1020.4	*18227	*58.95	52.54	131.04	52.73	13.01	*0.00
Nutrient Guideline			550-650		1230						17.3%	43.1%	39.1%	9.6%	*0.0%

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

K-5 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															
K-5 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	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
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
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			2955	250	4919	31.67	*15.43	*2277.9	*14924	*88.85	140.89	325.36	128.38	38.40	*0.00
% of Calories											19.1%	44.0%	39.1%	11.7%	*0.0%
Nutrient Guideline			550-650		1230									<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

K-5 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															
K-5 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*
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
Weighted Daily Average			1276	99	1341	15.09	*7.44	*1377.4	*13954	*63.48	59.27	139.70	54.49	17.23	*0.00
% of Calories											18.6%	43.8%	38.4%	12.2%	*0.0%
Nutrient Guideline			550-650		1230									<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

K-5 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															
K-5 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*
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
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
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	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			2429	195	4632	24.96	*10.69	*2141.4	*2247	*32.96	124.11	282.56	96.73	26.04	*0.00
% of Calories											20.4%	46.5%	35.8%	9.6%	*0.0%
Nutrient Guideline			550-650		1230									<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

K-5 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															
K-5 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*
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
Weighted Daily Average			1139	73	1799	12.47	*3.28	*1555.6	*3530	*131.48	54.82	113.98	52.06	16.06	*0.00
% of Calories											19.3%	40.0%	41.1%	12.7%	*0.0%
Nutrient Guideline			550-650		1230									<10.00	

	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															
K-5 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	1/2 cup	1	74	0	1	2.99	0.25	16.9	175	17.77	0.89	19.11	0.27	0.06	*N/A*
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
Weighted Daily Average			977	82	1467	9.02	*3.16	*1205.6	*14726	*39.79	43.82	110.11	43.05	12.79	*0.00
% of Calories											17.9%	45.1%	39.7%	11.8%	*0.0%
Nutrient Guideline			550-650		1230									<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

K-5 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															
K-5 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
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 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
SALSA:COMMODITY	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
RANCH, CHIPOTLE BUTTERMILK	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*
	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			2963	245	4961	33.41	*13.03	*2388.9	*13355	*69.93	136.83	324.77	130.44	40.83	*0.00
% of Calories											18.5%	43.8%	39.6%	12.4%	*0.0%
Nutrient Guideline			550-650		1230									<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

K-5 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															
K-5 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*
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
Weighted Daily Average			1144	108	1601	14.34	*5.87	*1184.6	*1918	*35.68	*63.86	157.13	29.68	8.24	*0.00
% of Calories											*22.3%	54.9%	23.3%	6.5%	*0.0%
Nutrient Guideline			550-650		1230									<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

K-5 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															
K-5 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
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
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			2630	412	4672	23.94	*9.24	*2186.6	*2850	*64.10	131.50	282.45	113.62	32.64	*0.00
% of Calories											20.0%	43.0%	38.9%	11.2%	*0.0%
Nutrient Guideline			550-650		1230									<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

K-5 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 5															
K-5 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*
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			1131	97	1941	12.23	*5.80	*1172.3	*10641	*50.70	50.92	115.45	52.77	14.24	*0.18
% of Calories											18.0%	40.8%	42.0%	11.3%	*0.1%
Nutrient Guideline			550-650		1230									<10.00	

NO SCHOOL															
K-5 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*
Weighted Daily Average			*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*
% of Calories											*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*
Nutrient Guideline			550-650		1230									<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

K-5 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)
HOLIDAY MEAL															
K-5 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 FROSTING	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			1764	178	2499	16.48	*7.15	*1334.8	*11649	*48.72	56.44	205.73	79.66	25.83	*0.00
% of Calories											12.8%	46.7%	40.6%	13.2%	*0.0%
Nutrient Guideline			550-650		1230									<10.00	

MANAGER'S CHOICE															
K-5 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			*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*
% of Calories											*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*
Nutrient Guideline			550-650		1230									<10.00	

Weighted Average			1690	155	2755	17.85	*7.50	*1538.1	*9297	*63.68	*80.77	180.29	74.70	21.46	*N/A*
											*19.1%	42.7%	39.8%	11.4%	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

K-5 Lunch Menu

Weighted Values - Detailed

Page 23

Generated on: 8/6/2015 2:21:44 PM

		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)	
Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	1690		550 - 650	260%				1040	Correction Required - Calories too High								
Cholesterol (mg)	155								*Target effective with 2014-2015 School Year!								
Sodium (mg)	2755		1230														
Fiber (g)	17.85																
Iron (mg)	7.50				Missing												
Calcium (mg)	1538.1				Missing												
Vitamin A (IU)	9297				Missing												
Vitamin C (mg)	63.68				Missing												
Protein (g)	80.77	19.12%			Missing												
Carbohydrate (g)	180.29	42.67%															
Total Fat (g)	74.70	39.78%															
Saturated Fat (g)	21.46	11.43%	<10.00%						Correction Required - Sat. Fat too High								
Trans Fat ¹ (g)	*N/A*				Missing												

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.