

Half Hollow Hills Schools

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 12/01/2017							
Elementary Lunch	Total						
Pizza, Big Daddy's Bold 1/8	slice (1/8)	390	35	730	43.0	17.0	7.00
Teriyaki Chicken Wrap 12"	wrap	436	42	804	58.68	10.1	1.13
Wrap, White WG, 12 inch	wrap	280	0	530	48.0	6.0	0.00
Salad, Teriyaki Chick no orang	Salad	240	35	517	28.39	5.94	1.56
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Red Pepper Strips	1/2 cup	14	0	2	2.77	0.14	0.01
Dip, Ranch Lite Cains 2 oz	2 oz	180	10	580	12.0	14.0	2.00
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Banana	1 Each	105	0	1	26.95	0.39	0.13
Pears, Sliced	1/2 cup	90	0	8	23.99	0.05	0.00
Juice, Variety 4 oz.	4 oz. container	59	0	14	14.1	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Weighted Daily Average		608	43	1040	85.76	16.43	4.24
% of Calories					56.4%	24.3%	6.3%
Nutrient Guideline		550-650		1230			<10.00

Mon - 12/04/2017							
Elementary Lunch	Total						
Popcorn Chick, 10pc, Gold Kist	10 pieces	269	60	590	20.0	13.0	3.00
Turkey BH Hero WG E	hero	305	25	888	42.0	3.75	1.00
Roll, Club wheat 5" hero	roll	230	0	450	42.0	2.5	1.00
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Sweet Potato Waffle Fries	1/2 cup	90	0	150	15.0	3.0	0.50
Celery & Carrot Sticks	1/2 cup	35	0	80	7.89	0.24	0.04
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Banana	1 Each	105	0	1	26.95	0.39	0.13
Mixed Fruit Cup	1/2 cup	55	0	5	11.89	0.0	0.00
Juice, Variety 4 oz.	4 oz. container	59	0	14	14.1	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Ketchup, Red Gold, TBSP	1 TBSP	20	0	160	5.0	0.0	0.00
BBQ Sauce, Open Pit, 2 oz.	2 oz.	81	0	713	17.82	0.0	0.00
Dip, Ranch Lite Cains 2 oz	2 oz	180	10	580	12.0	14.0	2.00
Dressing, Honey Must Ken 1oz	1 oz.	150	15	320	4.0	15.0	2.00
Weighted Daily Average		628	51	1335	87.72	17.43	3.79
% of Calories					55.8%	25.0%	5.4%
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

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Half Hollow Hills Schools

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 12/05/2017							
Elementary Lunch	Total						
Quesadilla, Chicken Cheese CG	2 pieces	300	45	600	32.0	12.0	5.00
Pretzel Platter w/ BH Turkey	platter	251	17	368	45.0	1.85	0.00
Pretzel Platter w/ Amer Cheese	platter	306	27	492	45.45	9.86	5.58
Salad, Pretzel w/ BH Turkey	salad	276	17	381	50.22	2.16	0.05
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Bread, Whole Wheat , 1 slice	1 slice	60	0	115	12.0	1.0	0.00
Corn 3/4 cup	3/4 Cup	82	0	252	17.64	1.5	0.30
Black Beans	1/2 cup	90	0	420	16.0	0.0	0.00
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Peaches, Sliced	1/2 cup	85	0	8	23.01	0.05	0.00
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Banana	1 Each	105	0	1	26.95	0.39	0.13
Juice, Variety 4 oz.	4 oz. container	59	0	14	14.1	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
SALSA:COMMODITY	1 OZ	10	0	122	1.98	0.06	0.01
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Weighted Daily Average		577	35	965	97.14	9.91	3.39
% of Calories					67.3%	15.5%	5.3%
Nutrient Guideline		550-650		1230			<10.00

Wed - 12/06/2017							
Elementary Lunch	Total						
Pancakes, Right Start, WG 3pc	3 pancakes	225	15	135	48.0	3.0	0.00
Turkey Sausage, Butterball 1pc	patty	90	35	190	1.0	6.0	2.00
Bagel Platter, ChicPea 2oz. BG	platter	403	15	918	60.82	9.48	3.74
Salad, Bagel Mini & American	Salad	426	67	1250	37.94	22.39	12.95
Bagel, WG Wheat & Honey, 2 oz.	bagel	160	0	260	30.0	1.0	0.00
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Hash Brown Potato	Pattie	130	0	250	17.0	8.0	1.00
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Apples w/ Cinnamon	1/2 cup	49	0	1	12.68	0.36	0.06
Melon Slice	Slice	23	0	11	5.63	0.13	0.04
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Juice, Variety 4 oz.	4 oz. container	59	0	14	14.1	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Butter, 1 oz.	1 oz.	203	61	182	0.02	22.99	14.56
Syrup, Pancake 2oz Butterworth	2 oz.	210	0	115	52.0	0.0	0.00
Weighted Daily Average		665	60	1163	89.38	24.57	10.13
% of Calories					53.8%	33.3%	13.7%
Nutrient Guideline		550-650		1230			<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 12/07/2017							
Elementary Lunch	Total						
Chicken Nuggets, Tyson 5pc E	5 pcs.	304	68	439	15.2	15.2	3.38
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Chicken Caesar Wrap, GK	wrap	383	42	887	49.63	10.52	1.08
Wrap, White WG, 12 inch	wrap	280	0	530	48.0	6.0	0.00
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Broccoli, Steamed	3/4 Cup	39	0	33	7.4	0.15	0.02
Couscous	1/2 cup	88	0	4	18.23	0.13	0.02
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Grapes, Fresh	1/2 Cup	39	0	1	9.94	0.2	0.07
Applesauce, canned	1/2 cup	109	0	3	28.1	0.27	0.05
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Banana	1 Each	105	0	1	26.95	0.39	0.13
Juice, Variety 4 oz.	4 oz. container	59	0	14	14.1	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Ketchup, Red Gold, TBSP	1 TBSP	20	0	160	5.0	0.0	0.00
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
BBQ Sauce, Open Pit, 2 oz.	2 oz.	81	0	713	17.82	0.0	0.00
Weighted Daily Average		628	52	1095	93.35	13.70	3.06
% of Calories					59.5%	19.6%	4.4%
Nutrient Guideline		550-650		1230			<10.00

Fri - 12/08/2017							
Elementary Lunch	Total						
Pizza, Big Daddy's Bold 1/8	slice (1/8)	390	35	730	43.0	17.0	7.00
Teriyaki Chicken Wrap 12"	wrap	436	42	804	58.68	10.1	1.13
Wrap, White WG, 12 inch	wrap	280	0	530	48.0	6.0	0.00
Salad, Teriyaki Chick no orang	Salad	240	35	517	28.39	5.94	1.56
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Zucchini, Roasted 3/4 cup	3/4 cup	44	0	33	4.51	1.14	0.18
Red & Green Pepper Sticks	1/2 cup	12	0	2	2.45	0.11	0.02
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Banana	1 Each	105	0	1	26.95	0.39	0.13
Pears, Sliced	1/2 cup	90	0	8	23.99	0.05	0.00
Juice, Variety 4 oz.	4 oz. container	59	0	14	14.1	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Weighted Daily Average		610	41	912	91.67	13.59	3.86
% of Calories					60.1%	20.0%	5.7%
Nutrient Guideline		550-650		1230			<10.00

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Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 12/11/2017							
Elementary Lunch	Total						
Chicken, Boneless Wings 5 pc.	5 pcs.	250	50	400	15.0	11.25	1.88
Turkey BH Hero WG E	hero	305	25	888	42.0	3.75	1.00
Roll, Club wheat 5" hero	roll	230	0	450	42.0	2.5	1.00
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Carrots, Glazed 3/4 cup	3/4 cup portion	241	23	175	39.19	9.66	6.38
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Rice, Brown 1/2 cup	1/2 cup	100	0	0	21.33	0.67	0.00
Frozen Whole Fruit Juice Bar	2 oz. bar	40	0	5	10.0	0.0	0.00
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Banana	1 Each	105	0	1	26.95	0.39	0.13
Mixed Fruit Cup	1/2 cup	55	0	5	11.89	0.0	0.00
Juice, Variety 4 oz.	4 oz. container	59	0	14	14.1	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Ketchup, Red Gold, TBSP	1 TBSP	20	0	160	5.0	0.0	0.00
BBQ Sauce, Open Pit, 2 oz.	2 oz.	81	0	713	17.82	0.0	0.00
Weighted Daily Average		597	48	1078	90.41	13.40	4.22
% of Calories					60.6%	20.2%	6.4%
Nutrient Guideline		550-650		1230			<10.00

Tue - 12/12/2017							
Elementary Lunch	Total						
Hamburger, 2.7 oz., TA Morris	Sandwich	280	50	290	25.0	12.5	4.50
Cheeseburger, 2.7 oz. TA Morris	Sandwich	332	64	527	25.68	16.85	7.06
Veggie Burger Dr. Praeger 4oz.	sandwich	266	0	517	39.0	6.5	0.00
Pretzel Platter w/ BH Turkey	platter	251	17	368	45.0	1.85	0.00
Pretzel Platter w/ Amer Cheese	platter	306	27	492	45.45	9.86	5.58
Salad, Pretzel w/ BH Turkey	salad	276	17	381	50.22	2.16	0.05
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Bread, Whole Wheat , 1 slice	1 slice	60	0	115	12.0	1.0	0.00
Potato Tots, Elem Ore-Ida RS C	10 tots	114	0	203	17.78	4.44	0.00
LETTUCE & TOMATO:1 leaf,2 slice	1/2 cup	11	0	4	2.21	0.14	0.02
Pickle Chips, Kosher Dill	5 pcs.	0	0	200	0.0	0.0	0.00
Peaches, Sliced	1/2 cup	85	0	8	23.01	0.05	0.00
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Banana	1 Each	105	0	1	26.95	0.39	0.13
Juice, Variety 4 oz.	4 oz. container	59	0	14	14.1	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Weighted Daily Average		558	35	886	85.10	13.62	3.22
% of Calories					61.0%	22.0%	5.2%
Nutrient Guideline		550-650		1230			<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 12/13/2017							
Elementary Lunch	Total						
Macaroni wg & Cheese 3/4 cup	3/4 cup	328	29	458	32.96	14.98	8.91
Bagel Platter, ChicPea 2oz. BG	platter	403	15	918	60.82	9.48	3.74
Salad, Bagel Mini & American	Salad	426	67	1250	37.94	22.39	12.95
Bagel, WG Wheat & Honey, 2 oz.	bagel	160	0	260	30.0	1.0	0.00
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Breadstick, Whole Wheat	stick	110	0	220	21.0	1.0	0.00
Broccoli, Steamed	3/4 Cup	39	0	33	7.4	0.15	0.02
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Red Pepper Strips	1/2 cup	14	0	2	2.77	0.14	0.01
Melon Slice	Slice	23	0	11	5.63	0.13	0.04
Pineapples	1/2 cup	66	0	1	16.95	0.15	0.01
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Banana	1 Each	105	0	1	26.95	0.39	0.13
Juice, Variety 4 oz.	4 oz. container	59	0	14	14.1	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Butter, 1 oz.	1 oz.	203	61	182	0.02	22.99	14.56
Weighted Daily Average		617	45	1058	86.94	18.65	9.12
% of Calories					56.3%	27.2%	13.3%
Nutrient Guideline		550-650		1230			<10.00

Thu - 12/14/2017							
Elementary Lunch	Total						
Nachos, Turk, Fresco, Snyder E	Portion	429	67	1485	43.33	18.05	2.30
Chicken Caesar Wrap, GK	wrap	383	42	887	49.63	10.52	1.08
Wrap, White WG, 12 inch	wrap	280	0	530	48.0	6.0	0.00
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Lettuce shred Tomato dice 1/2c	1/2 cup	12	0	4	2.52	0.16	0.02
SALSA:COMMODITY	1 OZ	10	0	122	1.98	0.06	0.01
Black Beans	1/2 cup	90	0	420	16.0	0.0	0.00
Grapes, Fresh	1/2 Cup	39	0	1	9.94	0.2	0.07
Applesauce, canned	1/2 cup	109	0	3	28.1	0.27	0.05
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Juice, Variety 4 oz.	4 oz. container	59	0	14	14.1	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Weighted Daily Average		593	52	1249	85.75	14.27	2.77
% of Calories					57.9%	21.7%	4.2%
Nutrient Guideline		550-650		1230			<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 12/15/2017							
Elementary Lunch	Total						
French Bread Pizza, Nardones	piece	310	30	380	33.0	11.0	6.00
Teriyaki Chicken Wrap 12"	wrap	436	42	804	58.68	10.1	1.13
Wrap, White WG, 12 inch	wrap	280	0	530	48.0	6.0	0.00
Salad, Teriyaki Chick no orang	Salad	240	35	517	28.39	5.94	1.56
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
SPINACH: frozen,boiled 3/4 cup	3/4 CUP	48	0	138	6.84	1.24	0.22
Celery & Carrot Sticks	1/2 cup	35	0	80	7.89	0.24	0.04
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Banana	1 Each	105	0	1	26.95	0.39	0.13
Pears, Sliced	1/2 cup	90	0	8	23.99	0.05	0.00
Juice, Variety 4 oz.	4 oz. container	59	0	14	14.1	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Weighted Daily Average		575	40	896	85.42	12.09	3.63
% of Calories					59.4%	18.9%	5.7%
Nutrient Guideline		550-650		1230			<10.00

Mon - 12/18/2017							
Elementary Lunch	Total						
Popcorn Chick, 10pc, Gold Kist	10 pieces	269	60	590	20.0	13.0	3.00
Turkey BH Hero WG E	hero	305	25	888	42.0	3.75	1.00
Roll, Club wheat 5" hero	roll	230	0	450	42.0	2.5	1.00
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Green Beans 3/4 cup	3/4 cup	20	0	254	4.56	0.1	0.02
Beans, Honey Baked	1/2 CUP	162	0	452	37.43	0.51	0.10
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Banana	1 Each	105	0	1	26.95	0.39	0.13
Mixed Fruit Cup	1/2 cup	55	0	5	11.89	0.0	0.00
Juice, Variety 4 oz.	4 oz. container	59	0	14	14.1	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Ketchup, Red Gold, TBSP	1 TBSP	20	0	160	5.0	0.0	0.00
BBQ Sauce, Open Pit, 2 oz.	2 oz.	81	0	713	17.82	0.0	0.00
Dip, Ranch Lite Cains 2 oz	2 oz	180	10	580	12.0	14.0	2.00
Dressing, Honey Must Ken 1oz	1 oz.	150	15	320	4.0	15.0	2.00
Weighted Daily Average		657	51	1573	97.26	16.12	3.57
% of Calories					59.2%	22.1%	4.9%
Nutrient Guideline		550-650		1230			<10.00

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Half Hollow Hills Schools

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 12/19/2017							
Elementary Lunch	Total						
Spaghetti wg & Meatball Elm TA	3/4 cup	402	40	787	42.52	14.36	4.12
Spaghetti & Marinara Sauce	3/4 cup	196	0	186	37.12	1.98	0.18
Meatball Hero Elem TA	1 Hero	471	40	1234	52.67	15.83	5.00
Pretzel Platter w/ BH Turkey	platter	251	17	368	45.0	1.85	0.00
Pretzel Platter w/ Amer Cheese	platter	306	27	492	45.45	9.86	5.58
Salad, Pretzel w/ BH Turkey	salad	276	17	381	50.22	2.16	0.05
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Roll, Cracked Wheat	roll	160	0	260	29.0	1.5	0.00
Broccoli, Steamed	3/4 Cup	39	0	33	7.4	0.15	0.02
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Banana	1 Each	105	0	1	26.95	0.39	0.13
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Peaches, Sliced	1/2 cup	85	0	8	23.01	0.05	0.00
Juice, Variety 4 oz.	4 oz. container	59	0	14	14.1	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Weighted Daily Average		597	31	883	97.12	9.86	2.93
% of Calories					65.0%	14.9%	4.4%
Nutrient Guideline		550-650		1230			<10.00

Wed - 12/20/2017							
Elementary Lunch	Total						
French Toast, WG, RS 2 pc	2 pieces	160	40	300	30.0	3.0	0.00
Turkey Sausage, Butterball 1pc	patty	90	35	190	1.0	6.0	2.00
Bagel Platter, ChicPea 2oz. BG	platter	403	15	918	60.82	9.48	3.74
Salad, Bagel Mini & American	Salad	426	67	1250	37.94	22.39	12.95
Bagel, WG Wheat & Honey, 2 oz.	bagel	160	0	260	30.0	1.0	0.00
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Hash Brown Potato	Pattie	130	0	250	17.0	8.0	1.00
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Apples w/ Cinnamon	1/2 cup	49	0	1	12.68	0.36	0.06
Melon Slice	Slice	23	0	11	5.63	0.13	0.04
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Banana	1 Each	105	0	1	26.95	0.39	0.13
Juice, Variety 4 oz.	4 oz. container	59	0	14	14.1	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Syrup, Pancake 2oz Butterworth	2 oz.	210	0	115	52.0	0.0	0.00
Weighted Daily Average		652	52	1201	95.78	18.88	6.49
% of Calories					58.8%	26.1%	9.0%
Nutrient Guideline		550-650		1230			<10.00

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Half Hollow Hills Schools

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 12/21/2017							
Elementary Lunch	Total						
Grilled Cheese Sandwich, WG E	Sandwich	310	53	971	26.04	18.9	10.11
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Chicken Caesar Wrap, GK	wrap	383	42	887	49.63	10.52	1.08
Wrap, White WG, 12 inch	wrap	280	0	530	48.0	6.0	0.00
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Soup, Chicken Rice	1 CUP	143	14	108	14.71	3.82	1.04
Fries, Baked, Elems gvt	10 pcs.	100	0	133	15.6	3.78	0.63
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Grapes, Fresh	1/2 Cup	39	0	1	9.94	0.2	0.07
Applesauce, canned	1/2 cup	109	0	3	28.1	0.27	0.05
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Banana	1 Each	105	0	1	26.95	0.39	0.13
Juice, Variety 4 oz.	4 oz. container	59	0	14	14.1	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Ketchup, Red Gold, TBSP	1 TBSP	20	0	160	5.0	0.0	0.00
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Weighted Daily Average		667	55	1152	93.94	18.29	5.56
% of Calories					56.3%	24.7%	7.5%
Nutrient Guideline		550-650		1230			<10.00

Fri - 12/22/2017							
Elementary Lunch	Total						
Pizza, Big Daddy's Bold 1/8	slice (1/8)	390	35	730	43.0	17.0	7.00
Teriyaki Chicken Wrap 12"	wrap	436	42	804	58.68	10.1	1.13
Wrap, White WG, 12 inch	wrap	280	0	530	48.0	6.0	0.00
Salad, Teriyaki Chick no orang	Salad	240	35	517	28.39	5.94	1.56
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Zucchini, Roasted 3/4 cup	3/4 cup	44	0	33	4.51	1.14	0.18
Red & Green Pepper Sticks	1/2 cup	12	0	2	2.45	0.11	0.02
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Banana	1 Each	105	0	1	26.95	0.39	0.13
Pears, Sliced	1/2 cup	90	0	8	23.99	0.05	0.00
Juice, Variety 4 oz.	4 oz. container	59	0	14	14.1	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Weighted Daily Average		610	41	912	91.67	13.59	3.86
% of Calories					60.1%	20.0%	5.7%
Nutrient Guideline		550-650		1230			<10.00

Mon - 12/25/2017							
Elementary Lunch	Total						
School Closed	1 each	0	0	0	0.0	0.0	0.00

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Half Hollow Hills Schools

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		0	0	0	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		550-650		1230			<10.00

Tue - 12/26/2017							
Elementary Lunch School Closed	Total 1 each	0	0	0	0.0	0.0	0.00
Weighted Daily Average % of Calories		0	0	0	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		550-650		1230			<10.00

Wed - 12/27/2017							
Elementary Lunch School Closed	Total 1 each	0	0	0	0.0	0.0	0.00
Weighted Daily Average % of Calories		0	0	0	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		550-650		1230			<10.00

Thu - 12/28/2017							
Elementary Lunch School Closed	Total 1 each	0	0	0	0.0	0.0	0.00
Weighted Daily Average % of Calories		0	0	0	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		550-650		1230			<10.00

Fri - 12/29/2017							
Elementary Lunch School Closed	Total 1 each	0	0	0	0.0	0.0	0.00
Weighted Daily Average % of Calories		0	0	0	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		550-650		1230			<10.00

Weighted Average		615	46	1087	90.90 59.1%	15.27 22.4%	4.61 6.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	615		550 - 650	100%				
Cholesterol (mg)	46							
Sodium (mg)	1087		1230					
Carbohydrate (g)	90.90	59.12%						
Total Fat (g)	15.27	22.35%						
Saturated Fat (g)	4.61	6.75%	<10.00%					

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