

Half Hollow Hills Schools

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Middle School 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 - 02/01/2018							
Middle School Lunch	Total						
Burrito Bar, Chicken WG	burrito	579	102	1333	55.44	24.03	8.29
Burrito Bar, Chicken	burrito	609	102	1503	59.43	21.03	8.79
Burrito Bar, Beef WG	burrito	597	77	1100	61.68	25.36	9.17
Burrito Bar, Beef	burrito	627	77	1270	65.68	22.36	9.67
Wrap, Plain 12 inch Toufayan	Wrap	310	0	700	52.0	3.0	0.50
Wrap, White WG, 12 inch	wrap	280	0	530	48.0	6.0	0.00
Bagel Platter w/ String Chs MS	platter	468	25	839	67.89	11.4	6.21
Turkey Cajun Sand,BH Kais 3oz	Sandwich	300	37	1485	39.5	2.75	0.50
Romaine lettuce & tomato 1/2c	1/2 cup	15	0	5	3.11	0.19	0.03
Black Beans	1/2 cup	90	0	420	16.0	0.0	0.00
Rice, Brown Mexican	1/2 cup	114	0	62	23.91	0.84	0.16
Corn 1/2 cup	1/2 Cup	55	0	168	11.76	1.0	0.20
Grapes, Fresh	1/2 Cup	39	0	1	9.94	0.2	0.07
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
Applesauce, canned	1/2 cup	109	0	3	28.1	0.27	0.05
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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, comm	1 OZ	10	0	122	1.98	0.06	0.01
Weighted Daily Average		794	77	1591	110.61	18.54	7.25
% of Calories					55.7%	21.0%	8.2%
Nutrient Guideline		600-700		1360			<10.00

Fri - 02/02/2018							
Middle School 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, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Mixed Vegetables, Cooked	3/4 cup	89	0	48	17.87	0.2	0.04
Red & Green Pepper Sticks	1/2 cup	12	0	2	2.45	0.11	0.02
Dip, Ranch Lite Cains 2 oz	2 oz	180	10	580	12.0	14.0	2.00
APPLES,Fresh	1 EACH	72	0	1	19.06	0.23	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
Pears, Sliced	1/2 cup	90	0	8	23.99	0.05	0.00
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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		714	54	1220	99.48	20.69	4.74
% of Calories					55.7%	26.1%	6.0%
Nutrient Guideline		600-700		1360			<10.00

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Half Hollow Hills Schools

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Middle School 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 - 02/05/2018							
Middle School Lunch	Total						
Popcorn Chick, 12pc, Gold Kist	12 pieces	323	72	708	24.0	15.6	3.60
Chicken Chipotle Wrap BH	wrap	354	48	1035	49.59	7.24	0.00
Wrap, White WG, 12 inch	wrap	280	0	530	48.0	6.0	0.00
Salad, Greek	Salad	165	10	832	7.69	10.04	5.28
Potato Tots, MS Ore-Ida RS Com	12 tots	137	0	244	21.33	5.33	0.00
Celery & Carrot Sticks	1/2 cup	35	0	80	7.89	0.24	0.04
Dip, Ranch Lite Cains 2 oz	2 oz	180	10	580	12.0	14.0	2.00
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
Frozen Whole Fruit Juice Bar	2 oz. bar	40	0	5	10.0	0.0	0.00
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Weighted Daily Average		712	58	1649	93.01	24.02	4.36
% of Calories					52.3%	30.4%	5.5%
Nutrient Guideline		600-700		1360			<10.00

Tue - 02/06/2018							
Middle School Lunch	Total						
Spaghetti wg & Meatballs TA sec	1 cup	502	50	970	53.77	17.73	5.12
Spaghetti & Marinara Sauce	1 cup	261	0	247	49.49	2.64	0.25
Meatball Parmesan Hero Sec	hero	587	59	1582	61.06	21.59	7.43
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Turkey Sandwich, BH w Kais 3oz	sandwich	300	30	885	38.0	3.5	0.50
Salad, Buffalo Chicken Sec	Salad	237	30	402	19.59	11.46	2.57
Butternut Squash 1 cup	1 cup	74	5	20	14.46	1.98	1.36
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Breadstick, Whole Wheat	stick	110	0	220	21.0	1.0	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
Peaches, Sliced	1/2 cup	85	0	8	23.01	0.05	0.00
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Weighted Daily Average		715	45	1205	106.79	16.06	4.47
% of Calories					59.7%	20.2%	5.6%
Nutrient Guideline		600-700		1360			<10.00

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/07/2018							
Middle School Lunch	Total						
Spicy Chicken Sandwich WG TY	Sandwich	320	45	570	34.0	11.5	2.00
Spicy Chicken Sandwich WG AP	Sandwich	320	30	610	37.0	12.5	2.50
Spicy Chicken Patty WG	patty	200	30	370	12.0	11.0	2.50
Roll, Hamburger wheat	roll	120	0	240	25.0	1.5	0.00
Chicken, Bread Filet Sand, GK	sandwich	336	45	816	41.0	9.5	1.00
Ham BH & Cheese Wheat Hero	sandwich	388	45	1316	51.73	8.68	3.79
Ham, Boars Head	2 oz.	60	30	580	2.0	1.0	0.00
Cheese, American sliced 1/2 oz	1/2 oz.	52	14	237	0.68	4.35	2.56
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Pretzel Platter w/ BH Turkey S	platter	260	20	420	45.0	2.0	0.00
Pretzel Platter w/ Amer Chs S	platter	359	41	703	45.68	14.29	8.37
Broccoli, Roasted 3/4 cup	3/4 cup	137	3	289	16.28	6.23	1.34
Beans, Honey Baked	1/2 CUP	162	0	452	37.43	0.51	0.10
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Melon Slice	Slice	23	0	11	5.63	0.13	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 6 oz.	6 oz. container	90	0	3	22.6	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
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Weighted Daily Average		626	44	1222	95.54	13.79	3.77
% of Calories					61.1%	19.8%	5.4%
Nutrient Guideline		600-700		1360			<10.00

Thu - 02/08/2018							
Middle School Lunch	Total						
Boars Head Deli Bar MS	Sandwich	340	41	1192	48.13	4.0	0.78
Bagel Platter w/ String Chs MS	platter	468	25	839	67.89	11.4	6.21
Turkey Cajun Sand,BH Kais 3oz	Sandwich	300	37	1485	39.5	2.75	0.50
Romaine lettuce & tomato 1/2c	1/2 cup	15	0	5	3.11	0.19	0.03
Pickle Chips, Kosher Dill	5 pcs.	0	0	200	0.0	0.0	0.00
Grapes, Fresh	1/2 Cup	39	0	1	9.94	0.2	0.07
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
Applesauce, canned	1/2 cup	109	0	3	28.1	0.27	0.05
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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
Secret Sauce	2 oz.	231	*6	413	17.77	17.01	2.84
Weighted Daily Average		675	*43	1532	103.26	12.08	3.51
% of Calories					61.2%	16.1%	4.7%
Nutrient Guideline		600-700		1360			<10.00

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Middle School 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 - 02/09/2018							
Middle School Lunch	Total						
Pizza, Big Daddy's Bold 1/8	slice (1/8)	390	35	730	43.0	17.0	7.00
Pizza, Big Dad Buffalo Chicken	slice	390	45	750	35.0	19.0	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, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
SPINACH: frozen,boiled 3/4 cup	3/4 CUP	48	0	138	6.84	1.24	0.22
Red & Green Pepper Sticks	1/2 cup	12	0	2	2.45	0.11	0.02
Dip, Ranch Lite Cains 2 oz	2 oz	180	10	580	12.0	14.0	2.00
APPLES,Fresh	1 EACH	72	0	1	19.06	0.23	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
Pears, Sliced	1/2 cup	90	0	8	23.99	0.05	0.00
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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		668	53	1202	87.81	20.84	5.41
% of Calories					52.6%	28.1%	7.3%
Nutrient Guideline		600-700		1360			<10.00

Mon - 02/12/2018							
Middle School Lunch	Total						
Hamburger, 3 oz., TA Morris	Sandwich	300	55	295	25.0	14.5	5.00
Cheeseburger, 3 oz., TA Morris	Sandwich	352	69	532	25.68	18.85	7.56
Veggie Burger Dr. Praeger 4oz.	sandwich	266	0	517	39.0	6.5	0.00
Roll, Hamburger wheat	roll	120	0	240	25.0	1.5	0.00
Pizza Sticks, WG ConAgra	2 sticks	300	30	800	32.0	12.0	6.00
Chicken Chipotle Wrap BH	wrap	354	48	1035	49.59	7.24	0.00
Wrap, White WG, 12 inch	wrap	280	0	530	48.0	6.0	0.00
Salad, Greek	Salad	165	10	832	7.69	10.04	5.28
Knish, Potato	knish	180	0	428	36.0	2.5	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
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 6 oz.	6 oz. container	90	0	3	22.6	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
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Weighted Daily Average		628	45	1266	91.47	15.69	4.36
% of Calories					58.3%	22.5%	6.2%
Nutrient Guideline		600-700		1360			<10.00

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Tue - 02/13/2018							
Middle School Lunch	Total						
Waffles, WG Right Start 3pc	3 waffles	195	7	540	34.5	5.25	0.75
Turkey Sausage, Butterball 1pc	patty	90	35	190	1.0	6.0	2.00
Hash Brown Potato	Pattie	130	0	250	17.0	8.0	1.00
Syrup, Pancake 2oz Butterworth	2 oz.	210	0	115	52.0	0.0	0.00
Turkey Sandwich, BH w Kais 3oz	sandwich	300	30	885	38.0	3.5	0.50
Salad, Buffalo Chicken Sec	Salad	237	30	402	19.59	11.46	2.57
Banana	1 Each	105	0	1	26.95	0.39	0.13
Apples w/ Cinnamon	1/2 cup	49	0	1	12.68	0.36	0.06
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Weighted Daily Average		628	44	1139	92.60	16.31	3.03
% of Calories					58.9%	23.4%	4.3%
Nutrient Guideline		600-700		1360			<10.00

Wed - 02/14/2018							
Middle School Lunch	Total						
Philly Cheese Steak Hero	hero	481	55	1103	56.32	14.11	6.54
Spicy Chicken Sandwich WG TY	Sandwich	320	45	570	34.0	11.5	2.00
Spicy Chicken Sandwich WG AP	Sandwich	320	30	610	37.0	12.5	2.50
Spicy Chicken Patty WG	patty	200	30	370	12.0	11.0	2.50
Roll, Hamburger wheat	roll	120	0	240	25.0	1.5	0.00
Ham BH & Cheese Wheat Hero	sandwich	388	45	1316	51.73	8.68	3.79
Ham, Boars Head	2 oz.	60	30	580	2.0	1.0	0.00
Cheese, American sliced 1/2 oz	1/2 oz.	52	14	237	0.68	4.35	2.56
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Pretzel Platter w/ BH Turkey S	platter	260	20	420	45.0	2.0	0.00
Pretzel Platter w/ Amer Chs S	platter	359	41	703	45.68	14.29	8.37
Broccoli, Roasted 3/4 cup	3/4 cup	137	3	289	16.28	6.23	1.34
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
Melon Slice	Slice	23	0	11	5.63	0.13	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
Pineapples	1/2 cup	66	0	1	16.95	0.15	0.01
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Weighted Daily Average		641	47	1212	92.95	16.28	4.94
% of Calories					58.0%	22.9%	6.9%
Nutrient Guideline		600-700		1360			<10.00

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Half Hollow Hills Schools

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Middle School 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 - 02/15/2018							
Middle School Lunch	Total						
Burrito Bar, Chicken WG	burrito	579	102	1333	55.44	24.03	8.29
Burrito Bar, Chicken	burrito	609	102	1503	59.43	21.03	8.79
Burrito Bar, Beef WG	burrito	597	77	1100	61.68	25.36	9.17
Burrito Bar, Beef	burrito	627	77	1270	65.68	22.36	9.67
Wrap, Plain 12 inch Toufayan	Wrap	310	0	700	52.0	3.0	0.50
Wrap, White WG, 12 inch	wrap	280	0	530	48.0	6.0	0.00
Bagel Platter w/ String Chs MS	platter	468	25	839	67.89	11.4	6.21
Turkey Cajun Sand,BH Kais 3oz	Sandwich	300	37	1485	39.5	2.75	0.50
Romaine lettuce & tomato 1/2c	1/2 cup	15	0	5	3.11	0.19	0.03
Black Beans	1/2 cup	90	0	420	16.0	0.0	0.00
Rice, Brown Mexican	1/2 cup	114	0	62	23.91	0.84	0.16
Corn 1/2 cup	1/2 Cup	55	0	168	11.76	1.0	0.20
Grapes, Fresh	1/2 Cup	39	0	1	9.94	0.2	0.07
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
Applesauce, canned	1/2 cup	109	0	3	28.1	0.27	0.05
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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, comm	1 OZ	10	0	122	1.98	0.06	0.01
Weighted Daily Average		794	77	1591	110.61	18.54	7.25
% of Calories					55.7%	21.0%	8.2%
Nutrient Guideline		600-700		1360			<10.00

Fri - 02/16/2018							
Middle School Lunch	Total						
Pizza, Big Daddy's Pepperoni	slice (1/8)	455	48	975	43.0	23.0	9.25
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, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Croutons, Seasoned, 2 oz.	2 oz.	243	0	688	40.5	8.1	0.00
Carrots, Glazed 3/4 cup	3/4 cup portion	241	23	175	39.19	9.66	6.38
CELERY STICKS	1/2 CUP	12	0	59	2.21	0.13	0.03
Dip, Ranch Lite Cains 2 oz	2 oz	180	10	580	12.0	14.0	2.00
APPLES,Fresh	1 EACH	72	0	1	19.06	0.23	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
Pears, Sliced	1/2 cup	90	0	8	23.99	0.05	0.00
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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		781	65	1306	105.86	26.06	9.05
% of Calories					54.2%	30.0%	10.4%
Nutrient Guideline		600-700		1360			<10.00

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Half Hollow Hills Schools

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Middle School 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 - 02/19/2018							
Middle School Lunch	Total						
School Closed	1 each	0	0	0	0.0	0.0	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.00
% of Calories					0.0%	0.0%	0.0%
Nutrient Guideline		600-700		1360			<10.00

Tue - 02/20/2018							
Middle School Lunch	Total						
School Closed	1 each	0	0	0	0.0	0.0	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.00
% of Calories					0.0%	0.0%	0.0%
Nutrient Guideline		600-700		1360			<10.00

Wed - 02/21/2018							
Middle School Lunch	Total						
School Closed	1 each	0	0	0	0.0	0.0	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.00
% of Calories					0.0%	0.0%	0.0%
Nutrient Guideline		600-700		1360			<10.00

Thu - 02/22/2018							
Middle School Lunch	Total						
School Closed	1 each	0	0	0	0.0	0.0	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.00
% of Calories					0.0%	0.0%	0.0%
Nutrient Guideline		600-700		1360			<10.00

Fri - 02/23/2018							
Middle School Lunch	Total						
School Closed	1 each	0	0	0	0.0	0.0	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.00
% of Calories					0.0%	0.0%	0.0%
Nutrient Guideline		600-700		1360			<10.00

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Half Hollow Hills Schools

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Middle School 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 - 02/26/2018							
Middle School Lunch	Total						
Chicken, Boneless Wings 6 pc.	6 pcs.	300	60	480	18.0	13.5	2.25
Grilled Cheese Sandwich, WG S	Sandwich	361	67	1208	26.71	23.25	12.67
Chicken Chipotle Wrap BH	wrap	354	48	1035	49.59	7.24	0.00
Wrap, White WG, 12 inch	wrap	280	0	530	48.0	6.0	0.00
Salad, Greek	Salad	165	10	832	7.69	10.04	5.28
Sweet Potato Fries	3/4 cup	127	0	180	20.08	4.75	0.53
Soup, Chicken Rice	1 CUP	143	14	108	14.71	3.82	1.04
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
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 6 oz.	6 oz. container	90	0	3	22.6	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
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
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		689	61	1522	87.28	22.67	6.52
% of Calories					50.7%	29.6%	8.5%
Nutrient Guideline		600-700		1360			<10.00

Tue - 02/27/2018							
Middle School Lunch	Total						
Mozzarella Sticks 6pc 65219	6 sticks	456	36	492	42.0	21.6	8.40
Chicken Nuggets, Tyson 6pc S	6 pcs.	365	81	527	18.25	18.25	4.05
Turkey Sandwich, BH w Kais 3oz	sandwich	300	30	885	38.0	3.5	0.50
Salad, Buffalo Chicken Sec	Salad	237	30	402	19.59	11.46	2.57
Broccoli, Roasted 3/4 cup	3/4 cup	137	3	289	16.28	6.23	1.34
Celery & Carrot Sticks	1/2 cup	35	0	80	7.89	0.24	0.04
Marinara Sauce, Red Gold 2 oz	2 oz.	41	0	64	6.67	1.33	0.00
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 6 oz.	6 oz. container	90	0	3	22.6	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
Weighted Daily Average		673	53	1027	87.60	18.93	4.93
% of Calories					52.1%	25.3%	6.6%
Nutrient Guideline		600-700		1360			<10.00

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Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/28/2018							
Middle School Lunch	Total						
Macaroni wg & Cheese 1 cup	1 cup	473	43	720	44.26	22.94	13.75
Spicy Chicken Sandwich WG TY	Sandwich	320	45	570	34.0	11.5	2.00
Spicy Chicken Sandwich WG AP	Sandwich	320	30	610	37.0	12.5	2.50
Spicy Chicken Patty WG	patty	200	30	370	12.0	11.0	2.50
Roll, Hamburger wheat	roll	120	0	240	25.0	1.5	0.00
Ham BH & Cheese Wheat Hero	sandwich	388	45	1316	51.73	8.68	3.79
Ham, Boars Head	2 oz.	60	30	580	2.0	1.0	0.00
Cheese, American sliced 1/2 oz	1/2 oz.	52	14	237	0.68	4.35	2.56
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Pretzel Platter w/ BH Turkey S	platter	260	20	420	45.0	2.0	0.00
Pretzel Platter w/ Amer Chs S	platter	359	41	703	45.68	14.29	8.37
Carrots, Glazed 3/4 cup	3/4 cup portion	241	23	175	39.19	9.66	6.38
Chick Peas w/ Italian Dressing	1/2 cup	124	0	370	20.47	2.33	0.21
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Roll, Cracked Wheat	roll	160	0	260	29.0	1.5	0.00
Melon Slice	Slice	23	0	11	5.63	0.13	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
Pineapples	1/2 cup	66	0	1	16.95	0.15	0.01
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Weighted Daily Average		678	53	1208	96.61	18.74	7.64
% of Calories					57.0%	24.9%	10.1%
Nutrient Guideline		600-700		1360			<10.00

Weighted Average		694	*55	1326	97.43	18.62	5.42
					56.1%	24.1%	7.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	694		600 - 700	100%				
Cholesterol (mg)	55				Missing			
Sodium (mg)	1326		1360					
Carbohydrate (g)	97.43	56.13%						
Total Fat (g)	18.62	24.13%						
Saturated Fat (g)	5.42	7.02%	<10.00%					

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