Half Hollow Hills Schools

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Generated on: 10/12/2017 8:07:43 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 10/02/2017							
High 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
Boars Head Deli Bar HS	Sandwich	335	46	981	45.67	4.57	0.94
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Knish, Potato	knish	180	0	428	36.0	2.5	0.00
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
Mixed Fruit Cup	1/2 cup	55	0	5	11.89	0.0	0.00
Juice, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	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
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Weighted Daily Average		716	54	1344	109.95	16.24	3.77
% of Calories					61.4%	20.4%	4.7%
Nutrient Guideline		750-850		1420			<10.00

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

**** - denotes combined nutrient totals with either missing or incomplete nutrient data***

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/03/2017							
High 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
Boars Head Deli Bar HS	Sandwich	335	46	981	45.67	4.57	0.94
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Greek	Salad	165	10	832	7.69	10.04	5.28
Breadstick, Whole Wheat	stick	110	0	220	21.0	1.0	0.00
Carrots, Glazed 1 cup	1 cup portion	298	29	216	48.41	11.93	7.88
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, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	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
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Weighted Daily Average		779	58	1377	116.31	19.69	7.54
% of Calories					59.7%	22.7%	8.7%
Nutrient Guideline		750-850		1420			<10.00

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

**** - denotes combined nutrient totals with either missing or incomplete nutrient data***

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/04/2017							
High 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
Roll, Hamburger wheat	roll	120	0	240	25.0	1.5	0.00
Jamaican Beef Patty, WG	patty	300	55	330	43.0	3.5	2.50
Boars Head Deli Bar HS	Sandwich	335	46	981	45.67	4.57	0.94
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad, Buffalo Chicken Sec	Salad	237	30	402	19.59	11.46	2.57
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Plantain Slices	4 pieces	220	0	18	44.0	4.0	0.00
Potato Tots, HS Ore-Ida RS Com	14 tots	160	0	284	24.89	6.22	0.00
Veggie Cup, w/ Lowfat Dip	1/2 cup	214	10	627	19.17	14.33	2.09
Melon Slice	Slice	23	0	11	5.63	0.13	0.04
Mixed Fruit Cup	1/2 cup	55	0	5	11.89	0.0	0.00
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
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Juice, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	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
Secret Sauce	2 oz.	231	*6	413	17.77	17.01	2.84
Weighted Daily Average		764	*52	1175	112.59	21.13	3.39
% of Calories					58.9%	24.9%	4.0%
Nutrient Guideline		750-850		1420			<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/05/2017							
High School Lunch	Total						
Nachos, Turk, Fresco, Snyder S	Portion	527	67	1604	57.33	22.25	2.30
Tacos, Turkey JO soft shell S	2 tacos	345	84	1097	35.05	9.73	2.68
Taco Shell Soft 6 inch Whole W	2 shells	160	0	440	30.0	3.0	1.00
Tacos, Turkey JO crunchshell S	2 tacos	292	84	657	19.73	11.4	2.35
Taco Shell, Crunchy 2 pc.	2 shells	107	0	0	14.68	4.67	0.67
Boars Head Deli Bar HS	Sandwich	335	46	981	45.67	4.57	0.94
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Greek	Salad	165	10	832	7.69	10.04	5.28
Croutons, Seasoned, 2 oz.	2 oz.	243	0	688	40.5	8.1	0.00
Black Beans	.5 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
Salsa, comm	1 OZ	10	0	122	1.98	0.06	0.01
Taco Topping, Salad Mx Ched BG	1/2 cup	68	1	95	2.78	4.72	3.06
Grapes, Fresh	1/2 Cup	39	0	1	9.94	0.2	0.07
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
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, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	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		755	64	1691	109.59	18.24	4.34
% of Calories					58.1%	21.7%	5.2%
Nutrient Guideline		750-850		1420			<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 10/06/2017							
High School Lunch	Total						
Pizza, Big Daddy's Bold 1/8	slice (1/8)	390	35	730	43.0	17.0	7.00
Pizza, Big Daddy's Pepperoni	slice (1/8)	455	48	975	43.0	23.0	9.25
Chicken, Buffalo Wings 6 pc.	6 pcs.	436	101	2100	18.0	28.46	13.13
Dressing Blue Cheese	2 oz.	304	20	607	4.05	32.4	5.06
Boars Head Deli Bar HS	Sandwich	335	46	981	45.67	4.57	0.94
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Broccoli, Roasted 1cup	1 cup	150	2	252	22.11	4.86	0.98
Red & Green Pepper Sticks	1/2 cup	12	0	2	2.45	0.11	0.02
CELERY STICKS	1/2 CUP	12	0	59	2.21	0.13	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, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	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
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Weighted Daily Average		729	67	1551	90.35	26.40	7.55
% of Calories					49.6%	32.6%	9.3%
Nutrient Guideline		750-850		1420			<10.00

Mon - 10/09/2017							
High 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		750-850		1420			<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/10/2017							
High School Lunch	Total						
French Toast WG Echo 3pcs	piece	80	25	125	13.0	1.5	0.00
French Toast, WG, RS 3 pc	3 pieces	240	60	450	45.0	4.5	0.00
Turkey Sausage, Butterball 2pc	patty	180	70	380	2.0	12.0	4.00
Bagel, Egg, Cheese & Sausage	sandwich	553	218	1045	61.66	18.55	6.59
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
Boars Head Deli Bar HS	Sandwich	335	46	981	45.67	4.57	0.94
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Greek	Salad	165	10	832	7.69	10.04	5.28
Red Pepper Strips	1/2 cup	14	0	2	2.77	0.14	0.01
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, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	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
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Weighted Daily Average		764	84	1340	117.39	20.54	4.77
% of Calories					61.4%	24.2%	5.6%
Nutrient Guideline		750-850		1420			<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/11/2017							
High 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
Roll, Hamburger wheat	roll	120	0	240	25.0	1.5	0.00
Boars Head Deli Bar HS	Sandwich	335	46	981	45.67	4.57	0.94
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Buffalo Chicken Sec	Salad	237	30	402	19.59	11.46	2.57
Croutons, Seasoned, 2 oz.	2 oz.	243	0	688	40.5	8.1	0.00
Sweet Potato Fries	3/4 cup	127	0	180	20.08	4.75	0.53
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
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
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
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Juice, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	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
Secret Sauce	2 oz.	231	*6	413	17.77	17.01	2.84
Weighted Daily Average		768	*53	1481	107.17	23.76	4.58
% of Calories					55.8%	27.8%	5.4%
Nutrient Guideline		750-850		1420			<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/12/2017							
High 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
Boars Head Deli Bar HS	Sandwich	335	46	981	45.67	4.57	0.94
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Greek	Salad	165	10	832	7.69	10.04	5.28
Croutons, Seasoned, 2 oz.	2 oz.	243	0	688	40.5	8.1	0.00
Rice, Brown Mexican	1/2 cup	114	0	62	23.91	0.84	0.16
Black Beans	1/2 cup	90	0	420	16.0	0.0	0.00
Corn 1/2 cup	1/2 Cup	55	0	168	11.76	1.0	0.20
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, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	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
Salsa, comm	1 OZ	10	0	122	1.98	0.06	0.01
Weighted Daily Average		780	72	1574	109.55	18.83	6.44
% of Calories					56.2%	21.7%	7.4%
Nutrient Guideline		750-850		1420			<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 10/13/2017							
High School Lunch	Total						
Pizza, Big Dad Buffalo Chicken	slice	390	45	750	35.0	19.0	7.00
Pizza, Big Daddy's Bold 1/8	slice (1/8)	390	35	730	43.0	17.0	7.00
Grilled Cheese Sandwich, WG S	Sandwich	361	67	1208	26.71	23.25	12.67
Boars Head Deli Bar HS	Sandwich	335	46	981	45.67	4.57	0.94
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
SPINACH: frozen,boiled 1 cup	1 CUP	65	0	184	9.12	1.65	0.30
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Carrots, Baby	1/2 cup	40	0	88	9.34	0.15	0.03
Dip, Ranch Lite Cains 2 oz	2 oz	180	10	580	12.0	14.0	2.00
Soup, Chicken Noodle	8 oz. cup	122	13	115	12.1	2.76	0.69
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, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	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		748	65	1516	97.41	24.00	6.99
% of Calories					52.1%	28.9%	8.4%
Nutrient Guideline		750-850		1420			<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 10/16/2017							
High School Lunch	Total						
Popcorn Chick, 14pc, Gold Kist	14 pieces	377	84	826	28.0	18.2	4.20
Pork, BBQ Texas Style Sandwich	Sandwich	420	71	473	41.68	18.18	5.84
Roll, Hamburger wheat	roll	120	0	240	25.0	1.5	0.00
Boars Head Deli Bar HS	Sandwich	335	46	981	45.67	4.57	0.94
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Fries, Baked, HS gvt	15 fries	150	0	200	23.4	5.67	0.95
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Beans, Honey Baked	1/2 CUP	162	0	452	37.43	0.51	0.10
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
Mixed Fruit Cup	1/2 cup	55	0	5	11.89	0.0	0.00
Juice, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	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
BBQ Sauce, Open Pit, 2 oz.	2 oz.	81	0	713	17.82	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
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Weighted Daily Average		825	67	1633	122.62	21.66	4.95
% of Calories					59.5%	23.6%	5.4%
Nutrient Guideline		750-850		1420			<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/17/2017							
High 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
Spaghetti & Alfredo Sauce	1 cup	426	56	306	48.8	20.74	12.71
Boars Head Deli Bar HS	Sandwich	335	46	981	45.67	4.57	0.94
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Greek	Salad	165	10	832	7.69	10.04	5.28
Breadstick, Whole Wheat	stick	110	0	220	21.0	1.0	0.00
SPINACH: frozen,boiled 1 cup	1 CUP	65	0	184	9.12	1.65	0.30
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, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	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
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Weighted Daily Average		725	45	1303	111.17	15.82	5.09
% of Calories					61.3%	19.6%	6.3%
Nutrient Guideline		750-850		1420			<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/18/2017							
High School Lunch	Total						
Quesadilla, Chicken Cheese CG	2 pieces	300	45	600	32.0	12.0	5.00
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
Roll, Hamburger wheat	roll	120	0	240	25.0	1.5	0.00
Boars Head Deli Bar HS	Sandwich	335	46	981	45.67	4.57	0.94
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Buffalo Chicken Sec	Salad	237	30	402	19.59	11.46	2.57
Croutons, Seasoned, 2 oz.	2 oz.	243	0	688	40.5	8.1	0.00
Broccoli, Roasted 1cup	1 cup	150	2	252	22.11	4.86	0.98
Carrots, Baby	1/2 cup	40	0	88	9.34	0.15	0.03
Dip, Ranch Lite Cains 2 oz	2 oz	180	10	580	12.0	14.0	2.00
Sour cream	1 oz	51	10	20	1.98	4.0	2.47
Salsa, comm	1 OZ	10	0	122	1.98	0.06	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
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
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Juice, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	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		754	52	1503	108.04	22.12	4.48
% of Calories					57.3%	26.4%	5.3%
Nutrient Guideline		750-850		1420			<10.00

Thu - 10/19/2017							
High 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		750-850		1420			<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 10/20/2017							
High School Lunch	Total						
Pizza, Big Daddy's Bold 1/8	slice (1/8)	390	35	730	43.0	17.0	7.00
Pizza, Big Daddy's Pepperoni	slice (1/8)	455	48	975	43.0	23.0	9.25
Chicken, Buffalo Wings 6 pc.	6 pcs.	436	101	2100	18.0	28.46	13.13
Dressing Blue Cheese	2 oz.	304	20	607	4.05	32.4	5.06
Boars Head Deli Bar HS	Sandwich	335	46	981	45.67	4.57	0.94
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Roll, Cracked Wheat	roll	160	0	260	29.0	1.5	0.00
Butternut Squash 1 cup	1 cup	74	5	20	14.46	1.98	1.36
Red & Green Pepper Sticks	1/2 cup	12	0	2	2.45	0.11	0.02
CELERY STICKS	1/2 CUP	12	0	59	2.21	0.13	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, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	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
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Weighted Daily Average		742	68	1526	95.36	25.59	7.72
% of Calories					51.4%	31.0%	9.4%
Nutrient Guideline		750-850		1420			<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 10/23/2017							
High School Lunch	Total						
Chicken Parmesan on Kaiser GK	sandwich	549	63	1275	63.45	15.85	4.37
Roll, White Kaiser 5"	roll	220	0	460	40.0	2.0	0.50
Chicken, Bread Filet Sand, GK	sandwich	336	45	816	41.0	9.5	1.00
Roll, Hamburger wheat	roll	120	0	240	25.0	1.5	0.00
Boars Head Deli Bar HS	Sandwich	335	46	981	45.67	4.57	0.94
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Potato Tots, HS Ore-Ida RS Com	14 tots	160	0	284	24.89	6.22	0.00
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
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
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
Secret Sauce	2 oz.	231	*6	413	17.77	17.01	2.84
Weighted Daily Average		794	*62	1572	110.94	23.34	4.01
% of Calories					55.9%	26.4%	4.5%
Nutrient Guideline		750-850		1420			<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/24/2017							
High School Lunch	Total						
Mozzarella Sticks 6pc 65219	6 sticks	456	36	492	42.0	21.6	8.40
Marinara Sauce, Red Gold 2 oz	2 oz.	41	0	64	6.67	1.33	0.00
Chicken, Buffalo Tenders 5p AP	5 pcs.	333	50	617	20.0	16.67	4.17
Boars Head Deli Bar HS	Sandwich	335	46	981	45.67	4.57	0.94
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Greek	Salad	165	10	832	7.69	10.04	5.28
Roll, Cracked Wheat	roll	160	0	260	29.0	1.5	0.00
Broccoli, Roasted 1cup	1 cup	150	2	252	22.11	4.86	0.98
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Veggie Cup, w/ Lowfat Dip	1/2 cup	214	10	627	19.17	14.33	2.09
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
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
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
BBQ Sauce, Open Pit, 2 oz.	2 oz.	81	0	713	17.82	0.0	0.00
Weighted Daily Average		793	54	1631	106.70	24.71	6.23
% of Calories					53.8%	28.1%	7.1%
Nutrient Guideline		750-850		1420			<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/25/2017							
High 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
Chicken Filet Crispy Bacon	sandwich	396	60	1101	41.0	14.0	1.00
Chicken Filet Crispy Bacon Chz	sandwich	448	74	1338	41.68	18.35	3.56
Roll, Hamburger wheat	roll	120	0	240	25.0	1.5	0.00
Boars Head Deli Bar HS	Sandwich	335	46	981	45.67	4.57	0.94
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Buffalo Chicken Sec	Salad	237	30	402	19.59	11.46	2.57
Carrots, Glazed 1 cup	1 cup portion	298	29	216	48.41	11.93	7.88
Chick Peas w/ Italian Dressing	1/2 cup	124	0	370	20.47	2.33	0.21
Veggie Cup, w/ Lowfat Dip	1/2 cup	214	10	627	19.17	14.33	2.09
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
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
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
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
Secret Sauce	2 oz.	231	*6	413	17.77	17.01	2.84
Weighted Daily Average		792	*72	1466	109.02	25.36	7.52
% of Calories					55.1%	28.8%	8.6%
Nutrient Guideline		750-850		1420			<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/26/2017							
High School Lunch	Total						
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
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
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
Boars Head Deli Bar HS	Sandwich	335	46	981	45.67	4.57	0.94
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Greek	Salad	165	10	832	7.69	10.04	5.28
Rice, Brown Mexican	1/2 cup	114	0	62	23.91	0.84	0.16
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
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
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, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	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
Salsa, comm	1 OZ	10	0	122	1.98	0.06	0.01
Weighted Daily Average		767	72	1597	107.59	17.93	6.46
% of Calories					56.1%	21.0%	7.6%
Nutrient Guideline		750-850		1420			<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 10/27/2017							
High 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
Chicken Nuggets,Tyson 6pc S	6 pcs.	365	81	527	18.25	18.25	4.05
Boars Head Deli Bar HS	Sandwich	335	46	981	45.67	4.57	0.94
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Roll, Cracked Wheat	roll	160	0	260	29.0	1.5	0.00
SPINACH: frozen,boiled 1 cup	1 CUP	65	0	184	9.12	1.65	0.30
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
Dip, Ranch Lite Cains 2 oz	2 oz	180	10	580	12.0	14.0	2.00
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 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		723	62	1326	98.54	20.86	5.19
% of Calories					54.5%	26.0%	6.5%
Nutrient Guideline		750-850		1420			<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 10/30/2017							
High School Lunch	Total						
Grilled Ham & Cheese Sand WG S	Sandwich	249	49	1061	26.68	9.19	3.89
Grilled Cheese Sandwich, WG S	Sandwich	361	67	1208	26.71	23.25	12.67
Soup, Chicken Noodle	8 oz. cup	122	13	115	12.1	2.76	0.69
Boars Head Deli Bar HS	Sandwich	335	46	981	45.67	4.57	0.94
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Potato Tots, HS Ore-Ida RS Com	14 tots	160	0	284	24.89	6.22	0.00
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Cole Slaw, 1/2 Cup	1/2 Cup	159	6	522	18.14	7.94	1.13
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
Mixed Fruit Cup	1/2 cup	55	0	5	11.89	0.0	0.00
Juice, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	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
BBQ Sauce, Open Pit, 2 oz.	2 oz.	81	0	713	17.82	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
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Weighted Daily Average		816	67	1894	114.85	23.92	5.67
% of Calories					56.3%	26.4%	6.3%
Nutrient Guideline		750-850		1420			<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/31/2017							
High School Lunch	Total						
Popcorn Chick, 14pc, Gold Kist	14 pieces	377	84	826	28.0	18.2	4.20
Turkey Sandwich Hot w/Gravy S	sandwich	271	60	1126	22.48	8.05	2.15
Boars Head Deli Bar HS	Sandwich	335	46	981	45.67	4.57	0.94
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Greek	Salad	165	10	832	7.69	10.04	5.28
Roll, Cracked Wheat	roll	160	0	260	29.0	1.5	0.00
Zucchini, Roasted 1 cup	1 cup	60	0	46	6.18	1.56	0.24
Red Pepper Strips	1/2 cup	14	0	2	2.77	0.14	0.01
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, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	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
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Weighted Daily Average		695	58	1273	99.05	16.33	4.29
% of Calories					57.0%	21.2%	5.6%
Nutrient Guideline		750-850		1420			<10.00

Weighted Average		762	*62	1489	107.71	21.32	5.55
					56.6%	25.2%	6.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	762		750 - 850	100%				
Cholesterol (mg)	62							
Sodium (mg)	1489		1420					
Carbohydrate (g)	107.71	56.57%						
Total Fat (g)	21.32	25.20%						
Saturated Fat (g)	5.55	6.56%	<10.00%					

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