

Victoria I.S.D.

Base Menu Spreadsheet

Portion Values - Detailed

Apr 1, 2019 thru Apr 5, 2019

HIGH SCHOOL CYCLE 1-LUNCH

Generated on: 3/1/2019 2:10:08 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|-----------------|----------------|--------------|-------------------------|
| Mon - 04/01/2019 | | | | | | | | | | | | | | | | |
| HIGH SCHOOL CYCLE 1-L | Total | 2000 | | | | | | | | | | | | | | |
| CHICKEN FRIED STEAK SANDWICH | SANDWIC | 250 | 491 | 45 | 793 | 4.02 | 5.42 | 100.6 | 0 | 0.0 | *N/A* | 23.06 | 54.26 | 22.53 | 8.01 | *0.00 |
| HOT DOG ON A BUN:turkey hot | 1 EACH | 500 | 261 | 25 | 772 | 2.42 | 1.81 | 100.7 | 0 | *0.0 | *N/A* | 9.84 | 20.98 | 15.02 | 4.90 | 0.00 |
| TURKEY WRAP | 1 each | 250 | 375 | 63 | 1240 | 1.73 | 3.65 | 271.1 | 516 | 3.11 | *1 | 26.57 | 23.68 | 14.88 | 4.90 | *0.17 |
| MASHED POTATOES-SIMPLOT | 1/2 CUP | 800 | 90 | 0 | 380 | 0.00 | 0.36 | 20.0 | 0 | 30.0 | *N/A* | 2.0 | 17.0 | 1.5 | 0.00 | 0.00 |
| SPINACH: frozen,boiled | 1/2 CUP | 800 | 32 | 0 | 92 | 3.52 | 1.86 | 145.4 | 11458 | 2.09 | 0 | 3.81 | 4.56 | 0.83 | 0.15 | 0.00 |
| PINEAPPLE TIDBITS-WORLD H ORIZO | 1/2 CUP | 3000 | 80 | 0 | 0 | 1.00 | 0.00 | 0.0 | 0 | 9.0 | *N/A* | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| FRUIT,FRESH ASSORTED | 1 EACH | 4000 | 60 | 0 | 1 | 2.39 | 0.19 | 13.8 | 277 | 17.98 | 11 | 0.71 | 15.59 | 0.21 | 0.05 | 0.00 |
| BAKED CHIPS-VARIETY | 1BAG | 500 | 145 | 0 | 225 | 2.00 | 0.54 | 55.0 | 50 | 0.9 | *N/A* | 2.25 | 22.0 | 2.87 | 1.13 | *0.00 |
| CONDIMENT, KETCHUP PACK ET-SYSC | 4 EACH | 1000 | 40 | 0 | 400 | 0.00 | 0.00 | 0.0 | 400 | 0.0 | *N/A* | 0.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| CONDIMENT,MUSTARD PACK ET-SYSCO | 1 EACH | 500 | 0 | 0 | 70 | 0.00 | 1.08 | 40.0 | 100 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CONDIMENTS, SALAD DRESSING PAC | 1 EACH | 500 | 35 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 2.0 | 3.0 | 0.00 | 0.00 |
| MILK - Variety | HALF PINT | 1000 | 103 | 7 | 157 | 0.00 | 0.06 | 210.0 | 200 | *0.8 | *N/A* | 8.0 | 16.0 | 0.83 | 0.50 | 0.00 |
| Weighted Daily Average % of Calories | | | 580 | 23 | 1011 | 9.51 | 3.30 | 294.2 | 5538 | *63.32 | *23 *15.9% | 16.98 11.7% | 103.30 71.3% | 11.68 18.1% | 3.52 5.5% | *0.02 *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 04/02/2019 | | | | | | | | | | | | | | | | |
| HIGH SCHOOL CYCLE 1-L | Total | 2000 | | | | | | | | | | | | | | |
| CHICKEN SPAGHETTI | 1 CUP | 500 | 260 | 62 | 865 | 1.43 | 0.70 | *218.0 | 398 | *8.4 | *1 | 19.96 | 20.36 | 10.96 | 4.31 | *0.17 |
| SUNBUTTER&JELLY W/ STRIN | 1 SAND | 500 | 463 | 13 | 573 | 6.94 | 4.84 | 643.2 | 201 | 0.0 | *3 | 18.98 | 48.85 | 22.48 | 5.51 | 0.02 |
| G CHEE | WICH | | | | | | | | | | | | | | | |
| WG MOZZARELLA STICKS (RI | 5 EA | 500 | 400 | 25 | 450 | 2.50 | 2.00 | 458.0 | 428 | 458.0 | *N/A* | 20.0 | 35.0 | 20.0 | 7.50 | 0.00 |
| CH'S) | | | | | | | | | | | | | | | | |
| BROCCOLI: frozen, boiled | 1/2 CUP | 3000 | 26 | 0 | 10 | 2.76 | 0.56 | 30.4 | 930 | 36.89 | 1 | 2.85 | 4.92 | 0.11 | 0.02 | 0.00 |
| CORN: canned, yellow | 1/2 CUP | 500 | 55 | 0 | 168 | 1.64 | 0.22 | 2.5 | 38 | 1.48 | 4 | 1.88 | 11.76 | 1.0 | 0.20 | 0.00 |
| SALAD, TOSSED: no dressing | 1 cup | 2000 | 45 | 0 | 26 | 3.73 | 1.36 | 54.2 | 11988 | 19.94 | 5 | 2.36 | 9.54 | 0.53 | 0.08 | 0.00 |
| PEARS WITH CHERRIES | 1/2 CUP | 4000 | 35 | 0 | 2 | 0.87 | *0.16 | *0.0 | *0 | *0.52 | *N/A* | *N/A* | 8.72 | 0.0 | 0.00 | *N/A* |
| FRUIT, FRESH ASSORTED | 1 EACH | 4000 | 60 | 0 | 1 | 2.39 | 0.19 | 13.8 | 277 | 17.98 | 11 | 0.71 | 15.59 | 0.21 | 0.05 | 0.00 |
| GARLIC BREAD: SYSCO FOOD | 1 SLICE | 500 | 173 | 10 | 346 | 1.99 | 1.43 | 80.3 | 118 | 0.0 | *0 | 4.02 | 27.78 | 5.81 | 2.43 | *0.15 |
| S: RICH | | | | | | | | | | | | | | | | |
| PIZZA SAUCE; LABATT FOOD | 1/8 CUP | 800 | 22 | 0 | 180 | 1.80 | 0.65 | 0.0 | 450 | 8.1 | *N/A* | 1.8 | 5.4 | 0.0 | 0.00 | *N/A* |
| SERVI | | | | | | | | | | | | | | | | |
| MILK - Variety | HALF PINT | 1500 | 103 | 7 | 157 | 0.00 | 0.06 | 210.0 | 200 | *0.8 | *N/A* | 8.0 | 16.0 | 0.83 | 0.50 | 0.00 |
| Weighted Daily Average | | | 698 | 33 | 838 | 18.73 | *5.51 | *635.5 | *14562 | *233.10 | *31 | *30.99 | 115.66 | 16.82 | 5.56 | *0.08 |
| % of Calories | | | | | | | | | | | *18.0% | *17.8% | 66.3% | 21.7% | 7.2% | *0.1% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Apr 1, 2019 thru Apr 5, 2019

HIGH SCHOOL CYCLE 1-LUNCH

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 04/03/2019 | | | | | | | | | | | | | | | | |
| HIGH SCHOOL CYCLE 1-L | Total | 2000 | | | | | | | | | | | | | | |
| SAUSAGE ROLL | 1 EACH | 300 | 405 | 40 | 902 | 2.55 | 3.33 | 51.5 | 0 | 0.0 | *N/A* | 17.75 | 43.2 | 17.85 | 5.60 | *0.00 |
| HAM / CHEESE CROISSANT | 1 EACH | 150 | 312 | 45 | 1107 | 3.00 | 8.60 | 210.0 | 770 | 0.0 | *N/A* | 20.34 | 35.34 | 13.34 | 7.17 | 0.00 |
| Chef Salad W/Chicken& Crackers | 1 ea | 300 | 511 | 66 | 1279 | 6.15 | 6.23 | 270.1 | 24359 | 43.8 | *6 | 29.94 | 60.25 | 17.27 | 5.49 | *1.70 |
| GREEN BEANS (CUT)-ALLENS | 1/2 CUP | 300 | 35 | 0 | 380 | 3.00 | 1.80 | 40.0 | 500 | 2.4 | *N/A* | 2.0 | 7.0 | 0.0 | 0.00 | 0.00 |
| SWEET POTATO FRIES STRAI | 1/2 C | 750 | 140 | 0 | 160 | 3.00 | 0.72 | 40.0 | 1000 | 1.2 | *N/A* | 1.0 | 20.0 | 6.0 | 0.00 | 0.00 |
| GHT-SI | | | | | | | | | | | | | | | | |
| JUICE, VARIETY FRUIT P.C.- VIT | CONTAINER | 4000 | 105 | 0 | 16 | 0.00 | *0.18 | 0.0 | 0 | *17.25 | *N/A* | 0.0 | 25.5 | 0.0 | 0.00 | 0.00 |
| FRUIT,FRESH ASSORTED | 1 EACH | 3000 | 60 | 0 | 1 | 2.39 | 0.19 | 13.8 | 277 | 17.98 | 11 | 0.71 | 15.59 | 0.21 | 0.05 | 0.00 |
| CONDIMENT, KETCHUP PACK | 4 EACH | 500 | 40 | 0 | 400 | 0.00 | 0.00 | 0.0 | 400 | 0.0 | *N/A* | 0.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| ET-SYSC | | | | | | | | | | | | | | | | |
| CONDIMENT,MUSTARD PACK | 1 EACH | 500 | 0 | 0 | 70 | 0.00 | 1.08 | 40.0 | 100 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| ET-SYSCO | | | | | | | | | | | | | | | | |
| Cookie, Chocolate Chip-Country | 1 each | 1200 | 104 | 10 | 94 | 1.92 | 0.72 | 10.0 | *N/A* | *N/A* | 9 | 1.69 | 18.5 | 3.15 | 1.13 | 0.00 |
| MILK - Variety | HALF PINT | 1800 | 103 | 7 | 157 | 0.00 | 0.06 | 210.0 | 200 | *0.8 | *N/A* | 8.0 | 16.0 | 0.83 | 0.50 | 0.00 |
| Weighted Daily Average | | | 684 | 31 | 875 | 7.84 | *4.03 | 310.8 | *4881 | *69.57 | *23 | 18.64 | 129.61 | 11.48 | 3.40 | *0.26 |
| % of Calories | | | | | | | | | | | *13.6% | 10.9% | 75.7% | 15.1% | 4.5% | *0.3% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|---------------------------------|-----------|------|-----|-----|------|-------|-------|-------|-------|-------|-------|-------|--------|-------|-------|-------|
| Thu - 04/04/2019 | | | | | | | | | | | | | | | | |
| HIGH SCHOOL CYCLE 1-L | Total | 2000 | | | | | | | | | | | | | | |
| ENCHILADAS & SAUCE UPPERS | SERVING | 500 | 483 | *68 | *715 | *2.69 | 2.32 | 129.3 | *279 | *0.91 | *1 | 23.15 | *39.03 | 25.65 | 10.26 | *0.00 |
| BEAN & CHEESE BURRITO/KID SMART | 1 EACH | 500 | 260 | 5 | 410 | 7.00 | 2.70 | 100.0 | 100 | 1.2 | *N/A* | 12.0 | 37.0 | 9.0 | 2.00 | 0.00 |
| TAMALES, PORK: LABATT FOOD | 4 EACH | 250 | 532 | 42 | 1039 | 10.21 | 0.00 | 0.0 | 394 | 0.0 | *N/A* | 21.28 | 51.19 | 28.94 | 6.53 | 0.30 |
| SPANISH RICE | 1 CUP | 1500 | 267 | *0 | *183 | *1.98 | *1.43 | *7.6 | *65 | *4.37 | *0 | *5.6 | *46.73 | *8.1 | *1.55 | *0.00 |
| REFRIED BEANS | 1/2 CUP | 1000 | 239 | 2 | 723 | 10.60 | 3.45 | 157.8 | 25 | 1.61 | *2 | 13.63 | 35.23 | 5.43 | 1.29 | *0.00 |
| SALAD,TOSSED: no dressing | 1 cup | 2000 | 45 | 0 | 26 | 3.73 | 1.36 | 54.2 | 11988 | 19.94 | 5 | 2.36 | 9.54 | 0.53 | 0.08 | 0.00 |
| PEACHES, SLICED-WORLD H | 1/2 CUP | 3000 | 70 | 0 | 10 | 1.00 | 0.36 | 20.0 | 100 | 1.2 | *N/A* | 1.0 | 17.0 | 0.0 | 0.00 | 0.00 |
| ORIZONS | | | | | | | | | | | | | | | | |
| FRUIT,FRESH ASSORTED | 1 EACH | 4000 | 60 | 0 | 1 | 2.39 | 0.19 | 13.8 | 277 | 17.98 | 11 | 0.71 | 15.59 | 0.21 | 0.05 | 0.00 |
| CONDIMENT, PICANTE PACKET | 1 EACH | 1000 | 5 | 0 | 140 | 0.00 | 0.00 | 0.0 | 0 | 1.2 | *N/A* | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| RANCH DRESSING | 1/8 CUP | 1000 | 35 | *6 | 252 | *0.00 | *0.00 | *17.0 | *27 | *0.03 | *1 | 0.47 | 3.52 | 2.17 | 0.18 | 0.01 |
| MILK - Variety | HALF PINT | 1800 | 103 | 7 | 157 | 0.00 | 0.06 | 210.0 | 200 | *0.8 | *N/A* | 8.0 | 16.0 | 0.83 | 0.50 | 0.00 |

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

Apr 1, 2019 thru Apr 5, 2019

HIGH SCHOOL CYCLE 1-LUNCH

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|------------------|-------------------|------------------|----------------|-------------------------|
| Weighted Daily Average % of Calories | | | 955 | *34 | *1290 | *20.49 | *6.39 | *451.4 | *13090 | *63.65 | *30 *12.4% | *35.18 *14.7% | *160.95 *67.4% | *23.87 *22.5% | *6.39 *6.0% | *0.04 *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | | <10.00 |

| Fri - 04/05/2019 | | | | | | | | | | | | | | | | |
|--------------------------------------|-----------|------|---------|----|------|--------|-------|--------|-------|--------|---------------|------------------|-------------------|----------------|--------------|----------------|
| HIGH SCHOOL CYCLE 1-L | Total | 2000 | | | | | | | | | | | | | | |
| BREADED CHICKEN SANDWICH | SANDWIC | 1000 | 400 | 30 | 760 | 4.00 | 3.60 | 120.0 | 0 | 1.2 | *N/A* | 18.0 | 38.0 | 19.5 | 5.00 | 0.00 |
| MACARONI AND CHEESE | 2/3 CUP | 500 | 321 | 33 | 961 | 0.80 | 0.86 | 615.3 | 1665 | 0.93 | *9 | 22.95 | 30.52 | 12.2 | 6.89 | *0.00 |
| Spicy Chicken Tenders | 3 pieces | 500 | 260 | 25 | 390 | 3.00 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | 15.0 | 17.0 | 15.0 | 2.50 | 0.00 |
| CARROTS:frozen, boiled | 1/2 CUP | 1000 | 27 | 0 | 43 | 2.41 | 0.39 | 25.5 | 12357 | 1.68 | 3 | 0.42 | 5.64 | 0.5 | 0.09 | 0.00 |
| SQUASH, YELLOW-COOKED | 1/2 CUP | 1000 | 35 | 0 | 84 | *1.67 | *0.33 | *17.2 | *241 | *4.83 | *0 | *1.73 | *3.75 | 1.61 | 0.00 | 0.00 |
| FRUIT COCKTAIL-LIBBY'S-GLAZIER | 1/2 CUP | 3000 | 69 | 0 | 7 | 1.21 | 0.35 | 7.3 | 252 | 2.3 | 17 | 0.48 | 18.07 | 0.08 | 0.01 | 0.00 |
| FRUIT,FRESH ASSORTED | 1 EACH | 4000 | 60 | 0 | 1 | 2.39 | 0.19 | 13.8 | 277 | 17.98 | 11 | 0.71 | 15.59 | 0.21 | 0.05 | 0.00 |
| ROLL-COUNTRY HOME BAKERS | ROLL | 1500 | 150 | 0 | 270 | 3.00 | 1.80 | 40.0 | 0 | 0.0 | *N/A* | 5.0 | 30.0 | 2.0 | 0.00 | 0.00 |
| CONDIMENT, KETCHUP PACK | 4 EACH | 1000 | 40 | 0 | 400 | 0.00 | 0.00 | 0.0 | 400 | 0.0 | *N/A* | 0.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| ET-SYSC | | | | | | | | | | | | | | | | |
| CONDIMENT,MUSTARD PACK | 1 EACH | 500 | 0 | 0 | 70 | 0.00 | 1.08 | 40.0 | 100 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| ET-SYSCO | | | | | | | | | | | | | | | | |
| CONDIMENTS, SALAD DRESSING PAC | 1 EACH | 500 | 35 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 2.0 | 3.0 | 0.00 | 0.00 |
| MILK - Variety | HALF PINT | 1800 | 103 | 7 | 157 | 0.00 | 0.06 | 210.0 | 200 | *0.8 | *N/A* | 8.0 | 16.0 | 0.83 | 0.50 | 0.00 |
| Weighted Daily Average % of Calories | | | 834 | 35 | 1376 | *13.83 | *4.96 | *502.8 | *8051 | *44.22 | *52 *24.8% | *32.66 *15.7% | *137.26 *65.8% | 21.16 22.8% | 5.45 5.9% | *0.00 *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|-----|-----|-------|--------|-------|--------|-------|--------|---------------|------------------|-------------------|------------------|----------------|----------------|
| Weighted Average | | | 750 | *31 | *1078 | *14.08 | *4.84 | *438.9 | *9225 | *94.77 | *32 *38.1% | *26.89 *14.3% | *129.36 *69.0% | *17.00 *20.4% | *4.86 *5.8% | *0.08 *0.1% |
|------------------|--|--|-----|-----|-------|--------|-------|--------|-------|--------|---------------|------------------|-------------------|------------------|----------------|----------------|

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| Nutrient | Menu AVG | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|----------------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-------------------------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| | | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) | | | | | | | | | |
| Calories | 750 | | 750 - 850 | 100% | | | | | | | | | | | | | |
| Cholesterol (mg) | 31 | | | | Missing | | | | | | | | | | | | |
| Sodium 1 (mg) | 1078 | | 1420 | | Missing | | | | | | | | | | | | |
| Sodium 2 (mg) | 1078 | | 1080 | | Missing | | | | | | | | | | | | |
| Fiber (g) | 14.08 | | | | Missing | | | | | | | | | | | | |
| Iron (mg) | 4.84 | | | | Missing | | | | | | | | | | | | |
| Calcium (mg) | 438.9 | | | | Missing | | | | | | | | | | | | |
| Vitamin A (IU) | 9225 | | | | Missing | | | | | | | | | | | | |
| Sugars (g) | 32 | 16.95% | | | Missing | | | | | | | | | | | | |
| Vitamin C (mg) | 94.77 | | | | Missing | | | | | | | | | | | | |
| Protein (g) | 26.89 | 14.33% | | | Missing | | | | | | | | | | | | |
| Carbohydrate (g) | 129.36 | 68.96% | | | Missing | | | | | | | | | | | | |
| Total Fat (g) | 17.00 | 20.39% | | | Missing | | | | | | | | | | | | |
| Saturated Fat (g) | 4.86 | 5.83% | <10.00% | | Missing | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.08 | 0.10% | | | Missing | | | | | | | | | | | | |

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|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 04/08/2019 | | | | | | | | | | | | | | | | |
| HIGH SCHOOL CYCLE 2-L | Total | 2000 | | | | | | | | | | | | | | |
| Tangerine Chicken | serv | 250 | 400 | 75 | 910 | *2.00 | 2.88 | 40.0 | 0 | 0.0 | *N/A* | 27.0 | 39.0 | 16.0 | 3.50 | *0.00 |
| CORN DOG:Turkey Jumbo State F | 1 EACH | 250 | 280 | 31 | 660 | 2.00 | 1.80 | 80.0 | 0 | 18.0 | *N/A* | 9.0 | 31.0 | 13.0 | 3.50 | 0.00 |
| WG Chkn Egg Roll | 2 EA | 500 | 301 | 70 | 521 | 4.01 | 2.16 | *N/A* | 1002 | *N/A* | *N/A* | 18.03 | 34.06 | 10.02 | 3.00 | 0.00 |
| SEASONED RICE | 1 cup | 1500 | 136 | 0 | 403 | 0.05 | 0.88 | 0.9 | 125 | 7.62 | *0 | 2.02 | 23.47 | 2.73 | 0.49 | *0.00 |
| Oriental Vegetable Blend | 1/2 cup | 1000 | 0 | 0 | 0 | 0.02 | 0.01 | 0.3 | 4 | 0.16 | *N/A* | *N/A* | 0.06 | 0.0 | 0.00 | 0.00 |
| GREEN BEANS: canned,cooked | 1/2 CUP | 1000 | 14 | 0 | 169 | 1.28 | 0.61 | 17.6 | 236 | 2.9 | *N/A* | 0.81 | 3.04 | 0.07 | 0.01 | *N/A* |
| PINEAPPLE TIDBITS-WORLD H ORIZO | 1/2 CUP | 1000 | 80 | 0 | 0 | 1.00 | 0.00 | 0.0 | 0 | 9.0 | *N/A* | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| FRUIT,FRESH ASSORTED | 1 EACH | 4000 | 60 | 0 | 1 | 2.39 | 0.19 | 13.8 | 277 | 17.98 | 11 | 0.71 | 15.59 | 0.21 | 0.05 | 0.00 |
| CONDIMENT, KETCHUP PACK ET-SYSC | 4 EACH | 500 | 40 | 0 | 400 | 0.00 | 0.00 | 0.0 | 400 | 0.0 | *N/A* | 0.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| CONDIMENT,MUSTARD PACK ET-SYSCO | 1 EACH | 500 | 0 | 0 | 70 | 0.00 | 1.08 | 40.0 | 100 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SWEET AND SOUR SAUCE | 2 TBSP | 1000 | 25 | 0 | 70 | 0.13 | 0.17 | 5.4 | 32 | 1.42 | *4 | 0.53 | 5.37 | 0.1 | 0.02 | *0.00 |
| MILK - Variety | HALF PINT | 1800 | 103 | 7 | 157 | 0.00 | 0.06 | 210.0 | 200 | *0.8 | *N/A* | 8.0 | 16.0 | 0.83 | 0.50 | 0.00 |
| Weighted Daily Average | | | 545 | 37 | 1008 | *7.53 | 2.89 | *254.0 | 1338 | *51.39 | *24 | *19.82 | 97.19 | 9.44 | 2.55 | *0.00 |
| % of Calories | | | | | | | | | | | *18.0% | *14.5% | 71.3% | 15.6% | 4.2% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 04/09/2019 | | | | | | | | | | | | | | | | |
| HIGH SCHOOL CYCLE 2-L | Total | 2000 | | | | | | | | | | | | | | |
| LASAGNA WITH GROUND BEEF | SERVINGS | 500 | 282 | 39 | 326 | 2.60 | 2.96 | 301.4 | 849 | 9.43 | *3 | 18.68 | 27.87 | 10.24 | 5.58 | *0.25 |
| CHEESEBURGER ON A BUN | 1 EACH | 500 | 285 | 48 | 665 | 3.00 | 3.60 | 195.0 | 300 | 0.0 | *N/A* | 23.5 | 29.0 | 8.5 | 3.75 | 0.00 |
| MEATBALL SUB -ROMANI* | SUB | 500 | 482 | 54 | *685 | 3.04 | 4.99 | 219.7 | 282 | 8.0 | *0 | 21.11 | 49.08 | 20.59 | 8.48 | 0.29 |
| BURGER SALAD | 1/2 cup | 500 | 16 | 0 | 695 | 1.34 | 0.46 | 58.2 | 1919 | 6.23 | 2 | 0.87 | 3.32 | 0.32 | 0.08 | 0.00 |
| CORN: canned, yellow | 1/2 CUP | 1000 | 55 | 0 | 168 | 1.64 | 0.22 | 2.5 | 38 | 1.48 | 4 | 1.88 | 11.76 | 1.0 | 0.20 | 0.00 |
| SALAD,TOSSED: no dressing | 1 cup | 1000 | 45 | 0 | 26 | 3.73 | 1.36 | 54.2 | 11988 | 19.94 | 5 | 2.36 | 9.54 | 0.53 | 0.08 | 0.00 |
| APRICOTS,CND,EX LT SYRUP PK,W/ | 1/2 CUP | 2000 | 111 | 0 | 5 | 3.63 | 0.68 | 22.7 | 2883 | 9.07 | *N/A* | 1.36 | 28.35 | 0.23 | 0.02 | 0.00 |
| FRUIT,FRESH ASSORTED | 1 EACH | 4000 | 60 | 0 | 1 | 2.39 | 0.19 | 13.8 | 277 | 17.98 | 11 | 0.71 | 15.59 | 0.21 | 0.05 | 0.00 |
| RICE CRISPIES TREATS | 1 EACH | 2000 | 111 | 0 | 105 | 0.06 | 4.04 | 1.5 | 589 | 8.4 | *1 | 1.16 | 21.78 | 2.24 | 0.43 | *0.00 |
| RANCH DRESSING | 1/8 CUP | 1000 | 35 | *6 | 252 | *0.00 | *0.00 | *17.0 | *27 | *0.03 | *1 | 0.47 | 3.52 | 2.17 | 0.18 | 0.01 |
| CONDIMENT,MUSTARD PACK ET-SYSCO | 1 EACH | 500 | 0 | 0 | 70 | 0.00 | 1.08 | 40.0 | 100 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CONDIMENT, KETCHUP PACK ET-SYSC | 4 EACH | 500 | 40 | 0 | 400 | 0.00 | 0.00 | 0.0 | 400 | 0.0 | *N/A* | 0.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| CONDIMENTS, SALAD DRESSING PAC | 1 EACH | 500 | 35 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 2.0 | 3.0 | 0.00 | 0.00 |
| MILK - Variety | HALF PINT | 1800 | 103 | 7 | 157 | 0.00 | 0.06 | 210.0 | 200 | *0.8 | *N/A* | 8.0 | 16.0 | 0.83 | 0.50 | 0.00 |
| Weighted Daily Average | | | 788 | *44 | *1207 | *13.64 | *9.23 | *481.3 | *11194 | *70.79 | *30 | 29.53 | 138.94 | 16.16 | 5.69 | *0.14 |
| % of Calories | | | | | | | | | | | *15.1% | 15.0% | 70.5% | 18.5% | 6.5% | *0.2% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | | <10.00 |

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 04/10/2019 | | | | | | | | | | | | | | | | |
| HIGH SCHOOL CYCLE 2-L | Total | 2000 | | | | | | | | | | | | | | |
| Frito Pie | 1/2 cup | 500 | 319 | 27 | 553 | 4.57 | 2.52 | 118.2 | 766 | 10.96 | *1 | 13.14 | 29.11 | 16.65 | 3.60 | *0.00 |
| CHEESE PIZZA MINIS, WG | 1 EA | 500 | 230 | 10 | 480 | 4.00 | 2.70 | 0.0 | 200 | 0.0 | *N/A* | 15.0 | 30.0 | 7.0 | 2.50 | 0.00 |
| GRILLED CHICKEN SANDWICH | 1 EA | 500 | 280 | 50 | 530 | 3.00 | 2.52 | 100.0 | 0 | 0.0 | *N/A* | 21.0 | 28.0 | 9.5 | 2.50 | 0.00 |
| PEAS: frozen,boiled | 1/2 CUP | 1000 | 62 | 0 | 58 | 3.60 | 1.22 | 19.2 | 1680 | 7.92 | 4 | 4.12 | 11.41 | 0.22 | 0.04 | 0.00 |
| CARROTS:frozen, boiled | 1/2 CUP | 1000 | 27 | 0 | 43 | 2.41 | 0.39 | 25.5 | 12357 | 1.68 | 3 | 0.42 | 5.64 | 0.5 | 0.09 | 0.00 |
| JUICE, VARIETY FRUIT P.C.- VIT | CONTAIN ER | 2000 | 105 | 0 | 16 | 0.00 | *0.18 | 0.0 | 0 | *17.25 | *N/A* | 0.0 | 25.5 | 0.0 | 0.00 | 0.00 |
| FRUIT,FRESH ASSORTED | 1 EACH | 4000 | 60 | 0 | 1 | 2.39 | 0.19 | 13.8 | 277 | 17.98 | 11 | 0.71 | 15.59 | 0.21 | 0.05 | 0.00 |
| CONDIMENT, KETCHUP PACK | 4 EACH | 1000 | 40 | 0 | 400 | 0.00 | 0.00 | 0.0 | 400 | 0.0 | *N/A* | 0.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| ET-SYSC | | | | | | | | | | | | | | | | |
| CONDIMENT,MUSTARD PACK | 1 EACH | 500 | 0 | 0 | 70 | 0.00 | 1.08 | 40.0 | 100 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| ET-SYSCO | | | | | | | | | | | | | | | | |
| CONDIMENTS, SALAD DRESSI | 1 EACH | 500 | 35 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 2.0 | 3.0 | 0.00 | 0.00 |
| NG PAC | | | | | | | | | | | | | | | | |
| JELL-O W/ WHIP TOPPING | 1/2 CUP | 2000 | 103 | 0 | 120 | 0.00 | *0.01 | *2.7 | *0 | 11.66 | *0 | 0.97 | 19.49 | 2.0 | 2.00 | *0.00 |
| MILK - Variety | HALF PINT | 1800 | 103 | 7 | 157 | 0.00 | 0.06 | 210.0 | 200 | *0.8 | *N/A* | 8.0 | 16.0 | 0.83 | 0.50 | 0.00 |
| Weighted Daily Average | | | 702 | 28 | 958 | 10.67 | *3.63 | *306.3 | *8218 | *73.13 | *26 | 24.15 | 127.38 | 12.57 | 4.75 | *0.00 |
| % of Calories | | | | | | | | | | | *14.8% | 13.8% | 72.6% | 16.1% | 6.1% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|---------------------------|-----------|------|-----|-----|------|-------|-------|--------|------|--------|-------|--------|--------|--------|--------|-------|
| Thu - 04/11/2019 | | | | | | | | | | | | | | | | |
| HIGH SCHOOL CYCLE 2-L | Total | 2000 | | | | | | | | | | | | | | |
| TACOS-BEEF | SERVINGS | 500 | 533 | *85 | *482 | *4.32 | *3.65 | *236.9 | *529 | *3.98 | *0 | *26.85 | *38.57 | *30.63 | *11.29 | *0.00 |
| CHICKEN FAJITAS | 1 EACH | 500 | 388 | 60 | 553 | 3.05 | 2.47 | 90.1 | 349 | 6.65 | *11 | 23.59 | 38.83 | 15.27 | 3.27 | *0.03 |
| BEAN & CHEESE BURRITO/KID | 1 EACH | 500 | 260 | 5 | 410 | 7.00 | 2.70 | 100.0 | 100 | 1.2 | *N/A* | 12.0 | 37.0 | 9.0 | 2.00 | 0.00 |
| SMART | | | | | | | | | | | | | | | | |
| SPANISH RICE | 1 CUP | 1500 | 267 | *0 | *183 | *1.98 | *1.43 | *7.6 | *65 | *4.37 | *0 | *5.6 | *46.73 | *8.1 | *1.55 | *0.00 |
| PINTO BEANS: cooked | 1/2 CUP | 1500 | 145 | *0 | *26 | *6.39 | *2.08 | *51.2 | *0 | *2.86 | *1 | *8.93 | *26.03 | *0.51 | *0.10 | *0.00 |
| MEXICAN PLATE SALAD | 1/2 CUP | 1000 | 9 | 0 | 280 | 0.98 | 0.55 | 233.1 | 1138 | 5.77 | *1 | 0.37 | 1.84 | 0.07 | 0.01 | *0.00 |
| PICO DE GALLO | 1/3 c | 4000 | 18 | *0 | *3 | *0.77 | *0.31 | *7.8 | *515 | *44.13 | *2 | *0.7 | *3.4 | *0.39 | *0.06 | *0.00 |
| PEACHES, SLICED-WORLD H | 1/2 CUP | 2000 | 70 | 0 | 10 | 1.00 | 0.36 | 20.0 | 100 | 1.2 | *N/A* | 1.0 | 17.0 | 0.0 | 0.00 | 0.00 |
| ORIZONS | | | | | | | | | | | | | | | | |
| FRUIT,FRESH ASSORTED | 1 EACH | 4000 | 60 | 0 | 1 | 2.39 | 0.19 | 13.8 | 277 | 17.98 | 11 | 0.71 | 15.59 | 0.21 | 0.05 | 0.00 |
| CONDIMENT, PICANTE PACKET | 1 EACH | 1000 | 5 | 0 | 140 | 0.00 | 0.00 | 0.0 | 0 | 1.2 | *N/A* | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| MILK - Variety | HALF PINT | 1800 | 103 | 7 | 157 | 0.00 | 0.06 | 210.0 | 200 | *0.8 | *N/A* | 8.0 | 16.0 | 0.83 | 0.50 | 0.00 |

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|------------------|-------------------|------------------|----------------|-------------------------|
| Weighted Daily Average % of Calories | | | 930 | *43 | *887 | *17.69 | *6.52 | *519.6 | *2726 | *138.01 | *31 *13.3% | *37.72 *16.2% | *153.97 *66.2% | *22.18 *21.5% | *6.03 *5.8% | *0.01 *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| Fri - 04/12/2019 | | | | | | | | | | | | | | | | |
|--|---------------|-------------|---------|----|------|-------|------|-------|------|---------|---------------|----------------|-----------------|----------------|--------------|----------------|
| HIGH SCHOOL CYCLE 2-L WG MOZZARELLA STICKS (RI CH'S) | Total 5 EA | 2000 500 | | | | | | | | | | | | | | |
| CHICKEN NUGGETS-GLAZIER- TYSON | 5 PIECES | 250 | 400 | 25 | 450 | 2.50 | 2.00 | 458.0 | 428 | 458.0 | *N/A* | 20.0 | 35.0 | 20.0 | 7.50 | 0.00 |
| TURKEY WRAP | 1 each | 500 | 230 | 30 | 560 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | *N/A* | 12.0 | 15.0 | 14.0 | 3.50 | *N/A* |
| SWEET POTATO FRIES STRAI GHT-SI | 1/2 C | 1500 | 375 | 63 | 1240 | 1.73 | 3.65 | 271.1 | 516 | 3.11 | *1 | 26.57 | 23.68 | 14.88 | 4.90 | *0.17 |
| BROCCOLI: frozen, boiled | 1/2 CUP | 2000 | 140 | 0 | 160 | 3.00 | 0.72 | 40.0 | 1000 | 1.2 | *N/A* | 1.0 | 20.0 | 6.0 | 0.00 | 0.00 |
| FRUIT COCKTAIL-LIBBY'S-GLA ZIER | 1/2 CUP | 2000 | 26 | 0 | 10 | 2.76 | 0.56 | 30.4 | 930 | 36.89 | 1 | 2.85 | 4.92 | 0.11 | 0.02 | 0.00 |
| FRUIT,FRESH ASSORTED | 1 EACH | 4000 | 69 | 0 | 7 | 1.21 | 0.35 | 7.3 | 252 | 2.3 | 17 | 0.48 | 18.07 | 0.08 | 0.01 | 0.00 |
| BAKED CHIPS-VARIETY | 1 BAG | 2000 | 60 | 0 | 1 | 2.39 | 0.19 | 13.8 | 277 | 17.98 | 11 | 0.71 | 15.59 | 0.21 | 0.05 | 0.00 |
| CONDIMENT, KETCHUP PACK ET-SYSC | 4 EACH | 1000 | 145 | 0 | 225 | 2.00 | 0.54 | 55.0 | 50 | 0.9 | *N/A* | 2.25 | 22.0 | 2.87 | 1.13 | *0.00 |
| MILK - Variety | HALF PINT | 1800 | 40 | 0 | 400 | 0.00 | 0.00 | 0.0 | 400 | 0.0 | *N/A* | 0.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average % of Calories | | | 801 | 32 | 1197 | 14.30 | 4.07 | 526.6 | 3151 | *192.95 | *41 *20.6% | 28.10 14.0% | 128.12 64.0% | 19.22 21.6% | 5.23 5.9% | *0.04 *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|-----|-----|-------|--------|-------|--------|-------|---------|---------------|------------------|-------------------|------------------|----------------|----------------|
| Weighted Average | | | 753 | *37 | *1051 | *12.77 | *5.27 | *417.5 | *5326 | *105.26 | *30 *36.4% | *27.87 *14.8% | *129.12 *68.6% | *15.91 *19.0% | *4.85 *5.8% | *0.04 *0.0% |
|------------------|--|--|-----|-----|-------|--------|-------|--------|-------|---------|---------------|------------------|-------------------|------------------|----------------|----------------|

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Victoria I.S.D.

Base Menu Spreadsheet

Portion Values - Detailed

Page 5

Apr 8, 2019 thru Apr 12, 2019

HIGH SCHOOL CYCLE 2-LUNCH

Generated on: 3/6/2019 11:59:21 AM

| Nutrient | Menu AVG | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|----------------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-------------------------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| | | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) | | | | | | | | | |
| Calories | 753 | | 750 - 850 | 100% | | | | | | | | | | | | | |
| Cholesterol (mg) | 37 | | | | Missing | | | | | | | | | | | | |
| Sodium 1 (mg) | 1051 | | 1420 | | Missing | | | | | | | | | | | | |
| Sodium 2 (mg) | 1051 | | 1080 | | Missing | | | | | | | | | | | | |
| Fiber (g) | 12.77 | | | | Missing | | | | | | | | | | | | |
| Iron (mg) | 5.27 | | | | Missing | | | | | | | | | | | | |
| Calcium (mg) | 417.5 | | | | Missing | | | | | | | | | | | | |
| Vitamin A (IU) | 5326 | | | | Missing | | | | | | | | | | | | |
| Sugars (g) | 30 | 16.16% | | | Missing | | | | | | | | | | | | |
| Vitamin C (mg) | 105.26 | | | | Missing | | | | | | | | | | | | |
| Protein (g) | 27.87 | 14.80% | | | Missing | | | | | | | | | | | | |
| Carbohydrate (g) | 129.12 | 68.57% | | | Missing | | | | | | | | | | | | |
| Total Fat (g) | 15.91 | 19.01% | | | Missing | | | | | | | | | | | | |
| Saturated Fat (g) | 4.85 | 5.79% | <10.00% | | Missing | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.04 | 0.05% | | | Missing | | | | | | | | | | | | |

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|--------------|----------------|-----------------|----------------|--------------|-------------------------|
| Mon - 04/15/2019 | | | | | | | | | | | | | | | | |
| HIGH SCHOOL CYCLE 3-L | Total | 2000 | | | | | | | | | | | | | | |
| Spicy Chicken Tenders | 3 pieces | 500 | 260 | 25 | 390 | 3.00 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | 15.0 | 17.0 | 15.0 | 2.50 | 0.00 |
| BREADED BEEF FINGERS | 4 EA | 1000 | 361 | 46 | 330 | 2.06 | 2.78 | 41.2 | 103 | 1.24 | *N/A* | 14.43 | 18.56 | 24.74 | 7.22 | *N/A* |
| GRILLED CHICKEN SANDWICH | 1 EA | 500 | 280 | 50 | 530 | 3.00 | 2.52 | 100.0 | 0 | 0.0 | *N/A* | 21.0 | 28.0 | 9.5 | 2.50 | 0.00 |
| MASHED POTATOES-SIMPLOT | 1/2 CUP | 500 | 90 | 0 | 380 | 0.00 | 0.36 | 20.0 | 0 | 30.0 | *N/A* | 2.0 | 17.0 | 1.5 | 0.00 | 0.00 |
| GREEN BEANS (CUT)-ALLENS | 1/2 CUP | 1000 | 35 | 0 | 380 | 3.00 | 1.80 | 40.0 | 500 | 2.4 | *N/A* | 2.0 | 7.0 | 0.0 | 0.00 | 0.00 |
| PINEAPPLE TIDBITS-WORLD H ORIZO | 1/2 CUP | 2000 | 80 | 0 | 0 | 1.00 | 0.00 | 0.0 | 0 | 9.0 | *N/A* | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| FRUIT,FRESH ASSORTED | 1 EACH | 3000 | 60 | 0 | 1 | 2.39 | 0.19 | 13.8 | 277 | 17.98 | 11 | 0.71 | 15.59 | 0.21 | 0.05 | 0.00 |
| BAKED CHIPS-VARIETY | 1BAG | 2000 | 145 | 0 | 225 | 2.00 | 0.54 | 55.0 | 50 | 0.9 | *N/A* | 2.25 | 22.0 | 2.87 | 1.13 | *0.00 |
| GRAVY, MIX-FAT FREE-MORRI SON | 1 tbspc | 1000 | 30 | 0 | 243 | 0.00 | 0.00 | 21.7 | 0 | 0.0 | *0 | 1.01 | 6.05 | 0.0 | 0.00 | 0.00 |
| CONDIMENT, KETCHUP PACK ET-SYSC | 4 EACH | 1000 | 40 | 0 | 400 | 0.00 | 0.00 | 0.0 | 400 | 0.0 | *N/A* | 0.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| CONDIMENT,MUSTARD PACK ET-SYSCO | 1 EACH | 1000 | 0 | 0 | 70 | 0.00 | 1.08 | 40.0 | 100 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CONDIMENTS, SALAD DRESSI NG PAC | 1 EACH | 1000 | 35 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 2.0 | 3.0 | 0.00 | 0.00 |
| MILK - Variety | HALF PINT | 1800 | 103 | 7 | 157 | 0.00 | 0.06 | 210.0 | 200 | *0.8 | *N/A* | 8.0 | 16.0 | 0.83 | 0.50 | 0.00 |
| Weighted Daily Average % of Calories | | | 817 | 48 | 1446 | 10.61 | *4.44 | *366.2 | *1196 | *46.91 | *17 *8.3% | 28.74 14.1% | 117.09 57.4% | 24.32 26.8% | 6.50 7.2% | *0.00 *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | | <10.00 |

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Victoria I.S.D.

Base Menu Spreadsheet

Portion Values - Detailed

Apr 15, 2019 thru Apr 19, 2019

HIGH SCHOOL CYCLE 3-LUNCH

Generated on: 3/6/2019 12:06:18 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------------|----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 04/16/2019 | | | | | | | | | | | | | | | | |
| HIGH SCHOOL CYCLE 3-L PIZZA POCKETS | Total SERVINGS | 2000 | | | | | | | | | | | | | | |
| WG MOZZARELLA STICKS (RICH'S) | 5 EA | 500 | 364 | *67 | *418 | *2.21 | *3.26 | *162.3 | *175 | *2.07 | *0 | *27.11 | *29.98 | *14.54 | *5.84 | *0.00 |
| HAM / CHEESE CROISSANT | 1 EACH | 100 | 312 | 45 | 1107 | 3.00 | 8.60 | 210.0 | 770 | 0.0 | *N/A* | 20.34 | 35.34 | 13.34 | 7.17 | 0.00 |
| BROCCOLI: frozen, boiled | 1/2 CUP | 2500 | 26 | 0 | 10 | 2.76 | 0.56 | 30.4 | 930 | 36.89 | 1 | 2.85 | 4.92 | 0.11 | 0.02 | 0.00 |
| CORN: canned, yellow | 1/2 CUP | 1000 | 55 | 0 | 168 | 1.64 | 0.22 | 2.5 | 38 | 1.48 | 4 | 1.88 | 11.76 | 1.0 | 0.20 | 0.00 |
| SALAD,TOSSED: no dressing | 1 cup | 2000 | 45 | 0 | 26 | 3.73 | 1.36 | 54.2 | 11988 | 19.94 | 5 | 2.36 | 9.54 | 0.53 | 0.08 | 0.00 |
| PEARS WITH CHERRIES | 1/2 CUP | 3000 | 35 | 0 | 2 | 0.87 | *0.16 | *0.0 | *0 | *0.52 | *N/A* | *N/A* | 8.72 | 0.0 | 0.00 | *N/A* |
| FRUIT,FRESH ASSORTED | 1 EACH | 4000 | 60 | 0 | 1 | 2.39 | 0.19 | 13.8 | 277 | 17.98 | 11 | 0.71 | 15.59 | 0.21 | 0.05 | 0.00 |
| GARLIC BREAD:SYSO FOOD S:RICH | 1SLICE | 500 | 173 | 10 | 346 | 1.99 | 1.43 | 80.3 | 118 | 0.0 | *0 | 4.02 | 27.78 | 5.81 | 2.43 | *0.15 |
| PIZZA SAUCE; LABATT FOOD SERVI | 1/8 CUP | 500 | 22 | 0 | 180 | 1.80 | 0.65 | 0.0 | 450 | 8.1 | *N/A* | 1.8 | 5.4 | 0.0 | 0.00 | *N/A* |
| RANCH DRESSING | 1/8 CUP | 500 | 35 | *6 | 252 | *0.00 | *0.00 | *17.0 | *27 | *0.03 | *1 | 0.47 | 3.52 | 2.17 | 0.18 | 0.01 |
| MILK - Variety | HALF PINT | 1800 | 103 | 7 | 157 | 0.00 | 0.06 | 210.0 | 200 | *0.8 | *N/A* | 8.0 | 16.0 | 0.83 | 0.50 | 0.00 |
| Weighted Daily Average | | | 635 | *35 | *736 | *16.36 | *5.12 | *500.0 | *14241 | *221.32 | *31 | *29.85 | *107.43 | *13.65 | *5.09 | *0.04 |
| % of Calories | | | | | | | | | | | *19.7% | *18.8% | *67.7% | *19.4% | *7.2% | *0.1% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | <10.00 | | |

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 04/17/2019 | | | | | | | | | | | | | | | | |
| HIGH SCHOOL CYCLE 3-L | Total | 2000 | | | | | | | | | | | | | | |
| Corn Dogs, mini Foster Farm | 4 each | 500 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| HAMBURGER | SERVING | 800 | 250 | 40 | 470 | 3.00 | 3.60 | 120.0 | 100 | 0.0 | *N/A* | 21.0 | 28.0 | 6.5 | 2.50 | 0.00 |
| Chef Salad W/Chicken& Crackers | 1 ea | 500 | 511 | 66 | 1279 | 6.15 | 6.23 | 270.1 | 24359 | 43.8 | *6 | 29.94 | 60.25 | 17.27 | 5.49 | *1.70 |
| PEAS: frozen.boiled | 1/2 CUP | 1000 | 62 | 0 | 58 | 3.60 | 1.22 | 19.2 | 1680 | 7.92 | 4 | 4.12 | 11.41 | 0.22 | 0.04 | 0.00 |
| SWEET POTATO FRIES STRAI | 1/2 C | 1000 | 140 | 0 | 160 | 3.00 | 0.72 | 40.0 | 1000 | 1.2 | *N/A* | 1.0 | 20.0 | 6.0 | 0.00 | 0.00 |
| GHT-SI | | | | | | | | | | | | | | | | |
| JUICE, VARIETY FRUIT P.C.- VIT | CONTAINER | 3000 | 105 | 0 | 16 | 0.00 | *0.18 | 0.0 | 0 | *17.25 | *N/A* | 0.0 | 25.5 | 0.0 | 0.00 | 0.00 |
| FRUIT,FRESH ASSORTED | 1 EACH | 3000 | 60 | 0 | 1 | 2.39 | 0.19 | 13.8 | 277 | 17.98 | 11 | 0.71 | 15.59 | 0.21 | 0.05 | 0.00 |
| ROLL-COUNTRY HOME BAKERS | ROLL | 1000 | 150 | 0 | 270 | 3.00 | 1.80 | 40.0 | 0 | 0.0 | *N/A* | 5.0 | 30.0 | 2.0 | 0.00 | 0.00 |
| CONDIMENT, KETCHUP PACK | 4 EACH | 500 | 40 | 0 | 400 | 0.00 | 0.00 | 0.0 | 400 | 0.0 | *N/A* | 0.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| ET-SYSC | | | | | | | | | | | | | | | | |
| CONDIMENT,MUSTARD PACK | 1 EACH | 500 | 0 | 0 | 70 | 0.00 | 1.08 | 40.0 | 100 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| ET-SYSCO | | | | | | | | | | | | | | | | |
| RANCH DRESSING | 2 TBSP | 500 | 40 | 4 | 193 | 0.11 | 0.07 | 34.9 | 20 | 0.46 | *2 | 1.12 | 2.55 | 3.03 | 0.54 | *0.01 |
| CONDIMENTS, SALAD DRESSI | 1 EACH | 500 | 35 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 2.0 | 3.0 | 0.00 | 0.00 |
| NG PAC | | | | | | | | | | | | | | | | |
| MILK - Variety | HALF PINT | 1000 | 103 | 7 | 157 | 0.00 | 0.06 | 210.0 | 200 | *0.8 | *N/A* | 8.0 | 16.0 | 0.83 | 0.50 | 0.00 |
| Weighted Daily Average | | | 732 | 37 | 1042 | 11.15 | *5.74 | 309.6 | 8115 | *68.87 | *21 | 26.29 | 130.75 | 13.27 | 2.84 | *0.43 |
| % of Calories | | | | | | | | | | | *11.2% | 14.4% | 71.4% | 16.3% | 3.5% | *0.5% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Victoria I.S.D.

Apr 15, 2019 thru Apr 19, 2019

Base Menu Spreadsheet

HIGH SCHOOL CYCLE 3-LUNCH

Portion Values - Detailed

Page 4

Generated on: 3/6/2019 12:06:18 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 04/18/2019 | | | | | | | | | | | | | | | | |
| HIGH SCHOOL CYCLE 3-L | Total | 2000 | | | | | | | | | | | | | | |
| CHILI CON CARNE W/ BEANS | 1/2 CUP | 1000 | 178 | 43 | 170 | 2.15 | 2.79 | 42.4 | 545 | 6.63 | *3 | 14.14 | 8.23 | 9.97 | 3.70 | *0.55 |
| BEAN & CHEESE BURRITO/KID SMART | 1 EACH | 500 | 260 | 5 | 410 | 7.00 | 2.70 | 100.0 | 100 | 1.2 | *N/A* | 12.0 | 37.0 | 9.0 | 2.00 | 0.00 |
| CHICKEN FAJITAS | 1 EACH | 500 | 388 | 60 | 553 | 3.05 | 2.47 | 90.1 | 349 | 6.65 | *11 | 23.59 | 38.83 | 15.27 | 3.27 | *0.03 |
| SPANISH RICE | 1 CUP | 1000 | 267 | *0 | *183 | *1.98 | *1.43 | *7.6 | *65 | *4.37 | *0 | *5.6 | *46.73 | *8.1 | *1.55 | *0.00 |
| REFRIED BEANS | 1/2 CUP | 500 | 239 | 2 | 723 | 10.60 | 3.45 | 157.8 | 25 | 1.61 | *2 | 13.63 | 35.23 | 5.43 | 1.29 | *0.00 |
| SPINACH SALAD* | 1 CUP | 1000 | 160 | *0 | *26 | *1.28 | *1.54 | *37.1 | *2817 | *25.35 | *6 | *1.08 | *8.05 | *13.71 | *0.02 | *0.00 |
| PEACHES, SLICED-WORLD HORIZONS | 1/2 CUP | 2000 | 70 | 0 | 10 | 1.00 | 0.36 | 20.0 | 100 | 1.2 | *N/A* | 1.0 | 17.0 | 0.0 | 0.00 | 0.00 |
| FRUIT, FRESH ASSORTED | 1 EACH | 3000 | 60 | 0 | 1 | 2.39 | 0.19 | 13.8 | 277 | 17.98 | 11 | 0.71 | 15.59 | 0.21 | 0.05 | 0.00 |
| CONDIMENT, PICANTE PACKET | 1 EACH | 1000 | 5 | 0 | 140 | 0.00 | 0.00 | 0.0 | 0 | 1.2 | *N/A* | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| MILK - Variety | HALF PINT | 1800 | 103 | 7 | 157 | 0.00 | 0.06 | 210.0 | 200 | *0.8 | *N/A* | 8.0 | 16.0 | 0.83 | 0.50 | 0.00 |
| CORNBREAD | 1 each | 1000 | 250 | 27 | 169 | 1.28 | 1.91 | 63.3 | 160 | 0.52 | *5 | 6.08 | 36.11 | 8.78 | 1.30 | *0.00 |
| Weighted Daily Average | | | 905 | *58 | *917 | *13.09 | *6.69 | *391.9 | *2607 | *50.29 | *27 | *35.02 | *132.62 | *28.78 | *5.44 | *0.28 |
| % of Calories | | | | | | | | | | | *12.1% | *15.5% | *58.6% | *28.6% | *5.4% | *0.3% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |
| Fri - 04/19/2019 | | | | | | | | | | | | | | | | |
| HIGH SCHOOL CYCLE 3-L | Total | 2000 | | | | | | | | | | | | | | |
| NO SCHOOL TODAY | SERVING | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| % of Calories | | | | | | | | | | | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |
| Weighted Average | | | 772 | *45 | *1035 | *12.80 | *5.50 | *391.9 | *6540 | *96.85 | *24 | *29.98 | *121.97 | *20.00 | *4.97 | *0.19 |
| | | | | | | | | | | | *28.0% | *15.5% | *63.2% | *23.3% | *5.8% | *0.2% |

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Victoria I.S.D.

Base Menu Spreadsheet

Portion Values - Detailed

Apr 15, 2019 thru Apr 19, 2019

HIGH SCHOOL CYCLE 3-LUNCH

Generated on: 3/6/2019 12:06:18 PM

| Nutrient | Menu AVG | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|----------------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-----------|-------------------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| | | % of Cals | Weekly Target | | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) | | | | | | | | |
| Calories | 772 | | 750 - 850 | | 100% | | | | | | | | | | | | |
| Cholesterol (mg) | 45 | | | | | Missing | | | | | | | | | | | |
| Sodium 1 (mg) | 1035 | | | 1420 | | Missing | | | | | | | | | | | |
| Sodium 2 (mg) | 1035 | | | 1080 | | Missing | | | | | | | | | | | |
| Fiber (g) | 12.80 | | | | | Missing | | | | | | | | | | | |
| Iron (mg) | 5.50 | | | | | Missing | | | | | | | | | | | |
| Calcium (mg) | 391.9 | | | | | Missing | | | | | | | | | | | |
| Vitamin A (IU) | 6540 | | | | | Missing | | | | | | | | | | | |
| Sugars (g) | 24 | 12.45% | | | | Missing | | | | | | | | | | | |
| Vitamin C (mg) | 96.85 | | | | | Missing | | | | | | | | | | | |
| Protein (g) | 29.98 | 15.53% | | | | Missing | | | | | | | | | | | |
| Carbohydrate (g) | 121.97 | 63.18% | | | | Missing | | | | | | | | | | | |
| Total Fat (g) | 20.00 | 23.31% | | | | Missing | | | | | | | | | | | |
| Saturated Fat (g) | 4.97 | 5.79% | | <10.00% | | Missing | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.19 | 0.22% | | | | Missing | | | | | | | | | | | |

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 04/22/2019 | | | | | | | | | | | | | | | | |
| HIGH SCHOOL CYCLE 4-L | Total | 2000 | | | | | | | | | | | | | | |
| SWEET & SOUR CHICKEN | SV | 500 | 291 | 0 | 724 | 1.71 | 3.18 | 86.5 | 763 | 5.94 | *N/A* | 18.61 | 31.72 | 9.72 | 0.56 | *0.05 |
| CORN DOG:Turkey Jumbo State F | 1 EACH | 500 | 280 | 31 | 660 | 2.00 | 1.80 | 80.0 | 0 | 18.0 | *N/A* | 9.0 | 31.0 | 13.0 | 3.50 | 0.00 |
| WG Chkn Egg Roll | 2 EA | 500 | 301 | 70 | 521 | 4.01 | 2.16 | *N/A* | 1002 | *N/A* | *N/A* | 18.03 | 34.06 | 10.02 | 3.00 | 0.00 |
| SEASONED RICE | 1 cup | 1000 | 136 | 0 | 403 | 0.05 | 0.88 | 0.9 | 125 | 7.62 | *0 | 2.02 | 23.47 | 2.73 | 0.49 | *0.00 |
| Oriental Vegetable Blend | 1/2 cup | 1000 | 0 | 0 | 0 | 0.02 | 0.01 | 0.3 | 4 | 0.16 | *N/A* | *N/A* | 0.06 | 0.0 | 0.00 | 0.00 |
| CHERRY TOMATO W/CELERY STICK | 1/2 Cup | 2000 | 110 | 0 | 54 | 3.48 | *0.06 | *12.0 | *135 | *0.93 | *0 | 3.21 | 18.89 | 3.05 | 0.01 | *0.00 |
| PINEAPPLE TIDBITS-WORLD H ORIZO | 1/2 CUP | 2000 | 80 | 0 | 0 | 1.00 | 0.00 | 0.0 | 0 | 9.0 | *N/A* | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| FRUIT,FRESH ASSORTED | 1 EACH | 2000 | 60 | 0 | 1 | 2.39 | 0.19 | 13.8 | 277 | 17.98 | 11 | 0.71 | 15.59 | 0.21 | 0.05 | 0.00 |
| CONDIMENT, KETCHUP PACK ET-SYSC | 4 EACH | 300 | 40 | 0 | 400 | 0.00 | 0.00 | 0.0 | 400 | 0.0 | *N/A* | 0.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| CONDIMENT,MUSTARD PACK ET-SYSCO | 1 EACH | 500 | 0 | 0 | 70 | 0.00 | 1.08 | 40.0 | 100 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MILK - Variety | HALF PINT | 1800 | 103 | 7 | 157 | 0.00 | 0.06 | 210.0 | 200 | *0.8 | *N/A* | 8.0 | 16.0 | 0.83 | 0.50 | 0.00 |
| Weighted Daily Average | | | 635 | 31 | 951 | 8.83 | *2.81 | *267.1 | *1182 | *38.51 | *12 | *23.54 | 105.65 | 13.56 | 2.52 | *0.01 |
| % of Calories | | | | | | | | | | | *7.4% | *14.8% | 66.5% | 19.2% | 3.6% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|-----------|------|-----|----|-----|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-------|
| Tue - 04/23/2019 | | | | | | | | | | | | | | | | |
| HIGH SCHOOL CYCLE 4-L | Total | 2000 | | | | | | | | | | | | | | |
| SPAGHETTI AND MEAT SAUCE | 1 CUP | 500 | 348 | 52 | 501 | 2.58 | 4.22 | 55.4 | 264 | 5.46 | *4 | 20.93 | 37.37 | 12.37 | 4.56 | *0.66 |
| CHEESE PIZZA MINIS, WG | 1 EA | 800 | 230 | 10 | 480 | 4.00 | 2.70 | 0.0 | 200 | 0.0 | *N/A* | 15.0 | 30.0 | 7.0 | 2.50 | 0.00 |
| FRENCH BREAD PIZZA | 1 Ea | 250 | 330 | 20 | 600 | 3.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 17.0 | 30.0 | 15.0 | 6.00 | 0.00 |
| BROCCOLI: frozen, boiled | 1/2 CUP | 2000 | 26 | 0 | 10 | 2.76 | 0.56 | 30.4 | 930 | 36.89 | 1 | 2.85 | 4.92 | 0.11 | 0.02 | 0.00 |
| CORN: canned, yellow | 1/2 CUP | 1000 | 55 | 0 | 168 | 1.64 | 0.22 | 2.5 | 38 | 1.48 | 4 | 1.88 | 11.76 | 1.0 | 0.20 | 0.00 |
| SALAD,TOSSED: no dressing | 1 cup | 1000 | 45 | 0 | 26 | 3.73 | 1.36 | 54.2 | 11988 | 19.94 | 5 | 2.36 | 9.54 | 0.53 | 0.08 | 0.00 |
| APRICOTS,CND,EX LT SYRUP PK,W/ | 1/2 CUP | 3000 | 111 | 0 | 5 | 3.63 | 0.68 | 22.7 | 2883 | 9.07 | *N/A* | 1.36 | 28.35 | 0.23 | 0.02 | 0.00 |
| Strawberry Goodie | 2/3 c | 1000 | 372 | 20 | 308 | 3.31 | 1.85 | 23.4 | 258 | 51.54 | *0 | 3.23 | 77.11 | 7.93 | 4.67 | *0.00 |
| GARLIC BREAD:SYSCO FOOD S:RICH | 1SLICE | 1500 | 173 | 10 | 346 | 1.99 | 1.43 | 80.3 | 118 | 0.0 | *0 | 4.02 | 27.78 | 5.81 | 2.43 | *0.15 |
| FRUIT,FRESH ASSORTED | 1 EACH | 2000 | 60 | 0 | 1 | 2.39 | 0.19 | 13.8 | 277 | 17.98 | 11 | 0.71 | 15.59 | 0.21 | 0.05 | 0.00 |
| RANCH DRESSING | 1/8 CUP | 1000 | 35 | *6 | 252 | *0.00 | *0.00 | *17.0 | *27 | *0.03 | *1 | 0.47 | 3.52 | 2.17 | 0.18 | 0.01 |
| MILK - Variety | HALF PINT | 1800 | 103 | 7 | 157 | 0.00 | 0.06 | 210.0 | 200 | *0.8 | *N/A* | 8.0 | 16.0 | 0.83 | 0.50 | 0.00 |

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Victoria I.S.D.

Base Menu Spreadsheet

Portion Values - Detailed

Apr 22, 2019 thru Apr 26, 2019

HIGH SCHOOL CYCLE 4-LUNCH

Generated on: 3/6/2019 12:02:42 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|--------------|----------------|-----------------|----------------|--------------|-------------------------|
| Weighted Daily Average % of Calories | | | 949 | *46 | 1188 | *19.04 | *6.75 | *389.8 | *12101 | *107.07 | *18 *7.7% | 33.14 14.0% | 174.33 73.5% | 19.36 18.4% | 7.81 7.4% | *0.29 *0.3% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | | <10.00 |

| Wed - 04/24/2019 | | | | | | | | | | | | | | | | |
|--------------------------------------|-----------|------|---------|------|------|--------|-------|-------|--------|--------|---------------|----------------|-----------------|----------------|--------------|----------------|
| HIGH SCHOOL CYCLE 4-L | Total | 2000 | | | | | | | | | | | | | | |
| CHEESEBURGER POCKET | 1 each | 500 | 491 | *140 | 846 | *0.85 | 3.73 | 158.6 | *226 | *0.48 | *0 | 41.09 | 15.34 | 28.09 | 11.95 | *0.17 |
| CHEF SALAD-HAM W/ CROUTONS | SERVING | 250 | 219 | 37 | 961 | 5.21 | 3.44 | 268.8 | 16993 | 40.39 | *3 | 13.97 | 16.56 | 9.67 | 6.38 | *0.00 |
| CARROTS:frozen, boiled | 1/2 CUP | 1000 | 27 | 0 | 43 | 2.41 | 0.39 | 25.5 | 12357 | 1.68 | 3 | 0.42 | 5.64 | 0.5 | 0.09 | 0.00 |
| PEAS: frozen,boiled | 1/2 CUP | 1000 | 62 | 0 | 58 | 3.60 | 1.22 | 19.2 | 1680 | 7.92 | 4 | 4.12 | 11.41 | 0.22 | 0.04 | 0.00 |
| JUICE, VARIETY FRUIT P.C.- VIT | CONTAINER | 3000 | 105 | 0 | 16 | 0.00 | *0.18 | 0.0 | 0 | *17.25 | *N/A* | 0.0 | 25.5 | 0.0 | 0.00 | 0.00 |
| FRUIT,FRESH ASSORTED | 1 EACH | 4000 | 60 | 0 | 1 | 2.39 | 0.19 | 13.8 | 277 | 17.98 | 11 | 0.71 | 15.59 | 0.21 | 0.05 | 0.00 |
| CHOCOLATE CHIP COOKIES | 1 EACH | 2000 | 128 | 13 | 87 | 0.47 | 0.61 | 9.5 | 118 | 0.01 | *9 | 1.44 | 16.18 | 6.76 | 2.34 | *0.00 |
| RANCH DRESSING | 2 TBSP | 250 | 40 | 4 | 193 | 0.11 | 0.07 | 34.9 | 20 | 0.46 | *2 | 1.12 | 2.55 | 3.03 | 0.54 | *0.01 |
| FRUIT,FRESH ASSORTED | 1 EACH | 2000 | 60 | 0 | 1 | 2.39 | 0.19 | 13.8 | 277 | 17.98 | 11 | 0.71 | 15.59 | 0.21 | 0.05 | 0.00 |
| MILK - Variety | HALF PINT | 1800 | 103 | 7 | 157 | 0.00 | 0.06 | 210.0 | 200 | *0.8 | *N/A* | 8.0 | 16.0 | 0.83 | 0.50 | 0.00 |
| BREADED BEEF FINGERS | 4 EA | 500 | 361 | 46 | 330 | 2.06 | 2.78 | 41.2 | 103 | 1.24 | *N/A* | 14.43 | 18.56 | 24.74 | 7.22 | *N/A* |
| Weighted Daily Average % of Calories | | | 850 | *71 | 743 | *12.04 | *4.38 | 350.4 | *10355 | *90.88 | *47 *22.3% | 28.82 13.6% | 135.01 63.5% | 23.30 24.7% | 8.64 9.1% | *0.04 *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | | <10.00 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 04/25/2019 | | | | | | | | | | | | | | | | |
| HIGH SCHOOL CYCLE 4-L | Total | 2000 | | | | | | | | | | | | | | |
| NACHOS WITH GROUND BEEF | 1/3 cup | 500 | 309 | 38 | 560 | 0.93 | 1.22 | 218.9 | 812 | *0.39 | *1 | 15.98 | 14.72 | 20.68 | 8.45 | *0.40 |
| TACO SALAD-VISD | SERVINGS | 500 | 413 | *73 | *714 | *2.87 | *3.37 | *226.9 | *2530 | *12.45 | *3 | *24.89 | *25.68 | *22.95 | *7.52 | *0.00 |
| TAMALES, PORK: LABATT FOOD | 4 EACH | 300 | 532 | 42 | 1039 | 10.21 | 0.00 | 0.0 | 394 | 0.0 | *N/A* | 21.28 | 51.19 | 28.94 | 6.53 | 0.30 |
| SPANISH RICE | 1 CUP | 1000 | 267 | *0 | *183 | *1.98 | *1.43 | *7.6 | *65 | *4.37 | *0 | *5.6 | *46.73 | *8.1 | *1.55 | *0.00 |
| PINTO BEANS: cooked | 1/2 CUP | 1000 | 145 | *0 | *26 | *6.39 | *2.08 | *51.2 | *0 | *2.86 | *1 | *8.93 | *26.03 | *0.51 | *0.10 | *0.00 |
| MEXICAN PLATE SALAD | 1/2 CUP | 500 | 9 | 0 | 280 | 0.98 | 0.55 | 233.1 | 1138 | 5.77 | *1 | 0.37 | 1.84 | 0.07 | 0.01 | *0.00 |
| PICO DE GALLO | 1/3 c | 1000 | 18 | *0 | *3 | *0.77 | *0.31 | *7.8 | *515 | *44.13 | *2 | *0.7 | *3.4 | *0.39 | *0.06 | *0.00 |
| PEACHES, SLICED-WORLD H | 1/2 CUP | 2000 | 70 | 0 | 10 | 1.00 | 0.36 | 20.0 | 100 | 1.2 | *N/A* | 1.0 | 17.0 | 0.0 | 0.00 | 0.00 |
| ORIZONS | | | | | | | | | | | | | | | | |
| FRUIT,FRESH ASSORTED | 1 EACH | 3000 | 60 | 0 | 1 | 2.39 | 0.19 | 13.8 | 277 | 17.98 | 11 | 0.71 | 15.59 | 0.21 | 0.05 | 0.00 |
| CONDIMENT, PICANTE PACKET | 1 EACH | 500 | 5 | 0 | 140 | 0.00 | 0.00 | 0.0 | 0 | 1.2 | *N/A* | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| MILK - Variety | HALF PINT | 1800 | 103 | 7 | 157 | 0.00 | 0.06 | 210.0 | 200 | *0.8 | *N/A* | 8.0 | 16.0 | 0.83 | 0.50 | 0.00 |
| Weighted Daily Average | | | 732 | *40 | *838 | *11.88 | *3.89 | *432.8 | *2164 | *59.52 | *20 | *30.39 | *111.36 | *20.84 | *6.34 | *0.15 |
| % of Calories | | | | | | | | | | | *10.8% | *16.6% | *60.9% | *25.6% | *7.8% | *0.2% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|---------------------------------|-----------|------|-----|----|-----|------|------|--------|-----|-------|-------|-------|-------|-------|-------|-------|
| Fri - 04/26/2019 | | | | | | | | | | | | | | | | |
| HIGH SCHOOL CYCLE 4-L | Total | 2000 | | | | | | | | | | | | | | |
| Broccoli Cheese Soup | 6 oz | 500 | 204 | 37 | 594 | 1.00 | 0.00 | 390.0 | 445 | 11.0 | *N/A* | 13.0 | 14.0 | 11.0 | 6.00 | 0.00 |
| CHICKEN NUGGETS-GLAZIER-TYSON | 5 PIECES | 800 | 230 | 30 | 560 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | *N/A* | 12.0 | 15.0 | 14.0 | 3.50 | *N/A* |
| TATER TOTS,FRZ,PREP SIMPL OT | 1/2 cup | 1000 | 227 | 0 | 400 | 2.67 | 0.48 | 0.0 | 0 | 6.4 | *N/A* | 2.67 | 25.33 | 13.33 | 2.00 | 0.00 |
| GREEN BEANS (CUT)-ALLENS | 1/2 CUP | 1000 | 35 | 0 | 380 | 3.00 | 1.80 | 40.0 | 500 | 2.4 | *N/A* | 2.0 | 7.0 | 0.0 | 0.00 | 0.00 |
| CANDIED APPLES | 1/4 cup | 2000 | 42 | 0 | 19 | 1.27 | 0.07 | 3.3 | 29 | 2.44 | 9 | 0.44 | 10.86 | 0.09 | 0.01 | *0.00 |
| FRUIT,FRESH ASSORTED | 1 EACH | 3000 | 60 | 0 | 1 | 2.39 | 0.19 | 13.8 | 277 | 17.98 | 11 | 0.71 | 15.59 | 0.21 | 0.05 | 0.00 |
| CONDIMENT, KETCHUP PACK ET-SYSC | 4 EACH | 1000 | 40 | 0 | 400 | 0.00 | 0.00 | 0.0 | 400 | 0.0 | *N/A* | 0.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| CONDIMENTS, SALAD DRESSI NG PAC | 1 EACH | 500 | 35 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 2.0 | 3.0 | 0.00 | 0.00 |
| CONDIMENT,MUSTARD PACK ET-SYSCO | 1 EACH | 500 | 0 | 0 | 70 | 0.00 | 1.08 | 40.0 | 100 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MILK - Variety | HALF PINT | 1800 | 103 | 7 | 157 | 0.00 | 0.06 | 210.0 | 200 | *0.8 | *N/A* | 8.0 | 16.0 | 0.83 | 0.50 | 0.00 |
| DELI SANDWICH | 1 each | 500 | 234 | 43 | 947 | 3.00 | 2.37 | *153.7 | 196 | 0.48 | *N/A* | 22.28 | 22.79 | 7.57 | 2.63 | 0.00 |
| BAKED POTATO EXTRA CHEESE | 1 EACH | 500 | 438 | 51 | 544 | 4.44 | 2.26 | 564.9 | 913 | 19.4 | *2 | 21.46 | 44.85 | 19.12 | 10.57 | *0.00 |

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|----------------|---------------|-------------------------|
| Weighted Daily Average % of Calories | | | 696 | 51 | 1535 | 10.60 | 3.70 | *536.2 | 1487 | *42.25 | *26 *15.2% | 30.03 17.2% | 97.73 56.1% | 23.60 30.5% | 7.73 10.0% | *0.00 *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|-----|-----|-------|--------|-------|--------|-------|--------|---------------|------------------|-------------------|------------------|----------------|----------------|
| Weighted Average | | | 773 | *48 | *1051 | *12.48 | *4.31 | *395.2 | *5458 | *67.65 | *25 *28.8% | *29.18 *15.1% | *124.81 *64.6% | *20.13 *23.5% | *6.61 *7.7% | *0.10 *0.1% |
|------------------|--|--|-----|-----|-------|--------|-------|--------|-------|--------|---------------|------------------|-------------------|------------------|----------------|----------------|

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 773 | | 750 - 850 | 100% | | | | |
| Cholesterol (mg) | 48 | | | | Missing | | | |
| Sodium 1 (mg) | 1051 | | 1420 | | Missing | | | |
| Sodium 2 (mg) | 1051 | | 1080 | | Missing | | | |
| Fiber (g) | 12.48 | | | | Missing | | | |
| Iron (mg) | 4.31 | | | | Missing | | | |
| Calcium (mg) | 395.2 | | | | Missing | | | |
| Vitamin A (IU) | 5458 | | | | Missing | | | |
| Sugars (g) | 25 | 12.79% | | | Missing | | | |
| Vitamin C (mg) | 67.65 | | | | Missing | | | |
| Protein (g) | 29.18 | 15.11% | | | Missing | | | |
| Carbohydrate (g) | 124.81 | 64.62% | | | Missing | | | |
| Total Fat (g) | 20.13 | 23.45% | | | Missing | | | |
| Saturated Fat (g) | 6.61 | 7.70% | <10.00% | | Missing | | | |
| Trans Fat ¹ (g) | 0.10 | 0.11% | | | Missing | | | |

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Victoria I.S.D.

Base Menu Spreadsheet

Portion Values - Detailed

Apr 29, 2019 thru Apr 30, 2019

HIGH SCHOOL CYCLE 1-LUNCH

Generated on: 3/6/2019 12:04:00 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|----------------|--------------|-------------------------|
| Mon - 04/29/2019 | | | | | | | | | | | | | | | | |
| HIGH SCHOOL CYCLE 1-L | Total | 2000 | | | | | | | | | | | | | | |
| CHICKEN FRIED STEAK SANDWICH | SANDWIC | 250 | 491 | 45 | 793 | 4.02 | 5.42 | 100.6 | 0 | 0.0 | *N/A* | 23.06 | 54.26 | 22.53 | 8.01 | *0.00 |
| HOT DOG ON A BUN:turkey hot | 1 EACH | 500 | 261 | 25 | 772 | 2.42 | 1.81 | 100.7 | 0 | *0.0 | *N/A* | 9.84 | 20.98 | 15.02 | 4.90 | 0.00 |
| TURKEY WRAP | 1 each | 500 | 375 | 63 | 1240 | 1.73 | 3.65 | 271.1 | 516 | 3.11 | *1 | 26.57 | 23.68 | 14.88 | 4.90 | *0.17 |
| MASHED POTATOES-SIMPLOT | 1/2 CUP | 800 | 90 | 0 | 380 | 0.00 | 0.36 | 20.0 | 0 | 30.0 | *N/A* | 2.0 | 17.0 | 1.5 | 0.00 | 0.00 |
| SPINACH: frozen,boiled | 1/2 CUP | 800 | 32 | 0 | 92 | 3.52 | 1.86 | 145.4 | 11458 | 2.09 | 0 | 3.81 | 4.56 | 0.83 | 0.15 | 0.00 |
| PINEAPPLE TIDBITS-WORLD H ORIZO | 1/2 CUP | 3000 | 80 | 0 | 0 | 1.00 | 0.00 | 0.0 | 0 | 9.0 | *N/A* | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| FRUIT,FRESH ASSORTED | 1 EACH | 3000 | 60 | 0 | 1 | 2.39 | 0.19 | 13.8 | 277 | 17.98 | 11 | 0.71 | 15.59 | 0.21 | 0.05 | 0.00 |
| BAKED CHIPS-VARIETY | 1BAG | 500 | 145 | 0 | 225 | 2.00 | 0.54 | 55.0 | 50 | 0.9 | *N/A* | 2.25 | 22.0 | 2.87 | 1.13 | *0.00 |
| CONDIMENT, KETCHUP PACK ET-SYSC | 4 EACH | 1000 | 40 | 0 | 400 | 0.00 | 0.00 | 0.0 | 400 | 0.0 | *N/A* | 0.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| CONDIMENT,MUSTARD PACK ET-SYSCO | 1 EACH | 500 | 0 | 0 | 70 | 0.00 | 1.08 | 40.0 | 100 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CONDIMENTS, SALAD DRESSING PAC | 1 EACH | 500 | 35 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 2.0 | 3.0 | 0.00 | 0.00 |
| MILK - Variety | HALF PINT | 1000 | 103 | 7 | 157 | 0.00 | 0.06 | 210.0 | 200 | *0.8 | *N/A* | 8.0 | 16.0 | 0.83 | 0.50 | 0.00 |
| Weighted Daily Average % of Calories | | | 596 | 31 | 1166 | 8.53 | 3.66 | 321.2 | 5465 | *54.71 | *17 *11.7% | 19.94 13.4% | 98.47 66.0% | 13.43 20.3% | 4.11 6.2% | *0.04 *0.1% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Victoria I.S.D.

Base Menu Spreadsheet

Portion Values - Detailed

Apr 29, 2019 thru Apr 30, 2019

HIGH SCHOOL CYCLE 1-LUNCH

Generated on: 3/6/2019 12:04:00 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 04/30/2019 | | | | | | | | | | | | | | | | |
| HIGH SCHOOL CYCLE 1-L | Total | 2000 | | | | | | | | | | | | | | |
| CHICKEN SPAGHETTI | 1 CUP | 500 | 260 | 62 | 865 | 1.43 | 0.70 | *218.0 | 398 | *8.4 | *1 | 19.96 | 20.36 | 10.96 | 4.31 | *0.17 |
| SUNBUTTER&JELLY W/ STRIN | 1 SAND | 500 | 463 | 13 | 573 | 6.94 | 4.84 | 643.2 | 201 | 0.0 | *3 | 18.98 | 48.85 | 22.48 | 5.51 | 0.02 |
| G CHEE | WICH | | | | | | | | | | | | | | | |
| WG MOZZARELLA STICKS (RI | 5 EA | 500 | 400 | 25 | 450 | 2.50 | 2.00 | 458.0 | 428 | 458.0 | *N/A* | 20.0 | 35.0 | 20.0 | 7.50 | 0.00 |
| CH'S) | | | | | | | | | | | | | | | | |
| BROCCOLI: frozen, boiled | 1/2 CUP | 3000 | 26 | 0 | 10 | 2.76 | 0.56 | 30.4 | 930 | 36.89 | 1 | 2.85 | 4.92 | 0.11 | 0.02 | 0.00 |
| CORN: canned, yellow | 1/2 CUP | 500 | 55 | 0 | 168 | 1.64 | 0.22 | 2.5 | 38 | 1.48 | 4 | 1.88 | 11.76 | 1.0 | 0.20 | 0.00 |
| SALAD, TOSSED: no dressing | 1 cup | 1000 | 45 | 0 | 26 | 3.73 | 1.36 | 54.2 | 11988 | 19.94 | 5 | 2.36 | 9.54 | 0.53 | 0.08 | 0.00 |
| PEARS WITH CHERRIES | 1/2 CUP | 4000 | 35 | 0 | 2 | 0.87 | *0.16 | *0.0 | *0 | *0.52 | *N/A* | *N/A* | 8.72 | 0.0 | 0.00 | *N/A* |
| FRUIT, FRESH ASSORTED | 1 EACH | 4000 | 60 | 0 | 1 | 2.39 | 0.19 | 13.8 | 277 | 17.98 | 11 | 0.71 | 15.59 | 0.21 | 0.05 | 0.00 |
| GARLIC BREAD: SYSCO FOOD | 1 SLICE | 500 | 173 | 10 | 346 | 1.99 | 1.43 | 80.3 | 118 | 0.0 | *0 | 4.02 | 27.78 | 5.81 | 2.43 | *0.15 |
| S: RICH | | | | | | | | | | | | | | | | |
| PIZZA SAUCE; LABATT FOOD | 1/8 CUP | 800 | 22 | 0 | 180 | 1.80 | 0.65 | 0.0 | 450 | 8.1 | *N/A* | 1.8 | 5.4 | 0.0 | 0.00 | *N/A* |
| SERVI | | | | | | | | | | | | | | | | |
| MILK - Variety | HALF PINT | 1500 | 103 | 7 | 157 | 0.00 | 0.06 | 210.0 | 200 | *0.8 | *N/A* | 8.0 | 16.0 | 0.83 | 0.50 | 0.00 |
| Weighted Daily Average | | | 676 | 33 | 824 | 16.87 | *4.83 | *608.3 | *8568 | *223.13 | *29 | *29.81 | 110.89 | 16.55 | 5.52 | *0.08 |
| % of Calories | | | | | | | | | | | *17.1% | *17.7% | 65.7% | 22.0% | 7.4% | *0.1% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |
| Weighted Average | | | 636 | 32 | 995 | 12.70 | *4.24 | *464.8 | *7016 | *138.92 | *23 | *24.88 | 104.68 | 14.99 | 4.81 | *0.06 |
| | | | | | | | | | | | *32.9% | *15.6% | 65.8% | 21.2% | 6.8% | *0.1% |

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Victoria I.S.D.

Base Menu Spreadsheet

Portion Values - Detailed

Apr 29, 2019 thru Apr 30, 2019

HIGH SCHOOL CYCLE 1-LUNCH

Generated on: 3/6/2019 12:04:00 PM

| Nutrient | Menu AVG | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) | |
|----------------------------|----------|--------------|---------------|--------------|-------------|------------|-----------|--------------------------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|--|
| | | % of Cals | Weekly Target | % of Target* | Miss Data | Shortfall* | Overage* | Error Messages (if any)* | | | | | | | | | | |
| Calories | 636 | | 750 - 850 | | | | | | | | | | | | | | | |
| Cholesterol (mg) | 32 | | | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 995 | | 1420 | | | | | | | | | | | | | | | |
| Sodium 2 (mg) | 995 | | 1080 | | | | | | | | | | | | | | | |
| Fiber (g) | 12.70 | | | | | | | | | | | | | | | | | |
| Iron (mg) | 4.24 | | | | Missing | | | | | | | | | | | | | |
| Calcium (mg) | 464.8 | | | | Missing | | | | | | | | | | | | | |
| Vitamin A (IU) | 7016 | | | | Missing | | | | | | | | | | | | | |
| Sugars (g) | 23 | 14.60% | | | Missing | | | | | | | | | | | | | |
| Vitamin C (mg) | 138.92 | | | | Missing | | | | | | | | | | | | | |
| Protein (g) | 24.88 | 15.65% | | | Missing | | | | | | | | | | | | | |
| Carbohydrate (g) | 104.68 | 65.83% | | | | | | | | | | | | | | | | |
| Total Fat (g) | 14.99 | 21.21% | | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 4.81 | 6.81% | <10.00% | | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.06 | 0.09% | | | Missing | | | | | | | | | | | | | |

*Data comparisons are not available for one or two day selections

**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.