

	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 - 11/05/2018																
Elementary Cycle 4-lunch	Total	6000														
SWEET & SOUR CHICKEN	SV	3000	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	3000	280	31	660	2.00	1.80	80.0	0	18.0	*N/A*	9.0	31.0	13.0	3.50	0.00
SEASONED RICE	1/2 cup	4000	68	0	201	0.02	0.44	0.5	63	3.81	*0	1.01	11.74	1.36	0.24	*0.00
Oriental Vegetable Blend	1/2 cup	3000	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	3000	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	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
CONDIMENT, KETCHUP PACK	2 EACH	3000	20	0	200	0.00	0.00	0.0	200	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
ET-SYSC																
CONDIMENT,MUSTARD PACK	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
ET-SYSCO																
MILK - Variety	HALF PINT	5500	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			561	22	1109	5.31	*3.15	*295.8	*931	*29.28	*6	*23.77	83.62	14.66	2.68	*0.03
% of Calories											*4.2%	*17.0%	59.6%	23.5%	4.3%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 11/06/2018																
Elementary Cycle 4-lunch	Total	6000														
SPAGHETTI AND MEAT SAUCE	1 CUP	3000	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	3000	230	10	480	4.00	2.70	0.0	200	0.0	*N/A*	15.0	30.0	7.0	2.50	0.00
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	3000	55	0	168	1.64	0.22	2.5	38	1.48	4	1.88	11.76	1.0	0.20	0.00
APRICOTS,CND,EX LT SYRUP	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
PK,W/																
GARLIC BREAD:SYSCO FOOD	1SLICE	3000	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																
MILK - Variety	HALF PINT	5500	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			566	42	898	8.30	4.96	288.1	2400	*27.18	*4	30.35	84.76	14.02	5.32	*0.41
% of Calories											*3.0%	21.4%	59.9%	22.3%	8.5%	*0.7%
Nutrient Guideline			550-650		1230											<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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/07/2018																
Elementary Cycle 4-lunch	Total	1														
SLOPPY JO-ON BUN	1 EA	1	395	*51	754	*1.19	3.27	90.0	*178	*1.55	*10	22.48	43.6	14.93	5.61	*0.00
BAKED POTATO EXTRA CHEESE	1 EACH	1	438	51	544	4.44	2.26	564.9	913	19.4	*2	21.46	44.85	19.12	10.57	*0.00
CARROTS:frozen, boiled	1/2 CUP	1	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	1	62	0	58	3.60	1.22	19.2	1680	7.92	4	4.12	11.41	0.22	0.04	0.00
CRACKERS,SALTINES-LANCE	3 CRACKERS	1	50	0	105	0.00	0.36	0.0	0	0.0	*N/A*	1.0	8.0	1.5	0.50	*N/A*
JUICE, VARIETY FRUIT P.C.- VIT	CONTAINER	1	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	1	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-OTIS SPUN	1 EACH	1	130	5	95	1.00	0.72	0.0	100	0.0	*N/A*	1.0	17.0	6.0	2.00	*N/A*
KMEYER																
MILK - Variety	HALF PINT	1	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			1371	*114	1772	*15.03	*8.65	923.5	*15705	*66.58	*30	59.20	187.59	43.31	19.36	*0.00
% of Calories											*8.9%	17.3%	54.7%	28.4%	12.7%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/08/2018																
Elementary Cycle 4-lunch	Total	1														
NACHOS WITH GROUND BEEF	SERVINGS	1	299	44	480	2.08	1.71	317.2	889	0.34	*3	18.43	21.1	16.03	6.20	*0.35
TACO SALAD-VISD	SERVINGS	1	413	*73	*714	*2.87	*3.37	*226.9	*2530	*12.45	*3	*24.89	*25.68	*22.95	*7.52	*0.00
SPANISH RICE	.50 CUP	1	133	*0	*91	*0.99	*0.71	*3.8	*32	*2.18	*0	*2.8	*23.36	*4.05	*0.77	*0.00
PINTO BEANS: cooked	1/2 CUP	1	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	1	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	1	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	1	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	1	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	1	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	1	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			1255	*123	*1902	*17.47	*9.34	*1083.7	*5682	*88.91	*21	*65.84	*151.00	*45.04	*15.20	*0.35
% of Calories											*6.7%	*21.0%	*48.1%	*32.3%	*10.9%	*0.3%
Nutrient Guideline			550-650		1230											<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)
Fri - 11/09/2018																
Elementary Cycle 4-lunch	Total	1														
CHEESEBURGER POCKET	1 each	1	491	*140	846	*0.85	3.73	158.6	*226	*0.48	*0	41.09	15.34	28.09	11.95	*0.17
CHICKEN NUGGETS-GLAZIER-TYSON	5 PIECES	1	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	1	140	0	160	3.00	0.72	40.0	1000	1.2	*N/A*	1.0	20.0	6.0	0.00	0.00
SALAD,TOSSED: no dressing	1 cup	1	45	0	26	3.73	1.36	54.2	11988	19.94	5	2.36	9.54	0.53	0.08	0.00
FRUIT COCKTAIL-LIBBY'S-GLAZIER	1/2 CUP	1	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	1	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	2 EACH	1	20	0	200	0.00	0.00	0.0	200	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
CONDIMENT,MUSTARD PACK ET-SYSCO	1 EACH	1	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	1	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			1159	*177	2028	*13.18	9.29	563.9	*14242	*42.70	*33	65.65	115.54	49.76	16.09	*0.17
% of Calories											*11.5%	22.7%	39.9%	38.7%	12.5%	*0.1%
Nutrient Guideline			550-650		1230											<10.00

Weighted Average			982	*96	*1542	*11.86	*7.08	*631.0	*7792	*50.93	*19	*48.96	*124.50	*33.36	*11.73	*0.19
											*17.4%	*19.9%	*50.7%	*30.6%	*10.7%	*0.2%

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Victoria I.S.D.

Nov 5, 2018 thru Nov 9, 2018

Base Menu Spreadsheet

Elementary Cycle 4-lunch

Portion Values - Detailed

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)	Error Messages (if any)
Calories	982		550 - 650		151%				332									Correction Required - Calories too High
Cholesterol (mg)	96					Missing												
Sodium 1 (mg)	1542			1230		Missing			312									Correction Required - Sodium too High
Sodium 2 (mg)	1542			935		Missing			607									Correction Required - Sodium too High
Fiber (g)	11.86					Missing												
Iron (mg)	7.08					Missing												
Calcium (mg)	631.0					Missing												
Vitamin A (IU)	7792					Missing												
Sugars (g)	19	7.72%				Missing												
Vitamin C (mg)	50.93					Missing												
Protein (g)	48.96	19.94%				Missing												
Carbohydrate (g)	124.50	50.70%				Missing												
Total Fat (g)	33.36	30.56%				Missing												
Saturated Fat (g)	11.73	10.74%		<10.00%		Missing												Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.19	0.17%				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 - 11/12/2018																
Elementary Cycle 1-Lunch	Total	6500														
CHEESEBURGER ON A BUN	1 EACH	6000	285	48	665	3.00	3.60	195.0	300	0.0	*N/A*	23.5	29.0	8.5	3.75	0.00
BBQ SANDWICH (SADLERS)	1 EA	500	380	35	1100	5.00	3.60	140.0	200	1.2	*N/A*	21.0	47.0	12.5	5.00	0.00
CORN ON THE COB: frozen,boiled	1 EACH	4500	59	0	151	1.76	0.38	1.9	146	3.02	2	1.96	14.07	0.47	0.07	0.00
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
FRUIT,FRESH ASSORTED	1 EACH	5000	60	0	1	2.39	0.19	13.8	277	17.98	11	0.71	15.59	0.21	0.05	0.00
PEACHES, SLICED-WORLD H ORIZONS	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
CONDIMENT, KETCHUP PACK ET-SYSC	1 EACH	500	10	0	100	0.00	0.00	0.0	100	0.0	*N/A*	0.0	3.0	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 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
MILK - Variety	HALF PINT	5000	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			507	52	953	7.95	4.57	390.6	1251	*34.21	*11 *8.6%	33.14 26.2%	74.93 59.1%	10.22 18.1%	4.32 7.7%	0.00 0.0%
Nutrient Guideline			550-650		1230											<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)
Tue - 11/13/2018																
Elementary Cycle 1-Lunch	Total	6500														
BREADED CHICKEN SANDWICH	SANDWIC	1500	400	30	760	4.00	3.60	120.0	0	1.2	*N/A*	18.0	38.0	19.5	5.00	0.00
CORN DOGS MINI-STATE FAIR -LABA	6 pieces	4000	290	55	380	3.00	10.00	10.0	0	0.0	*N/A*	10.0	30.0	14.0	3.50	0.00
CARROT STICKS	1/2 CUP	3200	29	0	49	1.98	0.21	23.4	11840	4.18	3	0.66	6.79	0.17	0.03	0.00
PEAS, GREEN (FROZEN)-MAR KON	1/2 CUP	2500	52	0	150	3.00	0.81	0.0	300	4.5	*N/A*	3.75	9.0	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
PEARS WITH CHERRIES	1/2 CUP	2500	35	0	2	0.87	*0.16	*0.0	*0	*0.52	*N/A*	*N/A*	8.72	0.0	0.00	*N/A*
CONDIMENT, KETCHUP PACK ET-SYSC	1 EACH	1500	10	0	100	0.00	0.00	0.0	100	0.0	*N/A*	0.0	3.0	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 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
COOKIE, CHOCOLATE CHIP-H OPE'S	1 each	3000	111	5	182	0.00	0.73	0.0	0	0.0	*N/A*	1.01	18.22	4.56	1.52	0.00
MILK - Variety	HALF PINT	4500	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			474	48	725	6.34	*8.09	*203.3	*6249	*13.12	*7 *5.8%	*18.41 *15.5%	64.92 54.7%	16.21 30.7%	4.39 8.3%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 11/14/2018																
Elementary Cycle 1-Lunch	Total	6500														
TURKEY & GRAVY	1/2 cup	3000	214	*61	*973	*0.38	*2.89	*10.2	*169	*0.0	*0	*21.52	*16.13	*6.67	*1.68	*0.00
DRESSING-CORNBREAD	.50 CUP	1000	189	*33	*516	*1.61	*1.53	*108.3	*165	*0.77	*1	*5.96	*27.23	*6.46	*1.94	*0.08
SWEET POTATO PIE	SERVINGS	2800	280	39	189	1.64	1.90	102.9	5490	5.43	*14	6.15	39.13	11.08	3.68	*0.00
FRUIT SALAD-FRESH	.50 CUP	4000	70	0	7	2.27	0.41	21.1	133	31.8	*10	0.94	17.77	0.24	0.05	*0.00
MASHED POTATOES-SIMPLOT	.50 CUP	1500	90	0	380	0.00	0.36	20.0	0	30.0	*N/A*	2.0	17.0	1.5	0.00	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
GRAVY, MIX-FAT FREE-MORRISON	2 tbsps	1000	60	0	487	0.00	0.00	43.4	0	0.0	*0	2.02	12.1	0.0	0.00	0.00
BREADED BEEF FINGERS	4 EA	3000	361	46	330	2.06	2.78	41.2	103	1.24	*N/A*	14.43	18.56	24.74	7.22	*N/A*
CRANBERRY SAUCE: canned,swtnd	1/8 CUP	1000	55	0	2	0.38	0.14	1.0	11	0.35	11	0.31	13.99	0.05	0.00	0.00
GREEN BEANS (CUT)-ALLENS	1/2 CUP	2500	35	0	380	3.00	1.80	40.0	500	2.4	*N/A*	2.0	7.0	0.0	0.00	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			533	*72	*1117	*5.15	*5.00	*130.7	*2792	*30.49	*14 *10.5%	*23.10 *17.3%	*63.23 *47.4%	*21.07 *35.6%	*6.02 *10.2%	*0.01 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 11/15/2018																
Elementary Cycle 1-Lunch	Total	6500														
CHICKEN FAJITAS	1 EACH	2000	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 SMART	1 EACH	3500	260	5	410	7.00	2.70	100.0	100	1.2	*N/A*	12.0	37.0	9.0	2.00	0.00
SPANISH RICE	.50 CUP	3500	133	*0	*91	*0.99	*0.71	*3.8	*32	*2.18	*0	*2.8	*23.36	*4.05	*0.77	*0.00
PINTO BEANS: cooked	.5 CUP	3500	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	7/8 CUP	3500	16	0	489	1.72	0.96	407.9	1991	10.09	*1	0.64	3.21	0.12	0.02	*0.00
JALAPENOS-NACHO SLICED:L ABATT	1/8 c	3000	5	0	135	0.50	0.09	0.0	150	*N/A*	*N/A*	0.0	0.5	0.0	0.00	*N/A*
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
JUICE, VARIETY FRUIT P.C.- VIT	CONTAINER	3500	105	0	16	0.00	*0.18	0.0	0	*17.25	*N/A*	0.0	25.5	0.0	0.00	0.00
CONDIMENT, PICANTE PACKET	1 EACH	2000	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	5000	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			585	*26	*952	*10.94	*4.51	*498.7	*1602	*29.41	*10 *6.7%	*26.86 *18.4%	*93.97 *64.2%	*12.80 *19.7%	*2.97 *4.6%	*0.01 *0.0%
Nutrient Guideline			550-650		1230										<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)
Fri - 11/16/2018																
Elementary Cycle 1-Lunch																
GRILLED CHICKEN SANDWICH	Total	6500														
1 EA	2500		280	50	530	3.00	2.52	100.0	0	0.0	*N/A*	21.0	28.0	9.5	2.50	0.00
pizza-max	slice	3600	270	20	750	6.00	2.60	140.0	*N/A*	*N/A*	4	16.0	33.0	8.0	2.50	0.00
FRITO LAYS DORITO RF VARIETY	1 EA	3000	130	0	160	2.00	0.36	40.0	0	0.0	*N/A*	2.0	19.0	5.0	1.00	0.00
SWEET POTATO FRIES-MCCAIN																
4 oz. servin	5500		147	0	40	2.67	0.48	0.0	0	6.4	*N/A*	2.67	24.0	4.67	0.00	0.00
SPINACH: frozen,boiled	1/2 CUP	2000	32	0	92	3.52	1.86	145.4	11458	2.09	0	3.81	4.56	0.83	0.15	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
PINEAPPLE TIDBITS-WORLD HORIZO	1/2 CUP	4000	80	0	0	1.00	0.00	0.0	0	9.0	*N/A*	0.0	19.0	0.0	0.00	0.00
CONDIMENT, KETCHUP PACK ET-SYSC	2 EACH	2000	20	0	200	0.00	0.00	0.0	200	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
CONDIMENT,MUSTARD PACK ET-SYSCO	2 EACH	1000	0	0	140	0.00	2.16	80.0	200	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK - Variety	HALF PINT	3500	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			590	34	923	10.46	4.01	311.0	*3853	*20.33	*8	25.93	88.88	15.14	3.14	0.00
% of Calories											*5.1%	17.6%	60.2%	23.1%	4.8%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			538	*46	*934	*8.17	*5.24	*306.9	*3149	*25.51	*10 *16.5%	*25.49 *19.0%	*77.19 *57.4%	*15.09 *25.2%	*4.17 *7.0%	*0.00 *0.0%
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Victoria I.S.D.

Nov 12, 2018 thru Nov 16, 2018

Base Menu Spreadsheet

Elementary Cycle 1-Lunch

Portion Values - Detailed

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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)	
Calories	538		Weekly Target	550 - 650	98%	Miss Data	Shortfall	Overage	Error Messages (if any)									
Cholesterol (mg)	46					Missing		12		Correction Required - Calories are Low								
Sodium 1 (mg)	934			1230		Missing												
Sodium 2 (mg)	934			935		Missing												
Fiber (g)	8.17					Missing												
Iron (mg)	5.24					Missing												
Calcium (mg)	306.9					Missing												
Vitamin A (IU)	3149					Missing												
Sugars (g)	10	7.32%				Missing												
Vitamin C (mg)	25.51					Missing												
Protein (g)	25.49	18.95%				Missing												
Carbohydrate (g)	77.19	57.39%				Missing												
Total Fat (g)	15.09	25.24%				Missing												
Saturated Fat (g)	4.17	6.97%		<10.00%		Missing												
Trans Fat ¹ (g)	0.00	0.01%				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 - 11/26/2018																
MIDDLE SCHOOL CYCLE 2	Total serv	2000														
Tangerine Chicken	1000		400	75	910	*2.00	2.88	40.0	0	0.0	*N/A*	27.0	39.0	16.0	3.50	*0.00
CHICKEN NUGGETS-GLAZIER-TYSON	5 PIECES	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*
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	1/2 cup	1500	68	0	201	0.02	0.44	0.5	63	3.81	*0	1.01	11.74	1.36	0.24	*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 HORIZO	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	1000	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	3 EACH	1000	30	0	300	0.00	0.00	0.0	300	0.0	*N/A*	0.0	9.0	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	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			578	69	1291	*4.87	3.49	*245.2	911	*18.60	*6	*29.73	78.81	16.67	4.04	*0.00
% of Calories											*3.9%	*20.6%	54.6%	26.0%	6.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 11/27/2018																
MIDDLE SCHOOL CYCLE 2	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
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
MEATBALL SUB -ROMANI*	SUB	1000	482	54	*685	3.04	4.99	219.7	282	8.0	*0	21.11	49.08	20.59	8.48	0.29
BROCCOLI: frozen, boiled	1/2 CUP	1000	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	1000	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	1000	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
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.

Nov 26, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

MIDDLE SCHOOL CYCLE 2

Portion Values - Detailed

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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			733	*54	*1156	*10.01	*8.95	*425.1	*9131	*57.91	*12 *6.8%	32.47 17.7%	110.15 60.1%	19.90 24.4%	7.09 8.7%	*0.20 *0.2%
Nutrient Guideline			600-700		1360										<10.00	

Wed - 11/28/2018																
MIDDLE SCHOOL CYCLE 2	Total	2000														
Frito Pie	1/2 cup	1000	319	27	553	4.57	2.52	118.2	766	10.96	*1	13.14	29.11	16.65	3.60	*0.00
CHEF SALAD-HAM W/ CROUTONS	SERVING	500	219	37	961	5.21	3.44	268.8	16993	40.39	*3	13.97	16.56	9.67	6.38	*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	CONTAINER	1500	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	1000	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	3 EACH	1000	30	0	300	0.00	0.00	0.0	300	0.0	*N/A*	0.0	9.0	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			555	41	1041	8.53	*4.11	379.6	12143	*43.02	*10 *7.2%	25.14 18.1%	80.54 58.1%	15.08 24.5%	4.56 7.4%	*0.00 *0.0%
Nutrient Guideline			600-700		1360										<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)
Thu - 11/29/2018																
MIDDLE SCHOOL CYCLE 2	Total	2000														
TACOS-BEEF	SERVINGS	1000	533	*85	*482	*4.32	*3.65	*236.9	*529	*3.98	*0	*26.85	*38.57	*30.63	*11.29	*0.00
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
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
SPANISH RICE	.50 CUP	1000	133	*0	*91	*0.99	*0.71	*3.8	*32	*2.18	*0	*2.8	*23.36	*4.05	*0.77	*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	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	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 ORIZONS	1/2 CUP	1000	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	1000	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
Weighted Daily Average			748	*68	*938	*10.89	*5.49	*554.0	*2133	*43.79	*8	*37.11	*93.47	*26.67	*8.96	*0.00
% of Calories											*4.5%	*19.8%	*50.0%	*32.1%	*10.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 11/30/2018																
MIDDLE SCHOOL CYCLE 2	Total	2000														
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
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
TURKEY WRAP	1 each	1000	375	63	1240	1.73	3.65	271.1	516	3.11	*1	26.57	23.68	14.88	4.90	*0.17
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																
BURGER SALAD	1/2 cup	1000	16	0	695	1.34	0.46	58.2	1919	6.23	2	0.87	3.32	0.32	0.08	0.00
FRUIT COCKTAIL-LIBBY'S-GLA ZIER	1/2 CUP	1000	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	1000	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	3 EACH	1000	30	0	300	0.00	0.00	0.0	300	0.0	*N/A*	0.0	9.0	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																
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

* - 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)
Weighted Daily Average % of Calories			588	57	1713	6.08	4.36	463.0	2412	*20.63	*15 *10.5%	30.15 20.5%	74.73 50.8%	17.63 27.0%	4.78 7.3%	*0.08 *0.1%
Nutrient Guideline			600-700		1360											<10.00

Weighted Average			640	*58	*1228	*8.08	*5.28	*413.4	*5346	*36.79	*10 *14.6%	*30.92 *19.3%	*87.54 *54.7%	*19.19 *27.0%	*5.89 *8.3%	*0.06 *0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	640		600 - 700	100%				
Cholesterol (mg)	58				Missing			
Sodium 1 (mg)	1228		1360		Missing			
Sodium 2 (mg)	1228		1035		Missing		193	Correction Required - Sodium too High
Fiber (g)	8.08				Missing			
Iron (mg)	5.28				Missing			
Calcium (mg)	413.4				Missing			
Vitamin A (IU)	5346				Missing			
Sugars (g)	10	6.51%			Missing			
Vitamin C (mg)	36.79				Missing			
Protein (g)	30.92	19.31%			Missing			
Carbohydrate (g)	87.54	54.69%			Missing			
Total Fat (g)	19.19	26.97%			Missing			
Saturated Fat (g)	5.89	8.27%	<10.00%		Missing			
Trans Fat ¹ (g)	0.06	0.08%			Missing			

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