

Nutrient Detail Report

District: Manor ISD

School: Blake Manor Elementary

Menu: Elementary Lunch Menu, SY 19-20

Date Range: August 15, 2019 - August 31, 2019



Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Thu - 08/15/2019										
Elementary Lunch Menu, SY 19-20										
		Total	4000							
Nachos W/ Ground Beef & Cheese	1961825	1.00 svg (1.5 oz chips, 2 oz cheese, 1 oz beef)	3500	445.545	18.495	24.907	9.314	0.332	681.774	33.573
Cheese Quesadilla (2 pieces - 96 svgs/case)	1962355	2.00 quesadillas (triangles)	500	320.000	18.000	12.000	6.000	0.000	560.000	32.000
Charro Beans	1944507	1/2 cup	1400	155.906	9.516	0.580	0.108	0.000*	285.128	28.594
Side Salad (1/2 c lettuce, 1/8 c tomato, 1/8 c onion)	1944469	1.00 svg	900	22.875	0.954	0.091	0.021	0.000*	6.279	5.068
Sliced Peaches in Pear Juice	1944381	1/2 cup	2500	57.614	0.000	0.000	0.000	0.000	9.602	13.443
Fresh Banana, Unpeeled (100-120 count)	1310149	1.00 each	2000	121.040	1.482	0.449	0.152	0.000	1.360	31.062
Spanish Rice, 1/2 cup	1944533	1/2 cup	3000	150.500	3.236	4.861	0.575	0.000*	583.771	23.847
Milk, 1% Low Fat, Borden, 1/2 pint	1944613	1.00 each	1100	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	1944753	1.00 carton	2500	110.000	8.000	0.000	0.000	0.000	100.000	19.000

Milk, Fat Free, Skim, White, Borden, 1/2 pint	1944755	1.00 carton	150	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Salsa, Home-Made, Bulk	1945305	2.00 oz	900	14.581	0.653	0.141	0.022	0.000	104.989	3.199
Weighted Daily Average				801.500	32.793	28.107	9.867	0.291*	1337.454	102.687
% of Calories					16.37%	31.56%	11.08%	0.33%*		51.25%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Fri - 08/16/2019										
Elementary Lunch Menu, SY 19-20										
		Total	4000							
Cheese Pizza	1944283	1.00 slice	1150	310.000	21.000	13.000	7.000	0.000	470.000	29.000
Pepperoni Pizza	1944301	1.00 slice	2350	350.000	20.000	16.000	8.000	0.000	680.000	29.000
Yogurt & Cheese Plate	1949691	1.00 each	500	380.000	14.000	15.000	6.500	0.000	540.000	46.000
Garden Side Salad (1/2 c lettuce, 1/8 c tomatoes, 1/8 c carrots)	1944465	1.00 serving	900	16.979	0.762	0.097	0.070	0.000*	15.502	3.692
Celery Sticks (1/2 cup)	1014621	1/2 cup	1000	10.368	0.447	0.110	0.027	0.000	51.839	1.925
Pear Halves in Juice	1944383	1/2 cup	2300	55.478	0.000	0.000	0.000	0.000	4.623	12.945

Apples, Red Delicious (138 Count)	1948063	1.00 apple	2100	95.004	0.473	0.309	0.065	0.000	2.002	25.134
Milk, 1% Low Fat, Borden, 1/2 pint	1944613	1.00 each	1100	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	1944753	1.00 carton	2500	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	1944755	1.00 carton	150	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Ranch, Buttermilk, 200/12 g packets - 2 each	1945461	2.00 packet	1500	140.000	0.000	16.000	2.000	0.000	220.000	0.000
Weighted Daily Average				582.189	27.569	21.912	8.739	0.000*	806.344	68.701
% of Calories					18.94%	33.87%	13.51%	0.00%*		47.20%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Mon - 08/19/2019										
Elementary Lunch Menu, SY 19-20										
		Total	4000							
Mac & Trees	1954777	1.00 cup	700	405.149	19.073	22.486	11.764	0.000	1012.617	34.507
Corn Dog	1944349	1.00 each	2550	240.000	9.000	8.000	2.500	0.000	390.000	30.000
Popcorn Chicken Salad- Elementary	1968108	1.00 salad	750	398.038	27.253	22.664	6.688	0.000*	749.775	22.962

Baby Carrots, 1/2 cup (Fresh)	1070090	1/2 cup	1600	26.460	0.484	0.098	0.017	0.000	58.967	6.229
Garlic Green Beans, 1/2 cup (Frozen)	1954841	1/2 cup	1200	32.745	1.207	1.230	0.533	0.000	77.005	5.211
Cinnamon Apple Bake	1962511	0.50 cup	2600	102.389	0.021	1.862	0.846	0.000*	30.166	21.175
Fresh Oranges, Whole W/ Peel (138 count)	1310151	1.00 each	2000	95.254	1.966	0.454	0.053	0.000	3.024	23.436
Roll, Whole Grain White Wheat, 1.1 oz	1959979	1.00 roll	2600	80.000	3.000	1.000	0.000	0.000	135.000	15.000
Milk, 1% Low Fat, Borden, 1/2 pint	1944613	1.00 each	1100	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	1944753	1.00 carton	2500	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	1944755	1.00 carton	150	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Ranch, Buttermilk, 200/12 g packets - 1 each	1945293	1.00 packet	1600	70.000	0.000	8.000	1.000	0.000	110.000	0.000
Mustard, Heinz/Americana, 500/5.5 g packets - 1 each	1945281	1.00 package	2000	5.000	1.000	0.000	0.000	0.000	85.000	1.000
Ketchup, Low Sodium, Red Gold, 1000/9 gram; as served - 2 each	1945277	1.00 svg (2 packets)	2000	20.000	0.000	0.000	0.000	0.000	50.000	4.000
Weighted Daily Average				624.871	25.688	19.668	6.462	0.000*	935.036	86.881
% of Calories					16.44%	28.33%	9.31%	0.00%*		55.62%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Tue - 08/20/2019										
Elementary Lunch Menu, SY 19-20										
		Total	4000							
Spaghetti and Meat Sauce	1588992	1.00 cup	1900	329.810	20.613	12.725	4.416	0.663	541.541	36.753
Chicken Nuggets, Whole Muscle Whole Grain, Gold Kist	1945455	5.00 nuggets	2100	200.000	17.000	7.000	1.500	0.000	457.000	16.000
Golden Cauliflower, 1/2 c (Fresh)	1949709	0.50 cup	1500	68.528	2.195	4.806	0.765	0.000*	175.509	5.882
Corn, 1/2 c (Frozen)	1944377	1/2 cup	2200	73.164	2.813	1.127	0.301	0.000	205.022	19.014
Sliced Peaches in Pear Juice	1944381	1/2 cup	2200	57.614	0.000	0.000	0.000	0.000	9.602	13.443
Fresh Pear (135 count)	1277520	1.00 each	2000	64.637	0.408	0.159	0.025	0.000	1.134	17.271
Garlic Toast, Whole Grain, Bake Crafters, 1.31 oz	1949701	1.00 slice	3000	90.000	3.000	2.500	0.500	0.000	190.000	15.000
Milk, 1% Low Fat, Borden, 1/2 pint	1944613	1.00 each	1100	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	1944753	1.00 carton	2500	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	1944755	1.00 carton	150	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Ketchup, Low Sodium, Red Gold, 1000/9 gram; as served - 2 each	1945277	1.00 svg (2 packets)	2000	20.000	0.000	0.000	0.000	0.000	50.000	4.000

Weighted Daily Average	568.354	31.040	14.783	4.138	0.315*	950.646	83.425
% of Calories		21.85%	23.41%	6.55%	0.50%*		58.71%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Wed - 08/21/2019										
Elementary Lunch Menu, SY 19-20										
		Total	4000							
Chicken Teriyaki W/ Rice	1959401	1.00 svg (#12 scoop, 1/2 c rice)	1050	249.734	17.900	3.421	1.000	0.000	510.017	35.262
Hot Pocket, Pepperoni	1944565	1.00 each	2300	300.000	17.000	11.000	5.000	0.000	680.000	32.000
Cheese Filled Breadsticks, Bosco, Whole Grain	1944509	2.00 breadsticks	650	300.000	20.000	10.000	5.000	0.000	440.000	34.000
Broccoli, Steamed, 1/2 c (Frozen)	1944485	1/2 cup	1800	55.734	1.144	0.000	0.000	0.000	151.442	8.860
Garden Side Salad (1/2 c lettuce, 1/8 c tomatoes, 1/8 c carrots)	1944465	1.00 serving	1800	16.979	0.762	0.097	0.070	0.000*	15.502	3.692
Mango Caliente Ice, Frozen, 90/case (Rosati)	1965947	1.00 cup	3500	99.000	0.000	0.000	0.000	0.000	15.000	25.000
Fresh Banana, Unpeeled (100-120 count)	1310149	1.00 each	2400	121.040	1.482	0.449	0.152	0.000	1.360	31.062
Milk, 1% Low Fat, Borden, 1/2 pint	1944613	1.00 each	1100	100.000	8.000	2.500	1.500	0.000	125.000	12.000

Milk, Chocolate, Fat Free, Borden 1/2 pint	1944753	1.00 carton	2500	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	1944755	1.00 carton	150	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Weighted Daily Average				578.025	26.971	9.849	4.485	0.000*	787.008	94.967
% of Calories					18.66%	15.33%	6.98%	0.00%*		65.72%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Thu - 08/22/2019										
Elementary Lunch Menu, SY 19-20										
		Total	4000							
Beef Soft Taco	1583372	1.00 taco	2100	255.374	16.314	14.406	7.256	0.332	281.914	16.425
Burrito, Bean & Cheese, Los Cabos , Elementary Campuses	1944529	1.00 burrito	1900	220.000	11.800	6.000	2.500	0.000	360.000	31.000
Pinto Beans (Dry), Cooked, 1/2 cup	1944535	1/2 cup	1700	153.554	9.307	0.825	0.147	0.000*	145.883	27.543
Side Salad (1/2 c lettuce, 1/8 c tomato, 1/8 c onion)	1944469	1.00 svg	900	22.875	0.954	0.091	0.021	0.000*	6.279	5.068
Pear Halves in Juice	1944383	1/2 cup	2200	55.478	0.000	0.000	0.000	0.000	4.623	12.945
Fresh Oranges, Whole W/ Peel (138 count)	1310151	1.00 each	2300	95.254	1.966	0.454	0.053	0.000	3.024	23.436

Spanish Rice, 1/2 cup	1944533	1/2 cup	2400	150.500	3.236	4.861	0.575	0.000*	583.771	23.847
Milk, 1% Low Fat, Borden, 1/2 pint	1944613	1.00 each	1100	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	1944753	1.00 carton	2500	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	1944755	1.00 carton	150	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Salsa, Home-Made, Bulk	1945305	2.00 oz	800	14.581	0.653	0.141	0.022	0.000	104.989	3.199
Weighted Daily Average				586.729	29.043	14.678	5.856	0.174*	859.522	87.363
% of Calories					19.80%	22.51%	8.98%	0.27%*		59.56%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Fri - 08/23/2019										
Elementary Lunch Menu, SY 19-20										
		Total	4000							
Hamburger	194453 7	1.00 burger	100	260.000	23.000	7.000	2.500	0.000	580.000	28.000
Cheeseburger	194453 9	1.00 burger	2200	295.000	26.500	9.000	3.750	0.000	735.000	29.000
Crispy Chicken Burger	194455 5	1.00 Burger	1700	350.000	28.000	11.000	2.000	0.000	600.000	36.000

Burger Salad (1/2 c lettuce, 1/8 c tomatoes, 1/8 c carrots, 1/8 c pickles)	194454 3	1.00 svg	1600	21.028	0.762	0.097	0.070	0.000*	388.096	4.502
Seasoned Potato Wedges, McCain (3 oz svg)	196648 9	3.00 oz	3300	127.653	2.128	4.255	0.532	0.000	148.928	21.275
Fruit Cocktail in Pear Juice	194438 7	1/2 cup	2200	63.220	0.000	0.000	0.000	0.000	10.537	14.751
Apples, Red Delicious (138 Count)	194806 3	1.00 apple	2000	95.004	0.473	0.309	0.055	0.000	2.002	25.134
Milk, 1% Low Fat, Borden, 1/2 pint	194461 3	1.00 each	1100	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	194475 3	1.00 carton	2500	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	194475 5	1.00 carton	150	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Ketchup, Low Sodium, Red Gold, 1000/9 gram; as served - 3 each	194545 9	1.00 svg (3 packets)	3100	30.000	0.000	0.000	0.000	0.000	75.000	6.000
Mustard, Heinz/Americana, 500/5.5 g packets - 1 each	194528 1	1.00 package	1000	5.000	1.000	0.000	0.000	0.000	85.000	1.000
Mayonnaise, Reduced Calorie/Reduced Fat, Flavor Fresh Poly Pouch 200/12 g; as purchased - 1 each	194528 7	1.00 packet	1500	45.000	0.000	4.000	0.500	0.000	80.000	2.000
Weighted Daily Average				654.123	37.097	15.691	4.069	0.000*	1169.588	93.258
% of Calories					22.68%	21.59%	5.60%	0.00%*		57.03%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
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Mon - 08/26/2019										
Elementary Lunch Menu, SY 19-20										
		Total	4000							
Tangerine Chicken W/ Rice	1968106	3.90 oz	1950	294.492	16.956	4.937	1.004	0.000	477.533	46.362
Mini Corn Dogs (40 svgs/case)	1944347	6.00 each	2050	270.000	10.000	12.000	3.500	0.000	410.000	30.000
DILL-icious Carrots 1/2 c (Frozen)	1949711	0.50 cup	2100	28.872	1.127	0.006	0.001	0.000	155.050	6.873
Broccoli, Steamed, 1/2 c (Frozen)	1944485	1/2 cup	2000	55.734	1.144	0.000	0.000	0.000	151.442	8.860
Sliced Peaches in Pear Juice	1944381	1/2 cup	3000	57.614	0.000	0.000	0.000	0.000	9.602	13.443
Apples, Red Delicious (138 Count)	1948063	1.00 apple	2800	95.004	0.473	0.309	0.055	0.000	2.002	25.134
Milk, 1% Low Fat, Borden, 1/2 pint	1944613	1.00 each	1100	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	1944753	1.00 carton	2500	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	1944755	1.00 carton	150	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Ketchup, Low Sodium, Red Gold, 1000/9 gram; as served - 2 each	1945277	1.00 svg (2 packets)	2000	20.000	0.000	0.000	0.000	0.000	50.000	4.000
Mustard, Heinz/Americana, 500/5.5 g packets - 1 each	1945281	1.00 package	1000	5.000	1.000	0.000	0.000	0.000	85.000	1.000
Weighted Daily Average				545.178	22.636	9.464	2.735	0.000	756.460	91.566

% of Calories		16.61%	15.62%	4.51%	0.00%		67.18%
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Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Tue - 08/27/2019										
Elementary Lunch Menu, SY 19-20										
		Total	4000							
Chicken Tenders, Whole Grain 3 ea	1947251	3.00 tenders	2200	260.000	15.000	15.000	2.500	0.000	390.000	16.000
Steak Fingers, Whole Grain, Advance Pierre (160ea/case)	1958631	4.00 fingers	1800	320.000	16.000	21.000	6.000	0.000	510.000	15.000
Mashed Potatoes	1944551	1/2 cup	3200	100.985	2.081	1.527	0.001	0.000	443.608	18.192
Garden Side Salad (1/2 c lettuce, 1/8 c tomatoes, 1/8 c carrots)	1944465	1.00 serving	800	16.979	0.762	0.097	0.070	0.000*	15.502	3.692
Blueberry Crisp	1962473	0.50 cup	2000	197.320	2.541	6.923	2.651	0.000*	56.524	33.278
Fresh Pear (135 count)	1277520	1.00 each	1800	64.637	0.408	0.159	0.025	0.000	1.134	17.271
Breadsticks, Whole Grain, Rich's, 2 each	1944517	2.00 each	2700	160.000	6.000	2.000	0.000	0.000	200.000	29.000
Milk, 1% Low Fat, Borden, 1/2 pint	1944613	1.00 each	1100	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	1944753	1.00 carton	2500	110.000	8.000	0.000	0.000	0.000	100.000	19.000

Milk, Fat Free, Skim, White, Borden, 1/2 pint	1944755	1.00 carton	150	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Ketchup, Low Sodium, Red Gold, 1000/9 gram; as served - 2 each	1945277	1.00 svg (2 packets)	2900	20.000	0.000	0.000	0.000	0.000	50.000	4.000
Ranch, Buttermilk, 200/12 g packets - 1 each	1945293	1.00 packet	800	70.000	0.000	8.000	1.000	0.000	110.000	0.000
Weighted Daily Average				734.680	30.271	26.112	6.039	0.000*	1125.572	93.353
% of Calories					16.48%	31.99%	7.40%	0.00%*		50.83%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Wed - 08/28/2019										
Elementary Lunch Menu, SY 19-20										
		Total	4000							
Mexican Ground Beef and WG Macaroni	1958105	³ / ₄ cup/2-#10 scoops	1700	269.462	17.635	11.978	5.000	0.000*	603.028	24.599
Mozzarella Cheese Sticks, Whole Grain, Reduced Sodium, Rich's, 5 each	1949679	5.00 each	2300	401.569	19.075	20.078	8.031	0.502	421.647	36.141
Garlic Green Beans, 1/2 cup (Frozen)	1954841	¹ / ₂ cup	1000	32.745	1.207	1.230	0.533	0.000	77.005	5.211
Baked Yellow Squash Rounds	1966429	¹ / ₂ cup	1000	36.041	3.201	1.681	1.045	0.000	386.711	3.875
Marinara Sauce, Homemade, 1/4 cup	1944567	¹ / ₄ cup	600	39.425	0.548	2.710	0.376	0.000*	103.965	3.740

Tropical Fruit Mix, Light Syrup, 6/#10 cans, 106oz	1968755	0.50 cup	2200	78.053	0.976	0.000	0.000	0.000	0.000	20.489
Fresh Oranges, Whole W/ Peel (138 count)	1310151	1.00 each	2000	95.254	1.966	0.454	0.053	0.000	3.024	23.436
Milk, 1% Low Fat, Borden, 1/2 pint	1944613	1.00 each	1100	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	1944753	1.00 carton	2500	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	1944755	1.00 carton	150	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Weighted Daily Average				558.340	28.667	18.684	7.633	0.289*	733.332	72.680
% of Calories					20.54%	30.12%	12.30%	0.47%*		52.07%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Thu - 08/29/2019										
Elementary Lunch Menu, SY 19-20										
		Total	4000							
Cheese Enchiladas W/ Ground Beef Topping - Elementary	1950553	1.00 enchilada	3000	193.447	9.139	10.388	5.039	0.000*	336.078	15.586
Beef Soft Taco	1583372	1.00 taco	1000	255.374	16.314	14.406	7.256	0.332	281.914	16.425
Black Beans, Low Sodium, Canned 1/2 c	1944757	1/2 cup	800	240.816	14.726	1.042	0.145	0.000*	273.042	41.397

Jicama Sticks 1/2 cup (Fresh)	1014704	1/2 cup	2000	39.195	0.850	0.027	0.003	0.000	29.448	9.728
Fruit Cocktail in Pear Juice	1944387	1/2 cup	2100	63.220	0.000	0.000	0.000	0.000	10.537	14.751
Fresh Banana, Unpeeled (100-120 count)	1310149	1.00 each	2100	121.040	1.482	0.449	0.152	0.000	1.360	31.062
Spanish Rice, 1/2 cup	1944533	1/2 cup	2600	150.500	3.236	4.861	0.575	0.000*	583.771	23.847
Milk, 1% Low Fat, Borden, 1/2 pint	1944613	1.00 each	1100	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	1944753	1.00 carton	2500	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	1944755	1.00 carton	150	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Salsa, Home-Made, Bulk	1945305	2.00 oz	900	14.581	0.653	0.141	0.022	0.000	104.989	3.199
Weighted Daily Average				573.782	24.831	15.729	6.495	0.083*	902.752	84.836
% of Calories					17.31%	24.67%	10.19%	0.13%*		59.14%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Fri - 08/30/2019										
Elementary Lunch Menu, SY 19-20										
		Total	4000							

Cheese Pizza	1944283	1.00 slice	1200	310.000	21.000	13.000	7.000	0.000	470.000	29.000
Pepperoni Pizza	1944301	1.00 slice	2350	350.000	20.000	16.000	8.000	0.000	680.000	29.000
Chicken Alfredo W/ A Twist	1944549	1.00 cup	450	336.875	27.768	9.370	3.635	0.000	681.314	37.502
Garden Side Salad (1/2 c lettuce, 1/8 c tomatoes, 1/8 c carrots)	1944465	1.00 serving	800	16.979	0.762	0.097	0.070	0.000*	15.502	3.692
Celery Sticks (1/2 cup)	1014621	1/2 cup	1200	10.368	0.447	0.110	0.027	0.000	51.839	1.925
Mandarin Oranges in Pear Juice	1944385	1/2 cup	2200	54.146	0.902	0.000	0.000	0.000	9.024	12.634
Fresh Pear (135 count)	1277520	1.00 each	1900	64.637	0.408	0.159	0.025	0.000	1.134	17.271
Milk, 1% Low Fat, Borden, 1/2 pint	1944613	1.00 each	1100	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	1944753	1.00 carton	2500	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	1944755	1.00 carton	150	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Ranch, Buttermilk, 200/12 g packets - 1 each	1945293	1.00 packet	1500	70.000	0.000	8.000	1.000	0.000	110.000	0.000
Weighted Daily Average				529.013	29.650	18.170	8.030	0.000*	784.114	62.050
% of Calories					22.42%	30.91%	13.66%	0.00%*		46.92%

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	611.399		550/650	Pass		
Protein (g)	28.855	18.88%				
Total Fat (g)	17.737	26.11%				
Saturated Fat (g)	6.212	9.14%	<10	Pass		
Trans Fat (g)	0.096*					
Sodium (mg)	928.986		≤ 1230	Pass		
Carbohydrates (g)	85.147	55.71%				

* = Indicates missing Nutrient Information.

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