

# Nutrient Detail Report

District: Manor ISD

School: Blake Manor Elementary

Menu: Elementary Lunch Menu, SY 19-20

Date Range: September 03, 2019 - September 30, 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)
Tue - 09/03/2019										
Elementary Lunch Menu, SY 19-20										
		Total	4000							
Pizza Cheese Cruncher, Whole Grain, 4 each	1949693	4.00 each	2200	400.446	19.021	19.021	8.009	0.000	800.892	40.045
Baked Potato W/ Chili, Cheese & Corn Bread	1968109	1.00 svg	1800	535.766	25.278	20.267	7.920	0.512	390.992	65.601
Broccoli, Steamed, 1/2 c (Frozen)	1944485	1/2 cup	1900	55.734	1.144	0.000	0.000	0.000	151.442	8.860
Baby Carrots, 1/2 cup (Fresh)	1070090	1/2 cup	2200	26.460	0.484	0.098	0.017	0.000	58.967	6.229
Pineapple tidbits in natural juice	1944403	1/2 cups	2300	77.317	0.966	0.000	0.000	0.000	9.665	21.262
Fresh Oranges, Whole W/ Peel (138 count)	1310151	1.00 each	2500	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

Ranch, Buttermilk, 200/12 g packets - 1 each	1945293	1.00 packet	2200	70.000	0.000	8.000	1.000	0.000	110.000	0.000
Weighted Daily Average				744.108	31.930	25.007	8.974	0.230	890.314	101.678
% of Calories					17.16%	30.25%	10.85%	0.28%		54.66%

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 - 09/04/2019										
Elementary Lunch Menu, SY 19-20										
		Total	4000							
Chicken Spaghetti	1944573	3/4 cup	800	284.010	20.554	6.299	1.385	0.000*	636.034	39.510
Lasagna, Turkey & Cheese, Whole Grain Rollup	1944487	1.00 piece	1800	293.333	17.778	9.889	4.500	0.000*	574.642	33.667
Fish Sticks, Baja, Whole Grain	1944479	4.00 sticks	400	220.000	15.000	10.000	2.000	0.000	460.000	18.000
Zucchini Parmesan, 1/2 cup (Fresh)	1958045	1/2 cup	1500	113.292	6.377	4.233	1.873	0.000*	221.560	13.255
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
Mandarin Oranges in Pear Juice	1944385	1/2 cup	2300	54.146	0.902	0.000	0.000	0.000	9.024	12.634
Apples, Red Delicious (138 Count)	1948063	1.00 apple	2200	95.004	0.473	0.309	0.055	0.000	2.002	25.134

Garlic Toast, Whole Grain, Bake Crafters, 1.31 oz	1949701	1.00 slice	2800	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)	400	20.000	0.000	0.000	0.000	0.000	50.000	4.000
Tartar Sauce, Americana 200/9 g packets - 1 each	1945289	1.00 package	400	20.000	0.000	1.500	0.000	0.000	85.000	1.000
Weighted Daily Average				511.109	26.683	11.362	4.130	0.000*	788.484	78.839
% of Calories					20.88%	20.01%	7.27%	0.00%*		61.70%

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 - 09/05/2019										
Elementary Lunch Menu, SY 19-20										
		Total	4000							
Chicken Fajitas W/ Cheese - Elementary	1944579	1.00 taco	1600	253.377	19.744	12.026	6.385	0.000	605.125	17.361
Crispito, Chicken Chili, WG (72/case)	1962435	1.00 crispito	2400	272.243	12.100	14.116	3.025	0.000	373.074	23.191

Refried Beans, 1/2 c (Canned)	1944379	1/2 cup	1600	142.474	8.141	1.527	0.509	0.000	438.192	24.424
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
Fruit Cocktail in Pear Juice	1944387	1/2 cup	2500	63.220	0.000	0.000	0.000	0.000	10.537	14.751
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	2500	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	1300	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	2700	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	175	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
Cheese Sauce/Queso Recipe	1962317	2.00 ounces	2000	145.714	8.190	11.381	6.333	0.000	470.000	2.381
Weighted Daily Average				706.951	33.968	23.705	8.671	0.000*	1384.298	90.504
% of Calories					19.22%	30.18%	11.04%	0.00%*		51.21%

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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Fri - 09/06/2019										
Elementary Lunch Menu, SY 19-20										
		Total	4000							
Hamburger	194453 7	1.00 burger	80	260.000	23.000	7.000	2.500	0.000	580.000	28.000
Cheeseburger	194453 9	1.00 burger	2670	295.000	26.500	9.000	3.750	0.000	735.000	29.000
Crispy Chicken Burger	194455 5	1.00 Burger	1250	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	1800	21.028	0.762	0.097	0.070	0.000*	388.096	4.502
Sweet Potato Fries, Simplot 3/8" Crinkle Cut	195504 1	2.13 oz	2300	100.424	1.004	5.021	1.004	0.000	95.403	12.051
Cinnamon Apple Bake	196251 1	0.50 cup	2100	102.389	0.021	1.862	0.846	0.000*	30.166	21.175
Fresh Oranges, Whole W/ Peel (138 count)	131015 1	1.00 each	2100	95.254	1.966	0.454	0.053	0.000	3.024	23.436
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)	3200	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	1000	45.000	0.000	4.000	0.500	0.000	80.000	2.000

Weighted Daily Average	618.206	36.612	15.419	4.796	0.000*	1139.450	84.719
% of Calories		23.69%	22.45%	6.98%	0.00%*		54.82%

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 - 09/09/2019										
Elementary Lunch Menu, SY 19-20										
		Total	4000							
Sloppy Joe on a Bun	1633357	1.00 sandwich	535	356.639	24.329	13.850	4.982	0.673*	502.868	36.549
Turkey Hot Dog	1944547	1.00 each	2680	229.366	11.963	10.952	3.984	0.000	796.673	24.979
Turkey & Cheese Sub Sandwich	1963585	1.00 sandwich	785	282.245	25.736	6.827	3.163	0.000	890.173	31.913
Garlic Green Beans, 1/2 cup (Frozen)	1954841	1/2 cup	1800	32.745	1.207	1.230	0.533	0.000	77.005	5.211
Fries, French Crinkle cut	1944359	2.11 oz	3500	90.585	1.006	3.019	0.503	0.000	115.747	15.097
Mandarin Oranges in Pear Juice	1944385	1/2 cup	2200	54.146	0.902	0.000	0.000	0.000	9.024	12.634
Apples, Red Delicious (138 Count)	1948063	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	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 - 3 each	1945459	1.00 svg (3 packets)	3300	30.000	0.000	0.000	0.000	0.000	75.000	6.000
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				553.296	26.226	14.567	5.076	0.090*	1102.309	83.783
% of Calories					18.96%	23.70%	8.26%	0.15%*		60.57%

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 - 09/10/2019										
Elementary Lunch Menu, SY 19-20										
		Total	4000							
Cheesy Chicken Over Rice	1944477	1.00 svg (1/2 C cheesy chick, 1/2 C rice)	1900	303.629	18.183	12.942	5.368	0.000*	351.723	28.167
Cheese Ravioli, Whole Grain, Jumbo, Tasty Brands, 3 each	1949675	3.00 each	2100	255.606	15.856	6.927	3.000	0.000	510.004	35.120
DILL-icious Carrots 1/2 c (Frozen)	1949711	0.50 cup	1000	28.872	1.127	0.006	0.001	0.000	155.050	6.873
Corn, 1/2 c (Frozen)	1944377	1/2 cup	2000	73.164	2.813	1.127	0.301	0.000	205.022	19.014

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	0.000	20.489
Fresh Oranges, Whole W/ Peel (138 count)	1310151	1.00 each	2100	95.254	1.966	0.454	0.053	0.000	0.000	3.024	23.436
Dinner Roll, Whole Grain, Rich's 1.25 oz.	1944489	1.00 roll	3000	80.000	3.000	1.500	0.000	0.000	0.000	70.000	14.000
Milk, 1% Low Fat, Borden, 1/2 pint	1944613	1.00 each	1100	100.000	8.000	2.500	1.500	0.000	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	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	0.000	125.000	12.000
Weighted Daily Average				574.404	29.969	12.400	4.716	0.000*		731.744	92.740
% of Calories					20.87%	19.43%	7.39%	0.00%*			64.58%

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 - 09/11/2019										
Elementary Lunch Menu, SY 19-20										
		Total	4000							
Chicken Drumstick, Mesquite Glazed, Tyson (105/case)	1958629	1.00 drumstick	1700	194.397	16.408	11.000	2.500	0.000	475.745	8.538
Chicken Nuggets, Whole Muscle Whole Grain, Gold Kist	1945455	5.00 nuggets	2300	200.000	17.000	7.000	1.500	0.000	457.000	16.000



Mashed Potatoes	1944551	1/2 cup	3500	100.985	2.081	1.527	0.001	0.000	443.608	18.192
Broccoli, Steamed, 1/2 c (Frozen)	1944485	1/2 cup	1000	55.734	1.144	0.000	0.000	0.000	151.442	8.860
Applesauce in Apple Juice	1944391	1/2 cup	2400	67.747	0.000	0.000	0.000	0.000	0.000	17.421
Fresh Pear (135 count)	1277520	1.00 each	1800	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)	2300	20.000	0.000	0.000	0.000	0.000	50.000	4.000
Weighted Daily Average				547.899	28.789	12.670	2.725	0.000	1164.307	78.361
% of Calories					21.02%	20.81%	4.48%	0.00%		57.21%

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 - 09/12/2019										
Elementary Lunch Menu, SY 19-20										

		Total	4000							
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
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
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 - 09/13/2019										
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	0.055	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
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 - 09/16/2019										
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 - 09/17/2019										
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 - 09/18/2019										
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 - 09/19/2019										
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 - 09/20/2019										
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)
Mon - 09/23/2019										
Elementary Lunch Menu, SY 19-20										
		Total	4000							
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
Tangerine Chicken W/ Rice	1968106	3.90 oz	1950	294.492	16.956	4.937	1.004	0.000	477.533	46.362
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%

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 - 09/24/2019										
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 - 09/25/2019										
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%
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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)
Thu - 09/26/2019										
Elementary Lunch Menu, SY 19-20										
		Total	4000							
Chicken Tomatillo Tamale, Padrino Foods (100/case)	1968803	1.00 tamale	1000	223.000	10.000	11.000	2.000	0.000	479.000	22.000
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
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				565.688	23.253	14.878	5.181	0.000*	952.023	86.230
% of Calories					16.44%	23.67%	8.24%	0.00%*		60.97%

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 - 09/27/2019										
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%

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 - 09/30/2019										
Elementary Lunch Menu, SY 19-20										
		Total	4000							
Frito Pie (Elementary & Middle)	1954849	1.00 svg	2100	361.496	20.620	21.097	7.964	0.512	420.342	24.112
Grilled Cheese Sticks (White Bread)	1954831	3.00 sticks	1900	295.000	16.500	14.700	7.250	0.000	732.000	27.000
Garden Side Salad (1/2 c lettuce, 1/8 c tomatoes, 1/8 c carrots)	1944465	1.00 serving	1600	16.979	0.762	0.097	0.070	0.000*	15.502	3.692



Corn, 1/2 c (Frozen)	1944377	1/2 cup	2200	73.164	2.813	1.127	0.301	0.000	205.022	19.014
Marinara Sauce, Homemade, 1/4 cup	1944567	1/4 cup	800	39.425	0.548	2.710	0.376	0.000*	103.965	3.740
Sliced Peaches in Pear Juice	1944381	1/2 cup	2400	57.614	0.000	0.000	0.000	0.000	9.602	13.443
Mango Caliente Ice, Frozen, 90/case (Rosati)	1965947	1.00 cup	2500	99.000	0.000	0.000	0.000	0.000	15.000	25.000
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
Weighted Daily Average				580.521	28.125	19.947	8.306	0.269*	824.834	77.482
% of Calories					19.38%	30.92%	12.88%	0.42%*		53.39%

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	608.259		550/650	Pass		
Protein (g)	29.349	19.30%				
Total Fat (g)	17.354	25.68%				
Saturated Fat (g)	6.031	8.92%	<10	Pass		
Trans Fat (g)	0.083*					
Sodium (mg)	961.142		≤ 1230	Pass		

Carbohydrates (g)	85.563	56.27%				
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\* = Indicates missing Nutrient Information.

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