

Nutrient Detail Report

District: Manor ISD

School: Manor High School

Menu: High Schools Lunch 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										
High Schools Lunch SY 19-20										
		Total	1525							
Nachos W/ Ground Beef & Cheese & Spanish Rice - NTH, MHS, MEA 9-12	19618 27	1.00 svg (1.5 oz chips, 2 oz cheese, 1 oz beef, 1/2 c rice)	1445	596.045	21.731	29.768	9.889	0.332	1265.545	57.420
Beef Crispy Tacos W/ Cheese & Spanish Rice- NTH, MHS, MEA 9-12	19452 47	2.00 tacos w/ 1 oz cheese, 1/2 c rice	50	550.249	26.777	30.598	9.543	0.664	825.477	43.685
Crispy Spicy Chicken Salad W/ Rotini	19659 37	1.00 salad	30	424.204	32.845	15.193	2.903	0.000*	726.967	41.920
Charro Beans	19445 07	1/2 cup	1000	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)	19444 69	1.00 svg	375	22.875	0.954	0.091	0.021	0.000*	6.279	5.068
Sliced Peaches in Pear Juice	19443 81	1/2 cup	1200	57.614	0.000	0.000	0.000	0.000	9.602	13.443
Fresh Banana, Unpeeled (100-120 count)	13101 49	1.00 each	800	121.040	1.482	0.449	0.152	0.000	1.360	31.062
Milk, 1% Low Fat, Borden, 1/2 pint	19446 13	1.00 each	350	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	19447 53	1.00 carton	900	110.000	8.000	0.000	0.000	0.000	100.000	19.000

Milk, Fat Free, Skim, White, Borden, 1/2 pint	19447 55	1.00 carton	100	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Salsa, Home-Made, Bulk	19453 05	2.00 oz	500	14.581	0.653	0.141	0.022	0.000	104.989	3.199
Jalapeno Peppers, Sliced, Canned	19581 03	1.00 oz	300	9.800	0.000	0.000	0.000	0.000	244.996	0.980
Weighted Daily Average				907.677	36.663	30.767	10.247	0.336*	1615.824	119.530
% of Calories					16.16%	30.51%	10.16%	0.33%*		52.68%

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										
High Schools Lunch SY 19-20										
		Total	1525							
Meatloaf W/ Breadsticks - NTH, MHS	19467 05	1.00 slice w/ 2 breadsticks	225	381.623	22.816	14.859	4.760	0.660*	489.825	38.493
Chicken Nuggets W/ Breadsticks - MHS, NTH	19467 07	5.00 nuggets w/ 2 breadsticks	700	360.000	23.000	9.000	1.500	0.000	657.000	45.000
Fish Sticks W/ 2 Breadsticks- NTH, MEA	19480 37	4.00 sticks w/ 2 breadsticks	120	380.000	21.000	12.000	2.000	0.000	660.000	47.000
Hamburger	19445 37	1.00 burger	15	260.000	23.000	7.000	2.500	0.000	580.000	28.000
Cheeseburger	19445 39	1.00 burger	175	295.000	26.500	9.000	3.750	0.000	735.000	29.000

Spicy Crispy Chicken Burger on Whole Grain Bun	19447 61	1.00 burger	280	350.000	28.000	12.000	2.500	0.000	640.000	36.000
Cheesy Fish Burger	19445 57	1.00 burger	10	365.000	26.500	12.000	3.750	0.000	745.000	42.000
Mashed Potatoes	19445 51	1/2 cup	1400	100.985	2.081	1.527	0.001	0.000	443.608	18.192
Sweet Potato Fries, Simplot 3/8" Crinkle Cut	19550 41	2.13 oz	1100	100.424	1.004	5.021	1.004	0.000	95.403	12.051
Burger Salad (1/2 c lettuce, 1/8 c tomatoes, 1/8 c carrots, 1/8 c pickles)	19445 43	1.00 svg	400	21.028	0.762	0.097	0.070	0.000*	388.096	4.502
Pear Halves in Juice	19443 83	1/2 cup	1000	55.478	0.000	0.000	0.000	0.000	4.623	12.945
Apples, Red Delicious (138 Count)	19480 63	1.00 apple	800	95.004	0.473	0.309	0.055	0.000	2.002	25.134
Sherbet, Variety, 4 oz Cups	19447 99	1.00 each	1100	110.000	1.000	1.500	1.000	0.000	20.000	23.000
Milk, 1% Low Fat, Borden, 1/2 pint	19446 13	1.00 each	350	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	19447 53	1.00 carton	900	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	19447 55	1.00 carton	100	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	19454 59	1.00 svg (3 packets)	900	30.000	0.000	0.000	0.000	0.000	75.000	6.000
Mustard, Heinz/Americana, 500/5.5 g packets - 1 each	19452 81	1.00 package	400	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	19452 87	1.00 packet	400	45.000	0.000	4.000	0.500	0.000	80.000	2.000

Tartar Sauce, Americana 200/9 g packets - 1 each	19452 89	1.00 package	20	20.000	0.000	1.500	0.000	0.000	85.000	1.000
Weighted Daily Average				814.936	35.306	18.587	4.456	0.097*	1419.143	124.455
% of Calories					17.33%	20.53%	4.92%	0.11%*		61.09%

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										
High Schools Lunch SY 19-20										
		Total	1525							
Chicken Pot Pie (Pastry Crust) W/ Roll - NTH, MHS	195159 9	1.00 portion/1 cup w/ 1 roll	275	450.363	21.815	15.872	5.292	0.000	733.765	54.239
Sriracha Honey Chicken W/ Rice & Veggie Egg Roll	195706 5	1.00 svg (3.9 oz chick, 1 egg roll, 0.5 c rice)	400	455.220	18.990	10.464	2.007	0.000	729.638	67.424
Wild Mikes Cheese Bites	196851 8	4.00 bites	375	283.495	16.200	12.150	4.050	0.000	546.740	28.349
Cheese Pizza	194428 3	1.00 slice	75	310.000	21.000	13.000	7.000	0.000	470.000	29.000
Pepperoni Pizza	194430 1	1.00 slice	275	350.000	20.000	16.000	8.000	0.000	680.000	29.000
Supreme Pizza	194427 7	1.00 slice	125	370.000	20.000	18.000	8.000	0.000	770.000	30.000
Broccoli, Roasted, Spicy, 1/2 c (Fresh)	194969 5	0.50 cup cooked	700	69.540	2.580	4.657	0.632	0.000*	77.237	6.136

Garden Side Salad (1/2 c lettuce, 1/8 c tomatoes, 1/8 c carrots)	194446 5	1.00 serving	400	16.979	0.762	0.097	0.070	0.000*	15.502	3.692
Marinara Sauce, Homemade, 1/4 cup	194456 7	1/4 cup	375	39.425	0.548	2.710	0.376	0.000*	103.965	3.740
Cinnamon Apple Bake	1962511	0.50 cup	1000	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	1000	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	350	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	900	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	100	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Jalapeno Peppers, Sliced, Canned	195810 3	1.00 oz	200	9.800	0.000	0.000	0.000	0.000	244.996	0.980
Ranch, Buttermilk, 200/12 g packets - 2 each	194546 1	2.00 packet	400	140.000	0.000	16.000	2.000	0.000	220.000	0.000
Weighted Daily Average				685.807	29.081	22.713	6.779	0.000*	939.581	92.392
% of Calories					16.96%	29.81%	8.90%	0.00%*		53.89%

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										
High Schools Lunch SY 19-20										

		Total	1525							
Popcorn Chicken Bowl W/ Roll	19548 11	1.00 each	605	666.057	32.254	25.161	6.573	0.000	1543.459	84.991
Steak Fingers W/ Dinner Roll	19687 39	4.00 steak fingers w/ dinner roll	600	470.000	21.000	23.000	6.000	0.000	780.000	45.000
Hamburger	19445 37	1.00 burger	20	260.000	23.000	7.000	2.500	0.000	580.000	28.000
Cheeseburger	19445 39	1.00 burger	40	295.000	26.500	9.000	3.750	0.000	735.000	29.000
Spicy Crispy Chicken Burger on Whole Grain Bun	19447 61	1.00 burger	200	350.000	28.000	12.000	2.500	0.000	640.000	36.000
Cheesy Fish Burger	19445 57	1.00 burger	10	365.000	26.500	12.000	3.750	0.000	745.000	42.000
Hummus Platter	19548 13	1.00 each	50	382.692	19.508	12.183	2.944	0.000	873.382	49.531
Zucchini Parmesan, 1/2 cup (Fresh)	19580 45	1/2 cup	600	113.292	6.377	4.233	1.873	0.000*	221.560	13.255
Mashed Potatoes	19445 51	1/2 cup	1400	100.985	2.081	1.527	0.001	0.000	443.608	18.192
Burger Salad (1/2 c lettuce, 1/8 c tomatoes, 1/8 c carrots, 1/8 c pickles)	19445 43	1.00 svg	300	21.028	0.762	0.097	0.070	0.000*	388.096	4.502
Sliced Peaches in Pear Juice	19443 81	1/2 cup	1000	57.614	0.000	0.000	0.000	0.000	9.602	13.443
Fresh Pear (135 count)	12775 20	1.00 each	700	64.637	0.408	0.159	0.025	0.000	1.134	17.271
Milk, 1% Low Fat, Borden, 1/2 pint	19446 13	1.00 each	350	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	19447 53	1.00 carton	900	110.000	8.000	0.000	0.000	0.000	100.000	19.000

Milk, Fat Free, Skim, White, Borden, 1/2 pint	19447 55	1.00 carton	100	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Turkey Gravy, Low Sodium, Made W/ Whole Grain, Pioneer	19524 79	2.00 oz	500	20.000	0.000	0.500	0.000	0.000	141.778	3.000
Ketchup, Low Sodium, Red Gold, 1000/9 gram; as served - 2 each	19452 77	1.00 svg (2 packets)	400	20.000	0.000	0.000	0.000	0.000	50.000	4.000
Mustard, Heinz/Americana, 500/5.5 g packets - 1 each	19452 81	1.00 package	200	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	19452 87	1.00 packet	200	45.000	0.000	4.000	0.500	0.000	80.000	2.000
Tartar Sauce, Americana 200/9 g packets - 1 each	19452 89	1.00 package	10	20.000	0.000	1.500	0.000	0.000	85.000	1.000
Weighted Daily Average				841.621	38.510	25.842	6.721	0.000*	1818.828	115.902
% of Calories					18.30%	27.63%	7.19%	0.00%*		55.09%

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										
High Schools Lunch SY 19-20										
		Total	1525							
Chicken Spaghetti W/ Garlic Toast - NTH/MHS	1950335	³ / ₄ cup w/ garlic toast	325	370.366	23.412	8.779	1.885	0.000*	826.034	53.680
Lasagna, Turkey & Cheese W/ Garlic Toast - NTH, MHS, MEA	1949967	1.00 piece w/ 1 toast	365	383.333	20.778	12.389	5.000	0.000	764.642	48.667

Loaded Baked Potato W/ Cornbread	1968752	1.00 Potato w/ Corn bread	350	606.804	23.869	21.106	5.829	0.000	724.336	83.502
Cheese Pizza	1944283	1.00 slice	75	310.000	21.000	13.000	7.000	0.000	470.000	29.000
Pepperoni Pizza	1944301	1.00 slice	310	350.000	20.000	16.000	8.000	0.000	680.000	29.000
Supreme Pizza	1944277	1.00 slice	100	370.000	20.000	18.000	8.000	0.000	770.000	30.000
Garden Side Salad (1/2 c lettuce, 1/8 c tomatoes, 1/8 c carrots)	1944465	1.00 serving	450	16.979	0.762	0.097	0.070	0.000*	15.502	3.692
DILL-icious Carrots 1/2 c (Frozen)	1949711	0.50 cup	700	28.872	1.127	0.006	0.001	0.000	155.050	6.873
Mandarin Oranges in Pear Juice	1944385	1/2 cup	1000	54.146	0.902	0.000	0.000	0.000	9.024	12.634
Fresh Banana, Unpeeled (100-120 count)	1310149	1.00 each	1100	121.040	1.482	0.449	0.152	0.000	1.360	31.062
Vanilla Pudding	1944363	1/2 cup	900	134.365	0.000	3.101	0.000	0.000	206.715	25.839
Milk, 1% Low Fat, Borden, 1/2 pint	1944613	1.00 each	350	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	900	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	100	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Jalapeno Peppers, Sliced, Canned	1958103	1.00 oz	400	9.800	0.000	0.000	0.000	0.000	244.996	0.980
Ranch, Buttermilk, 200/12 g packets - 2 each	1945461	2.00 packet	550	140.000	0.000	16.000	2.000	0.000	220.000	0.000

Weighted Daily Average	787.152	31.335	23.282	6.628	0.000*	1181.276	116.736
% of Calories		15.92%	26.62%	7.58%	0.00%*		59.32%

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										
High Schools Lunch SY 19-20										
		Total	1525							
Cheese Enchiladas W/ Ground Beef Topping & Spanish Rice - NTH, MHS	1950555	2.00 enchilada w/ 1/2 c rice	1055	539.801	21.607	25.652	10.655	0.000*	1256.941	55.551
Burrito, Macho Chili Cheese w/ Spanish Rice	1965933	1.00 burrito w/ 1/2 cup of rice	405	470.500	20.236	19.861	6.575	0.000	1023.771	55.847
Garden Veggie Salad W/ Flatbread	1968740	1.00 salad w/ flatbread	65	461.450	28.928	19.726	6.271	0.000*	925.525	43.150
Black Beans, Low Sodium, Canned 1/2 c	1944757	1/2 cup	700	240.816	14.726	1.042	0.145	0.000*	273.042	41.397
Jicama Sticks 1/2 cup (Fresh)	1014704	1/2 cup	900	39.195	0.850	0.027	0.003	0.000	29.448	9.728
Pear Halves in Juice	1944383	1/2 cup	900	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	1000	95.254	1.966	0.454	0.053	0.000	3.024	23.436
Gelatin	1944805	1/2 cup	1000	80.046	1.001	0.000	0.000	0.000	123.414	18.010

Milk, 1% Low Fat, Borden, 1/2 pint	1944613	1.00 each	350	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	900	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	100	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
Jalapeno Peppers, Sliced, Canned	1958103	1.00 oz	300	9.800	0.000	0.000	0.000	0.000	244.996	0.980
Weighted Daily Average				902.110	38.186	25.301	9.843	0.000*	1608.413	131.286
% of Calories					16.93%	25.24%	9.82%	0.00%*		58.21%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Fri - 08/23/2019										
High Schools Lunch SY 19-20										
		Total	1525							
BBQ Pulled Pork Sandwich on Bun	19625 89	1.00 sandwich	300	332.349	20.281	13.259	4.594	0.000	702.083	34.218
Chicken Drumstick W/ Breadsticks	19605 63	1.00 drumstick w/ 2 breadsticks	500	354.397	22.408	13.000	2.500	0.000	675.745	37.538
Hamburger	19445 37	1.00 burger	15	260.000	23.000	7.000	2.500	0.000	580.000	28.000

Cheeseburger	19445 39	1.00 burger	60	295.000	26.500	9.000	3.750	0.000	735.000	29.000
Spicy Crispy Chicken Burger on Whole Grain Bun	19447 61	1.00 burger	225	350.000	28.000	12.000	2.500	0.000	640.000	36.000
Cheesy Fish Burger	19445 57	1.00 burger	10	365.000	26.500	12.000	3.750	0.000	745.000	42.000
Classic Coleslaw	19540 25	1/2 cup	500	45.306	0.751	1.660	0.217	0.000*	61.562	6.481
Seasoned Potato Wedges, McCain (3 oz svg)	19664 89	3.00 oz	1400	127.653	2.128	4.255	0.532	0.000	148.928	21.275
Burger Salad (1/2 c lettuce, 1/8 c tomatoes, 1/8 c carrots, 1/8 c pickles)	19445 43	1.00 svg	300	21.028	0.762	0.097	0.070	0.000*	388.096	4.502
Pickles, Sliced (for BBQ)	19659 53	0.50 oz	450	2.500	0.000	0.000	0.000	0.000	230.000	0.500
Onions, Sliced (for BBQ)	19659 51	0.13 cup	200	5.750	0.158	0.014	0.006	N/A*	0.575	1.343
Fruit Cocktail in Pear Juice	19443 87	1/2 cup	900	63.220	0.000	0.000	0.000	0.000	10.537	14.751
Apples, Red Delicious (138 Count)	19480 63	1.00 apple	1000	95.004	0.473	0.309	0.055	0.000	2.002	25.134
Sherbet, Variety, 4 oz Cups	19447 99	1.00 each	1100	110.000	1.000	1.500	1.000	0.000	20.000	23.000
Milk, 1% Low Fat, Borden, 1/2 pint	19446 13	1.00 each	350	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	19447 53	1.00 carton	900	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	19447 55	1.00 carton	100	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	19454 59	1.00 svg (3 packets)	1000	30.000	0.000	0.000	0.000	0.000	0.000	75.000	6.000
Mustard, Heinz/Americana, 500/5.5 g packets - 1 each	19452 81	1.00 package	500	5.000	1.000	0.000	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	19452 87	1.00 packet	200	45.000	0.000	4.000	0.500	0.000	0.000	80.000	2.000
Tartar Sauce, Americana 200/9 g packets - 1 each	19452 89	1.00 package	10	20.000	0.000	1.500	0.000	0.000	0.000	85.000	1.000
Weighted Daily Average				686.856	27.722	16.007	4.030	0.000*		1000.758	109.970
% of Calories					16.14%	20.97%	5.28%	0.00%*			64.04%

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 - 08/26/2019										
High Schools Lunch SY 19-20										
		Total	1525							
Grilled Cheese Sticks W/ Chicken Noodle Soup	19624 93	3.00 sticks w/ 1 cup of soup	550	410.763	25.268	16.946	7.299	0.000	903.104	40.409
General Tso's Chicken W/ Rice & Veggie Egg Roll	19570 67	1.00 svg (3.9 oz chick, 1 egg roll, 0.5 c rice)	425	445.847	21.056	8.462	2.010	0.000	761.680	69.532
Turkey & Cheese Sub Sandwich	19635 85	1.00 sandwich	195	282.245	25.736	6.827	3.163	0.000	890.173	31.913
Cheese Pizza	19442 83	1.00 slice	65	310.000	21.000	13.000	7.000	0.000	470.000	29.000

Pepperoni Pizza	19443 01	1.00 slice	165	350.000	20.000	16.000	8.000	0.000	680.000	29.000
Supreme Pizza	19442 77	1.00 slice	125	370.000	20.000	18.000	8.000	0.000	770.000	30.000
Marinara Sauce, Homemade, 1/4 cup	19445 67	1/4 cup	500	39.425	0.548	2.710	0.376	0.000*	103.965	3.740
Garden Side Salad (1/2 c lettuce, 1/8 c tomatoes, 1/8 c carrots)	19444 65	1.00 serving	600	16.979	0.762	0.097	0.070	0.000*	15.502	3.692
Broccoli, Roasted, Spicy, 1/2 c (Fresh)	19496 95	0.50 cup cooked	600	69.540	2.580	4.657	0.632	0.000*	77.237	6.136
Sliced Peaches in Pear Juice	19443 81	1/2 cup	800	57.614	0.000	0.000	0.000	0.000	9.602	13.443
Apples, Red Delicious (138 Count)	19480 63	1.00 apple	800	95.004	0.473	0.309	0.055	0.000	2.002	25.134
Milk, 1% Low Fat, Borden, 1/2 pint	19446 13	1.00 each	350	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	19447 53	1.00 carton	900	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	19447 55	1.00 carton	100	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Mayonnaise, Reduced Calorie/Reduced Fat, Flavor Fresh Poly Pouch 200/12 g; as purchased - 1 each	19452 87	1.00 packet	150	45.000	0.000	4.000	0.500	0.000	80.000	2.000
Mustard, Heinz/Americana, 500/5.5 g packets - 1 each	19452 81	1.00 package	150	5.000	1.000	0.000	0.000	0.000	85.000	1.000
Ranch, Buttermilk, 200/12 g packets - 2 each	19454 61	2.00 packet	500	140.000	0.000	16.000	2.000	0.000	220.000	0.000
Weighted Daily Average				660.859	31.893	22.238	6.894	0.000*	1069.452	85.244

% of Calories		19.30%	30.28%	9.39%	0.00%*		51.60%
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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										
High Schools Lunch SY 19-20										
		Total	1525							
Cheese Ravioli W/ Garlic Toast - NTH/MHS	19499 75	3.00 each w/ garlic toast	350	345.606	18.856	9.427	3.500	0.000	700.004	50.120
Pepperoni Rolls W/ Garlic Toast	19570 53	1.00 each	400	438.040	22.492	16.612	5.121	0.000*	866.746	49.762
Hummus Platter	19548 13	1.00 each	50	382.692	19.508	12.183	2.944	0.000	873.382	49.531
Hamburger	19445 37	1.00 burger	30	260.000	23.000	7.000	2.500	0.000	580.000	28.000
Cheeseburger	19445 39	1.00 burger	275	295.000	26.500	9.000	3.750	0.000	735.000	29.000
Spicy Crispy Chicken Burger on Whole Grain Bun	19447 61	1.00 burger	400	350.000	28.000	12.000	2.500	0.000	640.000	36.000
Cheesy Fish Burger	19445 57	1.00 burger	20	365.000	26.500	12.000	3.750	0.000	745.000	42.000
DILL-icious Carrots 1/2 c (Frozen)	19497 11	0.50 cup	600	28.872	1.127	0.006	0.001	0.000	155.050	6.873
Golden Cauliflower, 1/2 c (Fresh)	19497 09	0.50 cup	700	68.528	2.195	4.806	0.765	0.000*	175.509	5.882

Burger Salad (1/2 c lettuce, 1/8 c tomatoes, 1/8 c carrots, 1/8 c pickles)	19445 43	1.00 svg	400	21.028	0.762	0.097	0.070	0.000*	388.096	4.502
Blueberry Crisp	19624 73	0.50 cup	800	197.320	2.541	6.923	2.651	0.000*	56.524	33.278
Fresh Pear (135 count)	12775 20	1.00 each	700	64.637	0.408	0.159	0.025	0.000	1.134	17.271
Milk, 1% Low Fat, Borden, 1/2 pint	19446 13	1.00 each	350	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	19447 53	1.00 carton	900	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	19447 55	1.00 carton	100	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	19452 77	1.00 svg (2 packets)	600	20.000	0.000	0.000	0.000	0.000	50.000	4.000
Mustard, Heinz/Americana, 500/5.5 g packets - 1 each	19452 81	1.00 package	400	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	19452 87	1.00 packet	400	45.000	0.000	4.000	0.500	0.000	80.000	2.000
Tartar Sauce, Americana 200/9 g packets - 1 each	19452 89	1.00 package	20	20.000	0.000	1.500	0.000	0.000	85.000	1.000
Weighted Daily Average				657.537	34.305	19.567	5.921	0.000*	1171.726	91.051
% of Calories					20.87%	26.78%	8.10%	0.00%*		55.39%

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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Wed - 08/28/2019										
High Schools Lunch SY 19-20										
		Total	1525							
Steak Compuesto W/ Cilantro Lime Rice & Tostitos Chips - NTH, MHS	194672 9	1.00 svg (1 patty, 1/2 c rice, 1 bag chips)	400	582.494	23.489	27.967	7.860	0.663*	1085.488	58.665
Santa Fe Chicken W/ Cilantro Lime Rice & Tostitos Chips - MHS	196648 5	3/4 cup santa fe mix w/ 1/2 cup rice, 1 bag chips	275	697.586	26.594	25.856	6.209	0.000*	1124.459	83.903
Chicken Crispito W/ Cilantro Lime Rice	196874 9	2.00 crispito w/ 1/2 cup of rice	350	707.943	27.298	34.240	6.752	0.000	1140.004	70.807
Cheese Pizza	194428 3	1.00 slice	65	310.000	21.000	13.000	7.000	0.000	470.000	29.000
Pepperoni Pizza	194430 1	1.00 slice	300	350.000	20.000	16.000	8.000	0.000	680.000	29.000
Supreme Pizza	194427 7	1.00 slice	135	370.000	20.000	18.000	8.000	0.000	770.000	30.000
Corn, 1/2 c (Frozen)	194437 7	1/2 cup	900	73.164	2.813	1.127	0.301	0.000	205.022	19.014
Garlic Green Beans, 1/2 cup (Frozen)	195484 1	1/2 cup	750	32.745	1.207	1.230	0.533	0.000	77.005	5.211
Tropical Fruit Mix, Light Syrup, 6/#10 cans, 106oz	196875 5	0.50 cup	1100	78.053	0.976	0.000	0.000	0.000	0.000	20.489
Fresh Oranges, Whole W/ Peel (138 count)	131015 1	1.00 each	1000	95.254	1.966	0.454	0.053	0.000	3.024	23.436
Gelatin	194480 5	1/2 cup	900	80.046	1.001	0.000	0.000	0.000	123.414	18.010
Milk, 1% Low Fat, Borden, 1/2 pint	194461 3	1.00 each	350	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	900	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	100	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Pico De Gallo	194478 3	1.00 oz	500	6.013	0.274	0.067	0.010	0.000*	39.297	1.326
Jalapeno Peppers, Sliced, Canned	195810 3	1.00 oz	500	9.800	0.000	0.000	0.000	0.000	244.996	0.980
Cheese Sauce/Queso Recipe	196231 7	2.00 ounces	300	145.714	8.190	11.381	6.333	0.000	470.000	2.381
Weighted Daily Average				908.127	37.442	29.554	9.379	0.174*	1486.354	126.903
% of Calories					16.49%	29.29%	9.30%	0.17%*		55.90%

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										
High Schools Lunch SY 19-20										
		Total	1525							
Nachos W/ Ground Beef & Cheese & Spanish Rice - NTH, MHS, MEA 9-12	194670 3	1.00 svg (1 oz cheese, 1 oz beef, 1/2 c rice)	1225	568.475	20.383	30.692	9.507	0.332	1172.963	55.140
Ground Beef and Macaroni W/ Spanish Rice - NTH, MHS	194673 3	³ / ₄ cup (2-#10 scoops w/ 1/2 c rice)	250	394.855	21.855	18.444	6.019	0.663*	1152.725	36.092
Cilantro Lime Chicken Fajita Salad	196695 7	1.00 container	50	571.345	28.114	27.949	6.940	0.000*	891.821	50.523
Charro Beans	194450 7	¹ / ₂ cup	1000	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)	194446 9	1.00 svg	400	22.875	0.954	0.091	0.021	0.000*	6.279	5.068
Fruit Cocktail in Pear Juice	194438 7	1/2 cup	1000	63.220	0.000	0.000	0.000	0.000	10.537	14.751
Fresh Banana, Unpeeled (100-120 count)	131014 9	1.00 each	1000	121.040	1.482	0.449	0.152	0.000	1.360	31.062
Sherbet, Variety, 4 oz Cups	194479 9	1.00 each	1100	110.000	1.000	1.500	1.000	0.000	20.000	23.000
Milk, 1% Low Fat, Borden, 1/2 pint	194461 3	1.00 each	350	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	900	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	100	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Salsa, Home-Made, Bulk	194530 5	2.00 oz	800	14.581	0.653	0.141	0.022	0.000	104.989	3.199
Jalapeno Peppers, Sliced, Canned	195810 3	1.00 oz	500	9.800	0.000	0.000	0.000	0.000	244.996	0.980
Weighted Daily Average				952.488	36.486	31.023	10.104	0.375*	1602.576	135.331
% of Calories					15.32%	29.31%	9.55%	0.35%*		56.83%

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

		Total	1525							
Meatball Sub	19504 13	1.00 sub sandwiches	500	414.875	24.195	18.955	8.344	0.000*	669.856	38.656
Fish Tacos	19447 73	1.00 svg (2 tacos)	115	300.000	17.000	11.333	2.000	0.000	466.667	34.000
Buffalo Chicken Flatbread	19687 41	1.00 flatbread	350	320.235	17.652	14.056	3.147	0.000	842.581	27.756
Hamburger	19445 37	1.00 burger	20	260.000	23.000	7.000	2.500	0.000	580.000	28.000
Cheeseburger	19445 39	1.00 burger	125	295.000	26.500	9.000	3.750	0.000	735.000	29.000
Spicy Crispy Chicken Burger on Whole Grain Bun	19447 61	1.00 burger	400	350.000	28.000	12.000	2.500	0.000	640.000	36.000
Cheesy Fish Burger	19445 57	1.00 burger	15	365.000	26.500	12.000	3.750	0.000	745.000	42.000
Burger Salad (1/2 c lettuce, 1/8 c tomatoes, 1/8 c carrots, 1/8 c pickles)	19445 43	1.00 svg	400	21.028	0.762	0.097	0.070	0.000*	388.096	4.502
Tater Tots, ZTF, Simplot	19444 59	8.00 pieces	1500	122.888	1.434	7.168	1.024	0.000	184.332	14.337
Celery Sticks (1/2 cup)	10146 21	1/2 cup	800	10.368	0.447	0.110	0.027	0.000	51.839	1.925
Mandarin Oranges in Pear Juice	19443 85	1/2 cup	1000	54.146	0.902	0.000	0.000	0.000	9.024	12.634
Mango Caliente Ice, Frozen, 90/case (Rosati)	19659 47	1.00 cup	1400	99.000	0.000	0.000	0.000	0.000	15.000	25.000
Milk, 1% Low Fat, Borden, 1/2 pint	19446 13	1.00 each	350	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	19447 53	1.00 carton	900	110.000	8.000	0.000	0.000	0.000	100.000	19.000

Milk, Fat Free, Skim, White, Borden, 1/2 pint	19447 55	1.00 carton	100	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	19454 59	1.00 svg (3 packets)	700	30.000	0.000	0.000	0.000	0.000	75.000	6.000
Mustard, Heinz/Americana, 500/5.5 g packets - 1 each	19452 81	1.00 package	300	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	19452 87	1.00 packet	300	45.000	0.000	4.000	0.500	0.000	80.000	2.000
Tartar Sauce, Americana 200/9 g packets - 1 each	19452 89	1.00 package	15	20.000	0.000	1.500	0.000	0.000	85.000	1.000
Ranch, Buttermilk, 200/12 g packets - 1 each	19452 93	1.00 packet	800	70.000	0.000	8.000	1.000	0.000	110.000	0.000
Weighted Daily Average				766.986	33.060	27.096	6.649	0.000*	1242.560	99.845
% of Calories					17.24%	31.80%	7.80%	0.00%*		52.07%

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	797.680		750/850	Pass		
Protein (g)	34.166	17.13%				
Total Fat (g)	24.331	27.45%				
Saturated Fat (g)	7.304	8.24%	<10	Pass		
Trans Fat (g)	0.082*					
Sodium (mg)	1346.374		≤ 1420	Pass		
Carbohydrates (g)	112.387	56.36%				

* = Indicates missing Nutrient Information.

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