

# Nutrient Detail Report

District: Manor ISD

School: Manor Senior High

Menu: High Schools Lunch 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										
High Schools Lunch SY 19-20										
		Total	1525							
Pulled Pork Tacos W/ Cilantro Lime Rice - NTH, MEA 9-12	19623 35	2.00 tacos w/ 1/2 c rice	675	407.859	17.121	19.334	5.057	0.000*	614.065	40.697
Asian Beef Tacos W/ Cilantro Lime Rice & Tostitos Chips - NTH, MHS	19467 31	1.00 svg (1 taco, 1/2 c rice, 1 bag chips)	245	637.527	22.716	27.460	7.586	0.659*	937.808	71.526
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	20	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	350	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
Texas Slaw	19540 27	1/2 cup	350	41.912	0.630	1.649	0.215	0.000*	53.271	5.791
Pinto Beans (Dry), Cooked, 1/2 cup	19445 35	1/2 cup	800	153.554	9.307	0.825	0.147	0.000*	145.883	27.543

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
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
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
Salsa, Home-Made, Bulk	19453 05	2.00 oz	400	14.581	0.653	0.141	0.022	0.000	104.989	3.199
Onions, Diced, White, Raw	19580 93	0.13 cup	200	8.000	0.220	0.020	0.008	N/A*	0.800	1.868
Ketchup, Low Sodium, Red Gold, 1000/9 gram; as served - 2 each	19452 77	1.00 svg (2 packets)	200	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	125	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	100	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				699.237	35.190	19.204	5.168	0.106*	1009.762	98.077
% of Calories					20.13%	24.72%	6.65%	0.14%*		56.11%

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										
High Schools Lunch SY 19-20										
		Total	1525							
Chicken Parmesan W/ Garlic Toast - Revision 5/22/15	195007 7	1.00 svg 1/2c spag, 1 chick patty 1 toast	390	531.938	35.373	17.141	4.132	0.000*	819.219	62.596
Sriracha Glazed Chicken Wings W/ Garlic Toast	196593 1	6.00 wings	500	380.000	25.000	15.500	3.000	0.000	560.000	37.000
Mozzarella Cheese Sticks, Whole Grain, Reduced Sodium, Rich's, 5 each	194967 9	5.00 each	315	401.569	19.075	20.078	8.031	0.502	421.647	36.141
Cheese Pizza	194428 3	1.00 slice	55	310.000	21.000	13.000	7.000	0.000	470.000	29.000
Pepperoni Pizza	194430 1	1.00 slice	190	350.000	20.000	16.000	8.000	0.000	680.000	29.000
Supreme Pizza	194427 7	1.00 slice	75	370.000	20.000	18.000	8.000	0.000	770.000	30.000
DILL-icious Carrots 1/2 c (Frozen)	194971 1	0.50 cup	700	28.872	1.127	0.006	0.001	0.000	155.050	6.873
Marinara Sauce, Homemade, 1/4 cup	194456 7	1/4 cup	300	39.425	0.548	2.710	0.376	0.000*	103.965	3.740
Baked Yellow Squash Rounds	196642 9	1/2 cup	700	36.041	3.201	1.681	1.045	0.000	386.711	3.875
Pineapple tidbits in natural juice	194440 3	1/2 cups	1000	77.317	0.966	0.000	0.000	0.000	9.665	21.262
Fresh Oranges, Whole W/ Peel (138 count)	131015 1	1.00 each	900	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
Ranch, Buttermilk, 200/12 g packets - 1 each	194529 3	1.00 packet	300	70.000	0.000	8.000	1.000	0.000	110.000	0.000
Weighted Daily Average				667.910	36.386	20.683	6.468	0.104*	1014.540	89.936
% of Calories					21.79%	27.87%	8.72%	0.14%*		53.86%

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										
High Schools Lunch SY 19-20										
		Total	1525							
Chicken Fajitas W/ Cheese & Spanish Rice - MHS, NTH & MEA 9-12	194524 5	1.00 taco w/ 1 oz cheese, 1/2 cup of rice	850	497.811	30.891	21.863	8.288	0.000	1441.113	45.459
Quesadilla, Chicken W/ Spanish Rice - NTH, MHS, MEA 9-12	196249 1	1.00 quesadilla ( w/ 1/2 cup rice	600	638.520	34.780	27.186	7.904	0.072	1244.696	68.459
Taco Salad W/ Chips (1.45 oz bag)- NTH/MHS	194524 3	1.00 salad	75	630.170	36.834	30.505	10.060	0.702*	837.806	53.878
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

Refried Beans, 1/2 c (Canned)	194437 9	1/2 cup	1000	142.474	8.141	1.527	0.509	0.000	438.192	24.424
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
Vanilla Pudding	194436 3	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	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	350	9.800	0.000	0.000	0.000	0.000	244.996	0.980
Weighted Daily Average				962.244	46.698	28.180	9.019	0.063*	1960.153	134.215
% of Calories					19.41%	26.36%	8.44%	0.06%*		55.79%

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 - 09/06/2019										
High Schools Lunch SY 19-20										

		Total	1525							
Salisbury Steak W/ Breadsticks - NTH, MHS	19467 27	1.00 pattie w/ 2 breadsticks	170	413.046	23.543	17.260	5.082	0.665*	556.875	39.672
Chicken Tenders W/ Breadsticks	19605 69	3.00 tenders W/ 2 Breadsticks	800	445.000	30.000	15.500	2.250	0.000	665.000	45.500
Turkey Wrap	19626 09	1.00 wrap	220	400.462	31.249	15.622	8.124	0.000*	929.951	37.348
Hamburger	19445 37	1.00 burger	25	260.000	23.000	7.000	2.500	0.000	580.000	28.000
Cheeseburger	19445 39	1.00 burger	120	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	180	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
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
Sweet Potato Fries, Simplot 3/8" Crinkle Cut	19550 41	2.13 oz	1000	100.424	1.004	5.021	1.004	0.000	95.403	12.051
Cinnamon Apple Bake	19625 11	0.50 cup	800	102.389	0.021	1.862	0.846	0.000*	30.166	21.175
Fresh Oranges, Whole W/ Peel (138 count)	13101 51	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	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)	800	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	10	20.000	0.000	1.500	0.000	0.000	85.000	1.000
Weighted Daily Average				807.507	40.159	21.992	5.173	0.074*	1450.529	111.703
% of Calories					19.89%	24.51%	5.77%	0.08%*		55.33%

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										
High Schools Lunch SY 19-20										
		Total	1525							
Spaghetti and Meat Sauce W/ Whole Grain Pasta & Garlic Toast - NTH MHS	195031 3	1.00 svg (1 cup spag, 1 toast)	600	419.810	23.613	15.225	4.916	0.663	731.541	51.753
Sloppy Joe on a Bun	163335 7	1.00 sandwich	185	356.639	24.329	13.850	4.982	0.673*	502.868	36.549
Cheese Filled Breadsticks, Bosco, Whole Grain	194450 9	2.00 breadsticks	300	300.000	20.000	10.000	5.000	0.000	440.000	34.000

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	250	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
Garden Side Salad (1/2 c lettuce, 1/8 c tomatoes, 1/8 c carrots)	194446 5	1.00 serving	500	16.979	0.762	0.097	0.070	0.000*	15.502	3.692
Golden Cauliflower, 1/2 c (Fresh)	194970 9	0.50 cup	1000	68.528	2.195	4.806	0.765	0.000*	175.509	5.882
Marinara Sauce, Homemade, 1/4 cup	194456 7	1/4 cup	300	39.425	0.548	2.710	0.376	0.000*	103.965	3.740
Mango Caliente Ice, Frozen, 90/case (Rosati)	196594 7	1.00 cup	1400	99.000	0.000	0.000	0.000	0.000	15.000	25.000
Apples, Red Delicious (138 Count)	194806 3	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	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
Ranch, Buttermilk, 200/12 g packets - 1 each	194529 3	1.00 packet	1000	70.000	0.000	8.000	1.000	0.000	110.000	0.000
Jalapeno Peppers, Sliced, Canned	195810 3	1.00 oz	300	9.800	0.000	0.000	0.000	0.000	244.996	0.980
Weighted Daily Average				708.297	31.116	23.988	7.415	0.342*	1001.675	96.819



% of Calories								17.57%	30.48%	9.42%	0.44%*			54.68%
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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 - 09/10/2019												
High Schools Lunch SY 19-20												
		Total	1525									
Texas Cheese Steak Sub - MHS, NTH	195233 7	1.00 sub	450	507.144	30.104	25.094	11.248	0.650*	894.688	41.730		
Corn Dog	194434 9	1.00 each	555	240.000	9.000	8.000	2.500	0.000	390.000	30.000		
Hummus Platter	195481 3	1.00 each	40	382.692	19.508	12.183	2.944	0.000	873.382	49.531		
Hamburger	194453 7	1.00 burger	30	260.000	23.000	7.000	2.500	0.000	580.000	28.000		
Cheeseburger	194453 9	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	194476 1	1.00 burger	255	350.000	28.000	12.000	2.500	0.000	640.000	36.000		
Cheesy Fish Burger	194455 7	1.00 burger	20	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)	194454 3	1.00 svg	350	21.028	0.762	0.097	0.070	0.000*	388.096	4.502		
Garlic Green Beans, 1/2 cup (Frozen)	195484 1	1/2 cup	600	32.745	1.207	1.230	0.533	0.000	77.005	5.211		

Fries, French Crinkle cut	194435 9	2.11 oz	1400	90.585	1.006	3.019	0.503	0.000	115.747	15.097
Fresh Oranges, Whole W/ Peel (138 count)	131015 1	1.00 each	800	95.254	1.966	0.454	0.053	0.000	3.024	23.436
Tropical Fruit Mix, Light Syrup, 6/#10 cans, 106oz	196875 5	0.50 cup	1000	78.053	0.976	0.000	0.000	0.000	0.000	20.489
Chocolate Pudding	194631 3	1/2 cup	1000	124.029	1.034	3.101	0.517	0.000	206.715	24.806
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
Ketchup, Low Sodium, Red Gold, 1000/9 gram; as served - 3 each	194545 9	1.00 svg (3 packets)	1200	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	600	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	400	45.000	0.000	4.000	0.500	0.000	80.000	2.000
Tartar Sauce, Americana 200/9 g packets - 1 each	194528 9	1.00 package	20	20.000	0.000	1.500	0.000	0.000	85.000	1.000
Weighted Daily Average				763.415	32.591	21.162	6.783	0.192*	1214.614	114.326
% of Calories					17.08%	24.95%	8.00%	0.23%*		59.90%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Wed - 09/11/2019										
High Schools Lunch SY 19-20										
		Total	1525							
Cheesy Chicken Over Rice W/ Dinner Roll - NTH, MHS	1946701	1.00 svg (1/2 C cheesy chick, 1/2 C rice, 1 roll)	500	453.629	23.183	14.942	5.368	0.000*	621.723	58.167
Mac & Trees W/ Dinner Roll	1968738	1.50 cup W/ Dinner Roll	220	763.861	33.899	36.070	17.850	0.000	1804.268	82.283
Sriracha Honey Chicken W/ Rice & Veggie Egg Roll	1957065	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
Cheese Pizza	1944283	1.00 slice	80	310.000	21.000	13.000	7.000	0.000	470.000	29.000
Pepperoni Pizza	1944301	1.00 slice	200	350.000	20.000	16.000	8.000	0.000	680.000	29.000
Supreme Pizza	1944277	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)	1949695	0.50 cup cooked	800	69.540	2.580	4.657	0.632	0.000*	77.237	6.136
DILL-icious Carrots 1/2 c (Frozen)	1949711	0.50 cup	500	28.872	1.127	0.006	0.001	0.000	155.050	6.873
Applesauce in Apple Juice	1944391	1/2 cup	1100	67.747	0.000	0.000	0.000	0.000	0.000	17.421
Fresh Pear (135 count)	1277520	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	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
Ranch, Buttermilk, 200/12 g packets - 1 each	1945293	1.00 packet	400	70.000	0.000	8.000	1.000	0.000	110.000	0.000
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				708.707	31.828	22.293	7.884	0.000*	1097.287	97.323
% of Calories					17.96%	28.31%	10.01%	0.00%*		54.93%

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										
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 - 09/13/2019										
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 - 09/16/2019										
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
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
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	28.350
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 - 09/17/2019										
High Schools Lunch SY 19-20										
		Total	1525							
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
Steak Fingers W/ Garlic Toast	19688 25	4.00 steak fingers w/ dinner roll	650	410.000	19.000	23.500	6.500	0.000	700.000	30.000
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	195	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				712.097	34.143	22.100	6.248	0.000*	1500.028	93.267
% of Calories					19.18%	27.93%	7.90%	0.00%*		52.39%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Wed - 09/18/2019										
High Schools Lunch SY 19-20										
		Total	1525							
Chicken Spaghetti W/ Garlic Toast - NTH/MHS	1950335	<sup>3</sup> / <sub>4</sub> 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	<sup>1</sup> / <sub>2</sub> 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	<sup>1</sup> / <sub>2</sub> 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 - 09/19/2019										
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)
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Fri - 09/20/2019										
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
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
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
Classic Coleslaw	19540 25	1/2 cup	500	45.306	0.751	1.660	0.217	0.000*	61.562	6.481
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
Onions, Sliced (for BBQ)	19659 51	0.13 cup	200	5.750	0.158	0.014	0.006	N/A*	0.575	1.343
Pickles, Sliced (for BBQ)	19659 53	0.50 oz	450	2.500	0.000	0.000	0.000	0.000	230.000	0.500
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
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	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	85.000	1.000
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
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
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 - 09/23/2019										
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



Jalapeno Peppers, Sliced, Canned	19581 03	1.00 oz	400	9.800	0.000	0.000	0.000	0.000	244.996	0.980
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
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
Weighted Daily Average				663.430	31.893	22.238	6.894	0.000*	1133.713	85.501
% of Calories					19.23%	30.17%	9.35%	0.00%*		51.55%

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										
High Schools Lunch SY 19-20										
		Total	1525							
Popcorn Chicken Bowl W/ Roll	195481 1	1.00 each	625	666.057	32.254	25.161	6.573	0.000	1543.459	84.991
Cheese Ravioli W/ Dinner Roll	19688 26	3.00 each w/ dinner roll	350	405.606	20.856	8.927	3.000	0.000	780.004	65.120
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	200	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	250	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
Hummus Platter	19548 13	1.00 each	50	382.692	19.508	12.183	2.944	0.000	873.382	49.531
DILL-icious Carrots 1/2 c (Frozen)	194971 1	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
Turkey Gravy, Low Sodium, Made W/ Whole Grain, Pioneer	19524 79	2.00 oz	400	20.000	0.000	0.500	0.000	0.000	141.778	3.000
Weighted Daily Average				785.697	38.026	23.915	6.726	0.000*	1533.398	112.093
% of Calories					19.36%	27.39%	7.70%	0.00%*		57.07%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Wed - 09/25/2019										
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	697.585	26.594	25.856	6.209	0.000*	1124.459	83.903
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
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

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
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
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
Gelatin	194480 5	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	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				913.376	37.508	29.554	9.379	0.174*	1494.446	128.084
% of Calories					16.43%	29.12%	9.24%	0.17%*		56.09%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Thu - 09/26/2019										
High Schools Lunch SY 19-20										
		Total	1525							
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
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
Cilantro Lime Chicken Fajita Salad	196695 7	1.00 container	50	488.004	28.116	18.686	5.741	0.000*	891.834	50.529
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				949.755	36.486	30.719	10.065	0.375*	1602.576	135.331
% of Calories					15.37%	29.11%	9.54%	0.36%*		57.00%

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										
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%

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										
High Schools Lunch SY 19-20										
		Total	1525							
Frito Pie (High School)	195485 1	1.00 svg	500	478.329	25.464	27.104	9.605	0.683	531.415	35.145
Mini Corn Dogs (40 svgs/case)	194434 7	6.00 each	500	270.000	10.000	12.000	3.500	0.000	410.000	30.000
Chicken Teriyaki W/ Rice & Egg Roll	196057 5	1.00 svg (#12 scoop, 1/2 c rice & egg roll)	245	389.549	21.895	6.916	1.999	0.000	659.818	57.233
Cheese Pizza	194428 3	1.00 slice	55	310.000	21.000	13.000	7.000	0.000	470.000	29.000
Pepperoni Pizza	194430 1	1.00 slice	135	350.000	20.000	16.000	8.000	0.000	680.000	29.000
Supreme Pizza	194427 7	1.00 slice	90	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)	194446 5	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)	194969 5	0.50 cup cooked	800	69.540	2.580	4.657	0.632	0.000*	77.237	6.136



Sliced Peaches in Pear Juice	194438 1	1/2 cup	1000	57.614	0.000	0.000	0.000	0.000	0.000	9.602	13.443
Fresh Pear (135 count)	127752 0	1.00 each	600	64.637	0.408	0.159	0.025	0.000	0.000	1.134	17.271
Sherbet, Variety, 4 oz Cups	194479 9	1.00 each	1100	110.000	1.000	1.500	1.000	0.000	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	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	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	0.000	125.000	12.000
Ranch, Buttermilk, 200/12 g packets - 2 each	194546 1	2.00 packet	600	140.000	0.000	16.000	2.000	0.000	0.000	220.000	0.000
Ketchup, Low Sodium, Red Gold, 1000/9 gram; as served - 2 each	194527 7	1.00 svg (2 packets)	300	20.000	0.000	0.000	0.000	0.000	0.000	50.000	4.000
Mustard, Heinz/Americana, 500/5.5 g packets - 1 each	194528 1	1.00 package	300	5.000	1.000	0.000	0.000	0.000	0.000	85.000	1.000
Weighted Daily Average				710.767	28.667	27.374	8.272	0.224*		814.056	88.547
% of Calories					16.13%	34.66%	10.47%	0.28%*			49.83%

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	780.198		750/850	Pass		
Protein (g)	34.602	17.74%				

Total Fat (g)	23.858	27.52%				
Saturated Fat (g)	7.206	8.31%	<10	Pass		
Trans Fat (g)	0.104*					
Sodium (mg)	1291.717		≤ 1420	Pass		
Carbohydrates (g)	108.972	55.87%				

\* = Indicates missing Nutrient Information.

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