

# Nutrient Detail Report

District: Manor ISD

School: Decker Middle

Menu: Middle 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										
Middle Lunch Menu, SY 19-20										
		Total	1650							
Mac & Trees	1954777	1.00 cup	350	405.149	19.073	22.486	11.764	0.000	1012.617	34.507
Lasagna, Turkey & Cheese, Whole Grain Rollup	1944487	1.00 piece	550	293.333	17.778	9.889	4.500	0.000*	574.642	33.667
Baked Potato W/ Chili, Cheese	1968520	1.00 svg	750	389.766	23.178	15.267	7.020	0.512	260.992	42.601
Garden Side Salad (1/2 c lettuce, 1/8 c tomatoes, 1/8 c carrots)	1944465	1.00 serving	500	16.979	0.762	0.097	0.070	0.000*	15.502	3.692
Garlic Green Beans, 1/2 cup (Frozen)	1954841	1/2 cup	800	32.745	1.207	1.230	0.533	0.000	77.005	5.211
Mandarin Oranges in Pear Juice	1944385	1/2 cup	1200	54.146	0.902	0.000	0.000	0.000	9.024	12.634
Apples, Red Delicious (138 Count)	1948063	1.00 apple	1100	95.004	0.473	0.309	0.055	0.000	2.002	25.134
Dinner Roll, Whole Grain, Rich's 1.25 oz.	1944489	1.00 roll	1200	80.000	3.000	1.500	0.000	0.000	70.000	14.000
Milk, 1% Low Fat, Borden, 1/2 pint	1944613	1.00 each	500	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	850	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	25	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	500	70.000	0.000	8.000	1.000	0.000	110.000	0.000
Weighted Daily Average				652.197	31.143	20.110	8.260	0.233*	750.439	91.284
% of Calories					19.10%	27.75%	11.40%	0.32%*		55.99%

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										
Middle Lunch Menu, SY 19-20										
		Total	1650							
Chicken Spaghetti	1944573	3/4 cup	475	284.010	20.554	6.299	1.385	0.000*	636.034	39.510
Wild Mikes Cheese Bites	1968518	4.00 bites	525	283.495	16.200	12.150	4.050	0.000	546.740	28.350
Pepperoni Rolls	1952421	1.00 each	650	348.040	19.492	14.112	4.621	0.000*	676.746	34.762
Broccoli, Roasted, Spicy, 1/2 c (Fresh)	1949695	0.50 cup cooked	1000	69.540	2.580	4.657	0.632	0.000*	77.237	6.136
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

Corn, 1/2 c (Frozen)	1944377	1/2 cup	1200	73.164	2.813	1.127	0.301	0.000	205.022	19.014
Pineapple tidbits in natural juice	1944403	1/2 cups	1200	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	1200	95.254	1.966	0.454	0.053	0.000	3.024	23.436
Garlic Toast, Whole Grain, Bake Crafters, 1.31 oz	1949701	1.00 slice	1300	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	500	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	950	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	25	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Weighted Daily Average				710.026	34.207	18.924	5.133	0.000*	1113.657	112.079
% of Calories					19.27%	23.99%	6.51%	0.00%*		63.14%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Thu - 09/05/2019										
Middle Lunch Menu, SY 19-20										
		Total	1650							
Chicken Fajitas W/ Cheese - Middle, MEA K-8	1944815	1.00 taco	1000	314.887	22.871	15.941	7.183	0.000	696.282	21.081

Chicken & Cheese Quesadilla	1962357	2.00 quesadillas (triangles)	450	300.000	18.000	11.000	4.500	0.000	560.000	31.000
Cheese Quesadilla (2 pieces - 96 svgs/case)	1962355	2.00 quesadillas (triangles)	200	320.000	18.000	12.000	6.000	0.000	560.000	32.000
Refried Beans, 1/2 c (Canned)	1944379	1/2 cup	1000	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	500	22.875	0.954	0.091	0.021	0.000*	6.279	5.068
Fruit Cocktail in Pear Juice	1944387	1/2 cup	1200	63.220	0.000	0.000	0.000	0.000	10.537	14.751
Fresh Banana, Unpeeled (100-120 count)	1310149	1.00 each	1200	121.040	1.482	0.449	0.152	0.000	1.360	31.062
Spanish Rice, 1/2 cup	1944533	1/2 cup	1250	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	500	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	850	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	25	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				748.000	36.688	19.904	7.634	0.000*	1503.164	107.989
% of Calories					19.62%	23.95%	9.19%	0.00%*		57.75%

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										
Middle Lunch Menu, SY 19-20										
		Total	1650							
Salisbury Steak	1944817	1.00 pattie	175	253.046	17.543	15.260	5.082	0.665*	356.875	10.672
Chicken Nuggets, Whole Muscle Whole Grain, Gold Kist	1945455	5.00 nuggets	1225	200.000	17.000	7.000	1.500	0.000	457.000	16.000
Fish Sticks, Baja, Whole Grain	1944479	4.00 sticks	250	220.000	15.000	10.000	2.000	0.000	460.000	18.000
Mashed Potatoes	1944551	1/2 cup	1300	100.985	2.081	1.527	0.001	0.000	443.608	18.192
Celery Sticks (1/2 cup)	1014621	1/2 cup	875	10.368	0.447	0.110	0.027	0.000	51.839	1.925
Cinnamon Apple Bake	1962511	0.50 cup	1200	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	1200	95.254	1.966	0.454	0.053	0.000	3.024	23.436
Breadsticks, Whole Grain, Rich's, 2 each	1944517	2.00 each	1200	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	500	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	850	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	25	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)	1000	30.000	0.000	0.000	0.000	0.000	0.000	75.000	6.000
Ranch, Buttermilk, 200/12 g packets - 1 each	1945293	1.00 packet	875	70.000	0.000	8.000	1.000	0.000	0.000	110.000	0.000
Tartar Sauce, Americana 200/9 g packets - 1 each	1945289	1.00 package	250	20.000	0.000	1.500	0.000	0.000	0.000	85.000	1.000
Weighted Daily Average				700.338	31.107	17.958	3.609	0.071*		1201.382	102.021
% of Calories					17.77%	23.08%	4.64%	0.09%*			58.27%

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										
Middle Lunch Menu, SY 19-20										
		Total	1650							
Pulled Pork Tacos	196233 3	2.00 tacos	650	244.401	14.022	13.327	4.355	0.000*	220.207	16.272
Hamburger	194453 7	1.00 burger	50	260.000	23.000	7.000	2.500	0.000	580.000	28.000
Cheeseburger	194453 9	1.00 burger	950	295.000	26.500	9.000	3.750	0.000	735.000	29.000
Burger Salad (1/2 c lettuce, 1/8 c tomatoes, 1/8 c carrots, 1/8 c pickles)	194454 3	1.00 svg	700	21.028	0.762	0.097	0.070	0.000*	388.096	4.502
Baby Carrots, 1/2 cup (Fresh)	107009 0	1/2 cup	1000	26.460	0.484	0.098	0.017	0.000	58.967	6.229

Seasoned Potato Wedges, McCain (3 oz svg)	196648 9	3.00 oz	1400	127.653	2.128	4.255	0.532	0.000	148.928	21.275
Mandarin Oranges in Pear Juice	194438 5	1/2 cup	1500	54.146	0.902	0.000	0.000	0.000	9.024	12.634
Apples, Red Delicious (138 Count)	194806 3	1.00 apple	1400	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	500	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	850	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	25	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)	1400	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	500	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	500	45.000	0.000	4.000	0.500	0.000	80.000	2.000
Salsa, Home-Made, Bulk	194530 5	2.00 oz	500	14.581	0.653	0.141	0.022	0.000	104.989	3.199
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
Weighted Daily Average				712.739	32.289	21.478	5.707	0.000*	1167.561	101.079
% of Calories					18.12%	27.12%	7.21%	0.00%*		56.73%

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										
Middle Lunch Menu, SY 19-20										
		Total	1650							
Spaghetti and Meat Sauce	1588992	1.00 cup	475	329.810	20.613	12.725	4.416	0.663	541.541	36.753
Sriracha Honey Chicken W/ Rice	1964705	1.00 svg (3.9 oz chick, 0.5 c rice)	600	315.405	14.995	6.969	1.008	0.000	579.837	45.453
Cheese Filled Breadsticks, Bosco, Whole Grain	1944509	2.00 breadsticks	575	300.000	20.000	10.000	5.000	0.000	440.000	34.000
Garden Side Salad (1/2 c lettuce, 1/8 c tomatoes, 1/8 c carrots)	1944465	1.00 serving	700	16.979	0.762	0.097	0.070	0.000*	15.502	3.692
Marinara Sauce, Homemade, 1/4 cup	1944567	1/4 cup	550	39.425	0.548	2.710	0.376	0.000*	103.965	3.740
Baked Yellow Squash Rounds	1966429	1/2 cup	800	36.041	3.201	1.681	1.045	0.000	386.711	3.875
Tropical Fruit Mix, Light Syrup, 6/#10 cans, 106oz	1968755	0.50 cup	1200	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	1100	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	500	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	850	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	25	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	700	70.000	0.000	8.000	1.000	0.000	110.000	0.000
Weighted Daily Average				590.150	29.102	15.896	4.956	0.191*	888.780	87.780
% of Calories					19.72%	24.24%	7.56%	0.29%*		59.50%

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										
Middle Lunch Menu, SY 19-20										
		Total	1650							
Cheesy Chicken Over Rice	194447 7	1.00 svg (1/2 C cheesy chick, 1/2 C rice)	400	303.629	18.183	12.942	5.368	0.000*	351.723	28.167
Cheese Ravioli, Whole Grain, Jumbo, Tasty Brands, 3 each	194967 5	3.00 each	450	255.606	15.856	6.927	3.000	0.000	510.004	35.120
Chicken Tenders, Whole Muscle, Barrel Breaded Homestyle, Tyson (330 ea/case)	195862 7	3.00 tenders	800	285.000	24.000	13.500	2.250	0.000	465.000	16.500
Corn, 1/2 c (Frozen)	194437 7	1/2 cup	1000	73.164	2.813	1.127	0.301	0.000	205.022	19.014
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
Applesauce in Apple Juice	194439 1	1/2 cup	1300	67.747	0.000	0.000	0.000	0.000	0.000	17.421
Fresh Pear (135 count)	127752 0	1.00 each	800	64.637	0.408	0.159	0.025	0.000	1.134	17.271

Roll, Whole Grain White Wheat, 1.1 oz	195997 9	1.00 roll	1100	80.000	3.000	1.000	0.000	0.000	135.000	15.000
Milk, 1% Low Fat, Borden, 1/2 pint	194461 3	1.00 each	500	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	850	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	25	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	194527 7	1.00 svg (2 packets)	600	20.000	0.000	0.000	0.000	0.000	50.000	4.000
Weighted Daily Average				593.061	32.189	16.014	4.166	0.000*	811.536	86.065
% of Calories					21.71%	24.30%	6.32%	0.00%*		58.05%

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										
Middle Lunch Menu, SY 19-20										
		Total	1650							
Nachos W/ Ground Beef & Cheese	1961825	1.00 svg (1.5 oz chips, 2 oz cheese, 1 oz beef)	1300	445.545	18.495	24.907	9.314	0.332	681.774	33.573
Crispito, Chicken Chili, WG - Secondary (72/case)	1964703	2.00 crispito	350	544.486	24.199	28.233	6.050	0.000	746.147	46.382
Charro Beans	1944507	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)	1944469	1.00 svg	600	22.875	0.954	0.091	0.021	0.000*	6.279	5.068
Sliced Peaches in Pear Juice	1944381	1/2 cup	1200	57.614	0.000	0.000	0.000	0.000	9.602	13.443
Fresh Banana, Unpeeled (100-120 count)	1310149	1.00 each	1400	121.040	1.482	0.449	0.152	0.000	1.360	31.062
Spanish Rice, 1/2 cup	1944533	1/2 cup	1300	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	500	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	850	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	25	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	200	145.714	8.190	11.381	6.333	0.000	470.000	2.381
Weighted Daily Average				945.430	37.602	32.413	10.510	0.262*	1537.756	125.829
% of Calories					15.91%	30.86%	10.00%	0.25%*		53.24%

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										
Middle Lunch Menu, SY 19-20										

		Total	1650							
Sloppy Joe on a Bun	163335 7	1.00 sandwich	200	356.639	24.329	13.850	4.982	0.673*	502.868	36.549
Mini Corn Dogs (40 svgs/case)	194434 7	6.00 each	900	270.000	10.000	12.000	3.500	0.000	410.000	30.000
Crispy Chicken Burger	194455 5	1.00 Burger	50	350.000	28.000	11.000	2.000	0.000	600.000	36.000
Spicy Crispy Chicken Burger on Whole Grain Bun	194476 1	1.00 burger	500	350.000	28.000	12.000	2.500	0.000	640.000	36.000
Fries, French Crinkle cut	194435 9	2.11 oz	1400	90.585	1.006	3.019	0.503	0.000	115.747	15.097
Burger Salad (1/2 c lettuce, 1/8 c tomatoes, 1/8 c carrots, 1/8 c pickles)	194454 3	1.00 svg	500	21.028	0.762	0.097	0.070	0.000*	388.096	4.502
Golden Cauliflower, 1/2 c (Fresh)	194970 9	0.50 cup	700	68.528	2.195	4.806	0.765	0.000*	175.509	5.882
Pear Halves in Juice	194438 3	1/2 cup	1300	55.478	0.000	0.000	0.000	0.000	4.623	12.945
Apples, Red Delicious (138 Count)	194806 3	1.00 apple	1300	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	500	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	850	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	25	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)	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	194528 1	1.00 package	500	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	300	45.000	0.000	4.000	0.500	0.000	80.000	2.000
Weighted Daily Average				654.095	27.095	18.552	4.692	0.082*	969.249	97.374
% of Calories					16.57%	25.53%	6.46%	0.11%*		59.55%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Mon - 09/16/2019										
Middle Lunch Menu, SY 19-20										
		Total	1650							
Chicken Drumstick, Mesquite Glazed, Tyson (105/case)	1958629	1.00 drumstick	700	194.397	16.408	11.000	2.500	0.000	475.745	8.538
Meatloaf	1944819	1.00 slice	200	221.623	16.816	12.859	4.760	0.660*	289.825	9.493
Sriracha Glazed Chicken Wings, Boneless, Whole Grain, Tyson	1964701	6.00 wings	750	290.000	22.000	13.000	2.500	0.000	370.000	22.000
Mashed Potatoes	1944551	1/2 cup	1500	100.985	2.081	1.527	0.001	0.000	443.608	18.192
Broccoli, Roasted, Spicy, 1/2 c (Fresh)	1949695	0.50 cup cooked	1000	69.540	2.580	4.657	0.632	0.000*	77.237	6.136
Cinnamon Apple Bake	1962511	0.50 cup	1200	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	1200	95.254	1.966	0.454	0.053	0.000	3.024	23.436

Breadsticks, Whole Grain, Rich's, 2 each	1944517	2.00 each	1200	160.000	6.000	2.000	0.000	0.000	200.000	29.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	1944753	1.00 carton	850	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, 1% Low Fat, Borden, 1/2 pint	1944613	1.00 each	500	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	1944755	1.00 carton	25	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)	500	20.000	0.000	0.000	0.000	0.000	50.000	4.000
Weighted Daily Average				729.449	34.930	20.242	4.266	0.080*	1131.266	103.383
% of Calories					19.15%	24.97%	5.26%	0.10%*		56.69%

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										
Middle Lunch Menu, SY 19-20										
		Total	1650							
General Tso's Chicken	1968727	1.00 svg (3.9 oz)	950	202.299	14.161	4.046	1.011	0.000	515.862	26.299
Steak Compuesto	1944779	1.00 patty	200	219.037	17.390	14.960	6.158	0.663*	511.631	5.240
Asian Beef Tacos	1944785	1.00 taco	500	276.508	16.828	14.623	5.949	0.668*	364.699	18.101

Asian Side Salad	1944789	1.00 svg	600	36.533	0.575	0.059	0.095	0.000	20.335	8.337
Corn, 1/2 c (Frozen)	1944377	1/2 cup	1200	73.164	2.813	1.127	0.301	0.000	205.022	19.014
Sliced Peaches in Pear Juice	1944381	1/2 cup	1300	57.614	0.000	0.000	0.000	0.000	9.602	13.443
Fresh Pear (135 count)	1277520	1.00 each	900	64.637	0.408	0.159	0.025	0.000	1.134	17.271
Cilantro Lime Rice	1944793	1/2 cup	1000	163.457	3.099	6.007	0.702	0.000*	393.857	24.425
Milk, 1% Low Fat, Borden, 1/2 pint	1944613	1.00 each	500	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	850	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	25	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Pico De Gallo	1944783	1.00 oz	400	6.013	0.274	0.067	0.010	0.000*	39.297	1.326
Cheese Sauce/Queso Recipe	1962317	2.00 ounces	200	145.714	8.190	11.381	6.333	0.000	470.000	2.381
Weighted Daily Average				580.326	27.442	15.296	5.048	0.283*	1030.713	87.153
% of Calories					18.91%	23.72%	7.83%	0.44%*		60.07%

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 - 09/18/2019										
Middle Lunch Menu, SY 19-20										
		Total	1650							
Chicken Pot Pie - Pastry Crust	1951595	1.00 portion/1 cup	250	293.060	16.736	13.639	5.256	0.000	463.384	23.530
Turkey Hot Dog	1944547	1.00 each	600	229.366	11.963	10.952	3.984	0.000	796.673	24.979
Cheese Pizza	1944283	1.00 slice	200	310.000	21.000	13.000	7.000	0.000	470.000	29.000
Pepperoni Pizza	1944301	1.00 slice	600	350.000	20.000	16.000	8.000	0.000	680.000	29.000
Celery Sticks (1/2 cup)	1014621	1/2 cup	900	10.368	0.447	0.110	0.027	0.000	51.839	1.925
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
Mango Caliente Ice, Frozen, 90/case (Rosati)	1965947	1.00 cup	1400	99.000	0.000	0.000	0.000	0.000	15.000	25.000
Fresh Banana, Unpeeled (100-120 count)	1310149	1.00 each	1200	121.040	1.482	0.449	0.152	0.000	1.360	31.062
Milk, Chocolate, Fat Free, Borden 1/2 pint	1944753	1.00 carton	850	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, 1% Low Fat, Borden, 1/2 pint	1944613	1.00 each	500	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	1944755	1.00 carton	25	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)	500	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	300	5.000	1.000	0.000	0.000	0.000	85.000	1.000



Ranch, Buttermilk, 200/12 g packets - 2 each	1945461	2.00 packet	1000	140.000	0.000	16.000	2.000	0.000	220.000	0.000
Weighted Daily Average				658.574	25.244	24.331	7.829	0.000*	968.887	88.352
% of Calories					15.33%	33.25%	10.70%	0.00%*		53.66%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Thu - 09/19/2019										
Middle Lunch Menu, SY 19-20										
		Total	1650							
Burrito, Bean & Cheese, Los Cabos , Elementary Campuses	1944529	1.00 burrito	1000	220.000	11.800	6.000	2.500	0.000	360.000	31.000
Taco Salad - Middle Schools	1944809	1.00 salad	100	430.170	33.834	23.505	9.060	0.702*	657.806	24.878
Ground Beef and Macaroni (with Mexican Seasoning)	1650885	<sup>3</sup> / <sub>4</sub> cup (2-#10 scoops)	550	244.355	18.619	13.583	5.444	0.663*	568.954	12.245
Refried Beans, 1/2 c (Canned)	1944379	<sup>1</sup> / <sub>2</sub> cup	1200	142.474	8.141	1.527	0.509	0.000	438.192	24.424
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
Pear Halves in Juice	1944383	<sup>1</sup> / <sub>2</sub> cup	1200	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	1200	95.254	1.966	0.454	0.053	0.000	3.024	23.436

Chips, Tostitos, Round, 1.45 oz Single Serve Bag	1950187	1.00 bag	100	200.000	3.000	7.000	1.000	0.000	180.000	29.000
Sherbet, Variety, 4 oz Cups	1944799	1.00 each	1400	110.000	1.000	1.500	1.000	0.000	20.000	23.000
Milk, 1% Low Fat, Borden, 1/2 pint	1944613	1.00 each	500	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	850	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	25	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	800	70.000	0.000	8.000	1.000	0.000	110.000	0.000
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				696.974	31.142	17.478	6.181	0.264*	1002.867	106.819
% of Calories					17.87%	22.57%	7.98%	0.34%*		61.30%

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										
Middle Lunch Menu, SY 19-20										
		Total	1650							
Meatball Sub	19504 13	1.00 sub sandwiches	525	414.875	24.195	18.955	8.344	0.000*	669.856	38.656

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	835	295.000	26.500	9.000	3.750	0.000	735.000	29.000
Turkey Wrap	19626 09	1.00 wrap	260	400.462	31.249	15.622	8.124	0.000*	929.951	37.348
Burger Salad (1/2 c lettuce, 1/8 c tomatoes, 1/8 c carrots, 1/8 c pickles)	19445 43	1.00 svg	800	21.028	0.762	0.097	0.070	0.000*	388.096	4.502
Zucchini Parmesan, 1/2 cup (Fresh)	19580 45	1/2 cup	700	113.292	6.377	4.233	1.873	0.000*	221.560	13.255
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
Fruit Cocktail in Pear Juice	19443 87	1/2 cup	1200	63.220	0.000	0.000	0.000	0.000	10.537	14.751
Apples, Red Delicious (138 Count)	19480 63	1.00 apple	1300	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	500	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	850	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	25	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
Mayonnaise, Reduced Calorie/Reduced Fat, Flavor Fresh Poly Pouch 200/12 g; as purchased - 1 each	19452 87	1.00 packet	500	45.000	0.000	4.000	0.500	0.000	80.000	2.000

Weighted Daily Average	716.677	37.538	20.578	8.026	0.000*	1283.922	97.892
% of Calories		20.95%	25.84%	10.08%	0.00%*		54.64%

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										
Middle Lunch Menu, SY 19-20										
		Total	1650							
Chicken Parmesan - Revision 5/22/15	195000 1	1.00 svg (1/2 cup of spaghetti, 1 chick patty)	650	441.938	32.373	14.641	3.632	0.000*	629.219	47.596
Steak Fingers, Whole Grain, Advance Pierre (160ea/case)	195863 1	4.00 fingers	1000	320.000	16.000	21.000	6.000	0.000	510.000	15.000
Golden Cauliflower, 1/2 c (Fresh)	194970 9	0.50 cup	725	68.528	2.195	4.806	0.765	0.000*	175.509	5.882
Garlic Green Beans, 1/2 cup (Frozen)	195484 1	1/2 cup	800	32.745	1.207	1.230	0.533	0.000	77.005	5.211
Sliced Peaches in Pear Juice	194438 1	1/2 cup	1000	57.614	0.000	0.000	0.000	0.000	9.602	13.443
Apples, Red Delicious (138 Count)	194806 3	1.00 apple	1200	95.004	0.473	0.309	0.055	0.000	2.002	25.134
Garlic Toast, Whole Grain, Bake Crafters, 1.31 oz	194970 1	1.00 slice	1200	90.000	3.000	2.500	0.500	0.000	190.000	15.000
Milk, 1% Low Fat, Borden, 1/2 pint	194461 3	1.00 each	500	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	850	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	25	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	194527 7	1.00 svg (2 packets)	700	20.000	0.000	0.000	0.000	0.000	50.000	4.000
Weighted Daily Average				680.156	33.192	24.004	6.520	0.000*	929.376	85.591
% of Calories					19.52%	31.76%	8.63%	0.00%*		50.34%

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										
Middle Lunch Menu, SY 19-20										
		Total	1650							
Sriracha Honey Chicken W/ Rice	1964705	1.00 svg (3.9 oz chick, 0.5 c rice)	600	315.405	14.995	6.969	1.008	0.000	579.837	45.453
Chicken Alfredo W/ A Twist	1944549	1.00 cup	275	336.875	27.768	9.370	3.635	0.000	681.314	37.502
Corn Dog	1944349	1.00 each	775	240.000	9.000	8.000	2.500	0.000	390.000	30.000
Broccoli, Roasted, Spicy, 1/2 c (Fresh)	1949695	0.50 cup cooked	1000	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	850	28.872	1.127	0.006	0.001	0.000	155.050	6.873

Blueberry Crisp	1962473	0.50 cup	875	197.320	2.541	6.923	2.651	0.000*	56.524	33.278
Fresh Pear (135 count)	1277520	1.00 each	900	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	500	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	850	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	25	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
Mustard, Heinz/Americana, 500/5.5 g packets - 1 each	1945281	1.00 package	300	5.000	1.000	0.000	0.000	0.000	85.000	1.000
Weighted Daily Average				574.420	24.871	15.195	4.404	0.000*	783.726	85.955
% of Calories					17.32%	23.81%	6.90%	0.00%*		59.85%

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										
Middle Lunch Menu, SY 19-20										
		Total	1650							
Frito Pie (Elementary & Middle)	1954849	1.00 svg	700	361.496	20.620	21.097	7.964	0.512	420.342	24.112

Santa Fe Chicken	1944801	$\frac{3}{4}$ cup	175	353.839	21.348	14.709	5.616	0.000*	554.295	31.291
Cheese Pizza	1944283	1.00 slice	200	310.000	21.000	13.000	7.000	0.000	470.000	29.000
Pepperoni Pizza	1944301	1.00 slice	575	350.000	20.000	16.000	8.000	0.000	680.000	29.000
Garden Side Salad (1/2 c lettuce, 1/8 c tomatoes, 1/8 c carrots)	1944465	1.00 serving	525	16.979	0.762	0.097	0.070	0.000*	15.502	3.692
Charro Beans	1944507	$\frac{1}{2}$ cup	1100	155.906	9.516	0.580	0.108	0.000*	285.128	28.594
Corn, 1/2 c (Frozen)	1944377	$\frac{1}{2}$ cup	1200	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	1000	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	1100	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	500	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	850	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	25	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	525	140.000	0.000	16.000	2.000	0.000	220.000	0.000
Weighted Daily Average				756.520	37.728	25.050	9.050	0.217*	1038.484	102.883
% of Calories					19.95%	29.80%	10.77%	0.26%*		54.40%

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										
Middle Lunch Menu, SY 19-20										
		Total	1650							
Cheese Enchiladas W/ Ground Beef Topping- Secondary	1950549	2.00 enchilada	1300	389.301	18.371	20.791	10.080	0.000*	673.170	31.704
Beef Crispy Tacos W/ Cheese - Middle School, MEA K-8	1944771	2.00 tacos	350	357.561	19.928	22.821	7.862	0.498	224.310	19.632
Black Beans, Low Sodium, Canned 1/2 c	1944757	1/2 cup	600	240.816	14.726	1.042	0.145	0.000*	273.042	41.397
Jicama Sticks 1/2 cup (Fresh)	1014704	1/2 cup	1200	39.195	0.850	0.027	0.003	0.000	29.448	9.728
Fresh Banana, Unpeeled (100-120 count)	1310149	1.00 each	1200	121.040	1.482	0.449	0.152	0.000	1.360	31.062
Fruit Cocktail in Pear Juice	1944387	1/2 cup	1000	63.220	0.000	0.000	0.000	0.000	10.537	14.751
Spanish Rice, 1/2 cup	1944533	1/2 cup	1300	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	500	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	850	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	25	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	838.815	35.285	26.603	10.693	0.106*	1308.170	116.748
% of Calories		16.83%	28.54%	11.47%	0.11%*		55.67%

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										
Middle Lunch Menu, SY 19-20										
		Total	1650							
Fish Tacos	194477 3	1.00 svg (2 tacos)	200	300.000	17.000	11.333	2.000	0.000	466.667	34.000
Spicy Crispy Chicken Burger on Whole Grain Bun	194476 1	1.00 burger	750	350.000	28.000	12.000	2.500	0.000	640.000	36.000
BBQ Pulled Pork Sandwich on Bun	196258 9	1.00 sandwich	655	332.349	20.281	13.259	4.594	0.000	702.083	34.218
Crispy Chicken Burger	194455 5	1.00 Burger	50	350.000	28.000	11.000	2.000	0.000	600.000	36.000
Classic Coleslaw	195402 5	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)	194454 3	1.00 svg	400	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	1300	127.653	2.128	4.255	0.532	0.000	148.928	21.275
Mandarin Oranges in Pear Juice	194438 5	1/2 cup	1200	54.146	0.902	0.000	0.000	0.000	9.024	12.634

Fresh Pear (135 count)	127752 0	1.00 each	1000	64.637	0.408	0.159	0.025	0.000	1.134	17.271
Milk, 1% Low Fat, Borden, 1/2 pint	194461 3	1.00 each	500	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	850	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	25	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	194528 7	1.00 packet	400	45.000	0.000	4.000	0.500	0.000	80.000	2.000
Ketchup, Low Sodium, Red Gold, 1000/9 gram; as served - 2 each	194527 7	1.00 svg (2 packets)	1000	20.000	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	400	5.000	1.000	0.000	0.000	0.000	85.000	1.000
Weighted Daily Average				648.372	33.589	18.128	4.356	0.000*	1043.280	91.390
% of Calories					20.72%	25.16%	6.05%	0.00%*		56.38%

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										
Middle Lunch Menu, SY 19-20										
		Total	1650							
Grilled Cheese Sticks (White Bread)	195483 1	3.00 sticks	1220	295.000	16.500	14.700	7.250	0.000	732.000	27.000

Turkey & Cheese Sub Sandwich	196358 5	1.00 sandwich	300	282.245	25.736	6.827	3.163	0.000	890.173	31.913
Popcorn Chicken Salad- Elementary	196810 8	1.00 salad	130	398.038	27.253	22.664	6.688	0.000*	749.775	22.962
Marinara Sauce, Homemade, 1/4 cup	194456 7	1/4 cup	700	39.425	0.548	2.710	0.376	0.000*	103.965	3.740
Baby Carrots, 1/2 cup (Fresh)	107009 0	1/2 cup	1000	26.460	0.484	0.098	0.017	0.000	58.967	6.229
Garden Side Salad (1/2 c lettuce, 1/8 c tomatoes, 1/8 c carrots)	194446 5	1.00 serving	700	16.979	0.762	0.097	0.070	0.000*	15.502	3.692
Mango Caliente Ice, Frozen, 90/case (Rosati)	196594 7	1.00 cup	1200	99.000	0.000	0.000	0.000	0.000	15.000	25.000
Sliced Peaches in Pear Juice	194438 1	1/2 cup	1100	57.614	0.000	0.000	0.000	0.000	9.602	13.443
Milk, 1% Low Fat, Borden, 1/2 pint	194461 3	1.00 each	500	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	850	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	25	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Chicken Noodle Soup	196248 9	1.00 cup	1200	115.763	8.768	2.246	0.049	0.000	171.104	13.409
Mayonnaise, Reduced Calorie/Reduced Fat, Flavor Fresh Poly Pouch 200/12 g; as purchased - 1 each	194528 7	1.00 packet	300	45.000	0.000	4.000	0.500	0.000	80.000	2.000
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	85.000	1.000
Ranch, Buttermilk, 200/12 g packets - 2 each	194546 1	2.00 packet	1000	140.000	0.000	16.000	2.000	0.000	220.000	0.000

Weighted Daily Average	717.486	33.101	27.962	8.455	0.000*	1244.951	85.551
% of Calories		18.45%	35.07%	10.61%	0.00%*		47.69%

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	695.190		600/700	Pass		
Protein (g)	32.274	18.57%				
Total Fat (g)	20.806	26.94%				
Saturated Fat (g)	6.475	8.38%	<10	Pass		
Trans Fat (g)	0.089*					
Sodium (mg)	1085.458		≤ 1360	Pass		
Carbohydrates (g)	98.161	56.48%				

\* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.