

National School District

Aug 21, 2017 thru Sep 15, 2017

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 08/21/2017				
NSD Lunch	Total	5500		
NSD Burrito, Bean & Cheese	1 EACH	2500	310	48.0
NSD Mini Chicken Tacos	1 each	2500	107	10.33
NSD Spaghetti w/ Meat sauce	SERV	1000	308	23.0
NSD Roll, Dinner	1 EACH	1000	80	17.0
NSD Lettuce, iceberg, shred	1 cup	2500	10	2.14
NSD Tomatoes, red, raw	1/2 cup	1500	15	3.31
NSD Corn, frozen	1/2 cup	2000	60	14.08
NSD Honeydew, raw	1/2 cup	2500	31	7.73
NSD Apple Slices, raw	1 EACH	2500	35	13.0
NSD Bananas, petite	1 EACH	3000	105	26.95
NSD Juice, Appleberry, 4 oz	1 EACH	4500	55	13.5
NSD Milk, 1% White	1 EACH	500	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	4500	110	20.0
NSD Dressing, Ranch, Lite	2 tbsp	4000	80	2.0
NSD Salsa, fresh	2 TBSP	2000	10	2.0
NSD Jalapenos, canned	1/8 cup	2500	5	0.94
Weighted Daily Average			588	96.38
% of Calories				65.6%
Nutrient Guideline			600-650	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 08/22/2017				
NSD Lunch	Total	5500		
NSD Pizza Crunchers, Cheese	4 EACH	1000	420	41.0
NSD Taco Nada, Turkey	1 EACH	2500	260	31.0
NSD Corn Dog	1 EACH	2000	240	30.0
NSD Salad Mix, Romaine/Spinach	1 1/2 cup	1500	20	3.68
NSD Radishes, sliced, raw	1/2 cup	1500	9	1.97
NSD Cauliflower, raw	1/2 cup	500	13	2.49
NSD Peaches, frozen, diced	1 EACH	2500	80	19.0
NSD Apple, fresh	1 EACH	2500	95	25.13
NSD Raisins, box	1 EACH	3500	113	29.98
NSD Juice, Apple, 4 oz	1 EACH	4500	55	14.0
NSD Milk, 1% White	1 EACH	500	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	4500	110	20.0
NSD Dressing, Ranch, Lite	2 tbsp	4000	80	2.0
NSD Salsa, fresh	2 TBSP	1000	10	2.0
NSD Jalapenos, canned	1/8 cup	1000	5	0.94
Weighted Daily Average			649	104.62
% of Calories				64.5%
Nutrient Guideline			600-650	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 08/23/2017				
NSD Lunch	Total	5500		
NSD Yogurt, Yami, 8 oz	1 EACH	1000	210	41.0
NSD Wheat Basic Cracker	1 EACH	1000	170	28.0
NSD Hot Dog,	1 each	2000	330	31.0
NSD Pizza, French Bread Pepp	1 EACH	2500	324	35.23
NSD Lettuce, iceberg, shred	1 cup	1000	10	2.14
NSD Carrots, baby, raw	1/2 cup	2500	21	4.94
NSD Cucumbers, sliced, raw	1/2 cup	1500	8	4.0
NSD Nectarines, raw	1 EACH	2500	60	14.35
NSD Watermelon, raw	1/2 cup	2500	23	5.74
NSD Apple Slices, raw	1 EACH	3000	35	13.0
NSD Juice, Orange 4 oz	1 EACH	4500	55	14.0
NSD Milk, 1% White	1 EACH	500	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	4500	110	20.0
NSD Dressing, Ranch, Lite	2 tbsp	4000	80	2.0
NSD Salsa, fresh	2 TBSP	250	10	2.0
NSD Jalapenos, canned	1/8 cup	1000	5	0.94
Weighted Daily Average			612	90.77
% of Calories				59.3%
Nutrient Guideline			600-650	

Thu - 08/24/2017				
NSD Lunch	Total	5500		
NSD Gordita, Bn & Chs (Pupusa)	1 EACH	1000	290	35.0
NSD Macaroni & Cheese	6 oz	1000	307	32.25
NSD Roll, Dinner	1 EACH	1000	80	17.0
NSD Hamburger	1 EACH	2500	268	29.6
NSD Salad Mix, Romaine/Spinach	1 1/2 cup	1500	20	3.68
NSD Tomatoes, red, raw	1/2 cup	1500	15	3.31
NSD Beans, Vegetarian, canned	1/2 cup	1000	120	23.0
NSD Blueberries, frzn, unsweet	1/2 cup	3000	40	9.43
NSD Oranges, raw	1/2 cup	2500	42	10.58
NSD Apple, fresh	1 EACH	2000	95	25.13
NSD Juice, Apple, 4 oz	1 EACH	4500	55	14.0
NSD Milk, 1% White	1 EACH	500	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	4500	110	20.0
NSD Dressing, Ranch, Lite	2 tbsp	4000	80	2.0
NSD Salsa, fresh	2 TBSP	1000	10	2.0
NSD Jalapenos, canned	1/8 cup	2500	5	0.94
Weighted Daily Average			560	85.47
% of Calories				61.1%
Nutrient Guideline			600-650	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 08/25/2017				
NSD Lunch	Total	5500		
NSD Sandwich,Sunbutt.-no crust	1 EACH	1500	310	33.0
NSD Chicken Nuggets	1 each	2000	52	3.2
NSD Rainbow Trout Treasures	4 EACH	2000	230	18.0
NSD Potato, Crinkle Cut	1 EACH	2000	73	12.0
NSD Lettuce, iceberg, shred	1 cup	2000	10	2.14
NSD Broccoli, raw	1/2 cup	3000	12	2.36
NSD Jicama, Raw	1/2 cup	2500	23	5.29
NSD Applesauce Cups	1 EACH	3000	51	13.75
NSD Lemon, raw	2 wedges	1500	4	1.3
NSD Pineapple, raw	1/2 cup	1500	39	10.17
NSD Juice, Orange 4 oz	1 EACH	4500	55	14.0
NSD Milk, 1% White	1 EACH	500	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	4500	110	20.0
NSD Dressing, Ranch, Lite	2 tbsp	2000	80	2.0
NSD Salsa, fresh	2 TBSP	500	10	2.0
NSD Jalapenos, canned	1/8 cup	1000	5	0.94
Weighted Daily Average			450	66.52
% of Calories				59.1%
Nutrient Guideline			600-650	

Mon - 08/28/2017				
NSD Lunch	Total	5500		
NSD Burrito, Bean & Cheese	1 EACH	2500	310	48.0
NSD Mini Chicken Tacos	1 each	2500	107	10.33
NSD Spaghetti w/ Meat sauce	SERV	1000	308	23.0
NSD Roll, Dinner	1 EACH	1000	80	17.0
NSD Lettuce, iceberg, shred	1 cup	2500	10	2.14
NSD Tomatoes, red, raw	1/2 cup	1500	15	3.31
NSD Corn, frozen	1/2 cup	2000	60	14.08
NSD Honeydew, raw	1/2 cup	2500	31	7.73
NSD Apple Slices, raw	1 EACH	2500	35	13.0
NSD Bananas, petite	1 EACH	3000	105	26.95
NSD Juice, Appleberry, 4 oz	1 EACH	4500	55	13.5
NSD Milk, 1% White	1 EACH	500	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	4500	110	20.0
NSD Dressing, Ranch, Lite	2 tbsp	4000	80	2.0
NSD Salsa, fresh	2 TBSP	2000	10	2.0
NSD Jalapenos, canned	1/8 cup	2500	5	0.94
Weighted Daily Average			588	96.38
% of Calories				65.6%
Nutrient Guideline			600-650	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 08/29/2017				
NSD Lunch	Total	5500		
NSD Pizza Crunchers, Cheese	4 EACH	1000	420	41.0
NSD Taco Nada, Turkey	1 EACH	2500	260	31.0
NSD Corn Dog	1 EACH	2000	240	30.0
NSD Salad Mix, Romaine/Spinach	1 1/2 cup	1500	20	3.68
NSD Radishes, sliced, raw	1/2 cup	1500	9	1.97
NSD Cauliflower, raw	1/2 cup	500	13	2.49
NSD Peaches, frozen, diced	1 EACH	2500	80	19.0
NSD Apple, fresh	1 EACH	2500	95	25.13
NSD Raisins, box	1 EACH	3500	113	29.98
NSD Juice, Apple, 4 oz	1 EACH	4500	55	14.0
NSD Milk, 1% White	1 EACH	500	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	4500	110	20.0
NSD Dressing, Ranch, Lite	2 tbsp	4000	80	2.0
NSD Salsa, fresh	2 TBSP	1000	10	2.0
NSD Jalapenos, canned	1/8 cup	1000	5	0.94
Weighted Daily Average			649	104.62
% of Calories				64.5%
Nutrient Guideline			600-650	

Wed - 08/30/2017				
NSD Lunch	Total	5500		
NSD Yogurt, Yami, 8 oz	1 EACH	1000	210	41.0
NSD Wheat Basic Cracker	1 EACH	1000	170	28.0
NSD Hot Dog,	1 each	2000	330	31.0
NSD Pizza, French Bread Pepp	1 EACH	2500	324	35.23
NSD Lettuce, iceberg, shred	1 cup	1000	10	2.14
NSD Carrots, baby, raw	1/2 cup	2500	21	4.94
NSD Cucumbers, sliced, raw	1/2 cup	1500	8	4.0
NSD Nectarines, raw	1 EACH	2500	60	14.35
NSD Watermelon, raw	1/2 cup	2500	23	5.74
NSD Apple Slices, raw	1 EACH	3000	35	13.0
NSD Juice, Orange 4 oz	1 EACH	4500	55	14.0
NSD Milk, 1% White	1 EACH	500	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	4500	110	20.0
NSD Dressing, Ranch, Lite	2 tbsp	4000	80	2.0
NSD Salsa, fresh	2 TBSP	250	10	2.0
NSD Jalapenos, canned	1/8 cup	1000	5	0.94
Weighted Daily Average			612	90.77
% of Calories				59.3%
Nutrient Guideline			600-650	

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Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 08/31/2017				
NSD Lunch	Total	5500		
NSD Gordita, Bn & Chs (Pupusa)	1 EACH	1000	290	35.0
NSD Macaroni & Cheese	6 oz	1000	307	32.25
NSD Roll, Dinner	1 EACH	1000	80	17.0
NSD Hamburger	1 EACH	2500	268	29.6
NSD Salad Mix, Romaine/Spinach	1 1/2 cup	1500	20	3.68
NSD Tomatoes, red, raw	1/2 cup	1500	15	3.31
NSD Beans, Vegetarian, canned	1/2 cup	1000	120	23.0
NSD Blueberries, frzn, unsweet	1/2 cup	3000	40	9.43
NSD Oranges, raw	1/2 cup	2500	42	10.58
NSD Apple, fresh	1 EACH	2000	95	25.13
NSD Juice, Apple, 4 oz	1 EACH	4500	55	14.0
NSD Milk, 1% White	1 EACH	500	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	4500	110	20.0
NSD Dressing, Ranch, Lite	2 tbsp	4000	80	2.0
NSD Salsa, fresh	2 TBSP	1000	10	2.0
NSD Jalapenos, canned	1/8 cup	2500	5	0.94
Weighted Daily Average			560	85.47
% of Calories				61.1%
Nutrient Guideline			600-650	

Fri - 09/01/2017				
NSD Lunch	Total	5500		
NSD Sandwich, Sunbutt.-no crust	1 EACH	1500	310	33.0
NSD Chicken Nuggets	1 each	2000	52	3.2
NSD Rainbow Trout Treasures	4 EACH	2000	230	18.0
NSD Potato, Crinkle Cut	1 EACH	2000	73	12.0
NSD Lettuce, iceberg, shred	1 cup	2000	10	2.14
NSD Broccoli, raw	1/2 cup	3000	12	2.36
NSD Jicama, Raw	1/2 cup	2500	23	5.29
NSD Applesauce Cups	1 EACH	3000	51	13.75
NSD Lemon, raw	2 wedges	1500	4	1.3
NSD Pineapple, raw	1/2 cup	1500	39	10.17
NSD Juice, Orange 4 oz	1 EACH	4500	55	14.0
NSD Milk, 1% White	1 EACH	500	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	4500	110	20.0
NSD Dressing, Ranch, Lite	2 tbsp	2000	80	2.0
NSD Salsa, fresh	2 TBSP	500	10	2.0
NSD Jalapenos, canned	1/8 cup	1000	5	0.94
Weighted Daily Average			450	66.52
% of Calories				59.1%
Nutrient Guideline			600-650	

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National School District

Aug 21, 2017 thru Sep 15, 2017

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 09/04/2017				
NSD Lunch	Total	5500		
NSD Burrito, Bean & Cheese	1 EACH	2500	310	48.0
NSD Mini Chicken Tacos	1 each	2500	107	10.33
NSD Spaghetti w/ Meat sauce	SERV	1000	308	23.0
NSD Roll, Dinner	1 EACH	1000	80	17.0
NSD Lettuce, iceberg, shred	1 cup	2500	10	2.14
NSD Tomatoes, red, raw	1/2 cup	1500	15	3.31
NSD Corn, frozen	1/2 cup	2000	60	14.08
NSD Honeydew, raw	1/2 cup	2500	31	7.73
NSD Apple Slices, raw	1 EACH	2500	35	13.0
NSD Bananas, petite	1 EACH	3000	105	26.95
NSD Juice, Appleberry, 4 oz	1 EACH	4500	55	13.5
NSD Milk, 1% White	1 EACH	500	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	4500	110	20.0
NSD Dressing, Ranch, Lite	2 tbsp	4000	80	2.0
NSD Salsa, fresh	2 TBSP	2000	10	2.0
NSD Jalapenos, canned	1/8 cup	2500	5	0.94
Weighted Daily Average			588	96.38
% of Calories				65.6%
Nutrient Guideline			600-650	

Tue - 09/05/2017				
NSD Lunch	Total	5500		
NSD Pizza Crunchers, Cheese	4 EACH	1000	420	41.0
NSD Taco Nada, Turkey	1 EACH	2500	260	31.0
NSD Corn Dog	1 EACH	2000	240	30.0
NSD Salad Mix, Romaine/Spinach	1 1/2 cup	1500	20	3.68
NSD Radishes, sliced, raw	1/2 cup	1500	9	1.97
NSD Cauliflower, raw	1/2 cup	500	13	2.49
NSD Peaches, frozen, diced	1 EACH	2500	80	19.0
NSD Apple, fresh	1 EACH	2500	95	25.13
NSD Raisins, box	1 EACH	3500	113	29.98
NSD Juice, Apple, 4 oz	1 EACH	4500	55	14.0
NSD Milk, 1% White	1 EACH	500	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	4500	110	20.0
NSD Dressing, Ranch, Lite	2 tbsp	4000	80	2.0
NSD Salsa, fresh	2 TBSP	1000	10	2.0
NSD Jalapenos, canned	1/8 cup	1000	5	0.94
Weighted Daily Average			649	104.62
% of Calories				64.5%
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NSD Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 09/06/2017				
NSD Lunch	Total	5500		
NSD Yogurt, Yami, 8 oz	1 EACH	1000	210	41.0
NSD Wheat Basic Cracker	1 EACH	1000	170	28.0
NSD Hot Dog,	1 each	2000	330	31.0
NSD Pizza, French Bread Pepp	1 EACH	2500	324	35.23
NSD Lettuce, iceberg, shred	1 cup	1000	10	2.14
NSD Carrots, baby, raw	1/2 cup	2500	21	4.94
NSD Cucumbers, sliced, raw	1/2 cup	1500	8	4.0
NSD Nectarines, raw	1 EACH	2500	60	14.35
NSD Watermelon, raw	1/2 cup	2500	23	5.74
NSD Apple Slices, raw	1 EACH	3000	35	13.0
NSD Juice, Orange 4 oz	1 EACH	4500	55	14.0
NSD Milk, 1% White	1 EACH	500	120	16.0
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NSD Dressing, Ranch, Lite	2 tbsp	4000	80	2.0
NSD Salsa, fresh	2 TBSP	250	10	2.0
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% of Calories				59.3%
Nutrient Guideline			600-650	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 09/07/2017				
NSD Lunch	Total	5500		
NSD Gordita, Bn & Chs (Pupusa)	1 EACH	1000	290	35.0
NSD Macaroni & Cheese	6 oz	1000	307	32.25
NSD Roll, Dinner	1 EACH	1000	80	17.0
NSD Hamburger	1 EACH	2500	268	29.6
NSD Salad Mix, Romaine/Spinach	1 1/2 cup	1500	20	3.68
NSD Tomatoes, red, raw	1/2 cup	1500	15	3.31
NSD Beans, Vegetarian, canned	1/2 cup	1000	120	23.0
NSD Blueberries, frzn, unsweet	1/2 cup	3000	40	9.43
NSD Oranges, raw	1/2 cup	2500	42	10.58
NSD Apple, fresh	1 EACH	2000	95	25.13
NSD Juice, Apple, 4 oz	1 EACH	4500	55	14.0
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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
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NSD Lunch	Total	5500		
NSD Sandwich, Sunbutt.-no crust	1 EACH	1500	310	33.0
NSD Chicken Nuggets	1 each	2000	52	3.2
NSD Rainbow Trout Treasures	4 EACH	2000	230	18.0
NSD Potato, Crinkle Cut	1 EACH	2000	73	12.0
NSD Lettuce, iceberg, shred	1 cup	2000	10	2.14
NSD Broccoli, raw	1/2 cup	3000	12	2.36
NSD Jicama, Raw	1/2 cup	2500	23	5.29
NSD Applesauce Cups	1 EACH	3000	51	13.75
NSD Lemon, raw	2 wedges	1500	4	1.3
NSD Pineapple, raw	1/2 cup	1500	39	10.17
NSD Juice, Orange 4 oz	1 EACH	4500	55	14.0
NSD Milk, 1% White	1 EACH	500	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	4500	110	20.0
NSD Dressing, Ranch, Lite	2 tbsp	2000	80	2.0
NSD Salsa, fresh	2 TBSP	500	10	2.0
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Mon - 09/11/2017				
NSD Lunch	Total	5500		
NSD Burrito, Bean & Cheese	1 EACH	2500	310	48.0
NSD Mini Chicken Tacos	1 each	2500	107	10.33
NSD Spaghetti w/ Meat sauce	SERV	1000	308	23.0
NSD Roll, Dinner	1 EACH	1000	80	17.0
NSD Lettuce, iceberg, shred	1 cup	2500	10	2.14
NSD Tomatoes, red, raw	1/2 cup	1500	15	3.31
NSD Corn, frozen	1/2 cup	2000	60	14.08
NSD Honeydew, raw	1/2 cup	2500	31	7.73
NSD Apple Slices, raw	1 EACH	2500	35	13.0
NSD Bananas, petite	1 EACH	3000	105	26.95
NSD Juice, Appleberry, 4 oz	1 EACH	4500	55	13.5
NSD Milk, 1% White	1 EACH	500	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	4500	110	20.0
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National School District

Aug 21, 2017 thru Sep 15, 2017

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 09/12/2017				
NSD Lunch	Total	5500		
NSD Pizza Crunchers, Cheese	4 EACH	1000	420	41.0
NSD Taco Nada, Turkey	1 EACH	2500	260	31.0
NSD Corn Dog	1 EACH	2000	240	30.0
NSD Salad Mix, Romaine/Spinach	1 1/2 cup	1500	20	3.68
NSD Radishes, sliced, raw	1/2 cup	1500	9	1.97
NSD Cauliflower, raw	1/2 cup	500	13	2.49
NSD Peaches, frozen, diced	1 EACH	2500	80	19.0
NSD Apple, fresh	1 EACH	2500	95	25.13
NSD Raisins, box	1 EACH	3500	113	29.98
NSD Juice, Apple, 4 oz	1 EACH	4500	55	14.0
NSD Milk, 1% White	1 EACH	500	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	4500	110	20.0
NSD Dressing, Ranch, Lite	2 tbsp	4000	80	2.0
NSD Salsa, fresh	2 TBSP	1000	10	2.0
NSD Jalapenos, canned	1/8 cup	1000	5	0.94
Weighted Daily Average			649	104.62
% of Calories				64.5%
Nutrient Guideline			600-650	

Wed - 09/13/2017				
NSD Lunch	Total	5500		
NSD Yogurt, Yami, 8 oz	1 EACH	1000	210	41.0
NSD Wheat Basic Cracker	1 EACH	1000	170	28.0
NSD Hot Dog,	1 each	2000	330	31.0
NSD Pizza, French Bread Pepp	1 EACH	2500	324	35.23
NSD Lettuce, iceberg, shred	1 cup	1000	10	2.14
NSD Carrots, baby, raw	1/2 cup	2500	21	4.94
NSD Cucumbers, sliced, raw	1/2 cup	1500	8	4.0
NSD Nectarines, raw	1 EACH	2500	60	14.35
NSD Watermelon, raw	1/2 cup	2500	23	5.74
NSD Apple Slices, raw	1 EACH	3000	35	13.0
NSD Juice, Orange 4 oz	1 EACH	4500	55	14.0
NSD Milk, 1% White	1 EACH	500	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	4500	110	20.0
NSD Dressing, Ranch, Lite	2 tbsp	4000	80	2.0
NSD Salsa, fresh	2 TBSP	250	10	2.0
NSD Jalapenos, canned	1/8 cup	1000	5	0.94
Weighted Daily Average			612	90.77
% of Calories				59.3%
Nutrient Guideline			600-650	

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National School District

Aug 21, 2017 thru Sep 15, 2017

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 09/14/2017				
NSD Lunch	Total	5500		
NSD Gordita, Bn & Chs (Pupusa)	1 EACH	1000	290	35.0
NSD Macaroni & Cheese	6 oz	1000	307	32.25
NSD Roll, Dinner	1 EACH	1000	80	17.0
NSD Hamburger	1 EACH	2500	268	29.6
NSD Salad Mix, Romaine/Spinach	1 1/2 cup	1500	20	3.68
NSD Tomatoes, red, raw	1/2 cup	1500	15	3.31
NSD Beans, Vegetarian, canned	1/2 cup	1000	120	23.0
NSD Blueberries, frzn, unsweet	1/2 cup	3000	40	9.43
NSD Oranges, raw	1/2 cup	2500	42	10.58
NSD Apple, fresh	1 EACH	2000	95	25.13
NSD Juice, Apple, 4 oz	1 EACH	4500	55	14.0
NSD Milk, 1% White	1 EACH	500	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	4500	110	20.0
NSD Dressing, Ranch, Lite	2 tbsp	4000	80	2.0
NSD Salsa, fresh	2 TBSP	1000	10	2.0
NSD Jalapenos, canned	1/8 cup	2500	5	0.94
Weighted Daily Average			560	85.47
% of Calories				61.1%
Nutrient Guideline			600-650	

Fri - 09/15/2017				
NSD Lunch	Total	5500		
NSD Sandwich, Sunbutt.-no crust	1 EACH	1500	310	33.0
NSD Chicken Nuggets	1 each	2000	52	3.2
NSD Rainbow Trout Treasures	4 EACH	2000	230	18.0
NSD Potato, Crinkle Cut	1 EACH	2000	73	12.0
NSD Lettuce, iceberg, shred	1 cup	2000	10	2.14
NSD Broccoli, raw	1/2 cup	3000	12	2.36
NSD Jicama, Raw	1/2 cup	2500	23	5.29
NSD Applesauce Cups	1 EACH	3000	51	13.75
NSD Lemon, raw	2 wedges	1500	4	1.3
NSD Pineapple, raw	1/2 cup	1500	39	10.17
NSD Juice, Orange 4 oz	1 EACH	4500	55	14.0
NSD Milk, 1% White	1 EACH	500	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	4500	110	20.0
NSD Dressing, Ranch, Lite	2 tbsp	2000	80	2.0
NSD Salsa, fresh	2 TBSP	500	10	2.0
NSD Jalapenos, canned	1/8 cup	1000	5	0.94
Weighted Daily Average			450	66.52
% of Calories				59.1%
Nutrient Guideline			600-650	

Weighted Average			572	88.75
				62.1%

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National School District

Aug 21, 2017 thru Sep 15, 2017

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size % of Target	Reimb Qty Miss Data	Cals (kcal) Shortfall	Carb (g) Overage	Error Messages (if any)
Calories	572		600 - 650	95%			28	
Carbohydrate (g)	88.75	62.10%						Correction Required - Calories are Low

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