

# National School District

May 1, 2017 thru Jun 15, 2017

## Base Menu Spreadsheet

NSD Lunch

### Portion Values - Detailed

Page 1

Generated on: 4/26/2017 8:12:51 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 05/01/2017				
NSD Lunch	Total	5500		
NSD Yogurt, Yami, 8 oz	1 EACH	2500	210	41.0
NSD Granola, Strawberry	1 EACH	2500	230	43.0
NSD Hamburger	1 EACH	1000	268	29.6
NSD Orange Chicken w/ rice	1 EACH	1000	420	73.0
NSD Lettuce, iceberg, shred	1 cup	2500	10	2.14
NSD Tomatoes, red, raw	1/2 cup	1500	15	3.31
NSD Beans, Vegetarian, canned	1/2 cup	2000	120	23.0
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			675	122.67
% of Calories				72.7%
Nutrient Guideline			600-650	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 05/02/2017				
NSD Lunch	Total	5500		
NSD Burrito, Bean & Cheese	1 EACH	1000	310	48.0
NSD Tamale, Chicken & Cheese	1 EACH	2500	343	45.0
NSD Hot Dog,	1 each	2000	330	31.0
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 Corn, frozen	1/2 cup	500	60	14.08
NSD Mango, raw	1/2 cup	2500	50	12.36
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			691	111.02
% of Calories				64.2%
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

Page 2

Generated on: 4/26/2017 8:12:51 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
<b>Wed - 05/03/2017</b>				
NSD Lunch	Total	5500		
NSD Gordita, Bn & Chs (Pupusa)	1 EACH	1000	290	35.0
NSD TAQUITO, CHICKEN	1 EACH	2000	210	27.0
NSD Pizza, Pepperoni, 5" Round	1 EACH	2500	340	31.0
NSD Lettuce, iceberg, shred	1 cup	1000	10	2.14
NSD Carrots, baby, raw	1/2 cup	2500	21	4.94
NSD Broccoli, raw	1/2 cup	1500	12	2.36
NSD Blueberries, frzn, unsweet	1/2 cup	2500	40	9.43
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			551	78.53
% of Calories				57.0%
Nutrient Guideline			600-650	

<b>Thu - 05/04/2017</b>				
NSD Lunch	Total	5500		
NSD Veggie/icious Chili	1 each	1000	272	39.5
NSD GF Chips, Tortilla, 2oz	1 EACH	1000	135	19.0
NSD Chicken Sticks, Hot & Spicy	8 EACH	2000	260	17.0
NSD Corn Dog	1 EACH	2500	240	30.0
NSD Salad Mix, Romaine/Spinach	1 1/2 cup	1500	20	3.68
NSD Peas, Snap (edible-podded)	1/2 cup	1500	13	2.38
NSD Jicama, Raw	1/2 cup	1000	23	5.29
NSD Farm Fresh Fruit	1 EACH	3000	73	18.85
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			593	88.82
% of Calories				60.0%
Nutrient Guideline			600-650	

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# National School District

May 1, 2017 thru Jun 15, 2017

## Base Menu Spreadsheet

NSD Lunch

### Portion Values - Detailed

Page 3

Generated on: 4/26/2017 8:12:51 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 05/05/2017				
NSD Lunch	Total	5500		
NSD Sandwich, Sunbutt.-no crust	1 EACH	1500	310	33.0
NSD Chicken Chunks	5 EACH	2000	208	15.0
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 Cucumbers, sliced, raw	1/2 cup	3000	8	4.0
NSD Cauliflower, raw	1/2 cup	2500	13	2.49
NSD Farm Fresh Fruit	1 EACH	3000	73	18.85
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			512	73.21
% of Calories				57.1%
Nutrient Guideline			600-650	

Mon - 05/08/2017				
NSD Lunch	Total	5500		
NSD Yogurt, Yami, 8 oz	1 EACH	2500	210	41.0
NSD Granola, Strawberry	1 EACH	2500	230	43.0
NSD Hamburger	1 EACH	1000	268	29.6
NSD Orange Chicken w/ rice	1 EACH	1000	420	73.0
NSD Lettuce, iceberg, shred	1 cup	2500	10	2.14
NSD Tomatoes, red, raw	1/2 cup	1500	15	3.31
NSD Beans, Vegetarian, canned	1/2 cup	2000	120	23.0
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			675	122.67
% of Calories				72.7%
Nutrient Guideline			600-650	

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May 1, 2017 thru Jun 15, 2017

## Base Menu Spreadsheet

NSD Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 05/09/2017				
NSD Lunch	Total	5500		
NSD Burrito, Bean & Cheese	1 EACH	1000	310	48.0
NSD Tamale, Chicken & Cheese	1 EACH	2500	343	45.0
NSD Hot Dog,	1 each	2000	330	31.0
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 Corn, frozen	1/2 cup	500	60	14.08
NSD Mango, raw	1/2 cup	2500	50	12.36
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			691	111.02
% of Calories				64.2%
Nutrient Guideline			600-650	

Wed - 05/10/2017				
NSD Lunch	Total	5500		
NSD Gordita, Bn & Chs (Pupusa)	1 EACH	1000	290	35.0
NSD TAQUITO, CHICKEN	1 EACH	2000	210	27.0
NSD Pizza, Pepperoni, 5" Round	1 EACH	2500	340	31.0
NSD Lettuce, iceberg, shred	1 cup	1000	10	2.14
NSD Carrots, baby, raw	1/2 cup	2500	21	4.94
NSD Broccoli, raw	1/2 cup	1500	12	2.36
NSD Blueberries, frzn, unsweet	1/2 cup	2500	40	9.43
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			551	78.53
% of Calories				57.0%
Nutrient Guideline			600-650	

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May 1, 2017 thru Jun 15, 2017

## Base Menu Spreadsheet

NSD Lunch

### Portion Values - Detailed

Page 5

Generated on: 4/26/2017 8:12:51 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 05/11/2017				
NSD Lunch	Total	5500		
NSD Veggie/icious Chili	1 each	1000	272	39.5
NSD GF Chips, Tortilla, 2oz	1 EACH	1000	135	19.0
NSD Chicken Sticks, Hot & Spicy	8 EACH	2000	260	17.0
NSD Corn Dog	1 EACH	2500	240	30.0
NSD Salad Mix, Romaine/Spinach	1 1/2 cup	1500	20	3.68
NSD Peas, Snap (edible-podded)	1/2 cup	1500	13	2.38
NSD Jicama, Raw	1/2 cup	1000	23	5.29
NSD Farm Fresh Fruit	1 EACH	3000	73	18.85
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			593	88.82
% of Calories				60.0%
Nutrient Guideline			600-650	

Fri - 05/12/2017				
NSD Lunch	Total	5500		
NSD Sandwich, Sunbutt.-no crust	1 EACH	1500	310	33.0
NSD Chicken Chunks	5 EACH	2000	208	15.0
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 Cucumbers, sliced, raw	1/2 cup	3000	8	4.0
NSD Cauliflower, raw	1/2 cup	2500	13	2.49
NSD Farm Fresh Fruit	1 EACH	3000	73	18.85
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			512	73.21
% of Calories				57.1%
Nutrient Guideline			600-650	

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# National School District

May 1, 2017 thru Jun 15, 2017

## Base Menu Spreadsheet

NSD Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 05/15/2017				
NSD Lunch	Total	5500		
NSD Yogurt, Yami, 8 oz	1 EACH	2500	210	41.0
NSD Granola, Strawberry	1 EACH	2500	230	43.0
NSD Hamburger	1 EACH	1000	268	29.6
NSD Orange Chicken w/ rice	1 EACH	1000	420	73.0
NSD Lettuce, iceberg, shred	1 cup	2500	10	2.14
NSD Tomatoes, red, raw	1/2 cup	1500	15	3.31
NSD Beans, Vegetarian, canned	1/2 cup	2000	120	23.0
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			675	122.67
% of Calories				72.7%
Nutrient Guideline			600-650	

Tue - 05/16/2017				
NSD Lunch	Total	5500		
NSD Burrito, Bean & Cheese	1 EACH	1000	310	48.0
NSD Tamale, Chicken & Cheese	1 EACH	2500	343	45.0
NSD Hot Dog,	1 each	2000	330	31.0
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 Corn, frozen	1/2 cup	500	60	14.08
NSD Mango, raw	1/2 cup	2500	50	12.36
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			691	111.02
% of Calories				64.2%
Nutrient Guideline			600-650	

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NSD Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
<b>Wed - 05/17/2017</b>				
NSD Lunch	Total	5500		
NSD Gordita, Bn & Chs (Pupusa)	1 EACH	1000	290	35.0
NSD TAQUITO, CHICKEN	1 EACH	2000	210	27.0
NSD Pizza, Pepperoni, 5" Round	1 EACH	2500	340	31.0
NSD Lettuce, iceberg, shred	1 cup	1000	10	2.14
NSD Carrots, baby, raw	1/2 cup	2500	21	4.94
NSD Broccoli, raw	1/2 cup	1500	12	2.36
NSD Blueberries, frzn, unsweet	1/2 cup	2500	40	9.43
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
NSD Jalapenos, canned	1/8 cup	1000	5	0.94
Weighted Daily Average			551	78.53
% of Calories				57.0%
Nutrient Guideline			600-650	

<b>Thu - 05/18/2017</b>				
NSD Lunch	Total	5500		
NSD Veggie/icious Chili	1 each	1000	272	39.5
NSD GF Chips, Tortilla, 2oz	1 EACH	1000	135	19.0
NSD Chicken Sticks, Hot & Spicy	8 EACH	2000	260	17.0
NSD Corn Dog	1 EACH	2500	240	30.0
NSD Salad Mix, Romaine/Spinach	1 1/2 cup	1500	20	3.68
NSD Peas, Snap (edible-podded)	1/2 cup	1500	13	2.38
NSD Jicama, Raw	1/2 cup	1000	23	5.29
NSD Farm Fresh Fruit	1 EACH	3000	73	18.85
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			593	88.82
% of Calories				60.0%
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Page 8

Generated on: 4/26/2017 8:12:51 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
<b>Fri - 05/19/2017</b>				
NSD Lunch	Total	5500		
NSD Sandwich, Sunbutt.-no crust	1 EACH	1500	310	33.0
NSD Chicken Chunks	5 EACH	2000	208	15.0
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 Cucumbers, sliced, raw	1/2 cup	3000	8	4.0
NSD Cauliflower, raw	1/2 cup	2500	13	2.49
NSD Farm Fresh Fruit	1 EACH	3000	73	18.85
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			512	73.21
% of Calories				57.1%
Nutrient Guideline			600-650	

<b>Mon - 05/22/2017</b>				
NSD Lunch	Total	5500		
NSD Yogurt, Yami, 8 oz	1 EACH	2500	210	41.0
NSD Granola, Strawberry	1 EACH	2500	230	43.0
NSD Hamburger	1 EACH	1000	268	29.6
NSD Orange Chicken w/ rice	1 EACH	1000	420	73.0
NSD Lettuce, iceberg, shred	1 cup	2500	10	2.14
NSD Tomatoes, red, raw	1/2 cup	1500	15	3.31
NSD Beans, Vegetarian, canned	1/2 cup	2000	120	23.0
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
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# National School District

May 1, 2017 thru Jun 15, 2017

## Base Menu Spreadsheet

NSD Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
<b>Tue - 05/23/2017</b>				
NSD Lunch	Total	5500		
NSD Burrito, Bean & Cheese	1 EACH	1000	310	48.0
NSD Tamale, Chicken & Cheese	1 EACH	2500	343	45.0
NSD Hot Dog,	1 each	2000	330	31.0
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 Corn, frozen	1/2 cup	500	60	14.08
NSD Mango, raw	1/2 cup	2500	50	12.36
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			691	111.02
% of Calories				64.2%
Nutrient Guideline			600-650	

<b>Wed - 05/24/2017</b>				
NSD Lunch	Total	5500		
NSD Gordita, Bn & Chs (Pupusa)	1 EACH	1000	290	35.0
NSD TAQUITO, CHICKEN	1 EACH	2000	210	27.0
NSD Pizza, Pepperoni, 5" Round	1 EACH	2500	340	31.0
NSD Lettuce, iceberg, shred	1 cup	1000	10	2.14
NSD Carrots, baby, raw	1/2 cup	2500	21	4.94
NSD Broccoli, raw	1/2 cup	1500	12	2.36
NSD Blueberries, frzn, unsweet	1/2 cup	2500	40	9.43
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			551	78.53
% of Calories				57.0%
Nutrient Guideline			600-650	

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# National School District

May 1, 2017 thru Jun 15, 2017

## Base Menu Spreadsheet

NSD Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 05/25/2017				
NSD Lunch	Total	5500		
NSD Veggie/icious Chili	1 each	1000	272	39.5
NSD GF Chips, Tortilla, 2oz	1 EACH	1000	135	19.0
NSD Chicken Sticks, Hot & Spicy	8 EACH	2000	260	17.0
NSD Corn Dog	1 EACH	2500	240	30.0
NSD Salad Mix, Romaine/Spinach	1 1/2 cup	1500	20	3.68
NSD Peas, Snap (edible-podded)	1/2 cup	1500	13	2.38
NSD Jicama, Raw	1/2 cup	1000	23	5.29
NSD Farm Fresh Fruit	1 EACH	3000	73	18.85
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			593	88.82
% of Calories				60.0%
Nutrient Guideline			600-650	

Fri - 05/26/2017				
NSD Lunch	Total	5500		
NSD Sandwich, Sunbutt.-no crust	1 EACH	1500	310	33.0
NSD Chicken Chunks	5 EACH	2000	208	15.0
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 Cucumbers, sliced, raw	1/2 cup	3000	8	4.0
NSD Cauliflower, raw	1/2 cup	2500	13	2.49
NSD Farm Fresh Fruit	1 EACH	3000	73	18.85
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			512	73.21
% of Calories				57.1%
Nutrient Guideline			600-650	

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# National School District

May 1, 2017 thru Jun 15, 2017

## Base Menu Spreadsheet

NSD Lunch

### Portion Values - Detailed

Page 11

Generated on: 4/26/2017 8:12:51 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
<b>Mon - 05/29/2017</b>				
NSD Lunch	Total	5500		
NSD Yogurt, Yami, 8 oz	1 EACH	2500	210	41.0
NSD Granola, Strawberry	1 EACH	2500	230	43.0
NSD Hamburger	1 EACH	1000	268	29.6
NSD Orange Chicken w/ rice	1 EACH	1000	420	73.0
NSD Lettuce, iceberg, shred	1 cup	2500	10	2.14
NSD Tomatoes, red, raw	1/2 cup	1500	15	3.31
NSD Beans, Vegetarian, canned	1/2 cup	2000	120	23.0
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			675	122.67
% of Calories				72.7%
Nutrient Guideline			600-650	

<b>Tue - 05/30/2017</b>				
NSD Lunch	Total	5500		
NSD Burrito, Bean & Cheese	1 EACH	1000	310	48.0
NSD Tamale, Chicken & Cheese	1 EACH	2500	343	45.0
NSD Hot Dog,	1 each	2000	330	31.0
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 Corn, frozen	1/2 cup	500	60	14.08
NSD Mango, raw	1/2 cup	2500	50	12.36
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			691	111.02
% of Calories				64.2%
Nutrient Guideline			600-650	

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# National School District

May 1, 2017 thru Jun 15, 2017

## Base Menu Spreadsheet

NSD Lunch

### Portion Values - Detailed

Page 12

Generated on: 4/26/2017 8:12:51 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
<b>Wed - 05/31/2017</b>				
NSD Lunch	Total	5500		
NSD Gordita, Bn & Chs (Pupusa)	1 EACH	1000	290	35.0
NSD TAQUITO, CHICKEN	1 EACH	2000	210	27.0
NSD Pizza, Pepperoni, 5" Round	1 EACH	2500	340	31.0
NSD Lettuce, iceberg, shred	1 cup	1000	10	2.14
NSD Carrots, baby, raw	1/2 cup	2500	21	4.94
NSD Broccoli, raw	1/2 cup	1500	12	2.36
NSD Blueberries, frzn, unsweet	1/2 cup	2500	40	9.43
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			551	78.53
% of Calories				57.0%
Nutrient Guideline			600-650	

<b>Thu - 06/01/2017</b>				
NSD Lunch	Total	5500		
NSD Veggie/icious Chili	1 each	1000	272	39.5
NSD GF Chips, Tortilla, 2oz	1 EACH	1000	135	19.0
NSD Chicken Sticks, Hot & Spicy	8 EACH	2000	260	17.0
NSD Corn Dog	1 EACH	2500	240	30.0
NSD Salad Mix, Romaine/Spinach	1 1/2 cup	1500	20	3.68
NSD Peas, Snap (edible-podded)	1/2 cup	1500	13	2.38
NSD Jicama, Raw	1/2 cup	1000	23	5.29
NSD Farm Fresh Fruit	1 EACH	3000	73	18.85
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			593	88.82
% of Calories				60.0%
Nutrient Guideline			600-650	

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# National School District

May 1, 2017 thru Jun 15, 2017

## Base Menu Spreadsheet

NSD Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 06/02/2017				
NSD Lunch	Total	5500		
NSD Sandwich, Sunbutt.-no crust	1 EACH	1500	310	33.0
NSD Chicken Chunks	5 EACH	2000	208	15.0
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 Cucumbers, sliced, raw	1/2 cup	3000	8	4.0
NSD Cauliflower, raw	1/2 cup	2500	13	2.49
NSD Farm Fresh Fruit	1 EACH	3000	73	18.85
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			512	73.21
% of Calories				57.1%
Nutrient Guideline			600-650	

Mon - 06/05/2017				
NSD Lunch	Total	5500		
NSD Yogurt, Yami, 8 oz	1 EACH	2500	210	41.0
NSD Granola, Strawberry	1 EACH	2500	230	43.0
NSD Hamburger	1 EACH	1000	268	29.6
NSD Orange Chicken w/ rice	1 EACH	1000	420	73.0
NSD Lettuce, iceberg, shred	1 cup	2500	10	2.14
NSD Tomatoes, red, raw	1/2 cup	1500	15	3.31
NSD Beans, Vegetarian, canned	1/2 cup	2000	120	23.0
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			675	122.67
% of Calories				72.7%
Nutrient Guideline			600-650	

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# National School District

May 1, 2017 thru Jun 15, 2017

## Base Menu Spreadsheet

NSD Lunch

### Portion Values - Detailed

Page 14

Generated on: 4/26/2017 8:12:52 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
<b>Tue - 06/06/2017</b>				
NSD Lunch	Total	5500		
NSD Burrito, Bean & Cheese	1 EACH	1000	310	48.0
NSD Tamale, Chicken & Cheese	1 EACH	2500	343	45.0
NSD Hot Dog,	1 each	2000	330	31.0
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 Corn, frozen	1/2 cup	500	60	14.08
NSD Mango, raw	1/2 cup	2500	50	12.36
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			691	111.02
% of Calories				64.2%
Nutrient Guideline			600-650	

<b>Wed - 06/07/2017</b>				
NSD Lunch	Total	5500		
NSD Gordita, Bn & Chs (Pupusa)	1 EACH	1000	290	35.0
NSD TAQUITO, CHICKEN	1 EACH	2000	210	27.0
NSD Pizza, Pepperoni, 5" Round	1 EACH	2500	340	31.0
NSD Lettuce, iceberg, shred	1 cup	1000	10	2.14
NSD Carrots, baby, raw	1/2 cup	2500	21	4.94
NSD Broccoli, raw	1/2 cup	1500	12	2.36
NSD Blueberries, frzn, unsweet	1/2 cup	2500	40	9.43
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			551	78.53
% of Calories				57.0%
Nutrient Guideline			600-650	

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# National School District

May 1, 2017 thru Jun 15, 2017

## Base Menu Spreadsheet

NSD Lunch

### Portion Values - Detailed

Page 15

Generated on: 4/26/2017 8:12:52 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 06/08/2017				
NSD Lunch	Total	5500		
NSD Veggie/icious Chili	1 each	1000	272	39.5
NSD GF Chips, Tortilla, 2oz	1 EACH	1000	135	19.0
NSD Chicken Sticks, Hot & Spicy	8 EACH	2000	260	17.0
NSD Corn Dog	1 EACH	2500	240	30.0
NSD Salad Mix, Romaine/Spinach	1 1/2 cup	1500	20	3.68
NSD Peas, Snap (edible-podded)	1/2 cup	1500	13	2.38
NSD Jicama, Raw	1/2 cup	1000	23	5.29
NSD Farm Fresh Fruit	1 EACH	3000	73	18.85
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			593	88.82
% of Calories				60.0%
Nutrient Guideline			600-650	

Fri - 06/09/2017				
NSD Lunch	Total	5500		
NSD Sandwich, Sunbutt.-no crust	1 EACH	1500	310	33.0
NSD Chicken Chunks	5 EACH	2000	208	15.0
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 Cucumbers, sliced, raw	1/2 cup	3000	8	4.0
NSD Cauliflower, raw	1/2 cup	2500	13	2.49
NSD Farm Fresh Fruit	1 EACH	3000	73	18.85
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			512	73.21
% of Calories				57.1%
Nutrient Guideline			600-650	

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# National School District

May 1, 2017 thru Jun 15, 2017

## Base Menu Spreadsheet

NSD Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 06/12/2017				
NSD Lunch	Total	5500		
NSD Yogurt, Yami, 8 oz	1 EACH	2500	210	41.0
NSD Granola, Strawberry	1 EACH	2500	230	43.0
NSD Hamburger	1 EACH	1000	268	29.6
NSD Orange Chicken w/ rice	1 EACH	1000	420	73.0
NSD Lettuce, iceberg, shred	1 cup	2500	10	2.14
NSD Tomatoes, red, raw	1/2 cup	1500	15	3.31
NSD Beans, Vegetarian, canned	1/2 cup	2000	120	23.0
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			675	122.67
% of Calories				72.7%
Nutrient Guideline			600-650	

Tue - 06/13/2017				
NSD Lunch	Total	5500		
NSD Burrito, Bean & Cheese	1 EACH	1000	310	48.0
NSD Tamale, Chicken & Cheese	1 EACH	2500	343	45.0
NSD Hot Dog,	1 each	2000	330	31.0
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 Corn, frozen	1/2 cup	500	60	14.08
NSD Mango, raw	1/2 cup	2500	50	12.36
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			691	111.02
% of Calories				64.2%
Nutrient Guideline			600-650	

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# National School District

May 1, 2017 thru Jun 15, 2017

## Base Menu Spreadsheet

NSD Lunch

### Portion Values - Detailed

Page 17

Generated on: 4/26/2017 8:12:52 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
<b>Wed - 06/14/2017</b>				
NSD Lunch	Total	5500		
NSD Gordita, Bn & Chs (Pupusa)	1 EACH	1000	290	35.0
NSD TAQUITO, CHICKEN	1 EACH	2000	210	27.0
NSD Pizza, Pepperoni, 5" Round	1 EACH	2500	340	31.0
NSD Lettuce, iceberg, shred	1 cup	1000	10	2.14
NSD Carrots, baby, raw	1/2 cup	2500	21	4.94
NSD Broccoli, raw	1/2 cup	1500	12	2.36
NSD Blueberries, frzn, unsweet	1/2 cup	2500	40	9.43
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			551	78.53
% of Calories				57.0%
Nutrient Guideline			600-650	

<b>Thu - 06/15/2017</b>				
NSD Lunch	Total	5500		
NSD Veggie/icious Chili	1 each	1000	272	39.5
NSD GF Chips, Tortilla, 2oz	1 EACH	1000	135	19.0
NSD Chicken Sticks, Hot & Spicy	8 EACH	2000	260	17.0
NSD Corn Dog	1 EACH	2500	240	30.0
NSD Salad Mix, Romaine/Spinach	1 1/2 cup	1500	20	3.68
NSD Peas, Snap (edible-podded)	1/2 cup	1500	13	2.38
NSD Jicama, Raw	1/2 cup	1000	23	5.29
NSD Farm Fresh Fruit	1 EACH	3000	73	18.85
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			593	88.82
% of Calories				60.0%
Nutrient Guideline			600-650	

Weighted Average			607	95.49
				62.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	607		600 - 650	100%				
Carbohydrate (g)	95.49	62.91%						

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