

National School District

Apr 30, 2018 thru Jun 6, 2018

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

Page 1

Generated on: 4/2/2018 9:16:29 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 04/30/2018				
NSD Lunch	Total	5500		
NSD Cheeseburger	1 EACH	1	338	31.6
NSD Toasted Cheese Sandwich	1 each	2500	284	32.0
NSD Chicken Nuggets & Roll	1 EACH	2000	340	33.0
NSD Salad Mix, lett/carrot/cab	1 cup	2500	0	2.66
NSD Broccoli, raw	1/2 cup	1500	12	2.36
NSD Jicama, Raw	1/2 cup	2000	23	5.29
Cherries Dried	serving	1500	97	23.84
NSD Watermelon, raw	1/2 cup	2000	23	5.74
NSD Blueberries, frzn, unsweet	1/2 cup	3000	40	9.43
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 Ranch Dressing	2 tbsp	4000	80	2.0
NSD Ketchup, 9 g	Pkt	2000	10	3.0
NSD Mustard, 5.5 g	Pkt	2500	5	0.0
Weighted Daily Average			531	75.47
% of Calories				56.9%
Nutrient Guideline			600-650	

Tue - 05/01/2018				
NSD Lunch	Total	5500		
NSD Chicken Nuggets	5 each	1	260	16.0
NSD Rotini w/ Roll	1 Each	1000	422	40.0
NSD Quesadilla, Cheese	1 EACH	2500	321	35.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Cauliflower, raw	1/2 cup	1500	13	2.49
NSD Carrots, baby, raw	1/2 cup	500	21	4.94
NSD Blueberries, frzn, unsweet	1/2 cup	2500	40	9.43
NSD Peaches, frozen, diced	1 EACH	2500	80	19.0
NSD Pears, raw	1 EACH	3500	101	27.11
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 Ranch Dressing	2 tbsp	4000	80	2.0
NSD BBQ Sauce	2 tbsp	1	30	8.0
Weighted Daily Average			551	85.94
% of Calories				62.4%
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 - 05/02/2018				
NSD Lunch	Total	5500		
NSD Hot Dog	1 each	1000	330	31.0
NSD Max Turkey Pepperoni	serving	2000	240	27.0
NSD Burrito, B & C, Los Cabos	1 Each	1	296	40.86
NSD Salad Mix, lett/carrot/cab	1 cup	1000	0	2.66
NSD Corn, frozen	1/2 cup	2500	60	14.08
NSD Celery, raw	1/2 cup	1500	4	0.71
Mixed Fruit,cnd USDA	1/2 CUP	2500	80	18.0
NSD Cantaloupe, raw	1/2 cup	2500	27	6.53
NSD Apple, fresh	1 EACH	3000	95	25.13
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 Ranch Dressing	2 tbsp	4000	80	2.0
NSD Ketchup, 9 g	Pkt	1	10	3.0
NSD Mustard, 5.5 g	Pkt	1	5	0.0
Weighted Daily Average % of Calories			480	77.72 64.8%
Nutrient Guideline			600-650	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 05/03/2018				
NSD Lunch	Total	5500		
NSD Taco Salad	SERVING	1500	348	32.0
NSD Sandwich, Ham & Cheese	1 EACH	1500	280	32.0
NSD MAX Stix, Mozzarella	1 EACH	1	300	34.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Beans, Vegetarian, canned	1/2 cup	1500	120	23.0
NSD Tomatoes, red, raw	1/2 cup	1000	15	3.31
NSD Blueberries, frzn, unsweet	1/2 cup	1000	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 Ranch Dressing	2 tbsp	4000	80	2.0
Marinara Sauce 1 oz Dunk Cup	1 each	1	15	3.0
NSD Ketchup, 9 g	Pkt	1	10	3.0
NSD Mayo Packet, 12g	Pkt	1	19	0.75
NSD Mustard, 5.5 g	Pkt	1	5	0.0
Weighted Daily Average % of Calories			472	71.45 60.6%
Nutrient Guideline			600-650	

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NSD Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 05/04/2018				
NSD Lunch	Total	5500		
NSD Corn Dog	1 EACH	1500	240	30.0
NSD Sandwich, Breaded Chicken	1 EACH	2000	285	27.86
NSD Pizza, Cheese, Tony's	1 EACH	1	0	0.0
NSD Salad Mix, lett/carrot/cab	1 cup	2000	0	2.66
NSD Jicama, Raw	1/2 cup	3000	23	5.29
NSD Broccoli, raw	1/2 cup	2500	12	2.36
Cherries Dried	serving	3000	97	23.84
NSD Peaches, frozen, diced	1 EACH	1000	80	19.0
NSD Apple, fresh	1 EACH	1500	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 Ranch Dressing	2 tbsp	2000	80	2.0
NSD Ketchup, 9 g	Pkt	1	10	3.0
NSD Mustard, 5.5 g	Pkt	1	5	0.0
NSD Mayo Packet, 12g	Pkt	1	19	0.75
Weighted Daily Average			455	76.55
% of Calories				67.3%
Nutrient Guideline			600-650	

Mon - 05/07/2018				
NSD Lunch	Total	5500		
NSD Hot & Spicy Chicken Sticks	1 EACH	1	350	33.0
NSD Taco Nada, Turkey	1 EACH	1000	260	31.0
NSD Cheeseburger	1 EACH	2500	338	31.6
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Cucumbers, sliced, raw	1/2 cup	1500	8	4.0
NSD Beans, Pinto, canned	1/2 cup	500	103	18.3
NSD Raisins, box	1 EACH	2500	113	29.98
NSD Oranges, raw	1/2 cup	2500	42	10.58
NSD Apple, fresh	1 EACH	3500	95	25.13
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 Ranch Dressing	2 tbsp	4000	80	2.0
NSD Ketchup, 9 g	Pkt	1	10	3.0
NSD Mustard, 5.5 g	Pkt	1	5	0.0
NSD Mayo Packet, 12g	Pkt	1	19	0.75
Weighted Daily Average			547	88.23
% of Calories				64.5%
Nutrient Guideline			600-650	

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Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 05/08/2018				
NSD Lunch	Total	5500		
NSD Chicken Nuggets	5 each	1	260	16.0
NSD Rotini w/ Roll	1 Each	1000	422	40.0
NSD Quesadilla, Cheese	1 EACH	2500	321	35.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Cauliflower, raw	1/2 cup	1500	13	2.49
NSD Carrots, baby, raw	1/2 cup	500	21	4.94
NSD Blueberries, frzn, unsweet	1/2 cup	2500	40	9.43
NSD Peaches, frozen, diced	1 EACH	2500	80	19.0
NSD Pears, raw	1 EACH	3500	101	27.11
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 Ranch Dressing	2 tbsp	4000	80	2.0
NSD BBQ Sauce	2 tbsp	1	30	8.0
Weighted Daily Average % of Calories			551	85.94 62.4%
Nutrient Guideline			600-650	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 05/09/2018				
NSD Lunch	Total	5500		
NSD Hot Dog	1 each	1000	330	31.0
NSD Max Turkey Pepperoni	serving	2000	240	27.0
NSD Burrito, B & C, Los Cabos	1 Each	1	296	40.86
NSD Salad Mix, lett/carrot/cab	1 cup	1000	0	2.66
NSD Corn, frozen	1/2 cup	2500	60	14.08
NSD Celery, raw	1/2 cup	1500	4	0.71
Mixed Fruit,cnd USDA	1/2 CUP	2500	80	18.0
NSD Cantaloupe, raw	1/2 cup	2500	27	6.53
NSD Apple, fresh	1 EACH	3000	95	25.13
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 Ranch Dressing	2 tbsp	4000	80	2.0
NSD Ketchup, 9 g	Pkt	1	10	3.0
NSD Mustard, 5.5 g	Pkt	1	5	0.0
Weighted Daily Average % of Calories			480	77.72 64.8%
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 - 05/10/2018				
NSD Lunch	Total	5500		
NSD Taco Salad	SERVING	1500	348	32.0
NSD Sandwich, Ham & Cheese	1 EACH	1500	280	32.0
NSD MAX Stix, Mozzarella	1 EACH	1	300	34.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Beans, Vegetarian, canned	1/2 cup	1500	120	23.0
NSD Tomatoes, red, raw	1/2 cup	1000	15	3.31
NSD Blueberries, frzn, unsweet	1/2 cup	1000	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 Ranch Dressing	2 tbsp	4000	80	2.0
Marinara Sauce 1 oz Dunk Cup	1 each	1	15	3.0
NSD Ketchup, 9 g	Pkt	1	10	3.0
NSD Mayo Packet, 12g	Pkt	1	19	0.75
NSD Mustard, 5.5 g	Pkt	1	5	0.0
Weighted Daily Average			472	71.45
% of Calories				60.6%
Nutrient Guideline			600-650	

Fri - 05/11/2018				
NSD Lunch	Total	5500		
NSD Corn Dog	1 EACH	1500	240	30.0
NSD Sandwich, Breaded Chicken	1 EACH	2000	285	27.86
NSD Pizza, Cheese, Tony's	1 EACH	1	0	0.0
NSD Salad Mix, lett/carrot/cab	1 cup	2000	0	2.66
NSD Jicama, Raw	1/2 cup	3000	23	5.29
NSD Broccoli, raw	1/2 cup	2500	12	2.36
Cherries Dried	serving	3000	97	23.84
NSD Peaches, frozen, diced	1 EACH	1000	80	19.0
NSD Apple, fresh	1 EACH	1500	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 Ranch Dressing	2 tbsp	2000	80	2.0
NSD Ketchup, 9 g	Pkt	1	10	3.0
NSD Mustard, 5.5 g	Pkt	1	5	0.0
NSD Mayo Packet, 12g	Pkt	1	19	0.75
Weighted Daily Average			455	76.55
% of Calories				67.3%
Nutrient Guideline			600-650	

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National School District

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Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 05/14/2018				
NSD Lunch	Total	5500		
NSD Hot & Spicy Chicken Sticks	1 EACH	1	350	33.0
NSD Taco Nada, Turkey	1 EACH	1000	260	31.0
NSD Cheeseburger	1 EACH	2500	338	31.6
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Cucumbers, sliced, raw	1/2 cup	1500	8	4.0
NSD Beans, Pinto, canned	1/2 cup	500	103	18.3
NSD Raisins, box	1 EACH	2500	113	29.98
NSD Oranges, raw	1/2 cup	2500	42	10.58
NSD Apple, fresh	1 EACH	3500	95	25.13
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 Ranch Dressing	2 tbsp	4000	80	2.0
NSD Ketchup, 9 g	Pkt	1	10	3.0
NSD Mustard, 5.5 g	Pkt	1	5	0.0
NSD Mayo Packet, 12g	Pkt	1	19	0.75
Weighted Daily Average			547	88.23
% of Calories				64.5%
Nutrient Guideline			600-650	

Tue - 05/15/2018				
NSD Lunch	Total	5500		
NSD Chicken Nuggets	5 each	1	260	16.0
NSD Rotini w/ Roll	1 Each	1000	422	40.0
NSD Quesadilla, Cheese	1 EACH	2500	321	35.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Cauliflower, raw	1/2 cup	1500	13	2.49
NSD Carrots, baby, raw	1/2 cup	500	21	4.94
NSD Blueberries, frzn, unsweet	1/2 cup	2500	40	9.43
NSD Peaches, frozen, diced	1 EACH	2500	80	19.0
NSD Pears, raw	1 EACH	3500	101	27.11
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 Ranch Dressing	2 tbsp	4000	80	2.0
NSD BBQ Sauce	2 tbsp	1	30	8.0
Weighted Daily Average			551	85.94
% of Calories				62.4%
Nutrient Guideline			600-650	

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NSD Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 05/16/2018				
NSD Lunch	Total	5500		
NSD Hot Dog	1 each	1000	330	31.0
NSD Max Turkey Pepperoni	serving	2000	240	27.0
NSD Burrito, B & C, Los Cabos	1 Each	1	296	40.86
NSD Salad Mix, lett/carrot/cab	1 cup	1000	0	2.66
NSD Corn, frozen	1/2 cup	2500	60	14.08
NSD Celery, raw	1/2 cup	1500	4	0.71
Mixed Fruit,cnd USDA	1/2 CUP	2500	80	18.0
NSD Cantaloupe, raw	1/2 cup	2500	27	6.53
NSD Apple, fresh	1 EACH	3000	95	25.13
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 Ranch Dressing	2 tbsp	4000	80	2.0
NSD Ketchup, 9 g	Pkt	1	10	3.0
NSD Mustard, 5.5 g	Pkt	1	5	0.0
Weighted Daily Average % of Calories			480	77.72 64.8%
Nutrient Guideline			600-650	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 05/17/2018				
NSD Lunch	Total	5500		
NSD Taco Salad	SERVING	1500	348	32.0
NSD Sandwich, Ham & Cheese	1 EACH	1500	280	32.0
NSD MAX Stix, Mozzarella	1 EACH	1	300	34.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Beans, Vegetarian, canned	1/2 cup	1500	120	23.0
NSD Tomatoes, red, raw	1/2 cup	1000	15	3.31
NSD Blueberries, frzn, unsweet	1/2 cup	1000	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 Ranch Dressing	2 tbsp	4000	80	2.0
Marinara Sauce 1 oz Dunk Cup	1 each	1	15	3.0
NSD Ketchup, 9 g	Pkt	1	10	3.0
NSD Mayo Packet, 12g	Pkt	1	19	0.75
NSD Mustard, 5.5 g	Pkt	1	5	0.0
Weighted Daily Average % of Calories			472	71.45 60.6%
Nutrient Guideline			600-650	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 05/18/2018				
NSD Lunch	Total	5500		
NSD Corn Dog	1 EACH	1500	240	30.0
NSD Sandwich, Breaded Chicken	1 EACH	2000	285	27.86
NSD Pizza, Cheese, Tony's	1 EACH	1	0	0.0
NSD Salad Mix, lett/carrot/cab	1 cup	2000	0	2.66
NSD Jicama, Raw	1/2 cup	3000	23	5.29
NSD Broccoli, raw	1/2 cup	2500	12	2.36
Cherries Dried	serving	3000	97	23.84
NSD Peaches, frozen, diced	1 EACH	1000	80	19.0
NSD Apple, fresh	1 EACH	1500	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 Ranch Dressing	2 tbsp	2000	80	2.0
NSD Ketchup, 9 g	Pkt	1	10	3.0
NSD Mustard, 5.5 g	Pkt	1	5	0.0
NSD Mayo Packet, 12g	Pkt	1	19	0.75
Weighted Daily Average			455	76.55
% of Calories				67.3%
Nutrient Guideline			600-650	

Mon - 05/21/2018				
NSD Lunch	Total	5500		
NSD Hot Dog	1 each	1000	330	31.0
NSD Max Turkey Pepperoni	serving	2000	240	27.0
NSD Burrito, B & C, Los Cabos	1 Each	1	296	40.86
NSD Salad Mix, lett/carrot/cab	1 cup	1000	0	2.66
NSD Corn, frozen	1/2 cup	2500	60	14.08
NSD Celery, raw	1/2 cup	1500	4	0.71
Mixed Fruit,cnd USDA	1/2 CUP	2500	80	18.0
NSD Cantaloupe, raw	1/2 cup	2500	27	6.53
NSD Apple, fresh	1 EACH	3000	95	25.13
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 Ranch Dressing	2 tbsp	4000	80	2.0
NSD Ketchup, 9 g	Pkt	1	10	3.0
NSD Mustard, 5.5 g	Pkt	1	5	0.0
Weighted Daily Average			480	77.72
% of Calories				64.8%
Nutrient Guideline			600-650	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 05/22/2018				
NSD Lunch	Total	5500		
NSD Chicken Nuggets	5 each	1	260	16.0
NSD Rotini w/ Roll	1 Each	1000	422	40.0
NSD Quesadilla, Cheese	1 EACH	2500	321	35.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Cauliflower, raw	1/2 cup	1500	13	2.49
NSD Carrots, baby, raw	1/2 cup	500	21	4.94
NSD Blueberries, frzn, unsweet	1/2 cup	2500	40	9.43
NSD Peaches, frozen, diced	1 EACH	2500	80	19.0
NSD Pears, raw	1 EACH	3500	101	27.11
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 Ranch Dressing	2 tbsp	4000	80	2.0
NSD BBQ Sauce	2 tbsp	1	30	8.0
Weighted Daily Average % of Calories			551	85.94 62.4%
Nutrient Guideline			600-650	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 05/23/2018				
NSD Lunch	Total	5500		
NSD Taco Salad	SERVING	1500	348	32.0
NSD Sandwich, Ham & Cheese	1 EACH	1500	280	32.0
NSD MAX Stix, Mozzarella	1 EACH	1	300	34.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Beans, Vegetarian, canned	1/2 cup	1500	120	23.0
NSD Tomatoes, red, raw	1/2 cup	1000	15	3.31
NSD Blueberries, frzn, unsweet	1/2 cup	1000	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 Ranch Dressing	2 tbsp	4000	80	2.0
Marinara Sauce 1 oz Dunk Cup	1 each	1	15	3.0
NSD Ketchup, 9 g	Pkt	1	10	3.0
NSD Mayo Packet, 12g	Pkt	1	19	0.75
NSD Mustard, 5.5 g	Pkt	1	5	0.0
Weighted Daily Average % of Calories			472	71.45 60.6%
Nutrient Guideline			600-650	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 05/24/2018				
NSD Lunch	Total	5500		
NSD Taco Salad	SERVING	1500	348	32.0
NSD Sandwich, Ham & Cheese	1 EACH	1500	280	32.0
NSD MAX Stix, Mozzarella	1 EACH	1	300	34.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Beans, Vegetarian, canned	1/2 cup	1500	120	23.0
NSD Tomatoes, red, raw	1/2 cup	1000	15	3.31
NSD Blueberries, frzn, unsweet	1/2 cup	1000	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 Ranch Dressing	2 tbsp	4000	80	2.0
Marinara Sauce 1 oz Dunk Cup	1 each	1	15	3.0
NSD Ketchup, 9 g	Pkt	1	10	3.0
NSD Mayo Packet, 12g	Pkt	1	19	0.75
NSD Mustard, 5.5 g	Pkt	1	5	0.0
Weighted Daily Average			472	71.45
% of Calories				60.6%
Nutrient Guideline			600-650	

Fri - 05/25/2018				
NSD Lunch	Total	5500		
NSD Corn Dog	1 EACH	1500	240	30.0
NSD Sandwich, Breaded Chicken	1 EACH	2000	285	27.86
NSD Pizza, Cheese, Tony's	1 EACH	1	0	0.0
NSD Salad Mix, lett/carrot/cab	1 cup	2000	0	2.66
NSD Jicama, Raw	1/2 cup	3000	23	5.29
NSD Broccoli, raw	1/2 cup	2500	12	2.36
Cherries Dried	serving	3000	97	23.84
NSD Peaches, frozen, diced	1 EACH	1000	80	19.0
NSD Apple, fresh	1 EACH	1500	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 Ranch Dressing	2 tbsp	2000	80	2.0
NSD Ketchup, 9 g	Pkt	1	10	3.0
NSD Mustard, 5.5 g	Pkt	1	5	0.0
NSD Mayo Packet, 12g	Pkt	1	19	0.75
Weighted Daily Average			455	76.55
% of Calories				67.3%
Nutrient Guideline			600-650	

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NSD Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 05/28/2018				
NSD Lunch	Total	5500		
NSD Corn Dog	1 EACH	1500	240	30.0
NSD Sandwich, Breaded Chicken	1 EACH	2000	285	27.86
NSD Pizza, Cheese, Tony's	1 EACH	1	0	0.0
NSD Salad Mix, lett/carrot/cab	1 cup	2000	0	2.66
NSD Jicama, Raw	1/2 cup	3000	23	5.29
NSD Broccoli, raw	1/2 cup	2500	12	2.36
Cherries Dried	serving	3000	97	23.84
NSD Peaches, frozen, diced	1 EACH	1000	80	19.0
NSD Apple, fresh	1 EACH	1500	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 Ranch Dressing	2 tbsp	2000	80	2.0
NSD Ketchup, 9 g	Pkt	1	10	3.0
NSD Mustard, 5.5 g	Pkt	1	5	0.0
NSD Mayo Packet, 12g	Pkt	1	19	0.75
Weighted Daily Average			455	76.55
% of Calories				67.3%
Nutrient Guideline			600-650	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 05/29/2018				
NSD Lunch	Total	5500		
NSD Taco Salad	SERVING	1500	348	32.0
NSD Sandwich, Ham & Cheese	1 EACH	1500	280	32.0
NSD MAX Stix, Mozzarella	1 EACH	1	300	34.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Beans, Vegetarian, canned	1/2 cup	1500	120	23.0
NSD Tomatoes, red, raw	1/2 cup	1000	15	3.31
NSD Blueberries, frzn, unsweet	1/2 cup	1000	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 Ranch Dressing	2 tbsp	4000	80	2.0
Marinara Sauce 1 oz Dunk Cup	1 each	1	15	3.0
NSD Ketchup, 9 g	Pkt	1	10	3.0
NSD Mayo Packet, 12g	Pkt	1	19	0.75
NSD Mustard, 5.5 g	Pkt	1	5	0.0
Weighted Daily Average			472	71.45
% of Calories				60.6%
Nutrient Guideline			600-650	

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NSD Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 05/30/2018				
NSD Lunch	Total	5500		
NSD Corn Dog	1 EACH	1500	240	30.0
NSD Sandwich, Breaded Chicken	1 EACH	2000	285	27.86
NSD Pizza, Cheese, Tony's	1 EACH	1	0	0.0
NSD Salad Mix, lett/carrot/cab	1 cup	2000	0	2.66
NSD Jicama, Raw	1/2 cup	3000	23	5.29
NSD Broccoli, raw	1/2 cup	2500	12	2.36
Cherries Dried	serving	3000	97	23.84
NSD Peaches, frozen, diced	1 EACH	1000	80	19.0
NSD Apple, fresh	1 EACH	1500	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 Ranch Dressing	2 tbsp	2000	80	2.0
NSD Ketchup, 9 g	Pkt	1	10	3.0
NSD Mustard, 5.5 g	Pkt	1	5	0.0
NSD Mayo Packet, 12g	Pkt	1	19	0.75
Weighted Daily Average			455	76.55
% of Calories				67.3%
Nutrient Guideline			600-650	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 05/31/2018				
NSD Lunch	Total	5500		
NSD Taco Salad	SERVING	1500	348	32.0
NSD Sandwich, Ham & Cheese	1 EACH	1500	280	32.0
NSD MAX Stix, Mozzarella	1 EACH	1	300	34.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Beans, Vegetarian, canned	1/2 cup	1500	120	23.0
NSD Tomatoes, red, raw	1/2 cup	1000	15	3.31
NSD Blueberries, frzn, unsweet	1/2 cup	1000	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 Ranch Dressing	2 tbsp	4000	80	2.0
Marinara Sauce 1 oz Dunk Cup	1 each	1	15	3.0
NSD Ketchup, 9 g	Pkt	1	10	3.0
NSD Mayo Packet, 12g	Pkt	1	19	0.75
NSD Mustard, 5.5 g	Pkt	1	5	0.0
Weighted Daily Average			472	71.45
% of Calories				60.6%
Nutrient Guideline			600-650	

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Base Menu Spreadsheet

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 06/01/2018				
NSD Lunch	Total	5500		
NSD Corn Dog	1 EACH	1500	240	30.0
NSD Sandwich, Breaded Chicken	1 EACH	2000	285	27.86
NSD Pizza, Cheese, Tony's	1 EACH	1	0	0.0
NSD Salad Mix, lett/carrot/cab	1 cup	2000	0	2.66
NSD Jicama, Raw	1/2 cup	3000	23	5.29
NSD Broccoli, raw	1/2 cup	2500	12	2.36
Cherries Dried	serving	3000	97	23.84
NSD Peaches, frozen, diced	1 EACH	1000	80	19.0
NSD Apple, fresh	1 EACH	1500	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 Ranch Dressing	2 tbsp	2000	80	2.0
NSD Ketchup, 9 g	Pkt	1	10	3.0
NSD Mustard, 5.5 g	Pkt	1	5	0.0
NSD Mayo Packet, 12g	Pkt	1	19	0.75
Weighted Daily Average			455	76.55
% of Calories				67.3%
Nutrient Guideline			600-650	

Mon - 06/04/2018				
NSD Lunch	Total	5500		
NSD Hot & Spicy Chicken Sticks	1 EACH	1	350	33.0
NSD Taco Nada, Turkey	1 EACH	1000	260	31.0
NSD Cheeseburger	1 EACH	2500	338	31.6
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Cucumbers, sliced, raw	1/2 cup	1500	8	4.0
NSD Beans, Pinto, canned	1/2 cup	500	103	18.3
NSD Raisins, box	1 EACH	2500	113	29.98
NSD Oranges, raw	1/2 cup	2500	42	10.58
NSD Apple, fresh	1 EACH	3500	95	25.13
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 Ranch Dressing	2 tbsp	4000	80	2.0
NSD Ketchup, 9 g	Pkt	1	10	3.0
NSD Mustard, 5.5 g	Pkt	1	5	0.0
NSD Mayo Packet, 12g	Pkt	1	19	0.75
Weighted Daily Average			547	88.23
% of Calories				64.5%
Nutrient Guideline			600-650	

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National School District

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Base Menu Spreadsheet

NSD Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 06/05/2018				
NSD Lunch	Total	5500		
NSD Taco Salad	SERVING	1500	348	32.0
NSD Sandwich, Ham & Cheese	1 EACH	1500	280	32.0
NSD MAX Stix, Mozzarella	1 EACH	1	300	34.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Beans, Vegetarian, canned	1/2 cup	1500	120	23.0
NSD Tomatoes, red, raw	1/2 cup	1000	15	3.31
NSD Blueberries, frzn, unsweet	1/2 cup	1000	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 Ranch Dressing	2 tbsp	4000	80	2.0
Marinara Sauce 1 oz Dunk Cup	1 each	1	15	3.0
NSD Ketchup, 9 g	Pkt	1	10	3.0
NSD Mayo Packet, 12g	Pkt	1	19	0.75
NSD Mustard, 5.5 g	Pkt	1	5	0.0
Weighted Daily Average			472	71.45
% of Calories				60.6%
Nutrient Guideline			600-650	

Wed - 06/06/2018				
NSD Lunch	Total	5500		
NSD Hot Dog	1 each	1000	330	31.0
NSD Max Turkey Pepperoni	serving	2000	240	27.0
NSD Burrito, B & C, Los Cabos	1 Each	1	296	40.86
NSD Salad Mix, lett/carrot/cab	1 cup	1000	0	2.66
NSD Corn, frozen	1/2 cup	2500	60	14.08
NSD Celery, raw	1/2 cup	1500	4	0.71
Mixed Fruit,cnd USDA	1/2 CUP	2500	80	18.0
NSD Cantaloupe, raw	1/2 cup	2500	27	6.53
NSD Apple, fresh	1 EACH	3000	95	25.13
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 Ranch Dressing	2 tbsp	4000	80	2.0
NSD Ketchup, 9 g	Pkt	1	10	3.0
NSD Mustard, 5.5 g	Pkt	1	5	0.0
Weighted Daily Average			480	77.72
% of Calories				64.8%
Nutrient Guideline			600-650	

Weighted Average			491	77.86
				63.5%

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NSD Lunch

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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	491		600 - 650	82%		109		
Carbohydrate (g)	77.86	63.48%						Correction Required - Calories are Low

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