

National School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 9, 2017 thru Dec 15, 2017

NSD Lunch

Generated on: 10/9/2017 8:57:16 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 10/09/2017				
NSD Lunch	Total	5500		
NSD Hot Dog	1 each	2500	330	31.0
NSD Pizza, Cheese, Tony's	1 EACH	2000	300	34.0
NSD Chicken Nuggets & Roll	1 EACH	1000	340	33.0
NSD Salad Mix, lett/carrot/cab	1 cup	2500	0	2.66
NSD Celery, raw	1/2 cup	1500	4	0.71
NSD Corn, frozen	1/2 cup	2000	60	14.08
NSD Raisins, box	1 EACH	1500	113	29.98
NSD Applesauce Cups	1 EACH	2000	51	13.75
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 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
NSD BBQ Sauce	2 tbsp	1	30	8.0
NSD Jalapenos, canned	1/8 cup	1	5	0.94
Weighted Daily Average			660	98.27
% of Calories				59.5%
Nutrient Guideline			600-650	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 10/10/2017				
NSD Lunch	Total	5500		
NSD Corn Dog	1 EACH	1000	240	30.0
NSD BBQ Pork Rib Sandwich	1 EACH	2500	281	31.1
NSD MAX Stix, Mozzarella	1 EACH	2000	300	34.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Beans, Pinto, canned	1/2 cup	1500	103	18.3
NSD Cauliflower, raw	1/2 cup	500	13	2.49
NSD Blueberries, frzn, unsweet	1/2 cup	2500	40	9.43
NSD Apple, fresh	1 EACH	2500	95	25.13
NSD Peaches, frozen, diced	1 EACH	3500	80	19.0
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 Ketchup, 9 g	Pkt	1	10	3.0
NSD Mustard, 5.5 g	Pkt	1	5	0.0
Weighted Daily Average			626	96.43
% of Calories				61.6%
Nutrient Guideline			600-650	

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

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NSD Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 10/11/2017				
NSD Lunch	Total	5500		
NSD Burrito, B & C, Los Cabos	1 Each	1000	296	40.86
NSD Sandwich, Ham & Cheese	1 EACH	2000	280	32.0
NSD Rainbow Trout Treasures	4 EACH	2500	230	18.0
NSD Potato, Rnds/Crinkle/Wedge	1/2 cup	2500	88	13.83
NSD Salad Mix, lett/carrot/cab	1 cup	1000	0	2.66
NSD Carrots, baby, raw	1/2 cup	2500	21	4.94
NSD Cucumbers, sliced, raw	1/2 cup	1500	8	4.0
NSD Raisins, box	1 EACH	2500	113	29.98
NSD Watermelon, raw	1/2 cup	2500	23	5.74
NSD Bananas, petite	1 EACH	3000	105	26.95
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 Ranch Dressing	2 tbsp	4000	80	2.0
NSD Ketchup, 9 g	Pkt	250	10	3.0
NSD Mustard, 5.5 g	Pkt	1000	5	0.0
Weighted Daily Average			636	99.16
% of Calories				62.3%
Nutrient Guideline			600-650	

Thu - 10/12/2017				
NSD Lunch	Total	5500		
NSD Hamburger	1 EACH	1500	268	29.6
NSD Chicken Nuggets & Roll	1 EACH	1500	340	33.0
NSD Sandwich, Toasted Cheese	1 EACH	2500	284	32.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Corn, frozen	1/2 cup	1500	60	14.08
NSD Beans, Vegetarian, canned	1/2 cup	1000	120	23.0
NSD Cranberries, dried	1/4 cup	1000	93	25.0
NSD Oranges, raw	1/2 cup	2500	42	10.58
NSD Pears, raw	1 EACH	2000	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
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			610	90.31
% of Calories				59.2%
Nutrient Guideline			600-650	

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Base Menu Spreadsheet

NSD Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 10/13/2017				
NSD Lunch	Total	5500		
NSD Teriyaki Beef Dunkers&Roll	(4 each)	1500	232	27.0
NSD Quesadilla, Cheese	1 EACH	2000	321	35.0
NSD Spaghetti w/ Meat sauce	SERV	2000	308	23.0
NSD Roll, Dinner	1 EACH	1	80	17.0
NSD Salad Mix, lett/carrot/cab	1 cup	2000	0	2.66
NSD Broccoli, raw	1/2 cup	3000	12	2.36
NSD Jicama, Raw	1/2 cup	2500	23	5.29
Cherries Dried	1/4 CUP	3000	24	5.96
NSD Blueberries, frzn, unsweet	1/2 cup	1000	40	9.43
NSD Apple, fresh	1 EACH	1500	95	25.13
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 Ranch Dressing	2 tbsp	2000	80	2.0
Weighted Daily Average			530	74.94
% of Calories				56.5%
Nutrient Guideline			600-650	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 10/16/2017				
NSD Lunch	Total	5500		
NSD Hot Dog	1 each	2500	330	31.0
NSD Pizza, Cheese, Tony's	1 EACH	2000	300	34.0
NSD Chicken Nuggets & Roll	1 EACH	1000	340	33.0
NSD Salad Mix, lett/carrot/cab	1 cup	2500	0	2.66
NSD Celery, raw	1/2 cup	1500	4	0.71
NSD Corn, frozen	1/2 cup	2000	60	14.08
NSD Raisins, box	1 EACH	1500	113	29.98
NSD Applesauce Cups	1 EACH	2000	51	13.75
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 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
NSD BBQ Sauce	2 tbsp	1	30	8.0
NSD Jalapenos, canned	1/8 cup	1	5	0.94
Weighted Daily Average			660	98.27
% of Calories				59.5%
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)
Tue - 10/17/2017				
NSD Lunch	Total	5500		
NSD Corn Dog	1 EACH	1000	240	30.0
NSD BBQ Pork Rib Sandwich	1 EACH	2500	281	31.1
NSD MAX Stix, Mozzarella	1 EACH	2000	300	34.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Beans, Pinto, canned	1/2 cup	1500	103	18.3
NSD Cauliflower, raw	1/2 cup	500	13	2.49
NSD Blueberries, frzn, unsweet	1/2 cup	2500	40	9.43
NSD Apple, fresh	1 EACH	2500	95	25.13
NSD Peaches, frozen, diced	1 EACH	3500	80	19.0
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 Ketchup, 9 g	Pkt	1	10	3.0
NSD Mustard, 5.5 g	Pkt	1	5	0.0
Weighted Daily Average			626	96.43
% of Calories				61.6%
Nutrient Guideline			600-650	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 10/18/2017				
NSD Lunch	Total	5500		
NSD Burrito, B & C, Los Cabos	1 Each	1000	296	40.86
NSD Sandwich, Ham & Cheese	1 EACH	2000	280	32.0
NSD Rainbow Trout Treasures	4 EACH	2500	230	18.0
NSD Potato, Rnds/Crinkle/Wedge	1/2 cup	2500	88	13.83
NSD Salad Mix, lett/carrot/cab	1 cup	1000	0	2.66
NSD Carrots, baby, raw	1/2 cup	2500	21	4.94
NSD Cucumbers, sliced, raw	1/2 cup	1500	8	4.0
NSD Raisins, box	1 EACH	2500	113	29.98
NSD Watermelon, raw	1/2 cup	2500	23	5.74
NSD Bananas, petite	1 EACH	3000	105	26.95
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 Ranch Dressing	2 tbsp	4000	80	2.0
NSD Ketchup, 9 g	Pkt	250	10	3.0
NSD Mustard, 5.5 g	Pkt	1000	5	0.0
Weighted Daily Average			636	99.16
% of Calories				62.3%
Nutrient Guideline			600-650	

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Oct 9, 2017 thru Dec 15, 2017

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NSD Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 10/19/2017				
NSD Lunch	Total	5500		
NSD Hamburger	1 EACH	1500	268	29.6
NSD Chicken Nuggets & Roll	1 EACH	1500	340	33.0
NSD Sandwich, Toasted Cheese	1 EACH	2500	284	32.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Corn, frozen	1/2 cup	1500	60	14.08
NSD Beans, Vegetarian, canned	1/2 cup	1000	120	23.0
NSD Cranberries, dried	1/4 cup	1000	93	25.0
NSD Oranges, raw	1/2 cup	2500	42	10.58
NSD Pears, raw	1 EACH	2000	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
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			610	90.31
% of Calories				59.2%
Nutrient Guideline			600-650	

Fri - 10/20/2017				
NSD Lunch	Total	5500		
NSD Teriyaki Beef Dunkers&Roll	(4 each)	1500	232	27.0
NSD Quesadilla, Cheese	1 EACH	2000	321	35.0
NSD Spaghetti w/ Meat sauce	SERV	2000	308	23.0
NSD Roll, Dinner	1 EACH	1	80	17.0
NSD Salad Mix, lett/carrot/cab	1 cup	2000	0	2.66
NSD Broccoli, raw	1/2 cup	3000	12	2.36
NSD Jicama, Raw	1/2 cup	2500	23	5.29
Cherries Dried	1/4 CUP	3000	24	5.96
NSD Blueberries, frzn, unsweet	1/2 cup	1000	40	9.43
NSD Apple, fresh	1 EACH	1500	95	25.13
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 Ranch Dressing	2 tbsp	2000	80	2.0
Weighted Daily Average			530	74.94
% of Calories				56.5%
Nutrient Guideline			600-650	

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Portion Values - Detailed

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NSD Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 10/23/2017				
NSD Lunch	Total	5500		
NSD Hot Dog	1 each	2500	330	31.0
NSD Pizza, Cheese, Tony's	1 EACH	2000	300	34.0
NSD Chicken Nuggets & Roll	1 EACH	1000	340	33.0
NSD Salad Mix, lett/carrot/cab	1 cup	2500	0	2.66
NSD Celery, raw	1/2 cup	1500	4	0.71
NSD Corn, frozen	1/2 cup	2000	60	14.08
NSD Raisins, box	1 EACH	1500	113	29.98
NSD Applesauce Cups	1 EACH	2000	51	13.75
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 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
NSD BBQ Sauce	2 tbsp	1	30	8.0
NSD Jalapenos, canned	1/8 cup	1	5	0.94
Weighted Daily Average			660	98.27
% of Calories				59.5%
Nutrient Guideline			600-650	

Tue - 10/24/2017				
NSD Lunch	Total	5500		
NSD Burrito, B & C, Los Cabos	1 Each	1000	296	40.86
NSD Sandwich, Ham & Cheese	1 EACH	2000	280	32.0
NSD Rainbow Trout Treasures	4 EACH	2500	230	18.0
NSD Potato, Rnds/Crinkle/Wedge	1/2 cup	2500	88	13.83
NSD Salad Mix, lett/carrot/cab	1 cup	1000	0	2.66
NSD Carrots, baby, raw	1/2 cup	2500	21	4.94
NSD Cucumbers, sliced, raw	1/2 cup	1500	8	4.0
NSD Raisins, box	1 EACH	2500	113	29.98
NSD Watermelon, raw	1/2 cup	2500	23	5.74
NSD Bananas, petite	1 EACH	3000	105	26.95
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 Ranch Dressing	2 tbsp	4000	80	2.0
NSD Ketchup, 9 g	Pkt	250	10	3.0
NSD Mustard, 5.5 g	Pkt	1000	5	0.0
Weighted Daily Average			636	99.16
% of Calories				62.3%
Nutrient Guideline			600-650	

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NSD Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 10/25/2017				
NSD Lunch	Total	5500		
NSD Burrito, B & C, Los Cabos	1 Each	1000	296	40.86
NSD Sandwich, Ham & Cheese	1 EACH	2000	280	32.0
NSD Rainbow Trout Treasures	4 EACH	2500	230	18.0
NSD Potato, Rnds/Crinkle/Wedge	1/2 cup	2500	88	13.83
NSD Salad Mix, lett/carrot/cab	1 cup	1000	0	2.66
NSD Carrots, baby, raw	1/2 cup	2500	21	4.94
NSD Cucumbers, sliced, raw	1/2 cup	1500	8	4.0
NSD Raisins, box	1 EACH	2500	113	29.98
NSD Watermelon, raw	1/2 cup	2500	23	5.74
NSD Bananas, petite	1 EACH	3000	105	26.95
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 Ranch Dressing	2 tbsp	4000	80	2.0
NSD Ketchup, 9 g	Pkt	250	10	3.0
NSD Mustard, 5.5 g	Pkt	1000	5	0.0
Weighted Daily Average			636	99.16
% of Calories				62.3%
Nutrient Guideline			600-650	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 10/26/2017				
NSD Lunch	Total	5500		
NSD Hamburger	1 EACH	1500	268	29.6
NSD Chicken Nuggets & Roll	1 EACH	1500	340	33.0
NSD Sandwich, Toasted Cheese	1 EACH	2500	284	32.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Corn, frozen	1/2 cup	1500	60	14.08
NSD Beans, Vegetarian, canned	1/2 cup	1000	120	23.0
NSD Cranberries, dried	1/4 cup	1000	93	25.0
NSD Oranges, raw	1/2 cup	2500	42	10.58
NSD Pears, raw	1 EACH	2000	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
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			610	90.31
% of Calories				59.2%
Nutrient Guideline			600-650	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 10/27/2017				
NSD Lunch	Total	5500		
NSD Teriyaki Beef Dunkers&Roll	(4 each)	1500	232	27.0
NSD Quesadilla, Cheese	1 EACH	2000	321	35.0
NSD Spaghetti w/ Meat sauce	SERV	2000	308	23.0
NSD Roll, Dinner	1 EACH	1	80	17.0
NSD Salad Mix, lett/carrot/cab	1 cup	2000	0	2.66
NSD Broccoli, raw	1/2 cup	3000	12	2.36
NSD Jicama, Raw	1/2 cup	2500	23	5.29
Cherries Dried	1/4 CUP	3000	24	5.96
NSD Blueberries, frzn, unsweet	1/2 cup	1000	40	9.43
NSD Apple, fresh	1 EACH	1500	95	25.13
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 Ranch Dressing	2 tbsp	2000	80	2.0
Weighted Daily Average			530	74.94
% of Calories				56.5%
Nutrient Guideline			600-650	

Mon - 10/30/2017				
NSD Lunch	Total	5500		
NSD Hot Dog	1 each	2500	330	31.0
NSD Pizza, Cheese, Tony's	1 EACH	2000	300	34.0
NSD Chicken Nuggets & Roll	1 EACH	1000	340	33.0
NSD Salad Mix, lett/carrot/cab	1 cup	2500	0	2.66
NSD Celery, raw	1/2 cup	1500	4	0.71
NSD Corn, frozen	1/2 cup	2000	60	14.08
NSD Raisins, box	1 EACH	1500	113	29.98
NSD Applesauce Cups	1 EACH	2000	51	13.75
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 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
NSD BBQ Sauce	2 tbsp	1	30	8.0
NSD Jalapenos, canned	1/8 cup	1	5	0.94
Weighted Daily Average			660	98.27
% of Calories				59.5%
Nutrient Guideline			600-650	

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National School District

Oct 9, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 10/31/2017				
NSD Lunch	Total	5500		
NSD Corn Dog	1 EACH	1000	240	30.0
NSD BBQ Pork Rib Sandwich	1 EACH	2500	281	31.1
NSD MAX Stix, Mozzarella	1 EACH	2000	300	34.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Beans, Pinto, canned	1/2 cup	1500	103	18.3
NSD Cauliflower, raw	1/2 cup	500	13	2.49
NSD Blueberries, frzn, unsweet	1/2 cup	2500	40	9.43
NSD Apple, fresh	1 EACH	2500	95	25.13
NSD Peaches, frozen, diced	1 EACH	3500	80	19.0
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 Ketchup, 9 g	Pkt	1	10	3.0
NSD Mustard, 5.5 g	Pkt	1	5	0.0
Weighted Daily Average			626	96.43
% of Calories				61.6%
Nutrient Guideline			600-650	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 11/01/2017				
NSD Lunch	Total	5500		
NSD Burrito, B & C, Los Cabos	1 Each	1000	296	40.86
NSD Sandwich, Ham & Cheese	1 EACH	2000	280	32.0
NSD Rainbow Trout Treasures	4 EACH	2500	230	18.0
NSD Potato, Rnds/Crinkle/Wedge	1/2 cup	2500	88	13.83
NSD Salad Mix, lett/carrot/cab	1 cup	1000	0	2.66
NSD Carrots, baby, raw	1/2 cup	2500	21	4.94
NSD Cucumbers, sliced, raw	1/2 cup	1500	8	4.0
NSD Raisins, box	1 EACH	2500	113	29.98
NSD Watermelon, raw	1/2 cup	2500	23	5.74
NSD Bananas, petite	1 EACH	3000	105	26.95
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 Ranch Dressing	2 tbsp	4000	80	2.0
NSD Ketchup, 9 g	Pkt	250	10	3.0
NSD Mustard, 5.5 g	Pkt	1000	5	0.0
Weighted Daily Average			636	99.16
% of Calories				62.3%
Nutrient Guideline			600-650	

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National School District

Oct 9, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 11/02/2017				
NSD Lunch	Total	5500		
NSD Hamburger	1 EACH	1500	268	29.6
NSD Chicken Nuggets & Roll	1 EACH	1500	340	33.0
NSD Sandwich, Toasted Cheese	1 EACH	2500	284	32.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Corn, frozen	1/2 cup	1500	60	14.08
NSD Beans, Vegetarian, canned	1/2 cup	1000	120	23.0
NSD Cranberries, dried	1/4 cup	1000	93	25.0
NSD Oranges, raw	1/2 cup	2500	42	10.58
NSD Pears, raw	1 EACH	2000	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
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			610	90.31
% of Calories				59.2%
Nutrient Guideline			600-650	

Fri - 11/03/2017				
NSD Lunch	Total	5500		
NSD Teriyaki Beef Dunkers&Roll	(4 each)	1500	232	27.0
NSD Quesadilla, Cheese	1 EACH	2000	321	35.0
NSD Spaghetti w/ Meat sauce	SERV	2000	308	23.0
NSD Roll, Dinner	1 EACH	1	80	17.0
NSD Salad Mix, lett/carrot/cab	1 cup	2000	0	2.66
NSD Broccoli, raw	1/2 cup	3000	12	2.36
NSD Jicama, Raw	1/2 cup	2500	23	5.29
Cherries Dried	1/4 CUP	3000	24	5.96
NSD Blueberries, frzn, unsweet	1/2 cup	1000	40	9.43
NSD Apple, fresh	1 EACH	1500	95	25.13
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 Ranch Dressing	2 tbsp	2000	80	2.0
Weighted Daily Average			530	74.94
% of Calories				56.5%
Nutrient Guideline			600-650	

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National School District

Oct 9, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 11/06/2017				
NSD Lunch	Total	5500		
NSD Hot Dog	1 each	2500	330	31.0
NSD Pizza, Cheese, Tony's	1 EACH	2000	300	34.0
NSD Chicken Nuggets & Roll	1 EACH	1000	340	33.0
NSD Salad Mix, lett/carrot/cab	1 cup	2500	0	2.66
NSD Celery, raw	1/2 cup	1500	4	0.71
NSD Corn, frozen	1/2 cup	2000	60	14.08
NSD Raisins, box	1 EACH	1500	113	29.98
NSD Applesauce Cups	1 EACH	2000	51	13.75
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 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
NSD BBQ Sauce	2 tbsp	1	30	8.0
NSD Jalapenos, canned	1/8 cup	1	5	0.94
Weighted Daily Average			660	98.27
% of Calories				59.5%
Nutrient Guideline			600-650	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 11/07/2017				
NSD Lunch	Total	5500		
NSD Corn Dog	1 EACH	1000	240	30.0
NSD BBQ Pork Rib Sandwich	1 EACH	2500	281	31.1
NSD MAX Stix, Mozzarella	1 EACH	2000	300	34.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Beans, Pinto, canned	1/2 cup	1500	103	18.3
NSD Cauliflower, raw	1/2 cup	500	13	2.49
NSD Blueberries, frzn, unsweet	1/2 cup	2500	40	9.43
NSD Apple, fresh	1 EACH	2500	95	25.13
NSD Peaches, frozen, diced	1 EACH	3500	80	19.0
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 Ketchup, 9 g	Pkt	1	10	3.0
NSD Mustard, 5.5 g	Pkt	1	5	0.0
Weighted Daily Average			626	96.43
% of Calories				61.6%
Nutrient Guideline			600-650	

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National School District

Base Menu Spreadsheet

Portion Values - Detailed

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NSD Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 11/08/2017				
NSD Lunch	Total	5500		
NSD Burrito, B & C, Los Cabos	1 Each	1000	296	40.86
NSD Sandwich, Ham & Cheese	1 EACH	2000	280	32.0
NSD Rainbow Trout Treasures	4 EACH	2500	230	18.0
NSD Potato, Rnds/Crinkle/Wedge	1/2 cup	2500	88	13.83
NSD Salad Mix, lett/carrot/cab	1 cup	1000	0	2.66
NSD Carrots, baby, raw	1/2 cup	2500	21	4.94
NSD Cucumbers, sliced, raw	1/2 cup	1500	8	4.0
NSD Raisins, box	1 EACH	2500	113	29.98
NSD Watermelon, raw	1/2 cup	2500	23	5.74
NSD Bananas, petite	1 EACH	3000	105	26.95
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 Ranch Dressing	2 tbsp	4000	80	2.0
NSD Ketchup, 9 g	Pkt	250	10	3.0
NSD Mustard, 5.5 g	Pkt	1000	5	0.0
Weighted Daily Average			636	99.16
% of Calories				62.3%
Nutrient Guideline			600-650	

Thu - 11/09/2017				
NSD Lunch	Total	5500		
NSD Hamburger	1 EACH	1500	268	29.6
NSD Chicken Nuggets & Roll	1 EACH	1500	340	33.0
NSD Sandwich, Toasted Cheese	1 EACH	2500	284	32.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Corn, frozen	1/2 cup	1500	60	14.08
NSD Beans, Vegetarian, canned	1/2 cup	1000	120	23.0
NSD Cranberries, dried	1/4 cup	1000	93	25.0
NSD Oranges, raw	1/2 cup	2500	42	10.58
NSD Pears, raw	1 EACH	2000	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
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			610	90.31
% of Calories				59.2%
Nutrient Guideline			600-650	

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National School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 9, 2017 thru Dec 15, 2017

NSD Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 11/13/2017				
NSD Lunch	Total	5500		
NSD Hot Dog	1 each	2500	330	31.0
NSD Pizza, Cheese, Tony's	1 EACH	2000	300	34.0
NSD Chicken Nuggets & Roll	1 EACH	1000	340	33.0
NSD Salad Mix, lett/carrot/cab	1 cup	2500	0	2.66
NSD Celery, raw	1/2 cup	1500	4	0.71
NSD Corn, frozen	1/2 cup	2000	60	14.08
NSD Raisins, box	1 EACH	1500	113	29.98
NSD Applesauce Cups	1 EACH	2000	51	13.75
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 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
NSD BBQ Sauce	2 tbsp	1	30	8.0
NSD Jalapenos, canned	1/8 cup	1	5	0.94
Weighted Daily Average			660	98.27
% of Calories				59.5%
Nutrient Guideline			600-650	

Tue - 11/14/2017				
NSD Lunch	Total	5500		
NSD Corn Dog	1 EACH	1000	240	30.0
NSD BBQ Pork Rib Sandwich	1 EACH	2500	281	31.1
NSD MAX Stix, Mozzarella	1 EACH	2000	300	34.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Beans, Pinto, canned	1/2 cup	1500	103	18.3
NSD Cauliflower, raw	1/2 cup	500	13	2.49
NSD Blueberries, frzn, unsweet	1/2 cup	2500	40	9.43
NSD Apple, fresh	1 EACH	2500	95	25.13
NSD Peaches, frozen, diced	1 EACH	3500	80	19.0
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 Ketchup, 9 g	Pkt	1	10	3.0
NSD Mustard, 5.5 g	Pkt	1	5	0.0
Weighted Daily Average			626	96.43
% of Calories				61.6%
Nutrient Guideline			600-650	

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National School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 9, 2017 thru Dec 15, 2017

NSD Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 11/15/2017				
NSD Lunch	Total	5500		
NSD Burrito, B & C, Los Cabos	1 Each	1000	296	40.86
NSD Sandwich, Ham & Cheese	1 EACH	2000	280	32.0
NSD Rainbow Trout Treasures	4 EACH	2500	230	18.0
NSD Potato, Rnds/Crinkle/Wedge	1/2 cup	2500	88	13.83
NSD Salad Mix, lett/carrot/cab	1 cup	1000	0	2.66
NSD Carrots, baby, raw	1/2 cup	2500	21	4.94
NSD Cucumbers, sliced, raw	1/2 cup	1500	8	4.0
NSD Raisins, box	1 EACH	2500	113	29.98
NSD Watermelon, raw	1/2 cup	2500	23	5.74
NSD Bananas, petite	1 EACH	3000	105	26.95
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 Ranch Dressing	2 tbsp	4000	80	2.0
NSD Ketchup, 9 g	Pkt	250	10	3.0
NSD Mustard, 5.5 g	Pkt	1000	5	0.0
Weighted Daily Average			636	99.16
% of Calories				62.3%
Nutrient Guideline			600-650	

Thu - 11/16/2017				
NSD Lunch	Total	5500		
NSD Hamburger	1 EACH	1500	268	29.6
NSD Chicken Nuggets & Roll	1 EACH	1500	340	33.0
NSD Sandwich, Toasted Cheese	1 EACH	2500	284	32.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Corn, frozen	1/2 cup	1500	60	14.08
NSD Beans, Vegetarian, canned	1/2 cup	1000	120	23.0
NSD Cranberries, dried	1/4 cup	1000	93	25.0
NSD Oranges, raw	1/2 cup	2500	42	10.58
NSD Pears, raw	1 EACH	2000	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
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			610	90.31
% of Calories				59.2%
Nutrient Guideline			600-650	

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National School District

Oct 9, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 11/17/2017				
NSD Lunch	Total	5500		
NSD Teriyaki Beef Dunkers&Roll	(4 each)	1500	232	27.0
NSD Quesadilla, Cheese	1 EACH	2000	321	35.0
NSD Spaghetti w/ Meat sauce	SERV	2000	308	23.0
NSD Roll, Dinner	1 EACH	1	80	17.0
NSD Salad Mix, lett/carrot/cab	1 cup	2000	0	2.66
NSD Broccoli, raw	1/2 cup	3000	12	2.36
NSD Jicama, Raw	1/2 cup	2500	23	5.29
Cherries Dried	1/4 CUP	3000	24	5.96
NSD Blueberries, frzn, unsweet	1/2 cup	1000	40	9.43
NSD Apple, fresh	1 EACH	1500	95	25.13
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 Ranch Dressing	2 tbsp	2000	80	2.0
Weighted Daily Average			530	74.94
% of Calories				56.5%
Nutrient Guideline			600-650	

Mon - 11/27/2017				
NSD Lunch	Total	5500		
NSD Hot Dog	1 each	2500	330	31.0
NSD Pizza, Cheese, Tony's	1 EACH	2000	300	34.0
NSD Chicken Nuggets & Roll	1 EACH	1000	340	33.0
NSD Salad Mix, lett/carrot/cab	1 cup	2500	0	2.66
NSD Celery, raw	1/2 cup	1500	4	0.71
NSD Corn, frozen	1/2 cup	2000	60	14.08
NSD Raisins, box	1 EACH	1500	113	29.98
NSD Applesauce Cups	1 EACH	2000	51	13.75
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 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
NSD BBQ Sauce	2 tbsp	1	30	8.0
NSD Jalapenos, canned	1/8 cup	1	5	0.94
Weighted Daily Average			660	98.27
% of Calories				59.5%
Nutrient Guideline			600-650	

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National School District

Oct 9, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 11/28/2017				
NSD Lunch	Total	5500		
NSD Corn Dog	1 EACH	1000	240	30.0
NSD BBQ Pork Rib Sandwich	1 EACH	2500	281	31.1
NSD MAX Stix, Mozzarella	1 EACH	2000	300	34.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Beans, Pinto, canned	1/2 cup	1500	103	18.3
NSD Cauliflower, raw	1/2 cup	500	13	2.49
NSD Blueberries, frzn, unsweet	1/2 cup	2500	40	9.43
NSD Apple, fresh	1 EACH	2500	95	25.13
NSD Peaches, frozen, diced	1 EACH	3500	80	19.0
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 Ketchup, 9 g	Pkt	1	10	3.0
NSD Mustard, 5.5 g	Pkt	1	5	0.0
Weighted Daily Average			626	96.43
% of Calories				61.6%
Nutrient Guideline			600-650	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 11/29/2017				
NSD Lunch	Total	5500		
NSD Burrito, B & C, Los Cabos	1 Each	1000	296	40.86
NSD Sandwich, Ham & Cheese	1 EACH	2000	280	32.0
NSD Rainbow Trout Treasures	4 EACH	2500	230	18.0
NSD Potato, Rnds/Crinkle/Wedge	1/2 cup	2500	88	13.83
NSD Salad Mix, lett/carrot/cab	1 cup	1000	0	2.66
NSD Carrots, baby, raw	1/2 cup	2500	21	4.94
NSD Cucumbers, sliced, raw	1/2 cup	1500	8	4.0
NSD Raisins, box	1 EACH	2500	113	29.98
NSD Watermelon, raw	1/2 cup	2500	23	5.74
NSD Bananas, petite	1 EACH	3000	105	26.95
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 Ranch Dressing	2 tbsp	4000	80	2.0
NSD Ketchup, 9 g	Pkt	250	10	3.0
NSD Mustard, 5.5 g	Pkt	1000	5	0.0
Weighted Daily Average			636	99.16
% of Calories				62.3%
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

Oct 9, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 11/30/2017				
NSD Lunch	Total	5500		
NSD Hamburger	1 EACH	1500	268	29.6
NSD Chicken Nuggets & Roll	1 EACH	1500	340	33.0
NSD Sandwich, Toasted Cheese	1 EACH	2500	284	32.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Corn, frozen	1/2 cup	1500	60	14.08
NSD Beans, Vegetarian, canned	1/2 cup	1000	120	23.0
NSD Cranberries, dried	1/4 cup	1000	93	25.0
NSD Oranges, raw	1/2 cup	2500	42	10.58
NSD Pears, raw	1 EACH	2000	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
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			610	90.31
% of Calories				59.2%
Nutrient Guideline			600-650	

Fri - 12/01/2017				
NSD Lunch	Total	5500		
NSD Teriyaki Beef Dunkers&Roll	(4 each)	1500	232	27.0
NSD Quesadilla, Cheese	1 EACH	2000	321	35.0
NSD Spaghetti w/ Meat sauce	SERV	2000	308	23.0
NSD Roll, Dinner	1 EACH	1	80	17.0
NSD Salad Mix, lett/carrot/cab	1 cup	2000	0	2.66
NSD Broccoli, raw	1/2 cup	3000	12	2.36
NSD Jicama, Raw	1/2 cup	2500	23	5.29
Cherries Dried	1/4 CUP	3000	24	5.96
NSD Blueberries, frzn, unsweet	1/2 cup	1000	40	9.43
NSD Apple, fresh	1 EACH	1500	95	25.13
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 Ranch Dressing	2 tbsp	2000	80	2.0
Weighted Daily Average			530	74.94
% of Calories				56.5%
Nutrient Guideline			600-650	

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National School District

Oct 9, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 12/04/2017				
NSD Lunch	Total	5500		
NSD Hot Dog	1 each	2500	330	31.0
NSD Pizza, Cheese, Tony's	1 EACH	2000	300	34.0
NSD Chicken Nuggets & Roll	1 EACH	1000	340	33.0
NSD Salad Mix, lett/carrot/cab	1 cup	2500	0	2.66
NSD Celery, raw	1/2 cup	1500	4	0.71
NSD Corn, frozen	1/2 cup	2000	60	14.08
NSD Raisins, box	1 EACH	1500	113	29.98
NSD Applesauce Cups	1 EACH	2000	51	13.75
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 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
NSD BBQ Sauce	2 tbsp	1	30	8.0
NSD Jalapenos, canned	1/8 cup	1	5	0.94
Weighted Daily Average			660	98.27
% of Calories				59.5%
Nutrient Guideline			600-650	

Tue - 12/05/2017				
NSD Lunch	Total	5500		
NSD Corn Dog	1 EACH	1000	240	30.0
NSD BBQ Pork Rib Sandwich	1 EACH	2500	281	31.1
NSD MAX Stix, Mozzarella	1 EACH	2000	300	34.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Beans, Pinto, canned	1/2 cup	1500	103	18.3
NSD Cauliflower, raw	1/2 cup	500	13	2.49
NSD Blueberries, frzn, unsweet	1/2 cup	2500	40	9.43
NSD Apple, fresh	1 EACH	2500	95	25.13
NSD Peaches, frozen, diced	1 EACH	3500	80	19.0
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 Ketchup, 9 g	Pkt	1	10	3.0
NSD Mustard, 5.5 g	Pkt	1	5	0.0
Weighted Daily Average			626	96.43
% of Calories				61.6%
Nutrient Guideline			600-650	

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National School District

Oct 9, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 12/06/2017				
NSD Lunch	Total	5500		
NSD Burrito, B & C, Los Cabos	1 Each	1000	296	40.86
NSD Sandwich, Ham & Cheese	1 EACH	2000	280	32.0
NSD Rainbow Trout Treasures	4 EACH	2500	230	18.0
NSD Potato, Rnds/Crinkle/Wedge	1/2 cup	2500	88	13.83
NSD Salad Mix, lett/carrot/cab	1 cup	1000	0	2.66
NSD Carrots, baby, raw	1/2 cup	2500	21	4.94
NSD Cucumbers, sliced, raw	1/2 cup	1500	8	4.0
NSD Raisins, box	1 EACH	2500	113	29.98
NSD Watermelon, raw	1/2 cup	2500	23	5.74
NSD Bananas, petite	1 EACH	3000	105	26.95
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 Ranch Dressing	2 tbsp	4000	80	2.0
NSD Ketchup, 9 g	Pkt	250	10	3.0
NSD Mustard, 5.5 g	Pkt	1000	5	0.0
Weighted Daily Average			636	99.16
% of Calories				62.3%
Nutrient Guideline			600-650	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 12/07/2017				
NSD Lunch	Total	5500		
NSD Hamburger	1 EACH	1500	268	29.6
NSD Chicken Nuggets & Roll	1 EACH	1500	340	33.0
NSD Sandwich, Toasted Cheese	1 EACH	2500	284	32.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Corn, frozen	1/2 cup	1500	60	14.08
NSD Beans, Vegetarian, canned	1/2 cup	1000	120	23.0
NSD Cranberries, dried	1/4 cup	1000	93	25.0
NSD Oranges, raw	1/2 cup	2500	42	10.58
NSD Pears, raw	1 EACH	2000	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
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			610	90.31
% of Calories				59.2%
Nutrient Guideline			600-650	

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National School District

Oct 9, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 12/08/2017				
NSD Lunch	Total	5500		
NSD Teriyaki Beef Dunkers&Roll	(4 each)	1500	232	27.0
NSD Quesadilla, Cheese	1 EACH	2000	321	35.0
NSD Spaghetti w/ Meat sauce	SERV	2000	308	23.0
NSD Roll, Dinner	1 EACH	1	80	17.0
NSD Salad Mix, lett/carrot/cab	1 cup	2000	0	2.66
NSD Broccoli, raw	1/2 cup	3000	12	2.36
NSD Jicama, Raw	1/2 cup	2500	23	5.29
Cherries Dried	1/4 CUP	3000	24	5.96
NSD Blueberries, frzn, unsweet	1/2 cup	1000	40	9.43
NSD Apple, fresh	1 EACH	1500	95	25.13
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 Ranch Dressing	2 tbsp	2000	80	2.0
Weighted Daily Average			530	74.94
% of Calories				56.5%
Nutrient Guideline			600-650	

Mon - 12/11/2017				
NSD Lunch	Total	5500		
NSD Hot Dog	1 each	2500	330	31.0
NSD Pizza, Cheese, Tony's	1 EACH	2000	300	34.0
NSD Chicken Nuggets & Roll	1 EACH	1000	340	33.0
NSD Salad Mix, lett/carrot/cab	1 cup	2500	0	2.66
NSD Celery, raw	1/2 cup	1500	4	0.71
NSD Corn, frozen	1/2 cup	2000	60	14.08
NSD Raisins, box	1 EACH	1500	113	29.98
NSD Applesauce Cups	1 EACH	2000	51	13.75
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 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
NSD BBQ Sauce	2 tbsp	1	30	8.0
NSD Jalapenos, canned	1/8 cup	1	5	0.94
Weighted Daily Average			660	98.27
% of Calories				59.5%
Nutrient Guideline			600-650	

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National School District

Oct 9, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 12/12/2017				
NSD Lunch	Total	5500		
NSD Corn Dog	1 EACH	1000	240	30.0
NSD BBQ Pork Rib Sandwich	1 EACH	2500	281	31.1
NSD MAX Stix, Mozzarella	1 EACH	2000	300	34.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Beans, Pinto, canned	1/2 cup	1500	103	18.3
NSD Cauliflower, raw	1/2 cup	500	13	2.49
NSD Blueberries, frzn, unsweet	1/2 cup	2500	40	9.43
NSD Apple, fresh	1 EACH	2500	95	25.13
NSD Peaches, frozen, diced	1 EACH	3500	80	19.0
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 Ketchup, 9 g	Pkt	1	10	3.0
NSD Mustard, 5.5 g	Pkt	1	5	0.0
Weighted Daily Average			626	96.43
% of Calories				61.6%
Nutrient Guideline			600-650	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 12/13/2017				
NSD Lunch	Total	5500		
NSD Burrito, B & C, Los Cabos	1 Each	1000	296	40.86
NSD Sandwich, Ham & Cheese	1 EACH	2000	280	32.0
NSD Rainbow Trout Treasures	4 EACH	2500	230	18.0
NSD Potato, Rnds/Crinkle/Wedge	1/2 cup	2500	88	13.83
NSD Salad Mix, lett/carrot/cab	1 cup	1000	0	2.66
NSD Carrots, baby, raw	1/2 cup	2500	21	4.94
NSD Cucumbers, sliced, raw	1/2 cup	1500	8	4.0
NSD Raisins, box	1 EACH	2500	113	29.98
NSD Watermelon, raw	1/2 cup	2500	23	5.74
NSD Bananas, petite	1 EACH	3000	105	26.95
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 Ranch Dressing	2 tbsp	4000	80	2.0
NSD Ketchup, 9 g	Pkt	250	10	3.0
NSD Mustard, 5.5 g	Pkt	1000	5	0.0
Weighted Daily Average			636	99.16
% of Calories				62.3%
Nutrient Guideline			600-650	

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National School District

Oct 9, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 12/14/2017				
NSD Lunch	Total	5500		
NSD Hamburger	1 EACH	1500	268	29.6
NSD Chicken Nuggets & Roll	1 EACH	1500	340	33.0
NSD Sandwich, Toasted Cheese	1 EACH	2500	284	32.0
NSD Salad Mix, lett/carrot/cab	1 cup	1500	0	2.66
NSD Corn, frozen	1/2 cup	1500	60	14.08
NSD Beans, Vegetarian, canned	1/2 cup	1000	120	23.0
NSD Cranberries, dried	1/4 cup	1000	93	25.0
NSD Oranges, raw	1/2 cup	2500	42	10.58
NSD Pears, raw	1 EACH	2000	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
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			610	90.31
% of Calories				59.2%
Nutrient Guideline			600-650	

Fri - 12/15/2017				
NSD Lunch	Total	5500		
NSD Teriyaki Beef Dunkers&Roll	(4 each)	1500	232	27.0
NSD Quesadilla, Cheese	1 EACH	2000	321	35.0
NSD Spaghetti w/ Meat sauce	SERV	2000	308	23.0
NSD Roll, Dinner	1 EACH	1	80	17.0
NSD Salad Mix, lett/carrot/cab	1 cup	2000	0	2.66
NSD Broccoli, raw	1/2 cup	3000	12	2.36
NSD Jicama, Raw	1/2 cup	2500	23	5.29
Cherries Dried	1/4 CUP	3000	24	5.96
NSD Blueberries, frzn, unsweet	1/2 cup	1000	40	9.43
NSD Apple, fresh	1 EACH	1500	95	25.13
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 Ranch Dressing	2 tbsp	2000	80	2.0
Weighted Daily Average			530	74.94
% of Calories				56.5%
Nutrient Guideline			600-650	

Weighted Average			615	92.26
				60.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	615		600 - 650	100%				
Carbohydrate (g)	92.26	60.04%						

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