

National School District

Jan 9, 2018 thru Feb 23, 2018

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Tue - 01/09/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Hamburger | 1 EACH | 1000 | 268 | 29.6 |
| 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 Beans, Vegetarian, canned | 1/2 cup | 500 | 120 | 23.0 |
| NSD Blueberries, frzn, unsweet | 1/2 cup | 2500 | 40 | 9.43 |
| 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 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 | | | 546 | 90.30 |
| % of Calories | | | | 66.2% |
| Nutrient Guideline | | | 600-650 | |

| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Wed - 01/10/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Burrito, B & C, Los Cabos | 1 Each | 1000 | 296 | 40.86 |
| NSD Pizza, Cheese, Tony's | 1 EACH | 2000 | 0 | 0.0 |
| NSD Salad Mix, lett/carrot/cab | 1 cup | 1000 | 0 | 2.66 |
| NSD Carrots, baby, raw | 1/2 cup | 2500 | 21 | 4.94 |
| NSD Celery, raw | 1/2 cup | 1500 | 4 | 0.71 |
| NSD Cranberries, dried | 1/4 cup | 2500 | 93 | 25.0 |
| NSD Watermelon, raw | 1/2 cup | 2500 | 23 | 5.74 |
| NSD Peaches, frozen, diced | 1 EACH | 3000 | 80 | 19.0 |
| 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 |
| Weighted Daily Average | | | 365 | 65.01 |
| % of Calories | | | | 71.3% |
| 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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| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Thu - 01/11/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Chicken Fajita | 1 EACH | 1500 | 325 | 33.35 |
| NSD Taco Salad | SERVING | 1500 | 348 | 32.0 |
| NSD Salad Mix, lett/carrot/cab | 1 cup | 1500 | 0 | 2.66 |
| NSD Beans, Pinto, canned | 1/2 cup | 1500 | 103 | 18.3 |
| NSD Tomatoes, red, raw | 1/2 cup | 1000 | 15 | 3.31 |
| NSD Cranberries, dried | 1/4 cup | 1000 | 93 | 25.0 |
| NSD Apple, fresh | 1 EACH | 2500 | 95 | 25.13 |
| NSD Applesauce Cups | 1 EACH | 2000 | 51 | 13.75 |
| 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 |
| Weighted Daily Average | | | 497 | 75.84 |
| % of Calories | | | | 61.1% |
| Nutrient Guideline | | | 600-650 | |

| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Fri - 01/12/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Chicken Nuggets | 5 each | 1500 | 260 | 16.0 |
| NSD Sandwich, Ham & Cheese | 1 EACH | 2000 | 280 | 32.0 |
| 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 |
| NSD Raisins, box | 1 EACH | 3000 | 113 | 29.98 |
| NSD Pears, raw | 1 EACH | 1000 | 101 | 27.11 |
| NSD Oranges, raw | 1/2 cup | 1500 | 42 | 10.58 |
| 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 BBQ Sauce | 2 tbsp | 1 | 30 | 8.0 |
| NSD Mustard, 5.5 g | Pkt | 1 | 5 | 0.0 |
| NSD Mayo Packet, 12g | Pkt | 1 | 19 | 0.75 |
| Weighted Daily Average | | | 456 | 74.83 |
| % of Calories | | | | 65.6% |
| 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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| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Mon - 01/15/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Corn Dog | 1 EACH | 2500 | 240 | 30.0 |
| NSD Sloppy Joe on WW Bun | 1 EACH | 2000 | 310 | 41.02 |
| NSD Salad Mix, lett/carrot/cab | 1 cup | 2500 | 0 | 2.66 |
| NSD Corn, frozen | 1/2 cup | 1500 | 60 | 14.08 |
| NSD Cucumbers, sliced, raw | 1/2 cup | 2000 | 8 | 4.0 |
| Cherries Dried | serving | 1500 | 97 | 23.84 |
| NSD Watermelon, raw | 1/2 cup | 2000 | 23 | 5.74 |
| 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 |
| Weighted Daily Average | | | 543 | 89.76 |
| % of Calories | | | | 66.1% |
| Nutrient Guideline | | | 600-650 | |

| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Tue - 01/16/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Hamburger | 1 EACH | 1000 | 268 | 29.6 |
| 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 Beans, Vegetarian, canned | 1/2 cup | 500 | 120 | 23.0 |
| NSD Blueberries, frzn, unsweet | 1/2 cup | 2500 | 40 | 9.43 |
| 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 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 | | | 546 | 90.30 |
| % of Calories | | | | 66.2% |
| Nutrient Guideline | | | 600-650 | |

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

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| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Wed - 01/17/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Burrito, B & C, Los Cabos | 1 Each | 1000 | 296 | 40.86 |
| NSD Pizza, Cheese, Tony's | 1 EACH | 2000 | 0 | 0.0 |
| NSD Salad Mix, lett/carrot/cab | 1 cup | 1000 | 0 | 2.66 |
| NSD Carrots, baby, raw | 1/2 cup | 2500 | 21 | 4.94 |
| NSD Celery, raw | 1/2 cup | 1500 | 4 | 0.71 |
| NSD Cranberries, dried | 1/4 cup | 2500 | 93 | 25.0 |
| NSD Watermelon, raw | 1/2 cup | 2500 | 23 | 5.74 |
| NSD Peaches, frozen, diced | 1 EACH | 3000 | 80 | 19.0 |
| 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 |
| Weighted Daily Average | | | 365 | 65.01 |
| % of Calories | | | | 71.3% |
| Nutrient Guideline | | | 600-650 | |

| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Thu - 01/18/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Chicken Fajita | 1 EACH | 1500 | 325 | 33.35 |
| NSD Taco Salad | SERVING | 1500 | 348 | 32.0 |
| NSD Salad Mix, lett/carrot/cab | 1 cup | 1500 | 0 | 2.66 |
| NSD Beans, Pinto, canned | 1/2 cup | 1500 | 103 | 18.3 |
| NSD Tomatoes, red, raw | 1/2 cup | 1000 | 15 | 3.31 |
| NSD Cranberries, dried | 1/4 cup | 1000 | 93 | 25.0 |
| NSD Apple, fresh | 1 EACH | 2500 | 95 | 25.13 |
| NSD Applesauce Cups | 1 EACH | 2000 | 51 | 13.75 |
| 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 |
| Weighted Daily Average | | | 497 | 75.84 |
| % of Calories | | | | 61.1% |
| Nutrient Guideline | | | 600-650 | |

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| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Fri - 01/19/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Chicken Nuggets | 5 each | 1500 | 260 | 16.0 |
| NSD Sandwich, Ham & Cheese | 1 EACH | 2000 | 280 | 32.0 |
| 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 |
| NSD Raisins, box | 1 EACH | 3000 | 113 | 29.98 |
| NSD Pears, raw | 1 EACH | 1000 | 101 | 27.11 |
| NSD Oranges, raw | 1/2 cup | 1500 | 42 | 10.58 |
| 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 BBQ Sauce | 2 tbsp | 1 | 30 | 8.0 |
| NSD Mustard, 5.5 g | Pkt | 1 | 5 | 0.0 |
| NSD Mayo Packet, 12g | Pkt | 1 | 19 | 0.75 |
| Weighted Daily Average | | | 456 | 74.83 |
| % of Calories | | | | 65.6% |
| Nutrient Guideline | | | 600-650 | |

| | | | | |
|--------------------------------|---------|------|---------|-------|
| Mon - 01/22/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Corn Dog | 1 EACH | 2500 | 240 | 30.0 |
| NSD Sloppy Joe on WW Bun | 1 EACH | 2000 | 310 | 41.02 |
| NSD Salad Mix, lett/carrot/cab | 1 cup | 2500 | 0 | 2.66 |
| NSD Corn, frozen | 1/2 cup | 1500 | 60 | 14.08 |
| NSD Cucumbers, sliced, raw | 1/2 cup | 2000 | 8 | 4.0 |
| Cherries Dried | serving | 1500 | 97 | 23.84 |
| NSD Watermelon, raw | 1/2 cup | 2000 | 23 | 5.74 |
| 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 |
| Weighted Daily Average | | | 543 | 89.76 |
| % of Calories | | | | 66.1% |
| Nutrient Guideline | | | 600-650 | |

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| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Tue - 01/23/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Hamburger | 1 EACH | 1000 | 268 | 29.6 |
| 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 Beans, Vegetarian, canned | 1/2 cup | 500 | 120 | 23.0 |
| NSD Blueberries, frzn, unsweet | 1/2 cup | 2500 | 40 | 9.43 |
| 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 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 | | | 546 | 90.30 |
| % of Calories | | | | 66.2% |
| Nutrient Guideline | | | 600-650 | |

| | | | | |
|--------------------------------|---------|------|---------|-------|
| Wed - 01/24/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Burrito, B & C, Los Cabos | 1 Each | 1000 | 296 | 40.86 |
| NSD Pizza, Cheese, Tony's | 1 EACH | 2000 | 0 | 0.0 |
| NSD Salad Mix, lett/carrot/cab | 1 cup | 1000 | 0 | 2.66 |
| NSD Carrots, baby, raw | 1/2 cup | 2500 | 21 | 4.94 |
| NSD Celery, raw | 1/2 cup | 1500 | 4 | 0.71 |
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| NSD Watermelon, raw | 1/2 cup | 2500 | 23 | 5.74 |
| NSD Peaches, frozen, diced | 1 EACH | 3000 | 80 | 19.0 |
| NSD Juice, Appleberry, 4 oz | 1 EACH | 4500 | 55 | 13.5 |
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| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Thu - 01/25/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Chicken Fajita | 1 EACH | 1500 | 325 | 33.35 |
| NSD Taco Salad | SERVING | 1500 | 348 | 32.0 |
| NSD Salad Mix, lett/carrot/cab | 1 cup | 1500 | 0 | 2.66 |
| NSD Beans, Pinto, canned | 1/2 cup | 1500 | 103 | 18.3 |
| NSD Tomatoes, red, raw | 1/2 cup | 1000 | 15 | 3.31 |
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| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Fri - 01/26/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Chicken Nuggets | 5 each | 1500 | 260 | 16.0 |
| NSD Sandwich, Ham & Cheese | 1 EACH | 2000 | 280 | 32.0 |
| 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 |
| NSD Raisins, box | 1 EACH | 3000 | 113 | 29.98 |
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| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Mon - 01/29/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Corn Dog | 1 EACH | 2500 | 240 | 30.0 |
| NSD Sloppy Joe on WW Bun | 1 EACH | 2000 | 310 | 41.02 |
| NSD Salad Mix, lett/carrot/cab | 1 cup | 2500 | 0 | 2.66 |
| NSD Corn, frozen | 1/2 cup | 1500 | 60 | 14.08 |
| NSD Cucumbers, sliced, raw | 1/2 cup | 2000 | 8 | 4.0 |
| Cherries Dried | serving | 1500 | 97 | 23.84 |
| NSD Watermelon, raw | 1/2 cup | 2000 | 23 | 5.74 |
| 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 |
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| NSD Ranch Dressing | 2 tbsp | 4000 | 80 | 2.0 |
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| NSD Mustard, 5.5 g | Pkt | 2500 | 5 | 0.0 |
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|--------------------------------|--------------|-----------|-------------|----------|
| Tue - 01/30/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Hamburger | 1 EACH | 1000 | 268 | 29.6 |
| 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 Beans, Vegetarian, canned | 1/2 cup | 500 | 120 | 23.0 |
| NSD Blueberries, frzn, unsweet | 1/2 cup | 2500 | 40 | 9.43 |
| 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 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 | | | 546 | 90.30 |
| % of Calories | | | | 66.2% |
| Nutrient Guideline | | | 600-650 | |

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

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National School District

Jan 9, 2018 thru Feb 23, 2018

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Wed - 01/31/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Burrito, B & C, Los Cabos | 1 Each | 1000 | 296 | 40.86 |
| NSD Pizza, Cheese, Tony's | 1 EACH | 2000 | 0 | 0.0 |
| NSD Salad Mix, lett/carrot/cab | 1 cup | 1000 | 0 | 2.66 |
| NSD Carrots, baby, raw | 1/2 cup | 2500 | 21 | 4.94 |
| NSD Celery, raw | 1/2 cup | 1500 | 4 | 0.71 |
| NSD Cranberries, dried | 1/4 cup | 2500 | 93 | 25.0 |
| NSD Watermelon, raw | 1/2 cup | 2500 | 23 | 5.74 |
| NSD Peaches, frozen, diced | 1 EACH | 3000 | 80 | 19.0 |
| 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 |
| Weighted Daily Average | | | 365 | 65.01 |
| % of Calories | | | | 71.3% |
| Nutrient Guideline | | | 600-650 | |

| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Thu - 02/01/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Chicken Fajita | 1 EACH | 1500 | 325 | 33.35 |
| NSD Taco Salad | SERVING | 1500 | 348 | 32.0 |
| NSD Salad Mix, lett/carrot/cab | 1 cup | 1500 | 0 | 2.66 |
| NSD Beans, Pinto, canned | 1/2 cup | 1500 | 103 | 18.3 |
| NSD Tomatoes, red, raw | 1/2 cup | 1000 | 15 | 3.31 |
| NSD Cranberries, dried | 1/4 cup | 1000 | 93 | 25.0 |
| NSD Apple, fresh | 1 EACH | 2500 | 95 | 25.13 |
| NSD Applesauce Cups | 1 EACH | 2000 | 51 | 13.75 |
| 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 |
| Weighted Daily Average | | | 497 | 75.84 |
| % of Calories | | | | 61.1% |
| Nutrient Guideline | | | 600-650 | |

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

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National School District

Jan 9, 2018 thru Feb 23, 2018

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Fri - 02/02/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Chicken Nuggets | 5 each | 1500 | 260 | 16.0 |
| NSD Sandwich, Ham & Cheese | 1 EACH | 2000 | 280 | 32.0 |
| 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 |
| NSD Raisins, box | 1 EACH | 3000 | 113 | 29.98 |
| NSD Pears, raw | 1 EACH | 1000 | 101 | 27.11 |
| NSD Oranges, raw | 1/2 cup | 1500 | 42 | 10.58 |
| 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 BBQ Sauce | 2 tbsp | 1 | 30 | 8.0 |
| NSD Mustard, 5.5 g | Pkt | 1 | 5 | 0.0 |
| NSD Mayo Packet, 12g | Pkt | 1 | 19 | 0.75 |
| Weighted Daily Average | | | 456 | 74.83 |
| % of Calories | | | | 65.6% |
| Nutrient Guideline | | | 600-650 | |

| | | | | |
|--------------------------------|---------|------|---------|-------|
| Mon - 02/05/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Corn Dog | 1 EACH | 2500 | 240 | 30.0 |
| NSD Sloppy Joe on WW Bun | 1 EACH | 2000 | 310 | 41.02 |
| NSD Salad Mix, lett/carrot/cab | 1 cup | 2500 | 0 | 2.66 |
| NSD Corn, frozen | 1/2 cup | 1500 | 60 | 14.08 |
| NSD Cucumbers, sliced, raw | 1/2 cup | 2000 | 8 | 4.0 |
| Cherries Dried | serving | 1500 | 97 | 23.84 |
| NSD Watermelon, raw | 1/2 cup | 2000 | 23 | 5.74 |
| 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 |
| Weighted Daily Average | | | 543 | 89.76 |
| % of Calories | | | | 66.1% |
| Nutrient Guideline | | | 600-650 | |

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National School District

Jan 9, 2018 thru Feb 23, 2018

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Tue - 02/06/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Hamburger | 1 EACH | 1000 | 268 | 29.6 |
| 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 Beans, Vegetarian, canned | 1/2 cup | 500 | 120 | 23.0 |
| NSD Blueberries, frzn, unsweet | 1/2 cup | 2500 | 40 | 9.43 |
| 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 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 | | | 546 | 90.30 |
| % of Calories | | | | 66.2% |
| Nutrient Guideline | | | 600-650 | |

| | | | | |
|--------------------------------|---------|------|---------|-------|
| Wed - 02/07/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Burrito, B & C, Los Cabos | 1 Each | 1000 | 296 | 40.86 |
| NSD Pizza, Cheese, Tony's | 1 EACH | 2000 | 0 | 0.0 |
| NSD Salad Mix, lett/carrot/cab | 1 cup | 1000 | 0 | 2.66 |
| NSD Carrots, baby, raw | 1/2 cup | 2500 | 21 | 4.94 |
| NSD Celery, raw | 1/2 cup | 1500 | 4 | 0.71 |
| NSD Cranberries, dried | 1/4 cup | 2500 | 93 | 25.0 |
| NSD Watermelon, raw | 1/2 cup | 2500 | 23 | 5.74 |
| NSD Peaches, frozen, diced | 1 EACH | 3000 | 80 | 19.0 |
| 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 |
| Weighted Daily Average | | | 365 | 65.01 |
| % of Calories | | | | 71.3% |
| Nutrient Guideline | | | 600-650 | |

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National School District

Jan 9, 2018 thru Feb 23, 2018

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Thu - 02/08/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Chicken Fajita | 1 EACH | 1500 | 325 | 33.35 |
| NSD Taco Salad | SERVING | 1500 | 348 | 32.0 |
| NSD Salad Mix, lett/carrot/cab | 1 cup | 1500 | 0 | 2.66 |
| NSD Beans, Pinto, canned | 1/2 cup | 1500 | 103 | 18.3 |
| NSD Tomatoes, red, raw | 1/2 cup | 1000 | 15 | 3.31 |
| NSD Cranberries, dried | 1/4 cup | 1000 | 93 | 25.0 |
| NSD Apple, fresh | 1 EACH | 2500 | 95 | 25.13 |
| NSD Applesauce Cups | 1 EACH | 2000 | 51 | 13.75 |
| 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 |
| Weighted Daily Average | | | 497 | 75.84 |
| % of Calories | | | | 61.1% |
| Nutrient Guideline | | | 600-650 | |

| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Fri - 02/09/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Chicken Nuggets | 5 each | 1500 | 260 | 16.0 |
| NSD Sandwich, Ham & Cheese | 1 EACH | 2000 | 280 | 32.0 |
| 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 |
| NSD Raisins, box | 1 EACH | 3000 | 113 | 29.98 |
| NSD Pears, raw | 1 EACH | 1000 | 101 | 27.11 |
| NSD Oranges, raw | 1/2 cup | 1500 | 42 | 10.58 |
| 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 BBQ Sauce | 2 tbsp | 1 | 30 | 8.0 |
| NSD Mustard, 5.5 g | Pkt | 1 | 5 | 0.0 |
| NSD Mayo Packet, 12g | Pkt | 1 | 19 | 0.75 |
| Weighted Daily Average | | | 456 | 74.83 |
| % of Calories | | | | 65.6% |
| Nutrient Guideline | | | 600-650 | |

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National School District

Jan 9, 2018 thru Feb 23, 2018

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Mon - 02/12/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Corn Dog | 1 EACH | 2500 | 240 | 30.0 |
| NSD Sloppy Joe on WW Bun | 1 EACH | 2000 | 310 | 41.02 |
| NSD Salad Mix, lett/carrot/cab | 1 cup | 2500 | 0 | 2.66 |
| NSD Corn, frozen | 1/2 cup | 1500 | 60 | 14.08 |
| NSD Cucumbers, sliced, raw | 1/2 cup | 2000 | 8 | 4.0 |
| Cherries Dried | serving | 1500 | 97 | 23.84 |
| NSD Watermelon, raw | 1/2 cup | 2000 | 23 | 5.74 |
| 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 |
| Weighted Daily Average | | | 543 | 89.76 |
| % of Calories | | | | 66.1% |
| Nutrient Guideline | | | 600-650 | |

| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Tue - 02/13/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Hamburger | 1 EACH | 1000 | 268 | 29.6 |
| 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 Beans, Vegetarian, canned | 1/2 cup | 500 | 120 | 23.0 |
| NSD Blueberries, frzn, unsweet | 1/2 cup | 2500 | 40 | 9.43 |
| 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 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 | | | 546 | 90.30 |
| % of Calories | | | | 66.2% |
| Nutrient Guideline | | | 600-650 | |

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National School District

Jan 9, 2018 thru Feb 23, 2018

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Wed - 02/14/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Burrito, B & C, Los Cabos | 1 Each | 1000 | 296 | 40.86 |
| NSD Pizza, Cheese, Tony's | 1 EACH | 2000 | 0 | 0.0 |
| NSD Salad Mix, lett/carrot/cab | 1 cup | 1000 | 0 | 2.66 |
| NSD Carrots, baby, raw | 1/2 cup | 2500 | 21 | 4.94 |
| NSD Celery, raw | 1/2 cup | 1500 | 4 | 0.71 |
| NSD Cranberries, dried | 1/4 cup | 2500 | 93 | 25.0 |
| NSD Watermelon, raw | 1/2 cup | 2500 | 23 | 5.74 |
| NSD Peaches, frozen, diced | 1 EACH | 3000 | 80 | 19.0 |
| 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 |
| Weighted Daily Average | | | 365 | 65.01 |
| % of Calories | | | | 71.3% |
| Nutrient Guideline | | | 600-650 | |

| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Thu - 02/15/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Chicken Fajita | 1 EACH | 1500 | 325 | 33.35 |
| NSD Taco Salad | SERVING | 1500 | 348 | 32.0 |
| NSD Salad Mix, lett/carrot/cab | 1 cup | 1500 | 0 | 2.66 |
| NSD Beans, Pinto, canned | 1/2 cup | 1500 | 103 | 18.3 |
| NSD Tomatoes, red, raw | 1/2 cup | 1000 | 15 | 3.31 |
| NSD Cranberries, dried | 1/4 cup | 1000 | 93 | 25.0 |
| NSD Apple, fresh | 1 EACH | 2500 | 95 | 25.13 |
| NSD Applesauce Cups | 1 EACH | 2000 | 51 | 13.75 |
| 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 |
| Weighted Daily Average | | | 497 | 75.84 |
| % of Calories | | | | 61.1% |
| Nutrient Guideline | | | 600-650 | |

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National School District

Jan 9, 2018 thru Feb 23, 2018

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Fri - 02/16/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Chicken Nuggets | 5 each | 1500 | 260 | 16.0 |
| NSD Sandwich, Ham & Cheese | 1 EACH | 2000 | 280 | 32.0 |
| 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 |
| NSD Raisins, box | 1 EACH | 3000 | 113 | 29.98 |
| NSD Pears, raw | 1 EACH | 1000 | 101 | 27.11 |
| NSD Oranges, raw | 1/2 cup | 1500 | 42 | 10.58 |
| 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 BBQ Sauce | 2 tbsp | 1 | 30 | 8.0 |
| NSD Mustard, 5.5 g | Pkt | 1 | 5 | 0.0 |
| NSD Mayo Packet, 12g | Pkt | 1 | 19 | 0.75 |
| Weighted Daily Average | | | 456 | 74.83 |
| % of Calories | | | | 65.6% |
| Nutrient Guideline | | | 600-650 | |

| | | | | |
|--------------------------------|---------|------|---------|-------|
| Mon - 02/19/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Corn Dog | 1 EACH | 2500 | 240 | 30.0 |
| NSD Sloppy Joe on WW Bun | 1 EACH | 2000 | 310 | 41.02 |
| NSD Salad Mix, lett/carrot/cab | 1 cup | 2500 | 0 | 2.66 |
| NSD Corn, frozen | 1/2 cup | 1500 | 60 | 14.08 |
| NSD Cucumbers, sliced, raw | 1/2 cup | 2000 | 8 | 4.0 |
| Cherries Dried | serving | 1500 | 97 | 23.84 |
| NSD Watermelon, raw | 1/2 cup | 2000 | 23 | 5.74 |
| 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 |
| Weighted Daily Average | | | 543 | 89.76 |
| % of Calories | | | | 66.1% |
| Nutrient Guideline | | | 600-650 | |

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National School District

Jan 9, 2018 thru Feb 23, 2018

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Tue - 02/20/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Hamburger | 1 EACH | 1000 | 268 | 29.6 |
| 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 Beans, Vegetarian, canned | 1/2 cup | 500 | 120 | 23.0 |
| NSD Blueberries, frzn, unsweet | 1/2 cup | 2500 | 40 | 9.43 |
| 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 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 | | | 546 | 90.30 |
| % of Calories | | | | 66.2% |
| Nutrient Guideline | | | 600-650 | |

| | | | | |
|--------------------------------|---------|------|---------|-------|
| Wed - 02/21/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Burrito, B & C, Los Cabos | 1 Each | 1000 | 296 | 40.86 |
| NSD Pizza, Cheese, Tony's | 1 EACH | 2000 | 0 | 0.0 |
| NSD Salad Mix, lett/carrot/cab | 1 cup | 1000 | 0 | 2.66 |
| NSD Carrots, baby, raw | 1/2 cup | 2500 | 21 | 4.94 |
| NSD Celery, raw | 1/2 cup | 1500 | 4 | 0.71 |
| NSD Cranberries, dried | 1/4 cup | 2500 | 93 | 25.0 |
| NSD Watermelon, raw | 1/2 cup | 2500 | 23 | 5.74 |
| NSD Peaches, frozen, diced | 1 EACH | 3000 | 80 | 19.0 |
| 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 |
| Weighted Daily Average | | | 365 | 65.01 |
| % of Calories | | | | 71.3% |
| 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

Jan 9, 2018 thru Feb 23, 2018

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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Generated on: 12/5/2017 9:23:24 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Thu - 02/22/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Chicken Fajita | 1 EACH | 1500 | 325 | 33.35 |
| NSD Taco Salad | SERVING | 1500 | 348 | 32.0 |
| NSD Salad Mix, lett/carrot/cab | 1 cup | 1500 | 0 | 2.66 |
| NSD Beans, Pinto, canned | 1/2 cup | 1500 | 103 | 18.3 |
| NSD Tomatoes, red, raw | 1/2 cup | 1000 | 15 | 3.31 |
| NSD Cranberries, dried | 1/4 cup | 1000 | 93 | 25.0 |
| NSD Apple, fresh | 1 EACH | 2500 | 95 | 25.13 |
| NSD Applesauce Cups | 1 EACH | 2000 | 51 | 13.75 |
| 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 |
| Weighted Daily Average | | | 497 | 75.84 |
| % of Calories | | | | 61.1% |
| Nutrient Guideline | | | 600-650 | |

| | | | | |
|--------------------------------|---------|------|---------|-------|
| Fri - 02/23/2018 | | | | |
| NSD Lunch | Total | 5500 | | |
| NSD Chicken Nuggets | 5 each | 1500 | 260 | 16.0 |
| NSD Sandwich, Ham & Cheese | 1 EACH | 2000 | 280 | 32.0 |
| 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 |
| NSD Raisins, box | 1 EACH | 3000 | 113 | 29.98 |
| NSD Pears, raw | 1 EACH | 1000 | 101 | 27.11 |
| NSD Oranges, raw | 1/2 cup | 1500 | 42 | 10.58 |
| 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 BBQ Sauce | 2 tbsp | 1 | 30 | 8.0 |
| NSD Mustard, 5.5 g | Pkt | 1 | 5 | 0.0 |
| NSD Mayo Packet, 12g | Pkt | 1 | 19 | 0.75 |
| Weighted Daily Average | | | 456 | 74.83 |
| % of Calories | | | | 65.6% |
| Nutrient Guideline | | | 600-650 | |

| | | | | |
|------------------|--|--|-----|-------|
| Weighted Average | | | 480 | 78.83 |
| | | | | 65.8% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 480 | | 600 - 650 | 80% | | 120 | | Correction Required - |
| Carbohydrate (g) | 78.83 | 65.76% | | | | | | Calories are Low |

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