

Cedarburg School District

Sep 19, 2016 thru Sep 19, 2016

Base Menu Spreadsheet

High School Mexican

Portion Values - Detailed

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Generated on: 9/19/2016 11:19:49 AM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|------------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Mon - 09/19/2016 | | | | | | | | | | | | | | |
| High School Mexican | Total | | | | | | | | | | | | | |
| HD:MEXICAN MTO | 1 EACH | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| BRD: TORTILLA Flour 6" WG | 2 Each | 180 | 0 | 220 | 4.00 | 1.80 | 200.0 | 10 | 0.0 | 2 | 6.0 | 29.0 | 4.5 | 1.50 |
| BRD: TORTILLA Flour 9" WG | 1 Each | 170 | 0 | 210 | 4.00 | 1.80 | 150.0 | 10 | 0.0 | 2 | 6.0 | 27.0 | 4.0 | 1.50 |
| BRD: TORTILLA, ChipScpWG2.25BG | Serving | 180 | 0 | 210 | 3.00 | 0.54 | 30.0 | 0 | 0.0 | 0 | 3.0 | 33.0 | 4.5 | 0.75 |
| BEEF Gd, Taco Meat SS 1.0 | #24 scp (1 MMA) | 64 | 15 | 121 | 0.17 | 1.04 | 12.1 | 70 | 0.21 | 0 | 5.68 | 1.62 | 3.57 | 1.51 |
| CHIX Dcd Taco Meat 1.0 | #24 scp (1 MMA) | 70 | 27 | 76 | 0.17 | 0.42 | 2.1 | 70 | 0.21 | 0 | 9.48 | 1.39 | 2.77 | 0.78 |
| VEG: BEANS, Pinto Kickin' 1/4c | 1/4 Cup | 67 | 1 | 99 | 2.50 | 0.82 | 31.0 | 46 | 1.18 | 0 | 3.11 | 12.45 | 0.39 | 0.08 |
| VEG: BEANS, Refried AP 1/4c | 1/4 Cup | 70 | 0 | 174 | 4.64 | 0.84 | 0.0 | 3 | 0.7 | 1 | 3.48 | 9.86 | 1.45 | 0.00 |
| CHEESE, CH Shreds 1.0 | 2oz Spoodl | 110 | 30 | 190 | 0.00 | 0.00 | 200.0 | 300 | 0.0 | 0 | 7.0 | 1.0 | 9.0 | 6.00 |
| COND_Sauce, Chz SS W (LOL) 1.0 | 3oz Spdl (1 MMA) | 150 | 30 | 600 | 0.00 | 0.54 | 300.0 | 300 | 0.0 | 0 | 7.5 | 4.5 | 10.5 | 6.75 |
| VEG GARN: Rom Shrds/Tom Dice | Serving | 5 | 0 | 2 | 0.41 | 0.13 | 4.6 | 836 | 3.22 | 1 | 0.28 | 1.08 | 0.07 | 0.01 |
| VEG: ONIONS, Yellow Diced 1/8c | 1/8 Cup | 9 | 0 | 1 | 0.37 | 0.05 | 5.0 | 0 | 1.6 | 1 | 0.24 | 2.01 | 0.02 | 0.01 |
| VEG: PEPPERS, Jalapeno CndTBSP | TBSP | 3 | 0 | 164 | 0.26 | 0.18 | 2.3 | 167 | 0.98 | 0 | 0.09 | 0.47 | 0.09 | 0.01 |
| COND_Salsa, AP 1/8c | 1/8 Cup | 10 | 0 | 174 | 0.00 | 0.00 | 0.0 | 102 | 3.68 | 1 | 0.0 | 2.04 | 0.0 | 0.00 |
| COND_Sour Cream AP | 1 TBSP | 30 | 10 | 25 | 0.00 | 0.00 | 20.0 | 100 | 0.0 | 1 | 0.5 | 1.0 | 3.0 | 1.75 |
| Weighted Daily Average | | 1116 | 113 | 2265 | 19.53 | 8.15 | 957.1 | 2015 | 11.79 | 9 | 52.37 | 126.42 | 43.86 | 20.65 |
| % of Calories | | | | | | | | | | 3.1% | 18.8% | 45.3% | 35.4% | 16.7% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | |
|------------------|--|------|-----|------|-------|------|-------|------|-------|------|-------|--------|-------|-------|
| Weighted Average | | 1116 | 113 | 2265 | 19.53 | 8.15 | 957.1 | 2015 | 11.79 | 9 | 52.37 | 126.42 | 43.86 | 20.65 |
| | | | | | | | | | | 7.0% | 18.8% | 45.3% | 35.4% | 16.7% |

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
1- Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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| Nutrient | Menu AVG | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Error Messages (if any)* |
|-------------------|----------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|--------------------------|
| Calories | 1116 | | 750 - 850 | | | | | | | | | | | | | |
| Cholesterol (mg) | 113 | | | | | | | | | | | | | | | |
| Sodium (mg) | 2265 | | 1420 | | | | | | | | | | | | | |
| Fiber (g) | 19.53 | | | | | | | | | | | | | | | |
| Iron (mg) | 8.15 | | | | | | | | | | | | | | | |
| Calcium (mg) | 957.1 | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 2015 | | | | | | | | | | | | | | | |
| Sugars (g) | 9 | 3.09% | | | | | | | | | | | | | | |
| Vitamin C (mg) | 11.79 | | | | | | | | | | | | | | | |
| Protein (g) | 52.37 | 18.77% | | | | | | | | | | | | | | |
| Carbohydrate (g) | 126.42 | 45.31% | | | | | | | | | | | | | | |
| Total Fat (g) | 43.86 | 35.37% | | | | | | | | | | | | | | |
| Saturated Fat (g) | 20.65 | 16.65% | <10.00% | | | | | | | | | | | | | |

*Data comparisons are not available for one or two day selections

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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