

Cedarburg School District

Sep 1, 2016 thru Sep 1, 2016

Base Menu Spreadsheet

High School Deli

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/01/2016														
High School Deli	Total													
HD:DELI 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 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: BREAD WG, 2sl	2 Slice	160	0	320	2.00	2.16	0.0	20	0.0	4	6.0	30.0	2.0	0.00
BRD: ROLL AP, Sub Mini WG	1 Each	140	0	310	3.00	1.44	40.0	20	0.0	4	6.0	28.0	2.0	0.00
TKY, Breast Sliced 1.0	Serving	60	25	220	0.00	0.36	20.0	0	0.0	0	9.0	2.0	2.0	0.50
PORK: HAM, SpdyCut Sliced 1.0	Serving	61	22	551	0.00	0.32	0.0	4	0.0	1	8.75	0.88	2.62	0.88
CHEESE, AM (184ct) Slices 1.0	3 Slice	135	38	600	0.00	0.00	225.0	300	0.0	2	7.5	1.5	10.5	6.75
CHEESE, CH Slices 1.0	2 Slice	110	30	180	0.00	0.00	200.0	300	0.0	0	7.0	0.0	9.0	6.00
CHEESE, SW Slices 1.0	2 Slice	100	25	60	0.00	0.00	250.0	300	0.0	0	8.0	1.0	8.0	5.00
VEG GARN: Rom Leaf 1ea	Leaf	2	0	1	0.30	0.14	4.7	1235	0.57	0	0.17	0.47	0.04	0.00
VEG: TOMATOES, FrsSl 1/8c(2sl)	1/8 Cup	5	0	1	0.34	0.08	2.8	237	3.89	1	0.25	1.11	0.06	0.01
VEG: ONIONS, Yellow Slice 1ea	Slice	3	0	0	0.12	0.01	1.6	0	0.53	0	0.08	0.66	0.01	0.00
VEG: PEPPERS, Banana Cnd TBSP	TBSP	1	0	140	0.06	0.02	0.0	0	2.98	0	0.05	0.21	0.01	0.00
COND_Pickle, Dill Slice 2ea	2 Slice	2	0	160	0.14	0.05	8.5	1	0.21	0	0.06	0.24	0.04	0.01
SDW BD, Ham AM WG 2.0	Sandwich	320	50	1350	2.00	2.52	150.0	225	0.0	6	21.0	32.0	12.0	5.50
SDW BD, Tky AM WG 2.0	Sandwich	325	56	995	2.00	2.61	175.0	220	0.0	5	22.25	33.5	11.5	5.13
SDW BD, HamTky AM WG 2.0	Sandwich	333	56	1303	2.00	2.61	160.0	224	0.0	6	23.0	32.75	12.25	5.50
WRAP 9", Ham AM WG 2.0	1 Each	340	50	1244	4.94	2.51	312.2	2922	5.04	5	21.6	31.04	14.14	7.02
WRAP 9", Tky AM WG 2.0	1 Each	345	56	889	4.94	2.60	337.2	2917	5.04	4	22.85	32.54	13.64	6.64
Weighted Daily Average		2612	408	8534	25.84	19.23	2037.1	8934	18.25	40	169.56	254.89	103.82	50.44
% of Calories										6.1%	26.0%	39.0%	35.8%	17.4%
Nutrient Guideline		750-850		1420										<10.00

Weighted Average		2612	408	8534	25.84	19.23	2037.1	8934	18.25	40	169.56	254.89	103.82	50.44
										13.7%	26.0%	39.0%	35.8%	17.4%

**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.

Cedarburg School District

Sep 1, 2016 thru Sep 1, 2016

Base Menu Spreadsheet

High School Deli

Portion Values - Detailed

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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	2612		750 - 850													
Cholesterol (mg)	408															
Sodium (mg)	8534		1420													
Fiber (g)	25.84															
Iron (mg)	19.23															
Calcium (mg)	2037.1															
Vitamin A (IU)	8934															
Sugars (g)	40	6.09%														
Vitamin C (mg)	18.25															
Protein (g)	169.56	25.97%														
Carbohydrate (g)	254.89	39.04%														
Total Fat (g)	103.82	35.78%														
Saturated Fat (g)	50.44	17.38%	<10.00%													

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

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