

Cedarburg School District

Jan 3, 2017 thru Jan 3, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/03/2017								
Elementary Lunch	Total							
SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	340	750	4	21.0	39.0	12.0	2.00
HOT DOG, Plain WG 2.0	1 Each	250	880	4	11.0	29.0	11.0	2.50
CHIX Nugget, WG (5) 2.0	5 Each	203	444	0	16.49	12.68	10.15	1.90
BRD: BRDSTK DG, RipStk1ea(1BG)	Breadstick	80	100	2	3.0	14.0	1.0	0.00
BURG, Beef AM AP WG 2.25	1 Each	285	545	5	18.5	29.5	10.5	4.25
BURG, Beef AP WG 2.0	1 Each	240	345	4	16.0	29.0	7.0	2.00
PIZZA AP Wdg Pep WG	Pizza	300	640	14	15.0	36.0	11.0	4.50
PIZZA AP Wdg Chz WG	Pizza	300	580	15	15.0	37.0	11.0	4.00
STICKS, CORN DOG Chix AP 2.0	1 Each	240	390	5	9.0	30.0	8.0	2.50
PASTA, Rotini WG 1/2c	1/2 Cup	96	7	1	4.05	19.74	1.34	0.08
SAUCE P, Spag AP Beef SS 2.0	3/4 Cup	190	226	7	13.38	16.01	7.03	3.01
POTATO CH CS Broc 2.0	1 Each	387	807	2	18.92	33.98	19.71	12.80
BRD: ROLL DG, WG 2.5oz	1 Each	170	135	3	7.0	28.0	3.0	0.50
TACO BfGd Soft SS WG 2.0 2ea	2 Each	338	508	2	18.68	32.32	14.73	6.92
MELT BD, AM WG 2.0	Sandwich	385	1320	7	18.5	32.5	19.5	11.25
BRD: PANCAKES, AP WG (2BG)	2 Pancake	153	220	3	3.33	27.33	4.0	0.67
CHIX Sausage Patty 1ea 1.0	Patty	100	250	0	11.0	1.0	6.0	1.50
COND PC Syrup 1.4oz Smuckers	1 Each	110	25	21	0.0	29.0	0.0	0.00
ENT: BOWL, ChixPop CH 2.0	Bowl	412	843	3	18.86	43.31	19.43	6.70
BRD: BRDSTK DG, RipStk1ea(1BG)	Breadstick	80	100	2	3.0	14.0	1.0	0.00
ENT: PASTA, Mac&ChzSS2.0(2BG)	2-6oz spoodles	465	886	2	23.57	48.66	21.46	12.79
NACHOS BfGd Scp AP 2.0	1 Each	390	1002	1	17.55	40.14	17.64	8.47
MELT BN, FishPty AM WG/WG 2.25	Sandwich	355	780	6	22.5	43.5	11.5	3.25
STICKS, MAX SNAX Pizza AP 2.0	2 Each	260	600	6	16.0	30.0	8.0	2.00
SAUCE P, Marin AP 1/4c	1/4 Cup	30	10	3	1.0	5.0	0.5	0.00
SDW BN, PorkRib BBQ SS WG 2.0	Sandwich	370	980	25	17.0	53.0	12.0	3.50
MELT BN, BfGd SIJoe AM SS WG2	Sandwich	319	778	8	18.54	34.44	12.05	5.00
TKY Rst, SS 2.0	4 ozw (2 MMA)	121	567	0	24.03	0.08	4.02	2.01
QUES 6" CH WG 2.0	1 Each	400	600	2	20.0	31.0	22.5	13.50
MELT HD, BfMtbl MZ Pizza WG2.0	Sandwich	325	823	7	19.9	34.1	13.0	4.95
Weighted Daily Average		7695	16142	163	421.78	853.30	300.05	122.54
% of Calories				8.5%	21.9%	44.4%	35.1%	14.3%
Nutrient Guideline		550-650	1230					<10.00

Weighted Average		7695	16142	163	421.78	853.30	300.05	122.54
				19.1%	21.9%	44.4%	35.1%	14.3%

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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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	7695		550 - 650					
Sodium (mg)	16142		1230					
Sugars (g)	163	8.49%						
Protein (g)	421.78	21.93%						
Carbohydrate (g)	853.30	44.36%						
Total Fat (g)	300.05	35.10%						
Saturated Fat (g)	122.54	14.33%	<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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