

Cedarburg School District

Jan 4, 2017 thru Jan 4, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/04/2017								
Elementary Lunch								
	Total							
VEG: POTATO, Wedge 1/2c	1/2 Cup	99	23	0	1.81	18.06	2.71	0.90
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	11	11	1	0.9	2.12	0.12	0.01
VEG: SALAD, Side Rom SC 1c	1 CUP	6	3	0	0.46	1.24	0.11	0.01
VEG: BEANS, Green Fz 1/2c	1/2 Cup	20	1	1	1.04	4.49	0.12	0.03
VEG: PEPPERS, Red Strips1/2c	1/2 Cup	16	2	2	0.5	3.02	0.15	0.01
VEG: CARROTS, Sliced Fz 1/2c	1/2 Cup	32	52	4	0.51	6.77	0.6	0.11
VEG: CELERY, Sticks 1/2c	1/2 Cup	10	49	1	0.43	1.83	0.11	0.03
VEG: BEANS, Bkd Veg AP 1/2c	1/2 Cup	131	555	10	7.06	29.25	0.0	0.00
VEG: BROCCOLI, Frz Chpd 1/2c	1/2 Cup	24	9	1	2.67	4.61	0.1	0.01
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	25	55	3	0.45	5.84	0.09	0.01
VEG: POTATO, FF CtinaGen7 1/2c	1/2 Cup	120	133	1	2.0	17.33	4.67	1.33
VEG: TOMATOES, Fresh Wdgs 1/2c	1/2 Cup	14	4	2	0.67	2.96	0.15	0.02
VEG: CORN, Fz 1/2c	1/2 Cup	66	1	3	2.09	15.8	0.55	0.08
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	11	1	1	0.47	2.61	0.08	0.02
VEG: POTATO Swt, FF 1/2c w/Ket	Serving	115	168	7	0.75	19.5	3.37	0.00
VEG: SQUASH, Zucc Frsh 1/2c	1/2 Cup	11	5	2	0.81	2.08	0.21	0.05
VEG: CAULIFLOWER, Fresh 1/2c	1/2 Cup	12	15	1	0.95	2.47	0.14	0.06
FRUIT: APPLE, 138ct 1/8wg 1/2c	4 Wedges	32	2	6	0.17	8.43	0.11	0.02
FRUIT: ORANGE 138ct 1/8wg 1/2c	8 Wedges	47	0	9	0.94	11.73	0.12	0.01
FRUIT: BANANA (150ct) Whole	Each(150ct)	69	1	9	0.84	17.68	0.26	0.09
FRUIT: BLUEBERRIES, Fz 1/2c	1/2 Cup	36	1	6	0.29	8.5	0.45	0.04
FRUIT: FRUIT MIX w/Jc 1/2c	1/2 Cup	61	5	13	1.01	13.13	0.0	0.00
FRUIT: STRAWBERRIES, Fz 1/2c	1/2 Cup	27	2	4	0.33	7.01	0.08	0.00
FRUIT: APPLESAUCE, AP 1/2c	1/2 Cup	88	3	19	0.21	22.52	0.22	0.04
FRUIT: ORANGE MandBrkw/Syr1/2c	1/2 Cup	76	8	19	0.56	20.27	0.13	0.01
FRUIT: PEACHES Dice w/Jc 1/2c	1/2 Cup	55	5	13	0.78	14.35	0.04	0.00
FRUIT: PEARS, Dice w/Jc 1/2c	1/2 Cup	63	5	12	0.43	16.36	0.09	0.01
FRUIT: CRAISINS, SS Cherry1.16	Box (1.16oz)	110	0	24	0.0	28.0	0.0	0.00
FRUIT: RAISINS, SS 1.5oz	Box (1.5oz)	127	5	25	1.31	33.67	0.2	0.02
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	60	10	13	0.0	14.0	0.0	0.00
JUICE SS, Grape100% 4oz Cart	1 Each	80	15	18	1.0	18.0	0.0	0.00
JUICE SS, Apple 100% 4oz Cart	1 Each	60	15	13	0.0	14.0	0.0	0.00
JUICE SS, Orange 100% 4oz Cart	1 Each	50	15	10	1.0	12.0	0.0	0.00
Weighted Daily Average		1763	1177	253	32.42	399.60	14.96	2.94
% of Calories				57.5%	7.4%	90.7%	7.6%	1.5%
Nutrient Guideline		550-650	1230					<10.00

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 Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Average		1763	1177	253 129.4%	32.42 7.4%	399.60 90.7%	14.96 7.6%	2.94 1.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	1763		550 - 650					
Sodium (mg)	1177		1230					
Sugars (g)	253	57.50%						
Protein (g)	32.42	7.36%						
Carbohydrate (g)	399.60	90.67%						
Total Fat (g)	14.96	7.64%						
Saturated Fat (g)	2.94	1.50%	<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
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