

Cedarburg School District

Jan 3, 2017 thru Jan 3, 2017

Base Menu Spreadsheet

High School 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								
High School Lunch	Total							
SALAD, Veg Baja AP W 2.0	1 Each	259	275	4	15.18	29.14	10.03	6.19
SALAD, ChixDcd Ceas APSC2.0	1 Each	232	408	3	22.28	12.45	9.68	3.44
SALAD, Ham Pizza AP W 2.0	1 Each	189	924	3	17.61	4.58	11.0	5.13
SALAD, Ham Chef AP W 2.0	1 Each	154	754	3	15.86	4.33	8.0	3.75
SALAD, ChixPop CH AP W 2.0	1 Each	261	397	3	16.09	14.81	15.39	5.09
BRD: ROLL DG, WG 2.5oz	1 Each	170	135	3	7.0	28.0	3.0	0.50
Weighted Daily Average		1265	2893	18	94.02	93.31	57.10	24.10
% of Calories				5.6%	29.7%	29.5%	40.6%	17.2%
Nutrient Guideline		750-850	1420					<10.00

Weighted Average		1265	2893	18 12.6%	94.02 29.7%	93.31 29.5%	57.10 40.6%	24.10 17.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	1265		750 - 850					
Sodium (mg)	2893		1420					
Sugars (g)	18	5.62%						
Protein (g)	94.02	29.74%						
Carbohydrate (g)	93.31	29.51%						
Total Fat (g)	57.10	40.64%						
Saturated Fat (g)	24.10	17.15%	<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

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.