

Nye County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Combined: BREAKFAST IN THE CLASSROOM/K-8 Lunch 5 Day

Portion Values - Detailed

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	Portion Size	Reimb Qty	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)	Tr-Fat ¹ (g)
Thu - 03/01/2018																
BREAKFAST IN THE CLAS	Total	500														
FRENCH TOAST MINIS MAPLE	3.0 OZ.	480	210	0	240	3.00	2.70	100.0	500	0.0	13	4.0	37.0	5.0	1.50	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	450	50	0	2	1.00	0.30	5.0	35	1.2	*N/A*	0.2	14.0	0.1	0.01	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	100	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
K-8 Lunch 5 Day	Total	100														
TANGERINE CHICKEN ELEM/MID	SERV	100	338	40	381	2.43	1.67	11.5	0	0.0	*13	17.06	56.93	4.32	1.09	0.00
SALAD BAR	1 CUP	70	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	70	50	0	2	1.00	0.30	5.0	35	1.2	*N/A*	0.2	14.0	0.1	0.01	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	60	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
Weighted Daily Average			426	12	433	3.94	2.79	412.8	1222	49.37	*37	13.52	78.83	6.62	1.90	0.00
% of Calories											*34.7%	12.7%	74.1%	14.0%	4.0%	0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Fri - 03/02/2018																
BREAKFAST IN THE CLAS	Total	500														
BURRITO, BREAKFAST 3.2 oz	3.20 OZ	480	206	53	400	2.29	2.70	40.0	300	1.2	1	10.0	25.78	7.8	2.54	0.00
STRING CHEESE 1 oz	1 EACH	450	80	15	210	0.00	0.00	200.0	100	0.0	0	7.0	1.0	6.0	3.50	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	100	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
K-8 Lunch 5 Day	Total	100														
HOT DOG 8x1 CLOVERDALE	1 EACH	100	150	30	340	0.00	0.72	0.0	5	0.0	1	7.0	1.0	13.0	5.00	0.00
WHEAT HOT DOG BUN	1 EACH	100	150	0	260	3.00	1.44	20.0	0	0.0	*N/A*	0.0	27.0	2.0	0.00	0.00
SALAD BAR	1 CUP	1	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
FRESH FRUIT ASST.	1 EACH	70	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
CUTIE PIE APPLE 2OZ	1 EACH	75	130	0	170	3.00	0.00	0.0	45	1.2	9	2.0	24.0	4.5	1.00	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	60	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
MUSTARD, PREPARED	6 GRAM	50	6	0	72	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
KETCHUP/1 GAL SYSCO	9 gram	50	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00

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.

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Nye County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Combined: BREAKFAST IN THE CLASSROOM/K-8 Lunch 5 Day

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			455	64	783	3.13	2.55	510.7	762	50.84	*27 *23.9%	21.79 19.1%	58.58 51.5%	15.54 30.7%	6.12 12.1%	0.00 0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Mon - 03/05/2018																
BREAKFAST IN THE CLAS	Total	500														
MUFFIN CHOC CHIP 2 oz	2.0 OUNC	480	190	45	130	2.00	73.80	40.0	100	0.0	17	4.0	32.0	6.0	2.00	0.00
FRESH FRUIT ASST.	1 EACH	450	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	100	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
K-8 Lunch 5 Day	Total	100														
CHICKEN POPCORN WG, 12 PIECE	12 PIECE	100	251	22	371	2.18	1.96	43.7	109	0.0	1	15.28	15.28	14.19	2.73	0.00
SALAD BAR	1 CUP	70	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
FRESH FRUIT ASST.	1 EACH	70	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
GRAHAMS LIL SQUARES	PACK	75	130	0	150	2.00	0.72	0.0	40	0.0	8	2.0	24.0	3.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
KETCHUP/1 GAL SYSCO	9 gram	50	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	70	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
BBQ SAUCE CUP	1 EACH	60	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			450	45	392	5.55	59.78	386.0	1044	74.25	*48 *42.5%	14.17 12.6%	79.47 70.6%	9.80 19.6%	2.66 5.3%	0.00 0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Tue - 03/06/2018																
BREAKFAST IN THE CLAS	Total	500														
PANCAKE ON STICK	2.51 OZ	480	200	20	380	1.00	1.08	20.0	45	0.0	9	6.0	19.0	11.0	3.00	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	450	50	0	2	1.00	0.30	5.0	35	1.2	*N/A*	0.2	14.0	0.1	0.01	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	100	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00

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Nye County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Combined: BREAKFAST IN THE CLASSROOM/K-8 Lunch 5 Day

Portion Values - Detailed

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	Portion Size	Reimb Qty	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)	Tr-Fat ¹ (g)
K-8 Lunch 5 Day	Total	100														
BURRITO, BEAN & CHEESE, L OS C	5.20	100	291	18	479	7.96	3.60	20.0	300	1.2	0	15.6	40.95	8.29	3.62	4.11
TOMATO SALSA	2 oz	75	20	0	244	0.79	1.27	6.8	312	2.27	*N/A*	0.85	3.97	0.11	0.02	*N/A*
SALAD BAR	1 CUP	70	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	70	66	0	1	1.01	0.49	17.6	48	9.45	16	0.45	16.95	0.15	0.01	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	65	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
Weighted Daily Average			415	24	594	3.36	2.00	352.5	949	50.82	*33	15.01	62.61	12.20	3.55	*0.68
% of Calories											*32.2%	14.5%	60.3%	26.4%	7.7%	*1.5%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Wed - 03/07/2018																
BREAKFAST IN THE CLAS	Total	500														
BELVITA BKFST BISQ BLUEBE RRY	1.76 OUN CE	480	230	0	210	3.00	1.80	0.0	0	0.0	13	3.0	36.0	8.0	0.50	0.00
FRESH FRUIT ASST.	1 EACH	450	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	100	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
K-8 Lunch 5 Day	Total	100														
PORK RIB Pattie on Bun Elem	1 EACH	100	310	55	700	4.00	2.52	60.0	200	*2.4	*6	*14.0	35.0	12.0	3.50	0.00
SALAD BAR	1 CUP	70	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
FRESH FRUIT ASST.	1 EACH	70	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
COOKIE WG CHOCOLATE CHIP	1 EACH	80	140	10	50	1.00	0.72	0.0	100	0.0	*N/A*	2.0	23.0	5.0	1.50	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	60	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
KETCHUP/1 GAL SYSCO	9 gram	60	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			489	16	476	6.54	2.24	356.7	978	*74.30	*44	*13.18	85.04	11.13	1.76	0.00
% of Calories											*35.7%	*10.8%	69.6%	20.5%	3.2%	0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

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Portion Values - Detailed

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	Portion Size	Reimb Qty	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)	Tr-Fat ¹ (g)
Thu - 03/08/2018																
BREAKFAST IN THE CLAS	Total	500														
FRENCH TOAST MINIS CHOC CHIP	3.0 OZ.	480	210	0	260	4.00	2.70	100.0	500	0.0	9	5.0	35.0	6.0	1.50	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	450	50	0	2	1.00	0.30	5.0	35	1.2	*N/A*	0.2	14.0	0.1	0.01	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	100	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
K-8 Lunch 5 Day																
HAMBURGER ON A BUN	1 EACH	100	290	45	500	3.00	2.16	20.0	10	*0.0	*N/A*	*12.0	26.0	13.0	4.50	0.00
SALAD BAR	1 CUP	75	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
PEACHES: canned,light syrup	1/2 CUP	75	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	65	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
Weighted Daily Average			422	13	472	4.94	2.90	414.4	1302	*49.76	*34	*13.55	72.79	8.97	2.49	0.00
% of Calories											*31.9%	*12.9%	69.1%	19.1%	5.3%	0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Fri - 03/09/2018																
BREAKFAST IN THE CLAS	Total	500														
CINNAMON ROLL 3.5 oz	3.5 OUNC	480	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.0	11.0	6.00	0.00
STRING CHEESE 1 oz	1 EACH	450	80	15	210	0.00	0.00	200.0	100	0.0	0	7.0	1.0	6.0	3.50	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	100	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
K-8 Lunch 5 Day																
PIZZA PEP GILARDI ELEM	SLICE	100	300	30	650	4.00	2.70	300.0	400	0.0	4	17.0	35.0	11.0	5.00	0.00
SALAD BAR	1 CUP	70	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
FRESH FRUIT ASST.	1 EACH	70	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	65	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
Weighted Daily Average			519	25	692	3.75	2.01	545.2	1192	52.73	*44	19.50	77.62	17.08	8.80	0.00
% of Calories											*33.6%	15.0%	59.8%	29.6%	15.3%	0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

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Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/12/2018																
BREAKFAST IN THE CLAS	Total	500														
MUFFIN BLUEBERRY 2 oz	2.0 OUNC	480	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
FRESH FRUIT ASST.	1 EACH	450	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	100	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
K-8 Lunch 5 Day	Total	100														
CHICKEN NUGGETS, 5 PIECE	5 PIECE	100	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
POTATO WEDGES	1/2 cup	85	122	0	40	1.90	1.59	12.2	0	17.86	*N/A*	3.74	27.5	0.25	0.06	*N/A*
SALAD BAR	CUP	70	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
FRESH FRUIT ASST.	1 EACH	70	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	1 TBSP	60	55	0	125	0.00	0.00	0.0	0	0.0	0	0.0	0.5	6.0	1.00	0.00
KETCHUP/1 GAL SYSCO	9 gram	30	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			441	45	344	5.71	1.67	364.4	1026	76.41	*45	13.77	77.73	8.80	2.50	*0.00
% of Calories											*40.9%	12.5%	70.5%	17.9%	5.1%	*0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Tue - 03/13/2018																
BREAKFAST IN THE CLAS	Total	500														
WAFFLE MINIS MAPLE	2.6 OZ.	480	200	0	220	4.00	2.70	100.0	500	0.0	10	4.0	35.0	5.0	1.50	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	450	50	0	2	1.00	0.30	5.0	35	1.2	*N/A*	0.2	14.0	0.1	0.01	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	100	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
K-8 Lunch 5 Day	Total	100														
TACO SALAD ELEM/MID	SERV	100	332	36	1004	4.26	2.10	218.7	5530	3.29	*3	14.61	29.15	16.96	5.89	*0.00
SALAD BAR	1 CUP	70	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
APRICOTS: canned,light syrup	1/2 CUP	70	80	0	5	2.02	0.49	13.9	1672	3.42	19	0.67	20.86	0.06	0.00	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	60	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
TOMATO SALSA	2 oz	65	20	0	244	0.79	1.27	6.8	312	2.27	*N/A*	0.85	3.97	0.11	0.02	*N/A*

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Nye County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Combined: BREAKFAST IN THE CLASSROOM/K-8 Lunch 5 Day

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			422	11	547	5.25	3.02	449.1	2369	50.43	*35	13.26	73.83	8.73	2.71	*0.00
% of Calories											*33.2%	12.6%	69.9%	18.6%	5.8%	*0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Wed - 03/14/2018																
BREAKFAST IN THE CLAS	Total	500														
BELVITA BKFST BAR CHOCO	1.76 OUN CE	480	200	0	150	5.00	1.80	0.0	0	0.0	10	3.0	32.0	7.0	1.00	0.00
FRESH FRUIT ASST.	1 EACH	450	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	100	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
K-8 Lunch 5 Day	Total	100														
GRILLED CHEESE SW, WH GR	1 EA	40	248	23	568	2.27	1.19	356.8	456	0.0	7	15.1	30.15	7.89	4.31	0.00
PB&J UNCRUSTABLE, GRAPE	1 EACH	60	320	0	320	3.00	0.00	0.0	65	0.0	13	10.0	32.0	17.0	3.50	0.00
CHIPS, ASST RF	1 oz	80	112	0	150	1.67	0.30	10.0	33	0.0	*N/A*	1.67	15.83	4.5	0.67	0.00
SALAD BAR	1 CUP	80	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
FRESH FRUIT ASST.	1 EACH	75	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
MILK WHITE 1% FAT	8 OZ	75	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	20	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	65	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
Weighted Daily Average			459	7	385	8.08	1.86	372.5	1024	74.52	*41	13.03	79.70	10.83	2.26	0.00
% of Calories											*36.1%	11.4%	69.5%	21.3%	4.4%	0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Thu - 03/15/2018																
BREAKFAST IN THE CLAS	Total	500														
FRENCH TOAST MINIS MAPLE	3.0 OZ.	480	210	0	240	3.00	2.70	100.0	500	0.0	13	4.0	37.0	5.0	1.50	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	450	50	0	2	1.00	0.30	5.0	35	1.2	*N/A*	0.2	14.0	0.1	0.01	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	100	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00

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Nye County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Combined: BREAKFAST IN THE CLASSROOM/K-8 Lunch 5 Day

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
K-8 Lunch 5 Day	Total	100														
TANGERINE CHICKEN ELEM/MID	SERV	100	338	40	381	2.43	1.67	11.5	0	0.0	*13	17.06	56.93	4.32	1.09	0.00
SALAD BAR	1 CUP	70	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
PEARS: canned,light syrup	1/2 CUP	70	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
MILK WHITE 1% FAT	8 OZ	75	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	20	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	60	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
Weighted Daily Average			427	12	429	4.06	2.80	412.9	1218	49.45	*38	13.71	78.77	6.84	2.04	0.00
% of Calories											*35.7%	12.8%	73.7%	14.4%	4.3%	0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Fri - 03/16/2018																
BREAKFAST IN THE CLAS	Total	500														
BURRITO, BREAKFAST 3.2 oz	3.20 OZ	480	206	53	400	2.29	2.70	40.0	300	1.2	1	10.0	25.78	7.8	2.54	0.00
STRING CHEESE 1 oz	1 EACH	450	80	15	210	0.00	0.00	200.0	100	0.0	0	7.0	1.0	6.0	3.50	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	100	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
K-8 Lunch 5 Day	Total	100														
SLOPPY JOE ON A BUN	SERVINGS	100	359	30	711	5.48	3.98	69.5	408	*5.74	*14	*16.28	44.84	11.12	3.77	*0.00
SALAD BAR	1 CUP	70	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
FRESH FRUIT ASST.	1 EACH	70	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
KETCHUP/1 GAL SYSCO	9 gram	60	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	65	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
Weighted Daily Average			454	64	782	3.43	2.94	523.0	1198	*53.72	*29	*23.39	59.33	14.54	5.83	*0.00
% of Calories											*25.3%	*20.6%	52.2%	28.8%	11.5%	*0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Mon - 03/19/2018																
BREAKFAST IN THE CLAS	Total	500														
MUFFIN CHOC CHIP 2 oz	2.0 OUNC	480	190	45	130	2.00	73.80	40.0	100	0.0	17	4.0	32.0	6.0	2.00	0.00
FRESH FRUIT ASST.	1 EACH	450	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	100	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00

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Nye County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Combined: BREAKFAST IN THE CLASSROOM/K-8 Lunch 5 Day

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
K-8 Lunch 5 Day	Total	100														
CORN DOG CHICKEN	1 EACH	95	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
SALAD BAR	CUP	90	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
FRESH FRUIT ASST.	1 EACH	90	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
GRAHAMS LIL SQUARES	PACK	95	130	0	150	2.00	0.72	0.0	40	0.0	8	2.0	24.0	3.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	80	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	40	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
KETCHUP/1 GAL SYSCO	9 gram	50	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			447	48	367	6.24	59.76	395.8	1139	75.48	*48	13.31	82.59	8.24	2.51	0.00
% of Calories											*43.4%	11.9%	74.0%	16.6%	5.1%	0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Tue - 03/20/2018																
BREAKFAST IN THE CLAS	Total	500														
PANCAKE ON STICK	2.51 OZ	480	200	20	380	1.00	1.08	20.0	45	0.0	9	6.0	19.0	11.0	3.00	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	450	50	0	2	1.00	0.30	5.0	35	1.2	*N/A*	0.2	14.0	0.1	0.01	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	100	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
K-8 Lunch 5 Day	Total	100														
CHALUPA	1 each	90	245	44	404	0.32	0.84	347.1	296	0.24	1	16.28	11.18	13.94	5.92	0.00
TOMATO SALSA	2 oz	75	20	0	244	0.79	1.27	6.8	312	2.27	*N/A*	0.85	3.97	0.11	0.02	*N/A*
SALAD BAR	1 CUP	95	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
REFRIED BEANS	4 OZ	75	130	*N/A*	300	5.00	0.90	20.0	0	0.0	0	8.0	22.0	1.5	*N/A*	*N/A*
FRUIT COCKTAIL:canned,lt syrup	4 OZ	95	65	0	7	1.13	0.33	6.8	236	2.15	16	0.45	16.93	0.08	0.01	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	80	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	40	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
Weighted Daily Average			420	*28	606	2.87	1.66	406.7	1114	50.65	*34	16.05	61.36	12.63	*3.75	*0.00
% of Calories											*32.8%	15.3%	58.4%	27.0%	*8.0%	*0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

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Nye County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Combined: BREAKFAST IN THE CLASSROOM/K-8 Lunch 5 Day

Portion Values - Detailed

Page 9

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	Portion Size	Reimb Qty	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)	Tr-Fat ¹ (g)
Wed - 03/21/2018																
BREAKFAST IN THE CLAS	Total	500														
BELVITA BKFST BISQ BLUEBE RRY	1.76 OUN CE	480	230	0	210	3.00	1.80	0.0	0	0.0	13	3.0	36.0	8.0	0.50	0.00
FRESH FRUIT ASST.	1 EACH	450	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	100	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
K-8 Lunch 5 Day																
SALISBURY STEAK 4OZ	1 EACH	80	280	55	390	2.00	2.70	40.0	0	2.4	0	18.0	5.0	21.0	9.00	0.00
MASHED POTATOES:flakes,mlk +but	1/2 CUP	80	61	1	90	0.68	0.11	18.4	112	3.41	1	1.12	8.47	2.52	0.50	0.31
GRAVY MIX, BROWN, PIONEER	2 oz	70	15	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
WHEAT DINNER ROLL	1 EACH	80	77	0	142	1.09	0.39	0.0	0	0.0	*N/A*	0.0	13.12	1.09	0.00	0.00
SALAD BAR	1 CUP	95	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
FRESH FRUIT ASST.	1 EACH	95	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	80	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	45	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
Weighted Daily Average			479	13	461	6.48	2.19	359.3	1088	76.62	*43	13.33	81.19	11.49	2.20	0.04
% of Calories											*36.1%	11.1%	67.8%	21.6%	4.1%	0.1%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Thu - 03/22/2018																
BREAKFAST IN THE CLAS	Total	500														
FRENCH TOAST MINIS CHOC CHIP	3.0 OZ.	480	210	0	260	4.00	2.70	100.0	500	0.0	9	5.0	35.0	6.0	1.50	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	450	50	0	2	1.00	0.30	5.0	35	1.2	*N/A*	0.2	14.0	0.1	0.01	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	100	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00

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Nye County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Combined: BREAKFAST IN THE CLASSROOM/K-8 Lunch 5 Day

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
K-8 Lunch 5 Day	Total	100														
HAMBURGER ON A BUN	SERVING	100	290	45	500	3.00	2.16	20.0	10	*0.0	*N/A*	*12.0	26.0	13.0	4.50	0.00
SALAD BAR	1 CUP	95	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	95	50	0	2	1.00	0.30	5.0	35	1.2	*N/A*	0.2	14.0	0.1	0.01	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	80	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	40	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
KETCHUP/1 GAL SYSCO	9 gram	75	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MUSTARD, PREPARED	6 GRAM	50	6	0	72	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MAYONAISE/1 GAL SYSCO	1 TBSP	30	100	10	65	0.00	0.00	0.0	0	0.0	0	0.0	1.0	11.0	2.00	0.00
Weighted Daily Average			426	13	483	4.98	2.92	418.5	1371	*50.23	*32	*13.67	73.47	9.06	2.51	0.00
% of Calories											*30.2%	*12.9%	69.1%	19.2%	5.3%	0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Fri - 03/23/2018																
BREAKFAST IN THE CLAS	Total	500														
CINNAMON ROLL 3.5 oz	3.5 OUNC	480	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.0	11.0	6.00	0.00
STRING CHEESE 1 oz	1 EACH	450	80	15	210	0.00	0.00	200.0	100	0.0	0	7.0	1.0	6.0	3.50	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	100	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
K-8 Lunch 5 Day	Total	100														
PIZZA CHZ GILARDI ELEM	SLICE	90	300	30	600	4.00	2.70	350.0	400	0.0	4	16.0	35.0	11.0	6.00	0.00
SALAD BAR	1 CUP	95	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
FRESH FRUIT ASST.	1 EACH	95	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	80	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	45	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
Weighted Daily Average			517	25	668	3.93	2.00	552.7	1331	54.72	*44	19.29	78.43	16.55	8.81	0.00
% of Calories											*34.2%	14.9%	60.7%	28.8%	15.3%	0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

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Nye County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Combined: BREAKFAST IN THE CLASSROOM/K-8 Lunch 5 Day

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/26/2018																
BREAKFAST IN THE CLAS	Total	500														
MUFFIN BLUEBERRY 2 oz	2.0 OUNC	480	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
FRESH FRUIT ASST.	1 EACH	450	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	100	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
K-8 Lunch 5 Day	Total	100														
CHICKEN SANDWICH	1 EACH	100	410	25	640	6.00	2.88	60.0	100	*0.0	*1	*16.0	42.0	17.0	2.50	0.00
SALAD BAR	1 CUP	70	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
FRESH FRUIT ASST.	1 EACH	70	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MAYONAISE/1 GAL SYSCO	1 TBSP	50	100	10	65	0.00	0.00	0.0	0	0.0	0	0.0	1.0	11.0	2.00	0.00
KETCHUP/1 GAL SYSCO	9 gram	50	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	60	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
Weighted Daily Average			463	46	399	5.94	1.63	372.7	1028	*73.89	*45	*13.24	78.39	10.61	2.76	0.00
% of Calories											*39.0%	*11.4%	67.7%	20.6%	5.4%	0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Tue - 03/27/2018																
BREAKFAST IN THE CLAS	Total	500														
WAFFLE MINIS MAPLE	2.6 OZ.	480	200	0	220	4.00	2.70	100.0	500	0.0	10	4.0	35.0	5.0	1.50	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	450	50	0	2	1.00	0.30	5.0	35	1.2	*N/A*	0.2	14.0	0.1	0.01	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	100	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
K-8 Lunch 5 Day	Total	100														
NACHO SUPREME EL/MID	1 EACH	100	353	41	901	3.04	72.85	249.4	458	0.46	*0	13.88	26.89	19.83	7.86	0.00
TOMATO SALSA	2 oz	60	20	0	244	0.79	1.27	6.8	312	2.27	*N/A*	0.85	3.97	0.11	0.02	*N/A*
REFRIED BEANS	4 OZ	65	130	*N/A*	300	5.00	0.90	20.0	0	0.0	0	8.0	22.0	1.5	*N/A*	*N/A*
SALAD BAR	1 CUP	65	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
PEARS: canned,light syrup	1/2 CUP	70	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	60	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00

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Nye County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Combined: BREAKFAST IN THE CLASSROOM/K-8 Lunch 5 Day

Portion Values - Detailed

	Portion Size	Reimb Qty	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)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			439	*12	561	5.56	14.88	455.2	1298	49.49	*34 *31.1%	13.93 12.7%	75.52 68.9%	9.36 19.2%	*3.03 *6.2%	*0.00 *0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Wed - 03/28/2018																
BREAKFAST IN THE CLAS	Total	500														
BELVITA BKFST BAR CHOCO	1.76 OUN CE	480	200	0	150	5.00	1.80	0.0	0	0.0	10	3.0	32.0	7.0	1.00	0.00
FRESH FRUIT ASST.	1 EACH	450	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	100	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
K-8 Lunch 5 Day	Total	100														
TURKEY SANDWICH	1 sw	50	195	23	415	3.00	2.16	20.0	0	*3.6	*N/A*	*7.98	26.5	4.01	0.75	0.00
HAM & CHEESE SANDWICH	1 SW	50	229	37	640	3.00	4.26	120.0	100	*3.53	*0	*10.85	27.49	7.21	2.49	0.00
SALAD BAR	1 CUP	70	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
FRESH FRUIT ASST.	1 EACH	70	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
CHIPS, ASST RF	1 oz	80	112	0	150	1.67	0.30	10.0	33	0.0	*N/A*	1.67	15.83	4.5	0.67	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	60	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
MUSTARD, PREPARED	5 GRAM	50	6	0	72	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MAYONAISE/1 GAL SYSCO	1 TBSP	50	100	10	65	0.00	0.00	0.0	0	0.0	0	0.0	1.0	11.0	2.00	0.00
Weighted Daily Average % of Calories			453	11	416	8.06	2.30	359.6	940	*74.45	*40 *35.4%	*12.36 *10.9%	79.39 70.2%	10.11 20.1%	1.90 3.8%	0.00 0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Thu - 03/29/2018																
BREAKFAST IN THE CLAS	Total	500														
FRENCH TOAST MINIS MAPLE	3.0 OZ.	480	210	0	240	3.00	2.70	100.0	500	0.0	13	4.0	37.0	5.0	1.50	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	450	50	0	2	1.00	0.30	5.0	35	1.2	*N/A*	0.2	14.0	0.1	0.01	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	100	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00

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Nye County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Combined: BREAKFAST IN THE CLASSROOM/K-8 Lunch 5 Day

Portion Values - Detailed

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	Portion Size	Reimb Qty	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)	Tr-Fat ¹ (g)
K-8 Lunch 5 Day	Total	100														
TANGERINE CHICKEN ELEM/MID	SERV	100	338	40	381	2.43	1.67	11.5	0	0.0	*13	17.06	56.93	4.32	1.09	0.00
SALAD BAR	1 CUP	70	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	70	50	0	2	1.00	0.30	5.0	35	1.2	*N/A*	0.2	14.0	0.1	0.01	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	60	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
Weighted Daily Average			426	12	433	3.94	2.79	412.8	1222	49.37	*37	13.52	78.83	6.62	1.90	0.00
% of Calories											*34.7%	12.7%	74.1%	14.0%	4.0%	0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Fri - 03/30/2018																
BREAKFAST IN THE CLAS	Total	500														
BURRITO, BREAKFAST 3.2 oz	3.20 OZ	480	206	53	400	2.29	2.70	40.0	300	1.2	1	10.0	25.78	7.8	2.54	0.00
STRING CHEESE 1 oz	1 EACH	450	80	15	210	0.00	0.00	200.0	100	0.0	0	7.0	1.0	6.0	3.50	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	100	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	300	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
K-8 Lunch 5 Day	Total	100														
HOT DOG 8x1 CLOVERDALE	1 EACH	100	150	30	340	0.00	0.72	0.0	5	0.0	1	7.0	1.0	13.0	5.00	0.00
WHEAT HOT DOG BUN	1 EACH	100	150	0	260	3.00	1.44	20.0	0	0.0	*N/A*	0.0	27.0	2.0	0.00	0.00
SALAD BAR	1 CUP	1	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
FRESH FRUIT ASST.	1 EACH	70	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
CUTIE PIE APPLE 2OZ	1 EACH	75	130	0	170	3.00	0.00	0.0	45	1.2	9	2.0	24.0	4.5	1.00	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	60	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
MUSTARD, PREPARED	6 GRAM	50	6	0	72	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
KETCHUP/1 GAL SYSCO	9 gram	50	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			455	64	783	3.13	2.55	510.7	762	50.84	*27	21.79	58.58	15.54	6.12	0.00
% of Calories											*23.9%	19.1%	51.5%	30.7%	12.1%	0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Weighted Average			450	*28	523	4.95	8.15	424.7	1163	*59.65	*38	*15.38	74.18	10.97	*3.55	*0.03
											*76.4%	*13.7%	65.9%	21.9%	*7.1%	*0.1%

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.

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Nye County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Combined: BREAKFAST IN THE CLASSROOM/K-8 Lunch 5 Day

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	450		392 - 525	100%													
Cholesterol (mg)	28				Missing												
Sodium 1 (mg)	523		655														
Sodium 2 (mg)	523		560														
Fiber (g)	4.95																
Iron (mg)	8.15																
Calcium (mg)	424.7																
Vitamin A (IU)	1163																
Sugars (g)	38	33.95%			Missing												
Vitamin C (mg)	59.65				Missing												
Protein (g)	15.38	13.67%			Missing												
Carbohydrate (g)	74.18	65.92%															
Total Fat (g)	10.97	21.93%	<=35.00%														
Saturated Fat (g)	3.55	7.10%	<10.00%		Missing												
Trans Fat ¹ (g)	0.03	0.07%			Missing												

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