

Nye County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Combined: K-8 Breakfast 4 Day/K-8 Lunch 4 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 - 10/01/2018																
K-8 Breakfast 4 Day	Total	100														
CEREAL REDUCED SUGAR 1 OZ.	1 OZ	80	101	0	165	2.70	4.56	0.0	506	10.12	7	2.03	24.3	0.34	0.17	0.00
BELVITA BKFST BISQ BLUEBE RRY	1.76 OUN CE	80	230	0	210	3.00	1.80	0.0	0	0.0	13	3.0	36.0	8.0	0.50	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	60	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	60	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	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
K-8 Lunch 4 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	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	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			547	12	666	6.65	3.34	412.1	2004	40.74	*36	18.57	81.47	17.37	3.88	0.00
% of Calories											*26.4%	13.6%	59.6%	28.6%	6.4%	0.0%
Nutrient Guideline			500-575		885									<=35.0	<10.00	

Tue - 10/02/2018																
K-8 Breakfast 4 Day	Total	100														
CEREAL REDUCED SUGAR 1 OZ.	1 OZ	75	101	0	165	2.70	4.56	0.0	506	10.12	7	2.03	24.3	0.34	0.17	0.00
PIZZA BKFST WITH SAUS 2.44 OZ	2.44 OZ	75	160	10	500	2.00	1.08	150.0	100	0.0	2	8.0	16.0	7.0	2.50	0.00
FRESH FRUIT ASST.	1 EACH	60	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	60	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	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

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

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Combined: K-8 Breakfast 4 Day/K-8 Lunch 4 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 4 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
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
COOKIE WG CHOCOLATE CHIP	1 EACH	80	100	5	80	1.00	2.70	0.0	500	0.0	8	1.0	17.0	3.5	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	65	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			526	39	916	6.39	4.98	426.9	2218	*42.94	*40	*20.56	78.07	15.03	4.17	0.00
% of Calories											*30.2%	*15.6%	59.4%	25.7%	7.1%	0.0%
Nutrient Guideline			500-575		885									<=35.0	<10.00	

Wed - 10/03/2018																
	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 Breakfast 4 Day	Total	100														
CEREAL REDUCED SUGAR 1 OZ.	1 OZ	75	101	0	165	2.70	4.56	0.0	506	10.12	7	2.03	24.3	0.34	0.17	0.00
FRENCH TOAST MINIS CHOC CHIP	3.0 OZ.	75	210	0	260	4.00	2.70	100.0	500	0.0	9	5.0	35.0	6.0	1.50	0.00
PEACHES: canned,light syrup	1/2 CUP	50	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
JUICE BOX ASST	1 EACH	50	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	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
K-8 Lunch 4 Day	Total	100														
CORN DOG CHICKEN	1 EACH	100	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	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
GRAHAMS LIL SQUARES	PACK	85	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
RANCH DRESSING/1 GAL SYSCO	2 TBSP	50	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			516	26	682	8.53	4.44	411.3	2364	39.28	*41	17.57	85.84	11.66	2.75	0.00
% of Calories											*31.6%	13.6%	66.6%	20.3%	4.8%	0.0%
Nutrient Guideline			500-575		885									<=35.0	<10.00	

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Nye County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Combined: K-8 Breakfast 4 Day/K-8 Lunch 4 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)
Mon - 10/08/2018																
K-8 Breakfast 4 Day	Total	100														
CEREAL REDUCED SUGAR 1 OZ.	1 OZ	90	101	0	165	2.70	4.56	0.0	506	10.12	7	2.03	24.3	0.34	0.17	0.00
MUFFIN CHOC CHIP 2 oz	2.0 OUNC	90	190	45	130	2.00	73.80	40.0	100	0.0	17	4.0	32.0	6.0	2.00	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	75	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	75	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	15	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	70	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 4 Day	Total	100														
CHICKEN SANDWICH	1 sandwich	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			590	41	737	7.54	37.17	378.0	1990	*45.51	*37	*19.62	85.86	18.62	3.66	0.00
% of Calories											*24.8%	*13.3%	58.3%	28.4%	5.6%	0.0%
Nutrient Guideline			500-575		885									<=35.0	<10.00	

Tue - 10/09/2018																
K-8 Breakfast 4 Day	Total	100														
CEREAL REDUCED SUGAR 1 OZ.	1 OZ	80	101	0	165	2.70	4.56	0.0	506	10.12	7	2.03	24.3	0.34	0.17	0.00
FRENCH TOAST STICKS 3 PC	2.5 OZ	80	200	5	125	3.00	1.08	40.0	35	0.0	7	4.0	25.0	9.0	1.50	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
JUICE BOX ASST	1 EACH	75	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	15	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
SYRUP CUP DIP	1 EACH	50	40	0	15	0.00	0.00	0.0	0	0.0	*N/A*	0.0	10.13	0.0	0.00	0.00

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Nye County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Combined: K-8 Breakfast 4 Day/K-8 Lunch 4 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 4 Day	Total	100														
NACHO SUPREME EL/MID	1 EACH	95	215	14	358	2.69	72.13	39.4	170	0.3	*N/A*	6.54	22.65	10.18	2.39	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	70	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	70	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
FRUIT COCKTAIL:canned,lt syrup	4 OZ	75	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	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			524	*14	726	8.11	37.69	389.6	2150	46.89	*37	17.98	83.22	13.64	*2.74	*0.00
% of Calories											*28.5%	13.7%	63.5%	23.4%	*4.7%	*0.0%
Nutrient Guideline			500-575		885									<=35.0	<10.00	

Wed - 10/10/2018																
	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 Breakfast 4 Day	Total	100														
CEREAL REDUCED SUGAR 1 OZ.	1 OZ	80	101	0	165	2.70	4.56	0.0	506	10.12	7	2.03	24.3	0.34	0.17	0.00
BREAKFAST BAR	1.3 OUNC	75	120	0	125	3.00	0.18	20.0	60	0.6	12	2.0	24.0	3.0	0.50	0.00
FRUIT COCKTAIL:canned,lt syrup	4 OZ	75	65	0	7	1.13	0.33	6.8	236	2.15	16	0.45	16.93	0.08	0.01	0.00
JUICE BOX ASST	1 EACH	75	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	15	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
K-8 Lunch 4 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			500	23	729	6.84	4.09	391.8	2019	*47.33	*39	*16.32	79.56	13.12	2.76	0.00
% of Calories											*31.2%	*13.0%	63.6%	23.6%	5.0%	0.0%
Nutrient Guideline			500-575		885									<=35.0	<10.00	

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Base Menu Spreadsheet

Combined: K-8 Breakfast 4 Day/K-8 Lunch 4 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)
Thu - 10/11/2018																
K-8 Breakfast 4 Day	Total	100														
CEREAL REDUCED SUGAR 1 OZ.	1 OZ	80	101	0	165	2.70	4.56	0.0	506	10.12	7	2.03	24.3	0.34	0.17	0.00
PANCAKE ON STICK	2.51 OZ	75	200	20	380	1.00	1.08	20.0	45	0.0	9	6.0	19.0	11.0	3.00	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
JUICE BOX ASST	1 EACH	75	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	15	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	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
SYRUP CUP DIP	1 EACH	75	40	0	15	0.00	0.00	0.0	0	0.0	*N/A*	0.0	10.13	0.0	0.00	0.00
K-8 Lunch 4 Day																
TANGERINE CHICKEN ELEM/MID	Total	100														
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 % of Calories			527	33	652	5.16	3.52	343.3	1878	45.61	*38 *28.6%	20.50 15.6%	87.98 66.8%	10.93 18.7%	2.67 4.6%	0.00 0.0%
Nutrient Guideline			500-575		885									<=35.0	<10.00	

Mon - 10/15/2018																
K-8 Breakfast 4 Day	Total	100														
CEREAL REDUCED SUGAR 1 OZ.	1 OZ	80	101	0	165	2.70	4.56	0.0	506	10.12	7	2.03	24.3	0.34	0.17	0.00
MUFFIN BLUEBERRY 2 oz	2.0 OUNC	80	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	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
JUICE BOX ASST	1 EACH	75	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	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
K-8 Lunch 4 Day																
CHALUPA	1 EACH	95	245	44	404	0.32	0.84	347.1	296	0.24	1	16.28	11.18	13.94	5.92	0.00
FRESH FRUIT ASST.	1 EACH	80	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
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
COOKIE WG CHOCOLATE CHIP	1 EACH	85	100	5	80	1.00	2.70	0.0	500	0.0	8	1.0	17.0	3.5	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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Nye County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Combined: K-8 Breakfast 4 Day/K-8 Lunch 4 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			484	47	524	5.23	4.31	517.3	2356	46.81	*45	19.63	75.97	11.58	4.47	0.00
% of Calories											*37.1%	16.2%	62.8%	21.5%	8.3%	0.0%
Nutrient Guideline			500-575		885									<=35.0	<10.00	

Tue - 10/16/2018																
K-8 Breakfast 4 Day	Total	100														
CEREAL REDUCED SUGAR 1 OZ.	1 OZ	75	101	0	165	2.70	4.56	0.0	506	10.12	7	2.03	24.3	0.34	0.17	0.00
PANCAKES 3 PC 3.42 OZ	3.42 OZ	60	230	10	330	3.00	1.80	0.0	0	0.0	5	5.0	41.0	6.0	1.00	0.00
FRESH FRUIT ASST.	1 EACH	60	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	75	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	15	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
SYRUP CUP DIP	1 EACH	60	40	0	15	0.00	0.00	0.0	0	0.0	*N/A*	0.0	10.13	0.0	0.00	0.00
K-8 Lunch 4 Day	Total	100														
CHICKEN POPCORN WG, 12 P ECE	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
APRICOTS CANNED	1/2 CUP	70	80	0	10	1.00	0.00	0.0	1750	2.39	*N/A*	1.0	19.0	0.0	0.00	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			550	20	759	5.98	3.96	363.8	2573	44.80	*36	20.18	84.69	15.21	2.75	0.00
% of Calories											*26.0%	14.7%	61.6%	24.9%	4.5%	0.0%
Nutrient Guideline			500-575		885									<=35.0	<10.00	

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Nye County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Combined: K-8 Breakfast 4 Day/K-8 Lunch 4 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)
Wed - 10/17/2018																
K-8 Breakfast 4 Day	Total	100														
CEREAL REDUCED SUGAR 1 OZ.	1 OZ	50	101	0	165	2.70	4.56	0.0	506	10.12	7	2.03	24.3	0.34	0.17	0.00
BAGEL PLAIN	2 OZ	75	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
PEARS: canned,light syrup	1/2 CUP	75	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
JUICE BOX ASST	1 EACH	75	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	15	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	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
CREAM CHEESE PACKET	1 OZ	75	90	30	95	0.00	0.00	20.0	400	0.0	2	2.0	2.0	9.0	6.00	0.00
K-8 Lunch 4 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
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			502	26	730	9.25	4.57	365.1	2186	44.72	*35	20.53	80.24	12.81	5.09	*2.05
% of Calories											*27.7%	16.4%	64.0%	23.0%	9.1%	*3.7%
Nutrient Guideline			500-575		885									<=35.0	<10.00	

Thu - 10/18/2018																
K-8 Breakfast 4 Day	Total	100														
CEREAL REDUCED SUGAR 1 OZ.	1 OZ	100	101	0	165	2.70	4.56	0.0	506	10.12	7	2.03	24.3	0.34	0.17	0.00
BURRITO, BREAKFAST 3.2 oz	3.2 oz	60	206	53	400	2.29	2.70	40.0	300	1.2	1	10.0	25.78	7.8	2.54	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
JUICE BOX ASST	1 EACH	75	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	15	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
TACO SAUCE PACKETS	PACKET	60	5	0	55	0.00	0.00	0.0	0	0.0	0	*N/A*	1.0	0.0	0.00	0.00

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Nye County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Combined: K-8 Breakfast 4 Day/K-8 Lunch 4 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)
K-8 Lunch 4 Day	Total	100														
SLOPPY JOE ON A BUN	SERVINGS	100	315	44	458	3.49	2.77	29.8	204	*2.87	*7	*12.64	34.67	12.06	4.01	*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
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			508	44	735	6.19	4.94	371.8	2139	*47.86	*34	*19.64	77.59	13.35	3.84	*0.00
% of Calories											*26.4%	*15.5%	61.2%	23.7%	6.8%	*0.0%
Nutrient Guideline			500-575		885									<=35.0	<10.00	

Mon - 10/22/2018																
K-8 Breakfast 4 Day	Total	100														
CEREAL REDUCED SUGAR 1 OZ.	1 OZ	90	101	0	165	2.70	4.56	0.0	506	10.12	7	2.03	24.3	0.34	0.17	0.00
BELVITA BKFST BAR CHOCO	1.76 OUN CE	60	200	0	150	5.00	1.80	0.0	0	0.0	10	3.0	32.0	7.0	1.00	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	60	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	70	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	15	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
K-8 Lunch 4 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	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
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			517	21	759	6.90	3.85	332.6	803	38.18	*34	14.26	79.20	15.61	4.14	0.00
% of Calories											*26.3%	11.0%	61.3%	27.2%	7.2%	0.0%
Nutrient Guideline			500-575		885									<=35.0	<10.00	

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Nye County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Combined: K-8 Breakfast 4 Day/K-8 Lunch 4 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)
Tue - 10/23/2018																
K-8 Breakfast 4 Day	Total	100														
CEREAL REDUCED SUGAR 1 OZ.	1 OZ	50	101	0	165	2.70	4.56	0.0	506	10.12	7	2.03	24.3	0.34	0.17	0.00
WAFFLE MINIS MAPLE	2.6 OZ.	85	200	0	220	4.00	2.70	100.0	500	0.0	10	4.0	35.0	5.0	1.50	0.00
FRESH FRUIT ASST.	1 EACH	60	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	50	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	15	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
SYRUP CUP DIP	1 EACH	85	40	0	15	0.00	0.00	0.0	0	0.0	*N/A*	0.0	10.13	0.0	0.00	0.00
K-8 Lunch 4 Day	Total	100														
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
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	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			507	21	729	6.95	4.10	523.8	2199	34.33	*37	19.95	80.81	12.48	4.16	0.00
% of Calories											*29.0%	15.7%	63.8%	22.2%	7.4%	0.0%
Nutrient Guideline			500-575		885									<=35.0	<10.00	

Wed - 10/24/2018																
K-8 Breakfast 4 Day	Total	100														
CEREAL REDUCED SUGAR 1 OZ.	1 OZ	50	101	0	165	2.70	4.56	0.0	506	10.12	7	2.03	24.3	0.34	0.17	0.00
CINNAMON ROLL 3.5 oz	3.5 OUNC	80	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.0	11.0	6.00	0.00
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	60	66	0	1	1.01	0.49	17.6	48	9.45	16	0.45	16.95	0.15	0.01	0.00
JUICE BOX ASST	1 EACH	75	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	15	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	70	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 4 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	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
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
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

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Nye County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Combined: K-8 Breakfast 4 Day/K-8 Lunch 4 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)
Weighted Daily Average % of Calories			571	20	707	6.53	4.05	346.4	1991	54.98	*43 *30.3%	21.06 14.8%	88.05 61.7%	16.91 26.7%	4.70 7.4%	*0.00 *0.0%
Nutrient Guideline			500-575		885									<=35.0	<10.00	

Thu - 10/25/2018																
K-8 Breakfast 4 Day	Total	100														
CEREAL REDUCED SUGAR 1 OZ.	1 OZ	80	101	0	165	2.70	4.56	0.0	506	10.12	7	2.03	24.3	0.34	0.17	0.00
BREAKFAST BITES WG, 3 PIECE	2.50 OZ	80	190	25	480	0.99	4.32	120.0	35	0.0	7	7.98	18.9	9.99	3.00	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
JUICE BOX ASST	1 EACH	75	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	15	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
SYRUP CUP DIP	1 EACH	80	40	0	15	0.00	0.00	0.0	0	0.0	*N/A*	0.0	10.13	0.0	0.00	0.00
K-8 Lunch 4 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
FRUIT COCKTAIL:canned,lt syrup	4 OZ	70	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	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
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*
Weighted Daily Average % of Calories			547	33	1109	6.40	5.48	505.3	4837	48.39	*38 *28.1%	20.98 15.4%	78.12 57.2%	17.46 28.8%	5.20 8.6%	*0.00 *0.0%
Nutrient Guideline			500-575		885									<=35.0	<10.00	

Mon - 10/29/2018																
K-8 Breakfast 4 Day	Total	100														
CEREAL REDUCED SUGAR 1 OZ.	1 OZ	80	101	0	165	2.70	4.56	0.0	506	10.12	7	2.03	24.3	0.34	0.17	0.00
BELVITA BKFST BISQ BLUEBE RRY	1.76 OUN CE	80	230	0	210	3.00	1.80	0.0	0	0.0	13	3.0	36.0	8.0	0.50	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	60	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	60	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	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

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Nye County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Combined: K-8 Breakfast 4 Day/K-8 Lunch 4 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 4 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	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	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			547	12	666	6.65	3.34	412.1	2004	40.74	*36	18.57	81.47	17.37	3.88	0.00
% of Calories											*26.4%	13.6%	59.6%	28.6%	6.4%	0.0%
Nutrient Guideline			500-575		885									<=35.0	<10.00	

Tue - 10/30/2018																
K-8 Breakfast 4 Day	Total	100														
CEREAL REDUCED SUGAR 1 OZ.	1 OZ	75	101	0	165	2.70	4.56	0.0	506	10.12	7	2.03	24.3	0.34	0.17	0.00
PIZZA BKFST WITH SAUS 2.44 OZ	2.44 OZ	75	160	10	500	2.00	1.08	150.0	100	0.0	2	8.0	16.0	7.0	2.50	0.00
FRESH FRUIT ASST.	1 EACH	60	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	60	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	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
K-8 Lunch 4 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
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
COOKIE WG CHOCOLATE CHIP	1 EACH	80	100	5	80	1.00	2.70	0.0	500	0.0	8	1.0	17.0	3.5	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	65	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			526	39	916	6.39	4.98	426.9	2218	*42.94	*40	*20.56	78.07	15.03	4.17	0.00
% of Calories											*30.2%	*15.6%	59.4%	25.7%	7.1%	0.0%
Nutrient Guideline			500-575		885									<=35.0	<10.00	

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Nye County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Combined: K-8 Breakfast 4 Day/K-8 Lunch 4 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)
Wed - 10/31/2018																
K-8 Breakfast 4 Day	Total	100														
CEREAL REDUCED SUGAR 1 OZ.	1 OZ	75	101	0	165	2.70	4.56	0.0	506	10.12	7	2.03	24.3	0.34	0.17	0.00
FRENCH TOAST MINIS CHOC CHIP	3.0 OZ.	75	210	0	260	4.00	2.70	100.0	500	0.0	9	5.0	35.0	6.0	1.50	0.00
PEACHES: canned,light syrup	1/2 CUP	50	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
JUICE BOX ASST	1 EACH	50	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	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
K-8 Lunch 4 Day	Total	100														
CORN DOG CHICKEN	1 EACH	100	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	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
GRAHAMS LIL SQUARES	PACK	85	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
RANCH DRESSING/1 GAL SYSCO	2 TBSP	50	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			516	26	682	8.53	4.44	411.3	2364	39.28	*41	17.57	85.84	11.66	2.75	0.00
% of Calories											*31.6%	13.6%	66.6%	20.3%	4.8%	0.0%
Nutrient Guideline			500-575		885									<=35.0	<10.00	
Weighted Average			528	*27	746	6.90	7.96	407.2	2239	*43.96	*38	*19.11	81.78	14.43	*3.77	*0.11
											*64.9%	*14.5%	62.0%	24.6%	*6.4%	*0.2%

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Nye County School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: K-8 Breakfast 4 Day/K-8 Lunch 4 Day

Generated on: 9/10/2018 2:30:42 PM

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	528		500 - 575	100%													
Cholesterol (mg)	27				Missing												
Sodium 1 (mg)	746		885														
Sodium 2 (mg)	746		710						36	Correction Required - Sodium too High							
Fiber (g)	6.90																
Iron (mg)	7.96																
Calcium (mg)	407.2																
Vitamin A (IU)	2239																
Sugars (g)	38	28.84%			Missing												
Vitamin C (mg)	43.96				Missing												
Protein (g)	19.11	14.48%			Missing												
Carbohydrate (g)	81.78	61.97%															
Total Fat (g)	14.43	24.61%	<=35.00%														
Saturated Fat (g)	3.77	6.42%	<10.00%		Missing												
Trans Fat ¹ (g)	0.11	0.19%			Missing												

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