

# Nye County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: 9-12 Breakfast 5 Day/9-12 Lunch 5 Day

Portion Values - Detailed

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Generated on: 11/29/2017 11:17:39 AM

	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 <sup>1</sup> (g)
<b>Wed - 01/03/2018</b>																
9-12 Breakfast 5 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
BURRITO, BREAKFAST 3.2 oz	3.2 oz	75	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	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
TACO SAUCE PACKETS	PACKET	50	5	0	55	0.00	0.00	0.0	0	0.0	0	*N/A*	1.0	0.0	0.00	0.00
9-12 Lunch 5 Day	Total	100														
TURKEY SUB	SANDWIC	40	250	45	590	3.00	3.24	20.0	0	7.2	*N/A*	15.96	27.0	6.02	1.50	0.00
HAM W/CHS SUB	1 sandwich	60	285	54	866	3.00	5.32	220.0	200	4.71	*1	16.8	28.65	10.94	4.48	0.00
SALAD BAR	1 CUP	85	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	85	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	90	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	50	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
MAYONNAISE/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			587	53	964	8.14	5.95	445.2	2397	62.93	*34	*23.50	87.29	16.41	4.34	0.00
% of Calories											*23.0%	*16.0%	59.5%	25.2%	6.7%	0.0%
Nutrient Guideline			600-725		1030									<=35.0	<10.00	

<b>Thu - 01/04/2018</b>																
9-12 Breakfast 5 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	65	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	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	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	70	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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Nye County School District

Jan 1, 2018 thru Jan 31, 2018

## Base Menu Spreadsheet

Combined: 9-12 Breakfast 5 Day/9-12 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 <sup>1</sup> (g)
9-12 Lunch 5 Day	Total	100														
TANGERINE CHICKEN HIGH	SERV	100	456	49	470	3.11	2.11	17.2	0	0.0	*16	21.82	78.67	5.4	1.37	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
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
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	75	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			555	30	624	6.01	4.21	320.4	1923	28.51	*34	21.48	95.06	10.50	2.15	0.00
% of Calories											*24.8%	15.5%	68.6%	17.0%	3.5%	0.0%
Nutrient Guideline			600-725		1030									<=35.0	<10.00	

Fri - 01/05/2018																
	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 <sup>1</sup> (g)
9-12 Breakfast 5 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
WAFFLE STICKS, 3 PIECE	3 PIECE	80	210	0	375	3.00	1.62	30.0	38	0.0	8	6.0	40.5	3.0	0.00	0.00
FRESH FRUIT ASST.	1 EACH	65	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	85	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
9-12 Lunch 5 Day	Total	100														
HOT DOG , 5/1 CLOVERDALE	1 EACH	100	270	50	950	0.00	1.08	40.0	15	0.0	3	11.0	4.0	23.0	9.00	0.00
WHEAT HOT DOG BUN	1 EACH	95	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	85	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	85	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	80	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	75	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			666	31	1178	8.67	4.42	403.6	2255	58.67	*41	19.62	99.92	21.16	6.09	0.00
% of Calories											*24.7%	11.8%	60.0%	28.6%	8.2%	0.0%
Nutrient Guideline			600-725		1030									<=35.0	<10.00	

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# Nye County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: 9-12 Breakfast 5 Day/9-12 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 <sup>1</sup> (g)
<b>Mon - 01/08/2018</b>																
9-12 Breakfast 5 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
CINNAMON ROLL 3.5 oz	3.5 OUNC	75	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 CUP	80	131	0	3	2.02	0.98	35.3	96	18.9	32	0.91	33.89	0.3	0.02	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
9-12 Lunch 5 Day	Total	100														
CHICKEN POPCORN WG, 16 PIECE	16 PIECE	100	335	29	495	2.91	2.62	58.2	146	0.0	1	20.37	20.37	18.92	3.64	0.00
SALAD BAR	1 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	90	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	90	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	90	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	90	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			694	22	918	7.94	5.04	399.8	2506	58.81	*59	23.70	105.97	21.58	5.39	0.00
% of Calories											*34.2%	13.7%	61.1%	28.0%	7.0%	0.0%
Nutrient Guideline			600-725		1030									<=35.0	<10.00	

<b>Tue - 01/09/2018</b>																
9-12 Breakfast 5 Day	Total	100														
CEREAL REDUCED SUGAR 1 OZ.	1 OZ	60	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, 5 PIECE	4.25 OZ	70	317	42	800	1.65	7.20	200.0	58	0.0	11	13.3	31.5	16.65	5.00	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
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	85	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	70	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

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: 9-12 Breakfast 5 Day/9-12 Lunch 5 Day

Portion Values - Detailed

Page 4

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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 <sup>1</sup> (g)
9-12 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	90	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	90	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 CUP	90	131	0	3	2.02	0.98	35.3	96	18.9	32	0.91	33.89	0.3	0.02	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	90	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			611	29	986	9.09	7.14	453.8	2518	56.94	*47	23.58	96.33	16.65	4.87	*2.05
% of Calories											*31.0%	15.4%	63.1%	24.5%	7.2%	*3.0%
Nutrient Guideline			600-725		1030									<=35.0	<10.00	

Wed - 01/10/2018																
9-12 Breakfast 5 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
BELVITA BKFST BISQ BLUEBE RRY	1.76 OUN CE	75	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	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	80	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
9-12 Lunch 5 Day	Total	100														
PORK RIB Pattie on Bun Hlgh	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	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
COOKIE WG CHOCOLATE CHIP	1 EACH	100	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	90	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	90	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			616	38	849	7.66	4.58	383.5	2383	52.36	*38	19.63	95.76	18.13	4.04	0.00
% of Calories											*25.0%	12.7%	62.2%	26.5%	5.9%	0.0%
Nutrient Guideline			600-725		1030									<=35.0	<10.00	

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Portion Values - Detailed

Page 5

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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 <sup>1</sup> (g)
Thu - 01/11/2018																
9-12 Breakfast 5 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	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	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
9-12 Lunch 5 Day	Total	100														
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
CHEESE, AMERICAN SLICED	SLICE	90	80	15	280	0.00	0.00	200.0	200	0.0	1	7.0	2.0	6.0	3.50	0.00
SALAD BAR	1 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
PEACHES: canned,light syrup	1 CUP	90	136	0	13	3.26	0.90	7.5	889	6.02	33	1.13	36.52	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	90	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			567	39	923	6.83	4.02	497.2	2694	*47.28	*44	*22.64	79.16	18.34	6.07	0.00
											*31.0%	*16.0%	55.9%	29.1%	9.6%	0.0%
Nutrient Guideline			600-725		1030									<=35.0	<10.00	

Fri - 01/12/2018																
9-12 Breakfast 5 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 CUP	65	136	0	13	3.26	0.90	7.5	889	6.02	33	1.13	36.52	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
9-12 Lunch 5 Day	Total	100														
PIZZA PEP GILARDI HIGH	SLICE	100	370	35	700	4.00	3.60	350.0	400	0.0	*N/A*	19.0	44.0	13.0	6.00	0.00
SALAD BAR	1 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	1.06 OUN CE	90	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	90	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	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

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# Nye County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: 9-12 Breakfast 5 Day/9-12 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 <sup>1</sup> (g)
Weighted Daily Average			647	23	878	9.10	5.59	563.5	2892	50.97	*47	22.98	104.49	16.65	4.88	0.00
% of Calories											*29.2%	14.2%	64.6%	23.2%	6.8%	0.0%
Nutrient Guideline			600-725		1030									<=35.0	<10.00	

Tue - 01/16/2018																
9-12 Breakfast 5 Day	Total	100														
CEREAL REDUCED SUGAR 1 OZ.	1 OZ	60	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 4 PC	4 OZ	60	335	8	208	5.00	1.08	40.0	*N/A*	*N/A*	12	6.67	41.66	15.0	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	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
9-12 Lunch 5 Day	Total	100														
TACO SALAD HIGH	SERV	100	391	46	1254	4.83	2.70	234.2	5721	4.08	*3	18.1	31.61	20.88	7.32	*0.00
SALAD BAR	1 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
APRICOTS: canned,light syrup	1 CUP	90	159	0	10	4.05	0.99	27.8	3345	6.83	38	1.34	41.72	0.13	0.01	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
RANCH DRESSING/1 GAL SYSCO	1 TBSP	90	55	0	125	0.00	0.00	0.0	0	0.0	0	0.0	0.5	6.0	1.00	0.00
TOMATO SALSA	2 oz	90	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			617	31	1094	9.00	4.47	474.7	*6630	*45.41	*48	21.82	91.70	18.74	5.22	*0.00
% of Calories											*31.3%	14.1%	59.4%	27.3%	7.6%	*0.0%
Nutrient Guideline			600-725		1030									<=35.0	<10.00	

Wed - 01/17/2018																
9-12 Breakfast 5 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
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	8 OZ	70	129	0	14	2.27	0.66	13.6	472	4.31	32	0.91	33.86	0.16	0.02	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	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

\*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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Nye County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: 9-12 Breakfast 5 Day/9-12 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 <sup>1</sup> (g)
9-12 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	100	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	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
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	85	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			573	10	700	7.95	3.19	429.6	2551	47.01	*50	18.41	91.74	16.36	3.72	0.00
% of Calories											*34.8%	12.8%	64.0%	25.7%	5.8%	0.0%
Nutrient Guideline			600-725		1030									<=35.0	<10.00	

Thu - 01/18/2018																
	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 <sup>1</sup> (g)
9-12 Breakfast 5 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
PANCAKE ON STICK	2.51 OZ	60	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	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	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
9-12 Lunch 5 Day	Total	100														
TANGERINE CHICKEN HIGH	SERV	100	456	49	470	3.11	2.11	17.2	0	0.0	*16	21.82	78.67	5.4	1.37	0.00
SALAD BAR	1 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
PEARS: canned,light syrup	1 CUP	90	143	0	13	4.02	0.70	12.6	0	1.76	30	0.48	38.08	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	70	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			615	36	691	6.77	3.82	357.8	2188	40.89	*52	23.11	106.77	11.32	2.69	0.00
% of Calories											*33.5%	15.0%	69.5%	16.6%	3.9%	0.0%
Nutrient Guideline			600-725		1030									<=35.0	<10.00	

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# Nye County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: 9-12 Breakfast 5 Day/9-12 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 <sup>1</sup> (g)
Fri - 01/19/2018																
9-12 Breakfast 5 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
YOGURT, DANNON	4 OZ	90	50	0	50	0.00	0.00	100.0	500	0.0	7	3.0	10.0	0.0	0.00	0.00
PEACHES: canned,light syrup	1 CUP	75	136	0	13	3.26	0.90	7.5	889	6.02	33	1.13	36.52	0.08	0.01	0.00
JUICE BOX ASST	1 EACH	80	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	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
9-12 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	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
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	90	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	90	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			544	21	785	7.82	4.84	426.7	3007	*56.57	*53 *39.2%	*20.29 *14.9%	89.95 66.2%	12.21 20.2%	3.25 5.4%	*0.00 *0.0%
Nutrient Guideline			600-725		1030									<=35.0	<10.00	

Mon - 01/22/2018																
9-12 Breakfast 5 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
PANCAKES 4 PC 4.55 OZ	4.55 OZ	75	280	13	440	4.00	1.80	0.0	0	0.0	8	8.0	56.0	8.0	1.10	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	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	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

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# Nye County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: 9-12 Breakfast 5 Day/9-12 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 <sup>1</sup> (g)
9-12 Lunch 5 Day	Total	100														
CORN DOG CHICKEN	2 EACH	90	480	80	780	10.00	3.60	160.0	50	0.0	10	18.0	60.0	16.0	5.00	0.00
SALAD BAR	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
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	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	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	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	85	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	80	6	0	72	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			661	46	953	11.23	5.07	403.7	2072	47.67	*41	22.20	111.47	15.47	3.59	0.00
% of Calories											*24.8%	13.4%	67.5%	21.1%	4.9%	0.0%
Nutrient Guideline			600-725		1030									<=35.0	<10.00	

Tue - 01/23/2018																
9-12 Breakfast 5 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
BAGEL PLAIN	2 OZ	60	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 CUP	60	143	0	13	4.02	0.70	12.6	0	1.76	30	0.48	38.08	0.08	0.01	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	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	50	90	30	95	0.00	0.00	20.0	400	0.0	2	2.0	2.0	9.0	6.00	0.00
9-12 Lunch 5 Day	Total	100														
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
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	90	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	6 OZ	80	195	*N/A*	450	7.50	1.35	30.0	0	0.0	0	12.0	33.0	2.25	*N/A*	*N/A*
FRUIT COCKTAIL:canned,lt syrup	8 OZ	90	129	0	14	2.27	0.66	13.6	472	4.31	32	0.91	33.86	0.16	0.02	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	50	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			584	*34	866	9.13	4.87	524.5	2723	32.42	*49	25.54	91.64	14.23	*5.22	*0.00
% of Calories											*33.9%	17.5%	62.7%	21.9%	*8.0%	*0.0%
Nutrient Guideline			600-725		1030									<=35.0	<10.00	

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# Nye County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: 9-12 Breakfast 5 Day/9-12 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 <sup>1</sup> (g)
<b>Wed - 01/24/2018</b>																
9-12 Breakfast 5 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
BURRITO, BREAKFAST 3.2 oz	3.2 oz	75	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	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
TACO SAUCE PACKETS	PACKET	50	5	0	55	0.00	0.00	0.0	0	0.0	0	*N/A*	1.0	0.0	0.00	0.00
<b>9-12 Lunch 5 Day</b>																
SALISBURY STEAK 4OZ	1 EACH	95	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 CUP	95	122	2	181	1.37	0.21	36.8	225	6.83	2	2.24	16.94	5.04	1.00	0.63
GRAVY MIX, BROWN, PIONEER	2 oz	95	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	95	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	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
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	1 TBSP	50	55	0	125	0.00	0.00	0.0	0	0.0	0	0.0	0.5	6.0	1.00	0.00
Weighted Daily Average			601	53	944	8.15	5.17	416.1	2526	65.68	*35	*24.42	85.12	18.57	6.40	0.30
% of Calories											*23.3%	*16.2%	56.6%	27.8%	9.6%	0.4%
Nutrient Guideline			600-725		1030									<=35.0	<10.00	

<b>Thu - 01/25/2018</b>																
9-12 Breakfast 5 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	65	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	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	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	70	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

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: 9-12 Breakfast 5 Day/9-12 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 <sup>1</sup> (g)
9-12 Lunch 5 Day	Total	100														
HAMBURGER ON A BUN	SERVING	95	290	45	500	3.00	2.16	20.0	10	*0.0	*N/A*	*12.0	26.0	13.0	4.50	0.00
CHEESE, AMERICAN SLICED	SLICE	50	80	15	280	0.00	0.00	200.0	200	0.0	1	7.0	2.0	6.0	3.50	0.00
SALAD BAR	1 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
APPLESAUCE CUP ASST. 4.5 oz	1 EA	90	50	0	2	1.00	0.30	5.0	35	1.2	*N/A*	0.2	14.0	0.1	0.01	0.00
GRAHAMS LIL SQUARES	PACK	90	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	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	85	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	80	6	0	72	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			546	31	804	7.04	4.60	382.3	2275	*30.13	*32	*19.37	82.43	15.41	4.24	0.00
% of Calories											*23.3%	*14.2%	60.4%	25.4%	7.0%	0.0%
Nutrient Guideline			600-725		1030									<=35.0	<10.00	

Fri - 01/26/2018																
	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 <sup>1</sup> (g)
9-12 Breakfast 5 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
WAFFLE STICKS, 3 PIECE	3 PIECE	80	210	0	375	3.00	1.62	30.0	38	0.0	8	6.0	40.5	3.0	0.00	0.00
FRESH FRUIT ASST.	1 EACH	65	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	85	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
9-12 Lunch 5 Day	Total	100														
PIZZA CHZ GILARDI HIGH	SLICE	95	360	35	640	4.00	3.60	400.0	500	0.0	4	18.0	44.0	13.0	7.00	0.00
SALAD BAR	1 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
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
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
Weighted Daily Average			607	22	786	9.69	5.03	575.9	2622	72.63	*42	22.41	107.15	11.75	4.30	0.00
% of Calories											*27.9%	14.8%	70.6%	17.4%	6.4%	0.0%
Nutrient Guideline			600-725		1030									<=35.0	<10.00	

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# Nye County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: 9-12 Breakfast 5 Day/9-12 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 <sup>1</sup> (g)
<b>Mon - 01/29/2018</b>																
9-12 Breakfast 5 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
CINNAMON ROLL 3.5 oz	3.5 OUNC	75	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 CUP	80	131	0	3	2.02	0.98	35.3	96	18.9	32	0.91	33.89	0.3	0.02	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
9-12 Lunch 5 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	85	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	85	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	50	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			653	23	782	8.43	4.65	399.0	2326	*55.93	*51	*20.51	100.29	19.59	4.92	0.00
% of Calories											*31.4%	*12.6%	61.4%	27.0%	6.8%	0.0%
Nutrient Guideline			600-725		1030									<=35.0	<10.00	

<b>Tue - 01/30/2018</b>																
9-12 Breakfast 5 Day	Total	100														
CEREAL REDUCED SUGAR 1 OZ.	1 OZ	60	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, 5 PIECE	4.25 OZ	70	317	42	800	1.65	7.20	200.0	58	0.0	11	13.3	31.5	16.65	5.00	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
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	85	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	70	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

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: 9-12 Breakfast 5 Day/9-12 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 <sup>1</sup> (g)
9-12 Lunch 5 Day	Total	100														
NACHO SUPREME HIGH	1 EACH	100	495	41	1004	5.27	142.69	226.4	472	0.57	*0	16.32	46.81	24.96	7.94	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*
REFRIED BEANS	6 OZ	75	195	*N/A*	450	7.50	1.35	30.0	0	0.0	0	12.0	33.0	2.25	*N/A*	*N/A*
SALAD BAR	1 CUP	85	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 CUP	85	143	0	13	4.02	0.70	12.6	0	1.76	30	0.48	38.08	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	75	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			777	*41	1384	11.23	76.93	556.3	2457	48.24	*46	28.10	112.00	24.79	*6.87	*0.00
% of Calories											*23.6%	14.5%	57.7%	28.7%	*8.0%	*0.0%
Nutrient Guideline			600-725		1030									<=35.0	<10.00	

Wed - 01/31/2018																
9-12 Breakfast 5 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
BELVITA BKFST BISQ BLUEBE RRY	1.76 OUN CE	75	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	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	80	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
9-12 Lunch 5 Day	Total	100														
TURKEY SUB	SANDWIC	40	250	45	590	3.00	3.24	20.0	0	7.2	*N/A*	15.96	27.0	6.02	1.50	0.00
HAM W/CHS SUB	1 sandwich	60	285	54	866	3.00	5.32	220.0	200	4.71	*1	16.8	28.65	10.94	4.48	0.00
SALAD BAR	1 CUP	85	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	85	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	90	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	50	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			574	34	866	7.25	5.30	426.0	2201	52.66	*35	20.48	86.07	16.46	3.58	0.00
% of Calories											*24.1%	14.3%	59.9%	25.8%	5.6%	0.0%
Nutrient Guideline			600-725		1030									<=35.0	<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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Nye County School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: 9-12 Breakfast 5 Day/9-12 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 <sup>1</sup> (g)
Weighted Average			615	*32	899	8.36	8.45	442.0	*2657	*50.58	*44 *64.4%	*22.19 *14.4%	96.02 62.5%	16.72 24.5%	*4.59 *6.7%	*0.12 *0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	615		600 - 725	100%				
Cholesterol (mg)	32				Missing			
Sodium 1 (mg)	899		1030					
Sodium 2 (mg)	899		825				74	Correction Required - Sodium too High
Fiber (g)	8.36							
Iron (mg)	8.45							
Calcium (mg)	442.0							
Vitamin A (IU)	2657				Missing			
Sugars (g)	44	28.63%			Missing			
Vitamin C (mg)	50.58				Missing			
Protein (g)	22.19	14.44%			Missing			
Carbohydrate (g)	96.02	62.48%						
Total Fat (g)	16.72	24.47%	<=35.00%					
Saturated Fat (g)	4.59	6.72%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.12	0.17%			Missing			

\*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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