

Nye County School District

Dec 1, 2016 thru Dec 29, 2016

Base Menu Spreadsheet

Combined: Gabbs/Rd Mnt 9-12 Bkfst Cycle/Gabbs/Rd Mnt 9-12 Lunch Cycle

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 - 12/05/2016																
Gabbs/Rd Mnt 9-12 Bkfst Cy	Total	100														
CEREAL, KIDS CHOICE BOWL	1 OZ	90	110	0	163	1.50	29.07	70.0	500	6.0	9	1.75	23.0	1.75	0.13	0.00
BREAKFAST BAR	1.3 OUNC	80	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	60	129	0	14	2.27	0.66	13.6	472	4.31	32	0.91	33.86	0.16	0.02	0.00
JUICE CUP ASST.	1 EACH	60	63	0	10	0.00	0.00	6.7	70	10.0	14	0.33	15.0	0.0	0.00	0.00
MILK 1% MEADOWGOLD	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 FAT FREE CHOC MEADO WGOLD	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
Gabbs/Rd Mnt 9-12 Lunch C	Total	100														
CHICKEN SANDWICH	1 sandwich	100	370	50	620	4.00	2.52	40.0	0	*0.0	*1	*22.0	40.0	12.0	2.00	0.00
SALAD BAR	1 CUP	85	40	0	28	2.25	0.74	34.7	3251	18.03	*4	2.55	7.13	0.87	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 1% MEADOWGOLD	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 FAT FREE CHOC MEADO WGOLD	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 TBSP	75	100	10	65	0.00	0.00	0.0	0	0.0	0	0.0	1.0	11.0	2.00	0.00
KETCHUP	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
RANCH DRESSING	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			583	34	755	7.02	15.03	360.7	2327	*28.84	*44	*22.05	85.65	17.59	3.11	0.00
% of Calories											*30.3%	*15.1%	58.8%	27.2%	4.8%	0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

Tue - 12/06/2016																
Gabbs/Rd Mnt 9-12 Bkfst Cy	Total	100														
BURRITO, BREAKFAST	4.50 OZ	60	300	75	630	1.00	2.70	40.0	300	1.2	1	10.0	34.0	13.0	5.00	0.00
CEREAL, KIDS CHOICE BOWL	1 OZ	60	110	0	163	1.50	29.07	70.0	500	6.0	9	1.75	23.0	1.75	0.13	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 CUP ASST.	1 EACH	75	63	0	10	0.00	0.00	6.7	70	10.0	14	0.33	15.0	0.0	0.00	0.00
MILK 1% MEADOWGOLD	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 FAT FREE CHOC MEADO WGOLD	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
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¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Nye County School District

Dec 1, 2016 thru Dec 29, 2016

Base Menu Spreadsheet

Combined: Gabbs/Rd Mnt 9-12 Bkfst Cycle/Gabbs/Rd Mnt 9-12 Lunch Cycle

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)
Gabbs/Rd Mnt 9-12 Lunch C	Total	100														
NACHO SUPREME HIGH	1 EACH	95	421	40	920	4.30	108.72	203.9	459	0.57	*0	15.04	36.99	22.1	7.42	0.00
TOMATO SALSA	2 oz	50	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: canned	2/3 CUP	65	68	0	280	2.80	1.09	21.9	0	4.54	0	3.76	10.24	1.52	0.48	0.01
SALAD BAR	1 CUP	80	40	0	28	2.25	0.74	34.7	3251	18.03	*4	2.55	7.13	0.87	0.12	0.00
FRUIT COCKTAIL:canned,lt syrup	8 OZ	80	129	0	14	2.27	0.66	13.6	472	4.31	32	0.91	33.86	0.16	0.02	0.00
MILK 1% MEADOWGOLD	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 FAT FREE CHOC MEADO WGOLD	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	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			628	47	1103	7.03	62.48	454.2	2585	29.55	*42	21.94	87.60	20.90	6.32	*0.00
% of Calories											*26.7%	14.0%	55.8%	30.0%	9.1%	*0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

Wed - 12/07/2016																
Gabbs/Rd Mnt 9-12 Bkfst Cy	Total	100														
PANCAKE ON STICK WG	1 EACH	80	210	25	310	1.00	1.08	20.0	45	0.0	9	6.0	22.0	10.0	3.00	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
CEREAL, KIDS CHOICE BOWL	1 OZ	60	110	0	163	1.50	29.07	70.0	500	6.0	9	1.75	23.0	1.75	0.13	0.00
PEACHES: canned,light syrup	1 CUP	60	136	0	13	3.26	0.90	7.5	889	6.02	33	1.13	36.52	0.08	0.01	0.00
JUICE CUP ASST.	1 EACH	60	63	0	10	0.00	0.00	6.7	70	10.0	14	0.33	15.0	0.0	0.00	0.00
MILK 1% MEADOWGOLD	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 FAT FREE CHOC MEADO WGOLD	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
Gabbs/Rd Mnt 9-12 Lunch C	Total	100														
TURKEY SUB	SANDWIC	50	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	50	305	64	1036	3.00	5.32	320.0	600	4.71	*1	14.8	27.65	13.94	5.98	0.00
SALAD BAR	1 CUP	85	40	0	28	2.25	0.74	34.7	3251	18.03	*4	2.55	7.13	0.87	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 1% MEADOWGOLD	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 FAT FREE CHOC MEADO WGOLD	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	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
MUSTARD, PREPARED	5 GRAM	75	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 TBSP	75	100	10	65	0.00	0.00	0.0	0	0.0	0	0.0	1.0	11.0	2.00	0.00

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Nye County School District

Dec 1, 2016 thru Dec 29, 2016

Base Menu Spreadsheet

Combined: Gabbs/Rd Mnt 9-12 Bkfst Cycle/Gabbs/Rd Mnt 9-12 Lunch Cycle

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			628	47	979	6.54	12.11	432.3	2544	31.11	*42	21.26	86.85	21.12	5.25	0.00
% of Calories											*26.8%	13.5%	55.3%	30.3%	7.5%	0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

Thu - 12/08/2016																
Gabbs/Rd Mnt 9-12 Bkfst Cy	Total	100														
CEREAL, KIDS CHOICE BOWL	1 OZ	85	110	0	163	1.50	29.07	70.0	500	6.0	9	1.75	23.0	1.75	0.13	0.00
MUFFIN BLUEBERRY WG 4 OZ	4 OUNCE	85	350	85	240	4.00	1.80	300.0	100	0.0	29	5.0	57.0	11.0	3.50	0.00
APRICOTS: canned,light syrup	1 CUP	75	159	0	10	4.05	0.99	27.8	3345	6.83	38	1.34	41.72	0.13	0.01	0.00
JUICE CUP ASST.	1 EACH	75	63	0	10	0.00	0.00	6.7	70	10.0	14	0.33	15.0	0.0	0.00	0.00
MILK 1% MEADOWGOLD	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 FAT FREE CHOC MEADO WGOLD	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
Gabbs/Rd Mnt 9-12 Lunch C	Total	100														
ORANGE CHICKEN HIGH	SERV	100	422	53	375	0.65	1.30	17.2	67	1.6	*13	19.26	73.23	4.48	0.80	0.00
SALAD BAR	1 CUP	85	40	0	28	2.25	0.74	34.7	3251	18.03	*4	2.55	7.13	0.87	0.12	0.00
APPLESAUCE CUPS ASST.	1 EA	85	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	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 1% MEADOWGOLD	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 FAT FREE CHOC MEADO WGOLD	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	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			724	68	683	6.31	14.85	465.7	3430	19.12	*62	22.60	127.02	14.18	3.01	0.00
% of Calories											*34.2%	12.5%	70.1%	17.6%	3.7%	0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

Mon - 12/12/2016																
Gabbs/Rd Mnt 9-12 Bkfst Cy	Total	100														
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
CEREAL, KIDS CHOICE BOWL	1 OZ	75	110	0	163	1.50	29.07	70.0	500	6.0	9	1.75	23.0	1.75	0.13	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 CUP ASST.	1 EACH	75	63	0	10	0.00	0.00	6.7	70	10.0	14	0.33	15.0	0.0	0.00	0.00
MILK 1% MEADOWGOLD	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 FAT FREE CHOC MEADO WGOLD	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

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Nye County School District

Dec 1, 2016 thru Dec 29, 2016

Base Menu Spreadsheet

Combined: Gabbs/Rd Mnt 9-12 Bkfst Cycle/Gabbs/Rd Mnt 9-12 Lunch Cycle

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)
Gabbs/Rd Mnt 9-12 Lunch C	Total	100														
CHALUPA	2 EACH	85	489	88	808	0.64	1.68	694.3	592	0.48	1	32.56	22.36	27.88	11.84	0.00
SALAD BAR	1 CUP	90	40	0	28	2.25	0.74	34.7	3251	18.03	*4	2.55	7.13	0.87	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	90	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 1% MEADOWGOLD	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 FAT FREE CHOC MEADO	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
WGOLD																
RANCH DRESSING	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	48	854	6.41	13.10	663.0	2605	40.03	*37	28.09	90.54	21.58	6.92	0.00
% of Calories											*22.5%	16.9%	54.4%	29.2%	9.3%	0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

Tue - 12/13/2016																
	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)
Gabbs/Rd Mnt 9-12 Bkfst Cy	Total	100														
BREAKFAST BITES WG, 5 PIECE	5 PIECE	70	317	42	800	1.65	7.20	200.0	58	0.0	11	13.3	31.5	16.65	5.00	0.00
CEREAL, KIDS CHOICE BOWL	1 OZ	70	110	0	163	1.50	29.07	70.0	500	6.0	9	1.75	23.0	1.75	0.13	0.00
PEARS: canned,light syrup	1 CUP	75	143	0	13	4.02	0.70	12.6	0	1.76	30	0.48	38.08	0.08	0.01	0.00
JUICE CUP ASST.	1 EACH	75	63	0	10	0.00	0.00	6.7	70	10.0	14	0.33	15.0	0.0	0.00	0.00
MILK 1% MEADOWGOLD	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 FAT FREE CHOC MEADO	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
WGOLD																
Gabbs/Rd Mnt 9-12 Lunch C	Total	100														
CHICKEN POPCORN WG, 16 PI	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
ECE																
SALAD BAR	1 CUP	95	40	0	28	2.25	0.74	34.7	3251	18.03	*4	2.55	7.13	0.87	0.12	0.00
APRICOTS CANNED	1 CUP	95	160	0	20	1.99	0.00	0.0	3500	4.79	*N/A*	1.99	38.0	0.0	0.00	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 1% MEADOWGOLD	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 FAT FREE CHOC MEADO	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
WGOLD																
KETCHUP	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
RANCH DRESSING	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	80	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00

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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)
Weighted Daily Average % of Calories			718	35	1044	6.99	15.10	432.8	4052	20.27	*50 *27.8%	26.80 14.9%	104.45 58.2%	22.33 28.0%	4.64 5.8%	0.00 0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

Wed - 12/14/2016																
Gabbs/Rd Mnt 9-12 Bkfst Cy	Total	100														
QUESADILLA, CHEESE COYOT E GRIL	1 EACH	70	320	45	600	3.00	2.70	250.0	300	0.0	3	18.0	32.0	13.0	6.00	0.00
CEREAL, KIDS CHOICE BOWL	1 OZ	75	110	0	163	1.50	29.07	70.0	500	6.0	9	1.75	23.0	1.75	0.13	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 CUP ASST.	1 EACH	75	63	0	10	0.00	0.00	6.7	70	10.0	14	0.33	15.0	0.0	0.00	0.00
MILK 1% MEADOWGOLD	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 FAT FREE CHOC MEADO WGOLD	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
Gabbs/Rd Mnt 9-12 Lunch C	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	95	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	40	0	28	2.25	0.74	34.7	3251	18.03	*4	2.55	7.13	0.87	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 1% MEADOWGOLD	8 OZ	25	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK FAT FREE CHOC MEADO WGOLD	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	2 TBSP	80	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			584	31	910	10.04	14.79	458.1	2781	42.69	*35 *24.2%	25.54 17.5%	88.82 60.8%	15.36 23.7%	5.18 8.0%	*2.05 *3.2%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

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Nye County School District

Dec 1, 2016 thru Dec 29, 2016

Base Menu Spreadsheet

Combined: Gabbs/Rd Mnt 9-12 Bkfst Cycle/Gabbs/Rd Mnt 9-12 Lunch Cycle

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)
Thu - 12/15/2016																
Gabbs/Rd Mnt 9-12 Bkfst Cy	Total	100														
CEREAL, KIDS CHOICE BOWL	1 OZ	80	110	0	163	1.50	29.07	70.0	500	6.0	9	1.75	23.0	1.75	0.13	0.00
YOGURT, DANNON	4 OZ	60	50	0	50	0.00	0.00	100.0	500	0.0	7	3.0	10.0	0.0	0.00	0.00
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	75	66	0	1	1.01	0.49	17.6	48	9.45	16	0.45	16.95	0.15	0.01	0.00
JUICE CUP ASST.	1 EACH	75	63	0	10	0.00	0.00	6.7	70	10.0	14	0.33	15.0	0.0	0.00	0.00
MILK 1% MEADOWGOLD	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 FAT FREE CHOC MEADO	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
WGOLD																
JELLY PACKET	2 EACH	50	50	0	0	0.00	0.00	600.0	40	0.0	8	0.0	12.0	0.0	0.00	0.00
Gabbs/Rd Mnt 9-12 Lunch C																
SLOPPY JOE ON A BUN	Total	100														
SALAD BAR	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
APPLESAUCE CUPS ASST.	1 CUP	95	40	0	28	2.25	0.74	34.7	3251	18.03	*4	2.55	7.13	0.87	0.12	0.00
MILK 1% MEADOWGOLD	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 1% MEADOWGOLD	8 OZ	25	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK FAT FREE CHOC MEADO	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
WGOLD																
KETCHUP	9 gram	80	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	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			499	21	740	5.27	14.31	563.8	2675	*23.26	*45	*19.58	79.07	11.48	3.01	*0.00
% of Calories											*35.8%	*15.7%	63.4%	20.7%	5.4%	*0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

Mon - 12/19/2016																
Gabbs/Rd Mnt 9-12 Bkfst Cy	Total	100														
PANCAKES WG, 4 PIECE	4 PIECE	75	307	13	440	4.00	1.92	53.3	33	0.0	7	6.67	54.66	8.0	1.33	0.00
CEREAL, KIDS CHOICE BOWL	1 OZ	60	110	0	163	1.50	29.07	70.0	500	6.0	9	1.75	23.0	1.75	0.13	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 CUP ASST.	1 EACH	75	63	0	10	0.00	0.00	6.7	70	10.0	14	0.33	15.0	0.0	0.00	0.00
MILK 1% MEADOWGOLD	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 FAT FREE CHOC MEADO	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
WGOLD																
SYRUP CUP DIP	2 EACH	60	81	0	30	0.00	0.00	0.0	0	0.0	*N/A*	0.0	20.25	0.0	0.00	0.00

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Nye County School District

Dec 1, 2016 thru Dec 29, 2016

Base Menu Spreadsheet

Combined: Gabbs/Rd Mnt 9-12 Bkfst Cycle/Gabbs/Rd Mnt 9-12 Lunch Cycle

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)
Gabbs/Rd Mnt 9-12 Lunch C	Total	100														
HOT DOG , 5/1 CLOVERDALE	1 EACH	90	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	90	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	90	40	0	28	2.25	0.74	34.7	3251	18.03	*4	2.55	7.13	0.87	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
CUTIE PIE APPLE 2OZ	1 EACH	85	130	0	170	3.00	0.00	0.0	45	1.2	9	2.0	24.0	4.5	1.00	0.00
MILK 1% MEADOWGOLD	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 FAT FREE CHOC MEADO WGOLD	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	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			678	33	1102	8.51	11.09	382.7	2269	39.79	*40	18.67	102.64	21.95	6.09	0.00
% of Calories											*23.7%	11.0%	60.6%	29.1%	8.1%	0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

Tue - 12/20/2016																
Gabbs/Rd Mnt 9-12 Bkfst Cy	Total	100														
CINNAMON ROLL	ROLL	85	275	40	250	2.00	1.80	40.0	269	0.0	*14	5.0	50.18	7.0	2.50	*0.00
CEREAL, KIDS CHOICE BOWL	1 OZ	60	110	0	163	1.50	29.07	70.0	500	6.0	9	1.75	23.0	1.75	0.13	0.00
APPLESAUCE CUPS ASST.	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 CUP ASST.	1 EACH	75	63	0	10	0.00	0.00	6.7	70	10.0	14	0.33	15.0	0.0	0.00	0.00
MILK 1% MEADOWGOLD	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 FAT FREE CHOC MEADO WGOLD	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
Gabbs/Rd Mnt 9-12 Lunch C	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	40	0	28	2.25	0.74	34.7	3251	18.03	*4	2.55	7.13	0.87	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 1% MEADOWGOLD	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 FAT FREE CHOC MEADO WGOLD	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	2 TBSP	80	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			616	40	790	6.49	12.05	523.7	2442	16.25	*45	21.66	99.62	15.70	5.22	*0.00
% of Calories											*29.3%	14.1%	64.7%	22.9%	7.6%	*0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

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Nye County School District

Dec 1, 2016 thru Dec 29, 2016

Base Menu Spreadsheet

Combined: Gabbs/Rd Mnt 9-12 Bkfst Cycle/Gabbs/Rd Mnt 9-12 Lunch Cycle

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 - 12/21/2016																
Gabbs/Rd Mnt 9-12 Bkfst Cy	Total	100														
FRENCH TOAST STICKS WG,5 PIECE	5 PIECE	70	338	8	211	5.07	1.83	67.6	59	0.0	12	6.76	42.28	15.22	2.54	0.00
CEREAL, KIDS CHOICE BOWL	1 OZ	65	110	0	163	1.50	29.07	70.0	500	6.0	9	1.75	23.0	1.75	0.13	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 CUP ASST.	1 EACH	75	63	0	10	0.00	0.00	6.7	70	10.0	14	0.33	15.0	0.0	0.00	0.00
MILK 1% MEADOWGOLD	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 FAT FREE CHOC MEADO WGOLD	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	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
Gabbs/Rd Mnt 9-12 Lunch C																
CHICKEN NUGGETS, 8 PIECE	8 PIECE	100	400	88	640	3.20	2.88	64.0	0	0.0	2	36.8	24.0	17.6	3.20	0.00
POTATO WEDGES	1 cup	80	245	0	79	3.80	3.18	24.3	0	35.72	*N/A*	7.48	54.99	0.5	0.12	*N/A*
SALAD BAR	CUP	85	40	0	28	2.25	0.74	34.7	3251	18.03	*4	2.55	7.13	0.87	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 1% MEADOWGOLD	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 FAT FREE CHOC MEADO WGOLD	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	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
BBQ SAUCE CUP	1 EACH	75	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			746	53	832	9.17	13.42	408.9	2229	53.91	*41 *21.9%	34.29 18.4%	108.62 58.2%	20.43 24.6%	3.70 4.5%	*0.00 *0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

Thu - 12/22/2016																
Gabbs/Rd Mnt 9-12 Bkfst Cy	Total	100														
CEREAL, KIDS CHOICE BOWL	2 OZ	75	220	0	325	3.00	58.14	140.0	1000	12.0	18	3.5	46.0	3.5	0.25	0.00
MUFFIN CHOCOLATE CHIP 4 OZ	1 EACH	75	360	75	240	6.00	1.80	80.0	100	0.0	32	6.0	60.0	11.0	3.50	0.00
FRUIT COCKTAIL:canned,lt syrup	8 OZ	75	129	0	14	2.27	0.66	13.6	472	4.31	32	0.91	33.86	0.16	0.02	0.00
JUICE CUP ASST.	1 EACH	75	63	0	10	0.00	0.00	6.7	70	10.0	14	0.33	15.0	0.0	0.00	0.00
MILK 1% MEADOWGOLD	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 FAT FREE CHOC MEADO WGOLD	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

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Nye County School District

Dec 1, 2016 thru Dec 29, 2016

Base Menu Spreadsheet

Combined: Gabbs/Rd Mnt 9-12 Bkfst Cycle/Gabbs/Rd Mnt 9-12 Lunch Cycle

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)
Gabbs/Rd Mnt 9-12 Lunch C	Total	100														
TACO SALAD HIGH	SERV	95	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	85	40	0	28	2.25	0.74	34.7	3251	18.03	*4	2.55	7.13	0.87	0.12	0.00
FRUIT COCKTAIL:canned,lt syrup	8 OZ	85	129	0	14	2.27	0.66	13.6	472	4.31	32	0.91	33.86	0.16	0.02	0.00
MILK 1% MEADOWGOLD	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 FAT FREE CHOC MEADO WGOLD	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	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
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*
Weighted Daily Average % of Calories			709	56	1181	8.74	25.08	509.4	5507	23.50	*68 *38.5%	22.36 12.6%	110.15 62.2%	20.83 26.5%	5.97 7.6%	*0.00 *0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

Mon - 12/26/2016																
	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)
Gabbs/Rd Mnt 9-12 Lunch C	Total	100														
GRILLED CHEESE SW, WH GR	1 EA	60	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	85	40	0	28	2.25	0.74	34.7	3251	18.03	*4	2.55	7.13	0.87	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 1% MEADOWGOLD	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 FAT FREE CHOC MEADO WGOLD	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	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 % of Calories			755	19	1056	9.75	1.83	558.2	3717	41.74	*39 *20.4%	27.74 14.7%	96.65 51.2%	29.92 35.7%	7.32 8.7%	0.00 0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

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Nye County School District

Dec 1, 2016 thru Dec 29, 2016

Base Menu Spreadsheet

Combined: Gabbs/Rd Mnt 9-12 Bkfst Cycle/Gabbs/Rd Mnt 9-12 Lunch Cycle

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)
Tue - 12/27/2016																
Gabbs/Rd Mnt 9-12 Lunch C	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	85	40	0	28	2.25	0.74	34.7	3251	18.03	*4	2.55	7.13	0.87	0.12	0.00
PINEAPPLE CHUNKS:canned,lt syr	1 CUP	85	131	0	3	2.02	0.98	35.3	96	18.9	32	0.91	33.89	0.3	0.02	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 1% MEADOWGOLD	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 FAT FREE CHOC MEADO WGOLD	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	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
KETCHUP	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
Weighted Daily Average			796	71	1186	8.64	4.73	405.5	3655	*35.44	*54	*27.01	113.07	27.50	6.93	0.00
% of Calories											*26.9%	*13.6%	56.8%	31.1%	7.8%	0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

Wed - 12/28/2016																
Gabbs/Rd Mnt 9-12 Lunch C	Total	100														
CORN DOG CHICKEN	2 EACH	100	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	90	40	0	28	2.25	0.74	34.7	3251	18.03	*4	2.55	7.13	0.87	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 1% MEADOWGOLD	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 FAT FREE CHOC MEADO WGOLD	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	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
KETCHUP	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			812	86	1307	15.23	4.49	498.2	3632	44.43	*39	29.28	107.21	27.75	7.17	0.00
% of Calories											*19.2%	14.4%	52.8%	30.7%	7.9%	0.0%
Nutrient Guideline			621-743		1086									<=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
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Nye County School District

Dec 1, 2016 thru Dec 29, 2016

Base Menu Spreadsheet

Combined: Gabbs/Rd Mnt 9-12 Bkfst Cycle/Gabbs/Rd Mnt 9-12 Lunch Cycle

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 - 12/29/2016																
Gabbs/Rd Mnt 9-12 Lunch C	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	90	40	0	28	2.25	0.74	34.7	3251	18.03	*4	2.55	7.13	0.87	0.12	0.00
APPLESAUCE CUPS ASST.	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 1% MEADOWGOLD	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 FAT FREE CHOC MEADO	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
WGOLD																
RANCH DRESSING	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
KETCHUP	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			706	51	1163	7.74	3.77	341.9	3518	*19.00	*28	*24.36	87.17	27.28	6.62	0.00
% of Calories											*15.9%	*13.8%	49.4%	34.8%	8.4%	0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

Weighted Average			678	46	980	8.12	14.89	466.2	3123	*31.81	*44	*24.58	98.45	20.99	5.40	*0.13
											*59.0%	*14.5%	58.1%	27.9%	7.2%	*0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	678		621 - 743	100%				
Cholesterol (mg)	46							
Sodium (mg)	980		1086					
Fiber (g)	8.12							
Iron (mg)	14.89							
Calcium (mg)	466.2							
Vitamin A (IU)	3123							
Sugars (g)	44	26.20%			Missing			
Vitamin C (mg)	31.81				Missing			
Protein (g)	24.58	14.50%			Missing			
Carbohydrate (g)	98.45	58.08%						
Total Fat (g)	20.99	27.87%	<=35.00%					
Saturated Fat (g)	5.40	7.17%	<10.00%					
Trans Fat ¹ (g)	0.13	0.17%			Missing			

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NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.