

Nye County School District

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast Cycle/High School Lunch Cycle

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 - 01/02/2017																
High School Breakfast Cycle	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
MUFFIN BLUEBERRY WG 4 OZ	4 OUNCE	80	350	85	240	4.00	1.80	300.0	100	0.0	29	5.0	57.0	11.0	3.50	0.00
APPLESAUCE CUPS ASST.	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 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
High School Lunch Cycle	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	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	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	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			623	67	748	7.04	15.57	469.9	2206	*27.62	*41	*23.03	92.33	17.90	3.80	0.00
% of Calories											*26.5%	*14.8%	59.2%	25.8%	5.5%	0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

Tue - 01/03/2017																
High School Breakfast Cycle	Total	100														
BURRITO, BREAKFAST	4.50 OZ	75	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	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 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

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 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast Cycle/High School Lunch Cycle

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)
High School Lunch Cycle	Total	100														
NACHO SUPREME HIGH	1 EACH	100	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	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: canned	2/3 CUP	75	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	85	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	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 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			665	54	1218	8.05	65.66	462.8	2534	26.68	*41	23.16	92.09	22.49	6.89	*0.00
% of Calories											*24.4%	13.9%	55.4%	30.4%	9.3%	*0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

Wed - 01/04/2017																
High School Breakfast Cycle	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
STRING CHEESE	2 EACH	75	160	30	420	0.00	0.00	400.0	200	0.0	0	14.0	2.0	12.0	7.00	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 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
High School Lunch Cycle	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	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	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 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			586	48	1006	6.18	16.10	602.3	2604	31.59	*41	24.30	79.14	19.43	6.43	0.00
% of Calories											*27.9%	16.6%	54.0%	29.9%	9.9%	0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

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Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/05/2017																
High School Breakfast Cycle	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
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 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
High School Lunch Cycle	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	75	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	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 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			575	42	637	3.45	10.26	346.4	1976	23.00	*37 *25.9%	21.94 15.3%	93.44 65.0%	12.15 19.0%	2.72 4.3%	0.00 0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

Fri - 01/06/2017																
High School Breakfast Cycle	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
BREAKFAST BAR	1.3 OUNC	85	120	0	125	3.00	0.18	20.0	60	0.6	12	2.0	24.0	3.0	0.50	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 CUP ASST.	1 EACH	80	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	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 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast Cycle/High School Lunch Cycle

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)
High School Lunch Cycle	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	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
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 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			636	31	1060	8.22	14.40	375.3	2535	31.07	*53	17.76	94.16	21.79	6.30	0.00
% of Calories											*33.2%	11.2%	59.2%	30.8%	8.9%	0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

Mon - 01/09/2017																
High School Breakfast Cycle	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
MUFFIN CHOCOLATE CHIP 4 OZ	4.0 OUNC	60	360	75	240	6.00	1.80	80.0	100	0.0	32	6.0	60.0	11.0	3.50	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 CUP ASST.	1 EACH	50	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
High School Lunch Cycle	Total	100														
CHICKEN POPCORN WG, 16 PI ECE	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	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
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 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
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	80	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
Weighted Daily Average			664	42	837	8.57	14.60	383.1	2380	29.67	*55	23.00	98.85	20.59	4.07	0.00
% of Calories											*33.1%	13.9%	59.6%	27.9%	5.5%	0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

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Combined: High School Breakfast Cycle/High School Lunch Cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/10/2017																
High School Breakfast Cycle	Total	100														
FRENCH TOAST STICKS WG,5 PIECE	5 PIECE	80	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	50	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	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 CUP ASST.	1 EACH	50	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
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
High School Lunch Cycle																
BURRITO, BEAN & CHEESE, L OS C	Total	100														
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	80	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	80	131	0	3	2.02	0.98	35.3	96	18.9	32	0.91	33.89	0.3	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	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			593	18	748	9.51	11.12	364.2	2292	30.52	*42 *28.7%	20.64 13.9%	92.80 62.6%	16.51 25.1%	4.01 6.1%	*2.05 *3.1%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

Wed - 01/11/2017																
High School Breakfast Cycle	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
CINNAMON ROLL IW	3.5 OUNC	90	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.0	11.0	6.00	0.00
APRICOTS CANNED	1 CUP	75	160	0	20	1.99	0.00	0.0	3500	4.79	*N/A*	1.99	38.0	0.0	0.00	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

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast Cycle/High School 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)
High School Lunch Cycle	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
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
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	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	70	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	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			695	40	878	7.66	14.48	379.5	3761	*31.33	*44	*21.31	112.48	19.28	6.29	0.00
% of Calories											*25.1%	*12.3%	64.7%	25.0%	8.1%	0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

Thu - 01/12/2017																
High School Breakfast Cycle	Total	100														
QUESADILLA, CHEESE COYOT	1 EACH	55	320	45	600	3.00	2.70	250.0	300	0.0	3	18.0	32.0	13.0	6.00	0.00
E GRIL																
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	50	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	70	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
WGOLD																
High School Lunch Cycle	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
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
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 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			549	40	744	6.69	13.55	404.3	2664	*27.91	*43	*21.27	79.40	16.20	5.04	0.00
% of Calories											*31.1%	*15.5%	57.8%	26.6%	8.3%	0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

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Nye County School District

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast Cycle/High School 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)
Fri - 01/13/2017																
High School Breakfast Cycle	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	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:cann,unswtnd,+vit C	1 CUP	65	102	0	5	2.68	0.56	9.8	71	51.73	*N/A*	0.41	27.5	0.24	0.02	*N/A*
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	85	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
High School Lunch Cycle	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
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	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			575	23	834	7.13	11.78	532.2	2435	45.11	*33 *23.0%	22.43 15.6%	91.67 63.7%	14.06 22.0%	4.19 6.6%	*0.00 *0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

Mon - 01/16/2017																
High School Breakfast Cycle	Total	100														
CEREAL, KIDS CHOICE BOWL	1 OZ	95	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	90	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 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 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
High School Lunch Cycle	Total	100														
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	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	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	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 TBSP	70	55	0	125	0.00	0.00	0.0	0	0.0	0	0.0	0.5	6.0	1.00	0.00

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Nye County School District

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast Cycle/High School Lunch Cycle

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			634	49	671	7.19	17.33	439.2	2441	50.65	*47 *30.0%	33.29 21.0%	99.38 62.7%	12.93 18.4%	2.38 3.4%	*0.00 *0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

Tue - 01/17/2017																
High School Breakfast Cycle	Total	100														
BREAKFAST BITES WG, 5 PIECE	5 PIECE	85	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	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	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 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	85	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
High School Lunch Cycle	Total	100														
TACO SALAD HIGH	100 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	85	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,light syrup	1 CUP	85	159	0	10	4.05	0.99	27.8	3345	6.83	38	1.34	41.72	0.13	0.01	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	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 TBSP	70	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	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			646	46	1335	7.95	14.43	549.0	6519	32.11	*52 *32.0%	25.62 15.9%	91.09 56.4%	21.09 29.4%	6.49 9.0%	*0.00 *0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

Wed - 01/18/2017																
High School Breakfast Cycle	Total	100														
CEREAL, KIDS CHOICE BOWL	2 OZ	85	220	0	325	3.00	58.14	140.0	1000	12.0	18	3.5	46.0	3.5	0.25	0.00
BREAKFAST BAR	1.3 OUNC	90	120	0	125	3.00	0.18	20.0	60	0.6	12	2.0	24.0	3.0	0.50	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	80	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	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

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast Cycle/High School Lunch Cycle

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)
High School Lunch Cycle	Total	100														
SALISBURY STEAK, ADVANCE PIERR	1 EACH	90	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	90	122	2	181	1.37	0.21	36.8	225	6.83	2	2.24	16.94	5.04	1.00	0.63
GRAVY, BROWN, PIONEER	1 OZ	90	85	0	1758	0.00	0.00	0.0	0	0.0	*N/A*	0.0	17.01	0.0	0.00	0.00
WHEAT DINNER ROLL	1 EACH	90	70	0	130	1.00	0.36	0.0	0	0.0	*N/A*	0.0	12.0	1.0	0.00	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
RANCH DRESSING	1 TBSP	60	55	0	125	0.00	0.00	0.0	0	0.0	0	0.0	0.5	6.0	1.00	0.00
Weighted Daily Average			625	31	1516	7.42	26.78	417.2	2517	35.53	*41	21.21	94.87	17.83	5.52	0.28
% of Calories											*26.0%	13.6%	60.8%	25.7%	8.0%	0.4%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

Thu - 01/19/2017																
High School Breakfast Cycle	Total	100														
PANCAKES WG, 4 PIECE	4 PIECE	90	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	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	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 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	75	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
High School Lunch Cycle	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
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 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

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Nye County School District

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast Cycle/High School 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)
Weighted Daily Average			678	38	718	6.41	13.09	365.9	2153	25.36	*51	22.75	122.09	11.62	2.09	0.00
% of Calories											*30.1%	13.4%	72.1%	15.4%	2.8%	0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

Fri - 01/20/2017																
High School Breakfast Cycle	Total	100														
CINNAMON ROLL IW	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
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
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 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
High School Lunch Cycle	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	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
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	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			615	23	845	8.06	13.58	383.3	2834	*33.99	*57	*20.70	99.58	16.08	5.33	*0.00
% of Calories											*36.9%	*13.5%	64.7%	23.5%	7.8%	*0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

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Nye County School District

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast Cycle/High School Lunch Cycle

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 - 01/23/2017																
High School Lunch Cycle	Total	100														
CORN DOG CHICKEN	2 EACH	95	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	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	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 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			867	82	1376	15.36	4.71	481.5	3148	37.30	*43	29.34	117.77	29.02	6.89	0.00
% of Calories											*19.6%	13.5%	54.4%	30.1%	7.2%	0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

Tue - 01/24/2017																
High School Lunch Cycle	Total	100														
CHALUPA	1 each	100	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	40	0	28	2.25	0.74	34.7	3251	18.03	*4	2.55	7.13	0.87	0.12	0.00
REFRIED BEANS	1 CUP	80	333	12	1143	8.38	4.83	339.0	624	2.09	*N/A*	20.62	36.57	12.35	3.94	*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 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
Weighted Daily Average			884	59	1913	11.68	6.92	951.9	4855	25.09	*48	44.53	98.75	35.53	11.22	*0.00
% of Calories											*21.9%	20.2%	44.7%	36.2%	11.4%	*0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

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Nye County School District

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast Cycle/High School Lunch Cycle

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)
Wed - 01/25/2017																
High School Lunch Cycle	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	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
Weighted Daily Average			723	15	969	9.58	1.64	489.8	3796	44.11	*38	24.90	92.21	29.60	6.66	0.00
% of Calories											*20.9%	13.8%	51.0%	36.9%	8.3%	0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/26/2017																
High School Lunch Cycle	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 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			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	

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Nye County School District

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast Cycle/High School Lunch Cycle

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)
Fri - 01/27/2017																
High School Lunch Cycle	Total	100														
PIZZA CHZ GILARDI HIGH	SLICE	100	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	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
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	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
Weighted Daily Average			758	41	1041	12.39	4.66	757.8	4182	70.62	*39	30.09	109.36	25.00	9.23	0.00
% of Calories											*20.7%	15.9%	57.7%	29.7%	11.0%	0.0%
Nutrient Guideline			621-743		1086									<=35.0	<10.00	

Weighted Average			665	42	1013	8.31	14.72	474.9	3068	*33.91	*44	*24.78	96.93	20.32	5.61	*0.12
											*59.1%	*14.9%	58.3%	27.5%	7.6%	*0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	665		621 - 743	100%				
Cholesterol (mg)	42							
Sodium (mg)	1013		1086					
Fiber (g)	8.31							
Iron (mg)	14.72							
Calcium (mg)	474.9							
Vitamin A (IU)	3068							
Sugars (g)	44	26.26%			Missing			
Vitamin C (mg)	33.91				Missing			
Protein (g)	24.78	14.91%			Missing			
Carbohydrate (g)	96.93	58.32%						
Total Fat (g)	20.32	27.51%	<=35.00%					
Saturated Fat (g)	5.61	7.59%	<10.00%					
Trans Fat ¹ (g)	0.12	0.16%			Missing			

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