

Nye County School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 9/20/2017 11:36:58 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/02/2017																
BREAKFAST IN THE CLAS	Total	500														
MUFFIN CHOC CHIP 2 oz	2.0 OUNC	480	190	45	130	2.00	73.80	40.0	100	0.0	17	4.0	32.0	6.0	2.00	0.00
FRESH FRUIT ASST.	1 EACH	450	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
K-8 Lunch 5 Day	Total	100														
CHICKEN SANDWICH	1 EACH	100	410	25	640	6.00	2.88	60.0	100	*0.0	*1	*16.0	42.0	17.0	2.50	0.00
SALAD BAR	1 CUP	70	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
FRESH FRUIT ASST.	1 EACH	70	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MAYONAISE/1 GAL SYSCO	1 TBSP	50	100	10	65	0.00	0.00	0.0	0	0.0	0	0.0	1.0	11.0	2.00	0.00
KETCHUP/1 GAL SYSCO	9 gram	50	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	60	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
Weighted Daily Average			458	49	374	5.94	59.80	388.7	1028	*74.49	*43	*15.04	76.49	11.86	3.51	0.00
% of Calories											*37.5%	*13.1%	66.8%	23.3%	6.9%	0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	
Tue - 10/03/2017																
BREAKFAST IN THE CLAS	Total	500														
PANCAKE ON STICK	2.51 OZ	480	200	20	380	1.00	1.08	20.0	45	0.0	9	6.0	19.0	11.0	3.00	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	450	50	0	2	1.00	0.30	5.0	35	1.2	*N/A*	0.2	14.0	0.1	0.01	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
K-8 Lunch 5 Day	Total	100														
NACHO SUPREME EL/MID	1 EACH	100	340	41	861	3.04	72.73	182.7	391	12.46	*0	14.21	27.23	18.83	7.36	0.00
TOMATO SALSA	2 oz	60	20	0	244	0.79	1.27	6.8	312	2.27	*N/A*	0.85	3.97	0.11	0.02	*N/A*
REFRIED BEANS: canned	1/2 CUP	65	51	0	210	2.10	0.82	16.4	0	3.4	0	2.82	7.68	1.14	0.36	0.01
SALAD BAR	1 CUP	65	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
PEARS: canned,light syrup	1/2 CUP	70	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	60	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
Weighted Daily Average			423	30	647	2.85	13.55	379.7	923	52.46	*30	16.02	57.73	15.21	4.94	*0.00
% of Calories											*28.7%	15.2%	54.6%	32.4%	10.5%	*0.0%
Nutrient Guideline			392-525		655									<=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.

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

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 2

Generated on: 9/20/2017 11:36:58 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 ¹ (g)
Wed - 10/04/2017																
BREAKFAST IN THE CLAS	Total	500														
BELVITA BKFST BISQ BLUEBE RRY	1.76 OUN CE	480	230	0	210	2.99	1.80	0.0	0	0.0	13	2.99	35.92	7.98	0.50	0.00
FRESH FRUIT ASST.	1 EACH	450	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
K-8 Lunch 5 Day																
TURKEY SANDWICH	1 sw	50	195	23	415	3.00	2.16	20.0	0	*3.6	*N/A*	*7.98	26.5	4.01	0.75	0.00
HAM & CHEESE SANDWICH	1 SW	50	239	42	725	3.00	4.26	170.0	300	*3.53	*0	*9.85	26.99	8.71	3.24	0.00
SALAD BAR	1 CUP	70	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
FRESH FRUIT ASST.	1 EACH	70	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
CHIPS, ASST RF	1 oz	80	112	0	150	1.67	0.30	10.0	33	0.0	*N/A*	1.67	15.83	4.5	0.67	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	60	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
MUSTARD, PREPARED	5 GRAM	50	6	0	72	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MAYONAISE/1 GAL SYSCO	1 TBSP	50	100	10	65	0.00	0.00	0.0	0	0.0	0	0.0	1.0	11.0	2.00	0.00
Weighted Daily Average			472	14	446	6.45	2.29	363.7	957	*75.05	*39	*13.27	78.99	12.27	2.31	0.00
% of Calories											*33.4%	*11.2%	66.9%	23.4%	4.4%	0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Thu - 10/05/2017																
BREAKFAST IN THE CLAS	Total	500														
FRENCH TOAST MINIS CHOC CHIP	3.0 OZ.	480	210	0	260	4.00	2.70	100.0	500	0.0	9	5.0	35.0	6.0	1.50	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	450	50	0	2	1.00	0.30	5.0	35	1.2	*N/A*	0.2	14.0	0.1	0.01	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
K-8 Lunch 5 Day																
TANGERINE CHICKEN ELEM/MID	SERV	100	338	40	381	2.43	1.67	11.5	0	0.0	*13	17.06	56.93	4.32	1.09	0.00
SALAD BAR	1 CUP	70	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	70	50	0	2	1.00	0.30	5.0	35	1.2	*N/A*	0.2	14.0	0.1	0.01	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	60	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00

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.

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

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 3

Generated on: 9/20/2017 11:36:58 AM

	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			421	14	424	4.74	2.79	412.8	1222	49.97	*31 *29.2%	15.32 14.6%	73.73 70.1%	8.67 18.5%	2.65 5.7%	0.00 0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Fri - 10/06/2017																
BREAKFAST IN THE CLAS	Total	500														
CINNAMON ROLL 3.5 oz	3.5 OUNC	480	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.0	11.0	6.00	0.00
STRING CHEESE 1 oz	1 EACH	450	80	15	210	0.00	0.00	200.0	100	0.0	0	7.0	1.0	6.0	3.50	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
K-8 Lunch 5 Day	Total	100														
HOT DOG 8x1 CLOVERDALE	1 EACH	100	150	30	340	0.00	0.72	0.0	5	0.0	1	7.0	1.0	13.0	5.00	0.00
WHEAT HOT DOG BUN	1 EACH	100	150	0	260	3.00	1.44	20.0	0	0.0	*N/A*	0.0	27.0	2.0	0.00	0.00
SALAD BAR	1 CUP	1	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
FRESH FRUIT ASST.	1 EACH	70	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
CUTIE PIE APPLE 2OZ	1 EACH	75	130	0	170	3.00	0.00	0.0	45	1.2	9	2.0	24.0	4.5	1.00	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	60	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
MUSTARD, PREPARED	6 GRAM	50	6	0	72	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
KETCHUP/1 GAL SYSCO	9 gram	50	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average % of Calories			526	28	686	3.69	1.83	494.7	762	51.44	*41 *31.2%	18.79 14.3%	75.26 57.3%	19.35 33.1%	9.64 16.5%	0.00 0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Mon - 10/09/2017																
BREAKFAST IN THE CLAS	Total	500														
MUFFIN BLUEBERRY 2 oz	2.0 OUNC	480	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
FRESH FRUIT ASST.	1 EACH	450	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
K-8 Lunch 5 Day	Total	100														
CHICKEN POPCORN WG, 12 PIECE	12 PIECE	100	251	22	371	2.18	1.96	43.7	109	0.0	1	15.28	15.28	14.19	2.73	0.00
ECE																
SALAD BAR	1 CUP	70	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
FRESH FRUIT ASST.	1 EACH	70	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
GRAHAMS LIL SQUARES	PACK	75	130	0	150	2.00	0.72	0.0	40	0.0	8	2.0	24.0	3.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
KETCHUP/1 GAL SYSCO	9 gram	50	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	70	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
BBQ SAUCE CUP	1 EACH	60	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Weighted Daily Average			445	47	367	5.55	1.60	370.0	1044	74.85	*44	14.37	74.37	11.05	3.41	0.00
% of Calories											*39.5%	12.9%	66.8%	22.3%	6.9%	0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Tue - 10/10/2017																
BREAKFAST IN THE CLAS	Total	500														
WAFFLE MINIS MAPLE	2.6 OZ.	480	200	0	220	4.00	2.70	100.0	500	0.0	10	4.0	35.0	5.0	1.50	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	450	50	0	2	1.00	0.30	5.0	35	1.2	*N/A*	0.2	14.0	0.1	0.01	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
K-8 Lunch 5 Day	Total	100														
BURRITO, BEAN & CHEESE, L OS C	5.20	100	291	18	479	7.96	3.60	20.0	300	1.2	0	15.6	40.95	8.29	3.62	4.11
TOMATO SALSA	2 oz	75	20	0	244	0.79	1.27	6.8	312	2.27	*N/A*	0.85	3.97	0.11	0.02	*N/A*
SALAD BAR	1 CUP	70	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	70	66	0	1	1.01	0.49	17.6	48	9.45	16	0.45	16.95	0.15	0.01	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	65	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
Weighted Daily Average			410	11	441	5.76	3.29	416.5	1313	51.42	*31	14.41	71.91	8.65	3.09	*0.68
% of Calories											*30.4%	14.1%	70.1%	19.0%	6.8%	*1.5%
Nutrient Guideline			392-525		655									<=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

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 5

Generated on: 9/20/2017 11:36:58 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/11/2017																
BREAKFAST IN THE CLAS	Total	500														
BELVITA BKFST BAR CHOCO	1.76 OUN CE	480	200	0	150	5.00	1.80	0.0	0	0.0	10	3.0	32.0	7.0	1.00	0.00
FRESH FRUIT ASST.	1 EACH	450	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
K-8 Lunch 5 Day																
PORK RIB Pattie on Bun Elem	1 EACH	100	310	55	700	4.00	2.52	60.0	200	*2.4	*6	*14.0	35.0	12.0	3.50	0.00
SALAD BAR	1 CUP	70	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
FRESH FRUIT ASST.	1 EACH	70	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
COOKIE WG CHOCOLATE CHIP	1 EACH	80	140	10	50	1.00	0.72	0.0	100	0.0	*N/A*	2.0	23.0	5.0	1.50	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	60	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
KETCHUP/1 GAL SYSCO	9 gram	60	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			460	18	403	8.14	2.24	356.7	978	*74.90	*38	*14.18	78.34	11.58	2.91	0.00
% of Calories											*33.3%	*12.3%	68.1%	22.7%	5.7%	0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/12/2017																
BREAKFAST IN THE CLAS	Total	500														
FRENCH TOAST MINIS MAPLE	3.0 OZ.	480	210	0	240	3.00	2.70	100.0	500	0.0	13	4.0	37.0	5.0	1.50	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	450	50	0	2	1.00	0.30	5.0	35	1.2	*N/A*	0.2	14.0	0.1	0.01	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
K-8 Lunch 5 Day																
HAMBURGER ON A BUN	1 EACH	100	290	45	500	3.00	2.16	20.0	10	*0.0	*N/A*	*12.0	26.0	13.0	4.50	0.00
SALAD BAR	1 CUP	75	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
PEACHES: canned,light syrup	1/2 CUP	75	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	65	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
Weighted Daily Average			417	15	431	4.14	2.90	414.4	1302	*50.36	*34	*13.75	70.89	9.42	3.24	0.00
% of Calories											*32.5%	*13.2%	68.1%	20.3%	7.0%	0.0%
Nutrient Guideline			392-525		655									<=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.

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

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 6

Generated on: 9/20/2017 11:36:58 AM

	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 - 10/13/2017																
BREAKFAST IN THE CLAS	Total	500														
BURRITO, BREAKFAST 3.2 oz	3.20 OZ	480	206	53	400	2.29	2.70	40.0	300	1.2	1	10.0	25.78	7.8	2.54	0.00
STRING CHEESE 1 oz	1 EACH	450	80	15	210	0.00	0.00	200.0	100	0.0	0	7.0	1.0	6.0	3.50	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
K-8 Lunch 5 Day																
PIZZA PEP GILARDI ELEM	SLICE	100	300	30	650	4.00	2.70	300.0	400	0.0	4	17.0	35.0	11.0	5.00	0.00
SALAD BAR	1 CUP	70	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
FRESH FRUIT ASST.	1 EACH	70	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	65	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
Weighted Daily Average			439	66	739	3.18	2.73	561.2	1192	53.33	*24	24.50	53.94	15.77	6.78	0.00
% of Calories											*21.7%	22.3%	49.2%	32.4%	13.9%	0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Mon - 10/16/2017																
BREAKFAST IN THE CLAS	Total	500														
MUFFIN CHOC CHIP 2 oz	2.0 OUNC	480	190	45	130	2.00	73.80	40.0	100	0.0	17	4.0	32.0	6.0	2.00	0.00
FRESH FRUIT ASST.	1 EACH	450	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
K-8 Lunch 5 Day																
CHICKEN NUGGETS, 5 PIECE	5 PIECE	100	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
POTATO WEDGES	1/2 cup	85	122	0	40	1.90	1.59	12.2	0	17.86	*N/A*	3.74	27.5	0.25	0.06	*N/A*
SALAD BAR	CUP	70	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
FRESH FRUIT ASST.	1 EACH	70	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	1 TBSP	60	55	0	125	0.00	0.00	0.0	0	0.0	0	0.0	0.5	6.0	1.00	0.00
KETCHUP/1 GAL SYSCO	9 gram	30	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			436	48	319	5.71	59.85	380.4	1026	77.01	*43	15.57	75.83	10.04	3.25	*0.00
% of Calories											*39.3%	14.3%	69.5%	20.7%	6.7%	*0.0%
Nutrient Guideline			392-525		655									<=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.

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

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 7

Generated on: 9/20/2017 11:36:58 AM

	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 - 10/17/2017																
BREAKFAST IN THE CLAS	Total	500														
PANCAKE ON STICK	2.51 OZ	480	200	20	380	1.00	1.08	20.0	45	0.0	9	6.0	19.0	11.0	3.00	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	450	50	0	2	1.00	0.30	5.0	35	1.2	*N/A*	0.2	14.0	0.1	0.01	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
K-8 Lunch 5 Day																
TACO SALAD ELEM/MID	SERV	100	332	36	1004	4.26	2.10	218.7	5530	3.29	*3	14.61	29.15	16.96	5.89	*0.00
SALAD BAR	1 CUP	70	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
APRICOTS: canned,light syrup	1/2 CUP	70	80	0	5	2.02	0.49	13.9	1672	3.42	19	0.67	20.86	0.06	0.00	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	60	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
TOMATO SALSA	2 oz	65	20	0	244	0.79	1.27	6.8	312	2.27	*N/A*	0.85	3.97	0.11	0.02	*N/A*
Weighted Daily Average % of Calories			417	30	650	2.85	1.73	385.1	2005	51.03	*31 *29.9%	15.86 15.2%	57.53 55.1%	14.78 31.9%	4.66 10.0%	*0.00 *0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Wed - 10/18/2017																
BREAKFAST IN THE CLAS	Total	500														
BELVITA BKFST BISQ BLUEBE RRY	1.76 OUN CE	480	230	0	210	2.99	1.80	0.0	0	0.0	13	2.99	35.92	7.98	0.50	0.00
FRESH FRUIT ASST.	1 EACH	450	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
K-8 Lunch 5 Day																
GRILLED CHEESE SW, WH GR	1 EA	40	248	23	568	2.27	1.19	356.8	456	0.0	7	15.1	30.15	7.89	4.31	0.00
PB&J UNCRUSTABLE, GRAPE	1 EACH	60	320	0	320	3.00	0.00	0.0	65	0.0	13	10.0	32.0	17.0	3.50	0.00
CHIPS, ASST RF	1 oz	80	112	0	150	1.67	0.30	10.0	33	0.0	*N/A*	1.67	15.83	4.5	0.67	0.00
SALAD BAR	1 CUP	80	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
FRESH FRUIT ASST.	1 EACH	75	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
MILK WHITE 1% FAT	8 OZ	75	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	20	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	65	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
Weighted Daily Average % of Calories			477	10	407	6.47	1.85	372.5	1024	75.12	*41 *34.2%	14.03 11.8%	79.34 66.5%	12.87 24.3%	2.61 4.9%	0.00 0.0%
Nutrient Guideline			392-525		655									<=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.

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

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 8

Generated on: 9/20/2017 11:36:58 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/19/2017																
BREAKFAST IN THE CLAS	Total	500														
FRENCH TOAST MINIS CHOC CHIP	3.0 OZ.	480	210	0	260	4.00	2.70	100.0	500	0.0	9	5.0	35.0	6.0	1.50	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	450	50	0	2	1.00	0.30	5.0	35	1.2	*N/A*	0.2	14.0	0.1	0.01	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
K-8 Lunch 5 Day	Total	100														
TANGERINE CHICKEN ELEM/MID SALAD BAR	SERV	100	338	40	381	2.43	1.67	11.5	0	0.0	*13	17.06	56.93	4.32	1.09	0.00
PEARS: canned,light syrup	1/2 CUP	70	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
MILK WHITE 1% FAT	8 OZ	75	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	20	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	60	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
Weighted Daily Average % of Calories			422	15	420	4.86	2.80	412.9	1218	50.05	*32 *30.2%	15.51 14.7%	73.67 69.8%	8.89 18.9%	2.79 5.9%	0.00 0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Fri - 10/20/2017																
BREAKFAST IN THE CLAS	Total	500														
CINNAMON ROLL 3.5 oz	3.5 OUNC	480	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.0	11.0	6.00	0.00
STRING CHEESE 1 oz	1 EACH	450	80	15	210	0.00	0.00	200.0	100	0.0	0	7.0	1.0	6.0	3.50	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
K-8 Lunch 5 Day	Total	100														
SLOPPY JOE ON A BUN	SERVINGS	100	359	30	711	5.48	3.98	69.5	408	*5.74	*14	*16.28	44.84	11.12	3.77	*0.00
FRESH FRUIT ASST.	1 EACH	70	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
MILK WHITE 1% FAT	8 OZ	75	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	20	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
KETCHUP/1 GAL SYSCO	9 gram	60	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	65	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
Weighted Daily Average % of Calories			525	28	685	4.00	2.22	507.0	1198	*54.32	*42 *32.4%	*20.39 *15.5%	76.01 57.9%	18.35 31.5%	9.34 16.0%	*0.00 *0.0%
Nutrient Guideline			392-525		655									<=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.

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

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 9

Generated on: 9/20/2017 11:36:58 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/23/2017																
BREAKFAST IN THE CLAS	Total	500														
MUFFIN BLUEBERRY 2 oz	2.0 OUNC	480	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
FRESH FRUIT ASST.	1 EACH	450	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
K-8 Lunch 5 Day	Total	100														
CORN DOG CHICKEN	1 EACH	95	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
SALAD BAR	CUP	90	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
FRESH FRUIT ASST.	1 EACH	90	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
GRAHAM'S LIL SQUARES	PACK	95	130	0	150	2.00	0.72	0.0	40	0.0	8	2.0	24.0	3.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	80	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	40	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
KETCHUP/1 GAL SYSCO	9 gram	50	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			442	50	342	6.24	1.58	379.8	1139	76.08	*45	13.51	77.50	9.49	3.26	0.00
% of Calories											*40.4%	12.2%	70.2%	19.3%	6.6%	0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Tue - 10/24/2017																
BREAKFAST IN THE CLAS	Total	500														
WAFFLE MINIS MAPLE	2.6 OZ.	480	200	0	220	4.00	2.70	100.0	500	0.0	10	4.0	35.0	5.0	1.50	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	450	50	0	2	1.00	0.30	5.0	35	1.2	*N/A*	0.2	14.0	0.1	0.01	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
K-8 Lunch 5 Day	Total	100														
CHALUPA	1 each	90	245	44	404	0.32	0.84	347.1	296	0.24	1	16.28	11.18	13.94	5.92	0.00
TOMATO SALSA	2 oz	75	20	0	244	0.79	1.27	6.8	312	2.27	*N/A*	0.85	3.97	0.11	0.02	*N/A*
SALAD BAR	1 CUP	95	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
REFRIED BEANS	1/2 CUP	75	166	6	571	4.19	2.41	169.5	312	1.04	*N/A*	10.31	18.28	6.17	1.97	*N/A*
FRUIT COCKTAIL:canned,lt syrup	4 OZ	95	65	0	7	1.13	0.33	6.8	236	2.15	16	0.45	16.93	0.08	0.01	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	80	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	40	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
Weighted Daily Average			420	15	487	5.17	3.15	489.4	1517	51.39	*32	15.74	70.20	9.67	3.55	*0.00
% of Calories											*30.7%	15.0%	66.9%	20.7%	7.6%	*0.0%
Nutrient Guideline			392-525		655									<=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.

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

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/25/2017																
BREAKFAST IN THE CLAS	Total	500														
BELVITA BKFST BAR CHOCO	1.76 OUN CE	480	200	0	150	5.00	1.80	0.0	0	0.0	10	3.0	32.0	7.0	1.00	0.00
FRESH FRUIT ASST.	1 EACH	450	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
K-8 Lunch 5 Day																
SALISBURY STEAK 4OZ	1 EACH	80	280	55	390	2.00	2.70	40.0	0	2.4	0	18.0	5.0	21.0	9.00	0.00
MASHED POTATOES:flakes,milk +but	1/2 CUP	80	61	1	90	0.68	0.11	18.4	112	3.41	1	1.12	8.47	2.52	0.50	0.31
GRAVY MIX, BROWN, PIONEER	2 oz	70	15	0	310	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
WHEAT DINNER ROLL	1 EACH	80	77	0	142	1.09	0.39	0.0	0	0.0	*N/A*	0.0	13.12	1.09	0.00	0.00
SALAD BAR	1 CUP	95	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
FRESH FRUIT ASST.	1 EACH	95	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	80	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	45	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
Weighted Daily Average % of Calories			450	15	388	8.08	2.19	359.3	1088	77.22	*38 *33.7%	14.34 12.7%	74.50 66.3%	11.94 23.9%	3.35 6.7%	0.04 0.1%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Thu - 10/26/2017																
BREAKFAST IN THE CLAS	Total	500														
FRENCH TOAST MINIS MAPLE	3.0 OZ.	480	210	0	240	3.00	2.70	100.0	500	0.0	13	4.0	37.0	5.0	1.50	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	450	50	0	2	1.00	0.30	5.0	35	1.2	*N/A*	0.2	14.0	0.1	0.01	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
K-8 Lunch 5 Day	Total	100														
HAMBURGER ON A BUN	SERVING	100	290	45	500	3.00	2.16	20.0	10	*0.0	*N/A*	*12.0	26.0	13.0	4.50	0.00
SALAD BAR	1 CUP	95	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	95	50	0	2	1.00	0.30	5.0	35	1.2	*N/A*	0.2	14.0	0.1	0.01	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	80	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	45	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
KETCHUP/1 GAL SYSCO	9 gram	75	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MUSTARD, PREPARED	6 GRAM	50	6	0	72	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			417	15	441	4.18	2.92	418.5	1371	*50.83	*32	*13.87	71.53	9.06	3.18	0.00
% of Calories											*31.0%	*13.3%	68.7%	19.6%	6.9%	0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Mon - 10/30/2017																
BREAKFAST IN THE CLAS	Total	500														
MUFFIN CHOC CHIP 2 oz	2.0 OUNC	480	190	45	130	2.00	73.80	40.0	100	0.0	17	4.0	32.0	6.0	2.00	0.00
FRESH FRUIT ASST.	1 EACH	450	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
K-8 Lunch 5 Day	Total	100														
CHICKEN SANDWICH	1 EACH	100	410	25	640	6.00	2.88	60.0	100	*0.0	*1	*16.0	42.0	17.0	2.50	0.00
SALAD BAR	1 CUP	70	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
FRESH FRUIT ASST.	1 EACH	70	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MAYONAISE/1 GAL SYSCO	1 TBSP	50	100	10	65	0.00	0.00	0.0	0	0.0	0	0.0	1.0	11.0	2.00	0.00
KETCHUP/1 GAL SYSCO	9 gram	50	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	60	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
Weighted Daily Average			458	49	374	5.94	59.80	388.7	1028	*74.49	*43	*15.04	76.49	11.86	3.51	0.00
% of Calories											*37.5%	*13.1%	66.8%	23.3%	6.9%	0.0%
Nutrient Guideline			392-525		655									<=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.

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

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 12

Generated on: 9/20/2017 11:36:58 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 ¹ (g)
Tue - 10/31/2017																
BREAKFAST IN THE CLAS	Total	500														
PANCAKE ON STICK	2.51 OZ	480	200	20	380	1.00	1.08	20.0	45	0.0	9	6.0	19.0	11.0	3.00	0.00
APPLESAUCE CUP ASST. 4.5 oz	1 EA	450	50	0	2	1.00	0.30	5.0	35	1.2	*N/A*	0.2	14.0	0.1	0.01	0.00
JUICE BOX ASST	1 EACH	450	60	0	10	0.00	0.00	100.0	0	60.0	14	0.0	15.33	0.0	0.00	0.00
MILK WHITE 1% FAT	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
K-8 Lunch 5 Day																
NACHO SUPREME EL/MID	1 EACH	100	340	41	861	3.04	72.73	182.7	391	12.46	*0	14.21	27.23	18.83	7.36	0.00
TOMATO SALSA	2 oz	60	20	0	244	0.79	1.27	6.8	312	2.27	*N/A*	0.85	3.97	0.11	0.02	*N/A*
REFRIED BEANS: canned	1/2 CUP	65	51	0	210	2.10	0.82	16.4	0	3.4	0	2.82	7.68	1.14	0.36	0.01
SALAD BAR	1 CUP	65	43	0	40	2.31	0.79	34.7	3251	18.03	*4	2.62	7.75	0.96	0.12	0.00
PEARS: canned,light syrup	1/2 CUP	70	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
MILK WHITE 1% FAT	8 OZ	20	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
MILK CHOCOLATE FAT FREE	8 OZ	75	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
RANCH DRESSING/1 GAL SYSCO	2 TBSP	60	110	0	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	12.0	2.00	0.00
Weighted Daily Average			423	30	647	2.85	13.55	379.7	923	52.46	*30	16.02	57.73	15.21	4.94	*0.00
% of Calories											*28.7%	15.2%	54.6%	32.4%	10.5%	*0.0%
Nutrient Guideline			392-525		655									<=35.0	<10.00	

Weighted Average			446	28	482	5.09	11.65	411.0	1155	*61.82	*36	*15.69	71.52	12.19	4.14	*0.03
											*73.6%	*14.1%	64.2%	24.6%	8.4%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	446		392 - 525	100%				
Cholesterol (mg)	28							
Sodium (mg)	482		655					
Fiber (g)	5.09							
Iron (mg)	11.65							
Calcium (mg)	411.0							
Vitamin A (IU)	1155							
Sugars (g)	36	32.71%			Missing			
Vitamin C (mg)	61.82				Missing			
Protein (g)	15.69	14.09%			Missing			
Carbohydrate (g)	71.52	64.21%						
Total Fat (g)	12.19	24.62%	<=35.00%					
Saturated Fat (g)	4.14	8.36%	<10.00%					
Trans Fat ¹ (g)	0.03	0.07%			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

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.