



High School Lunch Menu w/ Deli & Salad Bar

June 1-5

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in **green**, it's **local** and if you see it in **blue**, the meal has international influence!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Pescada a la Mexicana (Mexican Style Baked Fish) w/ Spanish Brown Rice	Hot Beef Meatball Sub w/ Marinara & Mozzarella on Whole Grain Bun	Caribbean Jerk Chicken w/ Brown Rice	Ethiopian Day Chicken Doro Wat OR Ground Meat Stew OR Chickpea Wat	Spicy Buffalo Chicken Wrap
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts & All of the Cheese Used is Local!	Pizza Chef is Off Today!	Hawaiian Pizza w/ Turkey Ham & Pineapple Veggie Lovers Pizza Tasty Cheesy Pizza	Off Again Today!	And Yet Again!	Spicy Chicken Pizza Veggie Lovers Pizza Tasty Cheesy Pizza
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Roll	Toasted Two Cheese Sandwich	Turkey Hot Dog on Whole Grain Bun w/ Toppings		Grilled Chicken Sandwich on Whole Grain Bun w/Lettuce & Tomato Garnish
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Pastrami on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Turkey Ranch Wrap	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Hot & Cold Sides Available At All Stations	Mexican Corn Fresh Romaine & Tomato Salad Local Fresh Apple Assorted Fruit	Local Fresh Baked Sweet Potato w/ Cinnamon Confetti Coleslaw Pineapple Cup Assorted Fruit	Glazed Carrots Local Fresh Tuscan Kale Salad Fresh Orange Assorted Fruit	Ethiopian Style Collard Greens Tomato and Cucumber Salad Fresh Banana Assorted Fruit	Fiesta Black Beans Baby Carrots w/ Light Dressing 100% Grape Juice Assorted Fruit

Start With: Assorted **Whole Grain Breads, Rolls, & Wraps**
Add: Assorted Meats, Cheeses, **Homemade Egg Salad, Homemade Chicken Salad**
Top With: Mustard, Mayo, Salad Dressing
Finish With: Lettuce, Tomato, Sliced Red Onions

Self-Serve Salad Bar Available Daily
Start With: Fresh Romaine Mix, Sliced Fresh Cucumbers, Shredded Fresh Carrots,
Top With: Shredded Cheddar
Add On: Sweet Corn, Black Beans, Fresh Red Onions
Finish With: **Buffalo Chicken, Sliced Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks**

DC Free Summer Meals Program
KIDS & TEENS EAT FREE
Administered by the DC Office of the State Superintendent of Education
June through August
To find out meal times or locations near you
Call: 1-866-3-HUNGRY or text FOOD to 877-877 or Visit: dcsummermeals.dc.gov

To find food for your family call: 1-866-3-HUNGRY #Meals4DCkids



High School Lunch Menu w/ Deli & Salad Bar

June 8-12

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in **green**, it's **local** and if you see it in **blue**, the meal has international influence!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Veggie Chili w/ Whole Grain Roll	BBQ Turkey on Whole Grain Bun	Yummy Lo Mein	Whole Grain Mac-N-Cheese	Rachel Ray's Yum-O Capitol City Chicken w/ Whole Grain Biscuit
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts & All of the Cheese Used is Local!	Pizza Chef is Off Today!	Hawaiian Pizza w/Turkey Ham & Pineapple Veggie Lovers Pizza Tasty Cheesy Pizza	Off Again Today!	And Yet Again!	Spicy Chicken Pizza Veggie Lovers Pizza Tasty Cheesy Pizza
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Roll	Toasted Two Cheese Sandwich	Turkey Hot Dog on Whole Grain Bun w/ Toppings	Pizza Burger on Whole Grain Bun	Grilled Chicken Sandwich on Whole Grain Bun w/Lettuce & Tomato Garnish
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Pastrami on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Turkey Ranch Wrap	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Hot & Cold Sides Available At All Stations	Fresh Roma Roasted Local Red Potatoes Baby Carrots w/ Light Dressing Local Fresh Apple Assorted Fruit	Seasoned Carrots Fresh Cucumber and Tomato Salad Pineapple Cup Assorted Fruit	Roasted Broccoli Colorful Salad Sweet Peach Applesauce Assorted Fruit	Fiesta Black Beans Fresh Broccoli w/ Light Dressing Fresh Banana Assorted Fruit	Local Sweet Potato Mash  Baby Carrots w/ Light Dressing 100% Grape Juice Assorted Fruit
	Start With: Assorted Whole Grain Breads, Rolls, & Wraps Add: Assorted Meats, Cheeses, Homemade Egg Salad, Homemade Chicken Salad Top With: Mustard, Mayo, Salad Dressing Finish With: Lettuce, Tomato, Sliced Red Onions				
 Self-Serve Salad Bar Available Daily	Start With: Fresh Romaine Mix, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Top With: Shredded Cheddar Add On: Sweet Corn, Garbanzo Beans Cabbage Finish With: Caesar Chicken, Sliced Eggs, Garlic Croutons, Whole Grain Garlic Breadsticks				

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High School Lunch Menu w/ Deli & Salad Bar

June 15-19

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of **1% or skim white milk**. Did you know—If you see it in **green**, it's **local** and if you see it in **blue**, the meal has international influence!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Panes Rellenos (Salvadorian Chicken Torta)	Whole Grain Spaghetti w/ Marinara Sauce & Mozzarella Cheese	Tuna Melt on Whole Grain Bread	Veggie Chili w/ Whole Grain Cornbread	Last Day of School Open Face Turkey Sandwich on Whole Grain Bread w/ Gravy
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts & All of the Cheese Used is Local!	Pizza Chef is Off Today!	Hawaiian Pizza w/Turkey Ham & Pineapple Veggie Lovers Pizza Tasty Cheesy Pizza	Off Again Today!	Off Again Today!	Spicy Chicken Pizza Veggie Lovers Pizza Tasty Cheesy Pizza
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Roll	Toasted Two Cheese Sandwich	Turkey Hot Dog on Whole Grain Bun w/ Toppings	Santa Fe Burger on Whole Grain Bun	Grilled Chicken Sandwich on Whole Grain Bun w/Lettuce & Tomato Garnish
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Pastrami on Whole Grain Roll w/ Mustard	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Ranch Wrap	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Hot & Cold Sides Available At All Stations	Garlic Lemon Broccoli Baby Carrots w/ Light Dressing Local Fresh Apple Assorted Fruit	Green Beans Italiano Fresh Romaine & Tomato Salad Pineapple Cup Assorted Fruit	Sweet Potato Wedges Vegetarian Bean Dip w/ Homemade Tortilla Chips Fresh Orange Assorted Fruit	Baked Beans Baby Carrots w/ Light Dressing Fresh Banana Assorted Fruit	Mashed Potatoes w/ Gravy Fresh Broccoli w/ Light Dressing 100% Grape Juice Assorted Fruit
	Start With: Assorted Whole Grain Breads, Rolls, & Wraps Add: Assorted Meats, Cheeses, Homemade Egg Salad, Homemade Chicken Salad Top With: Mustard, Mayo, Salad Dressing Finish With: Lettuce, Tomato, Sliced Red Onions		 Administered by the DC Office of the State Superintendent of Education June through August To find out meal times or locations near you Call: 1-866-3-HUNGRY or text FOOD to 877-877 or Visit: dcsummermeals.dc.gov  To find food for your family call: 1-866-3-HUNGRY  #Meals4DCKids 		
	Start With: Fresh Romaine Mix, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Top With: Shredded Cheddar Add On: Sweet Corn, Black Beans, Fresh Red Onions Finish With: Chili Lime Chicken, Sliced Eggs, Garlic Croutons, Whole Grain Garlic Breadsticks				

Chartwells District of Columbia

Jun 1, 2015 thru Jun 20, 2015 Spreadsheet - Portion Values

May 27, 2015

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9-12 Cycle Menu 14-15

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 06/01/2015															
9-12 Cycle Menu 14-15	Total														
Pescada Mexicana	1 serving	144	48	416	0.39	1.53	31.5	204	46	1.13	16.51	1.98	7.47	1.10	0.00
Spanish Brown Rice HS	1 Cup	293	2	481	3.07	1.90	27.6	193	39	2.36	6.73	60.13	2.56	0.54	0.00
Chicken Nuggets	5 nuggets	220	50	490	0.00	0.72	0.0	0	0	0.0	18.0	12.0	11.0	2.50	0.00
Mumbo Sauce	1 oz	37	0	241	0.12	0.06	1.7	416	77	0.04	0.08	9.4	0.03	0.01	*0.00
Whole Wheat Dinner Roll NEW	1 Each	94	0	168	2.69	0.97	0.0	0	0	0.0	4.03	20.16	1.34	0.00	0.00
Salad, Garden w/ Chs(Outtakes)	1 each	382	60	613	5.24	2.68	439.6	4895	259	5.45	20.75	33.21	21.89	12.43	*0.00
Mexican Corn	1/2 Cup	115	0	5	1.25	0.10	3.2	141	17	8.8	2.91	20.06	3.15	0.32	*0.00
Romaine TomSalad HS Dark Green	1 cup	11	0	4	1.16	0.49	17.0	4214	131	3.85	0.7	2.11	0.17	0.02	*0.00
Apple, Fresh	1 each	95	0	2	4.37	0.22	10.9	98	9	8.37	0.47	25.13	0.31	0.05	0.00
Milk,1%	1/2 pint	110	15	135	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
Milk,skim	1/2 pint	77	5	95	0.00	0.07	283.5	463	138	0.0	7.64	11.25	0.25	0.18	0.00
Dressing Packets, Salad	1 each	7	0	64	0.03	0.01	1.4	4	1	0.03	0.04	1.57	0.03	0.01	0.00
Assorted Fruit	1 each	62	0	2	2.45	0.19	16.4	96	9	18.51	0.66	16.04	0.18	0.04	*0.00
Weighted Daily Average		614	64	1029	8.07	2.70	376.5	3615	286	19.10	32.98	89.60	16.53	4.76	*0.00
% of Calories											21.5%	58.4%	24.2%	7.0%	*0.0%

Tue - 06/02/2015															
9-12 Cycle Menu 14-15	Total														
Turkey Meatball Bun	1 each	314	42	588	3.23	3.66	230.4	1154	242	13.76	22.67	38.78	8.47	2.71	0.00
Cheese WW Pizza, Round	1 slice	411	36	905	5.85	3.58	468.6	389	124	6.44	24.79	46.27	14.93	6.50	0.00
Veggie Lovers WW Pizza, Round	1 slice	408	36	905	5.95	3.59	469.3	472	133	12.22	24.8	47.1	14.15	6.39	*0.00
Hawaiian WW Pizza, Round	1 slice	405	40	931	5.96	3.78	364.1	319	97	8.53	24.67	49.44	13.02	5.29	0.00
Toasted Cheese Sandwich	1 each	284	32	655	2.27	1.23	467.6	524	105	0.0	18.54	30.54	10.15	5.75	0.00
Turkey Pastrami WW	1 each	267	39	886	2.00	2.34	164.6	149	141	*0.0	14.74	32.75	9.48	3.36	0.00
Baked Sweet Potato, Red/Orange	1/2 Potato	121	0	73	2.51	0.53	31.7	10535	1503	1.77	1.17	19.42	4.52	0.82	0.00
Confetti Coleslaw HS Other	1/2 Cup	110	10	194	1.15	0.33	29.3	1026	205	17.78	0.61	9.33	7.72	0.96	0.00
Pineapple Cup	1/2 cup	66	0	1	1.00	0.49	18.0	48	10	9.4	0.45	16.95	0.15	0.01	0.00
Milk,1%	1/2 pint	110	15	135	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
Milk,skim	1/2 pint	77	5	95	0.00	0.07	283.5	463	138	0.0	7.64	11.25	0.25	0.18	0.00
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	2	0.05	0.07	3.15	0.07	0.02	0.00
Mustard, 5 gm pc	1 each	4	0	63	0.05	0.10	4.2	0	0	0.0	0.24	0.32	0.22	0.01	0.00
Assorted Fruit	1 each	62	0	2	2.45	0.19	16.4	96	9	18.51	0.66	16.04	0.18	0.04	*0.00
Weighted Daily Average		518	42	805	6.17	2.94	577.5	7694	1203	*26.46	24.78	72.67	15.48	5.25	*0.00
% of Calories											19.1%	56.1%	26.9%	9.1%	*0.0%

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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Chartwells District of Columbia

Jun 1, 2015 thru Jun 20, 2015 Spreadsheet - Portion Values

May 27, 2015

Page 2

9-12 Cycle Menu 14-15

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 06/03/2015															
9-12 Cycle Menu 14-15	Total														
Caribbean Jerk Chicken	2 oz	131	53	113	0.00	0.73	1.2	0	0	0.0	17.34	1.42	6.69	1.29	*0.00
Brown Rice, Uncle Ben's HS	1 CUP	280	2	331	2.59	1.12	23.4	1	0	0.96	6.2	57.69	2.49	0.53	0.00
Turkey Hot Dog WW Bun	1 each	270	40	860	2.00	2.52	120.0	0	0	0.0	12.0	33.0	11.0	2.50	0.00
Mexican Corn Salad HS	1 Cup	396	0	812	8.82	2.03	161.0	941	169	7.05	13.62	66.71	8.88	1.62	*0.00
Glazed Carrots, Red/Orange	1/2 Cup	115	0	79	2.17	0.38	35.0	9095	1362	1.6	0.52	18.09	4.78	0.83	0.00
Tuscan Kale Salad HS Dark Green	1 Cup	78	0	30	1.62	1.23	94.2	10305	596	81.25	2.5	8.2	4.86	0.70	0.00
Orange, Fresh	1 each	65	0	0	3.31	0.14	55.2	311	29	73.42	1.3	16.22	0.17	0.03	0.00
Milk, 1%	1/2 pint	110	15	135	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
Milk, skim	1/2 pint	77	5	95	0.00	0.07	283.5	463	138	0.0	7.64	11.25	0.25	0.18	0.00
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	2	0.05	0.07	3.15	0.07	0.02	0.00
Onion, Diced	1 TBSP	24	0	2	1.14	0.14	12.7	0	0	4.06	0.74	5.48	0.1	0.02	0.00
Relish	1 oz	37	0	230	0.31	0.25	0.9	345	5	0.28	0.1	9.94	0.13	0.02	0.00
Ketchup, Red Gold	9 gm packe	8	0	101	0.00	0.00	0.0	159	32	0.0	0.0	2.12	0.0	0.00	0.00
Mustard, 5 gm pc	1 each	4	0	63	0.05	0.10	4.2	0	0	0.0	0.24	0.32	0.22	0.01	0.00
Assorted Fruit	1 each	62	0	2	2.45	0.19	16.4	96	9	18.51	0.66	16.04	0.18	0.04	*0.00
Weighted Daily Average		632	56	984	8.07	3.26	490.5	10741	1064	108.89	29.57	95.03	16.90	4.05	*0.00
% of Calories											18.7%	60.2%	24.1%	5.8%	*0.0%

Thu - 06/04/2015															
9-12 Cycle Menu 14-15	Total														
Ethiopian - Chicken (Doro Wat)	2 oz	180	126	264	0.77	1.29	13.7	609	90	1.38	20.02	3.58	10.02	2.16	*0.00
Ethiopian - Ground Meat Stew	3 oz portion	147	43	450	1.12	1.93	54.7	145	37	3.03	10.56	6.57	8.75	1.93	*0.00
Ethiopian - Chickpea Wat	4 OZ	121	0	376	5.48	1.13	28.5	812	150	5.56	4.16	18.43	3.43	0.61	*0.00
Hamburger on WW Bun JTM	1 each	262	34	425	4.85	3.38	53.3	0	0	0.0	17.77	31.83	10.26	3.32	0.00
Ethiopian - Collard Greens	1/2 cup	45	1	129	1.28	0.14	47.0	1922	110	10.59	0.93	5.22	2.44	0.37	0.00
Ethiopian - Tom & Cuc Salad HS	1/2 cup	32	0	63	1.18	0.26	14.3	402	33	8.71	0.89	5.81	0.83	0.14	*0.00
Banana, Petite	1 each	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	0.00
Milk, 1%	1/2 pint	110	15	135	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
Milk, skim	1/2 pint	77	5	95	0.00	0.07	283.5	463	138	0.0	7.64	11.25	0.25	0.18	0.00
Assorted Fruit	1 each	62	0	2	2.45	0.19	16.4	96	9	18.51	0.66	16.04	0.18	0.04	*0.00
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	2	0.05	0.07	3.15	0.07	0.02	0.00
Weighted Daily Average		399	69	576	6.28	2.35	372.4	2173	247	24.02	24.41	53.07	12.20	3.63	*0.00
% of Calories											24.5%	53.3%	27.5%	8.2%	*0.0%

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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Chartwells District of Columbia

9-12 Cycle Menu 14-15

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 06/05/2015															
9-12 Cycle Menu 14-15	Total														
Buffalo Chicken Wrap	1 each	285	56	746	3.73	2.75	184.5	1567	313	10.86	23.2	33.79	6.77	1.93	0.00
Spicy Chicken Pizza, Round	1 slice	375	45	1037	5.75	3.68	246.2	506	112	7.05	26.46	44.84	10.8	3.86	*0.00
Veggie Lovers WW Pizza, Round	1 slice	408	36	905	5.95	3.59	469.3	472	133	12.22	24.8	47.1	14.15	6.39	*0.00
Cheese WW Pizza, Round	1 slice	411	36	905	5.85	3.58	468.6	389	124	6.44	24.79	46.27	14.93	6.50	0.00
Grilled Chicken WW Sandwich	1 Each	247	61	536	3.85	2.11	39.5	96	19	0.0	28.05	30.84	3.97	0.51	0.00
Lettuce & Tomato Set Up	1 Each	7	0	2	0.59	0.20	7.1	1424	52	3.93	0.39	1.42	0.09	0.01	*0.00
Salad, BBQ Chicken (Outtakes)	1 Each	375	36	938	5.61	2.89	284.5	5024	311	2.72	20.04	54.31	8.98	3.02	0.00
Fiesta Black Beans, Legume	1/2 cup	103	0	513	4.45	0.13	2.3	246	29	0.01	5.97	17.98	0.52	0.02	0.00
Baby Carrots HS Red/Orange	1/2 cup	30	0	24	2.09	0.35	18.8	19617	1962	6.49	0.72	7.07	0.0	0.00	0.00
Grape Juice	4 oz	80	0	10	0.00	0.00	0.0	0	0	0.0	0.0	20.0	0.0	0.00	0.00
Assorted Fruit	1 each	62	0	2	2.45	0.19	16.4	96	9	18.51	0.66	16.04	0.18	0.04	*0.00
Milk,1%	1/2 pint	110	15	135	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
Milk,skim	1/2 pint	77	5	95	0.00	0.07	283.5	463	138	0.0	7.64	11.25	0.25	0.18	0.00
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	2	0.05	0.07	3.15	0.07	0.02	0.00
Mayo, Light PC	1 packet	37	4	75	0.00	0.00	0.0	0	0	0.0	0.0	1.66	3.33	0.42	0.00
Weighted Daily Average		619	63	1372	8.92	3.86	561.3	9571	1068	15.18	38.09	87.01	14.34	5.24	*0.00
% of Calories											24.6%	56.3%	20.9%	7.6%	*0.0%

Mon - 06/08/2015															
9-12 Cycle Menu 14-15	Total														
Veggie Chili	1 Cup	243	15	798	8.72	2.13	130.6	418	84	12.06	13.56	35.53	4.84	3.00	0.00
Chicken Nuggets	5 nuggets	220	50	490	0.00	0.72	0.0	0	0	0.0	18.0	12.0	11.0	2.50	0.00
Mumbo Sauce	1 oz	37	0	241	0.12	0.06	1.7	416	77	0.04	0.08	9.4	0.03	0.01	*0.00
Whole Wheat Dinner Roll NEW	1 Each	94	0	168	2.69	0.97	0.0	0	0	0.0	4.03	20.16	1.34	0.00	0.00
Salad, Garden w/ Chs(Outtakes)	1 each	382	60	613	5.24	2.68	439.6	4895	259	5.45	20.75	33.21	21.89	12.43	*0.00
Roma Roasted Red Potatoes	1/2 cup	119	0	0	1.64	0.15	6.3	7	1	2.96	1.81	17.23	4.35	0.63	0.00
Baby Carrots HS Red/Orange	1/2 cup	30	0	24	2.09	0.35	18.8	19617	1962	6.49	0.72	7.07	0.0	0.00	0.00
Apple, Fresh	1 each	95	0	2	4.37	0.22	10.9	98	9	8.37	0.47	25.13	0.31	0.05	0.00
Milk,1%	1/2 pint	110	15	135	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
Milk,skim	1/2 pint	77	5	95	0.00	0.07	283.5	463	138	0.0	7.64	11.25	0.25	0.18	0.00
Assorted Fruit	1 each	62	0	2	2.45	0.19	16.4	96	9	18.51	0.66	16.04	0.18	0.04	*0.00
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	2	0.05	0.07	3.15	0.07	0.02	0.00
Weighted Daily Average		543	49	918	8.58	2.12	364.6	9014	988	17.54	28.39	78.94	14.53	4.24	*0.00
% of Calories											20.9%	58.1%	24.1%	7.0%	*0.0%

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Chartwells District of Columbia

Jun 1, 2015 thru Jun 20, 2015 Spreadsheet - Portion Values

May 27, 2015

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9-12 Cycle Menu 14-15

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 06/09/2015															
9-12 Cycle Menu 14-15	Total														
BBQ Turkey on Whole Wheat Bun	Each	271	55	701	4.04	2.58	25.6	277	46	1.31	20.82	37.49	7.47	1.50	*0.00
Cheese WW Pizza, Round	1 slice	411	36	905	5.85	3.58	468.6	389	124	6.44	24.79	46.27	14.93	6.50	0.00
Veggie Lovers WW Pizza, Round	1 slice	408	36	905	5.95	3.59	469.3	472	133	12.22	24.8	47.1	14.15	6.39	*0.00
Hawaiian WW Pizza, Round	1 slice	405	40	931	5.96	3.78	364.1	319	97	8.53	24.67	49.44	13.02	5.29	0.00
Toasted Cheese Sandwich	1 each	284	32	655	2.27	1.23	467.6	524	105	0.0	18.54	30.54	10.15	5.75	0.00
Turkey Pastrami WW	1 each	267	39	886	2.00	2.34	164.6	149	141	*0.0	14.74	32.75	9.48	3.36	0.00
Seasoned Carrots, Red/Orange	1/2 cup	66	0	76	2.21	0.35	24.5	9096	1362	1.6	0.55	5.39	4.79	0.84	0.00
Cucumber Tom Salad HS Other	1/2 cup	26	0	98	0.67	0.19	8.7	402	33	6.89	0.57	3.76	1.18	0.20	*0.00
Pineapple Cup	1/2 cup	66	0	1	1.00	0.49	18.0	48	10	9.4	0.45	16.95	0.15	0.01	0.00
Milk,1%	1/2 pint	110	15	135	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
Milk,skim	1/2 pint	77	5	95	0.00	0.07	283.5	463	138	0.0	7.64	11.25	0.25	0.18	0.00
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	2	0.05	0.07	3.15	0.07	0.02	0.00
Mustard, 5 gm pc	1 each	4	0	63	0.05	0.10	4.2	0	0	0.0	0.24	0.32	0.22	0.01	0.00
Assorted Fruit	1 each	62	0	2	2.45	0.19	16.4	96	9	18.51	0.66	16.04	0.18	0.04	*0.00
Weighted Daily Average		566	62	1181	5.75	2.96	821.4	2074	388	*12.00	36.25	70.92	16.90	8.13	*0.00
% of Calories											25.6%	50.1%	26.9%	12.9%	*0.0%

Wed - 06/10/2015															
9-12 Cycle Menu 14-15	Total														
B.F. - Yummy Lo Mein	1 Cup	*394	*0	*1351	*3.54	*1.79	*66.8	*2543	*395	*11.66	*3.93	*16.98	*32.19	*4.29	*0.00
Turkey Hot Dog WW Bun	1 each	270	40	860	2.00	2.52	120.0	0	0	0.0	12.0	33.0	11.0	2.50	0.00
Mexican Corn Salad HS	1 Cup	396	0	812	8.82	2.03	161.0	941	169	7.05	13.62	66.71	8.88	1.62	*0.00
Roasted Broccoli, Dark Green	1/2 cup	59	0	30	2.34	0.63	43.7	803	161	43.99	2.19	3.73	4.35	0.63	0.00
B.F. - Colorful Salad	1 Cup	52	1	65	2.88	0.52	81.3	12515	2457	3.8	1.75	10.12	0.79	0.26	0.00
B.F. - Sweet Peach Applesauce	1/2 Cup	*76	*0	*27	*1.88	*0.41	*31.8	*306	*43	*20.23	*0.9	*18.38	*0.67	*0.01	*0.00
Milk,1%	1/2 pint	110	15	135	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
Milk,skim	1/2 pint	77	5	95	0.00	0.07	283.5	463	138	0.0	7.64	11.25	0.25	0.18	0.00
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	2	0.05	0.07	3.15	0.07	0.02	0.00
Onion, Diced	1 TBSP	24	0	2	1.14	0.14	12.7	0	0	4.06	0.74	5.48	0.1	0.02	0.00
Relish	1 oz	37	0	230	0.31	0.25	0.9	345	5	0.28	0.1	9.94	0.13	0.02	0.00
Ketchup, Red Gold	9 gm packe	8	0	101	0.00	0.00	0.0	159	32	0.0	0.0	2.12	0.0	0.00	0.00
Mustard, 5 gm pc	1 each	4	0	63	0.05	0.10	4.2	0	0	0.0	0.24	0.32	0.22	0.01	0.00
Assorted Fruit	1 each	62	0	2	2.45	0.19	16.4	96	9	18.51	0.66	16.04	0.18	0.04	*0.00
Weighted Daily Average		*496	*31	*1127	*7.00	*2.70	*466.6	*8190	*1573	*44.40	*18.66	*63.07	*19.73	*4.07	*0.00
% of Calories											*15.1%	*50.9%	*35.8%	*7.4%	*0.0%

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Chartwells District of Columbia

Jun 1, 2015 thru Jun 20, 2015 Spreadsheet - Portion Values

May 27, 2015

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9-12 Cycle Menu 14-15

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 06/11/2015															
9-12 Cycle Menu 14-15	Total														
Whole Grain Mac & Cheese	1 cup	416	56	809	6.00	1.50	417.7	2007	778	0.0	20.42	45.13	18.01	9.18	0.62
Pizza Bagel (Italian Bagel)	1 Each	381	36	707	3.90	2.05	492.4	2523	550	27.0	19.66	40.97	11.48	5.73	0.00
Turkey Ranch WW Wrap	1 Each	328	47	1193	3.09	1.88	254.7	922	295	0.43	24.59	33.75	10.86	4.06	*0.00
Fiesta Black Beans, Legume	1/2 cup	103	0	513	4.45	0.13	2.3	246	29	0.01	5.97	17.98	0.52	0.02	0.00
Broccoli, Fresh HS Dark Green	1/2 cup	15	0	15	1.14	0.32	20.7	274	68	39.25	1.24	2.92	0.16	0.02	0.00
Banana, Petite	1 each	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	0.00
Milk,1%	1/2 pint	110	15	135	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
Milk,skim	1/2 pint	77	5	95	0.00	0.07	283.5	463	138	0.0	7.64	11.25	0.25	0.18	0.00
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	2	0.05	0.07	3.15	0.07	0.02	0.00
Assorted Fruit	1 each	62	0	2	2.45	0.19	16.4	96	9	18.51	0.66	16.04	0.18	0.04	*0.00
Weighted Daily Average		556	50	1138	9.10	1.96	643.8	2400	630	44.42	30.40	78.19	13.74	6.64	*0.19
% of Calories											21.9%	56.3%	22.3%	10.8%	*0.3%

Fri - 06/12/2015															
9-12 Cycle Menu 14-15	Total														
Rachael Ray Capitol City Chick	1 each	318	61	325	0.42	1.02	26.2	521	71	0.19	22.47	1.86	24.42	3.66	0.00
Whole Wheat Dinner Roll NEW	1 Each	94	0	168	2.69	0.97	0.0	0	0	0.0	4.03	20.16	1.34	0.00	0.00
Cheese WW Pizza, Round	1 slice	411	36	905	5.85	3.58	468.6	389	124	6.44	24.79	46.27	14.93	6.50	0.00
Veggie Lovers WW Pizza, Round	1 slice	408	36	905	5.95	3.59	469.3	472	133	12.22	24.8	47.1	14.15	6.39	*0.00
Spicy Chicken Pizza, Round	1 slice	375	45	1037	5.75	3.68	246.2	506	112	7.05	26.46	44.84	10.8	3.86	*0.00
Grilled Chicken WW Sandwich	1 Each	247	61	536	3.85	2.11	39.5	96	19	0.0	28.05	30.84	3.97	0.51	0.00
Lettuce & Tomato Set Up	1 Each	7	0	2	0.59	0.20	7.1	1424	52	3.93	0.39	1.42	0.09	0.01	*0.00
Salad, BBQ Chicken (Outtakes)	1 Each	375	36	938	5.61	2.89	284.5	5024	311	2.72	20.04	54.31	8.98	3.02	0.00
Sweet Potato Mash, Red/Orange	1/2 Cup	172	0	100	5.64	1.17	58.5	25743	3640	*4.37	2.92	40.05	0.26	0.15	0.00
Baby Carrots HS Red/Orange	1/2 cup	30	0	24	2.09	0.35	18.8	19617	1962	6.49	0.72	7.07	0.0	0.00	0.00
Grape Juice	4 oz	80	0	10	0.00	0.00	0.0	0	0	0.0	0.0	20.0	0.0	0.00	0.00
Milk,1%	1/2 pint	110	15	135	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
Milk,skim	1/2 pint	77	5	95	0.00	0.07	283.5	463	138	0.0	7.64	11.25	0.25	0.18	0.00
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	2	0.05	0.07	3.15	0.07	0.02	0.00
Mayo, Light PC	1 packet	37	4	75	0.00	0.00	0.0	0	0	0.0	0.0	1.66	3.33	0.42	0.00
Assorted Fruit	1 each	62	0	2	2.45	0.19	16.4	96	9	18.51	0.66	16.04	0.18	0.04	*0.00
Weighted Daily Average		639	64	993	9.46	3.60	545.5	28556	3577	*16.97	36.28	82.25	19.71	5.49	*0.00
% of Calories											22.7%	51.5%	27.8%	7.7%	*0.0%

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Chartwells District of Columbia

Jun 1, 2015 thru Jun 20, 2015 Spreadsheet - Portion Values

May 27, 2015

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9-12 Cycle Menu 14-15

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 06/15/2015															
9-12 Cycle Menu 14-15	Total														
Panes Rellenos	2 oz	333	58	659	2.37	2.70	90.2	1293	93	1.11	23.69	33.77	12.37	1.94	*0.00
Chicken Nuggets	5 nuggets	220	50	490	0.00	0.72	0.0	0	0	0.0	18.0	12.0	11.0	2.50	0.00
Mumbo Sauce	1 oz	37	0	241	0.12	0.06	1.7	416	77	0.04	0.08	9.4	0.03	0.01	*0.00
Whole Wheat Dinner Roll NEW	1 Each	94	0	168	2.69	0.97	0.0	0	0	0.0	4.03	20.16	1.34	0.00	0.00
Salad, Garden w/ Chs(Outtakes)	1 each	382	60	613	5.24	2.68	439.6	4895	259	5.45	20.75	33.21	21.89	12.43	*0.00
Gar/LemBroccoli Fre Dark Green	1/2 cup	39	0	205	2.64	0.54	32.1	1208	108	51.29	1.93	6.06	1.42	0.22	*0.00
Baby Carrots HS Red/Orange	1/2 cup	30	0	24	2.09	0.35	18.8	19617	1962	6.49	0.72	7.07	0.0	0.00	0.00
Apple, Fresh	1 each	95	0	2	4.37	0.22	10.9	98	9	8.37	0.47	25.13	0.31	0.05	0.00
Milk,1%	1/2 pint	110	15	135	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
Milk,skim	1/2 pint	77	5	95	0.00	0.07	283.5	463	138	0.0	7.64	11.25	0.25	0.18	0.00
Dressing Packets, Salad	1 each	7	0	64	0.03	0.01	1.4	4	1	0.03	0.04	1.57	0.03	0.01	0.00
Assorted Fruit	1 each	62	0	2	2.45	0.19	16.4	96	9	18.51	0.66	16.04	0.18	0.04	*0.00
Weighted Daily Average		580	66	1112	9.40	2.76	401.7	12165	1261	47.19	33.08	82.02	16.51	4.81	*0.00
% of Calories											22.8%	56.6%	25.6%	7.5%	*0.0%

Tue - 06/16/2015															
9-12 Cycle Menu 14-15	Total														
Spaghetti WW w. Marinara	1 cup	493	36	432	10.26	2.92	464.5	2523	550	27.0	25.58	70.93	12.91	5.89	0.00
Cheese WW Pizza, Round	1 slice	411	36	905	5.85	3.58	468.6	389	124	6.44	24.79	46.27	14.93	6.50	0.00
Veggie Lovers WW Pizza, Round	1 slice	408	36	905	5.95	3.59	469.3	472	133	12.22	24.8	47.1	14.15	6.39	*0.00
Hawaiian WW Pizza, Round	1 slice	405	40	931	5.96	3.78	364.1	319	97	8.53	24.67	49.44	13.02	5.29	0.00
Toasted Cheese Sandwich	1 each	284	32	655	2.27	1.23	467.6	524	105	0.0	18.54	30.54	10.15	5.75	0.00
Turkey Pastrami WW	1 each	267	39	886	2.00	2.34	164.6	149	141	*0.0	14.74	32.75	9.48	3.36	0.00
Green Beans Italiano, Other	1/2 cup	64	0	39	2.39	0.75	40.3	444	33	3.26	1.18	5.11	4.62	0.83	0.00
Romaine TomSalad HS Dark Green	1 cup	11	0	4	1.16	0.49	17.0	4214	131	3.85	0.7	2.11	0.17	0.02	*0.00
Pineapple Cup	1/2 cup	66	0	1	1.00	0.49	18.0	48	10	9.4	0.45	16.95	0.15	0.01	0.00
Milk,1%	1/2 pint	110	15	135	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
Milk,skim	1/2 pint	77	5	95	0.00	0.07	283.5	463	138	0.0	7.64	11.25	0.25	0.18	0.00
Assorted Fruit	1 each	62	0	2	2.45	0.19	16.4	96	9	18.51	0.66	16.04	0.18	0.04	*0.00
Mustard, 5 gm pc	1 each	4	0	63	0.05	0.10	4.2	0	0	0.0	0.24	0.32	0.22	0.01	0.00
Weighted Daily Average		535	37	739	9.88	3.98	597.5	3760	399	*28.71	27.00	74.17	16.24	6.27	*0.00
% of Calories											20.2%	55.5%	27.3%	10.6%	*0.0%

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Chartwells District of Columbia

Jun 1, 2015 thru Jun 20, 2015 Spreadsheet - Portion Values

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9-12 Cycle Menu 14-15

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 06/17/2015															
9-12 Cycle Menu 14-15	Total														
Tuna Melt WW Sandwich	1 EACH	357	35	1142	6.38	2.57	208.8	341	150	0.17	23.23	38.38	12.25	3.39	0.00
Turkey Hot Dog WW Bun	1 each	270	40	860	2.00	2.52	120.0	0	0	0.0	12.0	33.0	11.0	2.50	0.00
Salad, Garden w/ Chs(Outtakes)	1 each	382	60	613	5.24	2.68	439.6	4895	259	5.45	20.75	33.21	21.89	12.43	*0.00
Sweet Potato Wedges,Red/Orange	1/2 cup	134	0	129	3.09	0.37	20.6	3600	802	6.17	1.03	21.6	4.63	0.51	0.00
Vegetarian Bean Dip HS	4 oz	174	0	628	6.99	3.41	79.7	629	148	2.46	7.54	29.57	3.14	0.31	0.00
Orange, Fresh	1 each	65	0	0	3.31	0.14	55.2	311	29	73.42	1.3	16.22	0.17	0.03	0.00
Milk,1%	1/2 pint	110	15	135	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
Milk,skim	1 Cup	77	5	95	0.00	0.07	283.5	463	138	0.0	7.64	11.25	0.25	0.18	0.00
Dressing Packets, Salad	1 each	7	0	64	0.03	0.01	1.4	4	1	0.03	0.04	1.57	0.03	0.01	0.00
Onion, Diced	1 TBSP	24	0	2	1.14	0.14	12.7	0	0	4.06	0.74	5.48	0.1	0.02	0.00
Relish	1 oz	37	0	230	0.31	0.25	0.9	345	5	0.28	0.1	9.94	0.13	0.02	0.00
Ketchup, Red Gold	9 gm packe	8	0	101	0.00	0.00	0.0	159	32	0.0	0.0	2.12	0.0	0.00	0.00
Mustard, 5 gm pc	1 each	4	0	63	0.05	0.10	4.2	0	0	0.0	0.24	0.32	0.22	0.01	0.00
Assorted Fruit	1 each	62	0	2	2.45	0.19	16.4	96	9	18.51	0.66	16.04	0.18	0.04	*0.00
Weighted Daily Average		522	43	1033	8.30	2.48	512.5	4068	841	63.62	23.33	76.38	15.11	4.26	*0.00
% of Calories											17.9%	58.5%	26.0%	7.3%	*0.0%

Thu - 06/18/2015															
9-12 Cycle Menu 14-15	Total														
Veggie Chili	1 Cup	243	15	798	8.72	2.13	130.6	418	84	12.06	13.56	35.53	4.84	3.00	0.00
Cornbread WG	1 Each	216	41	401	3.15	0.94	46.5	114	33	0.0	6.5	38.48	4.36	0.74	0.00
Santa Fe Burger	1 each	295	41	539	5.06	3.82	105.2	161	32	0.63	19.75	32.92	12.54	4.82	0.00
Lettuce & Tomato Set Up	1 Each	7	0	2	0.59	0.20	7.1	1424	52	3.93	0.39	1.42	0.09	0.01	*0.00
Turkey Ranch WW Wrap	1 Each	328	47	1193	3.09	1.88	254.7	922	295	0.43	24.59	33.75	10.86	4.06	*0.00
Baked Beans, Legumes	1/2 cup	200	0	523	4.28	1.31	44.2	352	70	0.06	4.91	33.67	2.64	0.48	0.00
Baby Carrots HS Red/Orange	1/2 cup	30	0	24	2.09	0.35	18.8	19617	1962	6.49	0.72	7.07	0.0	0.00	0.00
Banana, Petite	1 each	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	0.00
Milk,1%	1/2 pint	110	15	135	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
Milk,skim	1/2 pint	77	5	95	0.00	0.07	283.5	463	138	0.0	7.64	11.25	0.25	0.18	0.00
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	2	0.05	0.07	3.15	0.07	0.02	0.00
Assorted Fruit	1 each	62	0	2	2.45	0.19	16.4	96	9	18.51	0.66	16.04	0.18	0.04	*0.00
Weighted Daily Average		519	52	1155	10.90	3.32	359.4	13011	1410	21.20	26.63	81.50	11.33	4.53	*0.00
% of Calories											20.5%	62.9%	19.7%	7.9%	*0.0%

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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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.

Chartwells District of Columbia

9-12 Cycle Menu 14-15

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 06/19/2015															
9-12 Cycle Menu 14-15															
	Total														
Open Faced Turkey Sandwich	6 slices	252	38	1113	6.04	*1.46	*122.2	*0	*0	*0.0	*25.78	30.18	3.53	0.00	0.00
Spicy Chicken Pizza, Round	1 slice	375	45	1037	5.75	3.68	246.2	506	112	7.05	26.46	44.84	10.8	3.86	*0.00
Cheese WW Pizza, Round	1 slice	411	36	905	5.85	3.58	468.6	389	124	6.44	24.79	46.27	14.93	6.50	0.00
Veggie Lovers WW Pizza, Round	1 slice	408	36	905	5.95	3.59	469.3	472	133	12.22	24.8	47.1	14.15	6.39	*0.00
Grilled Chicken WW Sandwich	1 Each	247	61	536	3.85	2.11	39.5	96	19	0.0	28.05	30.84	3.97	0.51	0.00
Lettuce & Tomato Set Up	1 Each	7	0	2	0.59	0.20	7.1	1424	52	3.93	0.39	1.42	0.09	0.01	*0.00
Salad, BBQ Chicken (Outtakes)	1 Each	375	36	938	5.61	2.89	284.5	5024	311	2.72	20.04	54.31	8.98	3.02	0.00
Mashed Potato	1/2 Cup	61	0	29	0.66	0.12	2.4	1	0	3.43	0.78	8.26	2.72	0.52	0.00
Gravy	2 oz	0	0	2	0.00	*0.01	*1.5	*0	*0	*0.0	0.0	0.0	0.0	0.00	0.00
Broccoli, Fresh HS Dark Green	1/2 cup	15	0	15	1.14	0.32	20.7	274	68	39.25	1.24	2.92	0.16	0.02	0.00
Grape Juice	4 oz	80	0	10	0.00	0.00	0.0	0	0	0.0	0.0	20.0	0.0	0.00	0.00
Milk, 1%	1/2 pint	110	15	135	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
Milk, skim	1/2 pint	77	5	95	0.00	0.07	283.5	463	138	0.0	7.64	11.25	0.25	0.18	0.00
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	2	0.05	0.07	3.15	0.07	0.02	0.00
Mayo, Light PC	1 packet	37	4	75	0.00	0.00	0.0	0	0	0.0	0.0	1.66	3.33	0.42	0.00
Assorted Fruit	1 each	62	0	2	2.45	0.19	16.4	96	9	18.51	0.66	16.04	0.18	0.04	*0.00
Weighted Daily Average		592	53	1273	7.58	*3.18	*618.1	*1249	*238	*32.83	*35.37	82.33	14.56	5.35	*0.00
% of Calories											*23.9%	55.6%	22.1%	8.1%	*0.0%

Weighted Average		*555	*53	*1029	*8.23	*2.94	*514.0	*7885	*1011	*34.84	*29.68	*77.81	*15.59	*5.12	*0.01
											*21.4%	*56.1%	*25.3%	*8.3%	*0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	555		750 - 850	74%	Missing	195		Correction Required - Calories are Low
Cholesterol (mg)	53				Missing			
Sodium (mg)	1029		1420		Missing			*Target effective with 2014-2015 School Year!
Fiber (g)	8.23				Missing			
Iron (mg)	2.94				Missing			
Calcium (mg)	514.0				Missing			
Vitamin A (IU)	7885				Missing			
Vitamin A (RE)	1011				Missing			
Vitamin C (mg)	34.84				Missing			
Protein (g)	29.68	21.39%			Missing			
Carbohydrate (g)	77.81	56.06%			Missing			
Total Fat (g)	15.59	25.27%			Missing			
Saturated Fat (g)	5.12	8.29%	<10.00%		Missing			
Trans Fat ¹ (g)	0.01	0.02%			Missing			

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