Sodexo

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

K5 Lunch

Weighted Values - Detailed

Generated on: 1/25/2017 12:18:20 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wed - 02/01/2017									
K5 Lunch	Total								
MAC & CHEESE:K12-1%	2/3 cup	102	235	3	5.02	11.96	3.85	1.86	0.00
BREADSTICK GARLIC KNOTS	1 knot	29	30	*0	0.93	4.64	0.76	0.03	0.00
TURKEY SUDANESE:DCPS	2/3 cup	26	80	*1	3.73	2.32	0.41	0.12	0.00
RICE BROWN CKD:K12	1/2 cup	23	0	0	0.55	5.1	0.14	0.00	0.00
WRAP FT TURKEY:K5	1 wrap	112	387	1	5.77	8.73	5.93	2.20	0.00
SALAD FT CHICKEN DIPPER:DC-K5	1 salad	30	53	*0	2.97	1.7	1.37	0.69	0.00
ROLL DINNER:2G	1 roll	34	27	1	1.4	5.58	0.6	0.10	0.00
PEAS GREEN:from frozen	3/4 cup	56	159	3	3.98	9.56	0.0	0.00	0.00
CELERY STICKS	1/2 cup	2	12	0	0.1	0.44	0.03	0.01	0.00
CARROTS BABY FRESH	1/2 cup	5	11	1	0.09	1.16	0.02	0.00	0.00
BROCCOLI FRESH	1/2 CUP	7	7	0	0.62	1.46	0.08	0.01	0.00
TOMATO CHERRY	1/2 cup	1	0	0	0.07	0.29	0.01	0.00	0.00
PINEAPPLE TIDBITS CND	1/2 CUP	34	0	7	0.0	7.71	0.0	0.00	0.00
BANANAS PETITE:150ct	1 EACH	53	1	*N/A*	0.64	13.48	0.19	0.06	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
DRESSING RANCH	1 TBSP	5	8	0	0.0	0.1	0.45	0.08	0.00
Weighted Daily Average		623	1112	*29	33.87	86.85	15.83	6.36	0.00
% of Calories				*18.8%	21.7%	55.7%	22.9%	9.2%	0.0%
Nutrient Guideline		550-650	1230					<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.

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Thu - 02/02/2017									
K5 Lunch	Total								
SAND BRKFST BAGEL HAM:K12	1 sandwich	95	245	*0	4.52	11.75	3.71	1.29	0.00
STIR FRY VEG SWT-SOUR:G912	1/2 cup	42	82	6	0.23	8.76	0.78	0.03	0.00
CHICKEN DIPPERS:DCPS	5 nuggets	45	96	0	6.89	0.34	1.72	0.34	0.00
RICE BROWN CKD:K12	1/2 cup	35	1	0	0.83	7.65	0.21	0.00	0.00
SAND COLD SB&J:K12	1 sandwich	115	104	*2	4.0	10.22	6.8	0.80	0.00
SALAD FT CHEF:K5	1 salad	29	70	*0	2.53	0.99	1.69	0.73	0.00
ROLL DINNER:2G	1 roll	34	27	1	1.4	5.58	0.6	0.10	0.00
POTATO ROASTERS	3/4 cup	63	72	*N/A*	0.9	11.27	1.58	0.23	0.00
CELERY STICKS	1/2 cup	2	12	0	0.1	0.44	0.03	0.01	0.00
CARROTS BABY FRESH	1/2 cup	5	11	1	0.09	1.16	0.02	0.00	0.00
BROCCOLI FRESH	1/2 CUP	3	3	0	0.25	0.58	0.03	0.00	0.00
TOMATO CHERRY	1/2 cup	1	0	0	0.07	0.29	0.01	0.00	0.00
MELON CANTALOUPE CUBES	1/2 cup	29	14	*N/A*	0.71	6.94	0.16	0.04	0.00
JUICE ORANGE 100%	4 oz cup	30	0	6	0.0	7.0	0.0	0.00	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
DRESSING RANCH	1 TBSP	5	8	0	0.0	0.1	0.45	0.08	0.00
SYRUP PANCAKE CUP	1 cup	36	0	*N/A*	0.0	9.2	0.0	0.00	0.00
Weighted Daily Average		674	847	*28	30.50	94.89	19.79	4.86	0.00
% of Calories				*16.9%	18.1%	56.3%	26.4%	6.5%	0.0%
Nutrient Guideline		550-650	1230					<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.

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Fri - 02/03/2017									
K5 Lunch	Total								
CHICKEN Classic Drumstick:K12	1 drumstick	100	199	0	9.96	1.24	6.22	1.56	0.00
RICE SPANISH	2/3 cup	66	108	*0	1.65	12.75	1.11	0.06	0.00
BREADSTICK:K12	1 breadstick	32	40	*N/A*	1.2	6.0	0.4	0.00	0.00
SAND BURGER GARDEN:K12	1 burger	42	132	*1	3.4	6.4	1.0	0.00	0.00
SAND FT TURKEY:K5	1 sandwich	73	313	1	5.04	6.76	3.28	1.39	0.00
SALAD FT TUNA:K5	1 salad	14	62	*0	2.45	1.0	0.03	0.01	0.00
ROLL DINNER:2G	1 roll	25	20	0	1.05	4.19	0.45	0.07	0.00
BEANS SEASONED BLACK K5:veg	3/4 cup	45	51	*1	2.52	8.87	0.2	0.01	0.00
CELERY STICKS	1/2 cup	2	12	0	0.1	0.44	0.03	0.01	0.00
CARROTS BABY FRESH	1/2 cup	5	11	1	0.09	1.16	0.02	0.00	0.00
BEANS MEXICAN:veg	1/2 cup	10	29	*0	0.59	1.99	0.05	0.00	0.00
TOMATO CHERRY	1/2 cup	1	0	0	0.07	0.29	0.01	0.00	0.00
APPLE WHOLE:163ct	1 EACH	29	1	*N/A*	0.14	7.63	0.09	0.02	0.00
BANANAS PETITE:150ct	1 EACH	53	1	*N/A*	0.64	13.48	0.19	0.06	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
LETTUCE SHRED	1/2 cup	1	1	*N/A*	0.08	0.17	0.02	0.00	0.00
MUSTARD	1 TBSP	0	17	0	0.0	0.0	0.0	0.00	0.00
DRESSING RANCH	1 TBSP	7	11	0	0.0	0.15	0.68	0.11	0.00
MAYONNAISE	1 TBSP	5	13	*N/A*	0.0	0.2	0.4	0.05	0.00
Weighted Daily Average		614	1123	*17	36.99	85.30	16.18	4.55	0.00
% of Calories				*11.1%	24.1%	55.6%	23.7%	6.7%	0.0%
Nutrient Guideline		550-650	1230					<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.

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Mon - 02/06/2017									
K5 Lunch	Total								
MAC & SUPER:K12-1%	2/3 cup	114	219	*2	5.7	12.48	4.74	2.34	0.00
FLATBREAD SEASONED:1G	1 flatbread	29	44	*0	0.77	4.02	1.13	0.18	0.00
SAND BURGER CAPRESE TURKY:K12	1 burger	93	234	*1	7.01	8.49	4.09	1.03	0.00
SAND FT Cured Turkey:K5	1 sandwich	59	225	1	4.17	5.13	2.81	1.21	0.00
SALAD FT CHICKEN DIPPER:DC-K5	1 salad	30	53	*0	2.97	1.7	1.37	0.69	0.00
ROLL DINNER:2G	1 roll	34	27	1	1.4	5.58	0.6	0.10	0.00
BROCCOLI TREES:roasted	3/4 cup	14	8	0	0.74	1.85	0.59	0.05	0.00
SALAD MIX	1/2 CUP	1	1	0	0.05	0.1	0.01	0.00	0.00
SALAD SIDE WHITE BEAN & JICAMA	1/2 cup	10	9	*0	0.23	1.1	0.57	0.04	0.00
CELERY STICKS	1/2 cup	1	6	0	0.05	0.22	0.01	0.00	0.00
TOMATO DICED	1/2 cup	2	1	0	0.11	0.46	0.02	0.00	0.00
APPLE WHOLE:163ct	1 EACH	29	1	*N/A*	0.14	7.63	0.09	0.02	0.00
PEARS DICED CND	1/2 CUP	30	5	6	0.0	7.0	0.0	0.00	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
DRESSING RANCH	1/2 cup	2	4	0	0.0	0.05	0.23	0.04	0.00
SAUCE HONEY BBQ	1/8 cup	5	37	*0	0.08	1.16	0.0	0.00	0.00
CELERY STICKS	1 TBSP	2	12	0	0.1	0.44	0.03	0.01	0.00
MAYONNAISE	1 TBSP	5	13	*N/A*	0.0	0.2	0.4	0.05	0.00
LETTUCE SHRED	1/2 cup	0	0	*N/A*	0.04	0.08	0.01	0.00	0.00
MUSTARD	1 TBSP	0	17	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		566	1017	*25	31.56	70.31	18.69	6.96	0.00
% of Calories				*17.5%	22.3%	49.7%	29.8%	11.1%	0.0%
Nutrient Guideline		550-650	1230					<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.

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Tue - 02/07/2017									
K5 Lunch	Total								
PIZZA SMART Turk PEPPERONI:K8	1 slice	185	432	7	13.0	16.3	7.4	2.85	0.00
PIZZA SMART CHEESE:K8	1 slice	120	232	6	6.0	14.8	4.4	1.60	0.00
WRAP FT SOUTHERN BBQ:K5	1 wrap	32	69	1	2.13	3.51	1.02	0.40	0.00
SALAD FT SPINACH:K5	1 salad	15	23	*0	1.14	1.14	0.64	0.26	0.00
ROLL DINNER:1G	1 roll	8	7	*N/A*	0.35	1.4	0.15	0.03	0.00
CAULIFLOWER CURRY	3/4 cup	50	24	*0	1.58	4.34	3.51	0.29	0.00
SALAD Spinach MIX Salad Bar	1 CUP	2	5	0	0.21	0.42	0.02	0.00	0.00
SALAD SIDE WHITE BEAN & JICAMA	1/2 cup	20	19	*0	0.46	2.2	1.14	0.08	0.00
CELERY STICKS	1/2 cup	2	12	0	0.1	0.44	0.03	0.01	0.00
TOMATO DICED	1/2 cup	2	1	0	0.11	0.46	0.02	0.00	0.00
APPLESAUCE CUP Cinnamon	1 CUP	25	8	6	0.0	7.0	0.0	0.00	0.00
GRAPES WHOLE	1/2 cup	28	1	7	0.27	7.29	0.15	0.05	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
DRESSING RANCH	1 TBSP	5	8	0	0.0	0.1	0.45	0.08	0.00
Weighted Daily Average		599	940	*39	33.35	72.01	20.93	6.84	0.00
% of Calories				*26.0%	22.3%	48.1%	31.4%	10.3%	0.0%
Nutrient Guideline		550-650	1230					<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.

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wed - 02/08/2017									
K5 Lunch	Total								
MEATLOAF TURK CHIPOTLE BBQ:K12	1 meatloaf	55	224	*2	5.42	4.8	1.75	0.58	0.00
ROLL DINNER:1G	1 roll	25	20	*N/A*	1.05	4.2	0.45	0.08	0.00
SAND BURGER BISTRO BEEF:DC-K5	1 burger	78	161	*1	4.51	8.54	2.9	0.70	0.00
SAND FT GARDEN:K5	1 sandwich	66	215	1	3.41	5.68	3.59	1.65	0.00
SALAD FT ASIAN:K5	1 salad	28	25	*1	3.83	1.81	0.64	0.16	0.00
POTATO MASHED:instant	3/4 cup	101	108	1	1.83	19.22	1.37	0.92	0.00
SALAD Spinach MIX Salad Bar	1 CUP	2	5	0	0.21	0.42	0.02	0.00	0.00
SALAD SIDE WHITE BEAN & JICAMA	1/2 cup	10	9	*0	0.23	1.1	0.57	0.04	0.00
CELERY STICKS	1/2 cup	1	6	0	0.05	0.22	0.01	0.00	0.00
TOMATO DICED	1/2 cup	2	1	0	0.11	0.46	0.02	0.00	0.00
BANANAS PETITE:150ct	1 EACH	53	1	*N/A*	0.64	13.48	0.19	0.06	0.00
RAISINS	1/4 cup	58	4	*N/A*	0.45	13.95	0.0	0.00	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
MAYONNAISE	1 TBSP	5	13	*N/A*	0.0	0.2	0.4	0.05	0.00
MUSTARD	1 TBSP	0	17	0	0.0	0.0	0.0	0.00	0.00
LETTUCE SHRED	1/2 cup	0	0	*N/A*	0.04	0.08	0.01	0.00	0.00
DRESSING RANCH	1 TBSP	5	8	0	0.0	0.1	0.45	0.08	0.00
KETCHUP	1 TBSP	6	48	*N/A*	0.0	1.5	0.0	0.00	0.00
Weighted Daily Average		599	967	*18	29.79	88.37	14.39	5.52	0.00
% of Calories				*12.1%	19.9%	59.0%	21.6%	8.3%	0.0%
Nutrient Guideline		550-650	1230					<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.

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Thu - 02/09/2017									
K5 Lunch	Total								
QUESADILLA FAJITA VEGGIE:K12	1 quesadilla	108	154	*1	4.9	8.16	6.15	2.92	0.00
SAND HOT BBQ HONEYCHICKEN:DCPS	1 burger	68	182	*2	4.9	9.57	1.41	0.23	0.00
SAND FT AMERICAN:K5	1 sandwich	74	297	1	5.13	6.58	3.4	1.45	0.00
SALAD FT CAESAR:K5	1 salad	44	113	*0	4.98	2.24	2.03	0.51	0.00
ROLL DINNER:1G	1 roll	21	17	*N/A*	0.88	3.5	0.37	0.06	0.00
VEGGIE BLEND FIESTA	3/4 cup	51	109	*2	1.41	8.27	1.61	0.12	0.00
SALAD SIDE GARDEN	1 cup	2	3	0	0.11	0.36	0.01	0.00	0.00
SALAD SIDE WHITE BEAN & JICAMA	1/2 cup	10	9	*0	0.23	1.1	0.57	0.04	0.00
CELERY STICKS	1/2 cup	1	6	0	0.05	0.22	0.01	0.00	0.00
TOMATO DICED	1/2 cup	2	1	0	0.11	0.46	0.02	0.00	0.00
APPLE WHOLE:163ct	1 EACH	29	1	*N/A*	0.14	7.63	0.09	0.02	0.00
ORANGE BITES:138ct	1/2 cup	31	0	*N/A*	0.63	7.83	0.08	0.01	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
SALSA BASE:cnd	1/8 cup	3	16	*0	0.14	0.7	0.01	0.00	0.00
DRESSING RANCH	1 TBSP	5	8	0	0.0	0.1	0.45	0.08	0.00
MUSTARD	1 TBSP	0	13	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE	1 TBSP	4	10	*N/A*	0.0	0.16	0.32	0.04	0.00
LETTUCE SHRED	1/2 cup	0	0	*N/A*	0.04	0.08	0.01	0.00	0.00
Weighted Daily Average		558	1041	*18	31.63	69.57	18.54	6.69	0.00
% of Calories				*13.1%	22.7%	49.9%	29.9%	10.8%	0.0%
Nutrient Guideline		550-650	1230					<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.

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Fri - 02/10/2017									
K5 Lunch	Total								
EGG BOILED WHOLE:med	1 medium egg	21	16	0	1.58	0.26	1.32	0.40	0.00
SAUSAGE TURKEY PATTY	1 patty	18	24	0	1.8	0.0	1.35	0.45	0.00
FRENCH TOAST STICKS:1.25G	2 sticks	45	57	2	0.9	6.48	1.96	0.45	0.00
ENCHILADA BEAN:DCPS	1 enchilada	111	334	*1	4.62	15.01	3.54	1.48	0.00
WRAP FT CHICKEN SALAD:K5	1 wrap	69	110	*1	4.6	6.15	2.92	0.55	0.00
SALAD FT SOUTHWEST:K5	1 salad	37	79	*0	3.31	2.36	1.75	0.58	0.00
ROLL DINNER:1G	1 roll	17	13	*N/A*	0.7	2.8	0.3	0.05	0.00
POTATO SWT BITES	3/4 cup	54	45	*N/A*	0.45	8.56	1.8	0.23	0.00
SALAD Spinach MIX Salad Bar	1 CUP	2	5	0	0.21	0.42	0.02	0.00	0.00
SALAD SIDE WHITE BEAN & JICAMA	1/2 cup	20	19	*0	0.46	2.2	1.14	0.08	0.00
CELERY STICKS	1/2 cup	2	12	0	0.1	0.44	0.03	0.01	0.00
TOMATO DICED	1/2 cup	4	1	1	0.21	0.93	0.05	0.01	0.00
BANANAS PETITE:150ct	1 EACH	53	1	*N/A*	0.64	13.48	0.19	0.06	0.00
JUICE ORANGE 100%	4 oz cup	30	0	6	0.0	7.0	0.0	0.00	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
SALSA BASE:cnd	1/8 cup	3	16	*0	0.14	0.7	0.01	0.00	0.00
DRESSING RANCH	1 TBSP	5	8	0	0.0	0.1	0.45	0.08	0.00
LETTUCE SHRED	1/2 cup	0	0	*N/A*	0.04	0.08	0.01	0.00	0.00
MAYONNAISE	1 TBSP	5	13	*N/A*	0.0	0.2	0.4	0.05	0.00
MUSTARD	1 TBSP	0	17	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		602	871	*24	27.78	79.78	19.24	5.67	0.00
% of Calories				*16.1%	18.5%	53.0%	28.8%	8.5%	0.0%
Nutrient Guideline		550-650	1230					<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.

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Mon - 02/13/2017									
K5 Lunch	Total								
TURKEY GRAVY:K12	3/8 cup	44	150	*0	5.15	1.34	2.06	0.55	0.00
ROLL DINNER:1G	1 roll	25	20	*N/A*	1.05	4.2	0.45	0.08	0.00
SAND BURGER BEEF:K5	1 burger	69	119	1	4.5	8.1	2.1	0.60	0.00
WRAP FT CHEF:K5	1 wrap	63	202	*0	3.38	5.82	2.94	1.01	0.00
SALAD ENT HOPPIN JOHN:K12	1 salad	50	70	*0	1.74	8.94	0.81	0.12	0.00
ROLL DINNER:1G	1 roll	17	13	*N/A*	0.7	2.8	0.3	0.05	0.00
POTATO SWT MASHED:instant	3/4 cup	92	213	*0	1.38	21.18	0.2	0.09	0.00
SALAD Spinach MIX Salad Bar	1 CUP	3	7	0	0.32	0.63	0.04	0.01	0.00
CORN ROASTED	3/4 cup	34	0	*N/A*	1.01	6.42	0.34	0.00	0.00
BEANS INDIAN:veg	3/4 cup	48	33	*2	1.53	8.02	1.26	0.08	0.00
CUCUMBER SLICES	3/4 cup	5	1	1	0.2	1.11	0.03	0.01	0.00
APPLE WHOLE:163ct	1 EACH	29	1	*N/A*	0.14	7.63	0.09	0.02	0.00
PEACHES DICED CND	1/2 CUP	25	5	5	0.0	6.0	0.0	0.00	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
MUSTARD	1 TBSP	0	17	0	0.0	0.0	0.0	0.00	0.00
KETCHUP	1 TBSP	2	16	*N/A*	0.0	0.5	0.0	0.00	0.00
LETTUCE SHRED	1/2 cup	0	0	*N/A*	0.04	0.08	0.01	0.00	0.00
MAYONNAISE	1 TBSP	5	13	*N/A*	0.0	0.2	0.4	0.05	0.00
Weighted Daily Average		615	981	*21	29.14	95.57	13.03	3.86	0.00
% of Calories				*13.9%	18.9%	62.1%	19.1%	5.6%	0.0%
Nutrient Guideline		550-650	1230					<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.

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Tue - 02/14/2017									
K5 Lunch	Total								
COUSCOUS MOROCCAN CHICKEN:DCPS	1 bowl	105	158	*3	7.72	13.51	2.27	0.64	0.00
BREADSTICK CINNAMON WHEEL	1 wheel	28	32	*0	0.9	5.04	0.52	0.10	0.00
SAND HOT HAM & CHEESE:onsite	1 sandwich	78	268	1	6.33	8.59	2.55	0.83	0.00
SAND FT AMERICAN:K5	1 sandwich	59	238	1	4.1	5.27	2.72	1.16	0.00
SALAD FT SPINACH:K5	1 salad	29	46	*0	2.28	2.29	1.28	0.51	0.00
ROLL DINNER:1G	1 roll	17	13	*N/A*	0.7	2.8	0.3	0.05	0.00
LENTILS:veg	3/4 cup	42	7	0	4.8	11.4	0.0	0.00	0.00
SALAD SIDE CAESAR:bulk	1 cup	23	99	0	0.51	1.31	1.9	0.43	0.00
CORN ROASTED	1/2 cup	30	0	*N/A*	0.9	5.71	0.3	0.00	0.00
BEANS INDIAN:veg	1/2 cup	32	22	*1	1.02	5.35	0.84	0.05	0.00
CUCUMBER SLICES	1/2 cup	2	0	0	0.09	0.49	0.01	0.01	0.00
APPLESAUCE CUP Cinnamon	1 CUP	25	8	6	0.0	7.0	0.0	0.00	0.00
ORANGE BITES:138ct	1/2 cup	31	0	*N/A*	0.63	7.83	0.08	0.01	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
LETTUCE SHRED	1/2 cup	0	0	*N/A*	0.03	0.07	0.01	0.00	0.00
MUSTARD	1 TBSP	0	13	0	0.0	0.0	0.0	0.00	0.00
DRESSING RANCH	1 TBSP	5	8	0	0.0	0.1	0.45	0.08	0.00
MAYONNAISE	1 TBSP	4	10	*N/A*	0.0	0.16	0.32	0.04	0.00
Weighted Daily Average		615	1025	*26	38.01	89.51	15.56	5.12	0.00
% of Calories				*16.6%	24.7%	58.2%	22.8%	7.5%	0.0%
Nutrient Guideline		550-650	1230					<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.

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wed - 02/15/2017									
K5 Lunch	Total								
CHICKEN & WAFFLES:DCPS	waffle + chix	105	243	1	8.38	9.94	3.52	0.64	0.00
SAND HOT SLOPPY JOE:DCPS	1 sandwich	81	260	*2	6.36	10.77	2.04	0.48	0.00
SAND COLD SB&J:K12	1 sandwich	115	104	*2	4.0	10.22	6.8	0.80	0.00
SALAD FT CHEF:K5	1 salad	29	70	*0	2.53	0.99	1.69	0.73	0.00
ROLL DINNER:1G	1 roll	17	13	*N/A*	0.7	2.8	0.3	0.05	0.00
COLLARD GREENS: from frozen	3/4 cup	81	104	*0	3.65	9.32	4.33	1.81	0.00
SALAD Spinach MIX Salad Bar	1 CUP	1	2	0	0.11	0.21	0.01	0.00	0.00
CORN ROASTED	1/2 cup	8	0	*N/A*	0.23	1.43	0.08	0.00	0.00
BEANS INDIAN:veg	1/2 cup	11	7	*0	0.34	1.78	0.28	0.02	0.00
CUCUMBER SLICES	1/2 cup	1	0	0	0.04	0.25	0.01	0.00	0.00
PINEAPPLE TIDBITS CND	1/2 CUP	34	0	7	0.0	7.71	0.0	0.00	0.00
BANANAS PETITE:150ct	1 EACH	53	1	*N/A*	0.64	13.48	0.19	0.06	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
SYRUP PANCAKE CUP	1 cup	12	0	*N/A*	0.0	3.07	0.0	0.00	0.00
DRESSING RANCH	1 TBSP	5	8	0	0.0	0.1	0.45	0.08	0.00
Weighted Daily Average		656	916	*25	34.97	84.67	21.69	5.87	0.00
% of Calories				*15.5%	21.3%	51.6%	29.8%	8.1%	0.0%
Nutrient Guideline		550-650	1230					<10.00	

Thu - 02/16/2017									
K5 Lunch	Total								
PIZZA SMART HAWAIIAN:K8	1 slice	97	200	5	5.24	11.71	3.52	1.27	0.00
PIZZA SMART CHEESE:K8	1 slice	90	174	4	4.5	11.1	3.3	1.20	0.00
WRAP FT TURKEY:K5	1 wrap	75	258	1	3.85	5.82	3.95	1.47	0.00
BEANS DIP BRUSCHETTA	1 dip cup	31	102	*0	1.92	4.64	0.59	0.18	0.00
CHIP TORTILLA:bulk	1.4 oz	40	33	0	0.57	5.67	1.7	0.14	0.00
CARROTS CITRUS GLAZED	3/4 cup	47	68	8	0.57	11.28	0.11	0.02	0.00
SALAD SIDE CAESAR:bulk	1 cup	23	99	0	0.51	1.31	1.9	0.43	0.00
CORN ROASTED	1/2 cup	15	0	*N/A*	0.45	2.85	0.15	0.00	0.00
BEANS INDIAN:veg	1/2 cup	21	15	*1	0.68	3.57	0.56	0.03	0.00
CUCUMBER SLICES	1/2 cup	2	0	0	0.09	0.49	0.01	0.01	0.00
BANANAS PETITE:150ct	1 EACH	1	0	*N/A*	0.01	0.27	0.0	0.00	0.00
MELON CANTALOUPE CUBES	1/2 cup	29	14	*N/A*	0.71	6.94	0.16	0.04	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
DRESSING RANCH	1 TBSP	5	8	0	0.0	0.1	0.45	0.08	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.

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Weighted Daily Average		581	1071	*31	27.09	78.34	18.42	6.07	0.00
% of Calories				*21.2%	18.7%	53.9%	28.5%	9.4%	0.0%
Nutrient Guideline		550-650	1230					<10.00	
Tue - 02/21/2017									
K5 Lunch	Total								
PIZZA SMART Turk SAUSAGE:K8	1 slice	102	205	*4	6.26	11.1	3.91	1.40	0.00
PIZZA SMART CHEESE:K8	1 slice	90	174	4	4.5	11.1	3.3	1.20	0.00
SAND FT TURKEY:G612	1 sub	64	226	*0	4.03	6.0	2.83	1.21	0.00
SALAD FT CAESAR:K5	1 salad	36	90	*0	3.98	1.79	1.62	0.41	0.00
ROLL DINNER:2G	1 roll	34	27	1	1.4	5.58	0.6	0.10	0.00
BROCCOLI & CAULIFLOWER W/PANKO	3/4 CUP	62	52	*0	1.69	3.97	4.8	0.63	0.00
SALAD SIDE SUPER:DCPS	1 cup	8	6	*0	0.36	1.49	0.05	0.00	0.00
PEAS GREEN:from frozen	1/2 cup	15	42	1	1.06	2.55	0.0	0.00	0.00
SALAD SIDE CARROTS GINGER	1/2 cup	24	11	*5	0.18	5.86	0.01	0.00	0.00
TOMATO CHERRY	1/2 cup	3	1	0	0.13	0.58	0.03	0.00	0.00
APPLESAUCE CUP Original	1 CUP	25	8	6	0.0	7.0	0.0	0.00	0.00
GRAPES WHOLE	1/2 cup	28	1	7	0.27	7.29	0.15	0.05	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
MAYONNAISE	1 TBSP	5	13	*N/A*	0.0	0.2	0.4	0.05	0.00
MUSTARD	1 TBSP	0	17	0	0.0	0.0	0.0	0.00	0.00
DRESSING RANCH	1 TBSP	5	8	0	0.0	0.1	0.45	0.08	0.00
LETTUCE SHRED	1/2 cup	0	0	*N/A*	0.04	0.08	0.01	0.00	0.00
Weighted Daily Average		604	983	*41	31.90	77.31	20.16	6.34	0.00
% of Calories				*27.1%	21.1%	51.2%	30.0%	9.4%	0.0%
Nutrient Guideline		550-650	1230					<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.

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wed - 02/22/2017									
K5 Lunch	Total								
QUESADILLA JERK CHICKEN:K12	1 quesadilla	103	177	*1	5.89	9.72	4.38	2.04	0.00
NACHOS SW BEAN:DCPS	1 nacho	112	173	*0	2.75	14.98	4.44	1.89	0.00
WRAP FT TURKEY:K5	1 wrap	75	258	1	3.85	5.82	3.95	1.47	0.00
SALAD FT SPINACH:K5	1 salad	29	46	*0	2.28	2.29	1.28	0.51	0.00
ROLL DINNER:2G	1 roll	34	27	1	1.4	5.58	0.6	0.10	0.00
BEANS FIRE ROASTED:veg	3/4 cup	51	123	*0	1.53	2.95	3.79	0.84	0.00
SALAD MIX	1 CUP	1	2	0	0.11	0.21	0.01	0.00	0.00
SALAD SIDE CARROTS GINGER	1/2 cup	8	4	*2	0.06	1.95	0.0	0.00	0.00
PEAS GREEN:from frozen	1/2 cup	7	21	0	0.53	1.27	0.0	0.00	0.00
TOMATO CHERRY	1/2 cup	1	0	0	0.07	0.29	0.01	0.00	0.00
CRANBERRIES DRIED	1/4 cup	71	0	*N/A*	0.0	18.05	0.0	0.00	0.00
BANANAS PETITE:150ct	1 EACH	53	1	*N/A*	0.64	13.48	0.19	0.06	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
SALSA BASE:cnd	1/8 cup	3	16	*0	0.14	0.7	0.01	0.00	0.00
DRESSING RANCH	1 TBSP	5	8	0	0.0	0.1	0.45	0.08	0.00
Weighted Daily Average		657	957	*18	27.24	90.00	21.12	8.20	0.00
% of Calories				*10.8%	16.6%	54.8%	28.9%	11.2%	0.0%
Nutrient Guideline		550-650	1230					<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.

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Thu - 02/23/2017									
K5 Lunch	Total								
CHICKEN BBQ Drumstick:K12	1 drumstick	79	98	0	7.47	1.4	5.14	1.17	0.00
RICE PILAF	2/3 cup	41	95	1	1.07	8.61	0.29	0.01	0.00
BREADSTICK CINNAMON WHEEL	1 wheel	28	32	*0	0.9	5.04	0.52	0.10	0.00
SAND GRILL SUNBUTTER:K12	1 sandwich	103	99	*1	3.42	11.14	5.45	0.65	0.00
CHEESE STRING	1 stick	16	30	*N/A*	1.4	0.2	1.2	0.70	0.00
WRAP FT CAESAR:K5	1 wrap	67	135	1	4.73	5.58	2.94	0.79	0.00
SALAD FT CHEF:K5	1 salad	29	70	*0	2.53	0.99	1.69	0.73	0.00
ROLL DINNER:2G	1 roll	34	27	1	1.4	5.58	0.6	0.10	0.00
SALAD SLAW APPLE JICAMA	3/4 cup	14	8	*1	0.12	2.5	0.53	0.04	0.00
SALAD SIDE SUPER:DCPS	1 cup	8	6	*0	0.36	1.49	0.05	0.00	0.00
SALAD SIDE CARROTS GINGER	1/2 cup	16	7	*3	0.12	3.91	0.01	0.00	0.00
PEAS GREEN:from frozen	1/2 cup	7	21	0	0.53	1.27	0.0	0.00	0.00
TOMATO CHERRY	1/2 cup	3	1	0	0.13	0.58	0.03	0.00	0.00
APRICOT HALVES IN JUICE	1/2 cup	29	17	*N/A*	0.0	6.88	0.0	0.00	0.00
ORANGE BITES:138ct	1/2 cup	31	0	*N/A*	0.63	7.83	0.08	0.01	0.00
MILK WHITE 1%	1 half pint	22	20	3	1.6	2.6	0.5	0.30	0.00
MILK WHITE NONFAT	1 half pint	64	88	8	6.4	8.8	0.0	0.00	0.00
DRESSING RANCH	1 TBSP	5	8	0	0.0	0.1	0.45	0.08	0.00
Weighted Daily Average		597	762	*20	32.80	74.51	19.48	4.68	0.00
% of Calories				*13.6%	22.0%	49.9%	29.4%	7.1%	0.0%
Nutrient Guideline		550-650	1230					<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.

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Fri - 02/24/2017									
K5 Lunch	Total								
TACO CHICKEN FLOUR:K8	1 taco	102	161	*1	7.35	8.1	4.45	1.96	0.00
TOSTADA BEAN:K12	1 tostada	91	128	*0	4.27	10.93	3.54	1.50	0.00
SAND FT TUNA SALAD:K5	1 sandwich	40	128	*1	4.12	5.45	0.4	0.00	0.00
SALAD FT GARDEN:K5	1 salad	35	117	*1	2.05	1.45	2.41	1.17	0.00
ROLL DINNER:2G	1 roll	34	27	1	1.4	5.58	0.6	0.10	0.00
BEANS SW PINTO:veg	3/4 cup	62	234	*0	3.49	10.3	0.65	0.00	0.00
SALAD MIX	1 CUP	1	2	0	0.11	0.21	0.01	0.00	0.00
SALAD SIDE CARROTS GINGER	3/4 cup	24	11	*5	0.18	5.86	0.01	0.00	0.00
PEAS GREEN:from frozen	3/4 cup	11	32	1	0.8	1.91	0.0	0.00	0.00
TOMATO CHERRY	3/4 cup	4	1	1	0.2	0.87	0.04	0.01	0.00
APPLE WHOLE:163ct	1 EACH	29	1	*N/A*	0.14	7.63	0.09	0.02	0.00
BANANAS PETITE:150ct	1 EACH	53	1	*N/A*	0.64	13.48	0.19	0.06	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
SALSA BASE:cnd	1/8 cup	2	10	*0	0.09	0.46	0.0	0.00	0.00
LETTUCE SHRED	1/2 cup	0	0	*N/A*	0.04	0.08	0.01	0.00	0.00
DRESSING RANCH	1 TBSP	5	8	0	0.0	0.1	0.45	0.08	0.00
Weighted Daily Average		597	962	*21	32.87	85.02	14.87	6.11	0.00
% of Calories				*14.3%	22.0%	57.0%	22.4%	9.2%	0.0%
Nutrient Guideline		550-650	1230					<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.

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Mon - 02/27/2017									
K5 Lunch	Total								
SAND GRILLED CHEESE COMMODITY	1 sandwich	84	174	2	5.7	11.4	2.7	1.80	0.00
SAND BURGER CHIPOTLE CKN:DCPS	1 burger	41	90	*1	1.87	7.89	0.61	0.00	0.00
SAND FT AMERICAN:K5	1 sandwich	59	238	1	4.1	5.27	2.72	1.16	0.00
SALAD FT CHEF:K5	1 salad	29	70	*0	2.53	0.99	1.69	0.73	0.00
ROLL DINNER:2G	1 roll	34	27	1	1.4	5.58	0.6	0.10	0.00
SOUP TOMATO	1.25 cup	113	603	15	2.5	25.04	0.0	0.00	0.00
SALAD MIX	1 CUP	3	7	0	0.32	0.62	0.04	0.01	0.00
SALAD SIDE KOREAN CARROT	1/2 CUP	20	21	*1	0.19	2.11	1.26	0.08	0.00
SALAD SIDE CURRIED CHICKPS:veg	1/2 cup	41	48	*0	1.3	4.39	2.13	0.12	0.00
CUCUMBER SLICES	1/2 cup	3	0	0	0.13	0.74	0.02	0.01	0.00
APPLE WHOLE:163ct	1 EACH	29	1	*N/A*	0.14	7.63	0.09	0.02	0.00
PEARS DICED CND	1/2 CUP	30	5	6	0.0	7.0	0.0	0.00	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
LETTUCE SHRED	1/2 cup	0	0	*N/A*	0.03	0.07	0.01	0.00	0.00
MAYONNAISE	1 TBSP	4	10	*N/A*	0.0	0.16	0.32	0.04	0.00
MUSTARD	1 TBSP	0	17	0	0.0	0.0	0.0	0.00	0.00
DRESSING RANCH	1 TBSP	10	15	0	0.0	0.2	0.9	0.15	0.00
SAUCE CLASSIC BBQ	1/8 cup	3	32	*0	0.07	0.56	0.0	0.00	0.00
Weighted Daily Average		606	1459	*40	28.29	92.27	15.08	5.42	0.00
% of Calories				*26.4%	18.7%	60.9%	22.4%	8.0%	0.0%
Nutrient Guideline		550-650	1230					<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.

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Tue - 02/28/2017									
K5 Lunch	Total								
PENNE BAKED:DCPS	1 cup	185	406	*0	12.38	12.89	8.99	5.21	0.00
FLATBREAD SEASONED:1G	1 flatbread	29	44	*0	0.77	4.02	1.13	0.18	0.00
SAND HOT FISH PO BOY:DCPS	1 sandwich	54	87	*1	5.72	6.65	0.75	0.00	0.00
WRAP FT ASIAN:K5	1 wrap	70	159	*1	4.59	8.04	2.11	0.44	0.00
SAND FT TURKEY:K5	1 sandwich	88	376	1	6.05	8.11	3.94	1.67	0.00
BROCCOLI TREES:roasted	3/4 cup	9	6	0	0.49	1.23	0.39	0.03	0.00
SALAD SIDE CAESAR:bulk	1 cup	12	49	0	0.26	0.65	0.95	0.21	0.00
SALAD SIDE KOREAN CARROT	3/4 CUP	30	32	*2	0.28	3.16	1.88	0.12	0.00
SALAD SIDE CURRIED CHICKPS:veg	3/4 cup	20	24	*0	0.65	2.2	1.07	0.06	0.00
CUCUMBER SLICES	3/4 cup	3	0	0	0.13	0.74	0.02	0.01	0.00
APPLESAUCE CUP Original	1 CUP	25	8	6	0.0	7.0	0.0	0.00	0.00
GRAPES WHOLE	1/2 cup	28	1	7	0.27	7.29	0.15	0.05	0.00
MILK WHITE 1%	1 half pint	22	20	3	1.6	2.6	0.5	0.30	0.00
MILK WHITE NONFAT	1 half pint	64	88	8	6.4	8.8	0.0	0.00	0.00
MAYONNAISE	1 TBSP	4	10	*N/A*	0.0	0.16	0.32	0.04	0.00
LETTUCE SHRED	1/2 cup	0	0	*N/A*	0.03	0.07	0.01	0.00	0.00
MUSTARD	1 TBSP	0	13	0	0.0	0.0	0.0	0.00	0.00
DRESSING RANCH	1 TBSP	10	15	0	0.0	0.2	0.9	0.15	0.00
Weighted Daily Average		653	1337	*30	39.63	73.81	23.11	8.48	0.00
% of Calories				*18.3%	24.3%	45.2%	31.8%	11.7%	0.0%
Nutrient Guideline		550-650	1230					<10.00	
Weighted Average		612	1021	*26	32.08	82.67	18.12	5.98	0.00
				*38.6%	21.0%	54.0%	26.6%	8.8%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	612		550 - 650	100%				
Sodium (mg)	1021		1230					
Sugars (g)	26	17.15%			Missing			
Protein (g)	32.08	20.97%						
Carbohydrate (g)	82.67	54.03%						
Total Fat (g)	18.12	26.64%						
Saturated Fat (g)	5.98	8.79%	<10.00%					
Trans Fat[1] (g)	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**
[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.