

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/01/2017									
K5 Lunch	Total								
PIZZA SMART Turk PEPPERONI:K8	1 slice	139	324	5	9.75	12.23	5.55	2.14	0.00
PIZZA SMART CHEESE:K8	1 slice	90	174	4	4.5	11.1	3.3	1.20	0.00
SAND FT ITALIAN:K5	1 sandwich	48	154	*1	3.3	5.34	2.06	0.65	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
SQUASH ROASTED BUTTERNUT	3/4 cup	23	31	*1	0.17	2.82	1.49	0.11	0.00
SALAD MIX	1 CUP	1	2	0	0.11	0.21	0.01	0.00	0.00
SALAD SIDE KOREAN CARROT	3/4 CUP	20	21	*1	0.19	2.11	1.26	0.08	0.00
SALAD SIDE CURRIED CHICKPS:veg	3/4 cup	41	48	*0	1.3	4.39	2.13	0.12	0.00
CUCUMBER SLICES	3/4 cup	2	0	0	0.07	0.37	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
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
DRESSING RANCH	1 TBSP	5	8	0	0.0	0.1	0.45	0.08	0.00
Weighted Daily Average		624	950	*26	32.35	80.13	20.32	6.39	0.00
% of Calories				*16.5%	20.7%	51.3%	29.3%	9.2%	0.0%
Nutrient Guideline		550-650	1230					<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/02/2017									
K5 Lunch	Total								
CHICKEN POT PIE CALIFORNIA:K12	1 pot pie	120	333	*0	7.41	11.38	5.26	3.48	0.00
SAND HOT SLOPPY JOE:K12-JTM	1 sandwich	88	205	*1	6.22	11.34	2.47	0.71	0.00
SAND COLD SB&J:K12	1 sandwich	115	104	*2	4.0	10.22	6.8	0.80	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
MUSHROOMS ROASTED	3/4 cup	40	3	*0	0.35	0.73	4.27	0.31	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	1/2 CUP	13	14	*1	0.12	1.4	0.84	0.05	0.00
SALAD SIDE CURRIED CHICKPS:veg	1/2 cup	27	32	*0	0.87	2.93	1.42	0.08	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	1	0	0	0.0	0.15	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
DRESSING RANCH	1 TBSP	5	8	0	0.0	0.1	0.45	0.08	0.00

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Sodexo

Mar 1, 2017 thru Mar 2, 2017

Base Menu Spreadsheet

K5 Lunch

Weighted Values - Detailed

Page 2

Generated on: 2/14/2017 11:46:37 AM

	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		626	967	*17	33.28	66.97	26.77	7.46	0.00
% of Calories				*11.0%	21.3%	42.8%	38.5%	10.7%	0.0%
Nutrient Guideline		550-650	1230					<10.00	

Weighted Average		625	959	*22 *31.0%	32.81 21.0%	73.55 47.1%	23.54 33.9%	6.93 10.0%	0.00 0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	625		550 - 650					
Sodium (mg)	959		1230					
Sugars (g)	22	13.76%			Missing			
Protein (g)	32.81	20.99%						
Carbohydrate (g)	73.55	47.05%						
Total Fat (g)	23.54	33.89%						
Saturated Fat (g)	6.93	9.97%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

*Data comparisons are not available for one or two day selections

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/06/2017									
K5 Lunch	Total								
PIZZA HAND TOSSED SAUSAGE:DCPS	1/10th slice	89	179	*N/A*	5.37	8.64	3.96	1.80	0.00
PIZZA HAND TOSSED CHEESE:K8	1/10th slice	82	161	*N/A*	4.32	8.64	3.6	1.68	0.00
WRAP ENT GG VEGAN:K12	1 wrap	89	123	*2	2.09	12.65	3.56	0.48	0.00
SALAD ENT TACO w/CHICKEN:K8	1 salad	58	91	*0	4.24	5.59	2.07	0.80	0.00
VEGGIES ROASTED	3/4 cup	29	78	*2	1.17	6.15	0.25	0.06	0.00
CELERY STICKS	1/2 cup	1	6	0	0.05	0.22	0.01	0.00	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	3	1	0	0.13	0.58	0.03	0.00	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
DRESSING RANCH	1 TBSP	5	8	0	0.0	0.1	0.45	0.08	0.00
Weighted Daily Average		525	773	*23	26.23	71.42	16.13	6.13	0.00
% of Calories				*17.2%	20.0%	54.4%	27.6%	10.5%	0.0%
Nutrient Guideline		550-650	1230					<10.00	

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/07/2017									
K5 Lunch	Total								
CHILI VEGETARIAN:K12	1 cup	55	101	*1	3.02	5.9	2.17	1.14	0.00
SAND BURGER BEEF w/CHEESE:K5	1 burger	84	196	1	5.26	8.1	3.47	1.36	0.00
SAND FT AMERICAN:K5	1 sandwich	88	356	1	6.16	7.9	4.08	1.74	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
POTATO SWT WEDGE	3/4 cup	152	190	8	1.52	22.81	5.32	0.76	0.00
CELERY STICKS	1/2 cup	1	6	0	0.05	0.22	0.01	0.00	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
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
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
KETCHUP	1 TBSP	2	16	*N/A*	0.0	0.5	0.0	0.00	0.00
Weighted Daily Average		630	1104	*31	29.12	84.02	19.99	6.97	0.00
% of Calories				*19.6%	18.5%	53.3%	28.5%	10.0%	0.0%
Nutrient Guideline		550-650	1230					<10.00	

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/08/2017									
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	

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/09/2017									
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 TERIYAKI:G912	1/2 cup	66	580	*1	1.26	14.61	0.38	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		698	1344	*23	31.54	100.73	19.39	4.86	0.00
% of Calories				*13.1%	18.1%	57.7%	25.0%	6.3%	0.0%
Nutrient Guideline		550-650	1230					<10.00	

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/10/2017									
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
BROCCOLI FRESH	1/2 CUP	0	0	0	0.01	0.03	0.0	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		604	1094	*17	36.41	83.34	16.13	4.55	0.00
% of Calories				*11.2%	24.1%	55.2%	24.0%	6.8%	0.0%
Nutrient Guideline		550-650	1230					<10.00	
Weighted Average		616	1085	*24 *35.8%	31.43 20.4%	85.27 55.4%	17.49 25.6%	5.77 8.4%	0.00 0.0%

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Cals (kcal) % of Target	Sodm (mg) Miss Data	Sugars (g) Shortfall	Protn (g) Shortfall	Carb (g) Overage	T-Fat (g) Error Messages (if any)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	616		550 - 650	100%							
Sodium (mg)	1085		1230								
Sugars (g)	24	15.90%			Missing						
Protein (g)	31.43	20.41%									
Carbohydrate (g)	85.27	55.36%									
Total Fat (g)	17.49	25.55%									
Saturated Fat (g)	5.77	8.44%	<10.00%								
Trans Fat ¹ (g)	0.00	0.00%									

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/13/2017									
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	

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/14/2017									
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	

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/15/2017									
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	

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/16/2017									
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	

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/17/2017									
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 COLCANNON	3/4 cup	60	70	*1	1.24	11.58	0.77	0.51	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		558	928	*18	29.20	80.73	13.79	5.11	0.00
% of Calories				*13.1%	20.9%	57.8%	22.2%	8.2%	0.0%
Nutrient Guideline		550-650	1230					<10.00	

Weighted Average		577	959	*25	30.71	74.48	18.24	6.25	0.00
				*38.9%	21.3%	51.7%	28.5%	9.8%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	577		550 - 650	100%				
Sodium (mg)	959		1230					
Sugars (g)	25	17.27%			Missing			
Protein (g)	30.71	21.30%						
Carbohydrate (g)	74.48	51.67%						
Total Fat (g)	18.24	28.47%						
Saturated Fat (g)	6.25	9.76%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/20/2017									
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	

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/21/2017									
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	1/2 cup	12	49	0	0.26	0.65	0.95	0.21	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		603	975	*25	37.75	88.86	14.61	4.90	0.00
% of Calories				*16.9%	25.0%	58.9%	21.8%	7.3%	0.0%
Nutrient Guideline		550-650	1230					<10.00	

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/22/2017									
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	3/4 cup	17	74	0	0.38	0.98	1.43	0.32	0.00
CORN ROASTED	3/4 cup	23	0	*N/A*	0.68	4.28	0.23	0.00	0.00
BEANS INDIAN:veg	3/4 cup	32	22	*1	1.02	5.35	0.84	0.05	0.00
CUCUMBER SLICES	3/4 cup	3	0	0	0.13	0.74	0.02	0.01	0.00
CRANBERRIES DRIED	1/4 cup	71	0	*N/A*	0.0	18.05	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
Weighted Daily Average		664	1054	*31	27.56	99.26	18.30	5.98	0.00
% of Calories				*18.8%	16.6%	59.8%	24.8%	8.1%	0.0%
Nutrient Guideline		550-650	1230					<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/23/2017									
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	3/4 cup	11	0	*N/A*	0.34	2.14	0.11	0.00	0.00
BEANS INDIAN:veg	3/4 cup	16	11	*1	0.51	2.67	0.42	0.03	0.00
CUCUMBER SLICES	3/4 cup	2	0	0	0.07	0.37	0.01	0.00	0.00
PINEAPPLE TIDBITS CND	3/4 CUP	51	0	11	0.0	11.57	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

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	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		683	919	*29	35.28	90.26	21.87	5.88	0.00
% of Calories				*17.1%	20.7%	52.9%	28.8%	7.8%	0.0%
Nutrient Guideline		550-650	1230					<10.00	

Fri - 03/24/2017									
K5 Lunch	Total								
EGG SCRAMBLED:K12	1.6 oz	28	26	*N/A*	2.37	0.0	1.77	0.59	0.00
PANCAKES:2G	2 pancakes	46	66	1	1.0	8.2	1.2	0.20	0.00
HOT DOG TWISTED:K12	1 twisted dog	78	140	1	3.96	8.31	3.12	0.82	0.00
SAND FT Cured Turkey:K5	1 sandwich	59	225	1	4.17	5.13	2.81	1.21	0.00
WRAP FT SPINACH:K5	1 wrap	67	116	*0	3.1	7.32	2.88	1.06	0.00
POTATO WEDGE	3/4 cup	105	120	*N/A*	1.5	18.78	2.63	0.38	0.00
SALAD Spinach MIX Salad Bar	1 CUP	1	2	0	0.11	0.21	0.01	0.00	0.00
CORN ROASTED	3/4 cup	11	0	*N/A*	0.34	2.14	0.11	0.00	0.00
BEANS INDIAN:veg	3/4 cup	32	22	*1	1.02	5.35	0.84	0.05	0.00
CUCUMBER SLICES	3/4 cup	3	0	0	0.13	0.74	0.02	0.01	0.00
DRESSING RANCH	1 TBSP	5	8	0	0.0	0.1	0.45	0.08	0.00
APPLE WHOLE:163ct	1 EACH	29	1	*N/A*	0.14	7.63	0.09	0.02	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
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
MAYONNAISE	1 TBSP	4	10	*N/A*	0.0	0.16	0.32	0.04	0.00
SYRUP PANCAKE CUP	1 cup	12	0	*N/A*	0.0	3.07	0.0	0.00	0.00
MUSTARD	1 TBSP	0	13	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
Weighted Daily Average		616	884	*22	25.88	87.32	18.28	5.65	0.00
% of Calories				*14.6%	16.8%	56.7%	26.7%	8.3%	0.0%
Nutrient Guideline		550-650	1230					<10.00	

Weighted Average		636	963	*26	31.12	92.25	17.22	5.26	0.00
				*36.7%	19.6%	58.0%	24.4%	7.4%	0.0%

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Cals (kcal) % of Target	Sodm (mg) Miss Data	Sugars (g) Shortfall	Protn (g) Shortfall	Carb (g) Overage	T-Fat (g) Error Messages (if any)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	636		550 - 650	100%							
Sodium (mg)	963		1230								
Sugars (g)	26	16.30%			Missing						
Protein (g)	31.12	19.56%									
Carbohydrate (g)	92.25	57.99%									
Total Fat (g)	17.22	24.35%									
Saturated Fat (g)	5.26	7.43%	<10.00%								
Trans Fat ¹ (g)	0.00	0.00%									

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