

Nutrient Detail Report

District: Redondo Beach Unified School District

School: School

Menu: Elementary Lunch Menu 2018-19

Date Range: August 29, 2018 - September 28, 2018



Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 08/29/2018																			
Elementary Lunch Menu 2018-19																			
		Total	1400																
Cheese and Bean Burrito	45	1.00 each	50	308.965	15.947	8.970	3.987	0.000	9.967	578.064	N/A*	39.866	8.970	3.987	2.691	199.332	398.665	4.784	N/A*
Grilled Cheese Sandwich	71	1.00 Each	50	279.750	18.660	9.680	5.390	0.000	30.370	599.360	N/A*	31.580	3.000	6.500	1.610	456.290	607.650	0.000	N/A*
PB&J Sandwich, Small	69	1.00 Sandwich	200	300.000	9.000	17.000	3.000	0.000	0.000	280.000	N/A*	32.000	4.000	14.000	1.440	20.000	0.000	0.000	N/A*
Mini Chicken Corn Dogs	55	6.00 Nuggets	1100	270.000	10.000	12.000	3.500	0.000	40.000	410.000	N/A*	30.000	5.000	5.000	1.800	150.000	0.000	0.000	N/A*
Romaine Lettuce	509	1.00 cup	200	7.990	0.578	0.141	0.018	0.000	0.000	3.760	N/A*	1.546	0.987	0.559	0.456	15.510	4093.700	1.880	N/A*
Baby Carrots	37	1/2 cup	200	24.806	0.454	0.092	0.016	0.000	0.000	55.282	N/A*	5.840	2.055	3.374	0.631	22.680	9773.490	1.843	N/A*
Cherry Tomatoes	511	1/2 cup	200	13.608	0.665	0.151	0.021	0.000	0.000	3.780	N/A*	2.941	0.907	1.988	0.204	7.560	629.737	10.357	N/A*
Whole Kernal Corn	53	1/2 cup	600	82.950	2.530	0.525	0.081	0.000	0.000	3.150	N/A*	20.412	2.100	5.869	0.441	5.250	85.050	8.505	N/A*
Garbanzo Beans	519	1/2 cup	200	105.600	5.904	2.340	0.245	0.000	0.000	158.400	172.800	16.188	5.280	3.108	1.476	42.000	18.000	0.120	0.000

Cucumber Slices	513	1/2 cup	200	10.974	0.476	0.080	0.027	0.000	0.000	1.463	N/A*	2.656	0.366	1.222	0.205	11.706	76.818	2.048	N/A*
Celery Sticks	515	1/2 cup	200	10.368	0.447	0.110	0.027	0.000	0.000	51.839	N/A*	1.925	1.037	0.868	0.130	25.920	290.947	2.009	N/A*
Fresh Apple	231	1/2 cup	300	31.874	0.159	0.104	0.017	0.000	0.000	0.613	N/A*	8.465	1.471	6.369	0.074	3.678	33.100	2.820	N/A*
Fresh Banana	41	1/2 cup	300	112.138	1.373	0.416	0.141	0.000	0.000	1.260	N/A*	28.778	3.276	15.410	0.328	6.300	80.639	10.962	N/A*
Mixed Fruit	529	1/2 cup	300	70.477	0.525	0.103	0.013	0.000	0.000	7.688	108.919	18.324	1.538	14.685	0.372	6.407	253.717	3.972	0.000
WG Colored Goldfish	285	1.00 package	200	100.000	2.000	3.500	0.500	0.000	0.000	170.000	N/A*	14.000	1.000	0.000	0.720	20.000	200.000	0.000	N/A*
Celebration Cookie, IW	341	1.00 Each	1100	142.500	1.900	4.400	1.300	0.000	13.600	106.900	47.000	23.900	1.400	10.800	0.720	40.000	50.000	0.600	0.000
Chocolate Milk	35	1.00 Carton	800	120.000	8.000	0.000	0.000	0.000	5.000	150.000	N/A*	22.000	0.000	20.000	0.000	300.000	500.000	1.800	5.000
White 1% Milk	47	1.00 Carton	200	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	14.000	0.000	14.000	0.000	350.000	500.000	2.400	5.000
String Cheese	181	1.00 Each	200	60.749	7.087	3.037	2.025	0.000	10.125	202.496	55.687	1.012	0.000	1.012	0.000	151.872	404.993	0.000	N/A*
Bottled Water, Small	507	1.00 Bottle	400	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				602.944	22.055	18.046	5.232	0.000	50.001	691.160	92.909*	91.287	9.936	40.279	3.240	445.212	2760.085	12.071	3.571*
% of Calories					14.63%	26.94%	7.81%	0.00%				60.56%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 08/30/2018																			
Elementary Lunch Menu 2018-19																			
		Total	1400																
Cheese and Bean Burrito	45	1.00 each	50	308.965	15.947	8.970	3.987	0.000	9.967	578.064	N/A*	39.866	8.970	3.987	2.691	199.332	398.665	4.784	N/A*
Grilled Cheese Sandwich	71	1.00 Each	50	279.750	18.660	9.680	5.390	0.000	30.370	599.360	N/A*	31.580	3.000	6.500	1.610	456.290	607.650	0.000	N/A*
PB&J Sandwich, Small	69	1.00 Sandwich	200	300.000	9.000	17.000	3.000	0.000	0.000	280.000	N/A*	32.000	4.000	14.000	1.440	20.000	0.000	0.000	N/A*
Oven Roasted Turkey Slices	381	6.00 slices	1100	110.000	17.000	4.500	1.000	0.000	45.000	370.000	N/A*	0.000	0.000	0.000	0.360	0.000	0.000	0.000	N/A*
Romaine Lettuce	509	1.00 cup	200	7.990	0.578	0.141	0.018	0.000	0.000	3.760	N/A*	1.546	0.987	0.559	0.456	15.510	4093.700	1.880	N/A*
Baby Carrots	37	1/2 cup	200	24.806	0.454	0.092	0.016	0.000	0.000	55.282	N/A*	5.840	2.055	3.374	0.631	22.680	9773.490	1.843	N/A*
Cherry Tomatoes	511	1/2 cup	200	13.608	0.665	0.151	0.021	0.000	0.000	3.780	N/A*	2.941	0.907	1.988	0.204	7.560	629.737	10.357	N/A*
Whole Kernal Corn	53	1/2 cup	200	82.950	2.530	0.525	0.081	0.000	0.000	3.150	N/A*	20.412	2.100	5.869	0.441	5.250	85.050	8.505	N/A*
Garbanzo Beans	519	1/2 cup	200	105.600	5.904	2.340	0.245	0.000	0.000	158.400	172.800	16.188	5.280	3.108	1.476	42.000	18.000	0.120	0.000
Cucumber Slices	513	1/2 cup	200	10.974	0.476	0.080	0.027	0.000	0.000	1.463	N/A*	2.656	0.366	1.222	0.205	11.706	76.818	2.048	N/A*
Celery Sticks	515	1/2 cup	200	10.368	0.447	0.110	0.027	0.000	0.000	51.839	N/A*	1.925	1.037	0.868	0.130	25.920	290.947	2.009	N/A*

Fresh Apple	231	1/2 cup	300	31.874	0.159	0.104	0.017	0.000	0.000	0.613	N/A*	8.465	1.471	6.369	0.074	3.678	33.100	2.820	N/A*
Fresh Banana	41	1/2 cup	300	112.138	1.373	0.416	0.141	0.000	0.000	1.260	N/A*	28.778	3.276	15.410	0.328	6.300	80.639	10.962	N/A*
Mixed Fruit	529	1/2 cup	600	70.477	0.525	0.103	0.013	0.000	0.000	7.688	108.919	18.324	1.538	14.685	0.372	6.407	253.717	3.972	0.000
WG Colored Goldfish	285	1.00 package	1300	100.000	2.000	3.500	0.500	0.000	0.000	170.000	N/A*	14.000	1.000	0.000	0.720	20.000	200.000	0.000	N/A*
4" Hoagie Roll (Elem)	855	1.00 Each	500	150.000	4.000	2.000	0.500	0.000	0.000	240.000	N/A*	28.000	2.000	4.000	1.080	N/A*	N/A*	N/A*	N/A*
WG Hamburger Bun, 4"	863	1.00 Each	600	150.000	5.000	2.000	0.000	0.000	0.000	210.000	N/A*	29.000	2.000	3.000	1.440	40.000	0.000	9.000	N/A*
Chocolate Milk	35	1.00 Carton	800	120.000	8.000	0.000	0.000	0.000	5.000	150.000	N/A*	22.000	0.000	20.000	0.000	300.000	500.000	1.800	5.000
White 1% Milk	47	1.00 Carton	200	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	14.000	0.000	14.000	0.000	350.000	500.000	2.400	5.000
String Cheese	181	1.00 Each	200	60.749	7.087	3.037	2.025	0.000	10.125	202.496	55.687	1.012	0.000	1.012	0.000	151.872	404.993	0.000	N/A*
Bottled Water, Small	507	1.00 Bottle	400	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
American Cheese Slice	857	1.00 Slice	800	50.000	2.500	4.500	2.500	0.000	12.500	225.000	N/A*	0.500	0.000	0.500	0.000	7.500	2.500	0.000	N/A*
Weighted Daily Average				581.668	32.024	15.461	4.226	0.000	50.387	1014.343	79.321*	80.745	6.994	32.335	3.065	332.942*	2909.439*	13.878*	3.571*
% of Calories					22.02%	23.92%	6.54%	0.00%				55.53%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 08/31/2018																			
Elementary Lunch Menu 2018-19																			
		Total	2000																
Cheese and Bean Burrito	45	1.00 each	50	308.965	15.947	8.970	3.987	0.000	9.967	578.064	N/A*	39.866	8.970	3.987	2.691	199.332	398.665	4.784	N/A*
Grilled Cheese Sandwich	71	1.00 Each	50	279.750	18.660	9.680	5.390	0.000	30.370	599.360	N/A*	31.580	3.000	6.500	1.610	456.290	607.650	0.000	N/A*
PB&J Sandwich, Small	69	1.00 Sandwich	100	300.000	9.000	17.000	3.000	0.000	0.000	280.000	N/A*	32.000	4.000	14.000	1.440	20.000	0.000	0.000	N/A*
Domino's Cheese Pizza (Elem)	551	1.00 Slice	900	270.000	20.000	7.000	3.500	0.000	20.000	490.000	N/A*	31.000	3.000	3.000	1.800	500.000	750.000	6.000	N/A*
Domino's Pepperoni Pizza (Elem)	555	1.00 Slice	900	280.000	20.000	9.000	4.000	0.000	20.000	590.000	N/A*	32.000	3.000	3.000	1.800	450.000	750.000	6.000	N/A*
Romaine Lettuce	509	1.00 cup	200	7.990	0.578	0.141	0.018	0.000	0.000	3.760	N/A*	1.546	0.987	0.559	0.456	15.510	4093.700	1.880	N/A*
Baby Carrots	37	1/2 cup	200	24.806	0.454	0.092	0.016	0.000	0.000	55.282	N/A*	5.840	2.055	3.374	0.631	22.680	9773.490	1.843	N/A*
Cherry Tomatoes	511	1/2 cup	200	13.608	0.665	0.151	0.021	0.000	0.000	3.780	N/A*	2.941	0.907	1.988	0.204	7.560	629.737	10.357	N/A*
Whole Kernal Corn	53	1/2 cup	200	82.950	2.530	0.525	0.081	0.000	0.000	3.150	N/A*	20.412	2.100	5.869	0.441	5.250	85.050	8.505	N/A*
Garbanzo Beans	519	1/2 cup	200	105.600	5.904	2.340	0.245	0.000	0.000	158.400	172.800	16.188	5.280	3.108	1.476	42.000	18.000	0.120	0.000
Cucumber Slices	513	1/2 cup	200	10.974	0.476	0.080	0.027	0.000	0.000	1.463	N/A*	2.656	0.366	1.222	0.205	11.706	76.818	2.048	N/A*

Celery Sticks	515	1/2 cup	200	10.368	0.447	0.110	0.027	0.000	0.000	51.839	N/A*	1.925	1.037	0.868	0.130	25.920	290.947	2.009	N/A*
Green Peas	59	1/2 cup	600	58.650	3.757	0.297	0.053	0.000	0.000	1.700	N/A*	10.693	3.485	3.536	0.807	17.000	453.050	8.160	N/A*
Fresh Apple	231	1/2 cup	300	31.874	0.159	0.104	0.017	0.000	0.000	0.613	N/A*	8.465	1.471	6.369	0.074	3.678	33.100	2.820	N/A*
Fresh Banana	41	1/2 cup	300	112.138	1.373	0.416	0.141	0.000	0.000	1.260	N/A*	28.778	3.276	15.410	0.328	6.300	80.639	10.962	N/A*
Mixed Fruit	529	1/2 cup	300	70.477	0.525	0.103	0.013	0.000	0.000	7.688	108.919	18.324	1.538	14.685	0.372	6.407	253.717	3.972	0.000
WG Colored Goldfish	285	1.00 package	100	100.000	2.000	3.500	0.500	0.000	0.000	170.000	N/A*	14.000	1.000	0.000	0.720	20.000	200.000	0.000	N/A*
Chocolate Milk	35	1.00 Carton	800	120.000	8.000	0.000	0.000	0.000	5.000	150.000	N/A*	22.000	0.000	20.000	0.000	300.000	500.000	1.800	5.000
White 1% Milk	47	1.00 Carton	400	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	14.000	0.000	14.000	0.000	350.000	500.000	2.400	5.000
String Cheese	181	1.00 Each	200	60.749	7.087	3.037	2.025	0.000	10.125	202.496	55.687	1.012	0.000	1.012	0.000	151.872	404.993	0.000	N/A*
Bottled Water, Small	507	1.00 Bottle	800	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				435.691	28.065	10.021	4.372	0.000	25.021	677.897	39.187*	60.831	6.511	22.793	2.548	671.698	2738.465	14.507	3.000*
% of Calories					25.77%	20.70%	9.03%	0.00%				55.85%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
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Tue - 09/04/2018																			
Elementary Lunch Menu 2018-19																			
		Total	1400																
Cheese and Bean Burrito	45	1.00 each	50	308.965	15.947	8.970	3.987	0.000	9.967	578.064	N/A*	39.866	8.970	3.987	2.691	199.332	398.665	4.784	N/A*
Grilled Cheese Sandwich	71	1.00 Each	50	279.750	18.660	9.680	5.390	0.000	30.370	599.360	N/A*	31.580	3.000	6.500	1.610	456.290	607.650	0.000	N/A*
PB&J Sandwich, Small	69	1.00 Sandwich	200	300.000	9.000	17.000	3.000	0.000	0.000	280.000	N/A*	32.000	4.000	14.000	1.440	20.000	0.000	0.000	N/A*
Romaine Lettuce	509	1.00 cup	200	7.990	0.578	0.141	0.018	0.000	0.000	3.760	N/A*	1.546	0.987	0.559	0.456	15.510	4093.700	1.880	N/A*
Baby Carrots	37	1/2 cup	200	24.806	0.454	0.092	0.016	0.000	0.000	55.282	N/A*	5.840	2.055	3.374	0.631	22.680	9773.490	1.843	N/A*
Cherry Tomatoes	511	1/2 cup	200	13.608	0.665	0.151	0.021	0.000	0.000	3.780	N/A*	2.941	0.907	1.988	0.204	7.560	629.737	10.357	N/A*
Whole Kernal Corn	53	1/2 cup	200	82.950	2.530	0.525	0.081	0.000	0.000	3.150	N/A*	20.412	2.100	5.869	0.441	5.250	85.050	8.505	N/A*
Cucumber Slices	513	1/2 cup	200	10.974	0.476	0.080	0.027	0.000	0.000	1.463	N/A*	2.656	0.366	1.222	0.205	11.706	76.818	2.048	N/A*
Celery Sticks	515	1/2 cup	200	10.368	0.447	0.110	0.027	0.000	0.000	51.839	N/A*	1.925	1.037	0.868	0.130	25.920	290.947	2.009	N/A*
Pinto Beans	79	0.50 Cup	600	97.996	5.992	0.994	0.000	0.000	0.000	139.995	N/A*	17.995	5.992	0.994	1.437	59.993	0.000	0.000	N/A*
Shredded Iceberg Lettuce	527	1/4 cup	500	2.175	0.140	0.022	0.003	0.000	0.000	1.553	N/A*	0.461	0.186	0.306	0.064	2.796	77.981	0.435	N/A*
Fresh Apple	231	1/2 cup	300	31.874	0.159	0.104	0.017	0.000	0.000	0.613	N/A*	8.465	1.471	6.369	0.074	3.678	33.100	2.820	N/A*
Fresh Banana	41	1/2 cup	300	112.138	1.373	0.416	0.141	0.000	0.000	1.260	N/A*	28.778	3.276	15.410	0.328	6.300	80.639	10.962	N/A*

Mixed Fruit	529	1/2 cup	300	70.477	0.525	0.103	0.013	0.000	0.000	7.688	108.919	18.324	1.538	14.685	0.372	6.407	253.717	3.972	0.000
Fruit Sorbet, Sour Cherry-Lemon	343	1.00 Each	1100	90.000	N/A*	N/A*	N/A*	N/A*	N/A*	25.000	60.000	22.000	N/A*	19.000	N/A*	80.000	1000.000	60.000	N/A*
WG Colored Goldfish	285	1.00 package	200	100.000	2.000	3.500	0.500	0.000	0.000	170.000	N/A*	14.000	1.000	0.000	0.720	20.000	200.000	0.000	N/A*
Tostitos Scoops Chips	843	1.00 Bag	1100	110.000	2.000	2.500	0.000	0.000	0.000	125.000	N/A*	19.000	2.000	0.000	0.360	20.000	0.000	0.000	N/A*
Chocolate Milk	35	1.00 Carton	800	120.000	8.000	0.000	0.000	0.000	5.000	150.000	N/A*	22.000	0.000	20.000	0.000	300.000	500.000	1.800	5.000
White 1% Milk	47	1.00 Carton	200	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	14.000	0.000	14.000	0.000	350.000	500.000	2.400	5.000
String Cheese	181	1.00 Each	200	60.749	7.087	3.037	2.025	0.000	10.125	202.496	55.687	1.012	0.000	1.012	0.000	151.872	404.993	0.000	N/A*
Bottled Water, Small	507	1.00 Bottle	400	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Chicken Fajita Strips	97	3.20 oz	1100	114.821	16.941	3.759	1.879	0.000	69.644	570.353	N/A*	1.879	0.000	1.879	0.334	0.000	0.000	0.000	N/A*
Shredded Cheddar Cheese	499	1.00 each	1100	55.000	3.000	4.500	3.000	0.000	15.000	95.000	N/A*	0.500	0.000	0.000	0.000	75.000	0.000	0.000	0.000
Salsa Mild	449	2.00 Tbsp	500	10.000	0.000	0.000	0.000	0.000	0.000	180.000	N/A*	2.000	0.000	1.000	0.000	0.000	0.000	3.600	N/A*
Weighted Daily Average				576.971	30.997*	13.564*	5.237*	0.000*	74.393*	1026.968	78.438*	83.467	7.759*	43.042	2.107*	452.636	3507.493	57.737	3.571*
% of Calories					21.49%*	21.16%*	8.17%*	0.00%*				57.87%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 09/05/2018																			
Elementary Lunch Menu 2018-19																			
		Total	1400																
Cheese and Bean Burrito	45	1.00 each	50	308.965	15.947	8.970	3.987	0.000	9.967	578.064	N/A*	39.866	8.970	3.987	2.691	199.332	398.665	4.784	N/A*
Grilled Cheese Sandwich	71	1.00 Each	50	279.750	18.660	9.680	5.390	0.000	30.370	599.360	N/A*	31.580	3.000	6.500	1.610	456.290	607.650	0.000	N/A*
PB&J Sandwich, Small	69	1.00 Sandwich	200	300.000	9.000	17.000	3.000	0.000	0.000	280.000	N/A*	32.000	4.000	14.000	1.440	20.000	0.000	0.000	N/A*
Chicken Nuggets	61	5.00 Nuggets	1100	263.245	16.200	15.187	2.531	0.000	25.312	404.993	N/A*	16.200	3.037	1.012	1.822	40.499	101.248	N/A*	N/A*
Romaine Lettuce	509	1.00 cup	200	7.990	0.578	0.141	0.018	0.000	0.000	3.760	N/A*	1.546	0.987	0.559	0.456	15.510	4093.700	1.880	N/A*
Baby Carrots	37	1/2 cup	200	24.806	0.454	0.092	0.016	0.000	0.000	55.282	N/A*	5.840	2.055	3.374	0.631	22.680	9773.490	1.843	N/A*
Cherry Tomatoes	511	1/2 cup	200	13.608	0.665	0.151	0.021	0.000	0.000	3.780	N/A*	2.941	0.907	1.988	0.204	7.560	629.737	10.357	N/A*
Whole Kernal Corn	53	1/2 cup	200	82.950	2.530	0.525	0.081	0.000	0.000	3.150	N/A*	20.412	2.100	5.869	0.441	5.250	85.050	8.505	N/A*
Garbanzo Beans	519	1/2 cup	200	105.600	5.904	2.340	0.245	0.000	0.000	158.400	172.800	16.188	5.280	3.108	1.476	42.000	18.000	0.120	0.000
Cucumber Slices	513	1/2 cup	200	10.974	0.476	0.080	0.027	0.000	0.000	1.463	N/A*	2.656	0.366	1.222	0.205	11.706	76.818	2.048	N/A*
Celery Sticks	515	1/2 cup	200	10.368	0.447	0.110	0.027	0.000	0.000	51.839	N/A*	1.925	1.037	0.868	0.130	25.920	290.947	2.009	N/A*

Emoji Fries	195	4.00 Pieces	1100	130.000	2.000	4.500	0.500	0.000	0.000	0.000	180.000	250.000	20.000	2.000	0.000	0.360	0.000	0.000	2.400	N/A*
Fresh Apple	231	1/2 cup	300	31.874	0.159	0.104	0.017	0.000	0.000	0.000	0.613	N/A*	8.465	1.471	6.369	0.074	3.678	33.100	2.820	N/A*
Fresh Banana	41	1/2 cup	300	112.138	1.373	0.416	0.141	0.000	0.000	0.000	1.260	N/A*	28.778	3.276	15.410	0.328	6.300	80.639	10.962	N/A*
Mixed Fruit	529	1/2 cup	300	70.477	0.525	0.103	0.013	0.000	0.000	0.000	7.688	108.919	18.324	1.538	14.685	0.372	6.407	253.717	3.972	0.000
WG Colored Goldfish	285	1.00 package	200	100.000	2.000	3.500	0.500	0.000	0.000	0.000	170.000	N/A*	14.000	1.000	0.000	0.720	20.000	200.000	0.000	N/A*
Dinner Roll (Elem)	847	1.00 Each	1100	80.000	2.000	1.000	0.000	0.000	0.000	0.000	130.000	N/A*	15.000	1.000	2.000	0.720	N/A*	N/A*	N/A*	N/A*
Chocolate Milk	35	1.00 Carton	800	120.000	8.000	0.000	0.000	0.000	5.000	150.000	N/A*	N/A*	22.000	0.000	20.000	0.000	300.000	500.000	1.800	5.000
White 1% Milk	47	1.00 Carton	200	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	N/A*	14.000	0.000	14.000	0.000	350.000	500.000	2.400	5.000
String Cheese	181	1.00 Each	200	60.749	7.087	3.037	2.025	0.000	10.125	202.496	55.687	1.012	0.000	1.012	0.000	0.000	151.872	404.993	0.000	N/A*
Bottled Water, Small	507	1.00 Bottle	400	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				626.972	27.854	21.265	3.819	0.000	27.775	845.904	252.409*	83.333	9.051	28.555	3.414	326.247*	2776.052*	11.056*	3.571*	
% of Calories					17.77%	30.52%	5.48%	0.00%				53.17%								

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
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Thu - 09/06/2018																			
Elementary Lunch Menu 2018-19																			
		Total	1400																
Cheese and Bean Burrito	45	1.00 each	50	308.965	15.947	8.970	3.987	0.000	9.967	578.064	N/A*	39.866	8.970	3.987	2.691	199.332	398.665	4.784	N/A*
Grilled Cheese Sandwich	71	1.00 Each	50	279.750	18.660	9.680	5.390	0.000	30.370	599.360	N/A*	31.580	3.000	6.500	1.610	456.290	607.650	0.000	N/A*
PB&J Sandwich, Small	69	1.00 Sandwich	200	300.000	9.000	17.000	3.000	0.000	0.000	280.000	N/A*	32.000	4.000	14.000	1.440	20.000	0.000	0.000	N/A*
WG Pancakes	465	2.00 each	1100	153.318	3.333	4.000	0.667	0.000	6.666	219.977	N/A*	27.331	2.000	3.333	1.200	0.000	0.000	0.000	N/A*
Romaine Lettuce	509	1.00 cup	200	7.990	0.578	0.141	0.018	0.000	0.000	3.760	N/A*	1.546	0.987	0.559	0.456	15.510	4093.700	1.880	N/A*
Baby Carrots	37	1/2 cup	200	24.806	0.454	0.092	0.016	0.000	0.000	55.282	N/A*	5.840	2.055	3.374	0.631	22.680	9773.490	1.843	N/A*
Cherry Tomatoes	511	1/2 cup	200	13.608	0.665	0.151	0.021	0.000	0.000	3.780	N/A*	2.941	0.907	1.988	0.204	7.560	629.737	10.357	N/A*
Whole Kernal Corn	53	1/2 cup	200	82.950	2.530	0.525	0.081	0.000	0.000	3.150	N/A*	20.412	2.100	5.869	0.441	5.250	85.050	8.505	N/A*
Garbanzo Beans	519	1/2 cup	200	105.600	5.904	2.340	0.245	0.000	0.000	158.400	172.800	16.188	5.280	3.108	1.476	42.000	18.000	0.120	0.000
Cucumber Slices	513	1/2 cup	200	10.974	0.476	0.080	0.027	0.000	0.000	1.463	N/A*	2.656	0.366	1.222	0.205	11.706	76.818	2.048	N/A*
Celery Sticks	515	1/2 cup	200	10.368	0.447	0.110	0.027	0.000	0.000	51.839	N/A*	1.925	1.037	0.868	0.130	25.920	290.947	2.009	N/A*
Fresh Apple	231	1/2 cup	300	31.874	0.159	0.104	0.017	0.000	0.000	0.613	N/A*	8.465	1.471	6.369	0.074	3.678	33.100	2.820	N/A*
Fresh Banana	41	1/2 cup	300	112.138	1.373	0.416	0.141	0.000	0.000	1.260	N/A*	28.778	3.276	15.410	0.328	6.300	80.639	10.962	N/A*

Mixed Fruit	529	1/2 cup	300	70.477	0.525	0.103	0.013	0.000	0.000	0.000	7.688	108.919	18.324	1.538	14.685	0.372	6.407	253.717	3.972	0.000
Applesauce Cups	73	0.50 Cup	1100	50.996	0.000	0.000	0.000	0.000	0.000	0.000	1.989	N/A*	13.993	0.988	10.992	0.000	0.000	0.000	60.000	N/A*
WG Colored Goldfish	285	1.00 package	200	100.000	2.000	3.500	0.500	0.000	0.000	0.000	170.000	N/A*	14.000	1.000	0.000	0.720	20.000	200.000	0.000	N/A*
Chocolate Milk	35	1.00 Carton	800	120.000	8.000	0.000	0.000	0.000	0.000	5.000	150.000	N/A*	22.000	0.000	20.000	0.000	300.000	500.000	1.800	5.000
White 1% Milk	47	1.00 Carton	400	120.000	11.000	2.500	1.500	0.000	0.000	15.000	150.000	N/A*	14.000	0.000	14.000	0.000	350.000	500.000	2.400	5.000
String Cheese	181	1.00 Each	200	60.749	7.087	3.037	2.025	0.000	0.000	10.125	202.496	55.687	1.012	0.000	1.012	0.000	151.872	404.993	0.000	N/A*
Bottled Water, Small	507	1.00 Bottle	800	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Beef Sausage Patty	409	1.00 patty	1100	70.874	6.075	4.556	1.519	0.000	0.000	20.250	242.996	121.498	1.012	0.000	0.000	0.304	9.517	0.000	0.000	6.395
Syrup Cup	415	1.00 Each	1100	118.672	0.000	0.000	0.000	0.000	0.000	0.000	0.000	N/A*	30.657	0.000	18.790	N/A*	N/A*	N/A*	N/A*	N/A*
Weighted Daily Average				581.741	20.946	12.090	3.369	0.000	0.000	31.178	670.880	151.444*	102.456	6.655	54.207	2.316*	351.904*	2767.928*	56.656*	9.310*
% of Calories					14.40%	18.70%	5.21%	0.00%					70.45%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 09/07/2018																			
Elementary Lunch Menu 2018-19																			

		Total	2000																
Cheese and Bean Burrito	45	1.00 each	50	308.965	15.947	8.970	3.987	0.000	9.967	578.064	N/A*	39.866	8.970	3.987	2.691	199.332	398.665	4.784	N/A*
Grilled Cheese Sandwich	71	1.00 Each	50	279.750	18.660	9.680	5.390	0.000	30.370	599.360	N/A*	31.580	3.000	6.500	1.610	456.290	607.650	0.000	N/A*
PB&J Sandwich, Small	69	1.00 Sandwich	100	300.000	9.000	17.000	3.000	0.000	0.000	280.000	N/A*	32.000	4.000	14.000	1.440	20.000	0.000	0.000	N/A*
Domino's Cheese Pizza (Elem)	551	1.00 Slice	900	270.000	20.000	7.000	3.500	0.000	20.000	490.000	N/A*	31.000	3.000	3.000	1.800	500.000	750.000	6.000	N/A*
Domino's Pepperoni Pizza (Elem)	555	1.00 Slice	900	280.000	20.000	9.000	4.000	0.000	20.000	590.000	N/A*	32.000	3.000	3.000	1.800	450.000	750.000	6.000	N/A*
Romaine Lettuce	509	1.00 cup	200	7.990	0.578	0.141	0.018	0.000	0.000	3.760	N/A*	1.546	0.987	0.559	0.456	15.510	4093.700	1.880	N/A*
Cherry Tomatoes	511	1/2 cup	200	13.608	0.665	0.151	0.021	0.000	0.000	3.780	N/A*	2.941	0.907	1.988	0.204	7.560	629.737	10.357	N/A*
Whole Kernal Corn	53	1/2 cup	200	82.950	2.530	0.525	0.081	0.000	0.000	3.150	N/A*	20.412	2.100	5.869	0.441	5.250	85.050	8.505	N/A*
Garbanzo Beans	519	1/2 cup	200	105.600	5.904	2.340	0.245	0.000	0.000	158.400	172.800	16.188	5.280	3.108	1.476	42.000	18.000	0.120	0.000
Cucumber Slices	513	1/2 cup	200	10.974	0.476	0.080	0.027	0.000	0.000	1.463	N/A*	2.656	0.366	1.222	0.205	11.706	76.818	2.048	N/A*
Celery Sticks	515	1/2 cup	200	10.368	0.447	0.110	0.027	0.000	0.000	51.839	N/A*	1.925	1.037	0.868	0.130	25.920	290.947	2.009	N/A*
Carrot Slices	567	1/2 cup	1000	18.250	0.467	0.139	0.026	0.000	0.000	30.660	N/A*	4.044	1.095	1.810	0.467	18.250	8154.100	1.971	N/A*
Fresh Apple	231	1/2 cup	300	31.874	0.159	0.104	0.017	0.000	0.000	0.613	N/A*	8.465	1.471	6.369	0.074	3.678	33.100	2.820	N/A*
Fresh Banana	41	1/2 cup	300	112.138	1.373	0.416	0.141	0.000	0.000	1.260	N/A*	28.778	3.276	15.410	0.328	6.300	80.639	10.962	N/A*

Mixed Fruit	529	1/2 cup	300	70.477	0.525	0.103	0.013	0.000	0.000	0.000	7.688	108.919	18.324	1.538	14.685	0.372	6.407	253.717	3.972	0.000
WG Colored Goldfish	285	1.00 package	100	100.000	2.000	3.500	0.500	0.000	0.000	0.000	170.000	N/A*	14.000	1.000	0.000	0.720	20.000	200.000	0.000	N/A*
Chocolate Milk	35	1.00 Carton	800	120.000	8.000	0.000	0.000	0.000	0.000	5.000	150.000	N/A*	22.000	0.000	20.000	0.000	300.000	500.000	1.800	5.000
White 1% Milk	47	1.00 Carton	400	120.000	11.000	2.500	1.500	0.000	0.000	15.000	150.000	N/A*	14.000	0.000	14.000	0.000	350.000	500.000	2.400	5.000
String Cheese	181	1.00 Each	200	60.749	7.087	3.037	2.025	0.000	0.000	10.125	202.496	55.687	1.012	0.000	1.012	0.000	151.872	404.993	0.000	N/A*
Bottled Water, Small	507	1.00 Bottle	800	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				424.740	27.126	9.993	4.367	0.000	0.000	25.021	687.189	39.187*	59.061	5.807	22.299	2.476	673.455	5702.251	12.860	3.000*
% of Calories					25.55%	21.17%	9.25%	0.00%					55.62%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 09/11/2018																			
Elementary Lunch Menu 2018-19																			
		Total	1400																
Cheese and Bean Burrito	45	1.00 each	50	308.965	15.947	8.970	3.987	0.000	9.967	578.064	N/A*	39.866	8.970	3.987	2.691	199.332	398.665	4.784	N/A*
Grilled Cheese Sandwich	71	1.00 Each	50	279.750	18.660	9.680	5.390	0.000	30.370	599.360	N/A*	31.580	3.000	6.500	1.610	456.290	607.650	0.000	N/A*

PB&J Sandwich, Small	69	1.00 Sandwich	200	300.000	9.000	17.000	3.000	0.000	0.000	0.000	280.000	N/A*	32.000	4.000	14.000	1.440	20.000	0.000	0.000	N/A*
Chicken Smackers	101	1.00 Serving	1100	293.000	18.000	17.000	3.000	0.000	81.000	487.000	N/A*	17.000	3.000	0.000	2.000	18.000	167.000	0.000	0.000	N/A*
Romaine Lettuce	509	1.00 cup	200	7.990	0.578	0.141	0.018	0.000	0.000	3.760	N/A*	1.546	0.987	0.559	0.456	15.510	4093.700	1.880	0.000	N/A*
Baby Carrots	37	1/2 cup	200	24.806	0.454	0.092	0.016	0.000	0.000	55.282	N/A*	5.840	2.055	3.374	0.631	22.680	9773.490	1.843	0.000	N/A*
Cherry Tomatoes	511	1/2 cup	200	13.608	0.665	0.151	0.021	0.000	0.000	3.780	N/A*	2.941	0.907	1.988	0.204	7.560	629.737	10.357	0.000	N/A*
Whole Kernal Corn	53	1/2 cup	200	82.950	2.530	0.525	0.081	0.000	0.000	3.150	N/A*	20.412	2.100	5.869	0.441	5.250	85.050	8.505	0.000	N/A*
Cucumber Slices	513	1/2 cup	200	10.974	0.476	0.080	0.027	0.000	0.000	1.463	N/A*	2.656	0.366	1.222	0.205	11.706	76.818	2.048	0.000	N/A*
Celery Sticks	515	1/2 cup	200	10.368	0.447	0.110	0.027	0.000	0.000	51.839	N/A*	1.925	1.037	0.868	0.130	25.920	290.947	2.009	0.000	N/A*
Shredded Iceberg Lettuce	527	1/4 cup	500	2.175	0.140	0.022	0.003	0.000	0.000	1.553	N/A*	0.461	0.186	0.306	0.064	2.796	77.981	0.435	0.000	N/A*
Mashed Potatoes	385	0.50 Cup	600	70.000	0.000	0.000	0.000	0.000	0.000	340.000	320.000	14.000	0.000	0.000	0.200	0.000	0.000	0.000	0.000	0.000
Fresh Apple	231	1/2 cup	300	31.874	0.159	0.104	0.017	0.000	0.000	0.613	N/A*	8.465	1.471	6.369	0.074	3.678	33.100	2.820	0.000	N/A*
Fresh Banana	41	1/2 cup	300	112.138	1.373	0.416	0.141	0.000	0.000	1.260	N/A*	28.778	3.276	15.410	0.328	6.300	80.639	10.962	0.000	N/A*
Mixed Fruit	529	1/2 cup	300	70.477	0.525	0.103	0.013	0.000	0.000	7.688	108.919	18.324	1.538	14.685	0.372	6.407	253.717	3.972	0.000	0.000
WG Colored Goldfish	285	1.00 package	200	100.000	2.000	3.500	0.500	0.000	0.000	170.000	N/A*	14.000	1.000	0.000	0.720	20.000	200.000	0.000	0.000	N/A*

Dinner Roll (Elem)	847	1.00 Each	1100	80.000	2.000	1.000	0.000	0.000	0.000	0.000	130.000	N/A*	15.000	1.000	2.000	0.720	N/A*	N/A*	N/A*	N/A*	
Chocolate Milk	35	1.00 Carton	800	120.000	8.000	0.000	0.000	0.000	0.000	5.000	150.000	N/A*	22.000	0.000	20.000	0.000	300.000	500.000	1.800	5.000	
White 1% Milk	47	1.00 Carton	200	120.000	11.000	2.500	1.500	0.000	0.000	15.000	150.000	N/A*	14.000	0.000	14.000	0.000	350.000	500.000	2.400	5.000	
String Cheese	181	1.00 Each	200	60.749	7.087	3.037	2.025	0.000	0.000	10.125	202.496	55.687	1.012	0.000	1.012	0.000	151.872	404.993	0.000	N/A*	
Bottled Water, Small	507	1.00 Bottle	400	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	
Weighted Daily Average				563.899	26.903	18.827	3.760	0.000	0.000	71.530	892.550	168.438*	72.100	6.762	27.425	3.169	303.567*	2852.993*	9.308*	3.571*	
% of Calories					19.08%	30.05%	6.00%	0.00%					51.14%								

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 09/12/2018																			
Elementary Lunch Menu 2018-19																			
		Total	1400																
Cheese and Bean Burrito	45	1.00 each	50	308.965	15.947	8.970	3.987	0.000	9.967	578.064	N/A*	39.866	8.970	3.987	2.691	199.332	398.665	4.784	N/A*
Grilled Cheese Sandwich	71	1.00 Each	50	279.750	18.660	9.680	5.390	0.000	30.370	599.360	N/A*	31.580	3.000	6.500	1.610	456.290	607.650	0.000	N/A*
PB&J Sandwich, Small	69	1.00 Sandwich	200	300.000	9.000	17.000	3.000	0.000	0.000	280.000	N/A*	32.000	4.000	14.000	1.440	20.000	0.000	0.000	N/A*

Cheese Quesadilla, IW	153	1.00 Each	1100	331.000	20.500	14.760	8.230	N/A*	35.000	500.000	N/A*	29.000	3.000	1.000	1.690	516.000	N/A*	0.000	N/A*
Romaine Lettuce	509	1.00 cup	200	7.990	0.578	0.141	0.018	0.000	0.000	3.760	N/A*	1.546	0.987	0.559	0.456	15.510	4093.700	1.880	N/A*
Baby Carrots	37	1/2 cup	200	24.806	0.454	0.092	0.016	0.000	0.000	55.282	N/A*	5.840	2.055	3.374	0.631	22.680	9773.490	1.843	N/A*
Cherry Tomatoes	511	1/2 cup	200	13.608	0.665	0.151	0.021	0.000	0.000	3.780	N/A*	2.941	0.907	1.988	0.204	7.560	629.737	10.357	N/A*
Whole Kernal Corn	53	1/2 cup	600	82.950	2.530	0.525	0.081	0.000	0.000	3.150	N/A*	20.412	2.100	5.869	0.441	5.250	85.050	8.505	N/A*
Garbanzo Beans	519	1/2 cup	200	105.600	5.904	2.340	0.245	0.000	0.000	158.400	172.800	16.188	5.280	3.108	1.476	42.000	18.000	0.120	0.000
Cucumber Slices	513	1/2 cup	200	10.974	0.476	0.080	0.027	0.000	0.000	1.463	N/A*	2.656	0.366	1.222	0.205	11.706	76.818	2.048	N/A*
Celery Sticks	515	1/2 cup	200	10.368	0.447	0.110	0.027	0.000	0.000	51.839	N/A*	1.925	1.037	0.868	0.130	25.920	290.947	2.009	N/A*
Fresh Apple	231	1/2 cup	300	31.874	0.159	0.104	0.017	0.000	0.000	0.613	N/A*	8.465	1.471	6.369	0.074	3.678	33.100	2.820	N/A*
Fresh Banana	41	1/2 cup	300	112.138	1.373	0.416	0.141	0.000	0.000	1.260	N/A*	28.778	3.276	15.410	0.328	6.300	80.639	10.962	N/A*
Mixed Fruit	529	1/2 cup	300	70.477	0.525	0.103	0.013	0.000	0.000	7.688	108.919	18.324	1.538	14.685	0.372	6.407	253.717	3.972	0.000
WG Colored Goldfish	285	1.00 package	200	100.000	2.000	3.500	0.500	0.000	0.000	170.000	N/A*	14.000	1.000	0.000	0.720	20.000	200.000	0.000	N/A*
Chocolate Chip Cookie, IW	337	1.00 Each	1100	147.400	2.300	4.900	1.500	0.000	20.500	119.900	94.000	24.300	1.600	10.800	0.900	10.000	50.000	0.000	0.000
Chocolate Milk	35	1.00 Carton	800	120.000	8.000	0.000	0.000	0.000	5.000	150.000	N/A*	22.000	0.000	20.000	0.000	300.000	500.000	1.800	5.000

White 1% Milk	47	1.00 Carton	200	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	14.000	0.000	14.000	0.000	350.000	500.000	2.400	5.000
String Cheese	181	1.00 Each	200	60.749	7.087	3.037	2.025	0.000	10.125	202.496	55.687	1.012	0.000	1.012	0.000	151.872	404.993	0.000	N/A*
Bottled Water, Small	507	1.00 Bottle	400	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				654.722	30.620	20.608	9.105	0.000*	51.494	772.088	129.838*	90.815	8.522	37.137	3.295	709.212	2760.085*	11.600	3.571*
% of Calories					18.71%	28.33%	12.52%	0.00%*				55.48%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 09/13/2018																			
Elementary Lunch Menu 2018-19																			
		Total	1400																
Cheese and Bean Burrito	45	1.00 each	50	308.965	15.947	8.970	3.987	0.000	9.967	578.064	N/A*	39.866	8.970	3.987	2.691	199.332	398.665	4.784	N/A*
Grilled Cheese Sandwich	71	1.00 Each	50	279.750	18.660	9.680	5.390	0.000	30.370	599.360	N/A*	31.580	3.000	6.500	1.610	456.290	607.650	0.000	N/A*
PB&J Sandwich, Small	69	1.00 Sandwich	200	300.000	9.000	17.000	3.000	0.000	0.000	280.000	N/A*	32.000	4.000	14.000	1.440	20.000	0.000	0.000	N/A*
State Fair Turkey Corn Dog	151	1.00 Each	1100	280.000	9.000	13.000	3.500	0.000	40.000	660.000	N/A*	31.000	2.000	9.000	1.800	60.000	100.000	9.000	N/A*
Romaine Lettuce	509	1.00 cup	200	7.990	0.578	0.141	0.018	0.000	0.000	3.760	N/A*	1.546	0.987	0.559	0.456	15.510	4093.700	1.880	N/A*

Baby Carrots	37	1/2 cup	200	24.806	0.454	0.092	0.016	0.000	0.000	55.282	N/A*	5.840	2.055	3.374	0.631	22.680	9773.490	1.843	N/A*
Cherry Tomatoes	511	1/2 cup	200	13.608	0.665	0.151	0.021	0.000	0.000	3.780	N/A*	2.941	0.907	1.988	0.204	7.560	629.737	10.357	N/A*
Whole Kernal Corn	53	1/2 cup	200	82.950	2.530	0.525	0.081	0.000	0.000	3.150	N/A*	20.412	2.100	5.869	0.441	5.250	85.050	8.505	N/A*
Garbanzo Beans	519	1/2 cup	200	105.600	5.904	2.340	0.245	0.000	0.000	158.400	172.800	16.188	5.280	3.108	1.476	42.000	18.000	0.120	0.000
Cucumber Slices	513	1/2 cup	200	10.974	0.476	0.080	0.027	0.000	0.000	1.463	N/A*	2.656	0.366	1.222	0.205	11.706	76.818	2.048	N/A*
Celery Sticks	515	1/2 cup	200	10.368	0.447	0.110	0.027	0.000	0.000	51.839	N/A*	1.925	1.037	0.868	0.130	25.920	290.947	2.009	N/A*
Tater Tots	351	8.00 Pieces	1100	130.000	2.000	6.000	1.000	0.000	0.000	310.000	N/A*	16.000	2.000	0.000	0.000	0.000	0.000	3.600	N/A*
Fresh Apple	231	1/2 cup	300	31.874	0.159	0.104	0.017	0.000	0.000	0.613	N/A*	8.465	1.471	6.369	0.074	3.678	33.100	2.820	N/A*
Fresh Banana	41	1/2 cup	300	112.138	1.373	0.416	0.141	0.000	0.000	1.260	N/A*	28.778	3.276	15.410	0.328	6.300	80.639	10.962	N/A*
Mixed Fruit	529	1/2 cup	300	70.477	0.525	0.103	0.013	0.000	0.000	7.688	108.919	18.324	1.538	14.685	0.372	6.407	253.717	3.972	0.000
WG Colored Goldfish	285	1.00 package	100	100.000	2.000	3.500	0.500	0.000	0.000	170.000	N/A*	14.000	1.000	0.000	0.720	20.000	200.000	0.000	N/A*
Chocolate Milk	35	1.00 Carton	800	120.000	8.000	0.000	0.000	0.000	5.000	150.000	N/A*	22.000	0.000	20.000	0.000	300.000	500.000	1.800	5.000
White 1% Milk	47	1.00 Carton	400	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	14.000	0.000	14.000	0.000	350.000	500.000	2.400	5.000
String Cheese	181	1.00 Each	200	60.749	7.087	3.037	2.025	0.000	10.125	202.496	55.687	1.012	0.000	1.012	0.000	151.872	404.993	0.000	N/A*

Bottled Water, Small	507	1.00 Bottle	800	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				587.280	22.054	20.046	5.152	0.000	41.458	1055.553	55.981*	81.033	7.379	35.260	2.497	390.140	2832.214	19.413	4.286*		
% of Calories					15.02%	30.72%	7.89%	0.00%				55.19%									

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 09/14/2018																			
Elementary Lunch Menu 2018-19																			
		Total	2000																
Cheese and Bean Burrito	45	1.00 each	50	308.965	15.947	8.970	3.987	0.000	9.987	578.064	N/A*	39.866	8.970	3.987	2.691	199.332	398.665	4.784	N/A*
Grilled Cheese Sandwich	71	1.00 Each	50	279.750	18.660	9.680	5.390	0.000	30.370	599.360	N/A*	31.580	3.000	6.500	1.610	456.290	607.650	0.000	N/A*
PB&J Sandwich, Small	69	1.00 Sandwich	100	300.000	9.000	17.000	3.000	0.000	0.000	280.000	N/A*	32.000	4.000	14.000	1.440	20.000	0.000	0.000	N/A*
Domino's Cheese Pizza (Elem)	551	1.00 Slice	900	270.000	20.000	7.000	3.500	0.000	20.000	490.000	N/A*	31.000	3.000	3.000	1.800	500.000	750.000	6.000	N/A*
Domino's Pepperoni Pizza (Elem)	555	1.00 Slice	900	280.000	20.000	9.000	4.000	0.000	20.000	590.000	N/A*	32.000	3.000	3.000	1.800	450.000	750.000	6.000	N/A*
Romaine Lettuce	509	1.00 cup	200	7.990	0.578	0.141	0.018	0.000	0.000	3.760	N/A*	1.546	0.987	0.559	0.456	15.510	4093.700	1.880	N/A*
Cherry Tomatoes	511	1/2 cup	200	13.608	0.665	0.151	0.021	0.000	0.000	3.780	N/A*	2.941	0.907	1.988	0.204	7.560	629.737	10.357	N/A*

Whole Kernal Corn	53	1/2 cup	200	82.950	2.530	0.525	0.081	0.000	0.000	0.000	3.150	N/A*	20.412	2.100	5.869	0.441	5.250	85.050	8.505	N/A*
Garbanzo Beans	519	1/2 cup	200	105.600	5.904	2.340	0.245	0.000	0.000	0.000	158.400	172.800	16.188	5.280	3.108	1.476	42.000	18.000	0.120	0.000
Cucumber Slices	513	1/2 cup	200	10.974	0.476	0.080	0.027	0.000	0.000	0.000	1.463	N/A*	2.656	0.366	1.222	0.205	11.706	76.818	2.048	N/A*
Celery Sticks	515	1/2 cup	200	10.368	0.447	0.110	0.027	0.000	0.000	0.000	51.839	N/A*	1.925	1.037	0.868	0.130	25.920	290.947	2.009	N/A*
Cut Green Beans	569	1/2 cup	600	15.993	0.993	0.000	0.000	0.000	0.000	0.000	139.994	N/A*	2.995	1.994	0.993	0.354	19.997	100.000	0.000	N/A*
Fresh Apple	231	1/2 cup	300	31.874	0.159	0.104	0.017	0.000	0.000	0.000	0.613	N/A*	8.465	1.471	6.369	0.074	3.678	33.100	2.820	N/A*
Fresh Banana	41	1/2 cup	300	112.138	1.373	0.416	0.141	0.000	0.000	0.000	1.260	N/A*	28.778	3.276	15.410	0.328	6.300	80.639	10.962	N/A*
Mixed Fruit	529	1/2 cup	300	70.477	0.525	0.103	0.013	0.000	0.000	0.000	7.688	108.919	18.324	1.538	14.685	0.372	6.407	253.717	3.972	0.000
WG Colored Goldfish	285	1.00 package	100	100.000	2.000	3.500	0.500	0.000	0.000	0.000	170.000	N/A*	14.000	1.000	0.000	0.720	20.000	200.000	0.000	N/A*
Chocolate Milk	35	1.00 Carton	800	120.000	8.000	0.000	0.000	0.000	5.000	0.000	150.000	N/A*	22.000	0.000	20.000	0.000	300.000	500.000	1.800	5.000
White 1% Milk	47	1.00 Carton	400	120.000	11.000	2.500	1.500	0.000	15.000	0.000	150.000	N/A*	14.000	0.000	14.000	0.000	350.000	500.000	2.400	5.000
String Cheese	181	1.00 Each	200	60.749	7.087	3.037	2.025	0.000	10.125	0.000	202.496	55.687	1.012	0.000	1.012	0.000	151.872	404.993	0.000	N/A*
Bottled Water, Small	507	1.00 Bottle	800	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				420.413	27.190	9.923	4.354	0.000	25.021	0.000	713.857	39.187*	57.938	5.858	21.692	2.349	670.329	1655.201	11.875	3.000*

% of Calories		25.87%	21.24%	9.32%	0.00%					55.12%								
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Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 09/17/2018																			
Elementary Lunch Menu 2018-19																			
		Total	1400																
Cheese and Bean Burrito	45	1.00 each	50	308.965	15.947	8.970	3.987	0.000	9.967	578.064	N/A*	39.866	8.970	3.987	2.691	199.332	398.665	4.784	N/A*
Grilled Cheese Sandwich	71	1.00 Each	50	279.750	18.660	9.680	5.390	0.000	30.370	599.360	N/A*	31.580	3.000	6.500	1.610	456.290	607.650	0.000	N/A*
PB&J Sandwich, Small	69	1.00 Sandwich	200	300.000	9.000	17.000	3.000	0.000	0.000	280.000	N/A*	32.000	4.000	14.000	1.440	20.000	0.000	0.000	N/A*
Mac & Cheese	407	6.40 ounces	1100	322.128	17.066	16.000	9.067	0.640	50.132	702.921	N/A*	29.162	2.133	3.200	0.192	383.993	693.321	0.640	N/A*
Romaine Lettuce	509	1.00 cup	200	7.990	0.578	0.141	0.018	0.000	0.000	3.760	N/A*	1.546	0.987	0.559	0.456	15.510	4093.700	1.880	N/A*
Baby Carrots	37	1/2 cup	200	24.806	0.454	0.092	0.016	0.000	0.000	55.282	N/A*	5.840	2.055	3.374	0.631	22.680	9773.490	1.843	N/A*
Cherry Tomatoes	511	1/2 cup	200	13.608	0.665	0.151	0.021	0.000	0.000	3.780	N/A*	2.941	0.907	1.988	0.204	7.560	629.737	10.357	N/A*
Whole Kernal Corn	53	1/2 cup	200	82.950	2.530	0.525	0.081	0.000	0.000	3.150	N/A*	20.412	2.100	5.869	0.441	5.250	85.050	8.505	N/A*
Cucumber Slices	513	1/2 cup	200	10.974	0.476	0.080	0.027	0.000	0.000	1.463	N/A*	2.656	0.366	1.222	0.205	11.706	76.818	2.048	N/A*

Celery Sticks	515	1/2 cup	200	10.368	0.447	0.110	0.027	0.000	0.000	51.839	N/A*	1.925	1.037	0.868	0.130	25.920	290.947	2.009	N/A*
Shredded Iceberg Lettuce	527	1/4 cup	500	2.175	0.140	0.022	0.003	0.000	0.000	1.553	N/A*	0.461	0.186	0.306	0.064	2.796	77.981	0.435	N/A*
Fresh Apple	231	1/2 cup	300	31.874	0.159	0.104	0.017	0.000	0.000	0.613	N/A*	8.465	1.471	6.369	0.074	3.678	33.100	2.820	N/A*
Fresh Banana	41	1/2 cup	300	112.138	1.373	0.416	0.141	0.000	0.000	1.260	N/A*	28.778	3.276	15.410	0.328	6.300	80.639	10.962	N/A*
Mixed Fruit	529	1/2 cup	900	70.477	0.525	0.103	0.013	0.000	0.000	7.688	108.919	18.324	1.538	14.685	0.372	6.407	253.717	3.972	0.000
WG Colored Goldfish	285	1.00 package	200	100.000	2.000	3.500	0.500	0.000	0.000	170.000	N/A*	14.000	1.000	0.000	0.720	20.000	200.000	0.000	N/A*
Honey Wheat Breadstick (Elem)	851	1.00 Each	1100	80.000	2.000	1.000	0.000	0.000	0.000	130.000	N/A*	15.000	1.000	2.000	0.720	N/A*	N/A*	N/A*	N/A*
Chocolate Milk	35	1.00 Carton	800	120.000	8.000	0.000	0.000	0.000	5.000	150.000	N/A*	22.000	0.000	20.000	0.000	300.000	500.000	1.800	5.000
White 1% Milk	47	1.00 Carton	200	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	14.000	0.000	14.000	0.000	350.000	500.000	2.400	5.000
String Cheese	181	1.00 Each	200	60.749	7.087	3.037	2.025	0.000	10.125	202.496	55.687	1.012	0.000	1.012	0.000	151.872	404.993	0.000	N/A*
Bottled Water, Small	507	1.00 Bottle	400	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				586.990	26.395	18.085	8.533	0.503	47.276	919.783	77.975*	83.509	6.740	36.233	1.822	593.879*	3375.267*	11.513*	3.571*
% of Calories					17.99%	27.73%	13.08%	0.77%				56.91%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 09/18/2018																			
Elementary Lunch Menu 2018-19																			
		Total	1400																
Cheese and Bean Burrito	45	1.00 each	50	308.965	15.947	8.970	3.987	0.000	9.967	578.064	N/A*	39.866	8.970	3.987	2.691	199.332	398.665	4.784	N/A*
Grilled Cheese Sandwich	71	1.00 Each	50	279.750	18.660	9.680	5.390	0.000	30.370	599.360	N/A*	31.580	3.000	6.500	1.610	456.290	607.650	0.000	N/A*
PB&J Sandwich, Small	69	1.00 Sandwich	200	300.000	9.000	17.000	3.000	0.000	0.000	280.000	N/A*	32.000	4.000	14.000	1.440	20.000	0.000	0.000	N/A*
Turkey Taco Meat	595	3.20 oz	1100	159.220	14.805	9.253	1.851	0.000	38.873	244.377	N/A*	3.701	1.851	1.851	1.660	37.022	647.983	5.552	N/A*
Romaine Lettuce	509	1.00 cup	200	7.990	0.578	0.141	0.018	0.000	0.000	3.760	N/A*	1.546	0.987	0.559	0.456	15.510	4093.700	1.880	N/A*
Baby Carrots	37	1/2 cup	200	24.806	0.454	0.092	0.016	0.000	0.000	55.282	N/A*	5.840	2.055	3.374	0.631	22.680	9773.490	1.843	N/A*
Cherry Tomatoes	511	1/2 cup	200	13.608	0.665	0.151	0.021	0.000	0.000	3.780	N/A*	2.941	0.907	1.988	0.204	7.560	629.737	10.357	N/A*
Whole Kernal Corn	53	1/2 cup	200	82.950	2.530	0.525	0.081	0.000	0.000	3.150	N/A*	20.412	2.100	5.869	0.441	5.250	85.050	8.505	N/A*
Cucumber Slices	513	1/2 cup	200	10.974	0.476	0.080	0.027	0.000	0.000	1.463	N/A*	2.656	0.366	1.222	0.205	11.706	76.818	2.048	N/A*
Celery Sticks	515	1/2 cup	200	10.368	0.447	0.110	0.027	0.000	0.000	51.839	N/A*	1.925	1.037	0.868	0.130	25.920	290.947	2.009	N/A*
Pinto Beans	79	0.50 Cup	600	97.996	5.992	0.994	0.000	0.000	0.000	139.995	N/A*	17.995	5.992	0.994	1.437	59.993	0.000	0.000	N/A*

Shredded Iceberg Lettuce	527	1/4 cup	500	2.175	0.140	0.022	0.003	0.000	0.000	1.553	N/A*	0.461	0.186	0.306	0.064	2.796	77.981	0.435	N/A*
Fresh Apple	231	1/2 cup	300	31.874	0.159	0.104	0.017	0.000	0.000	0.613	N/A*	8.465	1.471	6.369	0.074	3.678	33.100	2.820	N/A*
Fresh Banana	41	1/2 cup	300	112.138	1.373	0.416	0.141	0.000	0.000	1.260	N/A*	28.778	3.276	15.410	0.328	6.300	80.639	10.962	N/A*
Mixed Fruit	529	1/2 cup	300	70.477	0.525	0.103	0.013	0.000	0.000	7.688	108.919	18.324	1.538	14.685	0.372	6.407	253.717	3.972	0.000
WG Colored Goldfish	285	1.00 package	200	100.000	2.000	3.500	0.500	0.000	0.000	170.000	N/A*	14.000	1.000	0.000	0.720	20.000	200.000	0.000	N/A*
Taco Shells	565	2.00 Shells	1100	170.000	2.000	8.000	2.000	0.000	0.000	0.000	N/A*	23.000	2.000	1.000	0.720	20.000	0.000	0.000	0.000
Chocolate Milk	35	1.00 Carton	800	120.000	8.000	0.000	0.000	0.000	5.000	150.000	N/A*	22.000	0.000	20.000	0.000	300.000	500.000	1.800	5.000
White 1% Milk	47	1.00 Carton	200	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	14.000	0.000	14.000	0.000	350.000	500.000	2.400	5.000
String Cheese	181	1.00 Each	200	60.749	7.087	3.037	2.025	0.000	10.125	202.496	55.687	1.012	0.000	1.012	0.000	151.872	404.993	0.000	N/A*
Bottled Water, Small	507	1.00 Bottle	400	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Shredded Cheddar Cheese	499	1.00 each	1100	55.000	3.000	4.500	3.000	0.000	15.000	95.000	N/A*	0.500	0.000	0.000	0.000	75.000	0.000	0.000	0.000
Salsa Mild	449	2.00 Tbsp	500	10.000	0.000	0.000	0.000	0.000	0.000	180.000	N/A*	2.000	0.000	1.000	0.000	0.000	0.000	3.600	N/A*
Weighted Daily Average				588.285	29.318	22.202	6.786	0.000	50.216	652.987	31.295*	70.755	9.213	28.877	3.432	418.867	3230.908	14.956	3.571*
% of Calories					19.93%	33.97%	10.38%	0.00%				48.11%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 09/20/2018																			
Elementary Lunch Menu 2018-19																			
		Total	1400																
Cheese and Bean Burrito	45	1.00 each	50	308.965	15.947	8.970	3.987	0.000	9.967	578.064	N/A*	39.866	8.970	3.987	2.691	199.332	398.665	4.784	N/A*
Grilled Cheese Sandwich	71	1.00 Each	50	279.750	18.660	9.680	5.390	0.000	30.370	599.360	N/A*	31.580	3.000	6.500	1.610	456.290	607.650	0.000	N/A*
PB&J Sandwich, Small	69	1.00 Sandwich	200	300.000	9.000	17.000	3.000	0.000	0.000	280.000	N/A*	32.000	4.000	14.000	1.440	20.000	0.000	0.000	N/A*
Toasted Cinnamon Slice French Toast	503	1.00 each	1100	258.765	7.962	5.971	0.995	0.000	0.000	298.575	N/A*	44.786	1.990	16.919	2.687	39.810	398.099	1.194	N/A*
Romaine Lettuce	509	1.00 cup	200	7.990	0.578	0.141	0.018	0.000	0.000	3.760	N/A*	1.546	0.987	0.559	0.456	15.510	4093.700	1.880	N/A*
Baby Carrots	37	1/2 cup	200	24.806	0.454	0.092	0.016	0.000	0.000	55.282	N/A*	5.840	2.055	3.374	0.631	22.680	9773.490	1.843	N/A*
Cherry Tomatoes	511	1/2 cup	200	13.608	0.665	0.151	0.021	0.000	0.000	3.780	N/A*	2.941	0.907	1.988	0.204	7.560	629.737	10.357	N/A*
Whole Kernal Corn	53	1/2 cup	200	82.950	2.530	0.525	0.081	0.000	0.000	3.150	N/A*	20.412	2.100	5.869	0.441	5.250	85.050	8.505	N/A*
Garbanzo Beans	519	1/2 cup	200	105.600	5.904	2.340	0.245	0.000	0.000	158.400	172.800	16.188	5.280	3.108	1.476	42.000	18.000	0.120	0.000
Cucumber Slices	513	1/2 cup	200	10.974	0.476	0.080	0.027	0.000	0.000	1.463	N/A*	2.656	0.366	1.222	0.205	11.706	76.818	2.048	N/A*
Celery Sticks	515	1/2 cup	200	10.368	0.447	0.110	0.027	0.000	0.000	51.839	N/A*	1.925	1.037	0.868	0.130	25.920	290.947	2.009	N/A*

Fresh Apple	231	1/2 cup	300	31.874	0.159	0.104	0.017	0.000	0.000	0.000	0.613	N/A*	8.465	1.471	6.369	0.074	3.678	33.100	2.820	N/A*
Fresh Banana	41	1/2 cup	300	112.138	1.373	0.416	0.141	0.000	0.000	0.000	1.260	N/A*	28.778	3.276	15.410	0.328	6.300	80.639	10.962	N/A*
Mixed Fruit	529	1/2 cup	300	70.477	0.525	0.103	0.013	0.000	0.000	0.000	7.688	108.919	18.324	1.538	14.685	0.372	6.407	253.717	3.972	0.000
Applesauce Cups	73	0.50 Cup	1100	50.996	0.000	0.000	0.000	0.000	0.000	0.000	1.989	N/A*	13.993	0.988	10.992	0.000	0.000	0.000	60.000	N/A*
WG Colored Goldfish	285	1.00 package	200	100.000	2.000	3.500	0.500	0.000	0.000	0.000	170.000	N/A*	14.000	1.000	0.000	0.720	20.000	200.000	0.000	N/A*
Chocolate Milk	35	1.00 Carton	800	120.000	8.000	0.000	0.000	0.000	5.000	150.000	N/A*	N/A*	22.000	0.000	20.000	0.000	300.000	500.000	1.800	5.000
White 1% Milk	47	1.00 Carton	200	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	N/A*	14.000	0.000	14.000	0.000	350.000	500.000	2.400	5.000
String Cheese	181	1.00 Each	200	60.749	7.087	3.037	2.025	0.000	10.125	202.496	55.687	1.012	1.012	0.000	1.012	0.000	151.872	404.993	0.000	N/A*
Bottled Water, Small	507	1.00 Bottle	400	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Beef Sausage Patty	409	1.00 patty	1100	70.874	6.075	4.556	1.519	0.000	20.250	242.996	121.498	1.012	1.012	0.000	0.000	0.304	9.517	0.000	0.000	6.395
Weighted Daily Average				554.207	23.012	13.282	3.413	0.000	23.798	711.207	151.444*	90.083		6.647	48.118	3.484	333.183	3009.292	57.251	8.596*
% of Calories					16.61%	21.57%	5.54%	0.00%				65.02%								

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
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Fri - 09/21/2018																			
Elementary Lunch Menu 2018-19																			
		Total	2000																
Cheese and Bean Burrito	45	1.00 each	50	308.965	15.947	8.970	3.987	0.000	9.967	578.064	N/A*	39.866	8.970	3.987	2.691	199.332	398.665	4.784	N/A*
Grilled Cheese Sandwich	71	1.00 Each	50	279.750	18.660	9.680	5.390	0.000	30.370	599.360	N/A*	31.580	3.000	6.500	1.610	456.290	607.650	0.000	N/A*
PB&J Sandwich, Small	69	1.00 Sandwich	100	300.000	9.000	17.000	3.000	0.000	0.000	280.000	N/A*	32.000	4.000	14.000	1.440	20.000	0.000	0.000	N/A*
Domino's Cheese Pizza (Elem)	551	1.00 Slice	900	270.000	20.000	7.000	3.500	0.000	20.000	490.000	N/A*	31.000	3.000	3.000	1.800	500.000	750.000	6.000	N/A*
Domino's Pepperoni Pizza (Elem)	555	1.00 Slice	900	280.000	20.000	9.000	4.000	0.000	20.000	590.000	N/A*	32.000	3.000	3.000	1.800	450.000	750.000	6.000	N/A*
Romaine Lettuce	509	1.00 cup	200	7.990	0.578	0.141	0.018	0.000	0.000	3.760	N/A*	1.546	0.987	0.559	0.456	15.510	4093.700	1.880	N/A*
Cherry Tomatoes	511	1/2 cup	200	13.608	0.665	0.151	0.021	0.000	0.000	3.780	N/A*	2.941	0.907	1.988	0.204	7.560	629.737	10.357	N/A*
Whole Kernal Corn	53	1/2 cup	200	82.950	2.530	0.525	0.081	0.000	0.000	3.150	N/A*	20.412	2.100	5.869	0.441	5.250	85.050	8.505	N/A*
Garbanzo Beans	519	1/2 cup	200	105.600	5.904	2.340	0.245	0.000	0.000	158.400	172.800	16.188	5.280	3.108	1.476	42.000	18.000	0.120	0.000
Cucumber Slices	513	1/2 cup	200	10.974	0.476	0.080	0.027	0.000	0.000	1.463	N/A*	2.656	0.366	1.222	0.205	11.706	76.818	2.048	N/A*
Celery Sticks	515	1/2 cup	200	10.368	0.447	0.110	0.027	0.000	0.000	51.839	N/A*	1.925	1.037	0.868	0.130	25.920	290.947	2.009	N/A*
Carrot Slices	567	1/2 cup	1000	18.250	0.467	0.139	0.026	0.000	0.000	30.660	N/A*	4.044	1.095	1.810	0.467	18.250	8154.100	1.971	N/A*
Fresh Apple	231	1/2 cup	300	31.874	0.159	0.104	0.017	0.000	0.000	0.613	N/A*	8.465	1.471	6.369	0.074	3.678	33.100	2.820	N/A*

Fresh Banana	41	1/2 cup	300	112.138	1.373	0.416	0.141	0.000	0.000	0.000	1.260	N/A*	28.778	3.276	15.410	0.328	6.300	80.639	10.962	N/A*
Mixed Fruit	529	1/2 cup	300	70.477	0.525	0.103	0.013	0.000	0.000	0.000	7.688	108.919	18.324	1.538	14.685	0.372	6.407	253.717	3.972	0.000
WG Colored Goldfish	285	1.00 package	100	100.000	2.000	3.500	0.500	0.000	0.000	0.000	170.000	N/A*	14.000	1.000	0.000	0.720	20.000	200.000	0.000	N/A*
Chocolate Milk	35	1.00 Carton	800	120.000	8.000	0.000	0.000	0.000	0.000	5.000	150.000	N/A*	22.000	0.000	20.000	0.000	300.000	500.000	1.800	5.000
White 1% Milk	47	1.00 Carton	400	120.000	11.000	2.500	1.500	0.000	0.000	15.000	150.000	N/A*	14.000	0.000	14.000	0.000	350.000	500.000	2.400	5.000
String Cheese	181	1.00 Each	200	60.749	7.087	3.037	2.025	0.000	0.000	10.125	202.496	55.687	1.012	0.000	1.012	0.000	151.872	404.993	0.000	N/A*
Bottled Water, Small	507	1.00 Bottle	800	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				424.740	27.126	9.993	4.367	0.000	0.000	25.021	687.189	39.187*	59.061	5.807	22.299	2.476	673.455	5702.251	12.860	3.000*
% of Calories					25.55%	21.17%	9.25%	0.00%					55.62%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Mon - 09/24/2018																			
Elementary Lunch Menu 2018-19																			
		Total	1400																
Cheese and Bean Burrito	45	1.00 each	50	308.965	15.947	8.970	3.987	0.000	9.967	578.064	N/A*	39.866	8.970	3.987	2.691	199.332	398.665	4.784	N/A*

Grilled Cheese Sandwich	71	1.00 Each	50	279.750	18.660	9.680	5.390	0.000	30.370	599.360	N/A*	31.580	3.000	6.500	1.610	456.290	607.650	0.000	N/A*
PB&J Sandwich, Small	69	1.00 Sandwich	200	300.000	9.000	17.000	3.000	0.000	0.000	280.000	N/A*	32.000	4.000	14.000	1.440	20.000	0.000	0.000	N/A*
Mini Cheese Ravioli	129	7.00 Pieces	1100	120.000	8.000	2.500	1.000	0.000	15.000	180.000	N/A*	15.000	1.000	1.000	0.720	100.000	100.000	3.600	N/A*
Romaine Lettuce	509	1.00 cup	200	7.990	0.578	0.141	0.018	0.000	0.000	3.760	N/A*	1.546	0.987	0.559	0.456	15.510	4093.700	1.880	N/A*
Baby Carrots	37	1/2 cup	200	24.806	0.454	0.092	0.016	0.000	0.000	55.282	N/A*	5.840	2.055	3.374	0.631	22.680	9773.490	1.843	N/A*
Cherry Tomatoes	511	1/2 cup	200	13.608	0.665	0.151	0.021	0.000	0.000	3.780	N/A*	2.941	0.907	1.988	0.204	7.560	629.737	10.357	N/A*
Whole Kernal Corn	53	1/2 cup	200	82.950	2.530	0.525	0.081	0.000	0.000	3.150	N/A*	20.412	2.100	5.869	0.441	5.250	85.050	8.505	N/A*
Cucumber Slices	513	1/2 cup	200	10.974	0.476	0.080	0.027	0.000	0.000	1.463	N/A*	2.656	0.366	1.222	0.205	11.706	76.818	2.048	N/A*
Celery Sticks	515	1/2 cup	200	10.368	0.447	0.110	0.027	0.000	0.000	51.839	N/A*	1.925	1.037	0.868	0.130	25.920	290.947	2.009	N/A*
Shredded Iceberg Lettuce	527	1/4 cup	500	2.175	0.140	0.022	0.003	0.000	0.000	1.553	N/A*	0.461	0.186	0.306	0.064	2.796	77.981	0.435	N/A*
Cut Green Beans	569	1/2 cup	900	15.993	0.993	0.000	0.000	0.000	0.000	139.994	N/A*	2.995	1.994	0.993	0.354	19.997	100.000	0.000	N/A*
Fresh Apple	231	1/2 cup	300	31.874	0.159	0.104	0.017	0.000	0.000	0.613	N/A*	8.465	1.471	6.369	0.074	3.678	33.100	2.820	N/A*
Fresh Banana	41	1/2 cup	300	112.138	1.373	0.416	0.141	0.000	0.000	1.260	N/A*	28.778	3.276	15.410	0.328	6.300	80.639	10.962	N/A*
Fruit Sorbet, Sour Cherry-Lemon	343	1.00 Each	1100	90.000	N/A*	N/A*	N/A*	N/A*	N/A*	25.000	60.000	22.000	N/A*	19.000	N/A*	80.000	1000.000	60.000	N/A*

WG Colored Goldfish	285	1.00 package	200	100.000	2.000	3.500	0.500	0.000	0.000	0.000	170.000	N/A*	14.000	1.000	0.000	0.720	20.000	200.000	0.000	N/A*
Honey Wheat Breadstick (Elem)	851	1.00 Each	1100	80.000	2.000	1.000	0.000	0.000	0.000	0.000	130.000	N/A*	15.000	1.000	2.000	0.720	N/A*	N/A*	N/A*	N/A*
Chocolate Milk	35	1.00 Carton	800	120.000	8.000	0.000	0.000	0.000	5.000	150.000	N/A*	N/A*	22.000	0.000	20.000	0.000	300.000	500.000	1.800	5.000
White 1% Milk	47	1.00 Carton	200	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	N/A*	14.000	0.000	14.000	0.000	350.000	500.000	2.400	5.000
String Cheese	181	1.00 Each	200	60.749	7.087	3.037	2.025	0.000	10.125	202.496	55.687	1.012	1.012	0.000	1.012	0.000	151.872	404.993	0.000	N/A*
Bottled Water, Small	507	1.00 Bottle	400	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				463.864	19.572*	7.412*	2.186*	0.000*	19.673*	613.613	55.098*	79.813	6.143*	40.631	2.225*	442.335*	3595.982*	58.428*	3.571*	
% of Calories					16.88%*	14.38%*	4.24%*	0.00%*				68.82%								

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Tue - 09/25/2018																			
Elementary Lunch Menu 2018-19																			
		Total	1400																
Cheese and Bean Burrito	45	1.00 each	50	308.965	15.947	8.970	3.987	0.000	9.967	578.064	N/A*	39.866	8.970	3.987	2.691	199.332	398.665	4.784	N/A*
Grilled Cheese Sandwich	71	1.00 Each	50	279.750	18.660	9.680	5.390	0.000	30.370	599.360	N/A*	31.580	3.000	6.500	1.610	456.290	607.650	0.000	N/A*

PB&J Sandwich, Small	69	1.00 Sandwich	200	300.000	9.000	17.000	3.000	0.000	0.000	280.000	N/A*	32.000	4.000	14.000	1.440	20.000	0.000	0.000	N/A*
BBQ Beef Rib Sandwich	393	1.00 Each	1100	352.496	19.175	12.125	4.050	0.000	40.499	908.363	303.745*	41.162	4.025	13.125	3.262	84.853	0.000	10.713	2.183*
Romaine Lettuce	509	1.00 cup	200	7.990	0.578	0.141	0.018	0.000	0.000	3.760	N/A*	1.546	0.987	0.559	0.456	15.510	4093.700	1.880	N/A*
Baby Carrots	37	1/2 cup	200	24.806	0.454	0.092	0.016	0.000	0.000	55.282	N/A*	5.840	2.055	3.374	0.631	22.680	9773.490	1.843	N/A*
Cherry Tomatoes	511	1/2 cup	200	13.608	0.665	0.151	0.021	0.000	0.000	3.780	N/A*	2.941	0.907	1.988	0.204	7.560	629.737	10.357	N/A*
Whole Kernal Corn	53	1/2 cup	200	82.950	2.530	0.525	0.081	0.000	0.000	3.150	N/A*	20.412	2.100	5.869	0.441	5.250	85.050	8.505	N/A*
Cucumber Slices	513	1/2 cup	200	10.974	0.476	0.080	0.027	0.000	0.000	1.463	N/A*	2.656	0.366	1.222	0.205	11.706	76.818	2.048	N/A*
Celery Sticks	515	1/2 cup	200	10.368	0.447	0.110	0.027	0.000	0.000	51.839	N/A*	1.925	1.037	0.868	0.130	25.920	290.947	2.009	N/A*
Pinto Beans	79	0.50 Cup	600	97.996	5.992	0.994	0.000	0.000	0.000	139.995	N/A*	17.995	5.992	0.994	1.437	59.993	0.000	0.000	N/A*
Shredded Iceberg Lettuce	527	1/4 cup	500	2.175	0.140	0.022	0.003	0.000	0.000	1.553	N/A*	0.461	0.186	0.306	0.064	2.796	77.981	0.435	N/A*
Tater Tots	351	8.00 Pieces	1100	130.000	2.000	6.000	1.000	0.000	0.000	310.000	N/A*	16.000	2.000	0.000	0.000	0.000	0.000	3.600	N/A*
Fresh Apple	231	1/2 cup	300	31.874	0.159	0.104	0.017	0.000	0.000	0.613	N/A*	8.465	1.471	6.369	0.074	3.678	33.100	2.820	N/A*
Fresh Banana	41	1/2 cup	300	112.138	1.373	0.416	0.141	0.000	0.000	1.260	N/A*	28.778	3.276	15.410	0.328	6.300	80.639	10.962	N/A*
Mixed Fruit	529	1/2 cup	300	70.477	0.525	0.103	0.013	0.000	0.000	7.688	108.919	18.324	1.538	14.685	0.372	6.407	253.717	3.972	0.000

WG Colored Goldfish	285	1.00 package	200	100.000	2.000	3.500	0.500	0.000	0.000	0.000	170.000	N/A*	14.000	1.000	0.000	0.720	20.000	200.000	0.000	N/A*
4" Hoagie Roll (Elem)	855	1.00 Each	1100	150.000	4.000	2.000	0.500	0.000	0.000	0.000	240.000	N/A*	28.000	2.000	4.000	1.080	N/A*	N/A*	N/A*	N/A*
Chocolate Milk	35	1.00 Carton	800	120.000	8.000	0.000	0.000	0.000	0.000	5.000	150.000	N/A*	22.000	0.000	20.000	0.000	300.000	500.000	1.800	5.000
White 1% Milk	47	1.00 Carton	200	120.000	11.000	2.500	1.500	0.000	0.000	15.000	150.000	N/A*	14.000	0.000	14.000	0.000	350.000	500.000	2.400	5.000
String Cheese	181	1.00 Each	200	60.749	7.087	3.037	2.025	0.000	0.000	10.125	202.496	55.687	1.012	0.000	1.012	0.000	151.872	404.993	0.000	N/A*
Bottled Water, Small	507	1.00 Bottle	400	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				779.787	33.538	20.923	5.764	0.000	0.000	39.708	1467.905	269.952*	115.582	12.493	39.735	4.974	381.806*	2721.779*	20.554*	5.287*
% of Calories					17.20%	24.15%	6.65%	0.00%					59.29%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Wed - 09/26/2018																			
Elementary Lunch Menu 2018-19																			
		Total	1400																
Cheese and Bean Burrito	45	1.00 each	50	308.965	15.947	8.970	3.987	0.000	9.967	578.064	N/A*	39.866	8.970	3.987	2.691	199.332	398.665	4.784	N/A*
Grilled Cheese Sandwich	71	1.00 Each	50	279.750	18.660	9.680	5.390	0.000	30.370	599.360	N/A*	31.580	3.000	6.500	1.610	456.290	607.650	0.000	N/A*

PB&J Sandwich, Small	69	1.00 Sandwich	200	300.000	9.000	17.000	3.000	0.000	0.000	280.000	N/A*	32.000	4.000	14.000	1.440	20.000	0.000	0.000	N/A*
Orange Chicken with Brown Rice	85	1.00 serving	1100	280.592	14.617	3.992	0.721	0.000	44.444*	314.211	47.275	45.392	1.317	11.227	0.411	2.325	0.000*	0.000*	0.000*
Romaine Lettuce	509	1.00 cup	200	7.990	0.578	0.141	0.018	0.000	0.000	3.760	N/A*	1.546	0.987	0.559	0.456	15.510	4093.700	1.880	N/A*
Baby Carrots	37	1/2 cup	200	24.806	0.454	0.092	0.016	0.000	0.000	55.282	N/A*	5.840	2.055	3.374	0.631	22.680	9773.490	1.843	N/A*
Cherry Tomatoes	511	1/2 cup	200	13.608	0.665	0.151	0.021	0.000	0.000	3.780	N/A*	2.941	0.907	1.988	0.204	7.560	629.737	10.357	N/A*
Whole Kernal Corn	53	1/2 cup	200	82.950	2.530	0.525	0.081	0.000	0.000	3.150	N/A*	20.412	2.100	5.869	0.441	5.250	85.050	8.505	N/A*
Garbanzo Beans	519	1/2 cup	200	105.600	5.904	2.340	0.245	0.000	0.000	158.400	172.800	16.188	5.280	3.108	1.476	42.000	18.000	0.120	0.000
Cucumber Slices	513	1/2 cup	200	10.974	0.476	0.080	0.027	0.000	0.000	1.463	N/A*	2.656	0.366	1.222	0.205	11.706	76.818	2.048	N/A*
Celery Sticks	515	1/2 cup	200	10.368	0.447	0.110	0.027	0.000	0.000	51.839	N/A*	1.925	1.037	0.868	0.130	25.920	290.947	2.009	N/A*
Cut Broccoli	75	1/2 cup	900	31.129	2.117	0.365	0.070	0.000	0.000	36.465	N/A*	6.386	2.935	1.236	0.596	35.576	1376.785	57.722	N/A*
Fresh Apple	231	1/2 cup	300	31.874	0.159	0.104	0.017	0.000	0.000	0.613	N/A*	8.465	1.471	6.369	0.074	3.678	33.100	2.820	N/A*
Fresh Banana	41	1/2 cup	300	112.138	1.373	0.416	0.141	0.000	0.000	1.260	N/A*	28.778	3.276	15.410	0.328	6.300	80.639	10.962	N/A*
Mixed Fruit	529	1/2 cup	300	70.477	0.525	0.103	0.013	0.000	0.000	7.688	108.919	18.324	1.538	14.685	0.372	6.407	253.717	3.972	0.000
WG Colored Goldfish	285	1.00 package	200	100.000	2.000	3.500	0.500	0.000	0.000	170.000	N/A*	14.000	1.000	0.000	0.720	20.000	200.000	0.000	N/A*

WG Fortune Cookie	859	1.00 Each	1100	11.200	0.160	0.000	0.000	0.000	0.000	0.000	0.000	N/A*	2.560	0.000	1.600	0.058	0.000	0.000	0.000	N/A*
Chocolate Milk	35	1.00 Carton	800	120.000	8.000	0.000	0.000	0.000	0.000	5.000	150.000	N/A*	22.000	0.000	20.000	0.000	300.000	500.000	1.800	5.000
White 1% Milk	47	1.00 Carton	200	120.000	11.000	2.500	1.500	0.000	0.000	15.000	150.000	N/A*	14.000	0.000	14.000	0.000	350.000	500.000	2.400	5.000
String Cheese	181	1.00 Each	200	60.749	7.087	3.037	2.025	0.000	0.000	10.125	202.496	55.687	1.012	0.000	1.012	0.000	151.872	404.993	0.000	N/A*
Bottled Water, Small	507	1.00 Bottle	400	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				504.413	24.954	8.382	2.049	0.000		42.807*	554.446	93.125*	84.886	7.229	37.061	1.886	319.123	3581.576*	46.277*	3.571*
% of Calories					19.79%	14.95%	3.66%	0.00%					67.31%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Thu - 09/27/2018																			
Elementary Lunch Menu 2018-19																			
		Total	1400																
Cheese and Bean Burrito	45	1.00 each	50	308.965	15.947	8.970	3.987	0.000	9.967	578.064	N/A*	39.866	8.970	3.987	2.691	199.332	398.665	4.784	N/A*
Grilled Cheese Sandwich	71	1.00 Each	50	279.750	18.660	9.680	5.390	0.000	30.370	599.360	N/A*	31.580	3.000	6.500	1.610	456.290	607.650	0.000	N/A*
PB&J Sandwich, Small	69	1.00 Sandwich	200	300.000	9.000	17.000	3.000	0.000	0.000	280.000	N/A*	32.000	4.000	14.000	1.440	20.000	0.000	0.000	N/A*

Hamburger	537	1.00 Each	500	322.000	20.000	14.000	5.000	1.000	54.000	263.000	N/A*	29.000	2.000	3.000	3.056	40.000	0.000	9.000	N/A*
Cheeseburger	539	1.00 Each	600	372.000	22.500	18.500	7.500	1.000	66.500	488.000	N/A*	29.500	2.000	3.500	3.056	47.500	2.500	9.000	N/A*
Romaine Lettuce	509	1.00 cup	200	7.990	0.578	0.141	0.018	0.000	0.000	3.760	N/A*	1.546	0.987	0.559	0.456	15.510	4093.700	1.880	N/A*
Baby Carrots	37	1/2 cup	200	24.806	0.454	0.092	0.016	0.000	0.000	55.282	N/A*	5.840	2.055	3.374	0.631	22.680	9773.490	1.843	N/A*
Cherry Tomatoes	511	1/2 cup	200	13.608	0.665	0.151	0.021	0.000	0.000	3.780	N/A*	2.941	0.907	1.988	0.204	7.560	629.737	10.357	N/A*
Whole Kernal Corn	53	1/2 cup	200	82.950	2.530	0.525	0.081	0.000	0.000	3.150	N/A*	20.412	2.100	5.869	0.441	5.250	85.050	8.505	N/A*
Garbanzo Beans	519	1/2 cup	200	105.600	5.904	2.340	0.245	0.000	0.000	158.400	172.800	16.188	5.280	3.108	1.476	42.000	18.000	0.120	0.000
Cucumber Slices	513	1/2 cup	200	10.974	0.476	0.080	0.027	0.000	0.000	1.463	N/A*	2.656	0.366	1.222	0.205	11.706	76.818	2.048	N/A*
Celery Sticks	515	1/2 cup	200	10.368	0.447	0.110	0.027	0.000	0.000	51.839	N/A*	1.925	1.037	0.868	0.130	25.920	290.947	2.009	N/A*
Tater Tots	351	8.00 Pieces	1100	130.000	2.000	6.000	1.000	0.000	0.000	310.000	N/A*	16.000	2.000	0.000	0.000	0.000	0.000	3.600	N/A*
Fresh Apple	231	1/2 cup	300	31.874	0.159	0.104	0.017	0.000	0.000	0.613	N/A*	8.465	1.471	6.369	0.074	3.678	33.100	2.820	N/A*
Fresh Banana	41	1/2 cup	300	112.138	1.373	0.416	0.141	0.000	0.000	1.260	N/A*	28.778	3.276	15.410	0.328	6.300	80.639	10.962	N/A*
Mixed Fruit	529	1/2 cup	300	70.477	0.525	0.103	0.013	0.000	0.000	7.688	108.919	18.324	1.538	14.685	0.372	6.407	253.717	3.972	0.000
WG Colored Goldfish	285	1.00 package	200	100.000	2.000	3.500	0.500	0.000	0.000	170.000	N/A*	14.000	1.000	0.000	0.720	20.000	200.000	0.000	N/A*

Chocolate Milk	35	1.00 Carton	800	120.000	8.000	0.000	0.000	0.000	5.000	150.000	N/A*	22.000	0.000	20.000	0.000	300.000	500.000	1.800	5.000
White 1% Milk	47	1.00 Carton	200	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	14.000	0.000	14.000	0.000	350.000	500.000	2.400	5.000
String Cheese	181	1.00 Each	200	60.749	7.087	3.037	2.025	0.000	10.125	202.496	55.687	1.012	0.000	1.012	0.000	151.872	404.993	0.000	N/A*
Bottled Water, Small	507	1.00 Bottle	400	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				631.708	30.340	22.653	7.223	0.786	55.673	830.767	55.981*	78.676	7.450	28.760	3.535	329.069	2697.571	19.070	3.571*
% of Calories					19.21%	32.27%	10.29%	1.12%				49.82%							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (mcg)
Fri - 09/28/2018																			
Elementary Lunch Menu 2018-19																			
		Total	2000																
Cheese and Bean Burrito	45	1.00 each	50	308.965	15.947	8.970	3.987	0.000	9.967	578.064	N/A*	39.866	8.970	3.987	2.691	199.332	398.665	4.784	N/A*
Grilled Cheese Sandwich	71	1.00 Each	50	279.750	18.660	9.680	5.390	0.000	30.370	599.360	N/A*	31.580	3.000	6.500	1.610	456.290	607.650	0.000	N/A*
PB&J Sandwich, Small	69	1.00 Sandwich	100	300.000	9.000	17.000	3.000	0.000	0.000	280.000	N/A*	32.000	4.000	14.000	1.440	20.000	0.000	0.000	N/A*
Domino's Cheese Pizza (Elem)	551	1.00 Slice	900	270.000	20.000	7.000	3.500	0.000	20.000	490.000	N/A*	31.000	3.000	3.000	1.800	500.000	750.000	6.000	N/A*

Domino's Pepperoni Pizza (Elem)	555	1.00 Slice	900	280.000	20.000	9.000	4.000	0.000	20.000	590.000	N/A*	32.000	3.000	3.000	1.800	450.000	750.000	6.000	N/A*
Romaine Lettuce	509	1.00 cup	200	7.990	0.578	0.141	0.018	0.000	0.000	3.760	N/A*	1.546	0.987	0.559	0.456	15.510	4093.700	1.880	N/A*
Cherry Tomatoes	511	1/2 cup	200	13.608	0.665	0.151	0.021	0.000	0.000	3.780	N/A*	2.941	0.907	1.988	0.204	7.560	629.737	10.357	N/A*
Whole Kernal Corn	53	1/2 cup	200	82.950	2.530	0.525	0.081	0.000	0.000	3.150	N/A*	20.412	2.100	5.869	0.441	5.250	85.050	8.505	N/A*
Garbanzo Beans	519	1/2 cup	200	105.600	5.904	2.340	0.245	0.000	0.000	158.400	172.800	16.188	5.280	3.108	1.476	42.000	18.000	0.120	0.000
Cucumber Slices	513	1/2 cup	200	10.974	0.476	0.080	0.027	0.000	0.000	1.463	N/A*	2.656	0.366	1.222	0.205	11.706	76.818	2.048	N/A*
Celery Sticks	515	1/2 cup	200	10.368	0.447	0.110	0.027	0.000	0.000	51.839	N/A*	1.925	1.037	0.868	0.130	25.920	290.947	2.009	N/A*
Carrot Slices	567	1/2 cup	1000	18.250	0.467	0.139	0.026	0.000	0.000	30.660	N/A*	4.044	1.095	1.810	0.467	18.250	8154.100	1.971	N/A*
Fresh Apple	231	1/2 cup	300	31.874	0.159	0.104	0.017	0.000	0.000	0.613	N/A*	8.465	1.471	6.369	0.074	3.678	33.100	2.820	N/A*
Fresh Banana	41	1/2 cup	300	112.138	1.373	0.416	0.141	0.000	0.000	1.260	N/A*	28.778	3.276	15.410	0.328	6.300	80.639	10.962	N/A*
Mixed Fruit	529	1/2 cup	300	70.477	0.525	0.103	0.013	0.000	0.000	7.688	108.919	18.324	1.538	14.685	0.372	6.407	253.717	3.972	0.000
WG Colored Goldfish	285	1.00 package	100	100.000	2.000	3.500	0.500	0.000	0.000	170.000	N/A*	14.000	1.000	0.000	0.720	20.000	200.000	0.000	N/A*
Chocolate Milk	35	1.00 Carton	800	120.000	8.000	0.000	0.000	0.000	5.000	150.000	N/A*	22.000	0.000	20.000	0.000	300.000	500.000	1.800	5.000
White 1% Milk	47	1.00 Carton	400	120.000	11.000	2.500	1.500	0.000	15.000	150.000	N/A*	14.000	0.000	14.000	0.000	350.000	500.000	2.400	5.000

String Cheese	181	1.00 Each	200	60.749	7.087	3.037	2.025	0.000	10.125	202.496	55.687	1.012	0.000	1.012	0.000	151.872	404.993	0.000	N/A*
Bottled Water, Small	507	1.00 Bottle	800	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weighted Daily Average				424.740	27.126	9.993	4.367	0.000	25.021	687.189	39.187*	59.061	5.807	22.299	2.476	673.455	5702.251	12.860	3.000*
% of Calories					25.55%	21.17%	9.25%	0.00%				55.62%							

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	550.789		550/650	Pass		
Protein (g)	26.861*	19.51%*				
Total Fat (g)	15.138*	24.74%*				
Saturated Fat (g)	4.884*	7.98%*	<10	Pass		
Trans Fat (g)	0.064*					
Cholesterol (mg)	40.124*					
Sodium (mg)	808.674		≤ 1230	Pass		
Potassium (mg)	96.979*					
Carbohydrates (g)	79.225	57.54%				
Fiber (g)	7.438*					
Sugars (g)	33.452					
Iron (mg)	2.839*					
Calcium (mg)	474.626*					
Vitamin A (IU)	3343.954*					
Vitamin C (mg)	24.236*					

Vitamin D (mcg)	4.088*					
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* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.