

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/02/2022														
Elem K-6 Lunch	Total													
Taco Nada	1 each	300	30	450	5.00	3.60	60.0	100	2.4	*N/A*	16.0	40.0	9.0	2.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Vegetables, Choices	1 each	22	0	20	1.32	0.34	14.8	1677	15.11	1	1.25	4.43	0.13	0.03
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk, 1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		497	40	619	8.26	4.17	457.4	2484	44.10	*28	27.88	75.24	10.52	2.80
% of Calories										*22.4%	22.5%	60.6%	19.1%	5.1%
Nutrient Guideline		600-650		1230									<=30.0	<10.00

Tue - 05/03/2022														
Elem K-6 Lunch	Total													
Hamburger with Bun	1 each	248	42	600	4.10	2.74	66.0	0	9.0	3	17.7	27.4	8.6	3.00
Ketchup Packet	1 each	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00
Potato Wedges OR	1/2 cup	45	0	10	0.50	0.09	5.0	0	1.5	0	0.5	7.5	1.25	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Garbanzo Beans, low sodium	1/2 cup	35	0	41	1.48	0.53	11.8	0	0.0	0	1.77	5.91	0.59	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk, 1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Lettuce, Shredded	1/4 cup	3	0	2	0.25	0.08	3.7	104	0.58	0	0.19	0.61	0.03	0.00
Tomato, Fresh Slices	1 each	2	0	1	0.15	0.03	1.2	102	1.69	0	0.11	0.48	0.02	0.00
Weighted Daily Average		518	52	888	8.42	3.71	470.4	913	39.35	33	30.89	75.71	11.88	3.78
% of Calories										25.1%	23.8%	58.4%	20.6%	6.6%
Nutrient Guideline		600-650		1230									<=30.0	<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/04/2022														
Elem K-6 Lunch	Total													
Pizza, Galaxy Cheese	1 each	280	30	410	3.00	1.80	280.0	300	0.0	8	15.0	26.0	12.0	6.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Vegetables, Choices	1 each	22	0	20	1.32	0.34	14.8	1677	15.11	1	1.25	4.43	0.13	0.03
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk,1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		477	40	579	6.26	2.37	677.4	2684	41.70	36	26.88	61.24	13.52	6.80
% of Calories										30.0%	22.6%	51.4%	25.5%	12.8%
Nutrient Guideline		600-650		1230									<=30.0	<10.00

Thu - 05/05/2022														
Elem K-6 Lunch	Total													
Tamale, Chicken & Cheese, Gree	1 each	343	36	164	15.00	2.61	245.0	200	0.0	0	22.0	45.0	9.0	3.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Vegetables, Choices	1 each	22	0	20	1.32	0.34	14.8	1677	15.11	1	1.25	4.43	0.13	0.03
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk,1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Cookie - Holiday	1 each	160	0	95	1.00	0.72	0.0	0	0.0	11	2.0	20.0	8.0	2.00
Weighted Daily Average		700	46	428	19.26	3.90	642.5	2584	41.70	39	35.88	100.24	18.52	5.80
% of Calories										22.2%	20.5%	57.3%	23.8%	7.5%
Nutrient Guideline		600-650		1230									<=30.0	<10.00

Fri - 05/06/2022														
Elem K-6 Lunch	Total													
Burrito, Carnitas & Rice	1 each	470	88	684	3.69	3.48	117.1	7	0.32	*1	32.02	46.83	17.24	5.07
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Vegetables, Choices	1 each	11	0	10	0.66	0.17	7.4	838	7.55	1	0.63	2.22	0.06	0.01
Salsa Cup, Red Gold	1 each	13	0	98	0.50	0.36	80.0	100	7.5	1	0.5	2.5	0.0	0.00
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk,1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		668	98	940	6.79	4.24	587.1	1652	41.97	*30	43.77	82.36	18.69	5.86
% of Calories										*17.7%	26.2%	49.3%	25.2%	7.9%
Nutrient Guideline		600-650		1230									<=30.0	<10.00

Mon - 05/09/2022														
	Total													
Elem K-6 Lunch	1 each	368	38	447	2.00	1.86	420.0	413	0.0	3	20.5	28.3	19.2	7.93
Garlic Cheese Toast, WG	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Vegetables, Choices	1 each	22	0	20	1.32	0.34	14.8	1677	15.11	1	1.25	4.43	0.13	0.03
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk, 1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		565	48	616	5.26	2.43	817.4	2797	41.70	31	32.38	63.54	20.72	8.73
% of Calories										21.8%	22.9%	45.0%	33.0%	13.9%
Nutrient Guideline		600-650		1230									<=30.0	<10.00

Tue - 05/10/2022														
	Total													
Elem K-6 Lunch	5 each	210	35	280	1.00	1.44	29.0	0	0.0	0	15.0	9.0	13.0	2.50
Chicken Nuggets, Tempura Style	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Vegetables, Choices	1 each	22	0	20	1.32	0.34	14.8	1677	15.11	1	1.25	4.43	0.13	0.03
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk, 1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Ranch, Single Serving Cup, Heinz	1 each	80	5	180	0.00	0.00	0.0	0	0.0	1	0.0	2.0	9.0	1.50
BBQ Sauce Cup	1 each	45	0	210	0.00	0.72	0.0	0	0.0	9	0.0	9.98	0.0	0.00
Weighted Daily Average		531	50	839	4.26	2.73	426.4	2384	41.70	38	26.88	56.22	23.52	4.80
% of Calories										28.4%	20.2%	42.3%	39.8%	8.1%
Nutrient Guideline		600-650		1230									<=30.0	<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/11/2022														
Elem K-6 Lunch	Total													
Cheesy Pull Aparts	1 each	290	30	630	0.00	0.54	243.2	137	0.48	1	15.0	29.0	14.0	5.00
Marinara Sauce Cup	1 each	20	0	100	1.00	0.00	95.0	0	0.0	2	0.5	3.5	0.5	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk,1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		485	40	879	2.94	0.77	720.9	844	27.07	30	26.13	63.31	15.89	5.77
% of Calories										24.4%	21.6%	52.2%	29.5%	10.7%
Nutrient Guideline		600-650		1230									<=30.0	<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/12/2022														
Elem K-6 Lunch	Total													
Pupusa, Chorizo Bean & Cheese	1 each	350	40	890	1.00	1.08	282.9	0	0.0	2	13.99	30.98	19.99	8.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Vegetables, Choices	1 each	11	0	10	0.66	0.17	7.4	838	7.55	1	0.63	2.22	0.06	0.01
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk,1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		535	50	1048	3.60	1.48	672.9	1545	34.15	29	25.24	64.01	21.44	8.78
% of Calories										21.8%	18.9%	47.8%	36.0%	14.8%
Nutrient Guideline		600-650		1230									<=30.0	<10.00

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Fri - 05/13/2022														
Elem K-6 Lunch	Total													
Soup, Pozole	6 oz	151	51	475	1.19	0.98	16.4	118	0.37	*1	17.06	6.45	5.91	1.40
Tortilla Chips, Scoops	1 oz	110	0	125	2.00	0.36	20.0	0	0.0	0	2.0	19.0	2.5	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Cabbage, Shredded	1/2 cup	8	0	6	0.83	0.16	13.3	33	12.21	1	0.43	1.93	0.03	0.01
Radish, slices	1/8 cup	1	0	2	0.10	0.02	1.5	0	0.89	0	0.04	0.2	0.01	0.00
Lemon Wedges	1 each	2	0	0	0.20	0.04	1.8	2	3.71	0	0.08	0.65	0.02	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk, 1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		447	61	757	6.26	1.79	435.7	859	43.77	*29	30.24	59.05	9.86	2.19
% of Calories										*25.6%	27.0%	52.8%	19.8%	4.4%
Nutrient Guideline		600-650		1230									<=30.0	<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/16/2022														
Elem K-6 Lunch	Total													
Burrito, Bean & Cheese, LC	1 each	291	15	479	7.96	3.33	171.0	295	1.54	1	15.6	40.95	8.29	3.62
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Vegetables, Choices	1 each	22	0	20	1.32	0.34	14.8	1677	15.11	1	1.25	4.43	0.13	0.03
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk, 1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Taco Sauce Packets, PPI	1 each	3	0	48	0.00	0.00	0.0	0	0.0	0	0.0	0.5	0.0	0.00
Weighted Daily Average		490	25	696	11.22	3.90	568.4	2679	43.24	29	27.48	76.69	9.81	4.42
% of Calories										23.7%	22.4%	62.6%	18.0%	8.1%
Nutrient Guideline		600-650		1230									<=30.0	<10.00

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Tue - 05/17/2022														
Elem K-6 Lunch	Total													
Chicken Tenders, Golden Crispy	2 each	110	20	200	1.00	0.72	0.0	0	0.0	1	10.0	6.0	6.0	1.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Vegetables, Choices	1 each	22	0	20	1.32	0.34	14.8	1677	15.11	1	1.25	4.43	0.13	0.03
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk, 1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Ranch, Single Serving Cup, Heinz	1 each	80	5	180	0.00	0.00	0.0	0	0.0	1	0.0	2.0	9.0	1.50
BBQ Sauce Cup	1 each	45	0	210	0.00	0.72	0.0	0	0.0	9	0.0	9.98	0.0	0.00
Weighted Daily Average		431	35	759	4.26	2.01	397.4	2384	41.70	39	21.88	53.22	16.52	3.30
% of Calories										35.9%	20.3%	49.3%	34.5%	6.9%
Nutrient Guideline		600-650		1230									<=30.0	<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/18/2022														
Elem K-6 Lunch	Total													
Teriyaki Beef Dunkers	4 each	216	46	390	0.60	1.40	15.0	51	0.0	9	12.2	12.1	13.3	6.40
Brown Rice-SFI	1/2 cup	163	0	285	1.60	0.58	7.6	0	0.0	*0	3.35	33.86	1.42	0.26
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Vegetables, Choices	1 each	22	0	20	1.32	0.34	14.8	1677	15.11	1	1.25	4.43	0.13	0.03
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk, 1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		575	56	844	5.46	2.55	420.0	2435	41.70	*37	27.43	81.20	16.24	7.46
% of Calories										*26.0%	19.1%	56.4%	25.4%	11.7%
Nutrient Guideline		600-650		1230									<=30.0	<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/19/2022														
Elem K-6 Lunch	Total													
Grilled Cheese Sandwich-IW	1 each	280	30	599	3.00	1.61	456.3	608	0.0	6	18.66	31.58	9.68	5.39
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Vegetables, Choices	1 each	22	0	20	1.32	0.34	14.8	1677	15.11	1	1.25	4.43	0.13	0.03
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk,1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		476	40	768	6.26	2.18	853.7	2991	41.70	34	30.54	66.82	11.20	6.19
% of Calories										28.8%	25.6%	56.1%	21.2%	11.7%
Nutrient Guideline		600-650		1230									<=30.0	<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/20/2022														
Elem K-6 Lunch	Total													
Pasta, Cooked, WG, Penne	1/2 cup	106	0	7	3.04	2.05	4.8	0	0.0	*2	8.1	20.25	0.51	0.00
Marinara Sauce-SFI	1/2 cup	55	0	377	2.38	1.47	41.5	2284	13.46	*4	1.77	9.88	1.65	0.24
Cheese, Shredded	1 oz	110	25	160	0.50	0.00	200.0	200	0.0	0	7.0	0.5	9.0	6.00
Breadstick, Honey	1 each	140	0	230	2.00	1.44	0.0	0	0.0	3	4.0	28.0	2.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk,1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		586	35	923	9.86	5.19	628.9	3192	40.05	*36	31.50	89.44	14.55	7.02
% of Calories										*24.4%	21.5%	61.0%	22.3%	10.8%
Nutrient Guideline		600-650		1230									<=30.0	<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/23/2022														
Elem K-6 Lunch	Total													
Nacho Pretzel Pocket	1 each	360	50	600	3.00	2.00	369.0	0	0.0	3	19.72	38.0	16.0	8.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Vegetables, Choices	1 each	22	0	20	1.32	0.34	14.8	1677	15.11	1	1.25	4.43	0.13	0.03
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk,1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		557	60	769	6.26	2.57	766.4	2384	41.70	31	31.60	73.24	17.52	8.80
% of Calories										22.1%	22.7%	52.6%	28.3%	14.2%
Nutrient Guideline		600-650		1230									<=30.0	<10.00

Tue - 05/24/2022														
Elem K-6 Lunch	Total													
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Vegetables, Choices	1 each	22	0	20	1.32	0.34	14.8	1677	15.11	1	1.25	4.43	0.13	0.03
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk, 1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		197	10	169	3.26	0.57	397.4	2384	41.70	28	11.88	35.24	1.52	0.80
% of Calories										56.5%	24.2%	71.7%	6.9%	3.7%
Nutrient Guideline		600-650		1230									<=30.0	<10.00

Wed - 05/25/2022														
Elem K-6 Lunch	Total													
Taco Meat - Chicken	3 oz	109	62	296	0.28	1.09	4.2	221	1.96	*0	20.78	1.06	2.9	0.81
Tortilla, 6" Flour WG	1 each	90	0	150	1.00	0.72	60.0	0	0.0	0	3.0	15.0	2.0	0.50
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk, 1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		373	72	595	3.22	2.04	446.9	928	28.55	*27	34.41	46.87	6.29	2.08
% of Calories										*28.6%	36.8%	50.2%	15.2%	5.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/26/2022														
Elem K-6 Lunch	Total													
Pizza Pocket, Turk Pep	1 each	300	30	590	3.00	2.70	240.0	400	0.0	5	19.0	31.0	12.0	5.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Vegetables, Choices	1 each	22	0	20	1.32	0.34	14.8	1677	15.11	1	1.25	4.43	0.13	0.03
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk, 1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		497	40	759	6.26	3.27	637.4	2784	41.70	33	30.88	66.24	13.52	5.80
% of Calories										26.4%	24.9%	53.4%	24.5%	10.5%
Nutrient Guideline		600-650		1230									<=30.0	<10.00

Fri - 05/27/2022														
Elem K-6 Lunch	Total													
Sandwich, P&J- Wheat Smuckers	1 each	300	0	280	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Vegetables, Choices	1 each	22	0	20	1.32	0.34	14.8	1677	15.11	1	1.25	4.43	0.13	0.03
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk, 1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		497	10	449	7.26	2.01	417.4	2384	41.70	42	20.88	67.24	18.52	3.80
% of Calories										33.6%	16.8%	54.2%	33.6%	6.9%
Nutrient Guideline		600-650		1230									<=30.0	<10.00

Tue - 05/31/2022														
Elem K-6 Lunch	Total													
Burrito, Shredded Beef & Chile	1 each	282	37	414	30.03	3.04	162.9	400	9.0	1	19.06	30.0	10.36	4.47
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Vegetables, Choices	1 each	22	0	20	1.32	0.34	14.8	1677	15.11	1	1.25	4.43	0.13	0.03
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk, 1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Taco Sauce Packets, PPI	1 each	5	0	95	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00

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SMBSD

May 2, 2022 thru May 31, 2022

Base Menu Spreadsheet

Elem K-6 Lunch

Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		483	47	678	33.29	3.61	560.4	2784	50.70	29	30.94	66.24	11.88	5.27
% of Calories										23.9%	25.6%	54.8%	22.1%	9.8%
Nutrient Guideline		600-650		1230									<=30.0	<10.00

Weighted Average		504	45	714	8.00	2.74	571.6	2194	40.55	*33 *58.2%	28.84 22.9%	67.78 53.8%	14.39 25.7%	5.25 9.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	504		600 - 650	84%		96		Correction Required - Calories are Low
Cholesterol (mg)	45							
Sodium 1 (mg)	714		1230					
Sodium 2 (mg)	714		935					
Fiber (g)	8.00							
Iron (mg)	2.74							
Calcium (mg)	571.6							
Vitamin A (IU)	2194							
Sugars (g)	33	25.85%			Missing			
Vitamin C (mg)	40.55							
Protein (g)	28.84	22.88%						
Carbohydrate (g)	67.78	53.79%						
Total Fat (g)	14.39	25.69%	<=30.00%					
Saturated Fat (g)	5.25	9.37%	<10.00%					

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