

Arbor Management-Inc.

Sep 5, 2017 thru Sep 28, 2017

Base Menu Spreadsheet

Elementary Dairy Free

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 09/05/2017		
Elementary Dairy Free	Total	
Spaghetti w/ Meat Sauce: Elem	3/4 CUP	34.96
Roll, WG Alpha	1 EACH	13.0
Broccoli, Fresh: 1/2c	1/2 CUP	3.02
Cauliflower, Fresh: 1/4c	1/4 CUP	0.94
Banana: Petite	1 EACH	29.0
Milk Variety, Dairy Free	1 CARTON (1c)	14.35
Weighted Daily Average		95.27
% of Calories		61.1%
Nutrient Guideline		

Wed - 09/06/2017		
Elementary Dairy Free	Total	
Turkey Sausage Pancake Wrap	1 EACH	17.0
Hashbrown: Triangle	1 EACH (2 oz)	12.0
Juice, Wango Mango	1 each	13.0
Orange, Sliced	1 EACH	21.0
Syrup, Packet	packet	19.0
Ketchup, Packet	1 PKT (9g)	3.0
Milk Variety, Dairy Free	1 CARTON (1c)	14.35
Weighted Daily Average		99.35
% of Calories		62.6%
Nutrient Guideline		

Thu - 09/07/2017		
Elementary Dairy Free	Total	
Turkey & Ham Sub: DF	1 EACH	27.07
Cherry Tomatoes: 1/2c	1/2 CUP	2.63
Celery Sticks: 1/4c	1/4 CUP	1.1
Italian FF, Packet	1 PKT (12g)	1.0
Applesauce	1/2 CUP	13.79
Milk Variety, Dairy Free	1 CARTON (1c)	14.35
Weighted Daily Average		59.94
% of Calories		53.7%
Nutrient Guideline		

Fri - 09/08/2017		
Elementary Dairy Free	Total	
Chicken Drumstick	1 each	5.0
Roll, WG Alpha	1 EACH	13.0
Potato Puffs	1/2 CUP (2.7Z)	16.18
Carrots, Baby: 1/4	1/4 CUP	3.75
Italian FF, Packet	1 PKT (12g)	1.0
Ketchup, Packet	1 PKT (9g)	3.0
Peaches, Diced	1/2 CUP	13.39
Milk Variety, Dairy Free	1 CARTON (1c)	14.35

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	Portion Size	Carb (g)
Weighted Daily Average		69.68
% of Calories		46.2%
Nutrient Guideline		

Mon - 09/11/2017		
Elementary Dairy Free	Total	
Salad, Chef Chicken: DF	1c+2oz	3.23
Cherry Tomatoes: 1/4c	1/4 CUP	1.31
Cucumber Coins:1/4C	1/4 CUP	0.0
Italian FF, Packet	1 PKT (12g)	1.0
TORTILLA CHIPS K-5	1 EACH (1OZ)	19.0
Salsa: 1/4C	1/4 CUP	4.0
Peaches, Diced	1/2 CUP	13.39
Milk Variety, Dairy Free	1 CARTON (1c)	14.35
Weighted Daily Average		57.29
% of Calories		48.3%
Nutrient Guideline		

Tue - 09/12/2017		
Elementary Dairy Free	Total	
Chicken Sandwich, Crispy	1 EACH	42.47
Baked Beans, vegetarian, USDA	1/2 CUP	20.0
Carrots, Baby: 1/4	1/4 CUP	3.75
Apple, 1/2 138ct: Elem Lunch	1/2 EACH (1/2C)	11.0
Italian FF, Packet	1 PKT (12g)	1.0
Milk Variety, Dairy Free	1 CARTON (1c)	14.35
Weighted Daily Average		92.57
% of Calories		52.8%
Nutrient Guideline		

Wed - 09/13/2017		
Elementary Dairy Free	Total	
BBQ Pulled Turkey Sandwich	SANDWICH	43.47
GLAZED CARROTS	1/2 CUP	14.3
Broccoli, Fresh: 1/4c	1/4 CUP	1.51
Fruit Medley	1/2 CUP	17.88
Milk Variety, Dairy Free	1 CARTON (1c)	14.35
Weighted Daily Average		91.51
% of Calories		64.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 09/14/2017		
Elementary Dairy Free	Total	
CHICKEN STRIPS, WG, TYSON-3ea	3 EACH	16.0
Roll, WG Alpha	1 EACH	13.0
Spaghetti Sauce: 1/4c	1/4 CUP	7.0
Celery Sticks: 1/2c	1/2 CUP	2.21
Pears, Diced	1/2 CUP	15.12
Italian FF, Packet	1 PKT (12g)	1.0
Milk Variety, Dairy Free	1 CARTON (1c)	14.35
Weighted Daily Average		68.67
% of Calories		48.2%
Nutrient Guideline		

Fri - 09/15/2017		
Elementary Dairy Free	Total	
Turkey & Ham Wrap: DF	1 WRAP	17.26
Celery Sticks: 1/2c	1/2 CUP	2.21
Carrots, Baby: 1/4	1/4 CUP	3.75
Juice Box, Variety	1 BOX (4.23oz)	15.0
Italian FF, Packet	1 PKT (12g)	1.0
Milk Variety, Dairy Free	1 CARTON (1c)	14.35
Weighted Daily Average		53.57
% of Calories		51.5%
Nutrient Guideline		

Mon - 09/18/2017		
Elementary Dairy Free	Total	
Tacos, Beef: DF	2 TACOS	37.09
Corn	1/2 CUP	15.83
Cucumber Coins:1/4C	1/4 CUP	0.0
Romaine, Chopped:1/2c	1/2 CUP	0.96
Salsa: 1/4C	1/4 CUP	4.0
Milk Variety, Dairy Free	1 CARTON (1c)	14.35
Weighted Daily Average		71.28
% of Calories		51.4%
Nutrient Guideline		

Tue - 09/19/2017		
Elementary Dairy Free	Total	
Chicken Sandwich, Grilled	1 EACH	25.81
BBQ, Packet	1 PKT (12g)	4.0
Green Beans: 1/2c	1/2 CUP	4.35
TORTILLA CHIPS K-5	1 EACH (1OZ)	19.0
Salsa: 1/4C	1/4 CUP	4.0
Apple, 1/2 138ct: Elem Lunch	1/2 EACH (1/2C)	11.0
Milk Variety, Dairy Free	1 CARTON (1c)	14.35

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	Portion Size	Carb (g)
Weighted Daily Average		82.51
% of Calories		54.8%
Nutrient Guideline		

Wed - 09/20/2017		
Elementary Dairy Free	Total	
Turkey Sausage Pancake Wrap	1 EACH	17.0
Hashbrown: Triangle	1 EACH (2 oz)	12.0
Dragon Punch	1 each	14.0
Orange, Sliced	1 EACH	21.0
Syrup, Packet	packet	19.0
Ketchup, Packet	1 PKT (9g)	3.0
Milk Variety, Dairy Free	1 CARTON (1c)	14.35
Weighted Daily Average		100.35
% of Calories		62.8%
Nutrient Guideline		

Thu - 09/21/2017		
Elementary Dairy Free	Total	
Chicken Nuggets, WG Tyson	5 EACH	16.0
BAKED BEANS	1/2 CUP	22.0
Carrots, Baby: 1/4	1/4 CUP	3.75
Banana: Petite	1 EACH	29.0
Ketchup, Packet	1 PKT (9g)	3.0
Milk Variety, Dairy Free	1 CARTON (1c)	14.35
Weighted Daily Average		88.10
% of Calories		56.0%
Nutrient Guideline		

Fri - 09/22/2017		
Elementary Dairy Free	Total	
Sunflower Butter & Grape Jelly	1 each	33.0
Celery Sticks: 1/2c	1/2 CUP	2.21
Carrots, Baby: 1/4	1/4 CUP	3.75
Italian FF, Packet	1 PKT (12g)	1.0
Juice Box, Variety	1 BOX (4.23oz)	15.0
Milk Variety, Dairy Free	1 CARTON (1c)	14.35
Weighted Daily Average		69.31
% of Calories		53.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 09/25/2017		
Elementary Dairy Free	Total	
BBQ, Packet	1 PKT (12g)	4.0
Salisbury Steak	1 EACH	2.8
Rice, Seasoned Brown: 1/2c	1/2 CUP	18.78
Broccoli, Frozen: 1/2c	1/2 CUP	3.67
Carrots, Baby: 1/4	1/4 CUP	3.75
Peaches, Diced	1/2 CUP	13.39
Milk Variety, Dairy Free	1 CARTON (1c)	14.35
Weighted Daily Average		60.74
% of Calories		53.2%
Nutrient Guideline		

Tue - 09/26/2017		
Elementary Dairy Free	Total	
Hot Dog, Turkey	1 EACH (2oz)	30.0
BAKED BEANS	1/2 CUP	22.0
Celery Sticks: 1/4c	1/4 CUP	1.1
MIXED FRUIT	1/2 CUP	6.5
Ketchup, Packet	1 PKT (9g)	3.0
Italian FF, Packet	1 PKT (12g)	1.0
Milk Variety, Dairy Free	1 CARTON (1c)	14.35
Weighted Daily Average		77.95
% of Calories		56.1%
Nutrient Guideline		

Wed - 09/27/2017		
Elementary Dairy Free	Total	
Hamburger: E	1 EACH	27.47
Potato Puffs	1/2 CUP (2.7Z)	16.18
Carrots, Baby: 1/4	1/4 CUP	3.75
Cauliflower, Fresh: 1/4c	1/4 CUP	0.94
PINEAPPLE	1/2 CUP	17.0
Ketchup, Packet	1 PKT (9g)	3.0
Italian FF, Packet	1 PKT (12g)	1.0
Milk Variety, Dairy Free	1 CARTON (1c)	14.35
Weighted Daily Average		84.69
% of Calories		56.6%
Nutrient Guideline		

Thu - 09/28/2017		
Elementary Dairy Free	Total	
Tacos, Beef: DF	2 TACOS	37.09
Corn	1/2 CUP	15.83
Romaine, Chopped:1/2c	1/2 CUP	0.96
Apple, 1/2 138ct: Elem Lunch	1/2 EACH (1/2C)	11.0
Milk Variety, Dairy Free	1 CARTON (1c)	14.35
Taco Sauce, Packet	1 PKT (9g)	1.0

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	Portion Size	Carb (g)
Weighted Daily Average		80.22
% of Calories		55.2%
Nutrient Guideline		

Weighted Average		77.94
		55.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	77.94	55.14%						

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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)	Tr-Fat ¹ (g)
Tue - 09/05/2017															
Elementary Dairy Free	Total														
Spaghetti w/ Meat Sauce: Elem	3/4 CUP	297	27	759	4.48	2.96	40.1	695	7.95	*6	17.05	34.96	6.66	2.54	0.00
Roll, WG Alpha	1 EACH	80	0	140	1.00	0.72	0.0	5	0.0	1	3.0	13.0	1.5	0.00	0.00
Broccoli, Fresh: 1/2c	1/2 CUP	15	0	15	1.18	0.33	21.4	283	40.59	*N/A*	1.28	3.02	0.17	0.02	0.00
Cauliflower, Fresh: 1/4c	1/4 CUP	6	0	8	0.63	0.04	3.9	0	7.27	*N/A*	0.63	0.94	0.0	0.00	0.00
Banana: Petite	1 EACH	110	0	0	4.00	0.40	0.0	105	9.0	21	1.0	29.0	0.0	0.00	0.00
Milk Variety, Dairy Free	1 CARTO N (1c)	115	3	151	0.10	0.60	320.5	539	0.6	14	8.25	14.35	2.45	0.40	0.00
Weighted Daily Average		623	30	1073	11.39	5.05	385.9	1628	65.40	*42	31.21	95.27	10.78	2.96	0.00
% of Calories										*26.9%	20.0%	61.1%	15.6%	4.3%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 09/06/2017															
Elementary Dairy Free	Total														
Turkey Sausage Pancake Wrap	1 EACH	200	25	310	3.00	1.80	20.0	20	0.0	4	7.0	17.0	10.0	2.50	0.00
Hashbrown: Triangle	1 EACH (2 oz)	100	0	300	1.00	0.36	0.0	0	1.2	*N/A*	1.0	12.0	5.0	1.50	0.00
Juice, Wango Mango	1 each	50	0	30	0.00	0.00	0.0	500	30.0	*N/A*	0.0	13.0	0.0	0.00	0.00
Orange, Sliced	1 EACH	80	0	0	5.00	0.00	40.0	0	72.0	*N/A*	1.0	21.0	0.0	0.00	0.00
Syrup, Packet	packet	80	0	5	0.00	0.00	0.0	0	0.0	*N/A*	0.0	19.0	0.0	0.00	0.00
Ketchup, Packet	1 PKT (9g)	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Milk Variety, Dairy Free	1 CARTO N (1c)	115	3	151	0.10	0.60	320.5	539	0.6	14	8.25	14.35	2.45	0.40	0.00
Weighted Daily Average		634	28	901	9.10	2.76	380.5	1059	103.80	*18	17.25	99.35	17.45	4.40	0.00
% of Calories										*11.3%	10.9%	62.6%	24.8%	6.2%	0.0%
Nutrient Guideline		550-650		1230										<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)	Tr-Fat ¹ (g)
Thu - 09/07/2017															
Elementary Dairy Free	Total														
Turkey & Ham Sub: DF	1 EACH	256	61	1120	2.69	2.48	49.8	11	1.44	*2	26.2	27.07	5.03	1.63	0.02
Cherry Tomatoes: 1/2c	1/2 CUP	13	0	4	0.66	0.20	7.2	612	9.85	*N/A*	0.64	2.63	0.0	0.00	0.00
Celery Sticks: 1/4c	1/4 CUP	6	0	30	0.59	0.07	14.9	167	1.15	*N/A*	0.26	1.1	0.06	0.02	0.00
Italian FF, Packet	1 PKT (12g)	5	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Applesauce	1/2 CUP	52	0	2	1.40	0.13	4.0	36	1.4	*N/A*	0.2	13.79	0.06	0.02	0.00
Milk Variety, Dairy Free	1 CARTO N (1c)	115	3	151	0.10	0.60	320.5	539	0.6	14	8.25	14.35	2.45	0.40	0.00
Weighted Daily Average % of Calories		446	64	1417	5.44	3.49	396.4	1365	14.44	*16 *14.5%	35.55 31.9%	59.94 53.7%	7.61 15.3%	2.07 4.2%	0.02 0.0%
Nutrient Guideline		550-650		1230										<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)	Tr-Fat ¹ (g)
Fri - 09/08/2017															
Elementary Dairy Free	Total														
Chicken Drumstick	1 each	190	50	450	1.00	1.08	20.0	100	0.0	*N/A*	16.0	5.0	11.0	2.50	0.00
Roll, WG Alpha	1 EACH	80	0	140	1.00	0.72	0.0	5	0.0	1	3.0	13.0	1.5	0.00	0.00
Potato Puffs	1/2 CUP (2.7Z)	136	0	281	1.70	0.61	0.0	0	2.04	0	1.7	16.18	6.81	1.70	0.00
Carrots, Baby: 1/4	1/4 CUP	15	0	34	0.75	0.00	0.0	3000	0.0	*N/A*	0.0	3.75	0.0	0.00	0.00
Italian FF, Packet	1 PKT (12g)	5	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Ketchup, Packet	1 PKT (9g)	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Peaches, Diced	1/2 CUP	53	0	6	1.30	0.38	6.0	340	3.81	*N/A*	0.5	13.39	0.13	0.00	0.00
Milk Variety, Dairy Free	1 CARTO N (1c)	115	3	151	0.10	0.60	320.5	539	0.6	14	8.25	14.35	2.45	0.40	0.00
Weighted Daily Average % of Calories		604	53	1277	5.85	3.39	346.5	3984	6.45	*15 *9.9%	29.46 19.5%	69.68 46.2%	21.89 32.6%	4.60 6.9%	0.00 0.0%
Nutrient Guideline		550-650		1230										<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)	Tr-Fat ¹ (g)
Mon - 09/11/2017															
Elementary Dairy Free	Total														
Salad, Chef Chicken: DF	1c+2oz	127	68	43	1.61	1.54	23.7	7359	3.14	*1	23.2	3.23	3.22	0.89	0.00
Cherry Tomatoes: 1/4c	1/4 CUP	7	0	2	0.33	0.10	3.6	306	4.93	*N/A*	0.32	1.31	0.0	0.00	0.00
Cucumber Coins:1/4C	1/4 CUP	3	0	0	0.00	0.09	3.7	46	1.1	*N/A*	0.23	0.0	0.0	0.00	0.00
Italian FF, Packet	1 PKT (12g	5	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
TORTILLA CHIPS K-5	1 EACH (1OZ)	140	0	105	2.00	0.40	40.0	0	0.0	0	2.0	19.0	7.0	1.00	0.00
Salsa: 1/4C	1/4 CUP	20	0	140	1.00	0.72	40.0	1000	12.0	2	0.0	4.0	0.0	0.00	0.00
Peaches, Diced	1/2 CUP	53	0	6	1.30	0.38	6.0	340	3.81	*N/A*	0.5	13.39	0.13	0.00	0.00
Milk Variety, Dairy Free	1 CARTO N (1c)	115	3	151	0.10	0.60	320.5	539	0.6	14	8.25	14.35	2.45	0.40	0.00
Weighted Daily Average % of Calories		475	70	668	6.33	3.83	437.5	9590	25.57	*17 *14.0%	34.51 29.1%	57.29 48.3%	12.80 24.3%	2.29 4.3%	0.00 0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 09/12/2017															
Elementary Dairy Free	Total														
Chicken Sandwich, Crispy	1 EACH	417	25	648	5.65	3.23	72.0	117	0.0	4	22.24	42.47	16.94	2.82	0.01
Baked Beans, vegetarian, USDA	1/2 CUP	110	0	140	5.00	1.80	0.0	25	0.0	5	7.0	20.0	1.0	0.00	0.00
Carrots, Baby: 1/4	1/4 CUP	15	0	34	0.75	0.00	0.0	3000	0.0	*N/A*	0.0	3.75	0.0	0.00	0.00
Apple, 1/2 138ct: Elem Lunch	1/2 EACH (1/2C)	40	0	0	2.50	0.20	10.0	50	6.0	*N/A*	0.0	11.0	0.0	0.00	0.00
Italian FF, Packet	1 PKT (12g	5	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Milk Variety, Dairy Free	1 CARTO N (1c)	115	3	151	0.10	0.60	320.5	539	0.6	14	8.25	14.35	2.45	0.40	0.00
Weighted Daily Average % of Calories		701	28	1083	14.00	5.83	402.5	3731	6.60	*23 *13.3%	37.49 21.4%	92.57 52.8%	20.39 26.2%	3.22 4.1%	0.01 0.0%
Nutrient Guideline		550-650		1230										<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)	Tr-Fat ¹ (g)
Wed - 09/13/2017															
Elementary Dairy Free	Total														
BBQ Pulled Turkey Sandwich	SANDWIC	305	39	709	3.65	3.43	67.0	586	4.0	*3	22.24	43.47	5.94	1.42	0.01
GLAZED CARROTS	1/2 CUP	76	4	53	3.00	0.38	36.1	3294	3.92	*0	1.02	14.3	1.35	0.84	*0.00
Broccoli, Fresh: 1/4c	1/4 CUP	8	0	8	0.59	0.17	10.7	142	20.29	*N/A*	0.64	1.51	0.08	0.01	0.00
Fruit Medley	1/2 CUP	68	0	8	1.60	0.37	6.0	12	3.81	*N/A*	0.52	17.88	0.1	0.03	0.00
Milk Variety, Dairy Free	1 CARTO N (1c)	115	3	151	0.10	0.60	320.5	539	0.6	14	8.25	14.35	2.45	0.40	0.00
Weighted Daily Average		572	45	929	8.94	4.94	440.3	4572	32.62	*17	32.67	91.51	9.93	2.70	*0.01
% of Calories										*12.1%	22.9%	64.0%	15.6%	4.2%	*0.0%
Nutrient Guideline		550-650		1230											<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)	Tr-Fat ¹ (g)
Thu - 09/14/2017															
Elementary Dairy Free	Total														
CHICKEN STRIPS, WG, TYSON-3ea	3 EACH	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
Roll, WG Alpha	1 EACH	80	0	140	1.00	0.72	0.0	5	0.0	1	3.0	13.0	1.5	0.00	0.00
Spaghetti Sauce: 1/4c	1/4 CUP	40	0	250	1.50	0.54	10.0	375	4.5	3	1.5	7.0	0.0	0.00	0.00
Celery Sticks: 1/2c	1/2 CUP	12	0	59	1.19	0.15	29.7	333	2.3	*N/A*	0.51	2.21	0.13	0.03	0.00
Pears, Diced	1/2 CUP	58	0	2	2.00	0.26	9.0	0	2.5	*N/A*	0.38	15.12	0.12	0.00	0.00
Italian FF, Packet	1 PKT (12g)	5	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Milk Variety, Dairy Free	1 CARTO N (1c)	115	3	151	0.10	0.60	320.5	539	0.6	14	8.25	14.35	2.45	0.40	0.00
Weighted Daily Average		569	28	1103	8.79	4.07	409.2	1352	9.91	*19	28.64	68.67	19.20	2.93	0.00
% of Calories										*13.3%	20.1%	48.2%	30.3%	4.6%	0.0%
Nutrient Guideline		550-650		1230											<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)	Tr-Fat ¹ (g)
Fri - 09/15/2017															
Elementary Dairy Free	Total														
Turkey & Ham Wrap: DF	1 WRAP	210	61	927	2.00	1.80	20.0	0	1.44	*N/A*	22.07	17.26	6.02	2.76	0.00
Celery Sticks: 1/2c	1/2 CUP	12	0	59	1.19	0.15	29.7	333	2.3	*N/A*	0.51	2.21	0.13	0.03	0.00
Carrots, Baby: 1/4	1/4 CUP	15	0	34	0.75	0.00	0.0	3000	0.0	*N/A*	0.0	3.75	0.0	0.00	0.00
Juice Box, Variety	1 BOX (4.23oz)	60	0	5	0.00	0.00	100.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Italian FF, Packet	1 PKT (12g)	5	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Milk Variety, Dairy Free	1 CARTO N (1c)	115	3	151	0.10	0.60	320.5	539	0.6	14	8.25	14.35	2.45	0.40	0.00
Weighted Daily Average % of Calories		416	64	1287	4.04	2.55	470.2	3872	64.34	*14 *13.4%	30.83 29.6%	53.57 51.5%	8.60 18.6%	3.19 6.9%	0.00 0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 09/18/2017															
Elementary Dairy Free	Total														
Tacos, Beef: DF	2 TACOS	351	31	880	5.73	3.21	64.6	365	2.13	*N/A*	17.34	37.09	12.36	5.88	0.00
Corn	1/2 CUP	66	0	1	2.00	0.39	2.0	163	2.9	*N/A*	2.09	15.83	0.55	0.08	0.00
Cucumber Coins:1/4C	1/4 CUP	3	0	0	0.00	0.09	3.7	46	1.1	*N/A*	0.23	0.0	0.0	0.00	0.00
Romaine, Chopped:1/2c	1/2 CUP	5	0	0	0.61	0.28	9.6	2531	1.16	*N/A*	0.36	0.96	0.09	0.01	0.00
Salsa: 1/4C	1/4 CUP	20	0	140	1.00	0.72	40.0	1000	12.0	2	0.0	4.0	0.0	0.00	0.00
Milk Variety, Dairy Free	1 CARTO N (1c)	115	3	151	0.10	0.60	320.5	539	0.6	14	8.25	14.35	2.45	0.40	0.00
Weighted Daily Average % of Calories		555	34	1172	8.83	5.02	430.9	2138	18.74	*16 *11.5%	27.91 20.1%	71.28 51.4%	15.36 24.9%	6.36 10.3%	0.00 0.0%
Nutrient Guideline		550-650		1230										<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)	Tr-Fat ¹ (g)
Tue - 09/19/2017															
Elementary Dairy Free	Total														
Chicken Sandwich, Grilled	1 EACH	254	42	599	2.69	2.38	59.9	45	0.0	2	21.13	25.81	7.51	1.87	0.02
BBQ, Packet	1 PKT (12g)	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Green Beans: 1/2c	1/2 CUP	19	0	6	2.00	0.59	33.0	376	2.8	*N/A*	1.01	4.35	0.11	0.03	0.00
TORTILLA CHIPS K-5	1 EACH (1OZ)	140	0	105	2.00	0.40	40.0	0	0.0	0	2.0	19.0	7.0	1.00	0.00
Salsa: 1/4C	1/4 CUP	20	0	140	1.00	0.72	40.0	1000	12.0	2	0.0	4.0	0.0	0.00	0.00
Apple, 1/2 138ct: Elem Lunch	1/2 EACH (1/2C)	40	0	0	2.50	0.20	10.0	50	6.0	*N/A*	0.0	11.0	0.0	0.00	0.00
Milk Variety, Dairy Free	1 CARTON (1c)	115	3	151	0.10	0.60	320.5	539	0.6	14	8.25	14.35	2.45	0.40	0.00
Weighted Daily Average % of Calories		603	45	1087	10.29	4.89	503.3	2010	21.40	*18 *12.1%	32.39 21.5%	82.51 54.8%	17.07 25.5%	3.30 4.9%	0.02 0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 09/20/2017															
Elementary Dairy Free	Total														
Turkey Sausage Pancake Wrap	1 EACH	200	25	310	3.00	1.80	20.0	20	0.0	4	7.0	17.0	10.0	2.50	0.00
Hashbrown: Triangle	1 EACH (2 oz)	100	0	300	1.00	0.36	0.0	0	1.2	*N/A*	1.0	12.0	5.0	1.50	0.00
Dragon Punch	1 each	55	0	35	0.00	0.00	0.0	500	42.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Orange, Sliced	1 EACH	80	0	0	5.00	0.00	40.0	0	72.0	*N/A*	1.0	21.0	0.0	0.00	0.00
Syrup, Packet	packet	80	0	5	0.00	0.00	0.0	0	0.0	*N/A*	0.0	19.0	0.0	0.00	0.00
Ketchup, Packet	1 PKT (9g)	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Milk Variety, Dairy Free	1 CARTON (1c)	115	3	151	0.10	0.60	320.5	539	0.6	14	8.25	14.35	2.45	0.40	0.00
Weighted Daily Average % of Calories		640	28	907	9.10	2.76	380.5	1059	115.80	*18 *11.2%	17.25 10.8%	100.35 62.8%	17.45 24.6%	4.40 6.2%	0.00 0.0%
Nutrient Guideline		550-650		1230										<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)	Tr-Fat ¹ (g)
Thu - 09/21/2017															
Elementary Dairy Free	Total														
Chicken Nuggets, WG Tyson	5 EACH	260	25	400	3.00	1.80	40.0	100	2.4	1	16.0	16.0	15.0	2.50	0.00
BAKED BEANS	1/2 CUP	120	5	550	6.00	1.80	40.0	100	1.2	4	6.0	22.0	1.5	0.50	0.00
Carrots, Baby: 1/4	1/4 CUP	15	0	34	0.75	0.00	0.0	3000	0.0	*N/A*	0.0	3.75	0.0	0.00	0.00
Banana: Petite	1 EACH	110	0	0	4.00	0.40	0.0	105	9.0	21	1.0	29.0	0.0	0.00	0.00
Ketchup, Packet	1 PKT (9g)	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Milk Variety, Dairy Free	1 CARTO N (1c)	115	3	151	0.10	0.60	320.5	539	0.6	14	8.25	14.35	2.45	0.40	0.00
Weighted Daily Average		629	32	1240	13.85	4.60	400.5	3844	13.20	*40	31.25	88.10	18.95	3.40	0.00
% of Calories										*25.4%	19.9%	56.0%	27.1%	4.9%	0.0%
Nutrient Guideline		550-650		1230										<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)	Tr-Fat ¹ (g)
Fri - 09/22/2017															
Elementary Dairy Free	Total														
Sunflower Butter & Grape Jelly	1 each	310	0	250	5.00	2.70	40.0	0	0.0	*N/A*	10.0	33.0	17.0	2.00	0.00
Celery Sticks: 1/2c	1/2 CUP	12	0	59	1.19	0.15	29.7	333	2.3	*N/A*	0.51	2.21	0.13	0.03	0.00
Carrots, Baby: 1/4	1/4 CUP	15	0	34	0.75	0.00	0.0	3000	0.0	*N/A*	0.0	3.75	0.0	0.00	0.00
Italian FF, Packet	1 PKT (12g)	5	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Juice Box, Variety	1 BOX (4.23oz)	60	0	5	0.00	0.00	100.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk Variety, Dairy Free	1 CARTO N (1c)	115	3	151	0.10	0.60	320.5	539	0.6	14	8.25	14.35	2.45	0.40	0.00
Weighted Daily Average		516	3	610	7.04	3.45	490.2	3872	62.90	*14	18.76	69.31	19.58	2.43	0.00
% of Calories										*10.8%	14.5%	53.7%	34.1%	4.2%	0.0%
Nutrient Guideline		550-650		1230										<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)	Tr-Fat ¹ (g)
Mon - 09/25/2017															
Elementary Dairy Free	Total														
BBQ, Packet	1 PKT (12g)	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Salisbury Steak	1 EACH	146	35	510	0.90	1.60	30.0	100	1.8	*N/A*	15.7	2.8	8.1	3.20	0.00
Rice, Seasoned Brown: 1/2c	1/2 CUP	90	1	23	0.53	0.37	0.0	0	0.0	*0	2.79	18.78	0.96	0.00	0.00
Broccoli, Frozen: 1/2c	1/2 CUP	23	0	18	1.83	0.37	18.3	459	33.02	*N/A*	1.83	3.67	0.0	0.00	0.00
Carrots, Baby: 1/4	1/4 CUP	15	0	34	0.75	0.00	0.0	3000	0.0	*N/A*	0.0	3.75	0.0	0.00	0.00
Peaches, Diced	1/2 CUP	53	0	6	1.30	0.38	6.0	340	3.81	*N/A*	0.5	13.39	0.13	0.00	0.00
Milk Variety, Dairy Free	1 CARTO N (1c)	115	3	151	0.10	0.60	320.5	539	0.6	14	8.25	14.35	2.45	0.40	0.00
Weighted Daily Average		457	39	828	5.41	3.32	374.8	4438	39.22	*14	29.08	60.74	11.64	3.60	0.00
% of Calories										*12.2%	25.5%	53.2%	22.9%	7.1%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 09/26/2017															
Elementary Dairy Free	Total														
Hot Dog, Turkey	1 EACH (2oz)	270	35	890	2.00	1.48	80.0	20	2.4	*4	12.0	30.0	11.0	3.40	0.01
BAKED BEANS	1/2 CUP	120	5	550	6.00	1.80	40.0	100	1.2	4	6.0	22.0	1.5	0.50	0.00
Celery Sticks: 1/4c	1/4 CUP	6	0	30	0.59	0.07	14.9	167	1.15	*N/A*	0.26	1.1	0.06	0.02	0.00
MIXED FRUIT	1/2 CUP	30	0	2	0.50	0.00	0.0	100	0.6	7	0.5	6.5	0.0	0.00	0.00
Ketchup, Packet	1 PKT (9g)	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Italian FF, Packet	1 PKT (12g)	5	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Milk Variety, Dairy Free	1 CARTO N (1c)	115	3	151	0.10	0.60	320.5	539	0.6	14	8.25	14.35	2.45	0.40	0.00
Weighted Daily Average		555	42	1839	9.19	3.95	455.4	926	5.95	*28	27.01	77.95	15.01	4.32	0.01
% of Calories										*20.5%	19.4%	56.1%	24.3%	7.0%	0.0%
Nutrient Guideline		550-650		1230										<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)	Tr-Fat ¹ (g)
Wed - 09/27/2017															
Elementary Dairy Free	Total														
Hamburger: E	1 EACH	237	25	458	3.65	2.83	52.0	17	0.0	*3	17.24	27.47	6.44	1.82	0.01
Potato Puffs	1/2 CUP (2.7Z)	136	0	281	1.70	0.61	0.0	0	2.04	0	1.7	16.18	6.81	1.70	0.00
Carrots, Baby: 1/4	1/4 CUP	15	0	34	0.75	0.00	0.0	3000	0.0	*N/A*	0.0	3.75	0.0	0.00	0.00
Cauliflower, Fresh: 1/4c	1/4 CUP	6	0	8	0.63	0.04	3.9	0	7.27	*N/A*	0.63	0.94	0.0	0.00	0.00
PINEAPPLE	1/2 CUP	70	0	10	1.00	0.70	20.0	100	9.0	14	1.0	17.0	0.0	0.00	0.00
Ketchup, Packet	1 PKT (9g)	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Italian FF, Packet	1 PKT (12g)	5	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Milk Variety, Dairy Free	1 CARTON (1c)	115	3	151	0.10	0.60	320.5	539	0.6	14	8.25	14.35	2.45	0.40	0.00
Weighted Daily Average		599	28	1267	7.83	4.79	396.4	3656	18.91	*31	28.82	84.69	15.70	3.92	0.01
% of Calories										*20.9%	19.2%	56.6%	23.6%	5.9%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 09/28/2017															
Elementary Dairy Free	Total														
Tacos, Beef: DF	2 TACOS	351	31	880	5.73	3.21	64.6	365	2.13	*N/A*	17.34	37.09	12.36	5.88	0.00
Corn	1/2 CUP	66	0	1	2.00	0.39	2.0	163	2.9	*N/A*	2.09	15.83	0.55	0.08	0.00
Romaine, Chopped:1/2c	1/2 CUP	5	0	0	0.61	0.28	9.6	2531	1.16	*N/A*	0.36	0.96	0.09	0.01	0.00
Apple, 1/2 138ct: Elem Lunch	1/2 EACH (1/2C)	40	0	0	2.50	0.20	10.0	50	6.0	*N/A*	0.0	11.0	0.0	0.00	0.00
Milk Variety, Dairy Free	1 CARTON (1c)	115	3	151	0.10	0.60	320.5	539	0.6	14	8.25	14.35	2.45	0.40	0.00
Taco Sauce, Packet	1 PKT (9g)	5	0	95	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average		582	34	1127	10.94	4.68	406.7	3648	12.80	*14	28.04	80.22	15.45	6.37	0.00
% of Calories										*9.6%	19.3%	55.2%	23.9%	9.9%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Weighted Average		565	38	1101	8.69	4.08	417.1	3152	35.45	*21	28.78	77.94	15.27	3.69	*0.00
										*33.2%	20.4%	55.1%	24.3%	5.9%	*0.0%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Nutrient	Menu AVG	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)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	565		550 - 650	100%													
Cholesterol (mg)	38																
Sodium (mg)	1101		1230														
Fiber (g)	8.69																
Iron (mg)	4.08																
Calcium (mg)	417.1																
Vitamin A (IU)	3152																
Sugars (g)	21	14.74%				Missing											
Vitamin C (mg)	35.45																
Protein (g)	28.78	20.36%															
Carbohydrate (g)	77.94	55.14%															
Total Fat (g)	15.27	24.31%															
Saturated Fat (g)	3.69	5.88%		<10.00%													
Trans Fat ¹ (g)	0.00	0.01%				Missing											

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