

WFSD

Cycle No. 28 thru Cycle No. 28 Cycle Spreadsheet - Portion Values MS Lunch

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle & high School Nutritionals																
MS Lunch	Total	1														
BEEF Burger Pizza AP W 2.5	1 Each	1	425	55	865	3.59	4.20	207.3	206	44	5.2	26.0	40.87	19.1	7.34	0.00
CHIX Nugget, (5) AP B 2	5 Each	1	275	62	613	1.25	0.90	0.0	0	0	0.0	22.5	15.0	13.75	3.12	0.00
MEATBALL SUB, Pizza SS W 2.0	1 Each	1	387	36	769	4.01	2.88	211.6	305	61	21.59	22.11	47.23	13.26	4.89	0.56
CHIX Patty, Plain SS W 2	1 Each	1	422	20	842	5.27	4.07	120.7	0	0	0.0	19.87	53.01	15.43	2.03	0.00
BURRITO Chicken SS MD W 2.0	1 Each	1	360	53	556	5.60	1.55	146.2	269	53	3.01	20.81	36.33	14.19	5.54	0.00
SLOPPY JOE, SC W 2.0	1 Each	1	387	50	505	4.35	3.89	98.3	335	65	9.69	22.45	44.54	13.87	4.69	0.63
WRAP Chix Ranch AP W 2.0	1 Each	1	478	81	1028	6.82	1.61	279.8	6326	1082	7.82	28.64	46.22	19.98	8.43	0.00
PIZZA 16" Chz W 2.0	1/8 Slice	1	341	22	746	3.97	2.68	300.0	399	80	10.39	21.19	42.22	10.74	5.25	0.00
MEATLOAF, SC W 2.75	3 1/2ozw	1	253	97	185	0.30	1.96	20.6	75	15	0.02	21.3	6.43	15.53	6.22	0.80
CHICKEN SALAD, Bd SC W 1.5	1 Each	1	255	43	414	2.01	2.06	76.6	49	2	0.45	16.77	25.07	8.84	1.95	0.05
MEATBALL SUB, Pizza SS W 2.0	1 Each	1	387	36	769	4.01	2.88	211.6	305	61	21.59	22.11	47.23	13.26	4.89	0.56
CHIX Patty, Plain SS W 2	1 Each	1	422	20	842	5.27	4.07	120.7	0	0	0.0	19.87	53.01	15.43	2.03	0.00
POTATO, FF 1/4" Gen7 1/2c	1.5 ozw	1	151	0	168	2.52	0.30	0.0	0	0	5.03	1.68	21.81	6.71	0.42	0.00
BEEF Burger Taco AP B 2.5	1 Each	1	378	53	780	2.31	3.58	205.4	307	65	0.0	22.47	31.38	17.6	7.47	0.00
RICE, Sante Fe W 1/2 c	1/2 Cup	1	89	0	95	0.97	0.35	1.2	67	13	0.0	1.93	18.22	0.72	0.00	0.00
RICE, Brown WG 1/2c	1/2 Cup	1	103	0	2	1.21	0.44	1.2	0	0	0.0	2.41	21.11	0.9	0.00	0.00
PEAS & CARROTS, Frozen 1/2c	1/2 Cup	1	44	0	65	2.80	0.90	22.3	7832	1566	9.24	2.8	9.2	0.39	0.07	0.00
POTATO, Wedges 1/2c	3ozw	1	113	0	26	2.05	0.74	0.0	0	0	6.15	2.05	18.46	3.08	1.03	0.00
VEGETABLE BLEND, Japanese 1/	1/2 cup	1	30	0	10	2.02	0.00	20.2	0	0	12.1	1.01	5.04	0.0	0.00	0.00
APPLES, 138ct Whole 1c	138ct	1	68	0	1	3.16	0.16	7.9	71	7	6.05	0.34	18.16	0.22	0.03	0.00
BANANA, Fresh Petite	1 Each	1	112	0	1	3.27	0.33	6.3	81	10	10.95	1.37	28.75	0.42	0.14	0.00
ORANGES, 138 Whole	Orange	1	63	0	0	3.20	0.13	53.4	300	60	70.96	1.25	15.67	0.16	0.01	0.00
STRAWBERRIES, Frozen 3/8c	3/8 CUP	1	92	0	3	1.82	0.56	10.5	23	2	39.59	0.51	24.79	0.12	0.01	0.00
CANTALOUPE, Fresh 3/8c	3/8 Cup	1	40	0	19	1.07	0.25	10.7	4017	803	43.59	1.0	9.69	0.23	0.06	0.00
HONEYDEW, Melon Fresh 3/8c	3/8 cup	1	23	0	11	0.51	0.11	3.8	32	3	11.48	0.34	5.79	0.09	0.02	0.00
WATERMELON, Fresh 3/8c	3/8 cup	1	38	0	2	0.49	0.29	9.0	707	141	10.06	0.76	9.39	0.19	0.02	0.00
APPLESAUCE, Canned 3/8c	3/8 Cup	1	68	0	8	1.52	1.09	0.0	0	0	0.0	0.0	16.71	0.0	0.00	0.00
FRUIT FRESH, Asst 3/8c	3/8 Cup	1	61	0	1	2.27	0.16	16.5	111	19	22.23	0.81	15.65	0.2	0.05	0.00
SALAD Tuna Platter AP W 2.0	1 Each	1	128	32	359	1.94	1.38	35.6	6530	1030	17.71	14.47	6.73	4.84	0.75	0.07
FISH, Nugget (5) AP B 2.5	5 Each	1	325	38	450	1.25	0.90	250.0	0	0	0.0	22.5	21.25	16.25	3.12	0.00
FAJITAS, Chicken & Veg SS 2.0	1 ea	1	322	80	700	2.96	2.41	25.2	184	37	14.04	20.31	34.91	12.03	3.00	0.00
QUESADILLA Chicken CG AP	1 Each	1	310	40	520	4.00	2.50	236.0	274	60	0.25	18.0	35.0	12.0	4.50	0.00
BROCCOLI, Fresh 3/8c	3/8 Cup	1	7	0	6	0.08	0.21	11.3	709	142	22.02	0.7	1.24	0.08	0.01	0.00
BEANS, Green Frozen 3/8c	3/8 Cup	1	23	0	2	1.53	0.50	24.6	321	64	7.57	1.06	4.42	0.12	0.03	0.00
CARROTS, Fresh Baby (4 each)	4 Each	1	14	0	31	1.16	0.36	12.8	5516	1103	1.04	0.26	3.3	0.05	0.01	0.00
CORN, Canned 3/8c	3/8 Cup	1	50	0	195	1.26	0.00	0.0	0	0	2.27	1.26	10.7	0.63	0.00	0.00
PEAS, Green Frozen 3/8c	3/8 Cup	1	57	0	77	3.19	1.08	15.6	1459	292	12.76	3.7	9.65	0.28	0.05	0.00
PLUMS, Fresh 1/2c	1/2 Cup	1	39	0	0	1.19	0.14	5.1	294	27	8.1	0.6	9.74	0.24	0.01	*N/A*
PEARS, Fresh 1/2 Cup	1 EACH	1	103	0	2	5.52	0.30	16.0	41	4	7.48	0.68	27.52	0.21	0.02	0.00
GRAPES, Fresh 3/8c	3/8 Cup	1	44	0	1	0.59	0.19	9.2	66	7	2.63	0.41	11.27	0.23	0.07	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - denotes optional nutrient values

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Weighted Daily Average			7287	818	11670	102.30	52.13	2803.2	37210	6918	423.04	388.31	902.73	251.38	77.32	*2.66
% of Calories												21.3%	49.6%	31.0%	9.5%	*0.3%

Weighted Average			7287	818	11670	102.30	52.13	2803.2	37210	6918	423.04	388.31	902.73	251.38	77.32	*2.66
												21.3%	49.6%	31.0%	9.5%	*0.3%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	7287		783	931%			
Cholesterol (mg)	818		150	545%			Correction Required - Cholesterol too High
Sodium (mg)	11670		1200	973%			Correction Required - Sodium too High
Fiber (g)	102.30		8.00	1279%			
Iron (mg)	52.13		4.50	1158%			
Calcium (mg)	2803.2		400.00	701%			
Vitamin A (IU)	37210		1500	2481%			
Vitamin A (RE)	6918		300	2306%			
Vitamin C (mg)	423.04		16.70	2533%			
Protein (g)	388.31	21.31%	15.20	2555%			
Carbohydrate (g)	902.73	49.55%					
Total Fat (g)	251.38	31.05%	<=30.00%				Correction Required - Total Fat too High
Saturated Fat (g)	77.32	9.55%	<10.00%				
Trans Fat (g)	2.66	0.33%			Missing		

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 - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.