

Jenison Hudsonville School Food Service

Apr 8, 2019 thru May 3, 2019

Base Menu Spreadsheet

Elementary Lunch Traditional W

Portion Values - Detailed

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	Portion Size	Reimb Qty	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)
Mon - 04/08/2019																
Elementary Lunch Traditional	Total	1														
Bosco Sticks with Sauce (Elem)	2 each	1	333	30	718	5.33	2.16	400.0	533	1.59	5	21.32	39.96	10.99	5.00	0.00
Grape Tomatoes	1/2 cup	1	15	0	5	1.00	0.18	10.0	750	12.0	3	1.0	3.5	0.0	0.00	0.00
Fruit Cocktail	.5 cup	1	60	0	5	1.00	0.00	0.0	200	3.6	11	0.0	14.0	0.0	0.00	0.00
APPLE FRESH	3"	1	95	0	2	4.37	0.22	10.9	98	8.37	19	0.47	25.13	0.31	0.05	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	269	0.00	0.00	23.1	23	0.09	2	0.59	3.31	6.77	1.07	0.00
Milk Chocolate Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average			753	46	1276	13.43	3.09	763.2	10378	28.42	65	31.77	114.85	20.65	7.63	0.00
% of Calories											34.6%	16.9%	61.0%	24.7%	9.1%	0.0%
Nutrient Guideline			550-650		1230											<10.00

	Portion Size	Reimb Qty	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)
Tue - 04/09/2019																
Elementary Lunch Traditional	Total	1														
MACARONI AND CHEESE	1/2 cup	1	308	44	832	0.88	0.81	336.4	621	0.43	6	13.91	23.46	18.28	9.01	*0.64
Garlic Toast	slice	1	80	0	150	1.00	1.08	0.0	0	0.0	0	2.0	10.0	3.5	0.00	0.00
Broccoli, cooked	.5 cup	1	25	0	20	3.00	0.00	0.0	0	0.0	1	3.0	5.0	0.0	0.00	0.00
Jenison Spirit Applesauce	4 oz servin	1	77	0	49	1.03	0.00	5.1	0	5.6	18	0.37	18.66	0.0	0.00	0.00
Hudsonville Spirit Applesauce	4 oz. servin	1	77	0	44	1.03	0.00	5.1	0	5.6	18	0.37	18.66	0.0	0.00	0.00
GRAPES,FRESH	1/2 cup	1	55	0	0	0.50	0.36	10.0	0	0.0	12	0.5	14.0	0.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	269	0.00	0.00	23.1	23	0.09	2	0.59	3.31	6.77	1.07	0.00
Milk Chocolate Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average			873	60	1641	9.17	2.79	699.0	9418	14.48	82	29.13	122.03	31.12	11.59	*0.64
% of Calories											37.5%	13.3%	55.9%	32.1%	12.0%	*0.7%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Apr 8, 2019 thru May 3, 2019

Base Menu Spreadsheet

Elementary Lunch Traditional W

Portion Values - Detailed

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	Portion Size	Reimb Qty	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)
Wed - 04/10/2019																
Elementary Lunch Traditional	Total	1														
Calzone, Pepperoni Whole Grain	calzone	1	280	25	590	3.00	2.00	361.0	0	0.0	6	19.0	32.0	11.0	6.00	0.00
Corn, Frozen (1/2 cup)	1/2 cup	1	93	0	5	1.87	0.34	0.0	93	2.24	2	2.8	19.58	0.93	0.00	0.00
MANDARIN ORANGES,CND,LT SYRUP, BANANA	1/2 cup	1	90	0	10	0.00	0.36	20.0	400	18.0	19	1.0	20.0	0.0	0.00	0.00
CARROTS,RAW,BABY	6-7 inch	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Ranch Dressing	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Milk Chocolate Low Fat	2 tbls	1	79	6	269	0.00	0.00	23.1	23	0.09	2	0.59	3.31	6.77	1.07	0.00
Weighted Daily Average	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
% of Calories			803	41	1151	9.23	3.49	728.4	9355	31.88	67	32.87	126.91	21.61	8.69	0.00
											33.2%	16.4%	63.2%	24.2%	9.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

	Portion Size	Reimb Qty	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 - 04/11/2019																
Elementary Lunch Traditional	Total	1														
FISH TREASURES	4 pcs	1	230	25	360	2.00	1.44	20.0	0	1.2	1	16.0	18.0	10.0	1.50	0.00
Baked Beans	4 OZ	1	140	0	550	5.00	1.80	40.0	60	0.0	12	6.0	29.0	1.0	0.00	0.00
DICED PEARS	1/2 cup	1	60	0	5	2.00	0.00	0.0	0	1.2	12	0.0	16.0	0.0	0.00	0.00
Dragon Punch	carton	1	50	0	35	0.00	0.00	0.0	500	30.0	12	0.0	13.0	0.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	269	0.00	0.00	23.1	23	0.09	2	0.59	3.31	6.77	1.07	0.00
TARTAR SAUCE	2 TBSP	1	76	6	237	0.22	0.19	5.7	124	0.5	*4	0.4	5.48	6.35	0.61	*0.03
Milk Chocolate Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average			805	47	1732	10.96	3.97	408.0	9481	35.75	*68	31.37	113.73	26.70	4.69	*0.03
% of Calories											*33.9%	15.6%	56.5%	29.8%	5.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Base Menu Spreadsheet

Elementary Lunch Traditional W

Portion Values - Detailed

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	Portion Size	Reimb Qty	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 - 04/12/2019																
Elementary Lunch Traditional	Total	1														
Chicken Tenders	3 pieces	1	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
Waffle, Dutch Whole Grain 5"	waffle	1	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
Broccoli & Cauliflower Combo	6 oz. servin	1	51	0	51	3.43	1.23	34.3	0	0.0	3	3.43	10.29	0.0	0.00	0.00
Pineapple Tidbits	1/2 cup	1	70	0	0	1.00	0.36	0.0	75	9.0	15	0.0	18.0	0.0	0.00	0.00
RAISINS BOXED	1 EACH	1	130	0	10	2.00	1.08	20.0	0	0.0	29	1.0	31.0	0.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	269	0.00	0.00	23.1	23	0.09	2	0.59	3.31	6.77	1.07	0.00
Milk Chocolate Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Honey Mustard Dressing	2 TBSP	1	140	10	160	0.00	0.00	0.0	0	0.0	8	0.0	9.0	11.0	2.00	0.00
Honey Packet	packet	1	25	0	0	0.00	0.00	0.0	0	0.0	7	0.0	7.0	0.0	0.00	0.00
Barbecue Sauce-Open Pit-JHFS	2 TBSP	1	50	0	440	0.00	0.00	0.0	45	0.0	9	0.0	11.0	0.0	0.00	0.00
Weighted Daily Average			1276	71	1947	14.17	6.81	476.6	9017	11.85	112	32.40	177.54	48.34	10.08	0.00
% of Calories											35.0%	10.2%	55.6%	34.1%	7.1%	0.0%
Nutrient Guideline			550-650		1230											<10.00

	Portion Size	Reimb Qty	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)
Sat - 04/13/2019																
Elementary Lunch Traditional	Total	2														
Hudsonville Sack Lunch	lunch	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
TURKEY W/CHEESE ON WG BUN	1 EACH	1	250	30	615	2.00	1.98	121.5	0	0.0	5	17.0	29.0	7.0	3.50	0.00
APPLE FRESH	3"	1	95	0	2	4.37	0.22	10.9	98	8.37	19	0.47	25.13	0.31	0.05	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Mini Rice Krispie Treat (Elem)	Bar	1	50	0	45	0.00	0.36	0.0	0	0.0	3	0.0	9.0	1.0	0.00	0.00
Fruit by the Foot (MS/HS)	pouch	1	80	0	40	0.00	0.00	0.0	0	15.0	7	0.0	16.0	1.5	0.50	0.00
Milk Chocolate Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Milk, Low Fat White 1%	carton	1	80	5	120	0.00	0.00	250.0	750	0.0	11	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			363	23	549	4.05	1.55	350.8	4811	13.07	35	16.93	59.54	6.19	2.78	0.00
% of Calories											38.2%	18.7%	65.6%	15.4%	6.9%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Base Menu Spreadsheet

Elementary Lunch Traditional W

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	Portion Size	Reimb Qty	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 - 04/15/2019																
Elementary Lunch Traditional	Total	1														
Pancakes, 2 pieces	2 pancakes	1	210	10	300	3.00	0.00	0.0	55	0.0	10	4.0	36.0	6.0	1.00	0.00
OMELET CHEESE	1 EACH	1	130	165	280	0.00	0.72	80.0	300	0.0	0	7.0	1.0	10.0	4.00	0.00
Celery Sticks	4 STICKS	1	3	0	17	0.34	0.12	6.8	34	1.23	0	0.0	0.68	0.0	0.00	0.00
GRAPE JUICE	1 EACH	1	80	0	10	0.00	0.36	0.0	0	60.0	18	0.0	19.0	0.0	0.00	0.00
APPLE FRESH	3"	1	95	0	2	4.37	0.22	10.9	98	8.37	19	0.47	25.13	0.31	0.05	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	269	0.00	0.00	23.1	23	0.09	2	0.59	3.31	6.77	1.07	0.00
Syrup, Pancake 1.5 oz.	1.5 oz	1	120	0	0	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Milk Chocolate Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average			888	191	1154	9.45	1.95	440.1	9285	72.46	94	20.44	145.07	25.65	7.63	0.00
% of Calories											42.2%	9.2%	65.4%	26.0%	7.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 04/16/2019																
Elementary Lunch Traditional	Total	1														
CHICKEN NOODLE/RICE SOUP	2 #12 sco ops	1	107	42	492	0.56	0.80	9.2	511	0.85	*1	14.91	6.9	2.6	0.62	*0.00
Mini Bosco (1)	1	1	110	5	150	1.00	0.72	0.0	0	0.0	1	6.0	13.0	3.5	1.50	0.00
Cheddar Goldfish Crackers	package	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cucumber with Raw Peel	6 oz servin	1	15	0	0	1.00	0.36	20.0	0	0.0	2	1.0	3.0	0.0	0.00	0.00
Pineapple Tidbits	1/2 cup	1	70	0	0	1.00	0.36	0.0	75	9.0	15	0.0	18.0	0.0	0.00	0.00
GRAPES,FRESH	1/2 cup	1	55	0	0	0.50	0.36	10.0	0	0.0	12	0.5	14.0	0.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	269	0.00	0.00	23.1	23	0.09	2	0.59	3.31	6.77	1.07	0.00
Milk Chocolate Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average			607	63	1187	5.80	3.13	381.6	9384	12.70	*58	31.37	87.15	15.44	4.70	*0.00
% of Calories											*38.3%	20.7%	57.4%	22.9%	7.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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	Portion Size	Reimb Qty	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 - 04/17/2019																
Elementary Lunch Traditional	Total	1														
Pepperoni Pizza Bites	4 pcs	1	270	15	570	4.00	1.80	80.0	300	4.8	3	16.0	29.0	10.0	2.50	0.00
Lettuce, Romaine Ribbons	1 cup	1	10	0	0	1.00	0.36	20.0	0	0.0	1	1.0	2.0	0.0	0.00	0.00
DICED PEACHES	1/2 cup	1	50	0	0	1.00	0.00	0.0	300	1.2	10	1.0	12.0	0.0	0.00	0.00
BANANA	6-7 inch	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	269	0.00	0.00	23.1	23	0.09	2	0.59	3.31	6.77	1.07	0.00
Milk Chocolate Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average			670	31	1116	10.37	2.96	447.4	9462	17.64	54	28.07	98.32	19.68	5.19	0.00
% of Calories											32.1%	16.8%	58.7%	26.4%	7.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

	Portion Size	Reimb Qty	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 - 04/18/2019																
Elementary Lunch Traditional	Total	1														
TURKEY GRAVY	1/2 cup	1	138	20	1030	0.00	0.24	1.9	4	0.0	*1	7.31	7.65	9.38	1.77	0.00
MASHED POTATOES	1/2 cup	1	90	0	414	1.00	0.36	3.8	0	9.0	0	2.0	17.0	1.5	0.00	0.00
DINNER ROLL	1	1	100	0	125	2.00	1.08	20.0	0	0.0	3	4.0	19.0	1.5	0.00	0.00
APPLESAUCE,CANNED,UNSW TND	1/2 cup	1	50	0	10	1.00	0.00	5.0	0	0.0	11	0.0	12.0	0.0	0.00	0.00
ORANGES WEDGES	1 ORANGE	1	90	0	0	5.00	0.00	60.0	400	90.0	0	2.0	21.0	0.5	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	269	0.00	0.00	23.1	23	0.09	2	0.59	3.31	6.77	1.07	0.00
Margarine Cup	serving	1	23	0	34	0.00	0.00	0.0	340	0.0	0	0.0	0.0	2.83	0.57	0.00
Milk, White Fat Free	carton	1	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			691	41	2048	10.74	2.21	433.0	9542	101.85	*31	24.28	95.91	25.06	4.92	0.00
% of Calories											*18.0%	14.1%	55.5%	32.7%	6.4%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Apr 8, 2019 thru May 3, 2019

Base Menu Spreadsheet

Elementary Lunch Traditional W

Portion Values - Detailed

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	Portion Size	Reimb Qty	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 - 04/19/2019																
Elementary Lunch Traditional	Total	1														
MINI CORN DOGS	6 corn dog	1	270	38	420	4.50	2.16	150.0	0	0.0	6	10.5	30.0	12.0	3.75	0.00
Goldfish Grahams (2/pkg)	2 crackers	1	120	0	70	1.00	0.72	100.0	30	0.0	5	2.0	19.0	4.0	1.00	0.00
Baked Beans	4 OZ	1	140	0	550	5.00	1.80	40.0	60	0.0	12	6.0	29.0	1.0	0.00	0.00
TROPICAL MIXED FRUIT	1/2 cup	1	80	0	0	1.00	0.36	0.0	0	18.0	19	0.0	20.0	0.0	0.00	0.00
Pears,fresh	pear	1	90	0	0	5.00	0.36	0.0	50	6.0	16	1.0	25.0	0.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	269	0.00	0.00	23.1	23	0.09	2	0.59	3.31	6.77	1.07	0.00
Honey Mustard Dressing	2 TBSP	1	140	10	160	0.00	0.00	0.0	0	0.0	8	0.0	9.0	11.0	2.00	0.00
Relish	2 Tbls ser ving carton	1	25	0	270	1.00	0.00	40.0	0	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
Milk Chocolate Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average			1115	64	2015	19.24	5.94	672.3	8937	26.85	*93	28.47	170.26	37.34	9.33	0.00
% of Calories											*33.5%	10.2%	61.1%	30.1%	7.5%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 04/22/2019																
Elementary Lunch Traditional	Total	1														
Cheese Pizza Quesadilla	1 EACH	1	330	10	840	4.00	0.00	0.0	15	0.0	3	16.0	40.0	12.0	3.00	0.00
Fiesta Black Beans	1/2 cup	1	120	0	460	5.00	1.80	40.0	0	0.0	1	7.0	22.0	0.5	0.00	0.00
Fruit Cocktail	.5 cup	1	60	0	5	1.00	0.00	0.0	200	3.6	11	0.0	14.0	0.0	0.00	0.00
APPLE FRESH	3"	1	95	0	2	4.37	0.22	10.9	98	8.37	19	0.47	25.13	0.31	0.05	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	269	0.00	0.00	23.1	23	0.09	2	0.59	3.31	6.77	1.07	0.00
Salsa-JHFS	2 tbsps ser ving carton	1	9	0	33	0.94	0.00	0.0	0	0.0	1	0.0	1.88	0.0	0.00	0.00
Milk Chocolate Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average			864	26	1885	17.05	2.55	393.2	9111	14.83	62	32.44	135.26	22.15	5.63	0.00
% of Calories											28.8%	15.0%	62.6%	23.1%	5.9%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Apr 8, 2019 thru May 3, 2019

Base Menu Spreadsheet

Elementary Lunch Traditional W

Portion Values - Detailed

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	Portion Size	Reimb Qty	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)
Tue - 04/23/2019																
Elementary Lunch Traditional	Total	1														
TACO MEAT ELEM	1/4 cup #1	1	116	25	398	0.22	1.22	1.1	204	2.14	1	9.31	3.42	6.9	2.96	0.00
TORTILLA SHELL (FLOUR) 6"	6" shell	1	90	0	75	2.00	0.72	20.0	5	0.0	1	2.0	15.0	3.0	2.00	0.00
Cheese, shredded (tacos-elem)	2 oz	1	220	60	380	0.00	0.00	400.0	600	0.0	0	14.0	2.0	18.0	12.00	0.00
Lettuce, Romaine Ribbons	1 cup	1	10	0	0	1.00	0.36	20.0	0	0.0	1	1.0	2.0	0.0	0.00	0.00
Jenison Spirit Applesauce	4 oz servin	1	77	0	49	1.03	0.00	5.1	0	5.6	18	0.37	18.66	0.0	0.00	0.00
Hudsonville Spirit Applesauce	4 oz. servin	1	77	0	44	1.03	0.00	5.1	0	5.6	18	0.37	18.66	0.0	0.00	0.00
GRAPES,FRESH	1/2 cup	1	55	0	0	0.50	0.36	10.0	0	0.0	12	0.5	14.0	0.0	0.00	0.00
Salsa-JHFS	2 tbsp ser ving	1	9	0	33	0.94	0.00	0.0	0	0.0	1	0.0	1.88	0.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	269	0.00	0.00	23.1	23	0.09	2	0.59	3.31	6.77	1.07	0.00
Milk Chocolate Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average			905	101	1525	8.45	3.20	803.7	9607	16.18	79	36.53	107.87	37.25	19.54	0.00
% of Calories											34.7%	16.1%	47.7%	37.0%	19.4%	0.0%
Nutrient Guideline			550-650		1230											<10.00

	Portion Size	Reimb Qty	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)
Wed - 04/24/2019																
Elementary Lunch Traditional	Total	1														
HAMBURGER	1 EACH	1	166	49	254	1.00	1.00	20.0	0	0.0	0	12.0	0.0	12.0	4.80	0.80
HAMBURGER BUN	1 EACH	1	150	0	180	2.00	1.80	40.0	0	0.0	4	5.0	28.0	2.0	1.00	0.00
AMERICAN CHEESE SLICE	1 SLICE	1	50	13	225	0.00	0.00	75.0	150	0.0	*N/A*	2.5	0.5	4.5	2.50	0.00
Sweet Potato Cubes	1/2 cup	1	213	0	467	2.67	0.96	26.7	0	0.0	7	1.33	29.33	9.33	0.67	0.00
DICED PEACHES	1/2 cup	1	50	0	0	1.00	0.00	0.0	300	1.2	10	1.0	12.0	0.0	0.00	0.00
BANANA	6-7 inch	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	269	0.00	0.00	23.1	23	0.09	2	0.59	3.31	6.77	1.07	0.00
Relish	2 Tbls ser ving	1	25	0	270	1.00	0.00	40.0	0	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
Milk Chocolate Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average			994	78	1942	12.03	4.56	549.0	9312	12.84	*60	31.90	131.16	37.51	11.66	0.80
% of Calories											*24.3%	12.8%	52.8%	34.0%	10.6%	0.7%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Apr 8, 2019 thru May 3, 2019

Base Menu Spreadsheet

Elementary Lunch Traditional W

Portion Values - Detailed

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	Portion Size	Reimb Qty	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 - 04/25/2019																
Elementary Lunch Traditional	Total	1														
Turkey Ham for Ham Chef	1/3 cup	1	89	53	470	0.00	0.96	17.7	0	1.06	0	12.42	0.89	3.99	1.33	0.00
Cheese, Shredded for Ham Chef	2 oz.	1	220	60	380	0.00	0.00	400.0	600	0.0	0	14.0	2.0	18.0	12.00	0.00
HEART SHAPED PRETZELS	1 oz bag	1	80	0	200	2.00	0.72	0.0	0	0.0	0	2.0	15.0	1.5	0.00	0.00
Lettuce, Romaine Ribbons	1 cup	1	10	0	0	1.00	0.36	20.0	0	0.0	1	1.0	2.0	0.0	0.00	0.00
DICED PEARS	1/2 cup	1	60	0	5	2.00	0.00	0.0	0	1.2	12	0.0	16.0	0.0	0.00	0.00
Dragon Punch	carton	1	50	0	35	0.00	0.00	0.0	500	30.0	12	0.0	13.0	0.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	269	0.00	0.00	23.1	23	0.09	2	0.59	3.31	6.77	1.07	0.00
French Dressing-JHFS	tbls	1	60	0	145	0.00	0.00	0.0	50	0.0	6	0.0	7.0	3.5	0.50	0.00
Milk Chocolate Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average			818	129	1781	6.74	2.57	780.1	9947	35.12	59	38.39	88.14	36.34	16.41	0.00
% of Calories											28.8%	18.8%	43.1%	40.0%	18.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

	Portion Size	Reimb Qty	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 - 04/26/2019																
Elementary Lunch Traditional	Total	1														
Honey BBQ Rib on Bun	serv	1	350	40	850	4.00	3.60	80.0	400	1.2	14	19.0	41.0	12.0	5.00	0.00
GREEN BEANS - from frozen	4 OZ	1	15	0	1	1.60	0.00	0.0	0	0.0	1	0.8	3.2	0.0	0.00	0.00
MANDARIN ORANGES,CND,LT SYRUP,	1/2 cup	1	90	0	10	0.00	0.36	20.0	400	18.0	19	1.0	20.0	0.0	0.00	0.00
Craisins, Strawberry	Pkg	1	110	0	0	2.00	0.00	0.0	120	0.0	24	0.0	27.0	0.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	269	0.00	0.00	23.1	23	0.09	2	0.59	3.31	6.77	1.07	0.00
Barbecue Sauce-Open Pit-JHFS	2 TBSP	1	50	0	440	0.00	0.00	0.0	45	0.0	9	0.0	11.0	0.0	0.00	0.00
Milk Chocolate Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average			865	56	1846	9.34	4.49	442.3	9762	22.05	94	29.77	134.45	21.34	7.58	0.00
% of Calories											43.5%	13.8%	62.2%	22.2%	7.9%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Apr 8, 2019 thru May 3, 2019

Base Menu Spreadsheet

Elementary Lunch Traditional W

Portion Values - Detailed

	Portion Size	Reimb Qty	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)
Mon - 04/29/2019																
Elementary Lunch Traditional	Total	1														
FISH TREASURES	4 pcs	1	230	25	360	2.00	1.44	20.0	0	1.2	1	16.0	18.0	10.0	1.50	0.00
BROCCOLI,raw: fresh	6 oz.	1	55	0	71	5.45	9.03	501.6	2617	111.22	2	4.36	11.99	0.55	0.00	0.00
DICED PEACHES	1/2 cup	1	50	0	0	1.00	0.00	0.0	300	1.2	10	1.0	12.0	0.0	0.00	0.00
APPLE FRESH	3"	1	95	0	2	4.37	0.22	10.9	98	8.37	19	0.47	25.13	0.31	0.05	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	269	0.00	0.00	23.1	23	0.09	2	0.59	3.31	6.77	1.07	0.00
TARTAR SAUCE	2 TBSP	1	76	6	237	0.22	0.19	5.7	124	0.5	*4	0.4	5.48	6.35	0.61	*0.03
Milk Chocolate Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average			755	47	1215	14.78	11.41	880.5	11936	125.35	*63	31.20	104.86	26.55	4.74	*0.03
% of Calories											*33.6%	16.5%	55.6%	31.7%	5.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

	Portion Size	Reimb Qty	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)
Tue - 04/30/2019																
Elementary Lunch Traditional	Total	1														
CHICKEN NOODLE/RICE SOUP	2 #12 sco ops	1	107	42	492	0.56	0.80	9.2	511	0.85	*1	14.91	6.9	2.6	0.62	*0.00
Mini Bosco (1)	1	1	110	5	150	1.00	0.72	0.0	0	0.0	1	6.0	13.0	3.5	1.50	0.00
Cheddar Goldfish Crackers	package	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cucumber with Raw Peel	6 oz servin	1	15	0	0	1.00	0.36	20.0	0	0.0	2	1.0	3.0	0.0	0.00	0.00
DICED PEARS	1/2 cup	1	60	0	5	2.00	0.00	0.0	0	1.2	12	0.0	16.0	0.0	0.00	0.00
GRAPES,FRESH	1/2 cup	1	55	0	0	0.50	0.36	10.0	0	0.0	12	0.5	14.0	0.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	269	0.00	0.00	23.1	23	0.09	2	0.59	3.31	6.77	1.07	0.00
Milk Chocolate Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Weighted Daily Average			597	63	1192	6.80	2.77	381.6	9309	4.90	*55	31.37	85.15	15.44	4.70	*0.00
% of Calories											*37.0%	21.0%	57.1%	23.3%	7.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Jenison Hudsonville School Food Service

Apr 8, 2019 thru May 3, 2019

Base Menu Spreadsheet

Elementary Lunch Traditional W

Portion Values - Detailed

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	Portion Size	Reimb Qty	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 - 05/01/2019																
Elementary Lunch Traditional	Total	1														
Mini BBQ Chicken Quesadillas	1 serving	1	270	15	500	4.00	2.70	200.0	300	0.0	7	16.0	36.0	7.0	2.00	0.00
Refried Beans	#8 scoop	1	82	0	309	3.49	1.05	23.3	0	0.0	1	4.66	13.39	1.16	0.29	0.00
MANDARIN ORANGES,CND,LT SYRUP, BANANA	1/2 cup	1	90	0	10	0.00	0.36	20.0	400	18.0	19	1.0	20.0	0.0	0.00	0.00
CARROTS,RAW,BABY	6-7 inch	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Ranch Dressing	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Milk Chocolate Low Fat	2 tbls	1	79	6	269	0.00	0.00	23.1	23	0.09	2	0.59	3.31	6.77	1.07	0.00
Weighted Daily Average	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
% of Calories			781	31	1365	11.86	4.91	590.7	9562	29.64	66	31.73	124.72	17.84	4.99	0.00
Nutrient Guideline			550-650		1230						33.9%	16.2%	63.9%	20.6%	5.7%	0.0%

	Portion Size	Reimb Qty	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 - 05/02/2019																
Elementary Lunch Traditional	Total	1														
Chicken Alfredo - #SP3 JHFS	#8 scoop	1	214	43	399	0.75	1.04	195.8	256	0.0	4	17.44	20.87	6.33	3.41	0.00
Garlic Toast	slice	1	80	0	150	1.00	1.08	0.0	0	0.0	0	2.0	10.0	3.5	0.00	0.00
PEAS - FROZEN	4 OZ	1	89	0	0	5.10	1.38	0.0	255	4.59	5	6.37	15.29	0.0	0.00	0.00
Pineapple Tidbits	1/2 cup	1	70	0	0	1.00	0.36	0.0	75	9.0	15	0.0	18.0	0.0	0.00	0.00
ORANGES WEDGES	1 ORANGE	1	90	0	0	5.00	0.00	60.0	400	90.0	0	2.0	21.0	0.5	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	269	0.00	0.00	23.1	23	0.09	2	0.59	3.31	6.77	1.07	0.00
Milk, Low Fat White 1%	carton	1	80	5	120	0.00	0.00	250.0	750	0.0	11	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			723	54	985	14.59	4.38	548.1	10033	105.24	41	36.78	104.42	17.18	4.49	0.00
% of Calories											22.5%	20.3%	57.7%	21.4%	5.6%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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

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Jenison Hudsonville School Food Service

Apr 8, 2019 thru May 3, 2019

Base Menu Spreadsheet

Elementary Lunch Traditional W

Portion Values - Detailed

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	Portion Size	Reimb Qty	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 - 05/03/2019																
Elementary Lunch Traditional	Total	1														
Apple Cinnamon Texas Toast	slice	1	260	0	290	2.00	2.70	40.0	0	0.0	17	8.0	45.0	6.0	1.00	0.00
Eggs, Scrambled, GFS, #584584	1/3 cup #1	1	70	125	220	0.00	0.72	40.0	200	0.0	1	6.0	1.0	4.0	1.00	0.00
Celery Sticks	4 STICKS	1	3	0	17	0.34	0.12	6.8	34	1.23	0	0.0	0.68	0.0	0.00	0.00
APPLE JUICE	1 EACH	1	50	0	10	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
Pears,fresh	pear	1	90	0	0	5.00	0.36	0.0	50	6.0	16	1.0	25.0	0.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	269	0.00	0.00	23.1	23	0.09	2	0.59	3.31	6.77	1.07	0.00
Milk Chocolate Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Syrup, Pancake 1.5 oz.	1.5 oz	1	120	0	0	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Weighted Daily Average			843	141	1083	9.08	4.44	429.2	9082	70.08	93	23.97	147.94	19.34	4.58	0.00
% of Calories											44.0%	11.4%	70.2%	20.6%	4.9%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			809	67	1459	10.83	3.96	552.3	9368	38.25	*68 *75.8%	30.06 14.9%	117.87 58.3%	25.18 28.0%	7.69 8.6%	*0.07 *0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	809		550 - 650	124%			159	Correction Required - Calories too High
Cholesterol (mg)	67							
Sodium 1 (mg)	1459		1230				229	Correction Required - Sodium too High
Sodium 2 (mg)	1459		935				524	Correction Required - Sodium too High
Fiber (g)	10.83							
Iron (mg)	3.96							
Calcium (mg)	552.3							
Vitamin A (IU)	9368							
Sugars (g)	68	33.68%			Missing			
Vitamin C (mg)	38.25							
Protein (g)	30.06	14.86%						
Carbohydrate (g)	117.87	58.28%						
Total Fat (g)	25.18	28.01%						
Saturated Fat (g)	7.69	8.56%	<10.00%					
Trans Fat ¹ (g)	0.07	0.08%			Missing			

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