

Jenison Hudsonville School Food Service

Mar 4, 2019 thru Mar 28, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted 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 - 03/04/2019																
Elementary Lunch-Traditional	Total	1														
CORN DOG	1 EACH	1	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	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
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
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	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	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
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
Weighted Daily Average % of Calories			923	66	1372	14.97	3.26	473.3	8989	31.46	*80 *34.7%	21.23 9.2%	141.95 61.5%	29.58 28.9%	7.14 7.0%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 03/05/2019																
Elementary Lunch-Traditional	Total	1														
CORN DOG	1 EACH	1	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	0.00
Mini Baked Potato	1 each	1	90	0	5	2.00	1.08	0.0	5	12.0	1	2.0	21.0	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	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	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
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
Weighted Daily Average % of Calories			860	66	1375	12.24	3.78	472.4	8802	16.06	*65 *30.4%	20.46 9.5%	128.23 59.7%	28.34 29.7%	7.08 7.4%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

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

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Weighted 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)
Wed - 03/06/2019																
Elementary Lunch-Traditional	Total	1														
CORN DOG	1 EACH	1	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	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
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	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	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
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
Weighted Daily Average % of Calories			915	66	1826	16.36	4.41	507.4	9162	12.84	*64 *27.8%	27.06 11.8%	134.30 58.7%	29.17 28.7%	7.20 7.1%	0.00 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 - 03/07/2019																
Elementary Lunch-Traditional	Total	1														
CORN DOG	1 EACH	1	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	0.00
GREEN BEANS - from frozen	4 OZ	1	24	0	0	1.60	0.58	32.0	160	1.92	2	0.8	4.8	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
Strawberry Cup	1 cup	1	80	0	0	2.00	0.36	20.0	0	48.0	16	0.0	21.0	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	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	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
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
Weighted Daily Average % of Calories			819	66	1370	12.34	3.28	514.4	9157	56.37	*69 *33.6%	18.76 9.2%	117.03 57.2%	28.34 31.2%	7.08 7.8%	0.00 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)
Fri - 03/08/2019																
Elementary Lunch-Traditional	Total	1														
CORN DOG	1 EACH	1	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	0.00
Lettuce, Romaine Ribbons	1 cup	1	10	0	0	1.00	0.72	20.0	5000	30.0	0	0.0	2.0	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
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	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	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
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
Weighted Daily Average			845	66	1365	11.74	3.42	482.4	13992	41.85	*79	17.96	124.23	28.34	7.08	0.00
% of Calories											*37.5%	8.5%	58.8%	30.2%	7.5%	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 - 03/09/2019																
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/Cheese Sandwich	1 sandwich	1	134	19	360	1.00	1.04	57.5	75	0.0	2	10.5	14.25	3.63	1.75	0.00
APPLE FRESH	3"	1	47	0	1	2.18	0.11	5.5	49	4.19	9	0.24	12.57	0.15	0.03	0.00
CARROTS,RAW,BABY	6 carrots	1	11	0	23	0.87	0.27	9.6	4137	0.78	1	0.19	2.47	0.04	0.01	0.00
Mini Rice Krispie Treat (Elem)	Bar	1	25	0	23	0.00	0.18	0.0	0	0.0	2	0.0	4.5	0.5	0.00	0.00
Fruit by the Foot (MS/HS)	pouch	1	40	0	20	0.00	0.00	0.0	0	7.5	3	0.0	8.0	0.75	0.25	0.00
milk, chocolate fat free	8 oz	1	50	8	60	0.00	0.00	100.0	375	0.0	5	4.0	5.5	1.5	1.00	0.00
Milk, Low Fat White 1%	carton	1	40	3	60	0.00	0.00	125.0	375	0.0	5	4.0	5.5	0.0	0.00	0.00
Weighted Daily Average			347	29	547	4.05	1.59	297.6	5011	12.47	29	18.93	52.79	6.57	3.03	0.00
% of Calories											33.6%	21.8%	60.9%	17.1%	7.9%	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)	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 - 03/11/2019																
Elementary Lunch-Traditional	Total	1														
Cheese Pizza/WG crust Elem	Slice	1	370	40	600	4.00	1.80	350.0	400	0.0	14	17.0	38.0	17.0	8.00	0.00
Celery Sticks	4 STICKS	1	6	0	33	0.66	0.06	16.5	182	1.19	0	0.33	1.32	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
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	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	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			790	56	1180	11.77	2.98	719.8	9553	21.42	75	26.76	114.68	26.65	10.64	0.00
% of Calories											38.1%	13.6%	58.1%	30.4%	12.1%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 03/12/2019																
Elementary Lunch-Traditional	Total	1														
Cheese Pizza/WG crust Elem	Slice	1	370	40	600	4.00	1.80	350.0	400	0.0	14	17.0	38.0	17.0	8.00	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
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	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	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			725	56	1155	7.24	2.70	707.4	9197	2.85	64	26.46	96.23	26.34	10.58	0.00
% of Calories											35.5%	14.6%	53.1%	32.7%	13.1%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 03/13/2019																
Elementary Lunch-Traditional	Total	1														
Cheese Pizza/WG crust Elem	Slice	1	370	40	600	4.00	1.80	350.0	400	0.0	14	17.0	38.0	17.0	8.00	0.00
CALIFORNIA BLEND VEGGIES	1/2 CUP	1	17	0	20	1.33	0.00	13.3	667	12.0	1	0.67	3.33	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
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	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	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

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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)
Weighted Daily Average			816	56	1176	9.70	2.97	730.8	10329	41.64	74	28.73	116.63	26.67	10.70	0.00
% of Calories											36.2%	14.1%	57.2%	29.4%	11.8%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 03/14/2019																
Elementary Lunch-Traditional	Total	1														
Cheese Pizza/WG crust Elem	Slice	1	370	40	600	4.00	1.80	350.0	400	0.0	14	17.0	38.0	17.0	8.00	0.00
Lettuce, Romaine Ribbons	1 cup	1	10	0	0	1.00	0.72	20.0	5000	30.0	0	0.0	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
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	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	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			710	51	1040	13.74	3.06	722.4	14847	122.85	42	27.96	96.23	24.34	9.09	0.00
% of Calories											23.8%	15.8%	54.2%	30.9%	11.5%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 03/15/2019																
Elementary Lunch-Traditional	Total	1														
Cheese Pizza/WG crust Elem	Slice	1	370	40	600	4.00	1.80	350.0	400	0.0	14	17.0	38.0	17.0	8.00	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
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
PEARS,FRESH	1 EACH	1	95	0	2	5.15	0.30	14.9	42	7.14	16	0.6	25.28	0.23	0.04	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	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	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			904	56	1697	16.88	4.44	747.3	9599	11.19	79	33.56	136.51	27.57	10.62	0.00
% of Calories											35.1%	14.8%	60.4%	27.4%	10.6%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Mar 4, 2019 thru Mar 28, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

	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 - 03/18/2019																
Elementary Lunch-Traditional	Total	1														
CHICKEN NUGGETS	5 nuggets	1	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50	0.00
Breadstick, Whole Grain	breadstick	1	70	0	95	1.00	0.00	0.0	0	0.0	2	2.0	14.0	1.0	0.00	0.00
Celery Sticks	4 STICKS	1	6	0	33	0.66	0.06	16.5	182	1.19	0	0.33	1.32	0.0	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
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	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	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			955	46	1745	11.77	2.98	409.8	9223	30.42	92	24.76	135.68	35.65	7.14	0.00
% of Calories											38.6%	10.4%	56.8%	33.6%	6.7%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 03/19/2019																
Elementary Lunch-Traditional	Total	1														
CHICKEN NUGGETS	5 nuggets	1	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50	0.00
Breadstick, Whole Grain	breadstick	1	70	0	95	1.00	0.00	0.0	0	0.0	2	2.0	14.0	1.0	0.00	0.00
Lettuce, Romaine Ribbons	1 cup	1	10	0	0	1.00	0.72	20.0	5000	30.0	0	0.0	2.0	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	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	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			910	46	1710	8.24	3.78	412.4	14017	41.85	81	24.46	123.23	35.34	7.08	0.00
% of Calories											35.7%	10.8%	54.2%	35.0%	7.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Mar 4, 2019 thru Mar 28, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

	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 - 03/20/2019																
Elementary Lunch-Traditional	Total	1														
CHICKEN NUGGETS	5 nuggets	1	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50	0.00
Breadstick, Whole Grain	breadstick	1	70	0	95	1.00	0.00	0.0	0	0.0	2	2.0	14.0	1.0	0.00	0.00
Sweet Potato Cubes	1/2 cup	1	147	0	467	4.00	0.96	26.7	4000	1.6	9	1.33	25.33	4.67	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
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	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	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			1071	46	2183	13.37	3.57	414.1	13207	16.84	87	26.39	151.63	40.34	7.20	0.00
% of Calories											32.5%	9.9%	56.6%	33.9%	6.0%	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 - 03/21/2019																
Elementary Lunch-Traditional	Total	1														
CHICKEN NUGGETS	5 nuggets	1	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50	0.00
Breadstick, Whole Grain	breadstick	1	70	0	95	1.00	0.00	0.0	0	0.0	2	2.0	14.0	1.0	0.00	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
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
PEACH CUP FROZEN	1 EACH	1	80	0	0	1.00	0.00	0.0	0	0.0	16	1.0	19.0	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	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	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			1055	46	2265	13.74	4.14	422.4	9002	4.05	94	30.96	153.23	36.34	7.08	0.00
% of Calories											35.7%	11.7%	58.1%	31.0%	6.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Mar 4, 2019 thru Mar 28, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

	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 - 03/22/2019																
Elementary Lunch-Traditional	Total	1														
CHICKEN NUGGETS	5 nuggets	1	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	2.50	0.00
Breadstick, Whole Grain	breadstick	1	70	0	95	1.00	0.00	0.0	0	0.0	2	2.0	14.0	1.0	0.00	0.00
Lettuce, Romaine Ribbons	1 cup	1	10	0	0	1.00	0.72	20.0	5000	30.0	0	0.0	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
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	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	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			945	46	1710	9.74	3.06	402.4	14362	34.05	88	24.96	130.23	35.34	7.08	0.00
% of Calories											37.4%	10.6%	55.1%	33.7%	6.7%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 03/25/2019																
Elementary Lunch-Traditional	Total	1														
Yogurt, Strawberry 4 oz.	4 oz. servin	1	70	0	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
String Cheese-JHFS	stick	1	60	10	200	0.00	0.00	200.0	100	0.0	1	7.0	1.0	3.0	2.00	0.00
Bagel, White WG-Lender's	Bagel	1	140	0	160	4.00	1.80	40.0	0	0.0	4	6.0	28.0	1.0	0.00	0.00
PEAS - FROZEN	4 OZ	1	63	0	90	3.60	0.97	0.0	360	5.39	4	4.49	10.79	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
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	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	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
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
Weighted Daily Average			750	26	1091	14.70	3.53	743.3	9995	17.82	75	31.93	123.15	16.48	5.20	0.00
% of Calories											39.9%	17.0%	65.7%	19.8%	6.2%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Mar 4, 2019 thru Mar 28, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted Values - Detailed

	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)
Tue - 03/26/2019																
Elementary Lunch-Traditional	Total	1														
Yogurt, Strawberry 4 oz.	4 oz. servin	1	70	0	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
String Cheese-JHFS	stick	1	60	10	200	0.00	0.00	200.0	100	0.0	1	7.0	1.0	3.0	2.00	0.00
Bagel, White WG-Lender's	Bagel	1	140	0	160	4.00	1.80	40.0	0	0.0	4	6.0	28.0	1.0	0.00	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
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	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	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
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
Weighted Daily Average			797	26	1554	13.24	4.50	782.4	9298	4.05	78	32.46	134.23	17.17	5.15	0.00
% of Calories											39.2%	16.3%	67.3%	19.4%	5.8%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 03/27/2019																
Elementary Lunch-Traditional	Total	1														
Yogurt, Strawberry 4 oz.	4 oz. servin	1	70	0	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
String Cheese-JHFS	stick	1	60	10	200	0.00	0.00	200.0	100	0.0	1	7.0	1.0	3.0	2.00	0.00
Bagel, White WG-Lender's	Bagel	1	140	0	160	4.00	1.80	40.0	0	0.0	4	6.0	28.0	1.0	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
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
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	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	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
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
Weighted Daily Average			727	26	1000	10.37	3.33	757.4	9302	29.64	76	28.06	121.30	16.51	5.27	0.00
% of Calories											41.6%	15.4%	66.7%	20.4%	6.5%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Mar 4, 2019 thru Mar 28, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Weighted 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)
Thu - 03/28/2019																
Elementary Lunch-Traditional	Total	1														
Yogurt, Strawberry 4 oz.	4 oz. servin	1	70	0	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
String Cheese-JHFS	stick	1	60	10	200	0.00	0.00	200.0	100	0.0	1	7.0	1.0	3.0	2.00	0.00
Bagel, White WG-Lender's	Bagel	1	140	0	160	4.00	1.80	40.0	0	0.0	4	6.0	28.0	1.0	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	268	0.00	0.01	23.2	23	0.09	2	0.58	3.28	6.76	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 % of Calories			632	31	899	11.74	2.34	797.4	9638	92.85	42	27.96	95.23	16.67	5.15	0.00
											26.7%	17.7%	60.2%	23.7%	7.3%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Weighted Average			825	49	1413	11.90	3.36	575.8	10334	32.13	*72	25.99	121.33	26.59	7.33	0.00
											*78.3%	12.6%	58.9%	29.0%	8.0%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	825		550 - 650	127%			175	Correction Required - Calories too High
Cholesterol (mg)	49							
Sodium 1 (mg)	1413		1230				183	Correction Required - Sodium too High
Sodium 2 (mg)	1413		935				478	Correction Required - Sodium too High
Fiber (g)	11.90							
Iron (mg)	3.36							
Calcium (mg)	575.8							
Vitamin A (IU)	10334							
Sugars (g)	72	34.79%			Missing			
Vitamin C (mg)	32.13							
Protein (g)	25.99	12.61%						
Carbohydrate (g)	121.33	58.85%						
Total Fat (g)	26.59	29.02%						
Saturated Fat (g)	7.33	8.00%	<10.00%					
Trans Fat ¹ (g)	0.00	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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.