

Jenison Hudsonville School Food Service

Mar 4, 2019 thru Mar 28, 2019

Base Menu Spreadsheet

Elementary Lunch Traditional W

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)
Mon - 03/04/2019																
Elementary Lunch Traditional	Total	1														
Wild Mike's Cheese Bites	4 pieces	1	280	20	540	4.00	1.44	80.0	4000	0.0	0	16.0	28.0	12.0	4.00	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
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
Weighted Daily Average			798	36	1092	12.97	2.90	433.3	12989	31.46	67	28.23	124.95	22.58	6.64	0.00
% of Calories											33.6%	14.2%	62.7%	25.5%	7.5%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 03/05/2019																
Elementary Lunch Traditional	Total	1														
CHILI W/ MEAT - Elem	1/2 CUP SERV	1	131	24	313	1.42	1.77	13.1	500	3.04	3	9.97	6.94	6.94	2.95	0.00
Baked Scoops	bag	1	110	0	125	2.00	0.36	20.0	0	0.0	0	2.0	19.0	2.5	0.00	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
Weighted Daily Average			696	40	993	9.66	4.11	385.5	9303	19.10	55	23.43	109.17	18.78	5.54	0.00
% of Calories											31.8%	13.5%	62.7%	24.3%	7.2%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 03/06/2019																
Elementary Lunch Traditional	Total	1														
Crispito-Chicken & Cheese (2)	2 pieces	1	360	30	560	2.00	2.16	160.0	0	0.0	8	18.0	44.0	14.0	5.00	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
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

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Elementary Lunch Traditional W

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)
Weighted Daily Average			870	46	1566	12.37	4.77	547.4	9162	12.84	59	36.06	133.30	24.17	7.70	0.00
% of Calories											27.0%	16.6%	61.3%	25.0%	8.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 03/07/2019																
Elementary Lunch Traditional	Total	1														
MAC AND MEAT WITH REDPACK	1/2 cup ser	1	168	21	488	1.73	1.78	2.2	291	3.21	4	10.41	16.83	6.36	2.58	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
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
Weighted Daily Average			661	37	1188	9.07	4.34	396.6	9448	59.58	60	22.17	98.86	19.20	5.17	0.00
% of Calories											36.1%	13.4%	59.8%	26.1%	7.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 03/08/2019																
Elementary Lunch Traditional	Total	1														
Chicken Fajita Meat Elementary	1/4 cup #1	1	87	55	225	0.00	0.26	0.0	0	0.0	0	10.9	1.45	4.36	1.45	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	0.72	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
Salsa-JHFS	2 tbspr 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	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			846	130	1258	8.68	2.61	782.4	14597	41.85	68	35.86	99.56	34.70	18.04	0.00
% of Calories											32.2%	17.0%	47.1%	36.9%	19.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Base Menu Spreadsheet

Elementary Lunch Traditional W

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)
Sat - 03/09/2019																
Elementary Lunch Traditional	Total	1														
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	267	39	720	2.00	2.07	115.0	150	0.0	5	21.0	28.5	7.25	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			743	54	1204	8.11	3.18	695.1	9772	26.13	69	37.86	118.58	12.64	5.56	0.00
% of Calories											37.3%	20.4%	63.8%	15.3%	6.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 03/11/2019																
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
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			753	46	1298	13.09	3.34	769.8	9685	23.01	66	31.09	116.65	20.64	7.64	0.00
% of Calories											35.3%	16.5%	62.0%	24.7%	9.1%	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)
Tue - 03/12/2019																
Elementary Lunch Traditional	Total	1														
Beef Pot Roast in Gravy	#8 scoop	1	107	38	467	0.00	1.22	7.5	4	0.0	0	12.19	7.59	22.1	0.98	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
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
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
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 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 % of Calories			675	54	1595	6.24	3.56	388.7	9142	11.85	53 31.6%	27.65 16.4%	101.82 60.4%	37.27 49.7%	4.13 5.5%	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)	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 - 03/13/2019																
Elementary Lunch Traditional	Total	1														
MINI CORN DOGS	6 corn dog package	1	270	38	420	4.50	2.16	150.0	0	0.0	6	10.5	30.0	12.0	3.75	0.00
Cheddar Goldfish Crackers	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
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 serving	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 % of Calories			881	63	1426	11.20	3.33	570.8	9929	41.64	*74 *33.6%	22.23 10.1%	123.63 56.1%	32.67 33.4%	8.45 8.6%	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)
Thu - 03/14/2019																
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	0.72	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
Salsa-JHFS	2 tbsp 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, Low Fat White 1%		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			775	96	1326	12.90	3.21	793.5	15257	124.99	31	36.27	80.53	35.24	18.05	0.00
% of Calories											16.1%	18.7%	41.6%	40.9%	21.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 03/15/2019																
Elementary Lunch Traditional	Total	1														
Breaded Chicken Drumstick	Drumstick	1	190	50	450	1.00	1.08	20.0	100	0.0	0	18.0	5.0	11.0	2.50	0.00
Biscuit	biscuit	1	200	0	440	2.00	1.08	150.0	0	0.0	2	4.0	27.0	9.0	7.00	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
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 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			947	66	2021	15.89	4.80	567.3	9639	11.19	67	38.56	130.51	33.41	12.69	0.00
% of Calories											28.5%	16.3%	55.1%	31.7%	12.1%	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 W

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)
Mon - 03/18/2019																
Elementary Lunch Traditional	Total	1														
GRILLED CHEESE ON W/GRAIN	1	1	280	30	280	3.00	1.44	450.0	500	0.0	6	19.0	31.0	10.0	6.00	0.00
TOMATO SOUP	6 oz. servin	1	99	2	399	0.72	0.52	47.5	519	4.3	*14	3.29	19.91	0.7	0.46	*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
Weighted Daily Average			809	48	1259	11.49	3.14	867.3	10096	34.72	*85	32.05	129.60	20.35	9.10	*0.00
% of Calories											*41.9%	15.8%	64.1%	22.6%	10.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 03/19/2019																
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
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
Doritos Red. Fat-Walking Tacos	bag	1	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	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
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
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
Weighted Daily Average			860	101	1556	7.40	3.57	773.5	14777	43.99	56	34.77	93.53	39.24	18.04	0.00
% of Calories											26.1%	16.2%	43.5%	41.1%	18.9%	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 W

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)
Wed - 03/20/2019																
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
CHEESE AMERICAN	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	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
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			937	77	1947	13.37	4.57	549.1	13212	16.84	*64	30.89	129.13	32.84	11.00	0.80
% of Calories											*27.3%	13.2%	55.1%	31.5%	10.6%	0.8%
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														
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
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
Weighted Daily Average			810	41	1690	12.74	4.34	743.4	8857	4.05	73	34.96	128.23	21.34	8.58	0.00
% of Calories											36.2%	17.3%	63.3%	23.7%	9.5%	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 W

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)
Fri - 03/22/2019																
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	0.72	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
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			868	129	1740	7.74	2.94	780.1	14867	35.12	68	38.38	98.11	36.33	16.42	0.00
% of Calories											31.2%	17.7%	45.2%	37.7%	17.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 03/25/2019																
Elementary Lunch Traditional	Total	1														
Lasanga Rollup w/Redpack	Rollup	1	255	20	525	3.00	1.08	300.0	500	8.4	7	16.0	32.0	6.0	3.50	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	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
Weighted Daily Average			792	36	1312	14.70	3.89	653.3	10055	26.22	67	32.93	122.15	19.15	6.14	0.00
% of Calories											33.7%	16.6%	61.7%	21.8%	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 W

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														
SLOPPY JOE	1/3 serving	1	170	30	490	0.11	1.38	1.7	168	2.15	9	11.01	12.02	8.4	3.60	*0.00
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
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
Weighted Daily Average			825	46	1770	11.35	5.88	434.0	9026	6.21	77	31.47	131.25	20.74	7.18	*0.00
% of Calories											37.2%	15.3%	63.6%	22.6%	7.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 03/27/2019																
Elementary Lunch Traditional	Total	1														
Teriyaki Beef Nibblers	4 pcs	1	160	40	440	1.00	1.44	20.0	0	0.0	4	14.0	6.0	8.0	3.50	0.50
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
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
Weighted Daily Average			715	56	1056	8.37	3.69	487.4	8892	29.64	70	27.06	103.30	21.67	7.20	0.50
% of Calories											39.0%	15.1%	57.8%	27.3%	9.1%	0.6%
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 W

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														
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
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
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
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			691	41	2048	10.74	2.22	433.0	9542	101.85	*31 *18.0%	24.27 14.1%	95.88 55.5%	25.06 32.7%	4.92 6.4%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

Weighted Average			798	62	1467	10.90	3.72	602.6	10912	35.12	*63 *71.1%	31.31 15.7%	113.44 56.9%	26.40 29.8%	9.41 10.6%	*0.06 *0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	798		550 - 650	123%			148	Correction Required - Calories too High
Cholesterol (mg)	62							
Sodium 1 (mg)	1467		1230				237	Correction Required - Sodium too High
Sodium 2 (mg)	1467		935				532	Correction Required - Sodium too High
Fiber (g)	10.90							
Iron (mg)	3.72							
Calcium (mg)	602.6							
Vitamin A (IU)	10912							
Sugars (g)	63	31.60%			Missing			
Vitamin C (mg)	35.12							
Protein (g)	31.31	15.70%						
Carbohydrate (g)	113.44	56.89%						
Total Fat (g)	26.40	29.79%						
Saturated Fat (g)	9.41	10.62%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.06	0.07%			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 - 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.