

Jenison Hudsonville School Food Service

Aug 20, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional B

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)
Tue - 08/20/2019																
Elementary Lunch-Traditional	Total	1														
Garlic Cheese Bread	piece	1	260	20	380	3.00	1.80	300.0	0	0.0	2	15.0	28.0	11.0	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
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			640	36	935	8.24	2.87	662.3	9547	16.05	56	25.47	93.75	20.34	7.58	0.00
% of Calories											34.9%	15.9%	58.6%	28.6%	10.7%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 08/21/2019																
Elementary Lunch-Traditional	Total	1														
Garlic Cheese Bread	piece	1	260	20	380	3.00	1.80	300.0	0	0.0	2	15.0	28.0	11.0	5.00	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
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, raw	1 each	1	105	0	1	3.00	0.36	10.0	100	10.2	14	1.0	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
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			918	36	1403	10.41	4.01	699.0	9297	31.05	69	27.30	136.59	29.68	8.25	0.00
% of Calories											30.1%	11.9%	59.5%	29.1%	8.1%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 08/22/2019																
Elementary Lunch-Traditional	Total	1														
Garlic Cheese Bread	piece	1	260	20	380	3.00	1.80	300.0	0	0.0	2	15.0	28.0	11.0	5.00	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
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
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 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

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

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Aug 20, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional B

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)
Weighted Daily Average			800	36	1385	16.74	4.85	762.3	9272	101.85	46	33.97	123.25	21.35	7.58	0.00
% of Calories											23.2%	17.0%	61.6%	24.0%	8.5%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 08/26/2019																
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
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 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	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			844	66	1367	14.11	3.27	493.2	8896	29.23	*80	19.44	125.39	28.65	7.13	0.00
% of Calories											*38.0%	9.2%	59.4%	30.5%	7.6%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 08/27/2019																
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	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
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			882	66	1409	12.24	3.77	472.3	9143	16.06	*65	20.47	128.25	31.18	7.65	0.00
% of Calories											*29.6%	9.3%	58.1%	31.8%	7.8%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Base Menu Spreadsheet

Elementary Lunch-Traditional B

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 - 08/28/2019																
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	15	0	1	1.60	0.00	0.0	0	0.0	1	0.8	3.2	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
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			810	66	1367	12.97	2.60	467.4	9162	12.84	*63	20.87	115.52	28.68	7.19	0.00
% of Calories											*31.4%	10.3%	57.1%	31.9%	8.0%	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 - 08/29/2019																
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
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
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
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
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			619	51	865	12.84	3.71	372.3	10002	39.84	49	24.34	91.54	14.84	3.58	0.00
% of Calories											31.9%	15.7%	59.2%	21.6%	5.2%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Base Menu Spreadsheet

Elementary Lunch-Traditional B

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 - 09/03/2019																
Elementary Lunch-Traditional Cheese Pizza/WG crust Elem	Total Slice	1														
APPLESAUCE,CANNED,UNSW TND	1/2 cup	1	370	40	600	4.00	1.80	350.0	400	0.0	14	17.0	38.0	17.0	8.00	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			725	56	1155	7.24	2.69	707.3	9197	2.85	64	26.47	96.25	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 - 09/04/2019																
Elementary Lunch-Traditional Cheese Pizza/WG crust Elem	Total Slice	1														
Celery Sticks	4 STICKS	1	370	40	600	4.00	1.80	350.0	400	0.0	14	17.0	38.0	17.0	8.00	0.00
APPLE JUICE	1 EACH	1	3	0	17	0.34	0.12	6.8	34	1.23	0	0.0	0.68	0.0	0.00	0.00
BANANA	6-7 inch	1	50	0	10	0.00	0.00	0.0	0	60.0	12	0.0	13.0	0.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	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	2 tbls	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	carton	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			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			763	56	1174	8.71	2.72	704.2	9296	72.87	66	27.07	107.01	26.68	10.69	0.00
Nutrient Guideline			550-650		1230						34.6%	14.2%	56.1%	31.5%	12.6%	0.0%

Thu - 09/05/2019																
Elementary Lunch-Traditional Cheese Pizza/WG crust Elem	Total Slice	1														
PEAS - FROZEN	4 OZ	1	370	40	600	4.00	1.80	350.0	400	0.0	14	17.0	38.0	17.0	8.00	0.00
Pineapple Tidbits	1/2 cup	1	89	0	0	5.10	1.38	0.0	255	4.59	5	6.37	15.29	0.0	0.00	0.00
ORANGES WEDGES	1 ORANGE	1	70	0	0	1.00	0.36	0.0	75	9.0	15	0.0	18.0	0.0	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	90	0	0	5.00	0.00	60.0	400	90.0	0	2.0	21.0	0.5	0.00	0.00
Ranch Dressing	2 tbls	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	carton	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			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			869	56	1145	16.84	4.07	752.3	9927	106.44	61	34.34	124.54	26.84	10.58	0.00
% of Calories											28.3%	15.8%	57.3%	27.8%	11.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 09/06/2019																
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
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
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			920	56	1695	13.74	4.13	732.3	9677	4.05	87	32.97	138.25	27.34	10.58	0.00
% of Calories											38.0%	14.3%	60.1%	26.8%	10.4%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 09/09/2019																
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
Coleslaw-Elem.	4 oz	1	91	4	123	1.41	0.25	28.1	958	17.72	10	0.7	12.47	4.25	0.43	0.00
TROPICAL 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	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
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
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			1040	50	1836	12.51	3.17	421.4	9999	46.95	102	25.14	146.86	39.91	7.56	0.00
% of Calories											39.1%	9.7%	56.5%	34.5%	6.5%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Aug 20, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional B

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)
Tue - 09/10/2019																
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
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
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
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			915	46	1710	8.24	3.42	412.3	9017	11.85	83	25.47	124.25	35.34	7.08	0.00
% of Calories											36.4%	11.1%	54.3%	34.8%	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)
Wed - 09/11/2019																
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	0.36	20.0	0	0.0	1	1.0	2.0	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
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
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
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			935	46	1716	10.37	2.96	407.4	9207	15.24	79	26.07	128.32	35.68	7.19	0.00
% of Calories											33.7%	11.2%	54.9%	34.4%	6.9%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Aug 20, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional B

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 - 09/12/2019																
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
Refried Beans-JHFS	#8 scoop	1	180	0	66	10.00	2.40	55.9	1	0.98	0	10.0	30.0	2.0	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
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
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			1065	46	1816	17.74	4.73	438.3	9443	35.03	78	33.97	148.25	37.34	7.08	0.00
% of Calories											29.4%	12.8%	55.7%	31.6%	6.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 09/13/2019																
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	0.36	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
Pears,fresh-JHFS	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
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
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			925	46	1710	12.74	3.06	402.3	9292	10.05	81	26.97	128.26	35.34	7.08	0.00
% of Calories											35.2%	11.7%	55.5%	34.4%	6.9%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Aug 20, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional B

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)
Mon - 09/16/2019																
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
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,	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
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
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			820	26	1016	11.97	3.25	763.2	9829	31.46	82	30.24	139.97	17.42	5.20	0.00
% of Calories											40.0%	14.7%	68.3%	19.1%	5.7%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 09/17/2019																
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
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
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 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
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			787	26	1464	14.24	4.85	802.3	9238	4.05	68	34.47	129.25	16.68	5.15	0.00
% of Calories											34.7%	17.5%	65.7%	19.1%	5.9%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Aug 20, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional B

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)
Wed - 09/18/2019																
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	89	0	0	5.10	1.38	0.0	255	4.59	5	6.37	15.29	0.0	0.00	0.00
TROPICAL 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	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 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			802	26	1001	14.46	4.33	737.4	9557	34.23	79 39.3%	33.44 16.7%	133.61 66.7%	16.51 18.5%	5.26 5.9%	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 - 09/19/2019																
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
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
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 % of Calories			657	31	919	14.74	2.33	797.3	9638	92.85	43 26.4%	30.97 18.8%	100.25 61.0%	16.68 22.8%	5.15 7.0%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Aug 20, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional B

Portion 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 - 09/20/2019																
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
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
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
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
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			738	26	1010	10.34	3.41	752.3	9538	4.05	82	28.77	121.45	16.18	5.15	0.00
% of Calories											44.5%	15.6%	65.9%	19.7%	6.3%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Sat - 09/21/2019																
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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Jenison Hudsonville School Food Service

Aug 20, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional B

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)
Mon - 09/23/2019																
Elementary Lunch-Traditional	Total	1														
HOT DOG/TURKEY	1 EACH	1	110	50	240	0.00	1.08	60.0	0	6.0	0	8.0	0.0	9.0	2.50	0.00
HOT DOG BUN/WHOLE GRAIN	1 BUN	1	110	0	140	2.00	1.08	40.0	0	0.0	3	4.0	21.0	1.5	0.00	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
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 % of Calories			664	66	1207	11.11	3.09	503.2	9846	32.83	*63 *37.8%	22.44 13.5%	101.89 61.3%	20.15 27.3%	5.13 7.0%	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)
Tue - 09/24/2019																
Elementary Lunch-Traditional	Total	1														
HOT DOG/TURKEY	1 EACH	1	110	50	240	0.00	1.08	60.0	0	6.0	0	8.0	0.0	9.0	2.50	0.00
HOT DOG BUN/WHOLE GRAIN	1 BUN	1	110	0	140	2.00	1.08	40.0	0	0.0	3	4.0	21.0	1.5	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
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 % of Calories			610	66	1200	7.24	3.05	492.3	8797	10.05	*54 *35.6%	21.47 14.1%	89.25 58.5%	19.84 29.3%	5.08 7.5%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Aug 20, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional B

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 - 09/25/2019																
Elementary Lunch-Traditional	Total	1														
HOT DOG/TURKEY	1 EACH	1	110	50	240	0.00	1.08	60.0	0	6.0	0	8.0	0.0	9.0	2.50	0.00
HOT DOG BUN/WHOLE GRAIN	1 BUN	1	110	0	140	2.00	1.08	40.0	0	0.0	3	4.0	21.0	1.5	0.00	0.00
Refried Beans-JHFS	#8 scoop	1	180	0	66	10.00	2.40	55.9	1	0.98	0	10.0	30.0	2.0	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	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 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			855	66	1272	17.37	5.72	563.3	9263	36.62	*62	33.07	132.32	22.18	5.19	0.00
% of Calories											*28.9%	15.5%	61.9%	23.4%	5.5%	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 - 09/26/2019																
Elementary Lunch-Traditional	Total	1														
HOT DOG/TURKEY	1 EACH	1	110	50	240	0.00	1.08	60.0	0	6.0	0	8.0	0.0	9.0	2.50	0.00
HOT DOG BUN/WHOLE GRAIN	1 BUN	1	110	0	140	2.00	1.08	40.0	0	0.0	3	4.0	21.0	1.5	0.00	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
Cauliflower, raw 6 oz.	6 oz	1	19	0	23	1.95	0.27	15.0	0	35.1	2	1.5	4.5	0.15	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
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
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			688	66	1324	13.14	12.35	998.9	11989	194.17	*61	26.83	106.75	20.54	5.08	0.00
% of Calories											*35.5%	15.6%	62.1%	26.9%	6.6%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Jenison Hudsonville School Food Service

Aug 20, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional B

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 - 09/27/2019																
Elementary Lunch-Traditional	Total	1														
HOT DOG/TURKEY	1 EACH	1	110	50	240	0.00	1.08	60.0	0	6.0	0	8.0	0.0	9.0	2.50	0.00
HOT DOG BUN/WHOLE GRAIN	1 BUN	1	110	0	140	2.00	1.08	40.0	0	0.0	3	4.0	21.0	1.5	0.00	0.00
Emoji Smile Potatoes	5 piece s erving	1	140	0	95	2.00	0.72	0.0	0	0.0	0	2.0	23.0	5.0	1.00	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
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
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			900	66	1384	10.79	3.41	492.6	8917	20.04	*90	23.71	146.57	24.84	6.08	0.00
% of Calories											*39.8%	10.5%	65.2%	24.9%	6.1%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Weighted Average			798	48	1298	12.04	3.83	598.5	9326	37.99	*69	27.14	119.15	24.55	6.76	0.00
											*77.3%	13.6%	59.7%	27.7%	7.6%	0.0%

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)	48							
Sodium 1 (mg)	1298		1230				68	Correction Required - Sodium too High
Sodium 2 (mg)	1298		935				363	Correction Required - Sodium too High
Fiber (g)	12.04							
Iron (mg)	3.83							
Calcium (mg)	598.5							
Vitamin A (IU)	9326							
Sugars (g)	69	34.35%			Missing			
Vitamin C (mg)	37.99							
Protein (g)	27.14	13.60%						
Carbohydrate (g)	119.15	59.71%						
Total Fat (g)	24.55	27.68%						
Saturated Fat (g)	6.76	7.63%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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