

# Jenison Hudsonville School Food Service

Aug 19, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

JIA Menu W

Portion Values - Detailed

Page 1

Generated on: 7/31/2019 1:05:18 PM

	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 <sup>1</sup> (g)
Mon - 08/19/2019																
JIA Menu W	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	120	165	300	0.00	1.08	80.0	0	0.0	0	7.0	1.0	10.0	3.50	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			878	191	1174	9.45	2.31	440.1	8985	72.46	94	20.44	145.07	25.65	7.13	0.00
% of Calories											42.6%	9.3%	66.1%	26.3%	7.3%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 08/20/2019																
JIA Menu W	Total	1														
CHICKEN NOODLE/RICE SOUP	2 #12 sco ops	1	107	34	532	0.71	0.56	9.4	1936	0.86	*1	10.51	7.34	3.23	0.89	*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	100	0	170	1.00	0.72	20.0	200	0.0	0	2.0	14.0	3.5	0.50	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			696	55	1408	7.95	3.07	391.7	11683	16.92	*56	28.98	100.10	19.58	5.47	*0.00
% of Calories											*31.9%	16.6%	57.5%	25.3%	7.1%	*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

<sup>1</sup> - 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.

# Jenison Hudsonville School Food Service

Aug 19, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

JIA Menu W

Portion Values - Detailed

Page 2

Generated on: 7/31/2019 1:05:18 PM

	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 <sup>1</sup> (g)
Wed - 08/21/2019																
JIA Menu W	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
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	110	0	0	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			933	31	1592	11.41	4.01	479.0	9597	35.85	70	28.30	137.59	28.68	5.75	0.00
% of Calories											30.0%	12.1%	59.0%	27.7%	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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 08/22/2019																
JIA Menu W	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
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	0.36	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
Salsa - 2 tbls	2 tbls.	1	10	0	250	0.00	0.00	0.0	100	0.0	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			1106	101	2309	17.96	5.36	883.4	10282	103.99	47	46.28	137.68	43.25	20.04	0.00
% of Calories											17.1%	16.7%	49.8%	35.2%	16.3%	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  
<sup>1</sup> - 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.**

# Jenison Hudsonville School Food Service

Aug 19, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

JIA Menu W

Portion Values - Detailed

Page 3

Generated on: 7/31/2019 1:05:18 PM

	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 <sup>1</sup> (g)
Tue - 09/03/2019																
JIA Menu W	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	1.0	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
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
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 % of Calories			706	36	2158	6.24	2.57	383.0	9142	11.85	*54 *30.7%	22.78 12.9%	101.91 57.8%	24.06 30.7%	4.92 6.3%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 09/04/2019																
JIA Menu W	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
Sausage Patties (2)	sausage patties	1	180	30	280	0.00	0.36	0.0	0	0.0	0	6.0	1.0	17.0	6.00	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
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
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 % of Calories			953	46	1144	6.71	3.98	394.2	8896	72.87	88 36.9%	24.07 10.1%	146.01 61.3%	32.68 30.9%	9.69 9.2%	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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - 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.

# Jenison Hudsonville School Food Service

Aug 19, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

JIA Menu W

Portion Values - Detailed

Page 4

Generated on: 7/31/2019 1:05:18 PM

	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 <sup>1</sup> (g)
Thu - 09/05/2019																
JIA Menu W	Total	1														
Chicken Alfredo - #SP3 JHFS	#8 scoop	1	214	38	424	0.75	0.92	196.8	226	0.0	4	14.77	21.21	7.16	3.57	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 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			793	54	1120	14.59	4.26	599.1	9754	106.44	52	34.11	117.75	20.51	6.15	0.00
% of Calories											26.0%	17.2%	59.4%	23.3%	7.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 09/06/2019																
JIA Menu W	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
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
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			941	78	2024	13.74	5.13	557.3	9427	4.05	*77	35.47	134.75	28.84	10.88	0.80
% of Calories											*32.9%	15.1%	57.3%	27.6%	10.4%	0.8%
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

<sup>1</sup> - 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.

# Jenison Hudsonville School Food Service

Aug 19, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

JIA Menu W

Portion Values - Detailed

Page 5

Generated on: 7/31/2019 1:05:18 PM

	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 <sup>1</sup> (g)
Mon - 09/09/2019																
JIA Menu W	Total	1														
Calzone, Ham & Cheese	calzone	1	280	40	590	3.00	1.80	250.0	0	0.0	4	19.0	31.0	11.0	5.00	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
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			795	60	1261	11.52	3.17	631.4	9854	46.95	79	29.15	120.86	24.91	8.06	0.00
% of Calories											39.6%	14.7%	60.8%	28.2%	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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/10/2019																
JIA Menu W	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
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			637	38	1184	6.97	4.48	374.5	9163	15.06	60	22.88	94.09	19.20	5.16	0.00
% of Calories											37.7%	14.4%	59.0%	27.1%	7.3%	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

<sup>1</sup> - 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.

# Jenison Hudsonville School Food Service

Aug 19, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

JIA Menu W

Portion Values - Detailed

Page 6

Generated on: 7/31/2019 1:05:18 PM

	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 <sup>1</sup> (g)
Wed - 09/11/2019																
JIA Menu W	Total	1														
Turkey Ham for Ham Chef	1/3 cup	1	98	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	16.0	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
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
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
Weighted Daily Average			867	129	1747	8.37	2.83	785.1	9712	16.31	58	39.49	97.21	36.17	16.53	0.00
% of Calories											26.8%	18.2%	44.8%	37.5%	17.1%	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 <sup>1</sup> (g)
Thu - 09/12/2019																
JIA Menu W	Total	1														
Cheese Pizza Quesadilla	1 EACH	1	370	15	750	4.00	0.00	200.0	0	0.0	3	15.0	40.0	16.0	4.00	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
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 - 2 tbls	2 tbls.	1	10	0	250	0.00	0.00	0.0	100	0.0	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			920	31	1651	17.74	2.93	598.3	9398	35.03	55	33.97	133.25	27.34	6.58	0.00
% of Calories											24.1%	14.8%	58.0%	26.8%	6.4%	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

<sup>1</sup> - 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.

# Jenison Hudsonville School Food Service

Aug 19, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

JIA Menu W

Portion Values - Detailed

Page 7

Generated on: 7/31/2019 1:05:18 PM

	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 <sup>1</sup> (g)
Fri - 09/13/2019																
JIA Menu W	Total	1														
Chicken Fajita Meat Elementary	1/4 cup #1	1	87	55	225	0.00	2.88	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
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
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
Salsa - 2 tbls	2 tbls.	1	10	0	250	0.00	0.00	0.0	100	0.0	1	0.0	2.0	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			927	131	1546	11.74	5.58	882.3	9882	10.05	61	40.87	110.71	38.71	19.04	0.00
% of Calories											26.5%	17.6%	47.8%	37.6%	18.5%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 09/16/2019																
JIA Menu W	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
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
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			863	36	1237	11.97	3.61	673.2	9889	39.87	74	31.24	138.97	20.09	6.13	0.00
% of Calories											34.4%	14.5%	64.4%	21.0%	6.4%	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

<sup>1</sup> - 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.

# Jenison Hudsonville School Food Service

Aug 19, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

JIA Menu W

Portion Values - Detailed

Page 8

Generated on: 7/31/2019 1:05:18 PM

	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 <sup>1</sup> (g)
Tue - 09/17/2019																
JIA Menu W	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
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
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 - 2 tbls	2 tbls.	1	10	0	250	0.00	0.00	0.0	100	0.0	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			931	101	2114	12.46	5.00	833.4	9707	6.19	56	42.78	108.68	37.75	19.54	0.00
% of Calories											24.2%	18.4%	46.7%	36.5%	18.9%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 09/18/2019																
JIA Menu W	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
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
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			1284	71	1886	16.46	6.13	427.4	9262	34.23	101	35.44	176.61	48.68	10.19	0.00
% of Calories											31.4%	11.0%	55.0%	34.1%	7.1%	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

<sup>1</sup> - 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.



# Jenison Hudsonville School Food Service

Aug 19, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

JIA Menu W

Portion Values - Detailed

Page 9

Generated on: 7/31/2019 1:05:18 PM

	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 <sup>1</sup> (g)
Thu - 09/19/2019																
JIA Menu W	Total	1														
MACARONI AND CHEESE	1/2 cup	1	308	44	827	0.88	0.81	336.4	674	0.43	6	13.91	23.46	18.28	9.55	*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
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
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			753	65	1442	12.62	2.43	743.7	9872	93.28	35	29.88	90.71	31.62	12.13	*0.00
% of Calories											18.4%	15.9%	48.2%	37.8%	14.5%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 09/23/2019																
JIA Menu W	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	83	1	374	0.72	0.52	59.1	461	4.3	*11	3.29	16.9	0.0	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
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			783	47	1211	11.83	2.89	872.3	10807	31.13	*77	32.73	122.79	19.65	8.63	*0.00
% of Calories											*39.3%	16.7%	62.8%	22.6%	9.9%	*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

<sup>1</sup> - 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.

# Jenison Hudsonville School Food Service

Aug 19, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

JIA Menu W

Portion Values - Detailed

Page 10

Generated on: 7/31/2019 1:05:18 PM

	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 <sup>1</sup> (g)
Tue - 09/24/2019																
JIA Menu W	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	1.0	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
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			685	54	1591	7.24	3.55	383.6	9142	13.06	54	27.66	105.85	36.78	4.12	0.00
% of Calories											31.7%	16.2%	61.8%	48.3%	5.4%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 09/25/2019																
JIA Menu W	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
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
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			970	46	1182	16.37	5.72	583.3	9263	30.62	67	39.07	149.32	25.68	7.69	0.00
% of Calories											27.5%	16.1%	61.6%	23.8%	7.1%	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

<sup>1</sup> - 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.

# Jenison Hudsonville School Food Service

Aug 19, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

JIA Menu W

Portion Values - Detailed

Page 11

Generated on: 7/31/2019 1:05:18 PM

	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 <sup>1</sup> (g)
Thu - 09/26/2019																
JIA Menu W	Total	1														
Orange Chicken over Rice	# 8 scoop	1	312	60	510	19.46	2.05	0.0	0	0.0	17	4.02	45.57	5.87	1.34	0.00
BROCCOLI, raw: fresh	6 oz.	1	55	0	71	5.45	1.18	65.4	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
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	77	1184	29.60	4.39	422.8	11989	188.17	75	18.85	125.31	15.91	3.92	0.00
% of Calories											40.0%	10.0%	66.4%	19.0%	4.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 09/27/2019																
JIA Menu W	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
Emoji Smile Potatoes	5 piece serving	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
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	41	1324	10.79	3.25	713.6	8917	14.05	93	30.71	151.57	25.34	9.58	0.00
% of Calories											39.6%	13.1%	64.9%	24.4%	9.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			869	69	1522	12.44	3.94	593.3	9756	45.38	*67 *69.9%	31.60 14.6%	124.85 57.5%	28.69 29.7%	9.42 9.8%	*0.04 *0.0%
------------------	--	--	-----	----	------	-------	------	-------	------	-------	---------------	----------------	-----------------	----------------	--------------	----------------

\*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  
<sup>1</sup> - 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.

# Jenison Hudsonville School Food Service

Aug 19, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

JIA Menu W

Portion Values - Detailed

Page 12

Generated on: 7/31/2019 1:05:18 PM

Nutrient	Menu AVG	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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	869		550 - 650	134%					219	Correction Required - Calories too High							
Cholesterol (mg)	69																
Sodium 1 (mg)	1522		1230						292	Correction Required - Sodium too High							
Sodium 2 (mg)	1522		935						587	Correction Required - Sodium too High							
Fiber (g)	12.44																
Iron (mg)	3.94																
Calcium (mg)	593.3																
Vitamin A (IU)	9756																
Sugars (g)	67	31.05%				Missing											
Vitamin C (mg)	45.38																
Protein (g)	31.60	14.55%															
Carbohydrate (g)	124.85	57.50%															
Total Fat (g)	28.69	29.72%															
Saturated Fat (g)	9.42	9.77%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.04	0.04%				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

<sup>1</sup> - 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.