

# Jenison Hudsonville School Food Service

Aug 20, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Elementary Lunch Traditional W

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 08/20/2019																
Elementary Lunch Traditional	Total	1														
CHICKEN NOODLE/RICE SOUP	2 #12 sco ops	1	107	42	492	0.56	0.80	9.2	511	0.85	*1	14.91	6.9	2.6	0.62	*0.00
Mini Bosco (1)	1	1	110	5	150	1.00	0.72	0.0	0	0.0	1	6.0	13.0	3.5	1.50	0.00
Cheddar Goldfish Crackers	package	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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			597	63	1197	6.80	2.59	371.6	10059	16.90	*56	31.38	85.65	15.44	4.70	*0.00
% of Calories											*37.3%	21.0%	57.4%	23.3%	7.1%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 08/21/2019																
Elementary Lunch Traditional	Total	1														
Pepperoni Pizza Bites	4 pcs	1	270	15	570	4.00	1.80	80.0	300	4.8	3	16.0	29.0	10.0	2.50	0.00
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			928	31	1593	11.41	4.01	479.0	9597	35.85	70	28.30	137.59	28.68	5.75	0.00
% of Calories											30.2%	12.2%	59.3%	27.8%	5.6%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Aug 20, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Elementary Lunch Traditional W

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 08/22/2019																
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
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	

Mon - 08/26/2019																
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
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
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			719	36	1087	12.11	2.91	453.2	12896	29.23	67	26.44	108.39	21.65	6.63	0.00
% of Calories											37.4%	14.7%	60.3%	27.1%	8.3%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Base Menu Spreadsheet

Elementary Lunch Traditional W

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 08/27/2019</b>																
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	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			719	41	1027	9.66	4.10	385.4	9643	19.10	55	23.44	109.20	21.62	6.10	0.00
% of Calories											30.8%	13.0%	60.8%	27.1%	7.6%	0.0%
Nutrient Guideline			550-650		1230											<10.00

<b>Wed - 08/28/2019</b>																
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
Cheddar Goldfish Crackers	package	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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
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			595	66	997	7.97	1.88	367.4	9262	12.84	50	29.87	75.52	20.68	5.19	0.00
% of Calories											34.0%	20.1%	50.8%	31.3%	7.9%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Aug 20, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Elementary Lunch Traditional W

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 08/29/2019																
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
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			699	41	1145	9.95	5.09	334.0	10170	41.99	58	31.35	101.56	17.25	5.68	*0.00
% of Calories											33.1%	17.9%	58.1%	22.2%	7.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 09/03/2019																
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
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			706	36	2158	6.24	2.57	383.0	9142	11.85	*54	22.78	101.91	24.56	4.92	0.00
% of Calories											*30.7%	12.9%	57.8%	31.3%	6.3%	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)	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 - 09/04/2019																
Elementary Lunch Traditional	Total	1														
Apple Cinnamon Texas Toast	slice	1	260	0	290	2.00	2.70	40.0	0	0.0	17	8.0	45.0	6.0	1.00	0.00
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			953	46	1144	6.71	3.98	394.2	8896	72.87	88	24.07	146.01	32.68	9.69	0.00
% of Calories											36.9%	10.1%	61.3%	30.9%	9.2%	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 - 09/05/2019																
Elementary Lunch Traditional	Total	1														
Chicken Alfredo - #SP3 JHFS	#8 scoop	1	214	43	399	0.75	1.04	195.8	256	0.0	4	17.44	20.87	6.33	3.41	0.00
Garlic Toast	slice	1	80	0	150	1.00	1.08	0.0	0	0.0	0	2.0	10.0	3.5	0.00	0.00
PEAS - FROZEN	4 OZ	1	89	0	0	5.10	1.38	0.0	255	4.59	5	6.37	15.29	0.0	0.00	0.00
Pineapple Tidbits	1/2 cup	1	70	0	0	1.00	0.36	0.0	75	9.0	15	0.0	18.0	0.0	0.00	0.00
ORANGES WEDGES	1 ORANGE	1	90	0	0	5.00	0.00	60.0	400	90.0	0	2.0	21.0	0.5	0.00	0.00
CARROTS,RAW,BABY	6 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Ranch Dressing	2 tbls	1	79	6	269	0.00	0.00	23.1	23	0.09	2	0.59	3.31	6.77	1.07	0.00
Milk 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	59	1095	14.59	4.38	598.1	9783	106.44	52	36.78	117.42	19.68	5.99	0.00
% of Calories											26.0%	18.5%	59.2%	22.3%	6.8%	0.0%
Nutrient Guideline			550-650		1230											<10.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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# Jenison Hudsonville School Food Service

Aug 20, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Elementary Lunch Traditional W

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/06/2019																
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
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	

Mon - 09/09/2019																
Elementary Lunch Traditional	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	

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# Jenison Hudsonville School Food Service

Aug 20, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Elementary Lunch Traditional W

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/10/2019																
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
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

Wed - 09/11/2019																
Elementary Lunch Traditional	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	15.0	1.5	0.00	0.00
Lettuce, Romaine Ribbons	1 cup	1	10	0	0	1.00	0.36	20.0	0	0.0	1	1.0	2.0	0.0	0.00	0.00
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	96.21	36.67	16.53	0.00
% of Calories											26.8%	18.2%	44.4%	38.1%	17.1%	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 W

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/12/2019																
Elementary Lunch Traditional	Total	1														
Cheese Pizza Quesadilla	1 EACH	1	330	10	840	4.00	0.00	0.0	15	0.0	3	16.0	40.0	12.0	3.00	0.00
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			880	26	1741	17.74	2.93	398.3	9413	35.03	55	34.97	133.25	23.34	5.58	0.00
% of Calories											25.2%	15.9%	60.6%	23.9%	5.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/13/2019																
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
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	2.96	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	

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# Jenison Hudsonville School Food Service

Aug 20, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Elementary Lunch Traditional W

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 09/16/2019</b>																
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
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	

<b>Tue - 09/17/2019</b>																
Elementary Lunch Traditional	Total	1														
TACO MEAT ELEM	1/4 cup #1	1	116	25	398	0.22	1.22	1.1	204	2.14	1	9.31	3.42	6.9	2.96	0.00
TORTILLA SHELL (FLOUR) 6"	6" shell	1	90	0	75	2.00	0.72	20.0	5	0.0	1	2.0	15.0	3.0	2.00	0.00
Cheese, shredded (tacos-elem)	2 oz	1	220	60	380	0.00	0.00	400.0	600	0.0	0	14.0	2.0	18.0	12.00	0.00
Lettuce, Romaine Ribbons	1 cup	1	10	0	0	1.00	0.36	20.0	0	0.0	1	1.0	2.0	0.0	0.00	0.00
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	

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# Jenison Hudsonville School Food Service

Aug 20, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Elementary Lunch Traditional W

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 09/18/2019																
Elementary Lunch Traditional	Total	1														
Chicken Tenders	3 pieces	1	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	0.00
Waffle, Dutch Whole Grain 5"	waffle	1	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
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

	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																
Elementary Lunch Traditional	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

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# Jenison Hudsonville School Food Service

Aug 20, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Elementary Lunch Traditional W

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/20/2019																
Elementary Lunch Traditional	Total	1														
MINI CORN DOGS	6 corn dog	1	270	38	420	4.50	2.16	150.0	0	0.0	6	10.5	30.0	12.0	3.75	0.00
Goldfish Grahams (2/pkg)	2 crackers	1	120	0	70	1.00	0.72	100.0	30	0.0	5	2.0	19.0	4.0	1.00	0.00
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
Milk Chocolate Low Fat	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
Honey Mustard Dressing	2 TBSP	1	140	10	160	0.00	0.00	0.0	0	0.0	8	0.0	9.0	11.0	2.00	0.00
Relish	2 Tbls ser ving	1	25	0	270	1.00	0.00	40.0	0	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average			1000	64	1476	12.84	4.49	652.3	9127	4.05	*86	24.27	142.45	36.34	9.33	0.00
% of Calories											*34.5%	9.7%	57.0%	32.7%	8.4%	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 W

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/23/2019																
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
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			799	48	1237	11.83	2.89	860.7	10865	31.13	*79	32.73	125.80	20.35	9.10	*0.00
% of Calories											*39.8%	16.4%	63.0%	22.9%	10.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 09/24/2019																
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
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	37.28	4.12	0.00
% of Calories											31.7%	16.2%	61.8%	49.0%	5.4%	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 W

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/25/2019																
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
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, BANANA	1/2 cup	1	90	0	10	0.00	0.36	20.0	400	18.0	19	1.0	20.0	0.0	0.00	0.00
CARROTS,RAW,BABY	6-7 inch	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Ranch Dressing	2 carrots	1	21	0	47	1.74	0.53	19.2	8274	1.56	3	0.38	4.94	0.08	0.01	0.00
Milk Chocolate Low Fat	2 tbls	1	79	6	269	0.00	0.00	23.1	23	0.09	2	0.59	3.31	6.77	1.07	0.00
Weighted Daily Average	carton	1	150	10	230	0.00	0.00	300.0	500	1.2	22	8.0	24.0	2.5	1.50	0.00
% of Calories			970	46	1182	16.37	5.72	583.3	9263	30.62	67	39.07	149.32	25.68	7.69	0.00
Nutrient Guideline			550-650		1230						27.5%	16.1%	61.6%	23.8%	7.1%	0.0%

Thu - 09/26/2019																
Elementary Lunch Traditional	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	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
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	12.25	858.9	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

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# Jenison Hudsonville School Food Service

Aug 20, 2019 thru Sep 27, 2019

Base Menu Spreadsheet

Elementary Lunch Traditional W

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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)
Fri - 09/27/2019																
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
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			822	60	1425	11.84	4.05	568.9	9631	38.75	*65 *70.7%	30.85 15.0%	117.99 57.4%	26.75 29.3%	8.68 9.5%	*0.03 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	822		550 - 650	126%			172	Correction Required - Calories too High
Cholesterol (mg)	60							
Sodium 1 (mg)	1425		1230				195	Correction Required - Sodium too High
Sodium 2 (mg)	1425		935				490	Correction Required - Sodium too High
Fiber (g)	11.84							
Iron (mg)	4.05							
Calcium (mg)	568.9							
Vitamin A (IU)	9631							
Sugars (g)	65	31.43%			Missing			
Vitamin C (mg)	38.75							
Protein (g)	30.85	15.01%						
Carbohydrate (g)	117.99	57.40%						
Total Fat (g)	26.75	29.29%						
Saturated Fat (g)	8.68	9.51%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.03	0.03%			Missing			

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