

Keller ISD

Aug 14, 2017 thru Aug 18, 2017

Base Menu Spreadsheet

ELC Lunch

Portion Values - Detailed

Page 1

Generated on: 8/3/2017 2:59:50 PM

	Portion Size	Sodm (mg)	Carb (g)
Tue - 08/15/2017			
ELC Lunch	Total		
CHICKEN NUGGETS- TEMPURA	5 EACH	227	11.37
WITH	1 EACH	0	0.0
DOUGH,WG,BREADSTICK,1 OZ,RICHS	1 EACH	100	14.5
POTATO,MASHED BASIC AMERICAN	1/2 CUP	354	14.89
Orange, Whole (ends cut)	1 EACH	0	15.66
MILK, UNFLAVORED, 1%	HALF PINT	130	12.99
GRAVY, PEPPERED FF	1/4 CUP	243	6.05
KETCHUP, DISPENSER PACK	1 OZ	321	7.72
RANCH, LIGHT, DISPENSER PACK	1 OZ	267	6.67
BBQ SAUCE, DISPENSER PACK	1 OZ	377	7.57
Weighted Daily Average		2019	97.41
% of Calories			53.3%
Nutrient Guideline			

	Portion Size	Sodm (mg)	Carb (g)
Wed - 08/16/2017			
ELC Lunch	Total		
HAMBURGER , RAW PATTY, BAIRD	1 EACH	360	31.38
CHEESEBURGER,RAW PATTY/BAIRD	EACH	477	32.4
Potato Smiles	1/2 cup	253	28.09
Carrots, Baby, Raw	1/2 CUP	56	6.07
BANANAS 150ct	EACH	1	23.23
MILK, UNFLAVORED, 1%	HALF PINT	130	12.99
KETCHUP, DISPENSER PACK	1 OZ	321	7.72
MUSTARD, DISPENSER PACK	1 OZ	369	0.0
MAYO HEINZ DISPENSER PACK	1 FL OZ	158	0.46
RANCH, LIGHT, DISPENSER PACK	1 OZ	267	6.67
Weighted Daily Average		2391	149.01
% of Calories			39.0%
Nutrient Guideline			

	Portion Size	Sodm (mg)	Carb (g)
Thu - 08/17/2017			
ELC Lunch	Total		
PASTA CHICKEN ALFREDO	1 CUP	541	26.98
WITH	1 EACH	0	0.0
BREADSTICK:K12	1 breadstick	100	15.0
Peas, Frozen, CKD	1/2 CUP	291	13.06
FRUIT CUPS,PEACHES,FRZ	1 EACH	5	17.0
MILK, UNFLAVORED, 1%	HALF PINT	130	12.99
RANCH, LIGHT, DISPENSER PACK	1 OZ	267	6.67
KETCHUP,HEINZ DISPENSER PACK	1 FL OZ	321	7.72
MAYO HEINZ DISPENSER PACK	1 FL OZ	158	0.46
MUSTARD, HEINZ DISPENSER 1.5 G	1 FL OZ	364	0.0
Weighted Daily Average		2177	99.88
% of Calories			44.0%
Nutrient Guideline			

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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Keller ISD

Aug 14, 2017 thru Aug 18, 2017

Base Menu Spreadsheet

ELC Lunch

Portion Values - Detailed

Page 2

Generated on: 8/3/2017 2:59:50 PM

	Portion Size	Sodm (mg)	Carb (g)
Fri - 08/18/2017			
ELC Lunch	Total		
PIZZA, CHEESE BD K-6	1/8 PIZZA	420	36.0
PIZZA, PEPPERONI BD K-5	SERVING	514	36.19
CUCUMBER SLICES, PARED	1/2 CUP	2	1.88
Peach Crisp K-12	1/48 scoop	38	25.92
Apples, Sliced, bagged	2 oz bag	17	14.8
MILK, UNFLAVORED, 1%	HALF PINT	130	12.99
RANCH, LIGHT, DISPENSER PACK	1 OZ	267	6.67
MARGARINE WHIP CUP, 5 GR NO TF	1 EACH	40	0.0
Weighted Daily Average		1428	134.44
% of Calories			49.8%
Nutrient Guideline			

Weighted Average		2004	120.18
			45.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	2004							
Carbohydrate (g)	120.18	45.24%					2004	

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.