

# Menu Compliance - Nutrient Detail Report



District: Banning Unified School District

School: Florida Discovery Center

Menu: 2017-18 Florida St TK Lunch Menu

Date Range: August 08, 2017 - August 31, 2017

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Tue - 08/08/2017																	
2017-18 Florida St TK Lunch Menu																	
		Total	50														
Hot Ham and Cheese Sandwich	2149285	1.00 sandwich	25	274.999	16.499	8.500	4.000	0.016	42.499	774.999	33.000	3.000	4.500	1.800*	20.000*	0.000*	0.000*
Chicken Quesadilla	2149291	5.00 oz	25	320.000	18.000	11.000	2.500	0.000	20.000	770.000	38.000	4.000	5.000	N/A*	N/A*	N/A*	N/A*
Jicama Sticks (1/2 cup)	1681011	1/2 cup	25	29.471	0.641	0.000	0.000	0.000	0.000	3.203	7.047	3.844	1.281	0.461	6.407	32.033	15.376
Side Salad	2149287	1.00 each	25	6.571	0.286	0.000	0.000	0.000	0.000	4.000	1.143	0.571	0.571	0.257	11.429	1142.857	2.914
Sliced Peaches, Canned (1/2 cup)	1681118	1/2 cup	25	52.996	0.504	0.139	0.000	0.000	0.000	5.998	13.394	1.298	N/A*	0.378	5.998	339.998	3.805
Pineapple Tidbits	2138257	4.00 ounce	25	70.000	0.000	0.000	0.000	0.000	0.000	10.000	17.000	1.000	14.000	0.720	0.000	0.000	6.000
1% White Milk	1730129	8.00 ounce	25	120.000	10.000	2.500	1.500	0.000	10.000	150.000	14.000	0.000	14.000	0.000	350.000	500.000	2.400
Nonfat Chocolate Milk	1730128	8.00 Ounce	25	120.000	8.000	0.000	0.000	0.000	5.000	150.000	22.000	0.000	20.000	0.000	300.000	500.000	1.800
Weighted Daily Average				497.019	26.965	11.070	4.000	0.008	38.750	934.100	72.792	6.857	29.676*	1.808*	346.917*	1257.444*	16.148*
% of Calories					21.70%	20.04%	7.24%	0.01%			58.58%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Wed - 08/09/2017																	
2017-18 Florida St TK Lunch Menu																	
		Total	50														
Taco Salad	2138047	1.00 scoop	25	492.882	19.287	31.542	9.810	0.000	65.437	640.874	35.397	3.591	1.261*	2.159	238.586	1430.607	2.914
Corn Dog Turkey	2059848	4.00 ounce	25	240.000	9.000	8.000	2.500	0.000	40.000	390.000	30.000	5.000	5.000	1.800	80.000	0.000	0.000
Cherry Tomatoes (1/2 cup)	1680999	1/2 cup	25	13.608	0.665	0.151	0.021	0.000	0.000	3.780	2.941	0.907	1.988	0.204	7.560	629.737	10.357
Whole Kernal Corn, Cooked from Frozen (1/2 cup)	1681015	1/2 cup	25	66.381	2.103	0.553	0.082	0.000	0.000	1.006	15.917	2.012	N/A*	0.396	2.012	163.936	2.919
Banana	426163	1.00 each	25	89.890	1.101	0.333	0.113	0.000	0.000	1.010	23.068	2.626	12.352	0.263	5.050	64.640	8.787
Fresh Apples, 100 count (1/2 cup)	1681121	1/2 cup	25	30.239	0.151	0.099	0.016	0.000	0.000	0.582	8.031	1.396	6.042	0.070	3.489	31.403	2.675
1% White Milk	1730129	8.00 ounce	25	120.000	10.000	2.500	1.500	0.000	10.000	150.000	14.000	0.000	14.000	0.000	350.000	500.000	2.400
Nonfat Chocolate Milk	1730128	8.00 Ounce	25	120.000	8.000	0.000	0.000	0.000	5.000	150.000	22.000	0.000	20.000	0.000	300.000	500.000	1.800
Weighted Daily Average				586.500	25.154	21.589	7.021	0.000	60.219	668.626	75.677	7.766	30.322*	2.446	493.349	1660.162	15.926
% of Calories					17.15%	33.13%	10.77%	0.00%			51.61%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Thu - 08/10/2017																	
2017-18 Florida St TK Lunch Menu																	
		Total	50														

Lasagna	2146 201	1.00 tray	25	439.0 00	28.00 0	14.00 0	5.000	N/A*	69.60 0	76.00 0	50.00 0	5.800	6.600	4.220	278.0 00	N/A*	N/A*
Chili Verde and Refried Beans	2149 297	1.00 tray	25	400.0 00	26.00 0	14.00 0	1.500	0.000 *	45.00 0*	965.0 00	42.00 0	8.000	3.000	0.720 *	0.000 *	200.0 00*	21.00 0*
Cherry Tomatoes (1/2 cup)	1680 999	1/2 cup	25	13.60 8	0.665	0.151	0.021	0.000	0.000	3.780	2.941	0.907	1.988	0.204	7.560	629.7 37	10.35 7
Broccoli Florets (1/2 cup)	1680 992	1/2 cup	25	1.074	0.089	0.012	0.001	0.000	0.000	1.043	0.210	0.082	0.054	0.023	1.485	19.68 5	2.818
Fresh Strawberries (1/2 cup)	16811 31	1/2 cup	25	27.91 3	0.584	0.262	0.013	0.000	0.000	0.872	6.699	1.745	4.266	0.358	13.95 7	10.46 8	51.29 1
Kiwi	2145 325	1.00 servin g	25	111.6 00	2.288	1.042	0.277	N/A*	N/A*	5.580	26.46 8	3.720	20.42 3	0.539	37.20 0	133.9 20	196.0 44
1% White Milk	1730 129	8.00 ounce	25	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Nonfat Chocolate Milk	1730 128	8.00 Ounce	25	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				616.5 98	37.81 3	15.98 4	4.156	0.000 *	64.80 0*	676.1 38	82.15 9	10.12 7	35.16 6	3.032 *	494.1 01*	996.9 05*	142.8 55*
% of Calories					24.53 %	23.33 %	6.07 %	0.00 %*			53.30 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Fri - 08/11/2017																	
2017-18 Florida St TK Lunch Menu																	
		Total	50														
BBQ Rib Sandwich	2138 627	1.00 each	25	312.5 20	18.37 0	11.07 0	3.710	0.000	42.82 0	592.5 10	35.58 0	2.920	10.64 0	1.470	67.62 0	5.690	9.180
Pepperoni Calzone	2149 301	156.00 grams	25	370.0 00	22.00 0	11.00 0	4.000	0.000	25.00 0	600.0 00	50.00 0	5.000	4.000	N/A*	N/A*	N/A*	N/A*
Baby Carrots (1/2 cup)	1681 002	1/2 cup	25	6.201	0.113	0.023	0.004	0.000	0.000	13.82 0	1.460	0.514	0.843	0.158	5.670	2443. 373	0.461
Cucumber Slices, with peel (1/2 cup)	1681 029	1/2 cup	25	10.97 4	0.476	0.080	0.027	0.000	0.000	1.463	2.656	0.366	1.222	0.205	11.70 6	76.81 8	2.048

Honeydew Chunks (1/2 cup)	1681146	1/2 cup	25	68.039	1.021	0.265	0.072	0.000	0.000	34.019	17.180	1.512	15.347	0.321	11.340	94.498	34.019
Cantaloupe Chunks, 18 count (1/2 cup)	1681147	1/2 cup	25	9.714	0.240	0.054	0.015	0.000	0.000	4.571	2.331	0.257	2.246	0.060	2.571	966.286	10.486
1% White Milk	1730129	8.00 ounce	25	120.000	10.000	2.500	1.500	0.000	10.000	150.000	14.000	0.000	14.000	0.000	350.000	500.000	2.400
Nonfat Chocolate Milk	1730128	8.00 Ounce	25	120.000	8.000	0.000	0.000	0.000	5.000	150.000	22.000	0.000	20.000	0.000	300.000	500.000	1.800
Weighted Daily Average				508.724	30.110	12.496	4.664	0.000	41.410	773.192	72.604	5.285	34.149	1.107*	374.454*	2293.333*	30.197*
% of Calories					23.67%	22.11%	8.25%	0.00%			57.09%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Mon - 08/14/2017																	
2017-18 Florida St TK Lunch Menu																	
		Total	50														
Grilled BRC Burrito	2146095	1.00 Burrito	25	540.000	18.000	20.000	1.000*	0.000*	10.000	620.000	71.000	11.000	6.000	5.760	150.000	100.000	0.000*
Vegetable Chow Mein	2146091	5.50 oz	25	395.000	18.000	6.500	1.000	0.000	18.000	766.000	68.000	10.000	6.000	0.720*	30.000*	300.000*	3.600*
Carrot Sticks (1/2 cup)	1680998	1/2 cup	25	24.152	0.548	0.141	0.022	0.000	0.000	40.647	5.643	1.649	2.792	0.177	19.440	984.179	3.476
Broccoli Florets (1/2 cup)	1680992	1/2 cup	25	1.074	0.089	0.012	0.001	0.000	0.000	1.043	0.210	0.082	0.054	0.023	1.485	19.685	2.818
Watermelon Chunks (1/2 cup)	1681148	1/2 cup	25	7.600	0.155	0.038	0.004	0.000	0.000	0.253	1.913	0.101	1.571	0.061	1.773	144.147	2.052
Fresh Apples, 100 count (1/2 cup)	1681121	1/2 cup	25	30.239	0.151	0.099	0.016	0.000	0.000	0.582	8.031	1.396	6.042	0.070	3.489	31.403	2.675
Nonfat Chocolate Milk	1730128	8.00 Ounce	25	120.000	8.000	0.000	0.000	0.000	5.000	150.000	22.000	0.000	20.000	0.000	300.000	500.000	1.800
1% White Milk	1730129	8.00 ounce	25	120.000	10.000	2.500	1.500	0.000	10.000	150.000	14.000	0.000	14.000	0.000	350.000	500.000	2.400

Weighted Daily Average	619.033	27.472	14.645	1.772*	0.000*	21.500	864.263	95.399	12.114	28.230	3.406*	428.094*	5718.207*	9.411*
% of Calories		17.75%	21.29%	2.58%*	0.00%*			61.64%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Tue - 08/15/2017																	
2017-18 Florida St TK Lunch Menu																	
		Total	50														
Cheeseburger Classic	2059808	1.00 each	25	279.000	17.700	10.300	4.200	0.000	38.000	409.000	30.100	2.700	4.000	2.500	120.000	200.000	0.000
Nachos with Taco Meat	2069780	1.00 each	25	646.084	26.517	29.447	4.965	0.038	33.670	1391.066	71.499	11.826	3.825*	5.387	298.866	138.430	1.904
Side Salad	2149287	1.00 each	25	6.571	0.286	0.000	0.000	0.000	0.000	4.000	1.143	0.571	0.571	0.257	11.429	1142.857	2.914
Vegetarian Beans, Cooked from Canned (1/2 cup)	1681028	1/2 cup	25	0.508	0.026	0.002	0.000	0.000	0.000	1.854	0.114	0.022	0.043	0.006	0.184	0.584	0.000
Fresh Apples, 100 count (1/2 cup)	1681121	1/2 cup	25	30.239	0.151	0.099	0.016	0.000	0.000	0.582	8.031	1.396	6.042	0.070	3.489	31.403	2.675
Banana	426163	1.00 each	25	89.890	1.101	0.333	0.113	0.000	0.000	1.010	23.068	2.626	12.352	0.263	5.050	64.640	8.787
1% White Milk	1730129	8.00 ounce	25	120.000	10.000	2.500	1.500	0.000	10.000	150.000	14.000	0.000	14.000	0.000	350.000	500.000	2.400
Nonfat Chocolate Milk	1730128	8.00 Ounce	25	120.000	8.000	0.000	0.000	0.000	5.000	150.000	22.000	0.000	20.000	0.000	300.000	500.000	1.800
Weighted Daily Average				646.146	31.891	21.341	5.397	0.019	43.335	1053.756	84.978	9.571	30.417*	4.242	544.509	1288.957	10.240
% of Calories					19.74%	29.72%	7.52%	0.03%			52.61%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
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Wed - 08/16/2017

2017-18 Florida St TK Lunch Menu

		Total	50														
Chicken Tenders	2059 770	3.00 piece	25	210.0 00	15.00 0	11.00 0	2.000	0.000	55.00 0	730.0 00	13.00 0	1.000	1.000	1.800	20.00 0	100.0 00	0.000
Turkey & Cheese Sandwich	2138 949	1.00 each	25	332.9 98	18.13 9	13.42 9	4.288	0.000	43.49 9	930.9 94	35.22 8	5.000	3.000 *	2.188	137.9 98	135.9 98	0.000
Jicama Sticks (1/2 cup)	1681 011	1/2 cup	25	29.47 1	0.641	0.000	0.000	0.000	0.000	3.203	7.047	3.844	1.281	0.461	6.407	32.03 3	15.37 6
Cherry Tomatoes (1/2 cup)	1680 999	1/2 cup	25	13.60 8	0.665	0.151	0.021	0.000	0.000	3.780	2.941	0.907	1.988	0.204	7.560	629.7 37	10.35 7
Mango	2146 725	100.00 grams	25	80.00 0	0.000	0.000	0.000	0.000	0.000	0.000	19.00 0	2.000	14.00 0	0.000	0.000	500.0 00	12.00 0
Pineapple Tidbits	2138 257	4.00 ounce	25	70.00 0	0.000	0.000	0.000	0.000	0.000	10.00 0	17.00 0	1.000	14.00 0	0.720	0.000	0.000	6.000
1% White Milk	1730 129	8.00 ounce	25	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Nonfat Chocolate Milk	1730 128	8.00 Ounce	25	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				488.0 39	26.22 3	13.54 0	3.905	0.000	56.75 0	988.9 89	65.10 8	6.876	34.63 5*	2.687	410.9 83	1198. 884	23.96 7
% of Calories					21.49 %	24.97 %	7.20 %	0.00 %			53.36 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
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Thu - 08/17/2017

2017-18 Florida St TK Lunch Menu

		Total	50														
Chicken Tamale	2146 475	6.00 oz	25	320.0 00	19.00 0	17.00 0	2.000	N/A*	40.00 0	540.0 00	30.00 0	3.000	1.000	N/A*	N/A*	N/A*	N/A*

Fiesta Bowl	2146 281	1.00 bowl	25	433.9 89	28.98 9	7.992	0.000 *	0.000 *	45.00 0*	904.9 90	62.99 0	10.98 5	3.993	3.413 *	39.99 6*	0.000 *	3.600 *
Cucumber Slices, with peel (1/2 cup)	1681 029	1/2 cup	25	10.97 4	0.476	0.080	0.027	0.000	0.000	1.463	2.656	0.366	1.222	0.205	11.70 6	76.81 8	2.048
Cauliflower Florets (1/2 cup)	1681 030	1/2 cup	25	1.366	0.105	0.015	0.007	0.000	0.000	1.639	0.272	0.109	0.104	0.023	1.202	0.000	2.634
Fresh Oranges (1/2 cup)	16811 27	1/2 cup	25	125.4 05	2.508	0.320	0.040	0.000	0.000	0.000	31.35 1	6.404	24.94 8	0.267	106.7 28	600.3 42	141.9 48
Fresh Strawberries (1/2 cup)	16811 31	1/2 cup	25	27.91 3	0.584	0.262	0.013	0.000	0.000	0.872	6.699	1.745	4.266	0.358	13.95 7	10.46 8	51.29 1
1% White Milk	1730 129	8.00 ounce	25	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Nonfat Chocolate Milk	1730 128	8.00 Ounce	25	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				579.8 24	34.83 1	14.08 5	1.794 *	0.000 *	50.00 0*	874.4 82	84.98 4	11.30 5	34.76 7	2.133 *	411.7 95*	843.8 14*	102.8 61*
% of Calories					24.03 %	21.86 %	2.78 %*	0.00 %*			58.63 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Fri - 08/18/2017																	
2017-18 Florida St TK Lunch Menu																	
		Total	50														
Taquitos	2149 315	4.40 oz	25	227.0 00	22.00 0	4.000	0.500	N/A*	55.00 0	226.0 00	27.00 0	5.200	0.000	1.760	52.00 0	N/A*	N/A*
Macaroni and Cheese Bake	2149 311	1.50 cup	25	382.7 62	20.91 9	18.75 9	10.59 0	0.290	57.68 8	579.9 80	37.28 0	6.000	2.950	0.540 *	224.0 00*	284.0 00*	0.000 *
Green Beans	2149 317	0.50 cups	25	15.99 3	0.993	0.000	0.000	0.000	0.000	139.9 94	2.995	1.994	0.993	0.354	19.99 7	100.0 00	0.000
Zucchini Sticks (1/2 cup)	1681 036	1/2 cup	25	13.07 0	0.930	0.246	0.065	0.000	0.000	6.150	2.391	0.769	1.922	0.284	12.30 1	153.7 60	13.76 2
Watermelon Chunks (1/2 cup)	16811 48	1/2 cup	25	7.600	0.155	0.038	0.004	0.000	0.000	0.253	1.913	0.101	1.571	0.061	1.773	144.1 47	2.052

Honeydew Chunks (1/2 cup)	1681146	1/2 cup	25	68.039	1.021	0.265	0.072	0.000	0.000	34.019	17.180	1.512	15.347	0.321	11.340	94.498	34.019
1% White Milk	1730129	8.00 ounce	25	120.000	10.000	2.500	1.500	0.000	10.000	150.000	14.000	0.000	14.000	0.000	350.000	500.000	2.400
Nonfat Chocolate Milk	1730128	8.00 Ounce	25	120.000	8.000	0.000	0.000	0.000	5.000	150.000	22.000	0.000	20.000	0.000	300.000	500.000	1.800
Weighted Daily Average				477.232	32.009	12.904	6.366	0.145*	63.844	643.198	62.380	7.788	28.392	1.660*	485.706*	888.203*	27.017*
% of Calories					26.83%	24.34%	12.00%	0.27%*			52.28%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Mon - 08/21/2017																	
2017-18 Florida St TK Lunch Menu																	
		Total	50														
Quesadilla w/Chips	2138407	1.00 each	25	470.000	20.000	24.000	12.000	0.000	45.000	650.000	43.000	5.000	4.000	2.160	500.000	500.000	3.600
Chili Topped Potato Sticks	2150579	1.00 Bowl	25	485.996	15.000	21.036	6.000*	0.000*	40.000*	890.358	60.154	4.986	8.146	3.060	263.789*	3771.716*	7.225*
Celery Sticks (1/2 cup)	1681032	1/2 cup	25	1.371	0.059	0.015	0.004	0.000	0.000	6.857	0.255	0.137	0.115	0.017	3.429	38.486	0.266
Broccoli Florets (1/2 cup)	1680992	1/2 cup	25	1.074	0.089	0.012	0.001	0.000	0.000	1.043	0.210	0.082	0.054	0.023	1.485	19.685	2.818
Mango	2146725	100.00 grams	25	80.000	0.000	0.000	0.000	0.000	0.000	0.000	19.000	2.000	14.000	0.000	0.000	500.000	12.000
Pineapple Tidbits	2138257	4.00 ounce	25	70.000	0.000	0.000	0.000	0.000	0.000	10.000	17.000	1.000	14.000	0.720	0.000	0.000	6.000
1% White Milk	1730129	8.00 ounce	25	120.000	10.000	2.500	1.500	0.000	10.000	150.000	14.000	0.000	14.000	0.000	350.000	500.000	2.400
Nonfat Chocolate Milk	1730128	8.00 Ounce	25	120.000	8.000	0.000	0.000	0.000	5.000	150.000	22.000	0.000	20.000	0.000	300.000	500.000	1.800
Weighted Daily Average				674.221	26.574	23.782	9.753*	0.000*	50.000*	929.129	87.810	6.603	37.158	2.990	709.352*	2914.944*	18.055*



% of Calories		15.77%	31.75%	13.02%*	0.00%*			52.10%									
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Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Tue - 08/22/2017																	
2017-18 Florida St TK Lunch Menu																	
		Total	50														
BBQ Teryaki Chicken	2059364	2.60 Ounce	25	260.000	19.000	6.000	1.000	0.000	70.000	842.000	34.000	2.000	11.000	2.160	20.000	2500.000	4.800
Pretzel Dog	2138571	1.00 each	25	300.000	20.000	6.500	2.000	0.000	35.000	790.000	41.000	5.000	6.000	1.620	100.000	400.000	6.000
Side Salad	2149287	1.00 each	25	6.571	0.286	0.000	0.000	0.000	0.000	4.000	1.143	0.571	0.571	0.257	11.429	1142.857	2.914
Jicama Sticks (1/2 cup)	1681011	1/2 cup	25	29.471	0.641	0.000	0.000	0.000	0.000	3.203	7.047	3.844	1.281	0.461	6.407	32.033	15.376
Fresh Apples, 100 count (1/2 cup)	1681121	1/2 cup	25	30.239	0.151	0.099	0.016	0.000	0.000	0.582	8.031	1.396	6.042	0.070	3.489	31.403	2.675
Banana	426163	1.00 each	25	89.890	1.101	0.333	0.113	0.000	0.000	1.010	23.068	2.626	12.352	0.263	5.050	64.640	8.787
1% White Milk	1730129	8.00 ounce	25	120.000	10.000	2.500	1.500	0.000	10.000	150.000	14.000	0.000	14.000	0.000	350.000	500.000	2.400
Nonfat Chocolate Milk	1730128	8.00 Ounce	25	120.000	8.000	0.000	0.000	0.000	5.000	150.000	22.000	0.000	20.000	0.000	300.000	500.000	1.800
Weighted Daily Average				478.086	29.590	7.716	2.315	0.000	60.000	970.398	75.145	7.719	35.623	2.416	398.188	2585.467	22.376
% of Calories					24.76%	14.53%	4.36%	0.00%			62.87%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Wed - 08/23/2017																	
2017-18 Florida St TK Lunch Menu																	

		Total	50														
Turkey & Cheese Sandwich	2138 949	1.00 each	25	332.9 98	18.13 9	13.42 9	4.288	0.000	43.49 9	930.9 94	35.22 8	5.000	3.000 *	2.188	137.9 98	135.9 98	0.000
Hawaiian Pizza	2146 033	6.00 oz	25	320.1 83	23.01 3	11.00 6	5.003	0.000	35.02 0	420.2 40	33.01 9	4.002	9.005	N/A*	N/A*	N/A*	N/A*
Whole Kernal Corn, Canned (1/2 cup)	1681 014	1/2 cup	25	66.00 2	2.148	0.820	0.131	0.000	0.000	139.9 99	15.24 4	1.599	N/A*	0.713	4.002	66.00 2	7.003
Vegetarian Beans, Cooked from Canned (1/2 cup)	1681 028	1/2 cup	25	0.508	0.026	0.002	0.000	0.000	0.000	1.854	0.114	0.022	0.043	0.006	0.184	0.584	0.000
Watermelon Chunks (1/2 cup)	1681 48	1/2 cup	25	7.600	0.155	0.038	0.004	0.000	0.000	0.253	1.913	0.101	1.571	0.061	1.773	144.1 47	2.052
Pineapple Tidbits	2138 257	4.00 ounce	25	70.00 0	0.000	0.000	0.000	0.000	0.000	10.00 0	17.00 0	1.000	14.00 0	0.720	0.000	0.000	6.000
1% White Milk	1730 129	8.00 ounce	25	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Nonfat Chocolate Milk	1730 128	8.00 Ounce	25	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				518.6 46	30.74 1	13.89 8	5.463	0.000	46.76 0	901.6 70	69.25 9	5.862	30.81 0*	1.844 *	396.9 79*	673.3 66*	9.628 *
% of Calories					23.71 %	24.12 %	9.48 %	0.00 %			53.42 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Thu - 08/24/2017																	
2017-18 Florida St TK Lunch Menu																	
		Total	50														
BBQ Beef Sandwich	2146 551	1.00 sandwich	25	428.0 00	23.00 0	19.00 0	6.000	0.000	45.00 0	880.0 00	40.00 0	3.000	10.00 0	1.800 *	100.0 00*	0.000 *	0.000 *
Turkey Carnitas Burrito	2146 285	1.00 burrito	25	475.0 00	30.00 0	14.00 0	5.300	0.000	47.00 0	677.0 00	28.00 0	9.500	2.500	N/A*	N/A*	N/A*	N/A*
Baby Carrots (1/2 cup)	1681 002	1/2 cup	25	6.201	0.113	0.023	0.004	0.000	0.000	13.82 0	1.460	0.514	0.843	0.158	5.670	2443. 373	0.461

Broccoli Florets (1/2 cup)	1680 992	1/2 cup	25	1.074	0.089	0.012	0.001	0.000	0.000	1.043	0.210	0.082	0.054	0.023	1.485	19.68 5	2.818
Fresh Strawberries (1/2 cup)	16811 31	1/2 cup	25	27.91 3	0.584	0.262	0.013	0.000	0.000	0.872	6.699	1.745	4.266	0.358	13.95 7	10.46 8	51.29 1
Fresh Oranges (1/2 cup)	16811 27	1/2 cup	25	125.4 05	2.508	0.320	0.040	0.000	0.000	0.000	31.35 1	6.404	24.94 8	0.267	106.7 28	600.3 42	141.9 48
1% White Milk	1730 129	8.00 ounce	25	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Nonfat Chocolate Milk	1730 128	8.00 Ounce	25	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				651.7 97	37.14 7	18.05 9	6.429	0.000	53.50 0	936.3 68	71.86 0	10.62 3	38.30 6	1.303 *	438.9 20*	2036. 934*	100.3 59*
% of Calories					22.80 %	24.94 %	8.88 %	0.00 %			44.10 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Fri - 08/25/2017																	
2017-18 Florida St TK Lunch Menu																	
		Total	50														
Fajita Bowl	2146 279	1.00 Bowl	25	319.0 00	16.10 0	16.20 0	6.500 *	0.000 *	53.20 0*	727.0 00	30.30 0	1.500	1.750	0.486 *	224.0 00*	10284 .000*	4.800 *
Turkey Taco Nada	2060 971	5.00 ounce	25	310.0 00	18.00 0	10.00 0	2.500	0.000	30.00 0	420.0 00	40.00 0	5.000	1.000	3.600	80.00 0	200.0 00	1.200
Celery Sticks (1/2 cup)	1681 032	1/2 cup	25	1.371	0.059	0.015	0.004	0.000	0.000	6.857	0.255	0.137	0.115	0.017	3.429	38.48 6	0.266
Cherry Tomatoes (1/2 cup)	1680 999	1/2 cup	25	13.60 8	0.665	0.151	0.021	0.000	0.000	3.780	2.941	0.907	1.988	0.204	7.560	629.7 37	10.35 7
Peach Cups	2060 906	1.00 each	25	80.00 0	1.000	0.000	0.000	0.000	0.000	0.000	19.00 0	1.000	16.00 0	0.360	0.000	300.0 00	162.0 00
Mango	2146 725	100.00 grams	25	80.00 0	0.000	0.000	0.000	0.000	0.000	0.000	19.00 0	2.000	14.00 0	0.000	0.000	500.0 00	12.00 0
1% White Milk	1730 129	8.00 ounce	25	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400

Nonfat Chocolate Milk	1730 128	8.00 Ounce	25	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				521.9 90	26.91 2	14.43 3	5.263 *	0.000 *	49.10 0*	728.8 19	73.74 8	5.272	34.42 7	2.334 *	482.4 95*	6476. 112*	97.41 2*
% of Calories					20.62 %	24.88 %	9.07 %*	0.00 %*			56.51 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Mon - 08/28/2017																	
2017-18 Florida St TK Lunch Menu																	
		Total	50														
Alfredo Bake	2146 059	1.50 cup	25	372.3 38	21.39 8	13.92 3	8.333	0.208	45.84 1	592.9 02	44.25 6	8.005	7.707	0.713 *	247.2 60*	610.8 01*	35.95 6*
Tamale Cheese & Green Chile	2145 035	1.00 servin g	25	370.0 00	12.00 0	24.00 0	8.000	0.000	35.00 0	471.0 00	28.00 0	2.000	2.000	0.720	300.0 00	750.0 00	9.000
Cucumber Slices, with peel (1/2 cup)	1681 029	1/2 cup	25	10.97 4	0.476	0.080	0.027	0.000	0.000	1.463	2.656	0.366	1.222	0.205	11.70 6	76.81 8	2.048
Zucchini Sticks (1/2 cup)	1681 036	1/2 cup	25	13.07 0	0.930	0.246	0.065	0.000	0.000	6.150	2.391	0.769	1.922	0.284	12.30 1	153.7 60	13.76 2
Watermelon Chunks (1/2 cup)	1681 48	1/2 cup	25	7.600	0.155	0.038	0.004	0.000	0.000	0.253	1.913	0.101	1.571	0.061	1.773	144.1 47	2.052
Mango	2146 725	100.00 grams	25	80.00 0	0.000	0.000	0.000	0.000	0.000	0.000	19.00 0	2.000	14.00 0	0.000	0.000	500.0 00	12.00 0
1% White Milk	1730 129	8.00 ounce	25	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Nonfat Chocolate Milk	1730 128	8.00 Ounce	25	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				546.9 91	26.48 0	20.39 4	8.965	0.104	47.92 1	685.8 84	67.10 8	6.621	31.21 1	0.992 *	611.5 20*	1617. 763*	39.50 9*
% of Calories					19.36 %	33.55 %	14.75 %	0.17 %			49.07 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Tue - 08/29/2017																	
2017-18 Florida St TK Lunch Menu																	
		Total	50														
BRC Cups	2149345	1.00 bowl	25	495.000	17.500	24.000	7.500*	0.000*	30.000*	955.000	54.000	7.500	1.650	0.180*	204.000*	284.000*	0.000*
Zoo Animal Chicken Nuggets	2144943	3.00 nuggets	25	500.000	28.000	28.000	7.000	0.000	70.000	980.000	30.000	4.000	2.000	2.880	40.000	0.000	0.000
Broccoli Florets (1/2 cup)	1680992	1/2 cup	25	1.074	0.089	0.012	0.001	0.000	0.000	1.043	0.210	0.082	0.054	0.023	1.485	19.685	2.818
Cherry Tomatoes (1/2 cup)	1680999	1/2 cup	25	13.608	0.665	0.151	0.021	0.000	0.000	3.780	2.941	0.907	1.988	0.204	7.560	629.737	10.357
Fresh Apples, 100 count (1/2 cup)	1681121	1/2 cup	25	30.239	0.151	0.099	0.016	0.000	0.000	0.582	8.031	1.396	6.042	0.070	3.489	31.403	2.675
Banana	426163	1.00 each	25	89.890	1.101	0.333	0.113	0.000	0.000	1.010	23.068	2.626	12.352	0.263	5.050	64.640	8.787
1% White Milk	1730129	8.00 ounce	25	120.000	10.000	2.500	1.500	0.000	10.000	150.000	14.000	0.000	14.000	0.000	350.000	500.000	2.400
Nonfat Chocolate Milk	1730128	8.00 Ounce	25	120.000	8.000	0.000	0.000	0.000	5.000	150.000	22.000	0.000	20.000	0.000	300.000	500.000	1.800
Weighted Daily Average				684.906	32.753	27.548	8.076*	0.000*	57.500*	1120.708	77.125	8.256	29.043	1.810*	455.792*	1014.733*	14.419*
% of Calories					19.13%	36.20%	10.61%*	0.00%*			45.04%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Wed - 08/30/2017																	
2017-18 Florida St TK Lunch Menu																	
		Total	50														

Chicken Patty	2059 324	1.00 each	25	271.4 29	18.33 3	11.95 2	2.000	0.000	55.00 0	843.3 33	27.28 6	2.429	2.429	2.657	58.09 5	100.0 00	0.000
Orange Popcorn Chicken	2059 363	1.00 each	25	330.0 00	16.00 0	3.560	0.760	0.000	45.00 0	361.0 00	58.00 0	0.800	11.00 0*	3.370	33.40 0	0.000	1.200
Vegetarian Beans, Cooked from Canned (1/2 cup)	1681 028	1/2 cup	25	0.508	0.026	0.002	0.000	0.000	0.000	1.854	0.114	0.022	0.043	0.006	0.184	0.584	0.000
Baby Carrots (1/2 cup)	1681 002	1/2 cup	25	6.201	0.113	0.023	0.004	0.000	0.000	13.82 0	1.460	0.514	0.843	0.158	5.670	2443. 373	0.461
Diced Peaches, Canned (1/2 cup)	16811 08	1/2 cup	25	52.99 6	0.504	0.134	0.000	0.000	0.000	5.998	13.39 4	1.298	N/A*	0.378	5.998	339.9 98	3.805
Mango	2146 725	100.00 grams	25	80.00 0	0.000	0.000	0.000	0.000	0.000	0.000	19.00 0	2.000	14.00 0	0.000	0.000	500.0 00	12.00 0
1% White Milk	1730 129	8.00 ounce	25	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Nonfat Chocolate Milk	1730 128	8.00 Ounce	25	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				490.5 67	26.48 8	9.086	2.132	0.000	57.50 0	763.0 03	77.62 7	3.532	31.15 8*	3.285	376.6 74	2191. 978	10.83 3
% of Calories					21.60 %	16.67 %	3.91 %	0.00 %			63.30 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Thu - 08/31/2017																	
2017-18 Florida St TK Lunch Menu																	
		Total	50														
Flaquito	2149 349	1.00 flaquit o	25	338.0 00	19.00 0	10.50 0	5.500	N/A*	31.00 0	383.0 00	31.00 0	3.000	N/A*	6.000	574.0 00	N/A*	N/A*
Penne Pasta with Meatballs	2146 543	1.00 Bowl	25	340.8 50	19.00 0*	14.05 0	3.000 *	0.000 *	55.00 0*	404.0 00	38.10 0	7.000 *	2.050 *	0.360 *	20.00 0*	N/A*	N/A*
Whole Kernal Corn, Canned (1/2 cup)	1681 014	1/2 cup	25	66.00 2	2.148	0.820	0.131	0.000	0.000	139.9 99	15.24 4	1.599	N/A*	0.713	4.002	66.00 2	7.003
Cut Green Beans, Cooked from Frozen (1/2 cup)	1681 041	1/2 cup	25	21.85 1	1.165	0.125	0.031	0.000	0.000	6.898	5.005	2.299	N/A*	0.680	37.95 3	432.4 30	3.222

Kiwi	2145 325	1.00 servin g	25	111.6 00	2.288	1.042	0.277	N/A*	N/A*	5.580	26.46 8	3.720	20.42 3	0.539	37.20 0	133.9 20	196.0 44
Fresh Oranges (1/2 cup)	16811 27	1/2 cup	25	125.4 05	2.508	0.320	0.040	0.000	0.000	0.000	31.35 1	6.404	24.94 8	0.267	106.7 28	600.3 42	141.9 48
1% White Milk	1730 129	8.00 ounce	25	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Nonfat Chocolate Milk	1730 128	8.00 Ounce	25	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				621.8 54	32.05 5*	14.67 9	5.240 *	0.000 *	50.50 0*	619.7 39	91.58 4	12.01 1*	40.71 1*	4.280 *	714.9 42*	1116. 347*	176.2 09*
% of Calories					20.62 %*	21.24 %	7.58 %*	0.00 %*			58.91 %						

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	567.120		550/650	Pass		
Protein (g)	30.067*	21.21%*				
Total Fat (g)	15.958	25.32%				
Saturated Fat (g)	5.150*	8.17%*	<10	Pass		
Trans Fat (g)	0.015*					
Cholesterol (mg)	50.744*					
Sodium (mg)	840.692		<1230	Pass		
Carbohydrates (g)	77.075	54.36%				
Fiber (g)	8.010*					
Sugars (g)	33.011*					
Iron (mg)	2.432*					

Calcium (mg)	476.376*					
Vitamin A (IU)	2042.975*					
Vitamin C (mg)	48.190*					

\* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.