

Menu Compliance - Nutrient Detail Report



District: Banning Unified School District

School: Nicolet Middle

Menu: 2017-2018 Nicolet Lunch

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																	
2017-2018 Nicolet Lunch																	
		Total	650														
Domino's Pizza, RFRS Pepperoni, 10 cut 2015	2138035	1.00 slice	100	300.000	19.000	8.000	3.500	0.000	20.000	490.000	27.000	1.000	3.000	2.700	500.000	750.000	6.000
Turkey & Cheese Sandwich	2138949	1.00 each	50	332.998	18.139	13.429	4.288	0.000	43.499	930.994	35.228	5.000	3.000*	2.188	137.998	135.998	0.000
Cheese Burger w/Chips	2138393	1.00 each	100	419.000	19.700	16.300	5.200	0.000	38.000	529.000	48.100	5.700	6.000	2.860	120.000	200.000	0.000
Spicy Chicken w/Chips	2138389	1.00 each	100	421.429	20.333	17.952	3.500	0.000	55.000	723.333	44.286	5.429	3.429	3.017	58.095	500.000	0.000
Turkey & Cheese Salad w/Croutons	2139941	1.00 each	50	335.571	27.006	17.360	7.156	0.000	92.000	1335.000	19.123	2.571	3.881	2.117	221.429	1478.857	2.914
Taquitos	2149315	4.40 oz	150	227.000	22.000	4.000	0.500	N/A*	55.000	226.000	27.000	5.200	0.000	1.760	52.000	N/A*	N/A*
Turkey Taco Nada	2060971	5.00 ounce	100	310.000	18.000	10.000	2.500	0.000	30.000	420.000	40.000	5.000	1.000	3.600	80.000	200.000	1.200
Jicama Sticks (1/2 cup)	1681011	1/2 cup	325	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	325	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
Diced Peaches, Canned (1/2 cup)	1681108	1/2 cup	325	52.996	0.504	0.134	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	325	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	1730 129	8.00 ounce	225	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
low fat chocolate milk	2148 825	8.00 oz	225	160.0 00	8.000	3.000	1.500	N/A*	N/A*	180.0 00	28.00 0	N/A*	28.00 0	N/A*	250.0 00	N/A*	N/A*
Strawberry Milk	2083 505	1.00 each	200	130.0 00	8.000	0.000	0.000	0.000	5.000	115.0 00	27.00 0	0.000	26.00 0	0.000	30.00 0	500.0 00	1.200
Ranch Dressing	2062 262	1.00 each	325	200.0 00	0.000	22.00 0	3.500	0.000	10.00 0	320.0 00	2.000	0.000	1.000	0.000	0.000	0.000	0.000
Weighted Daily Average				643.3 98	29.80 9	24.30 1	6.046	0.000 *	55.11 5*	880.3 44	78.07 1	7.774 *	33.56 0*	3.519 *	385.1 18	1462. 433*	16.57 9*
% of Calories					18.53 %	33.99 %	8.46 %	0.00 %*			48.54 %						

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																	
2017-2018 Nicolet Lunch																	
		Total	650														
Taco Salad	2138 047	1.00 scoop	300	492.8 82	19.28 7	31.54 2	9.810	0.000	65.43 7	640.8 74	35.39 7	3.591	1.261 *	2.159	238.5 86	1430. 607	2.914
Domino's Pizza, RFRS Pepperoni, 10 cut 2015	2138 035	1.00 slice	100	300.0 00	19.00 0	8.000	3.500	0.000	20.00 0	490.0 00	27.00 0	1.000	3.000	2.700	500.0 00	750.0 00	6.000
Green Burrito	2138 397	1.00 5.20	50	293.7 00	16.28 0	9.130	2.550	0.340	18.87 0	413.9 30	39.49 0	7.920	1.270	3.600	80.00 0	400.0 00	4.800
Spicy Chicken w/Chips	2138 389	1.00 each	50	421.4 29	20.33 3	17.95 2	3.500	0.000	55.00 0	723.3 33	44.28 6	5.429	3.429	3.017	58.09 5	500.0 00	0.000
Cheese Burger w/Chips	2138 393	1.00 each	50	419.0 00	19.70 0	16.30 0	5.200	0.000	38.00 0	529.0 00	48.10 0	5.700	6.000	2.860	120.0 00	200.0 00	0.000
Chicken Fajita Wrap w/Chips	21371 15	1.00 each	50	469.4 00	21.09 0	20.75 4	8.507	0.000	53.20 0	737.0 80	51.33 3	6.468	3.531	2.956	386.9 60	12949 .800	8.112
Ham & Cheese Sandwich	2138 947	1.00 each	50	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
Whole Kernal Corn, Cooked from Frozen (1/2 cup)	1681 015	1/2 cup	225	66.38 1	2.103	0.553	0.082	0.000	0.000	1.006	15.91 7	2.012	N/A*	0.396	2.012	163.9 36	2.919

Cherry Tomatoes (1/2 cup)	1680 999	1/2 cup	200	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
Side Salad	2149 287	1.00 each	225	6.571	0.286	0.000	0.000	0.000	0.000	4.000	1.143	0.571	0.571	0.257	11.42 9	1142. 857	2.914
Banana	4261 63	1.00 each	325	89.89 0	1.101	0.333	0.113	0.000	0.000	1.010	23.06 8	2.626	12.35 2	0.263	5.050	64.64 0	8.787
Fresh Apples, 100 count (1/2 cup)	16811 21	1/2 cup	325	30.23 9	0.151	0.099	0.016	0.000	0.000	0.582	8.031	1.396	6.042	0.070	3.489	31.40 3	2.675
1% White Milk	1730 129	8.00 ounce	225	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
low fat chocolate milk	2148 825	8.00 oz	225	160.0 00	8.000	3.000	1.500	N/A*	N/A*	180.0 00	28.00 0	N/A*	28.00 0	N/A*	250.0 00	N/A*	N/A*
Strawberry Milk	2083 505	1.00 each	200	130.0 00	8.000	0.000	0.000	0.000	5.000	115.0 00	27.00 0	0.000	26.00 0	0.000	30.00 0	500.0 00	1.200
Ranch Dressing	2062 262	1.00 each	225	200.0 00	0.000	22.00 0	3.500	0.000	10.00 0	320.0 00	2.000	0.000	1.000	0.000	0.000	0.000	0.000
Weighted Daily Average				718.2 60	29.52 4	31.72 8	9.265	0.026 *	57.78 4*	891.7 37	83.19 2	7.343 *	35.26 0*	2.992 *	475.4 46	2887. 941*	15.39 8*
% of Calories					16.44 %	39.76 %	11.61 %	0.03 %*			46.33 %						

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																	
2017-2018 Nicolet Lunch																	
		Total	650														
Chili Verde and Refried Beans	2149 297	1.00 tray	125	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*
Meatball SUB	21461 13	1.00 Sandwich	125	448.4 25	26.00 0*	22.02 5	8.000 *	0.000 *	80.00 0*	862.0 00	37.05 0	4.000 *	4.025 *	1.800 *	100.0 00*	0.000 *	0.000 *
Domino's Pizza, RFRS Pepperoni, 10 cut 2015	2138 035	1.00 slice	100	300.0 00	19.00 0	8.000	3.500	0.000	20.00 0	490.0 00	27.00 0	1.000	3.000	2.700	500.0 00	750.0 00	6.000
Cheese Burger w/Chips	2138 393	1.00 each	100	419.0 00	19.70 0	16.30 0	5.200	0.000	38.00 0	529.0 00	48.10 0	5.700	6.000	2.860	120.0 00	200.0 00	0.000

Jumbo Turkey Corn Dog	2138 239	4.00 ounce	100	357.0 00	10.70 0	13.70 0	3.500	0.000	42.00 0	934.0 00	46.30 0	4.600	10.80 0	2.260	67.00 0	0.000	0.000
Hot Roast Beef Sandwich	2149 891	1.00 sandwich	100	496.2 80	28.16 2	18.45 4	6.782	0.000	44.32 0	1145. 280	51.59 9	6.000	5.157	2.306	311.6 80*	246.4 00*	0.000
Broccoli Florets (1/2 cup)	1680 992	1/2 cup	225	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
Cherry Tomatoes (1/2 cup)	1680 999	1/2 cup	200	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
Side Salad	2149 287	1.00 each	225	6.571	0.286	0.000	0.000	0.000	0.000	4.000	1.143	0.571	0.571	0.257	11.42 9	1142. 857	2.914
Kiwi	2145 325	1.00 serving	325	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 Strawberries (1/2 cup)	16811 31	1/2 cup	325	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	225	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
low fat chocolate milk	2148 825	8.00 oz	225	160.0 00	8.000	3.000	1.500	N/A*	N/A*	180.0 00	28.00 0	N/A*	28.00 0	N/A*	250.0 00	N/A*	N/A*
Strawberry Milk	2083 505	1.00 each	200	130.0 00	8.000	0.000	0.000	0.000	5.000	115.0 00	27.00 0	0.000	26.00 0	0.000	30.00 0	500.0 00	1.200
Ranch Dressing	2062 262	1.00 each	225	200.0 00	0.000	22.00 0	3.500	0.000	10.00 0	320.0 00	2.000	0.000	1.000	0.000	0.000	0.000	0.000
Weighted Daily Average				687.7 92	32.39 5*	25.83 5	7.149 *	0.000 *	54.70 3*	1094. 524	83.31 2	8.207 *	41.24 8*	2.651 *	422.1 72*	1217. 824*	135.0 00*
% of Calories					18.84 %*	33.81 %	9.35 %*	0.00 %*			48.45 %						

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																	
2017-2018 Nicolet Lunch																	
		Total	650														
Domino's Pizza, RFRS Pepperoni, 10 cut 2015	2138 035	1.00 slice	100	300.0 00	19.00 0	8.000	3.500	0.000	20.00 0	490.0 00	27.00 0	1.000	3.000	2.700	500.0 00	750.0 00	6.000

Green Burrito	2138 397	1.00 5.20	50	293.7 00	16.28 0	9.130	2.550	0.340	18.87 0	413.9 30	39.49 0	7.920	1.270	3.600	80.00 0	400.0 00	4.800
Orange Popcorn Chicken	2059 363	1.00 each	100	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
Spicy Chicken w/Chips	2138 389	1.00 each	50	421.4 29	20.33 3	17.95 2	3.500	0.000	55.00 0	723.3 33	44.28 6	5.429	3.429	3.017	58.09 5	500.0 00	0.000
Cheese Burger w/Chips	2138 393	1.00 each	100	419.0 00	19.70 0	16.30 0	5.200	0.000	38.00 0	529.0 00	48.10 0	5.700	6.000	2.860	120.0 00	200.0 00	0.000
BBQ Rib Sandwich	2138 941	1.00 each	100	452.5 20	20.37 0	17.07 0	4.710	0.000	42.82 0	712.5 10	53.58 0	5.920	12.64 0	1.830	67.62 0	5.690	9.180
Ham & Cheese Salad	2069 785	1.00 each	50	245.8 28	23.21 1	13.66 8	7.156	0.000	92.00 0	1077. 308	6.559	0.571	1.881	1.397	221.4 29	1478. 857	2.914
Hot Ham and Cheese Sandwich	2149 895	1.00 sandw hich	50	414.9 99	18.49 9	14.50 0	5.000	0.016	42.49 9	894.9 99	51.00 0	6.000	6.500	2.160 *	20.00 0*	0.000 *	0.000 *
Fajita Bowl	2150 183	1.00 Bowl	50	443.0 00	23.20 0	20.40 0	7.000 *	0.000 *	76.40 0*	1154. 000	44.60 0	2.000	2.350	0.792 *	244.0 00*	20284 .000*	9.600 *
Cucumber Slices, with peel (1/2 cup)	1681 029	1/2 cup	200	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
Carrot Sticks (1/2 cup)	1680 998	1/2 cup	225	24.15 2	0.548	0.141	0.022	0.000	0.000	40.64 7	5.643	1.649	2.792	0.177	19.44 0	9841. 179	3.476
Side Salad	2149 287	1.00 each	225	6.571	0.286	0.000	0.000	0.000	0.000	4.000	1.143	0.571	0.571	0.257	11.42 9	1142. 857	2.914
Honeydew Chunks (1/2 cup)	16811 46	1/2 cup	325	68.03 9	1.021	0.265	0.072	0.000	0.000	34.01 9	17.18 0	1.512	15.34 7	0.321	11.34 0	94.49 8	34.01 9
Cantaloupe Chunks, 18 count (1/2 cup)	16811 47	1/2 cup	325	9.714	0.240	0.054	0.015	0.000	0.000	4.571	2.331	0.257	2.246	0.060	2.571	966.2 86	10.48 6
1% White Milk	1730 129	8.00 ounce	225	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
low fat chocolate milk	2148 825	8.00 oz	225	160.0 00	8.000	3.000	1.500	N/A*	N/A*	180.0 00	28.00 0	N/A*	28.00 0	N/A*	250.0 00	N/A*	N/A*
Strawberry Milk	2083 505	1.00 each	200	130.0 00	8.000	0.000	0.000	0.000	5.000	115.0 00	27.00 0	0.000	26.00 0	0.000	30.00 0	500.0 00	1.200
Ranch Dressing	2062 262	1.00 each	225	200.0 00	0.000	22.00 0	3.500	0.000	10.00 0	320.0 00	2.000	0.000	1.000	0.000	0.000	0.000	0.000
Weighted Daily Average				629.9 65	29.11 7	22.48 4	6.428 *	0.027 *	52.80 1*	945.4 76	79.48 3	5.516 *	39.43 0*	2.903 *	397.0 55*	6573. 444*	30.14 6*

% of Calories		18.49 %	32.12 %	9.18 %*	0.04 %*			50.47 %									
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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)
Mon - 08/14/2017																	
2017-2018 Nicolet Lunch																	
		Total	650														
Chili Topped Potato Sticks	2149331	1.00 Bowl	200	595.996	17.000	24.036	7.500*	0.000*	55.000*	985.358	78.154	6.986	16.146	3.780	283.789	3771.716	8.425
Grilled BRC Burrito	2146095	1.00 Burrito	100	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*
Domino's Pizza	2138031	1.00 slice	100	259.716	18.979	7.991	3.496	0.000	19.978	459.497	26.970	0.999	2.997	1.798	499.453	749.180	4.795
Salad	2146471	1.00 each	50	246.828	14.491	19.308	12.000	0.000	60.000	386.308	4.579	0.571	0.871	0.617	419.429	1710.857	2.914
Cheese Sandwich	2138943	1.00 each	50	325.999	12.279	15.859	6.579	0.000	27.000	701.994	34.451	5.000	3.000*	1.491	215.996	271.996	0.000
Alfredo Bake	2146059	1.50 cup	100	372.338	21.398	13.923	8.333	0.208	45.841	592.902	44.256	8.005	7.707	0.713*	247.260*	610.801*	35.956*
Broccoli Florets, Cooked from Frozen (1/2 cup)	1680997	1/2 cup	200	26.705	2.929	0.104	0.019	0.000	0.000	22.595	5.065	2.873	N/A*	0.576	48.279	955.255	37.903
Baby Carrots (1/2 cup)	1681002	1/2 cup	225	6.201	0.113	0.023	0.004	0.000	0.000	13.820	1.460	0.514	0.843	0.158	5.670	2443.373	0.461
Side Salad	2149287	1.00 each	225	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
Watermelon Chunks (1/2 cup)	1681148	1/2 cup	325	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	325	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	200	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
Strawberry Milk	2083505	1.00 each	225	130.000	8.000	0.000	0.000	0.000	5.000	115.000	27.000	0.000	26.000	0.000	30.000	500.000	1.200

low fat chocolate milk	2148 825	8.00 oz	225	160.0 00	8.000	3.000	1.500	N/A*	N/A*	180.0 00	28.00 0	N/A*	28.00 0	N/A*	250.0 00	N/A*	N/A*
Ranch Dressing	2062 262	1.00 each	225	200.0 00	0.000	22.00 0	3.500	0.000	10.00 0	320.0 00	2.000	0.000	1.000	0.000	0.000	0.000	0.000
Weighted Daily Average				645.8 59	26.07 9	26.08 1	7.920 *	0.032 *	43.54 9*	916.7 72	80.40 1	7.664 *	35.47 8*	2.984 *	502.1 75*	3487. 678*	25.43 4*
% of Calories					16.15 %	36.34 %	11.04 %*	0.04 %*			49.79 %						

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																	
2017-2018 Nicolet Lunch																	
		Total	650														
Chicken Fajita Wrap w/Chips	21371 15	1.00 each	100	469.4 00	21.09 0	20.75 4	8.507	0.000	53.20 0	737.0 80	51.33 3	6.468	3.531	2.956	386.9 60	12949 800	8.112
Domino's Pizza, RFRS Pepperoni, 10 cut 2015	2138 035	1.00 slice	100	300.0 00	19.00 0	8.000	3.500	0.000	20.00 0	490.0 00	27.00 0	1.000	3.000	2.700	500.0 00	750.0 00	6.000
Turkey & Cheese Sandwich	2138 949	1.00 each	50	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
Cheese Burger w/Chips	2138 393	1.00 each	100	419.0 00	19.70 0	16.30 0	5.200	0.000	38.00 0	529.0 00	48.10 0	5.700	6.000	2.860	120.0 00	200.0 00	0.000
Spicy Chicken w/Chips	2138 389	1.00 each	50	421.4 29	20.33 3	17.95 2	3.500	0.000	55.00 0	723.3 33	44.28 6	5.429	3.429	3.017	58.09 5	500.0 00	0.000
Turkey & Cheese Salad w/Croutons	2139 941	1.00 each	50	335.5 71	27.00 6	17.36 0	7.156	0.000	92.00 0	1335. 000	19.12 3	2.571	3.881	2.117	221.4 29	1478. 857	2.914
Nachos with Taco Meat	2069 780	1.00 each	100	646.0 84	26.51 7	29.44 7	4.965	0.038	33.67 0	1391. 066	71.49 9	11.82 6	3.825 *	5.387	298.8 66	138.4 30	1.904
Taquitos	2149 315	4.40 oz	100	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*
Vegetarian Beans, Cooked from Canned (1/2 cup)	1681 028	1/2 cup	325	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
Side Salad	2149 287	1.00 each	325	6.571	0.286	0.000	0.000	0.000	0.000	4.000	1.143	0.571	0.571	0.257	11.42 9	1142. 857	2.914

Banana	4261 63	1.00 each	325	89.89 0	1.101	0.333	0.113	0.000	0.000	1.010	23.06 8	2.626	12.35 2	0.263	5.050	64.64 0	8.787
Fresh Apples, 100 count (1/2 cup)	16811 21	1/2 cup	325	30.23 9	0.151	0.099	0.016	0.000	0.000	0.582	8.031	1.396	6.042	0.070	3.489	31.40 3	2.675
1% White Milk	1730 129	8.00 ounce	225	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
low fat chocolate milk	2148 825	8.00 oz	225	160.0 00	8.000	3.000	1.500	N/A*	N/A*	180.0 00	28.00 0	N/A*	28.00 0	N/A*	250.0 00	N/A*	N/A*
Strawberry Milk	2083 505	1.00 each	200	130.0 00	8.000	0.000	0.000	0.000	5.000	115.0 00	27.00 0	0.000	26.00 0	0.000	30.00 0	500.0 00	1.200
Ranch Dressing	2062 262	1.00 each	325	200.0 00	0.000	22.00 0	3.500	0.000	10.00 0	320.0 00	2.000	0.000	1.000	0.000	0.000	0.000	0.000
Weighted Daily Average				701.5 24	31.17 4	28.94 7	7.491	0.006 *	55.40 3*	1062. 232	82.21 7	7.953 *	35.85 2*	3.271 *	468.0 12	3269. 074*	11.07 6*
% of Calories					17.77 %	37.14 %	9.61 %	0.01 %*			46.88 %						

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 - 08/16/2017																	
2017-2018 Nicolet Lunch																	
		Total	650														
Taco Salad	2138 047	1.00 scoop	250	492.8 82	19.28 7	31.54 2	9.810	0.000	65.43 7	640.8 74	35.39 7	3.591	1.261 *	2.159	238.5 86	1430. 607	2.914
Domino's Pizza, RFRS Pepperoni, 10 cut 2015	2138 035	1.00 slice	100	300.0 00	19.00 0	8.000	3.500	0.000	20.00 0	490.0 00	27.00 0	1.000	3.000	2.700	500.0 00	750.0 00	6.000
Green Burrito	2138 397	1.00 5.20	50	293.7 00	16.28 0	9.130	2.550	0.340	18.87 0	413.9 30	39.49 0	7.920	1.270	3.600	80.00 0	400.0 00	4.800
Spicy Chicken w/Chips	2138 389	1.00 each	100	421.4 29	20.33 3	17.95 2	3.500	0.000	55.00 0	723.3 33	44.28 6	5.429	3.429	3.017	58.09 5	500.0 00	0.000
Cheese Burger w/Chips	2138 393	1.00 each	50	419.0 00	19.70 0	16.30 0	5.200	0.000	38.00 0	529.0 00	48.10 0	5.700	6.000	2.860	120.0 00	200.0 00	0.000
Chicken Fajita Wrap w/Chips	21371 15	1.00 each	50	469.4 00	21.09 0	20.75 4	8.507	0.000	53.20 0	737.0 80	51.33 3	6.468	3.531	2.956	386.9 60	12949 .800	8.112

Ham & Cheese Sandwich	2138 947	1.00 each	50	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	200	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
Side Salad	2149 287	1.00 each	225	6.571	0.286	0.000	0.000	0.000	0.000	4.000	1.143	0.571	0.571	0.257	11.42 9	1142. 857	2.914
Cherry Tomatoes (1/2 cup)	1680 999	1/2 cup	225	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	325	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	325	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	225	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
low fat chocolate milk	2148 825	8.00 oz	225	160.0 00	8.000	3.000	1.500	N/A*	N/A*	180.0 00	28.00 0	N/A*	28.00 0	N/A*	250.0 00	N/A*	N/A*
Strawberry Milk	2083 505	1.00 each	200	130.0 00	8.000	0.000	0.000	0.000	5.000	115.0 00	27.00 0	0.000	26.00 0	0.000	30.00 0	500.0 00	1.200
Ranch Dressing	2062 262	1.00 each	225	200.0 00	0.000	22.00 0	3.500	0.000	10.00 0	320.0 00	2.000	0.000	1.000	0.000	0.000	0.000	0.000
Weighted Daily Average				714.3 12	28.47 3	30.28 1	8.688	0.026 *	56.98 1*	903.0 66	83.09 8	7.494 *	40.70 0*	3.264 *	458.8 58	2995. 664*	22.56 2*
% of Calories					15.94 %	38.15 %	10.95 %	0.03 %*			46.53 %						

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 - 08/17/2017																	
2017-2018 Nicolet Lunch																	
		Total	650														
Domino's Pizza, RFRS Pepperoni, 10 cut 2015	2138 035	1.00 slice	50	300.0 00	19.00 0	8.000	3.500	0.000	20.00 0	490.0 00	27.00 0	1.000	3.000	2.700	500.0 00	750.0 00	6.000
Cheese Burger w/Chips	2138 393	1.00 each	100	419.0 00	19.70 0	16.30 0	5.200	0.000	38.00 0	529.0 00	48.10 0	5.700	6.000	2.860	120.0 00	200.0 00	0.000

Jumbo Turkey Corn Dog	2138 239	4.00 ounce	100	357.0 00	10.70 0	13.70 0	3.500	0.000	42.00 0	934.0 00	46.30 0	4.600	10.80 0	2.260	67.00 0	0.000	0.000
Hot Roast Beef Sandwich	2149 891	1.00 sandwich	100	496.2 80	28.16 2	18.45 4	6.782	0.000	44.32 0	1145. 280	51.59 9	6.000	5.157	2.306	311.6 80*	246.4 00*	0.000
Fiesta Bowl	2146 281	1.00 bowl	150	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
BBQ Beef Sandwich	2146 551	1.00 sandwich	100	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
Pastrami Sub	2150 195	1.00 sub	50	438.2 77	33.38 7	19.57 8	7.819	0.000	100.3 19	1628. 761	34.62 4	3.000	5.182	4.133	311.6 80	246.4 00	0.000
Side Salad	2149 287	1.00 each	225	6.571	0.286	0.000	0.000	0.000	0.000	4.000	1.143	0.571	0.571	0.257	11.42 9	1142. 857	2.914
Cucumber Slices, with peel (1/2 cup)	1681 029	1/2 cup	225	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	200	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	325	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	325	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	225	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
low fat chocolate milk	2148 825	8.00 oz	225	160.0 00	8.000	3.000	1.500	N/A*	N/A*	180.0 00	28.00 0	N/A*	28.00 0	N/A*	250.0 00	N/A*	N/A*
Strawberry Milk	2083 505	1.00 each	200	130.0 00	8.000	0.000	0.000	0.000	5.000	115.0 00	27.00 0	0.000	26.00 0	0.000	30.00 0	500.0 00	1.200
Ranch Dressing	2062 262	1.00 each	225	200.0 00	0.000	22.00 0	3.500	0.000	10.00 0	320.0 00	2.000	0.000	1.000	0.000	0.000	0.000	0.000
Weighted Daily Average				707.8 30	33.80 2	24.18 6	6.464	0.000	54.15 1*	1171. 700	91.85 4	10.24 4*	44.61 2*	3.212	449.4 15*	1199. 846*	101.6 40*
% of Calories					19.10 %	30.75 %	8.22 %*	0.00 %*			51.91 %						

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																	

2017-2018 Nicolet Lunch

		Total	650														
Domino's Pizza, RFRS Pepperoni, 10 cut 2015	2138035	1.00 slice	100	300.00	19.000	8.000	3.500	0.000	20.000	490.00	27.000	1.000	3.000	2.700	500.00	750.00	6.000
Green Burrito	2138397	1.00 5.20	50	293.70	16.280	9.130	2.550	0.340	18.870	413.930	39.490	7.920	1.270	3.600	80.000	400.00	4.800
Spicy Chicken w/Chips	2138389	1.00 each	100	421.429	20.333	17.952	3.500	0.000	55.000	723.333	44.286	5.429	3.429	3.017	58.095	500.00	0.000
Cheese Burger w/Chips	2138393	1.00 each	50	419.000	19.700	16.300	5.200	0.000	38.000	529.000	48.100	5.700	6.000	2.860	120.000	200.00	0.000
Ham & Cheese Salad	2069785	1.00 each	50	245.828	23.211	13.668	7.156	0.000	92.000	1077.308	6.559	0.571	1.881	1.397	221.429	1478.857	2.914
Chicken Tenders	2059770	3.00 piece	100	210.000	15.000	11.000	2.000	0.000	55.000	730.000	13.000	1.000	1.000	1.800	20.000	100.00	0.000
Fish Square	2144991	1.00 serving	100	251.429	20.333	3.952	0.000	0.000	55.000	353.333	34.286	3.429	1.429	2.297	98.095	0.000	0.000
Chicken Fajita Wrap w/Chips	2137115	1.00 each	50	469.400	21.090	20.754	8.507	0.000	53.200	737.080	51.333	6.468	3.531	2.956	386.960	12949.800	8.112
Hot Ham and Cheese Sandwich	2149895	1.00 sandwich	50	414.999	18.499	14.500	5.000	0.016	42.499	894.999	51.000	6.000	6.500	2.160*	20.00*	0.000*	0.000*
Fajita Bowl	2150183	1.00 Bowl	50	443.000	23.200	20.400	7.000*	0.000*	76.400*	1154.000	44.600	2.000	2.350	0.792*	244.00*	20284.000*	9.600*
Side Salad	2149287	1.00 each	225	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
Zucchini Sticks (1/2 cup)	1681036	1/2 cup	200	13.070	0.930	0.246	0.065	0.000	0.000	6.150	2.391	0.769	1.922	0.284	12.301	153.760	13.762
Cut Green Beans, Cooked from Canned (1/2 cup)	1681040	1/2 cup	225	14.001	0.782	0.068	0.020	0.000	0.000	139.998	3.040	1.299	N/A*	0.612	18.000	293.998	3.203
Honeydew Chunks (1/2 cup)	1681146	1/2 cup	325	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
Watermelon Chunks (1/2 cup)	1681148	1/2 cup	325	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
1% White Milk	1730129	8.00 ounce	225	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

low fat chocolate milk	2148 825	8.00 oz	225	160.0 00	8.000	3.000	1.500	N/A*	N/A*	180.0 00	28.00 0	N/A*	28.00 0	N/A*	250.0 00	N/A*	N/A*
Strawberry Milk	2083 505	1.00 each	200	130.0 00	8.000	0.000	0.000	0.000	5.000	115.0 00	27.00 0	0.000	26.00 0	0.000	30.00 0	500.0 00	1.200
Ranch Dressing	2062 262	1.00 each	225	200.0 00	0.000	22.00 0	3.500	0.000	10.00 0	320.0 00	2.000	0.000	1.000	0.000	0.000	0.000	0.000
Weighted Daily Average				612.9 35	30.80 6	23.35 2	6.424 *	0.027 *	61.61 3*	1052. 308	72.05 5	5.565 *	35.15 2*	3.148 *	423.9 72*	3914. 980*	28.46 6*
% of Calories					20.10 %	34.29 %	9.43 %*	0.04 %*			47.02 %						

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																	
2017-2018 Nicolet Lunch																	
		Total	650														
Grilled BRC Burrito	2146 095	1.00 Burrito	150	540.0 00	18.00 0	20.00 0	1.000 *	0.000 *	10.00 0	620.0 00	71.00 0	11.00 0	6.000	5.760	150.0 00	100.0 00	0.000 *
Domino's Pizza	2138 031	1.00 slice	200	259.7 16	18.97 9	7.991	3.496	0.000	19.97 8	459.4 97	26.97 0	0.999	2.997	1.798	499.4 53	749.1 80	4.795
Salad	2146 471	1.00 each	100	246.8 28	14.49 1	19.30 8	12.00 0	0.000	60.00 0	386.3 08	4.579	0.571	0.871	0.617	419.4 29	1710. 857	2.914
Tamale Cheese & Green Chile	2150 193	1.00 servin g	100	530.0 00	19.00 0	31.00 0	8.500	0.000	35.00 0	921.0 00	48.00 0	7.000	3.000	0.720 *	300.0 00*	750.0 00*	9.000 *
Veggie Burger	2150 201	1.00 sandwi ch	100	275.4 29	15.83 3	11.15 2	2.500	0.000	63.00 0	375.3 33	30.58 6	3.829	3.029	2.657	148.0 95	1500. 000	0.000
Side Salad	2149 287	1.00 each	225	6.571	0.286	0.000	0.000	0.000	0.000	4.000	1.143	0.571	0.571	0.257	11.42 9	1142. 857	2.914
Broccoli Florets (1/2 cup)	1680 992	1/2 cup	225	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
Celery Sticks (1/2 cup)	1681 032	1/2 cup	200	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
Mango	2146 725	100.00 grams	325	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	325	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	225	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
low fat chocolate milk	2148 825	8.00 oz	200	160.0 00	8.000	3.000	1.500	N/A*	N/A*	180.0 00	28.00 0	N/A*	28.00 0	N/A*	250.0 00	N/A*	N/A*
Strawberry Milk	2083 505	1.00 each	225	130.0 00	8.000	0.000	0.000	0.000	5.000	115.0 00	27.00 0	0.000	26.00 0	0.000	30.00 0	500.0 00	1.200
Ranch Dressing	2062 262	1.00 each	225	200.0 00	0.000	22.00 0	3.500	0.000	10.00 0	320.0 00	2.000	0.000	1.000	0.000	0.000	0.000	0.000
Weighted Daily Average				649.4 82	26.42 2	25.94 2	7.039 *	0.000 *	41.41 6*	810.0 69	79.52 5	6.368 *	40.42 8	2.959 *	535.7 45*	1873. 371*	15.62 0*
% of Calories					16.27 %	35.95 %	9.75 %*	0.00 %*			48.98 %						

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																	
2017-2018 Nicolet Lunch																	
		Total	650														
Chicken Fajita Wrap w/Chips	21371 15	1.00 each	100	469.4 00	21.09 0	20.75 4	8.507	0.000	53.20 0	737.0 80	51.33 3	6.468	3.531	2.956	386.9 60	12949 .800	8.112
Domino's Pizza, RFRS Pepperoni, 10 cut 2015	2138 035	1.00 slice	100	300.0 00	19.00 0	8.000	3.500	0.000	20.00 0	490.0 00	27.00 0	1.000	3.000	2.700	500.0 00	750.0 00	6.000
Turkey & Cheese Sandwich	2138 949	1.00 each	50	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
Cheese Burger w/Chips	2138 393	1.00 each	50	419.0 00	19.70 0	16.30 0	5.200	0.000	38.00 0	529.0 00	48.10 0	5.700	6.000	2.860	120.0 00	200.0 00	0.000
Spicy Chicken w/Chips	2138 389	1.00 each	50	421.4 29	20.33 3	17.95 2	3.500	0.000	55.00 0	723.3 33	44.28 6	5.429	3.429	3.017	58.09 5	500.0 00	0.000
Turkey & Cheese Salad w/CROUTONS	2139 941	1.00 each	50	335.5 71	27.00 6	17.36 0	7.156	0.000	92.00 0	1335. 000	19.12 3	2.571	3.881	2.117	221.4 29	1478. 857	2.914
Taquitos	2149 315	4.40 oz	100	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*

Turkey Taco Nada	2060 971	5.00 ounce	50	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
Side Salad	2149 287	1.00 each	325	6.571	0.286	0.000	0.000	0.000	0.000	4.000	1.143	0.571	0.571	0.257	11.42 9	1142. 857	2.914
Jicama Sticks (1/2 cup)	1681 011	1/2 cup	325	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
Fresh Apples, 100 count (1/2 cup)	16811 21	1/2 cup	325	30.23 9	0.151	0.099	0.016	0.000	0.000	0.582	8.031	1.396	6.042	0.070	3.489	31.40 3	2.675
Fresh Banana, 100-120 count (1/2 cup)	16811 22	1/2 cup	325	115.3 42	1.413	0.428	0.145	0.000	0.000	1.296	29.60 0	3.370	15.85 0	0.337	6.480	82.94 3	11.27 5
1% White Milk	1730 129	8.00 ounce	225	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
low fat chocolate milk	2148 825	8.00 oz	225	160.0 00	8.000	3.000	1.500	N/A*	N/A*	180.0 00	28.00 0	N/A*	28.00 0	N/A*	250.0 00	N/A*	N/A*
Strawberry Milk	2083 505	1.00 each	200	130.0 00	8.000	0.000	0.000	0.000	5.000	115.0 00	27.00 0	0.000	26.00 0	0.000	30.00 0	500.0 00	1.200
Ranch Dressing	2062 262	1.00 each	325	200.0 00	0.000	22.00 0	3.500	0.000	10.00 0	320.0 00	2.000	0.000	1.000	0.000	0.000	0.000	0.000
Weighted Daily Average				620.9 50	27.42 7	23.97 9	6.535	0.000 *	49.60 8*	840.6 55	77.32 6	8.363 *	37.24 7*	2.764 *	422.7 83	3272. 653*	19.80 8*
% of Calories					17.67 %	34.75 %	9.47 %	0.00 %*			49.81 %						

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																	
2017-2018 Nicolet Lunch																	
		Total	650														
Ham & Cheese Sandwich	2138 947	1.00 each	50	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
Taco Salad	2138 047	1.00 scoop	200	492.8 82	19.28 7	31.54 2	9.810	0.000	65.43 7	640.8 74	35.39 7	3.591	1.261 *	2.159	238.5 86	1430. 607	2.914
Domino's Pizza, RFRS Pepperoni, 10 cut 2015	2138 035	1.00 slice	100	300.0 00	19.00 0	8.000	3.500	0.000	20.00 0	490.0 00	27.00 0	1.000	3.000	2.700	500.0 00	750.0 00	6.000

Domino's Pizza, RFRS Pepperoni, 10 cut 2015	2138035	1.00 slice	100	300.000	19.000	8.000	3.500	0.000	20.000	490.000	27.000	1.000	3.000	2.700	500.000	750.000	6.000
Cheese Burger w/Chips	2138393	1.00 each	50	419.000	19.700	16.300	5.200	0.000	38.000	529.000	48.100	5.700	6.000	2.860	120.000	200.000	0.000
Jumbo Turkey Corn Dog	2138239	4.00 ounce	100	357.000	10.700	13.700	3.500	0.000	42.000	934.000	46.300	4.600	10.800	2.260	67.000	0.000	0.000
Penne Pasta with Meatballs	2146543	1.00 Bowl	200	340.850	19.000*	14.050	3.000*	0.000*	55.000*	404.000	38.100	7.000*	2.050*	0.360*	20.000*	N/A*	N/A*
Sausage Sub	2150189	1.00 sandwich	200	573.410	32.590	31.229	10.883	0.000	85.000	1001.907	40.725	5.021	6.427	2.066*	103.969*	1564.892*	92.306*
Side Salad	2149287	1.00 each	225	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
Baby Carrots (1/2 cup)	1681002	1/2 cup	225	6.201	0.113	0.023	0.004	0.000	0.000	13.820	1.460	0.514	0.843	0.158	5.670	2443.373	0.461
Broccoli Florets (1/2 cup)	1680992	1/2 cup	200	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
Fresh Strawberries (1/2 cup)	1681131	1/2 cup	325	27.913	0.584	0.262	0.013	0.000	0.000	0.872	6.699	1.745	4.266	0.358	13.957	10.468	51.291
Fresh Oranges (1/2 cup)	1681127	1/2 cup	325	125.405	2.508	0.320	0.040	0.000	0.000	0.000	31.351	6.404	24.948	0.267	106.728	600.342	141.948
1% White Milk	1730129	8.00 ounce	225	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
low fat chocolate milk	2148825	8.00 oz	225	160.000	8.000	3.000	1.500	N/A*	N/A*	180.000	28.000	N/A*	28.000	N/A*	250.000	N/A*	N/A*
Strawberry Milk	2083505	1.00 each	200	130.000	8.000	0.000	0.000	0.000	5.000	115.000	27.000	0.000	26.000	0.000	30.000	500.000	1.200
Ranch Dressing	2062262	1.00 each	225	200.000	0.000	22.000	3.500	0.000	10.000	320.000	2.000	0.000	1.000	0.000	0.000	0.000	0.000
Weighted Daily Average				702.183	32.362*	28.346	8.027*	0.000*	64.000*	959.666	82.760	9.474*	43.191*	2.193*	418.247*	2492.047*	129.180*
% of Calories					18.44%*	36.33%	10.29%*	0.00%*			47.14%						

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																	

2017-2018 Nicolet Lunch

		Total	650														
Fajita Bowl	2150 183	1.00 Bowl	50	443.0 00	23.20 0	20.40 0	7.000 *	0.000 *	76.40 0*	1154. 000	44.60 0	2.000	2.350	0.792 *	244.0 00*	20284 .000*	9.600 *
Domino's Pizza, RFRS Pepperoni, 10 cut 2015	2138 035	1.00 slice	100	300.0 00	19.00 0	8.000	3.500	0.000	20.00 0	490.0 00	27.00 0	1.000	3.000	2.700	500.0 00	750.0 00	6.000
Hot Ham and Cheese Sandwich	2149 895	1.00 sandw hich	50	414.9 99	18.49 9	14.50 0	5.000	0.016	42.49 9	894.9 99	51.00 0	6.000	6.500	2.160 *	20.00 0*	0.000 *	0.000 *
Green Burrito	2138 397	1.00 5.20	50	293.7 00	16.28 0	9.130	2.550	0.340	18.87 0	413.9 30	39.49 0	7.920	1.270	3.600	80.00 0	400.0 00	4.800
Spicy Chicken w/Chips	2138 389	1.00 each	50	421.4 29	20.33 3	17.95 2	3.500	0.000	55.00 0	723.3 33	44.28 6	5.429	3.429	3.017	58.09 5	500.0 00	0.000
Cheese Burger w/Chips	2138 393	1.00 each	50	419.0 00	19.70 0	16.30 0	5.200	0.000	38.00 0	529.0 00	48.10 0	5.700	6.000	2.860	120.0 00	200.0 00	0.000
Ham & Cheese Salad	2069 785	1.00 each	50	245.8 28	23.21 1	13.66 8	7.156	0.000	92.00 0	1077. 308	6.559	0.571	1.881	1.397	221.4 29	1478. 857	2.914
BBQ Teryaki Chicken	2059 364	2.60 Ounce	150	260.0 00	19.00 0	6.000	1.000	0.000	70.00 0	842.0 00	34.00 0	2.000	11.00 0	2.160	20.00 0	2500. 000	4.800
Fish Square Wrap	2150 191	1.00 servin g	100	350.0 00	23.00 0	6.500	1.000	0.000	55.00 0	480.0 00	51.00 0	5.000	1.000	3.240	210.0 00	0.000	0.000
Chicken Fajita Wrap w/Chips	21371 15	1.00 each	50	469.4 00	21.09 0	20.75 4	8.507	0.000	53.20 0	737.0 80	51.33 3	6.468	3.531	2.956	386.9 60	12949 .800	8.112
Side Salad	2149 287	1.00 each	225	6.571	0.286	0.000	0.000	0.000	0.000	4.000	1.143	0.571	0.571	0.257	11.42 9	1142. 857	2.914
Cherry Tomatoes (1/2 cup)	1680 999	1/2 cup	200	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
Celery Sticks (1/2 cup)	1681 032	1/2 cup	225	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
Sliced Peaches, Canned (1/2 cup)	16811 18	1/2 cup	325	52.99 6	0.504	0.139	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	325	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	225	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

low fat chocolate milk	2148 825	8.00 oz	225	160.0 00	8.000	3.000	1.500	N/A*	N/A*	180.0 00	28.00 0	N/A*	28.00 0	N/A*	250.0 00	N/A*	N/A*
Strawberry Milk	2083 505	1.00 each	200	130.0 00	8.000	0.000	0.000	0.000	5.000	115.0 00	27.00 0	0.000	26.00 0	0.000	30.00 0	500.0 00	1.200
Ranch Dressing	2062 262	1.00 each	225	200.0 00	0.000	22.00 0	3.500	0.000	10.00 0	320.0 00	2.000	0.000	1.000	0.000	0.000	0.000	0.000
Weighted Daily Average				647.8 46	31.06 2	21.92 5	6.174 *	0.027 *	65.07 5*	1037. 201	82.92 2	6.180 *	35.80 8*	3.050 *	428.1 98*	4796. 741*	17.37 7*
% of Calories					19.18 %	30.46 %	8.58 %*	0.04 %*			51.20 %						

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																	
2017-2018 Nicolet Lunch																	
		Total	650														
Grilled BRC Burrito	2146 095	1.00 Burrito	125	540.0 00	18.00 0	20.00 0	1.000 *	0.000 *	10.00 0	620.0 00	71.00 0	11.00 0	6.000	5.760	150.0 00	100.0 00	0.000 *
Domino's Pizza	2138 031	1.00 slice	125	259.7 16	18.97 9	7.991	3.496	0.000	19.97 8	459.4 97	26.97 0	0.999	2.997	1.798	499.4 53	749.1 80	4.795
Salad	2146 471	1.00 each	50	246.8 28	14.49 1	19.30 8	12.00 0	0.000	60.00 0	386.3 08	4.579	0.571	0.871	0.617	419.4 29	1710. 857	2.914
Cheese Sandwich	2138 943	1.00 each	50	325.9 99	12.27 9	15.85 9	6.579	0.000	27.00 0	701.9 94	34.45 1	5.000	3.000 *	1.491	215.9 96	271.9 96	0.000
Enchilada with Beans	2150 185	1.00 plate	150	326.0 30	14.52 0	16.08 0	5.600	0.000	20.98 0	665.4 60	33.85 0	6.030	1.140	1.180 *	201.4 40*	303.3 40*	0.000 *
Vegetable Chow Mein	2146 091	5.50 oz	150	395.0 00	18.00 0	6.500	1.000	0.000	18.00 0	766.0 00	68.00 0	10.00 0	6.000	0.720 *	30.00 0*	300.0 00*	3.600 *
Side Salad	2149 287	1.00 each	225	6.571	0.286	0.000	0.000	0.000	0.000	4.000	1.143	0.571	0.571	0.257	11.42 9	1142. 857	2.914
Cucumber Slices, with peel (1/2 cup)	1681 029	1/2 cup	200	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 Slices, Cooked from Fresh (1/2 cup)	1681 043	1/2 cup	225	2.647	0.201	0.064	0.013	0.000	0.000	0.529	0.475	0.176	0.302	0.065	3.176	197.1 18	2.276

Watermelon Chunks (1/2 cup)	1681148	1/2 cup	325	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
Mango	2146725	100.00 grams	325	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
1% White Milk	1730129	8.00 ounce	225	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
low fat chocolate milk	2148825	8.00 oz	200	160.000	8.000	3.000	1.500	N/A*	N/A*	180.000	28.000	N/A*	28.000	N/A*	250.000	N/A*	N/A*
Strawberry Milk	2083505	1.00 each	225	130.000	8.000	0.000	0.000	0.000	5.000	115.000	27.000	0.000	26.000	0.000	30.000	500.000	1.200
Ranch Dressing	2062262	1.00 each	225	200.000	0.000	22.000	3.500	0.000	10.000	320.000	2.000	0.000	1.000	0.000	0.000	0.000	0.000
Weighted Daily Average				619.614	25.760	22.768	6.024*	0.000*	30.107*	881.677	80.680	7.857*	34.947*	2.259*	445.188*	1610.764*	12.676*
% of Calories					16.63%	33.07%	8.75%*	0.00%*			52.08%						

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																	
2017-2018 Nicolet Lunch																	
		Total	650														
Chicken Fajita Wrap w/Chips	2137115	1.00 each	100	469.400	21.090	20.754	8.507	0.000	53.200	737.080	51.333	6.468	3.531	2.956	386.960	12949.800	8.112
Domino's Pizza, RFRS Pepperoni, 10 cut 2015	2138035	1.00 slice	100	300.000	19.000	8.000	3.500	0.000	20.000	490.000	27.000	1.000	3.000	2.700	500.000	750.000	6.000
Turkey & Cheese Sandwich	2138949	1.00 each	50	332.998	18.139	13.429	4.288	0.000	43.499	930.994	35.228	5.000	3.000*	2.188	137.998	135.998	0.000
Cheese Burger w/Chips	2138393	1.00 each	100	419.000	19.700	16.300	5.200	0.000	38.000	529.000	48.100	5.700	6.000	2.860	120.000	200.000	0.000
Spicy Chicken w/Chips	2138389	1.00 each	50	421.429	20.333	17.952	3.500	0.000	55.000	723.333	44.286	5.429	3.429	3.017	58.095	500.000	0.000
Turkey & Cheese Salad w/Croutons	2139941	1.00 each	50	335.571	27.006	17.360	7.156	0.000	92.000	1335.000	19.123	2.571	3.881	2.117	221.429	1478.857	2.914

Taquitos	2149 315	4.40 oz	100	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*
Nachos with Taco Meat	2069 780	1.00 each	100	646.0 84	26.51 7	29.44 7	4.965	0.038	33.67 0	1391. 066	71.49 9	11.82 6	3.825 *	5.387	298.8 66	138.4 30	1.904
Side Salad	2149 287	1.00 each	225	6.571	0.286	0.000	0.000	0.000	0.000	4.000	1.143	0.571	0.571	0.257	11.42 9	1142. 857	2.914
Broccoli Florets (1/2 cup)	1680 992	1/2 cup	225	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
Cherry Tomatoes (1/2 cup)	1680 999	1/2 cup	200	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
Fresh Apples, 100 count (1/2 cup)	16811 21	1/2 cup	325	30.23 9	0.151	0.099	0.016	0.000	0.000	0.582	8.031	1.396	6.042	0.070	3.489	31.40 3	2.675
Fresh Banana, 100-120 count (1/2 cup)	16811 22	1/2 cup	325	115.3 42	1.413	0.428	0.145	0.000	0.000	1.296	29.60 0	3.370	15.85 0	0.337	6.480	82.94 3	11.27 5
1% White Milk	1730 129	8.00 ounce	225	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
low fat chocolate milk	2148 825	8.00 oz	225	160.0 00	8.000	3.000	1.500	N/A*	N/A*	180.0 00	28.00 0	N/A*	28.00 0	N/A*	250.0 00	N/A*	N/A*
Strawberry Milk	2083 505	1.00 each	200	130.0 00	8.000	0.000	0.000	0.000	5.000	115.0 00	27.00 0	0.000	26.00 0	0.000	30.00 0	500.0 00	1.200
Ranch Dressing	2062 262	1.00 each	325	200.0 00	0.000	22.00 0	3.500	0.000	10.00 0	320.0 00	2.000	0.000	1.000	0.000	0.000	0.000	0.000
Weighted Daily Average				717.5 44	31.50 8	29.04 4	7.513	0.006 *	55.40 3*	1062. 357	86.22 7	8.533 *	38.12 2*	3.336 *	469.7 17	3302. 689*	16.03 4*
% of Calories					17.56 %	36.43 %	9.42 %	0.01 %*			48.07 %						

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)
Wed - 08/30/2017																	
2017-2018 Nicolet Lunch																	
		Total	650														
Taco Salad	2138 047	1.00 scoop	300	492.8 82	19.28 7	31.54 2	9.810	0.000	65.43 7	640.8 74	35.39 7	3.591	1.261 *	2.159	238.5 86	1430. 607	2.914

Domino's Pizza, RFRS Pepperoni, 10 cut 2015	2138035	1.00 slice	100	300.000	19.000	8.000	3.500	0.000	20.000	490.000	27.000	1.000	3.000	2.700	500.000	750.000	6.000
Green Burrito	2138397	1.00 5.20	50	293.700	16.280	9.130	2.550	0.340	18.870	413.930	39.490	7.920	1.270	3.600	80.000	400.000	4.800
Spicy Chicken w/Chips	2138389	1.00 each	100	421.429	20.333	17.952	3.500	0.000	55.000	723.333	44.286	5.429	3.429	3.017	58.095	500.000	0.000
Cheese Burger w/Chips	2138393	1.00 each	50	419.000	19.700	16.300	5.200	0.000	38.000	529.000	48.100	5.700	6.000	2.860	120.000	200.000	0.000
Chicken Fajita Wrap w/Chips	2137115	1.00 each	50	469.400	21.090	20.754	8.507	0.000	53.200	737.080	51.333	6.468	3.531	2.956	386.960	1294.800	8.112
Ham & Cheese Sandwich	2138947	1.00 each	50	332.998	18.139	13.429	4.288	0.000	43.499	930.994	35.228	5.000	3.000*	2.188	137.998	135.998	0.000
Side Salad	2149287	1.00 each	225	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	225	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)	1681002	1/2 cup	200	6.201	0.113	0.023	0.004	0.000	0.000	13.820	1.460	0.514	0.843	0.158	5.670	2443.373	0.461
Diced Peaches, Canned (1/2 cup)	1681108	1/2 cup	325	52.996	0.504	0.134	0.000	0.000	0.000	5.998	13.394	1.298	N/A*	0.378	5.998	339.998	3.805
Mango	2146725	100.00 grams	325	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
1% White Milk	1730129	8.00 ounce	225	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
low fat chocolate milk	2148825	8.00 oz	225	160.000	8.000	3.000	1.500	N/A*	N/A*	180.000	28.000	N/A*	28.000	N/A*	250.000	N/A*	N/A*
Strawberry Milk	2083505	1.00 each	200	130.000	8.000	0.000	0.000	0.000	5.000	115.000	27.000	0.000	26.000	0.000	30.000	500.000	1.200
Ranch Dressing	2062262	1.00 each	225	200.000	0.000	22.000	3.500	0.000	10.000	320.000	2.000	0.000	1.000	0.000	0.000	0.000	0.000
Weighted Daily Average				732.029	29.825	32.730	9.436	0.026*	62.015*	952.963	81.320	6.589*	32.989*	3.097*	477.430	3799.877*	13.514*
% of Calories					16.30%	40.24%	11.60%	0.03%*			44.44%						

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 - 08/31/2017

2017-2018 Nicolet Lunch

		Total	650														
Domino's Pizza, RFRS Pepperoni, 10 cut 2015	2138035	1.00 slice	100	300.00	19.000	8.000	3.500	0.000	20.000	490.00	27.000	1.000	3.000	2.700	500.00	750.00	6.000
Cheese Burger w/Chips	2138393	1.00 each	100	419.00	19.700	16.300	5.200	0.000	38.000	529.00	48.100	5.700	6.000	2.860	120.00	200.00	0.000
Jumbo Turkey Corn Dog	2138239	4.00 ounce	100	357.00	10.700	13.700	3.500	0.000	42.000	934.00	46.300	4.600	10.800	2.260	67.00	0.000	0.000
Spaghetti and Sausage	2150199	1.00 bowl	150	480.850	28.000*	19.050	5.000*	0.000*	60.000*	629.00	53.100	8.000*	2.050	0.720*	0.000*	0.000*	0.000*
Chicken Tamale	2146475	6.00 oz	150	320.00	19.000	17.000	2.000	N/A*	40.000	540.00	30.000	3.000	1.000	N/A*	N/A*	N/A*	N/A*
Side Salad	2149287	1.00 each	225	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
Corn on the Cob	2138019	2.00 cobbettes	225	180.560	4.840	1.300	0.000	0.000	0.000	2.140	37.400	4.280	5.300	0.720	4.480	76.260	9.560
Cut Green Beans, Cooked from Frozen (1/2 cup)	1681041	1/2 cup	200	21.851	1.165	0.125	0.031	0.000	0.000	6.898	5.005	2.299	N/A*	0.680	37.953	432.430	3.222
Kiwi	2145325	1.00 serving	325	111.600	2.288	1.042	0.277	N/A*	N/A*	5.580	26.468	3.720	20.423	0.539	37.200	133.920	196.044
Fresh Oranges (1/2 cup)	1681127	1/2 cup	325	125.405	2.508	0.320	0.040	0.000	0.000	0.000	31.351	6.404	24.948	0.267	106.728	600.342	141.948
1% White Milk	1730129	8.00 ounce	225	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
low fat chocolate milk	2148825	8.00 oz	225	160.000	8.000	3.000	1.500	N/A*	N/A*	180.000	28.000	N/A*	28.000	N/A*	250.000	N/A*	N/A*
Strawberry Milk	2083505	1.00 each	200	130.000	8.000	0.000	0.000	0.000	5.000	115.000	27.000	0.000	26.000	0.000	30.000	500.000	1.200
Ranch Dressing	2062262	1.00 each	225	200.000	0.000	22.000	3.500	0.000	10.000	320.000	2.000	0.000	1.000	0.000	0.000	0.000	0.000
Weighted Daily Average				746.506	31.669*	24.854	5.910*	0.000*	46.923*	837.653	105.184	11.726*	51.352*	2.320*	411.764*	1395.265*	176.428*

% of Calories		16.97 %*	29.96 %	7.13 %*	0.00 %*			56.36 %					
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Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	678.702		600/700	Pass		
Protein (g)	29.813*	17.57%*				
Total Fat (g)	26.473	35.10%				
Saturated Fat (g)	7.288*	9.66%*	<10	Pass		
Trans Fat (g)	0.011*					
Cholesterol (mg)	53.447*					
Sodium (mg)	955.058		<1360	Pass		
Carbohydrates (g)	83.009	48.92%				
Fiber (g)	7.735*					
Sugars (g)	38.391*					
Iron (mg)	2.952*					
Calcium (mg)	447.795*					
Vitamin A (IU)	2945.569*					
Vitamin C (mg)	44.419*					

* = Indicates missing Nutrient Information.

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