

Hot Ham and Cheese Sandwich	2149 285	1.00 sand which	50	274.9 99	16.49 9	8.500	4.000	0.016	42.49 9	774.9 99	33.00 0	3.000	4.500	1.800 *	20.00 0*	0.000 *	0.000 *
Side Salad	2149 287	1.00 each	50	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
Swirl Watermelon	2144 963	1.00 servin g	50	90.00 0	0.000	0.000	0.000	0.000	0.000	10.00 0	25.00 0	3.000	21.00 0	0.000	80.00 0	500.0 00	60.00 0
1% White Milk	1730 129	8.00 ounc e	50	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
Weighted Daily Average				491.5 70	26.78 5	11.00 0	5.500	0.016	52.49 9	938.9 99	73.14 3	6.571	40.07 1	2.057 *	461.4 29*	2142. 857*	65.31 4*
% of Calories					21.80 %	20.14 %	10.07 %	0.03 %			59.52 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Carbohyd rates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Wed - 09/06/2017																	
2017-2018 Florida St Pk Lunch																	
		Total	50														
Taco Salad	2138 047	1.00 scoop	50	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
Baby Carrots (1/2 cup)	1681 002	1/2 cup	50	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
Honeydew Chunks (1/2 cup)	1681 46	1/2 cup	50	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
1% White Milk	1730 129	8.00 ounce	50	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
Weighted Daily Average				687.1 22	30.42 1	34.33 0	11.38 6	0.000	75.43 7	838.7 13	68.03 7	5.617	31.45 1*	2.638	605.5 96	4468. 478	39.79 4
% of Calories					17.71 %	44.97 %	14.91 %	0.00 %			39.61 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Carbohyd rates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
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Thu - 09/07/2017																	
2017-2018 Florida St Pk Lunch																	
		Total	50														
Lasagna w/ Meat Sauce	2145015	1.00 serving	50	280.000	16.000	10.000	5.000	0.000	40.000	700.000	32.000	2.000	8.000	1.440	200.000	300.000	1.200
Broccoli Florets (1/2 cup)	1680992	1/2 cup	50	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	50	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
1% White Milk	1730129	8.00 ounce	50	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				428.987	26.673	12.774	6.514	0.000	50.000	851.915	52.909	3.827	26.320	1.821	565.442	830.153	57.709
% of Calories					24.87%	26.80%	13.67%	0.00%			49.33%						

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)
Fri - 09/08/2017																	
2017-2018 Florida St Pk Lunch																	
		Total	50														
BBQ Chicken Drumstick	2151671	1.00 drumstick	50	280.000	17.000	7.500	2.000	0.000	70.000	545.000	37.000	1.000	11.000	2.160*	20.000*	0.000*	0.000*
Vegetarian Beans, Cooked from Canned (1/2 cup)	1681028	1/2 cup	50	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
Banana	426163	1.00 each	50	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	50	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				490.398	28.127	10.335	3.613	0.000	80.000	697.864	74.182	3.648	37.395	2.429*	375.234*	565.224*	11.187*

% of Calories		22.94%	18.97%	6.63%	0.00%			60.51%									
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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 - 09/11/2017																	
2017-2018 Florida St Pk Lunch																	
		Total	50														
Vegetable Chow Mein	2150815	5.50 oz	50	450.000	17.000*	4.500*	1.000*	0.000*	18.000*	766.000*	73.000	12.000	6.000*	1.440*	60.000*	600.000*	7.200*
Zucchini Sticks (1/2 cup)	1681036	1/2 cup	50	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
Fresh Apples, 125-138 count (1/2 cup)	1681120	1/2 cup	50	31.874	0.159	0.104	0.017	0.000	0.000	0.613	8.465	1.471	6.369	0.074	3.678	33.100	2.820
1% White Milk	1730129	8.00 ounce	50	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				614.944	28.089*	7.350*	2.582*	0.000*	28.000*	922.763*	97.856	14.240	28.291*	1.798*	425.979*	1286.860*	26.182*
% of Calories					18.27%*	10.76%*	3.78%*	0.00%*			63.65%						

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 - 09/12/2017																	
2017-2018 Florida St Pk Lunch																	
		Total	50														
Nachos with Taco Meat	2069780	1.00 each	50	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
Celery Sticks (1/2 cup)	1681032	1/2 cup	50	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
Mango	2146725	100.00 grams	50	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	1730 129	8.00 ounce	50	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
Weighted Daily Average				847.4 55	36.57 6	31.96 2	6.469	0.038	43.67 0	1547. 923	104.7 54	13.96 3	31.94 0*	5.404	652.2 95	1176. 916	16.57 0
% of Calories					17.26 %	33.94 %	6.87 %	0.04 %			49.44 %						

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)
Wed - 09/13/2017																	
2017-2018 Florida St Pk Lunch																	
		Total	50														
Turkey & Cheese Sandwich	2069 782	1.00 each	50	192.9 98	16.13 9	7.429	3.288	0.000	43.49 9	810.9 94	17.22 8	2.000	1.000 *	1.828	137.9 98	135.9 98	0.000
Potato Wedges, Baked from Frozen (1/2 cup)	1681 016	1/2 cup	50	68.78 5	2.306	0.000	0.000	0.000	0.000	8.095	16.14 5	1.515	N/A*	0.807	14.16 1	0.000	9.910
Diced Peaches, Canned (1/2 cup)	16811 08	1/2 cup	50	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
1% White Milk	1730 129	8.00 ounce	50	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
Weighted Daily Average				434.7 79	28.94 9	10.06 3	4.788	0.000	53.49 9	975.0 87	60.76 7	4.813	15.00 0*	3.013	508.1 57	975.9 96	16.11 5
% of Calories					26.63 %	20.83 %	9.91 %	0.00 %			55.91 %						

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)
Thu - 09/14/2017																	
2017-2018 Florida St Pk Lunch																	
		Total	50														
Fiesta Bowl	2146 281	1.00 bowl	50	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 *

Cherry Tomatoes (1/2 cup)	1680 999	1/2 cup	50	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 Oranges (1/2 cup)	16811 27	1/2 cup	50	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	50	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
Weighted Daily Average				693.0 02	42.16 2	10.96 3	1.561 *	0.000 *	55.00 0*	1058. 770	111.2 82	18.29 6	44.92 9	3.884 *	504.2 84*	1730. 079*	158.3 05*
% of Calories					24.34 %	14.24 %	2.03 %*	0.00 %*			64.23 %						

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 - 09/15/2017																	
2017-2018 Florida St Pk Lunch																	
		Total	50														
Macaroni and Cheese Bake	2149 311	1.50 cup	50	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	50	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
Watermelon Chunks (1/2 cup)	16811 48	1/2 cup	50	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
1% White Milk	1730 129	8.00 ounce	50	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
Weighted Daily Average				526.3 55	32.06 7	21.29 7	12.09 4	0.290	67.68 8	870.2 27	56.18 8	8.095	19.51 4	0.955 *	595.7 70*	1028. 147*	4.452 *
% of Calories					24.37 %	36.42 %	20.68 %	0.50 %			42.70 %						

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 - 09/18/2017																	
2017-2018 Florida St Pk Lunch																	

		Total	50														
Chili Topped Potato Sticks	2150 579	1.00 Bowl	50	485.9 96	15.00 0	21.03 6	6.000 *	0.000 *	40.00 0*	890.3 58	60.15 4	4.986	8.146	3.060	263.7 89*	3771. 716*	7.225 *
Side Salad	2149 287	1.00 each	50	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
Mango	2146 725	100.0 0 gram s	50	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 ounc e	50	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
Weighted Daily Average				692.5 67	25.28 6	23.53 6	7.500 *	0.000 *	50.00 0*	1044. 358	94.29 7	7.557	36.71 7	3.317	625.2 18*	5914. 573*	24.53 9*
% of Calories					14.60 %	30.59 %	9.75 %*	0.00 %*			54.46 %						

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 - 09/19/2017																	
2017-2018 Florida St Pk Lunch																	
		Total	50														
BBQ Teryaki Chicken	2059 364	2.60 Ounce	50	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
Broccoli Florets, Cooked from Frozen (1/2 cup)	1680 997	1/2 cup	50	26.70 5	2.929	0.104	0.019	0.000	0.000	22.59 5	5.065	2.873	N/A*	0.576	48.27 9	955.2 55	37.90 3
Fresh Apples, 125-138 count (1/2 cup)	16811 20	1/2 cup	50	31.87 4	0.159	0.104	0.017	0.000	0.000	0.613	8.465	1.471	6.369	0.074	3.678	33.10 0	2.820
1% White Milk	1730 129	8.00 ounce	50	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
Weighted Daily Average				438.5 79	32.08 8	8.708	2.536	0.000	80.00 0	1015. 208	61.53 0	6.344	31.36 9*	2.810	421.9 57	3988. 355	47.92 3
% of Calories					29.27 %	17.87 %	5.20 %	0.00 %			56.12 %						

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 - 09/20/2017																	
2017-2018 Florida St Pk Lunch																	
		Total	50														
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
Celery Sticks (1/2 cup)	1681032	1/2 cup	50	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
Watermelon Chunks (1/2 cup)	1681148	1/2 cup	50	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	50	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				461.969	28.353	15.982	5.796	0.000	53.499	1088.104	51.396	5.238	18.686*	2.266	493.200	818.631	4.718
% of Calories					24.55%	31.14%	11.29%	0.00%			44.50%						

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 - 09/21/2017																	
2017-2018 Florida St Pk Lunch																	
		Total	50														
BBQ Beef Sandwich	2146551	1.00 sandwich	50	428.000	23.000	19.000	6.000	0.000	45.000	880.000	40.000	3.000	10.000	1.800*	100.000*	0.000*	0.000*
Corn on the Cob	2138019	2.00 cobs	50	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
Kiwi	2145325	1.00 serving	50	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

1% White Milk	1730 129	8.00 ounce	50	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
Weighted Daily Average				840.1 60	40.12 8	23.84 2	7.777	0.000 *	55.00 0*	1037. 720	117.8 68	11.00 0	49.72 3	3.059 *	491.6 80*	710.1 80*	208.0 04*
% of Calories					19.10 %	25.54 %	8.33 %	0.00 %*			56.12 %						

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 - 09/22/2017																	
2017-2018 Florida St Pk Lunch																	
		Total	50														
Fajita Bowl	2146 279	1.00 Bowl	50	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 *
VEGETARIAN BEANS	2138 013	4.00 ounce	50	120.0 00	7.000	0.000	0.000	0.000	0.000	480.0 00	23.00 0	6.000	4.000	1.800	60.00 0	100.0 00	0.000
Cantaloupe Chunks, 18 count (1/2 cup)	16811 47	1/2 cup	50	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	50	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
Weighted Daily Average				568.7 14	33.34 0	18.75 4	8.015 *	0.000 *	63.20 0*	1361. 571	69.63 1	7.757	21.99 6	2.346 *	636.5 71*	11850 .286*	17.68 6*
% of Calories					23.45 %	29.68 %	12.68 %*	0.00 %*			48.97 %						

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 - 09/25/2017																	
2017-2018 Florida St Pk Lunch																	
		Total	50														

Alfredo Bake	2146059	1.50 cup	50	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*
Side Salad	2149287	1.00 each	50	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
Fresh Oranges (1/2 cup)	1681127	1/2 cup	50	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	50	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				624.314	34.192	16.743	9.873	0.208	55.841	746.902	90.750	14.980	47.226	1.237*	715.417*	2854.000*	183.218*
% of Calories					21.91%	24.14%	14.23%	0.30%			58.14%						

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)
Tue - 09/26/2017																	
2017-2018 Florida St Pk Lunch																	
		Total	50														
BRC Cups	2149345	1.00 bowl	50	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*
Cucumber Slices, with peel (1/2 cup)	1681029	1/2 cup	50	10.974	0.476	0.080	0.027	0.000	0.000	1.463	2.656	0.366	1.222	0.205	11.706	76.818	2.048
Fresh Apples, 125-138 count (1/2 cup)	1681120	1/2 cup	50	31.874	0.159	0.104	0.017	0.000	0.000	0.613	8.465	1.471	6.369	0.074	3.678	33.100	2.820
1% White Milk	1730129	8.00 ounce	50	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				657.848	28.135	26.684	9.044*	0.000*	40.000*	1107.076	79.121	9.337	23.241	0.459*	569.384*	893.918*	7.268*
% of Calories					17.11%	36.51%	12.37%*	0.00%*			48.11%						

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 - 09/27/2017																	

2017-2018 Florida St Pk Lunch																	
		Total	50														
Orange Popcorn Chicken	2059 363	1.00 each	50	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
Broccoli Florets, Cooked from Frozen (1/2 cup)	1680 997	1/2 cup	50	26.70 5	2.929	0.104	0.019	0.000	0.000	22.59 5	5.065	2.873	N/A*	0.576	48.27 9	955.2 55	37.90 3
Mango	2146 725	100.00 grams	50	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	50	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
Weighted Daily Average				556.7 05	28.92 9	6.164	2.279	0.000	55.00 0	533.5 95	96.06 5	5.673	39.00 0*	3.946	431.6 79	1955. 255	53.50 3
% of Calories					20.79 %	9.97 %	3.68 %	0.00 %			69.02 %						

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)
Thu - 09/28/2017																	
2017-2018 Florida St Pk Lunch																	
		Total	50														
Penne Pasta with Meatballs	2146 543	1.00 Bowl	50	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*
Zucchini Sticks (1/2 cup)	1681 036	1/2 cup	50	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
Kiwi	2145 325	1.00 servin g	50	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	50	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
Weighted Daily Average				585.5 20	32.21 8*	17.83 8	4.842 *	0.000 *	65.00 0*	565.7 30	80.95 9	11.48 9*	38.39 5*	1.183 *	419.5 01*	787.6 80*	212.2 06*
% of Calories					22.01 %*	27.42 %	7.44 %*	0.00 %*			55.31 %						

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 - 09/29/2017																	
2017-2018 Florida St Pk Lunch																	
		Total	50														
Dominos Pizza Pepperoni 8 cut	2139967	1.00 Slice	50	250.000	20.000	7.000	3.500	7.000	20.000	480.000	29.000	3.000	3.000	1.800	500.000	750.000	6.000
Cauliflower Florets (1/2 cup)	1681030	1/2 cup	50	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
Honeydew Chunks (1/2 cup)	1681146	1/2 cup	50	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	50	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				439.405	31.126	9.780	5.079	7.000	30.000	665.658	60.452	4.621	32.451	2.144	862.542	1344.498	45.053
% of Calories					28.33%	20.03%	10.40%	14.34%			55.03%						

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	573.228					
Protein (g)	31.204*	21.77%*				
Total Fat (g)	16.382*	25.72%*				
Saturated Fat (g)	6.113*	9.60%*				
Trans Fat (g)	0.378*					
Cholesterol (mg)	54.167*					
Sodium (mg)	925.122*					

Carbohydrates (g)	77.362	53.98%				
Fiber (g)	8.337*					
Sugars (g)	31.643*					
Iron (mg)	2.444*					
Calcium (mg)	561.227*					
Vitamin A (IU)	2392.955*					
Vitamin C (mg)	60.656*					

* = Indicates missing Nutrient Information.

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