

# Menu Compliance - Nutrient Detail Report



District: Banning Unified School District

School: Florida Discovery Center

Menu: 2017-18 Florida St TK Lunch Menu

Date Range: September 01, 2017 - September 30, 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)
Fri - 09/01/2017																	
2017-18 Florida St TK Lunch Menu																	
		Total	1200														
Domino's Pizza	2138031	1.00 slice	600	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
Dominos Pizza Pepperoni 8 cut	2139967	1.00 Slice	600	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
Side Salad	2149287	1.00 each	600	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
Cherry Tomatoes (1/2 cup)	1680999	1/2 cup	600	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
Watermelon Chunks (1/2 cup)	1681148	1/2 cup	600	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	600	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	600	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	600	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				428.748	29.043	8.840	4.261	3.500	27.489	623.765	58.484	3.789	29.064	2.060	835.108	2457.961	21.159
% of Calories					27.10%	18.56%	8.94%	7.35%			54.56%						



Taco Salad	2138 047	1.00 scoop	600	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
Corn Dog Turkey	2059 848	4.00 ounce	600	240.0 00	9.000	8.000	2.500	0.000	40.00 0	390.0 00	30.00 0	5.000	5.000	1.800	80.00 0	0.000	0.000
Cherry Tomatoes (1/2 cup)	1680 999	1/2 cup	600	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
Cucumber Slices, with peel (1/2 cup)	1681 029	1/2 cup	600	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
Banana	4261 63	1.00 each	600	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	600	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	600	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	600	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				558.7 97	24.34 0	21.35 3	6.994	0.000	60.21 9	668.8 55	69.04 7	6.943	30.93 3*	2.351	498.1 96	1616. 603	15.49 1
% of Calories					17.42 %	34.39 %	11.26 %	0.00 %			49.43 %						

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 - 09/07/2017																	
2017-18 Florida St TK Lunch Menu																	
		Total	1200														
Lasagna	2146 201	1.00 tray	600	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	600	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	600	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	600	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	600	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	600	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	600	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	600	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 - 09/08/2017																	
2017-18 Florida St TK Lunch Menu																	
		Total	1200														
Pepperoni Calzone	2149 301	156.00 grams	600	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*
BBQ Chicken Drumstick	2151 671	1.00 drumst ick	600	280.0 00	17.00 0	7.500	2.000	0.000	70.00 0	545.0 00	37.00 0	1.000	11.00 0	2.160 *	20.00 0*	0.000 *	0.000 *
Vegetarian Beans, Cooked from Canned (1/2 cup)	1681 028	1/2 cup	600	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
Corn on the Cob	2138 019	2.00 cobbet tes	600	180.5 60	4.840	1.300	0.000	0.000	0.000	2.140	37.40 0	4.280	5.300	0.720	4.480	76.26 0	9.560
Honeydew Chunks (1/2 cup)	16811 46	1/2 cup	600	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	600	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	600	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	600	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				574.4 11	31.56 4	11.31 1	3.794	0.000	55.00 0	743.7 92	90.01 3	6.036	35.96 8	1.634 *	344.2 88*	1068. 814*	29.13 3*
% of Calories					21.98 %	17.72 %	5.94 %	0.00 %			62.68 %						

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																	
2017-18 Florida St TK Lunch Menu																	
		Total	1200														
Grilled BRC Burrito	2146 095	1.00 Burrito	600	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 *
Vegetable Chow Mein	2146 091	5.50 oz	600	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 *
Cucumber Slices, with peel (1/2 cup)	1681 029	1/2 cup	600	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	600	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
Fresh Apples, 125-138 count (1/2 cup)	16811 20	1/2 cup	600	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
Banana	4261 63	1.00 each	600	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
Nonfat Chocolate Milk	1730 128	8.00 Ounce	600	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
1% White Milk	1730 129	8.00 ounce	600	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				660.4 04	28.33 3	14.88 2	1.861 *	0.000 *	21.50 0	847.6 18	105.7 90	13.11 6	33.93 3	3.653 *	431.3 68*	864.1 59*	17.60 9*
% of Calories					17.16 %	20.28 %	2.54 %*	0.00 %*			64.08 %						

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)
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Tue - 09/12/2017

2017-18 Florida St TK Lunch Menu

		Total	1200														
Cheeseburger Classic	2059 808	1.00 each	600	279.0 00	17.70 0	10.30 0	4.200	0.000	38.00 0	409.0 00	30.10 0	2.700	4.000	2.500	120.0 00	200.0 00	0.000
Nachos with Taco Meat	2069 780	1.00 each	600	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
Celery Sticks (1/2 cup)	1681 032	1/2 cup	600	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
Baby Carrots (1/2 cup)	1681 002	1/2 cup	600	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
Mango	2146 725	100.00 grams	600	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
Honeydew Chunks (1/2 cup)	1681 46	1/2 cup	600	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	600	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	600	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				660.3 48	31.70 5	21.27 5	5.373	0.019	43.33 5	1077. 381	87.74 7	9.345	36.06 5*	4.192	544.6 53	2207. 394	26.42 5
% of Calories					19.21 %	29.00 %	7.32 %	0.03 %			53.15 %						

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 - 09/13/2017

2017-18 Florida St TK Lunch Menu

		Total	1200														
Chicken Tenders	2059 770	3.00 piece	600	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	600	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
Potato Wedges, Baked from Frozen (1/2 cup)	1681 016	1/2 cup	600	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
Broccoli Florets (1/2 cup)	1680 992	1/2 cup	600	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
Cantaloupe Chunks, 18 count (1/2 cup)	16811 47	1/2 cup	600	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
Diced Peaches, Canned (1/2 cup)	16811 08	1/2 cup	600	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	600	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	600	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				457.7 84	27.13 9	13.56 5	3.902	0.000	56.75 0	990.3 51	58.15 4	4.576	20.15 0*	2.628	416.1 07	1280. 984	15.61 0
% of Calories					23.71 %	26.67 %	7.67 %	0.00 %			50.81 %						

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)
Thu - 09/14/2017																	
2017-18 Florida St TK Lunch Menu																	
		Total	1200														
Chicken Tamale	2146 475	6.00 oz	600	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	600	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 *
Side Salad	2149 287	1.00 each	600	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	600	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	600	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)	1681131	1/2 cup	600	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	600	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	600	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				583.743	35.016	14.113	1.787*	0.000*	50.000*	876.821	85.562	11.806	35.383	2.250*	414.835*	1691.702*	107.155*
% of Calories					23.99%	21.76%	2.76%*	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 - 09/15/2017																	
2017-18 Florida St TK Lunch Menu																	
		Total	1200														
Taquitos	2149315	4.40 oz	600	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*
Macaroni and Cheese Bake	2149311	1.50 cup	600	382.762	20.919	18.759	10.590	0.290	57.688	579.980	37.280	6.000	2.950	0.540*	224.000*	284.000*	0.000*
Corn on the Cob	2138019	2.00 cobbettes	600	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
Green Beans	2149317	0.50 cups	600	15.993	0.993	0.000	0.000	0.000	0.000	139.994	2.995	1.994	0.993	0.354	19.997	100.000	0.000
Fresh Apples, 100 count (1/2 cup)	1681121	1/2 cup	600	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
Watermelon Chunks (1/2 cup)	1681148	1/2 cup	600	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	600	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	600	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				542.077	33.529	13.348	6.305	0.145*	63.844	624.475	75.310	9.486	25.428	1.753*	477.870*	817.905*	9.244*



% of Calories		24.74 %	22.16 %	10.47 %	0.24 %*			55.57 %									
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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 - 09/18/2017																	
2017-18 Florida St TK Lunch Menu																	
		Total	1200														
Quesadilla w/Chips	2138 407	1.00 each	600	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	2150 579	1.00 Bowl	600	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*
Baby Carrots (1/2 cup)	1681 002	1/2 cup	600	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	2149 287	1.00 each	600	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
Mango	2146 725	100.00 grams	600	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
Diced Peaches, Canned (1/2 cup)	16811 08	1/2 cup	600	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
1% White Milk	1730 129	8.00 ounce	600	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	1730 128	8.00 Ounce	600	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				670.882	26.952	23.847	9.752*	0.000*	50.000*	932.088	87.076	7.185	30.780*	3.007	718.443*	4848.972*	17.103*
% of Calories					16.07 %	31.99 %	13.08 %*	0.00 %*			51.92 %						

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																	
2017-18 Florida St TK Lunch Menu																	

		Total	1200														
BBQ Teryaki Chicken	2059 364	2.60 Ounce	600	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
Pretzel Dog	2138 571	1.00 each	600	300.0 00	20.00 0	6.500	2.000	0.000	35.00 0	790.0 00	41.00 0	5.000	6.000	1.620	100.0 00	400.0 00	6.000
Cauliflower Florets (1/2 cup)	1681 030	1/2 cup	600	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
Broccoli Florets (1/2 cup)	1680 992	1/2 cup	600	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 Apples, 100 count (1/2 cup)	16811 21	1/2 cup	600	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 Oranges (1/2 cup)	16811 27	1/2 cup	600	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	600	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	600	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				479.0 42	29.92 7	7.723	2.282	0.000	60.00 0	967.6 32	75.43 2	7.496	41.07 4	2.082	441.4 52	2275. 715	82.53 8
% of Calories					24.99 %	14.51 %	4.29 %	0.00 %			62.99 %						

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																	
2017-18 Florida St TK Lunch Menu																	
		Total	1200														
Turkey & Cheese Sandwich	2138 949	1.00 each	600	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	600	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*
Cherry Tomatoes (1/2 cup)	1680 999	1/2 cup	600	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)	1681032	1/2 cup	600	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
Banana	426163	1.00 each	600	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
Watermelon Chunks (1/2 cup)	1681148	1/2 cup	600	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	600	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	600	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				502.825	30.566	13.736	5.467	0.000	46.760	831.567	66.212	6.387	31.016*	1.367*	402.905*	1006.504*	12.831*
% of Calories					24.32%	24.59%	9.78%	0.00%			52.67%						

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																	
2017-18 Florida St TK Lunch Menu																	
		Total	1200														
BBQ Beef Sandwich	2146551	1.00 sandwich	600	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*
Turkey Carnitas Burrito	2146285	1.00 burrito	600	475.000	30.000	14.000	5.300	0.000	47.000	677.000	28.000	9.500	2.500	N/A*	N/A*	N/A*	N/A*
Vegetarian Beans, Cooked from Canned (1/2 cup)	1681028	1/2 cup	600	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
Corn on the Cob	2138019	2.00 cobbettes	600	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	600	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 Strawberries (1/2 cup)	1681131	1/2 cup	600	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	1730 129	8.00 ounce	600	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	600	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				731.7 91	39.36 9	19.05 3	6.545	0.000*	53.50 0*	933.7 23	87.34 1	11.13 4	38.26 6	1.712 *	402.9 11*	610.6 16*	130.5 48*
% of Calories					21.52 %	23.43 %	8.05 %	0.00 %*			47.74 %						

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																	
2017-18 Florida St TK Lunch Menu																	
		Total	1200														
Fajita Bowl	2146 279	1.00 Bowl	600	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	600	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
VEGETARIAN BEANS	2138 013	4.00 ounce	600	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
Jicama Sticks (1/2 cup)	1681 011	1/2 cup	600	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
Honeydew Chunks (1/2 cup)	16811 46	1/2 cup	600	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	600	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	600	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	600	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				548.1 12	30.50 1	14.51 0	5.294 *	0.000 *	49.10 0*	984.3 97	77.92 9	9.057	29.81 2	3.364 *	517.1 59*	6338. 409*	35.04 1*
% of Calories					22.26 %	23.82 %	8.69 %*	0.00 %*			56.87 %						



BRC Cups	2149 345	1.00 bowl	600	495.0 00	17.50 0	24.00 0	7.500 *	0.000 *	30.00 0*	955.0 00	54.00 0	7.500	1.650	0.180 *	204.0 00*	284.0 00*	0.000 *
Zoo Animal Chicken Nuggets	2144 943	3.00 nuggets	600	500.0 00	28.00 0	28.00 0	7.000	0.000	70.00 0	980.0 00	30.00 0	4.000	2.000	2.880	40.00 0	0.000	0.000
Cucumber Slices, with peel (1/2 cup)	1681 029	1/2 cup	600	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
Jicama Sticks (1/2 cup)	1681 011	1/2 cup	600	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
Watermelon Chunks (1/2 cup)	16811 48	1/2 cup	600	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
Fresh Apples, 100 count (1/2 cup)	16811 21	1/2 cup	600	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	600	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	600	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				656.6 42	32.46 2	27.35 9	8.024 *	0.000 *	57.50 0*	1120. 251	69.82 4	8.604	23.88 3	1.929 *	458.6 88*	784.2 01*	13.17 6*
% of Calories					19.77 %	37.50 %	11.00 %*	0.00 %*			42.53 %						

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)
Wed - 09/27/2017																	
2017-18 Florida St TK Lunch Menu																	
		Total	1200														
Chicken Patty	2059 324	1.00 each	600	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	600	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	600	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
Broccoli Florets (1/2 cup)	1680 992	1/2 cup	600	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

Diced Peaches, Canned (1/2 cup)	1681108	1/2 cup	600	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	600	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	600	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	600	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				488.004	26.476	9.080	2.131	0.000	57.500	756.614	77.002	3.316	30.763*	3.217	374.581	980.134	12.012
% of Calories					21.70%	16.75%	3.93%	0.00%			63.12%						

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)
Thu - 09/28/2017																	
2017-18 Florida St TK Lunch Menu																	
		Total	1200														
Flaquito	2149349	1.00 flaquito	600	338.000	19.000	10.500	5.500	N/A*	31.000	383.000	31.000	3.000	N/A*	6.000	574.000	N/A*	N/A*
Penne Pasta with Meatballs	2146543	1.00 Bowl	600	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*
Side Salad	2149287	1.00 each	600	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	600	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 Oranges (1/2 cup)	1681127	1/2 cup	600	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
Kiwi	2145325	1.00 serving	600	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	1730129	8.00 ounce	600	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	600	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	587.748	31.006*	14.329	5.191*	0.000*	50.500*	551.365	83.227	10.732*	41.957*	3.854*	705.829*	1515.440*	179.434*
% of Calories		21.10%*	21.94%	7.95%*	0.00%*			56.64%						

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)
Fri - 09/29/2017																	
2017-18 Florida St TK Lunch Menu																	
		Total	1200														
Domino's Pizza	2138031	1.00 slice	600	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
Dominos Pizza Pepperoni 8 cut	2139967	1.00 Slice	600	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
Baby Carrots (1/2 cup)	1681002	1/2 cup	600	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
Cauliflower Florets (1/2 cup)	1681030	1/2 cup	600	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	600	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	600	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	600	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	600	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				417.518	29.229	8.924	4.297	3.500	27.489	646.773	56.607	3.196	29.269	2.080	835.118	3001.669	31.298
% of Calories					28.00%	19.24%	9.26%	7.54%			54.23%						

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	563.570		550/650	Pass		



Protein (g)	30.496*	21.64%*				
Total Fat (g)	15.246	24.35%				
Saturated Fat (g)	5.021*	8.02%*	<10	Pass		
Trans Fat (g)	0.364*					
Cholesterol (mg)	49.098*					
Sodium (mg)	823.702		<1230	Pass		
Carbohydrates (g)	77.454	54.97%				
Fiber (g)	7.972*					
Sugars (g)	32.518*					
Iron (mg)	2.459*					
Calcium (mg)	516.227*					
Vitamin A (IU)	1901.036*					
Vitamin C (mg)	51.069*					

\* = 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.