

# Menu Compliance - Nutrient Detail Report



District: Banning Unified School District

School: Nicolet Middle

Menu: 2017-2018 Nicolet Lunch

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																	
2017-2018 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
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	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
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
Fajita Bowl	2150183	1.00 Bowl	100	443.000	23.200	20.400	7.000*	0.000*	76.400*	1154.000	44.600	2.000	2.350	0.792*	244.000*	20284.000*	9.600*
Orange Popcorn Chicken	2059363	1.00 each	100	330.000	16.000	3.560	0.760	0.000	45.000	361.000	58.000	0.800	11.000*	3.370	33.400	0.000	1.200
Cherry Tomatoes (1/2 cup)	1680999	1/2 cup	325	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
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
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	325	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	2083 505	1.00 each	325	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				561.4 04	26.45 1	20.19 8	5.595 *	0.000 *	54.10 0*	831.2 84	68.34 7	4.130	33.52 2*	2.328 *	364.4 13*	5165. 821*	18.27 0*
% of Calories					18.85 %	32.38 %	8.97 %*	0.00 %*			48.70 %						

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)
Tue - 09/05/2017																	
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
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	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
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
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
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
Chicken Taquitos	2138 009	2.00 TAQUI TOS	100	560.0 00	23.00 0	20.00 0	4.000	0.000	40.00 0	1020. 000	75.00 0	10.00 0	4.000	3.240	100.0 00	100.0 00	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
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

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, 125-138 count (1/2 cup)	1681120	1/2 cup	325	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	325	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	325	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	325	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				671.852	30.343	28.229	7.384	0.000	56.954	1041.521	75.845	8.360	29.073*	3.307	414.685	3546.411	15.869
% of Calories					18.07%	37.81%	9.89%	0.00%			45.16%						

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 - 09/06/2017																	
2017-2018 Nicolet Lunch																	
		Total	650														
Taco Salad	2138047	1.00 scoop	300	492.882	19.287	31.542	9.810	0.000	65.437	640.874	35.397	3.591	1.261*	2.159	238.586	1430.607	2.914
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
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
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	12949.800	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

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
Celery Sticks (1/2 cup)	1681032	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	38.486	0.266
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
Cantaloupe Chunks, 18 count (1/2 cup)	1681147	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	966.286	10.486
1% White Milk	1730129	8.00 ounce	325	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	325	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				637.959	27.709	30.090	8.727	0.000	58.832	866.662	66.183	4.852	31.939*	2.599	445.050	4119.732	28.195
% of Calories					17.37%	42.45%	12.31%	0.00%			41.50%						

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 - 09/07/2017																	
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
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
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
Meatball SUB	2146113	1.00 Sandwich	100	448.425	26.000*	22.025	8.000*	0.000*	80.000*	862.000	37.050	4.000*	4.025*	1.800*	100.000*	0.000*	0.000*
Hot Roast Beef Sandwich	2149891	1.00 sandwich	150	496.280	28.162	18.454	6.782	0.000*	44.320	1145.280	51.599	6.000*	5.157*	2.306*	311.680*	246.400*	0.000*

Chili Verde and Refried Beans	2150 569	1.00 tray	100	275.0 00	23.00 0	5.500	1.000	0.000	45.00 0	720.0 00	34.00 0	4.000	3.000	2.520	150.0 00	200.0 00	21.00 0
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 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
Kiwi	2145 325	1.00 servin g	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
1% White Milk	1730 129	8.00 ounce	325	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
Strawberry Milk	2083 505	1.00 each	325	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				662.1 81	32.40 8*	23.90 7	6.940 *	0.000 *	55.80 5*	1057. 546	80.66 4	7.591 *	38.83 6*	3.008 *	438.4 55*	1402. 162*	134.7 92*
% of Calories					19.58 %*	32.49 %	9.43 %*	0.00 %*			48.73 %						

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 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
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

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
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 *
BBQ Chicken Drumstick	2151 671	1.00 drumst ick	150	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 *
Side Salad	2149 287	1.00 each	200	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
Vegetarian Beans, Cooked from Canned (1/2 cup)	1681 028	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
Corn on the Cob	2138 019	2.00 cobbet tes	225	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
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
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
1% White Milk	1730 129	8.00 ounce	325	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
Strawberry Milk	2083 505	1.00 each	325	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	200	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				619.5 20	27.58 8	18.26 7	5.062 *	0.000 *	52.83 8*	743.8 98	89.09 6	8.057	45.49 5	2.350 *	391.2 91*	3069. 420*	83.25 9*
% of Calories					17.81 %	26.54 %	7.35 %*	0.00 %*			57.53 %						

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)
Mon - 09/11/2017																	
2017-2018 Nicolet Lunch																	
		Total	650														
Grilled BRC Burrito	2146 095	1.00 Burrito	100	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	150	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
Chili Topped Potato Sticks	2150 579	1.00 Bowl	150	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 *
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	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
Zucchini Sticks (1/2 cup)	1681 036	1/2 cup	200	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, 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
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
1% White Milk	1730 129	8.00 ounce	325	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
Strawberry Milk	2083 505	1.00 each	325	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				654.7 72	27.00 0	23.16 5	6.061 *	0.000 *	37.18 7*	915.2 23	88.51 6	8.382	35.93 2*	2.749 *	461.0 74*	2297. 954*	17.31 2*
% of Calories					16.49 %	31.84 %	8.33 %*	0.00 %*			54.07 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Tue - 09/12/2017																	
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
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
Chicken Taquitos	2138009	2.00 TAQUITOS	100	560.000	23.000	20.000	4.000	0.000	40.000	1020.000	75.000	10.000	4.000	3.240	100.000	100.000	0.000
Nachos with Taco Meat	2069780	1.00 each	100	646.084	26.517	29.447	4.965	0.038	33.670	1391.066	71.499	11.826	3.825*	5.387	298.866	138.430	1.904
Side Salad	2149287	1.00 each	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
Celery Sticks (1/2 cup)	1681032	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	38.486	0.266
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
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
1% White Milk	1730129	8.00 ounce	325	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	325	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	325	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				752.401	31.462	30.467	7.329	0.006	55.734	1187.778	89.604	8.478	39.615*	3.515	425.745	3430.595	28.124



% of Calories		16.73%	36.44%	8.77%	0.01%			47.64%									
---------------	--	--------	--------	-------	-------	--	--	--------	--	--	--	--	--	--	--	--	--

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)
Wed - 09/13/2017																	
2017-2018 Nicolet Lunch																	
		Total	650														
Taco Salad	2138047	1.00 scoop	300	492.882	19.287	31.542	9.810	0.000	65.437	640.874	35.397	3.591	1.261*	2.159	238.586	1430.607	2.914
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
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	12949.800	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
Potato Wedges, Baked from Frozen (1/2 cup)	1681016	1/2 cup	225	68.785	2.306	0.000	0.000	0.000	0.000	8.095	16.145	1.515	N/A*	0.807	14.161	0.000	9.910
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
Cantaloupe Chunks, 18 count (1/2 cup)	1681147	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	966.286	10.486
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
1% White Milk	1730129	8.00 ounce	325	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	325	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	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	
Weighted Daily Average				684.4 28	29.78 3	31.39 7	8.958	0.000	63.06 3	904.5 22	72.76 6	5.492	24.21 8*	3.086	449.1 89	3429. 376	17.14 4
% of Calories					17.41 %	41.29 %	11.78 %	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)
Thu - 09/14/2017																	
2017-2018 Nicolet Lunch																	
		Total	650														
Domino's Pizza, RFRS Pepperoni, 10 cut 2015	2138 035	1.00 slice	150	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
Spaghetti and Sausage	2150 199	1.00 bowl	150	480.8 50	28.00 0*	19.05 0	5.000 *	0.000 *	60.00 0*	629.0 00	53.10 0	8.000 *	2.050	0.720 *	0.000 *	0.000 *	0.000 *
Chicken Tamale	2146 475	6.00 oz	150	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*
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
Cherry Tomatoes (1/2 cup)	1680 999	1/2 cup	325	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	2146 045	1.00 cup	325	250.8 10	5.016	0.640	0.080	0.000	0.000	0.000	62.70 2	12.80 7	49.89 5	0.534	213.4 55	1200. 685	283.8 95
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	325	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
Strawberry Milk	2083 505	1.00 each	325	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	
Weighted Daily Average				717.1 09	32.18 3*	24.17 3	5.780 *	0.000 *	50.96 2*	855.5 18	97.86 6	12.36 9*	52.68 7	2.253 *	457.3 54*	2195. 720*	177.4 13*
% of Calories					17.95 %*	30.34 %	7.25 %*	0.00 %*			54.59 %						

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 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
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	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
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
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 *
BBQ Chicken Drumstick	2151 671	1.00 drumstick	50	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 *
Corn on the Cob	2138 019	2.00 cobbe- ttes	225	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
Side Salad	2149 287	1.00 each	200	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
Green Beans	2149 317	0.50 cups	225	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	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	144.1 47	2.052
Fresh Apples, 125-138 count (1/2 cup)	16811 20	1/2 cup	325	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	325	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
Strawberry Milk	2083 505	1.00 each	325	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	200	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				526.3 11	25.22 4	18.23 8	4.957 *	0.000 *	46.30 0*	763.4 39	65.78 8	5.274	29.71 6	2.172 *	346.3 78*	2898. 428*	10.32 8*
% of Calories					19.17 %	31.19 %	8.48 %*	0.00 %*			50.00 %						

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 Nicolet Lunch																	
		Total	650														
Grilled BRC Burrito	2146 095	1.00 Burrito	100	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
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
Veggie Burger	2150 201	1.00 sandwich	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
Tamale Cheese & Green Chile	2150 193	1.00 serving	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 *
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
Baby Carrots (1/2 cup)	1681 002	1/2 cup	325	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	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

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
1% White Milk	1730129	8.00 ounce	325	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	325	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				617.067	26.593	25.155	7.238*	0.000*	45.032	804.814	73.357	6.330	31.191*	2.565*	528.384*	3589.301*	14.698*
% of Calories					17.24%	36.69%	10.56%*	0.00%*			47.55%						

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 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
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
Turkey Taco Nada	2060971	5.00 ounce	50	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
Chicken Taquitos	2138009	2.00 TAQUITOS	100	560.000	23.000	20.000	4.000	0.000	40.000	1020.000	75.000	10.000	4.000	3.240	100.000	100.000	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
Cauliflower Florets (1/2 cup)	1681 030	1/2 cup	325	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 Apples, 125-138 count (1/2 cup)	16811 20	1/2 cup	325	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
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
1% White Milk	1730 129	8.00 ounce	325	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
Strawberry Milk	2083 505	1.00 each	325	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				685.9 33	31.25 1	24.99 3	6.867	0.000	55.41 5	991.3 81	86.86 9	9.644	40.01 9*	3.191	464.5 60	3758. 492	79.44 6
% of Calories					18.22 %	32.79 %	9.01 %	0.00 %			50.66 %						

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 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
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
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
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
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
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
Watermelon Chunks (1/2 cup)	16811 48	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	144.1 47	2.052
1% White Milk	1730 129	8.00 ounce	325	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
Strawberry Milk	2083 505	1.00 each	325	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				682.3 39	29.43 8	31.53 6	9.017	0.000	63.06 3	900.2 82	72.73 4	5.855	30.69 2*	2.811	446.4 70	3081. 657	14.39 9
% of Calories					17.26 %	41.60 %	11.89 %	0.00 %			42.64 %						

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)
Thu - 09/21/2017																	
2017-2018 Nicolet Lunch																	
		Total	650														
Domino's Pizza, RFRS Pepperoni, 10 cut 2015	2138 035	1.00 slice	200	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

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
Chili Verde and Refried Beans	2150 569	1.00 tray	100	275.0 00	23.00 0	5.500	1.000	0.000	45.00 0	720.0 00	34.00 0	4.000	3.000	2.520	150.0 00	200.0 00	21.00 0
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
Vegetarian Beans, Cooked from Canned (1/2 cup)	1681 028	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
Whole Kernal Corn, Canned (1/2 cup)	1681 014	1/2 cup	200	66.00 2	2.148	0.820	0.131	0.000	0.000	139.9 99	15.24 4	1.599	N/A*	0.713	4.002	66.00 2	7.003
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	325	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
Strawberry Milk	2083 505	1.00 each	325	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				640.3 06	31.37 3	22.12 3	6.241	0.000	50.98 6*	1038. 888	79.78 0	6.630	38.81 0*	3.360 *	465.8 82*	1299. 570*	133.7 08*
% of Calories					19.60 %	31.09 %	8.77 %	0.00 %*			49.84 %						

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 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



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	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
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
Fajita Bowl	2150 183	1.00 Bowl	100	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 *
Fish Square	2144 991	1.00 servin g	100	251.4 29	20.33 3	3.952	0.000	0.000	55.00 0	353.3 33	34.28 6	3.429	1.429	2.297	98.09 5	0.000	0.000
BBQ Teryaki Chicken	2059 364	2.60 Ounce	100	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
Side Salad	2149 287	1.00 each	200	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
Whole Kernal Corn, Canned (1/2 cup)	1681 014	1/2 cup	225	66.00 2	2.148	0.820	0.131	0.000	0.000	139.9 99	15.24 4	1.599	N/A*	0.713	4.002	66.00 2	7.003
Cut Green Beans, Cooked from Frozen (1/2 cup)	1681 041	1/2 cup	225	21.85 1	1.165	0.125	0.031	0.000	0.000	6.898	5.005	2.299	N/A*	0.680	37.95 3	432.4 30	3.222
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	325	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
Strawberry Milk	2083 505	1.00 each	325	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				606.7 35	31.35 3	21.57 3	5.719 *	0.000 *	66.40 8*	1027. 001	74.54 7	5.462	33.64 9*	2.986 *	392.0 57*	5396. 640*	31.85 1*
% of Calories					20.67 %	32.00 %	8.48 %*	0.00 %*			49.15 %						

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)
Mon - 09/25/2017																	

2017-2018 Nicolet Lunch																	
		Total	650														
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	200	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
Vegetable Chow Mein	2146091	5.50 oz	100	395.000	18.000	6.500	1.000	0.000	18.000	766.000	68.000	10.000	6.000	0.720*	30.000*	300.000*	3.600*
Enchilada with Beans	2150185	1.00 plate	150	326.030	14.520	16.080	5.600	0.000	20.980	665.460	33.850	6.030	1.140	1.180*	201.440*	303.340*	0.000*
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
Cherry Tomatoes (1/2 cup)	1680999	1/2 cup	325	13.608	0.665	0.151	0.021	0.000	0.000	3.780	2.941	0.907	1.988	0.204	7.560	629.737	10.357
Fresh 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
Banana	426163	1.00 each	325	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	325	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	325	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				655.028	28.068	22.219	6.153*	0.000*	32.950	839.562	90.941	10.612	43.605*	2.480*	532.119*	2233.372*	86.056*
% of Calories					17.14%	30.53%	8.45%*	0.00%*			55.53%						

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)
-------------	----------	--------------	----------	-----------------	-------------	---------------	-------------------	---------------	------------------	-------------	-------------------	-----------	------------	-----------	--------------	----------------	----------------

Tue - 09/26/2017

2017-2018 Nicolet Lunch

		Total	650														
Domino's Pizza, RFRS Pepperoni, 10 cut 2015	2138035	1.00 slice	150	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
Turkey & Cheese Sandwich	2138949	1.00 each	100	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
Chicken Taquitos	2138009	2.00 TAQUITOS	100	560.000	23.000	20.000	4.000	0.000	40.000	1020.000	75.000	10.000	4.000	3.240	100.000	100.000	0.000
Nachos with Taco Meat	2069780	1.00 each	100	646.084	26.517	29.447	4.965	0.038	33.670	1391.066	71.499	11.826	3.825*	5.387	298.866	138.430	1.904
Side Salad	2149287	1.00 each	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
Jicama Sticks (1/2 cup)	1681011	1/2 cup	200	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
Cucumber Slices, with peel (1/2 cup)	1681029	1/2 cup	225	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
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, 125-138 count (1/2 cup)	1681120	1/2 cup	325	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	325	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	325	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	325	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	688.5 83	31.08 3	29.09 2	6.986	0.006	52.29 5	1162. 768	76.63 9	8.143	29.32 8*	3.491	440.6 48	1434. 345	12.58 6
% of Calories		18.06 %	38.02 %	9.13 %	0.01 %			44.52 %						

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 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
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
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	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	19.68 5	2.818
VEGETARIAN BEANS	2138 013	4.00 ounce	225	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
Diced Peaches, Canned (1/2 cup)	16811 08	1/2 cup	325	52.99 6	0.504	0.134	0.000	0.000	0.000	5.998	13.39 4	1.298	N/A*	0.378	5.998	339.9 98	3.805
Mango	2146 725	100.00 grams	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	325	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

Strawberry Milk	2083 505	1.00 each	325	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				737.2 99	31.28 7	31.37 0	8.951	0.000	63.06 3	1065. 588	83.47 4	7.916	31.48 0*	3.400	463.7 71	3230. 848	14.47 0
% of Calories					16.97 %	38.29 %	10.93 %	0.00 %			45.29 %						

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 Nicolet Lunch																	
		Total	650														
Domino's Pizza, RFRS Pepperoni, 10 cut 2015	2138 035	1.00 slice	250	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
Penne Pasta with Meatballs	2146 543	1.00 Bowl	150	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*
Sausage Sub	2150 189	1.00 sandwich	50	573.4 10	32.59 0	31.22 9	10.88 3	0.000	85.00 0	1001. 907	40.72 5	5.021	6.427	2.066 *	103.9 69*	1564. 892*	92.30 6*
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
Zucchini Sticks (1/2 cup)	1681 036	1/2 cup	325	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 Oranges	2146 045	1.00 cup	325	250.8 10	5.016	0.640	0.080	0.000	0.000	0.000	62.70 2	12.80 7	49.89 5	0.534	213.4 55	1200. 685	283.8 95
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
1% White Milk	1730 129	8.00 ounce	325	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

Strawberry Milk	2083 505	1.00 each	325	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				742.7 92	32.13 6*	23.16 6	6.387 *	0.000 *	50.19 2*	834.9 73	104.3 77	12.90 4*	61.45 8*	2.875 *	560.8 82*	2255. 218*	259.5 16*
% of Calories					17.31 %*	28.07 %	7.74 %*	0.00 %*			56.21 %						

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 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
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	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
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
Fajita Bowl	2150 183	1.00 Bowl	150	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 *
BBQ Teryaki Chicken	2150 567	2.60 Ounce	150	390.0 00	22.00 0	8.500	1.000	0.000	70.00 0	1204. 000	58.00 0	4.000	13.00 0	3.600	40.00 0	5000. 000	9.600
Side Salad	2149 287	1.00 each	200	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
Cauliflower Florets (1/2 cup)	1681 030	1/2 cup	225	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	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
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	325	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
Strawberry Milk	2083 505	1.00 each	325	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	200	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				614.8 73	31.08 4	22.40 9	6.147 *	0.000 *	68.82 3*	1147. 491	73.93 8	4.421	34.93 4	2.726 *	388.2 96*	7560. 459*	32.41 4*
% of Calories					20.22 %	32.80 %	9.00 %*	0.00 %*			48.10 %						

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	657.945		600/700	Pass		
Protein (g)	29.691*	18.05%*				
Total Fat (g)	25.088	34.32%				
Saturated Fat (g)	6.825*	9.34%*	<10	Pass		
Trans Fat (g)	0.001*					
Cholesterol (mg)	54.000*					
Sodium (mg)	949.007		<1360	Pass		
Carbohydrates (g)	80.567	48.98%				
Fiber (g)	7.545*					
Sugars (g)	36.810*					
Iron (mg)	2.863*					

Calcium (mg)	443.835*					
Vitamin A (IU)	3269.776*					
Vitamin C (mg)	60.492*					

\* = 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.