

Watertown City School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/07/2019										
K-5 Lunch	Total	1100								
Chicken Rings-E	5 each	1000	214	55	375	0	17.0	14.0	10.0	2.00
BROCCOLI, frozen	3/4 CUP	1100	39	0	33	2	4.5	7.5	0.0	0.00
Mixed Berry Cup	1 each	1100	90	0	0	16	0.0	20.0	0.0	0.00
Milk-variety- L	cups	1100	119	3	194	18	8.6	19.4	0.75	0.45
PBJ meal-E	1 each	100	450	10	690	17	19.0	50.0	21.0	5.00
Biscuit, WG	1 each	1000	180	0	280	5	5.0	28.0	6.0	4.00
Weighted Daily Average			647	54	885	41	34.83	89.63	17.20	6.36
% of Calories						25.6%	21.5%	55.4%	23.9%	8.8%
Nutrient Guideline			550-650		1230					<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/08/2019										
K-5 Lunch	Total	1100								
Calzone, Pepperoni WG IW	1 each	950	340	30	510	5	20.0	35.0	13.0	5.00
Veggie Cup	1/2 cup	1100	16	0	22	*1	1.01	3.39	0.1	0.03
Fruit Mix-E	1/2 cup	1100	60	0	5	12	0.0	15.0	0.0	0.00
Marinara Dipping Sauce	1 each	720	15	0	83	2	0.0	3.0	0.0	0.00
Romaine Salad	1.5 cup	1100	20	0	19	*1	1.1	4.26	0.27	0.04
Milk-variety- L	cups	1100	119	3	194	18	8.6	19.4	0.75	0.45
Ranch Dressing, pc-E	pc	750	27	2	108	*N/A*	0.11	1.7	2.21	0.35
Italian Dressing,pc	pkt	150	5	0	95	*N/A*	0.0	1.0	0.0	0.00
PBJ meal-E	1 each	150	450	10	690	17	19.0	50.0	21.0	5.00
Weighted Daily Average			600	32	916	*40	30.65	82.35	16.72	5.75
% of Calories						*26.5%	20.4%	54.9%	25.1%	8.6%
Nutrient Guideline			550-650		1230					<10.00

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K-5 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/09/2019										
K-5 Lunch	Total	1100								
French Toast Stick- E	3 sticks	1000	213	104	287	11	7.4	26.32	8.79	2.11
Smiles	4 each	1100	131	0	181	0	2.01	20.09	4.52	0.50
Apple slices	1 EACH	1100	30	0	0	6	0.0	7.0	0.0	0.00
Ranch Dressing, pc-E	pc	750	27	2	108	*N/A*	0.11	1.7	2.21	0.35
Milk-variety- L	cups	1100	119	3	194	18	8.6	19.4	0.75	0.45
CARROT STICKS	1/2 CUP	1100	25	0	42	3	0.57	5.84	0.15	0.02
Catsup,pc	pkt	850	10	0	25	2	0.0	2.0	0.0	0.00
Juice Box	1 each	1100	60	0	15	12	0.0	14.0	0.0	0.00
PBJ meal-E	1 each	100	450	10	690	17	19.0	50.0	21.0	5.00
Weighted Daily Average			626	100	849	*52	19.71	97.51	16.82	3.58
% of Calories						*33.0%	12.6%	62.3%	24.2%	5.2%
Nutrient Guideline			550-650		1230					<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/10/2019										
K-5 Lunch	Total	1000								
Pizza- Galaxy-E	1 each	900	290	30	440	9	15.0	31.0	12.0	6.00
Romaine Salad E 1.5 cup	1.5 cup	1000	18	0	15	*1	1.04	3.62	0.25	0.03
Ranch Dressing, pc-E	pc	650	27	2	108	*N/A*	0.11	1.7	2.21	0.35
Italian Dressing,pc	pkt	150	5	0	95	*N/A*	0.0	1.0	0.0	0.00
Pears-E	1/2 cup	1	58	0	2	12	0.37	15.02	0.12	0.00
Milk-variety- L	cups	1000	119	3	194	18	8.6	19.4	0.75	0.45
CARROT STICKS	1/2 CUP	1000	25	0	42	3	0.57	5.84	0.15	0.02
PBJ meal-E	1 each	100	450	10	690	17	19.0	50.0	21.0	5.00
Weighted Daily Average			486	32	800	*31	25.68	63.04	15.49	6.63
% of Calories						*25.6%	21.1%	51.8%	28.7%	12.3%
Nutrient Guideline			550-650		1230					<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/11/2019										
K-5 Lunch	Total	1035								
Roast Turkey-E	2.47 oz	895	80	35	370	0	13.0	0.0	3.0	1.00
PBJ meal-E	1 each	140	450	10	690	17	19.0	50.0	21.0	5.00
Mashed Sweet Potato and Pear	1/2 cup	1035	119	0	43	*6	1.41	25.21	1.72	0.25
Milk-variety- L	cups	1035	119	3	194	18	8.6	19.4	0.75	0.45
Whole Wheat Dinner Roll	roll	895	90	0	210	2	3.0	16.0	1.0	0.00
Turkey Gravy	2 oz	895	74	0	425	*0	1.2	5.56	5.37	0.93
Fruit Mix-E	1/2 cup	1035	60	0	5	12	0.0	15.0	0.0	0.00
Mixed Vegetables	1/2 cup	1035	74	0	40	*N/A*	3.24	14.83	0.0	0.00
Weighted Daily Average			643	35	1244	*40	30.70	99.85	13.41	3.05
% of Calories						*24.9%	19.1%	62.1%	18.8%	4.3%
Nutrient Guideline			550-650		1230					<10.00

Mon - 01/14/2019										
K-5 Lunch	Total	900								
Spanish Rice-USDA	2/3 cup	800	291	54	206	*3	17.51	26.23	13.24	4.14
Mexican bean salad	1/2 cup	800	318	0	604	*8	10.19	37.38	14.5	1.82
Strawberry Cup	4.5 oz	900	90	0	0	18	1.0	21.99	0.0	0.00
Milk-variety- L	cups	900	119	3	194	18	8.6	19.4	0.75	0.45
Green Bean	1/2 cup	900	24	0	206	1	1.47	4.42	0.0	0.00
PBJ meal-E	1 each	100	450	10	690	17	19.0	50.0	21.0	5.00
Weighted Daily Average			824	52	1197	*49	37.81	107.91	27.74	6.30
% of Calories						*23.9%	18.4%	52.4%	30.3%	6.9%
Nutrient Guideline			550-650		1230					<10.00

Tue - 01/15/2019										
K-5 Lunch	Total	1100								
Mashed Potato bowl	1 each	900	408	81	702	*0	19.67	31.14	22.28	3.81
Chicken Gravy, low sodium	1/4 cup	900	20	0	142	*0	0.0	3.0	0.5	0.00
Whole Wheat Dinner Roll	roll	900	90	0	210	2	3.0	16.0	1.0	0.00
Pears-E	1/2 cup	1100	58	0	2	12	0.37	15.02	0.12	0.00
Milk-variety- L	cups	1100	119	3	194	18	8.6	19.4	0.75	0.45
Corn, canned	1/4 cup	1100	32	0	8	2	1.0	7.5	0.5	0.00
PBJ meal-E	1 each	200	450	10	690	17	19.0	50.0	21.0	5.00

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Weighted Daily Average			715	71	1191	*36	31.97	92.04	24.65	4.48
% of Calories						*20.2%	17.9%	51.5%	31.0%	5.6%
Nutrient Guideline			550-650		1230					<10.00

Wed - 01/16/2019										
K-5 Lunch	Total	950								
Yogurt	6 oz	850	135	4	112	*N/A*	4.5	28.92	0.0	0.00
STRAWBERRIES: frozen	1/3 CUP	850	82	0	3	20	0.45	22.03	0.11	0.01
Apple slices	1 EACH	950	30	0	0	6	0.0	7.0	0.0	0.00
Muffin, wg, blueberry	1 each	850	140	15	85	12	2.0	24.0	4.0	0.50
Veggie Cup	3/4 cup	950	24	0	33	*1	1.51	5.08	0.16	0.04
Granola	1 oz	850	3	0	0	0	0.06	0.49	0.0	0.00
Milk-variety- L	cups	950	119	3	194	18	8.6	19.4	0.75	0.45
PBJ meal-E	1 each	100	450	10	690	17	19.0	50.0	21.0	5.00
Weighted Daily Average			542	21	479	*56	18.38	104.24	6.79	1.47
% of Calories						*41.5%	13.6%	77.0%	11.3%	2.4%
Nutrient Guideline			550-650		1230					<10.00

Thu - 01/17/2019										
K-5 Lunch	Total	1								
Sloppy Joe	3 oz	1	228	59	109	*7	16.57	9.32	13.74	4.55
Coleslaw	1/4 cup	1	56	5	111	*2	0.36	2.94	4.89	0.74
Apple, Honeycrisp	1 each	1	80	0	0	16	0.0	22.0	0.0	0.00
Roll, hamburger-1.75 oz	1 each	1	140	0	310	3	7.0	23.0	2.0	0.00
Berry Cobbler	1/4 cup	1	172	0	72	*12	2.23	32.01	3.55	0.51
Sweets and Beets	1/2 cup	1	68	0	156	*1	1.11	12.72	1.47	0.22
Milk-variety- L	cups	1	119	3	194	18	8.6	19.4	0.75	0.45
Weighted Daily Average			862	67	952	*59	35.87	121.39	26.41	6.47
% of Calories						*27.4%	16.6%	56.3%	27.6%	6.7%
Nutrient Guideline			550-650		1230					<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/18/2019										
K-5 Lunch	Total	1100								
Pizza-Ind Pan Pizza, E	1 each	1050	320	10	580	4	16.0	39.0	11.0	3.50
Romaine Salad E 1.5 cup	1 cup	1100	12	0	10	*0	0.7	2.42	0.17	0.02
Veggie Cup	1/4 cup	1100	8	0	11	*0	0.5	1.69	0.05	0.01
Peaches-E	1/2 cup	1100	60	0	5	13	0.0	14.0	0.0	0.00
Milk-variety- L	cups	1100	119	3	194	18	8.6	19.4	0.75	0.45
PBJ meal-E	1 each	50	450	10	690	17	19.0	50.0	21.0	5.00
Weighted Daily Average			525	13	805	*36	25.94	77.01	12.42	4.05
% of Calories						*27.7%	19.8%	58.7%	21.3%	7.0%
Nutrient Guideline			550-650		1230					<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/22/2019										
K-5 Lunch	Total	900								
Southern Style Chicken	1 each	850	184	33	378	0	15.0	13.0	8.0	2.00
Roll, hamburger-1.75 oz	1 each	850	140	0	310	3	7.0	23.0	2.0	0.00
Sweet Potato fry	3/4 cup	900	239	0	314	4	4.48	34.34	11.2	1.49
Pears-E	1/2 cup	900	58	0	2	12	0.37	15.02	0.12	0.00
Milk-variety- L	cups	900	119	3	194	18	8.6	19.4	0.75	0.45
PBJ meal-E	1 each	50	450	10	690	17	19.0	50.0	21.0	5.00
Weighted Daily Average			747	35	1198	38	35.28	105.54	22.68	4.11
% of Calories						20.4%	18.9%	56.5%	27.3%	5.0%
Nutrient Guideline			550-650		1230					<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/23/2019										
K-5 Lunch	Total	1000								
Nachos for prepack w/turk taco	3 oz	650	149	36	229	2	13.89	3.47	8.68	1.74
Refried Beans	1/2 cup	1000	105	0	314	1	6.11	17.45	0.87	0.00
Lettuce, shredded- 1/2 cup	1 cup	1000	10	0	7	1	0.65	2.14	0.1	0.01
Nacho Chips	1.4 oz bag	650	190	0	280	0	3.0	28.0	7.0	1.00
Apple slices	1 EACH	1000	30	0	0	6	0.0	7.0	0.0	0.00
Milk-variety- L	cups	1000	119	3	194	18	8.6	19.4	0.75	0.45
PBJ meal-E	1 each	350	450	10	690	17	19.0	50.0	21.0	5.00
Weighted Daily Average			642	30	1088	33	32.98	83.94	19.26	3.99
% of Calories						20.7%	20.6%	52.3%	27.0%	5.6%
Nutrient Guideline			550-650		1230					<10.00

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Thu - 01/24/2019										
K-5 Lunch	Total	1100								
Pizza, 4 Cheese-H	1 each	1050	330	20	600	3	17.0	30.0	15.0	6.00
Romaine Salad E	1.5 cup	1100	18	0	15	*1	1.04	3.62	0.25	0.03
Peaches-E	1/2 cup	1100	60	0	5	13	0.0	14.0	0.0	0.00
Milk-variety- L	cups	1100	119	3	194	18	8.6	19.4	0.75	0.45
PBJ meal-E	1 each	50	450	10	690	17	19.0	50.0	21.0	5.00
Weighted Daily Average			532	23	818	*35	26.73	67.93	16.28	6.44
% of Calories						*26.4%	20.1%	51.1%	27.5%	10.9%
Nutrient Guideline			550-650		1230					<10.00

Fri - 01/25/2019										
K-5 Lunch	Total	1000								
Cyclone Lunchable-H/B	3 oz	700	231	60	768	*3	12.17	6.17	18.17	8.33
PBJ meal-E	1 each	300	450	10	690	17	19.0	50.0	21.0	5.00
Veggie Cup	3/4 cup	1000	24	0	33	*1	1.51	5.08	0.16	0.04
Apple slices	1 EACH	1000	30	0	0	6	0.0	7.0	0.0	0.00
Whole Wheat Dinner Roll	roll	700	90	0	210	2	3.0	16.0	1.0	0.00
Milk-variety- L	cups	1000	119	3	194	18	8.6	19.4	0.75	0.45
Mustard pc	pkt	350	5	0	70	*N/A*	0.0	0.99	0.0	0.00
Weighted Daily Average			534	48	1144	*34	26.43	62.34	20.62	7.82
% of Calories						*25.4%	19.8%	46.7%	34.7%	13.2%
Nutrient Guideline			550-650		1230					<10.00

Mon - 01/28/2019										
K-5 Lunch	Total	1000								
Maxx Stix	2 each	950	260	10	560	4	18.0	30.0	9.0	3.00
Three Bean Salad	3/4 cup	1000	306	0	711	*12	13.97	47.66	6.57	1.00
Sidekicks	1 each	1000	90	0	30	18	0.0	22.0	0.0	0.00
Applesauce-E	1/2 cup	1000	51	0	2	11	0.0	14.0	0.06	0.01
Marinara Dipping Sauce	1 each	1	15	0	83	2	0.0	3.0	0.0	0.00
Milk-variety- L	cups	1000	119	3	194	18	8.6	19.4	0.75	0.45
PBJ meal-E	1 each	50	450	10	690	17	19.0	50.0	21.0	5.00

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Weighted Daily Average			835	13	1504	*64	40.62	134.06	16.98	4.56
% of Calories						*30.4%	19.5%	64.2%	18.3%	4.9%
Nutrient Guideline			550-650		1230					<10.00

Tue - 01/29/2019										
K-5 Lunch	Total	1000								
Chicken Nuggets-E	5 each	900	244	20	478	1	13.22	16.27	14.24	2.54
Mashed Potato-E	1/2 cup	1000	74	0	167	0	1.64	13.97	0.82	0.00
CARROT STICKS	1/2 CUP	1000	25	0	42	3	0.57	5.84	0.15	0.02
Pears-E	1/2 cup	1000	58	0	2	12	0.37	15.02	0.12	0.00
Milk-variety- L	cups	1000	119	3	194	18	8.6	19.4	0.75	0.45
PBJ meal-E	1 each	100	450	10	690	17	19.0	50.0	21.0	5.00
Ranch Dressing, pc-E	pc	500	27	2	108	*N/A*	0.11	1.7	2.21	0.35
Weighted Daily Average			554	23	959	*35	25.03	74.72	17.86	3.43
% of Calories						*25.5%	18.1%	53.9%	29.0%	5.6%
Nutrient Guideline			550-650		1230					<10.00

Wed - 01/30/2019										
K-5 Lunch	Total	950								
Spaghetti Sauce	3 oz	800	81	2	513	*10	5.19	15.01	0.59	0.39
Spaghetti	1/2 cup	800	111	0	1	*N/A*	4.06	21.6	0.65	0.12
Meatballs-4 each	4 each	800	139	40	288	0	12.92	3.98	8.95	3.98
Green Bean-3/4 cup	3/4 cup	950	35	0	309	2	2.21	6.63	0.0	0.00
Whole Wheat Dinner Roll	roll	800	90	0	210	2	3.0	16.0	1.0	0.00
Apple slices	1 EACH	950	30	0	0	6	0.0	7.0	0.0	0.00
Milk-variety- L	cups	950	119	3	194	18	8.6	19.4	0.75	0.45
PBJ meal-E	1 each	150	450	10	690	17	19.0	50.0	21.0	5.00
Weighted Daily Average			610	40	1464	*39	35.01	88.57	13.49	5.02
% of Calories						*25.7%	23.0%	58.1%	19.9%	7.4%
Nutrient Guideline			550-650		1230					<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Watertown City School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

K-5 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/31/2019										
K-5 Lunch	Total	1000								
Pizza- Galaxy-E	1 each	900	290	30	440	9	15.0	31.0	12.0	6.00
Romaine Salad E	1.5 cup	1000	18	0	15	*1	1.04	3.62	0.25	0.03
Ranch Dressing, pc-E	pc	650	27	2	108	*N/A*	0.11	1.7	2.21	0.35
Italian Dressing,pc	pkt	150	5	0	95	*N/A*	0.0	1.0	0.0	0.00
Peaches-E	1/2 cup	1000	60	0	5	13	0.0	14.0	0.0	0.00
Milk-variety- L	cups	1000	119	3	194	18	8.6	19.4	0.75	0.45
CARROT STICKS	1/2 CUP	1000	25	0	42	3	0.57	5.84	0.15	0.02
PBJ meal-E	1 each	100	450	10	690	17	19.0	50.0	21.0	5.00
Weighted Daily Average			546	32	805	*44	25.68	77.02	15.49	6.63
% of Calories						*32.3%	18.8%	56.4%	25.5%	10.9%
Nutrient Guideline			550-650		1230					<10.00

Weighted Average			637	40	1017	*42	29.96	90.51	17.80	5.01
						*59.9%	18.8%	56.8%	25.1%	7.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	637		550 - 650	100%				
Cholesterol (mg)	40							
Sodium 1 (mg)	1017		1230					
Sodium 2 (mg)	1017		935				82	Correction Required - Sodium too High
Sugars (g)	42	26.64%			Missing			
Protein (g)	29.96	18.81%						
Carbohydrate (g)	90.51	56.81%						
Total Fat (g)	17.80	25.13%						
Saturated Fat (g)	5.01	7.07%	<10.00%					

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