

Watertown City School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

WHS- Lunch

Portion Values - Detailed

Page 1

Generated on: 1/4/2019 1:30:34 PM

	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										
WHS- Lunch	Total	730								
Breaded Pork Steak	1 each	540	290	50	420	1	16.0	17.0	17.0	4.50
Chicken Tenders	3 each	85	184	34	383	0	15.0	13.0	8.0	2.00
Peanut Butter And Jelly- large	1 each	20	593	0	583	22	19.78	68.24	30.66	4.45
Yogurt Parfait with Strawberry	1 each	20	239	5	107	34	7.48	49.05	1.62	1.01
Sub, ham-2 oz roll	1 each	3	346	63	1381	8	22.81	31.83	13.38	6.00
Wrap, ham	1 each	2	369	62	1112	*2	21.33	38.91	18.11	7.04
Salad Bar- NEW	each	40	186	6	311	*4	2.55	16.36	13.09	1.88
Granola packet	1 each	19	250	0	180	13	5.0	43.0	7.0	1.00
Wrap	1 each	85	160	0	337	0	5.3	28.6	4.3	0.10
Asian Salad	1 each	20	127	42	118	*4	13.84	10.86	2.82	0.10
Mashed Potato-H	1/2 cup	695	115	0	215	*0	1.67	14.14	5.28	0.81
BROCCOLI, frozen	3/4 CUP	110	39	0	33	2	4.5	7.5	0.0	0.00
Veggie Cup	1/2 cup	110	16	0	22	*1	1.01	3.39	0.1	0.03
Fresh Fruit	1 each	620	64	0	1	11	0.6	16.72	0.2	0.04
Canned Fruit- Assorted	1/2 cup	212	61	0	5	12	0.2	14.93	0.03	0.00
Milk-variety- L	cups	710	119	3	194	18	8.6	19.4	0.75	0.45
Ranch dressing-H	2 Tbsp	85	161	5	246	1	0.0	0.94	17.95	2.83
Hot Sauce	1 tsp	25	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Lettuce, shredded- 1/2 cup	1/2 cup	75	5	0	4	1	0.32	1.07	0.05	0.01
Honey Mustard dressing	2 Tbsp	65	113	9	198	4	0.0	3.78	11.34	1.89
Cheese cup, cheddar	2 oz	80	182	40	425	0	14.17	2.02	12.15	8.10
Pasta- 1 cup, salad bar	1 cup	15	174	0	4	*N/A*	8.0	38.0	0.0	0.00
Turkey-2oz, salad bar	2 oz	10	71	30	312	1	9.07	1.01	2.52	0.50
Beef Glaze	2 oz	685	26	0	274	*0	0.06	5.67	0.42	0.05
Whole Wheat Dinner Roll	roll	540	90	0	210	2	3.0	16.0	1.0	0.00
Mixed Berry Cup	1 each	220	90	0	0	16	0.0	20.0	0.0	0.00
Weighted Daily Average			778	52	1365	*41	31.25	100.48	27.54	6.59
% of Calories						*21.0%	16.1%	51.7%	31.9%	7.6%
Nutrient Guideline			750-850		1420					<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Watertown City School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

WHS- Lunch

Portion Values - Detailed

Page 2

Generated on: 1/4/2019 1:30:35 PM

	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										
WHS- Lunch	Total	750								
Calzone, Pepperoni WG IW	1 each	570	340	30	510	5	20.0	35.0	13.0	5.00
Chicken Parmesan-H	1 each	75	331	75	882	1	22.09	13.0	22.09	8.06
Spaghetti Sauce	2 oz	75	54	1	342	*7	3.46	10.01	0.4	0.26
Peanut Butter And Jelly- large	1 each	20	593	0	583	22	19.78	68.24	30.66	4.45
Sub, ham-2 oz roll	1 each	3	346	63	1381	8	22.81	31.83	13.38	6.00
Wrap, ham	1 each	2	369	62	1112	*2	21.33	38.91	18.11	7.04
Yogurt Parfait with Blueberry	1 each	20	234	5	105	*28	7.53	47.09	1.5	1.00
Salad Bar- NEW	1 each	40	186	6	311	*4	2.55	16.36	13.09	1.88
Summer Salad	1 each	20	187	42	74	*2	15.76	6.75	11.6	0.89
Chicken, 2 oz salad bar	1 each	20	240	55	710	1	15.0	13.0	15.0	3.00
Pasta- 1 cup, salad bar	1 cup	15	174	0	4	*N/A*	8.0	38.0	0.0	0.00
Roll, hamburger- 2 oz	1 each	70	150	0	280	4	6.0	27.0	1.5	0.00
Granola packet	1 each	19	250	0	180	13	5.0	43.0	7.0	1.00
Veggie Cup	1/2 cup	145	16	0	22	*1	1.01	3.39	0.1	0.03
Romaine Salad-H	1 cup	275	36	0	43	*1	0.73	3.01	2.45	0.35
Canned Fruit- Assorted	1/2 cup	155	61	0	5	12	0.2	14.93	0.03	0.00
Fresh Fruit	1 each	580	64	0	1	11	0.6	16.72	0.2	0.04
Milk-variety- L	cups	725	119	3	194	18	8.6	19.4	0.75	0.45
Hot Sauce	tsp	50	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Ranch dressing-H	2 Tbsp	175	161	5	246	1	0.0	0.94	17.95	2.83
Mayonnaise, pc	1 each	3	60	4	60	0	0.0	1.0	6.0	1.00
Mustard pc	pkt	2	5	0	70	*N/A*	0.0	0.99	0.0	0.00
Weighted Daily Average			598	38	880	*36	29.71	74.81	20.83	6.32
% of Calories						*24.3%	19.9%	50.1%	31.4%	9.5%
Nutrient Guideline			750-850		1420					<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Watertown City School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

WHS- Lunch

Portion Values - Detailed

Page 3

Generated on: 1/4/2019 1:30:35 PM

	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										
WHS- Lunch	Total	745								
French Toast -High	2 each	515	401	217	566	22	13.15	50.48	15.95	3.78
Sausage Patty	2 oz	500	142	57	354	0	15.59	1.42	8.5	2.13
Meatballs-4 each	4 each	80	139	40	288	0	12.92	3.98	8.95	3.98
Spaghetti Sauce	2 oz	80	54	1	342	*7	3.46	10.01	0.4	0.26
Peanut Butter And Jelly- large	1 each	25	593	0	583	22	19.78	68.24	30.66	4.45
Sub, tuna salad- 2oz roll	1 each	3	515	81	1061	*5	29.93	28.3	30.78	7.00
Wrap, tuna	1 each	2	548	81	1150	*1	30.05	34.03	34.32	7.00
Yogurt Parfait with Strawberry	1 each	35	239	5	107	34	7.48	49.05	1.62	1.01
Salad Bar- NEW	1 each	40	186	6	311	*4	2.55	16.36	13.09	1.88
Chicken Caesar Salad	1 each	45	70	22	94	*0	9.16	5.1	1.53	0.19
Ham-2 oz, salad bar	2 oz	15	62	30	387	*N/A*	8.34	3.34	3.34	1.67
Pasta- 1 cup, salad bar	cup	10	174	0	4	*N/A*	8.0	38.0	0.0	0.00
Roll, hamburger- 2 oz	1 each	80	150	0	280	4	6.0	27.0	1.5	0.00
Granola packet	1 each	34	250	0	180	13	5.0	43.0	7.0	1.00
Hashbrown	patty	695	100	0	105	0	1.0	16.0	3.5	0.00
CARROTS, glazed-H	1 CUP	70	139	0	240	*9	0.98	17.39	7.62	1.39
Veggie Cup	1/2 cup	75	16	0	22	*1	1.01	3.39	0.1	0.03
Fresh Fruit	1 each	575	64	0	1	11	0.6	16.72	0.2	0.04
Canned Fruit- Assorted	1/2 cup	155	61	0	5	12	0.2	14.93	0.03	0.00
Milk-variety- L	cups	721	119	3	194	18	8.6	19.4	0.75	0.45
Ranch dressing-H	2 Tbsp	70	161	5	246	1	0.0	0.94	17.95	2.83
Hot Sauce	1 tsp	20	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Cheese Cup-E	.5 oz	40	46	10	86	0	3.54	0.0	3.54	2.53
Catsup-H	2 tbsp	555	31	0	79	6	0.0	6.3	0.0	0.00
Syrup pc	1 each	500	80	0	10	10	0.0	20.0	0.0	0.00
Weighted Daily Average			853	199	1205	*60	34.51	118.70	27.16	5.94
% of Calories						*28.3%	16.2%	55.6%	28.6%	6.3%
Nutrient Guideline			750-850		1420					<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Watertown City School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

WHS- Lunch

Portion Values - Detailed

Page 4

Generated on: 1/4/2019 1:30:35 PM

	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										
WHS- Lunch	Total	745								
Pizza, Ind. Pan	1 each	565	330	30	480	10	17.0	38.0	12.0	6.00
Taco's	4 oz	70	423	113	1058	*5	32.93	13.8	26.17	8.72
Lettuce/Tomato cup-E	1/2 cup	25	5	0	3	1	0.3	1.09	0.05	0.01
Cheese cup, cheddar	1 oz	70	91	20	213	0	7.09	1.01	6.08	4.05
Wrap	1 each	70	160	0	337	0	5.3	28.6	4.3	0.10
Peanut Butter And Jelly- large	1 each	20	593	0	583	22	19.78	68.24	30.66	4.45
Sub, turkey- 2 oz roll	1 each	2	364	65	1013	6	30.25	32.84	12.04	5.51
Wrap, turkey	1 each	3	385	60	1066	2	29.4	34.84	14.55	5.01
Yogurt Parfait with Blueberry	1 each	20	234	5	105	*28	7.53	47.09	1.5	1.00
Granola packet	1 each	19	250	0	180	13	5.0	43.0	7.0	1.00
Salad Bar- NEW	1 each	45	186	6	311	*4	2.55	16.36	13.09	1.88
Cottage Cheese- 2 oz,salad bar	2 oz	10	59	12	220	*N/A*	5.87	2.93	2.44	1.47
Cobb Salad	1 each	20	175	90	755	*1	18.51	10.23	6.32	1.19
Pasta- 1 cup, salad bar	1 cup	10	174	0	4	*N/A*	8.0	38.0	0.0	0.00
Romaine Salad-H	1 cup	225	36	0	43	*1	0.73	3.01	2.45	0.35
Veggie Cup	1/2 cup	75	16	0	22	*1	1.01	3.39	0.1	0.03
Canned Fruit- Assorted	1/2 cup	125	61	0	5	12	0.2	14.93	0.03	0.00
Fresh Fruit	1 each	575	64	0	1	11	0.6	16.72	0.2	0.04
Milk-variety- L	cups	730	119	3	194	18	8.6	19.4	0.75	0.45
Ranch dressing-H	2 Tbsp	475	161	5	246	1	0.0	0.94	17.95	2.83
Salsa-E	2 oz	25	20	0	137	1	0.0	3.96	0.0	0.00
Mayonnaise, pc	1 each	2	60	4	60	0	0.0	1.0	6.0	1.00
Hot Sauce	1 tsp	15	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Weighted Daily Average			656	45	958	*39	28.30	75.60	27.77	8.52
% of Calories						*24.0%	17.3%	46.1%	38.1%	11.7%
Nutrient Guideline			750-850		1420					<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Watertown City School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

WHS- Lunch

Portion Values - Detailed

Page 5

Generated on: 1/4/2019 1:30:35 PM

	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										
WHS- Lunch	Total	730								
Cyclone Sampler-H w/ pizza log	1 each	560	498	53	750	3	23.8	56.8	19.8	4.60
Chicken Tenders	3 each	85	184	34	383	0	15.0	13.0	8.0	2.00
Wrap	1 each	85	160	0	337	0	5.3	28.6	4.3	0.10
Sub, ham-2 oz roll	1 each	3	346	63	1381	8	22.81	31.83	13.38	6.00
Wrap, ham	1 each	2	369	62	1112	*2	21.33	38.91	18.11	7.04
Cheese cup, cheddar	2 oz	80	182	40	425	0	14.17	2.02	12.15	8.10
Salad Bar- NEW	each	40	186	6	311	*4	2.55	16.36	13.09	1.88
Asian Salad	1 each	20	127	42	118	*4	13.84	10.86	2.82	0.10
Pasta- 1 cup, salad bar	1 cup	15	174	0	4	*N/A*	8.0	38.0	0.0	0.00
Turkey-2oz, salad bar	2 oz	10	71	30	312	1	9.07	1.01	2.52	0.50
Lettuce, shredded- 1/2 cup	1/2 cup	75	5	0	4	1	0.32	1.07	0.05	0.01
Yogurt Parfait with Strawberry	1 each	20	239	5	107	34	7.48	49.05	1.62	1.01
Granola packet	1 each	19	250	0	180	13	5.0	43.0	7.0	1.00
Mixed Vegetables-H	3/4 cup	45	110	0	60	*N/A*	4.86	22.24	0.0	0.00
Tater Tots-1/2 c	1/2 cup	655	91	0	171	0	1.01	14.09	3.52	0.00
Veggie Cup	1/2 cup	75	16	0	22	*1	1.01	3.39	0.1	0.03
Fresh Fruit	1 each	588	64	0	1	11	0.6	16.72	0.2	0.04
Canned Fruit- Assorted	1/2 cup	125	61	0	5	12	0.2	14.93	0.03	0.00
Milk-variety- L	cups	710	119	3	194	18	8.6	19.4	0.75	0.45
Ranch dressing-H	2 Tbsp	110	161	5	246	1	0.0	0.94	17.95	2.83
Hot Sauce	1 tsp	25	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Honey Mustard dressing	2 Tbsp	225	113	9	198	4	0.0	3.78	11.34	1.89
Spaghetti Sauce	2 oz	500	54	1	342	*7	3.46	10.01	0.4	0.26
Weighted Daily Average			840	59	1433	*39	36.06	110.89	29.66	6.54
% of Calories						*18.7%	17.2%	52.8%	31.8%	7.0%
Nutrient Guideline			750-850		1420					<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Watertown City School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

WHS- Lunch

Portion Values - Detailed

Page 6

Generated on: 1/4/2019 1:30:35 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/14/2019										
WHS- Lunch	Total	750								
Chicken Quesadilla	1 each	575	300	15	790	2	17.0	37.0	10.0	2.00
Peanut Butter And Jelly- large	1 each	20	593	0	583	22	19.78	68.24	30.66	4.45
Pizza, Big Daddy cheese	slice	80	360	35	490	9	21.0	35.0	16.0	7.00
Sub, Bologna-2oz roll	1 each	3	444	65	1163	10	17.25	34.84	25.54	10.00
Wrap, Bologna	1 each	2	474	65	1245	6	16.76	39.84	29.04	10.00
Yogurt Parfait with Strawberry	1 each	20	239	5	107	34	7.48	49.05	1.62	1.01
Granola packet	1 each	19	250	0	180	13	5.0	43.0	7.0	1.00
Salad Bar- NEW	1 each	30	186	6	311	*4	2.55	16.36	13.09	1.88
Southwest Salad	1 each	20	113	42	141	*1	14.42	8.14	2.42	0.04
Pasta- 1 cup, salad bar	1 cup	10	174	0	4	*N/A*	8.0	38.0	0.0	0.00
Cheese cup- 2 oz, salad bar	2 oz	15	182	40	344	0	14.17	0.0	14.17	10.12
Mexican bean salad	3/4 cup	140	477	0	905	*12	15.29	56.08	21.75	2.73
Green Bean-3/4 cup	3/4 cup	145	35	0	309	2	2.21	6.63	0.0	0.00
Veggie Cup	1/2 cup	200	16	0	22	*1	1.01	3.39	0.1	0.03
Fresh Fruit	1 each	670	64	0	1	11	0.6	16.72	0.2	0.04
Canned Fruit- Assorted	1/2 cup	175	61	0	5	12	0.2	14.93	0.03	0.00
Milk-variety- L	cups	740	119	3	194	18	8.6	19.4	0.75	0.45
Hot Sauce	1 tsp	35	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Ranch dressing-H	2 Tbsp	170	161	5	246	1	0.0	0.94	17.95	2.83
Sour Cream	1 oz	520	81	15	35	*N/A*	1.01	1.01	8.1	3.04
Salsa-E	2 oz	450	20	0	137	1	0.0	3.96	0.0	0.00
Strawberry Cup	4.5 oz	475	90	0	0	18	1.0	21.99	0.0	0.00
Weighted Daily Average			767	33	1308	*51	31.07	105.42	26.16	6.54
% of Calories						*26.4%	16.2%	55.0%	30.7%	7.7%
Nutrient Guideline			750-850		1420					<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Watertown City School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

WHS- Lunch

Portion Values - Detailed

Page 7

Generated on: 1/4/2019 1:30:35 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/15/2019										
WHS- Lunch	Total	750								
Mashed Potato bowl	1 each	570	408	81	702	*0	19.67	31.14	22.28	3.81
Peanut Butter And Jelly- large	1 each	20	593	0	583	22	19.78	68.24	30.66	4.45
Chicken Parmesan-H	1 each	75	331	75	882	1	22.09	13.0	22.09	8.06
Spaghetti Sauce	2 oz	55	54	1	342	*7	3.46	10.01	0.4	0.26
Roll, hamburger- 2 oz	1 each	70	150	0	280	4	6.0	27.0	1.5	0.00
Yogurt Parfait with Blueberry	1 each	20	234	5	105	*28	7.53	47.09	1.5	1.00
Sub, ham-2 oz roll	1 each	3	346	63	1381	8	22.81	31.83	13.38	6.00
Wrap, ham	1 each, ham	2	369	62	1112	*2	21.33	38.91	18.11	7.04
Salad Bar- NEW	1 each	40	186	6	311	*4	2.55	16.36	13.09	1.88
Summer Salad	1 each	20	187	42	74	*2	15.76	6.75	11.6	0.89
Whole Wheat Dinner Roll	roll	570	90	0	210	2	3.0	16.0	1.0	0.00
Corn, canned	1/2 cup	225	65	0	15	3	2.0	15.0	1.0	0.00
Veggie Cup	1/2 cup	184	16	0	22	*1	1.01	3.39	0.1	0.03
Fresh Fruit	1 each	710	64	0	1	11	0.6	16.72	0.2	0.04
Canned Fruit- Assorted	1/2 cup	250	61	0	5	12	0.2	14.93	0.03	0.00
Milk-variety- L	cups	748	119	3	194	18	8.6	19.4	0.75	0.45
Ranch dressing-H	2 Tbsp	120	161	5	246	1	0.0	0.94	17.95	2.83
Mayonnaise, pc	1 each	3	60	4	60	0	0.0	1.0	6.0	1.00
Mustard pc	pkt	2	5	0	70	*N/A*	0.0	0.99	0.0	0.00
Granola packet	1 each	19	250	0	180	13	5.0	43.0	7.0	1.00
Pasta- 1 cup, salad bar	1 cup	15	174	0	4	*N/A*	8.0	38.0	0.0	0.00
Chicken, 2 oz salad bar	1 each	20	240	55	710	1	15.0	13.0	15.0	3.00
Chicken Gravy	2 oz	555	82	0	448	*0	1.47	7.22	5.51	0.93
Cheese cup, cheddar	1 oz	425	91	20	213	0	7.09	1.01	6.08	4.05
Weighted Daily Average			847	88	1600	*39	37.53	98.49	34.31	8.08
% of Calories						*18.2%	17.7%	46.5%	36.5%	8.6%
Nutrient Guideline			750-850		1420					<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Watertown City School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

WHS- Lunch

Portion Values - Detailed

Page 8

Generated on: 1/4/2019 1:30:35 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/16/2019										
WHS- Lunch	Total	745								
Pizza Hut Pepperoni Pizza	slice	600	290	25	570	1	21.0	29.0	11.0	4.40
Meatballs-4 each	4 each	40	139	40	288	0	12.92	3.98	8.95	3.98
Spaghetti Sauce	2 oz	40	54	1	342	*7	3.46	10.01	0.4	0.26
Peanut Butter And Jelly- large	1 each	20	593	0	583	22	19.78	68.24	30.66	4.45
Sub, tuna salad- 2oz roll	1 each	3	515	81	1061	*5	29.93	28.3	30.78	7.00
Wrap, tuna	1 each	2	548	81	1150	*1	30.05	34.03	34.32	7.00
Yogurt Parfait with Strawberry	1 each	20	239	5	107	34	7.48	49.05	1.62	1.01
Granola packet	1 each	19	250	0	180	13	5.0	43.0	7.0	1.00
Roll, hamburger- 2 oz	1 each	38	150	0	280	4	6.0	27.0	1.5	0.00
Salad Bar- NEW	1 each	40	186	6	311	*4	2.55	16.36	13.09	1.88
Chicken Caesar Salad	1 each	20	70	22	94	*0	9.16	5.1	1.53	0.19
Ham-2 oz, salad bar	2 oz	15	62	30	387	*N/A*	8.34	3.34	3.34	1.67
Pasta- 1 cup, salad bar	cup	10	174	0	4	*N/A*	8.0	38.0	0.0	0.00
Romaine Salad E 1.5 cup	1.5 cup	420	18	0	15	*1	1.04	3.62	0.25	0.03
BROCCOLI, frozen- 1/2 cup	1/2 cup	120	26	0	22	1	3.0	5.0	0.0	0.00
Veggie Cup	1/2 cup	175	16	0	22	*1	1.01	3.39	0.1	0.03
Fresh Fruit	1 each	715	64	0	1	11	0.6	16.72	0.2	0.04
Canned Fruit- Assorted	1/2 cup	240	61	0	5	12	0.2	14.93	0.03	0.00
Milk-variety- L	cups	735	119	3	194	18	8.6	19.4	0.75	0.45
Ranch dressing-H	2 Tbsp	250	161	5	246	1	0.0	0.94	17.95	2.83
Cheese Cup-E	.5 oz	40	46	10	86	0	3.54	0.0	3.54	2.53
Weighted Daily Average			572	30	863	*37	30.44	75.48	18.84	5.73
% of Calories						*25.9%	21.3%	52.8%	29.6%	9.0%
Nutrient Guideline			750-850		1420					<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Watertown City School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

WHS- Lunch

Portion Values - Detailed

Page 9

Generated on: 1/4/2019 1:30:35 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/17/2019										
WHS- Lunch	Total	700								
Sloppy Joe	3 oz	450	228	59	109	*7	16.57	9.32	13.74	4.55
Roll, hamburger- 2 oz	1 each	450	150	0	280	4	6.0	27.0	1.5	0.00
Sweets and Beets	1/2 cup	75	68	0	156	*1	1.11	12.72	1.47	0.22
Coleslaw	1/2 cup	80	112	10	222	*4	0.72	5.88	9.78	1.48
Apple, Honeycrisp	1 each	425	80	0	0	16	0.0	22.0	0.0	0.00
Berry Cobbler	1/2 cup	350	344	0	144	*24	4.45	64.02	7.1	1.02
Milk-variety- L	cups	655	119	3	194	18	8.6	19.4	0.75	0.45
Fresh Fruit	1 each	185	64	0	1	11	0.6	16.72	0.2	0.04
Canned Fruit- Assorted	1/2 cup	100	61	0	5	12	0.2	14.93	0.03	0.00
Salad Bar- NEW	1 each	100	186	6	311	*4	2.55	16.36	13.09	1.88
Peanut Butter And Jelly- large	1 each	50	593	0	583	22	19.78	68.24	30.66	4.45
Pizza, Big Daddy cheese	slice	100	360	35	490	9	21.0	35.0	16.0	7.00
Weighted Daily Average			741	48	703	*54	29.94	107.67	21.73	5.65
% of Calories						*29.2%	16.2%	58.1%	26.4%	6.9%
Nutrient Guideline			750-850		1420					<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Watertown City School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

WHS- Lunch

Portion Values - Detailed

Page 10

Generated on: 1/4/2019 1:30:35 PM

	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										
WHS- Lunch	Total	730								
Chicken Parmesan-H	1 each	560	331	75	882	1	22.09	13.0	22.09	8.06
Spaghetti	1/2 cup	560	111	0	1	*N/A*	4.06	21.6	0.65	0.12
Spaghetti Sauce	4 oz	540	108	3	684	*14	6.92	20.01	0.79	0.52
Chicken Tenders	3 each	85	184	34	383	0	15.0	13.0	8.0	2.00
Wrap	1 each	85	160	0	337	0	5.3	28.6	4.3	0.10
Sub, ham-2 oz roll	1 each	3	346	63	1381	8	22.81	31.83	13.38	6.00
Wrap, ham	1 each	2	369	62	1112	*2	21.33	38.91	18.11	7.04
Yogurt Parfait with Strawberry	1 each	20	239	5	107	34	7.48	49.05	1.62	1.01
Salad Bar- NEW	each	40	186	6	311	*4	2.55	16.36	13.09	1.88
Asian Salad	1 each	20	127	42	118	*4	13.84	10.86	2.82	0.10
Turkey-2oz, salad bar	2 oz	10	71	30	312	1	9.07	1.01	2.52	0.50
Pasta- 1 cup, salad bar	1 cup	15	174	0	4	*N/A*	8.0	38.0	0.0	0.00
Breadstick, WG	1 each	525	169	0	169	2	1.98	24.81	5.95	0.99
Maple Glazed Carrots	1 C	102	160	0	531	*13	0.7	22.1	8.12	3.14
Veggie Cup	1/2 cup	120	16	0	22	*1	1.01	3.39	0.1	0.03
Fresh Fruit	1 each	715	64	0	1	11	0.6	16.72	0.2	0.04
Canned Fruit- Assorted	1/2 cup	255	61	0	5	12	0.2	14.93	0.03	0.00
Milk-variety- L	cups	722	119	3	194	18	8.6	19.4	0.75	0.45
Ranch dressing-H	2 Tbsp	125	161	5	246	1	0.0	0.94	17.95	2.83
Lettuce, shredded- 1/2 cup	1/2 cup	75	5	0	4	1	0.32	1.07	0.05	0.01
Honey Mustard dressing	2 Tbsp	65	113	9	198	4	0.0	3.78	11.34	1.89
Cheese cup, cheddar	2 oz	80	182	40	425	0	14.17	2.02	12.15	8.10
Granola packet	1 each	19	250	0	180	13	5.0	43.0	7.0	1.00
Weighted Daily Average			899	75	1808	*50	41.27	113.97	32.43	10.30
% of Calories						*22.2%	18.4%	50.7%	32.5%	10.3%
Nutrient Guideline			750-850		1420					<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Watertown City School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

WHS- Lunch

Portion Values - Detailed

Page 11

Generated on: 1/4/2019 1:30:35 PM

	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										
WHS- Lunch	Total	730								
Breaded Pork Steak	1 each	540	290	50	420	1	16.0	17.0	17.0	4.50
Chicken Tenders	3 each	85	184	34	383	0	15.0	13.0	8.0	2.00
Peanut Butter And Jelly- large	1 each	20	593	0	583	22	19.78	68.24	30.66	4.45
Yogurt Parfait with Strawberry	1 each	20	239	5	107	34	7.48	49.05	1.62	1.01
Sub, ham-2 oz roll	1 each	3	346	63	1381	8	22.81	31.83	13.38	6.00
Wrap, ham	1 each	2	369	62	1112	*2	21.33	38.91	18.11	7.04
Salad Bar- NEW	each	40	186	6	311	*4	2.55	16.36	13.09	1.88
Granola packet	1 each	19	250	0	180	13	5.0	43.0	7.0	1.00
Wrap	1 each	85	160	0	337	0	5.3	28.6	4.3	0.10
Asian Salad	1 each	20	127	42	118	*4	13.84	10.86	2.82	0.10
Mashed Potato-H	1/2 cup	695	115	0	215	*0	1.67	14.14	5.28	0.81
Mixed Vegetables	3/4 cup	110	110	0	60	*N/A*	4.86	22.24	0.0	0.00
Veggie Cup	1/2 cup	110	16	0	22	*1	1.01	3.39	0.1	0.03
Fresh Fruit	1 each	620	64	0	1	11	0.6	16.72	0.2	0.04
Canned Fruit- Assorted	1/2 cup	212	61	0	5	12	0.2	14.93	0.03	0.00
Milk-variety- L	cups	710	119	3	194	18	8.6	19.4	0.75	0.45
Ranch dressing-H	2 Tbsp	85	161	5	246	1	0.0	0.94	17.95	2.83
Hot Sauce	1 tsp	25	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Lettuce, shredded- 1/2 cup	1/2 cup	75	5	0	4	1	0.32	1.07	0.05	0.01
Honey Mustard dressing	2 Tbsp	65	113	9	198	4	0.0	3.78	11.34	1.89
Cheese cup, cheddar	2 oz	80	182	40	425	0	14.17	2.02	12.15	8.10
Pasta- 1 cup, salad bar	1 cup	15	174	0	4	*N/A*	8.0	38.0	0.0	0.00
Turkey-2oz, salad bar	2 oz	10	71	30	312	1	9.07	1.01	2.52	0.50
Beef Glaze	2 oz	685	26	0	274	*0	0.06	5.67	0.42	0.05
Whole Wheat Dinner Roll	roll	540	90	0	210	2	3.0	16.0	1.0	0.00
Weighted Daily Average			762	52	1369	*36	31.30	96.68	27.54	6.59
% of Calories						*18.8%	16.4%	50.8%	32.5%	7.8%
Nutrient Guideline			750-850		1420					<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Watertown City School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

WHS- Lunch

Portion Values - Detailed

Page 12

Generated on: 1/4/2019 1:30:35 PM

	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										
WHS- Lunch	Total	745								
Nachos for prepack w/turk taco	3.5 oz	500	174	43	267	2	16.2	4.05	10.12	2.03
Wrap	1 each	400	160	0	337	0	5.3	28.6	4.3	0.10
Nacho Chips	2 oz	100	380	0	560	0	6.0	56.0	14.0	2.00
Meatballs-4 each	4 each	70	139	40	288	0	12.92	3.98	8.95	3.98
Peanut Butter And Jelly- large	1 each	35	593	0	583	22	19.78	68.24	30.66	4.45
Yogurt Parfait with Strawberry	1 each	50	239	5	107	34	7.48	49.05	1.62	1.01
Sub, tuna salad- 2oz roll	1 each	3	515	81	1061	*5	29.93	28.3	30.78	7.00
Wrap, tuna	1 each	2	548	81	1150	*1	30.05	34.03	34.32	7.00
Salad Bar- NEW	1 each	50	186	6	311	*4	2.55	16.36	13.09	1.88
Chicken Caesar Salad	1 each	20	70	22	94	*0	9.16	5.1	1.53	0.19
Ham-2 oz, salad bar	2 oz	15	62	30	387	*N/A*	8.34	3.34	3.34	1.67
Pasta- 1 cup, salad bar	cup	10	174	0	4	*N/A*	8.0	38.0	0.0	0.00
Corn Bread Muffin	1 muffin	520	109	*19	104	*7	4.48	20.52	1.31	0.31
Refried Beans-C	3/4 cup	75	265	13	896	5	15.12	37.46	5.32	2.53
Granola packet	1 each	39	250	0	180	13	5.0	43.0	7.0	1.00
Lettuce, shredded- 1/2 cup	1/2 cup	300	5	0	4	1	0.32	1.07	0.05	0.01
Veggie Cup	1/2 cup	70	16	0	22	*1	1.01	3.39	0.1	0.03
Fresh Fruit	1 each	600	64	0	1	11	0.6	16.72	0.2	0.04
Canned Fruit- Assorted	1/2 cup	225	61	0	5	12	0.2	14.93	0.03	0.00
Milk-variety- L	cups	721	119	3	194	18	8.6	19.4	0.75	0.45
Ranch dressing-H	2 Tbsp	30	161	5	246	1	0.0	0.94	17.95	2.83
Hot Sauce	1 tsp	20	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Spaghetti Sauce	2 oz	70	54	1	342	*7	3.46	10.01	0.4	0.26
Roll, hamburger- 2 oz	1 each	60	150	0	280	4	6.0	27.0	1.5	0.00
Cheese Cup-E	.5 oz	40	46	10	86	0	3.54	0.0	3.54	2.53
Cheese Cup-E	1 oz	450	91	20	172	0	7.09	0.0	7.09	5.06
Salsa-E	1 oz	455	10	0	69	1	0.0	1.98	0.0	0.00
Weighted Daily Average			724	*65	1120	*43	37.34	96.72	22.67	6.87
% of Calories						*23.7%	20.6%	53.4%	28.2%	8.5%
Nutrient Guideline			750-850		1420					<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Watertown City School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

WHS- Lunch

Portion Values - Detailed

Page 13

Generated on: 1/4/2019 1:30:35 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/24/2019										
WHS- Lunch	Total	745								
Pizza, Cyclone, pepperoni	slice	565	361	37	217	*1	22.48	37.37	12.24	7.50
Taco's	4 oz	70	423	113	1058	*5	32.93	13.8	26.17	8.72
Peanut Butter And Jelly- large	1 each	20	593	0	583	22	19.78	68.24	30.66	4.45
Yogurt Parfait with Blueberry	1 each	20	234	5	105	*28	7.53	47.09	1.5	1.00
Granola packet	1 each	19	250	0	180	13	5.0	43.0	7.0	1.00
Sub, turkey- 2 oz roll	1 each	2	364	65	1013	6	30.25	32.84	12.04	5.51
Wrap, turkey	1 each	3	385	60	1066	2	29.4	34.84	14.55	5.01
Salad Bar- NEW	1 each	45	186	6	311	*4	2.55	16.36	13.09	1.88
Cobb Salad	1 each	20	175	90	755	*1	18.51	10.23	6.32	1.19
Wrap	1 each	70	160	0	337	0	5.3	28.6	4.3	0.10
Romaine Salad-H	1 cup	365	36	0	43	*1	0.73	3.01	2.45	0.35
Carrots, E	1/2 cup	155	40	0	161	*N/A*	0.89	9.82	0.0	0.00
Veggie Cup	1/2 cup	100	16	0	22	*1	1.01	3.39	0.1	0.03
Fresh Fruit	1 each	610	64	0	1	11	0.6	16.72	0.2	0.04
Canned Fruit- Assorted	1/2 cup	215	61	0	5	12	0.2	14.93	0.03	0.00
Milk-variety- L	cups	730	119	3	194	18	8.6	19.4	0.75	0.45
Ranch dressing-H	2 Tbsp	100	161	5	246	1	0.0	0.94	17.95	2.83
Lettuce/Tomato cup-E	1/2 cup	70	5	0	3	1	0.3	1.09	0.05	0.01
Cheese cup, cheddar	1 oz	70	91	20	213	0	7.09	1.01	6.08	4.05
Salsa-E	2 oz	25	20	0	137	1	0.0	3.96	0.0	0.00
Mayonnaise, pc	1 each	2	60	4	60	0	0.0	1.0	6.0	1.00
Hot Sauce	1 tsp	15	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Pasta- 1 cup, salad bar	1 cup	10	174	0	4	*N/A*	8.0	38.0	0.0	0.00
Cottage Cheese- 2 oz, salad bar	2 oz	10	59	12	220	*N/A*	5.87	2.93	2.44	1.47
Chicken Noodle Soup-H	8 oz	410	159	41	1012	*2	15.9	14.65	4.23	0.95
Weighted Daily Average			712	70	1235	*35	41.64	88.08	21.72	8.83
% of Calories						*19.8%	23.4%	49.5%	27.5%	11.2%
Nutrient Guideline			750-850		1420					<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Watertown City School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

WHS- Lunch

Portion Values - Detailed

Page 14

Generated on: 1/4/2019 1:30:35 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/28/2019										
WHS- Lunch	Total	750								
Bosco Stick- pizza wg	2 each	575	480	50	1000	6	22.0	58.0	18.0	9.00
Pizza, Big Daddy cheese	slice	80	360	35	490	9	21.0	35.0	16.0	7.00
Peanut Butter And Jelly- large	1 each	20	593	0	583	22	19.78	68.24	30.66	4.45
Yogurt Parfait with Strawberry	1 each	20	239	5	107	34	7.48	49.05	1.62	1.01
Sub, Bologna-2oz roll	1 each	3	444	65	1163	10	17.25	34.84	25.54	10.00
Wrap, Bologna	1 each	2	474	65	1245	6	16.76	39.84	29.04	10.00
Salad Bar- NEW	1 each	30	186	6	311	*4	2.55	16.36	13.09	1.88
Southwest Salad	1 each	20	113	42	141	*1	14.42	8.14	2.42	0.04
Granola packet	1 each	19	250	0	180	13	5.0	43.0	7.0	1.00
Three Bean Salad	3/4 cup	120	306	0	711	*12	13.97	47.66	6.57	1.00
Veggie Cup	1/2 cup	120	16	0	22	*1	1.01	3.39	0.1	0.03
Fresh Fruit	1 each	585	64	0	1	11	0.6	16.72	0.2	0.04
Canned Fruit- Assorted	1/2 cup	144	61	0	5	12	0.2	14.93	0.03	0.00
Sidekicks	1 each	620	90	0	30	18	0.0	22.0	0.0	0.00
Milk-variety- L	cups	725	119	3	194	18	8.6	19.4	0.75	0.45
Ranch dressing-H	2 Tbsp	115	161	5	246	1	0.0	0.94	17.95	2.83
Hot Sauce	1 tsp	35	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Pasta- 1 cup, salad bar	1 cup	10	174	0	4	*N/A*	8.0	38.0	0.0	0.00
Cheese cup- 2 oz, salad bar	2 oz	15	182	40	344	0	14.17	0.0	14.17	10.12
Spaghetti Sauce	2 oz	550	54	1	342	*7	3.46	10.01	0.4	0.26
Weighted Daily Average			821	49	1498	*58	34.70	122.59	22.60	9.42
% of Calories						*28.4%	16.9%	59.7%	24.8%	10.3%
Nutrient Guideline			750-850		1420					<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Watertown City School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

WHS- Lunch

Portion Values - Detailed

Page 15

Generated on: 1/4/2019 1:30:35 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/29/2019										
WHS- Lunch	Total	750								
Chicken Nuggets-H	5 each	570	200	45	480	0	17.0	16.0	7.0	1.50
Chicken Parmesan-H	1 each	75	331	75	882	1	22.09	13.0	22.09	8.06
Peanut Butter And Jelly- large	1 each	20	593	0	583	22	19.78	68.24	30.66	4.45
Yogurt Parfait with Blueberry	1 each	20	234	5	105	*28	7.53	47.09	1.5	1.00
Sub, ham-2 oz roll	1 each	3	346	63	1381	8	22.81	31.83	13.38	6.00
Wrap, ham	1 each	2	369	62	1112	*2	21.33	38.91	18.11	7.04
Salad Bar- NEW	1 each	40	186	6	311	*4	2.55	16.36	13.09	1.88
Summer Salad	1 each	20	187	42	74	*2	15.76	6.75	11.6	0.89
Roll, hamburger- 2 oz	1 each	70	150	0	280	4	6.0	27.0	1.5	0.00
Whole Wheat Dinner Roll	roll	570	90	0	210	2	3.0	16.0	1.0	0.00
Mashed Potato-H	1/2 cup	520	115	0	215	*0	1.67	14.14	5.28	0.81
Squash	1 cup	85	221	0	80	*18	2.28	40.7	7.33	1.33
Veggie Cup	1/2 cup	110	16	0	22	*1	1.01	3.39	0.1	0.03
Fresh Fruit	1 each	580	64	0	1	11	0.6	16.72	0.2	0.04
Canned Fruit- Assorted	1/2 cup	155	61	0	5	12	0.2	14.93	0.03	0.00
Milk-variety- L	cups	725	119	3	194	18	8.6	19.4	0.75	0.45
Ranch dressing-H	2 Tbsp	100	161	5	246	1	0.0	0.94	17.95	2.83
Spaghetti Sauce	2 oz	75	54	1	342	*7	3.46	10.01	0.4	0.26
Hot Sauce	tsp	50	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Mayonnaise, pc	1 each	3	60	4	60	0	0.0	1.0	6.0	1.00
Mustard pc	pkt	2	5	0	70	*N/A*	0.0	0.99	0.0	0.00
Granola packet	1 each	19	250	0	180	13	5.0	43.0	7.0	1.00
Pasta- 1 cup, salad bar	1 cup	15	174	0	4	*N/A*	8.0	38.0	0.0	0.00
Chicken, 2 oz salad bar	1 each	20	240	55	710	1	15.0	13.0	15.0	3.00
Chicken Glaze	2 oz	475	24	0	277	*0	0.52	4.87	0.26	0.00
Weighted Daily Average			649	49	1309	*36	31.14	88.67	18.99	3.96
% of Calories						*22.0%	19.2%	54.6%	26.3%	5.5%
Nutrient Guideline			750-850		1420					<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Watertown City School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

WHS- Lunch

Portion Values - Detailed

Page 16

Generated on: 1/4/2019 1:30:35 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/30/2019										
WHS- Lunch	Total	745								
Meatballs-4 each	4 each	515	139	40	288	0	12.92	3.98	8.95	3.98
Spaghetti	1 cup	515	222	0	2	*N/A*	8.12	43.2	1.3	0.24
Spaghetti Sauce	4 oz	510	108	3	684	*14	6.92	20.01	0.79	0.52
Flatbread, BBQ Chicken	1 each	80	338	31	916	*17	14.84	44.58	9.21	3.07
Peanut Butter And Jelly- large	1 each	25	593	0	583	22	19.78	68.24	30.66	4.45
Yogurt Parfait with Strawberry	1 each	40	239	5	107	34	7.48	49.05	1.62	1.01
Wrap, tuna	1 each	2	548	81	1150	*1	30.05	34.03	34.32	7.00
Sub, tuna salad- 2oz roll	1 each	3	515	81	1061	*5	29.93	28.3	30.78	7.00
Salad Bar- NEW	1 each	40	186	6	311	*4	2.55	16.36	13.09	1.88
Chicken Caesar Salad	1 each	40	70	22	94	*0	9.16	5.1	1.53	0.19
Granola packet	1 each	19	250	0	180	13	5.0	43.0	7.0	1.00
Green Bean-3/4 cup	3/4 cup	100	35	0	309	2	2.21	6.63	0.0	0.00
Breadstick, WG	1 each	500	169	0	169	2	1.98	24.81	5.95	0.99
Veggie Cup	1/2 cup	75	16	0	22	*1	1.01	3.39	0.1	0.03
Canned Fruit- Assorted	1/2 cup	155	61	0	5	12	0.2	14.93	0.03	0.00
Fresh Fruit	1 each	575	64	0	1	11	0.6	16.72	0.2	0.04
Milk-variety- L	cups	735	119	3	194	18	8.6	19.4	0.75	0.45
Ranch dressing-H	2 Tbsp	70	161	5	246	1	0.0	0.94	17.95	2.83
Hot Sauce	1 tsp	20	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Pasta- 1 cup, salad bar	1 cup	10	174	0	4	*N/A*	8.0	38.0	0.0	0.00
Ham-2 oz, salad bar	2 oz	15	62	30	387	*N/A*	8.34	3.34	3.34	1.67
Weighted Daily Average			734	39	1210	*45	33.89	112.20	17.57	5.43
% of Calories						*24.6%	18.5%	61.2%	21.6%	6.7%
Nutrient Guideline			750-850		1420					<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Watertown City School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

WHS- Lunch

Portion Values - Detailed

Page 17

Generated on: 1/4/2019 1:30:35 PM

	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										
WHS- Lunch	Total	745								
Pizza, Stuffed Crust	1 each	565	320	35	700	5	17.0	38.0	12.0	6.00
Taco's	4 oz	70	423	113	1058	*5	32.93	13.8	26.17	8.72
Yogurt Parfait with Blueberry	1 each	20	234	5	105	*28	7.53	47.09	1.5	1.00
Peanut Butter And Jelly- large	1 each	20	593	0	583	22	19.78	68.24	30.66	4.45
Sub, turkey- 2 oz roll	1 each	2	364	65	1013	6	30.25	32.84	12.04	5.51
Wrap, turkey	1 each	3	385	60	1066	2	29.4	34.84	14.55	5.01
Salad Bar- NEW	1 each	45	186	6	311	*4	2.55	16.36	13.09	1.88
Cobb Salad	1 each	20	175	90	755	*1	18.51	10.23	6.32	1.19
Wrap	1 each	70	160	0	337	0	5.3	28.6	4.3	0.10
Lettuce/Tomato cup-E	1/2 cup	25	5	0	3	1	0.3	1.09	0.05	0.01
Veggie Cup	1/2 cup	75	16	0	22	*1	1.01	3.39	0.1	0.03
Romaine Salad-H	1.5 cup	325	53	0	65	*1	1.1	4.51	3.67	0.52
Fresh Fruit	1 each	575	64	0	1	11	0.6	16.72	0.2	0.04
Canned Fruit- Assorted	1/2 cup	125	61	0	5	12	0.2	14.93	0.03	0.00
Milk-variety- L	cups	730	119	3	194	18	8.6	19.4	0.75	0.45
Ranch dressing-H	2 Tbsp	70	161	5	246	1	0.0	0.94	17.95	2.83
Cheese cup, cheddar	1 oz	70	91	20	213	0	7.09	1.01	6.08	4.05
Salsa-E	2 oz	25	20	0	137	1	0.0	3.96	0.0	0.00
Mayonnaise, pc	1 each	2	60	4	60	0	0.0	1.0	6.0	1.00
Hot Sauce	1 tsp	15	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Granola packet	1 each	19	250	0	180	13	5.0	43.0	7.0	1.00
Pasta- 1 cup, salad bar	1 cup	10	174	0	4	*N/A*	8.0	38.0	0.0	0.00
Cottage Cheese- 2 oz,salad bar	2 oz	10	59	12	220	*N/A*	5.87	2.93	2.44	1.47
Broccoli and Cheese Soup	8 oz	370	202	29	708	*7	13.91	16.33	9.53	6.05
Weighted Daily Average			674	61	1358	*39	35.47	84.25	23.61	10.11
% of Calories						*23.1%	21.0%	50.0%	31.5%	13.5%
Nutrient Guideline			750-850		1420					<10.00
Weighted Average			743	*62	1248	*43	33.86	98.28	24.77	7.14
						*52.7%	18.2%	52.9%	30.0%	8.7%

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Watertown City School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

WHS- Lunch

Portion Values - Detailed

Page 18

Generated on: 1/4/2019 1:30:35 PM

Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Cholst (mg) Shortfall	Sodm (mg) Overage	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Error Messages (if any)
Calories	743		750 - 850	99%			7						Correction Required - Calories are Low
Cholesterol (mg)	62				Missing								
Sodium 1 (mg)	1248		1420										
Sodium 2 (mg)	1248		1080						168				Correction Required - Sodium too High
Sugars (g)	43	23.40%			Missing								
Protein (g)	33.86	18.24%											
Carbohydrate (g)	98.28	52.93%											
Total Fat (g)	24.77	30.02%											
Saturated Fat (g)	7.14	8.65%	<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.