

# Mt. Pleasant Community Schools

Aug 23, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

LUNCH K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 08/23/2017				
LUNCH K-5	Total	1		
Chicken, Nugget (K-12) COMM	5 EACH	1	180	14.0
Mashed Potatoes - reg	1/2 cup	1	76	14.44
California blend	1/2 cup	1	30	5.0
Peaches: canned,light syrup	1/2 Cup	1	68	18.26
Roll, whole wheat 1.25oz	1 Each	1	85	13.99
Milk - 1%	8 oz carton	1	100	12.0
Milk - Choc fat free	8 oz carton	1	130	25.0
Milk - FF	8 oz carton	1	80	12.0
Weighted Daily Average			749	114.69
% of Calories				61.2%
Nutrient Guideline			550-650	

Thu - 08/24/2017				
LUNCH K-5	Total	1		
Cheeseburger/ WG Bun	patty/1 slice	1	346	34.01
TATER TOTS	1/2 CUP	1	170	21.0
Carroteenies	1/4 cup	1	18	4.21
PEARS: canned,light syrup	1/2 CUP	1	72	19.04
Cookie, choc chip wg	1 ea	1	110	18.0
Milk - 1%	8 oz carton	1	100	12.0
Milk - Choc fat free	8 oz carton	1	130	25.0
Milk - FF	8 oz carton	1	80	12.0
Weighted Daily Average			1025	145.26
% of Calories				56.7%
Nutrient Guideline			550-650	

Fri - 08/25/2017				
LUNCH K-5	Total	1		
Pizza, cheese slice	1 slice	1	270	32.0
Salad, mixed greens	1 cup	1	8	1.62
Ranch Dressing, Bulk RC	1 oz	1	70	1.0
Green Beans, frozen 1/2 cup	1/2 cup	1	19	4.35
Orange	1/2 EACH	1	23	5.64
Milk - 1%	8 oz carton	1	100	12.0
Milk - Choc fat free	8 oz carton	1	130	25.0
Milk - FF	8 oz carton	1	80	12.0
Weighted Daily Average			700	93.61
% of Calories				53.5%
Nutrient Guideline			550-650	

\*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

<sup>1</sup> - 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.

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LUNCH K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 08/28/2017				
LUNCH K-5	Total	1		
Omelet, cheese 2.1oz COMM	1 EACH	1	110	1.0
Potato, triangle hashbrown	1 each	1	110	13.46
SPINACH,RAW	1 cup	1	7	1.09
Ranch Dressing, Bulk RC	1 oz	1	70	1.0
Fruit Cocktail, lt syrup	1/2 cup	1	55	14.05
Milk - 1%	8 oz carton	1	100	12.0
Milk - Choc fat free	8 oz carton	1	130	25.0
Milk - FF	8 oz carton	1	80	12.0
Weighted Daily Average			661	79.60
% of Calories				48.2%
Nutrient Guideline			550-650	

Tue - 08/29/2017				
LUNCH K-5	Total	1		
BBQ Rib Sandwich	Sandwich	1	310	39.33
Sweet Potato, Fries	1/2 cup	1	161	25.24
Broccoli,raw: fresh	1/4 cup	1	8	1.51
Cherry Crisp	5 x 8 servings	1	170	27.21
Milk - 1%	8 oz carton	1	100	12.0
Milk - Choc fat free	8 oz carton	1	130	25.0
Milk - FF	8 oz carton	1	80	12.0
Weighted Daily Average			958	142.29
% of Calories				59.4%
Nutrient Guideline			550-650	

Wed - 08/30/2017				
LUNCH K-5	Total	1		
CHICKEN TETRAZZINI	3/4 CUP	1	310	31.55
Peas, frozen	1/2 cup	1	62	11.41
Salad, mixed greens	1 cup	1	8	1.62
Ranch Dressing, Bulk RC	1 oz	1	70	1.0
Mandarin Orange,cand, lt syrup	1/2 cup	1	71	18.21
Milk - 1%	8 oz carton	1	100	12.0
Milk - Choc fat free	8 oz carton	1	130	25.0
Milk - FF	8 oz carton	1	80	12.0
Weighted Daily Average			832	112.79
% of Calories				54.2%
Nutrient Guideline			550-650	

Weighted Average			821	114.71
				55.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	821		550 - 650	126%			171	
Carbohydrate (g)	114.71	55.89%						Correction Required - Calories too High

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