

Benton Community Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

HS Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/03/2017																
HS Lunch	Total	1														
Turkey, Oven Roasted Slice HS	1 Each	1	100	25	275	0.00	0.00	0.0	0	0	0.0	15.0	0.0	5.0	0.00	0.00
Cheese Slice, American Low Sod	Slice	1	55	13	140	0.00	0.00	70.0	150	30	0.0	2.5	1.0	4.5	2.50	0.00
Flat Bread	1 Each	1	170	0	0	3.00	0.00	0.0	0	0	0.0	5.0	26.0	5.0	1.00	0.00
French Fries Crinkle Cut	Serving	1	80	0	190	1.00	0.36	0.0	0	0	3.6	1.0	13.0	2.5	0.50	0.00
Lettuce, Shredded	1 cup	1	20	0	14	1.73	0.59	25.9	723	48	4.03	1.3	4.28	0.2	0.03	*N/A*
Tomatoes	.25 Each	1	2	0	1	0.12	0.03	1.0	83	6	1.37	0.09	0.39	0.02	0.00	*N/A*
PEACHES: canned,light syrup	.5 CUP	1	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
ORANGES	1 EACH	1	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Ketchup Dip & Squeeze	1 Each	1	30	0	250	0.00	0.00	0.0	150	30	1.8	0.0	8.0	0.0	0.00	0.00
Mayonnaise Packets	Packet	1	80	5	70	0.00	0.00	0.0	0	0	0.0	0.0	1.0	9.0	1.00	0.00
Weighted Daily Average			730	48	1066	9.78	1.53	439.1	2266	278	66.09	34.35	95.21	26.37	5.05	*0.00
% of Calories												18.8%	52.2%	32.5%	6.2%	*0.0%
Nutrient Guideline			846	100	1000	6.50	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

Tue - 04/04/2017																
HS Lunch	Total	1														
Pork Pattie, Breaded Advance P	1 Each	1	270	40	610	2.00	2.70	40.0	100	20	0.0	16.0	17.0	15.0	4.50	0.00
Whole Grain Roll	2 oz	1	175	11	204	1.14	1.53	30.7	13	3	0.11	4.56	29.12	4.25	0.65	*0.00
French Fries Crinkle Cut	Serving	1	80	0	190	1.00	0.36	0.0	0	0	3.6	1.0	13.0	2.5	0.50	0.00
Cole Slaw	1/2 c	1	47	5	14	0.90	0.35	27.0	220	49	19.62	0.77	7.45	1.57	0.23	*N/A*
Cole Slaw Dressing	.25 oz	1	26	3	57	0.00	0.03	1.1	4	1	0.0	0.06	2.03	1.92	0.31	*0.00
Applesauce, Diet	Serving	1	50	0	25	1.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
APRICOTS: canned,light syrup	.5 CUP	1	80	0	5	2.02	0.49	13.9	1672	167	3.42	0.67	20.86	0.06	0.00	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Ketchup Dip & Squeeze	1 Each	1	30	0	250	0.00	0.00	0.0	150	30	1.8	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average			837	63	1475	8.06	5.46	412.7	2660	370	29.75	31.06	123.46	25.30	6.19	*0.00
% of Calories												14.9%	59.0%	27.2%	6.7%	*0.0%
Nutrient Guideline			846	100	1000	6.50	4.50	400.00	1500		19.20	16.70		<=30.0	<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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HS Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/05/2017																
HS Lunch	Total	1														
Corn Dog, Turkey State Fair WG	1 EACH	1	240	15	670	4.00	1.80	60.0	0	0	15.0	11.0	33.0	7.0	1.50	*N/A*
Hashbrown, Simplot	2 Each	1	200	0	440	2.00	0.76	11.7	*N/A*	*N/A*	5.94	2.0	26.0	10.0	2.00	0.00
Beans, Vegetarian Baked	.5 Each	1	65	0	275	2.50	0.90	20.0	0	0	0.0	3.5	14.5	0.0	0.00	0.00
Mandarin Oranges	.5 cup	1	57	0	8	0.81	0.58	16.2	243	49	17.03	0.81	13.78	0.0	0.00	*N/A*
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Ketchup Dip & Squeeze	1 Each	1	30	0	250	0.00	0.00	0.0	150	30	1.8	0.0	8.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
Salad Bar Average	1/4 c	1	78	0	38	3.86	0.64	29.3	*5092	*576	34.41	1.41	19.37	0.35	0.08	*0.00
Weighted Daily Average			843	20	1859	15.96	5.02	445.1	*6053	*763	84.24	28.04	149.99	17.88	3.70	*0.00
% of Calories												13.3%	71.1%	19.1%	4.0%	*0.0%
Nutrient Guideline			846	100	1000	6.50	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/06/2017																
HS Lunch	Total	1														
Chicken Alfredo	6 oz	1	279	79	271	1.71	*0.88	15.6	40	8	0.0	27.15	18.17	11.43	4.37	*0.00
Penne, Whole Grain	Serving	1	87	0	2	2.00	0.00	0.0	0	0	0.0	4.0	19.0	0.0	0.00	0.00
MIXED VEGETABLES:frozen,boiled	.5 CUP	1	59	0	32	4.00	0.75	22.8	3892	389	2.91	2.6	11.91	0.14	0.03	*N/A*
Baby Carrots	.5 cup	1	25	0	57	2.10	0.65	23.2	10008	1089	1.89	0.46	5.98	0.09	0.02	*N/A*
Broccoli	.5 cup	1	59	0	54	6.80	1.84	127.0	2345	469	127.91	6.37	10.84	0.66	0.10	*N/A*
APPLES,Fresh	.5 EACH	1	36	0	1	1.66	0.08	4.1	37	3	3.17	0.18	9.53	0.12	0.02	*N/A*
Pineapple	.5 cup	1	75	0	1	1.00	0.35	17.4	47	5	11.83	0.52	19.55	0.1	0.01	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Salad Bar Average	1/4 c	1	78	0	38	3.86	0.64	29.3	*5092	*576	34.41	1.41	19.37	0.35	0.08	*0.00
Chocolate Chip - Benton	1 each	1	129	9	237	0.34	0.49	21.4	122	29	0.01	1.14	19.83	5.41	1.64	*N/A*
Weighted Daily Average			908	94	814	23.49	*5.68	560.9	*22083	*2670	183.34	51.84	146.18	18.30	6.26	*0.00
% of Calories												22.8%	64.4%	18.1%	6.2%	*0.0%
Nutrient Guideline			846	100	1000	6.50	4.50	400.00	1500		19.20	16.70		<=30.0	<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
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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/07/2017																
HS Lunch	Total	1														
Breaded Mozz Cheese Sticks	5 Sticks	1	440	30	820	1.00	1.80	450.0	500	100	0.3	20.0	34.0	26.0	9.00	10.00
Marinara Sauce	.25 cup	1	10	0	66	0.00	0.00	0.0	0	0	1.83	0.29	1.53	0.0	0.00	*N/A*
Salad - Mixed Greens	serving	1	3	0	2	0.22	0.09	3.6	129	7	0.53	0.17	0.55	0.03	0.00	*N/A*
CARROTS: canned, cooked	.5 CUP	1	18	0	177	1.09	0.47	18.2	8154	1005	1.97	0.47	4.04	0.14	0.03	*N/A*
FRUIT JUICE, ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
Blueberries	Serving	1	20	0	0	1.05	0.07	3.1	18	3	0.97	0.16	4.72	0.25	0.02	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
SALAD DRESSING, Assorted	.5 TBSP	1	30	1	72	0.02	0.05	1.8	16	6	0.09	0.07	0.91	2.94	0.42	*0.00
RANGER COOKIE	1 EACH	1	136	6	144	0.57	0.48	11.6	118	27	0.01	1.37	19.98	5.93	1.38	*0.00
Salad Bar Average	1/4 c	1	78	0	38	3.86	0.64	29.3	*5092	*576	34.41	1.41	19.37	0.35	10.08	*0.00
Weighted Daily Average			880	43	1444	8.10	3.84	830.8	*14585	*1831	65.78	32.42	112.73	35.80	10.95	*10.00
% of Calories												14.7%	51.2%	36.6%	11.2%	*10.2%
Nutrient Guideline			846	100	1000	6.50	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/10/2017																
HS Lunch	Total	1														
Popcorn Chicken Tyson	2 oz	1	230	20	350	3.00	1.80	40.0	100	20	0.0	14.0	14.0	13.0	2.50	0.00
Whole Grain Roll	2 oz	1	175	11	204	1.14	1.53	30.7	13	3	0.11	4.56	29.12	4.25	0.65	*0.00
Mashed Potatoes	.5 cup	1	70	0	270	1.00	0.20	7.6	2	0	6.38	1.0	16.0	1.0	0.00	0.00
GREEN BEANS: canned, cooked	.5 CUP	1	14	0	169	1.28	0.61	17.6	236	47	2.9	0.81	3.04	0.07	0.01	*N/A*
Strawberries, Fresh	.5 cup	1	24	0	1	1.52	0.31	12.2	9	2	44.69	0.51	5.84	0.23	0.01	*N/A*
Mandarin Oranges	.5 cup	1	57	0	8	0.81	0.58	16.2	243	49	17.03	0.81	13.78	0.0	0.00	*N/A*
Ranch Dressing Cup	1 Each	1	140	10	170	0.00	0.00	0.0	0	0	0.0	0.0	1.0	16.0	2.50	0.00
Margarine, whipped cups	1 cup	1	50	0	79	0.00	0.00	0.0	298	60	0.0	0.0	0.0	4.96	0.99	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			839	46	1372	8.74	5.02	424.2	1401	281	72.31	29.68	94.77	39.51	6.67	*0.00
% of Calories												14.2%	45.2%	42.4%	7.2%	*0.0%
Nutrient Guideline			846	100	1000	6.50	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

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Tue - 04/11/2017																
HS Lunch	Total	1														
Beef Patty Charbroil MS/HS	1 Each	1	140	30	270	1.00	1.98	0.0	0	0	1.8	13.0	2.0	9.0	3.50	0.00
Whole Grain Roll	2 oz	1	175	11	204	1.14	1.53	30.7	13	3	0.11	4.56	29.12	4.25	0.65	*0.00
Sweet Potato Crinkle Cut Fries	Serving	1	150	0	120	3.00	0.36	0.0	3000	600	4.8	1.0	24.0	5.0	0.00	0.00
Tomatoes	.25 Each	1	2	0	1	0.12	0.03	1.0	83	6	1.37	0.09	0.39	0.02	0.00	*N/A*
Lettuce, Shredded	1 cup	1	20	0	14	1.73	0.59	25.9	723	48	4.03	1.3	4.28	0.2	0.03	*N/A*
PEARS: canned,light syrup	.5 CUP	1	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
PEACHES: canned,light syrup	.5 CUP	1	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
MUSTARD: individual PC	Pkt 5g	1	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
Ketchup Dip & Squeeze	1 Each	1	30	0	250	0.00	0.00	0.0	150	30	1.8	0.0	8.0	0.0	0.00	0.00
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Salad Bar Average	1/4 c	1	78	0	38	3.86	0.64	29.3	*5092	*576	34.41	1.41	19.37	0.35	0.08	*0.00
Weighted Daily Average			817	46	1087	14.65	6.00	399.9	*10009	*1406	53.49	30.38	136.72	19.10	4.27	*0.00
% of Calories												14.9%	66.9%	21.0%	4.7%	*0.0%
Nutrient Guideline			846	100	1000	6.50	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/13/2017																
HS Lunch	Total	1														
Beef Shreds	Serving	1	160	65	380	0.00	1.80	0.0	0	0	0.0	22.0	0.0	7.0	3.00	0.00
Sub Bun Mini Roll Dough	Serving	1	170	0	180	3.00	7.92	0.0	0	0	0.0	6.0	28.0	3.0	0.50	0.00
Bean, Great Northern	.5 Each	1	74	0	70	3.20	1.03	34.5	0	0	0.85	4.83	13.77	0.26	0.08	0.00
Pepper/Onion Blend	1/2 c	1	20	0	8	1.00	0.00	0.0	0	0	0.0	1.0	5.0	0.0	0.00	0.00
Cole Slaw	1/2 c	1	47	5	14	0.90	0.35	27.0	220	49	19.62	0.77	7.45	1.57	0.23	*N/A*
Applesauce, Diet	Serving	1	50	0	25	1.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Cole Slaw Dressing	1 oz	1	102	10	227	0.00	0.12	4.5	17	4	0.0	0.25	8.14	7.69	1.22	*0.00
Cheese, Mozzarella Shredded	1 Each	1	80	15	170	*N/A*	0.00	200.0	200	40	0.0	8.0	1.0	6.0	3.50	0.00
Salad Bar Average	1/4 c	1	78	0	38	3.86	0.64	29.3	*5092	*576	34.41	1.41	19.37	0.35	0.08	*0.00
Weighted Daily Average			926	100	1237	*13.25	12.10	608.4	*6088	*775	80.54	52.74	124.35	26.03	8.63	*0.00
% of Calories												22.8%	53.7%	25.3%	8.4%	*0.0%
Nutrient Guideline			846	100	1000	6.50	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/14/2017																
HS Lunch	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00

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Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories												0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			846	100	1000	6.50	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

Mon - 04/17/2017																
HS Lunch	Total	1														
Chicken Fajita Meat	Serving	1	131	82	338	0.00	0.39	0.0	0	22	1.31	16.36	2.18	6.54	2.18	0.00
Tortilla, Hearty Grain	Serving	1	150	0	200	2.00	1.44	100.0	0	0	0.0	4.0	24.0	4.0	1.00	0.00
Lettuce, Shredded	1 cup	1	20	0	14	1.73	0.59	25.9	723	48	4.03	1.3	4.28	0.2	0.03	*N/A*
Tomatoes, diced	.25 cup	1	10	0	165	0.50	0.00	20.0	150	30	7.5	0.5	2.5	0.0	0.00	*N/A*
REFRIED BEANS: canned	.5 CUP	1	108	0	534	6.07	1.99	39.3	0	0	7.14	6.44	18.16	1.39	0.47	*N/A*
APPLES,Fresh	.5 EACH	1	36	0	1	1.66	0.08	4.1	37	3	3.17	0.18	9.53	0.12	0.02	*N/A*
Strawberries, Fresh	1/4 cup	1	12	0	0	0.76	0.16	6.1	5	1	22.34	0.25	2.92	0.11	0.01	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Taco Sauce Packet	Packet	1	5	0	55	0.00	0.00	0.0	0	0	0.0	0.0	1.0	0.0	0.00	0.00
Chocolate Krinkle Cookie	1 oz	1	142	11	178	0.75	0.85	42.4	22	8	0.04	1.97	23.85	4.7	1.42	*N/A*
Weighted Daily Average			694	98	1606	13.46	5.50	537.8	1437	211	46.73	38.99	100.41	17.07	5.12	*0.00
% of Calories												22.5%	57.8%	22.1%	6.6%	*0.0%
Nutrient Guideline			846	100	1000	6.50	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

Tue - 04/18/2017																
HS Lunch	Total	1														
Ribb Patty	1 Each	1	160	30	390	1.00	1.08	40.0	100	40	1.2	12.0	8.0	10.0	3.50	0.00
Whole Grain Bun	2 oz	1	145	9	170	0.95	1.27	25.6	11	2	0.09	3.8	24.27	3.54	0.54	*0.00
Sweet Potato Crinkle Cut Fries	Serving	1	150	0	120	3.00	0.36	0.0	3000	600	4.8	1.0	24.0	5.0	0.00	0.00
Broccoli	.5 cup	1	59	0	54	6.80	1.84	127.0	2345	469	127.91	6.37	10.84	0.66	0.10	*N/A*
PEARS: canned,light syrup	.5 CUP	1	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
PEACHES: canned,light syrup	.5 CUP	1	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Ketchup Dip & Squeeze	1 Each	1	30	0	250	0.00	0.00	0.0	150	30	1.8	0.0	8.0	0.0	0.00	0.00
Salad Bar Average	1/4 c	1	78	0	38	3.86	0.64	29.3	*5092	*576	34.41	1.41	19.37	0.35	0.08	*0.00
Weighted Daily Average			842	44	1155	19.25	5.99	531.9	*11642	*1861	175.31	33.39	143.78	19.62	4.22	*0.00
% of Calories												15.9%	68.3%	21.0%	4.5%	*0.0%
Nutrient Guideline			846	100	1000	6.50	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

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Benton Community Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

HS Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/19/2017																
HS Lunch	Total	1														
Meatloaf	1 Each	1	250	60	360	1.00	1.80	40.0	200	20	4.8	13.0	8.0	19.0	8.00	0.00
Mashed Potatoes	.5 cup	1	70	0	270	1.00	0.20	7.6	2	0	6.38	1.0	16.0	1.0	0.00	0.00
CARROTS: canned, cooked	.5 CUP	1	18	0	177	1.09	0.47	18.2	8154	1005	1.97	0.47	4.04	0.14	0.03	*N/A*
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
Pineapple	.5 cup	1	75	0	1	1.00	0.35	17.4	47	5	11.83	0.52	19.55	0.1	0.01	*N/A*
Brownie (Benton)	1	1	277	40	145	1.27	1.20	12.6	295	73	0.01	3.24	36.82	13.7	4.18	*0.00
FROSTING, POWDERED SUGAR	1 TBSP	1	48	0	5	0.00	0.01	1.5	18	4	0.0	0.04	11.38	0.37	0.08	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Margarine, whipped cups	1 cup	1	50	0	79	0.00	0.00	0.0	298	60	0.0	0.0	0.0	4.96	0.99	*N/A*
Bread & Margarine	1	1	104	0	87	2.00	0.72	41.4	168	38	2.41	3.54	12.54	4.78	0.78	*0.00
Weighted Daily Average			1061	105	1245	9.99	5.00	443.8	9747	1313	37.38	30.91	143.40	44.39	14.19	*0.00
% of Calories												11.6%	54.0%	37.6%	12.0%	*0.0%
Nutrient Guideline			846	100	1000	6.50	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

Thu - 04/20/2017																
HS Lunch	Total	1														
GROUND BEEF & MACARONI (MEX)	3/4 CUP	1	283	51	193	2.49	3.31	40.0	718	144	13.89	19.96	26.14	10.66	4.38	*N/A*
CORN: frozen, yellow	.5 CUP	1	67	0	1	1.98	0.39	2.5	164	18	2.89	2.1	15.92	0.55	0.08	*N/A*
MIXED VEGETABLES:frozen,boiled	.5 CUP	1	59	0	32	4.00	0.75	22.8	3892	389	2.91	2.6	11.91	0.14	0.03	*N/A*
Mandarin Oranges	.5 cup	1	57	0	8	0.81	0.58	16.2	243	49	17.03	0.81	13.78	0.0	0.00	*N/A*
Applesauce, Diet	Serving	1	50	0	25	1.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
Whole Grain Roll	2 oz	1	175	11	204	1.14	1.53	30.7	13	3	0.11	4.56	29.12	4.25	0.65	*0.00
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Margarine, whipped cups	1 cup	1	50	0	79	0.00	0.00	0.0	298	60	0.0	0.0	0.0	4.96	0.99	*N/A*
Weighted Daily Average			820	67	662	11.42	6.55	412.1	5828	762	38.03	38.03	122.87	20.56	6.14	*0.00
% of Calories												18.6%	59.9%	22.6%	6.7%	*0.0%
Nutrient Guideline			846	100	1000	6.50	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

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Benton Community Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

HS Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/21/2017																
HS Lunch	Total	1														
Sub Sandwiches	serving	1	125	50	1121	0.14	1.17	95.8	334	65	2.15	16.96	2.49	5.04	2.17	*0.00
Buns, Sub	roll	1	190	0	390	1.00	1.80	60.0	0	0	0.0	6.0	36.0	2.5	0.50	0.00
French Fries Crinkle Cut	Serving	1	80	0	190	1.00	0.36	0.0	0	0	3.6	1.0	13.0	2.5	0.50	0.00
Lettuce, Shredded	1 cup	1	20	0	14	1.73	0.59	25.9	723	48	4.03	1.3	4.28	0.2	0.03	*N/A*
Tomatoes	.25 Each	1	2	0	1	0.12	0.03	1.0	83	6	1.37	0.09	0.39	0.02	0.00	*N/A*
Blueberries & Yogurt	1/2	1	52	1	18	2.20	0.17	46.5	38	8	2.31	1.41	11.63	0.55	0.07	*0.00
FRUIT COCKTAIL:canned,lt syrup	.5 CUP	1	69	0	7	1.21	0.35	7.3	248	25	2.3	0.48	18.07	0.08	0.01	*N/A*
Mayonnaise Packets	Packet	1	80	5	70	0.00	0.00	0.0	0	0	0.0	0.0	1.0	9.0	1.00	0.00
Ketchup Dip & Squeeze	1 Each	1	30	0	250	0.00	0.00	0.0	150	30	1.8	0.0	8.0	0.0	0.00	0.00
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Salad Bar Average	1/4 c	1	78	0	38	3.86	0.64	29.3	*5092	*576	34.41	1.41	19.37	0.35	0.08	*0.00
Weighted Daily Average			806	60	2219	11.26	5.11	565.9	*7168	*858	53.17	36.66	126.23	20.25	4.36	*0.00
% of Calories												18.2%	62.6%	22.6%	4.9%	*0.0%
Nutrient Guideline			846	100	1000	6.50	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

Mon - 04/24/2017																
HS Lunch	Total	1														
Orange Chicken Stir Fry Minh	Serving	1	150	80	190	0.00	0.72	0.0	0	0	0.0	13.0	9.0	6.0	1.50	0.00
Rice, Brown Whole Grain	1/4 cup	1	160	0	0	2.00	0.72	0.0	0	0	0.0	4.0	33.0	1.5	0.00	0.00
MIXED VEGETABLES:frozen,boiled	.5 CUP	1	59	0	32	4.00	0.75	22.8	3892	389	2.91	2.6	11.91	0.14	0.03	*N/A*
BROCCOLI: frozen, boiled	.5 CUP	1	26	0	10	2.76	0.56	30.4	930	174	36.89	2.85	4.92	0.11	0.02	*N/A*
Pineapple	.5 cup	1	75	0	1	1.00	0.35	17.4	47	5	11.83	0.52	19.55	0.1	0.01	*N/A*
Mandarin Oranges	.5 cup	1	57	0	8	0.81	0.58	16.2	243	49	17.03	0.81	13.78	0.0	0.00	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Salad Bar Average	1/4 c	1	78	0	38	3.86	0.64	29.3	*5092	*576	34.41	1.41	19.37	0.35	0.08	*0.00
Oatmeal Cookies Irene	1	1	143	9	138	0.74	0.67	15.5	165	38	0.01	1.94	20.71	6.01	*0.70	*N/A*
Weighted Daily Average			828	94	537	15.17	4.98	431.6	*10870	*1331	104.28	35.14	144.24	14.21	*2.33	*0.00
% of Calories												17.0%	69.7%	15.4%	*2.5%	*0.0%
Nutrient Guideline			846	100	1000	6.50	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

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Benton Community Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

HS Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/25/2017																
HS Lunch	Total	1														
Crispito	1 serving	1	270	25	370	3.00	*N/A*	*N/A*	750	150	0.0	12.0	23.0	14.0	3.00	0.00
Cheese Sandwich	1	1	239	15	625	2.00	0.78	194.2	772	166	2.43	8.62	15.63	16.35	4.86	*0.00
CORN: frozen, yellow	.5 CUP	1	67	0	1	1.98	0.39	2.5	164	18	2.89	2.1	15.92	0.55	0.08	*N/A*
Pinto Beans Canned	.5 Each	1	60	0	275	3.00	0.90	30.0	0	0	0.6	3.5	10.5	0.25	0.00	0.00
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	6	24.46	0.47	15.62	0.17	0.02	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
CHEESE SAUCE	1 TBSP	1	24	2	87	0.05	0.04	47.5	69	14	0.1	1.65	1.65	1.26	0.60	*N/A*
SPINACH:canned	.5 CUP	1	25	0	345	2.57	2.46	135.9	10487	939	15.3	3.01	3.64	0.54	0.09	*N/A*
Weighted Daily Average			920	48	1829	15.50	*5.08	*728.2	12866	1402	55.76	40.45	121.03	33.45	8.77	*0.00
% of Calories												17.6%	52.6%	32.7%	8.6%	*0.0%
Nutrient Guideline			846	100	1000	6.50	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

Wed - 04/26/2017																
HS Lunch	Total	1														
Pizza Curncher	Serving	1	400	30	820	5.00	2.00	431.0	500	100	2.0	20.0	41.0	19.0	8.00	0.00
Baby Carrots	.5 cup	1	25	0	57	2.10	0.65	23.2	10008	1089	1.89	0.46	5.98	0.09	0.02	*N/A*
Salad - Mixed Greens	serving	1	3	0	2	0.22	0.09	3.6	129	7	0.53	0.17	0.55	0.03	0.00	*N/A*
Applesauce, Diet	Serving	1	50	0	25	1.00	0.00	0.0	0	0	0.0	0.0	14.0	0.0	0.00	0.00
ORANGES	.5 EACH	1	23	0	0	1.15	0.05	19.2	108	10	25.54	0.45	5.64	0.06	0.01	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
SALAD DRESSING,Assorted	.5 TBSP	1	30	1	72	0.02	0.05	1.8	16	6	0.09	0.07	0.91	2.94	0.42	*0.00
Spice Cake-Benton	1	1	197	21	110	0.44	0.86	35.3	336	79	0.19	3.11	29.32	7.58	1.50	*N/A*
FROSTING, POWDERED SUGAR	1 TBSP	1	48	0	5	0.00	0.01	1.5	18	4	0.0	0.04	11.38	0.37	0.08	*N/A*
Weighted Daily Average			855	57	1210	9.95	3.70	815.6	11615	1396	31.44	32.30	120.78	30.08	10.03	*0.00
% of Calories												15.1%	56.5%	31.6%	10.6%	*0.0%
Nutrient Guideline			846	100	1000	6.50	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

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Benton Community Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

HS Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/27/2017																
HS Lunch	Total	1														
Creamed Chicken	6 oz	1	194	55	613	0.33	1.17	70.7	172	37	0.45	20.25	9.51	7.87	1.92	*N/A*
Biscuit, Baked WG	1 Each	1	200	0	440	2.00	*N/A*	20.0	0	0	0.0	4.0	27.0	9.0	7.00	0.00
PEAS GREEN,CANNED,DRAINED	.5 CUP	1	59	0	186	3.49	0.81	17.0	653	131	7.74	3.74	10.71	0.34	0.05	*N/A*
CARROTS: canned, cooked	.5 CUP	1	18	0	177	1.09	0.47	18.2	8154	1005	1.97	0.47	4.04	0.14	0.03	*N/A*
PEACHES: canned,light syrup	.5 CUP	1	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
PEARS: canned,light syrup	.5 CUP	1	72	0	6	2.01	0.35	6.3	0	0	0.88	0.24	19.04	0.04	0.00	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Salad Bar Average	1/4 c	1	78	0	38	3.86	0.64	29.3	*5092	*576	34.41	1.41	19.37	0.35	0.08	*0.00
Weighted Daily Average			768	60	1587	14.41	*3.89	465.3	*15015	*1893	49.66	38.67	119.94	17.77	9.08	*0.00
% of Calories												20.1%	62.5%	20.8%	10.6%	*0.0%
Nutrient Guideline			846	100	1000	6.50	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

Fri - 04/28/2017																
HS Lunch	Total	1														
Hot Dog	serving	1	120	35	630	0.00	0.36	40.0	0	0	2.4	7.0	4.0	9.0	3.00	0.00
Whole Grain Roll	2 oz	1	175	11	204	1.14	1.53	30.7	13	3	0.11	4.56	29.12	4.25	0.65	*0.00
SAUERKRAUT:canned	.5 CUP	1	13	0	469	2.06	1.04	21.3	13	1	10.44	0.65	3.04	0.1	0.02	*N/A*
Tater Tot	Serving	1	160	0	330	2.00	0.72	0.0	0	0	2.4	2.0	19.0	8.0	2.00	0.00
Apple Slices, Canned	.5 cup	1	73	0	0	3.24	1.17	32.4	0	0	0.0	0.0	16.2	0.0	0.00	0.00
APRICOTS: canned,light syrup	.5 CUP	1	80	0	5	2.02	0.49	13.9	1672	167	3.42	0.67	20.86	0.06	0.00	*N/A*
Milk, Skim AE	Serving	1	80	5	120	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
Salad Bar Average	1/4 c	1	78	0	38	3.86	0.64	29.3	*5092	*576	34.41	1.41	19.37	0.35	0.08	*0.00
Ketchup Dip & Squeeze	1 Each	1	30	0	250	0.00	0.00	0.0	150	30	1.8	0.0	8.0	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
Weighted Daily Average			812	51	2104	14.49	6.02	470.5	*7444	*877	56.25	24.51	131.86	21.96	5.77	*0.00
% of Calories												12.1%	64.9%	24.3%	6.4%	*0.0%
Nutrient Guideline			846	100	1000	6.50	4.50	400.00	1500		19.20	16.70		<=30.0	<10.00	

Weighted Average			844	63	1362	*13.16	*5.36	*529.1	*8821	*1126	71.31	35.53	125.44	24.87	*6.76	*0.56
												16.8%	59.5%	26.5%	*7.2%	*0.6%

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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Benton Community Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

HS Lunch

Weighted Values - Detailed

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Generated on: 3/22/2017 7:54:23 AM

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	844		846	100%				2		Correction Required - Calories are Low							
Cholesterol (mg)	63		100	63%						*Target effective with 2014-2015 School Year!							
Sodium (mg)	1362		1000														
Fiber (g)	13.16		6.50	203%	Missing												
Iron (mg)	5.36		4.50	119%	Missing												
Calcium (mg)	529.1		400.00	132%	Missing												
Vitamin A (IU)	8821		1500	588%	Missing												
Vitamin A (RE)	1126		300	375%	Missing												
Vitamin C (mg)	71.31		19.20	371%													
Protein (g)	35.53	16.84%	16.70	213%													
Carbohydrate (g)	125.44	59.47%															
Total Fat (g)	24.87	26.53%	<=30.00%														
Saturated Fat (g)	6.76	7.21%	<10.00%		Missing												
Trans Fat ¹ (g)	0.56	0.59%			Missing												

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

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