

# Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Middle & Jr High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/01/2021															
Middle & Jr High Lunch	Total														
Chicken & dumplings	servings	253	60	705	1.80	3.53	*127.5	*81	*0.06	*2	23.47	18.63	10.1	4.21	*0.00
Salad, side	1 Each	104	9	176	0.98	0.43	28.0	3015	7.91	*4	1.07	6.66	8.65	1.84	*0.00
SWEET POTATO, BAKED	1 EACH	103	0	41	3.76	0.79	43.3	21909	22.34	7	2.29	23.61	0.17	0.06	0.00
FRUIT, FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Biscuits, homemade	1 Each	103	0	360	1.58	0.93	92.7	31	0.0	*1	2.72	15.25	3.7	1.70	*0.00
OR	servings	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Mini Corn Dogs	servings	459	37	595	9.02	2.86	229.3	155	22.18	*14	13.07	65.38	16.84	4.28	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bento Box #3	1 Each	551	74	1075	3.67	2.87	442.7	2857	22.5	*7	25.51	52.74	25.49	12.31	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Weighted Daily Average		596	60	1050	7.41	3.68	*552.8	*3670	*25.27	*14	28.75	79.59	18.79	7.02	*0.00
% of Calories										*9.7%	19.3%	53.5%	28.4%	10.6%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/02/2021															
Middle & Jr High Lunch	Total														
Pizza crunchers	Servings	400	30	820	5.00	2.00	425.0	4561	2.0	3	20.0	41.0	19.0	8.00	0.00
Marinara sauce, low sodium	1/4 cup	45	0	71	1.01	0.55	10.1	2524	30.29	*N/A*	1.01	7.57	1.77	0.50	0.00
Corn: canned, yellow	1/2 cup	120	0	334	3.04	0.41	4.6	70	2.73	*7	3.48	21.76	3.9	1.39	0.00
Peaches, canned, Ex Lt syrup	1/2 cup	60	0	5	1.00	0.00	0.0	65	0.0	13	0.0	13.93	0.0	0.00	0.00
OR	servings	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Crispito	Servings	390	25	544	4.25	*2.34	*100.0	*775	*0.0	*0	14.0	40.25	18.63	3.50	0.00
Chocolate chip cookie, small	1 each	74	5	63	0.00	0.38	0.0	106	0.0	*N/A*	1.06	12.66	2.64	1.06	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Weighted Daily Average		675	38	1064	6.64	*2.90	*547.8	*4138	*12.67	*10	27.50	90.82	24.15	7.85	0.00
% of Calories										*5.8%	16.3%	53.8%	32.2%	10.5%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Base Menu Spreadsheet

Middle & Jr High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/05/2021															
Middle & Jr High Lunch	Total														
Chicken nuggets WG	5 each	240	20	270	3.00	1.80	40.0	0	0.0	1	13.0	16.0	14.0	2.50	0.00
French Fries	1/2 cup	108	0	231	2.31	0.55	0.0	0	3.7	*N/A*	1.54	16.17	3.08	0.77	0.00
Broccoli w/ Cheese	1/2 cup	53	4	73	2.19	0.01	86.1	45	32.85	*N/A*	4.12	4.52	1.3	0.82	0.00
Fruit cocktail, Ex It syrup	1/2 cup	61	0	10	0.00	0.00	0.0	202	1.21	11	0.0	17.18	0.0	0.00	0.00
Rolls, WW 2 oz. (allergy)	Each	172	0	126	2.40	1.36	8.9	2	0.04	*7	4.51	31.36	3.66	0.55	*0.00
OR	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Cheeseburger	Servings	500	38	598	5.52	*3.58	*219.3	*155	*22.18	*15	21.13	65.41	17.44	5.59	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
KETCHUP: individual	2 each	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
MUSTARD: individual PC	2 each	5	0	99	0.36	0.14	5.7	10	0.03	0	0.34	0.52	0.3	0.02	0.00
Weighted Daily Average		682	32	866	7.71	*3.74	*402.0	*623	*19.14	*16	28.38	96.70	20.59	4.91	*0.00
% of Calories										*9.3%	16.6%	56.7%	27.2%	6.5%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Tue - 04/06/2021															
Middle & Jr High Lunch	Total														
BBQ Pork nachos	servings	466	74	1483	1.02	0.83	298.2	707	2.56	*10	22.41	34.49	26.9	14.04	*0.00
Salad, side	1 Each	104	9	176	0.98	0.43	28.0	3015	7.91	*4	1.07	6.66	8.65	1.84	*0.00
Peas & carrots	1/4 cup	39	0	193	2.40	0.52	15.1	1899	4.06	*N/A*	1.86	7.3	0.15	0.03	0.00
FRUIT, FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
OR	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go MaxSnax	Servings	390	10	690	5.50	3.06	170.0	50	0.0	*1	16.0	49.5	14.0	3.25	0.00
OR	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Lunchable - Pizza	1 Each	521	*38	1319	*2.02	*2.42	*120.6	*600	*60.0	*3	17.14	61.08	20.89	*7.54	*0.02
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Weighted Daily Average		619	*59	1460	*4.10	*1.91	*528.5	*2177	*17.59	*12	28.13	69.60	25.58	*11.00	*0.00
% of Calories										*7.6%	18.2%	45.0%	37.2%	*16.0%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Base Menu Spreadsheet

Middle & Jr High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/07/2021															
Middle & Jr High Lunch	Total														
Honey Sriracha Boneless Wings	servings	290	53	381	1.52	0.28	0.0	0	0.0	3	22.86	21.33	13.71	2.29	0.00
Mashed potatoes	1/2 cup	75	0	265	1.25	0.22	15.3	0	0.0	1	1.25	16.22	1.25	1.25	0.00
Green beans, canned	1/4 cup	13	0	133	1.61	0.57	24.6	227	3.03	*N/A*	0.81	2.74	0.02	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Texas Toast	slices	120	*0	230	0.00	1.44	20.0	0	0.0	*0	4.0	23.0	1.0	*0.00	*0.00
Ranch dressing, homemade	2 Tbsp	57	8	92	0.01	0.05	20.2	73	0.19	*0	0.67	2.76	5.31	1.83	*0.00
OR	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Chicken sandwich	servings	608	25	820	8.56	3.96	199.6	*155	*22.18	*15	23.8	78.61	22.05	3.07	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Condiment assortment	servings	34	3	120	0.09	0.04	1.4	2	0.01	*0	0.08	4.13	2.33	0.25	0.00
Weighted Daily Average		694	*57	1130	6.15	2.90	341.5	*616	*16.54	*12	33.47	90.50	23.91	*4.69	*0.00
% of Calories										*7.0%	19.3%	52.1%	31.0%	*6.1%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/08/2021															
Middle & Jr High Lunch	Total														
Walking taco	servings	533	74	1014	5.67	3.16	352.6	2417	5.07	*2	30.62	42.6	25.49	9.27	0.73
Corn: canned, yellow	1/4 cup	60	0	167	1.52	0.20	2.3	35	1.37	*3	1.74	10.88	1.95	0.70	0.00
Pears: canned Ex Lt Syrup	1/2 cup	48	0	4	1.59	0.00	0.0	0	0.95	10	0.0	12.77	0.0	0.00	0.00
OR	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Mini Corn Dogs	servings	459	37	595	9.02	2.86	229.3	155	22.18	*14	13.07	65.38	16.84	4.28	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bento Box #3	1 Each	551	74	1075	3.67	2.87	442.7	2857	22.5	*7	25.51	52.74	25.49	12.31	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Weighted Daily Average		656	68	1092	7.13	3.06	604.2	2285	14.74	*10	32.16	77.43	23.85	8.84	0.36
% of Calories										*6.3%	19.6%	47.2%	32.7%	12.1%	0.5%
Nutrient Guideline		600-700		1360										<10.00	

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Base Menu Spreadsheet

Middle & Jr High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/09/2021															
Middle & Jr High Lunch	Total														
Sour cream chicken enchiladas	1 Each	295	54	834	2.32	3.31	248.1	*304	*2.57	*0	22.69	29.06	9.58	4.11	*0.00
Peppers & Onions	1/2 cup	20	0	8	1.00	0.00	0.0	0	0.0	3	1.0	4.99	0.0	0.00	0.00
Pinto beans, canned	1/4 cup	58	0	80	2.77	0.67	32.0	0	0.05	*0	3.54	10.25	0.46	0.08	0.00
Tortilla chips	1.5 oz	213	0	228	1.52	0.55	30.4	0	0.0	*N/A*	3.04	25.82	10.63	4.56	0.00
Peaches, canned, Ex Lt syrup	1/2 cup	60	0	5	1.00	0.00	0.0	65	0.0	13	0.0	13.93	0.0	0.00	0.00
OR	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Hot dog	Servings	421	46	1003	5.52	2.87	107.6	155	*23.4	*14	14.68	57.41	16.47	3.57	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Weighted Daily Average		596	53	1168	6.75	3.64	381.4	*548	*13.28	*14	26.96	81.29	18.84	6.34	*0.00
% of Calories										*9.3%	18.1%	54.6%	28.5%	9.6%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Mon - 04/12/2021															
Middle & Jr High Lunch	Total														
Bacon ranch quesadillas	1 Each	389	87	1130	2.03	*2.44	*141.6	*149	*7.86	*0	29.41	32.22	15.74	6.17	*0.00
Black bean salsa	1/2 cup	116	0	456	6.58	1.12	46.2	257	5.95	*1	6.06	24.47	0.36	0.00	*0.00
Salsa, homemade	1/4 cup	17	0	12	1.02	0.38	20.5	382	6.89	*0	0.25	6.28	0.0	0.00	*0.00
FRUIT, FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Tortilla chips	1 oz	142	0	152	1.01	0.36	20.2	0	0.0	*N/A*	2.03	17.21	7.09	3.04	0.00
OR	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Cheeseburger	Servings	500	38	598	5.52	*3.58	*219.3	*155	*22.18	*15	21.13	65.41	17.44	5.59	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Weighted Daily Average		679	68	1197	7.44	*3.68	*467.1	*835	*27.16	*12	34.94	90.18	20.74	7.67	*0.00
% of Calories										*7.3%	20.6%	53.2%	27.5%	10.2%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Tue - 04/13/2021															
Middle & Jr High Lunch	Total														
Chicken Caesar Club	sandwich	419	49	804	3.42	2.67	43.8	700	3.12	*3	27.92	34.26	23.17	5.68	*0.00
French Fries	1/2 cup	108	0	231	2.31	0.55	0.0	0	3.7	*N/A*	1.54	16.17	3.08	0.77	0.00
Steamed Carrots	1/4 cup	13	0	102	0.88	0.35	13.2	5959	1.46	*N/A*	0.34	2.95	0.1	0.02	0.00
Peaches, canned, Ex Lt syrup	1/2 cup	60	0	5	1.00	0.00	0.0	65	0.0	13	0.0	13.93	0.0	0.00	0.00
OR	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Pizza Stick	Servings	189	0	175	4.52	0.70	79.3	155	22.18	*14	2.58	35.39	4.84	0.53	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Lunchable - Pizza	1 Each	521	*38	1319	*2.02	*2.42	*120.6	*600	*60.0	*3	17.14	61.08	20.89	*7.54	*0.02
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Weighted Daily Average		547	*37	1027	*4.53	*2.28	*349.5	*1860	*28.02	*8	25.14	71.06	18.70	*5.29	*0.01
% of Calories										*6.1%	18.4%	52.0%	30.8%	*8.7%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Wed - 04/14/2021															
Middle & Jr High Lunch	Total														
Macaroni & cheese	2/3 CUP	408	58	988	0.95	1.10	530.7	553	0.92	*9	22.17	30.48	21.79	13.08	*0.00
Salad, side	1 Each	104	9	176	0.98	0.43	28.0	3015	7.91	*4	1.07	6.66	8.65	1.84	*0.00
Sweet peas	1/4 cup	54	0	19	2.30	0.59	13.1	328	19.71	*N/A*	2.63	6.9	1.78	0.81	0.00
Fruit cocktail, Ex Lt syrup	1/2 cup	61	0	10	0.00	0.00	0.0	202	1.21	11	0.0	17.18	0.0	0.00	0.00
OR	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Chicken sandwich	servings	608	25	820	8.56	3.96	199.6	*155	*22.18	*15	23.8	78.61	22.05	3.07	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Weighted Daily Average		698	49	1114	5.76	2.83	656.5	*1785	*21.14	*18	31.79	87.23	25.16	9.10	*0.00
% of Calories										*10.5%	18.2%	50.0%	32.4%	11.7%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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# Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Middle & Jr High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/15/2021															
Middle & Jr High Lunch	Total														
Chickens fajitas	1 each	347	99	1044	2.00	2.63	112.9	218	7.93	*0	28.52	31.09	11.47	3.99	0.00
Peppers & Onions	1/2 cup	20	0	8	1.00	0.00	0.0	0	0.0	3	1.0	4.99	0.0	0.00	0.00
Pinto beans, canned	1/2 cup	116	0	160	5.55	1.35	63.9	0	0.11	*0	7.07	20.5	0.92	0.16	0.00
Cheese Cup	1 oz	114	30	182	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	7.09	0.0	9.11	6.07	0.00
Strawberry applesauce	1/2 cup	105	0	37	1.07	1.93	0.1	0	2.57	*4	0.35	26.56	0.0	0.00	*0.00
OR	OR	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Mini Corn Dogs	servings	459	37	595	9.02	2.86	229.3	155	22.18	*14	13.07	65.38	16.84	4.28	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bento Box #3	1 Each	551	74	1075	3.67	2.87	442.7	2857	22.5	*7	25.51	52.74	25.49	12.31	0.00
Pudding, chocolate	1/2 cup	130	3	324	*0.00	0.00	249.4	308	0.74	*0	4.93	29.67	0.0	0.00	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Weighted Daily Average		708	92	1330	*5.55	*3.45	*647.9	*1595	*18.10	*8	36.57	92.05	21.49	9.30	*0.00
% of Calories										*4.3%	20.7%	52.0%	27.3%	11.8%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	
Fri - 04/16/2021															
Middle & Jr High Lunch	Total														
Roasted chicken	servings	100	37	200	0.00	0.24	0.0	0	0.0	*N/A*	9.3	0.0	6.6	2.00	0.00
Fried potatoes	1/2 cup	143	0	476	1.44	0.00	0.3	0	0.0	*1	1.44	17.28	7.6	2.28	0.00
Green beans, canned	1/4 cup	13	0	133	1.61	0.57	24.6	227	3.03	*N/A*	0.81	2.74	0.02	0.02	0.00
Pears: canned Ex Lt Syrup	1/2 cup	48	0	4	1.59	0.00	0.0	0	0.95	10	0.0	12.77	0.0	0.00	0.00
Cheddar bay biscuit	1 Each	293	16	650	2.44	*1.44	*152.1	*105	*1.03	*3	8.1	25.54	17.72	9.38	*0.00
OR	OR	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Turkey cheese hoagie	1 each	397	43	1098	4.30	2.94	169.0	168	0.0	*0	25.09	46.59	11.08	3.17	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Weighted Daily Average		581	53	1322	4.92	*2.46	*445.8	*659	*2.11	*6	29.56	67.89	20.73	8.34	*0.00
% of Calories										*4.3%	20.3%	46.7%	32.1%	12.9%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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# Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Middle & Jr High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/19/2021															
Middle & Jr High Lunch	Total														
Chicken fries	servings	230	20	340	2.00	1.80	20.0	0	0.0	1	13.0	14.0	13.0	2.50	0.00
Mashed potatoes	1/2 cup	75	0	265	1.25	0.22	15.3	0	0.0	1	1.25	16.22	1.25	1.25	0.00
Steamed Carrots	1/4 cup	13	0	102	0.88	0.35	13.2	5959	1.46	*N/A*	0.34	2.95	0.1	0.02	0.00
Strawberries, frozen	1/2 cup	46	0	0	1.52	0.18	10.1	0	27.34	9	0.0	11.64	0.0	0.00	0.00
Rolls, WW 2 oz. (allergy)	Each	172	0	126	2.40	1.36	8.9	2	0.04	*7	4.51	31.36	3.66	0.55	*0.00
OR	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Cheeseburger	Servings	500	38	598	5.52	*3.58	*219.3	*155	*22.18	*15	21.13	65.41	17.44	5.59	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
KETCHUP: individual	2 each	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average		650	34	923	6.18	*3.61	*409.6	*2021	*18.74	*14	27.47	96.70	18.17	5.23	*0.00
% of Calories										*8.7%	16.9%	59.5%	25.2%	7.2%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/20/2021															
Middle & Jr High Lunch	Total														
Totchos (tater tot nachos)	servings	385	74	1493	1.73	*0.70	*272.1	*471	*0.14	*0	22.25	20.25	23.07	9.19	*0.00
Pinto beans with cheese	1/2 cup	156	8	263	5.55	1.37	192.2	90	0.11	*0	10.94	20.78	3.51	1.83	0.00
Salad, side	1 Each	104	9	176	0.98	0.43	28.0	3015	7.91	*4	1.07	6.66	8.65	1.84	*0.00
Fruit cocktail, Ex It syrup	1/2 cup	61	0	10	0.00	0.00	0.0	202	1.21	11	0.0	17.18	0.0	0.00	0.00
OR	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Mozzarella sticks	Servings	446	15	974	1.25	2.52	435.0	25	0.0	*4	21.5	53.25	16.63	4.25	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Lunchable - Pizza	1 Each	521	*38	1319	*2.02	*2.42	*120.6	*600	*60.0	*3	17.14	61.08	20.89	*7.54	*0.02
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Weighted Daily Average		639	*47	1461	*3.18	*2.40	*648.3	*1564	*14.85	*7	31.25	76.62	22.92	*7.59	*0.00
% of Calories										*4.5%	19.6%	48.0%	32.3%	*10.7%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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# Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Middle & Jr High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/21/2021															
Middle & Jr High Lunch	Total														
Turkey bacon ranch on Ciabatta	sandwich	427	73	1437	3.00	2.31	100.8	18	0.04	*3	29.61	31.87	20.4	7.17	*0.00
French Fries	1/2 cup	108	0	231	2.31	0.55	0.0	0	3.7	*N/A*	1.54	16.17	3.08	0.77	0.00
Leaf lettuce/tomato	1/4 cup	8	0	7	0.58	0.24	9.8	1691	5.48	1	0.5	1.61	0.08	0.01	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
OR	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Chicken sandwich	servings	608	25	820	8.56	3.96	199.6	*155	*22.18	*15	23.8	78.61	22.05	3.07	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Weighted Daily Average		628	53	1266	7.13	3.33	332.5	*833	*18.92	*12	32.02	75.46	22.12	5.44	*0.00
% of Calories										*7.9%	20.4%	48.1%	31.7%	7.8%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Thu - 04/22/2021															
Middle & Jr High Lunch	Total														
Pizza, 5" round cheese	1 Each	344	41	548	2.00	1.08	300.0	0	0.0	2	20.0	32.0	16.0	11.00	0.00
Marinara sauce, low sodium	1/4 cup	45	0	71	1.01	0.55	10.1	2524	30.29	*N/A*	1.01	7.57	1.77	0.50	0.00
Corn: canned, yellow	1/2 cup	120	0	334	3.04	0.41	4.6	70	2.73	*7	3.48	21.76	3.9	1.39	0.00
Peaches, canned,Ex Lt syrup	1/2 cup	60	0	5	1.00	0.00	0.0	65	0.0	13	0.0	13.93	0.0	0.00	0.00
OR	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Mini Corn Dogs	servings	459	37	595	9.02	2.86	229.3	155	22.18	*14	13.07	65.38	16.84	4.28	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bento Box #3	1 Each	551	74	1075	3.67	2.87	442.7	2857	22.5	*7	25.51	52.74	25.49	12.31	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Weighted Daily Average		604	52	918	6.45	2.45	575.2	2126	26.46	*13	26.82	80.47	20.19	9.34	0.00
% of Calories										*8.6%	17.8%	53.3%	30.1%	13.9%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

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# Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Middle & Jr High Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/26/2021															
Middle & Jr High Lunch	Total														
Boom Boom Chicken Sandwich 5-8	each	331	35	728	4.32	2.53	27.6	1734	9.78	*2	20.97	40.64	11.2	1.54	*0.00
Fried potatoes	1/2 cup	143	0	476	1.44	0.00	0.3	0	0.0	*1	1.44	17.28	7.6	2.28	0.00
Vegetarian beans	1/4 cup	55	0	70	2.50	0.54	20.0	0	0.0	2	3.5	10.0	0.49	0.00	0.00
Strawberry applesauce	1/2 cup	105	0	37	1.07	1.93	0.1	0	2.57	*4	0.35	26.56	0.0	0.00	*0.00
OR	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Cheeseburger	Servings	500	38	598	5.52	*3.58	*219.3	*155	*22.18	*15	21.13	65.41	17.44	5.59	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Condiment assortment	servings	34	3	120	0.09	0.04	1.4	2	0.01	*0	0.08	4.13	2.33	0.25	0.00
Weighted Daily Average		617	42	1050	6.35	*3.70	*349.5	*1313	*16.97	*10	28.57	86.50	18.91	4.73	*0.00
% of Calories										*6.8%	18.5%	56.0%	27.6%	6.9%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/27/2021															
Middle & Jr High Lunch	Total														
Crispito, chicken chili, WG	each	270	25	370	3.00	1.80	40.0	750	0.0	*N/A*	12.0	23.0	14.0	3.00	0.00
Cheese Cup	1 oz	114	30	182	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	7.09	0.0	9.11	6.07	0.00
Refried beans, Santiago	1/2 cup	181	0	657	10.06	2.42	59.7	1	1.0	0	10.06	31.18	1.51	0.50	0.00
Salsa, homemade	3/8 cup	25	0	18	1.53	0.57	30.7	573	10.33	*1	0.38	9.42	0.0	0.00	*0.00
Tortilla Chips (1 oz.)	1 oz.	142	0	152	1.01	0.36	20.2	0	0.0	*N/A*	2.03	17.21	7.09	3.04	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
OR	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Pizza Stick	Servings	189	0	175	4.52	0.70	79.3	155	22.18	*14	2.58	35.39	4.84	0.53	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Lunchable - Pizza	1 Each	521	*38	1319	*2.02	*2.42	*120.6	*600	*60.0	*3	17.14	61.08	20.89	*7.54	*0.02
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Weighted Daily Average		562	*32	930	*7.76	*2.46	*377.6	*1079	*29.19	*10	22.48	77.02	18.05	*6.27	*0.00
% of Calories										*7.0%	16.0%	54.9%	28.9%	*10.0%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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# Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Middle & Jr High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/28/2021															
Middle & Jr High Lunch	Total														
Chili cheese wrap	1 each	257	38	582	1.48	2.02	269.7	257	5.17	*0	17.16	19.55	11.98	5.65	*0.27
French Fries	1/2 cup	108	0	231	2.31	0.55	0.0	0	3.7	*N/A*	1.54	16.17	3.08	0.77	0.00
Peppers & Onions	1/4 cup	10	0	4	0.50	0.00	0.0	0	0.0	1	0.5	2.5	0.0	0.00	0.00
Peaches, canned, Ex Lt syrup	1/2 cup	60	0	5	1.00	0.00	0.0	65	0.0	13	0.0	13.93	0.0	0.00	0.00
Fritos, WG	1 oz	142	0	172	2.03	0.36	20.2	0	0.0	*N/A*	2.03	20.25	6.08	1.01	0.00
OR	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Chicken sandwich	servings	608	25	820	8.56	3.96	199.6	*155	*22.18	*15	23.8	78.61	22.05	3.07	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Condiment assortment	servings	34	3	120	0.09	0.04	1.4	2	0.01	*0	0.08	4.13	2.33	0.25	0.00
Weighted Daily Average		660	38	1079	6.99	3.39	490.6	*635	*15.92	*10	28.74	85.70	22.06	5.43	*0.14
% of Calories										*6.1%	17.4%	52.0%	30.1%	7.4%	*0.2%
Nutrient Guideline		600-700		1360										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/29/2021															
Middle & Jr High Lunch	Total														
Chicken & noodles	1 CUP	233	54	90	2.79	2.59	56.9	2	0.79	*0	25.63	25.33	4.11	0.96	*0.00
Broccoli Casserole	1/4 cup	94	12	101	1.44	0.10	64.2	160	16.33	*0	4.23	9.55	4.28	2.51	0.00
Green beans, canned	1/2 cup	27	0	265	3.22	1.14	49.3	455	6.06	*N/A*	1.63	5.48	0.05	0.04	0.00
Fruit cocktail, Ex Lt syrup	1/2 cup	61	0	10	0.00	0.00	0.0	202	1.21	11	0.0	17.18	0.0	0.00	0.00
Breadstick, WW 2 oz.	1 EACH	169	8	206	2.63	1.41	13.3	19	0.02	*3	4.92	27.3	4.9	1.18	*0.00
OR	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Mini Corn Dogs	servings	459	37	595	9.02	2.86	229.3	155	22.18	*14	13.07	65.38	16.84	4.28	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bento Box #3	1 Each	551	74	1075	3.67	2.87	442.7	2857	22.5	*7	25.51	52.74	25.49	12.31	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
MUSTARD: individual PC	2 each	5	0	99	0.36	0.14	5.7	10	0.03	0	0.34	0.52	0.3	0.02	0.00
KETCHUP: individual	2 each	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average		604	54	794	8.75	3.36	494.5	843	22.39	*13	26.82	88.34	16.94	5.07	*0.00
% of Calories										*8.5%	17.8%	58.5%	25.2%	7.6%	*0.0%
Nutrient Guideline		600-700		1360										<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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# Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Middle & Jr High Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/30/2021															
Middle & Jr High Lunch	Total														
Turkey taco (soft)	2 Each	360	40	614	4.16	*1.74	*144.8	*2023	*13.4	*2	22.62	35.12	14.31	4.23	0.00
Pinto beans with cheese	1/2 cup	156	8	263	5.55	1.37	192.2	90	0.11	*0	10.94	20.78	3.51	1.83	0.00
Cheese Cup	1 oz	114	30	182	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	7.09	0.0	9.11	6.07	0.00
Salsa, homemade	1/4 cup	17	0	12	1.02	0.38	20.5	382	6.89	*0	0.25	6.28	0.0	0.00	*0.00
Pears: canned Ex Lt Syrup	1/2 cup	48	0	4	1.59	0.00	0.0	0	0.95	10	0.0	12.77	0.0	0.00	0.00
Tortilla chips	1 oz	142	0	152	1.01	0.36	20.2	0	0.0	*N/A*	2.03	17.21	7.09	3.04	0.00
OR	serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grab & Go Chicken Quesadilla	Servings	405	48	445	6.27	1.80	170.0	221	25.78	*14	22.5	53.43	12.61	3.73	0.00
Milk, Lunch- Variety	HALF PINT	125	6	166	0.00	0.00	300.0	500	0.47	*N/A*	8.21	21.57	0.53	0.32	0.00
Taco sauce PC packet	2 each	10	0	190	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		674	62	1024	7.85	*2.41	*508.9	*1716	*22.03	*11	36.71	85.01	21.48	8.31	*0.00
% of Calories										*6.3%	21.8%	50.4%	28.7%	11.1%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Weighted Average		637	*52	1108	*6.42	*3.03	*481.5	*1568	*19.11	*12	29.73	83.15	21.11	*7.04	*0.02
										*16.3%	18.7%	52.3%	29.9%	*9.9%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	637		600 - 700	100%				
Cholesterol (mg)	52				Missing			
Sodium 1 (mg)	1108		1360					
Sodium 2 (mg)	1108		1035				73	Correction Required - Sodium too High
Fiber (g)	6.42				Missing			
Iron (mg)	3.03				Missing			
Calcium (mg)	481.5				Missing			
Vitamin A (IU)	1568				Missing			
Sugars (g)	12	7.23%			Missing			
Vitamin C (mg)	19.11				Missing			
Protein (g)	29.73	18.68%						
Carbohydrate (g)	83.15	52.25%						
Total Fat (g)	21.11	29.85%						
Saturated Fat (g)	7.04	9.95%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.02	0.03%			Missing			

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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**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.**