

	Portion Size	Reimb Qty	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 ¹ (g)	Cost
Fri - 03/01/2019																	
Lunch, Sycamore	Total	100															
*Cheeseburger With The Works	Cheeseburger	65	331	38	531	3.97	3.40	165.3	554	14.17	*4	21.07	33.85	13.03	4.90	*0.00	0.131
Chicken Nuggets, FF	Each (6)	25	300	55	530	0.00	1.80	20.0	100	0.0	0	15.0	17.0	20.0	4.50	0.00	0.000
GRAB N GO LUNCH	1 EACH	10	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
Fruit, Fresh (.5 c serv)	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
Chip, Variety	1 Each	75	127	0	150	6.03	0.16	8.0	20	0.72	1	2.03	20.93	3.66	0.10	0.00	0.168
Milk, 1%	8 oz	75	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
Milk, Chocolate Non Fat	8 oz	25	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
Dressing, Ranch POK	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Condiment Variety@\$\$^+	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00	0.010
Weighted Daily Average			686	59	1041	10.87	*4.47	*541.3	*4989	*33.80	*30	34.85	86.04	23.78	6.66	*0.00	0.751
% of Calories											*17.4%	20.3%	50.2%	31.2%	8.7%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

Mon - 03/04/2019																	
Lunch, Sycamore	Total	100															
*Hot Dog, Secondary	1 Each	70	273	20	714	2.04	2.19	40.8	100	6.12	4	12.1	28.55	13.04	4.00	0.00	0.000
Pizza, Cheese 8 cut WG	Slice	20	340	35	670	4.00	1.80	350.0	400	0.0	*N/A*	18.0	36.0	15.0	7.00	0.00	0.015
GRAB N GO LUNCH	1 EACH	10	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
Chip, Variety	1 Each	50	127	0	150	6.03	0.16	8.0	20	0.72	1	2.03	20.93	3.66	0.10	0.00	0.168
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
*Fruit Basket POK	1 each	50	79	0	1	3.14	0.25	17.0	131	35.07	*12	0.91	20.3	0.27	0.05	*0.00	0.154
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
Dressing, Ranch POK	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			625	38	1113	9.64	*3.63	*499.7	*4698	*32.94	*35	28.08	88.33	19.46	5.78	*0.00	0.616
% of Calories											*22.2%	18.0%	56.6%	28.0%	8.3%	*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
 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.

	Portion Size	Reimb Qty	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 ¹ (g)	Cost
Tue - 03/05/2019																	
Lunch, Sycamore	Total	100															
*Sandwich, Chicken Variety	Sandwich	50	357	54	576	4.22	3.85	71.1	517	14.44	*4	21.51	45.0	10.7	2.71	*0.00	0.796
Sandwich, Grilled Cheese CC	Sandwich	40	285	23	845	4.00	2.16	380.0	450	0.0	*7	16.5	39.0	8.0	3.75	0.00	0.255
GRAB N GO LUNCH	1 EACH	10	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
Fruit, Fresh (.5 c serv)	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
Dressing, Ranch POK	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Condiment Variety@\$\$^+	serving	50	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00	0.010
Weighted Daily Average			588	54	1062	7.48	*4.46	*585.4	*5021	*30.97	*34	32.23	85.67	14.58	4.38	*0.00	1.023
% of Calories											*22.8%	21.9%	58.2%	22.3%	6.7%	*0.0%	
Nutrient Guideline			600-700		1360											<10.00	

Wed - 03/06/2019																	
Lunch, Sycamore	Total	100															
*Chicken, Wing (Boneless)w/Sri	Each (6 Pieces)	50	290	55	370	2.00	1.44	200.0	100	1.2	4	22.0	22.0	13.0	2.50	0.00	0.000
*Cheeseburger With The Works	Cheeseburger	40	331	38	531	3.97	3.40	165.3	554	14.17	*4	21.07	33.85	13.03	4.90	*0.00	0.131
GRAB N GO LUNCH	1 EACH	10	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
Fruit, Fresh (.5 c serv)	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
Potato, Tater Tots	1 Each	75	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00	0.000
Milk, 1%	8 oz	75	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
Milk, Chocolate Non Fat	8 oz	25	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
Dressing, Ranch POK	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			662	62	1034	7.85	*3.71	*589.0	*4842	*33.02	*29	36.80	79.08	22.93	6.23	*0.00	0.584
% of Calories											*17.5%	22.3%	47.8%	31.2%	8.5%	*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
 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.

	Portion Size	Reimb Qty	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 ¹ (g)	Cost
Thu - 03/07/2019																	
Lunch, Sycamore	Total	100															
Ravioli w/ Red Sauce SEC.	Portion	40	370	55	1090	6.27	*3.58	*228.8	*1809	*30.57	11	22.55	48.62	9.67	4.32	0.00	0.980
Chicken Fritter WG	1 Each	40	291	40	791	1.61	2.32	16.1	0	0.0	2	12.91	22.6	17.76	4.04	0.00	0.000
GRAB N GO LUNCH	1 EACH	20	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
Fruit, Fresh (.5 c serv)	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
Dressing, Ranch POK	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Condiment Variety@\$\$^+	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00	0.010
Weighted Daily Average			655	66	1348	8.54	*4.66	*543.5	*6631	*42.78	*39	33.62	89.53	19.84	5.65	*0.00	1.022
% of Calories											*23.5%	20.5%	54.7%	27.3%	7.8%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

Fri - 03/08/2019																	
Lunch, Sycamore	Total	100															
Chicken, Mandarin Orange	1 Each	40	163	44	305	0.00	0.78	0.0	0	1.31	11	11.98	20.69	3.27	0.54	0.00	0.000
*Pizza, Chees French Bread @	1 each	50	275	25	503	3.06	0.29	350.1	401	8.47	2	15.5	28.62	12.4	5.79	0.00	0.768
GRAB N GO LUNCH	1 EACH	10	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
Cookie, Choc Chip, 1.3 Oz IW	1 Each	75	140	0	100	2.00	1.08	20.0	0	0.0	12	2.0	26.0	4.0	1.50	0.00	0.000
*Salad Bar	Servings	50	43	0	72	1.86	1.72	26.0	3190	2.74	*2	2.04	9.69	0.28	0.04	*0.00	0.143
Fruit, Fresh (.5 c serv)	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
*Fruit, Frozen Sorbet,AllFlav.	1 Each	75	70	0	10	0.00	0.00	800.0	0	60.0	15	0.0	20.0	0.0	0.00	0.00	0.000
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
Dressing, Ranch POK	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			644	47	853	6.56	*2.87	*1184.4	*3735	*73.03	*53	28.83	102.93	15.96	5.76	*0.00	0.883
% of Calories											*33.1%	17.9%	63.9%	22.3%	8.0%	*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
 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.

	Portion Size	Reimb Qty	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 ¹ (g)	Cost
Mon - 03/11/2019																	
Lunch, Sycamore	Total	100															
Sandwich, Turkey	Sandwich	40	294	56	922	4.20	2.28	83.3	82	0.4	*6	24.21	38.31	6.06	2.05	0.00	0.256
Pizza, Cheese 8 cut WG	Slice	50	340	35	670	4.00	1.80	350.0	400	0.0	*N/A*	18.0	36.0	15.0	7.00	0.00	0.015
GRAB N GO LUNCH	1 EACH	10	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
Fruit, Fresh (.5 c serv)	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
Cookie, Choc Chip, 1.3 Oz IW	1 Each	75	140	0	100	2.00	1.08	20.0	0	0.0	12	2.0	26.0	4.0	1.50	0.00	0.000
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
Dressing, Ranch POK	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Condiment Variety@\$\$%^+	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00	0.010
Weighted Daily Average % of Calories			693	59	1230	8.94	*4.31	*621.2	*4821	*23.91	*40	35.06	100.91	19.24	6.97	*0.00	0.636
Nutrient Guideline			600-700		1360						*23.3%	20.2%	58.2%	25.0%	9.0%	*0.0%	<10.00

Tue - 03/12/2019																	
Lunch, Sycamore	Total	100															
Sandwich, Meatball (SEC)	1 each	65	514	60	654	5.33	*3.45	*261.4	*346	*6.14	4	22.63	39.61	29.65	13.06	0.00	5.273
Burrito, Ultra Spicy	1 Each	25	393	18	571	4.76	3.21	71.4	0	0.0	1	17.85	47.6	14.28	5.36	0.00	0.699
GRAB N GO LUNCH	1 EACH	10	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
Fruit, Fresh (.5 c serv)	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
Dressing, Ranch POK	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average % of Calories			719	60	971	8.42	*4.67	*585.6	*4795	*27.74	*31	34.05	84.19	28.31	11.35	*0.00	4.120
Nutrient Guideline			600-700		1360						*17.2%	18.9%	46.8%	35.4%	14.2%	*0.0%	<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.

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.

	Portion Size	Reimb Qty	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 ¹ (g)	Cost
Wed - 03/13/2019																	
Lunch, Sycamore	Total	100															
Cheeseburger Twins	1 Each	65	331	38	579	2.91	3.77	139.2	96	12.55	3	22.72	36.33	10.97	3.66	0.00	0.000
*Chicken, Popcorn	1 Each	25	166	34	437	1.60	0.72	0.0	0	0.0	1	15.2	12.0	6.4	0.80	0.00	0.000
GRAB N GO LUNCH	1 EACH	10	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
Fruit, Fresh (.5 c serv)	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
Potato, Tater Tots	1 Each	75	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00	0.000
Milk, 1%	8 oz	75	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
Milk, Chocolate Non Fat	8 oz	25	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
Dressing, Ranch POK	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Condiment Variety@\$\$%^+	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00	0.010
Weighted Daily Average % of Calories			655	54	1170	7.56	*4.32	*513.3	*4651	*34.91	*28	35.95	82.70	20.79	5.60	*0.00	0.539
											*17.3%	22.0%	50.5%	28.6%	7.7%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

Thu - 03/14/2019																	
Lunch, Sycamore	Total	100															
Sandwich, Spicy Chic (SEC)	Sandwich	50	427	25	641	5.64	3.50	87.9	460	13.37	*5	21.35	46.49	17.07	3.05	*0.00	0.350
Pizza, French bread Variety	Servings	25	307	29	588	3.38	0.31	371.3	432	9.36	2	17.12	31.66	13.95	6.38	0.00	0.807
GRAB N GO LUNCH	1 EACH	25	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
Fruit, Fresh (.5 c serv)	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
Dressing, Ranch POK	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Condiment Variety@\$\$%^+	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00	0.010
Weighted Daily Average % of Calories			726	52	1136	9.86	*4.43	*606.1	*6905	*42.97	*39	36.67	98.68	22.16	5.82	*0.00	1.059
											*21.3%	20.2%	54.3%	27.5%	7.2%	*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
 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.

	Portion Size	Reimb Qty	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 ¹ (g)	Cost
Fri - 03/15/2019																	
Lunch, Sycamore	Total	100															
*Cheeseburger With The Works	Cheeseburger	65	331	38	531	3.97	3.40	165.3	554	14.17	*4	21.07	33.85	13.03	4.90	*0.00	0.131
Chicken Nuggets, FF	Each (6)	25	300	55	530	0.00	1.80	20.0	100	0.0	0	15.0	17.0	20.0	4.50	0.00	0.000
GRAB N GO LUNCH	1 EACH	10	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
Fruit, Fresh (.5 c serv)	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
Chip, Variety	1 Each	75	127	0	150	6.03	0.16	8.0	20	0.72	1	2.03	20.93	3.66	0.10	0.00	0.168
Milk, 1%	8 oz	75	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
Milk, Chocolate Non Fat	8 oz	25	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
Dressing, Ranch POK	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Condiment Variety@\$\$%^+	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00	0.010
Weighted Daily Average			686	59	1041	10.87	*4.47	*541.3	*4989	*33.80	*30	34.85	86.04	23.78	6.66	*0.00	0.751
% of Calories											*17.4%	20.3%	50.2%	31.2%	8.7%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

Mon - 03/18/2019																	
Lunch, Sycamore	Total	100															
Sandwich, Hot Ham & Cheese	Sandwich	40	300	68	867	1.92	1.45	188.4	147	8.65	3	24.69	28.37	11.6	5.34	0.00	0.000
Pizza, Cheese 8 cut WG	Slice	50	340	35	670	4.00	1.80	350.0	400	0.0	*N/A*	18.0	36.0	15.0	7.00	0.00	0.015
GRAB N GO LUNCH	1 EACH	10	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
Fruit, Fresh (.5 c serv)	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
Cookie, Choc Chip IW 1 Oz	1 each	75	110	10	60	1.00	0.72	0.0	0	1.2	9	2.0	18.0	4.0	1.00	0.00	0.178
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
Dressing, Ranch POK	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Condiment Variety@\$\$%^+	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00	0.010
Weighted Daily Average			673	71	1178	7.28	*3.71	*648.2	*4847	*28.11	*37	35.25	90.94	21.46	7.91	*0.00	0.666
% of Calories											*21.9%	21.0%	54.1%	28.7%	10.6%	*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
 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.

	Portion Size	Reimb Qty	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 ¹ (g)	Cost
Tue - 03/19/2019																	
Lunch, Sycamore	Total	100															
Sandwich, Spicy Chic (SEC)	Sandwich	40	427	25	641	5.64	3.50	87.9	460	13.37	*5	21.35	46.49	17.07	3.05	*0.00	0.350
Sandwich, PBJ, Grape @\$^+	1 Each	40	397	0	465	6.21	*2.96	*102.1	*0	*0.0	15	13.75	51.17	18.61	2.77	0.00	0.348
GRAB N GO LUNCH	1 EACH	20	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
Fruit, Fresh (.5 c serv)	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
Dressing, Ranch POK	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Condiment Variety @\$%^+	serving	50	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00	0.010
Weighted Daily Average			716	37	1022	10.12	*4.86	*521.5	*6085	*35.90	*41	33.48	99.59	22.85	4.64	*0.00	0.907
% of Calories											*22.9%	18.7%	55.7%	28.7%	5.8%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

Wed - 03/20/2019																	
Lunch, Sycamore	Total	100															
*Flauquito, Anaheim Chile&Chs	1 Ea	60	338	31	383	3.00	6.00	574.0	390	2.8	0	19.0	31.0	10.5	5.50	0.00	0.000
*Hot Dog, Secondary	1 Each	20	273	20	714	2.04	2.19	40.8	100	6.12	4	12.1	28.55	13.04	4.00	0.00	0.000
GRAB N GO LUNCH	1 EACH	20	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
Fruit, Fresh (.5 c serv)	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
Dressing, Ranch POK	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			635	48	921	7.59	*6.27	*798.1	*6143	*33.45	*34	33.26	83.81	16.93	6.41	*0.00	0.622
% of Calories											*21.2%	21.0%	52.8%	24.0%	9.1%	*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
 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.

	Portion Size	Reimb Qty	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 ¹ (g)	Cost
Thu - 03/21/2019																	
Lunch, Sycamore	Total	100															
Pizza, French Brd Pepperoni	1 Each	40	293	33	559	2.15	1.08	341.7	86	10.27	4	19.6	29.87	9.43	4.85	0.00	0.000
Chicken Fritter WG	1 Each	40	291	40	791	1.61	2.32	16.1	0	0.0	2	12.91	22.6	17.76	4.04	0.00	0.000
GRAB N GO LUNCH	1 EACH	20	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
Apple Slices	1 Each	50	50	0	5	2.00	0.36	60.0	100	36.0	9	0.0	12.0	0.0	0.00	0.00	0.000
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
Potato, Tater Tots	1 Each	75	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00	0.000
Milk, Variety	8 oz	75	115	5	145	0.00	0.00	308.3	500	2.0	18	8.5	19.0	0.42	0.25	0.00	0.188
Dressing, Ranch POK	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Condiment Variety@\$\$%^+	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00	0.010
Weighted Daily Average			690	55	1329	8.45	*3.75	*528.1	*5770	*41.92	*32	31.48	88.27	23.82	6.41	*0.00	0.515
% of Calories											*18.5%	18.3%	51.2%	31.1%	8.4%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

Fri - 03/22/2019																	
Lunch, Sycamore	Total	100															
Nachos w/meat&Chips(SEC)	servings	70	482	24	769	6.92	*1.36	*63.4	*50	*0.6	2	14.78	52.9	21.6	2.75	0.54	0.371
Sandwich, Turkey	Sandwich	20	294	56	922	4.20	2.28	83.3	82	0.4	*6	24.21	38.31	6.06	2.05	0.00	0.256
GRAB N GO LUNCH	1 EACH	10	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
*Fruit Basket POK	1 each	50	79	0	1	3.14	0.25	17.0	131	35.07	*12	0.91	20.3	0.27	0.05	*0.00	0.154
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
Dressing, Ranch POK	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			699	45	1126	10.08	*3.07	*458.2	*4590	*28.79	*34	30.18	95.37	21.83	3.86	*0.38	0.839
% of Calories											*19.5%	17.3%	54.6%	28.1%	5.0%	*0.5%	
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
 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.

	Portion Size	Reimb Qty	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 ¹ (g)	Cost
Mon - 03/25/2019																	
Lunch, Sycamore	Total	100															
Pizza, Cheese 8 cut WG	Slice	40	340	35	670	4.00	1.80	350.0	400	0.0	*N/A*	18.0	36.0	15.0	7.00	0.00	0.015
Sandwich, Spicy Chic (SEC)	Sandwich	40	427	25	641	5.64	3.50	87.9	460	13.37	*5	21.35	46.49	17.07	3.05	*0.00	0.350
GRAB N GO LUNCH	1 EACH	20	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
Fruit, Fresh (.5 c serv)	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
Dressing, Ranch POK	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Condiment Variety@\$\$^+	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00	0.010
Weighted Daily Average			698	52	1120	9.24	*4.42	*620.7	*6251	*35.90	*35	35.18	94.04	21.69	6.33	*0.00	0.776
% of Calories											*20.3%	20.2%	53.9%	28.0%	8.2%	*0.0%	
Nutrient Guideline			600-700		1360												<10.00

Tue - 03/26/2019																	
Lunch, Sycamore	Total	100															
*Sandwich, Turkey & Ch Hoagie	Sandwich	60	336	71	1186	2.60	1.56	235.3	382	0.4	*4	32.41	33.11	9.26	4.54	0.00	0.022
Sandwich, Grilled Cheese CC	Sandwich	30	285	23	845	4.00	2.16	380.0	450	0.0	*7	16.5	39.0	8.0	3.75	0.00	0.255
GRAB N GO LUNCH	1 EACH	10	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
Fruit, Fresh (.5 c serv)	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
Dressing, Ranch POK	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			574	66	1369	6.52	*3.21	*653.0	*4934	*23.99	*33	39.27	78.11	13.43	5.38	*0.00	0.608
% of Calories											*23.0%	27.4%	54.4%	21.0%	8.4%	*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
 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.

	Portion Size	Reimb Qty	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 ¹ (g)	Cost
Wed - 03/27/2019																	
Lunch, Sycamore	Total	100															
*Hot Dog, Secondary	1 Each	60	273	20	714	2.04	2.19	40.8	100	6.12	4	12.1	28.55	13.04	4.00	0.00	0.000
Potato, Tater Tots	1 Each	60	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00	0.000
*Cheeseburger With The Works	Cheeseburger	20	331	38	531	3.97	3.40	165.3	554	14.17	*4	21.07	33.85	13.03	4.90	*0.00	0.131
GRAB N GO LUNCH	1 EACH	20	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
Fruit, Fresh (.5 c serv)	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
Dressing, Ranch POK	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Condiment Variety@\$\$^+	serving	50	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00	0.010
Weighted Daily Average			694	46	1301	8.60	*4.27	*503.1	*6072	*39.22	*37	32.11	94.03	22.61	6.29	*0.00	0.654
% of Calories											*21.1%	18.5%	54.2%	29.3%	8.2%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

Thu - 03/28/2019																	
Lunch, Sycamore	Total	100															
Quesadilla, Chi & Cheese	1 Each	70	450	84	791	6.97	*2.16	*311.7	*850	*0.0	2	27.84	42.27	18.58	8.00	0.00	0.000
Pizza, Cheese 8 cut WG	Slice	20	340	35	670	4.00	1.80	350.0	400	0.0	*N/A*	18.0	36.0	15.0	7.00	0.00	0.015
GRAB N GO LUNCH	1 EACH	10	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
*Fruit Basket POK	1 each	50	79	0	1	3.14	0.25	17.0	131	35.07	*12	0.91	20.3	0.27	0.05	*0.00	0.154
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
Dressing, Ranch POK	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			686	83	1092	10.07	*3.53	*685.3	*5213	*28.29	*33	38.08	87.47	21.51	8.53	*0.00	0.531
% of Calories											*19.2%	22.2%	51.0%	28.2%	11.2%	*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
 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.

	Portion Size	Reimb Qty	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 ¹ (g)	Cost
Fri - 03/29/2019																	
Lunch, Sycamore	Total	100															
Nachos w/meat&Chips(SEC)	servings	70	482	24	769	6.92	*1.36	*63.4	*50	*0.6	2	14.78	52.9	21.6	2.75	0.54	0.371
*Cheeseburger With The Works	Cheeseburger	20	331	38	531	3.97	3.40	165.3	554	14.17	*4	21.07	33.85	13.03	4.90	*0.00	0.131
GRAB N GO LUNCH	1 EACH	10	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
*Fruit Basket POK	1 each	50	79	0	1	3.14	0.25	17.0	131	35.07	*12	0.91	20.3	0.27	0.05	*0.00	0.154
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
Dressing, Ranch POK	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			706	41	1048	10.03	*3.29	*474.6	*4684	*31.55	*34	29.56	94.48	23.22	4.43	*0.38	0.814
% of Calories											*19.1%	16.7%	53.5%	29.6%	5.7%	*0.5%	
Nutrient Guideline			600-700		1360											<10.00	

Weighted Average			672	55	1119	8.79	*4.11	*604.8	*5270	*35.10	*35	33.76	90.01	20.96	6.24	*0.04	0.901
											*46.9%	20.1%	53.6%	28.1%	8.4%	*0.0%	

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	672		600 - 700	100%				
Cholesterol (mg)	55							
Sodium (mg)	1119		1360					
Fiber (g)	8.79							
Iron (mg)	4.11				Missing			
Calcium (mg)	604.8				Missing			
Vitamin A (IU)	5270				Missing			
Sugars (g)	35	20.86%			Missing			
Vitamin C (mg)	35.10				Missing			
Protein (g)	33.76	20.10%						
Carbohydrate (g)	90.01	53.60%						
Total Fat (g)	20.96	28.08%						
Saturated Fat (g)	6.24	8.36%	<10.00%					
Trans Fat ¹ (g)	0.04	0.05%			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
 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.