

	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 ¹ (g)
Wed - 03/01/2023															
Sycamore Lunch ES	Total														
Cheeseburger Twins	1 Each	272	31	475	2.39	3.09	114.2	79	10.3	3	18.65	29.82	9.0	3.00	0.00
Sandwich, PBJ (premade)	Servings	300	0	280	4.00	1.44	260.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$\$%^+	serving	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Chip, Variety	1 Each	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00
Weighted Daily Average		557	33	753	5.67	3.20	469.7	753	30.62	*29	28.04	79.29	15.13	3.60	*0.00
% of Calories										*21.0%	20.1%	57.0%	24.5%	5.8%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 03/02/2023															
Sycamore Lunch ES	Total														
*Pizza, Domino's Ch & Pepp	1 Each	315	20	645	4.00	2.70	474.9	750	6.0	4	21.5	38.99	8.5	3.75	0.00
Burrito, Bean & Ch.(Ele)	Burrito	340	5	569	8.99	3.60	199.8	0	0.0	1	13.99	53.95	7.99	3.50	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$\$%^+	serving	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
*Cookie, Dick & Jane Capitals	1 Each	130	0	95	1.00	1.80	0.0	0	0.0	8	2.0	22.0	4.0	1.00	0.00
Weighted Daily Average		605	26	918	7.06	4.65	760.0	1302	26.54	*34	31.18	91.60	13.65	5.01	*0.00
% of Calories										*22.8%	20.6%	60.6%	20.3%	7.5%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 03/03/2023															
Sycamore Lunch ES	Total														
Hot Dog, Turkey-ELE	2 oz	280	45	930	1.00	1.44	120.0	0	9.0	1	12.0	29.0	13.0	3.00	0.00
Sandwich, Grilled Cheese CC	Sandwich	314	38	674	1.49	1.88	68.5	4	0.0	*4	13.47	31.35	14.99	7.50	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$\$%^+	serving	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Crackers, Animal 1 oz.	1 Each	110	0	40	1.00	0.72	0.0	0	0.0	7	2.0	18.0	3.5	0.00	0.00

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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 ¹ (g)
Weighted Daily Average		557	51	1100	3.43	2.40	433.5	665	28.19	*32	23.17	76.35	18.28	4.53	*0.00
% of Calories										*22.9%	16.7%	54.9%	29.5%	7.3%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 03/06/2023															
Sycamore Lunch ES	Total														
*Pizza, Domino's Ch & Pepp	1 Each	315	20	645	4.00	2.70	474.9	750	6.0	4	21.5	38.99	8.5	3.75	0.00
Burrito, Bean & Ch.(Ele)	Burrito	340	5	569	8.99	3.60	199.8	0	0.0	1	13.99	53.95	7.99	3.50	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$%^+	serving	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Chip, Variety	1 Each	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00
Weighted Daily Average		609	26	976	7.79	3.24	767.2	1338	26.97	*29	31.20	91.51	13.97	4.31	*0.00
% of Calories										*18.8%	20.5%	60.1%	20.6%	6.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 03/07/2023															
Sycamore Lunch ES	Total														
Chicken, Nuggets, ELE	Serving (5 Ea)	160	20	270	2.00	1.80	0.0	100	0.0	0	14.0	10.0	7.0	1.50	0.00
Sandwich, Grilled Cheese CC	Sandwich	314	38	674	1.49	1.88	68.5	4	0.0	*4	13.47	31.35	14.99	7.50	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$%^+	serving	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Cookie, Choc Chip IW 1 Oz	1 each	110	10	60	1.00	0.72	0.0	0	1.2	9	2.0	18.0	4.0	1.00	0.00
Weighted Daily Average		451	40	583	4.23	2.66	336.7	750	22.52	*32	24.73	59.96	13.43	3.70	*0.00
% of Calories										*28.8%	21.9%	53.2%	26.8%	7.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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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 ¹ (g)
Wed - 03/08/2023															
Sycamore Lunch ES	Total														
*Chimichanga, Beef & Cheese	1 Each	380	42	472	6.00	3.20	253.0	700	5.0	2	24.0	43.0	12.5	4.00	0.00
Sandwich, PBJ (premade)	Servings	300	0	280	4.00	1.44	260.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
*Chips, Tortilla, Pkg	1 Each	210	0	225	2.25	0.30	25.0	3	0.0	0	2.0	23.0	12.0	1.70	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$\$%^+	serving	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Weighted Daily Average		685	42	775	8.80	3.31	599.2	1248	25.69	*27	32.26	88.02	23.18	5.53	*0.00
% of Calories										*15.8%	18.8%	51.4%	30.5%	7.3%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 03/09/2023															
Sycamore Lunch ES	Total														
*Pizza, Domino's Ch & Pepp	1 Each	315	20	645	4.00	2.70	474.9	750	6.0	4	21.5	38.99	8.5	3.75	0.00
Burrito, Bean & Ch.(Ele)	Burrito	340	5	569	8.99	3.60	199.8	0	0.0	1	13.99	53.95	7.99	3.50	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$\$%^+	serving	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Chip, Variety	1 Each	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00
Weighted Daily Average		609	26	976	7.79	3.24	767.2	1338	26.97	*29	31.20	91.51	13.97	4.31	*0.00
% of Calories										*18.8%	20.5%	60.1%	20.6%	6.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 03/10/2023															
Sycamore Lunch ES	Total														
*Chicken, Popcorn	1 Each	230	20	350	3.00	2.00	33.0	0	0.0	1	14.0	14.0	13.0	2.50	0.00
*Potato, Simplot Tater Tot	1 Each	140	0	190	1.00	0.00	0.0	0	0.0	0	1.0	16.0	7.0	1.00	0.00
Sandwich, Grilled Cheese CC	Sandwich	314	38	674	1.49	1.88	68.5	4	0.0	*4	13.47	31.35	14.99	7.50	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Condiment Variety@\$\$%^+	serving	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
*Cookie, Dick & Jane Capitals	1 Each	130	0	95	1.00	1.80	0.0	0	0.0	8	2.0	22.0	4.0	1.00	0.00

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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 ¹ (g)
Weighted Daily Average		646	30	834	5.93	3.78	397.2	709	21.83	*31	26.78	78.85	24.32	5.48	*0.00
% of Calories										*19.5%	16.6%	48.8%	33.9%	7.6%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 03/13/2023															
Sycamore Lunch ES	Total														
*Pizza, Domino's Ch & Pepp	1 Each	315	20	645	4.00	2.70	474.9	750	6.0	4	21.5	38.99	8.5	3.75	0.00
Sandwich, Turkey	Sandwich	275	56	832	1.81	1.86	67.7	82	0.4	*3	24.66	32.93	5.67	2.05	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Cookie, Choc Chip IW 1 Oz	1 each	110	10	60	1.00	0.72	0.0	0	1.2	9	2.0	18.0	4.0	1.00	0.00
Weighted Daily Average		564	41	878	5.98	3.35	740.2	1295	27.68	*35	32.78	83.29	12.46	4.80	*0.00
% of Calories										*24.9%	23.3%	59.1%	19.9%	7.7%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 03/14/2023															
Sycamore Lunch ES	Total														
Cheeseburger Twins	1 Each	272	31	475	2.39	3.09	114.2	79	10.3	3	18.65	29.82	9.0	3.00	0.00
Sandwich, Grilled Cheese CC	Sandwich	314	38	674	1.49	1.88	68.5	4	0.0	*4	13.47	31.35	14.99	7.50	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$%^+	serving	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Chip, Variety	1 Each	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00
Weighted Daily Average		514	38	769	5.02	3.26	364.7	630	30.10	*23	26.40	71.02	14.52	4.24	*0.00
% of Calories										*17.7%	20.5%	55.3%	25.4%	7.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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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 ¹ (g)
Wed - 03/15/2023															
Sycamore Lunch ES	Total														
Hamburger, Ele	Burger	300	37	479	2.00	3.48	60.6	1	9.0	3	22.14	30.41	10.18	0.00	0.00
Burrito, Bean & Ch.(Ele)	Burrito	340	5	569	8.99	3.60	199.8	0	0.0	1	13.99	53.95	7.99	3.50	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$%^+	serving	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Cookie, Choc Chip IW 1 Oz	1 each	110	10	60	1.00	0.72	0.0	0	1.2	9	2.0	18.0	4.0	1.00	0.00
Weighted Daily Average		564	48	710	5.36	4.29	407.8	651	30.17	*34	31.73	79.57	14.46	1.83	*0.00
% of Calories										*24.1%	22.5%	56.4%	23.1%	2.9%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 03/16/2023															
Sycamore Lunch ES	Total														
*Pizza, Domino's Ch & Pepp	1 Each	315	20	645	4.00	2.70	474.9	750	6.0	4	21.5	38.99	8.5	3.75	0.00
Sandwich, PBJ (premade)	Servings	300	0	280	4.00	1.44	260.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$%^+	serving	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Weighted Daily Average		482	25	789	5.41	2.71	769.1	1302	26.54	*29	28.63	68.50	11.40	4.04	*0.00
% of Calories										*24.2%	23.8%	56.9%	21.3%	7.5%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 03/17/2023															
Sycamore Lunch ES	Total														
Double Dogs	1 Each	260	30	449	2.00	5.00	132.0	55	0.0	3	15.0	31.5	8.0	2.00	0.00
Sandwich, Grilled Cheese CC	Sandwich	314	38	674	1.49	1.88	68.5	4	0.0	*4	13.47	31.35	14.99	7.50	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$%^+	serving	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Chip, Variety	1 Each	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00

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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 ¹ (g)
Weighted Daily Average		572	39	841	5.15	4.96	456.9	752	21.92	*28	25.81	83.94	15.04	3.44	*0.00
% of Calories										*19.7%	18.0%	58.7%	23.7%	5.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 03/20/2023															
Sycamore Lunch ES	Total														
*Pizza, Domino's Ch & Pepp	1 Each	315	20	645	4.00	2.70	474.9	750	6.0	4	21.5	38.99	8.5	3.75	0.00
Burrito, Bean & Ch.(Ele)	Burrito	340	5	569	8.99	3.60	199.8	0	0.0	1	13.99	53.95	7.99	3.50	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$%^+	serving	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Chip, Variety	1 Each	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00
Weighted Daily Average		609	26	976	7.79	3.24	767.2	1338	26.97	*29	31.20	91.51	13.97	4.31	*0.00
% of Calories										*18.8%	20.5%	60.1%	20.6%	6.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 03/21/2023															
Sycamore Lunch ES	Total														
Chicken, Nuggets, ELE	Serving (5 Ea)	160	20	270	2.00	1.80	0.0	100	0.0	0	14.0	10.0	7.0	1.50	0.00
Sandwich, Grilled Cheese CC	Sandwich	314	38	674	1.49	1.88	68.5	4	0.0	*4	13.47	31.35	14.99	7.50	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$%^+	serving	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Chip, Variety	1 Each	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00
Weighted Daily Average		419	29	595	4.69	2.16	267.7	649	21.35	*20	22.45	54.18	12.82	2.96	*0.00
% of Calories										*19.4%	21.4%	51.7%	27.5%	6.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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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 ¹ (g)
Wed - 03/22/2023															
Sycamore Lunch ES	Total														
Quesadilla, Chi & Cheese	1 Each	450	84	791	6.97	*2.16	*311.7	*850	*0.0	2	27.84	42.27	18.58	8.00	0.00
Sandwich, PBJ (premade)	Servings	300	0	280	4.00	1.44	260.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$\$%^+	serving	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Cookie, Choc Chip IW 1 Oz	1 each	110	10	60	1.00	0.72	0.0	0	1.2	9	2.0	18.0	4.0	1.00	0.00
Weighted Daily Average		686	87	932	8.83	*2.85	*630.3	*1373	*22.52	*36	35.82	86.35	22.96	8.55	*0.00
% of Calories										*20.7%	20.9%	50.4%	30.1%	11.2%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 03/23/2023															
Sycamore Lunch ES	Total														
*Pizza, Domino's Ch & Pepp	1 Each	315	20	645	4.00	2.70	474.9	750	6.0	4	21.5	38.99	8.5	3.75	0.00
Burrito, Bean & Ch.(Ele)	Burrito	340	5	569	8.99	3.60	199.8	0	0.0	1	13.99	53.95	7.99	3.50	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$\$%^+	serving	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
*Cookie, Dick and Jane Pres.	1 Each	130	0	95	1.00	1.80	0.0	0	0.0	8	2.0	22.0	4.0	1.00	0.00
Weighted Daily Average		605	26	918	7.06	4.65	760.0	1302	26.54	*34	31.18	91.60	13.65	5.01	*0.00
% of Calories										*22.8%	20.6%	60.6%	20.3%	7.5%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 03/24/2023															
Sycamore Lunch ES	Total														
Hamburger, Ele	Burger	300	37	479	2.00	3.48	60.6	1	9.0	3	22.14	30.41	10.18	0.00	0.00
Sandwich, PBJ (premade)	Servings	300	0	280	4.00	1.44	260.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Non Fat	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Condiment Variety@\$\$%^+	serving	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Chip, Variety	1 Each	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00

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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 ¹ (g)
Weighted Daily Average		557	39	757	4.60	3.47	450.7	690	23.34	*27	31.73	72.92	15.89	1.08	*0.00
% of Calories										*19.5%	22.8%	52.4%	25.7%	1.7%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 03/27/2023															
Sycamore Lunch ES	Total														
*Pizza, Domino's Ch & Pepp	1 Each	315	20	645	4.00	2.70	474.9	750	6.0	4	21.5	38.99	8.5	3.75	0.00
Burrito, Bean & Ch.(Ele)	Burrito	340	5	569	8.99	3.60	199.8	0	0.0	1	13.99	53.95	7.99	3.50	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Chip, Variety	1 Each	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00
Weighted Daily Average		575	24	904	7.52	3.14	766.0	1313	26.90	*28	30.90	86.68	12.48	4.28	*0.00
% of Calories										*19.3%	21.5%	60.3%	19.5%	6.7%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 03/28/2023															
Sycamore Lunch ES	Total														
Sandwich, Chicken	Sandwich	283	42	591	3.77	2.94	70.5	479	13.06	*6	21.9	33.13	6.54	1.85	*0.00
Sandwich, Grilled Cheese CC	Sandwich	314	38	674	1.49	1.88	68.5	4	0.0	*4	13.47	31.35	14.99	7.50	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@%+*	serving	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Cookie, Choc Chip IW 1 Oz	1 each	110	10	60	1.00	0.72	0.0	0	1.2	9	2.0	18.0	4.0	1.00	0.00
Weighted Daily Average		522	56	803	5.74	3.61	321.6	941	33.17	*32	29.44	73.61	12.76	4.00	*0.00
% of Calories										*24.8%	22.6%	56.4%	22.0%	6.9%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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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 ¹ (g)
Wed - 03/29/2023															
Sycamore Lunch ES	Total														
Cheeseburger Twins	1 Each	272	31	475	2.39	3.09	114.2	79	10.3	3	18.65	29.82	9.0	3.00	0.00
Sandwich, PBJ (premade)	Servings	300	0	280	4.00	1.44	260.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$\$%^+	serving	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Chip, Variety	1 Each	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00
Weighted Daily Average		557	33	753	5.67	3.20	469.7	753	30.62	*29	28.04	79.29	15.13	3.60	*0.00
% of Calories										*21.0%	20.1%	57.0%	24.5%	5.8%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 03/30/2023															
Sycamore Lunch ES	Total														
*Pizza, Domino's Ch & Pepp	1 Each	315	20	645	4.00	2.70	474.9	750	6.0	4	21.5	38.99	8.5	3.75	0.00
Burrito, Bean & Ch.(Ele)	Burrito	340	5	569	8.99	3.60	199.8	0	0.0	1	13.99	53.95	7.99	3.50	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$\$%^+	serving	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
*Cookie, Dick & Jane Capitals	1 Each	130	0	95	1.00	1.80	0.0	0	0.0	8	2.0	22.0	4.0	1.00	0.00
Weighted Daily Average		605	26	918	7.06	4.65	760.0	1302	26.54	*34	31.18	91.60	13.65	5.01	*0.00
% of Calories										*22.8%	20.6%	60.6%	20.3%	7.5%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 03/31/2023															
Sycamore Lunch ES	Total														
Hot Dog, Turkey-ELE	2 oz	280	45	930	1.00	1.44	120.0	0	9.0	1	12.0	29.0	13.0	3.00	0.00
Sandwich, Grilled Cheese CC	Sandwich	314	38	674	1.49	1.88	68.5	4	0.0	*4	13.47	31.35	14.99	7.50	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$\$%^+	serving	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Crackers, Animal 1 oz.	1 Each	110	0	40	1.00	0.72	0.0	0	0.0	7	2.0	18.0	3.5	0.00	0.00

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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 ¹ (g)
Weighted Daily Average		557	51	1100	3.43	2.40	433.5	665	28.19	*32	23.17	76.35	18.28	4.53	*0.00
% of Calories										*22.9%	16.7%	54.9%	29.5%	7.3%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Weighted Average		570	37	850	6.09	*3.41	*560.7	*1002	*26.60	*30 *47.7%	29.09 20.4%	80.33 56.4%	15.45 24.4%	4.27 6.7%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	570		550 - 650	100%				
Cholesterol (mg)	37							
Sodium (mg)	850		1230					
Fiber (g)	6.09							
Iron (mg)	3.41				Missing			
Calcium (mg)	560.7				Missing			
Vitamin A (IU)	1002				Missing			
Sugars (g)	30	21.20%			Missing			
Vitamin C (mg)	26.60				Missing			
Protein (g)	29.09	20.42%						
Carbohydrate (g)	80.33	56.39%						
Total Fat (g)	15.45	24.41%						
Saturated Fat (g)	4.27	6.74%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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