

# Weston Public Schools

Sep 1, 2023 thru Sep 30, 2023

## Base Menu Spreadsheet

Field School Alternates

### Portion Values - Detailed

	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 <sup>1</sup> (g)
Mon - 09/04/2023																
Field School Alternates	Total	1														
No School	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

	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 <sup>1</sup> (g)
Tue - 09/05/2023																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Sunflower Seeds 20/21	bag	10	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	0.00
Fries, Crinkle 0.75C 23/24	0.75 cup	20	123	0	36	1.03	0.31	10.3	0	0.0	1	1.03	20.51	4.62	0.51	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	35	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			606	48	781	6.81	3.23	473.6	3696	32.57	35	31.40	78.95	19.27	4.90	0.00
% of Calories											22.8%	20.7%	52.2%	28.6%	7.3%	0.0%
Nutrient Guideline			550-650		1230											<10.00

	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 <sup>1</sup> (g)
Wed - 09/06/2023																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Sunflower Seeds 20/21	bag	10	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	0.00
Cucumber Coins 0.75c 1516	0.75 c	25	14	0	3	0.95	0.30	19.1	98	4.35	2	0.8	2.94	0.22	0.11	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	35	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Weston Public Schools

Sep 1, 2023 thru Sep 30, 2023

Base Menu Spreadsheet

Field School Alternates

Portion Values - Detailed

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	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 <sup>1</sup> (g)
Weighted Daily Average			552	48	765	6.89	3.26	480.4	3758	35.29	35	31.39	70.53	17.10	4.71	0.00
% of Calories											25.5%	22.7%	51.1%	27.8%	7.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 09/07/2023																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
Sunflower Seeds 20/21	bag	10	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Cucumber Coins 0.75c 1516	0.75 c	25	14	0	3	0.95	0.30	19.1	98	4.35	2	0.8	2.94	0.22	0.11	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	35	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			552	48	765	6.89	3.26	480.4	3758	35.29	35	31.39	70.53	17.10	4.71	0.00
% of Calories											25.5%	22.7%	51.1%	27.8%	7.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 09/08/2023																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Sunflower Seeds 20/21	bag	10	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	0.00
Garden Salad: ES 19/20	1 cup	10	68	0	95	6.02	2.43	90.2	24236	*11.44	7	3.53	13.75	0.78	0.12	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	35	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00

\*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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Sep 1, 2023 thru Sep 30, 2023

## Base Menu Spreadsheet

Field School Alternates

### Portion Values - Detailed

	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 <sup>1</sup> (g)
Weighted Daily Average			561	48	787	7.80	3.68	491.1	9756	*35.43	36	31.77	72.13	17.15	4.68	0.00
% of Calories											25.5%	22.7%	51.4%	27.5%	7.5%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 09/11/2023																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Sunflower Seeds 20/21	bag	10	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Sweet Potato Fry 0.75c Bid1819	0.75 cup	20	160	0	184	2.45	0.44	24.5	4295	2.95	6	1.23	23.32	6.14	1.23	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	35	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			624	48	855	7.53	3.29	480.8	5844	34.04	37	31.50	80.36	20.03	5.26	0.00
% of Calories											23.8%	20.2%	51.5%	28.9%	7.6%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 09/12/2023																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Sunflower Seeds 20/21	bag	10	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Refried Beans: 19/20	0.5 CUP	10	129	0	350	5.19	1.92	22.6	66	0.18	2	6.16	20.93	1.95	0.00	0.00
Cucumber Coins 0.5c 1516	0.5 c	10	9	0	2	0.64	0.20	12.7	65	2.9	1	0.54	1.96	0.15	0.07	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	35	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00

\*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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

# Weston Public Schools

Sep 1, 2023 thru Sep 30, 2023

## Base Menu Spreadsheet

Field School Alternates

### Portion Values - Detailed

	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 <sup>1</sup> (g)
Weighted Daily Average			579	48	851	7.75	3.60	477.3	3729	33.34	35	32.56	74.42	17.48	4.67	0.00
% of Calories											24.0%	22.5%	51.5%	27.2%	7.3%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 09/13/2023																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Sunflower Seeds 20/21	bag	10	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Cucumber Coins 0.75c 1516	0.75 c	30	14	0	3	0.95	0.30	19.1	98	4.35	2	0.8	2.94	0.22	0.11	0.00
Potato Tots: 0.5C 23	0.5 cup	10	172	0	364	1.01	0.51	0.0	0	1.22	0	2.03	19.24	9.11	1.52	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	35	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			597	48	856	7.27	3.42	482.8	3770	36.14	35	32.00	75.71	19.40	5.11	0.00
% of Calories											23.7%	21.4%	50.7%	29.2%	7.7%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 09/14/2023																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Sunflower Seeds 20/21	bag	10	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Carrot Sticks: .75 cup	.75 cup	30	71	0	119	4.83	0.52	56.9	28795	10.17	8	1.6	16.51	0.41	0.06	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	35	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00

\*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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Sep 1, 2023 thru Sep 30, 2023

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Field School Alternates

### Portion Values - Detailed

	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 <sup>1</sup> (g)
Weighted Daily Average			597	48	852	9.92	3.46	511.2	25293	40.20	40	32.09	81.08	17.27	4.69	0.00
% of Calories											26.9%	21.5%	54.3%	26.0%	7.1%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 09/15/2023																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Sunflower Seeds 20/21	bag	10	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Broccoli Florets 0.75c 22	0.75 Cup	20	34	0	33	2.59	0.73	46.9	622	89.01	0	2.81	6.63	0.37	0.04	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	35	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			561	48	779	7.60	3.44	492.0	4007	77.08	34	32.30	72.01	17.14	4.67	0.00
% of Calories											24.3%	23.0%	51.3%	27.5%	7.5%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 09/18/2023																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Sunflower Seeds 20/21	bag	10	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	0.00
Baked Beans BBQ: .5c ES 19/20	.5 cup	10	118	0	190	5.42	1.95	43.4	0	0.1	7	6.5	22.99	0.54	0.00	0.00
Fries, Crinkle 0.5C 23/24	0.5 cup	10	91	0	27	0.76	0.23	7.6	0	0.0	1	0.76	15.24	3.43	0.38	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	35	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00

\*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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Weston Public Schools

Sep 1, 2023 thru Sep 30, 2023

## Base Menu Spreadsheet

Field School Alternates

### Portion Values - Detailed

	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 <sup>1</sup> (g)
Weighted Daily Average			596	48	817	7.84	3.62	481.3	3696	32.59	36	32.71	78.25	17.95	4.74	0.00
% of Calories											24.2%	21.9%	52.5%	27.1%	7.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 09/19/2023																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
Sunflower Seeds 20/21	bag	10	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Cucumber Coins 0.75c 1516	0.75 c	40	14	0	3	0.95	0.30	19.1	98	4.35	2	0.8	2.94	0.22	0.11	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	35	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			558	48	766	7.25	3.37	487.6	3794	36.92	36	31.69	71.64	17.18	4.75	0.00
% of Calories											25.7%	22.7%	51.4%	27.7%	7.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 09/20/2023																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
Sunflower Seeds 20/21	bag	10	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	0.00
Broccoli Salad: HS salad bar	0.5 CUP	10	132	20	323	1.56	0.54	26.4	272	39.31	*4	4.79	15.6	6.54	1.39	*0.00
Carrot Sticks: .75 cup	.75 cup	10	71	0	119	4.83	0.52	56.9	28795	10.17	8	1.6	16.51	0.41	0.06	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	35	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Weston Public Schools

Sep 1, 2023 thru Sep 30, 2023

## Base Menu Spreadsheet

Field School Alternates

### Portion Values - Detailed

	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 <sup>1</sup> (g)
Weighted Daily Average			595	53	873	7.90	3.34	489.3	10963	44.94	*37	32.49	76.73	18.70	5.01	*0.00
% of Calories											*24.9%	21.9%	51.6%	28.3%	7.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 09/21/2023																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Sunflower Seeds 20/21	bag	10	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Cucumber Coins 0.75c 1516	0.75 c	25	14	0	3	0.95	0.30	19.1	98	4.35	2	0.8	2.94	0.22	0.11	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	35	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			552	48	765	6.89	3.26	480.4	3758	35.29	35	31.39	70.53	17.10	4.71	0.00
% of Calories											25.5%	22.7%	51.1%	27.8%	7.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 09/22/2023																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Sunflower Seeds 20/21	bag	10	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Garden Salad: ES 19/20	1 cup	30	68	0	95	6.02	2.43	90.2	24236	*11.44	7	3.53	13.75	0.78	0.12	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	35	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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# Weston Public Schools

Sep 1, 2023 thru Sep 30, 2023

## Base Menu Spreadsheet

Field School Alternates

### Portion Values - Detailed

	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 <sup>1</sup> (g)
Weighted Daily Average			595	48	834	10.82	4.90	536.2	21874	*41.15	39	33.54	79.01	17.54	4.74	0.00
% of Calories											26.3%	22.6%	53.1%	26.5%	7.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 09/25/2023																
Field School Alternates	Total	1														
No School	1	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 09/26/2023																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
Sunflower Seeds 20/21	bag	10	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Cucumber Coins 0.75c 1516	0.75 c	40	14	0	3	0.95	0.30	19.1	98	4.35	2	0.8	2.94	0.22	0.11	0.00
Potato Tot, 0.75C 23/24	0.75 cup	30	162	0	233	1.01	0.51	0.0	0	1.22	0	2.03	19.24	9.11	1.52	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	35	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			679	48	940	8.01	3.75	487.6	3794	37.84	36	33.21	86.06	24.01	5.89	0.00
% of Calories											21.1%	19.6%	50.7%	31.8%	7.8%	0.0%
Nutrient Guideline			550-650		1230										<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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# Weston Public Schools

Sep 1, 2023 thru Sep 30, 2023

## Base Menu Spreadsheet

Field School Alternates

### Portion Values - Detailed

	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 <sup>1</sup> (g)
<b>Wed - 09/27/2023</b>																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
Sunflower Seeds 20/21	bag	10	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	0.00
Potato Smiles, 4 svgs-21/22	4 pieces	10	107	0	153	1.33	0.33	6.7	0	0.0	0	1.33	16.68	4.0	0.67	0.00
Tomato + Basil Salad: HS Salad	1/2 cup	10	78	0	100	1.65	0.44	15.2	1164	17.42	*6	1.22	11.44	3.52	0.49	*0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	35	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			590	48	826	7.04	3.27	474.0	3987	36.92	*36	31.53	75.73	18.84	4.94	*0.00
% of Calories											*24.1%	21.4%	51.3%	28.7%	7.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Thu - 09/28/2023</b>																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Sunflower Seeds 20/21	bag	10	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Cucumber Coins 0.75c 1516	0.75 c	25	14	0	3	0.95	0.30	19.1	98	4.35	2	0.8	2.94	0.22	0.11	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	35	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			552	48	765	6.89	3.26	480.4	3758	35.29	35	31.39	70.53	17.10	4.71	0.00
% of Calories											25.5%	22.7%	51.1%	27.8%	7.7%	0.0%
Nutrient Guideline			550-650		1230										<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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Weston Public Schools

Sep 1, 2023 thru Sep 30, 2023

Base Menu Spreadsheet

Field School Alternates

Portion Values - Detailed

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	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 <sup>1</sup> (g)
Fri - 09/29/2023																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Sunflower Seeds 20/21	bag	10	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Garden Salad: ES 19/20	1 cup	30	68	0	95	6.02	2.43	90.2	24236	*11.44	7	3.53	13.75	0.78	0.12	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	35	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			595	48	834	10.82	4.90	536.2	21874	*41.15	39	33.54	79.01	17.54	4.74	0.00
% of Calories											26.3%	22.6%	53.1%	26.5%	7.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			586	48	817	7.89	3.57	490.1	7839	*38.97	*36 *55.6%	32.11 21.9%	75.73 51.7%	18.22 28.0%	4.87 7.5%	*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	586		550 - 650	100%				
Cholesterol (mg)	48							
Sodium 1 (mg)	817		1230					
Sodium 2 (mg)	817		935					
Fiber (g)	7.89							
Iron (mg)	3.57							
Calcium (mg)	490.1							
Vitamin A (IU)	7839							
Sugars (g)	36	24.70%			Missing			
Vitamin C (mg)	38.97				Missing			
Protein (g)	32.11	21.93%						
Carbohydrate (g)	75.73	51.73%						
Total Fat (g)	18.22	27.99%						
Saturated Fat (g)	4.87	7.48%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			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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