

Menu Compliance - Nutrient Detail Report

District: Palos Verdes Peninsula USD

School: Miraleste Intermediate

Menu: Miraleste Middle School Lunch 15/16

Date Range: March 14, 2016 - March 18, 2016



Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Mon - 03/14/2016										
Miraleste Middle School Lunch 15/16										
		Total	250							
Caesar Chicken Salad	2001701	1.00 each	5	340.103	24.048	10.683	1.609	558.770	35.983	0.772
Ham & Cheese Hoagie	2001695	1.00 each	5	302.223	25.238	10.976	4.111	1041.272	29.746	2.746
Beef Taco	1583372	1.00 serving/2 tacos	30	322.385	17.617	17.570	5.046	486.272	21.870*	35.525*
Beef Burrito	1576289	1.00 burrito	30	363.082	20.703	15.846	6.805	468.678	33.104*	30.849*
Subway Ham & Cheese Sandwich	2001655	1.00 each	40	365.000	22.000	11.000	5.000	1209.000	46.000	8.000
Subway Turkey & Cheese Sandwich	2001659	1.00 each	40	402.000	29.000	11.000	5.000	1383.000	48.000	7.000
Teriyaki Chicken Bowl	2003289	1.00 Bowl	30	449.523	25.139	4.442	1.244	704.598	77.935	19.353
Bean & Cheese Burrito	2000337	1.00 Burrito	30	380.000	17.000	15.000	6.000	490.000	46.000	3.000
Hamburger	2000249	1.00 Each	40	266.000	20.600	7.900	2.400	634.000	31.800	3.800
Sweet Potato Bites	2000039	3/4 cup	75	179.775	1.498	5.993	0.749	149.813	28.464	14.981
Cut Broccoli, Cooked from Fresh (1/2 cup)	2002245	3/4 cup	20	40.950	2.785	0.480	0.092	47.970	8.401	1.626
Baby Carrots, Cooked from Frozen (1/2 cup)	2002247	3/4 cup	20	40.515	0.635	0.745	0.131	64.605	8.464	4.468
Cauliflower Florets (1/2 cup)	2002249	3/4 cup	20	20.063	1.541	0.225	0.104	24.075	3.988	1.533
Whole Kernal Corn, (3/4 cup)	2003273	3/4 cup	20	99.003	3.223	1.230	0.197	209.998	22.866	N/A*
Romaine Iceberg Lettuce (3/4 cup)	2003259	3/4 cup	20	5.992	0.434	0.106	0.014	2.820	1.160	0.419
Tomato Wedges (3/4 cup)	2003265	3/4 cup	20	24.300	1.188	0.270	0.038	6.750	5.252	3.550
Black Beans, (3/4 cup)	2003269	3/4 cup	20	163.494	10.854	0.522	0.144	210.006	29.808	N/A*
Garbanzo Beans, Canned (3/4 cup)	2003267	3/4 cup	20	214.506	8.910	2.052	0.216	210.006	40.716	N/A*
Celery Sticks (3/4 cup)	2003271	3/4 cup	20	14.400	0.621	0.153	0.038	72.000	2.673	1.206
Cucumber Slices, with peel (3/4 cup)	2003263	3/4 cup	20	11.700	0.507	0.086	0.029	1.560	2.831	1.303
Shredded Iceberg Lettuce (3/4 cup)	2003261	3/4 cup	20	7.560	0.486	0.076	0.010	5.400	1.604	1.064
Western Spicy Fries	2005393	3/4 cup	75	165.000	3.000	7.500	2.250	480.000	22.500	0.000
Fresh Apples, 125-138 count (1/2 cup)	1279045	1/2 cup	20	31.874	0.159	0.104	0.017	0.613	8.465	6.369
Applesauce (1/2 cup)	1142459	1/2 cup	20	54.372	0.204	0.064	0.026	2.092	14.416	N/A*
Diced Peaches, Canned (1/2 cup)	1143510	1/2 cup	20	52.996	0.504	0.134	N/A*	5.998	13.394	N/A*
Diced Pears, Canned (1/2 cup)	1158328	1/2 cup	20	57.995	0.384	0.124	N/A*	1.996	15.116	N/A*
Pineapple Tidbits, Canned in Liquid (1/2 cup)	1279073	1/2 cup	20	69.991	0.512	0.000	0.000	9.992	16.995	N/A*
Soft Roll	2000349	1.00 Each	20	110.000	5.000	1.500	0.000	200.000	20.000	2.000
1% Milk	1944055	1/2 pint	50	102.480	8.223	2.367	1.545	107.360	12.176	12.688

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Nonfat Chocolate Milk	1944056	1.00 carton	150	120.000	8.000	0.000	0.000	150.000	22.000	20.000
Ketchup packet	2001835	1.00 packet	50	10.000	6.000	0.000	0.000	85.000	3.000	2.000
Mustard packet	2001839	1.00 packet	10	0.000	0.000	0.000	0.000	65.000	0.000	0.000
Light Ranch Dressing	2001707	1.00 Tbsp	100	50.000	0.000	5.000	0.500	160.000	2.000	1.000
Golden Italian Dressing	2005379	1.00 Tbsp	50	60.000	0.000	6.000	1.000	125.000	1.000	0.000
Weighted Daily Average				671.431	34.127	19.911	6.083*	1301.193	92.728*	35.441*
% of Calories					20.33%	26.69%	8.15%*		55.24%	

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Tue - 03/15/2016										
Miraleste Middle School Lunch 15/16										
		Total	270							
Chef Salad	2001703	1.00 each	5	398.356	25.038	18.317	5.466	689.589	34.177	3.486*
Spicy Chicken Sandwich	2001807	1.00 Each	40	350.000	22.000	13.000	2.500	730.000	41.000	3.000
Turkey & Provolone Hoagie	2001689	1.00 each	5	321.613	26.496	12.454	5.782	751.947	28.599	2.157
Chicken Tacos	2001799	1.00 serving/2 tacos	30	602.971	48.175	34.011	17.037	1401.830	24.052	1.893*
Bean & Cheese Burrito	2000337	1.00 Burrito	30	380.000	17.000	15.000	6.000	490.000	46.000	3.000
Domino's Pizza, Pepperoni	2000061	1.00 Slice	80	290.000	17.000	8.000	3.000	480.000	39.000	4.000
Papa John's Pizza, Cheese	2000001	1.00 Slice	80	420.000	17.000	16.000	8.000	1070.000	53.000	6.000
Black Beans, Cooked from Canned (1/2 cup)	1138627	1/2 cup	20	110.595	7.342	0.353	0.097	142.057	20.163	N/A*
Sweet Potato Bites	2000039	3/4 cup	1	179.775	1.498	5.993	0.749	149.813	28.464	14.981
Cut Broccoli, Cooked from Fresh (1/2 cup)	2002245	3/4 cup	20	40.950	2.785	0.480	0.092	47.970	8.401	1.626
Baby Carrots, Cooked from Frozen (1/2 cup)	2002247	3/4 cup	20	40.515	0.635	0.745	0.131	64.605	8.464	4.468
Cauliflower Florets (1/2 cup)	2002249	3/4 cup	20	20.063	1.541	0.225	0.104	24.075	3.988	1.533
Black Beans, (3/4 cup)	2003269	3/4 cup	20	163.494	10.854	0.522	0.144	210.006	29.808	N/A*
Garbanzo Beans, Canned (3/4 cup)	2003267	3/4 cup	20	214.506	8.910	2.052	0.216	210.006	40.716	N/A*
Celery Sticks (3/4 cup)	2003271	3/4 cup	20	14.400	0.621	0.153	0.038	72.000	2.673	1.206
Whole Kernal Corn, (3/4 cup)	2003273	3/4 cup	20	99.003	3.223	1.230	0.197	209.998	22.866	N/A*
Shredded Iceberg Lettuce (3/4 cup)	2003261	3/4 cup	20	7.560	0.486	0.076	0.010	5.400	1.604	1.064
Cucumber Slices, with peel (3/4 cup)	2003263	3/4 cup	20	11.700	0.507	0.086	0.029	1.560	2.831	1.303
Romaine Iceberg Lettuce (3/4 cup)	2003259	3/4 cup	20	5.992	0.434	0.106	0.014	2.820	1.160	0.419
Tomato Wedges (3/4 cup)	2003265	3/4 cup	20	24.300	1.188	0.270	0.038	6.750	5.252	3.550
Western Spicy Fries	2005393	3/4 cup	100	165.000	3.000	7.500	2.250	480.000	22.500	0.000
Sweet Potato Fries	2005389	3/4 cup	75	150.215	1.502	5.258	0.000	525.751	22.532	6.009
Fresh Apples, 125-138 count (1/2 cup)	1279045	1/2 cup	20	31.874	0.159	0.104	0.017	0.613	8.465	6.369
Applesauce (1/2 cup)	1142459	1/2 cup	20	54.372	0.204	0.064	0.026	2.092	14.416	N/A*

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Diced Peaches, Canned (1/2 cup)	1143510	1/2 cup	20	52.996	0.504	0.134	N/A*	5.998	13.394	N/A*
Diced Pears, Canned (1/2 cup)	1158328	1/2 cup	20	57.995	0.384	0.124	N/A*	1.996	15.116	N/A*
Pineapple Tidbits, Canned in Liquid (1/2 cup)	1279073	1/2 cup	20	69.991	0.512	0.000	0.000	9.992	16.995	N/A*
Soft Roll	2000349	1.00 Each	5	110.000	5.000	1.500	0.000	200.000	20.000	2.000
1% Milk	1944055	1/2 pint	50	102.480	8.223	2.367	1.545	107.360	12.176	12.688
Nonfat Chocolate Milk	1944056	1.00 carton	175	120.000	8.000	0.000	0.000	150.000	22.000	20.000
Ketchup packet	2001835	1.00 packet	75	10.000	6.000	0.000	0.000	85.000	3.000	2.000
Light Ranch Dressing	2001707	1.00 Tbsp	100	50.000	0.000	5.000	0.500	160.000	2.000	1.000
Mustard packet	2001839	1.00 packet	1	0.000	0.000	0.000	0.000	65.000	0.000	0.000
Golden Italian Dressing	2005379	1.00 Tbsp	50	60.000	0.000	6.000	1.000	125.000	1.000	0.000
Weighted Daily Average				695.056	34.515	23.240	7.976*	1431.150	91.644	23.651*
% of Calories					19.86%	30.09%	10.33%*		52.74%	

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Wed - 03/16/2016										
Miraleste Middle School Lunch 15/16										
		Total	280							
Chinese Chicken Salad	2001699	1.00 each	5	204.964	18.019	4.050	1.186	281.143	22.676	3.083
Corn Dog	2000365	1.00 Each	60	240.000	9.000	8.000	2.500	390.000	30.000	5.000
Rib B Que Sandwich	2000341	1.00 Each	30	350.000	21.000	13.000	4.500	900.000	40.000	11.000
Tuna Salad Sandwich	2001697	1.00 each	5	259.969	9.961	10.880	1.364	534.064	33.585	5.467
Beef Taco	1583372	1.00 serving/2 tacos	30	322.385	17.617	17.570	5.046	486.272	21.870*	35.525*
Orange Chicken Bowl	2000009	1.00 Bowl	120	471.987	20.289	3.987	0.750	508.061	87.278	20.516
Bean & Cheese Burrito	2000337	1.00 Burrito	30	380.000	17.000	15.000	6.000	490.000	46.000	3.000
Sweet Potato Bites	2000039	3/4 cup	20	179.775	1.498	5.993	0.749	149.813	28.464	14.981
Cut Broccoli, Cooked from Fresh (1/2 cup)	2002245	3/4 cup	20	40.950	2.785	0.480	0.092	47.970	8.401	1.626
Baby Carrots, Cooked from Frozen (1/2 cup)	2002247	3/4 cup	20	40.515	0.635	0.745	0.131	64.605	8.464	4.468
Cauliflower Florets (1/2 cup)	2002249	3/4 cup	20	20.063	1.541	0.225	0.104	24.075	3.988	1.533
Black Beans, (3/4 cup)	2003269	3/4 cup	20	163.494	10.854	0.522	0.144	210.006	29.808	N/A*
Garbanzo Beans, Canned (3/4 cup)	2003267	3/4 cup	20	214.506	8.910	2.052	0.216	210.006	40.716	N/A*
Broccoli Florets (3/4 cup)	2003275	3/4 cup	20	23.205	1.925	0.253	0.027	22.523	4.532	1.160
Celery Sticks (3/4 cup)	2003271	3/4 cup	20	14.400	0.621	0.153	0.038	72.000	2.673	1.206
Whole Kernal Corn, (3/4 cup)	2003273	3/4 cup	20	99.003	3.223	1.230	0.197	209.998	22.866	N/A*
Cucumber Slices, with peel (3/4 cup)	2003263	3/4 cup	20	11.700	0.507	0.086	0.029	1.560	2.831	1.303
Shredded Iceberg Lettuce (3/4 cup)	2003261	3/4 cup	20	7.560	0.486	0.076	0.010	5.400	1.604	1.064
Romaine Iceberg Lettuce (3/4 cup)	2003259	3/4 cup	20	5.992	0.434	0.106	0.014	2.820	1.160	0.419

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)	
Tomato Wedges (3/4 cup)	2003265	3/4 cup	20	24.300	1.188	0.270	0.038	6.750	5.252	3.550	
Western Spicy Fries	2005393	3/4 cup	100	165.000	3.000	7.500	2.250	480.000	22.500	0.000	
Sweet Potato Fries	2005389	3/4 cup	75	150.215	1.502	5.258	0.000	525.751	22.532	6.009	
Fresh Apples, 125-138 count (1/2 cup)	1279045	1/2 cup	20	31.874	0.159	0.104	0.017	0.613	8.465	6.369	
Applesauce (1/2 cup)	1142459	1/2 cup	20	54.372	0.204	0.064	0.026	2.092	14.416	N/A*	
Diced Peaches, Canned (1/2 cup)	1143510	1/2 cup	20	52.996	0.504	0.134	N/A*	5.998	13.394	N/A*	
Diced Pears, Canned (1/2 cup)	1158328	1/2 cup	20	57.995	0.384	0.124	N/A*	1.996	15.116	N/A*	
Pineapple Tidbits, Canned in Liquid (1/2 cup)	1279073	1/2 cup	20	69.991	0.512	0.000	0.000	9.992	16.995	N/A*	
Soft Roll	2000349	1.00 Each	35	110.000	5.000	1.500	0.000	200.000	20.000	2.000	
1% Milk	1944055	1/2 pint	50	102.480	8.223	2.367	1.545	107.360	12.176	12.688	
Nonfat Chocolate Milk	1944056	1.00 carton	175	120.000	8.000	0.000	0.000	150.000	22.000	20.000	
Ketchup packet	2001835	1.00 packet	50	10.000	6.000	0.000	0.000	85.000	3.000	2.000	
Mustard packet	2001839	1.00 packet	10	0.000	0.000	0.000	0.000	65.000	0.000	0.000	
Light Ranch Dressing	2001707	1.00 Tbsp	100	50.000	0.000	5.000	0.500	160.000	2.000	1.000	
Golden Italian Dressing	2005379	1.00 Tbsp	50	60.000	0.000	6.000	1.000	125.000	1.000	0.000	
Weighted Daily Average				690.816	29.319	17.028	4.136*	1138.911	106.687*	35.354*	
% of Calories					16.98%	22.18%	5.39%*		61.77%		

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Thu - 03/17/2016										
Miraleste Middle School Lunch 15/16										
		Total	285							
Chef Salad	2001703	1.00 each	5	398.356	25.038	18.317	5.466	689.589	34.177	3.486*
Spicy Chicken Sandwich	2001807	1.00 Each	65	350.000	22.000	13.000	2.500	730.000	41.000	3.000
Corn Dog	2000365	1.00 Each	40	240.000	9.000	8.000	2.500	390.000	30.000	5.000
Bean & Cheese Burrito	2000337	1.00 Burrito	35	380.000	17.000	15.000	6.000	490.000	46.000	3.000
Turkey & Provolone Hoagie	2001689	1.00 each	5	321.613	26.496	12.454	5.782	751.947	28.599	2.157
Beef Taco	1583372	1.00 serving/2 tacos	35	322.385	17.617	17.570	5.046	486.272	21.870*	35.525*
Kung Pao Chicken Bowl	2004045	1.00 Bowl	35	445.580	23.027	3.918	1.237	584.384	78.859	15.297
Hamburger	2000249	1.00 Each	65	266.000	20.600	7.900	2.400	634.000	31.800	3.800
Sweet Potato Bites	2000039	3/4 cup	75	179.775	1.498	5.993	0.749	149.813	28.464	14.981
Baby Carrots, Cooked from Frozen (1/2 cup)	2002247	3/4 cup	20	40.515	0.635	0.745	0.131	64.605	8.464	4.468
Black Beans, (3/4 cup)	2003269	3/4 cup	20	163.494	10.854	0.522	0.144	210.006	29.808	N/A*
Garbanzo Beans, Canned (3/4 cup)	2003267	3/4 cup	20	214.506	8.910	2.052	0.216	210.006	40.716	N/A*
Broccoli Florets (3/4 cup)	2003275	3/4 cup	20	23.205	1.925	0.253	0.027	22.523	4.532	1.160
Celery Sticks (3/4 cup)	2003271	3/4 cup	20	14.400	0.621	0.153	0.038	72.000	2.673	1.206

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Whole Kernal Corn, (3/4 cup)	2003273	3/4 cup	20	99.003	3.223	1.230	0.197	209.998	22.866	N/A*
Shredded Iceberg Lettuce (3/4 cup)	2003261	3/4 cup	20	7.560	0.486	0.076	0.010	5.400	1.604	1.064
Cucumber Slices, with peel (3/4 cup)	2003263	3/4 cup	20	11.700	0.507	0.086	0.029	1.560	2.831	1.303
Romaine Iceberg Lettuce (3/4 cup)	2003259	3/4 cup	20	5.992	0.434	0.106	0.014	2.820	1.160	0.419
Tomato Wedges (3/4 cup)	2003265	3/4 cup	20	24.300	1.188	0.270	0.038	6.750	5.252	3.550
Western Spicy Fries	2005393	3/4 cup	100	165.000	3.000	7.500	2.250	480.000	22.500	0.000
Fresh Apples, 125-138 count (1/2 cup)	1279045	1/2 cup	20	31.874	0.159	0.104	0.017	0.613	8.465	6.369
Applesauce (1/2 cup)	1142459	1/2 cup	20	54.372	0.204	0.064	0.026	2.092	14.416	N/A*
Diced Peaches, Canned (1/2 cup)	1143510	1/2 cup	20	52.996	0.504	0.134	N/A*	5.998	13.394	N/A*
Diced Pears, Canned (1/2 cup)	1158328	1/2 cup	20	57.995	0.384	0.124	N/A*	1.996	15.116	N/A*
Pineapple Tidbits, Canned in Liquid (1/2 cup)	1279073	1/2 cup	20	69.991	0.512	0.000	0.000	9.992	16.995	N/A*
Soft Roll	2000349	1.00 Each	50	110.000	5.000	1.500	0.000	200.000	20.000	2.000
1% Milk	1944055	1/2 pint	50	102.480	8.223	2.367	1.545	107.360	12.176	12.688
Nonfat Chocolate Milk	1944056	1.00 carton	150	120.000	8.000	0.000	0.000	150.000	22.000	20.000
Ketchup packet	2001835	1.00 packet	50	10.000	6.000	0.000	0.000	85.000	3.000	2.000
Mustard packet	2001839	1.00 packet	25	0.000	0.000	0.000	0.000	65.000	0.000	0.000
Light Ranch Dressing	2001707	1.00 Tbsp	100	50.000	0.000	5.000	0.500	160.000	2.000	1.000
Golden Italian Dressing	2005379	1.00 Tbsp	50	60.000	0.000	6.000	1.000	125.000	1.000	0.000
Weighted Daily Average				624.434	30.136	19.020	4.845*	1080.164	87.161*	28.080*
% of Calories					19.30%	27.41%	6.98%*		55.83%	

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Fri - 03/18/2016										
Miraleste Middle School Lunch 15/16										
		Total	320							
Chinese Chicken Salad	2001699	1.00 each	5	204.964	18.019	4.050	1.186	281.143	22.676	3.083
Ham & Cheese Hoagie	2001695	1.00 each	5	302.223	25.238	10.976	4.111	1041.272	29.746	2.746
Beef Taco	1583372	1.00 serving/2 tacos	35	322.385	17.617	17.570	5.046	486.272	21.870*	35.525*
Papa John's Pizza, Cheese	2000001	1.00 Slice	120	420.000	17.000	16.000	8.000	1070.000	53.000	6.000
Papa John's Pizza, Pepperoni	2000003	1.00 Slice	120	380.000	15.000	18.000	8.000	1070.000	43.000	5.000
Bean & Cheese Burrito	2000337	1.00 Burrito	35	380.000	17.000	15.000	6.000	490.000	46.000	3.000
Baby Carrots, Cooked from Frozen (1/2 cup)	2002247	3/4 cup	20	40.515	0.635	0.745	0.131	64.605	8.464	4.468
Cauliflower Florets (1/2 cup)	2002249	3/4 cup	20	20.063	1.541	0.225	0.104	24.075	3.988	1.533
Broccoli Florets (3/4 cup)	2003275	3/4 cup	20	23.205	1.925	0.253	0.027	22.523	4.532	1.160
Celery Sticks (3/4 cup)	2003271	3/4 cup	20	14.400	0.621	0.153	0.038	72.000	2.673	1.206
Whole Kernal Corn, (3/4 cup)	2003273	3/4 cup	20	99.003	3.223	1.230	0.197	209.998	22.866	N/A*

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Cucumber Slices, with peel (3/4 cup)	2003263	3/4 cup	20	11.700	0.507	0.086	0.029	1.560	2.831	1.303
Shredded Iceberg Lettuce (3/4 cup)	2003261	3/4 cup	20	7.560	0.486	0.076	0.010	5.400	1.604	1.064
Romaine Iceberg Lettuce (3/4 cup)	2003259	3/4 cup	20	5.992	0.434	0.106	0.014	2.820	1.160	0.419
Tomato Wedges (3/4 cup)	2003265	3/4 cup	20	24.300	1.188	0.270	0.038	6.750	5.252	3.550
Black Beans, (3/4 cup)	2003269	3/4 cup	20	163.494	10.854	0.522	0.144	210.006	29.808	N/A*
Western Spicy Fries	2005393	3/4 cup	125	165.000	3.000	7.500	2.250	480.000	22.500	0.000
Sweet Potato Fries	2005389	3/4 cup	75	150.215	1.502	5.258	0.000	525.751	22.532	6.009
Fresh Apples, 125-138 count (1/2 cup)	1279045	1/2 cup	20	31.874	0.159	0.104	0.017	0.613	8.465	6.369
Applesauce (1/2 cup)	1142459	1/2 cup	20	54.372	0.204	0.064	0.026	2.092	14.416	N/A*
Diced Peaches, Canned (1/2 cup)	1143510	1/2 cup	20	52.996	0.504	0.134	N/A*	5.998	13.394	N/A*
Diced Pears, Canned (1/2 cup)	1158328	1/2 cup	20	57.995	0.384	0.124	N/A*	1.996	15.116	N/A*
Pineapple Tidbits, Canned in Liquid (1/2 cup)	1279073	1/2 cup	20	69.991	0.512	0.000	0.000	9.992	16.995	N/A*
Soft Roll	2000349	1.00 Each	5	110.000	5.000	1.500	0.000	200.000	20.000	2.000
1% Milk	1944055	1/2 pint	50	102.480	8.223	2.367	1.545	107.360	12.176	12.688
Nonfat Chocolate Milk	1944056	1.00 carton	150	120.000	8.000	0.000	0.000	150.000	22.000	20.000
Ketchup packet	2001835	1.00 packet	50	10.000	6.000	0.000	0.000	85.000	3.000	2.000
Mustard packet	2001839	1.00 packet	10	0.000	0.000	0.000	0.000	65.000	0.000	0.000
Light Ranch Dressing	2001707	1.00 Tbsp	100	50.000	0.000	5.000	0.500	160.000	2.000	1.000
Golden Italian Dressing	2005379	1.00 Tbsp	50	60.000	0.000	6.000	1.000	125.000	1.000	0.000
Weighted Daily Average				627.293	25.485	23.858	8.772*	1455.748	81.563*	23.169*
% of Calories					16.25%	34.23%	12.59%*		52.01%	

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	661.806		600/700	Pass		
Protein (g)	30.716	18.57%				
Total Fat (g)	20.611	28.03%				
Saturated Fat (g)	6.362*	8.65%*	<10	Pass		
Sodium (mg)	1281.433		<1360	Pass		
Carbohydrates (g)	91.956*	55.58%*				
Sugars (g)	29.139*					

* = Indicates missing Nutrient Information.

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