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Planned Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 12, 2017

Liberty H Elementary Lunch K-5

001 - Elementary

Generated on: 4/28/2017 4:21:25 PM

	Portion Size	Carb (g)
Mon - 05/01/2017		
Liberty H Elementary Lunch	Total	
CHICKEN NUGGETS, WG, TYSON	5 EACH	16.3
WITH	1 EACH	0.0
DOUGH,WG,BREADSTICK,1 OZ,RICHS	1 EACH	14.5
TACO,CHICK FAJITA-ELEMENTARY	2 EACH	32.01
SALAD,FUN MINNIE MOUSE, K-8	1 EACH	8.35
WITH	1 EACH	0.0
ROLL,DINNER,WG, RICHS 2.5 OZ	1 EACH	28.0
POTATO,MASHED BASIC AMERICAN	1/2 CUP	14.89
BEANS, GREEN, FROZ	1/2 CUP	4.83
SALAD MIX,TOSSED	1 CUP	3.0
CARROTS,BABY,RAW	1/2 CUP	6.0
BROCCOLI,FRESH,RAW	1/2 CUP	3.02
APPLE WHOLE:163ct	EACH	19.32
ORANGE , WHOLE, FRESH	1 EACH	15.39
PINEAPPLE,CND,DRND,TIDBIT	1/2 CUP	16.59
KETCHUP,HEINZ DISPENSER PACK	1 FL OZ	7.72
MAYONAISSSE, PC, FF,12 GR	1 EACH	3.0
MUSTARD PACKETS	1 EACH	0.0
HEINZ LIGHT RANCH DISPENSER	1 FL OZ	8.0
JUICE, APPLE, 4 OZ , BORDEN	1 EACH	14.0
JUICE, ORANGE 4OZ. OAK FARMS	1 EACH	12.0
MILK,WHITE 1% LOWFAT, BORDEN	HALF PINT	11.99
MILK,CHOCOLATE FF 1/2 PT, BORD	HALF PINT	20.07
Weighted Daily Average		92.13
% of Calories		57.8%
Nutrient Guideline		

Tue - 05/02/2017		
Liberty H Elementary Lunch	Total	
NACHOS, LOL CHEESE W/BEEF 2GR	SERVING	45.48
BREADSTICK, CHEESE FILLED MAX	2 EACH	40.21
SALAD,CHEF W/CHICKEN,EL	1 EACH	11.63
WITH	1 EACH	0.0
DOUGH,WG,BREADSTICK,1 OZ,RICHS	1 EACH	14.5
PEAS,FROZEN CKD	1/2 CUP	13.05
CARROTS, HERB ROASTED	1/2 CUP	4.27
SALAD MIX,TOSSED	1 CUP	3.0
CARROTS,BABY,RAW	1/2 CUP	6.0
CELERY STICKS	1/2 CUP	2.21
APPLE WHOLE:163ct	EACH	19.32
BANANAS 150ct	1 EACH	23.23
ORANGE , WHOLE, FRESH	1 EACH	15.39
PEACHES,CND,LIGHT SYRUP,DICED	1/2 CUP	16.68
KETCHUP,HEINZ DISPENSER PACK	1 FL OZ	7.72
MAYONAISSSE, PC, FF,12 GR	1 EACH	3.0
MUSTARD PACKETS	1 EACH	0.0
HEINZ LIGHT RANCH DISPENSER	1 FL OZ	8.0
JUICE, APPLE, 4 OZ , BORDEN	1 EACH	14.0
JUICE, ORANGE 4OZ. BORDEN	1 EACH	13.0
MILK,CHOCOLATE FF 1/2 PT, BORD	HALF PINT	20.07
MILK,WHITE 1% LOWFAT, BORDEN	HALF PINT	11.99

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	Portion Size	Carb (g)
Weighted Daily Average		96.90
% of Calories		59.9%
Nutrient Guideline		

Wed - 05/03/2017		
Liberty H Elementary Lunch	Total	
BREAKFAST PLATE	1 EACH	15.01
HAMBURGER , RAW PATTY, BAIRD	1 EACH	31.38
SALAD,GARDEN, ELEMENTARY	1 EACH	12.17
WITH	1 EACH	0.0
ROLL,DINNER,WG, RICHS 2.5 OZ	1 EACH	28.0
BROCCOLI,FLORETS, FROZ, STEAME	1/2 CUP	4.44
POTATO TATER TOTS	1/2 cup	13.98
SALAD MIX,TOSSED	1 CUP	3.0
CARROTS,BABY,RAW	1/2 CUP	6.0
CUCUMBER SLICES, PARED	1/2 CUP	1.88
TOMATOES, SLICED	1/2 CUP	3.53
APPLE WHOLE:163ct	EACH	19.32
BANANAS 150ct	EACH	23.23
ORANGE , WHOLE, FRESH	1 EACH	15.39
PEARS,CANNED,LIGHT SYR DICE	1/2 CUP	19.43
KETCHUP,HEINZ DISPENSER PACK	1 FL OZ	7.72
MAYONNAISE, PC, FF,12 GR	1 EACH	3.0
MUSTARD PACKETS	1 EACH	0.0
HEINZ LIGHT RANCH DISPENSER	1 FL OZ	8.0
JUICE, APPLE, 4 OZ , BORDEN	1 EACH	14.0
JUICE, ORANGE 4OZ. BORDEN	1 EACH	13.0
MILK,CHOCOLATE FF 1/2 PT, BORD	HALF PINT	20.07
MILK,WHITE 1% LOWFAT, BORDEN	HALF PINT	11.99
Weighted Daily Average		86.72
% of Calories		54.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 05/04/2017		
Liberty H Elementary Lunch	Total	
CORN DOG, CHICKEN, WG	1 EACH	33.0
SANDWICH GRILL CHEESE/BIMBO WRAP, TURKEY HAM & CHEESE	1 EACH	32.05
BEANS, BAKED VEGETARIAN	1 EACH	30.94
CARROTS, STEAMED BUTTERED	1/2 CUP	26.93
SALAD MIX, TOSSED	1/2 CUP	4.26
CARROTS, BABY, RAW	1 CUP	3.0
BROCCOLI, FRESH, RAW	1/2 CUP	6.0
APPLE WHOLE:163ct	1/2 CUP	3.02
ORANGE , WHOLE, FRESH	EACH	19.32
APPLE SAUCE, CANNED	1 EACH	15.39
KETCHUP, HEINZ DISPENSER PACK	1/2 CUP	13.71
MAYONNAISE, PC, FF, 12 GR	1 FL OZ	7.72
MUSTARD PACKETS	1 EACH	3.0
HEINZ LIGHT RANCH DISPENSER	1 EACH	0.0
JUICE, APPLE, 4 OZ , BORDEN	1 FL OZ	8.0
JUICE, ORANGE 4OZ. BORDEN	1 EACH	14.0
MILK, CHOCOLATE FF 1/2 PT, BORDEN	1 EACH	13.0
MILK, WHITE 1% LOWFAT, BORDEN	HALF PINT	20.07
	HALF PINT	11.99
Weighted Daily Average		93.12
% of Calories		63.1%
Nutrient Guideline		

Fri - 05/05/2017		
Liberty H Elementary Lunch	Total	
HOT DOG, TURKEY/ BAIRDS WW	1 EACH	35.0
CHEESE STICK & YOGURT WITH	1 EACH	17.35
CRACKER, GRAHAM, MJM	1 EACH	0.0
CHIPS, BBQ, BAKED, .88 OZ, IW	2 EACH	40.0
SALAD MIX, TOSSED	1 EACH	19.0
CARROTS, BABY, RAW	1 CUP	3.0
APPLE WHOLE:163ct	1/2 CUP	6.0
ORANGE , WHOLE, FRESH	1 EACH	19.32
FRUIT CUPS, MIXED FRUIT, FRZ	1 EACH	15.39
JUICE 100% & SLUSH VARIETY	1 EACH	15.0
KETCHUP, HEINZ DISPENSER PACK	1/2 CUP	14.5
HEINZ LIGHT RANCH DISPENSER	1 FL OZ	7.72
MAYONNAISE, PC, FF, 12 GR	1 FL OZ	8.0
MUSTARD PACKETS	1 EACH	3.0
JUICE, ORANGE 4OZ. BORDEN	1 EACH	0.0
JUICE, APPLE, 4 OZ , BORDEN	1 EACH	13.0
MILK, WHITE 1% LOWFAT, BORDEN	1 EACH	14.0
MILK, CHOCOLATE FF 1/2 PT, BORDEN	HALF PINT	20.07
	HALF PINT	11.99
Weighted Daily Average		106.39
% of Calories		67.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 05/08/2017		
Liberty H Elementary Lunch	Total	
CHICKEN NUGGETS, WG, TYSON	5 EACH	16.3
WITH	1 EACH	0.0
DOUGH,WG,BREADSTICK,1 OZ,RICHS	1 EACH	14.5
SANDWICH, BBQ CHIX /BAIRDS WW	1 EACH	38.77
SALAD,GARDEN, ELEMENTARY	1 EACH	15.19
WITH	1 EACH	0.0
ROLL,DINNER,WG, RICHS 2.5 OZ	1 EACH	28.0
POTATO,MASHED BASIC AMERICAN	1/2 CUP	14.89
BEANS, GREEN, FRZ W/MARG	1/2 CUP	5.25
SALAD MIX,TOSSED	1 CUP	3.0
CARROTS,BABY,RAW	1/2 CUP	6.0
BROCCOLI,FRESH,RAW	1/2 CUP	3.02
APPLE WHOLE:163ct	EACH	19.32
ORANGE , WHOLE, FRESH	1 EACH	15.39
PINEAPPLE,CND,DRND,TIDBIT	1/2 CUP	16.59
KETCHUP,HEINZ DISPENSER PACK	1 FL OZ	7.72
MAYONAISSSE, PC, FF,12 GR	1 EACH	3.0
MUSTARD PACKETS	1 EACH	0.0
HEINZ LIGHT RANCH DISPENSER	1 FL OZ	8.0
JUICE, ORANGE 4OZ. BORDEN	1 EACH	13.0
JUICE, APPLE, 4 OZ , BORDEN	1 EACH	14.0
MILK,WHITE 1% LOWFAT, BORDEN	HALF PINT	11.99
MILK,CHOCOLATE FF 1/2 PT, BORD	HALF PINT	20.07
Weighted Daily Average		83.85
% of Calories		57.3%
Nutrient Guideline		

Tue - 05/09/2017		
Liberty H Elementary Lunch	Total	
BREADSTICK, CHEESE FILLED MAX	2 EACH	40.21
POTATO BOWL, CHICKEN, K-8	1 EACH	47.63
WITH	1 EACH	0.0
DOUGH,WG,BREADSTICK,1 OZ,RICHS	1 EACH	14.5
SUB,HAM&CHEESE/ BAIRD K-5	1 EACH	32.85
BEANS, RANCH-STYLE	1/2 CUP	19.94
CARROTS, HERB ROASTED	1/2 CUP	4.27
SALAD MIX,TOSSED	1 CUP	3.0
CARROTS,BABY,RAW	1/2 CUP	6.0
CELERY STICKS	1/2 CUP	2.21
APPLE WHOLE:163ct	EACH	19.32
BANANAS 150ct	1 EACH	23.23
ORANGE , WHOLE, FRESH	1 EACH	15.39
PEACHES,CND,LIGHT SYRUP,SLICES	1/2 CUP	16.68
KETCHUP,HEINZ DISPENSER PACK	1 FL OZ	7.72
MAYONAISSSE, PC, FF,12 GR	1 EACH	3.0
MUSTARD PACKETS	1 EACH	0.0
HEINZ LIGHT RANCH DISPENSER	1 FL OZ	8.0
JUICE, ORANGE 4OZ. BORDEN	1 EACH	13.0
JUICE, APPLE, 4 OZ , BORDEN	1 EACH	14.0
MILK,WHITE 1% LOWFAT, BORDEN	HALF PINT	11.99
MILK,CHOCOLATE FF 1/2 PT, BORD	HALF PINT	20.07

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May 1, 2017 thru May 12, 2017

Liberty H Elementary Lunch K-5

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		94.85 61.8%
Nutrient Guideline		

Wed - 05/10/2017		
Liberty H Elementary Lunch	Total	
HAMBURGER , RAW PATTY, BAIRD	1 EACH	31.38
PASTA ,ALFREDO PENNE	1 CUP	28.95
WITH	1 EACH	0.0
DOUGH,WG,BREADSTICK,1 OZ,RICHS	1 EACH	14.5
WRAP & YOGURT - 1 GRAIN	1 EACH	42.38
POTATO WEDGE, 8 CUT, MCCAIN	1/2 CUP	20.11
BROCCOLI,FLORETS, FROZ, STEAME	1/2 CUP	4.44
SALAD MIX,TOSSED	1 CUP	3.0
CARROTS,BABY,RAW	1/2 CUP	6.0
CUCUMBER SLICES, PARED	1/2 CUP	1.88
TOMATOES, SLICED	1/2 CUP	3.53
SALAD SLAW BLUE RIBBON	1/2 cup	11.47
APPLE WHOLE:163ct	EACH	19.32
BANANAS 150ct	EACH	23.23
ORANGE , WHOLE, FRESH	1 EACH	15.39
PEARS,DICED AND MANDARIN ORANG	1/2 CUP	17.5
KETCHUP,HEINZ DISPENSER PACK	1 FL OZ	7.72
MAYONAISSSE, PC, FF,12 GR	1 EACH	3.0
MUSTARD PACKETS	1 EACH	0.0
HEINZ LIGHT RANCH DISPENSER	1 FL OZ	8.0
JUICE, ORANGE 4OZ. BORDEN	1 EACH	13.0
JUICE, APPLE, 4 OZ , BORDEN	1 EACH	14.0
MILK,WHITE 1% LOWFAT, BORDEN	HALF PINT	11.99
MILK,CHOCOLATE FF 1/2 PT, BORD	HALF PINT	20.07
Weighted Daily Average % of Calories		99.00 54.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 05/11/2017		
Liberty H Elementary Lunch	Total	
BEEF FINGERS, BRD,WG, COMMERCIAL	4 EACH	15.21
WITH DOUGH,WG,BREADSTICK,1 OZ,RICHES	1 EACH	0.0
CORN DOG,CHICKEN,WG,MINI	1 EACH	14.5
SALAD,FUN MINNIE MOUSE, K-8	6 EACH	29.99
WITH ROLL,DINNER,WG, RICHES 2.5 OZ	1 EACH	8.35
CARROTS, STEAMED BUTTERED	1 EACH	0.0
BEANS,BAKED VEGETARIAN	1 EACH	28.0
SALAD MIX,TOSSED	1/2 CUP	4.26
CARROTS,BABY,RAW	1/2 CUP	26.93
CUCUMBER SLICES, PARED	1 CUP	3.0
BANANAS 150ct	1/2 CUP	6.0
ORANGE , WHOLE, FRESH	1/2 CUP	1.88
APPLESAUCE,CANNED	1 EACH	23.23
KETCHUP,HEINZ DISPENSER PACK	1 EACH	15.39
HEINZ LIGHT RANCH DISPENSER	1/2 CUP	13.71
MAYONNAISE, PC, FF,12 GR	1 FL OZ	7.72
MUSTARD PACKETS	1 FL OZ	8.0
JUICE, ORANGE 4OZ. BORDEN	1 EACH	3.0
JUICE, APPLE, 4 OZ , BORDEN	1 EACH	0.0
MILK,WHITE 1% LOWFAT, BORDEN	1 EACH	13.0
MILK,CHOCOLATE FF 1/2 PT, BORDEN	1 EACH	14.0
	HALF PINT	11.99
	HALF PINT	20.07
Weighted Daily Average		85.80
% of Calories		56.8%
Nutrient Guideline		

Fri - 05/12/2017		
Liberty H Elementary Lunch	Total	
POTATO W/CHEESE (80 CT)	1 EACH	37.78
WITH ROLL,DINNER,WG, RICHES 2.5 OZ	1 EACH	0.0
PIZZA,CHEESE BD 8 CUT	1 EACH	28.0
SALAD,ENTREE CK CAESAR,EL	1 EACH	36.0
WITH DOUGH,WG,BREADSTICK,1 OZ,RICHES	1 EACH	14.97
BEANS,PINTO,CANNED, SEASONED	1 EACH	0.0
CORN, FRZ, STEAMED	1 EACH	14.5
SALAD MIX,TOSSED	1/2 CUP	21.17
BROCCOLI,FRESH,RAW	1/2 CUP	17.74
CARROTS,BABY,RAW	1 CUP	3.0
APPLE WHOLE:163ct	1/2 CUP	3.02
ORANGE , WHOLE, FRESH	1/2 CUP	6.0
FRUIT, MIXED, CANNED LIGHT SYR	1 EACH	19.32
KETCHUP,HEINZ DISPENSER PACK	1 EACH	15.39
HEINZ LIGHT RANCH DISPENSER	1/2 CUP	18.31
MAYONNAISE, PC, FF,12 GR	1 FL OZ	7.72
MUSTARD PACKETS	1 FL OZ	8.0
JUICE, ORANGE 4OZ. BORDEN	1 EACH	3.0
JUICE, APPLE, 4 OZ , BORDEN	1 EACH	0.0
MILK,WHITE 1% LOWFAT, BORDEN	1 EACH	13.0
MILK,CHOCOLATE FF 1/2 PT, BORDEN	1 EACH	14.0
	HALF PINT	11.99
	HALF PINT	20.07

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Portion Values - Detailed

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May 1, 2017 thru May 12, 2017

Liberty H Elementary Lunch K-5

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		93.94 58.1%
Nutrient Guideline		

Weighted Average		93.27 59.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	93.27	59.10%						

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