

Bishop Dwenger High School

Dec 3, 2018 thru Dec 7, 2018

Base Menu Spreadsheet

Bishop Dwenger High school L.

Weighted Values - Detailed

Page 1

Generated on: 11/20/2018 8:38:13 AM

	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)
Mon - 12/03/2018																
Bishop Dwenger High school	Total	772														
MILK 2012 FAT FREE	CARTON	537	90	3	139	0.00	0.25	208.7	348	0.83	*N/A*	5.56	16.69	0.0	0.00	0.00
cheeseburger/com 2014 JTM	2.5 Oz	443	166	20	398	2.13	1.43	83.5	95	0.0	*2	11.15	16.31	6.36	2.18	0.24
Fish WG High liner Foods	fillet	13	5	1	7	0.08	0.04	1.0	0	0.0	0	0.29	0.71	0.17	0.03	0.00
PBJ jamw ich	5.6 oz	40	32	0	32	0.41	0.11	4.1	7	0.0	1	1.04	3.63	1.66	0.31	0.00
ham & turkey & cheese sub 2015	sandwich	4	1	0	3	0.02	0.02	0.8	1	0.0	*0	0.1	0.16	0.03	0.01	0.00
potato chips(baked)1.18 oz	1 bag	400	67	0	88	1.04	0.19	20.7	0	0.62	*N/A*	1.04	13.47	0.78	0.00	0.00
Corn, Frozen, BDHS	1/2 CUP	155	20	0	1	0.48	0.10	0.9	44	1.46	1	0.69	4.72	0.18	0.03	*N/A*
carrots/baby-cut	.50 cup	40	1	0	2	0.07	0.01	0.7	207	0.21	*N/A*	0.03	0.28	0.0	0.00	0.00
Pears,Diced BDHS	1/2 cup	162	13	0	1	0.42	0.08	0.0	10	0.25	2	0.21	2.94	0.0	0.00	0.00
APPLES,FRESH,W/SKIN	1 each	300	28	0	1	1.29	0.06	3.2	29	2.47	6	0.14	7.41	0.09	0.02	*N/A*
Applesauce/cinnamon cup	serving	120	8	0	2	0.16	0.00	0.0	9	9.33	2	0.16	2.18	0.0	0.00	0.00
chocolate chip cookie 2014	1 oz	600	139	*17	58	*1.49	*0.99	*14.7	*104	*0.04	*7	3.18	21.67	4.75	2.89	*0.00
ONIONS,FRESH	slice	75	1	0	0	0.03	0.00	0.4	0	0.13	0	0.02	0.16	0.0	0.00	*N/A*
TOMATOES,FRESH,RED RIPE	slice	60	2	0	0	0.11	0.03	1.0	80	1.31	0	0.08	0.37	0.02	0.00	*N/A*
lettuce salad tiny	.25 cup	130	0	0	0	0.03	0.02	0.6	131	0.07	*N/A*	0.03	0.09	0.0	0.00	0.00
tartar sauce pkt	pkt	15	1	0	2	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.02	0.12	0.00	0.00
ketchup	2 pkt	360	8	0	2	0.03	0.03	1.3	44	0.34	2	0.09	2.3	0.01	0.00	*N/A*
MUSTARD YELLOW PREPARED BDHS	1 TBSP	130	7	0	1	0.09	0.18	0.2	0	0.0	*N/A*	0.18	1.43	0.1	0.00	*N/A*
Salad Dressing Gordon pkt	1 tablespoo	100	5	1	13	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.26	0.52	0.13	0.00
Quesadilla WG chicken	slice	160	66	4	160	0.83	0.56	41.5	62	0.0	*N/A*	3.73	7.88	2.28	0.62	0.00
Quesadilla WG cheese	slice	40	19	1	42	0.26	0.14	18.1	16	0.0	*N/A*	0.93	2.18	0.73	0.21	0.00
lettuce school blend	1 cup	40	1	0	0	0.03	0.02	0.7	152	0.08	*N/A*	0.03	0.1	0.0	0.00	0.00
Refried Beans, bag BDHS	4 oz	50	9	0	33	0.52	0.12	2.6	0	0.08	0	0.52	1.55	0.1	0.03	0.00
sour creme pkt	2 TBSP	60	5	2	4	0.00	0.00	3.1	16	0.0	*N/A*	0.08	0.16	0.39	0.23	0.00
Salsa(portion cup)	1 Portion	30	1	0	10	0.04	0.01	0.0	12	0.05	0	0.04	0.19	0.0	0.00	0.00
tostito bte size	1 bag	100	18	0	14	0.26	0.05	2.6	0	0.0	*N/A*	0.26	2.33	0.91	0.13	0.00
salad bar chicken & ham	servings	59	40	8	69	0.54	0.27	22.1	697	4.84	*1	1.76	4.38	1.76	0.60	*0.00
Cheeseburger soup	7 oz	38	13	2	33	0.05	0.06	7.1	10	0.05	*0	0.59	0.46	0.61	0.29	*0.00
clam chow der soup GFS	6 oz	21	3	0	11	0.02	0.01	1.5	4	0.17	0	0.09	0.32	0.15	0.08	0.00
Weighted Daily Average			770	*59	1128	*10.41	*4.79	*440.9	*2076	*22.31	*23	32.01	114.33	21.69	7.80	*0.24
% of Calories											*12.1%	16.6%	59.4%	25.4%	9.1%	*0.3%
Nutrient Guideline			750-850		1420										<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.

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Bishop Dwenger High School

Dec 3, 2018 thru Dec 7, 2018

Base Menu Spreadsheet

Bishop Dwenger High school L.

Weighted Values - Detailed

Page 2

Generated on: 11/20/2018 8:38:13 AM

	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)
Tue - 12/04/2018																
Bishop Dwenger High school	Total	820														
MILK 2012 FAT FREE	CARTON	450	71	3	110	0.00	0.20	164.6	274	0.66	*N/A*	4.39	13.17	0.0	0.00	0.00
Taco meat beef/turkey 2013	3 oz	450	62	25	179	0.72	1.04	32.4	271	1.95	*0	7.22	2.35	3.07	1.08	0.00
tortilla ultragrain 8"	shell	442	59	0	51	1.08	0.58	10.8	3	0.0	1	1.62	10.24	1.62	0.81	0.00
cheese cheddar 1 oz	1serving	442	49	11	97	0.00	0.00	0.0	0	0.0	*N/A*	3.77	0.0	3.77	2.43	0.00
Refried Beans, bag BDHS	4 oz	90	15	0	56	0.88	0.20	4.4	0	0.13	0	0.88	2.63	0.16	0.05	0.00
MEXICAN RICE lunch	1/2 cup	442	60	0	114	0.53	0.35	8.7	48	0.28	*0	1.24	12.18	1.07	0.11	*0.00
tostito bte size	1 bag	350	60	0	47	0.85	0.15	8.5	0	0.0	*N/A*	0.85	7.68	2.99	0.43	0.00
sour creme pkt	2 TBSP	300	22	7	18	0.00	0.00	14.6	73	0.0	*N/A*	0.37	0.73	1.83	1.10	0.00
Salsa(portion cup)	1 Portion	200	5	0	61	0.24	0.09	0.0	73	0.29	1	0.24	1.22	0.0	0.00	0.00
lettuce salad tiny	.25 cup	300	1	0	1	0.06	0.05	1.3	284	0.15	*N/A*	0.06	0.19	0.0	0.00	0.00
tomatoes diced	.25 cup	100	2	0	1	0.12	0.02	2.4	30	0.55	0	0.06	0.3	0.0	0.00	0.00
PBJ jamw ich	5.6 oz	15	11	0	11	0.15	0.04	1.5	2	0.0	0	0.37	1.28	0.59	0.11	0.00
ham & turkey & cheese sub 2015	sandw ich	3	1	0	2	0.01	0.01	0.5	1	0.0	*0	0.07	0.11	0.02	0.01	0.00
chicken patty on bun	1 each	280	137	9	201	2.05	1.23	27.3	39	0.0	*1	7.51	14.34	5.8	1.02	0.00
Baked Beans bdhs 2018	1/2 cup	80	16	0	20	0.58	0.22	5.5	2	0.02	2	0.7	3.23	0.06	0.00	*0.00
dorito reduced fat	1 bag	200	32	0	49	0.49	0.09	0.0	24	0.0	*N/A*	0.49	4.88	1.22	0.24	0.00
carrots/baby-cut	1/2 cup	80	2	0	4	0.13	0.02	1.3	390	0.39	*N/A*	0.07	0.52	0.0	0.00	0.00
Applesauce/cinnamon cup	serving	54	3	0	1	0.07	0.00	0.0	4	3.95	1	0.07	0.92	0.0	0.00	0.00
Mixed Fruit(BDHS)	4 oz	180	24	0	5	0.28	0.08	2.0	28	2.42	*1	0.09	6.12	0.0	0.00	*0.00
APPLES,FRESH,W/SKIN	1 each	200	18	0	0	0.81	0.04	2.0	18	1.55	3	0.09	4.65	0.06	0.01	*N/A*
BANANAS	1 EACH	130	14	0	0	0.42	0.04	0.8	10	1.39	2	0.17	3.66	0.05	0.02	*N/A*
SHERBERT	4 OZ	500	57	3	27	0.00	0.06	18.3	49	6.71	*N/A*	0.61	11.59	1.22	0.55	*N/A*
salad bar chicken & ham	servings	80	51	10	88	0.69	0.35	28.2	889	6.17	*1	2.25	5.6	2.25	0.76	*0.00
Vegetable Beef soup(salad)2017	7 oz.	45	6	1	6	0.11	0.05	1.9	71	0.41	*0	0.27	0.38	0.09	0.03	*0.00
clam chow der soup GFS	7 oz	30	4	1	17	0.03	0.02	2.4	6	0.27	0	0.15	0.5	0.24	0.13	0.00
BBQ Pkt 1 TBSP	12 g	80	2	0	9	0.00	0.00	0.0	5	0.0	*N/A*	0.0	0.49	0.0	0.00	0.00
KETCHUP: individual	9 g	30	0	0	1	0.00	0.00	0.0	0	0.0	0	0.0	0.07	0.0	0.00	0.00
Salad Dressing Gordon pkt	1 tablespoon	15	1	0	2	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.04	0.07	0.02	0.00
TOMATOES,FRESH,RED RIPE	1 each	50	1	0	0	0.09	0.02	0.7	62	1.03	0	0.07	0.29	0.02	0.00	*N/A*
ONIONS,FRESH	slice	15	0	0	0	0.01	0.00	0.1	0	0.02	0	0.0	0.03	0.0	0.00	*N/A*
lettuce salad tiny	.25 cup	40	0	0	0	0.01	0.01	0.2	38	0.02	*N/A*	0.01	0.03	0.0	0.00	0.00

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Dec 3, 2018 thru Dec 7, 2018

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Bishop Dwenger High school L.

Weighted Values - Detailed

Page 3

Generated on: 11/20/2018 8:38:14 AM

	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)
Weighted Daily Average			785	69	1179	10.41	4.95	340.5	2697	28.37	*13	33.68	109.41	26.19	8.91	*0.00
% of Calories											*6.9%	17.2%	55.7%	30.0%	10.2%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

Wed - 12/05/2018																
	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)
Bishop Dwenger High school	Total	762														
MILK 2012 FAT FREE	CARTON	530	90	3	139	0.00	0.25	208.7	348	0.83	*N/A*	5.56	16.69	0.0	0.00	0.00
spaghetti and meat sauce	2/3	450	121	12	289	2.70	1.11	20.8	333	4.99	*1	5.59	17.75	3.0	1.01	0.00
SPAGHETTI NO MEAT	1 CUP	30	7	0	24	0.14	0.04	0.9	21	0.1	*N/A*	0.14	1.12	0.16	0.04	0.00
PBJ jamw ich	5.6 oz	25	20	0	20	0.26	0.07	2.6	4	0.0	1	0.66	2.3	1.05	0.20	0.00
MACARONI & CHEESE 2014	1 cup	160	92	10	312	0.32	0.34	127.3	255	0.0	*N/A*	5.09	10.18	3.5	1.91	0.00
ham & turkey & cheese sub 2015	sandwich	6	2	0	5	0.03	0.02	1.2	1	0.0	*0	0.15	0.24	0.04	0.02	0.00
w rap chicken	chicken wrap	16	10	1	14	*0.04	0.05	2.9	5	*0.0	*0	0.43	0.64	0.68	0.20	*0.00
lettuce school blend	1 cup	160	2	0	1	0.14	0.10	2.7	616	0.33	*N/A*	0.14	0.41	0.0	0.00	0.00
ranch pkt 1 oz 2013	1 pkt	100	18	1	29	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.39	1.84	0.26	0.00
italian dressing pkt 1 oz 2013	pkt	60	4	0	26	0.00	0.00	0.0	8	0.28	*N/A*	0.0	0.24	0.35	0.04	0.00
tomatoes diced	.25 cup	60	1	0	1	0.08	0.01	1.6	20	0.35	0	0.04	0.2	0.0	0.00	0.00
cucumber	1 oz	48	0	0	0	0.01	0.00	0.1	1	0.03	*N/A*	0.01	0.02	0.0	0.00	0.00
carrots/baby-cut	.50 cup	88	3	0	5	0.15	0.03	1.5	462	0.46	*N/A*	0.08	0.62	0.0	0.00	0.00
Fruit cocktail BDHS	.50 cup	180	15	0	3	0.21	0.00	0.0	43	0.26	*N/A*	0.0	3.83	0.0	0.00	0.00
Applesauce/cinnamon cup	serving	80	5	0	2	0.11	0.00	0.0	6	6.3	1	0.11	1.47	0.0	0.00	0.00
APPLES,FRESH,W/SKIN	1 each	330	31	0	1	1.43	0.07	3.6	32	2.75	6	0.16	8.25	0.1	0.02	*N/A*
Breadstick Cheese 2/2 WG S&F	1 each	480	176	16	290	1.26	1.13	220.5	189	0.0	1	10.08	18.9	6.93	3.78	0.00
Breadstick Cheese tonys WG 2	1 each	160	31	3	51	0.31	0.19	42.0	21	0.0	0	2.1	3.15	1.15	0.63	0.00
CHEESE-PARMESAN	1/8 OZ	400	1	0	2	0.00	0.00	1.3	0	0.0	0	0.07	0.0	0.05	0.03	0.00
Pudding Oreo Chocolate	1/3 cup	600	94	0	136	0.76	0.77	9.0	0	0.0	*N/A*	0.76	16.65	3.19	0.76	0.00
salad bar chicken & ham	servings	50	34	7	59	0.46	0.23	18.9	598	4.15	*1	1.51	3.76	1.51	0.51	*0.00
Potato soup Salad bar	7 oz servin	75	11	1	27	0.18	0.02	8.6	79	0.53	*0	0.34	1.91	0.2	0.13	*0.00
Weighted Daily Average			770	53	1437	*8.60	4.44	674.2	3041	*21.37	*12	33.00	108.71	23.76	9.55	*0.00
% of Calories											*6.1%	17.1%	56.5%	27.8%	11.2%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

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Base Menu Spreadsheet

Bishop Dwenger High school L.

Weighted Values - Detailed

Page 4

Generated on: 11/20/2018 8:38:14 AM

	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)
Thu - 12/06/2018																
Bishop Dwenger High school	Total	822														
MILK 2012 FAT FREE	CARTON	525	83	3	128	0.00	0.23	191.6	319	0.77	*N/A*	5.11	15.33	0.0	0.00	0.00
Spicy chicken BRD WG 2014	sandwich	350	179	11	277	2.55	1.61	25.5	49	0.0	*1	8.94	18.31	7.24	1.28	0.00
chicken patty on bun	1 each	373	182	11	268	2.72	1.63	36.3	52	0.0	*1	9.98	19.06	7.71	1.36	0.00
Fish WG High liner Foods	fillet	20	8	1	10	0.12	0.06	1.5	0	0.0	0	0.41	1.02	0.24	0.05	0.00
PBJ jamw ich	5.6 oz	10	8	0	8	0.10	0.03	1.0	2	0.0	0	0.24	0.85	0.39	0.07	0.00
ham & turkey & cheese sub 2015	sandwich	1	0	0	1	0.00	0.00	0.2	0	0.0	*0	0.02	0.04	0.01	0.00	0.00
GREEN BEANS: frozen,steamed	.50 CUP	120	3	0	0	0.30	0.07	4.1	55	0.4	0	0.15	0.64	0.02	0.00	*N/A*
carrots/baby-cut	.50 cup	60	2	0	3	0.10	0.02	1.0	292	0.29	*N/A*	0.05	0.39	0.0	0.00	0.00
Cole Slaw (salad bar)	1/2 cups	105	7	0	8	0.14	0.02	2.7	101	0.16	*0	0.07	0.82	0.43	0.08	0.00
carrots/baby-cut	1/2 cup	80	2	0	4	0.13	0.02	1.3	389	0.39	*N/A*	0.06	0.52	0.0	0.00	0.00
Peaches (Diced)	4 oz	240	18	0	3	0.26	0.00	0.0	79	0.32	*N/A*	0.0	4.47	0.0	0.00	0.00
Sidekick Slushie	1 serving	560	55	0	31	0.00	0.24	54.5	681	40.88	*N/A*	0.0	13.63	0.0	0.00	0.00
APPLES,FRESH,W/SKIN	1 each	320	28	0	1	1.29	0.06	3.2	29	2.47	6	0.14	7.42	0.09	0.02	*N/A*
dorito reduced fat	1 bag	650	103	0	158	1.58	0.28	0.0	79	0.0	*N/A*	1.58	15.82	3.95	0.79	0.00
TOMATOES,FRESH,RED RIPE	slice	70	2	0	1	0.13	0.03	1.0	87	1.44	0	0.09	0.41	0.02	0.00	*N/A*
ONIONS,FRESH	slice	50	0	0	0	0.02	0.00	0.3	0	0.08	0	0.01	0.1	0.0	0.00	*N/A*
lettuce salad tiny	.25 cup	200	1	0	0	0.04	0.03	0.8	189	0.1	*N/A*	0.04	0.13	0.0	0.00	0.00
BBQ sauce	1 portion	300	16	0	65	0.00	0.00	0.0	36	0.0	*N/A*	0.0	3.96	0.0	0.00	0.00
Salad Dressing, Mayo BDHS	1 TBSP	100	6	1	15	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.24	0.61	0.12	0.00
Catsup	1 TBSP	600	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MUSTARD YELLOW PREPARED BDHS	1 TBSP	50	3	0	0	0.03	0.06	0.1	0	0.0	*N/A*	0.06	0.51	0.04	0.00	*N/A*
tartar sauce pkt	pkt	20	1	0	2	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.02	0.15	0.00	0.00
salad bar chicken & ham	servings	68	43	8	75	0.58	0.29	23.9	754	5.24	*1	1.91	4.74	1.91	0.65	*0.00
chili beef soup(bagged)	3/4 cup	50	11	2	17	0.29	0.22	3.7	91	1.4	*N/A*	0.95	1.1	0.37	0.15	0.00
tomato soup healthy	.75 cup	10	1	0	4	0.01	0.00	0.0	4	0.05	0	0.01	0.15	0.01	0.01	0.00
Weighted Daily Average			761	38	1077	10.40	4.93	352.7	3289	53.99	*10	29.84	109.66	23.17	4.58	*0.00
% of Calories											*5.4%	15.7%	57.6%	27.4%	5.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Bishop Dwenger High School

Dec 3, 2018 thru Dec 7, 2018

Base Menu Spreadsheet

Bishop Dwenger High school L.

Weighted Values - Detailed

Page 5

Generated on: 11/20/2018 8:38:14 AM

	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)
Fri - 12/07/2018																
Bishop Dwenger High school	Total	782														
MILK 2012 FAT FREE	CARTON	500	83	3	128	0.00	0.23	191.8	320	0.77	*N/A*	5.11	15.34	0.0	0.00	0.00
pizza w g stuff pepp tony	slice	600	284	35	483	2.30	2.07	230.2	307	0.0	8	13.04	29.16	12.28	5.37	0.00
pizza w g stuff cheese Tony	slice	72	33	4	53	0.28	0.25	32.2	37	0.0	1	1.57	3.5	1.47	0.74	0.00
PBJ jam w ich	5.6 oz	30	24	0	24	0.31	0.08	3.1	5	0.0	1	0.77	2.69	1.23	0.23	0.00
ham & turkey & cheese sub 2015	sandwich	6	2	0	5	0.03	0.02	1.2	1	0.0	*0	0.15	0.23	0.04	0.02	0.00
romaine lettuce ribbon cut	1 cup	120	1	0	0	0.14	0.10	2.8	699	4.19	0	0.0	0.28	0.0	0.00	0.00
ranch pkt 1 oz 2013	1 pkt	100	18	1	28	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.38	1.79	0.26	0.00
italian dressing pkt 1 oz 2013	pkt	20	1	0	8	0.00	0.00	0.0	3	0.09	*N/A*	0.0	0.08	0.12	0.01	0.00
tomatoes diced	.25 cup	40	1	0	0	0.05	0.01	1.0	13	0.23	0	0.03	0.13	0.0	0.00	0.00
cucumber	1 oz	82	0	0	0	0.01	0.00	0.2	2	0.05	*N/A*	0.01	0.03	0.0	0.00	0.00
carrots/baby-cut	.50 cup	40	1	0	2	0.07	0.01	0.7	205	0.2	*N/A*	0.03	0.27	0.0	0.00	0.00
Peaches (Diced)	4 oz	200	16	0	2	0.23	0.00	0.0	69	0.28	*N/A*	0.0	3.91	0.0	0.00	0.00
Applesauce/cinnamon cup	serving	123	8	0	2	0.16	0.00	0.0	9	9.44	2	0.16	2.2	0.0	0.00	0.00
APPLES,FRESH,W/SKIN	1 each	165	15	0	0	0.70	0.03	1.7	16	1.34	3	0.08	4.02	0.05	0.01	*N/A*
BANANAS	1 EACH	120	14	0	0	0.40	0.04	0.8	10	1.35	2	0.17	3.54	0.05	0.02	*N/A*
apple juice box	box	400	31	0	3	6.14	0.00	10.2	256	30.69	0	0.0	7.16	0.0	0.00	0.00
bosco WG 4"	1 each	600	84	4	107	0.77	0.55	76.7	77	0.0	1	4.6	10.74	2.3	1.15	0.00
Ice cream sundae cup	serving	540	76	7	41	0.00	0.00	55.2	138	0.0	*N/A*	1.38	14.5	1.38	0.69	0.00
marinara sauce 2 oz	2 oz	143	5	0	29	0.18	0.07	0.0	4	0.88	1	0.18	1.1	0.18	0.00	0.00
ranch cups 1oz Mrs.clark	1 oz	175	16	2	63	0.00	0.00	0.0	0	0.0	0	0.0	0.22	1.57	0.22	0.00
salad bar chicken & ham	servings	74	50	10	85	0.67	0.34	27.3	862	5.99	*1	2.18	5.43	2.18	0.74	*0.00
vegetarian Soup BDHS Salad Bar	7 oz	40	3	0	5	0.16	0.04	2.7	90	0.38	*0	0.08	0.67	0.0	0.00	*0.00
Weighted Daily Average			766	65	1071	12.59	3.85	637.8	3121	55.88	*19	29.54	105.58	24.64	9.46	*0.00
% of Calories											*10.0%	15.4%	55.1%	28.9%	11.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	
Weighted Average			771	*57	1178	*10.48	*4.59	*489.2	*2845	*36.39	*16	31.61	109.54	23.89	8.06	*0.05
											*18.2%	16.4%	56.9%	27.9%	9.4%	*0.1%

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Bishop Dwenger High School

Dec 3, 2018 thru Dec 7, 2018

Base Menu Spreadsheet

Bishop Dwenger High school L.

Weighted Values - Detailed

Page 6

Generated on: 11/20/2018 8:38:14 AM

Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	771		750 - 850	100%													
Cholesterol (mg)	57				Missing												
Sodium (mg)	1178		1420														
Fiber (g)	10.48				Missing												
Iron (mg)	4.59				Missing												
Calcium (mg)	489.2				Missing												
Vitamin A (IU)	2845				Missing												
Sugars (g)	16	8.11%			Missing												
Vitamin C (mg)	36.39				Missing												
Protein (g)	31.61	16.41%															
Carbohydrate (g)	109.54	56.86%															
Total Fat (g)	23.89	27.90%															
Saturated Fat (g)	8.06	9.41%															
Trans Fat ¹ (g)	0.05	0.06%		<10.00%	Missing												

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