

Bishop Dwenger High School

Dec 17, 2018 thru Dec 19, 2018

Base Menu Spreadsheet

Bishop Dwenger High school L.

Weighted 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 ¹ (g)
Mon - 12/17/2018																
Bishop Dwenger High school	Total	782														
MILK 2012 FAT FREE	CARTON	418	69	3	107	0.00	0.19	160.4	267	0.64	*N/A*	4.28	12.83	0.0	0.00	0.00
Pork tenderloin patty PIER	3.1 oz	501	269	58	480	2.56	2.42	38.4	74	0.0	3	12.17	26.91	12.17	3.20	0.00
Fish Sandwich 2012	1 sandwich	19	8	1	25	0.10	0.10	1.5	0	0.0	*N/A*	0.46	1.09	0.26	0.02	0.00
French Fries 1/2 extra long st	serving	520	100	0	112	1.66	0.30	0.0	0	1.99	0	0.83	16.62	3.32	0.42	0.00
ham & turkey & cheese sub 2015	sandwich	1	0	0	1	0.01	0.00	0.2	0	0.0	*0	0.03	0.04	0.01	0.00	0.00
wrap chicken	chicken w rap	1	1	0	1	*0.00	0.00	0.2	0	*0.0	*0	0.03	0.04	0.04	0.01	*0.00
PBJ jamwich	5.6 oz	27	21	0	21	0.28	0.07	2.8	4	0.0	1	0.69	2.42	1.1	0.21	0.00
Baked Beans bdhs 2018	1/2 cup	85	17	0	23	0.64	0.24	6.1	3	0.02	2	0.78	3.6	0.06	0.00	*0.00
carrots/baby-cut	.50 cup	80	2	0	4	0.14	0.02	1.4	409	0.41	*N/A*	0.07	0.55	0.0	0.00	0.00
Fruit cocktail BDHS	.50 cup	168	14	0	3	0.19	0.00	0.0	39	0.23	*N/A*	0.0	3.48	0.0	0.00	0.00
Applesauce/cinnamon cup	serving	24	2	0	0	0.03	0.00	0.0	2	1.84	0	0.03	0.43	0.0	0.00	0.00
APPLES,FRESH,W/SKIN	1 each	320	29	0	1	1.36	0.07	3.4	30	2.6	6	0.15	7.8	0.1	0.02	*N/A*
YOGURT TRIX VARIETY	1 EACH	400	51	0	26	0.00	0.09	0.0	0	0.0	*N/A*	1.53	10.23	0.51	0.51	0.00
TOMATOES,FRESH,RED RIPE	slice	50	1	0	0	0.09	0.02	0.8	66	1.08	0	0.07	0.31	0.02	0.00	*N/A*
ONIONS,FRESH	slice	32	0	0	0	0.01	0.00	0.2	0	0.05	0	0.01	0.07	0.0	0.00	*N/A*
lettuce salad tiny	.25 cup	180	1	0	0	0.04	0.03	0.8	179	0.1	*N/A*	0.04	0.12	0.0	0.00	0.00
Salad Dressing Gordon pkt	1 tablespoon	100	5	1	13	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.26	0.51	0.13	0.00
MUSTARD YELLOW PREPARE D BDHS	1 TBSP	50	3	0	0	0.03	0.07	0.1	0	0.0	*N/A*	0.07	0.54	0.04	0.00	*N/A*
KETCHUP: individual	PC packet	600	8	0	19	0.00	0.00	0.0	0	0.0	2	0.0	1.53	0.0	0.00	0.00
tartar sauce pkt	pkt	20	2	0	3	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.03	0.15	0.00	0.00
Taco meat/beef	3.0 oz	140	19	6	49	0.34	0.34	6.8	110	0.81	*N/A*	2.2	0.85	0.85	0.34	0.00
cheese cheddar 1 oz	1serving	140	16	4	32	0.00	0.00	0.0	0	0.0	*N/A*	1.25	0.0	1.25	0.81	0.00
beans black seasoned dehy	.50 cup	50	7	0	13	0.48	0.12	1.6	0	0.0	*N/A*	0.48	1.31	0.0	0.00	0.00
Corn, Frozen, BDHS	1/2 CUP	80	10	0	0	0.24	0.05	0.5	23	0.74	0	0.35	2.4	0.09	0.01	*N/A*
taco salad chips 1.5 oz	1 bag	140	38	0	54	0.36	0.13	10.7	18	0.0	0	0.54	4.65	2.33	0.36	0.00
MEXICAN RICE lunch	1/3 cup	140	13	0	25	0.12	0.08	1.9	11	0.06	*0	0.27	2.7	0.24	0.02	*0.00
Salsa(portion cup)	1 Portion	70	2	0	22	0.09	0.03	0.0	27	0.11	0	0.09	0.45	0.0	0.00	0.00
sour creme pkt	2 TBSP	100	8	3	6	0.00	0.00	5.1	26	0.0	*N/A*	0.13	0.26	0.64	0.38	0.00
salad bar chicken & ham	servings	95	64	12	110	0.86	0.43	35.1	1107	7.69	*1	2.8	6.97	2.8	0.95	*0.00
Vegetable Beef soup(salad)2017	7 oz.	80	10	1	11	0.21	0.09	3.6	133	0.76	*0	0.51	0.7	0.17	0.05	*0.00
tomato soup healthy	.75 cup	10	1	0	4	0.01	0.00	0.0	4	0.06	0	0.01	0.15	0.01	0.01	0.00
Weighted Daily Average			791	88	1167	*9.85	4.90	281.3	2531	*19.20	*15	29.86	109.32	26.67	7.46	*0.00
% of Calories											*7.8%	15.1%	55.3%	30.3%	8.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Bishop Dwenger High School

Dec 17, 2018 thru Dec 19, 2018

Base Menu Spreadsheet

Bishop Dwenger High school L.

Weighted 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 ¹ (g)
Tue - 12/18/2018																
Bishop Dwenger High school	Total	730														
MILK - Variety	HALF PINT	500	86	5	121	0.00	0.19	204.4	337	0.67	*2	5.5	14.27	0.67	0.43	*0.00
tangerine chicken	3.96 oz	400	109	25	219	0.00	0.39	0.0	0	0.0	*N/A*	7.11	14.76	2.19	0.55	0.00
RICE,Cooked 51/50 BDHS	1/2 CUP	400	35	1	17	0.25	0.32	2.7	10	0.0	*0	0.65	7.05	0.45	0.24	*0.00
PBJ jamwich	4.8 oz	35	25	0	25	0.33	0.09	3.3	5	0.0	1	0.82	2.88	1.32	0.25	0.00
vegetable blend far east	1 serving	86	2	0	2	0.12	0.00	1.2	44	0.88	*N/A*	0.06	0.29	0.0	0.00	0.00
carrots/baby-cut	.50 cup	80	3	0	5	0.15	0.03	1.5	438	0.44	*N/A*	0.07	0.58	0.0	0.00	0.00
Pineapple Tidbits, Commodity B	.50 cup	180	9	0	0	0.22	0.12	4.5	11	2.15	*N/A*	0.22	2.24	0.0	0.00	0.00
BANANAS	1 EACH	130	16	0	0	0.47	0.05	0.9	12	1.56	2	0.2	4.11	0.06	0.02	*N/A*
APPLES,FRESH,W/SKIN	1 each	190	19	0	0	0.86	0.04	2.2	19	1.65	4	0.09	4.96	0.06	0.01	*N/A*
EGG ROLL	3 OZ	392	91	5	204	2.15	1.74	10.7	215	7.73	*N/A*	3.76	10.74	4.3	1.07	*N/A*
Egg roll veg	roll	8	2	0	6	0.02	0.01	0.2	14	0.13	*N/A*	0.04	0.26	0.05	0.01	0.00
BROWNIES	1 EACH	630	163	28	119	1.61	1.11	28.0	41	0.0	*16	2.62	25.16	6.82	2.13	*N/A*
pizza wg stuff cheese Tony	slice	70	35	4	56	0.29	0.26	33.6	38	0.0	1	1.63	3.64	1.53	0.77	0.00
pizza wg stuf pepp tony	slice	130	66	8	112	0.53	0.48	53.4	71	0.0	2	3.03	6.77	2.85	1.25	0.00
ham & turkey & cheese sub 2015	sandwich	15	5	1	13	0.08	0.06	3.1	3	0.01	*0	0.4	0.63	0.11	0.06	0.00
wrap chicken	chicken w rap	1	1	0	1	*0.00	0.00	0.2	0	*0.0	*0	0.03	0.04	0.04	0.01	*0.00
lettuce school blend	1 cup	40	1	0	0	0.04	0.03	0.7	161	0.09	*N/A*	0.04	0.11	0.0	0.00	0.00
tomatoes fresh diced	1/4 oz	16	0	0	0	0.00	0.00	0.0	1	0.02	*N/A*	0.0	0.01	0.0	0.00	0.00
ranch pkt 1 oz 2013	1 pkt	30	6	0	9	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.12	0.58	0.08	0.00
italian dressing pkt 1 oz 2013	pkt	10	1	0	5	0.00	0.00	0.0	1	0.05	*N/A*	0.0	0.04	0.06	0.01	0.00
Applesauce/cinnamon cup	serving	72	5	0	1	0.10	0.00	0.0	6	5.92	1	0.1	1.38	0.0	0.00	0.00
breadstick wgrain 1.31 oz	1 stick	180	25	0	42	0.49	0.27	4.9	0	0.0	*N/A*	0.99	5.42	0.25	0.00	0.00
ranch cups 1oz Mrs.clark	1 oz	60	6	1	23	0.00	0.00	0.0	0	0.0	0	0.0	0.08	0.58	0.08	0.00
marinara sauce 2 oz	2 oz	30	1	0	7	0.04	0.01	0.0	1	0.2	0	0.04	0.25	0.04	0.00	0.00
salad bar chicken & ham	servings	80	57	11	99	0.77	0.39	31.6	999	6.94	*1	2.52	6.29	2.52	0.86	*0.00
clam chowder soup GFS	6 oz	10	1	0	5	0.01	0.01	0.8	2	0.09	0	0.05	0.16	0.08	0.04	0.00
taco soup (salad bar)	7 oz	60	15	1	51	0.15	0.18	3.5	52	0.37	*0	0.64	1.05	0.39	0.16	*0.00
Weighted Daily Average			784	91	1142	*8.68	5.78	391.4	2483	*28.90	*30	30.60	113.30	24.93	8.02	*0.00
% of Calories											*15.5%	15.6%	57.8%	28.6%	9.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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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 ¹ (g)
Wed - 12/19/2018																
Bishop Dwenger High school	Total	762														
MILK 2012 FAT FREE	CARTON	520	89	3	136	0.00	0.25	204.7	341	0.82	*N/A*	5.46	16.38	0.0	0.00	0.00
Quesadilla WG chicken	slice	618	260	16	624	3.24	2.19	162.2	243	0.0	*N/A*	14.6	30.82	8.92	2.43	0.00
Quesadilla WG cheese	slice	65	31	1	69	0.43	0.23	29.9	26	0.0	*N/A*	1.54	3.58	1.19	0.34	0.00
ham & turkey & cheese sub 2015	sandwich	1	0	0	1	0.01	0.00	0.2	0	0.0	*0	0.03	0.04	0.01	0.00	0.00
PBJ jamwich	5.6 oz	17	14	0	14	0.18	0.05	1.8	3	0.0	1	0.45	1.56	0.71	0.13	0.00
wrap chicken	chicken wrap	12	8	1	11	*0.03	0.04	2.2	4	*0.0	*0	0.32	0.48	0.51	0.15	*0.00
MEXICALI CORN	1/2	160	16	0	2	*0.40	*0.10	*1.3	66	*2.52	*0	0.52	3.56	0.23	0.08	*N/A*
Refried Beans,combo BDHS	4 oz	150	25	0	63	1.40	0.36	8.0	0	0.12	*0	1.5	4.29	0.15	0.05	*0.00
Peaches (Diced)	4 oz	240	20	0	3	0.28	0.00	0.0	85	0.34	*N/A*	0.0	4.82	0.0	0.00	0.00
APPLES,FRESH,W/SKIN	1 each	180	17	0	0	0.78	0.04	2.0	18	1.5	3	0.08	4.5	0.06	0.01	*N/A*
BANANAS	1 EACH	120	14	0	0	0.41	0.04	0.8	10	1.38	2	0.17	3.63	0.05	0.02	*N/A*
Applesauce/cinnamon cup	serving	60	4	0	1	0.08	0.00	0.0	5	4.72	1	0.08	1.1	0.0	0.00	0.00
FRUIT JUICE Box	1 EACH	430	34	0	8	0.00	0.00	56.4	282	33.86	*N/A*	0.0	8.46	0.0	0.00	*N/A*
tostito bte size	1 bag	525	96	0	76	1.38	0.25	13.8	0	0.0	*N/A*	1.38	12.4	4.82	0.69	0.00
SHERBERT	4 OZ	528	64	3	31	0.00	0.07	20.8	55	7.62	*N/A*	0.69	13.17	1.39	0.62	*N/A*
Salsa(portion cup)	1 Portion	178	5	0	58	0.23	0.08	0.0	70	0.28	1	0.23	1.17	0.0	0.00	0.00
sour creme pkt	2 TBSP	350	28	9	23	0.00	0.00	18.4	92	0.0	*N/A*	0.46	0.92	2.3	1.38	0.00
salad bar chicken & ham	servings	49	34	6	58	0.45	0.23	18.6	586	4.07	*1	1.48	3.69	1.48	0.50	*0.00
tomato soup healthy	.75 cup	30	2	0	12	0.03	0.01	0.0	12	0.18	0	0.03	0.47	0.03	0.03	0.00
Weighted Daily Average			760	41	1192	*9.34	*3.93	*540.9	1898	*57.42	*9	29.02	115.05	21.86	6.44	*0.00
% of Calories											*4.7%	15.3%	60.6%	25.9%	7.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			778	73	1167	*9.29	*4.87	*404.6	2304	*35.17	*18	29.83	112.56	24.49	7.31	*0.00
											*21.1%	15.3%	57.8%	28.3%	8.4%	*0.0%

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Weighted Values - Detailed

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Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	778		750 - 850	100%													
Cholesterol (mg)	73																
Sodium (mg)	1167		1420														
Fiber (g)	9.29				Missing												
Iron (mg)	4.87				Missing												
Calcium (mg)	404.6				Missing												
Vitamin A (IU)	2304																
Sugars (g)	18	9.40%			Missing												
Vitamin C (mg)	35.17				Missing												
Protein (g)	29.83	15.33%															
Carbohydrate (g)	112.56	57.83%															
Total Fat (g)	24.49	28.31%															
Saturated Fat (g)	7.31	8.45%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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