

	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)	Cost
Mon - 01/06/2020																	
Lunch, Sycamore	Total	100															
*Burrito, Ultra Bean & Cheese*	1 Each	80	363	16	528	4.40	2.97	110.0	0	0.0	1	16.5	46.2	12.1	4.40	0.00	0.648
*GRAB N GO LUNCH*	1 EACH	20	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
*Fruit, Fresh (.5 c serv)*	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
*Milk, 1%*	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
*Milk, Chocolate Non Fat*	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
*Dressing, Ranch POK*	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			668	39	970	8.90	*4.61	*533.5	*5889	*30.55	*34	32.64	96.46	17.70	5.83	*0.00	1.141
% of Calories											*20.2%	19.5%	57.8%	23.9%	7.9%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

	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)	Cost
Tue - 01/07/2020																	
Lunch, Sycamore	Total	100															
*Hot Dog, Secondary	1 Each	80	273	20	714	2.04	2.19	40.8	100	6.12	4	12.1	28.55	13.04	4.00	0.00	0.000
*GRAB N GO LUNCH*	1 EACH	20	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
*Fruit, Fresh (.5 c serv)*	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
*Chip, Variety*	1 Each	75	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00	0.185
*Milk, 1%*	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
*Milk, Chocolate Non Fat*	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
*Dressing, Ranch POK*	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			697	42	1239	8.38	*4.15	*484.2	*5999	*35.81	*37	30.64	98.77	21.72	5.67	*0.00	0.761
% of Calories											*21.4%	17.6%	56.7%	28.1%	7.3%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

	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)	Cost
Wed - 01/08/2020																	
Lunch, Sycamore	Total	100															
*Enchiladas, Cheese (SEC)*	3-each	75	327	55	884	1.30	0.29	512.5	1893	18.0	2	19.14	21.17	20.01	12.09	0.00	0.000
*GRAB N GO LUNCH*	1 EACH	25	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
*Fruit, Fresh (.5 c serv)*	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
*Milk, 1%*	8 oz	75	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
*Milk, Chocolate Non Fat*	8 oz	25	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
*Dressing, Ranch POK*	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
*Condiment Variety@\$\$%^+*	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00	0.010

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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)	Cost
Weighted Daily Average % of Calories			682	75	1331	7.17	*2.82	*878.7	*7987	*47.75	*35 *20.3%	37.07 21.8%	79.40 46.6%	26.40 34.9%	12.51 16.5%	*0.00 *0.0%	0.696
Nutrient Guideline			600-700		1360										<10.00		

Thu - 01/09/2020																	
Lunch, Sycamore	Total	100															
*LASAGNA ROLLUP 3.5 OZ	1 Each	75	48	5	315	0.57	*0.21	*4.7	*166	*2.67	1	3.95	2.9	2.36	1.13	0.00	0.044
*GRAB N GO LUNCH*	1 EACH	25	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
*Fruit, Fresh (.5 c serv)*	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
*Brownie, Double Chocolate*	1 Each	75	198	20	85	2.40	1.26	20.0	50	0.0	18	2.8	32.3	7.6	1.30	0.00	0.000
*Milk, 1%*	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
*Milk, Chocolate Non Fat*	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
*Dressing, Ranch POK*	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
*Condiment Variety@\$\$%^+*	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00	0.010
Weighted Daily Average % of Calories			621	51	968	8.42	*3.70	*487.8	*6728	*35.96	*50 *32.1%	26.78 17.2%	93.92 60.5%	17.61 25.5%	4.52 6.6%	*0.00 *0.0%	0.715
Nutrient Guideline			600-700		1360										<10.00		

Fri - 01/10/2020																	
Lunch, Sycamore	Total	100															
*Pizza, Cheese 8 cut WG*	Slice	80	340	35	670	4.00	1.80	350.0	400	0.0	*N/A*	18.0	36.0	15.0	7.00	0.00	0.015
*GRAB N GO LUNCH*	1 EACH	20	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
*Fruit, Fresh (.5 c serv)*	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
*Milk, 1%*	8 oz	75	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
*Milk, Chocolate Non Fat*	8 oz	25	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
*Dressing, Ranch POK*	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
*Condiment Variety@\$\$%^+*	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00	0.010
Weighted Daily Average % of Calories			663	58	1132	8.58	*3.74	*750.5	*6227	*30.85	*30 *18.4%	34.84 21.0%	85.84 51.8%	22.11 30.0%	8.66 11.8%	*0.00 *0.0%	0.656
Nutrient Guideline			600-700		1360										<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 <sup>1</sup> (g)	Cost
Mon - 01/13/2020																	
Lunch, Sycamore	Total	100															
*Chicken, Popcorn	1 Each	80	290	40	290	2.00	0.90	0.0	0	0.0	0	15.0	17.0	18.0	3.50	0.00	0.000
*GRAB N GO LUNCH*	1 EACH	20	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Fruit, Fresh (.5 c serv)*	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
*Cookie, Choc Chip IW 1 Oz*	1 each	75	110	10	60	1.00	0.72	0.0	0	1.2	9	2.0	18.0	4.0	1.00	0.00	0.178
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
*Milk, 1%*	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
*Milk, Chocolate Non Fat*	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
*Dressing, Ranch POK*	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
*Condiment Variety@\$\$%^+*	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00	0.010
Weighted Daily Average			705	67	873	7.73	*3.56	*445.5	*5907	*31.45	*40	32.94	88.14	26.26	5.86	*0.00	0.763
% of Calories											*22.8%	18.7%	50.0%	33.5%	7.5%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

Tue - 01/14/2020																	
Lunch, Sycamore	Total	100															
*Sandwich, Spicy Chic (SEC)*	Sandwich	80	427	25	641	5.64	3.50	87.9	460	13.37	*5	21.35	46.49	17.07	3.05	*0.00	0.350
*GRAB N GO LUNCH*	1 EACH	20	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
*Fruit, Fresh (.5 c serv)*	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
*Milk, 1%*	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
*Milk, Chocolate Non Fat*	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
*Dressing, Ranch POK*	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
*Condiment Variety@\$\$%^+*	serving	50	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00	0.010
Weighted Daily Average			728	47	1093	9.89	*5.08	*515.9	*6269	*41.24	*37	36.52	97.72	22.24	4.75	*0.00	0.908
% of Calories											*20.4%	20.1%	53.7%	27.5%	5.9%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

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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)	Cost
Wed - 01/15/2020																	
Lunch, Sycamore	Total	100															
*Chicken, Nuggets (SEC)*	Serving (7 Ea)	80	286	52	505	0.00	1.71	19.0	95	0.0	0	14.29	16.19	19.05	4.29	0.00	0.000
*GRAB N GO LUNCH*	1 EACH	20	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
*Chip, Variety*	1 Each	75	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00	0.185
*Fruit, Fresh (.5 c serv)*	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
*Milk, 1%*	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
*Milk, Chocolate Non Fat*	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
*Dressing, Ranch POK*	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			707	68	1071	6.74	*3.77	*466.7	*5995	*30.91	*34	32.39	88.88	26.53	5.90	*0.00	0.761
% of Calories											*19.3%	18.3%	50.3%	33.8%	7.5%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

Thu - 01/16/2020																	
Lunch, Sycamore	Total	100															
*Cheeseburger With The Works	Cheeseburger	80	331	38	531	3.97	3.40	165.3	554	14.17	*4	21.07	33.85	13.03	4.90	*0.00	0.131
*GRAB N GO LUNCH*	1 EACH	20	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Apple Slices*	1 Each	50	50	0	5	2.00	0.36	60.0	100	36.0	9	0.0	12.0	0.0	0.00	0.00	0.000
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
*Potato, Tater Tots*	1 Each	75	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00	0.000
*Milk, Variety*	8 oz	75	115	5	145	0.00	0.00	308.3	500	2.0	18	8.5	19.0	0.42	0.25	0.00	0.188
*Dressing, Ranch POK*	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
*Condiment Variety@\$\$%^+*	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00	0.010
Weighted Daily Average			721	55	1214	10.12	*5.11	*517.2	*6179	*49.15	*33	35.33	94.37	23.37	6.77	*0.00	0.620
% of Calories											*18.4%	19.6%	52.4%	29.2%	8.5%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

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Fri - 01/17/2020																	
Lunch, Sycamore	Total	100															
*Pizza, Cheese 8 cut WG*	Slice	80	340	35	670	4.00	1.80	350.0	400	0.0	*N/A*	18.0	36.0	15.0	7.00	0.00	0.015
*GRAB N GO LUNCH*	1 EACH	20	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
*Fruit, Fresh (.5 c serv)*	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
*Milk, 1%*	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
*Milk, Chocolate Non Fat*	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
*Dressing, Ranch POK*	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			649	54	1084	8.58	*3.67	*725.5	*6209	*30.55	*33	33.84	88.30	20.02	7.91	*0.00	0.634
% of Calories											*20.2%	20.8%	54.4%	27.7%	11.0%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

Mon - 01/20/2020																	
Lunch, Sycamore	Total	100															
*Nachos w/meat&Chips(SEC)*	servings	70	482	24	769	6.92	*1.36	*63.4	*50	*0.6	2	14.78	52.9	21.6	2.75	0.54	0.371
*GRAB N GO LUNCH*	1 EACH	30	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
*Fruit, Fresh (.5 c serv)*	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
*Milk, 1%*	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
*Milk, Chocolate Non Fat*	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
*Dressing, Ranch POK*	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			806	51	1230	11.84	*3.79	*537.6	*7242	*37.77	*39	34.35	109.48	25.69	5.01	*0.38	0.986
% of Calories											*19.4%	17.1%	54.4%	28.7%	5.6%	*0.4%	
Nutrient Guideline			600-700		1360										<10.00		

Tue - 01/21/2020																	
Lunch, Sycamore	Total	100															
*Chicken Fritter WG*	1 Each	80	291	40	791	1.61	2.32	16.1	0	0.0	2	12.91	22.6	17.76	4.04	0.00	0.000
*GRAB N GO LUNCH*	1 EACH	20	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Fruit, Fresh (.5 c serv)*	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
*Milk, 1%*	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
*Milk, Chocolate Non Fat*	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
*Dressing, Ranch POK*	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135

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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)	Cost
Weighted Daily Average % of Calories			610	58	1181	6.67	*4.09	*458.4	*5889	*30.55	*34 *22.4%	29.77 19.5%	77.58 50.9%	22.23 32.8%	5.54 8.2%	*0.00 *0.0%	0.622
Nutrient Guideline			600-700		1360										<10.00		

Wed - 01/22/2020																	
Lunch, Sycamore	Total	100															
*Sandwich, Spicy Chic (SEC)*	Sandwich	75	427	25	641	5.64	3.50	87.9	460	13.37	*5	21.35	46.49	17.07	3.05	*0.00	0.350
*GRAB N GO LUNCH*	1 EACH	25	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
*Fruit, Fresh (.5 c serv)*	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
*Milk, 1%*	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
*Milk, Chocolate Non Fat*	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
*Dressing, Ranch POK*	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
*Condiment Variety@\$\$%^+*	serving	50	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00	0.010
Weighted Daily Average % of Calories			752	50	1133	10.42	*5.20	*535.3	*6905	*43.98	*39 *20.8%	37.73 20.1%	101.87 54.2%	22.66 27.1%	4.99 6.0%	*0.00 *0.0%	0.942
Nutrient Guideline			600-700		1360										<10.00		

Thu - 01/23/2020																	
Lunch, Sycamore	Total	100															
*Cheeseburger, Bacon Ranch	Cheeseburger	70	501	83	1467	3.50	3.40	165.3	554	13.32	*9	30.83	42.36	23.58	7.28	*0.00	0.131
*GRAB N GO LUNCH*	1 EACH	30	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
*Fruit Basket POK	1 each	50	79	0	1	3.14	0.25	17.0	131	35.07	*12	0.91	20.3	0.27	0.05	*0.00	0.154
*Milk, 1%*	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
*Milk, Chocolate Non Fat*	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
*Dressing, Ranch POK*	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average % of Calories			835	92	1719	10.08	*5.26	*608.1	*7564	*51.22	*47 *22.4%	45.69 21.9%	106.24 50.9%	27.11 29.2%	8.19 8.8%	*0.00 *0.0%	0.829
Nutrient Guideline			600-700		1360										<10.00		

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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)	Cost
Fri - 01/24/2020																	
Lunch, Sycamore	Total	100															
*Pizza, French bread Variety*	Servings	80	307	29	588	3.38	0.31	371.3	432	9.36	2	17.12	31.66	13.95	6.38	0.00	0.807
*GRAB N GO LUNCH*	1 EACH	20	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
*Fruit Basket POK	1 each	50	79	0	1	3.14	0.25	17.0	131	35.07	*12	0.91	20.3	0.27	0.05	*0.00	0.154
*Milk, 1%*	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
*Milk, Chocolate Non Fat*	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
*Dressing, Ranch POK*	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			638	48	1018	8.72	*2.52	*741.8	*6203	*42.58	*37	33.25	88.97	19.21	7.42	*0.00	1.278
% of Calories											*23.4%	20.8%	55.8%	27.1%	10.5%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

	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)	Cost
Mon - 01/27/2020																	
Lunch, Sycamore	Total	100															
*Chicken, Popcorn	1 Each	80	290	40	290	2.00	0.90	0.0	0	0.0	0	15.0	17.0	18.0	3.50	0.00	0.000
*GRAB N GO LUNCH*	1 EACH	20	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Fruit, Fresh (.5 c serv)*	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
*Cookie, Choc Chip IW 1 Oz*	1 each	75	110	10	60	1.00	0.72	0.0	0	1.2	9	2.0	18.0	4.0	1.00	0.00	0.178
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
*Milk, 1%*	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
*Milk, Chocolate Non Fat*	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
*Dressing, Ranch POK*	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
*Condiment Variety@\$\$%^+*	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00	0.010
Weighted Daily Average			705	67	873	7.73	*3.56	*445.5	*5907	*31.45	*40	32.94	88.14	26.26	5.86	*0.00	0.763
% of Calories											*22.8%	18.7%	50.0%	33.5%	7.5%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

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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)	Cost
<b>Tue - 01/28/2020</b>																	
Lunch, Sycamore	Total	100															
*Enchiladas, Cheese (SEC)*	3-each	80	327	55	884	1.30	0.29	512.5	1893	18.0	2	19.14	21.17	20.01	12.09	0.00	0.000
*GRAB N GO LUNCH*	1 EACH	20	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
*Fruit, Fresh (.5 c serv)*	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
*Milk, 1%*	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
*Milk, Chocolate Non Fat*	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
*Dressing, Ranch POK*	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
*Condiment Variety@\$\$^+*	serving	50	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00	0.010
Weighted Daily Average			648	71	1287	6.42	*2.51	*855.5	*7416	*44.95	*35	34.75	77.46	24.59	11.98	*0.00	0.627
% of Calories											*21.7%	21.4%	47.8%	34.2%	16.6%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

<b>Wed - 01/29/2020</b>																	
Lunch, Sycamore	Total	100															
*Chicken, Orange w/Rice(Sec)*	4.2 oz	80	280	43	303	1.13	1.25	9.3	0	1.28	*11	14.32	45.43	4.15	0.72	*0.00	1.034
*GRAB N GO LUNCH*	1 EACH	20	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
*Fruit, Fresh (.5 c serv)*	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
*Milk, 1%*	8 oz	75	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
*Milk, Chocolate Non Fat*	8 oz	25	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
*Dressing, Ranch POK*	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			602	62	790	6.28	*3.23	*477.9	*5889	*31.87	*38	31.89	91.84	12.59	3.64	*0.00	1.463
% of Calories											*25.5%	21.2%	61.0%	18.8%	5.4%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

<b>Thu - 01/30/2020</b>																	
Lunch, Sycamore	Total	100															
*Hot Dog, Secondary	1 Each	80	273	20	714	2.04	2.19	40.8	100	6.12	4	12.1	28.55	13.04	4.00	0.00	0.000
*GRAB N GO LUNCH*	1 EACH	20	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Fruit, Fresh (.5 c serv)*	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
*Milk, 1%*	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
*Milk, Chocolate Non Fat*	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
*Dressing, Ranch POK*	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
*Condiment Variety@\$\$^+*	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00	0.010

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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)	Cost
Weighted Daily Average % of Calories			609	44	1167	7.02	*4.05	*478.2	*5987	*35.45	*37 *24.1%	29.12 19.1%	83.88 55.1%	19.30 28.5%	5.51 8.1%	*0.00 *0.0%	0.630
Nutrient Guideline			600-700		1360											<10.00	

Fri - 01/31/2020																	
Lunch, Sycamore	Total	100															
*Pizza, Cheese 8 cut WG*	Slice	80	340	35	670	4.00	1.80	350.0	400	0.0	*N/A*	18.0	36.0	15.0	7.00	0.00	0.015
*GRAB N GO LUNCH*	1 EACH	20	907	88	1442	16.17	*6.07	*476.5	*13188	*68.0	*46	45.6	129.55	25.5	7.82	*0.00	1.043
*Salad Bar (SEC)	Servings	50	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00	0.181
*Fruit, Fresh (.5 c serv)*	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00	0.133
*Milk, 1%*	8 oz	75	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00	0.210
*Milk, Chocolate Non Fat*	8 oz	25	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	0.182
*Dressing, Ranch POK*	1 ounce	50	56	4	132	0.10	0.08	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
*Condiment Variety@\$\$%^+*	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00	0.010
Weighted Daily Average % of Calories			663	58	1132	8.58	*3.74	*750.5	*6227	*30.85	*30 *18.4%	34.84 21.0%	85.84 51.8%	22.11 30.0%	8.66 11.8%	*0.00 *0.0%	0.656
Nutrient Guideline			600-700		1360											<10.00	

Weighted Average			685	58	1125	8.41	*3.91	*584.7	*6431	*37.24	*37 *48.6%	33.86 19.8%	91.16 53.2%	22.29 29.3%	6.76 8.9%	*0.02 *0.0%	0.823
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	685		600 - 700	100%				
Cholesterol (mg)	58							
Sodium (mg)	1125		1360					
Fiber (g)	8.41							
Iron (mg)	3.91				Missing			
Calcium (mg)	584.7				Missing			
Vitamin A (IU)	6431				Missing			
Sugars (g)	37	21.61%			Missing			
Vitamin C (mg)	37.24				Missing			
Protein (g)	33.86	19.76%						
Carbohydrate (g)	91.16	53.20%						
Total Fat (g)	22.29	29.26%						
Saturated Fat (g)	6.76	8.87%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.02	0.02%			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  
 1 - 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.**