

	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
Thu - 02/01/2018																	
Lunch, Sycamore	Total	100															
*Cheeseburger With The Works!	Cheeseburger	40	533	76	843	9.19	2.00	*244.0	*729	*21.25	*6	28.82	42.56	27.51	8.28	*0.00	0.131
*Chicken Fritter WG*	1 Each	40	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	884	96	1658	13.74	*4.93	*507.3	*13533	*59.37	*43	46.58	122.18	26.53	7.40	*0.00	3.449
*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	162	0.10	0.09	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			767	72	1453	10.78	*3.83	*495.2	*6077	*44.58	*32	35.36	90.33	30.41	7.70	*0.00	1.041
% of Calories											*16.5%	18.4%	47.1%	35.7%	9.0%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

Fri - 02/02/2018																	
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
*Burrito, Ultra Bean & Cheese*	1 Each	20	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	10	884	96	1658	13.74	*4.93	*507.3	*13533	*59.37	*43	46.58	122.18	26.53	7.40	*0.00	3.449
*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	162	0.10	0.09	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			710	38	1084	9.88	*3.09	*466.6	*4608	*27.85	*33	28.74	96.21	23.14	4.29	*0.38	1.158
% of Calories											*18.5%	16.2%	54.2%	29.3%	5.4%	*0.5%	
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 - 02/05/2018																	
Lunch, Sycamore	Total	100															
*Chicken, Mandarin Orange*	1 Each	60	163	44	305	0.00	0.78	0.0	0	1.31	11	11.98	20.69	3.27	0.54	0.00	0.000
*Rice,Brown(M.S&Ele)*	2/3 cup	60	167	0	18	2.78	0.67	22.6	0	0.0	*0	3.89	34.55	1.36	0.27	*0.00	0.000
*Sandwich, Chicken Variety	Sandwich	30	357	54	576	4.22	3.85	71.1	517	14.44	*4	21.51	45.0	10.7	2.71	*0.00	0.796
*GRAB N GO LUNCH*	1 EACH	10	884	96	1658	13.74	*4.93	*507.3	*13533	*59.37	*43	46.58	122.18	26.53	7.40	*0.00	3.449
*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
*Cookie, Choc Chip, 1.3 Oz IW*	1 Each	75	140	0	100	2.00	1.08	20.0	0	0.0	12	2.0	26.0	4.0	1.50	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	162	0.10	0.09	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			695	60	882	7.96	*4.35	*450.8	*4759	*28.00	*45	32.44	111.94	14.56	3.91	*0.00	0.997
% of Calories											*25.7%	18.7%	64.5%	18.9%	5.1%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

Tue - 02/06/2018																	
Lunch, Sycamore	Total	100															
*Burrito, Ultra Bean & Cheese*	1 Each	40	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
*Cheeseburger (Sec)	Cheeseburger	40	393	60	758	2.55	4.07	158.5	455	13.36	*5	29.78	31.47	16.12	6.57	*0.00	1.039
*GRAB N GO LUNCH*	1 EACH	20	884	96	1658	13.74	*4.93	*507.3	*13533	*59.37	*43	46.58	122.18	26.53	7.40	*0.00	3.449
*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
*Chips, Sunchips 1 oz.	1 Each	90	140	0	120	3.00	0.36	0.0	0	0.0	2	2.0	18.0	6.0	1.00	0.00	0.288
*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	162	0.10	0.09	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			801	58	1228	10.38	*5.14	*559.1	*6140	*34.17	*36	39.95	105.29	24.91	7.51	*0.00	2.038
% of Calories											*18.2%	19.9%	52.6%	28.0%	8.4%	*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 - 02/07/2018																	
Lunch, Sycamore	Total	100															
*Chicken, Nuggets (SEC)*	Serving (7 Ea)	60	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
*Potato, Tater Tots*	1 Each	1	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
*Nachos w/meat&Chips(SEC)*	servings	20	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	20	884	96	1658	13.74	*4.93	*507.3	*13533	*59.37	*43	46.58	122.18	26.53	7.40	*0.00	3.449
*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	162	0.10	0.09	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			642	64	1065	6.30	*3.31	*475.8	*6025	*28.98	*33	31.18	78.48	24.03	5.35	*0.11	1.178
% of Calories											*20.4%	19.4%	48.9%	33.7%	7.5%	*0.2%	
Nutrient Guideline			600-700		1360										<10.00		

Thu - 02/08/2018																	
Lunch, Sycamore	Total	100															
*Sandwich, Hot Ham & Cheese*	Sandwich	40	300	68	867	1.92	1.45	188.4	147	8.65	3	24.69	28.37	11.6	5.34	0.00	0.000
*Pizza, Cheese 8 cut WG*	Slice	40	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	884	96	1658	13.74	*4.93	*507.3	*13533	*59.37	*43	46.58	122.18	26.53	7.40	*0.00	3.449
*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
*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, 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	162	0.10	0.09	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			726	69	1453	8.77	*3.31	*667.1	*6176	*34.98	*33	38.21	95.77	23.37	7.91	*0.00	1.109
% of Calories											*18.4%	21.0%	52.8%	29.0%	9.8%	*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
Fri - 02/09/2018																	
Lunch, Sycamore	Total	100															
*Pizza, French Brd Pepperoni*	1 Each	60	293	33	559	2.15	1.08	341.7	86	10.27	4	19.6	29.87	9.43	4.85	0.00	0.000
*Enchilada, 3 Cheese*	1 Each	20	131	17	201	0.89	0.20	213.6	235	0.0	1	7.61	11.73	6.5	4.16	0.00	0.000
*GRAB N GO LUNCH*	1 EACH	20	884	96	1658	13.74	*4.93	*507.3	*13533	*59.37	*43	46.58	122.18	26.53	7.40	*0.00	3.449
*Cookie, Choc Chip Dough 1 Oz*	1 Each	75	110	0	60	1.00	0.72	0.0	0	0.0	9	1.0	18.0	4.0	1.00	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
*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	162	0.10	0.09	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			657	50	1026	7.11	*3.23	*699.4	*6056	*34.99	*41	33.67	91.79	18.18	6.72	*0.00	1.104
% of Calories											*25.2%	20.5%	55.8%	24.9%	9.2%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

Mon - 02/12/2018																	
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
*Ravioli, Mini Cheese WG*	1 Each	20	121	25	131	1.01	1.09	100.8	202	3.63	1	8.07	15.13	3.03	1.51	0.00	0.333
*GRAB N GO LUNCH*	1 EACH	10	884	96	1658	13.74	*4.93	*507.3	*13533	*59.37	*43	46.58	122.18	26.53	7.40	*0.00	3.449
*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	162	0.10	0.09	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			662	40	1004	9.20	*2.72	*464.8	*4648	*28.58	*33	27.05	90.00	21.33	3.71	*0.38	1.095
% of Calories											*19.8%	16.4%	54.4%	29.0%	5.1%	*0.5%	
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
Tue - 02/13/2018																	
Lunch, Sycamore	Total	100															
*Sandwich, Chicken Variety	Sandwich	50	357	54	576	4.22	3.85	71.1	517	14.44	*4	21.51	45.0	10.7	2.71	*0.00	0.796
*Burrito, Ultra Bean & Cheese*	1 Each	40	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	10	884	96	1658	13.74	*4.93	*507.3	*13533	*59.37	*43	46.58	122.18	26.53	7.40	*0.00	3.449
*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
*Cookie, Dough Cho Chp 1.5oz*	1 Each	75	160	10	90	1.00	1.08	0.0	0	1.2	15	2.0	27.0	6.0	1.50	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	162	0.10	0.09	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			728	59	1007	8.14	*5.44	*480.5	*4863	*31.01	*42	33.83	107.03	20.26	5.72	*0.00	1.416
% of Calories											*22.8%	18.6%	58.8%	25.0%	7.1%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

Wed - 02/14/2018																	
Lunch, Sycamore	Total	100															
*Quesadilla, Chi & Cheese*	Serving	65	420	69	758	6.97	*2.16	*295.0	*825	*0.0	2	23.64	42.19	17.23	7.50	0.00	0.000
*Sandwich, Hot Ham & Cheese*	Sandwich	25	300	68	867	1.92	1.45	188.4	147	8.65	3	24.69	28.37	11.6	5.34	0.00	0.000
*GRAB N GO LUNCH*	1 EACH	10	884	96	1658	13.74	*4.93	*507.3	*13533	*59.37	*43	46.58	122.18	26.53	7.40	*0.00	3.449
*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
*Cookie, Dbl Fudge 1.3 Oz*	1 Each	75	140	0	115	2.00	1.08	0.0	0	0.0	12	2.0	24.0	4.5	1.00	0.00	0.000
*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	162	0.10	0.09	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			737	82	1236	10.03	*4.09	*664.8	*5177	*25.35	*36	39.01	94.32	24.30	9.19	*0.00	0.772
% of Calories											*19.7%	21.2%	51.2%	29.7%	11.2%	*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)	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
Thu - 02/15/2018																	
Lunch, Sycamore	Total	100															
*Cheeseburger (Sec)	Cheeseburger	40	393	60	758	2.55	4.07	158.5	455	13.36	*5	29.78	31.47	16.12	6.57	*0.00	1.039
*Chicken Fritter WG*	1 Each	40	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	884	96	1658	13.74	*4.93	*507.3	*13533	*59.37	*43	46.58	122.18	26.53	7.40	*0.00	3.449
*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
*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, 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	162	0.10	0.09	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			744	67	1458	8.06	*4.56	*521.6	*6140	*36.87	*35	38.21	91.65	26.28	7.22	*0.00	1.519
% of Calories											*18.8%	20.6%	49.3%	31.8%	8.7%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

Tue - 02/20/2018																	
Lunch, Sycamore	Total	100															
*Chicken, Nuggets (SEC)*	Serving (7 Ea)	65	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
*Sandwich, Grilled Cheese	Sandwich	25	285	23	845	4.00	2.16	380.0	450	0.0	*7	16.5	39.0	8.0	3.75	0.00	0.255
*GRAB N GO LUNCH*	1 EACH	10	884	96	1658	13.74	*4.93	*507.3	*13533	*59.37	*43	46.58	122.18	26.53	7.40	*0.00	3.449
*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
*Potato, Tater Tots*	1 Each	90	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, 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	162	0.10	0.09	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			658	57	1258	6.32	*3.17	*508.3	*4779	*26.13	*30	30.19	80.48	25.35	6.11	*0.00	0.822
% of Calories											*18.2%	18.3%	48.9%	34.7%	8.3%	*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 - 02/21/2018																	
Lunch, Sycamore	Total	100															
*Pizza, Chees French Bread @^	1 each	65	275	25	503	3.06	0.29	350.1	401	8.47	2	15.5	28.62	12.4	5.79	0.00	0.768
*Sandwich, Meatball (SEC)*	1 each	25	580	60	705	4.07	*3.63	*303.3	*552	*17.85	6	25.26	49.04	30.29	13.58	0.00	0.364
*GRAB N GO LUNCH*	1 EACH	10	884	96	1658	13.74	*4.93	*507.3	*13533	*59.37	*43	46.58	122.18	26.53	7.40	*0.00	3.449
*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
*Chips, Tortilla Bulk*	ounce	75	135	0	55	2.00	0.00	20.0	0	0.0	0	2.0	19.0	5.0	0.00	0.00	0.127
*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	162	0.10	0.09	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			709	51	985	8.03	*2.61	*744.3	*5003	*33.16	*28	33.86	86.92	26.20	9.39	*0.00	1.458
% of Calories											*15.6%	19.1%	49.0%	33.2%	11.9%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

Thu - 02/22/2018																	
Lunch, Sycamore	Total	100															
*Sandwich, Spicy Chic (SEC)*	Sandwich	65	379	21	574	5.20	3.24	48.1	360	13.37	*5	18.15	44.14	14.86	2.69	*0.00	0.350
*Sandwich, Grilled Cheese	Sandwich	10	285	23	845	4.00	2.16	380.0	450	0.0	*7	16.5	39.0	8.0	3.75	0.00	0.255
*GRAB N GO LUNCH*	1 EACH	25	884	96	1658	13.74	*4.93	*507.3	*13533	*59.37	*43	46.58	122.18	26.53	7.40	*0.00	3.449
*Chips, Baked Lays 1 oz.	1 Each	75	120	0	210	2.00	0.00	40.0	0	2.4	3	2.0	21.0	3.0	0.50	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
*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	162	0.10	0.09	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			782	48	1304	10.86	*4.57	*576.3	*6913	*42.28	*40	36.91	112.47	22.26	5.09	*0.00	1.529
% of Calories											*20.7%	18.9%	57.6%	25.6%	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
Fri - 02/23/2018																	
Lunch, Sycamore	Total	100															
*Enchilada, 3 Cheese*	1 Each	40	131	17	201	0.89	0.20	213.6	235	0.0	1	7.61	11.73	6.5	4.16	0.00	0.000
*Pizza, Chees French Bread @^	1 each	50	275	25	503	3.06	0.29	350.1	401	8.47	2	15.5	28.62	12.4	5.79	0.00	0.768
*GRAB N GO LUNCH*	1 EACH	10	884	96	1658	13.74	*4.93	*507.3	*13533	*59.37	*43	46.58	122.18	26.53	7.40	*0.00	3.449
*Salad Bar	Servings	50	43	0	72	1.86	1.72	26.0	3190	2.74	*2	2.04	9.69	0.28	0.04	*0.00	0.143
*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
*Fruit, Frozen Sorbet, All Flav.	1 Each	75	70	0	10	0.00	0.00	800.0	0	60.0	15	0.0	20.0	0.0	0.00	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	162	0.10	0.09	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			524	37	772	5.18	*1.71	*1257.9	*3863	*71.65	*40	25.69	79.11	14.35	6.04	*0.00	1.123
% of Calories											*30.6%	19.6%	60.4%	24.7%	10.4%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

Mon - 02/26/2018																	
Lunch, Sycamore	Total	100															
*Enchiladas, Cheese (Ele)*	2 ea	40	268	31	359	1.93	1.28	*321.3	*483	1.59	*2	11.83	16.65	18.3	8.10	*0.00	0.047
*Sandwich, Grilled Cheese	1 Each	50	248	23	596	2.95	1.60	367.9	456	0.0	6	15.27	30.49	8.0	4.24	0.00	0.000
*GRAB N GO LUNCH*	1 EACH	10	884	96	1658	13.74	*4.93	*507.3	*13533	*59.37	*43	46.58	122.18	26.53	7.40	*0.00	3.449
*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	162	0.10	0.09	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			515	42	881	5.77	*2.82	*713.5	*5026	*23.52	*32	27.34	67.71	16.89	6.84	*0.00	0.777
% of Calories											*24.7%	21.2%	52.5%	29.5%	12.0%	*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
Tue - 02/27/2018																	
Lunch, Sycamore	Total	100															
*Chicken, Nuggets (SEC)*	Serving ( 7 Ea)	40	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
*Sandwich, Hot Ham & Cheese*	Sandwich	40	300	68	867	1.92	1.45	188.4	147	8.65	3	24.69	28.37	11.6	5.34	0.00	0.000
*GRAB N GO LUNCH*	1 EACH	20	884	96	1658	13.74	*4.93	*507.3	*13533	*59.37	*43	46.58	122.18	26.53	7.40	*0.00	3.449
*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
*Chips, Sunchips 1 oz.	1 Each	90	140	0	120	3.00	0.36	0.0	0	0.0	2	2.0	18.0	6.0	1.00	0.00	0.288
*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	162	0.10	0.09	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			733	76	1262	8.37	*3.60	*534.7	*6055	*32.28	*35	37.02	92.05	25.89	6.97	*0.00	1.363
% of Calories											*19.2%	20.2%	50.2%	31.8%	8.6%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

Wed - 02/28/2018																	
Lunch, Sycamore	Total	100															
*Sandwich, Spicy Chic (SEC)*	Sandwich	40	379	21	574	5.20	3.24	48.1	360	13.37	*5	18.15	44.14	14.86	2.69	*0.00	0.350
*Burrito, Variety*	Servings	40	378	17	550	4.58	3.09	90.7	0	0.0	1	17.17	46.9	13.19	4.88	0.00	0.673
*GRAB N GO LUNCH*	1 EACH	20	884	96	1658	13.74	*4.93	*507.3	*13533	*59.37	*43	46.58	122.18	26.53	7.40	*0.00	3.449
*Salad Variety (Sec)	Salads	50	378	61	597	5.59	2.89	287.9	1240	10.8	*0	22.78	35.44	16.94	5.72	*0.00	1.108
*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	162	0.10	0.09	23.9	47	0.33	2	0.75	4.08	4.06	0.65	0.00	0.135
Weighted Daily Average			840	73	1311	10.44	*5.09	*634.6	*4091	*37.73	*33	44.05	106.61	27.75	8.09	*0.00	1.977
% of Calories											*15.9%	21.0%	50.8%	29.7%	8.7%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

Weighted Average			702	58	1148	8.42	*3.70	*606.4	*5355	*34.56	*35	34.04	93.23	22.75	6.54	*0.05	1.249
											*45.4%	19.4%	53.1%	29.2%	8.4%	*0.1%	

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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
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	702		600 - 700	100%			2	Correction Required - Calories too High
Cholesterol (mg)	58							
Sodium (mg)	1148		1360					
Fiber (g)	8.42							
Iron (mg)	3.70				Missing			
Calcium (mg)	606.4				Missing			
Vitamin A (IU)	5355				Missing			
Sugars (g)	35	20.19%			Missing			
Vitamin C (mg)	34.56				Missing			
Protein (g)	34.04	19.40%						
Carbohydrate (g)	93.23	53.14%						
Total Fat (g)	22.75	29.18%						
Saturated Fat (g)	6.54	8.39%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.05	0.06%			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  
<sup>1</sup> - 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.