

	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)	Cost
Thu - 03/01/2018																	
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 - 03/02/2018																	
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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Cost
Mon - 03/05/2018																	
Lunch, Sycamore	Total	100															
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
*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
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
Chip, Variety	1 Each	90	127	0	150	6.03	0.16	8.0	20	0.72	1	2.03	20.93	3.66	0.10	0.00	0.168
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 % of Calories			836	72	1346	15.61	*3.67	*696.5	*6427	*37.97	*36 *17.2%	40.19 19.2%	108.28 51.8%	28.52 30.7%	8.43 9.1%	*0.00 *0.0%	1.313
Nutrient Guideline			600-700		1360											<10.00	

Tue - 03/06/2018																	
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	36	0	4	0.60	0.14	4.8	0	0.0	*0	0.83	7.4	0.29	0.06	*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 % of Calories			616	60	873	6.65	*4.03	*440.2	*4759	*28.00	*45 *29.0%	30.61 19.9%	95.66 62.1%	13.92 20.3%	3.78 5.5%	*0.00 *0.0%	0.997
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 ¹ (g)	Cost
Wed - 03/07/2018																	
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	60	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
Pizza, French bread Variety	Servings	20	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	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 % of Calories			684	64	1212	6.77	*3.10	*537.4	*6101	*32.86	*33 *19.1%	32.83 19.2%	83.67 49.0%	26.04 34.3%	6.67 8.8%	*0.00 *0.0%	1.265
Nutrient Guideline			600-700		1360										<10.00		

Thu - 03/08/2018																	
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
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
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 % of Calories			643	61	1265	7.52	*2.67	*612.5	*6110	*34.98	*34 *21.1%	34.05 21.2%	86.06 53.6%	19.97 28.0%	6.77 9.5%	*0.00 *0.0%	1.104
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 ¹ (g)	Cost
Fri - 03/09/2018																	
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
Sandwich, Chicken	Sandwich	20	283	42	591	3.77	2.94	70.5	479	13.06	*6	21.9	33.13	6.54	1.85	*0.00	0.143
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 O	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			688	55	1105	7.69	*3.78	*670.8	*6105	*37.60	*42	36.52	96.07	18.19	6.26	*0.00	1.132
% of Calories											*24.7%	21.2%	55.9%	23.8%	8.2%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

Mon - 03/12/2018																	
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
Pizza, Cheese 8 cut WG	Slice	20	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	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			706	42	1112	9.80	*2.86	*514.6	*4688	*27.85	*33	29.04	94.17	23.72	4.81	*0.38	1.031
% of Calories											*18.5%	16.5%	53.4%	30.3%	6.1%	*0.5%	
Nutrient Guideline			600-700		1360										<10.00		

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Tue - 03/13/2018																	
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
Ravioli w/ Red Sauce SEC.	Portion	40	370	55	1090	6.27	*3.58	*228.8	*1809	*30.57	11	22.55	48.62	9.67	4.32	0.00	0.980
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			731	74	1231	8.89	*5.68	*528.0	*5587	*43.24	*46	36.25	108.00	19.29	5.69	*0.00	1.548
% of Calories											*24.9%	19.8%	59.1%	23.8%	7.0%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

Wed - 03/14/2018																	
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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Cost
Thu - 03/15/2018																	
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
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			800	74	1492	10.72	*3.74	*555.7	*6249	*40.03	*35	37.83	96.09	30.83	7.90	*0.00	1.156
% of Calories											*17.7%	18.9%	48.1%	34.7%	8.9%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

Fri - 03/16/2018																	
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, 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, AllFlav.	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			591	57	1039	5.59	*2.21	*1247.9	*3828	*75.11	*41	32.52	85.77	16.39	6.51	*0.00	1.123
% of Calories											*27.7%	22.0%	58.0%	25.0%	9.9%	*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 ¹ (g)	Cost
Mon - 03/19/2018																	
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
Pizza, Cheese 8 cut WG	Slice	50	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	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			561	48	919	6.29	*2.92	*704.5	*4998	*23.52	*29	28.71	70.46	20.39	8.23	*0.00	0.785
% of Calories											*20.6%	20.5%	50.2%	32.7%	13.2%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

Tue - 03/20/2018																	
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
Burrito, Ultra Spicy	1 Each	25	393	18	571	4.76	3.21	71.4	0	0.0	1	17.85	47.6	14.28	5.36	0.00	0.699
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			685	56	1190	6.51	*3.43	*431.2	*4666	*26.13	*28	30.52	82.63	26.92	6.51	*0.00	0.933
% of Calories											*16.5%	17.8%	48.2%	35.4%	8.5%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

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Wed - 03/21/2018																	
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 - 03/22/2018																	
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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Fri - 03/23/2018																	
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
*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,AllFlav.	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 % of Calories			684	61	1029	8.50	*2.43	*1270.1	*4061	*80.15	*42	34.17	91.45	22.76	7.69	*0.00	1.176
Nutrient Guideline			600-700		1360						*24.6%	20.0%	53.4%	29.9%	10.1%	*0.0%	

Weighted Average			702	60	1169	8.83	*3.45	*656.3	*5374	*38.86	*36	33.95	92.86	23.13	6.76	*0.04	1.148
											*46.2%	19.4%	52.9%	29.7%	8.7%	*0.1%	

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)	60							
Sodium (mg)	1169		1360					
Fiber (g)	8.83							
Iron (mg)	3.45				Missing			
Calcium (mg)	656.3				Missing			
Vitamin A (IU)	5374				Missing			
Sugars (g)	36	20.53%			Missing			
Vitamin C (mg)	38.86				Missing			
Protein (g)	33.95	19.35%						
Carbohydrate (g)	92.86	52.93%						
Total Fat (g)	23.13	29.67%						
Saturated Fat (g)	6.76	8.67%	<10.00%					
Trans Fat ¹ (g)	0.04	0.06%			Missing			

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