

	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)
Wed - 12/01/2021																
Sycamore Lunch ES	Total	100														
Cheeseburger Twins	1 Each	85	272	31	475	2.39	3.09	114.2	79	10.3	3	18.65	29.82	9.0	3.00	0.00
Sandwich, PB&J (premade)	Servings	15	300	0	280	4.00	1.44	260.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
*Salad Bar (SEC)	portion	75	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
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
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
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
Condiment Variety@\$\$%^+	serving	20	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Weighted Daily Average			555	41	719	6.53	4.86	487.3	4663	33.86	*36	29.36	81.38	14.45	4.19	*0.00
% of Calories											*26.3%	21.2%	58.7%	23.5%	6.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 12/02/2021																
Sycamore Lunch ES	Total	100														
*Pizza, Domino's Ch & Pepp	1 Each	85	315	20	645	4.00	2.70	474.9	750	6.0	4	21.5	38.99	8.5	3.75	0.00
Burrito, Bean & Ch.(Ele)	Burrito	15	340	5	569	8.99	3.60	199.8	0	0.0	1	13.99	53.95	7.99	3.50	0.00
*Salad Bar (SEC)	portion	75	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
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
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
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
Weighted Daily Average			524	26	896	7.90	4.36	784.8	5248	29.31	*29	31.03	80.10	10.29	4.15	*0.00
% of Calories											*22.3%	23.7%	61.1%	17.7%	7.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 12/03/2021																
Sycamore Lunch ES	Total	100														
Chicken, Mandarin Orange	1 Each	85	163	44	305	0.00	0.78	0.0	0	1.31	11	11.98	20.69	3.27	0.54	0.00
Rice, Brown, (H.S.)	.5 Cup	85	224	0	9	2.11	0.91	17.6	0	0.0	*N/A*	4.82	46.9	1.77	0.36	*0.00
Sandwich, Grilled Cheese CC	Sandwich	15	314	38	674	1.49	1.88	68.5	4	0.0	*4	13.47	31.35	14.99	7.50	0.00
*Salad Bar (SEC)	portion	75	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
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
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
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

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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)
Weighted Daily Average % of Calories			583	51	630	5.17	3.25	376.4	4611	25.32	*36 *24.4%	26.96 18.5%	101.02 69.4%	8.40 13.0%	2.33 3.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 12/06/2021																
Sycamore Lunch ES	Total	100														
*Pizza, Domino's Ch & Pepp	1 Each	85	315	20	645	4.00	2.70	474.9	750	6.0	4	21.5	38.99	8.5	3.75	0.00
Burrito, Bean & Ch.(Ele)	Burrito	15	340	5	569	8.99	3.60	199.8	0	0.0	1	13.99	53.95	7.99	3.50	0.00
*Salad Bar (SEC)	portion	75	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
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
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
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
Weighted Daily Average % of Calories			524	26	896	7.90	4.36	784.8	5248	29.31	*29 *22.3%	31.03 23.7%	80.10 61.1%	10.29 17.7%	4.15 7.1%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 12/07/2021																
Sycamore Lunch ES	Total	100														
Sandwich, Turkey	Sandwich	85	275	56	832	1.81	1.86	67.7	82	0.4	*3	24.66	32.93	5.67	2.05	0.00
Sandwich, Grilled Cheese CC	Sandwich	15	314	38	674	1.49	1.88	68.5	4	0.0	*4	13.47	31.35	14.99	7.50	0.00
*Salad Bar (SEC)	portion	75	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
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
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
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
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
Weighted Daily Average % of Calories			570	69	1116	5.66	3.93	419.0	4681	25.44	*36 *25.2%	35.14 24.7%	85.05 59.7%	11.94 18.9%	4.05 6.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<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)
Wed - 12/08/2021																
Sycamore Lunch ES	Total	100														
*Chimichanga, Beef & Cheese	1 Each	85	380	42	472	6.00	3.20	253.0	700	5.0	2	24.0	43.0	12.5	4.00	0.00
Sandwich, PBJ (premade)	Servings	15	300	0	280	4.00	1.44	260.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
*Chips, Tortilla, Pkg	1 Each	75	210	0	225	2.25	0.30	25.0	3	0.0	0	2.0	23.0	12.0	1.70	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
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
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
Condiment Variety@\$\$^+	serving	20	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Weighted Daily Average			685	42	775	8.80	3.31	599.2	1248	25.69	*27	32.26	88.02	23.18	5.53	*0.00
% of Calories											*15.8%	18.8%	51.4%	30.5%	7.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 12/09/2021																
Sycamore Lunch ES	Total	100														
*Pizza, Domino's Ch & Pepp	1 Each	85	315	20	645	4.00	2.70	474.9	750	6.0	4	21.5	38.99	8.5	3.75	0.00
Burrito, Bean & Ch.(Ele)	Burrito	15	340	5	569	8.99	3.60	199.8	0	0.0	1	13.99	53.95	7.99	3.50	0.00
*Salad Bar (SEC)	portion	75	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
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
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
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
Weighted Daily Average			524	26	896	7.90	4.36	784.8	5248	29.31	*29	31.03	80.10	10.29	4.15	*0.00
% of Calories											*22.3%	23.7%	61.1%	17.7%	7.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 12/10/2021																
Sycamore Lunch ES	Total	100														
Hot Dog, Turkey-ELE	2 oz	85	280	45	930	1.00	1.44	120.0	0	9.0	1	12.0	29.0	13.0	3.00	0.00
Sandwich, Grilled Cheese CC	Sandwich	15	314	38	674	1.49	1.88	68.5	4	0.0	*4	13.47	31.35	14.99	7.50	0.00
*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
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
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
Milk, 1%	8 oz	30	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	50	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Non Fat	8 oz	30	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
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

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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)
Weighted Daily Average			557	59	1161	4.16	3.08	484.2	2303	31.75	*32	24.95	76.54	17.91	4.92	*0.00
% of Calories											*23.0%	17.9%	55.0%	29.0%	8.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 12/13/2021																
Sycamore Lunch ES	Total	100														
*Pizza, Domino's Ch & Pepp	1 Each	85	315	20	645	4.00	2.70	474.9	750	6.0	4	21.5	38.99	8.5	3.75	0.00
Sandwich, Turkey	Sandwich	15	275	56	832	1.81	1.86	67.7	82	0.4	*3	24.66	32.93	5.67	2.05	0.00
*Salad Bar (SEC)	portion	75	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
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
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
Weighted Daily Average			501	32	888	6.82	4.04	765.0	5241	29.36	*29	32.63	75.40	9.10	3.93	*0.00
% of Calories											*23.1%	26.0%	60.2%	16.3%	7.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 12/14/2021																
Sycamore Lunch ES	Total	100														
Sandwich, Chicken(ele)	Sandwich	85	273	25	405	3.04	1.65	40.8	100	0.18	1	16.1	16.58	15.04	2.50	0.00
Sandwich, Grilled Cheese CC	Sandwich	15	314	38	674	1.49	1.88	68.5	4	0.0	*4	13.47	31.35	14.99	7.50	0.00
*Salad Bar	Servings	75	43	0	72	1.86	1.72	26.0	3190	2.74	*2	2.04	9.69	0.28	0.04	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
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
Milk, Chocolate Non Fat	8 oz	50	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
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
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
Weighted Daily Average			547	33	763	6.97	3.32	321.9	3041	23.56	*23	25.77	67.04	19.86	3.84	*0.00
% of Calories											*16.6%	18.8%	49.0%	32.7%	6.3%	*0.0%
Nutrient Guideline			550-650		1230										<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 - 12/15/2021																
Sycamore Lunch ES	Total	100														
Hamburger, Ele	Burger	85	300	37	479	2.00	3.48	60.6	1	9.0	3	22.14	30.41	10.18	0.00	0.00
Burrito, Bean & Ch.(Ele)	Burrito	15	340	5	569	8.99	3.60	199.8	0	0.0	1	13.99	53.95	7.99	3.50	0.00
*Salad Bar (SEC)	portion	75	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
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
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
Condiment Variety@\$\$^+	serving	20	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Weighted Daily Average			502	39	721	6.20	4.97	432.6	4597	31.86	*28	31.58	71.67	11.10	0.96	*0.00
% of Calories											*22.2%	25.2%	57.1%	19.9%	1.7%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 12/16/2021																
Sycamore Lunch ES	Total	100														
*Pizza, Domino's Ch & Pepp	1 Each	85	315	20	645	4.00	2.70	474.9	750	6.0	4	21.5	38.99	8.5	3.75	0.00
Sandwich, PBJ (premade)	Servings	15	300	0	280	4.00	1.44	260.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
*Salad Bar (SEC)	portion	75	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
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
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
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
Weighted Daily Average			519	25	853	7.15	4.04	793.8	5248	29.31	*31	30.28	76.81	11.64	4.07	*0.00
% of Calories											*24.1%	23.4%	59.3%	20.2%	7.1%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 12/17/2021																
Sycamore Lunch ES	Total	100														
Sandwich, Chicken(ele)	Sandwich	85	273	25	405	3.04	1.65	40.8	100	0.18	1	16.1	16.58	15.04	2.50	0.00
Sandwich, Grilled Cheese CC	Sandwich	15	314	38	674	1.49	1.88	68.5	4	0.0	*4	13.47	31.35	14.99	7.50	0.00
*Salad Bar (SEC)	portion	75	49	0	86	2.32	1.77	33.0	5261	3.69	*3	2.21	11.08	0.32	0.05	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
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
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
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
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

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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	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)
Weighted Daily Average % of Calories			567	43	753	6.71	3.75	396.1	4696	25.26	*34 *24.0%	27.87 19.6%	71.16 50.2%	19.90 31.6%	4.44 7.0%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Weighted Average			551	39	851	6.76	3.97	571.5	4313	28.41	*31 *50.2%	29.99 21.8%	79.57 57.8%	13.72 22.4%	3.90 6.4%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	551		550 - 650	100%				
Cholesterol (mg)	39							
Sodium (mg)	851		1230					
Fiber (g)	6.76							
Iron (mg)	3.97							
Calcium (mg)	571.5							
Vitamin A (IU)	4313							
Sugars (g)	31	22.32%			Missing			
Vitamin C (mg)	28.41							
Protein (g)	29.99	21.79%						
Carbohydrate (g)	79.57	57.81%						
Total Fat (g)	13.72	22.43%						
Saturated Fat (g)	3.90	6.38%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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