

Littleton Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Charter Lunch 2016

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/01/2017										
Charter Lunch 2016	Total									
Penne with Meatballs, Sec	1 cup	351	45	768	3.95	21.5	53.41	6.7	1.07	*0.00
Bagel & Cheese	1 Each	296	20	585	4.00	20.17	40.02	7.07	4.05	0.00
Green Beans, canned, ckd	1/2 cup	20	0	19	2.19	1.09	4.38	0.0	0.00	0.00
FRUIT,CANNED	1/2 CUP	60	0	6	1.44	0.56	14.59	0.09	0.00	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	0.78	13.08	0.23	0.03	0.00
FRESH VEGETABLES	1/2 CUP	19	0	17	1.33	0.98	4.03	0.15	0.02	*0.00
Milk - Variety *	8 oz	107	7	147	0.00	8.0	15.33	0.83	0.50	0.00
Weighted Daily Average		905	72	1544	14.65	53.09	144.84	15.08	5.66	*0.00
% of Calories						23.5%	64.0%	15.0%	5.6%	*0.0%
Nutrient Guideline		600-650	150	1230	5.00			<=30.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/02/2017										
Charter Lunch 2016	Total									
French Toast w/ Sausage Elem	Serving	361	30	462	2.01	12.02	43.17	17.05	4.01	0.00
Burrito Bean & Cheese, Sec	1 each	320	11	619	6.99	14.17	48.05	8.51	2.99	*0.00
Bagel & Cheese	1 Each	296	20	585	4.00	20.17	40.02	7.07	4.05	0.00
Bean Black 1/2 cup	1/2 cup	120	0	140	6.00	7.0	23.0	0.5	0.00	0.00
Baby Carrots/Carrot Sticks	1/2 cup	25	0	48	1.85	0.51	5.77	0.12	0.02	0.00
FRUIT,CANNED	1/2 CUP	60	0	6	1.44	0.56	14.59	0.09	0.00	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	0.78	13.08	0.23	0.03	0.00
Milk - Variety *	8 oz	107	7	147	0.00	8.0	15.33	0.83	0.50	0.00
SYRUP,PANCAKE	1 Tbsp	5	0	38	0.00	0.0	2.0	0.0	0.00	0.00
Salsa, Scratch	2 TBSP	7	0	45	0.47	0.24	1.42	0.02	0.00	*0.00
HOT SAUCE, LOUISIANA	1/4 tsp	0	0	7	0.00	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		1353	68	2099	24.50	63.45	206.45	34.43	11.60	*0.00
% of Calories						18.8%	61.0%	22.9%	7.7%	*0.0%
Nutrient Guideline		600-650	150	1230	5.00			<=30.0	<10.00	

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Base Menu Spreadsheet

Charter Lunch 2016

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/03/2017										
Charter Lunch 2016	Total									
Pizza, Variety, Blackjack	SLICE	335	21	585	5.00	22.5	44.0	8.5	3.75	0.00
Bagel & Cheese	1 Each	296	20	585	4.00	20.17	40.02	7.07	4.05	0.00
Salad, Garden	1 CUP	21	0	39	2.04	1.87	3.76	0.31	0.05	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	0.78	13.08	0.23	0.03	0.00
FRUIT,CANNED	1/2 CUP	60	0	6	1.44	0.56	14.59	0.09	0.00	*0.00
FRESH VEGETABLES	1/2 CUP	19	0	17	1.33	0.98	4.03	0.15	0.02	*0.00
Milk - Variety *	8 oz	107	7	147	0.00	8.0	15.33	0.83	0.50	0.00
Ranch Dressing, Scratch	2 TBSP	48	6	170	0.06	0.58	2.43	4.08	0.65	*0.00
Italian Dressing, Scratch	2 Tbsp	153	2	198	0.03	0.85	1.17	16.82	1.55	*0.00
Weighted Daily Average		1091	56	1749	15.65	56.29	138.42	38.09	10.59	*0.00
% of Calories						20.6%	50.8%	31.4%	8.7%	*0.0%
Nutrient Guideline		600-650	150	1230	5.00			<=30.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/04/2017										
Charter Lunch 2016	Total									
CHICKEN TENDERLOINS	3 EACH	263	25	395	3.03	15.17	16.19	15.17	2.53	0.00
CINNAMON ROLLS	2 oz	237	0	222	2.60	4.3	44.23	5.35	0.54	*0.00
Bagel & Cheese	1 Each	296	20	585	4.00	20.17	40.02	7.07	4.05	0.00
Baby Carrots/Carrot Sticks	1/2 cup	25	0	48	1.85	0.51	5.77	0.12	0.02	0.00
Corn canned, yellow	1/2 cup	80	0	13	2.66	2.66	11.97	2.0	0.00	0.00
FRUIT,CANNED	1/2 CUP	60	0	6	1.44	0.56	14.59	0.09	0.00	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	0.78	13.08	0.23	0.03	0.00
Milk - Variety *	8 oz	107	7	147	0.00	8.0	15.33	0.83	0.50	0.00
BBQ Sauce	TBSP	31	0	129	0.00	0.0	8.03	0.0	0.00	0.00
Catsup	1 TBSP	15	0	160	0.00	0.0	4.0	0.0	0.00	0.00
Ranch Dressing, Scratch	1 TBSP	24	3	85	0.03	0.29	1.22	2.04	0.32	*0.00
Weighted Daily Average		1190	56	1793	17.35	52.45	174.43	32.90	7.99	*0.00
% of Calories						17.6%	58.7%	24.9%	6.0%	*0.0%
Nutrient Guideline		600-650	150	1230	5.00			<=30.0	<10.00	

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Littleton Public Schools

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Base Menu Spreadsheet

Charter Lunch 2016

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/05/2017										
Charter Lunch 2016	Total									
NACHOS AND CHICKEN	1 Each	476	65	809	2.32	20.58	40.1	25.62	12.76	*0.00
Bagel & Cheese	1 Each	296	20	585	4.00	20.17	40.02	7.07	4.05	0.00
FRENCH FRIES, SPIRAL CUT TWIRL	1/2 CUP	85	0	160	1.33	1.33	16.68	3.34	0.67	0.00
FRUIT, CANNED	1/2 CUP	60	0	6	1.44	0.56	14.59	0.09	0.00	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	0.78	13.08	0.23	0.03	0.00
FRESH VEGETABLES	1/2 CUP	19	0	17	1.33	0.98	4.03	0.15	0.02	*0.00
Milk - Variety *	8 oz	107	7	147	0.00	8.0	15.33	0.83	0.50	0.00
Salsa, Scratch	2 TBSP	7	0	45	0.47	0.24	1.42	0.02	0.00	*0.00
HOT SAUCE, LOUISIANA	1/4 tsp	0	0	7	0.00	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		1102	92	1779	12.64	52.64	145.25	37.36	18.03	*0.00
% of Calories						19.1%	52.7%	30.5%	14.7%	*0.0%
Nutrient Guideline		600-650	150	1230	5.00			<=30.0	<10.00	

Sat - 05/06/2017										
Charter Lunch 2016	Total									
Sack Lunch	1 Each	287	54	915	2.00	20.86	29.91	10.07	3.69	0.00
Weighted Daily Average		287	54	915	2.00	20.86	29.91	10.07	3.69	0.00
% of Calories						29.1%	41.7%	31.6%	11.6%	0.0%
Nutrient Guideline		600-650	150	1230	5.00			<=30.0	<10.00	

Mon - 05/08/2017										
Charter Lunch 2016	Total									
Pot Roast, Turkey	3.55 oz	131	55	412	1.00	20.09	4.02	3.01	1.00	0.00
Bread Variety	2 oz	167	0	285	2.29	4.44	27.79	4.64	0.29	*0.00
Bagel & Cheese	1 Each	296	20	585	4.00	20.17	40.02	7.07	4.05	0.00
Mashed Potatoes	1/2 cup	12	0	54	0.00	0.0	2.36	0.17	0.00	0.00
FRUIT, CANNED	1/2 CUP	60	0	6	1.44	0.56	14.59	0.09	0.00	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	0.78	13.08	0.23	0.03	0.00
FRESH VEGETABLES	1/2 CUP	19	0	17	1.33	0.98	4.03	0.15	0.02	*0.00
Milk - Variety *	8 oz	107	7	147	0.00	8.0	15.33	0.83	0.50	0.00
Weighted Daily Average		843	82	1508	11.80	55.02	121.22	16.19	5.89	*0.00
% of Calories						26.1%	57.5%	17.3%	6.3%	*0.0%
Nutrient Guideline		600-650	150	1230	5.00			<=30.0	<10.00	

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Base Menu Spreadsheet

Charter Lunch 2016

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Tue - 05/09/2017										
Charter Lunch 2016	Total									
Chicken Alfredo	3/4 cup	342	61	696	1.50	22.31	35.33	13.33	7.14	0.00
Bread Variety	2 oz	167	0	285	2.29	4.44	27.79	4.64	0.29	*0.00
Bagel & Cheese	1 Each	296	20	585	4.00	20.17	40.02	7.07	4.05	0.00
Baby Carrots/Carrot Sticks	1/2 cup	25	0	48	1.85	0.51	5.77	0.12	0.02	0.00
Green Beans, canned, ckd	1/2 cup	20	0	19	2.19	1.09	4.38	0.0	0.00	0.00
FRUIT,CANNED	1/2 CUP	60	0	6	1.44	0.56	14.59	0.09	0.00	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	0.78	13.08	0.23	0.03	0.00
Milk - Variety *	8 oz	107	7	147	0.00	8.0	15.33	0.83	0.50	0.00
Weighted Daily Average		1068	88	1788	15.01	57.87	156.29	26.31	12.03	*0.00
% of Calories						21.7%	58.5%	22.2%	10.1%	*0.0%
Nutrient Guideline		600-650	150	1230	5.00			<=30.0	<10.00	

Wed - 05/10/2017										
Charter Lunch 2016	Total									
Pizza, Variety, Blackjack	SLICE	335	21	585	5.00	22.5	44.0	8.5	3.75	0.00
Bagel & Cheese	1 Each	296	20	585	4.00	20.17	40.02	7.07	4.05	0.00
Salad, Garden	1 CUP	21	0	39	2.04	1.87	3.76	0.31	0.05	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	0.78	13.08	0.23	0.03	0.00
FRUIT,CANNED	1/2 CUP	60	0	6	1.44	0.56	14.59	0.09	0.00	*0.00
FRESH VEGETABLES	1/2 CUP	19	0	17	1.33	0.98	4.03	0.15	0.02	*0.00
Milk - Variety *	8 oz	107	7	147	0.00	8.0	15.33	0.83	0.50	0.00
Ranch Dressing, Scratch	2 TBSP	48	6	170	0.06	0.58	2.43	4.08	0.65	*0.00
Italian Dressing, Scratch	2 Tbsp	153	2	198	0.03	0.85	1.17	16.82	1.55	*0.00
Weighted Daily Average		1091	56	1749	15.65	56.29	138.42	38.09	10.59	*0.00
% of Calories						20.6%	50.8%	31.4%	8.7%	*0.0%
Nutrient Guideline		600-650	150	1230	5.00			<=30.0	<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/11/2017										
Charter Lunch 2016	Total									
Chicken Sandwich, Crispy	1 EACH	394	59	621	5.00	22.0	42.0	16.0	3.00	0.00
Bagel & Cheese	1 Each	296	20	585	4.00	20.17	40.02	7.07	4.05	0.00
Baby Carrots/Carrot Sticks	1/2 cup	25	0	48	1.85	0.51	5.77	0.12	0.02	0.00
BAKED BEANS	1/2 CUP	135	0	522	4.89	6.85	30.17	0.0	0.00	*0.00
FRUIT,CANNED	1/2 CUP	60	0	6	1.44	0.56	14.59	0.09	0.00	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	0.78	13.08	0.23	0.03	0.00
Lettuce	1/2 CUP	8	0	4	0.95	0.56	1.49	0.14	0.02	0.00
Tomatoes, fresh sliced	3 slices	5	0	1	0.32	0.23	1.04	0.05	0.01	0.00
Pickles	2 each	1	0	113	0.00	0.0	0.0	0.0	0.00	0.00
Milk - Variety *	8 oz	107	7	147	0.00	8.0	15.33	0.83	0.50	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	0.0	0.0	0.0	0.00	0.00
MAYO DELIGHT	1 TBSP	46	7	131	0.00	0.0	1.31	4.6	0.66	0.00
Catsup	1 TBSP	15	0	160	0.00	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		1158	92	2521	20.19	59.67	168.81	29.13	8.28	*0.00
% of Calories						20.6%	58.3%	22.6%	6.4%	*0.0%
Nutrient Guideline		600-650	150	1230	5.00			<=30.0	<10.00	

Fri - 05/12/2017										
Charter Lunch 2016	Total									
ORANGE CHICKEN PLATE, LING K-8	Serving	283	40	280	1.56	14.12	47.07	4.17	0.50	0.00
Bagel & Cheese	1 Each	296	20	585	4.00	20.17	40.02	7.07	4.05	0.00
Vegetables, Mixed	1/2 cup	25	0	25	1.01	1.01	4.03	0.0	0.00	0.00
FRUIT,CANNED	1/2 CUP	60	0	6	1.44	0.56	14.59	0.09	0.00	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	0.78	13.08	0.23	0.03	0.00
FRESH VEGETABLES	1/2 CUP	19	0	17	1.33	0.98	4.03	0.15	0.02	*0.00
Milk - Variety *	8 oz	107	7	147	0.00	8.0	15.33	0.83	0.50	0.00
Weighted Daily Average		842	67	1062	11.08	45.62	138.15	12.54	5.10	*0.00
% of Calories						21.7%	65.6%	13.4%	5.4%	*0.0%
Nutrient Guideline		600-650	150	1230	5.00			<=30.0	<10.00	

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Mon - 05/15/2017										
Charter Lunch 2016	Total									
Meatballs and Orange Sauce	1 Serving	345	45	539	2.08	17.16	56.07	6.56	1.00	*0.00
Bagel & Cheese	1 Each	296	20	585	4.00	20.17	40.02	7.07	4.05	0.00
Vegetables, Mixed	1/2 cup	25	0	25	1.01	1.01	4.03	0.0	0.00	0.00
FRUIT,CANNED	1/2 CUP	60	0	6	1.44	0.56	14.59	0.09	0.00	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	0.78	13.08	0.23	0.03	0.00
FRESH VEGETABLES	1/2 CUP	19	0	17	1.33	0.98	4.03	0.15	0.02	*0.00
Milk - Variety *	8 oz	107	7	147	0.00	8.0	15.33	0.83	0.50	0.00
Weighted Daily Average		905	72	1322	11.60	48.66	147.15	14.93	5.60	*0.00
% of Calories						21.5%	65.1%	14.9%	5.6%	*0.0%
Nutrient Guideline		600-650	150	1230	5.00			<=30.0	<10.00	

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Tue - 05/16/2017										
Charter Lunch 2016	Total									
RAVIOLI, LARGE CHEESE,	3 EACH	246	50	833	4.30	15.71	32.27	6.83	3.08	*0.00
Bread Variety	2 oz	167	0	285	2.29	4.44	27.79	4.64	0.29	*0.00
Bagel & Cheese	1 Each	296	20	585	4.00	20.17	40.02	7.07	4.05	0.00
Baby Carrots/Carrot Sticks	1/2 cup	25	0	48	1.85	0.51	5.77	0.12	0.02	0.00
Green Beans, canned, ckd	1/2 cup	20	0	19	2.19	1.09	4.38	0.0	0.00	0.00
FRUIT,CANNED	1/2 CUP	60	0	6	1.44	0.56	14.59	0.09	0.00	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	0.78	13.08	0.23	0.03	0.00
Milk - Variety *	8 oz	107	7	147	0.00	8.0	15.33	0.83	0.50	0.00
Weighted Daily Average		972	77	1925	17.81	51.26	153.24	19.81	7.97	*0.00
% of Calories						21.1%	63.0%	18.3%	7.4%	*0.0%
Nutrient Guideline		600-650	150	1230	5.00			<=30.0	<10.00	

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Charter Lunch 2016

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/17/2017										
Charter Lunch 2016	Total									
Pizza, Variety, Blackjack	SLICE	335	21	585	5.00	22.5	44.0	8.5	3.75	0.00
Bagel & Cheese	1 Each	296	20	585	4.00	20.17	40.02	7.07	4.05	0.00
Salad, Garden	1 CUP	21	0	39	2.04	1.87	3.76	0.31	0.05	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	0.78	13.08	0.23	0.03	0.00
FRUIT,CANNED	1/2 CUP	60	0	6	1.44	0.56	14.59	0.09	0.00	*0.00
FRESH VEGETABLES	1/2 CUP	19	0	17	1.33	0.98	4.03	0.15	0.02	*0.00
Milk - Variety *	8 oz	107	7	147	0.00	8.0	15.33	0.83	0.50	0.00
Ranch Dressing, Scratch	2 TBSP	48	6	170	0.06	0.58	2.43	4.08	0.65	*0.00
Italian Dressing, Scratch	2 Tbsp	153	2	198	0.03	0.85	1.17	16.82	1.55	*0.00
Weighted Daily Average		1091	56	1749	15.65	56.29	138.42	38.09	10.59	*0.00
% of Calories						20.6%	50.8%	31.4%	8.7%	*0.0%
Nutrient Guideline		600-650	150	1230	5.00			<=30.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/18/2017										
Charter Lunch 2016	Total									
Enchiladas, Pepper Jack	SERVINGS	191	21	535	1.03	7.52	17.85	10.58	5.10	0.00
Bagel & Cheese	1 Each	296	20	585	4.00	20.17	40.02	7.07	4.05	0.00
Chicken Nuggets	4 each	203	47	257	2.40	13.6	12.0	11.2	2.40	0.00
Bread Variety	2 oz	167	0	285	2.29	4.44	27.79	4.64	0.29	*0.00
Baby Carrots/Carrot Sticks	1/2 cup	25	0	48	1.85	0.51	5.77	0.12	0.02	0.00
Refried Beans, Vegetarian, can	1/2 cup	130	0	430	6.00	8.0	24.0	1.0	0.00	0.00
FRUIT,CANNED	1/2 CUP	60	0	6	1.44	0.56	14.59	0.09	0.00	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	0.78	13.08	0.23	0.03	0.00
Milk - Variety *	8 oz	107	7	147	0.00	8.0	15.33	0.83	0.50	0.00
HOT SAUCE, LOUISIANA	1/4 tsp	0	0	7	0.00	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		1231	95	2303	20.74	63.58	170.44	35.76	12.39	*0.00
% of Calories						20.7%	55.4%	26.2%	9.1%	*0.0%
Nutrient Guideline		600-650	150	1230	5.00			<=30.0	<10.00	

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Littleton Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Charter Lunch 2016

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/19/2017										
Charter Lunch 2016	Total									
CORN DOG	1 each	280	40	660	5.00	9.0	31.0	13.0	0.00	0.00
Bagel & Cheese	1 Each	296	20	585	4.00	20.17	40.02	7.07	4.05	0.00
Tater Tots	1/2 CUP	90	0	170	1.00	1.0	14.0	3.5	0.00	0.00
FRUIT,CANNED	1/2 CUP	60	0	6	1.44	0.56	14.59	0.09	0.00	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	0.78	13.08	0.23	0.03	0.00
FRESH VEGETABLES	1/2 CUP	19	0	17	1.33	0.98	4.03	0.15	0.02	*0.00
Milk - Variety *	8 oz	107	7	147	0.00	8.0	15.33	0.83	0.50	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	0.0	0.0	0.0	0.00	0.00
Catsup	1 TBSP	15	0	160	0.00	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		934	67	1927	14.51	40.49	136.05	24.87	4.60	*0.00
% of Calories						17.3%	58.3%	24.0%	4.4%	*0.0%
Nutrient Guideline		600-650	150	1230	5.00			<=30.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/22/2017										
Charter Lunch 2016	Total									
Chicken Teriyaki Rice Bowl	servings	312	55	352	2.08	20.33	47.66	4.59	1.01	*0.00
Vegetables, Mixed	1/2 cup	25	0	25	1.01	1.01	4.03	0.0	0.00	0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	0.78	13.08	0.23	0.03	0.00
FRUIT,CANNED	1/2 CUP	60	0	6	1.44	0.56	14.59	0.09	0.00	*0.00
FRESH VEGETABLES	1/2 CUP	19	0	17	1.33	0.98	4.03	0.15	0.02	*0.00
Milk - Variety *	8 oz	107	7	147	0.00	8.0	15.33	0.83	0.50	0.00
Ranch Dressing, Scratch	2 TBSP	48	6	170	0.06	0.58	2.43	4.08	0.65	*0.00
Weighted Daily Average		623	68	719	7.66	32.24	101.15	9.97	2.20	*0.00
% of Calories						20.7%	64.9%	14.4%	3.2%	*0.0%
Nutrient Guideline		600-650	150	1230	5.00			<=30.0	<10.00	

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Littleton Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Charter Lunch 2016

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/23/2017										
Charter Lunch 2016	Total									
Hamburger	1 each	250	35	570	3.00	19.0	29.0	8.0	2.50	0.00
BAKED BEANS	1/2 CUP	135	0	522	4.89	6.85	30.17	0.0	0.00	*0.00
Baby Carrots/Carrot Sticks	1/2 cup	25	0	48	1.85	0.51	5.77	0.12	0.02	0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	0.78	13.08	0.23	0.03	0.00
FRUIT,CANNED	1/2 CUP	60	0	6	1.44	0.56	14.59	0.09	0.00	*0.00
FRESH VEGETABLES	1/2 CUP	19	0	17	1.33	0.98	4.03	0.15	0.02	*0.00
Milk - Variety *	8 oz	107	7	147	0.00	8.0	15.33	0.83	0.50	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	0.0	0.0	0.0	0.00	0.00
MAYO DELIGHT	1 TBSP	46	7	131	0.00	0.0	1.31	4.6	0.66	0.00
Catsup	1 TBSP	15	0	160	0.00	0.0	4.0	0.0	0.00	0.00
Lettuce	1/2 CUP	8	0	4	0.95	0.56	1.49	0.14	0.02	0.00
Tomatoes, fresh sliced	3 slices	5	0	1	0.32	0.23	1.04	0.05	0.01	0.00
Pickles	2 each	1	0	113	0.00	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		737	48	1901	15.52	37.47	119.82	14.21	3.75	*0.00
% of Calories						20.3%	65.0%	17.4%	4.6%	*0.0%
Nutrient Guideline		600-650	150	1230	5.00			<=30.0	<10.00	

Wed - 05/24/2017										
Charter Lunch 2016	Total									
Pizza, Variety, Blackjack	SLICE	335	21	585	5.00	22.5	44.0	8.5	3.75	0.00
Salad, Garden	1 CUP	21	0	39	2.04	1.87	3.76	0.31	0.05	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	0.78	13.08	0.23	0.03	0.00
FRUIT,CANNED	1/2 CUP	60	0	6	1.44	0.56	14.59	0.09	0.00	*0.00
FRESH VEGETABLES	1/2 CUP	19	0	17	1.33	0.98	4.03	0.15	0.02	*0.00
Milk - Variety *	8 oz	107	7	147	0.00	8.0	15.33	0.83	0.50	0.00
Weighted Daily Average		593	28	796	11.56	34.69	94.79	10.11	4.34	*0.00
% of Calories						23.4%	63.9%	15.3%	6.6%	*0.0%
Nutrient Guideline		600-650	150	1230	5.00			<=30.0	<10.00	

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Littleton Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Charter Lunch 2016

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/25/2017										
Charter Lunch 2016	Total									
Ham & Cheese Sandwich	Each	298	57	1036	2.00	19.2	31.38	11.58	4.69	0.00
Baby Carrots/Carrot Sticks	1/2 cup	25	0	48	1.85	0.51	5.77	0.12	0.02	0.00
Corn canned, yellow	1/2 cup	80	0	13	2.66	2.66	11.97	2.0	0.00	0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	0.78	13.08	0.23	0.03	0.00
FRUIT,CANNED	1/2 CUP	60	0	6	1.44	0.56	14.59	0.09	0.00	*0.00
FRESH VEGETABLES	1/2 CUP	19	0	17	1.33	0.98	4.03	0.15	0.02	*0.00
Milk - Variety *	8 oz	107	7	147	0.00	8.0	15.33	0.83	0.50	0.00
Weighted Daily Average		640	63	1269	11.02	32.69	96.15	15.00	5.26	*0.00
% of Calories						20.4%	60.1%	21.1%	7.4%	*0.0%
Nutrient Guideline		600-650	150	1230	5.00			<=30.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/26/2017										
Charter Lunch 2016	Total									
No School, Prep	1 EACH	0	0	1	0.00	0.0	0.0	0.0	0.00	*N/A*
Turkey Breast Sandwich	1 Each	292	46	830	2.00	21.25	30.5	9.87	3.63	0.00
Green Beans, canned, ckd	1/2 cup	20	0	19	2.19	1.09	4.38	0.0	0.00	0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	0.78	13.08	0.23	0.03	0.00
FRUIT,CANNED	1/2 CUP	60	0	6	1.44	0.56	14.59	0.09	0.00	*0.00
FRESH VEGETABLES	1/2 CUP	19	0	17	1.33	0.98	4.03	0.15	0.02	*0.00
Milk - Variety *	8 oz	107	7	147	0.00	8.0	15.33	0.83	0.50	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	0.0	0.0	0.0	0.00	0.00
MAYO DELIGHT	1 TBSP	46	7	131	0.00	0.0	1.31	4.6	0.66	0.00
Lettuce	1/2 CUP	8	0	4	0.95	0.56	1.49	0.14	0.02	0.00
Tomatoes, fresh sliced	3 slices	5	0	1	0.32	0.23	1.04	0.05	0.01	0.00
Pickles	2 each	1	0	113	0.00	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		312	30	726	4.99	16.73	42.88	7.98	2.43	*0.00
% of Calories						21.4%	54.9%	23.0%	7.0%	*0.0%
Nutrient Guideline		600-650	150	1230	5.00			<=30.0	<10.00	

Weighted Average		903	66	1578	13.89	47.02	131.54	22.90	7.55	*0.00
						20.8%	58.3%	22.8%	7.5%	*0.0%

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Littleton Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Charter Lunch 2016

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Cals (kcal) % of Target	Cholst (mg) Miss Data	Sodm (mg) Shortfall	Fiber (g) Shortfall	Protn (g) Overage	Carb (g) Overage	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	903		600 - 650	139%					253				Correction Required - Calories too High
Cholesterol (mg)	66		150	44%									
Sodium (mg)	1578		1230						348				Correction Required - Sodium too High
Fiber (g)	13.89		5.00	278%									
Protein (g)	47.02	20.82%											
Carbohydrate (g)	131.54	58.26%											
Total Fat (g)	22.90	22.82%	<=30.00%										
Saturated Fat (g)	7.55	7.52%	<10.00%										
Trans Fat ¹ (g)	0.00	0.00%			Missing								

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