

Littleton Public Schools

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Lunch 9-12 2016

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/01/2017											
Lunch 9-12 2016	Total										
Noodle Bar, Wk 1	1 Each	410	51	840	2.96	*1	23.04	49.2	14.04	6.72	*0.00
Cheeseburger	1 each	300	48	825	3.00	*N/A*	21.5	29.5	12.5	5.00	0.00
CHICKEN PATTY, HOT AND SPICY	1 EACH	410	25	700	5.00	*N/A*	20.0	44.0	17.0	3.00	0.00
Italian Sub Sandwich	1 sandwich	264	59	837	4.00	*N/A*	19.08	31.01	7.87	2.01	0.00
Turkey Breast Sandwich	1 Each	292	46	830	2.00	*N/A*	21.25	30.5	9.87	3.63	0.00
Ham & Cheese Sandwich	Each	298	57	1036	2.00	*N/A*	19.2	31.38	11.58	4.69	0.00
PBJ, frozen, WG	1 each	610	0	620	7.00	*N/A*	20.0	69.0	31.0	4.50	0.00
CHICKEN TENDERLOINS	3 EACH	263	25	395	3.03	*N/A*	15.17	16.19	15.17	2.53	0.00
Bread Variety	2 oz	167	0	285	2.29	*3	4.44	27.79	4.64	0.29	*0.00
Salad, Chicken Caesar, Sec	servings	373	62	667	6.67	*6	26.79	41.79	12.21	2.86	*0.00
Salad, Chef Secondary	1 Each	326	43	699	6.32	*6	24.05	35.89	10.86	2.93	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	*7	0.78	13.08	0.23	0.03	0.00
FRUIT,CANNED	1/2 CUP	56	0	6	1.27	*1	0.56	13.7	0.09	0.00	*0.00
FRESH VEGETABLES HS	1/2 CUP	50	0	64	2.87	*3	1.97	9.92	0.89	0.12	0.00
Baby Carrots/Carrot Sticks	1/2 cup	25	0	48	1.85	3	0.51	5.77	0.12	0.02	0.00
Salad, Garden	1 CUP	21	0	39	2.04	*1	1.87	3.76	0.31	0.05	*0.00
Dressing, Caesar	2 Tbsp	60	15	360	0.00	*N/A*	1.0	4.0	5.0	1.00	0.00
Italian Dressing, Scratch	2 Tbsp	153	2	198	0.03	*1	0.85	1.17	16.82	1.55	*0.00
Ranch Dressing, Scratch	2 TBSP	48	6	170	0.06	*0	0.58	2.43	4.08	0.65	*0.00
Catsup	1 TBSP	15	0	160	0.00	*N/A*	0.0	4.0	0.0	0.00	0.00
MAYO DELIGHT	1 TBSP	46	7	131	0.00	*N/A*	0.0	1.31	4.6	0.66	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	2 TBSP	62	0	259	0.00	*N/A*	0.0	16.05	0.0	0.00	0.00
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Lettuce	1/2 CUP	8	0	4	0.95	1	0.56	1.49	0.14	0.02	0.00
Tomatoes, fresh sliced	3 slices	5	0	1	0.32	1	0.23	1.04	0.05	0.01	0.00
Pickles	2 each	1	0	113	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		4437	452	9616	55.40	*32	231.43	499.30	179.91	42.75	*0.00
% of Calories						*2.9%	20.9%	45.0%	36.5%	8.7%	*0.0%
Nutrient Guideline		750-850	150	1420	6.50					<10.00	

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

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Littleton Public Schools

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Base Menu Spreadsheet

Lunch 9-12 2016

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/02/2017											
Lunch 9-12 2016	Total										
Asian Bar	Serving	340	46	457	2.08	*N/A*	17.49	56.11	5.23	0.83	*0.00
Hamburger	1 each	250	35	570	3.00	*N/A*	19.0	29.0	8.0	2.50	0.00
Chicken Sandwich, Crispy	1 EACH	394	59	621	5.00	*N/A*	22.0	42.0	16.0	3.00	0.00
PIZZA,VRTY, BIG DADDY, MS & HS	SLICE	372	42	588	2.99	*3	20.62	35.26	17.29	6.98	0.00
Italian Sub Sandwich	1 sandwich	264	59	837	4.00	*N/A*	19.08	31.01	7.87	2.01	0.00
Turkey Breast Sandwich	1 Each	292	46	830	2.00	*N/A*	21.25	30.5	9.87	3.63	0.00
Ham & Cheese Sandwich	Each	298	57	1036	2.00	*N/A*	19.2	31.38	11.58	4.69	0.00
PBJ, frozen, WG	1 each	610	0	620	7.00	*N/A*	20.0	69.0	31.0	4.50	0.00
Salad, Chicken Caesar, Sec	servings	373	62	667	6.67	*6	26.79	41.79	12.21	2.86	*0.00
Salad, Chef Secondary	1 Each	326	43	699	6.32	*6	24.05	35.89	10.86	2.93	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	*7	0.78	13.08	0.23	0.03	0.00
FRUIT,CANNED	1/2 CUP	56	0	6	1.27	*1	0.56	13.7	0.09	0.00	*0.00
FRESH VEGETABLES HS	1/2 CUP	50	0	64	2.87	*3	1.97	9.92	0.89	0.12	0.00
Baby Carrots/Carrot Sticks	1/2 cup	25	0	48	1.85	3	0.51	5.77	0.12	0.02	0.00
Vegetables, Mixed	1/2 cup	25	0	25	1.01	*N/A*	1.01	4.03	0.0	0.00	0.00
Dressing, Caesar	2 Tbsp	60	15	360	0.00	*N/A*	1.0	4.0	5.0	1.00	0.00
Italian Dressing, Scratch	2 Tbsp	153	2	198	0.03	*1	0.85	1.17	16.82	1.55	*0.00
Ranch Dressing, Scratch	2 TBSP	48	6	170	0.06	*0	0.58	2.43	4.08	0.65	*0.00
Catsup	1 TBSP	15	0	160	0.00	*N/A*	0.0	4.0	0.0	0.00	0.00
MAYO DELIGHT	1 TBSP	46	7	131	0.00	*N/A*	0.0	1.31	4.6	0.66	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Lettuce	1/2 CUP	8	0	4	0.95	1	0.56	1.49	0.14	0.02	0.00
Tomatoes, fresh sliced	3 slices	5	0	1	0.32	1	0.23	1.04	0.05	0.01	0.00
Pickles	2 each	1	0	113	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		4185	484	8536	51.15	*30	225.52	479.21	162.76	38.48	*0.00
% of Calories						*2.9%	21.6%	45.8%	35.0%	8.3%	*0.0%
Nutrient Guideline		750-850	150	1420	6.50					<10.00	

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/03/2017											
Lunch 9-12 2016	Total										
Nacho Bar	1 Each	452	52	879	2.73	*0	20.38	38.81	22.65	10.97	*0.00
Cheeseburger	1 each	300	48	825	3.00	*N/A*	21.5	29.5	12.5	5.00	0.00
CHICKEN PATTY, HOT AND SPICY	1 EACH	410	25	700	5.00	*N/A*	20.0	44.0	17.0	3.00	0.00
Italian Sub Sandwich	1 sandwich	264	59	837	4.00	*N/A*	19.08	31.01	7.87	2.01	0.00
Turkey Breast Sandwich	1 Each	292	46	830	2.00	*N/A*	21.25	30.5	9.87	3.63	0.00
Ham & Cheese Sandwich	Each	298	57	1036	2.00	*N/A*	19.2	31.38	11.58	4.69	0.00
PBJ, frozen, WG	1 each	610	0	620	7.00	*N/A*	20.0	69.0	31.0	4.50	0.00
CHICKEN TENDERLOINS	3 EACH	263	25	395	3.03	*N/A*	15.17	16.19	15.17	2.53	0.00
Bread Variety	2 oz	167	0	285	2.29	*3	4.44	27.79	4.64	0.29	*0.00
Salad, Chicken Caesar, Sec	servings	373	62	667	6.67	*6	26.79	41.79	12.21	2.86	*0.00
Salad, Chef Secondary	1 Each	326	43	699	6.32	*6	24.05	35.89	10.86	2.93	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	*7	0.78	13.08	0.23	0.03	0.00
FRUIT,CANNED	1/2 CUP	56	0	6	1.27	*1	0.56	13.7	0.09	0.00	*0.00
FRESH VEGETABLES HS	1/2 CUP	50	0	64	2.87	*3	1.97	9.92	0.89	0.12	0.00
Baby Carrots/Carrot Sticks	1/2 cup	25	0	48	1.85	3	0.51	5.77	0.12	0.02	0.00
Bean Black 1/2 cup	1/2 cup	120	0	140	6.00	*N/A*	7.0	23.0	0.5	0.00	0.00
Dressing, Caesar	2 Tbsp	60	15	360	0.00	*N/A*	1.0	4.0	5.0	1.00	0.00
Italian Dressing, Scratch	2 Tbsp	153	2	198	0.03	*1	0.85	1.17	16.82	1.55	*0.00
Ranch Dressing, Scratch	2 TBSP	48	6	170	0.06	*0	0.58	2.43	4.08	0.65	*0.00
Catsup	1 TBSP	15	0	160	0.00	*N/A*	0.0	4.0	0.0	0.00	0.00
MAYO DELIGHT	1 TBSP	46	7	131	0.00	*N/A*	0.0	1.31	4.6	0.66	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	2 TBSP	62	0	259	0.00	*N/A*	0.0	16.05	0.0	0.00	0.00
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Lettuce	1/2 CUP	8	0	4	0.95	1	0.56	1.49	0.14	0.02	0.00
Tomatoes, fresh sliced	3 slices	5	0	1	0.32	1	0.23	1.04	0.05	0.01	0.00
Pickles	2 each	1	0	113	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		4577	453	9756	59.12	*31	233.89	508.15	188.71	46.95	*0.00
% of Calories						*2.7%	20.4%	44.4%	37.1%	9.2%	*0.0%
Nutrient Guideline		750-850	150	1420	6.50					<10.00	

Sat - 03/04/2017											
Lunch 9-12 2016	Total										
Sack Lunch	1 Each	287	54	915	2.00	*N/A*	20.86	29.91	10.07	3.69	0.00

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		287	54	915	2.00	*N/A*	20.86	29.91	10.07	3.69	0.00
% of Calories						*N/A%*	29.1%	41.7%	31.6%	11.6%	0.0%
Nutrient Guideline		750-850	150	1420	6.50					<10.00	

Mon - 03/06/2017											
Lunch 9-12 2016	Total										
PIZZA BAR WEEK 2	1 Each	365	42	632	3.33	*1	21.29	36.49	15.5	6.50	*0.00
Cheeseburger	1 each	300	48	825	3.00	*N/A*	21.5	29.5	12.5	5.00	0.00
CHICKEN PATTY, HOT AND SPICY	1 EACH	410	25	700	5.00	*N/A*	20.0	44.0	17.0	3.00	0.00
Italian Sub Sandwich	1 sandwich	264	59	837	4.00	*N/A*	19.08	31.01	7.87	2.01	0.00
Turkey Breast Sandwich	1 Each	292	46	830	2.00	*N/A*	21.25	30.5	9.87	3.63	0.00
Ham & Cheese Sandwich	Each	298	57	1036	2.00	*N/A*	19.2	31.38	11.58	4.69	0.00
PBJ, frozen, WG	1 each	610	0	620	7.00	*N/A*	20.0	69.0	31.0	4.50	0.00
CHICKEN TENDERLOINS	3 EACH	263	25	395	3.03	*N/A*	15.17	16.19	15.17	2.53	0.00
Bread Variety	2 oz	167	0	285	2.29	*3	4.44	27.79	4.64	0.29	*0.00
Salad, Chicken Caesar, Sec	servings	373	62	667	6.67	*6	26.79	41.79	12.21	2.86	*0.00
Salad, Chef Secondary	1 Each	326	43	699	6.32	*6	24.05	35.89	10.86	2.93	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	*7	0.78	13.08	0.23	0.03	0.00
FRUIT,CANNED	1/2 CUP	56	0	6	1.27	*1	0.56	13.7	0.09	0.00	*0.00
FRESH VEGETABLES HS	1/2 CUP	50	0	64	2.87	*3	1.97	9.92	0.89	0.12	0.00
Baby Carrots/Carrot Sticks	1/2 cup	25	0	48	1.85	3	0.51	5.77	0.12	0.02	0.00
Corn canned, yellow	1/2 cup	80	0	13	2.66	*N/A*	2.66	11.97	2.0	0.00	0.00
Dressing, Caesar	2 Tbsp	60	15	360	0.00	*N/A*	1.0	4.0	5.0	1.00	0.00
Italian Dressing, Scratch	2 Tbsp	153	2	198	0.03	*1	0.85	1.17	16.82	1.55	*0.00
Ranch Dressing, Scratch	2 TBSP	48	6	170	0.06	*0	0.58	2.43	4.08	0.65	*0.00
Catsup	1 TBSP	15	0	160	0.00	*N/A*	0.0	4.0	0.0	0.00	0.00
MAYO DELIGHT	1 TBSP	46	7	131	0.00	*N/A*	0.0	1.31	4.6	0.66	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	2 TBSP	62	0	259	0.00	*N/A*	0.0	16.05	0.0	0.00	0.00
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Lettuce	1/2 CUP	8	0	4	0.95	1	0.56	1.49	0.14	0.02	0.00
Tomatoes, fresh sliced	3 slices	5	0	1	0.32	1	0.23	1.04	0.05	0.01	0.00
Pickles	2 each	1	0	113	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		4451	443	9383	56.39	*32	230.46	494.81	183.05	42.48	*0.00
% of Calories						*2.9%	20.7%	44.5%	37.0%	8.6%	*0.0%
Nutrient Guideline		750-850	150	1420	6.50					<10.00	

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Tue - 03/07/2017											
Lunch 9-12 2016	Total										
Smoke House Bar	SERVINGS	409	83	1206	3.25	*1	27.71	38.54	17.19	7.36	*0.00
Hamburger	1 each	250	35	570	3.00	*N/A*	19.0	29.0	8.0	2.50	0.00
Chicken Sandwich, Crispy	1 EACH	394	59	621	5.00	*N/A*	22.0	42.0	16.0	3.00	0.00
PIZZA,VRTY, BIG DADDY, MS & HS	SLICE	372	42	588	2.99	*3	20.62	35.26	17.29	6.98	0.00
Italian Sub Sandwich	1 sandwich	264	59	837	4.00	*N/A*	19.08	31.01	7.87	2.01	0.00
Turkey Breast Sandwich	1 Each	292	46	830	2.00	*N/A*	21.25	30.5	9.87	3.63	0.00
Ham & Cheese Sandwich	Each	298	57	1036	2.00	*N/A*	19.2	31.38	11.58	4.69	0.00
PBJ, frozen, WG	1 each	610	0	620	7.00	*N/A*	20.0	69.0	31.0	4.50	0.00
Salad, Chicken Caesar, Sec	servings	373	62	667	6.67	*6	26.79	41.79	12.21	2.86	*0.00
Salad, Chef Secondary	1 Each	326	43	699	6.32	*6	24.05	35.89	10.86	2.93	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	*7	0.78	13.08	0.23	0.03	0.00
FRUIT,CANNED	1/2 CUP	56	0	6	1.27	*1	0.56	13.7	0.09	0.00	*0.00
FRESH VEGETABLES HS	1/2 CUP	50	0	64	2.87	*3	1.97	9.92	0.89	0.12	0.00
Baby Carrots/Carrot Sticks	1/2 cup	25	0	48	1.85	3	0.51	5.77	0.12	0.02	0.00
Tater Tots	1/2 CUP	90	0	170	1.00	*N/A*	1.0	14.0	3.5	0.00	0.00
Dressing, Caesar	2 Tbsp	60	15	360	0.00	*N/A*	1.0	4.0	5.0	1.00	0.00
Italian Dressing, Scratch	2 Tbsp	153	2	198	0.03	*1	0.85	1.17	16.82	1.55	*0.00
Ranch Dressing, Scratch	2 TBSP	48	6	170	0.06	*0	0.58	2.43	4.08	0.65	*0.00
Catsup	1 TBSP	15	0	160	0.00	*N/A*	0.0	4.0	0.0	0.00	0.00
MAYO DELIGHT	1 TBSP	46	7	131	0.00	*N/A*	0.0	1.31	4.6	0.66	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	1 TBSP	31	0	129	0.00	*N/A*	0.0	8.03	0.0	0.00	0.00
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Lettuce	1/2 CUP	8	0	4	0.95	1	0.56	1.49	0.14	0.02	0.00
Tomatoes, fresh sliced	3 slices	5	0	1	0.32	1	0.23	1.04	0.05	0.01	0.00
Pickles	2 each	1	0	113	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		4350	521	9558	52.32	*31	235.74	479.64	178.22	45.00	*0.00
% of Calories						*2.8%	21.7%	44.1%	36.9%	9.3%	*0.0%
Nutrient Guideline		750-850	150	1420	6.50					<10.00	

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Littleton Public Schools

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Lunch 9-12 2016

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/08/2017											
Lunch 9-12 2016	Total										
Noodle Bar, Wk 2	1 Each	415	56	973	3.95	*1	23.23	53.94	12.52	5.75	*0.00
Cheeseburger	1 each	300	48	825	3.00	*N/A*	21.5	29.5	12.5	5.00	0.00
CHICKEN PATTY, HOT AND SPICY	1 EACH	410	25	700	5.00	*N/A*	20.0	44.0	17.0	3.00	0.00
Italian Sub Sandwich	1 sandwich	264	59	837	4.00	*N/A*	19.08	31.01	7.87	2.01	0.00
Turkey Breast Sandwich	1 Each	292	46	830	2.00	*N/A*	21.25	30.5	9.87	3.63	0.00
Ham & Cheese Sandwich	Each	298	57	1036	2.00	*N/A*	19.2	31.38	11.58	4.69	0.00
PBJ, frozen, WG	1 each	610	0	620	7.00	*N/A*	20.0	69.0	31.0	4.50	0.00
CHICKEN TENDERLOINS	3 EACH	263	25	395	3.03	*N/A*	15.17	16.19	15.17	2.53	0.00
Bread Variety	2 oz	167	0	285	2.29	*3	4.44	27.79	4.64	0.29	*0.00
Salad, Chicken Caesar, Sec	servings	373	62	667	6.67	*6	26.79	41.79	12.21	2.86	*0.00
Salad, Chef Secondary	1 Each	326	43	699	6.32	*6	24.05	35.89	10.86	2.93	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	*7	0.78	13.08	0.23	0.03	0.00
FRUIT,CANNED	1/2 CUP	56	0	6	1.27	*1	0.56	13.7	0.09	0.00	*0.00
FRESH VEGETABLES HS	1/2 CUP	50	0	64	2.87	*3	1.97	9.92	0.89	0.12	0.00
Baby Carrots/Carrot Sticks	1/2 cup	25	0	48	1.85	3	0.51	5.77	0.12	0.02	0.00
Salad, Garden	1 CUP	21	0	39	2.04	*1	1.87	3.76	0.31	0.05	*0.00
Dressing, Caesar	2 Tbsp	60	15	360	0.00	*N/A*	1.0	4.0	5.0	1.00	0.00
Italian Dressing, Scratch	2 Tbsp	153	2	198	0.03	*1	0.85	1.17	16.82	1.55	*0.00
Ranch Dressing, Scratch	2 TBSP	48	6	170	0.06	*0	0.58	2.43	4.08	0.65	*0.00
Catsup	1 TBSP	15	0	160	0.00	*N/A*	0.0	4.0	0.0	0.00	0.00
MAYO DELIGHT	1 TBSP	46	7	131	0.00	*N/A*	0.0	1.31	4.6	0.66	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	2 TBSP	62	0	259	0.00	*N/A*	0.0	16.05	0.0	0.00	0.00
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Lettuce	1/2 CUP	8	0	4	0.95	1	0.56	1.49	0.14	0.02	0.00
Tomatoes, fresh sliced	3 slices	5	0	1	0.32	1	0.23	1.04	0.05	0.01	0.00
Pickles	2 each	1	0	113	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		4441	456	9750	56.39	*33	231.62	504.05	178.39	41.78	*0.00
% of Calories						*2.9%	20.9%	45.4%	36.1%	8.5%	*0.0%
Nutrient Guideline		750-850	150	1420	6.50					<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Littleton Public Schools

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Lunch 9-12 2016

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/09/2017											
Lunch 9-12 2016	Total										
Asian Bar	Serving	340	46	457	2.08	*N/A*	17.49	56.11	5.23	0.83	*0.00
Hamburger	1 each	250	35	570	3.00	*N/A*	19.0	29.0	8.0	2.50	0.00
Chicken Sandwich, Crispy	1 EACH	394	59	621	5.00	*N/A*	22.0	42.0	16.0	3.00	0.00
PIZZA,VRTY, BIG DADDY, MS & HS	SLICE	372	42	588	2.99	*3	20.62	35.26	17.29	6.98	0.00
Italian Sub Sandwich	1 sandwich	264	59	837	4.00	*N/A*	19.08	31.01	7.87	2.01	0.00
Turkey Breast Sandwich	1 Each	292	46	830	2.00	*N/A*	21.25	30.5	9.87	3.63	0.00
Ham & Cheese Sandwich	Each	298	57	1036	2.00	*N/A*	19.2	31.38	11.58	4.69	0.00
PBJ, frozen, WG	1 each	610	0	620	7.00	*N/A*	20.0	69.0	31.0	4.50	0.00
Salad, Chicken Caesar, Sec	servings	373	62	667	6.67	*6	26.79	41.79	12.21	2.86	*0.00
Salad, Chef Secondary	1 Each	326	43	699	6.32	*6	24.05	35.89	10.86	2.93	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	*7	0.78	13.08	0.23	0.03	0.00
FRUIT,CANNED	1/2 CUP	56	0	6	1.27	*1	0.56	13.7	0.09	0.00	*0.00
FRESH VEGETABLES HS	1/2 CUP	50	0	64	2.87	*3	1.97	9.92	0.89	0.12	0.00
Baby Carrots/Carrot Sticks	1/2 cup	25	0	48	1.85	3	0.51	5.77	0.12	0.02	0.00
Vegetables, Mixed	1/2 cup	25	0	25	1.01	*N/A*	1.01	4.03	0.0	0.00	0.00
Dressing, Caesar	2 Tbsp	60	15	360	0.00	*N/A*	1.0	4.0	5.0	1.00	0.00
Italian Dressing, Scratch	2 Tbsp	153	2	198	0.03	*1	0.85	1.17	16.82	1.55	*0.00
Ranch Dressing, Scratch	2 TBSP	48	6	170	0.06	*0	0.58	2.43	4.08	0.65	*0.00
Catsup	1 TBSP	15	0	160	0.00	*N/A*	0.0	4.0	0.0	0.00	0.00
MAYO DELIGHT	1 TBSP	46	7	131	0.00	*N/A*	0.0	1.31	4.6	0.66	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Lettuce	1/2 CUP	8	0	4	0.95	1	0.56	1.49	0.14	0.02	0.00
Tomatoes, fresh sliced	3 slices	5	0	1	0.32	1	0.23	1.04	0.05	0.01	0.00
Pickles	2 each	1	0	113	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		4185	484	8536	51.15	*30	225.52	479.21	162.76	38.48	*0.00
% of Calories						*2.9%	21.6%	45.8%	35.0%	8.3%	*0.0%
Nutrient Guideline		750-850	150	1420	6.50					<10.00	

Fri - 03/10/2017											
Lunch 9-12 2016	Total										
No School	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

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Littleton Public Schools

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Lunch 9-12 2016

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Nutrient Guideline		750-850	150	1420	6.50					<10.00	

Mon - 03/13/2017											
Lunch 9-12 2016	Total										
PIZZA BAR WEEK 1	1 Each	359	39	609	3.43	*1	20.57	35.36	15.62	6.65	*0.00
Cheeseburger	1 each	300	48	825	3.00	*N/A*	21.5	29.5	12.5	5.00	0.00
CHICKEN PATTY, HOT AND SPICY	1 EACH	410	25	700	5.00	*N/A*	20.0	44.0	17.0	3.00	0.00
Italian Sub Sandwich	1 sandwich	264	59	837	4.00	*N/A*	19.08	31.01	7.87	2.01	0.00
Turkey Breast Sandwich	1 Each	292	46	830	2.00	*N/A*	21.25	30.5	9.87	3.63	0.00
Ham & Cheese Sandwich	Each	298	57	1036	2.00	*N/A*	19.2	31.38	11.58	4.69	0.00
PBJ, frozen, WG	1 each	610	0	620	7.00	*N/A*	20.0	69.0	31.0	4.50	0.00
CHICKEN TENDERLOINS	3 EACH	263	25	395	3.03	*N/A*	15.17	16.19	15.17	2.53	0.00
Bread Variety	2 oz	167	0	285	2.29	*3	4.44	27.79	4.64	0.29	*0.00
Salad, Chicken Caesar, Sec	servings	373	62	667	6.67	*6	26.79	41.79	12.21	2.86	*0.00
Salad, Chef Secondary	1 Each	326	43	699	6.32	*6	24.05	35.89	10.86	2.93	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	*7	0.78	13.08	0.23	0.03	0.00
FRUIT,CANNED	1/2 CUP	56	0	6	1.27	*1	0.56	13.7	0.09	0.00	*0.00
FRESH VEGETABLES HS	1/2 CUP	50	0	64	2.87	*3	1.97	9.92	0.89	0.12	0.00
Baby Carrots/Carrot Sticks	1/2 cup	25	0	48	1.85	3	0.51	5.77	0.12	0.02	0.00
Corn canned, yellow	1/2 cup	80	0	13	2.66	*N/A*	2.66	11.97	2.0	0.00	0.00
Dressing, Caesar	2 Tbsp	60	15	360	0.00	*N/A*	1.0	4.0	5.0	1.00	0.00
Italian Dressing, Scratch	2 Tbsp	153	2	198	0.03	*1	0.85	1.17	16.82	1.55	*0.00
Ranch Dressing, Scratch	2 TBSP	48	6	170	0.06	*0	0.58	2.43	4.08	0.65	*0.00
Catsup	1 TBSP	15	0	160	0.00	*N/A*	0.0	4.0	0.0	0.00	0.00
MAYO DELIGHT	1 TBSP	46	7	131	0.00	*N/A*	0.0	1.31	4.6	0.66	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	2 TBSP	62	0	259	0.00	*N/A*	0.0	16.05	0.0	0.00	0.00
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Lettuce	1/2 CUP	8	0	4	0.95	1	0.56	1.49	0.14	0.02	0.00
Tomatoes, fresh sliced	3 slices	5	0	1	0.32	1	0.23	1.04	0.05	0.01	0.00
Pickles	2 each	1	0	113	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		4445	440	9360	56.48	*32 *2.9%	229.75 20.7%	493.68 44.4%	183.17 37.1%	42.63 8.6%	*0.00 *0.0%
Nutrient Guideline		750-850	150	1420	6.50					<10.00	

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Littleton Public Schools

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Lunch 9-12 2016

Portion Values - Detailed

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Tue - 03/14/2017											
Lunch 9-12 2016	Total										
Smoke House Bar	SERVINGS	409	83	1206	3.25	*1	27.71	38.54	17.19	7.36	*0.00
Hamburger	1 each	250	35	570	3.00	*N/A*	19.0	29.0	8.0	2.50	0.00
Chicken Sandwich, Crispy	1 EACH	394	59	621	5.00	*N/A*	22.0	42.0	16.0	3.00	0.00
PIZZA,VRTY, BIG DADDY, MS & HS	SLICE	372	42	588	2.99	*3	20.62	35.26	17.29	6.98	0.00
Italian Sub Sandwich	1 sandwich	264	59	837	4.00	*N/A*	19.08	31.01	7.87	2.01	0.00
Turkey Breast Sandwich	1 Each	292	46	830	2.00	*N/A*	21.25	30.5	9.87	3.63	0.00
Ham & Cheese Sandwich	Each	298	57	1036	2.00	*N/A*	19.2	31.38	11.58	4.69	0.00
PBJ, frozen, WG	1 each	610	0	620	7.00	*N/A*	20.0	69.0	31.0	4.50	0.00
Salad, Chicken Caesar, Sec	servings	373	62	667	6.67	*6	26.79	41.79	12.21	2.86	*0.00
Salad, Chef Secondary	1 Each	326	43	699	6.32	*6	24.05	35.89	10.86	2.93	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	*7	0.78	13.08	0.23	0.03	0.00
FRUIT,CANNED	1/2 CUP	56	0	6	1.27	*1	0.56	13.7	0.09	0.00	*0.00
FRESH VEGETABLES HS	1/2 CUP	50	0	64	2.87	*3	1.97	9.92	0.89	0.12	0.00
Baby Carrots/Carrot Sticks	1/2 cup	25	0	48	1.85	3	0.51	5.77	0.12	0.02	0.00
Tater Tots	1/2 CUP	90	0	170	1.00	*N/A*	1.0	14.0	3.5	0.00	0.00
Dressing, Caesar	2 Tbsp	60	15	360	0.00	*N/A*	1.0	4.0	5.0	1.00	0.00
Italian Dressing, Scratch	2 Tbsp	153	2	198	0.03	*1	0.85	1.17	16.82	1.55	*0.00
Ranch Dressing, Scratch	2 TBSP	48	6	170	0.06	*0	0.58	2.43	4.08	0.65	*0.00
Catsup	1 TBSP	15	0	160	0.00	*N/A*	0.0	4.0	0.0	0.00	0.00
MAYO DELIGHT	1 TBSP	46	7	131	0.00	*N/A*	0.0	1.31	4.6	0.66	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	1 TBSP	31	0	129	0.00	*N/A*	0.0	8.03	0.0	0.00	0.00
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Lettuce	1/2 CUP	8	0	4	0.95	1	0.56	1.49	0.14	0.02	0.00
Tomatoes, fresh sliced	3 slices	5	0	1	0.32	1	0.23	1.04	0.05	0.01	0.00
Pickles	2 each	1	0	113	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		4350	521	9558	52.32	*31	235.74	479.64	178.22	45.00	*0.00
% of Calories						*2.8%	21.7%	44.1%	36.9%	9.3%	*0.0%
Nutrient Guideline		750-850	150	1420	6.50					<10.00	

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Littleton Public Schools

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Lunch 9-12 2016

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/15/2017											
Lunch 9-12 2016	Total										
Noodle Bar, Wk 1	1 Each	410	51	840	2.96	*1	23.04	49.2	14.04	6.72	*0.00
Cheeseburger	1 each	300	48	825	3.00	*N/A*	21.5	29.5	12.5	5.00	0.00
CHICKEN PATTY, HOT AND SPICY	1 EACH	410	25	700	5.00	*N/A*	20.0	44.0	17.0	3.00	0.00
Italian Sub Sandwich	1 sandwich	264	59	837	4.00	*N/A*	19.08	31.01	7.87	2.01	0.00
Turkey Breast Sandwich	1 Each	292	46	830	2.00	*N/A*	21.25	30.5	9.87	3.63	0.00
Ham & Cheese Sandwich	Each	298	57	1036	2.00	*N/A*	19.2	31.38	11.58	4.69	0.00
PBJ, frozen, WG	1 each	610	0	620	7.00	*N/A*	20.0	69.0	31.0	4.50	0.00
CHICKEN TENDERLOINS	3 EACH	263	25	395	3.03	*N/A*	15.17	16.19	15.17	2.53	0.00
Bread Variety	2 oz	167	0	285	2.29	*3	4.44	27.79	4.64	0.29	*0.00
Salad, Chicken Caesar, Sec	servings	373	62	667	6.67	*6	26.79	41.79	12.21	2.86	*0.00
Salad, Chef Secondary	1 Each	326	43	699	6.32	*6	24.05	35.89	10.86	2.93	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	*7	0.78	13.08	0.23	0.03	0.00
FRUIT,CANNED	1/2 CUP	56	0	6	1.27	*1	0.56	13.7	0.09	0.00	*0.00
FRESH VEGETABLES HS	1/2 CUP	50	0	64	2.87	*3	1.97	9.92	0.89	0.12	0.00
Baby Carrots/Carrot Sticks	1/2 cup	25	0	48	1.85	3	0.51	5.77	0.12	0.02	0.00
Salad, Garden	1 CUP	21	0	39	2.04	*1	1.87	3.76	0.31	0.05	*0.00
Dressing, Caesar	2 Tbsp	60	15	360	0.00	*N/A*	1.0	4.0	5.0	1.00	0.00
Italian Dressing, Scratch	2 Tbsp	153	2	198	0.03	*1	0.85	1.17	16.82	1.55	*0.00
Ranch Dressing, Scratch	2 TBSP	48	6	170	0.06	*0	0.58	2.43	4.08	0.65	*0.00
Catsup	1 TBSP	15	0	160	0.00	*N/A*	0.0	4.0	0.0	0.00	0.00
MAYO DELIGHT	1 TBSP	46	7	131	0.00	*N/A*	0.0	1.31	4.6	0.66	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	2 TBSP	62	0	259	0.00	*N/A*	0.0	16.05	0.0	0.00	0.00
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Lettuce	1/2 CUP	8	0	4	0.95	1	0.56	1.49	0.14	0.02	0.00
Tomatoes, fresh sliced	3 slices	5	0	1	0.32	1	0.23	1.04	0.05	0.01	0.00
Pickles	2 each	1	0	113	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		4437	452	9616	55.40	*32	231.43	499.30	179.91	42.75	*0.00
% of Calories						*2.9%	20.9%	45.0%	36.5%	8.7%	*0.0%
Nutrient Guideline		750-850	150	1420	6.50					<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Littleton Public Schools

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Lunch 9-12 2016

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/16/2017											
Lunch 9-12 2016	Total										
Asian Bar	Serving	340	46	457	2.08	*N/A*	17.49	56.11	5.23	0.83	*0.00
Hamburger	1 each	250	35	570	3.00	*N/A*	19.0	29.0	8.0	2.50	0.00
Chicken Sandwich, Crispy	1 EACH	394	59	621	5.00	*N/A*	22.0	42.0	16.0	3.00	0.00
PIZZA,VRTY, BIG DADDY, MS & HS	SLICE	372	42	588	2.99	*3	20.62	35.26	17.29	6.98	0.00
Italian Sub Sandwich	1 sandwich	264	59	837	4.00	*N/A*	19.08	31.01	7.87	2.01	0.00
Turkey Breast Sandwich	1 Each	292	46	830	2.00	*N/A*	21.25	30.5	9.87	3.63	0.00
Ham & Cheese Sandwich	Each	298	57	1036	2.00	*N/A*	19.2	31.38	11.58	4.69	0.00
PBJ, frozen, WG	1 each	610	0	620	7.00	*N/A*	20.0	69.0	31.0	4.50	0.00
Salad, Chicken Caesar, Sec	servings	373	62	667	6.67	*6	26.79	41.79	12.21	2.86	*0.00
Salad, Chef Secondary	1 Each	326	43	699	6.32	*6	24.05	35.89	10.86	2.93	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	*7	0.78	13.08	0.23	0.03	0.00
FRUIT,CANNED	1/2 CUP	56	0	6	1.27	*1	0.56	13.7	0.09	0.00	*0.00
FRESH VEGETABLES HS	1/2 CUP	50	0	64	2.87	*3	1.97	9.92	0.89	0.12	0.00
Baby Carrots/Carrot Sticks	1/2 cup	25	0	48	1.85	3	0.51	5.77	0.12	0.02	0.00
Vegetables, Mixed	1/2 cup	25	0	25	1.01	*N/A*	1.01	4.03	0.0	0.00	0.00
Dressing, Caesar	2 Tbsp	60	15	360	0.00	*N/A*	1.0	4.0	5.0	1.00	0.00
Italian Dressing, Scratch	2 Tbsp	153	2	198	0.03	*1	0.85	1.17	16.82	1.55	*0.00
Ranch Dressing, Scratch	2 TBSP	48	6	170	0.06	*0	0.58	2.43	4.08	0.65	*0.00
Catsup	1 TBSP	15	0	160	0.00	*N/A*	0.0	4.0	0.0	0.00	0.00
MAYO DELIGHT	1 TBSP	46	7	131	0.00	*N/A*	0.0	1.31	4.6	0.66	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Lettuce	1/2 CUP	8	0	4	0.95	1	0.56	1.49	0.14	0.02	0.00
Tomatoes, fresh sliced	3 slices	5	0	1	0.32	1	0.23	1.04	0.05	0.01	0.00
Pickles	2 each	1	0	113	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		4185	484	8536	51.15	*30	225.52	479.21	162.76	38.48	*0.00
% of Calories						*2.9%	21.6%	45.8%	35.0%	8.3%	*0.0%
Nutrient Guideline		750-850	150	1420	6.50					<10.00	

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Littleton Public Schools

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Lunch 9-12 2016

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/17/2017											
Lunch 9-12 2016	Total										
Nacho Bar	1 Each	452	52	879	2.73	*0	20.38	38.81	22.65	10.97	*0.00
Cheeseburger	1 each	300	48	825	3.00	*N/A*	21.5	29.5	12.5	5.00	0.00
CHICKEN PATTY, HOT AND SPICY	1 EACH	410	25	700	5.00	*N/A*	20.0	44.0	17.0	3.00	0.00
Italian Sub Sandwich	1 sandwich	264	59	837	4.00	*N/A*	19.08	31.01	7.87	2.01	0.00
Turkey Breast Sandwich	1 Each	292	46	830	2.00	*N/A*	21.25	30.5	9.87	3.63	0.00
Ham & Cheese Sandwich	Each	298	57	1036	2.00	*N/A*	19.2	31.38	11.58	4.69	0.00
PBJ, frozen, WG	1 each	610	0	620	7.00	*N/A*	20.0	69.0	31.0	4.50	0.00
CHICKEN TENDERLOINS	3 EACH	263	25	395	3.03	*N/A*	15.17	16.19	15.17	2.53	0.00
Bread Variety	2 oz	167	0	285	2.29	*3	4.44	27.79	4.64	0.29	*0.00
Salad, Chicken Caesar, Sec	servings	373	62	667	6.67	*6	26.79	41.79	12.21	2.86	*0.00
Salad, Chef Secondary	1 Each	326	43	699	6.32	*6	24.05	35.89	10.86	2.93	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	*7	0.78	13.08	0.23	0.03	0.00
FRUIT,CANNED	1/2 CUP	56	0	6	1.27	*1	0.56	13.7	0.09	0.00	*0.00
FRESH VEGETABLES HS	1/2 CUP	50	0	64	2.87	*3	1.97	9.92	0.89	0.12	0.00
Baby Carrots/Carrot Sticks	1/2 cup	25	0	48	1.85	3	0.51	5.77	0.12	0.02	0.00
Bean Black 1/2 cup	1/2 cup	120	0	140	6.00	*N/A*	7.0	23.0	0.5	0.00	0.00
Dressing, Caesar	2 Tbsp	60	15	360	0.00	*N/A*	1.0	4.0	5.0	1.00	0.00
Italian Dressing, Scratch	2 Tbsp	153	2	198	0.03	*1	0.85	1.17	16.82	1.55	*0.00
Ranch Dressing, Scratch	2 TBSP	48	6	170	0.06	*0	0.58	2.43	4.08	0.65	*0.00
Catsup	1 TBSP	15	0	160	0.00	*N/A*	0.0	4.0	0.0	0.00	0.00
MAYO DELIGHT	1 TBSP	46	7	131	0.00	*N/A*	0.0	1.31	4.6	0.66	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	2 TBSP	62	0	259	0.00	*N/A*	0.0	16.05	0.0	0.00	0.00
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Lettuce	1/2 CUP	8	0	4	0.95	1	0.56	1.49	0.14	0.02	0.00
Tomatoes, fresh sliced	3 slices	5	0	1	0.32	1	0.23	1.04	0.05	0.01	0.00
Pickles	2 each	1	0	113	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		4577	453	9756	59.12	*31	233.89	508.15	188.71	46.95	*0.00
% of Calories						*2.7%	20.4%	44.4%	37.1%	9.2%	*0.0%
Nutrient Guideline		750-850	150	1420	6.50					<10.00	

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Littleton Public Schools

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Lunch 9-12 2016

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/20/2017											
Lunch 9-12 2016	Total										
PIZZA BAR WEEK 2	1 Each	365	42	632	3.33	*1	21.29	36.49	15.5	6.50	*0.00
Cheeseburger	1 each	300	48	825	3.00	*N/A*	21.5	29.5	12.5	5.00	0.00
CHICKEN PATTY, HOT AND SPICY	1 EACH	410	25	700	5.00	*N/A*	20.0	44.0	17.0	3.00	0.00
Italian Sub Sandwich	1 sandwich	264	59	837	4.00	*N/A*	19.08	31.01	7.87	2.01	0.00
Turkey Breast Sandwich	1 Each	292	46	830	2.00	*N/A*	21.25	30.5	9.87	3.63	0.00
Ham & Cheese Sandwich	Each	298	57	1036	2.00	*N/A*	19.2	31.38	11.58	4.69	0.00
PBJ, frozen, WG	1 each	610	0	620	7.00	*N/A*	20.0	69.0	31.0	4.50	0.00
CHICKEN TENDERLOINS	3 EACH	263	25	395	3.03	*N/A*	15.17	16.19	15.17	2.53	0.00
Bread Variety	2 oz	167	0	285	2.29	*3	4.44	27.79	4.64	0.29	*0.00
Salad, Chicken Caesar, Sec	servings	373	62	667	6.67	*6	26.79	41.79	12.21	2.86	*0.00
Salad, Chef Secondary	1 Each	326	43	699	6.32	*6	24.05	35.89	10.86	2.93	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	*7	0.78	13.08	0.23	0.03	0.00
FRUIT,CANNED	1/2 CUP	56	0	6	1.27	*1	0.56	13.7	0.09	0.00	*0.00
FRESH VEGETABLES HS	1/2 CUP	50	0	64	2.87	*3	1.97	9.92	0.89	0.12	0.00
Baby Carrots/Carrot Sticks	1/2 cup	25	0	48	1.85	3	0.51	5.77	0.12	0.02	0.00
Corn canned, yellow	1/2 cup	80	0	13	2.66	*N/A*	2.66	11.97	2.0	0.00	0.00
Dressing, Caesar	2 Tbsp	60	15	360	0.00	*N/A*	1.0	4.0	5.0	1.00	0.00
Italian Dressing, Scratch	2 Tbsp	153	2	198	0.03	*1	0.85	1.17	16.82	1.55	*0.00
Ranch Dressing, Scratch	2 TBSP	48	6	170	0.06	*0	0.58	2.43	4.08	0.65	*0.00
Catsup	1 TBSP	15	0	160	0.00	*N/A*	0.0	4.0	0.0	0.00	0.00
MAYO DELIGHT	1 TBSP	46	7	131	0.00	*N/A*	0.0	1.31	4.6	0.66	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	2 TBSP	62	0	259	0.00	*N/A*	0.0	16.05	0.0	0.00	0.00
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Lettuce	1/2 CUP	8	0	4	0.95	1	0.56	1.49	0.14	0.02	0.00
Tomatoes, fresh sliced	3 slices	5	0	1	0.32	1	0.23	1.04	0.05	0.01	0.00
Pickles	2 each	1	0	113	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		4451	443	9383	56.39	*32	230.46	494.81	183.05	42.48	*0.00
% of Calories						*2.9%	20.7%	44.5%	37.0%	8.6%	*0.0%
Nutrient Guideline		750-850	150	1420	6.50					<10.00	

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Littleton Public Schools

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Lunch 9-12 2016

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/21/2017											
Lunch 9-12 2016	Total										
Smoke House Bar	SERVINGS	409	83	1206	3.25	*1	27.71	38.54	17.19	7.36	*0.00
Hamburger	1 each	250	35	570	3.00	*N/A*	19.0	29.0	8.0	2.50	0.00
Chicken Sandwich, Crispy	1 EACH	394	59	621	5.00	*N/A*	22.0	42.0	16.0	3.00	0.00
PIZZA,VRTY, BIG DADDY, MS & HS	SLICE	372	42	588	2.99	*3	20.62	35.26	17.29	6.98	0.00
Italian Sub Sandwich	1 sandwich	264	59	837	4.00	*N/A*	19.08	31.01	7.87	2.01	0.00
Turkey Breast Sandwich	1 Each	292	46	830	2.00	*N/A*	21.25	30.5	9.87	3.63	0.00
Ham & Cheese Sandwich	Each	298	57	1036	2.00	*N/A*	19.2	31.38	11.58	4.69	0.00
PBJ, frozen, WG	1 each	610	0	620	7.00	*N/A*	20.0	69.0	31.0	4.50	0.00
Salad, Chicken Caesar, Sec	servings	373	62	667	6.67	*6	26.79	41.79	12.21	2.86	*0.00
Salad, Chef Secondary	1 Each	326	43	699	6.32	*6	24.05	35.89	10.86	2.93	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	*7	0.78	13.08	0.23	0.03	0.00
FRUIT,CANNED	1/2 CUP	56	0	6	1.27	*1	0.56	13.7	0.09	0.00	*0.00
FRESH VEGETABLES HS	1/2 CUP	50	0	64	2.87	*3	1.97	9.92	0.89	0.12	0.00
Baby Carrots/Carrot Sticks	1/2 cup	25	0	48	1.85	3	0.51	5.77	0.12	0.02	0.00
Tater Tots	1/2 CUP	90	0	170	1.00	*N/A*	1.0	14.0	3.5	0.00	0.00
Dressing, Caesar	2 Tbsp	60	15	360	0.00	*N/A*	1.0	4.0	5.0	1.00	0.00
Italian Dressing, Scratch	2 Tbsp	153	2	198	0.03	*1	0.85	1.17	16.82	1.55	*0.00
Ranch Dressing, Scratch	2 TBSP	48	6	170	0.06	*0	0.58	2.43	4.08	0.65	*0.00
Catsup	1 TBSP	15	0	160	0.00	*N/A*	0.0	4.0	0.0	0.00	0.00
MAYO DELIGHT	1 TBSP	46	7	131	0.00	*N/A*	0.0	1.31	4.6	0.66	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	1 TBSP	31	0	129	0.00	*N/A*	0.0	8.03	0.0	0.00	0.00
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Lettuce	1/2 CUP	8	0	4	0.95	1	0.56	1.49	0.14	0.02	0.00
Tomatoes, fresh sliced	3 slices	5	0	1	0.32	1	0.23	1.04	0.05	0.01	0.00
Pickles	2 each	1	0	113	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		4350	521	9558	52.32	*31	235.74	479.64	178.22	45.00	*0.00
% of Calories						*2.8%	21.7%	44.1%	36.9%	9.3%	*0.0%
Nutrient Guideline		750-850	150	1420	6.50					<10.00	

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Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Lunch 9-12 2016

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/22/2017											
Lunch 9-12 2016	Total										
Noodle Bar, Wk 2	1 Each	415	56	973	3.95	*1	23.23	53.94	12.52	5.75	*0.00
Cheeseburger	1 each	300	48	825	3.00	*N/A*	21.5	29.5	12.5	5.00	0.00
CHICKEN PATTY, HOT AND SPICY	1 EACH	410	25	700	5.00	*N/A*	20.0	44.0	17.0	3.00	0.00
Italian Sub Sandwich	1 sandwich	264	59	837	4.00	*N/A*	19.08	31.01	7.87	2.01	0.00
Turkey Breast Sandwich	1 Each	292	46	830	2.00	*N/A*	21.25	30.5	9.87	3.63	0.00
Ham & Cheese Sandwich	Each	298	57	1036	2.00	*N/A*	19.2	31.38	11.58	4.69	0.00
PBJ, frozen, WG	1 each	610	0	620	7.00	*N/A*	20.0	69.0	31.0	4.50	0.00
CHICKEN TENDERLOINS	3 EACH	263	25	395	3.03	*N/A*	15.17	16.19	15.17	2.53	0.00
Bread Variety	2 oz	167	0	285	2.29	*3	4.44	27.79	4.64	0.29	*0.00
Salad, Chicken Caesar, Sec	servings	373	62	667	6.67	*6	26.79	41.79	12.21	2.86	*0.00
Salad, Chef Secondary	1 Each	326	43	699	6.32	*6	24.05	35.89	10.86	2.93	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	*7	0.78	13.08	0.23	0.03	0.00
FRUIT,CANNED	1/2 CUP	56	0	6	1.27	*1	0.56	13.7	0.09	0.00	*0.00
FRESH VEGETABLES HS	1/2 CUP	50	0	64	2.87	*3	1.97	9.92	0.89	0.12	0.00
Baby Carrots/Carrot Sticks	1/2 cup	25	0	48	1.85	3	0.51	5.77	0.12	0.02	0.00
Salad, Garden	1 CUP	21	0	39	2.04	*1	1.87	3.76	0.31	0.05	*0.00
Dressing, Caesar	2 Tbsp	60	15	360	0.00	*N/A*	1.0	4.0	5.0	1.00	0.00
Italian Dressing, Scratch	2 Tbsp	153	2	198	0.03	*1	0.85	1.17	16.82	1.55	*0.00
Ranch Dressing, Scratch	2 TBSP	48	6	170	0.06	*0	0.58	2.43	4.08	0.65	*0.00
Catsup	1 TBSP	15	0	160	0.00	*N/A*	0.0	4.0	0.0	0.00	0.00
MAYO DELIGHT	1 TBSP	46	7	131	0.00	*N/A*	0.0	1.31	4.6	0.66	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	2 TBSP	62	0	259	0.00	*N/A*	0.0	16.05	0.0	0.00	0.00
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Lettuce	1/2 CUP	8	0	4	0.95	1	0.56	1.49	0.14	0.02	0.00
Tomatoes, fresh sliced	3 slices	5	0	1	0.32	1	0.23	1.04	0.05	0.01	0.00
Pickles	2 each	1	0	113	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		4441	456	9750	56.39	*33	231.62	504.05	178.39	41.78	*0.00
% of Calories						*2.9%	20.9%	45.4%	36.1%	8.5%	*0.0%
Nutrient Guideline		750-850	150	1420	6.50					<10.00	

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Littleton Public Schools

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Lunch 9-12 2016

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/23/2017											
Lunch 9-12 2016	Total										
Asian Bar	Serving	340	46	457	2.08	*N/A*	17.49	56.11	5.23	0.83	*0.00
Hamburger	1 each	250	35	570	3.00	*N/A*	19.0	29.0	8.0	2.50	0.00
Chicken Sandwich, Crispy	1 EACH	394	59	621	5.00	*N/A*	22.0	42.0	16.0	3.00	0.00
PIZZA,VRTY, BIG DADDY, MS & HS	SLICE	372	42	588	2.99	*3	20.62	35.26	17.29	6.98	0.00
Italian Sub Sandwich	1 sandwich	264	59	837	4.00	*N/A*	19.08	31.01	7.87	2.01	0.00
Turkey Breast Sandwich	1 Each	292	46	830	2.00	*N/A*	21.25	30.5	9.87	3.63	0.00
Ham & Cheese Sandwich	Each	298	57	1036	2.00	*N/A*	19.2	31.38	11.58	4.69	0.00
PBJ, frozen, WG	1 each	610	0	620	7.00	*N/A*	20.0	69.0	31.0	4.50	0.00
Salad, Chicken Caesar, Sec	servings	373	62	667	6.67	*6	26.79	41.79	12.21	2.86	*0.00
Salad, Chef Secondary	1 Each	326	43	699	6.32	*6	24.05	35.89	10.86	2.93	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	*7	0.78	13.08	0.23	0.03	0.00
FRUIT,CANNED	1/2 CUP	56	0	6	1.27	*1	0.56	13.7	0.09	0.00	*0.00
FRESH VEGETABLES HS	1/2 CUP	50	0	64	2.87	*3	1.97	9.92	0.89	0.12	0.00
Baby Carrots/Carrot Sticks	1/2 cup	25	0	48	1.85	3	0.51	5.77	0.12	0.02	0.00
Vegetables, Mixed	1/2 cup	25	0	25	1.01	*N/A*	1.01	4.03	0.0	0.00	0.00
Dressing, Caesar	2 Tbsp	60	15	360	0.00	*N/A*	1.0	4.0	5.0	1.00	0.00
Italian Dressing, Scratch	2 Tbsp	153	2	198	0.03	*1	0.85	1.17	16.82	1.55	*0.00
Ranch Dressing, Scratch	2 TBSP	48	6	170	0.06	*0	0.58	2.43	4.08	0.65	*0.00
Catsup	1 TBSP	15	0	160	0.00	*N/A*	0.0	4.0	0.0	0.00	0.00
MAYO DELIGHT	1 TBSP	46	7	131	0.00	*N/A*	0.0	1.31	4.6	0.66	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Lettuce	1/2 CUP	8	0	4	0.95	1	0.56	1.49	0.14	0.02	0.00
Tomatoes, fresh sliced	3 slices	5	0	1	0.32	1	0.23	1.04	0.05	0.01	0.00
Pickles	2 each	1	0	113	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		4185	484	8536	51.15	*30	225.52	479.21	162.76	38.48	*0.00
% of Calories						*2.9%	21.6%	45.8%	35.0%	8.3%	*0.0%
Nutrient Guideline		750-850	150	1420	6.50					<10.00	

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Littleton Public Schools

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Lunch 9-12 2016

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/24/2017											
Lunch 9-12 2016	Total										
Nacho Bar	1 Each	452	52	879	2.73	*0	20.38	38.81	22.65	10.97	*0.00
Cheeseburger	1 each	300	48	825	3.00	*N/A*	21.5	29.5	12.5	5.00	0.00
CHICKEN PATTY, HOT AND SPICY	1 EACH	410	25	700	5.00	*N/A*	20.0	44.0	17.0	3.00	0.00
Italian Sub Sandwich	1 sandwich	264	59	837	4.00	*N/A*	19.08	31.01	7.87	2.01	0.00
Turkey Breast Sandwich	1 Each	292	46	830	2.00	*N/A*	21.25	30.5	9.87	3.63	0.00
Ham & Cheese Sandwich	Each	298	57	1036	2.00	*N/A*	19.2	31.38	11.58	4.69	0.00
PBJ, frozen, WG	1 each	610	0	620	7.00	*N/A*	20.0	69.0	31.0	4.50	0.00
CHICKEN TENDERLOINS	3 EACH	263	25	395	3.03	*N/A*	15.17	16.19	15.17	2.53	0.00
Bread Variety	2 oz	167	0	285	2.29	*3	4.44	27.79	4.64	0.29	*0.00
Salad, Chicken Caesar, Sec	servings	373	62	667	6.67	*6	26.79	41.79	12.21	2.86	*0.00
Salad, Chef Secondary	1 Each	326	43	699	6.32	*6	24.05	35.89	10.86	2.93	*0.00
FRESH FRUIT	1/2 CUP	52	0	3	1.74	*7	0.78	13.08	0.23	0.03	0.00
FRUIT,CANNED	1/2 CUP	56	0	6	1.27	*1	0.56	13.7	0.09	0.00	*0.00
FRESH VEGETABLES HS	1/2 CUP	50	0	64	2.87	*3	1.97	9.92	0.89	0.12	0.00
Baby Carrots/Carrot Sticks	1/2 cup	25	0	48	1.85	3	0.51	5.77	0.12	0.02	0.00
Bean Black 1/2 cup	1/2 cup	120	0	140	6.00	*N/A*	7.0	23.0	0.5	0.00	0.00
Dressing, Caesar	2 Tbsp	60	15	360	0.00	*N/A*	1.0	4.0	5.0	1.00	0.00
Italian Dressing, Scratch	2 Tbsp	153	2	198	0.03	*1	0.85	1.17	16.82	1.55	*0.00
Ranch Dressing, Scratch	2 TBSP	48	6	170	0.06	*0	0.58	2.43	4.08	0.65	*0.00
Catsup	1 TBSP	15	0	160	0.00	*N/A*	0.0	4.0	0.0	0.00	0.00
MAYO DELIGHT	1 TBSP	46	7	131	0.00	*N/A*	0.0	1.31	4.6	0.66	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	2 TBSP	62	0	259	0.00	*N/A*	0.0	16.05	0.0	0.00	0.00
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Lettuce	1/2 CUP	8	0	4	0.95	1	0.56	1.49	0.14	0.02	0.00
Tomatoes, fresh sliced	3 slices	5	0	1	0.32	1	0.23	1.04	0.05	0.01	0.00
Pickles	2 each	1	0	113	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		4577	453	9756	59.12	*31	233.89	508.15	188.71	46.95	*0.00
% of Calories						*2.7%	20.4%	44.4%	37.1%	9.2%	*0.0%
Nutrient Guideline		750-850	150	1420	6.50					<10.00	

Mon - 03/27/2017											
Lunch 9-12 2016	Total										
No School	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

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Littleton Public Schools

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Lunch 9-12 2016

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Nutrient Guideline		750-850	150	1420	6.50					<10.00	

Tue - 03/28/2017											
Lunch 9-12 2016 No School	Total 1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Nutrient Guideline		750-850	150	1420	6.50					<10.00	

Wed - 03/29/2017											
Lunch 9-12 2016 No School	Total 1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Nutrient Guideline		750-850	150	1420	6.50					<10.00	

Thu - 03/30/2017											
Lunch 9-12 2016 No School	Total 1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Nutrient Guideline		750-850	150	1420	6.50					<10.00	

Fri - 03/31/2017											
Lunch 9-12 2016 No School	Total 1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

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Littleton Public Schools

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Base Menu Spreadsheet

Lunch 9-12 2016

Portion Values - Detailed

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Weighted Daily Average % of Calories		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Nutrient Guideline		750-850	150	1420	6.50					<10.00	

Weighted Average		3121	335	6661	38.66	*22 *6.3%	164.28 21.1%	349.76 44.8%	125.91 36.3%	30.17 8.7%	*N/A*
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	3121		750 - 850	367%			2271	Correction Required - Calories too High
Cholesterol (mg)	335		150	224%				Correction Required - Cholesterol too High
Sodium (mg)	6661		1420				5241	Correction Required - Sodium too High
Fiber (g)	38.66		6.50	595%				
Sugars (g)	22	2.81%			Missing			
Protein (g)	164.28	21.05%						
Carbohydrate (g)	349.76	44.83%						
Total Fat (g)	125.91	36.31%						
Saturated Fat (g)	30.17	8.70%	<10.00%					
Trans Fat ¹ (g)	*N/A*				Missing			

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