

# Littleton Public Schools

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Lunch K-5 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 <sup>1</sup> (g)
Wed - 03/01/2017											
Lunch K-5 2016	Total										
PIZZA,VRTY, BIG DADDY PRIMO	SLICE	365	40	510	3.00	*N/A*	21.0	35.5	16.5	7.00	0.00
Yogurt Cup & Muffin	1 Each	331	20	281	2.18	*0	9.09	63.68	5.0	2.49	*0.00
Bagel & Cheese	1 Each	296	20	585	4.00	*N/A*	20.17	40.02	7.07	4.05	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
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
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Ranch Dressing, Scratch	2 TBSP	48	6	170	0.06	*0	0.58	2.43	4.08	0.65	*0.00
Italian Dressing, Scratch	2 Tbsp	153	2	198	0.03	*1	0.85	1.17	16.82	1.55	*0.00
Weighted Daily Average		1454	95	1986	16.17	*13	63.41	194.45	51.06	16.33	*0.00
% of Calories						*3.7%	17.4%	53.5%	31.6%	10.1%	*0.0%
Nutrient Guideline		550-650	150	1230	4.50					<10.00	

Thu - 03/02/2017											
Lunch K-5 2016	Total										
Grilled Cheese, homemade, K-8	SERVINGS	326	38	1106	2.00	*N/A*	13.52	31.52	17.32	7.87	*0.00
Straw Hat	Serving	344	36	783	3.94	*2	15.43	33.12	17.41	6.23	*0.00
Salad, Chicken Caesar, elem	servings	327	64	840	5.53	*4	21.9	31.67	14.2	3.49	*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
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	1/2 CUP	19	0	17	1.33	*1	0.98	4.03	0.15	0.02	*0.00
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
HOT SAUCE, LOUISIANA	1/4 tsp	0	0	7	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		1336	144	2969	20.31	*19	64.33	160.19	52.34	18.15	*0.00
% of Calories						*5.6%	19.3%	48.0%	35.3%	12.2%	*0.0%
Nutrient Guideline		550-650	150	1230	4.50					<10.00	

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Base Menu Spreadsheet

Lunch K-5 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 <sup>1</sup> (g)
Fri - 03/03/2017											
Lunch K-5 2016	Total										
Pig in a Blanket	1 Each	288	46	913	2.12	*3	11.26	28.11	15.02	3.27	*0.00
Salad, Taco	Serving	456	32	286	6.14	*2	18.04	42.38	24.77	10.99	*0.00
Bagel & Cheese	1 Each	296	20	585	4.00	*N/A*	20.17	40.02	7.07	4.05	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
BAKED BEANS	1/2 CUP	135	0	522	4.89	*2	6.85	30.17	0.0	0.00	*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	1/2 CUP	19	0	17	1.33	*1	0.98	4.03	0.15	0.02	*0.00
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Catsup	1 TBSP	15	0	160	0.00	*N/A*	0.0	4.0	0.0	0.00	0.00
Salsa, Scratch	2 TBSP	7	0	45	0.47	*0	0.24	1.42	0.02	0.00	*0.00
HOT SAUCE, LOUISIANA	1/4 tsp	0	0	7	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		1471	104	2917	23.80	*20	67.39	198.02	48.31	18.88	*0.00
% of Calories						*5.4%	18.3%	53.8%	29.6%	11.6%	*0.0%
Nutrient Guideline		550-650	150	1230	4.50					<10.00	
Sat - 03/04/2017											
Lunch K-5 2016	Total										
Sack Lunch	1 Each	287	54	915	2.00	*N/A*	20.86	29.91	10.07	3.69	0.00
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		550-650	150	1230	4.50					<10.00	

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Littleton Public Schools

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Lunch K-5 2016

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 03/06/2017											
Lunch K-5 2016	Total										
Penne with Meatballs, Elem.	1 Serving	289	45	654	2.86	*0	19.3	40.7	6.24	1.05	*0.00
Turkey Breast Sandwich	1 Each	292	46	830	2.00	*N/A*	21.25	30.5	9.87	3.63	0.00
Bagel & Cheese	1 Each	296	20	585	4.00	*N/A*	20.17	40.02	7.07	4.05	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
Green Beans, canned, ckd	1/2 cup	20	0	19	2.19	*N/A*	1.09	4.38	0.0	0.00	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	1/2 CUP	19	0	17	1.33	*1	0.98	4.03	0.15	0.02	*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
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	*N/A*	0.0	0.0	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
Weighted Daily Average		1231	125	2737	18.51	*14	73.44	171.36	29.40	9.97	*0.00
% of Calories						*4.7%	23.9%	55.7%	21.5%	7.3%	*0.0%
Nutrient Guideline		550-650	150	1230	4.50					<10.00	

Tue - 03/07/2017											
Lunch K-5 2016	Total										
French Toast w/ Sausage Elem	Serving	361	30	462	2.01	*N/A*	12.02	43.17	17.05	4.01	0.00
Burrito Bean & Cheese, elem	1 each	289	11	517	5.56	*N/A*	12.26	42.32	8.27	2.99	*0.00
Salad, Chef Elementary	1 Each	299	31	614	6.31	*6	19.8	35.87	9.74	2.55	*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
Baby Carrots/Carrot Sticks	1/2 cup	25	0	48	1.85	3	0.51	5.77	0.12	0.02	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	1/2 CUP	19	0	17	1.33	*1	0.98	4.03	0.15	0.02	*0.00
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
SYRUP,PANCAKE	1 Tbsp	5	0	38	0.00	*N/A*	0.0	2.0	0.0	0.00	0.00
Salsa, Scratch	2 TBSP	7	0	45	0.47	*0	0.24	1.42	0.02	0.00	*0.00
HOT SAUCE, LOUISIANA	1/4 tsp	0	0	7	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Ranch Dressing, Scratch	1 TBSP	24	3	85	0.03	*0	0.29	1.22	2.04	0.32	*0.00
Italian Dressing, Scratch	1 Tbsp	76	1	99	0.02	*0	0.42	0.58	8.41	0.77	*0.00

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Lunch K-5 2016

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Weighted Daily Average		1440	83	2226	26.58	*19	62.86	201.50	47.45	11.22	*0.00
% of Calories						*5.2%	17.5%	56.0%	29.7%	7.0%	*0.0%
Nutrient Guideline		550-650	150	1230	4.50					<10.00	

Wed - 03/08/2017											
Lunch K-5 2016	Total										
PIZZA,VRTY, BIG DADDY PRIMO	SLICE	365	40	510	3.00	*N/A*	21.0	35.5	16.5	7.00	0.00
Yogurt Cup & Muffin	1 Each	331	20	281	2.18	*0	9.09	63.68	5.0	2.49	*0.00
Bagel & Cheese	1 Each	296	20	585	4.00	*N/A*	20.17	40.02	7.07	4.05	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
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
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Ranch Dressing, Scratch	2 TBSP	48	6	170	0.06	*0	0.58	2.43	4.08	0.65	*0.00
Italian Dressing, Scratch	2 Tbsp	153	2	198	0.03	*1	0.85	1.17	16.82	1.55	*0.00
Weighted Daily Average		1454	95	1986	16.17	*13	63.41	194.45	51.06	16.33	*0.00
% of Calories						*3.7%	17.4%	53.5%	31.6%	10.1%	*0.0%
Nutrient Guideline		550-650	150	1230	4.50					<10.00	

Thu - 03/09/2017											
Lunch K-5 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*
Weighted Daily Average		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
% of Calories							*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*
Nutrient Guideline		550-650	150	1230	4.50					<10.00	

Fri - 03/10/2017											
Lunch K-5 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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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (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		550-650	150	1230	4.50					<10.00	

Mon - 03/13/2017											
Lunch K-5 2016	Total										
Pot Roast, Turkey	3.55 oz	131	55	412	1.00	*N/A*	20.09	4.02	3.01	1.00	0.00
Bread Variety	2 oz	167	0	285	2.29	*3	4.44	27.79	4.64	0.29	*0.00
Sub Sandwich K-5	1 each	269	51	873	2.00	*N/A*	19.58	27.83	9.87	3.63	0.00
Bagel & Cheese	1 Each	296	20	585	4.00	*N/A*	20.17	40.02	7.07	4.05	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
Mashed Potatoes	1/2 cup	12	0	54	0.00	*N/A*	0.0	2.36	0.17	0.00	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	1/2 CUP	19	0	17	1.33	*1	0.98	4.03	0.15	0.02	*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
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	*N/A*	0.0	0.0	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
Weighted Daily Average % of Calories		1209	140	2858	16.74	*17 *5.6%	75.90 25.1%	157.78 52.2%	30.98 23.1%	10.22 7.6%	*0.00 *0.0%
Nutrient Guideline		550-650	150	1230	4.50					<10.00	

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Tue - 03/14/2017											
Lunch K-5 2016	Total										
Chicken Alfredo	3/4 cup	342	61	696	1.50	*N/A*	22.31	35.33	13.33	7.14	0.00
Taco, Beef, Soft	2 Each	344	38	464	2.39	*0	19.0	30.19	16.69	6.58	*0.00
Salad, Chicken Caesar, elem	servings	327	64	840	5.53	*4	21.9	31.67	14.2	3.49	*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
Green Beans, canned, ckd	1/2 cup	20	0	19	2.19	*N/A*	1.09	4.38	0.0	0.00	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	1/2 CUP	19	0	17	1.33	*1	0.98	4.03	0.15	0.02	*0.00
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Salsa, Scratch	2 TBSP	7	0	45	0.47	*0	0.24	1.42	0.02	0.00	*0.00
HOT SAUCE, LOUISIANA	1/4 tsp	0	0	7	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		1300	170	2291	18.27	*17	75.37	154.90	45.67	17.77	*0.00
% of Calories						*5.4%	23.2%	47.7%	31.6%	12.3%	*0.0%
Nutrient Guideline		550-650	150	1230	4.50					<10.00	

Wed - 03/15/2017											
Lunch K-5 2016	Total										
PIZZA,VRTY, BIG DADDY PRIMO	SLICE	365	40	510	3.00	*N/A*	21.0	35.5	16.5	7.00	0.00
Yogurt Cup & Muffin	1 Each	331	20	281	2.18	*0	9.09	63.68	5.0	2.49	*0.00
Bagel & Cheese	1 Each	296	20	585	4.00	*N/A*	20.17	40.02	7.07	4.05	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
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
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Ranch Dressing, Scratch	2 TBSP	48	6	170	0.06	*0	0.58	2.43	4.08	0.65	*0.00
Italian Dressing, Scratch	2 Tbsp	153	2	198	0.03	*1	0.85	1.17	16.82	1.55	*0.00
Weighted Daily Average		1454	95	1986	16.17	*13	63.41	194.45	51.06	16.33	*0.00
% of Calories						*3.7%	17.4%	53.5%	31.6%	10.1%	*0.0%
Nutrient Guideline		550-650	150	1230	4.50					<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 K-5 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 <sup>1</sup> (g)
Thu - 03/16/2017											
Lunch K-5 2016	Total										
MACARONI AND CHEESE	1 cup	500	57	1127	2.00	*0	22.58	53.26	20.77	12.68	*0.00
Chicken Sandwich, Crispy	1 EACH	394	59	621	5.00	*N/A*	22.0	42.0	16.0	3.00	0.00
Salad, Chicken Caesar, elem	servings	327	64	840	5.53	*4	21.9	31.67	14.2	3.49	*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
BAKED BEANS	1/2 CUP	135	0	522	4.89	*2	6.85	30.17	0.0	0.00	*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	1/2 CUP	19	0	17	1.33	*1	0.98	4.03	0.15	0.02	*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
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	*N/A*	0.0	0.0	0.0	0.00	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
Weighted Daily Average		1705	194	3919	24.87	*20	84.95	216.85	57.18	20.42	*0.00
% of Calories						*4.8%	19.9%	50.9%	30.2%	10.8%	*0.0%
Nutrient Guideline		550-650	150	1230	4.50					<10.00	

Fri - 03/17/2017											
Lunch K-5 2016	Total										
ORANGE CHICKEN PLATE, LING	Serving	327	40	283	2.08	*N/A*	15.16	56.42	4.56	0.50	*0.00
Pizza Pocket 3 ozB Pepp & Ch	1 each	421	37	1136	3.24	*7	20.11	51.2	14.63	5.17	*0.00
Bagel & Cheese	1 Each	296	20	585	4.00	*N/A*	20.17	40.02	7.07	4.05	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
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	1/2 CUP	19	0	17	1.33	*1	0.98	4.03	0.15	0.02	*0.00
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Weighted Daily Average		1328	104	2249	16.51	*20	67.28	203.58	27.68	10.29	*0.00
% of Calories						*5.9%	20.3%	61.3%	18.8%	7.0%	*0.0%
Nutrient Guideline		550-650	150	1230	4.50					<10.00	

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Littleton Public Schools

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Lunch K-5 2016

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 03/20/2017											
Lunch K-5 2016	Total										
CHEESE FILLED BREADSTICK, 6"	2 Each	306	31	457	4.00	*N/A*	20.47	34.0	10.47	5.24	*0.00
Meatballs and Orange Sauce	Serving	345	45	539	2.08	*N/A*	17.16	56.07	6.56	1.00	*0.00
Bagel & Cheese	1 Each	296	20	585	4.00	*N/A*	20.17	40.02	7.07	4.05	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
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	1/2 CUP	19	0	17	1.33	*1	0.98	4.03	0.15	0.02	*0.00
Marinara Sauce, Scratch, Cond	1/4 cup	25	0	245	1.25	*0	0.93	4.51	0.45	0.04	*0.00
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Weighted Daily Average		1257	103	2070	18.52	*13	70.56	190.54	25.97	10.89	*0.00
% of Calories						*4.2%	22.5%	60.6%	18.6%	7.8%	*0.0%
Nutrient Guideline		550-650	150	1230	4.50					<10.00	

Tue - 03/21/2017											
Lunch K-5 2016	Total										
RAVIOLI, LARGE CHEESE,	3 EACH	246	50	833	4.30	*1	15.71	32.27	6.83	3.08	*0.00
Bread Variety	2 oz	167	0	285	2.29	*3	4.44	27.79	4.64	0.29	*0.00
Ham & Cheese Sandwich	Each	298	57	1036	2.00	*N/A*	19.2	31.38	11.58	4.69	0.00
Salad, Chef Elementary	1 Each	299	31	614	6.31	*6	19.8	35.87	9.74	2.55	*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
Green Beans, canned, ckd	1/2 cup	20	0	19	2.19	*N/A*	1.09	4.38	0.0	0.00	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	1/2 CUP	19	0	17	1.33	*1	0.98	4.03	0.15	0.02	*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
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	*N/A*	0.0	0.0	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
Ranch Dressing, Scratch	1 TBSP	24	3	85	0.03	*0	0.29	1.22	2.04	0.32	*0.00
Italian Dressing, Scratch	1 Tbsp	76	1	99	0.02	*0	0.42	0.58	8.41	0.77	*0.00

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# Littleton Public Schools

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Lunch K-5 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 <sup>1</sup> (g)
Weighted Daily Average		1463	156	3621	24.60	*24	72.57	189.25	49.45	12.96	*0.00
% of Calories						*6.5%	19.8%	51.7%	30.4%	8.0%	*0.0%
Nutrient Guideline		550-650	150	1230	4.50					<10.00	

Wed - 03/22/2017											
Lunch K-5 2016	Total										
PIZZA,VRTY, BIG DADDY PRIMO	SLICE	365	40	510	3.00	*N/A*	21.0	35.5	16.5	7.00	0.00
Yogurt Cup & Muffin	1 Each	331	20	281	2.18	*0	9.09	63.68	5.0	2.49	*0.00
Bagel & Cheese	1 Each	296	20	585	4.00	*N/A*	20.17	40.02	7.07	4.05	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
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
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Ranch Dressing, Scratch	2 TBSP	48	6	170	0.06	*0	0.58	2.43	4.08	0.65	*0.00
Italian Dressing, Scratch	2 Tbsp	153	2	198	0.03	*1	0.85	1.17	16.82	1.55	*0.00
Weighted Daily Average		1454	95	1986	16.17	*13	63.41	194.45	51.06	16.33	*0.00
% of Calories						*3.7%	17.4%	53.5%	31.6%	10.1%	*0.0%
Nutrient Guideline		550-650	150	1230	4.50					<10.00	

Thu - 03/23/2017											
Lunch K-5 2016	Total										
Chicken Nuggets	5 each	267	25	407	2.54	*N/A*	16.54	16.54	15.27	2.54	0.00
Bread Variety	2 oz	167	0	285	2.29	*3	4.44	27.79	4.64	0.29	*0.00
Enchiladas, Pepper Jack	SERVINGS	382	42	1070	2.06	*N/A*	15.04	35.69	21.16	10.20	0.00
Salad, Chef Elementary	1 Each	299	31	614	6.31	*6	19.8	35.87	9.74	2.55	*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
Refried Beans, Vegetarian, can	1/2 cup	130	0	430	6.00	*N/A*	8.0	24.0	1.0	0.00	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	1/2 CUP	19	0	17	1.33	*1	0.98	4.03	0.15	0.02	*0.00
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
HOT SAUCE, LOUISIANA	1/4 tsp	0	0	7	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	TBSP	31	0	129	0.00	*N/A*	0.0	8.03	0.0	0.00	0.00
Catsup	1 TBSP	15	0	160	0.00	*N/A*	0.0	4.0	0.0	0.00	0.00
Ranch Dressing, Scratch	1 TBSP	24	3	85	0.03	*0	0.29	1.22	2.04	0.32	*0.00
Italian Dressing, Scratch	1 Tbsp	76	1	99	0.02	*0	0.42	0.58	8.41	0.77	*0.00

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Littleton Public Schools

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Lunch K-5 2016

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		1650	110	3507	25.43	*22	75.36	205.63	63.67	17.25	*0.00
% of Calories						*5.3%	18.3%	49.9%	34.7%	9.4%	*0.0%
Nutrient Guideline		550-650	150	1230	4.50					<10.00	

Fri - 03/24/2017											
Lunch K-5 2016	Total										
CORN DOG	1 each	280	40	660	5.00	*N/A*	9.0	31.0	13.0	0.00	0.00
Chicken Parmesan	1 EACH	392	61	599	5.25	*0	22.4	40.72	15.9	3.51	*0.00
Bagel & Cheese	1 Each	296	20	585	4.00	*N/A*	20.17	40.02	7.07	4.05	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
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	1/2 CUP	19	0	17	1.33	*1	0.98	4.03	0.15	0.02	*0.00
Milk - Variety *	8 oz	107	7	147	0.00	*N/A*	8.0	15.33	0.83	0.50	0.00
Mustard Yello Prepare	1 TBSP	15	0	180	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00
Catsup	1 TBSP	15	0	160	0.00	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		1348	128	2573	21.44	*13	63.40	181.65	40.89	8.13	*0.00
% of Calories						*3.9%	18.8%	53.9%	27.3%	5.4%	*0.0%
Nutrient Guideline		550-650	150	1230	4.50					<10.00	

Mon - 03/27/2017											
Lunch K-5 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*
Weighted Daily Average		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
% of Calories							*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*
Nutrient Guideline		550-650	150	1230	4.50					<10.00	

Tue - 03/28/2017											
Lunch K-5 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 K-5 2016

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (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		550-650	150	1230	4.50					<10.00	

Wed - 03/29/2017											
Lunch K-5 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		550-650	150	1230	4.50					<10.00	

Thu - 03/30/2017											
Lunch K-5 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		550-650	150	1230	4.50					<10.00	

Fri - 03/31/2017											
Lunch K-5 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		550-650	150	1230	4.50					<10.00	

Weighted Average		951	83	1783	13.14	*11 *10.4%	46.71 19.6%	126.33 53.1%	30.26 28.6%	9.51 9.0%	*N/A*
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# Littleton Public Schools

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Lunch K-5 2016

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Cals (kcal) % of Target	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
Calories	951		550 - 650	146%					301					Correction Required - Calories too High
Cholesterol (mg)	83		150	55%										
Sodium (mg)	1783		1230						553					Correction Required - Sodium too High
Fiber (g)	13.14		4.50	292%										
Sugars (g)	11	4.62%				Missing								
Protein (g)	46.71	19.64%												
Carbohydrate (g)	126.33	53.12%												
Total Fat (g)	30.26	28.63%												
Saturated Fat (g)	9.51	8.99%	<10.00%											
Trans Fat <sup>1</sup> (g)	*N/A*					Missing								

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.