

# Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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Generated on: 12/21/2021 10:40:14 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 01/03/2022											
Elementary Lunch											
	Total										
SDW: CHEESEBURGER	1 EACH	360	660	*3.07	*N/A*	5	19.68	28.43	18.57	*7.30	*0.80
SDW: SLOPPY JOE	1 EACH	287	660	3.55	*N/A*	12	18.05	36.28	7.92	*2.22	*N/A*
VEG: POTATO, FF, REGULAR, 3/8	12 pieces	140	140	2.00	*N/A*	0	2.0	21.0	6.0	0.50	*N/A*
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*N/A*
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: CRACKER, GOLDFISH	.75 OZ	100	170	1.00	*N/A*	*N/A*	3.0	14.0	3.5	1.00	*N/A*
BRD: CHEEZ-IT, WG, .75 OZ	.75 OZ BAG	101	152	1.01	*N/A*	0	2.03	14.17	3.54	1.01	0.00
SDW: PBJ, UNCRUSTBALE, 2.6 OZ	1 SANDWICH	300	280	4.00	*N/A*	14	9.0	32.0	17.0	3.00	*N/A*
FRUIT: PEARS canned, light syrup	1/2 CUP	72	6	2.01	0.35	15	0.24	19.04	0.04	0.00	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
VEG: CUCUMBER, RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: CARROTS, BABY, 1/2 CUP	1/2 CUP	25	42	1.70	*N/A*	2	*N/A*	5.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
KETCHUP 9 GRAM PACKET	9 GRAM PACKET	10	91	0.03	0.04	2	0.1	2.74	0.01	0.00	0.00
RANCH 12 GRAM PACKET	12 GRAM PACKET	47	103	*N/A*	*N/A*	*N/A*	*N/A*	0.85	4.7	0.85	*N/A*
BBQ SAUCE 12 GRAM PACKET	12 GRAM PACKET	20	130	*N/A*	*N/A*	4	*N/A*	5.0	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	4.5 GRAM PACKET	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
HONEY MUSTARD 1 OZ CUP	1 OZ CUP	50	220	*N/A*	*N/A*	7	*N/A*	8.0	2.5	*N/A*	*N/A*
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SAUCE, HOT SAUCE	.3 OZ	5	104	*N/A*	*N/A*	*N/A*	*N/A*	0.94	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	Pkt 5g	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
Weighted Daily Average		471	*692	*3.87	*0.11	*35	*16.64	63.22	*16.95	*5.24	*0.13
% of Calories						*29.5%	*14.1%	53.7%	*32.4%	*10.0%	*0.3%
Nutrient Guideline		550-650	1230							<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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 01/04/2022											
Elementary Lunch											
Total											
CHICKEN, CRIS P BITES	5 PIECES	208	546	2.00	*N/A*	1	19.0	15.0	8.0	1.00	*N/A*
BRD: PARMESAN NOODLES, 1/2 CUP	1/2 CUP	188	481	*0.75	*N/A*	*2	9.77	16.15	9.58	5.74	*0.00
VEG:GREEN BEANS W/ DICED HAM	1/2 CUP	27	*224	*1.41	*0.75	*1	*2.1	4.58	*0.54	*0.25	*0.00
ENT: ANYTIMERS, PEP PIZZA KIT	1 KIT	350	880	4.00	*N/A*	7	15.0	35.0	15.0	15.00	7.00
SDW: PBJ, UNCRUSTBALE, 2.6 OZ	1 SANDWICH	300	280	4.00	*N/A*	14	9.0	32.0	17.0	3.00	*N/A*
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
BRD: CRACKER, GOLDFISH	.75 OZ	100	170	1.00	*N/A*	*N/A*	3.0	14.0	3.5	1.00	*N/A*
BRD: CHEEZ-IT, WG, .75 OZ	.75 OZ BAG	101	152	1.01	*N/A*	0	2.03	14.17	3.54	1.01	0.00
FRUIT: PEACHES, CANNED, LT SYR	1/2 CUP	68	6	1.60	0.45	*N/A*	0.55	18.26	0.04	0.00	0.00
FRUIT: BLUEBERRIES, FROZEN	1/2 CUP	40	1	2.09	0.14	7	0.33	9.43	0.5	0.04	0.00
VEG: TOMATO, GRAPE	1/2 CUP	13	4	0.89	0.20	*N/A*	0.66	2.9	0.15	0.02	*N/A*
VEG: BROCCOLI,raw: fresh	1/2 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00
JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
KETCHUP 9 GRAM PACKET	9 GRAM PACKET	10	91	0.03	0.04	2	0.1	2.74	0.01	0.00	0.00
RANCH 12 GRAM PACKET	12 GRAM PACKET	47	103	*N/A*	*N/A*	*N/A*	*N/A*	0.85	4.7	0.85	*N/A*
BBQ SAUCE 12 GRAM PACKET	12 GRAM PACKET	20	130	*N/A*	*N/A*	4	*N/A*	5.0	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	4.5 GRAM PACKET	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
HONEY MUSTARD 1 OZ CUP	1 OZ CUP	50	220	*N/A*	*N/A*	7	*N/A*	8.0	2.5	*N/A*	*N/A*
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SAUCE, HOT SAUCE	.3 OZ	5	104	*N/A*	*N/A*	*N/A*	*N/A*	0.94	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	Pkt 5g	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
Weighted Daily Average		401	*753	*3.39	*0.34	*25	*16.70	49.44	*15.18	*6.83	*1.17
% of Calories						*24.6%	*16.7%	49.3%	*34.1%	*15.3%	*2.6%
Nutrient Guideline		550-650	1230							<10.00	

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 01/05/2022											
Elementary Lunch											
CHICKEN: TENDER, TYSON, WM	3 EACH	200	440	2.00	*N/A*	1	20.0	14.0	7.0	1.00	0.00
BRD: TEXAS TOAST, KLOST	SLICE	92	170	1.00	*0.00	2	3.0	17.06	1.24	*0.02	*0.00
GRAVY: COUNTRY	.25 CUP	33	244	0.00	*N/A*	0	0.0	5.54	1.11	1.11	*N/A*
VEG: POTATO, FF, REGULAR, 3/8	12 pieces	140	140	2.00	*N/A*	0	2.0	21.0	6.0	0.50	*N/A*
SDW: HAM & CHEESE HAWAIIAN BRD	2 SLIDERS	420	1010	0.00	*N/A*	11	22.0	36.0	20.0	9.00	0.00
CHIP: SUNCHIPS, HARVEST CHEDDA	1 OZ BAG	140	200	2.00	*N/A*	2	2.0	19.0	6.0	0.50	*N/A*
SDW: PBJ, UNCRUSTBALE, 2.6 OZ	1 SANDWICH	300	280	4.00	*N/A*	14	9.0	32.0	17.0	3.00	*N/A*
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
BRD: CRACKER, GOLDFISH	.75 OZ	100	170	1.00	*N/A*	*N/A*	3.0	14.0	3.5	1.00	*N/A*
BRD: CHEEZ-IT, WG, .75 OZ	.75 OZ BAG	101	152	1.01	*N/A*	0	2.03	14.17	3.54	1.01	0.00
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE, 2 & 5/8"	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
VEG: LETTUCE, ROMAINE W RANCH	1 CUP	40	*56	*0.24	*N/A*	*0	*N/A*	0.6	*4.0	*0.71	*N/A*
VEG: CAULIFLOWER, raw: fresh	1/2 CUP	13	15	1.00	0.21	1	0.96	2.49	0.14	0.07	0.00
JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
KETCHUP 9 GRAM PACKET	9 GRAM PACKET	10	91	0.03	0.04	2	0.1	2.74	0.01	0.00	0.00
RANCH 12 GRAM PACKET	12 GRAM PACKET	47	103	*N/A*	*N/A*	*N/A*	*N/A*	0.85	4.7	0.85	*N/A*
BBQ SAUCE 12 GRAM PACKET	12 GRAM PACKET	20	130	*N/A*	*N/A*	4	*N/A*	5.0	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	4.5 GRAM PACKET	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
HONEY MUSTARD 1 OZ CUP	1 OZ CUP	50	220	*N/A*	*N/A*	7	*N/A*	8.0	2.5	*N/A*	*N/A*
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SAUCE, HOT SAUCE	.3 OZ	5	104	*N/A*	*N/A*	*N/A*	*N/A*	0.94	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	Pkt 5g	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
Weighted Daily Average		455	*773	*3.43	*0.09	*29	*17.24	57.87	*17.14	*5.30	*0.00
% of Calories						*25.3%	*15.2%	50.9%	*33.9%	*10.5%	*0.0%
Nutrient Guideline		550-650	1230							<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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Thu - 01/06/2022											
Elementary Lunch	Total										
PIZZA: PIZZA HUT CHEESE	1 LRG SLICE	320	640	3.00	*N/A*	2	16.0	36.0	12.0	7.00	0.00
PIZZA: PIZZA HUT PEPPERONI	1 LRG SLICE	350	740	3.00	*N/A*	2	17.0	35.0	16.0	7.80	0.00
PIZZA: PIZZA HUT SAUSAGE	1 LRG SLICE	370	780	3.00	*N/A*	2	17.0	35.0	18.0	8.00	0.00
VEG: CARROTS: canned, cooked	1/2 CUP	49	32	0.18	0.16	*0	0.09	12.64	0.02	0.00	*0.00
ENT: CHEESE BITES, WILD MIKES	4 EACH	280	540	4.00	*N/A*	*N/A*	16.0	28.0	12.0	4.00	*N/A*
SDW: PBJ, UNCRUSTBALE, 2.6 OZ	1 SANDWICH	300	280	4.00	*N/A*	14	9.0	32.0	17.0	3.00	*N/A*
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
BRD: CRACKER, GOLDFISH	.75 OZ	100	170	1.00	*N/A*	*N/A*	3.0	14.0	3.5	1.00	*N/A*
BRD: CHEEZ-IT, WG, .75 OZ	.75 OZ BAG	101	152	1.01	*N/A*	0	2.03	14.17	3.54	1.01	0.00
FRUIT: GRAPES, Fresh	1/2 CUP	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
PEANUT BUTTER, USDA, 1 MEAT EQ	2 TABLESP	200	160	2.00	*N/A*	3	7.0	8.0	16.0	3.00	*N/A*
VEG: CUCUMBER, RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
KETCHUP 9 GRAM PACKET	9 GRAM PACKET	10	91	0.03	0.04	2	0.1	2.74	0.01	0.00	0.00
RANCH 12 GRAM PACKET	12 GRAM PACKET	47	103	*N/A*	*N/A*	*N/A*	*N/A*	0.85	4.7	0.85	*N/A*
BBQ SAUCE 12 GRAM PACKET	12 GRAM PACKET	20	130	*N/A*	*N/A*	4	*N/A*	5.0	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	4.5 GRAM PACKET	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
HONEY MUSTARD 1 OZ CUP	1 OZ CUP	50	220	*N/A*	*N/A*	7	*N/A*	8.0	2.5	*N/A*	*N/A*
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SAUCE, HOT SAUCE	.3 OZ	5	104	*N/A*	*N/A*	*N/A*	*N/A*	0.94	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	Pkt 5g	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		530	*884	*4.15	*0.19	*27	*21.02	62.74	*21.92	*8.13	*0.00
% of Calories						*20.6%	*15.9%	47.4%	*37.2%	*13.8%	*0.0%
Nutrient Guideline		550-650	1230							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 01/07/2022											
Elementary Lunch											
	Total										
FISH: SHRIMP POPPERS	20 PIECES	230	760	2.00	*N/A*	1	12.0	23.0	10.0	1.50	*N/A*
FISH NUGGETS, 4 each, TRIDENT	4 EACH	230	360	2.00	*N/A*	1	16.0	20.0	10.0	1.00	0.00
BRD: HUSHPUDDIES, SAVANNAH	3 EACH	190	240	2.00	*N/A*	2	2.0	22.0	10.0	1.50	0.00
VEG: BEAN, BAKED BUSHS	1/2 CUP	171	580	4.15	*0.05	*13	7.14	34.29	1.51	*0.00	*0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*N/A*
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: CRACKER, GOLDFISH	.75 OZ	100	170	1.00	*N/A*	*N/A*	3.0	14.0	3.5	1.00	*N/A*
BRD: CHEEZ-IT, WG, .75 OZ	.75 OZ BAG	101	152	1.01	*N/A*	0	2.03	14.17	3.54	1.01	0.00
SDW: PBJ, UNCRUSTBALE, 2.6 OZ	1 SANDWICH	300	280	4.00	*N/A*	14	9.0	32.0	17.0	3.00	*N/A*
FRUIT: FRT MIX:canned,ln syrup	1/2 CUP	69	7	1.21	0.35	17	0.48	18.07	0.08	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
VEG: PEPPER STRIPS, 1/2 CUP	1/2 CUP	14	1	0.47	0.24	*N/A*	0.52	3.29	0.11	0.02	0.00
VEG: CARROTS, BABY, 1/2 CUP	1/2 CUP	25	42	1.70	*N/A*	2	*N/A*	5.0	*N/A*	*N/A*	*N/A*
JUICE: FROZEN	4 OZ	60	5	3.00	*N/A*	13	*N/A*	16.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
KETCHUP 9 GRAM PACKET	9 GRAM PA CKET	10	91	0.03	0.04	2	0.1	2.74	0.01	0.00	0.00
RANCH 12 GRAM PACKET	12 GRAM PA CKET	47	103	*N/A*	*N/A*	*N/A*	*N/A*	0.85	4.7	0.85	*N/A*
BBQ SAUCE 12 GRAM PACKET	12 GRAM PA CKET	20	130	*N/A*	*N/A*	4	*N/A*	5.0	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	4.5 GRAM P ACKET	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
HONEY MUSTARD 1 OZ CUP	1 OZ CUP	50	220	*N/A*	*N/A*	7	*N/A*	8.0	2.5	*N/A*	*N/A*
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SAUCE, HOT SAUCE	.3 OZ	5	104	*N/A*	*N/A*	*N/A*	*N/A*	0.94	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	Pkt 5g	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00

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# Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		497	*773	*4.66	*0.14	*39	*16.44	70.66	*16.80	*4.24	*0.00
% of Calories						*31.4%	*13.2%	56.8%	*30.4%	*7.7%	*0.0%
Nutrient Guideline		550-650	1230							<10.00	

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# Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 01/10/2022											
Elementary Lunch											
	Total										
BRD: CHIP, TORTILLA, EL SABROS	16 CHIPS	210	170	2.00	*N/A*	0	3.0	25.0	12.0	1.00	0.00
BEEF TACO FILLING, JTM, 2 MMA	2.71	126	287	0.21	*N/A*	0	13.63	1.93	6.84	2.74	*N/A*
CHEESE SAUCE, CHEDDAR, LOL	3 OZ	130	550	*N/A*	*N/A*	*N/A*	7.0	5.0	10.0	6.00	*N/A*
VEG: CORN: frozen, yellow	1/2 CUP	74	52	*1.98	*0.39	*3	*2.1	17.27	*0.55	*0.08	*0.00
VEG: SALSA, COMMODITY 1/2 CUP	2 OZ	160	560	15.97	4.30	16	0.0	32.0	0.0	0.00	0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*N/A*
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: CRACKER, GOLDFISH	.75 OZ	100	170	1.00	*N/A*	*N/A*	3.0	14.0	3.5	1.00	*N/A*
BRD: CHEEZ-IT, WG, .75 OZ	.75 OZ BAG	101	152	1.01	*N/A*	0	2.03	14.17	3.54	1.01	0.00
SDW: PBJ, UNCRUSTBALE, 2.6 OZ	1 SANDWICH	300	280	4.00	*N/A*	14	9.0	32.0	17.0	3.00	*N/A*
FRUIT: PEARS canned, light syrup	1/2 CUP	72	6	2.01	0.35	15	0.24	19.04	0.04	0.00	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
VEG: CUCUMBER, RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: CARROTS, BABY, 1/2 CUP	1/2 CUP	25	42	1.70	*N/A*	2	*N/A*	5.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
KETCHUP 9 GRAM PACKET	9 GRAM PA CKET	10	91	0.03	0.04	2	0.1	2.74	0.01	0.00	0.00
RANCH 12 GRAM PACKET	12 GRAM PA CKET	47	103	*N/A*	*N/A*	*N/A*	*N/A*	0.85	4.7	0.85	*N/A*
BBQ SAUCE 12 GRAM PACKET	12 GRAM PA CKET	20	130	*N/A*	*N/A*	4	*N/A*	5.0	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	4.5 GRAM P ACKET	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
HONEY MUSTARD 1 OZ CUP	1 OZ CUP	50	220	*N/A*	*N/A*	7	*N/A*	8.0	2.5	*N/A*	*N/A*
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SAUCE, HOT SAUCE	.3 OZ	5	104	*N/A*	*N/A*	*N/A*	*N/A*	0.94	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	Pkt 5g	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00

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# Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		457	*718	*5.79	*0.89	*35	*14.30	62.47	*16.44	*5.21	*0.00
% of Calories						*30.8%	*12.5%	54.7%	*32.4%	*10.3%	*0.0%
Nutrient Guideline		550-650	1230							<10.00	

Tue - 01/11/2022											
Elementary Lunch	Total										
CHICKEN: SMACKERS DARK MEAT	10 EACH	293	487	3.00	*N/A*	0	18.0	17.0	17.0	3.00	0.00
BRD: BISCUIT, PILLSBURY	2.2 OZ	170	570	0.00	*N/A*	2	3.0	22.0	8.0	5.00	0.00
VEG: BEAN, BAKED BUSHES	1/2 CUP	171	580	4.15	*0.05	*13	7.14	34.29	1.51	*0.00	*0.00
ENT: ANYTIMERS, PEP PIZZA KIT	1 KIT	350	880	4.00	*N/A*	7	15.0	35.0	15.0	15.00	7.00
SDW: PBJ, UNCRUSTBALE, 2.6 OZ	1 SANDWICH	300	280	4.00	*N/A*	14	9.0	32.0	17.0	3.00	*N/A*
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
BRD: CRACKER, GOLDFISH	.75 OZ	100	170	1.00	*N/A*	*N/A*	3.0	14.0	3.5	1.00	*N/A*
BRD: CHEEZ-IT, WG, .75 OZ	.75 OZ BAG	101	152	1.01	*N/A*	0	2.03	14.17	3.54	1.01	0.00
FRUIT: PEACHES, CANNED, LT SYR	1/2 CUP	68	6	1.60	0.45	*N/A*	0.55	18.26	0.04	0.00	0.00
FRUIT: BLUEBERRIES, FROZEN	1/2 CUP	40	1	2.09	0.14	7	0.33	9.43	0.5	0.04	0.00
VEG: TOMATO, GRAPE	1/2 CUP	13	4	0.89	0.20	*N/A*	0.66	2.9	0.15	0.02	*N/A*
VEG: BROCCOLI, raw: fresh	1/2 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00
JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
KETCHUP 9 GRAM PACKET	9 GRAM PACKET	10	91	0.03	0.04	2	0.1	2.74	0.01	0.00	0.00
RANCH 12 GRAM PACKET	12 GRAM PACKET	47	103	*N/A*	*N/A*	*N/A*	*N/A*	0.85	4.7	0.85	*N/A*
BBQ SAUCE 12 GRAM PACKET	12 GRAM PACKET	20	130	*N/A*	*N/A*	4	*N/A*	5.0	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	4.5 GRAM PACKET	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
HONEY MUSTARD 1 OZ CUP	1 OZ CUP	50	220	*N/A*	*N/A*	7	*N/A*	8.0	2.5	*N/A*	*N/A*
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SAUCE, HOT SAUCE	.3 OZ	5	104	*N/A*	*N/A*	*N/A*	*N/A*	0.94	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	Pkt 5g	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00

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# Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		436	*817	*3.89	*0.23	*27	*16.24	55.70	*16.57	*7.00	*1.17
% of Calories						*24.3%	*14.9%	51.1%	*34.2%	*14.4%	*2.4%
Nutrient Guideline		550-650	1230							<10.00	

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Elementary Lunch

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Wed - 01/12/2022											
Elementary Lunch											
Total											
BRD: PANCAKES, BUTTERMILK	2 EACH	140	206	*N/A*	*N/A*	7	2.6	28.0	1.6	0.00	0.00
PORK, SAUSAGE PATTY, JTM 1.33	1 PATTY	120	172	*N/A*	*N/A*	*N/A*	10.0	1.0	10.0	3.80	0.00
FRUIT: BLUEBERRIES, thickened	1/2 CUP	104	1	2.11	0.15	22	0.33	26.01	0.5	0.04	*0.00
VEG: POTATO, TRI TATER SIMPLOT	2 EACH	220	630	2.00	*N/A*	0	3.0	31.0	9.0	1.50	0.00
SYRUP, PANCAKE, 1 GALLON	1 OZ	100	27	*N/A*	*N/A*	24	*N/A*	25.5	*N/A*	*N/A*	*N/A*
SDW: HAM & CHEESE HAWAIIAN BRD	2 SLIDERS	420	1010	0.00	*N/A*	11	22.0	36.0	20.0	9.00	0.00
CHIP: SUNCHIPS, HARVEST CHEDDA	1 OZ BAG	140	200	2.00	*N/A*	2	2.0	19.0	6.0	0.50	*N/A*
SDW: PBJ, UNCRUSTBALE, 2.6 OZ	1 SANDWICH	300	280	4.00	*N/A*	14	9.0	32.0	17.0	3.00	*N/A*
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
BRD: CRACKER, GOLDFISH	.75 OZ	100	170	1.00	*N/A*	*N/A*	3.0	14.0	3.5	1.00	*N/A*
BRD: CHEEZ-IT, WG, .75 OZ	.75 OZ BAG	101	152	1.01	*N/A*	0	2.03	14.17	3.54	1.01	0.00
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE, 2 & 5/8"	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
VEG: LETTUCE, ROMAINE W RANCH	1 CUP	40	*56	*0.24	*N/A*	*0	*N/A*	0.6	*4.0	*0.71	*N/A*
VEG: CAULIFLOWER, raw: fresh	1/2 CUP	13	15	1.00	0.21	1	0.96	2.49	0.14	0.07	0.00
JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
KETCHUP 9 GRAM PACKET	9 GRAM PACKET	10	91	0.03	0.04	2	0.1	2.74	0.01	0.00	0.00
RANCH 12 GRAM PACKET	12 GRAM PACKET	47	103	*N/A*	*N/A*	*N/A*	*N/A*	0.85	4.7	0.85	*N/A*
BBQ SAUCE 12 GRAM PACKET	12 GRAM PACKET	20	130	*N/A*	*N/A*	4	*N/A*	5.0	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	4.5 GRAM PACKET	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
HONEY MUSTARD 1 OZ CUP	1 OZ CUP	50	220	*N/A*	*N/A*	7	*N/A*	8.0	2.5	*N/A*	*N/A*
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SAUCE, HOT SAUCE	.3 OZ	5	104	*N/A*	*N/A*	*N/A*	*N/A*	0.94	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	Pkt 5g	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
MARGARINE: SMART BALANCE CUP	1 CUP	30	30	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.0	1.00	*N/A*

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# Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		496	*785	*3.28	*0.11	*37	*15.73	*66.86	*18.60	*5.92	*0.00
% of Calories						*29.9%	*12.7%	*53.9%	*33.7%	*10.7%	*0.0%
Nutrient Guideline		550-650	1230							<10.00	

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# Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 01/13/2022											
Elementary Lunch											
	Total										
ENT: CHICKEN NOODLE DEEP DISH	1/2 CUP	262	1941	*0.35	*0.59	*1	19.15	33.11	5.08	0.82	*0.00
BRD: BISCUIT, PILLSBURY	2.25 OZ	174	583	0.00	*N/A*	2	3.07	22.5	8.18	5.11	0.00
MARGARINE: SMART BALANCE CUP	1 CUP	30	30	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.0	1.00	*N/A*
VEG: POTATO, MASHED, IDAHOAN	1/2 CUP	80	310	1.00	*N/A*	*N/A*	2.0	17.0	1.0	*N/A*	*N/A*
PIZZA, 4 X 6 PEPPERONI	1 PIECE	350	580	3.00	*N/A*	6	22.0	29.0	17.0	7.00	0.00
PIZZA, 4 X 6, CHEESE	1 PIECE	310	360	3.00	*N/A*	6	22.0	30.0	12.0	6.00	*N/A*
SDW: PBJ, UNCRUSTBALE, 2.6 OZ	1 SANDWICH	300	280	4.00	*N/A*	14	9.0	32.0	17.0	3.00	*N/A*
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
BRD: CRACKER, GOLDFISH	.75 OZ	100	170	1.00	*N/A*	*N/A*	3.0	14.0	3.5	1.00	*N/A*
BRD: CHEEZ-IT, WG, .75 OZ	.75 OZ BAG	101	152	1.01	*N/A*	0	2.03	14.17	3.54	1.01	0.00
FRUIT: GRAPES, Fresh	1/2 CUP	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
PEANUT BUTTER, USDA, 1 MEAT EQ	2 TABLESP	200	160	2.00	*N/A*	3	7.0	8.0	16.0	3.00	*N/A*
OONS											
VEG: CUCUMBER, RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
KETCHUP 9 GRAM PACKET	9 GRAM PA	10	91	0.03	0.04	2	0.1	2.74	0.01	0.00	0.00
	CKET										
RANCH 12 GRAM PACKET	12 GRAM PA	47	103	*N/A*	*N/A*	*N/A*	*N/A*	0.85	4.7	0.85	*N/A*
	CKET										
BBQ SAUCE 12 GRAM PACKET	12 GRAM PA	20	130	*N/A*	*N/A*	4	*N/A*	5.0	*N/A*	*N/A*	*N/A*
	CKET										
MUSTARD: individual PC	4.5 GRAM P	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
	ACKET										
HONEY MUSTARD 1 OZ CUP	1 OZ CUP	50	220	*N/A*	*N/A*	7	*N/A*	8.0	2.5	*N/A*	*N/A*
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SAUCE, HOT SAUCE	.3 OZ	5	104	*N/A*	*N/A*	*N/A*	*N/A*	0.94	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	Pkt 5g	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
MARGARINE: SMART BALANCE CUP	1 CUP	30	30	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.0	1.00	*N/A*

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# Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		508	*1068	*3.18	*0.26	*29	*21.37	*60.24	*20.46	*7.16	*0.00
% of Calories						*22.6%	*16.8%	*47.5%	*36.3%	*12.7%	*0.0%
Nutrient Guideline		550-650	1230							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 01/14/2022											
Elementary Lunch											
	Total										
BOSCO, CHEESE, 6 INCH	2 EACH	300	440	4.00	*N/A*	2	20.0	34.0	10.0	5.00	*N/A*
MARINARA SAUCE, 1 OZ, AP, RED	1 OZ	15	120	1.00	*N/A*	2	0.0	3.0	0.0	0.00	0.00
BRD: BREADSTICK, KLOSTERMAN	1 EACH	90	181	2.58	*N/A*	*N/A*	3.87	18.06	0.65	*N/A*	*N/A*
VEG:GREEN BEANS W/ DICED HAM	1/2 CUP	27	*224	*1.41	*0.75	*1	*2.1	4.58	*0.54	*0.25	*0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*N/A*
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: CRACKER, GOLDFISH	.75 OZ	100	170	1.00	*N/A*	*N/A*	3.0	14.0	3.5	1.00	*N/A*
BRD: CHEEZ-IT, WG, .75 OZ	.75 OZ BAG	101	152	1.01	*N/A*	0	2.03	14.17	3.54	1.01	0.00
SDW: PBJ, UNCRUSTBALE, 2.6 OZ	1 SANDWICH	300	280	4.00	*N/A*	14	9.0	32.0	17.0	3.00	*N/A*
FRUIT: FRT MIX:canned,ln syrup	1/2 CUP	69	7	1.21	0.35	17	0.48	18.07	0.08	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
VEG: PEPPER STRIPS, 1/2 CUP	1/2 CUP	14	1	0.47	0.24	*N/A*	0.52	3.29	0.11	0.02	0.00
VEG: CARROTS, BABY, 1/2 CUP	1/2 CUP	25	42	1.70	*N/A*	2	*N/A*	5.0	*N/A*	*N/A*	*N/A*
JUICE: FROZEN	4 OZ	60	5	3.00	*N/A*	13	*N/A*	16.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
KETCHUP 9 GRAM PACKET	9 GRAM PA CKET	10	91	0.03	0.04	2	0.1	2.74	0.01	0.00	0.00
RANCH 12 GRAM PACKET	12 GRAM PA CKET	47	103	*N/A*	*N/A*	*N/A*	*N/A*	0.85	4.7	0.85	*N/A*
BBQ SAUCE 12 GRAM PACKET	12 GRAM PA CKET	20	130	*N/A*	*N/A*	4	*N/A*	5.0	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	4.5 GRAM P ACKET	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
HONEY MUSTARD 1 OZ CUP	1 OZ CUP	50	220	*N/A*	*N/A*	7	*N/A*	8.0	2.5	*N/A*	*N/A*
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SAUCE, HOT SAUCE	.3 OZ	5	104	*N/A*	*N/A*	*N/A*	*N/A*	0.94	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	Pkt 5g	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00

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# Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		433	*610	*4.47	*0.26	*37	*14.58	64.05	*13.41	*4.44	*0.00
% of Calories						*34.3%	*13.5%	59.2%	*27.9%	*9.2%	*0.0%
Nutrient Guideline		550-650	1230							<10.00	

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Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 01/17/2022											
Elementary Lunch											
	Total										
SDW: HOT DOG ON BUN	1 EACH	325	590	*2.63	*N/A*	6	11.27	28.66	18.98	*7.00	*N/A*
ENT: MAC & CHEESE, LOL, 4 OZ	1/2 CUP	193	653	0.67	*N/A*	4	11.33	21.33	7.33	4.00	0.00
VEG: CORN: frozen, yellow	1/2 CUP	74	52	*1.98	*0.39	*3	*2.1	17.27	*0.55	*0.08	*0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*N/A*
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: CRACKER, GOLDFISH	.75 OZ	100	170	1.00	*N/A*	*N/A*	3.0	14.0	3.5	1.00	*N/A*
BRD: CHEEZ-IT, WG, .75 OZ	.75 OZ BAG	101	152	1.01	*N/A*	0	2.03	14.17	3.54	1.01	0.00
SDW: PBJ, UNCRUSTBALE, 2.6 OZ	1 SANDWICH	300	280	4.00	*N/A*	14	9.0	32.0	17.0	3.00	*N/A*
FRUIT: PEARS canned, light syrup	1/2 CUP	72	6	2.01	0.35	15	0.24	19.04	0.04	0.00	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
VEG: CUCUMBER, RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: CARROTS, BABY, 1/2 CUP	1/2 CUP	25	42	1.70	*N/A*	2	*N/A*	5.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
KETCHUP 9 GRAM PACKET	9 GRAM PACKET	10	91	0.03	0.04	2	0.1	2.74	0.01	0.00	0.00
RANCH 12 GRAM PACKET	12 GRAM PACKET	47	103	*N/A*	*N/A*	*N/A*	*N/A*	0.85	4.7	0.85	*N/A*
BBQ SAUCE 12 GRAM PACKET	12 GRAM PACKET	20	130	*N/A*	*N/A*	4	*N/A*	5.0	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	4.5 GRAM PACKET	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
HONEY MUSTARD 1 OZ CUP	1 OZ CUP	50	220	*N/A*	*N/A*	7	*N/A*	8.0	2.5	*N/A*	*N/A*
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SAUCE, HOT SAUCE	.3 OZ	5	104	*N/A*	*N/A*	*N/A*	*N/A*	0.94	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	Pkt 5g	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
Weighted Daily Average		439	*664	*3.31	*0.18	*34	*14.13	60.15	*16.01	*5.42	*0.00
% of Calories						*31.2%	*12.9%	54.8%	*32.8%	*11.1%	*0.0%
Nutrient Guideline		550-650	1230							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 01/18/2022											
Elementary Lunch											
Total											
ENT: RAVIOLI, BEEF, SEVIROLI	10 EACH	270	270	2.00	*N/A*	2	11.0	47.0	3.5	1.50	0.00
SAUCE, BEEF, SPAGHETTI, JTM	5.64 OZ	167	354	2.00	*N/A*	8	15.0	9.0	7.0	2.80	0.00
BRD: BREADSTICK, KLOSTERMAN	1 EACH	90	181	2.58	*N/A*	*N/A*	3.87	18.06	0.65	*N/A*	*N/A*
VEG:GREEN BEANS W/ DICED HAM	1/2 CUP	27	*224	*1.41	*0.75	*1	*2.1	4.58	*0.54	*0.25	*0.00
ENT: ANYTIMERS, PEP PIZZA KIT	1 KIT	350	880	4.00	*N/A*	7	15.0	35.0	15.0	15.00	7.00
SDW: PBJ, UNCRUSTBALE, 2.6 OZ	1 SANDWICH	300	280	4.00	*N/A*	14	9.0	32.0	17.0	3.00	*N/A*
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
BRD: CRACKER, GOLDFISH	.75 OZ	100	170	1.00	*N/A*	*N/A*	3.0	14.0	3.5	1.00	*N/A*
BRD: CHEEZ-IT, WG, .75 OZ	.75 OZ BAG	101	152	1.01	*N/A*	0	2.03	14.17	3.54	1.01	0.00
FRUIT: PEACHES, CANNED, LT SYR	1/2 CUP	68	6	1.60	0.45	*N/A*	0.55	18.26	0.04	0.00	0.00
FRUIT: BLUEBERRIES, FROZEN	1/2 CUP	40	1	2.09	0.14	7	0.33	9.43	0.5	0.04	0.00
VEG: TOMATO, GRAPE	1/2 CUP	13	4	0.89	0.20	*N/A*	0.66	2.9	0.15	0.02	*N/A*
VEG: BROCCOLI,raw: fresh	1/2 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00
JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
KETCHUP 9 GRAM PACKET	9 GRAM PA CKET	10	91	0.03	0.04	2	0.1	2.74	0.01	0.00	0.00
RANCH 12 GRAM PACKET	12 GRAM PA CKET	47	103	*N/A*	*N/A*	*N/A*	*N/A*	0.85	4.7	0.85	*N/A*
BBQ SAUCE 12 GRAM PACKET	12 GRAM PA CKET	20	130	*N/A*	*N/A*	4	*N/A*	5.0	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	4.5 GRAM P ACKET	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
HONEY MUSTARD 1 OZ CUP	1 OZ CUP	50	220	*N/A*	*N/A*	7	*N/A*	8.0	2.5	*N/A*	*N/A*
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SAUCE, HOT SAUCE	.3 OZ	5	104	*N/A*	*N/A*	*N/A*	*N/A*	0.94	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	Pkt 5g	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
Weighted Daily Average		423	*716	*4.03	*0.34	*26	*16.88	56.59	*14.10	*6.42	*1.17
% of Calories						*24.5%	*16.0%	53.5%	*30.0%	*13.7%	*2.5%
Nutrient Guideline		550-650	1230							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 01/19/2022											
Elementary Lunch											
	Total										
CHICKEN, DRUMSTICK, TYSON	1 DRUMSTICK	190	450	1.00	*N/A*	*N/A*	16.0	5.0	11.0	2.50	*N/A*
BRD: ROLL, SISTER SCH, 1.5 GR	1 EACH	140	230	1.00	*N/A*	4	3.0	23.0	4.0	1.00	*N/A*
VEG: POTATO, MASHED, IDAHOAN	1/2 CUP	80	310	1.00	*N/A*	*N/A*	2.0	17.0	1.0	*N/A*	*N/A*
GRAVY: CHICKEN, LS	.25 CUP	35	248	*N/A*	*N/A*	2	*N/A*	5.32	0.89	*N/A*	*N/A*
SDW: HAM & CHEESE HAWAIIAN BRD	2 SLIDERS	420	1010	0.00	*N/A*	11	22.0	36.0	20.0	9.00	0.00
CHIP: SUNCHIPS, HARVEST CHEDDA	1 OZ BAG	140	200	2.00	*N/A*	2	2.0	19.0	6.0	0.50	*N/A*
SDW: PBJ, UNCRUSTBALE, 2.6 OZ	1 SANDWICH	300	280	4.00	*N/A*	14	9.0	32.0	17.0	3.00	*N/A*
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
BRD: CRACKER, GOLDFISH	.75 OZ	100	170	1.00	*N/A*	*N/A*	3.0	14.0	3.5	1.00	*N/A*
BRD: CHEEZ-IT, WG, .75 OZ	.75 OZ BAG	101	152	1.01	*N/A*	0	2.03	14.17	3.54	1.01	0.00
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE, 2 &5/8"	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
VEG: PEPPER STRIPS, 1/2 CUP	1/2 CUP	14	1	0.47	0.24	*N/A*	0.52	3.29	0.11	0.02	0.00
VEG: LETTUCE, ROMAINE W RANCH	1 CUP	40	*56	*0.24	*N/A*	*0	*N/A*	0.6	*4.0	*0.71	*N/A*
VEG: CAULIFLOWER,raw: fresh	1/2 CUP	13	15	1.00	0.21	1	0.96	2.49	0.14	0.07	0.00
JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
KETCHUP 9 GRAM PACKET	9 GRAM PACKET	10	91	0.03	0.04	2	0.1	2.74	0.01	0.00	0.00
RANCH 12 GRAM PACKET	12 GRAM PACKET	47	103	*N/A*	*N/A*	*N/A*	*N/A*	0.85	4.7	0.85	*N/A*
BBQ SAUCE 12 GRAM PACKET	12 GRAM PACKET	20	130	*N/A*	*N/A*	4	*N/A*	5.0	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	4.5 GRAM PACKET	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
HONEY MUSTARD 1 OZ CUP	1 OZ CUP	50	220	*N/A*	*N/A*	7	*N/A*	8.0	2.5	*N/A*	*N/A*
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SAUCE, HOT SAUCE	.3 OZ	5	104	*N/A*	*N/A*	*N/A*	*N/A*	0.94	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	Pkt 5g	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
MARGARINE: SMART BALANCE CUP	1 CUP	30	30	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.0	1.00	*N/A*

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# Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		459	*819	*3.17	*0.13	*29	*16.66	*57.21	*17.92	*5.62	*0.00
% of Calories						*25.4%	*14.5%	*49.9%	*35.2%	*11.0%	*0.0%
Nutrient Guideline		550-650	1230							<10.00	

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Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 01/20/2022											
Elementary Lunch											
	Total										
	PIZZA: PIZZA HUT CHEESE	320	640	3.00	*N/A*	2	16.0	36.0	12.0	7.00	0.00
	PIZZA: PIZZA HUT PEPPERONI	350	740	3.00	*N/A*	2	17.0	35.0	16.0	7.80	0.00
	PIZZA: PIZZA HUT SAUSAGE	370	780	3.00	*N/A*	2	17.0	35.0	18.0	8.00	0.00
	VEG: POTATO, SMILES	160	230	2.00	*N/A*	*N/A*	2.0	25.0	6.0	1.00	*N/A*
	PIZZA, 4 X 6 PEPPERONI	350	580	3.00	*N/A*	6	22.0	29.0	17.0	7.00	0.00
	PIZZA, 4 X 6, CHEESE	310	360	3.00	*N/A*	6	22.0	30.0	12.0	6.00	*N/A*
	SDW: PB&J, UNCRUSTBALE, 2.6 OZ	300	280	4.00	*N/A*	14	9.0	32.0	17.0	3.00	*N/A*
	CHEESE STICK, LOL, COLBY JACK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
	CHEESE, STICK, MOZZ, LOL	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
	BRD: CRACKER, GOLDFISH	100	170	1.00	*N/A*	*N/A*	3.0	14.0	3.5	1.00	*N/A*
	BRD: CHEEZ-IT, WG, .75 OZ	101	152	1.01	*N/A*	0	2.03	14.17	3.54	1.01	0.00
	FRUIT: GRAPES, Fresh	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00
	FRUIT: APPLESAUCE, UNSWEETENED	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
	VEG: CELERY STICKS	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
	PEANUT BUTTER, USDA, 1 MEAT EQ	200	160	2.00	*N/A*	3	7.0	8.0	16.0	3.00	*N/A*
	OONS										
	VEG: CUCUMBER, RAW	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
	JUICE, 4 OZ, APPLE	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE, 4 OZ, ORANGE	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, APPLE CHERRY	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, GRAPE	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
	MILK: DEANS, 1% WHITE	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
	MILK: DEANS, SKIM CHOCOLATE	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	MILK: DEANS, SKIM STRAWBERRY	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	KETCHUP 9 GRAM PACKET	10	91	0.03	0.04	2	0.1	2.74	0.01	0.00	0.00
	RANCH 12 GRAM PACKET	47	103	*N/A*	*N/A*	*N/A*	*N/A*	0.85	4.7	0.85	*N/A*
	BBQ SAUCE 12 GRAM PACKET	20	130	*N/A*	*N/A*	4	*N/A*	5.0	*N/A*	*N/A*	*N/A*
	MUSTARD: individual PC	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
	HONEY MUSTARD 1 OZ CUP	50	220	*N/A*	*N/A*	7	*N/A*	8.0	2.5	*N/A*	*N/A*
	MAYONNAISE, PACKET, 12 grams	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
	SAUCE, HOT SAUCE	5	104	*N/A*	*N/A*	*N/A*	*N/A*	0.94	*N/A*	*N/A*	*N/A*
	MUSTARD: individual PC	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00

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# Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		612	*984	*4.79	*0.16	*29	*26.00	69.97	*25.75	*9.80	*0.00
% of Calories						*19.1%	*17.0%	45.8%	*37.9%	*14.4%	*0.0%
Nutrient Guideline		550-650	1230							<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

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

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Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	
Fri - 01/21/2022												
Elementary Lunch												
	Total											
	4 OZ	280	660	2.00	*N/A*	9	9.0	31.0	13.0	3.50	0.00	
	VEG: BEAN, BAKED BUSHES	171	580	4.15	*0.05	*13	7.14	34.29	1.51	*0.00	*0.00	
	CHEESE STICK, LOL, COLBY JACK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00	
	CHEESE, STICK, MOZZ, LOL	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00	
	YOGURT: 4 OZ, DANIMALS	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*N/A*	
	BRD: MUFFIN, CHEF P BLUE 2 OZ	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00	
	BRD: MUFFIN, CHEF P CHOC 2 OZ	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00	
	BRD: CRACKER, GOLDFISH	.75 OZ	100	170	1.00	*N/A*	*N/A*	3.0	14.0	3.5	1.00	*N/A*
	BRD: CHEEZ-IT, WG, .75 OZ	.75 OZ BAG	101	152	1.01	*N/A*	0	2.03	14.17	3.54	1.01	0.00
	SDW: PBJ, UNCRUSTBALE, 2.6 OZ	1 SANDWICH	300	280	4.00	*N/A*	14	9.0	32.0	17.0	3.00	*N/A*
	FRUIT: FRT MIX:canned,ln syrup	1/2 CUP	69	7	1.21	0.35	17	0.48	18.07	0.08	0.01	0.00
	FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
	VEG: PEPPER STRIPS, 1/2 CUP	1/2 CUP	14	1	0.47	0.24	*N/A*	0.52	3.29	0.11	0.02	0.00
	VEG: CARROTS, BABY, 1/2 CUP	1/2 CUP	25	42	1.70	*N/A*	2	*N/A*	5.0	*N/A*	*N/A*	*N/A*
	JUICE: FROZEN	4 OZ	60	5	3.00	*N/A*	13	*N/A*	16.0	*N/A*	*N/A*	*N/A*
	JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
	MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
	MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	KETCHUP 9 GRAM PACKET	9 GRAM PA CKET	10	91	0.03	0.04	2	0.1	2.74	0.01	0.00	0.00
	RANCH 12 GRAM PACKET	12 GRAM PA CKET	47	103	*N/A*	*N/A*	*N/A*	*N/A*	0.85	4.7	0.85	*N/A*
	BBQ SAUCE 12 GRAM PACKET	12 GRAM PA CKET	20	130	*N/A*	*N/A*	4	*N/A*	5.0	*N/A*	*N/A*	*N/A*
	MUSTARD: individual PC	4.5 GRAM P ACKET	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
	HONEY MUSTARD 1 OZ CUP	1 OZ CUP	50	220	*N/A*	*N/A*	7	*N/A*	8.0	2.5	*N/A*	*N/A*
	MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
	SAUCE, HOT SAUCE	.3 OZ	5	104	*N/A*	*N/A*	*N/A*	*N/A*	0.94	*N/A*	*N/A*	*N/A*
	MUSTARD: individual PC	Pkt 5g	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
	Weighted Daily Average		436	*656	*3.99	*0.14	*40	*12.94	64.99	*13.96	*4.15	*0.00
	% of Calories					*36.7%	*11.9%	59.6%	*28.8%	*8.6%	*0.0%	
	Nutrient Guideline		550-650	1230						<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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 01/24/2022											
Elementary Lunch											
	Total										
FRENCH TOAST STICKS, BC, 3 EA	3 EACH	260	290	2.00	*N/A*	14	6.0	42.0	8.0	1.00	*N/A*
PORK, SAUSAGE PATTY, JTM 1.33	1 PATTY	120	172	*N/A*	*N/A*	*N/A*	10.0	1.0	10.0	3.80	0.00
VEG: POTATO, TRI TATER SIMPLOT	2 EACH	220	630	2.00	*N/A*	0	3.0	31.0	9.0	1.50	0.00
SYRUP, PANCAKE, 1 GALLON	1 OZ	100	27	*N/A*	*N/A*	24	*N/A*	25.5	*N/A*	*N/A*	*N/A*
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*N/A*
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: CRACKER, GOLDFISH	.75 OZ	100	170	1.00	*N/A*	*N/A*	3.0	14.0	3.5	1.00	*N/A*
BRD: CHEEZ-IT, WG, .75 OZ	.75 OZ BAG	101	152	1.01	*N/A*	0	2.03	14.17	3.54	1.01	0.00
SDW: PBJ, UNCRUSTBALE, 2.6 OZ	1 SANDWICH	300	280	4.00	*N/A*	14	9.0	32.0	17.0	3.00	*N/A*
FRUIT: PEARS canned, light syrup	1/2 CUP	72	6	2.01	0.35	15	0.24	19.04	0.04	0.00	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
VEG: CUCUMBER, RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: CARROTS, BABY, 1/2 CUP	1/2 CUP	25	42	1.70	*N/A*	2	*N/A*	5.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
KETCHUP 9 GRAM PACKET	9 GRAM PACKET	10	91	0.03	0.04	2	0.1	2.74	0.01	0.00	0.00
RANCH 12 GRAM PACKET	12 GRAM PACKET	47	103	*N/A*	*N/A*	*N/A*	*N/A*	0.85	4.7	0.85	*N/A*
BBQ SAUCE 12 GRAM PACKET	12 GRAM PACKET	20	130	*N/A*	*N/A*	4	*N/A*	5.0	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	4.5 GRAM PACKET	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
HONEY MUSTARD 1 OZ CUP	1 OZ CUP	50	220	*N/A*	*N/A*	7	*N/A*	8.0	2.5	*N/A*	*N/A*
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SAUCE, HOT SAUCE	.3 OZ	5	104	*N/A*	*N/A*	*N/A*	*N/A*	0.94	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	Pkt 5g	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		457	*635	*3.09	*0.11	*38	*13.18	65.52	*16.04	*4.62	*0.00
% of Calories						*33.7%	*11.5%	57.4%	*31.6%	*9.1%	*0.0%
Nutrient Guideline		550-650	1230							<10.00	

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 01/25/2022											
Elementary Lunch											
	Total										
	TACOS, 6 INCH SHELLS	415	697	*2.21	*N/A*	*2	23.62	32.93	20.84	10.74	*0.00
	BRD: RICE, SPANISH 1/2 CUP	100	310	1.00	*N/A*	2	2.5	21.5	2.5	*N/A*	*N/A*
	VEG: BEAN, BAKED BUSHES	171	580	4.15	*0.05	*13	7.14	34.29	1.51	*0.00	*0.00
	VEG: SALSA, COMMODITY 1/2 CUP	1/2 cup	40	140	3.99	1.08	4	0.0	8.0	0.0	0.00
	ENT: ANYTIMERS, PEP PIZZA KIT	1 KIT	350	880	4.00	*N/A*	7	15.0	35.0	15.0	15.00
	SDW: PBJ, UNCRUSTBALE, 2.6 OZ	1 SANDWICH	300	280	4.00	*N/A*	14	9.0	32.0	17.0	3.00
	CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00
	CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00
	BRD: CRACKER, GOLDFISH	.75 OZ	100	170	1.00	*N/A*	*N/A*	3.0	14.0	3.5	1.00
	BRD: CHEEZ-IT, WG, .75 OZ	.75 OZ BAG	101	152	1.01	*N/A*	0	2.03	14.17	3.54	1.01
	FRUIT: PEACHES, CANNED, LT SYR	1/2 CUP	68	6	1.60	0.45	*N/A*	0.55	18.26	0.04	0.00
	FRUIT: BLUEBERRIES, FROZEN	1/2 CUP	40	1	2.09	0.14	7	0.33	9.43	0.5	0.04
	VEG: TOMATO, GRAPE	1/2 CUP	13	4	0.89	0.20	*N/A*	0.66	2.9	0.15	0.02
	VEG: BROCCOLI,raw: fresh	1/2 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05
	JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*
	JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*
	JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*
	JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*
	MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50
	MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00
	MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00
	KETCHUP 9 GRAM PACKET	9 GRAM PACKET	10	91	0.03	0.04	2	0.1	2.74	0.01	0.00
	RANCH 12 GRAM PACKET	12 GRAM PACKET	47	103	*N/A*	*N/A*	*N/A*	*N/A*	0.85	4.7	0.85
	BBQ SAUCE 12 GRAM PACKET	12 GRAM PACKET	20	130	*N/A*	*N/A*	4	*N/A*	5.0	*N/A*	*N/A*
	MUSTARD: individual PC	4.5 GRAM PACKET	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01
	HONEY MUSTARD 1 OZ CUP	1 OZ CUP	50	220	*N/A*	*N/A*	7	*N/A*	8.0	2.5	*N/A*
	MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50
	SAUCE, HOT SAUCE	.3 OZ	5	104	*N/A*	*N/A*	*N/A*	*N/A*	0.94	*N/A*	*N/A*
	MUSTARD: individual PC	Pkt 5g	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01
	TACO SAUCE PACKET	1 PACKET	5	55	*N/A*	*N/A*	*N/A*	*N/A*	1.0	*N/A*	*N/A*
	Weighted Daily Average		452	*841	*4.59	*0.41	*28	*17.10	59.77	*16.30	*7.46
	% of Calories					*24.5%	*15.1%	52.9%	*32.4%	*14.8%	*2.3%
	Nutrient Guideline		550-650	1230						<10.00	

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<b>Wed - 01/26/2022</b>											
Elementary Lunch	Total										
CHICKEN, MANDARIN ORANGE, LING BRD: RICE, COOKED, 1/2 CUP	3.6 OZ	151	282	*N/A*	*N/A*	*N/A*	11.08	19.13	3.02	0.50	*N/A*
OKED	1/2 CUP CO	103	1	1.29	*N/A*	0	2.58	21.26	0.97	*N/A*	*N/A*
COOKIE: FORTUNE	1 COOKIE	18	2	*N/A*	*N/A*	2	0.33	4.05	*N/A*	*N/A*	*N/A*
veg: BROCCOLI: frozen	.5 CUP	20	19	2.34	0.63	1	2.19	3.73	0.23	0.03	0.00
SDW: HAM & CHEESE HAWAIIAN BRD	2 SLIDERS	420	1010	0.00	*N/A*	11	22.0	36.0	20.0	9.00	0.00
CHIP: SUNCHIPS, HARVEST CHEDDA	1 OZ BAG	140	200	2.00	*N/A*	2	2.0	19.0	6.0	0.50	*N/A*
SDW: PBJ, UNCRUSTBALE, 2.6 OZ	1 SANDWICH	300	280	4.00	*N/A*	14	9.0	32.0	17.0	3.00	*N/A*
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
BRD: CRACKER, GOLDFISH	.75 OZ	100	170	1.00	*N/A*	*N/A*	3.0	14.0	3.5	1.00	*N/A*
BRD: CHEEZ-IT, WG, .75 OZ	.75 OZ BAG	101	152	1.01	*N/A*	0	2.03	14.17	3.54	1.01	0.00
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE, 2 &5/8"	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
VEG: LETTUCE, ROMAINE W RANCH	1 CUP	40	*56	*0.24	*N/A*	*0	*N/A*	0.6	*4.0	*0.71	*N/A*
VEG: CAULIFLOWER, raw: fresh	1/2 CUP	13	15	1.00	0.21	1	0.96	2.49	0.14	0.07	0.00
JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
KETCHUP 9 GRAM PACKET	9 GRAM PACKET	10	91	0.03	0.04	2	0.1	2.74	0.01	0.00	0.00
RANCH 12 GRAM PACKET	12 GRAM PACKET	47	103	*N/A*	*N/A*	*N/A*	*N/A*	0.85	4.7	0.85	*N/A*
BBQ SAUCE 12 GRAM PACKET	12 GRAM PACKET	20	130	*N/A*	*N/A*	4	*N/A*	5.0	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	4.5 GRAM PACKET	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
HONEY MUSTARD 1 OZ CUP	1 OZ CUP	50	220	*N/A*	*N/A*	7	*N/A*	8.0	2.5	*N/A*	*N/A*
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SAUCE, HOT SAUCE	.3 OZ	5	104	*N/A*	*N/A*	*N/A*	*N/A*	0.94	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	Pkt 5g	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		426	*658	*3.20	*0.19	*29	*15.77	56.30	*15.29	*4.95	*0.00
% of Calories						*26.9%	*14.8%	52.9%	*32.3%	*10.5%	*0.0%
Nutrient Guideline		550-650	1230							<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

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

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 01/27/2022											
Elementary Lunch											
	Total										
	1 CUP	187	632	0.90	1.73	*1	21.5	17.61	3.72	1.05	*0.01
	CHICKEN AND NOODLES										
	1 EACH	140	230	1.00	*N/A*	4	3.0	23.0	4.0	1.00	*N/A*
	BRD: ROLL, SISTER SCH, 1.5 GR										
	1/2 CUP	27	*224	*1.41	*0.75	*1	*2.1	4.58	*0.54	*0.25	*0.00
	VEG:GREEN BEANS W/ DICED HAM										
	1 EACH	249	98	1.29	*0.43	*19	5.23	24.56	15.94	5.02	*0.02
	PEANUT BUTTER BARS-updated										
	1 PIECE	350	580	3.00	*N/A*	6	22.0	29.0	17.0	7.00	0.00
	PIZZA, 4 X 6 PEPPERONI										
	1 PIECE	310	360	3.00	*N/A*	6	22.0	30.0	12.0	6.00	*N/A*
	PIZZA, 4 X 6, CHEESE										
	1 SANDWICH	300	280	4.00	*N/A*	14	9.0	32.0	17.0	3.00	*N/A*
	SDW: PBJ, UNCRUSTBALE, 2.6 OZ										
	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
	CHEESE STICK, LOL, COLBY JACK										
	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
	CHEESE, STICK, MOZZ, LOL										
	.75 OZ	100	170	1.00	*N/A*	*N/A*	3.0	14.0	3.5	1.00	*N/A*
	BRD: CRACKER, GOLDFISH										
	.75 OZ BAG	101	152	1.01	*N/A*	0	2.03	14.17	3.54	1.01	0.00
	BRD: CHEEZ-IT, WG, .75 OZ										
	1/2 CUP	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00
	FRUIT: GRAPES,Fresh										
	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
	FRUIT: APPLESAUCE, UNSWEETENED										
	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
	VEG: CELERY STICKS										
	2 TABLESP	200	160	2.00	*N/A*	3	7.0	8.0	16.0	3.00	*N/A*
	PEANUT BUTTER, USDA, 1 MEAT EQ										
	OONS										
	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
	VEG: CUCUMBER,RAW										
	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE, 4 OZ, APPLE										
	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE, 4 OZ, ORANGE										
	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, APPLE CHERRY										
	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, GRAPE										
	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
	MILK: DEANS, 1% WHITE										
	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	MILK: DEANS, SKIM CHOCOLATE										
	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	MILK: DEANS, SKIM STRAWBERRY										
	9 GRAM PA	10	91	0.03	0.04	2	0.1	2.74	0.01	0.00	0.00
	KETCHUP 9 GRAM PACKET										
	12 GRAM PA	47	103	*N/A*	*N/A*	*N/A*	*N/A*	0.85	4.7	0.85	*N/A*
	RANCH 12 GRAM PACKET										
	12 GRAM PA	20	130	*N/A*	*N/A*	4	*N/A*	5.0	*N/A*	*N/A*	*N/A*
	BBQ SAUCE 12 GRAM PACKET										
	4.5 GRAM P	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
	MUSTARD: individual PC										
	1 OZ CUP	50	220	*N/A*	*N/A*	7	*N/A*	8.0	2.5	*N/A*	*N/A*
	HONEY MUSTARD 1 OZ CUP										
	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
	MAYONNAISE, PACKET, 12 grams										
	.3 OZ	5	104	*N/A*	*N/A*	*N/A*	*N/A*	0.94	*N/A*	*N/A*	*N/A*
	SAUCE, HOT SAUCE										
	Pkt 5g	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
	MUSTARD: individual PC										
	1 CUP	30	30	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.0	1.00	*N/A*
	MARGARINE: SMART BALANCE CUP										

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		517	*788	*3.72	*0.65	*32	*22.64	*59.76	*21.62	*7.22	*0.01
% of Calories						*24.9%	*17.5%	*46.2%	*37.6%	*12.6%	*0.0%
Nutrient Guideline		550-650	1230							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 01/28/2022											
Elementary Lunch											
	Total										
BRD: PRETZEL, 2.2 OZ, WG	1 PRETZEL	140	150	3.00	*N/A*	1	5.0	30.0	0.5	*N/A*	*N/A*
CHEESE SAUCE, CHEDDAR, LOL	3 OZ	130	550	*N/A*	*N/A*	*N/A*	7.0	5.0	10.0	6.00	*N/A*
VEG: POTATO, FF, REGULAR, 3/8	12 pieces	140	140	2.00	*N/A*	0	2.0	21.0	6.0	0.50	*N/A*
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*N/A*
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: CRACKER, GOLDFISH	.75 OZ	100	170	1.00	*N/A*	*N/A*	3.0	14.0	3.5	1.00	*N/A*
BRD: CHEEZ-IT, WG, .75 OZ	.75 OZ BAG	101	152	1.01	*N/A*	0	2.03	14.17	3.54	1.01	0.00
SDW: PBJ, UNCRUSTBALE, 2.6 OZ	1 SANDWICH	300	280	4.00	*N/A*	14	9.0	32.0	17.0	3.00	*N/A*
FRUIT: FRT MIX:canned,In syrup	1/2 CUP	69	7	1.21	0.35	17	0.48	18.07	0.08	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
VEG: PEPPER STRIPS, 1/2 CUP	1/2 CUP	14	1	0.47	0.24	*N/A*	0.52	3.29	0.11	0.02	0.00
VEG: CARROTS, BABY, 1/2 CUP	1/2 CUP	25	42	1.70	*N/A*	2	*N/A*	5.0	*N/A*	*N/A*	*N/A*
JUICE: FROZEN	4 OZ	60	5	3.00	*N/A*	13	*N/A*	16.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
KETCHUP 9 GRAM PACKET	9 GRAM PACKET	10	91	0.03	0.04	2	0.1	2.74	0.01	0.00	0.00
RANCH 12 GRAM PACKET	12 GRAM PACKET	47	103	*N/A*	*N/A*	*N/A*	*N/A*	0.85	4.7	0.85	*N/A*
BBQ SAUCE 12 GRAM PACKET	12 GRAM PACKET	20	130	*N/A*	*N/A*	4	*N/A*	5.0	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	4.5 GRAM PACKET	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
HONEY MUSTARD 1 OZ CUP	1 OZ CUP	50	220	*N/A*	*N/A*	7	*N/A*	8.0	2.5	*N/A*	*N/A*
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SAUCE, HOT SAUCE	.3 OZ	5	104	*N/A*	*N/A*	*N/A*	*N/A*	0.94	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	Pkt 5g	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
Weighted Daily Average		429	*589	*3.80	*0.13	*37	*12.58	63.44	*14.30	*4.65	*0.00
% of Calories						*34.0%	*11.7%	59.2%	*30.0%	*9.8%	*0.0%
Nutrient Guideline		550-650	1230							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 01/31/2022											
Elementary Lunch	Total										
SDW: CHEESEBURGER	1 EACH	360	660	*3.07	*N/A*	5	19.68	28.43	18.57	*7.30	*0.80
SDW: SLOPPY JOE	1 EACH	287	660	3.55	*N/A*	12	18.05	36.28	7.92	*2.22	*N/A*
VEG: POTATO, FF, REGULAR, 3/8	12 pieces	140	140	2.00	*N/A*	0	2.0	21.0	6.0	0.50	*N/A*
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*N/A*
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: CRACKER, GOLDFISH	.75 OZ	100	170	1.00	*N/A*	*N/A*	3.0	14.0	3.5	1.00	*N/A*
BRD: CHEEZ-IT, WG, .75 OZ	.75 OZ BAG	101	152	1.01	*N/A*	0	2.03	14.17	3.54	1.01	0.00
SDW: PBJ, UNCRUSTBALE, 2.6 OZ	1 SANDWICH	300	280	4.00	*N/A*	14	9.0	32.0	17.0	3.00	*N/A*
FRUIT: PEARS canned, light syrup	1/2 CUP	72	6	2.01	0.35	15	0.24	19.04	0.04	0.00	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
VEG: CUCUMBER, RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: CARROTS, BABY, 1/2 CUP	1/2 CUP	25	42	1.70	*N/A*	2	*N/A*	5.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
KETCHUP 9 GRAM PACKET	9 GRAM PACKET	10	91	0.03	0.04	2	0.1	2.74	0.01	0.00	0.00
RANCH 12 GRAM PACKET	12 GRAM PACKET	47	103	*N/A*	*N/A*	*N/A*	*N/A*	0.85	4.7	0.85	*N/A*
BBQ SAUCE 12 GRAM PACKET	12 GRAM PACKET	20	130	*N/A*	*N/A*	4	*N/A*	5.0	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	4.5 GRAM PACKET	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
HONEY MUSTARD 1 OZ CUP	1 OZ CUP	50	220	*N/A*	*N/A*	7	*N/A*	8.0	2.5	*N/A*	*N/A*
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SAUCE, HOT SAUCE	.3 OZ	5	104	*N/A*	*N/A*	*N/A*	*N/A*	0.94	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	Pkt 5g	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00

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 \* - 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.

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.



# Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		471	*692	*3.87	*0.11	*35	*16.64	63.22	*16.95	*5.24	*0.13
% of Calories						*29.5%	*14.1%	53.7%	*32.4%	*10.0%	*0.3%
Nutrient Guideline		550-650	1230							<10.00	

Weighted Average		467	*758	*3.89	*0.25	*32	*16.89	*61.44	*17.22	*5.95	*0.24
						*62.0%	*14.5%	*52.6%	*33.2%	*11.5%	*0.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	467		550 - 650	85%		83		Correction Required - Calories are Low
Sodium 1 (mg)	758		1230		Missing			
Sodium 2 (mg)	758		935		Missing			
Fiber (g)	3.89				Missing			
Iron (mg)	0.25				Missing			
Sugars (g)	32	27.57%			Missing			
Protein (g)	16.89	14.48%			Missing			
Carbohydrate (g)	61.44	52.64%			Missing			
Total Fat (g)	17.22	33.21%			Missing			
Saturated Fat (g)	5.95	11.48%	<10.00%		Missing		Correction Required - Sat. Fat too High	
Trans Fat <sup>1</sup> (g)	0.24	0.45%			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.

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