

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 12/21/2021 10:38:04 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 ¹ (g)
-----------------	----------------	--------------	--------------	--------------	---------------	--------------	-------------	--------------	--------------	----------------------------

**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.

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

High School Lunch

Portion Values - Detailed

Page 2

Generated on: 12/21/2021 10:38:04 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 ¹ (g)
Mon - 01/03/2022											
High School Lunch	Total										
BRD: BISCUIT, PILLSBURY	2.2 OZ	170	570	0.00	*N/A*	2	3.0	22.0	8.0	5.00	0.00
SAUSAGE GRAVY, JTM, CN	3.95 OZ WT	174	510	*N/A*	*N/A*	1	7.0	8.0	12.0	6.90	0.00
EGG: SCRAMBLED W BUTTER	1/4 CUP (2.1 OZ)	90	230	*N/A*	*N/A*	*N/A*	5.0	*N/A*	7.0	1.50	0.00
VEG: POTATO, SHOESTRING SIMPLO	2.39 OZ	130	200	1.00	*N/A*	0	1.0	19.0	6.0	1.00	0.00
VEG: POTATO, DICED, SEASONED	3 OZ WT	130	390	2.00	*N/A*	*N/A*	2.0	21.0	4.0	0.50	*N/A*
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*
PIZZA, BIG DADDY, CHEESE, 16"	1 SLICE	400	440	4.00	*N/A*	7	19.0	42.99	16.0	7.00	*N/A*
PIZZA, BIG DADDYS, PEPP, 16"	1 SLICE	410	580	4.00	*N/A*	7	20.0	43.0	18.0	7.00	*N/A*
BEEF, PHILLY, 2MMA	2.86 OZ	144	390	*N/A*	*N/A*	2	13.07	3.01	8.04	3.01	*N/A*
BRD: RICE, WHITE, 1 CUP	1 CUP	194	3	1.42	2.86	0	4.6	41.16	0.58	0.12	*N/A*
SAUCE, ASIAN, 1 OZ	1 OZ	43	209	0.00	*N/A*	7	0.0	11.0	0.0	0.00	0.00
SAUCE, SWEET N SOUR	1 OZ	60	110	*N/A*	*N/A*	11	*N/A*	14.0	*N/A*	*N/A*	*N/A*
SAUCE: GENERAL TSO, YANGS	1 OZ	37	79	*N/A*	*N/A*	9	*N/A*	10.0	0.0	*N/A*	*N/A*
SAUCE: KOREAN BBQ	1 OZ	62	650	0.00	*N/A*	8	1.0	10.0	2.0	0.00	0.00
SAUCE: ORANGE, YANGS	1 OZ	46	159	*N/A*	*N/A*	10	*N/A*	11.0	*N/A*	*N/A*	*N/A*
SAUCE: STIR FRY	1 OZ	35	440	*N/A*	*N/A*	2	1.0	4.0	1.5	*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
BRD: PRETZEL, KING, 5 OZ	1 EACH	340	300	8.00	*N/A*	2	12.0	72.0	2.0	*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*
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
ENT: STEAK CUT CHEESE FRIES	6 OZ WT	530	1280	*2.00	*N/A*	*2	20.0	*44.0	30.0	14.00	*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
MARGARINE: SMART BALANCE CUP	1 CUP	30	30	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.0	1.00	*N/A*
SDW: CLUX DELUXE	1 EACH	366	833	4.14	*N/A*	5	25.36	43.86	10.14	*1.00	*N/A*
SDW: CHICKEN PTY, SPICY	1 EACH	420	657	5.14	*N/A*	5	20.36	44.86	17.14	*3.00	*N/A*
SDW: BACON CHEESEBURGER	1 EACH	398	832	*2.14	*N/A*	*5	23.27	*28.86	20.77	*6.46	*N/A*
PBJ, GRAPEUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*N/A*
PBJ, STRWBUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*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, 1.5 GALLON, HEINZ	1 OZ	38	308	*N/A*	*N/A*	7	*N/A*	9.0	*N/A*	*N/A*	*N/A*
RANCH, HEINZ, 1.5 GAL	1 OZ	160	240	*N/A*	*N/A*	1	*N/A*	1.0	17.0	3.00	*N/A*

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.

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

High School Lunch

Portion Values - Detailed

Page 3

Generated on: 12/21/2021 10:38:04 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 ¹ (g)
Mon - 01/03/2022											
BBQ SAUCE, HEINZ, 1.5 GAL	1 OZ	40	453	9.06	*N/A*	7	*N/A*	10.88	*N/A*	*N/A*	*N/A*

**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.

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

High School 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 ¹ (g)
MUSTARD, HONEY, HEINZ, 1.5 GAL	1 OZ	40	160	*N/A*	*N/A*	5	*N/A*	9.0	*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
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SALAD, CEASAR	1 SALAD	497	1364	*2.74	*0.97	*4	42.12	35.43	18.54	*8.46	*0.00
SALAD, CRISPY CHICKEN	1 SALAD	443	1036	7.05	*0.97	*3	27.78	51.18	13.87	*2.74	*0.00
SALAD, ITALIAN	1 SALAD	511	1457	*4.29	*0.74	*8	*24.88	*39.83	*27.7	*15.03	*0.00
SALAD, MEXICAN	1 SALAD	494	880	8.19	*2.26	*2	24.38	47.47	24.27	8.27	*0.42
SALAD: BERRY, CHICKEN	1 SALAD	542	1019	*6.58	*0.93	*11	42.98	47.5	19.8	*11.29	*0.00
DRESSING, FF 1000 KRAFT	1.5 OZ PAC	50	350	0.00	*N/A*	0	0.0	12.0	0.0	0.00	0.00
	KET										
DRESSING, CEASAR, KRAFT	1.5 OZ PAC	160	450	0.00	*N/A*	2	2.0	3.0	16.0	3.00	0.00
	KET										
DRESSING, FF FRENCH, KENS	1.5 OZ PAC	50	430	1.00	*N/A*	9	0.0	11.0	0.0	0.00	0.00
	KET										
DRESSING, LT ITALIAN, MARZETTI	1.5 OZ PAC	15	720	0.00	*N/A*	2	0.0	2.0	1.0	0.00	0.00
	KET										
DRESSING, RAS VIN, KENS	1.5 OZ PAC	50	115	*N/A*	*N/A*	10	0.0	12.0	0.0	0.00	0.00
	KET										
DRESSING, LT RANCH, MARZETTI	1.5 OZ PAC	60	220	1.00	*N/A*	4	1.0	9.0	2.5	0.00	0.00
	KET										
SDW: SUB, ITALIAN COMBO	1 SUB	332	914	2.20	*N/A*	4	22.0	31.7	12.2	5.05	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*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*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
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: BLUEBERRIES, FROZEN	1/2 CUP	40	1	2.09	0.14	7	0.33	9.43	0.5	0.04	0.00
FRUIT: WATERMELON, CHUNKS	1/2 CUP	23	1	0.30	0.18	5	0.46	5.74	0.11	0.01	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: CANTALOUPE	1/2 CUP	27	13	0.70	*N/A*	6	*N/A*	6.5	*N/A*	*N/A*	*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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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: 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: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	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: 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*

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.

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.

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
VEG: CUCUMBER,RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: BROCCOLI,raw: fresh	1/2 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00
PICKLES, 2 SLICES	1 EACH	2	113	0.14	0.04	0	0.07	0.34	0.04	0.01	0.00
VEG: SIDE SALAD	1 CUP	10	4	1.12	*0.49	*0	0.68	1.98	0.16	0.02	*0.00
VEG: TACO HUMMUS	3 OZ CUP	120	180	5.00	*N/A*	3	6.0	18.0	3.0	0.00	0.00
Weighted Daily Average		904	*1820	*10.20	*1.05	*40	*37.52	*110.27	*34.78	*12.10	*0.03
% of Calories						*17.8%	*16.6%	*48.8%	*34.6%	*12.0%	*0.0%
Nutrient Guideline		750-850	1420							<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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 6

Generated on: 12/21/2021 10:38:05 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 ¹ (g)
Tue - 01/04/2022											
High School 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
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*
BRD: BISCUIT, PILLSBURY	2.25 OZ	174	583	0.00	*N/A*	2	3.07	22.5	8.18	5.11	0.00
VEG: POTATO, TATER TOT	8 pieces	150	360	2.00	*N/A*	*N/A*	2.0	19.01	7.0	1.00	*N/A*
BOSCO STICKS, PEPPERONI (2)	2 STICKS	520	1020	6.00	*N/A*	6	22.0	64.0	18.0	9.00	*N/A*
PIZZA, BIG DADDY, CHEESE, 16"	1 SLICE	400	440	4.00	*N/A*	7	19.0	42.99	16.0	7.00	*N/A*
PIZZA, BIG DADDYS, PEPP, 16"	1 SLICE	410	580	4.00	*N/A*	7	20.0	43.0	18.0	7.00	*N/A*
BRD: TORTILLA, 6 INCH (2 EACH)	2 EACH	180	220	2.00	*N/A*	2	4.0	30.0	5.0	2.00	0.00
BRD: CHIP, TORTILLA, EL SABROS	16 CHIPS	210	170	2.00	*N/A*	0	3.0	25.0	12.0	1.00	0.00
BRD: CORN CHIP, RF, WG, 1 CUP	1 CUP (1.4 O	204	247	2.91	*N/A*	*N/A*	2.91	29.09	8.73	1.45	*N/A*
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*
CHICKEN: SHREDD TINGA, COMIDA	2.54 OZ	120	380	1.00	*N/A*	1	17.0	4.0	4.5	1.00	0.00
CHEESE SAUCE, CHEDDAR, LOL	3 OZ	130	550	*N/A*	*N/A*	*N/A*	7.0	5.0	10.0	6.00	*N/A*
CHEESE: CHEDDAR, SHREDDED, LOL	1/4 CUP	110	190	*N/A*	*N/A*	*N/A*	6.0	1.0	9.0	6.00	*N/A*
BRD: RICE, SPANISH 1/2 CUP	1/2 CUP	100	310	1.00	*N/A*	2	2.5	21.5	2.5	*N/A*	*N/A*
VEG: LETTUCE, SHREDDED	1 CUP	8	*N/A*	1.00	*N/A*	*N/A*	*N/A*	1.55	*N/A*	*N/A*	*N/A*
VEG: SALSA, COMMODITY 1/2 CUP	1/2 cup	40	140	3.99	1.08	4	0.0	8.0	0.0	0.00	0.00
SOUR CREAM, LIGHT	1 OZ	38	33	*N/A*	*N/A*	2	0.95	2.86	2.38	1.43	*N/A*
VEG: CORN/BLACK BEAN	1/2 CUP	76	119	4.33	1.18	*0	3.56	15.71	0.96	0.18	*0.00
JALAPENOS, SLICED	1.05 OZ	5	514	1.01	*N/A*	*N/A*	*N/A*	1.01	*N/A*	*N/A*	*N/A*
BRD: WAFFLE, BELGIUM	1 EACH	290	160	2.00	*N/A*	18	4.0	37.0	14.0	6.00	0.00
CHICKEN: SMACKERS DARK MEAT	10 EACH	293	487	3.00	*N/A*	0	18.0	17.0	17.0	3.00	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: PORK RIB BBQ ON BUN	1 EACH	360	910	3.00	*N/A*	13	18.0	39.0	14.0	5.00	*0.00
SDW: CLUX DELUXE	1 EACH	366	833	4.14	*N/A*	5	25.36	43.86	10.14	*1.00	*N/A*
SDW: CHICKEN PTY, SPICY	1 EACH	420	657	5.14	*N/A*	5	20.36	44.86	17.14	*3.00	*N/A*
SDW: BACON CHEESEBURGER	1 EACH	398	832	*2.14	*N/A*	*5	23.27	*28.86	20.77	*6.46	*N/A*
PBJ, GRAPEUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*N/A*
PBJ, STRWBUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*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, 1.5 GALLON, HEINZ	1 OZ	38	308	*N/A*	*N/A*	7	*N/A*	9.0	*N/A*	*N/A*	*N/A*
RANCH, HEINZ, 1.5 GAL	1 OZ	160	240	*N/A*	*N/A*	1	*N/A*	1.0	17.0	3.00	*N/A*
BBQ SAUCE, HEINZ, 1.5 GAL	1 OZ	40	453	9.06	*N/A*	7	*N/A*	10.88	*N/A*	*N/A*	*N/A*

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.

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

High School Lunch

Portion Values - Detailed

Page 7

Generated on: 12/21/2021 10:38:05 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 ¹ (g)
Tue - 01/04/2022											
MUSTARD, HONEY, HEINZ, 1.5 GAL	1 OZ	40	160	*N/A*	*N/A*	5	*N/A*	9.0	*N/A*	*N/A*	*N/A*

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.

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

High School 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 ¹ (g)
MUSTARD: individual PC	Pkt 5g	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SALAD, CEASAR	1 SALAD	497	1364	*2.74	*0.97	*4	42.12	35.43	18.54	*8.46	*0.00
SALAD, CRISPY CHICKEN	1 SALAD	443	1036	7.05	*0.97	*3	27.78	51.18	13.87	*2.74	*0.00
SALAD, ITALIAN	1 SALAD	511	1457	*4.29	*0.74	*8	*24.88	*39.83	*27.7	*15.03	*0.00
SALAD, MEXICAN	1 SALAD	494	880	8.19	*2.26	*2	24.38	47.47	24.27	8.27	*0.42
SALAD: BERRY, CHICKEN	1 SALAD	542	1019	*6.58	*0.93	*11	42.98	47.5	19.8	*11.29	*0.00
DRESSING, FF 1000 KRAFT	1.5 OZ PAC	50	350	0.00	*N/A*	0	0.0	12.0	0.0	0.00	0.00
	KET										
DRESSING, CEASAR, KRAFT	1.5 OZ PAC	160	450	0.00	*N/A*	2	2.0	3.0	16.0	3.00	0.00
	KET										
DRESSING, FF FRENCH, KENS	1.5 OZ PAC	50	430	1.00	*N/A*	9	0.0	11.0	0.0	0.00	0.00
	KET										
DRESSING, LT ITALIAN, MARZETTI	1.5 OZ PAC	15	720	0.00	*N/A*	2	0.0	2.0	1.0	0.00	0.00
	KET										
DRESSING, RAS VIN, KENS	1.5 OZ PAC	50	115	*N/A*	*N/A*	10	0.0	12.0	0.0	0.00	0.00
	KET										
DRESSING, LT RANCH,MARZETTI	1.5 OZ PAC	60	220	1.00	*N/A*	4	1.0	9.0	2.5	0.00	0.00
	KET										
SDW: SUB, TRKY, HAM, CHZ	1 SUB	298	918	*2.20	*N/A*	*6	23.06	33.71	9.21	3.81	*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*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*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
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: BLUEBERRIES, FROZEN	1/2 CUP	40	1	2.09	0.14	7	0.33	9.43	0.5	0.04	0.00
FRUIT: WATERMELON,CHUNKS	1/2 CUP	23	1	0.30	0.18	5	0.46	5.74	0.11	0.01	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: CANTALOUPE	1/2 CUP	27	13	0.70	*N/A*	6	*N/A*	6.5	*N/A*	*N/A*	*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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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: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: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	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: 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*
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

High School Lunch

Portion Values - Detailed

Page 9

Generated on: 12/21/2021 10:38:05 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 ¹ (g)
VEG: CUCUMBER,RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: BROCCOLI,raw: fresh	1/2 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00
PICKLES, 2 SLICES	1 EACH	2	113	0.14	0.04	0	0.07	0.34	0.04	0.01	0.00
VEG: SIDE SALAD	1 CUP	10	4	1.12	*0.49	*0	0.68	1.98	0.16	0.02	*0.00
VEG: TACO HUMMUS	3 OZ CUP	120	180	5.00	*N/A*	3	6.0	18.0	3.0	0.00	0.00
Weighted Daily Average		1024	*2083	*12.38	*1.08	*45	*43.90	*125.45	*38.83	*12.47	*0.03
% of Calories						*17.6%	*17.1%	*49.0%	*34.1%	*11.0%	*0.0%
Nutrient Guideline		750-850	1420							<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.

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

High School 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 ¹ (g)
Wed - 01/05/2022											
High School Lunch											
CHICKEN: SMACKERS DARK MEAT	Total										
VEG: POTATO, MASHED, IDAHOAN	10 EACH	293	487	3.00	*N/A*	0	18.0	17.0	17.0	3.00	0.00
GRAVY: COUNTRY	1/2 CUP	80	310	1.00	*N/A*	*N/A*	2.0	17.0	1.0	*N/A*	*N/A*
VEG: CORN: frozen, yellow, 1/4	.25 CUP	33	244	0.00	*N/A*	0	0.0	5.54	1.11	1.11	*N/A*
CHEESE: CHEDDAR, SHREDDED, LOL	1/4 CUP	33	0	0.99	0.19	1	1.05	7.96	0.28	0.04	0.00
BRD: BISCUIT, PILLSBURY	1/4 CUP	110	190	*N/A*	*N/A*	*N/A*	6.0	1.0	9.0	6.00	*N/A*
VEG: CORN: frozen, yellow	2.2 OZ	170	570	0.00	*N/A*	2	3.0	22.0	8.0	5.00	0.00
VEG: POTATO, FF, SPICY STRT CU	1/2 CUP	74	52	*1.98	*0.39	*3	*2.1	17.27	*0.55	*0.08	*0.00
BOSCO CHEESE STICKS (2)	12 pieces	139	387	1.99	*N/A*	*N/A*	1.99	19.86	5.96	0.99	*N/A*
PIZZA, BIG DADDY, CHEESE, 16"	2 EACH	459	619	3.99	*N/A*	2	23.97	55.92	13.98	7.99	*N/A*
PIZZA, BIG DADDYS, PEPP, 16"	1 SLICE	400	440	4.00	*N/A*	7	19.0	42.99	16.0	7.00	*N/A*
BRD: RAMEN, NOODLES, 1 CUP	1 SLICE	410	580	4.00	*N/A*	7	20.0	43.0	18.0	7.00	*N/A*
BEEF, PHILLY, 2MMA	1 CUP	200	430	1.00	*N/A*	1	8.0	40.0	1.0	0.00	0.00
CHICKEN, PULLED	2.86 OZ	144	390	*N/A*	*N/A*	2	13.07	3.01	8.04	3.01	*N/A*
PORK, PULLED, RICHS NO SAUCE	2.3 OZ	83	64	0.00	0.41	0	13.79	0.0	2.3	0.00	0.00
BROTH, BEEF	2.3 OZ	150	190	*N/A*	*N/A*	*N/A*	11.0	*N/A*	11.0	4.00	0.00
BROTH, CHICKEN	1 CUP	20	145	*0.00	*0.00	1	*0.0	3.0	1.0	*0.00	*0.00
VEG: CORN: frozen, yellow, 1/4	1 CUP	10	750	0.00	0.08	*0	0.8	0.72	0.42	0.12	*0.00
VEG: CARROTS, MATCHSTICK	1/4 CUP	33	0	0.99	0.19	1	1.05	7.96	0.28	0.04	0.00
VEG: EDAMAME	.25 CUP	13	21	0.85	0.09	1	0.28	2.92	0.07	0.01	0.00
VEG: MUSHROOM	1/4 CUP	47	2	2.02	0.88	1	4.62	3.45	2.02	0.24	0.00
CHICKEN, CRIS P BITES	1/4 CUP	5	1	0.24	0.12	0	0.74	0.78	0.08	0.01	0.00
BRD: BISCUIT, PILLSBURY	5 PIECES	208	546	2.00	*N/A*	1	19.0	15.0	8.0	1.00	*N/A*
SAUCE, SWEET N SOUR	2.2 OZ	170	570	0.00	*N/A*	2	3.0	22.0	8.0	5.00	0.00
MARGARINE: SMART BALANCE CUP	1 OZ	60	110	*N/A*	*N/A*	11	*N/A*	14.0	*N/A*	*N/A*	*N/A*
SDW: MEATBALL SUB	1 CUP	30	30	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.0	1.00	*N/A*
SDW: CLUX DELUXE	1 SANDWICH	438	1149	*6.00	*0.07	*12	27.31	45.74	14.73	*6.30	*0.00
SDW: CHICKEN PTY, SPICY	1 EACH	366	833	4.14	*N/A*	5	25.36	43.86	10.14	*1.00	*N/A*
SDW: BACON CHEESEBURGER	1 EACH	420	657	5.14	*N/A*	5	20.36	44.86	17.14	*3.00	*N/A*
PBJ, GRAPEUNCRUSTABLES, 5.3 OZ	1 EACH	398	832	*2.14	*N/A*	*5	23.27	*28.86	20.77	*6.46	*N/A*
PBJ, STRWBUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*N/A*
JUICE, 4 OZ, APPLE	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*N/A*
JUICE, 4 OZ, ORANGE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, APPLE CHERRY	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, GRAPE	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
MILK: DEANS, 1% WHITE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
MILK: DEANS, SKIM CHOCOLATE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
KETCHUP, 1.5 GALLON, HEINZ	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	1 OZ	38	308	*N/A*	*N/A*	7	*N/A*	9.0	*N/A*	*N/A*	*N/A*

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.

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

High School Lunch

Portion Values - Detailed

Page 11

Generated on: 12/21/2021 10:38:05 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 ¹ (g)
Wed - 01/05/2022											
RANCH, HEINZ, 1.5 GAL	1 OZ	160	240	*N/A*	*N/A*	1	*N/A*	1.0	17.0	3.00	*N/A*

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.

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

High School 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 ¹ (g)
BBQ SAUCE, HEINZ, 1.5 GAL	1 OZ	40	453	9.06	*N/A*	7	*N/A*	10.88	*N/A*	*N/A*	*N/A*
MUSTARD, HONEY, HEINZ, 1.5 GAL	1 OZ	40	160	*N/A*	*N/A*	5	*N/A*	9.0	*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
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SALAD, CEASAR	1 SALAD	497	1364	*2.74	*0.97	*4	42.12	35.43	18.54	*8.46	*0.00
SALAD, CRISPY CHICKEN	1 SALAD	443	1036	7.05	*0.97	*3	27.78	51.18	13.87	*2.74	*0.00
SALAD, ITALIAN	1 SALAD	511	1457	*4.29	*0.74	*8	*24.88	*39.83	*27.7	*15.03	*0.00
SALAD, MEXICAN	1 SALAD	494	880	8.19	*2.26	*2	24.38	47.47	24.27	8.27	*0.42
SALAD: BERRY, CHICKEN	1 SALAD	542	1019	*6.58	*0.93	*11	42.98	47.5	19.8	*11.29	*0.00
DRESSING, FF 1000 KRAFT	1.5 OZ PAC KET	50	350	0.00	*N/A*	0	0.0	12.0	0.0	0.00	0.00
DRESSING, CEASAR, KRAFT	1.5 OZ PAC KET	160	450	0.00	*N/A*	2	2.0	3.0	16.0	3.00	0.00
DRESSING, FF FRENCH, KENS	1.5 OZ PAC KET	50	430	1.00	*N/A*	9	0.0	11.0	0.0	0.00	0.00
DRESSING, LT ITALIAN, MARZETTI	1.5 OZ PAC KET	15	720	0.00	*N/A*	2	0.0	2.0	1.0	0.00	0.00
DRESSING, RAS VIN, KENS	1.5 OZ PAC KET	50	115	*N/A*	*N/A*	10	0.0	12.0	0.0	0.00	0.00
DRESSING, LT RANCH, MARZETTI	1.5 OZ PAC KET	60	220	1.00	*N/A*	4	1.0	9.0	2.5	0.00	0.00
SDW: SUB, ITALIAN COMBO	1 SUB	332	914	2.20	*N/A*	4	22.0	31.7	12.2	5.05	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*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*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
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: BLUEBERRIES, FROZEN	1/2 CUP	40	1	2.09	0.14	7	0.33	9.43	0.5	0.04	0.00
FRUIT: WATERMELON, CHUNKS	1/2 CUP	23	1	0.30	0.18	5	0.46	5.74	0.11	0.01	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: CANTALOUPE	1/2 CUP	27	13	0.70	*N/A*	6	*N/A*	6.5	*N/A*	*N/A*	*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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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: 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: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	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*

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.

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.

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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*
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
VEG: CUCUMBER,RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: BROCCOLI,raw: fresh	1/2 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00
PICKLES, 2 SLICES	1 EACH	2	113	0.14	0.04	0	0.07	0.34	0.04	0.01	0.00
VEG: SIDE SALAD	1 CUP	10	4	1.12	*0.49	*0	0.68	1.98	0.16	0.02	*0.00
VEG: TACO HUMMUS	3 OZ CUP	120	180	5.00	*N/A*	3	6.0	18.0	3.0	0.00	0.00
Weighted Daily Average		783	*1553	*9.19	*0.84	*34	*35.85	*93.65	*29.30	*9.61	*0.03
% of Calories						*17.2%	*18.3%	*47.8%	*33.7%	*11.0%	*0.0%
Nutrient Guideline		750-850	1420							<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.

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

High School 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 ¹ (g)
Thu - 01/06/2022											
High School Lunch	Total										
PIZZA, PAPA JOHNS 16" CHEESE	SLICE	370	970	4.00	*N/A*	5	15.0	43.0	16.0	8.00	*N/A*
PIZZA, PAPA JOHNS, PEPP 16"	SLICE	390	1070	4.00	*N/A*	5	16.0	43.0	18.0	8.00	*N/A*
PIZZA, PAPA JOHNS, SAUS, 16 IN	1 SLICE	400	1050	4.00	*N/A*	5	15.0	43.0	19.0	9.00	*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
VEG: POTATO, CURLY FRY, 1/2 CUP	3 OZ PORTIO	155	420	2.00	*N/A*	*N/A*	2.0	21.0	7.0	1.00	*N/A*
BOSCO STICKS, PEPPERONI (2)	2 STICKS	520	1020	6.00	*N/A*	6	22.0	64.0	18.0	9.00	*N/A*
BRD: CHIP, TORTILLA, EL SABROS	16 CHIPS	210	170	2.00	*N/A*	0	3.0	25.0	12.0	1.00	0.00
PORK, PULLED, RICHS NO SAUCE	2.3 OZ	150	190	*N/A*	*N/A*	*N/A*	11.0	*N/A*	11.0	4.00	0.00
CHEESE, SAUCE, WHITE LOL	3 OZ	130	540	*N/A*	*N/A*	*N/A*	8.0	3.0	10.0	6.00	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	0.00
SAUCE: BBQ, SWEET BABY RAYS	1 OZ	70	290	*N/A*	*N/A*	14	*N/A*	18.0	*N/A*	*N/A*	*N/A*
VEG: LETTUCE, SHREDDED	1 CUP	8	*N/A*	1.00	*N/A*	*N/A*	*N/A*	1.55	*N/A*	*N/A*	*N/A*
JALAPENOS, SLICED	1.05 OZ	5	514	1.01	*N/A*	*N/A*	*N/A*	1.01	*N/A*	*N/A*	*N/A*
CHICKEN STICKS, TYSON, 8 PIECE	8 STICKS	261	391	3.01	1.81	1	15.05	16.06	15.05	2.51	*N/A*
BRD: ONION RINGS, TASTY BRANDS	5 EACH	190	310	3.00	*N/A*	5	3.0	27.0	8.0	1.50	0.00
SDW: PHILLY CHEESE STEAK	1 Sandwich	320	1008	*0.04	*N/A*	*2	23.57	6.48	21.41	10.43	*0.00
SDW: CLUX DELUXE	1 EACH	366	833	4.14	*N/A*	5	25.36	43.86	10.14	*1.00	*N/A*
SDW: CHICKEN PTY, SPICY	1 EACH	420	657	5.14	*N/A*	5	20.36	44.86	17.14	*3.00	*N/A*
SDW: BACON CHEESEBURGER	1 EACH	398	832	*2.14	*N/A*	*5	23.27	*28.86	20.77	*6.46	*N/A*
PBJ, GRAPEUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*N/A*
PBJ, STRWBUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*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, 1.5 GALLON, HEINZ	1 OZ	38	308	*N/A*	*N/A*	7	*N/A*	9.0	*N/A*	*N/A*	*N/A*
RANCH, HEINZ, 1.5 GAL	1 OZ	160	240	*N/A*	*N/A*	1	*N/A*	1.0	17.0	3.00	*N/A*
BBQ SAUCE, HEINZ, 1.5 GAL	1 OZ	40	453	9.06	*N/A*	7	*N/A*	10.88	*N/A*	*N/A*	*N/A*
MUSTARD, HONEY, HEINZ, 1.5 GAL	1 OZ	40	160	*N/A*	*N/A*	5	*N/A*	9.0	*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
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SALAD, CEASAR	1 SALAD	497	1364	*2.74	*0.97	*4	42.12	35.43	18.54	*8.46	*0.00
SALAD, CRISPY CHICKEN	1 SALAD	443	1036	7.05	*0.97	*3	27.78	51.18	13.87	*2.74	*0.00
SALAD, ITALIAN	1 SALAD	511	1457	*4.29	*0.74	*8	*24.88	*39.83	*27.7	*15.03	*0.00
SALAD, MEXICAN	1 SALAD	494	880	8.19	*2.26	*2	24.38	47.47	24.27	8.27	*0.42
SALAD: BERRY, CHICKEN	1 SALAD	542	1019	*6.58	*0.93	*11	42.98	47.5	19.8	*11.29	*0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1- Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

High School 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 ¹ (g)
Thu - 01/06/2022											
DRESSING, FF 1000 KRAFT	1.5 OZ PAC KET	50	350	0.00	*N/A*	0	0.0	12.0	0.0	0.00	0.00
DRESSING, CEASAR, KRAFT	1.5 OZ PAC KET	160	450	0.00	*N/A*	2	2.0	3.0	16.0	3.00	0.00
DRESSING, FF FRENCH, KENS	1.5 OZ PAC KET	50	430	1.00	*N/A*	9	0.0	11.0	0.0	0.00	0.00
DRESSING, LT ITALIAN, MARZETTI	1.5 OZ PAC KET	15	720	0.00	*N/A*	2	0.0	2.0	1.0	0.00	0.00
DRESSING, RAS VIN, KENS	1.5 OZ PAC KET	50	115	*N/A*	*N/A*	10	0.0	12.0	0.0	0.00	0.00
DRESSING, LT RANCH, MARZETTI	1.5 OZ PAC KET	60	220	1.00	*N/A*	4	1.0	9.0	2.5	0.00	0.00
SDW: SUB, TRKY, HAM, CHZ	1 SUB	298	918	*2.20	*N/A*	*6	23.06	33.71	9.21	3.81	*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*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*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
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: BLUEBERRIES, FROZEN	1/2 CUP	40	1	2.09	0.14	7	0.33	9.43	0.5	0.04	0.00
FRUIT: WATERMELON, CHUNKS	1/2 CUP	23	1	0.30	0.18	5	0.46	5.74	0.11	0.01	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: CANTALOUPE	1/2 CUP	27	13	0.70	*N/A*	6	*N/A*	6.5	*N/A*	*N/A*	*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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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: 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: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	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: 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*
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
VEG: CUCUMBER, RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: BROCCOLI, raw: fresh	1/2 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00
PICKLES, 2 SLICES	1 EACH	2	113	0.14	0.04	0	0.07	0.34	0.04	0.01	0.00
VEG: SIDE SALAD	1 CUP	10	4	1.12	*0.49	*0	0.68	1.98	0.16	0.02	*0.00
VEG: TACO HUMMUS	3 OZ CUP	120	180	5.00	*N/A*	3	6.0	18.0	3.0	0.00	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

High School Lunch

Portion Values - Detailed

Page 16

Generated on: 12/21/2021 10:38:05 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 ¹ (g)
Weighted Daily Average		929	*1944	*11.60	*1.15	*41	*39.56	*110.27	*36.81	*12.05	*0.03
% of Calories						*17.9%	*17.0%	*47.5%	*35.7%	*11.7%	*0.0%
Nutrient Guideline		750-850	1420							<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.

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

High School 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 ¹ (g)
Fri - 01/07/2022											
High School Lunch											
ENT: 3 CHEESE CAVATAPPI	Total										
ENT: MAC & CHEESE LOL	6 OZ WT	321	803	2.00	*N/A*	3	16.0	27.0	16.0	9.20	0.00
BRD: BREADSTICK, KLOSTERMAN	6 OZ	290	980	1.00	*N/A*	6	17.0	32.0	11.0	6.00	0.00
PORK: HAM, DICED/SL, COMMODITY	1 EACH	90	181	2.58	*N/A*	*N/A*	3.87	18.06	0.65	*N/A*	*N/A*
PORK: BACON PCS, 2 T	1.22 OZ	37	232	*N/A*	*N/A*	1	5.0	2.0	2.0	1.00	*N/A*
	2 TABLESP	70	300	*N/A*	*N/A*	*N/A*	4.0	*N/A*	6.0	2.00	*N/A*
	OONS										
VEG: TOMATOES, CANNED	1/2 CUP	48	373	1.20	1.20	*N/A*	3.12	10.32	0.36	0.05	*N/A*
VEG: BEAN, BAKED BUSHES	1/2 CUP	171	580	4.15	*0.05	*13	7.14	34.29	1.51	*0.00	*0.00
VEG: POTATO, SIDEWINDER	5 PIECES	90	260	1.00	*N/A*	0	1.0	14.0	3.5	0.50	0.00
BOSCO CHEESE STICKS (2)	2 EACH	459	619	3.99	*N/A*	2	23.97	55.92	13.98	7.99	*N/A*
PIZZA, BIG DADDY, CHEESE, 16"	1 SLICE	400	440	4.00	*N/A*	7	19.0	42.99	16.0	7.00	*N/A*
PIZZA, BIG DADDY'S, PEPP, 16"	1 SLICE	410	580	4.00	*N/A*	7	20.0	43.0	18.0	7.00	*N/A*
CHICKEN, YANGS BRDED, UNSAUCED	3.6 OZ WT	129	151	0.00	*N/A*	0	13.75	10.0	3.75	0.00	0.00
BRD: RICE, WHITE, 1 CUP	1 CUP	194	3	1.42	2.86	0	4.6	41.16	0.58	0.12	*N/A*
EGG ROLL	1 EACH	180	430	*N/A*	*N/A*	2	7.0	21.0	8.0	2.00	*N/A*
SAUCE, ASIAN, 1 OZ	1 OZ	43	209	0.00	*N/A*	7	0.0	11.0	0.0	0.00	0.00
SAUCE, SWEET N SOUR	1 OZ	60	110	*N/A*	*N/A*	11	*N/A*	14.0	*N/A*	*N/A*	*N/A*
SAUCE: GENERAL TSO, YANGS	1 OZ	37	79	*N/A*	*N/A*	9	*N/A*	10.0	0.0	*N/A*	*N/A*
SAUCE: KOREAN BBQ	1 OZ	62	650	0.00	*N/A*	8	1.0	10.0	2.0	0.00	0.00
SAUCE: ORANGE, YANGS	1 OZ	46	159	*N/A*	*N/A*	10	*N/A*	11.0	*N/A*	*N/A*	*N/A*
SAUCE: STIR FRY	1 OZ	35	440	*N/A*	*N/A*	2	1.0	4.0	1.5	*N/A*	*N/A*
SAUCE: TERIYAKI, MINH	1 OZ	50	250	0.00	*N/A*	11	0.5	12.0	0.5	0.00	*N/A*
SDW: CHICKEN PATTY, DILL	1 EACH	332	663	3.02	*N/A*	6	30.06	39.32	6.52	*1.00	*N/A*
VEG: POTATO, SIDEWINDER	5 PIECES	90	260	1.00	*N/A*	0	1.0	14.0	3.5	0.50	0.00
SAUCE: CHICKN'DIPPIN	1 OZ	130	135	0.00	*N/A*	5	0.0	6.0	12.0	2.00	0.00
ENT: THE MAX CHEESE STUFFED ST	2 EACH	280	440	2.00	*N/A*	2	16.0	30.0	9.0	2.00	0.00
SDW: CLUX DELUXE	1 EACH	366	833	4.14	*N/A*	5	25.36	43.86	10.14	*1.00	*N/A*
SDW: CHICKEN PTY, SPICY	1 EACH	420	657	5.14	*N/A*	5	20.36	44.86	17.14	*3.00	*N/A*
SDW: BACON CHEESEBURGER	1 EACH	398	832	*2.14	*N/A*	*5	23.27	*28.86	20.77	*6.46	*N/A*
PBJ, GRAPEUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*N/A*
PBJ, STRWBUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*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, 1.5 GALLON, HEINZ	1 OZ	38	308	*N/A*	*N/A*	7	*N/A*	9.0	*N/A*	*N/A*	*N/A*

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.

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

High School Lunch

Portion Values - Detailed

Page 18

Generated on: 12/21/2021 10:38:05 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 ¹ (g)
Fri - 01/07/2022											
RANCH, HEINZ, 1.5 GAL	1 OZ	160	240	*N/A*	*N/A*	1	*N/A*	1.0	17.0	3.00	*N/A*

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.

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

High School 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 ¹ (g)
BBQ SAUCE, HEINZ, 1.5 GAL	1 OZ	40	453	9.06	*N/A*	7	*N/A*	10.88	*N/A*	*N/A*	*N/A*
MUSTARD, HONEY, HEINZ, 1.5 GAL	1 OZ	40	160	*N/A*	*N/A*	5	*N/A*	9.0	*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
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SALAD, CEASAR	1 SALAD	497	1364	*2.74	*0.97	*4	42.12	35.43	18.54	*8.46	*0.00
SALAD, CRISPY CHICKEN	1 SALAD	443	1036	7.05	*0.97	*3	27.78	51.18	13.87	*2.74	*0.00
SALAD, ITALIAN	1 SALAD	511	1457	*4.29	*0.74	*8	*24.88	*39.83	*27.7	*15.03	*0.00
SALAD, MEXICAN	1 SALAD	494	880	8.19	*2.26	*2	24.38	47.47	24.27	8.27	*0.42
SALAD: BERRY, CHICKEN	1 SALAD	542	1019	*6.58	*0.93	*11	42.98	47.5	19.8	*11.29	*0.00
DRESSING, FF 1000 KRAFT	1.5 OZ PAC	50	350	0.00	*N/A*	0	0.0	12.0	0.0	0.00	0.00
	KET										
DRESSING, CEASAR, KRAFT	1.5 OZ PAC	160	450	0.00	*N/A*	2	2.0	3.0	16.0	3.00	0.00
	KET										
DRESSING, FF FRENCH, KENS	1.5 OZ PAC	50	430	1.00	*N/A*	9	0.0	11.0	0.0	0.00	0.00
	KET										
DRESSING, LT ITALIAN, MARZETTI	1.5 OZ PAC	15	720	0.00	*N/A*	2	0.0	2.0	1.0	0.00	0.00
	KET										
DRESSING, RAS VIN, KENS	1.5 OZ PAC	50	115	*N/A*	*N/A*	10	0.0	12.0	0.0	0.00	0.00
	KET										
DRESSING, LT RANCH, MARZETTI	1.5 OZ PAC	60	220	1.00	*N/A*	4	1.0	9.0	2.5	0.00	0.00
	KET										
SDW: SUB, ITALIAN COMBO	1 SUB	332	914	2.20	*N/A*	4	22.0	31.7	12.2	5.05	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*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*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
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: BLUEBERRIES, FROZEN	1/2 CUP	40	1	2.09	0.14	7	0.33	9.43	0.5	0.04	0.00
FRUIT: WATERMELON, CHUNKS	1/2 CUP	23	1	0.30	0.18	5	0.46	5.74	0.11	0.01	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: CANTALOUPE	1/2 CUP	27	13	0.70	*N/A*	6	*N/A*	6.5	*N/A*	*N/A*	*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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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: 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: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	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*

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.

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

High School Lunch

Portion Values - Detailed

Page 20

Generated on: 12/21/2021 10:38:05 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 ¹ (g)
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*
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
VEG: CUCUMBER,RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: BROCCOLI,raw: fresh	1/2 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00
PICKLES, 2 SLICES	1 EACH	2	113	0.14	0.04	0	0.07	0.34	0.04	0.01	0.00
VEG: SIDE SALAD	1 CUP	10	4	1.12	*0.49	*0	0.68	1.98	0.16	0.02	*0.00
VEG: TACO HUMMUS	3 OZ CUP	120	180	5.00	*N/A*	3	6.0	18.0	3.0	0.00	0.00
Weighted Daily Average		999	*2028	*11.26	*1.19	*47	*44.41	*125.81	*35.42	*11.13	*0.03
% of Calories						*18.7%	*17.8%	*50.4%	*31.9%	*10.0%	*0.0%
Nutrient Guideline		750-850	1420							<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.

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

High School 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 ¹ (g)
Mon - 01/10/2022											
High School Lunch											
	Total										
VEG: POTATO, BAKED, 100 CT	1 POTATO	161	17	3.81	1.87	2	4.33	36.59	0.22	0.06	0.00
ENT: CHILI, WEIGH BETTER, 1MMA	2.57 OZ	76	323	1.44	*N/A*	3	7.14	5.01	2.91	1.09	*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*
CHEESE: CHEDDAR, SHREDDED, LOL	1/4 CUP	110	190	*N/A*	*N/A*	*N/A*	6.0	1.0	9.0	6.00	*N/A*
PORK: BACON PCS, 2 T	1 OZ	70	300	*N/A*	*N/A*	*N/A*	4.0	*N/A*	6.0	2.00	*N/A*
veg: BROCCOLI: frozen	.5 CUP	20	19	2.34	0.63	1	2.19	3.73	0.23	0.03	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
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*
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*
PIZZA, BIG DADDY, CHEESE, 16"	1 SLICE	400	440	4.00	*N/A*	7	19.0	42.99	16.0	7.00	*N/A*
PIZZA, BIG DADDYS, PEPP, 16"	1 SLICE	410	580	4.00	*N/A*	7	20.0	43.0	18.0	7.00	*N/A*
BEEF, PHILLY, 2MMA	2.86 OZ	144	390	*N/A*	*N/A*	2	13.07	3.01	8.04	3.01	*N/A*
BRD: RICE, WHITE, 1 CUP	1 CUP	194	3	1.42	2.86	0	4.6	41.16	0.58	0.12	*N/A*
EGG ROLL	1 EACH	180	430	*N/A*	*N/A*	2	7.0	21.0	8.0	2.00	*N/A*
veg: BROCCOLI: frozen	.5 CUP	20	19	2.34	0.63	1	2.19	3.73	0.23	0.03	0.00
SAUCE, ASIAN, 1 OZ	1 OZ	43	209	0.00	*N/A*	7	0.0	11.0	0.0	0.00	0.00
SAUCE, SWEET N SOUR	1 OZ	60	110	*N/A*	*N/A*	11	*N/A*	14.0	*N/A*	*N/A*	*N/A*
SAUCE: GENERAL TSO, YANGS	1 OZ	37	79	*N/A*	*N/A*	9	*N/A*	10.0	0.0	*N/A*	*N/A*
SAUCE: KOREAN BBQ	1 OZ	62	650	0.00	*N/A*	8	1.0	10.0	2.0	0.00	0.00
SAUCE: ORANGE, YANGS	1 OZ	46	159	*N/A*	*N/A*	10	*N/A*	11.0	*N/A*	*N/A*	*N/A*
SAUCE: STIR FRY	1 OZ	35	440	*N/A*	*N/A*	2	1.0	4.0	1.5	*N/A*	*N/A*
SAUCE: TERIYAKI, MINH	1 OZ	50	250	0.00	*N/A*	11	0.5	12.0	0.5	0.00	*N/A*
CHICKEN: TENDER, TYSON, WM	3 EACH	200	440	2.00	*N/A*	1	20.0	14.0	7.0	1.00	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
SDW: PORK RIB BBQ ON BUN	1 EACH	360	910	3.00	*N/A*	13	18.0	39.0	14.0	5.00	*0.00
PBJ, GRAPEUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*N/A*
PBJ, STRWBUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*N/A*
SDW: BACON CHEESEBURGER	1 EACH	398	832	*2.14	*N/A*	*5	23.27	*28.86	20.77	*6.46	*N/A*
SDW: CHICKEN PTY, SPICY	1 EACH	420	657	5.14	*N/A*	5	20.36	44.86	17.14	*3.00	*N/A*
SDW: CLUX DELUXE	1 EACH	366	833	4.14	*N/A*	5	25.36	43.86	10.14	*1.00	*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, 1.5 GALLON, HEINZ	1 OZ	38	308	*N/A*	*N/A*	7	*N/A*	9.0	*N/A*	*N/A*	*N/A*
RANCH, HEINZ, 1.5 GAL	1 OZ	160	240	*N/A*	*N/A*	1	*N/A*	1.0	17.0	3.00	*N/A*

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.

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

High School Lunch

Portion Values - Detailed

Page 22

Generated on: 12/21/2021 10:38:05 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 ¹ (g)
Mon - 01/10/2022											
BBQ SAUCE, HEINZ, 1.5 GAL	1 OZ	40	453	9.06	*N/A*	7	*N/A*	10.88	*N/A*	*N/A*	*N/A*

**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.

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

High School 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 ¹ (g)
MUSTARD, HONEY, HEINZ, 1.5 GAL	1 OZ	40	160	*N/A*	*N/A*	5	*N/A*	9.0	*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
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SALAD, CEASAR	1 SALAD	497	1364	*2.74	*0.97	*4	42.12	35.43	18.54	*8.46	*0.00
SALAD, CRISPY CHICKEN	1 SALAD	443	1036	7.05	*0.97	*3	27.78	51.18	13.87	*2.74	*0.00
SALAD, ITALIAN	1 SALAD	511	1457	*4.29	*0.74	*8	*24.88	*39.83	*27.7	*15.03	*0.00
SALAD, MEXICAN	1 SALAD	494	880	8.19	*2.26	*2	24.38	47.47	24.27	8.27	*0.42
SALAD: BERRY, CHICKEN	1 SALAD	542	1019	*6.58	*0.93	*11	42.98	47.5	19.8	*11.29	*0.00
DRESSING, FF 1000 KRAFT	1.5 OZ PAC KET	50	350	0.00	*N/A*	0	0.0	12.0	0.0	0.00	0.00
DRESSING, CEASAR, KRAFT	1.5 OZ PAC KET	160	450	0.00	*N/A*	2	2.0	3.0	16.0	3.00	0.00
DRESSING, FF FRENCH, KENS	1.5 OZ PAC KET	50	430	1.00	*N/A*	9	0.0	11.0	0.0	0.00	0.00
DRESSING, LT ITALIAN, MARZETTI	1.5 OZ PAC KET	15	720	0.00	*N/A*	2	0.0	2.0	1.0	0.00	0.00
DRESSING, RAS VIN, KENS	1.5 OZ PAC KET	50	115	*N/A*	*N/A*	10	0.0	12.0	0.0	0.00	0.00
DRESSING, LT RANCH, MARZETTI	1.5 OZ PAC KET	60	220	1.00	*N/A*	4	1.0	9.0	2.5	0.00	0.00
SDW: SUB, ITALIAN COMBO	1 SUB	332	914	2.20	*N/A*	4	22.0	31.7	12.2	5.05	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*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*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
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: BLUEBERRIES, FROZEN	1/2 CUP	40	1	2.09	0.14	7	0.33	9.43	0.5	0.04	0.00
FRUIT: WATERMELON, CHUNKS	1/2 CUP	23	1	0.30	0.18	5	0.46	5.74	0.11	0.01	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: CANTALOUPE	1/2 CUP	27	13	0.70	*N/A*	6	*N/A*	6.5	*N/A*	*N/A*	*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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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: 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: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	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: 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*

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.

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.

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
VEG: CUCUMBER,RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: BROCCOLI,raw: fresh	1/2 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00
PICKLES, 2 SLICES	1 EACH	2	113	0.14	0.04	0	0.07	0.34	0.04	0.01	0.00
VEG: SIDE SALAD	1 CUP	10	4	1.12	*0.49	*0	0.68	1.98	0.16	0.02	*0.00
VEG: TACO HUMMUS	3 OZ CUP	120	180	5.00	*N/A*	3	6.0	18.0	3.0	0.00	0.00
Weighted Daily Average		959	*1946	*11.18	*1.35	*46	*41.59	*118.45	*35.59	*11.68	*0.03
% of Calories						*19.1%	*17.3%	*49.4%	*33.4%	*11.0%	*0.0%
Nutrient Guideline		750-850	1420							<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.

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

High School 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 ¹ (g)
Tue - 01/11/2022											
High School Lunch											
	Total										
	CHICKEN: OVEN ROASTED, 8 PC	215	591	1.00	*N/A*	*N/A*	12.0	11.0	13.0	3.00	*N/A*
	BRD: ROLL, SISTER SCH, 2 GR	180	320	1.00	*N/A*	6	4.0	30.0	5.0	1.50	*N/A*
	VEG: POTATO, MASHED, IDAHOAN	80	310	1.00	*N/A*	*N/A*	2.0	17.0	1.0	*N/A*	*N/A*
	GRAVY: CHICKEN, LS	35	248	*N/A*	*N/A*	2	*N/A*	5.32	0.89	*N/A*	*N/A*
	BRD: BROWNIE, COMM FOODS	80	100	1.00	*N/A*	11	1.0	15.0	2.0	1.00	*N/A*
	VEG: POTATO, TATER TOT	150	360	2.00	*N/A*	*N/A*	2.0	19.01	7.0	1.00	*N/A*
	BOSCO STICKS, PEPPERONI (2)	520	1020	6.00	*N/A*	6	22.0	64.0	18.0	9.00	*N/A*
	BRD: TORTILLA, 6 INCH (2 EACH)	180	220	2.00	*N/A*	2	4.0	30.0	5.0	2.00	0.00
	BRD: CHIP, TORTILLA, EL SABROS	210	170	2.00	*N/A*	0	3.0	25.0	12.0	1.00	0.00
	BRD: CORN CHIP, RF, WG, 1 CUP	204	247	2.91	*N/A*	*N/A*	2.91	29.09	8.73	1.45	*N/A*
	BEEF TACO FILLING, JTM, 2 MMA	2.71	287	0.21	*N/A*	0	13.63	1.93	6.84	2.74	*N/A*
	CHICKEN: SHREDD TINGA, COMIDA	2.54 OZ	120	380	1.00	*N/A*	1	17.0	4.0	4.5	1.00
	CHEESE SAUCE, CHEDDAR, LOL	3 OZ	130	550	*N/A*	*N/A*	7.0	5.0	10.0	6.00	*N/A*
	CHEESE: CHEDDAR, SHREDDED, LOL	1/4 CUP	110	190	*N/A*	*N/A*	6.0	1.0	9.0	6.00	*N/A*
	VEG: CORN/BLACK BEAN	1/2 CUP	76	119	4.33	1.18	*0	3.56	15.71	0.96	0.18
	VEG: SALSA, COMMODITY 1/2 CUP	1/2 cup	40	140	3.99	1.08	4	0.0	8.0	0.0	0.00
	BRD: RICE, SPANISH 1/2 CUP	1/2 CUP	100	310	1.00	*N/A*	2	2.5	21.5	2.5	*N/A*
	VEG: LETTUCE, SHREDDED	1 CUP	8	*N/A*	1.00	*N/A*	*N/A*	1.55	*N/A*	*N/A*	*N/A*
	JALAPENOS, SLICED	1.05 OZ	5	514	1.01	*N/A*	*N/A*	1.01	*N/A*	*N/A*	*N/A*
	PIZZA, BIG DADDY, CHEESE, 16"	400	440	4.00	*N/A*	7	19.0	42.99	16.0	7.00	*N/A*
	PIZZA, BIG DADDYS, PEPP, 16"	410	580	4.00	*N/A*	7	20.0	43.0	18.0	7.00	*N/A*
	CHICKEN: SMACKERS DARK MEAT	10 EACH	293	487	3.00	*N/A*	0	18.0	17.0	3.00	0.00
	MOZZ STICKS, FARM RICH, 3 EACH	3 EACH	165	330	2.00	*N/A*	2	10.0	18.0	6.0	2.00
	SDW: HAM & CHEESE HAWAIIAN BRD	2 SLIDERS	420	1010	0.00	*N/A*	11	22.0	36.0	20.0	9.00
	SDW: CLUX DELUXE	1 EACH	366	833	4.14	*N/A*	5	25.36	43.86	10.14	*1.00
	SDW: CHICKEN PTY, SPICY	1 EACH	420	657	5.14	*N/A*	5	20.36	44.86	17.14	*3.00
	SDW: CHEESEBURGER	1 EACH	360	660	*3.07	*N/A*	5	19.68	28.43	18.57	*7.30
	PBJ, GRAPEUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00
	PBJ, STRWBUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00
	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, 1.5 GALLON, HEINZ	1 OZ	38	308	*N/A*	*N/A*	7	*N/A*	9.0	*N/A*	*N/A*
	RANCH, HEINZ, 1.5 GAL	1 OZ	160	240	*N/A*	*N/A*	1	*N/A*	1.0	17.0	3.00
	BBQ SAUCE, HEINZ, 1.5 GAL	1 OZ	40	453	9.06	*N/A*	7	*N/A*	10.88	*N/A*	*N/A*

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.

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

High School Lunch

Portion Values - Detailed

Page 26

Generated on: 12/21/2021 10:38:05 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 ¹ (g)
Tue - 01/11/2022											
MUSTARD, HONEY, HEINZ, 1.5 GAL	1 OZ	40	160	*N/A*	*N/A*	5	*N/A*	9.0	*N/A*	*N/A*	*N/A*

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.

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

High School 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 ¹ (g)
MUSTARD: individual PC	Pkt 5g	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SALAD, CEASAR	1 SALAD	497	1364	*2.74	*0.97	*4	42.12	35.43	18.54	*8.46	*0.00
SALAD, CRISPY CHICKEN	1 SALAD	443	1036	7.05	*0.97	*3	27.78	51.18	13.87	*2.74	*0.00
SALAD, ITALIAN	1 SALAD	511	1457	*4.29	*0.74	*8	*24.88	*39.83	*27.7	*15.03	*0.00
SALAD, MEXICAN	1 SALAD	494	880	8.19	*2.26	*2	24.38	47.47	24.27	8.27	*0.42
SALAD: BERRY, CHICKEN	1 SALAD	542	1019	*6.58	*0.93	*11	42.98	47.5	19.8	*11.29	*0.00
DRESSING, FF 1000 KRAFT	1.5 OZ PAC	50	350	0.00	*N/A*	0	0.0	12.0	0.0	0.00	0.00
	KET										
DRESSING, CEASAR, KRAFT	1.5 OZ PAC	160	450	0.00	*N/A*	2	2.0	3.0	16.0	3.00	0.00
	KET										
DRESSING, FF FRENCH, KENS	1.5 OZ PAC	50	430	1.00	*N/A*	9	0.0	11.0	0.0	0.00	0.00
	KET										
DRESSING, LT ITALIAN, MARZETTI	1.5 OZ PAC	15	720	0.00	*N/A*	2	0.0	2.0	1.0	0.00	0.00
	KET										
DRESSING, RAS VIN, KENS	1.5 OZ PAC	50	115	*N/A*	*N/A*	10	0.0	12.0	0.0	0.00	0.00
	KET										
DRESSING, LT RANCH, MARZETTI	1.5 OZ PAC	60	220	1.00	*N/A*	4	1.0	9.0	2.5	0.00	0.00
	KET										
SDW: SUB, TRKY, HAM, CHZ	1 SUB	298	918	*2.20	*N/A*	*6	23.06	33.71	9.21	3.81	*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*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*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
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: BLUEBERRIES, FROZEN	1/2 CUP	40	1	2.09	0.14	7	0.33	9.43	0.5	0.04	0.00
FRUIT: WATERMELON, CHUNKS	1/2 CUP	23	1	0.30	0.18	5	0.46	5.74	0.11	0.01	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: CANTALOUPE	1/2 CUP	27	13	0.70	*N/A*	6	*N/A*	6.5	*N/A*	*N/A*	*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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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: 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: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	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: 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*
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

High School Lunch

Portion Values - Detailed

Page 28

Generated on: 12/21/2021 10:38:05 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 ¹ (g)
VEG: CUCUMBER,RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: BROCCOLI,raw: fresh	1/2 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00
PICKLES, 2 SLICES	1 EACH	2	113	0.14	0.04	0	0.07	0.34	0.04	0.01	0.00
VEG: SIDE SALAD	1 CUP	10	4	1.12	*0.49	*0	0.68	1.98	0.16	0.02	*0.00
VEG: TACO HUMMUS	3 OZ CUP	120	180	5.00	*N/A*	3	6.0	18.0	3.0	0.00	0.00
Weighted Daily Average		1010	*1981	*12.43	*1.03	*43	*43.92	*121.69	*38.91	*12.39	*0.10
% of Calories						*16.9%	*17.4%	*48.2%	*34.7%	*11.0%	*0.1%
Nutrient Guideline		750-850	1420							<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.

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

High School 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 ¹ (g)
Wed - 01/12/2022											
High School 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 JTM PATTIES (2)	2 PATTIES	240	344	*N/A*	*N/A*	*N/A*	20.0	2.0	20.0	7.60	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, TRITATER, SIMPLOT	2 TRIANGLE	220	630	2.00	*N/A*	0	3.0	31.0	9.0	1.50	0.00
VEG: POTATO, FF, SPICY STRT CU	12 pieces	139	387	1.99	*N/A*	*N/A*	1.99	19.86	5.96	0.99	*N/A*
BOSCO CHEESE STICKS (2)	2 EACH	459	619	3.99	*N/A*	2	23.97	55.92	13.98	7.99	*N/A*
PIZZA, BIG DADDY, CHEESE, 16"	1 SLICE	400	440	4.00	*N/A*	7	19.0	42.99	16.0	7.00	*N/A*
PIZZA, BIG DADDYS, PEPP, 16"	1 SLICE	410	580	4.00	*N/A*	7	20.0	43.0	18.0	7.00	*N/A*
CHICKEN, CRIS P BITES	5 PIECES	208	546	2.00	*N/A*	1	19.0	15.0	8.0	1.00	*N/A*
BRD: RICE, WILD, 1/2 CUP	1/2 CUP CO	100	410	0.50	*N/A*	1	2.5	21.5	0.25	*N/A*	*N/A*
OKED											
VEG: POTATO, SIDEWINDER	5 PIECES	90	260	1.00	*N/A*	0	1.0	14.0	3.5	0.50	0.00
SAUCE, GARLIC PARM SWBABYRAYS	2 OZ (4 TB)	160	880	0.00	*N/A*	0	0.0	0.0	16.0	2.00	0.00
SAUCE, BUFFALO, FRANKS	2 OZ	14	1664	*N/A*	*N/A*	0	0.34	1.32	0.85	0.13	*N/A*
SAUCE, BLUE CHEESE KRAFT	2 OZ (4 TB)	240	640	0.00	*N/A*	2	2.0	4.0	24.0	4.00	0.00
SAUCE: BBQ, SWEET BABY RAYS	2 OZ	140	580	*N/A*	*N/A*	28	*N/A*	36.0	*N/A*	*N/A*	*N/A*
CHICKEN, NASHVILLE HOT BITES	10 PIECES	170	420	1.00	*N/A*	2	14.0	11.0	8.0	1.50	0.00
BRD: CHEESY TEXAS TOAST, KLOST	SLICE	110	109	2.40	*0.00	1	3.6	19.56	2.62	*0.09	*0.00
SDW: TEXAS BURGER	1 EACH	507	1331	*10.84	*N/A*	*13	*24.47	*48.66	*23.97	*7.06	*0.00
SDW: CLUX DELUXE	1 EACH	366	833	4.14	*N/A*	5	25.36	43.86	10.14	*1.00	*N/A*
SDW: CHICKEN PTY, SPICY	1 EACH	420	657	5.14	*N/A*	5	20.36	44.86	17.14	*3.00	*N/A*
SDW: BACON CHEESEBURGER	1 EACH	398	832	*2.14	*N/A*	*5	23.27	*28.86	20.77	*6.46	*N/A*
PBJ, GRAPEUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*N/A*
PBJ, STRWBUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*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, 1.5 GALLON, HEINZ	1 OZ	38	308	*N/A*	*N/A*	7	*N/A*	9.0	*N/A*	*N/A*	*N/A*
RANCH, HEINZ, 1.5 GAL	1 OZ	160	240	*N/A*	*N/A*	1	*N/A*	1.0	17.0	3.00	*N/A*
BBQ SAUCE, HEINZ, 1.5 GAL	1 OZ	40	453	9.06	*N/A*	7	*N/A*	10.88	*N/A*	*N/A*	*N/A*
MUSTARD, HONEY, HEINZ, 1.5 GAL	1 OZ	40	160	*N/A*	*N/A*	5	*N/A*	9.0	*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
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SALAD, CEASAR	1 SALAD	497	1364	*2.74	*0.97	*4	42.12	35.43	18.54	*8.46	*0.00
SALAD, CRISPY CHICKEN	1 SALAD	443	1036	7.05	*0.97	*3	27.78	51.18	13.87	*2.74	*0.00

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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

High School Lunch

Portion Values - Detailed

Page 30

Generated on: 12/21/2021 10:38:06 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 ¹ (g)
Wed - 01/12/2022											
SALAD, ITALIAN	1 SALAD	511	1457	*4.29	*0.74	*8	*24.88	*39.83	*27.7	*15.03	*0.00

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

High School 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 ¹ (g)
SALAD, MEXICAN	1 SALAD	494	880	8.19	*2.26	*2	24.38	47.47	24.27	8.27	*0.42
SALAD: BERRY, CHICKEN	1 SALAD	542	1019	*6.58	*0.93	*11	42.98	47.5	19.8	*11.29	*0.00
DRESSING, FF 1000 KRAFT	1.5 OZ PAC	50	350	0.00	*N/A*	0	0.0	12.0	0.0	0.00	0.00
	KET										
DRESSING, CEASAR, KRAFT	1.5 OZ PAC	160	450	0.00	*N/A*	2	2.0	3.0	16.0	3.00	0.00
	KET										
DRESSING, FF FRENCH, KENS	1.5 OZ PAC	50	430	1.00	*N/A*	9	0.0	11.0	0.0	0.00	0.00
	KET										
DRESSING, LT ITALIAN, MARZETTI	1.5 OZ PAC	15	720	0.00	*N/A*	2	0.0	2.0	1.0	0.00	0.00
	KET										
DRESSING, RAS VIN, KENS	1.5 OZ PAC	50	115	*N/A*	*N/A*	10	0.0	12.0	0.0	0.00	0.00
	KET										
DRESSING, LT RANCH,MARZETTI	1.5 OZ PAC	60	220	1.00	*N/A*	4	1.0	9.0	2.5	0.00	0.00
	KET										
SDW: SUB, ITALIAN COMBO	1 SUB	332	914	2.20	*N/A*	4	22.0	31.7	12.2	5.05	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*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*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
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: BLUEBERRIES, FROZEN	1/2 CUP	40	1	2.09	0.14	7	0.33	9.43	0.5	0.04	0.00
FRUIT: WATERMELON,CHUNKS	1/2 CUP	23	1	0.30	0.18	5	0.46	5.74	0.11	0.01	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: CANTALOUPE	1/2 CUP	27	13	0.70	*N/A*	6	*N/A*	6.5	*N/A*	*N/A*	*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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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: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: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	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: 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*
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
VEG: CUCUMBER,RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: BROCCOLI.raw: fresh	1/2 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00
PICKLES, 2 SLICES	1 EACH	2	113	0.14	0.04	0	0.07	0.34	0.04	0.01	0.00
VEG: SIDE SALAD	1 CUP	10	4	1.12	*0.49	*0	0.68	1.98	0.16	0.02	*0.00
VEG: TACO HUMMUS	3 OZ CUP	120	180	5.00	*N/A*	3	6.0	18.0	3.0	0.00	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

High School Lunch

Portion Values - Detailed

Page 32

Generated on: 12/21/2021 10:38:06 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 ¹ (g)
Weighted Daily Average		842	*1790	*9.97	*0.74	*39	*35.41	*101.17	*32.93	*9.54	*0.03
% of Calories						*18.4%	*16.8%	*48.1%	*35.2%	*10.2%	*0.0%
Nutrient Guideline		750-850	1420							<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.

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

High School 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 ¹ (g)
Thu - 01/13/2022											
High School 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: BEAN, BAKED BUSHES	1/2 CUP	171	580	4.15	*0.05	*13	7.14	34.29	1.51	*0.00	*0.00
VEG: POTATO, CURLY FRY, 1/2 CUP	3 OZ PORTIO	155	420	2.00	*N/A*	*N/A*	2.0	21.0	7.0	1.00	*N/A*
BOSCO STICKS, PEPPERONI (2)	2 STICKS	520	1020	6.00	*N/A*	6	22.0	64.0	18.0	9.00	*N/A*
DORITOS TOP N GO	1 BAG	190	280	2.00	*N/A*	*N/A*	3.0	27.0	7.0	1.00	*N/A*
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: SALSA, COMMODITY 1/2 CUP	1/2 cup	40	140	3.99	1.08	4	0.0	8.0	0.0	0.00	0.00
VEG: LETTUCE, SHREDDED	1 CUP	8	*N/A*	1.00	*N/A*	*N/A*	*N/A*	1.55	*N/A*	*N/A*	*N/A*
VEG: REFRIED BEANS W CHEESE	1/2 cup	180	289	4.07	*1.87	*1	8.41	26.08	3.54	1.34	*0.00
SOUR CREAM, LIGHT	1 OZ	38	33	*N/A*	*N/A*	2	0.95	2.86	2.38	1.43	*N/A*
JALAPENOS, SLICED	1.05 OZ	5	514	1.01	*N/A*	*N/A*	*N/A*	1.01	*N/A*	*N/A*	*N/A*
CORN DOG, STATE FAIR	4 OZ	280	660	2.00	*N/A*	9	9.0	31.0	13.0	3.50	0.00
SDW: PULLED PORK	1 EACH	424	1047	3.61	*N/A*	12	23.26	35.77	20.9	*5.46	*N/A*
SDW: CLUX DELUXE	1 EACH	366	833	4.14	*N/A*	5	25.36	43.86	10.14	*1.00	*N/A*
SDW: CHICKEN PTY, SPICY	1 EACH	420	657	5.14	*N/A*	5	20.36	44.86	17.14	*3.00	*N/A*
SDW: BACON CHEESEBURGER	1 EACH	398	832	*2.14	*N/A*	*5	23.27	*28.86	20.77	*6.46	*N/A*
PBJ, GRAPEUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*N/A*
PBJ, STRWBUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*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, 1.5 GALLON, HEINZ	1 OZ	38	308	*N/A*	*N/A*	7	*N/A*	9.0	*N/A*	*N/A*	*N/A*
RANCH, HEINZ, 1.5 GAL	1 OZ	160	240	*N/A*	*N/A*	1	*N/A*	1.0	17.0	3.00	*N/A*
BBQ SAUCE, HEINZ, 1.5 GAL	1 OZ	40	453	9.06	*N/A*	7	*N/A*	10.88	*N/A*	*N/A*	*N/A*
MUSTARD, HONEY, HEINZ, 1.5 GAL	1 OZ	40	160	*N/A*	*N/A*	5	*N/A*	9.0	*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
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SALAD, CEASAR	1 SALAD	497	1364	*2.74	*0.97	*4	42.12	35.43	18.54	*8.46	*0.00
SALAD, CRISPY CHICKEN	1 SALAD	443	1036	7.05	*0.97	*3	27.78	51.18	13.87	*2.74	*0.00
SALAD, ITALIAN	1 SALAD	511	1457	*4.29	*0.74	*8	*24.88	*39.83	*27.7	*15.03	*0.00
SALAD, MEXICAN	1 SALAD	494	880	8.19	*2.26	*2	24.38	47.47	24.27	8.27	*0.42
SALAD: BERRY, CHICKEN	1 SALAD	542	1019	*6.58	*0.93	*11	42.98	47.5	19.8	*11.29	*0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School 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 ¹ (g)
Thu - 01/13/2022											
DRESSING, FF 1000 KRAFT	1.5 OZ PAC KET	50	350	0.00	*N/A*	0	0.0	12.0	0.0	0.00	0.00
DRESSING, CEASAR, KRAFT	1.5 OZ PAC KET	160	450	0.00	*N/A*	2	2.0	3.0	16.0	3.00	0.00
DRESSING, FF FRENCH, KENS	1.5 OZ PAC KET	50	430	1.00	*N/A*	9	0.0	11.0	0.0	0.00	0.00
DRESSING, LT ITALIAN, MARZETTI	1.5 OZ PAC KET	15	720	0.00	*N/A*	2	0.0	2.0	1.0	0.00	0.00
DRESSING, RAS VIN, KENS	1.5 OZ PAC KET	50	115	*N/A*	*N/A*	10	0.0	12.0	0.0	0.00	0.00
DRESSING, LT RANCH,MARZETTI	1.5 OZ PAC KET	60	220	1.00	*N/A*	4	1.0	9.0	2.5	0.00	0.00
SDW: SUB, TRKY, HAM, CHZ	1 SUB	298	918	*2.20	*N/A*	*6	23.06	33.71	9.21	3.81	*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*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*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
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: BLUEBERRIES, FROZEN	1/2 CUP	40	1	2.09	0.14	7	0.33	9.43	0.5	0.04	0.00
FRUIT: WATERMELON,CHUNKS	1/2 CUP	23	1	0.30	0.18	5	0.46	5.74	0.11	0.01	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: CANTALOUPE	1/2 CUP	27	13	0.70	*N/A*	6	*N/A*	6.5	*N/A*	*N/A*	*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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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: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: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	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: 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*
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
VEG: CUCUMBER,RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: BROCCOLI,raw: fresh	1/2 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00
PICKLES, 2 SLICES	1 EACH	2	113	0.14	0.04	0	0.07	0.34	0.04	0.01	0.00
VEG: SIDE SALAD	1 CUP	10	4	1.12	*0.49	*0	0.68	1.98	0.16	0.02	*0.00
VEG: TACO HUMMUS	3 OZ CUP	120	180	5.00	*N/A*	3	6.0	18.0	3.0	0.00	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

High School Lunch

Portion Values - Detailed

Page 35

Generated on: 12/21/2021 10:38:06 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 ¹ (g)
Weighted Daily Average		934	*1916	*11.90	*1.10	*42	*40.45	*113.68	*35.16	*11.52	*0.03
% of Calories						*17.9%	*17.3%	*48.7%	*33.9%	*11.1%	*0.0%
Nutrient Guideline		750-850	1420							<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.

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

High School 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 ¹ (g)
Fri - 01/14/2022											
High School Lunch	Total										
TURKEY, DELI-SLICED, COMMOD, 2	3.18 OZ	71	339	*N/A*	*N/A*	*N/A*	11.35	1.26	2.52	1.26	*N/A*
BRD: CROISSANT, HH, 2 OZ	1 EACH	210	170	1.00	*N/A*	3	4.0	25.0	11.0	4.50	0.00
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*
APPLE CRISP	SERVINGS	187	114	1.37	1.35	*14	1.79	28.19	7.74	1.55	*0.00
VEG: POTATO, CRINKLE FRY	12 PIECES	130	160	1.00	*N/A*	0	2.0	21.0	4.5	0.50	0.00
BOSCO CHEESE STICKS (2)	2 EACH	459	619	3.99	*N/A*	2	23.97	55.92	13.98	7.99	*N/A*
PIZZA, BIG DADDY, CHEESE, 16"	1 SLICE	400	440	4.00	*N/A*	7	19.0	42.99	16.0	7.00	*N/A*
PIZZA, BIG DADDYS, PEPP, 16"	1 SLICE	410	580	4.00	*N/A*	7	20.0	43.0	18.0	7.00	*N/A*
CHICKEN, YANGS BRDED, UNSAUCED	3.6 OZ WT	129	151	0.00	*N/A*	0	13.75	10.0	3.75	0.00	0.00
BRD: RICE, WHITE, 1 CUP	1 CUP	194	3	1.42	2.86	0	4.6	41.16	0.58	0.12	*N/A*
EGG ROLL	1 EACH	180	430	*N/A*	*N/A*	2	7.0	21.0	8.0	2.00	*N/A*
SAUCE, ASIAN, 1 OZ	1 OZ	43	209	0.00	*N/A*	7	0.0	11.0	0.0	0.00	0.00
SAUCE, SWEET N SOUR	1 OZ	60	110	*N/A*	*N/A*	11	*N/A*	14.0	*N/A*	*N/A*	*N/A*
SAUCE: GENERAL TSO, YANGS	1 OZ	37	79	*N/A*	*N/A*	9	*N/A*	10.0	0.0	*N/A*	*N/A*
SAUCE: KOREAN BBQ	1 OZ	62	650	0.00	*N/A*	8	1.0	10.0	2.0	0.00	0.00
SAUCE: ORANGE, YANGS	1 OZ	46	159	*N/A*	*N/A*	10	*N/A*	11.0	*N/A*	*N/A*	*N/A*
SAUCE: STIR FRY	1 OZ	35	440	*N/A*	*N/A*	2	1.0	4.0	1.5	*N/A*	*N/A*
SAUCE: TERIYAKI, MINH	1 OZ	50	250	0.00	*N/A*	11	0.5	12.0	0.5	0.00	*N/A*
SDW: FISH	1 EACH	322	523	4.03	*N/A*	4	19.06	40.33	10.03	*1.50	*N/A*
BRD: HUSHPUPIES, SAVANNAH	3 EACH	190	240	2.00	*N/A*	2	2.0	22.0	10.0	1.50	0.00
SDW: CHILI DOG	1 EACH	406	738	*4.14	*0.97	9	18.64	34.97	21.92	*8.12	*0.00
SDW: CLUX DELUXE	1 EACH	366	833	4.14	*N/A*	5	25.36	43.86	10.14	*1.00	*N/A*
SDW: CHICKEN PTY, SPICY	1 EACH	420	657	5.14	*N/A*	5	20.36	44.86	17.14	*3.00	*N/A*
SDW: BACON CHEESEBURGER	1 EACH	398	832	*2.14	*N/A*	*5	23.27	*28.86	20.77	*6.46	*N/A*
PBJ, GRAPEUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*N/A*
PBJ, STRWBUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*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, 1.5 GALLON, HEINZ	1 OZ	38	308	*N/A*	*N/A*	7	*N/A*	9.0	*N/A*	*N/A*	*N/A*
RANCH, HEINZ, 1.5 GAL	1 OZ	160	240	*N/A*	*N/A*	1	*N/A*	1.0	17.0	3.00	*N/A*
BBQ SAUCE, HEINZ, 1.5 GAL	1 OZ	40	453	9.06	*N/A*	7	*N/A*	10.88	*N/A*	*N/A*	*N/A*
MUSTARD, HONEY, HEINZ, 1.5 GAL	1 OZ	40	160	*N/A*	*N/A*	5	*N/A*	9.0	*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

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.

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

High School Lunch

Portion Values - Detailed

Page 37

Generated on: 12/21/2021 10:38:06 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 ¹ (g)
Fri - 01/14/2022											
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*

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.

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

High School 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 ¹ (g)
SALAD, CEASAR	1 SALAD	497	1364	*2.74	*0.97	*4	42.12	35.43	18.54	*8.46	*0.00
SALAD, CRISPY CHICKEN	1 SALAD	443	1036	7.05	*0.97	*3	27.78	51.18	13.87	*2.74	*0.00
SALAD, ITALIAN	1 SALAD	511	1457	*4.29	*0.74	*8	*24.88	*39.83	*27.7	*15.03	*0.00
SALAD, MEXICAN	1 SALAD	494	880	8.19	*2.26	*2	24.38	47.47	24.27	8.27	*0.42
SALAD: BERRY, CHICKEN	1 SALAD	542	1019	*6.58	*0.93	*11	42.98	47.5	19.8	*11.29	*0.00
DRESSING, FF 1000 KRAFT	1.5 OZ PAC KET	50	350	0.00	*N/A*	0	0.0	12.0	0.0	0.00	0.00
DRESSING, CEASAR, KRAFT	1.5 OZ PAC KET	160	450	0.00	*N/A*	2	2.0	3.0	16.0	3.00	0.00
DRESSING, FF FRENCH, KENS	1.5 OZ PAC KET	50	430	1.00	*N/A*	9	0.0	11.0	0.0	0.00	0.00
DRESSING, LT ITALIAN, MARZETTI	1.5 OZ PAC KET	15	720	0.00	*N/A*	2	0.0	2.0	1.0	0.00	0.00
DRESSING, RAS VIN, KENS	1.5 OZ PAC KET	50	115	*N/A*	*N/A*	10	0.0	12.0	0.0	0.00	0.00
DRESSING, LT RANCH, MARZETTI	1.5 OZ PAC KET	60	220	1.00	*N/A*	4	1.0	9.0	2.5	0.00	0.00
SDW: SUB, ITALIAN COMBO	1 SUB	332	914	2.20	*N/A*	4	22.0	31.7	12.2	5.05	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*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*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
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: BLUEBERRIES, FROZEN	1/2 CUP	40	1	2.09	0.14	7	0.33	9.43	0.5	0.04	0.00
FRUIT: WATERMELON, CHUNKS	1/2 CUP	23	1	0.30	0.18	5	0.46	5.74	0.11	0.01	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: CANTALOUPE	1/2 CUP	27	13	0.70	*N/A*	6	*N/A*	6.5	*N/A*	*N/A*	*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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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: 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: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	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: 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*
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
VEG: CUCUMBER, RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: BROCCOLI, raw: fresh	1/2 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00

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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

High School Lunch

Portion Values - Detailed

Page 39

Generated on: 12/21/2021 10:38:06 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 ¹ (g)
PICKLES, 2 SLICES	1 EACH	2	113	0.14	0.04	0	0.07	0.34	0.04	0.01	0.00
VEG: SIDE SALAD	1 CUP	10	4	1.12	*0.49	*0	0.68	1.98	0.16	0.02	*0.00
VEG: TACO HUMMUS	3 OZ CUP	120	180	5.00	*N/A*	3	6.0	18.0	3.0	0.00	0.00
Weighted Daily Average		973	*1831	*10.98	*1.28	*47	*40.80	*123.15	*35.22	*10.69	*0.03
% of Calories						*19.1%	*16.8%	*50.6%	*32.6%	*9.9%	*0.0%
Nutrient Guideline		750-850	1420							<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.

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

High School 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 ¹ (g)
Mon - 01/17/2022											
High School Lunch	Total										
ENT: BREADED BEEF STICKS ADVAN	4 STICKS	320	330	4.00	*N/A*	1	16.0	19.0	20.0	5.00	0.00
GRAVY: COUNTRY	.25 CUP	33	244	0.00	*N/A*	0	0.0	5.54	1.11	1.11	*N/A*
BRD: ROLL, SISTER SCH, 2 GR	1 EACH	180	320	1.00	*N/A*	6	4.0	30.0	5.0	1.50	*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*
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*
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*
VEG: POTATO, SHOESTRING SIMPLO	2.39 OZ	130	200	1.00	*N/A*	0	1.0	19.0	6.0	1.00	0.00
PIZZA, BIG DADDY, CHEESE, 16"	1 SLICE	400	440	4.00	*N/A*	7	19.0	42.99	16.0	7.00	*N/A*
PIZZA, BIG DADDYS, PEPP, 16"	1 SLICE	410	580	4.00	*N/A*	7	20.0	43.0	18.0	7.00	*N/A*
BEEF, PHILLY, 2MMA	2.86 OZ	144	390	*N/A*	*N/A*	2	13.07	3.01	8.04	3.01	*N/A*
BRD: RICE, WHITE, 1 CUP	1 CUP	194	3	1.42	2.86	0	4.6	41.16	0.58	0.12	*N/A*
SAUCE, ASIAN, 1 OZ	1 OZ	43	209	0.00	*N/A*	7	0.0	11.0	0.0	0.00	0.00
SAUCE: KOREAN BBQ	1 OZ	62	650	0.00	*N/A*	8	1.0	10.0	2.0	0.00	0.00
SAUCE: TERIYAKI, MINH	1 OZ	50	250	0.00	*N/A*	11	0.5	12.0	0.5	0.00	*N/A*
SAUCE: STIR FRY	1 OZ	35	440	*N/A*	*N/A*	2	1.0	4.0	1.5	*N/A*	*N/A*
SAUCE, SWEET N SOUR	1 OZ	60	110	*N/A*	*N/A*	11	*N/A*	14.0	*N/A*	*N/A*	*N/A*
SAUCE: ORANGE, YANGS	1 OZ	46	159	*N/A*	*N/A*	10	*N/A*	11.0	*N/A*	*N/A*	*N/A*
SAUCE: GENERAL TSO, YANGS	1 OZ	37	79	*N/A*	*N/A*	9	*N/A*	10.0	0.0	*N/A*	*N/A*
EGG ROLL	1 EACH	180	430	*N/A*	*N/A*	2	7.0	21.0	8.0	2.00	*N/A*
veg: BROCCOLI: frozen	.5 CUP	20	19	2.34	0.63	1	2.19	3.73	0.23	0.03	0.00
CHICKEN STICKS, TYSON, 8 PIECE	8 STICKS	261	391	3.01	1.81	1	15.05	16.06	15.05	2.51	*N/A*
BRD: ONION RINGS, TASTY BRANDS	5 EACH	190	310	3.00	*N/A*	5	3.0	27.0	8.0	1.50	0.00
ENT: STEAK CUT CHEESE FRIES	6 OZ WT	530	1280	*2.00	*N/A*	*2	20.0	*44.0	30.0	14.00	*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
MARGARINE: SMART BALANCE CUP	1 CUP	30	30	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.0	1.00	*N/A*
SDW: CLUX DELUXE	1 EACH	366	833	4.14	*N/A*	5	25.36	43.86	10.14	*1.00	*N/A*
SDW: CHICKEN PTY, SPICY	1 EACH	420	657	5.14	*N/A*	5	20.36	44.86	17.14	*3.00	*N/A*
SDW: BACON CHEESEBURGER	1 EACH	398	832	*2.14	*N/A*	*5	23.27	*28.86	20.77	*6.46	*N/A*
PBJ, GRAPEUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*N/A*
PBJ, STRWBUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*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, 1.5 GALLON, HEINZ	1 OZ	38	308	*N/A*	*N/A*	7	*N/A*	9.0	*N/A*	*N/A*	*N/A*
RANCH, HEINZ, 1.5 GAL	1 OZ	160	240	*N/A*	*N/A*	1	*N/A*	1.0	17.0	3.00	*N/A*

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.

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

High School Lunch

Portion Values - Detailed

Page 41

Generated on: 12/21/2021 10:38:06 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 ¹ (g)
Mon - 01/17/2022											
BBQ SAUCE, HEINZ, 1.5 GAL	1 OZ	40	453	9.06	*N/A*	7	*N/A*	10.88	*N/A*	*N/A*	*N/A*

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.

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

High School 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 ¹ (g)
MUSTARD, HONEY, HEINZ, 1.5 GAL	1 OZ	40	160	*N/A*	*N/A*	5	*N/A*	9.0	*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
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SALAD, CEASAR	1 SALAD	497	1364	*2.74	*0.97	*4	42.12	35.43	18.54	*8.46	*0.00
SALAD, CRISPY CHICKEN	1 SALAD	443	1036	7.05	*0.97	*3	27.78	51.18	13.87	*2.74	*0.00
SALAD, ITALIAN	1 SALAD	511	1457	*4.29	*0.74	*8	*24.88	*39.83	*27.7	*15.03	*0.00
SALAD, MEXICAN	1 SALAD	494	880	8.19	*2.26	*2	24.38	47.47	24.27	8.27	*0.42
SALAD: BERRY, CHICKEN	1 SALAD	542	1019	*6.58	*0.93	*11	42.98	47.5	19.8	*11.29	*0.00
DRESSING, FF 1000 KRAFT	1.5 OZ PAC KET	50	350	0.00	*N/A*	0	0.0	12.0	0.0	0.00	0.00
DRESSING, CEASAR, KRAFT	1.5 OZ PAC KET	160	450	0.00	*N/A*	2	2.0	3.0	16.0	3.00	0.00
DRESSING, FF FRENCH, KENS	1.5 OZ PAC KET	50	430	1.00	*N/A*	9	0.0	11.0	0.0	0.00	0.00
DRESSING, LT ITALIAN, MARZETTI	1.5 OZ PAC KET	15	720	0.00	*N/A*	2	0.0	2.0	1.0	0.00	0.00
DRESSING, RAS VIN, KENS	1.5 OZ PAC KET	50	115	*N/A*	*N/A*	10	0.0	12.0	0.0	0.00	0.00
DRESSING, LT RANCH, MARZETTI	1.5 OZ PAC KET	60	220	1.00	*N/A*	4	1.0	9.0	2.5	0.00	0.00
SDW: SUB, ITALIAN COMBO	1 SUB	332	914	2.20	*N/A*	4	22.0	31.7	12.2	5.05	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*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*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
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: BLUEBERRIES, FROZEN	1/2 CUP	40	1	2.09	0.14	7	0.33	9.43	0.5	0.04	0.00
FRUIT: WATERMELON, CHUNKS	1/2 CUP	23	1	0.30	0.18	5	0.46	5.74	0.11	0.01	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: CANTALOUPE	1/2 CUP	27	13	0.70	*N/A*	6	*N/A*	6.5	*N/A*	*N/A*	*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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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: 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: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	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: 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*

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.

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.

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
VEG: CUCUMBER,RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: BROCCOLI,raw: fresh	1/2 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00
PICKLES, 2 SLICES	1 EACH	2	113	0.14	0.04	0	0.07	0.34	0.04	0.01	0.00
VEG: SIDE SALAD	1 CUP	10	4	1.12	*0.49	*0	0.68	1.98	0.16	0.02	*0.00
VEG: TACO HUMMUS	3 OZ CUP	120	180	5.00	*N/A*	3	6.0	18.0	3.0	0.00	0.00
Weighted Daily Average		992	*1967	*11.30	*1.29	*45	*40.70	*122.34	*37.81	*11.75	*0.03
% of Calories						*18.2%	*16.4%	*49.3%	*34.3%	*10.7%	*0.0%
Nutrient Guideline		750-850	1420							<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.

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

High School 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 ¹ (g)
Tue - 01/18/2022											
High School Lunch											
	Total										
BRD: ROTINI, 1 CUP COOKED	1 CUP	169	1	2.00	*N/A*	1	6.0	33.0	1.0	*N/A*	*N/A*
SAUCE, SPAGHETTI, RED PK	1/2 CUP	58	503	2.05	*N/A*	6	2.05	10.26	1.03	*N/A*	*N/A*
BEEF: MEATBALLS, MAID RITE (4)	4 EACH	140	300	*N/A*	*N/A*	*N/A*	13.0	4.0	9.0	4.00	*N/A*
SAUCE, BEEF, SPAGHETTI, JTM	5.64 OZ	167	354	2.00	*N/A*	8	15.0	9.0	7.0	2.80	0.00
SAUCE, ALFREDO, JTM, 3.6 OZ	3.66 OZ	180	750	*N/A*	*N/A*	6	12.03	10.02	10.02	6.02	*N/A*
BRD: GARLIC, NEW YORK	1 EACH	160	280	1.00	*N/A*	0	3.0	17.0	9.0	2.00	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
VEG: POTATO, TATER TOT	8 pieces	150	360	2.00	*N/A*	*N/A*	2.0	19.01	7.0	1.00	*N/A*
BOSCO STICKS, PEPPERONI (2)	2 STICKS	520	1020	6.00	*N/A*	6	22.0	64.0	18.0	9.00	*N/A*
BRD: CORN CHIP, RF, WG, 1 CUP	1 CUP (1.4 O	204	247	2.91	*N/A*	*N/A*	2.91	29.09	8.73	1.45	*N/A*
BRD: CHIP, TORTILLA, EL SABROS	16 CHIPS	210	170	2.00	*N/A*	0	3.0	25.0	12.0	1.00	0.00
BRD: TORTILLA, 6 INCH (2 EACH)	2 EACH	180	220	2.00	*N/A*	2	4.0	30.0	5.0	2.00	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*
CHICKEN: SHREDD TINGA, COMIDA	2.54 OZ	120	380	1.00	*N/A*	1	17.0	4.0	4.5	1.00	0.00
CHEESE SAUCE, CHEDDAR, LOL	3 OZ	130	550	*N/A*	*N/A*	*N/A*	7.0	5.0	10.0	6.00	*N/A*
CHEESE: CHEDDAR, SHREDDED, LOL	1/4 CUP	110	190	*N/A*	*N/A*	*N/A*	6.0	1.0	9.0	6.00	*N/A*
VEG: CORN/BLACK BEAN	1/2 CUP	76	119	4.33	1.18	*0	3.56	15.71	0.96	0.18	*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	0.00
BRD: RICE, SPANISH 1/2 CUP	1/2 CUP	100	310	1.00	*N/A*	2	2.5	21.5	2.5	*N/A*	*N/A*
VEG: LETTUCE, SHREDDED	1 CUP	8	*N/A*	1.00	*N/A*	*N/A*	*N/A*	1.55	*N/A*	*N/A*	*N/A*
SOUR CREAM, LIGHT	1 OZ	38	33	*N/A*	*N/A*	2	0.95	2.86	2.38	1.43	*N/A*
JALAPENOS, SLICED	1.05 OZ	5	514	1.01	*N/A*	*N/A*	*N/A*	1.01	*N/A*	*N/A*	*N/A*
PIZZA, BIG DADDY, CHEESE, 16"	1 SLICE	400	440	4.00	*N/A*	7	19.0	42.99	16.0	7.00	*N/A*
PIZZA, BIG DADDYS, PEPP, 16"	1 SLICE	410	580	4.00	*N/A*	7	20.0	43.0	18.0	7.00	*N/A*
BOSCO PRETZEL CHEESE STICK, 2	2 STICKS	400	460	6.00	*N/A*	6	14.0	54.0	14.0	4.00	*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*
CHICKEN, DILL BITES, PROVIEW	5 PIECES (4 OZ)	200	376	0.83	*N/A*	1	20.0	8.75	9.0	1.52	*N/A*
BRD: BISCUIT, PILLSBURY	2.2 OZ	170	570	0.00	*N/A*	2	3.0	22.0	8.0	5.00	0.00
SDW: CLUX DELUXE	1 EACH	366	833	4.14	*N/A*	5	25.36	43.86	10.14	*1.00	*N/A*
SDW: CHICKEN PTY, SPICY	1 EACH	420	657	5.14	*N/A*	5	20.36	44.86	17.14	*3.00	*N/A*
SDW: BACON CHEESEBURGER	1 EACH	398	832	*2.14	*N/A*	*5	23.27	*28.86	20.77	*6.46	*N/A*
PBJ, GRAPEUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*N/A*
PBJ, STRWBUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*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*

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.

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

High School Lunch

Portion Values - Detailed

Page 45

Generated on: 12/21/2021 10:38:06 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 ¹ (g)
Tue - 01/18/2022											
MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

High School 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 ¹ (g)
MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
KETCHUP, 1.5 GALLON, HEINZ	1 OZ	38	308	*N/A*	*N/A*	7	*N/A*	9.0	*N/A*	*N/A*	*N/A*
RANCH, HEINZ, 1.5 GAL	1 OZ	160	240	*N/A*	*N/A*	1	*N/A*	1.0	17.0	3.00	*N/A*
BBQ SAUCE, HEINZ, 1.5 GAL	1 OZ	40	453	9.06	*N/A*	7	*N/A*	10.88	*N/A*	*N/A*	*N/A*
MUSTARD, HONEY, HEINZ, 1.5 GAL	1 OZ	40	160	*N/A*	*N/A*	5	*N/A*	9.0	*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
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SALAD, CEASAR	1 SALAD	497	1364	*2.74	*0.97	*4	42.12	35.43	18.54	*8.46	*0.00
SALAD, CRISPY CHICKEN	1 SALAD	443	1036	7.05	*0.97	*3	27.78	51.18	13.87	*2.74	*0.00
SALAD, ITALIAN	1 SALAD	511	1457	*4.29	*0.74	*8	*24.88	*39.83	*27.7	*15.03	*0.00
SALAD, MEXICAN	1 SALAD	494	880	8.19	*2.26	*2	24.38	47.47	24.27	8.27	*0.42
SALAD: BERRY, CHICKEN	1 SALAD	542	1019	*6.58	*0.93	*11	42.98	47.5	19.8	*11.29	*0.00
DRESSING, FF 1000 KRAFT	1.5 OZ PACKET	50	350	0.00	*N/A*	0	0.0	12.0	0.0	0.00	0.00
DRESSING, CEASAR, KRAFT	1.5 OZ PACKET	160	450	0.00	*N/A*	2	2.0	3.0	16.0	3.00	0.00
DRESSING, FF FRENCH, KENS	1.5 OZ PACKET	50	430	1.00	*N/A*	9	0.0	11.0	0.0	0.00	0.00
DRESSING, LT ITALIAN, MARZETTI	1.5 OZ PACKET	15	720	0.00	*N/A*	2	0.0	2.0	1.0	0.00	0.00
DRESSING, RAS VIN, KENS	1.5 OZ PACKET	50	115	*N/A*	*N/A*	10	0.0	12.0	0.0	0.00	0.00
DRESSING, LT RANCH, MARZETTI	1.5 OZ PACKET	60	220	1.00	*N/A*	4	1.0	9.0	2.5	0.00	0.00
SDW: SUB, TRKY, HAM, CHZ	1 SUB	298	918	*2.20	*N/A*	*6	23.06	33.71	9.21	3.81	*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*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*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
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: BLUEBERRIES, FROZEN	1/2 CUP	40	1	2.09	0.14	7	0.33	9.43	0.5	0.04	0.00
FRUIT: WATERMELON, CHUNKS	1/2 CUP	23	1	0.30	0.18	5	0.46	5.74	0.11	0.01	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: CANTALOUPE	1/2 CUP	27	13	0.70	*N/A*	6	*N/A*	6.5	*N/A*	*N/A*	*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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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: 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: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00

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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

High School Lunch

Portion Values - Detailed

Page 47

Generated on: 12/21/2021 10:38:06 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 ¹ (g)
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	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: 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*
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
VEG: CUCUMBER,RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: BROCCOLI,raw: fresh	1/2 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00
VEG: SIDE SALAD	1 CUP	10	4	1.12	*0.49	*0	0.68	1.98	0.16	0.02	*0.00
Weighted Daily Average		1034	*2054	*12.45	*1.09	*42	*46.14	*122.80	*40.18	*13.44	*0.03
% of Calories						*16.4%	*17.8%	*47.5%	*35.0%	*11.7%	*0.0%
Nutrient Guideline		750-850	1420							<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.

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

High School 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 ¹ (g)
Wed - 01/19/2022											
High School Lunch	Total										
ENT: MEATLOAF	3/4" SLICE	258	418	*0.91	*2.40	*4	*19.02	11.98	*14.26	*5.34	*0.78
BRD: ROLL, SISTER SCH, 2 GR	1 EACH	180	320	1.00	*N/A*	6	4.0	30.0	5.0	1.50	*N/A*
VEG: POTATO, AU GRATIN	1/2 CUP	177	368	*1.00	*N/A*	*3	5.1	25.51	5.64	3.10	*0.00
VEG: POTATO, FF, SPICY STRT CU	12 pieces	139	387	1.99	*N/A*	*N/A*	1.99	19.86	5.96	0.99	*N/A*
BOSCO CHEESE STICKS (2)	2 EACH	459	619	3.99	*N/A*	2	23.97	55.92	13.98	7.99	*N/A*
PIZZA, BIG DADDY, CHEESE, 16"	1 SLICE	400	440	4.00	*N/A*	7	19.0	42.99	16.0	7.00	*N/A*
PIZZA, BIG DADDYS, PEPP, 16"	1 SLICE	410	580	4.00	*N/A*	7	20.0	43.0	18.0	7.00	*N/A*
BRD: RAMEN, NOODLES, 1 CUP	1 CUP	200	430	1.00	*N/A*	1	8.0	40.0	1.0	0.00	0.00
BEEF, PHILLY, 2MMA	2.86 OZ	144	390	*N/A*	*N/A*	2	13.07	3.01	8.04	3.01	*N/A*
CHICKEN, PULLED	2.3 OZ	83	64	0.00	0.41	0	13.79	0.0	2.3	0.00	0.00
PORK, PULLED, RICHS NO SAUCE	2.3 OZ	150	190	*N/A*	*N/A*	*N/A*	11.0	*N/A*	11.0	4.00	0.00
BROTH, BEEF	1 CUP	20	145	*0.00	*0.00	1	*0.0	3.0	1.0	*0.00	*0.00
BROTH, CHICKEN	1 CUP	10	750	0.00	0.08	*0	0.8	0.72	0.42	0.12	*0.00
VEG: CARROTS, MATCHSTICK	.25 CUP	13	21	0.85	0.09	1	0.28	2.92	0.07	0.01	0.00
VEG: CORN: frozen, yellow, 1/4	1/4 CUP	33	0	0.99	0.19	1	1.05	7.96	0.28	0.04	0.00
VEG: EDAMAME	1/4 CUP	47	2	2.02	0.88	1	4.62	3.45	2.02	0.24	0.00
VEG: MUSHROOM	1/4 CUP	5	1	0.24	0.12	0	0.74	0.78	0.08	0.01	0.00
CHICKEN, CRIS P BITES	5 PIECES	208	546	2.00	*N/A*	1	19.0	15.0	8.0	1.00	*N/A*
BRD: BISCUIT, PILLSBURY	2.2 OZ	170	570	0.00	*N/A*	2	3.0	22.0	8.0	5.00	0.00
CHICKEN: SMACKERS DARK MEAT	10 EACH	293	487	3.00	*N/A*	0	18.0	17.0	17.0	3.00	0.00
SYRUP,PANCAKE	1 TBSP	46	16	0.00	0.01	4	0.0	12.06	0.0	0.00	*N/A*
BRD: WAFFLE, BELGIUM	1 EACH	290	160	2.00	*N/A*	18	4.0	37.0	14.0	6.00	0.00
SDW: CLUX DELUXE	1 EACH	366	833	4.14	*N/A*	5	25.36	43.86	10.14	*1.00	*N/A*
SDW: CHICKEN PTY, SPICY	1 EACH	420	657	5.14	*N/A*	5	20.36	44.86	17.14	*3.00	*N/A*
SDW: BACON CHEESEBURGER	1 EACH	398	832	*2.14	*N/A*	*5	23.27	*28.86	20.77	*6.46	*N/A*
PBJ, GRAPEUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*N/A*
PBJ, STRWBUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*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, 1.5 GALLON, HEINZ	1 OZ	38	308	*N/A*	*N/A*	7	*N/A*	9.0	*N/A*	*N/A*	*N/A*
RANCH, HEINZ, 1.5 GAL	1 OZ	160	240	*N/A*	*N/A*	1	*N/A*	1.0	17.0	3.00	*N/A*
BBQ SAUCE, HEINZ, 1.5 GAL	1 OZ	40	453	9.06	*N/A*	7	*N/A*	10.88	*N/A*	*N/A*	*N/A*
MUSTARD, HONEY, HEINZ, 1.5 GAL	1 OZ	40	160	*N/A*	*N/A*	5	*N/A*	9.0	*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

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.

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

High School Lunch

Portion Values - Detailed

Page 49

Generated on: 12/21/2021 10:38:06 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 ¹ (g)
Wed - 01/19/2022											
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*

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.

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

High School 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 ¹ (g)
SALAD, CEASAR	1 SALAD	497	1364	*2.74	*0.97	*4	42.12	35.43	18.54	*8.46	*0.00
SALAD, CRISPY CHICKEN	1 SALAD	443	1036	7.05	*0.97	*3	27.78	51.18	13.87	*2.74	*0.00
SALAD, ITALIAN	1 SALAD	511	1457	*4.29	*0.74	*8	*24.88	*39.83	*27.7	*15.03	*0.00
SALAD, MEXICAN	1 SALAD	494	880	8.19	*2.26	*2	24.38	47.47	24.27	8.27	*0.42
SALAD: BERRY, CHICKEN	1 SALAD	542	1019	*6.58	*0.93	*11	42.98	47.5	19.8	*11.29	*0.00
DRESSING, FF 1000 KRAFT	1.5 OZ PAC KET	50	350	0.00	*N/A*	0	0.0	12.0	0.0	0.00	0.00
DRESSING, CEASAR, KRAFT	1.5 OZ PAC KET	160	450	0.00	*N/A*	2	2.0	3.0	16.0	3.00	0.00
DRESSING, FF FRENCH, KENS	1.5 OZ PAC KET	50	430	1.00	*N/A*	9	0.0	11.0	0.0	0.00	0.00
DRESSING, LT ITALIAN, MARZETTI	1.5 OZ PAC KET	15	720	0.00	*N/A*	2	0.0	2.0	1.0	0.00	0.00
DRESSING, RAS VIN, KENS	1.5 OZ PAC KET	50	115	*N/A*	*N/A*	10	0.0	12.0	0.0	0.00	0.00
DRESSING, LT RANCH, MARZETTI	1.5 OZ PAC KET	60	220	1.00	*N/A*	4	1.0	9.0	2.5	0.00	0.00
SDW: SUB, ITALIAN COMBO	1 SUB	332	914	2.20	*N/A*	4	22.0	31.7	12.2	5.05	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*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*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
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: BLUEBERRIES, FROZEN	1/2 CUP	40	1	2.09	0.14	7	0.33	9.43	0.5	0.04	0.00
FRUIT: WATERMELON, CHUNKS	1/2 CUP	23	1	0.30	0.18	5	0.46	5.74	0.11	0.01	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: CANTALOUPE	1/2 CUP	27	13	0.70	*N/A*	6	*N/A*	6.5	*N/A*	*N/A*	*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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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: 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: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	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: 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*
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
VEG: CUCUMBER, RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: BROCCOLI, raw: fresh	1/2 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00

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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

High School Lunch

Portion Values - Detailed

Page 51

Generated on: 12/21/2021 10:38:06 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 ¹ (g)
PICKLES, 2 SLICES	1 EACH	2	113	0.14	0.04	0	0.07	0.34	0.04	0.01	0.00
VEG: SIDE SALAD	1 CUP	10	4	1.12	*0.49	*0	0.68	1.98	0.16	0.02	*0.00
VEG: TACO HUMMUS	3 OZ CUP	120	180	5.00	*N/A*	3	6.0	18.0	3.0	0.00	0.00
Weighted Daily Average		730	*1370	*8.30	*0.90	*32	*33.02	*86.93	*27.55	*8.78	*0.07
% of Calories						*17.5%	*18.1%	*47.7%	*34.0%	*10.8%	*0.1%
Nutrient Guideline		750-850	1420							<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.

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

High School 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 ¹ (g)
Thu - 01/20/2022											
High School Lunch	Total										
PIZZA, PAPA JOHNS 16" CHEESE	SLICE	370	970	4.00	*N/A*	5	15.0	43.0	16.0	8.00	*N/A*
PIZZA, PAPA JOHNS, PEPP 16"	SLICE	390	1070	4.00	*N/A*	5	16.0	43.0	18.0	8.00	*N/A*
PIZZA, PAPA JOHNS, SAUS, 16 IN	1 SLICE	400	1050	4.00	*N/A*	5	15.0	43.0	19.0	9.00	*N/A*
VEG: BEAN, BAKED BUSHS	1/2 CUP	171	580	4.15	*0.05	*13	7.14	34.29	1.51	*0.00	*0.00
VEG: POTATO, CURLY FRY, 1/2 CUP	3 OZ PORTIO	155	420	2.00	*N/A*	*N/A*	2.0	21.0	7.0	1.00	*N/A*
BOSCO STICKS, PEPPERONI (2)	2 STICKS	520	1020	6.00	*N/A*	6	22.0	64.0	18.0	9.00	*N/A*
CHICKEN: SHREDD TINGA, COMIDA	2.54 OZ	120	380	1.00	*N/A*	1	17.0	4.0	4.5	1.00	0.00
BRD: RICE, SPANISH 1 CUP	1 CUP	200	620	2.00	*N/A*	5	5.0	43.0	5.0	*N/A*	*N/A*
VEG: PEPPERS/ONIONS ROASTED	3 OZ	45	140	3.00	*N/A*	4	1.0	8.0	1.0	*N/A*	*N/A*
VEG: BEAN, BLACK, 1/2 CUP	.5 CUP	120	360	5.00	1.90	1	6.0	16.0	0.29	0.08	0.00
CHEESE SAUCE, QUESO BLANCO	2 OZ	119	420	*N/A*	*N/A*	*N/A*	7.11	2.03	9.14	5.08	*N/A*
VEG: SALSA, COMMODITY 1/2 CUP	1/2 cup	40	140	3.99	1.08	4	0.0	8.0	0.0	0.00	0.00
BRD: PRETZEL, KING, 5 OZ	1 EACH	340	300	8.00	*N/A*	2	12.0	72.0	2.0	*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*
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
SDW: PHILLY CHEESE STEAK	1 Sandwich	320	1008	*0.04	*N/A*	*2	23.57	6.48	21.41	10.43	*0.00
SDW: CLUX DELUXE	1 EACH	366	833	4.14	*N/A*	5	25.36	43.86	10.14	*1.00	*N/A*
SDW: CHICKEN PTY, SPICY	1 EACH	420	657	5.14	*N/A*	5	20.36	44.86	17.14	*3.00	*N/A*
SDW: BACON CHEESEBURGER	1 EACH	398	832	*2.14	*N/A*	*5	23.27	*28.86	20.77	*6.46	*N/A*
PBJ, GRAPEUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*N/A*
PBJ, STRWBUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*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, 1.5 GALLON, HEINZ	1 OZ	38	308	*N/A*	*N/A*	7	*N/A*	9.0	*N/A*	*N/A*	*N/A*
RANCH, HEINZ, 1.5 GAL	1 OZ	160	240	*N/A*	*N/A*	1	*N/A*	1.0	17.0	3.00	*N/A*
BBQ SAUCE, HEINZ, 1.5 GAL	1 OZ	40	453	9.06	*N/A*	7	*N/A*	10.88	*N/A*	*N/A*	*N/A*
MUSTARD, HONEY, HEINZ, 1.5 GAL	1 OZ	40	160	*N/A*	*N/A*	5	*N/A*	9.0	*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
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SALAD, CEASAR	1 SALAD	497	1364	*2.74	*0.97	*4	42.12	35.43	18.54	*8.46	*0.00
SALAD, CRISPY CHICKEN	1 SALAD	443	1036	7.05	*0.97	*3	27.78	51.18	13.87	*2.74	*0.00
SALAD, ITALIAN	1 SALAD	511	1457	*4.29	*0.74	*8	*24.88	*39.83	*27.7	*15.03	*0.00
SALAD, MEXICAN	1 SALAD	494	880	8.19	*2.26	*2	24.38	47.47	24.27	8.27	*0.42

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.

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

High School 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 ¹ (g)
Thu - 01/20/2022											
SALAD: BERRY, CHICKEN	1 SALAD	542	1019	*6.58	*0.93	*11	42.98	47.5	19.8	*11.29	*0.00
DRESSING, FF 1000 KRAFT	1.5 OZ PAC KET	50	350	0.00	*N/A*	0	0.0	12.0	0.0	0.00	0.00
DRESSING, CEASAR, KRAFT	1.5 OZ PAC KET	160	450	0.00	*N/A*	2	2.0	3.0	16.0	3.00	0.00
DRESSING, FF FRENCH, KENS	1.5 OZ PAC KET	50	430	1.00	*N/A*	9	0.0	11.0	0.0	0.00	0.00
DRESSING, LT ITALIAN, MARZETTI	1.5 OZ PAC KET	15	720	0.00	*N/A*	2	0.0	2.0	1.0	0.00	0.00
DRESSING, RAS VIN, KENS	1.5 OZ PAC KET	50	115	*N/A*	*N/A*	10	0.0	12.0	0.0	0.00	0.00
DRESSING, LT RANCH,MARZETTI	1.5 OZ PAC KET	60	220	1.00	*N/A*	4	1.0	9.0	2.5	0.00	0.00
SDW: SUB, TRKY, HAM, CHZ	1 SUB	298	918	*2.20	*N/A*	*6	23.06	33.71	9.21	3.81	*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*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*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
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: BLUEBERRIES, FROZEN	1/2 CUP	40	1	2.09	0.14	7	0.33	9.43	0.5	0.04	0.00
FRUIT: WATERMELON,CHUNKS	1/2 CUP	23	1	0.30	0.18	5	0.46	5.74	0.11	0.01	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: CANTALOUPE	1/2 CUP	27	13	0.70	*N/A*	6	*N/A*	6.5	*N/A*	*N/A*	*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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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: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: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	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: 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*
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
VEG: CUCUMBER,RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: BROCCOLI.raw: fresh	1/2 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00
PICKLES, 2 SLICES	1 EACH	2	113	0.14	0.04	0	0.07	0.34	0.04	0.01	0.00
VEG: SIDE SALAD	1 CUP	10	4	1.12	*0.49	*0	0.68	1.98	0.16	0.02	*0.00
VEG: TACO HUMMUS	3 OZ CUP	120	180	5.00	*N/A*	3	6.0	18.0	3.0	0.00	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

High School Lunch

Portion Values - Detailed

Page 54

Generated on: 12/21/2021 10:38:06 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 ¹ (g)
Weighted Daily Average		961	*2037	*12.58	*1.10	*42	*42.32	*117.79	*36.13	*12.63	*0.03
% of Calories						*17.5%	*17.6%	*49.0%	*33.8%	*11.8%	*0.0%
Nutrient Guideline		750-850	1420							<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.

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

High School 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 ¹ (g)
Fri - 01/21/2022											
High School Lunch	Total										
ENT: LASANA ROLL UP	1 EACH	200	290	2.00	*N/A*	5	14.0	26.0	4.5	2.50	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: GARLIC KNOT	1 KNOT	170	270	2.00	*N/A*	2	4.0	23.0	7.0	1.50	*N/A*
VEG: POTATO, SIDEWINDER	5 PIECES	90	260	1.00	*N/A*	0	1.0	14.0	3.5	0.50	0.00
BOSCO CHEESE STICKS (2)	2 EACH	459	619	3.99	*N/A*	2	23.97	55.92	13.98	7.99	*N/A*
PIZZA, BIG DADDY, CHEESE, 16"	1 SLICE	400	440	4.00	*N/A*	7	19.0	42.99	16.0	7.00	*N/A*
PIZZA, BIG DADDYS, PEPP, 16"	1 SLICE	410	580	4.00	*N/A*	7	20.0	43.0	18.0	7.00	*N/A*
CHICKEN, YANGS BRDED, UNSAUCED	3.6 OZ WT	129	151	0.00	*N/A*	0	13.75	10.0	3.75	0.00	0.00
BRD: RICE, WHITE, 1 CUP	1 CUP	194	3	1.42	2.86	0	4.6	41.16	0.58	0.12	*N/A*
EGG ROLL	1 EACH	180	430	*N/A*	*N/A*	2	7.0	21.0	8.0	2.00	*N/A*
SAUCE, ASIAN, 1 OZ	1 OZ	43	209	0.00	*N/A*	7	0.0	11.0	0.0	0.00	0.00
SAUCE, SWEET N SOUR	1 OZ	60	110	*N/A*	*N/A*	11	*N/A*	14.0	*N/A*	*N/A*	*N/A*
SAUCE: GENERAL TSO, YANGS	1 OZ	37	79	*N/A*	*N/A*	9	*N/A*	10.0	0.0	*N/A*	*N/A*
SAUCE: KOREAN BBQ	1 OZ	62	650	0.00	*N/A*	8	1.0	10.0	2.0	0.00	0.00
SAUCE: ORANGE, YANGS	1 OZ	46	159	*N/A*	*N/A*	10	*N/A*	11.0	*N/A*	*N/A*	*N/A*
SAUCE: STIR FRY	1 OZ	35	440	*N/A*	*N/A*	2	1.0	4.0	1.5	*N/A*	*N/A*
SAUCE: TERIYAKI, MINH	1 OZ	50	250	0.00	*N/A*	11	0.5	12.0	0.5	0.00	*N/A*
VEG: STIR FRY	1/2 CUP	33	40	2.67	*N/A*	5	2.67	6.67	*N/A*	*N/A*	*N/A*
SDW: CHICKEN PATTY, DILL	1 EACH	332	663	3.02	*N/A*	6	30.06	39.32	6.52	*1.00	*N/A*
VEG: POTATO, SIDEWINDER	5 PIECES	90	260	1.00	*N/A*	0	1.0	14.0	3.5	0.50	0.00
SAUCE: CHICKN'DIPPIN	1 OZ	130	135	0.00	*N/A*	5	0.0	6.0	12.0	2.00	0.00
SDW: MEATBALL SUB	1 SANDWICH	438	1149	*6.00	*0.07	*12	27.31	45.74	14.73	*6.30	*0.00
SDW: CLUX DELUXE	1 EACH	366	833	4.14	*N/A*	5	25.36	43.86	10.14	*1.00	*N/A*
SDW: CHICKEN PTY, SPICY	1 EACH	420	657	5.14	*N/A*	5	20.36	44.86	17.14	*3.00	*N/A*
SDW: BACON CHEESEBURGER	1 EACH	398	832	*2.14	*N/A*	*5	23.27	*28.86	20.77	*6.46	*N/A*
PBJ, GRAPEUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*N/A*
PBJ, STRWBUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*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, 1.5 GALLON, HEINZ	1 OZ	38	308	*N/A*	*N/A*	7	*N/A*	9.0	*N/A*	*N/A*	*N/A*
RANCH, HEINZ, 1.5 GAL	1 OZ	160	240	*N/A*	*N/A*	1	*N/A*	1.0	17.0	3.00	*N/A*
BBQ SAUCE, HEINZ, 1.5 GAL	1 OZ	40	453	9.06	*N/A*	7	*N/A*	10.88	*N/A*	*N/A*	*N/A*
MUSTARD, HONEY, HEINZ, 1.5 GAL	1 OZ	40	160	*N/A*	*N/A*	5	*N/A*	9.0	*N/A*	*N/A*	*N/A*
MUSTARD: individual PC	4.5 GRAM P	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

High School Lunch

Portion Values - Detailed

Page 56

Generated on: 12/21/2021 10:38:07 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 ¹ (g)
Fri - 01/21/2022											
	ACKET										

**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.

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

High School 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 ¹ (g)
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SALAD, CEASAR	1 SALAD	497	1364	*2.74	*0.97	*4	42.12	35.43	18.54	*8.46	*0.00
SALAD, CRISPY CHICKEN	1 SALAD	443	1036	7.05	*0.97	*3	27.78	51.18	13.87	*2.74	*0.00
SALAD, ITALIAN	1 SALAD	511	1457	*4.29	*0.74	*8	*24.88	*39.83	*27.7	*15.03	*0.00
SALAD, MEXICAN	1 SALAD	494	880	8.19	*2.26	*2	24.38	47.47	24.27	8.27	*0.42
SALAD: BERRY, CHICKEN DRESSING, FF 1000 KRAFT	1 SALAD	542	1019	*6.58	*0.93	*11	42.98	47.5	19.8	*11.29	*0.00
	1.5 OZ PAC KET	50	350	0.00	*N/A*	0	0.0	12.0	0.0	0.00	0.00
DRESSING, CEASAR, KRAFT	1.5 OZ PAC KET	160	450	0.00	*N/A*	2	2.0	3.0	16.0	3.00	0.00
DRESSING, FF FRENCH, KENS	1.5 OZ PAC KET	50	430	1.00	*N/A*	9	0.0	11.0	0.0	0.00	0.00
DRESSING, LT ITALIAN, MARZETTI	1.5 OZ PAC KET	15	720	0.00	*N/A*	2	0.0	2.0	1.0	0.00	0.00
DRESSING, RAS VIN, KENS	1.5 OZ PAC KET	50	115	*N/A*	*N/A*	10	0.0	12.0	0.0	0.00	0.00
DRESSING, LT RANCH, MARZETTI	1.5 OZ PAC KET	60	220	1.00	*N/A*	4	1.0	9.0	2.5	0.00	0.00
SDW: SUB, ITALIAN COMBO	1 SUB	332	914	2.20	*N/A*	4	22.0	31.7	12.2	5.05	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*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*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
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: BLUEBERRIES, FROZEN	1/2 CUP	40	1	2.09	0.14	7	0.33	9.43	0.5	0.04	0.00
FRUIT: WATERMELON, CHUNKS	1/2 CUP	23	1	0.30	0.18	5	0.46	5.74	0.11	0.01	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: CANTALOUPE	1/2 CUP	27	13	0.70	*N/A*	6	*N/A*	6.5	*N/A*	*N/A*	*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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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: 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: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	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: 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*
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
VEG: CUCUMBER, RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

High School Lunch

Portion Values - Detailed

Page 58

Generated on: 12/21/2021 10:38:07 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 ¹ (g)
VEG: BROCCOLI,raw: fresh	1/2 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00
PICKLES, 2 SLICES	1 EACH	2	113	0.14	0.04	0	0.07	0.34	0.04	0.01	0.00
VEG: SIDE SALAD	1 CUP	10	4	1.12	*0.49	*0	0.68	1.98	0.16	0.02	*0.00
VEG: TACO HUMMUS	3 OZ CUP	120	180	5.00	*N/A*	3	6.0	18.0	3.0	0.00	0.00
Weighted Daily Average		900	*1735	*10.53	*1.01	*44	*40.29	*112.80	*31.68	*9.72	*0.03
% of Calories						*19.4%	*17.9%	*50.2%	*31.7%	*9.7%	*0.0%
Nutrient Guideline		750-850	1420							<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.

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

High School 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 ¹ (g)
Mon - 01/24/2022											
High School Lunch	Total										
CHICKEN: TENDER, TYSON, WM	3 EACH	200	440	2.00	*N/A*	1	20.0	14.0	7.0	1.00	0.00
BRD: CHEESY TEXAS TOAST, KLOST	SLICE	110	109	2.40	*0.00	1	3.6	19.56	2.62	*0.09	*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*
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*
PIZZA, BIG DADDY, CHEESE, 16"	1 SLICE	400	440	4.00	*N/A*	7	19.0	42.99	16.0	7.00	*N/A*
PIZZA, BIG DADDYS, PEPP, 16"	1 SLICE	410	580	4.00	*N/A*	7	20.0	43.0	18.0	7.00	*N/A*
BEEF, PHILLY, 2MMA	2.86 OZ	144	390	*N/A*	*N/A*	2	13.07	3.01	8.04	3.01	*N/A*
BRD: RICE, WHITE, 1 CUP	1 CUP	194	3	1.42	2.86	0	4.6	41.16	0.58	0.12	*N/A*
EGG ROLL	1 EACH	180	430	*N/A*	*N/A*	2	7.0	21.0	8.0	2.00	*N/A*
SAUCE, ASIAN, 1 OZ	1 OZ	43	209	0.00	*N/A*	7	0.0	11.0	0.0	0.00	0.00
SAUCE, SWEET N SOUR	1 OZ	60	110	*N/A*	*N/A*	11	*N/A*	14.0	*N/A*	*N/A*	*N/A*
SAUCE: GENERAL TSO, YANGS	1 OZ	37	79	*N/A*	*N/A*	9	*N/A*	10.0	0.0	*N/A*	*N/A*
SAUCE: KOREAN BBQ	1 OZ	62	650	0.00	*N/A*	8	1.0	10.0	2.0	0.00	0.00
SAUCE: ORANGE, YANGS	1 OZ	46	159	*N/A*	*N/A*	10	*N/A*	11.0	*N/A*	*N/A*	*N/A*
SAUCE: STIR FRY	1 OZ	35	440	*N/A*	*N/A*	2	1.0	4.0	1.5	*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
QUESADILLA, CON QUESO	1 EACH	270	560	3.00	*N/A*	2	13.0	31.0	10.0	2.50	0.00
SDW: CHILI DOG	1 EACH	406	738	*4.14	*0.97	9	18.64	34.97	21.92	*8.12	*0.00
SDW: CLUX DELUXE	1 EACH	366	833	4.14	*N/A*	5	25.36	43.86	10.14	*1.00	*N/A*
SDW: CHICKEN PTY, SPICY	1 EACH	420	657	5.14	*N/A*	5	20.36	44.86	17.14	*3.00	*N/A*
SDW: BACON CHEESEBURGER	1 EACH	398	832	*2.14	*N/A*	*5	23.27	*28.86	20.77	*6.46	*N/A*
PBJ, GRAPEUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*N/A*
PBJ, STRWBUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*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, 1.5 GALLON, HEINZ	1 OZ	38	308	*N/A*	*N/A*	7	*N/A*	9.0	*N/A*	*N/A*	*N/A*
RANCH, HEINZ, 1.5 GAL	1 OZ	160	240	*N/A*	*N/A*	1	*N/A*	1.0	17.0	3.00	*N/A*
BBQ SAUCE, HEINZ, 1.5 GAL	1 OZ	40	453	9.06	*N/A*	7	*N/A*	10.88	*N/A*	*N/A*	*N/A*
MUSTARD, HONEY, HEINZ, 1.5 GAL	1 OZ	40	160	*N/A*	*N/A*	5	*N/A*	9.0	*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
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SALAD, CEASAR	1 SALAD	497	1364	*2.74	*0.97	*4	42.12	35.43	18.54	*8.46	*0.00
SALAD, CRISPY CHICKEN	1 SALAD	443	1036	7.05	*0.97	*3	27.78	51.18	13.87	*2.74	*0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

High School Lunch

Portion Values - Detailed

Page 60

Generated on: 12/21/2021 10:38:07 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 ¹ (g)
Mon - 01/24/2022											
SALAD, ITALIAN	1 SALAD	511	1457	*4.29	*0.74	*8	*24.88	*39.83	*27.7	*15.03	*0.00

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

High School Lunch

Portion Values - Detailed

Page 61

Generated on: 12/21/2021 10:38:07 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 ¹ (g)
SALAD, MEXICAN	1 SALAD	494	880	8.19	*2.26	*2	24.38	47.47	24.27	8.27	*0.42
SALAD: BERRY, CHICKEN	1 SALAD	542	1019	*6.58	*0.93	*11	42.98	47.5	19.8	*11.29	*0.00
DRESSING, LT RANCH,MARZETTI	1.5 OZ PAC	60	220	1.00	*N/A*	4	1.0	9.0	2.5	0.00	0.00
	KET										
DRESSING, FF 1000 KRAFT	1.5 OZ PAC	50	350	0.00	*N/A*	0	0.0	12.0	0.0	0.00	0.00
	KET										
DRESSING, CEASAR, KRAFT	1.5 OZ PAC	160	450	0.00	*N/A*	2	2.0	3.0	16.0	3.00	0.00
	KET										
DRESSING, FF FRENCH, KENS	1.5 OZ PAC	50	430	1.00	*N/A*	9	0.0	11.0	0.0	0.00	0.00
	KET										
DRESSING, LT ITALIAN, MARZETTI	1.5 OZ PAC	15	720	0.00	*N/A*	2	0.0	2.0	1.0	0.00	0.00
	KET										
DRESSING, RAS VIN, KENS	1.5 OZ PAC	50	115	*N/A*	*N/A*	10	0.0	12.0	0.0	0.00	0.00
	KET										
SDW: SUB, ITALIAN COMBO	1 SUB	332	914	2.20	*N/A*	4	22.0	31.7	12.2	5.05	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*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*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
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: BLUEBERRIES, FROZEN	1/2 CUP	40	1	2.09	0.14	7	0.33	9.43	0.5	0.04	0.00
FRUIT: WATERMELON,CHUNKS	1/2 CUP	23	1	0.30	0.18	5	0.46	5.74	0.11	0.01	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: CANTALOUPE	1/2 CUP	27	13	0.70	*N/A*	6	*N/A*	6.5	*N/A*	*N/A*	*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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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: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: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	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: 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*
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
VEG: CUCUMBER,RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: BROCCOLI.raw: fresh	1/2 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00
PICKLES, 2 SLICES	1 EACH	2	113	0.14	0.04	0	0.07	0.34	0.04	0.01	0.00
VEG: SIDE SALAD	1 CUP	10	4	1.12	*0.49	*0	0.68	1.98	0.16	0.02	*0.00
VEG: TACO HUMMUS	3 OZ CUP	120	180	5.00	*N/A*	3	6.0	18.0	3.0	0.00	0.00

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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		847	*1638	*10.24	*1.12	*41	*36.85	*105.05	*31.06	*9.36	*0.03
% of Calories						*19.2%	*17.4%	*49.6%	*33.0%	*9.9%	*0.0%
Nutrient Guideline		750-850	1420							<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.

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

High School 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 ¹ (g)
Tue - 01/25/2022											
High School Lunch											
	Total										
ENT: CHILI,WEIGHT BETTER, 2MMA	5.15 OZ	152	646	2.88	*N/A*	6	14.28	10.02	5.82	2.17	*N/A*
BRD: CORN CHIP, RF, WG, 1/2CUP	1/2 CUP	102	124	1.45	*N/A*	*N/A*	1.45	14.55	4.36	0.73	*N/A*
BRD: CINN ROLL, PILLSBURY, 2.5	2.5 OZ	220	180	1.00	*N/A*	9	5.0	33.0	8.0	3.00	*N/A*
GLAZE,POWDERED SUGAR	1 OZ	113	3	0.00	0.02	28	0.19	28.6	0.06	0.04	*0.00
CHEESE: CHEDDAR, SHREDDED, LOL	1/4 CUP	110	190	*N/A*	*N/A*	*N/A*	6.0	1.0	9.0	6.00	*N/A*
VEG: BEAN, BAKED BUSHES	1/2 CUP	171	580	4.15	*0.05	*13	7.14	34.29	1.51	*0.00	*0.00
BOSCO STICKS, PEPPERONI (2)	2 STICKS	520	1020	6.00	*N/A*	6	22.0	64.0	18.0	9.00	*N/A*
BRD: TORTILLA, 6 INCH (2 EACH)	2 EACH	180	220	2.00	*N/A*	2	4.0	30.0	5.0	2.00	0.00
BRD: CHIP, TORTILLA, EL SABROS	16 CHIPS	210	170	2.00	*N/A*	0	3.0	25.0	12.0	1.00	0.00
BRD: CORN CHIP, RF, WG, 1 CUP	2 OZ	407	495	5.82	*N/A*	*N/A*	5.82	58.18	17.45	2.91	*N/A*
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*
CHICKEN: SHREDD TINGA, COMIDA	2.54 OZ	120	380	1.00	*N/A*	1	17.0	4.0	4.5	1.00	0.00
CHEESE SAUCE, CHEDDAR, LOL	3 OZ	130	550	*N/A*	*N/A*	*N/A*	7.0	5.0	10.0	6.00	*N/A*
CHEESE SAUCE, QUESO BLANCO	2 OZ	119	420	*N/A*	*N/A*	*N/A*	7.11	2.03	9.14	5.08	*N/A*
CHEESE: CHEDDAR, SHREDDED, LOL	1/4 CUP	110	190	*N/A*	*N/A*	*N/A*	6.0	1.0	9.0	6.00	*N/A*
VEG: CORN/BLACK BEAN	1/2 CUP	76	119	4.33	1.18	*0	3.56	15.71	0.96	0.18	*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	0.00
BRD: RICE, SPANISH 1/2 CUP	1/2 CUP	100	310	1.00	*N/A*	2	2.5	21.5	2.5	*N/A*	*N/A*
VEG: LETTUCE, SHREDDED	1 CUP	8	*N/A*	1.00	*N/A*	*N/A*	*N/A*	1.55	*N/A*	*N/A*	*N/A*
SOUR CREAM, LIGHT	1 OZ	38	33	*N/A*	*N/A*	2	0.95	2.86	2.38	1.43	*N/A*
JALAPENOS, SLICED	1.05 OZ	5	514	1.01	*N/A*	*N/A*	*N/A*	1.01	*N/A*	*N/A*	*N/A*
PIZZA, BIG DADDYS, PEPP, 16"	1 SLICE	410	580	4.00	*N/A*	7	20.0	43.0	18.0	7.00	*N/A*
PIZZA, BIG DADDY, CHEESE, 16"	1 SLICE	400	440	4.00	*N/A*	7	19.0	42.99	16.0	7.00	*N/A*
CORN DOG, STATE FAIR	4 OZ	280	660	2.00	*N/A*	9	9.0	31.0	13.0	3.50	0.00
CHICKEN: SMACKERS DARK MEAT	10 EACH	293	487	3.00	*N/A*	0	18.0	17.0	17.0	3.00	0.00
MOZZ STICKS, FARM RICH, 3 EACH	3 EACH	165	330	2.00	*N/A*	2	10.0	18.0	6.0	2.00	*N/A*
SDW: CLUX DELUXE	1 EACH	366	833	4.14	*N/A*	5	25.36	43.86	10.14	*1.00	*N/A*
SDW: CHICKEN PTY, SPICY	1 EACH	420	657	5.14	*N/A*	5	20.36	44.86	17.14	*3.00	*N/A*
SDW: BACON CHEESEBURGER	1 EACH	398	832	*2.14	*N/A*	*5	23.27	*28.86	20.77	*6.46	*N/A*
PBJ, GRAPEUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*N/A*
PBJ, STRWBUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*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, 1.5 GALLON, HEINZ	1 OZ	38	308	*N/A*	*N/A*	7	*N/A*	9.0	*N/A*	*N/A*	*N/A*

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.

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

High School Lunch

Portion Values - Detailed

Page 64

Generated on: 12/21/2021 10:38:07 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 ¹ (g)
Tue - 01/25/2022											
RANCH, HEINZ, 1.5 GAL	1 OZ	160	240	*N/A*	*N/A*	1	*N/A*	1.0	17.0	3.00	*N/A*

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.

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

High School 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 ¹ (g)
BBQ SAUCE, HEINZ, 1.5 GAL	1 OZ	40	453	9.06	*N/A*	7	*N/A*	10.88	*N/A*	*N/A*	*N/A*
MUSTARD, HONEY, HEINZ, 1.5 GAL	1 OZ	40	160	*N/A*	*N/A*	5	*N/A*	9.0	*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
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SALAD, CEASAR	1 SALAD	497	1364	*2.74	*0.97	*4	42.12	35.43	18.54	*8.46	*0.00
SALAD, CRISPY CHICKEN	1 SALAD	443	1036	7.05	*0.97	*3	27.78	51.18	13.87	*2.74	*0.00
SALAD, ITALIAN	1 SALAD	511	1457	*4.29	*0.74	*8	*24.88	*39.83	*27.7	*15.03	*0.00
SALAD, MEXICAN	1 SALAD	494	880	8.19	*2.26	*2	24.38	47.47	24.27	8.27	*0.42
SALAD: BERRY, CHICKEN	1 SALAD	542	1019	*6.58	*0.93	*11	42.98	47.5	19.8	*11.29	*0.00
DRESSING, LT RANCH,MARZETTI	1.5 OZ PAC KET	60	220	1.00	*N/A*	4	1.0	9.0	2.5	0.00	0.00
DRESSING, FF 1000 KRAFT	1.5 OZ PAC KET	50	350	0.00	*N/A*	0	0.0	12.0	0.0	0.00	0.00
DRESSING, CEASAR, KRAFT	1.5 OZ PAC KET	160	450	0.00	*N/A*	2	2.0	3.0	16.0	3.00	0.00
DRESSING, FF FRENCH, KENS	1.5 OZ PAC KET	50	430	1.00	*N/A*	9	0.0	11.0	0.0	0.00	0.00
DRESSING, LT ITALIAN, MARZETTI	1.5 OZ PAC KET	15	720	0.00	*N/A*	2	0.0	2.0	1.0	0.00	0.00
DRESSING, RAS VIN, KENS	1.5 OZ PAC KET	50	115	*N/A*	*N/A*	10	0.0	12.0	0.0	0.00	0.00
SDW: SUB, TRKY, HAM, CHZ	1 SUB	298	918	*2.20	*N/A*	*6	23.06	33.71	9.21	3.81	*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*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*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
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: BLUEBERRIES, FROZEN	1/2 CUP	40	1	2.09	0.14	7	0.33	9.43	0.5	0.04	0.00
FRUIT: WATERMELON,CHUNKS	1/2 CUP	23	1	0.30	0.18	5	0.46	5.74	0.11	0.01	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: CANTALOUPE	1/2 CUP	27	13	0.70	*N/A*	6	*N/A*	6.5	*N/A*	*N/A*	*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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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: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: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	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*

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.

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

High School Lunch

Portion Values - Detailed

Page 66

Generated on: 12/21/2021 10:38:07 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 ¹ (g)
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*
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
VEG: CUCUMBER,RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: BROCCOLI,raw: fresh	1/2 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00
PICKLES, 2 SLICES	1 EACH	2	113	0.14	0.04	0	0.07	0.34	0.04	0.01	0.00
VEG: SIDE SALAD	1 CUP	10	4	1.12	*0.49	*0	0.68	1.98	0.16	0.02	*0.00
VEG: TACO HUMMUS	3 OZ CUP	120	180	5.00	*N/A*	3	6.0	18.0	3.0	0.00	0.00
Weighted Daily Average		1043	*2007	*13.05	*1.04	*46	*45.14	*126.15	*40.19	*12.98	*0.03
% of Calories						*17.5%	*17.3%	*48.4%	*34.7%	*11.2%	*0.0%
Nutrient Guideline		750-850	1420							<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.

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

High School Lunch

Portion Values - Detailed

Page 67

Generated on: 12/21/2021 10:38:07 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 ¹ (g)
Wed - 01/26/2022											
High School Lunch	Total										
FRENCH TOAST STICKS, BC, 4 EA	4 EACH	347	387	2.67	*N/A*	19	8.0	56.0	10.67	1.33	*N/A*
PORK, SAUSAGE JTM PATTIES (2)	2 PATTIES	240	344	*N/A*	*N/A*	*N/A*	20.0	2.0	20.0	7.60	0.00
VEG: POTATO, TRITATER, SIMPLOT	2 TRIANGLE	220	630	2.00	*N/A*	0	3.0	31.0	9.0	1.50	0.00
FRUIT: APPLES, CINN & SUGAR	1/2 CUP	70	7	1.28	1.47	*0	0.04	17.95	0.01	0.00	*0.00
BOSCO CHEESE STICKS (2)	2 EACH	459	619	3.99	*N/A*	2	23.97	55.92	13.98	7.99	*N/A*
VEG: POTATO, FF, SPICY STRT CU	12 pieces	139	387	1.99	*N/A*	*N/A*	1.99	19.86	5.96	0.99	*N/A*
PIZZA, BIG DADDY, CHEESE, 16"	1 SLICE	400	440	4.00	*N/A*	7	19.0	42.99	16.0	7.00	*N/A*
PIZZA, BIG DADDYS, PEPP, 16"	1 SLICE	410	580	4.00	*N/A*	7	20.0	43.0	18.0	7.00	*N/A*
PIZZA, FRENCH BREAD CHEESE	1 EACH	350	450	2.00	*N/A*	2	22.0	29.0	18.0	7.00	*N/A*
SDW: TEXAS BURGER	1 EACH	507	1331	*10.84	*N/A*	*13	*24.47	*48.66	*23.97	*7.06	*0.00
SDW: CLUX DELUXE	1 EACH	366	833	4.14	*N/A*	5	25.36	43.86	10.14	*1.00	*N/A*
SDW: CHICKEN PTY, SPICY	1 EACH	420	657	5.14	*N/A*	5	20.36	44.86	17.14	*3.00	*N/A*
SDW: BACON CHEESEBURGER	1 EACH	398	832	*2.14	*N/A*	*5	23.27	*28.86	20.77	*6.46	*N/A*
CHICKEN, CRIS P BITES	5 PIECES	208	546	2.00	*N/A*	1	19.0	15.0	8.0	1.00	*N/A*
BRD: RICE, WILD, 1/2 CUP	1/2 CUP CO	100	410	0.50	*N/A*	1	2.5	21.5	0.25	*N/A*	*N/A*
OKED											
VEG: POTATO, SIDEWINDER	5 PIECES	90	260	1.00	*N/A*	0	1.0	14.0	3.5	0.50	0.00
SAUCE, GARLIC PARM SWBABYRAYS	2 OZ (4 TB)	160	880	0.00	*N/A*	0	0.0	0.0	16.0	2.00	0.00
SAUCE, BUFFALO, FRANKS	2 OZ	14	1664	*N/A*	*N/A*	0	0.34	1.32	0.85	0.13	*N/A*
SAUCE, BLUE CHEESE KRAFT	2 OZ (4 TB)	240	640	0.00	*N/A*	2	2.0	4.0	24.0	4.00	0.00
SAUCE: BBQ, SWEET BABY RAYS	2 OZ	140	580	*N/A*	*N/A*	28	*N/A*	36.0	*N/A*	*N/A*	*N/A*
PBJ, GRAPEUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*N/A*
PBJ, STRWBUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*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, 1.5 GALLON, HEINZ	1 OZ	38	308	*N/A*	*N/A*	7	*N/A*	9.0	*N/A*	*N/A*	*N/A*
RANCH, HEINZ, 1.5 GAL	1 OZ	160	240	*N/A*	*N/A*	1	*N/A*	1.0	17.0	3.00	*N/A*
BBQ SAUCE, HEINZ, 1.5 GAL	1 OZ	40	453	9.06	*N/A*	7	*N/A*	10.88	*N/A*	*N/A*	*N/A*
MUSTARD, HONEY, HEINZ, 1.5 GAL	1 OZ	40	160	*N/A*	*N/A*	5	*N/A*	9.0	*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
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SALAD, CEASAR	1 SALAD	497	1364	*2.74	*0.97	*4	42.12	35.43	18.54	*8.46	*0.00
SALAD, CRISPY CHICKEN	1 SALAD	443	1036	7.05	*0.97	*3	27.78	51.18	13.87	*2.74	*0.00
SALAD, ITALIAN	1 SALAD	511	1457	*4.29	*0.74	*8	*24.88	*39.83	*27.7	*15.03	*0.00

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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

High School Lunch

Portion Values - Detailed

Page 68

Generated on: 12/21/2021 10:38:07 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 ¹ (g)
Wed - 01/26/2022											
SALAD, MEXICAN	1 SALAD	494	880	8.19	*2.26	*2	24.38	47.47	24.27	8.27	*0.42

**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.

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

High School 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 ¹ (g)
SALAD: BERRY, CHICKEN DRESSING, LT RANCH,MARZETTI	1 SALAD 1.5 OZ PAC KET	542 60	1019 220	*6.58 1.00	*0.93 *N/A*	*11 4	42.98 1.0	47.5 9.0	19.8 2.5	*11.29 0.00	*0.00 0.00
DRESSING, FF 1000 KRAFT	1.5 OZ PAC KET	50	350	0.00	*N/A*	0	0.0	12.0	0.0	0.00	0.00
DRESSING, CEASAR, KRAFT	1.5 OZ PAC KET	160	450	0.00	*N/A*	2	2.0	3.0	16.0	3.00	0.00
DRESSING, FF FRENCH, KENS	1.5 OZ PAC KET	50	430	1.00	*N/A*	9	0.0	11.0	0.0	0.00	0.00
DRESSING, LT ITALIAN, MARZETTI	1.5 OZ PAC KET	15	720	0.00	*N/A*	2	0.0	2.0	1.0	0.00	0.00
DRESSING, RAS VIN, KENS	1.5 OZ PAC KET	50	115	*N/A*	*N/A*	10	0.0	12.0	0.0	0.00	0.00
SDW: SUB, ITALIAN COMBO	1 SUB	332	914	2.20	*N/A*	4	22.0	31.7	12.2	5.05	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*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*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
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: BLUEBERRIES, FROZEN	1/2 CUP	40	1	2.09	0.14	7	0.33	9.43	0.5	0.04	0.00
FRUIT: WATERMELON,CHUNKS	1/2 CUP	23	1	0.30	0.18	5	0.46	5.74	0.11	0.01	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: CANTALOUPE	1/2 CUP	27	13	0.70	*N/A*	6	*N/A*	6.5	*N/A*	*N/A*	*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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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: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: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	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: 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*
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
VEG: CUCUMBER,RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: BROCCOLI,raw: fresh	1/2 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00
PICKLES, 2 SLICES	1 EACH	2	113	0.14	0.04	0	0.07	0.34	0.04	0.01	0.00
VEG: SIDE SALAD	1 CUP	10	4	1.12	*0.49	*0	0.68	1.98	0.16	0.02	*0.00
VEG: TACO HUMMUS	3 OZ CUP	120	180	5.00	*N/A*	3	6.0	18.0	3.0	0.00	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		802	*1678	*9.34	*0.77	*35	*33.68	*95.65	*31.79	*9.35	*0.03
% of Calories						*17.6%	*16.8%	*47.7%	*35.7%	*10.5%	*0.0%
Nutrient Guideline		750-850	1420							<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.

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

High School 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 ¹ (g)
Thu - 01/27/2022											
High School 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: 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
VEG: POTATO, CURLY FRY, 1/2 CUP	3 OZ PORTIO	155	420	2.00	*N/A*	*N/A*	2.0	21.0	7.0	1.00	*N/A*
BOSCO STICKS, PEPPERONI (2)	2 STICKS	520	1020	6.00	*N/A*	6	22.0	64.0	18.0	9.00	*N/A*
DORITOS TOP N GO	1 BAG	190	280	2.00	*N/A*	*N/A*	3.0	27.0	7.0	1.00	*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*
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*
VEG: SALSA, COMMODITY 1/2 CUP	1/2 cup	40	140	3.99	1.08	4	0.0	8.0	0.0	0.00	0.00
SOUR CREAM, LIGHT	1 OZ	38	33	*N/A*	*N/A*	2	0.95	2.86	2.38	1.43	*N/A*
JALAPENOS, SLICED	1.05 OZ	5	514	1.01	*N/A*	*N/A*	*N/A*	1.01	*N/A*	*N/A*	*N/A*
VEG: LETTUCE, SHREDDED	1 CUP	8	*N/A*	1.00	*N/A*	*N/A*	*N/A*	1.55	*N/A*	*N/A*	*N/A*
VEG: REFRIED BEANS W CHEESE	1/2 cup	180	289	4.07	*1.87	*1	8.41	26.08	3.54	1.34	*0.00
CHICKEN, NASHVILLE HOT BITES	10 PIECES	170	420	1.00	*N/A*	2	14.0	11.0	8.0	1.50	0.00
BRD: CHEESY TEXAS TOAST, ALPHA	SLICE	217	390	*0.00	*0.00	*1	9.81	20.13	10.67	6.01	*0.00
SDW: PULLED PORK RICHES	1 SANDWICH	361	708	*2.49	*0.12	*18	16.4	*42.91	13.18	*4.01	*0.00
SDW: CLUX DELUXE	1 EACH	366	833	4.14	*N/A*	5	25.36	43.86	10.14	*1.00	*N/A*
SDW: CHICKEN PTY, SPICY	1 EACH	420	657	5.14	*N/A*	5	20.36	44.86	17.14	*3.00	*N/A*
SDW: BACON CHEESEBURGER	1 EACH	398	832	*2.14	*N/A*	*5	23.27	*28.86	20.77	*6.46	*N/A*
PBJ, GRAPEUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*N/A*
PBJ, STRWBUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*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*
JUICE: FROZEN	4 OZ	60	5	3.00	*N/A*	13	*N/A*	16.0	*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, 1.5 GALLON, HEINZ	1 OZ	38	308	*N/A*	*N/A*	7	*N/A*	9.0	*N/A*	*N/A*	*N/A*
RANCH, HEINZ, 1.5 GAL	1 OZ	160	240	*N/A*	*N/A*	1	*N/A*	1.0	17.0	3.00	*N/A*
BBQ SAUCE, HEINZ, 1.5 GAL	1 OZ	40	453	9.06	*N/A*	7	*N/A*	10.88	*N/A*	*N/A*	*N/A*
MUSTARD, HONEY, HEINZ, 1.5 GAL	1 OZ	40	160	*N/A*	*N/A*	5	*N/A*	9.0	*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
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SALAD, CEASAR	1 SALAD	497	1364	*2.74	*0.97	*4	42.12	35.43	18.54	*8.46	*0.00
SALAD, CRISPY CHICKEN	1 SALAD	443	1036	7.05	*0.97	*3	27.78	51.18	13.87	*2.74	*0.00
SALAD, ITALIAN	1 SALAD	511	1457	*4.29	*0.74	*8	*24.88	*39.83	*27.7	*15.03	*0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

High School Lunch

Portion Values - Detailed

Page 72

Generated on: 12/21/2021 10:38:07 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 ¹ (g)
Thu - 01/27/2022											
SALAD, MEXICAN	1 SALAD	494	880	8.19	*2.26	*2	24.38	47.47	24.27	8.27	*0.42

**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.

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

High School 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 ¹ (g)
SALAD: BERRY, CHICKEN DRESSING, FF 1000 KRAFT	1 SALAD 1.5 OZ PAC KET	542 50	1019 350	*6.58 0.00	*0.93 *N/A*	*11 0	42.98 0.0	47.5 12.0	19.8 0.0	*11.29 0.00	*0.00 0.00
DRESSING, CEASAR, KRAFT	1.5 OZ PAC KET	160	450	0.00	*N/A*	2	2.0	3.0	16.0	3.00	0.00
DRESSING, FF FRENCH, KENS	1.5 OZ PAC KET	50	430	1.00	*N/A*	9	0.0	11.0	0.0	0.00	0.00
DRESSING, LT ITALIAN, MARZETTI	1.5 OZ PAC KET	15	720	0.00	*N/A*	2	0.0	2.0	1.0	0.00	0.00
DRESSING, RAS VIN, KENS	1.5 OZ PAC KET	50	115	*N/A*	*N/A*	10	0.0	12.0	0.0	0.00	0.00
DRESSING, LT RANCH, MARZETTI	1.5 OZ PAC KET	60	220	1.00	*N/A*	4	1.0	9.0	2.5	0.00	0.00
SDW: SUB, TRKY, HAM, CHZ	1 SUB	298	918	*2.20	*N/A*	*6	23.06	33.71	9.21	3.81	*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*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*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
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: BLUEBERRIES, FROZEN	1/2 CUP	40	1	2.09	0.14	7	0.33	9.43	0.5	0.04	0.00
FRUIT: WATERMELON, CHUNKS	1/2 CUP	23	1	0.30	0.18	5	0.46	5.74	0.11	0.01	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: CANTALOUPE	1/2 CUP	27	13	0.70	*N/A*	6	*N/A*	6.5	*N/A*	*N/A*	*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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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: 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: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	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: 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*
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
VEG: CUCUMBER, RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: BROCCOLI, raw: fresh	1/2 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00
PICKLES, 2 SLICES	1 EACH	2	113	0.14	0.04	0	0.07	0.34	0.04	0.01	0.00
VEG: SIDE SALAD	1 CUP	10	4	1.12	*0.49	*0	0.68	1.98	0.16	0.02	*0.00
VEG: TACO HUMMUS	3 OZ CUP	120	180	5.00	*N/A*	3	6.0	18.0	3.0	0.00	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

High School Lunch

Portion Values - Detailed

Page 74

Generated on: 12/21/2021 10:38:07 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 ¹ (g)
Weighted Daily Average		931	*1871	*11.75	*1.16	*42	*40.69	*113.14	*34.91	*11.75	*0.03
% of Calories						*18.0%	*17.5%	*48.6%	*33.7%	*11.4%	*0.0%
Nutrient Guideline		750-850	1420							<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.

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

High School 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 ¹ (g)
Fri - 01/28/2022											
High School Lunch	Total										
CHICKEN AND NOODLES	1 CUP	187	632	0.90	1.73	*1	21.5	17.61	3.72	1.05	*0.01
BRD: ROLL, SISTER SCH, 2 GR	1 EACH	180	320	1.00	*N/A*	6	4.0	30.0	5.0	1.50	*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
PEANUT BUTTER BARS-updated	1 EACH	249	98	1.29	*0.43	*19	5.23	24.56	15.94	5.02	*0.02
VEG: POTATO, CRINKLE FRY	12 PIECES	130	160	1.00	*N/A*	0	2.0	21.0	4.5	0.50	0.00
BOSCO CHEESE STICKS (2)	2 EACH	459	619	3.99	*N/A*	2	23.97	55.92	13.98	7.99	*N/A*
CHICKEN,YANGS BRDED, UNSAUCED	3.6 OZ WT	129	151	0.00	*N/A*	0	13.75	10.0	3.75	0.00	0.00
BRD: RICE, WHITE, 1 CUP	1 CUP	194	3	1.42	2.86	0	4.6	41.16	0.58	0.12	*N/A*
EGG ROLL	1 EACH	180	430	*N/A*	*N/A*	2	7.0	21.0	8.0	2.00	*N/A*
VEG: STIR FRY	1/2 CUP	33	40	2.67	*N/A*	5	2.67	6.67	*N/A*	*N/A*	*N/A*
PIZZA, BIG DADDYS, PEPP, 16"	1 SLICE	410	580	4.00	*N/A*	7	20.0	43.0	18.0	7.00	*N/A*
PIZZA, BIG DADDY, CHEESE, 16"	1 SLICE	400	440	4.00	*N/A*	7	19.0	42.99	16.0	7.00	*N/A*
FISH: SHRIMP POPPERS	20 PIECES	230	760	2.00	*N/A*	1	12.0	23.0	10.0	1.50	*N/A*
MOZZ STICKS, FARM RICH, 3 EACH	3 EACH	165	330	2.00	*N/A*	2	10.0	18.0	6.0	2.00	*N/A*
BRD: HUSHPUDDIES, SAVANNAH	3 EACH	190	240	2.00	*N/A*	2	2.0	22.0	10.0	1.50	0.00
ENT: MINI CHEESE CALZONES	5 OZ	320	370	1.00	*N/A*	7	18.0	41.0	10.0	4.50	0.00
SDW: CLUX DELUXE	1 EACH	366	833	4.14	*N/A*	5	25.36	43.86	10.14	*1.00	*N/A*
SDW: CHICKEN PTY, SPICY	1 EACH	420	657	5.14	*N/A*	5	20.36	44.86	17.14	*3.00	*N/A*
SDW: BACON CHEESEBURGER	1 EACH	398	832	*2.14	*N/A*	*5	23.27	*28.86	20.77	*6.46	*N/A*
PBJ, GRAPEUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*N/A*
PBJ, STRWBUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*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, 1.5 GALLON, HEINZ	1 OZ	38	308	*N/A*	*N/A*	7	*N/A*	9.0	*N/A*	*N/A*	*N/A*
RANCH, HEINZ, 1.5 GAL	1 OZ	160	240	*N/A*	*N/A*	1	*N/A*	1.0	17.0	3.00	*N/A*
BBQ SAUCE, HEINZ, 1.5 GAL	1 OZ	40	453	9.06	*N/A*	7	*N/A*	10.88	*N/A*	*N/A*	*N/A*
MUSTARD, HONEY, HEINZ, 1.5 GAL	1 OZ	40	160	*N/A*	*N/A*	5	*N/A*	9.0	*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
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SALAD, CEASAR	1 SALAD	497	1364	*2.74	*0.97	*4	42.12	35.43	18.54	*8.46	*0.00
SALAD, CRISPY CHICKEN	1 SALAD	443	1036	7.05	*0.97	*3	27.78	51.18	13.87	*2.74	*0.00
SALAD, ITALIAN	1 SALAD	511	1457	*4.29	*0.74	*8	*24.88	*39.83	*27.7	*15.03	*0.00
SALAD, MEXICAN	1 SALAD	494	880	8.19	*2.26	*2	24.38	47.47	24.27	8.27	*0.42
SALAD: BERRY, CHICKEN	1 SALAD	542	1019	*6.58	*0.93	*11	42.98	47.5	19.8	*11.29	*0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1- Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

High School 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 ¹ (g)
Fri - 01/28/2022											
DRESSING, FF 1000 KRAFT	1.5 OZ PAC KET	50	350	0.00	*N/A*	0	0.0	12.0	0.0	0.00	0.00
DRESSING, CEASAR, KRAFT	1.5 OZ PAC KET	160	450	0.00	*N/A*	2	2.0	3.0	16.0	3.00	0.00
DRESSING, FF FRENCH, KENS	1.5 OZ PAC KET	50	430	1.00	*N/A*	9	0.0	11.0	0.0	0.00	0.00
DRESSING, LT ITALIAN, MARZETTI	1.5 OZ PAC KET	15	720	0.00	*N/A*	2	0.0	2.0	1.0	0.00	0.00
DRESSING, RAS VIN, KENS	1.5 OZ PAC KET	50	115	*N/A*	*N/A*	10	0.0	12.0	0.0	0.00	0.00
DRESSING, LT RANCH,MARZETTI	1.5 OZ PAC KET	60	220	1.00	*N/A*	4	1.0	9.0	2.5	0.00	0.00
SDW: SUB, ITALIAN COMBO	1 SUB	332	914	2.20	*N/A*	4	22.0	31.7	12.2	5.05	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*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*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
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: BLUEBERRIES, FROZEN	1/2 CUP	40	1	2.09	0.14	7	0.33	9.43	0.5	0.04	0.00
FRUIT: WATERMELON,CHUNKS	1/2 CUP	23	1	0.30	0.18	5	0.46	5.74	0.11	0.01	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: CANTALOUPE	1/2 CUP	27	13	0.70	*N/A*	6	*N/A*	6.5	*N/A*	*N/A*	*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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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: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: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	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: 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*
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
VEG: CUCUMBER,RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: BROCCOLI,raw: fresh	1/2 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00
PICKLES, 2 SLICES	1 EACH	2	113	0.14	0.04	0	0.07	0.34	0.04	0.01	0.00
VEG: SIDE SALAD	1 CUP	10	4	1.12	*0.49	*0	0.68	1.98	0.16	0.02	*0.00
VEG: TACO HUMMUS	3 OZ CUP	120	180	5.00	*N/A*	3	6.0	18.0	3.0	0.00	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		952	*1701	*11.04	*1.33	*42	*42.15	*118.26	*34.56	*10.59	*0.04
% of Calories						*17.8%	*17.7%	*49.7%	*32.7%	*10.0%	*0.0%
Nutrient Guideline		750-850	1420							<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.

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

High School 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 ¹ (g)
Mon - 01/31/2022											
High School Lunch	Total										
BRD: BISCUIT, PILLSBURY	2.2 OZ	170	570	0.00	*N/A*	2	3.0	22.0	8.0	5.00	0.00
SAUSAGE GRAVY, JTM, CN	3.95 OZ WT	174	510	*N/A*	*N/A*	1	7.0	8.0	12.0	6.90	0.00
EGG: SCRAMBLED W BUTTER	1/4 CUP (2.1 OZ)	90	230	*N/A*	*N/A*	*N/A*	5.0	*N/A*	7.0	1.50	0.00
VEG: POTATO, SHOESTRING SIMPLO	2.39 OZ	130	200	1.00	*N/A*	0	1.0	19.0	6.0	1.00	0.00
VEG: POTATO, DICED, SEASONED	3 OZ WT	130	390	2.00	*N/A*	*N/A*	2.0	21.0	4.0	0.50	*N/A*
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*
PIZZA, BIG DADDY, CHEESE, 16"	1 SLICE	400	440	4.00	*N/A*	7	19.0	42.99	16.0	7.00	*N/A*
PIZZA, BIG DADDYS, PEPP, 16"	1 SLICE	410	580	4.00	*N/A*	7	20.0	43.0	18.0	7.00	*N/A*
BEEF, PHILLY, 2MMA	2.86 OZ	144	390	*N/A*	*N/A*	2	13.07	3.01	8.04	3.01	*N/A*
BRD: RICE, WHITE, 1 CUP	1 CUP	194	3	1.42	2.86	0	4.6	41.16	0.58	0.12	*N/A*
SAUCE, ASIAN, 1 OZ	1 OZ	43	209	0.00	*N/A*	7	0.0	11.0	0.0	0.00	0.00
SAUCE, SWEET N SOUR	1 OZ	60	110	*N/A*	*N/A*	11	*N/A*	14.0	*N/A*	*N/A*	*N/A*
SAUCE: GENERAL TSO, YANGS	1 OZ	37	79	*N/A*	*N/A*	9	*N/A*	10.0	0.0	*N/A*	*N/A*
SAUCE: KOREAN BBQ	1 OZ	62	650	0.00	*N/A*	8	1.0	10.0	2.0	0.00	0.00
SAUCE: ORANGE, YANGS	1 OZ	46	159	*N/A*	*N/A*	10	*N/A*	11.0	*N/A*	*N/A*	*N/A*
SAUCE: STIR FRY	1 OZ	35	440	*N/A*	*N/A*	2	1.0	4.0	1.5	*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
BRD: PRETZEL, KING, 5 OZ	1 EACH	340	300	8.00	*N/A*	2	12.0	72.0	2.0	*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*
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
ENT: STEAK CUT CHEESE FRIES	6 OZ WT	530	1280	*2.00	*N/A*	*2	20.0	*44.0	30.0	14.00	*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
MARGARINE: SMART BALANCE CUP	1 CUP	30	30	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3.0	1.00	*N/A*
SDW: CLUX DELUXE	1 EACH	366	833	4.14	*N/A*	5	25.36	43.86	10.14	*1.00	*N/A*
SDW: CHICKEN PTY, SPICY	1 EACH	420	657	5.14	*N/A*	5	20.36	44.86	17.14	*3.00	*N/A*
SDW: BACON CHEESEBURGER	1 EACH	398	832	*2.14	*N/A*	*5	23.27	*28.86	20.77	*6.46	*N/A*
PBJ, GRAPEUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*N/A*
PBJ, STRWBUNCRUSTABLES, 5.3 OZ	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*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, 1.5 GALLON, HEINZ	1 OZ	38	308	*N/A*	*N/A*	7	*N/A*	9.0	*N/A*	*N/A*	*N/A*
RANCH, HEINZ, 1.5 GAL	1 OZ	160	240	*N/A*	*N/A*	1	*N/A*	1.0	17.0	3.00	*N/A*

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.

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

High School Lunch

Portion Values - Detailed

Page 79

Generated on: 12/21/2021 10:38:07 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 ¹ (g)
Mon - 01/31/2022											
BBQ SAUCE, HEINZ, 1.5 GAL	1 OZ	40	453	9.06	*N/A*	7	*N/A*	10.88	*N/A*	*N/A*	*N/A*

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.

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

High School 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 ¹ (g)
MUSTARD, HONEY, HEINZ, 1.5 GAL	1 OZ	40	160	*N/A*	*N/A*	5	*N/A*	9.0	*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
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
SALAD, CEASAR	1 SALAD	497	1364	*2.74	*0.97	*4	42.12	35.43	18.54	*8.46	*0.00
SALAD, CRISPY CHICKEN	1 SALAD	443	1036	7.05	*0.97	*3	27.78	51.18	13.87	*2.74	*0.00
SALAD, ITALIAN	1 SALAD	511	1457	*4.29	*0.74	*8	*24.88	*39.83	*27.7	*15.03	*0.00
SALAD, MEXICAN	1 SALAD	494	880	8.19	*2.26	*2	24.38	47.47	24.27	8.27	*0.42
SALAD: BERRY, CHICKEN	1 SALAD	542	1019	*6.58	*0.93	*11	42.98	47.5	19.8	*11.29	*0.00
DRESSING, FF 1000 KRAFT	1.5 OZ PAC KET	50	350	0.00	*N/A*	0	0.0	12.0	0.0	0.00	0.00
DRESSING, CEASAR, KRAFT	1.5 OZ PAC KET	160	450	0.00	*N/A*	2	2.0	3.0	16.0	3.00	0.00
DRESSING, FF FRENCH, KENS	1.5 OZ PAC KET	50	430	1.00	*N/A*	9	0.0	11.0	0.0	0.00	0.00
DRESSING, LT ITALIAN, MARZETTI	1.5 OZ PAC KET	15	720	0.00	*N/A*	2	0.0	2.0	1.0	0.00	0.00
DRESSING, RAS VIN, KENS	1.5 OZ PAC KET	50	115	*N/A*	*N/A*	10	0.0	12.0	0.0	0.00	0.00
DRESSING, LT RANCH, MARZETTI	1.5 OZ PAC KET	60	220	1.00	*N/A*	4	1.0	9.0	2.5	0.00	0.00
SDW: SUB, ITALIAN COMBO	1 SUB	332	914	2.20	*N/A*	4	22.0	31.7	12.2	5.05	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*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*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
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: BLUEBERRIES, FROZEN	1/2 CUP	40	1	2.09	0.14	7	0.33	9.43	0.5	0.04	0.00
FRUIT: WATERMELON, CHUNKS	1/2 CUP	23	1	0.30	0.18	5	0.46	5.74	0.11	0.01	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: CANTALOUPE	1/2 CUP	27	13	0.70	*N/A*	6	*N/A*	6.5	*N/A*	*N/A*	*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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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: 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: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	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: 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*

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.

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

High School Lunch

Portion Values - Detailed

Page 81

Generated on: 12/21/2021 10:38:07 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 ¹ (g)
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
VEG: CUCUMBER,RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: BROCCOLI,raw: fresh	1/2 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00
PICKLES, 2 SLICES	1 EACH	2	113	0.14	0.04	0	0.07	0.34	0.04	0.01	0.00
VEG: SIDE SALAD	1 CUP	10	4	1.12	*0.49	*0	0.68	1.98	0.16	0.02	*0.00
VEG: TACO HUMMUS	3 OZ CUP	120	180	5.00	*N/A*	3	6.0	18.0	3.0	0.00	0.00
Weighted Daily Average		904	*1820	*10.20	*1.05	*40	*37.52	*110.27	*34.78	*12.10	*0.03
% of Calories						*17.8%	*16.6%	*48.8%	*34.6%	*12.0%	*0.0%
Nutrient Guideline		750-850	1420							<10.00	

Weighted Average		926	*1846	*11.04	*1.08	*42	*40.09	*113.08	*34.93	*11.22	*0.04
						*40.4%	*17.3%	*48.8%	*33.9%	*10.9%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	926		750 - 850	109%			76	Correction Required - Calories too High
Sodium 1 (mg)	1846		1420		Missing		426	Correction Required - Sodium too High
Sodium 2 (mg)	1846		1080		Missing		766	Correction Required - Sodium too High
Fiber (g)	11.04				Missing			
Iron (mg)	1.08				Missing			
Sugars (g)	42	17.97%			Missing			
Protein (g)	40.09	17.31%			Missing			
Carbohydrate (g)	113.08	48.83%			Missing			
Total Fat (g)	34.93	33.94%			Missing			
Saturated Fat (g)	11.22	10.90%	<10.00%		Missing			Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.04	0.04%			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
 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.