

Danville Community School Corporation

Dec 1, 2021 thru Dec 16, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

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Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/01/2021											
High School Lunch											
	Total										
	4 EACH	347	387	2.67	*N/A*	19	8.0	56.0	10.67	1.33	*N/A*
	FRENCH TOAST STICKS, BC, 4 EA										
	2 PATTIES	240	344	*N/A*	*N/A*	*N/A*	20.0	2.0	20.0	7.60	0.00
	PORK, SAUSAGE JTM PATTIES (2)										
	2 TRIANGLE	220	630	2.00	*N/A*	0	3.0	31.0	9.0	1.50	0.00
	VEG: POTATO, TRITATER, SIMPLOT										
	1/2 CUP	70	7	1.28	1.47	*0	0.04	17.95	0.01	0.00	*0.00
	FRUIT: APPLES, CINN & SUGAR										
	2 EACH	459	619	3.99	*N/A*	2	23.97	55.92	13.98	7.99	*N/A*
	BOSCO CHEESE STICKS (2)										
	12 pieces	139	387	1.99	*N/A*	*N/A*	1.99	19.86	5.96	0.99	*N/A*
	VEG: POTATO, FF, SPICY STRT CU										
	1 SLICE	400	440	4.00	*N/A*	7	19.0	42.99	16.0	7.00	*N/A*
	PIZZA, BIG DADDY, CHEESE, 16"										
	1 SLICE	410	580	4.00	*N/A*	7	20.0	43.0	18.0	7.00	*N/A*
	PIZZA, BIG DADDYS, PEPP, 16"										
	1 EACH	350	450	2.00	*N/A*	2	22.0	29.0	18.0	7.00	*N/A*
	PIZZA, FRENCH BREAD CHEESE										
	1 EACH	507	1331	*10.84	*N/A*	*13	*24.47	*48.66	*23.97	*7.06	*0.00
	SDW: TEXAS BURGER										
	1 EACH	366	833	4.14	*N/A*	5	25.36	43.86	10.14	*1.00	*N/A*
	SDW: CLUX DELUXE										
	1 EACH	420	657	5.14	*N/A*	5	20.36	44.86	17.14	*3.00	*N/A*
	SDW: CHICKEN PTY, SPICY										
	1 EACH	398	832	*2.14	*N/A*	*5	23.27	*28.86	20.77	*6.46	*N/A*
	SDW: BACON CHEESEBURGER										
	5 PIECES	208	546	2.00	*N/A*	1	19.0	15.0	8.0	1.00	*N/A*
	CHICKEN, CRIS P BITES										
	1/2 CUP CO	100	410	0.50	*N/A*	1	2.5	21.5	0.25	*N/A*	*N/A*
	BRD: RICE, WILD, 1/2 CUP										
	OKED										
	5 PIECES	90	260	1.00	*N/A*	0	1.0	14.0	3.5	0.50	0.00
	VEG: POTATO, SIDEWINDER										
	2 OZ (4 TB)	160	880	0.00	*N/A*	0	0.0	0.0	16.0	2.00	0.00
	SAUCE, GARLIC PARM SWBABYRAYS										
	2 OZ	14	1664	*N/A*	*N/A*	0	0.34	1.32	0.85	0.13	*N/A*
	SAUCE, BUFFALO, FRANKS										
	2 OZ (4 TB)	240	640	0.00	*N/A*	2	2.0	4.0	24.0	4.00	0.00
	SAUCE, BLUE CHEESE KRAFT										
	2 OZ	140	580	*N/A*	*N/A*	28	*N/A*	36.0	*N/A*	*N/A*	*N/A*
	SAUCE: BBQ, SWEET BABY RAYS										
	1 SANDWICH	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*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										
	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE, 4 OZ, APPLE										
	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE, 4 OZ, ORANGE										
	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, APPLE CHERRY										
	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, GRAPE										
	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
	MILK: DEANS, 1% WHITE										
	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	MILK: DEANS, SKIM CHOCOLATE										
	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	MILK: DEANS, SKIM STRAWBERRY										
	1 OZ	38	308	*N/A*	*N/A*	7	*N/A*	9.0	*N/A*	*N/A*	*N/A*
	KETCHUP, 1.5 GALLON, HEINZ										
	1 OZ	160	240	*N/A*	*N/A*	1	*N/A*	1.0	17.0	3.00	*N/A*
	RANCH, HEINZ, 1.5 GAL										
	1 OZ	40	453	9.06	*N/A*	7	*N/A*	10.88	*N/A*	*N/A*	*N/A*
	BBQ SAUCE, HEINZ, 1.5 GAL										
	1 OZ	40	160	*N/A*	*N/A*	5	*N/A*	9.0	*N/A*	*N/A*	*N/A*
	MUSTARD, HONEY, HEINZ, 1.5 GAL										
	PKT 5g	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00
	MUSTARD: individual PC										
	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
	MAYONNAISE, PACKET, 12 grams										
	1 SALAD	497	1364	*2.74	*0.97	*4	42.12	35.43	18.54	*8.46	*0.00
	SALAD, CEASAR										
	1 SALAD	443	1036	7.05	*0.97	*3	27.78	51.18	13.87	*2.74	*0.00
	SALAD, CRISPY CHICKEN										
	1 SALAD	511	1457	*4.29	*0.74	*8	*24.88	*39.83	*27.7	*15.03	*0.00
	SALAD, ITALIAN										

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/01/2021											
SALAD, MEXICAN	1 SALAD	494	880	8.19	*2.26	*2	24.38	47.47	24.27	8.27	*0.42

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat 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

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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	

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High School Lunch

Portion Values - Detailed

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Thu - 12/02/2021											
High School Lunch											
	Total										
	PIZZA: PIZZA HUT CHEESE	320	640	3.00	*N/A*	2	16.0	36.0	12.0	7.00	0.00
	PIZZA: PIZZA HUT PEPPERONI	350	740	3.00	*N/A*	2	17.0	35.0	16.0	7.80	0.00
	PIZZA: PIZZA HUT SAUSAGE	370	780	3.00	*N/A*	2	17.0	35.0	18.0	8.00	0.00
	VEG: GREEN BEANS W/ DICED HAM	27	*224	*1.41	*0.75	*1	*2.1	4.58	*0.54	*0.25	*0.00
	VEG: POTATO, CURLY FRY, 1/2 CUP	155	420	2.00	*N/A*	*N/A*	2.0	21.0	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*
	DORITOS TOP N GO	190	280	2.00	*N/A*	*N/A*	3.0	27.0	7.0	1.00	*N/A*
	CHEESE SAUCE, CHEDDAR, LOL	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
	VEG: SALSA, COMMODITY 1/2 CUP	1/2 cup	40	140	3.99	1.08	4	0.0	8.0	0.00	0.00
	SOUR CREAM, LIGHT	1 OZ	38	33	*N/A*	*N/A*	2	0.95	2.86	2.38	1.43
	JALAPENOS, SLICED	1.05 OZ	5	514	1.01	*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*	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
	CHICKEN, NASHVILLE HOT BITES	10 PIECES	170	420	1.00	*N/A*	2	14.0	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
	SDW: PULLED PORK RICHES	1 SANDWICH	361	708	*2.49	*0.12	*18	16.4	*42.91	13.18	*4.01
	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: BACON CHEESEBURGER	1 EACH	398	832	*2.14	*N/A*	*5	23.27	*28.86	20.77	*6.46
	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*
	JUICE: FROZEN	4 OZ	60	5	3.00	*N/A*	13	*N/A*	16.0	*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*
	MUSTARD, HONEY, HEINZ, 1.5 GAL	1 OZ	40	160	*N/A*	*N/A*	5	*N/A*	9.0	*N/A*	*N/A*
	MUSTARD: individual PC	Pkt 5g	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01
	MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50
	SALAD, CEASAR	1 SALAD	497	1364	*2.74	*0.97	*4	42.12	35.43	18.54	*8.46
	SALAD, CRISPY CHICKEN	1 SALAD	443	1036	7.05	*0.97	*3	27.78	51.18	13.87	*2.74
	SALAD, ITALIAN	1 SALAD	511	1457	*4.29	*0.74	*8	*24.88	*39.83	*27.7	*15.03

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/02/2021											
SALAD, MEXICAN	1 SALAD	494	880	8.19	*2.26	*2	24.38	47.47	24.27	8.27	*0.42

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat 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

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat 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	

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Danville Community School Corporation

Dec 1, 2021 thru Dec 16, 2021

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 - 12/03/2021											
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

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Danville Community School Corporation

Dec 1, 2021 thru Dec 16, 2021

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 - 12/03/2021											
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,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

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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	

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Danville Community School Corporation

Dec 1, 2021 thru Dec 16, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Mon - 12/06/2021											
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*

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Danville Community School Corporation

Dec 1, 2021 thru Dec 16, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/06/2021											
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

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat 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*

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Danville Community School Corporation

Dec 1, 2021 thru Dec 16, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat 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	

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Danville Community School Corporation

Dec 1, 2021 thru Dec 16, 2021

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 - 12/07/2021											
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*

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Danville Community School Corporation

Dec 1, 2021 thru Dec 16, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/07/2021											
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*

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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

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat 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	

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/08/2021											
High School Lunch	Total										
ENT: MAC & CHEESE LOL	6 OZ	290	980	1.00	*N/A*	6	17.0	32.0	11.0	6.00	0.00
ENT: 3 CHEESE CAVATAPPI	6 OZ WT	321	803	2.00	*N/A*	3	16.0	27.0	16.0	9.20	0.00
BRD: BREADSTICK, KLOSTERMAN	1 EACH	90	181	2.58	*N/A*	*N/A*	3.87	18.06	0.65	*N/A*	*N/A*
PORK: HAM, DICED/SL, COMMODITY	1.22 OZ	37	232	*N/A*	*N/A*	1	5.0	2.0	2.0	1.00	*N/A*
PORK: BACON PCS, 2 T OONS	2 TABLESP	70	300	*N/A*	*N/A*	*N/A*	4.0	*N/A*	6.0	2.00	*N/A*
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, 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 DADDY'S, 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: 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: CARROTS, MATCHSTICK	.25 CUP	13	21	0.85	0.09	1	0.28	2.92	0.07	0.01	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
SAUCE, SWEET N SOUR	1 OZ	60	110	*N/A*	*N/A*	11	*N/A*	14.0	*N/A*	*N/A*	*N/A*
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: 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

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Danville Community School Corporation

Dec 1, 2021 thru Dec 16, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 11/19/2021 3:22:30 PM

	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 - 12/08/2021											
KETCHUP, 1.5 GALLON, HEINZ	1 OZ	38	308	*N/A*	*N/A*	7	*N/A*	9.0	*N/A*	*N/A*	*N/A*

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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
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 & 5/8"	1 ORANGE, 2	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

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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
Weighted Daily Average		799	*1659	*9.45	*0.88	*35	*37.45	*96.04	*29.34	*9.81	*0.03
% of Calories						*17.4%	*18.7%	*48.1%	*33.0%	*11.1%	*0.0%
Nutrient Guideline		750-850	1420							<10.00	

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Danville Community School Corporation

Dec 1, 2021 thru Dec 16, 2021

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 - 12/09/2021											
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

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Danville Community School Corporation

Dec 1, 2021 thru Dec 16, 2021

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 - 12/09/2021											
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

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Danville Community School Corporation

Dec 1, 2021 thru Dec 16, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat 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	

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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 - 12/10/2021											
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
SDW: ITALIAN CHICKEN/CHEESE	1 EACH	445	1119	*2.26	*0.11	*4	40.18	*29.34	17.26	7.00	*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*

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Danville Community School Corporation

Dec 1, 2021 thru Dec 16, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/10/2021											
RANCH, HEINZ, 1.5 GAL	1 OZ	160	240	*N/A*	*N/A*	1	*N/A*	1.0	17.0	3.00	*N/A*

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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: APPLE SAUCE, 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*

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Danville Community School Corporation

Dec 1, 2021 thru Dec 16, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat 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		1013	*2085	*11.29	*1.20	*47	*46.43	*125.75	*36.11	*11.55	*0.03
% of Calories						*18.5%	*18.3%	*49.6%	*32.1%	*10.3%	*0.0%
Nutrient Guideline		750-850	1420							<10.00	

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Danville Community School Corporation

Dec 1, 2021 thru Dec 16, 2021

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 - 12/13/2021											
High School Lunch											
	Total										
VEG: POTATO, BAKED, 100 CT	1 POTATO	91	176	0.90	*N/A*	1	1.0	21.0	0.0	0.00	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*

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Danville Community School Corporation

Dec 1, 2021 thru Dec 16, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/13/2021											
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*

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat 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*

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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		953	*1959	*10.94	*1.19	*46	*41.31	*117.15	*35.58	*11.67	*0.03
% of Calories						*19.2%	*17.3%	*49.1%	*33.6%	*11.0%	*0.0%
Nutrient Guideline		750-850	1420							<10.00	

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Danville Community School Corporation

Dec 1, 2021 thru Dec 16, 2021

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 - 12/14/2021											
High School Lunch											
	Total										
CHICKEN: OVEN ROASTED, 8 PC	1 PIECE	215	591	1.00	*N/A*	*N/A*	12.0	11.0	13.0	3.00	*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*
GRAVY: CHICKEN, LS	.25 CUP	35	248	*N/A*	*N/A*	2	*N/A*	5.32	0.89	*N/A*	*N/A*
BRD: BROWNIE, COMM FOODS	1 X 2 INCH P	80	100	1.00	*N/A*	11	1.0	15.0	2.0	1.00	*N/A*
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: 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*
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*
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*
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: HAM & CHEESE HAWAIIAN BRD	2 SLIDERS	364	1044	*0.00	*N/A*	11	19.0	38.0	17.0	9.00	*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: CHEESEBURGER	1 EACH	360	660	*3.07	*N/A*	5	19.68	28.43	18.57	*7.30	*0.80
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*

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Danville Community School Corporation

Dec 1, 2021 thru Dec 16, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/14/2021											
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*

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat 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

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat 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		1006	*1983	*12.43	*1.03	*43	*43.67	*121.86	*38.66	*12.39	*0.10
% of Calories						*16.9%	*17.4%	*48.5%	*34.6%	*11.1%	*0.1%
Nutrient Guideline		750-850	1420							<10.00	

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Danville Community School Corporation

Dec 1, 2021 thru Dec 16, 2021

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 - 12/15/2021											
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

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Danville Community School Corporation

Dec 1, 2021 thru Dec 16, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/15/2021											
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*

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Danville Community School Corporation

Dec 1, 2021 thru Dec 16, 2021

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

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat 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	

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Danville Community School Corporation

Dec 1, 2021 thru Dec 16, 2021

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 - 12/16/2021											
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*
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
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

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Danville Community School Corporation

Dec 1, 2021 thru Dec 16, 2021

Base Menu Spreadsheet

High School Lunch

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Thu - 12/16/2021											
	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
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

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Danville Community School Corporation

Dec 1, 2021 thru Dec 16, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		919	*1892	*11.56	*0.94	*42	*39.75	*111.50	*34.86	*11.41	*0.03
% of Calories						*18.2%	*17.3%	*48.5%	*34.1%	*11.2%	*0.0%
Nutrient Guideline		750-850	1420							<10.00	

Weighted Average		923	*1872	*11.00	*1.04	*41	*40.13	*112.21	*34.93	*11.22	*0.04
						*40.4%	*17.4%	*48.6%	*34.1%	*10.9%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	923		750 - 850	109%			73	Correction Required - Calories too High
Sodium 1 (mg)	1872		1420		Missing		452	Correction Required - Sodium too High
Sodium 2 (mg)	1872		1080		Missing		792	Correction Required - Sodium too High
Fiber (g)	11.00				Missing			
Iron (mg)	1.04				Missing			
Sugars (g)	41	17.95%			Missing			
Protein (g)	40.13	17.39%			Missing			
Carbohydrate (g)	112.21	48.63%			Missing			
Total Fat (g)	34.93	34.06%			Missing			
Saturated Fat (g)	11.22	10.94%	<10.00%		Missing			Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.04	0.04%			Missing			

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