

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 1

Generated on: 12/21/2021 10:39:20 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											
Middle 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 PATTY, JTM 1.33	1 PATTY	120	172	*N/A*	*N/A*	*N/A*	10.0	1.0	10.0	3.80	0.00
FRUIT: APPLES, CINN & SUGAR	1/2 CUP	70	7	1.28	1.47	*0	0.04	17.95	0.01	0.00	*0.00
VEG: POTATO, HASHBROWN PATTIES	2 EACH	280	540	4.00	*N/A*	2	4.0	30.0	16.0	4.00	*N/A*
VEG: POTATO, FF, REGULAR, 3/8	12 pieces	140	140	2.00	*N/A*	0	2.0	21.0	6.0	0.50	*N/A*
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*
SDW: SLOPPY JOE	1 EACH	287	660	3.55	*N/A*	12	18.05	36.28	7.92	*2.22	*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: 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*
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*
FRUIT: PEARS canned, light syrup	1/2 CUP	72	6	2.01	0.35	15	0.24	19.04	0.04	0.00	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
VEG: CUCUMBER, RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: CARROTS, BABY, 1/2 CUP	1/2 CUP	25	42	1.70	*N/A*	2	*N/A*	5.0	*N/A*	*N/A*	*N/A*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
Weighted Daily Average		604	*875	*7.21	*0.22	*30	*22.72	75.21	*23.65	*6.12	*0.08
% of Calories						*19.9%	*15.0%	49.8%	*35.2%	*9.1%	*0.1%
Nutrient Guideline		600-700	1360							<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

Middle School Lunch

Portion Values - Detailed

Page 2

Generated on: 12/21/2021 10:39:21 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

Middle School Lunch

Portion Values - Detailed

Page 3

Generated on: 12/21/2021 10:39:21 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											
Middle 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, SIDEWINDER	5 PIECES	90	260	1.00	*N/A*	0	1.0	14.0	3.5	0.50	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*
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, UNBRD, UNSAUCE	2.8 OZ WT	132	483	1.40	*N/A*	9	16.1	9.8	3.5	1.05	0.00
CHICKEN, YANGS BRDED, UNSAUCE	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*
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: 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*
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

Middle School Lunch

Portion Values - Detailed

Page 4

Generated on: 12/21/2021 10:39:21 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											
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
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: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
VEG: TOMATO, GRAPE	1/2 CUP	13	4	0.89	0.20	*N/A*	0.66	2.9	0.15	0.02	*N/A*
VEG: BROCCOLI,raw: fresh	.5 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
Weighted Daily Average		820	*1563	*8.22	*0.52	*43	*31.99	107.28	*28.97	*8.11	*0.09
% of Calories						*21.1%	*15.6%	52.3%	*31.8%	*8.9%	*0.1%
Nutrient Guideline		600-700	1360							<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

Middle School Lunch

Portion Values - Detailed

Page 5

Generated on: 12/21/2021 10:39:21 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											
Middle 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: BACON PCS, 2 T	2 TABLESP OONS	70	300	*N/A*	*N/A*	*N/A*	4.0	*N/A*	6.0	2.00	*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*
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 DADDYS, PEPP, 16"	1 SLICE	410	580	4.00	*N/A*	7	20.0	43.0	18.0	7.00	*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
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*
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*
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
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*
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*
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*

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

Middle School Lunch

Portion Values - Detailed

Page 6

Generated on: 12/21/2021 10:39:21 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											
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*
FRUIT: GRAPES, Fresh	.5 CUP	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
VEG: CAULIFLOWER, raw: fresh	.5 CUP	13	15	1.00	0.21	1	0.96	2.49	0.14	0.07	0.00
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
PEANUT BUTTER, USDA, 1 MEAT EQ	2 TABLESP OONS	200	160	2.00	*N/A*	3	7.0	8.0	16.0	3.00	*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: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
Weighted Daily Average		881	*1616	*10.03	*0.23	*35	*36.98	*102.16	*36.19	*11.42	*0.09
% of Calories						*16.1%	*16.8%	*46.4%	*37.0%	*11.7%	*0.1%
Nutrient Guideline		600-700	1360							<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

Middle School Lunch

Portion Values - Detailed

Page 7

Generated on: 12/21/2021 10:39:21 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 - 01/06/2022											
Middle 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*
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
CHICKEN, YANGS, UNBRD, UNSAUCE	2.8 OZ WT	132	483	1.40	*N/A*	9	16.1	9.8	3.5	1.05	0.00
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: 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: GENERAL TSO, YANGS	1 OZ	37	79	*N/A*	*N/A*	9	*N/A*	10.0	0.0	*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*
veg: BROCCOLI: frozen	.5 CUP	20	19	2.34	0.63	1	2.19	3.73	0.23	0.03	0.00
CORN DOG, STATE FAIR	4 OZ	280	660	2.00	*N/A*	9	9.0	31.0	13.0	3.50	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: 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*
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*
FRUIT: WATERMELON,CHUNKS	1/2 CUP	23	1	0.30	0.18	5	0.46	5.74	0.11	0.01	0.00
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
VEG: SIDE SALAD	1 CUP	10	4	1.12	*0.49	*0	0.68	1.98	0.16	0.02	*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

Middle School Lunch

Portion Values - Detailed

Page 8

Generated on: 12/21/2021 10:39:21 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 - 01/06/2022											
VEG: CUCUMBER, RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
Weighted Daily Average		735	*1515	*7.97	*0.30	*39	*28.24	92.86	*27.92	*8.14	*0.09
% of Calories						*21.4%	*15.4%	50.5%	*34.2%	*10.0%	*0.1%
Nutrient Guideline		600-700	1360							<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

Middle School Lunch

Portion Values - Detailed

Page 9

Generated on: 12/21/2021 10:39:21 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											
Middle School Lunch	Total										
CHICKEN: SMACKERS DARK MEAT	10 EACH	293	487	3.00	*N/A*	0	18.0	17.0	17.0	3.00	0.00
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*
VEG: CORN: frozen, yellow	1/2 CUP	74	52	*1.98	*0.39	*3	*2.1	17.27	*0.55	*0.08	*0.00
CHEESE: 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: BISCUIT, PILLSBURY	2.2 OZ	170	570	0.00	*N/A*	2	3.0	22.0	8.0	5.00	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
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: 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
SAUCE, BBQ, HEINZ, 1.5 GAL	1 OZ	40	450	*N/A*	*N/A*	7	*N/A*	9.0	*N/A*	*N/A*	*N/A*
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 CUP	80	280	7.99	2.15	8	0.0	16.0	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*
JALAPENOS, SLICED	1.05 OZ	5	514	1.01	*N/A*	*N/A*	*N/A*	1.01	*N/A*	*N/A*	*N/A*
SDW: HOT DOG ON BUN	1 EACH	325	590	*2.63	*N/A*	6	11.27	28.66	18.98	*7.00	*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: 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*
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*
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
VEG: LETTUCE, ROMAINE, 1 CUP	1 CUP	8	*N/A*	1.00	*N/A*	*N/A*	*N/A*	1.55	*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

Middle School Lunch

Portion Values - Detailed

Page 10

Generated on: 12/21/2021 10:39:21 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											
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*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
Weighted Daily Average		761	*1300	*9.01	*0.33	*34	*28.79	*89.85	*31.37	*9.60	*0.09
% of Calories						*17.8%	*15.1%	*47.2%	*37.1%	*11.4%	*0.1%
Nutrient Guideline		600-700	1360							<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

Middle 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											
Middle 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
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 OZ	440	760	*N/A*	*N/A*	*N/A*	24.0	4.0	36.0	24.00	*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*
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*
VEG: ONION, WHITE, DICED	1/4 CUP	16	2	0.68	0.08	*N/A*	0.44	3.74	0.04	0.02	*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
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"	5.57 OZ	2284	3231	22.28	*N/A*	39	111.4	239.51	100.26	38.99	*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
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: CHEDDAR, SHREDDED, LOL	1 OZ	440	760	*N/A*	*N/A*	*N/A*	24.0	4.0	36.0	24.00	*N/A*
BRD: RICE, SPANISH 1/2 CUP	4 OZ	800	2480	8.00	*N/A*	20	20.0	172.0	20.0	*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: 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*
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: 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: 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*
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

Middle School Lunch

Portion Values - Detailed

Page 12

Generated on: 12/21/2021 10:39:21 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											
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*
FRUIT:PEARS canned,light syrup	1/2 CUP	72	6	2.01	0.35	15	0.24	19.04	0.04	0.00	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
VEG: CUCUMBER,RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: CARROTS, BABY, 1/2 CUP	1/2 CUP	25	42	1.70	*N/A*	2	*N/A*	5.0	*N/A*	*N/A*	*N/A*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
Weighted Daily Average		1131	*2030	*12.01	*0.62	*38	*48.83	*130.13	*47.85	*17.62	*0.09
% of Calories						*13.4%	*17.3%	*46.0%	*38.1%	*14.0%	*0.1%
Nutrient Guideline		600-700	1360							<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

Middle 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											
Middle 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, 1.5 GR	140	230	1.00	*N/A*	4	3.0	23.0	4.0	1.00	*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*
	CHICKEN, YANGS, UNBRD, UNSAUCE	132	483	1.40	*N/A*	9	16.1	9.8	3.5	1.05	0.00
	CHICKEN, YANGS BRDED, UNSAUCE	129	151	0.00	*N/A*	0	13.75	10.0	3.75	0.00	0.00
	SAUCE, ASIAN, 1 OZ	43	209	0.00	*N/A*	7	0.0	11.0	0.0	0.00	0.00
	SAUCE: KOREAN BBQ	62	650	0.00	*N/A*	8	1.0	10.0	2.0	0.00	0.00
	SAUCE: TERIYAKI, MINH	50	250	0.00	*N/A*	11	0.5	12.0	0.5	0.00	*N/A*
	SAUCE: STIR FRY	35	440	*N/A*	*N/A*	2	1.0	4.0	1.5	*N/A*	*N/A*
	SAUCE, SWEET N SOUR	60	110	*N/A*	*N/A*	11	*N/A*	14.0	*N/A*	*N/A*	*N/A*
	SAUCE: GENERAL TSO, YANGS	37	79	*N/A*	*N/A*	9	*N/A*	10.0	0.0	*N/A*	*N/A*
	SAUCE: ORANGE, YANGS	46	159	*N/A*	*N/A*	10	*N/A*	11.0	*N/A*	*N/A*	*N/A*
	BRD: RICE, WHITE, 1 CUP	194	3	1.42	2.86	0	4.6	41.16	0.58	0.12	*N/A*
	EGG ROLL	180	430	*N/A*	*N/A*	2	7.0	21.0	8.0	2.00	*N/A*
	VEG: STIR FRY	33	40	2.67	*N/A*	5	2.67	6.67	*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*
	PIZZA, FRENCH BREAD CHEESE	350	450	2.00	*N/A*	2	22.0	29.0	18.0	7.00	*N/A*
	SDW: CLUX DELUXE	366	833	4.14	*N/A*	5	25.36	43.86	10.14	*1.00	*N/A*
	SDW: CHICKEN PTY, SPICY	420	657	5.14	*N/A*	5	20.36	44.86	17.14	*3.00	*N/A*
	SDW: CHEESEBURGER	360	660	*3.07	*N/A*	5	19.68	28.43	18.57	*7.30	*0.80
	PBJ, GRAPEUNCRUSTABLES, 5.3 OZ	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*N/A*
	PBJ, STRWBUNCRUSTABLES, 5.3 OZ	630	630	6.00	*N/A*	28	19.0	64.0	33.0	7.00	*N/A*
	JUICE, 4 OZ, APPLE	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE, 4 OZ, ORANGE	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, APPLE CHERRY	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, GRAPE	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
	MILK: DEANS, 1% WHITE	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
	MILK: DEANS, SKIM CHOCOLATE	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	MILK: DEANS, SKIM STRAWBERRY	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	KETCHUP, 1.5 GALLON, HEINZ	38	308	*N/A*	*N/A*	7	*N/A*	9.0	*N/A*	*N/A*	*N/A*
	RANCH, HEINZ, 1.5 GAL	160	240	*N/A*	*N/A*	1	*N/A*	1.0	17.0	3.00	*N/A*
	BBQ SAUCE, HEINZ, 1.5 GAL	40	453	9.06	*N/A*	7	*N/A*	10.88	*N/A*	*N/A*	*N/A*
	MUSTARD, HONEY, HEINZ, 1.5 GAL	40	160	*N/A*	*N/A*	5	*N/A*	9.0	*N/A*	*N/A*	*N/A*
	MUSTARD: individual PC	3	55	0.20	0.08	0	0.19	0.29	0.17	0.01	0.00

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

Middle School Lunch

Portion Values - Detailed

Page 14

Generated on: 12/21/2021 10:39:21 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											
MAYONNAISE, PACKET, 12 grams	12 gram pack	80	75	*N/A*	*N/A*	1	*N/A*	1.0	8.0	1.50	*N/A*
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: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
VEG: TOMATO, GRAPE	1/2 CUP	13	4	0.89	0.20	*N/A*	0.66	2.9	0.15	0.02	*N/A*
VEG: BROCCOLI,raw: fresh	.5 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
Weighted Daily Average		793	*1399	*8.30	*0.45	*40	*31.41	102.08	*28.66	*7.84	*0.09
% of Calories						*20.3%	*15.8%	51.5%	*32.5%	*8.9%	*0.1%
Nutrient Guideline		600-700	1360							<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

Middle 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											
Middle 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 PATTY, JTM 1.33	1 PATTY	120	172	*N/A*	*N/A*	*N/A*	10.0	1.0	10.0	3.80	0.00
FRUIT: BLUEBERRIES, thickened	1/2 CUP	104	1	2.11	0.15	22	0.33	26.01	0.5	0.04	*0.00
VEG: POTATO, 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"	5.57 OZ	2284	3231	22.28	*N/A*	39	111.4	239.51	100.26	38.99	*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: 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*
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*
FRUIT: GRAPES, Fresh	.5 CUP	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
VEG: CAULIFLOWER, raw: fresh	.5 CUP	13	15	1.00	0.21	1	0.96	2.49	0.14	0.07	0.00
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
PEANUT BUTTER, USDA, 1 MEAT EQ	2 TABLESP	200	160	2.00	*N/A*	3	7.0	8.0	16.0	3.00	*N/A*
	OONS										
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	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

Middle School Lunch

Portion Values - Detailed

Page 16

Generated on: 12/21/2021 10:39:21 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		1007	*1459	*11.16	*0.14	*42	*41.17	119.95	*40.55	*12.05	*0.10
% of Calories						*16.8%	*16.4%	47.6%	*36.2%	*10.8%	*0.1%
Nutrient Guideline		600-700	1360							<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

Middle 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											
Middle 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	4 OZ	1367	4644	33.17	*0.44	*101	57.14	274.31	12.04	*0.01	*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, YANGS, UNBRD, UNSAUCE	2.8 OZ WT	132	483	1.40	*N/A*	9	16.1	9.8	3.5	1.05	0.00
CHICKEN, YANGS BRDED, UNSAUCE	3.6 OZ WT	129	151	0.00	*N/A*	0	13.75	10.0	3.75	0.00	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: 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*
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
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*
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*
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*
FRUIT: WATERMELON, CHUNKS	1/2 CUP	23	1	0.30	0.18	5	0.46	5.74	0.11	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

Middle School Lunch

Portion Values - Detailed

Page 18

Generated on: 12/21/2021 10:39:21 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 - 01/13/2022											
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
VEG: SIDE SALAD	1 CUP	10	4	1.12	*0.49	*0	0.68	1.98	0.16	0.02	*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
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
Weighted Daily Average		920	*1942	*11.77	*0.59	*49	*36.65	127.96	*29.71	*8.61	*0.09
% of Calories						*21.3%	*15.9%	55.6%	*29.1%	*8.4%	*0.1%
Nutrient Guideline		600-700	1360							<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

Middle 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											
Middle 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, SHOESTRING SIMPLO	2.39 OZ	130	200	1.00	*N/A*	0	1.0	19.0	6.0	1.00	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*
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*
CORN DOG, STATE FAIR	4 OZ	280	660	2.00	*N/A*	9	9.0	31.0	13.0	3.50	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: 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*
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*
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
VEG: LETTUCE, ROMAINE, 1 CUP	1 CUP	8	*N/A*	1.00	*N/A*	*N/A*	*N/A*	1.55	*N/A*	*N/A*	*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*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
Weighted Daily Average		667	*995	*7.31	*0.20	*34	*24.76	83.62	*25.56	*7.24	*0.09
% of Calories						*20.3%	*14.8%	50.1%	*34.5%	*9.8%	*0.1%
Nutrient Guideline		600-700	1360							<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.

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

Middle 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											
Middle 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, DICED, SEASONED	3 OZ WT	130	390	2.00	*N/A*	*N/A*	2.0	21.0	4.0	0.50	*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*
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, QUESO BLANCO	2 OZ	119	420	*N/A*	*N/A*	*N/A*	7.11	2.03	9.14	5.08	*N/A*
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
VEG: SALSA, COMMODITY 1/2 CUP	1 OZ	80	280	7.99	2.15	8	0.0	16.0	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*
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: 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*
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*
FRUIT: PEARS canned, light syrup	1/2 CUP	72	6	2.01	0.35	15	0.24	19.04	0.04	0.00	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
VEG: CUCUMBER, RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00

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

Middle School Lunch

Portion Values - Detailed

Page 22

Generated on: 12/21/2021 10:39:21 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											
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*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
Weighted Daily Average		738	*1287	*9.85	*0.73	*33	*28.70	*88.39	*29.55	*8.22	*0.09
% of Calories						*17.8%	*15.6%	*47.9%	*36.0%	*10.0%	*0.1%
Nutrient Guideline		600-700	1360							<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

Middle 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											
Middle 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*
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, SPAGHETTI, RED PK	4 OZ	468	4021	16.42	*N/A*	49	16.42	82.06	8.21	*N/A*	*N/A*
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: BREADSTICK, KLOSTERMAN	1 EACH	90	181	2.58	*N/A*	*N/A*	3.87	18.06	0.65	*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
VEG: POTATO, SIDEWINDER	5 PIECES	90	260	1.00	*N/A*	0	1.0	14.0	3.5	0.50	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*
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
CHICKEN, YANGS, UNBRD, UNSAUCE	2.8 OZ WT	132	483	1.40	*N/A*	9	16.1	9.8	3.5	1.05	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: 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*
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 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, 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: 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*

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

Middle School Lunch

Portion Values - Detailed

Page 24

Generated on: 12/21/2021 10:39:21 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											
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*
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: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
VEG: TOMATO, GRAPE	1/2 CUP	13	4	0.89	0.20	*N/A*	0.66	2.9	0.15	0.02	*N/A*
VEG: BROCCOLI,raw: fresh	.5 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
Weighted Daily Average		846	*1864	*10.20	*0.52	*45	*35.35	110.56	*29.07	*8.30	*0.09
% of Calories						*21.2%	*16.7%	52.2%	*30.9%	*8.8%	*0.1%
Nutrient Guideline		600-700	1360							<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

Middle 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											
Middle 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, 1.5 GR	1 EACH	140	230	1.00	*N/A*	4	3.0	23.0	4.0	1.00	*N/A*
PEANUT BUTTER BARS-updated	1 EACH	249	98	1.29	*0.43	*19	5.23	24.56	15.94	5.02	*0.02
VEG:GREEN BEANS W/ DICED HAM	.5 CUP	27	*224	*1.41	*0.75	*1	*2.1	4.58	*0.54	*0.25	*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: 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: 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*
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*
FRUIT: GRAPES,Fresh	.5 CUP	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
VEG: CAULIFLOWER,raw: fresh	.5 CUP	13	15	1.00	0.21	1	0.96	2.49	0.14	0.07	0.00
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
PEANUT BUTTER, USDA, 1 MEAT EQ	2 TABLESP	200	160	2.00	*N/A*	3	7.0	8.0	16.0	3.00	*N/A*
OONS											
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	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

Middle School Lunch

Portion Values - Detailed

Page 26

Generated on: 12/21/2021 10:39:21 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		638	*948	*7.31	*0.38	*30	*26.43	75.13	*25.76	*6.98	*0.08
% of Calories						*18.9%	*16.6%	47.1%	*36.3%	*9.8%	*0.1%
Nutrient Guideline		600-700	1360							<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

Middle 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											
Middle 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	4 OZ	1367	4644	33.17	*0.44	*101	57.14	274.31	12.04	*0.01	*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, YANGS BRDED, UNSAUCED	3.6 OZ WT	129	151	0.00	*N/A*	0	13.75	10.0	3.75	0.00	0.00
CHICKEN, YANGS, UNBRD, UNSAUCE	2.8 OZ WT	132	483	1.40	*N/A*	9	16.1	9.8	3.5	1.05	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: KOREAN BBQ	1 OZ	62	650	0.00	*N/A*	8	1.0	10.0	2.0	0.00	0.00
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*
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*
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
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*
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*
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*
FRUIT: WATERMELON, CHUNKS	1/2 CUP	23	1	0.30	0.18	5	0.46	5.74	0.11	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

Middle School Lunch

Portion Values - Detailed

Page 28

Generated on: 12/21/2021 10:39:21 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 - 01/20/2022											
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
VEG: SIDE SALAD	1 CUP	10	4	1.12	*0.49	*0	0.68	1.98	0.16	0.02	*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
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
Weighted Daily Average		927	*2028	*12.32	*0.59	*50	*35.98	132.52	*29.15	*8.41	*0.09
% of Calories						*21.4%	*15.5%	57.2%	*28.3%	*8.2%	*0.1%
Nutrient Guideline		600-700	1360							<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

Middle 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											
Middle 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
BRD: ROLL, SISTER SCH, 1.5 GR	1 EACH	140	230	1.00	*N/A*	4	3.0	23.0	4.0	1.00	*N/A*
VEG: POTATO, MASHED, IDAHOAN	1/2 CUP	80	310	1.00	*N/A*	*N/A*	2.0	17.0	1.0	*N/A*	*N/A*
GRAVY: COUNTRY	.25 CUP	33	244	0.00	*N/A*	0	0.0	5.54	1.11	1.11	*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
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: 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
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: 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*
JALAPENOS, SLICED	1.05 OZ	5	514	1.01	*N/A*	*N/A*	*N/A*	1.01	*N/A*	*N/A*	*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: 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*
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*
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
VEG: LETTUCE, ROMAINE, 1 CUP	1 CUP	8	*N/A*	1.00	*N/A*	*N/A*	*N/A*	1.55	*N/A*	*N/A*	*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

Middle School Lunch

Portion Values - Detailed

Page 30

Generated on: 12/21/2021 10:39:22 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											
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
Weighted Daily Average		684	*1083	*8.05	*0.15	*31	*25.88	*82.82	*27.30	*7.55	*0.08
% of Calories						*17.9%	*15.1%	*48.4%	*35.9%	*9.9%	*0.1%
Nutrient Guideline		600-700	1360							<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

Middle 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											
Middle 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"	5.57 OZ	2284	3231	22.28	*N/A*	39	111.4	239.51	100.26	38.99	*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
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: 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: 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: 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*
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
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
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*
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*
FRUIT: PEARS canned, light syrup	1/2 CUP	72	6	2.01	0.35	15	0.24	19.04	0.04	0.00	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*

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

Middle School Lunch

Portion Values - Detailed

Page 32

Generated on: 12/21/2021 10:39:22 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											
VEG: CUCUMBER, RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
VEG: CARROTS, BABY, 1/2 CUP	1/2 CUP	25	42	1.70	*N/A*	2	*N/A*	5.0	*N/A*	*N/A*	*N/A*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
Weighted Daily Average		876	*1464	*9.96	*0.36	*32	*37.76	*101.04	*35.67	*11.76	*0.08
% of Calories						*14.6%	*17.2%	*46.1%	*36.6%	*12.1%	*0.1%
Nutrient Guideline		600-700	1360							<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

Middle 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											
Middle 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, 1.5 GR	1 EACH	140	230	1.00	*N/A*	4	3.0	23.0	4.0	1.00	*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, 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*
CHICKEN, YANGS, UNBRD, UNSAUCE	2.8 OZ WT	132	483	1.40	*N/A*	9	16.1	9.8	3.5	1.05	0.00
CHICKEN, YANGS BRDED, UNSAUCE	3.6 OZ WT	129	151	0.00	*N/A*	0	13.75	10.0	3.75	0.00	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: KOREAN BBQ	1 OZ	62	650	0.00	*N/A*	8	1.0	10.0	2.0	0.00	0.00
SAUCE: STIR FRY	1 OZ	35	440	*N/A*	*N/A*	2	1.0	4.0	1.5	*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: TERIYAKI, MINH	1 OZ	50	250	0.00	*N/A*	11	0.5	12.0	0.5	0.00	*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*
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 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*
ENT: PIZZA BURGERS	2 HALF BUN	373	595	3.07	*1.73	*5	23.13	31.78	17.38	*8.13	*0.47
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*
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*
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

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

Middle School Lunch

Portion Values - Detailed

Page 34

Generated on: 12/21/2021 10:39:22 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											
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
VEG: TOMATO, GRAPE	1/2 CUP	13	4	0.89	0.20	*N/A*	0.66	2.9	0.15	0.02	*N/A*
VEG: BROCCOLI,raw: fresh	.5 CUP	15	15	1.18	0.33	1	1.28	3.02	0.17	0.05	0.00
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
Weighted Daily Average		799	*1363	*8.30	*0.91	*40	*32.55	101.18	*28.92	*8.46	*0.23
% of Calories						*20.0%	*16.3%	50.7%	*32.6%	*9.5%	*0.3%
Nutrient Guideline		600-700	1360							<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

Middle 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 - 01/26/2022											
Middle School Lunch	Total										
CHICKEN, CRIS P BITES	5 PIECES	208	546	2.00	*N/A*	1	19.0	15.0	8.0	1.00	*N/A*
BRD: PARMESAN NOODLES, 1/2 CUP	1/2 CUP	188	481	*0.75	*N/A*	*2	9.77	16.15	9.58	5.74	*0.00
VEG: BEAN, BAKED BUSHES	1/2 CUP	171	580	4.15	*0.05	*13	7.14	34.29	1.51	*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*
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
SOUR CREAM, LIGHT	1 OZ	38	33	*N/A*	*N/A*	2	0.95	2.86	2.38	1.43	*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*
SDW: HAM & CHEESE HAWAIIAN BRD	2 SLIDERS	420	1010	0.00	*N/A*	11	22.0	36.0	20.0	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*
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*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
FRUIT: GRAPES,Fresh	.5 CUP	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00
VEG: CAULIFLOWER,raw: fresh	.5 CUP	13	15	1.00	0.21	1	0.96	2.49	0.14	0.07	0.00
VEG: CELERY STICKS	1/2 CUP	8	48	0.96	0.12	1	0.41	1.78	0.1	0.03	0.00
PEANUT BUTTER, USDA, 1 MEAT EQ	2 TABLESP	200	160	2.00	*N/A*	3	7.0	8.0	16.0	3.00	*N/A*
	OONS										

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

Middle School Lunch

Portion Values - Detailed

Page 36

Generated on: 12/21/2021 10:39:22 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											
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
Weighted Daily Average		760	*1322	*8.73	*0.23	*34	*31.88	88.37	*30.64	*9.38	*0.09
% of Calories						*18.0%	*16.8%	46.5%	*36.3%	*11.1%	*0.1%
Nutrient Guideline		600-700	1360							<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

Middle School Lunch

Portion Values - Detailed

Page 37

Generated on: 12/21/2021 10:39:22 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											
Middle 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*
CHICKEN, YANGS, UNBRD, UNSAUCE	2.8 OZ WT	132	483	1.40	*N/A*	9	16.1	9.8	3.5	1.05	0.00
CHICKEN, YANGS BRDED, UNSAUCE	3.6 OZ WT	129	151	0.00	*N/A*	0	13.75	10.0	3.75	0.00	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: 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: GENERAL TSO, YANGS	1 OZ	37	79	*N/A*	*N/A*	9	*N/A*	10.0	0.0	*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*
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
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: 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*
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*
FRUIT: WATERMELON, CHUNKS	1/2 CUP	23	1	0.30	0.18	5	0.46	5.74	0.11	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

Middle School Lunch

Portion Values - Detailed

Page 38

Generated on: 12/21/2021 10:39:22 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											
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
VEG: SIDE SALAD	1 CUP	10	4	1.12	*0.49	*0	0.68	1.98	0.16	0.02	*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
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
Weighted Daily Average		743	*1398	*7.95	*0.62	*38	*30.15	94.83	*26.94	*7.70	*0.09
% of Calories						*20.3%	*16.2%	51.0%	*32.6%	*9.3%	*0.1%
Nutrient Guideline		600-700	1360							<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

Middle 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											
Middle 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
VEG: POTATO, SHOESTRING SIMPLO	2.39 OZ	130	200	1.00	*N/A*	0	1.0	19.0	6.0	1.00	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*
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*
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: 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*
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*
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
VEG: LETTUCE, ROMAINE, 1 CUP	1 CUP	8	*N/A*	1.00	*N/A*	*N/A*	*N/A*	1.55	*N/A*	*N/A*	*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*
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
Weighted Daily Average		672	*937	*7.42	*0.05	*36	*25.96	85.78	*24.68	*7.20	*0.09
% of Calories						*21.6%	*15.4%	51.0%	*33.0%	*9.6%	*0.1%
Nutrient Guideline		600-700	1360							<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

Middle School Lunch

Portion Values - Detailed

Page 40

Generated on: 12/21/2021 10:39:22 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												
Middle 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 PATTY, JTM 1.33	1 PATTY	120	172	*N/A*	*N/A*	*N/A*	10.0	1.0	10.0	3.80	0.00
	FRUIT: APPLES, CINN & SUGAR	1/2 CUP	70	7	1.28	1.47	*0	0.04	17.95	0.01	0.00	*0.00
	VEG: POTATO, HASHBROWN PATTIES	2 EACH	280	540	4.00	*N/A*	2	4.0	30.0	16.0	4.00	*N/A*
	VEG: POTATO, FF, REGULAR, 3/8	12 pieces	140	140	2.00	*N/A*	0	2.0	21.0	6.0	0.50	*N/A*
	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*
	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: 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*
	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*
	FRUIT:PEARS canned,light syrup	1/2 CUP	72	6	2.01	0.35	15	0.24	19.04	0.04	0.00	0.00
	FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
	VEG: CUCUMBER,RAW	1/2 CUP	6	1	0.42	0.13	1	0.35	1.29	0.1	0.05	0.00
	VEG: CARROTS, BABY, 1/2 CUP	1/2 CUP	25	42	1.70	*N/A*	2	*N/A*	5.0	*N/A*	*N/A*	*N/A*
	FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
	FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
	FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
	Weighted Daily Average		611	*900	*7.16	*0.22	*30	*22.72	75.48	*24.26	*6.40	*0.08
	% of Calories						*19.8%	*14.9%	49.4%	*35.7%	*9.4%	*0.1%
	Nutrient Guideline		600-700	1360						<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

Middle School Lunch

Portion Values - Detailed

Page 41

Generated on: 12/21/2021 10:39:22 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 Average		791	*1395	*9.06	*0.40	*37 *42.5%	*31.66 *16.0%	*98.44 *49.8%	*30.11 *34.3%	*8.91 *10.1%	*0.09 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	791		600 - 700	113%			91	Correction Required - Calories too High
Sodium 1 (mg)	1395		1360		Missing		35	Correction Required - Sodium too High
Sodium 2 (mg)	1395		1035		Missing		360	Correction Required - Sodium too High
Fiber (g)	9.06				Missing			
Iron (mg)	0.40				Missing			
Sugars (g)	37	18.87%			Missing			
Protein (g)	31.66	16.01%			Missing			
Carbohydrate (g)	98.44	49.76%			Missing			
Total Fat (g)	30.11	34.25%			Missing			
Saturated Fat (g)	8.91	10.13%	<10.00%		Missing			Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.09	0.11%			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.