

Half Hollow Hills Schools

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 4/2/2019 9:37:36 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/01/2019							
High School Lunch	Total						
Hamburger, 3 oz., Maid Rite	Sandwich	295	52	475	27.0	12.0	5.25
Cheeseburger, 3 oz., Maid Rite	Sandwich	347	67	712	27.68	16.35	7.81
Veggie Burger Dr. Praeger 4oz.	sandwich	276	0	527	41.0	6.5	0.00
Roll, Hamburger wheat	roll	130	0	250	27.0	1.5	0.00
Pizza, Big Daddy's Bold 1/8	slice (1/8)	390	35	730	43.0	17.0	7.00
Boars Head Deli Bar HS	Sandwich	373	56	1351	47.62	7.02	1.36
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Knish, Potato	knish	180	0	428	36.0	2.5	0.00
LETTUCE & TOMATO:1 leaf,2 slice	1/2 cup	11	0	4	2.21	0.14	0.02
Pickle Chips, Kosher Dill	5 pcs.	0	0	200	0.0	0.0	0.00
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Melon Slice	Slice	23	0	11	5.63	0.13	0.04
Banana	1 Each	105	0	1	26.95	0.39	0.13
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Applesauce, canned	1/2 cup	109	0	3	28.1	0.27	0.05
Juice, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Ketchup, Red Gold, TBSP	1 TBSP	20	0	160	5.0	0.0	0.00
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Mustard, Gold's	1 TSP	0	0	40	0.0	0.0	0.00
Weighted Daily Average		770	55	1557	120.39	16.95	4.18
% of Calories					62.5%	19.8%	4.9%
Nutrient Guideline		750-850		1420			<10.00

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Portion Values - Detailed

Page 2

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/02/2019							
High School Lunch	Total						
Spaghetti wg & Meatballs MR sec	1 cup	490	42	471	63.87	13.9	4.34
Spaghetti & Marinara Sauce	1 cup	261	0	247	49.49	2.64	0.25
Meatball Parmesan Hero Sec MR	hero	534	51	1019	64.49	16.42	6.65
Boars Head Deli Bar HS	Sandwich	373	56	1351	47.62	7.02	1.36
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Greek	Salad	165	10	832	7.69	10.04	5.28
Carrots, Glazed 1 cup	1 cup portion	298	29	216	48.41	11.93	7.88
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Banana	1 Each	105	0	1	26.95	0.39	0.13
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Peaches, Sliced	1/2 cup	85	0	8	23.01	0.05	0.00
Juice, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Ketchup, Red Gold, TBSP	1 TBSP	20	0	160	5.0	0.0	0.00
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Weighted Daily Average		828	67	1251	125.59	21.38	9.01
% of Calories					60.7%	23.2%	9.8%
Nutrient Guideline		750-850		1420			<10.00

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Portion Values - Detailed

Page 3

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/03/2019							
High School Lunch	Total						
Spicy Chicken Sandwich WG AP	Sandwich	330	30	620	39.0	12.5	2.50
Roll, Hamburger wheat	roll	130	0	250	27.0	1.5	0.00
Jamaican Beef Patty, WG	patty	300	55	330	43.0	3.5	2.50
Boars Head Deli Bar HS	Sandwich	373	56	1351	47.62	7.02	1.36
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad, Buffalo Chicken Sec	Salad	237	30	402	19.59	11.46	2.57
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Plantain Slices	4 pieces	220	0	18	44.0	4.0	0.00
Potato Tots LW HS	14 pieces	224	0	462	26.6	11.2	2.80
Veggie Cup, w/ Lowfat Dip	1/2 cup	214	10	627	19.17	14.33	2.09
Grapes, Fresh	1/2 Cup	39	0	1	9.94	0.2	0.07
Applesauce, canned	1/2 cup	109	0	3	28.1	0.27	0.05
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Banana	1 Each	105	0	1	26.95	0.39	0.13
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Juice, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Ketchup, Red Gold, TBSP	1 TBSP	20	0	160	5.0	0.0	0.00
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Secret Sauce	2 oz.	231	*6	413	17.77	17.01	2.84
Weighted Daily Average		857	*55	1482	119.37	26.62	6.02
% of Calories					55.7%	27.9%	6.3%
Nutrient Guideline		750-850		1420			<10.00

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Page 4

Generated on: 4/2/2019 9:37:37 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/04/2019							
High School Lunch	Total						
Mozzarella Stick w/ Sauce 6pc	6 sticks	386	18	941	45.03	14.7	3.99
Mozzarella Stick w/o Sauce 6pc	6 sticks	324	18	660	36.0	12.0	3.60
Chicken, Tangerine Brwn Rice S	serving	353	58	488	54.97	5.94	1.44
Chicken, Tangerine w/o Rice S	serving	244	58	487	32.05	5.13	1.28
Boars Head Deli Bar HS	Sandwich	373	56	1351	47.62	7.02	1.36
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Greek	Salad	165	10	832	7.69	10.04	5.28
Broccoli, Roasted 1cup	1 cup	150	2	252	22.11	4.86	0.98
Chick Peas w/ Italian Dressing	1/2 cup	124	0	370	20.47	2.33	0.21
Croutons, Seasoned, 2 oz.	2 oz.	243	0	688	40.5	8.1	0.00
Melon Slice	Slice	23	0	11	5.63	0.13	0.04
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Pineapples	1/2 cup	66	0	1	16.95	0.15	0.01
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Banana	1 Each	105	0	1	26.95	0.39	0.13
Juice, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Weighted Daily Average		747	48	1518	112.69	17.68	3.98
% of Calories					60.3%	21.3%	4.8%
Nutrient Guideline		750-850		1420			<10.00

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Page 5

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/05/2019							
High School Lunch	Total						
Pizza, 6 Inch Round Nardones	piece	320	30	380	31.0	12.0	6.00
Pizza, 6 In. Pepperoni Nardone	piece	385	43	625	31.0	18.0	8.25
Chicken, Buffalo Wings 6 pc.	6 pcs.	436	101	2100	18.0	28.46	13.13
Dressing Blue Cheese	2 oz.	304	20	607	4.05	32.4	5.06
Boars Head Deli Bar HS	Sandwich	373	56	1351	47.62	7.02	1.36
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Zucchini, Roasted 1 cup	1 cup	60	0	46	6.18	1.56	0.24
Red & Green Pepper Sticks	1/2 cup	12	0	2	2.45	0.11	0.02
CELERY STICKS	1/2 CUP	12	0	59	2.21	0.13	0.03
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Banana	1 Each	105	0	1	26.95	0.39	0.13
Pears, Sliced	1/2 cup	90	0	8	23.99	0.05	0.00
Juice, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Ketchup, Red Gold, TBSP	1 TBSP	20	0	160	5.0	0.0	0.00
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Weighted Daily Average		769	72	1547	94.20	26.18	7.31
% of Calories					49.0%	30.6%	8.5%
Nutrient Guideline		750-850		1420			<10.00

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Portion Values - Detailed

Page 6

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/08/2019							
High School Lunch	Total						
Italian Sausage & Peppers	serving	613	55	1023	55.33	33.71	9.04
Grilled Cheese Sandwich, WG S	Sandwich	361	67	1208	26.71	23.25	12.67
Boars Head Deli Bar HS	Sandwich	373	56	1351	47.62	7.02	1.36
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Broccoli, Roasted Parmesan	3/4 cup	117	0	178	12.52	6.51	0.85
Carrots, Baby	1/2 cup	40	0	88	9.34	0.15	0.03
Dip, Ranch Lite Cains 2 oz	2 oz	180	10	580	12.0	14.0	2.00
Banana	1 Each	105	0	1	26.95	0.39	0.13
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Mixed Fruit Cup	1/2 cup	55	0	5	11.89	0.0	0.00
Juice, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
BBQ Sauce, Open Pit, 2 oz.	2 oz.	81	0	713	17.82	0.0	0.00
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Ketchup, Red Gold, TBSP	1 TBSP	20	0	160	5.0	0.0	0.00
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Weighted Daily Average		787	65	1755	102.30	27.41	7.03
% of Calories					52.0%	31.3%	8.0%
Nutrient Guideline		750-850		1420			<10.00

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Page 7

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/09/2019							
High School Lunch	Total						
Philly Cheese Steak Hero	hero	481	55	1103	56.32	14.11	6.54
Chicken, Buffalo Tenders 5p TY	5 pcs.	433	42	650	28.33	25.0	4.17
Boars Head Deli Bar HS	Sandwich	373	56	1351	47.62	7.02	1.36
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad, Buffalo Chicken Sec	Salad	237	30	402	19.59	11.46	2.57
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Zucchini, Roasted 1 cup	1 cup	60	0	46	6.18	1.56	0.24
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Roll, Cracked Wheat	roll	160	0	260	29.0	1.5	0.00
Veggie Cup, w/ Lowfat Dip	1/2 cup	214	10	627	19.17	14.33	2.09
Grapes, Fresh	1/2 Cup	39	0	1	9.94	0.2	0.07
Applesauce, canned	1/2 cup	109	0	3	28.1	0.27	0.05
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Banana	1 Each	105	0	1	26.95	0.39	0.13
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Juice, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Ketchup, Red Gold, TBSP	1 TBSP	20	0	160	5.0	0.0	0.00
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Secret Sauce	2 oz.	231	*6	413	17.77	17.01	2.84
Weighted Daily Average		756	*57	1360	100.96	21.53	4.84
% of Calories					53.4%	25.6%	5.8%
Nutrient Guideline		750-850		1420			<10.00

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Page 8

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/10/2019							
High School Lunch	Total						
Pizza Sticks, WG ConAgra	2 sticks	300	30	800	32.0	12.0	6.00
Spicy Chicken Sandwich WG AP	Sandwich	330	30	620	39.0	12.5	2.50
Roll, Hamburger wheat	roll	130	0	250	27.0	1.5	0.00
Boars Head Deli Bar HS	Sandwich	373	56	1351	47.62	7.02	1.36
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Buffalo Chicken Sec	Salad	237	30	402	19.59	11.46	2.57
Croutons, Seasoned, 2 oz.	2 oz.	243	0	688	40.5	8.1	0.00
Marinara Sauce, Red Gold 2 oz	2 oz.	41	0	64	6.67	1.33	0.00
Sweet Potato Fries Crinkle LW	20 pieces	130	0	170	22.0	4.5	0.50
Celery & Carrot Sticks	1/2 cup	35	0	80	7.89	0.24	0.04
Dip, Ranch Lite Cains 2 oz	2 oz	180	10	580	12.0	14.0	2.00
Grapes, Fresh	1/2 Cup	39	0	1	9.94	0.2	0.07
Applesauce, canned	1/2 cup	109	0	3	28.1	0.27	0.05
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Banana	1 Each	105	0	1	26.95	0.39	0.13
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Juice, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Ketchup, Red Gold, TBSP	1 TBSP	20	0	160	5.0	0.0	0.00
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Secret Sauce	2 oz.	231	*6	413	17.77	17.01	2.84
Weighted Daily Average		802	*52	1530	115.23	24.56	4.98
% of Calories					57.5%	27.6%	5.6%
Nutrient Guideline		750-850		1420			<10.00

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Half Hollow Hills Schools

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 9

Generated on: 4/2/2019 9:37:37 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/11/2019							
High School Lunch	Total						
Burrito Bar, Chicken WG	burrito	579	102	1333	55.44	24.03	8.29
Burrito Bar, Chicken	burrito	609	102	1503	59.43	21.03	8.79
Burrito Bar, Beef WG	burrito	597	77	1100	61.68	25.36	9.17
Burrito Bar, Beef	burrito	627	77	1270	65.68	22.36	9.67
Wrap, Plain 12 inch Toufayan	Wrap	310	0	700	52.0	3.0	0.50
Wrap, White WG, 12 inch	wrap	280	0	530	48.0	6.0	0.00
Boars Head Deli Bar HS	Sandwich	373	56	1351	47.62	7.02	1.36
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Greek	Salad	165	10	832	7.69	10.04	5.28
Croutons, Seasoned, 2 oz.	2 oz.	243	0	688	40.5	8.1	0.00
Rice, Brown Mexican	1/2 cup	114	0	62	23.91	0.84	0.16
Black Beans	1/2 cup	90	0	420	16.0	0.0	0.00
Corn 1/2 cup	1/2 Cup	55	0	168	11.76	1.0	0.20
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Melon Slice	Slice	23	0	11	5.63	0.13	0.04
Pineapples	1/2 cup	66	0	1	16.95	0.15	0.01
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Banana	1 Each	105	0	1	26.95	0.39	0.13
Juice, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Salsa, comm	1 OZ	10	0	122	1.98	0.06	0.01
Weighted Daily Average		776	74	1623	107.32	19.11	6.48
% of Calories					55.3%	22.2%	7.5%
Nutrient Guideline		750-850		1420			<10.00

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Half Hollow Hills Schools

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 10

Generated on: 4/2/2019 9:37:37 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/12/2019							
High School Lunch	Total						
Pizza, Big Dad Buffalo Chicken	slice	390	45	750	35.0	19.0	7.00
Pizza, Big Daddy's Bold 1/8	slice (1/8)	390	35	730	43.0	17.0	7.00
Calzone, Cheese	calzone	250	10	430	33.0	5.0	2.50
Boars Head Deli Bar HS	Sandwich	373	56	1351	47.62	7.02	1.36
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Marinara Sauce, Red Gold 2 oz	2 oz.	41	0	64	6.67	1.33	0.00
SPINACH: frozen,boiled 1 cup	1 CUP	65	0	184	9.12	1.65	0.30
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Carrots, Baby	1/2 cup	40	0	88	9.34	0.15	0.03
Dip, Ranch Lite Cains 2 oz	2 oz	180	10	580	12.0	14.0	2.00
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Banana	1 Each	105	0	1	26.95	0.39	0.13
Pears, Sliced	1/2 cup	90	0	8	23.99	0.05	0.00
Juice, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Ketchup, Red Gold, TBSP	1 TBSP	20	0	160	5.0	0.0	0.00
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Weighted Daily Average		754	56	1490	104.64	22.18	5.25
% of Calories					55.5%	26.5%	6.3%
Nutrient Guideline		750-850		1420			<10.00

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Half Hollow Hills Schools

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 11

Generated on: 4/2/2019 9:37:37 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/15/2019							
High School Lunch	Total						
Popcorn Chick, 14pc, Gold Kist	14 pieces	377	84	826	28.0	18.2	4.20
Pizza, Big Daddy's Bold 1/8	slice (1/8)	390	35	730	43.0	17.0	7.00
Boars Head Deli Bar HS	Sandwich	373	56	1351	47.62	7.02	1.36
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Fries, Crinkle Cut, 15pc. H	15 pieces	162	0	37	25.1	5.91	0.00
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Beans, Honey Baked	1/2 CUP	162	0	452	37.43	0.51	0.10
Banana	1 Each	105	0	1	26.95	0.39	0.13
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Mixed Fruit Cup	1/2 cup	55	0	5	11.89	0.0	0.00
Juice, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
BBQ Sauce, Open Pit, 2 oz.	2 oz.	81	0	713	17.82	0.0	0.00
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Ketchup, Red Gold, TBSP	1 TBSP	20	0	160	5.0	0.0	0.00
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Weighted Daily Average		811	63	1569	120.68	21.13	4.27
% of Calories					59.5%	23.4%	4.7%
Nutrient Guideline		750-850		1420			<10.00

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Half Hollow Hills Schools

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 12

Generated on: 4/2/2019 9:37:37 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/16/2019							
High School Lunch	Total						
Nachos, Turk, Fresco, Snyder S	Portion	564	84	1735	58.34	23.59	2.64
Tacos, Turkey JO soft shell S	2 tacos	345	84	1097	35.05	9.73	2.68
Tacos, Turkey JO crunchshell S	2 tacos	292	84	657	19.73	11.4	2.35
Boars Head Deli Bar HS	Sandwich	373	56	1351	47.62	7.02	1.36
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Greek	Salad	165	10	832	7.69	10.04	5.28
Taco Topping, Salad Mx Ched BG	.5 cup	68	1	95	2.78	4.72	3.06
Black Beans	1/2 cup	90	0	420	16.0	0.0	0.00
Salsa, Red Gold	oz.	10	0	68	1.96	0.0	0.00
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Banana	1 Each	105	0	1	26.95	0.39	0.13
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Peaches, Sliced	1/2 cup	85	0	8	23.01	0.05	0.00
Juice, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Ketchup, Red Gold, TBSP	1 TBSP	20	0	160	5.0	0.0	0.00
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Weighted Daily Average		729	72	1764	100.05	17.80	4.72
% of Calories					54.9%	22.0%	5.8%
Nutrient Guideline		750-850		1420			<10.00

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Half Hollow Hills Schools

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 13

Generated on: 4/2/2019 9:37:37 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/17/2019							
High School Lunch	Total						
Chicken, Buffalo Bacon Wrap	1 wrap	605	55	1355	64.0	20.5	6.00
Spicy Chicken Sandwich WG AP	Sandwich	330	30	620	39.0	12.5	2.50
Roll, Hamburger wheat	roll	130	0	250	27.0	1.5	0.00
Turkey Sandwich Hot w/Gravy S	sandwich	271	60	1151	23.48	8.05	2.15
Boars Head Deli Bar HS	Sandwich	373	56	1351	47.62	7.02	1.36
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Buffalo Chicken Sec	Salad	237	30	402	19.59	11.46	2.57
Croutons, Seasoned, 2 oz.	2 oz.	243	0	688	40.5	8.1	0.00
Broccoli, Roasted 1cup	1 cup	150	2	252	22.11	4.86	0.98
Carrots, Baby	1/2 cup	40	0	88	9.34	0.15	0.03
Dip, Ranch Lite Cains 2 oz	2 oz	180	10	580	12.0	14.0	2.00
Grapes, Fresh	1/2 Cup	39	0	1	9.94	0.2	0.07
Applesauce, canned	1/2 cup	109	0	3	28.1	0.27	0.05
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Banana	1 Each	105	0	1	26.95	0.39	0.13
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Juice, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Ketchup, Red Gold, TBSP	1 TBSP	20	0	160	5.0	0.0	0.00
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Secret Sauce	2 oz.	231	*6	413	17.77	17.01	2.84
Weighted Daily Average		776	*59	1595	106.22	22.77	4.77
% of Calories					54.7%	26.4%	5.5%
Nutrient Guideline		750-850		1420			<10.00

Thu - 04/18/2019							
High School Lunch	Total						
School Closed	1 each	0	0	0	0.0	0.0	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.00
% of Calories					0.0%	0.0%	0.0%
Nutrient Guideline		750-850		1420			<10.00

Fri - 04/19/2019							
High School Lunch	Total						
School Closed	1 each	0	0	0	0.0	0.0	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.00
% of Calories					0.0%	0.0%	0.0%
Nutrient Guideline		750-850		1420			<10.00

Mon - 04/22/2019							
High School Lunch	Total						
School Closed	1 each	0	0	0	0.0	0.0	0.00

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Half Hollow Hills Schools

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 14

Generated on: 4/2/2019 9:37:37 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		0	0	0	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		750-850		1420			<10.00

Tue - 04/23/2019							
High School Lunch School Closed	Total 1 each	0	0	0	0.0	0.0	0.00
Weighted Daily Average % of Calories		0	0	0	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		750-850		1420			<10.00

Wed - 04/24/2019							
High School Lunch School Closed	Total 1 each	0	0	0	0.0	0.0	0.00
Weighted Daily Average % of Calories		0	0	0	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		750-850		1420			<10.00

Thu - 04/25/2019							
High School Lunch School Closed	Total 1 each	0	0	0	0.0	0.0	0.00
Weighted Daily Average % of Calories		0	0	0	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		750-850		1420			<10.00

Fri - 04/26/2019							
High School Lunch School Closed	Total 1 each	0	0	0	0.0	0.0	0.00
Weighted Daily Average % of Calories		0	0	0	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		750-850		1420			<10.00

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Half Hollow Hills Schools

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 15

Generated on: 4/2/2019 9:37:37 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/29/2019							
High School Lunch	Total						
Waffles, WG Right Start 3pc	3 waffles	195	7	540	34.5	5.25	0.75
Bagel, Egg, Cheese & Sausage	sandwich	553	218	1045	61.66	18.55	6.59
Turkey Sausage, Butterball 2pc	2 patties	140	60	520	0.0	10.0	3.00
Boars Head Deli Bar HS	Sandwich	373	56	1351	47.62	7.02	1.36
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Plantain Slices	4 pieces	220	0	18	44.0	4.0	0.00
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Hash Brown Potato	piece	130	0	250	14.0	8.0	2.00
Banana	1 Each	105	0	1	26.95	0.39	0.13
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Mixed Fruit Cup	1/2 cup	55	0	5	11.89	0.0	0.00
Juice, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
BBQ Sauce, Open Pit, 2 oz.	2 oz.	81	0	713	17.82	0.0	0.00
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Ketchup, Red Gold, TBSP	1 TBSP	20	0	160	5.0	0.0	0.00
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Weighted Daily Average		823	101	1662	118.97	22.17	5.27
% of Calories					57.8%	24.3%	5.8%
Nutrient Guideline		750-850		1420			<10.00

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

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

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Half Hollow Hills Schools

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 16

Generated on: 4/2/2019 9:37:37 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/30/2019							
High School Lunch	Total						
Chicken, Buffalo Tenders 5p TY	5 pcs.	433	42	650	28.33	25.0	4.17
Pizza, Big Daddy's Bold 1/8	slice (1/8)	390	35	730	43.0	17.0	7.00
Boars Head Deli Bar HS	Sandwich	373	56	1351	47.62	7.02	1.36
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Salad Bar Lunch w Cheese	Salad	211	28	634	22.58	10.55	5.29
Salad Bar Lunch Grill Chicken	Salad	229	61	484	22.24	4.38	0.68
Salad, Greek	Salad	165	10	832	7.69	10.04	5.28
Zucchini, Roasted 1 cup	1 cup	60	0	46	6.18	1.56	0.24
Red Pepper Strips	1/2 cup	14	0	2	2.77	0.14	0.01
Croutons, Seasoned, 2 oz.	2 oz.	243	0	688	40.5	8.1	0.00
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Peaches, Sliced	1/2 cup	85	0	8	23.01	0.05	0.00
Apple, Fresh, medium	1 Med. Apple	95	0	2	25.13	0.31	0.05
Orange, Fresh	1 Med. Orange	86	0	0	21.62	0.22	0.03
Banana	1 Each	105	0	1	26.95	0.39	0.13
Juice, Orange 6 oz. Sun Cup	6 oz. container	80	0	0	21.0	0.0	0.00
Juice, Apple 6 oz. Sun Cup	6 oz. container	90	0	5	21.0	0.0	0.00
Juice, Fruit Punch 6 oz. Sun C	6 oz. container	90	0	10	22.0	0.0	0.00
Milk, Fat Free Chocolate, Crea	half pint	130	5	170	22.0	0.0	0.00
Milk, 1% White, Cream-O-Land	half pint	110	15	130	13.0	0.0	0.00
Milk, Fat Free White, Cream-O-	half pint	90	0	150	13.0	0.0	0.00
Mayonnaise Hellmans PC	12 gram packet	35	3	130	1.0	3.5	0.50
Dressing, Variety Lowfat 2 oz.	2 oz.	115	7	450	4.47	10.47	1.59
Weighted Daily Average		737	49	1384	103.99	20.56	4.82
% of Calories					56.5%	25.1%	5.9%
Nutrient Guideline		750-850		1420			<10.00

Weighted Average		782	*63	1539	110.17	21.87	5.53
					56.4%	25.2%	6.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	782		750 - 850	100%				
Cholesterol (mg)	63				Missing			
Sodium (mg)	1539		1420				119	
Carbohydrate (g)	110.17	56.39%						Correction Required - Sodium too High
Total Fat (g)	21.87	25.18%						
Saturated Fat (g)	5.53	6.37%	<10.00%					

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