

Half Hollow Hills Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 1

Generated on: 12/20/2018 12:17:16 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/01/2019							
Middle 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		600-700		1360			<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/02/2019							
Middle School Lunch	Total						
Spicy Chicken Sandwich WG AP	Sandwich	320	30	610	37.0	12.5	2.50
Spicy Chicken Patty WG	patty	200	30	370	12.0	11.0	2.50
Roll, Hamburger wheat	roll	120	0	240	25.0	1.5	0.00
Chicken, Bread Filet Sand, GK	sandwich	336	45	816	41.0	9.5	1.00
Chicken Caesar Wrap, GK	wrap	383	42	887	49.63	10.52	1.08
Pretzel Platter w/ BH Turkey S	platter	260	20	420	45.0	2.0	0.00
Pretzel Platter w/ Amer Chs S	platter	359	41	703	45.68	14.29	8.37
Corn 3/4 cup	3/4 Cup	82	0	252	17.64	1.5	0.30
Beans, Honey Baked	1/2 CUP	162	0	452	37.43	0.51	0.10
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Grapes, Fresh	1/2 Cup	39	0	1	9.94	0.2	0.07
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
Applesauce, canned	1/2 cup	109	0	3	28.1	0.27	0.05
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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		667	42	1243	112.35	11.85	2.98
% of Calories					67.4%	16.0%	4.0%
Nutrient Guideline		600-700		1360			<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/03/2019							
Middle School Lunch	Total						
Popcorn Chick, 12pc, Gold Kist	12 pieces	323	72	708	24.0	15.6	3.60
Bagel Platter w/ String Chs MS	platter	468	25	839	67.89	11.4	6.21
Ham BH & Cheese Wheat Hero	sandwich	388	45	1316	51.73	8.68	3.79
Potato Tots LW MS	12 pieces	192	0	396	22.8	9.6	2.40
Melon Slice	Slice	23	0	11	5.63	0.13	0.04
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
Pineapples	1/2 cup	66	0	1	16.95	0.15	0.01
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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
Secret Sauce	2 oz.	231	*6	413	17.77	17.01	2.84

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

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Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 2

Generated on: 12/20/2018 12:17:16 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		767	*56	1461	102.93	24.13	7.10
% of Calories					53.7%	28.3%	8.3%
Nutrient Guideline		600-700		1360			<10.00

Fri - 01/04/2019							
Middle School Lunch	Total						
Pizza, 6 Inch Round Nardones	piece	320	30	380	31.0	12.0	6.00
Pizza, Big Daddy's Bold 1/8	slice (1/8)	390	35	730	43.0	17.0	7.00
Turkey Sandwich Hot w/Gravy S	sandwich	271	60	1151	23.48	8.05	2.15
Teriyaki Chicken Wrap 12"	wrap	436	42	804	58.68	10.1	1.13
Wrap, White WG, 12 inch	wrap	280	0	530	48.0	6.0	0.00
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
SPINACH: frozen,boiled 3/4 cup	3/4 CUP	48	0	138	6.84	1.24	0.22
Red & Green Pepper Sticks	1/2 cup	12	0	2	2.45	0.11	0.02
Dip, Ranch Lite Cains 2 oz	2 oz	180	10	580	12.0	14.0	2.00
APPLES,Fresh	1 EACH	72	0	1	19.06	0.23	0.04
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
Pears, Sliced	1/2 cup	90	0	8	23.99	0.05	0.00
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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
Weighted Daily Average		631	52	1180	85.30	17.21	4.63
% of Calories					54.1%	24.5%	6.6%
Nutrient Guideline		600-700		1360			<10.00

Mon - 01/07/2019							
Middle School Lunch	Total						
Philly Cheese Steak Hero	hero	481	55	1103	56.32	14.11	6.54
Pizza, Big Dad Buffalo Chicken	slice	390	45	750	35.0	19.0	7.00
Chicken Chipotle Wrap BH	wrap	354	48	1035	49.59	7.24	0.00
Wrap, White WG, 12 inch	wrap	280	0	530	48.0	6.0	0.00
Salad, Greek	Salad	165	10	832	7.69	10.04	5.28
Corn 3/4 cup	3/4 Cup	82	0	252	17.64	1.5	0.30
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
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, Variety 6 oz.	6 oz. container	90	0	3	22.6	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		620	48	1404	84.66	17.03	5.41
% of Calories					54.6%	24.7%	7.9%
Nutrient Guideline		600-700		1360			<10.00

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Portion Values - Detailed

Page 3

Generated on: 12/20/2018 12:17:16 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/08/2019							
Middle School Lunch	Total						
Hamburger, 3 oz., TA Morris	Sandwich	300	55	295	25.0	14.5	5.00
Cheeseburger, 3 oz., TA Morris	Sandwich	352	69	532	25.68	18.85	7.56
Veggie Burger Dr. Praeger 4oz.	sandwich	266	0	517	39.0	6.5	0.00
Turkey Sandwich, BH w Kais 3oz	sandwich	300	30	885	38.0	3.5	0.50
Salad, Buffalo Chicken Sec	Salad	237	30	402	19.59	11.46	2.57
Knish, Potato	knish	180	0	428	36.0	2.5	0.00
Romaine lettuce & tomato 1/2c	1/2 cup	15	0	5	3.11	0.19	0.03
Pickle Chips, Kosher Dill	5 pcs.	0	0	200	0.0	0.0	0.00
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
Peaches, Sliced	1/2 cup	85	0	8	23.01	0.05	0.00
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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
Secret Sauce	2 oz.	231	*6	413	17.77	17.01	2.84
Weighted Daily Average		698	*49	1221	99.83	18.97	4.17
% of Calories					57.2%	24.4%	5.4%
Nutrient Guideline		600-700		1360			<10.00

Wed - 01/09/2019							
Middle School Lunch	Total						
Pizza Sticks, WG ConAgra	2 sticks	300	30	800	32.0	12.0	6.00
Chicken, Bread Filet Sand, GK	sandwich	336	45	816	41.0	9.5	1.00
Roll, Hamburger wheat	roll	120	0	240	25.0	1.5	0.00
Chicken Caesar Wrap, GK	wrap	383	42	887	49.63	10.52	1.08
Pretzel Platter w/ BH Turkey S	platter	260	20	420	45.0	2.0	0.00
Pretzel Platter w/ Amer Chs S	platter	359	41	703	45.68	14.29	8.37
Broccoli, Roasted Parmesan	3/4 cup	117	0	178	12.52	6.51	0.85
Celery & Carrot Sticks	1/2 cup	35	0	80	7.89	0.24	0.04
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Grapes, Fresh	1/2 Cup	39	0	1	9.94	0.2	0.07
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
Applesauce, canned	1/2 cup	109	0	3	28.1	0.27	0.05
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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
Marinara Sauce, Red Gold 2 oz	2 oz.	41	0	64	6.67	1.33	0.00
Weighted Daily Average		679	43	1180	102.43	17.05	4.31
% of Calories					60.3%	22.6%	5.7%
Nutrient Guideline		600-700		1360			<10.00

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Half Hollow Hills Schools

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Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 4

Generated on: 12/20/2018 12:17:16 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/10/2019							
Middle 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
Bagel Platter w/ String Chs MS	platter	468	25	839	67.89	11.4	6.21
Ham BH & Cheese Wheat Hero	sandwich	388	45	1316	51.73	8.68	3.79
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Romaine lettuce & tomato 1/2c	1/2 cup	15	0	5	3.11	0.19	0.03
Black Beans	1/2 cup	90	0	420	16.0	0.0	0.00
Rice, Brown Mexican	1/2 cup	114	0	62	23.91	0.84	0.16
Corn 1/2 cup	1/2 Cup	55	0	168	11.76	1.0	0.20
Melon Slice	Slice	23	0	11	5.63	0.13	0.04
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
Pineapples	1/2 cup	66	0	1	16.95	0.15	0.01
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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
Salsa, comm	1 OZ	10	0	122	1.98	0.06	0.01
Weighted Daily Average		728	77	1456	95.77	19.32	7.75
% of Calories					52.6%	23.9%	9.6%
Nutrient Guideline		600-700		1360			<10.00

Fri - 01/11/2019							
Middle School Lunch	Total						
Pizza, Big Daddy's Pepperoni	slice (1/8)	455	48	975	43.0	23.0	9.25
Pizza, Big Daddy's Bold 1/8	slice (1/8)	390	35	730	43.0	17.0	7.00
Teriyaki Chicken Wrap 12"	wrap	436	42	804	58.68	10.1	1.13
Wrap, White WG, 12 inch	wrap	280	0	530	48.0	6.0	0.00
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Croutons, Seasoned, 2 oz.	2 oz.	243	0	688	40.5	8.1	0.00
Carrots, Glazed 3/4 cup	3/4 cup portion	241	23	175	39.19	9.66	6.38
CELERY STICKS	1/2 CUP	12	0	59	2.21	0.13	0.03
Dip, Ranch Lite Cains 2 oz	2 oz	180	10	580	12.0	14.0	2.00
APPLES,Fresh	1 EACH	72	0	1	19.06	0.23	0.04
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
Pears, Sliced	1/2 cup	90	0	8	23.99	0.05	0.00
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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
Weighted Daily Average		720	59	1262	96.06	23.64	7.46
% of Calories					53.3%	29.5%	9.3%
Nutrient Guideline		600-700		1360			<10.00

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Page 5

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Mon - 01/14/2019							
Middle School Lunch	Total						
Popcorn Chick, 12pc, Gold Kist	12 pieces	323	72	708	24.0	15.6	3.60
Chicken Chipotle Wrap BH	wrap	354	48	1035	49.59	7.24	0.00
Wrap, White WG, 12 inch	wrap	280	0	530	48.0	6.0	0.00
Salad, Greek	Salad	165	10	832	7.69	10.04	5.28
Spiral Fries	3/4 cup	160	0	420	20.0	8.0	2.00
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
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, Variety 6 oz.	6 oz. container	90	0	3	22.6	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		701	58	1764	85.46	25.80	5.69
% of Calories					48.8%	33.1%	7.3%
Nutrient Guideline		600-700		1360			<10.00

Tue - 01/15/2019							
Middle School Lunch	Total						
Boars Head Deli Bar MS	Sandwich	351	47	1287	48.25	4.16	0.78
Turkey Sandwich, BH w Kais 3oz	sandwich	300	30	885	38.0	3.5	0.50
Salad, Buffalo Chicken Sec	Salad	237	30	402	19.59	11.46	2.57
Soup, Chicken Noodle	8 oz. cup	122	13	115	12.1	2.76	0.69
Romaine lettuce & tomato 1/2c	1/2 cup	15	0	5	3.11	0.19	0.03
Pickle Chips, Kosher Dill	5 pcs.	0	0	200	0.0	0.0	0.00
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
Peaches, Sliced	1/2 cup	85	0	8	23.01	0.05	0.00
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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
Secret Sauce	2 oz.	231	*6	413	17.77	17.01	2.84
Weighted Daily Average		690	*53	1458	92.32	17.89	3.22
% of Calories					53.5%	23.3%	4.2%
Nutrient Guideline		600-700		1360			<10.00

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Half Hollow Hills Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 6

Generated on: 12/20/2018 12:17:16 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/16/2019							
Middle School Lunch	Total						
Spicy Chicken Sandwich WG AP	Sandwich	320	30	610	37.0	12.5	2.50
Quesadilla, Chicken Cheese CG	2 pieces	300	45	600	32.0	12.0	5.00
Chicken Caesar Wrap, GK	wrap	383	42	887	49.63	10.52	1.08
Wrap, White WG, 12 inch	wrap	280	0	530	48.0	6.0	0.00
Pretzel Platter w/ BH Turkey S	platter	260	20	420	45.0	2.0	0.00
Pretzel Platter w/ Amer Chs S	platter	359	41	703	45.68	14.29	8.37
Corn 3/4 cup	3/4 Cup	82	0	252	17.64	1.5	0.30
Beans, Honey Baked	1/2 CUP	162	0	452	37.43	0.51	0.10
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Grapes, Fresh	1/2 Cup	39	0	1	9.94	0.2	0.07
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
Applesauce, canned	1/2 cup	109	0	3	28.1	0.27	0.05
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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, Red Gold	oz.	10	0	68	1.96	0.0	0.00
Weighted Daily Average		694	45	1263	113.36	14.49	4.10
% of Calories					65.3%	18.8%	5.3%
Nutrient Guideline		600-700		1360			<10.00

Thu - 01/17/2019							
Middle School Lunch	Total						
Nachos, Turk, Fresco, Snyder S	Portion	564	84	1735	58.34	23.59	2.64
Bagel Platter w/ String Chs MS	platter	468	25	839	67.89	11.4	6.21
Ham BH & Cheese Wheat Hero	sandwich	388	45	1316	51.73	8.68	3.79
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Lettuce shred Tomato dice 1/2c	1/2 cup	12	0	4	2.52	0.16	0.02
Black Beans	1/2 cup	90	0	420	16.0	0.0	0.00
Melon Slice	Slice	23	0	11	5.63	0.13	0.04
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
Pineapples	1/2 cup	66	0	1	16.95	0.15	0.01
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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
Salsa, comm	1 OZ	10	0	122	1.98	0.06	0.01
Weighted Daily Average		709	58	1634	104.42	14.80	4.25
% of Calories					58.9%	18.8%	5.4%
Nutrient Guideline		600-700		1360			<10.00

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Half Hollow Hills Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 7

Generated on: 12/20/2018 12:17:16 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/18/2019							
Middle School Lunch	Total						
Pizza, Big Daddy's Bold 1/8	slice (1/8)	390	35	730	43.0	17.0	7.00
Pizza, Big Dad Buffalo Chicken	slice	390	45	750	35.0	19.0	7.00
Teriyaki Chicken Wrap 12"	wrap	436	42	804	58.68	10.1	1.13
Wrap, White WG, 12 inch	wrap	280	0	530	48.0	6.0	0.00
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
Red & Green Pepper Sticks	1/2 cup	12	0	2	2.45	0.11	0.02
Dip, Ranch Lite Cains 2 oz	2 oz	180	10	580	12.0	14.0	2.00
APPLES,Fresh	1 EACH	72	0	1	19.06	0.23	0.04
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
Pears, Sliced	1/2 cup	90	0	8	23.99	0.05	0.00
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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
Weighted Daily Average		702	53	1222	90.65	23.47	5.72
% of Calories					51.6%	30.1%	7.3%
Nutrient Guideline		600-700		1360			<10.00

Mon - 01/21/2019							
Middle 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		600-700		1360			<10.00

Tue - 01/22/2019							
Middle School Lunch	Total						
Mozzarella Stick w/ Sauce 6pc	6 sticks	386	18	941	45.03	14.7	3.99
Chicken Nuggets,Tyson 6pc S	6 pcs.	365	81	527	18.25	18.25	4.05
Turkey Sandwich, BH w Kais 3oz	sandwich	300	30	885	38.0	3.5	0.50
Salad, Buffalo Chicken Sec	Salad	237	30	402	19.59	11.46	2.57
Broccoli, Roasted 3/4 cup	3/4 cup	137	3	289	16.28	6.23	1.34
Celery & Carrot Sticks	1/2 cup	35	0	80	7.89	0.24	0.04
Marinara Sauce, Red Gold 2 oz	2 oz.	41	0	64	6.67	1.33	0.00
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
Peaches, Sliced	1/2 cup	85	0	8	23.01	0.05	0.00
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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
BBQ Sauce, Open Pit, 2 oz.	2 oz.	81	0	713	17.82	0.0	0.00
Weighted Daily Average		675	48	1318	92.82	17.21	3.83
% of Calories					55.0%	22.9%	5.1%
Nutrient Guideline		600-700		1360			<10.00

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Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 8

Generated on: 12/20/2018 12:17:16 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/23/2019							
Middle School Lunch	Total						
Macaroni w/ Cheese 1 cup	1 cup	473	43	720	44.26	22.94	13.75
Chicken Caesar Wrap, GK	wrap	383	42	887	49.63	10.52	1.08
Wrap, White WG, 12 inch	wrap	280	0	530	48.0	6.0	0.00
Pretzel Platter w/ BH Turkey S	platter	260	20	420	45.0	2.0	0.00
Pretzel Platter w/ Amer Chs S	platter	359	41	703	45.68	14.29	8.37
Carrots, Glazed 3/4 cup	3/4 cup portion	241	23	175	39.19	9.66	6.38
Chick Peas w/ Italian Dressing	1/2 cup	124	0	370	20.47	2.33	0.21
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Breadstick, Garlic WG	stick	90	0	95	15.0	3.0	0.00
Grapes, Fresh	1/2 Cup	39	0	1	9.94	0.2	0.07
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
Applesauce, canned	1/2 cup	109	0	3	28.1	0.27	0.05
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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		722	50	1202	105.97	20.52	8.07
% of Calories					58.7%	25.6%	10.1%
Nutrient Guideline		600-700		1360			<10.00

Thu - 01/24/2019							
Middle School Lunch	Total						
Waffles, WG Right Start 3pc	3 waffles	195	7	540	34.5	5.25	0.75
Turkey Sausage, Butterball 1pc	patty	70	30	260	0.0	5.0	1.50
Syrup, Pancake 2oz Butterworth	2 oz.	210	0	115	52.0	0.0	0.00
Turkey Cajun Sand,BH Kais 3oz	Sandwich	300	37	1485	39.5	2.75	0.50
Bagel Platter w/ String Chs MS	platter	468	25	839	67.89	11.4	6.21
Hash Brown Potato	piece	130	0	250	14.0	8.0	2.00
Melon Slice	Slice	23	0	11	5.63	0.13	0.04
Apples w/ Cinnamon	1/2 cup	49	0	1	12.68	0.36	0.06
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, Variety 6 oz.	6 oz. container	90	0	3	22.6	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
Weighted Daily Average		694	40	1401	110.81	13.70	4.36
% of Calories					63.9%	17.8%	5.7%
Nutrient Guideline		600-700		1360			<10.00

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Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 9

Generated on: 12/20/2018 12:17:16 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/25/2019							
Middle School Lunch	Total						
Pizza, Big Daddy's Pepperoni	slice (1/8)	455	48	975	43.0	23.0	9.25
Pizza, Big Daddy's Bold 1/8	slice (1/8)	390	35	730	43.0	17.0	7.00
Chicken, Buffalo Tenders 5p TY	5 pcs.	433	42	650	28.33	25.0	4.17
Teriyaki Chicken Wrap 12"	wrap	436	42	804	58.68	10.1	1.13
Wrap, White WG, 12 inch	wrap	280	0	530	48.0	6.0	0.00
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
SPINACH: frozen,boiled 3/4 cup	3/4 CUP	48	0	138	6.84	1.24	0.22
Pasta Vegetable Salad	5.5 oz. cup	126	0	148	10.74	8.42	1.19
APPLES,Fresh	1 EACH	72	0	1	19.06	0.23	0.04
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
Pears, Sliced	1/2 cup	90	0	8	23.99	0.05	0.00
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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
Weighted Daily Average		691	50	1114	88.22	23.07	5.70
% of Calories					51.1%	30.1%	7.4%
Nutrient Guideline		600-700		1360			<10.00

Mon - 01/28/2019							
Middle School Lunch	Total						
Chicken Parmesan on Kaiser GK	sandwich	549	63	1275	63.45	15.85	4.37
Chicken, Bread Filet Sand, GK	sandwich	336	45	816	41.0	9.5	1.00
Chicken Chipotle Wrap BH	wrap	354	48	1035	49.59	7.24	0.00
Wrap, White WG, 12 inch	wrap	280	0	530	48.0	6.0	0.00
Salad, Greek	Salad	165	10	832	7.69	10.04	5.28
Celery & Carrot Sticks	1/2 cup	35	0	80	7.89	0.24	0.04
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
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
Mixed Fruit Cup	1/2 cup	55	0	5	11.89	0.0	0.00
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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
BBQ Sauce, Open Pit, 2 oz.	2 oz.	81	0	713	17.82	0.0	0.00
Weighted Daily Average		637	50	1537	91.22	14.52	3.25
% of Calories					57.2%	20.5%	4.6%
Nutrient Guideline		600-700		1360			<10.00

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Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 10

Generated on: 12/20/2018 12:17:16 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/29/2019							
Middle School Lunch	Total						
Hamburger, 3 oz., TA Morris	Sandwich	300	55	295	25.0	14.5	5.00
Cheeseburger, 3 oz., TA Morris	Sandwich	352	69	532	25.68	18.85	7.56
Veggie Burger Dr. Praeger 4oz.	sandwich	266	0	517	39.0	6.5	0.00
Turkey Sandwich, BH w Kais 3oz	sandwich	300	30	885	38.0	3.5	0.50
Salad, Buffalo Chicken Sec	Salad	237	30	402	19.59	11.46	2.57
Potato Tots LW MS	12 pieces	192	0	396	22.8	9.6	2.40
Romaine lettuce & tomato 1/2c	1/2 cup	15	0	5	3.11	0.19	0.03
Pickle Chips, Kosher Dill	5 pcs.	0	0	200	0.0	0.0	0.00
Celery & Carrot Sticks	1/2 cup	35	0	80	7.89	0.24	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
Peaches, Sliced	1/2 cup	85	0	8	23.01	0.05	0.00
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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
BBQ Sauce, Open Pit, 2 oz.	2 oz.	81	0	713	17.82	0.0	0.00
Weighted Daily Average		646	45	1149	90.98	17.04	4.63
% of Calories					56.4%	23.8%	6.5%
Nutrient Guideline		600-700		1360			<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/30/2019							
Middle School Lunch	Total						
Spicy Chicken Sandwich WG AP	Sandwich	320	30	610	37.0	12.5	2.50
Spicy Chicken Patty WG	patty	200	30	370	12.0	11.0	2.50
Roll, Hamburger wheat	roll	120	0	240	25.0	1.5	0.00
Quesadilla, Chicken Cheese CG	2 pieces	300	45	600	32.0	12.0	5.00
Chicken Caesar Wrap, GK	wrap	383	42	887	49.63	10.52	1.08
Pretzel Platter w/ BH Turkey S	platter	260	20	420	45.0	2.0	0.00
Pretzel Platter w/ Amer Chs S	platter	359	41	703	45.68	14.29	8.37
Broccoli, Roasted 3/4 cup	3/4 cup	137	3	289	16.28	6.23	1.34
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Salsa, Red Gold	oz.	10	0	68	1.96	0.0	0.00
Grapes, Fresh	1/2 Cup	39	0	1	9.94	0.2	0.07
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
Applesauce, canned	1/2 cup	109	0	3	28.1	0.27	0.05
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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		698	*45	1142	104.02	18.48	4.94
% of Calories					59.6%	23.8%	6.4%
Nutrient Guideline		600-700		1360			<10.00

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Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 11

Generated on: 12/20/2018 12:17:16 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/31/2019							
Middle 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
Bagel Platter w/ String Chs MS	platter	468	25	839	67.89	11.4	6.21
Ham BH & Cheese Wheat Hero	sandwich	388	45	1316	51.73	8.68	3.79
Roll, hero wheat torpedo	roll	260	0	530	49.0	3.0	1.00
Romaine lettuce & tomato 1/2c	1/2 cup	15	0	5	3.11	0.19	0.03
Black Beans	1/2 cup	90	0	420	16.0	0.0	0.00
Rice, Brown Mexican	1/2 cup	114	0	62	23.91	0.84	0.16
Corn 1/2 cup	1/2 Cup	55	0	168	11.76	1.0	0.20
Melon Slice	Slice	23	0	11	5.63	0.13	0.04
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
Pineapples	1/2 cup	66	0	1	16.95	0.15	0.01
Juice, Variety 6 oz.	6 oz. container	90	0	3	22.6	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
Salsa, comm	1 OZ	10	0	122	1.98	0.06	0.01
Weighted Daily Average		710	75	1435	93.61	19.32	7.75
% of Calories					52.8%	24.5%	9.8%
Nutrient Guideline		600-700		1360			<10.00

Weighted Average		690	*52	1336	97.30	18.55	5.20
					56.4%	24.2%	6.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	690		600 - 700	100%				
Cholesterol (mg)	52							
Sodium (mg)	1336		1360					
Carbohydrate (g)	97.30	56.44%						
Total Fat (g)	18.55	24.21%						
Saturated Fat (g)	5.20	6.79%	<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.