

# Half Hollow Hills Schools

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/01/2019							
Elementary Lunch	Total						
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, Teriyaki Chick no orang	Salad	240	35	542	29.39	5.94	1.56
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Red & Green Pepper Sticks	1/2 cup	12	0	2	2.45	0.11	0.02
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	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, Variety 4 oz.	4 oz. container	59	0	14	14.1	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		597	41	909	91.52	13.10	3.79
% of Calories					61.3%	19.7%	5.7%
Nutrient Guideline		550-650		1230			<10.00

Mon - 03/04/2019							
Elementary Lunch	Total						
Chicken Nuggets, Tyson 5pc E	5 pcs.	304	68	439	15.2	15.2	3.38
Turkey BH Hero WG E	hero	305	25	888	42.0	3.75	1.00
Roll, Club wheat 5" hero	roll	230	0	450	42.0	2.5	1.00
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Broccoli, Steamed	3/4 Cup	39	0	33	7.4	0.15	0.02
Couscous	1/2 cup	88	0	4	18.23	0.13	0.02
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 4 oz.	4 oz. container	59	0	14	14.1	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
BBQ Sauce, Open Pit, 2 oz.	2 oz.	81	0	713	17.82	0.0	0.00
Dip, Ranch Lite Cains 2 oz	2 oz	180	10	580	12.0	14.0	2.00
Dressing, Honey Must Ken 1oz	1 oz.	150	15	320	4.0	15.0	2.00
Weighted Daily Average		616	52	1200	83.32	16.47	3.63
% of Calories					54.1%	24.1%	5.3%
Nutrient Guideline		550-650		1230			<10.00

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

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Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/05/2019							
Elementary Lunch	Total						
Pancakes, Right Start, WG 2pc	2 pancakes	150	10	90	32.0	2.0	0.00
Turkey Sausage, Butterball 1pc	patty	70	30	260	0.0	5.0	1.50
Pretzel Platter w/ BH Turkey	platter	251	17	368	45.0	1.85	0.00
Pretzel Platter w/ Amer Cheese	platter	306	27	492	45.45	9.86	5.58
Pretzel, Wheat 3 oz. NYP	pretzel	200	0	70	45.0	1.0	0.00
Salad, Pretzel w/ BH Turkey	salad	277	18	390	50.22	2.19	0.05
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Hash Brown Potato	piece	130	0	250	14.0	8.0	2.00
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
Apples w/ Cinnamon	1/2 cup	49	0	1	12.68	0.36	0.06
Juice, Variety 4 oz.	4 oz. container	59	0	14	14.1	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
Syrup, Pancake 1oz Butterworth	1 oz.	105	0	57	26.0	0.0	0.00
Weighted Daily Average		562	30	822	89.16	13.83	3.71
% of Calories					63.4%	22.1%	5.9%
Nutrient Guideline		550-650		1230			<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/06/2019							
Elementary Lunch	Total						
Pizza Sticks, WG ConAgra	2 sticks	300	30	800	32.0	12.0	6.00
Bagel Platter, Chic Pea 2oz BG	platter	403	15	918	60.82	9.48	3.74
Salad, Bagel Mini & American	Salad	426	67	1250	37.94	22.39	12.95
Bagel, WG Wheat & Honey, 2 oz.	bagel	160	0	260	30.0	1.0	0.00
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Green Beans 3/4 cup	3/4 cup	20	0	254	4.56	0.1	0.02
Chick Peas w/ Italian Dressing	1/2 cup	124	0	370	20.47	2.33	0.21
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
Juice, Variety 4 oz.	4 oz. container	59	0	14	14.1	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
Butter, 1 oz.	1 oz.	203	61	182	0.02	22.99	14.56
Marinara Sauce, Red Gold 2 oz	2 oz.	41	0	64	6.67	1.33	0.00
Weighted Daily Average		582	55	1297	69.47	22.19	10.68
% of Calories					47.8%	34.3%	16.5%
Nutrient Guideline		550-650		1230			<10.00

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Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/07/2019							
Elementary Lunch	Total						
Popcorn Chick, 10pc, Gold Kist	10 pieces	269	60	590	20.0	13.0	3.00
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
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
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Potatoes, Mashed Pearl 1/2 cup	1/2 cup	70	0	442	15.0	1.0	0.00
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
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, Variety 4 oz.	4 oz. container	59	0	14	14.1	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
Dip, Ranch Lite Cains 2 oz	2 oz	180	10	580	12.0	14.0	2.00
Dressing, Honey Must Ken 1oz	1 oz.	150	15	320	4.0	15.0	2.00
Weighted Daily Average		647	55	1490	92.20	18.21	3.55
% of Calories					57.0%	25.3%	4.9%
Nutrient Guideline		550-650		1230			<10.00

Fri - 03/08/2019							
Elementary Lunch	Total						
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, Teriyaki Chick no orang	Salad	240	35	542	29.39	5.94	1.56
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Zucchini, Roasted 3/4 cup	3/4 cup	44	0	33	4.51	1.14	0.18
Red & Green Pepper Sticks	1/2 cup	12	0	2	2.45	0.11	0.02
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	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, Variety 4 oz.	4 oz. container	59	0	14	14.1	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		610	41	918	91.92	13.59	3.86
% of Calories					60.2%	20.0%	5.7%
Nutrient Guideline		550-650		1230			<10.00

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Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/11/2019							
Elementary Lunch	Total						
Chicken, Boneless Wings 5 pc.	5 pcs.	250	50	400	15.0	11.25	1.88
Turkey BH Hero WG E	hero	305	25	888	42.0	3.75	1.00
Roll, Club wheat 5" hero	roll	230	0	450	42.0	2.5	1.00
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Rice, Brown 1/2 cup	1/2 cup	100	0	0	21.33	0.67	0.00
Carrots, Glazed 3/4 cup	3/4 cup portion	241	23	175	39.19	9.66	6.38
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 4 oz.	4 oz. container	59	0	14	14.1	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
BBQ Sauce, Open Pit, 2 oz.	2 oz.	81	0	713	17.82	0.0	0.00
Dip, Ranch Lite Cains 2 oz	2 oz	180	10	580	12.0	14.0	2.00
Dressing, Honey Must Ken 1oz	1 oz.	150	15	320	4.0	15.0	2.00
Weighted Daily Average		652	54	1223	91.39	18.02	4.84
% of Calories					56.1%	24.9%	6.7%
Nutrient Guideline		550-650		1230			<10.00

Tue - 03/12/2019							
Elementary Lunch	Total						
Hamburger, 3 oz., Maid Rite	Sandwich	285	52	465	25.0	12.0	5.25
Cheeseburger, 3 oz., Maid Rite	Sandwich	337	67	702	25.68	16.35	7.81
Veggie Burger Dr. Praeger 4oz.	sandwich	266	0	517	39.0	6.5	0.00
Pretzel Platter w/ BH Turkey	platter	251	17	368	45.0	1.85	0.00
Pretzel Platter w/ Amer Cheese	platter	306	27	492	45.45	9.86	5.58
Pretzel, Wheat 3 oz. NYP	pretzel	200	0	70	45.0	1.0	0.00
Salad, Pretzel w/ BH Turkey	salad	277	18	390	50.22	2.19	0.05
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Potato Tots LW Elm	10 pieces	160	0	330	19.0	8.0	2.00
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
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 4 oz.	4 oz. container	59	0	14	14.1	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		573	37	991	82.06	15.77	4.81
% of Calories					57.3%	24.8%	7.6%
Nutrient Guideline		550-650		1230			<10.00

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Wed - 03/13/2019							
Elementary Lunch	Total						
Macaroni wg & Cheese 3/4 cup	3/4 cup	328	29	458	32.96	14.98	8.91
Bagel Platter, Chic Pea 2oz BG	platter	403	15	918	60.82	9.48	3.74
Salad, Bagel Mini & American	Salad	426	67	1250	37.94	22.39	12.95
Bagel, WG Wheat & Honey, 2 oz.	bagel	160	0	260	30.0	1.0	0.00
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Breadstick, Whole Wheat	stick	110	0	220	21.0	1.0	0.00
Broccoli, Steamed	3/4 Cup	39	0	33	7.4	0.15	0.02
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Red Pepper Strips	1/2 cup	14	0	2	2.77	0.14	0.01
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
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 4 oz.	4 oz. container	59	0	14	14.1	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
Butter, 1 oz.	1 oz.	203	61	182	0.02	22.99	14.56
Weighted Daily Average		705	56	1210	95.30	22.76	11.38
% of Calories					54.1%	29.1%	14.5%
Nutrient Guideline		550-650		1230			<10.00

Thu - 03/14/2019							
Elementary Lunch	Total						
Nachos, Turk, Fresco, Snyder E	Portion	429	67	1485	43.33	18.05	2.30
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
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Lettuce shred Tomato dice 1/2c	1/2 cup	12	0	4	2.52	0.16	0.02
SALSA:COMMODITY	1 OZ	10	0	122	1.98	0.06	0.01
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
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
Juice, Variety 4 oz.	4 oz. container	59	0	14	14.1	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		578	52	1251	81.89	14.22	2.75
% of Calories					56.7%	22.1%	4.3%
Nutrient Guideline		550-650		1230			<10.00

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# Half Hollow Hills Schools

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/15/2019							
Elementary Lunch	Total						
Pizza, 5 Inch Round Schwans	pizza	320	30	480	35.0	12.0	6.00
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, Teriyaki Chick no orang	Salad	240	35	542	29.39	5.94	1.56
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
SPINACH: frozen,boiled 3/4 cup	3/4 CUP	48	0	138	6.84	1.24	0.22
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
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, Variety 4 oz.	4 oz. container	59	0	14	14.1	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		577	40	928	86.17	12.34	3.63
% of Calories					59.7%	19.2%	5.7%
Nutrient Guideline		550-650		1230			<10.00

Mon - 03/18/2019							
Elementary Lunch	Total						
Popcorn Chick, 10pc, Gold Kist	10 pieces	269	60	590	20.0	13.0	3.00
Turkey BH Hero WG E	hero	305	25	888	42.0	3.75	1.00
Roll, Club wheat 5" hero	roll	230	0	450	42.0	2.5	1.00
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Corn Cobbette	piece	111	0	14	26.43	0.7	0.00
Beans, Honey Baked	1/2 CUP	162	0	452	37.43	0.51	0.10
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 4 oz.	4 oz. container	59	0	14	14.1	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
BBQ Sauce, Open Pit, 2 oz.	2 oz.	81	0	713	17.82	0.0	0.00
Dip, Ranch Lite Cains 2 oz	2 oz	180	10	580	12.0	14.0	2.00
Dressing, Honey Must Ken 1oz	1 oz.	150	15	320	4.0	15.0	2.00
Weighted Daily Average		662	51	1340	98.84	16.29	3.54
% of Calories					59.7%	22.1%	4.8%
Nutrient Guideline		550-650		1230			<10.00

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# Half Hollow Hills Schools

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/19/2019							
Elementary Lunch	Total						
Spaghetti wg & Meatballs MR elm	3/4 cup	440	42	468	53.62	13.53	4.34
Spaghetti & Marinara Sauce	3/4 cup	196	0	186	37.12	1.98	0.18
Meatball Hero Elem MR	1 Hero	468	42	851	57.1	13.67	5.21
Pretzel Platter w/ BH Turkey	platter	251	17	368	45.0	1.85	0.00
Pretzel Platter w/ Amer Cheese	platter	306	27	492	45.45	9.86	5.58
Salad, Pretzel w/ BH Turkey	salad	277	18	390	50.22	2.19	0.05
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Roll, Cracked Wheat	roll	160	0	260	29.0	1.5	0.00
Broccoli, Steamed	3/4 Cup	39	0	33	7.4	0.15	0.02
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, Variety 4 oz.	4 oz. container	59	0	14	14.1	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		603	32	784	99.34	9.44	2.99
% of Calories					65.9%	14.1%	4.5%
Nutrient Guideline		550-650		1230			<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/20/2019							
Elementary Lunch	Total						
Waffles, WG Right Start 2pc	2 waffles	130	5	360	23.0	3.5	0.50
Turkey Sausage, Butterball 1pc	patty	70	30	260	0.0	5.0	1.50
Bagel Platter, Chic Pea 2oz BG	platter	403	15	918	60.82	9.48	3.74
Salad, Bagel Mini & American	Salad	426	67	1250	37.94	22.39	12.95
Bagel, WG Wheat & Honey, 2 oz.	bagel	160	0	260	30.0	1.0	0.00
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
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
Apples w/ Cinnamon	1/2 cup	49	0	1	12.68	0.36	0.06
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
Juice, Variety 4 oz.	4 oz. container	59	0	14	14.1	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
Syrup, Pancake 2oz Butterworth	2 oz.	210	0	115	52.0	0.0	0.00
Butter, 1 oz.	1 oz.	203	61	182	0.02	22.99	14.56
Weighted Daily Average		640	56	1234	82.46	24.47	10.63
% of Calories					51.5%	34.4%	15.0%
Nutrient Guideline		550-650		1230			<10.00

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# Half Hollow Hills Schools

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/21/2019							
Elementary Lunch	Total						
Grilled Cheese Sandwich, WG E	Sandwich	310	53	971	26.04	18.9	10.11
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
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
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Soup, Chicken Noodle	8 oz. cup	122	13	115	12.1	2.76	0.69
Fries, Crinkle Cut, 10 pc. E	10 pieces	106	0	24	16.4	3.86	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
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, Variety 4 oz.	4 oz. container	59	0	14	14.1	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
Weighted Daily Average		645	55	1102	89.17	17.75	5.05
% of Calories					55.3%	24.8%	7.0%
Nutrient Guideline		550-650		1230			<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/22/2019							
Elementary Lunch	Total						
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, Teriyaki Chick no orang	Salad	240	35	542	29.39	5.94	1.56
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Butternut Squash 3/4 cup	3/4 cup	51	2	12	10.85	1.03	0.69
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
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, Variety 4 oz.	4 oz. container	59	0	14	14.1	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		620	42	927	96.45	13.56	4.12
% of Calories					62.2%	19.7%	6.0%
Nutrient Guideline		550-650		1230			<10.00

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# Half Hollow Hills Schools

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/25/2019							
Elementary Lunch	Total						
Chicken, Bread Filet Sand, GK	sandwich	336	45	816	41.0	9.5	1.00
Turkey BH Hero WG E	hero	305	25	888	42.0	3.75	1.00
Roll, Club wheat 5" hero	roll	230	0	450	42.0	2.5	1.00
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Sweet Potato Fries Crinkle LW	20 pieces	130	0	170	22.0	4.5	0.50
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
Celery & Carrot Sticks	1/2 cup	35	0	80	7.89	0.24	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
Mixed Fruit Cup	1/2 cup	55	0	5	11.89	0.0	0.00
Juice, Variety 4 oz.	4 oz. container	59	0	14	14.1	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
Weighted Daily Average		642	42	1140	99.30	13.86	2.81
% of Calories					61.8%	19.4%	3.9%
Nutrient Guideline		550-650		1230			<10.00

Tue - 03/26/2019							
Elementary Lunch	Total						
Mozzarella Stick w/ Sauce 5pc	5 sticks	300	15	619	35.39	10.56	3.10
Mozzarella Stick w/o Sauce 5pc	5 sticks	270	15	550	30.0	10.0	3.00
Pretzel Platter w/ BH Turkey	platter	251	17	368	45.0	1.85	0.00
Pretzel Platter w/ Amer Cheese	platter	306	27	492	45.45	9.86	5.58
Pretzel, Wheat 3 oz. NYP	pretzel	200	0	70	45.0	1.0	0.00
Salad, Pretzel w/ BH Turkey	salad	277	18	390	50.22	2.19	0.05
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
SPINACH: frozen,boiled 3/4 cup	3/4 CUP	48	0	138	6.84	1.24	0.22
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
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 4 oz.	4 oz. container	59	0	14	14.1	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		568	28	883	90.07	11.85	3.26
% of Calories					63.4%	18.8%	5.2%
Nutrient Guideline		550-650		1230			<10.00

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Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Wed - 03/27/2019</b>							
Elementary Lunch	Total						
Hamburger, 3 oz., Maid Rite	Sandwich	285	52	465	25.0	12.0	5.25
Cheeseburger, 3 oz., Maid Rite	Sandwich	337	67	702	25.68	16.35	7.81
Veggie Burger Dr. Praeger 4oz.	sandwich	266	0	517	39.0	6.5	0.00
Roll, Hamburger wheat	roll	120	0	240	25.0	1.5	0.00
Bagel Platter, Chic Pea 2oz BG	platter	403	15	918	60.82	9.48	3.74
Salad, Bagel Mini & American	Salad	426	67	1250	37.94	22.39	12.95
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Potato Tots LW Elm	10 pieces	160	0	330	19.0	8.0	2.00
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
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
Grapes, Fresh	1/2 Cup	39	0	1	9.94	0.2	0.07
Juice, Variety 4 oz.	4 oz. container	59	0	14	14.1	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
Weighted Daily Average		658	45	1256	90.52	19.69	7.21
% of Calories					55.0%	26.9%	9.9%
Nutrient Guideline		550-650		1230			<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Thu - 03/28/2019</b>							
Elementary Lunch	Total						
Tacos, Beef 2 Crunchy Shells	2 tacos	297	51	547	23.61	14.33	4.01
Taco Shell, Crunchy 2 pc.	2 shells	107	0	0	14.68	4.67	0.67
Tacos, Beef 2 WW Soft Shells E	2 tacos	350	51	987	38.94	12.66	4.35
Taco Shell Soft 6 inch Whole W	2 shells	160	0	440	30.0	3.0	1.00
Salad, Chicken Caesar GK bread	Salad	242	47	582	22.24	9.57	2.35
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
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Corn 3/4 cup	3/4 Cup	82	0	252	17.64	1.5	0.30
Black Beans	1/2 cup	90	0	420	16.0	0.0	0.00
Taco Topping, Salad Mx Ched BG	1/2 cup	68	1	95	2.78	4.72	3.06
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 4 oz.	4 oz. container	59	0	14	14.1	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
SALSA:COMMODITY	1 OZ	10	0	122	1.98	0.06	0.01
Weighted Daily Average		629	50	1267	90.01	15.70	4.78
% of Calories					57.2%	22.5%	6.8%
Nutrient Guideline		550-650		1230			<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.

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# Half Hollow Hills Schools

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/29/2019							
Elementary Lunch	Total						
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, Teriyaki Chick no orang	Salad	240	35	542	29.39	5.94	1.56
Salad, Yogurt Danon moz 1bread	Platter	243	20	407	33.95	7.23	3.53
Red & Green Pepper Sticks	1/2 cup	12	0	2	2.45	0.11	0.02
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	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, Variety 4 oz.	4 oz. container	59	0	14	14.1	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		597	41	909	91.52	13.10	3.79
% of Calories					61.3%	19.7%	5.7%
Nutrient Guideline		550-650		1230			<10.00

Weighted Average		617	46	1099	89.62	16.01	4.99
					58.1%	23.3%	7.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	617		550 - 650	100%				
Cholesterol (mg)	46							
Sodium (mg)	1099		1230					
Carbohydrate (g)	89.62	58.06%						
Total Fat (g)	16.01	23.34%						
Saturated Fat (g)	4.99	7.28%	<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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