

Half Hollow Hills Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/01/2018							
High School Lunch	Total						
Chicken, Buffalo Bacon Wrap	1 wrap	605	55	1355	64.0	20.5	6.00
Grilled Cheese & Bacon, WG S	Sandwich	401	77	1398	26.71	26.25	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, 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
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		839	*62	1842	112.31	27.27	7.36
% of Calories					53.5%	29.3%	7.9%
Nutrient Guideline		750-850		1420			<10.00

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

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High School 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 - 11/02/2018							
High School Lunch	Total						
Pizza, Big Daddy's Bold 1/8	slice (1/8)	390	35	730	43.0	17.0	7.00
Pizza, Big Daddy's Pepperoni	slice (1/8)	455	48	975	43.0	23.0	9.25
Quesadilla, Chicken Cheese CG	2 pieces	300	45	600	32.0	12.0	5.00
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
Roll, Cracked Wheat	roll	160	0	260	29.0	1.5	0.00
SPINACH: frozen,boiled 1 cup	1 CUP	65	0	184	9.12	1.65	0.30
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, 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
Salsa, Red Gold	oz.	10	0	68	1.96	0.0	0.00
Weighted Daily Average		715	57	1409	101.53	19.10	5.44
% of Calories					56.8%	24.0%	6.8%
Nutrient Guideline		750-850		1420			<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/05/2018							
High School 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
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		766	55	1553	119.53	16.95	4.18
% of Calories					62.4%	19.9%	4.9%
Nutrient Guideline		750-850		1420			<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/06/2018							
High School Lunch	Total						
Spaghetti wg & Meatballs MR sec	1 cup	546	54	567	66.27	16.71	5.54
Spaghetti & Marinara Sauce	1 cup	261	0	247	49.49	2.64	0.25
Meatball Parmesan Hero Sec MR	hero	590	63	1115	66.9	19.23	7.85
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		847	71	1283	126.39	22.31	9.41
% of Calories					59.7%	23.7%	10.0%
Nutrient Guideline		750-850		1420			<10.00

Wed - 11/07/2018							
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

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/08/2018							
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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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 11/09/2018							
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

Mon - 11/12/2018							
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

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/13/2018							
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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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/14/2018							
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	320	30	610	37.0	12.5	2.50
Roll, Hamburger wheat	roll	120	0	240	25.0	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		801	*52	1529	114.90	24.56	4.98
% of Calories					57.4%	27.6%	5.6%
Nutrient Guideline		750-850		1420			<10.00

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Half Hollow Hills Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School 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 - 11/15/2018							
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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School 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 - 11/16/2018							
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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School 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 - 11/19/2018							
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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School 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 - 11/20/2018							
High School Lunch	Total						
Nachos, Turk, Fresco, Snyder S	Portion	527	67	1604	57.33	22.25	2.30
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		722	69	1742	99.88	17.58	4.66
% of Calories					55.3%	21.9%	5.8%
Nutrient Guideline		750-850		1420			<10.00

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Half Hollow Hills Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/21/2018							
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	320	30	610	37.0	12.5	2.50
Roll, Hamburger wheat	roll	120	0	240	25.0	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
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		837	*58	1639	116.01	25.22	5.21
% of Calories					55.4%	27.1%	5.6%
Nutrient Guideline		750-850		1420			<10.00

Thu - 11/22/2018							
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 - 11/23/2018							
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

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Half Hollow Hills Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School 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 - 11/26/2018							
High School Lunch	Total						
Chicken Parmesan on Kaiser GK	sandwich	549	63	1275	63.45	15.85	4.37
Roll, White Kaiser 5"	roll	220	0	460	40.0	2.0	0.50
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
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
Potato Tots LW HS	14 pieces	224	0	462	26.6	11.2	2.80
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
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
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
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		843	*64	1752	112.40	27.07	5.95
% of Calories					53.3%	28.9%	6.3%
Nutrient Guideline		750-850		1420			<10.00

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Half Hollow Hills Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School 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 - 11/27/2018							
High School Lunch	Total						
Spaghetti wg & Meatballs MR sec	1 cup	546	54	567	66.27	16.71	5.54
Spaghetti & Marinara Sauce	1 cup	261	0	247	49.49	2.64	0.25
Spaghetti & Alfredo Sauce	1 cup	426	56	306	48.8	20.74	12.71
Tortellini w/ Alfredo	1 Cup	587	116	413	62.97	28.44	16.46
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, Greek	Salad	165	10	832	7.69	10.04	5.28
Breadstick, Garlic WG	stick	90	0	95	15.0	3.0	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
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		760	59	1118	110.89	20.55	6.83
% of Calories					58.4%	24.3%	8.1%
Nutrient Guideline		750-850		1420			<10.00

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Half Hollow Hills Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/28/2018							
High School Lunch	Total						
Spicy Chicken Sandwich WG AP	Sandwich	320	30	610	37.0	12.5	2.50
Chicken Filet Crispy Bacon	sandwich	396	60	1101	41.0	14.0	1.00
Chicken Filet Crispy Bacon Chz	sandwich	448	74	1338	41.68	18.35	3.56
Roll, Hamburger wheat	roll	120	0	240	25.0	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
Carrots, Glazed 1 cup	1 cup portion	298	29	216	48.41	11.93	7.88
Chick Peas w/ Italian Dressing	1/2 cup	124	0	370	20.47	2.33	0.21
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, 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		830	*73	1615	115.30	26.02	7.25
% of Calories					55.5%	28.2%	7.9%
Nutrient Guideline		750-850		1420			<10.00

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Half Hollow Hills Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School 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 - 11/29/2018							
High School Lunch	Total						
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
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
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
Rice, Cilantro	1/2 cup	194	7	26	35.27	4.12	2.19
Black Beans	1/2 cup	90	0	420	16.0	0.0	0.00
Salad Mix, Fresh 1/2 cup	1/2 cup	23	0	27	4.95	0.23	0.03
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
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
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
Salsa, Red Gold	oz.	10	0	68	1.96	0.0	0.00
Weighted Daily Average		804	77	1606	111.56	19.83	7.51
% of Calories					55.5%	22.2%	8.4%
Nutrient Guideline		750-850		1420			<10.00

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Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 11/30/2018							
High 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
Popcorn Chick, 14pc, Gold Kist	14 pieces	377	84	826	28.0	18.2	4.20
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
Roll, Cracked Wheat	roll	160	0	260	29.0	1.5	0.00
Broccoli, Roasted Parmesan	3/4 cup	117	0	178	12.52	6.51	0.85
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
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, 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		753	63	1419	101.67	23.29	5.51
% of Calories					54.0%	27.8%	6.6%
Nutrient Guideline		750-850		1420			<10.00

Weighted Average		785	*63	1534	110.16	22.09	5.91
					56.1%	25.3%	6.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	785		750 - 850	100%				
Cholesterol (mg)	63				Missing			
Sodium (mg)	1534		1420				114	
Carbohydrate (g)	110.16	56.13%						Correction Required - Sodium too High
Total Fat (g)	22.09	25.32%						
Saturated Fat (g)	5.91	6.78%	<10.00%					

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