

Uplift Education

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Nov 2, 2015 thru Nov 6, 2015

Lunch 9-12th

Generated on: 11/2/2015 3:07:58 PM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 11/02/2015						
Lunch 9-12th	Total	1				
Pasta, Penne, WG	1 CUP	1	215	7.0	41.0	3.25
Pasta, Rotini, WG	1 CUP	1	215	7.0	41.0	3.25
Sauce, Marinara	1/2 CUP	1	90	2.15	14.54	2.25
Sauce, Italian Cheese	1/2 CUP	1	202	12.12	4.04	14.14
Bread, Breadstick, WG,Bosco,4"	1 EACH	1	110	6.0	15.0	3.0
Yogurt Parfait, Mixed Berry	1 EACH	1	288	10.36	59.28	1.68
Vegetable, Broccoli, W/Garlic	1/2 CUP	1	77	2.16	4.42	5.6
Vegetable, Peppers & Onions	1/2 CUP	1	48	1.07	8.54	1.07
Fruit, Oranges, Fresh	1 EACH	1	44	0.73	10.99	0.0
Fruit, Grapes, Green, Fresh	1/2 CUP	1	61	0.57	15.56	0.32
PC, Red Pepper Flakes	1 EACH	1	0	0.0	0.0	0.0
Cheese, Mozzarella, Shredded	1 EACH	1	81	6.08	1.01	5.06
MILK CHOCOLATE FAT FREE	1 Each	1	125	7.69	24.02	0.0
MILK, LOWFAT, 1% VITAMIN A & D	1 each	1	106	7.69	12.49	2.4
Weighted Daily Average			1662	70.62	251.90	42.02
% of Calories				17.0%	60.6%	22.8%
Nutrient Guideline			750-850			<=30.0

Tue - 11/03/2015						
Lunch 9-12th	Total	1				
Tacos, Pork Carnitas	1 EACH	1	258	18.92	24.58	9.95
Chicken Fajita Tacos	SERVINGS	1	155	16.82	3.96	8.57
Salad, SW Chicken w/ Tortillas	1 EACH	1	437	29.15	58.45	9.91
Vegetable, Black Beans, Cuban	1/2 CUP	1	167	9.22	25.74	3.32
Vegetable, Ranchero Beans	1/2 cup	1	115	6.21	20.08	0.03
Rice, Spanish, Brown	1/2 CUP	1	145	3.4	29.72	1.39
Salad, Romaine w/ Pico	1 EACH	1	17	0.34	5.08	0.0
Fruit, Apples, Fresh, Golden	1 EACH	1	49	0.25	13.31	0.17
Fruit, Apples, Fresh, Granny	1 EACH	1	95	0.47	25.13	0.31
Fruit, Cantaloupe & Grapes	1/2 cup	1	*13	*0.12	*3.35	*0.0
Salsa, Cilantro	1 Each	1	*N/A*	*N/A*	*N/A*	*N/A*
PC, Sour Cream, Daisy	1 EACH	1	57	0.94	0.94	4.73
Dressing, Ranch, Buttermilk	1 TBSP	1	14	0.43	0.99	0.82
Cheese, Cheddar, Shredded	1 EACH	1	111	7.09	0.0	9.11
MILK CHOCOLATE FAT FREE	1 Each	1	125	7.69	24.02	0.0
MILK, LOWFAT, 1% VITAMIN A & D	1 each	1	106	7.69	12.49	2.4
Weighted Daily Average			*1863	*108.75	*247.85	*50.71
% of Calories				*23.3%	*53.2%	*24.5%
Nutrient Guideline			750-850			<=30.0

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.

Uplift Education

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Nov 2, 2015 thru Nov 6, 2015

Lunch 9-12th

Generated on: 11/2/2015 3:07:58 PM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 11/04/2015						
Lunch 9-12th	Total	1				
Pizza, Veggie, WG, Big Daddy's	SLICE	1	351	18.24	37.98	14.24
Pizza, BBQ Chicken	SLICE	1	285	15.67	36.22	8.78
Salad, Harvest, Vegetarian	1 EACH	1	535	16.4	65.43	25.28
Vegetable, Carrots, Lemon Roast	1/2 CUP	1	62	0.5	6.51	3.84
Salad, Strawberry Spinach	1/2 CUP	1	52	1.33	6.58	2.0
Fruit, Bananas, Fresh	1 EACH	1	117	1.07	30.93	0.0
Fruit, Grapes, Red, Fresh	1/2 CUP	1	62	0.6	16.22	0.0
PC, Red Pepper Flakes	1 EACH	1	0	0.0	0.0	0.0
Dressing, Balsamic Vinaigrette	1 TBSP	1	282	0.08	8.47	28.0
MILK CHOCOLATE FAT FREE	1 Each	1	125	7.69	24.02	0.0
MILK, LOWFAT, 1% VITAMIN A & D	1 each	1	106	7.69	12.49	2.4
Weighted Daily Average			1978	69.26	244.85	84.52
% of Calories				14.0%	49.5%	38.5%
Nutrient Guideline			750-850			<=30.0

Thu - 11/05/2015						
Lunch 9-12th	Total	1				
Chicken, Sriracha Honey	servings	1	211	12.06	24.12	6.03
Chicken, Tangerine	servings	1	189	13.95	24.9	3.98
Protein box, yogurt and cheese	1 each	1	495	16.9	83.99	11.45
Rice, Brown, Plain	1 CUP	1	202	4.77	42.59	1.81
Vegetable, Green Beans, Sesame	1/2 CUP	1	56	1.36	6.26	2.17
Vegetable, Carrots w/ Hummus	1/2 CUP	1	95	3.45	13.84	4.09
Fruit, Oranges, Fresh	1 EACH	1	44	0.73	10.99	0.0
Fruit, Kiwi, Fresh	1/2 CUP	1	94	1.14	23.98	0.22
MILK CHOCOLATE FAT FREE	1 Each	1	125	7.69	24.02	0.0
MILK, LOWFAT, 1% VITAMIN A & D	1 each	1	106	7.69	12.49	2.4
Weighted Daily Average			1617	69.74	267.19	32.15
% of Calories				17.2%	66.1%	17.9%
Nutrient Guideline			750-850			<=30.0

Fri - 11/06/2015						
Lunch 9-12th	Total	1				
Chicken, Grilled Sandwich	1 each	1	275	22.5	24.99	10.5
Beef, Hot Dog	1 each	1	142	7.09	1.01	12.15
Salad, SW Black Bean Shaker	1 EACH	1	595	12.02	73.12	30.86
Salad, Broccoli	1/2 CUP	1	124	1.06	18.15	4.93
Vegetable, lettuce/tomato/pick	1 CUP	1	35	0.33	5.8	0.8
PC KETCHUP	1 EACH	1	10	0.0	2.01	0.0
PC MAYO FAT-FREE POUCH	1 each	1	10	0.0	3.01	0.0
PC MUSTARD	1 EACH	1	0	0.0	0.0	0.0
Fruit, PEARS, FRESH	1 EACH	1	123	1.37	31.4	0.0
Fruit, Apples, Fresh, Gala	1 EACH	1	95	0.47	25.13	0.31
MILK CHOCOLATE FAT FREE	1 Each	1	125	7.69	24.02	0.0
MILK, LOWFAT, 1% VITAMIN A & D	1 each	1	106	7.69	12.49	2.4
Weighted Daily Average			1638	60.22	221.13	61.94
% of Calories				14.7%	54.0%	34.0%
Nutrient Guideline			750-850			<=30.0

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.

Uplift Education

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Nov 2, 2015 thru Nov 6, 2015

Lunch 9-12th

Generated on: 11/2/2015 3:07:58 PM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Average			*1752	*75.72 *17.3%	*246.58 *56.3%	*54.27 *27.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1752		750 - 850	206%	Missing		902	Correction Required -
Protein (g)	75.72	17.29%			Missing			Calories too High
Carbohydrate (g)	246.58	56.30%			Missing			
Total Fat (g)	54.27	27.88%	<=30.00%		Missing			

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.