

# Jamestown Public Schools

Sep 21, 2020 thru Oct 2, 2020

## Base Menu Spreadsheet

Jamestown Middle Grades Lunch

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/21/2020																
Jamestown Middle Grades L	Total	1														
.TURKEY SANDWICH	1 EACH	1	266	43	779	2.00	*1.44	*240.0	*300	*0.0	5	22.0	31.0	7.0	3.50	0.00
.CARROT STICKS 2 PACKS	2 PACKS	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
.RANCH DRESSING, FF, 12g	2 EACH	1	23	0	203	0.00	0.00	0.0	0	0.0	2	0.75	4.5	0.0	0.00	0.00
.APPLES, Fresh	1 EACH	1	95	0	2	4.40	0.22	11.0	98	8.41	*N/A*	0.47	25.13	0.31	0.05	0.00
.MILK 1% WHITE	8 OZ	1	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
.MILK, SKIM	8 OZ	1	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
.CHEESE SLICE	1/2 OZ.	1	94	28	364	0.00	0.07	193.3	216	0.0	2	4.78	2.43	7.27	4.27	0.26
Weighted Daily Average			713	86	1658	8.86	*2.00	*1073.3	*16296	*18.39	*36	44.82	97.48	17.29	9.35	0.26
% of Calories											*20.3%	25.1%	54.7%	21.8%	11.8%	0.3%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 09/22/2020																
Jamestown Middle Grades L	Total	1														
.TUNA SANDWICH	#12 scoop	1	286	39	501	2.00	*1.44	*40.0	*0	*0.0	6	20.11	33.97	8.17	1.23	*0.00
.CELERY STICKS	1 CUP	1	24	0	119	2.38	0.30	59.4	667	4.61	2	1.03	4.41	0.25	0.06	0.00
.RANCH DRESSING, FF, 12g	2 EACH	1	23	0	203	0.00	0.00	0.0	0	0.0	2	0.75	4.5	0.0	0.00	0.00
New York Grape Juice	4 oz servin	1	80	0	5	0.00	0.00	18.0	*N/A*	90.0	19	0.0	19.0	0.0	0.00	0.00
.MILK 1% WHITE	8 OZ	1	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
.MILK, SKIM	8 OZ	1	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			613	54	1077	4.38	*1.74	*717.4	*1667	*99.40	52	37.89	87.89	10.92	2.79	*0.00
% of Calories											34.0%	24.7%	57.4%	16.0%	4.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 09/23/2020																
Jamestown Middle Grades L	Total	1														
.TACO MEAT	#10 SCOO	1	176	41	290	1.50	2.22	45.9	440	1.0	1	14.64	6.0	11.05	3.18	1.59
.TORTILLA CHIPS	1 OZ	1	140	0	110	2.00	0.36	20.0	0	0.0	0	2.0	19.0	6.0	1.00	0.00
.CHEESE SHREDDED LOL	1 Ounce	1	110	30	190	0.00	0.00	200.0	300	0.0	0	7.0	1.0	9.0	6.00	0.00
.BLACK BEANS, CANNED	1 CUP	1	240	0	620	12.00	10.80	80.0	0	0.0	0	16.0	44.0	0.0	0.00	0.00
.BANANA	1 EACH	1	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
.MILK 1% WHITE	8 OZ	1	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
.MILK, SKIM	8 OZ	1	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00

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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			971	86	1461	18.57	13.69	951.8	1816	16.06	40	56.93	122.95	28.94	11.82	1.59
% of Calories											16.5%	23.5%	50.7%	26.8%	11.0%	1.5%
Nutrient Guideline			550-650		1230											<10.00

Thu - 09/24/2020																
Jamestown Middle Grades L	Total	1														
.YOGURT 4 OZ	8 OZ	1	180	0	100	0.00	0.00	600.0	0	2.4	30	6.0	38.0	0.0	0.00	0.00
.CHEESE MOZZ STRING LF	STICK	1	60	10	210	0.00	0.00	200.0	100	0.0	*N/A*	8.0	1.0	2.5	2.00	0.00
CRACKERS, GRAHAM	3 EACH	1	183	0	195	1.45	1.61	32.7	1	0.0	11	2.84	33.02	4.51	0.69	0.02
.APPLES, SLICED, 1 Pack	1 Cup	1	60	0	0	2.00	0.00	40.0	0	42.0	12	0.0	14.0	0.0	0.00	0.00
.BROCCOLI, FRESH	1 Cup	1	24	0	23	1.85	0.52	33.4	442	63.33	1	2.0	4.71	0.26	0.03	0.00
.RANCH DRESSING, FF, 12g	2 EACH	1	23	0	203	0.00	0.00	0.0	0	0.0	2	0.75	4.5	0.0	0.00	0.00
.MILK 1% WHITE	8 OZ	1	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
.MILK, SKIM	8 OZ	1	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			729	25	981	5.29	2.13	1506.1	1543	112.53	*79	35.60	121.24	9.77	4.22	0.02
% of Calories											*43.5%	19.5%	66.5%	12.1%	5.2%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 09/25/2020																
Jamestown Middle Grades L	Total	1														
.PB&J JAMWICH, GRAPE, LAR	1 EACH	1	600	0	590	7.00	2.70	60.0	100	1.2	18	20.0	69.0	31.0	4.50	0.00
GE																
.PEAS	1 CUP	1	124	0	116	8.80	2.53	38.0	3360	15.81	*N/A*	8.24	22.82	0.45	0.08	0.00
New York Grape Juice	4 oz servin	1	80	0	5	0.00	0.00	18.0	*N/A*	90.0	19	0.0	19.0	0.0	0.00	0.00
.MILK 1% WHITE	8 OZ	1	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
.MILK, SKIM	8 OZ	1	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			1004	15	961	15.80	5.23	716.0	*4460	111.81	*61	44.24	136.82	33.95	6.08	0.00
% of Calories											*24.3%	17.6%	54.5%	30.4%	5.5%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 09/28/2020</b>																
Jamestown Middle Grades L	Total	1														
.HAM SANDWICH	1 EACH	1	248	33	746	2.00	1.44	240.0	300	0.0	6	18.09	32.03	7.03	3.52	0.00
.CARROT STICKS 2 PACKS	2 PACKS	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
.RANCH DRESSING, FF, 12g	2 EACH	1	23	0	203	0.00	0.00	0.0	0	0.0	2	0.75	4.5	0.0	0.00	0.00
ORANGES	1 EACH	1	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
.MILK 1% WHITE	8 OZ	1	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
.MILK, SKIM	8 OZ	1	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
CHEESE SLICE	1/2 OZ.	1	94	28	364	0.00	0.07	193.3	216	0.0	2	4.78	2.43	7.27	4.27	0.26
Weighted Daily Average			645	76	1623	6.76	1.87	1100.7	16414	61.06	46	41.33	84.66	17.13	9.33	0.26
% of Calories											28.7%	25.6%	52.5%	23.9%	13.0%	0.4%
Nutrient Guideline			550-650		1230											<10.00

<b>Tue - 09/29/2020</b>																
Jamestown Middle Grades L	Total	1														
TURKEY SANDWICH	sandwich	1	159	24	686	4.28	0.82	4.5	19	3.23	6	13.68	23.39	2.44	0.69	0.00
New York Grape Juice	4 oz servin	1	80	0	5	0.00	0.00	18.0	*N/A*	90.0	19	0.0	19.0	0.0	0.00	0.00
.VEGETARIAN BEANS	1 CUP	1	220	0	280	10.00	3.02	86.0	274	0.0	14	14.0	40.0	2.0	0.00	0.00
.MILK 1% WHITE	8 OZ	1	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
.MILK, SKIM	8 OZ	1	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			659	39	1221	14.28	3.84	708.5	*1293	98.03	63	43.68	108.39	6.94	2.19	0.00
% of Calories											38.2%	26.5%	65.8%	9.5%	3.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

<b>Wed - 09/30/2020</b>																
Jamestown Middle Grades L	Total	1														
.CHEF SALAD TECH ACADEMY	1 EACH	1	384	20	1145	3.95	2.34	508.2	7054	21.75	*2	24.07	42.77	12.22	5.02	0.00
Cheez-it Crackers	bag	1	142	0	235	0.74	1.11	42.0	110	0.0	*N/A*	3.23	16.3	7.29	1.70	0.08
.RANCH DRESSING, FF, 12g	2 EACH	1	23	0	203	0.00	0.00	0.0	0	0.0	2	0.75	4.5	0.0	0.00	0.00
.APPLES, SLICED, 1 Pack	1 Cup	1	60	0	0	2.00	0.00	40.0	0	42.0	12	0.0	14.0	0.0	0.00	0.00
.MILK 1% WHITE	8 OZ	1	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
.MILK, SKIM	8 OZ	1	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
.CHICKEN FAJITA E&M	#10 Scoop	1	108	65	535	0.00	*N/A*	*N/A*	*N/A*	*N/A*	2	15.88	1.76	3.53	1.76	0.00

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### Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			916	100	2367	6.69	*3.45	*1190.2	*8163	*68.55	*41	59.93	105.34	25.54	9.98	0.08
% of Calories											*17.9%	26.2%	46.0%	25.1%	9.8%	0.1%
Nutrient Guideline			550-650		1230											<10.00

Thu - 10/01/2020																
Jamestown Middle Grades L	Total	1														
.YOGURT 4 OZ	8 OZ	1	180	0	100	0.00	0.00	600.0	0	2.4	30	6.0	38.0	0.0	0.00	0.00
.CHEESE MOZZ STRING LF	STICK	1	60	10	210	0.00	0.00	200.0	100	0.0	*N/A*	8.0	1.0	2.5	2.00	0.00
GRAHAM CRACKERS	3 each	1	90	0	96	0.71	0.79	16.2	0	0.0	5	1.4	16.31	2.23	0.34	0.01
ORANGES	1 EACH	1	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
.BROCCOLI, FRESH	1 Cup	1	24	0	23	1.85	0.52	33.4	442	63.33	1	2.0	4.71	0.26	0.03	0.00
.RANCH DRESSING, FF, 12g	1 EACH	1	11	0	101	0.00	0.00	0.0	0	0.0	1	0.38	2.25	0.0	0.00	0.00
.MILK 1% WHITE	8 OZ	1	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
.MILK, SKIM	8 OZ	1	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			611	25	781	4.86	1.41	1487.9	1759	121.60	*70	34.68	99.55	7.60	3.88	0.01
% of Calories											*45.9%	22.7%	65.2%	11.2%	5.7%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 10/02/2020																
Jamestown Middle Grades L	Total	1														
.PB&J JAMWICH, GRAPE, LAR GE	1 EACH	1	600	0	590	7.00	2.70	60.0	100	1.2	18	20.0	69.0	31.0	4.50	0.00
.RANCH DRESSING, FF, 12g	1 EACH	1	11	0	101	0.00	0.00	0.0	0	0.0	1	0.38	2.25	0.0	0.00	0.00
.CELERY STICKS	1 CUP	1	24	0	119	2.38	0.30	59.4	667	4.61	2	1.03	4.41	0.25	0.06	0.00
.APPLESAUCE	1 CUP	1	102	0	20	4.00	0.30	8.0	70	3.0	18	0.0	28.0	0.0	0.00	0.00
.MILK 1% WHITE	8 OZ	1	110	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
.MILK, SKIM	8 OZ	1	90	5	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average			937	15	1080	13.38	3.30	727.4	1837	13.61	63	37.40	129.66	33.75	6.06	0.00
% of Calories											26.8%	16.0%	55.4%	32.4%	5.8%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Weighted Average			780	52	1321	9.89	*3.86	*1018.0	*5525	*72.10	*55	43.65	109.40	19.18	6.57	*0.22
											*63.7%	22.4%	56.1%	22.1%	7.6%	*0.3%

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	780		550 - 650	120%					130	Correction Required - Calories too High							
Cholesterol (mg)	52																
Sodium 1 (mg)	1321		1230						91	Correction Required - Sodium too High							
Sodium 2 (mg)	1321		935						386	Correction Required - Sodium too High							
Fiber (g)	9.89																
Iron (mg)	3.86				Missing												
Calcium (mg)	1018.0				Missing												
Vitamin A (IU)	5525				Missing												
Sugars (g)	55	28.30%			Missing												
Vitamin C (mg)	72.10				Missing												
Protein (g)	43.65	22.39%															
Carbohydrate (g)	109.40	56.12%															
Total Fat (g)	19.18	22.14%															
Saturated Fat (g)	6.57	7.58%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.22	0.26%			Missing												

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