

Jamestown Public Schools

Sep 8, 2020 thru Sep 18, 2020

Base Menu Spreadsheet

JAMESTOWN HIGH SCHOOL LUNCH

Weighted Values - Detailed

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Generated on: 9/13/2020 8:11:45 PM

	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 ¹ (g)
Tue - 09/08/2020																
JAMESTOWN HIGH SCHO	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																
.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
.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
.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
Weighted Daily Average			907	15	1002	11.46	2.96	729.0	15782	53.18	59	37.19	119.67	33.71	6.03	0.00
% of Calories											26.0%	16.4%	52.8%	33.4%	6.0%	0.0%
Nutrient Guideline			600-650		1230											<10.00

Wed - 09/09/2020																
JAMESTOWN HIGH SCHO	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
.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
.PEACHES	1 CUP	1	120	0	20	2.00	0.00	0.0	200	0.0	26	2.0	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
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			726	86	1639	5.84	*2.03	*1066.7	*2158	*68.13	59	47.53	96.64	17.03	9.30	0.26
% of Calories											32.7%	26.2%	53.2%	21.1%	11.5%	0.3%
Nutrient Guideline			600-650		1230											<10.00

Thu - 09/10/2020																
JAMESTOWN HIGH SCHO	Total	1														
.CHICKEN FAJITAS, HS	#8 scoop	1	144	87	713	0.00	*N/A*	*N/A*	*N/A*	*N/A*	2	21.18	2.35	4.71	2.35	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
.TORTILLA SHELL, 10" Plain WG	1 EACH	1	190	0	370	5.00	1.44	100.0	0	0.0	0	6.0	35.0	5.0	1.00	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
.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
.PEARS, DICED	1 CUP	1	100	0	0	6.00	0.00	0.0	0	7.2	18	0.0	28.0	0.24	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

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Weighted Daily Average			986	132	2005	21.00	*4.46	*986.0	*1574	*12.00	60	64.92	136.85	23.44	10.85	0.00
% of Calories											24.3%	26.3%	55.5%	21.4%	9.9%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 09/11/2020																
JAMESTOWN HIGH SCHO	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
.STRAWBERRY CUP	2 EACH	1	180	0	0	4.00	0.72	40.0	0	132.0	36	2.0	44.0	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			713	54	1072	8.38	*2.46	*739.4	*1667	*141.41	69	39.88	112.89	10.92	2.79	*0.00
% of Calories											38.8%	22.4%	63.4%	13.8%	3.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 09/14/2020																
JAMESTOWN HIGH SCHO	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
.PEARS, DICED	1 CUP	1	100	0	0	6.00	0.00	0.0	0	7.2	18	0.0	28.0	0.24	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
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			700	76	1623	10.46	1.78	1062.3	16198	17.18	55	40.43	101.38	17.25	9.32	0.26
% of Calories											31.6%	23.1%	58.0%	22.2%	12.0%	0.3%
Nutrient Guideline			600-650		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 ¹ (g)
Tue - 09/15/2020																
JAMESTOWN HIGH SCHO	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
.STRAWBERRY CUP	2 EACH	1	180	0	0	4.00	0.72	40.0	0	132.0	36	2.0	44.0	0.0	0.00	0.00
GRANOLA CEREAL, BULK	2 OZ	1	220	*N/A*	120	4.00	1.44	120.0	*N/A*	*N/A*	8	4.0	30.0	8.0	1.00	*N/A*
.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			827	*15	696	9.85	2.68	1393.4	*1442	*202.53	101	30.75	147.22	10.76	2.53	*0.00
% of Calories											48.7%	14.9%	71.2%	11.7%	2.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 09/16/2020																
JAMESTOWN HIGH SCHO	Total	1														
.CHICKEN SALAD SAND.	1 EACH	1	275	48	503	2.02	*1.45	*40.4	*0	*0.0	*5	18.11	32.39	8.19	0.89	*0.00
.DINNER ROLL, WG	2 EACH	1	180	0	420	2.00	1.44	80.0	0	0.0	*N/A*	6.0	32.0	2.0	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
Garbanzo beans	8 OZ	1	252	0	0	22.40	0.00	0.0	0	0.0	1	14.4	41.2	2.6	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			967	63	1173	28.42	*2.89	*760.4	*1000	*46.80	*42	54.51	145.59	15.29	2.39	*0.00
% of Calories											*17.6%	22.6%	60.2%	14.2%	2.2%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 09/17/2020																
JAMESTOWN HIGH SCHO	Total	1														
PEPPERONI SLICES	2 OZ	1	139	27	511	0.06	0.37	11.1	29	0.14	0	5.28	0.36	12.94	4.69	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
.TORTILLA SHELL, 10" Plain WG	1 EACH	1	190	0	370	5.00	1.44	100.0	0	0.0	0	6.0	35.0	5.0	1.00	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
.SPAGHETTI SAUCE, 1 OZ	1 OZ	1	18	0	111	0.66	0.24	4.4	166	1.99	1	0.66	3.1	0.0	0.00	0.00
Lettuce 1/2 cup	1/2 cup	1	5	0	4	0.43	0.15	6.5	181	1.01	1	0.32	1.07	0.05	0.01	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

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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 ¹ (g)
Weighted Daily Average % of Calories			680	52	1658	8.46	2.29	960.4	1692	59.01	*37 *21.5%	37.92 22.3%	82.31 48.4%	23.11 30.6%	9.21 12.2%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 09/18/2020																
JAMESTOWN HIGH SCHO	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
*SALSA	1/4 CUP	1	22	0	69	0.84	1.38	7.4	340	2.48	*N/A*	0.93	4.33	0.12	0.02	0.00
.CORN	1 CUP	1	140	0	10	4.00	0.72	40.0	0	0.0	6	2.0	26.0	2.0	0.00	0.00
.APPLESAUCE CUP	1ea = 4.4o	1	51	0	2	1.00	0.30	5.0	35	1.2	11	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
Weighted Daily Average % of Calories			839	86	921	9.34	4.98	918.4	2115	9.48	*42 *20.3%	42.57 20.3%	96.33 45.9%	30.68 32.9%	11.70 12.6%	1.59 1.7%
Nutrient Guideline			600-650		1230										<10.00	

Weighted Average			816	*64	1310	12.58	*2.95	*957.3	*4848	*67.75	*58 *64.3%	43.97 21.6%	115.43 56.6%	20.24 22.3%	7.12 7.9%	*0.23 *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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	816		600 - 650	126%					166	Correction Required - Calories too High							
Cholesterol (mg)	64				Missing												
Sodium 1 (mg)	1310		1230						80	Correction Required - Sodium too High							
Sodium 2 (mg)	1310		935						375	Correction Required - Sodium too High							
Fiber (g)	12.58																
Iron (mg)	2.95				Missing												
Calcium (mg)	957.3				Missing												
Vitamin A (IU)	4848				Missing												
Sugars (g)	58	28.57%			Missing												
Vitamin C (mg)	67.75				Missing												
Protein (g)	43.97	21.55%															
Carbohydrate (g)	115.43	56.59%															
Total Fat (g)	20.24	22.33%															
Saturated Fat (g)	7.12	7.86%	<10.00%														
Trans Fat ¹ (g)	0.23	0.26%			Missing												

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