

# Kohl Wholesale

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Nov 1, 2016 thru Nov 30, 2016

Unity CUSD/Mendon 9-12 lunch

Generated on: 10/27/2016 8:18:48 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Tue - 11/01/2016</b>						
Unity CUSD/Mendon 9-12 lu	Total					
BAKED POTATO BAR ham/chz/broc	1 EACH	261	1134	17.84	15.53	7.81
ROLL, wheat, SCHUBERT	2 EACH	280	460	44.0	8.0	2.00
FRUIT/CHOICE	1 CUP	126	6	33.01	0.26	0.04
MILK, FF FLAVORED & 1% WHITE	1 CUP	122	175	20.2	0.75	0.45
Weighted Daily Average		790	1775	115.05	24.53	10.30
% of Calories				58.3%	28.0%	11.7%
Nutrient Guideline		750-850	1420			<10.00
<b>Wed - 11/02/2016</b>						
Unity CUSD/Mendon 9-12 lu	Total					
CHIC' PENNE	1 1/2 CUP	299	418	44.43	5.51	2.15
ROLL, wheat, SCHUBERT	1 EACH	140	230	22.0	4.0	1.00
BROCCOLI,frozen,boiled	1 CUP	76	67	8.76	2.35	1.07
FRUIT/CHOICE	1 CUP	126	6	33.01	0.26	0.04
MILK, FF FLAVORED & 1% WHITE	1 CUP	122	175	20.2	0.75	0.45
Weighted Daily Average		764	896	128.40	12.86	4.71
% of Calories				67.3%	15.2%	5.6%
Nutrient Guideline		750-850	1420			<10.00
<b>Thu - 11/03/2016</b>						
Unity CUSD/Mendon 9-12 lu	Total					
MEATBALL SUB, wg	1 EACH	324	731	33.44	10.74	3.63
BAKED BEANS, bushs	3/4 CUP	212	833	43.95	1.51	0.00
FRUIT/CHOICE	1 CUP	126	6	33.01	0.26	0.04
MILK, FF FLAVORED & 1% WHITE	1 CUP	122	175	20.2	0.75	0.45
Weighted Daily Average		785	1746	130.60	13.26	4.12
% of Calories				66.6%	15.2%	4.7%
Nutrient Guideline		750-850	1420			<10.00
<b>Fri - 11/04/2016</b>						
Unity CUSD/Mendon 9-12 lu	Total					
TANGERINE CHICKEN	3.88 oz	197	393	27.93	4.14	1.03
RICE,BROWN,LONG,COOKED	1 CUP	149	28	28.52	1.58	0.36
EGG ROLL, VEG, WG, 3 oz	1 EACH	140	290	20.0	6.0	0.50
CARROT STICKS	1/2 CUP	36	61	8.42	0.21	0.03
FRUIT/CHOICE	1 CUP	126	6	33.01	0.26	0.04
MILK, FF FLAVORED & 1% WHITE	1 CUP	122	175	20.2	0.75	0.45
Weighted Daily Average		770	953	138.08	12.94	2.42
% of Calories				71.8%	15.1%	2.8%
Nutrient Guideline		750-850	1420			<10.00

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Page 2

Generated on: 10/27/2016 8:18:48 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/07/2016						
Unity CUSD/Mendon 9-12 lu						
	Total					
	1 EACH	350	700	33.0	16.5	5.00
	1/2 CUP	141	556	29.3	1.01	0.00
	1/2 CUP	36	61	8.42	0.21	0.03
	1 OZ	56	318	6.05	3.52	0.35
	1 CUP	126	6	33.01	0.26	0.04
	1 CUP	122	175	20.2	0.75	0.45
	Weighted Daily Average	831	1815	129.98	22.25	5.88
	% of Calories			62.5%	24.1%	6.4%
Nutrient Guideline		750-850	1420			<10.00
Tue - 11/08/2016						
Unity CUSD/Mendon 9-12 lu						
	Total					
	1 EACH	130	85	1.0	8.0	3.50
	1/2 CUP	77	18	16.01	0.75	0.00
	2 OZ	25	275	5.06	0.0	0.00
	2 EACH	280	460	44.0	8.0	2.00
	1/2 CUP	117	19	25.32	2.01	0.66
	1 CUP	126	6	33.01	0.26	0.04
	1 CUP	122	175	20.2	0.75	0.45
	Weighted Daily Average	878	1038	144.60	19.77	6.66
	% of Calories			65.9%	20.3%	6.8%
Nutrient Guideline		750-850	1420			<10.00
Wed - 11/09/2016						
Unity CUSD/Mendon 9-12 lu						
	Total					
	3 EACH	233	605	34.68	4.39	1.50
	1 EACH	111	213	21.26	1.01	0.00
	3/4 CUP	48	323	6.63	1.37	0.62
	1 CUP	126	6	33.01	0.26	0.04
	1 CUP	122	175	20.2	0.75	0.45
	Weighted Daily Average	641	1322	115.78	7.78	2.62
	% of Calories			72.3%	10.9%	3.7%
Nutrient Guideline		750-850	1420			<10.00
Thu - 11/10/2016						
Unity CUSD/Mendon 9-12 lu						
	Total					
	1 EACH	310	380	33.0	11.0	6.00
	2 Cup	52	216	7.18	2.55	0.26
	2 OZ	46	174	2.69	1.28	0.70
	1 CUP	126	6	33.01	0.26	0.04
	1 CUP	122	175	20.2	0.75	0.45
	Weighted Daily Average	656	951	96.09	15.84	7.45
	% of Calories			58.5%	21.7%	10.2%
Nutrient Guideline		750-850	1420			<10.00

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Unity CUSD/Mendon 9-12 lunch

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Page 3

Generated on: 10/27/2016 8:18:48 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Mon - 11/14/2016</b>						
Unity CUSD/Mendon 9-12 lu	Total					
CHICKEN PATTY ON A WG BUN	1 EACH	400	640	41.0	16.5	2.50
AUGRATIN POTATOES	1/2 CUP	150	287	24.16	2.26	1.63
BROCCOLI,frozen,boiled	1/2 CUP	65	61	5.21	3.52	1.60
FRUIT/CHOICE	1 CUP	126	6	33.01	0.26	0.04
MILK, FF FLAVORED & 1% WHITE	1 CUP	122	175	20.2	0.75	0.45
Weighted Daily Average		863	1170	123.59	23.29	6.22
% of Calories				57.3%	24.3%	6.5%
Nutrient Guideline		750-850	1420			<10.00
<b>Tue - 11/15/2016</b>						
Unity CUSD/Mendon 9-12 lu	Total					
LOOSE MEAT SANDWICH	SERVINGS	322	305	27.93	13.87	4.91
BAKED BEANS, bushs	1 CUP	283	1111	58.59	2.02	0.00
FRUIT/CHOICE	1 CUP	126	6	33.01	0.26	0.04
MILK, FF FLAVORED & 1% WHITE	1 CUP	122	175	20.2	0.75	0.45
Weighted Daily Average		854	1597	139.73	16.90	5.40
% of Calories				65.5%	17.8%	5.7%
Nutrient Guideline		750-850	1420			<10.00
<b>Wed - 11/16/2016</b>						
Unity CUSD/Mendon 9-12 lu	Total					
GOULASH wg	1 CUP	327	126	24.2	14.16	5.42
BREADSTICK, WG, pierre	1 EACH	111	213	21.26	1.01	0.00
CORN:frozen, boiled	3/4 CUP	176	28	37.98	3.02	0.99
FRUIT/CHOICE	1 CUP	126	6	33.01	0.26	0.04
MILK, FF FLAVORED & 1% WHITE	1 CUP	122	175	20.2	0.75	0.45
Weighted Daily Average		862	548	136.66	19.20	6.90
% of Calories				63.4%	20.0%	7.2%
Nutrient Guideline		750-850	1420			<10.00
<b>Thu - 11/17/2016</b>						
Unity CUSD/Mendon 9-12 lu	Total					
CHICKEN WINGS, SPICY	5 EACH	484	1613	19.36	29.03	6.45
ROLL, wheat, SCHUBERT	1 EACH	140	230	22.0	4.0	1.00
CARROTS:frozen, boiled	1 CUP	67	107	14.03	1.23	0.22
FRUIT/CHOICE	1 CUP	126	6	33.01	0.26	0.04
MILK, FF FLAVORED & 1% WHITE	1 CUP	122	175	20.2	0.75	0.45
Weighted Daily Average		939	2132	108.59	35.28	8.16
% of Calories				46.2%	33.8%	7.8%
Nutrient Guideline		750-850	1420			<10.00

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Base Menu Spreadsheet

Unity CUSD/Mendon 9-12 lunch

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Page 4

Generated on: 10/27/2016 8:18:48 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/21/2016						
Unity CUSD/Mendon 9-12 lu	Total					
HAMBURGER ON WG BUN, pierre	1 EACH	290	560	27.0	13.5	5.00
LETTUCE & TOMATO	1 lf,2 slc	8	8	1.65	0.09	0.01
KETCHUP & MUSTARD:Heinz packet	1 EACH	10	170	3.0	0.0	0.00
POTATO WEDGES	3/4 CUP	192	62	43.08	0.39	0.10
KETCHUP, unipro	1 TBSP	15	190	4.0	0.0	0.00
FRUIT/CHOICE	1 CUP	126	6	33.01	0.26	0.04
MILK, FF FLAVORED & 1% WHITE	1 CUP	122	175	20.2	0.75	0.45
Weighted Daily Average		763	1171	131.94	14.99	5.60
% of Calories				69.2%	17.7%	6.6%
Nutrient Guideline		750-850	1420			<10.00

Tue - 11/22/2016						
Unity CUSD/Mendon 9-12 lu	Total					
ROAST TURKEY (3oz)	3 OZ SERVINGS	163	922	8.7	2.99	0.99
WHIPPED POTATOES, basic	1/2 CUP	77	18	16.01	0.75	0.00
TURKEY GRAVY, trio	1/4 CUP	31	289	6.13	0.37	0.08
ROLL, wheat, SCHUBERT	1 EACH	140	230	22.0	4.0	1.00
CORN:frozen, boiled	1/2 CUP	117	19	25.32	2.01	0.66
COOKIE, SNICKERDOODLE, wg	1 EACH	100	135	20.0	2.0	0.00
FRUIT/CHOICE	1 CUP	126	6	33.01	0.26	0.04
MILK, FF FLAVORED & 1% WHITE	1 CUP	122	175	20.2	0.75	0.45
Weighted Daily Average		877	1795	151.37	13.13	3.23
% of Calories				69.1%	13.5%	3.3%
Nutrient Guideline		750-850	1420			<10.00

Wed - 11/23/2016						
Unity CUSD/Mendon 9-12 lu	Total					
PIZZA, SAUSAGE, SMART, tony's	1 EACH	318	712	39.43	10.95	3.29
SALAD W/ RF DRESSING 1.5 CUP	2 Cup	52	216	7.18	2.55	0.26
COTTAGE CHEESE,prarie farms	2 OZ	46	174	2.69	1.28	0.70
FRUIT/CHOICE	1 CUP	126	6	33.01	0.26	0.04
MILK, FF FLAVORED & 1% WHITE	1 CUP	122	175	20.2	0.75	0.45
Weighted Daily Average		664	1283	102.52	15.80	4.74
% of Calories				61.7%	21.4%	6.4%
Nutrient Guideline		750-850	1420			<10.00

Mon - 11/28/2016						
Unity CUSD/Mendon 9-12 lu	Total					
CHICKEN NUGGETS,WG,tyson	7 EACH	280	336	20.99	11.2	2.10
KETCHUP, unipro	1 TBSP	15	190	4.0	0.0	0.00
MACARONI & CHEESE wg, trio	3/4 CUP	248	752	41.85	4.09	0.10
BROCCOLI,frozen,boiled	1 CUP	76	67	8.76	2.35	1.07
FRUIT/CHOICE	1 CUP	126	6	33.01	0.26	0.04
MILK, FF FLAVORED & 1% WHITE	1 CUP	122	175	20.2	0.75	0.45
Weighted Daily Average		867	1526	128.81	18.64	3.75
% of Calories				59.4%	19.3%	3.9%
Nutrient Guideline		750-850	1420			<10.00

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Page 5

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/29/2016						
Unity CUSD/Mendon 9-12 lu	Total					
PULLED PORK SANDWICH wg	2 OZ	339	591	32.14	12.91	3.95
WHIPPED POTATOES, basic	1/2 CUP	77	18	16.01	0.75	0.00
GRAVY, BROWN, trio	2 OZ	25	275	5.06	0.0	0.00
CELERY STICKS	6 EACH	10	52	1.94	0.11	0.03
FRUIT/CHOICE	1 CUP	126	6	33.01	0.26	0.04
MILK, FF FLAVORED & 1% WHITE	1 CUP	122	175	20.2	0.75	0.45
Weighted Daily Average		700	1118	108.36	14.78	4.47
% of Calories				61.9%	19.0%	5.8%
Nutrient Guideline		750-850	1420			<10.00
Wed - 11/30/2016						
Unity CUSD/Mendon 9-12 lu	Total					
SPAGHETTI AND MEAT SAUCE wg	1 CUP	323	557	39.56	10.98	3.60
GARLIC BREAD, bakecrafters	1 EACH	90	189	14.94	2.49	0.50
GREEN BEANS, canned, LS	3/4 CUP	48	323	6.63	1.37	0.62
FRUIT/CHOICE	1 CUP	126	6	33.01	0.26	0.04
MILK, FF FLAVORED & 1% WHITE	1 CUP	122	175	20.2	0.75	0.45
Weighted Daily Average		709	1251	114.34	15.85	5.22
% of Calories				64.5%	20.1%	6.6%
Nutrient Guideline		750-850	1420			<10.00
Weighted Average		790	1338	124.69	17.62	5.44
				63.2%	20.1%	6.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	790		750 - 850	100%				
Sodium (mg)	1338		1420					
Carbohydrate (g)	124.69	63.17%						
Total Fat (g)	17.62	20.08%						
Saturated Fat (g)	5.44	6.20%	<10.00%					

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