

Kohl Wholesale

Dec 1, 2016 thru Dec 21, 2016

Base Menu Spreadsheet

Unity CUSD/Mendon 9-12 lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 12/01/2016						
Unity CUSD/Mendon 9-12 lu	Total					
CRAZY WALKING TACO	SERVINGS	339	559	25.88	17.5	6.71
REFRIED BEANS: canned, ALLEN	3/4 CUP	225	540	36.0	3.0	1.50
SALSA, red gold	2 OZ	21	145	4.15	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		833	1425	119.24	21.51	8.70
% of Calories				57.3%	23.2%	9.4%
Nutrient Guideline		750-850	1420			<10.00

Fri - 12/02/2016						
Unity CUSD/Mendon 9-12 lu	Total					
PIZZA, LIL BITES, father	4 EACH	271	592	27.1	11.04	3.01
MARINARA SAUCE, red gold	1/4 CUP	30	71	6.06	0.5	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
PUDDING,variety	1/2 CUP	141	238	27.12	2.65	1.17
MILK, FF FLAVORED & 1% WHITE	1 CUP	122	175	20.2	0.75	0.45
Weighted Daily Average		866	1110	151.47	18.22	5.66
% of Calories				70.0%	18.9%	5.9%
Nutrient Guideline		750-850	1420			<10.00

Mon - 12/05/2016						
Unity CUSD/Mendon 9-12 lu	Total					
CHICKEN BOWL	1 EACH	409	771	44.61	15.01	5.31
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		937	1412	141.83	24.02	7.80
% of Calories				60.5%	23.1%	7.5%
Nutrient Guideline		750-850	1420			<10.00

Tue - 12/06/2016						
Unity CUSD/Mendon 9-12 lu	Total					
NACHOS SUPREME:7-12	SERVINGS	465	674	43.61	22.53	6.98
REFRIED BEANS: canned, ALLEN	3/4 CUP	225	540	36.0	3.0	1.50
SALSA, red gold	2 OZ	21	145	4.15	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		959	1541	136.97	26.54	8.97
% of Calories				57.1%	24.9%	8.4%
Nutrient Guideline		750-850	1420			<10.00

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 12/07/2016						
Unity CUSD/Mendon 9-12 lu						
	Total					
	1 EACH	357	1073	27.57	18.28	6.83
	BAKED BEANS, bushs	141	556	29.3	1.01	0.00
	1/2 CUP	65	61	5.21	3.52	1.60
	BROCCOLI, frozen, boiled	56	318	6.05	3.52	0.35
	1 OZ	126	6	33.01	0.26	0.04
	FRUIT/CHOICE	122	175	20.2	0.75	0.45
	1 CUP	867	2189	121.33	27.34	9.28
	MILK, FF FLAVORED & 1% WHITE			56.0%	28.4%	9.6%
	Weighted Daily Average					
	% of Calories					
Nutrient Guideline		750-850	1420			<10.00

Thu - 12/08/2016						
Unity CUSD/Mendon 9-12 lu						
	Total					
	3.88 oz	197	393	27.93	4.14	1.03
	TANGERINE CHICKEN	74	14	14.26	0.79	0.18
	1/2 CUP	140	290	20.0	6.0	0.50
	EGG ROLL, VEG, WG, 3 oz	36	61	8.42	0.21	0.03
	CARROT STICKS	126	6	33.01	0.26	0.04
	1 CUP	122	175	20.2	0.75	0.45
	MILK, FF FLAVORED & 1% WHITE	695	939	123.82	12.15	2.24
	Weighted Daily Average			71.2%	15.7%	2.9%
	% of Calories					
Nutrient Guideline		750-850	1420			<10.00

Fri - 12/09/2016						
Unity CUSD/Mendon 9-12 lu						
	Total					
	1 EACH	310	380	33.0	11.0	6.00
	PIZZA, FRENCH BREAD, nardone	52	216	7.18	2.55	0.26
	2 Cup	46	174	2.69	1.28	0.70
	SALAD W/ RF DRESSING 1.5 CUP	126	6	33.01	0.26	0.04
	2 OZ	122	175	20.2	0.75	0.45
	COTTAGE CHEESE, prarie farms	656	951	96.09	15.84	7.45
	FRUIT/CHOICE			58.5%	21.7%	10.2%
	1 CUP					
	MILK, FF FLAVORED & 1% WHITE					
	1 CUP					
	Weighted Daily Average					
	% of Calories					
Nutrient Guideline		750-850	1420			<10.00

Mon - 12/12/2016						
Unity CUSD/Mendon 9-12 lu						
	Total					
	1 EACH	440	580	40.0	25.5	4.00
	PORK LOIN FRITTER, brodie wg	300	574	48.33	4.52	3.26
	AUGRATIN POTATOES	126	6	33.01	0.26	0.04
	1 CUP	122	175	20.2	0.75	0.45
	FRUIT/CHOICE	988	1336	141.54	31.03	7.75
	1 CUP			57.3%	28.3%	7.1%
	MILK, FF FLAVORED & 1% WHITE					
	1 CUP					
	Weighted Daily Average					
	% of Calories					
Nutrient Guideline		750-850	1420			<10.00

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 12/13/2016						
Unity CUSD/Mendon 9-12 lu	Total					
TATER TOT CASSEROLE	1 CUP	312	766	19.3	19.63	6.99
ROLL, wheat, SCHUBERT	2 EACH	280	460	44.0	8.0	2.00
SALAD W/ RF DRESSING 1.5 CUP	1.5 Cup	39	162	5.39	1.91	0.19
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		880	1569	121.90	30.55	9.68
% of Calories				55.4%	31.2%	9.9%
Nutrient Guideline		750-850	1420			<10.00

Wed - 12/14/2016						
Unity CUSD/Mendon 9-12 lu	Total					
CHICKEN ALFREDO, alf buds WG	.75 cup	308	578	36.1	5.64	1.01
BREADSTICK, WG, pierre	1 EACH	111	213	21.26	1.01	0.00
PEAS, GREEN, frozen, norpac	1 CUP	214	295	25.69	8.11	3.20
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		882	1267	136.26	15.77	4.70
% of Calories				61.8%	16.1%	4.8%
Nutrient Guideline		750-850	1420			<10.00

Thu - 12/15/2016						
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

Fri - 12/16/2016						
Unity CUSD/Mendon 9-12 lu	Total					
CHICKEN PATTY ON A WG BUN	1 EACH	400	640	41.0	16.5	2.50
FRENCH FRIES, oven bake	12 EACH	100	19	16.87	3.07	0.77
KETCHUP, unipro	1 TBSP	15	190	4.0	0.0	0.00
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		799	1091	123.50	20.79	3.79
% of Calories				61.8%	23.4%	4.3%
Nutrient Guideline		750-850	1420			<10.00

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 12/19/2016						
Unity CUSD/Mendon 9-12 lu						
	Total					
	RIB B-B-Q PATTY, wg bun	1 EACH	350	700	33.0	16.5
	BAKED BEANS, bushs	1/2 CUP	141	556	29.3	1.01
	CARROT STICKS	1/2 CUP	36	61	8.42	0.21
	RANCH DRESSING, reduced fat	1 OZ	56	318	6.05	3.52
	FRUIT/CHOICE	1 CUP	126	6	33.01	0.26
	MILK, FF FLAVORED & 1% WHITE	1 CUP	122	175	20.2	0.75
	Weighted Daily Average		831	1815	129.98	22.25
	% of Calories			62.5%	24.1%	6.4%
Nutrient Guideline			750-850	1420		<10.00

Tue - 12/20/2016						
Unity CUSD/Mendon 9-12 lu						
	Total					
	HAM BAKED	3 OZ	123	1023	1.28	4.7
	WHIPPED POTATOES, basic	1/2 CUP	77	18	16.01	0.75
	GREEN BEANS, canned, LS	1/2 CUP	32	215	4.42	0.92
	ROLL, wheat, SCHUBERT	1 EACH	140	230	22.0	4.0
	COOKIE, SNICKERDOODLE, wg	1 EACH	100	135	20.0	2.0
	FRUIT/CHOICE	1 CUP	126	6	33.01	0.26
	MILK, FF FLAVORED & 1% WHITE	1 CUP	122	175	20.2	0.75
	Weighted Daily Average		721	1803	116.91	13.38
	% of Calories			64.9%	16.7%	4.3%
Nutrient Guideline			750-850	1420		<10.00

Wed - 12/21/2016						
Unity CUSD/Mendon 9-12 lu						
	Total					
	TURKEY & CHEESE SANDWICH LS	1 EACH	373	573	27.84	12.09
	CORN: frozen, boiled 3/4 c	1 CUP	168	25	36.46	2.77
	FRUIT/CHOICE	1 CUP	126	6	33.01	0.26
	MILK, FF FLAVORED & 1% WHITE	1 CUP	122	175	20.2	0.75
	Weighted Daily Average		789	779	117.52	15.86
	% of Calories			59.6%	18.1%	6.5%
Nutrient Guideline			750-850	1420		<10.00

Weighted Average			833	1398	127.26	20.57	6.34
					61.1%	22.2%	6.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	833		750 - 850	100%				
Sodium (mg)	1398		1420					
Carbohydrate (g)	127.26	61.14%						
Total Fat (g)	20.57	22.23%						
Saturated Fat (g)	6.34	6.86%	<10.00%					

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