

# Kohl Wholesale

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 3, 2017 thru Jan 31, 2017

Unity CUSD/Mendon 9-12 lunch

Generated on: 12/15/2016 1:10:15 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/03/2017						
Unity CUSD/Mendon 9-12 lu	Total					
LOOSE MEAT SANDWICH	SERVINGS	322	305	27.93	13.87	4.91
BAKED BEANS, bushes	1/2 CUP	141	556	29.3	1.01	0.00
CARROTS:frozen, boiled	1/2 CUP	53	80	8.77	1.94	0.67
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		765	1122	119.20	17.83	6.07
% of Calories				62.3%	21.0%	7.1%
Nutrient Guideline		750-850	1420			<10.00

Wed - 01/04/2017						
Unity CUSD/Mendon 9-12 lu	Total					
CHILI W/BEANS, 2014	1.5 CUP	393	473	42.61	13.59	4.96
CHEESE SLICE	1 EACH	53	211	0.22	4.43	2.79
CINNAMON ROLL wg	1 EACH	225	266	39.07	5.98	1.67
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		920	1131	135.12	25.01	9.91
% of Calories				58.8%	24.5%	9.7%
Nutrient Guideline		750-850	1420			<10.00

Thu - 01/05/2017						
Unity CUSD/Mendon 9-12 lu	Total					
PULLED PORK SANDWICH wg	2 OZ	339	591	32.14	12.91	3.95
AUGRATIN POTATOES	1/2 CUP	150	287	24.16	2.26	1.63
GREEN BEANS,canned, LS	1/2 CUP	32	215	4.42	0.92	0.42
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		769	1275	113.94	17.09	6.49
% of Calories				59.3%	20.0%	7.6%
Nutrient Guideline		750-850	1420			<10.00

Fri - 01/06/2017						
Unity CUSD/Mendon 9-12 lu	Total					
QUESADILLA CHICKEN CN wg	1 EACH	301	561	31.07	11.02	4.51
SALSA, red gold	2 OZ	21	145	4.15	0.0	0.00
CORN:frozen, boiled	1/2 CUP	117	19	25.32	2.01	0.66
SALAD W/ RF DRESSING	1 Cup	74	330	9.79	3.82	0.38
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		761	1236	123.53	17.86	6.05
% of Calories				64.9%	21.1%	7.2%
Nutrient Guideline		750-850	1420			<10.00

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Mon - 01/09/2017						
Unity CUSD/Mendon 9-12 lu	Total					
CORN DOG, MINI WG, fster frms	6 EACH	298	671	32.83	13.43	3.73
KETCHUP & MUSTARD:Heinz packet	1 EACH	10	170	3.0	0.0	0.00
BAKED BEANS, bushs	1 CUP	283	1111	58.59	2.02	0.00
PUDDING, variety	1/2 CUP	141	238	27.12	2.65	1.17
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		980	2372	174.76	19.11	5.39
% of Calories				71.3%	17.5%	4.9%
Nutrient Guideline		750-850	1420			<10.00

Tue - 01/10/2017						
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

Wed - 01/11/2017						
Unity CUSD/Mendon 9-12 lu	Total					
BOSCO STICKS, 1 M/MA, 1 G/B	2 EACH	300	460	32.0	9.0	3.00
MARINARA SAUCE, red gold	1/2 CUP	61	141	12.12	1.01	0.00
SALAD W/ RF DRESSING	1 Cup	74	330	9.79	3.82	0.38
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		683	1112	107.12	14.83	3.88
% of Calories				62.7%	19.5%	5.1%
Nutrient Guideline		750-850	1420			<10.00

Thu - 01/12/2017						
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
CARROTS:frozen, boiled	3/4 CUP	50	80	10.52	0.93	0.16
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		712	1008	118.23	15.40	4.76
% of Calories				66.4%	19.5%	6.0%
Nutrient Guideline		750-850	1420			<10.00

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Unity CUSD/Mendon 9-12 lunch

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Tue - 01/17/2017</b>						
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
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		768	1753	128.80	16.11	5.50
% of Calories				67.0%	18.9%	6.4%
Nutrient Guideline		750-850	1420			<10.00

<b>Wed - 01/18/2017</b>						
Unity CUSD/Mendon 9-12 lu	Total					
CHIC' PENNE 9-12	1 1/2 CUP	389	579	48.47	9.64	5.28
BREADSTICK, WG, pierre	1 EACH	111	213	21.26	1.01	0.00
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		825	1041	131.70	14.00	6.84
% of Calories				63.9%	15.3%	7.5%
Nutrient Guideline		750-850	1420			<10.00

<b>Thu - 01/19/2017</b>						
Unity CUSD/Mendon 9-12 lu	Total					
SALISBURY STEAK, ADVANCE	1 EACH	130	85	1.0	8.0	3.50
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
ROLL, wheat, SCHUBERT	2 EACH	280	460	44.0	8.0	2.00
CORN: frozen, boiled	1/2 CUP	117	19	25.32	2.01	0.66
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		878	1038	144.60	19.77	6.66
% of Calories				65.9%	20.3%	6.8%
Nutrient Guideline		750-850	1420			<10.00

<b>Fri - 01/20/2017</b>						
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
CARROTS: frozen, boiled	3/4 CUP	79	121	13.15	2.91	1.00
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		769	1202	126.64	18.12	5.67
% of Calories				65.9%	21.2%	6.6%
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 - 01/23/2017						
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	1/2 CUP	165	501	27.9	2.73	0.06
CARROTS:frozen, boiled	1 CUP	105	161	17.53	3.89	1.34
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		814	1369	123.63	18.82	3.99
% of Calories				60.8%	20.8%	4.4%
Nutrient Guideline		750-850	1420			<10.00

Tue - 01/24/2017						
Unity CUSD/Mendon 9-12 lu	Total					
PORK CHOPETTE wg	1 EACH	270	390	18.0	16.0	4.50
ROLL, wheat, SCHUBERT	2 EACH	280	460	44.0	8.0	2.00
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
CORN:frozen, boiled	1/2 CUP	117	19	25.32	2.01	0.66
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		1018	1343	161.60	27.77	7.66
% of Calories				63.5%	24.6%	6.8%
Nutrient Guideline		750-850	1420			<10.00

Wed - 01/25/2017						
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
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		734	843	105.30	17.55	6.54
% of Calories				57.4%	21.5%	8.0%
Nutrient Guideline		750-850	1420			<10.00

Thu - 01/26/2017						
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

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Fri - 01/27/2017</b>						
Unity CUSD/Mendon 9-12 lu	Total					
PEPPERONI CALZONETTE	3 EACH	349	479	34.94	12.98	5.99
MARINARA SAUCE, red gold	1/4 CUP	30	71	6.06	0.5	0.00
SALAD W/ RF DRESSING 1.5 CUP	2 Cup	52	216	7.18	2.55	0.26
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		680	947	101.39	17.04	6.74
% of Calories				59.6%	22.5%	8.9%
Nutrient Guideline		750-850	1420			<10.00

<b>Mon - 01/30/2017</b>						
Unity CUSD/Mendon 9-12 lu	Total					
PORK LOIN FRITTER, brodie wg	1 EACH	440	580	40.0	25.5	4.00
AUGRATIN POTATOES	1 CUP	300	574	48.33	4.52	3.26
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		988	1336	141.54	31.03	7.75
% of Calories				57.3%	28.3%	7.1%
Nutrient Guideline		750-850	1420			<10.00

<b>Tue - 01/31/2017</b>						
Unity CUSD/Mendon 9-12 lu	Total					
CHICKEN NOODLE SOUP	1 CUP	98	207	12.19	2.16	0.53
TOASTED CHEESE SANDWICH	1 EACH	364	836	30.0	21.64	11.20
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		777	1332	109.42	26.04	12.44
% of Calories				56.3%	30.1%	14.4%
Nutrient Guideline		750-850	1420			<10.00

Weighted Average		814	1298	126.36	19.97	6.91
				62.1%	22.1%	7.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	814		750 - 850	100%				
Sodium (mg)	1298		1420					
Carbohydrate (g)	126.36	62.10%						
Total Fat (g)	19.97	22.08%						
Saturated Fat (g)	6.91	7.64%	<10.00%					

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