

Northfield Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

May 1, 2017 thru Jun 6, 2017

NORTHFIELD HIGH SCHOOL LUNCH

Generated on: 4/20/2017 1:53:28 PM

	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)
Mon - 05/01/2017																
NORTHFIELD HIGH SCHO	Total	452														
Macaroni & Cheese, WG LOL	.66 cup	1	290	30	981	2.00	1.08	420.2	800	0.0	6	17.01	31.02	16.01	9.00	0.50
Shrimp Poppers, WG Rich's	1 cup	1	230	60	490	3.00	2.30	31.0	110	1.0	1	12.0	22.0	11.0	2.00	0.00
Tomatoes, cherry	serving(4)	1	31	0	8	0.00	0.00	0.0	1151	18.41	*N/A*	0.0	7.67	0.0	0.00	0.00
Veg Medley	1/2 cup	1	59	0	32	4.00	0.75	22.8	3892	2.91	3	2.6	11.91	0.14	0.03	0.00
Fruit Choice	1/2 cup	1	41	0	4	1.02	0.11	2.9	83	1.12	*0	0.12	10.17	0.04	0.00	*0.00
Fruit Fresh Choice	Serving 1/2cup	1	65	*0	4	2.45	0.42	16.5	967	24.09	*8	0.87	16.6	*0.2	*0.03	*0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
PB & J Jamwich Wheat	2.8 OZ S ANDWICH	1	308	*N/A*	*155	*1.50	*0.18	*79.1	*7	*0.01	*N/A*	*6.0	34.65	16.5	*1.35	*0.00
Sub sandwich, MS/HS	sandwich	1	241	19	592	4.43	1.34	109.9	1727	6.92	*1	16.06	31.81	5.71	2.17	0.00
Sandwich Turkey Sub	sandwich	1	260	26	800	2.00	1.40	130.5	325	0.45	*0	18.51	35.0	5.5	2.00	0.00
Sandwich,Chicken Caesar Wrap	wrap	1	398	*29	1127	2.84	1.74	304.1	*5077	*2.34	*1	21.27	38.36	18.14	5.11	*0.00
Salad entree, MS/HS	salad	1	257	44	848	4.14	5.56	143.6	11247	21.55	*2	21.67	30.92	6.1	1.94	0.00
Weighted Daily Average			5	*0	*11	*0.06	*0.03	*3.5	*57	*0.18	*0	*0.27	0.63	*0.18	*0.06	*0.00
% of Calories											*6.1%	*21.7%	49.5%	*32.2%	*9.9%	*0.2%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

	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 - 05/02/2017																
NORTHFIELD HIGH SCHO	Total	450														
Rodeo Burger on WG Bun	1	400	320	40	630	4.00	2.88	140.0	200	9.0	*5	15.0	36.0	13.5	6.50	0.50
Assorted Fresh Toppings/Hambur	Serving	400	4	0	391	0.25	*0.06	*2.7	*116	*1.91	*1	0.18	1.88	0.03	0.01	0.00
Corn	1/2 cup	350	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	0.00
Fruit Choice	1/2 cup	350	41	0	4	1.02	0.11	2.9	83	1.12	*0	0.12	10.17	0.04	0.00	*0.00
Fruit Fresh Choice	Serving 1/2cup	400	65	*0	4	2.45	0.42	16.5	967	24.09	*8	0.87	16.6	*0.2	*0.03	*0.00
MILK LOWFAT	8 oz	425	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
PB & J Jamwich Wheat	2.8 OZ S ANDWICH	1	308	*N/A*	*155	*1.50	*0.18	*79.1	*7	*0.01	*N/A*	*6.0	34.65	16.5	*1.35	*0.00
Sub Sandwich	sandwich	1	291	36	1045	2.36	1.60	137.2	325	1.42	*0	20.16	36.07	7.66	2.82	*0.00
Sandwich Turkey Sub	sandwich	1	260	26	800	2.00	1.40	130.5	325	0.45	*0	18.51	35.0	5.5	2.00	0.00
Sandwich,Chicken Caesar Wrap	wrap	1	398	*29	1127	2.84	1.74	304.1	*5077	*2.34	*1	21.27	38.36	18.14	5.11	*0.00
Salad entree, MS/HS	salad	1	257	44	848	4.14	5.56	143.6	11247	21.55	*2	21.67	30.92	6.1	1.94	0.00
Weighted Daily Average			536	*45	*1052	*8.32	*3.39	*430.8	*1843	*36.56	*26	*23.74	81.40	*15.15	*7.33	*0.44
% of Calories											*19.2%	*17.7%	60.7%	*25.4%	*12.3%	*0.7%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Northfield Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru Jun 6, 2017

NORTHFIELD HIGH SCHOOL LUNCH

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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)
Wed - 05/03/2017																
NORTHFIELD HIGH SCHO	Total	1														
Loaded Oven Fries	1 each	1	371	*38	1199	*3.58	2.71	*124.7	*230	*8.0	*N/A*	*17.52	31.08	*19.65	*5.65	*0.24
Assorted Veggie Toppings	1/2 cup	1	11	0	3	0.89	0.30	11.8	2214	4.35	1	0.56	2.39	0.12	0.02	0.00
Rice Seasoned	1/2 Cup	1	111	1	1421	0.51	1.03	10.8	20	0.0	*0	2.49	16.09	3.95	1.04	*0.00
Cookie, WG Oatmeal CC, Bestmd	cookie	1	150	10	160	6.00	1.08	20.0	0	0.0	*N/A*	3.0	26.0	4.5	1.50	0.00
Fruit Choice	1/2 cup	1	41	0	4	1.02	0.11	2.9	83	1.12	*0	0.12	10.17	0.04	0.00	*0.00
Fruit Fresh Choice	Serving 1/2cup	1	65	*0	4	2.45	0.42	16.5	967	24.09	*8	0.87	16.6	*0.2	*0.03	*0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
PB & J Jamwich Wheat	2.8 OZ S ANDWICH	1	308	*N/A*	*155	*1.50	*0.18	*79.1	*7	*0.01	*N/A*	*6.0	34.65	16.5	*1.35	*0.00
Sub Sandwich	sandwich	1	291	36	1045	2.36	1.60	137.2	325	1.42	*0	20.16	36.07	7.66	2.82	*0.00
Sandwich Turkey Sub	sandwich	1	260	26	800	2.00	1.40	130.5	325	0.45	*0	18.51	35.0	5.5	2.00	0.00
Sandwich,Chicken Caesar Wrap	wrap	1	398	*29	1127	2.84	1.74	304.1	*5077	*2.34	*1	21.27	38.36	18.14	5.11	*0.00
Salad entree, MS/HS	salad	1	257	44	848	4.14	5.56	143.6	11247	21.55	*2	21.67	30.92	6.1	1.94	0.00
Weighted Daily Average % of Calories			2372	*194	*6902	*27.29	*16.12	*1281.3	*20994	*65.75	*25 *4.2%	*120.17 *20.3%	290.34 49.0%	*84.86 *32.2%	*22.97 *8.7%	*0.24 *0.1%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Thu - 05/04/2017																
NORTHFIELD HIGH SCHO	Total	901														
Sandwich, Chicken crispy filet	Sandwich	400	360	50	620	4.00	2.88	100.0	0	0.0	*N/A*	26.0	42.0	11.5	2.50	0.00
Assorted Veggie Toppings	Serving	300	22	0	6	1.77	0.60	23.7	4427	8.69	2	1.13	4.78	0.24	0.04	0.00
Veg Green Beans	1/2 cup	360	19	0	1	2.03	0.45	28.4	283	2.77	1	1.01	4.35	0.11	0.03	0.00
Fruit Choice	1/2 cup	200	41	0	4	1.02	0.11	2.9	83	1.12	*0	0.12	10.17	0.04	0.00	*0.00
Fruit Fresh Choice	Serving 1/2cup	1	65	*0	4	2.45	0.42	16.5	967	24.09	*8	0.87	16.6	*0.2	*0.03	*0.00
MILK LOWFAT	8 oz	425	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
PB & J Jamwich Wheat	2.8 OZ S ANDWICH	1	308	*N/A*	*155	*1.50	*0.18	*79.1	*7	*0.01	*N/A*	*6.0	34.65	16.5	*1.35	*0.00
Sub sandwich, MS/HS	sandwich	1	241	19	592	4.43	1.34	109.9	1727	6.92	*1	16.06	31.81	5.71	2.17	0.00
Sandwich Turkey Sub	sandwich	1	260	26	800	2.00	1.40	130.5	325	0.45	*0	18.51	35.0	5.5	2.00	0.00
Sandwich,Chicken Caesar Wrap	wrap	1	398	*29	1127	2.84	1.74	304.1	*5077	*2.34	*1	21.27	38.36	18.14	5.11	*0.00
Salad entree, MS/HS	salad	1	257	44	848	4.14	5.56	143.6	11247	21.55	*2	21.67	30.92	6.1	1.94	0.00

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Weighted Daily Average			237	*27	*346	*3.42	*1.69	*206.6	*1863	*5.44	*7	*16.21	30.58	*6.48	*1.86	*0.00
% of Calories											*11.8%	*27.3%	51.5%	*24.5%	*7.0%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Fri - 05/05/2017																
NORTHFIELD HIGH SCHO	Total	452														
Chicken Fajita	Serving	1	261	64	907	3.00	0.77	68.3	143	2.4	*0	20.99	20.0	10.78	3.85	0.00
Assorted Veggie Toppings	1/2 cup	1	11	0	3	0.89	0.30	11.8	2214	4.35	1	0.56	2.39	0.12	0.02	0.00
Fajita Peppers and Onions	4 oz	1	30	0	3	1.71	0.25	16.8	451	44.47	*2	1.0	7.05	0.06	0.02	0.00
Black Bean & Corn Salsa	1/2 cup	1	78	*0	121	2.96	1.01	18.8	262	5.8	*1	2.71	11.6	3.02	0.25	*0.01
Rice Seasoned	1/2 Cup	1	111	1	1421	0.51	1.03	10.8	20	0.0	*0	2.49	16.09	3.95	1.04	*0.00
Fruit Choice	1/2 cup	1	41	0	4	1.02	0.11	2.9	83	1.12	*0	0.12	10.17	0.04	0.00	*0.00
Fruit Fresh Choice	Serving 1/2cup	1	65	*0	4	2.45	0.42	16.5	967	24.09	*8	0.87	16.6	*0.2	*0.03	*0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
PB & J Jamwich Wheat	2.8 OZ S ANDWICH	1	308	*N/A*	*155	*1.50	*0.18	*79.1	*7	*0.01	*N/A*	*6.0	34.65	16.5	*1.35	*0.00
Sub sandwich, MS/HS	sandwich	1	241	19	592	4.43	1.34	109.9	1727	6.92	*1	16.06	31.81	5.71	2.17	0.00
Sandwich Turkey Sub	sandwich	1	260	26	800	2.00	1.40	130.5	325	0.45	*0	18.51	35.0	5.5	2.00	0.00
Sandwich,Chicken Caesar Wrap	wrap	1	398	*29	1127	2.84	1.74	304.1	*5077	*2.34	*1	21.27	38.36	18.14	5.11	*0.00
Salad entree, MS/HS	salad	1	257	44	848	4.14	5.56	143.6	11247	21.55	*2	21.67	30.92	6.1	1.94	0.00
Weighted Daily Average			5	*0	*14	*0.06	*0.03	*2.7	*51	*0.26	*0	*0.27	0.59	*0.16	*0.04	*0.00
% of Calories											*5.5%	*22.2%	49.3%	*30.1%	*8.0%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<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)
Mon - 05/08/2017																
NORTHFIELD HIGH SCHO	Total	901														
Bosco WG Cheese Breadstick	2 each	400	150	10	230	2.00	1.08	200.0	300	0.0	2	10.0	16.0	4.5	1.50	0.00
Marinara sauce, RG, NE	2 oz	400	42	0	63	1.54	0.55	15.4	2308	27.69	5	1.54	6.15	1.54	0.00	0.00
Kale chopped salad	1 cup	1	86	6	123	2.17	1.81	123.6	3671	76.06	*1	1.86	12.48	3.83	0.63	0.00
Broccoli	1/2 cup	350	26	0	10	2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.02	0.00
Fruit Choice	1/2 cup	350	41	0	4	1.02	0.11	2.9	83	1.12	*0	0.12	10.17	0.04	0.00	*0.00
Fruit Fresh Choice	Serving 1/2cup	400	65	*0	4	2.45	0.42	16.5	967	24.09	*8	0.87	16.6	*0.2	*0.03	*0.00
MILK LOWFAT	8 oz	425	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
PB & J Jamwich Wheat	2.8 OZ S ANDWICH	1	308	*N/A*	*155	*1.50	*0.18	*79.1	*7	*0.01	*N/A*	*6.0	34.65	16.5	*1.35	*0.00
Sub sandwich, MS/HS	sandwich	1	241	19	592	4.43	1.34	109.9	1727	6.92	*1	16.06	31.81	5.71	2.17	0.00
Sandwich Turkey Sub	sandwich	1	260	26	800	2.00	1.40	130.5	325	0.45	*0	18.51	35.0	5.5	2.00	0.00
Sandwich,Chicken Caesar Wrap	wrap	1	398	*29	1127	2.84	1.74	304.1	*5077	*2.34	*1	21.27	38.36	18.14	5.11	*0.00
Salad entree, MS/HS	salad	1	257	44	848	4.14	5.56	143.6	11247	21.55	*2	21.67	30.92	6.1	1.94	0.00
Weighted Daily Average			193	*9	*205	*4.15	*1.18	*258.4	*2241	*39.01	*13	*10.53	29.41	*4.07	*1.41	*0.00
% of Calories											*26.7%	*21.8%	60.9%	*19.0%	*6.6%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Tue - 05/09/2017																
NORTHFIELD HIGH SCHO	Total	1														
Sweet and Sour Chicken	Serving	1	145	76	645	0.00	0.91	9.1	90	0.61	*7	15.79	9.57	4.53	1.22	0.00
Rice,brown	Servings	1	128	0	1	1.50	0.54	0.6	0	0.0	*N/A*	3.0	26.25	1.12	0.00	*0.00
Fresh Vegetables	1/2 cup	1	26	0	34	2.41	0.40	20.5	2488	24.74	*1	0.93	5.85	0.09	0.02	0.00
Oriental Vegetables	1/2 cup	1	17	0	10	1.33	0.17	11.3	155	8.33	0	0.67	2.67	0.0	0.00	0.00
Fruit Fresh Choice	Serving 1/2cup	1	65	*0	4	2.45	0.42	16.5	967	24.09	*8	0.87	16.6	*0.2	*0.03	*0.00
Fruit Choice	1/2 cup	1	41	0	4	1.02	0.11	2.9	83	1.12	*0	0.12	10.17	0.04	0.00	*0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
PB & J Jamwich Wheat	2.8 OZ S ANDWICH	1	308	*N/A*	*155	*1.50	*0.18	*79.1	*7	*0.01	*N/A*	*6.0	34.65	16.5	*1.35	*0.00
Sub sandwich, MS/HS	sandwich	1	241	19	592	4.43	1.34	109.9	1727	6.92	*1	16.06	31.81	5.71	2.17	0.00
SANDWICH,TURKEY & CHEESE	SANDWIC	1	258	33	753	3.84	1.94	251.2	162	0.45	3	19.55	28.01	7.34	3.02	0.17
Sandwich,Chicken Caesar Wrap	wrap	1	398	*29	1127	2.84	1.74	304.1	*5077	*2.34	*1	21.27	38.36	18.14	5.11	*0.00
Salad entree, MS/HS	salad	1	257	44	848	4.14	5.56	143.6	11247	21.55	*2	21.67	30.92	6.1	1.94	0.00

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Weighted Daily Average % of Calories			1992	*212	*4309	*25.46	*13.31	*1248.9	*22503	*92.57	*36 *7.2%	*113.93 *22.9%	247.87 49.8%	*62.28 *28.1%	*16.36 *7.4%	*0.17 *0.1%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Wed - 05/10/2017																
NORTHFIELD HIGH SCHO	Total	1														
Sand, BBQChix/Pork WG Panini	2 oz	1	1344	*212	2478	14.17	10.18	195.4	605	0.4	*44	95.63	164.92	34.71	7.99	*0.03
Coleslaw	1/2 cup	1	165	19	267	3.24	0.58	48.6	162	35.96	*N/A*	1.62	13.09	11.34	1.89	0.00
Carrot Coins	1/2 cup	1	27	0	43	2.41	0.39	25.6	12357	1.68	3	0.42	5.64	0.5	0.09	0.00
Fruit Choice	1/2 cup	1	41	0	4	1.02	0.11	2.9	83	1.12	*0	0.12	10.17	0.04	0.00	*0.00
Fruit Fresh Choice	Serving 1/2cup	1	65	*0	4	2.45	0.42	16.5	967	24.09	*8	0.87	16.6	*0.2	*0.03	*0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
PB & J Jamwich Wheat	2.8 OZ S ANDWICH	1	308	*N/A*	*155	*1.50	*0.18	*79.1	*7	*0.01	*N/A*	*6.0	34.65	16.5	*1.35	*0.00
Sub sandwich, MS/HS	sandwich	1	241	19	592	4.43	1.34	109.9	1727	6.92	*1	16.06	31.81	5.71	2.17	0.00
SANDWICH, TURKEY & CHEESE	SANDWIC	1	258	33	753	3.84	1.94	251.2	162	0.45	3	19.55	28.01	7.34	3.02	0.17
Sandwich, Chicken Caesar Wrap	wrap	1	398	*29	1127	2.84	1.74	304.1	*5077	*2.34	*1	21.27	38.36	18.14	5.11	*0.00
Salad entree, MS/HS	salad	1	257	44	848	4.14	5.56	143.6	11247	21.55	*2	21.67	30.92	6.1	1.94	0.00
Weighted Daily Average % of Calories			3213	*366	*6407	*40.04	*22.44	*1476.9	*32895	*96.94	*75 *9.4%	*191.21 *23.8%	387.19 48.2%	*103.09 *28.9%	*25.10 *7.0%	*0.21 *0.1%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Northfield Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 6

May 1, 2017 thru Jun 6, 2017

NORTHFIELD HIGH SCHOOL LUNCH

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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)
Thu - 05/11/2017																
NORTHFIELD HIGH SCHO	Total	901														
Beef Nachos w/Tostitos	Serving	400	357	*56	1079	*3.22	2.75	*309.8	502	*0.0	*N/A*	*25.15	24.8	*16.8	*7.03	*0.32
Assorted Nacho Toppings	Serving	300	46	*0	234	*1.12	*0.80	*12.2	*434	*5.77	*2	*0.94	4.72	2.5	*0.02	*0.00
Beans Refried	1/2 CUP	350	140	*N/A*	490	6.00	1.80	40.0	0	2.4	*N/A*	8.0	25.0	1.5	*N/A*	*N/A*
	39GRAMS															
Rice,brown	Servings	1	128	0	1	1.50	0.54	0.6	0	0.0	*N/A*	3.0	26.25	1.12	0.00	*0.00
Fruit Choice	1/2 cup	400	41	0	4	1.02	0.11	2.9	83	1.12	*0	0.12	10.17	0.04	0.00	*0.00
Fruit Fresh Choice	Serving 1/2cup	400	65	*0	4	2.45	0.42	16.5	967	24.09	*8	0.87	16.6	*0.2	*0.03	*0.00
MILK LOWFAT	8 oz	425	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
PB & J Jamwich Wheat	2.8 OZ S ANDWICH	1	308	*N/A*	*155	*1.50	*0.18	*79.1	*7	*0.01	*N/A*	*6.0	34.65	16.5	*1.35	*0.00
Sub sandwich, MS/HS	sandwich	1	241	19	592	4.43	1.34	109.9	1727	6.92	*1	16.06	31.81	5.71	2.17	0.00
Sandwich Turkey Sub	sandwich	1	260	26	800	2.00	1.40	130.5	325	0.45	*0	18.51	35.0	5.5	2.00	0.00
Sandwich,Chicken Caesar Wrap	wrap	1	398	*29	1127	2.84	1.74	304.1	*5077	*2.34	*1	21.27	38.36	18.14	5.11	*0.00
Salad entree, MS/HS	salad	1	257	44	848	4.14	5.56	143.6	11247	21.55	*2	21.67	30.92	6.1	1.94	0.00
Weighted Daily Average % of Calories			329	*30	*819	*5.69	*2.43	*308.1	*1090	*15.21	*10	*18.89	40.53	*10.22	*3.87	*0.14
											*12.1%	*23.0%	49.3%	*28.0%	*10.6%	*0.4%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Fri - 05/12/2017																
NORTHFIELD HIGH SCHO	Total	451														
Pizza, WG Primo Cheese, 8ct	1 each	400	360	35	600	3.00	2.70	450.0	400	0.0	9	21.0	34.0	16.0	7.00	0.00
Assorted Veggie Toppings	1/2 cup	300	11	0	3	0.89	0.30	11.8	2214	4.35	1	0.56	2.39	0.12	0.02	0.00
Salad,Small Caesar	Serving	350	121	5	370	1.14	0.58	110.9	4153	1.96	1	3.49	3.29	10.6	2.58	*0.00
Peas	1/2 Cup	400	62	0	58	3.60	1.22	19.2	1680	7.92	4	4.12	11.41	0.22	0.04	0.00
Fruit Choice	1/2 cup	350	41	0	4	1.02	0.11	2.9	83	1.12	*0	0.12	10.17	0.04	0.00	*0.00
Fruit Fresh Choice	Serving 1/2cup	1	65	*0	4	2.45	0.42	16.5	967	24.09	*8	0.87	16.6	*0.2	*0.03	*0.00
MILK LOWFAT	8 oz	425	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
PB & J Jamwich Wheat	2.8 OZ S ANDWICH	1	308	*N/A*	*155	*1.50	*0.18	*79.1	*7	*0.01	*N/A*	*6.0	34.65	16.5	*1.35	*0.00
Sub sandwich, MS/HS	sandwich	1	241	19	592	4.43	1.34	109.9	1727	6.92	*1	16.06	31.81	5.71	2.17	0.00
Sandwich Turkey Sub	sandwich	1	260	26	800	2.00	1.40	130.5	325	0.45	*0	18.51	35.0	5.5	2.00	0.00
Sandwich,Chicken Caesar Wrap	wrap	1	398	*29	1127	2.84	1.74	304.1	*5077	*2.34	*1	21.27	38.36	18.14	5.11	*0.00
Salad entree, MS/HS	salad	1	257	44	848	4.14	5.56	143.6	11247	21.55	*2	21.67	30.92	6.1	1.94	0.00

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Northfield Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

May 1, 2017 thru Jun 6, 2017

NORTHFIELD HIGH SCHOOL LUNCH

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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			615	*45	*1011	*8.16	*4.23	*796.8	*7119	*14.69	*24 *15.5%	*33.18 *21.6%	64.98 42.3%	*25.19 *36.9%	*9.70 *14.2%	*0.00 *0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Mon - 05/15/2017																
NORTHFIELD HIGH SCHO	Total	452														
Corn Dogs, Mini WG	6 each	1	300	38	675	4.50	1.62	120.0	0	0.0	*N/A*	10.5	33.0	13.5	3.75	0.00
Fresh Veggies and Dip	serving	1	88	9	362	*2.41	0.40	20.5	2488	24.74	*1	0.93	12.05	4.08	0.46	0.00
Potato Crinkle Sweet Potato	4 oz	1	200	0	227	4.00	2.64	0.0	133	21.61	*N/A*	1.33	29.35	8.0	1.33	0.00
Fruit Choice	1/2 cup	1	41	0	4	1.02	0.11	2.9	83	1.12	*0	0.12	10.17	0.04	0.00	*0.00
Fruit Fresh Choice	Serving 1/2 cup	1	65	*0	4	2.45	0.42	16.5	967	24.09	*8	0.87	16.6	*0.2	*0.03	*0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
PB & J Jamwich Wheat	2.8 OZ S ANDWICH	1	308	*N/A*	*155	*1.50	*0.18	*79.1	*7	*0.01	*N/A*	*6.0	34.65	16.5	*1.35	*0.00
Sub sandwich, MS/HS	sandwich	1	241	19	592	4.43	1.34	109.9	1727	6.92	*1	16.06	31.81	5.71	2.17	0.00
Sandwich Turkey Sub	sandwich	1	260	26	800	2.00	1.40	130.5	325	0.45	*0	18.51	35.0	5.5	2.00	0.00
Sandwich, Chicken Caesar Wrap	wrap	1	398	*29	1127	2.84	1.74	304.1	*5077	*2.34	*1	21.27	38.36	18.14	5.11	*0.00
Salad entree, MS/HS	salad	1	257	44	848	4.14	5.56	143.6	11247	21.55	*2	21.67	30.92	6.1	1.94	0.00
Weighted Daily Average % of Calories			5	*0	*11	*0.06	*0.03	*2.7	*50	*0.23	*0 *4.6%	*0.23 *18.6%	0.63 50.3%	*0.18 *31.9%	*0.04 *7.8%	*0.00 *0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Northfield Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

May 1, 2017 thru Jun 6, 2017

NORTHFIELD HIGH SCHOOL LUNCH

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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 - 05/16/2017																
NORTHFIELD HIGH SCHO	Total	901														
Quesadilla, WG Cheese	400 serving	400	360	15	810	5.00	2.70	350.0	300	0.0	*N/A*	18.0	42.0	14.0	4.00	0.00
Assorted Veggie Toppings	1/2 cup	320	11	0	3	0.89	0.30	11.8	2214	4.35	1	0.56	2.39	0.12	0.02	0.00
Corn	1/2 cup	1	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	0.00
Fruit Choice	1/2 cup	1	41	0	4	1.02	0.11	2.9	83	1.12	*0	0.12	10.17	0.04	0.00	*0.00
Fruit Fresh Choice	Serving 1/2cup	1	65	*0	4	2.45	0.42	16.5	967	24.09	*8	0.87	16.6	*0.2	*0.03	*0.00
MILK LOWFAT	8 oz	425	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
PB & J Jamwich Wheat	2.8 OZ S ANDWICH	1	308	*N/A*	*155	*1.50	*0.18	*79.1	*7	*0.01	*N/A*	*6.0	34.65	16.5	*1.35	*0.00
Sub sandwich, MS/HS	sandwich	1	241	19	592	4.43	1.34	109.9	1727	6.92	*1	16.06	31.81	5.71	2.17	0.00
Sandwich Turkey Sub	sandwich	1	260	26	800	2.00	1.40	130.5	325	0.45	*0	18.51	35.0	5.5	2.00	0.00
Sandwich,Chicken Caesar Wrap	wrap	1	398	*29	1127	2.84	1.74	304.1	*5077	*2.34	*1	21.27	38.36	18.14	5.11	*0.00
Salad entree, MS/HS	salad	1	257	44	848	4.14	5.56	143.6	11247	21.55	*2	21.67	30.92	6.1	1.94	0.00
Weighted Daily Average			218	*12	*428	*2.56	*1.32	*302.0	*1177	*2.74	*6	*12.06	25.86	*7.50	*2.50	*0.00
% of Calories											*11.2%	*22.2%	47.6%	*31.0%	*10.4%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Wed - 05/17/2017																
NORTHFIELD HIGH SCHO	Total	452														
Hamburger/Cheeseburger/Veggie	sandwich	1	308	58	606	3.15	3.45	130.2	162	0.0	*0	22.32	30.1	12.38	4.66	*0.00
Assorted Veggie Toppings	1/2 cup	1	11	0	3	0.89	0.30	11.8	2214	4.35	1	0.56	2.39	0.12	0.02	0.00
Beans, baked vegetarian,Bushs	1/2 cup	1	130	0	550	5.00	1.80	40.0	60	0.0	12	7.0	29.0	0.0	0.00	0.00
Fruit Choice	1/2 cup	1	41	0	4	1.02	0.11	2.9	83	1.12	*0	0.12	10.17	0.04	0.00	*0.00
Fruit Fresh Choice	Serving 1/2cup	1	65	*0	4	2.45	0.42	16.5	967	24.09	*8	0.87	16.6	*0.2	*0.03	*0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
PB & J Jamwich Wheat	2.8 OZ S ANDWICH	1	308	*N/A*	*155	*1.50	*0.18	*79.1	*7	*0.01	*N/A*	*6.0	34.65	16.5	*1.35	*0.00
Sub sandwich, MS/HS	sandwich	1	241	19	592	4.43	1.34	109.9	1727	6.92	*1	16.06	31.81	5.71	2.17	0.00
Sandwich Turkey Sub	sandwich	1	260	26	800	2.00	1.40	130.5	325	0.45	*0	18.51	35.0	5.5	2.00	0.00
Sandwich,Chicken Caesar Wrap	wrap	1	398	*29	1127	2.84	1.74	304.1	*5077	*2.34	*1	21.27	38.36	18.14	5.11	*0.00
Salad entree, MS/HS	salad	1	257	44	848	4.14	5.56	143.6	11247	21.55	*2	21.67	30.92	6.1	1.94	0.00
Weighted Daily Average			5	*0	*11	*0.06	*0.04	*2.8	*49	*0.14	*0	*0.27	0.60	*0.15	*0.04	*0.00
% of Calories											*7.2%	*23.0%	51.1%	*28.4%	*7.9%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Northfield Public Schools

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

NORTHFIELD HIGH SCHOOL LUNCH

Portion Values - Detailed

	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)
Thu - 05/18/2017																
NORTHFIELD HIGH SCHO	Total	901														
Chicken tenders, WG crispy	3 serving(3)	400	240	52	375	1.50	1.62	0.0	7	0.0	2	22.5	13.5	10.5	2.25	0.00
Sauces Assorted	2 oz	400	46	0	672	0.28	0.57	23.8	500	0.0	*3	1.33	8.48	1.25	0.06	0.00
Pasta Salad,Vegetarian	1 serving(1/2c)	1	152	*0	406	*1.44	*1.01	*16.0	*376	*23.51	*2	*4.44	24.13	4.01	*0.14	*0.00
Carrot Coins	1/2 cup	1	27	0	43	2.41	0.39	25.6	12357	1.68	3	0.42	5.64	0.5	0.09	0.00
Fruit Choice	1/2 cup	400	41	0	4	1.02	0.11	2.9	83	1.12	*0	0.12	10.17	0.04	0.00	*0.00
Fruit Fresh Choice	1 Serving 1/2cup	1	65	*0	4	2.45	0.42	16.5	967	24.09	*8	0.87	16.6	*0.2	*0.03	*0.00
MILK LOWFAT	8 oz	425	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
PB & J Jamwich Wheat	1 2.8 OZ S ANDWICH	1	308	*N/A*	*155	*1.50	*0.18	*79.1	*7	*0.01	*N/A*	*6.0	34.65	16.5	*1.35	*0.00
Sub sandwich, MS/HS	1 sandwich	1	241	19	592	4.43	1.34	109.9	1727	6.92	*1	16.06	31.81	5.71	2.17	0.00
Sandwich Turkey Sub	1 sandwich	1	260	26	800	2.00	1.40	130.5	325	0.45	*0	18.51	35.0	5.5	2.00	0.00
Sandwich,Chicken Caesar Wrap	1 wrap	1	398	*29	1127	2.84	1.74	304.1	*5077	*2.34	*1	21.27	38.36	18.14	5.11	*0.00
Salad entree, MS/HS	1 salad	1	257	44	848	4.14	5.56	143.6	11247	21.55	*2	21.67	30.92	6.1	1.94	0.00
Weighted Daily Average			199	*28	*535	*1.27	*1.03	*154.3	*534	*1.72	*8	*14.51	20.65	*6.47	*1.75	*0.00
% of Calories											*15.9%	*29.2%	41.5%	*29.3%	*7.9%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Fri - 05/19/2017																
NORTHFIELD HIGH SCHO	Total	901														
Pasta w/Meatballs Sec	400 Serving	400	332	30	312	4.88	3.87	63.5	4506	54.79	*7	18.9	43.97	8.69	3.02	0.48
Pasta w/Sauce Sec	1 serving	1	180	*0	369	*0.75	1.64	12.5	210	2.45	*N/A*	6.0	35.44	1.31	0.10	*0.00
Vegetable, Zucchini	1/2 cup	1	17	0	8	1.00	0.27	15.0	175	17.4	2	1.2	3.0	0.3	0.10	0.00
Broccoli	1/2 cup	300	26	0	10	2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.02	0.00
Garlic Breadstick 6"	1 stick	1	115	0	170	0.50	0.00	0.0	0	0.0	*N/A*	3.0	16.0	4.5	0.75	0.00
Fruit Choice	1/2 cup	400	41	0	4	1.02	0.11	2.9	83	1.12	*0	0.12	10.17	0.04	0.00	*0.00
Fruit Fresh Choice	1 Serving 1/2cup	380	65	*0	4	2.45	0.42	16.5	967	24.09	*8	0.87	16.6	*0.2	*0.03	*0.00
MILK LOWFAT	8 oz	425	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
PB & J Jamwich Wheat	1 2.8 OZ S ANDWICH	1	308	*N/A*	*155	*1.50	*0.18	*79.1	*7	*0.01	*N/A*	*6.0	34.65	16.5	*1.35	*0.00
Sub sandwich, MS/HS	1 sandwich	1	241	19	592	4.43	1.34	109.9	1727	6.92	*1	16.06	31.81	5.71	2.17	0.00
Sandwich Turkey Sub	1 sandwich	1	260	26	800	2.00	1.40	130.5	325	0.45	*0	18.51	35.0	5.5	2.00	0.00
Sandwich,Chicken Caesar Wrap	1 wrap	1	398	*29	1127	2.84	1.74	304.1	*5077	*2.34	*1	21.27	38.36	18.14	5.11	*0.00
Salad entree, MS/HS	1 salad	1	257	44	848	4.14	5.56	143.6	11247	21.55	*2	21.67	30.92	6.1	1.94	0.00

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

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Northfield Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

May 1, 2017 thru Jun 6, 2017

NORTHFIELD HIGH SCHOOL LUNCH

Generated on: 4/20/2017 1:53:28 PM

	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)
Weighted Daily Average % of Calories			255	*18	*214	*4.59	*2.14	*189.0	*3011	*48.46	*13 *19.8%	*13.64 *21.4%	39.06 61.2%	*5.24 *18.5%	*2.08 *7.3%	*0.21 *0.7%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Mon - 05/22/2017																
NORTHFIELD HIGH SCHO	Total	450														
Pizza Fiestada Beef Pizza 5.30	1 Each	400	340	30	780	3.00	2.70	250.0	500	0.0	*N/A*	9.0	42.0	12.0	5.00	0.00
SALAD SIDE	serving	300	99	5	288	5.62	1.92	109.4	20041	45.02	*7	3.68	17.61	2.35	0.58	*0.00
Peas	1/2 Cup	350	62	0	58	3.60	1.22	19.2	1680	7.92	4	4.12	11.41	0.22	0.04	0.00
Fruit Choice	1/2 cup	400	41	0	4	1.02	0.11	2.9	83	1.12	*0	0.12	10.17	0.04	0.00	*0.00
Fruit Fresh Choice	Serving 1/2cup	250	65	*0	4	2.45	0.42	16.5	967	24.09	*8	0.87	16.6	*0.2	*0.03	*0.00
Milk	1 CUP	425	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
PB & J Jamwich Wheat	2.8 OZ S ANDWICH	1	308	*N/A*	*155	*1.50	*0.18	*79.1	*7	*0.01	*N/A*	*6.0	34.65	16.5	*1.35	*0.00
Sub sandwich, MS/HS	sandwich	1	241	19	592	4.43	1.34	109.9	1727	6.92	*1	16.06	31.81	5.71	2.17	0.00
Sandwich Turkey Sub	sandwich	1	260	26	800	2.00	1.40	130.5	325	0.45	*0	18.51	35.0	5.5	2.00	0.00
Sandwich,Chicken Caesar Wrap	wrap	1	398	*29	1127	2.84	1.74	304.1	*5077	*2.34	*1	21.27	38.36	18.14	5.11	*0.00
Salad entree, MS/HS	salad	1	257	44	848	4.14	5.56	143.6	11247	21.55	*2	21.67	30.92	6.1	1.94	0.00
Weighted Daily Average % of Calories			612	*37	*1113	*11.52	*4.97	*609.9	*16284	*53.13	*29 *19.1%	*22.76 *14.9%	95.85 62.6%	*13.58 *20.0%	*5.56 *8.2%	*0.00 *0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Northfield Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

May 1, 2017 thru Jun 6, 2017

NORTHFIELD HIGH SCHOOL LUNCH

	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 - 05/23/2017																
NORTHFIELD HIGH SCHO	Total	901														
Hot Dog on a Bun	sandwich	400	270	35	700	2.00	1.26	60.0	0	0.0	*N/A*	9.0	21.0	17.0	6.00	0.00
Ketchup/Mustard	serving	380	44	0	261	0.14	0.28	11.9	167	0.0	*7	0.67	7.57	0.62	0.03	0.00
Fresh Vegetables	1/2 cup	1	26	0	34	2.41	0.40	20.5	2488	24.74	*1	0.93	5.85	0.09	0.02	0.00
Beans, baked vegetarian,Bushs	1/2 cup	1	130	0	550	5.00	1.80	40.0	60	0.0	12	7.0	29.0	0.0	0.00	0.00
Chips Baked Original Barrel O	bag	1	140	0	210	2.00	0.00	40.0	0	2.4	*N/A*	2.0	26.0	2.5	0.00	0.00
Fruit Choice	1/2 cup	400	41	0	4	1.02	0.11	2.9	83	1.12	*0	0.12	10.17	0.04	0.00	*0.00
Fruit Fresh Choice	Serving 1/2cup	1	65	*0	4	2.45	0.42	16.5	967	24.09	*8	0.87	16.6	*0.2	*0.03	*0.00
MILK LOWFAT	8 oz	425	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
PB & J Jamwich Wheat	2.8 OZ S ANDWICH	1	308	*N/A*	*155	*1.50	*0.18	*79.1	*7	*0.01	*N/A*	*6.0	34.65	16.5	*1.35	*0.00
Sub sandwich, MS/HS	sandwich	1	241	19	592	4.43	1.34	109.9	1727	6.92	*1	16.06	31.81	5.71	2.17	0.00
Sandwich Turkey Sub	sandwich	1	260	26	800	2.00	1.40	130.5	325	0.45	*0	18.51	35.0	5.5	2.00	0.00
Sandwich,Chicken Caesar Wrap	wrap	1	398	*29	1127	2.84	1.74	304.1	*5077	*2.34	*1	21.27	38.36	18.14	5.11	*0.00
Salad entree, MS/HS	salad	1	257	44	848	4.14	5.56	143.6	11247	21.55	*2	21.67	30.92	6.1	1.94	0.00
Weighted Daily Average % of Calories			210	*20	*491	*1.43	*0.74	*175.5	*367	*1.72	*9	*8.21	23.44	*9.07	*3.40	*0.00
Nutrient Guideline			750-850		1420						*16.3%	*15.6%	44.6%	*38.8%	*14.5%	*0.0%
														<=30.0	<10.00	

Wed - 05/24/2017																
NORTHFIELD HIGH SCHO	Total	451														
Sandwich Grilled Cheese, K-8	Sandwich	450	273	23	760	3.57	1.29	375.2	496	0.0	*2	14.2	28.04	13.97	5.80	0.00
Tomato Soup,Campbells,Sec	3/4 cup(6oz)	450	135	0	800	1.50	0.54	5.1	750	9.0	*0	3.0	30.0	0.0	0.00	0.00
Goldfish Snack Crackers Chedda	.75 oz	1	100	5	180	1.00	0.36	20.0	0	0.0	*N/A*	2.0	14.0	3.5	1.00	0.00
Veg Green Beans	1/2 cup	1	19	0	1	2.03	0.45	28.4	283	2.77	1	1.01	4.35	0.11	0.03	0.00
Fruit Choice	1/2 cup	1	41	0	4	1.02	0.11	2.9	83	1.12	*0	0.12	10.17	0.04	0.00	*0.00
Fruit Fresh Choice	Serving 1/2cup	1	65	*0	4	2.45	0.42	16.5	967	24.09	*8	0.87	16.6	*0.2	*0.03	*0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
PB & J Jamwich Wheat	2.8 OZ S ANDWICH	1	308	*N/A*	*155	*1.50	*0.18	*79.1	*7	*0.01	*N/A*	*6.0	34.65	16.5	*1.35	*0.00
Sub sandwich, MS/HS	sandwich	1	241	19	592	4.43	1.34	109.9	1727	6.92	*1	16.06	31.81	5.71	2.17	0.00
SANDWICH,TURKEY & CHEESE	SANDWIC	1	258	33	753	3.84	1.94	251.2	162	0.45	3	19.55	28.01	7.34	3.02	0.17
Sandwich,Chicken Caesar Wrap	wrap	1	398	*29	1127	2.84	1.74	304.1	*5077	*2.34	*1	21.27	38.36	18.14	5.11	*0.00
Salad entree, MS/HS	salad	1	257	44	848	4.14	5.56	143.6	11247	21.55	*2	21.67	30.92	6.1	1.94	0.00

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Northfield Public Schools

May 1, 2017 thru Jun 6, 2017

Base Menu Spreadsheet

NORTHFIELD HIGH SCHOOL LUNCH

Portion 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 ¹ (g)
Weighted Daily Average % of Calories			412	*23	*1565	*5.11	*1.85	*382.2	*1287	*9.12	*2 *1.5%	*17.38 *16.9%	58.40 56.8%	*14.07 *30.8%	*5.82 *12.7%	*0.00 *0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Thu - 05/25/2017																
NORTHFIELD HIGH SCHO	Total	452														
Pasta w/Alfredo & Chicken Sec	serving	1	403	71	981	5.75	*1.69	*6.1	*36	*0.4	*N/A*	19.78	36.61	18.77	8.81	0.00
CARROTS,RAW,BABY	serving 1/2cup	1	30	0	66	2.47	0.76	27.2	11722	2.21	4	0.54	7.0	0.11	0.02	0.00
Celery, fresh sticks	serving(1/2c)	1	15	0	88	2.00	0.18	40.0	500	3.6	*N/A*	1.0	3.0	0.0	0.00	0.00
Broccoli	1/2 cup	1	26	0	10	2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.02	0.00
Breadsticks Whole Wheat 1.5oz	stick 1.5oz	1	110	0	220	1.00	1.08	20.0	0	3.6	*N/A*	4.0	21.0	1.0	0.00	0.00
Fruit Choice	1/2 cup	1	41	0	4	1.02	0.11	2.9	83	1.12	*0	0.12	10.17	0.04	0.00	*0.00
Fruit Fresh Choice	Serving 1/2cup	1	65	*0	4	2.45	0.42	16.5	967	24.09	*8	0.87	16.6	*0.2	*0.03	*0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
PB & J Jamwich Wheat	2.8 OZ S ANDWICH	1	308	*N/A*	*155	*1.50	*0.18	*79.1	*7	*0.01	*N/A*	*6.0	34.65	16.5	*1.35	*0.00
Sub sandwich, MS/HS	sandwich	1	241	19	592	4.43	1.34	109.9	1727	6.92	*1	16.06	31.81	5.71	2.17	0.00
Sandwich Turkey Sub	sandwich	1	260	26	800	2.00	1.40	130.5	325	0.45	*0	18.51	35.0	5.5	2.00	0.00
Sandwich,Chicken Caesar Wrap	wrap	1	398	*29	1127	2.84	1.74	304.1	*5077	*2.34	*1	21.27	38.36	18.14	5.11	*0.00
Salad entree, MS/HS	salad	1	257	44	848	4.14	5.56	143.6	11247	21.55	*2	21.67	30.92	6.1	1.94	0.00
Weighted Daily Average % of Calories			5	*0	*11	*0.07	*0.03	*2.7	*73	*0.23	*0 *5.4%	*0.27 *21.3%	0.63 50.0%	*0.17 *29.7%	*0.05 *9.1%	*0.00 *0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Northfield Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

May 1, 2017 thru Jun 6, 2017

NORTHFIELD HIGH SCHOOL LUNCH

	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)
Fri - 05/26/2017																
NORTHFIELD HIGH SCHO	Total	952														
Omllet Colby Cheese Skillete 2.	Serving	500	110	195	215	0.00	0.60	35.0	405	2.0	*N/A*	8.0	1.0	8.0	3.50	0.00
Fresh Vegetables	1/2 cup	1	26	0	34	2.41	0.40	20.5	2488	24.74	*1	0.93	5.85	0.09	0.02	0.00
Hummus, red pepper GrecDel	serving(2T)	1	50	0	120	1.00	0.36	0.0	100	2.4	*N/A*	1.0	4.0	3.5	0.00	0.00
Potato Choice	1/2 cup	500	127	*0	183	2.05	*0.39	*4.8	*N/A*	*5.31	*N/A*	1.99	19.8	4.57	0.44	*0.00
CINNAMON ROLLS	2 oz	1	211	1	293	1.68	1.72	38.3	9	0.29	*11	4.64	37.76	4.76	0.76	*0.01
Fruit Choice	1/2 cup	400	41	0	4	1.02	0.11	2.9	83	1.12	*0	0.12	10.17	0.04	0.00	*0.00
Fruit Fresh Choice	Serving 1/2cup	440	65	*0	4	2.45	0.42	16.5	967	24.09	*8	0.87	16.6	*0.2	*0.03	*0.00
MILK LOWFAT	8 oz	475	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
PB & J Jamwich Wheat	2.8 OZ S ANDWICH	1	308	*N/A*	*155	*1.50	*0.18	*79.1	*7	*0.01	*N/A*	*6.0	34.65	16.5	*1.35	*0.00
Sub sandwich, MS/HS	sandwich	1	241	19	592	4.43	1.34	109.9	1727	6.92	*1	16.06	31.81	5.71	2.17	0.00
Sandwich Turkey Sub	sandwich	1	260	26	800	2.00	1.40	130.5	325	0.45	*0	18.51	35.0	5.5	2.00	0.00
Sandwich,Chicken Caesar Wrap	wrap	1	398	*29	1127	2.84	1.74	304.1	*5077	*2.34	*1	21.27	38.36	18.14	5.11	*0.00
Salad entree, MS/HS	salad	1	257	44	848	4.14	5.56	143.6	11247	21.55	*2	21.67	30.92	6.1	1.94	0.00
Weighted Daily Average % of Calories			228	*108	*284	*2.66	*0.77	*180.3	*966	*16.71	*10	*9.78	29.59	*8.02	*2.85	*0.00
Nutrient Guideline			750-850		1420						*17.4%	*17.2%	51.9%	<=30.0	<10.00	

Mon - 05/29/2017																
NORTHFIELD HIGH SCHO	Total	1														
No School	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420						0.0%	0.0%	0.0%	<=30.0	<10.00	

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May 1, 2017 thru Jun 6, 2017

NORTHFIELD HIGH SCHOOL LUNCH

	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 - 05/30/2017																
NORTHFIELD HIGH SCHO	Total	450														
Rodeo Burger on WG Bun	1	400	320	40	630	4.00	2.88	140.0	200	9.0	*5	15.0	36.0	13.5	6.50	0.50
Assorted Fresh Toppings/Hambur	Serving	400	4	0	391	0.25	*0.06	*2.7	*116	*1.91	*1	0.18	1.88	0.03	0.01	0.00
Corn	1/2 cup	350	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	0.00
Fruit Choice	1/2 cup	350	41	0	4	1.02	0.11	2.9	83	1.12	*0	0.12	10.17	0.04	0.00	*0.00
Fruit Fresh Choice	Serving 1/2cup	400	65	*0	4	2.45	0.42	16.5	967	24.09	*8	0.87	16.6	*0.2	*0.03	*0.00
MILK LOWFAT	8 oz	425	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
PB & J Jamwich Wheat	2.8 OZ S ANDWICH	1	308	*N/A*	*155	*1.50	*0.18	*79.1	*7	*0.01	*N/A*	*6.0	34.65	16.5	*1.35	*0.00
Sub Sandwich	sandwich	1	291	36	1045	2.36	1.60	137.2	325	1.42	*0	20.16	36.07	7.66	2.82	*0.00
Sandwich Turkey Sub	sandwich	1	260	26	800	2.00	1.40	130.5	325	0.45	*0	18.51	35.0	5.5	2.00	0.00
Sandwich,Chicken Caesar Wrap	wrap	1	398	*29	1127	2.84	1.74	304.1	*5077	*2.34	*1	21.27	38.36	18.14	5.11	*0.00
Salad entree, MS/HS	salad	1	257	44	848	4.14	5.56	143.6	11247	21.55	*2	21.67	30.92	6.1	1.94	0.00
Weighted Daily Average			536	*45	*1052	*8.32	*3.39	*430.8	*1843	*36.56	*26	*23.74	81.40	*15.15	*7.33	*0.44
% of Calories											*19.2%	*17.7%	60.7%	*25.4%	*12.3%	*0.7%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Wed - 05/31/2017																
NORTHFIELD HIGH SCHO	Total	1														
Loaded Oven Fries	1 each	1	371	*38	1199	*3.58	2.71	*124.7	*230	*8.0	*N/A*	*17.52	31.08	*19.65	*5.65	*0.24
Assorted Veggie Toppings	1/2 cup	1	11	0	3	0.89	0.30	11.8	2214	4.35	1	0.56	2.39	0.12	0.02	0.00
Rice Seasoned	1/2 Cup	1	111	1	1421	0.51	1.03	10.8	20	0.0	*0	2.49	16.09	3.95	1.04	*0.00
Cookie, WG Oatmeal CC, Bestmd	cookie	1	150	10	160	6.00	1.08	20.0	0	0.0	*N/A*	3.0	26.0	4.5	1.50	0.00
Fruit Choice	1/2 cup	1	41	0	4	1.02	0.11	2.9	83	1.12	*0	0.12	10.17	0.04	0.00	*0.00
Fruit Fresh Choice	Serving 1/2cup	1	65	*0	4	2.45	0.42	16.5	967	24.09	*8	0.87	16.6	*0.2	*0.03	*0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
PB & J Jamwich Wheat	2.8 OZ S ANDWICH	1	308	*N/A*	*155	*1.50	*0.18	*79.1	*7	*0.01	*N/A*	*6.0	34.65	16.5	*1.35	*0.00
Sub Sandwich	sandwich	1	291	36	1045	2.36	1.60	137.2	325	1.42	*0	20.16	36.07	7.66	2.82	*0.00
Sandwich Turkey Sub	sandwich	1	260	26	800	2.00	1.40	130.5	325	0.45	*0	18.51	35.0	5.5	2.00	0.00
Sandwich,Chicken Caesar Wrap	wrap	1	398	*29	1127	2.84	1.74	304.1	*5077	*2.34	*1	21.27	38.36	18.14	5.11	*0.00
Salad entree, MS/HS	salad	1	257	44	848	4.14	5.56	143.6	11247	21.55	*2	21.67	30.92	6.1	1.94	0.00
Weighted Daily Average			2372	*194	*6902	*27.29	*16.12	*1281.3	*20994	*65.75	*25	*120.17	290.34	*84.86	*22.97	*0.24
% of Calories											*4.2%	*20.3%	49.0%	*32.2%	*8.7%	*0.1%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Northfield Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru Jun 6, 2017

NORTHFIELD HIGH SCHOOL LUNCH

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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)
Thu - 06/01/2017																
NORTHFIELD HIGH SCHO	Total	901														
Sandwich, Chicken crispy filet	Sandwich	400	360	50	620	4.00	2.88	100.0	0	0.0	*N/A*	26.0	42.0	11.5	2.50	0.00
Assorted Veggie Toppings	Serving	300	22	0	6	1.77	0.60	23.7	4427	8.69	2	1.13	4.78	0.24	0.04	0.00
Veg Green Beans	1/2 cup	360	19	0	1	2.03	0.45	28.4	283	2.77	1	1.01	4.35	0.11	0.03	0.00
Fruit Choice	1/2 cup	200	41	0	4	1.02	0.11	2.9	83	1.12	*0	0.12	10.17	0.04	0.00	*0.00
Fruit Fresh Choice	Serving 1/2cup	1	65	*0	4	2.45	0.42	16.5	967	24.09	*8	0.87	16.6	*0.2	*0.03	*0.00
MILK LOWFAT	8 oz	425	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
PB & J Jamwich Wheat	2.8 OZ S ANDWICH	1	308	*N/A*	*155	*1.50	*0.18	*79.1	*7	*0.01	*N/A*	*6.0	34.65	16.5	*1.35	*0.00
Sub sandwich, MS/HS	sandwich	1	241	19	592	4.43	1.34	109.9	1727	6.92	*1	16.06	31.81	5.71	2.17	0.00
Sandwich Turkey Sub	sandwich	1	260	26	800	2.00	1.40	130.5	325	0.45	*0	18.51	35.0	5.5	2.00	0.00
Sandwich,Chicken Caesar Wrap	wrap	1	398	*29	1127	2.84	1.74	304.1	*5077	*2.34	*1	21.27	38.36	18.14	5.11	*0.00
Salad entree, MS/HS	salad	1	257	44	848	4.14	5.56	143.6	11247	21.55	*2	21.67	30.92	6.1	1.94	0.00
Weighted Daily Average			237	*27	*346	*3.42	*1.69	*206.6	*1863	*5.44	*7	*16.21	30.58	*6.48	*1.86	*0.00
% of Calories											*11.8%	*27.3%	51.5%	*24.5%	*7.0%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Fri - 06/02/2017																
NORTHFIELD HIGH SCHO	Total	1														
Cooks Choice Lunch	1 serving	1	565	*43	953	6.73	*7.78	*439.3	*909	*22.81	*19	27.43	80.81	17.18	4.18	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			692	*50	1133	6.73	*7.78	*742.4	*1460	*25.45	*37	36.25	101.20	18.14	4.86	*0.00
% of Calories											*21.5%	21.0%	58.5%	23.6%	6.3%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Mon - 06/05/2017																
NORTHFIELD HIGH SCHO	Total	1														
Cooks Choice Lunch	1 serving	1	565	*43	953	6.73	*7.78	*439.3	*909	*22.81	*19	27.43	80.81	17.18	4.18	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			692	*50	1133	6.73	*7.78	*742.4	*1460	*25.45	*37	36.25	101.20	18.14	4.86	*0.00
% of Calories											*21.5%	21.0%	58.5%	23.6%	6.3%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Northfield Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

May 1, 2017 thru Jun 6, 2017

NORTHFIELD HIGH SCHOOL LUNCH

	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 - 06/06/2017																
NORTHFIELD HIGH SCHO	Total	1														
Cooks Choice Lunch	1 serving	1	565	*43	953	6.73	*7.78	*439.3	*909	*22.81	*19	27.43	80.81	17.18	4.18	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			692	*50	1133	6.73	*7.78	*742.4	*1460	*25.45	*37	36.25	101.20	18.14	4.86	*0.00
% of Calories											*21.5%	21.0%	58.5%	23.6%	6.3%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	
Weighted Average			649	*61	*1440	*8.12	*4.70	*467.7	*5521	*26.34	*18	*34.48	83.62	*20.65	*6.14	*0.08
											*24.6%	*21.3%	51.6%	*28.7%	*8.5%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	649		750 - 850	87%		101		Correction Required - Calories are Low
Cholesterol (mg)	61				Missing			
Sodium (mg)	1440		1420		Missing		20	Correction Required - Sodium too High
Fiber (g)	8.12				Missing			
Iron (mg)	4.70				Missing			
Calcium (mg)	467.7				Missing			
Vitamin A (IU)	5521				Missing			
Sugars (g)	18	10.92%			Missing			
Vitamin C (mg)	26.34				Missing			
Protein (g)	34.48	21.26%			Missing			
Carbohydrate (g)	83.62	51.56%			Missing			
Total Fat (g)	20.65	28.65%	<=30.00%		Missing			
Saturated Fat (g)	6.14	8.51%	<10.00%		Missing			
Trans Fat ¹ (g)	0.08	0.11%			Missing			

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