

# Northfield Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 1

May 1, 2017 thru Jun 6, 2017

NORTHFIELD MIDDLE SCHOOL LUNCH

Generated on: 4/20/2017 1:52:47 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 <sup>1</sup> (g)
Mon - 05/01/2017																
NORTHFIELD MIDDLE SCH	Total	1														
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
Weighted Daily Average			825	*100	1654	12.48	4.65	793.5	7503	49.94	*30	40.60	112.38	*29.89	*12.57	*0.50
% of Calories											*14.7%	19.7%	54.5%	*32.6%	*13.7%	*0.5%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Tue - 05/02/2017																
NORTHFIELD MIDDLE SCH	Total	1														
Sandwich, Philly Beef, WG Bun	1 each	1	276	43	547	3.00	*0.74	*126.2	*148	*0.0	3	19.82	29.2	9.39	3.58	0.14
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
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
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
Weighted Daily Average			547	*53	727	10.60	*1.92	*482.9	*4637	*96.83	*27	30.73	81.88	*12.28	*5.16	*0.14
% of Calories											*19.6%	22.5%	59.9%	*20.2%	*8.5%	*0.2%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Wed - 05/03/2017																
NORTHFIELD MIDDLE SCH	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
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

\*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

<sup>1</sup> - 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 MIDDLE 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			708	*49	2767	*8.45	4.56	*466.8	*4014	*39.97	*22 *12.3%	*29.57 *16.7%	89.34 50.4%	*26.46 *33.6%	*8.25 *10.5%	*0.24 *0.3%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Thu - 05/04/2017																
NORTHFIELD MIDDLE SCH	Total	450														
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	300	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
Weighted Daily Average % of Calories			470	*54	685	6.55	3.31	408.2	3651	10.46	*14 *11.8%	32.14 27.4%	60.26 51.3%	*12.84 *24.6%	*3.68 *7.1%	*0.00 *0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Fri - 05/05/2017																
NORTHFIELD MIDDLE SCH	Total	1														
Taco Hard/Soft Shell	serving	1	60	0	140	1.50	0.00	10.0	0	0.0	*N/A*	1.5	9.5	1.75	0.50	0.00
Assorted Taco Toppings	1/2 cup	1	138	*20	355	*1.12	*0.82	*153.4	*709	*6.02	*2	*6.47	7.21	9.54	*4.52	*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
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
Weighted Daily Average % of Calories			492	*30	760	*9.06	*2.35	*501.6	*2522	*39.44	*23 *19.0%	*19.66 *16.0%	68.09 55.4%	*17.05 *31.2%	*6.81 *12.5%	*0.01 *0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

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

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## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2017 thru Jun 6, 2017

NORTHFIELD MIDDLE 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 <sup>1</sup> (g)
<b>Mon - 05/08/2017</b>																
NORTHFIELD MIDDLE SCH	Total	450														
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
Weighted Daily Average			384	*18	403	8.27	2.35	515.6	4446	78.03	*26	20.90	58.50	*8.03	*2.80	*0.00
% of Calories											*26.9%	21.8%	61.0%	*18.8%	*6.6%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

<b>Tue - 05/09/2017</b>																
NORTHFIELD MIDDLE SCH	Total	450														
Sweet and Sour Chicken	Serving	400	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	400	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	380	26	0	34	2.41	0.40	20.5	2488	24.74	*1	0.93	5.85	0.09	0.02	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	380	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	320	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
Weighted Daily Average			448	*77	737	5.98	2.02	323.6	3419	41.79	*24	25.77	69.48	*7.64	*2.54	*0.00
% of Calories											*21.8%	23.0%	62.0%	*15.3%	*5.1%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

<b>Wed - 05/10/2017</b>																
NORTHFIELD MIDDLE SCH	Total	500														
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	450	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	500	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	475	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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## Base Menu Spreadsheet

### Portion Values - Detailed

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May 1, 2017 thru Jun 6, 2017

NORTHFIELD MIDDLE 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 <sup>1</sup> (g)
Weighted Daily Average			173	*10	177	3.23	0.48	311.4	11683	5.03	*14	8.30	27.99	*2.95	*1.53	*0.00
% of Calories											*33.2%	19.2%	64.8%	*15.4%	*7.9%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Thu - 05/11/2017																
NORTHFIELD MIDDLE SCH																
Total		450														
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															
Brown Rice	1/2 cup	1	109	0	1	1.76	0.52	9.8	0	0.0	*N/A*	2.26	22.92	0.81	0.16	*N/A*
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
Weighted Daily Average			655	*59	1631	*11.37	*4.84	*615.3	*2141	*30.39	*20	*37.64	80.77	*20.35	*7.72	*0.28
% of Calories											*12.1%	*23.0%	49.3%	*28.0%	*10.6%	*0.4%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Fri - 05/12/2017																
NORTHFIELD MIDDLE SCH																
Total		450														
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
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
Weighted Daily Average			605	*45	1003	7.55	4.01	789.0	5618	11.76	*23	32.69	63.15	*25.05	*9.68	*0.00
% of Calories											*15.2%	21.6%	41.7%	*37.2%	*14.4%	*0.0%
Nutrient Guideline			600-700		1360									<=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 <sup>1</sup> (g)
Mon - 05/15/2017																
NORTHFIELD MIDDLE SCH	Total	1														
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 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
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 1/2cup	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
Weighted Daily Average			741	*47	1079	14.38	5.19	460.0	4171	73.97	*21	21.75	107.98	*24.34	*6.64	*0.00
% of Calories											*11.5%	11.7%	58.3%	*29.5%	*8.1%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Tue - 05/16/2017																
NORTHFIELD MIDDLE SCH	Total	450														
Quesadilla, WG Cheese	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 Taco Toppings	1/2 cup	320	138	*20	355	*1.12	*0.82	*153.4	*709	*6.02	*2	*6.47	7.21	9.54	*4.52	*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
Weighted Daily Average			522	*37	1100	*5.26	*2.98	*703.6	*1246	*6.61	*13	*28.16	54.83	*21.59	*8.18	*0.00
% of Calories											*9.6%	*21.6%	42.0%	*37.2%	*14.1%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Wed - 05/17/2017																
NORTHFIELD MIDDLE SCH	Total	1														
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, Bushes	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

\*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

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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 MIDDLE 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 <sup>1</sup> (g)
Weighted Daily Average			664	*67	1302	12.51	6.08	501.5	3986	31.96	*34	38.87	101.27	*15.24	*6.21	*0.00
% of Calories											*20.3%	23.4%	61.0%	*20.6%	*8.4%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Thu - 05/18/2017																
NORTHFIELD MIDDLE SCH	Total	450														
Chicken tenders, WG crispy	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	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	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
Weighted Daily Average			395	*56	1063	*2.51	*2.04	*307.2	*1028	*3.37	*16	*28.86	40.97	*12.85	*3.47	*0.00
% of Calories											*16.0%	*29.2%	41.5%	*29.3%	*7.9%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Fri - 05/19/2017																
NORTHFIELD MIDDLE SCH	Total	450														
Pasta w/Meatballs Sec	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	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	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
Weighted Daily Average			508	*36	421	*9.16	4.26	376.6	5988	96.95	*25	27.12	77.83	*10.38	*4.14	*0.42
% of Calories											*19.9%	21.4%	61.3%	*18.4%	*7.3%	*0.8%
Nutrient Guideline			600-700		1360									<=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 MIDDLE 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 <sup>1</sup> (g)
<b>Mon - 05/22/2017</b>																
NORTHFIELD MIDDLE SCH	Total	450														
Pizza Fiestada Beef Pizza 5.3o	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	1 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
Weighted Daily Average			609	*36	1106	11.48	4.95	608.2	16244	53.06	*29	22.57	95.48	*13.46	*5.53	*0.00
% of Calories											*19.2%	14.8%	62.7%	*19.9%	*8.2%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

<b>Tue - 05/23/2017</b>																
NORTHFIELD MIDDLE SCH	Total	450														
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
Fresh Veggies and Dip	1 serving	320	88	9	362	*2.41	0.40	20.5	2488	24.74	*1	0.93	12.05	4.08	0.46	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	425	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			407	*47	1008	*3.51	1.41	351.4	2244	19.92	*12	16.23	39.64	*20.37	*7.08	*0.00
% of Calories											*11.8%	16.0%	39.0%	*45.1%	*15.7%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

<b>Wed - 05/24/2017</b>																
NORTHFIELD MIDDLE SCH	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(6o	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	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

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# Northfield Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2017 thru Jun 6, 2017

NORTHFIELD MIDDLE 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			408	*23	1558	5.07	1.82	380.3	1247	9.05	*2 *1.5%	17.19 16.8%	58.05 56.9%	*13.95 *30.7%	*5.79 *12.8%	*0.00 *0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Thu - 05/25/2017																
NORTHFIELD MIDDLE SCH	Total	1														
Pasta w/Alfredo & Chicken Sec	1 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
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
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
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	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
Weighted Daily Average % of Calories			785	*81	1338	14.89	*3.17	*376.4	*5004	*89.65	*23 *11.6%	35.55 18.1%	103.16 52.6%	*26.21 *30.1%	*11.13 *12.8%	*0.00 *0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Fri - 05/26/2017																
NORTHFIELD MIDDLE SCH	Total	450														
French Toast WG Rich's Elem	3 sticks	400	270	0	510	1.50	2.70	150.0	450	3.6	*N/A*	6.0	40.5	10.5	1.50	0.00
SYRUP,PANCAKE	1 TBSP	1	46	0	16	0.00	0.01	0.6	0	0.0	4	0.0	12.06	0.0	0.00	*N/A*
Yogurt,Greek honey vanilla	1 each	1	100	5	80	0.00	0.00	250.0	0	0.0	*N/A*	8.0	16.0	0.0	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
Potato Choice	1/2 cup	360	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
Fruit Choice	1/2 cup	300	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
Weighted Daily Average % of Calories			473	*9	730	3.67	*2.79	*423.1	*935	*10.57	*11 *9.7%	14.58 12.3%	71.01 60.1%	*15.38 *29.3%	*3.10 *5.9%	*0.00 *0.0%
Nutrient Guideline			600-700		1360									<=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 MIDDLE 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 <sup>1</sup> (g)
Mon - 05/29/2017																
NORTHFIELD MIDDLE SCH	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			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

	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 <sup>1</sup> (g)
Tue - 05/30/2017																
NORTHFIELD MIDDLE SCH	Total	1														
Sandwich, Philly Beef, WG Bun	1 each	1	276	43	547	3.00	*0.74	*126.2	*148	*0.0	3	19.82	29.2	9.39	3.58	0.14
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
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
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
Weighted Daily Average			547	*53	727	10.60	*1.92	*482.9	*4637	*96.83	*27	30.73	81.88	*12.28	*5.16	*0.14
% of Calories											*19.6%	22.5%	59.9%	*20.2%	*8.5%	*0.2%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

	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 <sup>1</sup> (g)
Wed - 05/31/2017																
NORTHFIELD MIDDLE SCH	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
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
Weighted Daily Average			708	*49	2767	*8.45	4.56	*466.8	*4014	*39.97	*22	*29.57	89.34	*26.46	*8.25	*0.24
% of Calories											*12.3%	*16.7%	50.4%	*33.6%	*10.5%	*0.3%
Nutrient Guideline			600-700		1360									<=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 MIDDLE 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 <sup>1</sup> (g)
Thu - 06/01/2017																
NORTHFIELD MIDDLE SCH	Total	450														
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	300	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 1/2 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	425	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			470	*54	685	6.55	3.31	408.2	3651	10.46	*14	32.14	60.26	*12.84	*3.68	*0.00
% of Calories											*11.8%	27.4%	51.3%	*24.6%	*7.1%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Fri - 06/02/2017																
NORTHFIELD MIDDLE SCH	Total	1														
Cooks Choice Lunch	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			600-700		1360									<=30.0	<10.00	

Mon - 06/05/2017																
NORTHFIELD MIDDLE SCH	Total	1														
Cooks Choice Lunch	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			600-700		1360									<=30.0	<10.00	

Tue - 06/06/2017																
NORTHFIELD MIDDLE SCH	Total	1														
Cooks Choice Lunch	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

\*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  
<sup>1</sup> - 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 MIDDLE SCHOOL LUNCH

Generated on: 4/20/2017 1:52:48 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			692	*50	1133	6.73	*7.78	*742.4	*1460	*25.45	*37 *21.5%	36.25 21.0%	101.20 58.5%	18.14 23.6%	4.86 6.3%	*0.00 *0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Weighted Average			562	*48	1109	*8.14	*3.78	*510.8	*4170	*39.32	*22 *35.9%	*28.08 *20.0%	76.81 54.6%	*17.01 *27.2%	*5.91 *9.5%	*0.08 *0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	562		600 - 700	94%		38		Correction Required - Calories are Low
Cholesterol (mg)	48				Missing			
Sodium (mg)	1109		1360					
Fiber (g)	8.14				Missing			
Iron (mg)	3.78				Missing			
Calcium (mg)	510.8				Missing			
Vitamin A (IU)	4170				Missing			
Sugars (g)	22	15.96%			Missing			
Vitamin C (mg)	39.32				Missing			
Protein (g)	28.08	19.97%			Missing			
Carbohydrate (g)	76.81	54.63%						
Total Fat (g)	17.01	27.22%	<=30.00%		Missing			
Saturated Fat (g)	5.91	9.46%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.08	0.12%			Missing			

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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