

# Morgan School District

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2019 thru May 31, 2019

Morgan Middle School

Generated on: 4/29/2019 11:24:43 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/01/2019								
Morgan Middle School	Total							
chicken patty WG tyson	patty	270	25	400	15.0	16.0	15.0	2.50
Mini Calzone 3 each	3 calzones	330	25	510	16.0	40.0	12.0	5.00
French fries Sysco 7470370	1/2c=2.37 oz	120	0	370	2.0	20.01	3.5	0.00
Mashed Potatoes Instamash GF	1/2 cup	71	0	272	1.59	14.29	1.19	0.00
country gravy custom.1/2 cup	1/2 cup	63	0	462	0.0	10.42	2.08	2.08
Green Beans1/2 =22.65/cn	1/2 c.	26	0	230	1.64	4.93	0.0	0.00
Fruit Cocktail light syup1/2	1/2 cup	59	0	10	0.0	16.68	0.0	0.00
Peaches in light syrup	1/2 cup	61	0	10	1.01	14.14	0.0	0.00
ORANGES	EACH	62	0	0	1.23	15.39	0.16	0.02
APPLES,Fresh	EACH	95	0	2	0.47	25.13	0.31	0.05
Creamie Jr. choc	bar	93	11	56	2.0	14.0	3.5	2.00
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
Milk Flavored skim	carton	122	5	170	8.0	20.53	0.0	0.00
Ketchup Heinz	1 oz	31	0	250	0.0	7.83	0.0	0.00
Water available?	6 oz	0	0	7	0.0	0.0	0.0	0.00
SPECIAL DIET	LIST	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		638	39	1213	25.15	89.59	19.57	6.47
% of Calories					15.8%	56.2%	27.6%	9.1%
Nutrient Guideline		600-700		1360	8.00		<=30.0	<10.00

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Thu - 05/02/2019								
Morgan Middle School	Total							
Nacho Chips Barrol o Fun 12	12 each	142	0	120	2.18	21.82	6.55	0.55
MEAT LOAF	3/4" SLICE	206	67	121	16.28	7.96	11.83	4.36
Wheat roll	2 oz bun	163	1	279	5.36	29.87	2.56	0.67
Taco filling 1.5 oz	1.5 oz	128	39	103	10.54	1.04	9.01	3.00
Nacho cheese Bernard 2ndary LS	1/4 cup	48	0	136	0.97	8.72	1.94	0.97
Burrito Ruiz	each 6.68oz.	351	5	631	16.03	48.1	11.02	2.00
CORN: canned, 1/2c.	1/2	48	0	8	1.6	7.22	1.2	0.00
REFRIED BEANS: canned	1/2 cup	134	5	461	8.31	14.73	4.97	1.59
Baby carrot packet	bag=1/2 c.	15	0	35	0.0	4.03	0.0	0.00
ORANGES	EACH	62	0	0	1.23	15.39	0.16	0.02
APPLES,Fresh	EACH	95	0	2	0.47	25.13	0.31	0.05
Applesauce 1/2 cup =23.8	1/2 cup	53	0	11	0.0	13.71	0.0	0.00
blueberries, frz 5.9/#= 1/2 c	1/2 cup	39	0	1	0.0	9.86	0.99	0.00
Mandarin Orange CHINA .5 CUP	1/2 cup	91	0	10	1.01	23.29	0.0	0.00
Oatmeal Crispies Ele/Midd	1 each	116	8	103	2.0	18.05	4.03	1.66
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
Milk Flavored skim	carton	122	5	170	8.0	20.53	0.0	0.00
SALSA	1/2 OZ.	4	0	16	0.0	0.89	0.0	0.00
Water available?	6 oz	0	0	7	0.0	0.0	0.0	0.00
SPECIAL DIET	LIST	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		604	45	645	22.07	86.00	21.30	5.92
% of Calories					14.6%	57.0%	31.7%	8.8%
Nutrient Guideline		600-700		1360	8.00		<=30.0	<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/03/2019								
Morgan Middle School	Total							
Pepperoni Cheese Rippers WG	1 each	280	25	540	16.0	27.0	12.0	5.00
Ham & Cheese Ripper WG	1 each	240	25	540	22.0	26.0	9.0	4.00
Corn Dog foster farm ww	1 EACH	243	40	395	9.11	30.37	8.1	2.53
Cucumbers (&/OR)Tomatoes	.5 cup	11	0	2	0.42	2.44	0.03	0.01
Tater Tots Ore-ida sysco 13553	2.52 oz=8 tots	130	0	310	2.0	16.0	6.0	1.00
Pears Dice Lt.sy 1/2c=23.8	1/2 cup	61	0	5	0.0	16.14	0.0	0.00
Pineapple tid-indo1/2c = 25.05	1/2c	53	0	0	0.0	13.2	0.0	0.00
APPLES,Fresh	EACH	95	0	2	0.47	25.13	0.31	0.05
ORANGES	EACH	62	0	0	1.23	15.39	0.16	0.02
DbI Choc Chip Cookie MES r-sod	1 each	127	7	86	1.44	16.91	6.35	3.15
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
Milk Flavored skim	carton	122	5	170	8.0	20.53	0.0	0.00
Ranch Dressing HVR 1oz	1 oz	40	7	179	0.57	1.54	3.44	0.76
Water available?	6 oz	0	0	7	0.0	0.0	0.0	0.00
SPECIAL DIET	LIST	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		740	45	1193	28.83	98.14	26.35	9.61
% of Calories					15.6%	53.1%	32.1%	11.7%
Nutrient Guideline		600-700		1360	8.00		<=30.0	<10.00

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### Portion Values - Detailed

Page 4

May 1, 2019 thru May 31, 2019

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/06/2019								
Morgan Middle School	Total							
Spaghetti Penne 3/4 c secondary	3/4	259	43	819	16.89	30.75	8.22	2.93
Wheat roll	2 oz bun	163	1	279	5.36	29.87	2.56	0.67
popcorn chicken 12 WG	12 ea	258	22	393	15.72	15.72	14.6	2.81
Baby carrot packet	bag=1/2 c.	15	0	35	0.0	4.03	0.0	0.00
PEAS: frozen, 1/2c. dont boil.	1/2 c	73	0	69	4.73	13.02	0.0	0.00
Sprial fries 1 #=7.48 serv	2.12 oz=1/2 cup	111	0	252	1.01	14.13	5.55	0.50
Fruit Cocktail light syup1/2	1/2 cup	59	0	10	0.0	16.68	0.0	0.00
Mandarin Orange CHINA .5 CUP	1/2 cup	91	0	10	1.01	23.29	0.0	0.00
APPLES,Fresh	EACH	95	0	2	0.47	25.13	0.31	0.05
ORANGES	EACH	62	0	0	1.23	15.39	0.16	0.02
Pumpkin Choc chip cookie Purpl	1 each	100	1	89	1.31	16.27	3.61	0.83
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
Milk Flavored skim	carton	122	5	170	8.0	20.53	0.0	0.00
Ranch Dressing HVR 1oz	1 oz	40	7	179	0.57	1.54	3.44	0.76
BBQ sauce bowles 1 oz	1 oz	31	0	177	0.89	7.09	0.0	0.00
Ketchup Heinz	1 oz	31	0	250	0.0	7.83	0.0	0.00
Water available?	6 oz	0	0	7	0.0	0.0	0.0	0.00
SPECIAL DIET	LIST	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		746	40	1383	29.93	109.03	21.73	4.92
% of Calories					16.1%	58.5%	26.2%	5.9%
Nutrient Guideline		600-700		1360	8.00		<=30.0	<10.00

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Portion Values - Detailed

Page 5

May 1, 2019 thru May 31, 2019

Morgan Middle School

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/07/2019								
Morgan Middle School	Total							
Orange chicken2nary=32/bg	2.88 oz	151	40	282	11.08	19.13	3.02	0.50
Brown Rice 1/2	1/2 cup	108	0	7	3.0	22.0	1.02	0.00
Mini corn dogs 6	6 ea	246	59	413	9.82	29.47	9.82	2.46
POTATO WEDGE MC CAIN sy9714387	2.83 OZ. =1/2 C	120	0	552	2.01	18.06	6.02	1.00
Wheat roll	2 oz bun	163	1	279	5.36	29.87	2.56	0.67
Broccoli Normandy	1/2 cup	32	0	32	1.06	5.28	0.0	0.00
Baby carrot packet	bag	15	0	35	0.0	4.03	0.0	0.00
Applesauce 1/2 cup =23.8	1/2 cup	53	0	11	0.0	13.71	0.0	0.00
Banana	1 ea	90	0	1	1.1	23.07	0.33	0.11
APPLES,Fresh	EACH	95	0	2	0.47	25.13	0.31	0.05
ORANGES	EACH	62	0	0	1.23	15.39	0.16	0.02
DbI Choc Chip Cookie MES r-sod	1 each	127	7	86	1.44	16.91	6.35	3.15
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
Milk Flavored skim	carton	122	5	170	8.0	20.53	0.0	0.00
Ranch Dressing HVR 1oz	1 oz	40	7	179	0.57	1.54	3.44	0.76
Ketchup Heinz	1 oz	31	0	250	0.0	7.83	0.0	0.00
BBQ sauce Bowles1/2oz	1/2 oz	16	0	89	0.44	3.54	0.0	0.00
Water available?	6 oz	0	0	7	0.0	0.0	0.0	0.00
SPECIAL DIET	LIST	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		605	62	1042	21.07	94.69	16.79	5.24
% of Calories					13.9%	62.6%	25.0%	7.8%
Nutrient Guideline		600-700		1360	8.00		<=30.0	<10.00

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### Portion Values - Detailed

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Morgan Middle School

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/08/2019								
Morgan Middle School	Total							
BAKED POTATO	1 EACH	161	0	17	4.33	36.59	0.22	0.06
Cheese cheddar .5 oz100003	.5 oz	55	15	95	3.0	0.0	4.5	3.00
Ham dice.1.5 oz, (1.83oz)	1.83 oz	56	27	354	7.63	3.05	3.05	1.52
Chicken nuggets 6 tysonwg125cs	6 ea	315	30	480	19.5	19.5	18.0	3.00
Wheat roll	2 oz bun	163	1	279	5.36	29.87	2.56	0.67
Sprial fries 1 #=7.48 serv	2.13 oz=1/2 cup	111	0	252	1.01	14.13	5.55	0.50
BROCCOLI: frozen, 5.48/#	1/2c.	23	0	9	2.57	4.43	0.1	0.01
Mandarin Orange CHINA .5 CUP	1/2 cup	91	0	10	1.01	23.29	0.0	0.00
Pears Dice Lt.sy 1/2c=23.8	1/2 cup	61	0	5	0.0	16.14	0.0	0.00
APPLES,Fresh	EACH	95	0	2	0.47	25.13	0.31	0.05
ORANGES	EACH	62	0	0	1.23	15.39	0.16	0.02
GELATIN,all flavors	.25 cup	36	0	43	0.51	8.7	0.0	0.00
Whip Topping Riches	2 tbsp	34	0	9	0.0	3.54	2.21	2.21
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
Milk Flavored skim	carton	122	5	170	8.0	20.53	0.0	0.00
Margarine LOL	portion	20	0	35	0.0	0.0	2.5	1.00
Ranch Dressing HVR 1oz	1 oz	40	7	179	0.57	1.54	3.44	0.76
Ketchup Heinz	1 oz	31	0	250	0.0	7.83	0.0	0.00
Mustard	1 tsp	5	0	47	0.0	0.0	0.0	0.00
Water available?	6 oz	0	0	7	0.0	0.0	0.0	0.00
SPECIAL DIET	LIST	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		718	36	1144	28.29	104.76	21.87	6.23
% of Calories					15.8%	58.3%	27.4%	7.8%
Nutrient Guideline		600-700		1360	8.00		<=30.0	<10.00

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Portion Values - Detailed

Page 7

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/09/2019								
Morgan Middle School	Total							
papa Murphy's pepperoni pizza	slice	341	53	553	19.55	28.66	16.07	9.52
Chicken Strips, tyson3=2meat	3 each	239	45	329	19.42	11.95	11.95	2.24
Cucumbers (&/OR)Tomatoes	.5 cup	11	0	2	0.42	2.44	0.03	0.01
green salad (1 cup)	1 cup	13	0	16	1.02	2.47	0.05	0.01
Pears Dice Lt.sy 1/2c=23.8	1/2 cup	61	0	5	0.0	16.14	0.0	0.00
Pineapple tid-indo1/2c = 25.05	1/2c	53	0	0	0.0	13.2	0.0	0.00
APPLES,Fresh	EACH	95	0	2	0.47	25.13	0.31	0.05
ORANGES	EACH	62	0	0	1.23	15.39	0.16	0.02
Chocolate chip cookie Ele Purp	1 each	116	11	94	1.69	16.16	5.32	2.45
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
Milk Flavored skim	carton	122	5	170	8.0	20.53	0.0	0.00
Ranch Dressing HVR 1oz	1 oz	40	7	179	0.57	1.54	3.44	0.76
BBQ sauce bowles 1 oz	1 oz	31	0	177	0.89	7.09	0.0	0.00
Water available?	6 oz	0	0	7	0.0	0.0	0.0	0.00
SPECIAL DIET	LIST	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		620	72	883	29.33	73.23	23.08	11.83
% of Calories					18.9%	47.2%	33.5%	17.2%
Nutrient Guideline		600-700		1360	8.00		<=30.0	<10.00

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Fri - 05/10/2019								
Morgan Middle School	Total							
Pepperoni Cheese Rippers WG	1 each	280	25	540	16.0	27.0	12.0	5.00
Ham & Cheese Ripper WG	1 each	240	25	540	22.0	26.0	9.0	4.00
Corn Dog foster farm ww	1 EACH	243	40	395	9.11	30.37	8.1	2.53
Baked Beans 1/2 cup veg/pinto	1/2 Cup	220	0	234	11.47	41.94	0.42	0.00
Baby carrot packet	bag=1/2 c.	15	0	35	0.0	4.03	0.0	0.00
Tater Tots Ore-ida sysco 13553	2.52 oz=8 tots	130	0	310	2.0	16.0	6.0	1.00
Pears Dice Lt.sy 1/2c=23.8	1/2 cup	61	0	5	0.0	16.14	0.0	0.00
Pineapple tid-indo1/2c = 25.05	1/2c	53	0	0	0.0	13.2	0.0	0.00
APPLES,Fresh	EACH	95	0	2	0.47	25.13	0.31	0.05
ORANGES	EACH	62	0	0	1.23	15.39	0.16	0.02
Mrs Fields CChip cookie WG	1 cookie	142	9	102	2.03	21.26	5.7	2.54
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
Milk Flavored skim	carton	122	5	170	8.0	20.53	0.0	0.00
Pickles 3ea	3 ea drained	4	0	9	0.08	0.43	0.02	0.01
Mustard	1 tsp	5	0	47	0.0	0.0	0.0	0.00
Ketchup Heinz	1 oz	31	0	250	0.0	7.83	0.0	0.00
Ranch Dressing HVR 1oz	1 oz	40	7	179	0.57	1.54	3.44	0.76
Water available?	6 oz	0	0	7	0.0	0.0	0.0	0.00
SPECIAL DIET	LIST	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		740	48	1223	25.87	106.24	22.70	7.56
% of Calories					14.0%	57.4%	27.6%	9.2%
Nutrient Guideline		600-700		1360	8.00		<=30.0	<10.00

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Sat - 05/11/2019								
Morgan Middle School	Total							
Pepperoni Cheese Rippers WG	1 each	280	25	540	16.0	27.0	12.0	5.00
Ham & Cheese Ripper WG	1 each	240	25	540	22.0	26.0	9.0	4.00
Hamburger GF Pierre	patty	150	45	260	12.0	0.0	11.0	4.50
Tater Tots Ore-ida sysco 13553	2.52 oz=8 tots	130	0	310	2.0	16.0	6.0	1.00
Wheat roll	2 oz bun	163	1	279	5.36	29.87	2.56	0.67
Pears Dice Lt.sy 1/2c=23.8	1/2 cup	61	0	5	0.0	16.14	0.0	0.00
Pineapple tid-indo1/2c = 25.05	1/2c	53	0	0	0.0	13.2	0.0	0.00
APPLES,Fresh	EACH	95	0	2	0.47	25.13	0.31	0.05
ORANGES	EACH	62	0	0	1.23	15.39	0.16	0.02
Mrs Fields CChip cookie WG	1 cookie	142	9	102	2.03	21.26	5.7	2.54
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
Milk Flavored skim	carton	122	5	170	8.0	20.53	0.0	0.00
Pickles 3ea	3 ea drained	4	0	9	0.08	0.43	0.02	0.01
Mustard	1 tsp	5	0	47	0.0	0.0	0.0	0.00
Ketchup Heinz	1 oz	31	0	250	0.0	7.83	0.0	0.00
Ranch Dressing HVR 1oz	1 oz	40	7	179	0.57	1.54	3.44	0.76
Water available?	6 oz	0	0	7	0.0	0.0	0.0	0.00
SPECIAL DIET	LIST	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		731	51	1249	27.81	96.58	25.65	8.93
% of Calories					15.2%	52.8%	31.6%	11.0%
Nutrient Guideline		600-700		1360	8.00		<=30.0	<10.00

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# Morgan School District

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2019 thru May 31, 2019

Morgan Middle School

Generated on: 4/29/2019 11:24:44 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Sun - 05/12/2019								
Morgan Middle School	Total							
dunker bun 2 oz w-g	2 oz	143	0	233	4.81	26.93	1.87	0.54
Cheese for dunkers 1oz	1 oz	100	28	180	6.0	0.5	8.0	5.50
Italian Dunkers sauce 12 scoop	3oz 12 scoop	115	26	210	7.52	6.74	6.41	2.10
Mini corn dogs 6	6 ea	246	59	413	9.82	29.47	9.82	2.46
French fries Sysco 7470370	1/2c=2.37 oz	120	0	370	2.0	20.01	3.5	0.00
BROCCOLI: frozen, 5.48/#	1/2c.	23	0	9	2.57	4.43	0.1	0.01
Baby carrot packet	bag	15	0	35	0.0	4.03	0.0	0.00
PEACHES: dice, 1/2c =24.3	1/2 cup	59	0	5	0.0	13.74	0.0	0.00
Banana	1 ea	90	0	1	1.1	23.07	0.33	0.11
Pears Dice Lt.sy 1/2c=23.8	1/2 cup	61	0	5	0.0	16.14	0.0	0.00
APPLES, Fresh	EACH	95	0	2	0.47	25.13	0.31	0.05
ORANGES	EACH	62	0	0	1.23	15.39	0.16	0.02
No Roll Sugar Cookie WG	1 each	114	7	97	1.67	13.93	5.7	2.49
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
Milk Flavored skim	carton	122	5	170	8.0	20.53	0.0	0.00
Ketchup Heinz	1 oz	31	0	250	0.0	7.83	0.0	0.00
Mustard	1 tsp	5	0	47	0.0	0.0	0.0	0.00
Water available?	4 oz	0	0	3	0.0	0.0	0.0	0.00
SPECIAL DIET	LIST	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		637	65	1025	22.93	90.59	20.16	7.97
% of Calories					14.4%	56.9%	28.5%	11.3%
Nutrient Guideline		600-700		1360	8.00		<=30.0	<10.00

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# Morgan School District

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2019 thru May 31, 2019

Morgan Middle School

Generated on: 4/29/2019 11:24:44 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/13/2019								
Morgan Middle School	Total							
chicken patty WG tyson	patty	270	25	400	15.0	16.0	15.0	2.50
Chicken patty Hot & Spicy	1 each	270	25	400	15.0	17.0	15.0	3.00
Mini corn dogs 6	6 ea	246	59	413	9.82	29.47	9.82	2.46
French fries Sysco 7470370	1/2c=2.37 oz	120	0	370	2.0	20.01	3.5	0.00
BROCCOLI: frozen, 5.48/#	1/2c.	23	0	9	2.57	4.43	0.1	0.01
Fruit Cocktail light syup1/2	1/2 cup	59	0	10	0.0	16.68	0.0	0.00
PEACHES: dice,1/2c =24.3	1/2	118	0	10	0.0	27.48	0.0	0.00
APPLES,Fresh	EACH	95	0	2	0.47	25.13	0.31	0.05
Wheat roll	2 oz bun	163	1	279	5.36	29.87	2.56	0.67
ORANGES	EACH	62	0	0	1.23	15.39	0.16	0.02
Chocolate chip cookie Ele Purp	1 each	116	11	94	1.69	16.16	5.32	2.45
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
Milk Flavored skim	carton	122	5	170	8.0	20.53	0.0	0.00
Ranch Dressing HVR 1oz	1 oz	40	7	179	0.57	1.54	3.44	0.76
Ketchup Heinz	1 oz	31	0	250	0.0	7.83	0.0	0.00
Mustard	1 tsp	5	0	47	0.0	0.0	0.0	0.00
Margarine LOL	portion	20	0	35	0.0	0.0	2.5	1.00
Water available?	6 oz	0	0	7	0.0	0.0	0.0	0.00
mayonaise	1/2 oz	51	10	97	0.0	1.02	5.12	1.02
Mustard	1 tsp	5	0	47	0.0	0.0	0.0	0.00
SPECIAL DIET	LIST	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		813	61	1398	27.63	115.47	25.97	6.20
% of Calories					13.6%	56.8%	28.7%	6.9%
Nutrient Guideline		600-700		1360	8.00		<=30.0	<10.00

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# Morgan School District

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2019 thru May 31, 2019

Morgan Middle School

Generated on: 4/29/2019 11:24:44 AM

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Tue - 05/14/2019								
Morgan Middle School	Total							
Tortilla WG 110394	1 ea	120	0	340	4.0	20.0	2.5	0.50
Taco filling 2 oz	2 oz	171	52	137	14.09	1.38	12.04	4.01
Cheese cheddar .5 oz100003	.5 oz	55	15	95	3.0	0.0	4.5	3.00
lettuce shread 1/8	1/8 cup	1	0	1	0.07	0.23	0.01	0.00
chicken patty WG tyson	patty	270	25	400	15.0	16.0	15.0	2.50
CORN: frozen, yellow	1/2 cups	73	0	1	2.31	17.51	0.61	0.09
Black beans drained	.5 cup	111	0	142	7.1	20.29	0.0	0.00
Pears Dice Lt.sy 1/2c=23.8	1/2 cup	61	0	5	0.0	16.14	0.0	0.00
Banana	1 ea	90	0	1	1.1	23.07	0.33	0.11
Strawberry cup100256	.5 cup	90	0	0	1.0	21.93	0.0	0.00
APPLES,Fresh	EACH	95	0	2	0.47	25.13	0.31	0.05
ORANGES	EACH	62	0	0	1.23	15.39	0.16	0.02
Applesacue cookie wg (40 s)	1 Each	136	7	119	2.68	21.33	4.85	2.08
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
Milk Flavored skim	carton	122	5	170	8.0	20.53	0.0	0.00
Salsa Malani	1 oz	8	0	61	0.51	1.68	0.06	0.01
Mustard	1 tsp	5	0	47	0.0	0.0	0.0	0.00
mayonaise	1/2 oz	51	10	97	0.0	1.02	5.12	1.02
Ranch Dressing HVR 1oz	1 oz	40	7	179	0.57	1.54	3.44	0.76
Ketchup Heinz	1 oz	31	0	250	0.0	7.83	0.0	0.00
SPECIAL DIET	LIST	0	0	0	0.0	0.0	0.0	0.00
Water available?	4 oz	0	0	3	0.0	0.0	0.0	0.00
SPECIAL DIET	LIST	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		654	57	824	28.48	84.05	22.52	7.03
% of Calories					17.4%	51.4%	31.0%	9.7%
Nutrient Guideline		600-700		1360	8.00		<=30.0	<10.00

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# Morgan School District

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2019 thru May 31, 2019

Morgan Middle School

Generated on: 4/29/2019 11:24:44 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/15/2019								
Morgan Middle School	Total							
Turkey and Gravy 1.5 oz custom	1/2	109	35	572	12.28	3.71	5.22	1.53
Mashed Potatoes Instamash GF	1/2 cup	71	0	272	1.59	14.29	1.19	0.00
Hamburger GF Pierre	patty	150	45	260	12.0	0.0	11.0	4.50
French Fries Crk C snow 6.3/#	1/2 c serving	110	0	25	1.69	16.94	2.54	0.00
Wheat roll	2 oz bun	163	1	279	5.36	29.87	2.56	0.67
Green Beans 1/2 =22.65/cn	1/2 c.	26	0	230	1.64	4.93	0.0	0.00
Applesauce 1/2 cup =23.8	1/2 cup	53	0	11	0.0	13.71	0.0	0.00
Apple Juice suncup 4 oz	serving	50	0	10	0.0	13.0	0.0	0.00
Peaches in light syrup	1/2 cup	61	0	10	1.01	14.14	0.0	0.00
ORANGES	1 EACH	62	0	0	1.23	15.39	0.16	0.02
APPLES,Fresh	EACH	95	0	2	0.47	25.13	0.31	0.05
GELATIN,all flavors	.25 cup	36	0	43	0.51	8.7	0.0	0.00
Whip Topping Riches	2 tbsp	34	0	9	0.0	3.54	2.21	2.21
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
Milk Flavored skim	carton	122	5	170	8.0	20.53	0.0	0.00
Ketchup Heinz	1 oz	31	0	250	0.0	7.83	0.0	0.00
Pickles 3ea	3 ea	12	0	27	0.23	1.28	0.05	0.02
Mustard	1 tsp	5	0	47	0.0	0.0	0.0	0.00
Pickles 3ea	3 ea	12	0	27	0.23	1.28	0.05	0.02
Water available?	6 oz	0	0	7	0.0	0.0	0.0	0.00
SPECIAL DIET	LIST	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		608	45	1210	26.14	91.45	14.00	5.10
% of Calories					17.2%	60.1%	20.7%	7.5%
Nutrient Guideline		600-700		1360	8.00		<=30.0	<10.00

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# Morgan School District

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2019 thru May 31, 2019

Morgan Middle School

Generated on: 4/29/2019 11:24:44 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/16/2019								
Morgan Middle School	Total							
pulled pork new 2 oz	16scoop	151	49	476	17.14	13.7	2.2	0.02
chicken patty WG tyson	patty	270	25	400	15.0	16.0	15.0	2.50
Chicken patty Hot & Spicy	1 each	270	25	400	15.0	17.0	15.0	3.00
Wheat roll	2 oz bun	163	1	279	5.36	29.87	2.56	0.67
Sprial fries 1 #=7.48 serv	2.13 oz=1/2 cup	111	0	252	1.01	14.13	5.55	0.50
Baby carrot packet	bag=1/2 c.	15	0	35	0.0	4.03	0.0	0.00
Pears Dice Lt.sy 1/2c=23.8	1/2 cup	61	0	5	0.0	16.14	0.0	0.00
Mandarin Orange CHINA .5 CUP	1/2 cup	91	0	10	1.01	23.29	0.0	0.00
APPLES,Fresh	EACH	95	0	2	0.47	25.13	0.31	0.05
ORANGES	EACH	62	0	0	1.23	15.39	0.16	0.02
Snickerdoodle Cookie WG	1 each	119	6	105	1.67	15.25	5.68	2.48
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
Milk Flavored skim	carton	122	5	170	8.0	20.53	0.0	0.00
Pickles 3ea	3 ea	12	0	27	0.23	1.28	0.05	0.02
Ketchup Heinz	1 oz	31	0	250	0.0	7.83	0.0	0.00
Ranch dressing 1 oz basic con	1 ea	41	7	119	1.0	2.5	3.0	0.70
mayonaise	1/2 oz	51	10	97	0.0	1.02	5.12	1.02
Mustard	1 tsp	5	0	47	0.0	0.0	0.0	0.00
Water available?	6 oz	0	0	7	0.0	0.0	0.0	0.00
SPECIAL DIET	LIST	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		796	48	1362	31.67	112.49	22.91	5.09
% of Calories					15.9%	56.5%	25.9%	5.8%
Nutrient Guideline		600-700		1360	8.00		<=30.0	<10.00

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# Morgan School District

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May 1, 2019 thru May 31, 2019

Morgan Middle School

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/17/2019								
Morgan Middle School	Total							
Corn Dog foster farm ww	1 EACH	243	40	395	9.11	30.37	8.1	2.53
Hamburger GF Pierre	patty	150	45	260	12.0	0.0	11.0	4.50
Wheat roll	2 oz bun	163	1	279	5.36	29.87	2.56	0.67
green salad (1 cup)	1 cup	13	0	16	1.02	2.47	0.05	0.01
Baked Beans 1/2 cup vegetarian	1/2 Cup	142	0	222	7.86	26.67	1.12	0.00
Applesauce 1/2 cup =23.8	1/2 cup	53	0	11	0.0	13.71	0.0	0.00
Pineapple tid-indo1/2c = 25.05	1/2 c	53	0	0	0.0	13.2	0.0	0.00
APPLES,Fresh	EACH	95	0	2	0.47	25.13	0.31	0.05
ORANGES	EACH	62	0	0	1.23	15.39	0.16	0.02
DbI Choc Chip Cookie MES r-sod	1 each	127	7	86	1.44	16.91	6.35	3.15
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
Milk Flavored skim	carton	122	5	170	8.0	20.53	0.0	0.00
Ranch Dressing HVR 1oz	1 oz	40	7	179	0.57	1.54	3.44	0.76
Pickles 3ea	3 ea drained	4	0	9	0.08	0.43	0.02	0.01
Ketchup Heinz	1 oz	31	0	250	0.0	7.83	0.0	0.00
Mustard	1 tsp	5	0	47	0.0	0.0	0.0	0.00
BBQ sauce bowles 1 oz	1 oz	31	0	177	0.89	7.09	0.0	0.00
Margarine LOL	portion	20	0	35	0.0	0.0	2.5	1.00
Water available?	6 oz	0	0	7	0.0	0.0	0.0	0.00
SPECIAL DIET	LIST	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		630	58	984	23.98	87.73	19.88	7.70
% of Calories					15.2%	55.7%	28.4%	11.0%
Nutrient Guideline		600-700		1360	8.00		<=30.0	<10.00

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# Morgan School District

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### Portion Values - Detailed

May 1, 2019 thru May 31, 2019

Morgan Middle School

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Sat - 05/18/2019								
Morgan Middle School	Total							
Chicken Fried Steak 69035	1 each	300	50	470	15.0	16.0	19.0	6.00
country gravy custom.1/2 cup	1/2 cup	63	0	462	0.0	10.42	2.08	2.08
Mashed Potatoes Instamash GF	1/2 cup	71	0	272	1.59	14.29	1.19	0.00
Turkey deli slice100122 1.5MA	2.39 oz.	84	42	405	13.54	1.5	3.01	1.50
Wheat roll	2 oz bun	163	1	279	5.36	29.87	2.56	0.67
French fries Sysco 7470370	1/2c=2.37 oz	120	0	370	2.0	20.01	3.5	0.00
Green Beans1/2 =22.65/cn	1/2 c.	26	0	230	1.64	4.93	0.0	0.00
orange juice 4 oz sun cup	1 carton	60	0	0	0.0	13.0	0.0	0.00
apricots	1/2 cup	59	0	10	0.0	13.87	0.0	0.00
Applesauce 1/2 cup =23.8	1/2 cup	53	0	11	0.0	13.71	0.0	0.00
ORANGES	1 EACH	62	0	0	1.23	15.39	0.16	0.02
APPLES,Fresh	EACH	95	0	2	0.47	25.13	0.31	0.05
GELATIN,all flavors	.25 cup	36	0	43	0.51	8.7	0.0	0.00
Whip Topping Riches	2 tbsp	34	0	9	0.0	3.54	2.21	2.21
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
Milk Flavored skim	carton	122	5	170	8.0	20.53	0.0	0.00
Ketchup Heinz	1 oz	31	0	250	0.0	7.83	0.0	0.00
Mustard	1 tsp	5	0	47	0.0	0.0	0.0	0.00
lettuce shread 1/8	1/8 cup	1	0	1	0.07	0.23	0.01	0.00
mayonaise	1/2 oz	51	10	97	0.0	1.02	5.12	1.02
Ranch Dressing HVR1/2 oz	.5 oz	68	8	138	3.84	6.91	2.85	1.19
Water available?	6 oz	0	0	7	0.0	0.0	0.0	0.00
SPECIAL DIET	LIST	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		633	46	1358	25.62	92.65	17.10	6.25
% of Calories					16.2%	58.6%	24.3%	8.9%
Nutrient Guideline		600-700		1360	8.00		<=30.0	<10.00

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Morgan Middle School

Generated on: 4/29/2019 11:24:44 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Sun - 05/19/2019								
Morgan Middle School	Total							
chicken patty WG tyson	patty	270	25	400	15.0	16.0	15.0	2.50
Chicken patty Hot & Spicy	1 each	270	25	400	15.0	17.0	15.0	3.00
Ham & Cheese Ripper WG	1 each	240	25	540	22.0	26.0	9.0	4.00
French fries Sysco 7470370	1/2c=2.37 oz	120	0	370	2.0	20.01	3.5	0.00
BROCCOLI: frozen, 5.48/#	1/2c.	23	0	9	2.57	4.43	0.1	0.01
Fruit Cocktail light syup1/2	1/2 cup	59	0	10	0.0	16.68	0.0	0.00
PEACHES: dice,1/2c =24.3	1/2	118	0	10	0.0	27.48	0.0	0.00
APPLES,Fresh	EACH	95	0	2	0.47	25.13	0.31	0.05
Wheat roll	2 oz bun	163	1	279	5.36	29.87	2.56	0.67
ORANGES	EACH	62	0	0	1.23	15.39	0.16	0.02
Chocolate chip cookie Ele Purp	1 each	116	11	94	1.69	16.16	5.32	2.45
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
Milk Flavored skim	carton	122	5	170	8.0	20.53	0.0	0.00
Ranch Dressing HVR 1oz	1 oz	40	7	179	0.57	1.54	3.44	0.76
Ketchup Heinz	1 oz	31	0	250	0.0	7.83	0.0	0.00
Mustard	1 tsp	5	0	47	0.0	0.0	0.0	0.00
Margarine LOL	portion	20	0	35	0.0	0.0	2.5	1.00
Water available?	6 oz	0	0	7	0.0	0.0	0.0	0.00
mayonaise	1/2 oz	51	10	97	0.0	1.02	5.12	1.02
Mustard	1 tsp	5	0	47	0.0	0.0	0.0	0.00
SPECIAL DIET	LIST	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		745	38	1312	27.44	106.72	23.12	5.85
% of Calories					14.7%	57.3%	27.9%	7.1%
Nutrient Guideline		600-700		1360	8.00		<=30.0	<10.00

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# Morgan School District

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2019 thru May 31, 2019

Morgan Middle School

Generated on: 4/29/2019 11:24:44 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/20/2019								
Morgan Middle School	Total							
dunker bun 2 oz w-g	2 oz	143	0	233	4.81	26.93	1.87	0.54
Cheese for dunkers 1oz	1 oz	100	28	180	6.0	0.5	8.0	5.50
Italian Dunkers sauce 12 scoop	3oz 12 scoop	115	26	210	7.52	6.74	6.41	2.10
Mini corn dogs 6	6 ea	246	59	413	9.82	29.47	9.82	2.46
French fries Sysco 7470370	1/2c=2.37 oz	120	0	370	2.0	20.01	3.5	0.00
BROCCOLI: frozen, 5.48/#	1/2c.	23	0	9	2.57	4.43	0.1	0.01
Baby carrot packet	bag	15	0	35	0.0	4.03	0.0	0.00
PEACHES: dice, 1/2c =24.3	1/2 cup	59	0	5	0.0	13.74	0.0	0.00
Banana	1 ea	90	0	1	1.1	23.07	0.33	0.11
Pears Dice Lt.sy 1/2c=23.8	1/2 cup	61	0	5	0.0	16.14	0.0	0.00
APPLES, Fresh	EACH	95	0	2	0.47	25.13	0.31	0.05
ORANGES	EACH	62	0	0	1.23	15.39	0.16	0.02
No Roll Sugar Cookie WG	1 each	114	7	97	1.67	13.93	5.7	2.49
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
Milk Flavored skim	carton	122	5	170	8.0	20.53	0.0	0.00
Ketchup Heinz	1 oz	31	0	250	0.0	7.83	0.0	0.00
Mustard	1 tsp	5	0	47	0.0	0.0	0.0	0.00
Water available?	4 oz	0	0	3	0.0	0.0	0.0	0.00
SPECIAL DIET	LIST	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		637	65	1025	22.93	90.59	20.16	7.97
% of Calories					14.4%	56.9%	28.5%	11.3%
Nutrient Guideline		600-700		1360	8.00		<=30.0	<10.00

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# Morgan School District

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2019 thru May 31, 2019

Morgan Middle School

Generated on: 4/29/2019 11:24:44 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/21/2019								
Morgan Middle School	Total							
MEAT LOAF	3/4" SLICE	206	67	121	16.28	7.96	11.83	4.36
Baked Beans 1/2 cup vegetarian	1/2 Cup	142	0	222	7.86	26.67	1.12	0.00
Nacho Chips Barrol o Fun 12	12 each	142	0	120	2.18	21.82	6.55	0.55
Taco filling 1.5 oz	1.5 oz	128	39	103	10.54	1.04	9.01	3.00
Nacho cheese Bernard 2ndary LS	1/4 cup	48	0	136	0.97	8.72	1.94	0.97
Burrito Ruiz	each 6.68oz.	351	5	631	16.03	48.1	11.02	2.00
CORN: canned, 1/2c.	1/2	48	0	8	1.6	7.22	1.2	0.00
REFRIED BEANS: canned	1/2 cup	134	5	461	8.31	14.73	4.97	1.59
Baby carrot packet	bag=1/2 c.	15	0	35	0.0	4.03	0.0	0.00
ORANGES	EACH	62	0	0	1.23	15.39	0.16	0.02
APPLES,Fresh	EACH	95	0	2	0.47	25.13	0.31	0.05
PEACHES: dice,1/2c =24.3	1/2 cup	59	0	5	0.0	13.74	0.0	0.00
blueberries, frz 5.9/#= 1/2 c	1/2 cup	39	0	1	0.0	9.86	0.99	0.00
Oatmeal Crispies Ele/Midd	1 each	116	8	103	2.0	18.05	4.03	1.66
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
Milk Flavored skim	carton	122	5	170	8.0	20.53	0.0	0.00
SALSA	1/2 OZ.	4	0	16	0.0	0.89	0.0	0.00
Water available?	6 oz	0	0	7	0.0	0.0	0.0	0.00
SPECIAL DIET	LIST	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		559	40	645	21.13	78.38	19.64	5.46
% of Calories					15.1%	56.0%	31.6%	8.8%
Nutrient Guideline		600-700		1360	8.00		<=30.0	<10.00

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# Morgan School District

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2019 thru May 31, 2019

Morgan Middle School

Generated on: 4/29/2019 11:24:44 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/22/2019								
Morgan Middle School	Total							
chicken patty WG tyson	patty	270	25	400	15.0	16.0	15.0	2.50
country gravy custom.3/8 cup	3/8 cup	47	0	349	0.0	7.87	1.57	1.57
Mashed Potatoes Instamash GF	1/2 cup	71	0	272	1.59	14.29	1.19	0.00
Turkey deli slice100122 1.5MA	2.39 oz.	84	42	405	13.54	1.5	3.01	1.50
Turkey Gravy 2 oz custom	1/4 cup	53	15	453	5.3	3.08	2.49	0.66
French fries Sysco 7470370	1/2c=2.37 oz	120	0	370	2.0	20.01	3.5	0.00
Wheat roll	2 oz bun	163	1	279	5.36	29.87	2.56	0.67
Green Beans1/2 =22.65/cn	1/2 c.	26	0	230	1.64	4.93	0.0	0.00
Applesauce 1/2 cup =23.8	1/2 cup	53	0	11	0.0	13.71	0.0	0.00
blueberries, frz 5.9/#= 1/2 c	1/2 cup	39	0	1	0.0	9.86	0.99	0.00
orange juice 4 oz sun cup	1 carton	60	0	0	0.0	13.0	0.0	0.00
ORANGES	EACH	62	0	0	1.23	15.39	0.16	0.02
APPLES,Fresh	EACH	95	0	2	0.47	25.13	0.31	0.05
Whip Topping Riches	2 tbsp	34	0	9	0.0	3.54	2.21	2.21
GELATIN,all flavors	.25 cup	36	0	43	0.51	8.7	0.0	0.00
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
Milk Flavored skim	carton	122	5	170	8.0	20.53	0.0	0.00
Ketchup Heinz	1 oz	31	0	250	0.0	7.83	0.0	0.00
Mustard	1 tsp	5	0	47	0.0	0.0	0.0	0.00
Water available?	6 oz	0	0	7	0.0	0.0	0.0	0.00
SPECIAL DIET	LIST	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		720	43	1706	30.66	105.74	18.65	5.55
% of Calories					17.0%	58.7%	23.3%	6.9%
Nutrient Guideline		600-700		1360	8.00		<=30.0	<10.00

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# Morgan School District

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2019 thru May 31, 2019

Morgan Middle School

Generated on: 4/29/2019 11:24:44 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/23/2019								
Morgan Middle School	Total							
papa Murphy's pepperoni pizza	slice	341	53	553	19.55	28.66	16.07	9.52
Chicken Strips, tyson3=2meat	3 each	239	45	329	19.42	11.95	11.95	2.24
Cucumbers (&/OR)Tomatoes	.5 cup	11	0	2	0.42	2.44	0.03	0.01
green salad (1 cup)	1 cup	13	0	16	1.02	2.47	0.05	0.01
Pears Dice Lt.sy 1/2c=23.8	1/2 cup	61	0	5	0.0	16.14	0.0	0.00
Pineapple tid-indo1/2c = 25.05	1/2c	53	0	0	0.0	13.2	0.0	0.00
APPLES,Fresh	EACH	95	0	2	0.47	25.13	0.31	0.05
ORANGES	EACH	62	0	0	1.23	15.39	0.16	0.02
Pumpkin Choc chip cookie Purpl	1 each	100	1	89	1.31	16.27	3.61	0.83
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
Milk Flavored skim	carton	122	5	170	8.0	20.53	0.0	0.00
Ranch Dressing HVR 1oz	1 oz	40	7	179	0.57	1.54	3.44	0.76
BBQ sauce bowles 1 oz	1 oz	31	0	177	0.89	7.09	0.0	0.00
Water available?	6 oz	0	0	7	0.0	0.0	0.0	0.00
SPECIAL DIET	LIST	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		608	63	882	28.97	73.62	21.72	10.43
% of Calories					19.0%	48.4%	32.1%	15.4%
Nutrient Guideline		600-700		1360	8.00		<=30.0	<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/24/2019								
Morgan Middle School	Total							
Trix Yogurt	1 Each	90	5	50	4.0	17.0	0.5	0.50
Pancake sausage on a stick	1 each	240	25	360	7.0	18.0	15.0	4.50
Chicken Nuggets 5 wgtyson150cs	5 each	261	25	398	16.17	16.17	14.92	2.49
Hash brown Rounds	2 each	100	0	105	1.0	16.0	3.5	0.00
Cinnamon Bread stick 1 oz wg	1 oz	102	0	144	2.66	15.85	3.16	1.27
Sweet potato puffs	1/2 cup (10)	143	0	119	1.19	22.68	4.77	0.60
ORANGES	EACH	62	0	0	1.23	15.39	0.16	0.02
APPLES,Fresh	EACH	95	0	2	0.47	25.13	0.31	0.05
Pears sliced 100224	1/2 cup	99	0	8	0.0	24.65	0.0	0.00
Mandarin Orange CHINA .5 CUP	1/2 cup	91	0	10	1.01	23.29	0.0	0.00
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
Milk Flavored skim	carton	122	5	170	8.0	20.53	0.0	0.00
Ketchup Heinz	1 oz	31	0	250	0.0	7.83	0.0	0.00
syrup sysco	oz	75	0	27	0.0	19.0	0.0	0.00
Water available?	4 oz	0	0	3	0.0	0.0	0.0	0.00
SPECIAL DIET	LIST	0	0	0	0.0	0.0	0.0	0.00

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# Morgan School District

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2019 thru May 31, 2019

Morgan Middle School

Generated on: 4/29/2019 11:24:44 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		716	32	922	24.17	104.18	22.26	5.23
% of Calories					13.5%	58.2%	28.0%	6.6%
Nutrient Guideline		600-700		1360	8.00		<=30.0	<10.00

Sat - 05/25/2019								
Morgan Middle School	Total							
chicken patty WG tyson	patty	270	25	400	15.0	16.0	15.0	2.50
country gravy custom.1/2 cup	1/2 cup	63	0	462	0.0	10.42	2.08	2.08
Mashed Potatoes Instamash GF	1/2 cup	71	0	272	1.59	14.29	1.19	0.00
Turkey deli slice100122 1.5MA	2.39 oz.	84	42	405	13.54	1.5	3.01	1.50
Turkey Gravy 2 oz custom	1/4 cup	53	15	453	5.3	3.08	2.49	0.66
French fries Sysco 7470370	1/2c=2.37 oz	120	0	370	2.0	20.01	3.5	0.00
Wheat roll	2 oz bun	163	1	279	5.36	29.87	2.56	0.67
Green Beans1/2 =22.65/cn	1/2 c.	26	0	230	1.64	4.93	0.0	0.00
Applesauce 1/2 cup =23.8	1/2 cup	53	0	11	0.0	13.71	0.0	0.00
blueberries, frz 5.9/#= 1/2 c	1/2 cup	39	0	1	0.0	9.86	0.99	0.00
Apple Juice suncup 4 oz	4 ozserving	50	0	10	0.0	13.0	0.0	0.00
ORANGES	EACH	62	0	0	1.23	15.39	0.16	0.02
APPLES,Fresh	EACH	95	0	2	0.47	25.13	0.31	0.05
Whip Topping Riches	2 tbsp	34	0	9	0.0	3.54	2.21	2.21
GELATIN,all flavors	.25 cup	36	0	43	0.51	8.7	0.0	0.00
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
Milk Flavored skim	carton	122	5	170	8.0	20.53	0.0	0.00
Ketchup Heinz	1 oz	31	0	250	0.0	7.83	0.0	0.00
Mustard	1 tsp	5	0	47	0.0	0.0	0.0	0.00
Water available?	6 oz	0	0	7	0.0	0.0	0.0	0.00
SPECIAL DIET	LIST	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		713	43	1691	30.66	105.29	18.56	5.46
% of Calories					17.2%	59.1%	23.4%	6.9%
Nutrient Guideline		600-700		1360	8.00		<=30.0	<10.00

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# Morgan School District

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### Portion Values - Detailed

May 1, 2019 thru May 31, 2019

Morgan Middle School

Generated on: 4/29/2019 11:24:44 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/28/2019								
Morgan Middle School	Total							
Mini Calzone 3 each	3 calzones	330	25	510	16.0	40.0	12.0	5.00
Corn Dog foster farm ww	1 EACH	243	40	395	9.11	30.37	8.1	2.53
PEAS: frozen, 1/2c. dont boil.	1/2 c	73	0	69	4.73	13.02	0.0	0.00
Baby carrot packet	bag=1/2 c.	15	0	35	0.0	4.03	0.0	0.00
PEACHES: dice,1/2c =24.3	1/2	118	0	10	0.0	27.48	0.0	0.00
Pears Dice Lt.sy 1/2c=23.8	1/2 cup	61	0	5	0.0	16.14	0.0	0.00
Fruit Cocktail light syup1/2	1/2 cup	59	0	10	0.0	16.68	0.0	0.00
APPLES,Fresh	EACH	95	0	2	0.47	25.13	0.31	0.05
ORANGES	EACH	62	0	0	1.23	15.39	0.16	0.02
Ginger Snap Cookies elem	1 each	127	7	126	1.43	18.44	5.42	1.36
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
Milk Flavored skim	carton	122	5	170	8.0	20.53	0.0	0.00
Ranch Dressing HVR 1oz	1 oz	40	7	179	0.57	1.54	3.44	0.76
Ketchup Heinz	1 oz	31	0	250	0.0	7.83	0.0	0.00
Mustard	1 tsp	5	0	47	0.0	0.0	0.0	0.00
BBQ sauce bowles 1 oz	1 oz	31	0	177	0.89	7.09	0.0	0.00
Margarine LOL	portion	20	0	35	0.0	0.0	2.5	1.00
Water available?	6 oz	0	0	7	0.0	0.0	0.0	0.00
SPECIAL DIET	LIST	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		664	44	1002	23.79	102.43	16.95	5.77
% of Calories					14.3%	61.7%	23.0%	7.8%
Nutrient Guideline		600-700		1360	8.00		<=30.0	<10.00

Wed - 05/29/2019								
Morgan Middle School	Total							
Turkey breast smoked	2.45oz= 1.5 ma	86	43	415	13.87	1.54	3.08	1.54
Wheat roll	2 oz bun	163	1	279	5.36	29.87	2.56	0.67
lays potatoe chips	1 OZ each	160	0	170	2.0	15.0	10.0	1.50
APPLES,Fresh	1 EACH	95	0	2	0.47	25.13	0.31	0.05
Baby carrot packet	bag=1/2 c.	15	0	35	0.0	4.03	0.0	0.00
Ranch Dressing Basic con2/3oz	portion2/3 oz	37	8	76	1.0	1.0	4.0	1.00
mayonaise pkt	pkt	50	10	95	0.0	1.0	5.0	1.00
MILK - Variety	1 each	120	6	163	8.0	19.4	0.37	0.22
CHOCOLATE CHIP COOKIES WG 70	1 EACH	128	11	71	1.53	15.97	6.77	2.59

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# Morgan School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Morgan Middle School

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		854	79	1306	32.24	112.95	32.10	8.58
% of Calories					15.1%	52.9%	33.8%	9.0%
Nutrient Guideline		600-700		1360	8.00		<=30.0	<10.00

Thu - 05/30/2019								
Morgan Middle School	Total							
Mini corn dogs 6	6 ea	246	59	413	9.82	29.47	9.82	2.46
popcorn chicken 12 WG	12 ea	258	22	393	15.72	15.72	14.6	2.81
CORN: canned, 1/2c.	1/2	48	0	8	1.6	7.22	1.2	0.00
French Fries Crk C snow 6.3/#	1/2c=2.53oz	110	0	25	1.69	16.94	2.54	0.00
Pears Dice Lt.sy 1/2c=23.8	1/2 cup	61	0	5	0.0	16.14	0.0	0.00
Pineapple tid-indo1/2c = 25.05	1/2c	53	0	0	0.0	13.2	0.0	0.00
Creamie Jr. choc	bar	93	11	56	2.0	14.0	3.5	2.00
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
Milk Flavored skim	carton	122	5	170	8.0	20.53	0.0	0.00
Ranch Dressing HVR 1oz	1 oz	40	7	179	0.57	1.54	3.44	0.76
BBQ sauce bowles 1 oz	1 oz	31	0	177	0.89	7.09	0.0	0.00
Ketchup Heinz	1 oz	31	0	250	0.0	7.83	0.0	0.00
Water available?	6 oz	0	0	7	0.0	0.0	0.0	0.00
SPECIAL DIET	LIST	0	0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		712	66	897	26.83	97.14	22.26	6.09
% of Calories					15.1%	54.6%	28.1%	7.7%
Nutrient Guideline		600-700		1360	8.00		<=30.0	<10.00

Weighted Average		686	51	1136	26.68	96.53	21.42	6.86
					15.5%	56.3%	28.1%	9.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	686		600 - 700	100%				
Cholesterol (mg)	51							
Sodium 1 (mg)	1136		1360					
Sodium 2 (mg)	1136		1035				101	Correction Required - Sodium too High
Protein (g)	26.68	15.55%	8.00	333%				
Carbohydrate (g)	96.53	56.26%						
Total Fat (g)	21.42	28.09%	<=30.00%					
Saturated Fat (g)	6.86	9.00%	<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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.