

# Cullman County CNP

Mar 1, 2024 thru Mar 22, 2024

## Base Menu Spreadsheet

NURSE - K-12 LUNCH

### Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/01/2024									
NURSE - K-12 LUNCH	Total								
PIZZA, assorted	1 each	306	18	670	3.76	*6	15.78	33.99	11.45
E. LASAGNA ROLLUPS, WG	2 rolls	360	90	700	4.00	2	18.0	44.0	12.0
B. GARLIC HOAGIE BREAD	.5 each	72	0	170	1.00	*2	2.5	14.19	1.0
SALAD, ROMAINE TOSSED	1 cup	17	0	40	1.62	*0	1.19	3.09	0.13
V. CORN: frozen, yellow	1/2 C	73	0	1	2.21	*N/A*	2.31	17.51	0.61
D. COOKIE/ASSORTED	cookie	111	1	74	1.00	9	1.0	18.0	4.0
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1399	139	2073	15.89	*78	65.35	210.02	34.35
% of Calories						*22.2%	18.7%	60.0%	22.1%
Nutrient Guideline		600-650		1230					

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/04/2024									
NURSE - K-12 LUNCH	Total								
SAND, CHICKEN SAND, BRD/WHMSC	servings	370	35	850	5.00	*0	26.0	45.0	10.0
E. MOZZARELLA CHEESE STICKS	2 each	290	20	680	3.00	*N/A*	17.0	30.0	12.0
V. SPAGHETTI SAUCE/DIP	1/4 cup	32	0	391	*N/A*	*N/A*	0.8	5.77	0.59
V. BROCCOLI W/CHEESE	1/2 c	91	13	175	2.86	*N/A*	9.12	5.55	4.27
V. LETTUCE/TOMATO	serving	10	0	4	0.94	*N/A*	0.59	1.93	0.14
B. CHIPS, SUN/CHEDDAR	1 pk.	140	0	160	2.00	*N/A*	2.0	19.0	6.0
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1392	98	2678	*16.10	*58	80.07	186.50	38.17
% of Calories						*16.7%	23.0%	53.6%	24.7%
Nutrient Guideline		600-650		1230					

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/05/2024									
NURSE - K-12 LUNCH	Total								
SAND. HOT DOG	SERVING	320	30	820	2.00	4	12.0	28.0	18.0
SAND. BBQ CHICKEN SANDWICH	SERVINGS	217	53	395	1.27	*2	22.6	26.4	3.83
V. BAKED BEANS (VEGETARIAN)	SERVINGS	166	0	532	6.88	*N/A*	7.88	37.12	0.86
V. POTATO WEDGES, FF	1/2 cup	69	0	8	1.52	*N/A*	2.26	16.14	0.0
V. COLESLAW	1/2 c	107	13	200	1.06	*N/A*	0.66	13.33	6.46
V. KRAUT/ONIONS	SERVING	23	0	236	1.57	*N/A*	0.76	5.26	0.09
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1362	126	2610	16.59	*64	70.72	205.50	34.41
% of Calories						*18.7%	20.8%	60.3%	22.7%
Nutrient Guideline		600-650		1230					

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/06/2024									
NURSE - K-12 LUNCH	Total								
E. CHICKEN FAJITA SALAD	SERVINGS	270	83	834	2.31	*1	22.61	20.29	11.21
E. BURRITO, BEEF & BEAN/BULK	5.75 oz	340	30	830	4.00	*N/A*	16.0	42.0	12.0
V. LETTUCE/TOMATO/ONION/CHEESE	portion	75	8	111	2.04	*4	5.19	8.14	2.77
PINTO BEANS	1/2 CUP	139	0	368	8.87	*N/A*	6.34	25.36	0.63
B. RICE, MEXICAN	1/2 C	133	0	287	1.00	*0	2.0	24.0	2.51
SALSA	2 OZ	17	0	346	1.63	*N/A*	0.15	3.41	0.0
B. CHIPS, TORTILLA/BULK	1 oz	140	0	150	1.00	*N/A*	2.0	17.0	7.0
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1575	151	3344	23.15	*63	78.85	219.44	41.31
% of Calories						*15.9%	20.0%	55.7%	23.6%
Nutrient Guideline		600-650		1230					

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Mar 1, 2024 thru Mar 22, 2024

Base Menu Spreadsheet

NURSE - K-12 LUNCH

Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/07/2024									
NURSE - K-12 LUNCH	Total								
Turkey Roast	2 oz	135	46	593	0.00	*N/A*	18.55	2.67	5.04
E. SALISBURY STEAK PATTY	PATTY	201	45	354	1.40	*N/A*	14.21	3.7	14.58
COND. GRAVY, BROWN (MIX)	1/4 cup	18	0	256	0.00	*N/A*	0.0	2.72	0.45
V. CREAMED POTATOES	1/2 cup	61	*0	421	1.02	*N/A*	1.02	13.25	0.0
V. PEAS, GREEN,CANNED,DRAINED	1/2 c	104	0	329	6.16	*N/A*	6.61	18.93	0.6
B. ROLL, WG 1 OZ	1 each	80	0	70	2.00	*N/A*	3.0	14.0	1.5
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1060	*121	2441	12.88	*58	67.96	134.52	27.34
% of Calories						*21.9%	25.6%	50.8%	23.2%
Nutrient Guideline		600-650		1230					

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/08/2024									
NURSE - K-12 LUNCH	Total								
PIZZA, assorted	1 each	306	18	670	3.76	*6	15.78	33.99	11.45
E. BBQ TOPPED POTATO	POTATO	474	76	712	3.50	*N/A*	34.02	46.66	17.03
B. BREADSTICK WG	1 each	107	0	221	1.10	*N/A*	4.4	21.3	1.2
SALAD,ROMAINE TOSSED	1 cup	17	0	40	1.62	*0	1.19	3.09	0.13
V. CORN: frozen, yellow	1/2 C	73	0	1	2.21	*N/A*	2.31	17.51	0.61
D. YOGURT PARFAIT	1 each	285	2	123	3.80	*N/A*	6.55	57.16	3.92
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1722	126	2186	18.28	*65	88.82	258.95	39.50
% of Calories						*15.0%	20.6%	60.2%	20.6%
Nutrient Guideline		600-650		1230					

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/11/2024									
NURSE - K-12 LUNCH	Total								
E. CORN DOG	1 each	240	20	590	5.00	*N/A*	9.0	33.0	8.0
E. CHICKEN NUGGETS, WG BRD	5 EACH	240	55	430	2.00	0	16.0	16.0	12.0
B. BISCUIT, SOUTHERN 2.51 OZ	biscuits	210	0	420	1.00	3	5.0	28.0	9.0
V. GREEN BEANS: can,cooked	1/2 c	28	0	395	2.50	*N/A*	1.66	6.01	0.21
V. OVEN POTATOES, VARIETY	1/2 c	131	1	159	2.20	*N/A*	2.15	22.15	4.0
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1309	106	2413	15.00	*61	58.37	184.40	38.38
% of Calories						*18.6%	17.8%	56.4%	26.4%
Nutrient Guideline		600-650		1230					

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/12/2024									
NURSE - K-12 LUNCH	Total								
SAND. MEATBALL SUB	sandwich	384	28	1010	*3.00	*6	20.0	51.36	10.68
SAND. Deli Sandwich WG	sandwich	297	37	1151	2.00	*4	19.1	*27.0	13.02
B. CHIPS, DORITOS	1 oz pkg	110	0	165	1.50	*N/A*	2.0	17.5	4.0
V. BROCCOLI W/CHEESE	1/2 c	91	13	175	2.86	*N/A*	9.12	5.55	4.27
V. LETTUCE/TOMATO	serving	10	0	4	0.94	*N/A*	0.59	1.93	0.14
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1351	107	2923	*12.59	*68	75.38	*182.59	37.29
% of Calories						*20.1%	22.3%	*54.0%	24.8%
Nutrient Guideline		600-650		1230					

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NURSE - K-12 LUNCH

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/13/2024									
NURSE - K-12 LUNCH	Total								
TACO SALAD	SERVINGS	316	48	737	2.71	*0	17.48	23.93	16.8
E. QUESADILLA, CHICKEN	1 EACH	310	40	520	4.00	*N/A*	18.0	35.0	12.0
V. LETTUCE/TOMATO	serving	10	0	4	0.94	*N/A*	0.59	1.93	0.14
SALSA	2 OZ	17	0	346	1.63	*N/A*	0.15	3.41	0.0
B. CHIPS, TORTILLA/BULK	1 oz	140	0	150	1.00	*N/A*	2.0	17.0	7.0
PINTO BEANS	1/2 CUP	139	0	368	8.87	*N/A*	6.34	25.36	0.63
B. RICE, MEXICAN	1/2 C	133	0	287	1.00	*0	2.0	24.0	2.51
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1526	118	2830	22.45	*58	71.12	209.88	44.26
% of Calories						*15.3%	18.6%	55.0%	26.1%
Nutrient Guideline		600-650		1230					

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/14/2024									
NURSE - K-12 LUNCH	Total								
SPAGHETTI & MEAT Commodity WW	1 CUP	373	69	520	5.75	*2	26.36	36.18	13.88
E. CHICKEN, BAKED	servings	215	91	37	*0.00	*0	19.77	*0.02	14.53
B. GARLIC HOAGIE BREAD	.5 each	72	0	170	1.00	*2	2.5	14.19	1.0
SALAD, ROMAINE TOSSED	1 cup	17	0	40	1.62	*0	1.19	3.09	0.13
V. GREEN BEANS: can,cooked	1/2 c	28	0	395	2.50	*N/A*	1.66	6.01	0.21
PASTA SALAD (Whole Grain)	1/2 cup	91	0	446	2.74	*N/A*	3.02	15.64	2.02
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1257	190	2027	*15.91	*63	79.07	*154.38	36.94
% of Calories						*20.0%	25.2%	*49.1%	26.5%
Nutrient Guideline		600-650		1230					

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### Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/15/2024									
NURSE - K-12 LUNCH	Total								
PIZZA, assorted	1 each	306	18	670	3.76	*6	15.78	33.99	11.45
SAND. FISH SANDWICH WG	sandwich	410	20	660	6.00	2	22.0	52.0	12.0
SALAD,ROMAINE TOSSED	1 cup	17	0	40	1.62	*0	1.19	3.09	0.13
V. CORN: frozen, yellow	1/2 C	73	0	1	2.21	*N/A*	2.31	17.51	0.61
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
D. APPLE GOODIE/BUTTER BUDS	SERVINGS	142	0	65	1.79	*0	1.79	33.57	0.45
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1408	68	1854	17.68	*67	67.64	219.40	29.80
% of Calories						*18.9%	19.2%	62.3%	19.0%
Nutrient Guideline		600-650		1230					

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/18/2024									
NURSE - K-12 LUNCH	Total								
SAND. DOUBLE CHEESEBURGER WG	1 EACH	579	106	1509	4.43	*4	41.54	31.72	33.22
E. MOZZARELLA CHEESE STICKS	2 each	290	20	680	3.00	*N/A*	17.0	30.0	12.0
V. SPAGHETTI SAUCE/DIP	1/4 cup	32	0	391	*N/A*	*N/A*	0.8	5.77	0.59
B. CHIPS, DORITOS	1 oz pkg	110	0	165	1.50	*N/A*	2.0	17.5	4.0
V. CARROT STICKS W/DIP	serving	54	0	135	1.16	*2	1.05	6.37	2.77
V. LETTUCE/TOMATO/ONION	LET/TOM/ON	21	0	3	1.07	*N/A*	0.71	4.7	0.11
V. PICKLES, SLICED DILL	serving	0	0	195	0.00	*N/A*	0.0	0.0	0.0
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1546	157	3497	*13.45	*64	87.66	175.30	57.85
% of Calories						*16.5%	22.7%	45.3%	33.7%
Nutrient Guideline		600-650		1230					

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# Cullman County CNP

Mar 1, 2024 thru Mar 22, 2024

Base Menu Spreadsheet

NURSE - K-12 LUNCH

Weighted Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/19/2024									
NURSE - K-12 LUNCH	Total								
SAND. HOT DOG	SERVING	320	30	820	2.00	4	12.0	28.0	18.0
SAND. BBQ CHICKEN SANDWICH	SERVINGS	217	53	395	1.27	*2	22.6	26.4	3.83
V. BAKED BEANS (VEGETARIAN)	SERVINGS	166	0	532	6.88	*N/A*	7.88	37.12	0.86
V. POTATO WEDGES, FF	1/2 cup	69	0	8	1.52	*N/A*	2.26	16.14	0.0
V. COLESLAW	1/2 c	107	13	200	1.06	*N/A*	0.66	13.33	6.46
V. KRAUT/ONIONS	SERVING	23	0	236	1.57	*N/A*	0.76	5.26	0.09
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1362	126	2610	16.59	*64	70.72	205.50	34.41
% of Calories						*18.7%	20.8%	60.3%	22.7%
Nutrient Guideline		600-650		1230					

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/20/2024									
NURSE - K-12 LUNCH	Total								
E. CHICKEN FAJITA SALAD	SERVINGS	270	83	834	2.31	*1	22.61	20.29	11.21
E. BURRITO, BEEF & BEAN/BULK	5.75 oz	340	30	830	4.00	*N/A*	16.0	42.0	12.0
PINTO BEANS	1/2 CUP	139	0	368	8.87	*N/A*	6.34	25.36	0.63
B. RICE, MEXICAN	1/2 C	133	0	287	1.00	*0	2.0	24.0	2.51
SALSA	2 OZ	17	0	346	1.63	*N/A*	0.15	3.41	0.0
B. CHIPS, TORTILLA/BULK	1 oz	140	0	150	1.00	*N/A*	2.0	17.0	7.0
V. LETTUCE/TOMATO	serving	10	0	4	0.94	*N/A*	0.59	1.93	0.14
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1509	143	3236	22.06	*59	74.26	213.23	38.67
% of Calories						*15.7%	19.7%	56.5%	23.1%
Nutrient Guideline		600-650		1230					

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# Cullman County CNP

Mar 1, 2024 thru Mar 22, 2024

Base Menu Spreadsheet

NURSE - K-12 LUNCH

Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/21/2024									
NURSE - K-12 LUNCH	Total								
Turkey Roast	2 oz	135	46	593	0.00	*N/A*	18.55	2.67	5.04
E. SALISBURY STEAK PATTY	PATTY	201	45	354	1.40	*N/A*	14.21	3.7	14.58
COND. GRAVY, BROWN (MIX)	1/4 cup	18	0	256	0.00	*N/A*	0.0	2.72	0.45
V. CREAMED POTATOES	1/2 cup	61	*0	421	1.02	*N/A*	1.02	13.25	0.0
V. PEAS, GREEN,CANNED,DRAINED	1/2 c	104	0	329	6.16	*N/A*	6.61	18.93	0.6
V. COLESLAW	1/2 c	107	13	200	1.06	*N/A*	0.66	13.33	6.46
ROLLS (YEAST)	1 EACH	177	0	291	1.23	*4	4.56	29.84	4.24
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1263	*134	2862	13.17	*62	70.18	163.69	36.54
% of Calories						*19.7%	22.2%	51.8%	26.0%
Nutrient Guideline		600-650		1230					

Fri - 03/22/2024									
NURSE - K-12 LUNCH	Total								
PIZZA, assorted	1 each	306	18	670	3.76	*6	15.78	33.99	11.45
E. CHICKEN ALFREDO W/TWIST	1 cup	404	*69	*934	*4.55	*N/A*	*25.44	*33.9	15.75
B. BREADSTICK WG	1 each	107	0	221	1.10	*N/A*	4.4	21.3	1.2
SALAD,ROMAINE TOSSED	1 cup	17	0	40	1.62	*0	1.19	3.09	0.13
V. CORN: frozen, yellow	1/2 C	73	0	1	2.21	*N/A*	2.31	17.51	0.61
D. BROWNIE/MIX	2 OZ	152	0	134	1.06	*N/A*	1.78	31.26	2.53
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1519	*117	*2419	*16.60	*65	*75.46	*220.29	36.84
% of Calories						*17.0%	*19.9%	*58.0%	21.8%
Nutrient Guideline		600-650		1230					

Weighted Average		1410	*127	*2625	*16.77	*63	*73.85	*196.47	37.88
						*40.5%	*20.9%	*55.7%	24.2%

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# Cullman County CNP

Mar 1, 2024 thru Mar 22, 2024

Base Menu Spreadsheet

NURSE - K-12 LUNCH

Weighted Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size	Weekly Target	Cals (kcal)	% of Target	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Error Messages (if any)
Calories	1410			600 - 650		217%				760				Correction Required - Calories too High
Cholesterol (mg)	127						Missing							
Sodium 1 (mg)	2625			1230			Missing			1395				Correction Required - Sodium too High
Sodium 1a (mg)	2625			1110			Missing			1515				Correction Required - Sodium too High
Fiber (g)	16.77						Missing							
Sugars (g)	63	17.99%					Missing							
Protein (g)	73.85	20.95%					Missing							
Carbohydrate (g)	196.47	55.73%					Missing							
Total Fat (g)	37.88	24.18%												

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