

# Lebanon Community Schools

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

LUNCH K-8 Lac, HC, Pio

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 10/02/2017		
LUNCH K-8 Lac, HC, Pio	Total	
Pulled Pork Sandwich-Leb	Sandwich	46.0
Spaghetti/Brdstick-Leb	Servings	30.64
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
SALAD, Leb (other)	.5 Cup	3.17
CARROTS, BABY (red/org)	.25 cup	3.3
BEANS, RED (legume)	.25 CUP	9.98
BROCCOLI, (dk green)	.25 CUP	1.51
FRUIT MIX, CANNED, EXTRA LIGHT	.25 cup	8.94
PEACHES,CND,JUC PK,SOL&LIQUIDS	.25 cup	7.23
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		92.40
% of Calories		55.3%
Nutrient Guideline		

Tue - 10/03/2017		
LUNCH K-8 Lac, HC, Pio	Total	
Grilled Cheese Sandwich-Leb	Servings	39.02
Baked Berry Oatmeal & Saus-Leb	1 cup	51.3
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
SALAD, Leb (other)	.5 CUP	3.17
CAULIFLOWER, (other)	.25 CUP	1.24
PEAS, frozen (starchy)	.25 cup	5.7
TOMATOES (red/org)	.25 CUP	1.75
Applesauce, Canned Unsweet USD	.25 cup	6.89
PEACHES,CND,JUC PK,SOL&LIQUIDS	.25 cup	7.23
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		94.21
% of Calories		56.8%
Nutrient Guideline		

Wed - 10/04/2017		
LUNCH K-8 Lac, HC, Pio	Total	
SOFT TACO-leb	soft taco	25.34
Cheesy Garlic Bread	Hoagie Buns	31.58
PBJ 2tbsp/Lebanon w/cheese	1 EACH	49.31
SALAD, Leb (other)	.5 Cup	3.17
CARROTS, BABY (red/org)	.25 cup	3.3
BEANS, RED (legume)	.25 CUP	9.98
PEAS, frozen (starchy)	.25 cup	5.7
PEARS,CND,JUC PK,DRND	.25 c	1.45
FRUIT MIX, CANNED, EXTRA LIGHT	.25 cup	8.94
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41

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LUNCH K-8 Lac, HC, Pio

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	Portion Size	Carb (g)
Weighted Daily Average		82.93
% of Calories		48.4%
Nutrient Guideline		

Thu - 10/05/2017		
LUNCH K-8 Lac, HC, Pio	Total	
Ham, Egg & Cheese Muffin-Leb	Sandwich	28.02
Chicken Burger-Leb	Chicken Burger	42.0
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
TOMATOES (red/org)	.25 CUP	1.75
BROCCOLI, (dk green)	.25 CUP	1.51
PICKLES,DILL (other)	.25 cup	0.93
CELERY STICKS (other)	.25 cup	1.1
STRAWBERRIES: frozen	.25 cup	16.52
Applesauce, Canned Unsweet USD	.25 cup	6.89
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		88.84
% of Calories		58.4%
Nutrient Guideline		

Fri - 10/06/2017		
LUNCH K-8 Lac, HC, Pio	Total	
Pizza, Nardone's WW Cheese 4 X	Piece (4 X 6)	30.0
Pizza, Nardone's WW Pep 4 X 6	Piece (4 X 6)	30.5
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
Cookie, Choc Chp-OS WG-Leb	cookie	17.0
SALAD, Leb (other)	.5 Cup	3.17
TOMATOES (red/org)	.25 CUP	1.75
CARROTS, BABY (red/org)	.25 cup	3.3
CUCUMBER, sliced (other)	.25 cup	0.72
BLUEBERRIES	.25 cup	5.36
PINEAPPLE	.25 cup	7.04
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		94.48
% of Calories		53.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 10/09/2017		
LUNCH K-8 Lac, HC, Pio	Total	
Cheesy Bean Dip-K-8	Servings	43.47
BBQ Rib Sandwich-Leb	Sandwich	46.0
PBJ 2tbsp/Lebanon w/cheese	1 EACH	49.31
SALAD, Leb (other)	.5 CUP	3.17
CARROTS, BABY (red/org)	.25 cup	3.3
SPINACH,FRESH (Dk Green)	.25 CUP	0.27
TOMATOES (red/org)	.25 CUP	1.75
PEACHES,CND,JUC PK,SOL&LIQUIDS	.25 cup	7.23
MANDARIN ORANGES,CND,JUC PK,DR	.25 cup	4.45
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Weighted Daily Average		88.16
% of Calories		56.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 10/10/2017		
LUNCH K-8 Lac, HC, Pio	Total	
HAMBURGER ON A BUN-Leb	1 ea	33.0
Chicken, Roasted/Breadstick	Serving	15.0
PBJ 2tbsp/Lebanon w/cheese	1 EACH	49.31
PICKLES,DILL (other)	.25 cup	0.93
TOMATOES (red/org)	.25 CUP	1.75
BROCCOLI, (dk green)	.25 CUP	1.51
PEAS, frozen (starchy)	.25 cup	5.7
FRUIT MIX, CANNED, EXTRA LIGHT	.25 cup	8.94
PEARS,CND,JUC PK,DRND	.25 c	1.45
KETCHUP: individual	2 PACKET	4.93
MUSTARD: Pkt-Leb	2 pkts	0.0
Mayo, Individual Packets	2 packets	0.0
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Weighted Daily Average		68.41
% of Calories		49.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 10/11/2017		
LUNCH K-8 Lac, HC, Pio	Total	
CHEF SALAD/Brdstck Elem	Salad	6.26
Pop Chicken/ bread Tyson 70368	Serving	33.1
PBJ 2tbsp/Lebanon w/cheese	1 EACH	49.31
CARROTS, BABY (red/org)	.25 cup	3.3
BROCCOLI, (dk green)	.25 CUP	1.51
Beans, Garbonzo (legume)	.25 c	13.57
CELERY STICKS (other)	.25 cup	1.1
APPLES, FRESH, SLICED, UNPEELE	.25 cup	7.83
BLUEBERRIES	.25 CUP	5.36
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
KETCHUP: individual	2 PACKET	4.93
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK, 1% Lowfat	8 OZ.	12.18
MILK, Skim	HALF PINT	1.41
Weighted Daily Average		74.04
% of Calories		50.8%
Nutrient Guideline		

Thu - 10/12/2017		
LUNCH K-8 Lac, HC, Pio	Total	
Taco Soup Elem-Leb	Servings (1 c.)	40.55
TURKEY DELI - Leb elem	1 Sandwich	*30.68
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
SALAD, Leb (other)	.5 Cup	3.17
TOMATOES (red/org)	.25 CUP	1.75
CARROTS, BABY (red/org)	.25 cup	3.3
Beans, Garbonzo (legume)	.25 cup	13.57
PEACHES, CND, JUC PK, SOL&LIQUIDS	.25 cup	7.23
PEARS, CND, JUC PK, DRND	.25 c	1.45
Ketchup Packet-Leb	2 pkts	6.0
MUSTARD: Pkt-Leb	2 pkts	0.0
Mayo, Individual Packets	2 packets	0.0
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK, 1% Lowfat	8 OZ.	12.18
MILK, Skim	8 oz	11.25
Weighted Daily Average		*95.80
% of Calories		*52.7%
Nutrient Guideline		

Fri - 10/13/2017		
LUNCH K-8 Lac, HC, Pio	Total	
NO SCHOOL TODAY	SERVING	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 10/16/2017		
LUNCH K-8 Lac, HC, Pio	Total	
HAMBURGER ON A BUN-Leb	1 ea	33.0
Deli Ham Elem-Leb	Sandwich	32.11
PBJ 2tbsp/Lebanon w/cheese	1 EACH	49.31
BEANS, Vegetarian Hot (legume)	.25 cup	13.53
BROCCOLI, (dk green)	.25 CUP	1.51
TOMATOES (red/org)	.25 CUP	1.75
PICKLES,DILL (other)	.25	3.74
PEARS: canned,light syrup	.25 CUP	9.44
FRUIT MIX, CANNED, EXTRA LIGHT	.25 cup	8.94
KETCHUP: individual	2 PACKET	4.93
MUSTARD: Pkt-Leb	2 pkts	0.0
Mayo, Individual Packets	2 packets	0.0
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Weighted Daily Average		92.77
% of Calories		56.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 10/17/2017		
LUNCH K-8 Lac, HC, Pio	Total	
TURKEY DELI - Leb elem	1 Sandwich	*30.68
White Chicken Chili-leb elem	1 cup	41.65
PBJ 2tbsp/Lebanon w/cheese	1 EACH	49.31
CUCUMBER, sliced (other)	.25 cup	0.72
CARROTS, BABY (red/org)	.25 cup	3.3
BROCCOLI, (dk green)	.25 CUP	1.51
TOMATOES (red/org)	.25 CUP	1.75
STRAWBERRIES: frozen	.25 cup	16.52
PEACHES,CND,JUC PK,SOL&LIQUIDS	.25 cup	7.23
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MUSTARD: Pkt-Leb	2 pkts	0.0
Mayo, Individual Packets	2 packets	0.0
KETCHUP: individual	2 PACKET	4.93
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Weighted Daily Average		*94.85
% of Calories		*61.1%
Nutrient Guideline		

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Base Menu Spreadsheet

Portion Values - Detailed

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Oct 2, 2017 thru Oct 31, 2017

LUNCH K-8 Lac, HC, Pio

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	Portion Size	Carb (g)
Wed - 10/18/2017		
LUNCH K-8 Lac, HC, Pio	Total	
TACO SALAD Elem.	salad	30.14
BAKED POTATO w/ Ham/Ch-K-8	1 EACH	59.41
PBJ 2tbsp/Lebanon w/cheese	1 EACH	49.31
SALAD, Leb (other)	.5 CUP	3.17
PEAS, frozen (starchy)	.25 cup	5.7
BEANS, RED (legume)	.25 CUP	9.98
TOMATOES (red/org)	.25 CUP	1.75
Applesauce, Canned Unsweet USD	.25 cup	6.89
PEARS,CND,JUC PK,DRND	.25 c	1.45
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Weighted Daily Average		91.99
% of Calories		53.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 10/19/2017		
LUNCH K-8 Lac, HC, Pio	Total	
SLOPPY JOE ON A BUN-Leb	1 each	*36.55
Sweet & Sour Chick Nuggets /Br	Serving (5 nug)	41.9
PBJ 2tbsp/Lebanon w/cheese	1 EACH	49.31
CORN: canned, HOT (starchy)	.25 cup	5.88
CELERY STICKS (other)	.25 cup	1.1
CARROTS, BABY (red/org)	.25 cup	3.3
CAULIFLOWER, (other)	.25 CUP	1.24
PEACHES,CND,JUC PK,SOL&LIQUIDS	.25 cup	7.23
BLUEBERRIES	.25 CUP	5.36
KETCHUP: individual	2 PACKET	4.93
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Weighted Daily Average		*90.12
% of Calories		*53.9%
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LUNCH K-8 Lac, HC, Pio

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	Portion Size	Carb (g)
Fri - 10/20/2017		
LUNCH K-8 Lac, HC, Pio	Total	
Pizza, Nardone's WW Cheese 4 X	Piece (4 X 6)	30.0
Pizza, Nardone's WW Pep 4 X 6	Piece (4 X 6)	30.5
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
SALAD, Leb (other)	.5 Cup	3.17
TOMATOES (red/org)	.25 CUP	1.75
CARROTS, BABY (red/org)	.25 cup	3.3
CUCUMBER, sliced (other)	.25 cup	0.72
BLUEBERRIES	.25 cup	5.36
PINEAPPLE	.25 cup	7.04
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK, 1% Lowfat	8 OZ.	12.18
MILK, Skim	8 oz	11.25
Weighted Daily Average		80.39
% of Calories		51.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 10/23/2017		
LUNCH K-8 Lac, HC, Pio	Total	
Ling's Orange Chick w/rice-Leb	serving	70.67
Deli Ham Elem-Leb	Sandwich	32.11
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
SALAD, Leb (other)	.5 Cup	3.17
CUCUMBER, sliced (other)	.25 cup	0.72
CARROTS, BABY (red/org)	.25 cup	3.3
Beans, Garbonzo (legume)	.25 cup	13.57
Applesauce, Canned Unsweet USD	.25 cup	6.89
FRUIT MIX, CANNED, EXTRA LIGHT	.25 cup	8.94
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
Ketchup Packet-Leb	2 pkts	6.0
MUSTARD: Pkt-Leb	2 pkts	0.0
Mayo, Individual Packets	2 packets	0.0
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK, 1% Lowfat	8 OZ.	12.18
MILK, Skim	8 oz	11.25
Weighted Daily Average		98.54
% of Calories		62.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
<b>Tue - 10/24/2017</b>		
LUNCH K-8 Lac, HC, Pio	Total	
Chicken Fajita Soft Taco-LHS	Taco	33.15
Tuna Salad Sandwich-K-8	Sandwiches	35.57
PBJ 2tbsp/Lebanon w/cheese	1 EACH	49.31
SALAD, Leb (other)	.5 CUP	3.17
Beans, Garbonzo (legume)	.25 cup	13.57
BROCCOLI, (dk green)	.25 CUP	1.51
PEAS, frozen (starchy)	.25 CUP	5.7
Applesauce, Canned Unsweet USD	.25 cup	6.89
PEACHES,CND,JUC PK,SOL&LIQUIDS	.25 cup	7.23
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Weighted Daily Average		94.22
% of Calories		54.1%
Nutrient Guideline		

	Portion Size	Carb (g)
<b>Wed - 10/25/2017</b>		
LUNCH K-8 Lac, HC, Pio	Total	
CHILI with Tortilla Chips-Leb	1/2 CUP Serving	*29.03
Chicken Tenders, Bread 7033	Serving (3 Pc.)	28.5
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
SALAD, Leb (other)	.5 Cup	3.17
CARROTS, BABY (red/org)	.25 cup	3.3
TOMATOES (red/org)	.25 CUP	1.75
PEAS, frozen (starchy)	.25 cup	5.7
APPLES,Fresh	1 EACH	19.06
PEARS,CND,JUC PK,DRND	.25 c	1.45
Ketchup Packet-Leb	2 pkts	6.0
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		*87.81
% of Calories		*52.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 10/26/2017		
LUNCH K-8 Lac, HC, Pio	Total	
TURKEY GRAVY/breadsticks-Leb	Serving	37.0
HAMBURGER ON A BUN-Leb	1 ea	33.0
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
Cookie, Darlington Sugar-Leb	cookie	19.0
CARROTS, BABY (red/org)	.25 cup	3.3
TOMATOES (red/org)	.25 CUP	1.75
PICKLES,DILL (other)	.25 cup	0.93
CELERY STICKS (other)	.25 cup	1.1
Applesauce, Canned Unsweet USD	.25 cup	6.89
PEARS,CND,JUC PK,DRND	.25 c	1.45
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
Ketchup Packet-Leb	2 pkts	6.0
MUSTARD: Pkt-Leb	2 pkts	0.0
Mayo, Individual Packets	2 packets	0.0
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		93.14
% of Calories		53.5%
Nutrient Guideline		

Fri - 10/27/2017		
LUNCH K-8 Lac, HC, Pio	Total	
NO SCHOOL TODAY	SERVING	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Mon - 10/30/2017		
LUNCH K-8 Lac, HC, Pio	Total	
NO SCHOOL TODAY	SERVING	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Tue - 10/31/2017		
LUNCH K-8 Lac, HC, Pio	Total	
NO SCHOOL TODAY	SERVING	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Weighted Average		*89.06 *54.5%
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\*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.

# Lebanon Community Schools

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

LUNCH K-8 Lac, HC, Pio

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion	Carb	Shortfall	Overage	Error Messages (if any)
				Size	(g)			
Carbohydrate (g)	89.06	54.48%			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*

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