

Lebanon Community Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 2, 2017 thru Oct 31, 2017

HIGH SCHOOL LUNCH

Generated on: 9/20/2017 3:12:52 PM

	Portion Size	Carb (g)
Mon - 10/02/2017		
HIGH SCHOOL LUNCH	Total	
Chicken Ceasar Salad-LHS	salad	36.67
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
Fiesta Pepper Jack Enchiladas	2 Enchiladas	32.02
Cheese Burger ON A BUN-Leb	1 ea	34.0
Pulled Pork Sandwich-Leb	Sandwich	46.0
BEANS, Vegetarian Hot (legume)	.25 cup	13.53
SALAD, Leb (other)	.5 CUP	3.17
TOMATOES (red/org)	.25 CUP	1.75
BROCCOLI, (dk green)	.25 CUP	1.51
Applesauce, Canned Unsweet USD	.5 cup	13.79
PEACHES,CND,JUC PK,SOL&LIQUIDS	.5 cup	14.46
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
KETCHUP: individual	2 PACKET	4.93
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	HALF PINT	1.41
Weighted Daily Average		109.68
% of Calories		54.3%
Nutrient Guideline		

Tue - 10/03/2017		
HIGH SCHOOL LUNCH	Total	
Taco Salad LHS	salads	50.13
Tuna Salad Sandwich-LHS/SOK	Sandwiches	32.57
Ramen Noodle Bowl-Lebanon	Bowls	59.95
Chicken Burger-Leb	Chicken Burger	42.0
GRILLED HAM & CHEESE-Leb	Sandwiches	30.83
Beans, Garbonzo (legume)	.25 cup	13.57
SALAD, Leb (other)	.5 CUP	3.17
CARROTS, BABY (red/org)	.25 cup	3.3
SPINACH,FRESH (Dk Green)	.25 CUP	0.27
PEARS,CND,JUC PK,DRND	.5 c	2.91
STRAWBERRIES: frozen	.5 cup	33.05
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		117.26
% of Calories		57.3%
Nutrient Guideline		

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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Lebanon Community Schools

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HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 10/04/2017		
HIGH SCHOOL LUNCH	Total	
FAJITA SALAD	Salad	46.8
Cheesy Chicken Quesadilla 2GR	1 Quesadilla	30.08
TURKEY GRAVY/BRDSTK-LEB LHS	Serving	49.93
Fruit & Meat Grab and Go	1 each	*44.87
Honey Roasted Carrots	1/4 cup	4.51
SALAD, Leb (other)	.5 CUP	3.17
CARROTS, BABY (red/org)	.25 cup	3.3
BROCCOLI, (dk green)	.25 CUP	1.51
APPLES, FRESH, SLICED, UNPEELE	.5 cup	15.66
FRUIT MIX, CANNED, EXTRA LIGHT	.5 cup	17.88
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
KETCHUP: individual	2 PACKET	4.93
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	HALF PINT	1.41
Weighted Daily Average		*115.26
% of Calories		*58.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 10/05/2017		
HIGH SCHOOL LUNCH	Total	
Asian Chicken Salad-Leb	Salad	54.79
HAM & CHSE DELI-LHS	1 EACH	44.8
SOFT TACO LHS-leb	soft taco	32.34
Pop Chicken/ bread Tyson 70368	Serving	33.1
White Chicken Chili-LHS/SOK	1 cup	59.65
Potatoes, French Cut, Low Sodi	.25 Cup	7.5
SALAD, Leb (other)	.5 CUP	3.17
CARROTS, BABY (red/org)	.25 cup	3.3
PEAS, frozen (starchy)	.25 cup	5.7
PEACHES,CND,JUC PK,SOL&LIQUIDS	.5 cup	14.46
Applesauce, Canned Unsweet USD	.5 cup	13.79
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
KETCHUP: individual	2 PACKET	4.93
Mayo, Individual Packets	2 packets	0.0
MUSTARD: Pkt-Leb	2 pkts	0.0
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Weighted Daily Average		115.99
% of Calories		55.7%
Nutrient Guideline		

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Base Menu Spreadsheet

HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 10/06/2017		
HIGH SCHOOL LUNCH	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
CHEF SALAD/Brdstck LHS	Salad	28.73
Cheesy Garlic Bread	Hoagie Buns	31.58
Ling's Orange Chick w/rice-Leb	serving	70.67
Turkey Bacon Ranch Wrap	wrap	29.99
Cookie, Choc Chp-OS WG-Leb	cookie	17.0
SALAD, Leb (other)	.5 CUP	3.17
TOMATOES (red/org)	.25 CUP	1.75
BROCCOLI, (dk green)	.25 CUP	1.51
peppers, green (other)	.25 cup	1.07
PINEAPPLE	.5 cup	14.08
BLUEBERRIES	.5 cup	10.72
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		111.66
% of Calories		54.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 10/09/2017		
HIGH SCHOOL LUNCH	Total	
Chicken Ceasar Salad-LHS	salad	36.67
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
Fiesta Pepper Jack Enchiladas	2 Enchiladas	32.02
Cheese Burger ON A BUN-Leb	1 ea	34.0
Pulled Pork Sandwich-Leb	Sandwich	46.0
BEANS, Vegetarian Hot (legume)	.25 cup	13.53
SALAD, Leb (other)	.5 CUP	3.17
TOMATOES (red/org)	.25 CUP	1.75
BROCCOLI, (dk green)	.25 CUP	1.51
Applesauce, Canned Unsweet USD	.5 cup	13.79
PEACHES,CND,JUC PK,SOL&LIQUIDS	.5 cup	14.46
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
KETCHUP: individual	2 PACKET	4.93
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	HALF PINT	1.41
Weighted Daily Average		109.68
% of Calories		54.3%
Nutrient Guideline		

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Base Menu Spreadsheet

HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 10/10/2017		
HIGH SCHOOL LUNCH	Total	
Taco Salad LHS	salads	50.13
Tuna Salad Sandwich-LHS/SOK	Sandwiches	32.57
Ramen Noodle Bowl-Lebanon	Bowls	59.95
Chicken Burger-Leb	Chicken Burger	42.0
GRILLED HAM & CHEESE-Leb	Sandwiches	30.83
Beans, Garbonzo (legume)	.25 cup	13.57
SALAD, Leb (other)	.5 CUP	3.17
CARROTS, BABY (red/org)	.25 cup	3.3
SPINACH,FRESH (Dk Green)	.25 CUP	0.27
PEARS,CND,JUC PK,DRND	.5 c	2.91
STRAWBERRIES: frozen	.5 cup	33.05
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		117.26
% of Calories		57.3%
Nutrient Guideline		

Wed - 10/11/2017		
HIGH SCHOOL LUNCH	Total	
FAJITA SALAD	Salad	46.8
Cheesy Chicken Quesadilla 2GR	1 Quesadilla	30.08
TURKEY GRAVY/BRDSTK-LEB LHS	Serving	49.93
Fruit & Meat Grab and Go	1 each	*44.87
Honey Roasted Carrots	1/4 cup	4.51
SALAD, Leb (other)	.5 CUP	3.17
CARROTS, BABY (red/org)	.25 cup	3.3
BROCCOLI, (dk green)	.25 CUP	1.51
APPLES, FRESH, SLICED, UNPEELE	.5 cup	15.66
FRUIT MIX, CANNED, EXTRA LIGHT	.5 cup	17.88
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
KETCHUP: individual	2 PACKET	4.93
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	HALF PINT	1.41
Weighted Daily Average		*115.26
% of Calories		*58.9%
Nutrient Guideline		

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Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 10/12/2017		
HIGH SCHOOL LUNCH	Total	
Asian Chicken Salad-Leb	Salad	54.79
HAM & CHSE DELI-LHS	1 EACH	44.8
SOFT TACO LHS-leb	soft taco	32.34
Pop Chicken/ bread Tyson 70368	Serving	33.1
White Chicken Chili-LHS/SOK	1 cup	59.65
Potatoes, French Cut, Low Sodi	.25 Cup	7.5
SALAD, Leb (other)	.5 CUP	3.17
CARROTS, BABY (red/org)	.25 cup	3.3
PEAS, frozen (starchy)	.25 cup	5.7
PEACHES,CND,JUC PK,SOL&LIQUIDS	.5 cup	14.46
Applesauce, Canned Unsweet USD	.5 cup	13.79
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
KETCHUP: individual	2 PACKET	4.93
Mayo, Individual Packets	2 packets	0.0
MUSTARD: Pkt-Leb	2 pkts	0.0
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Weighted Daily Average		115.99
% of Calories		55.7%
Nutrient Guideline		

Fri - 10/13/2017		
HIGH SCHOOL LUNCH	Total	
NO SCHOOL TODAY	SERVING	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Mon - 10/16/2017		
HIGH SCHOOL LUNCH	Total	
Chicken Ceasar Salad-LHS	salad	36.67
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
Fiesta Pepper Jack Enchiladas	2 Enchiladas	32.02
Cheese Burger ON A BUN-Leb	1 ea	34.0
Pulled Pork Sandwich-Leb	Sandwich	46.0
BEANS, Vegetarian Hot (legume)	.25 cup	13.53
SALAD, Leb (other)	.5 CUP	3.17
TOMATOES (red/org)	.25 CUP	1.75
BROCCOLI, (dk green)	.25 CUP	1.51
Applesauce, Canned Unsweet USD	.5 cup	13.79
PEACHES,CND,JUC PK,SOL&LIQUIDS	.5 cup	14.46
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
KETCHUP: individual	2 PACKET	4.93
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	HALF PINT	1.41

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HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		109.68
% of Calories		54.3%
Nutrient Guideline		

Tue - 10/17/2017		
HIGH SCHOOL LUNCH	Total	
Taco Salad LHS	salads	50.13
Tuna Salad Sandwich-LHS/SOK	Sandwiches	32.57
Ramen Noodle Bowl-Lebanon	Bowls	59.95
Chicken Burger-Leb	Chicken Burger	42.0
GRILLED HAM & CHEESE-Leb	Sandwiches	30.83
Beans, Garbonzo (legume)	.25 cup	13.57
SALAD, Leb (other)	.5 CUP	3.17
CARROTS, BABY (red/org)	.25 cup	3.3
SPINACH,FRESH (Dk Green)	.25 CUP	0.27
PEARS,CND,JUC PK,DRND	.5 c	2.91
STRAWBERRIES: frozen	.5 cup	33.05
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		117.26
% of Calories		57.3%
Nutrient Guideline		

Wed - 10/18/2017		
HIGH SCHOOL LUNCH	Total	
FAJITA SALAD	Salad	46.8
Cheesy Chicken Quesadilla 2GR	1 Quesadilla	30.08
TURKEY GRAVY/BRDSTK-LEB LHS	Serving	49.93
Fruit & Meat Grab and Go	1 each	*44.87
Honey Roasted Carrots	1/4 cup	4.51
SALAD, Leb (other)	.5 CUP	3.17
CARROTS, BABY (red/org)	.25 cup	3.3
BROCCOLI, (dk green)	.25 CUP	1.51
APPLES, FRESH, SLICED, UNPEELE	.5 cup	15.66
FRUIT MIX, CANNED, EXTRA LIGHT	.5 cup	17.88
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
KETCHUP: individual	2 PACKET	4.93
MUSTARD: Pkt-Leb	2 pkts	0.0
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Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 10/19/2017		
HIGH SCHOOL LUNCH	Total	
Asian Chicken Salad-Leb	Salad	54.79
HAM & CHSE DELI-LHS	1 EACH	44.8
SOFT TACO LHS-leb	soft taco	32.34
Pop Chicken/ bread Tyson 70368	Serving	33.1
White Chicken Chili-LHS/SOK	1 cup	59.65
Potatoes, French Cut, Low Sodi	.25 Cup	7.5
SALAD, Leb (other)	.5 CUP	3.17
CARROTS, BABY (red/org)	.25 cup	3.3
PEAS, frozen (starchy)	.25 cup	5.7
PEACHES,CND,JUC PK,SOL&LIQUIDS	.5 cup	14.46
Applesauce, Canned Unsweet USD	.5 cup	13.79
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
KETCHUP: individual	2 PACKET	4.93
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MILK,Skim	HALF PINT	1.41
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% of Calories		55.7%
Nutrient Guideline		

Fri - 10/20/2017		
HIGH SCHOOL LUNCH	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
CHEF SALAD/Brdstck LHS	Salad	28.73
Cheesy Garlic Bread	Hoagie Buns	31.58
Ling's Orange Chick w/rice-Leb	serving	70.67
Turkey Bacon Ranch Wrap	wrap	29.99
Cookie, Choc Chp-OS WG-Leb	cookie	17.0
SALAD, Leb (other)	.5 CUP	3.17
TOMATOES (red/org)	.25 CUP	1.75
BROCCOLI, (dk green)	.25 CUP	1.51
peppers, green (other)	.25 cup	1.07
PINEAPPLE	.5 cup	14.08
BLUEBERRIES	.5 cup	10.72
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
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Chicken Ceasar Salad-LHS	salad	36.67
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
Fiesta Pepper Jack Enchiladas	2 Enchiladas	32.02
Cheese Burger ON A BUN-Leb	1 ea	34.0
Pulled Pork Sandwich-Leb	Sandwich	46.0
BEANS, Vegetarian Hot (legume)	.25 cup	13.53
SALAD, Leb (other)	.5 CUP	3.17
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MUSTARD: Pkt-Leb	2 pkts	0.0
Mayo, Individual Packets	2 packets	0.0
MILK, NON-FAT CHOC.	8 OZ.	26.0
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Nutrient Guideline		

Tue - 10/24/2017		
HIGH SCHOOL LUNCH	Total	
Taco Salad LHS	salads	50.13
Tuna Salad Sandwich-LHS/SOK	Sandwiches	32.57
Ramen Noodle Bowl-Lebanon	Bowls	59.95
Chicken Burger-Leb	Chicken Burger	42.0
GRILLED HAM & CHEESE-Leb	Sandwiches	30.83
Beans, Garbonzo (legume)	.25 cup	13.57
SALAD, Leb (other)	.5 CUP	3.17
CARROTS, BABY (red/org)	.25 cup	3.3
SPINACH,FRESH (Dk Green)	.25 CUP	0.27
PEARS,CND,JUC PK,DRND	.5 c	2.91
STRAWBERRIES: frozen	.5 cup	33.05
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
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Lebanon Community Schools

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 10/25/2017		
HIGH SCHOOL LUNCH	Total	
FAJITA SALAD	Salad	46.8
Cheesy Chicken Quesadilla 2GR	1 Quesadilla	30.08
TURKEY GRAVY/BRDSTK-LEB LHS	Serving	49.93
Fruit & Meat Grab and Go	1 each	*44.87
Honey Roasted Carrots	1/4 cup	4.51
SALAD, Leb (other)	.5 CUP	3.17
CARROTS, BABY (red/org)	.25 cup	3.3
BROCCOLI, (dk green)	.25 CUP	1.51
APPLES, FRESH, SLICED, UNPEELE	.5 cup	15.66
FRUIT MIX, CANNED, EXTRA LIGHT	.5 cup	17.88
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
KETCHUP: individual	2 PACKET	4.93
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	HALF PINT	1.41
Weighted Daily Average		*115.26
% of Calories		*58.9%
Nutrient Guideline		

Thu - 10/26/2017		
HIGH SCHOOL LUNCH	Total	
Asian Chicken Salad-Leb	Salad	54.79
HAM & CHSE DELI-LHS	1 EACH	44.8
SOFT TACO LHS-leb	soft taco	32.34
Pop Chicken/ bread Tyson 70368	Serving	33.1
White Chicken Chili-LHS/SOK	1 cup	59.65
Cookie, Darlington Sugar-Leb	cookie	19.0
Potatoes, French Cut, Low Sodi	.25 Cup	7.5
SALAD, Leb (other)	.5 CUP	3.17
CARROTS, BABY (red/org)	.25 cup	3.3
PEAS, frozen (starchy)	.25 cup	5.7
PEACHES,CND,JUC PK,SOL&LIQUIDS	.5 cup	14.46
Applesauce, Canned Unsweet USD	.5 cup	13.79
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
KETCHUP: individual	2 PACKET	4.93
Mayo, Individual Packets	2 packets	0.0
MUSTARD: Pkt-Leb	2 pkts	0.0
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Weighted Daily Average		134.99
% of Calories		56.7%
Nutrient Guideline		

Fri - 10/27/2017		
HIGH SCHOOL LUNCH	Total	
NO SCHOOL TODAY	SERVING	0.0

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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Lebanon Community Schools

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

HIGH SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		0.00 0.0%
Nutrient Guideline		

Mon - 10/30/2017		
HIGH SCHOOL LUNCH NO SCHOOL TODAY	Total SERVING	0.0
Weighted Daily Average % of Calories		0.00 0.0%
Nutrient Guideline		

Tue - 10/31/2017		
HIGH SCHOOL LUNCH NO SCHOOL TODAY	Total SERVING	0.0
Weighted Daily Average % of Calories		0.00 0.0%
Nutrient Guideline		

Weighted Average		*115.28 *56.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	115.28	56.38%			Missing			

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