

1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
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Totals:		631.60	30.30	94.70	13.30	16.70	5.00	0.00	50.00	1171.90
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% Calories from:

Total Fat: 23.80%

Saturated fat: 7.12%

*Includes Brown Sugar

Tacos		Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Turkey Taco Meat	3oz	128.76	13.92	4.35	1.74	6.09	1.74	0.00	35.67	238.38
Shredded Cheddar Cheese	.5oz	27.50	1.50	0.25	0.00	2.25	1.50	0.00	15.00	47.50
Corn, Frozen	1/2c	90.00	1.50	21.00	1.00	0.50	0.00	0.00	0.00	0.00
Pinto Beans	1/2c	120.00	7.00	21.00	5.00	0.00	0.00	0.00	0.00	140.00
Pineapple Tidbits	4.5oz	60.00	0.00	16.00	1.00	0.00	0.00	0.00	0.00	0.00
WG Tortilla	1oz	90.00	2.00	15.00	2.00	2.50	1.50	0.00	0.00	75.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		616.26	33.92	88.60	10.74	13.84	6.24	0.00	65.67	620.88

% Calories from:

Total Fat: 20.21%

Saturated Fat: 9.11%

Pancakes & Sausage

		Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
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WG Pancakes	2.8oz(2ea)	160.00	4.00	30.00	2.00	2.00	0.00	0.00	0.00	200.00
Turkey Sausage	2oz(2ea)	120.00	12.00	0.00	0.00	8.00	2.00	0.00	60.00	180.00
TaterTots	3/4c (12ea)	135.00	1.50	21.00	3.00	5.25	0.00	0.00	0.00	255.00
Banana	1ea	110.00	1.00	27.00	3.00	0.00	0.00	0.00	0.00	0.00
Syrup	1ea	15.00	0.00	4.00	0.00	0.00	0.00	0.00	0.00	40.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		640.00	26.50	93.00	8.00	17.75	3.50	0.00	75.00	795.00

%Calories from:

Total Fat: 24.96%

Saturated Fat: 4.92%

		Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Pepperoni Pizza										
Pepperoni Pizza	4.48oz	270.00	17.00	37.00	4.00	7.00	2.50	0.00	20.00	540.00
Romaine Salad	1c	6.00	0.40	1.20	0.80	0.00	0.00	0.00	0.00	2.50
Grape Tomatoes	1/4c	8.00	0.40	1.75	0.55	0.10	0.03	0.00	0.00	2.25
Cole Slaw	3/8c	135.00	0.75	14.25	1.50	8.25	1.13	0.00	7.50	285.00
Diced Peaches	4.5oz	80.00	1.00	21.00	1.00	0.00	0.00	0.00	0.00	0.00
Ranch Dressing	1ea	30.00	0.00	2.00	0.00	2.50	0.00	0.00	5.00	55.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		629.00	27.55	88.20	7.85	20.35	5.16	0.00	47.50	1004.75

% Calories from:

Total Fat : 29.12%

Saturated fat: 7.38%

Weekly Totals & Averages:

	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Day1	649.00	36.00	114.00	21.60	9.70	3.20	0.00	46.00	572.70
Day2	631.60	30.30	94.70	13.30	16.70	5.00	0.00	50.00	1171.90
Day3	616.26	33.92	88.60	10.74	13.84	6.24	0.00	65.67	620.88
Day4	640.00	26.50	93.00	8.00	17.75	3.50	0.00	75.00	795.00
Day5	629.00	27.55	88.20	7.85	20.35	5.16	0.00	47.50	1004.75
Total:	3165.86	154.27	478.50	61.49	78.34	23.10	0.00	284.17	4165.23
5 day average per meal:	633.17	30.85	95.70	12.30	15.67	4.62	0.00	56.83	833.05

% Calories from:

Total Fat : 22.27%

Saturated fat: 6.57%

Eat Enterprises

K-8 Menu Individual Meal Nutritional Analysis Week 2

	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)
Mini Corn Dogs									
Mini Corn Dogs	4oz (6ea)	250.00	10.00	30.00	3.00	10.00	2.50	0.00	60.00
Peas, Frozen	1/4c	40.00	2.50	7.00	2.50	0.00	0.00	0.00	0.00
Carrots, Frozen	1/4c	17.50	1.00	4.00	1.50	0.00	0.00	0.00	0.00
Baked Beans*	1/2c	125.00	6.00	26.70	5.20	0.50	0.00	0.00	0.00
Fresh Apple	1ea	66.00	0.20	10.50	1.80	0.00	0.00	0.00	0.00
Ketchup	1ea	10.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00
Totals		608.50	27.70	91.20	14.00	13.00	4.00	0.00	75.00
%Calories from:									
Total Fat:	19.23%								
Saturated Fat:	5.92%								

*Includes Brown Sugar

	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)
Spaghetti & Meatball									
Meatballs, Beef	3oz (6ea)	150.00	14.00	4.00	1.00	9.00	3.50	0.00	35.00
Pasta	2oz	200.00	7.00	42.00	2.00	1.00	0.00	0.00	0.00
Spaghetti Sauce	3oz	45.00	1.50	8.00	0.75	0.40	0.00	0.00	0.00
Broccoli, Frozen	1/2c	35.00	3.00	7.00	3.00	0.00	0.00	0.00	0.00
Cauliflower, Frozen	1/2c	25.00	2.00	5.00	2.00	0.00	0.00	0.00	0.00

Fresh Pear	1ea	94.00	0.60	25.00	5.10	0.20	0.00	0.00	0.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00
Totals:		649.00	36.10	102.00	13.85	13.10	5.00	0.00	50.00

%Calories from:

Total Fat : 18.17%

Saturated fat: 6.93%

Hamburger	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)
Beef Patty	2.5oz	148.00	14.00	2.00	1.00	10.00	3.60	0.60	39.00
Hamburger Bun	2oz	147.00	6.20	26.50	2.70	1.90	0.30	0.01	0.00
Green Beans, Frozen	1/2c	40.00	2.00	8.00	3.00	0.00	0.00	0.00	0.00
Tater Tots	1/2c (8ea)	90.00	1.00	14.00	2.00	3.50	0.00	0.00	0.00
Watermelon	1/2c	23.00	0.00	15.00	1.00	0.00	0.00	0.00	0.00
Applesauce	4.5oz	60.00	0.00	16.00	2.00	0.00	0.00	0.00	0.00
Kethup	1ea	10.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00
Mustard	1ea	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00
Totals:		623.00	31.20	94.50	11.70	17.90	5.40	0.61	54.00

%Calories from:

Total Fat: 25.86%

Saturated Fat: 7.80%

Chicken Nuggets	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)
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Chicken Nuggets	3.3oz (5ea)	240.00	13.00	16.00	3.00	14.00	2.50	0.00	20.00
Corn, Frozen	1c	180.00	3.00	42.00	2.00	1.00	0.00	0.00	0.00
Fresh Orange	1ea	81.00	0.00	21.00	3.60	0.20	0.00	0.00	0.00
BBQ Sauce	1oz	40.00	0.00	10.00	0.00	0.00	0.00	0.00	0.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00
Totals:		641.00	24.00	100.00	8.60	17.70	4.00	0.00	35.00

%Calories from:

Total Fat: 24.85%

Saturated Fat: 5.62%

Turkey Sausage Pizza	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)
Sausage Pizza	5oz	260.00	15.00	33.00	4.00	8.00	2.50	0.00	15.00
Romaine Salad	1c	6.00	0.40	1.20	0.80	0.00	0.00	0.00	0.00
Baby Carrots	1/2c	50.00	1.00	12.00	4.00	0.00	0.00	0.00	0.00
Fresh Grapes	1/2c	53.00	0.67	14.75	0.67	0.00	0.00	0.00	0.00
Raisins	1/4c	130.00	1.00	33.00	2.00	0.00	0.00	0.00	0.00
Ranch Packet	1ea	30.00	0.00	2.00	0.00	2.50	0.00	0.00	5.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00
Totals:		629.00	26.07	106.95	11.47	13.00	4.00	0.00	35.00

%Calories from:

Total Fat: 18.60%

Saturated Fat: 5.72%

Weekly Totals & Averages:

	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)
Day1	608.50	27.70	91.20	14.00	13.00	4.00	0.00	75.00
Day2	649.00	36.10	102.00	13.85	13.10	5.00	0.00	50.00
Day3	623.00	31.20	94.50	11.70	17.90	5.40	0.61	54.00
Day4	641.00	24.00	100.00	8.60	17.70	4.00	0.00	35.00
Day5	629.00	26.07	106.95	11.47	13.00	4.00	0.00	35.00
Total:	3150.50	145.07	494.65	59.62	74.70	22.40	0.61	249.00
5 day average per meal:	630.10	29.01	98.93	11.92	14.94	4.48	0.12	49.80

%Calories from:

Total Fat: 21.34%
Saturated Fat: 6.40%

Sodium
(mg)

350.00

55.00

35.00

434.00

0.50

90.00

120.00

1084.50

Sodium
(mg)

250.00

0.00

60.00

35.00

25.00

1.70
120.00

491.70

Sodium
(mg)

299.00

248.00

0.00

170.00

0.75

25.00

90.00

65.00

120.00

1017.75

Sodium
(mg)

470.00

0.00

1.70

65.00

120.00

656.70

Sodium
(mg)

710.00

2.50

90.00

0.00

10.00

55.00

120.00

987.50

**Sodium
(mg)**

1084.50

491.70

1017.75

656.70

987.50

4238.15

847.63

Eat Enterprises

K-8 Menu Individual Meal Nutritional Analysis Week 3

Meatball Sub	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Meatballs, Beef	3oz (6ea)	150.00	14.00	4.00	1.00	9.00	3.50	0.00	35.00	250.00
WG Hotdog Bun	2oz(1ea)	150.00	5.73	27.16	2.70	2.18	0.41	0.00	0.00	262.80
Marinara Sauce	4oz	50.00	2.00	8.00	2.00	1.50	0.00	0.00	0.00	390.00
Green Beans, Frozen	1c	80.00	4.00	16.00	3.00	0.00	0.00	0.00	0.00	0.00
Tropical Fruit Cup	4.5oz	70.00	0.00	17.00	1.00	0.00	0.00	0.00	0.00	0.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		600.00	33.73	83.16	9.70	15.18	5.41	0.00	50.00	1022.80

%Calories from:

Total Fat: 22.77%

Saturated Fat: 8.12%

*Includes Brown Sugar

Chicken Strips	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Chicken Strips	3oz(3ea)	240.00	22.50	13.50	1.50	10.50	2.25	0.00	52.50	375.00
Carrots, Frozen	1/2c	35.00	1.00	8.00	3.00	0.20	0.00	0.00	0.00	70.00
Baked Beans*	1/2c	125.00	6.00	26.70	5.20	0.50	0.00	0.00	0.00	434.00
Fresh Pear	1ea	94.00	0.60	25.00	5.10	0.20	0.00	0.00	0.00	1.70
BBQ Sauce	1oz	40.00	0.00	10.00	0.00	0.00	0.00	0.00	0.00	65.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00

Totals:		634.00	38.10	94.20	14.80	13.90	3.75	0.00	67.50	1065.70
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%Calories from:

Total Fat: 19.73%

Saturated Fat: 5.32%

Chicken Tortellini Alfredo	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat(gm)	Cholesterol(mg)	Sodium (mg)
Diced Chicken	1	43.00	8.67	0.00	0.00	0.83	0.33	0.00	23.33	15.00
Cheese Tortellini	1.27oz(13ea)	120.00	6.00	20.00	2.00	1.50	0.50	0.00	20.00	140.00
Alfredo Sauce	4oz	80.00	2.00	14.00	0.00	2.00	1.00	0.00	10.00	380.00
Broccoli, Frozen	1/2c	35.00	3.00	7.00	3.00	0.00	0.00	0.00	0.00	35.00
Cauliflower, Frozen	1/2c	25.00	2.00	5.00	2.00	0.00	0.00	0.00	0.00	25.00
Fresh Orange	1ea	81.00	0.00	21.00	3.60	0.20	0.00	0.00	0.00	1.70
Flavored Applesauce	4.5oz	60.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	0.00
Breadstick	1oz	60.00	2.00	12.00	1.00	0.50	0.00	0.00	0.00	80.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		604.00	31.67	104.00	11.60	7.53	3.33	0.00	68.33	796.70

%Calories from:

Total Fat: 11.22%

Saturated Fat: 4.96%

French Toast Sticks	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat(gm)	Cholesterol(mg)	Sodium (mg)
French Toast Sticks	2.4 oz(3ea)	195.00	4.50	28.50	2.25	7.50	1.13	0.00	0.00	225.00

Turkey Sausage	2oz(2ea)	120.00	12.00	0.00	0.00	8.00	2.00	0.00	60.00	180.00
Tater Tots	3/4c (12ea)	135.00	1.50	21.00	3.00	5.25	0.00	0.00	0.00	255.00
Blueberries	1/2c	40.00	0.50	10.50	2.00	0.25	0.00	0.00	0.00	0.00
Syrup	1ea	15.00	0.00	4.00	0.00	0.00	0.00	0.00	0.00	40.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		605.00	26.50	75.00	7.25	23.50	4.63	0.00	75.00	820.00

%Calories from:

Total Fat: 34.96%

Saturated Fat: 6.89%

Cheese Pizza	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Cheese Pizza	4.5oz	300.00	16.00	34.00	4.00	11.00	4.00	0.00	15.00	470.00
Cole Slaw	3/8c	135.00	0.75	15.00	1.50	8.25	1.12	0.00	5.00	270.00
Baby Carrots	1/2c	50.00	1.00	12.00	4.00	0.00	0.00	0.00	0.00	90.00
Pineapple Tidbits	4.5oz	60.00	0.00	16.00	1.00	0.00	0.00	0.00	0.00	0.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		645.00	25.75	88.00	10.50	21.75	6.62	0.00	35.00	950.00

%Calories from:

Total Fat: 30.35%

Saturated Fat: 9.24%

Weekly Totals & Averages:

	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Day1	600.00	33.73	83.16	9.70	15.18	5.41	0.00	50.00	1022.80
Day2	634.00	38.10	94.20	14.80	13.90	3.75	0.00	67.50	1065.70
Day3	604.00	31.67	104.00	11.60	7.53	3.33	0.00	68.33	796.70
Day4	605.00	26.50	75.00	7.25	23.50	4.63	0.00	75.00	820.00
Day5	645.00	25.75	88.00	10.50	21.75	6.62	0.00	35.00	950.00
Total:	3088.00	155.75	444.36	53.85	81.86	23.74	0.00	295.83	4655.20
5 day average per meal:	617.60	31.15	88.87	10.77	16.37	4.75	0.00	59.17	931.04

%Calories from:

Total Fat: 23.86%

Saturated Fat: 6.92%

Eat Enterprises

K-8 Menu Individual Meal Nutritional Analysis Week 4

Sweet n Sour Chicken	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Popcorn Chicken	3.6oz(12ea)	200.00	16.00	19.00	0.00	7.00	1.50	0.00	30.00	640.00
Sweet n Sour Sauce	1oz	60.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	110.00
Brown Rice	1/4c	170.00	4.00	36.00	1.00	1.50	0.00	0.00	0.00	0.00
Broccoli, Frozen	1/2c	35.00	3.00	7.00	3.00	0.00	0.00	0.00	0.00	35.00
Cauliflower, Frozen	1/4c	12.50	1.00	2.50	1.51	0.00	0.00	0.00	0.00	12.50
Mandarin Oranges	4.5oz	80.00	1.00	20.00	1.00	0.00	0.00	0.00	0.00	0.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		657.50	33.00	109.50	6.51	11.00	3.00	0.00	45.00	917.50

% Calories from:

Total Fat: 15.06%

Saturated fat: 4.11%

Cheese Lasagna	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Cheese Lasagna	4.3oz(1ea)	240.00	15.00	29.00	2.00	6.00	3.50	0.00	20.00	390.00
Spaghetti Sauce	2oz	30.00	1.00	6.00	0.50	0.25	0.00	0.00	0.00	40.00
Green Peas, Frozen	1c	160.00	10.00	28.00	10.00	0.00	0.00	0.00	0.00	110.00
Fresh Pear	1ea	94.00	0.60	25.00	5.10	0.20	0.00	0.00	0.00	1.70
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00

Totals:		624.00	34.60	99.00	17.60	8.95	5.00	0.00	35.00	661.70
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% Calories from:

Total Fat: 12.91%

Saturated fat: 7.21%

Swedish Meatballs	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Meatballs	3oz (6ea)	150.00	14.00	4.00	1.00	9.00	3.50	0.00	35.00	250.00
Beef Gravy	2oz	30.00	1.00	4.00	0.00	1.50	0.50	0.00	0.00	360.00
Egg Noodles	2oz	220.00	8.00	40.00	2.00	2.50	0.50	0.00	60.00	15.00
Green Beans, Frozen	3/4c	60.00	2.50	12.00	4.50	0.00	0.00	0.00	0.00	0.00
Flavored Applesauce	4.5oz	60.00	0.00	16.00	2.00	0.00	0.00	0.00	0.00	25.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		620.00	33.50	87.00	9.50	15.50	6.00	0.00	110.00	770.00

%Calories from:

Total Fat : 22.50%

Saturated fat: 8.71%

BBQ Rib Patty	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
BBQ Beef Rib Patty	3oz	200.00	13.00	12.00	1.00	11.00	5.00	0.50	30.00	650.00
Hoagie	2oz(1ea)	150.00	6.00	28.55	2.70	1.61	0.26	0.01	0.00	263.00
Corn, Frozen	1/4c	45.00	1.55	8.00	1.00	0.28	0.05	0.00	0.00	0.40
Pinto Beans	1/2c	120.00	7.00	21.00	5.00	0.00	0.00	0.00	0.00	140.00

Cantaloupe	1/2c	30.00	0.75	7.00	0.80	0.15	0.05	0.00	0.00	14.15
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		645.00	36.30	87.55	10.50	15.54	6.86	0.51	45.00	1187.55

% Calories from:

Total Fat: 21.68%

Saturated fat: 9.57%

Bosco Sticks	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Bosco Sticks	4.28oz(2ea)	300.00	20.00	34.00	4.00	10.00	5.00	0.00	15.00	220.00
Marinara Sauce	4oz	50.00	2.00	8.00	2.00	1.50	0.00	0.00	0.00	390.00
Carrots, Frozen	1/2c	35.00	1.00	8.00	3.00	0.00	0.00	0.00	0.00	70.00
Grapes	1/2c	53.00	0.67	14.75	0.67	0.00	0.00	0.00	0.00	0.00
Diced Peaches	4.5oz	80.00	1.00	21.00	1.00	0.00	0.00	0.00	0.00	0.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		618.00	32.67	96.75	10.67	14.00	6.50	0.00	30.00	800.00

% Calories from:

Total Fat: 20.39%

Saturated fat: 9.47%

Weekly Totals & Averages:

Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
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Day1	657.50	33.00	109.50	6.51	11.00	3.00	0.00	45.00	917.50
Day2	624.00	34.60	99.00	17.60	8.95	5.00	0.00	35.00	661.70
Day3	620.00	33.50	87.00	9.50	15.50	6.00	0.00	110.00	770.00
Day4	645.00	36.30	87.55	10.50	15.54	6.86	0.51	45.00	1187.55
Day5	618.00	32.67	96.75	10.67	14.00	6.50	0.00	30.00	800.00
Total:	3164.50	170.07	479.80	54.78	64.99	27.36	0.51	265.00	4336.75

5 day average per meal: 632.90 34.01 95.96 10.96 13.00 5.47 0.10 53.00 867.35

% Calories from:

Total Fat: 18.48%

Saturated fat: 7.78%

Eat Enterprises

K-8 Menu Individual Meal Nutritional Analysis Week 5

Nachos	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
TurkeyTaco Meat	3.45oz	148.00	16.00	5.00	2.00	7.00	2.00	0.00	41`	274.00
Cheddar Cheese Sauce	1oz	60.00	0.00	0.50	0.00	3.50	1.00	0.00	0.00	430.00
Carrots, Frozen	1/2c	35.00	1.00	8.00	3.00	0.00	0.00	0.00	0.00	70.00
Black Beans	1/2c	110.00	7.00	20.00	5.00	0.00	0.00	0.00	0.00	130.00
Flavored Applesauce	4.5oz	60.00	0.00	15.00	1.00	0.00	0.00	0.00	0.00	15.00
Tortilla Chips	1oz	120.00	2.00	20.00	2.00	4.50	0.50	0.00	0.00	75.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		633.00	34.00	79.50	13.00	17.50	5.00	0.00	15.00	1114.00
% Calories from:										
Total Fat:		24.88%								
Saturated fat:		7.11%								

Cheese Ravioli	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Cheese Ravioli	4.3oz(7ea)	230.00	16.00	34.00	3.00	3.00	1.50	0.00	5.00	240.00
Spaghetti Sauce	4oz	60.00	2.00	12.00	1.00	0.50	0.00	0.00	0.00	0.00
Broccoli, Frozen	1/2c	35.00	3.00	7.00	3.00	0.00	0.00	0.00	0.00	35.00
Sweet Potato Tots	3/8c (8ea)	127.50	0.75	25.50	2.25	3.00	0.00	0.00	0.00	172.50
Tropical Fruit	4.5oz	70.00	0.00	17.00	1.00	0.00	0.00	0.00	0.00	0.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00

Totals: 622.50 29.75 106.50 10.25 9.00 3.00 0.00 20.00 567.50

% Calories from:

Total Fat: 13.01%

Saturated fat: 4.34%

Meatloaf	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Meatloaf	3oz	170.00	11.00	10.00	1.00	10.00	4.50	0.00	25.00	410.00
Green Beans, Frozen	1/4c	20.00	0.70	3.70	1.50	0.00	0.00	0.00	0.00	0.00
Mashed Potato	1/2c	90.00	3.00	19.00	2.00	0.00	0.00	0.00	0.00	170.00
Pear	1ea	94.00	0.60	25.00	5.10	0.20	0.00	0.00	0.00	1.70
WG Bread	2oz (2ea)	142.00	5.80	25.00	1.43	1.06	0.29	0.00	0.00	125.65
Margarine	1ea	20.00	0.00	0.00	0.00	2.33	0.67	0.00	0.00	32.00
Kethup	1ea	10.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	90.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		646.00	29.10	95.70	11.03	16.09	6.96	0.00	40.00	949.35

% Calories from:

Total Fat: 22.42%

Saturated fat: 9.70%

Chicken & Waffle	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Chicken Strips	3oz (3ea)	240.00	22.50	13.50	1.50	10.50	2.25	0.00	52.50	375.00
Waffle	25oz (1ea)	65.00	2.00	11.50	1.50	1.80	0.30	0.00	2.50	180.00

Corn, Frozen	1/2c	90.00	2.10	15.80	2.00	0.50	0.10	0.00	0.00	0.80
Tater Tots	1/2c (8ea)	90.00	1.00	14.00	2.00	3.50	0.00	0.00	0.00	170.00
Blueberries	1/2c	40.00	0.50	10.50	2.00	0.25	0.00	0.00	0.00	0.00
Syrup	1ea	15.00	0.00	4.00	0.00	0.00	0.00	0.00	0.00	40.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		640.00	36.10	80.30	9.00	19.05	4.15	0.00	70.00	885.80

% Calories from:

Total Fat: 26.79%

Saturated fat: 5.84%

Cheese Pizza Wedge	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Cheese Pizza Wedge	4.6oz	300.00	16.00	33.00	4.00	11.00	5.00	0.00	25.00	440.00
Romaine Salad	1c	6.00	0.40	1.20	0.80	0.00	0.00	0.00	0.00	2.50
Grape Tomatoes	1/4c	8.00	0.40	1.75	0.55	0.10	0.03	0.00	0.00	2.25
Baby Carrots	1/4c	25.00	0.50	6.00	2.00	0.00	0.00	0.00	0.00	45.00
Fresh Orange	1ea	81.00	0.00	13.00	1.00	0.00	0.00	0.00	0.00	0.00
Pretzel	.75oz(1ea)	90.00	2.00	16.00	1.00	1.50	0.00	0.00	0.00	200.00
Italian Dressing	1ea	10.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	55.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		620.00	27.30	83.95	9.35	15.10	6.53	0.00	40.00	864.75

% Calories from:

Total Fat: 21.92%

Saturated fat: 9.48%

Weekly Totals & Averages:

	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Day1	633.00	34.00	79.50	13.00	17.50	5.00	0.00	15.00	1114.00
Day2	622.50	29.75	106.50	10.25	9.00	3.00	0.00	20.00	567.50
Day3	646.00	29.10	95.70	11.03	16.09	6.96	0.00	40.00	949.35
Day4	640.00	36.10	80.30	9.00	19.05	4.15	0.00	70.00	885.80
Day5	620.00	27.30	83.95	9.35	15.10	6.53	0.00	40.00	864.75
Total:	3161.50	156.25	445.95	52.63	76.74	25.64	0.00	185.00	4381.40
5 day average per meal:	632.30	31.25	89.19	10.53	15.35	5.13	0.00	37.00	876.28
% Calories from:									
Total Fat:	21.85%								
Saturated fat:	7.30%								

Eat Enterprises

K-8 Menu Individual Meal Nutritional Analysis Week 6

Taco Mac & Cheese	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Turkey Taco Meat	2oz	85.80	9.27	2.90	1.15	4.00	1.15	0.00	23.77	158.80
WG Mac & Cheese	3oz	145.00	8.50	14.00	1.00	8.00	4.00	0.00	20.00	225.00
Green Peas, Frozen	1/2c	80.00	5.00	14.00	5.00	0.00	0.00	0.00	0.00	110.00
Carrots, Frozen	1/2c	35.00	1.00	8.00	3.00	0.00	0.00	0.00	0.00	70.00
Flavored Applesauce	4.5oz	60.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	0.00
Tortilla Chips	1oz	120.00	2.00	20.00	2.00	4.50	0.50	0.00	0.00	75.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		625.80	33.77	83.90	12.15	19.00	7.15	0.00	58.77	758.80
% Calories from:										
Total Fat:		27.33%								
Saturated fat:		10.28%								
Chicken Drumstick	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Chicken Drumstick	5oz(1ea)	220.00	22.00	4.00	0.00	13.00	3.00	0.00	120.00	510.00
Green Beans, Frozen	1/4c	20.00	1.00	4.00	1.50	0.00	0.00	0.00	0.00	0.00
Black Beans	1/2c	110.00	7.00	20.00	5.00	0.00	0.00	0.00	0.00	130.00
Fresh Orange	1ea	81.00	0.00	21.00	3.60	0.20	0.00	0.00	0.00	1.70
Cheez Its	.75oz (1ea)	100.00	2.00	14.00	1.00	3.50	1.00	0.00	0.00	150.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00

Totals:	631.00	40.00	74.00	11.10	19.20	5.50	0.00	135.00	911.70
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%Calories from:

Total Fat: 27.39%

Saturated Fat: 7.84%

*Contains Brown Sugar

Sloppy Joe	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Sloppy Joe	4oz	158.00	14.00	11.00	2.00	6.00	2.00	0.00	47.00	459.00
Broccoli, Frozen	1/2c	35.00	3.00	7.00	3.00	0.00	0.00	0.00	0.00	35.00
Sweet Potato Tots	3/8c (8ea)	127.50	0.75	25.50	2.25	3.00	0.00	0.00	0.00	172.50
Fresh Apple	1ea	66.60	0.30	18.00	3.10	0.20	0.00	0.00	0.00	1.30
Hamburger Bun	2oz	147.00	6.20	26.50	2.7	1.90	0.30	0.00	0.00	248.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		634.10	32.25	99.00	10.35	13.60	3.80	0.00	62.00	1035.80

% Calories from:

Total Fat: 19.30%

Saturated fat: 5.39%

Breaded Chicken Sandwich	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Breaded Chicken Patty	3oz	200.00	15.00	13.00	2.00	10.00	2.00	0.00	35.00	400.00
Hamburger Bun	2oz	147.00	6.20	26.50	2.70	1.90	0.30	0.00	0.00	248.00

Corn, Frozen	3/4c	135.00	4.50	31.50	3.00	1.50	0.00	0.00	0.00	0.00
Fresh Peach	1ea	61.00	1.40	15.00	2.40	0.39	0.03	0.00	0.00	0.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		643.00	35.10	97.00	10.10	16.29	3.83	0.00	50.00	768.00

%Calories from:

Total Fat: 22.80%

Saturated Fat: 5.36%

Cheese Quesadilla Pizza

	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Cheese Quesadilla Pizza	4.8oz	320.00	15.00	39.00	4.00	12.00	3.00	0.00	10.00	710.00
Baby Carrots	1/2c	50.00	1.00	12.00	4.00	0.00	0.00	0.00	0.00	90.00
Cole Slaw	3/8c	135.00	0.75	14.25	1.50	8.25	1.13	0.00	7.50	285.00
Cantaloupe	1/2c	30.00	0.75	7.00	0.80	0.15	0.05	0.00	0.00	14.15
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		635.00	25.50	83.25	10.30	22.90	5.68	0.00	32.50	1219.15

%Calories from:

Total Fat: 32.46%

Saturated Fat: 8.05%

Weekly Totals & Averages:

Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
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Day1	625.80	33.77	83.90	12.15	19.00	7.15	0.00	58.77	758.80
Day2	631.00	40.00	74.00	11.10	19.20	5.50	0.00	135.00	911.70
Day3	634.10	32.25	99.00	10.35	13.60	3.80	0.00	62.00	1035.80
Day4	643.00	35.10	97.00	10.10	16.29	3.83	0.00	50.00	768.00
Day5	635.00	25.50	83.25	10.30	22.90	5.68	0.00	32.50	1219.15
Total:	3168.90	166.62	437.15	54.00	90.99	25.96	0.00	338.27	4693.45

5 day average per meal: 633.78 33.32 87.43 10.80 18.20 5.19 0.00 67.65 938.69

%Calories from:

Total Fat: 25.84%

Saturated Fat: 7.37%

BBQ Chicken		Calories	Protein	Carbs
Grilled Chicken Nuggets	2.6oz(4ea)	150.00	11.00	4.00
Brown Rice	1/2c	340.00	8.00	72.00
Broccoli	3/4c	52.50	4.50	10.50
Flavored Applesauce	4.5oz	60.00	0.00	15.00
1% White Milk	8oz	100.00	8.00	11.00
Totals:		702.50	31.50	112.50

% Calories from:
 Total Fat: 19.86%
 Saturated fat: 5.12%

Hamburger	Serving Size	Calories	Protein	Carbs
Beef Patty	2.5oz	148.00	14.00	2.00
Brown Rice	3/8c	255.00	6.00	54.00
Green Beans, Frozen	1c	80.00	4.00	16.00
Diced Pear Cup	4.5oz	55.00	0.00	17.00
1% White Milk	8oz	100.00	8.00	11.00
Totals:		638.00	32.00	100.00

%Calories from:
 Total Fat: 20.81%
 Saturated Fat: 7.19%

Chicken Fajita		Calories	Protein	Carbs
Grilled Chicken Fajita	2.5oz	108.33	15.00	0.83
Brown Rice	3/8c	255.00	6.00	54.00
Diced Green Peppers	1/2c	15.00	0.75	2.50
Black Beans	1/2c	110.00	7.00	20.00
Pineapple Tidbits	4.5oz	60.00	0.00	16.00
1% White Milk	8oz	100.00	8.00	11.00
Totals:		648.33	36.75	104.33

% Calories from:
 Total Fat: 13.53%

Saturated fat: 3.82%

Beef Hot Dog	Serving Size	Calories	Protein	Carbs
Beef Hot Dog	2.5oz	170.00	14.00	2.00
Brown Rice	1/4c	170.00	4.00	36.00
Corn, Frozen	1/2c	90.00	3.00	21.00
Tater Tots	1/4c (4ea)	45.00	0.50	7.00
Fresh Pear	1ea	94.00	0.60	25.00
1% White Milk	8oz	100.00	8.00	11.00
Totals:		669.00	30.10	102.00

%Calories from:

Total Fat: 22.80%

Saturated Fat: 10.09%

Diced Turkey Ham	Serving Size	Calories	Protein	Carbs
Diced Turkey Ham	3oz	110.00	14.00	0.00
Brown Rice	1/2c	340.00	8.00	72.00
Carrots, Frozen	1c	70.00	2.00	16.00
Fresh Orange	1ea	81.00	0.00	21.00
1% White Milk	8oz	100.00	8.00	11.00
Totals:		701.00	32.00	120.00

%Calories from:

Total Fat: 13.74%

Saturated Fat: 3.85%

Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)
0.00	10.00	2.50	0.00
2.00	3.00	0.00	0.00
4.50	0.00	0.00	0.00
1.00	0.00	0.00	0.00
0.00	2.50	1.50	0.00
7.50	15.50	4.00	0.00

Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)
1.00	10.00	3.60	0.60
1.50	2.25	0.00	0.00
6.00	0.00	0.00	0.00
1.00	0.00	0.00	0.00
0.00	2.50	1.50	0.00
9.50	14.75	5.10	0.60

Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)
0.00	5.00	1.25	0.00
1.50	2.25	0.00	0.00
0.75	0.00	0.00	0.00
5.00	0.00	0.00	0.00
1.00	0.00	0.00	0.00
0.00	2.50	1.50	0.00
8.25	9.75	2.75	0.00

Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)
1.00	10.00	6.00	0.60
1.00	1.50	0.00	0.00
2.00	1.00	0.00	0.00
1.00	1.75	0.00	0.00
5.10	0.20	0.00	0.00
0.00	2.50	1.50	0.00
10.10	16.95	7.50	0.60

Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)
0.00	5.00	1.50	0.60
2.00	3.00	0.00	0.00
6.00	0.00	0.00	0.00
3.60	0.20	0.00	0.00
0.00	2.50	1.50	0.00
11.60	10.70	3.00	0.60

Cholesterol (mg)	Sodium (mg)
35.00	370.00
0.00	0.00
0.00	52.50
0.00	15.00
15.00	120.00
50.00	557.50

Cholesterol (mg)	Sodium (mg)
39.00	299.00
0.00	0.00
0.00	0.00
0.00	0.00
15.00	120.00
54.00	419.00

Cholesterol (mg)	Sodium (mg)
79.17	408.33
0.00	0.00
0.00	0.00
0.00	130.00
0.00	0.00
15.00	120.00
94.17	658.33

Cholesterol (mg)	Sodium (mg)
39.00	299.00
0.00	0.00
0.00	0.00
0.00	85.00
0.00	1.70
15.00	120.00
54.00	505.70

Cholesterol (mg)	Sodium (mg)
55.00	480.00
0.00	0.00
0.00	140.00
0.00	1.70
15.00	120.00
70.00	741.70