



DAILY NUTRITIONAL ANALYSIS

Profit Center: Plainfield Community Consolidated School District #202

Menu Name: 2017 Elementary Menu

Age Group: Brkfst Grades K-12

Period: Breakfast

Week: 5

Day: Friday

Total No. of Customers: 100

	CAL	(g)	% of CAL	Na (mg)	(g)	% of CAL	(g)	(g)	Chol (mg)	Fiber (g)	K (mg)	Vit A (IU)	Vit D (IU)	Vit E (mg)	Vit K (mcg)	Vit C (mg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B12 (mcg)	Ca (mg)	P (mg)	Fe (mg)	
Weekly Std.	450.00-500.00		10.00	540.00																					
M51274 BRD: FR TST AP, Cinn WG IW																									
50.00 @ 1 pouch	220.00	1.00	4.09	200.00	7.00	28.64	37.00	4.00	0.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	60.00	-*	1.44	
M51268 BRD: MUF AP, Choc 2oz WG (1BG)																									
25.00 @ 1 muffin	200.00	2.00	9.00	135.00	6.00	27.00	32.00	4.00	40.00	3.00	180.00	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	40.00	-*	1.44	
M51849 BRD: POPTARTS, Cinn 1.76oz WG																									
25.00 @ 1 package	180.00	1.00	5.00	190.00	2.50	12.50	37.00	2.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80	
M50058 COND PC Syrup 1.4oz Smuckers																									
24.00 @ 1 each	110.00	0.00	0.00	25.00	0.00	0.00	29.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00	
M51113 FRUIT: ORANGE 138ct Whole 1/2c																									
24.00 @ 1 each	46.97	0.01	0.29	0.00	0.12	2.30	11.74	0.94	0.00	2.40	180.87	224.84	0.00	0.18	0.00	53.16	0.09	0.04	0.28	0.06	0.00	39.97	13.99	0.10	
M50784 FRUIT: PEACHES Dice w/Syr 1/2c																									
24.00 @ 1/2 cup	69.56	0.00	0.00	9.94	0.00	0.00	16.89	0.00	0.00	0.00	89.43	298.10	-*	-*	-*	1.19	-*	-*	-*	-*	-*	0.00	-*	0.00	
M50979 JUICE SS, Apple 100% 4oz Cart																									
24.00 @ 1 each	60.00	0.00	0.00	15.00	0.00	0.00	14.00	0.00	0.00	0.00	85.00	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00	
M53465 MILK SS, 1% WHITE 8 FLOZ																									
24.00 @ 1 carton	102.48	1.54	13.56	107.36	2.37	20.79	12.18	8.22	12.20	0.00	366.00	478.24	117.12	0.02	0.24	0.00	0.05	0.45	0.23	0.09	1.15	305.00	231.80	0.07	
M51096 MILK SS, SKIM CHOCOLATE 8 FLOZ																									
24.00 @ 1 carton	167.50	0.00	0.00	275.00	0.00	0.00	33.65	8.48	5.00	0.00	455.00	567.50	105.00	0.10	0.50	2.50	0.11	0.42	0.41	0.06	0.80	317.50	252.50	0.68	
Average	338.57	1.62	4.32	285	6.22	16.54	63.94	7.73	14.13	3.08	327.31*	526.49	53.31*	.07*	.18*	13.65	.06*	.22*	.22*	.05*	.47*	224	119.59*	1.73	



DAILY NUTRITIONAL ANALYSIS

Profit Center: Plainfield Community Consolidated School District #202

Menu Name: 2017 Elementary Menu

Age Group: Lunch Grades K-8

Period: Lunch

Week: 5

Day: Friday

Total No. of Customers: 100

Weekly Std.	SFA		Na (mg)	Fat		CHO (g)	Pro (g)	Chol (mg)	Fiber (g)	K (mg)	Vit A (IU)	Vit D (IU)	Vit E (mg)	Vit K (mcg)	Vit C (mg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B6 (mg)	Vit B12 (mcg)	Ca (mg)	P (mg)	Fe (mg)	
	CAL	% of CAL		(g)	% of CAL																			
600.00-650.00		10.00	1230.00																					
M50995 PIZZA AP Wdg Chz WG																								
50.00 @ 1 each	300.02	4.00	12.00	580.04	11.00	33.00	37.00	15.00	15.00	4.00	240.02	500.03	-*	-*	-*	0.00	-*	-*	-*	-*	300.02	-*	2.70	
M51085 SOUP Cond, Tomato 1c																								
1.00 @ 8 fl oz	88.06	0.00	0.00	474.14	0.00	0.00	19.57	1.96	0.00	0.98	1.49*	391.38	0.00*	0.00*	0.00*	5.87	0.00*	0.00*	0.00*	0.00*	4.48	0.00*	0.70	
M55547 PACK: MUF CHOC MZ STICK DANIMAL STRWBAN YOGURT 2.0 (1BG)																								
24.00 @ 1 package	340.01	4.00	10.59	410.01	8.50	22.50	49.00	16.00	55.00	3.00	180.00*	246.00	-*	-*	-*	0.00	-*	-*	-*	-*	410.02	-*	1.55	
M50855 COND PC Ketchup 9g Heinz																								
24.00 @ 1 each	10.00	0.00	0.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00	
M51129 COND PC Mayonnaise FF 12g																								
24.00 @ 1 each	15.00	0.00	0.00	105.00	0.00	0.00	3.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00	
M50284 COND PC Mustard 6g																								
24.00 @ 1 each	0.00	0.00	-	65.00	0.00	-	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00	
M53115 COND PC Drsg Italian FF 12g																								
24.00 @ 1 each	5.00	0.00	0.00	120.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00	
M53113 COND PC Drsg Ranch BtrmlkFF12g																								
24.00 @ 1 each	10.00	0.00	0.00	125.00	0.00	0.00	2.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00	
M50287 COND PC Sauce, BBQ 12g																								
1.00 @ 1 each	15.00	0.00	0.00	160.00	0.00	0.00	4.00	0.00	0.00	0.00	-*	100.00	-*	-*	-*	0.60	-*	-*	-*	-*	0.00	-*	0.00	
M53465 MILK SS, 1% WHITE 8 FLOZ																								
24.00 @ 1 carton	102.48	1.54	13.56	107.36	2.37	20.79	12.18	8.22	12.20	0.00	366.00	478.24	117.12	0.02	0.24	0.00	0.05	0.45	0.23	0.09	1.15	305.00	231.80	0.07
M51096 MILK SS, SKIM CHOCOLATE 8 FLOZ																								
24.00 @ 1 carton	167.50	0.00	0.00	275.00	0.00	0.00	33.65	8.48	5.00	0.00	455.00	567.50	105.00	0.10	0.50	2.50	0.11	0.42	0.41	0.06	0.80	317.50	252.50	0.68
M52273 FRUIT: PEARS, Dice w/Syr 1/2c																								
24.00 @ 1/2 cup	77.77	0.00	0.00	9.72	0.00	0.00	18.47	0.00	0.00	1.94	77.77	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00	
M50784 FRUIT: PEACHES Dice w/Syr 1/2c																								
24.00 @ 1/2 cup	69.56	0.00	0.00	9.94	0.00	0.00	16.89	0.00	0.00	0.00	89.43	298.10	-*	-*	-*	1.19	-*	-*	-*	-*	0.00	-*	0.00	
M50980 JUICE SS, Frt Bld 100% 4oz Crt																								
24.00 @ 1 each	60.00	0.00	0.00	10.00	0.00	0.00	14.00	0.00	0.00	0.00	100.00	0.00	-*	-*	-*	3.60	-*	-*	-*	-*	0.00	-*	0.00	
M50186 VEG: BROCCOLI, Fresh 1/2c																								
24.00 @ 1/2 cup	10.84	0.01	1.03	10.52	0.12	9.79	2.12	0.90	0.00	0.83	100.78	198.68	0.00	0.25	32.40	28.45	0.02	0.04	0.20	0.06	0.00	14.99	21.05	0.23
M51297 VEG: SALAD, Side GardChop 1c																								
12.00 @ 1 cup	16.35	0.03	1.45	12.76	0.18	9.94	3.56	0.83	0.00	1.42	182.84	5064.79	0.00	0.18	45.89	9.01	0.05	0.04	0.32	0.07	0.00	22.30	22.02	0.52



DAILY NUTRITIONAL ANALYSIS

Profit Center: Plainfield Community Consolidated School District #202

Menu Name: 2017 Elementary Menu

M52217 FRUIT: APPLE, 138ct Whole 1c

24.00 @ 1 each	62.21	0.03	0.48	1.20	0.20	2.94	16.52	0.31	0.00	2.87	128.00	64.60	0.00	0.22	2.63	5.50	0.02	0.03	0.11	0.05	0.00	7.18	13.16	0.14
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M51113 FRUIT: ORANGE 138ct Whole 1/2c

24.00 @ 1 each	46.97	0.01	0.29	0.00	0.12	2.30	11.74	0.94	0.00	2.40	180.87	224.84	0.00	0.18	0.00	53.16	0.09	0.04	0.28	0.06	0.00	39.97	13.99	0.10
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M51458 FRUIT: BANANA (150ct) Whole

24.00 @ 1 each	68.90	0.09	1.13	0.77	0.26	3.34	17.68	0.84	0.00	2.01	277.14	49.54	0.00	0.08	0.39	6.73	0.02	0.06	0.51	0.28	0.00	3.87	17.03	0.20
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M55301 SNACK: SORBET SS, SIDEKICKS BLUE RASP LEM 100% JC 4.4 FLOZ

24.00 @ 1 each	90.00	0.00	0.00	30.00	0.00	0.00	22.00	0.00	0.00	0.00	-*	1000.01	-*	-*	-*	60.00	-*	-*	-*	-*	-*	80.00	-*	0.00
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Average	425.7	3.37	7.12	625.38	8.3	17.54	72.98	16.19	24.83	5.31	611.16*	1613.31	53.31*	.22*	14.19*	39.82	.08*	.25*	.46*	.15*	.47*	435.58	134.53*	2.13
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