



DAILY NUTRITIONAL ANALYSIS

Profit Center: Plainfield Community Consolidated School District #202

Menu Name: 2017 Middle School Menu

Age Group: Brkfst Grades K-12

Period: Breakfast

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 (g)																				
M50759 MELT BGL, EggPty Bac AM 1.75WG	450.00-500.00		10.00	540.00																				
12.00 @ 1 sandwich	326.16	6.68	18.43	761.15	15.99	44.12	22.16	15.94	126.02	4.00	-*	300.00	-*	-*	-*	0.00	-*	-*	-*	-*	210.00	-*	2.22	
M52763 BRD: PANCAKES, AP BLUEBRY WG IW																								
12.00 @ 1 pouch	240.00	1.00	3.75	190.00	6.00	22.50	42.00	5.00	0.00	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	40.00	-*	1.80	
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
M52695 CHEESE, MZ String LF 1ea 1.0																								
24.00 @ 1 stick	60.00	2.00	30.00	210.01	2.50	37.50	1.00	8.00	10.00	0.00	0.00	146.00	-*	-*	-*	0.00	-*	-*	-*	-*	220.01	-*	0.11	
M51499 YOGURT SS, Danimals Str/Ban4oz																								
24.00 @ 1 each	80.01	0.00	0.00	65.00	0.00	0.00	16.00	4.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	150.01	-*	0.00	
M51266 BRD: MUF AP, Ban 2oz WG (1BG)																								
24.00 @ 1 muffin	190.00	2.00	9.47	130.00	6.00	28.42	31.00	3.00	40.00	2.00	-*	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	40.00	-*	0.72	
M51269 BRD: CRACK SS, Elf Grhm WG																								
24.00 @ 1 package	120.00	1.00	7.50	105.00	4.00	30.00	21.00	2.00	0.00	1.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	100.00	-*	0.72	
M51849 BRD: POPTARTS, Cinn 1.76oz WG																								
24.00 @ 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	
M52862 CEREAL POUCH, Froot Loops RSWG																								
24.00 @ 1 pouch	110.00	0.50	4.09	160.00	1.00	8.18	24.00	2.00	0.00	2.00	-*	500.00	-*	-*	-*	15.00	-*	-*	-*	-*	0.00	-*	4.50	
M54018 COND PC Cream Cheese Light.75o																								
24.00 @ 1 each	45.00	2.00	40.00	80.00	3.50	70.00	2.00	2.00	15.00	0.00	-*	200.00	-*	-*	-*	0.00	-*	-*	-*	-*	20.00	-*	0.00	
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	
M50290 COND_Ketchup #10 Pouch																								
64.00 @ 1 tablespoon	20.79	0.00	0.00	159.79	0.04	1.55	4.93	0.18	0.00	0.24	-*	79.89	-*	-*	-*	1.12	-*	-*	-*	-*	2.55	-*	0.05	



DAILY NUTRITIONAL ANALYSIS

Profit Center: Plainfield Community Consolidated School District #202

Menu Name: 2017 Middle School Menu

Average	403.21	3.34	7.45	545.76	7.94	17.72	70.73	12.38	36.05	3.49	282.31*	930.66	53.31*	.07*	.18*	17.96	.06*	.22*	.22*	.05*	.47*	341.83	119.59*	2.6
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Plainfield Community Consolidated School District #202

Menu Name: 2017 Middle School Menu

Age Group: Lunch Grades 6-8

Period: Lunch

Week: 1

Day: Wednesday

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 (g)																				
M50851 SDW BN, CHIXPTY PLN WG/WG 2.0	600.00-700.00	2.00	10.00	1360.00																				
12.00 @ 1 sandwich	340.00	2.00	5.29	750.01	12.00	31.76	39.00	21.00	45.00	3.00	-*	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	60.00	-*	3.24	
M52675 SDW BN, ChixPty Spcy WG/WG 2.0																								
12.00 @ 1 sandwich	350.00	2.50	6.43	770.01	13.00	33.43	39.00	20.00	55.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	60.00	-*	3.24	
M51417 BURG, Beef AP WG 2.0																								
12.00 @ 1 each	240.00	2.00	7.50	345.00	7.00	26.25	29.00	16.00	25.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	60.00	-*	2.88	
M50821 BURG, Beef AM AP WG 2.25																								
12.00 @ 1 each	285.00	4.25	13.42	545.00	10.50	33.16	29.50	18.50	37.50	2.00	-*	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	135.00	-*	2.88	
M51457 CHIX Nugget, WG (5) 2.0																								
12.00 @ 5 each	199.99	1.87	8.44	437.49	10.00	45.00	12.50	16.25	43.75	1.25	-*	125.00	-*	-*	-*	0.00	-*	-*	-*	-*	25.00	-*	2.25	
M51679 BRD: ROLL DG, WG 1.25oz																								
12.00 @ 1 each	80.00	0.00	0.00	70.00	1.50	16.88	14.00	3.00	0.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	6.38	-*	0.51	
M52515 PIZZA 16" Chz WG 1/8ct																								
8.00 @ 1/8 cut	261.26	4.00	13.78	600.03	9.50	32.73	29.88	12.38	15.00	3.25	-*	213.18	-*	-*	-*	0.90	-*	-*	-*	-*	209.71	-*	0.99	
M51212 PIZZA 16" Pepperoni WG 1/8ct																								
8.00 @ 1/8 cut	298.76	5.50	16.57	727.53	13.00	39.16	30.13	13.88	22.50	3.25	-*	213.18	-*	-*	-*	0.90	-*	-*	-*	-*	209.71	-*	1.08	
M52519 PIZZA 16" Sausage WG 1/8ct																								
8.00 @ 1/8 cut	323.76	5.88	16.33	750.04	15.13	42.05	30.19	14.88	27.50	3.25	-*	213.18	-*	-*	-*	0.90	-*	-*	-*	-*	222.21	-*	1.10	
M54001 STICKS, BOSCO CHEESE AP WG 2.0 2EA																								
1.00 @ 2 each	300.00	5.00	15.00	440.00	10.00	30.00	34.00	20.00	30.00	4.00	0.00	400.00	-*	-*	-*	0.00	-*	-*	-*	-*	400.00	-*	2.16	
M53493 SAUCE P, Marin AP 1/4c																								
48.00 @ 1/4 cup	30.00	0.00	0.00	10.00	0.50	15.00	5.00	1.00	0.00	1.50	-*	249.99	-*	-*	-*	1.80	-*	-*	-*	-*	10.00	-*	0.36	
M52547 BURG, Beef AM Pizza AP WG 2.25																								
1.00 @ 1 each	338.78	5.76	15.29	753.13	14.05	37.32	33.05	20.53	45.00	2.82	40.13*	229.66	0.00*	0.06*	1.20*	9.90	0.01*	0.01*	0.08*	0.04*	0.00*	138.81	6.48*	3.14
M53421 VEG: POTATO, TATER BITES 1/2 C																								
1.00 @ 1/2 cup	141.19	1.51	9.64	282.39	7.06	45.00	16.14	2.02	0.00	2.02	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.73	
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	
M50962 SDW BD, SBJ WG 2.0																								
1.00 @ 1 sandwich	654.64	3.95	5.43	556.98	33.60	46.19	69.74	19.82	0.00	9.90	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	39.50	-*	5.00	
M53272 WRAP 10", TKY AM WG 2.0																								
1.00 @ 1 each	374.93	6.64	15.95	958.69	14.64	35.15	39.54	22.85	56.25	3.94	457.22*	2905.42	0.00*	0.19*	31.30*	5.02	0.03*	0.02*	0.26*	0.04*	0.00*	337.19	15.31*	2.60



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Menu Name: 2017 Middle School Menu

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
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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
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M54350 FRUIT: CUP SS, STRAWBERRIES DCD (USDA) FRZ 1/2C

24.00 @ 1 each	122.47	0.01	0.07	3.83	0.17	1.22	33.07	0.68	0.00	2.42	125.02	30.62	0.00	0.29	2.17	52.82	0.02	0.07	0.51	0.04	0.00	14.03	16.58	0.75
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M54457 FRUIT: BLUEBERRIES, WILD (USDA) FZ 1/2C

24.00 @ 1/2 cup	35.01	0.02	0.47	1.84	0.10	2.53	8.51	0.00	0.00	2.70	41.77	36.24	0.00	0.16	-*	1.04	0.02	0.00	0.37	0.01	0.00	10.44	7.98	0.36
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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
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M50194 VEG: CARROTS, Orange Glz 1/2c

24.00 @ 1/2 cup	92.59	0.11	1.02	158.66	0.60	5.79	20.81	0.51	0.00	2.89	168.05*	14815.98	0.00*	0.88*	11.90*	2.01	0.03*	0.03*	0.36*	0.07*	0.00*	30.63	27.13*	0.46
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M50350 VEG: CUCUMBER, Fresh Slice1/2c

24.00 @ 1/2 cup	10.81	0.03	2.22	1.44	0.08	6.60	2.62	0.47	0.00	0.36	105.91	75.65	0.00	0.02	11.82	2.02	0.02	0.02	0.07	0.03	0.00	11.53	17.29	0.20
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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
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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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M54678 BURG, BEEF(USDA) CH BACON SS 2.5

1.00 @ 1 each	359.29	6.35	15.92	508.19	16.83	42.17	27.66	24.59	71.03	2.00	217.79*	5.95	1.19*	0.08*	0.89*	0.00	0.03*	0.11*	3.44*	0.22*	1.66*	151.41	125.62*	3.09
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M51645 DESRT: COOKIE Carnival 1.0ozWG

1.00 @ 1 cookie	110.00	1.00	8.18	85.00	3.50	28.64	18.00	1.00	5.00	1.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.72
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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
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M50290 COND_Ketchup #10 Pouch

24.00 @ 1 tablespoon	20.79	0.00	0.00	159.79	0.04	1.55	4.93	0.18	0.00	0.24	-*	79.89	-*	-*	-*	1.12	-*	-*	-*	-*	-*	2.55	-*	0.05
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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
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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
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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
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Plainfield Community Consolidated School District #202

Menu Name: 2017 Middle School Menu

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
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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
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M50293 COND_Sauce, Hot Cayenne AP

1.00 @ 1 tablespoon	3.16	0.02	4.74	584.56	0.08	22.74	0.45	0.16	0.17	0.32	25.98	365.56	-*	-*	-*	0.50	-*	-*	-*	-*	1.56	-*	0.06
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Average	649.37	5.41	7.5	1035.11	15.77	21.86	99.4	28.98	62.55	8.77	583.22*	4977.63	53.32*	.49*	12.96*	33.64	.1*	.28*	.76*	.18*	.48*	486.12	147.51*	3.93
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