



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Castle Hills ES

Service Area: Castle Hills - K-5 - OVS

Menu Name: Castle Hills ES: 2018-19 Menu w/ESD - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

Age Group: Brkfst Grades K-5 **Period:** Breakfast **Week:** 3 **Day:** Monday **Count Type:** Forecasted **Total No. of Customers:** 16

Weekly Std. (Target 1)	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	(g)		% of CAL	(g)																			% of CAL
350.00-500.00			540.00																					

M51268 BRD: MUF AP, CHOC CHOC CHIP 2OZ IW WG (1BG)

5.00 @ 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
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M51848 BRD: POPTARTS, Straw 1.76oz WG

3.00 @ 1 package	180.00	1.00	5.00	190.00	2.50	12.50	38.00	2.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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M52724 BRD: BAR, Cereal CinnTst WG IW

1.00 @ 1 each	150.00	0.00	0.00	115.00	3.50	21.00	30.00	2.00	0.00	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	200.00	-*	1.80
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M51320 CEREAL BWL, Rice Krispies WG

1.00 @ 1 bowl	100.00	0.00	0.00	170.00	0.50	4.50	23.00	2.00	0.00	1.00	-*	1000.03	-*	-*	-*	12.00	-*	-*	-*	-*	-*	0.00	-*	8.10
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M50208 CEREAL BWL, CINN TST CRUNCH RS WG

1.00 @ 1 bowl	110.00	0.50	4.09	160.00	3.00	24.54	22.00	1.00	0.00	3.00	-*	400.01	-*	-*	-*	4.80	-*	-*	-*	-*	-*	200.01	-*	3.60
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M50442 CEREAL BWL, Cocoa Puffs RS WG

1.00 @ 1 bowl	110.05	0.00	0.00	160.08	1.50	12.27	25.01	2.00	0.00	2.00	-*	500.25	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.05	-*	4.50
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M50524 CEREAL BWL, Lucky Charms WG

3.00 @ 1 bowl	110.00	0.00	0.00	180.00	1.00	8.18	23.00	2.00	0.00	2.00	-*	500.01	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.00	-*	4.50
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M50525 CEREAL BWL, Trix RS WG

1.00 @ 1 bowl	110.00	0.00	0.00	140.00	1.00	8.18	24.00	1.00	0.00	1.00	-*	400.01	-*	-*	-*	4.80	-*	-*	-*	-*	-*	80.00	-*	4.50
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M51994 CHEESE, COLBY JK Stick 1ea 1.0

9.00 @ 1 stick	90.00	4.00	40.00	200.01	6.00	60.00	0.00	7.00	20.00	0.00	0.00	200.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	200.01	-*	0.00
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M51237 BRD: BREAD WG, Tst Marg 1sl

7.00 @ 1 slice	110.00	1.33	10.91	160.00	4.33	35.45	15.00	3.00	0.00	1.00	1.33*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.08
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M50536 FRUIT: APPLE, 138ct 1/8wg 1/2c

12.00 @ 4 wedge	31.53	0.02	0.50	2.39	0.10	2.95	8.40	0.17	0.00	1.45	67.15	33.13	0.00	0.11	1.32	3.11	0.01	0.02	0.06	0.03	0.00	5.02	6.81	0.07
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M52271 FRUIT: PEARS, Dice w/Jc 1/2c

* Some values for this nutrient are unavailable; the number listed is incomplete.

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Castle Hills ES

Service Area: Castle Hills - K-5 - OVS

Menu Name: Castle Hills ES: 2018-19 Menu w/ESD - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

8.00 @ 1/2 cup	60.66	0.00	0.00	10.11	0.00	0.00	14.15	0.00	0.00	2.02	80.89	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50																								
6.00 @ 1 carton	110.00	1.50	12.28	130.00	2.50	20.46	13.00	8.00	10.00	0.00	-*	500.00	-*	-*	-*	2.40	-*	-*	-*	-*	-*	300.00	-*	0.00
M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50																								
5.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	300.00	-*	0.00
M53222 COND PC Margarine 5g																								
5.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50854 COND PC Jelly, #4 Smuckers																								
2.00 @ 1 each	35.00	0.00	0.00	5.00	0.00	0.00	9.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
Average	398.36	4.57	10.31	462.48	10.35	23.38	61.38	13.38	29.06	5.04	147.64*	999.88	0*	.09*	.99*	6.46	.01*	.01*	.04*	.02*	0*	408.78	5.11*	3.57

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Castle Hills ES

Service Area: Castle Hills - K-5 - OVS

Menu Name: Castle Hills ES: 2018-19 Menu w/ESD - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

Age Group: Lunch Grades K-5 **Period:** Lunch **Week:** 3 **Day:** Monday **Count Type:** Forecasted **Total No. of Customers:** 310

Weekly Std. (Target 1)	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	(g)		% of CAL	(g)																			% of CAL
550.00-650.00		10.00	1230.00																					

M52963 CHIX Popcorn, AP WG 2.0

209.00 @ 1 serving	250.19	2.72	9.78	380.72	14.14	50.87	15.23	15.23	21.76	3.26	-*	108.78	-*	-*	-*	0.00	-*	-*	-*	-*	-*	43.51	-*	1.96
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M51680 BRD: ROLL DG, WG 2.5oz

209.00 @ 1 each	170.00	0.50	2.65	135.00	3.00	15.88	28.00	7.00	0.00	3.40	-*	0.01	-*	-*	-*	0.01	-*	-*	-*	-*	-*	12.70	-*	0.85
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M52132 EGG: Scrambled CH SS 2.0

99.00 @ 1 No 16 Scoop	93.21	3.14	30.34	124.17	6.63	64.02	1.35	7.23	177.26	0.00	0.00*	289.30	-*	-*	-*	0.00	-*	-*	-*	-*	-*	94.31	-*	0.84
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M51630 CHIX Sausage Patty 1ea 1.0

99.00 @ 1 patty	100.00	1.50	13.50	230.00	6.00	54.00	1.00	11.00	40.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.72
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M52536 BRD: BREAD WG, Tst 2sl

99.00 @ 2 slice	160.00	0.00	0.00	320.00	2.00	11.25	30.00	6.00	0.00	2.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	2.16
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M50962 SDW BD, SBJ WG 2.0

11.00 @ 1 sandwich	658.38	3.99	5.45	579.16	35.89	49.06	69.87	19.95	0.00	5.99	378.78*	0.00	0.00*	-*	-*	0.00	-*	-*	-*	-*	-*	59.81	-*	5.35
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M53347 SDW BD, SB WG 2.0

1.00 @ 1 sandwich	558.71	3.99	6.42	579.16	35.89	57.81	43.95	19.95	0.00	5.99	378.78*	0.00	0.00*	-*	-*	0.00	-*	-*	-*	-*	-*	59.81	-*	5.35
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M67231 VEG: POTATO, DICED AP SEASONED 1/2C

95.00 @ 1/2 cup	105.26	0.26	2.24	35.62	2.32	19.85	19.35	1.32	0.00	2.59	14.07*	247.49	0.00*	0.15*	0.73*	1.41	0.00*	0.01*	0.05*	0.01*	0.00*	2.35	1.89*	0.57
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M50431 VEG: CARROTS, Fresh Baby 1/2c

80.00 @ 1/2 cup	24.80	0.02	0.59	55.28	0.09	3.34	5.84	0.45	0.00	2.06	167.96	9772.87	0.00	-*	6.66	1.84	0.02	0.03	0.39	0.07	0.00	22.68	19.84	0.63
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M50536 FRUIT: APPLE, 138ct 1/8wg 1/2c

120.00 @ 4 wedge	31.53	0.02	0.50	2.39	0.10	2.95	8.40	0.17	0.00	1.45	67.15	33.13	0.00	0.11	1.32	3.11	0.01	0.02	0.06	0.03	0.00	5.02	6.81	0.07
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M50979 JUICE SS, Apple 100% 4oz Cart

169.00 @ 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
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Castle Hills ES

Service Area: Castle Hills - K-5 - OVS

Menu Name: Castle Hills ES: 2018-19 Menu w/ESD - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50

63.00 @ 1 carton	110.00	1.50	12.28	130.00	2.50	20.46	13.00	8.00	10.00	0.00	-*	500.00	-*	-*	-*	2.40	-*	-*	-*	-*	-*	300.00	-*	0.00
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M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50

217.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	300.00	-*	0.00
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M50855 COND PC Ketchup 9g Heinz

141.00 @ 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
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M50055 COND PC Mayonnaise 12g

10.00 @ 1 each	80.00	1.50	16.87	75.00	8.00	90.00	1.00	0.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50284 COND PC Mustard 6g

10.00 @ 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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M53222 COND PC Margarine 5g

69.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50624 COND PC Drsg Ranch 12g

23.00 @ 1 each	50.00	0.00	0.00	100.00	5.00	90.00	1.00	0.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50623 COND PC Drsg Italian 12g

5.00 @ 1 each	30.00	0.00	0.00	130.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50056 COND PC Sauce, Taco 9g

8.00 @ 1 each	5.00	0.00	0.00	55.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M50287 COND PC Sauce, BBQ 12g

66.00 @ 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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Average	632.51	4.47	6.37	866.97	20.25	28.81	79.44	31.31	90.12	7.25	134.65*	3362.24	0*	.09*	2.45*	3.57	.01*	.01*	.14*	.03*	0*	349.82	8.33*	3.65
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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Castle Hills ES

Service Area: Castle Hills - K-5 - OVS

Menu Name: Castle Hills ES: 2018-19 Menu w/ESD - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

Age Group: Brkfst Grades K-5 **Period:** Breakfast **Week:** 3 **Day:** Tuesday **Count Type:** Forecasted **Total No. of Customers:** 26

Weekly Std. (Target 1)	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	(g)		% of CAL	(g)																			% of CAL
350.00-500.00		10.00	540.00																					

M51267 BRD: MUF AP, BLUEBRY 2OZ IW WG (1BG)

15.00 @ 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	-*	-*	-*	-*	-*	20.00	-*	0.72
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M51848 BRD: POPTARTS, Straw 1.76oz WG

3.00 @ 1 package	180.00	1.00	5.00	190.00	2.50	12.50	38.00	2.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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M52725 BRD: BAR, Cereal CocoPuf WG IW

1.00 @ 1 each	150.00	0.00	0.00	100.00	3.00	18.00	30.00	3.00	0.00	3.00	-*	100.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	200.00	-*	1.80
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M51320 CEREAL BWL, Rice Krispies WG

1.00 @ 1 bowl	100.00	0.00	0.00	170.00	0.50	4.50	23.00	2.00	0.00	1.00	-*	1000.03	-*	-*	-*	12.00	-*	-*	-*	-*	-*	0.00	-*	8.10
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M50208 CEREAL BWL, CINN TST CRUNCH RS WG

1.00 @ 1 bowl	110.00	0.50	4.09	160.00	3.00	24.54	22.00	1.00	0.00	3.00	-*	400.01	-*	-*	-*	4.80	-*	-*	-*	-*	-*	200.01	-*	3.60
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M50442 CEREAL BWL, Cocoa Puffs RS WG

1.00 @ 1 bowl	110.05	0.00	0.00	160.08	1.50	12.27	25.01	2.00	0.00	2.00	-*	500.25	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.05	-*	4.50
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M50524 CEREAL BWL, Lucky Charms WG

3.00 @ 1 bowl	110.00	0.00	0.00	180.00	1.00	8.18	23.00	2.00	0.00	2.00	-*	500.01	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.00	-*	4.50
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M50525 CEREAL BWL, Trix RS WG

2.00 @ 1 bowl	110.00	0.00	0.00	140.00	1.00	8.18	24.00	1.00	0.00	1.00	-*	400.01	-*	-*	-*	4.80	-*	-*	-*	-*	-*	80.00	-*	4.50
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M51994 CHEESE, COLBY JK Stick 1ea 1.0

19.00 @ 1 stick	90.00	4.00	40.00	200.01	6.00	60.00	0.00	7.00	20.00	0.00	0.00	200.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	200.01	-*	0.00
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M51237 BRD: BREAD WG, Tst Marg 1sl

8.00 @ 1 slice	110.00	1.33	10.91	160.00	4.33	35.45	15.00	3.00	0.00	1.00	1.33*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.08
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M50549 FRUIT: WATERMELON, Fresh 1/2c

12.00 @ 1/2 cup	27.28	0.01	0.48	0.91	0.14	4.50	6.87	0.55	0.00	0.36	101.86	517.50	0.00	0.05	0.09	7.37	0.03	0.02	0.16	0.04	0.00	6.37	10.00	0.22
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M50979 JUICE SS, Apple 100% 4oz Cart

* Some values for this nutrient are unavailable; the number listed is incomplete.

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Castle Hills ES

Service Area: Castle Hills - K-5 - OVS

Menu Name: Castle Hills ES: 2018-19 Menu w/ESD - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

15.00 @ 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
M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50																								
5.00 @ 1 carton	110.00	1.50	12.28	130.00	2.50	20.46	13.00	8.00	10.00	0.00	-*	500.00	-*	-*	-*	2.40	-*	-*	-*	-*	-*	300.00	-*	0.00
M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50																								
13.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	300.00	-*	0.00
M53222 COND PC Margarine 5g																								
5.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50854 COND PC Jelly, #4 Smuckers																								
8.00 @ 1 each	35.00	0.00	0.00	5.00	0.00	0.00	9.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
Average	414.14	5.11	11.1	477.93	11.09	24.1	61.75	14.41	42.12	2.63	96.46*	1108.1	0*	.02*	.04*	6.45	.01*	.01*	.07*	.02*	0*	416.79	4.62*	2.61

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Castle Hills ES

Service Area: Castle Hills - K-5 - OVS

Menu Name: Castle Hills ES: 2018-19 Menu w/ESD - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

Age Group: Lunch Grades K-5 **Period:** Lunch **Week:** 3 **Day:** Tuesday **Count Type:** Forecasted **Total No. of Customers:** 285

Weekly Std. (Target 1)	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	(g)		% of CAL	(g)																		
550.00-650.00		10.00	1230.00																				

M51417 BURG, Beef AP WG 2.0

77.00 @ 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
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M50821 BURG, Beef AM AP WG 2.25

150.00 @ 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
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M54370 BURG, BLACK BEAN AP WG 2.0

5.00 @ 1 each	300.00	1.00	3.00	710.00	9.00	27.00	42.00	19.00	5.00	7.00	280.00*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	80.00	-*	2.16
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M53275 MELT BD, AM WG 2.0

64.00 @ 1 sandwich	385.00	11.25	26.30	1320.00	19.50	45.58	32.50	18.50	62.50	2.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	375.00	-*	2.16
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M52182 SALAD, CHam Tky Chef SC W 2.25

9.00 @ 1 each	170.32	4.10	21.69	367.31	9.52	50.28	5.76	15.33	134.90	1.26	146.57*	5233.02	0.00*	0.12*	43.60*	7.46	0.04*	0.04*	0.25*	0.06*	0.00*	141.18	17.48*	1.24
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M51680 BRD: ROLL DG, WG 2.5oz

64.00 @ 1 each	170.00	0.50	2.65	135.00	3.00	15.88	28.00	7.00	0.00	3.40	-*	0.01	-*	-*	-*	0.01	-*	-*	-*	-*	-*	12.70	-*	0.85
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M53347 SDW BD, SB WG 2.0

2.00 @ 1 sandwich	558.71	3.99	6.42	579.16	35.89	57.81	43.95	19.95	0.00	5.99	378.78*	0.00	0.00*	-*	-*	0.00	-*	-*	-*	-*	-*	59.81	-*	5.35
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M54862 VEG: BEANS, GREEN W/CARR FZ MARG 1/2C

45.00 @ 1/2 cup	52.33	1.23	21.23	26.17	3.27	56.30	5.66	0.78	0.00	2.50	141.38	7556.07	0.00*	0.46*	19.42*	2.46	0.03*	0.05*	0.32*	0.06*	0.00*	30.16	23.81*	0.47
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M50823 VEG: TOMATOES, GRAPE 1/2C

29.00 @ 1/2 cup	15.52	0.02	1.40	4.31	0.17	10.00	3.35	0.76	0.00	1.03	204.35	718.25	0.00	0.47	6.81	11.81	0.03	0.02	0.51	0.07	0.00	8.62	20.69	0.23
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M50549 FRUIT: WATERMELON, Fresh 1/2c

130.00 @ 1/2 cup	27.28	0.01	0.48	0.91	0.14	4.50	6.87	0.55	0.00	0.36	101.86	517.50	0.00	0.05	0.09	7.37	0.03	0.02	0.16	0.04	0.00	6.37	10.00	0.22
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M51110 FRUIT: ORANGE Mand w/Jc 1/2c

144.00 @ 1/2 cup	51.73	0.00	0.00	6.26	0.03	0.44	12.19	0.70	0.00	0.94	-*	710.52	-*	-*	-*	37.06	-*	-*	-*	-*	-*	13.15	-*	0.43
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M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50

* Some values for this nutrient are unavailable; the number listed is incomplete.

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Castle Hills ES

Service Area: Castle Hills - K-5 - OVS

Menu Name: Castle Hills ES: 2018-19 Menu w/ESD - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

58.00 @ 1 carton	110.00	1.50	12.28	130.00	2.50	20.46	13.00	8.00	10.00	0.00	-*	500.00	-*	-*	-*	2.40	-*	-*	-*	-*	-*	300.00	-*	0.00
M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50																								
187.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	300.00	-*	0.00
M50855 COND PC Ketchup 9g Heinz																								
140.00 @ 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
M50055 COND PC Mayonnaise 12g																								
33.00 @ 1 each	80.00	1.50	16.87	75.00	8.00	90.00	1.00	0.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50284 COND PC Mustard 6g																								
21.00 @ 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
M53222 COND PC Margarine 5g																								
50.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50624 COND PC Drsg Ranch 12g																								
38.00 @ 1 each	50.00	0.00	0.00	100.00	5.00	90.00	1.00	0.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50623 COND PC Drsg Italian 12g																								
16.00 @ 1 each	30.00	0.00	0.00	130.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50056 COND PC Sauce, Taco 9g																								
10.00 @ 1 each	5.00	0.00	0.00	55.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50287 COND PC Sauce, BBQ 12g																								
16.00 @ 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
M51445 VEG GARN: Rom Leaf/Tom SI																								
60.00 @ 1 serving	4.96	0.01	1.72	1.84	0.07	12.86	1.02	0.30	0.00	0.47	68.61	1352.71	0.00	0.09	15.65	2.51	0.02	0.01	0.13	0.02	0.00	6.10	7.65	0.18
M50412 COND_Pickle, Dill Slice 3ea																								
180.00 @ 3 slice	2.43	0.01	4.72	243.11	0.07	25.17	0.36	0.10	0.00	0.21	-*	0.00	-*	-*	-*	0.32	-*	-*	-*	-*	-*	12.97	-*	0.08
Average	534.98	6.46	10.87	1133.59	16.64	28	66.97	28.55	51.44	4.38	116.22*	3004.93	0*	.16*	8.47*	25.95	.03*	.02*	.21*	.04*	0*	463.16	12.59*	3.58

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Castle Hills ES

Service Area: Castle Hills - K-5 - OVS

Menu Name: Castle Hills ES: 2018-19 Menu w/ESD - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

Age Group: Brkfst Grades K-5 **Period:** Breakfast **Week:** 3 **Day:** Wednesday **Count Type:** Forecasted **Total No. of Customers:** 30

Weekly Std. (Target 1)	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	(g)		% of CAL	(g)																			% of CAL
350.00-500.00			540.00																					

M55691 BRD: WAFFLE, AP WG 2EA (2BG)

16.00 @ 2 each	180.00	0.00	0.00	320.00	6.00	30.00	28.00	4.00	0.00	2.00	130.00	600.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	120.00	-*	3.60
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M50210 PORK: Bacon Ckd 2sl

16.00 @ 2 slice	52.31	1.36	23.40	142.30	3.98	68.40	0.31	3.87	12.03	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.11
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M51268 BRD: MUF AP, CHOC CHOC CHIP 2OZ IW WG (1BG)

3.00 @ 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
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M51848 BRD: POPTARTS, Straw 1.76oz WG

3.00 @ 1 package	180.00	1.00	5.00	190.00	2.50	12.50	38.00	2.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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M52724 BRD: BAR, Cereal CinnTst WG IW

1.00 @ 1 each	150.00	0.00	0.00	115.00	3.50	21.00	30.00	2.00	0.00	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	200.00	-*	1.80
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M51320 CEREAL BWL, Rice Krispies WG

1.00 @ 1 bowl	100.00	0.00	0.00	170.00	0.50	4.50	23.00	2.00	0.00	1.00	-*	1000.03	-*	-*	-*	12.00	-*	-*	-*	-*	-*	0.00	-*	8.10
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M50208 CEREAL BWL, CINN TST CRUNCH RS WG

1.00 @ 1 bowl	110.00	0.50	4.09	160.00	3.00	24.54	22.00	1.00	0.00	3.00	-*	400.01	-*	-*	-*	4.80	-*	-*	-*	-*	-*	200.01	-*	3.60
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M50442 CEREAL BWL, Cocoa Puffs RS WG

1.00 @ 1 bowl	110.05	0.00	0.00	160.08	1.50	12.27	25.01	2.00	0.00	2.00	-*	500.25	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.05	-*	4.50
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M50524 CEREAL BWL, Lucky Charms WG

3.00 @ 1 bowl	110.00	0.00	0.00	180.00	1.00	8.18	23.00	2.00	0.00	2.00	-*	500.01	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.00	-*	4.50
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M50525 CEREAL BWL, Trix RS WG

1.00 @ 1 bowl	110.00	0.00	0.00	140.00	1.00	8.18	24.00	1.00	0.00	1.00	-*	400.01	-*	-*	-*	4.80	-*	-*	-*	-*	-*	80.00	-*	4.50
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M51994 CHEESE, COLBY JK Stick 1ea 1.0

7.00 @ 1 stick	90.00	4.00	40.00	200.01	6.00	60.00	0.00	7.00	20.00	0.00	0.00	200.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	200.01	-*	0.00
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M51237 BRD: BREAD WG, Tst Marg 1sl

* Some values for this nutrient are unavailable; the number listed is incomplete.

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Castle Hills ES

Service Area: Castle Hills - K-5 - OVS

Menu Name: Castle Hills ES: 2018-19 Menu w/ESD - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

7.00 @ 1 slice	110.00	1.33	10.91	160.00	4.33	35.45	15.00	3.00	0.00	1.00	1.33*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.08
M50534 FRUIT: ORANGE 138ct 1/8wg 1/2c																								
16.00 @ 8 wedge	46.96	0.01	0.29	0.00	0.12	2.30	11.74	0.94	0.00	2.40	180.86	224.82	0.00	0.18	0.00	53.16	0.09	0.04	0.28	0.06	0.00	39.97	13.99	0.10
M53549 FRUIT: APPLESAUCE,Unswt AP1/2c																								
14.00 @ 1/2 cup	52.77	0.00	0.00	10.55	0.00	0.00	13.72	0.00	0.00	2.11	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50																								
6.00 @ 1 carton	110.00	1.50	12.28	130.00	2.50	20.46	13.00	8.00	10.00	0.00	-*	500.00	-*	-*	-*	2.40	-*	-*	-*	-*	-*	300.00	-*	0.00
M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50																								
15.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	300.00	-*	0.00
M53222 COND PC Margarine 5g																								
5.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50854 COND PC Jelly, #4 Smuckers																								
5.00 @ 1 each	35.00	0.00	0.00	5.00	0.00	0.00	9.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50058 COND PC Syrup 1.4oz Smuckers																								
16.00 @ 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
Average	440.08	2.76	5.65	545.99	10.06	20.58	74.27	13.7	19.58	4.7	184.1*	1106.59	0*	.1*	0*	30.95	.05*	.02*	.15*	.03*	0*	385.32	7.46*	3.81

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Castle Hills ES

Service Area: Castle Hills - K-5 - OVS

Menu Name: Castle Hills ES: 2018-19 Menu w/ESD - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

Age Group: Lunch Grades K-5 **Period:** Lunch **Week:** 3 **Day:** Wednesday **Count Type:** Forecasted **Total No. of Customers:** 279

Weekly Std. (Target 1)	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	(g)		% of CAL	(g)																			% of CAL
550.00-650.00		10.00	1230.00																					

M50851 SDW BN, CHIXPTY PLN WG/WG 2.0

187.00 @ 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
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M54325 CHIX DRUMSTK, AP BREADED FC WG 2.0

125.00 @ 1 each	190.03	2.50	11.84	450.07	11.00	52.11	5.00	16.00	50.01	1.00	-*	100.02	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	1.08
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M51680 BRD: ROLL DG, WG 2.5oz

125.00 @ 1 each	170.00	0.50	2.65	135.00	3.00	15.88	28.00	7.00	0.00	3.40	-*	0.01	-*	-*	-*	0.01	-*	-*	-*	-*	-*	12.70	-*	0.85
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M53347 SDW BD, SB WG 2.0

1.00 @ 1 sandwich	558.71	3.99	6.42	579.16	35.89	57.81	43.95	19.95	0.00	5.99	378.78*	0.00	0.00*	-*	-*	0.00	-*	-*	-*	-*	-*	59.81	-*	5.35
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M50962 SDW BD, SBJ WG 2.0

9.00 @ 1 sandwich	658.38	3.99	5.45	579.16	35.89	49.06	69.87	19.95	0.00	5.99	378.78*	0.00	0.00*	-*	-*	0.00	-*	-*	-*	-*	-*	59.81	-*	5.35
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M51319 VEG: CORN, Fz Seas1/2c

142.00 @ 1/2 cup	92.68	1.25	12.15	146.16	3.47	33.66	15.83	2.09	0.00	1.98	192.58	163.16	0.00*	0.06*	0.33*	2.86	0.02*	0.05*	1.07*	0.08*	0.00*	2.77	64.74*	0.39
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M52357 VEG: SALAD, ColeslawCIRnch1/2c

33.00 @ 1/2 cup	89.72	1.01	10.13	207.78	6.70	67.18	4.50	0.83	6.67	1.28	32.46*	47.14	0.00*	0.03*	3.44*	0.52	0.00*	0.01*	0.04*	0.01*	0.00*	19.40	3.32*	0.07
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M50534 FRUIT: ORANGE 138ct 1/8wg 1/2c

122.00 @ 8 wedge	46.96	0.01	0.29	0.00	0.12	2.30	11.74	0.94	0.00	2.40	180.86	224.82	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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M50980 JUICE SS, Frt Bld 100% 4oz Crt

140.00 @ 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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M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50

81.00 @ 1 carton	110.00	1.50	12.28	130.00	2.50	20.46	13.00	8.00	10.00	0.00	-*	500.00	-*	-*	-*	2.40	-*	-*	-*	-*	-*	300.00	-*	0.00
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M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50

188.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	300.00	-*	0.00
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M50855 COND PC Ketchup 9g Heinz

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Castle Hills ES

Service Area: Castle Hills - K-5 - OVS

Menu Name: Castle Hills ES: 2018-19 Menu w/ESD - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

154.00 @ 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
M50055 COND PC Mayonnaise 12g																								
14.00 @ 1 each	80.00	1.50	16.87	75.00	8.00	90.00	1.00	0.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50284 COND PC Mustard 6g																								
10.00 @ 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
M53222 COND PC Margarine 5g																								
10.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50624 COND PC Drsg Ranch 12g																								
38.00 @ 1 each	50.00	0.00	0.00	100.00	5.00	90.00	1.00	0.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50623 COND PC Drsg Italian 12g																								
2.00 @ 1 each	30.00	0.00	0.00	130.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50056 COND PC Sauce, Taco 9g																								
69.00 @ 1 each	5.00	0.00	0.00	55.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50287 COND PC Sauce, BBQ 12g																								
13.00 @ 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
Average	653.22	4.14	5.7	1138.29	20.15	27.76	83.65	34.38	60.56	6.4	244.7*	804.15	0*	.11*	.57*	28.11	.05*	.04*	.67*	.07*	0*	367.44	39.46*	3.48

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Castle Hills ES

Service Area: Castle Hills - K-5 - OVS

Menu Name: Castle Hills ES: 2018-19 Menu w/ESD - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

Age Group: Brkfst Grades K-5 **Period:** Breakfast **Week:** 3 **Day:** Thursday **Count Type:** Forecasted **Total No. of Customers:** 26

Weekly Std. (Target 1)	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	(g)		% of CAL	(g)																			% of CAL
350.00-500.00		10.00	540.00																					

M51267 BRD: MUF AP, BLUEBRY 2OZ IW WG (1BG)

10.00 @ 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	-*	-*	-*	-*	-*	20.00	-*	0.72
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M51848 BRD: POPTARTS, Straw 1.76oz WG

4.00 @ 1 package	180.00	1.00	5.00	190.00	2.50	12.50	38.00	2.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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M52725 BRD: BAR, Cereal CocoPuf WG IW

1.00 @ 1 each	150.00	0.00	0.00	100.00	3.00	18.00	30.00	3.00	0.00	3.00	-*	100.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	200.00	-*	1.80
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M51320 CEREAL BWL, Rice Krispies WG

1.00 @ 1 bowl	100.00	0.00	0.00	170.00	0.50	4.50	23.00	2.00	0.00	1.00	-*	1000.03	-*	-*	-*	12.00	-*	-*	-*	-*	-*	0.00	-*	8.10
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M50208 CEREAL BWL, CINN TST CRUNCH RS WG

1.00 @ 1 bowl	110.00	0.50	4.09	160.00	3.00	24.54	22.00	1.00	0.00	3.00	-*	400.01	-*	-*	-*	4.80	-*	-*	-*	-*	-*	200.01	-*	3.60
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M50442 CEREAL BWL, Cocoa Puffs RS WG

1.00 @ 1 bowl	110.05	0.00	0.00	160.08	1.50	12.27	25.01	2.00	0.00	2.00	-*	500.25	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.05	-*	4.50
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M50524 CEREAL BWL, Lucky Charms WG

8.00 @ 1 bowl	110.00	0.00	0.00	180.00	1.00	8.18	23.00	2.00	0.00	2.00	-*	500.01	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.00	-*	4.50
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M50525 CEREAL BWL, Trix RS WG

2.00 @ 1 bowl	110.00	0.00	0.00	140.00	1.00	8.18	24.00	1.00	0.00	1.00	-*	400.01	-*	-*	-*	4.80	-*	-*	-*	-*	-*	80.00	-*	4.50
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M51994 CHEESE, COLBY JK Stick 1ea 1.0

15.00 @ 1 stick	90.00	4.00	40.00	200.01	6.00	60.00	0.00	7.00	20.00	0.00	0.00	200.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	200.01	-*	0.00
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M51237 BRD: BREAD WG, Tst Marg 1sl

11.00 @ 1 slice	110.00	1.33	10.91	160.00	4.33	35.45	15.00	3.00	0.00	1.00	1.33*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.08
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M50529 FRUIT: GRAPES, Fresh 1/2c

13.00 @ 1/2 cup	56.80	0.10	1.53	1.70	0.30	4.70	14.54	0.53	0.00	0.76	161.94	84.78	0.00	0.16	12.38	3.39	0.08	0.05	0.25	0.09	0.00	11.87	8.48	0.25
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M50982 JUICE SS, ORANGE 100% 4 FLOZ

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Castle Hills ES

Service Area: Castle Hills - K-5 - OVS

Menu Name: Castle Hills ES: 2018-19 Menu w/ESD - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

17.00 @ 1 each	51.44	0.00	0.00	15.43	0.00	0.00	12.35	1.03	0.00	0.00	-*	0.00	-*	-*	-*	43.21	-*	-*	-*	-*	-*	0.00	-*	0.00
M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50																								
5.00 @ 1 carton	110.00	1.50	12.28	130.00	2.50	20.46	13.00	8.00	10.00	0.00	-*	500.00	-*	-*	-*	2.40	-*	-*	-*	-*	-*	300.00	-*	0.00
M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50																								
12.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	300.00	-*	0.00
M53222 COND PC Margarine 5g																								
3.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50854 COND PC Jelly, #4 Smuckers																								
1.00 @ 1 each	35.00	0.00	0.00	5.00	0.00	0.00	9.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
Average	403.01	4.27	9.53	473.83	9.66	21.56	64.3	13.94	31.15	3.07	81.53*	919.34	0*	.08*	6.19*	34.1	.04*	.02*	.13*	.05*	0*	396.71	4.24*	3.56

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Castle Hills ES

Service Area: Castle Hills - K-5 - OVS

Menu Name: Castle Hills ES: 2018-19 Menu w/ESD - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

Age Group: Lunch Grades K-5 **Period:** Lunch **Week:** 3 **Day:** Thursday **Count Type:** Forecasted **Total No. of Customers:** 240

Weekly Std. (Target 1)	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	(g)		% of CAL	(g)																			% of CAL
550.00-650.00		10.00	1230.00																					

M52869 ENT: BOWL, POTATO CHIXPOP CHCNTRY WG 2.0 (1.25C VEG)

24.00 @ 1 bowl	459.96	5.09	9.96	775.66	17.57	34.38	55.57	19.33	31.38	5.10	346.63*	303.87	0.00*	0.03*	0.12*	21.33	0.01*	0.03*	0.54*	0.04*	0.00*	162.15	32.33*	2.36
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M52610 HOT DOG, Plain WG 2.0

96.00 @ 1 each	290.00	4.00	12.41	1040.01	14.00	43.45	29.00	12.00	50.00	2.00	-*	300.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	120.00	-*	2.52
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M51680 BRD: ROLL DG, WG 2.5oz

96.00 @ 1 each	170.00	0.50	2.65	135.00	3.00	15.88	28.00	7.00	0.00	3.40	-*	0.01	-*	-*	-*	0.01	-*	-*	-*	-*	-*	12.70	-*	0.85
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M53948 SALAD, CHIXDCD CAES SCSC 2.0

7.00 @ 1 each	198.58	3.33	15.09	353.19	8.44	38.26	10.97	18.44	44.38	1.41	110.31*	3353.95	0.00*	0.09*	38.85*	1.51	0.03*	0.03*	0.13*	0.03*	0.00*	173.87	12.28*	1.64
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M55313 BRD: BRDSTK DG, RIPSTK 2EA (2BG)

14.00 @ 2 each	160.00	0.00	0.00	190.00	2.00	11.25	30.00	6.00	0.00	4.00	-*	0.18	-*	-*	-*	0.00	-*	-*	-*	-*	-*	14.54	-*	1.42
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M53360 COND_DRESSING, CAESAR CREAMY (KEN'S ESSENTIALS)

7.00 @ 1 tablespoon	75.00	1.25	15.00	135.00	8.00	96.00	0.50	0.50	0.00	0.00	-*	50.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	10.00	-*	0.00
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M53347 SDW BD, SB WG 2.0

2.00 @ 1 sandwich	558.71	3.99	6.42	579.16	35.89	57.81	43.95	19.95	0.00	5.99	378.78*	0.00	0.00*	-*	-*	0.00	-*	-*	-*	-*	-*	59.81	-*	5.35
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M67887 VEG: BEANS, PINTO CHARRO 1/2C

45.00 @ 1/2 cup	116.10	0.26	1.99	131.24	0.90	6.99	19.82	7.19	0.83	6.10	362.07*	81.59*	3.10*	0.06*	1.32*	1.37*	0.01*	0.00*	0.07*	0.01*	0.00*	68.18	4.04*	1.98
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M52770 VEG: CELERY, Sticks 1/2c

40.00 @ 1/2 cup	9.92	0.03	2.36	49.61	0.11	9.56	1.84	0.43	0.00	0.99	161.23	278.43	0.00	0.17	18.17	1.92	0.01	0.04	0.20	0.05	0.00	24.80	14.88	0.12
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M50529 FRUIT: GRAPES, Fresh 1/2c

180.00 @ 1/2 cup	56.80	0.10	1.53	1.70	0.30	4.70	14.54	0.53	0.00	0.76	161.94	84.78	0.00	0.16	12.38	3.39	0.08	0.05	0.25	0.09	0.00	11.87	8.48	0.25
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M53549 FRUIT: APPLESAUCE,Unswt AP1/2c

144.00 @ 1/2 cup	52.77	0.00	0.00	10.55	0.00	0.00	13.72	0.00	0.00	2.11	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
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M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50

* Some values for this nutrient are unavailable; the number listed is incomplete.

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Castle Hills ES

Service Area: Castle Hills - K-5 - OVS

Menu Name: Castle Hills ES: 2018-19 Menu w/ESD - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

58.00 @ 1 carton	110.00	1.50	12.28	130.00	2.50	20.46	13.00	8.00	10.00	0.00	-*	500.00	-*	-*	-*	2.40	-*	-*	-*	-*	-*	300.00	-*	0.00
M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50																								
153.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	300.00	-*	0.00
M50855 COND PC Ketchup 9g Heinz																								
127.00 @ 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
M50055 COND PC Mayonnaise 12g																								
10.00 @ 1 each	80.00	1.50	16.87	75.00	8.00	90.00	1.00	0.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50284 COND PC Mustard 6g																								
10.00 @ 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
M53222 COND PC Margarine 5g																								
19.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50624 COND PC Drsg Ranch 12g																								
35.00 @ 1 each	50.00	0.00	0.00	100.00	5.00	90.00	1.00	0.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50623 COND PC Drsg Italian 12g																								
2.00 @ 1 each	30.00	0.00	0.00	130.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50056 COND PC Sauce, Taco 9g																								
62.00 @ 1 each	5.00	0.00	0.00	55.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50287 COND PC Sauce, BBQ 12g																								
3.00 @ 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
M50407 COND_Salsa, AP 1/8c																								
40.00 @ 1/8 cup	10.25	0.00	0.00	174.23	0.00	0.00	2.05	0.00	0.00	0.00	0.00	102.49	-*	-*	-*	3.69	-*	-*	-*	-*	-*	0.00	-*	0.00
Average	474.47	3.11	5.89	878.47	11.79	22.37	72.33	19.46	31.13	6.14	257.25*	873.31*	.58*	.17*	13.71*	7.27*	.06*	.05*	.29*	.08*	0*	365.58	13.19*	2.34

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Castle Hills ES

Service Area: Castle Hills - K-5 - OVS

Menu Name: Castle Hills ES: 2018-19 Menu w/ESD - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

Age Group: Brkfst Grades K-5 **Period:** Breakfast **Week:** 3 **Day:** Friday **Count Type:** Forecasted **Total No. of Customers:** 26

Weekly Std. (Target 1)	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	(g)		% of CAL	(g)																			% of CAL
350.00-500.00		10.00	540.00																					

M51268 BRD: MUF AP, CHOC CHOC CHIP 2OZ IW WG (1BG)

13.00 @ 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
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M51848 BRD: POPTARTS, Straw 1.76oz WG

4.00 @ 1 package	180.00	1.00	5.00	190.00	2.50	12.50	38.00	2.00	0.00	3.00	-*	500.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	100.00	-*	1.80
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M52724 BRD: BAR, Cereal CinnTst WG IW

1.00 @ 1 each	150.00	0.00	0.00	115.00	3.50	21.00	30.00	2.00	0.00	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	200.00	-*	1.80
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M51320 CEREAL BWL, Rice Krispies WG

1.00 @ 1 bowl	100.00	0.00	0.00	170.00	0.50	4.50	23.00	2.00	0.00	1.00	-*	1000.03	-*	-*	-*	12.00	-*	-*	-*	-*	-*	0.00	-*	8.10
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M50208 CEREAL BWL, CINN TST CRUNCH RS WG

2.00 @ 1 bowl	110.00	0.50	4.09	160.00	3.00	24.54	22.00	1.00	0.00	3.00	-*	400.01	-*	-*	-*	4.80	-*	-*	-*	-*	-*	200.01	-*	3.60
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M50442 CEREAL BWL, Cocoa Puffs RS WG

2.00 @ 1 bowl	110.05	0.00	0.00	160.08	1.50	12.27	25.01	2.00	0.00	2.00	-*	500.25	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.05	-*	4.50
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M50524 CEREAL BWL, Lucky Charms WG

3.00 @ 1 bowl	110.00	0.00	0.00	180.00	1.00	8.18	23.00	2.00	0.00	2.00	-*	500.01	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.00	-*	4.50
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M50525 CEREAL BWL, Trix RS WG

2.00 @ 1 bowl	110.00	0.00	0.00	140.00	1.00	8.18	24.00	1.00	0.00	1.00	-*	400.01	-*	-*	-*	4.80	-*	-*	-*	-*	-*	80.00	-*	4.50
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M51994 CHEESE, COLBY JK Stick 1ea 1.0

18.00 @ 1 stick	90.00	4.00	40.00	200.01	6.00	60.00	0.00	7.00	20.00	0.00	0.00	200.01	-*	-*	-*	0.00	-*	-*	-*	-*	-*	200.01	-*	0.00
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M51237 BRD: BREAD WG, Tst Marg 1sl

8.00 @ 1 slice	110.00	1.33	10.91	160.00	4.33	35.45	15.00	3.00	0.00	1.00	1.33*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	1.08
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M50543 FRUIT: BANANA (100-120ct) Whl

14.00 @ 1 each	93.95	0.12	1.13	1.06	0.35	3.34	24.11	1.15	0.00	2.74	377.91	67.56	0.00	0.11	0.53	9.18	0.03	0.08	0.70	0.39	0.00	5.28	23.22	0.27
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M51110 FRUIT: ORANGE Mand w/Jc 1/2c

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Castle Hills ES

Service Area: Castle Hills - K-5 - OVS

Menu Name: Castle Hills ES: 2018-19 Menu w/ESD - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

12.00 @ 1/2 cup	51.73	0.00	0.00	6.26	0.03	0.44	12.19	0.70	0.00	0.94	-*	710.52	-*	-*	-*	37.06	-*	-*	-*	-*	-*	13.15	-*	0.43
M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50																								
5.00 @ 1 carton	110.00	1.50	12.28	130.00	2.50	20.46	13.00	8.00	10.00	0.00	-*	500.00	-*	-*	-*	2.40	-*	-*	-*	-*	-*	300.00	-*	0.00
M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50																								
11.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	300.00	-*	0.00
M53222 COND PC Margarine 5g																								
5.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M50854 COND PC Jelly, #4 Smuckers																								
1.00 @ 1 each	35.00	0.00	0.00	5.00	0.00	0.00	9.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	0.00	-*	0.00
Average	425.05	4.92	10.41	462.12	10.82	22.91	66.54	14.64	37.88	5.03	293.9*	1229.73	0*	.06*	.28*	25.37	.02*	.04*	.38*	.21*	0*	415.84	12.5*	3.54

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Castle Hills ES

Service Area: Castle Hills - K-5 - OVS

Menu Name: Castle Hills ES: 2018-19 Menu w/ESD - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

Age Group: Lunch Grades K-5 **Period:** Lunch **Week:** 3 **Day:** Friday **Count Type:** Forecasted **Total No. of Customers:** 333

Weekly Std. (Target 1)	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	(g)		% of CAL	(g)																			% of CAL
550.00-650.00			1230.00																					

M51578 PIZZA 16" CHZ WG 2.0

221.00 @ 1/8 cut	351.26	7.50	19.22	810.03	15.50	39.72	30.87	19.38	30.00	3.25	-*	403.18	-*	-*	-*	0.90	-*	-*	-*	-*	-*	419.72	-*	1.13
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M53000 PIZZA 16" Pepperoni WG 2.0

116.00 @ 1/8 cut	388.75	9.00	20.84	937.53	19.00	43.99	31.12	20.88	37.50	3.25	-*	403.18	-*	-*	-*	0.90	-*	-*	-*	-*	-*	419.72	-*	1.22
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M51851 SDW BD, CHam AM WG 2.0

9.00 @ 1 sandwich	350.00	6.38	16.39	1032.50	14.63	37.61	33.50	21.00	75.00	2.00	-*	200.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	150.00	-*	2.61
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M53347 SDW BD, SB WG 2.0

2.00 @ 1 sandwich	558.71	3.99	6.42	579.16	35.89	57.81	43.95	19.95	0.00	5.99	378.78*	0.00	0.00*	-*	-*	0.00	-*	-*	-*	-*	-*	59.81	-*	5.35
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M50187 VEG: BROCCOLI, Frz Chpd 1/2c

48.00 @ 1/2 cup	24.11	0.02	0.58	9.47	0.10	3.86	4.61	2.67	0.00	2.58	122.27	870.53	0.00	1.14	75.86	34.53	0.05	0.07	0.39	0.11	0.00	28.42	42.19	0.53
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M66953 VEG: SALAD, SIDE SPIN MAND ORANGE 1C

58.00 @ 1 serving	22.75	0.03	1.35	44.17	0.22	8.58	4.39	1.69	0.00	1.38	303.20*	5235.96	0.00*	1.10*	262.39*	22.61	0.04*	0.10*	0.39*	0.11*	0.00*	56.40	26.63*	1.56
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M50543 FRUIT: BANANA (100-120ct) Whl

150.00 @ 1 each	93.95	0.12	1.13	1.06	0.35	3.34	24.11	1.15	0.00	2.74	377.91	67.56	0.00	0.11	0.53	9.18	0.03	0.08	0.70	0.39	0.00	5.28	23.22	0.27
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M50982 JUICE SS, ORANGE 100% 4 FLOZ

127.00 @ 1 each	51.44	0.00	0.00	15.43	0.00	0.00	12.35	1.03	0.00	0.00	-*	0.00	-*	-*	-*	43.21	-*	-*	-*	-*	-*	0.00	-*	0.00
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M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50

68.00 @ 1 carton	110.00	1.50	12.28	130.00	2.50	20.46	13.00	8.00	10.00	0.00	-*	500.00	-*	-*	-*	2.40	-*	-*	-*	-*	-*	300.00	-*	0.00
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M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50

229.00 @ 1 carton	120.00	0.00	0.00	180.00	0.00	0.00	20.00	8.00	5.00	0.00	-*	500.00	-*	-*	-*	1.20	-*	-*	-*	-*	-*	300.00	-*	0.00
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M50855 COND PC Ketchup 9g Heinz

168.00 @ 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
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M50055 COND PC Mayonnaise 12g

* Some values for this nutrient are unavailable; the number listed is incomplete.

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Castle Hills ES

Service Area: Castle Hills - K-5 - OVS

Menu Name: Castle Hills ES: 2018-19 Menu w/ESD - cycle 3 - week 3

Avg.Method: Weighted (USDA Default)

8.00 @ 1 each	80.00	1.50	16.87	75.00	8.00	90.00	1.00	0.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00	
M50284 COND PC Mustard 6g																								
5.00 @ 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	
M53222 COND PC Margarine 5g																								
3.00 @ 1 each	30.00	1.00	30.00	30.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	500.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00	
M50624 COND PC Drsg Ranch 12g																								
62.00 @ 1 each	50.00	0.00	0.00	100.00	5.00	90.00	1.00	0.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00	
M50623 COND PC Drsg Italian 12g																								
5.00 @ 1 each	30.00	0.00	0.00	130.00	3.00	90.00	0.00	0.00	0.00	0.00	-*	100.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00	
M50056 COND PC Sauce, Taco 9g																								
5.00 @ 1 each	5.00	0.00	0.00	55.00	0.00	0.00	1.00	0.00	0.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	0.00	-*	0.00	
M50287 COND PC Sauce, BBQ 12g																								
23.00 @ 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	
Average	573.82	8.72	13.68	1139.69	19.43	30.48	67.94	29.54	41.53	5.23	242.94*	1940.18	0*	.4*	56.87*	31.8	.03*	.06*	.44*	.21*	0*	713.04	21.18*	1.74

* Some values for this nutrient are unavailable; the number listed is incomplete.

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