



DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Southridge ES

Service Area: Southridge - K-5 - OVS

Menu Name: Southridge ES 2018-2019 BIC Menu - cycle 2 - week 2

Avg.Method: Balanced

Age Group: Brkfst Grades K-5 **Period:** Breakfast **Week:** 2 **Day:** Monday **Count Type:** Forecasted **Total No. of Customers:** 471

| 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 | (g) | | % of CAL | (g) | | | | | | | | | | | | | | | | | | | % of CAL |
| 350.00-500.00 | | 10.00 | 540.00 | | | | | | | | | | | | | | | | | | 5.28 | | | |
| M51274 BRD: FR TST AP, Cinn WG IW | | | | | | | | | | | | | | | | | | | | | | | | |
| 482.00 @ 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 | |
| M50543 FRUIT: BANANA (100-120ct) Whl | | | | | | | | | | | | | | | | | | | | | | | | |
| 293.00 @ 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 |
| M52810 FRUIT: CRAISINS, SS CHERRY 1.16OZ | | | | | | | | | | | | | | | | | | | | | | | | |
| 149.00 @ 1 each | 110.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 28.00 | 0.00 | 0.00 | 3.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | 0.00 | -* | 0.00 | |
| 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 | |
| M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50 | | | | | | | | | | | | | | | | | | | | | | | | |
| 403.00 @ 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 | |
| Average | 435.77 | 1.3 | 2.68 | 376.73 | 7.71 | 15.93 | 80.57 | 12.72 | 5.62 | 4.7 | 235.09* | 536.72 | 0* | .07* | .33* | 7.06 | .02* | .05* | .44* | .24* | 0* | 361.5 | 14.45* | 1.64 |

* 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 Southridge ES

Service Area: Southridge - K-5 - OVS

Menu Name: Southridge ES 2018-2019 BIC Menu - cycle 2 - week 2

Avg.Method: Balanced

Age Group: Brkfst Grades K-5 **Period:** Breakfast **Week:** 2 **Day:** Tuesday **Count Type:** Forecasted **Total No. of Customers:** 488

| 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 | (g) | | % of CAL | (g) | | | | | | | | | | | | | | | | | | | % of CAL |
| | 350.00-500.00 | | 10.00 | 540.00 | | | | | | | | | | | | | | | | | | 0.00 | | |
| M52725 BRD: BAR, Cereal CocoPuf WG IW | 504.00 @ 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 |
| M52695 CHEESE, MZ STRING 1EA 1.0 | 362.00 @ 1 stick | 60.00 | 2.00 | 30.00 | 200.01 | 3.00 | 45.00 | 1.00 | 7.00 | 10.00 | 0.00 | 0.00 | 200.01 | -* | -* | -* | 0.00 | -* | -* | -* | -* | 200.01 | -* | 0.00 |
| M67177 FRUIT: CUP SS, PEACHES DCD SHLF-STBL 1/2C | 311.00 @ 1 each | 60.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 15.00 | 0.00 | 0.00 | 1.00 | 87.00 | -* | 0.00 | -* | -* | -* | -* | -* | -* | -* | 6.00 | -* | 0.10 |
| M50979 JUICE SS, Apple 100% 4oz Cart | 478.00 @ 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 | 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 |
| M66635 MILK SS, SKIM CHOCOLATE 8 FLOZ - DEAN FOODS 50 | 419.00 @ 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 |
| Average | | 413.67 | 1.68 | 3.65 | 440.86 | 5.65 | 12.28 | 73.85 | 16.19 | 13 | 3.74 | 138.7* | 745.5* | 0* | -* | -* | 2.58* | -* | -* | -* | -* | 655.06 | -* | 1.92 |

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Southridge ES

Service Area: Southridge - K-5 - OVS

Menu Name: Southridge ES 2018-2019 BIC Menu - cycle 2 - week 2

Avg.Method: Balanced

Age Group: Brkfst Grades K-5 **Period:** Breakfast **Week:** 2 **Day:** Wednesday **Count Type:** Forecasted **Total No. of Customers:** 478

| 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 | (g) | | % of CAL | (g) | | | | | | | | | | | | | | | | | | | % of CAL |
| | 350.00-500.00 | | 10.00 | 540.00 | | | | | | | | | | | | | | | | | | 39.97 | | |
| M52397 SDW BISC AP, CHIXPTYBRD WG IW .75 | | | | | | | | | | | | | | | | | | | | | | | | |
| 491.00 @ 1 each | 230.00 | 4.00 | 15.65 | 420.01 | 10.00 | 39.13 | 28.00 | 9.00 | 15.00 | 3.00 | -* | 0.00 | -* | -* | -* | 42.00 | -* | -* | -* | -* | -* | 100.00 | -* | 1.80 |
| M50534 FRUIT: ORANGE 138ct 1/8wg 1/2c | | | | | | | | | | | | | | | | | | | | | | | | |
| 336.00 @ 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 |
| M50722 FRUIT: RAISINS, SS BOX | | | | | | | | | | | | | | | | | | | | | | | | |
| 114.00 @ 1 each | 127.15 | 0.02 | 0.17 | 4.68 | 0.20 | 1.38 | 33.67 | 1.31 | 0.00 | 1.57 | 318.51 | 0.00 | 0.00 | 0.05 | 1.49 | 0.98 | 0.05 | 0.05 | 0.33 | 0.07 | 0.00 | 21.26 | 42.95 | 0.80 |
| M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50 | | | | | | | | | | | | | | | | | | | | | | | | |
| 64.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 401.00 @ 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 |
| Average | 414.99 | 4.33 | 9.38 | 600.96 | 10.74 | 23.29 | 63.56 | 18 | 20.94 | 5.14 | 203.09* | 644.44 | 0* | .14* | .35* | 82.07 | .07* | .04* | .28* | .06* | 0* | 427.73 | 20.08* | 2.11 |

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Southridge ES

Service Area: Southridge - K-5 - OVS

Menu Name: Southridge ES 2018-2019 BIC Menu - cycle 2 - week 2

Avg.Method: Balanced

Age Group: Brkfst Grades K-5 **Period:** Breakfast **Week:** 2 **Day:** Thursday **Count Type:** Forecasted **Total No. of Customers:** 513

| 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 | (g) | | % of CAL | (g) | | | | | | | | | | | | | | | | | | | % of CAL |
| M53103 STICKS, KOLACHES MORNGSSG RS WG 1.0 1EA | 350.00-500.00 | | 10.00 | 540.00 | | | | | | | | | | | | | | | | | | 40.01 | | |
| 527.00 @ 1 each | 170.00 | 1.00 | 5.30 | 280.00 | 4.00 | 21.18 | 28.00 | 5.00 | 20.00 | 3.00 | -* | 1000.17 | -* | -* | -* | 0.00 | -* | -* | -* | -* | -* | 40.01 | -* | 1.80 |
| M54635 FRUIT: CUP SS, APPLESC STRAWBERRY SHLF-STBL 1/2C | | | | | | | | | | | | | | | | | | | | | | | | |
| 297.00 @ 1 each | 50.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 14.00 | 0.00 | 0.00 | 1.00 | 94.00 | -* | -* | -* | -* | -* | -* | -* | -* | -* | -* | 5.00 | -* | 0.00 |
| M50982 JUICE SS, ORANGE 100% 4 FLOZ | | | | | | | | | | | | | | | | | | | | | | | | |
| 492.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 76.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 428.00 @ 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 |
| Average | 369.34 | 1.25 | 3.05 | 471.88 | 4.48 | 10.92 | 67.32 | 13.98 | 26.2 | 3.66 | 54.42* | 1518.69* | -* | -* | -* | 42.8* | -* | -* | -* | -* | -* | 338.73 | -* | 1.85 |

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DAILY NUTRITIONAL ANALYSIS

Profit Center: Lewisville Independent School District

Location: Lewisville ISD Southridge ES

Service Area: Southridge - K-5 - OVS

Menu Name: Southridge ES 2018-2019 BIC Menu - cycle 2 - week 2

Avg.Method: Balanced

Age Group: Brkfst Grades K-5 **Period:** Breakfast **Week:** 2 **Day:** Friday **Count Type:** Forecasted **Total No. of Customers:** 476

| 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 | | % of CAL | % of CAL | | | | | | | | | | | | | | | | | | |
| 350.00-500.00 | | 10.00 | 540.00 | | | | | | | | | | | | | | | | | | 300.00 | | |
| M55589 BRD: PANCAKES, AP MAPLE BURST'N WG IW | | | | | | | | | | | | | | | | | | | | | | | |
| 491.00 @ 1 pouch | 220.00 | 0.50 | 2.04 | 130.00 | 6.00 | 24.54 | 39.00 | 4.00 | 0.00 | 3.00 | -* | 0.00 | -* | -* | -* | 0.00 | -* | -* | -* | -* | 20.00 | -* | 0.72 |
| M53799 FRUIT: APPLE, Slcd IW 2oz | | | | | | | | | | | | | | | | | | | | | | | |
| 304.00 @ 1 each | 30.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 7.00 | 0.00 | 0.00 | 1.00 | -* | 0.00 | -* | -* | -* | 21.00 | -* | -* | -* | -* | 0.00 | -* | 0.00 |
| M67264 FRUIT: CRAISINS, SS WATERMELON 1.16OZ | | | | | | | | | | | | | | | | | | | | | | | |
| 184.00 @ 1 package | 110.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 28.00 | 0.00 | 0.00 | 3.00 | -* | -* | -* | -* | -* | -* | -* | -* | -* | -* | 0.00 | -* | 0.00 |
| M66677 MILK SS, 1% WHITE 8 FLOZ - DEAN FOODS 50 | | | | | | | | | | | | | | | | | | | | | | | |
| 62.00 @ 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 | | | | | | | | | | | | | | | | | | | | | | | |
| 410.00 @ 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 |
| Average | 406.31 | .71 | 1.57 | 306.07 | 6.51 | 14.43 | 74.44 | 12.06 | 5.61 | 4.89 | -* | 495.8* | -* | -* | -* | 14.76* | -* | -* | -* | -* | 318.11 | -* | .74 |

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