



# DAILY NUTRITIONAL ANALYSIS

**Profit Center:** Lewisville Independent School District

**Location:** Lewisville ISD Independence ES

**Service Area:** Independence - K-5 - OVS

**Menu Name:** Independence ES: BIC w/ESD 2017-18 Menu - cycle 2 - week 4

**Avg.Method:** Balanced

**Age Group:** Brkfst Grades K-5

**Period:** Breakfast

**Week:** 4

**Day:** Monday

**Count Type:** Forecasted

**Total No. of Customers:** 667

	CAL	SFA (g)	% of CAL	Na (mg)	Fat (g)	% of CAL	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)
<b>Weekly Std.</b>	350.00-500.00		10.00	540.00																		300.00		
M51268 BRD: MUF AP, Choc 2oz WG (1BG)																								
667.00 @ 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
M51499 YOGURT SS, Danimals Str/Ban4oz																								
667.00 @ 1 each	70.00	0.00	0.00	60.00	0.00	0.00	14.00	4.00	5.00	0.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	150.01	-*	0.00
M54353 FRUIT: CUP SS, APPLESC SHLF-STBL 1/2C																								
340.00 @ 1 each	50.00	0.00	0.00	15.00	0.00	0.00	14.00	0.00	0.00	1.00	-*	0.00	-*	-*	-*	60.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M51320 CEREAL BWL, Rice Krispies WG																								
30.00 @ 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
M52695 CHEESE, MZ String LF 1ea 1.0																								
30.00 @ 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
M54353 FRUIT: CUP SS, APPLESC SHLF-STBL 1/2C																								
30.00 @ 1 each	50.00	0.00	0.00	15.00	0.00	0.00	14.00	0.00	0.00	1.00	-*	0.00	-*	-*	-*	60.00	-*	-*	-*	-*	-*	0.00	-*	0.00
M53465 MILK SS, 1% WHITE 8 FLOZ																								
30.00 @ 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
M53465 MILK SS, 1% WHITE 8 FLOZ																								
115.00 @ 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
M51096 MILK SS, SKIM CHOCOLATE 8 FLOZ																								
439.00 @ 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
M55543 JUICE SS, TROPICANA APPLE 100% 4.23FLOZ BOX SHLF-STBL																								
456.00 @ 1 each	60.00	0.00	0.00	10.00	0.00	0.00	14.00	0.00	0.00	0.00	120.00	0.00	-*	-*	-*	15.00	-*	-*	-*	-*	-*	0.00	-*	0.00
<b>Average</b>	448.85	2.42	4.84	373.98	6.68	13.39	80.41	15.45	50.91	3.6	262.04*	589.33	-*	-*	-*	45.39	-*	-*	-*	-*	-*	462.58	-*	1.81

\* 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 Independence ES

**Service Area:** Independence - K-5 - OVS

**Menu Name:** Independence ES: BIC w/ESD 2017-18 Menu - cycle 2 - week 4

**Avg.Method:** Balanced

**Age Group:** Brkfst Grades K-5      **Period:** Breakfast      **Week:** 4      **Day:** Tuesday      **Count Type:** Forecasted      **Total No. of Customers:** 644

	CAL	SFA (g)	% of CAL	Na (mg)	Fat (g)	% of CAL	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)
<b>Weekly Std.</b>	350.00-500.00		10.00	540.00																		0.00		
M53302 STICKS, CORN DOG TKYMPL BKFST WG 1.0 IW																								
644.00 @ 1 each	200.00	2.50	11.25	310.00	10.00	45.00	17.00	7.00	25.00	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	1.80
M52811 FRUIT: CRAISINS, SS Strawb1.16																								
386.00 @ 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
M53302 STICKS, CORN DOG TKYMPL BKFST WG 1.0 IW																								
31.00 @ 1 each	200.00	2.50	11.25	310.00	10.00	45.00	17.00	7.00	25.00	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	1.80
M52811 FRUIT: CRAISINS, SS Strawb1.16																								
31.00 @ 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
M53465 MILK SS, 1% WHITE 8 FLOZ																								
31.00 @ 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
M53465 MILK SS, 1% WHITE 8 FLOZ																								
141.00 @ 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
M51096 MILK SS, SKIM CHOCOLATE 8 FLOZ																								
441.00 @ 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
M55542 JUICE SS, TROPICANA ORANGE 100% 4.23FLOZ BOX SHLF-STBL																								
412.00 @ 1 each	60.00	0.00	0.00	5.00	0.00	0.00	14.00	1.00	0.00	0.00	220.00	0.00	-*	-*	-*	18.00	-*	-*	-*	-*	-*	0.00	-*	0.00
<b>Average</b>	430.8	3.02	6.31	486.11	11.15	23.29	62.07	15.59	32.3	5.09	140.74*	475.94	-*	-*	-*	12.98	-*	-*	-*	-*	-*	306.52	-*	1.89

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# DAILY NUTRITIONAL ANALYSIS

**Profit Center:** Lewisville Independent School District

**Location:** Lewisville ISD Independence ES

**Service Area:** Independence - K-5 - OVS

**Menu Name:** Independence ES: BIC w/ESD 2017-18 Menu - cycle 2 - week 4

**Avg.Method:** Balanced

**Age Group:** Brkfst Grades K-5      **Period:** Breakfast      **Week:** 4      **Day:** Wednesday      **Count Type:** Forecasted      **Total No. of Customers:** 674

Weekly Std.	CAL	SFA		Na	Fat		CHO	Pro	Chol	Fiber	K	Vit A	Vit D	Vit E	Vit K	Vit C	Vit B1	Vit B2	Vit B3	Vit B6	Vit B12	Ca	P	Fe
		(g)	% of CAL	(mg)	(g)	% of CAL	(g)	(g)	(mg)	(g)	(mg)	(IU)	(IU)	(mg)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mg)	(mg)	(mg)	(mg)
	350.00-500.00		10.00	540.00																		100.00		
M50439 CEREAL BWL, Cheerios WG																								
674.00 @ 1 bowl	100.00	0.50	4.50	140.00	2.00	18.00	20.00	3.00	0.00	3.00	-*	500.01	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.00	-*	8.10
M52695 CHEESE, MZ String LF 1ea 1.0																								
674.00 @ 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
M50455 FRUIT: CUP SS, PINEAPPLE FRZ 1/2C																								
290.00 @ 1 each	70.01	0.00	0.00	0.00	0.00	0.00	18.00	0.00	0.00	1.00	-*	0.00	-*	-*	-*	9.00	-*	-*	-*	-*	-*	20.00	-*	0.36
M50439 CEREAL BWL, Cheerios WG																								
10.00 @ 1 bowl	100.00	0.50	4.50	140.00	2.00	18.00	20.00	3.00	0.00	3.00	-*	500.01	-*	-*	-*	6.00	-*	-*	-*	-*	-*	100.00	-*	8.10
M52695 CHEESE, MZ String LF 1ea 1.0																								
10.00 @ 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
M50455 FRUIT: CUP SS, PINEAPPLE FRZ 1/2C																								
10.00 @ 1 each	70.01	0.00	0.00	0.00	0.00	0.00	18.00	0.00	0.00	1.00	-*	0.00	-*	-*	-*	9.00	-*	-*	-*	-*	-*	20.00	-*	0.36
M53465 MILK SS, 1% WHITE 8 FLOZ																								
10.00 @ 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
M53465 MILK SS, 1% WHITE 8 FLOZ																								
150.00 @ 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
M51096 MILK SS, SKIM CHOCOLATE 8 FLOZ																								
471.00 @ 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
M55541 JUICE SS, TROPICANA STRW KIWI 100% 4.23FLOZ BOX SHLF-STBL																								
504.00 @ 1 each	60.00	0.00	0.00	10.00	0.00	0.00	15.00	0.00	0.00	0.00	120.00	0.00	-*	-*	-*	18.00	-*	-*	-*	-*	-*	0.00	-*	0.00
<b>Average</b>	348.38	2.89	7.48	519.33	5.16	13.33	57.6	18.65	16.02	3.49	89.73*	1123.71	-*	-*	-*	24.96	-*	-*	-*	-*	-*	614.52	-*	8.49

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# DAILY NUTRITIONAL ANALYSIS

**Profit Center:** Lewisville Independent School District

**Location:** Lewisville ISD Independence ES

**Service Area:** Independence - K-5 - OVS

**Menu Name:** Independence ES: BIC w/ESD 2017-18 Menu - cycle 2 - week 4

**Avg.Method:** Balanced

**Age Group:** Brkfst Grades K-5      **Period:** Breakfast      **Week:** 4      **Day:** Thursday      **Count Type:** Forecasted      **Total No. of Customers:** 624

	CAL	SFA (g)	% of CAL	Na (mg)	Fat (g)	% of CAL	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)
<b>Weekly Std.</b>	350.00-500.00		10.00	540.00																		0.00		
M51404 PIZZA AP Tony Bkfst T.Ssg1.0IW																								
624.00 @ 1 each	240.01	2.50	9.38	490.02	7.00	26.25	31.00	11.00	15.00	3.00	90.00	200.01	-*	-*	-*	2.40	-*	-*	-*	-*	-*	150.00	-*	1.80
M50722 FRUIT: RAISINS, SS BOX																								
333.00 @ 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
M51404 PIZZA AP Tony Bkfst T.Ssg1.0IW																								
51.00 @ 1 each	240.01	2.50	9.38	490.02	7.00	26.25	31.00	11.00	15.00	3.00	90.00	200.01	-*	-*	-*	2.40	-*	-*	-*	-*	-*	150.00	-*	1.80
M50722 FRUIT: RAISINS, SS BOX																								
51.00 @ 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
M53465 MILK SS, 1% WHITE 8 FLOZ																								
51.00 @ 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
M53465 MILK SS, 1% WHITE 8 FLOZ																								
112.00 @ 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
M51096 MILK SS, SKIM CHOCOLATE 8 FLOZ																								
416.00 @ 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
M55543 JUICE SS, TROPICANA APPLE 100% 4.23FLOZ BOX SHLF-STBL																								
51.00 @ 1 each	60.00	0.00	0.00	10.00	0.00	0.00	14.00	0.00	0.00	0.00	120.00	0.00	-*	-*	-*	15.00	-*	-*	-*	-*	-*	0.00	-*	0.00
<b>Average</b>	495.64	3.11	5.65	695.08	8.35	15.15	82.43	20.13	22.17	4.21	391.44*	680.3	0*	.03*	.92*	16.88	.03*	.03*	.2*	.05*	0*	453.72	26.43*	2.44

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# DAILY NUTRITIONAL ANALYSIS

**Profit Center:** Lewisville Independent School District

**Location:** Lewisville ISD Independence ES

**Service Area:** Independence - K-5 - OVS

**Menu Name:** Independence ES: BIC w/ESD 2017-18 Menu - cycle 2 - week 4

**Avg.Method:** Balanced

**Age Group:** Brkfst Grades K-5      **Period:** Breakfast      **Week:** 4      **Day:** Friday      **Count Type:** Forecasted      **Total No. of Customers:** 647

	CAL	SFA (g)	% of CAL	Na (mg)	Fat (g)	% of CAL	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)
<b>Weekly Std.</b>	350.00-500.00		10.00	540.00																		220.01		
M52590 BRD: WAFFLE, AP BLUEBRY WG IW																								
647.00 @ 1 pouch	210.00	1.00	4.29	170.00	6.00	25.72	37.00	4.00	0.00	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.72
M52695 CHEESE, MZ String LF 1ea 1.0																								
557.00 @ 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
M50543 FRUIT: BANANA (100-120ct) Whl																								
369.00 @ 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
M52590 BRD: WAFFLE, AP BLUEBRY WG IW																								
45.00 @ 1 pouch	210.00	1.00	4.29	170.00	6.00	25.72	37.00	4.00	0.00	3.00	-*	0.00	-*	-*	-*	0.00	-*	-*	-*	-*	-*	20.00	-*	0.72
M50163 FRUIT: BANANA (100-120ct) Half																								
45.00 @ 1/2 each	47.03	0.06	1.13	0.90	0.17	3.34	12.07	0.58	0.00	1.37	189.40	33.88	0.00	0.05	0.26	4.64	0.02	0.04	0.35	0.19	0.00	2.97	11.64	0.14
M53465 MILK SS, 1% WHITE 8 FLOZ																								
45.00 @ 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
M53465 MILK SS, 1% WHITE 8 FLOZ																								
93.00 @ 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
M51096 MILK SS, SKIM CHOCOLATE 8 FLOZ																								
438.00 @ 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
M55542 JUICE SS, TROPICANA ORANGE 100% 4.23FLOZ BOX SHLF-STBL																								
509.00 @ 1 each	60.00	0.00	0.00	5.00	0.00	0.00	14.00	1.00	0.00	0.00	220.00	0.00	-*	-*	-*	18.00	-*	-*	-*	-*	-*	0.00	-*	0.00
<b>Average</b>	485.02	3.18	5.91	516.8	9.31	17.28	82.35	19.77	14.13	4.87	401.78*	611.72	0*	.06*	.32*	21.05	.02*	.05*	.42*	.23*	0*	481.09	14.05*	1.03

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