

# NUTRITION SERVICES

Dec 1, 2024 thru Dec 31, 2024

Base Menu Spreadsheet

GF DF VEGAN LUNCH MENU

Portion Values - Detailed

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Generated on: 11/20/2024 10:10:33 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 12/02/2024				
GF DF VEGAN LUNCH ME	Total			
VEGAN 3 BEAN CHILI W/ T.CHIPS	1C+2OZ CHIP	480	15.58	70.87
Weighted Daily Average		480	15.58	70.87
% of Calories				59.0%
Nutrient Guideline		0		

Tue - 12/03/2024				
GF DF VEGAN LUNCH ME	Total			
VEGAN FRIED RICE	2 CUPS	491	9.09	81.33
Weighted Daily Average		491	9.09	81.33
% of Calories				66.2%
Nutrient Guideline		0		

Wed - 12/04/2024				
GF DF VEGAN LUNCH ME	Total			
VEGAN BEAN BURRITO BOWL	1.5 CUPS	448	14.44	82.07
Weighted Daily Average		448	14.44	82.07
% of Calories				73.2%
Nutrient Guideline		0		

Thu - 12/05/2024				
GF DF VEGAN LUNCH ME	Total			
MYO VEGAN TACOS	2 TACOS	422	12.92	81.91
Weighted Daily Average		422	12.92	81.91
% of Calories				77.6%
Nutrient Guideline		0		

Fri - 12/06/2024				
GF DF VEGAN LUNCH ME	Total			
VEGAN CHICKPEA TIKKA MASALA	1 EACH	481	6.96	76.46
Weighted Daily Average		481	6.96	76.46
% of Calories				63.5%
Nutrient Guideline		0		

Mon - 12/09/2024				
GF DF VEGAN LUNCH ME	Total			
VEGAN PINTO POZOLE W/T. CHIPS	1 CUP + 2OZ CHP	465	11.27	66.02
Weighted Daily Average		465	11.27	66.02
% of Calories				56.8%
Nutrient Guideline		0		

Tue - 12/10/2024				
GF DF VEGAN LUNCH ME	Total			
VEGAN SPANISH BEANS W/ RICE	1.5 CUP	487	11.95	73.97

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average % of Calories		487	11.95	73.97 60.7%
Nutrient Guideline		0		

Wed - 12/11/2024				
GF DF VEGAN LUNCH ME VEGAN 3 BEAN CHILI W/ T.CHIPS	Total 1C+2OZ CHIP	480	15.58	70.87
Weighted Daily Average % of Calories		480	15.58	70.87 59.0%
Nutrient Guideline		0		

Thu - 12/12/2024				
GF DF VEGAN LUNCH ME VEGAN FRIED RICE	Total 2 CUPS	491	9.09	81.33
Weighted Daily Average % of Calories		491	9.09	81.33 66.2%
Nutrient Guideline		0		

Fri - 12/13/2024				
GF DF VEGAN LUNCH ME VEGAN BEAN BURRITO BOWL	Total 1.5 CUPS	448	14.44	82.07
Weighted Daily Average % of Calories		448	14.44	82.07 73.2%
Nutrient Guideline		0		

Mon - 12/16/2024				
GF DF VEGAN LUNCH ME MYO VEGAN TACOS	Total 2 TACOS	422	12.92	81.91
Weighted Daily Average % of Calories		422	12.92	81.91 77.6%
Nutrient Guideline		0		

Tue - 12/17/2024				
GF DF VEGAN LUNCH ME VEGAN CHICKPEA TIKKA MASALA	Total 1 EACH	481	6.96	76.46
Weighted Daily Average % of Calories		481	6.96	76.46 63.5%
Nutrient Guideline		0		

Wed - 12/18/2024				
GF DF VEGAN LUNCH ME VEGAN PINTO POZOLE W/T. CHIPS	Total 1 CUP + 2OZ CHP	465	11.27	66.02

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average % of Calories		465	11.27	66.02 56.8%
Nutrient Guideline		0		

Thu - 12/19/2024				
GF DF VEGAN LUNCH ME VEGAN SPANISH BEANS W/ RICE	Total 1.5 CUP	487	11.95	73.97
Weighted Daily Average % of Calories		487	11.95	73.97 60.7%
Nutrient Guideline		0		

Fri - 12/20/2024				
GF DF VEGAN LUNCH ME VEGAN 3 BEAN CHILI W/ T.CHIPS	Total 1C+2OZ CHIP	480	15.58	70.87
Weighted Daily Average % of Calories		480	15.58	70.87 59.0%
Nutrient Guideline		0		

Weighted Average		469	12.00	75.74 64.6%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	469		0					
Fiber (g)	12.00							
Carbohydrate (g)	75.74	64.63%						

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