

# Early Childhood Lunch

November 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
November 5-9, 2018	Cheese Quesadilla <sup>v</sup> Cucumber Coins w/ Dressing Fresh Apple Slices Nonfat & Lowfat Milk	NO SCHOOL	Korean BBQ Turkey Taco w/ Pineapple Slaw Steamed Carrots Applesauce Cup Nonfat & Lowfat Milk	Grilled Cheese Sandwich <sup>v</sup> Roasted Corn Chilled Peaches Nonfat & Lowfat Milk	Classic Cheese Pizza <sup>v</sup> Garden Side Salad Diced Pears Nonfat & Lowfat Milk
November 12-16, 2018	NO SCHOOL	Turkey Sausage & Maple Pancakes Sweet Potato Wedges Chilled Peaches Nonfat & Lowfat Milk	BBQ Burger w/ Coleslaw Ratatouille Mixed Fruit Salad Nonfat & Lowfat Milk	Oven Roasted Turkey w/ Gravy Honey Corn Biscuit Roasted Cinnamon Sweet Potatoes Banana Half Nonfat & Lowfat Milk	Turkey Macaroni Cucumber Coins w/ Dressing Chilled Pears Nonfat & Lowfat Milk
November 19-20, 2018	Oven Baked Lasagna <sup>v</sup> Roasted Ginger Kale Fresh Apple Slices Nonfat & Lowfat Milk	Classic Cheese Pizza <sup>v</sup> Citrus Glazed Carrots Orange Smiles Nonfat & Lowfat Milk	NO SCHOOL	NO SCHOOL	NO SCHOOL
November 26-30, 2018	Turkey Burger Seasoned Potato Wedges Applesauce Nonfat & Lowfat Milk	Thai Lemongrass Chicken w/ Brown Rice Sesame Carrots Chilled Pineapple Nonfat & Lowfat Milk	Turkey Tacos Roasted Corn Mixed Fruit Salad Nonfat & Lowfat Milk	BBQ Burger w/ Coleslaw Cucumber Coins w/ Dressing Orange Smiles Nonfat & Lowfat Milk	Chicken Alfredo Macaroni Mixed Garden Vegetables Chilled Pears Nonfat & Lowfat Milk

# Weekly Nutrient Summary

Menu Names: ECE W1  
 Site Group: Inspire  
 Serving Group: ECE

Meal Pattern: CACFP  
 Calculation Method: Weighted Analysis  
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4		Actual Value	% of Calories
Calories (Kcal)	605.90	663.98	581.02	615.97		616.72	
Fat (g)	18.58 (27.59%)	12.35 (16.74%)	14.66 (22.71%)	19.28 (28.18%)		16.22	23.67%
Sfat (g)	6.66 (9.89%)	3.02 (4.10%)	6.46 (10.00%)	6.83 (9.97%)		5.74	8.38%
TFat (g)	0.00	0.00	0.00	0.01		0.00	
Sodium Target 1 (mg)	896.70	1987.14	980.45	846.56		1,177.71	
Sodium Target 2 (mg)	896.70	1987.14	980.45	846.56		1,177.71	
Carb (g)	79.55 (52.52%)	111.74 (67.31%)	84.67 (58.29%)	85.84 (55.75%)		90.45	58.67%
Pro (g)	35.49 (23.43%)	32.46 (19.56%)	33.75 (23.24%)	27.60 (17.92%)		32.33	20.97%

## Legend

(M) Indicates missing nutrient values.

# Weekly Nutrient Summary

Menu Names: ECE W2  
 Site Group: Inspire  
 Serving Group: ECE

Meal Pattern: CACFP  
 Calculation Method: Weighted Analysis  
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4		Actual Value	% of Calories
Calories (Kcal)	568.96	628.58	498.88	696.99		598.35(M)	
Fat (g)	19.72 (31.19%)	21.90 (31.35%)	13.44 (24.24%)	17.02 (21.98%)		18.02(M)	27.10%
Sfat (g)	5.19 (8.21%)	5.54 (7.93%)	6.12 (11.04%)	6.19 (8.00%)		5.76(M)	8.66%
TFat (g)	3.83	0.06	0.00	0.02		0.98(M)	
Sodium Target 1 (mg)	597.83	981.87	786.88	1069.20		858.94(M)	
Sodium Target 2 (mg)	597.83	981.87	786.88	1069.20		858.94(M)	
Carb (g)	73.96 (52.00%)	83.09 (52.87%)	68.60 (55.00%)	102.05 (58.57%)		81.93(M)	54.77%
Pro (g)	25.01 (17.58%)	28.66 (18.24%)	29.71 (23.82%)	40.50 (23.24%)		30.97(M)	20.70%

**Legend**

(M) Indicates missing nutrient values.

# Weekly Nutrient Summary

Menu Names: ECE W3  
 Site Group: Inspire  
 Serving Group: ECE

Meal Pattern: CACFP  
 Calculation Method: Weighted Analysis  
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3		Actual Value	% of Calories
Calories (Kcal)	508.69	575.11	601.64		541.9	
Fat (g)	10.28 (18.18%)	13.18 (20.63%)	17.32 (25.90%)		11.73	19.40%
Sfat (g)	4.28 (7.57%)	4.60 (7.20%)	6.89 (10.31%)		5.26	4.44%
TFat (g)	0.01	0.00	0.00		0.00	
Sodium Target 1 (mg)	1006.26	967.70	826.02		986.98	
Sodium Target 2 (mg)	1006.26	967.70	826.02		986.98	
Carb (g)	75.96 (59.73%)	82.45 (57.34%)	85.23 (56.67%)		79.20	58.53%
Pro (g)	29.96 (23.56%)	33.18 (23.08%)	22.11 (14.70%)		31.57	23.32%

## Legend

(M) Indicates missing nutrient values.

# Weekly Nutrient Summary

Menu Names: ECE W4

Site Group: Inspire  
 Serving Group: ECE

Meal Pattern: CACFP  
 Calculation Method: Weighted Analysis  
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5		Actual Value	% of Calories
Calories (Kcal)	601.64	565.03	507.17	811.74	674.84		632.09	
Fat (g)	17.32 (25.90%)	12.84 (20.45%)	12.48 (22.15%)	17.98 (19.93%)	28.21 (37.62%)		17.76	25.29%
Sfat (g)	6.89 (10.31%)	3.54 (5.63%)	5.14 (9.11%)	5.26 (5.84%)	8.00 (10.67%)		5.77	8.21%
TFat (g)	0.00	0.00	0.00	0.00	0.10		0.02	
Sodium Target 1 (mg)	826.02	743.50	749.24	2402.74	821.07		1,108.51	
Sodium Target 2 (mg)	826.02	743.50	749.24	2402.74	821.07		1,108.51	
Carb (g)	85.23 (56.67%)	81.53 (57.71%)	70.31 (55.45%)	129.46 (63.79%)	72.86 (43.18%)		87.88	55.61%
Pro (g)	22.11 (14.70%)	31.72 (22.46%)	31.32 (24.70%)	40.72 (20.07%)	35.49 (21.04%)		32.27	20.42%

**Legend**

(M) Indicates missing nutrient values.