

ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/08/2018										
ABC Elementary Breakfast	Total	1409								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	405	220	5	340	3.00	5.0	36.0	7.0	1.00
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	547	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	457	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	897	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	543	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	383	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	933	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	963	120	5	150	0.00	8.0	22.0	0.0	0.00
ABC Elementary Lunch	Total	6713								
CHICKEN FAJITAS- E.S.	1 EACH	890	272	77	729	2.00	23.83	26.19	7.86	1.59
FRENCH TST STIX CINN -LUNCH-ES	1 SERVING	3693	280	145	560	2.00	14.0	29.01	11.5	3.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1320	280	30	599	3.00	18.66	31.58	9.68	5.39
FUN PACK MEAL- ES	1 EACH	1	470	25	655	6.00	17.0	41.0	28.0	7.50
PIZZA, PAPA J CHEESE- ES, MS	SLICE	1	330	20	670	3.00	21.0	40.0	10.0	4.00
RICE & BEANS - SPECIAL MEAL	SERV	1	319	0	150	9.10	10.87	63.08	2.73	0.56
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1810	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	3500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	670	112	0	3	1.40	1.05	28.43	0.09	0.01
CARROTS- ALL SCHOOLS	bag	3500	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	1840	140	0	225	2.70	2.16	19.99	5.65	0.81
SALSA - ALL SCHOOLS	SERVING	570	35	0	65	1.00	2.0	8.0	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	500	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	6213	120	5	150	0.00	8.0	22.0	0.0	0.00
JUICE - ASSORTED-MS	1	1	73	0	20	0.00	0.25	18.69	0.0	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	3500	49	5	105	0.02	0.15	1.05	4.93	0.72
KETCHUP- ALL SCHOOLS	PACKET	1840	10	0	25	0.00	0.0	3.0	0.0	0.00
Weighted Daily Average			531	89	807	7.32	23.47	82.35	12.80	3.69
% of Calories							17.7%	62.0%	21.7%	6.3%
Nutrient Guideline			560-626		1120					<10.00

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

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ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/09/2018										
ABC Elementary Breakfast	Total	1381								
CINNAMON ROLL- ES, MS	1 EACH	380	290	15	350	0.00	5.0	46.0	8.0	2.00
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	412	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	589	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	886	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	510	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	358	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	824	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	990	120	5	150	0.00	8.0	22.0	0.0	0.00
ABC Elementary Lunch	Total	6700								
RIB-B-QUE, PORK- MS	1 EACH	1	350	45	900	3.00	18.0	39.0	14.0	4.50
CHICKEN NUGGETS- E.S.	SERVING	2840	260	25	400	3.00	16.0	16.0	15.0	2.50
MOZZARELLA BREAD STICK-ES	1 EACH	1	220	10	280	2.00	12.0	28.0	6.0	3.00
SPINACH SALAD- ES, MS	1 each	1	138	194	173	1.49	11.25	4.32	8.38	3.47
GOLDFISH, H&S CHEDDAR-ES, MS	1 EACH	1	200	10	390	3.00	5.0	28.0	8.0	1.50
PIZZA, PAPA J CHEESE- ES, MS	SLICE	1	330	20	670	3.00	21.0	40.0	10.0	4.00
RICE & BEANS - SPECIAL MEAL	SERV	1	319	0	150	9.10	10.87	63.08	2.73	0.56
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1720	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	3500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	670	112	0	3	1.40	1.05	28.43	0.09	0.01
BEANS, RANCHERO-E.S., M.S.	SERVING	600	183	0	404	9.54	10.11	32.56	1.68	0.35
MARINARA SAUCE- ES	PORTION	1	80	0	740	1.00	2.0	11.0	4.0	0.50
CARROTS- ALL SCHOOLS	bag	3500	60	0	133	4.93	1.09	14.02	0.22	0.04
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	500	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	6200	120	5	150	0.00	8.0	22.0	0.0	0.00
JUICE - ASSORTED-MS	1	1	73	0	20	0.00	0.25	18.69	0.0	0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	1	120	0	35	1.00	2.0	22.0	2.5	1.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	4610	49	5	105	0.02	0.15	1.05	4.93	0.72
KETCHUP- ALL SCHOOLS	PACKET	2840	10	0	25	0.00	0.0	3.0	0.0	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	1	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	1	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			407	19	509	6.64	17.11	64.65	9.86	1.85
% of Calories							16.8%	63.5%	21.8%	4.1%
Nutrient Guideline			560-626		1120					<10.00

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/10/2018										
ABC Elementary Breakfast	Total	1293								
BREAKFAST SANDWICH- ALL SCHOOL	1 EACH	327	159	26	312	1.40	9.7	16.0	6.4	2.60
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	490	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	476	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	844	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	435	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	411	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	909	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1011	120	5	150	0.00	8.0	22.0	0.0	0.00
ABC Elementary Lunch	Total	7800								
CHIX W/MASHED POT & GRAVY -ES	SERVING	1	130	43	267	1.00	13.15	12.0	2.52	*0.00
ROLL, WHOLE WHEAT- ES	1 EACH	1	150	5	135	1.00	5.0	28.0	2.5	0.50
CHEESEBURGER TWINS- E.S&M.S.	1 each	4890	272	45	355	2.60	19.7	31.3	7.8	2.90
FIESTA BITES	SERVING	1760	270	15	440	3.00	11.0	32.0	10.0	4.00
FUN PACK MEAL- ES	1 EACH	910	470	25	655	6.00	17.0	41.0	28.0	7.50
PIZZA, PAPA J CHEESE- ES, MS	SLICE	1	330	20	670	3.00	21.0	40.0	10.0	4.00
RICE & BEANS - SPECIAL MEAL	SERV	1	319	0	150	9.10	10.87	63.08	2.73	0.56
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1660	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	4000	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	780	112	0	3	1.40	1.05	28.43	0.09	0.01
CARROTS- ALL SCHOOLS	bag	4000	60	0	133	4.93	1.09	14.02	0.22	0.04
LETTUCE, ROMAINE- ES	SERV	1640	7	0	3	0.89	0.52	1.4	0.13	0.02
CORN, CANNED- ALL SCHOOLS	SERV	210	130	0	30	4.00	4.0	30.0	2.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	500	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	7300	120	5	150	0.00	8.0	22.0	0.0	0.00
JUICE - ASSORTED-MS	1	1	73	0	20	0.00	0.25	18.69	0.0	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	4000	49	5	105	0.02	0.15	1.05	4.93	0.72
KETCHUP- ALL SCHOOLS	PACKET	4890	10	0	25	0.00	0.0	3.0	0.0	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	1	0	0	65	0.00	0.0	0.0	0.0	0.00
SAUCE, SWEET & SOUR- ES	SERVING	1	50	0	75	0.00	0.0	12.0	0.0	0.00
Weighted Daily Average			534	40	664	7.64	25.46	82.16	12.60	*3.93
% of Calories							19.1%	61.5%	21.2%	*6.6%
Nutrient Guideline			560-626		1120					<10.00

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Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/11/2018										
ABC Elementary Breakfast	Total	1439								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	449	220	5	340	3.00	5.0	36.0	7.0	1.00
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	398	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	577	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	920	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	464	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	363	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	929	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1056	120	5	150	0.00	8.0	22.0	0.0	0.00
ABC Elementary Lunch	Total	6765								
BEEF -CHILI & CHIPS	PORTION	1	361	20	688	5.18	12.7	44.87	15.23	1.66
CHIX PATTY SANDWICH- E.S.	SANDWICH	3510	424	25	645	5.04	21.22	45.22	17.21	3.03
CHEESE PIZZA SLIDERS- ES	1 EACH	1400	327	30	577	3.30	18.51	29.31	16.51	7.45
PEPPERONI PIZZA SALAD- ES, MS	each	1	193	*32	594	1.37	15.32	4.15	13.01	6.92
GOLDFISH, H&S CHEDDAR-ES, MS	1 EACH	700	200	10	390	3.00	5.0	28.0	8.0	1.50
PIZZA, PAPA J CHEESE- ES, MS	SLICE	1	330	20	670	3.00	21.0	40.0	10.0	4.00
RICE & BEANS - SPECIAL MEAL	SERV	1	319	0	150	9.10	10.87	63.08	2.73	0.56
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1600	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	3500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	680	112	0	3	1.40	1.05	28.43	0.09	0.01
CORN, CANNED- ALL SCHOOLS	SERV	870	130	0	30	4.00	4.0	30.0	2.0	0.00
CARROTS- ALL SCHOOLS	bag	3500	60	0	133	4.93	1.09	14.02	0.22	0.04
BROCCOLI W/CHEDDAR-E.S.,M.S.	SERV	1010	52	6	120	2.83	4.53	5.85	1.91	1.22
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	500	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	6265	120	5	150	0.00	8.0	22.0	0.0	0.00
JUICE - ASSORTED-MS	1	1	73	0	20	0.00	0.25	18.69	0.0	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	4510	49	5	105	0.02	0.15	1.05	4.93	0.72
KETCHUP- ALL SCHOOLS	PACKET	3510	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	950	25	0	100	0.00	0.0	2.0	2.5	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	950	15	0	85	0.00	0.0	4.0	0.0	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	1	0	0	65	0.00	0.0	0.0	0.0	0.00
Weighted Daily Average			577	*27	787	8.70	24.50	87.24	15.96	3.75
% of Calories							17.0%	60.5%	24.9%	5.8%
Nutrient Guideline			560-626		1120					<10.00

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/12/2018										
ABC Elementary Breakfast	Total	1329								
PANCAKE SAUSAGE STICK- ES	1 EACH	418	200	25	310	3.00	7.0	17.0	10.0	2.50
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	422	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	454	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	840	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	540	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	427	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	922	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1135	120	5	150	0.00	8.0	22.0	0.0	0.00
ABC Elementary Lunch	Total	6820								
TERIYAKI BEEF W/RICE- ELEM	1 each	1	337	39	396	5.00	19.14	48.32	7.89	2.88
HOT DOG, CHICKEN- ES	SERVING	4120	280	25	650	2.00	14.0	34.0	10.0	2.50
WHITE BEAN CHILI W/DORITOS ES	SERVING	380	370	0	647	12.63	12.87	63.71	5.12	1.01
FUN PACK MEAL- ES	1 EACH	650	470	25	655	6.00	17.0	41.0	28.0	7.50
PIZZA, PAPA J CHEESE- ES, MS	SLICE	1	330	20	670	3.00	21.0	40.0	10.0	4.00
RICE & BEANS - SPECIAL MEAL	SERV	1	319	0	150	9.10	10.87	63.08	2.73	0.56
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1480	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	3500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	680	112	0	3	1.40	1.05	28.43	0.09	0.01
CELERY, ELEMEN	1/2 Cup	1	10	0	52	1.04	0.45	1.94	0.11	0.03
CARROTS- ALL SCHOOLS	bag	3500	60	0	133	4.93	1.09	14.02	0.22	0.04
BEANS, BBQ-E.S., M.S.	SERVING	570	164	0	444	5.15	7.73	33.39	0.64	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	500	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	6320	120	5	150	0.00	8.0	22.0	0.0	0.00
JUICE - ASSORTED-MS	1	1	73	0	20	0.00	0.25	18.69	0.0	0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	1	120	0	35	1.00	2.0	22.0	2.5	1.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	3500	49	5	105	0.02	0.15	1.05	4.93	0.72
KETCHUP- ALL SCHOOLS	PACKET	4120	10	0	25	0.00	0.0	3.0	0.0	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	950	0	0	65	0.00	0.0	0.0	0.0	0.00
Weighted Daily Average			500	25	776	7.33	20.64	80.81	11.45	2.81
% of Calories							16.5%	64.6%	20.6%	5.1%
Nutrient Guideline			560-626		1120					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/16/2018										
ABC Elementary Breakfast	Total	1381								
CINNAMON ROLL- ES, MS	1 EACH	380	290	15	350	0.00	5.0	46.0	8.0	2.00
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	412	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	589	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	886	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	510	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	358	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	824	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	990	120	5	150	0.00	8.0	22.0	0.0	0.00
ABC Elementary Lunch	Total	6854								
PIZZA WEDGE, PEPPERONI- ES	1 EACH	2120	360	40	740	3.00	20.0	32.0	17.0	8.00
CHICKEN NUGGETS- E.S.	SERVING	2669	260	25	400	3.00	16.0	16.0	15.0	2.50
MOZZARELLA BREAD STICK-ES	1 EACH	1315	220	10	280	2.00	12.0	28.0	6.0	3.00
SPINACH SALAD- ES, MS	1 each	750	138	194	173	1.49	11.25	4.32	8.38	3.47
GOLDFISH, H&S CHEDDAR-ES, MS	1 EACH	750	200	10	390	3.00	5.0	28.0	8.0	1.50
PIZZA, PAPA J CHEESE- ES, MS	SLICE	1	330	20	670	3.00	21.0	40.0	10.0	4.00
RICE & BEANS - SPECIAL MEAL	SERV	1	319	0	150	9.10	10.87	63.08	2.73	0.56
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	2001	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	4531	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	1206	112	0	3	1.40	1.05	28.43	0.09	0.01
BEANS, RANCHERO-E.S., M.S.	SERVING	600	183	0	404	9.54	10.11	32.56	1.68	0.35
MARINARA SAUCE- ES	PORTION	1180	80	0	740	1.00	2.0	11.0	4.0	0.50
CARROTS- ALL SCHOOLS	bag	2547	60	0	133	4.93	1.09	14.02	0.22	0.04
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	2634	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	6513	120	5	150	0.00	8.0	22.0	0.0	0.00
JUICE - ASSORTED-MS	1	58	73	0	20	0.00	0.25	18.69	0.0	0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	90	120	0	35	1.00	2.0	22.0	2.5	1.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	1654	49	5	105	0.02	0.15	1.05	4.93	0.72
KETCHUP- ALL SCHOOLS	PACKET	4230	10	0	25	0.00	0.0	3.0	0.0	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	1395	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	2045	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			602	50	912	8.07	28.20	89.50	15.67	4.97
% of Calories							18.7%	59.5%	23.4%	7.4%
Nutrient Guideline			560-626		1120					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/17/2018										
ABC Elementary Breakfast	Total	1293								
BREAKFAST SANDWICH- ALL SCHOOL	1 EACH	327	159	26	312	1.40	9.7	16.0	6.4	2.60
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	490	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	476	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	844	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	435	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	411	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	909	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1011	120	5	150	0.00	8.0	22.0	0.0	0.00
ABC Elementary Lunch	Total	8792								
CHICKEN DRUMSTICK - E.S.	1 EACH	2000	190	50	450	1.00	16.0	5.0	11.0	2.50
ROLL, WHOLE WHEAT- ES	1 EACH	1740	150	5	135	1.00	5.0	28.0	2.5	0.50
CHEESEBURGER TWINS- E.S&M.S.	1 each	2257	272	45	355	2.60	19.7	31.3	7.8	2.90
FIESTA BITES	SERVING	870	270	15	440	3.00	11.0	32.0	10.0	4.00
FUN PACK MEAL- ES	1 EACH	1475	470	25	655	6.00	17.0	41.0	28.0	7.50
PIZZA, PAPA J CHEESE- ES, MS	SLICE	450	330	20	670	3.00	21.0	40.0	10.0	4.00
RICE & BEANS - SPECIAL MEAL	SERV	1	319	0	150	9.10	10.87	63.08	2.73	0.56
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	2019	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	4630	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	1295	112	0	3	1.40	1.05	28.43	0.09	0.01
CARROTS- ALL SCHOOLS	bag	2549	60	0	133	4.93	1.09	14.02	0.22	0.04
LETTUCE, ROMAINE- ES	SERV	730	7	0	3	0.89	0.52	1.4	0.13	0.02
CORN, CANNED- ALL SCHOOLS	SERV	1350	130	0	30	4.00	4.0	30.0	2.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	2591	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	6380	120	5	150	0.00	8.0	22.0	0.0	0.00
JUICE - ASSORTED-MS	1	263	73	0	20	0.00	0.25	18.69	0.0	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	1840	49	5	105	0.02	0.15	1.05	4.93	0.72
KETCHUP- ALL SCHOOLS	PACKET	4520	10	0	25	0.00	0.0	3.0	0.0	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	1555	0	0	65	0.00	0.0	0.0	0.0	0.00
SAUCE, SWEET & SOUR- ES	SERVING	160	50	0	75	0.00	0.0	12.0	0.0	0.00
Weighted Daily Average			515	36	636	6.76	24.44	78.75	12.74	3.77
% of Calories							19.0%	61.1%	22.2%	6.6%
Nutrient Guideline			560-626		1120					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/18/2018										
ABC Elementary Breakfast	Total	1439								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	449	220	5	340	3.00	5.0	36.0	7.0	1.00
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	398	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	577	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	920	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	464	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	363	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	929	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1056	120	5	150	0.00	8.0	22.0	0.0	0.00
ABC Elementary Lunch	Total	7652								
PORK W/MASHED POT & GRAVY -ES	SERVING	910	213	59	356	1.50	19.23	18.52	5.93	1.62
ROLL, WHOLE WHEAT- ES	1 EACH	823	150	5	135	1.00	5.0	28.0	2.5	0.50
CHIX PATTY SANDWICH- E.S.	SANDWICH	2224	424	25	645	5.04	21.22	45.22	17.21	3.03
CHEESE PIZZA SLIDERS- ES	1 EACH	1979	327	30	577	3.30	18.51	29.31	16.51	7.45
PEPPERONI PIZZA SALAD- ES, MS	each	956	193	*32	594	1.37	15.32	4.15	13.01	6.92
GOLDFISH, H&S CHEDDAR-ES, MS	1 EACH	956	200	10	390	3.00	5.0	28.0	8.0	1.50
PIZZA, PAPA J CHEESE- ES, MS	SLICE	760	330	20	670	3.00	21.0	40.0	10.0	4.00
RICE & BEANS - SPECIAL MEAL	SERV	1	319	0	150	9.10	10.87	63.08	2.73	0.56
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	2124	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	4472	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	1113	112	0	3	1.40	1.05	28.43	0.09	0.01
CORN, CANNED- ALL SCHOOLS	SERV	1282	130	0	30	4.00	4.0	30.0	2.0	0.00
CARROTS- ALL SCHOOLS	bag	2502	60	0	133	4.93	1.09	14.02	0.22	0.04
BROCCOLI W/CHEDDAR-E.S.,M.S.	SERV	966	52	6	120	2.83	4.53	5.85	1.91	1.22
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	2707	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	6390	120	5	150	0.00	8.0	22.0	0.0	0.00
JUICE - ASSORTED-MS	1	99	73	0	20	0.00	0.25	18.69	0.0	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	1820	49	5	105	0.02	0.15	1.05	4.93	0.72
KETCHUP- ALL SCHOOLS	PACKET	4850	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	1150	25	0	100	0.00	0.0	2.0	2.5	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	1865	15	0	85	0.00	0.0	4.0	0.0	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	1475	0	0	65	0.00	0.0	0.0	0.0	0.00
Weighted Daily Average			607	*36	852	8.17	28.85	91.85	15.55	4.89
% of Calories							19.0%	60.5%	23.1%	7.2%
Nutrient Guideline			560-626		1120					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/19/2018										
ABC Elementary Breakfast	Total	1329								
PANCAKE SAUSAGE STICK- ES	1 EACH	418	200	25	310	3.00	7.0	17.0	10.0	2.50
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	422	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	454	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	840	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	540	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	427	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	922	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1135	120	5	150	0.00	8.0	22.0	0.0	0.00
ABC Elementary Lunch	Total	7048								
ALFREDO CHICKEN BAKE	SERV	900	401	59	431	4.32	24.7	51.34	10.59	4.91
HOT DOG, CHICKEN- ES	SERVING	2560	280	25	650	2.00	14.0	34.0	10.0	2.50
WHITE BEAN CHILI W/DORITOS ES	SERVING	1630	370	0	647	12.63	12.87	63.71	5.12	1.01
FUN PACK MEAL- ES	1 EACH	1958	470	25	655	6.00	17.0	41.0	28.0	7.50
PIZZA, PAPA J CHEESE- ES, MS	SLICE	1	330	20	670	3.00	21.0	40.0	10.0	4.00
RICE & BEANS - SPECIAL MEAL	SERV	1	319	0	150	9.10	10.87	63.08	2.73	0.56
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1806	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	4745	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	1206	112	0	3	1.40	1.05	28.43	0.09	0.01
CELERY, ELEMEN	1/2 Cup	1526	10	0	52	1.04	0.45	1.94	0.11	0.03
CARROTS- ALL SCHOOLS	bag	2484	60	0	133	4.93	1.09	14.02	0.22	0.04
BEANS, BBQ-E.S., M.S.	SERVING	690	164	0	444	5.15	7.73	33.39	0.64	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	2495	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	6368	120	5	150	0.00	8.0	22.0	0.0	0.00
JUICE - ASSORTED-MS	1	160	73	0	20	0.00	0.25	18.69	0.0	0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	6128	120	0	35	1.00	2.0	22.0	2.5	1.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	5120	49	5	105	0.02	0.15	1.05	4.93	0.72
KETCHUP- ALL SCHOOLS	PACKET	4750	10	0	25	0.00	0.0	3.0	0.0	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	1695	0	0	65	0.00	0.0	0.0	0.0	0.00
Weighted Daily Average			752	33	970	11.07	28.88	118.48	18.97	5.35
% of Calories							15.4%	63.0%	22.7%	6.4%
Nutrient Guideline			560-626		1120					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/22/2018										
ABC Elementary Breakfast	Total	1409								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	405	220	5	340	3.00	5.0	36.0	7.0	1.00
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	547	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	457	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	897	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	543	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	383	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	933	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	963	120	5	150	0.00	8.0	22.0	0.0	0.00
ABC Elementary Lunch	Total	6713								
CHICKEN FAJITAS- E.S.	1 EACH	890	272	77	729	2.00	23.83	26.19	7.86	1.59
FRENCH TST STIX CINN -LUNCH-ES	1 SERVING	3693	280	145	560	2.00	14.0	29.01	11.5	3.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1320	280	30	599	3.00	18.66	31.58	9.68	5.39
FUN PACK MEAL- ES	1 EACH	1	470	25	655	6.00	17.0	41.0	28.0	7.50
PIZZA, PAPA J CHEESE- ES, MS	SLICE	1	330	20	670	3.00	21.0	40.0	10.0	4.00
RICE & BEANS - SPECIAL MEAL	SERV	1	319	0	150	9.10	10.87	63.08	2.73	0.56
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1810	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	3500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	670	112	0	3	1.40	1.05	28.43	0.09	0.01
CARROTS- ALL SCHOOLS	bag	3500	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	1840	140	0	225	2.70	2.16	19.99	5.65	0.81
SALSA - ALL SCHOOLS	SERVING	570	35	0	65	1.00	2.0	8.0	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	500	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	6213	120	5	150	0.00	8.0	22.0	0.0	0.00
JUICE - ASSORTED-MS	1	1	73	0	20	0.00	0.25	18.69	0.0	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	3500	49	5	105	0.02	0.15	1.05	4.93	0.72
KETCHUP- ALL SCHOOLS	PACKET	1840	10	0	25	0.00	0.0	3.0	0.0	0.00
Weighted Daily Average			531	89	807	7.32	23.47	82.35	12.80	3.69
% of Calories							17.7%	62.0%	21.7%	6.3%
Nutrient Guideline			560-626		1120					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/23/2018										
ABC Elementary Breakfast	Total	1381								
CINNAMON ROLL- ES, MS	1 EACH	380	290	15	350	0.00	5.0	46.0	8.0	2.00
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	412	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	589	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	886	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	510	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	358	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	824	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	990	120	5	150	0.00	8.0	22.0	0.0	0.00
ABC Elementary Lunch	Total	6700								
RIB-B-QUE, PORK- MS	1 EACH	1	350	45	900	3.00	18.0	39.0	14.0	4.50
CHICKEN NUGGETS- E.S.	SERVING	2840	260	25	400	3.00	16.0	16.0	15.0	2.50
MOZZARELLA BREAD STICK-ES	1 EACH	1	220	10	280	2.00	12.0	28.0	6.0	3.00
SPINACH SALAD- ES, MS	1 each	1	138	194	173	1.49	11.25	4.32	8.38	3.47
GOLDFISH, H&S CHEDDAR-ES, MS	1 EACH	1	200	10	390	3.00	5.0	28.0	8.0	1.50
PIZZA, PAPA J CHEESE- ES, MS	SLICE	1	330	20	670	3.00	21.0	40.0	10.0	4.00
RICE & BEANS - SPECIAL MEAL	SERV	1	319	0	150	9.10	10.87	63.08	2.73	0.56
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1720	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	3500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	670	112	0	3	1.40	1.05	28.43	0.09	0.01
BEANS, RANCHERO-E.S., M.S.	SERVING	600	183	0	404	9.54	10.11	32.56	1.68	0.35
MARINARA SAUCE- ES	PORTION	1	80	0	740	1.00	2.0	11.0	4.0	0.50
CARROTS- ALL SCHOOLS	bag	3500	60	0	133	4.93	1.09	14.02	0.22	0.04
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	500	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	6200	120	5	150	0.00	8.0	22.0	0.0	0.00
JUICE - ASSORTED-MS	1	1	73	0	20	0.00	0.25	18.69	0.0	0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	1	120	0	35	1.00	2.0	22.0	2.5	1.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	4610	49	5	105	0.02	0.15	1.05	4.93	0.72
KETCHUP- ALL SCHOOLS	PACKET	2840	10	0	25	0.00	0.0	3.0	0.0	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	1	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	1	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			407	19	509	6.64	17.11	64.65	9.86	1.85
% of Calories							16.8%	63.5%	21.8%	4.1%
Nutrient Guideline			560-626		1120					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/24/2018										
ABC Elementary Breakfast	Total	1293								
BREAKFAST SANDWICH- ALL SCHOOL	1 EACH	327	159	26	312	1.40	9.7	16.0	6.4	2.60
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	490	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	476	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	844	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	435	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	411	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	909	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1011	120	5	150	0.00	8.0	22.0	0.0	0.00
ABC Elementary Lunch	Total	7800								
CHIX W/MASHED POT & GRAVY -ES	SERVING	1	130	43	267	1.00	13.15	12.0	2.52	*0.00
ROLL, WHOLE WHEAT- ES	1 EACH	1	150	5	135	1.00	5.0	28.0	2.5	0.50
CHEESEBURGER TWINS- E.S&M.S.	1 each	4890	272	45	355	2.60	19.7	31.3	7.8	2.90
FIESTA BITES	SERVING	1760	270	15	440	3.00	11.0	32.0	10.0	4.00
FUN PACK MEAL- ES	1 EACH	910	470	25	655	6.00	17.0	41.0	28.0	7.50
PIZZA, PAPA J CHEESE- ES, MS	SLICE	1	330	20	670	3.00	21.0	40.0	10.0	4.00
RICE & BEANS - SPECIAL MEAL	SERV	1	319	0	150	9.10	10.87	63.08	2.73	0.56
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1660	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	4000	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	780	112	0	3	1.40	1.05	28.43	0.09	0.01
CARROTS- ALL SCHOOLS	bag	4000	60	0	133	4.93	1.09	14.02	0.22	0.04
LETTUCE, ROMAINE- ES	SERV	1640	7	0	3	0.89	0.52	1.4	0.13	0.02
CORN, CANNED- ALL SCHOOLS	SERV	210	130	0	30	4.00	4.0	30.0	2.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	500	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	7300	120	5	150	0.00	8.0	22.0	0.0	0.00
JUICE - ASSORTED-MS	1	1	73	0	20	0.00	0.25	18.69	0.0	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	4000	49	5	105	0.02	0.15	1.05	4.93	0.72
KETCHUP- ALL SCHOOLS	PACKET	4890	10	0	25	0.00	0.0	3.0	0.0	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	1	0	0	65	0.00	0.0	0.0	0.0	0.00
SAUCE, SWEET & SOUR- ES	SERVING	1	50	0	75	0.00	0.0	12.0	0.0	0.00
Weighted Daily Average			534	40	664	7.64	25.46	82.16	12.60	*3.93
% of Calories							19.1%	61.5%	21.2%	*6.6%
Nutrient Guideline			560-626		1120					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/25/2018										
ABC Elementary Breakfast	Total	1439								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	449	220	5	340	3.00	5.0	36.0	7.0	1.00
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	398	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	577	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	920	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	464	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	363	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	929	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1056	120	5	150	0.00	8.0	22.0	0.0	0.00
ABC Elementary Lunch	Total	6765								
BEEF -CHILI & CHIPS	PORTION	1	361	20	688	5.18	12.7	44.87	15.23	1.66
CHIX PATTY SANDWICH- E.S.	SANDWICH	3510	424	25	645	5.04	21.22	45.22	17.21	3.03
CHEESE PIZZA SLIDERS- ES	1 EACH	1400	327	30	577	3.30	18.51	29.31	16.51	7.45
PEPPERONI PIZZA SALAD- ES, MS	each	1	193	*32	594	1.37	15.32	4.15	13.01	6.92
GOLDFISH, H&S CHEDDAR-ES, MS	1 EACH	700	200	10	390	3.00	5.0	28.0	8.0	1.50
PIZZA, PAPA J CHEESE- ES, MS	SLICE	1	330	20	670	3.00	21.0	40.0	10.0	4.00
RICE & BEANS - SPECIAL MEAL	SERV	1	319	0	150	9.10	10.87	63.08	2.73	0.56
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1600	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	3500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	680	112	0	3	1.40	1.05	28.43	0.09	0.01
CORN, CANNED- ALL SCHOOLS	SERV	870	130	0	30	4.00	4.0	30.0	2.0	0.00
CARROTS- ALL SCHOOLS	bag	3500	60	0	133	4.93	1.09	14.02	0.22	0.04
BROCCOLI W/CHEDDAR-E.S.,M.S.	SERV	1010	52	6	120	2.83	4.53	5.85	1.91	1.22
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	500	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	6265	120	5	150	0.00	8.0	22.0	0.0	0.00
JUICE - ASSORTED-MS	1	1	73	0	20	0.00	0.25	18.69	0.0	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	4510	49	5	105	0.02	0.15	1.05	4.93	0.72
KETCHUP- ALL SCHOOLS	PACKET	3510	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	950	25	0	100	0.00	0.0	2.0	2.5	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	950	15	0	85	0.00	0.0	4.0	0.0	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	1	0	0	65	0.00	0.0	0.0	0.0	0.00
Weighted Daily Average			577	*27	787	8.70	24.50	87.24	15.96	3.75
% of Calories							17.0%	60.5%	24.9%	5.8%
Nutrient Guideline			560-626		1120					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/26/2018										
ABC Elementary Breakfast	Total	1329								
PANCAKE SAUSAGE STICK- ES	1 EACH	418	200	25	310	3.00	7.0	17.0	10.0	2.50
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	422	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	454	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	840	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	540	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	427	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	922	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1135	120	5	150	0.00	8.0	22.0	0.0	0.00
ABC Elementary Lunch	Total	6820								
TERIYAKI BEEF W/RICE- ELEM	1 each	1	337	39	396	5.00	19.14	48.32	7.89	2.88
HOT DOG, CHICKEN- ES	SERVING	4120	280	25	650	2.00	14.0	34.0	10.0	2.50
WHITE BEAN CHILI W/DORITOS ES	SERVING	380	370	0	647	12.63	12.87	63.71	5.12	1.01
FUN PACK MEAL- ES	1 EACH	650	470	25	655	6.00	17.0	41.0	28.0	7.50
PIZZA, PAPA J CHEESE- ES, MS	SLICE	1	330	20	670	3.00	21.0	40.0	10.0	4.00
RICE & BEANS - SPECIAL MEAL	SERV	1	319	0	150	9.10	10.87	63.08	2.73	0.56
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1480	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	3500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	680	112	0	3	1.40	1.05	28.43	0.09	0.01
CELERY, ELEMEN	1/2 Cup	1	10	0	52	1.04	0.45	1.94	0.11	0.03
CARROTS- ALL SCHOOLS	bag	3500	60	0	133	4.93	1.09	14.02	0.22	0.04
BEANS, BBQ-E.S., M.S.	SERVING	570	164	0	444	5.15	7.73	33.39	0.64	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	500	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	6320	120	5	150	0.00	8.0	22.0	0.0	0.00
JUICE - ASSORTED-MS	1	1	73	0	20	0.00	0.25	18.69	0.0	0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	1	120	0	35	1.00	2.0	22.0	2.5	1.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	3500	49	5	105	0.02	0.15	1.05	4.93	0.72
KETCHUP- ALL SCHOOLS	PACKET	4120	10	0	25	0.00	0.0	3.0	0.0	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	950	0	0	65	0.00	0.0	0.0	0.0	0.00
Weighted Daily Average			500	25	776	7.33	20.64	80.81	11.45	2.81
% of Calories							16.5%	64.6%	20.6%	5.1%
Nutrient Guideline			560-626		1120					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/29/2018										
ABC Elementary Breakfast	Total	1409								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	405	220	5	340	3.00	5.0	36.0	7.0	1.00
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	547	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	457	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	897	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	543	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	383	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	933	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	963	120	5	150	0.00	8.0	22.0	0.0	0.00
ABC Elementary Lunch	Total	7335								
TURKEY TACO EMPANDAD- ES	1 EACH	1860	310	30	420	5.00	18.0	40.0	10.0	2.50
FRENCH TST STIX CINN -LUNCH-ES	1 SERVING	2010	280	145	560	2.00	14.0	29.01	11.5	3.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1212	280	30	599	3.00	18.66	31.58	9.68	5.39
FUN PACK MEAL- ES	1 EACH	1883	470	25	655	6.00	17.0	41.0	28.0	7.50
PIZZA, PAPA J CHEESE- ES, MS	SLICE	360	330	20	670	3.00	21.0	40.0	10.0	4.00
RICE & BEANS - SPECIAL MEAL	SERV	1	319	0	150	9.10	10.87	63.08	2.73	0.56
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	2081	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	3993	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	1012	112	0	3	1.40	1.05	28.43	0.09	0.01
CARROTS- ALL SCHOOLS	bag	2765	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	1500	140	0	225	2.70	2.16	19.99	5.65	0.81
SALSA - ALL SCHOOLS	SERVING	540	35	0	65	1.00	2.0	8.0	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	2397	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	5819	120	5	150	0.00	8.0	22.0	0.0	0.00
JUICE - ASSORTED-MS	1	96	73	0	20	0.00	0.25	18.69	0.0	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	1585	49	5	105	0.02	0.15	1.05	4.93	0.72
KETCHUP- ALL SCHOOLS	PACKET	2680	10	0	25	0.00	0.0	3.0	0.0	0.00
Weighted Daily Average			601	60	804	8.40	26.50	89.90	16.56	4.98
% of Calories							17.6%	59.8%	24.8%	7.5%
Nutrient Guideline			560-626		1120					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/30/2018										
ABC Elementary Breakfast	Total	1381								
CINNAMON ROLL- ES, MS	1 EACH	380	290	15	350	0.00	5.0	46.0	8.0	2.00
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	412	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	589	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	886	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	510	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	358	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	824	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	990	120	5	150	0.00	8.0	22.0	0.0	0.00
ABC Elementary Lunch	Total	6854								
PIZZA WEDGE, PEPPERONI- ES	1 EACH	2120	360	40	740	3.00	20.0	32.0	17.0	8.00
CHICKEN NUGGETS- E.S.	SERVING	2669	260	25	400	3.00	16.0	16.0	15.0	2.50
MOZZARELLA BREAD STICK-ES	1 EACH	1315	220	10	280	2.00	12.0	28.0	6.0	3.00
SPINACH SALAD- ES, MS	1 each	750	138	194	173	1.49	11.25	4.32	8.38	3.47
GOLDFISH, H&S CHEDDAR-ES, MS	1 EACH	750	200	10	390	3.00	5.0	28.0	8.0	1.50
PIZZA, PAPA J CHEESE- ES, MS	SLICE	1	330	20	670	3.00	21.0	40.0	10.0	4.00
RICE & BEANS - SPECIAL MEAL	SERV	1	319	0	150	9.10	10.87	63.08	2.73	0.56
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	2001	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	4531	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	1206	112	0	3	1.40	1.05	28.43	0.09	0.01
BEANS, RANCHERO-E.S., M.S.	SERVING	600	183	0	404	9.54	10.11	32.56	1.68	0.35
MARINARA SAUCE- ES	PORTION	1180	80	0	740	1.00	2.0	11.0	4.0	0.50
CARROTS- ALL SCHOOLS	bag	2547	60	0	133	4.93	1.09	14.02	0.22	0.04
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	2634	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	6513	120	5	150	0.00	8.0	22.0	0.0	0.00
JUICE - ASSORTED-MS	1	58	73	0	20	0.00	0.25	18.69	0.0	0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	90	120	0	35	1.00	2.0	22.0	2.5	1.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	1654	49	5	105	0.02	0.15	1.05	4.93	0.72
KETCHUP- ALL SCHOOLS	PACKET	4230	10	0	25	0.00	0.0	3.0	0.0	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	1395	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	2045	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			602	50	912	8.07	28.20	89.50	15.67	4.97
% of Calories							18.7%	59.5%	23.4%	7.4%
Nutrient Guideline			560-626		1120					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/31/2018										
ABC Elementary Breakfast	Total	1293								
BREAKFAST SANDWICH- ALL SCHOOL	1 EACH	327	159	26	312	1.40	9.7	16.0	6.4	2.60
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	490	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	476	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	844	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	435	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	411	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	909	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1011	120	5	150	0.00	8.0	22.0	0.0	0.00
ABC Elementary Lunch	Total	8792								
CHICKEN DRUMSTICK - E.S.	1 EACH	2000	190	50	450	1.00	16.0	5.0	11.0	2.50
ROLL, WHOLE WHEAT- ES	1 EACH	1740	150	5	135	1.00	5.0	28.0	2.5	0.50
CHEESEBURGER TWINS- E.S&M.S.	1 each	2257	272	45	355	2.60	19.7	31.3	7.8	2.90
FIESTA BITES	SERVING	870	270	15	440	3.00	11.0	32.0	10.0	4.00
FUN PACK MEAL- ES	1 EACH	1475	470	25	655	6.00	17.0	41.0	28.0	7.50
PIZZA, PAPA J CHEESE- ES, MS	SLICE	450	330	20	670	3.00	21.0	40.0	10.0	4.00
RICE & BEANS - SPECIAL MEAL	SERV	1	319	0	150	9.10	10.87	63.08	2.73	0.56
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	2019	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	4630	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	1295	112	0	3	1.40	1.05	28.43	0.09	0.01
CARROTS- ALL SCHOOLS	bag	2549	60	0	133	4.93	1.09	14.02	0.22	0.04
LETTUCE, ROMAINE- ES	SERV	730	7	0	3	0.89	0.52	1.4	0.13	0.02
CORN, CANNED- ALL SCHOOLS	SERV	1350	130	0	30	4.00	4.0	30.0	2.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	2591	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	6380	120	5	150	0.00	8.0	22.0	0.0	0.00
JUICE - ASSORTED-MS	1	263	73	0	20	0.00	0.25	18.69	0.0	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	1840	49	5	105	0.02	0.15	1.05	4.93	0.72
KETCHUP- ALL SCHOOLS	PACKET	4520	10	0	25	0.00	0.0	3.0	0.0	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	1555	0	0	65	0.00	0.0	0.0	0.0	0.00
SAUCE, SWEET & SOUR- ES	SERVING	160	50	0	75	0.00	0.0	12.0	0.0	0.00
Weighted Daily Average			515	36	636	6.76	24.44	78.75	12.74	3.77
% of Calories							19.0%	61.1%	22.2%	6.6%
Nutrient Guideline			560-626		1120					<10.00

Weighted Average			547	*41	753	7.80	24.23	84.19	13.72	*3.81
							17.7%	61.6%	22.6%	*6.3%

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ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Cholst (mg) Shortfall	Sodm (mg) Overage	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Error Messages (if any)
Calories	547		560 - 626	98%			13						Correction Required - Calories are Low
Cholesterol (mg)	41				Missing								
Sodium (mg)	753		1120										
Fiber (g)	7.80												
Protein (g)	24.23	17.72%											
Carbohydrate (g)	84.19	61.59%											
Total Fat (g)	13.72	22.58%											
Saturated Fat (g)	3.81	6.27%	<10.00%		Missing								

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