

# ABC UNIFIED SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

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 - 10/02/2017										
ABC Elementary Breakfast	Total	1261								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	1	220	5	340	3.00	5.0	36.0	7.0	1.00
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	333	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	548	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	625	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	150	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	349	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	735	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	358	120	5	150	0.00	8.0	22.0	0.0	0.00
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	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	450	25	655	5.00	16.0	36.0	29.0	7.00
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1810	69	0	6	1.50	0.4	16.85	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	41	0	488	1.59	1.7	7.94	0.23	0.03
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
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	1	120	10	150	0.00	10.0	14.0	2.5	1.50
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			501	89	811	7.24	22.61	76.40	12.35	3.60
% of Calories							18.0%	61.0%	22.2%	6.5%
Nutrient Guideline			581-639		1178					<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

Oct 2, 2017 thru Oct 31, 2017

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 - 10/03/2017										
ABC Elementary Breakfast	Total	1								
CINNAMON ROLL- ES, MS	1 EACH	1	290	15	350	0.00	5.0	46.0	8.0	2.00
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	1	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	1	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	1	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	1	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1	120	5	150	0.00	8.0	22.0	0.0	0.00
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	0.0	0.00
ABC Elementary Lunch	Total	6700								
RIB-B-QUE, PORK- MS	1 EACH	1	350	45	890	3.00	18.0	40.0	14.0	4.00
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
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1720	69	0	6	1.50	0.4	16.85	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
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	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	124	0	54	1.34	1.68	19.82	4.37	0.91
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			383	19	511	6.98	17.09	57.56	10.33	1.74
% of Calories							17.9%	60.2%	24.3%	4.1%
Nutrient Guideline			581-639		1178					<10.00

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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 - 10/04/2017										
ABC Elementary Breakfast	Total	1								
BREAKFAST WRAP - ES, MS	1 EACH	1	150	53	196	2.43	8.04	16.33	6.24	2.72
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	1	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	1	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	1	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	1	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1	120	5	150	0.00	8.0	22.0	0.0	0.00
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	0.0	0.00
ABC Elementary Lunch	Total	7800								
CHICKEN DRUMSTICK - E.S.	1 EACH	1	190	50	450	1.00	16.0	5.0	11.0	2.50
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	450	25	655	5.00	16.0	36.0	29.0	7.00
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1660	69	0	6	1.50	0.4	16.85	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
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	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	42	690	7.89	26.23	79.43	13.53	4.05
% of Calories							19.6%	59.5%	22.8%	6.8%
Nutrient Guideline			581-639		1178					<10.00

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Oct 2, 2017 thru Oct 31, 2017

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 - 10/05/2017										
ABC Elementary Breakfast	Total	1261								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	1	220	5	340	3.00	5.0	36.0	7.0	1.00
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	333	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	548	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	625	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	150	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	349	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	735	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	358	120	5	150	0.00	8.0	22.0	0.0	0.00
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	0.0	0.00
ABC Elementary Lunch	Total	6765								
BEEF -CHILI & CHIPS	PORTION	1	364	20	753	4.74	13.45	45.22	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
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1600	69	0	6	1.50	0.4	16.85	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	57	7	139	2.83	4.79	5.98	2.21	1.42
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
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	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			551	*27	762	8.62	23.74	81.86	15.71	3.74
% of Calories							17.2%	59.4%	25.7%	6.1%
Nutrient Guideline			581-639		1178					<10.00

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Fri - 10/06/2017										
ABC Elementary Breakfast	Total	1								
PANCAKE SAUSAGE STICK- ES	1 EACH	1	200	25	310	3.00	7.0	17.0	10.0	2.50
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	1	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	1	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	1	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	1	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1	120	5	150	0.00	8.0	22.0	0.0	0.00
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	0.0	0.00
ABC Elementary Lunch	Total	6820								
TERIYAKI BEEF W/RICE- ELEM	1 each	1	330	39	358	4.40	19.14	46.62	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/DORRITOS ES	SERVING	380	326	0	669	15.30	12.31	61.49	5.12	1.01
FUN PACK MEAL- ES	1 EACH	650	450	25	655	5.00	16.0	36.0	29.0	7.00
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1480	69	0	6	1.50	0.4	16.85	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
CUCUMBER -ALL SCHOOLS	1 EACH	1	45	0	6	1.51	1.96	10.93	0.33	0.11
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
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	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	124	0	54	1.34	1.68	19.82	4.37	0.91
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			489	25	828	7.68	20.65	77.42	12.09	2.76
% of Calories							16.9%	63.3%	22.2%	5.1%
Nutrient Guideline			581-639		1178					<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

Oct 2, 2017 thru Oct 31, 2017

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 - 10/09/2017										
ABC Elementary Breakfast	Total	1261								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	1	220	5	340	3.00	5.0	36.0	7.0	1.00
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	333	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	548	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	625	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	150	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	349	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	735	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	358	120	5	150	0.00	8.0	22.0	0.0	0.00
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	0.0	0.00
ABC Elementary Lunch	Total	6713								
TURKEY TACO EMPANDAD- ES	1 EACH	890	310	30	420	5.00	18.0	40.0	10.0	2.50
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	450	25	655	5.00	16.0	36.0	29.0	7.00
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1810	69	0	6	1.50	0.4	16.85	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	41	0	488	1.59	1.7	7.94	0.23	0.03
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
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	1	120	10	150	0.00	10.0	14.0	2.5	1.50
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			506	84	777	7.58	21.96	77.94	12.59	3.70
% of Calories							17.4%	61.7%	22.4%	6.6%
Nutrient Guideline			581-639		1178					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

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 - 10/10/2017										
ABC Elementary Breakfast	Total	1								
CINNAMON ROLL- ES, MS	1 EACH	1	290	15	350	0.00	5.0	46.0	8.0	2.00
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	1	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	1	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	1	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	1	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1	120	5	150	0.00	8.0	22.0	0.0	0.00
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	0.0	0.00
ABC Elementary Lunch	Total	6700								
PIZZA WEDGE, PEPPERONI- ES	1 EACH	1	360	40	740	3.00	20.0	32.0	17.0	8.00
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
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1720	69	0	6	1.50	0.4	16.85	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
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	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	124	0	54	1.34	1.68	19.82	4.37	0.91
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			383	19	511	6.98	17.09	57.56	10.33	1.74
% of Calories							17.9%	60.2%	24.3%	4.1%
Nutrient Guideline			581-639		1178					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

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 - 10/11/2017										
ABC Elementary Breakfast	Total	1								
BREAKFAST WRAP - ES, MS	1 EACH	1	150	53	196	2.43	8.04	16.33	6.24	2.72
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	1	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	1	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	1	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	1	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1	120	5	150	0.00	8.0	22.0	0.0	0.00
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	0.0	0.00
ABC Elementary Lunch	Total	7800								
CHICKEN DRUMSTICK - E.S.	1 EACH	1	190	50	450	1.00	16.0	5.0	11.0	2.50
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	450	25	655	5.00	16.0	36.0	29.0	7.00
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1660	69	0	6	1.50	0.4	16.85	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
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	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	42	690	7.89	26.23	79.43	13.53	4.05
% of Calories							19.6%	59.5%	22.8%	6.8%
Nutrient Guideline			581-639		1178					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

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 - 10/12/2017										
ABC Elementary Breakfast	Total	1261								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	1	220	5	340	3.00	5.0	36.0	7.0	1.00
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	333	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	548	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	625	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	150	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	349	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	735	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	358	120	5	150	0.00	8.0	22.0	0.0	0.00
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	0.0	0.00
ABC Elementary Lunch	Total	1								
PORK W/MASHED POT & GRAVY -ES	SERVING	0	213	59	356	1.50	19.23	18.52	5.93	1.62
ROLL, WHOLE WHEAT- ES	1 EACH	1	150	5	135	1.00	5.0	28.0	2.5	0.50
CHIX PATTY SANDWICH- E.S.	SANDWICH	0	424	25	645	5.04	21.22	45.22	17.21	3.03
CHEESE PIZZA SLIDERS- ES	1 EACH	0	327	30	577	3.30	18.51	29.31	16.51	7.45
PEPPERONI PIZZA SALAD- ES, MS	each	0	193	*32	594	1.37	15.32	4.15	13.01	6.92
GOLDFISH, H&S CHEDDAR-ES, MS	1 EACH	0	200	10	390	3.00	5.0	28.0	8.0	1.50
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	0	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	0	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	0	112	0	3	1.40	1.05	28.43	0.09	0.01
CORN, CANNED- ALL SCHOOLS	SERV	0	130	0	30	4.00	4.0	30.0	2.0	0.00
CARROTS- ALL SCHOOLS	bag	0	60	0	133	4.93	1.09	14.02	0.22	0.04
BROCCOLI W/CHEDDAR-E.S.,M.S.	SERV	0	57	7	139	2.83	4.79	5.98	2.21	1.42
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	0	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	0	120	5	150	0.00	8.0	22.0	0.0	0.00
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	0	90	5	120	0.00	9.0	12.0	0.0	0.00
JUICE - ASSORTED-MS	1	0	73	0	20	0.00	0.25	18.69	0.0	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	0	49	5	105	0.02	0.15	1.05	4.93	0.72
KETCHUP- ALL SCHOOLS	PACKET	0	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	0	25	0	100	0.00	0.0	2.0	2.5	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	0	15	0	85	0.00	0.0	4.0	0.0	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	0	0	0	65	0.00	0.0	0.0	0.0	0.00
Weighted Daily Average			327	*11	290	4.88	11.77	61.66	4.40	1.73
% of Calories							14.4%	75.3%	12.1%	4.8%
Nutrient Guideline			581-639		1178					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

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 - 10/13/2017										
ABC Elementary Breakfast	Total	1								
PANCAKE SAUSAGE STICK- ES	1 EACH	1	200	25	310	3.00	7.0	17.0	10.0	2.50
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	1	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	1	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	1	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	1	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1	120	5	150	0.00	8.0	22.0	0.0	0.00
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	0.0	0.00
ABC Elementary Lunch	Total	6820								
ALFREDO CHICKEN BAKE	SERV	1	426	59	437	4.73	25.11	56.05	10.93	4.91
HOT DOG, CHICKEN- ES	SERVING	2910	280	25	650	2.00	14.0	34.0	10.0	2.50
WHITE BEAN CHILI W/DORRITOS ES	SERVING	1770	326	0	669	15.30	12.31	61.49	5.12	1.01
FUN PACK MEAL- ES	1 EACH	2022	450	25	655	5.00	16.0	36.0	29.0	7.00
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1920	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	4641	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	1007	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	2530	60	0	133	4.93	1.09	14.02	0.22	0.04
BEANS, BBQ-E.S., M.S.	SERVING	750	164	0	444	5.15	7.73	33.39	0.64	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	2643	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	6758	120	5	150	0.00	8.0	22.0	0.0	0.00
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	156	90	5	120	0.00	9.0	12.0	0.0	0.00
JUICE - ASSORTED-MS	1	325	73	0	20	0.00	0.25	18.69	0.0	0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	6841	124	0	54	1.34	1.68	19.82	4.37	0.91
DRESSING, RANCH- ALL SCHOOLS	PACKET	1681	49	5	105	0.02	0.15	1.05	4.93	0.72
KETCHUP- ALL SCHOOLS	PACKET	4570	10	0	25	0.00	0.0	3.0	0.0	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	1155	0	0	65	0.00	0.0	0.0	0.0	0.00
Weighted Daily Average			778	28	1064	12.94	29.66	122.44	21.07	5.12
% of Calories							15.3%	63.0%	24.4%	5.9%
Nutrient Guideline			581-639		1178					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 10/16/2017										
ABC Elementary Breakfast	Total	1261								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	1	220	5	340	3.00	5.0	36.0	7.0	1.00
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	333	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	548	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	625	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	150	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	349	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	735	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	358	120	5	150	0.00	8.0	22.0	0.0	0.00
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	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	450	25	655	5.00	16.0	36.0	29.0	7.00
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1810	69	0	6	1.50	0.4	16.85	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	41	0	488	1.59	1.7	7.94	0.23	0.03
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
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	1	120	10	150	0.00	10.0	14.0	2.5	1.50
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			501	89	811	7.24	22.61	76.40	12.35	3.60
% of Calories							18.0%	61.0%	22.2%	6.5%
Nutrient Guideline			581-639		1178					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/17/2017										
ABC Elementary Breakfast	Total	1								
CINNAMON ROLL- ES, MS	1 EACH	1	290	15	350	0.00	5.0	46.0	8.0	2.00
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	1	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	1	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	1	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	1	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1	120	5	150	0.00	8.0	22.0	0.0	0.00
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	0.0	0.00
ABC Elementary Lunch	Total	6700								
RIB-B-QUE, PORK- MS	1 EACH	1	350	45	890	3.00	18.0	40.0	14.0	4.00
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
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1720	69	0	6	1.50	0.4	16.85	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
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	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	124	0	54	1.34	1.68	19.82	4.37	0.91
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			383	19	511	6.98	17.09	57.56	10.33	1.74
% of Calories							17.9%	60.2%	24.3%	4.1%
Nutrient Guideline			581-639		1178					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

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 - 10/18/2017										
ABC Elementary Breakfast	Total	1								
BREAKFAST WRAP - ES, MS	1 EACH	1	150	53	196	2.43	8.04	16.33	6.24	2.72
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	1	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	1	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	1	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	1	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1	120	5	150	0.00	8.0	22.0	0.0	0.00
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	0.0	0.00
ABC Elementary Lunch	Total	7800								
CHICKEN DRUMSTICK - E.S.	1 EACH	1	190	50	450	1.00	16.0	5.0	11.0	2.50
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	450	25	655	5.00	16.0	36.0	29.0	7.00
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1660	69	0	6	1.50	0.4	16.85	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
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	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	42	690	7.89	26.23	79.43	13.53	4.05
% of Calories							19.6%	59.5%	22.8%	6.8%
Nutrient Guideline			581-639		1178					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

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 - 10/19/2017										
ABC Elementary Breakfast	Total	1261								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	1	220	5	340	3.00	5.0	36.0	7.0	1.00
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	333	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	548	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	625	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	150	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	349	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	735	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	358	120	5	150	0.00	8.0	22.0	0.0	0.00
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	0.0	0.00
ABC Elementary Lunch	Total	6765								
BEEF -CHILI & CHIPS	PORTION	1	364	20	753	4.74	13.45	45.22	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
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1600	69	0	6	1.50	0.4	16.85	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	57	7	139	2.83	4.79	5.98	2.21	1.42
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
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	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			551	*27	762	8.62	23.74	81.86	15.71	3.74
% of Calories							17.2%	59.4%	25.7%	6.1%
Nutrient Guideline			581-639		1178					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

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 - 10/20/2017										
ABC Elementary Breakfast	Total	1								
PANCAKE SAUSAGE STICK- ES	1 EACH	1	200	25	310	3.00	7.0	17.0	10.0	2.50
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	1	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	1	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	1	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	1	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1	120	5	150	0.00	8.0	22.0	0.0	0.00
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	0.0	0.00
ABC Elementary Lunch	Total	6820								
TERIYAKI BEEF W/RICE- ELEM	1 each	1	330	39	358	4.40	19.14	46.62	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/DORRITOS ES	SERVING	380	326	0	669	15.30	12.31	61.49	5.12	1.01
FUN PACK MEAL- ES	1 EACH	650	450	25	655	5.00	16.0	36.0	29.0	7.00
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1480	69	0	6	1.50	0.4	16.85	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
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	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	124	0	54	1.34	1.68	19.82	4.37	0.91
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			489	25	828	7.68	20.65	77.42	12.09	2.76
% of Calories							16.9%	63.3%	22.2%	5.1%
Nutrient Guideline			581-639		1178					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

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 - 10/23/2017										
ABC Elementary Breakfast	Total	1261								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	1	220	5	340	3.00	5.0	36.0	7.0	1.00
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	333	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	548	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	625	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	150	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	349	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	735	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	358	120	5	150	0.00	8.0	22.0	0.0	0.00
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	0.0	0.00
ABC Elementary Lunch	Total	6713								
TURKEY TACO EMPANDAD- ES	1 EACH	890	310	30	420	5.00	18.0	40.0	10.0	2.50
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	450	25	655	5.00	16.0	36.0	29.0	7.00
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1810	69	0	6	1.50	0.4	16.85	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	41	0	488	1.59	1.7	7.94	0.23	0.03
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
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	1	120	10	150	0.00	10.0	14.0	2.5	1.50
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			506	84	777	7.58	21.96	77.94	12.59	3.70
% of Calories							17.4%	61.7%	22.4%	6.6%
Nutrient Guideline			581-639		1178					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

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 - 10/24/2017										
ABC Elementary Breakfast	Total	1								
CINNAMON ROLL- ES, MS	1 EACH	1	290	15	350	0.00	5.0	46.0	8.0	2.00
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	1	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	1	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	1	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	1	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1	120	5	150	0.00	8.0	22.0	0.0	0.00
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	0.0	0.00
ABC Elementary Lunch	Total	6700								
PIZZA WEDGE, PEPPERONI- ES	1 EACH	1	360	40	740	3.00	20.0	32.0	17.0	8.00
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
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1720	69	0	6	1.50	0.4	16.85	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
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	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	124	0	54	1.34	1.68	19.82	4.37	0.91
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			383	19	511	6.98	17.09	57.56	10.33	1.74
% of Calories							17.9%	60.2%	24.3%	4.1%
Nutrient Guideline			581-639		1178					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

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 - 10/25/2017										
ABC Elementary Breakfast	Total	1								
BREAKFAST WRAP - ES, MS	1 EACH	1	150	53	196	2.43	8.04	16.33	6.24	2.72
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	1	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	1	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	1	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	1	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1	120	5	150	0.00	8.0	22.0	0.0	0.00
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	0.0	0.00
ABC Elementary Lunch	Total	7800								
CHICKEN DRUMSTICK - E.S.	1 EACH	1	190	50	450	1.00	16.0	5.0	11.0	2.50
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	450	25	655	5.00	16.0	36.0	29.0	7.00
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1660	69	0	6	1.50	0.4	16.85	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
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	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	42	690	7.89	26.23	79.43	13.53	4.05
% of Calories							19.6%	59.5%	22.8%	6.8%
Nutrient Guideline			581-639		1178					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

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 - 10/26/2017										
ABC Elementary Breakfast	Total	1261								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	1	220	5	340	3.00	5.0	36.0	7.0	1.00
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	333	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	548	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	625	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	150	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	349	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	735	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	358	120	5	150	0.00	8.0	22.0	0.0	0.00
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	0.0	0.00
ABC Elementary Lunch	Total	1								
PORK W/MASHED POT & GRAVY -ES	SERVING	0	213	59	356	1.50	19.23	18.52	5.93	1.62
ROLL, WHOLE WHEAT- ES	1 EACH	1	150	5	135	1.00	5.0	28.0	2.5	0.50
CHIX PATTY SANDWICH- E.S.	SANDWICH	0	424	25	645	5.04	21.22	45.22	17.21	3.03
CHEESE PIZZA SLIDERS- ES	1 EACH	0	327	30	577	3.30	18.51	29.31	16.51	7.45
PEPPERONI PIZZA SALAD- ES, MS	each	0	193	*32	594	1.37	15.32	4.15	13.01	6.92
GOLDFISH, H&S CHEDDAR-ES, MS	1 EACH	0	200	10	390	3.00	5.0	28.0	8.0	1.50
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	0	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	0	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	0	112	0	3	1.40	1.05	28.43	0.09	0.01
CORN, CANNED- ALL SCHOOLS	SERV	0	130	0	30	4.00	4.0	30.0	2.0	0.00
CARROTS- ALL SCHOOLS	bag	0	60	0	133	4.93	1.09	14.02	0.22	0.04
BROCCOLI W/CHEDDAR-E.S.,M.S.	SERV	0	57	7	139	2.83	4.79	5.98	2.21	1.42
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	0	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	0	120	5	150	0.00	8.0	22.0	0.0	0.00
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	0	90	5	120	0.00	9.0	12.0	0.0	0.00
JUICE - ASSORTED-MS	1	0	73	0	20	0.00	0.25	18.69	0.0	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	0	49	5	105	0.02	0.15	1.05	4.93	0.72
KETCHUP- ALL SCHOOLS	PACKET	0	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	0	25	0	100	0.00	0.0	2.0	2.5	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	0	15	0	85	0.00	0.0	4.0	0.0	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	0	0	0	65	0.00	0.0	0.0	0.0	0.00
Weighted Daily Average			327	*11	290	4.88	11.77	61.66	4.40	1.73
% of Calories							14.4%	75.3%	12.1%	4.8%
Nutrient Guideline			581-639		1178					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

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 - 10/27/2017										
ABC Elementary Breakfast	Total	1								
PANCAKE SAUSAGE STICK- ES	1 EACH	1	200	25	310	3.00	7.0	17.0	10.0	2.50
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	1	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	1	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	1	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	1	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1	120	5	150	0.00	8.0	22.0	0.0	0.00
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	0.0	0.00
ABC Elementary Lunch	Total	6820								
ALFREDO CHICKEN BAKE	SERV	1	426	59	437	4.73	25.11	56.05	10.93	4.91
HOT DOG, CHICKEN- ES	SERVING	2910	280	25	650	2.00	14.0	34.0	10.0	2.50
WHITE BEAN CHILI W/DORRITOS ES	SERVING	1770	326	0	669	15.30	12.31	61.49	5.12	1.01
FUN PACK MEAL- ES	1 EACH	2022	450	25	655	5.00	16.0	36.0	29.0	7.00
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1920	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	4641	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	1007	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	2530	60	0	133	4.93	1.09	14.02	0.22	0.04
BEANS, BBQ-E.S., M.S.	SERVING	750	164	0	444	5.15	7.73	33.39	0.64	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	2643	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	6758	120	5	150	0.00	8.0	22.0	0.0	0.00
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	156	90	5	120	0.00	9.0	12.0	0.0	0.00
JUICE - ASSORTED-MS	1	325	73	0	20	0.00	0.25	18.69	0.0	0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	6841	124	0	54	1.34	1.68	19.82	4.37	0.91
DRESSING, RANCH- ALL SCHOOLS	PACKET	1681	49	5	105	0.02	0.15	1.05	4.93	0.72
KETCHUP- ALL SCHOOLS	PACKET	4570	10	0	25	0.00	0.0	3.0	0.0	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	1155	0	0	65	0.00	0.0	0.0	0.0	0.00
Weighted Daily Average			778	28	1064	12.94	29.66	122.44	21.07	5.12
% of Calories							15.3%	63.0%	24.4%	5.9%
Nutrient Guideline			581-639		1178					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

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 - 10/30/2017										
ABC Elementary Breakfast	Total	1261								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	1	220	5	340	3.00	5.0	36.0	7.0	1.00
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	333	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	548	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	625	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	150	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	349	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	735	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	358	120	5	150	0.00	8.0	22.0	0.0	0.00
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	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	450	25	655	5.00	16.0	36.0	29.0	7.00
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1810	69	0	6	1.50	0.4	16.85	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	41	0	488	1.59	1.7	7.94	0.23	0.03
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
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	1	120	10	150	0.00	10.0	14.0	2.5	1.50
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			501	89	811	7.24	22.61	76.40	12.35	3.60
% of Calories							18.0%	61.0%	22.2%	6.5%
Nutrient Guideline			581-639		1178					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

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 - 10/31/2017										
ABC Elementary Breakfast	Total	1								
CINNAMON ROLL- ES, MS	1 EACH	1	290	15	350	0.00	5.0	46.0	8.0	2.00
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	1	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	1	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	1	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	1	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1	120	5	150	0.00	8.0	22.0	0.0	0.00
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	0.0	0.00
ABC Elementary Lunch	Total	6700								
RIB-B-QUE, PORK- MS	1 EACH	1	350	45	890	3.00	18.0	40.0	14.0	4.00
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
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	1720	69	0	6	1.50	0.4	16.85	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
MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	1	90	5	120	0.00	9.0	12.0	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	124	0	54	1.34	1.68	19.82	4.37	0.91
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			383	19	511	6.98	17.09	57.56	10.33	1.74
% of Calories							17.9%	60.2%	24.3%	4.1%
Nutrient Guideline			581-639		1178					<10.00

Weighted Average			493	*40	690	7.80	21.54	76.24	12.48	3.17
							17.5%	61.8%	22.8%	5.8%

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# ABC UNIFIED SCHOOL DISTRICT

Oct 2, 2017 thru Oct 31, 2017

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)	
<b>Nutrient</b>	<b>Menu AVG</b>	<b>% of Cals</b>	<b>Weekly Target</b>	<b>% of Target</b>	<b>Miss Data</b>	<b>Shortfall</b>	<b>Overage</b>	<b>Error Messages (if any)</b>			
Calories	493		581 - 639	85%		88		Correction Required - Calories are Low			
Cholesterol (mg)	40				Missing						
Sodium (mg)	690		1178								
Fiber (g)	7.80										
Protein (g)	21.54	17.46%									
Carbohydrate (g)	76.24	61.80%									
Total Fat (g)	12.48	22.76%									
Saturated Fat (g)	3.17	5.79%	<10.00%								

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