

ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/06/2017															
ABC Elementary Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
ABC Elementary Lunch	Total														
TURKEY TACO EMPANDAD- ES	1 EACH	310	30	420	5.00	3.60	80.0	200	1.2	*N/A*	18.0	40.0	10.0	2.50	0.00
FRENCH TST STIX CINN -LUNCH -ES	1 SERVIN	280	145	560	3.00	2.06	48.2	207	0.0	*N/A*	14.0	29.01	12.5	3.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

Page 2

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		490	84	782	6.82	*3.58	*445.6	*6577	*14.38	*10	21.71	74.25	13.05	3.72	*0.02
% of Calories										*8.5%	17.7%	60.6%	24.0%	6.8%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

Tue - 03/07/2017															
ABC Elementary Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
PIZZA WEDGE, PEPPERONI- ES	1 EACH	370	40	630	3.00	2.70	450.0	750	6.0	*N/A*	20.0	34.0	17.0	8.00	0.00
CHICKEN NUGGETS- E.S.	SERVING	263	25	400	2.50	2.25	25.0	125	0.0	*N/A*	16.25	16.25	15.0	2.50	0.00
MOZZARELLA BREAD STICK-ES	1 EACH	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
SPINACH SALAD- ES, MS	1 each	251	194	258	1.50	1.61	170.0	6195	12.22	*6	11.26	10.72	18.27	4.26	*0.00
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
BEANS, RANCHERO-E.S., M.S.	SERVING	76	0	199	4.61	1.52	45.1	40	0.95	*N/A*	4.61	14.22	0.0	0.00	0.00
MARINARA SAUCE- ES	PORTION	136	0	618	4.23	0.81	34.9	1528	13.94	*N/A*	2.27	19.83	5.94	0.85	*N/A*
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		352	19	489	4.97	*1.73	*345.4	*6846	*12.96	*11	16.34	50.93	10.13	1.70	*0.03
% of Calories										*12.2%	18.6%	57.8%	25.9%	4.4%	*0.1%
Nutrient Guideline		582-639		1179										<10.00	

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Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/08/2017															
ABC Elementary Breakfast	Total														
BREAKFAST WRAP - ES, MS	1 EACH	150	53	196	2.43	1.30	93.9	270	2.25	1	8.04	16.33	6.24	2.72	0.01
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
ABC Elementary Lunch	Total														
CHICKEN DRUMSTICK - E.S.	1 EACH	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	2.50	*N/A*
ROLL, WHOLE WHEAT- ES	1 EACH	150	5	135	1.00	1.44	0.0	0	2.4	4	5.0	28.0	2.5	0.50	0.00
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
LETTUCE, ROMAINE- ES	SERV	7	0	3	0.89	0.41	14.0	3704	1.7	1	0.52	1.4	0.13	0.02	0.00
CORN, CANNED- ALL SCHOOLS	SERV	66	0	175	1.60	0.71	4.0	66	7.0	*N/A*	2.15	15.24	0.82	0.13	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
SAUCE, SWEET & SOUR- ES	SERVING	50	0	75	0.00	0.00	0.0	0	1.2	7	0.0	12.0	0.0	0.00	0.00

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Combined: ABC Elementary Breakfast/ABC Elementary Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		536	43	707	7.74	*3.19	*487.7	*7629	*13.49	*13	27.93	79.52	12.91	3.96	*0.03
% of Calories										*9.5%	20.8%	59.3%	21.7%	6.6%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

Thu - 03/09/2017															
ABC Elementary Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
PORK W/MASHED POT & GRAV Y -ES	SERVING	238	54	609	1.50	1.17	15.0	0	31.5	*1	16.5	19.99	9.12	2.50	0.00
ROLL, WHOLE WHEAT- ES	1 EACH	150	5	135	1.00	1.44	0.0	0	2.4	4	5.0	28.0	2.5	0.50	0.00
CHIX PATTY SANDWICH- E.S.	SANDWIC	407	25	634	4.95	3.20	78.8	101	8.65	*N/A*	20.96	44.02	17.07	3.00	0.00
CHEESE PIZZA SLIDERS- ES	1 EACH	311	36	589	3.30	1.28	499.3	450	10.44	*N/A*	18.28	29.91	13.55	6.20	0.00
PEPPERONI PIZZA SALAD- ES, M	each	320	*32	595	1.45	0.87	330.3	2321	11.63	*1	15.35	4.32	27.03	8.05	*0.11
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CORN, CANNED- ALL SCHOOLS	SERV	66	0	175	1.60	0.71	4.0	66	7.0	*N/A*	2.15	15.24	0.82	0.13	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BROCCOLI W/CHEDDAR-E.S.,M.S	SERV	39	3	64	2.83	0.58	60.3	984	37.86	*1	3.7	5.44	0.99	0.60	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
Weighted Daily Average		342	*11	326	5.12	*7.75	*360.2	*795	*14.42	*9	12.20	65.45	4.46	1.69	*0.00
% of Calories										*10.0%	14.3%	76.6%	11.7%	4.5%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/10/2017															
ABC Elementary Breakfast	Total														
PANCAKE SAUSAGE STICK- ES	1 EACH	200	25	310	3.00	1.80	20.0	0	0.0	*N/A*	7.0	17.0	10.0	2.50	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
ABC Elementary Lunch	Total														
ALFREDO CHICKEN BAKE	SERV	426	59	437	4.73	2.49	194.9	150	14.17	*4	25.11	56.05	10.93	4.91	0.00
HOT DOG, CHICKEN- ES	SERVING	280	25	650	2.00	16.20	60.0	100	9.0	*N/A*	14.0	34.0	10.0	2.50	0.00
WHITE BEAN CHILI W/DORRITOS ES	SERVING	326	0	669	15.30	0.72	46.2	142	0.1	*4	12.31	61.49	5.12	1.01	*0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CELERY, ELEMEN	2.3 oz	10	0	52	1.04	0.13	26.1	293	2.02	1	0.45	1.94	0.11	0.03	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, BBQ-E.S., M.S.	SERVING	172	0	812	6.53	1.90	54.1	228	0.0	*4	7.59	38.82	0.59	0.11	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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Generated on: 3/10/2017 8:55:01 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		752	30	1125	11.81	*9.53	*601.3	*5468	*20.86	*17	30.46	119.04	19.08	4.50	*0.01
% of Calories										*9.2%	16.2%	63.3%	22.8%	5.4%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

Mon - 03/13/2017															
ABC Elementary Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
CHICKEN FAJITAS- E.S.	1 EACH	252	77	749	2.00	2.09	110.9	65	0.73	*1	22.83	23.19	6.86	2.59	0.00
FRENCH TST STIX CINN -LUNCH	1 SERVING	280	145	560	3.00	2.06	48.2	207	0.0	*N/A*	14.0	29.01	12.5	3.50	0.00
-ES															
SANDWICH,GRILLED CHEESE-	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
ES,MS															
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
CHS															
FRUIT: ASSORTED FRESH-ALL	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
SCHS															
FRUIT: ASSORTED DRIED-ALL S	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CHS															
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
Weighted Daily Average		484	89	819	6.48	*3.41	*449.0	*6562	*14.33	*10	22.25	72.38	12.70	3.73	*0.02
% of Calories										*8.7%	18.4%	59.8%	23.6%	6.9%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/14/2017															
ABC Elementary Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
ABC Elementary Lunch	Total														
RIB-B-QUE, PORK- MS	1 EACH	350	45	890	3.00	2.52	80.0	300	13.2	*N/A*	18.0	40.0	14.0	4.00	*0.00
CHICKEN NUGGETS- E.S.	SERVING	263	25	400	2.50	2.25	25.0	125	0.0	*N/A*	16.25	16.25	15.0	2.50	0.00
MOZZARELLA BREAD STICK-ES	1 EACH	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
SPINACH SALAD- ES, MS	1 each	251	194	258	1.50	1.61	170.0	6195	12.22	*6	11.26	10.72	18.27	4.26	*0.00
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
BEANS, RANCHERO-E.S., M.S.	SERVING	76	0	199	4.61	1.52	45.1	40	0.95	*N/A*	4.61	14.22	0.0	0.00	0.00
MARINARA SAUCE- ES	PORTION	136	0	618	4.23	0.81	34.9	1528	13.94	*N/A*	2.27	19.83	5.94	0.85	*N/A*
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		352	19	489	4.97	*1.73	*345.3	*6846	*12.96	*11	16.34	50.93	10.13	1.70	*0.03
% of Calories										*12.2%	18.6%	57.8%	25.9%	4.3%	*0.1%
Nutrient Guideline		582-639		1179										<10.00	

Wed - 03/15/2017															
ABC Elementary Breakfast	Total														
BREAKFAST WRAP - ES, MS	1 EACH	150	53	196	2.43	1.30	93.9	270	2.25	1	8.04	16.33	6.24	2.72	0.01
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
CHIX W/MASHED POT & GRAVY -ES	SERVING	191	53	394	1.50	2.46	15.0	0	31.5	*1	18.91	19.99	3.97	0.67	*0.00
ROLL, WHOLE WHEAT- ES	1 EACH	150	5	135	1.00	1.44	0.0	0	2.4	4	5.0	28.0	2.5	0.50	0.00
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
LETTUCE, ROMAINE- ES	SERV	7	0	3	0.89	0.41	14.0	3704	1.7	1	0.52	1.4	0.13	0.02	0.00
CORN, CANNED- ALL SCHOOLS	SERV	66	0	175	1.60	0.71	4.0	66	7.0	*N/A*	2.15	15.24	0.82	0.13	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
Weighted Daily Average		536	43	707	7.74	*3.19	*487.7	*7629	*13.49	*13	27.93	79.52	12.91	3.96	*0.03
% of Calories										*9.5%	20.8%	59.3%	21.7%	6.6%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/16/2017															
ABC Elementary Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
CHILI & CHIPS - BEEF	PORTION	359	20	575	7.69	3.69	84.8	1143	19.4	*1	13.3	44.51	15.44	1.60	*0.75
CHIX PATTY SANDWICH- E.S.	SANDWIC	407	25	634	4.95	3.20	78.8	101	8.65	*N/A*	20.96	44.02	17.07	3.00	0.00
CHEESE PIZZA SLIDERS- ES	1 EACH	311	36	589	3.30	1.28	499.3	450	10.44	*N/A*	18.28	29.91	13.55	6.20	0.00
PEPPERONI PIZZA SALAD- ES, M	each	320	*32	595	1.45	0.87	330.3	2321	11.63	*1	15.35	4.32	27.03	8.05	*0.11
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
FRUIT: ASSRTD CANNED- ALL S	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
CHS															
FRUIT: ASSORTED FRESH-ALL	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
SCHS															
FRUIT: ASSORTED DRIED-ALL S	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CHS															
CORN, CANNED- ALL SCHOOLS	SERV	66	0	175	1.60	0.71	4.0	66	7.0	*N/A*	2.15	15.24	0.82	0.13	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BROCCOLI W/CHEDDAR-E.S.,M.S	SERV	39	3	64	2.83	0.58	60.3	984	37.86	*1	3.7	5.44	0.99	0.60	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
BBQ SAUCE PACKET- ALL SCHO	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
OLS															
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
Weighted Daily Average		516	*28	774	7.24	*3.65	*469.8	*6061	*24.13	*10	23.01	76.18	14.73	3.41	*0.03
% of Calories										*8.1%	17.8%	59.1%	25.7%	5.9%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/17/2017															
ABC Elementary Breakfast	Total														
PANCAKE SAUSAGE STICK- ES	1 EACH	200	25	310	3.00	1.80	20.0	0	0.0	*N/A*	7.0	17.0	10.0	2.50	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
ABC Elementary Lunch	Total														
TERIYAKI BEEF W/RICE- ELEM	1 each	330	39	358	4.40	2.66	70.7	647	22.74	*1	19.14	46.62	7.89	2.88	6.50
HOT DOG, CHICKEN- ES	SERVING	280	25	650	2.00	16.20	60.0	100	9.0	*N/A*	14.0	34.0	10.0	2.50	0.00
WHITE BEAN CHILI W/DORRITOS ES	SERVING	326	0	669	15.30	0.72	46.2	142	0.1	*4	12.31	61.49	5.12	1.01	*0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CELERY, ELEMEN	2.3 oz	10	0	52	1.04	0.13	26.1	293	2.02	1	0.45	1.94	0.11	0.03	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, BBQ-E.S., M.S.	SERVING	172	0	812	6.53	1.90	54.1	228	0.0	*4	7.59	38.82	0.59	0.11	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		467	26	867	6.38	*10.90	*400.6	*6819	*18.09	*11	20.69	72.99	11.41	2.56	*0.03
% of Calories										*9.5%	17.7%	62.6%	22.0%	4.9%	*0.1%
Nutrient Guideline		582-639		1179										<10.00	

Mon - 03/20/2017															
ABC Elementary Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
TURKEY TACO EMPANDAD- ES	1 EACH	310	30	420	5.00	3.60	80.0	200	1.2	*N/A*	18.0	40.0	10.0	2.50	0.00
FRENCH TST STIX CINN -LUNCH -ES	1 SERVING	280	145	560	3.00	2.06	48.2	207	0.0	*N/A*	14.0	29.01	12.5	3.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
Weighted Daily Average		490	84	782	6.82	*3.58	*445.6	*6577	*14.38	*10	21.71	74.25	13.05	3.72	*0.02
% of Calories										*8.5%	17.7%	60.6%	24.0%	6.8%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/21/2017															
ABC Elementary Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
ABC Elementary Lunch	Total														
PIZZA WEDGE, PEPPERONI- ES	1 EACH	370	40	630	3.00	2.70	450.0	750	6.0	*N/A*	20.0	34.0	17.0	8.00	0.00
CHICKEN NUGGETS- E.S.	SERVING	263	25	400	2.50	2.25	25.0	125	0.0	*N/A*	16.25	16.25	15.0	2.50	0.00
MOZZARELLA BREAD STICK-ES	1 EACH	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
SPINACH SALAD- ES, MS	1 each	251	194	258	1.50	1.61	170.0	6195	12.22	*6	11.26	10.72	18.27	4.26	*0.00
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
BEANS, RANCHERO-E.S., M.S.	SERVING	76	0	199	4.61	1.52	45.1	40	0.95	*N/A*	4.61	14.22	0.0	0.00	0.00
MARINARA SAUCE- ES	PORTION	136	0	618	4.23	0.81	34.9	1528	13.94	*N/A*	2.27	19.83	5.94	0.85	*N/A*
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		352	19	489	4.97	*1.73	*345.4	*6846	*12.96	*11	16.34	50.93	10.13	1.70	*0.03
% of Calories										*12.2%	18.6%	57.8%	25.9%	4.4%	*0.1%
Nutrient Guideline		582-639		1179										<10.00	

Wed - 03/22/2017															
ABC Elementary Breakfast	Total														
BREAKFAST WRAP - ES, MS	1 EACH	150	53	196	2.43	1.30	93.9	270	2.25	1	8.04	16.33	6.24	2.72	0.01
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
CHICKEN DRUMSTICK - E.S.	1 EACH	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	2.50	*N/A*
ROLL, WHOLE WHEAT- ES	1 EACH	150	5	135	1.00	1.44	0.0	0	2.4	4	5.0	28.0	2.5	0.50	0.00
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
LETTUCE, ROMAINE- ES	SERV	7	0	3	0.89	0.41	14.0	3704	1.7	1	0.52	1.4	0.13	0.02	0.00
CORN, CANNED- ALL SCHOOLS	SERV	66	0	175	1.60	0.71	4.0	66	7.0	*N/A*	2.15	15.24	0.82	0.13	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
SAUCE, SWEET & SOUR- ES	SERVING	50	0	75	0.00	0.00	0.0	0	1.2	7	0.0	12.0	0.0	0.00	0.00
Weighted Daily Average		536	43	707	7.74	*3.19	*487.7	*7629	*13.49	*13	27.93	79.52	12.91	3.96	*0.03
% of Calories										*9.5%	20.8%	59.3%	21.7%	6.6%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/23/2017															
ABC Elementary Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
PORK W/MASHED POT & GRAV Y -ES	SERVING	238	54	609	1.50	1.17	15.0	0	31.5	*1	16.5	19.99	9.12	2.50	0.00
ROLL, WHOLE WHEAT- ES	1 EACH	150	5	135	1.00	1.44	0.0	0	2.4	4	5.0	28.0	2.5	0.50	0.00
CHIX PATTY SANDWICH- E.S.	SANDWIC	407	25	634	4.95	3.20	78.8	101	8.65	*N/A*	20.96	44.02	17.07	3.00	0.00
CHEESE PIZZA SLIDERS- ES	1 EACH	311	36	589	3.30	1.28	499.3	450	10.44	*N/A*	18.28	29.91	13.55	6.20	0.00
PEPPERONI PIZZA SALAD- ES, M	each	320	*32	595	1.45	0.87	330.3	2321	11.63	*1	15.35	4.32	27.03	8.05	*0.11
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CORN, CANNED- ALL SCHOOLS	SERV	66	0	175	1.60	0.71	4.0	66	7.0	*N/A*	2.15	15.24	0.82	0.13	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BROCCOLI W/CHEDDAR-E.S.,M.S	SERV	39	3	64	2.83	0.58	60.3	984	37.86	*1	3.7	5.44	0.99	0.60	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
Weighted Daily Average		342	*11	326	5.12	*7.75	*360.2	*795	*14.42	*9	12.20	65.45	4.46	1.69	*0.00
% of Calories										*10.0%	14.3%	76.6%	11.7%	4.5%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/24/2017															
ABC Elementary Breakfast	Total														
PANCAKE SAUSAGE STICK- ES	1 EACH	200	25	310	3.00	1.80	20.0	0	0.0	*N/A*	7.0	17.0	10.0	2.50	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
ABC Elementary Lunch	Total														
ALFREDO CHICKEN BAKE	SERV	426	59	437	4.73	2.49	194.9	150	14.17	*4	25.11	56.05	10.93	4.91	0.00
HOT DOG, CHICKEN- ES	SERVING	280	25	650	2.00	16.20	60.0	100	9.0	*N/A*	14.0	34.0	10.0	2.50	0.00
WHITE BEAN CHILI W/DORRITOS	SERVING	326	0	669	15.30	0.72	46.2	142	0.1	*4	12.31	61.49	5.12	1.01	*0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CELERY, ELEMEN	2.3 oz	10	0	52	1.04	0.13	26.1	293	2.02	1	0.45	1.94	0.11	0.03	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, BBQ-E.S., M.S.	SERVING	172	0	812	6.53	1.90	54.1	228	0.0	*4	7.59	38.82	0.59	0.11	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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Generated on: 3/10/2017 8:55:02 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		752	30	1125	11.81	*9.53	*601.3	*5468	*20.86	*17	30.46	119.04	19.08	4.50	*0.01
% of Calories										*9.2%	16.2%	63.3%	22.8%	5.4%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

Mon - 03/27/2017															
ABC Elementary Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
CHICKEN FAJITAS- E.S.	1 EACH	252	77	749	2.00	2.09	110.9	65	0.73	*1	22.83	23.19	6.86	2.59	0.00
FRENCH TST STIX CINN -LUNCH -ES	1 SERVING	280	145	560	3.00	2.06	48.2	207	0.0	*N/A*	14.0	29.01	12.5	3.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
Weighted Daily Average		484	89	819	6.48	*3.41	*449.0	*6562	*14.33	*10	22.25	72.38	12.70	3.73	*0.02
% of Calories										*8.7%	18.4%	59.8%	23.6%	6.9%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/28/2017															
ABC Elementary Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
ABC Elementary Lunch	Total														
RIB-B-QUE, PORK- MS	1 EACH	350	45	890	3.00	2.52	80.0	300	13.2	*N/A*	18.0	40.0	14.0	4.00	*0.00
CHICKEN NUGGETS- E.S.	SERVING	263	25	400	2.50	2.25	25.0	125	0.0	*N/A*	16.25	16.25	15.0	2.50	0.00
MOZZARELLA BREAD STICK-ES	1 EACH	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
SPINACH SALAD- ES, MS	1 each	251	194	258	1.50	1.61	170.0	6195	12.22	*6	11.26	10.72	18.27	4.26	*0.00
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
BEANS, RANCHERO-E.S., M.S.	SERVING	76	0	199	4.61	1.52	45.1	40	0.95	*N/A*	4.61	14.22	0.0	0.00	0.00
MARINARA SAUCE- ES	PORTION	136	0	618	4.23	0.81	34.9	1528	13.94	*N/A*	2.27	19.83	5.94	0.85	*N/A*
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		352	19	489	4.97	*1.73	*345.3	*6846	*12.96	*11	16.34	50.93	10.13	1.70	*0.03
% of Calories										*12.2%	18.6%	57.8%	25.9%	4.3%	*0.1%
Nutrient Guideline		582-639		1179										<10.00	

Wed - 03/29/2017															
	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Breakfast	Total														
BREAKFAST WRAP - ES, MS	1 EACH	150	53	196	2.43	1.30	93.9	270	2.25	1	8.04	16.33	6.24	2.72	0.01
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
CHIX W/MASHED POT & GRAVY -ES	SERVING	191	53	394	1.50	2.46	15.0	0	31.5	*1	18.91	19.99	3.97	0.67	*0.00
ROLL, WHOLE WHEAT- ES	1 EACH	150	5	135	1.00	1.44	0.0	0	2.4	4	5.0	28.0	2.5	0.50	0.00
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
LETTUCE, ROMAINE- ES	SERV	7	0	3	0.89	0.41	14.0	3704	1.7	1	0.52	1.4	0.13	0.02	0.00
CORN, CANNED- ALL SCHOOLS	SERV	66	0	175	1.60	0.71	4.0	66	7.0	*N/A*	2.15	15.24	0.82	0.13	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
Weighted Daily Average		536	43	707	7.74	*3.19	*487.7	*7629	*13.49	*13	27.93	79.52	12.91	3.96	*0.03
% of Calories										*9.5%	20.8%	59.3%	21.7%	6.6%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/30/2017															
ABC Elementary Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
CHILI & CHIPS - BEEF	PORTION	359	20	575	7.69	3.69	84.8	1143	19.4	*1	13.3	44.51	15.44	1.60	*0.75
CHIX PATTY SANDWICH- E.S.	SANDWIC	407	25	634	4.95	3.20	78.8	101	8.65	*N/A*	20.96	44.02	17.07	3.00	0.00
CHEESE PIZZA SLIDERS- ES	1 EACH	311	36	589	3.30	1.28	499.3	450	10.44	*N/A*	18.28	29.91	13.55	6.20	0.00
PEPPERONI PIZZA SALAD- ES, M	each	320	*32	595	1.45	0.87	330.3	2321	11.63	*1	15.35	4.32	27.03	8.05	*0.11
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
FRUIT: ASSRTD CANNED- ALL S	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
CHS															
FRUIT: ASSORTED FRESH-ALL	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
SCHS															
FRUIT: ASSORTED DRIED-ALL S	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CHS															
CORN, CANNED- ALL SCHOOLS	SERV	66	0	175	1.60	0.71	4.0	66	7.0	*N/A*	2.15	15.24	0.82	0.13	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BROCCOLI W/CHEDDAR-E.S.,M.S	SERV	39	3	64	2.83	0.58	60.3	984	37.86	*1	3.7	5.44	0.99	0.60	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
BBQ SAUCE PACKET- ALL SCHO	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
OLS															
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
Weighted Daily Average		516	*28	774	7.24	*3.65	*469.8	*6061	*24.13	*10	23.01	76.18	14.73	3.41	*0.03
% of Calories										*8.1%	17.8%	59.1%	25.7%	5.9%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/31/2017															
ABC Elementary Breakfast	Total														
PANCAKE SAUSAGE STICK- ES	1 EACH	200	25	310	3.00	1.80	20.0	0	0.0	*N/A*	7.0	17.0	10.0	2.50	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
ABC Elementary Lunch	Total														
TERIYAKI BEEF W/RICE- ELEM	1 each	330	39	358	4.40	2.66	70.7	647	22.74	*1	19.14	46.62	7.89	2.88	6.50
HOT DOG, CHICKEN- ES	SERVING	280	25	650	2.00	16.20	60.0	100	9.0	*N/A*	14.0	34.0	10.0	2.50	0.00
WHITE BEAN CHILI W/DORRITOS ES	SERVING	326	0	669	15.30	0.72	46.2	142	0.1	*4	12.31	61.49	5.12	1.01	*0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CELERY, ELEMEN	2.3 oz	10	0	52	1.04	0.13	26.1	293	2.02	1	0.45	1.94	0.11	0.03	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, BBQ-E.S., M.S.	SERVING	172	0	812	6.53	1.90	54.1	228	0.0	*4	7.59	38.82	0.59	0.11	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		467	26	867	6.38	*10.90	*400.6	*6819	*18.09	*11	20.69	72.99	11.41	2.56	*0.03
% of Calories										*9.5%	17.7%	62.6%	22.0%	4.9%	*0.1%
Nutrient Guideline		582-639		1179										<10.00	

Mon - 04/03/2017															
ABC Elementary Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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Generated on: 3/10/2017 8:55:02 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
TURKEY TACO EMPANDAD- ES	1 EACH	310	30	420	5.00	3.60	80.0	200	1.2	*N/A*	18.0	40.0	10.0	2.50	0.00
FRENCH TST STIX CINN -LUNCH -ES	1 SERVING	280	145	560	3.00	2.06	48.2	207	0.0	*N/A*	14.0	29.01	12.5	3.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
Weighted Daily Average		490	84	782	6.82	*3.58	*445.6	*6577	*14.38	*10	21.71	74.25	13.05	3.72	*0.02
% of Calories										*8.5%	17.7%	60.6%	24.0%	6.8%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/04/2017															
ABC Elementary Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
ABC Elementary Lunch	Total														
PIZZA WEDGE, PEPPERONI- ES	1 EACH	370	40	630	3.00	2.70	450.0	750	6.0	*N/A*	20.0	34.0	17.0	8.00	0.00
CHICKEN NUGGETS- E.S.	SERVING	263	25	400	2.50	2.25	25.0	125	0.0	*N/A*	16.25	16.25	15.0	2.50	0.00
MOZZARELLA BREAD STICK-ES	1 EACH	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
SPINACH SALAD- ES, MS	1 each	251	194	258	1.50	1.61	170.0	6195	12.22	*6	11.26	10.72	18.27	4.26	*0.00
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
BEANS, RANCHERO-E.S., M.S.	SERVING	76	0	199	4.61	1.52	45.1	40	0.95	*N/A*	4.61	14.22	0.0	0.00	0.00
MARINARA SAUCE- ES	PORTION	136	0	618	4.23	0.81	34.9	1528	13.94	*N/A*	2.27	19.83	5.94	0.85	*N/A*
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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Generated on: 3/10/2017 8:55:02 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		352	19	489	4.97	*1.73	*345.4	*6846	*12.96	*11	16.34	50.93	10.13	1.70	*0.03
% of Calories										*12.2%	18.6%	57.8%	25.9%	4.4%	*0.1%
Nutrient Guideline		582-639		1179										<10.00	

Wed - 04/05/2017															
ABC Elementary Breakfast	Total														
BREAKFAST WRAP - ES, MS	1 EACH	150	53	196	2.43	1.30	93.9	270	2.25	1	8.04	16.33	6.24	2.72	0.01
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL S	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
CHICKEN DRUMSTICK - E.S.	1 EACH	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	2.50	*N/A*
ROLL, WHOLE WHEAT- ES	1 EACH	150	5	135	1.00	1.44	0.0	0	2.4	4	5.0	28.0	2.5	0.50	0.00
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
LETTUCE, ROMAINE- ES	SERV	7	0	3	0.89	0.41	14.0	3704	1.7	1	0.52	1.4	0.13	0.02	0.00
CORN, CANNED- ALL SCHOOLS	SERV	66	0	175	1.60	0.71	4.0	66	7.0	*N/A*	2.15	15.24	0.82	0.13	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
SAUCE, SWEET & SOUR- ES	SERVING	50	0	75	0.00	0.00	0.0	0	1.2	7	0.0	12.0	0.0	0.00	0.00
Weighted Daily Average		536	43	707	7.74	*3.19	*487.7	*7629	*13.49	*13	27.93	79.52	12.91	3.96	*0.03
% of Calories										*9.5%	20.8%	59.3%	21.7%	6.6%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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Generated on: 3/10/2017 8:55:02 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/06/2017															
ABC Elementary Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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Generated on: 3/10/2017 8:55:02 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
PORK W/MASHED POT & GRAV Y -ES	SERVING	238	54	609	1.50	1.17	15.0	0	31.5	*1	16.5	19.99	9.12	2.50	0.00
ROLL, WHOLE WHEAT- ES	1 EACH	150	5	135	1.00	1.44	0.0	0	2.4	4	5.0	28.0	2.5	0.50	0.00
CHIX PATTY SANDWICH- E.S.	SANDWIC	407	25	634	4.95	3.20	78.8	101	8.65	*N/A*	20.96	44.02	17.07	3.00	0.00
CHEESE PIZZA SLIDERS- ES	1 EACH	311	36	589	3.30	1.28	499.3	450	10.44	*N/A*	18.28	29.91	13.55	6.20	0.00
PEPPERONI PIZZA SALAD- ES, M	each	320	*32	595	1.45	0.87	330.3	2321	11.63	*1	15.35	4.32	27.03	8.05	*0.11
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CORN, CANNED- ALL SCHOOLS	SERV	66	0	175	1.60	0.71	4.0	66	7.0	*N/A*	2.15	15.24	0.82	0.13	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BROCCOLI W/CHEDDAR-E.S.,M.S	SERV	39	3	64	2.83	0.58	60.3	984	37.86	*1	3.7	5.44	0.99	0.60	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
Weighted Daily Average		342	*11	326	5.12	*7.75	*360.2	*795	*14.42	*9	12.20	65.45	4.46	1.69	*0.00
% of Calories										*10.0%	14.3%	76.6%	11.7%	4.5%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/07/2017															
ABC Elementary Breakfast	Total														
PANCAKE SAUSAGE STICK- ES	1 EACH	200	25	310	3.00	1.80	20.0	0	0.0	*N/A*	7.0	17.0	10.0	2.50	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
ABC Elementary Lunch	Total														
ALFREDO CHICKEN BAKE	SERV	426	59	437	4.73	2.49	194.9	150	14.17	*4	25.11	56.05	10.93	4.91	0.00
HOT DOG, CHICKEN- ES	SERVING	280	25	650	2.00	16.20	60.0	100	9.0	*N/A*	14.0	34.0	10.0	2.50	0.00
WHITE BEAN CHILI W/DORRITOS ES	SERVING	326	0	669	15.30	0.72	46.2	142	0.1	*4	12.31	61.49	5.12	1.01	*0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CELERY, ELEMEN	2.3 oz	10	0	52	1.04	0.13	26.1	293	2.02	1	0.45	1.94	0.11	0.03	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, BBQ-E.S., M.S.	SERVING	172	0	812	6.53	1.90	54.1	228	0.0	*4	7.59	38.82	0.59	0.11	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

Page 40

Generated on: 3/10/2017 8:55:02 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		752	30	1125	11.81	*9.53	*601.3	*5468	*20.86	*17	30.46	119.04	19.08	4.50	*0.01
% of Calories										*9.2%	16.2%	63.3%	22.8%	5.4%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

Mon - 04/10/2017															
ABC Elementary Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

Page 41

Generated on: 3/10/2017 8:55:02 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
CHICKEN FAJITAS- E.S.	1 EACH	252	77	749	2.00	2.09	110.9	65	0.73	*1	22.83	23.19	6.86	2.59	0.00
FRENCH TST STIX CINN -LUNCH -ES	1 SERVING	280	145	560	3.00	2.06	48.2	207	0.0	*N/A*	14.0	29.01	12.5	3.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
Weighted Daily Average		484	89	819	6.48	*3.41	*449.0	*6562	*14.33	*10	22.25	72.38	12.70	3.73	*0.02
% of Calories										*8.7%	18.4%	59.8%	23.6%	6.9%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/11/2017															
ABC Elementary Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
ABC Elementary Lunch	Total														
RIB-B-QUE, PORK- MS	1 EACH	350	45	890	3.00	2.52	80.0	300	13.2	*N/A*	18.0	40.0	14.0	4.00	*0.00
CHICKEN NUGGETS- E.S.	SERVING	263	25	400	2.50	2.25	25.0	125	0.0	*N/A*	16.25	16.25	15.0	2.50	0.00
MOZZARELLA BREAD STICK-ES	1 EACH	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
SPINACH SALAD- ES, MS	1 each	251	194	258	1.50	1.61	170.0	6195	12.22	*6	11.26	10.72	18.27	4.26	*0.00
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
BEANS, RANCHERO-E.S., M.S.	SERVING	76	0	199	4.61	1.52	45.1	40	0.95	*N/A*	4.61	14.22	0.0	0.00	0.00
MARINARA SAUCE- ES	PORTION	136	0	618	4.23	0.81	34.9	1528	13.94	*N/A*	2.27	19.83	5.94	0.85	*N/A*
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		352	19	489	4.97	*1.73	*345.3	*6846	*12.96	*11	16.34	50.93	10.13	1.70	*0.03
% of Calories										*12.2%	18.6%	57.8%	25.9%	4.3%	*0.1%
Nutrient Guideline		582-639		1179										<10.00	

Wed - 04/12/2017															
ABC Elementary Breakfast	Total														
BREAKFAST WRAP - ES, MS	1 EACH	150	53	196	2.43	1.30	93.9	270	2.25	1	8.04	16.33	6.24	2.72	0.01
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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Generated on: 3/10/2017 8:55:03 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
CHIX W/MASHED POT & GRAVY -ES	SERVING	191	53	394	1.50	2.46	15.0	0	31.5	*1	18.91	19.99	3.97	0.67	*0.00
ROLL, WHOLE WHEAT- ES	1 EACH	150	5	135	1.00	1.44	0.0	0	2.4	4	5.0	28.0	2.5	0.50	0.00
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
LETTUCE, ROMAINE- ES	SERV	7	0	3	0.89	0.41	14.0	3704	1.7	1	0.52	1.4	0.13	0.02	0.00
CORN, CANNED- ALL SCHOOLS	SERV	66	0	175	1.60	0.71	4.0	66	7.0	*N/A*	2.15	15.24	0.82	0.13	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
Weighted Daily Average		536	43	707	7.74	*3.19	*487.7	*7629	*13.49	*13	27.93	79.52	12.91	3.96	*0.03
% of Calories										*9.5%	20.8%	59.3%	21.7%	6.6%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/13/2017															
ABC Elementary Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
CHILI & CHIPS - BEEF	PORTION	359	20	575	7.69	3.69	84.8	1143	19.4	*1	13.3	44.51	15.44	1.60	*0.75
CHIX PATTY SANDWICH- E.S.	SANDWIC	407	25	634	4.95	3.20	78.8	101	8.65	*N/A*	20.96	44.02	17.07	3.00	0.00
CHEESE PIZZA SLIDERS- ES	1 EACH	311	36	589	3.30	1.28	499.3	450	10.44	*N/A*	18.28	29.91	13.55	6.20	0.00
PEPPERONI PIZZA SALAD- ES, M	each	320	*32	595	1.45	0.87	330.3	2321	11.63	*1	15.35	4.32	27.03	8.05	*0.11
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
FRUIT: ASSRTD CANNED- ALL S	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
CHS															
FRUIT: ASSORTED FRESH-ALL	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
SCHS															
FRUIT: ASSORTED DRIED-ALL S	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CHS															
CORN, CANNED- ALL SCHOOLS	SERV	66	0	175	1.60	0.71	4.0	66	7.0	*N/A*	2.15	15.24	0.82	0.13	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BROCCOLI W/CHEDDAR-E.S.,M.S	SERV	39	3	64	2.83	0.58	60.3	984	37.86	*1	3.7	5.44	0.99	0.60	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
BBQ SAUCE PACKET- ALL SCHO	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
OLS															
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
Weighted Daily Average		516	*28	774	7.24	*3.65	*469.8	*6061	*24.13	*10	23.01	76.18	14.73	3.41	*0.03
% of Calories										*8.1%	17.8%	59.1%	25.7%	5.9%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/24/2017															
ABC Elementary Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
ABC Elementary Lunch	Total														
TURKEY TACO EMPANDAD- ES	1 EACH	310	30	420	5.00	3.60	80.0	200	1.2	*N/A*	18.0	40.0	10.0	2.50	0.00
FRENCH TST STIX CINN -LUNCH -ES	1 SERVIN	280	145	560	3.00	2.06	48.2	207	0.0	*N/A*	14.0	29.01	12.5	3.50	0.00
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		490	84	782	6.82	*3.58	*445.6	*6577	*14.38	*10	21.71	74.25	13.05	3.72	*0.02
% of Calories										*8.5%	17.7%	60.6%	24.0%	6.8%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

Tue - 04/25/2017															
ABC Elementary Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
PIZZA WEDGE, PEPPERONI- ES	1 EACH	370	40	630	3.00	2.70	450.0	750	6.0	*N/A*	20.0	34.0	17.0	8.00	0.00
CHICKEN NUGGETS- E.S.	SERVING	263	25	400	2.50	2.25	25.0	125	0.0	*N/A*	16.25	16.25	15.0	2.50	0.00
MOZZARELLA BREAD STICK-ES	1 EACH	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
SPINACH SALAD- ES, MS	1 each	251	194	258	1.50	1.61	170.0	6195	12.22	*6	11.26	10.72	18.27	4.26	*0.00
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
BEANS, RANCHERO-E.S., M.S.	SERVING	76	0	199	4.61	1.52	45.1	40	0.95	*N/A*	4.61	14.22	0.0	0.00	0.00
MARINARA SAUCE- ES	PORTION	136	0	618	4.23	0.81	34.9	1528	13.94	*N/A*	2.27	19.83	5.94	0.85	*N/A*
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		352	19	489	4.97	*1.73	*345.4	*6846	*12.96	*11	16.34	50.93	10.13	1.70	*0.03
% of Calories										*12.2%	18.6%	57.8%	25.9%	4.4%	*0.1%
Nutrient Guideline		582-639		1179										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/26/2017															
ABC Elementary Breakfast	Total														
BREAKFAST WRAP - ES, MS	1 EACH	150	53	196	2.43	1.30	93.9	270	2.25	1	8.04	16.33	6.24	2.72	0.01
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
ABC Elementary Lunch	Total														
CHICKEN DRUMSTICK - E.S.	1 EACH	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	2.50	*N/A*
ROLL, WHOLE WHEAT- ES	1 EACH	150	5	135	1.00	1.44	0.0	0	2.4	4	5.0	28.0	2.5	0.50	0.00
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
BURRITO, BEAN & CHSE- ALL SCHOOLS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
LETTUCE, ROMAINE- ES	SERV	7	0	3	0.89	0.41	14.0	3704	1.7	1	0.52	1.4	0.13	0.02	0.00
CORN, CANNED- ALL SCHOOLS	SERV	66	0	175	1.60	0.71	4.0	66	7.0	*N/A*	2.15	15.24	0.82	0.13	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
SAUCE, SWEET & SOUR- ES	SERVING	50	0	75	0.00	0.00	0.0	0	1.2	7	0.0	12.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		536	43	707	7.74	*3.19	*487.7	*7629	*13.49	*13	27.93	79.52	12.91	3.96	*0.03
% of Calories										*9.5%	20.8%	59.3%	21.7%	6.6%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

Thu - 04/27/2017															
ABC Elementary Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
PORK W/MASHED POT & GRAV Y -ES	SERVING	238	54	609	1.50	1.17	15.0	0	31.5	*1	16.5	19.99	9.12	2.50	0.00
ROLL, WHOLE WHEAT- ES	1 EACH	150	5	135	1.00	1.44	0.0	0	2.4	4	5.0	28.0	2.5	0.50	0.00
CHIX PATTY SANDWICH- E.S.	SANDWIC	407	25	634	4.95	3.20	78.8	101	8.65	*N/A*	20.96	44.02	17.07	3.00	0.00
CHEESE PIZZA SLIDERS- ES	1 EACH	311	36	589	3.30	1.28	499.3	450	10.44	*N/A*	18.28	29.91	13.55	6.20	0.00
PEPPERONI PIZZA SALAD- ES, M	each	320	*32	595	1.45	0.87	330.3	2321	11.63	*1	15.35	4.32	27.03	8.05	*0.11
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CORN, CANNED- ALL SCHOOLS	SERV	66	0	175	1.60	0.71	4.0	66	7.0	*N/A*	2.15	15.24	0.82	0.13	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BROCCOLI W/CHEDDAR-E.S.,M.S	SERV	39	3	64	2.83	0.58	60.3	984	37.86	*1	3.7	5.44	0.99	0.60	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
Weighted Daily Average		342	*11	326	5.12	*7.75	*360.2	*795	*14.42	*9	12.20	65.45	4.46	1.69	*0.00
% of Calories										*10.0%	14.3%	76.6%	11.7%	4.5%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/28/2017															
ABC Elementary Breakfast	Total														
PANCAKE SAUSAGE STICK- ES	1 EACH	200	25	310	3.00	1.80	20.0	0	0.0	*N/A*	7.0	17.0	10.0	2.50	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
ABC Elementary Lunch	Total														
ALFREDO CHICKEN BAKE	SERV	426	59	437	4.73	2.49	194.9	150	14.17	*4	25.11	56.05	10.93	4.91	0.00
HOT DOG, CHICKEN- ES	SERVING	280	25	650	2.00	16.20	60.0	100	9.0	*N/A*	14.0	34.0	10.0	2.50	0.00
WHITE BEAN CHILI W/DORRITOS	SERVING	326	0	669	15.30	0.72	46.2	142	0.1	*4	12.31	61.49	5.12	1.01	*0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CELERY, ELEMEN	2.3 oz	10	0	52	1.04	0.13	26.1	293	2.02	1	0.45	1.94	0.11	0.03	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, BBQ-E.S., M.S.	SERVING	172	0	812	6.53	1.90	54.1	228	0.0	*4	7.59	38.82	0.59	0.11	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		752	30	1125	11.81	*9.53	*601.3	*5468	*20.86	*17	30.46	119.04	19.08	4.50	*0.01
% of Calories										*9.2%	16.2%	63.3%	22.8%	5.4%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

Mon - 05/01/2017															
ABC Elementary Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
CHICKEN FAJITAS- E.S.	1 EACH	252	77	749	2.00	2.09	110.9	65	0.73	*1	22.83	23.19	6.86	2.59	0.00
FRENCH TST STIX CINN -LUNCH -ES	1 SERVING	280	145	560	3.00	2.06	48.2	207	0.0	*N/A*	14.0	29.01	12.5	3.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
Weighted Daily Average		484	89	819	6.48	*3.41	*449.0	*6562	*14.33	*10	22.25	72.38	12.70	3.73	*0.02
% of Calories										*8.7%	18.4%	59.8%	23.6%	6.9%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/02/2017															
ABC Elementary Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
ABC Elementary Lunch	Total														
RIB-B-QUE, PORK- MS	1 EACH	350	45	890	3.00	2.52	80.0	300	13.2	*N/A*	18.0	40.0	14.0	4.00	*0.00
CHICKEN NUGGETS- E.S.	SERVING	263	25	400	2.50	2.25	25.0	125	0.0	*N/A*	16.25	16.25	15.0	2.50	0.00
MOZZARELLA BREAD STICK-ES	1 EACH	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
SPINACH SALAD- ES, MS	1 each	251	194	258	1.50	1.61	170.0	6195	12.22	*6	11.26	10.72	18.27	4.26	*0.00
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
BEANS, RANCHERO-E.S., M.S.	SERVING	76	0	199	4.61	1.52	45.1	40	0.95	*N/A*	4.61	14.22	0.0	0.00	0.00
MARINARA SAUCE- ES	PORTION	136	0	618	4.23	0.81	34.9	1528	13.94	*N/A*	2.27	19.83	5.94	0.85	*N/A*
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		352	19	489	4.97	*1.73	*345.3	*6846	*12.96	*11	16.34	50.93	10.13	1.70	*0.03
% of Calories										*12.2%	18.6%	57.8%	25.9%	4.3%	*0.1%
Nutrient Guideline		582-639		1179										<10.00	

Wed - 05/03/2017															
ABC Elementary Breakfast	Total														
BREAKFAST WRAP - ES, MS	1 EACH	150	53	196	2.43	1.30	93.9	270	2.25	1	8.04	16.33	6.24	2.72	0.01
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
CHIX W/MASHED POT & GRAVY -ES	SERVING	191	53	394	1.50	2.46	15.0	0	31.5	*1	18.91	19.99	3.97	0.67	*0.00
ROLL, WHOLE WHEAT- ES	1 EACH	150	5	135	1.00	1.44	0.0	0	2.4	4	5.0	28.0	2.5	0.50	0.00
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
LETTUCE, ROMAINE- ES	SERV	7	0	3	0.89	0.41	14.0	3704	1.7	1	0.52	1.4	0.13	0.02	0.00
CORN, CANNED- ALL SCHOOLS	SERV	66	0	175	1.60	0.71	4.0	66	7.0	*N/A*	2.15	15.24	0.82	0.13	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
Weighted Daily Average		536	43	707	7.74	*3.19	*487.7	*7629	*13.49	*13	27.93	79.52	12.91	3.96	*0.03
% of Calories										*9.5%	20.8%	59.3%	21.7%	6.6%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/04/2017															
ABC Elementary Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
CHILI & CHIPS - BEEF	PORTION	359	20	575	7.69	3.69	84.8	1143	19.4	*1	13.3	44.51	15.44	1.60	*0.75
CHIX PATTY SANDWICH- E.S.	SANDWIC	407	25	634	4.95	3.20	78.8	101	8.65	*N/A*	20.96	44.02	17.07	3.00	0.00
CHEESE PIZZA SLIDERS- ES	1 EACH	311	36	589	3.30	1.28	499.3	450	10.44	*N/A*	18.28	29.91	13.55	6.20	0.00
PEPPERONI PIZZA SALAD- ES, M	each	320	*32	595	1.45	0.87	330.3	2321	11.63	*1	15.35	4.32	27.03	8.05	*0.11
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
FRUIT: ASSRTD CANNED- ALL S	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
CHS															
FRUIT: ASSORTED FRESH-ALL	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
SCHS															
FRUIT: ASSORTED DRIED-ALL S	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CHS															
CORN, CANNED- ALL SCHOOLS	SERV	66	0	175	1.60	0.71	4.0	66	7.0	*N/A*	2.15	15.24	0.82	0.13	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BROCCOLI W/CHEDDAR-E.S.,M.S	SERV	39	3	64	2.83	0.58	60.3	984	37.86	*1	3.7	5.44	0.99	0.60	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
BBQ SAUCE PACKET- ALL SCHO	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
OLS															
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
Weighted Daily Average		516	*28	774	7.24	*3.65	*469.8	*6061	*24.13	*10	23.01	76.18	14.73	3.41	*0.03
% of Calories										*8.1%	17.8%	59.1%	25.7%	5.9%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/05/2017															
ABC Elementary Breakfast	Total														
PANCAKE SAUSAGE STICK- ES	1 EACH	200	25	310	3.00	1.80	20.0	0	0.0	*N/A*	7.0	17.0	10.0	2.50	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
ABC Elementary Lunch	Total														
TERIYAKI BEEF W/RICE- ELEM	1 each	330	39	358	4.40	2.66	70.7	647	22.74	*1	19.14	46.62	7.89	2.88	6.50
HOT DOG, CHICKEN- ES	SERVING	280	25	650	2.00	16.20	60.0	100	9.0	*N/A*	14.0	34.0	10.0	2.50	0.00
WHITE BEAN CHILI W/DORRITOS ES	SERVING	326	0	669	15.30	0.72	46.2	142	0.1	*4	12.31	61.49	5.12	1.01	*0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CELERY, ELEMEN	2.3 oz	10	0	52	1.04	0.13	26.1	293	2.02	1	0.45	1.94	0.11	0.03	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, BBQ-E.S., M.S.	SERVING	172	0	812	6.53	1.90	54.1	228	0.0	*4	7.59	38.82	0.59	0.11	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		467	26	867	6.38	*10.90	*400.6	*6819	*18.09	*11	20.69	72.99	11.41	2.56	*0.03
% of Calories										*9.5%	17.7%	62.6%	22.0%	4.9%	*0.1%
Nutrient Guideline		582-639		1179										<10.00	

Mon - 05/08/2017															
ABC Elementary Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
TURKEY TACO EMPANDAD- ES	1 EACH	310	30	420	5.00	3.60	80.0	200	1.2	*N/A*	18.0	40.0	10.0	2.50	0.00
FRENCH TST STIX CINN -LUNCH -ES	1 SERVING	280	145	560	3.00	2.06	48.2	207	0.0	*N/A*	14.0	29.01	12.5	3.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
Weighted Daily Average		490	84	782	6.82	*3.58	*445.6	*6577	*14.38	*10	21.71	74.25	13.05	3.72	*0.02
% of Calories										*8.5%	17.7%	60.6%	24.0%	6.8%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/09/2017															
ABC Elementary Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
ABC Elementary Lunch	Total														
PIZZA WEDGE, PEPPERONI- ES	1 EACH	370	40	630	3.00	2.70	450.0	750	6.0	*N/A*	20.0	34.0	17.0	8.00	0.00
CHICKEN NUGGETS- E.S.	SERVING	263	25	400	2.50	2.25	25.0	125	0.0	*N/A*	16.25	16.25	15.0	2.50	0.00
MOZZARELLA BREAD STICK-ES	1 EACH	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
SPINACH SALAD- ES, MS	1 each	251	194	258	1.50	1.61	170.0	6195	12.22	*6	11.26	10.72	18.27	4.26	*0.00
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
BEANS, RANCHERO-E.S., M.S.	SERVING	76	0	199	4.61	1.52	45.1	40	0.95	*N/A*	4.61	14.22	0.0	0.00	0.00
MARINARA SAUCE- ES	PORTION	136	0	618	4.23	0.81	34.9	1528	13.94	*N/A*	2.27	19.83	5.94	0.85	*N/A*
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		352	19	489	4.97	*1.73	*345.4	*6846	*12.96	*11	16.34	50.93	10.13	1.70	*0.03
% of Calories										*12.2%	18.6%	57.8%	25.9%	4.4%	*0.1%
Nutrient Guideline		582-639		1179										<10.00	

Wed - 05/10/2017															
ABC Elementary Breakfast	Total														
BREAKFAST WRAP - ES, MS	1 EACH	150	53	196	2.43	1.30	93.9	270	2.25	1	8.04	16.33	6.24	2.72	0.01
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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Generated on: 3/10/2017 8:55:04 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
CHICKEN DRUMSTICK - E.S.	1 EACH	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	2.50	*N/A*
ROLL, WHOLE WHEAT- ES	1 EACH	150	5	135	1.00	1.44	0.0	0	2.4	4	5.0	28.0	2.5	0.50	0.00
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
LETTUCE, ROMAINE- ES	SERV	7	0	3	0.89	0.41	14.0	3704	1.7	1	0.52	1.4	0.13	0.02	0.00
CORN, CANNED- ALL SCHOOLS	SERV	66	0	175	1.60	0.71	4.0	66	7.0	*N/A*	2.15	15.24	0.82	0.13	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
SAUCE, SWEET & SOUR- ES	SERVING	50	0	75	0.00	0.00	0.0	0	1.2	7	0.0	12.0	0.0	0.00	0.00
Weighted Daily Average		536	43	707	7.74	*3.19	*487.7	*7629	*13.49	*13	27.93	79.52	12.91	3.96	*0.03
% of Calories										*9.5%	20.8%	59.3%	21.7%	6.6%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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Generated on: 3/10/2017 8:55:04 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/11/2017															
ABC Elementary Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
PORK W/MASHED POT & GRAV Y -ES	SERVING	238	54	609	1.50	1.17	15.0	0	31.5	*1	16.5	19.99	9.12	2.50	0.00
ROLL, WHOLE WHEAT- ES	1 EACH	150	5	135	1.00	1.44	0.0	0	2.4	4	5.0	28.0	2.5	0.50	0.00
CHIX PATTY SANDWICH- E.S.	SANDWIC	407	25	634	4.95	3.20	78.8	101	8.65	*N/A*	20.96	44.02	17.07	3.00	0.00
CHEESE PIZZA SLIDERS- ES	1 EACH	311	36	589	3.30	1.28	499.3	450	10.44	*N/A*	18.28	29.91	13.55	6.20	0.00
PEPPERONI PIZZA SALAD- ES, M	each	320	*32	595	1.45	0.87	330.3	2321	11.63	*1	15.35	4.32	27.03	8.05	*0.11
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CORN, CANNED- ALL SCHOOLS	SERV	66	0	175	1.60	0.71	4.0	66	7.0	*N/A*	2.15	15.24	0.82	0.13	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BROCCOLI W/CHEDDAR-E.S.,M.S	SERV	39	3	64	2.83	0.58	60.3	984	37.86	*1	3.7	5.44	0.99	0.60	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
Weighted Daily Average		342	*11	326	5.12	*7.75	*360.2	*795	*14.42	*9	12.20	65.45	4.46	1.69	*0.00
% of Calories										*10.0%	14.3%	76.6%	11.7%	4.5%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/12/2017															
ABC Elementary Breakfast	Total														
PANCAKE SAUSAGE STICK- ES	1 EACH	200	25	310	3.00	1.80	20.0	0	0.0	*N/A*	7.0	17.0	10.0	2.50	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
ABC Elementary Lunch	Total														
ALFREDO CHICKEN BAKE	SERV	426	59	437	4.73	2.49	194.9	150	14.17	*4	25.11	56.05	10.93	4.91	0.00
HOT DOG, CHICKEN- ES	SERVING	280	25	650	2.00	16.20	60.0	100	9.0	*N/A*	14.0	34.0	10.0	2.50	0.00
WHITE BEAN CHILI W/DORRITOS ES	SERVING	326	0	669	15.30	0.72	46.2	142	0.1	*4	12.31	61.49	5.12	1.01	*0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CELERY, ELEMEN	2.3 oz	10	0	52	1.04	0.13	26.1	293	2.02	1	0.45	1.94	0.11	0.03	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, BBQ-E.S., M.S.	SERVING	172	0	812	6.53	1.90	54.1	228	0.0	*4	7.59	38.82	0.59	0.11	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		752	30	1125	11.81	*9.53	*601.3	*5468	*20.86	*17	30.46	119.04	19.08	4.50	*0.01
% of Calories										*9.2%	16.2%	63.3%	22.8%	5.4%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

Mon - 05/15/2017															
ABC Elementary Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
CHICKEN FAJITAS- E.S.	1 EACH	252	77	749	2.00	2.09	110.9	65	0.73	*1	22.83	23.19	6.86	2.59	0.00
FRENCH TST STIX CINN -LUNCH	1 SERVING	280	145	560	3.00	2.06	48.2	207	0.0	*N/A*	14.0	29.01	12.5	3.50	0.00
-ES															
SANDWICH,GRILLED CHEESE-	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
ES,MS															
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
CHS															
FRUIT: ASSORTED FRESH-ALL	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
SCHS															
FRUIT: ASSORTED DRIED-ALL S	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CHS															
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
Weighted Daily Average		484	89	819	6.48	*3.41	*449.0	*6562	*14.33	*10	22.25	72.38	12.70	3.73	*0.02
% of Calories										*8.7%	18.4%	59.8%	23.6%	6.9%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/16/2017															
ABC Elementary Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
ABC Elementary Lunch	Total														
RIB-B-QUE, PORK- MS	1 EACH	350	45	890	3.00	2.52	80.0	300	13.2	*N/A*	18.0	40.0	14.0	4.00	*0.00
CHICKEN NUGGETS- E.S.	SERVING	263	25	400	2.50	2.25	25.0	125	0.0	*N/A*	16.25	16.25	15.0	2.50	0.00
MOZZARELLA BREAD STICK-ES	1 EACH	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
SPINACH SALAD- ES, MS	1 each	251	194	258	1.50	1.61	170.0	6195	12.22	*6	11.26	10.72	18.27	4.26	*0.00
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
BEANS, RANCHERO-E.S., M.S.	SERVING	76	0	199	4.61	1.52	45.1	40	0.95	*N/A*	4.61	14.22	0.0	0.00	0.00
MARINARA SAUCE- ES	PORTION	136	0	618	4.23	0.81	34.9	1528	13.94	*N/A*	2.27	19.83	5.94	0.85	*N/A*
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		352	19	489	4.97	*1.73	*345.3	*6846	*12.96	*11	16.34	50.93	10.13	1.70	*0.03
% of Calories										*12.2%	18.6%	57.8%	25.9%	4.3%	*0.1%
Nutrient Guideline		582-639		1179										<10.00	

Wed - 05/17/2017															
ABC Elementary Breakfast	Total														
BREAKFAST WRAP - ES, MS	1 EACH	150	53	196	2.43	1.30	93.9	270	2.25	1	8.04	16.33	6.24	2.72	0.01
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
CHIX W/MASHED POT & GRAVY -ES	SERVING	191	53	394	1.50	2.46	15.0	0	31.5	*1	18.91	19.99	3.97	0.67	*0.00
ROLL, WHOLE WHEAT- ES	1 EACH	150	5	135	1.00	1.44	0.0	0	2.4	4	5.0	28.0	2.5	0.50	0.00
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
LETTUCE, ROMAINE- ES	SERV	7	0	3	0.89	0.41	14.0	3704	1.7	1	0.52	1.4	0.13	0.02	0.00
CORN, CANNED- ALL SCHOOLS	SERV	66	0	175	1.60	0.71	4.0	66	7.0	*N/A*	2.15	15.24	0.82	0.13	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
Weighted Daily Average		536	43	707	7.74	*3.19	*487.7	*7629	*13.49	*13	27.93	79.52	12.91	3.96	*0.03
% of Calories										*9.5%	20.8%	59.3%	21.7%	6.6%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/18/2017															
ABC Elementary Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
CHILI & CHIPS - BEEF	PORTION	359	20	575	7.69	3.69	84.8	1143	19.4	*1	13.3	44.51	15.44	1.60	*0.75
CHIX PATTY SANDWICH- E.S.	SANDWIC	407	25	634	4.95	3.20	78.8	101	8.65	*N/A*	20.96	44.02	17.07	3.00	0.00
CHEESE PIZZA SLIDERS- ES	1 EACH	311	36	589	3.30	1.28	499.3	450	10.44	*N/A*	18.28	29.91	13.55	6.20	0.00
PEPPERONI PIZZA SALAD- ES, M	each	320	*32	595	1.45	0.87	330.3	2321	11.63	*1	15.35	4.32	27.03	8.05	*0.11
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
FRUIT: ASSRTD CANNED- ALL S	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
CHS															
FRUIT: ASSORTED FRESH-ALL	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
SCHS															
FRUIT: ASSORTED DRIED-ALL S	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CHS															
CORN, CANNED- ALL SCHOOLS	SERV	66	0	175	1.60	0.71	4.0	66	7.0	*N/A*	2.15	15.24	0.82	0.13	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BROCCOLI W/CHEDDAR-E.S.,M.S	SERV	39	3	64	2.83	0.58	60.3	984	37.86	*1	3.7	5.44	0.99	0.60	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
BBQ SAUCE PACKET- ALL SCHO	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
OLS															
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
Weighted Daily Average		516	*28	774	7.24	*3.65	*469.8	*6061	*24.13	*10	23.01	76.18	14.73	3.41	*0.03
% of Calories										*8.1%	17.8%	59.1%	25.7%	5.9%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/19/2017															
ABC Elementary Breakfast	Total														
PANCAKE SAUSAGE STICK- ES	1 EACH	200	25	310	3.00	1.80	20.0	0	0.0	*N/A*	7.0	17.0	10.0	2.50	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
ABC Elementary Lunch	Total														
TERIYAKI BEEF W/RICE- ELEM	1 each	330	39	358	4.40	2.66	70.7	647	22.74	*1	19.14	46.62	7.89	2.88	6.50
HOT DOG, CHICKEN- ES	SERVING	280	25	650	2.00	16.20	60.0	100	9.0	*N/A*	14.0	34.0	10.0	2.50	0.00
WHITE BEAN CHILI W/DORRITOS ES	SERVING	326	0	669	15.30	0.72	46.2	142	0.1	*4	12.31	61.49	5.12	1.01	*0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CELERY, ELEMEN	2.3 oz	10	0	52	1.04	0.13	26.1	293	2.02	1	0.45	1.94	0.11	0.03	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, BBQ-E.S., M.S.	SERVING	172	0	812	6.53	1.90	54.1	228	0.0	*4	7.59	38.82	0.59	0.11	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		467	26	867	6.38	*10.90	*400.6	*6819	*18.09	*11	20.69	72.99	11.41	2.56	*0.03
% of Calories										*9.5%	17.7%	62.6%	22.0%	4.9%	*0.1%
Nutrient Guideline		582-639		1179										<10.00	

Mon - 05/22/2017															
ABC Elementary Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
TURKEY TACO EMPANDAD- ES	1 EACH	310	30	420	5.00	3.60	80.0	200	1.2	*N/A*	18.0	40.0	10.0	2.50	0.00
FRENCH TST STIX CINN -LUNCH -ES	1 SERVING	280	145	560	3.00	2.06	48.2	207	0.0	*N/A*	14.0	29.01	12.5	3.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
Weighted Daily Average		490	84	782	6.82	*3.58	*445.6	*6577	*14.38	*10	21.71	74.25	13.05	3.72	*0.02
% of Calories										*8.5%	17.7%	60.6%	24.0%	6.8%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/23/2017															
ABC Elementary Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
ABC Elementary Lunch	Total														
PIZZA WEDGE, PEPPERONI- ES	1 EACH	370	40	630	3.00	2.70	450.0	750	6.0	*N/A*	20.0	34.0	17.0	8.00	0.00
CHICKEN NUGGETS- E.S.	SERVING	263	25	400	2.50	2.25	25.0	125	0.0	*N/A*	16.25	16.25	15.0	2.50	0.00
MOZZARELLA BREAD STICK-ES	1 EACH	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
SPINACH SALAD- ES, MS	1 each	251	194	258	1.50	1.61	170.0	6195	12.22	*6	11.26	10.72	18.27	4.26	*0.00
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
BEANS, RANCHERO-E.S., M.S.	SERVING	76	0	199	4.61	1.52	45.1	40	0.95	*N/A*	4.61	14.22	0.0	0.00	0.00
MARINARA SAUCE- ES	PORTION	136	0	618	4.23	0.81	34.9	1528	13.94	*N/A*	2.27	19.83	5.94	0.85	*N/A*
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		352	19	489	4.97	*1.73	*345.4	*6846	*12.96	*11	16.34	50.93	10.13	1.70	*0.03
% of Calories										*12.2%	18.6%	57.8%	25.9%	4.4%	*0.1%
Nutrient Guideline		582-639		1179										<10.00	

Wed - 05/24/2017															
ABC Elementary Breakfast	Total														
BREAKFAST WRAP - ES, MS	1 EACH	150	53	196	2.43	1.30	93.9	270	2.25	1	8.04	16.33	6.24	2.72	0.01
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
CHICKEN DRUMSTICK - E.S.	1 EACH	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	2.50	*N/A*
ROLL, WHOLE WHEAT- ES	1 EACH	150	5	135	1.00	1.44	0.0	0	2.4	4	5.0	28.0	2.5	0.50	0.00
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
LETTUCE, ROMAINE- ES	SERV	7	0	3	0.89	0.41	14.0	3704	1.7	1	0.52	1.4	0.13	0.02	0.00
CORN, CANNED- ALL SCHOOLS	SERV	66	0	175	1.60	0.71	4.0	66	7.0	*N/A*	2.15	15.24	0.82	0.13	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
SAUCE, SWEET & SOUR- ES	SERVING	50	0	75	0.00	0.00	0.0	0	1.2	7	0.0	12.0	0.0	0.00	0.00
Weighted Daily Average		536	43	707	7.74	*3.19	*487.7	*7629	*13.49	*13	27.93	79.52	12.91	3.96	*0.03
% of Calories										*9.5%	20.8%	59.3%	21.7%	6.6%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/25/2017															
ABC Elementary Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
PORK W/MASHED POT & GRAV Y -ES	SERVING	238	54	609	1.50	1.17	15.0	0	31.5	*1	16.5	19.99	9.12	2.50	0.00
ROLL, WHOLE WHEAT- ES	1 EACH	150	5	135	1.00	1.44	0.0	0	2.4	4	5.0	28.0	2.5	0.50	0.00
CHIX PATTY SANDWICH- E.S.	SANDWIC	407	25	634	4.95	3.20	78.8	101	8.65	*N/A*	20.96	44.02	17.07	3.00	0.00
CHEESE PIZZA SLIDERS- ES	1 EACH	311	36	589	3.30	1.28	499.3	450	10.44	*N/A*	18.28	29.91	13.55	6.20	0.00
PEPPERONI PIZZA SALAD- ES, M	each	320	*32	595	1.45	0.87	330.3	2321	11.63	*1	15.35	4.32	27.03	8.05	*0.11
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CORN, CANNED- ALL SCHOOLS	SERV	66	0	175	1.60	0.71	4.0	66	7.0	*N/A*	2.15	15.24	0.82	0.13	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BROCCOLI W/CHEDDAR-E.S.,M.S	SERV	39	3	64	2.83	0.58	60.3	984	37.86	*1	3.7	5.44	0.99	0.60	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
Weighted Daily Average		342	*11	326	5.12	*7.75	*360.2	*795	*14.42	*9	12.20	65.45	4.46	1.69	*0.00
% of Calories										*10.0%	14.3%	76.6%	11.7%	4.5%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/26/2017															
ABC Elementary Breakfast	Total														
PANCAKE SAUSAGE STICK- ES	1 EACH	200	25	310	3.00	1.80	20.0	0	0.0	*N/A*	7.0	17.0	10.0	2.50	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
ABC Elementary Lunch	Total														
ALFREDO CHICKEN BAKE	SERV	426	59	437	4.73	2.49	194.9	150	14.17	*4	25.11	56.05	10.93	4.91	0.00
HOT DOG, CHICKEN- ES	SERVING	280	25	650	2.00	16.20	60.0	100	9.0	*N/A*	14.0	34.0	10.0	2.50	0.00
WHITE BEAN CHILI W/DORRITOS ES	SERVING	326	0	669	15.30	0.72	46.2	142	0.1	*4	12.31	61.49	5.12	1.01	*0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CELERY, ELEMEN	2.3 oz	10	0	52	1.04	0.13	26.1	293	2.02	1	0.45	1.94	0.11	0.03	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, BBQ-E.S., M.S.	SERVING	172	0	812	6.53	1.90	54.1	228	0.0	*4	7.59	38.82	0.59	0.11	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		752	30	1125	11.81	*9.53	*601.3	*5468	*20.86	*17	30.46	119.04	19.08	4.50	*0.01
% of Calories										*9.2%	16.2%	63.3%	22.8%	5.4%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

Tue - 05/30/2017															
ABC Elementary Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ABC Elementary Lunch	Total														
RIB-B-QUE, PORK- MS	1 EACH	350	45	890	3.00	2.52	80.0	300	13.2	*N/A*	18.0	40.0	14.0	4.00	*0.00
CHICKEN NUGGETS- E.S.	SERVING	263	25	400	2.50	2.25	25.0	125	0.0	*N/A*	16.25	16.25	15.0	2.50	0.00
MOZZARELLA BREAD STICK-ES	1 EACH	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
SPINACH SALAD- ES, MS	1 each	251	194	258	1.50	1.61	170.0	6195	12.22	*6	11.26	10.72	18.27	4.26	*0.00
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
BEANS, RANCHERO-E.S., M.S.	SERVING	76	0	199	4.61	1.52	45.1	40	0.95	*N/A*	4.61	14.22	0.0	0.00	0.00
MARINARA SAUCE- ES	PORTION	136	0	618	4.23	0.81	34.9	1528	13.94	*N/A*	2.27	19.83	5.94	0.85	*N/A*
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCH	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		352	19	489	4.97	*1.73	*345.3	*6846	*12.96	*11	16.34	50.93	10.13	1.70	*0.03
% of Calories										*12.2%	18.6%	57.8%	25.9%	4.3%	*0.1%
Nutrient Guideline		582-639		1179										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/31/2017															
ABC Elementary Breakfast	Total														
BREAKFAST WRAP - ES, MS	1 EACH	150	53	196	2.43	1.30	93.9	270	2.25	1	8.04	16.33	6.24	2.72	0.01
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
ABC Elementary Lunch	Total														
CHIX W/MASHED POT & GRAVY -ES	SERVING	191	53	394	1.50	2.46	15.0	0	31.5	*1	18.91	19.99	3.97	0.67	*0.00
ROLL, WHOLE WHEAT- ES	1 EACH	150	5	135	1.00	1.44	0.0	0	2.4	4	5.0	28.0	2.5	0.50	0.00
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
BURRITO, BEAN & CHSE- ALL SCHOOLS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
FUN PACK MEAL- ES	1 EACH	419	30	646	3.99	3.06	287.8	310	0.26	*0	19.44	36.86	22.41	4.89	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
LETTUCE, ROMAINE- ES	SERV	7	0	3	0.89	0.41	14.0	3704	1.7	1	0.52	1.4	0.13	0.02	0.00
CORN, CANNED- ALL SCHOOLS	SERV	66	0	175	1.60	0.71	4.0	66	7.0	*N/A*	2.15	15.24	0.82	0.13	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK - NONFAT WHITE- ALL SCHOOLS	1/2 Pint	90	5	120	0.00	0.00	300.0	500	2.4	*N/A*	9.0	12.0	0.0	0.00	0.00
JUICE - ASSORTED-MS	1	75	0	18	0.00	*0.00	*2.0	*20	*12.0	*7	0.2	19.15	0.0	0.00	*0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00

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

ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		536	43	707	7.74	*3.19	*487.7	*7629	*13.49	*13	27.93	79.52	12.91	3.96	*0.03
% of Calories										*9.5%	20.8%	59.3%	21.7%	6.6%	*0.0%
Nutrient Guideline		582-639		1179										<10.00	

Weighted Average		483	*39	700	6.95	*4.70	*439.9	*6092	*15.71	*12	21.91	74.16	12.12	3.09	*0.02
										*21.5%	18.2%	61.4%	22.6%	5.8%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	483		582 - 639	83%		99		Correction Required - Calories are Low
Cholesterol (mg)	39				Missing			
Sodium (mg)	700		1179					
Fiber (g)	6.95							
Iron (mg)	4.70				Missing			
Calcium (mg)	439.9				Missing			
Vitamin A (IU)	6092				Missing			
Sugars (g)	12	9.58%			Missing			
Vitamin C (mg)	15.71				Missing			
Protein (g)	21.91	18.15%						
Carbohydrate (g)	74.16	61.44%						
Total Fat (g)	12.12	22.60%						
Saturated Fat (g)	3.09	5.77%	<10.00%					
Trans Fat ¹ (g)	0.02	0.04%			Missing			

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

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

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

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