

# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

Page 1

Generated on: 12/19/2017 7:50:19 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/08/2018										
High School Breakfast	Total	1242								
BREAKFAST BURRITO -CHORIZO-H.S	1 EACH	280	369	123	501	4.51	16.94	40.19	14.61	5.49
BREAKFAST BURRITO - EGG- H.S.	1 EACH	65	388	125	488	4.18	16.18	40.04	17.48	8.00
BREAKFAST SANDWICH- ALL SCHOOL	1 EACH	140	159	26	312	1.40	9.7	16.0	6.4	2.60
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	145	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	161	320	0	320	3.00	10.0	32.0	17.0	3.50
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	181	220	0	315	3.62	3.58	44.28	3.05	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	100	240	5	150	3.00	12.0	38.0	4.0	1.00
YOGURT & BAR (REGULAR) - HS	1 EACH	0	230	0	190	3.00	5.0	43.0	4.0	1.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1096	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	323	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	260	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	355	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	915	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	1 Packet	400	10	0	25	0.00	0.0	3.0	0.0	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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Portion Values - Detailed

Page 2

Generated on: 12/19/2017 7:50:19 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
High School Lunch	Total	3348								
CHEESY BEEF NACHOS- HS	1 EACH	421	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	259	612	64	846	7.14	27.39	62.07	28.67	5.39
RICE BOWL, ORANGE CHIX- HS	1 each	220	392	40	300	6.36	18.89	68.7	4.87	0.88
POTATO BAKED W/TACO & CHSE-HS	1 EACH	175	452	50	722	6.44	21.31	65.81	12.69	7.39
PIZZA, PAPA J CHEESE- HS	SLICE	216	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	874	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	192	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	68	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	355	350	55	700	3.00	20.0	41.0	13.0	3.00
HAMBURGER- HS	SANDWICH	20	260	35	510	3.00	19.0	30.0	7.0	2.50
CHEESEBURGER- H.S.	SANDWICH	77	295	45	615	3.00	22.5	31.0	9.0	4.00
WESTERN BURGER - HS	SANDWICH	241	234	0	462	3.20	6.2	41.68	5.2	1.10
TORTILLA CHIPS - HS	2 OZ	178	420	0	368	0.00	6.0	54.0	20.0	0.00
ROLL: WHOLE WHEAT- HS	1 Each	45	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	7	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	110	21	0	17	1.83	1.05	4.28	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	354	35	0	65	1.00	2.0	8.0	0.0	0.00
POTATO SALAD - HS	1 EACH	334	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	967	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	775	140	0	225	2.70	2.16	19.99	5.65	0.81
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	2125	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	685	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	964	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	612	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1381	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	1200	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	0	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	0	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	0	0	0	65	0.00	0.0	0.0	0.0	0.00
DRESSING, ITALIAN- HS	PACKET	0	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	0	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			609	41	875	8.84	25.19	93.96	16.03	5.09
% of Calories							16.5%	61.7%	23.7%	7.5%
Nutrient Guideline			664-776		1219					<10.00

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Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

Page 3

Generated on: 12/19/2017 7:50:19 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/09/2018										
High School Breakfast	Total	1321								
BREAKFAST BURRITO - BACON HS	1 EACH	270	363	115	521	4.18	14.18	39.67	15.57	6.00
BREAKFAST BURRITO - EGG- H.S.	1 EACH	75	388	125	488	4.18	16.18	40.04	17.48	8.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	1	320	15	388	7.88	15.58	40.98	11.56	3.88
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	145	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	69	320	0	320	3.00	10.0	32.0	17.0	3.50
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	136	220	0	315	3.62	3.58	44.28	3.05	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	100	240	5	150	3.00	12.0	38.0	4.0	1.00
YOGURT & BAR (REGULAR) - HS	1 EACH	0	230	0	190	3.00	5.0	43.0	4.0	1.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	860	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	311	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	246	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	299	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	993	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	1 Packet	400	10	0	25	0.00	0.0	3.0	0.0	0.00

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Base Menu Spreadsheet

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Portion Values - Detailed

Page 4

Generated on: 12/19/2017 7:50:19 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
High School Lunch	Total	3381								
CHEESY BEEF NACHOS- HS	1 EACH	410	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	244	612	64	846	7.14	27.39	62.07	28.67	5.39
RICE BOWL, TERIYAKI CHIX - HS	1 each	200	329	53	46	6.36	25.31	49.7	4.22	1.05
CHICKEN W/MASHED POTATO- HS	SERVING	135	293	55	618	2.80	20.08	30.62	11.41	2.07
PIZZA, PAPA J CHEESE- HS	SLICE	216	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	716	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	192	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	68	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	336	350	55	700	3.00	20.0	41.0	13.0	3.00
HAMBURGER- HS	SANDWICH	20	260	35	510	3.00	19.0	30.0	7.0	2.50
CHEESEBURGER- H.S.	SANDWICH	240	295	45	615	3.00	22.5	31.0	9.0	4.00
CHICKEN DRUMSTIX & ROLL - H.S.	1 EACH	251	340	55	585	2.00	21.0	33.0	13.5	3.00
TORTILLA CHIPS - HS	2 OZ	5	420	0	368	0.00	6.0	54.0	20.0	0.00
ROLL: WHOLE WHEAT- HS	1 Each	336	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	12	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	112	21	0	17	1.83	1.05	4.28	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	303	35	0	65	1.00	2.0	8.0	0.0	0.00
POTATO SALAD - HS	1 EACH	482	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	929	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	775	140	0	225	2.70	2.16	19.99	5.65	0.81
GO 'BONZO'S - HS	1 EACH	224	160	0	360	6.00	8.0	24.0	4.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	2275	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	608	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	964	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	409	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1800	120	5	150	0.00	8.0	22.0	0.0	0.00
TORTILLA CHIPS - HS	2 OZ	245	420	0	368	0.00	6.0	54.0	20.0	0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	1999	120	0	35	1.00	2.0	22.0	2.5	1.00
KETCHUP- ALL SCHOOLS	PACKET	900	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	150	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	900	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	80	0	0	65	0.00	0.0	0.0	0.0	0.00
DRESSING, ITALIAN- HS	PACKET	80	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	600	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			659	43	903	8.84	26.44	100.90	17.86	5.18
% of Calories							16.1%	61.3%	24.4%	7.1%
Nutrient Guideline			664-776		1219					<10.00

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Page 5

Generated on: 12/19/2017 7:50:19 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/10/2018										
High School Breakfast	Total	1242								
BREAKFAST BURRITO -CHORIZO-H.S	1 EACH	280	369	123	501	4.51	16.94	40.19	14.61	5.49
BREAKFAST BURRITO - EGG- H.S.	1 EACH	65	388	125	488	4.18	16.18	40.04	17.48	8.00
BREAKFAST SANDWICH- ALL SCHOOL	1 EACH	140	159	26	312	1.40	9.7	16.0	6.4	2.60
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	145	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	161	320	0	320	3.00	10.0	32.0	17.0	3.50
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	181	220	0	315	3.62	3.58	44.28	3.05	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	0	240	5	150	3.00	12.0	38.0	4.0	1.00
YOGURT & BAR (REGULAR) - HS	1 EACH	100	230	0	190	3.00	5.0	43.0	4.0	1.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1096	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	323	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	260	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	355	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	915	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	1 Packet	400	10	0	25	0.00	0.0	3.0	0.0	0.00

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Page 6

Generated on: 12/19/2017 7:50:19 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
High School Lunch	Total	3115								
CHEESY BEEF NACHOS- HS	1 EACH	410	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, TACO SALAD	SERVING	244	644	50	900	6.65	21.59	60.44	36.16	7.48
KOREAN BBQ CHIX W/RICE-HS	1 EACH	200	480	51	586	5.30	25.12	75.86	8.16	1.56
POTATO BAKED W/TACO & CHSE-HS	1 EACH	195	452	50	722	6.44	21.31	65.81	12.69	7.39
PIZZA, PAPA J CHEESE- HS	SLICE	216	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	756	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	192	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	68	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	306	350	55	700	3.00	20.0	41.0	13.0	3.00
HAMBURGER- HS	SANDWICH	20	260	35	510	3.00	19.0	30.0	7.0	2.50
CHEESEBURGER- H.S.	SANDWICH	57	295	45	615	3.00	22.5	31.0	9.0	4.00
WESTERN BURGER - HS	SANDWICH	206	234	0	462	3.20	6.2	41.68	5.2	1.10
TORTILLA CHIPS - HS	2 OZ	200	420	0	368	0.00	6.0	54.0	20.0	0.00
ROLL: WHOLE WHEAT- HS	1 Each	45	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	11	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	115	21	0	17	1.83	1.05	4.28	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	361	35	0	65	1.00	2.0	8.0	0.0	0.00
POTATO SALAD - HS	1 EACH	301	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	868	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	775	140	0	225	2.70	2.16	19.99	5.65	0.81
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	2027	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	655	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	964	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	607	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1371	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	1300	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	260	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	900	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	0	0	0	65	0.00	0.0	0.0	0.0	0.00
DRESSING, ITALIAN- HS	PACKET	0	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	0	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			634	42	919	8.82	25.19	96.36	17.86	5.41
% of Calories							15.9%	60.8%	25.3%	7.7%
Nutrient Guideline			664-776		1219					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

Page 7

Generated on: 12/19/2017 7:50:19 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/11/2018										
High School Breakfast	Total	1								
BREAKFAST BURRITO - BACON HS	1 EACH	0	363	115	521	4.18	14.18	39.67	15.57	6.00
BREAKFAST BURRITO - EGG- H.S.	1 EACH	0	388	125	488	4.18	16.18	40.04	17.48	8.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	1	320	15	388	7.88	15.58	40.98	11.56	3.88
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	0	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	0	320	0	320	3.00	10.0	32.0	17.0	3.50
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	0	220	0	315	3.62	3.58	44.28	3.05	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	0	240	5	150	3.00	12.0	38.0	4.0	1.00
YOGURT & BAR (REGULAR) - HS	1 EACH	0	230	0	190	3.00	5.0	43.0	4.0	1.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	0	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	0	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	0	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	0	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	0	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	1 Packet	0	10	0	25	0.00	0.0	3.0	0.0	0.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

Page 8

Generated on: 12/19/2017 7:50:19 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
High School Lunch	Total	3057								
CHEESY BEEF NACHOS- HS	1 EACH	410	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	244	612	64	846	7.14	27.39	62.07	28.67	5.39
RICE BOWL, ORANGE CHIX- HS	1 each	198	392	40	300	6.36	18.89	68.7	4.87	0.88
BBQ PORK W/MASHED POTATO- HS	SERVING	155	250	59	657	2.00	20.73	28.85	6.18	1.62
PIZZA, PAPA J CHEESE- HS	SLICE	216	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	760	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	192	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	72	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	319	350	55	700	3.00	20.0	41.0	13.0	3.00
HAMBURGER- HS	SANDWICH	20	260	35	510	3.00	19.0	30.0	7.0	2.50
CHEESEBURGER- H.S.	SANDWICH	55	295	45	615	3.00	22.5	31.0	9.0	4.00
CHICKEN DRUMSTIX & ROLL - H.S.	1 EACH	208	340	55	585	2.00	21.0	33.0	13.5	3.00
TORTILLA CHIPS - HS	2 OZ	160	420	0	368	0.00	6.0	54.0	20.0	0.00
ROLL: WHOLE WHEAT- HS	1 Each	45	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	3	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	115	21	0	17	1.83	1.05	4.28	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	277	35	0	65	1.00	2.0	8.0	0.0	0.00
POTATO SALAD - HS	1 EACH	380	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	883	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	775	140	0	225	2.70	2.16	19.99	5.65	0.81
GO 'BONZO'S - HS	1 EACH	2270	160	0	360	6.00	8.0	24.0	4.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	684	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	964	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	617	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	1373	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1301	120	5	150	0.00	8.0	22.0	0.0	0.00
TORTILLA CHIPS - HS	2 OZ	260	420	0	368	0.00	6.0	54.0	20.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	0	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	0	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	900	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	0	0	0	65	0.00	0.0	0.0	0.0	0.00
DRESSING, ITALIAN- HS	PACKET	0	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	0	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			832	48	1407	12.68	37.60	115.24	25.79	6.38
% of Calories							18.1%	55.4%	27.9%	6.9%
Nutrient Guideline			664-776		1219					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/12/2018										
High School Breakfast	Total	1242								
BREAKFAST BURRITO -CHORIZO-H.S	1 EACH	280	369	123	501	4.51	16.94	40.19	14.61	5.49
BREAKFAST BURRITO - EGG- H.S.	1 EACH	65	388	125	488	4.18	16.18	40.04	17.48	8.00
BREAKFAST SANDWICH- ALL SCHOOL	1 EACH	140	159	26	312	1.40	9.7	16.0	6.4	2.60
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	75	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	161	320	0	320	3.00	10.0	32.0	17.0	3.50
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	181	220	0	315	3.62	3.58	44.28	3.05	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	50	240	5	150	3.00	12.0	38.0	4.0	1.00
YOGURT & BAR (REGULAR) - HS	1 EACH	50	230	0	190	3.00	5.0	43.0	4.0	1.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1096	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	323	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	260	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	355	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	915	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	1 Packet	400	10	0	25	0.00	0.0	3.0	0.0	0.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
High School Lunch	Total	3057								
CHEESY BEEF NACHOS- HS	1 EACH	410	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	244	612	64	846	7.14	27.39	62.07	28.67	5.39
SANDWICH, FISH SRIRACHA	1 EACH	198	458	47	1057	3.70	25.53	44.16	20.42	7.71
POTATO BAKED W/TACO & CHSE-HS	1 EACH	155	452	50	722	6.44	21.31	65.81	12.69	7.39
PIZZA, PAPA J CHEESE- HS	SLICE	216	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	760	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	192	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	72	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	319	350	55	700	3.00	20.0	41.0	13.0	3.00
HAMBURGER- HS	SANDWICH	20	260	35	510	3.00	19.0	30.0	7.0	2.50
CHEESEBURGER- H.S.	SANDWICH	55	295	45	615	3.00	22.5	31.0	9.0	4.00
WESTERN BURGER - HS	SANDWICH	208	234	0	462	3.20	6.2	41.68	5.2	1.10
TORTILLA CHIPS - HS	2 OZ	160	420	0	368	0.00	6.0	54.0	20.0	0.00
ROLL: WHOLE WHEAT- HS	1 Each	45	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	3	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	115	21	0	17	1.83	1.05	4.28	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	277	35	0	65	1.00	2.0	8.0	0.0	0.00
POTATO SALAD - HS	1 EACH	380	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	883	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	775	140	0	225	2.70	2.16	19.99	5.65	0.81
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	2270	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	684	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	964	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	617	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1373	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	1301	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	260	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	900	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	0	0	0	65	0.00	0.0	0.0	0.0	0.00
DRESSING, ITALIAN- HS	PACKET	0	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	0	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			637	42	943	9.01	25.73	96.12	18.04	5.60
% of Calories							16.2%	60.4%	25.5%	7.9%
Nutrient Guideline			664-776		1219					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

Page 11

Generated on: 12/19/2017 7:50:20 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/16/2018										
High School Breakfast	Total	1321								
BREAKFAST BURRITO - BACON HS	1 EACH	270	363	115	521	4.18	14.18	39.67	15.57	6.00
BREAKFAST BURRITO - EGG- H.S.	1 EACH	75	388	125	488	4.18	16.18	40.04	17.48	8.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	1	320	15	388	7.88	15.58	40.98	11.56	3.88
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	145	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	69	320	0	320	3.00	10.0	32.0	17.0	3.50
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	136	220	0	315	3.62	3.58	44.28	3.05	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	100	240	5	150	3.00	12.0	38.0	4.0	1.00
YOGURT & BAR (REGULAR) - HS	1 EACH	0	230	0	190	3.00	5.0	43.0	4.0	1.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	860	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	311	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	246	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	299	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	993	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	1 Packet	400	10	0	25	0.00	0.0	3.0	0.0	0.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
High School Lunch	Total	3381								
CHEESY BEEF NACHOS- HS	1 EACH	410	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	244	612	64	846	7.14	27.39	62.07	28.67	5.39
RICE BOWL, TERIYAKI CHIX - HS	1 each	200	329	53	46	6.36	25.31	49.7	4.22	1.05
CHICKEN W/MASHED POTATO- HS	SERVING	135	293	55	618	2.80	20.08	30.62	11.41	2.07
PIZZA, PAPA J CHEESE- HS	SLICE	216	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	716	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	192	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	68	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	336	350	55	700	3.00	20.0	41.0	13.0	3.00
HAMBURGER- HS	SANDWICH	20	260	35	510	3.00	19.0	30.0	7.0	2.50
CHEESEBURGER- H.S.	SANDWICH	240	295	45	615	3.00	22.5	31.0	9.0	4.00
CHICKEN DRUMSTIX & ROLL - H.S.	1 EACH	251	340	55	585	2.00	21.0	33.0	13.5	3.00
TORTILLA CHIPS - HS	2 OZ	5	420	0	368	0.00	6.0	54.0	20.0	0.00
ROLL: WHOLE WHEAT- HS	1 Each	336	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	12	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	112	21	0	17	1.83	1.05	4.28	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	303	35	0	65	1.00	2.0	8.0	0.0	0.00
POTATO SALAD - HS	1 EACH	482	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	929	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	775	140	0	225	2.70	2.16	19.99	5.65	0.81
GO 'BONZO'S - HS	1 EACH	224	160	0	360	6.00	8.0	24.0	4.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	2275	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	608	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	964	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	409	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1800	120	5	150	0.00	8.0	22.0	0.0	0.00
TORTILLA CHIPS - HS	2 OZ	245	420	0	368	0.00	6.0	54.0	20.0	0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	1999	120	0	35	1.00	2.0	22.0	2.5	1.00
KETCHUP- ALL SCHOOLS	PACKET	900	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	150	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	900	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	80	0	0	65	0.00	0.0	0.0	0.0	0.00
DRESSING, ITALIAN- HS	PACKET	80	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	600	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			659	43	903	8.84	26.44	100.90	17.86	5.18
% of Calories							16.1%	61.3%	24.4%	7.1%
Nutrient Guideline			664-776		1219					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

Page 13

Generated on: 12/19/2017 7:50:20 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/17/2018										
High School Breakfast	Total	1242								
BREAKFAST BURRITO -CHORIZO-H.S	1 EACH	280	369	123	501	4.51	16.94	40.19	14.61	5.49
BREAKFAST BURRITO - EGG- H.S.	1 EACH	65	388	125	488	4.18	16.18	40.04	17.48	8.00
BREAKFAST SANDWICH- ALL SCHOOL	1 EACH	140	159	26	312	1.40	9.7	16.0	6.4	2.60
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	145	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	161	320	0	320	3.00	10.0	32.0	17.0	3.50
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	181	220	0	315	3.62	3.58	44.28	3.05	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	0	240	5	150	3.00	12.0	38.0	4.0	1.00
YOGURT & BAR (REGULAR) - HS	1 EACH	100	230	0	190	3.00	5.0	43.0	4.0	1.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1096	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	323	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	260	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	355	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	915	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	1 Packet	400	10	0	25	0.00	0.0	3.0	0.0	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

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
High School Lunch	Total	3115								
CHEESY BEEF NACHOS- HS	1 EACH	410	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, TACO SALAD	SERVING	244	644	50	900	6.65	21.59	60.44	36.16	7.48
KOREAN BBQ CHIX W/RICE-HS	1 EACH	200	480	51	586	5.30	25.12	75.86	8.16	1.56
POTATO BAKED W/TACO & CHSE-HS	1 EACH	195	452	50	722	6.44	21.31	65.81	12.69	7.39
PIZZA, PAPA J CHEESE- HS	SLICE	216	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	756	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	192	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	68	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	306	350	55	700	3.00	20.0	41.0	13.0	3.00
HAMBURGER- HS	SANDWICH	20	260	35	510	3.00	19.0	30.0	7.0	2.50
CHEESEBURGER- H.S.	SANDWICH	57	295	45	615	3.00	22.5	31.0	9.0	4.00
WESTERN BURGER - HS	SANDWICH	206	234	0	462	3.20	6.2	41.68	5.2	1.10
TORTILLA CHIPS - HS	2 OZ	200	420	0	368	0.00	6.0	54.0	20.0	0.00
ROLL: WHOLE WHEAT- HS	1 Each	45	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	11	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	115	21	0	17	1.83	1.05	4.28	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	361	35	0	65	1.00	2.0	8.0	0.0	0.00
POTATO SALAD - HS	1 EACH	301	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	868	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	775	140	0	225	2.70	2.16	19.99	5.65	0.81
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	2027	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	655	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	964	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	607	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1371	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	1300	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	260	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	900	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	0	0	0	65	0.00	0.0	0.0	0.0	0.00
DRESSING, ITALIAN- HS	PACKET	0	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	0	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			634	42	919	8.82	25.19	96.36	17.86	5.41
% of Calories							15.9%	60.8%	25.3%	7.7%
Nutrient Guideline			664-776		1219					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/18/2018										
High School Breakfast	Total	1								
BREAKFAST BURRITO - BACON HS	1 EACH	0	363	115	521	4.18	14.18	39.67	15.57	6.00
BREAKFAST BURRITO - EGG- H.S.	1 EACH	0	388	125	488	4.18	16.18	40.04	17.48	8.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	1	320	15	388	7.88	15.58	40.98	11.56	3.88
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	0	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	0	320	0	320	3.00	10.0	32.0	17.0	3.50
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	0	220	0	315	3.62	3.58	44.28	3.05	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	0	240	5	150	3.00	12.0	38.0	4.0	1.00
YOGURT & BAR (REGULAR) - HS	1 EACH	0	230	0	190	3.00	5.0	43.0	4.0	1.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	0	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	0	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	0	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	0	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	0	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	1 Packet	0	10	0	25	0.00	0.0	3.0	0.0	0.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

Page 16

Generated on: 12/19/2017 7:50:20 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
High School Lunch	Total	3057								
CHEESY BEEF NACHOS- HS	1 EACH	410	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	244	612	64	846	7.14	27.39	62.07	28.67	5.39
RICE BOWL, ORANGE CHIX- HS	1 each	198	392	40	300	6.36	18.89	68.7	4.87	0.88
BBQ PORK W/MASHED POTATO- HS	SERVING	155	250	59	657	2.00	20.73	28.85	6.18	1.62
PIZZA, PAPA J CHEESE- HS	SLICE	216	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	760	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	192	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	72	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	319	350	55	700	3.00	20.0	41.0	13.0	3.00
HAMBURGER- HS	SANDWICH	20	260	35	510	3.00	19.0	30.0	7.0	2.50
CHEESEBURGER- H.S.	SANDWICH	55	295	45	615	3.00	22.5	31.0	9.0	4.00
CHICKEN DRUMSTIX & ROLL - H.S.	1 EACH	208	340	55	585	2.00	21.0	33.0	13.5	3.00
TORTILLA CHIPS - HS	2 OZ	160	420	0	368	0.00	6.0	54.0	20.0	0.00
ROLL: WHOLE WHEAT- HS	1 Each	45	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	3	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	115	21	0	17	1.83	1.05	4.28	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	277	35	0	65	1.00	2.0	8.0	0.0	0.00
POTATO SALAD - HS	1 EACH	380	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	883	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	775	140	0	225	2.70	2.16	19.99	5.65	0.81
GO 'BONZO'S - HS	1 EACH	2270	160	0	360	6.00	8.0	24.0	4.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	684	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	964	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	617	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	1373	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1301	120	5	150	0.00	8.0	22.0	0.0	0.00
TORTILLA CHIPS - HS	2 OZ	260	420	0	368	0.00	6.0	54.0	20.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	0	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	0	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	900	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	0	0	0	65	0.00	0.0	0.0	0.0	0.00
DRESSING, ITALIAN- HS	PACKET	0	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	0	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			832	48	1407	12.68	37.60	115.24	25.79	6.38
% of Calories							18.1%	55.4%	27.9%	6.9%
Nutrient Guideline			664-776		1219					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

Page 17

Generated on: 12/19/2017 7:50:20 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/19/2018										
High School Breakfast	Total	1242								
BREAKFAST BURRITO -CHORIZO-H.S	1 EACH	280	369	123	501	4.51	16.94	40.19	14.61	5.49
BREAKFAST BURRITO - EGG- H.S.	1 EACH	65	388	125	488	4.18	16.18	40.04	17.48	8.00
BREAKFAST SANDWICH- ALL SCHOOL	1 EACH	140	159	26	312	1.40	9.7	16.0	6.4	2.60
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	75	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	161	320	0	320	3.00	10.0	32.0	17.0	3.50
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	181	220	0	315	3.62	3.58	44.28	3.05	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	50	240	5	150	3.00	12.0	38.0	4.0	1.00
YOGURT & BAR (REGULAR) - HS	1 EACH	50	230	0	190	3.00	5.0	43.0	4.0	1.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1096	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	323	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	260	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	355	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	915	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	1 Packet	400	10	0	25	0.00	0.0	3.0	0.0	0.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

Page 18

Generated on: 12/19/2017 7:50:20 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
High School Lunch	Total	3057								
CHEESY BEEF NACHOS- HS	1 EACH	410	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	244	612	64	846	7.14	27.39	62.07	28.67	5.39
SANDWICH, FISH SRIRACHA	1 EACH	198	458	47	1057	3.70	25.53	44.16	20.42	7.71
POTATO BAKED W/TACO & CHSE-HS	1 EACH	155	452	50	722	6.44	21.31	65.81	12.69	7.39
PIZZA, PAPA J CHEESE- HS	SLICE	216	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	760	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	192	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	72	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	319	350	55	700	3.00	20.0	41.0	13.0	3.00
HAMBURGER- HS	SANDWICH	20	260	35	510	3.00	19.0	30.0	7.0	2.50
CHEESEBURGER- H.S.	SANDWICH	55	295	45	615	3.00	22.5	31.0	9.0	4.00
WESTERN BURGER - HS	SANDWICH	208	234	0	462	3.20	6.2	41.68	5.2	1.10
TORTILLA CHIPS - HS	2 OZ	160	420	0	368	0.00	6.0	54.0	20.0	0.00
ROLL: WHOLE WHEAT- HS	1 Each	45	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	3	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	115	21	0	17	1.83	1.05	4.28	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	277	35	0	65	1.00	2.0	8.0	0.0	0.00
POTATO SALAD - HS	1 EACH	380	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	883	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	775	140	0	225	2.70	2.16	19.99	5.65	0.81
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	2270	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	684	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	964	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	617	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1373	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	1301	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	260	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	900	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	0	0	0	65	0.00	0.0	0.0	0.0	0.00
DRESSING, ITALIAN- HS	PACKET	0	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	0	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			637	42	943	9.01	25.73	96.12	18.04	5.60
% of Calories							16.2%	60.4%	25.5%	7.9%
Nutrient Guideline			664-776		1219					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/22/2018										
High School Breakfast	Total	1242								
BREAKFAST BURRITO -CHORIZO-H.S	1 EACH	280	369	123	501	4.51	16.94	40.19	14.61	5.49
BREAKFAST BURRITO - EGG- H.S.	1 EACH	65	388	125	488	4.18	16.18	40.04	17.48	8.00
BREAKFAST SANDWICH- ALL SCHOOL	1 EACH	140	159	26	312	1.40	9.7	16.0	6.4	2.60
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	145	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	161	320	0	320	3.00	10.0	32.0	17.0	3.50
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	181	220	0	315	3.62	3.58	44.28	3.05	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	100	240	5	150	3.00	12.0	38.0	4.0	1.00
YOGURT & BAR (REGULAR) - HS	1 EACH	0	230	0	190	3.00	5.0	43.0	4.0	1.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1096	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	323	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	260	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	355	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	915	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	1 Packet	400	10	0	25	0.00	0.0	3.0	0.0	0.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
High School Lunch	Total	3348								
CHEESY BEEF NACHOS- HS	1 EACH	421	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	259	612	64	846	7.14	27.39	62.07	28.67	5.39
RICE BOWL, ORANGE CHIX- HS	1 each	220	392	40	300	6.36	18.89	68.7	4.87	0.88
POTATO BAKED W/TACO & CHSE-HS	1 EACH	175	452	50	722	6.44	21.31	65.81	12.69	7.39
PIZZA, PAPA J CHEESE- HS	SLICE	216	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	874	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	192	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	68	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	355	350	55	700	3.00	20.0	41.0	13.0	3.00
HAMBURGER- HS	SANDWICH	20	260	35	510	3.00	19.0	30.0	7.0	2.50
CHEESEBURGER- H.S.	SANDWICH	77	295	45	615	3.00	22.5	31.0	9.0	4.00
WESTERN BURGER - HS	SANDWICH	241	234	0	462	3.20	6.2	41.68	5.2	1.10
TORTILLA CHIPS - HS	2 OZ	178	420	0	368	0.00	6.0	54.0	20.0	0.00
ROLL: WHOLE WHEAT- HS	1 Each	45	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	7	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	110	21	0	17	1.83	1.05	4.28	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	354	35	0	65	1.00	2.0	8.0	0.0	0.00
POTATO SALAD - HS	1 EACH	334	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	967	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	775	140	0	225	2.70	2.16	19.99	5.65	0.81
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	2125	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	685	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	964	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	612	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1381	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	1200	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	0	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	0	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	0	0	0	65	0.00	0.0	0.0	0.0	0.00
DRESSING, ITALIAN- HS	PACKET	0	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	0	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			609	41	875	8.84	25.19	93.96	16.03	5.09
% of Calories							16.5%	61.7%	23.7%	7.5%
Nutrient Guideline			664-776		1219					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

Page 21

Generated on: 12/19/2017 7:50:20 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/23/2018										
High School Breakfast	Total	1321								
BREAKFAST BURRITO - BACON HS	1 EACH	270	363	115	521	4.18	14.18	39.67	15.57	6.00
BREAKFAST BURRITO - EGG- H.S.	1 EACH	75	388	125	488	4.18	16.18	40.04	17.48	8.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	1	320	15	388	7.88	15.58	40.98	11.56	3.88
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	145	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	69	320	0	320	3.00	10.0	32.0	17.0	3.50
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	136	220	0	315	3.62	3.58	44.28	3.05	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	100	240	5	150	3.00	12.0	38.0	4.0	1.00
YOGURT & BAR (REGULAR) - HS	1 EACH	0	230	0	190	3.00	5.0	43.0	4.0	1.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	860	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	311	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	246	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	299	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	993	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	1 Packet	400	10	0	25	0.00	0.0	3.0	0.0	0.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

Page 22

Generated on: 12/19/2017 7:50:20 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
High School Lunch	Total	3381								
CHEESY BEEF NACHOS- HS	1 EACH	410	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	244	612	64	846	7.14	27.39	62.07	28.67	5.39
RICE BOWL, TERIYAKI CHIX - HS	1 each	200	329	53	46	6.36	25.31	49.7	4.22	1.05
CHICKEN W/MASHED POTATO- HS	SERVING	135	293	55	618	2.80	20.08	30.62	11.41	2.07
PIZZA, PAPA J CHEESE- HS	SLICE	216	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	716	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	192	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	68	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	336	350	55	700	3.00	20.0	41.0	13.0	3.00
HAMBURGER- HS	SANDWICH	20	260	35	510	3.00	19.0	30.0	7.0	2.50
CHEESEBURGER- H.S.	SANDWICH	240	295	45	615	3.00	22.5	31.0	9.0	4.00
CHICKEN DRUMSTIX & ROLL - H.S.	1 EACH	251	340	55	585	2.00	21.0	33.0	13.5	3.00
TORTILLA CHIPS - HS	2 OZ	5	420	0	368	0.00	6.0	54.0	20.0	0.00
ROLL: WHOLE WHEAT- HS	1 Each	336	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	12	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	112	21	0	17	1.83	1.05	4.28	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	303	35	0	65	1.00	2.0	8.0	0.0	0.00
POTATO SALAD - HS	1 EACH	482	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	929	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	775	140	0	225	2.70	2.16	19.99	5.65	0.81
GO 'BONZO'S - HS	1 EACH	224	160	0	360	6.00	8.0	24.0	4.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	2275	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	608	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	964	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	409	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1800	120	5	150	0.00	8.0	22.0	0.0	0.00
TORTILLA CHIPS - HS	2 OZ	245	420	0	368	0.00	6.0	54.0	20.0	0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	1999	120	0	35	1.00	2.0	22.0	2.5	1.00
KETCHUP- ALL SCHOOLS	PACKET	900	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	150	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	900	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	80	0	0	65	0.00	0.0	0.0	0.0	0.00
DRESSING, ITALIAN- HS	PACKET	80	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	600	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			659	43	903	8.84	26.44	100.90	17.86	5.18
% of Calories							16.1%	61.3%	24.4%	7.1%
Nutrient Guideline			664-776		1219					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/24/2018										
High School Breakfast	Total	1242								
BREAKFAST BURRITO -CHORIZO-H.S	1 EACH	280	369	123	501	4.51	16.94	40.19	14.61	5.49
BREAKFAST BURRITO - EGG- H.S.	1 EACH	65	388	125	488	4.18	16.18	40.04	17.48	8.00
BREAKFAST SANDWICH- ALL SCHOOL	1 EACH	140	159	26	312	1.40	9.7	16.0	6.4	2.60
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	145	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	161	320	0	320	3.00	10.0	32.0	17.0	3.50
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	181	220	0	315	3.62	3.58	44.28	3.05	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	0	240	5	150	3.00	12.0	38.0	4.0	1.00
YOGURT & BAR (REGULAR) - HS	1 EACH	100	230	0	190	3.00	5.0	43.0	4.0	1.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1096	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	323	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	260	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	355	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	915	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	1 Packet	400	10	0	25	0.00	0.0	3.0	0.0	0.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

Page 24

Generated on: 12/19/2017 7:50:20 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
High School Lunch	Total	3115								
CHEESY BEEF NACHOS- HS	1 EACH	410	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, TACO SALAD	SERVING	244	644	50	900	6.65	21.59	60.44	36.16	7.48
KOREAN BBQ CHIX W/RICE-HS	1 EACH	200	480	51	586	5.30	25.12	75.86	8.16	1.56
POTATO BAKED W/TACO & CHSE-HS	1 EACH	195	452	50	722	6.44	21.31	65.81	12.69	7.39
PIZZA, PAPA J CHEESE- HS	SLICE	216	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	756	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	192	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	68	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	306	350	55	700	3.00	20.0	41.0	13.0	3.00
HAMBURGER- HS	SANDWICH	20	260	35	510	3.00	19.0	30.0	7.0	2.50
CHEESEBURGER- H.S.	SANDWICH	57	295	45	615	3.00	22.5	31.0	9.0	4.00
WESTERN BURGER - HS	SANDWICH	206	234	0	462	3.20	6.2	41.68	5.2	1.10
TORTILLA CHIPS - HS	2 OZ	200	420	0	368	0.00	6.0	54.0	20.0	0.00
ROLL: WHOLE WHEAT- HS	1 Each	45	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	11	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	115	21	0	17	1.83	1.05	4.28	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	361	35	0	65	1.00	2.0	8.0	0.0	0.00
POTATO SALAD - HS	1 EACH	301	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	868	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	775	140	0	225	2.70	2.16	19.99	5.65	0.81
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	2027	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	655	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	964	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	607	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1371	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	1300	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	260	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	900	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	0	0	0	65	0.00	0.0	0.0	0.0	0.00
DRESSING, ITALIAN- HS	PACKET	0	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	0	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			634	42	919	8.82	25.19	96.36	17.86	5.41
% of Calories							15.9%	60.8%	25.3%	7.7%
Nutrient Guideline			664-776		1219					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/25/2018										
High School Breakfast	Total	1								
BREAKFAST BURRITO - BACON HS	1 EACH	0	363	115	521	4.18	14.18	39.67	15.57	6.00
BREAKFAST BURRITO - EGG- H.S.	1 EACH	0	388	125	488	4.18	16.18	40.04	17.48	8.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	1	320	15	388	7.88	15.58	40.98	11.56	3.88
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	0	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	0	320	0	320	3.00	10.0	32.0	17.0	3.50
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	0	220	0	315	3.62	3.58	44.28	3.05	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	0	240	5	150	3.00	12.0	38.0	4.0	1.00
YOGURT & BAR (REGULAR) - HS	1 EACH	0	230	0	190	3.00	5.0	43.0	4.0	1.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	0	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	0	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	0	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	0	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	0	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	1 Packet	0	10	0	25	0.00	0.0	3.0	0.0	0.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
High School Lunch	Total	3057								
CHEESY BEEF NACHOS- HS	1 EACH	410	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	244	612	64	846	7.14	27.39	62.07	28.67	5.39
RICE BOWL, ORANGE CHIX- HS	1 each	198	392	40	300	6.36	18.89	68.7	4.87	0.88
BBQ PORK W/MASHED POTATO- HS	SERVING	155	250	59	657	2.00	20.73	28.85	6.18	1.62
PIZZA, PAPA J CHEESE- HS	SLICE	216	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	760	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	192	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	72	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	319	350	55	700	3.00	20.0	41.0	13.0	3.00
HAMBURGER- HS	SANDWICH	20	260	35	510	3.00	19.0	30.0	7.0	2.50
CHEESEBURGER- H.S.	SANDWICH	55	295	45	615	3.00	22.5	31.0	9.0	4.00
CHICKEN DRUMSTIX & ROLL - H.S.	1 EACH	208	340	55	585	2.00	21.0	33.0	13.5	3.00
TORTILLA CHIPS - HS	2 OZ	160	420	0	368	0.00	6.0	54.0	20.0	0.00
ROLL: WHOLE WHEAT- HS	1 Each	45	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	3	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	115	21	0	17	1.83	1.05	4.28	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	277	35	0	65	1.00	2.0	8.0	0.0	0.00
POTATO SALAD - HS	1 EACH	380	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	883	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	775	140	0	225	2.70	2.16	19.99	5.65	0.81
GO 'BONZO'S - HS	1 EACH	2270	160	0	360	6.00	8.0	24.0	4.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	684	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	964	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	617	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	1373	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1301	120	5	150	0.00	8.0	22.0	0.0	0.00
TORTILLA CHIPS - HS	2 OZ	260	420	0	368	0.00	6.0	54.0	20.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	0	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	0	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	900	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	0	0	0	65	0.00	0.0	0.0	0.0	0.00
DRESSING, ITALIAN- HS	PACKET	0	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	0	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			832	48	1407	12.68	37.60	115.24	25.79	6.38
% of Calories							18.1%	55.4%	27.9%	6.9%
Nutrient Guideline			664-776		1219					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

Page 27

Generated on: 12/19/2017 7:50:20 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/26/2018										
High School Breakfast	Total	1242								
BREAKFAST BURRITO -CHORIZO-H.S	1 EACH	280	369	123	501	4.51	16.94	40.19	14.61	5.49
BREAKFAST BURRITO - EGG- H.S.	1 EACH	65	388	125	488	4.18	16.18	40.04	17.48	8.00
BREAKFAST SANDWICH- ALL SCHOOL	1 EACH	140	159	26	312	1.40	9.7	16.0	6.4	2.60
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	75	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	161	320	0	320	3.00	10.0	32.0	17.0	3.50
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	181	220	0	315	3.62	3.58	44.28	3.05	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	50	240	5	150	3.00	12.0	38.0	4.0	1.00
YOGURT & BAR (REGULAR) - HS	1 EACH	50	230	0	190	3.00	5.0	43.0	4.0	1.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1096	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	323	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	260	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	355	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	915	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	1 Packet	400	10	0	25	0.00	0.0	3.0	0.0	0.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
High School Lunch	Total	3057								
CHEESY BEEF NACHOS- HS	1 EACH	410	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	244	612	64	846	7.14	27.39	62.07	28.67	5.39
SANDWICH, FISH SRIRACHA	1 EACH	198	458	47	1057	3.70	25.53	44.16	20.42	7.71
POTATO BAKED W/TACO & CHSE-HS	1 EACH	155	452	50	722	6.44	21.31	65.81	12.69	7.39
PIZZA, PAPA J CHEESE- HS	SLICE	216	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	760	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	192	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	72	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	319	350	55	700	3.00	20.0	41.0	13.0	3.00
HAMBURGER- HS	SANDWICH	20	260	35	510	3.00	19.0	30.0	7.0	2.50
CHEESEBURGER- H.S.	SANDWICH	55	295	45	615	3.00	22.5	31.0	9.0	4.00
WESTERN BURGER - HS	SANDWICH	208	234	0	462	3.20	6.2	41.68	5.2	1.10
TORTILLA CHIPS - HS	2 OZ	160	420	0	368	0.00	6.0	54.0	20.0	0.00
ROLL: WHOLE WHEAT- HS	1 Each	45	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	3	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	115	21	0	17	1.83	1.05	4.28	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	277	35	0	65	1.00	2.0	8.0	0.0	0.00
POTATO SALAD - HS	1 EACH	380	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	883	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	775	140	0	225	2.70	2.16	19.99	5.65	0.81
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	2270	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	684	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	964	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	617	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1373	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	1301	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	260	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	900	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	0	0	0	65	0.00	0.0	0.0	0.0	0.00
DRESSING, ITALIAN- HS	PACKET	0	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	0	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			637	42	943	9.01	25.73	96.12	18.04	5.60
% of Calories							16.2%	60.4%	25.5%	7.9%
Nutrient Guideline			664-776		1219					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/29/2018										
High School Breakfast	Total	1242								
BREAKFAST BURRITO -CHORIZO-H.S	1 EACH	280	369	123	501	4.51	16.94	40.19	14.61	5.49
BREAKFAST BURRITO - EGG- H.S.	1 EACH	65	388	125	488	4.18	16.18	40.04	17.48	8.00
BREAKFAST SANDWICH- ALL SCHOOL	1 EACH	140	159	26	312	1.40	9.7	16.0	6.4	2.60
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	145	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	161	320	0	320	3.00	10.0	32.0	17.0	3.50
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	181	220	0	315	3.62	3.58	44.28	3.05	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	100	240	5	150	3.00	12.0	38.0	4.0	1.00
YOGURT & BAR (REGULAR) - HS	1 EACH	0	230	0	190	3.00	5.0	43.0	4.0	1.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1096	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	323	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	260	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	355	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	915	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	1 Packet	400	10	0	25	0.00	0.0	3.0	0.0	0.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
High School Lunch	Total	3348								
CHEESY BEEF NACHOS- HS	1 EACH	421	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	259	612	64	846	7.14	27.39	62.07	28.67	5.39
RICE BOWL, ORANGE CHIX- HS	1 each	220	392	40	300	6.36	18.89	68.7	4.87	0.88
POTATO BAKED W/TACO & CHSE-HS	1 EACH	175	452	50	722	6.44	21.31	65.81	12.69	7.39
PIZZA, PAPA J CHEESE- HS	SLICE	216	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	874	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	192	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	68	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	355	350	55	700	3.00	20.0	41.0	13.0	3.00
HAMBURGER- HS	SANDWICH	20	260	35	510	3.00	19.0	30.0	7.0	2.50
CHEESEBURGER- H.S.	SANDWICH	77	295	45	615	3.00	22.5	31.0	9.0	4.00
WESTERN BURGER - HS	SANDWICH	241	234	0	462	3.20	6.2	41.68	5.2	1.10
TORTILLA CHIPS - HS	2 OZ	178	420	0	368	0.00	6.0	54.0	20.0	0.00
ROLL: WHOLE WHEAT- HS	1 Each	45	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	7	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	110	21	0	17	1.83	1.05	4.28	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	354	35	0	65	1.00	2.0	8.0	0.0	0.00
POTATO SALAD - HS	1 EACH	334	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	967	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	775	140	0	225	2.70	2.16	19.99	5.65	0.81
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	2125	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	685	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	964	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	612	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1381	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	1200	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	0	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	0	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	0	0	0	65	0.00	0.0	0.0	0.0	0.00
DRESSING, ITALIAN- HS	PACKET	0	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	0	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			609	41	875	8.84	25.19	93.96	16.03	5.09
% of Calories							16.5%	61.7%	23.7%	7.5%
Nutrient Guideline			664-776		1219					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

Page 31

Generated on: 12/19/2017 7:50:20 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/30/2018										
High School Breakfast	Total	1321								
BREAKFAST BURRITO - BACON HS	1 EACH	270	363	115	521	4.18	14.18	39.67	15.57	6.00
BREAKFAST BURRITO - EGG- H.S.	1 EACH	75	388	125	488	4.18	16.18	40.04	17.48	8.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	1	320	15	388	7.88	15.58	40.98	11.56	3.88
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	145	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	69	320	0	320	3.00	10.0	32.0	17.0	3.50
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	136	220	0	315	3.62	3.58	44.28	3.05	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	100	240	5	150	3.00	12.0	38.0	4.0	1.00
YOGURT & BAR (REGULAR) - HS	1 EACH	0	230	0	190	3.00	5.0	43.0	4.0	1.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	860	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	311	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	246	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	299	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	993	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	1 Packet	400	10	0	25	0.00	0.0	3.0	0.0	0.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
High School Lunch	Total	3381								
CHEESY BEEF NACHOS- HS	1 EACH	410	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	244	612	64	846	7.14	27.39	62.07	28.67	5.39
RICE BOWL, TERIYAKI CHIX - HS	1 each	200	329	53	46	6.36	25.31	49.7	4.22	1.05
CHICKEN W/MASHED POTATO- HS	SERVING	135	293	55	618	2.80	20.08	30.62	11.41	2.07
PIZZA, PAPA J CHEESE- HS	SLICE	216	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	716	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	192	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	68	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	336	350	55	700	3.00	20.0	41.0	13.0	3.00
HAMBURGER- HS	SANDWICH	20	260	35	510	3.00	19.0	30.0	7.0	2.50
CHEESEBURGER- H.S.	SANDWICH	240	295	45	615	3.00	22.5	31.0	9.0	4.00
CHICKEN DRUMSTIX & ROLL - H.S.	1 EACH	251	340	55	585	2.00	21.0	33.0	13.5	3.00
TORTILLA CHIPS - HS	2 OZ	5	420	0	368	0.00	6.0	54.0	20.0	0.00
ROLL: WHOLE WHEAT- HS	1 Each	336	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	12	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	112	21	0	17	1.83	1.05	4.28	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	303	35	0	65	1.00	2.0	8.0	0.0	0.00
POTATO SALAD - HS	1 EACH	482	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	929	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	775	140	0	225	2.70	2.16	19.99	5.65	0.81
GO 'BONZO'S - HS	1 EACH	224	160	0	360	6.00	8.0	24.0	4.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	2275	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	608	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	964	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	409	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1800	120	5	150	0.00	8.0	22.0	0.0	0.00
TORTILLA CHIPS - HS	2 OZ	245	420	0	368	0.00	6.0	54.0	20.0	0.00
COOKIE DAY - ALL SCHOOLS	1 EACH	1999	120	0	35	1.00	2.0	22.0	2.5	1.00
KETCHUP- ALL SCHOOLS	PACKET	900	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	150	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	900	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	80	0	0	65	0.00	0.0	0.0	0.0	0.00
DRESSING, ITALIAN- HS	PACKET	80	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	600	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			659	43	903	8.84	26.44	100.90	17.86	5.18
% of Calories							16.1%	61.3%	24.4%	7.1%
Nutrient Guideline			664-776		1219					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/31/2018										
High School Breakfast	Total	1242								
BREAKFAST BURRITO -CHORIZO-H.S	1 EACH	280	369	123	501	4.51	16.94	40.19	14.61	5.49
BREAKFAST BURRITO - EGG- H.S.	1 EACH	65	388	125	488	4.18	16.18	40.04	17.48	8.00
BREAKFAST SANDWICH- ALL SCHOOL	1 EACH	140	159	26	312	1.40	9.7	16.0	6.4	2.60
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	145	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	161	320	0	320	3.00	10.0	32.0	17.0	3.50
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	181	220	0	315	3.62	3.58	44.28	3.05	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	0	240	5	150	3.00	12.0	38.0	4.0	1.00
YOGURT & BAR (REGULAR) - HS	1 EACH	100	230	0	190	3.00	5.0	43.0	4.0	1.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1096	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	323	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	260	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	355	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	915	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	1 Packet	400	10	0	25	0.00	0.0	3.0	0.0	0.00

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
High School Lunch	Total	3115								
CHEESY BEEF NACHOS- HS	1 EACH	410	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, TACO SALAD	SERVING	244	644	50	900	6.65	21.59	60.44	36.16	7.48
KOREAN BBQ CHIX W/RICE-HS	1 EACH	200	480	51	586	5.30	25.12	75.86	8.16	1.56
POTATO BAKED W/TACO & CHSE-HS	1 EACH	195	452	50	722	6.44	21.31	65.81	12.69	7.39
PIZZA, PAPA J CHEESE- HS	SLICE	216	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	756	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	192	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	68	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	306	350	55	700	3.00	20.0	41.0	13.0	3.00
HAMBURGER- HS	SANDWICH	20	260	35	510	3.00	19.0	30.0	7.0	2.50
CHEESEBURGER- H.S.	SANDWICH	57	295	45	615	3.00	22.5	31.0	9.0	4.00
WESTERN BURGER - HS	SANDWICH	206	234	0	462	3.20	6.2	41.68	5.2	1.10
TORTILLA CHIPS - HS	2 OZ	200	420	0	368	0.00	6.0	54.0	20.0	0.00
ROLL: WHOLE WHEAT- HS	1 Each	45	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	11	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	115	21	0	17	1.83	1.05	4.28	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	361	35	0	65	1.00	2.0	8.0	0.0	0.00
POTATO SALAD - HS	1 EACH	301	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	868	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	775	140	0	225	2.70	2.16	19.99	5.65	0.81
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	2027	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	655	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	964	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	607	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	1371	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	1300	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	260	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	900	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	0	0	0	65	0.00	0.0	0.0	0.0	0.00
DRESSING, ITALIAN- HS	PACKET	0	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	0	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			634	42	919	8.82	25.19	96.36	17.86	5.41
% of Calories							15.9%	60.8%	25.3%	7.7%
Nutrient Guideline			664-776		1219					<10.00

Weighted Average			671	43	998	9.54	27.77	100.29	18.97	5.51
							16.6%	59.8%	25.4%	7.4%

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# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

Page 35

Generated on: 12/19/2017 7:50:20 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Nutrient</b>	<b>Menu AVG</b>	<b>% of Cals</b>	<b>Weekly Target</b>	<b>% of Target</b>	<b>Miss Data</b>	<b>Shortfall</b>	<b>Overage</b>	<b>Error Messages (if any)</b>		
Calories	671		664 - 776	100%						
Cholesterol (mg)	43									
Sodium (mg)	998		1219							
Fiber (g)	9.54									
Protein (g)	27.77	16.56%								
Carbohydrate (g)	100.29	59.79%								
Total Fat (g)	18.97	25.44%								
Saturated Fat (g)	5.51	7.39%	<10.00%							

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