

ABC UNIFIED SCHOOL DISTRICT

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 10/02/2017										
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	334	0	334	3.13	10.44	33.42	17.76	3.66
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	181	186	0	227	4.29	4.06	39.38	1.63	0.10
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	69	0	6	1.50	0.4	16.85	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

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Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
High School Lunch	Total	2033								
CHEESY BEEF NACHOS- HS	1 EACH	350	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	285	611	64	846	7.15	27.41	61.92	28.67	5.39
RICE BOWL, FIRECRACKER CHICKEN	1 each	243	384	53	488	4.03	22.88	64.77	4.53	1.03
POTATO BAKED W/TACO & CHSE-HS	1 EACH	1	452	50	722	6.44	21.31	65.81	12.69	7.39
PIZZA, PAPA J CHEESE- HS	SLICE	104	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	432	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	80	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	24	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	190	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	125	295	45	615	3.00	22.5	31.0	9.0	4.00
WESTERN BURGER - HS	SANDWICH	1	234	0	462	3.20	6.2	41.68	5.2	1.10
TORTILLA CHIPS - HS	2 OZ	1	268	0	186	3.06	4.03	38.43	11.73	1.59
ROLL: WHOLE WHEAT- HS	1 Each	1	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	88	20	0	17	1.85	1.05	4.18	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	336	41	0	488	1.59	1.7	7.94	0.23	0.03
POTATO SALAD - HS	1 EACH	354	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	610	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	460	140	0	225	2.70	2.16	19.99	5.65	0.81
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1800	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	266	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	750	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	402	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
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	40	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	200	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			656	48	955	9.32	27.61	101.20	17.05	5.21
% of Calories							16.8%	61.7%	23.4%	7.2%
Nutrient Guideline			631-748		1142					<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/03/2017										
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	334	0	334	3.13	10.44	33.42	17.76	3.66
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	136	186	0	227	4.29	4.06	39.38	1.63	0.10
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	69	0	6	1.50	0.4	16.85	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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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
High School Lunch	Total	1999								
CHEESY BEEF NACHOS- HS	1 EACH	1	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	300	611	64	846	7.15	27.41	61.92	28.67	5.39
RICE BOWL, TERIYAKI CHIX - HS	1 each	245	329	53	46	6.36	25.31	49.7	4.22	1.05
CHICKEN W/MASHED POTATO- HS	SERVING	160	293	55	618	2.80	20.08	30.62	11.41	2.07
PIZZA, PAPA J CHEESE- HS	SLICE	112	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	400	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	88	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	24	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	165	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	45	295	45	615	3.00	22.5	31.0	9.0	4.00
CHICKEN DRUMSTIX & ROLL - H.S.	1 EACH	150	340	55	585	2.00	21.0	33.0	13.5	3.00
TORTILLA CHIPS - HS	2 OZ	1	268	0	186	3.06	4.03	38.43	11.73	1.59
ROLL: WHOLE WHEAT- HS	1 Each	1	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	96	20	0	17	1.85	1.05	4.18	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	266	41	0	488	1.59	1.7	7.94	0.23	0.03
POTATO SALAD - HS	1 EACH	546	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	767	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	460	140	0	225	2.70	2.16	19.99	5.65	0.81
GO 'BONZO'S - HS	1 EACH	1	160	0	360	6.00	8.0	24.0	4.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1800	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	240	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	750	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	268	0	186	3.06	4.03	38.43	11.73	1.59
COOKIE DAY - ALL SCHOOLS	1 EACH	1999	124	0	54	1.34	1.68	19.82	4.37	0.91
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			688	44	873	9.54	26.64	108.24	18.02	4.38
% of Calories							15.5%	62.9%	23.6%	5.7%
Nutrient Guideline			631-748		1142					<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/04/2017										
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	334	0	334	3.13	10.44	33.42	17.76	3.66
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	181	186	0	227	4.29	4.06	39.38	1.63	0.10
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	69	0	6	1.50	0.4	16.85	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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High School Lunch	Total	2033								
CHEESY BEEF NACHOS- HS	1 EACH	350	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	285	611	64	846	7.15	27.41	61.92	28.67	5.39
KOREAN BBQ CHIX W/RICE-HS	1 EACH	243	410	51	578	2.70	22.1	61.63	7.66	1.46
POTATO BAKED W/TACO & CHSE-HS	1 EACH	1	452	50	722	6.44	21.31	65.81	12.69	7.39
PIZZA, PAPA J CHEESE- HS	SLICE	104	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	432	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	80	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	24	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	190	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	125	295	45	615	3.00	22.5	31.0	9.0	4.00
WESTERN BURGER - HS	SANDWICH	1	234	0	462	3.20	6.2	41.68	5.2	1.10
TORTILLA CHIPS - HS	2 OZ	1	268	0	186	3.06	4.03	38.43	11.73	1.59
ROLL: WHOLE WHEAT- HS	1 Each	1	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	88	20	0	17	1.85	1.05	4.18	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	336	41	0	488	1.59	1.7	7.94	0.23	0.03
POTATO SALAD - HS	1 EACH	354	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	610	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	460	140	0	225	2.70	2.16	19.99	5.65	0.81
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1800	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	266	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	750	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	402	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
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	40	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	200	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			657	48	963	9.22	27.34	101.12	17.28	5.24
% of Calories							16.6%	61.5%	23.7%	7.2%
Nutrient Guideline			631-748		1142					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/05/2017										
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	334	0	334	3.13	10.44	33.42	17.76	3.66
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	0	186	0	227	4.29	4.06	39.38	1.63	0.10
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	69	0	6	1.50	0.4	16.85	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

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

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ABC UNIFIED SCHOOL DISTRICT

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
High School Lunch	Total	1999								
CHEESY BEEF NACHOS- HS	1 EACH	1	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	300	611	64	846	7.15	27.41	61.92	28.67	5.39
RICE BOWL, ORANGE CHIX- HS	1 each	245	392	40	300	6.36	18.89	68.7	4.87	0.88
BBQ PORK W/MASHED POTATO- HS	SERVING	160	250	59	657	2.00	20.73	28.85	6.18	1.62
PIZZA, PAPA J CHEESE- HS	SLICE	112	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	400	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	88	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	24	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	165	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	45	295	45	615	3.00	22.5	31.0	9.0	4.00
CHICKEN DRUMSTIX & ROLL - H.S.	1 EACH	150	340	55	585	2.00	21.0	33.0	13.5	3.00
TORTILLA CHIPS - HS	2 OZ	1	268	0	186	3.06	4.03	38.43	11.73	1.59
ROLL: WHOLE WHEAT- HS	1 Each	1	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	96	20	0	17	1.85	1.05	4.18	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	266	41	0	488	1.59	1.7	7.94	0.23	0.03
POTATO SALAD - HS	1 EACH	546	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	767	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	460	140	0	225	2.70	2.16	19.99	5.65	0.81
GO 'BONZO'S - HS	1 EACH	1	160	0	360	6.00	8.0	24.0	4.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1800	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	240	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	750	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	268	0	186	3.06	4.03	38.43	11.73	1.59
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			771	48	1179	11.12	31.73	118.95	20.55	4.70
% of Calories							16.5%	61.7%	24.0%	5.5%
Nutrient Guideline			631-748		1142					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 10/06/2017										
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	334	0	334	3.13	10.44	33.42	17.76	3.66
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	181	186	0	227	4.29	4.06	39.38	1.63	0.10
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	69	0	6	1.50	0.4	16.85	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

Oct 1, 2017 thru Oct 31, 2017

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	2033								
CHEESY BEEF NACHOS- HS	1 EACH	350	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	285	611	64	846	7.15	27.41	61.92	28.67	5.39
SANDWICH, FISH SRIRACHA	1 EACH	243	458	47	1057	3.70	25.53	44.16	20.42	7.71
POTATO BAKED W/TACO & CHSE-HS	1 EACH	1	452	50	722	6.44	21.31	65.81	12.69	7.39
PIZZA, PAPA J CHEESE- HS	SLICE	104	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	432	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	80	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	24	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	190	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	125	295	45	615	3.00	22.5	31.0	9.0	4.00
WESTERN BURGER - HS	SANDWICH	1	234	0	462	3.20	6.2	41.68	5.2	1.10
TORTILLA CHIPS - HS	2 OZ	1	268	0	186	3.06	4.03	38.43	11.73	1.59
ROLL: WHOLE WHEAT- HS	1 Each	1	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	88	20	0	17	1.85	1.05	4.18	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	336	41	0	488	1.59	1.7	7.94	0.23	0.03
POTATO SALAD - HS	1 EACH	354	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	610	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	460	140	0	225	2.70	2.16	19.99	5.65	0.81
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1800	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	266	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	750	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	402	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
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	40	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	200	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			656	48	991	9.23	27.60	98.98	18.08	5.69
% of Calories							16.8%	60.3%	24.8%	7.8%
Nutrient Guideline			631-748		1142					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 10/09/2017										
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	334	0	334	3.13	10.44	33.42	17.76	3.66
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	181	186	0	227	4.29	4.06	39.38	1.63	0.10
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	69	0	6	1.50	0.4	16.85	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

Oct 1, 2017 thru Oct 31, 2017

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	2033								
CHEESY BEEF NACHOS- HS	1 EACH	350	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	285	611	64	846	7.15	27.41	61.92	28.67	5.39
RICE BOWL, FIRECRACKER CHICKEN	1 each	243	384	53	488	4.03	22.88	64.77	4.53	1.03
POTATO BAKED W/TACO & CHSE-HS	1 EACH	1	452	50	722	6.44	21.31	65.81	12.69	7.39
PIZZA, PAPA J CHEESE- HS	SLICE	104	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	432	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	80	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	24	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	190	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	125	295	45	615	3.00	22.5	31.0	9.0	4.00
WESTERN BURGER - HS	SANDWICH	1	234	0	462	3.20	6.2	41.68	5.2	1.10
TORTILLA CHIPS - HS	2 OZ	1	268	0	186	3.06	4.03	38.43	11.73	1.59
ROLL: WHOLE WHEAT- HS	1 Each	1	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	88	20	0	17	1.85	1.05	4.18	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	336	41	0	488	1.59	1.7	7.94	0.23	0.03
POTATO SALAD - HS	1 EACH	354	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	610	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	460	140	0	225	2.70	2.16	19.99	5.65	0.81
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1800	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	266	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	750	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	402	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
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	40	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	200	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			656	48	955	9.32	27.61	101.20	17.05	5.21
% of Calories							16.8%	61.7%	23.4%	7.2%
Nutrient Guideline			631-748		1142					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/10/2017										
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	334	0	334	3.13	10.44	33.42	17.76	3.66
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	136	186	0	227	4.29	4.06	39.38	1.63	0.10
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	69	0	6	1.50	0.4	16.85	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

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

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
High School Lunch	Total	1999								
CHEESY BEEF NACHOS- HS	1 EACH	1	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	300	611	64	846	7.15	27.41	61.92	28.67	5.39
RICE BOWL, TERIYAKI CHIX - HS	1 each	245	329	53	46	6.36	25.31	49.7	4.22	1.05
CHICKEN W/MASHED POTATO- HS	SERVING	160	293	55	618	2.80	20.08	30.62	11.41	2.07
PIZZA, PAPA J CHEESE- HS	SLICE	112	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	400	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	88	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	24	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	165	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	45	295	45	615	3.00	22.5	31.0	9.0	4.00
CHICKEN DRUMSTIX & ROLL - H.S.	1 EACH	150	340	55	585	2.00	21.0	33.0	13.5	3.00
TORTILLA CHIPS - HS	2 OZ	1	268	0	186	3.06	4.03	38.43	11.73	1.59
ROLL: WHOLE WHEAT- HS	1 Each	1	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	96	20	0	17	1.85	1.05	4.18	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	266	41	0	488	1.59	1.7	7.94	0.23	0.03
POTATO SALAD - HS	1 EACH	546	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	767	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	460	140	0	225	2.70	2.16	19.99	5.65	0.81
GO 'BONZO'S - HS	1 EACH	1	160	0	360	6.00	8.0	24.0	4.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1800	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	240	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	750	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	268	0	186	3.06	4.03	38.43	11.73	1.59
COOKIE DAY - ALL SCHOOLS	1 EACH	1999	124	0	54	1.34	1.68	19.82	4.37	0.91
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			688	44	873	9.54	26.64	108.24	18.02	4.38
% of Calories							15.5%	62.9%	23.6%	5.7%
Nutrient Guideline			631-748		1142					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/11/2017										
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	334	0	334	3.13	10.44	33.42	17.76	3.66
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	181	186	0	227	4.29	4.06	39.38	1.63	0.10
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	69	0	6	1.50	0.4	16.85	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

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
High School Lunch	Total	2033								
CHEESY BEEF NACHOS- HS	1 EACH	350	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	285	611	64	846	7.15	27.41	61.92	28.67	5.39
KOREAN BBQ CHIX W/RICE-HS	1 EACH	243	410	51	578	2.70	22.1	61.63	7.66	1.46
POTATO BAKED W/TACO & CHSE-HS	1 EACH	1	452	50	722	6.44	21.31	65.81	12.69	7.39
PIZZA, PAPA J CHEESE- HS	SLICE	104	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	432	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	80	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	24	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	190	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	125	295	45	615	3.00	22.5	31.0	9.0	4.00
WESTERN BURGER - HS	SANDWICH	1	234	0	462	3.20	6.2	41.68	5.2	1.10
TORTILLA CHIPS - HS	2 OZ	1	268	0	186	3.06	4.03	38.43	11.73	1.59
ROLL: WHOLE WHEAT- HS	1 Each	1	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	88	20	0	17	1.85	1.05	4.18	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	336	41	0	488	1.59	1.7	7.94	0.23	0.03
POTATO SALAD - HS	1 EACH	354	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	610	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	460	140	0	225	2.70	2.16	19.99	5.65	0.81
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1800	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	266	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	750	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	402	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
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	40	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	200	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			657	48	963	9.22	27.34	101.12	17.28	5.24
% of Calories							16.6%	61.5%	23.7%	7.2%
Nutrient Guideline			631-748		1142					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/12/2017										
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	334	0	334	3.13	10.44	33.42	17.76	3.66
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	0	186	0	227	4.29	4.06	39.38	1.63	0.10
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	69	0	6	1.50	0.4	16.85	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

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
High School Lunch	Total	1999								
CHEESY BEEF NACHOS- HS	1 EACH	1	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	300	611	64	846	7.15	27.41	61.92	28.67	5.39
RICE BOWL, ORANGE CHIX- HS	1 each	245	392	40	300	6.36	18.89	68.7	4.87	0.88
BBQ PORK W/MASHED POTATO- HS	SERVING	160	250	59	657	2.00	20.73	28.85	6.18	1.62
PIZZA, PAPA J CHEESE- HS	SLICE	112	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	400	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	88	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	24	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	165	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	45	295	45	615	3.00	22.5	31.0	9.0	4.00
CHICKEN DRUMSTIX & ROLL - H.S.	1 EACH	150	340	55	585	2.00	21.0	33.0	13.5	3.00
TORTILLA CHIPS - HS	2 OZ	1	268	0	186	3.06	4.03	38.43	11.73	1.59
ROLL: WHOLE WHEAT- HS	1 Each	1	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
TAMALE, PORK & CHEESE- MS	1 EACH	1	390	39	372	3.52	22.05	53.76	11.21	3.24
SIDE SALAD - MS, HS	EACH	96	20	0	17	1.85	1.05	4.18	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	266	41	0	488	1.59	1.7	7.94	0.23	0.03
POTATO SALAD - HS	1 EACH	546	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	767	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	460	140	0	225	2.70	2.16	19.99	5.65	0.81
GO 'BONZO'S - HS	1 EACH	1	160	0	360	6.00	8.0	24.0	4.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1800	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	240	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	750	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	268	0	186	3.06	4.03	38.43	11.73	1.59
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			771	48	1179	11.12	31.74	118.98	20.56	4.70
% of Calories							16.5%	61.7%	24.0%	5.5%
Nutrient Guideline			631-748		1142					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 10/13/2017										
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	334	0	334	3.13	10.44	33.42	17.76	3.66
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	181	186	0	227	4.29	4.06	39.38	1.63	0.10
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	69	0	6	1.50	0.4	16.85	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

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ABC UNIFIED SCHOOL DISTRICT

Oct 1, 2017 thru Oct 31, 2017

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	2033								
CHEESY BEEF NACHOS- HS	1 EACH	350	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	285	611	64	846	7.15	27.41	61.92	28.67	5.39
SANDWICH, FISH SRIRACHA	1 EACH	243	458	47	1057	3.70	25.53	44.16	20.42	7.71
POTATO BAKED W/TACO & CHSE-HS	1 EACH	1	452	50	722	6.44	21.31	65.81	12.69	7.39
PIZZA, PAPA J CHEESE- HS	SLICE	104	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	432	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	80	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	24	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	190	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	125	295	45	615	3.00	22.5	31.0	9.0	4.00
WESTERN BURGER - HS	SANDWICH	1	234	0	462	3.20	6.2	41.68	5.2	1.10
TORTILLA CHIPS - HS	2 OZ	1	268	0	186	3.06	4.03	38.43	11.73	1.59
ROLL: WHOLE WHEAT- HS	1 Each	1	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	88	20	0	17	1.85	1.05	4.18	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	336	41	0	488	1.59	1.7	7.94	0.23	0.03
POTATO SALAD - HS	1 EACH	354	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	610	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	460	140	0	225	2.70	2.16	19.99	5.65	0.81
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1800	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	266	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	750	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	402	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
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	40	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	200	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			656	48	991	9.23	27.60	98.98	18.08	5.69
% of Calories							16.8%	60.3%	24.8%	7.8%
Nutrient Guideline			631-748		1142					<10.00

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

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 10/16/2017										
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	334	0	334	3.13	10.44	33.42	17.76	3.66
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	181	186	0	227	4.29	4.06	39.38	1.63	0.10
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	69	0	6	1.50	0.4	16.85	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

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
High School Lunch	Total	2033								
CHEESY BEEF NACHOS- HS	1 EACH	350	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	285	611	64	846	7.15	27.41	61.92	28.67	5.39
RICE BOWL, FIRECRACKER CHICKEN	1 each	243	384	53	488	4.03	22.88	64.77	4.53	1.03
POTATO BAKED W/TACO & CHSE-HS	1 EACH	1	452	50	722	6.44	21.31	65.81	12.69	7.39
PIZZA, PAPA J CHEESE- HS	SLICE	104	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	432	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	80	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	24	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	190	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	125	295	45	615	3.00	22.5	31.0	9.0	4.00
WESTERN BURGER - HS	SANDWICH	1	234	0	462	3.20	6.2	41.68	5.2	1.10
TORTILLA CHIPS - HS	2 OZ	1	268	0	186	3.06	4.03	38.43	11.73	1.59
ROLL: WHOLE WHEAT- HS	1 Each	1	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	88	20	0	17	1.85	1.05	4.18	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	336	41	0	488	1.59	1.7	7.94	0.23	0.03
POTATO SALAD - HS	1 EACH	354	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	610	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	460	140	0	225	2.70	2.16	19.99	5.65	0.81
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1800	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	266	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	750	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	402	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
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	40	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	200	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			656	48	955	9.32	27.61	101.20	17.05	5.21
% of Calories							16.8%	61.7%	23.4%	7.2%
Nutrient Guideline			631-748		1142					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/17/2017										
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	334	0	334	3.13	10.44	33.42	17.76	3.66
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	136	186	0	227	4.29	4.06	39.38	1.63	0.10
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	69	0	6	1.50	0.4	16.85	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

Oct 1, 2017 thru Oct 31, 2017

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	1999								
CHEESY BEEF NACHOS- HS	1 EACH	1	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	300	611	64	846	7.15	27.41	61.92	28.67	5.39
RICE BOWL, TERIYAKI CHIX - HS	1 each	245	329	53	46	6.36	25.31	49.7	4.22	1.05
CHICKEN W/MASHED POTATO- HS	SERVING	160	293	55	618	2.80	20.08	30.62	11.41	2.07
PIZZA, PAPA J CHEESE- HS	SLICE	112	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	400	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	88	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	24	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	165	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	45	295	45	615	3.00	22.5	31.0	9.0	4.00
CHICKEN DRUMSTIX & ROLL - H.S.	1 EACH	150	340	55	585	2.00	21.0	33.0	13.5	3.00
TORTILLA CHIPS - HS	2 OZ	1	268	0	186	3.06	4.03	38.43	11.73	1.59
ROLL: WHOLE WHEAT- HS	1 Each	1	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	96	20	0	17	1.85	1.05	4.18	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	266	41	0	488	1.59	1.7	7.94	0.23	0.03
POTATO SALAD - HS	1 EACH	546	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	767	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	460	140	0	225	2.70	2.16	19.99	5.65	0.81
GO 'BONZO'S - HS	1 EACH	1	160	0	360	6.00	8.0	24.0	4.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1800	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	240	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	750	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	268	0	186	3.06	4.03	38.43	11.73	1.59
COOKIE DAY - ALL SCHOOLS	1 EACH	1999	124	0	54	1.34	1.68	19.82	4.37	0.91
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			688	44	873	9.54	26.64	108.24	18.02	4.38
% of Calories							15.5%	62.9%	23.6%	5.7%
Nutrient Guideline			631-748		1142					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/18/2017										
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	334	0	334	3.13	10.44	33.42	17.76	3.66
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	181	186	0	227	4.29	4.06	39.38	1.63	0.10
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	69	0	6	1.50	0.4	16.85	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

Oct 1, 2017 thru Oct 31, 2017

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	2033								
CHEESY BEEF NACHOS- HS	1 EACH	350	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	285	611	64	846	7.15	27.41	61.92	28.67	5.39
KOREAN BBQ CHIX W/RICE-HS	1 EACH	243	410	51	578	2.70	22.1	61.63	7.66	1.46
POTATO BAKED W/TACO & CHSE-HS	1 EACH	1	452	50	722	6.44	21.31	65.81	12.69	7.39
PIZZA, PAPA J CHEESE- HS	SLICE	104	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	432	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	80	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	24	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	190	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	125	295	45	615	3.00	22.5	31.0	9.0	4.00
WESTERN BURGER - HS	SANDWICH	1	234	0	462	3.20	6.2	41.68	5.2	1.10
TORTILLA CHIPS - HS	2 OZ	1	268	0	186	3.06	4.03	38.43	11.73	1.59
ROLL: WHOLE WHEAT- HS	1 Each	1	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	88	20	0	17	1.85	1.05	4.18	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	336	41	0	488	1.59	1.7	7.94	0.23	0.03
POTATO SALAD - HS	1 EACH	354	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	610	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	460	140	0	225	2.70	2.16	19.99	5.65	0.81
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1800	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	266	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	750	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	402	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
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	40	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	200	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			657	48	963	9.22	27.34	101.12	17.28	5.24
% of Calories							16.6%	61.5%	23.7%	7.2%
Nutrient Guideline			631-748		1142					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/19/2017										
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	334	0	334	3.13	10.44	33.42	17.76	3.66
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	0	186	0	227	4.29	4.06	39.38	1.63	0.10
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	69	0	6	1.50	0.4	16.85	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

Oct 1, 2017 thru Oct 31, 2017

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	1999								
CHEESY BEEF NACHOS- HS	1 EACH	1	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	300	611	64	846	7.15	27.41	61.92	28.67	5.39
RICE BOWL, ORANGE CHIX- HS	1 each	245	392	40	300	6.36	18.89	68.7	4.87	0.88
BBQ PORK W/MASHED POTATO- HS	SERVING	160	250	59	657	2.00	20.73	28.85	6.18	1.62
PIZZA, PAPA J CHEESE- HS	SLICE	112	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	400	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	88	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	24	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	165	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	45	295	45	615	3.00	22.5	31.0	9.0	4.00
CHICKEN DRUMSTIX & ROLL - H.S.	1 EACH	150	340	55	585	2.00	21.0	33.0	13.5	3.00
TORTILLA CHIPS - HS	2 OZ	1	268	0	186	3.06	4.03	38.43	11.73	1.59
ROLL: WHOLE WHEAT- HS	1 Each	1	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
TAMALE, PORK & CHEESE- MS	1 EACH	1	390	39	372	3.52	22.05	53.76	11.21	3.24
SIDE SALAD - MS, HS	EACH	96	20	0	17	1.85	1.05	4.18	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	266	41	0	488	1.59	1.7	7.94	0.23	0.03
POTATO SALAD - HS	1 EACH	546	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	767	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	460	140	0	225	2.70	2.16	19.99	5.65	0.81
GO 'BONZO'S - HS	1 EACH	1	160	0	360	6.00	8.0	24.0	4.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1800	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	240	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	750	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	268	0	186	3.06	4.03	38.43	11.73	1.59
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			771	48	1179	11.12	31.74	118.98	20.56	4.70
% of Calories							16.5%	61.7%	24.0%	5.5%
Nutrient Guideline			631-748		1142					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Oct 1, 2017 thru Oct 31, 2017

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 - 10/20/2017										
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	334	0	334	3.13	10.44	33.42	17.76	3.66
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	181	186	0	227	4.29	4.06	39.38	1.63	0.10
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	69	0	6	1.50	0.4	16.85	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

Oct 1, 2017 thru Oct 31, 2017

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	2033								
CHEESY BEEF NACHOS- HS	1 EACH	350	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	285	611	64	846	7.15	27.41	61.92	28.67	5.39
SANDWICH, FISH SRIRACHA	1 EACH	243	458	47	1057	3.70	25.53	44.16	20.42	7.71
POTATO BAKED W/TACO & CHSE-HS	1 EACH	1	452	50	722	6.44	21.31	65.81	12.69	7.39
PIZZA, PAPA J CHEESE- HS	SLICE	104	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	432	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	80	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	24	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	190	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	125	295	45	615	3.00	22.5	31.0	9.0	4.00
WESTERN BURGER - HS	SANDWICH	1	234	0	462	3.20	6.2	41.68	5.2	1.10
TORTILLA CHIPS - HS	2 OZ	1	268	0	186	3.06	4.03	38.43	11.73	1.59
ROLL: WHOLE WHEAT- HS	1 Each	1	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	88	20	0	17	1.85	1.05	4.18	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	336	41	0	488	1.59	1.7	7.94	0.23	0.03
POTATO SALAD - HS	1 EACH	354	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	610	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	460	140	0	225	2.70	2.16	19.99	5.65	0.81
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1800	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	266	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	750	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	402	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
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	40	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	200	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			656	48	991	9.23	27.60	98.98	18.08	5.69
% of Calories							16.8%	60.3%	24.8%	7.8%
Nutrient Guideline			631-748		1142					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 10/23/2017										
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	334	0	334	3.13	10.44	33.42	17.76	3.66
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	181	186	0	227	4.29	4.06	39.38	1.63	0.10
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	69	0	6	1.50	0.4	16.85	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

Oct 1, 2017 thru Oct 31, 2017

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	2033								
CHEESY BEEF NACHOS- HS	1 EACH	350	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	285	611	64	846	7.15	27.41	61.92	28.67	5.39
RICE BOWL, FIRECRACKER CHICKEN	1 each	243	384	53	488	4.03	22.88	64.77	4.53	1.03
POTATO BAKED W/TACO & CHSE-HS	1 EACH	1	452	50	722	6.44	21.31	65.81	12.69	7.39
PIZZA, PAPA J CHEESE- HS	SLICE	104	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	432	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	80	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	24	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	190	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	125	295	45	615	3.00	22.5	31.0	9.0	4.00
WESTERN BURGER - HS	SANDWICH	1	234	0	462	3.20	6.2	41.68	5.2	1.10
TORTILLA CHIPS - HS	2 OZ	1	268	0	186	3.06	4.03	38.43	11.73	1.59
ROLL: WHOLE WHEAT- HS	1 Each	1	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	88	20	0	17	1.85	1.05	4.18	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	336	41	0	488	1.59	1.7	7.94	0.23	0.03
POTATO SALAD - HS	1 EACH	354	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	610	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	460	140	0	225	2.70	2.16	19.99	5.65	0.81
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1800	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	266	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	750	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	402	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
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	40	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	200	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			656	48	955	9.32	27.61	101.20	17.05	5.21
% of Calories							16.8%	61.7%	23.4%	7.2%
Nutrient Guideline			631-748		1142					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/24/2017										
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	334	0	334	3.13	10.44	33.42	17.76	3.66
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	136	186	0	227	4.29	4.06	39.38	1.63	0.10
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	69	0	6	1.50	0.4	16.85	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

Oct 1, 2017 thru Oct 31, 2017

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	1999								
CHEESY BEEF NACHOS- HS	1 EACH	1	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	300	611	64	846	7.15	27.41	61.92	28.67	5.39
RICE BOWL, TERIYAKI CHIX - HS	1 each	245	329	53	46	6.36	25.31	49.7	4.22	1.05
CHICKEN W/MASHED POTATO- HS	SERVING	160	293	55	618	2.80	20.08	30.62	11.41	2.07
PIZZA, PAPA J CHEESE- HS	SLICE	112	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	400	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	88	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	24	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	165	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	45	295	45	615	3.00	22.5	31.0	9.0	4.00
CHICKEN DRUMSTIX & ROLL - H.S.	1 EACH	150	340	55	585	2.00	21.0	33.0	13.5	3.00
TORTILLA CHIPS - HS	2 OZ	1	268	0	186	3.06	4.03	38.43	11.73	1.59
ROLL: WHOLE WHEAT- HS	1 Each	1	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	96	20	0	17	1.85	1.05	4.18	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	266	41	0	488	1.59	1.7	7.94	0.23	0.03
POTATO SALAD - HS	1 EACH	546	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	767	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	460	140	0	225	2.70	2.16	19.99	5.65	0.81
GO 'BONZO'S - HS	1 EACH	1	160	0	360	6.00	8.0	24.0	4.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1800	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	240	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	750	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	268	0	186	3.06	4.03	38.43	11.73	1.59
COOKIE DAY - ALL SCHOOLS	1 EACH	1999	124	0	54	1.34	1.68	19.82	4.37	0.91
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			688	44	873	9.54	26.64	108.24	18.02	4.38
% of Calories							15.5%	62.9%	23.6%	5.7%
Nutrient Guideline			631-748		1142					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/25/2017										
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	334	0	334	3.13	10.44	33.42	17.76	3.66
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	181	186	0	227	4.29	4.06	39.38	1.63	0.10
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	69	0	6	1.50	0.4	16.85	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

Oct 1, 2017 thru Oct 31, 2017

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	2033								
CHEESY BEEF NACHOS- HS	1 EACH	350	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	285	611	64	846	7.15	27.41	61.92	28.67	5.39
KOREAN BBQ CHIX W/RICE-HS	1 EACH	243	410	51	578	2.70	22.1	61.63	7.66	1.46
POTATO BAKED W/TACO & CHSE-HS	1 EACH	1	452	50	722	6.44	21.31	65.81	12.69	7.39
PIZZA, PAPA J CHEESE- HS	SLICE	104	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	432	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	80	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	24	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	190	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	125	295	45	615	3.00	22.5	31.0	9.0	4.00
WESTERN BURGER - HS	SANDWICH	1	234	0	462	3.20	6.2	41.68	5.2	1.10
TORTILLA CHIPS - HS	2 OZ	1	268	0	186	3.06	4.03	38.43	11.73	1.59
ROLL: WHOLE WHEAT- HS	1 Each	1	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	88	20	0	17	1.85	1.05	4.18	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	336	41	0	488	1.59	1.7	7.94	0.23	0.03
POTATO SALAD - HS	1 EACH	354	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	610	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	460	140	0	225	2.70	2.16	19.99	5.65	0.81
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1800	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	266	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	750	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	402	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
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	40	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	200	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			657	48	963	9.22	27.34	101.12	17.28	5.24
% of Calories							16.6%	61.5%	23.7%	7.2%
Nutrient Guideline			631-748		1142					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/26/2017										
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	334	0	334	3.13	10.44	33.42	17.76	3.66
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	0	186	0	227	4.29	4.06	39.38	1.63	0.10
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	69	0	6	1.50	0.4	16.85	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

Oct 1, 2017 thru Oct 31, 2017

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	1999								
CHEESY BEEF NACHOS- HS	1 EACH	1	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	300	611	64	846	7.15	27.41	61.92	28.67	5.39
RICE BOWL, ORANGE CHIX- HS	1 each	245	392	40	300	6.36	18.89	68.7	4.87	0.88
BBQ PORK W/MASHED POTATO- HS	SERVING	160	250	59	657	2.00	20.73	28.85	6.18	1.62
PIZZA, PAPA J CHEESE- HS	SLICE	112	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	400	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	88	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	24	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	165	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	45	295	45	615	3.00	22.5	31.0	9.0	4.00
CHICKEN DRUMSTIX & ROLL - H.S.	1 EACH	150	340	55	585	2.00	21.0	33.0	13.5	3.00
TORTILLA CHIPS - HS	2 OZ	1	268	0	186	3.06	4.03	38.43	11.73	1.59
ROLL: WHOLE WHEAT- HS	1 Each	1	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	96	20	0	17	1.85	1.05	4.18	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	266	41	0	488	1.59	1.7	7.94	0.23	0.03
POTATO SALAD - HS	1 EACH	546	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	767	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	460	140	0	225	2.70	2.16	19.99	5.65	0.81
GO 'BONZO'S - HS	1 EACH	1	160	0	360	6.00	8.0	24.0	4.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1800	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	240	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	750	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	268	0	186	3.06	4.03	38.43	11.73	1.59
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			771	48	1179	11.12	31.73	118.95	20.55	4.70
% of Calories							16.5%	61.7%	24.0%	5.5%
Nutrient Guideline			631-748		1142					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Oct 1, 2017 thru Oct 31, 2017

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 - 10/27/2017										
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	334	0	334	3.13	10.44	33.42	17.76	3.66
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	181	186	0	227	4.29	4.06	39.38	1.63	0.10
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	69	0	6	1.50	0.4	16.85	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

Oct 1, 2017 thru Oct 31, 2017

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	2033								
CHEESY BEEF NACHOS- HS	1 EACH	350	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	285	611	64	846	7.15	27.41	61.92	28.67	5.39
SANDWICH, FISH SRIRACHA	1 EACH	243	458	47	1057	3.70	25.53	44.16	20.42	7.71
POTATO BAKED W/TACO & CHSE-HS	1 EACH	1	452	50	722	6.44	21.31	65.81	12.69	7.39
PIZZA, PAPA J CHEESE- HS	SLICE	104	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	432	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	80	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	24	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	190	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	125	295	45	615	3.00	22.5	31.0	9.0	4.00
WESTERN BURGER - HS	SANDWICH	1	234	0	462	3.20	6.2	41.68	5.2	1.10
TORTILLA CHIPS - HS	2 OZ	1	268	0	186	3.06	4.03	38.43	11.73	1.59
ROLL: WHOLE WHEAT- HS	1 Each	1	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	88	20	0	17	1.85	1.05	4.18	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	336	41	0	488	1.59	1.7	7.94	0.23	0.03
POTATO SALAD - HS	1 EACH	354	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	610	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	460	140	0	225	2.70	2.16	19.99	5.65	0.81
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1800	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	266	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	750	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	402	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
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	40	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	200	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			656	48	991	9.23	27.60	98.98	18.08	5.69
% of Calories							16.8%	60.3%	24.8%	7.8%
Nutrient Guideline			631-748		1142					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 10/30/2017										
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	334	0	334	3.13	10.44	33.42	17.76	3.66
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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	69	0	6	1.50	0.4	16.85	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

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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High School Lunch	Total	2033								
CHEESY BEEF NACHOS- HS	1 EACH	350	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	285	611	64	846	7.15	27.41	61.92	28.67	5.39
RICE BOWL, FIRECRACKER CHICKEN	1 each	243	384	53	488	4.03	22.88	64.77	4.53	1.03
POTATO BAKED W/TACO & CHSE-HS	1 EACH	1	452	50	722	6.44	21.31	65.81	12.69	7.39
PIZZA, PAPA J CHEESE- HS	SLICE	104	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	432	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	80	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	24	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	190	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	125	295	45	615	3.00	22.5	31.0	9.0	4.00
WESTERN BURGER - HS	SANDWICH	1	234	0	462	3.20	6.2	41.68	5.2	1.10
TORTILLA CHIPS - HS	2 OZ	1	268	0	186	3.06	4.03	38.43	11.73	1.59
ROLL: WHOLE WHEAT- HS	1 Each	1	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	88	20	0	17	1.85	1.05	4.18	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	336	41	0	488	1.59	1.7	7.94	0.23	0.03
POTATO SALAD - HS	1 EACH	354	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	610	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	460	140	0	225	2.70	2.16	19.99	5.65	0.81
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1800	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	266	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	750	112	0	3	1.40	1.05	28.43	0.09	0.01
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	402	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
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	40	12	0	107	0.00	0.05	1.2	0.8	0.10
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	200	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			656	48	955	9.32	27.61	101.20	17.05	5.21
% of Calories							16.8%	61.7%	23.4%	7.2%
Nutrient Guideline			631-748		1142					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/31/2017										
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	334	0	334	3.13	10.44	33.42	17.76	3.66
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	136	186	0	227	4.29	4.06	39.38	1.63	0.10
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	69	0	6	1.50	0.4	16.85	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

Oct 1, 2017 thru Oct 31, 2017

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	1999								
CHEESY BEEF NACHOS- HS	1 EACH	1	555	50	1166	7.70	23.28	54.75	27.49	13.37
SALAD, HAND TOSSED- HS	1 EACH	300	611	64	846	7.15	27.41	61.92	28.67	5.39
RICE BOWL, TERIYAKI CHIX - HS	1 each	245	329	53	46	6.36	25.31	49.7	4.22	1.05
CHICKEN W/MASHED POTATO- HS	SERVING	160	293	55	618	2.80	20.08	30.62	11.41	2.07
PIZZA, PAPA J CHEESE- HS	SLICE	112	380	20	780	4.00	22.0	49.0	11.0	4.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	400	430	30	950	4.00	23.0	49.0	16.0	6.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	88	410	30	990	5.00	25.0	52.0	12.0	4.50
PIZZA, PAPA J VEGGIE- HS	SLICE	24	390	20	780	5.00	23.0	53.0	11.0	4.00
SPICY CHIX SANDWICH-MS, HS	SANDWICH	165	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	45	295	45	615	3.00	22.5	31.0	9.0	4.00
CHICKEN DRUMSTIX & ROLL - H.S.	1 EACH	150	340	55	585	2.00	21.0	33.0	13.5	3.00
TORTILLA CHIPS - HS	2 OZ	1	268	0	186	3.06	4.03	38.43	11.73	1.59
ROLL: WHOLE WHEAT- HS	1 Each	1	150	5	135	1.00	5.0	28.0	2.5	0.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	96	20	0	17	1.85	1.05	4.18	0.24	0.02
SALSA - ALL SCHOOLS	SERVING	266	41	0	488	1.59	1.7	7.94	0.23	0.03
POTATO SALAD - HS	1 EACH	546	150	4	352	1.50	1.5	18.0	8.25	1.12
CARROTS- ALL SCHOOLS	bag	767	60	0	133	4.93	1.09	14.02	0.22	0.04
POTATO TOTS- ALL SCHOOLS	1 EACH	460	140	0	225	2.70	2.16	19.99	5.65	0.81
GO 'BONZO'S - HS	1 EACH	1	160	0	360	6.00	8.0	24.0	4.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1800	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	240	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	750	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	268	0	186	3.06	4.03	38.43	11.73	1.59
COOKIE DAY - ALL SCHOOLS	1 EACH	1999	124	0	54	1.34	1.68	19.82	4.37	0.91
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			688	44	873	9.54	26.64	108.24	18.02	4.38
% of Calories							15.5%	62.9%	23.6%	5.7%
Nutrient Guideline			631-748		1142					<10.00

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ABC UNIFIED SCHOOL DISTRICT

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Average			684	47	985	9.66	28.09	105.61	18.14	5.02
							16.4%	61.7%	23.9%	6.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	684		631 - 748	100%				
Cholesterol (mg)	47							
Sodium (mg)	985		1142					
Fiber (g)	9.66							
Protein (g)	28.09	16.41%						
Carbohydrate (g)	105.61	61.72%						
Total Fat (g)	18.14	23.85%						
Saturated Fat (g)	5.02	6.60%	<10.00%					

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